Midwest Heat and Humidity Cool It

By JERRY WOJCIK

DECATUR, Ill. – Records, world-class performances and dazzling contests took a backseat to the big story at the 37th USATF National Masters Track and Field Championships here on Aug. 5-8 - the weather.

All of the pre-Championships hoopla about how the dreaded Midwest heat and humidity would mar the meet turned out to be just so much, well, hot air.

The 1107 entrants were treated to four days of temperatures in the 70s and low 80s, relatively low humidity, and blue skies. Lows in the 50s caused some athletes in the college residence halls to shop for inexpensive fleece blankets. Except for slight winds on Thursday and Friday, it was, by any standard, much less the Midwest in August, perfect.

Competition was held in five-year age groups, starting at 30 and going up to 90. The first three finalists received gold, silver and bronze medals, the next three, ribbons. Guest athletes, who did not displace U.S. citizens, received equal awards. Countries represented included Germany, Mexico, and Canada, which sent its usual large, capable contingent, led by Olga Kotelko, 85, who broke world records in the discus and javelin.

The meet was held at Millikin University’s Frank M. Lindsay Field. At the venue, if you stood at the right spot, you could watch races on the eight-lane track, and be yards away from the long jump, pole vault, shot put, and hammer sites. The discus and javelin were held across the street, some distance from the track.

Buoyed by the weather, athletes began setting records on Thursday in the pole vault and pentathlon, and ended with more in the relays on Sunday.

Eighteen world and 23 U.S. age-group records were broken, tied or established. In the 2003 Championships, Eugene, Ore., 1207 athletes set eight world and 30 national records.

If there were Athlete of the Meet Awards, they might go to two women from Vermont, Barbara Jordan, W65, and Flo Meiler, W70, and Rod Parker, M85, of Arkansas. Jordan won seven gold medals, with a world record in the 300H (63.21) and U.S. record in the 80H (16.83) and the pentathlon (3611).

What makes her records even more outstanding is that the three she broke are hers. Meiler won five events with world records in the 80H (17.57) and 300H (67.16) and established a U.S. pentathlon record.

Parker broke world records in the
Brandon Blocker reporting on the meet.
"Local coverage was the best," said George Mathews, Masters T&F Chair.
Primary announcing for the four days was done by Taylor, who operated from the center of the track under a tent.
Off the track, athletes took in the downtown Decatur Celebration, a street fair on Friday, Saturday and Sunday. "The biggest street festival I've seen," said Max Springer, 90, as he and his wife were leaving after taking in booth after booth of food, arts and crafts, public service, and clothing.
At the Athletes' Meeting on Friday afternoon, Don Luy, meet director, and Sandy Pashkin, Games Committee Chair, responded to questions concerning the meet's management. Norm Green, Masters Hall of Fame Coordinator, explained the election process for the 2004 nominees. Phil Byrne, Nominating Committee Chair, discussed the forthcoming election of masters officers at the annual meeting in Portland, Ore. Bob Weaver, Media Subcommittee Chair, distributed a PR form to encourage athletes to contact their local media.
Mark Zeug, meet director of the 2005 Hawaii Championships, gave information on the status of the meet, scheduled for Aug. 4-7 at the U. of Hawaii, Honolulu. The Hawaii Web site is www.hawaiiachamps.org.
About 140 officials were on hand. So many, in fact, that in one instance in the women's shot put, the shot was passed back to the ring hand-to-hand bucket brigade style rather than carried by an official.
Carl Reichard, 51, Noank, Conn., an experienced championships athlete and hammer gold medalist here, summed up the general feeling for the meet, "Terrific. Competition was exciting, and events went off on time. Lots of officials. A well-organized

200 (34.41) and 400 (84.18), and set a U.S. 100 record (16.22).
The younger and older divisions had their usual gaps in some events. The W55 and W60 divisions had no champions in more than a dozen events. Entrees in the 10,000, and racewalkers were fewer than usual. The sprinters had full houses, with the M75s in the 100 having to run rare semi-finals.
Not all competitors were veterans of previous national meets. First-timers included Doug Gabbert, M45, Palm Coast, Fla., pole vault silver medalist.
"This is my first major meet. I was pleased with not having to tell officials how to move the standards. They took care of everything, and my event ran on time."
Tom Linell, M60, Fort Collins, Colo., who competed in the 1800 and 1500 in his first national championships, said, "I was very impressed with the athletes' friendliness and professionalism of the officials. The banquet needed cheap beer and lots of time to talk to each other. That's what we want."
It was not the best of times for everyone. Former sprint national champion Cindy Steenberg, 50, Fort Worth, Texas, a potential gold medalist, had to withdraw with an injury.
An other-world contender: Doug Smith, 65, Laguna Hills, Calif., became violently ill with food poisoning around 8 p.m. Thursday, after eating in a Decatur restaurant, was taken to a hospital, connected to two IVs, and told not to run by an MD.
Released at 5 a.m. Friday and subsisting on apple sauce, soda crackers and water, Smith qualified (13.09) for the 100 finals and took a third (13.12) on Saturday. Later on Saturday, he qualified (28.75) for the 200 finals scheduled for Sunday. On the advice of a doctor, who told him that his condition and electrolytes were so low that he could suffer heart damage, Smith reluctantly did not run, saying, "I did not come here to lose."
Some significant performances were nullified by disqualification. Francis Schiro led most of the way in the M50 400, was overtaken by Bill Collins, and gave up a medal for running out of his lane. In the M50-59 4x100 relay, Collins' winning Houston Elite team lost gold medals for an illegal handoff. Kathy Martin, W50, was denied the chance for a fourth title here, after disqualification for changing lanes too soon in the 800.
Local media coverage was extensive. The Herald & Review printed results three deep and daily articles. Monday's issue had an article on JoAnn Grissom, 66, an official and competitor; a short piece on announcer Peter Taylor; and a long article on what motivates masters runners.
ABC-affiliate WAND ran segments on its nightly news, with sportscaster

### National Masters Championships 37th USATF National Masters Championships

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SENIORS
I directed the USC Masters Meet in April. A former athlete of mine, Manny Gomez, head track coach at Lincoln H.S. in Los Angeles, agreed to provide 20 students to work the meet.

The Friday before the Sunday meet, the bus was bringing his team home from a dual meet. He reminded the kids about their commitment to work the masters meet involving seniors, and asked them to raise their hands to lock it in. He was surprised at the number of girls with their hands up.

He brought 25 kids, plus his A.D., assistant coach and brother, Roman Gomez, four-time 1600-3200m state champion while at Belmont H.S., to help.

In the middle of the meet, two girls came to Manny and accused him of misleading them. Confused, he asked, "How?" Their answer was, "You told us there would be seniors here -- and there are only old men!"

Robin Paulsen
By e-mail

JAVELIN SPECS
Masters meet coordinators throughout the land might want to double check with their weights & measures officials regarding javelin specifications for future meets. Despite my 400g Aussie javelin passing muster at three meets during the past year (one only three weeks ago), it was disqualified at the Masters West Regionals, July 24, for having a wrong center of gravity.

Follow-up phone calls reveal that current specs allow no more than 80 centimeters between the CG and tip; whereas, my tip extends between 80 and 82 centimeters, which were the specs several years ago.

In other words, formerly a minimum of 75 and maximum of 82 were within allowable specifications. Now, it's 75 and 80. Apparently, not all weights & measures officials are aware of this. Incidentally, SpringCo is aware.

Ed Chynoweth
Sanger, California

HAWAII 2005
I am planning to visit relatives in Hawaii in conjunction with the 2005 National Masters Championships. I would like to see us go back to having only finals in the 800 and 1500, rather than running preliminary heats.

Here is my reasoning. While there is no finer place to spend time than Hawaii, since this is a once in a lifetime trip, I would like to see the track meet resigned to that.

However, with the current format, I would have to show up at the track on Thursday and Friday in the unlikely event there would be preliminary heats.

Placement in the fast or slow race could be based on submitted times from authenticated meets. I believe anyone competing for a place would have no problem providing times. Without the time, one could still compete in the slower heat.

If this is not deemed possible by the powers that be, I will not complain, as I am too grateful for the opportunity to do something I enjoy so much.

I write this as I prepare to leave for the Masters Championships in Decatur needing to arrive on Wednesday, although I will likely have to run until Saturday.

Stan Mathes
Fond du Lac, Wisconsin

PSA SCREEN
I was inspired to e-mail NMN after reading an article by Payton Jordan.

I can honestly say that I am alive today because of hard sprint work. From 1991 to 1994, I experienced severe abdominal pain similar to a muscle pull after hard sprinting. I saw several doctors/specialists and was diagnosed with muscle strain and told to stop sprinting (no problems with distance work) to give the muscles time to heal. I would rest for several weeks, but the pain would return with the first hard workout.

