By JERRY WOJCICK
HONOLULU, HI — Athletes who showed up here for the USA National Masters Championships with leis around their necks had traded them for medals by the time they boarded their flights for home or to visit the other islands that make up the state of Hawaii.

The 802 athletes who entered were headed to the rainbow-colored track at Cooke Field on the University of Hawaii campus, just a few miles north of Waikiki, home of the most famous beach in the world.

Last year in Decatur, Ill., the Championships had 1107 entrants. This year’s meet, the 38th annual, had to contend for entrants with the World Masters Games, Edmonton, Alberta, Canada, in late July, and the World Masters Athletics Championships, San Sebastian, Spain, in late August.

It also had to contend with Hawaii’s high cost of airfare, accommodations, and living expenses, not to mention the heat and humidity in August.

The athletes, ranging in age from 30 to 95, broke or established nine world and 20 U.S. age-group records. Last year, 18 world and 23 national records were broken or established.

Trent Lane, at 95 the oldest entrant here, broke four throws records, all by substantial margins: shot put (6.14), discus (15.95), hammer (15.97), and javelin (17.58).

Two more world records were broken in the hammer, by Ed Burke, M65, 53.91, and Oneithea Lewis, W45, 52.89. She also broke the U.S. shot put record with a 13.55.

James Stookey, M75, ran a world record 53.15 in the 300H, well below the limited 56.95.

Johnnye Valien, W80, established a record in the pole vault (1.40), and added U.S. records in the high jump (5.12) and javelin (17.89).

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A 4x800 relay team of Stephen Chantry, Russell Patton, James Robinson, and Bob Prather broke the M50-59 record with an 8:40.32.

National record breakers included Leland McPhie, M90, high jump (1.05) and shot put (7.01), and Carol Finsrud, W45, who upped her discus record from 50.62 to 50.85.

Afterwards, Finsrud, who saw her W45 shot put record fall to Lewis, said, “I was hoping to break the discus record, because it’s been a couple of years since

Continued on page 3
I've broken one, and it's always rewarding to break a record at the nationals, where I have so much support from the athletes and officials."

Aside from the record, there were a number of other noteworthy performances. One of the favorites in the M50 1000m, fell after the final hurdle in the finals and did not finish. Later, he confessed to not hydrating enough and being somewhat overweight.

In addition to the heat and humidity, the wind was a factor in some events. Chuck Coats, M45 winner in the 5000m on Thursday, said, "You came around the back stretch, and the wind hit you for 2.5 laps. I was lucky. I ran at 7:30 a.m. before it got too hot."

What was a bane for some was a boon for others. Doug "Bubba" Sparks, an M50 pole vaulter from Texas, said, "This was the best situation for vaulting I've experienced since I started at age 12. You ran somewhat downhill from the crown of the football infield and then received the advantage of a wind at your back. If they hold this meet again, I can promise 100 pole vaulters will enter."

Discus throwers also felt that the wind added four-to-five feet to their throws.

For some reason, several prominent athletes who had been off the stage for years, turned up in Honolulu for their comebacks, all with success. Irene Obera, W70, broke the U.S. record in the 100 (15.57). Dick Richards, M70, won the hurdles in 9.3 (11.44), and to swerve out of lane one in the 200 final to avoid an official standing too close to the track. He broke stride, and did not finish.

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TRACK & FIELD

Regarding the July NMN issue, first, I want to thank Mike Tymn for all his years of great service to NMN. He is an asset to masters track & field.

George Mathews, in his column, did not understand what I meant in an earlier Write On when I said the masters track and field scene was "far from vital." This is a clear indication of the problem...dénial, a condition in which people dismiss reality and distort it to how they "think things should be."

Every single track meet I attend has fewer masters athletes (accept for the Penn Relays) than did in the past. Mathews says there has been a "slow but steady" gain in membership.

Where are they?

I would like to offer these suggestions to Mathews: (1) get participation numbers from the Regional Coordinators to see who is actually competing; (2) use the Masters Exhibition program fairly by letting older athletes take part - that is what masters athletics is all about; (3) communicate with all masters athletes; (4) give free T-shirts (you can get them for $3, paid for from the surcharge) to all participants at a sanctioned state event. You cannot assume that what happens in one happens in all.

Despite what Hudson reports about his local games, track in the Senior Olympics is far from done - whatever problems he may have are not apparent to be happening in other states. In addition, the National Senior Games in Pittsburgh in early June, drew more than 1100 competitors from all over the U.S. and a few neighboring countries.

The meet was run on schedule and according to USATF rules. With one or two minor exceptions, people had a good time and worked well; injuries were few and records were many. I'm sorry Hudson missed it. I think it would have changed his mind about seniors track.

The Senior Games movement (as Mathews noted) is constantly looking for experienced seniors and masters to help us run these meets. But many of these same individuals don't want to give their time and effort back to the sport. That hurts the sport and ultimately hurts their own desire to compete - witness the situation Hudson talked about. If we do not give back to our sport, then we have no one to blame but ourselves.

Seniors track & field is one of the largest events in almost every state and local Senior Olympics across the country, more than 500 at last count. In fact, in Hawaii we have "youngsters" who can't wait to be old enough to join us; they're 40+ Boomers, and we welcome them in our meets, as well.

Mark E. Zeug
Chairman, National Senior Games Association; National Track Advisor, and Head Track Referee, National Senior Olympics/Pittsburgh Meet Director, USA Masters Championships, Honolulu.

RANKINGS

In reference to the Rankings Report by Dave Clingan (May NMN), I have some reservations: currently including Senior Games results in the rankings. I have participated in Senior Games and masters events for 11 years, these in a ratio of approximately three SG for one masters meet. Any of my meager rankings would be enhanced if results were included from the Senior Games. I have not been a USATF Certified T&F Official, Master Rating, for many years.

Most Senior Games are conducted using volunteers (parks department, civic clubs, school groups), where in many instances the workers have little or no T&F experience.

Quite often, while in competition, I or other participants must help or correct the process of measurement, lane stagger positions, rules for entering and leaving throwing and jumping areas, or how to properly use hand-held devices.

The volunteers serving these events are great people, and I do not for a moment want to belittle them, but if we include rankings data obtained in the absence of qualified officials, we only waste Clingan's time and generate meaningless numbers and paperwork.

Possibly, as a compromise, Clingan could include results from the various State and National Senior Games only. I intend to continue my competition in both sectors, including some in very isolated locations, and while I greatly appreciate the generous contributions from all volunteers, I really don't expect all results to become part of a national ranking system.

Jim Leggitt
Levelland, Texas

Finalists in the M75 100 (l to r): Paul Bambrick; Bill Melville; Pat Brown; Wilfred Scott; James Stookey, first (14.21); Don Cheek, third (14.81); and Harry Brown, second (14.87), USA National Masters Championships, Honolulu.

LDR

Conventional wisdom suggests that 5K/10K runners need a week to recover. Those runners, over a short term of a few months, can race well every weekend.

Officials for the National Senior Games in Pittsburgh, with athletics ages 50 and over, went the unconventional route in scheduling the 5K for June 11 and the 10K for June 13. Then, continuing with their compassion, they staged the 5K at 8:30 a.m., and the 10K at 9:30 a.m. on hilly, shadeless courses without a 5K water stop.

John Harwick
Indiana, Pennsylvania

As an aging distance runner, I have a proposal for the 10,000 m. This event should be shortened for older runners only (60+) to 7.5 K. There are several reasons for this change:

1. As we age, it becomes more difficult to run the full 10K distance.
2. Our times become slower, and we are no longer able to run the 10K "as it should be done."
3. This change will enable more people to compete in this event.
4. It will not be difficult to administer this change; the older runners will simply run 18 laps on the 400m track, with our half-way split coming at 9-3/8 laps.

Seth D. Bergmann
Glassboro, New Jersey

NATIONAL MASTERS NEWS

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The 2005 National Masters News books. This month we have a<br>because of all the fun.<br>Everyone seems<br>both on and<br>the wonderful<br>of the local<br>Special thanks to<br>worked long and<br>meet a reality.<br>us heroes of<br>and the wonderful<br>and while I greatly<br>Both<br>runners in<br>and National<br>to me later<br>Note: I was "the<br>last quarter<br>and while I knew<br>in the 1500<br>to win<br>Mike Egle, seco<br>in the 1500<br>continuing the<br>and National<br>First, may I remind Mr. Mathews and<br>Mr. Hudson that what may be taking<br>place in one state or local Senior Games does not reflect the situation in<br>other state and local events.

Second, may I respectfully remind both that the National Senior Games/Senior Olympics, is a distinct and separate event from state and local Senior Games, except that participants in the National event must qualify at a sanctioned state event. You cannot assume that what happens in one happens in all.

I read with interest George Mathews' column (July NMN), and also the letter (May NMN) from Don Hudson, of Massachusetts, talking about the demise of Senior Games track & field.

September 2005
Highlights of Nationals

W30: Rachel Menge, BFFR, won three golds in the distances. Priscilla Jacobs took the 200 and 400.

W35: Lisa Dailey zipped to firsts in the 100 and 200 (23.81). Sarah Boyd leaped to wins in the LJ (4.84) and TJ.

Kelly Thompson scored victories in the SP and HT.

W40: Karen Steen, CNW, broke her AR in the 200m SC with 2.05.06. Caren Ware, SOCA, won the PENT on Thursday and followed up with firsts in the LH, LJ, and TJ for five golds.

Debbie Zakarski, BFFR, vaulted to a first and won three throws. Marjorie Milligan-Jackson swept the 100 (15.23) and 200 (27.60). WR-holder Pat Porter (1.76) finished with a 1.70 HJ.

W45: Onehea Lewis hit a WR in the HT (52.89) and Carol Finsrud an AR in the DT (50.85). Martha Mendenhall scorched the 100 (14.10) and 200 (29.77), and won the HJ (1.50).

Zeug’s wife, Helene, in helping to make the meet a success. He also wanted to recognize James Hart, who took charge of the awards, and Helen Chisum, registration chair, who stepped in when someone else had to take a different job.

As with all championships, the meet received mixed reviews. One runner from the East Coast, said that it was the worst organized championships he’d entered in 20 years.

Ron Pate, one of the meet’s supporters, said that he had received over two dozen favorable comments, with some requesting that Hawaii bid again.

Commenting on the meet, Bill Carter, M80 pentathlon winner, said, “The officiating was as good as it always is, but the administration and organization was not as good as it has been in past meets.”

The 39th National Masters Championships are scheduled for Aug. 3-6 in Charlotte, N.C.

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Pending World and U.S. Records

38th USA Masters Championships

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Aloha and Mahalo

The 2005 National Outdoor Masters Track & Field Championships are in the books. This meet was a unique experience for all who participated. Even though we only had 802 athletes at this meet, it seemed bigger, probably because of all the family and friends who were there as well.

