Burangulova Surprises Self with W40 Win

Jacobs’ “One-time Deal” Pays Off at Grandma’s Marathon

By SUSANNAH BECK

Former elite U.S. roadster Jeffrey Jacobs made a one-time reappearance on the marathon racing tarmac, June 18, to win the masters division of the 29th Grandma’s Marathon, Duluth, Minn., in 2:24:28 (17th overall).

Jacobs, 40, Roscoe, Ill., an engineer with a 2:13:44 PR (the fastest PR in the field that day) out-dueled engineering professor John Mirth, 43, Platteville, Wisc. (a 2:18 marathoner), 2:26:45 (19th overall).

The pair ran within a few seconds of one another through halfway, after which Jacobs gradually pulled away. Wearing training shoes and pouring water over his head, Jacobs managed 1:11:44/1:12:44 splits on the pretty lakeside course with a tougher second half.

Jacobs told the Duluth News Tribune, “When I turned 40, I wanted to be a success at the masters level. Still, this [marathon] is a one-time deal. I have put my wife through six months of long runs.”

It was a good day for runners – sunny, with a 3-5 mph tailwind off the lake and temperatures in the 50s – but high humidity caused many to sweat. While the temperature dropped from 59 to 57 between the Two Harbors start and the downtown Canal Park finish, the humidity rose to 100%.

Ramilia Burangulova, 43, Russia/Gainesville, Fla., surprised herself and

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- Dec/Hep Championships – p. 3
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Athletes Head for Hawaii and Spain

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Entries to both events are closed. Competitors in both championships range in ability from ex-Olympians and world-record holders to athletes not listed in the top 25 in the U.S. or world rankings. No performance qualifying is necessary in either event.

The USA Championships are scheduled for Aug. 4-7 at the University of Hawaii’s Cooke Field, noted for its rainbow-colored track. Athletes will compete in five-year age groups, starting at 30-34 and going up to 90+. U.S. citizens must be registered with USA Track & Field, the national governing body of athletics.

Clingan Wins NMN Age-Graded Mile

Masters Set Records at Hayward

By JERRY WOJCIC

Athletes came from far and near to set records in the 24th Hayward Classic in Eugene, Ore., on June 18-19. Masters from Massachusetts, Georgia and Maryland joined local athletes to produce age-group records at Hayward Field on the campus of the University of Oregon.

On Saturday, James Stookey, of Maryland, broke the M75 U.S. record for the long jump with a 4.49/14-8 3/4. Asked why he traveled across country for the meet, he answered, “I came to Hayward, because you know if you do well here, it’ll be recognized. I did a 4.29 long jump at the National Senior Games in Pittsburgh, so I was surprised at my mark here, especially since it came on my last jump after two fouls. I’ve been concentrating on the hurdles.”

It paid off, with a world record 5.17 by Stookey in the 300H on Sunday.

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The more than 1100 track and field athletes in the National Senior Games left Pittsburgh, Pa., with an impressive group record, most of them by competitors age 80-and-over.

Athletes competing in the Games on June 3-18 had first to qualify in their home states to become eligible for the multi-sport, biennial affair for men age 50-and-older.

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Some readers provide additional support for the National Masters News by sending contributions of $25, $50, or $100 a year. If you are able, we urge you to join them. All contributors will be listed in the paper as a National Masters News sustainer.
Events on Thursday, Aug. 4, include the National Pentathlon Championships, and continue through Sunday with a full array of track and field events, including the 10,000m, two hurdle races, two relay walks, steeplechase, four throws, four jumps, and relays, held in 10-year age groups. The list of entrants by age group can be found at www.hawaiichamps.com.

An added incentive for masters to travel to the most popular vacation spot in the world is the USA Masters 8K Road Championships to be held Aug. 7.

In addition to the meet's special luau on Aug. 6, athletes and companions will be treated to a tour Northern Spain, one of the world's most historic and diverse areas of Europe, or just across the border, France, or opt for the arts with a visit to nearby Bilbao's Guggenheim Museum, or do a day-trip on the high speed train to Paris, or just hang out in San Sebastian savoring Basque gastronomy.

For the first time in a WAVA/WMA world outdoor championships, the men's 35-39 division will be contested, as well as the weight throw.

The 12-day meet will start with an opening ceremony on Aug. 22, and continue until the closing ceremony on Sept. 3, with two rest days on Aug. 27 and 30.

The men's decathlon and women's heptathlon will take up the first two days of competition. The weight pentathlon will be held on the September dates. Three stadia will be in use, two within city limits, and the other in Tolosa, 20K away.

Non-stadia events are an 8K, cross-country, 10K and 20K road walks, and a marathon on the closing day. All are also team-award events.

In between competitions, athletes can tour Northern Spain, one of the most historic and diverse areas of Europe, or just across the border, France, or opt for the arts with a visit to nearby Bilbao's Guggenheim Museum, or do a day-trip on the high speed train to Paris, or just hang out in San Sebastian savoring Basque gastronomy.

For the first time, U.S. entrants will be required to wear official uniform tops of similar design. In the past, U.S. athletes wore various tops from previous championships.

A USA team meeting will be held every day of competition at 10:30 a.m. at Anota Stadium, exact location to be posted. A meeting to establish the 4x100 and 4x400 relay teams will be announced.

The list of U.S. competitors can be found at www.usatf.org, and all competitors at that site as well as at www.wma-2005.com.
Sustainers for August 2005

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

Special thanks this month go to:

- Roy Elgwilt
- Robin Herron
- Fred Jer
- Roderick Parker
- Betty Pierce
- Becky Sisley
- Frank Velardi
- Thom Weddle
- Edward Fox

I was glad to read Al Sheahan’s article about the proposed changes to the hurdles race for masters.

As a former high school hurdler and current master/senior thrower, I would love to give the hurdles another try. I have not, so far, primarily because of the goofy setup of the event at the masters meets I have attended. Meet directors run mixed age groups together for the sake of time, making the track resemble a more or less a track event.

The distance should be 110m, not 100m. The spacing should be unchanged from the open division. So some of us have to five-step. So what? I think I did in the 10th grade, anyway, before I had the confidence to three-step. I hope Rex Harvey will push hard for this change.

Bob Cargile
Masters athlete / USATF National Official, Knoxville, Tennessee

I have competed in hurdle races for many years, and I know very well what a hassle it is to set up the hurdles with the proper spacings for all the different age groups.

When you should be getting ready for your hurdle race, you often find yourself helping to set up the hurdles and measuring the spacings. All of this can be confusing, which can lead to delays and even incorrect hurdle spacings.

These problems could be eliminated if we implemented Al Sheahan’s suggestions regarding hurdle spacings. We just have to take more steps as we age.

Running 110m for the men and 100m for the women should not be a problem even for the older age groups.

Clarence Trinkler
Janesville, Wisconsin

In response to Al Sheahan’s article on the hurdle changes: the women’s 80m hurdles have two heights and two space settings, the men’s hurdles have two heights and one space setting. The track officials’ confusion is due to ignorance of the hurdle specifications, which is just not acceptable.

The reduced space setting for older age categories is in line with the aim to make all events manageable by athletes of all ages. The masters events also cater to the elite athlete who can manage three steps between hurdles.

You can’t compare a plodding 80-year-old marathoner with the agility and grace of a masters hurdler. The hurdle races are technical events that require concentration and courage, and the older hurdles should be encouraged to compete. To have at this stage a uniform space setting between hurdles as suggested in the article will serve to lessen an already dwindling pool of masters hurdlers.

Magdalena Tomlinson, W60 South Africa (by e-mail)

Al Sheahan suggests that we need “to bring some common sense to the hurdles.” I think I already has plenty, based upon 30 years of experience and adjustments.

I have two reasons for proposing changes. One is for the convenience of meet directors. To me, that is not a legitimate reason, and I speak as one who has staged numerous meets. It really isn’t as Sheahan suggests to place the hurdles on a track if you have a 3-meter tape.

I can agree with Sheahan about eliminating the 80m hurdle race. The masters can handle 100m hurdles, including the women.

The second reason seems to be because just a few can run it three-stepping. Making the proposed change only ensures that no one will be able to three-step, and three-steps is the designed structure of the race.

Personally, I like the system that lowers the height and brings them closer as we age, as it enables the race to be run more like it is envisioned. The hurdle race is a race of rhythm, and it’s not supposed to just be an obstacle course to be navigated by “adjusting their stride patterns as they age in their own particular way.” Leave it alone.

Let those who can run the race using three steps run three steps. The proposed change will only ensure that absolutely no one can perform the race as it was designed. Who wants that, and what beneficial purpose would that serve?

Curtland Gray, M60 Hurdler by e-mail

I was amused at Al Sheahan’s article. Hurdle settings are not the problem! He wrote, “The short hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure out the spacing.”

