Approaching the Final Furlong

August 1980 doesn’t seem all that long ago to me. However, if I were 28 instead of 68, it might very well seem a distant time. It was then that this column was launched, meaning that this one marks 25 years of columns, 300 total.

When I stop to think that my early columns were composed on a typewriter using carbon paper and white-out, I begin to realize that August 1980 was quite a long time ago. It was before computers, e-mail, faxes, and cell phones. How did we ever survive without, I reflect a growing awareness of how long of a run it would be. Something I started two years earlier, a Difficult Task - it was coming up with subject matter that became increasingly difficult in 25 Years of Excellence.

This is the 300th consecutive monthly column written by Mike Tynm in the National Masters News. It’s the longest writing streak in the running community. Since Tynm has reached the silver anniversary mark, we felt it was appropriate to celebrate by putting his column on page one this month. Twenty-five years of consecutive quality monthly columns is an extraordinary achievement. In that span, Tynm has taken us from his days as a world-class master to his current status as a fitness jogger. Along the way he has given us training tips, educated us on some of the history of running, and helped us all come to terms with our own mortality.

We don’t know how he does it, but we hope he continues into the foreseeable future.

- Ed.

Hawaii to Host 38th USA Championships

A total of 21,058 athletes – including 3043 track & field participants – from 82 countries will compete in the 27-sport Sixth World Masters Games in Edmonton, Alberta, Canada, July 22-31.

"We are extremely pleased with the number of athletes registered," said Games Executive Director Barry Anderson. "We believe our numbers reflect a growing awareness and appreciation for masters sport in North America...one of the goals we set to achieve."

Twenty-three percent of the athletes are from Edmonton; 24% from the rest of Alberta; 20% from the rest of Canada; and 23% international – mostly from Australia, the USA, and Russia; 58% are male; 42% female.

Another 2000 people have registered as companions, coaches or managers, bringing total participants to over 23,000.

Continued on page 5

Masters winners at the 2005 Mercedes-Benz Cotton Row Run (l to r): Lance Winders (4th), Jeff Terry (3rd), Brian Pope (1st), and John Tuttle (2nd).

Pope, Sultanova-Zhdanova Repeat Wins in Cotton Row 10K

By JIM OAKS

HUNTSVILLE, Ala.—With his 32:07 win of the men’s masters title at the 2005 Mercedes-Benz Cotton Row 10K, Brian Pope, 42, Oxford, Miss., joined Atlaw Belligne (1985-87) and Andrew Masai (2000-02) as a three-time winner of the masters division of this Memorial Day event.

Although Firaya Sultanova-Zhdanova has a way to go before equaling Nancy Grayson’s seven consecutive wins (1990-96) or Tatyana Pozdnjakova’s four titles, she repeated as women’s masters champion, in 33:30.

After a 1998 visit to Eugene, Ore., in 2003, to Decatur, Ill., in 2004, the USA National Masters Track & Field Championships will do a U-turn and head back west, really west. The 38th edition of the championships will be held on the rainbow-colored track at the University of Hawaii’s Cooke Field in Honolulu, Aug. 4-7.

After a broad publicity and advertising campaign, meet organizers are hoping to attract a record number of participants for an outdoor championships. As soon as the Hawaii bid was approved, members of the Local Organizing Committee began promoting the meet by speaking at the athletes’ meetings at outdoor and indoor championships, and at the USATF annual meetings.

The Hawaii LOC has also advertised extensively in the National Masters News, and national track and field publications. It hopes to lure athletes from other Pacific Rim countries as well.

Capitilizing on Hawaii’s reputation as a premier vacation destination, meet organizers have packaged the event as an annual event. The USA Masters 8K Championships will be held in Honolulu on Aug. 7.

Contined on page 6
was followed by Jeff Terry, 42, Birmingham, Ala., in 33:45 ($300) and the only close contest was for fourth, where Lance Winders, 42, Mansfield, Tenn., edged David Matherne, 40, Cartersville, Ga., 34:13 ($200) to 34:16 ($100).

Tuttle seems to have recovered nicely from surgery last fall to correct an irregular heart beat. At age 46, the former Olympic marathoner can still beat most younger masters in the South.

As expected, Sultanova-Zhdanova was well ahead of the other female masters runners. Connie Robertson, 42, Hapeville, Ga., repeated as runner-up ($100).

Where Lance Winders, 42, Mansfield, Cotton Row 1

Dr. Bondarchuk is an expert at preparing athletes for major competitions. Past Head Coach of the Soviet Union. Olympic Gold Medalist, men's hammer. Coach of 23 Olympic Medalists, including reigning world record holder in the men's hammer: Yuri Sedych. Dr. Bondarchuk is an expert at preparing athletes for major competitions.

Coach Dan Pfaff: University of Florida: Coach of 7 Olympic Medalists, including former Olympic Games 100m Gold Medalist and World Record Holder: Donovan Bailey. Come and learn from the man who has coached some of the all time greats in track and field.

Camp Fee Includes: Daily coaching sessions in a small group environment (maximum 6 athletes per group); Daily therapy including Active Release Treatment® and massage therapy; A functional biomechanics assessment; Camp dri fit T-shirt; Group dinner and social; Daily return shuttle service from the camp hotel to the training site; Airport pickup upon arrival to Edmonton.

Camp Registration Fee is $1,550 USD or $1,895 CDN inclusive. Participation numbers are extremely limited so don't delay. Payment by: VISA, MasterCard, Cheque and Money Order

To register or make inquiries call the Canadian Athletics Coaching Centre at 780 492 6868 and ask for Scott Luck, Centre Administrative Assistant. Email: ljuck@ualberta.ca

Winners, on the other hand, knew Matherne was his competition.

"When he came by me at four miles I couldn't stay with him," Winders said. "But by the time we got to the last quarter mile, I was pretty close, and he seemed to be slowing a little."

"At a distance I thought the start banner was the finish line and planned my finish accordingly," Matherne said. "I didn't realize the finish was about another tenth of a mile down the street."

It was around the start line that Winders passed Matherne and built the three-second lead that gave him fourth place among the masters. The field of grand masters was enhanced this year by a former Boston Marathon winner. Amby Burfoot, 58, Emmaus, Pa., was a guest of Cotton Row this year and had been the speaker at a Huntsville Track Club meeting on Saturday and the clinic speaker at the race Expo on Sunday night.

During his speech at the club meeting, Burfoot recounted the details of his win at Boston in 1968 as a senior at Wesleyan University and told some amusing stories about running with celebrity runners Will Ferrell at Boston and Oprah at the Marine Corps Marathon. His clinic speech was a tongue-in-check presentation titled "Top 10 Ways to Blow Your Race Tomorrow."

The executive editor of Runner's World magazine was probably the only runner wishing for hotter weather for the race. "I have an unusual tolerance for heat," Burfoot said.

The rest of the 1655 10K entrants were happy that the weather was unseasonably cool on Memorial Day. An additional 889 registered for the 5K that follows the 10K, and 340 kids entered the mile fun run. That made the total participation 2884, the largest number for this race since 1992.

In a note of thanks following the trip, Burfoot wrote, "I had the BEST time in Huntsville. I'm not exactly sure why, but it all worked out so seamlessly. The only thing I didn't like was all those fast ole runners you have in the 55+ and 60+ divisions. Tough dudes. Well, at least I can probably say that I train less than most of them."

Two outstanding age-group performances were turned in by David Jeffrey, 63, Semmes, Ala., who ran 39:33, and Susie Kutz, 68, Winston Salem, N.C., who ran 51:07. The two oldest finishers were 83-year-old James Howell (1:07:51) of Huntsville, and 82-year-old Margaret Hayes (1:35:33) of Concord, N.C.

Although Don Laney, 56, Morgan City, Ala., did not win his age group, his actions deserve more recognition than Pope or Sultanova-Zhdanova.

Around the four-mile mark Laney noticed a fellow runner stagger and fall head first onto the pavement. Laney, a retired teacher/coach, immediately stopped to check and realized Roberto Ramos, 52, was not breathing.

"It had been five or six years since I had taken a CPR course," Laney said, "but I knew I had to do something. I pounded on his chest a couple of times, and he gasped a little, but did not start breathing. About that time I heard a lady say, 'I'm an emergency room nurse; you do the breathing and I'll do the chest compressions.'"

Laney and Lori Foy kept Ramos alive until an ambulance and an EMR team arrived, then finished the race together in 1:13:30.

Ramos had triple-bypass surgery two days later and returned home six days after the race.

He would run by himself out on country roads," said Ramos' wife Kathy. "If this had happened to him out there, he would have been gone. God put some people in the right place at the right time."

