Orono, Maine to Host 35th USA T&F Masters Championships

The 35th annual National Masters Track and Field Championships will be staged on Aug. 8-11 at the University of Maine campus in Orono, where it was held in 1998. Since then, the meet has journeyed to Orlando, Fla., in 1999, Eugene, Ore., in 2000, and Baton Rouge, La., in 2001.

The Championships are open to all men and women athletes age-30-and-over, who will compete in five-year age groups. Although anyone can enter, only U.S. citizens can place in the championships. Non-U.S. citizens, however, receive the same awards as do citizens. August 1 is the last date for entry, with a $25 late penalty.

Running events will be held on the Clarence Beckett Family T&F Center, Continued on page 8

Pawlik, Wlodarczyk Top Scorers in National Decathlon/Heptathlon

By JEFF WATRY
Phil Raschker, 55, set a U.S. age-group record, and Emil Pawlik, 63, and Anna Wlodarczyk, 51, were the top scorers in the 2002 USATF National Masters Decathlon/Heptathlon Championships.

The event, on June 22-23, was held at the College of New Jersey in Trenton, where the 37 men and 7 women competitors were greeted by a great facility and hot weather. Last year, 33 men, and 10 women competed in the Championships in Tacoma, Wash.

Raschker, Marietta, Ga., who already has the W45 U.S. and W50 world heptathlon records, among dozens of others, scored 7919 points, bolstered by a 5.23 long jump (987), an age-graded 92.9% 15.57 (986) in the hurdles, and a 1.57 high jump (982).

Phil Byrne, 61, 2001 Combined-Event Male Athlete-of-the-Year, was the second highest scorer and second to Pawlik in the M60 group, with a 7286. Todd Christensen, 45, former Pro Bowl tight end with the Raiders, who posted the men’s highest total (5379) in his masters debut at the 2002 Indoor

Continued on page 13
WORLD MASTERS RANKINGS

I have produced world masters rankings unofficially for the past several years on masterstrack.com. It has been a challenging and rewarding experience, but this year (2002) will be my last year.

I’ve been selected by the Masters Track & Field Executive Committee to take over the official USA Masters Track & Field Rankings next year. I will be replacing Jerry Wojcik, who is retiring from that position after many years of outstanding service as USA Masters Rankings Coordinator.

In accepting this position, I have plans to put the 2003 USA Masters Rankings on-line in a format similar to the world rankings. But because of the time and commitment required to do the USA rankings, I will no longer be providing the world rankings.

This may result in the disappearance of on-line world masters rankings, unless WMA is willing to take over. I have contacted the council members of WMA and asked them to make world rankings an official WMA function next year.

The initial response I received from three council members (Torsten Carlus, Stan Perkins and Ron Bell) is encouraging. They are willing to consider it. In the words of Mr. Carlus, President of WMA, it is “something that should be our duty,” and I strongly agree.

This is a service that WMA can and should provide to masters athletes.

Taking on the world rankings will require commitment and resources. I think it is important that all athletes join me in encouraging WMA to accept this challenge and responsibility. I have set up a form on the internet to make it easy for anyone to send a simple, friendly message to the WMA council expressing a desire to see world rankings produced by WMA in 2003.

To use the form, go to http://www.xro.com/yes.html. It just takes a few seconds. Let them know that world masters rankings are important and should be continued next year. The future of world masters rankings may depend on your support.

Dave Clingan
World Rankings Coordinator

500kg JAVELIN

The situation with the 500kg javelin is to be expected. This and the 400kg for men was something that was not needed, was never technically researched, and is a financial burden on every masters javelin athlete.

In typical political fashion, the true facts are probably that somebody paid off some non-competing official with money. Follow the money trail, and I am sure we will find out the “whole story.”

I assume that someone in the computing year will be working in the background to come up with 300kg, 200kg, and 100kg javelins that can be sold to old folks homes.

Or maybe we can throw darts at age 100!

Ed Martin
Palm Desert, California

Bids Sought for Mountain, Ultra, and Trail Championships

The Mountain/Ultra/Trail Running Council (MUT) of USATF-LDR is accepting bids for National Championships at the ultra and sub-ultra distances for 2003 and 2004. For the first time in history, the MUT Council is seeking bids for mountain and trail race championships in the shorter distances.

In response to the growing success of U.S. mountain and trail racing, this new category of championships is being offered. The distances that can be awarded championships status are: 50K road, 50K trail, 50 mile road, 50 mile trail, 100K road, 24-hour road/trail, and sub-ultra mountain/trail races of various distances.

If you are interested in hosting a National Championship race in 2003 or 2004, please contact your regional MUT representative (listed below), who will supply you with a bid form. Completed bid forms must be received by Aug. 15, 2002, for early review by MUT at the semi-annual championships selection meeting. Not all distances will necessarily be awarded in a given year. Race directors and the ultra, mountain, and trail running media will be notified by Sept. 1 regarding the outcome of the selection process.

Bids can be accepted after Aug. 15 for race distances that have not been awarded at the semi-annual championships selection meeting. These bids must be submitted by Nov. 20, 2002, for review at the USATF Annual Meeting, Dec. 4-8, 2002, in Kansas City, Mo.

MUT representatives are:

East (ultra): Janice Anderson, 1578 Menlo Drive, Kennesaw, GA 30152; Janice_Anderson@HomeDepot.com; 770-794-9537 (h); 770-433-8211 Ext. 17654 (w).

West (ultra): Lorraine Gersitz, 517 Lazy Creek Circle, Fullerton, CA 92831; Bruceandlolo@earlink.net; 714-526-5340 (h); 562-860-2451 ext. 2414 (w).

West (trail): Theresa Daus-Weber, 6970 Buckskin Drive, Littleton, CO 80123; theeresausweber@msn.com; 303-973-7579.

Mountain/Trail (sub-ultra): Brian Metzler, 5455 Spine Road, Mezzanine 6, Boulder, CO 80301; trailied@aol.com; 303-546-6613.

Mundie, Gray Marry

Pete Mundie, 74, World and U.S. Track and Field Records Coordinator for more than 30 years, gave up his life-long bachelorette July 11 when he married Joyce Gray in a quiet ceremony at the Beverly Hills, Calif. Courthouse.
Masters Executive Committee Meeting

Your USATF Masters Executive Committee held its first two-hour conference call meeting of the year on June 11. Members present were George Mathews, Becky Sisley, Courtland Gray, Rex Harvey, Mark Cleary, Bob Fine, Doug Schneebeck, Suzy Hess, Bob Cahners, Frank Lalich, and Ken Weinbel. Not present: Roz Katz, Sandy Paskin, Dave Clingan, Ray VanderSleen.

The Committee covered the following topics:

Rankings

Dave Clingan's proposal to take over the rankings job from Jerry Wojcik was discussed. Jerry indicated his feeling that the indoor and outdoor rankings should be kept separate and that he would continue to do the indoor rankings for another year or so for $500 per year. Bob Fine will coordinate with the North American Racewalking Association and Tom Higbie, racewalk ranker, to input outdoor racewalking performances directly onto our Web site.

The full indoor rankings list was published in the July issue of National Masters News as a four-page insert. It was more expansive than the rankings list that appears on the masters Web site. In 2003, an eight-page insert will be planned for NMN to include all of Dave Clingan's rankings.

While the bulk of the rankings will come from published meet results, other performances must be verified by the athlete on a form developed by Dave Clingan. Rankings and records must be from sanctioned meets, and athletes must be members of USATF. In 2002, we will accept rankings from unsanctioned meets, but in 2003, all rankings performances must be from meets sanctioned by USATF or the NCAA.

A motion was made by Suzy Hess that we accept Dave Clingan's proposal with the addition that: (a) performances must be from meets that are sanctioned by USATF or NCAA, (b) those ranked must be members of USATF, and (c) we will consider certain high quality, non-sanctioned meets as determined by the rankings chairperson.

Bid for 2007

There was much discussion on the U.S bid for the 2007 WMA World Championships. We still don't have a bid city from the U.S. Updates have been reported elsewhere. An exact report of these discussions appears on the USATF Masters Web page.

2004 WMA Indoor Meet

We discussed potential bid venues for the 2004 WMA Indoor Championships. The Committee will work on finding a U.S. bidder for this event. A decision will be made at the 2003 Championships in Puerto Rico with all bids probably due by the end of this year.

New Standards

The custom when new standards are introduced has been to label the best performances as "bests" rather than "records" for the first three years. Many people feel cheated in that their performances may never make it to the record status. Ken Weinbel made a motion that the Executive Committee recommend that performances be eligible for records in the year in which they are executed. As a clarification, this motion comes as a result of new standards being adopted in various events, such as the javelin and weight. The motion was seconded by Frank Lalich and unanimously approved.

Record Reporting Policy

Article IV (records), Rule 180, Part 4 of the USATF Competition Rules, indicates that the meet director at a national championships meet shall determine if performances qualify as records. The word "masters" is not present in this rule. We will try to get "masters" included in that rule. At USATF sanctioned meets, the USATF Competition Rules state that championship forms must be available. This form is available on the NMN Web site (www.natmanews.com). It is the athlete's responsibility to get the form filled out.

Financial Support for NMN

It was agreed to give a grant in 2002 to the National Masters News in the amount of $500. Bob Fine made a motion in support of this suggestion. It was seconded by Rex Harvey and unanimously approved. Becky Sisley suggested that future support for NMN be put into the budget as a line item. Other miscellaneous items discussed can be found on the USATF Masters Web site.

TWENTY YEARS AGO

August 1982

- Shirley Matson, 41, wins Her 16th Event of the Year with a 38:29 10K in the West Regionals
- Payton Jordan, 65, sets Two World Sprint Marks (100/12.6; 200/26.1) in Pacific Masters Meet
- Phil Raschker, 35, sets Three U.S. Records (11:17; 200/25.5; HJ/5-1) in Atlanta Masters Championships
- Australia's Jack Stevens, 65, sets WR of 2:20.50 in the Philadelphia National Masters Festival

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What to Do With Running Clutter?

When my wife suggested that my first month of retirement be spent organizing the spare bedroom I use as my "office" at home, I agreed that it was a project long overdue. The room is cluttered with about 500 books, more than 1000 magazines; 25 years of National Masters News; hundreds of newspaper clippings not yet filed away; sundry memorabilia, such as old running numbers and grammar school report cards; old movie tickets; old newspapers. On the November 22, 1963, issue of the Oakland Tribune with banner headlines of President Kennedy's assassination; an old autograph book with names like Cookie Lavagetto, Larry Doby, George Kelly, Billy Martin and other ballplayers of yesteryear; eight cameras that should have been tossed long ago; a large hightograph of the racehorse Citation that hung in my bedroom 50 years ago; some old scorebooks from Ebbets Field in Brooklyn, one from the Polo Grounds; several cookie cans filled with running medals; a baseball autographed by Don Newcombe; and some old stopwatchs, including my first one, a birthday gift in 1954. About half of the clutter is running-related.

