Pope's Quest for Fourth Title Falls Short

Strijakov, Gautier Tops in Cotton Row

By JIM OAKS
HUNTSVILLE, Ala. – Brian Pope’s quest to become the first male master to win four titles in the 27-year history of the Mercedes-Benz Cotton Row 10K Run was ended by two outstanding foreign athletes on Memorial Day, 2006.

Russia’s Oleg Strijakov, 42, became only the third master to break 31 minutes on the rugged course that includes Mountainwood Hill at the halfway point. He won the 2006 title in 30:54 and enjoyed the top masters prize of $600. Strijakov’s time was good enough to finish seventh overall ($100) and dip into the open prize money.

Kenyan Albert Okemwa, 40, was second in 32:15 with Pope, 43, third in 32:42, followed by former U.S. Olympian, John Tuttle, 47, in 33:15, and Kenyan Titus Mutinda, 41, fifth (33:25).


Masai holds the course record from his phenomenal 2000 performance of 29:38. The following year he ran 30:48, and all the way by Tuttle, who ran 30:55 that day.

In the women’s race, Jan Gautier, 40, of France, was second in 35:20, with Kathy Bergen, 45, third.

Runners struggle to cross a river during the Truncle Fell Race in the U.K., May 22.

Against the Elements – Fell Running

By BRIDGET CUSHEN
A true athlete rarely refuses a challenge. However, even the most fool-hardy may have second thoughts after reading the introduction to the safety requirements for fell races: “Fell running attracts competitors with a wide range of ability and experience. Those who are unfit and inexperienced in meeting the hazards which mountain terrain and weather present are at greatest risk of personal harm. We know only too well that anyone participating in a fell race may suffer an accident, the consequences of which may be extremely serious.”

The fells cover a large swath of the North of England from Derbyshire up to Hadrian’s Wall, a historic wall built by King Hadrian to keep out the marauding invading Scots.

The first recorded fell race was held in Burnsall, circa 1882, and the now popular Rivington Pike race dates back to the 19th century.

Records Fall in Striders Meet

By JERRY WOJCIK
Bolstered by world-record performances, the 2006 Southern California Striders Meet of Champions maintained its reputation as one of the prime, as well as one of the oldest, masters meets in the U.S. One national and four age-group world records were set at California State University–Long Beach on May 20.

Willie Gault, M45, top ranked in the M40 hurdles in 2005, skipped that event to run a 30:54 in the 200, below the world record of 22.13 by Kevin Morning in 2002. Gault ran a wind-aided 10.80 in the 100, disallowing another possible record, held by Neville Hodge at 10.96.

Gerry Davidson, W85, ran a 30.00.33 in the 3000 to break Ivy Granstrom’s world-best 24:08.62 in 1998. Davidson set the W80 record of 20:41.04 in 2004 when she was 83.

In the jumps, Kathy Bergen, W65, topped the high jump world record of...
Gone Before Their Time

All records have to go eventually, but they should not have to go before their time. The time for a record to go is when it has been surpassed by a better performance. Unfortunately, that is not the case with a lot of masters throwing records. It used to be that a masters thrower could look at the record book and see what he or she had to do to become the all-time best in their event. Not anymore.

Wiped Out

Whenever WMA changes the weights or specs for masters implements, all the records for that age category are wiped off published lists and a new set is begun.

This is sad, because some of these old records have stood for years without being challenged. These great records are now just quietly disappearing. New records have less meaning when they don’t represent the best performances. Certainly the greatest masters javelin thrower of all time, and possibly the greatest javelin thrower of all time, was done by Larry Stuart at age 55 in 1995. He threw an 800g javelin 65.74m (over 215 ft.) shortly after that. WMA changed the age 50-59 javelin to 700g.

Still Unsurpassed

The enormity of that record is testified to by the fact that 11 years later, no 55-year-old has exceeded that distance with a 700g javelin. Javelin throwers like to say that they can’t throw the lighter javelins any farther than the heavy ones, but empirically that is not true. The 700g javelin can normally be thrown 5% farther than the 800g javelin.

This means that some 55-year-old will have to throw the 700g javelin over 69m (over 226 ft.) to surpass Stuart’s performance, and that is not likely to happen for quite a while.

Stuart’s M55 record (as well as his M60 record) was published yearly in National Masters News until this year. Now they are gone.

More to Come

There are more weight changes coming in the M80+ shot and hammer, and in the W80+ discus. All those familiar Ross Carter shot records will soon be gone and that incredible 9.58m shot record by Don Pellmann, 90 (although that one was never published as a world record in the first place), will be wiped off the published pages.

We will all have to save our old copies of National Masters News if we want to check on some of those amazing old records.

Striders Meet

Continued from page 1

1.34 by Rietje Dijkman, of The Netherlands, in 2004, with a 1.35/4-5. Bud Held improved his pole vault record of 2.96 in 2004 with a 2.97/9-9.

(Bud Held increased the record to 3.00/9-10. Nadine O’Connor W60, also raised her world record to 3.11/10-2 1/2. Both marks are well above 100% age-graded performances.)

Linda Cohn, W50, who has competed for College of the Canyons CC, north of Los Angeles for two years, threw the javelin 39.06/128-2, erasing her U.S. record of 37.95/124-6 in 2004.

In other performances, Raymond Yeck won the M55 100 (12.82) and 200 (26.24) over formidable fields.

Jai Black, W45, was under 60.00 with a 59.49 in the 400.

Rob Duncanson and Danny Goldman staged a good race in the M50 800. Duncanson the winner, 2:15.02 to 2:17.91. Nolan Shaheed, M55, recorded the day’s fastest 1500 (4:23.17).

B.J. Duhon, second-ranked M45 hurdler in 2005 (15.23), ran a 15.87.

Perry McBride, M30, finished the long hurdles in 51.08.

Kathy Jager, W60, was the top female pole vaulter, with a 2.45/8-2.

John Schneider won the M45 400 (59.06), Charles Williams, winner of the M50 200 (24.9) and 400 (58.06), Southern California: Striders Meet.

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First in her age-group in three events.
In golf, the aim of every great golfer is to win the Grand Slam, the four major golf tournaments within a year.
As Martin has won five, I'm calling her the Ultimate Grand Slam of Running.

William Benson
Valley Stream, New York

RUN FOR FREEDOM
The Run for Freedom 5 Mile celebrated 21 years of service to the road running community on May 21. It was held for the benefit of Integrity House, a non-profit drug and alcohol treatment center in Newark, N.J., which has been helping people in the tri-state area for over 31 years.
This year, the Vincent Carnivale Award was presented to the best age graded performer age 65+.
Toshiko d’Elia, a member of the Masters T&F Hall of Fame, running for the North Jersey Masters, won the women’s award for her 45:09 at age 76, an astounding 90.8%, the best for all age groups.
George Studzinski, 73, Kinnelon, N.J., won the men’s award for his 39:45, an age-graded 76.3%. Both received a check for $300.
In the one mile, first masters were Wendy Glassman, 50, with a 6:54, and Tony Paster, 54, Shore AC, with a 5:32.
I was disappointed with the turnout, 104 in the 5 Mile and 56 in the mile.
For a certified road race that provided prize money (over $500 “give aways”) awards in five-year age groups in both races, bagels, donuts, coffee, tea, as well as T-shirts to all entries, and most importantly a race for a very good cause, I cannot understand the lack of support by the road racing community in this area.
Francis A. Schiro
New York City

MEET FORMAT
We will not be participating in the USATF West Regional Masters Championships at Long Beach State in July, because the two-day format simply does not work unless you are a distance runner.
At this meet for the last two years, athletes, as well as officials, sat around for hours waiting for their next event. We also see no need to provide the prelim for all sprints when in most cases they are not needed.
Sprints and field events could be consolidated into one-day with long distance run over a two-day schedule.
Bert Bergen, M65
Kathy Bergen, W65
La Canada, California

Shuttle Hurdle Relay Resurrected in Arizona

By JEFF DAVISON
It has been at least 15 to 20 years since a masters shuttle hurdle relay has been attempted in the U.S. I have found only one masters athlete who remembers the prior race. Most masters hurdlers have not had the opportunity to compete in one since high school or college days.
On a warm and extremely windy afternoon in Mesa, Ariz., four M45 athletes completed the barely run 4 x 110m (440m) shuttle hurdle relay.
The race was completed during the Arizona Flames Masters Meet in Mesa on April 22. Director James Smith and his staff put on a terrific meet.
The masters team consisted of (in order): Joe Schwietenon, Illinois, second in the 2001 USA Masters Outdoor Championships high hurdles and long jump; Jeff Davison, California, sixth in the 2004 and 2005 USA Masters Outdoor Championships high hurdles; Jeff Brower, Texas, first 2005 USA Masters Outdoor Championships middle hurdles, and second 2005 USA Masters Outdoor Championships high hurdles; and a gutsy final leg into a very heavy wind by Eugene Anton, California, first, 2006 USA Masters Indoor Championships 60mH.