Masters Track & Field Athletes: Prepare for the World Masters Games with the Best!

The 2005 Masters Track & Field Preparation Camp: Hosted by the Canadian Athletics Coaching Centre July 18th to 22nd, Foote Field, Edmonton, Alberta

Masters Athletes, this is truly a rare opportunity to train with two of the greatest coaches in the history of the sport.


Dr. Bondarchuk is an expert at preparing athletes for major competitions.

Coach Dan Pfaff: University of Florida: Coach of 7 Olympic Medalists, including former Olympic Games 100m Gold Medalist and World Record Holder: Donovan Bailey. Come and learn from the man who has coached some of the all time greats in track and field.

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GENDER / DIVERSITY

Your helpful publication over the years has been a mainstay of masters competition and we hope it continues as such. However, succumbing to cultural fads and fancies corrosive of our heritage will not help. I'll address two such oddities.

1. In your June issue appears an LDR Report on "marathon demographics," which may or may not interest readers hurriedly scanning for meet dates, event results and records, etc.

While mention is made of "male" and "female," however the two sexes are sloughed off as "gender" with no mention of "sex," thus surrendering to feminists a cultural pillar many of us old-timers still cherish. Actually, terms like "Gender and Age Breakdown," etc., lack the old charm and magnetism of real demographics.

Here's what Prof. Harold O.J. Brown writes on the subject:

"This is not only absurd, it is actual- the stuff on [the LDR Report] is very rare to the melting pot of post-60s heritage will not help. I'll address two versities and led by leaders urging diversity as part of real demographics.

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AGE-GROUP CHALLENGE

Just to let everybody know that I enter the M85 age group on Dec. 25, 2005. And to let Al Guidet know that I'm coming after him to challenge his 30m and 100m times, after so many years when either he or I have been out of things due to injury.

We first met on the track at Goteborg in 1977, then Hanover, then Christchurch, New Zealand, etc.

Sylvester Stein
London, England

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 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.

Jeannie Dapran won the W65 400, 800 and 1500, 2004 USA National Masters Championships. The 2005 Championships will be held in Honolulu, Aug. 4-7.

In many cases, U.S. set a mile world record of 4:06.8. It was my favorite event ever since. I ran the mile at Ohio University in 1941, 1946, and 1947, and I am still running it at age 85.

One would think that the mile, being a non-metric event, would have been dominated through the years by U.S. runners. But a search of the records shows that the mile has been dominated by runners from the rest of the world.

In the 71 years since Glenn Cunningham set the world record there have been 27 record holders (some more than once), and only one came from the U.S. That was Jim Ryun in 1966 with a 3:51.3 and again in 1967 with a 3:51.1.

I then wondered if the masters records would produce a different figure. There are 13 age groups listed for the masters mile record, from M35-39 to M95-99. Eight are from outside the U.S.

For the mile has always had universal appeal, and still does. This is the race that has been the heart and soul of track dating back to the days of the quest for the Holy Grail: the four-minute mile.

We would hope that, just like there will always be an England, there will always be a mile.

Bill Benson
Valley Stream, New York
Track & Field Report

By GEORGE MATHEWS
Chairman, USATF Masters Track & Field

Write On! Responses

I hope everyone understands that I read your input to the Write On! section of National Masters News every month with great interest. We need your input on our board. I would recommend direct communication from readers either by e-mail or regular mail. We need to understand that our publication here is more for public interest than for really getting something done by USATF Masters Track & Field.

In most cases, such communication has never been sent to me. Also, there isn't much I can do about the shortcomings of National Senior Games.

In many cases, Senior Games meets are sanctioned by our local USATF Associations. I would encourage athletes to request that local Senior Games and State Games organizers get USATF sanctions for their meets. That means they must follow the USATF Competition Rules. If they are not following the rules, I would suggest that they not bring the points to the meet officials and the meet organizer. If that doesn't work, please provide the association that gave the sanction with the appropriate information.

The USATF Competition Rules book is available from USATF in hard copy and electronically online at http://www.usatf.org.

Help Meet Organizers

We can help solve some of these problems by providing help to the organizers. We need to remember that this is all volunteer based. Sometimes when there aren't enough volunteers, we have to pitch in and help as well as compete.

I sure hope the Senior Games aren't conducted as Don Hudson wrote in the May issue. Why not have your club help run these meets? It's great to have lots of practice, but get official credit for the hard work, you need a sanctioned meet. You can get a meet series to cover almost all the cost of a single meet sanction.

I say to Michael Vaught (NMN, April 2005), "Don't give up." Look at USATF meets. We follow the rules. We should have 57 local association championships, seven regional championships and two national track and field championships every year. If you don't have one in your area, contact your local association and ask to have one. They probably need your help. You can also contact your regional coordinators for help if your association isn't putting on a masters track & field championships meet.

Membership Increasing Slowly

To Francis Schiro (NMN, May 2005), I must tell you that our membership numbers have shown a small but steady increase over the last eight years. I am not happy with small increases, but we can do so much as a volunteer organization with a very small budget. Our strategic plan is going to give us the direction we need to make track and field a more desirable option for people over 30 years of age.

In Schiro's letter, I am not sure what is meant by "far from vital." I believe we are full of life and are providing the safe, competitive opportunities that our mission statement intends.

I don't think comparing USATF Masters Track & Field with The National Senior Games is a fair comparison.

I would ask that as members contribute to Write On!, besides relating a problem, they offer what they think may be a solution to the problem. We need volunteers to help volunteers.

Write On! ☑

PETER TAYLOR SET TO ANNOUNCE HAWAII NATIONALS

By BOB WEINER
USATF Masters Media Chair

Peter Taylor, USATF masters premier announcer, is set to announce the Hawaii Nationals in August.

Taylor, a walking encyclopedia of knowledge about masters competitors, records, and histories, is renowned for adding excitement to masters races and events, but recently had been hobbled by a life-threatening illness.

Having just announced the Raleigh Southeastern Masters Invitational, Taylor, happily for all of us, said he's fully back and looking forward to carrying out his assignment in Hawaii. That means the Hawaii races and events will be doubly exciting for competitors at all levels and their spectator friends and families.

Former president of the Philadelphia Masters, where he built the group into a powerhouse, and now living in Fairfax, Va., Taylor not only announces national championships but is a regular announcer at the Potomac Valley Championships.

Even at the local level, Taylor knows every competitor's history and builds enthusiasm as a race builds to the finish. ☑

www.nationalmastersnews.com

Preview of Nationals

Continued from page 1

"opportunity for competitors and their families to enjoy a great meet and have the vacation of a lifetime." Attractions include Honolulu's world-famous Waikiki Beach, Diamond Head, Pearl Harbor, the meet's special luau, and island-hopping.

For registration/entry form, more information, and hotel and air travel meet discounts, interested persons can go to http://www.usatf.org/events/2005/USA_Masters.html.

Meet Sanction

If you don't have a meet in your area, contact your regional coordinator to get a sanction. You can get a meet series to cover almost all the cost of a single meet sanction.

Book is available from CiatJOn that gave the sanction with the book is available from.

Mark Zeug at 808-732-8805.

Zeug urges the many expected out-of­state guests to book as early as possible because Hawaii flights and hotels fill up early for August. The entry deadline without penalty is July 5. Late entries will be accepted with penalty until July 16. (See entry form on p. 24.)

Another strong attraction, especially for road runners, is the USA National Masters Championships/Harold Chapson Memorial 8K, to be held Aug. 7, a bring-a-own-your-shoe deadline, but entries will be taken through August with a late-entry penalty. For more information, contact National Masters 8K, P.O. Box 25566, Honolulu, HI 96825; 808-589-2466; online entry at www.mprc.com. (See entry form on p. 6.)

Price money will be awarded to the top three male and female finishers in each five-year age division, starting at age 40, and the top age-­graded finisher.

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TENNESSEE MASTERS CHAMPIONSHIPS

OPEN & MASTERS CHAMPIONSHIPS

SATURDAY, JULY 23, 2005 - COPPEL HIGH SCHOOL, COPPELL, TEXAS

SPONSORED BY THE DALLAS MASTERS TRACK & FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION

ENTRY FEES: PRE-REGISTERED BY JULY 20, 2005 $15 FIRST EVENT, $5 EACH ADDITIONAL EVENT.