I continued to attempt to get a correct diagnosis. I was given a complete blood analysis and finally, in 1994 with the use of Prostate Specific Antigen (PSA) I was diagnosed with advanced prostate cancer, which I likely contracted from exposure to Agent Orange during the Vietnam War.

After surgery, a medication mishap caused me to go into respiratory arrest. Five hours later I awoke from the worst nightmare imaginable. Five weeks later I was back on the track and have won several national titles since, the latest one in Baton Rouge.

Last year I ran a 55.4 before the Nationalals, but chronic tendinitis caused me to miss the event.

I urge all masters to take advantage of the PSA screen.

Matt Pruitt
By e-mail

MEDIA HONOR ROLL
It is extremely helpful in spreading the word about the masters meet field for athletes to contact their home media about their performances.

The Masters Media Committee urged athletes to do so at the 2004 Nationals in Decatur, providing model telephone call sheets, and we now announce the first "Home Press Honor Roll" of athletes who contacted at least one of their local media from the meet:

Nolan Shaheed - WGCC Radio, Pasadena, CA
Lorraine Jasper - Philadelphia Inquirer
Sid Howard - Newark Star Ledger
Chris Gordon - Eugene Register-Guard
Ron Pate - Honolulu Advertiser
Linda Piff - Asbury Park Press
Bruce McBarnette - Washington Post and numerous Northern Virginia media
Gerald Vaughn, Geoff Emerson, Jim Russ, Liz Johnson - Charlotte Observer

Thomas Mendenhall - Tacoma News Tribune
Robert Thomas - Indianapolis Star Tribune
Becky Sisley - Eugene Register-Guard
Karen Steen - Tacoma News Tribune and Olympia, WA, Olympian
John Hinton - Danville Bee
Gina Richardson - Raleigh News and Observer
Ann Carter - Aiken Standard
Carol Finsrud - Lockhart Register
Congratulations to these Masters Media Committee Honor Roll recipients for their successful outreach efforts. If anyone else developed home press from their efforts at nationals - and especially if you have clips you can e-mail us as models - please contact us at weinerepublic@comcast.net.

We will be happy to announce additional "honor roll" members in the future.

After consulting with Masters Chairman George Mathews, Games Committee Chair Sandy Pashkin, Athlete Representative Dave Clingan, Hawaii Meet Director Mark Zeug, and others, the Media Subcommittee announced that, because of the success of this pilot project in Decatur, a larger home press project will be utilized in upcoming national championship meets, perhaps with a "Home Press" tent next to the medal stands so that our interns or staff can immediately put awardees on the phones with home press.

Bob Weiner, Chair
Liz Johnson, Member
Masters Media Subcommittee
Decatur Provides a Unique Experience

This year’s USATF National Masters Track & Field Championships in Decatur, Ill., was truly a unique experience for a “coastal” person like me. Even though I don’t live in Decatur by prop plane, people drove in from Chicago, Indianapolis, Bloomington, Urbana, Springfield, Ill., and St. Louis, to name a few cities.

It was a pleasure getting to see this agricultural wonderland. I also had a pork tenderloin sandwich, my first in a long time.

Decatur was jumping during our weekend there. Their annual “Decatur Celebration” was in progress and a major tennis tournament was going on. Lots to do!

Friendly Atmosphere

The best part, though, was the friendly people. The LOC, lead by Don Luy, and everyone even remotely associated with the meet, had a “can do” attitude. When we asked for some changes, they were happy to accommodate. Thanks to everyone associated with this meet.

I hope Decatur will bid for the 2007 Championships that will be up for bid by our annual meeting in Portland, Ore., in December. It really makes sense to rotate this championship, Eastern U.S., Western U.S., and Midwest.

Pure Throwing and Grunting at Cat Spring

By TOM GAGE

CAT SPRING, Texas (July 10) – It is a festival for throwing. A die-hard, hardy group of throwing enthusiasts gather in the Texas hill country to find things they can pick up. Because if they can pick ‘em up, they will inevitably endeavor to throw them.

The venue is unique, set in the low, rolling, oak speckled hills between San Antonio and Austin, just one hour or so west of Houston. Cat Spring is a small country community, the home of Mark Chapman and Cheryl Mellenthin. On their estate, affectionately named “Almosta Ranch,” Mark and Cheryl have carved a small throwing area out of the pastureland.

Two javelin areas, one for shorter throws, is their back yard, where such activities are observed with indifference by Milton and Millie, the burros, and Shorty and Granny, two longhorn critters.

The ranch has a concrete throwing circle for shorter hammer, discus, shot, and weight efforts and a sturdy wood circle for longer hammer tosses. The latter is an innovation to allow hammer throwers without the typical hurling of the power line crossing the pasture.

About 20 athletes from ages 35 to 78 gathered this year on July 10. A sunny but cool (by Texas standards!) day greeted throwers who threw the javelin, shot, discus, hammer, weight, superweight and ultraweights (98, 200 and 300#).

All throws without accompanying impressive grunts and yells were met with sharp criticism from a very vocal group of spectators.

The weather held through the day, and we all wound down to the sounds of a local country music duo, compliments of our hosts, as well as a burger and bratwurst fest enhanced by boudin and jambalaya provided by some of the Louisiana contingent, requiring generous quantities of barley pop to temper the heat. Many completed their exhausting endeavors with a dip in the pool.

While not a “sanctioned” event, many count the Cat Spring Grunt as a special event on their calendars. Gone is much of the pomp and circumstance of the more formal events we attend throughout the year.

Not missing, however, is a great camaraderie and a total joy in the throwing of things. It is a considerable trip for many, but all are rewarded by a sense of isolation and tranquility. There are none of the distractions of our more traditional venues. We are in the country doing one of the things we really like to do...throw things ... and grunt!

FIFTEEN YEARS AGO

September 1989

*4951 Athletes from 58 Nations Participate in 8th WAVA Championships in Eugene

*Turku, Finland, Chosen Over Mulhouse, France, to Host WAVA in 1991

*Nationals Draw 1450 to San Diego

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Third Wind

By MIKE TYNN

The Best 40+ Athlete Ever?

A
t its web site, AARP Magazine has been polling its readers as to the best 40+ athlete ever. Readers are given 20 choices and no write-in options. When I last checked, the voting was still open, but boxer George Foreman, with 23.5 percent of the vote, was edging out quarterback George Blanda, who had 22.7%.

Tennis player Martina Navratilova was third with 13.5%. Rounding out the top 10 were hockey player Gordie Howe (8.5%), pitcher Nolan Ryan (6.4%), golfer Jack Nicklaus (5.8%), hoopster Michael Jordan (5.2%), pitcher Satchel Paige (4.4%), Babe Didrikson Zaharias (2.5%), and wide receiver Jerry Rice (2.3%).

Not counting Zaharias, who qualified based on her golfing performances after age 40, there were just two track & field athletes among the 20 on the list—Patrick McDonald, who, at 42, won the 56-pound weight throw in the 1980 Olympics and is still the oldest track & field gold medal winner ever, and Matt McGrath, who was 45 when he won the silver medal in the hammer throw at the ’24 Olympics. They were at the bottom of the list, McDonald, tied for 18th with just 0.2% of the vote and McGrath in 20th place with 0.1%.

Foreign Contenders

The selections were not limited to Americans as Italian Eugenio Monti, who won a gold medal in the bobsleigh at age 40, and Hungarian fencer Aladar Gereich were among the 20 on the ballot.

The oldest person to be considered was Oscar Swahn, who won a gold medal in the 1912 Olympic marksmanship competition when he was 64 and then competed on the silver-medal winning team eight years later. Swahn is just ahead of McDonald in the voting.

Apparently, Phil Hawken, who wrote an accompanying article for the magazine on the subject, limited his selections to athletes who were still able to compete in the “open” category after reaching 40, thus ignoring age-class greats like Payton Jordan and Ed Whitlock. However, Hawken clearly was remiss in not considering the many standout distance runners who have successfully competed in open competition.

Where was Tatyana Pozdnyakova, the ageless Russian, who, at ages 48 and 49, topped all female athletes in the Los Angeles Marathon the past two years? How about Priscilla Welch, who won the New York City Marathon in 1987 at age 42 after finishing second in the London Marathon with a 2:26:51? Or her British countrywoman Joyce Smith, who, at age 44, won the 1982 London Marathon and a number of shorter races that same year? Smith went on to finish, at age 46, 11th in the 1984 Olympic marathon.

Surely, the late Jack Foster should have been considered. At 40, he finished eighth in the 1972 Olympic marathon, then returned four years later to again represent New Zealand in the marathon. In between, he finished second in the 1974 Commonwealth Games marathon with a 2:11:18 and won the 1975 Honolulu Marathon in record time.

Foster’s fellow New Zealander John Campbell was 41 when he finished fourth in the 1990 Boston Marathon with a 2:11:04, and he had many other impressive races in open competition.

