Weather Upsets Nationals; New Schedule Saves Meet

1367 Masters Athletes Set 40 Records in Charlotte

By JERRY WOJCIC
CHARLOTTE, NC – After 39 years, the masters outdoor track and field championships finally made national news. Not for the records being set, or the quality of the competition, but because of record temperatures.

Newspapers across the nation from the Charlotte Observer to the Eugene Register-Guard published an Associated Press picture of a woman wiping her face “to stay cool at a Charlotte, N.C., masters track meet” with their articles on the heatwave that swept through the East, Southeast and Midwest. Not a competitor, she was watching her husband compete.

A little after noon on Thursday, Aug. 3, the first day of competition of the four-day 39th USA Masters Championships at the UNC-Charlotte’s Irwin Belk Track Complex, discus and javelin throwers were ordered to cease competition by campus police and EMR personnel.

Three people had already been taken to the hospital, several were asked to discontinue competition, and over 40 had been treated on-site for heat-induced illness. When local health officials became aware of the number of people affected, they decided to stop the meet under a heat emergency.

Temperatures in the high 90s were given in the next-day articles on the heat, but no mention was made of the humidity, which those in attendance said they felt was just as high.

After consulting with health officials, meet management and the Masters Games Committee, USATF Masters Chairman George Mathews called a halt to the meet at 1 p.m. A new schedule was developed for competition to resume at 7 p.m., the same schedule to follow on Friday if a heat advisory was in effect, with a morning session ending at 1 p.m. and an evening session starting at 7 p.m. On Thursday night, some officials didn’t leave the track until well after midnight.

Athletes had mixed feelings. Lorraine Jasper, W40, waiting for the decision on Thursday before 1 p.m., said, “I could have run on the track, but I feel for the officials.”

“We understand,” Steve Nearman, continued on page 7
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NATIONAL MASTERS NEWS SEeks BUYer

After many years of producing the National Masters News, we’re ready to retire and, in order to continue providing a wealth of invaluable information to our faithful masters readership, we wish to hand the reins over to others whose interest in continuing the publication matches our own. Individuals or groups seriously interested in purchasing the National Masters News can contact us at P.O. Box 50098, Eugene, OR 97405, or by e-mail at natmanews@aol.com

- Suzy Hess, Jerry Wojcik, Angela Egremont, and Al Sheahen

Rita Hanscom, 52, winner of the September Women Decathletes two established in the USA Masters Decathlon/Heptathlon Championships by Fred Hirsmini.

W60 U.S. Long Jump, with 5718, had the wish to hand the reins over to interested in purchasing the faithful masters readership, we providing invaluable information to our core readership (5596) of the three heptathletes, with 1054 points coming in the high jump (11.13/3-07 3/4).

2006 USA MASTERS 5KM CROSS COUNTRY CHAMPIONSHIPS
Sunday, October 15, 2006 Saratoga Spa State Park, Saratoga Springs, New York

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

Eligibility:
All 2006 USATF members 40 years old or older on race day are eligible to compete. Proof of age may be required.

2006 USATF membership is required. If you are not currently a 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 division, 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.

Individual Championship Prize Money:
The top three Age Grouped male and female finishers will receive prize money as follows:

1st 2nd 3rd
Men $125 $75 $50
Women $125 $75 $50

Team Competition:
Team entries will be accepted from 2006 USATF registered club teams only. All team members must have a 2006 individual USATF membership & belong to the club for which they are competing.

Team contact must submit a copy of your 2006 club certificate. Contact your club administrator for details.

All team entry forms must be received by Oct. 7th.
The following will constitute club teams; Men 40-49 & 50-59... 5 score, declare up to 8 Men 60-69 & 70... 3 score, declare up to 5 All Women’s Teams... 3 score, declare up to 5 Team Awards:

Regulation USATF medals 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.

Team Prize Money:
will be distributed as follows:

Men
1st $500 2nd $300 3rd $150 4th $100 5th $60
56-59 $400 $250 $150 $100 $50
60-64 $300 $150 $100 $50
70-79 $240

Women
1st $500 2nd $300 3rd $150 4th $100 5th $60
56-59 $400 $250 $150 $100 $50
60-64 $300 $150 $100 $50
70-79 $240

Individual Entry Fee:
2006 USA MASTERS Membership Number is Required. Subject to verification.

