5949 Athletes Take Part in 13th World Veterans Championships

Guido Mueller, of Germany, clears the final hurdle on his way to a thrilling M60 world record of 42.31 in the 300 hurdles.

England Welcomes Competitors from 74 Nations to Gateshead

GATESHEAD, England – The weather was near-perfect. The officials were outstanding. And the level of competition was again sensational.

Nearly 6000 veteran athletes from 74 nations took part in the 13th biennial WAVA World Veterans Athletics Championships, July 29 to August 8.

The weather in the northeast of England was better than anyone could have hoped for. It was sunny and balmy – in the mid-70s – with only a mild drizzle on one of the 11 days of the action.

“I’ve never seen anything like it in 40 years,” said Bob Lothian, a local resident used to overcast skies and mid-60s weather in July and August.

The number of 5949 participants was the second-largest ever for a WAVA World Championships, surpassed only by the 12,175 competitors in Miyazaki, Japan, in 1993. The total of 74 nations was third only to the record 79 countries represented in Buffalo, USA, in 1995, and the 76 nations two years ago in Durban, South Africa.

“I thought the meet was really well organized,” said Leo Benning of Cape Town, South Africa, echoing the sentiments of virtually all participants.

Continued on page 15
Northwest Regionals Contested in Seattle

by JERRY WOJCIK

This year's Seattle Masters Classic at West Seattle Stadium, July 17-18, did duty as the 1999 USATF Northwest Regional Masters Championships, and also served as a warmup for those athletes headed to the 13th WAVA Championships in England two weeks later.

In a battle of world record holders, Stephen Robbins - on the mend from ailments that curtailed his participation for the last two seasons - won the M55 100 over Harold Morioka, of Canada, 12.14 to 12.33.

Dave Walter won the M50 200 (24.47) and 400 (54.90). Morioka went on to win the 400, his specialty, in 54.24.

Linda Lanker, W40, did a hat trick plus one with wins in the 100 (14.18), 200 (29.58), 100H (19.04), and 400H (1:05.04). Diane Palmason doubled in the W60 200 (33.59) and 800 (2:54.61). Debbie Eerkes, W40, posted the fastest 1500 among the women with a 4:57.67.

Debbie Burks, M30, with a 15:49.85, and Michael Allison, M45, with a 16:08.13, were the standouts in the 5000, as was Mark Billett, M45, in the 10,000 with a 33:55.74.

Daniel Cole, M50, topped all other high jumpers with a 5-6. Jerry Cash, M50, was the highest pole vaulter (13-9 1/2). Vincent Martin, M30, reached 22-3 3/4 in the long jump.

Hammer throw honors went to Todd Taylor, M50, for his 173-3 with the 6kg, and Georgia Cutler, W55, for her 92.8%.

Debbie Burks, M30, posted the fastest 1500 among the women with a 4:57.67.

Next year, the Northwest Regional Masters Championships will be held in Bozeman, Mont., on July 29-30, its first venture away from the I-5 corridor.

John Tuttle and Diane Legare Steam in Boilermaker 15K

by JERRY WOJCIK

John Tuttle, 40, Douglasville, Ga., and Diane Legare, 48, Montreal, Canada, were $1000 richer after masters wins in the Boilermaker 15K, Utica, N.Y., July 11. Tuttle finished 21st overall in 46:17, with second master Martin Mondragon, 45, of Mexico, 24th overall in 47:13. Legare defeated Patti Ford, 43, La Fayette, N.Y., by ten seconds with 55:48.

Pete Koech, 43, Kenya, was third M40+ in 48:34. Jennifer MacDonell, 42, Ottawa, Canada was third W40+ in 60:17. Second-place masters won $500 each; third-places won $300.

Dick Buerkle, 50, Atlanta, Ga., in 49:49, and Judith Hine, 50, New Zealand, in 62:33, were winners of the age 50-59 cash prizes of $400.

Canadian Ed Whitlock, 68, Milton, Ontario, with a 55:38, and Margret Betz, 62, Conklin, N.Y., won $300 each for their firsts in the age 60+ category.

Whitlock also won masters age-graded honors with an outstanding, international-class 97.9%. Mondragon's effort was a 93.7%, Tuttle's 92.1%, Legare topped the W40+ with a 91.4%.

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AN OPEN LETTER TO THE LONDON TIMES
Following is a recent letter sent to Eleanor Mills, a reporter for the London Times:

Dear Ms. Mills,
Your article on Kathy Jager was good enough, in the eyes of your editor, to command a chunk of space. Congratulations — you certainly worked at it.

However, do please read my comments, unless you are one of those who are uninterested in advice.

Your third paragraph read as follows, lest you have forgotten it: "This controversy has drawn attention to the BIZARRE BUT USUALLY HIDDEN world of veterans athletics, but it has also highlighted the huge and ever-growing number of physically active OLDIES."

...and then you go on to describe the scene that greeted me: "Lycra-clad grannies stalked the arena, baring WRINKLED flesh in skintight cycling shorts, while Scandinavian octogenarians SCUTTLED around the running track like DEMENTED ANTS."

Are you in the habit of making fun of something you don’t understand? If so, and your editors let you get away with it, I can understand why the Times has lost its place as England’s premier newspaper. Journalism school gone mad? Unfit yourself, therefore snide? Please tell me.

A better paragraph would have been as follows:

“This controversy has at least drawn attention to the world of veterans athletics, the original source of much of our newfound attention to health and fitness. When I went to Gateshead International Stadium to interview Kathy Jager, I found a top-class athletic meet, far larger than the Olympic Games, organized by folks whose only interest, unpaid, is providing international competition beyond the open level. It was a real eye-opener to see 40-year-old women and men looking as fit as teenagers and turning in top class performances. It was even more startling to see what a high level can be sustained into those years conventionally associated with rocking chairs. These people have learned things we should all know more about!"

“But back to Kathy Jager..."

(and the rest was fine)

So you see, Eleanor, I come back to my original question — why did you gratuitously denigrate such an important event?

If ever you feel tempted to write about veterans athletics again, please do contact me.

Brian Oxley
President, North and Central America and Caribbean Association of Veteran Athletes

(Well said, but in fairness to the Times, reporter David Powell wrote a nice article on the event two days before the Jager story broke. Four days after the games ended, Deputy Editor John Bryant also wrote a positive piece. — Ed.)

RECORDS
Just for the record (no pun intended), I wanted to add my name to what appears to be a growing list of masters competitors who have responded to Graeme Shirley’s article (March NMN) regarding record documentation.

Upon reading Mr. Shirley’s article, I thought it was quite timely in that it was published approximately the same time I found out my 9:03 60mH world record, set at the USATF Midwest Regional Indoor Championships, Indianapolis, March 7, 1999, would not make it into the record book. I had trained long and hard for this moment.

I thought I had all my ducks in a row — officials informed, forms in place. I was assured all would be taken care of. I don’t know why it took five letters, numerous faxes and telephone calls over a one-year period to be informed my record did not stand because the computer tape malfunctioned, but two questions remain:

Why would it take 11 months to find out about a world record, and why isn’t there a back-up plan in the event of a mechanical failure?

Competitors should not have to leave a meet with the belief they have a record and be informed one year later it’s been tossed out. Apparently I wasn’t alone that day — Mel Larsen’s world time fell by the way as well. Fortunately for Mel, he regained his world record soon after.

I began my love affair with masters track and field nearly 17 years ago. It has been tough standing on the sidelines for this past year while on the injured list. No computer malfunction or missing form can take away the fact that I achieved a new world record in Indianapolis. The officials know it. My fellow competitors and I know it.

Do we need a new attitude toward records? You bet we do. But as Steve Ottaway so aptly put it in his July 1999 letter, “whining about its inadequacies is not good enough.”

Continued on page 5

Ten Join NMN Sustainers
Each month, 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.

Special thanks this month go to:

Rodney Brown
Adolph Hoffman
Alfreda Iglehart
Fred Kjer
William Metz
McMahon Family Trust
Charles Quarrell
Donald Ross
Cliff Gullbransen
Anne Yudell

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Somerset, Texas
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Tucson, Arizona
Florence, Kentucky
San Diego, California
Tucson, Arizona
Marblehead, Massachusetts
Glen Cove, New York
Charlotte, North Carolina
Mid-America Champions Decided in Wichita

by JERRY WOJCIK

Wichita State University played host to the USATF Mid-America Regional Masters Championships held on June 12. The sprint fields were large, but the thrower turnout was even larger.

On the track, James St. Cyr, M50, was the standout with first-rate times in victories in the 100 (11.22) and 200 (23.85). Jay O'Neill, M40, won the 800 (2:13.84) and 1500 (4:24.68). Kristi Leonard won the W35 800 with a 2:50.25.


The contingent from India at the opening ceremonies, Gateshead Stadium, WAVA Championships, July 29-Aug. 8.

Write On

Continued from page 4

I've been on the "other side of the track" when helping to officiate at meets. I know what a thankless task this can be. I can't offer a solution but, for the present, to all newcomers in masters track & field and potential record breakers, a word of advice – know the rules and don't assume.

Don't assume the big meets will have all the necessary equipment, forms and records posted (and if you're a pole vaulter, make sure you bring your own steel tape).

Dale Lane
Tulsa, Oklahoma

KUDOS

I would like to take the opportunity to thank you for the magazines (NMN) that you donated to the library.

All of the individuals here really appreciate receiving magazines, as reading is an extremely popular activity here at the penitentiary.

Again, thank you very much for your donation. We greatly appreciate it!

Erin Egan
Librarian, Dept. of Correctional Services
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MASTER'S SPRINT CLINIC: (30+ but all ages welcome) Occidental College (Glendale, CA), Sept. 26, 1999, 9:00am - 3:30pm; $50 if postmarked before 9/20/99, $60 afterwards. Starts, Race Tactics, Towing, Resistance, Warmups, Workouts, & More! For more info: Eugene Driver (323) 753-8687. E-Mail: trakjunkie@aol.com, P.O. Box 62009, Los Angeles, CA 90062-0009.
Are Distance Runners Athletes?

As some readers surely know, ESPN has an ongoing year-long feature in which they are presenting what they see as the 50 greatest athletes of the 20th Century. They began with number 50, Chris Evert, and at this writing are down to number 27, Jerry Rice. They’ll keep featuring one athlete a week until they finally arrive at the “Athlete of the Century” the last week of the year.

From 50 to 27, there are just two track and field athletes, Edwin Moses (#47) and Wilma Rudolph (#41). The only “runner” who competed at a mile or longer in Secretariat (#35). Three “buddy” correspondents on the Internet and I began speculating on the remaining 26 selections, especially the final few. We also wondered whether any distance runners (the human kind) would make the list.

Top Five Picks

I speculated that the final five will be Michael Jordan, Babe Ruth, Pele, Muhammad Ali, and Jackie Robinson. Depending on the weight given to Robinson’s contribution to egalitarianism, he could be the surprise winner. Of course, Robinson’s all-around efforts as an All-Star baseball player, All-American football player, All-Coast Conference basketball player, and national junior college long jump record holder (25-6 1/2), not to mention some talent at golf and tennis while at UCLA, should rank him pretty high on athletic ability alone.

