Nationals Draw 1062 to Orono, Maine

Raschker Sets Five World Records

By JERRY WOJCIK

ORONO, Me. – Yogi Berra’s immortal words, “It’s deja vu all over again,” could have been the buzzwords at the 35th USATF National Masters Championships held here on Aug. 8-11.

In 1998, the Championships at the University of Maine in Orono drew 1061 entrants. This year the number was 1062. In 1998, 35 pending records – eight world and 27 U.S. – were set. This year, 34 pending records – 9 world and 25 U.S. – were broken or established.

Approximately 700 participated in the Saturday evening banquet in 1998. According to meet management, about 700 partook of the 2002 Cookout Feast in the campus field house. This year the weather was near perfect, although a little warmer than it was in 1998.

This year, the competition was just as dazzling as it was five years ago. Officials were again plentiful. Peter Taylor, who announced for four days in 1998 from ground level, did exactly the same this year, almost from the same spot. The meet direction staff consisted of essentially the same group as conducted the 1998 affair.

And, as was true in 1998, the participants agreed generally that it was one of the best championships ever.

The venue was again the Clarence Beckett Family Track & Field Facility, an eight-lane light-blue oval surrounding the football field inside Alford Stadium. Throwing events were held on an adjoining area north of the stadium. Competition was held in five-year age groups, starting at age 30 and going up through M85 and W80.

Almost Every State Represented

Entrants represented almost every state, including Hawaii and Alaska. Guest competitors, who included foreign and U.S. resident non-citizens, made up a large part of the entire field. As a matter of fact, women guest athletes were first in the W30 through W50 divisions in the 100. Nations represented included Canada, Great Britain, Australia, Poland, Germany, and Japan. Phil Raschker, Marietta, Ga., was the star of the meet. She continued her attack on the record books that she began with five world records in the 2002 Masters Indoor Championships in Boston after turning 55 in February.

“The most exciting event in a long time for me was the 80m hurdles,” Raschker said after the championships. “Running side by side with Anna (Wlodarczyk, W50) hurdle for hurdle. For this I would have traded all of the other events. It was exhilarating!”

After winning the pentathlon on Thursday with a W55 pending world

Continued on page 7

Roberto Castillo #327, 45, Steve Gallegos #140, 47, and Paul Fragua, supplied one of the closest finishes of the meet in the M45 800, 35th National Masters Championships. Castillo won in 2:00.92, with Gallegos, 2nd (2:00.95), and Fragua, 3rd (2:01.81).
2002
USATF NATIONAL MASTERS
5K CROSS COUNTRY CHAMPIONSHIP

Sunday, November 24, 2002
Holmdel Park - Holmdel, New Jersey

For more information on these events visit www.usatfnj.org

Meet Schedule:
10:00am...Women 40 & Over
10:45am...Men 50-59
11:20am...Men 40-49
11:55pm...Men 60 & Over
12:40pm...Holmdel Park Alumni Open 5k Shootout

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

USATF membership is required. Membership is also required for the non-championship open race.

Foreign athletes may participate as individuals (not on a team) and are eligible for (non-USATF) commemorative awards.

Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards.

Age Divisions/Awards:
The top 5 athletes in each 5 year age group will receive National Championships medals.

For team entries, association or local USATF teams are not allowed under USATF Masters rules.

Team entries must be submitted as a unit. Add-ins and scratches are allowed up until race day.

Proof of team club membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

The following will constitute teams:
Men 40-49 & 50-59 - 5 score, declare up to 3 Men 60-69, Men 70+ - 3 score, declare up to 3 Women's teams — 3 score, declare up to 5

Team Prize Money & Awards:
Gold, Silver and Bronze medals will be awarded to all declared team members. First place teams will be awarded a $2700 team prize money award. Additional medals will be awarded to the highest placed non-championship teams.

Pre-entry: (received by November 14th)
$20.00 (include a SASE and Bb # and information will be mailed back)

Register online at www.compscore.com

Late Registration: (on 11/13) at Holiday Inn $35.00

Long Sleeve Championship T-Shirt and Pre-Event Buffet Dinner available for $12.95 pp at hotel.

Open 5k Cross Country Shootout:
(no day of race entry)

$10.00 (include a SASE and Bb # and information will be mailed back)

Late Registration: (on 11/13) at Holiday Inn $15.00

T-shirts not available for this event.

Lodging:
Mention "USATF Masters XC" when calling any of the following:

Holiday Inn (Tinton Falls) 732-544-5300 (Best Headquarters)
Red Roof Inn (Tinton Falls) 800-843-7663

Additional information provided post-collegiate and collegiate athletes the opportunity to compete on the infamous 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 (17:35) course records. For the first time non high school runners will be given the opportunity to see for themselves. Alumni Team Competition - top 3 (from the same high school) to score...male and female divisions.

Make Checks Payable to: USATF-NJ & Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

INDIVIDUAL REGISTRATION FORM

Name: ____________________________
Street Address: ________________________
City: ____________________________ State: ________ Zip Code: ________
Age (on Race Day): ________ Date of Birth: ________
Pre-Entry ($20)

Gender: Male Female

Pre-Entry ($10)

USATF #: _________________________
**02 or 03 USATF #: ________________
Phone: ____________________________

Team Affiliation: ______________________

1) Only fill this in if you are representing a team at this event.
2) Reminder: All team applications should be received as a package.
3) Athletes on Open 5k Cross Country Shootout indicate the high school you graduated from.

Team Age Division: ________

Team Captain: ____________________________

Team Captain's Phone: ____________________________

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: ____________________________

One form/person

Masters XC Championships
$ Pre-Entry ($20)
$ Late Registration ($30)
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Open 5k Cross Country Shootout
$ Pre-Entry ($10)
$ Late Registration ($15)
$ Total Enclosed

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RECORDS OF RACES
I just ran my 1000th race in 23 years of racing, the Cypress 5K, July 27, and I won the M70+ age group.

Does anyone keep records of the number of races run by an individual over a period of time?

My shortest race was 50m, and the longest a marathon (18 of them). My favorite distance is the 5K.

This year, I've run 30 races and won 25 in my age group. I started running at age 40, when my youngest son signed me up for my first race, a 10K. My fastest times came when I was 61.

Milo Sather
Los Angeles, California

HURDLE HEIGHTS
I'm trying to make a comeback after a three-and-half-year layoff and point for the World Championships in Puerto Rico, but I have a problem with the hurdles.

I see that for M70+ and W60+ the hurdle height, according to WMA, is set at 27", yet I do not know of a single meet in the U.S. that includes the 27" hurdles. It's always 30", which, at age 85, I shy away from.

I've been told that there are no 27" hurdles available in the U.S. and its possessions; therefore, all races are at 30", even indoor and outdoor U.S. masters championships. No school will buy hurdles that lower to 27" - too expensive.

I would like a definite answer not only for myself, but also for all the athletes who will compete in the 80m and 300m hurdles in Puerto Rico. What will the heights be for the M70+ and W60+, and do the Puerto Rico meet directors have hurdles that will adjust to 27"?

Alfred Guidet
California City, California
(We have contacted the Puerto Rico officials and hope to have an answer in the October issue. - Ed.)

WEST BEACH MEET
I won the Men's 1500 M. held on July 27, 2002 as part of the Masters Championships held in the Northwest Regionals held in Salt Lake City.

By JERRY WOJCIC
SALT LAKE CITY, Utah - This year, the USATF Northwest Regional Masters Championships left the 1-5 corridor sites of Eugene, Portland, and Seattle, and headed here. Hosted by the Utah Association, the meet was held at East High School on the edge of the University of Utah campus on July 19-20.

Despite temperatures in the 90s, 32 regional records were set, with most events held in the morning before it got too hot. Two U.S. records were set in the superweight.

The entry was relatively small, but included an impressive field, including a large guest turnout from as far away as Florida and Connecticut.

International-class sprinters Stephen Robbins, 59, of Seattle, and Paul Edens, 61, Portland, Ore., were the top performers in the sprints, with Robbins running an 11.98 100 and 24.39 200, and Edens posting a 12.62 100 and 25.46 200.

Guest athlete Trent Hagle, 38, Texas, won the 100, 200, and 400. Susanne Robson, 36, Utah, won the 200 in 28.75, and ran the 800 in 2:25.19 and 1500 in 4:55.69. Roger Parnell, 52, California, skimmed the hurdles in 15.98.

Edvard Vozar, 42, Salt Lake City, won the M40 high jump with the meet's best mark of 1.86. Aaron Sampson, 40, Salt Lake City, who set a pending M40 world record of 25-2/4" one month before, had to settle for a 21-10.

Todd Christensen, of Utah, ex-Oakland Raider and M45 champion in the indoor heptathlon and outdoor decathlon, won in the high jump, pole vault, shot put, discus, javelin, and hammer.

Gerald Vaughn, 66, North Carolina, M65 U.S. record holder for the indoor shot, was the best performer in the event with an age-graded 96.7% 13.90.

Other throwers thrived in the heat. Melanie Reske, 81, Oregon, broke the W80 U.S. record for the 250" superweight with a 4.05, and Patricia Osmon, 75, Oregon, established a W75 U.S. record with a 3.34.