Are you a member of a team?: Yes No If yes see below.

Team Contact:

Daytime Phone:

Phone:

Email:

2006 USATF #: _____ _____ _____ _____ _____ _____ _____ _____

2006 USATF Membership Number is Required. Subject to verification.

Registration Form

You must be a current 2006 USATF member in order to compete in this event.

Name: ____________________________ Age on race day: ____________ Date of Birth: ____________

City: ____________________________ State: ____________ Zip Code: ____________ Sex: ____________

Street Address: ____________________________

Email: ____________________________

Phone: ____________________________

2006 USATF #: ____________________________

2006 USATF Membership Number is Required. Subject to verification.

Are you a member of a team?: Yes No If yes see below.

Team Contact: ____________________________ Daytime Phone: ____________________________

Team Name: ____________________________

Representing what Club?: ____________________________

Club Number: ____________________________

2006 USATF Club # is Required.

Team Members:

1. Name: ____________________________

2. Name: ____________________________

3. Name: ____________________________

4. Name: ____________________________

5. Name: ____________________________

6. Name: ____________________________

7. Name: ____________________________

8. Name: ____________________________

Subject to verification:

Registration Form

Payment Options:

Make check payable to: USATF Adorondack Credit Card: ____________

Do we accept American Express

Card Number: ____________________________

Expiration Date: ____________________________

Limit: ____________________________

Amount Enclosed: ____________________________

Entry Fee (non-refundable)

Regulation Race Shirt (5k) $25

Additional Shirt $20

Total Enclosed: ____________________________

Signature: ____________________________ Date: ____________________________

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

For more information, please visit our website www.usatf.org/events/2006/USAMasters5KmXCChampionships/ or call us at (518) 273-5552.

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The decision to change the format of certain field events at the USA Masters Championships (throws and horizontal jumps) was incredibly stupid and inconsiderate to the athletes, totally ruining the "championship flavor" of the events. The decision to do so completely ignored the very spirit and intent of the championships.

Since I was not present at the meeting where the decision was made to change the format to four attempts, without finals, in the Saturday events, and nothing was published that explained why it happened, I must believe the officials at my discus event, who told me the decision was made: 1) because the weather delay forced the jumpers' schedule to be compressed, 2) the officials were getting tired because of the heat and humidity, and 3) they wanted to end the meet so everyone could attend the BBQ.

To that I can only say weather delays to events happen, and the officials who chose Charlotte as a venue should have been more diligent in establishing a schedule that allowed for some weather delay to be built in.

The entire evening on Saturday was available, but not used. Why? The weather delay doesn't create an "extenuating circumstance" that allowed a rule change that then resulted in ruining the championships for those competitors on Saturday.

Who are the national championships for the officials or the athletes? Thursday, Friday, and Sunday's competitors in the throws were all allowed the three preliminary rounds and three final rounds. How could those in charge possibly ignore those competing on Saturday and single them out with such a poor decision, contrary to the USATF rules that clearly state the national championships will have three preliminary and three final attempts in the throws?

The discus competition for the M50 group (as well as the other throws competitors on Saturday) was relegated to a "Senior Olympics" format of four attempts and no finals. In fact, the winner of one flight of throwers wasn't able to actually "compete" against the two throwers who beat him, because they were in the other flight.

If I had known the format of the event was to be that of the Senior Olympics, I would not have invested nearly $3000 to travel over 2000 miles to compete. The best part of the USATF competition, especially at the National Championships, is the re-structuring of the competitively starting for the finals just like having several prelim and semi heats in running events.

Since I was prevented from having the six throws I was entitled to, I believe I should be entitled to one-third of my entry fee refunded.

I didn't see any running events forced to skip their semi's or finals. Why weren't the prelims on Saturday competed just with the prelim heats and then the best time gets the gold medal?

Another very disturbing event took place during the M55 discus. The 200 was held with the start adjacent to the discus cage. Just as I was to enter the cage for my second attempt, I was asked to step back from the cage and let the 200 heat start. This inconsiderate move was very disruptive to my concentration just prior to the throw.