RELAYS $20 "ALL HURDLES EVENTS MUST BE PRE-REGISTERED" $10 WEIGHT PENTATHLON $30

ENTRIES CLOSE AT 3 PM

SCHEDULE OF EVENTS

EVENTS RUN IN ORDER LISTED

TIMES ARE APPROXIMATE

6:00 PM 4X100 RELAY

7:00 PM 8000 METER RUN

8:00 PM 80/100 METER HURDLES

9:00 PM 100 METER DASH

10:00 PM 400 METER DASH

11:00 PM 1500 METER RUN

12:00 AM 5000 METER RUN

1:00 AM 300 METER HURDLES

2:00 AM 100 METER HURDLES

3:00 AM 400 METER HURDLES

4:00 AM 800 METER RUN

5:00 AM 1500 METER RUN

6:00 AM 5000 METER RUN

7:00 AM 10000 METER RUN

8:00 AM POLE VAULT

9:00 AM JAVELIN

10:00 AM WEIGHT THROWS

11:00 AM MENU HURDLES

12:00 PM 300 METER WALK

1:00 PM 1500 METER WALK

2:00 PM WEIGHT TENDALTON

3:00 PM WEIGHT AND MEGA WEIGHT

4:00 PM WEIGHT AND SUPER WEIGHT

5:00 PM WEIGHT AND MEGA WEIGHT

6:00 PM WEIGHT AND SUPER WEIGHT

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

NAME: ___________________________
ADDRESS: ________________________
DATE OF BIRTH: ________________
AGE ON 7/24/05: ______
SEX: ______ MAIL: ___________
PHONE: ___________
DALLAS MASTERS MEMBER: ______
YES NO E-MAIL: ___________

STATE OF NAME:_
DATE OF BIRTH: ________________

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 2003-2004

Olympic Trials: ________________

Open Trials: ________________

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

OPTIONAL: TEXAS MASTERS CHAMPIONSHIPS T-SHIRT WITH ORIGINAL DESIGN AND NO ADVERTISING $10.00

AMOUNT PAID: $___

MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS T&F CLUB

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PHONE 817-274-0448 (8 AM TO 8 PM)

ATTACH KIT 

THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATF SOUTHWEST ASSOCIATION, AND ANY OF THEIR REPRESENTATIVES, AND ANYONE COMPETING OR PARTICIPATING IN THIS TRACK MEET, FROM YOUR CLAIMS OF ANY KIND WHATSOEVER WHICH YOU MAY HAVE AGAINST THEM, WHETHER ARISING FROM NEGLIGENCE OR ANY OTHER CAUSE.

ATHLETE'S SIGNATURE ___________________________

DATE OF BIRTH: ________________
STATE OF NAME:_
MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS T&F CLUB

1501 W. LAVENDER LANE, ARLINGTON, TEXAS 76013-5023

PHONE 817-274-0448 (8 AM TO 8 PM)
It was as if there was a very steep decline between 35 and 40. That was an observation from professional sports, such as baseball and boxing. It was so rare for anyone that old to be competing in track and field or road racing at that time, that we could only assume the same thing applied.

Continued from page 1

Amby Burfoot near the five-mile mark of the 2005 Mercedes-Benz Cotton Bowl Run.

Mike Tymn now prefers pondering to running.

My first of several dozen articles for Runner's World magazine was in 1972, but the one I remember most was in the September 1977 issue, several months after I had turned 40.

Shortly before writing the article, I had run a 4:30.3 mile on the track off of some marathon training. That was a time I never approached in high school, when meets were often won with times around 4:50.

The article, titled "The Trauma of Turning 40," was really about the joy of turning 40 and realizing that aging doesn't affect us as much as we thought.

While New Zealand's Jack Foster had already run a 2:11 marathon at age 41, he was looked upon as some kind of weird anomaly, perhaps an alien from another planet.

Growing Enthusiasm

Becoming among the first half-dozen or so masters to break 2:30 in the marathon in 1979, I developed a staff writer's eye for reporting on articles about the same passion I had for running.

I wanted to write about the sport as well as participate in it. I wanted to tell the world that aging is just a state of mind, that we can go on forever setting personal bests.

What I didn't fully grasp at that time was that the gains from adaptation more than offset the losses to aging during the early years. I had been running regularly since 1956, but I didn't really get into intense and intense training until 1975, when I was 38. It wasn't until shortly after turning 45 that I came to realize that my personal bests were all behind me.

As my times got slower, my interest in the sport waned. Injury after injury turned competitive running into a real struggle. I threw in the towel during my early 50s, attempted a short comeback at 56, and then finally yielded completely at 57, returning to the four-mile a day fitness regimen I had before the marathon mania took hold of me.

As my times got slower, my interest in the sport waned. Injury after injury turned competitive running into a real struggle. I threw in the towel during my early 50s, attempted a short comeback at 56, and then finally yielded completely at 57, returning to the four-mile a day fitness regimen I had before the marathon mania took hold of me.

I still put in those four miles a day most of the time, but now there is more walking than running. Age does take its toll, although not nearly as much as we thought in those days when I wrote about Joe King.

Out of the Running

Although I no longer compete and am not sure I even qualify as a "jogger" these days, I still enjoy writing about the sport, especially interviewing masters athletes for National Masters News and Running Times.

The people in the sport seem to have their heads screwed on much tighter, not completely allowed up in the jaws of mammon as with most of the population. My first column for this publication was about how the mile run is like life. The first lap is like spring and youth, from birth to age 20. The runner is fresh, spirited, impulsive, and possibly even reckless.

The second quarter is like summer and young adulthood, from 20 to 40. There is a striving for position as the heat of the battle begins to intensify.

The third lap is like middle age, from 40 to 60. We are established in a rhythm and the effort is just barely perceptible. The final lap, the gun lap, is like old age, as the last of the life-giving oxygen begins to seep from the body and some form of arthritis attacks the joints.

The finish line looms ahead like death. Yet, upon crossing the finish line, we can experience great joy.

As Roger Bannister put it after the first sub-4 mile, the finish line "stood ahead like a haven of peace after the struggle."
Change the Hurdles

A long last, it's finally time to bring some common sense to the hurdles. We should scrap the confusing 80/100/110 hurdle settings and go to one 110-meter race for men and one 100-meter race for women — just like in open competition. We should leave all spacings at the open settings for both men and women and keep the current lower masters hurdle heights.

The current rules require three different spacings for women and four for men (see chart on this page). Seven different hurdle spacings is a meet director’s nightmare.

At a recent local meet, the short-hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure the right spacings.

They didn’t get it right. Some hurdlers, stiffening up in the long wait, walked away in frustration. At least one hurdler crashed into a mis-marked hurdle.

Indeed, some masters meet directors — and all Senior Games meets — refuse to even hold the short-hurdle event. It is confusing to athletes, spectators, and meet directors, even in some big meets.

It takes endless time to set up properly. One result is a lack of competitors in the event. For 30 years, we have tried to fine-tune the event so hurdlers could take three steps between each hurdle. But why? Only the elite hurdlers can manage three steps, even as the spacings are now.

Most hurdlers do four or five steps between the barriers. And hurdlers have to re-learn the event every 10 years when the spacings change.

“For every hurdler who gains an advantage from the shortened spacing between hurdles, there is another hurdler — perhaps taller and long-legged — who has to adapt to the shorter spacings and chop their stride pattern to make it fit,” wrote meet director Jeff Brower in these pages two years ago.

“It doesn’t take a rocket scientist to watch masters events and see that the majority of hurdlers over 50 (and many under 50) don’t three-step this event.”

We should throw out the 80-meter race. As Brower wrote: “We have marathoniors in their 80s and older, so there is no argument to support the need for a shorter hurdles race.”

Brower concluded: “It is inconceivable to me that an event was created that requires markings not found on a USATF track. Meet directors will be able to set up the hurdles very easily, since markings are already on the track.”

To sum up, we should just leave the spacings alone. All men run the same distance — 110 meters. All women run the same distance — 100 meters.

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To sum up, we should just leave the spacings alone. All men run the same distance — 110 meters. All women run the same distance — 100 meters.

Period.

The open spacings are 9.14m for men and 8.50m for women. Hurdlers adjust their stride patterns as they age in their own individual way. All the meet director has to do is adjust the hurdle heights as is done now.

The WMA Stadia Committee — led by Rex Harvey of the USA — will meet next month in San Sebastian, Spain, to consider rules changes. You can let Harvey know how you feel by writing him at rexj@aol.com. Send a copy to NMN, and we’ll publish your letters in the subject next month.

World Masters Games

Continued from page 1

“We need 600 more volunteers to put us over our target of 5000 volunteers,” Anderson said.

The top five most popular individual sports are track & field, swimming, cycling, orienteering, and golf. The top five most popular team sports are soccer, ice hockey, basketball, indoor volleyball, and fast-pitch softball.

The oldest competitor is a 96-year-old swimmer from Winnipeg.