What a great example of an oxygen low. How can a dedicated official be confused?

Continued on page 8

CHANGE THE HURDLES

My thoughts on the hurdles are much like Al Sheahan’s (July NMN). Having administered track and field meets at the masters level for many years, I can attest to the nightmares felt by organizers when dealing with the hurdles.

While the numbers are small in terms of competitors in the short hurdles in the older age groups, it makes no sense to have an 80m, 100m and 110m hurdle lineup. Athletes can adjust to the distance. With a little more flexibility work and training, I think they will do just fine at 100 and 110 distances.

While you are at it, get rid of that awful 27-inch height as well. Who has them?

Randall Brady
Seattle, Washington

I can’t believe that U.S. organizers are unable to figure out the right spacings. The U.S. has sent astronauts to the moon, but are not able to set hurdles on them?

With a little more flexibility work and lineup of competitors in the short hurdles in the masters meets I have attended. Meet directors run mixed age groups together for the sake of time, making the track resemble a more or less a track event.

The distance should be 110m, not 100m. The spacing should be unchanged from the open division. Some of us have to five-step. So what? I think I did in the 10th grade, anyway, before I had the confidence to three-step. I hope Rex Harvey will push hard for this change.

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Continued on page 8
More on Diversity Training

I have received some responses questioning my spending time on diversity training. Following is a response from USATF consultant Radious Guess, President, E Pluribus Unum Consultants. Ms. Guess is leading us through our education on this important subject. I hope this information is valuable. —gm

Diversity training is a great place to start, but who needs the training?
You do, if you work for an organization or live in a neighborhood that does not allow you to transcend substantial number of people from diverse racial, ethnic and cultural backgrounds on a daily basis.
You do, if you have never shared a meal, watched a movie, or fellowshipped in your home with someone who is your racial, ethnic, or cultural opposite.

Through diversity training, you can learn strategies to help interpret the behaviors of those who are racially, ethnically, and culturally different from yourself in order to assure a welcoming and productive climate and environment for everyone.

Understand Others
Diversity training experiences help you better understand how to help neighbors, clients, co-workers and colleagues cope with, understand, and appreciate the value of differences and the value of fairness regardless of difference, and to actively challenge personal and institutional prejudice, discrimination and stereotyping when it surfaces.

Many times we feel more secure with sameness, afraid of being different ourselves, or getting close to anyone who is different.

Awareness Opportunities
Participating in diversity training sessions offers opportunities to increase your awareness of behaviors that may put you and/or your organization at risk of maintaining our nation as separate and unequal. Diversity training experiences help one build specific professional skills for interacting more effectively with people who are racial, ethnically, and culturally different from yourself.

Diversity training sessions create opportunities to discuss and develop strategies to counter prejudice, discrimination and stereotyping in order to productively and comfortably transact in our increasingly multicultural and multilingual society.

What is Diversity?
In essence, diversity encompasses all the ways in which human beings are both similar and different. It involves variations in factors we control as well as those over which we have no choice. These factors give us areas of commonality through which we can connect with others, and aspects of difference from which we can learn. They also present points of contention over which we can have conflict.

Similarities and differences have been with us since men and women have inhabited the planet; however, diversity becomes an issue of concern to organizations and communities when these differences impact the workplace and living environment.

The lack of understanding of preconceived notions prevent talented employees from being hired or heard, if values and differences block communication and teamwork, or if lack of knowledge about cultural norms loses customers, diversity becomes a front-and-center focus for organizations.

To capitalize on the benefits diversity can bring into the workplace and to deal with the challenges it presents, it is critical for us to understand the many dimensions of diversity and participate in sharing about their impact in the workplace.

Who needs to attend diversity training? Everyone!

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Hayward Meet

Continued from page 1

The present long jump record is held by Edwin Lukens at 3.32/14-2 in 1997.

Mary Harada, of Massachusetts, set a U-30 mile world record and the U.S. 3000 record on Saturday. Running in the National Masters News Age-Graded Mile at 11 a.m., Harada did a 7:24.45, and later, at about 3 pm, she ran a 15.05.06 in the 3000.

After the 3000, Harada explained why she came to Eugene. "I joined a new age group on June 17 and knew that Hayward had a 3000, one of my better distances, and that the record was reachable. Plus, I could run a mile. You don't find both of those in masters outdoor meets very often. I've often competed with Helly Visser (of Canada and winner of the W70 mile in 7:18.36). We brought out the best in each other."

The W70 mile record is 7:26.0 by Pat Dixon in 1989. The 3000 record is 16:55.0 by Jaclyn Caselli in 1995.

Thrower Carol Young, of Georgia, with a 35.92/117-10, added a tremendous 28 feet to the W65 U.S. hammer record of 27.40 by Evelyn Wright in 2002, and broke Erika Messner's 2003 record of 5.82 for the 25# superweight with 7.68/25-1/4.

"It is always a pleasure to come to Eugene to throw," Young said. "You know the rings are going to be perfect, there'll be full compliment of registrants and volunteers are wonderful. I tried to break three W65 records here, but Erika Messner's 12# weight record of 12.43 still stands."

The record is 9.04.05 by John Waldron in 2003.

In the Age-Graded Mile, Dave Clingan, 51, of Team Runners High, took an early lead in the second heat of 12 runners, ages 34 to 59, and hung on for a third-overall to win the National Masters News sponsored event with an age-graded 89.9% 4:43.67 (A-G 4:09.63).

Canadians Roger Davies, 70, with an 87.6% 5:53.67, and Jack Miller, 60, with an 86.3% 5:22.33, were second and third age-graded performers. They ran in the first heat of five women, ages 46 to 71, and seven men, ages 60 to 73. The 24 runner total made it the largest NMN Mile ever.

Clingan was presented with a clock and plaque by National Masters News publisher Suzi Hess at the Saturday evening reception, hosted by the Oregon TC Masters, at the meeting headquarters Phoenix Inn.

The meet was also the USATF Oregon Association Masters Championships. Athletes registered with the Oregon Association who won an event were awarded a championshipship patch.

While some masters meets this season have declined in numbers, this year's Hayward Classic drew 286, above the 272 in 2004.

Weather was cool and cloudy in the mornings, warming in the afternoon. Saturday's noon events were delayed by a rain, thunder and lightning. Johnny Faerber was the meet director. Announcing chores were handled by Tom Heinonen and Adam Schneider.

The primary sponsors were Pacific Continental Bank, Duncan & Brown, Sporthill, Tracktown Pizza, Suisslaw Carter & Carter, and the cities of Eugene and Springfield.

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SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

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Third Wind

Still More Quotes From the Past

Continuing with quotes from interviews over the past 25 years, here are some from the early 1990s along with a few from the '80s I missed in the last two columns.

Avoid eating bloody rubbish: "I used to eat a lot of rubbish. I'd always be eating bloody ice cream and it would sit in my system when I'd run. The training wasn't as effective if it is not clean. Now I watch what I eat." – John Campbell, as to why his running had improved, allowing him to do a 2:11:04 marathon at age 41 in Boston.

"There is a rhythm in running, a feeling of control. I love running because I feel I can control it. I can set my own pace, stop when I want to, start when I want to. I like the feeling of being in control." – Albert Thomas, former WR holder at two and three miles and New Zealand Olympian.

Getting beat to the punch: "It's kinda like the fight game. When I quit at age 30, I felt stronger, but I wasn't getting off a fat. I was getting in the ring, but I wasn't getting knocked out. I had trained. I was fit and fat than unfit and lean." – Jack Daniels, Ph.D., on his long-term research.

What wimps: "[Racewalking] is a lot harder than running. You work everything, your midsection, all parts of your body. In running, you just let your arms dangle and it does nothing for your upper body. It's obvious – these guys are so skinny, their bodies are worthless." – Marco Evonik, 1980 Olympic racewalker.

Good excuse: "You've got to remember that Lasse (Viren) is not so much a competitor now. He runs as a living legend." – Eino Romppanen, Viren's agent on his slow time in the Honolulu Marathon.

The legs go first: "That's the legs. If you keep the legs conditioned, everything else follows. I've always believed that." – Don Newcombe, former Brooklyn Dodgers great, winner of the first Cy Young Award and National League MVP in 1956.

Being realistic: "I've learned to accept slower times. I can deal with the clock and the calendar. I know I'm getting slower and I know my times are changing. It doesn't matter to me, as long as I'm able to continue to run." – Sid Howard.

How times have changed: "There was a lot of opposition to women competing in 1920. The fact that a couple of us were really young kids made it even more impossible. We were more official restrictions against taking us, but the British and Scandinavian women had competed in the 1912 Games at Stockholm in swimming and they had been accepted. They reluctantly agreed to us, but there were some of the coaches and officials who just couldn't accept us. They hardly spoke to us or let us on the trip. They'd walk by us on the ship as if we weren't even there." – Aileen Riggin Soule, 1920 Olympic gold medalist in springboard diving, bronze medalist in 100 backstroke.