Not only am I now limited to four attempts, but now these attempts are disrupted because the throwers have to wait for the sprinters. Why wasn't it the other way around? I truly believe I was denied a chance to win a national championship, because of the actions that disrupted the event. I was improving each attempt and might have exceeded the longest throw recorded had I had two more attempts.

Tim Muller
by e-mail

James Boughter, 62, second M60 (18:57.33) in the 5000, USA Masters Championships.

The close-to-record heat, along with oppressively high humidity, caused major repercussions at the USA Masters T&F Championships in Charlotte in August. Middle- and long-distance athletes suffered in terms of performance and comfort, and had numerous heat-related injuries that overwhelmed the medical tent.

More seriously, many elderly officials, some in their 80's, and not nearly as healthy and fit as the athletes, were dropping like flies while they were being overcome by heat.

Unlike the athletes, the officials did not have the luxury of going inside; or at least the shade, returning to the hotel and/or swimming pool, or withdrawing from an event. They were outside in the hot sun in the heat and humidity for hours on end. Presumably, many in this group have known or unknown cardiac disease that limits their reserve to tolerate the additional stress to the heart that such conditions produce.

We had the best group ever assembled for any meet, and maybe any year. They were led by officials Tony Wayne and Andy Courtenay and groups of referees.

Heat Advisory

On Thursday morning, the Charlotte Fire Department issued the heat advisory that about, the paramedics were overwhelmed with people needing care. We were advised that the meet or in advance, that one person was enough to cover a meet. We negotiated with the chief of the Charlotte Fire Department to suspend the meet from p.m. if a heat advisory on Friday. The heat advisory had to adjust delay on Friday.

We presented the re-agreed to provide a meet to go on and on and on and on... The Games Committee purchased 800 bottles of water.
Officials and Games Committee
Save Charlotte – What Really Happened

We have all had a little time to reflect on what happened at our National Championships in Charlotte in August. There were many forces working against us during this meet. The biggest one, of course, was Mother Nature. She can be very difficult to deal with when it comes to running a complicated meet like our National Championships.

The saving heroes of this Championships were the officials and your Games Committee, comprised of the following: meet leader, Games Committee Vice Chair Carroll DeWeese, Rex Harvey, Becky Sisley and Dick Hotchkiss, Sandy Pashkin, our ex-Games Committee Chair, also served as consultant to the Games Committee. I represented the Masters Committee.

We had the best group of officials ever assembled for any of our masters meets and maybe any USATF meet, period. They were led by Coordinator of Officials Tony Wayne and his outstanding groups of referees.

Relentless Efforts
No group has ever put out as much for a meet as these two groups did. I could go on and on to describe the countless hours and decisions in which these people were involved. I will describe some of the significant actions and decisions that I believe saved the meet.

It began on Wednesday, the day before the start of the meet. The Games Committee met for many hours refining the schedule. This isn’t unusual after we get the final entries, but it is time-consuming.

We presented the revised schedule to the meet organizers and asked that it be reprinted. They said they couldn’t afford this expense, so we went out and bought paper and started the reprint ourselves.

Heat Advisory
On Thursday around noon the meet was stopped by the campus police and the Charlotte Fire Department. Besides the heat advisory that we didn’t know about, the paramedic and trainer on site were overwhelmed with over 40 people who needed care. We subsequently were advised that the meet organizer was told in advance that one paramedic was not enough to cover a meet of this size.

I negotiated with the police and fire chief to stop the meet until 7 p.m., and to suspend the meet from 1 p.m. until 7 p.m. if a heat advisory should be called on Friday. The heat advisory was called, and we had to adjust to this six-hour delay on Friday.

The police and fire department stipulated that we must provide more ice, water and electrolytes for our participants and that we must have a medic ambulance on site for the remainder of the meet. The meet organizer reluctantly agreed to provide more ice, water and some electrolytes for the officials, but not electrolytes for the athletes.

The Games Committee went out and purchased 800 bottles of Gatorade for the athletes.