Everyone seemed to have a good time, both on and off the track. As usual, the athletes continued to break records at a fast clip.

Congratulations to all our athletes and the wonderful, friendly hospitality of the local organizing committee.

Special thanks to Mark Zeug who worked long and hard to make this meet a reality.

The officials were, as usual, the unsung heroes of the meet. That sun was hot and the officials continued at the Executive Committee worked from 9 to 5, in a conference room with no windows, on the second part of the USATF Masters Track & Field Strategic Plan. Even though he wasn’t able to attend, Todd Taylor gave us the template to nearly complete the task.

All participants worked really hard on a plan that I believe everyone will appreciate. We will have the latest update in the next issue of National Masters News.

who also has been working for years, was affected by the WMA Games in Edmonton, and he would have to look at doing things differently.

He

Biggest thanks should go to Sandy Pashkin and her Games Committee

National – Hawaii

Continued from page 3

the 100 and his specialty, the long jump. Hurdlers Joe Johnston, M60, 100H, 16.68, and Mike DeStefano, M65, 300H, 49.37, went home as national champions. Debbie Stiles, W55, won the 400 and 800. Miriam Gordon, W80, was among the double winners in the racewalks. Dave Taylor, last seen in the Baton Rouge championships, won the 10,000.

More than one athlete improved on their performances in 2004 at Decatur, Ill. Mary Grene, after winning the W40 1500, said, “I knew that Karen Steen was the strongest competitor in the 1500, so I scratched the 800. I waited until the last quarter to make a move, and when I couldn’t hear her breathing, I knew that I was ok. I was second to her in the 1500 last year in Decatur, so I really wanted to win here.”

Mike Egle, second in the M40 1500 last year, won both the 200 (2:02.65) and 1500 (4:14.97).

This was the first official outdoor team championships, with men’s and women’s scores combined, on an 8-4-3-2-1 scale. Brooks Mill Flys Racing was the winner with a 555 total. So Cal Track Club was second with 383; the relatively small Hawaii Masters TC was third (209); Potomac Valley TC, fourth (204); and Florida AC, fifth (105).

When athletes weren’t at Cooke Field, they were visiting the USS Arizona National Monument at Pearl Harbor, climbing up Diamond Head, a short distance from the campus people watching at Waikiki, shopping at the immense Ala Moana Mall, bargaining at the flea market near the airport, or visiting the other islands.

Mark Zeug, meet organizer, responding to a question about bidding for the meet again, said that the entries were affected by the WMA Games in Edmonton, and he would have to look at perhaps doing things differently.
More Quotes from the Past Quarter Century

Here are some more quotes from my interviews over the past 25 years. These are mostly from the late 1990s and to date, although there are also a few I missed from earlier years.

What's scum: “There was a certain stigma connected with being a professional in those days. It just wasn’t acceptable. There was an association of professionalism with boxing and horseracing. I guess it was the gambling connection that made it unacceptable.” — Aileen Riggin Soule, 1920 Olympic gold medal winner, mentioning that professional athletes had to enter country clubs through the back door.

Poor guy: “I think the old guy’s wife is in a camper and went off and left him...He looks like a homeless man...” — Alex McMillen, 76 years old.

Top Masters at 50M Trail Championships

By SUSANNAH BECK

Prolific ultra runner William Emerson topped the masters field and placed second overall in the USATF 50 Mile Trail Championships held at the White River 50 Mile, Crystal Mountain, Wash., on July 30.

Emerson, 41, Portland, Ore., is the old man of the mountain, winning the race outright in 2001 (6:58:14), and finishing third, fourth, and sixth since then.

While this year’s 7:28:13 was his slowest time yet, it was good for second overall in a competitive race with slower than usual course conditions. Temperatures were in the 70s with 7000 feet of elevation gain.

Stanford physicist Dieter Walz, 70, Portola Valley, Calif., was the oldest competitor, showing great fitness with a 12:48:54.

Adventure racer Beverly Anderson-Abbs, 41, Red Bluff, CA, 8:14:02, was the top W40 for the second year in a row, and fourth woman overall.

The M50-59 relay team of (l to r) Stephen Chantry, Russell Patton, James Robinson, and Bob Prather, set a world record at 8:40:32 for the 4x800, USA National Masters Championships, Honolulu.
Pope, Martin
Win 8K in Hawaii

By JERRY WOJCIK

After winning on the track, Brian Pope and Kathy Martin took to the roads to win the USA National Masters 8K Championships in Honolulu on Aug. 7. Both had competed successfully at the USA National Masters Track & Field Championships held at the University of Hawaii’s Cooke Track, Aug. 4-7, just a short distance north from where the 8K Championships were held at Kapilani Park.

Pope, 42, Oxford, Miss., ran a 26:28 to win the M40 division by more than two minutes, with only Craig Young, 49, Honolulu, second and David Swarthout, 49, Portland, Ore., third (28:40). The temperature was a fast downhill. The last 7 miles were run in 22:31.

Martin, 53, Northport, N.Y., with a 3:14:31, was first woman by more than a minute. She received any challenge.

Eleven All 2005 USATF members 40 years older on race day are eligible to compete. Proof of age may be required.

2005 USATF membership is required. If you are not a current member of USATF and wish to compete in this event, please visit www.usatf.org/membership to register for or renew your membership.

Individual Championship Awards

The top 3 athletes in each five-year age group, starting with 40-44, will receive regulation USATF medals. Only US citizens are allowed to win USATF medals and other Championship awards, including prize money.

Setup Schedule
10:00 a.m. Cross Country Classic Open
11:00 a.m. USA Masters Men 40-49
11:30 a.m. USA Masters Men 50-59
12:00 p.m. USA Masters Women
12:45 p.m. USA Masters Men 60+

Registration Form

You must be a current 2005 USATF member in order to compete in this event.

Name: __________________________ Age on race day: ______________ Date of Birth: ______________

Street Address: __________________________ State: ______ Zip Code: ______ Sex: ______

Phone: ______________ Email: __________________________

Do you need transportation from the Albany International Airport to the host hotel? Please circle: YES / NO

Are you a member of a team? Yes / No

If you see below Team Contact: __________________________ Daytime Phone: __________________________

Team Name: __________________________ Representing what Club: __________________________

Club Number: __________ 2005 USA Masters 5K is Required

Club Name: __________________________

Team Members: __________________________

2005 USA Masters 5K is Required

Team Prize Money will be distributed as follows:

Men 1st 2nd 3rd
40-49 $300 $200 $100
50-59 $300 $200 $100
60-69 $200 $100 $100
70-79 $150 $100 $100

Men 1st 2nd 3rd
60-69 $300 $200 $100
70-79 $200 $100 $100

Prize Money will be distributed as follows:

Awards will be awarded to the scoring members of the 1st, 2nd, and 3rd place teams. Only US citizens are allowed to win USATF medals and championship awards and score for a club team.

Payment Options:

Make checks payable to: USATF AA
Credit Card: We do not accept American Express

Card Number: __________
Expiration Date: __________

Name on Card: __________________________
Card Holder Signature: __________________________

In consideration of accepting this entry, I hereby waive and release any and all rights and claims to damages I may have against Saratoga Spa State Park, USAF, USATF, USAF Adhm

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

For more information, please visit our website www.usatf.org/USAMasters5k.htm or call us at (518) 273-5552.
Greek Study Looks at Benefits of Stretching

A Greek study looked at the role of stretching in hamstring injuries in 80 athletes (hopefully, those sprinters who missed their drug testing were not involved!). These athletes all had second degree hamstring strains, the kind that are not gross tears, but worse than a mild soreness.

The subjects were divided into two groups. Both were placed on stretching programs, one more vigorous than the other. Those with the vigorous approach healed faster than the other group.

The study's authors believe that stretching is of great importance in the rehabilitation program of those with hamstring strain.

Athletes were treated with ice, rest, and compression for 48 hours following injury. They were then placed on stretching programs following this protocol. The vigorous group had four stretching series a day, while the less vigorous group were limited to one series a day.

Lactate, Muscle Fiber Types and New Possibilities

By AVITAL SCHURR

This is the last in a series of three columns about muscle lactate. In the previous two, I summarized the major developments of the past 30 years in our understanding of the working muscle, including the shattering of some of the myths and dogmas about lactate.

Here I expand on the changes that these developments will slowly usher in, changes that will better our understanding of the complex relationships between the different types of fibers that compose the skeletal muscle. I also elaborate on the meaning of these developments for athletes everywhere.

Skeletal Muscle and its Fibers

As has been described in the second column (August 2005), lactate is produced in both the anaerobic and the aerobic muscle and, more importantly, studies have shown that lactate is being consumed (oxidized) by muscles for the production of energy.

In general, there are two types of muscle fibers, type I and type II. The latter muscle fiber type is sub-classified into type IIA and IIB, (previously called II). Type I fibers, also known as slow-twitch fibers, produce energy aerobically, i.e., they metabolize glucose (and lactate) with the help of oxygen. Type II fibers are known as fast-twitch fibers.

Type IIA fibers can produce energy aerobically just like type I by metabolizing glucose with the help of oxygen, while they can also produce a significant amount of energy from glucose anaerobically, i.e., without oxygen. Type IIB fibers produce energy from glucose mainly anaerobically.

Most skeletal muscles in the body contain all three types of fibers, differing only in the proportion of the three fiber types they contain. Consequently, muscles containing a high proportion of type I fibers are expected to produce relatively small amounts of lactate, since they burn glucose completely to CO₂ and H₂O, while muscles rich in type II fibers are capable of producing significantly larger amounts of lactate, particularly when they perform high intensity work.

The discovery that skeletal muscles consume lactate (especially those rich in type I fibers) lends itself to the idea that muscle tissue consumes lactate (especially those rich in type II fibers) lends itself to the idea that muscle tissue consumes lactate by a) enriching their blood capillary bed, b) building up muscle mass, and c) improving the ability of both type I and type IIA fibers to utilize lactate aerobically as a source of energy.

Moreover, for many years, a measurement known as the lactate threshold (LT) has been used to determine performance abilities of athletes, especially in longer workouts.

The idea has been that workload intensity above the LT can be sustained for only a short period of time and that the best of athletes can sustain long workouts at LT level, where the amount of lactate produced is more or less equal to the amount of lactate cleared. Also, athletes have been working on improving their LT through training sessions specifically designed to achieve such improvement.

The trainers who advocate LT improvement claim that the aim of such training sessions "is to saturate the muscles in lactic acid which will educate the body's buffering mechanism (alkaline) to deal with it more effectively" (http://www.brianmac.demon.co.uk/lac­tit.htm). In essence, we have been told that we are teaching our bodies to tolerate lactate.