What about Mamo Wolde of Ethiopia, who took the bronze medal in the 1972 Olympic marathon at age 40? Or Clarence DeMar, who captured the 1930 Boston Marathon at age 41.

And let’s not forget Tebbs Lloyd Johnson, who took the bronze medal in the 50K walk in the ’48 Olympics at age 48, or Jack Holden, who, at 43, won the 1950 European Marathon.

Biographical Snippets

Most of the top vote getters in the AARP poll had a number of achievements mentioned in the short biographies accompanying the poll, but the only thing mentioned about McDonald is that he won the gold in the shot put at the 1920 Games. Even that information is incorrect, as McDonald won the weight throw and placed fourth in the shot.

Hawken neglected to mention that McDonald continued to compete and win AAU titles in the hammer and weight throw until 1933, when he was 56.

Much more could have been said about McGrath. He also continued to compete, winning the national championship in the hammer at age 48.

Among throwers, Hawken overlooked John Flanagan, who won the hammer in the 1908 Games at age 40. At 41, he broke the world record in the hammer, and is still the oldest world record breaker.

In 1980, four-time Olympic champion Al Oerter was 43 when he heaved the discus 227 feet, 11 inches, better than any of his winning Olympic throws. Two years later, in an exhibition, he threw 240 feet, exceeding the world record. At age 47, he threw 206 feet, better than three of his gold medal throws.

Incomplete Survey

Clearly, Hawken did not do his homework. He left out athletes in many other sports as well. Missing from baseball are Warren Spahn, who had a 23-7 won-lost record at age 42 and continued to pitch until age 46; Carl Yastrzemski, who played well until his retirement at age 45; Sam Rice, who, at age 40, had 207 hits and .349 batting average for the 1930 Washington Senators.

Among football players, Jim Marshall, a defensive end for the Minnesota Vikings, deserved recognition. He retired at age 42 after playing in a record 282 consecutive games.

An argument can be made that Robert Parish, who played in the NBA until he was 43, should have been on the ballot ahead of Michael Jordan, who retired at 40.

Other boxers deserved recognition. Jack Johnson, who lost the heavyweight title to Jess Willard in 1915 when he was 37, continued to fight until he was 50. In 21 fights from ages 40 to 48, he was undefeated.

Bob Fitzsimmons lost the heavyweight title in 1899, at age 36, but won the light-heavyweight championship at 40 and held that title for two more years. He continued to fight until he was 51.

While Archie Moore was among the 20 listed, the information provided about him was scanty and may account for the reason he has only 0.6% of the votes. Although Moore’s age was never quite clear, it appears that he was 48 when he still held the light-heavyweight championship and 49 when he took on Cassius Clay for the heavyweight title. In all, he fought 55 times after his 40th birthday, losing only four times.

Revised Ranking

As I see it, how long they continued to compete in open competition after age 40 is the most significant consideration. Here’s how I would rank the top 10 all time: 1) Archie Moore; 2) Tatyana Pozdnyakova; 3) Gordie Howe; 4) George Foreman; 5) George Blanda; 6) Al Oerter; 7) Jack Foster; 8) Joyce Smith; 9) Patrick McDonald; 10) Nolan Ryan.

(Mike Tyynn can be contacted at METGAT@aol.com)

USA Olympic Trials Include Masters Events

On Saturday afternoon, July 17, masters runners had the opportunity to participate in exhibition races in the USA Olympic Trials/National Championships, in Sacramento, Calif., July 9-18.

A little after 4 p.m., the field of 10 invited masters women lined up for the 800 in Sacramento State University’s Hornet Stadium, where temperatures hovered in the 110-degree range. The stands, with temperatures in the mid-90s, were about half-filled, many spectators having left after the women’s 400 prelims.

At the gun, Rose Monday, 44, the favorite with a seeded 2:14.99, took the lead and never lost it, to win in 2:16.42, holding off a fast-closing Mary Thane, 40, Mountain West TC, second (2:16.57). Catherine Stone-Borkowski, Central Park TC, finished third (2:19.79).

After the race, Monday said, “This was a great group of runners. When I came up to the starting line, they all looked so fit, my heart started to pound. Some of these women didn’t start running until their 30s.”

In the masters men’s 800 race, which started about 15 minutes later, Sal Allah, 44, Sprint Force America, took the lead for most of the race with a 55-second first 400, but was caught by Tony Young, 42, Club Northwest, who held off a charging John Hinton, Fleet Feet Charlotte, to win, 1:54.39 to 1:54.71. Allah was able to hang on to third (1:55.73) in the field of eight.

Commenting on the event later, Young said, “Really neat to race in front of this audience. Maybe this will motivate people in their 30s who have some talent to come out. I came in as the favorite, but this is not my distance. I ran a 1:52 last year, but going from 41 to 42, I’ve lost some turnover.”

Young, who came into the race as the favorite with a declared 1:52.59, is the M40 U.S. record holder in the mile and 3000.

Nolan Shaheed, 54, So Cal TC, ran a 2:02.40, an M55 U.S. record if he had run it on July 18, his 55th birthday.

The BENGAY Travel Grant

Continued on page 8
September 2004
National Masters News

Highlights of the Nationals

W30: Jacqueline Nasca, W30, CA, took three golds in the throws. Lisa Marie Rendez, TX, won both W35 hurdles and the 2000m SC. Regina Richardson, W35, NC, started with a first in the Pent. (25.65) and later won the LJ and TJ.

W40: Karen Stew, WA, demolished the SC AR with a 7:11.97 and won the 1500. Oneiteha Lewis, NY, took three firsts in the throws, SP, DT, and HT (5:30). Lesia Batiste, LA, won the 100 (13.05) and 400 (60.61), but was nipped in the 200 by Joy Upshaw-Margerum (25.91) for the winner of the SH. Trish Porter, NM, who set a W40 HJ WR in Eugene last year, won with a 1.65. Announcer Peter Taylor called the 100 "the best women's 100 I've ever announced."

W45: Carol Finsrud, TX, ruled the throws with four victories. Pentathlete Joanne Petkus, ME, bounded to both hurdle wins. Denise McField, MO, zoomed to titles in the 100 (13.75) and 200.

W50: Kathy Martin, NY, broke the 10,000 AR (37:12.23) and won the 1500 and 5000, missing a fourth gold, with a DQ in the 800 for changing lanes too soon. Jacqueline Board, AZ, was a sprint champion. Anna Wlodarczyk, CA, ex-Polish Olympian and now U.S. citizen, won the SH, LJ and TJ. Linda Rowe, IA, in the SP and DT, and Tina Bowman, CA, in the LH and JT (30.56), were double winners.

W55: Shirley Raham, CO, stuck an AR in the JT (26.33). Kathy Frable, TX, raced to firsts in the 5000 and 10K (63:26). Mary Hartzler, OH, garnered SP, DT and HT (37.94) golds. Brenda Matthews, CA, took the 100, 200 and LJ.

W60: Georgia Cutler, OR, left no firsts for anybody else in the throws. Jolene Stegerwalt, CA, got both RWs, the 10K in 65:06. Nadine O'Connor, CA, took the 200 and PV (2.65). Kathy Jager, AZ, nabbed the 100 (14.44) and LJ titles. No entrants in seven individual events and the three relays.

W65: Barbara Jordan, VT, with seven golds, including a LH WR (63.21) and ARs in the SH (16.83) and Pent. (36.11), looks like the Female Athlete of the Meet. She attributed her success to losing weight, lifting, having a trainer, Thelma, Flo Miller, W70, and Coach Bill Nedde. Becky Silsley, OR, broke the JT AR (31.48).

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**2004 USATF National Masters T&F Champions, Decatur, III., August 5-8**

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**continued on page 8**
Morton's Neuroma

Morton's neuroma is a fairly common injury in athletes engaged in running and jumping sports and, further, is more common among masters than younger runners. In essence, it is an inflammation of the nerve sheath to one of the interdigital nerves of the foot. It usually occurs between the third and fourth digits, but can also occur in all of the interdigital spaces and even under the heel or inside of the ankle area.

Most describe neuroma pain as a sharp, shooting or burning pain between the toes or metatarsals. Some report numbness in the toes themselves.

As activity increases, so does the pain. It is usually relieved by removing the shoes and massaging the foot. I have seen marathoners remove their shoes during a race, and massage their feet to reduce the pain, then resume the race.

In general, the interdigital nerves run between the metatarsal bones of the foot and supply the adjacent side of the toes. The nerve passes between the metatarsal head area and underneath the excreta metatarsal ligament.

The pain is usually caused by too tight a shoe, a dropped metatarsal bone, loss of fat pad, or running on a hard surface with non-shock-absorbing shoes. Another cause may come from the over-pronated foot, which tends to shift weight to the forefoot area while running.