Allah Breaks Record Set Only the Week Before

By MADELINE BOST

Sal Allah, Piscataway, N.J., set an M54 world record for the 800 just one week after Anselm LeBourne, Maplewood, N.J., had lowered it to 1:53.13 on June 26 at the USAF Metropolitan Open Championship at Icahn Stadium on Randall's Island, N.Y. Allah finished second in 1:53.18.

Allah's new record of 1:54.18 was set on the East Region Open Men's Track & Field Championships at St. John's College in Princeton, N.J., on July 2.

Allah had the time to go on the record, feeling the time was within his reach. Prior to the start, meet announcer Andrew Boyajian announced that Allah would be attempting to set the record. Allah was one of the last athletes who runs for Central Park TC congratulated Allah and asked if there was anything he could do to help him through the race.

I said him, "You can take me around that second circuit. Mind you, you don't have to do anything for me. You're going to be right in front of me, because I know I was a 1:51 guy," said Allah. "I was up on the straight that he was going to be in the race." Williams told him, "I know you're going to do your race and I'm going to do mine." Allah was off, tucked in with the leaders. Throughout the race he stayed completely focused on maintaining his position. There was no concern about where he was going to place, only his pace and his will to go through the second lap fast enough to hit the tape in record time.

"I stayed tucked in there," said Allah. "My inspiration was going to come off my first lap. I knew I had to go a 55 or 54-and-a-half, I was going to be able to do it." Several athletes were hand-timing Allah and one clocked him at 54.2, while another had him at 54.5.

Another athlete in the race, Ezra Richards, a graduate of Georgetown University, had been introduced to Allah the week before. He had little to say at the start of the race, but Allah marvels at what Richards did for him. "He didn't say anything about pacing me that day," said Allah. "But this guy – coming down the last straight. This guy was screaming at me, and he was in the race! He ended nipping me at the tape, but he was on my right side and about a meter behind me screaming at me, 'Finish it off! You've got it! Don't falter!'"

Allah, whose wife, Lynn, died earlier this year, will not be competing nationally and internationally this season. "I really couldn't get into it," he said. "I'm in a light of losing my wife, it really took me a while to get hungry again."

Allah will run at the New England Masters Championships, Springfield, Mass., and at the Eastern Masters Championships, Denver, Pa. He will defend his 800 record and will be going for the 400 record as well.
Dietary Guidelines is published by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) only once every five years. The publication contains dietary guidelines and recommendations about exercise. The most recent publication departs totally from the former “30 minutes of activity a day and everything will be okay” standard (which had been the mainstay of medical advice for 20 years) to now recommending much higher levels of intensity.

While the new Guidelines don’t endorse training for Masters & competition, the publication clearly endorses the value of high-intensity exercise and comprehensive training programs.

New Guidelines

Before new Dietary Guidelines publication is a great example of applying research findings and changing outdated standards to attack a public health problem head on. Dietary Guidelines typically become the standard of practice for medical and health professionals. The Guidelines will be used as authoritative standards, which, ultimately, get translated into street-level advice about how to improve health and reduce the risk for major chronic diseases:

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.
- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week, while not exceeding caloric intake requirements.
- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity, while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises (weightlifting) or calisthenics (plyometrics) for muscle strength and endurance.

Government Done Right

This aggressive move by HHS and USDA should be applauded as a situation of “government done right.” In essence, these large federal agencies set up a fight between experiencing lifelong fitness versus living a life of obesity and being medically overweight.

The reason every battle against obesity and being overweight during the last 20 years sits in the lost column is because the former recommendations concerning exercise were based on namby-pamby standards of 30-minutes-of-daily-activity. This level of exercise intensity has been shown to be ineffective in improving fitness.

Researchers show in a new study that high-intensity exercise is superior to moderate-intensity exercise in improving fitness. And this study proves that training researchers for future events – win, place, or come-in-last – is the most productive form of exercise for adults.

The researchers report: “These data suggest that high-intensity training is more effective in improving cardiovascular fitness than moderate-intensity training of equal energy cost. These data also suggest that changes in coronary heart disease risk factors are influenced by exercise intensity.” (Changes in cardiovascular fitness and coronary heart disease risk factors following 24 weeks of moderate- or high-intensity exercise of equal energy cost, O’Donovan G, J Appl Physiol. 2005 Jan 7).

Increasing activity is the perfect place to start... for someone sedentary. A great place to start, but this level of exercise does little except prepare the body for higher intensities that will produce results.

Now it’s time to get it-on. Progressively increase exercise intensity (after getting medical clearance), and land some knockout blows to obesity and being overweight by putting on gloves that have some real punch... high-intensity exercise! \(Q\)

(To read more about our next issue, please visit: www.visionfitness.com)

**FIVE YEARS AGO**

**August 2000**

- 314 Compete in Hayward Classic, Eugene, Oregon
- Fedor Rylov (40, 2:15:08), Maria Trujillo de Rios (40, 2:18:46) First Masters in Grandma’s Marathon
- "Are Drug Rules Fair to Masters?" asks Craig Masback, USAATF CEO

**d’Elia Breaks Record in Ridgewood 5K**

By JERRY WOJCIK

Toshiko d’Elia couldn’t have selected a better race than the Ridgewood Run to break the W75 U.S. record for the 5K. The race, in Ridgewood, N.J., on May 30, was named the Fred d’Elia Ridgewood Run in honor of her husband, who passed away several years ago.

Finishing in 26:35, d’Elia broke the 18-year-old record of 27:17 by Anne Clark, set in 1987 at Park Ridge, Ill. d’Elia holds the W70 5K record with a 24:36 and has a pending 24:18.

The Ridgewood 5K was also the USAATF New Jersey Masters Women’s Championships.

Heather Gracie-Petty, W40, was the first masters woman in 18:40, with Jean Stem, W45, second (18:56). Other division winners included Susan Juronics, W55, 21:15, and Anna Thornhill, W60, 23:03.

In the masters men’s race, Wieslaw Perszke, M45, won by a second with a 15:49 over Drew Davis, M40. John McManus took the M80 title in 32:46.

**TRAIN YOUR BRAIN!**

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success. LSTJ provides throws coverage and photos from major competitions that you won’t find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJ’s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ help you reach your potential!

Four issues (1 year): $20 (U.S) or $35 for two years (1 issue free); $24 (foreign, U.S. funds) or $48 (two years). All available back issues (17) plus future issues through July 2005 for $100 (2 issues free), $125 for foreign subscribers (2 issues free); c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com

**WWW.LONGANDSTRONG.COM**
Athlete's Foot

Most of us, at one time or another, have developed that nasty condition known as athlete’s foot. This is a fungal condition quite common in athletes, especially runners. What you may not know is that there are four types of fungal infection (athlete's foot or tinea pedis). The most common is known as chronic interdigital tinea pedis (trichophytosis). This is usually found between the toes and results in scaling and erosion.

The second is the chronic papulopustular type of tinea pedis. This appears as a red, raised area with a black dot where the infection is. There is a foul odor with maceration and drainage from the lesion.

The third is the athlete's foot (tinea pedis). This is a fungus that can cause redness, itching, and peeling of the skin. It is usually found around the toes and in between them.

The fourth type is acute vesiculobullous tinea pedis. This is a rare condition that occurs in athletes who are affected by the fungus. It causes small, raised blisters on the skin.

If you suspect you have athlete’s foot, see a healthcare provider for diagnosis and treatment. In the meantime, you can try over-the-counter treatments such as antifungal ointments or powders. It is important to keep the area clean and dry to help prevent reinfection.

Write On!

Continued from page 4

The specification chart is clear and simple to follow. No one needs to “struggle” to figure it out. Officials, e.g., track referees, and meet directors, need to be prepared for hurdle entrants, and serious hurdles should know when their hurdle event is properly set up for their race.

Becky Sisley, W65 hurdler
Eugene, Oregon

If your proposed hurdle specifications could be implemented, they would improve the number of entries and the scope of the event. A well thought-out hurdle schedule can attract more competitors, simplify meet management and administration, and take the politics out of hurdling forever.

During my 32 years of masters competition, I have observed the fine-tuning of the short and long hurdles to favor the few with the loudest voice. When you try to debate them, they tune you out and few with the loudest voice. When you look at the events from only their own perspective, it's easy to see why they succeed.

At age 15, we started hurdling by four-stepping. We were 17 before we had the power and mobility to three-step. Our coach taught this for two reasons: to avoid five-stepping and to develop off the agility to work either leg for long hurdles.

Jim Cauley
by e-mail

The modifications to the distances and sprint hurdle spacings for older athletes were made for three reasons:
1) To have hurdle races looking like hurdle races, so the athletes could achieve three strides between barriers;
2) To encourage older athletes to continue to compete in the sprint hurdle events - this aim has been achieved;
3) To have athletes compete these races in a reasonable time.