Muscle soreness after an intense exercise has also been blamed on lactate. Are we really training our bodies toward higher tolerance for lactate? Can such training sessions improve our LT? Is LT a practical measurement, now that we know that lactate is not the culprit it was made out to be?

Train to Improve Oxygen Delivery

The concentration of lactate in the blood (the parameter measured for the determination of LT) is a function of muscle oxygen availability, the proportion of muscle fiber types in the muscles involved in the exercise and the intensity of the exercise. Thus, in the high mountains, under hypoxic conditions, lactate concentration in the blood should rise faster and higher than at sea level for a given exercise.

A muscle rich in type I fiber should produce lower amounts of lactate than a muscle rich in type IIX fibers under the same exercise intensity. A workout of great intensity should produce higher lactate blood level than a lower intensity workout. What do training sessions for LT improvement really do?

They improve oxygen supply to the muscles by a) enriching their blood capillary bed, b) building up muscle mass, and c) improving the ability of both type I and type IIA fibers to utilize lactate aerobically as a source of energy.

It has been said that Lance Armstrong's blood lactate concentration during high intensity workouts is significantly lower than most athletes, thus giving the impression that his LT is very high. However, evidently, Armstrong's muscles are rich in type I and type IIX fibers and thus highly efficient in consuming a large portion of the lactate produced by his muscles rich in type IIX fibers during the intense workout before it reaches the blood stream.

Other top cycling racers and marathon runners probably have a similar profile. Of course, all these athletes also have better than average lung capacity and thus higher VO₂max (the maximum oxygen volume consumed during intense whole body exercise at sea level) and their muscles are rich in blood capillaries that supply them with much more oxygen than muscles poor in blood capillaries.

The VO₂max cannot be changed much with training sessions, but oxygen delivery can be improved through an increase in the number of blood capillaries that supply the muscle.

Finally, I would like to highlight a recent scientific study, which has demonstrated that lactate, produced during exercise, is also consumed by the brain (Dalsgaard MK et al., Journal of Physiology. Vol. 554, pages 571-578, 2004), giving much credence to the old verse "a healthy mind in a healthy body."
Double Your Endurance...Double Your Fun

Double your endurance with three short workouts a week in only two weeks. Sounds like an old gimicky fitness commercial, I know. But it's true! In a landmark, major new study by one of the most respected research teams in the world, Dr. Martin Gibala, researchers show that recreationally active adults can actually double their endurance capacity in only two weeks with a workout almost identical to the Sprint 8 that's now available in Vision Fitness home cardio equipment (www.visionfitness.com) and described in Ready Set Go Synergy Fitness.

Researchers Conclusions

In a program very similar to the Sprint 8, the research summary posted on the National Institutes of Health site states:

"We conclude that short sprint interval training (approximately 15 minutes of intense exercise over 2 weeks) increased muscle oxidative potential and doubled endurance capacity during intense aerobic cycling in recreationally active individuals.


Comments about the research by Edward F. Coyle, Ph.D., were published in the Journal of Applied Physiology. Dr. Coyle is director of the Human Performance Laboratory at the University of Texas, Austin, and he has worked with Tour de France champion Lance Armstrong.

This is the first report that you can show large increases in muscle endurance within just two weeks. In today's society, people spend so much time in front of the TV or video screen, that it is rare we exercise even less, or for very long times.

Since some people are devoting so little time to exercise, this reminds us how effective or efficient even short amounts of exercise are if performed very intensely.

The Take Home

If you read the first edition of Ready, Set, GO! Synergy Fitness in 2000, you discovered that exercise-induced growth hormone can do wonderful things for your body. Now there's conclusive research showing that the Sprint 8 can improve performance as well as fitness.

Get a copy of Ready, Set, GO! Synergy Fitness, take it home or give it to a friend who is into endurance training, and perhaps take home a new piece of award winning Vision Fitness cardio equipment with Sprint 8 and begin to improve fitness and endurance. In fact, double your endurance during the next two weeks!

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Masters Racewalking

By ELAINE WARD

Vishaka Sedlak was not only a gold medal-winning, international competitor, she was also a uniquely race-wise and motivating coach. Her following ideas make good reading for all racewalkers whether competing in local events or at national and international meetings. The following excerpts are from an interview with her for National Masters News in 1990 — ed.

Vishaka Sedlak: Before an athlete starts working with me, I make it very clear that I expect my athletes to be the best competitive walkers they can be. I expect them to be serious and to be active mentally and physically even if they are fatigued from a long day of work.

I have had enough experience myself to know that the need to measure up to a hard workout can shake out fatigue. My walkers learn what any competitive athlete must learn — that fatigue or nervous stress doesn’t have to get in the way of physical and mental athletic performance.

A Joyful Experience

I do not wish to expose my athletes to the joy of racing while walking and to the job of the physical and mental development that competition brings. What I want them to experience is the success of moving toward a personal goal which is meaningful to them, and to experience the benefits that the greater discipline of the athletic attitude can bring to them.

I want them to find that reaching goals and taking the steps toward greater personal development is actually a pleasurable process, not one of pain and negative self-discipline, but one of joy. I have seen many, many physically talented athletes who could not keep that joy.

The joy is snuffed out by an externalizing of priorities and rewards. I have been a victim of this myself. When you set a record or place well, it is easy to start thinking that winning is the important element and, frankly, I don’t think so.

Thanks to racing, I have participated in meets where I have met international and national champions. The ones who retain a fundamental understanding of why they started the sport remain competitively strong.

Staying Upbeat

They remember that racing is fun; that it feels good, that workouts can be a kick, that they can sleep better and eat more, and after a cold workout in the rain, a shower feels so good.

As long as they remember the fundamental pleasures, they stay on top in the world for years and years. The ones who forget these pleasures are the ones who either don’t last or get injured a lot so that their training is always a physical as well as mental pain.

Don’t Externalize

A variant on this is athletes who are hard on themselves because they are externalizing. They aren’t hard on themselves because they don’t meet their own expectations. They are hard on themselves because they didn’t satisfy what they think their peers or coach expect.

Do they have fun in the race? No, they don’t. Why not? Because they are thinking about making a PR, instead of thinking about how fortunate they are to be able to walk, how fortunate they are to be healthy enough to compete, and how fortunate they are to be able to look back on a race where they didn’t meet their time goal, and have the intelligence and experience to analyze why.

Then when they do make a PR, it will be even better than the one they failed to meet in the first place.

Failure Leads to Success

If I may talk about myself, I believe it is because of my athletic failures that I have been as successful an athlete as I am. When things are done right, the outcome is right. If the outcome isn’t right, something wasn’t done right.

When things are done right, the outcome is right. If the outcome isn’t right, something wasn’t done right. So you analyze.

That was, no race is a failure. And no time is a bad time. The vital part, the affirming part, is self-development.

********

Frank Alongi’s innovative coaching can be traced back into the 1970s. His immense contribution to the sport includes being an IAAF judge and the founder and director of the country’s most prestigious international race, the 1980s and early 1990s.

Frank is the present coach of champion racewalker Jack Bray and of Max Green who provided exciting competition for Bray when they were in their 60s. Frank discusses keys elements to successful masters racewalking. — ed.

Frank Alongi: The most important principle for an older walker is not to try to do what younger athletes do. Masters walkers are usually stiffer; their pulse rates are not the same; they require longer suspension as it takes longer to get the technique into the body’s movements.

The Virtue of Patience

Max Green’s success comes from his patience. He tries and tries and tries. Even if he doesn’t do the best job, he tries as he wants to accomplish something he hasn’t done before. Most importantly, he races because he wants to do it.

Even if his body does not respond, he puts all his heart into it. Plus he is a winner. He is not an individual who gives up easily. He tried racing after he was 50 and never quit. This is why he has made such good times and accomplished his goals.

Stretch

Besides patience, it is very important for masters to do limbering and stretching exercises. If they don’t, they risk getting injured. Once an older person is injured, it takes a long time to heal and this can be discouraging to some.

At such times, it is easier to say, “I am too old and might as well quit,” than to say, “I can’t heal any quicker and must be patient.”

Some older people feel they don’t have much time left and this makes them impatient.

Another must for the older walker is to train religiously. A younger person may be able to lay off training a few days and come back after a good race. An older person cannot.

Masters who are seriously competitive need to train regularly to maintain conditioning. They must have a strong desire. — ed

(ElaThe Ward can be contacted by e-mail at: narw@sbcglobal.net)
Profile

Bob Littky – Beating the Odds

By RON MARINUCCI

In 1998, for his 63rd birthday, Bob Littky’s grandchildren bought him a baby jogger so he could run with the youngest of them. Since he had been a serious runner for about ten years, that was nice, but not too surprising. But fourteen years before, had someone suggested that Littky would be running at all, even still be alive in 1998, it would have been met with disbelief at the least.

“The doctors said I was dead—twice,” he recalled. “The story of the former Farmington Hills High School football player, runner is first told in chapter 156 of the book Death Defiers (by Selene Yeager and Kelly Garrett, Rodale Press). It is a medical miracle—along with guts and determination.

“I was 48;” he later told me. “I was a smoker, three packs a day, and I was fat.” He also admitted to being a Type-A businessman, running the family print shop. Not surprising in retrospect, he had a heart attack.

Recovery Formula

Recovery included working with CardiAthletes at the local Beaumont Hospital in Royal Oak, Mich. His rehabilitation involved “lots of walking, jogging, and running,” a formula he still uses. “I lost 50 pounds and decided to do a marathon.”

He trained in the summer and early fall of 1998, his target being the Detroit Free Press Marathon that October. Disaster then struck a second time.

He returned home from a training run with what he said was “a terrible headache.” That “headache” turned out to be an aneurysm. “Two blood vessels had burst in my brain,” he said.

Laping into a coma even before the paramedics arrived, he was rushed to the hospital. Once there, doctors didn’t offer his wife, Loretta, much hope.

“The doctors cut into my brain,” Littky related. He was to be released when still in the hospital, he had another stroke. This is when the doctors said, “not once, but twice” he visited the nether world.

Thirty days and two surgeries later, he had regained enough to talk and, eventually, to return home. “I couldn’t walk, read, or write,” he said about his return. “I had aphasia, an inability to use or comprehend words.

It was a struggle, he said, “This conversation we’re having, we couldn’t have had it.” Compounding matters for one who had planned to run a marathon, he had lost the use of his right leg and hand.

On the Mend

Yet, if nothing else, Bob Littky is a determined, strong-willed man. He began the steps toward recovery again. With rehabilitation came renewed motivation to run—a marathon. He believed “running saved my life before and I wanted to do it again.” But, the going was slow, very slow.

“With the strokes and aphasia, for the long time, I didn’t even know what a watch was,” he mused. For a while, guide runners helped him to run in a straight line because he kept drifting to his right.