Initial treatment should be a review of the training shoe. Most often, the shoe is too narrow in the forefoot, which compresses the interdigital nerves and causes inflammation. Simply change to a proper fitting shoe.

If the pain persists, add a 1/4 or 1/8 inch metatarsal pad to the shoe. This will elevate the metatarsal head and "spread" the interdigital area, reducing pressure on the nerve.

After running, 8-10 minutes of ice is advised.

Several types of injections may be considered. The oldest is a corticosteroid and local anesthetic which is injected around the nerve area.

This can reduce the nerve inflammation and provide relief. An alcohol sclerosing agent which is a local anesthetic, epinephrine and 4% alcohol solution can also provide relief.

One should also have a biomechanical evaluation to determine if there is some type of biomechanical deformity that might be causing excessive stress to the forefoot area. Foot orthoses can provide relief and allow the athlete to continue on with his or her training program.

Physical therapy modalities that may be recommended include ultrasound and electrical stimulation.

If all else fails, the neuroma may have to be excised out. This procedure can be performed under local anesthesia, and the athlete can be expected to return to running in 3-6 weeks.

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

Masters at Olympic Trials

Continued from page 6

Program awarded the athletes $500 each to help cover expenses in getting to Sacramento. The races were arranged through the USATF Masters Invitational Program under the direction of Mark Cleary.

While those masters were exhibiting, other 40-year-olds were playing for real. Hammer thrower Jud Logan, four-time Olympian, who turned 45 on July 19, was the 12th qualifier on July 10 with a 67.46. In the finals on July 12, he threw a 67.27 for 11th place. The M45 hammer world record is 64.70 by Dave McKenzie in 1995.

Road Bradstock, 42, qualified 11th in the javelin on July 15 with a 70.27. In the July 17 finals, he finished 10th with a 69.02. Bradstock, former British Olympian and now a U.S. citizen, was the first man to break the 80-meter barrier with the new javelin with a world record 81.74.

Almost overlooked by masters seekers at the Trials was Teresa Vaill, 41, who won the 20K women's racewalk, held early in the morning of July 18, with a 1:35:57. Vaill, who had the "B" Olympic qualifying standard of 1:38:00, was the only one headed for the Olympics. Vaill was the oldest U.S. track & field woman to compete in the Olympics.

"It's been 20 years (in the sport), so it's about time," said Vaill, who led early on the 12-lap course that began and ended in Hornet Stadium and looped through the Sac State campus.

Vaill joined masters marathoner Colleen De Reuck, 40, who won the U.S. Women's Olympic Marathon Trials, as the only 40-and-over track athletes to compete in the 2004 Athens Olympic Games.

Information taken from the Sacramento Bee and USATF Olympic Team Trials Daily Updates

Highlights of Nationals

Continued from page 7

400 (49.21). Chris Yorges, OR, won the SC for the ninth year in a row and lowered to the 800 win (2:03.32). Don Drummond, GA, took the SH (14.41). Marek Wensel, IA, won the Pent. (3228).

M40: This bunch could win college dual meets without age-grading. Guest athlete Allan Tissenbaum won the 100 (11.16) and 200 (22.48), but Kettrell Berry, CA, is the masters champion in both events. Sunder Nix, IN, blazed to a 50.09 400. John Hinton, NC, ran a sizzling 1:57.05 800 and won the 1500. Brian Pope, MS, took the 5000 (15:25.90) and 10,000 (32:23.92). David Ashford, IL, finished the SH in 13.90. Brian Coushay, OR, won the LJ (6.37) and TJ (12.57). Scott Hannay, NY, threw the spear 56.77. Alberto Medina, TX, strutted to both RW firsts.

Morton's Neuroma

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

Continued from page 8

M85: Rod Parker, AR, in what some in attendance considered the best performances of the meet, set WRs in the 200 (34.41) and 400 (84.18), and an AR in the 100 (16.22). Dan Bulkley, OR, was no slouch either with ARs in the SC (14:28.93) and Pent. (2791).

M90: Leland McPhie, CA, won the gold medal contest in this group from Max Springer, TN, five to four, McPhie taking two jumps and three throws, Springer winning the 200, 800, 1500, and TJ.


Emerson, Abbs Tops at White River 50M

By SUSANNAH BECK

At 6:30 in the morning on July 31, 125 runners drank the last of their coffee, herbal tea, or Red Bull, and toed the starting line of the USA 50 Mile Trail Championships at the White River Trail Run, Crystal Mountain, Wash., outside of Seattle.

After two monumental ascents and descents, some as long as nine miles and as high as 4000 feet each, William Emerson, 40, Portland, Ore., 7:22:08, and Bev Anderson-Abbs, 40, Red Bluff, Calif., 8:08:39, came out of the woods as the masters champions.

Emerson, a well-known figure in the ultra-scene, placed sixth overall, his lowest finish since he won the 2001 White River race (6:58:14). He was third in 2002, and fourth in 2003.

Anderson-Abbs, an adventure racer with Team Sunsweet Plum Adventure, was second woman overall, behind a course-record-setting performance by Nikki Kimball, 33, Livingston, Mont., 7:45:21.

Each collected $700 for the masters title.

The White River 50M, which has hosted the 50 Mile Trail Championships since 2001, features spectacular scenery in Mt. Rainier Park and the Norse Wilderness, between which flows the White River.

The race, sponsored and organized by the Seattle Running Company running store, was first run in 1994.

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2004 USA MASTERS 5KM
CROSS COUNTRY CHAMPIONSHIPS

Sunday, October 17, 2004
Saratoga Spa State Park, Saratoga Springs, New York

Meet Schedule
10:00 am: USA Masters Cross Country Classic
11:00 am: USA Masters Men 40-49
11:30 am: USA Masters Men 50-59
12:00 pm: USA Masters Women
12:45 pm: USA Masters Men 60+

Eligibility
All 2004 USA Masters members 40 years or older on race day are eligible for competition. Proof of age may be required. 2004 USA Masters membership is required. If you are not currently a member of USA and wish to compete in this event, please contact usasil.org membership to register for or renew your membership.

Individual Awards
The top 3 athletes in each age division will receive regulation USATF medals. Championship patches will be awarded to the winners of each age division. Only US citizens are allowed to win USATF medals and other championship awards, including prize money.

Individual Prize Money
The top three individual Age Grouped male and female finishers will receive prize money.

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Individual Prize Money
The top three individual Age Grouped male and female finishers will receive prize money.

Registration Form
You must be a current 2004 USA Masters member in order to compete in this event.

Name:
Street Address:
City:
State:
Zip Code:
Phone:
Email:
2004 USA View #:
Age on race day:
Date of Birth:
Are you a member of a team? Yes No If yes see below

Team Name:
Daytime Phone:
Representing what Club?:
Club Number:
Association:

2004 USA Masters Membership Number is Required.

Team Members:

1.
2.
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8.

PAYMENT OPTIONS:
Make checks payable to USA Masters:
Credit Card: We do not accept American Express
Card Number:
Expiration Date:
Card Holder Signature:

AMOUNT ENCLOS D:
Entry Fee (non-refundable) $25
Registration Race Fee ($11)*
Additional Fee ($20) $25
Total Enclosed

* A mock registration is available to each registrant for an extra $11 fee. Limit one per registrant at $11. Additional mock registrations and those sold to non-registrants are $20 each. Total a small quantity of sizes small and extra will be available.

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damages I may have against Saratoga Spa State Park, USA Masters, USA Masters Armament Association, The Saratoga National Bank, City of Saratoga Springs, any officials or promoters of this race; all sponsors, volunteers, successors and assigns for any and all injuries suffered by me in said event and I affirm that I am physically fit and have trained for the completion of this race.

Signature:
Date:

The Championships will be conducted in accordance with USATF Rules of Competition.

For more information, please visit our website www.USA Masters.org or call us at (518) 273-5552.
Coach Jeff Savage – Racewalk Like A Champion (Part I)

A s an injured runner in high school, Jeff Savage looked for an outlet for his competitive energies. The racewalking community welcomed him with open arms. After a successful competitive career in college, he joined “the real world” and focused on earning a living. However, racewalking remained a major part of his life, and he turned his computer wizardry to producing an instructional book/video combination called Race Walk Like An Athlete in 1996. His recent book and companion DVDs, Race Walk Like A Champion, bring instruction to a new height.

EW: Why did you decide to do another book?

JS: While racewalking has not changed much since my first book and videos, the technology utilized to explain racewalking has changed dramatically. Eight years ago, black and white computer graphics were the most cost-effective way to show a lot of detail.

In today’s world, with professional digital camera equipment and the ability to capture an incredible number of images per second, I was able to improve and expand on what I did before. The high resolution digital photographs have allowed me to show a great deal more in a more visually pleasing manner.