Over the years I have attempted to organize the material, but I've always lagged way behind. There are so many things I don't want to throw out. Yet, I don't know how to categorize them or where to store them so that I'll remember where they are.

Too Many Distractions

As I write this, I'm into day 43 of organizing the room and I've hardly made a dent in it. My problem is that I keep coming across reading material that I had long forgotten about, so I end up reading it rather than immediately filing it. Last month's column about Dr. Graeme Hammond, the 80-year-old runner from the 1930s, was one such interruption. His story was in one of a dozen physical culture magazines. I picked up at a flea market about 20 years ago.

In the September 1927 issue of that same magazine, I came across an article by Carl Easton Williams titled, "The Truth About the Athletic Heart." Williams points out that "people everywhere tell you to beware of the athletic heart." He mentions several well-known athletes of the day who had died young, giving rise to the oft-heard comment that "athletes die young" because their "hearts are no good."

The Athletic Heart

But Williams goes on to cite several studies that indicated that athletes make the heart a strong and enduring organ. "A powerful motor will pull you up the steepest hill, or bring the car through heavy mud, having the strength to combat resistance," Williams continued. "Just so, the athletic heart is the kind you can depend upon to carry you through the emergencies of life."

Also among the clutter was a 1950 Department of the Army physical training manual. As I browsed the pages in it, I came across this comment: "When individuals pass 30 years of age, it becomes increasingly difficult for them to reach and maintain a high level of physical fitness. Apparent evidence is available that this can be done. But these men must work harder, longer, and more conscientiously at conditioning themselves; they must practice hygiene health habits; and they must learn how to conserve themselves."

In the section on running, I found reference to slow running as "jogging." I don't recall that term used to describe slow running before the Bowerman and Cooper books of the late 1960s, but apparently it was around well before those two men began promoting "jogging" for fitness.

Among the many books was one titled Knute Rockne, Man Builder by Harry Stuhldreher, one of Rockne's famous "Four Horsemen." The book was published in 1931. I took time out to read the chapter on Rockne's philosophy.

Element of Surprise

According to Stuhldreher, Rockne's philosophy of football was his philosophy of life. "Winning too often is as disastrous as losing too often," Rockne quoted. "Both get the same results, the falling off of the public's enthusiasm. We don't want to get into the rut that too many victories will dig us for. It will be more of a surprise if we lose this next season instead of winning and keep to the interest of all, we must surprise them."

Rockne believed in modesty. "A sucker," he said, "is one who lets notoriety go to his head and throw him off balance." As Rockne saw it, when a boy gets too full of himself, he's afraid that the world won't notice how good he is and he begins to call attention to himself, not realizing that the public likes to make its own discoveries. In a short time, he can tear down what had taken a lot of time to build up.

As I began looking through the stacks of misfiled and stained Track & Field News from 1958 through 1972, I recalled many names from the past. In the February 1961 issue is a photo of Russian high jumper Valeria Brumel jumping high off a basketball court and touching the hoop with the toe of his right foot.

Fickle Fans

In the same issue, 32-year-old Peter McArdle of the New York A.C. comments about his age and the New York track fans: "These people, what do they care if you die like a dog? They cheer when I'm ahead. Nice to hear. But when I get stomach cramps, they boo. Me, I run because I love it. I walk down the road, they scream, 'Don't break four minutes for the mile. At the time, Don Bowden was the only person in the world that could run that fast."

FROM GRANDMA'S MARATHON

Fedor Rychkov, 42, wins his second masters title with a 2:23:57, Grandma's Marathon, June 22.

Grandma's Marathon

Continued from page 1

was back in form this year, topping the M40+ after an aberrant 2:25 masters third-place at Grandma's 2001. Les Myers, 47, St. Louis, Mo., was 2:32:59, the next master.


Rolette, who was debuting at the marathon distance, achieved her goal of qualifying for the 2004 U.S. Olympic Marathon Trials (2:48 standard). "It felt great," she told the Duluth Pioneer Press. "I had a really strong finish. I was passing a lot of people near the end. I loved the weather and I loved the race." Keeler also qualified for the Trials, her third qualifying effort so far.

Two-time Grandma's champion, John Welzel, 47, Ft. Collins, Colo., used Grandma's to try to qualify for her sixth Olympic marathon trials, but dropped out at 20 miles when she realized that 2:48 was out of reach.

Grandmother, Gloria Jansen, 55, Edina, Minn., clocked 3:18:07 for the W55 (and 5W50+ win), somewhat off her hopes for a 3:15.

The Gary Bjorklund Half-Marathon did not have Grandma's luck with the weather. Preceding Grandma's by an hour, and running over the second half of the marathon course, runners were quickly drenched. Still, there were some great performances, not least by John Keston, 77, McMinnville, Ore., who sang the national anthem before bolstering over the course to the M70 title, 1:37:45. Dan Conway, 63, Superior, Minn., poured it on to run 1:20:43. Michael Seaman, 52, Edina, Minn, tore it up in the M50, 1:13:43. The 1993 Bjorklund winner, Dan Carter, 41, White Bear Lake, Minn., 1:10:21, and Laura Hruby, 41, Pittsburgh, Penn., 1:20:43, third woman overall, were the quickest youngsters over 40.

(from DuluthSuperion.com, Duluth News Tribune, Pioneer Press, and Star Tribune reports)

TEN YEARS AGO

August 1992

- Doug Kurtis (40, 2:23) and Sharlet Gilbert (41, 2:38) Top Masters in Grandma's Marathon
- Pierre Levesque, 40, Defeats Nick Rose, 40, in Steamboat Mile in Peoria
- 230 Compete at Hayward Classic in Eugene

Hayward Cla
Hayward Classic

Continued from page 1

contingent of Canadian athletes with nine firsts, including a W80 world-record 0.97 in the high jump, eclipsing Mary Bowermaster’s 0.90 in 2000.

Two women set records for the 2000m steeplechase. Sue Grigsby lowered the present W45 record of 8:38.52 with an 8:21.66. The record is held by Robin Vesey, second to Grigsby here, who also broke her record with 8:37.56. Sharlet Gilbert erased the listed W50 record of 10:54.83 by over two minutes with an 8:26.95.

Debbie Brill upped the W45 high jump mark of 1.60 by Phil Raschner in 1993, with a 1.61.

An M40-49 quartet set a world best of 17:40.63 for the 4x1600. Team members were David Olds, Jamin Aasum, and Peter Magill, all members of the So Cal TC, and Tony Young, a former SCTC member, who now runs for Club Northwest.

Other athletes compiled a long list of single-age and meet records.

In the National Masters News Age-Graded Mile on Saturday, Marie-Louise Michelsohn, 60, traveled from Stony Brook, Long Island, to successfully defend her title, shared last year with Dan McCormack, of Eugene. The milers, 11 men and 9 women, ran in separate races. Michelsohn ran an age-graded 89.0% 6:00.11 to win, just barely, from Dee Dee Grafius, 53, who ran an 88.6% 5:36.10. Paul Heitzman, 71, of Kansas, a perennial Hayward Classic entrant, was third with an 88.0% 5:56.66.

The Age-Graded Mile Award, this year an Oregon-shaped plaque donated by the meet host Oregon TC Masters, was presented to Michelsohn by Chuck Hammond, meet director, at the reception Saturday evening at the U of O’s Casanova Center.

In other action, Stephen Robbins and Harold Moroka tanged in the M55 sprints, with Robbins the winner in the 100 (12.33/age-graded 95.1%) and 200 (25.21/94.4%). Paul Edens, 61, won the 200 with an age-graded 94.9% 25.48.

Robbins is the present M55 world champion in the 100 and 200; Moroka, a Canadian world-class 400 hurdler. At 59, both are at the top of their age group, and both turn 60 early in 2003. Moroka won the 400 an hour after the 100 with a 95.9% 55.42.

Veronica Amarasekara, 41, outleaped Janna Gedde, 43, to win the 100 (12.89/12.90), but Gedde took the age-graded award (90.2% to 88.9%).

Peter Magill, M40, won the 800 and 1500 with meet bests 2:03.23 and 4:13.61, the latter from a tough field of M40s and M45s. Dave Clingan, M45, was third in the race with a 90.1% 4:16.0. Lisa Hamelin, W30, paced the women with a 4:51.88.

David Olds, M40, one second behind Magill in the 1500, won the 3000 in 8:44.31, with Jonathon Swanson, M30, first overall in 8:43.30. In the 5000, Rick Fuller, 37, finished first in 14:26.57. Odis Sanders, M40, ran the 10,000 in 32:47.17; Jennifer Compton, W30, was first woman in 36:58.72.

Michael Jaqua, M35, doubled in the high jump (1.68) and pole vault (3.66). Louis Bacon and Dan West both finished the vault at 4.02; Bacon the winner on fewer misses.

In the throws, Tim Fu, M30, hit the 16.31 mark with the 16th shot. Ron Mickle, M60, had the meet’s farthest throw of 48.90 with the discus. Tom Gage, M55, past Olympian in the hammer, was the longest in the event with a 54.88.

The javelin had more entrants than the other throws this year. Sam Strickland won the M50 division with a throw of 17.32. Gary Stanlund, in an event best 56.68, took the M60 gold medal. Becky Sisley, W60, won with a 27.62 over Canadian Marg Radcliff (27.38).

Using the new lighter WMA implements, weight throwers were the most impressive, with the M55 division particularly formidable. Gage won with a 19.87. Todd Taylor was second (17.84), and George Mathews, third (16.12). Floridian Bob Cahners, M60, in excellent shape after shoulder surgery, hurled the 20# weight 18.52. Sisley hit the 13.08 mark with the 20#. The best weight marks of the meet will be submitted as possible records.

Racewalker Tommy Aunon, M40, was first overall in the 5000 (25:51.29) on Saturday and the 1500 (7:47.32) on Sunday. Kelly Murphy Glenn and Teresa Aragon staged duels in both W40 races, Aragon winning the 5000 in 27:06.36, and Murphy Glenn the 1500 in 8:02.26.

Announcing duties were handled ably by Dave Rubino and Frank Lulich on Saturday and Tom Jordan on Sunday. The competition for the men’s, women’s and team titles was dominated by the host Oregon TC Masters, who won the men’s award with 734, the women’s with 278, and the combined team with 1012.