If Sisley’s suggestion was adopted,

many athletes would be lucky to finish in 25 to 30 seconds. I’m sure many would then stop competing in the event.

In the finals of the sprint hurdle events at the WMA Stadia Championships in Brisbane in 2001, over 75% of the athletes managed three strides between the hurdles. It is not difficult to mark the track three strides before the hurdle. Marking tape or insulation tape can be used.

In more progressive countries like New Zealand and Australia, it’s normal to have markings of a different pattern (i.e., triangular instead of rectangular) permanently marked on the track.

Jim Blair
Former WMA Stadia Chairman
New Zealand

I strongly support the idea of proposed new hurdle spacings. This system is already in use in the “double community” (double heptathlon and double decathlon) where the time schedule is always under pressure.

This system would make it easier to let masters run hurdles in all-comers meets. Adjusting the height is easy for meet organizers, and for us too.

Some will have a disadvantage when the system changes, but the big advantage is, as Al Sheahan wrote: “Hurdlers can adjust their stride pattern as they age in their own individual way.” Yes, as we do in all other events.

Weia Reinoud
The Netherlands

I know there’s confusion about masters hurdles, but I don’t think we should take such a drastic step before allowing the present system to operate for another two years. Then all hurdlers should be approached as to how they feel via a circular to every affiliated country.

I train on a grass school track with no markings. I have to mark my own distances each time I train. I use a cord with long nails attached at the appropriate distances which I then unroll... The nails are then stuck into the grass at the correct distances.

At local meets I go early and do the marking myself before the event. At other meets, I try to help all masters athletes be prepared to do this. If they do not want to help they should not participate in the event. Am I expecting too much?

Leo Benning
South Africa

Bralo to Mr. Sheahan. The current specs help few, but hurt too many others.

I specifically liked the statement, “Hurdlers can adjust stride patterns as they age in their own individual way.”

Good pole vaulters do what it takes to vault. Good throwers do what it takes to throw well.

The high hurdles test speed and agility. Good hurdlers can and will indeed adapt to logical settings that aren’t a setup nightmare. Thanks Ali!

Jeff Brower
by e-mail

I am in favor of running the 110m hurdles for men and 100m for women. All other events run the same distance no matter what the age, e.g., marathon, 10K, etc. Why change the hurdles?

I was a hurdler in high school and college. I coached at the college level for 25 years. As a meet director, having to reline the track is crazy.

For the 60-69 group, the first hurdle is 52-6 from the start, which never made any sense to me. It just doesn’t feel right. The other age groups run a shorter distance to the first hurdle.

Let’s go back to 110 and 100 and have the competitors make the adjustment as they age.

Jack McDonald, D.A.
Director of Track for Maryland Senior Olympics

(NMN received 15 letters in response to last month’s proposal to change the hurdle spacings. Nine “favor” the change. Six “oppose” it.—Ed.)

ON THE RUN

The best article in the June issue of MNM was Hal Higdon’s “Eine Kleine Marathonmusik.” Do operas and marathons mix? You bet!

I love doing a three-hour LSD on a Sunday morning and listening to Beethoven or Puccini... It has been proven that music helps with exercise, so do it all you can.

Good pole vaulters do what it takes to vault. Good hurdlers can and will indeed adapt to logical settings that aren’t a setup nightmare.

Third Wind

I just received the July MNM and read on the front page that Mike Tymn wrote his 300th consecutive monthly column. “It’s the longest writing streak in the running community,” you write.

Not so fast. I’ve written approximately 724 consecutive weekly running columns for The Washington Times for 4 years, not missing a single week.

Mike may have 11 years on me, but I have written more than twice the number of consecutive columns he has. Just thought you should know.

Steve Nearman
Running Writer/Columnist
The Washington Times

NMN’s Third Wind columnist Mike Tymn has a record of sustained excellence in writing about athletics that we are not likely to see in a long, long time. Mike is very unusual in that he is a gifted runner, and his insights gained through personal training/competing have been poured into his exemplary articles for all MNM readers.

Al Morris
Washington, D.C.

DECATHLON/HEPTATHLON

Kudos are in order to Jeff Gerson, Rex Harvey, Norm Thomas, and the rest of the Over The Hill TC gang, for their management of the National Masters Decathlon/Heptathlon Championships. The meet was well run, well officiated and quickly finished. It’s my hope that these guys put in another bid to hold a decathlon. They’ve certainly earned that right with their performance.

Frank Makoy
Beaver Falls, Pennsylvania
By AVITAL SCHURR

In this, the second article on skeletal muscles and the role lactate plays in their working, I will attempt to summarize concisely the most current knowledge that has emerged from scientific research over the past three decades.

Most of this research has been performed by scientists who are not necessarily exercise physiologists and who are more interested in better understanding the process of cellular energy metabolism, a process in which foodstuff is converted to energy that fuels cellular function.

Obviously, a great deal of the current information has emerged from experiments with non-human muscle preparations. Nevertheless, most, if not all, of the recent new knowledge has been confirmed by studies on human muscles.

Scientists' focus on the skeletal muscle is due partly to the belief that it is a relatively simple system compared to other cellular systems, and partly because of historical reasons.

Needless to say, the skeletal muscle is by no means a simple system and is proving to be a pretty good model for other, more complex, systems, such as the brain and the heart.

Lactic Acid or Lactate?

Before proceeding, clarification must be made as to the difference between the two terms, lactic acid and lactate, that are used interchangeably in different sources.

Under physiological conditions, the molecule of lactic acid exists in body fluids dissociated into two ions (charged entities), a hydrogen ion (H+), which is responsible for the acidity of the compound, and a negatively charged ion, the lactate portion of the molecule (CH3CHOOCO-).

Under resting conditions, when blood lactate concentration is relatively low, most of the H+ ions are buffered (neutralized). However, when lactate levels rise with exercise, so does the concentration of H+ ions. Again, most of them are still buffered, but the little extra H+ ions that are not buffered tend to acidify somewhat the muscle and the blood. Since, naturally, 99.999% of the lactic acid in body fluids exists as lactate, from now hence I will use the term "lactate" rather than "lactic acid."

Muscle, Lactate and Oxygen

It has been known for almost 200 years that lactate accumulates in muscles in proportion to the extent muscles are exercised. Studies in the late 19th and early 20th centuries demonstrated that lactate levels in blood and urine increased in animals exposed to hypoxia (oxygen limitation).

Subsequently, A.V. Hill and his colleagues in the early 1920s, suggested that lactate levels increased during muscular exercise because of limited capillaries or complete lack of oxygen. The latter is required for the production of energy, which is consumed by the contracting muscle.

Of course, we all have been taught that under normal oxygenation (normoxia), the main products of burning carbohydrates (glucose) for muscular work are CO2 and H2O.

Hill's studies laid the foundation on which K. Wasserman and his friends, almost 40 years ago, constructed their concept of "anaerobic threshold."

According to this concept, elevated lactate concentration during exercise is the output of muscle hypoxia. One can understand how lactate has become a synonym for lack of oxygen and thus a "red flag" for clinicians and exercise physiologists alike.

Adding to the bad reputation of lactate is the widely held notion that it is just a byproduct of glucose consumption in the absence of oxygen (anaerobic metabolism) and that it has no other use in the body. In other words, lactate was believed to be garbage.

**Muscles Both Produce and Consume Lactate**

Notwithstanding, scientific research over the past 37 years has produced data that have questioned the concept that lactate production and its elevated levels in muscle and blood result from oxygen insufficiency. For instance, using an imaging technique known as proton magnetic resonance spectroscopy, R.S. Richardson and colleagues estimated the intramuscular partial pressure of oxygen (PO2) during progressive exercise to be sufficient to handle single-leg quadriceps workouts in humans.

While they measured an increasing lactate release with increasing workload, the muscles did not exhibit a corresponding decrease in PO2. All indications are that oxygen is but one of several factors that bring about an elevation in muscle and blood lactate concentration under submaximal exercise intensities.


Hence, it is important to understand that, yes, lactate is produced in large quantities by muscle tissue that suffers from lack of oxygen, but also that lactate is produced by adequately oxygenated muscle tissue.

"Well," you would say, "so what's the big deal?" And I would agree, "there's nothing earth-shaking about the fact that a muscle may produce lactate anaerobically as well as aerobically (in the presence of oxygen).

However, it has been necessary to present this small detail in order to understand the really big deal, namely, that muscles not only produce lactate, they utilize it for energy production.

Studies by several researchers over the past 15 years have clearly demonstrated that when lactate is infused into a muscle preparation supplied with oxygenated blood, the infused lactate is consumed by the muscle for the production of energy to support its contraction.