Toronto hosted the first Games in 1985, followed by Aarhus, Denmark, in 1989; Brisbane, Australia, in 1994; Portland/Eugene, Oregon, in 1998; and Melbourne, Australia in 2002. Sydney, Australia, will host the Games in 2009.

The Melbourne Economic Impact Assessment, following the 2002 World Masters Games, showed that international competitors consider this event a “sport vacation” and stayed in Australia from 12 to 17.5 days. The average length of stay in Edmonton is just under nine days.

The projected economic impact of the 2005 Games is US$24 million for Alberta and US$12 million for Edmonton.

Opening ceremonies in Commonwealth Stadium on July 22 will involve over 800 performers. Tickets for non-athletes are US$16.

Results, photos, and stories of the event will appear in the September issue of National Masters News.

FIVE YEARS AGO
July 2000

*Carmen Tronecso, 41, Wins USA National W40+ Championships/Freihofers’ 5K in 16:28

*Masters Show Strength at 21st WZYP Cotton Row 10K

*NMN Columnist Mike Tymn Celebrates 20-Year Mark as NMN Columnist with his 240th Consecutive Monthly Column
Studies Indicate Poor Exercise Levels

Here is a rather depressing statistic from the Centers for Disease Control & Prevention. A study was initiated in 2001, involving 74,960 adults over 50 with and without disabilities, to observe physical activity.

Of the non-disabled group, only 43% were active at a recommended level, while 17.9% were inactive. The authors were alarmed to discover that, upon entering the new millennium, almost 60% of older adults without disabilities were not getting a recommended amount of physical activity. And this is at a rather low level, since leisure and household activities were included.

Clearly, this age group is growing dramatically and, though there is no specific proof that exercise provides health and fitness benefits, this is rather an alarming statistic.

Most agree that exercise is needed in order to reduce the severity of secondary conditions and improve function, fitness and health.

Masters Scope

Muscle Fatigue and the Lactic Acid Myth

By AVITAL SCHURR

As a masters athlete who rediscovered track and field at age 48, I have enjoyed reading the National Masters News for the past 15 years. As an active research scientist, I am interested in brain energy metabolism in health and disease, and I have learned a great deal about the fuels and the poisons of this process.

Scientific Research

Obviously, as an active athlete, I also pay attention to scientific research in exercise physiology and sport medicine, in general, and to muscle energy metabolism in particular. The past two decades have produced some of the most exciting and, at times, the most bewildering scientific findings where energy metabolism is concerned. Some of these findings have forced scientists to reconsider old dogmas or formulate new ones.

Undoubtedly, NMN is a publication that depends mostly on contributions from and by its readership, tasks that require much dedication by both the editors of NMN and its contributors.

I have considered the possibility of becoming a contributor to NMN for some time now, hoping to write mainly about the scientific research side of sports and sport physiology. After discussing this possibility with NMN editor Jerry Wolcik, we decided to give it a try. If the present article is accepted favorably by NMN readership, other installments will follow.

Danish Study

Hence, without further ado, I would like to describe a recent study by a group of Danish scientists that was published last year in the journal Science (Pedersen et al., 2004). The title of the study is "Intracellular Acidosis Enhances the Excitability of Working Muscle." Vol. 305, Issue 5687, pp. 1144-47, 20 August 2004.

The lay person probably would have some difficulty gaining much from the title of this study and ask why a prestigious journal such as Science would devote its precious space to this "dull" topic.

New Findings

However, this study has challenged one of the oldest and most enduring dogmas, namely, that muscle fatigue is the result of the production and accumulation of lactic acid, which causes intracellular acidification. Especially the sprinters among us are able to attest to muscle fatigue that accompanies anaerobic exertion and admit that we were told to blame lactic acid for this misery.

Pedersen and his colleagues worked with an isolated muscle fiber from the extensor digitorum longus muscle of the rat. They removed the surface membrane of the muscle fiber, allowing them direct access to its intracellular environment.

This muscle fiber preparation permits control of the intracellular pH (acidity) and the ionic (potassium, sodium and chloride) composition. The experimenter can stimulate the muscle fiber, measure its contraction (work) and its depolarization (fatigue), i.e., its diminished response to stimulation.

Lactic Acid

These investigators found that intracellular acidification by accumulating lactic acid acts to preserve muscle excitability when muscles become fatigued. In other words, without the acidification caused by lactic acid accumulation, muscles would become fatigued much quicker than they normally do, and would stop responding to nerve impulses sent to activate them.

Moreover, Pedersen and his friends found that this enhancing effect of lactic acid on working muscle is mediated by a decrease in the muscle fiber's permeability to chloride ions, an effect that can stimulate the muscle fiber, measure its contraction (work) and its depolarization (fatigue), i.e., its diminished response to stimulation.

Thus, it appears that lactic acid, which accumulates in working muscles, cannot be blamed any more for the fatigue that follows exhaustive workout. On the contrary, we should be thankful that this unsung product of anaerobic energy metabolism is the best "steroid" an athlete may use to overcome muscle fatigue.

In future articles, I will attempt to cover additional studies that could have a direct impact on masters athletes by making them more informed about the intricate working of their magnificent bodies.
The WMA Council Proposes Rule Changes

The following Council proposals for amendments to the WMA Constitution/By-Laws/Rules of Competition will be presented to the WMA General Assembly in San Sebastian, ESP, Aug. 22-Sept. 3.

1. Constitution, Section 4, General Assembly Amendment to paragraph 4(a):
   
   Present text: The names and addresses of delegates to the General Assembly (including any alternates/substitutes) shall be given in writing to the WMA Secretary not later than thirty (30) days before the opening date of the General Assembly. The Secretary shall post the details of the delegates on the WMA website not less than twenty (20) days before the opening date of the General Assembly.

   Replacement text: Delegates for the WMA General Assembly shall have a written accreditation from the President or Secretary of their WMA Affiliate to be presented at the General Assembly registration if called for.

2. Constitution, Section 5, Council Addition of new paragraph 5(n):
   
   Not more than two members of the Council or any WMA Committee may come from the same Affiliate.

3. Constitution, Section 6, Election of Officers Amendment to paragraph 6(c):
   
   The present last sentence: No officer may hold the same office for more than two consecutive terms of four years each.

   Replacement text: No officer may hold the same office for more than eight consecutive years but shall be eligible to be elected to the same office after a lapse of at least two years following the expiry of the previous consecutive eight year period.

4. Constitution, Section 6, Election of Officers Addition to paragraph 6(d):
   
   Nomination of a candidate for an office may be made by any WMA Affiliate but must also include nomination by the nominee's Affiliate to be valid.

5. Constitution, Section 8, Standing Committees/By-Laws, Section 3, Committee Amendment of paragraphs 8(d) and (3), respectively:
   
   Present name: Doping and Medical Committee

   Replacement: Anti-Doping and Medical Committee

6. Constitution, Section 11, Eligibility Amendment of new paragraph 11(b):
   
   Present paragraph 11(b) will become 11(b). Athletes holding dual nationality/citizenship may be permitted to change nationality/citizenship, i.e., compete for another country, only when a change in the athlete's permanent address has occurred. Such change must be reported to the WMA Secretary and shall only be effective only once confirmed in writing by the WMA Secretary.

7. By-Laws, Section 3, Committees Amendment to paragraph 3(2)(b) and (c) provided the WMA World Championships Non-Stadia are removed:
   
   The present number of the Committee members shall be reduced from six members plus the Chairman to three members plus the Chairman.

   Present paragraphs 3(2)(b) and 3(2)(c) shall be amended to read:

   (2)(b) There shall be three (3) members of the Committee plus the Chairman.

   (2)(c) The three (3) members of the Committee shall be appointed by the President, based upon nominations submitted to him by the Chairman.

8. Rules of Competition, Section 1, Championships Amendment of paragraph 1(1): The WMA World Championships Non-Stadia shall be removed and its events allocated to the WMA World Championships Stadia and Indoor.

9. Rules of Competition, Section 1, Championships Amendment of paragraph 1(4):
   
   Running text shall be deleted and replaced by: The WMA World Championships Stadia shall include cross country, half marathon and 10K road walk. The WMA World Championships Stadia shall include marathon, 10K road race and 20K road walk.

10. Rules of Competition, Section 1, Championships Amendment of paragraph 1(2):
    
    Present last three sentences: The Council revises, if necessary, the grading and forwards the two highest graded Bid Cities to the General Assembly for presentation and decision. The detailed technical and inspection reports are to be circulated by the Secretary amongst the Affiliates 45 days before the opening of the General Assembly. If there are only a few bids which are regarded by Council as being not sufficiently competitive, the Council shall have the right to call for fresh bids.