Rounding out the top 10, I predict Jim Thorpe, Jesse Owens, Babe Zaharias, Wayne Gretzky, and Rocky Marciano, with Ted Williams, Willy Mays, Jim Brown, Joe Louis, Ty Cobb, Henry Aaron, Jack Dempsey, Jack Nicklaus, Sam Snead, Gordie Howe, Joe DiMaggio, Magic Johnson, Al Oerter, Jackie Joyner-Kersee and Joe Montana rounding out the top 25.

“Didn’t you forget Carl Lewis, Michael Johnson, and FloJo?” one buddy chimed in his two cents. I admitted that I forgot all about them and that it’s likely Lewis will make the top 25. However, I had a hard time trying to figure out which of the others already mentioned Johnson and FloJo would bump.

Any Runners?

I could foresee no middle- or long-distance runners making the list, although I would have voted for at least three: Herb Elliott, Haile Gebrselassie, and Abebe Bikila. I’d put Gebrselassie among the top 10.

“What about Steve Scott?” the second buddy quickly typed a reply. “The guy broke four minutes more than 100 times. That should count for something.”

I suggested that if we put Scott on the list, we’d also have to add John Walker. The first buddy felt that Roger Bannister should be among the top 50 for being the first to break the four-minute barrier.

Golfers?

“No way any golfers should be on the list,” the second buddy offered. “They ain’t athletes.”

But I was quick to point out that a strong argument could be made that distance runners do not qualify as athletes. If you listen to John Madden and all the other football sportscasters, an athlete is someone who can sprint 40 yards in 4.2 seconds or faster, cut on a dime, and leap six feet in the air for a pass. In baseball, it’s guys like Ken Griffey, Jr., who make shoestring catches, climb walls, and still hit 98 mph fastballs out of the park. Of course, Michael Jordan is considered pretty much the ultimate athlete, even though he’d probably have a hard time breaking six minutes in the mile.

Let’s face it, most elite distance runners have no 40-yard speed or jumping ability. In fact, many great runners have been baseball, football, basketball, and sprinting rejects. Cross-country used to be the sport for guys who couldn’t make any other team in school.

Since coordination, flexibility, and control factor into the definition of athleticism more than endurance, golfers do seem to qualify as athletes, more so than distance runners.

By Whose Definition?

“Who says Madden and his cohorts are the authority on who qualifies as an athlete?” the second buddy shot back. True, Webster says anyone competing in sports, exercise or games requiring physical skill can qualify. But that would seem to include billiards players, horseshoe pitchers, and even yo-yo artists. Where do you draw the line?

My Random House dictionary says an athlete is “a person with a sturdy build or well-proportioned body structure.” That would eliminate many distance runners I know. It would also eliminate Babe Ruth. Isn’t it strange that the man who could be the “Athlete of the Century” is almost the antithesis of the definition of an athlete?

The third of my Internet buddies suggested Bob Mathias should be among the top 25 for his two gold medals in the Olympic decathlon, not to mention his football playing skills at Stanford. But the first buddy pointed out that many other decathletes since then have made Mathias’ records look puny. That brought up another controversy, comparing the stars of today with those of yesterday. Can we say that Herb Elliott was a greater miler than Hickam El Guerrouj, who recently chipped more than a second off the world record with a 3:43.13? At his best, Elliott would have been 80 yards or so behind El Guerrouj.

Times Don’t Count

“You can’t compare them by times,” the first buddy offered. “You have to look strictly at their winning records.” I agreed. Some sports, especially road racing and track and field, are clearly evolutionary sports, each generation adding a little more to the training knowledge, the quality of equipment, the dietary needs, what have you.

It’s just the opposite in baseball, at least for hitters. Many of the old timers have lifetime batting averages of around .340, almost an impossibility these days. But that’s due primarily to the evolution of pitching.

“How much faster do you see the mile record getting?” the second buddy asked. I pointed out that El Guerrouj appeared to have a second or two left in him that world record run. A few years ago, I would have said we’d never see a sub 3:40 mile, but I wouldn’t have said the same thing about a sub 12:40 5000 and a sub 26:30 10,000.

Later...

“How about the top 10 athletes over 40?” the first buddy asked. I suggested we leave that one for another session.
“Where is My Meet Record?”

There are four good things that can happen at a track & field meet. I mentioned three of them in my July column: 1) Finish; 2) PR; 3) Win. The fourth good thing that can happen is setting a meet record.

Setting a meet record is a bonus over and above winning an event. Some of us have spouses who think we are crazy for running around in our underwear, and are tired of polishing another box full of medals. Nothing beats returning to announce to the household, “Honey, I set another meet record!”

The first three good things are within your control, but the fourth is not. Strangely enough, for many masters meets, including those at the national and world levels, there are no meet records.

No Meet Records Listed

For example at WAVA-Buffalo ('95) the meet program included the defending champions, but no meet records. The WAVA website (www.wava.org) contains a link to WAVA records. This page (WAVA Regional Records) displays the six WAVA regions (Africa, Asia, Europe, North America, Oceania, and South America). However, only the Europe link is active, and it only displays European Veteran Records noted in 1997 or 1998, not WAVA World Regional meet records.

However, there is hope. Bill McIlwaine has compiled the WAVA North & Central American & Caribbean World Regional meet records and Rex Harvey says they will be posted on the www.wava.org site in the near future.

There does not appear to be a listing of meet records for the USATF National Masters Championships. Some of the USATF Regional Masters Championships keep meet records – the Northwest Regional meet records go back to 1983 and are included in the meet program each year. But none of these are posted on the Internet where you could compare WAVA World Regional or USATF Regional meet records.

Track & field meets rely on a large crew of volunteers (bless each and every one), so the job of updating meet records and including them in a meet program is just one more unpaid task. But there is no reason that some of the rest of us can’t pitch in.

Since the 1998 World Masters Games in Eugene were the fourth of its kind, I offered to compile the track & field results into meet records. I was told that past World Masters Games left something to be desired in terms of officiating and standards. So I have compiled only the 1998 results as World Masters Games meet records.

Poor Accessibility

One barrier is that while meet results are published in National Masters News, they are not readily accessible in electronic format, which means that results have to be reentered by hand. I’m looking to see if the Northwest Regional meet records are in electronic format. It would save me from having to retype these into the old computer.

Is it too much to think that the East, Southeast, Midwest, Southwest, Mid-America and West Regional Championships meet records are already in someone’s computer and could easily be posted on the Internet for comparison purposes?

Meet records should be posted on an official USATF Masters or WAVA website. In the meantime, I’ll post the 1998 World Masters Games meet records, as well as the USATF Northwest Regional meet records on my website at: www.geocities.com/RO/Heartland/Shores/7081/index.html (on the homepage, click on the Track icon).

If you have Regional Championship results in electronic format, please send them to me by e-mail at: deo@igc.org. Or if they are already posted on a site, send me the website link.

As my father used to say after listening to Beatles music, “Records are made to be broken!”

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Achilles Tendinitis – Probable Cause

Q: I read your column on running and heel pain (July NMN). Would I be correct in assuming the same treatment works for Achilles tendinitis? I am a 75-year-old javelin thrower and shot putter and discovered my right Achilles tendon to be sore over seven weeks ago. Although I was playing tennis doubles at the time, the condition must have occurred previously, since there was no noticeable injury at any point.

A: Achilles tendinitis is the most common injury in men over 40 who compete in track and field. So, probably the injury was from running rather than tennis. It sounds like it is a strain rather than a tear. A partial tear will show a small nodule over the tendon which you can feel. We usually get such as hydrotherapy or whirlpool.

There are more theories as to the probable cause of Achilles tendinitis. I recommend icing, but only for no more than 15 minutes. A night splint is a device that keeps your Achilles mildly stretched while you sleep. It works with varying degrees of success. The Dyna Splint is the best, but it is pricey.

Your last application of heat should be prior to bedtime. I do not recommend taping at this level. I would add a heel lift to your athletic shoe.

I also recommend that you don’t stretch it at this time. Usually athletes tend to overstretch and re-injure the tendon. If you are doing light exercise, walk a half-mile prior to exercise for your “warm-up.”

The best treatment at this point is physical therapy. This includes hydrotherapy and ultrasound. This will reduce the inflammation and any fibrosis that may have occurred around the tendon.

A night splint is a device that keeps your Achilles mildly stretched while you sleep. It works with varying degrees of success. The Dyna Splint is the best, but it is pricey.

I think you need to see someone who is involved in sports medicine. If you have a large city close by I can recommend someone.

In the meantime, oral anti-inflammatories are not a bad idea, plus light jogging with no speed every other day on a firm surface. Use a heel lift and a well-made training flat.

(Addressee: Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)
Payton Jordan’s Sprinting Techniques – Part II

(Payton Jordan, 82, is one of the top masters sprinters in the world. He currently holds six world age group records in the 100 and 200. He was a track coach at Stanford U. for 22 years and was the 1968 USA Olympic track coach. Last month, he explained the goal of sprinting is to run faster, not harder; that the key to running fast is to be relaxed, while maintaining a loosed and fluid form. This month, he talks about how to properly use starting blocks, how training is really a war on aging, and how to stay motivated to keep fit. – Ed.)

While the exact setting will vary, medium block placements are a good starting point. You should begin with the knee of your front leg roughly even with the starting line. The toes of your front leg should be about even with the knee of your back leg.

The first two spikes should be in contact with the track surface. This keeps you from “popping up.”

Your arms should be placed in a wide stance to provide maximum freedom of your leg drive. In fact, the arm on the back leg side of your body can be held slightly wider to encourage aggressive drive at takeoff.

As you come to the “set” position, the height of your hips is determined by two factors: 1) your shoes should be as close to parallel to each other as possible; and 2) you should be able to maintain a straight spine.

At the gun (assuming your left leg is placed in the front position), drive your left arm out and slightly across your body. In the fully extended position, your left hand will cross your face by one or two inches. Your right arm drives back and out. The slight rotation caused by this arm action will allow for fuller and longer pushes with the first two steps. In this part of the race, you should focus on full and complete pushes with your legs and aggressive pulls with your elbows.

Technique out of the blocks is important. But more important is the proper attitude for sprint starting. You must understand you are in control. Concentrate. Getting out at the gun is about attitude, reaction time and confidence. Worrying about the brand name of the meet blocks or the exact angle of the pedals is a waste of energy.

Only a relaxed athlete will be able to respond to the gun with a minimum of reaction time. Starting lines and track meets in general are very stressful places and are a large obstacle to relaxation. You should properly shake down your muscles before getting into the blocks. Your muscles should feel as if they are loosely hanging off the skeletal system.

At the “on your marks” command, block out the world by taking a few deep breaths from your diaphragm.

You need to feel the oxygen penetrate deeply into the lower lobes of your lungs. Further, you must concentrate on exhaling and inhaling fully. On the set command, the athlete should take a deep, full, controlled breath and hold it until the gun blasts. At the gun, the breath is exhaled as the sprinter explodes toward the finish line.

Training as a War on Aging

If you don’t train, your movement abilities won’t improve. In fact, they will get worse.

With age, the following human abilities become less effective:

1) The Ability to Utilize Oxygen

As we age, our sponge-like lungs become less effective; that is, they are a large obstacle to oxygen penetration. This limits the amount of oxygen that fuels the cells of our bodies.

This trend can be resisted by exercising your respiratory system; specifically, your lungs.