Larry Hecht/Photo Run

Kathy Martin, W50 winner (39:11), NYRR Mini 10K, June 10

Lynne Anderson, 35, and Maria Glickman, 40, in the 10,000, 2005 USA Masters Championships.
The 2006 championships will be held in Charlotte, N.C., Aug 3-6.

SOME of you may be living in V Montana. I know Bob Cahners, 72
Over the Memorial Day weekend while many of you were bustling between ra
Aidan Cahners and I, the nearest
We got in from Hayden at 9:30 a.m. and finished it in Naples, Florida.
Premonition
We were greeted with some cool rain. Bob Cahners and I went to Wal-Mart and put
We surveyed the motel in Bozeman, since that is closest.
Dr. Bob Sager, will have, the three of us will sail on a low, "blocked" ed, and
We found the motel in Bozeman, since that is closest.
We heard there was a problem with the motel in Bozeman, since that is closest.

This gives me the opportunity to take my wife to and Jack and the children to take a trip around Southern Canada with behind our car.

Never Say Never
We said never a year ago.
Cahners and I have had to do this trip to go to the competition we have been talking about the holiday inn since 1972 when we went on a tour of southern South Canada with behind our car.

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National Masters News
July 2006

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Outstanding Athlete
Does anybody know if any man or woman in the history of masters competition has ever accomplished what Kathy Martin did from Aug. 4, 2005, through March 26, 2006? We might even throw in the open age group, as well.
I was 86 and have been involved in the running scene for many years, and I’ve never heard of anybody matching her accomplishments.
I don’t believe we have a central record-keeping agency that would have information on something like this. Perhaps one of NMN’s many knowledgeable readers, both here and abroad, might supply us with an answer.
Martin, 54, of Northport, N.Y., on Long Island, won five national championships, one in each of the five categories for running: outdoor track, indoor track, long distance, cross-country, and ultra. Here are the facts:
• USA Masters T&F Championships, Honolulu, Aug. 4-7, 2005. First in her age group: 800, snatched what was expected.
• USA Masters 8K Championships, Honolulu, Aug. 7, 2005. First in the W50 race.
• USA Masters 8K XC Championships, Van Cortland Park, NYC, Feb. 18, 2006. Winner in the W50 division.
• USA Masters 50K Road Championships, Caumsett St. Park, Long Island, March 5, 2006. In her first attempt at an ultra, she ran 4:00:22, breaking the W50 age-group record by 10 minutes.
• USA Masters Indoor Championships, Boston, Mass., March 24-26.
Dr. Sager’s Fields of Dreams

Some of you may know that this year’s USA Masters Weight Pentathlon is being held in Wilsall, Montana. Many people have never heard of Wilsall, Montana. I know people in Montana who haven’t heard of Wilsall, Montana. Bob Cahners and I now know Wilsall very well, thank you.

Over the Memorial Day weekend, while many of you were barbecuing or dashing between raindrops, we were doing a site visit. What a site it was.

Cahners and I met in Bozeman, Montana, the nearest city to Wilsall. I got in from Hayden Lake, Idaho, at 2:30 a.m., and he flew all day from Naples, Florida.

Premonition

We were greeted Saturday morning with cold rain. Bob immediately went to Wal-Mart and purchased rain gear and boots. He had come with a sweatshirt to keep him warm. It hardly ever did. I had accidentally thrown some winter clothing in my car before I left. I must have had some subconscious premonition.

We heard there was snow in the pass over which we had to go over to get to Wilsall, so while we were there we went to see it. As we rounded the crest of the pass, the snow all the way down the mountainside was just falling. Bob immediately went to Wal-Mart and purchased rain gear and boots. He had come with a sweatshirt to keep him warm. It hardly ever did. I had accidentally thrown some winter clothing in my car before I left. I must have had some subconscious premonition.

We had to go over to get to Wilsall, so as people finish they can sit and drink beer and barbecue, while watching the people behind them finish.

Chilly Conditions

Over the next few days, the Bobs and I spent all our time working, putting in slabs and preparing the site. I don’t think I was prepared for the alet which came each day. I felt like I was getting hit in the head with a BB gun many times over. “Beef” promises good weather on Aug. 19. There is only a 10% chance of rain.

He also promises to have the road graded flat and ready to go. He has plenty of work ahead of him, but think he will get it done. The championships should be a unique experience for all who attend.

I recommend that you all make your reservations early, so you can be sure to make the dance. If we can be of assistance in any way please let us know.

I think we will all want to be part of making Dr. Sager’s (Bob/Beef) Fields of Dreams come true. If we are lucky he might even let us see his pigs race. Q

(To address the subscription issue, please send your request with the above address.)

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Third Wind

By MIKE TYMN

Amazing Athletic Feats of Yesteryear

I had never heard of anyone running 100 miles a week in training before the late 1950s or early 60s, but I recently read that Arthur Newton, a South African farmer, ran more than 20 miles a day over a period of 14 years (1922-1935). In 1931, at age 48, Newton set a world 24-hour record of 152 miles, 540 yards. That record stood until another South African, Wally Hayward, age 45, did 159 miles, 562 yards on November 21, 1953, while circling a quarter-mile track 637 times.

Those facts, along with thousands of others, were discovered in a book titled The Super Athletes, which had been gathering dust on one of my book shelves. It was from this book that I read about Richard Perry Williams, discussed last month. Williams purportedly did a 9.0 for 100 yards 100 years ago this month.

Of the feats recorded by David P. Willoughby in 665 pages are things you don’t read about in the mainstream media percent. Some time in the early 1920s by Willoughby covered some time in the early 1920s by Willoughby the Mississippi River to the Columbia River, 115 yards in a sack race (both feet in a sack).

Some time in the early 1920s by Willoughby the Mississippi River to the Columbia River, 115 yards in a sack race (both feet in a sack). Willoughby only stood 5-3 3/4, did a record for 100 yards on November 21, 1953, while circling a quarter-mile track 637 times.

The hopping of the unusual records Willoughby mentions has been gath- steps prior to jumping.

Gautier said, “Running is a plus for me. I feel like I’m a better person when I run.”

Ann Marie Ellis, 51, Pelham, Ala., just missed winning prize money by two seconds. Her finish time of 46:02 was sixth fastest of all masters.

Hayward Field playmaker looking to the future

“I have always loved jumping,” she said. “And as long as I can, and as long other people in a position encourage other people to get in shape, do their dreams, and share their dreams.”

Hayward Field playmaker looking to the future

Gautier said, “I have always loved jumping,” she said. “And as long as I can, and as long other people in a position encourage other people to get in shape, do their dreams, and share their dreams.”