The primary sponsors were Carter & Carter Financial Center, Duncan & Brown, Gill Athletics, Pacific Continental Bank, Sporthing, Tract Town Pizza, and HealthSouth.

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The Foot Beat
By JOHN W. PAGLIANO, D.P.M.

The Foot Beat will resume in September.

National T&F Preview

Sunday with the 10K racewalk for men and women, the 1500, relays, and hammer.

To encourage more participation in the relays, a separate division will be set up for pickup teams to participate in all of the relays at the Championships.

The weather should be near perfect with temperatures averaging in the high 70s during the day and mid-50s at night, with little chance of rain.

As they did in 1998, many visiting athletes will take advantage of Maine's famed reputation as a summer vacationland, and tour before, during, and after the meet. Others may opt to hang out at the dorms and talk track, or visit the local pubs and hostel a few in hopes of recapturing the spirit of college days long gone.

And, with a little bit of luck, maybe we'll all spot a moose before we leave.

Masters in the Plumpton Performance State St. Mile, Santa Barbara, Calif. (from l): Richard Burns, 47, 4:18; Dave Clingan, 48, 4:26; Mark Cleary, 43, 4:37; and Ryan Lampaa, 42, 4:25.

Eagle Flies, Burns Cooks in Santa Barbara

By JIM KORNELL

Taking advantage of nearly perfect conditions, five masters runners achieved age-graded performances of over 90% at Santa Barbara, California's State Street Mile, June 16.

Mike Egel, 40, Des Plaines, Ill., led the group with an outstanding 4:36 on the mildly downhill course, breaking Steve Scott's masters course record of 4:10.

Egge's age-graded 96.1% only made him the No. 3 performer of the day, though, after 35-year-old Jim Sorenson's 3:56/96.5%, and Santa Clarit'a's Rich Burns, 47, whose 4:18 yielded a 96.4%.

Dave Clingan, 48, Portland, Ore., had what must be an uncommon opportunity to run an excellent 4:26/94.3% to finish second in his five-year age group. Two Santa Barbarans rounded out the over-90% group, Ryan Lampaa, 42, 4:25/90.45%, and Terry Howell, 46, 4:33/90.4% (worth only third in his age group).

Under the guidance of Race Director M. Jim Rheinschild, the State Street Mile is continuing to grow into a strong draw for masters runners. Next year's race will add prize money equaling the open purse ($500/$250/$100) for the top three masters men (finishing under 4:30) and women (under 5:10).

Elite masters coordinators Jim Kornell and Dennis Mihora (dmihora@umich.edu) are working actively both to recruit top runners and, recognizing that Santa Barbara is an expensive city to visit, arranging a network of local runners happy to host out-of-town athletes.

Next year's race is June 15th. More information is available at www$dbmile.com.

SITES OF NATIONAL MASTERS TRACK & FIELD 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, MO
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. Lansing, 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

DISTANCES TO BE RUN IN AGE-GRADED 100m

Age Men Women Age Men Women
30 100.0 100.0 66 79.7 76.7
31 100.0 100.0 67 79.0 75.9
32 100.0 100.0 68 78.3 75.1
33 100.0 99.7 69 77.6 74.3
34 99.3 99.0 70 76.9 73.6
35 98.6 98.2 71 76.1 72.7
36 98.0 97.5 72 75.3 71.8
37 97.4 96.8 73 74.5 71.0
38 96.7 96.0 74 73.7 70.1
39 96.1 95.3 75 73.0 69.2
40 95.4 94.6 76 72.1 68.3
41 94.8 93.9 77 71.2 67.3
42 94.2 92.3 78 70.4 66.4
43 93.6 91.5 79 69.5 65.4
44 92.9 91.8 80 68.6 64.5
45 92.3 91.1 81 67.7 63.5
46 91.7 90.4 82 66.3 62.4
47 91.1 89.7 83 65.8 61.4
48 90.5 89.0 84 64.8 60.4
49 89.9 88.3 85 63.9 59.3
50 89.3 87.6 86 62.8 58.2
51 88.7 87.0 87 61.8 57.1
52 88.1 86.3 88 60.8 56.0
53 87.5 85.6 89 59.7 54.9
54 87.0 85.0 90 58.7 53.7
55 86.4 84.3 91 57.6 52.6
56 85.8 83.7 92 56.4 51.3
57 85.2 83.0 93 55.3 50.1
58 84.7 82.4 94 54.2 48.9
59 84.1 81.7 95 53.1 47.7
60 83.5 81.0 96 51.8 46.4
61 82.9 80.3 97 50.6 45.1
62 82.3 79.6 98 49.4 43.8
63 81.6 78.9 99 48.2 42.5
64 81.0 78.2 100 47.0 41.2
65 80.4 77.5
Ross Carter, In A Class By Himself

Masters throwers who read the Obituary section on the Masters Scene page of the July issue were saddened to read of the passing away of Ross Carter. Ross died peacefully in his sleep of age-related causes in Eugene, Ore., at age 88, on June 20.

A list of his shot put and discus world and U.S. records and championship titles would fill this page: He had friends and followers all over the world, as well as in the U.S. When one of us throwers who lived in Eugene was at a meet where Ross wasn’t an entrant, inevitably someone would come up and ask, “Where’s Ross?” or “How’s Carter doing?”

Unique Style
He had perfected a unique one-step style of throwing, which enabled him to throw with an explosiveness that used all of his strength. The technique looked so simple and efficient that some of us who worked out with him tried to emulate it, with little success.

While most masters knew him primarily for his track accomplishments, Ross also had a large presence off the field. He was generous, a long-time Sustainer to the National Masters News, and often footed the entire bill for the trackside trainers at the Hayward Classic Meets in Eugene.

When the annual Masters Age Record Book was published, he would buy copies and send them to his friends. The several times I ate with him at a restaurant, he picked up the tab for everybody. He had a good sense of humor, enjoying a funny joke and first-rate story, and was a proficient storyteller himself.

He had starred in football at the U. of Oregon in the ‘30s, had played with the old Chicago Cardinals for several years, and could entertain listeners with tales of his football experiences and the players.

Natty Dresser
Ross had another quality that I noticed and admired him for. He was a natty dresser, always looked spiffy, whether he was just working out, competing, or at a social function.

He liked to compete, win, and set records, and took pride in doing so, and I think that he had retained, above all of that, a sense of playfulness in the sport, a quality that is one of the driving forces of masters track, and seems, to me, to be disappearing.

He was member of the U. of O. Sports Hall of Fame, and the Oregon State Sports Hall of Fame, and the USATF Masters Hall of Fame.

One of a Kind
Ross will be missed by his friends, family, and the throwing community. Like his throwing technique, he was one of kind. His records will probably be broken, not soon or easily, and disappear, but Ross Carter, the athlete and a man with a lot of class, will forever be with us who knew him.

92 Meet Records Set in Portland

By DON KANE

We were blessed with warm weather at the annual Portland Masters TC Classic Masters Meet, Mt. Hood Community College, Gresham, on June 22-23, which was also designated as the Oregon Association Championships. Jim Puckett, meet director, and a large group of volunteers put on a great meet, on time with no hassles.

A big "well done" to Joyce Taylor, who has been competing for only two years under the tutelage of husband, Todd. Joyce and Todd both won their age groups in the superweight; in addition, Joyce had a possible W50 U.S. record with a 9.15. Vince Sempronio, M75, and Melanie Reske, W80, also set U.S. records at 7.50 and 3.82, respectively.

The strong field set an amazing 92 new meet records, 36 on the track and 56 in field events. The top field performance was a terrific 57.78 javelin throw by Gary Stenlund, 61, a 95% age-graded toss. The top U.S. record with a 9.15. Vince Sempronio, M75, and Melanie Reske, W80, also set U.S. records at 7.50 and 3.82, respectively.

There were numerous 80+% efforts, including Mike Andrews, M45, with an 85% in the 400 (56.18); an 87% 100 by John Poppe, M70, of Florida, in 14.65; and a 50.10 hammer throw by Todd Taylor, M55, for 83%.

An interesting progression is shaping up in the throws, where Melanie Reske, W80, set six meet records, while watching Patricia Osmon break three of Melanie’s W75 records in the hammer, javelin and weight throw. Osmon came close in the shot, and is expected back next year for another try. Reske’s best effort was a 5.42 shot put.

FIFTEEN YEARS AGO

August 1987

• Ken Dennis Sets Two M50 WRs (100/11.2; 200/22.9) in Northern California Seniors Classic

• Phil Raschker Breaks W40 100 WR (11.9) and Sets U.S. W40 HJ Mark of 5-0

• Payton Jordan (M70, 26.9, 200), Tom Patalis (M65, 35-2-½, TJ), and Del Pickarts (M60, 183-8, JT) Smash WRs in SCATAC Meet
Masters Racewalking

By ELAINE WARD

Training in the Heat

Following are a few tips on how to train safely in summer weather from Coach Mike DeWitt (WI) and Coach Jake Jacobson (FL).

Coach DeWitt: Carefully pick your training time and route. I have always preferred evening workouts during the summer months. As your body is getting hotter, the air is generally cooling down. In the morning as you start getting hot, so does the air.

Adjust your pace to the heat. Use a rough guideline of adding one second per mile on your best race pace for every degree above 70 degrees if the humidity is under 66 percent. Add one second per mile for every 5 percent humidity above 66 percent. If you get above 15 seconds of adjustment, forget about doing a hard workout or about racing.

Dress appropriately. Clothing that is light in color and weight is the rule here. Wearing tank tops is good, but remember that the sun's energy on your skin loses 70 percent water. If a muscle is dehydrated by only 3 percent, it loses 10 percent of its contractile strength and 8 percent of its speed. Feelings of thirst tend to kick in late. By the time you start feeling thirsty, your body's fluid level is probably quite low. It's a good idea to plan when and how much you'll drink before a hot weather workout or race.

The American College of Sports Medicine and other experts pretty much concur that you should drink about two cups of water every 15 minutes to hydrate yourself, drink around 5-7 ounces of water every 15 minutes to hydrate your muscles. Avoid too much, too soon. Avoid too much, too soon.

Avoid too much, too soon.

Kuznetsov, Bartoszek Plough Through Heat at Green Bay Marathon

Andrey Kuznetsov, 44, Rockville, Md./RUS, overcame heat, humidity, and a pack of galloping Kenyans to win the Cellcom Green Bay, Wisc. Marathon, June 23. In muggy 75-degree weather, the former Nordic ski-Olympian, who bet many of the following mini-goals with a time of 2:23:40, was second, but broke a W50 U.S. record with a 2:23:60. Shirley Matson, 49, Eugene TC, was second, but broke a W50 U.S. record with a 2:23:60. Shirley Matson, 49, Eugene TC, was second, but broke a W50 U.S. record with a 2:23:60.