“In races,” he admitted with a shrug, “runners who didn’t know what a watch was,” he mused. “I was out of control.”

In stepped Loretta. To this day, one of the first things Littky will tell anyone is “My wife is terrific! She was never nasty. She’s great!” Loretta would drive him out places where he could run, sit and wait for him to finish, and then drive him home.

The Marathon – Finally

Justice prevailed, hard work and determination paid off. He finished his Free Press Marathon, although three years later than he originally planned. “I finished in five hours and 30 minutes. Six of my doctors ran five or six miles with me.

Now, almost twenty years later, “My running is fine. I feel better than ever.” That’s saying something, considering that a few years ago doctors told Littky “inside you’re more like 40 years old.” And, he enthused, “I still do my racing.”

Since that first Free Press, he has completed nineteen marathons and countless shorter races. At his “peak,” he was not uncommon for him to run two or three races in a weekend. He has run the Boston Marathon twice.

“The first one was as an American Legionnaire. The second one I qualified for in 3:30,” which remains his personal best. Just last October he finished the half-marathon event at the Free Press.

Oldest Runner

Today, he seems to get his biggest kick when “I’m the oldest runner out there,” he chuckled. At the recent Father’s Day Run in Plymouth, Mich., “I did the 10K. I was the oldest in the race.”

Loretta and he recently packed up and moved from Farmington Hills to Madison, Wisc. There, on July 4th, “I did a 5K in the local park. I was the oldest guy in that race.”

In his new surroundings, Littky is still running. “The streets in Madison have biking lanes. You can use them for running and walking. No one is going to look at you,” he quipped.

He noted, like much of Oakland County, Mich., “there are lots of hills,” but he still manages quite well.

“I’m out there about an hour—walk, jog, run—in the morning. Then I’ll do another four miles in the afternoon.” As in the past, he has also done cross-training in the form of weight and postcard running. That sort of thing, even for those of us who haven’t come back from the dead—twice!

But he and Loretta plan spending time in Oakland County. One of their children still lives here and is expecting their third grandchild. He smiled and said, “You know how that is. I have to be there.”

Motivating Others

In appreciation, over the years, Littky has done a lot of motivational work. He has worked with others’ rehabilitation. “I still do a lot of motivation with stroke [victims]. They sit. They get fat. They hate everyone. They tend to be depressed. They are shut down.”

“If you push your brain, things get better. It’s very easy to quit. I won’t live that way.” He doesn’t, and he works to make certain others don’t either. Part of this has involved serving as an exercise leader for senior citizens.

It’s hard to come away from a conversation with Bob Littky without feeling good, good about running, good about what he is doing. Through this ordeal (and that’s not how he would describe it), he’s been the first one to say, “I’ve been very lucky.” And so have we.

(Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net.)

Highlights of Nationals

Continued from page 10

53.15 300H to break the WR, and won five other gold medals. Don Cheek, who has been a master since the discovery of fire, won the 200 and 400 (70.11). And Cheek took the SP (12.06) and DT (36.63).

M80: Mel Larsen, looking as crisp as a freshly picked ear of Iowa corn, established a U.S. record (16:22) for the 2780H, and won the 1500 (4:20.56) to become the first of six 80-year-olds, and the 200. Jim O’Neill, who has competed in all 38 masters championships, won the 5000. Roy Engleit, PVTC, steamed to wins in the 400, 800, and 1500. Dick Mulkern, Fin, was all won through, with a 29.86 DT and a 27.58 HT.

M85+: Trent Lane, M95, went home to Louisiana with four WRs in the throws. Clarence Trahan, M90, scored ARs in the 100 (20.56) and TJ (6.10). Leland McPhie, M90, added the HH (1.05) and SP (7.01) to his skein of records. Hugh Engleit, M85, left Hawaii’s shores with six gold medals in the throws and jumps.

Reflections on the National Championships

By PETER TAYLOR

Long before I packed my bags for Honolulu to announce for four days, I began thinking about the heat. I was badly burned by the sun at the meet in Randolph, N.J., in June, and on July 24 (Mid-Atlantic in Pennsylvania) I got toasted again, less severely. As the Honolulu meet got closer, I was also concerned about my ability to announce. Here is my story:

July 10. Talk to “The Penguin” at my fitness club: Tells me that the August sun is tougher in Honolulu than in Orlando. Oh, Penguin.

July 16. See that Mike Egle is an entertainer, and not a sports justice. This is the same Mike Egle who won that masters invitational race (put on by Mark Cleary) in NYC several years ago, and his name bounces right off me at first. If I can’t know the runners, I will have to sell theizzle. Eventually, I will be all zizzle (but not right now).

July 18. From Kuakini Health System (kuakini.org): "If possible, avoid exposure to the sun between 10 a.m. and 4 p.m." But that’s most of the meet!

July 24. Announce Mid-Atlantic meet. My voice lacks quality, and I wear it out as well. Spend most of time in shade and end up with burned face.

July 26. Get e-mail from New England couple who had been to Hawaii before. The sun burned her sons at the beach even though they wore shirts. It went right through their clothing.

August 2. Fly to Honolulu from Baltimore-Washington International. After arriving, ride the free shuttle to hotel with three officials. I’m the last to get off, and the driver says, “I was told to announce Peter Taylor.” What? The others paid nothing. Get that out eventually.

August 3. Study the competitors a little bit and swim 30 lengths of pool

Continued on page 12
3x15: Andy Warhol Promised Everyone 15 Minutes of World Fame

Three Warholian moments: It happened to me. Andy Warhol, of course, was the artist who once opined: "In the future, everyone will be world-famous for 15 minutes." Warhol believed the Media could convert anyone to a paparazzi target, at least briefly. But some of us are blessed - or cursed - with more than the normal allotment of fame, as I learned last week.

I realized this after I received an email message from a college classmate, who claimed I was the answer to a New York Times crossword puzzle: "Wrote running book, nine letters." That clue came toward the end of the week, when Times puzzles get tougher, so she was relieved to fill in the boxes: H-A-L-I-H-G-D-O-N.

About the same time, I learned that John Roberts had been nominated as the next Supreme Court Justice. Within hours of the nomination, I received a call from a newspaper reporter asking if I knew Judge Roberts.

Well, not really, although he grew up only two blocks from our home in Long Beach, Indiana. His youngest sister Barbara was a close friend of our daughter Laura. Another sister, Peggy, once had been our babysitter.

The same week, I heard from the producers of an Off Broadway play titled Thrill Me!, a musical based on the Leopold & Loeb case, if you can believe that. One of my books was titled The Crime of the Century about that same murder case from 1924. The producers wondered if I could come to New York and do a "Talkback" after one of the performances.

How to Handle Celebrity

Humbly, I agreed, but how does one handle the celebrity that comes with three Warholian moments? I wondered. Do I serve my three periods of world fame simultaneously or concurrently? Do the 3 x 15 minutes count merely as one infamous 15-minute segment, or do I claim a total of 45 minutes of near immortality? Would Judge Roberts please offer an opinion? No, he probably doesn't want the Senate to know too much about his views.

Perhaps I shouldn't agonize too much, since when I checked with the New York Times crossword puzzle editor, he claimed that my name never had been used in one of their crossword puzzles. Rather huffily, I might add.

My classmate later admitted that maybe it was a puzzle in the Rochester Democrat & Chronicle, lower on the feeding chain, but is anyone going to really check my resume after my 3 x 15 minutes pass? And how credible is the Times these days since one of its reporters just got sent to jail?

Valid Connection

The connection with John Roberts is real, since his sister Barbara did stop by my booth several years ago at the LaSalle Bank Chicago Marathon Expo to say hello and ask about our daughter. I'm not sure whether Barbara was running the marathon or supporting a friend, maybe even her more-famous-than-me brother. About Sister Peggy: did we file W2 forms in her name? Is there something about her babysitting past that Ted Kennedy might like to know?

The appearance in New York at Thrill Me! was fun, because unlike my usual appearances, I got to talk to a near capacity audience of non-runners about a subject sadly more popular than running: crime and violence.

Nobody asked about their knee injuries, nobody asked how much Gatorade to drink per mile, and I learned after my Off Broadway stint that the show had been extended an extra two weeks.

Unfortunately, while Thrill Me! continues to play to the public and while John Roberts moves inexorably toward his confirmation, my three Warholian moments have passed. Will I ever be a nine-letter answer to a crossword puzzle again?

(Hal Higdon, a Contributing Editor for Runner's World, serves as a consultant to his wife when she does crossword puzzles. His Web site, halhigdon.com, features training programs for all distances.)

Reflections on Nationals

Continued from page 11

feet on floor, a very awkward position. Incredibly, I fall asleep. Maybe it's getting up at 4:04 each morning that has done me in.

August 7. Final day of meet, and I announce well again. I am sharp as a tack, my voice is good. Score of 95. Well, two good days out of four is not bad, albeit disappointing.

Reflections: Announcing well (at times) was thrilling. Made some new fans (including "emerging superstar" Nadine O'Connor) and confirmed some old ones.

My fear that I would get completely exhausted from weather conditions did not hold up. The key was "sun avoidance," not "sun protection," as I simply avoided being in the sun's direct rays.

As an announcer I must do three things to announce for four full days in the outdoor championships: (1) keep from getting burned, (2) avoid exhaustion from overexposure to sun or heat, and (3) avoid wearing my voice out. The last depends on breathing properly and on opening my mouth more fully when speaking. I "quarter-drunk" water the entire meet (take the water in, taste it, wash my mouth with it, then spit 3/4 of it out), which helped a great deal.

Jim Russ (pentathlete from North Carolina) gave me good compliment about my "rhythm." Others seemed to think I did a good job. Mary Grene (dynamic 1500 runner from Kansas) wondered how I knew so much. Overall, a fairly good performance, and now I begin to turn to Boston and Charlotte.

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The Weight Room

The Highs and the Alohas in Honolulu

After learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

It all worked out. The shuttle to the javelin site was on time; the venue was good, and the officials were top notch. The hammer ring was thought to be slick by the older throwers (me included), but it didn't bother Ed Burke, Oneitha Lewis, Carol Finsrud, or Trent Lane.

Burke, at age 44 the first athlete age-40+ to make an Olympic track & field team, in the 1984 Los Angeles Games, and now an M65, broke the hammer world record (53.91). Oneitha Lewis increased the W45 national discus mark to 50.85. National champion shot putters, wins the Carol Finsrud upped her W45 national tathlon, not an event usually won by over two meters with a 52.89, and increased the W45 hammer world record how the event is supposed to be done.

Trent Lane broke two of his four M95 world records using that ring, in the discus (15.95) and hammer (15.97).

Impressive Performances

The most impressive athlete, I thought, was Phil Shipp, an M70 from Sedona, Ariz. When I first saw him, warming up for the shot put (4kg) on discus (15.95) and hammer (15.97), javelin.