Breathing above your breast line is tightening and inefficient. You should learn to breathe full breaths to fill your lungs from the bottom up by utilizing the diaphragm. A controlled, elongated exhalation will facilitate a surge of power. The exhalation should take twice as long as the inhalation. For example, do 100 meter strides with 4/8 count breaths — that is, four counts in and eight counts out — with concentration on surging with the exhalation.

It’s been said that it’s impossible to train the diaphragm, since it’s an involuntary muscle. Not so. Everyone can learn to breathe better. Proper posture alone can help to disencumber the lungs.

2) Flexibility With Relaxation

Your musculature should be loose enough to shake on your bones. Your muscles must be relaxed in various athletic situations and at maximum speed.

Here’s a sample loosening warm-up (each exercise should be performed for 55m and repeated twice):

a. Easy jogging. You should feel as if your legs are simply hanging off your hips.

b. Easy and relaxed high knee drills. This drill is about loosening your hips and hamstrings and not about exaggerated running form.

c. Alternating jog and quick steps, about 4-6 meters each, smoothly alternating between styles. The quick steps are similar to the “arm quickies” mentioned last month with the addition of small, quick foot-steps; pay attention to maintaining loose arms.

d. High knee skips. Focus on your overall body’s relaxation and fluidity.

e. Heel recovery skips.

3) Speeding

The untrained human will lose strength. A minimum amount of training is needed if only to maintain strength levels.

4. Reaction Time

This critical characteristic of a sprinter is essential for all humans and can be affected by training. Reacting to the gun, or verbal commands, should be coupled with other reaction-time training units.

The aging human can arrest, or at least slow down, the basic degeneration traits mentioned above. This is known as aging gracefully.

Motivation

Sprinters must have high levels of self-esteem. It is no small feat to abandon oneself to maximum effort in a race against time and man. Successful sprinters have high levels of confidence. Self-esteem projects out and shines in. The great ones think with self-esteem. Everyone else is just watching the action from the sidelines. Fear is our greatest enemy. Desire is our greatest weapon. I’m often asked what makes a champion. Over the years of being privileged to work with many athletes, certain common qualities are evident: commitment, goal setting, discipline, a strong work ethic, and an ability to appreciate and give credit to others.

Remember, winners dare to fail. So don’t be afraid to think and act like a champion. The ingredients are simple if you will make the commitment, be unafraid to dream, and set goals. Don’t frown on discipline. It’s the tool that will push you to do the work needed. Fear not, let desire burn.

Most of the material in this article was delivered by Jordan at a Coaches Training Clinic last year in Menlo, Calif., and condensed into an article for Track and Field Coaches Review by Matt Lydum, the Track Coach at San Francisco State University. – Ed.)
Maryanne Torrellas – A Natural Winner

B
tween 1983 and 1989, Maryanne Torrellas (W40) represented the United States in 19 international meets, including the World Games and the pre­cursor of the Women’s World Cup – the Exchborn Cup. On March 17, she competed at the Masters Indoor Championship in Boston. In a close and exciting race with Lynn Brubaker, Maryanne set a pending W40 3000 meter American Record with a time of 13:46.73.

MT: Many people race to see who is the fastest, but I often raced to see who I could play with.

EW: How do you mean play?

MT: Playing to me is when you pull the pace from the front; or push the pace from behind. It’s when you use a whole tool box of different tactics. For example, if you are on a track you may be able to use a lapped competitor to keep someone from making a move to pass. Or you may sit on someone’s shoulder and breathe down their neck. You can walk with somebody to help them and pull them along; or you can walk to break them. And there is a difference. You are racing in the same spot, but there is a mental difference that I believe other athletes can feel. You can feel if someone is walking with you or walking against you. You feel their intent.

Battle to Win

EW: I don’t think a lot of people realize that there was a specific problem and rely on feedback. Establishing a rapport is important.

A lot depends on the situation. Sometimes you are at a meet and only have 10-15 minute to work on an athlete so you are only going to work the most important areas. Other times, you may have a greater amount of time and you can work on whatever areas the athlete says are tight.

For example, everybody seems to be tight between the shoulder blades. The tightness may not be so much from training or racing as from sitting or working at a computer, reading, writing or just sitting in your car. You may sit on somebody’s back and you are going to watch him. I saw him look up at his grandson and give him a thumbs up. His cute little grandson gave him a thumbs up back and he went over the bar and won his winning the competition.

Afterwards, he came back over at looking, “How did I do? How did I do? My leg felt so nice and loose.” He was so grateful for the massage. Doing massage at a race where there are so many different kinds of people is always very interesting.

Soothing the Feet

EW: Do you find anything common to masters?

MT: I find that the athletes who really have a good stretching and flexibility program are far more balanced in their bodies and have less injuries.

One thing racewalkers can do for themselves is simply massage their feet for five minutes after working out. This foot receptors are high during racewalking. I tell people to get into the habit of massaging their feet when they take their shoes off. "I use a mas­sage roller to stretch and release the tension in my feet. I also use a foot massager to relieve any pain or discomfort.

Helping Others First

EW: Dave Romansky said that you had been doing massages all day when you went out on the track and set an American record at the masters indoor championships. It was very exciting for everyone.

MT: Dave is my hero. He is such a great athlete and neat guy. I thoroughly enjoyed working at the national masters meet. It was a volunteer thing that I did with my two business partners, Keith and Karen Lee. They are massage therapists and personal train­ers, too. We started working at 9 o’clock in the morning, and I worked until it was time to warm up for my race at 3:30 in the afternoon.

I loved talking with all the competi­tors – just finding out each one’s story. When athletes were on the table, they like to talk about what they are doing.

There seem to be three groups of masters. The first group has been com­peting since they were in high school and college and never stopped. Some of them are in tremendous shape. The second group has never done any sport before and are just becoming involved. Some of them are the most enthusiast­ic, because every time they go out they may set a personal record.

The third group competed seriously when they were younger, stopped for family and job and started again on retirement. This large group has fallen in love with their sport all over again.

It was just fascinating to hear all the stories and I think some people have been through. One gentleman, a 72­ year-old high jumper, told me that he was going to win “this one for my grandson” and his grandson was sitting in the stadium. I told him I was going to watch him. I saw him look up at his grandson and give him a thumbs up. His cute little grandson gave him a thumbs up back and he went over the bar and won his winning the competition.

Afterwards, he came back over at looking, “How did I do? How did I do? My leg felt so nice and loose.” He was so grateful for the massage. Doing massage at a race where there are so many different kinds of people is always very interesting.

Soothing the Feet

EW: Do you find anything common to masters?

MT: I find that the athletes who really have a good stretching and flexibility program are far more balanced in their bodies and have less injuries.

One thing racewalkers can do for themselves is simply massage their feet for five minutes after working out. This foot receptors are high during racewalking. I tell people to get into the habit of massaging their feet when they take their shoes off. Eastern philosophy talks of foot massage as opening up the energy channels of the body. It is a way of preventing a lot of foot problems.

EW: What type of a practice do you have?

MT: I have a home practice and also work with a chiropractor. I have worked with the U.S. Track and Field Team and have worked at the Olympic Games and at the Good Will Games.
Is It Time to Lower the Masters Age Limit?

My warmest congratulations to the myriad of masters athletes who traversed the great Atlantic to Gateshead and performed their level best – whatever that might have been on that given day.

Norm Green speaks positively about the venue and the performances and says a good time was had by most. We are going to miss Norm serving as our non-stadia representative. He and Dolores are reducing their volunteer load, but, thank goodness, he will continue to serve on our advisory committee.

No Formal Request
I have been asked by a few 30- to 39-year-olds why Masters LDR doesn’t lower the masters age limit to 30 as Masters T&F is doing. My response is that we haven’t been formally asked to consider a change; therefore, it has not been on our agenda. However, my personal observation is that, with the current exception of ultras, distance run distances beyond the age of forty seem to show a performance level decrease, which is not apparent until about that age. Also, most 30- to 39-year-olds do not seem interested in competing as masters when they can still place in open competition and would be reluctant to compete in masters championships.

I would hate to see a masters 30- or 35-year-old national champion who does not rank in the top 100 of their actual age group. I think it would demean the whole concept of masters champion. However, since I am an AOR (adult onset runner) and did not compete as an open athlete, I am going to ask Ruth Wysocki of our Masters Advisory Committee to address this issue and would appreciate the input of any others who have opinions on the subject.

ILC Running Smoothly
The Indy Life Circuit is progressing nicely and halfway through this year. At this point Patty Valadka is leading the masters division women with Bev Docherty and Jane Welzel in a fight for second and third. Perennial winner Jane Ottaway is again heading the age-graded division with Victoria Crisp, a solid second, and Gloria Jansen, Linda Frisby and Patty Valadka in a struggle for third.

On the men’s side, John Tuttle leads twice-champion Craig Young (second) with Steve Winchel and Mark Curp next. Tuttle and Young are also leading the age-graded division with Jack Nelson, Dick Buerkle, and Gary Romeser coming on.

Our championship series in roads; cross-country; and ultra, trails, and mountain is also moving well.

Important Contributor
This month I would like to again mention our Athletic Communication Center and the member of our advisory committee who carries on this function. Barb Arveson, a very exuberant and talented individual from Minnesota, who has recently become a full-fledged Texan (Big D), is a runner (preferably marathons), race director, certified official, and head of this new
Hitting Hadrian's Wall

From the Roman Army Museum, the three of us hiked up the hill and passed a quarry used 2000 years ago to extract stones for the wall we had come to see. It was a Thursday afternoon, an off day at the XIII WAVA World Veterans Athletics Championships in Gateshead, England. Delegates to the World Association of Veteran Athletes were meeting all day to elect officers, conduct business and determine the site of future championships, but my wife Rose and I had decided to skip all that and visit Hadrian's Wall.

When I stopped by the meeting and mentioned our destination to Jerry Wojcik, Senior Editor for National Masters News, he nearly jumped from his seat in eagerness to join us. "I'd rather spend the day sightseeing than be stuck in this meeting all day," Jerry confessed as we climbed in a taxicab heading out of town. I felt the same way, although there was some risk involved, both for Jerry and me. We were competing the and to compete well, perhaps to win .

There was some risk involved, both for priority often has been to compete -

Sightseeing

Confessed as we climbed in a taxicab ties in order. 

Be stuck in this meeting all his seat in eagerness to join us.

Masters News.

mentioned our destination to Jerry we probably should have skipped

decided to skip

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year!

Awards: Five-Year Age Groups, 50-54 to 90+. Medals for First, Second, Third, M and F, in each age group, and overall Top Three, M and F: T-Shirt for all entrants.

Registration: To October 15, $15. To October 25, $18. Late (on site), $20.

For Information and Registration
Bob Matteson, Scamp Director
359 Main Street (Putnam Square)
Bennington, Vermont 05201-2173
(802) 447-2566

On The Run
by HAL HIGDON

5K CROSS COUNTRY RUN
SUNDAY, OCTOBER 31, 1999
(11:30 A.M.)

SWEETWOOD HALLOWEEN SCAMPER
Seniors Only, 50 and Older, Men and Women
Sweetwood Senior Community
Williamstown, Massachusetts

Gently rolling course through woods and meadows with spectacular views of the Berkshires. Festive decorations – pumpkins, cornstalks, balloons, and the like – in celebration of Halloween. Refreshments. Many cultural and historic attractions nearby. Even better than last year!