Masters men and women ran in two exhibition races at the USA Track & Field Championships at Stanford University, June 22.

In the first race, an 800 for women, Maureen de St. Croix, 49, of the Canadian Kajaks Club, won with a 2:19:51, an age-graded world-class 94.2%, in a field of eight. Dee Dee Grafius, 53, Southern California TC, was second, but broke a W50 U.S. record with a 2:23:60. Shirley Matson, 49, Eugene TC, was third in 2:26.25, with Sharlet Gilbert, 51, a close fourth in 2:26.92.

A men's 400, the following race, was won by Elvis Forde, 42, unattached, in 48.60, for the top performance of 96.2%. Carlos Amado, 41, of Sweden, was second in 50.13; Brian Conley, 42, and Kevin Morning, 45, third (50.96), with Mark Cleary, Masters Invitational Program Coordinator.

Masters Featured in U.S. Championships

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Masters men's invitational 400m field at the USA Championships, Stanford, June 22, (from l): David Lucas, 42; Peter Grimes, 43; Elvis Forde, 42, first (48.60); James Lotton, 45; Glen Whiteley, 40; Carlos Amado, 40, second (50.13); Brian Conley, 42; and Kevin Morning, 45, third (50.96), with Mark Cleary, Masters Invitational Program Coordinator.
Train, Think, Live Like a Champion – Part II

To be a champion, you not only have to train like a champion, you have to think and live like one. It is an everyday process. Many excellent talented and ambitious runners are defeating themselves with the wrong approach. How serious are you about your specialty and how knowledgeable? And how many of the following are you doing consistently, if at all?

Injury Prevention
To avoid injury, listen to your body. Practice preventative maintenance; back off one to two days or even a week when a minor injury appears; take physiotherapy early on; run on soft surfaces; and visit a chiropractor once a month to check for out-of-balance in your body. Avoid too much, too soon, too long.

Think
Thinking like a champion means practicing mental training daily. Usually only elite athletes are using mental training to significantly enhance performance. This involves visualization, relaxation techniques, and self-assertive statements to obtain the ideal state of mind. Achieving mental toughness also comes from positive thoughts and many consistent sessions.

Rehearse techniques, rehearse race plan, etc. For example, mentally rehearse your workout beforehand, will make it easier and more beneficial. With these mental techniques, the ideal state of mind can be obtained before and during competition to enable you to perform optimally.

The ideal state of mind is mentally calm and focused, confident, low anxiety, energized and in control. Mental toughness also comes from positive thoughts and many consistent sessions of intense training and races. Develop a state of mind for competing against yourself, and performing your best. Not a killer instinct.

Set Goals
Establish and work on major and minor goals, giving a purpose to every workout. This involves a good knowledge of proper training for your specialty. Knowing the purpose will make the discomfort or pain more tolerable.

Have a race plan strategy for every race. Enjoy the journey (the training) and minimize the outcome (the competition) results with less stress and better performance. Aim to make each workout an experience of the body, mind, and spirit.

Live
Although the physical training takes highest priority, correct healthy daily living habits can add meters, seconds, and even minutes to your races – often the difference between victory and defeat.

Sleep
Since growth hormone (of major importance for athletes) is produced mainly during sleep, it is important to adopt good sleep habits, i.e., an adequate and consistent routine. A nap is beneficial, even 10-15 minutes to recharge the batteries. Eat early in the evening or have your biggest meal of the day at noon for optimum sleep.

Social Activities
A late party night can set you back, taking several days to get back to normal. Such activities have to be minimized. If you have mainly running friends with like goals, there will be fewer problems.

Nutrition
The following will result in less body discomfort or pain more tolerable.

Drink
An adequate and consistent routine. A nap is

USA Track and Field – Mid America Cross Country Championships
University of Colorado – Boulder – Colorado - Saturday October 5, 2002 – 8:30 am

USA Track and Field
Mid America Cross Country Championships
University of Colorado – Boulder Ranch Cross Country Course
CUT South Campus - US 36 and Table Mesa Dr - Boulder, Colorado

Sponsored by USA Track and Field
University of Colorado Cross Country Team
Boulder Road Runners
USATF - Colorado Association

USA Track and Field Awards (open to USATF members only)
Individual Awards - top 3 finishers - 5-year age groups
Team Awards (open to USATF clubs only) - top 3 teams - 10-year age groups
Also - Foreign Athlete Awards - Optional Alumni Competition

Open Women's Division (ages 19-39) - 5.8 k
Open Men's Division (19-39) - 8.8
University of Colorado Collegiate Races
Open Women's Division (ages 19-39) - 5.8 k
Open Men's Division (19-39) - 8.8

For More Information Contact:
toucantrackclub.net/midamerica.html
or www.usatf.org
Tim Dolen - 303-499-3841 - tpdolen@yahoo.com

Seven U.S. Records Set in Raleigh Rain
By PAUL HRONJAK
RALEIGH, N.C. – If only the weather had cooperated, this might have been one of the best Southeastern Masters meets ever, May 3-5. Unfortunately, there was a cold rain all day on Saturday, which made for very uncomfortable conditions for competitors, officials, and volunteers alike.

The athletes persevered, however, and seven U.S. and 31 meet records were set.

Marie-Louise Michelson, W60, of Stony Brook, N.Y., set new standards in the 3000 (12:06.65) and the 2000 steeplechase (9:17.00). In the steeplechase, she also had the best age-graded performance to win the $100 Bob Boal award made possible by the generosity of long-time meet official Dr. A.C. Linnerud.

Phil Raschker, W55, Marietta, Ga., set records in the high jump (1.40) and long jump (4.77) in the pentathlon and probably would have had a new record for the hurdles and pentathlon, had the automatic timing system not failed. Jeanne Dupran broke the W65 mile record with a 6:32.47.

In the throws, Evelyn Wright, W65, Vanannoplis, Md., was the beneficiary of official Tony Wayne's having some down time and access to a shorter wire, which allowed her hammer to pass the strict weights and measures review performed at this meet. She then used the implement to set a U.S. record 27.35, and to win the Nolan Fowler award for the best age-graded hammer throw of the meet.

Margaret Hinton, W80, stretched the 254 superweight record to 3.64.

In response to competitors' suggestions, the weight pentathlon was moved to Friday for this, the 33rd annual meet. The past few years saw throwing competition continuing until late in the evening, and the change made this year seemed to accomplish the goal, since all competition was concluded before 5:00 p.m. on Saturday.

The special presentations at the awards dinner included the Boal and Fowler awards mentioned above, as well as the Phil Raschker award for the best combined 100m and 200m times by a masters man, won by Hillen Stundendorf, W50, Silver Spring, Md., with a combined 75.51% aged-graded performance.

The Ervin Mitchell award for the best combined time in the 100m and 200m was won by Kaestner McDonough, M45, Richmond, Va., with a combined 85.91% aged-graded performance. Evelyn Wright added the Bernie Holland award (best performance by a female masters thrower) to the Nolan Fowler award. The Ed Barron award for service to Masters Track & Field went to Paul Hronjak.
Boston Relaxes Its Qualifying Standards

Life suddenly became easier for runners wanting to run the Boston Marathon, particularly older runners—as the sponsoring Boston Athletic Association released its qualifying standards for the first time in more than a year. The new standards, posted toward the end of June on the BAA's Web site (www.baa.org), offer a 5-minute break for men and women over 45, up to an hour for those still running at age 80.

The standards date back to 1970. A record 1152 runners started Boston the previous year, way too many thought trainer Jock Semple, who shepherded runners each Patriotic's Day, along with race director Will Cloney, a full-time employee of Keystone Funds. Tired of poseurs, who trained improperly and sometimes appeared dressed as King Kong or smoking cigars, the pair asked runners to certify their ability to finish faster than four hours. "I could walk that fast," claimed Semple, who had placed ninth in 1944 with 2:51:34.

As a writer for Runner's World (then called Distance Running News), I objected, both in print and to placed ninth in 1944 with 2:51:34. faster than four hours. Ners accepted them as a

swelled

The new standards, posted toward the end of June on the BAA's Web site

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Decathlon/Heptathlon

Continued from page 1

Heptathlon, won the M45 gold medal with a 2006.

Robert Baker, 56, the lone entrant in his division, scored 6980 points, adding this title to his indoor championships victory. Greg Foster, 40, 2002 indoor champion in the long and triple jumps, used his expertise to score 6960 with a big lift of 1035 points for his 7.02 long jump.

Włodarczyk, a Polish national who lives and coaches in Southern California, scored 5990 points, with three marks scoring over 1000 points: hurdles, 13.00 (1065); high jump, 1.51 (1171); and long jump, 5.19 (1145). She holds the W50 world record in the triple jump at 11.37, set last year at the 14th Veterans Championships in Brisbane.

Veronica Amarasekara, of Southern California, scored 4686, her highest points coming in the hurdles (13.02/872), high jump (1.48/842), and long jump (5.28/877). Amarasekara holds the W40 national record for the long jump at 5.44, and totaled 5116 points at last year’s championships.

A big thanks to all the athletes, and to Rob Doran for getting this meet set up on the East Coast and passing on the hurdles on the second day to get another pole vault pit set up. A special thanks to Head Coach Steve Dolan, who I hope will invite us back to his great facility.

For the 2003 Championships, it looks like it could be Birmingham, Ala., or Charlotte, N.C., on the weekend of June 15. Once we get more information, we will publicize it.
Y es, it is actually true. On August 9, WAVA/WMA celebrates its 25th birth­day, providing good reason to look back at those dedicated and forward­thinking individuals who, in 1977, took a bold step and founded a world organization for veterans/masters athletics. There were some early pioneers — Jacques Beccalli, ITA, for Europe, Bob Fine, USA, for Africa, and Helen Burrell, Re­public of Ireland, for Asia — who conceived the idea of an international association devoted to masters athletics.

This organization had a successful life but slowly it became evident that two world bodies for veterans athletics was one too many, and in 1988, IGAL, as it was known then, became the undisputed world body for veterans/masters athletics.

Gothenburg, SWEDEN, was awarded the second World Veterans Athletics Championships, held August 8–13, 1977. On the second day of these championships, August 9, WAVA was founded at the first General Assembly. Don Farquharson, CAN, was elected the first WAVA President and the Executive Committee included Jacques Beccalli, ITA, Secretary; Bob Fine, USA, Treasurer, and Don Fitz­gerald, GBR, Corresponding Secretary.