Resource for Competitors

EW: In my first book I tried to hit both the fitness and competitive markets. Walk Like A Champion is a true racewalking resource for competitors. The book and DVDs include the basic technique and training information found in my earlier works, but they have a lot of original material not found elsewhere.

JS: I have always treated my masters athletes as if they were elite athletes. The reason Jack Starr (M75) continuously sets American records is that he trains like an elite athlete. For example, the marathon training schedule I put together for him was no different than I would do for someone younger, except he set his own goal. He told me he wanted to walk a 6-hour marathon. I said, “Well I don’t know if you can, but I will tell you what workouts you will have to do in order to do that kind of time.” We set out his training schedule, and, at age 72, he did his first marathon in a time of 4:52:00.

EW: Wow! That’s quite a testimony for the two of you!

JS: Before masters undertake a training regimen, they must be sure they have mastered the basic racewalking technique. Focusing on racing before you achieve a solid technical foundation leads to shoddy, inefficient technique that keeps you from achieving your goals. It slows you down and, worse, it may get you disqualified from a race.

EW: Frequently, walkers who do not live near a racewalking coach try to learn from watching others. What are your thoughts on this?

JS: There is a danger in mimicking the technique of others. Often I hear walkers say they tried one thing or another because they observed someone else doing it. Novice walkers cannot know whether a particular racewalker’s technique is correct or simply a result of his or her particular body structure.

For example, Kevin Eastler, a 2004 Olympian, has completely legal technique and is capable of walking at incredible speeds, but he has a wicked bow in his leg that causes his foot to duck out as he carries his leg under and through. Because he is a champion, a new walker might be tempted to mimic his technique.

EW: There is a danger in mimicking the technique of others. Often I hear walkers say they tried one thing or another because they observed someone else doing it. Novice walkers cannot know whether a particular racewalker’s technique is correct or simply a result of his or her particular body structure.

Ward Ups Records in Texas Meet

By JERRY WOJCICK

Bob Ward, who celebrated his 71st birthday on July 4, set one U.S. and two M70 world records in the Texas Masters Championships, held in Arlington, Texas, July 24. To add more Texas chili pepper to his performances, Ward, of Dallas, broke two of his own records set last year when he was 70.

In the hammer (4kg), Ward, of Dallas, Texas, threw 53.12/174-3, almost five feet better than his world record of 4666 in 1998. He scored 544 points in the weight pentathlon, eclipsing Ladislav Filip’s M70 world record of 4666 in 1998.

Ward threw the 16# weight 20.69/67-10 3/4, increasing his U.S. record of 18.83 in the National Masters Weight & Superweight Championships in Eugene, Ore. He scored 554 points in the weight pentathlon, eclipsing Ladislav Filip’s M70 world record of 4666 in 1998.

Ward, whose records were announced by Jerry Wojcick, P.O. Box 50098, Eugene, OR 97405.

Need Back Issues?

Most back issues of the National Masters News are available for $3.00 each, plus $2.00 postage and handling for each order.

Send to: National Masters News P.O. Box 30098, Eugene, OR 97405

TEN YEARS AGO

September 1994

• Nationals Draw 1418 to Eugene

• Martin Mondragon (40, 45.28) and Diane Legare (43, 55.58) Winners in Boilermaker 15K

• 2nd WAVA Road Race Championships Held in Toronto
First Nationals Strike a Positive Chord

The 2004 Masters Championships in Decatur, Ill., was my first experience with that event. Needless to say, it was very well done. I was impressed by the many things that had to be done to put the meet together. Allow me to make a few comments about the experience.

First, there was learning about the event. For me this meant clicking on the USATF link on Olympian Stacy Drabla's home page. A link on her site led me to the Masters Championships pages on the USATF site.

The USATF Masters Championships was in a similar format to the Badger State Summer Games, in which I have participated since 2000. Learning that the Championships were in Illinois during my summer break, I impulsively signed up for the 10,000.

Easy Registration Process

Signing up via the Internet was simple, although it meant joining USATF first, which was all done at 10 p.m. on the night the early registration was ending. Registration was very clean. It is a well thought out process.

All the rules and verification paperwork arrived on time. It was absolutely hassle-free, conveying a very positive message about the management set-up.

The Internet reference facts about Millikin and Decatur were also done very well. I was able to plan almost to the minute where I would be and what I would be doing.

Event Details

My itinerary was incredibly accurate due to the event information available to prospective participants. For this I would like to thank those people in the USATF, Millikin University, and the specific masters committees.

The drive through Central Illinois was a lesson in geography. I could see fields of corn and soybeans in every direction, and scarcely a hill in the distance. The dominance of the Cornbelt crossing those old glacial plains tells a big story about the importance of the agricultural sector to the nation's economy.

On arrival in Decatur, I was delighted to find pleasant, efficient and well informed people at packet and T-shirt pickup, and the declaration table. At the 10,000, there was a large group of volunteers busy keeping time, dispensing water, managing athletes, announcing events and names, collecting information about performances, and dealing with documentation.

There were also the guiding hands from Millikin University. This was clearly the red-carpet treatment. As a minor participant, I would like to thank all those wonderful people for making the championships a great event.

Encouraging Atmosphere

I cannot neglect mentioning the coaching and encouragement from other athletes, coaches and officials. One athlete from previous championships suggested adding speed work. A competitor gave me insights into how the winners of my event train. Another suggested participating in other masters events. And others were willing to take pictures that could be shown back home.

It was thrilling to witness the record breaking performance by Kathy Martin, W55, in the 10,000. I had never witnessed the establishment of a record in a national event. I can still see that steady stride and determination.

Welcome Change

The event was fun and a terrific break from the intensity of writing lessons for my high school algebra and calculus students.

The weather was excellent in Decatur. As one traveling in from a distance, it was useful to have an advance forecast of the weather. Matching the event time with the projected temperature removed the uncertainty of how to deal with temperature extremes.

When I saw the projection of 60-degree weather for my race, I was ecstatic, since I have memories of visiting Central Illinois in 95-degree August weather.

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Pullman Holds Northwest Regional

Sisley Sets Javelin Record

By JERRY WOJCICK

This year, the USATF Northwest Regional Masters Championships ventured off the Oregon-Washington I-5 corridor to Pullman, Wash., on July 17-18.

Becky Sisley, 65, Eugene, Ore., former Northwest Masters Regional Coordinator, was able to concentrate on competing rather than administrating to break the W65 U.S. record for the 400g javelin with a 29.1. The current record is 29.89 by Erica Messner in 2001.

Sisley owns the W50, W55 and W60 U.S. records for the 400g javelin. Now, the WMA newly adopted javelin for W50-59 is the 500g. Sisley's javelin mark was one of four Northwest Regional records that set. The other three came in the 300H (68.73), pole vault (2.15), and high jump (1.14).

Altogether, 20 regional records were broken or established.

Another javelin thrower, Bill Platts, 76, Boise, Idaho. M75 U.S. record holder for the 500g implement (40.70) was also in the spotlight, albeit in another event. Platts recorded the best age-graded performance of the meet with a 91.4% 31.14 in the 200. He also won the 100 with an age-graded 89.5% 14.97.

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2004 NATIONAL MASTERS 8km CROSS COUNTRY CHAMPIONSHIPS

Sunday November 7, 2004

Franklin Park, Boston, MA

Presented by USATF – New England

Open to all USATF members age 40+ on race day

- Individuals compete in 5-year categories
- Team scoring in 40+, 50+, 60+, and 70+ divisions

Over $2000 in team prize money!

Franklin Park

- Multi-loop spectator friendly course
- Site of 1992 World XC Champs and numerous national championships and collegiate events.

For entry form and info: www.usatfnedef.org/cross

617-566-7600 office@usatfnedef.org

Masters races immediately followed by USATF-NE Open Championships
On the Run

By HAL HIGDON

The Legacy of Jim Fixx

On the 20th anniversary of his death, how many still remember? Dead runner: Four letters. Twenty years after his death while running, is Jim Fixx any more than an answer in a crossword puzzle?


Writing from personal experience, Fixx trumpeted the health benefits of running. After starting to jog at age 35, he quit smoking and shed 30 pounds. Yet at age 52, Fixx collapsed while running on a tree-shaded road in Vermont. He was found lying beside the road, dead of a heart attack. The date was July 20, 1984.

Two decades after an event that might have halted the running boom mid-stride, what remains of the legacy of Jim Fixx? Have today's runners even heard of him, and do they understand the reasons for his death?

Dangers of Running

This year, 75,000 runners applied to enter the New York City Marathon, which uses a lottery system to accept half that number. The LaSalle Bank Chicago Marathon limits its field to 40,000. In 1984, the year of Fixx's death, 170,000 runners finished American marathons. By 2003, the number had jumped to 400,000, according to figures from the USATF Road Running Information Center. Check the running paths in any major city, and you can see that Jim Fixx lives—at least in spirit.