For the third consecutive year, Connie Robertson, 43, Hapeville, Ga., won her race in 39:50. She was followed by Lori Goldweber, 42, Homewood, Ala., 41:08; Gail Whelan, 43, Huntsville, 44:31; and Susan Keith, 44, Birmingham, Ala., 46:00.

Defending women’s masters champion Firaya Sultanova-Zhadanova was entered but cancelled in the last week. Zhadanova had also won the overall women’s title in 2004 and 2005.

Her decision to cancel may have been influenced by the late entry of former Los Angeles Marathon winner Lyubov Denisova, 34, who won the women’s title this year in 33:54, the fastest fourth-place woman on the course.

Strajak has done well on U.S. roads since turning 40. He has broken the largest paychecks had come at the Bank of America Marathon in Tampa in the past two years.

The race started paying prize money to masters in 2005, and he won this year’s title. In 14 of 70 events collecting the $8000 reward. He was also second overall, for an additional $1000. This year he did even better, winning the race overall in 2:26:34 in unusually cold and windy conditions to take a 10:5000 back to Russia.

Okenwa and Mutinda were surprise entries to the Cotton field, both registered for the first time last year, only a year after setting his time record.

At age 47, Tuttle continues to run strong. On a Memorial Day, much warmer and more humid than 2005, he was only a second slower than his time last year. Another 47-year-old runner, Phillip Walters, was close behind the prize money winners.

Walters, a native of the Bahamas who had represented them in world competition, ran a 33:41, a time that would have been third master last year.

Gautier is a native of Illinois, but has lived in Chattanooga for the past 15 years, where he is coach of the University of Tennessee-Chattanooga track and cross-country teams.

She ran in college at Southeast Missouri State, then an NCAA Division II school, and was a four-time All-American, twice in cross-country and twice in track. She also completed her junior year in college. She was national champion in the 3000m as a senior. She presently teaches 6th grade science at Baylor School in Chattanooga and serves as the school’s middle school cross-country and track coach.

Gautier, who has been one of Chattanooga’s top runners since coming to the city and since turning 40 last July, still wins local races as a master. In February, she won the masters division and finishing third overall.

“My goal as a master is to keep running as well as I can,” Gautier said. “Running is a plus for me. I feel like I’m a better person when I run.”

Ann Marie Ellis, 51, Pelham, Ala., just missed winning prize money by two seconds. Her finish time of 46:02 was sixth fastest of all masters.

Hayward Bradley, 68, Huntsville, ran an impressive 4:20. He betted the state record for 10K on probably the strongest 10K course in the state. Howewll, 84, Huntsville, was the oldest finisher in 69:24. Howe11 started running competitively only four years ago and has set a number of Alabama State age records since.

Betsy Byrne, one of only two women who have run all 27 Cotton Row Runs, won the W65 race (66:37). The other finishers with perfect attendance are Charlie Van Valkenburgh, 49, Huntsville; James Carroll, 55, Burns, Tenn.; Don Hills, 49, New Market, Ala.; Bruce Woody, 57, Huntsville; Bill McDowell, 52, Huntsville; Jon Turner, 58, Ardmore, Tenn.; Gary Deere, 61, Nashville; Carl Sinkbel, 69, Huntsville; Bill Allbritton, 51, Huntsville; Kevin Joyce, 45, Huntsville; Joan Bell, 58, Huntsville; Merrill Jones, 65, Huntsville; and Lon Porch, 58, Guntersville, Ala.

In the companion 5K race that has been conducted after the 10K race each year starting in 2002, Marty Clarke, 44, has won four times.

In 1934, when he was 53, Greenstein walked into the New York gym operated by Siegmund Klein and amazed Klein and his pupils by biting in two a nail that Klein supplied. Klein is quoted as saying that he could hear Greenstein’s teeth crunching as they were being ground, but he checked his teeth after the feat and found no damage to his mouth or tongue.

Handstand Pushups

But Klein, too, is credited with some extraordinary feats, including 19 consecutive handstand pushups on a bench, touching his chest on each lowering. On January 19, 1945, at age 53, he did two "hollowback" handstand pushups with 75 pounds strapped to his back. At age 67, she could still do 12 or 13 handstand pushups.

When the age of 60, Ben Piers, a one-time physical director at the New Orleans YMCA, could do a one-arm front planche on a ring, grasping the ring with his middle finger only, then chin himself to the ring in that position.

Believe it or not! (Mike Tymin can be contacted at MET-GAT@aol.com)
Trish Porter Raises the Bar Higher

Trish Porter wasn’t able to make it to a recent reunion of former Oregon track and field athletes, being held in conjunction with the Pac-10 Championships at Hayward Field, Eugene, Ore. Too bad, because she has an atypical life-after-college story to tell. And not simply because, after a mediocre Oregon career as a high jumper, she became an improbable Olympian in 1988.

Or because she’s happily married, to former elite distance runner Pat Porter, with two children, Connor, 8, and Shannon, 5.

Or because she coaches the boy high jumpers at a local high school in Albuquerque, N.M.

It’s because she’s high jumping again, in her 40s. Jumping higher, in fact, than she ever did at Oregon, where she was Trish King when she competed in the early 1980s.

Reigning Champion

As a masters athlete, the 43-year-old Porter is a reigning world record-holder in her age group, at 5 feet, 9 1/4 inches, clearing the height she cleared in high school.

She’s broken the world record four times, won three national masters championships, an indoor world championships – she has the American indoor record, 5-5 1/4 – and an outdoor world championships.

And she can tell you that the world record for an 80-year-old woman is one meter (3-3 1/4) and she’d love to compete another 40 years.

Looking to the Future

“I have always loved the high jump,” she said. “And so I’ll do it for as long as I can, and as long as I can affect other people in a positive way, and encourage other people to take up some of their dreams, and rekindle some of their dreams.”

Hayward Field played a role in the rekindling of Porter’s dream, after being the place in which dreams nearly died. She cleared 5-8 1/4 indoors as a freshman, but spent most of her UO career, as she remembers it, stuck between 5-2 and 5-5. She gained weight, the “freshman 15” and then some.

“It was a tough time,” she said. “I think being away from home, and that was a really rainy few years, and that made it difficult for me,” she said. “I wasn’t necessarily the best or the favorite, and I didn’t handle that well.”

Olympic Heights

After Oregon (she graduated in 1984) she made the Olympic team in ’88, stunning because she didn’t have a qualifying height for the Trials until she cleared 6-1 1/4 a month before.

Then, in the Trials, she cleared 6-2 3/4 in the heptathlon high jump and 6-4 and then 6-5 to make the team in the open high jump.

She’d recorded two personal bests in one day, three in eight days, four in a month.

Life Takes Over

By the early 1990s, a neck injury forced her out of competition, and thereafter she and Pat Porter – they’d met as Olympians – started a family, and she started coaching, and figured she was done with competing. Until the summer of 2002, when a friend told her that the national masters championships would be at Hayward Field in 2003. Porter’s friend had always wanted to compete there.

Would Trish train for the high jump, and meet her at Hayward Field?

Another friend told her that the world record for her age group was 5-7 something, “I could do that,” Porter thought.

“For me, it was, ‘Oh, when I was at the University of Oregon, I was heavy, I was fat, so I didn’t compete well,’” she said. “It was a case of, ‘Oh, no, I have to go face some of my old fears,’” she said.

Training Again

She started training, working with the coach – Allan Hanckel of Los Angeles – who helped her reach the Olympic Games. And she found herself at Hayward Field three years ago, with her former head coach, Tom Heinonen, doing the announcing, and her former event coach, Mark Stream, on the scene.

She jumped 5-8 3/4, then a masters world record for her age group.

“It almost felt like closure in some respects,” she said. “It felt so good to have some success there.”

Winning Streak

There’s been more. She won in the World Masters Championships in Spain last summer, and won the World Indoor Championships earlier this year. She’s much fitter than she ever was in college. She thinks she can jump 6 feet again.