The first WAVA Congress was held in 1978 in Amsterdam, NETHERLANDS, and considered the feasibility of founding a world body for veterans athletics. The first WAVA Congress was held in 1978 in Amsterdam, NETHERLANDS, and considered the feasibility of founding a world body for veterans athletics. The Council was expanded to include six Regional Representatives, i.e., Danie Burger, RSA, for Africa, Hideo Okada, JPN, for Asia, Cesare Beccalli, ITA, for Europe, Bob Fine, USA, for North and Central America and the Caribbean, Wal Sheppard, AUS, for Oceania, and Jose Tejero Santos, VEN, for South America.

Don Farquharson, CAN, who headed the Canadian Masters, took the ini­tiative to invite athletes to the first World Veterans Championship in Toronto, 1975. With athletes representing 32 countries, the charter of the World Veterans Championships was a great success. During the meet there was also a meeting to dis­cuss the formation of a world body for veterans athletics. An interim com­mittee was set up to study the possibilities. This committee was chaired by Jack Fitzgerald, GBR, with Don Farquharson, CAN, as Secretary and Treasurer, plus David Pain, USA, Wal Sheppard, AUS, Macew Kyle, NIR, Jacques Beccalli, ITA, for Europe, and Helen Burrell, Republic of Ireland, for Asia, as members.

Source of Inspiration

From these first World Championships it is also worth mentioning that they inspired Cesare Beccalli, ITA, to invite athletes to the first European Veterans Championships in Viareggio, ITA, in 1978, where the European Veterans Athletics Association (EVA) was founded as the first Regional Association.

However, the attempts in Torontos were not the first to build a vet­erans athletics movement. In 1968 the “Interessen-Gemeinschaft Alterer Langstreckenläufer” (IGAL) was founded in the Netherlands with Arthur Lambert, Meinrad Naggel, Dr. Van Anken and Jacques Beccalli as pio­neers.

The First Three in the Veterans Grand Prix Brugge 25K, Brugge, Belgium, June 23.

Jacques Serruys and his wife, Hannelore Guschmann, said farewell to their many running friends in the first edition of the Brugge Veterans Grand Prix 25K & 10K in the beautiful, medieval town of Brugge, Belgium, on June 23.

Both the men’s and women’s 25K’s were won by impressive margins. The 25K winner, Richard Jordan (GBR), April 28:25, repeated his vic­tory in 1998 and 2001. Second this year was Bill Snellgrove (GBR), 1:30:08.

A self-employed house builder, Jordan found his first Brugge win in 1998 the most difficult. He races a multitude of distances, favors any distance 10 miles or longer, and has done high-altitude training in Kenya with his own coach, Hilde Pauwells, BEL, second (BEL, 1:47:13). Anne Tejero Santos, VEN, for South America, was W35: Jacqueline Massey, GBR, 44, 1:39:48, and Hilde Pauwells, BEL, second (BEL, 1:47:13). Anne Tejero Santos, VEN, for South America, second (BEL, 1:47:13).

Massey’s usual racing distance is the marathon, where she has represented, but the U.K. was the clear winner, with 900 participants.

Said Gusmann, “I’m sad because...we know all these people for so many years...and it creates friendship with so many people...but on the other hand, we always said we’ll never go down on our level of quality. For the moment we just have not the funds to organize on the same level.”

It should be noted that Belgium has a recent law under which the munici­palties must now be compensated for their services, such as the cost for the police, road closures, etc., so to continue, the event will have expenses not heretofore incurred.

On their own initiative, but with the approval of Serruys, several runners have been talking with U.S.- and Europe-based race organizers about

Continued on page 16
239 Clubs Face Off in Road Races

By BRIDGET CUSHEN

Nothing whets the appetite of British athletes more than a permanent, traffic-free venue in Sutton Park, Birmingham. This is the ultimate test of club strength and depth, and of loyalty and camaraderie, as M40-49 tackle eight stages of the exactly three-mile course: the M50-59 run six stages and all other age groups, plus the women, do three.

This year, 239 clubs faced the giant in ideal weather conditions for the 15th running of the event. Helen Burrell, Redhill RR, led the ladies home on the first leg in 17:10, followed by Ann Nixon (17:54), Forest of Dean, and Ann Ford (18:00) Redhill RR. The cumulative time of 53:43 saw Bristol AC retain the W35-44 age-group trophy from Bideford AAC, with Redhill, third. The W45-54 medals went to Redhill (58:52), City of Bath AC, and Wrexham AAC. Five legs, contested by the W55 race, was won in 69:18.

The M50-59 race went to Stockport Harriers in 1:42:10, 14 seconds to spare over Oxford City AC, and the Scottish club Cambuslang, for whom Archie Jenkins ran the fastest stage in 16:13.

Alan Burton, Harry Clayton, and Chris Elson gave Bristol its second trophy of the day, finishing in 54:14, well clear of Bingley Harriers (55:20) in the M60-69 race. An M70 team of Ernie Blackler, Ron Franklin, and Laurie Forster clocked up 71:50 to take the trophy back to North London. The M40-49 race was run separately. The lead changed right up to the final stage when it was left to Nigel Gates to blaze around in 14:59 to take Brighton & Hove home worthy winners. The fastest stages, however, went to Alan Jackson, who just turned 40, in 14.5, and Tom O’Connor of Woodford Green (14:54).

The 13th European Championships will be held in Potsdam, Aug. 15-25, with a record entry. Among the British athletes showing good form in their build-up are world M45 800 champion Dave Wilcock, who notched a 2:03.3800 and 4:20.041500 double in June, and Darell Maynard, who set a British M40-400 indoor record in February, and ran a super 50:02 in Wales.

Veterans Grand Prix

Continued from page 14

Taking over and continuing the race in some form. Talks are in the formative stages with one option being the continuation of the event in its current format in Bruges and another being the inclusion of the race on a program of already-existing distance events.

Farewell, Jacques and Hannelore. Know that your many friends thank you for your contributions over the years to masters running.
Masters Scene

NATIONAL

- The RRCA Women's Distance Festival series of races continues through Oct. 19th (Coos Bay, OR). This month's events are scheduled for the 3rd in Marshalltown, IA, and Toledo, OH; 10th in Williamsburg, VA; 17th, Colonial Heights, VA; 24th, College Park, MD; and 31st, Holmdel, NJ. For more information, 703-636-0555, www.rrca.org

EAST

- Bob Otrando's outstanding M45 indoor WR mark of 16:43-53-11 with the 16th shot in the Dartmouth Relays in February was overlooked in the 2002 indoor season results. This mark increases the old record of 17:58.5-11-1/2 by Ed Hill in 1988 by over two feet!


- Jim Hage, 44, Lanham, MD, recorded a seventh overall 32:56, 12th Lawyers Have Heart 10K, Washington, DC, June 15. Chuck Miller, 50, Sterling, VA, first for the leaders (34:42). Laura Frez, 41, Centreville, VA, was top W40+ (40:21).

- Margret Beta, 65, Conklin, NY, ngn a 1:36:06, an A-G 85.55 in the Vestal XX (20K), Vestal, NY, June 15, for a possible W55 record. The only listed time for the W55 20K is an unlisted 1:47:34 by Sue M. Endicott, NY, first woman overall in 87:06. Paul Leonard, 40, Scranton, PA, was second male in 72:38.

- Kate Paddon, 40, New Hartford, CT, 37:21, loped to the overall win at the Ryka/Lady Footlocker Women’s "Take Flight" to Heart women’s road race series. The top five runners received, $100. The next cities to host R/LF series events are Minneapolis, Aug. 10, and Kansas City, Oct. 6. See the Ryka.com for details.

- At the NYRR WABC Father’s Day 5 Miler, Central Park, NYC, June 16, Amedor Ybanez, 46, 27:33, slipped past Tim Leibach, 40, 37:14, to lead home the masters men. Leading the women was Catherine Stone, 40, 29:46, winning her age-group decisively was Dinette Bedard, 68, 39:54.

- Ybanez, 1950, and Yukiko Niiohde, 40, 22:42, were top masters at the NYRR Fitness 3.5 Miler, Central Park, NYC, June 22. Age-group standouts included Sab Kole, 78, 31:33, and Thelma Wilson, 70, 32:15.

- Gordon Bakaoua, 41, 28:04, was first woman across the line at the NYRR Lesbian & Gay Pride Run 5 Miler, Central Park, NYC, June 29. Grabbing the men’s masters title was Alan Ruben 45, 28:57, with Michael Merl 76, 46:40, leaving her peers in the dust.

SOUTHEAST

- Phil Raschker, W55, continued her assault on the record books with a WR 2.60 in the PV and U.S. record 1:41 for the HJ in the Birmingham Masters Meet, Samford U., June 8. Kathy Bergset set the HJ record of 1.33 in 1996. Joy MacDonald holds the PV record at 2.55 in 1997. In an age-graded 100m, Bob Blackburn, 45, won in 10.08, with Elvis Forde, 40, second in 10.86. Earlier, Forde had run a G-Q 50.1% 50.20 in the 100.

- Jim Bates, 46, Hampton, VA, with a third place 35:48, and Sherry Volk, 41, Williamsburg, VA, with a first woman overall, were first masters, Williamsburg Jaycees Run for Life 10K, Newport News, VA, June 22. First 65+ were Tom Ray, 69, Kitty Vaux, NC, 45:51, and Nancy Patern, 65, Williamsburg, 57:41. First 70ers were Harry Watson, 61, Suffolk, VA, 61:44, and Karen Skcnd, 49, Woodbridge, VA.

- Elena Fifstad, 41, ROM, 34:44, and Anden Masai, 42, KEN/Antwerp, 29:59, were the big 40+ barans at the Peachtree 10K Road Race, Atlanta, July 4. Gordon Bakaoua, 41, NYC, the dominant U.S. masters woman on the season this summer, was a more two seconds behind Fifstad, 34:46.

WEST

- At the Shriners 8K and PAC Assoc./USATF Championship in Sacramento, CA, June 22, a pending national age-group record was set by Sherry Matson, 51, of Larkspur, CA, who ran 32:31. The old mark of 32:42 for W60 was set at the Shriners Run in 2000 by Barbara Miller of Modesto, CA. Miller set a pending age record this year in 32:42. Myra Rhodes of Sacramento set an age record with her 32:21, breaking the old mark by 93 seconds. Lloyd Stephenson, 47, San Francisco, was top M40+ performer with a fast 1:50.31. 25-49, at the Peachtree 10K Road Race, Atlanta, July 4. Gordon Bakaoua, 41, NYC, the dominant U.S. masters woman on the season this summer, was a more two seconds behind Fifstad, 34:46.