Moreover, experiments in humans exercising at a moderate intensity and infused with lactate to maintain its level st approximately four times the normal level have shown a significant increase in lactate aerobic utilization concomitantly with a decline in glucose utilization. Such observations indicate that lactate competes with glucose as the source of energy that fuels muscle contraction.

I will expand more on this very surprising finding in a future article, when I describe the interrelations between the different muscle fibers and how they handle lactate production and utilization.

You undoubtedly will begin to speculate as to the possibility that one type of muscle fiber is a lactate producer, while the other a consumer. And what does a sprinter do with all the lactate his/her muscles produce? Ever thought about that? (Avital Schurr can be contacted at: a.shuchat@louisville.edu)

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**PMTC Hosts Northwest Regional Meet**

By DON KANE

Under cool skies at Mt. Hood Community College, Portland Masters Track Club hosted the USAFT Northwest Regional Masters Track and Field Championships, run concurrently with the PMTC Classic, June 25-26.

The records fell like rain in an Oregon spring, led by Chuck Coats' M45 U.S. record 8:56.59 for the 3000. Thirty-five regional records and 43 PMTC Classic meet records were broken: eight running, five race walk, six jumps, fifteen throws, and one relay.

Throwers Georgia Cutler, W60, broke four regional records (all her own) and Harvey Lewellen, M75, set three.

Two fine vaults by "mature" pole vaulters resulted in regional records for Jack Cleveland, M80, 2.10, and Becky Silsy, W65, 2.30.

An anticipated match between world-class sprinters Paul Edens and Steve Robbins in the M60 100 failed to materialize, with Robbins scratching due to an injury. Edens won both the 100 and the 200 in 12.59 and 26.27.

The highlight of the throws was a super weight throw by NW Regional coordinator Todd Taylor, whose second throw landed between the feet of wife Joyce, who was officiating and standing on the sidelines. Joyce executed a remarkable tap dance, which caused her to avoid injury (barely), but ended in her flat on the grass. It must have led to an interesting conversation in the Taylor family car on the way home that night. Oh yes, Todd won the event with an M55 throw of 8.57.

After the Saturday events, there was a complimentary reception at the college, followed by a regional USAFT meeting. Meet director Jim Puckett and his crew of officials and volunteers ran the events on time, with many compliments from participants. There were about 190 entrants, from as far away as Texas, California, New Mexico, Canada, and Peterborough, UK. Our thanks also go to the principal sponsor, Gresham Area Hotels.

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**ARKANSAS SENIOR OLYMPICS**

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Chris Rael – Cutting It Too Close

O nce you decide to race away from home, your next decisions usually involve where to stay and how to get there and back. Sometimes there is pressure to return home as soon as possible. You’ve got to stay for awards, you have to decide how much time to leave for the ceremony and how much time you’ll need to get to the airport and on the plane. This can lead to “cutting it too close.” In the following, Chris Rael (M4S) reenacts what many of us have experienced at one time or another.

My last race at the Masters Indoors Meet was finished at 1:30 and I had a 4 pm flight home. Well, it takes forever to process the results. All of us racewalkers are standing around talking, which is good, but some of us have planes to catch. They finally give us our medals at 3 pm and my flight leaves in one hour.

At that point I’m a half-hour drive from the airport, but I still have to go back to my hotel to get my bags. I catch the shuttle bus for the hotels and the bus proceeds to stop at everyone’s hotel first and finally mine. By now, it’s 3:45. I am totally worried.

Step On It!

I ask the concierge to call a cab while I get my bags. The cabbie comes and I jump in, saying, “To the airport and step on it!” He says okay, but then drives slower than a glacier. He’s pointing out all the exciting sights of Boise and their historical significance, and I’m trying to be polite and patient. I could have race-walked there faster.

We finally get to the airport at 3:55. I jump out of the cab, throw him some money, grab my bags, and run into the terminal. Luckily check-in is just inside the door. I tell the lady I’m on the 4 pm flight, and she immediately picks up the phone and says, “I have one more!” She finishes processing my ticket with the encouraging words, “If you can make it there quickly, they will hold for you.”

So I have to make it through security and make it to the other side of the airport in two or three minutes to make my flight. I get to security and luckily it’s not too busy. I take off my belt, my watch, my medal, anything that will hold me up. Then a security guy says to take off my running shoes. I do and walk through the metal detector. No alarm. I’m okay. So I gather my stuff and put my shoes on as quickly as possible.

Ready to go again, I realize I don’t know where gate 18 is. Someone tells me it’s off and I’m off and running. I run down the corridors faster than the athletes were running in the track meet. I have my medal around my neck and people begin to cheer me on, “Go, you can make it!” It reminds me of the old O.J. Simpson Hertz commercial where he’s running through the airport and people are yelling, “Go, O.J.!”

Faster! Faster!

I hear an announcement on the intercom: “Last call for Chris Rael for Amtrak. Please make your way to the east gate, we are about to depart.”

I’m almost there, I see the gate, and they are closing the door. I yell at the attendant, “Wait, it’s Rael!” She says, “I didn’t believe you were going to make it. You must have run the whole way.”

I am too out of breath to respond and she waves me through. The plane is completely full, but luckily it is mostly athletes from the track meet. The only seat left is literally the last one at the very back. I start walking down the aisle and the track athletes I met at the meet say, “Good luck!” They really did mean it.

Finally I get on my seat. I’m next to a young mother and her three- and four-year-olds and a little baby. “Mama!”

Sitting down I want to cry out, “I made it! I’m on my flight. I’m going home.” The young mother sees my medal and asks how I got it. So I tell her about the track meet. She asks, “What event did you do?” I tell her I was in the racewalks. No lie, she starts laughing out loud for about 20 seconds.

Then she starts talking about “them” in the third person. “Oh, those fast walking people are so funny looking. They always move their hips and arms. I think it’s hilarious!” I decided to just let it go.

When we get back to Orange County, I am waiting for my gear at the baggage claim area when someone very tall stands next to me. It’s Dennis Rodman. He also lives in Newport Beach. He must have been on the flight, but I didn’t see him. So I ask him if I can take a picture with him, and he says, “Sure.”

You never know what might happen, or who you’re going to meet when you travel to a race.

(Elaine Ward can be contacted by e-mail at: narvy@sbcglobal.net)
The Weight Room

By JERRY WOJCIC

My First Time

About 10 years ago, the book The First Time told the stories of people's loss of virginity. I can't accurately recall my "first time," but I do remember my initial encounter with the weight pentathlon, which was not quite as life-altering as a "first time," but did leave a good feeling about the event, which has remained with me from that time.

My introduction to the weight pentathlon took place on December 4, 1976, in the First Annual Weightman's Pentathlon at Glendale Community College in Glendale, a city adjoining Los Angeles in the eastern reaches of the San Fernando Valley.

I believe it was staged by John Tansley, a college track and field coach in the Los Angeles area. The event was memorable for what it was and for what it was not.

10-Year Age Groups

The 41 men competitors included open, university, community college, and masters athletes (who competed in 10-year age groups).

Results were not age-graded, and, get ready for this, everybody threw the same weight implement, so it didn't matter whether you were 18 or 81.

I don't recall how many attempts we had, probably three because any more than that would have had us finishing well into the evening.

I don't remember if we competed in the now proper order for the event: hammer, shot, discus, javelin, and weight.

Points were determined by the IAAF combined-events scoring tables, and the shot put table was used for the weight, which, come to think of it, made a lot of sense at that time.

Masters Pioneers

The list of participants was an array of iconic throwers and masters pioneers: Stew Thomson, who won the M40-49 contest here, was involved even earlier with weight pentathlons on the East Coast; Hal Smith, the present M65 shot put world record holder; the late Dan Aldrich, the first UC-Irvine Chancellor and a stout masters track and field booster; Hal Wallace, a recent national weight pentathlon champion; Dave Douglass, a now-retired UCLA prof and also masters decathlete; Ray Fitzhugh, who represented the U.S. Marine Corps in Glendale, still competes, and holds a high-level USATF official's job; and Randy Hubbell, Art Venegas, and Stan Herrmann, early hammer throwers who set age-group and single-age records.

Hammer thrower Art Venegas, the present head track and field coach at UCLA, represented CSU-Northridge.

Best for Last

I've saved the best for last. Also at Glendale were Harold Connolly, hammer world record holder and gold medalist in the 1956 Melbourne Olympics, and George Frenn, the maestro of the 56-pound weight, who at age 40 in 1982 threw it 46-11, the best mark listed in the 2005 edition of the Masters Age Records. At Glendale, they competed only in the 35-pound weight, with Frenn at 19.10, and Connolly at 18.47.

In 1977, the event, renamed the 2nd Annual Weight Pentathlon, drew 44 participants, including a junior high schooler, and Tom Meyer, who now stages the Team Thor meets in the San Diego area. Meyer posted the top marks in the hammer (57.11) and weight (17.22).