    Replacement text: The WMA Council revises, if necessary, the grading and awards the Championships to the highest graded Bid City. The Council reports its decision to the General Assembly and the City presents itself at the General Assembly.

11. Rules of Competition, Section 1, Championships Amendment of paragraph 1(6):
    
    Mountain running shall be added as an official WMA World Championships organized by WMRA.

    Present text shall be amended to read: WMA shall sanction such other road, cross-country and mountain running races as may be approved by the General Assembly, including the holding of a World Championships 100K Road Race in odd-numbered years and a WMA World Championships Mountain Running in even-numbered years.

By BRIDGET CUSHEN

Just under 1000 runners and walkers from all over Europe came to Vila Real De Santo Antonio, on the Algarve in Portugal, May 12-15, for the European Non-Stadia Championships and some warm sunshine.

As WMA is proposing to abolish its Non-Stadia Championships, their elected members could have learned a salutary lesson from the happy atmosphere, camaraderie and rivalry that a weekend racing at an affordable venue, combined with good weather, can engender.

How wonderful to see Carol Galea from the little island of Malta defend her 10K title, won on home soil two years ago, and the delight of the many home supporters when Antonio Sousa led the 360-strong international field home in the half-marathon.

Yes, there is definitely a need for the Non-Stadia Championships to continue. Bring your championships to the local community in Portugal.

Portuguese and Spanish runners turned up to the last minute and some half marathons, and they faced a stern test from top German, Italian, British, Russian and Scandinavians defending their various titles. The current European M45 10,000 track gold medalist, Johann Hopener, GER, was an early pacemaker in the two-lap 10K, coming in just two seconds behind the winner, Jesus Borrego, ESP, in 31:24. Mike Hager, IGBR, came storming through to 12th to defend his M50 title in 33:12, half a minute ahead of his rivals.

Omer Van Noton, BEL, suffered a rare defeat, accusing by six seconds to Tsoukannou, RUS, in the M55 race, won in 35:05. There were wins for Spain in the M60 race by Emilio Camara, 35:27, Arsenio Gomez, M65, 37:58; and C. Castillo, M70, 40:21. Heinrich Heller, SUI, came in full of running in 56:56.

The women's race was a tamer affair as Pinho of Portugal chased Galea in all age groups. Well done to Antonio on the Algarve in 1:20:38.

Just under 20K winners were Spain and Portugal took the honours, with 31.34. Mike Craig, USA, and Barbara Neil, W50, 26:57:17, in the W500 race, while Wastam Province Masters Championships, Cape Town, South Africa.

Ferenc, HUN, picked up the M40 bronze. Other medals went to V. Barabash, M45, RUS, in 2:44:35; C. Svensson, SWE, an early leader who faded to seventh and first M35; and Ludwig Berger, AUT, who took the M55 in 2:52:12. Another ex-international, Arthur Thomson, IGBR, won the M65 (3:03:47).

Alice Fernandes, 54, POR, won both the women's walks, the 10K in 55:00, a minute-and-a-half ahead of Hanne Liland, NOR, and the 20K in 2:00:19 from Karen Bohme, W40, and Barbara Primas, W35, GER.

A European W70 record went to Maureen Spelman, IGBR, as she finished 17th overall in 2:20:23, as the temperature soared to 77 degrees.

Europe is now geared up for the WMA World Championships in San Sebastian, Spain, Aug. 22-Sept. 3. Over 5400 competitors had entered by the end of May.

Britain's team of 470 is the largest ever, despite many complaints about the high hotel prices.

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When Friends Compete – Part III

This is the third in a series of comments by participants in the National Masters Indoor Championships in Nampa, Idaho, March 11-13. Following are observations by several other athletes on their racewalking experiences at this meet.

Jack Bray, M70 (17:12:27): There were seventeen racewalkers on the track in my heat. My own 16:07 3K American record was very hard to break. In fact, I don’t think any American racewalking records were broken at this meet.

I was racing with Paul Johnson and Ted Moore in the M65-69 age group. They finished in 17:05 and 17:10. My time was 17:12. We started out a bit slow, but it was hard to pass on the banked track and perhaps I was a bit too cautious.

This was my fourth National Indoor Championships and the most difficult, because of the small number of lanes (six), and because even the first lane was banked. It was very hard to pass, especially on the corners. There were no flat surfaces.

My coach, Frank Alongi, gave me a detailed five-week training plan with three workouts per week. The first workout in week one was:

- 6000 meters @ 6-minute pace per 1K; 2 x 2K @ 5:30 pace per 1K; a short rest, then 2 x 2K @ 5:30 pace repeat. The training tapered down to 1K during the final week, but still doing a 4K warm-up.

The main thing I did differently from preparing for outdoor competition is to do some 200 meter repeats of 5K on the first side of the track – the equivalent of 1K. This mimics the shortness of an outdoor track and the amount of turns you have to make.

We had three 3K club races on the College of Marin outdoor track. I did the last one in 16:54:83. I’d gone faster than that in practice, so felt I was ready for the Indoor Nationals.

Boise is a great town. Jim Bean did a great job organizing the race. Every meal was well prepared with fresh ingredients – very special. The people were friendly and helpful. The state capital was impressive, and the whole town seemed like a very relaxed and low-stress place to live. We would definitely return.

Banked Course

Bob Fine, M70 (19:58:10): I’ve been trying to get back into running after 21 years. It has been a very humbling experience.

I injured myself 10 days before the championships and wasn’t able to train. So I was very happy to finish the race. Without an injury, I still would have finished third.

Troncoso – a professional racewalker in the M65-69 age group, stated: "I had problems with the potential success of the non-stadia championships, that the non-stadia championships would have been staged in the odd-numbered years. However, the last non-stadia championships staged in 2004 were very successful, leading some WMA members to propose that these championships be abolished altogether.

There is some speculation that the implementation of the first WMA indoor staadia championships in Germany March 10-24, 2004, interfered with the potential success of the non-stadia championship, held in New Zealand, April 18-24, 2004, and that WMA indoor staadia championships in the same year as the non-stadia championships, that the non-stadia championships would have been successful.

There are various rumors that there are other options, i.e., including staadia and non-stadia championships in one meet, including staadia and non-stadia events under one committee, etc.

I have not seen the final proposal, so I do not know what will come to the floor, but we have an opportunity at this time to provide some input.

Objective of change: To delete a championship, viewed by some as unsuccesful.

Issue: To abolish the non-stadia championships.

WMA Changes May Affect Masters Women

By MARILYN MITCHELL

Women’s Outdoor Pentathlon: The WMA Women’s Outdoor Pentathlon as currently defined in the WMA 2003-2005 Handbook consists of the following: SH, HH, SP, LJ, 800m. From information provided to me by the WMA Women’s Representative, the event has been modified as described above with the following exceptions:

Asia: No information.

Oceania (including Australia & New Zealand): 200- or 100-meter dash in place of hurdles.


Most European Countries (at least two or province-level meets): Dash in place of hurdles.

Objective of change: To make a greater accommodation for aging women to be able to continue to have a challenging yet to provide an event which is "doable."

I believe the thinking is that the hurdles prevent some women from attempting this event and the change to a dash in place of hurdles might increase the number of participants.

Issue: To continue the Women’s Outdoor Pentathlon in its current form as described above in the WMA Handbook with hurdles, or to substitute an 80m or 100m dash for the hurdles.

Medal Awards for Weight Pentathlon: The Weight Pentathlon consists of the following: HT, SP, DT, IT, WT.

The proposal comes from USA’s Ray Feick, noting that some of the weight throwers have paid for and offer more competitive opportunities for the racewalk athletes and/or to provide a more realistic distance for older men.

Issue: Either to offer three walk events (5K track, 10K road and 20K racewalk) or to offer two track and field events (5K track, 10K road).

Deletion of Non-Stadia Championships: Non-stadia (or road and cross-country) championships have been staged in the even-numbered years for non-stadia and non-stadia championships, that the non-stadia championships would have been staged in the odd-numbered years.

However, the last non-stadia championships staged in 2004 were not very successful, leading some WMA members to propose that these championships be abolished altogether.

There is some speculation that the implementation of the first WMA indoor staadia championships in Germany March 10-24, 2004, interfered with the potential success of the non-stadia championship, held in New Zealand, April 18-24, 2004, and that WMA indoor staadia championships in the same year as the non-stadia championships, that the non-stadia championships would have been successful.

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Issue: To abolish the non-stadia championships.