Dan John, 44, who lives within throwing distance of East High, was the farthest in the discus (47.86) and 56# superweight (11.03), but had to share hammer honors with George Mathews, 58, Seattle, with both at 48.66.

Bob CahnBer, 60, Florida, hit the 18.09 mark with the 20# weight.

John Kerman served as meet director, with help from Demetrio Canillas, Utah Association president.

The meet headquarters Marriott University Park Hotel received plaudits from the athletes who stayed there, for the service it provided. As an example, the hotel shuttle took guests to restaurants and picked them up afterward upon request.

We Welcome Letters

Letters submitted to Write-On should include your full name, signature, address, and daytime telephone numbers. Information other than your name and city in which you live are kept confidential.

E-mail submissions same as above (except, of course, no signature).

Keep it short. Concise letters developing a single theme are more likely to be published.

Please type and double space.

Letters are condensed and edited.

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Nine Join NMN Sustainers
Periodically, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

Special thanks this month go to:

September 2002
National Pride

It was with great pride that I participated in this year’s USATF National Masters Championships in Orono, Maine. Over 1000 competitors; great venue for the most part; many personal, single-age, world, and U.S. age-group records broken; great officials; great Maine people; great Games Committee and GREAT FUN!

All that seemed great until I read that the European Masters Championships starting on Aug. 15 had 4293 entries! How can it be that we had only 1060 entries? I know we are only one country and they are many, but should we be happy with 1060 participants? I think not. We are not growing!

What are the reasons?

I have been asking that question over and over again. Some say we don’t have a problem and everything is fine the way it is, that we are the national governing body of masters track and field and know best how to run a meet, and our athletes are outstanding. Besides, we are having fun and have superb congeniality. Why change anything?

Some say the reason we are not growing is that we don’t market ourselves well. Others say the reason is standing. Besides, we are having fun and everything is over and over again.

Growing is that we don’t market our club, and our athletes are out to create a mission statement, so we all have a common understanding of who we are and can differentiate ourselves from others.

I would like volunteers to work on a committee to create a mission statement for presentation at our National Convention in December. Maybe pride will have something to do with our mission statement.

Qualifying Standards

What could minimum qualifying standards be? The same as NSGA has?

The top 25 from the previous year, or the last rank, if there are less? Should we have minimum standards for medals? Should an athlete have participated in a regional meet? Will we have more participants in our National Championships with MQS? Are we willing to chance it?

It’s your association. Tell me how you feel. Even if your performance was less than you hoped it would be at Orono, I’m still very proud of all of you.

September 1982

• Nationals Attract 450 to Wichita
• Pat Dixon Sets New W60 10K WR With a 44:51
• New M80 800 (2:53.5) and 1500 (6:12.2) WRs by Harold Chapson in Hawaii
• Shirley Dietderich Breaks W55 200 AR in 35.00
Is Climbing Everest Like a 3-Hour Marathon?

While compiling a list of "oldest achievers" in various sports in 1988, I came upon information that Dick Bass, at age 55, was the oldest person to climb to the top of Mt. Everest, a feat accomplished in 1985. Although I knew very little about mountain climbing and its demands, it seemed to me that the record was "soft."

I recall thinking that anyone capable of breaking three hours in the marathon probably had the basic strength and endurance necessary to climb to the top of Everest. At the time, I was 31 and arrogantly assumed that, with the proper orientation and guidance, I would have no difficulty in making it to the top of Everest.

As it turns out, the record was soft. The record is now held by one Sherman Bull, who was 64 when he climbed the world's tallest mountain on May 25, 2001. Prior to Bull, Lív Sarskis was the oldest climber to reach the top. At 60 years, 161 days, he had beaten Sani Raman Blanco's record by one day. That was on May 12, 1999. During May of this year, Ali Hanna of Chicago, age 71, came up several hundred yards short of making it to the top.

Since Ed Whitlock, at 69 years, 237 climbing Everest takes three hours of hard effort, but climbing Everest takes 7-10 days of hard 10-14 hour days at altitude, always with the risk of death should you miscalculate for a second," he adds.

Davenport points to the fact that there have been at least 161 fatalities on Everest. "A three-hour marathon may take three hours of hard effort, but climbing Everest takes 7-10 days of hard 10-14 hour days at altitude, always with the risk of death should you miscalculate for a second," he adds.

Davenport points to the fact that there have been at least 161 fatalities on Everest. "A three-hour marathon may take three hours of hard effort, but climbing Everest takes 7-10 days of hard 10-14 hour days at altitude, always with the risk of death should you miscalculate for a second," he adds.

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35th Nationals

Continued from page 1

best 4938 points, which included a world-record 13.19 in the 80H. She followed up with world-record performances in the 100 (13.30), 200 (27.39), 300H (49.14), and pole vault (3.00), and U.S. records in the long jump (4.90), triple jump (9.66), and high jump (1.43). In the regular 80H on Friday, she ran a wind-aided (+2.4) 13.03. For her performance in Orono, Raschker was named USA Track & Field's Athlete of the Week.

The other world records were also set by women: Jeanne Daprapo, Georgia, W65, 800; Barbara Jordan, Vermont, W65, 300H; Marie-Louise Michelsohn, New York, 2000SC; and Oneitea Lewis, New York, W40, hammer.

Michelsohn had to do more than break the clock for her record. After a practice run the day before the steeplechase, she notified the officials that the water barrier was 3" high, not the specified 30". Officials, understandably skeptical, having run races over that barrier for years since its installation without questions, but always accommodating, measured the barrier. Sur enough – 3! It was removed, taken to the campus machine shop and reduced to 30" in time for Michelsohn to break the record.

Of the 25 U.S. records, 19 were by women. Carol Finsrud, W40, Texas, accounted for three in the throws. Kathy Martin, W50, New York, ran record times in the W800 and 1500. Margaret Hinton, W80, Texas, leaped to records in the high jump and long jump. Alfred DuBois, M70, Wisconsin, race-walked to a record in the 5000, the only walk record of the meet.

Even worse than in the 34th Nationals in Baton Rouge, La., where nine individual champions were crowned in the W30-34 division, just six individual events were contested in that division here. By some strange quirk of birthdays or perhaps grandchild-tending duties, only two W70s showed up.

At the athletes' meeting on Friday night on the U. of Maine campus, items discussed included information on forthcoming major meets, uniforms for our championships. USATF President Bill Roe, who watched the championships for several nights, was in attendance at the meeting. Willi Gallant served as assistant meet director. They were aided by Val Foss and Paul Morency of the USATF Maine Association. Maine State Legislator, the Honorable Don P. Berry, Sr., served as officials' coordinator.

The 36th USATF National Masters Championships in 2003 will be held in Eugene, Ore., on Aug. 7-10.

Chris Yorges (second left) accepted his 2001 M35 Track Athlete of the Year Award at the Athletes' Meeting, 35th National Masters Championships. On his left is Bill Roe, USATF President, and on his right, George Mathews, Masters T&F Chair, and Suzy Hess, Masters T&F Vice-Chair.

Governor's Restaurant, Bear Brew Pub, Chocolate Grille, Pat's Pizza, Margarita's Restaurant, and Women's Marketplace.com Web site. Additional assistance was provided by Coca-Cola, Inc., Cyr Bus Lines, and IBM.

The event was directed by Rolland Ranson of the U. of Maine. Willi Gallant served as assistant meet director. They were aided by Val Foss and Paul Morency of the USATF Maine Association. Maine State Legislator, the Honorable Don P. Berry, Sr., served as officials' coordinator.

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JERRY WOUCK

Kathy Martin broke W50 U.S. records in the 800 (2:25.00) and 1500 (4:52.55), 35th National Masters Championships.

JERRY WOUCK

Emily MacDonald, first W40 (8:24.73) in the 2000m steeplechase, 35th National Masters Championships.
Iliotibial Band Syndrome

Iliotibial band syndrome is one of the ten most common running injuries. It is primarily an over-use injury seen in long distance runners, occurring in around 5% of all runners treated for lower extremity injuries in our clinic. Th e iliotibial band itself is a thickened strip of fascia lata (gristle in meat) that extends from the iliac crest of the hip down into the outside of the knee area. When the knee flexes, it pulls on this fascial band.

Stabilizing Role
Normally the fascial band acts as a stabilizing ligament between the femur and the tibia. ITBS reportedly locks the knee into extension and contributes to pelvic slouch. It also enables us to rest while standing.

When we run, the iliotibial band rubs over the lateral femoral condyle, producing an inflammatory condition. The pain is usually localized above the knee, but also extends up and down the lateral side of the knee.

Obviously, running, deep knee squats, and climbing stairs aggravate this condition.

It is interesting to note that we actually found a study that said if those with ITBS run with their legs stiff, the band would not be irritated. We tried it, and it can’t be done.

Medical literature shows that the band impinges against the lateral epicondylar area. When we run, it is very hard to try to run without the pain. In most cases there is very little swelling.

When we questioned runners about ITBS, most had increased their running mileage or times. The addition of interval training programs was also reported among this group. Many reported running on hilly terrain.