On Friday, at Punahou High School, Shipp won the M70 javelin (500g) with a U.S. record 45.23/49-9. Compared to some of us who were in the group competing with him, he looks as if he knows how the event is supposed to be done.

So, here's a guy who wins the pentathlon, not an event usually won by national champion shot putters, wins the shot with a 2005 probable world record, and breaks a national record in the javelin.

I hope Phil Byrne and his Masters Awards Sub-Committee are taking note of Shipp.

Campus Life

I was leery of staying in a dorm in Honolulu. After learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

The next night I stopped the riot early with another call to security. During our seven-night stay, I called security at least 30 times.

On the first night in the Aloha Mokihana dorm, I finally called campus security at 3:00 a.m. to quiet students who were yelling at the top of their voices, listening to loud discordant music, and trying out their skateboards (MBA students?).

To add to the mix, about every 20 minutes a mop(ed with a bad muffler would roar by. Some nights a student would practice on his electronic guitar for hours.

Those of us exposed to the racket (those on the other side of the cylindrical structure heard nothing) couldn't understand why all was peaceful until about 9:00 when the partying began. I attributed it to their being parolees confined during the day or troll-like creatures who came out at night.

The next night I stopped the riots early with another call to security. During our seven-night stay, I called security at least 40 times.

On Friday, at Punahou High School, Trent Lane included the javelin (17.58) in his four M95 world records in the throws, USA National Masters Championships, Honolulu.

Trent Lane included the javelin (17.58) in his four M95 world records in the throws, USA National Masters Championships, Honolulu.

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The Weight Room

By JERRY WOJCIC

The Highs and the Alohas in Honolulu

A
ter learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

It all worked out. The shuttle to the javelin site was on time; the venue was good, and the officials were top notch. The hammer ring was thought to be slick by the older throwers (me included), but it didn't bother Ed Burke, Oneitha Lewis, Carol Finsrud, or Trent Lane.

Burke, at age 44 the first athlete age-40+ to make an Olympic track & field team, in the 1984 Los Angeles Games, and now an M65, broke the hammer world record (53.91). Oneitha Lewis increased the W45 national discus mark to 50.85.

National champion shot putters, wins the Carol Finsrud upped her W45 national tathlon, not an event usually won by over two meters with a 52.89, and Carol Finsrud upped her W45 national discus mark to 50.85.

Trent Lane broke two of his four M95 world records using that ring, in the discus (15.95) and hammer (15.97).

Impressive Performances

The most impressive athlete, I thought, was Phil Shipp, an M70 from Sedona, Ariz. When I first saw him, warming up for the shot put (4kg) on Thursday, the same day he won the pentathlon (3854) by 900 points, I figured he was a stepelechaser who had wandered over by mistake. He doesn't look like your typical bulked-up thrower.

He won the shot with a 13.96/45-9 3/4 (those on the other side of the cylindrical structure heard nothing) couldn't understand why all was peaceful until about 9:00 when the partying began. I attributed it to their being parolees confined during the day or troll-like creatures who came out at night.

The next night I stopped the riot early with another call to security. During our seven-night stay, I called security at least 40 times.

On Friday, at Punahou High School, Shipp won the M70 javelin (500g) with a U.S. record 42.53/139-6. Compared to some of us who were in the group competing with him, he looks as if he knows how the event is supposed to be done.

So, here's a guy who wins the pentathlon, not an event usually won by national champion shot putters, wins the shot with a 2005 probable world record, and breaks a national record in the javelin.

I hope Phil Byrne and his Masters Awards Sub-Committee are taking note of Shipp.

Campus Life

I was leery of staying in a dorm in Honolulu. After learning that the combo discus and hammer ring had been poured just several days before we arrived on Aug. 1 in Honolulu, and that the javelin would be held at a nearby high school, I was somewhat apprehensive about how well the throws would come off in the Championships.

The next night I stopped the riot early with another call to security. During our seven-night stay, I called security at least 30 times.

On the first night in the Aloha Mokihana dorm, I finally called campus security at 3:00 a.m. to quiet students who were yelling at the top of their voices, listening to loud discordant music, and trying out their skateboards (MBA students?).

To add to the mix, about every 20 minutes a mop(ed with a bad muffler would roar by. Some nights a student would practice on his electronic guitar for hours.

Those of us exposed to the racket (those on the other side of the cylindrical structure heard nothing) couldn't understand why all was peaceful until about 9:00 when the partying began. I attributed it to their being parolees confined during the day or troll-like creatures who came out at night.

The next night I stopped the riots early with another call to security. During our seven-night stay, I called security at least 40 times.

On Friday, at Punahou High School, Trent Lane included the javelin (17.58) in his four M95 world records in the throws, USA National Masters Championships, Honolulu.

Trent Lane included the javelin (17.58) in his four M95 world records in the throws, USA National Masters Championships, Honolulu.

TEN YEARS AGO

September 1995

*5335 Athletes Take Part in 11th World Veterans Championships in Buffalo
- Competitors from 79 Nations Set 88 World Records
- Gateshead, England, Chosen to Host 13th Veterans Championships in 1999

Train Your Brain!

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

Four issues (1 year): $20 (U.S.) or $35 for two years (1 issue free); $24 (foreign U.S. funds) or $48 (two years). All available back issues (17) plus future issues through July 2005 for $100 (2 issues free), $125 for foreign subscribers (2 issues free).

c/o Glenn Thompson,
3604 Green Street, Harrisburg, PA, 17110; Thrower60@aol.com

WWW.LONGANDSTRONG.COM
Speaker's Corner
By Earl Fee

Achieving a Winning Attitude

A n optimistic, positive attitude is essential for a higher quality life and success in sports. On the other hand, a negative attitude creates stress, reduces the immune system and de-energizes. I will discuss how to achieve a winning attitude in sports, which has mainly to do with self-confidence and mental toughness.

Reacting to Events Beyond Our Control

- Realize we have a choice regarding our behavior and reaction.
- You put pressure on yourself: stress comes from within.
- Life is 25% of what confronts you and 75% how you react to it.
- Your reaction is often more important than the happening.
- Choose the positive-in-control-not-over-reacting attitude.
- Always look on the bright side. A negative experience often has positive consequences.

In many cases a negative experience can have some positive consequences. For example, an injury is an unpleasant experience often has positive consequences.

Work on Developing Mental Toughness

Mental toughness development is an everyday, lifelong process, and can be practised during daily activities, workouts and races.

A mentally tough athlete is:
- Consistent
- Confident, positive, optimistic
- Persistent
- Able to deal well with distractions and pain
- Resilient to disappointments
- Possessor of the ideal state of mind

The following are some effective techniques that have helped me and will work for you too:

- Practise mental techniques: relaxation, meditation, visualization and assertive statements. Practise these techniques daily.
- Relax the body to get rid of anger, fear, and negative emotions and return to a positive mental state.
- Exercise the mind every week. Mental toughness comes from exercising the mind with games like chess, bridge, memorizing poetry, learning a foreign language, etc.
- Physical toughness results in mental toughness. Consistent disciplined training results in mental toughness. Do the workout you hate to do. The coach may incorporate some stress, i.e., the athlete is given no advance knowledge of the hard workout, or the workout is made harder as the athlete tires.
- Experience frequent races over many years. Direct your thoughts to performing at your very best and de-emphasize winning to reduce stress. Think of your past successful performances and your strategy, rather than what you think your competitors can do. And go for your personal best.
- Control what you think, visualize how you look. Control what you think by substituting positive thoughts for negative; e.g., concentrate on "I am..." or "I can..." statements. Develop the habit of thinking tough.
- Overcome day-to-day emotional challenges (social, family, and work).
- Avoid overreacting to, and over-dramatization of, a situation. Practise self-control in everyday situations, cool down before reacting - counting to ten is a good idea.
- Believe you can do more than you think you can. The mind is actually the weak link and can play tricks on you.

In a competition fretting about a negative outcome is more important than the competition as a savage challenge. Adopting the killer instinct; seeing the competition as a savage battle.

Lookmg on fattgue as somethmg
- Distacted externally
- Counteracting the external distraction by focusing externally

View of Diamond Head, downtown Waikiki, and the campus from the University of Hawaii dormitories. USA National Masters Championships, Honolulu.

Happy Labor Day from the staff at NMN

TWENTY-FIVE YEARS AGO
September 1980

*13 World Records Fall in Pan-American Games in Los Angeles

*Clive Davies Breaks M60 5000 WR with a 17:19

Wrong Focus

Losing a competition and feeling how painful to lose

Right Focus

How much you learn from the loss

Wrong Focus

Thinking of your race plan, your technique

Right Focus

Thinking of your race plan, your good preparation and good past performances

Wrong Focus

Looking on the competition as a savage battle

Right Focus

Competing for the love of it

Wrong Focus

Looking for the positive side of the situation

Right Focus

Competing for fame, and reputation

Wrong Focus

Looking at fatigue as something you hate

Right Focus

Realizing how hard you worked to get here and your readiness

Wrong Focus

Putting too much stress on the outcome

Right Focus

Realizing the process, the training is more important

Wrong Focus

Focusing on a long term unrealistic goal

Right Focus

Focusing on short-term process goals

Wrong Focus

Looking on fatigue as something you hate

Right Focus

Not dwelling on the past, but concentrating on your race plan and your technique

Wrong Focus

In a competition fretting about a past mistake or a momentary success of the opposition

Right Focus

Concentrate on your refocused plan

Wrong Focus

Distracted externally

Distracted internally

Distracted externally

Counteracting the external distraction by focusing externally

Distracted internally

Counteracting the internal distraction by focusing externally

Thinking of what your competition is doing, as discomfort, as a threat challenge, as pain or discomfort becomes more tolerable and the workout more beneficial. (If necessary, ask the coach.)

- Think as if. To change an attitude, think as if you had the desired attitude already.
- Act as if. By acting calm, confident, energetic, and happy, you achieve these qualities. Practise looking and acting calm, etc., on the outside. Finally, think and act like the "ideal" athlete - the "warrior" athlete.

Set Goals

Performance and outcome goals helps to produce a winning attitude. Short-term performance goals are more effective than long-term outcome goals, since they focus on weekly, and monthly training targets.

With the accomplishment of each small goal, the athlete is encouraged and motivated, resulting in greater confidence and optimism.

Have the Right Focus

Thoughts or focus = Feelings = Performance. Our focus on the happening affects our feelings (emotions) and hence our reaction. With winning attitude, we have strength and controlled emotions in the face of things we cannot change.

The chart on this page illustrates some examples of the wrong focus (poor attitude) and right focus (winning attitude).

Walk Tall Like a Champion

I have found a poor attitude is normally associated with poor posture. But a person with a good attitude has good physical bearing and posture.