Wayne A. Hofsrusen

July 2005

Recibre de la Union International des Associations d’Athlétisme (UIAUSA)
Records Fall at Freihofer’s XXVII

By SUSANNAH BECK

In spite of what felt like the hottest weather anyone could remember for the race, records went tumbling at this year’s Freihofer’s Run for Women 5K, Albany, N.Y., on June 4. National W70 record-holder Toshiko d’Elia, 75, Ridgewood, N.J., set a W75 age-group record of 27:02 (old record: 27:15/ Margretta Lutz/2004). Kathryn Martin, 53, Northport, N.Y., 18:18, and Carmen Ayala-Troncoso, 46, Austin, Texas, 17:07, both set single-age records at the USA Women’s Masters 5K Championships. Temperatures in summer-muggy Albany were in the high 70s.

Troncoso was making her 15th consecutive Freihofer’s appearance (she was a professional open road runner for many years), and claimed her fourth masters victory since 1999. Last year’s defending masters champion, Colleen De Reuck, who set the world W40 5K record (15:47) did not appear.

“I’d like to thank Colleen for not being here this year,” Troncoso joked to Albany Times Union writer Buzz Gray, “because winning this race means so much to me.”

Troncoso had to earn her victory, however. Debbie Kilpatrick-Morris, 41, Strongsville, Ohio, 17:10, was only three seconds back at the tape after a ten-second deficit at two miles. Kilpatrick-Morris was third-placing for the W55 title, running almost two miles back with military clutch.

The packed masters field saw twelve age-40+ women run under 19:00. Times, however, were generally a bit off what most women had been running so far this season, possibly due to the heat, though as d’Elia pointed out, “Freihofer’s is great, but it’s a slow course.”

Monica Joyce, 45, Pinckney, Mich., 2005 Carlshad 5K winner, was a typical case, running almost 40 seconds slower than she did at Carlshad.


Rounding out that age group with some track credentials was third-placing Hil len Von Maltzahn, 56, Troy, N.Y., 22:10. It was the first SK ever for the W55 world-record holder in the indoor pole vault.

Marie-Louise Michelsohn, 63, Stony Brook, N.Y., 21:01, tied Kathryn Martin for top age-graded performance. Both women’s performances equal to a 15:25 5K, though Martin was given the nod, and $500 to Michelsohn’s $300.

Margaret Betz, 68, Conklin, N.Y., scored the third best age-graded mark, 23:04 (AG 15:40), for $150, ahead of record-setters Troncoso (AG 15:42, $75) and d’Elia (AG 16:17, $75).

Anny Stockman, 72, Rensselaer, N.Y., 27:57, won the W70 by a margin of more than eight minutes.

In the W75, d’Elia was closely followed by former W75 record-holder Lutz, 76, 28:43, Saxonburg, Penn., and Freihofer’s favorite Joy Johnson, 78, San Jose, Calif., 30:53.

—From reports by Albany Times Union writers Buzz Gray, David Filipkin, and Jeff Foley; and http://www.freihofersrun.com.
On The Run

By HAL HIGDON

Under Size Me – Those New 8oz. Pop Cans

Does it say something about fitness in America that the greatest nutritional gimmick is the addition by Pepsi Cola to its product line of 8-ounce cans? How long has this been going on? I just spotted these miniature cans in the grocery store last week. They were so small and cute, perched on a low shelf in the soft drink aisle, I almost rolled past them with my cart full of chips and dips. I thought the trend in America, as documented in Morgan Spurlock’s Oscar-nominated documentary film, Super Size Me, was for everything to get bigger and bigger and bigger – including our waistlines.

Small, as a size, hardly exists any more. Visit some coffee shops these days and the smallest cup of coffee you can order is large. Or in the trendier shops, grande with an accent.

Maybe the super size trend finally has reversed itself. If Spurlock is looking for a theme for his next film, it could be Under Size Me. Eight ounces is a third smaller than Pepsi’s traditional 12-ounce size and way under the 20-ounce cans, which are about all you can find these days in convenience stores.

Antique Pop Bottles

But I come from an era when Coca-Cola came in 6-ounce bottles: green, ribbed, classically shaped, the kind you see now only on Antiques Road Show. Seven-Up originally got its name because it deftly went one ounce up from Coke; Pepsi attacked its Atlanta-based rival by advertising “Bigger Drink. Better Taste.” I still remember the lyrics from the advertising jingle, first broadcast in 1940:

Pepsi-Cola hits the spot,
Twelve full ounces, that’s a lot,
Twice as much for a nickel too.

Pepsi-Cola is the drink for you.
And we bought the jingle’s message.
The more ravenous among us chose Pepsi over Coke, because, mea culpa, it did offer twice as much for our not-yet-inflected five cents. A discriminating few selected Hires Root Beer, which, if my memory serves correctly, utilized 10-ounce bottles. Vegetarians mostly.

Some people just hate to swim in the main stream. Twenty-ounce bottles? Nobody could drink that much sweetened water.

But in today’s fragmented soft drink market, there may be no mainstream, particularly with the popularity of Gatorade and other so-called replacement drinks, the health faddist’s equivalent of Pinot Noir. Super sizing, thus, may be less a marketing advantage if you want to approach your product us health hip consumers.

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FIFTEEN YEARS AGO
July 1990

* Earl Owens, 40, Runs 31.05 in Cotton Row 10K
* Jim Law, 64, Top Age-Graded Athlete in Birmingham Meet
* Rich Hugheson (40, 31:52) and Laurie Binder (42, 37:01) Win USA 10K

On the Run

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**Masters Scene**

**EAST**
- Christopher Potter, 56, topped the 14:59:58 in the masters race at the Fifth Year 5K, top awards went to Antonio Martinez, W45, Deborah Gaebler, W40, and Luis Plasencia, M40, with a 1:54:27.

**MIAMI**
- Matt Carpenter, 40, Manitou Springs, CO, finally finished at the USA 10K Trail Running Championship, June 4, in Val, CO, covering the montainous hills, snowy and muddy 10k in 44:47, almost a minute up on the open field.
- Shirley Matson, Larkspur, CA, surged to an age-group US record with a M95 mile record of 9:56:93.

**SOUTHEAST**
- On June 4, in Nashville's Music City Distance Carnival at Vanderbilt U., Tony Young, 43, Seattle, was featured as trying to become "the first masters runner to break the four-minute mile on an outdoor track." Young didn't quite hit it, but did manage a 4:07:27 for ninth place in the field. Meanwhile, Brian Pope, 45, Oxford, MS, dipped under 15:00 with a 14:59:56 in the men's 5000 for fourth.

**INTERNATIONAL**
- Wolfgang Knabe, M45, triple-jumped 15.13/49-7/34 at Garbsen, near Hanover, GER, on May 22. The present WR is 14.55/47-9 by Willie Banks, USA.
- The 29th South Africa Masters Association Championships, Germiston, May 22, drew 344 entries from the usual 400, probably due to the spiraling cost of fuel and high accommodation costs, according to Leon Benning, who was assistant manager to the 60 South Africans attending the World Championships in San Sebastian, Spain.
- Carla Forcellini, W45, vaulted 3.50 in Rome, May 15, tying the WR held by Dawn Hartigan (AUS), set in 2002.
- Barbara Gaehling, W40, ran the 400H in 58:83 at the Lohrheidestadion, Bochum-Wattenscheid, Germany, on June 5. The present record is 62:08 by Maria Sangous Espina (ESP) in 1995.

**CORRECTIONS**
- Results of the USATF-NTC Meet, March 19, in the May issue showed Pay Carstensen, M70, and Linda Vyse, M70, with marks of 36.43 and 29.26, respectively, in the discus. Those marks were for the hammer.

**TWENTY YEARS AGO**
- Irene Obera Sets Two W50 World Records
- Brian Oldfield Tons 40s, Puts Heft at 69-7
- Priscilla Welch, 45, First Overall in Freihofer's
- Attila Belligine, Judy Pickert Winner in Cotton Row 10K

**Weight Pentathlon Championships Offering $2000 in Cash Awards**

Participants in the USA Masters National Weight Pentathlon Championships in Dallas, Texas, on Aug. 13, will be vying for more than titles and medals. Through the generosity of Mark Chapman and Cheryl Mellenthin, athletes will be contesting for a share of $2000 in cash awards, plus a chance at $300 for each world record total score performance.

The top, second and third male and female highest scorers will be awarded $300, $200, and $100. The top oldest best scorers, male and female, will receive $100 each. The most improved scorer, based on previous national meet score, will receive $100. The best official will receive $100.

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Events are listed in order of age for track and field 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 meets are printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, PO. Box 50098, Eugene, OR 97405.