We found that ITBS does not respond to any one specific treatment modality. We use a mixed bag of treatments to keep the athlete running. Obviously, running speed and distance must be reduced. Moist heat is applied nightly for 20 minutes to increase blood flow to the area. Limited icing after workouts is suggested. Knee sleeves are used by those who can tolerate them. This stabilizes the outer knee area and provides heat to the iliotibial band. Squatting and stair climbing must also be eliminated.

In some cases, local steroid injections seem to help.

Physical Therapy
Physical therapy is usually initiated to reduce pain and tenderness. Moist heat is applied on a daily basis and ultrasound, electrical muscular stimulation, and soft tissue myofascial release are recommended.

A stretching program is initiated after the pain level has subsided.

Foot orthoses and taping are used in those with obvious biomechanical deformities, but we have had difficulty isolating one type of biomechanical deformity as a cause of this problem.

Various surgical techniques can be used to reduce the pain in this area; however, this approach has not been used extensively.

The long-term prognosis for ITBS appears to be good, although some patients have recurrent symptoms if they do not follow proper guidelines.

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

Highlights of the Nationals

By JERRY WOJCICK

Following are some of the top performers by division at the 2001 USATF National Masters Championships in Orono.

M30: Tim Fuadaped three gold medals (16:10 SP) in the throws. Marek Wensel scored wins in the 200 and 400 (49.76). Don Drummond defended his 2001 titles in the SH and LH (54.92).

M35: Kettrell Berry won the three sprints (22.84 200). Chris Yoges won the 800 and 1500, after finishing second in the pentathlon. Glenn Thompson duplicated his 2001 win in the SH and LH. Dave McGovern, 37, was first to the finish line in both the 5000 (15:24.00) and 10K Rw.

M40: Sal Allah spoiled Tony Young's masters championships debut with a surge to win the 200 with 200 left to win in 2:54.27. Young returned to the 1500 for a sensational 3:59.34 win. Guest athlete Allan Tissnenbaum zipped to firsts in the 800 (2:00.15) and 200 (22.60). David Dobler was the pacemaker in the 3000 SC (9:43.75). Greg Foster doubled in the LJ and TJ.

M45: Ben James took wins in the 200 (23.36) and 400 (51.67). Roberto Castillo and Steve Gallegos battled in the middle distances, Castillo winning the 800 (2:00.95) and Gallegos taking the 1500 (4:11.43). Michael Pinocci raced to a 34:28.39 for the 10,000 first.

M50: Ed Gunerota powered to impressive wins in the 200 (23.37) and 400 (51.63). David Salazar won the 800 (2:10.02) and 1500 (4:24.21). Bob McCusker won the 5000 and broke the 3000SC record with a 10:30.34. James Dolezel skimmed to the LH gold in 65.46. Vincent Struble, 52, topped all of the meet's vaulters with a 4.32. Greg Geraci sparked among the throwers with a 1.99 JT.

M55: Edward Jones, 57, erased one of the oldest U.S. records on the books, the 6:10 LJ by Tom Patalski in 1981, with a 6.12. Stan White, 56, ran a blazing 1.10 to win the 100 but pulled up in the 1500, won by guest Peter Croom (24.90) with Roger Pierce, first U.S. in 25.36. Pierce, Bruce world champion in the 400, won the 55 (55.52) over Croom (56.84) and Larry Barnum (57.30). Harold Nolan triumphed in the 800 and 1500 (4:20.21). Tom Gage won the WP and his specialty the HT (57.14). Leon Javascriptowski strode to wins in the 5000 (24:58) and 10K RW.

Continued on page 9
Highlights of Nationals

Continued from page 8

M60: To pick out the standout in this group would be to name all of the winners, led by Emil Pawlik, who outscored everybody else in the pentathlon with a 3775 and won the SH, LH, LJ, and LJ. Paul Edens won the 100 (12.54), with Marion Harrison second (12.71), and 200 (25.90) with Harold Tolson (25.90) a half step back. Richard Cochrane, 64, beat a tough field in the DT (53.27). Paul Johnson successfully defended his 5000 and 10K RW titles at Baton Rouge.

M65: Larry Colbert steamed to 200 (26.95) and 400 (60.73) wins. Henry Hawk flew to golds in the 800 with a near-U.S. record 2:25.47 and won the 1500. Tom Langenfeld soared to HV and TJ titles. Ed Oleta was first in a field of six in the pentathlon with a 3734.

M70: Jim Stookey went to the top of the awards stand four times, with firsts in the SH, HJ, LJ, and TJ. Harry Brown won the 100 (13.75), 200, and 400. Jim Sutton, back after a bout with cancer, artfully hung behind Charles Williams for most of the 5000, and sprinted with about 180 to go to win by four seconds (22:07.04). Wendell Palmer won his 16th consecutive discus championship, and added the SP and HT. Jim Duncan won the pentathlon on Thursday, and the JT in a field of 16 on Saturday. Alfred Dubois broke the U.S. record for the 5000 RW.

M75: Bill Melville, 75, and Wilford Scott, 75, staged perhaps the most exciting race of the meet in the 200, Melville winning in 29.58, with Scott second at 29.61. Phil Brusca took three of the throws. Racewalker Ed Gaweinski left town with wins in the 5000 and 10K.

WANT PRESS FOR YOUR RACE / MEET??

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

Press at your race is a motivational tool for the runners and field athletes, organizers, friends, family, and the media - and gives you a meaningful factor for years as you keep giving out clips. And it's just plain fun to see your event on the eleven o'clock news! Or in the wires or networks if you capitalize on something truly major.

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2002 USATF NATIONAL MASTERS T&F CHAMPIONS, ORONO, MAINE; AUGUST 8-11

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Masters Racewalking

By ELAINE WARD

You Are Never Too Old to Start Something New

Jane Dana, 81, started racewalking when she was 73 years old, and within three years was setting American records. Her current standing records are: W80: 15K track (1:14:15); 15K road (37:29); 10K track (1:25:42); 10K road (1:20:13); 5K road (1:58:42); One-Hour Postal Walk (8142 meters). Jane is a member of the Southern Cal Walkers. This following interview was completed a week before she competed in the USATF National Masters Outdoor Championships in Orono, Maine.

EW: There are not many women willing to start a new sport at age 73. weren't you worried about being too old?

JD: No. I never really gave my age any thought. My un-athletic daughter, who was living at home, developed a big interest in racewalking. So I signed me up. She was invited to join a walking group in Riverside and said, "Mom, you have to come with me." So I went there and received encouragement from the coach. After a year, I decided to try a judged race.

Disappearing Start

EW: How did it go?

JD: It went very poorly. At the seventh lap, someone came up to me with a red paddle and said, "Get off the track." I felt terrible. I never felt so humiliated in my life. When the race was over, I talked to my daughter about what DQed. I said, "We have to find a racewalking clinic where I can learn to walk correctly, so I won't see that red paddle again."

We went to Maine to a camp with Dave McGovern. Dave worked on me and we had a great time. I came back and entered the regular Southern California Grand Prix Series. After completing three races, I got another red paddle. I talked to my daughter and this time we decided to contact a local coach who was also a judge. I haven't been disqualified since. I occasionally get a caution.

EW: If you do get cautions, do you slow down?

JD: I never look at the disqualification board when I'm racing. I tried to look at the board and worry about it. Then I thought, "Worrying isn't going to help me. If I'm not legal, someone is going to come after me with a red paddle." So I just keep walking the best I can.

Sports Background

EW: It isn't easy making American records as quickly as you have. What are your secrets?

JD: I have a strong background in sports. I was a physical education major with a masters degree. I did all but the thesis toward an Ed.D. from UCLA. I coached and taught classes at the University of Redlands for years. If I'm going to do something, I try to do the very best that I can physically and mentally. A lot of it is mental.

I also have wonderful support from my (six) daughters. We do all kinds of things together. So I have always thought that I could do anything that they could do. They never let me down and are always encouraging me. Last year, two of my daughters went with me to Baton Rouge and were on the cheering line taking pictures. Their support makes a huge difference. Last year I wasn't feeling so good and was worrying about going to Orono. In different ways they said, "Just go, have a good time, and quit bellyaching."

EW: Has your training changed much since you were 73?

JD: I started taking care of my grandsons three years ago, which changed things. I was pushing a baby jogger as I was training. This type of training is good for strength and endurance, but not for speed. Now I train 6½ miles instead of 7½ miles almost every day on the hills around me. I no longer do speed work at the track, but do one mile as fast as I can every workout. I have not been able to get my speed back up again. I'm about two minutes slower than I was four years ago.

Quality of Life

EW: Are you slower because of adding a few years?

JD: Probably not. Both. I try to keep the quality of my life as good as I possibly can. Quality includes family and other responsibilities besides racewalking. However, racewalking, to me and to my family is a very important part of my life. My children don't want me to stop, so I keep at it. Besides, I feel so much better when I train.

I feel better physically and mentally. It gives me a high. If I don't workout, life just isn't the same. Let's face it, anytime you exercise and you feel good about what you are doing, you may get tired physically, but not mentally. When I come back after my morning workouts, all of my mental faculties are charged and I'm ready for the day.