Medical Aid
I advised the meet organizer that he had to contract the medic ambulance for the rest of the meet. He said he didn’t have the money for that. I told him that he had to for the safety of the participants. By 4 p.m. that afternoon, when he hadn’t made contact with the medic unit, I contracted with them for the rest of the meet. Happily, this $100/hr. service was provided to us at no charge.

Review Schedule
The Games Committee had to work non-stop to revise the schedule for Thursday evening, and the officials had to come back and work until after midnight to finish Thursday’s schedule. Then the Games Committee had to rework and print up a new schedule for Friday.

We started Friday and the revised schedule was working well until a lightning storm arrived around 8:30 p.m., and we had to stop the meet and evacuate the stadium to the parking garage. After 30 minutes, we realized the storm wasn’t moving and were forced to call the meet for the evening.

The Games Committee worked through the night revising the schedule again to make up what was lost on Friday night and get Saturday completed by 7 p.m.

The athletes who missed events
Continued on page 8
Third Wind
By MIKE TYMN

Mike Egle Looks Forward to Graduation

At 44, Mike Egle finds himself caught between the young and the restless and the old and the senseless in indoor track meets – lagging behind the pack of young 40-year-olds and ahead of the chase pack. “I’m in sort of a no-man’s land,” he says. “I’m a kicker, but it’s getting more and more difficult to take advantage of my kick when I can’t keep up with the leaders.”

And so, Egle (pronounced Eagle) is anxiously looking forward to graduating to the 45-49 division in December. “There are some records there, especially the 1500 and 3000, that I have a chance at,” he continues. Soon after joining the masters ranks on December 27, 2001, Egle, a resident of Glenview, IL, recorded a 4:15:61 indoor mile and 8:33:08 for 3000 meters, the latter less than a second shot of the American indoor record. During the past year, he has run a 4:27:9 mile and 8:50:9 for 3000.

At the outdoor nationals in Hawaii last year, he won the 800 (2:02.65) and the 1500 (4:14.97), while taking second in the 5000. He also toured last year’s Chicago Marathon in 2:37:32.

Egle has recent road times of 25:05 for 8K and 55:46 for 10 miles. “Anything more than a mile I’ve got to work like an animal,” says Egle, who carries 148 pounds on a 5-9 frame.

Short-term Goal

“It’s so monotonous doing the slow-paced training. I really prefer indoor track to outdoor track and the roads, but I do have a short-range goal of bettering 2:37 in the marathon at Chicago this year.”

A 4:17 miler and all-state cross-country runner in high school, Egle went on to Illinois State University, where he did a 4:07:77 indoor mile before giving up the sport after his sophomore year.

Back in the Running

“My college coach didn’t offer me a scholarship,” he recalls, and so I decided to quit the sport and get a part-time job. After college, I noticed my friends training and competing in various road races, so, in 1988, I thought I’d give them in the fun. I enjoyed it so much that I continued to race twice a month until they are about 42, then I quit and went on to graduate school, and put on my shoes and enjoy the outdoor training and racing.”

A 14:45 5K and 30:59 10K, and also ran a 4:02 road mile at the 1993 Rockford Mile, but it wasn’t until he approached his 40th birthday that he got charged up again.

“Most top masters miles are good until they are about 42, then things get tough,” Egle continues. “I figured I’d be done by 42, but I’m still enjoying myself and I think I can still get some mileage out of my legs. Yeah, my race times have dropped off, but I’m pretty sure I can get back down below 23:42 and 4:45. My training times aren’t really any different, so I figure my racing times shouldn’t be that much different.”

Training Smarter

Egle adds that his training regimen is much the same today as it was 20 years ago. “The difference is that I’m smarter when it comes to rest and recovery and things like running on trails and grass. I think you have to do that to avoid injury as you get older.”

A typical week of training for Egle involves 60-70 miles, including a long run of 12-14 miles at around 6:30 to 6:45 pace and a couple of interval days. His favorite interval workout calls for seven 400-meter repeats at intended race pace with a minute rest between each. “I’ll sometimes do 12, but with a two-minute rest,” he adds.

As a coach, Egle guides and trains with both high school and college runners. “The other coaches are often shocked when they see me keeping up with the young guys and find out how old I am,” he says, laughing.