Running can be dangerous, concedes Paul Thompson, M.D., a cardiologist from Hartford Hospital in Connecticut, who cites studies from Seattle and Rhode Island identifying the number of individuals who die annually from heart attacks while exercising as 1 out of 15,000. But the studies are old, preceding even Jim Fixx's death, and reflect very few incidents: 10 in Rhode Island, 9 in Seattle. A somewhat later study of runners in the Marine Corps and Twin Cities marathons between 1976 and 1994 suggests 1 death per 50,000 participants.

Dr. Thompson admits that runners are at risk during the hour or so a day they train and particularly if they run marathons. But the remainder of the day, he says, they are much less at risk than the general population and can actually extend and improve their lives and lifestyle.

In his classic study of Harvard alumni, Ralph S. Paffenbarger, Jr., M.D., found that we can live an extra two-plus years if we do even minimal exercise. Other researchers, including those connected with Kenneth H. Cooper, M.D., believe that we actually may be able to extend our lifespan six to nine years through exercise and attention to diet.

Living Longer

Jim Fixx may have done just that, given the fact that his father died of a heart attack at age 41, and he survived nine years longer to age 52. He might have lived longer had he listened to Dr. Cooper, who urged him to take a stress test during one visit to the Cooper Clinic in Dallas. Despite having cholesterol levels above 250, Fixx demurred for reasons we can only guess at.

In the several months before his death, Fixx ignored what hindsight reveals were the warning signs of advanced coronary artery disease. An autopsy revealed blockage in Fixx's three main arteries of 95 percent, 85 percent and 50 percent.

While running lost a great advocate, Jim Fixx's four children lost a friend with whom to share their achievements. His six grandchildren lost the ability to ever know him. His son John, who serves as headmaster of a school in Connecticut, reflects on how his father might have viewed the last two decades:

"My father would be thrilled to see what has happened with women's distance running, at older runners redefining what it means to age, and how Olympic athletes have stretched the limits of human endurance and achievement."

John Fixx said that on the anniversary of his father's death, he might take a long run around Tod's Point in Old Greenwich, a favorite course described by Jim Fixx in The Complete Book of Running. "And I'll think about him."

Maybe we all should. 

(Hal Higdon offers his training programs in an interactive format: daily e-mail messages sent to your computer telling you what and how to run. Visit: www.halhigdon.com.)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to: National Masters News, P.O. Box 50098, Eugene, OR 97405

How to be a Champion from 9 to 90

Body, Mind & Spirit Training

By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

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Maure Weigel, M50, in the triple jump, 37th National Masters T&F Championships.

JERRY WOJCIK

Kathy Martin broke the W50 U.S. 10,000 record (37:12.23), 37th National Masters T&F Championships.

TWENTY-FIVE YEARS AGO

September 1979

• 3126 from 42 Nations Compete in 3rd WAVA Championships, Hannover, Germany

• John Gilmour Wins Five M60 Gold Medals

• 12th World Veterans Road Running Championships Draw 1500 to Boston, England

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<td>Men's and Women's world and U.S. single 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, 2002. Lists name, age, state and date of record. Compiled by Peter Mundie.</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;Wysocki, Ruth.&quot; A must for every runner's library. 417 pp.</td>
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<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more.</td>
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The Weight Room

By JERRY WOJCIK

You Learn Something New Every Day

In the way that records fall by the dozen in major championships, the chances are that you may be present when a record is broken at the Nationals. I was fortunate to be involved in two records at the Nationals in Decatur. Unfortunately, they weren’t mine. On Friday in the M70 javelin, Bob Youngs, of Connecticut, broke the U.S. record on his first throw and then broke it again with a better mark in his fifth attempt.

After the first record mark, his javelin was taken to the weights and measures people for a re-check. It was not brought back in time for his second throw, so he had to use somebody else’s. Any thrower knows how disconcerting this was for Youngs. After his fifth toss, however, the javelin was back in time for him to use for his sixth attempt.

Later I mentioned the incident to Dick Hotchkiss, Masters Weight Events guru and a member of the Games Committee here. He told me that the record-breaking athlete has the right to refuse to have the implement taken to w&m. But, he added that if the athlete so chooses, there’s always the chance that the implement won’t pass muster (it’s already been okayed!) or could suffer damage, negating record approval.

In the M70 hammer on Sunday, Bob Ward, of Texas, broke the hammer world record on his last throw, so the situation that happened to Youngs didn’t arise.

The next time I see Ward, probably at the Weight & Superweight Championships in Seattle on Sept. 11, I’ll ask him how he would have solved the “Case of the Missing Implement” if he had broken the record in an earlier attempt.

Dorn Delights

For the first time since the indoor championships in Columbia, Missouri, I decided to stay in the dorms. Big mistake for me, not necessarily anybody else. I didn’t realize how much I missed the amenities that even the least expensive Hot Pillow Motel

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Publicity

Townpeople I talked with were aware of us, despite our competing with a huge downtown block party and a major tennis tournament. Be that as it may, local newspaper coverage was top-notch.

As I was leaving a restaurant in Decatur, two older locals who knew that I was in town for the meet, wished me a safe trip home and said “Come on back soon.” I wouldn’t mind returning — and staying in a hotel. (Jerry Wojciak can be reached by email at jerrywoj@aol.com)

Senior Games Spotlight

In September, Senior Olympics/Games are in good supply from the East Coast to the West, with meets in New Jersey, Maryland, North Carolina, Georgia, Wisconsin, Indiana, Kentucky, Illinois, South Dakota, Kansas, Louisiana, Oklahoma, Arkansas, San Diego, and Nevada.

In addition to the Senior Olympics, June 3-18, 2005, Pittsburg, Pa, the NSGA has also scheduled the 2005 National Senior Games Championships Festival, Oct. 27-Nov. 13, Mobile, Ala.

For those masters age-50-and-over who want to use ice for something else besides their injuries, the 2004 Senior Olympic Hockey Championships are scheduled for Oct. 4-4, Minneapolis, Minn.

Notable performances from Senior Olympics/Games in this issue’s results:

- In the Montana Senior Olympics, Bill Platts, M75 U.S. javelin record holder, zoomed to a meet’s best 9.62 in the 60m; Frank Struna, M60, had a 15-5 long jump and 32-11 1/2 triple jump; and Gary Schneider, M60, threw a 162-6 discus.

- In the Massachusetts Senior Games, international champions Roger Pierce, M60, won the 100 (12.5) and 200 (25.2); Bob Lida, M50, took the 100 (13.0), 200 (28.7) and 400 (61.5); Mary Harada, W65, took the 1500 in 7:03; Len Rosen, M70, was tops in the shot (42-7 1/2); and Buzz Gagne, M55, hit 150-6 in the javelin.
World Championships Staged in Germany and New Zealand

With the first half of 2004 behind us, we’ve seen the completion of two World Championships – the Inaugural World Championships Indoors in Sindelfingen, GER, and the 7th World Championships Non-Stadia in Manukau/Auckland, NZL. While you most likely know the outcome of these two events, I would like to comment here on the Non-Stadia Championships.

WMA Non-Stadia

In past years we have seen lower participation in the World Championships Non-Stadia, which is perhaps natural as runners have a choice of races every weekend. We know there are many popular races staged annually, while the WMA World Championships are organized every two years only and take place in different cities. The attendance in Manukau/Auckland was poor with only 448 athletes of whom 196 came from the host country, New Zealand. Such championships are, of course, not real world championships, and we must draw the correct conclusions. Furthermore, in looking at the figures, it is not surprising that Vancouver, CAN, has withdrawn as organizer of the 2006 World Championships Non-Stadia.

To these circumstances, the Council will present a proposal to the General Assembly next year in San Sebastian that the World Championships Non-Stadia be removed, and that the events in these championships be split between our World Championships Stadia and Indoors. It happens that these events will still be those of North and Central America & the Caribbean in Dorado, PUR. There is a preliminary talk of low attendance which, perhaps, is not surprising since the world championships were staged there last year in September. It is seldom popular to return to the same country the following year, but we hope to see 300-400 athletes in Dorado.

In October, Oceania will hold their championships in Raratonga, COK. In November, South America will stage their championship in Montevideo, URU; and, finally, in December, Asia will organize theirs in Bangkok, THA.

Helsinki 2005

In 2005, the IAAF will organize its 10th World Championships in Helsinki, FIN. Our Finnish Veterans Athletics Association has been very quick to try to promote masters athletics by inviting masters athletes to the 1st Masters Athletics GP in Lahti on August 10-12, and holding 11 finals in Helsinki Olympic Stadium on August 13. They have made an agreement with the IAAF LOC to have these finals directly after the start of the marathon on Saturday morning, providing a great opportunity for masters to compete.

The Finnish Association distributed a flyer at the European Championships in Athens/Randers, and all information can be found on the LOC Web site hyperlink http://www.lahdenahkeria.fi, where the LOC has promised to provide the same information in English.