Focusing on the Goal

EW: When you enter a race, what is your mindset?

JD: When I'm racing, I'm single-minded. The only thing I pay attention to is my lap-counter. When I'm told I have two laps to go, it gives me energy to pick up speed. I know what I have left in my lap-counter.

It really bothers me during a race when someone at the finish line announces, "Here comes Jane Dana, with an American record of such and such." It blows my mind. I may not feel I'm having a great race and I start thinking about that. I just want to be ignored and left alone to concentrate. I figure I'm doing the very best I can.

EW: You've set an impressive number of American records in your short racewalking career. Do you have any special memories connected with them?

JD: The first record I made was racing 15K at the International Race in El Paso. I really thought there was going to be a 5K when I went. I didn't know it was just a 15K. You told me, "Give it a try." So I did. That was my first record.

Planning the Outcome

My favorite records were made at the Masters Outdoor Championships in Orono in 1998. I was 77 then. I really planned for that meet. I wanted to do well, because I wasn't satisfied with my race the year before in San Jose. I wanted to make records and had been training to make them. I felt very fit.

The night before the 10K road walk, we were told the distance of the loop, and I lay awake thinking about the lap times I needed to make. I still feel good remembering as I did what I set out to do. I made American records in both the 5K (35:10.20, 89.8%) and 10K (1:12:13.58, 88.9%).

Staying Competitive

EW: Are you looking forward to competing again at the Masters Outdoor Championships in Orono?

JD: I'm nervous about Orono this year. I haven't been racing as much and am not walking as fast as I was at 77. That bothers me. I would like to be able to walk the same. I know it's silly to feel that way, but I just want to do well. I have to keep reminding myself that as long as I do my very best, that should be okay. But it's not for me. I want to do better.

Masters meets are always fun, but when I get on the start line, that's business. Just before a race, I'm internally screaming at myself, "What in the world am I doing out here? Do I really need this?" I'm so glad when they call me to the line and I can forget all of that.

EW: Lots of women don't like to compete. What do you think the advantages are in being competitive?

JD: It has made me get involved in a lot of things I might not have done otherwise. It motivates me to excel. I grew up with the idea: "Decide what you are going to do and do it very best you know how."

(Jane Dana won the W80 5K and 10K racewalks at the Nationals in Orono, the 10K with a world best 78:26 ed.)

(Elaine Ward can be reached by e-mail at narnf@aol.com)
Odis Sanders, 43, Distance Runner and Comeback Kid

Odis Sanders’ picture last appeared in the NMN in a photo of the Oregon TC Masters team that won the USATF Cross-Country Nationals at Vancouver, Wash., last winter. Running fans with longer memories will remember the name of the willowy phenom from Long Island, who won the New York State X-C Championships in 1978, was the Junior College National X-C Champion the following year, and was a fixture on the elite road racing circuit in the U.S. in the early 1980s.

Sanders left running altogether in 1984 at the burn-out age of 25, re-emerging a decade later as Odis Sanders, The Grown-up, a dominant racing presence and always friendly face on Oregon’s running scene. This interview should provide some insight into Odis’ travels through the running world.

NMN: When did you start running?
OS: I was between 13 and 14, at a school called Lincoln Hall, in upstate New York. (In the 1970s, Lincoln Hall was a reformatory school run by the Christian Brothers.) It was mandatory to try every sport. We played baseball, basketball, swimming, cross-country, football, track, you didn’t have much of a choice. It was all part of rehabilitating troubled kids and getting them ready for the outside, hoping that you could either instill religion in them or give them discipline, some self-worth.

NMN: How did you get yourself put in there?
OS: Playing hooky, having problems at home about discipline, hanging out beyond curfew.

A Born Winner
NMN: Did you shine right away at running?
OS: Yes, I did. I wound up staying two-and-a-half years at Lincoln Hall. My first time out running cross-country ever, I won the race out of 400-500 boys of all age groups, and there were two age groups older than us. I was about 13, and I wound up beating everybody and was only 20-30 seconds off the course record.

NMN: When did you go to Freeport (N.Y.) High School?
OS: I was 16, a sophomore, when I got there. They had a really good team, good runners, our 4x800 relay ran 7:49, which is pretty fast. That’s four guys under 2:00. My high school coach, Joe Bessel, is still alive. He stopped coaching a number of years back, but he still runs at age 78.

NMN: What was his coaching style like?
OS: He’s everything I am. Total discipline. Haircut, shirts tucked in, neat, runs 6-7 days a week. The old Iron Man, he basically saved my life by giving me discipline and being a father figure to me. I still see and talk to him to this day.

NMN: How many years have you been running, total?
OS: I ran from age 14 to 25. That’s 11 years. Then in 1984, I quit for eight years until I started training again in 1992. I quit totally, no running at all after 1984. I remember, because the

NMN: What got you running again after so long?
OS: That’s such an amazing story that I don’t think readers should even hear about it. I’m 33. I had quit running. I go from 132 to 185 or something. I don’t really feel bad, I’m a little chunky. I’m drinking a lot of beer and hanging out. You know I like gambling, so I go to card rooms.

I’m 180 pounds, but I feel good about me, I mean my running career is over as far as I’m concerned. Anyway, I wound up meeting this woman, and I go out with her. She has two kids and her sister has two kids.

Revised Interest
Things didn’t work out between us, but I stayed friends with the kids, and after a few years they got old enough to where they could play sports. So they started going out for soccer, and I’m trying to encourage them to be aggressive and get fast, and they tell me, “Easy for you to say, sitting on the side eating doughnuts.” And I told the kids, “Hey, I used to be a world-class runner,” and they all started laughing.

So I thought about it. I mean even out of shape I could still jog, but I guess something just kind of plagued my memory, and I went home and started thinking, and the next day I got up and I ran a mile.

It took me nine minutes. I realized I was out of shape, or over the hill, or whatever you want to call it. And I just started jogging every day, three miles, and kept losing weight and it got to a point where I was no longer running nine-minute pace. I was now back to six-something and I started doing some fartlek workouts, and then I started doing speed workouts, and the rest you can see. I’m back.

So that’s how I got back into running. And that’s what inspired me — trying to inspire some kids to do something. Sometimes it’s not just about being near and inspiring someone; sometimes you have to show them.

(Sanders’ training schedule will be in October issue.)

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Who’s Got the Best Masters?


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Send to: National Masters News P.O. Box 50098, Eugene, OR 97405
Hal Higdon's column will resume in October.

Masters Woman Wins 135-Mile Badwater Ultramarathon Overall

Pam Reed, 41, stunned the ultramarathon world by winning outright the 135-Mile Badwater Ultramarathon, finishing almost five hours ahead of her closest competition, in 27 hours and 56 minutes, and shattering the women's record, hitherto seen as untouchable.

The Badwater begins below sea level in Death Valley, Calif., and finishes at 9000 feet at Mt. Wilson Portal on the west side of the Sierras, a few miles from I-395.

One of 17 invited women, Reed started at 6:00 a.m. on Tuesday, July 23. The temperature later in the day at Death Valley was 123 degrees.

Reed, of Arizona, second of three boys, stepmother of two more, and director of the Tucson Marathon, never took a rest, and stopped once for 30 seconds to tend to a blood blister on her right big toe on her way to an early morning finish on July 24. Other competitors stopped for a catnap, massage, or a quick meal.

Reed ate once without losing stride—half a peanut butter and honey sandwich. At 5-3, she weighed 104 pounds at the start and lost six pounds by the finish of the grueling 135-mile run.

Seventy-nine invited ultramarathons started. Several dozen, lovingly named "ultra runners," succumbed early to a stiff, dehydrating wind and dropped out early.

Reed said she would not be back for the Badwater. Having run a perfect race, she said, it would be difficult to bear the thought of doing it again without beating her time.

Poolheco, Park Win Masters Titles in White River 50 Mile Trail Run

Running with spectacular Mt. Rainier as the backdrop, defending masters champion Dennis Poolheco, 41, Glendale, Ariz., ran a strong second half to capture his second 50 Mile Trail masters title (7:21:49) at the White River 50-Mile Trail Run/USATF 50M Trail National Championships, July 27, Crystal Mountain, Wash.

Poolheco may be best known as the runner who routinely beats the horse in the 50-mile Man Against Horse Race in Dewey, Ariz., but has numerous 50M wins to his credit in races against other honminds.

The 2002 Western States 100-Miler runner-up, Luanne Park, 41, Redding, Calif., easily won the women's masters title in 9:03:11. She was the fifth woman and 36th overall finisher. Each took home $750 for their significant efforts.

The White River 50-Miler is run on the rugged terrain of the Mt. Baker-Snoqualmie National Forest, 75 miles east of Seattle. The up-and-down course varies in elevation from 2000 to nearly 6000 feet.

—From a report by Scott McCoubrey and Brian Metzler

Cross-Country Bids Invited

By CAROLE LAGENBACH

Masters Cross-Country Representative

As most of you know, bid applications to host masters cross-country championships now come to USATF's Cross-Country Council, formed in December 2000.