So it follows that to improve your attitude you simply have to walk tall like a champion, and immediately your self-confidence and inner control are improved.

Good posture produces positive feelings which lead to self-confidence, self-esteem and greater energy.

Summary

Put it all together with: daily mental techniques, the right outlook and focus, and goal-setting. Now walk tall like a champion, and go for your dream.

(Further details may be found in Earl Fee's book The Complete Guide to Running, all in color, presently on sale at the introductory price of $19.95. See the web site www.feetnessforlife.com, ad on page 18, or NMN order form on page 13.)

Subscribe to the National Masters News on-line at:
www.nationalmastersnews.com

Running, all in color, presently on sale at the introductory price of $19.95.

Earl Fee's book The Complete Guide to Running, all in color, presently on sale at the introductory price of $19.95.

Happy Labor Day from the staff at NMN

View of Diamond Head, downtown Waikiki, and the campus from the University of Hawaii dormitories. USA National Masters Championships, Honolulu.
Training Advice

By MIKE SPINO

Expressive Voices from the Middle of the Pack

While looking for your name on a result sheet in the middle of the pack, do you sometimes think, “My experience is important to me, but who can I tell about it, and who cares anyway?” Well, I would like to make a six week pact with you, and work together to allow you to achieve a result and experience that will be satisfying to both of us.

Six Weeks to Glory!

Hey, you, in the middle of the pack, here are some hints to make your experience of running more than just a time on a result sheet, or an ordeal to overcome in the name of good health. The way to improvement in your times, and greater “personality” satisfaction begins with thorough planning.

Give yourself six weeks to incorporate the suggestions in this article into your racing and training and point for the third race during a sequence of six weeks to achieve your mark. I’ll provide my mailing address and e-mail so you can send me a note on your achievement.

First Steps to Achievement

Time yourself for four laps around a regulation 400-meter track and enter yourself into one of the three following categories:

• Over 9 minutes
• Between 6:30 and 9 minutes
• Under 6:30 minutes

Then, cease running one tempo runs or an occasional unplanned interval session and follow the plan that will follow. The plan will include a breathing technique that will make your running and training more diverse and satisfying.

Find a quiet place in your home or work environment where you can relax for 5 minutes three times a week. I will show you how to do mental relaxation exercises and race rehearsal imagery. Please keep a diary (even one sentence) of your training and racing experiences.

Plan three races over the next few weeks: one at two weeks slightly over your target distance, one at five weeks slightly under the target distance, and the last at six weeks at your target distance of one mile (fun run), 5K or 10K.

Environments Needed

• A track with a grass field in the middle or alongside.
• A running loop from your house or nearby start location.
• A comfortable straight-backed chair

Workout Formulas

Do one of the following for six weeks according to the level you have accomplished from your assessment. The formulas are based on a time-tested combination of categories of training for the level of fitness you displayed.

Formula A: 1 day intervals/2 days continuous/1 day “speed play” or “fartlek.”

Formula B: 2 days of intervals/2 days continuous/1 day “speed play” or “fartlek.”

Formula C: 2 days of intervals/2 continuous/1 day fartlek.

Repeat the following for six weeks, racing at the end of week 2, 4 and 6. Follow each warm-up with a few limber stretches. Only jog 20 minutes before each race day:

Formula A:
Day 1: Jog for 5 minutes Stretches
8 times 100 meters at half speed with breathing technique on a few 1970s light under the targeted distance, and each warm-up with a few limber stretches. Only jog 20 minutes before each race day:

Day 2: Jog for 5 minutes Stretches
2 times 800 at a pace that is approximately 3 seconds faster than when you passed 600 meters on the 1600 meter assessment. (For instance if you ran 8 minutes, it would be 3 minutes, and faster would be 2:57.)

Day 3 and 4: Run up to 30 minutes
Day 5: Jog 3rd and 3rd stride telephone poles or on a trail do 4-6 runs for 2 minutes each at about half speed with 5 minutes every 10-20 sec.

Rest two of the seven days whenever you feel like it or time doesn’t allow for training.

Formula B:
Day 1: Jog for 5 minutes Stretches
12 times 100 at half speed with breathing technique on a couple
Day 2: Jog for 5 minutes Stretches
Follow with 3 times 600 using the 3rd formula above.

Days 3 and 4: Run up to 40 minutes
Day 5: Jog and stride telephone poles or on a trail do 4-6 runs for 2 minutes each at about half speed with breathing technique on a couple.

Rest two of the seven days whenever you feel like it or time doesn’t allow for training.

Formula C:
Day 1: Jog for 5 minutes Stretches
15 times 100 meters at half speed with breathing technique on a few
Day 2: Jog for 5 minutes Stretches
1 time 4 laps, 20 seconds slower than assessment pace (6:00 minute time
would be 6:20)
4 times 600 at 3 seconds faster than assessment pace
Day 3 and 4: Up to 30-minute run
Day 5: Run telephone poles or trail/ 5 to 6 miles/3 at 2 minutes and 2 at 4

Day 6: One hard run between 20 and

Visit the National Masters News Web Site at:
www.nationalmastersnews.com

FIFTEEN YEARS AGO

September 1990

*Nationals Draw 1090 to Indianapolis

*Larry Almberg, 43, Runs 4:06.70 Mile in NYC

*Ralph Romain, 56, Clocks 52.52 in 400

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World Masters Games
By AL SHEA

"Passion Quest Life," and "Ends," were the Masters Games Canada, July 22

The sixth quest was astonishing: 21

84 countries down an endless (CANS185) to (259), ice hockey (1433) and swim

next most popular.

Competitors ever changed.

Twenty-three percent were from Edm

rest of Alberta, Canada; and 35

in uniform from Australia.

Amateurs coaches, and

Western Canada, a total number of

over 23,000.

The success

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21,285 Athletes Take Part in 6th World Masters Games in Edmonton, Canada

By AL SHEAHEN

“Passion Qualifies You,” “Sport for Life,” and “The Challenge Never Ends” were the mottos of the World Masters Games in Edmonton, Alberta, Canada, July 22-31.

The sixth quadrennial event drew an astonishing 21,285 participants from 84 countries, each of whom plunked down an entry fee of CAN$185 to compete in one (or more) of the 27 sports. Track and field was the largest sport, with 3050 competitors from 52 nations. Soccer (2500), tennis (2250), basketball (1433) and swimming (1411) were the next most popular events (see chart).

Competitors in this multi-sport event ranged in age from 24 to 96. Twenty-three percent of the athletes were from Edmonton; 24% from the rest of Alberta; 20% from the rest of Canada; and 33% were international, including 1974 from the USA, 1442 from Australia, and 408 from Russia; 58% were male; 42% were female.

An additional 2000 companions, coaches, and managers joined the Western Canada festivities, bringing total number of participants to well over 23,000.

The successful event was sponsored by the International Masters Games Association (IMGa), which staged the first WMG in Toronto in 1985 with 8305 participants. Next came Aarhus, Denmark in 1989 (5500), Brisbane, Australia in 1994 (24500), Portland, OR in 1998 (11000) and Melbourne, Australia in 2002 (25000).

Organization Excellent

Most of the 27 events seemed to go smoothly. It was a testament to the professional Edmonton organizers, who have done this sort of thing before – from the Commonwealth Games in 1978 to the World Track & Field Championships in 2001. But the numbers in those events paled in comparison to the magnitude of this 10-day extravaganza.

Except for a lack of parking at the University of Alberta, the track and field events went virtually flawlessly. Brian Keaveney, Canadian Masters T&F Coordinator, worked with the organizers for a year to make sure they got the technical details of the T&F competition right. They did.

Equally amazing as the number of participants was the number of volunteers. “We had 6000 applications,” said Morley Scott, Media Coordinator of the Games. “As the Games approached, we had to turn people away.”

Volunteers and over 1000 officials were uniformly gracious, friendly, knowledgeable, and a credit to the city of Edmonton. And virtually none of them got paid.

Participation is Key

The dominant mood of the Games was clearly participatory rather than competitive. Oh, there were hot spots of fierce competition, but mostly everyone seemed just happy to be healthy and participating. Times, marks, and scores were secondary.

Competitors included former world-class athletes like Olympic highjumpers Debbie Brill, 52, and Robert Zmelik, 36; hockey Hall-of-Fame goaltending legend Grant Fuhr; Olympic swimmer Gary Hall, 52; and ex-NBA basketball stars Greg Kite, Fred Roberts, Mickey Johnson, and James Donaldson.

The Games also included Albertan John Berg, 70, in the 100m. Berg had never run a competitive race in his life. But he was as enthusiastic as anyone, saying hello to fellow competitors in the “call room” before his race. When a runner false-started in the previous race, Berg asked: “Why two gun shots?” Others gently explained the false start rules and the “on your mark, set, go” formalities to him. He was as welcome in the Games as any Olympian or world champion. He didn’t qualify for the 100m finals, but, hopefully, he enjoyed his new experience.

Dan Bulkey, 88, Phoenix, Ore., was amazing. On Monday afternoon, he ran the 2000m steeplechase. The next morning, he won a singles match in badminton, then drove to the track in time to run the 300m hurdles final. Then he took off to get ready for a badminton doubles match that afternoon.

A few age-group world records were set, but the announcers and the local newspapers didn’t seem too interested. Jim Strooker’s M75 WR of 54.98 in the 300-meter hurdles went unnoticed. No age-graded marks were compiled or reported.

“Let’s not sugarcoat things, there was not a lot of world-class speed on display during the umpteenth 100-meter sprint finals,” wrote Jim MacKinnon in the Edmonton Journal. “Happily, there was a refreshing absence of the usual world attitude, trash talking, ponting, preening and testosterone run-amok that accompany the sprint events at, say, the Olympics. Instead, Foote Field was awash in inspiration and the kind of pure joy only intense sports competition can provide. Feel-good stories kept charging over the finish line, one after another. It was beautiful.”

Media Coverage Abundant

Newspaper and television coverage was abundant. Both the Journal and the Edmonton Sun had a daily page-one story and photo. The two local TV stations had cameras and reporters at most venues. As usual, the media focused mainly on former Olympians and the age 50+ participants. But, Keaveney said, “Any publicity is good publicity.” The oldest participants were swimmers Jaring Timmerman, 96, of Winnipeg, and Margo Bates, 95, of Australia.

Debbie Brill

Debbie Brill, 52, is a giant in Canada. Despite withdrawing from her W50 high jump with a sore Achilles, she was mobbed by the local TV, radio, and newspaper outlets, who interviewed her and sister Connie, 51, for 30 minutes. She was the lead story on that night’s TV broadcasts, and was the front-page story and photo in the next day’s Journal.

“It’s the first time Connie and I have competed together since high school,” the friendly Brill said.