For Trish King Porter, that’s been the rest of the story.

Cotton Row 10K

Continued from page 6

Huntsville, won for the fourth straight time, this year in 18:10. Jennie Routtence, 46, Madison, Ala., was the top woman master in 22:23.

The 5K race has grown each year. Registration for the first year was 510, then 610 in 2003, 699 in 2004, 889 in 2005, and this year reached 1006. The 10K registration was 1633. Total registration for the three races – a mile fun run is also conducted for kids – exceeded 3000.

Visit the National Masters News Web Site at: www.nationalmastersnews.com
Orthoses and Athletic Injury Prevention

In the past several years, there has been much confusion about orthoses and their use in preventing athletic injuries. To some, orthoses are scientific miracles; to others, a lot of nonsense. But it is best to understand the basic principles behind their use.

Running is a component of most sports. On average, the foot strikes the ground approximately one thousand times during a mile run. Thus, foot placement is an important part of the gait cycle.

Overuse injuries occur when too much stress is placed on the body due to improper foot placement. Overuse syndromes may set in after a few miles of running for one injury, and several miles for another.

The most common running injuries related to poor foot biomechanics include plantar fasciitis, shin splints, heel spurs, chondromalacia patella, fractures, and tendinitis. A definite relationship exists between foot position for runners, but excessive pronatory motions of the foot, reduce excessive leg rotation, and reduce postural symptoms associated with abnormal foot function.

It should be noted that an orthosis is designed to balance and support the abnormally deviated foot. In no instance should an orthotic device be used for a normally functioning foot.

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

Happy Fourth of July from the staff at NMN

Other Activities Plentiful in Charlotte for Visitors to National T&F Championships

Other Sports Attractions

A sports enthusiast’s dream, Charlotte is home to various professional teams including the NFL Carolina Panthers and the NBA Charlotte Bobcats, who opened their 2005-2006 season in the new Charlotte Bobcats Arena in Center City. The Wachovia NHL just held another successful tournament in May and NASCAR is - by far – one of the top tourism topics in the region. From Lowe’s Motor Speedway to the race shops and museums to the many events surrounding the popular sport, this region has it (and will soon have the newly-announced NASCAR Hall of Fame).

The U.S. National Whitewater Center, a public park featuring mountain-biking trails, climbing centers and a custom-made whitewater river opened in June. Paramount’s Carowinds will give a taste of the “Outback” in 2006 with its newly-expanded, Australian-themed water park, Boomercamp Bay.

Both of these new attractions would be a great reason to come early to Charlotte or stay an extra day or two! Friends and family will love to experience Charlotte...or shop ...

Shop Till You Drop

From the top names in manufacturer and retail outlets to upscale boutiques and unique shops nestled in neighborhood shopping centers, from destination megamalls to antique villages, art galleries and outdoor markets, Charlotte offers a unique shopping experience with a wide range of retail options. Northlake Mall, a new 1.1 million square-foot regional shopping center, opened last September.

Cultural Activities

Charlotte continues to build upon its reputation as a world-class city through arts, science and historical attractions, eclectic dining, unique shopping, and entertainment options.

For more information, check out the city’s website at www.visitcharlotte.com or call 1-800-231-4636.

Charlotte – Nationals

Continued from page 1

Planning Process

The local organizing committee for the National Masters Championships has been making plans for track and field events for the last two years. More than a dozen hardworking, committed volunteers have given countless hours planning efforts to ensure that Charlotte outshines all other cities that have come before to make the 2006 Nationals the best yet.

“Charlotte has the reputation of having a ‘can-do’ attitude and exemplary southern hospitality; we have even raised the bar this time. We want to make the visitor experience, whether it be for a runner, jumper or thrower, the ultimate experience in their championship memories,” said Gordon Edwards of the Carolinas Track & Field Champs hosts of the Championships.

Housing

What is different this year? First, meet participants will be astounded at the beautiful on-campus housing that is provided by UNCC. Private rooms with access to shared suite space – to bath facilities within the suites – the athletes and families will be happy to spend their “downtime” in privacy and comfort.

The campus housing is located just 600 meters from the track and field facility.

Perks

Second, Champion will be donating two brand new treadmills to be awarded for the best age-graded performance by a male and female athlete in the championships.

Third, the fabulous “extras” for the athletes will include free tee shirts and training regimens.

Organizers also look forward to “downtown” perks for the best age-graded performance – reduced many restaurants, bars and shops.

Volunteers

But the light will shine brightest on the volunteers – hundreds of whom will be available to assist, guide and cheer the athletes, from day one through the end of the meet. To help keep athletes shape, a selection of healthy foods will be offered to complement athletes’ training regimens.

SITES OF NATIONAL MASTERS T&F CHAMPIONSHIPS

1 1968 San Diego, CA
2 1969 San Diego, CA
3 1970 San Diego, CA
4 1971 San Diego, CA
5 1972 San Diego, CA
6 1973 San Diego, CA
7 1974 Gresham, OR
8 1975 White Plains, NY
9 1976 Gresham, OR
10 1977 Naperville, IL
11 1978 Atlanta, GA
12 1979 Gresham, OR
13 1980 Philadelphia, PA
14 1981 Los Gatos, CA
15 1982 Wichita, KS
16 1983 Houston, TX
17 1984 Eugene, OR
18 1985 Indianapolis, IN
19 1986 New York City
20 1987 Springfield, OR
21 1988 Orlando, FL
22 1989 San Diego, CA
23 1990 Indianapolis, IN
24 1991 Naperville, IL
25 1992 Spokane, WA
26 1993 Provo, UT
27 1994 Eugene, OR
28 1995 E. Lansinged, MI
29 1996 Spokane, WA
30 1997 San Jose, CA
31 1998 Orono, ME
32 1999 Orlando, FL
33 2000 Eugene, OR
34 2001 Baton Rouge, LA
35 2002 Orono, ME
36 2003 Eugene, OR
37 2004 Decatur, IL
38 2005 Honolulu, HI
39 2006 Charlotte, NC
40 2007 Orono, ME
41 2008 Spokane, WA

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July 2006

July 2006
The Weight Room

Discus – T&F’s Rodney Dangerfield

By TOM FAHEY, Guest Contributor

Performances of discus throwers between 50 and 65 years old dropped a notch according to the new age-graded tables. Large increases in world records in the discus – most notably 11 percent in the age 50-54-year group – reduced many performances from notable to barely noticeable after the tables to so-so after.

The new tables underscore a basic problem in the throwing events in masters track and field: throwers are the orphans of the sport. We often get inexperienced officials who don’t know what they’re doing; there is a bias against U.S. throwers; and throwers seldom get exposure in open meets or the Masters National Championships.

In 1997, Klaus Weifenbach, from Germany, was credited with a new M50 world record in the discus with a 68.40 (224-4) – eclipsing Al Oerter’s world record by an astounding 19 ft. His throw is equivalent to a throw of 203 ft. with a 2kg discus, which is above the A standard for the Olympics (most throwers vary about 21 ft. between the 1.5 and 2kg discus).

Suspicious Improvement
According to German thrower and current world champion, Alwin Wagner, Weifenbach couldn’t reach 170 ft. with the 2kg discus at the time he broke the record. What’s more, Weifenbach never competed in a world championship.

In 1988, he won the European championship at age 40 with a 49.50/162.0. Yet, ten years later, he came out of nowhere like “The Natural” (or Rosy Ruiz) and set a world record with a throw that was equivalent to 40 ft. farther than he threw ten years earlier. There’s something rotten in Germany.

Inexperienced Officials
Bob Beamon showed us that miracle performances are possible. More likely, in this case, poor officiating accounted for the remarkable performance. At the world championships in Spain last summer, high school girls marked the discus throws in the 40- to 60 age groups (age groups that I watched; it may have been true for all the age groups).