This cooperation between IAAF-WMA will be another breakthrough for us, which we hope to follow up with the World Masters Athletics GP in Gothenburg, SWE, in 2006, when the European Athletic Association organizes their European Championships in that city.

Talks have begun to include some masters events in Gothenburg under the same conditions as in Helsinki and, if successful, we hope to create a new tradition with masters events during IAAF and EAA Championships.

Bids for 2008-2009

In San Sebastian we will award our 2008 World Championships Indoors and our 2009 World Championships Stadia. The last day for bids is September 1 and by the time you read this article, we will probably have published the bidding cities on the WMA Web site.

So far, we have had contacts with two or three cities for each championship, but nothing can be taken for granted until we have received formal bids. In any case, it will be exciting to see which cities want to welcome us in 2008 and in 2009.

World Masters Games 2009

As you probably already know, the 2009 World Masters Games have been awarded to Sydney, AUS. The IMGA Board of Governors met in Edmonton, CAN, in June, when they decided to award these Games to Sydney. There were three well qualified bidders (Copenhagen, DEN; Shiga Prefecture, JPN; and Sydney, AUS), but, with Sydney finally winning the award. The Games are scheduled to take place on October 10-18.

IAAF Gala in Monaco

Another proof of the development and recognition of masters athletics is that IAAF has decided to invite the three best female and the best male masters athletes to their annual gala in Monaco, together with the best juniors and top athletes.\n
Phil Rabinowitz (r), 100, after his world record-breaking race of 30.86 in the 100, with Leo Benning, Western Province Masters president, Green Point Stadium, Cape Town, South Africa, July 10.

FIVE YEARS AGO

September 1999

• 5949 Athletes from 74 Nations Take Part in 13th WAVA World Championships in Gateshead, England

• 66 World Records and Reports of Sex Scandal Big News at Gateshead

• John Tuttle (40, 46:17) and Diane Legare (48, 55:48) Steam in Boilermaker 15K

WMA Web site: http://www.world-masters athletics.org
Report from Britain

By BRIDGET CUSHEN

A rhus/Randers, Denmark, pop. 300,000, welcomed 3703 athletes from 40 countries to the 14th European Veterans Track & Field Championships, July 22-Aug. 1, the biggest international athletics meet ever staged in that country. During the 10 days of competition, 181 championships, 64 European, and 47 world records were broken. Germany had the largest entry with 938, Denmark 375, Great Britain 352, and Italy with 198 competitors.

Germany's Guido Muller, M65, won the 100 (12.69), 200 (25.46), 400 (56.41), 100mH (13.61), and 300mH (43.89), not to mention his anchor stages in the relays. The host country's Gitta Karshoj, W45, powered to victory in the 800 (2:17.40), 1500 (4:35.12), 5000, 10,000, and marathon.

The flying British doctor, Steven Peters, raced to five golds in the M50 sprints and relays. Italy's Enrico Saraceni, M40, raced to an amazing 400 win (47.82), and in the 200 he erased the 1992 world record of 21.86 set by Bill Collins, USA, with a scorching 21.59.

Tony Noel, Great Britain, won the M40 100 in 11.06. France's Bruno Dupuy, took the M45 title in 11.44, and Britain's Peters, took the M50 win in 1:54. World M75 champion Alan Lessing, Germany, won the 10,000, 2:29:06. He was followed in by a pair of the championships after pulling a hamstring in the 11.13.8.

At the General Assembly, chaired by Ex-Olympian Maria Flores, Sweden, the European Veterans AA was dissolved and a new constitution conforming to Swedish Law, voted in. It is EVAA policy to work closely and beneficial from the European AA that has recently relocated to Lausanne, Switzerland. EVAA will now be able to use that address. The full results can be seen on Web site hyperlink http://www.evacas 2004.de.

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- 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.
- Not all submissions are published.

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<td>3.00k</td>
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<td>4.00k</td>
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Steeplechase: men 30-59: 3000m/35' (9.14m); men 60+ and women: 2000m/30' (7.62m)

WMA weights are used for USATF weight perturbations.

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.
Three U.S. Records Broken in East Regionals

By JERRY WOJCICK

Three national age-group records fell in the USATF East Regional Masters Championships, at Springfield College, Mass., on July 24.

Flo Meiler lowered the W70 record for the 300mH (30") with an 8.35, well below the 7.60 by Leopoldo Menci Daniels in 1998. Meiler bettered the W70 record for the 800mH (30") with an 18.23, but a +3.4 wind negated the record.

Robert Youngs, who turned 70 last December, threw the 500g javelin 41.1/136-2. The present best mark for the "new" javelin is a pending 40.54.

Long Island's veteran track and road runner Bill Benson, erased the M85 mile time of 10:22.0 by Bob Matteson in 2002 with a 9:56.93. Matteson was second to Benson here in 10:39.89.

In other events, Sarah Lawson, W40, won the 100 (13.60) and 200 (28.05). Mary Harada, W65, ran the 5000 in 25:27.49.

Joe Myers, M50, with a 14.19, and Gerald Vaughan, M65, with a 14.12, were tops in the shot put. Larry Pratt beat a strong M60 discus field with a 50.20.

Bi-coastal Californian, Stew Thompson, M70, was the standout in the hammer (44.97), Amy Hicks, the best in the W70 javelin (20.55).
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 open to men and women over age 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 corrections or additions to NMN, P.O. Box 50098, Eugene, OR 97405.

**Schedule**

**NATIONAL**

### September 20-23

**New England Track & Field Classic**

- **August 11-13**: USA Track & Field National Championships, Olympic Training Center, Colorado Springs, Colorado.
- **August 14-16**: USA Track & Field National Junior Olympics, Portland, Oregon.
- **August 17-19**: USA Track & Field National Masters Championships, Fort Worth, Texas.
- **August 21-23**: USA Track & Field National Indoor Championships, Albuquerque, New Mexico.
- **August 24-26**: USA Track & Field National Cross Country Championships, Fargo, North Dakota.
- **August 27-29**: USA Track & Field National Road Race Championships, Reno, Nevada.
- **September 1-3**: USA Track & Field National Meet, New York, New York.
- **September 4-6**: USA Track & Field National Meet, Chicago, Illinois.
- **September 7-9**: USA Track & Field National Meet, Kansas City, Missouri.
- **September 10-12**: USA Track & Field National Meet, St. Louis, Missouri.
- **September 13-15**: USA Track & Field National Meet, Providence, Rhode Island.
- **September 16-18**: USA Track & Field National Meet, West Palm Beach, Florida.
- **September 19-21**: USA Track & Field National Meet, San Diego, California.
- **September 22-24**: USA Track & Field National Meet, Las Vegas, Nevada.
- **September 25-27**: USA Track & Field National Meet, Houston, Texas.
- **September 28-30**: USA Track & Field National Meet, Seattle, Washington.

**MIDWEST**

- **September 14-15**: Illinois Senior Olympics, Champaign, Illinois.
- **September 16-17**: Indiana Senior Olympics, Fort Wayne, Indiana.
- **September 18-19**: Michigan Senior Olympics, Ann Arbor, Michigan.
- **September 20-21**: Ohio Senior Olympics, Canton, Ohio.
- **September 22-23**: Wisconsin Senior Olympics, Milwaukee, Wisconsin.
- **September 24-25**: Minnesota Senior Olympics, St. Paul, Minnesota.
- **September 26-27**: Kansas Senior Olympics, Wichita, Kansas.
- **September 28-29**: Missouri Senior Olympics, St. Louis, Missouri.
- **September 30-October 1**: Iowa Senior Olympics, Des Moines, Iowa.
- **October 2-3**: Nebraska Senior Olympics, Omaha, Nebraska.
- **October 4-5**: South Dakota Senior Olympics, Sioux Falls, South Dakota.

**WEST**

- **September 14-16**: California Senior Olympics, San Diego, California.
- **September 17-19**: Oregon Senior Olympics, Portland, Oregon.

**NORTHEAST**

- **September 15-17**: New York Senior Olympics, New York, New York.
- **September 18-20**: New Jersey Senior Olympics, Newark, New Jersey.
- **September 21-23**: Pennsylvania Senior Olympics, Philadelphia, Pennsylvania.
- **September 24-26**: New Hampshire Senior Olympics, Manchester, New Hampshire.
- **September 27-29**: Vermont Senior Olympics, Burlington, Vermont.
- **September 30-October 2**: Massachusetts Senior Olympics, Boston, Massachusetts.

**NORTHWEST**

- **September 22-24**: Oregon Senior Olympics, Portland, Oregon.
- **September 25-27**: Idaho Senior Olympics, Boise, Idaho.
- **September 28-30**: Montana Senior Olympics, Helena, Montana.