One of the goals of the council is to promote regional cross-county championships. In masters running, it is especially important because masters in general pay their own way to competitions, and traveling to a national championships can be costly for individuals and teams.

Unlike Junior Olympics, masters regional events do not progress to a national championships. They are stand-alone competitions with regional awards for only those athletes who reside in the region.

In the case of cross-country running, teams registered with USATF in a particular region also earn team medals.

At this writing, the regional events for this fall include: Mid-America Regional for open and masters on Oct. 5, Boulder, Colo.; East Regional for open only on Oct. 27, Boston, Mass.; and Northwestern Regional hosted by the Oregon Association in November.

The Cross-Country Council is currently accepting bids for other regional championships in the open and masters divisions.

Contact me for a bid application or other information concerning masters cross-country (see p. 3).

Hellebuyck Tops Posse in Maine, Fidatov Sails In Unchallenged

By SUSANNAH BECK

Eddy Hellebuyck, 41, Albuquerque, N.M., outraced a competitive masters field at the People's Beach to Beacon 10K, Aug. 3, Cape Elizabeth, Me., demonstrating fine form after taking a few beatings in recent races (seventh 40+ at Peachtree 10K, July 10; sixth 40+ at Boilermaker 15K, July 14).

Hellebuyck ran a speedy 29:49 over the challenging course under steamy conditions, trumping fellow road-race-a-week circuitrunner Andrew Masai, 42, Kenya, 30:10; Paul Evans, 41, GBR, 30:17, and Marylandian Russians Gennady Tenckov, 41, 30:47, and Andrey Kuznetsov, 44, 31:25. Maine's own master blaster, Bob Winn, 43, Ogunquit, closely followed the international elite field with his 31:39.

Elena Fidatov, 42, Bucharest, Romania, ran unchallenged to a 34:14 W40+ win, earning $1000, in addition to $500 for her ninth place overall finish. Beach to Beacon was Fidatov's second-to-last stop on her U.S. road racing tour before heading back to Romania for some R&R, and her B2B time was her fastest 10K so far this summer.

Fidatov was the overall women's winner (21:08) several weeks before at the Subaru Buffalo 4 Mile Chase, July 20, and the W40+ winner (35:37) a week later at the Greater Clarkesburg 10K, July 27.

Elana Paramonova, 41, Russia/Gaithersburg, Md., started the race, but withdrew due to a bothersome quadriceps injury. Kathryn Martin, 50, Northport, N.Y., was the W40+ runner-up in a toasty 36:49.

Masai Tops Hellebuyck at Falmouth, Pozdnyakova Returns

By SUSANNAH BECK

In the week between the Beach to Beacon 10K, Aug. 3, and in Cape Elizabeth, Me., and the Falmouth Road Race, Aug. 11, in Falmouth, Mass., elite masters racers said goodbye to their Maine host families and hello to new families on Cape Cod.

This was no coincidence of circumstances, as the family homestays and other information concerning masters cross-country (see p. 3).

Falmouth masters winner in 2001, Elena Fidatov closed her U.S. season with a fifth place Aug. 3.

Hellebuyck ate once without losing stride—half a peanut butter and honey sandwich. At 5-3, she weighed 104 pounds at the start and lost six pounds by the finish of the grueling 135-mile run.

—From a report by Scott McCoubrey and Brian Metzler
Lewis Sets Hammer Record

250 Compete at East Regionals

By JERRY WOJCIK

In its fourth consecutive year at Springfield College, Mass., the USATF East Regional Masters Championships, drew a large field of 250, many tuning up for the National Championships farther north in Orono, Me., two weeks later.

The standout performance was by Oneithea Lewis, 42, of the NY Masters, who added almost four meters with a 55.68 to the W4O hammer world record of 51.85 by M. Duss-Mueller in 2001. Lewis also broke her W4O U.S. record (14.53 in 2001) for the shot with a 14.66.

In other events, Sharon Warren, 51, with a 29.01, and Margaret Curtis, 53, with a 29.57 in the 100, staged the best women's race in the sprints. Irene Thompson, 48, ran the 80H in 14.97.

Pat Allie Morrill, 39, won the 2000m steeplechase in 8:00.4, a sure bet for a top ranking in 2002. Maryanne Torrellas, 44, was the fastest woman in the 5000 racewalk (27:22.83), and added a steeplechase win (9:43.6).

Among the men, Jesse Norman, 51, won the M50 100 in 12.26, an age-graded 90.7%, but Ed Gonnera, who turned 50 in May, won the 200 from Norman, 23.61 to 24.49, and the 400 (52.41), both times age-graded at 94.7%. In the distances, Saladin Allah, 42, won the M40 race in an A-G 88.5% 2:04.19. Mike McCusker, 53, took the M50 mile in 4:53.77, an A-G 89.0%.

Other noteworthy performers included Peter Thompson, 52, 100H (15.36, 90.0%); John Pelton, 63, 2000SC (8:13.8, 85.0%); Barry Kline, 62, high jump (1.52, 88.4%); Gerald Vaughn, 66, shot put (13.92, 96.9%); Greg Geraci, 51, javelin (55.74, 84.6%); and Bob Keating, 55, 5000RW (24:56.11, 87.3%).

The championships were hosted by USATF-New England, under the direction of Association Director Steve Vaughn, 66, shot put (13.92, 96.9%); Greg Geraci, 51, javelin (55.74, 84.6%); and Bob Keating, 55, 5000RW (24:56.11, 87.3%). The championships were hosted by USATF-New England, under the direction of Association Director Steve Vaughn, 66, shot put (13.92, 96.9%); Greg Geraci, 51, javelin (55.74, 84.6%); and Bob Keating, 55, 5000RW (24:56.11, 87.3%).

TEN YEARS AGO

September 1992

- Nationals Draw 1075 to Spokane; 10 World and 31 U.S. Records Set in 100-degree Heat
- Henry Rono (41, 14:43) Edges Doug Bell (41, 14:44) in Gardena 5000
- Pierre Levisse (40, 45:08) and Nancy Grayson (42, 54:58) Win in Utica Boilermaker 15K

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<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state, and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Chairman. $6.00.</td>
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<td>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</td>
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<td>Indoor rankings for 2002. 4 pages. $2.00.</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; 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.</td>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<td>Running Encyclopedia, The Ultimate Source for Today's Runner</td>
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<td>Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with &quot;waffle sole&quot; and ends with &quot;Wysoczki, Ruth.&quot; A must for every runner's library. 417 pp. $24.95.</td>
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<td>How to be A Champion from 9 to 90</td>
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<td>Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CAN$28.50, plus postage &amp; handling.</td>
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Cream of the Crop and Cream Puffs

The throw fields were well-represented at the 35th Nationals in Orono. Carol Finnsrud garnered three potential W40 U.S. records in the shot, discus (her forte), and the hammer, which saw more records than the other throws.

Oneita Lewis, W40, broke the world record with a 52.83 in the hammer. Lewis,41, had been off her game here, recorded a 58+ throw in the Empire State Games three weeks earlier.

Interesting Progression

Evelyn Wright started an interesting hammer record progression by breaking Judy Fetherston’s W65 U.S. record of 26.78 with a 27.40.

Fetherston revised Bernice Holland’s W70 record of 22.90 with a 23.45, and Holland erased Elizabeth Hageman’s W75 record of 19.56 with a 20.66.

Paul Fua, M30, Wendell Palmer, M70, and Phil Brusca, M75, were triple throw winners, Palmer winning the discus for the 16th straight time, a string probably unmatched at the national championships level.

In close contests, Craig Shumaker, 53, won the M50 shot over Mike Shiaras, 51, 15.36 to 15.30; Richard Cochran, 64, defeated a large field and Larry Pratt, 61, with a 53.27 to Pratt’s 53.12 in the discus.

A Little Extra Juice

Jim Hopeth, 47, 54.75, and Dennis Morris, 45, 54.02, finished 1-2 in the M45 javelin. Pentathlete Bill Drapero, 75, saved some javelin propellant to win by a few inches over Brown, 30.67 to 30.53.

A few throwers lamented that the throws in Orono can’t be conducted within the track oval, thus denying them the same exposure that runners get, because the stadium is a synthetic surface football field. I think there were more “spectating” throws aficionados in the somewhat shady area where the throws were held than would have been in stands exposed to the sun. Temperatures were in the mid-90s.

Additionally, USATF officers who are involved with bid offers say that sites which can comfortably accommodate in four days the number of masters throwers in a Nationals are becoming rare, and perhaps we should be happy with what we get.

Get the Hook

But for a seafood junkie, I didn’t perform well on the Maine lobster circuit. The first night in Portland, after a late arrival, I had to settle for a hamburger and milk shake. The second night out, in a restaurant noted for its seafood, I opted for the blue plate special – liver and onions!

The next night, in Orono’s boring city, Old Town, we ate at a restaurant called Governor’s, a down home local eatery, which was packed every night with masters taking advantage of the extensive, moderately-priced menu and sinful desserts. If you like massive cream puffs filled with the best whipped cream I’ve ever tasted, I had turkey, mashed potatoes, and gravy, followed by a cream puff.