They stood on the sidelines and estimated the spot where the discus landed. Several times, the throws were over their heads, and they hunted for the spot. A discus usually bounces when it hits the grass on the second or third bounce. An inexperienced official can easily mistake the divot for the actual landing point.

It is unlikely that officials were standing anywhere near 200 ft. when marking Weifenbach’s throw. Since most masters discus throwers throw closer to 130 ft., it is likely the officials were at least 100 ft. from the actual landing point.

In the National Championships held in Orlando in 1999, the officials (who were inexperienced field judges) were standing at about 120 ft., while my throw was well over 170 ft. They had to estimate where my throw landed.

People standing on the sidelines said they noticed the landing point by 15 ft. Their mistake didn’t affect the results, but it could have. If they made a 15- to 20-ft. error in my favor, I could have had a record I didn’t deserve.

Hayward Field
Meet directors could take lessons from the officials at Hayward Field. It is not unusual for them to have six or eight knowledgeable officials running the throwing events. They are not intimidated by the implements and often stand within five feet of where the implements land.

The field officiating at the past few National Championships has been excellent, because they used certified officials at the circle and on the field. The officiating at the last World Championships was a disgrace, because they used inexperienced volunteers who didn’t know what they were doing.

Bias Against Americans
The discus record of Klaus Leidtke shows the bias against U.S. throwers. Leidtke is a truly gifted discus thrower and shot putter. He has won consistently in the World and European Championships, but he also tested positive for steroids last year.

Yet, the IAAF or WAVA/WMA didn’t take away his records. In open competition, American Ben Plunknet’s world record was removed from the books by the IAAF after he tested positive for a banned substance.

Curiously, Olympic medals won by East German athletes in the throws have not been taken away, even though we have documented evidence they used illegal drugs. John Powell, for example, would love to exchange his 1976 bronze medal for a silver won by an East German thrower who used steroids.

Why do Leidtke’s world records stand, while Plunknet’s was taken away? Why doesn’t Powell get his silver medal?

The Last Straw
Perhaps the most egregious example of bias against U.S. throwers, and throwers in general, was WAVA/WMA’s decision not to ratify LaDale Patakii’s world weight pentathlon record set at the world championships in Brisbane. WAVA ruled that one of the fields was not level.

This is outrageous and an example of the second-class status of throwers. The facilities should have been checked thoroughly before the championships. Rumor is that Patakii was being punished by certain officials from WAVA for defecting to the USA from Czechoslovakia during the Cold War.

Patakii was so upset by the unfair ruling that he stopped competing. He is one of the greatest masters throwers of all time, and we’ve lost him because the sport treated him unfairly.

Dual Citizenship
Another example of WAVA/WMA’s bias is barring U.S. citizens from the European Championships. I inquired about the possibility of competing for Ireland in the European Championships. My grandparents immigrated from Ireland, so I am eligible for dual citizenship.

Shortly after that, at the WMA meeting held at San Sebastian, Spain, in 2005, they passed a regulation that an athlete had to wait three years before competing in international competition if they had previously competed for another country.

I won the world championships the year before in Puerto Rico. I guess they didn’t want me displacing any Europeans in their championships. I would have gladly competed as a guest and let them keep their medal.

Invitational Throws
The final insult against throwers is the absence of masters throwing events at any of the open invitationalals. There are plenty of masters 100m and miles, but no throwing events.

Top masters throwers are remarkable athletes who can perform at collegiate levels into their 60s. Current competitors Richard Cochran and Ed Burke were Olympians in the discus and hammer, Bob Humphreys held the world record in the discus, and Carl Walin was one of the first men in the world to throw 60 feet.

Al Oerter, one of the greatest athletes of all time, was a masters thrower for many years. Many of the top European masters throwers were Olympic finalists. Showcasing masters throwers is good for the sport.

On Another Planet
Throwers seldom get any notice at National Championships. While the announcers give the “play-by-play” for every track event, the throwers may as well be competing on another planet. A notable exception, of course, is Hayward Field, where the officials make a genuine effort to include field event athletes in the meet by announcing performances and placements.

It’s time to elevate throwers from the ranks of second-class citizens of track and field. At sanctioned meets, we deserve decent officiating by certified, experienced officials – not some high school kid recruited from the stands.

Obvious errors such as Klaus Weifenbach’s record would not have happened with good officiating (unless the record was truly a superhuman effort). We can’t have different rules for European and U.S. throwers.

In cases of steroid violations, records or medals cannot stand for Europeans and be taken away from Americans. Finally, meet directors should showcase masters throwers at open invitational track and field meets.

– Dr. Thomas Fahey can be contacted at the Exercise Physiology Lab, Dept. of Kinesiology, California State University – Chico, Chico, CA 95929-0350.
Masters Racewalking

By ELAINE WARD

Ron Laird – The Goodwill Ambassador of Racewalking

Ron Laird was inducted into the Mt. SAC Track and Field Hall of Fame in April. Only one person a year is so honored. In Ron’s active walking career (1960s and 1970s) he set and reset 81 American records and held eight titles. To date, only one woman and no other man has held as many titles. Ron’s book, The Art of Fast Walking, was first printed in 1997 and has seen many revisions since. The following are excerpts from his book – and efficient racewalking technique is tricky enough for some to master.

Training and Racing

The basics of walking fast are simple. However, when you become dedicated to perfecting them, you realize that the sport of racewalking is more complicated and challenging than you may initially think. There are always plenty of fine points to learn and practice to improve your performance.

Excellent technique lets you move your legs quickly, and superior fitness lets you retain leg speed for longer distances. Getting fit enough to walk the second half of a race as fast or faster than the first half is a significant accomplishment in itself.

Many walkers compete at a pace that is comfortable or is only slightly tiring rather than pushing themselves and coping with tired muscles. For the most part, I don’t recommend a lot of running to serious race walkers as I feel it can cause technique defects. Any tendency toward faulty coordination becomes magnified during the stress of hard racing and can lead to disqualification. Fast, flexible and efficient racewalking technique is tricky enough for some to master.

Technique Tips

Shoulders-Arms: Keep shoulder and arm movement controlled. Do not let your shoulders hunch or shrug with your forward and backward arm swing. Keep them level.

You may find it helps to maintain better foot contact with the ground during high speed walking if you drop your shoulder slightly with each forward arm swing. Experiment with various arm movement patterns to find what helps you walk your fastest without tiring.

Hip Drop: Help yourself push forward by dropping or sitting back into your hips with each step as your lead leg comes underneath and behind you. As you roll back, the action makes your walking a series of low-impact steps.

Stride Length: Take steps that are comfortable for your body structure at its present level of fitness. Let your speed come from how fast you move your legs. Stride length will take care of itself as you become fitter and more flexible in hips and lower and above.

Try to reach out too far with each stride, as it fatigues and can lead to bent knees.

Training Drills

Heart, lung and muscular endurance take time and work to build. Over-emphasizing different parts of the racewalking movement during training is a good way to strengthen and perfect them. Efforts are done at distances of 50 yards to a quarter mile at a strong pace.

Leg Speed Drill: Shorten your stride length and arm swing. Increase your step rate to the maximum. Don’t do any front-to-back hip turning. Only use hip rolling and dropping. And don’t practice by using a high knee action. Stay as smooth as possible. Count your steps for one minute to see how fast you are going. A similar speed drill involves leaning forward from your ankles, not your waist. The forward lean will shorten your stride so that within a few steps your heels will feel as if they are contacting the ground nearly underneath you.

Your hips will continue their dropping/rolling motion, but their front-to-back turn will be reduced. Pumping your arms more parallel to the sides of your body, also reduces hip turn.

Your feet should just clear the ground as they pass each other. Try to avoid twisting your heel to the inside as you push the ground away with your toes. Using your heels in a twisting movement can lead to injury and does nothing for your speed.

Breathing: Whenever you find yourself getting out of breath, you may want to experiment with different breathing patterns. Try to keep your upper stomach (diaphragm) area relaxed by pushing or expanding it out as you inhale. This helps you take it in more air with each breath.