**TRACK & FIELD**

**NATIONAL**

July 2-3. USA National Decathlon/Heptathlon Championships, My affairs HS (College area), OH. 1-585-664-6733. cregtan@juno.com


July 22-23. USA Track & Field, www.athalastategames.com

July 23-24. USATF West Regional Masters Championships, Center for Sports Training Facility, Carson (Los Angeles, CA). Mark Cleary, runnermark@cox.net; www.sca.usatf.org

August 3-7. New Mexico Senior Decathlon/Heptathlon Championships, Albuquerque. 505-623-5777, msnmoinyoloom pac.

**SOUTHWEST**

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

June 3-July 30. Oregon TC All-Comers Meet, Hayward Field, Eugene. Thursdays, 5:00pm

July 6 (Wed.). Club NW All-Comers Meet, Shoreline, WA. 6:00 pm. 206-729-9772; pro motionevents.com

July 9-10. State Games of Oregon, Mt. Hood, Gresham, Bill Cook, 2862 SW Lilian Place, Gresham, OR 97080; www.wco.com


**SOUTHEAST**

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

July 15-21. Tennessee Senior Games, Williamsport County, Clinton, 615-922-9261; www.tnsg.org

**MIDWEST**

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

July 9. Dayton Masters Classic, Welcome Stadium, Dayton, OH. 937-837-2754; birunio@juno.com

July 16. USATF Midwest Regional Masters Championships, Grand Valley St. U., MI. West Shore AC, PO Box 303, Grand Haven, MI 49417; westshoreac.com; jimmone@westshoreac.com

July 23. OHTC Northwest Cleveland M. Chamfer-Mayfield HS, OH. 440-656-4742; www.ohio.org


October 3-5. Huntsman World Senior Games, St. George, UT. M&W 504-800-5048; Huntsmanworld.com


**MID-AMERICA**

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

July 31. Blais TC Meet, Blair HS, NE. 402-426-5555; e-mail: mikedmyrrott@nic.net


September 3-4. 25th Rocky Mountain Masters Games, CSU-P. Collins, CO. Jim Weed, 2203 E. 149th Stw, Thornton, CO 80602; 303-457-8727; e-mail: rockymountainmasters@msn.com

**INTERNATIONAL**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON, M9K 5H7; doug.smith@sympatico.ca


**LONG DISTANCE RUNNING**

NATIONAL

July 30. USA National Master 50+ Mile Championships, Crystal Mountain, WA. www.usatf.org

August 25-26. USA National Master 8K Championships, Honololu, HI. Held in conjunction with the Masters T&F Championships (see above).


**ON TAP FOR JULY**

**TRACK AND FIELD**

The World Masters Games will draw 21,000 athletes from 82 countries for multi-event competition in Edmonton, Alberta, Canada, from the 22nd to the 31st.

**NORTHWEST**

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

**ON TAP FOR JULY**

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July 2005

**National Masters News**

**SOUTHEAST**

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

July 4 Pippins Firecracker 5000, Naples, FL 293.483-1946; george2100@comcast.net
July 4 Peachtree 10K, Atlanta, GA 404-231-9094; atlantatrac.org
July 16 Crazy 8's, Kingsport, TN 423-963-1046; www.crazy8s.org
July 16 Beaufort 5K & 10K, Beaufort, NC 252-223-1230; www.beaufortroadrace.com
July 16 Women's Distance Festival 5K, Huntsville, AL Also men's 5K 256-533-9977
July 23 Hemingway 5K, Key West, FL 305-296-7182; keywestsponsoredevents.com
August 6 Run for Life 5K & 10K, Marietta, GA 770-528-3580; www.georgiaGames.org
August 6 Bushwacker 5K, Pensacola, FL 850-939-8073; runresults.net
August 12-13 Brooks Tour De Pain, Jacksonville, FL 4 Mile Beach Run, 12th; Road Mile and 5K Twilight Run, 13th; www.1stplace.com
August 13 Elvis Presley International 5K, Memphis, TN 901-761-4277; www.upmemphis.org

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4 Silicon Labs Marathon Relay, Austin, TX 512-499-8025; marathonrelay.org
July 4 First Colony Freedom 5K, Sugar Land, TX 281-634-9555; www.signup.com/5016
July 23 Mohawk 5000, Tulsa, OK 918-625-3147; www.tulsarunningclub.com

**WEST**

Arizona, California, Nevada, New Mexico

July 4 Northland Hospice Run for Your Life 5K, Flagstaff, AZ 602-391-7153; www.runforyourlifeflagstaff.org
July 4 4th of July 5K Blast, Las Vegas, NV 702-388-4788; www.lasvegasrunning.com
July 4 Corazon, 15K & 5K 619-298-7400; kathyprevents.com
July 4 51st Semana Nautica 15K, Santa Barbara, CA 805-965-3671; www.shrun ning.com
July 7 Bastille Day 5K, Irvine, CA 619-298-7400; kathyprevents.com
July 10 Fleet Feet Davis Mile, Davis, CA 530-661-7751; www.fitfiles.com
July 10 Keep L.A. Running 5K & 10K, Los Angeles, CA 310-828-4123; www.2promos.com
July 17 West Country Half-Marathon, Sonoma, CA 707-933-1769; www.winecountryhalf.com

**NORTHWEST**

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

July 3 Firecracker 5000, Seattle, WA 719-997-7400; www.promotionevents.com
July 7 32nd Sierra Mist Butte to Butte 10K, Eugene, OR 541-489-3199; www.buttobutte.org
July 4 Oregon Grand Prix Series Foot Traffic Marathon/Half-Marathon, Portland, OR Harry Simonis, 541-504-1077; www.usatf.org
July 14 Thurston Waterfall Mile, Portland, OR www.americasiertownmile.com
July 17 Oregon Grand Prix Series Coburg Run in the Country Half-Marathon, Coburg, OR Harry Simonis, 541-504-1077; www.usatf.org
July 26 (Mon.) Deseret Morning News Marathon, Salt Lake City, UT 801-333-7473; www.desnews.com/race
July 30 Uptown/Energiest Masters Mile, Lakeview, WA 253-376-3773; www.humansпортsworld.com
July 30 Pacifica Torchlight 5K & 5K, Seattle, WA 620-303-7497; www.seafair.com
August 7 Footzone 5K, Redmond, WA 206-972-9972; www.footzone.com
August 26 (Fri.) 24th Fred Meyers Hood to Coast Relay, Mt. Hood, OR 197 Miles, 12 per team 503-929-4626; www.hoodtocoast.com
September 11 Oregon Grand Prix Series - Oregon TC Masters Eugene Celebration 8K, Eugene, OR Harry Simonis, 541-504-1077; www.usatf.org
September 17 Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com
October 29 Grand Prix Series USAF WGU 5K, Salem, OR Harry Simonis, 541-504-1077; www.usatf.org
November 12 Oregon Grand Prix Series - USAF Grand Prix finale, Sandy, OR Harry Simonis, 541-504-1077; www.usatf.org

**RACINGWALKING**

July 17 USATF MAC 5K RW Championships, Central Park, NYC, www.usatf.org

For the latest in top-level track & field

**Track & Field News**, the bible of the sport, published monthly since 1952. $43.95 yr.

**TRACK PERIODICALS • TRACK BOOKS • VIDEOS • TOURS TO THE OLYMPICS, TRIALS, WORLDS**

www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax
U.S. MASTERS ALL-AMERICAN STANDARDS

**For Women**

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<thead>
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<th>Event</th>
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**For Men**

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

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared must accompany the application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch is $20. Include a check or money order.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A color, 8" x 10" certificate, suitable for framing, and/or a 3-color, 3" x 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
EAST

Green Mountain Senior Games, So Burlington, VT
May 21

100m
M50 Ken Castro Rl 14.13
M55 George Pfeil 14.06
M55 Russell Gill 14.13
M55 Harry Dagavanian QP 14.13
M55 Ken Doolittle MA 14.13
M60 Will Doolittle 15.03
M70 Roy Stahle 20.72
M75 Bob Matheson 20.78
M80 Cam Johnson 27.17
M85 Barbara Jordan 15.88

200m
M50 Joel Stirling 25.00
M55 Bill Kenna 25.38
M60 Steve Fie 29.94
M60 John Cooney 30.06
M60 Harry Dagavanian QP 36.91
M70 Dudley Bell QP 38.06
M75 Randy Hays 43.21
M80 Barbara Jordan 55.35

400m
M50 Russ Cooke 1.11.28
M55 Peter Perkins 1.12.72
M55 Sam Messiter 1.12.72
M55 John Pelton QP 1.14.66
M55 Jeff Bennett 1.29.68
M55 Bob Matheson 2.06.68
M60 Bob Jordan 2.12.49
M60 Sally Howe 2.13.88