Awards: Five-Year Age Groups, 50-54 to 90+. Medals for First, Second, Third, M and F, in each age group, and overall Top Three, M and F: T-Shirt for all entrants.

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COMING NEXT MONTH
• USA Nationals
• Crim 10-Miler
• Falmouth 7.1-Miler
• East Regionals
• And More

Hazardous Footing

The hill we climbed was steep, but the turf was smooth, the only hazard being the sheep turds that forced us to look down as much as up. Finally at the top, we came across the remnants of the wall, which, when constructed by Hadrian was two meters across at the base, a half dozen meters high, and with defense towers every Roman mile and mini-towers every third-of-a-mile between.

Only the base of the wall now remains, but it was impressive to see it snaking across the countryside along the crest of a ridge. In several spots within our view, the wall overlooked steep cliffs. The Romans certainly had chosen as site for their wall an eminently defensible position, but sooner or later offense won the day.

The Romans abandoned England around 400 AD. Today they are remembered only through snippets of sound in what became Shakespeare's language along with the piles of stone they left behind. That the wall remains at all is remarkable, since local farmers used many of its stones to build houses and walls of their own.

Hadrian's Wall is now maintained as a World Heritage Site, memorable for having been the best known frontier of the entire Roman Empire.

Back to the Present

We might have spent days thoroughly exploring the area. But when the bus appeared several hours later heading back to Hexham, we boarded it and returned to the realities of World Veterans competition. I saw Jerry at the track the next morning competing in the weight pentathlon. "I haven't thrown this poorly in years," he complained. "I left my legs at Hadrian's Wall." He had a smile on his face when he said it, however.

Running in a semifinal heat of the 1500 meters soon after, I too felt the tension of too much hiking through the countryside. My hamstrings muscles felt like they had been struck by the lance of a roman legionnaire. I ran faster than my best for the year, but failed to advance. Two days later, the hamstrings still stiff, I scratched from the steepchase rather than risk an injury. More to blame than Hadrian, however, was a lackadaisical attitude going to the WAVA meet that caused me to train less hard than I might have if winning were my main goal.

But goals change, and two years from now I'll cross into a new age group less than a month before the XIV WAVA World Veterans Athletics Championships in Brisbane, Australia. That may motivate me to get serious again about my training to see if I can return from Down Under with a medal hanging around my neck. If not, there's plenty of sightseeing available in Australia, even if the Romans never got that far.

(Hal Higdon is Senior Writer for Runner's World magazine. His bestselling Marathon: The Ultimate Training Guide has just been reprinted and is available from: www.hal-higdon.com.)
LDR Report

Continued from page 11

and important function. Barb gathers
bios and current info on all of you
publications to increase the visibility
each issue of NMN (page 2). Contact
our runners.

Barb is listed in the Masters LDR box in
her for a bio form or for info on any of
in Flint, Mich. Hope to see many of.

My next stop is the Crim

LOR.

PUBLICATIONS ORDER FORM

Quantity

Total (US$)

Masters Age Records (1999 Edition)
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAV and USATF Masters T&F Records Chairman. $5.00.

Masters Track & Field Rankings (1998)
Men's and women's 1998 outdoor track & field event age group rankings, 52 pages. 125-deep is an even as of May 14, 1998. Compiled by Jack Lance, WAV and USATF Masters T&F Records Chairman. $7.00.

McMahon Family Trust Masters Track & Field Indoor Rankings (1999)
Indoor rankings for 1999. 4 pages. $1.50.

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 Age-Group Records
Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAV and USATF Masters T&F Records Chairman. $1.50.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. $1.00.

Competition Rules for Athletics (1999 Edition)
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

IAAF Scoring Tables
Official world scoring tables for men's and women's combined-event competitions. $12.00.

IAAF Handbook
1996/1999 rules and regulations handbook. $15.00.

International Scoring Tables
TOTAL
Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4½ x 6). $12.00.

Masters Racewalking
Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. $15.00.

USATF Logo Patch 3 color embroidered 4" x 3". $4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutches). $5.50.

USATF Decal. 3-color. 3" x 2-1/2". $2.00.

National Road Race Encyclopedia
Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 14,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. $24.95.

Guide to Prize Money Races and Elite Athletes 1999
Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $60.00.

Running Research News
Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

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Gold to Newcastle and Gateshead

I have to admit that I was wrong on two counts in re the WAVA Championships at Gateshead. First, on every day but one, the weather was "smashing," as Bob Lothian would say. Bob is the owner of Summerville, a bed & breakfast guest house in Whickham, a suburb of Gateshead, where the National Masters News crew stayed for the duration of the meet. He and other local residents, mostly cab drivers, said that they hadn’t seen sunny skies and temperatures in the 80s for that long a time in decades.

Second, my weight pentathlon did not take 24 hours to complete; instead, we were done in four hours. Afterwards, some of us stood around, wondering what to do with ourselves. The B Group (lower scorers) of the M65s started at 7:00 a.m.; the earliest of any WP group, at Monkton Stadium, the second venue, which meant I had to get up at 5:30 a.m. and take a cab ($20) to get there by the 6:30 check-in time. Fellow pentathlete Clifford Taylor, of Great Britain, slept in the first-aid tent at Monkton to avoid getting up that early.

Caffeine High

Thinking that I needed a stimulus to wake me up, I drank three cups of strong British coffee before the opening hammer throw. Big mistake. I generally have one cup of coffee in the morning, but that’s it for the day. I was so wired that at least three people said I looked like a whirling dervish on LSD in the hammer, shot, and discus. I fouled two shot attempts and bounced a discus off the cage, never done before in my life.

I finally settled down in the javelin, and then hit a PR of 40-10½ with the 20-lb., which earned me a round of applause. I finished 21st of 26 with a dismal 2952, but learned a lesson. What it is, I haven’t deciphered yet.

Thankfully, Texan Bob Ward, first M65 (4741) and Floridian Len Olson, third (4448), saved the day for the M65 age group that I’ve been touting for years.

No Drinking...

There is only one toilet (British parlance for U.S. bathroom or john) for every 56,890 people in Great Britain. Not a problem, because there is only one drinking fountain for every 101,765. When one of the USA team managers mentioned at the team managers’ meeting that water and seating for athletes was non-existent at some of the throwing venues, the discussion ended by one of the officials saying that athletes were acting spoilt and should be experienced enough to carry their own water. Part of the problem was that nobody anticipated temperatures in the 80s.

Off the Scale

Throwing performances bordered on the Stonehengian mythical. Three shot putters were in the 100% range; Tom Von Wachenfeldt, 71, Sweden, 14.73/48-4 with the 4kg; Franz Ratzer, 60, Austria, 16.69/54-9½; and Frank Meier, 81, Switzerland, 11.74/36-6½, 4kg. Oregonian Ross Carter, hewed an M85 WR in the DT (30.23/99-2), and Texan Carol Cabrillo Blvd. & Loma Alta

For entry forms

DEADLINE: September 27, 1999. Late entries: $5 surcharge

Time for T&F

By-Laws Changes

This is a by-laws year and proposed changes can be submitted to Tom Light, USATF Masters T&F Committee Chairman, or Ken Weinbel, Masters T&F Committee Chairman, at least 90 days prior to the convention in December in Los Angeles. Their addresses are on p.2.

ENTRY FEES: $15 First event, $5 each add. event. $25 Relay.

ADMISSION: All events are at least 90% full.

AWARDS: NTH TRUST BANK OF CAL. co-sponsored Gold, Silver, Bronze medals in all age groups. TROPHIES: GEORGE ADAMS Hi-Pt Track: VERNON CREADLE Hi-Pt Field: JIMMO WHITNEY Hi-Pt Track & Field: PAINE E VINO Outstanding Woman Athlete: HUBBEL-HERMANN 70+ hammer thrower: PAUL SPANGLER / Best Perf. by 80+: RAY WILLIAMS / Best age-graded 60+ / SK runner & NICK CARTER/ Best age graded 1500M runner

Events scored 5-1

FINSRUD, lassoed a U.S. W40 record in the DT (51.22/168-0) and snared the weight pentathlon. Javelinist Tom Petranoff, M40, didn’t quite make his hoped-for WR but delighted the crowd with a 73.72/241-10.

Harje Noreborn, M70, Sweden (is that a fabulous name for a javelin thrower or what?) stuck an age-graded 100% 48.34/158-7. Women hammer throwers were spectacular. Inge Faldager, Denmark, was in the 100% range with a 50.00/164-0; Gudrun Mellmann, Germany, hit a 101% 44.77/146-10; and Jutta Schaefer, Germany, lapped the 99% range with a 35.92/117-10.

Ken Jansson won the, M40 WP (3937), with Mike Hambrick, third, and Gary England, fourth. Lad Pataki, USA, showed up late but won the WP anyway (4697). Harry Hawke, who took a second in the hammer, surprised no one by scoring a second in the M70 WP.

Wladyslaw Kowalczyk, M60, of Germany, scored a meet high 4942 in the WP. With a name like that, Wladyslaw has to be a Pole who somehow became a German citizen.

Tough Competition

All in all, the U.S. throwers held their own but were not imposing. We have to decide whether we want to keep our participation in world competition at a do-it-yourself fun level or get serious with national coaches and funding support as I know some other countries already have.

Fun and enjoyment haven’t completely left the scene, but they sure seem to be enhanced if you are a winner or take a bronze medal, at least.

On a different level, the U.S. submission for four throws in the weight pentathlon lost by a large margin. The 700g javelin was adopted for M50-59 as was the 500g for W50-59. The 700g thing I knew about, but the 500g is news to me. Ta-ta to records for those age groups.
Gateshead Meet

Continued from page 1

The competition was held in five-year age groups, beginning at age 40 for men and age 35 for women. The Championships are held every other year under the auspices of the World Association of Veteran Athletes (WAVA). This year they were staged by the Gateshead Organizing Committee, led by CEO Mike Newton.

5949 Entries

Of the 5949 entries, 1799 were from the host country. Visitors numbered 4150, the largest foreign entry ever.

After Great Britain, the largest contingent came from Germany (689), followed by the USA (547), Australia (234), Italy (147), France (146), Ireland (143), and Canada (138).

There were 12,822 event entries. Of the total 5949 participants, about 32 percent were women, the highest female participation ever for a WAVA World Championships.

With about 6000 family members and friends included, the meet had an economic impact on the Northumbria area of about US$12 million, according to standard economic estimates.

Opening Ceremonies

At the opening ceremonies, up to 20 athletes per nation paraded into the stadium behind their national flags as the Felling Brass Band and the Addison Male Voice Choir provided the musical backdrop. Local dignitaries and WAVA President Torsten Carlius spoke, with a French translation given after each speech.

Three stadiums were needed to handle the action – at Gateshead, Monkton, and Riverside. All were first-class facilities. Free and frequent buses shuttled athletes between the venues and the hotels.

“The transportation was the best I’ve ever seen at a World Championships,” said USA team manager Sandy Pashkin.

Attractive gold, silver and bronze medals were presented to the top three finishers in each event in each age group.

The award presentations were made just outside the main stadium. While they properly did not interfere with the competition, most athletes wished the presentations could have been featured by being within the stadium, à la Buffalo in 1995.