Connie cleared 1.40 meters (4.7)., Debbie, who leaped 1.96 (6.5) in 1979 and holds the W50 WR of 1.60 (5.2), was set to enter the competition with the bar set at 1.45m (4.8), but her Achilles wouldn’t cooperate.

“My style has changed but I still love high jumping,” she said. “It makes me happy and gives me self-satisfaction.”

The mother of three manages a physician’s office near Vancouver and, along with her husband, owns and manages a detox center.

Opening Ceremonies

More than 35,000 athletes, visitors and spectators attended the elaborate opening ceremonies, featuring nationally-known performers, pyrotechnics, and aerial displays. It ended with an on-the-field dance party to live music.

A 20- to 40-page booklet was prepared for each sport, giving the venue addresses, rules, procedures, medical info, etc. Each participant received a quality 19”x15” backpack.

The Games’ organizers produced a daily eight-page summary – in English and French – of the previous day’s activities. A shuttle bus service funneled athletes from the venues to the downtown hotels. Free public transportation was available.

One of the best examples of the camaraderie of the Games came on the slow-pitch softball field. The Moscow Teapots were a team composed of Russian university professors of modest means who scraped together the funds to make the trip to Edmonton. When a Canadian player realized the team didn’t have any cleats, he spent $900 of his own.
**NEW REVISED EDITION**

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

By Earl Fee

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

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**World Masters Games**

continued from page 17

money to buy a pair for each player.

**Medal Ceremonies**

Medals still mattered. Overall, Games organizers distributed 15,481 medals over the 10-day event. The track and field medal ceremonies were professionally done. About 30 minutes after a final, the announcer directed the fans' attention to a spot near the finish line where three medals were awarded, Olympic style. Medal engraving was available.

The track and field announcing was inconsistent. Athletes were introduced. All races were called. Some broadcasters identified the country of each runner; others did not. World records were rarely mentioned.

One downside to the planning was the lack of a list of competitors' numbers in the program. Spectators were unable to identify who the athletes were.

**Sightseeing**

Edmonton is at 53.5 North latitude, about the same as Amsterdam, so it stayed light until 10:30 p.m. Social events were plentiful. Covering 48 city blocks, the West Edmonton Mall is the largest shopping and entertainment complex in the world.

Following the meet, many athletes and their guests explored the stunning scenery of Jasper, Banff, and the Canadian Rockies.

**Weather**

Some travelers flew in on a propeller-driven airplane from Seattle over the snow-covered Rockies. They came from a U.S. heatwave to find temperatures of 57°F (high) and 43°F (low) in Edmonton. Athletes huddled indoors as they waited for their events to be called, and lined up alongside officials and spectators for hot coffee.

"I should have brought my gloves," said one Californian. "It was 109 when I left Los Angeles and 45 when our plane landed last night."

But the weather warmed up to the 70s as the week went on. And the near-frost drove off all the mosquitoes. Conditions were generally good, except for daily late-afternoon thunder showers, which softball teams just played through. Players and volunteers pitched in for six hours to remove 1.25" of water from softball fields after one torrential rainfall.

**Favorite Part of Games**

A poll by the Journal asked "What was your favorite part of the World Masters Games?" "Competing" (26.8%) ranked first, closely followed by "The people I've met" (24.4%), "The city of Edmonton" (24.4%), "Spectating" (17.1%), and "Volunteering" (7.3%).

**Closing Ceremonies**

Nearly 8000 people came out to the closing ceremonies on a sunny Sunday night after a week of intermittent rains. Flags were marched in to the field in alphabetical order. The Chinese Taipei Olympic flag flew for the first time, replacing the Taiwanese flag that was marched in during the opening ceremonies, prompting a protest from China.

Taiwanese soccer players boycotted the closing ceremonies to protest the ban on their controversial flag. China considers Taiwan a renegade province. Most nations severed relations with the democratic island off China's coast in the 1970s. China's Nationalists and Communists split amid civil war in 1949, when the Nationalists fled Taiwan.

"Best Games Ever"

Kai Holm, president of the IMGA, called the event "the most perfect Games ever." He said Edmonton proved to be the perfect-sized city for the Games. After the 2002 WMG in Melbourne, officials said they'd felt the event got lost in the city of three million people.

**Should WMA Hold Championships with WMG?**

Only two of the 27 sports – orienteering and weight lifting – used this meet as their world championships.

Some are wondering if WMA should hold its world championships in conjunction with the WMG? It would seem logical, but maybe not. The mind-set of these Games would change. "We're a hybrid between participation and competition," said Tracy Bednard of the press office. "The emphasis is not on winning but on just being here and having a good time."

It's also about US$25 million (CAN$31 million). That's what the Games brought to Alberta in the form of money spent on hotels, restaurants, souvenirs, tours, etc., according to Economic Development Edmonton.

Indeed, entry fees also accounted for more than US$3 million (21,285 x US$150). The sanction fee paid by Edmonton to the IMGA was US$1 million.

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**Volunteer line up behind the starting line, waiting to whisk the athletes' baskets to the finish line, at the World Masters Games.**

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**Sydney in 2009**

On June 13, 2004, Sydney was chosen by the 10-member IMGA Board of Governors to host the 2009 Games over bids submitted by Shiga, Japan, and Copenhagen, Denmark. The IMGA General Assembly is composed of representatives from each of 17 core sports. Each organizer is allowed to include 10 additional sports, depending on local interest. But, unlike WMA, no vote on anything is ever taken of the participants.

Bob Adby, director of the New South Wales Department of Tourism in Australia, expects 30,000 to come to Sydney (pop. 4.3 million) from Oct. 10-18, 2009. "These games fit into the concept of sports for all and provide a general social value and well being. And, of course, the tourism value is obvious."

(For more information, go to www.2009worldmasters.com and www.imga-masters.com.)
**Masters Scene**

**EAST**
- Mary Harada, Liberty AC, obliterated the W70 US record for the 3000 with a 14:41.60 in the USATF-NE Masters Championships, Springfield College, July 23. The present record is 16:55.0 by Jaclyn Caselli in 1995. About 160 entrants, with fewer than a dozen no shows, took advantage of one of the best competition days of the summer.
- Susanne Myette, W40, was top master (20:14), RRCA Distance Festival 5K, Dryden, NY, July 14. Margaret Betz, W55, ran a 24:18.

**SOUTHWEST**

**WEST**
- Ed Burke, who, at age 44, became the first athlete age 40+ to make a US Olympic I&F team for the 1984 Games, showed that he still has it with M65 ARs in the hammer (50.49) and 20# weight (2.90 (102.4% A-G). Leland McPhie, 91, set a new US record in the high jump with a 1.09 (97.9% A-G).""""""
- She zipped through the 3000 (9:17.06), and pole vault, 18:35 (94.4% A-G)

**Subscription Problems? Moving?**
To determine the status of your subscription, or to let us know your new address, call 816 286-3129, fax 800 869 0040, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

- Karen Friedman, W40, was the only age-40+ runner to break 40:00 with a 39:29. Johnny Kelley 10K, Hyannis, MA, July 24. Liz Brodric won the WBO with a 67:50.
- Leading the masters into Shea Stadium, Queens, NYC, at the NY Mets Run to Home Plate 5K, July 5, were Wierslaw Perszke, 45, 16:11, and Bea Husta, 40, 18:50. Dominating the 70-74 age-group were Witold Bialokur, 70, 21:47, and Ginette Bedard, 71, 24:21.

**SOUTHEAST**

**MIDWEST**
- Jim Harrington, 40, was first overall in 2:33:36, Grand Island Marathon, Grand Island, NE, July 30. Masters 10K winners were Gary Whitmer, M45, 37:37, and Jared Rundman, W40, 41:53.

**NORTHWEST**
- Stephen Robbins, 62, and Brian McKinley, 52, dominated the top three performances in the NW Association Championships, Pullman, WA, July 23. Robbins scored an A-95% 26.61 in the 200 and a 93.2% 12.71 in the 100. McKinley hit 92.3% for his 14.97 in the 100H. Top two clubs were the Comets TC Masters with 70, and Clark County TC Masters with 60.
- Irina Bogacheva, 44, was first female overall with a 2:42:36, Deseret News Marathon, Salt Lake City, July 25. Bob Cobler, M40, took the M40 title in 2:52:24. In the 10K, Larry Smithette, M40, 32:03, and Brenda Grear, W40, 35:25, were prevailing masters, 70ers.”
- Brian Branney, W50, ran a 37:44. John Cahill won the M80 division in 55:10.

**CANADA**
- Earl Fee, 76, Etoiboke Harriers, added another WR to his skein with a 53.73 to the 300H, CMAA Championships, York U, Toronto, July 9-10. Dan Bulkley (61) has the record at 55.33 set in October 2004. Karla Del Grande, 52, another Etoiboke Harrier, was the sprint standout with 59% performances in the 100 (12.98) and 200 (26.22), and a 98% in the 400 (40.33). In the 5000, Jerry Kooymans, 50, Toronto Olympians, ran a 15:47.10, and Ed Whistock, 74, Milton RR, turned out a 16:06.55, and in the 10,000 Whistock finished in 36:42.04, worth 97%.
- Jan Graczyk, 52, was the thrower with kings in the 79 (HT 55.60) and WT (77.30) for the year’s M60+ leader.

**INTERNATIONAL**
- The old forms for TUE applications on the WMA Web site – section Anti-doping/TUE forms – have been replaced by new forms designed especially for WMA. The new forms have the WMA logo and the address of the WMA Anti-Doping Officer, Dr. Karii Wichmann.
- On Aug. 3, the IAAF Congress in Helsinki approved the M35-39 age group for masters/veterans competition, which made that group official for the WMA World T&F Championships in San Sebastian, Spain.

**OBITUARIES**
- Richard J. Dedham, Jr., or “Dick”, as we knew him, succumbed to apparent cardiac arrest early into the 5000 at the USATF-NJ Masters Championships, Shore Regional HS, West Long Branch, on July 10. He was 68. He served in the US Army for 22 years, much of that time as a sergeant first class with tours of duty in Vietnam and long stateside duty at Fort Sill, OK, before retiring in 1977. He started a new career in public service in New Jersey, at which time he resumed the track career that had started in his days as a state high school champion in Massachusetts. He joined several of the local track clubs and participated with great joy in their running, throwing, and racewalking events, as well as on the Senior Games and masters circuits.” He lived in Brick Township, NJ, where a memorial service was held on July 14. His son, Army Colonel Patrick C. Dedham, and his daughter, Kerry Ann Armstrong, and family gave him a tearful farewell. –Elliott Dennman

**TWENTY YEARS AGO**
September 1985
- George Cohen Sets World M45 800 Mark of 1:57.73
- Zimmerman, Dalrymple Top Masters in Utica Boilermaker 15K
- Villanueva, Welch Win at Peachtree 10K

**Visit the National Masters News Web Site at: www.nationalmastersnews.com**
ON TAP FOR SEPTEMBER

TRACK AND FIELD
This year's national masters championships end with the 5K & 10K in Seattle, WA, on September 10th. Before that, on the 3rd-4th, the Rocky Mountain Masters Games hit Fort Collins, CO. The Nor Cal Women's Memorial Weight Pentathlon is set for Kent, UT, on September 15th. The Arkansas Senior Games/Olympics meets include the Arkansas Senior Olympics, Hot Springs, on the 21st-25th, and the Silver Anniversary Nebraska Senior Games, Las Vegas, which open on the 20th.