Finally, I plummed onto Maine scallops the next night and stayed with them until the lobster fest on Saturday night at the U. of Maine Field House, where I forewent the corn and various salads to make room for the lobster and sea scallops of mussel. That made up for the other seafood-less dinners until Sunday evening, when I did a haddock number followed by another cream puff, my third, at Governor’s.

Heavy Consequences

When I left Eugene on Monday, the 5th, I weighed 198. When I returned on the 12th, I weighed 204, despite not being served anything of substance on our three flights to get here and having to run for two of them to make it home.

I’m happy that the 36th National Championships will be held in Eugene in 2003, but, boy, will I miss those Governor’s cream puffs.

Rankers Are Ready

By JERRY WOJCIC

USATF Masters T&F Rankings

Coordinator

The outdoor season rankers for 2002 are listed below. If your best marks have not appeared in the NMN results section by the January 2003 issue, send them with documentation or verification (name of meet, date, site, and director’s name with a phone number or e-mail address) to the appropriate compiler. Marks sent to me for events that I’m not compiling will not be forwarded.

100, 200, 4x100, 4x400 – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229
400 – Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu
800, 1500 – Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

WMA Age-Grading Status Report

By REX HARVEY

WMA Vice-President, Stadia

It has been eight years since the 1994 version of the WAVA Age-Grading Tables was adopted. There have been many improved and additional performances in the period since 1994, and, at the direction of the WMA President and Council, WMA has undertaken a 2002 update.

The new 2002 World Masters Athletics Age-Grading Tables officially took effect as of May 1, 2002. Because the only official WMA use of age-grading is for the combined events, those were the only tables released at that time. However, the update was for all of the 1994 events and will include events that were not factored in 1994. This comprehensive update will be available soon.

WMA is working to see that a 2002 masters combined events scoring book (the little green book that contains the factors and the tables for all of the combined events) will be published in Germany again. WMA is also working with National Masters News to publish a comprehensive 2002 Age-Grading book again in an improved, easy-to-use format. Of course, WMA Age-Grading will be available on the WorldMastersAthletics.org Web site.

There are some preliminary 2002 tables on the site now; however, they

Continued on page 15
BVAF Championships Torrid
Both On and Off the Track

On a blistering hot day, when temperatures reached 90+ degrees, Steve Charlton set his third M75 world record of the summer, a 41:47.31 10,000, in the BVAF Championships, Copthall Stadium, North London. Knowing that he had to better 41.48 to take the title, Charlton kept going and eventually ran 41.47.31, a new M75 world record. The race was run in 105 degrees, but Charlton was able to keep going and eventually ran the time. The race was won by Steve Charlton, who set a new world record.

But all was well, and he crossed the line before falling into the arms of well wishers and subsequently being taken away by the first aiders. Earlier in the same race a couple of the women were forced to withdraw after staggering to a standstill, despite the presence of marshalls with cups of water. Charlton had taken the 5000 on the first day of the championships when temperatures were only 79 degrees, but was outside his recent M75 record of 19:45.

In the opening race of the second day, the women's steeplechase, Jane Pagden, the leader, crashed over one of the barriers and landed heavily head first. She was knocked unconscious and it was ten minutes before she came to. Pagden seemed to recover but was taken to hospital as a precaution. The race had been held over the lower women's barriers.

Elsewhere, there was a 1:58.98 M40 800 victory for Chris Wood over Phillip Hall, where four men were inside 2:01, while double Brisbane gold medallist, Ester Linaker, was supreme in the W60 sprints.

In the throws, Neil Griffin, 54, was in fine form with over 50m in the discus on the opening day. He took the hammer and then the shot with a world-leading 15.28, which is a warm-up for the European Championships three weeks later.

At the BVAF athletes general meeting, held during the championships, a heated debate ensued about changing the name of the governing body to British Masters Athletics Federation (BMAF). The vote was eventually carried by a substantial majority.

Also at the AGM it was revealed by the chairman, Mick Statham, that the BVAF was suing WMA Non-Stadia Vice-President Ron Bell for the return of monies paid out for work that was allegedly not done. This came after Bell resigned from the position of Vice-Chairman.

Report from Britain

Age Grading

Continued from page 14

contain some errors in the men's hurdle factors.

Until these data are published and widely available, age-grading will be in a state of flux. For instance, the USA-GBR combined events challenge in July was conducted using the 2002 factors; the German National Combined-Event Championships, likewise. But the USAF National Masters Decathlon/Heptathlon in New Jersey, and the USATF National Masters Outdoor Championships just completed in Maine, were conducted using the old 1994 age-grading, because the Hy-Tek Meet Manager software did not yet contain the 2002 factors.

As is painfully evident to the statisticians, all past combined events point total performances will now have to be recalculated using the new factors. All point totals will change. There probably will even be changes in who holds certain records, although that usually is rare.

This recalculation, while not easy, is not uncommon as it is required every time the IAAF scoring tables are changed, and it has happened many, many times in the history of the combined events. That is one of the main reasons why the current age-grading was used for eight years even though there were certain events that sorely needed updating long before.

Please have patience as the 2002 age-grading gets completely phased in and be sure to check which version was used before comparing performances.

---

WMA/USATF Hurdles and Implements Specifications

**HURDLES**

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<td>3.00k</td>
<td>4.00k</td>
<td>500 gms.</td>
<td>16#</td>
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<tr>
<td></td>
<td>3.00k</td>
<td>1.00k</td>
<td>3.00k</td>
<td>4.00k</td>
<td>400 gms.</td>
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| Men       | 7.20k    | 2.00k  | 3.00k  | 4.00k   | 800 gms.| 35#          |
|           | 6.00k    | 1.50k  | 3.00k  | 4.00k   | 700 gms.| 25#          |
|           | 5.00k    | 1.00k  | 3.00k  | 4.00k   | 600 gms.| 20#          |
|           | 4.00k    | 1.00k  | 3.00k  | 4.00k   | 400 gms.| 12#          |

Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, SEPT. 2002

<table>
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<tr>
<th>ATHLETE (RESIDENCE)</th>
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<td>KEN KEEN (NJ)</td>
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<tr>
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</tr>
<tr>
<td>JAMIE SMITH (CA)</td>
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<td>55-59</td>
</tr>
<tr>
<td>TINA BRENNIG (CA)</td>
<td>9-15-32</td>
<td>70-74</td>
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</table>

Throwers Break Records in Texas Championships

By WAYNE BENNETT

The Dallas Masters T&F Club hosted the 22nd annual Texas Masters Championships at Campbell H.S., Dallas, July 27. Some 175 entrants combined for two U.S. age-group records, 79 All-American performances, and 22 age-graded performances over 90%.

Bob Ward, 69, broke the M65 hammer record of 47.34 by Joe Chadbourne in 1996 with a 48.37, an age-graded 97.8%. Wendell Palmer, 70, broke Ladislaw Filip’s M70 45.59 record with a 48.06 (93.8%).

Bill Collins, 51, reached 98.4% in the 100 with 11.29. Others in the 90% international-class level included John Hartfield, 57, in the 100 (95.0%), and Steve Horton, 39, in the 400 with a 52.84 (96.8%).

Find readings were slightly over that allowable for records. Temperatures were in the 90s for most of the day.

Thane Baker, silver and gold medalist in the 1952 and ’56 Olympics, was the starter. Another ex-Olympian, Rev. Bob Richards, 76, pole vault champion in 1952 and ’56, competed in the weight pentathlon.

Athletes from around the world have participated in the Texas Masters Championships, which have been held annually since 1981. The event attracts athletes of all ages, from beginners to seasoned competitors. The championships are held in various locations across Texas, and are known for their high level of competition and record-breaking performances.

Johnston, Greenberg Star in Southwest Regionals

Paul Johnston in the sprints and Joe Greenberg in the javelin were the top performers in the USATF Southwest Regional Masters Championships, held at Clark Field, Fort Worth, Texas, on July 13.

Johnston, 67, of Texas, was pushed to an age-graded 96.7% 12.90 in the 100 and a 95.4% 26.69 in the 200 by Wayne Bennett, 65, Texas, who ran a 91.2% 13.45 and 90.3% 27.67.

Don Dennis, 62, was also at the international class, with a 92.7% 12.92 in the 100.

Greenberg, 52, Texas, hurled the javelin 199-360.73 for an age-graded 93.9% performance, tops in the throws. Donna Moore, 43, was the best performer in the 800, with an 83.3% 2:29.65.

The best hurdle times were by Robert Hahn, 50, with an 89.8% 15.06 for the 100H, and Rick Easley, 48, with an 88.6% 61.88 in the 400H.

Charlie Richard, 67, scored an 86.6% with a 32-0’/9’7’7” in the triple jump. Robert Harrell won the M60 contest with a 160-9/49.02.