Write On

Continued from page 4

The hammer cage was far from the track and uphill to boot. Transportation was not provided (as in previous meets), nor was there a place nearby to park. Tuesday, before the meet began, I tried to arrange transportation for a 91-year-old hammer thrower. The meet director told me “she’s an athlete, she should be able to walk there.” I persisted, and he did provide the transportation.

Tents, and in some cases, seats were not provided for the athletes at the throwing areas. The officials allowed us to use theirs. The declaration sheets were not available on Wednesday until after 3 pm. We had to ask the organizers and officials at the meet, 2) if you want to move the meet to another site during the meet, 3) if you want to have a quality meet. This was far from that.

By my standards the race was a success. My time was 20.54. Max had pushed me to my goal of breaking 21:00 minutes, a highly sought after goal of many younger runners, not to mention those of us 65 and older. It was great competition with a satisfying ending.

But wait! Upon checking the results, I found I had been listed at 21:22.

After filling out a sheet at the Clerk of the Course table and being told that it would be reviewed, I was sure it would be rectified. Upon checking back, I was told the race stood as “official.” Period.

The fact that Ms. Hamlyn verified I was right in back of him, and my wife and other friends in the stands were watching the same clock. I then said nothing, not against the officials at the finish line which could not own up to an honest mistake.

The Charlotte track and field people erred in that race.

Charles Keating e-mail

Enormous credit and thanks to both the organizers and officials at the Masters Championships in Charlotte. With dangerously hot conditions, the police shut down the meet from 1 p.m. to 7 p.m. Thursday and Friday with an immediate response by organizers to institute a split schedule with an evening session.

Then a lightning storm Friday evening (when the newly constituted evening session had barely begun) forced the organizers to cancel the evening session after waiting quite some time for the storm to abate. Surely, they worked late into the night to design a meshed schedule of half of Friday’s events and all of Saturday’s.

They produced a schedule that was doable for the athletes provided that the officials ran a tight ship, which they did in spades. The organizers also sent personal ones are: 1) to compete against many of the best, 2) to reacquaint myself with old friends, and 3) to give the best account of myself that my conditioning will allow under controlled conditions handled by competent officials.

In the 5000m race at Charlotte, I finished fourth behind three of the finest in that age-group, Joe Burgasser, Bill Borla and Max Hamlyn. Although Max and I were considerably behind Joe and Bill, we had a great competition. Max bested me in the final 30 meters, finishing in 20:46.

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Charles Keating e-mail
September 2006

National Masters News

National Championships

Continued from page 1

O’Connor, 64, who won the 100 (14.04/age-graded 100%), 200 (29.53/99.6%), short hurdles (AR14.38/97.0%), and pole vault (3.00/112.3%), was named USATF Athlete-of-the-Week for her performances.

Trent Lane’s M95 world record in the shot (6.61) is an age-graded 112%; his world-record hammer (20.15) is 129.4%; and his javelin (18.12) is 118.2%.

Collins ran a wind-aided 11.26 in the 100 final, age-graded at 100.7%, the best of the men in the three sprints. Canadians ruled in the 800, with Jean Horne, 73, hitting 99.3% for a 3:13.05 and Earl Fee, 77, at 97.7% with a 2:38.28.

Top runners in the long distances were Kathy Martin, 54, among the women, with a 92.9% 18:57 in the 5000, and Joe Burgasser, 67, in the 5000, with an 86.2% 19:23.05. Burgasser and Bill Borla, 66, ran in two of the best races of the meet, Burgasser winning the 5000 over Borla (19:33.66/84.6%), but Borla winning the 10,000 (40:44.84/83.8%) from Burgasser (40:46.48/85.5%).

Kevin Paulk, 46, winner of the M45 800 and 1500 in Hawaii last year, ran in two of the most exciting races of the meet. On Saturday, he was a close second to Saladin Allah, 46, 2:00.13 to 2:00.23, both at an age-graded 93.4%. On Sunday, he was second again to Connor O’Driscoll, 45, in the 1500, 4:15.50 to 4:16.29. Paulk retained his 1500 title because O’Driscoll is an Irish citizen.