Outstanding Organization

The organization of the meet was outstanding. The paper flow from the Hy-Tek computer program was virtually flawless. The officials were professional and numerous. There were no lap-counting errors. The advance work of the WAVA Council members who had visited Gateshead on several occasions paid off. Athletes were smoothly escorted on and off the field for their competitions. Results were posted quickly.

“A few of the officials were a bit too ‘officials’,” said Brian Keaveney, Canada’s team manager, “but whenever there was a problem, it was handled immediately in a friendly and professional manner.”

Lack of Publicity

One downside to the proceedings was a lack of community involvement. Except for athletes and friends, the grandstands were virtually empty. There was little coverage in the local papers or on TV.

“Most townspeople are unaware of the games,” said one local businessman early in the meet.

The morning Journal printed a few results on only three of the 11 days of the competition.

13TH WAVA CHAMPIONSHIPS NUMBER OF PARTICIPANTS BY NATION

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Total 5949
Gateshead Meet

Continued from page 15

the meet, and only an occasional ath­lete profile.

The London Times, however, did send a reporter to cover the opening day’s events. He wrote an excellent column in Monday’s issue.

But the publicity drought was broken big time and hit page one of the local papers and, incredibly, the national tabloids, on Tues., August 3.

A Man or a Woman?

"Is This a Man or a Woman?" asked the Evening Chronicle in 132-point type on its front page, with a photo of Arizona’s Kathy Jager, a 56-year-old sprinter and jumper.

"Woman Sparks Games Sex Row," blared the Journal, citing: “a sex scandal hit the world veteran games.”

The papers reported Australian and New Zealand athletes had filed a protest with WAVA and the organizers, claiming Jager had boosted her performance with high levels of male hormones which, rivals said, made her more man than woman. They said she should be disqualified from her 100-meter victory and barred from further competition.

All at once, everyone in Gateshead and, indeed, in all of Great Britain, now knew there was such a thing as veterans athletics. The story made the Times, the Daily Mail, the Telegraph and every other London paper. It even made USA Today’s European edition.

Carlius was shocked.

“As far as I know, her sexuality has never been called into question before, and it is sad now,” he said. “We operate under IAAF rules, so a blood test is preferred. I hope this will not cast a shadow over the games; this is a very friendly competition. It is embarrassing for the lady and for everyone.”

Jager said she was the mother of two and grandmother of four and has been married for 30 years.

“I think people are trying to make trouble with these ridiculous allegations,” she said.

Jim Tobin, New Zealand’s team manager, denied New Zealand had made an official protest.

Jager was entered in the 200 on Wednesday afternoon, so Carlius moved quickly and firmly. Just 40 minutes before the start of the race, a 55 200 meter dash, he announced that a medical examination by a gynecologist had established her gender as female.

“She has been accused of something that is untrue,” Carlius said. “I have every sympathy for the lady.”

The crowd cheered the announce­ment, then applauded again as Jager confidently won her second gold medal.

Jager also won a bronze medal in the heptathlon and a silver in the pole vault.

After the 200, the Chronicle said “she displayed tremendous dignity as she shook hands with her rivals, including an Australian competitor.”

With dozens of TV cameras whirring and photographers jostling for position (one TV camera was sent hurtling down a nearby embankment), Jager said one of her goals, as a 96-year-old, was to be an Olympian.

“But due to a lack of opportunity, I never had the chance to achieve this. But now I’m realizing my dreams,” Jager said. “I’ll never forget the friendliness of the people. It’s been a wonderful competition. I’ll never forget their warmth.”

But the story wouldn’t die. It continued on the feature pages of most English newspapers with high levels of male hormones which, rivals said, made her more man than woman. They said she should be disqualified from her 100-meter victory and barred from further competition.

World Records

A total of 66 world age-group records were set in the 11-day extrav­aganza (see chart and separate story). Seven athletes were over age 90, including the USA’s Waldo McBurney, the oldest participant at age 98. The oldest woman was 89-year-old Ruth Frith of Australia.

The schedule of events was again near-perfect, following the model developed in 1995 in Buffalo. Events were staggered so athletes could com­pete in natural doubles and triples (e.g., 100, 200, 400, 800, 1500, 5000, X-C, 5000, 10,000) with adequate rest in between.

The scoreboard crew did their job well, flashing the entries of each upcoming race and posting results within 10 minutes of the finish of the running events. (Due to a different computer system, field-event results could not be posted on the scoreboard, so they were read by the announcers.)

Each morning, a team managers’ meeting was held by WAVA and the organizers to brief the national man­agers on upcoming activities and to hear and resolve problems. Each team manager would then pass the information on to athletes from his or her country.

The program in each athlete’s pack­et contained the schedule and al­phabetical listing of competitors in each event.

Tours

Many athletes and their families found time to take one or more of the tours offered by the organizers. Hundreds of tours were taken to Edinburgh, York, Hadrian’s Wall and other historical spots in England and Scotland.

Friendly Camaraderie

As the meet wound down, T-shirts were swapped, invitations to visit friends in other countries were extended and a feeling of goodwill and friendship between people of different cultures blotted out – for a time, at least – the problems of the outside world.

Results

The results of the first eight places of each event are printed in this issue on pages 30-38.

— Al Sheehan
A total of 66 world age-group records were set in the 13th WAVA World Veterans Athletics Championships in Gateshead, England, July 29-Aug. 8, eleven more than at Durban in 1997.

Thirty marks were set by men, 36 by women. Forty came in track events; and 2 in the road walks. The 40 track marks included nine world "bests" for the 2000 steeplechase (30" barriers); four records in the 5000 racewalk; and eight in the relays, dominated by the patents. The breaking of records started with the 5000 (15:07.90) and 10,000 (31:40.01).

Gold Medals — WAVA World Veterans Championships GATESHEAD, ENGLAND — JULY 29-AUG. 8, 1999

Perhaps the best performance ever by a masters high jumper, an electrifying performance by the German辉煌者 over the age of 60, and three shot put marks over 100%.

Breaking the meet down by division, here's how it looked:

**M40**
- Bruno Dupuy, France, won the 100 (11.38) and 200 (22.28), with age-graded efforts in the 90-96 range.
- Anselm Lebourdeau, France, took the 200 (15.64) and 1500 (5:35.06) with his national mark of 2:23:25.
- Italy's Hubert Indra successfully defended his Durban title in the decathlon.
- Chris Maddocks, Great Britain, won both the 5000 (21:12.94) and 20K (1:35:28) racewalks.
- Great Britain won both relays.
- Anthony Duffy, Great Britain, was first marathoner to the finish line (2:23:25).
- Bill Collins, USA, won the 100 (11.27/96.7%).

**M50**
- Germany's Rolf Geese scored 5411 in the decathlon, an electrifying performance by the most accomplished distance runner in the meet, here's how it looked:
- Karl Trei, Sweden, won the 800 with a world record.
- Germany's Rolf Geese, 55, scored 5543 in the decathlon.
- The breaking of records started with the 5000 (15:07.90) and 10,000 (31:40.01).
- Wolfgang Rute, Germany, was the class act of the pole vaulters with a 19.75m.
- Vasili Manganis, Greece, won the SP (15.25), HT (57.15), and WP with a WR 4267.
- Roberto Cervi, Italy, racedwalked to gold medals in the 5000 (21:43.1) and 20K (1:35:28) racewalk.

**M60**
- Francisco Vicente, Portugal, after his M65 world best 7:32.65 in the 2000 steeplechase (30" barriers), WAVA Championships, Gateshead, England.
### NEW WORLD RECORDS SET IN 13TH WORLD VETERANS CHAMPIONSHIPS - GATESHEAD, ENGLAND - JULY 29-AUG. 8, 1999

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### 66 World Records

Irene Obara, USA, W65, broke world records in the 100 (14.29) and 200 (30.46), WAVA Championships, Gateshead, England. Continued on page 19

### Additional U.S. Records

(Copyrighted by Peter Mundie, USAFT Masters Records Chairman)

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*SC Times Are World Bests For The 30' Barriers*
September 1999

National Masters News

Continued from page 18

- Morio was the 900 with a 95.8% and 5.48 over John Henson, Great Britain, 200 winner (24.4896.7%).
- Britain's Reginald Phipps, 56, and Ireland's James O'Neil, 57, died in the 800 with Phipps winning, 2:06.33 to 2:07.23, but O'Neil posted a better performance, 97.3% to 97.1%.
- Ron Robertson, New Zealand, five-time gold medalist in Durban, successfully defended three of his titles, 5000 (16.46.90), 10,000 (33.42.32), and 3000SC with a superlative 9.8% to 10.33.86.
- Tapani Taavitsainen, Switzerland, jumped to victories in the L (6.14) and TJ (12.93).
- Helno Vierlbauer, Austria, parlayed his HT expertise and won (58.59) to the WP victory (47.49).
- Don DeNoo, USA, was the best in the 5000 (23.28.74) and 20K (1:46:48) RWs and led the USA M55s to the team gold medal. The USA also took firsts in the M65, M70, and M80 divisions, tying Great Britain, which also had four golds.

M60
- Guido Mueller, M60, ran what some observers thought was the most dynamic race in the meet, winning the 300H in 42.31 with an age-graded 99.1%. Later, he won the 100H (15.2095.1%) and on Saturday, Aug. 7, held off Larry Colbert, USA, who set a U.S. record (56.38) in the race, to win the 400 (55.4706.6%). After the 100H race, Lew Thorne, USA, third, said, "I was alongside Guido and Emil Pawlik (second, 15.28) until the second-last hurdle, and suddenly they were yards ahead of me." Pawlik took gold medals in the HJ and Decathlon.
- Jurgen Radke, Germany, M67 winner of the 100 and 200 in Durban, did it again with a 97.2% 12.32 and a 98.3% 24.76.
- Alan Bradford, Australia, reigned in the 800 (2:10.4297.56), 1500 (4:35.18), and 2000SC (6:54.31).
- Ad Heijens, Netherlands, was first in the 5000 (17.07.90) and XC-C (10.09.08).
- Franz Ratzer, Austria, hit a WR in the SP with a 100+% 16.69 with the Skg.
- Darío Ramirez Castel, Colombia, took the victory stand twice for the 5000 (24.42.73) and 20K (1:47:13) RWs.

M65
- Lawrence (Dick) Richards, USA, started the meet with a WR in the L (5.32)

2:21.95 in the 800, his specialty, for a whopping 99.6% effort and won the 400 (63.11).
- Simon Herlaar, Netherlands, took the 1500 with a WR 5:02.78.
- Allan Meddings, Great Britain, raced to victories in the 100 (12.97.96.1%) and 200 (22.37.29.7%).
- Matti Jarvinen, Finland, should have won the award for athleticism, with wins in the LJ (4.46), HT (40.69), and WP (43.85).
- Akhmet Siraziev, Russia, won, with age-graded consistency, the 5000

U.S. MEDAL WINNERS IN 13TH WORLD VETERANS CHAMPIONSHIPS

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Continued on page 20
66 World Records

Continued from page 19
(18:44.41/95.1%, 10,000 (38:44.55/95.2%), and X-C (38:43/95.3%).
- Mottioki Tanaki, Japan, won both hurdles (14.58 and 53.30).
- USA won both relays.

M75
- Ulf Elvstrøm, Norway, cleared a bar of 8000 in the 10K (24:54.08), 10000 (24:24.08), 3000 (25:47.08), and 800 (2:07.08).
- Avalon Rasch, Austria, won the 10K (24:24.08), 10000 (24:24.08), and 800 (2:07.08).
- Norway won both relays.