FIFTEEN YEARS AGO

September 1987

- Nationals Draw 976 to Eugene
- Phil Raschker Sets Three W40 WRs in Nationals (100/11.83, 400H/57.23, TJ/35-7)
- Doug Latimer, 49, Is Top Master in Western States 100 Mile in 19:39:02
- Atlaw Beiligne, M40, Claims Masters Victory in Utica Boilermaker 15K With a 50:26

Some readers provide additional support to the National Masters News by sending donations of $25, $50, or $100 or more. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Records book and will be listed in the paper as a National Masters News sustainer.
**NATIONAL**

- George Hirsch, the Worldwide Publisher of Rodale Inc.'s Runner's World, retired from that position on July 15 and assumed the role of Worldwide Publisher Emeritus. He will continue to work with the RW brand, which he has directed for more than 15 years, as well as with Rodale's growing international operations until Sept. 30, 2004. Claudia Smalley, RW publisher, will now have direct responsibility for RW.
- Hirsch has been in the magazine publishing business since 1962 and founded Runner's World in 1968.

**SOUTHEAST**

- The senior women will run a 2.9K uphill event, and the senior men will race 11.7K uphill.
- Among the chosen: Richard Shelley, 40, Albuquerque, NM, the top U.S. finisher at the 1998 World Trophy and 2nd U.S. in 2000; Dan Egginton, 40; Bradford, MA, the 2002 National 50K champion and the 2nd U.S. finisher in the World 100K team; and Karl DiStefano, 43, Telluride, CO, the top U.S. finisher ever in the World Trophy, placing 21st.
- Shelley and Verrington will also be competing in the WMRA World Masters (40+ for men and 50+ for women) Mountain Running Championships in Innsbruck on Sept. 21, the weekend following the World Trophy.

**MIDWEST**

- Bernie Holland threw pending W75 U.S. records with a 61-2 DT and a 69-10 HT, and Everett Naas, 100, established an M100 WR for the hammer with a 27-8, Cleveland Track Classic, Brecksville, OH, July 6. Ruth Seeger set the current DT in 1999 with a 59-5, Elizabeth Hageman has the HT at 62-4 2/2.
- Fred Hirsimaki, 77, Findlay, OH, was inducted into the Ohio Senior Citizens’ Hall of Fame, Columbus, June 16. This is his third Hall of Fame induction. A combined-eventer, Hirsimaki was the M75 gold medalist in the 2002 National Masters Decathlon Championships.
- Elena Fidaton, 42, not only finished first W40 but also first master overall with a third female 35-37. Greater Stark County 10K, Clarkson, WV, July 27. Terry Mahr, W50, blasted off a second W40 in 40:18. Larry Taylor, M40, 35-49, and Ed Froehnapfel, M45, 35-55, were 1-2 W40. Fay Bradley won the M60 race in 42:35.
- Kevin Hanson, 41, Sterling Heights, MI, 34-29, and Steve Arch, 41, Okemos, MI, 35-35, finished 7th and 8th in the Standard Federal Bank 10K Series, Lansing, MI, June 29. Janice Spodarek, 48, Okemos, was first W40 (41:39). James Hicks, 62, Mason, MI, was first 60+ (44:21). In the SBF 10K, Grand Rapids, MI, July 20, Michael Frank, 45, Grosse Ponto Woods, MI, 37-38, and Laurie Deckner, 42, Cadillac, MI, in a second woman overall 40:25, were first masters.
- Bobby Williams, 49, was the overall winner of the Fair St Louis 10K Handicap Run, July 7, using a 4.5 minute handicap and running 30:21 in a first of runners. Bernie Violand, 52, ran a 31:04 with a 5.5 handicap to take second. First woman overall was Jan Danzl, 51, 1st overall with a 12.9 handicap and a 33:21 time.

**WEST**

- Dave Parsel, 47, Mesa, CA, with a fourth-place 33:27, and Louise Davis, 41, Fullerton, CA, breezed to masters firsts in the Cypress, CA, 10K, July 27. Bob Koch, 75, took the M70+ race in 50:23. In the 5K, Angelo DeCollibus, 45, Anaheim, CA, 16:34, and Susan Enlow, 46, Corona, CA, nabbed masters honors. Gary Riley, 60, West Covina, CA, in 20:00, and Yoko Eichel, 55, Woodland Hills, CA, 22:06, were division winners.

**MID-AMERICA**

- Sherry Volk, 41, was the overall winner of the Fair St Louis 10K Handicap Run, July 7, using a 4.5 minute handicap and running 30:21 in a first of runners. Bernie Violand, 52, ran a 31:04 with a 5.5 handicap to take second. First woman overall was Jan Danzl, 51, 1st overall with a 12.9 handicap and a 33:21 time.

**NORTHWEST**

- Regina Joyce, 45, former Irish Olympian, broke the W45 U.S. mile record with a 5:05.9 in the Club West All-comers, Edmonds, WA, July 31. The current record is 5:21.5 by Carol Fiveter, also of Washington. In 1999. A track and X-C coach at Edmonds-Woodway HS, where the meet was held, Joyce said, "I would really like to take a shot at sub-5:00." She may have broken the W50 1500 record of 4:41.19, but was not timed at that distance. In the Seattle Masters Classic, a week before, she ran a 4:50 1500 and 2:25 800.
- Jerri Hallen, 43, Alpine, UT, fourth overall in 24:39.2, and Julie Godderidge, 44, Smithfield, UT, second overall in 33:11, were first 40+ in the Deseret News/KZJZ Marathon, Salt Lake City, July 24. Terry Harris, 55, Sheevport, LA, was ninth in 2:57:09.

**INTERNATIONAL**

- In the 26th South Africa Masters Athletics Championships, Bellville, Cape Town, May 3-4, Claude Sterley, 90, scored 3281 points to overshadow the M90 WR of 2225 for the WP, held by Everett Hossack (USA). Veronica Weigemoed ran a 7:26.40 to break the W70 WR of 7:14 by Anna Mangier (GER). Nearly 400 athletes attended the SAMA Championships, deemed "one of the most successful to date" by MNM correspondent Leo Benning. At the athletes' meeting on May 3, Elise Engelbrecht, Basile Carne, Sybrand Mostert, and Benning, were recognized with a first-ever; single lifetime achievement award for service to masters athletics. Stan Immelman and Weigemoed were selected as Athletes of the Year.
- Anne Keenan-Buckley, 40, ran 15:47.73 to place third in the 5000 at the Irish National Track and Field Championships, July 14. Her time is a pending WMA World Record. The old record was held by Nicole Lavreque, FRA, who ran 15:51.7 in 1994 at age 43.

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Masters Scene
**Schedule**

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

- **September 7**, USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinfel'd, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-932-3923; kweinfel@attbi.com
- **May 27-June 3**, 2003, National Senior Games/The Senior Olympics, Hampton Roads, VA
- **August 7-10**, 2003, 36th annual USATF National Masters Championships, Hayward Field, Eugene, Ore.

**EAST**

- **September 3-10**, Delaware Senior Olympics. Mary Costello, 888-881-6128; www.delawareseniorgames.org
- **October 3-5**, Maryland Senior Olympics, Towson, Md. Bob Ziegler, 410-704-4456; www.towson.edu/senolmpics

**SOUTHEAST**

- **December 7**, Clearwater Throwers Classic/Weight Pentathlon/Superweight, Clearwater, Fla. John, 727-722-8139; Jselleh@aol.com

**MIDWEST**

- **September 3-15**, Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 626-821-4444; www.execcp.com/aginc
- **October 7-9**, Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500; Contact: 800-562-1268; www.seniorgames.org

**SOUTHWEST**

- **September 5-8**, South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807; www.sdseniorgames.atfee
- **September 28-29**, Kansas Senior Games, Topeka. KS Sr Olympics, 1354 SW Clay, Topeka, KS 66664; 785-368-3798.

**LONG DISTANCE RUNNING**

- **October 15**, World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205; AUS. Email: info@worldmasters.org; www.worldmasters.org
- **November 3-10**, 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia, 591-426-3068; fax: 591-419200; annaball2002@yahoo.com

**RACEWALKING**

- **September 12-15**, USATF National Masters 24-Hour Championships, Olander Park, Syracuse, Ohio. Dan Drane, 480-586-6100; wwww.seniortrack.org
- **October 7-9**, Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500; Contact: 800-562-1268; www.seniorgames.org

**NORTHWEST**

- **October 7-9**, Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500; Contact: 800-562-1268; www.seniorgames.org

**INTERNATIONAL**

- **September 20-29**, Asia-Pacific Games, Queensland, Australia. www.mastersgames.com.au
- **October 5-13**, World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205; AUS. Email: info@worldmasters.org; www.worldmasters.org
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**USA Olympic Festival**

- **September 9-17**, 2003, USATF National Masters 24-Hour Championships, Olander Park, Syracuse, Ohio. Dan Drane, 480-586-6100; www.seniortrack.org
- **October 7-9**, Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500; Contact: 800-562-1268; www.seniorgames.org

**LONG DISTANCE RUNNING**

- **October 20**, Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+.
- **October 26-November 10**, Southland Senior Olympics, Long Beach, CA.