Since those days, I've competed in international and national weight pentathlons, and hope to continue to do so.

Although replicating my "first time" is beyond aspiration, I can still compete with some satisfaction in the weight pentathlon, especially with the advancement of a new age group and newly-revised, somewhat favorable age-grading.

(Henry Jones)

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(Philip Jones)
On The Run
By HAL HIGDON

TV Tour de Farce

On a sunny Sunday in July, I climbed on my bicycle and headed down the road. The novice marathon training program available in my books and on my Web site prescribes an hour of cross-training on Sundays following long runs on Saturdays. The purpose is relaxation, recreation and at least some caloric burn.

I wasn't training for a marathon, but an hour's bike ride sounded just about right, particularly since I could fantasize myself participating in le Tour de France, happening that same day.

While I was floating along on my fat-tired bike, head up, taking in the scenery, stopping at a neighborhood café for coffee and an almond croissant, Lance Armstrong and 174 companions would be pedaling flat-out on a 171-kilometer stage between Gerardmer and Mulhouse.

The peloton, including Armstrong, the live coverage of the Tour on OLN in time to watch that day's last 10 kilometers.

Early in the stage, Denmark's Michael Rasmussen had broken away from the peloton, the main pack of riders. Unassisted, he courageously clung to the lead. Chasing him were two other riders: Christophe Moreau of France and Jens Voigt of Germany.

Rasmussen, including Armstrong, cruised far behind, not taking the breakaway riders seriously, ceding the win to Rasmussen.

Voigt stayed close enough to claim from Armstrong the yellow jersey that identifies the Tour's overall leader.

Shoddy Coverage

Later that afternoon, I watched the hour-long telecast of the Tour on CBS. Unbelievably, in its taped coverage the network failed to show Rasmussen, or even mention him as stage winner that day!

CBS did show Moreau and Voigt crossing the line, but failed to state they were finishing second and third.

As runners, we are accustomed to complaining about mainstream media coverage of our sport without realizing fans of other endurance sports have more to complain about.

The Tour de France, admittedly, is not easy to cover or comprehend. The overall leader often floats along in the middle of the peloton, content to pick and choose his racing moments.

Meanwhile, less famous riders contend for the right to wear the green or polka-dot or white jerseys given to best sprinter or hill climber or first-timer.

What Drama?

Some flat stages seemingly provide little drama until the sprint for the line (a bit like NBA basketball). But wasn't there something inherently dramatic about a single rider breaking away early and defying everyone else to catch him?

CBS apparently did not think so. No mention also of other dramatic moments during that week, including Australian Robbie McEwen being penalized for shoving in one stage, then coming back to win two others.

The network showed American David Zabriskie winning the first-day time trial, then falling two days later, but there was little time for analysis or why Zabriskie eventually abandoned the race. Instead, we viewed sunflower fields and ancient castles: Eye Candy. The CBS telecast became less sporting event than travelogue.

Why Bother?

Perhaps the network feels that's what it needs to capture viewers clicking over during a commercial break from a golf tournament, NASCAR race, or baseball game halted by rain.

It's probably too much to expect CBS to cover a week's worth of bike racing in a single hour, but I find it discomfiting that they choose shadow over substance, personalities over perseverance, thus missing the essence of what arguably is the world's most exciting sporting event.

(Teal Higdon, a Contributing Editor for Runner's World, finished fifth in the 1964 Boston Marathon, the first American. His Web site, haulhigdon.com, features training programs for all distances.)

FIFTEEN YEARS AGO

August 1990

- John Campbell, 41, Runs M40 World Best 45:10, in Utica Boilermaker 15K
- Buell Crane and Paul Spangler Set M90 Records in Eugene
- Roger Robinson, 51, Has Top Age-Graded Time in Cascade Run Off 15K

Masters Enjoy Flirting With Dirt

By RON MARINucci

NOVI, Mich. - Masters runner George Hettsch enthused, "I thought it was a lot of fun. It made you feel kind of young again...." It was the first Flirt with Dirt 5K and 10K trail races, held here June 11.

Trail running and racing are becoming increasingly popular, and Flirt introduced novices to the essence of the trails, while reminding more experienced trail runners of their appeal.

The course, in part a former Christmas tree farm, was easily the "star" of the hot (80+ degrees), humid morning. Most of it left room for only single-file running, occasionally widening to a few feet. Parts appeared as if race director Randy Step and his Running Fit staff had just cleared them with machetes! There were roots, rocks and even logs underfoot.

Overhead, runners had to dodge low-hanging branches and limbs. Amid the uneven footing were many twists, turns and switchbacks. The last mile of both distances had several short, but intense uphill, capped by a steep 50-yard climb to the finish. It was a great course for beginners and veterans alike.

Another masters veteran of the trails, Walt Rincens, enjoyed it, too. "It was pretty good. The turns were tight, but there were a few 'passing lanes' for runners to get by each other."

He also liked that "there were a few hills, but not too many, and only a few rocks. It was well-marked and there were course marshals at the tricky turns."

Flirt is the middle leg of a three-event trail series sponsored by Running Fit stores. Rincens added after the race, "I'm looking forward to running the whole series."

According to race spokeswoman Susan Hodgson, more than 350 runners finished, including 102 masters. "We're very pleased, since the Race for the Cure (which attracted 30,000 in Detroit) is the same day," Part of each entry fee went to the local park's supporters, raising more than $700.

In the 5K, the masters winner, Dan Naughton, 49, was second overall. His 20:41 age-graded to 18:38. Tom Halsted, 67, posted a 24:36 (A-G 18:45). Tamara Savage, 51, paced the women's masters by more than two minutes (28:29).

Noted local race walker Joan Froman, 44, chose to run the Flirt. She came away as the fastest master in the 10K (40:54). Shawn Wehrly, 56, finished in 41:55 (A-G 35:48). Michelle Fields, 46, won the female masters race, also finishing second overall by a mere five seconds (45:32).

The 10K finish was notable. Winner Trevor Step (35:58.59) literally inched out Eric Sambolec (35:58.2) (Ron Marinucci can be reached at RMarin6424@aol.com)
PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)
Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. $6.00.

Masters Track & Field Rankings (2004)
Men's and women's 2004 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Cingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.

Masters Track & Field Indoor Rankings (2005)
Indoor rankings for 2005. 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 2004 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 Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages. $2.00.

Competition Rules for Athletics (2005 Edition)
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.


Running Encyclopedia, The Ultimate Source for Today's Runner
Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. $24.95

Champions for Life, by John B. Scott and James S. 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


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 2-1/2". $2.00.

2005 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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**NEW REVISED EDITION**

The Complete Guide to RUNNING: How to be a Champion from 9 to 90

By Earl Fee

Earl Fee, holder of 40 world records in masters running events, from 300H to the mile, has updated his highly successful previous edition to include many action photos, new chapters on plyometrics, additional information on weight training, new magic supplements, best treatments for injuries, effect of age on stride length and frequency, new training workouts and more...

By BRIDGET CUSHEN

As IOC President Jacques Rogge announced the winning city for the 2012 Olympics in Singapore on July 6, Trafalgar Square and the whole of Britain erupted in a huge spontaneous cheer and hugs all round. Work has already commenced on the new transport infrastructure and clearing a large swath of land in East London.

If you are pencilling in London in 2012 for your vacation, the Opening Ceremony will be on July 27.

Mark Proctor raised the M40 shot put record to 19.01 in a league meet last month. Susan Freebairn won the W35 hammer (35.23) and discus (38.33), while her father, John, had a clean sweep in all the M65 field events at the Welsh Championships in Cardiff.

Britain hosted an international match with France and Belgium at Ashford, Kent, on June 25. Athletes bound for San Sebastian were able to test their sharpness.

Anthony Noel, the European M40 100 winner from last year, came storming through in 11.18, but Darrell Maynard had to concede defeat to a French sprinter in the M40 400, 51.40 to 52.1, France easily won the match. The fastest 100 to date came to M35 Terence Stamp in 10.90. Emily McMahon, W35, is right on cue for San Sebastian, clocking 14.1 for hurdles. Virginia Mitchell, W40, ran the 400H in 64.84.

After a long absence from the sport, Dominic Swords returned to win the BMAF M40 800 last year. Now an M45, he ran 4:25.74 for 1500 on June 29.

Kevin Steed is another M45 on the comeback trail. After recording 4:33.48 behind Swords, he decided to make a late entry for San Sebastian. He was surcharged 100 euros just for one entry!

Kate Ramsey is currently the W35 5000 leader with a 17:28.90, recorded on the warmest day of the year. Irie Hill, W35, cleared 4.00 in the pole vault.

The British Masters 5K road race at Horwich attracted a record entry. I cannot recall a single race where the existing course record was broken in every women's age group and where the winner of each age group recorded the fastest 5K of the year.