- Mo Bartley, 47, Cool, CA, hot-footed to the front from 1st overall in 18:33, Friday Night 5K, Sacramento, June 14. Ron Richardson, 45, has landed the M40+ win on 17:01. Randy Sturgeon, 50, Folson, CA, was M55 winner (18:00).

- Ladd Patalak smashed the M55 WR for the WP with a 5:40 and his U.S. record (16:06) for the SP with a 16:45, Kielb Motor Flows #107, Santa Cruz, CA, June 29, Klaus Liedtke (GER) holds the WP at 51:52 in 1998.

- Ultra gods, including Amant, 41, Kensington, CA, notched her 13th win at the Western States 100 Mile Endurance Run, Auburn, CA, July 6. Val Houser, 43, set the M40+ fastest WSO1 time, 18:16 (hours). She was sixth overall, Mark Richtman, 47, Novato, CA, was the first M40+, 17:36, taking the overall bronze. Multiple WS100 winner and home-brewer, Tom Twistemeyer, 43, Auburn, CA, was fourth overall, 18:00.

OBITUARIES

- Ivy Brown, 87, who set a W80 WR in the SP, an AR in the WT, and the present W80 U.S. record for the 258 multiplier (3.24) in the 1999 MWM, was award-
Track and Field Events

**USA Track and Field Events**

- **Track & Field Events**: USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over.
- **Long Distance Events**: Generally open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NNM, P.O. Box 30098, Eugene OR 97405.

**NATIONAL**

**August 8-11**: 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ramson, U. of Maine Memorial Gymnasium, Orono, ME 04469; 207-581-1077; mainetrack_field@yahoo.com; http://www.ume.main.edu/-tracktrackfield.html

**September 7**: USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hilcrest Ave. SW, Seattle, WA 98116; 206-932-3923; kweinbel@atb.com

**November 9**: USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737; 225-644-6930.


**August 14-17**: 2003 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

**EAST**

**Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N.J., Virginia, Pennsylvania, Vermont**

**August 1-3**: Empire State Games, Syracuse, N.Y. 518-474-8889; www.empirestategames.org

**August 1, 8, 15**: Long Island T&F Summer Series, Mitchell Park, Rockville Centre, NY, 7:00 pm; 516-349-1770; www.lif.org

**August 4 & 18**: Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am; 703-671-2520; www.pvtc.org

**SOUTHEAST**

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

**August 31-September 1**: USATF Southeast Regional Masters/Pentathlon Championships, Sonrisa HS, Alexander, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE TO unterminated.

**September 24-28**: Georgia Golden Olympics, Robins AF Base. Vicki Pilgrim, 404-657-6644.

**September 30-October 6**: North Carolina Senior Games, Raleigh. Cindy Trumbower, 919-851-5456; www.ncsenior games.org

**MIDWEST**

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

**August 4-8**: Michigan Senior Olympics, Midland. Maryl Peters, 248-608-0255; www.michiganseniorgames.org

**September 3-15**: Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 262-821-4444; www.exexecp.com/-aging

**September 18-22**: Kentucky Senior Olympics, Fort Harrods,; 270-358-4321; www.krscs.org/-wennkjdz


**MID-AMERICA**

**Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota**

**August 4**: Blair Open Track Meet, Blair. Neke. Mary Myer, 1485 South St. Blair, NE 68008. 402-426-5955.

**August 7-11**: New Mexico Senior Olympics, Las Cruces. Cecilia Acosta, 505-621-5777.


**August 24**: Halstead Masters & Open Meet, Halstead HS, Kansas. 400 pm. Bob Everoski, Halstead Rec Commission, 316-835-3366, 835-2286.


**September 5-8**: South Dakota Senior Olympics, Sioux Falls. Al Weibeske, 605-428-3807; www.sdseniorgames.atfree web.com

**September 28-29**: Kansas Senior Olympics, Topeka. KS St. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

**SOUTHWEST**

**Arkansas, Louisiana, Mississippi, Oklahoma, Texas**

**August 26**: Texas Senior Olympics, Lubbock. Nancy Stallworth, 877-757-7275; nancy.swallow@lubbocksports.org

**September 19-22**: Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships, AR Senior Olympics, PO Box 3377, Hot Springs, AR 71914. 501-321-1441; email: arsolymp@hotsprings.net

**September 21-26**: Louisiana Senior Olympics, Baton Rouge. Butch Gibson, 225-925-1746; www.lso.org

**WEST**

**Arizona, California, Hawaii, Nevada**

**August 3**: Prescott Senior Olympics, Prescott, Ariz. Don Fishel, Box 2059, Prescott, AZ 86302. 928-777-1122.

**August 4-5**: California Senior Games, Sacramento. 916-482-8130; www.sacgames.org

**August 31**: KelField Throws Meet #109, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**September 15**: Peter St. Gene, Inc.'s Champions Run for Children, Kezar Stadium, Golden Gate Park, San Francisco, CA. 5K Run or Walk. Track Dashes, Mile, and Invitational Mile. 415-759-2600; www.isof.net

**September 21**: San Diego Senior Olympics, Cuyamaca College, El Cajon, Calif. 50+ SDSSF, 619-226-1324. www.sdseniorgames.org

**ON TAP FOR AUGUST**

**TRACK AND FIELD**

You can compete in the USA 55th National Masters Championships, Orono, Maine, on the 8th-11th, and still have plenty of time to head to the NCCWMA Championships, Leon, Mexico, on the 22nd-25th. For more information, try the California Senior Games, San Jose, on the 3rd-4th, or the Southeast Regional Championships, Alexandria, Va., and the Rocky Mountain Masters Games, Fort Collins, Colo., both on the 31st-Sept. 1st. 13th European Veterans Championships are scheduled for Futsdam, Germany, on the 15th-25th.

**LONG DISTANCE RUNNING**

The National Masters 50K Championships, Sausalito, Calif., on the 24th heads the list. A varied schedule includes the Beach to Beacon 10K, Cape Cod, Mass., on the 3rd; Falmouth, Mass., 705 Mile, on the 11th; Parkersburg, W. Va., Half-Marathon, on the 17th; America’s Finest City Half-Marathon, San Diego, on the 18th; Nationwide Insurance Hood to Coast Relay in Oregon on the 23rd; Crim 10 Mile, Flint, Mich.; and Maggie Valley, N.C., Moonlight Races on the 24th; and the Charleston, Va., 15 Mile on the 31st.

**RACEWALKING**

The 5000 National Championships on the track will be decided on Friday, the 9th in Orono, followed by the 10K road walk for women and men on Sunday, the 11th.

**WANT PRESS FOR YOUR RACE / MEET??**

Too often, at national, regional, even world class events, there is no or next to no major press coverage - despite top quality athletes who break national age records in your meet. Bob Weiner, former White House press staff and media coordinator for Congressional committees and a dedicated masters runner who has directed RRCA national championship road races and USATF world class track events - has formed a public affairs company and contacted National Masters News about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics generating press for the World Anti-Doping Agency's drug testing activities before and at the Games - obtaining stories on "Today", "Good Morning America", NBC Evening News, HBO, AP, the Washington Post, New York Times, Los Angeles Times, NFR, and all major media. He had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Bob and his company - Robert Weiner Associates Public Affairs - are eager and ready to help the Masters Running movement.

Press at your race is a motivational tool for the runners and field athletes, organizers, friends, supporters, and the public - before and after your event, a useful magnifier for years as you keep giving out clips. And it's just plain fun to see your event on the evening o'clock new on the wires or networks if you capitalize on something truly major.

**WANT PRESS AT YOUR RACEMEET (OR OTHER MAJOR EVENT OR ISSUE??)**

CONTACT: ROBERT WEINER ASSOCIATES PUBLIC AFFAIRS
E-MAIL: Weinerpublic@comcast.net
PHONE: 301-283-0821
Website: www.geocities.com/weinerpublic

**Continued on page 18**
LONG DISTANCE RUNNING

NATIONAL

August 24, USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 20622, San Francisco, CA 94123, 415-636-4655; www.headlands50k.com

September 14-15, USATF National Masters 24-Hour Championships, Olander Park, Sylvan, Ohio. Dan Brannen, 1 Strawberry Ln., Morristown, N.J. 07960. 973-898-1261; danbrannen@earthlink.net

September 29, USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. MCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3530; race@hotrrnail.com; www.twincitiesmarathon.org

October 19, USATF National Masters Championships/Edmund Fitzgerald 10K, Duluth, Minn. Sue Olson, 157626 Judicial Rd., Burnsville, MN 55306. 952-922-1108; www.edmund.com

October 26, USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-595-1939


EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

August 3, Beach to Beacon 10K, Cape Elizabeth, Me. Entries close at 5000. 888-489-4940; www.Beach2Beacon.org

August 6, JP Morgan Chase Corporate Challenge 3.5 Mile, Syracuse, NY. 315-446-6285; www.jpmorganchasecc.com

August 10, George Sheehan 5 Mile, Red Bank, N.J.
August 2002

Continued from page 18

August 24, Maggie Valley Moonlight Race 8K & 4K, Maggie Valley, N.C.; www.moonlightrace.com

September 1, Rock 'N Roll Half-Marathon, Virginia Beach, Va.; 800-311-1255; www.runhalf.com

September 21, West Florida Y Croom 5K Trail Run/RCCA Southern Region Championships, Brooksville, Jim Bodoh; 813-884-1606.

September 28, Harvest Festival 8K, Saraland, Ala.; 205-249-7777; fax; 661-9050.

October 12, Peachtree City Classic 15K/RCCA National Championships, Peachtree City, Ga.; Jan Stewart; PO Box 2377, Peachtree City, Ga.; 678-364-1109.

October 20, Trigon Bay Bridge Marathon, Virginia Beach, Va.; 757-498-0215; www.baybridgemarathon.com

MIDWEST

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

August 8, JP Morgan Chase Corporate Challenge 3.5 Mile, Chicago, Ill.; 773-777-9000; www.chasecc.com

August 10, Pizzo Nemi Marathon & Relay, Upson, Wisc.; 715-561-3290; www.hurleywi.com

August 11, Dog Days of Summer 5K, Crystal Lake, Ill.; 815-459-1823; fax; 788-0469.