O’Connor was the best female hurdler, Stookey, the best male, with a 99.4% 14.06 in the short hurdles. Oneithia Lewis, 46, topped all women hammer throwers with a 96.5% 47.38.

Pentathletes, Racewalkers and Clubs

When the meet was called to a halt on Thursday, many of the 54 pentathletes had done only one or two of the five events and had to wait until the evening to continue. Any high score worthy of record consideration was negated by the six-hour "break." Top scorers were Paulik, M65, with 3762, and Robert Barber, M60, with 3433.

Irene Thompson, W50, had the best women’s score of 3272, with Liz Palmer, W45, second, 2990. Of the 18 age-groups contested in the 5000 and 10K racewalks, 15 were won by the same walkers. Although both races started at about 7 a.m., temperatures were in the high 70s and low 80s. Ian Whately, 47, was the first to finish in the 5000 (25:24.13). Jack Bray, 73, had the best age-graded mark with an 86.8% 29:58.15.

Debbie Topham, 53, and Lynn Tracy, 54, staged the closest finish in the 5000 and produced the fastest times among the women; Topham winning the W50 race in 30:36.60, and Tracy second in 30:08.05. Miriam Gordon, 81, was the best age-graded performer with an 86.8% 39:19.91.

The 10K consisted of five 2000m laps of the campus starting at the stadium. Bray, again, was the men’s best performer, with an 83.1% 1:04.22.
Track & Field Report

Continued from page 5

because of the lightning were asked to report to the stadium Saturday morning to see the new schedule. Overnight, the Games Committee posted the new schedule in the dorms and the hotel. We were advised by Tony Wayne that for the safety of his officials we should go to four attempts in the throws.

Safety First

Even though our rules say the championships shall consist of three preliminary attempts and three final attempts, safety trumps all rules, and we agreed, for the safety of the officials, to go with four attempts, with seven finals, in the throws and horizontal jumps, I personally didn’t love it, since my hammer competition was affected.

Actually, most of the athletes liked the rolling schedule that was developed, and competing in the evening. We are looking for more evening competition and shorter days, particularly for the officials; 12- and 18-hour days are too much for anyone.

Divided Banquet

Fortunately, the only other surprise we had on Saturday was that the Organizing Committee decided, without Masters Committee approval, to put our officials in a separate building for the “Banquet.” No entertainment or ceremony for the people who served us so well. They couldn’t go to the other building after eating, because of a tremendous rain and lightning storm. Your Games Committee split up with half being with the athletes and the other half being with the officials.

Lack of Ice and Fluids

I thought Sunday was going well, until I was advised that they were out of electrolyte drinks and running out of ice. I advised the meet organizer that I would stop the meet again for safety reasons if this wasn’t taken care of immediately. The track coach responded with Power Aide powder, and because of no response on the ice, we were forced to go out and buy 79 bags of ice.

The regular three qualifying and three final attempts were restored for most of Sunday’s competition.

Medal Ceremonies

Shortly after noon an athlete reported to me that they were not having the medals ceremony. I asked the meet director about it, and he said he had volunteered and didn’t understand it. I immediately went down to see what was going on and the three volunteers completely overwhelmed with the heat and the task at hand.

The Games Committee jumped in with the fantastic assistance of Marilyn Mitchell and completed the awards process. The meet director did come down and give us some assistance. Unfortunately, while I was down in that area I had the sad experience of trying to use one of the four porta potties, all of which were filled up and obviously hadn’t been pumped.

Transportation

The only other unusual problem, besides the normal tremendous paper work that had to be completed, was that the Games Committee had to shuttle to the cafeteria, which was a significant distance away, and stranded athletes who were abandoned at the dorms when the meet organizer let the shuttle people go home.

Other than that things were great. I think most athletes got what they came for. Thank you, again, Officials and Games Committee.

Resignation

I must also report that at the Executive Committee meeting we had on Friday, I tendered my resignation effective at the close of the Annual Meeting, in December. I asked the Executive Committee to have an election to select my replacement.

I must say I have had mostly fun for almost six years, but have made the decision to simplify my life. I am starting a new business and want to spend more time with my lovely wife, Kate, my children and grandchildren. I haven’t been home for my wife’s birthday, Dec. 2, in 15 years.