If you are in the habit of pulling your stomach in, you will probably tense those muscles racewalking. Tense stomach muscles slow you down, because they restrict your oxygen intake.

Hill Walking: Practice walking up and down hills. Be sure to use correct hip movement and knee straightening.

If necessary, shorten your stride uphill and control over-striding down.

Concentration: The extra concentration and effort needed for doing technique drills well comes in handy during races. I’ve always liked to train alone because I can better concentrate on my technique and effort. Mental and physical effort will always be needed for your best race performances.

Those who train the smartest and hardest are the best competitors. In racing, there are always distractions that can cause you to lose your concentration. By developing the habit of focusing during your training you will learn how to deal with internal and external distractions during competition.

Finally, always work on efficient and legal technique no matter how fast or slow you race walk. By training consistently and wisely, you will achieve satisfying results. By striving to do your best, you will succeed in becoming fit and fast. Most importantly you will enjoy our wonderful sport.

(Elaine Ward can be contacted by e-mail at narw@stcglobal.net)

James, Moore First Masters in USA 10K RW

Allen James, M40, and Jolene Moore, W40, were first racewalkers age-35+ in the USA National 10K Racewalk Championships, Niagara Falls, N.Y., June 3.

James finished in 44:49, his closest competition coming from M45 Ray Sharp (47:06) and M50 Nil LaVallee (48:55). Jack Starr won the M75 race in 1:05:24.

Moore, a former outstanding distance runner at Michigan State University, went one better than James by winning the women’s race overall in 46:47, after taking and maintaining the lead early.

Kitty Cashman, W45, was second W40+ in 56:29. Nancy Swaezy, W50, was third in 56:54.

June Marie-Provost, W70, took her race with a 1:08:48.
By BRIDGET CUSHEN

The XV European Veterans T&F Championships will be held in the Polish city of Poznan, July 19-30. Entries are well below expectations. The British team of 291 is smaller than two years ago, but there are several new faces with established backgrounds.

Sandra Branney and Paula Fudge are making their debut in the W50 category. Both are former international marathon runners and will run in the 15000 and 5000.

The men's team is strong and includes 27 in the M35 group. Three of the top British M40 men in the 5000, Bashir Hussain, Greg Hull and Dave Taylor will take on Europe's best.

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County championships are held during May, this year an unusually wet and windy month. Masters athletes took advantage and entered the open senior events racing away with several titles.

In Berkshire, Neil Griffin, 55, won the discus with a 40.43. Bernadine Pritchett, W35 silver medalist in the 800 at the 2006 WMA Indoor Championships, won the Essex 400 (63.66), 800 (2:15.79) and 1500 (4:31.9), events she will contest in Poland.

Joan Howe returned to the sport she had deserted with an impact last year, lowering the five-mile time to 34:49.

Bill Gentleman, M65, throwing the discus with a 39.29, broke the British record in the Scottish Championships. Since turning 75, Derek Howarth has rewritten the British age-group records, lowering the European title in Poland.

One of the BMAF's top female athletes, Carole Wostenholme, W55, is a regular competitor and ran in the Truncy Fell race on May 22.

The rainfall in May was the heaviest for many years. The race crosses the meandering River Don at three points, normally a broad trickling stream between two valleys.

Yet, thousands of runners, drawn to the beauty of the hills, streams, heather, and fauna and the isolation, test themselves over these grueling races every year.

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Running Backward – Maybe We Should Call This New Fad Ginnur

It’s the new fad: running backward. Runner’s World just published an article about backward running, saying that running in a new direction can prevent injuries. That confirms the legitimacy of this new approach to fitness. If even a few of the magazine’s 650,000 readers use this endorsement as an excuse to switch, America’s running paths soon may become crowded with backward runners.

I only became aware of this new fad after a runner posted a comment about backward running on the InterActive Forums I host on the Internet. Another poster identified Runner’s World as the source, pointing to page 54 of the July issue.

Kathleen Pennepacker, an editorial intern, wrote that “running backward can help you build stronger, more balanced leg muscles and provide a more demanding workout than going forward.”

I knew that one or more individuals previously had tried this activity, running entire marathons looking over their shoulders, but I wasn’t aware that backward running was about to become a trend.

The New York Road Runners Club, judging from a photo accompanying the Pennepacker report, even sponsored a “Backwards Mile,” fittingly enough held on April Fools day. How soon, I wondered, would the first backward runner grace the cover of the magazine?

There is no truth, I must report, that the magazine’s publishers are negotiating with Jennifer Lopez to be the first backward running cover girl. You didn’t hear it from me.

Protocol Problems

The establishment of backward running as a new fitness trend does suggest certain problems of protocol. Is it a new sport (like triathloning) or merely a variation on an old sport (like trail running)?

And what do we call backward running, a term which seems so backward? Will a backward label apply to the increasing numbers of forward-looking young people populating our sport today? Might they be more likely to alter their training habits if we turned the term around, coining a new word: ginnur? And to run backwards is to run backwards?

I’m therefore, I ma. The late Dr. Sheehan would have loved that one.

Please don’t anybody tell Jeff Galloway. Jeff still writes for Runner’s World, but I don’t know if he actually reads the magazine. And even if he does, his eyes might have skipped past Pennepacker’s article, only 200 words long.

Walking Breaks

Jeff, of course, is the popularizer of walking breaks in marathons. Follow the Galloway approach, and you run for 10 minutes and walk for one minute. Jeff even claims you can achieve faster times, set personal records and qualify for Boston, by utilizing walking breaks. Maybe, maybe not.

In an era when the average time of marathon finishers seems to be getting slower rather than getting faster, I’m not convinced.

Meanwhile, why would a runner want “more balanced leg muscles?” Wouldn’t that slow us down? It would seem that if you wanted to be a good runner, you should develop the muscles specific to running. The lower-leg muscles propel us most swiftly. Strong quads are essential, but more so for Lance-like people than Deena-like people.

Backward Breaks!

But given the influence of Runner’s World, it could be that the next fad in marathon running will be one-minute backward running breaks. Perhaps Jeff already is working on this.

You run forward for 10 minutes, then you run backward for one minute. But you don’t turn around so you are running backward forward. (Is everybody with me on this?)

You simply run backward backward, meaning you go back over the last several hundred meters you have just covered. When the minute is up, you move forward again over ground now trice-covered. Alice in Wonderland Running, you might call it, except I’m not sure that will fit on a T-shirt that I can sell for $49.95.

Prolonging the Pleasure

Backward running might appeal to those who love marathon running so much, they want to stay out on the course for several hours or more. Organized properly, we could even have Forward/Backward Marathons where the entire field followed this approach. That would prevent collisions. At 10 minutes a siren would sound, the entire field of 40,000 runners suddenly would stop and start running backward for the required minute. Another siren blast would send them lurching forward once more.

Do you think we can get the Kenyans to buy into this approach? Maybe if we could wear it backward.

Ayala-Troncoso is First Master in Freihofer’s 5K

Carmen Ayala-Troncoso, Austin, Texas, successfully defended her title in winning the masters race for the fifth time in the 28th Freihofer’s 5K for Women, Albany, N.Y., on June 3.

Ayala-Troncoso, at age 47, running against younger age-40+ masters, finished 19th overall of 2686 runners and first of 248 in the W45 division with a 17:11. In 2005, she was first W40+ with a 17:07.

Marissa Hanson, 42, Pleasantville, N.Y., was second W40+ in 17:38. Ramila Burangulova, 44, of Russia, took the third (17:47). Joan Sanchez, 49, Freeport, Me., was fourth (18:16).

Shirley Woodford, 50, Burdet, N.Y., won the W50 race with a 20:52. Margie Stoll, 65, Nashville, Tenn., was the W65 winner (23:35). Louis Gilmore, 75, Janesville, Wisc., ran a blue-ribbon 27:51 to win the W75+ division.