High Jump
M30 Gary Skaggs 4.6
M35 Peter Perkins 4.6
M40 Mark Colby 4.6
M55 Cameron Smith 4.6
M60 Ken Doolittle 4.6
M60 Brian Smith 4.6

Long Jump
M30 John Shultz 11.39
M35 Townend Gilbert 12.00
M40 Bob Jordan 12.00
M50 Dudley Bell 9.3
M55 Bob Jordan 9.3
M60 Pam Gundlach 9.9
M60 Grant Hammond 9.9

Pole Vault
M40 John Jordan 14.08
M50 Dennis Schuler 14.08
M55 George Irish 14.08
M60 Bruce Landis 14.08

1500m
M50 Russ Cooke 4:52.60
M55 Chris Charlebois 6:40.91
M60 Joy Crooks 6:40.91
M60 John Pelton 6:40.91
M70 Lisa Bernard 11.36
M80 Lisa Bernard 11.36

3000m
M50 Russ Cooke 9:51.58
M55 Carl German 9:51.58
M60 Carl German 9:51.58
M60 George Irish 9:51.58
M70 Beth Grover 22.34
M80 Beth Grover 22.34

800m Steeplechase
M55 Mike Amrhein 10:38.10
W50 Jean Bemazque 10:38.10

National Masters News
July 2005

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SOUTHEAST
Southeastern Masters Championships/20K Race,
Without Championships, Duke U., Raleigh, NC
May 18

100m
M30 Stearns Peets 11.40
M30 Larry O'Donnell 11.05
M35 Peter Masters 11.05
M35 Bob Masters 11.05
M40 Chris Sarsany 12.87
M40 Sam Messiter 12.87
M45 Michael O'Brien 12.87
M45 Robert Jordan 12.87
M50 K. McDonald 22.40
M50 Rich Mathis 22.40
M55 Gerald Campbell 22.40
M55 Bob Kornberg 22.40
M60 Jack Shultz 6.30
M60 John Doolittle 6.30
M70 Bob Kornberg 6.30
M70 Bob Jordan 6.30
M80 Paul Kohler 6.30
M85 John Kornberg 6.30

200m
M40 Richard Haines 45.60
M45 Jack May 45.60
M50 John Doolittle 45.60
M55 Ken Doolittle 45.60
M60 Bill Kenna 45.60
M70 Bob Kornberg 45.60
M80 Paul Kohler 45.60
M85 John Kornberg 45.60

400m
M50 Bill Voorhies 91.40
M55 Ken Doolittle 91.40
M60 John Doolittle 91.40
M70 Bob Kornberg 91.40
M80 Paul Kohler 91.40
M85 John Kornberg 91.40

800m
M55 Mark Williamson 18.13
M50 James Brown 18.13
M60 Bob Paulsen 20.39
M65 Bob Paulsen 20.39
M70 David Givens 19.78
M75 Bill Guthrie 19.78
M80 Jerome DeLoef 19.78
M85 Bill Pointer 19.78

1500m
M55 Leon Bullard 33.81
M55 Leon Bullard 33.81
M60 Ken Doolittle 33.81
M60 Ken Doolittle 33.81
M70 Bob Kornberg 33.81
M70 Bob Kornberg 33.81
M80 Paul Kohler 33.81
M80 Paul Kohler 33.81

5000m
M50 Leon Bullard 10:00.66
M55 Leon Bullard 10:00.66
M60 Ken Doolittle 10:00.66
M60 Ken Doolittle 10:00.66
M70 Bob Kornberg 10:00.66
M70 Bob Kornberg 10:00.66
M80 Paul Kohler 10:00.66
M80 Paul Kohler 10:00.66

10000m
M55 Leon Bullard 29:40.60
M55 Leon Bullard 29:40.60
M60 Ken Doolittle 29:40.60
M60 Ken Doolittle 29:40.60
M70 Bob Kornberg 29:40.60
M70 Bob Kornberg 29:40.60
M80 Paul Kohler 29:40.60
M80 Paul Kohler 29:40.60
### National Masters News

#### ROCK N' ROLL MARATHON

<table>
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<th>Runners</th>
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<td>Johnson</td>
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<tr>
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<td>Dolores</td>
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<td>Coronado</td>
<td>2:19:38</td>
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<tr>
<td>Jinks</td>
<td>2:20:40</td>
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#### CANADA

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#### RACEWALKING

<table>
<thead>
<tr>
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<tr>
<td>Steve Reardon</td>
<td>40K</td>
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<tr>
<td>Joeli Allen</td>
<td>50K</td>
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#### NORTHWEST

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<th>Marathon</th>
<th>Half-Marathon</th>
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<td>Portland</td>
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<tr>
<td>Seattle</td>
<td>2:13:10</td>
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<tr>
<td>Vancouver</td>
<td>2:14:30</td>
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#### CHAMPIONSHIPS

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#### Switzen Meet:

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<tr>
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<tr>
<td>Joeli Allen</td>
<td>60K</td>
</tr>
</tbody>
</table>

#### CONCLUSION:

Over all these athletes, the 2004 USA Masters Championships were a great success, and we look forward to the 2005 championships, scheduled for Austin, Texas.
## USA Masters Outdoor Championships in Hawaii

**August 4 - 7, 2005**

**Cooke Field, University of Hawaii, Honolulu**

*Entry Deadline: July 5, 2005. Late entries accepted with penalty until July 16.*

### OFFICIAL COMPETITION ENTRY FORM – USA MASTERS OUTDOOR CHAMPIONSHIPS

**PLEASE TYPE OR PRINT CLEARLY – IF WE CAN'T READ IT, YOU ARE NOT REGISTERED!**

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Street Address or Box Number

| City | State | Zip | Country
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<table>
<thead>
<tr>
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<th>Or News-Radio Station</th>
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**Indicate “Unattached” if not a member of a USATF-registered club. Indicate one or both.**

Best Open or Masters T&F Achievement

| ____________________________________________________________________________ |
| I have a disability for which I am requesting the following accommodation: |
| ____________________________________________________________________________ |

**Documentation due by June 15, 2005.**

**PROOF OF AGE REQUIRED – ENCLOSE COPY OF BIRTH CERTIFICATE OR PASSPORT INFO PAGE.**

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<thead>
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| Pentathlon | $35 |
| Surcharge for entries received after July 5 deadline | $50 |
| USATF Masters Committee Fee (mandatory for all participants) | $10 Required $10 |

| T-Shirt Order: | Shirts @ $10 ea. (includes one pin) |
|               | Circle Size(s): S M L XL 2X |

<table>
<thead>
<tr>
<th>On-Campus Meals (circle your choice – see details at left):</th>
<th>Plan A ($55)</th>
<th>Plan B ($75)</th>
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<tbody>
<tr>
<td>Hawaiian Luau (August 6): Number of Adult Tickets</td>
<td>$28 each</td>
<td>Youth tickets ($18)</td>
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Your Total: (You may pay by check or credit card) (Did you add the USATF Masters Fee?)

+ Payment for entry fees, T-shirts and luau tickets MUST accompany your entry form.
+ Registration confirmation sent only if e-mail address is provided and form is received by June 16.
+ All participants must be 2005 members of USATF; all must also pay $10 USATF Masters Committee fee.
+ All participants must show proof of age (see instructions above); driver license NOT acceptable.

To pay by check or money order (payable to Hawaii Champs), send this form and full payment to:

**Hawaii Champs, 1493 Halekoa Drive, Honolulu, HI 96821**

*Questions: call 808-732-8805*

To pay by VISA or MasterCard, complete the following and fax to 808-735-0188, or mail to above address:

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<th>Credit Card Number</th>
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**Signature:**

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<th>MC</th>
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### WAIVER AND RELEASE STATEMENT

I AGREE to comply with all rules, regulations and event instructions of the USATF and Hawaii Champs (LOC). I UNDERSTAND that participating in USA Masters Outdoor Championships events is potentially hazardous and can result in serious injury or death. I am aware of and expressly assume all risks associated with participating in these events, including but not limited to falls, contact with other participants and objects, effects of weather, including heat and humidity, traffic, and condition of facilities. IN CONSIDERATION of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release from any and all claims for injuries and damages I may have against the LOC, the City and County of Honolulu, State of Hawaii, University of Hawaii, all Sponsors, and USATF and their agents and representatives, caused by negligence of any of them arising out of my participation in this championship, including pre- and post-competition activities. I ATTEST that I am physically fit and have sufficiently trained for competition in these championships. I FURTHER CONSENT to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during this event, and I agree to pay for the costs of this medical treatment. I FURTHER AGREE to receive mailings from USATF and LOC vendors which do not obligate me to purchase any championship related product. I ALSO GIVE PERMISSION for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.

**SIGN HERE:**

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