W80
- Debbie Brill, Canada, won both relays.
- Margaretha Tomanek, Belgium, won both relays.
- Germany won both relays.

W35
- Janny Hakenschmidt, Sweden, won both relays.
- Joy Noad, Great Britain, won both relays.
- Germany won both relays.

W40
- Patty Blanchard, Canada, won both relays.
- Michelle Metzler, USA, won both relays.
- Germany won both relays.

W45
- Jenny Brown, Great Britain, won both relays.
- Deborah Fowler, USA, won both relays.
- Germany won both relays.

W50
- Anne Keenan-Buckley, Ireland, won both relays.
- Britta Klock, Germany, won both relays.
- Germany won both relays.

W55
- Vivien Bonner, USA, won both relays.
- Germany won both relays.
- Germany won both relays.

W60
- Linda Maltby, USA, won both relays.
- Germany won both relays.
- Germany won both relays.

W70
- Christine Schott, USA, won both relays.
- Germany won both relays.
- Germany won both relays.

M90
- Alipio Santos, Portugal, won both relays.
- Germany won both relays.
- Germany won both relays.

Karl Trei, Canada, won seven events from the 100 (24.24) to the JT (15.48).
- John Farrell, Great Britain, won the 1500 in WR time (9:23.74).
- Takuzo Miura, Japan, totaled 4680, a WR in the decathlon.
- Alipio Santos, Portugal, reeled off wins in the 200, 400, 800, and X-C.
- Bert DeGroot, USA, won the HT and SP and came second in the DT.
- M75
- No one asked "Where's Waldo?" because Waldo McBurney was highly visible setting WRs in the 200 (63.08), DT (13.56), and 3000 RW (57:06.80) and winning a gold medal in the JT.
- M85
- Versatile Leslie Estwick, Canada, earned three gold medals, 100 (14.21/93.3%), JT (1.70), and LJ (5.63).
- Estwick was the Darban defending champ in the HT in 1997.

Jennie Mathews, Great Britain, sped to wins in the 400 (55.70) and 400H (60.29/92.8%).
second in the PV and third in the heptathlon.

- Marianne Maier, Austria, won the 800m with a 90.2% 14.12, and scored the highest in the heptathlon at 606.6.
- Inkeri Janhunnen, Finland, triumphed in the 10,000m (30:12.43/90.5%) and, days later, won the 1500m (5:23.28).
- Renate Vogel, Germany, tallied firsts in the HJ (1.40/92.1%) and JT (40.44).
- Racewalker Heidi Maeder, Switzerland, won the 5000m (27:07.07/90.7%) and 100km (55:52).
- Australia broke into the relays gold medal parade by Germany and Great Britain with a win in the 4x400m.

**W60**

- Gerda Van Kooten, Netherlands, won the unofficial "woman runner of the meet" award with WRs in the 800m (2:36.94) and 1500m (5:24.73) and wins in the 5000m (20:49.89) and X-C (44:27).
- Christiane Schmalbruch, Germany, should also get an award as the best woman performer in the jumps. She won the HJ (1.30/93.5%), LJ (4.48/94.5%), and recorded an age-graded 100% 9.61 in the TJ, for which she holds the WR at 10.03. She was the Durban returning champion in three events.
- Becky Sisley, USA, vaulted to a WR 2.30.
- Jean Hulls, Great Britain, added three gold medals to her collection with wins in the 400m (59.61), 800m (2:01.00), and heptathlon (5870).
- Jeann Hoagland, USA, added silver medals in the 400 and 1500 and a bronze in the 800m.
- Elfriede Hofman, Germany, won the 100m (10.49/92.4%), with her German teammates, Gerti Reihart (14.59) and Schmalbruch (14.70), taking second and third, and won the 200m (21.55/91.35%).
- You can probably name three of the sprinters on the German 4x100 relay team that set a WR (56.89). Germany took the 4x400m, with a WR also (5:06.40).

**W65**

- Irene Obara, USA, departed for Northern California with three gold medals and two WRs in the 100m (11.90/97.2%) and 200m (23.40/93.6%).
- You can probably name three of the sprinters on the German 4x100 relay team that set a WR (56.89). Germany took the 4x400m, with a WR also (5:06.40).

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WAVA First-Timer Now Hooked for Life

If thrills were fattening, I'd have waddled out of WAVA at around 600 pounds. I'd been to three U.S. masters nationals, but competing in my first World Veterans Athletics Championships was a blast of an entirely higher caliber.

You know those fantasy baseball camps where middle-agers pay $5000 to play a little ball with ex-major league stars? This was better – and far cheaper. At Monkton Stadium in Jarrow (a secondary track used for prelims), I lined up against Stephen Peters of Britain in the 200.

Before the race, I joked with him that I'd gladly swap lanes – since he deserved my lane 4 far more than the lane I he'd been randomly assigned. He smiled at my joke – and proceeded to eat up the stagger and beat me by three seconds.

Two days later in the finals, Peters set a world M45 record of 22.21. In the 400 finals, he missed the WR by 0.4 second. He also bagged gold medals in both the javelin and the 4x400 relay. Pesky winds. A female official relaxed on the track events. Even though this was a world M45 record of 22.21. In the finals, he missed the WR by 0.4 second. He also bagged gold medals in both the javelin and the 4x400 relay. Pesky winds. A female official relaxed on the track.

I was lucky enough to secure a media pass and photographer’s bib the day before the meet, so I had on-field access to many events. Even though this was a track meet, my mind swims with memories I’ll never forget:

• Watching Tom Petranoff mutter at tossing the javelin only 240 feet due to pesky winds. A female official relaxed him by playfully yelling: “Get your act together.” To which a respectful Petranoff replied: “Yes, ma’am!”
• Chatting with Waldo McBurney, age 96, at an adjacent javelin area after he completed the event. I stood in the sun with him for 15 minutes, sharing mutual Kansas memories. Tiring, I suggested we rest on a nearby high jump pit. Not Waldo. He wasn’t ready to sit.
• Guy talked my ear off!
• Laughing as WAVA’s former president, Cesare Beccalli of Italy, danced like a kid to a Linda Ronstadt song at the International Party, wearing an expensive gray suit, tie and yellow carnation. And man! Dave Romansky, the Olympic racewalker, just never left the floor.
• Attending the WAVA General Assembly at a gorgeous resort and hearing Malaysia’s unprecedented offer of 100 free trips for athletes from poorer countries to the 2003 meet in Kuala Lumpur. A Mr. Singh closed his formal presentation by saying: “It’s Malaysia’s time. It’s Malaysia’s turn. Let’s come to Malaysia and do the twist!” (Unsure of why he used the twist reference. Maybe he saw Beccalli dancing.)
• Meeting for the first time a dozen Internet friends with whom I’d been corresponding for years. Among them: M45 800 finalist Dave Clingan of Oregon (who sat with me in the stands during the Opening Ceremonies).

The only sad part: It all had to end. I won’t miss driving a tiny Vauxhall rental car on the wrong side of the road, navigating those treacherous roundabouts, or stick-shifting with my left hand. But I’ll miss hobnobbing with world record holders, chatting with the founders of WAVA at the Gosforth Park Hotel, and having my restaurant meals interrupted by local residents who took note of my American accent and wanted to wish me well.

Annette and Robert Koop of Germany (she won the W40 400 and took bronze in the 1500), and Bill Purves of Hong Kong (who found me a local athlete to stay with after my tour reservations were cancelled five weeks before the meet).

• Competing pain-free in my three track events. Even though someone strapped 5-pound ankle weights on me at the 200-meter mark in the 400m hurdles, I finished without injury. Later I was overjoyed to defeat two runners in the 200 (so I could say that I beat international competition). I was in seventh heaven in the 110 hurdles when I got my three steps up to the third hurdle for the first time in three years.

Clearing 1.50 (4-11) in the high jump (on my third try) only a year after breaking my ankle at the Orono nationals. Afterward, I was even more excited when Canadian Olympian Debbie Brill gave a short critique of my technique. A day earlier, she had jumped a world W45 record of 1.76 (over 5-9) on her first try before injuring her take-off foot attempting an incredible 1.80 at age 46.

The weather was astonishingly good for the bulk of the meet. The level of competition was the best in WAVA history. Officiating was top-notch.

The only sad part: It all had to end.

I won’t miss driving a tiny Vauxhall rental car on the wrong side of the road, navigating those treacherous roundabouts, or stick-shifting with my left hand. But I’ll miss hobnobbing with world record holders, chatting with the founders of WAVA at the Gosforth Park Hotel, and having my restaurant meals interrupted by local residents who took note of my American accent and wanted to wish me well.

Gateshead was the meet of a lifetime – and left me hungry for more.

66 World Records

Continued from page 21

W85
• Ruth Frith, Australia, did a Jortikka, compounding her four wins in the throws to a gold medal in the WP (3121).
• Sweden produced double winners Nora Wedemo, in the 100 (21.98) and 200 (33.07), and Margit Lindgren in the race-walks (42:21.59/90.1% and 1:27:30).

-Jerry Wojcik
Kuala Lumpur to Host WAVA in 2003

The city of Kuala Lumpur, Malaysia, was officially chosen to host the 15th biennial WAVA World Veterans Athletics Championships in 2003 by the delegates to the WAVA General Assembly on Aug. 5 in Gateshead, England.

In close balloting, Kuala Lumpur edged Cauguas, Puerto Rico, 62-55 on the second ballot, after a first-ballot count of 49 (Kuala Lumpur), 37 (Cauguas), and 30 (Cesenatico, Italy).

Moscow, Russia, earlier dropped out of the running after winning a bid to another major sports event. "We can't do more than one," Moscow told WAVA.

Cauguas put on an impressive presentation, but it was not enough to overcome the sentimental vote for Kuala Lumpur, which had unsuccessfully bid on three previous occasions.

Cesenatico had staged a successful 1998 European Veterans Championships, but had virtually no presence in Gateshead, Cesaenatico sent only nine representatives, and its presentation paled in comparison to the more professional pitch by Kuala Lumpur and especially Cauguas.

Also, many Europeans—who comprise more than 50% of the voting delegates—reportedly did not want to go back to Italy for the world championships.

"Been there, done that," they said.

Some delegates felt the heat in Kuala Lumpur would be detrimental to the athletes, but the K.L. organizers said there would be nothing scheduled during the heat of the day—from 11 a.m. to about 4 p.m.

Other delegates were appalled at the repressive, military-like structure of Malaysian society, where execution is the penalty for possession of drugs.

Indeed, when asked if the death penalty was still in force for marijuana possession, the Kuala Lumpur presenters proudly said, "Yes." A few delegates were horrified, but other delegates seemed to murmur, "Good."

Buenos Aires, Argentina, defeated Udice, Czech Republic, 64-46, for the right to host the 2002 WAVA World Veterans Road Racing Championships. The date will be in May, 2002.

In 1997, delegates in Durban, South Africa, selected Valladolid, Spain, to host the 2000 Non-Tree Championships. They also chose Brisbane, Australia, to host the 14th WAVA Athletics Championships in 2001. The date of the 2001 event is July 5-15.