Masters Post Good Times for Good Cause in Run Fit 5K

By RON MARINUCCI

NOVI, Mich.—Masters runners sparked at the 18th annual Run Fit 5K in Novi on May 31. An unusual midweek evening race (race director Randy Step noted with a big smile, “I like these low-key races”), 66 of 157 running finishers were masters. A number of others walked the course.

The early May weather was ideal, cooperating with clear twilight skies, 70s temperatures, and only the slightest of breezes. The out-and-back course was not easy, with several long challenging upgrades to test early season fitness.

Leading all masters runners was John Tarkowski, 53, who posted an 18:20 (age-graded 15:58).

Keith Peterson, 45, was the masters runner-up (19:16/17:52), with Rick Straub, 51 (19:28/17:45), third.

Mike Highfield, 58 (20:40/17:15), and John Wehly, 66 (24:08/18:36), also ran well in claimng age-group awards.


Former Olympic racewalker Gary Morgan, 47, came to run, not walk. On Sunday, he completed the Nashville Country Music Half-Marathon (in 1:31) and “last night...did a speed workout.” Nevertheless, he had enough left to finish the 5K in 20:52 (19:04).

Race proceeds benefit the Leukemia & Lymphoma Society. Race director Step said, “We’ve raised about $2000-3000 each year in our lil ol’ race.”

Good times and a good cause in Novi. It’s a tough combination to beat.

(Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net)
PUBLICATIONS ORDER FORM

Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. $10.00.

Masters Track & Field Rankings (2005)
Men's and women's 2005 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan, Larry Patz and Tom Higbie. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.

Masters Track & Field Indoor Rankings (2006)
Indoor rankings for 2006. 4 pages. $2.00.

Masters Age-Graded Tables
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

Masters 5-Year Outdoor Age-Group Records
Men's and women's official 2005 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. $4.00.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. $2.00.

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $13.00.


Champions for Life, by John B. Scott and James Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. $34.95

The Complete Guide to Running: How to be A Champion from 9 to 440

USATF Logo Patch 3 color-embroidered 4” x 3”, $4.50.
USATF Lapel Pin, 3-color USATF Logo on 7/8” soft enamel lapel pin (nail pin back with military clutch). $5.50.
USATF Decal, 3-color. 3” x 21/2”, $2.00.

2006 Road Race Management Directory
Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory— two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.

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**Masters Scene**

**EAST**
* Teresa Milbrand, 40, was the female winner overall (21:34), with 5055 shoe Mark Morgan (19:21), second, and Jared Luongo, third (19:38), and M55 Michael Harrison, fourth (19:48). Louis J. Billiter, 40, of Huntington, NY, won 5060. Joanne Cunningham won the W50 race in 23:19.
* Paul Payson, 68 (8:22), and Gretchen Read, 63, of Portland, with a 23:15 (8:34), were best A-G performers in the race.

**SOUTHEAST**
* Alfatuns 23, 65, Mobile, was first W60+ (25:09).

**MIDWEST**
* Mackinaw Clocked Notable Times, Jim Ross, 51, Shorewood, IL, and Keith Ross, 47, Streamwood, IL, were first overall (1:15:34) and second, respectively, with an 89:51.
* Monday, 50, Glen Ridge, NJ, won the M50 race in 35:47.

**Christopher Webber, 54, Sayville, NY, with a ninth-overall (35:13) and Plaisance, 42, Urbana, IL, with a 17th-overall, 31:71, won $300 each for first masters in the Shelter Island 10K, Shelter Island, NY. Third (100) masters money winners were Ken Bohan, 43, Sound Beach, NY; 35:32; Bill Davis, 51, New York City, NY; 36:22; Lilian Kroner, 40, Monroe, NY; 39:19; and Barbara Gubbins, 46, Southamp ton, NY; 39:31. Bob's by the Bay, 71, Medford, NY, won the M55 division with a sub-4:00:39:21.

**Bob Mattes, 89, Bennington, VT, used the US single best age for the 100m with a 20:22 at the Penn Relays, April 29. He already holds the age-89 best for the 400, 800 and mile.

**The first two masters to cross the line at the NYRR New York Mini-**

**MID-AMERICA**
* John Mirth, 40, Platteville, WI, 1:06:54, and Bonnie Sons, 40, Shorewood, WI, 1:12:01, were the first two in the Dam to Dam 20K, Des Moines, IA, June 3. Winners in the 70+ divisions were noted notable winners.

**Sharon Aronoff, 73, Jefferson, IA, taking the men's race in 3:37:25, and Rita Jackson-Asheah, 70, Des Moines, IA, winning the women's race in 4:04:23. In the 5K, Tom McBride, 50, Des Moines, 1:22:18, and John Bartello, 56, Newton, IA, 1:25:19, were 1-2 masters.

**Karen Fulton, 40, Omaha, NE, was first in the Masters all-A race in 35:22; and Stephanie Hodge, 40, 39:22, with Kathryn Martin, 54, 39:36, hot on Hodge's heels.

**SOUTHEAST**
* Alfatuns 23, 65, Mobile, was first W60+ (25:09).

**MIDWEST**
* Mackinaw Clocked Notable Times, Jim Ross, 51, Shorewood, IL, and Keith Ross, 47, Streamwood, IL, were first overall (1:15:34) and second, respectively, with an 89:51.
* Monday, 50, Glen Ridge, NJ, won the M50 race in 35:47.

**Christopher Webber, 54, Sayville, NY, with a ninth-overall (35:13) and Plaisance, 42, Urbana, IL, with a 17th-overall, 31:71, won $300 each for first masters in the Shelter Island 10K, Shelter Island, NY. Third (100) masters money winners were Ken Bohan, 43, Sound Beach, NY; 35:32; Bill Davis, 51, New York City, NY; 36:22; Lilian Kroner, 40, Monroe, NY; 39:19; and Barbara Gubbins, 46, Southamp ton, NY; 39:31. Bob's by the Bay, 71, Medford, NY, won the M55 division with a sub-4:00:39:21.

**Bob Mattes, 89, Bennington, VT, used the US single best age for the 100m with a 20:22 at the Penn Relays, April 29. He already holds the age-89 best for the 400, 800 and mile.

**The first two masters to cross the line at the NYRR New York Mini-**

**MID-AMERICA**
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### TRACK & FIELD

#### NATIONAL

**July 15-16**
- **USA National Masters Decathlon & Heptathlon Championships**, Seattle, WA. 
  - [www.usaf.org](http://www.usaf.org) & [www.dcmomuse.com](http://www.dcmomuse.com)

**August 3-6**
- **36th USA National Masters Championships**, Charlotte, NC. 
  - [www.usaathletics.org](http://www.usaathletics.org)

**September 9**
- **USA Masters Outdoor ITF Championships**
  - [www.usamastersathletics.org](http://www.usamastersathletics.org)

**August 19**
- **USA Masters Weight Pentathlon**, Sager Ranch, CA.
  - [www.mastersweight.org](http://www.mastersweight.org)

**July 6**
- **11-13**
  - **Twilight Throwers Meets**, Cedartown, GA. 
  - [www.twilightthrowers.com](http://www.twilightthrowers.com)

**July 8 & 9**
- **22**
  - **Potomac Valley TC All-Comers Meet**, Anglesley HS, MD. 
  - [www.pv.org](http://www.pv.org)

**July 9**
- **USATF NJ M40 Championships**, Monmouth HS, Tinton Falls, NJ.
  - [www.njmasters.org](http://www.njmasters.org)

**July 21-23**
- **USC Alumni Track Meet**, Youngstown, OH.

**July 25**
- **USATF Midwestern Masters Championships**, Grand Valley State U., Allendale, MI. 

**July 27-29**
- **Junior Olympic Track Classic**, Princeton, NJ.

**August 3-6**
- **USA Master’s All-Ages Championships**, Seattle, WA.
  - [www.mastersathletics.org](http://www.mastersathletics.org)