LONG DISTANCE RUNNING
The USA National Masters Championships/Half Marathon 10K returns to PoloRobles, CA, on the 25th. With summer heat almost gone, the LDR schedule blossoms, starting with the Rock 'N' Roll Half-Marathon, Virginia Beach, VA, on the 4th, and the New Haven CT 20K, Park Forest, IL, Scenic 10 Mile, and the Freehold Marathon, NJ, on the 9th. The weekend of the 17th-18th offers the Great Cow Harbor 10K, Northport, NY, USA Air Force Marathon in Ohio; Motor City Shakedown 8K, Detroit, and Pride on the Fox 5K, Cincinatti, OH, on Saturday and the Philadelphia Half-Marathon; Naples, FL, on the Road 20K; and Miami, Marathon; Kauai, HI, on Sunday. The NYRR Fifth Avenue Mile in Manhattan, the Hurricane Run 8K, Tulsa, OK; St. Luke's Women's Finsm 5K, Boise, ID, and NCRC Women's 5K, Cary, NC, are listed for the 24th. The Chicago Half Marathon and Chicago Half-Marathon are set for the 25th.

RACEWALKING
The National Open & Masters 40K Championships take place in Ocean City, NJ, on the 11th. The Long Island 5K Championships will go off on the 18th in Beach, NY.

212-860-4455; www.nyrr.com

SOUTHEAST
Alabama, Florida, Georgia, North Carolina, South Carolina, Tennessee, Virginia

September 2. Peoples Bank Midnight Flight 5K & 10K, Anderson, SC. 10:00 pm. 864-716-6809; http://ymca-electric-city.net
September 4. Rock 'N Roll Half Marathon, Virginia Beach, VA. 858-450-6510; www.marathon.com

September 17. Lewis & Clark Half Marathon, Pacific Grove, CA. 831-645-7000; www.nrcwomens10km.org

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.marathon.com

LONG DISTANCE RUNNING
NATIONAL

September 25. USA National Masters Championships/Saratoga Springs, NY. George Regan, george@usaftadlr.org
November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & We; Bill Quinlin, BillQuinlin.420@rochester.rr.com

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

September 18-October 16. Louisiana Section, Baton Rouge. 225-925-1748; www.lsgo.net

SOUTHWEST
Arizona, California, Hawaii, Nevada, New Mexico

September 9-18. Carson City Senior Games, Carson City, NV. 775-783-6455

WEST
Arizona, California, Hawaii, Nevada, New Mexico


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

September 25. Idaho Senior Games, Boise. 208-322-7033, x267.
October 3-15. Huntsman World Senior Games, St. George, UT. M&W 50+: 800-526-1268; www.seniors.org

INTERNATIONAL

September 25. BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf.org.uk

September 25-27. South Island Masters Championships, Invercargill, New Zealand. 03 21 5829; evan.macintosh@xtra.co.nz
December 2-4. North Island Masters Championships, Wellington, New Zealand. 04 477 4914; kath df@xtra.co.nz
January 14-21, 2006. 13th Oceanias Masters Championships, Christchurch, New Zealand. Canterbury Masters, PO Box 12256, Christchurch, New Zealand. www.cmao2006.org.nz; e-mail: bkjago@paradise.net.nz

LONG DISTANCE RUNNING
NATIONAL

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.marathon.com

September 5. New Haven 20K & 5K, New Haven, CT. 203-481-5933; newhavensroadrace.org
October 5-6. BAA Half-Marathon, Hartford, CT. 860-236-1000; www.baa.org
October 6. NYRR Grete's Great Gallop Half-Marathon, NYC. 212-860-4455; www.nyrr.org
October 8. Greater Hartford Marathon, Hartford, CT. www.hartfordmarathon.com
October 10. Tufts Health Plan 10K for Women, Boston, MA. 888-767-RACE; www.tuftshealthplan.com
October 29. Sesianide 10 mile & 5K, Ocean City, MD. www.oceancom
October 30. Toms River Half-Marathon, Falmouth, MA. 508-540-6959; www.capcodmaratho.com
November 6. ING New York City Marathon.
**MIDWEST**
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

September 3. Charleston Distance Run 15K, 5K & 3-Person Relay, Charleston, WV. 304-345-5433; www.charlestonrun.com
September 5. Park Forest Scenic 10 Mile, Park Forest, IL. www.scenic10.com
September 7. U.S. Air Force Marathon, Wright-Patterson AF Base, OH. 800-467-8283; afmarathon.wpafb.af.mil
September 7. Dannon Midwest 10K Championship, Marion, OH. 866-454-6561; www.pem-usa.com
September 7. Motor City Shakedown 5K, Detroit, MI. 313-965-1110; www.motocityshakedown.com
September 7. Shoreline Classic 5K & 15K, East, IL. decaturrunningclub.com
September 10. Community First Fox Cities Marathon & Half-Marathon, Appleton, WI. 920-882-5219; foxcitiesmarathon.org
September 25. Chicago Half-Marathon. 312-347-0233; chicagohalfmarathon.com
September 25. WBTV Dayton River Corridor Half-Marathon, Dayton, OH. 937-435-2633; www.keysports.org
October 1. Akron Marathon & Team Relays, Akron, OH. 877-775-2786; www.akronmarathon.org
October 9. LaSalle Bank Chicago Marathon, Chicago. 312-904-9800; chicagomarathon.com

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

September 5. Pre's Trail Restoration 8K, Eugene, OR. Funds raised will go to restore Pre's Trail; donations tax deductible. Bill McChesney, 541-344-8106; www.oregontrackclub.org
September 10. Atlanta Peruvian Lodge Downhill Dash 8K, Alta, UT. www.altaperuvianv.com
September 17. Presidio Marine Memorial Run, 800-824-8486; www.presidionline.net
October 9. Bend Marathon, Bend, OR. 503-226-111; www.portlandmarathon.org
November 16. Oregon premier pole vault Championship, Sandy, OR. Harry Simonis, 541-504-1077; www.usaf-oregon.org

**CANADA**

October 23. Niagara Fallview Casino Resort International Marathon, Niagara Falls, ON, CAN. 905-356-9460; www.niagarafallmarathon.com

**INTERNATIONAL**

September 25. Berlin Marathon. 0800-444-4097; www.marathontours.com

**RACEWALKING**

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. 732-722-0000; www.usaw.org

**WMA/USATF Hurdles and Steeplechase Events**

### Women

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<th>Age Group</th>
<th>Race Distance</th>
<th>Hurdle Height</th>
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<th>Between Hurdles</th>
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<td>30&quot;</td>
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### Men

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### Implements

**Age Group**

- Shot Put
- Hammer
- Javelin

**Weight**

- Super Weight

**USATF**

- Men
- Women

**Steeplechase**

- Men: 50-79: 3000m/36" (914m)
- Women: 60+ years: 2000m/30" (762m)

**Notes:**

- The 55m and 60m indoor hurdle races use the same height, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.
- For all age-groups indoors, hurdles are run.
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<th>Name</th>
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Fleet Feet

M45 Lovell Butler
M50
M35 Fred Barnett
M60
W35 Manee Coleman
W60
W45
M45
M35
800m
W60
W40
MSO
W30
M30
MSO Joel Holfsmith 5:03 .7 M45

Robert Downs
Bob Fuhrman 29 .9

Chuck Shields 4:22 .9

M45
M40
M50
M60
M70
M80

Combined Team Scores
Place/Team
ClubPoints
1. So Cal Track Club SOCA 383
2. MTC Vancouver MTCV 292
3. Palo Valley Track Club PVTC 204
4. Washington Track Club WATC 156
5. ACAC Track Club ACAC 105
6. Carolina Godiva Track Club CGTC 81

Ultra Weight Pentathlon, Philadelphia Masters Meet, Gibbstown, PA, June 3
Age
Name
 bib
41 Wallace,Dan
110.5m 110.5m 7.10m 2.15m 63m
3.59
1.85
42 Tremain,Mike
102.8m 109.5m 2.45m 1.05m 154m
4.61
2.87
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2.20
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2.50
47

Female
10.90m 7.53m 5.66m 3.00m 2.07m
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Points
805 862 770 618 608
4006

Philadelphia Masters T&F Association Meet, Millham Marhs HS, Plymouth Meeting, PA, June 21

Name
bib
2.54
35 Boff
35 BFRR 809
2. Joe Lorenz
43 SOCA 2793
3. David Shelton
2327
4. Mark Sylvia
40 BFFR 1322
5. Alex Sipp
71 UNA 3892
6. Kevin Snider
31 CNYI 335
7. Thompson,Iren
58 SOCA 803
8. Blass,Jim
49 CNYI 1699
9. Murphy,Tom
69 GMAA 3344
10. Moler,Flor
71 UNA 3892
11. Ellis,Steven
37 UNA 2565
12. Wilcox,Red
39 UNA 2334
13. Means,Tom
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14. Meehan,Victor
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15. Caven, Rick
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16. Monahan,Draw
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18. Callister,Mark
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53 BFFR 2009
22. Watson,Richard
52 UNA 992

Non-Citizen, does not displace U.S. Athlete.
### NATIONAL MASTERS NEWS

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<th>Event</th>
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<td>Bob Winstead</td>
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<tr>
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<td>20000m</td>
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<td>Marathon</td>
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### USAFT Southeast Association Masters Championships - Men's 40-54 August 20, 2005

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### National Masters News

**Sprint**

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**USATF West Regional Masters Championships**

**San Diego, CA; July 19**

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**October 2005**

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</table>
"Pain-Free Relief... finally, after decades of running!"

- Jim Selby, World Champion

FlexGen is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Available without a prescription, FlexGen is made with a 100% safe and natural formula, rich in cetylated fatty acids. FlexGen has been shown in clinical trials to relieve pain and impede 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:**

FlexGen 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 FlexGen allows for healthy, nourished joints without any harmful side effects.

FlexGen pain relief cream 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, FlexGen cream 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.

**Instant Pain Relief**

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

- 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 FlexGen. I've never had anything else that's given me any sort of relief either short or long term, but the FlexGen 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**

"FlexGen 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

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