600 Athletes Compete in Edinburgh Event

by MARTIN DUFF

Typically dour Scottish weather welcomed 600 athletes to the well-appointed Meadowbrook Stadium, Edinburgh, home of the 1970 and 1986 Commonwealth Games, for the BVAF event two weeks before the WAVA-Gateshead. The proceedings were brightened by the appearance of around 100 guests en route to Gateshead, led by the multi-world champion Ron Robertson of New Zealand. The 58-year-old Kiwi won his three specialist events—1500, 5000, and steeplechase—with a championship best 16:11.81 in the 5000.

The British, too, were warming up for the worlds, none more so than Steve Peters, 46, who again posted an M45 sprint treble. Helped by a 2.7 mps wind, he ran the 100 in 11.12, later adding the 200 and 400. Peter Browne, world record holder, showed that he has lost none of his competitive spirit, 10 years after Eugene, Ore., when he edged out former British International Walter Wilkinson in the M50 800 with a 2:04.02.

Janette Stevenson, who recently won a year's supply of bread in a U.S. race and gave it away to second-place, was again in top form in the 10K, adding a British record with a 36:55.29.

In the field, British heavyweights were out in force, with M45 Peter Gordon out to 49.36 in the discus, and Neil Griffin, 51, hitting 48.59 with the 1.5K. Euan Williams, the best aged athlete in Durban when age 59, is looking to go over 40m in the hammer at age 61. She took all the throws golds here, but was a little down on her normal form.

WAVA Family Grows

Following a recommendation from Ron Bell, Vice President Non-Stadia, the WAVA Council agreed to include for the first time a WAVA world championships for the 100K run. The event will be organized by the International Association of Ultrarunners and will be in Winnipeg, Manitoba, on September 9, 2000.

Bell told NMN, "This is seen as extending the WAVA family to include those athletes of veteran age who do not run in WAVA events. We hope by including this event in our programme we will receive additional recognition from a previously untapped section of veteran athletes."

President Torsten Carlisius, along with Executive Vice President Tom Jordan and Bell, met with IAU President Malcolm Campbell to agree on terms and conditions for staging the championships and were pleased to learn that the IAU is affiliated with the IAAF and recognizes the WAVA age groups.

Medals will be awarded for individual and team performances. More details will appear in future editions of NMN.

-from Ron Bell

WAVA web site: http://www.wava.org
General Assembly Meets in Gateshead

In open voting on constitutional and by-law amendments at the WAVA General Assembly on August 5 in Gateshead, England, delegates voted to:

1) Reject a constitutional amendment to change the name "veterans" to "masters" (73-46 in favor of the change but a 2/3 vote was needed).
2) Approve a motion that any athlete suspended by any affiliate shall be ineligible to participate in any WAVA event (near unanimous).
3) Change WAVA's 2-year accounting period to begin on Jan. 1 of each odd-numbered year, rather than the current even-numbered year (102-15).
4) Add a provision to elect honorary WAVA members (unanimous).
5) Approve a motion to extend the current 2-day non-stadia championship schedule to 5-days, with a rest day between days 2 and 3 (49-41).

Scheduled will be a cross-country relay, 3x4K (M60+ and women), 50K walk and run, Ekiden at marathon distance, 10K road race, half-marathon, 20K road walk (women), and 30K road walk (men).
6) Reject a constitutional amendment to extend the term of the past president from two years to four years (62-58; 2/3 needed).
7) Approve a similar amendment to extend the term of the women's representative from two years to four years (76-38).
8) Reject a motion to require regional representatives to the WAVA Council to speak English (unanimous).
9) Reject a motion to increase the distance of the long hurdles for M60+ and W50+ from 300 to 400 meters (3-101).
10) Reject a motion to change the allowed number of throws for each of the five weight pentathlon events from three to four throws (5-99).
11) Reject a motion that national delegates must speak English (unanimous).
12) Reject a motion that German be one of the languages offered for translation at the General Assembly (unanimous). At present, only English, French and Spanish are translated.
13) Approve a motion to permit WAVA and the OC to stage the cross-country race at either 10K or 8K (68-31).
14) Approve a motion that records of 400m or less be maintained separately for electronic and hand timing (unanimous).
15) Approve a motion that in all combined events, an athlete must start each event (102-2).
16) Approve a motion to reduce the height of the 80-meter hurdles for M70+ and W60+ from 30" to 27" (unanimous).
17) Approve a motion to reduce the spacing of the M60 and M65 100H from 8.5m to 8.0m (unanimous).
18) Reject a motion to decrease the distance of the M60 and M65 100H to 80H (19-74).
19) Approve a motion to increase the distance to the first hurdle in the M60 and M65 100H from 13.0m to 16.0m (74-19).
20) Approve a motion to lower the heights of the M70+ and W50+ 300H from 30" to 27" (unanimous).
21) Approve a motion to use a 700g javelin instead of 800g for M50 and M55.
22) Approve a motion to change the weight of the W50 and W55 javelin from 400g to 500g.

Prior to the voting, WAVA President, Torsten Carlus, announced WAVA now has 125 affiliates. He said WAVA needs more revenues to help many areas around the world. He said the International Masters Games are here to stay, and suggested WAVA cooperate with the IMGA. No formal schedule suggestions will be made to IMGA until the Assembly meets again in 2001.

WAVA Treasurer, Peppe Galfetti, said the Council had approved a combined 1998-99 budget of $209,000, $12,000 more than the $197,000 budget the Council presented to the Assembly in 1997.

"More income, more expenses," Carlus said.

Despite an increase of $20,000 in revenues from the original budget ($30,000 was budgeted for WAVA fees from the 1998 non-stadia championships in Japan, but $50,000 was received, due to a large number of entries), higher-than-budgeted expenses of $92,921 resulted in a deficit for 1998 of $13,026.

Al Sheehan

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| WAVA/USATF Hurdles and Implements Specifications |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| **HURDLES**     | **WOMEN**       | **MEN**         |
| Age             | Race Distance  | Hurdle Height   | To 1st Hurdle   | Between Hurdles | To Finish       | No. of Hurdles |
| 30-39           | 100m           | 23"             | 13.00m          | 8.5m            | 10.5m           | 10             |
| 40-49           | 80m            | 30"             | 12.00m          | 8.0m            | 12.00m          | 8              |
| 50-59           | 60-69          | 30"             | 12.00m          | 7.0m            | 19.00m          | 8              |
| 70 plus         | 400m           | 30"             | 147'/11"        | 114'/9"         | 131'/2"         | 10             |
| 50-59           | 300m           | 30"             | 50.00m          | 35.00m          | 40.00m          | 7              |
| 70 plus         | 300m           | 30"             | 164'/9"         | 131'/2"         | 131'/2"         | 10             |
| **IMPLEMENTS**  |                |                 |                 |                 |                 |                |
| Age             | SHOT PUT        | DISCUS          | HAMMER          | JAVELIN         | WEIGHT (WAVA/STAT) |
| 30-49           | 4.00k           | 1.00k           | 4.00k           | 600 gms.        | 20# 20#         |
| 50-59           | 6.00k           | 1.00k           | 6.00k           | 600 gms.        | 25# 25#         |
| 70 plus         | 8.00k           | 1.00k           | 8.00k           | 600 gms.        | 25# 25#         |
| **SPECIALTY**   | 30-59           | 3000m/26" (914m)| 2000m/30" (762m)| WAVA and USATF   |
| Steeplechase: men 30-59 | 3000m/26" (914m) | 2000m/30" (762m) | WAVA and USATF   |

At the General Assembly in Gateshead Aug. 5, WAVA voted to change the specifications for these events effective Jan. 1, 2000 (see above story). USATF will likely approve the same changes for U.S. competition at its convention in Los Angeles in December.
Washington, DC, June 5. Fay Bradley, 61, were top masters, both seventh-place finishes, the event, the world's largest 5K.

Annette Simon, 10th.

Simon Women's Distance Festival 5K, Fredericksburg, VA, was seventh.

Baltimore, MD, hastened to a first in a hot and humid Run For The Roses 5K, where Layne, overall first 2:59:13, Hoosier Marathon, Ft. Washington, DC, was third master (21:40).

Schmid, 41, Kansas $500 for first second and third overall. Jane Tompkins-Trinity Hospital Half-Marathon, Kansas City, MO, was first with a third-place 71:47, and Mark Curp, Lundgren, 41, Fairway, KS, took top W40+ honors with a third-place 51:57.

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to men over 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 &F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspapers 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

**SCHEDULE**

**NATIONAL**


**SOUTHEAST**

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


**MIDWEST**

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


**MID-AMERICA**

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

September 4-5. Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperryville, VA 22740. 540-547-4355; corrallo@erols.com.


**WEST**

Arizona, California, Hawaii, Nevada


September 18. Eddie’s Pole Vault Competition, Vacaville, Calif. Y/O/M (m & w). USATF registration required. 707-965-8555; fax: 465-0550; email: psport1@aol.com.

September 18. Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M/W/A+ +, Races: 7:30 am; Runners & Field Events, 10:00 am. San Diego Senior Sports Festival, 282-4283; fax: 282-4321. David Pain, T/F Commissioner, 619-3316136; fax: 382-5769; email: DpainTF@aol.com.

September 25. KeifFields Throws Series Meet #76, Santa Cruz, Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-3002; email: kefield@aol.com.

September 26. Masters Sprint Clinic, Occidental College, Glendale, Calif. 9 a.m. 3:30 p.m. $50. $300 after 1st. Eugene Driver, 323-757-1867. Email: trackjunkie@aol.com.


October 9. KeifField Throws Series Meet #77, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-3002; email: kefield@aol.com.

October 11-23. Huntsman Senior Games, St. George, Utah. Kathie Thayne or Nancy Colarossi, 435-674-6550, 800-562-1268.

November 17. Sr. Chimney Masters Games, Cal State Long Beach, 40+ Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

October 23. Roger’s Pole Vault Competition, San Ramon HS, Daville, Calif. USATF card required. 707-645-8555; fax: 654-0550; email: psport1@aol.com.


November 26-29. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

**NORTHWEST**

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

September 8-12. Idaho Senior Games, Boise. Karen Hoff-Boles, 808-859-0324; email: aaa3@cyberhighway.net.

**INTERNATIONAL**

Continued from previous page

CALIFORNIA

September 1999

National Masters News

Science, Technology, and Ecosystems.

September 5. 12, 19, 25, Reebok 5K National Challenge, Denver, 5th; Boston, 12th; Chicago, New Jersey, Los Angeles, 19th; Dallas, 25th; 2000; email: office@rrca.org; web: http://www.rrca.org

Games.


September 11. Goodloe Byron Memorial Run, Mt. Saint Mary’s College, Emmitsburg, Md. 9:00 AM. Contact: D. Cohn, 212-860-4555.

September 11. Old Chatham Hunt Country 5K/RRCA NY State Championship, Old Chatham, Columbia County, N.Y. Mark French, 518-392-5483; Mark@oldchathamhuntsports.com.


September 25. Fifth Avenue Mile, NYC. NWRC, 9 E. 89th St., NY, NY 10128. 212-860-4453; fax: 860-9754.


October 1. Reach The Beach 200 Mile Relay, Lincoln to Hampton, N.H. RTB Relay, 32 Chester Ave., Walham, MA 02453. 508-881-4503.

October 2. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 3. Wineglass Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 305-3352; x65; email: BillTay@aol.com.