**August 21**
- **USATF Midsummer Classic**, Albuquerque, NM.

**August 28**
- **USATF Masters National Championships**, Albuquerque, NM. 
  - [trackmeetclub.net](http://trackmeetclub.net)

#### MIDWEST

**July 8-15**
- **Michigan Senior Olympics**, Kalamazoo. 
  - [www.michiganseniorsports.org](http://www.michiganseniorsports.org)

**July 15**
- **Dayton Track Classic**, Welcome Stadium, next to U of D arena, Dayton, OH. 

**July 29**
- **USATF Midwest Regional Master’s Championships**, Grand Valley State U., Allendale, MI. 

**August 12**
- **Bend Open/MAsters Track & Field Meet**, Bend, Oregon. 

**August 29-30**
- **Oregon Senior Olympics**, Monmouth HS, Oregon. 

**August 30**
- **Bellevue Open**, Bellevue HS, NE.

**September 10**
- **Senior Olympics**, Lincoln Park, NE. 

#### SOUTHWEST

**August 13**
- **2nd annual Master’s Track & Field Meet**, Bend, Oregon. 

**September 28**
- **San Juan Capistrano Masters Meet**, San Juan Capistrano, CA. 

### SCHEDULE

<table>
<thead>
<tr>
<th>State</th>
<th>Details</th>
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<tbody>
<tr>
<td>Indiana</td>
<td>August 12-13, 2023, Muncie, IN. 765-723-6666.</td>
</tr>
<tr>
<td>Iowa</td>
<td>September 29, 2023, Des Moines, IA. 515-288-7000.</td>
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<tr>
<td>Kansas</td>
<td>October 6-7, 2023, Wichita, KS. 316-264-1515.</td>
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<tr>
<td>Kentucky</td>
<td>November 3-4, 2023, Owensboro, KY. 270-687-3333.</td>
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### LONG DISTANCE RUNNING

**July 31-August 1**, 2023, USATF Masters Road Running Championships, Bethlehem, PA. See [USATF.org](http://USATF.org) for more information.

**September 9-10**, 2023, 18th USA Masters World Championships, Lahti, Finland.

**July 29, 2023**, 2023 USA National Masters Championships, White River 50 Mile Trail Run, Crystal Mountain, WA. See [USATF.org](http://USATF.org) for more information.
EAST

DEBRA SIMMONS

Former USCDB Gauchos runners (from left): Dan Wojcik, first M50; Drew Paulson, second M50; and Pat Yochum, M50; having a post-race discussion, 2006 Eugene Street Mile.

August 5. Debbie Green Memorial 5K/RCCA National Championships, Wheeling, WV. 740-859-0704; debbiegreen5k.org
September 24. Over the Hill TC XC, Hunting Valley, OH. Jeff Gordon, 501-221-1000; cyd@lirndunia.or; 444-420-3636; olymp.com
August 27. USAF-OR Grand Prix/Oregon TC Classic, Eugene. 541-343-8604; 942-7127; usaf-oregon.org
September 9. USAF-OR Grand Prix/High Desert Shield. 715-783-4621; crosscountry@usa.net
November 18. USAF-OR Grand Prix/Rexional 8K XC, Sandy. www.usaf-oregon.org

MD-MID-AMERICA

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

August 25-26. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 197 miles/36 legs, average 5 miles/12 team members. www.hoodtocost.org
August 27. USAF-OR Grand Prix/Oregon TC Classic, Eugene. 541-343-8604; 942-7127; usaf-oregon.org
September 9. USAF-OR Grand Prix/High Desert Shield. 715-783-4621; crosscountry@usa.net

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 23. Wharf to Wharf 6 Mile, Santa Cruz, CA. 415-272-2169; wharf2wharf.org
July 30. San Francisco Marathon, Half-Marathon & 5K. 415-244-9631; runoneofus.com
July 30. The Big Race 5K, Mission Viejo, CA. www.bigrace.org

INTERNATIONAL

September 24. BMAF 10K Championships, Swansea, Wales. www.bmaf.org.uk

July 23. Capitol Mile/USATF-W Road Mile Championships, Madison, WI. Masters and all ages. www.wtrakclub.org
August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 500m on 4th/10K on 6th.
August 20. USA National 15K RW Championships, Minneapolis, MN. 612-330-9355; www.usaf.org
October 7. USA National 5K Championships, Slumper, WA. 425-349-6626; www.usaf.org
October 15. USA National Masters Open 1-Hour RW Championships, Waltham, MA. Steve Vaitonis, office@usaf.org
November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; 4206; running-walk_99yahoo.com

RACEWALKING

July 4. Butte to Butte 10K, Eugene, OR. 541-714-8807; www.buteetobute.org

NORTHWEST

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

July 4. Butte to Butte 10K, Eugene, OR. 541-714-8807; www.buteetobute.org

SOUTHEAST

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

July 2. Firecracker Run 10K & 5K, Daytona Beach, FL. www.daytona trackclub.com
July 4. Firecracker Run 10K, Atlanta, GA. 404-231-9064; www.atlantatrackclub.org
July 15. Crazy 8's 8K, Kingsport, TN. www.crazys8s8k.com
July 15. Carolina 5K Run/Make Hunger Prevention 5K, Mobile, AL. 251-473-7223; www.pc pacers.com

MIDWEST

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

July 4. One-Hundred Dollar Firecracker Mile, Clawson, MI. 248-588-0346; www.firecracker mile.org
July 4. 31st Volkssport 5K, 10K & 20K, Frankenhut, MI. www.volkswalk.org

July 2006

East

Eugene Challenge Mile, Eugene, OR, May 27. Jeanette Groesz, 56, Redmond, OR, ran a swift 5:44.6. Former UC-Santa Barbara All-American, Kari Seavert, ran 5:53.2 to place second. Barbara Mosqueda, W40-41, and Bob Doran, 51, Little Rock, AR, 5:46.0, in town for the Pre-Marathon Kids' Race, were the winners. Gene Mosqueda, who broke the W75 US record with a 1:02:37, was named most valuable runner. Present Anne Clarke, 80, who set the W70 world record at 58:52, set here in 2001.

The 10K run was won by Teri Flatau, 50, State College, PA. 315-797-8024; tell@bmaf.org/uk

OCTOBER

Bobbi Harries Mile. 978-376-5328; barney@barneyharries.org

Eugene Challenge Mile, Eugene, OR, May 27. Jeanette Groesz, 56, Redmond, OR, ran a swift 5:44.6. Former UC-Santa Barbara All-American, Kari Seavert, ran 5:53.2 to place second. Barbara Mosqueda, W40-41, and Bob Doran, 51, Little Rock, AR, 5:46.0, in town for the Pre-Marathon Kids' Race, were the winners. Gene Mosqueda, who broke the W75 US record with a 1:02:37, was named most valuable runner. Present Anne Clarke, 80, who set the W70 world record at 58:52, set here in 2001.
Results

Philadelphia Masters Throws Meet
Reading, PA; June 3-4

Weight Pentathlon
Roslyn Katz 64  2899
400m 1:19.94  2236
100m hurdles 1:17.14  2369
200m 2:36.71  3488
800m 4:49.01  1369

Phi. State Mirror 40
M 40
J. Barron 1:18.77  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 50
J. Fell 1:23.46  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 60
J. language 1:28.74  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 70
J. language 1:33.46  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 80
J. language 1:38.16  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 90
J. language 1:42.86  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080

Philadelphia State Mirror 40
M 100
J. language 1:47.56  3204
1500m 4:39.46  1120
110m hurdles 1:30.26  1190
High jump 2.03  1650
Long jump 5.56  1460
Shot put 12.36  1340
Discus 47.61  1160
Pole vault 14.50  1080