August 17, Parkersburg Half-Marathon, Parkersburg, W. Va.; 304-485-8844; www.parkersburgnewandsentinel.com

August 24, Crim Festival of Races 10 Mile, Flint, Mich.; 810-235-3396; www.crim.org

August 31, Charleston Distance Run 15 Mile & 5K, Charleston, W.Va.; 304-348-6464; charlestonstancerun.com

September & August Half-Marathon. 773-929-6072; chicagohalfmarathon.com


September 21, USAP Marathon, Wright Patterson Air Force Base, Dayton, Ohio; Contact; 937-257-4350; http://afmarathon.com

September 21, Corn Classic 5000, Morgantown, Ky.; 8:30 am; Douglas J. Johnson; 270-389-4684; 389-2323

September 29, Fox Cities Marathon, Appleton, Wis.; 920-734-1800; Run/Walk on 28th; $10,000 prize money; Contact; 877-230-7223; www.foxcitysmarathon.org.

October 6, 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich.; 313-766-2926; www.detroitfreepressmarathon.com

October 13, LaSalle Bank Chicago Marathon. 888-243-3444; www.chicagomarathon.com

October 20, Columbus Marathon, Columbus, Ohio, 614-421-RUNN; www.columbusmarathon.com

October 26, Extreme Exchange 5 Mile Cross-Country/RCCA Central Region Championships, Valparaiso, Ind.; Clark Goyesky; 219-853-4124; www.dunelandexchangeclub.org

November 2, Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day return 2nd day). Also Man O' War Marathon. Don Hall; 325 Shoreside Dr., Lexington, Ky. 40515; 859-264-9378.

MID-AMERICA

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

August 3, St. Louis TC Cross-Country Kick-Off 5K Forest Park, Mo.; www.stlcrosscountrytrackclub.com

August 18, RYKA Take Fitness to Heart Series Women's 10K, Minneapolis; http://ryka.com/thf.asp

September 7, Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 1-800-542-3992; www.visitedloitlakes.com

September 14, Turkey Day 10K, Worthington, Minn.; 507-376-6105(d); 376-5610(e).


September 29, Twin Cities 10 Mile, Minneapolis; 612-925-3300; twincities10m.com.

October 5, USATF Mid-America Masters & Open Cross-Country Championships, U. of Colorado, Boulder Masters M/W 5K, Tim Dolen; 303-499-3841; tpdolen@yahoo.com; www.toucantrackclub.net/midamerica.htm

October 13, 10K, USATF Mid-America Masters & Open Cross-Country Championships, U. of Colorado, Boulder Masters M/W 5K, Tim Dolen; 303-499-3841; tpdolen@yahoo.com; www.toucantrackclub.net/midamerica.htm

October 14, 26.1 Mile, 1st Annual Race, Detroit Lakes, Minn. 1-800-542-3992; www.visitedloitlakes.com

October 20, USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker; 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6466; bbaker@preferred.com

September 28, USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., Ste. James, N.Y. 11781. 631-584-9824; mroth@ix.netcom.com

October 7-19, Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

October 20, USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3301 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 954-703-0882; racewalker@cyber agency.net

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

August 24, Arkansas Senior Olympics 10K, Hot Springs. Qualifier for 2003 NSA Senior Games. Ark Sr. Olympics, PO Box 3377, Hot Springs, AR 71914; 501-221-1255; jo@olymp@hotspur.com

October 5-6, Arkansas Traveller 100 Mile/RCCA Southern Region Championships, Perryville, Stan Ferguson; 501-329-6688; www.angelfire.com/ak/3at100

October 26, Koka Centers & Luke's Locker 20K/RCCA Southern Region Championships, Houston, Texas. Barbara Sheppard; 713-797-8601; www.houston20k.com

WEST

Arizona, California, Hawaii, Nevada


August 3, Pride of the Valley 5K, Baldwin Park, Calif. David Gonzales; 626-813-

$245; fax: 814-2998.

August 18, 24th annual McConnell's Ice Cream 5K & 10K, Santa Barbara, Calif. Kevin Young; 805-364-3400; kyoung@ sbx.com

August 18, America's Finest City Half-Marathon & 5K, San Diego, Calif. 858-792-2900; www.alfalfan.com

August 22, (Thurs), Sunset in the Park 2.8 & 4.8 Cross-Country Race, Huntington Beach, Calif., 6:00 pm; SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline


September 2, 49er Canyon 10 Mile Classic, Auburn, Calif. 530-878-0697; fax: 888-6457.

October 13, Long Beach Marathon, Half-Marathon, & 5K, Long Beach, Calif. 562-728-8829; www.runlongbeach.com

NORTHWEST

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

August 23, Nationwide Insurance Hood to Coast Relay 195.5 Mile, Mt. Hood-Seaside, Ore. 503-292-4626; www.hoodtocoast.com

September 21, Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-1103; prefontainerun.com

October 6, Portland Marathon, Portland, Ore. PM, PO Box 4040, Beaverton, OR 97076; www.portlandmarathon.org

CANADA

October 27, Casino Niagara International Marathon & Half-Marathon, Niagara Falls, Ontario. 905-356-9460; www.discoverniagara.com

INTERNATIONAL

September 22, New Zealand Masters Half-Marathon Championships, Auckland, New Zealand. Contact; 09 279 8709; www.manukau.co.nz

RACEWALKING

August 8-11, USATF National Masters 5000 Meters & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

September 1, USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denny, Shore AC; 28 N. Locust

For the latest in top-level track & field
### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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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 event you have met the standard for this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: MAA, National Masters News, Box 402, College Station, TX 77844-0040 OR 77405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" pin will be mailed to you within six weeks. Allow eight weeks for a patch.
### NATIONAL

**USATF Masters Decathlon/Hepathlon**

| Athlete Name | Points | L | R | Sp | H | M | J | H | D | Points
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**USATF Masters 4000 Meters**

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**USATF Masters 3000 Meters**

| Athlete Name | Points | L | R | Sp | H | M | J | H | D | Points
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### NATIONAL Masters News

**RESULTS**

- **Men**
  - **100 Yard Dash**
    - 1st: Ruth Yanai (43), 11.60
    - 2nd: John Reid (45), 11.61
    - 3rd: Mimi Ney (43), 11.74
  - **200 Yard Dash**
    - 1st: John Reid (45), 23.80
    - 2nd: Mimi Ney (43), 23.92
    - 3rd: Ruth Yanai (43), 24.02
  - **300 Yard Dash**
    - 1st: John Reid (45), 35.90
    - 2nd: Mimi Ney (43), 36.02
    - 3rd: Ruth Yanai (43), 36.12
  - **400 Yard Dash**
    - 1st: John Reid (45), 51.60
    - 2nd: Mimi Ney (43), 51.72
    - 3rd: Ruth Yanai (43), 51.84
  - **800 Yard Dash**
    - 1st: John Reid (45), 1:55.00
    - 2nd: Mimi Ney (43), 1:55.12
    - 3rd: Ruth Yanai (43), 1:55.24

- **Women**
  - **100 Yard Dash**
    - 1st: Rachel Brown (42), 12.60
    - 2nd: Lisa Johnson (43), 12.72
    - 3rd: Mary Smith (44), 12.84
  - **200 Yard Dash**
    - 1st: Rachel Brown (42), 25.50
    - 2nd: Lisa Johnson (43), 25.62
    - 3rd: Mary Smith (44), 25.74
  - **300 Yard Dash**
    - 1st: Rachel Brown (42), 38.00
    - 2nd: Lisa Johnson (43), 38.12
    - 3rd: Mary Smith (44), 38.24
  - **400 Yard Dash**
    - 1st: Rachel Brown (42), 51.10
    - 2nd: Lisa Johnson (43), 51.22
    - 3rd: Mary Smith (44), 51.34
  - **800 Yard Dash**
    - 1st: Rachel Brown (42), 1:55.00
    - 2nd: Lisa Johnson (43), 1:55.12
    - 3rd: Mary Smith (44), 1:55.24
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The text continues on the next page.
NORTHWEST
Rhody Run 12
Port Townsend, WA; May 19
Overall
Uli Stein 37:02
Judith Lany 44:45
Allison Reine 41:18
Jeff Richards 37:43
M50 Larry Abraham 45:30
M55 Dennis Critt 51:12
M65 Matthew Halsey 58:49
M70 Ever(nombre) 54:59
G70 Chipp Carl 59:52
Race for the Cure
Seattle, WA; June 18
Overall
Vasyvliy Lychcyn 17:33
Erin Angel 17:48
Debby Conley 20:18
Debra Kose 24:17
Karen King 21:00
Vicki Nelson 21:10
Gina Smith 22:57
Melinda Bush 27:08
Sue Sipe 24:25
Nancy Peter 24:51
Patricia Johnson 25:06
Carla Boden 25:17