October 10. Army 10 Mile, Washington, D.C. SASE to Army 10 Mile, 103 Third Ave., Bldg. 48, Ft. McNair, DC 20319.


October 17. NYRRC Staten Island Half-Marathon, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

October 17. Bay State Marathon, Half-Marathon, and Merrimack River 5K, Lowell, Mass. SASE to BayState, 26 Groton St., Pepperell, MA 01463. Email: BayState@empire.net.

October 24. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-USE-MARATHON; email: marathon@quantico.usmc.mil.


October 31. Cape Cod Marathon/USATF NE Marathon Championships & Marathon Relay, Falmouth, Mass. SASE to CCM, Box 699, West Falmouth, MA 02574. 508-540-6959; email: marathon@cape.com.


November 1. Marine City Mill Run, Michigan. 10K Relay, 10K, 5K. 5th; Boston. 5th; Boston.


November 14. Ocean State Marathon, Warwick to Providence, R.I. SASE to OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.


November 27. NYRRC Knickerbocker 60K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

November 28. NYRRC Pete McCadle Cross-Country Classic 15K, Central Park. See Nov. 27.


SOUTHEAST

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


Continued on next page
Contd from previous page


**October 10.** Southtown Running Festival 10 Mile & 5K, St. Petersburg, Fla. PO Box 66252, St. Pete Beach, FL 33736. 727-363-7866; fax: 360-9710; email: run_florida@msn.com.

**October 17.** Atlantic City Marathon, Atlantic City, NJ. 609-681-1786.

**November 13.** Richmond Marathon & 5 Miler, Richmond, Va. 804-673-RACE.

**November 25.** Atlanta Marathon & Half-Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.


**December 5.** First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.

**December 11.** Rocket City Marathon, Huntsville, Ala. Huntsville TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.

**December 14.** Jacksonville Marathon, Half-Marathon, & 5K, JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 904-731-3187.

**CENTRAL**

**September 2.** Sunset In The Park 2.8 Mile & 4.3 Mile Cross-Country Race, Huntington Beach, 6 pm. SASE to Finish Line International, 7846 Connor Dr., Huntington Beach, CA 92649. 714-841-5417.


**September 25.** Health Expo For Girls At Risk 5K Run/Walk, Rose Bowl, Pasadena, Calif. Reiko Duba, 411 W. Sugar Loaf Dr., Palmdale, CA 93551. 661-265-6593; email: W2Prome@aol.com.

**September 26.** Race For The Cure 5K, Newport Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-729-6869; fax: 434-7706.

**October 3.** Sacramento Marathon, Sacramento, Calif. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

**October 9.** South Gate Scholarship 5K & 10K, South Gate, Calif. SASE to Finish Line International, 7846 Connor Dr., Huntington Beach, CA 92648. 714-841-5417.

**October 10.** Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Lake Tahoe, Calif. 530-544-7095.

**October 16.** Humboldt Redwoods Marathon, Weott, Calif. HRM, PO Box 4993, Arcata, CA 95521. 707-443-2553.

**October 17.** Race For The Cure 5K, Temecula, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-729-6869; fax: 434-7706.

**October 23.** Balboa 5K Run For The Arts, Newport, Calif. SASE to Finish Line International, 7846 Connor Dr., Huntington Beach, CA 92648. 714-841-5417.


**October 29-31.** Silicon Valley Marathon & Y2K Kinetic Festival, San Jose, Calif. 831-477-0965.

**November 6.** Walk, Run, Roll, & Remember 5K & 10K, Seal Beach, Calif. SASE to Finish Line International, 7846 Connor Dr., Huntington Beach, CA 92648. 714-841-5417.

**November 7.** Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 888-833-3455. SASE to Finish Line International, 7846 Connor Dr., Huntington Beach, CA 92648. 714-841-5417.

**November 13.** Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

**November 14.** Race For The Cure 5K, Pasadena, Calif. 818-975-6006.

**November 17.** Jet To Jetty 5K & 10K Walk, Playa del Rey, Calif. 310-670-1410.

**November 28.** Run To The Far Side XV, San Francisco, Calif. 415-759-2690.

**NATIONAL MASTERS NEWS**

**August 1999**

**Chuck Moesser,** 47, first M40+ (16:06), Tommy's American 5K, Washington, D.C., July 3.

**October.** SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.

**May 13-14.** 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+, Campeonatos Mundiales Valladolid 2000. c/o Juan Manbrilla, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 983-37130. Fax: 983-306596. Email: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

**JULY**


**September 18.** Chuck McMahon Memorial Meet, ARCO Olympic Center, Chula Vista (south of San Diego), Calif. M&W40+, 1500, 3000, 5000 racewalks starting at 7:00 am. See T&F above.


**October 9.** South Florida 1-Hour Postal Walk, Plantation City Central Park. FAC Walkers, Kay Cell, 954-572-4392.


**October 30.** Annual Jack Blackburn Walks (Ohio 50K & 100K Championships). Vince Peters, 937-767-7124.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fl. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.
RECIPIENTS OF ALL-AMERICAN AWARDS

U.S. MASTERS ALL-AMERICAN STANDARDS

For Men

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME__________________________AGE-GROUP__________
ADDRESS________________________SEX_ M  _______ F_ _______
CITY ____________________________STATE __ ZIP_________
MEET__________________________DATE OF MEET_________
MEET SITE ______________________
EVENT ________________________MARK ____________
HURDLE HEIGHT ____________________WEIGHT OF INDEPENDENT PATCH

1. If you have equaled or bettered the standard of excellence, please fill out this application, completing all sections.
2. A copy of your results or a note stating in which issue your results appeared must accompany 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: All-American, National Masters News, P.O. Box 50096, Eugene OR 97405.
5. A color photo (8" x 10") is suitable for framing, and/or a 3-color, 3" x 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
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<td>Yolande van Schepdewinkel</td>
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**Notes:**
- 

Continued on next page
September 1999

National Masters News

Continued from previous page

To. C'est. cu.

Steeplechase

Mark Rummel, R.O.M. (USA) 2:01.59. 2:41.56

September 1999

Magda Lenza

Olga Lenza

Ali Hoxford

Kelvin Hagedorn

To. C'est cu.

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September 1999

Magda Lenza

Olga Lenza

Ali Hoxford

Kelvin Hagedorn

To. C'est cu.
### National Masters News
#### September 1999

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<tr>
<td>4x100m Relay</td>
<td>September 1999</td>
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### Table: Triple Jump Results

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<tr>
<td>Frederick Jumper</td>
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<td>8.30</td>
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<td>Mary Wisey</td>
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### Table: 4x100m Relay Results

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<tr>
<td>Frederick Jumper</td>
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**Note:** Further details or specific information about the events or results are not provided in the image.
## National Masters News

### September 1999

### 10K Walk

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<tr>
<td>Roger Lingen</td>
<td>76</td>
<td>USA</td>
<td>1:20.25</td>
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<td>Howard M. Hill</td>
<td>77</td>
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<td>1:20.25</td>
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<tr>
<td>James H. Smith</td>
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<td>George G. Gage</td>
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### 20K Walk

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### 10,000m Walk

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### 10,000m Walk

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### 20,000m Walk

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### 5,000m Walk

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### 5,000m Walk

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I appreciate the clarification on the event details. Could you please specify which events were included in the meet and list the participants who performed in them?
Mid-America Masters News
July 31

Midwest Masters Classic
Marshall U., Huntington, W.V.

Long Jump
- M45 Michael Barbare 18-4.5
- Jack Grubb 17-7.7
- M45 Michael Lonergan 17-2.2
- M50 Mike Valle 14-1.5
- M60 Taylor Goode 14-2.5
- M70 Joe Fisher 14-2.5
- M45 Art Lewandowski 9-9.25
- M65 Art Iwrin 8-7.25
- M60 John Darby 8-7.25
- M45 Trace Barrette 7-3.75
- M60 Mike Cottin 7-2.75
- M50 Mike Haas 7-2.75
- M65 Trace Rutledge 7-2.75
- M30 Alpay 7-2.75
- M50 Mike Haas 7-2.75
- M65 Mike Iwrin 7-2.75
- M30 Alpay 7-2.75
- M50 Mike Haas 7-2.75
- M65 Mike Iwrin 7-2.75
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- M30 Alpay 7-2.75
- M50 Mike Haas 7-2.75
- M65 Mike Iwrin 7-2.75
- M30 Alpay 7-2.75
1999 Iowa Games

Gardner, 23.07
Moriarty, 23.08

Gardner, 23.07
Moriarty, 23.08

Gardner, 23.07
Moriarty, 23.08

Gardner, 23.07
Moriarty, 23.08

Gardner, 23.07
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Gardner, 23.07
Moriarty, 23.08
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<td>Jon Heller</td>
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The New Jersey Association of USA Track & Field presents the:

1999 USATF NATIONAL MASTERS
5km CROSS COUNTRY CHAMPIONSHIPS

Sunday, November 21, 1999
Holmdel Park - Holmdel New Jersey

The Holmdel Park Alumni Open 5km Cross Country Shootout

Sponsored by:

INDIVIDUAL REGISTRATION FORM

Name: ________________________________________________
Street Address: ________________________________________
City: __________________________ State: ______ Zip Code: _____
Age (on Race Day): ______ Date of Birth: ______ Male ____ Female ___
Team Affiliation: _______________________________________
Team Age Division: _______________________ Phone: ( ) ______

‘99 or ‘00 USATF #: ____________________________
Required to compete call 732-296-0006 to receive a membership application.

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USATF-NJ volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) ________________________________________ (Date) ________

Masters National Championships: (no day of race entry)
Early Pre-entry: (postmarked by November 1st): $15.00
Early Pre-entry: (postmarked by November 16th): $20.00
Late Registration: (at race): $35.00

Open 5km Cross Country Shootout: (no day of race entry)
Pre-entry: (postmarked by November 1st): $7.00
Pre-entry: (postmarked by November 16th): $10.00
Late Registration: (at race): $15.00

Notes: 1) USATF Membership is required to compete in this event.
2) Shirts not available for this event.

Meet Schedule:
The schedule is designed to allow male runners to compete in their
true age division and to down to run for their team in a
younger division. Men who run in more than one race must regis-
ter (and pay) separately for each race and wear the bib number as-
sign to them for that race.

Eligibility:
All men and women 40 years or older on race day are
eligible to compete in the Championship races. Race direc-
tor may require proof of age.

Entry Fees:
Masters National Championships: (no day of race entry)
Early Pre-entry: (postmarked by November 1st): $15.00
Early Pre-entry: (postmarked by November 16th): $20.00
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Late Registration: (at race): $15.00

Notes: 1) USATF Membership is required to compete in this event.
2) Shirts not available for this event.

Travel Arrangements:
Clintont Travel - (908) 730-6800 (ask for Chris Zimmerman)
Information:
(phone): 732-296-0006 (web) http://www.usatf.org/assoc/nj
(email): USATFNJ@aol.com

Holmdel Park Alumni Open Cross Country Shootout Info: provides post-collegiate and collegiate athletes the opportunity to compete on the prestigious Holmdel Cross Country course for the first time since their High School days. Just how good are Jason DiJoseph’s (15:16) and Janet Smith’s (17:33) course records. For the first time non-high school runners will be given the opportunity to see for themselves. HS Alumni Team Competition: top 3 (alumni from each High School) to score...male and female divisions.

May be photocopied