**SOUTHWEST**

- **September 17-19**: Texas Senior Olympics, Houston, Texas.
- **September 20-22**: New Mexico Senior Olympics, Albuquerque, New Mexico.
- **September 23-25**: Arizona Senior Olympics, Phoenix, Arizona.
- **September 26-28**: Nevada Senior Olympics, Las Vegas, Nevada.
- **September 29-30**: California Senior Olympics, Los Angeles, California.

**EAST**

- **September 14-16**: Connecticut Senior Olympics, Hartford, Connecticut.
- **September 17-19**: New York Senior Olympics, New York, New York.
- **September 23-25**: New Jersey Senior Olympics, Newark, New Jersey.
- **September 26-28**: New Hampshire Senior Olympics, Manchester, New Hampshire.
- **September 29-30**: Vermont Senior Olympics, Burlington, Vermont.

**ON-TAP FOR SEPTEMBER**

**TRACK AND FIELD**

The Masters National Weight & Superweight Championships will again be held at West Seattle Stadium, on the 11th. Before and after, you’ll find plenty of Senior Games/Olympics across the country. The Potomac Valley TC Games and the Rocky Mountain Masters Games are scheduled for the 4th-5th. Kent St. U., OH, hosts the Norm Bower WP on the 18th.

**LONG DISTANCE RUNNING**

The AUA 100 Mile Championships are scheduled for Sylvania, OH, on the 11th. The Heritage Oaks Bank 10K, Paso Robles, CA, hosts the National Masters Championships on the 20th. The end of summer sees more road action, from the New Haven, CT, 20K, Park Forest Semi, IL 10 Mile; and U.S. 10K Classic, Atlanta, GA, on the 6th; to the Great Cow Harbor 10K, Northport, NY, and Prefontaine Memorial 10K, Coos Bay, OR, on the 18th; to the Lake Winnipesaukee Relay, Wolfeboro, NH, and Komen Race for the Cure 5K, Grand Rapids, MI, on the 25th. For a change of pace, there’s the Midnight Run 5K & 10K, Anderson, SC, on the 3rd, or the NYRR American Heart Association Wall Street 5K, Manhattan, on the 23rd.

**RACEWALKING**

On the 19th, the USA Track & Field Association’s Long, Long Beach, NY, and the Island NW Association, Medical Lake, WA stage their 5K Championships.®

---

New Haven, CT. newhavenroadrace.org

September 6. Around the Cape 25K & Run the Goose 10K, Gloucester, MA. 979-283-0470, northshoreymca.org

September 12. Komen Race for the Cure 5K, Central Park, NYC. 212-860-4455, komen.org

September 12. Komen Race for the Cure 5K, Boston, MA. 617-746-9292, komenmass.org

September 12. CVS/Pharmacy Downtown 5K, Providence, RI. 401-294-4511, cvsdown2005.com

September 12. Erie Marathon & Half-Marathon, Erie, PA. 814-452-1023, erieamarathon.com


September 17-18. Reach the Beach Relay, Bretton Woods, NH. rrbrelay.com


September 25. Fred Brown-Lake Winnipesaukee Relay, Weirs Beach, NH, Ken
### U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

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<tr>
<th>Event</th>
<th>30-34</th>
<th>35-39</th>
<th>40-44</th>
<th>45-49</th>
<th>50-54</th>
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<th>60-64</th>
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### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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### APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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<td>NY</td>
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<td>3A</td>
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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 race you equaled or bettered the standard 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 patch ordered at the same time is $15.
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, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for delivery.
### National Masters News

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### MIDS-AMERICA

**Colorado Masters Throwers Meet 40th, Ft. Collins, July 17**

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2004 USAF COMPETITION RULES

**Track & Field** - Long Distance Running - Race Walking - Senior - Youth - Athletics Masters

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<thead>
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<th>Name</th>
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<tbody>
<tr>
<td>Brian Lown</td>
<td>4712</td>
<td>Dale Butcher</td>
<td>52728</td>
<td>St. Louis, MO 63117</td>
</tr>
<tr>
<td>M5</td>
<td>52.94</td>
<td>Hesley Johnson</td>
<td>23512</td>
<td>Van Buren, AR 72956</td>
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<tr>
<td>MS</td>
<td>55.02</td>
<td>Gary Foster</td>
<td>7813</td>
<td>Greer, SC 29648</td>
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<tr>
<td>W50</td>
<td>35.42</td>
<td>Bob Benton</td>
<td>12120</td>
<td>Clyde, OH 44811</td>
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<tr>
<td>W55</td>
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<td>Arthur Curry</td>
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<tr>
<td>W56</td>
<td>35.23</td>
<td>Vincent Alcort</td>
<td>5105</td>
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<td>Sam Stovall</td>
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<td>Bruce Oliver</td>
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<td>Olympia, WA 98502</td>
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<td>Brian Wacker</td>
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<td>John Hebert</td>
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<td>Houston, TX 77017</td>
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**National Masters News**

- **Send $12 + $2/h (in) to National Masters News**
- **Order Dept., P.O. Box 5098, Eugene, OR 97405**

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - SEPTEMBER 2004**

- **ATHLETE'S NAME (RESIDENCE)**
  - **BIRTH DATE**
  - **AGE GROUP**
  - **Olympic Athlete**
  - **Career**
  - **Education**
  - **Marital Status**

**Women**

- **No change**

**Men**

- **No change**

**National Masters News**

- **Send $12 + $2/h (in) to National Masters News**
- **Order Dept., P.O. Box 5098, Eugene, OR 97405**

**2004 USAF COMPETITION RULES**

**Track & Field** - Long Distance Running - Race Walking - Senior - Youth - Athletics Masters

**Name**

- **Address**
  - **City**
  - **State**
  - **Zip**

**Send $12 + $2/h (in) to National Masters News**

**Order Dept., P.O. Box 5098, Eugene, OR 97405**

**Compiled by Pete Mundie**
"Pain-Free Relief... finally, after decades of running!"

- Jim Selby, World Champion

Flexagen™ is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Available without a prescription, Flexagen™ is made with a 100% safe and natural formula, rich in cetylated fatty acids. Flexagen™ has been shown in clinical trials to relieve pain and impeded range of motion. The unique system underwent strict clinical tests and scientific studies at the University of Connecticut and University of Minnesota.

Used by Champions to:
• Reduce Pain
• Improve Range of Motion
• Reduce Stiffness
• Support Flexibility

Incredible Two Part System:

Flexagen™ softgels are made with a 100% safe and natural formula, rich in cetylated fatty acids, shown in clinical trials to support healthy joint motion. The powerful blend of fatty acid esters in Flexagen™ allows for healthy, nourished joints without any harmful side effects.

Flexagen™ pain relief crème is mild yet extremely effective at easing joint related pain and stiffness, as well as muscle aches. Different from most products on the market that simply mask the pain, Flexagen™ crème works below the surface of the skin. Its transdermal formula passes through deep layers of skin to work directly on the source of the pain.

In a double blind clinical trial conducted at the University of Connecticut, participants using the ingredients found in the Flexagen™ system showed significant and cumulative improvement throughout the study. The focus of the study was cetylated fatty acids and their effects on joint function and in particular those who suffered from knee osteoarthritis. Patients involved in the study showed improved flexibility and function just thirty minutes after the initial application of the ingredients found in Flexagen™. The results were so powerful, we are willing to make you a money back offer... if Flexagen™ doesn't work for you, we'll refund your money (less shipping).

 instantly

"After decades of running, it's important to have the absolute best for my joints. Flexagen™ is far superior to any product I've ever tried in my 60 years of athletics."

Jim Selby
Senior Star Athlete

Instant Pain Relief
"I decided I wanted to use something more natural, and what I decided on was Flexagen™ because I believed this would be the answer to my problems. I was thrilled with the results. Flexagen™ crème provides instant pain relief while the softgels support the flexibility in my joints. I don't know what I would do without Flexagen™."

- Derek Boosey
1968 Olympic Athlete for Great Britain, Triple Jump
1998 World Masters Triple Jump Gold Medallist, (55-59 age category)

Nothing Like It
"The only thing that's ever worked for me has been Flexagen™. I've never had anything else that's given me any sort of relief either short or long term, but the Flexagen™ has just been a blessing. It's the greatest thing I've ever tried."

- Ken Cole
1964 & 1968 Olympic Basketball Team

I'm a Believer
"Flexagen™ worked better than anything the patients we tracked had tried before. Many of them were borderline surgery candidates, looking for something as a last resort. Nobody was more skeptical than I was. But when we saw the results: the increase in range of motion and significant reduction in pain, certainly I'm a believer now. I recently gave it to my mother, and she swears by it."

- Dr. Nicolas Ratamess
Clinical Researcher

Call now for your RISK-FREE offer of Flexagen™

1-800-494-6525
www.FlexagenOTC.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.