SOUTHWEST
Sounds to Narrak 12
Tacona, WA; June 8
Overall
Eric Toler 39:23
Angela French 43:19
Maggie Rehr 43:58
M50 Richard Day 46:34
M50 Larry Abraham 45:38
M50 Eric Paterson 51:14
M50 Earl Gratz 54:07
M50 John Maxx 61:27
M50 Oz Cree 53:30
M50 Angelo French 49:31
M50 Julia Grie 62:39
Lynn Laffenger 59:31
M50 Susan Bickmore 59:31
M50 Myrna Hemrick 59:32
M55 Karen Kostelac 61:40
M70 Wilma Parker 72:37
M55 Ramona Spencer 55:43
M65 Paul Gough 38:14
M60 Lynn买入 36:53
M55 Carlos Monreal 30:51
M70 Joyce Duvall 19:38
M70 Ralf Molina 29:44
M70 Yolanda Velarde 20:45
M80 John Miller 32:13
M80 Paul Hall 40:59
M90 Jeff Gladney 47:29
Overall
Michael Dove 29:03
Ging Grewell 32:57
M60 Robert Gormley 34:15
Neil chapell 33:08
M50 Philip Ehr 36:49
Ellen Shapero 37:52
Rong Fong 37:12
M55 Roy Gough 41:36
Edgar Brich 44:34
M75 Sam Hirayabashi 39:56
M75+AttilaTrumpler 39:22
Carol Keller 30:37
Cara Finkelstein 30:24
M45 Bob Barlow 30:46
Kim Rupert 31:51
M50 Willa Grove 42:26
M55 Cynthia Calvan 42:53
M60 Shirley Maslon 42:31
Barbara Miller 44:32
M55 Myra Rhodes 32:41
M70 Charlotte Davis 59:21
M70 Alfonso 57:73
Overall
Dicks and Squares 100 Mile Square Valley to Auburn
Westward Evergreen Carn 23:30
Overall
Scott June, 28
Ann Travis, 41
M40 Tom Tiwle 25:18
M40 Mark Richard 17:59
M50 Rae Clark 21:09
M55 Wally Hessel 22:55
M50 Tom Trabert 26:23
M55 Paul Somber 25:50
Ruan Park 24:28
M45 Wally Lerner 53:49
M50 Margaret Sharpe 1:13
M50 Don McAnaney 2:54
M55 Frank Cahil 2:59:29
M70 Arthur Burger 3:11:51
M60 Royce Sawyer 3:25:50
M70+Paul Perch 4:58:36
M75+Paul Godfrey 4:30:09
M80+Glenn McConnon 13:15
M45 Louis Useta 3:40:29
M45 Paul Harper 2:1:48
M50 Lorne Down 2:13:35
M50 Dennis Meurhead 1:40:40
M55 Burt Burt 1:40:56
M75+Glen Haden 73:22:46
M45 Pam Rickert 1:39:13
M45 Margaret Sharpe 2:11:54
M50 Pokie Malay 1:58:39
M55 Elaine Nielsen 1:45:54
M55 Valeria Vigo 2:11:35
M55 Joan Leeming 2:25:32
M70 Dan Sevier 3:19:20
Some
Pipe
Overall
Pat Espley 30:14
Tanya Brown 34:03
M40 Patrick O'Sullivan 32:20
M45 Steve Paterson 57:49
M50 Norman Fens 35:04
M50 Myra Rhodes 35:05
M55 Eric Marshall 59:02
M55 Larry Shaver 50:09
M70 Winston 51:41
M75+Howard Hunt 57:50
M45 Ruth Bartum 39:19
M55 Carol Jones 42:41
M60 Linda Eiling 45:41
M60 Wendi Crick 45:32
M65 Betty Brich 63:23
M70 Mary Marlosa 51:45
M75 Rut & Anna 1:23:45
Butte to Butte RTK
Eugene, OR; July 4
Overall
Dan Nelson 38:34
M70 Victor Vandenplas 35:24
M45 Patrick Wagner 35:36
M50 Terry Williams 35:04
M50 Marcol Sato 35:09
M55 John Plastehof 35:15
M60 Richard Leuzinger 44:15
M70 Tom Binton 41:51
M70 Marvin Fransen 43:13
M45 Susan Hawkins 41:21
M50 Lab 36:43
M50 Alvin 56:40
M50 Judy Gilbert 51:01
M60 Luella 51:25
M70 Jane Dods 59:21

CANADA
Claggy Stampede 10
Calgary, AB; CAN; July 7
Overall
Jereel Keane 31:35
Sandra San 35:05
M40 Dan Bambur 37:46
M50 Ralph Muenzinger 37:45
M55 Michael McCull 39:44
M60 Bob Flynn 39:54
M65 Richard Elum 43:12
M70 Alan Shackley 41:30
M70 Mike Monreal 37:06
M70 Tony Binten 41:45
M70 Marvin Fransen 43:13
M80 Susan Hawkins 41:21
M70 Winston 51:41
M70 Marvin Fransen 52:23
M70 Susan Spencer 53:38
M70 Jackie Howley 37:47
M70 Nina Eder 45:29
M70 Wiliwer Cook 54:18
M70 Welly Voss 55:03
M75 Harold Flack 59:37
M80 Linda Gwynn 56:36
M80 Murray Miller 57:39
M90 John Milne 59:43
M100 Hazel Voss 1:01:05
M125 Nancy Jorgenson 1:25:59
M150 Linda Gwynn 1:45:59
M175 Jeanette Hardman 1:55:54
M200 Marie Warner 2:05:45
M250 Linda Gwynn 2:50:25
M300 Nancy Jorgenson 3:00:25
M400 Nancy Jorgenson 3:40:25
M500 Nancy Jorgenson 4:00:25
M600 Nancy Jorgenson 4:30:25
M700 Nancy Jorgenson 5:00:25
M800 Nancy Jorgenson 5:30:25
M1000 Nancy Jorgenson 6:00:25
M3000 Nancy Jorgenson 2:30:25
M5000 Nancy Jorgenson 4:50:25
M10000 Nancy Jorgenson 9:20:25

INTERNATIONAL
Veterans Grand Prix 10K & 25K
Brugga, Bulgaria; June 23
10K
Jurek
Patrick Carlin GBR 33:17
Danny Kiesderich BEL 33:15
Jurek
Patrick Carlin GBR 33:17
Carlin
Patrick Carlin GBR 33:17
Kiesderich
Patrick Carlin GBR 33:17

25K
Desmond Stanilaw GBR 53:25
Brian Pickford GBR 53:24
Desmond Stanilaw GBR 53:24
Brian Pickford GBR 53:24
Desmond Stanilaw GBR 53:24
Brian Pickford GBR 53:24
San Diego Senior Olympics
Cuyamaca College, El Cajon
September 21, 2002
Open to all athletes age 50 and over

New SDSSF Medals given to top three winners. Athletes receive free goody bag, water and fresh fruit.

HOW TO ENTER: Choose the appropriate EVENT CODE(S) & Description(s) from the list below and complete the Entry Form found to the right. Each athlete must submit an entry form and signed waiver with the registration and event fee.

EVENT CODE EVENT DESCRIPTIONS Approximate Start Times
RA - 03 Race walking 5000m 7:00am
RA - 07 3000m run
RA - 01 Race walking 1500m (Expert)
RA - 02 Race walking 1500m (Novice)
TR - 08 80/100/110m hurdles 10:00am
TR - 06 1500m run
TR - 04 400m dash
TR - 02 100m dash
FD - 02 Pole Vault 9:00am
FD - 01 Long Jump
FD - 03 High Jump 9:00am
FD - 05 Shot Put 1:00pm
FD - 02 400m relay (intergenerational run) 1:30pm
TR - 09 300/400m hurdles
TR - 01 50m dash
TR - 05 800m run
TR - 03 200m dash
TR - 10 2000m Steeplechase 30" (Men 60+/All Women)
TR - 11 3000m Steeplechase 36" (Men 40-59)

FIELD EVENTS
FD - 07 Hammer Throw 8:00am
FD - 03 Long Jump
FD - 01 High Jump 9:00am
FD - 05 Shot Put 1:00pm
FD - 02 Pole Vault 9:00am
FD - 08 Javelin Throw After Discus Throw
FD - 06 Discus Throw 9:00am
FD - 04 Triple Jump After Long Jump

Final start list and times available 9/20 at the Opening Ceremony.

Rules: USATF Masters Rules apply

RELEASE OF LIABILITY
Powers & Flow Waivers: I hereby grant full permission to the organizers, agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, print, advertising, promotion or other use in relation to the San Diego Senior Olympics.

LIABILITY WAIVER: I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival, California State Senior Games Foundation and all sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent that I have prepared myself for the event(s), which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print Name:
Signature:

2002 Individual Registration Form

Name: __________________________ Circle One: M/F
Address: _____________________________________________________________
City/State/Zip: __________________________ Phone Number: (Evening): _______
Email: __________________________ B-day: __________________________
Person to contact in case of emergency: Name: __________________________
Phone: _______

Entry Information- List Event Code(s)- Found on left side of page

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<td>RA-07</td>
<td>3000m run</td>
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<td>RA-01</td>
<td>Race walking 1500m (Expert)</td>
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<td>Race walking 1500m (Novice)</td>
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<td>Discus Throw 9:00am</td>
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<td>FD-04</td>
<td>Triple Jump After Long Jump</td>
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PAYMENT INFORMATION

1) Early Bird Registration Fee ($29.00)
   Can compete in other Sr. Olympic events w/out add fee
2) After 8/26 Add $10.00/person
3) Total Event Fees: # of Events x $5
4) ______ # of Opening Ceremony tickets @$15 each
5) ______ # of T-Shirts @ $5 each
6) ______ # of Padres Tickets @ $5 each
7) Donation to SDSSF tax-deductible

Make check payable to: SDSSF, P.O. Box 84202, San Diego, CA 92138

Total Amount Enclosed

Register online at www.sdseniorgames.org
SDSSF 619.226.1324
info@sdseniorgames.org
Graeme Shirley theshirleys@abac.net
Three Runs ~ One Great Event!

Benefiting: UCSF Pediatric Aids Research

PETER ST. GEME, INC.'S
CHAMPIONS RUN 2002

FOR CHILDREN

Sunday, September 15, 2002
Kezar Stadium • Golden Gate Park
San Francisco, CA

WHOLE FOODS MARKET
YOUNG CHAMPIONS RACES

• Track Dashes & Mile
• Ages 3 & up in age group heats
• T-shirt, ribbon and goody bags

JAMBA JUICE 5K BANANA MAN CHASE III
"Squeeze the most out of life."

• 5K Run or Walk
• Jamba Juice Smoothie & T-shirt to all finishers!
• Beat Banana Man and win!

To Pre-Register by Mail: Mail completed and signed entry form and a self-addressed, stamped envelope by 9/8/02, with check ($20. Jamba Juice 5K Banana Man Chase, $10. for Whole Foods Market Young Champions Races.) Payable to: CHAMPIONS RUN FOR CHILDREN c/o RhodyCo Productions, 1417 Irving Street, San Francisco, CA 94122. Or join us Race day $25. 5K / $15 Young Champions Races. Entry includes T-shirt. Sorry, no refunds.

W.AIVER AND RELEASE OF LIABILITY (PLEASE READ CAREFULLY): In consideration of my entry in Champions Run For Children and/or Jamba Juice 5K Banana Man Chase on Sunday, September 15, 2002, and of my own free will, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, forever waive, release and give up any and all claims, demands, injury, damage, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against RhodyCo Productions, Peter St. Gene, Inc., Jamba Juice Company, any and all sponsors of the event, City and County of San Francisco, San Francisco Recreation & Parks Dept., any and all contractors, all the aforementioned entities including their Officers, Directors, agents, employees, representatives, sub-contractors, and/or sub-contractors which may arise from my participation in the event(s), or while traveling to or from the event(s), even if caused in whole or in part by negligence of or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability under law. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I FULLY UNDERSTAND I AM FOREVER GIVING UP IN ADVANCE ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES. EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES. AS PART OF THIS WAIVER I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND ALL OF THE ABOVE AND, IN CONSIDERATION OF THIS BEING AN AMATEUR EVENT, I RELEASE THE RIGHTS TO ANY AND ALL PHOTOGRAPHIC MATERIAL, MOTION PICTURE, VIDEO TAPE, RECORDING AND/OR COMPUTER INFORMATION ORGANIZERS MAY WISH TO RELEASE FOR THIS EVENT WITHOUT OBLIGATION TO ME.

Waiver Signature:

ALL ENTRANTS MUST SIGN (parent or guardian must sign if under 18)