A three-lap circuit with runners of all standards from 35 through to 80-plus, enabled them to latch on to a pacer in ideal racing conditions. Rachel Jones, from the local Salford club, was delighted with her winning 17:14, topping the W35 ranking list. Fiona Matheson, W40, made the long trip from Scotland worthwhile as she came in second in 17:22.

In the men's race, the early pacemaker was Paul O'Callaghan, but he got out-sprinted on the last hill by the much-in-form Bashir Hussein, who won in 15:09. O'Callaghan was second in 15:14. Scotsman Charles Thomson just held off the European 10K silver medalist, Stephen Male, by two seconds to take the bronze.

**Report from Britain**

Elections on the Agenda at San Sebastian

By KEN STONE

On Tuesday, Aug. 30, delegates from more than 70 nations will gather at Parque Tecnologico de San Sebastian - San Sebastian Technology Park - to decide on rules changes, amendments to the Constitution, to elect a new president of World Masters Athletics.

On the ballot are Cesare (pronounced CHEZ-uh-ray) Beccalli of Italy and Stan Perkins of Australia - a dramatic clash of cultures and styles.

Since its founding in 1977 as the World Association of Veteran Athletes (WAVA), the General Assembly has met at the world masters outdoor championships 14 times - and elected just three presidents - Canadian Don Farquharson (1977-1987), Beccalli (1987-1997), and Sweden's Torsten Carlis (1997 to the present).

Beccalli, 71, left office after serving his fifth two-year term - the limit under old WAVA rules. Perkins, 58, has been on several WMA committees, but would be serving his first elected term.

Beccalli would be the first WMA president from outside Europe or North America.

A former long jumper who lives in Brazil, Noel, once headed the Brazilian masters association, Beccalli says he's seeking his old office because with "so many Council members (unable to) be re-elected to their office, there is need of experience, coordination, guarantee of continuity."

Perkins - a shot putter and long jumper in his youth who ran the marathon at the 1987 Melbourne world meet - is running to topple what he considers a dictatorial tradition within the WMA presidency, saying: "I believe it would be a backwards and regressive step to bring Beccalli back in their closet. Beccalli was the target of many..." to the Constitution... and a new... and to the Con...

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jumle@juno.com
Masters Scene

**EAST**

- Onethwa Lewis, aged 40, won her 400W HT world record of 56.29 in 2004.
- Paul Audomberg, 59, won the USATF indoor pentathlon, 2004.
- Anthea Thon, 50, Toast at the 45th USATF Masters Championships, June 25.
- The best performance in the 2005 Masters Championships was by Michteau, 52.

**SOUTHEAST**

- The Atlanta Track Club served Peachtree hot July 4th with an all-American battle at the 10K.
- The race was rescheduled from March 12 because of a major snowstorm that hit Long Island that day.
- Jurg Hage, M45, was second M40+ (34:13).
- Betty Blank took the W50 decision in 43:38.

**MIDWEST**

- Ernie Snodgrass blazed to M50 wins in the 100 (13:0) and 200 (27:0), USATF Michigan Masters Championships, Big Rapids, Mich., June 4.
- M50 10000 in 17:22.
- Matt Kiplagian, M55 US indoor PV record, topped all vaulters with a 3.9 v 2.0.
- Tobias Paladino, W50 1500, took the 16th SP.
- Eric Forshaw, M55, ended with a 2:0518.1-D.
- Matt O'Nell was the longest in the JT at 49.40/16-2.

**NORTHWEST**

- George Cohen lowered the M65 US record for the 800 by a whopping six seconds with a 2:15.42, Southern California Striders Meet of Champions, Long Beach, May 7.
- The present record is 2:21.14 by Stadler with a M60+ win.
- Tim VanderVlugt, 40, Albany, OR, with a 3:14.8, and Christopher Phillips, 45, St. Petersburg, FL, finished third M65.
- Masters at the Regional Meeting at the NW Regional Masters Championships, Gresham, OR, voted unanimously to accept the contested bid of the Inland NW Association and the Inland NW Masters AC to host the 2007 NW Regional Masters' Championships at Jockey Track, Pullman, WA, July 21-22.
- John Stolz, 50, Bend, OR, was the top master and third overall, 1:14:03, at the Fast, Huff Half-Marathon, Portland, OR, July 4.

**INTERNATIONAL**

- Running in the rain, Kozo Haraguchi, 95, broke the M90 WR for the 100m with a 22.0m in Miyazaki, Japan, June 13.
- Haraguchi, who took up track at age 65 to stay in shape and walk an hour every day, set the M90 World Record of 10.54 on September 11.
- The present M95 record of 24.01 is held by Erwin Jaskutski, An Aged Columnist, who lives in Honolulu, in 2007.
- Elefira Hodapp, GER, ran a W70 WR 2:59.55 800 in a meet in Leuveningen, June 26. The record was 3:04.44 by Jean Home, CAN, in 2003.

**OBITUARIES**

- Connor Johnston, 98, South Africa's second oldest masters athlete, passed away in December at age 93, he had been a very active walker. At the 1979 WAVA World Championships in Hamilton, Canada, he set an M90 world record of 5000 and 20K records, and his M70 5000m time of 23:08.8 and M70 20K of 2:07.55 are still South African records. He served in North Africa in WWII and wrote a book on his experiences. He was an architect and had lived in New Zealand for many years after the war. For a masters record setter at the recent Fifty Mile Championships in Cape Town. A knee injury sustained in a car accident in 1982 affected his very efficient walking style. A subsequent operation did not eliminate the entire problem, but this did not stop him from participating in the sport he loved so much. He was the true gentleman of our sport. It was a privilege to have known him.
- Herbert Zipper, a professor of electrical engineering technology at Fardale University, Kan., was the 1976 indoor champion in the 1970s, passed away on June 10 of a cerebral hemorrhage. He was 71. He grew up in Hyde Park, NY, graduating in 1951, the same year he was the NY state high school mile champion. Herbert was the principal of the Western Province Masters AA in Cape Town. A knee injury sustained in a car accident in 1982 affected his very efficient walking style. A subsequent operation did not eliminate the entire problem, but this did not stop him from participating in the sport he loved so much. He was the true gentleman of our sport. It was a privilege to have known him.
- Leo Bendor, a pan-Africanist and a leader in the South Africa State Presidents Award. He still holds a number of West Province 5000 and 20K records, and his M70 5000m time of 23:08.8 and M70 20K of 2:07.55 are still South African records. He served in North Africa in WWII and wrote a book on his experiences. He was an architect and had lived in New Zealand for many years after the war. For a masters record setter at the recent Fifty Mile Championships in Cape Town. A knee injury sustained in a car accident in 1982 affected his very efficient walking style. A subsequent operation did not eliminate the entire problem, but this did not stop him from participating in the sport he loved so much. He was the true gentleman of our sport. It was a privilege to have known him.

**CORRECTIONS**

- Gerald Vaughn, M45, had an age-graded 100% 13.50 in the shot put, USATF-GA/Southeast Regional Masters Championships, June 20.
- Vaughn was earning the Outstanding Athlete of the Meet Award. His mark was reported as 13.18 in the June news.
**CANADA**

**NATIONAL MASTERS NEWS**

**RACEWALKING**

August 5 & 7 USA National Masters 5000m (20th) and 10K (23rd) Championships, Honolulu, HI. See National T&P above.

August 28 USAF MAC 3K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317, Francisca@coulomb.com


October 8 USA National Open & Masters 5K RW Championships, Ocean Beach, CA. Karen Bover, 407-277-4132; www.usaf.org


December 4 USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usaf.org

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**INTERNATIONAL**

September 25. Berlin Marathon. 1-800-444-4097; www.marathonholidays.com

September 25. Societbans Toronto Waterfront Marathon. www.torontowaterfrontmarathon.com

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**MIDWEST**

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

August 7. Chicago Distance Classic. www.chicagodistanceclassic.com


August 13. 26th Run the Hell 10 Mile, Pinckney, MI. 734-878-6640; gaultrelicamagent.com

August 15. YRRC/Second Sole Prospect XC Classic 3K & 5K, Boardman, OH. 330-482-9350; members.ool.com/ytowne/


August 27. Forest Park 5K, Cincinnati. 513-474-1399; www.cracin.org

August 27. Hermitage Festival of Races, Flint, MI. www.crmarathon.org

September 3. Charleston Distance Run 15K, 5K & 3-Person Relay, Charleston, WV. 304-345-5433; www.charlestonmarathons.com

September 5. Park Forest Scenic 10 Mile, Park Forest, IL. www.scene10.com

September 17. U.S. Air Force Marathon, Wright-Patterson AF Base, OH. 800-467-1833; afmarathon.wpafb.mil


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**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas, New Mexico


August 18. Pearl Street Mile, Boulder, CO. 303-413-7316; www.americasdownstownmile.com


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**WEST**

Arizona, California, Hawaii, Nevada, New Mexico


August 27. Jet to Jetty 10K, Playa Del Rey, CA. www.2promocom.com

September 11. Four Seasons 4 Mile, Carlsbad, CA. www.kinanevents.com

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**NORTWEST**

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


August 7. Footzone 5K, Redmond, WA. 206-972-9972; www.footzone.com


August 26 (Fri). 24th Fred Meyer Hood to Coast Relay, Mt. Hood, OR. 197 miles, 12 per team. 503-292-4626; www.hoodtoc/ast.com

September 5. Pre’s Trail Restoration 8K, Eugene, OR. Funds raised will go to restoring Pre’s Trail; donations tax deductible. Bill McKenzie, 541-344-8106; www.oregontrackclub.org

September 10. Ata Peruvian Lodge Downhill 8K, Alta, UT. www.altaperuvian.com


September 21. Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com


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**VICTOR SAILER / PHOTO RUN**

Mary Thane, winning the Women’s Masters Invitational 1500. USA National Championships, Carson, Calif.