**ON-TAP FOR SEPTEMBER**

- **TRACK AND FIELD**
- **West Seattle Stadium will host the USATF National Masters Weight & Superweight Championships for the umpteenth time on the 7th. The Arkansas Senior Olympics, Hot Springs, on the 19th-22nd, San Diego Senior Olympics, El Cajon, Calif., on the 21st, and the Kansas Senior Olympics, Topeka, on the 28th in the long-29th. SO. Offerings this month. Tracksters and roadies will mingle at the Champions Run for Children Mile, on the track, and Jamba Juice 5K at Kaser Stadium in San Francisco’s Golden Gate Park on the 15th.

**RACEWALKING**

- Three National Masters Championships to pick from this week: the 40K, Moonlight, NJ, on the 1st; the 5K, Kingsport, Tenn., on the 21st; and the One-Hour, St. James, N.Y., on the 28th.
October 26. Seaside 10 Mile & 5K, Ocean City, Md. www.ococcean.com
October 27. Marine Corps Marathon, Washington, D.C. 800-800-UNSMC; www.marinecorpsmarathon.com
October 27. CompassBank Cape Cod Marathon/Relay, Falmouth, Mass. Limited to 1200 marathons and 150 relay teams. USAFF NE Championships. 508-540-6959; email: marathon@cape.com
October 27. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacesmarathon.org
November 3. New York City Marathon. 10:50 a.m. 212-860-4455; www.nyrr.org
November 26. 6th Manchester 4.7 Mile Road Race, Manchester, Conn. 860-649-6456; www.manchesterroadrace.com
November 30. Knickerbocker 60K, Central Park, NYC. See Nov. 3.

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

October 13. Disney’s 10K Classic, Orlando, Fla. 904-738-3398; disneyworldsports.com
October 20. Trigon Bay Bridge Marathon, Virginia Beach, Va. 757-498-0215; www.baybridge marathon.com
October 21. Wild Ghost Chase 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36602; 251-473-7223.
November 2. Food World Senior Bowl Charity Run 10K, Mobile, Ala. Richard Dornan, sbowlseniorbowlcom
November 23. Paul deBruyn Memorial 30K/RKA National Championships, Dayton Beach, Fla. Leonard Kochenderfer, PO Box 1303, Daytona Beach, FL 32127; 386-322-0835.

August 29. Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-731-1900; www.jsplaceports.com

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

September 8. Chicago Half-Marathon. 773-929-0072; chicagohalfmarathon.com
September 21. USATF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. Contact: 937-257-4350; http://amarathon.wapaf.affil
September 29. Fox Cities Marathon, Appleton, Wisc. 5K Run/Walk on 28th. $10,000 prize money. Contact: 977-230-7223; www.foxcitessimarathon.org
October 6. 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich. 734-769-2926; www.detroitfreemarathon.com
October 13. LaSalle Bank Chicago Marathon. 888-243-3344; www.chicagomarathon.com
October 20. Columbus Marathon, Columbus, Ohio. 614-421-RUNN; www.columbusmarathon.com
November 2. Kentucky Miles of Smiles 100 Mile, Lexington to Mt. Sterling (50 miles, 1st day/delayed 2nd day). Also Man O’ War Marathon. Don Hall, 325 Shoereides Dr, Lexington, KY 40515. 859-264-9378.
November 3. Canal Connection XX 10K/RRA Central Region Championships, Utica, Ill. Jon Bastuck, 815-223-8988; Bastuck@indspring.com

MID-AMERICA
Colorado, Iowa, Kansas, Missouri, Nebraska, S. Dakota

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

Strength & Speed News 2002 fun fact book by Dale Harder. Like Guinness Book + Believe It Or Not combined, this buzzed encyclopedia is crammed with strength & endurance records for every age 1 to 100. Do you want to see the evolution of world records in every track & field event? See how you compare! Do you know the heaviest man to run a 400 mile? The lightest man to put the shot 707', Which president could do a one-arm chinup? Do you know what 300 lb man can do chinups, holding 200 lb? Anecdotes and percentile ratings in track & field, weightlifting & powerlifting. Plus articles on highland games, stone lifting, Basque lifting, grip strength, pullups, pushups, core training, runner’s walk, fire walking, martial arts, canal vaulting, apeana diving, high diving, fittest man, Inch dumbbell, strong men, & much more. 356 huge pages

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Strength & Speed

September 2002 National Masters News
Masters Fields Set for Champions Mile Run for Children

The fields for the men’s and women’s masters mile are set in the Champions Run for Children, scheduled for San Francisco’s Kezar Stadium, Sept. 15.

Tony Young, 40, of Washington, and Canadian Graeme Fell, 43, head the men’s list. Young ran a U.S. masters record 4:09.61 in June. Fell won last year in rain, with a 4:26.02.

The list includes Jamin Asam, 43, second-ranked M40 in the mile in 2001, and Dave Clingan, 48, top-ranked M45 in the mile last year. Colin Rotheny, 42, of Ireland, and Mohamed Ramdani, of France, are possible entrants.

The women’s field includes indoor and outdoor national champion Rose Monday, 43, road racer Maria Trujillo de Rios, 42, and Maureen de St. Croix, 49, of Canada. Shariel Gilbert, 51, who ran a 2:30.87 800 in late June in the Hayward Classic, hopes to break the W50 U.S. record of 5:29.39.

The Peter St. Geene, Inc. Champions Invitational Mile Run for Children raises funds for UC San Francisco Pediatric AIDS Research.

In addition to the elite races, the day’s events include age-group heats for ages 3-18, and the Jamba Juice 5K Banana Man Chase III.

The start of the 2001 Men’s Masters Mile, 2001 Champions Run for Children, San Francisco (from l): Tim Minor, Kevin Ostenberg, Graeme Fell (winner, 4:26.02), Dave Clingan, Brian Davis, and Jamin Asam. This year’s race is scheduled for Sept. 15.

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### U.S. MASTERS ALL-AMERICAN STANDARDS

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**Note:**
- All standards are for automatic timing.
- The standard for the 55-64 age group is based on the 1984 U.S. Olympic trials.
- The standard for the 100-64 age group is based on the 1988 U.S. Olympic trials.
- The standard for the 200-64 age group is based on the 1992 U.S. Olympic trials.

### U.S. MASTERS ALL-AMERICAN CERTIFICATE/PATCH

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

**NAME:**
**ADDRESS:**
**SEX:**
**STATE:**
**ZIP:**
**MEET DATE:**
**MEET SITE:**

** EVENT (S):**

**HURDLE HEIGHT (INCHES):**

**WEIGHT OF IMPLEMENT (POUNDS):**

**CerTIFICATE**

**P A T C H**

**T A G**

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely.
2. A copy of your results or a note stating in which year your results appeared must accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and a patch ordered at the same time is $15.00.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within 30 days. Allow eight weeks for a patch tag.
Continued from previous page

Event 311 M45 Outdoor pentathlon
Dr. George Freytes 11-8 Mike Wilster
M50: Larry Colbert 13-8
M60: Larry Colbert 13-8
M70: Robert Koen 13-8
M80: Larry Colbert 13-8

Event 298 M50 Indoor pentathlon
Derek Bennett 29:59.12
M60: Tim Kaal 31:12.08
M70: Robert Koen 32:25.58
M80: Larry Colbert 34:06.06

Event 296 M50 Indoor pentathlon
Derek Bennett 29:59.12
M60: Tim Kaal 31:12.08
M70: Robert Koen 32:25.58
M80: Larry Colbert 34:06.06

Event 313 M40 Outdoor pentathlon
K. Hauch 21:40.30
M50: Larry Colbert 23:12.80
M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 312 M30 Outdoor pentathlon
J. Riva 21:40.30
M50: Larry Colbert 23:12.80
M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 311 M30 Outdoor pentathlon
J. Riva 21:40.30
M50: Larry Colbert 23:12.80
M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 310 M25 Outdoor pentathlon
J. Riva 21:40.30
M50: Larry Colbert 23:12.80
M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 309 M20 Outdoor pentathlon
J. Riva 21:40.30
M50: Larry Colbert 23:12.80
M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 308 M15 Outdoor pentathlon
J. Riva 21:40.30
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M60: Larry Colbert 24:45.30
M70: Robert Koen 26:18.30
M80: Larry Colbert 27:51.80

Event 299 M50 Indoor pentathlon
Derek Bennett 29:59.12
M60: Tim Kaal 31:12.08
M70: Robert Koen 32:25.58
M80: Larry Colbert 34:06.06

Event 298 M50 Indoor pentathlon
Derek Bennett 29:59.12
M60: Tim Kaal 31:12.08
M70: Robert Koen 32:25.58
M80: Larry Colbert 34:06.06

Event 311 M45 Outdoor pentathlon
Dr. George Freytes 11-8 Mike Wilster
M50: Larry Colbert 13-8
M60: Larry Colbert 13-8
M70: Robert Koen 13-8
M80: Larry Colbert 13-8
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<tr>
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<td>Sarah Johnson</td>
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<td>Emily Brown</td>
<td>21</td>
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**SOUTHEAST**

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**USA**

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<td>2:05</td>
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<td>14.16</td>
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<tr>
<td>Triple Jump</td>
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**Augustana Meet**

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**SOUTHWEST**

North Texas Senior Olympics

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**USATF Meet**

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**September 2002**

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"every day at dawn, the ocean asks, "you wanna race?"