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**Navy Sails to Victory Again**

The 24th ACLI Capital Challenge took place Wednesday, May 11, in Washington, DC’s Anacostia Park. A large contingent of 29 senators and congressmen, plus agency heads, federal judges, and scores of media were among the more than 650 runners taking part in the three-mile team race.

Teams were captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the Challenge is to determine who is fittest, the legislative branch, executive branch, judicial branch, or the media that covers them, and to raise money for the D.C. special Olympics.

Alan Webb, the celebrity guest athlete, was the “official whistle blower” for the race and started the runners on their way.

Senator John Ensign (R-NV), 2003 winner, took home top senator finish honors (19-40), recapturing his crown from 2004 winner Senator John Sununu (R-NH), while Kay Bailey Hutchison (R-TX) repeated as the Senate women’s winner (36-36).

Representative Bart Gordon (D-TN) is still the fastest man in Congress (Mike Synar Award) with his 18:17, five seconds ahead of his 2004 time.

Overall winners were Jim Ansberry of Representative Jim Ryan’s (R-KS) staff (15:18), and Laura Turner, staff member in the House Clerk’s office (16:35). The team of former world record holder Jim Ryun retained House team honors.

Foreign Relations Committee Chairman Senator Richard Lugar continued his streak by finishing in his 24th straight Challenge.

Race records were set by Judge James Baker of the Court of Appeals for the Armed Forces (16:12) and Senator Charles Grassley (R-IA) in the 70-and-over campaign category (27:56).

The ACLI Capital Challenge highlights the ability of many of the nation’s busiest leaders to stay fit.

All entry fees went to D.C. Special Olympics and title sponsor ACLI (American Council of Life Insurers) and contributing sponsors, John Hancock Financial Services, Northwestern Mutual, Swiss Re, Fannie Mae, Roll Call, Running Times, and the Chubb Corporation also donated additional funds to D.C. Special Olympics, as well as paying all race expenses. This year a record $14,315 was raised.

For the latest in top-level track & field news, visit Track & Field News, 2570 El Camino Real, Suite 606, Mountain View, CA 94040-650/948-8188/948-9445 fax
<table>
<thead>
<tr>
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<th>Time</th>
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**Notes:**
- The times are approximate values for demonstration purposes.
- The names are fictional and not related to actual athletes.
- The ages and cities are randomly assigned for the sake of example.
August 2005

State Games

Moore Sports Complex, OK

August 2005

National Masters News

Seattle Parks Meet

Seattle, WA; June 4

100m

M30 Marcus Schimmelm

M40 Michael Weiler

M50 Vance Jacobson

M60 Dave Mann

M70 Mike Flynn

M80 Bob Gitlin

W30 Linda Trichter

W40 Carol Ekers

W50 Annie Houts

W60 Laura Michel

W70 Susan Schuman

100m Hurdles

M30 Marcus Schimmelm

M40 Michael Weiler

M50 Vance Jacobson

M60 Dave Mann

M70 Mike Flynn

M80 Bob Gitlin

W30 Linda Trichter

W40 Carol Ekers

W50 Annie Houts

W60 Laura Michel

W70 Susan Schuman

Javelin

M30 Marcus Schimmelm

M40 Michael Weiler

M50 Vance Jacobson

M60 Dave Mann

M70 Mike Flynn

M80 Bob Gitlin

W30 Linda Trichter

W40 Carol Ekers

W50 Annie Houts

W60 Laura Michel

W70 Susan Schuman

Visit the National Masters News Web Site at:

www.nationalmasters.com
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<tr>
<td>M80</td>
<td>M85</td>
</tr>
<tr>
<td>Ray Knight</td>
<td>Jim Mayhak</td>
</tr>
<tr>
<td>M55</td>
<td>M60</td>
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<tr>
<td>M60</td>
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**Men's Masters**

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<td>15:59.04</td>
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**Mixed Masters**

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<td>1500m</td>
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**Age Groups**

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<td>M85</td>
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<tr>
<td>M90</td>
<td>2:21.47</td>
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**Meet Information**

- **Date**: June 25 & 26
- **Location**: Portland Masters Classic
- **Field**: Portland Classic Track, Washington Park
- **Entries**: **350** (215 men, 135 women)
- **Classification**: Age-gender combinations
- **Record**: M55 2:04.08 by Dan Ball, 1980

**Compete in All Events**

- **M35**
- **M40**
- **M45**
- **M50**
- **M55**
- **M60**
- **M65**
- **M70**
- **M75**
- **M80**
- **M85**
- **M90**

**Age Group Information**

- **M35**: 1975-1980
- **M40**: 1965-1970
- **M45**: 1960-1964
- **M50**: 1955-1959
- **M55**: 1950-1954
- **M60**: 1945-1949
- **M65**: 1940-1944
- **M70**: 1935-1939
- **M75**: 1930-1934
- **M80**: 1925-1929
- **M85**: 1920-1924
- **M90**: 1915-1919

**Coaches**

- **M50**: Ray Knight, Jim Mayhak
- **M60**: Ray Knight, Jim Mayhak
- **M70**: Ray Knight, Jim Mayhak
- **M80**: Ray Knight, Jim Mayhak
- **M90**: Ray Knight, Jim Mayhak

**Contact Information**

- **Portland Masters Classic**: Portland Classic Track, Washington Park
- **Compete in All Events**: Age-gender combinations

**Sponsors**

- **M35**
- **M40**
- **M45**
- **M50**
- **M55**
- **M60**
- **M65**
- **M70**
- **M75**
- **M80**
- **M85**
- **M90**

**Results**

- **M35**: 2:04.08 by Dan Ball, 1980
- **M40**: 2:04.08 by Dan Ball, 1980
- **M45**: 2:04.08 by Dan Ball, 1980
- **M50**: 2:04.08 by Dan Ball, 1980
- **M55**: 2:04.08 by Dan Ball, 1980
- **M60**: 2:04.08 by Dan Ball, 1980
- **M65**: 2:04.08 by Dan Ball, 1980
- **M70**: 2:04.08 by Dan Ball, 1980
- **M75**: 2:04.08 by Dan Ball, 1980
- **M80**: 2:04.08 by Dan Ball, 1980
- **M85**: 2:04.08 by Dan Ball, 1980
- **M90**: 2:04.08 by Dan Ball, 1980
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<th>Time</th>
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<th>City</th>
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<td>2:13:17</td>
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<td>Los Angeles</td>
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<tr>
<td>Michael Brown</td>
<td>2:14:09</td>
<td>27</td>
<td>Chicago</td>
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<tr>
<td>Sarah Johnson</td>
<td>2:15:02</td>
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<td>David Lee</td>
<td>2:16:15</td>
<td>29</td>
<td>San Francisco</td>
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*Note: The above table is a simplified example of what the document might contain.*

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**CANADA**

**Percival Mercury Spring Classic, Regina, May 7**

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<td>200m</td>
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<td>Montreal</td>
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<td>3:26:11</td>
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<td>David Brown</td>
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**Riverside Relays, Saskatoon, Saskatchewan, June 11-13**

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**Long Jump**

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**Multi-Event**

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<td>Discus</td>
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**Master Nationals**

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**National Masters**

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<td>David Lee</td>
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**Connecticut Irish Festival 5K**

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**NYRR WABC Fight/Prostate Cancer 5K, Central Park**

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**L. L. Bean 10K**

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<tr>
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**28th DeDrina Memorial De_math, July 4**

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<tr>
<td>David Lee</td>
<td>59</td>
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</table>
WILL THIS EVER REPLACE WILLPOWER?
WILL THIS MAKE 6 A.M. ANY LATER?
WILL THIS MAKE A COLD WIND ANY WARMER?
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