Several people in our organization have been aware of my decision long before this meeting. It has nothing to do with some recent elected officer difficulties.

Thank you for giving me the opportunity to serve you. (George Mathews can be contacted by e-mail at george.mathews@adelphia.net)

E-Lifts Training

Triceps are extrememly muscle fiber. If you don’t train those fibers, you won’t have the balance and control that you need to train more that muscle. Athletes need to train a muscle – super-fast twitch fiber, and nervous system the move.

Frequently, people see a group of three muscles that they feel wrong, there are three times the triceps, but the different fiber types have different rates of muscle recruitment. This problem makes the fibers recruitment. The is the neuron in the brain coordinating the fibers, would always send the fiber first to accomplish the move, Researchers show that a different fiber type. Researchers show that a different fiber type. Researchers show that a different fiber type.

A new landmark study is recruiting like this voluntarily move. You slow fiber always perform a long, slow moves, preform traditional exercises, or run slow muscle fibers get faster. But the fast fiber may be the same workout.

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C. Seth E. Schoenfeld, Ph.D., W55 champion in seven events, USA Masters Championships.

2006 USA National Masters T&F Champions, Charlotte, N.C., August 3-6

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</tbody>
</table>

Field Report

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E-Lifts for Triceps – High-intensity Training That Gets Results ... Fast!

Triceps are extremely durable muscles and they are loaded with fast-twitch muscle fiber. If you're only using the traditional lifting tempo (up-on-two, down-on-four), you may be missing the training intensity necessary for obtaining superior results with your triceps.

Explosive lifting is popular with strength and conditioning coaches throughout the world, because athletes need to train more than one part of a muscle. Athletes need to train all three parts of a muscle – slow, fast, and super-fast twitch fiber, and the brain and nervous system that make muscle move.

Frequently, people think of triceps as a group of three muscles. And this is correct, there are three muscles that form the triceps, but there are also three different fiber types that move at the three different rates of speed.

Muscle Fiber Recruitment
This process is referred to as muscle fiber recruitment. The nervous system is the lieutenant in charge of communication and follows the orders from the commanding general (your brain), which always sends the slow-twitch fiber first to accomplish the task.

Researchers show that muscle fiber is recruited like this every time you voluntarily move your muscles – the slow fiber always goes first. When you perform a long, slow cardio, for example, or perform traditional slow-slowing exercises, or run cross-country, the slow muscle fiber gets a great workout. But the fast fiber may not be getting the same workout.

When the movement is fast, the brain and the nervous system sense that the body needs to recruit the fast fiber (that moves five times faster than the slow) to assist the slow fiber. And when the movement is so explosive and fast that it needs all three types of muscle fiber, the nervous system engages the super-fast fiber (that moves 10 times faster than the slow) to jump in and accomplish the task.

Considering the fact that the fast and super-fast muscle fiber make up around 50% of your muscle, it's easy to conclude that if you only work the slow fiber and don't train the fast, the fast fiber will grow smaller and weaker (atrophy).

Landmark Study
A new landmark study shows that not only young athletes get superior results from explosive lifting, but adults of all ages get better results with E-Lifts than other methods of strength training.

"Therefore, using heavy loads during explosive resistance training may be the most effective strategy to achieve simultaneous improvements in muscle strength, power, and endurance in older adults (Optimal load for increasing muscle power during explosive resistance training in older adults, J Gerontol A Biol Sci Med Sci. 2005 May;60(5):638-47, De Vos, NJ.).

Press Down E-Lifts
You can use E-Lifts on your triceps in many different ways. My personal favorite is Press Downs with a rope. While this exercise can be performed with a bar, the rope is preferred over the bar, because it creates slightly better focus on the triceps, and it takes stress off the wrists and elbows.

There are two parts to E-Lifts for Press Downs. During the first set (three sets total), perform 10 reps by vigorously pressing the rope handle downward with an outward flare at the end of the repetition, as shown below.

Keeping your back straight, bending your knees and slightly leaning forward makes it easier to isolate the triceps, and this position removes stress from the lower back.

Don't use lighter weight than normal just because the reps will be explosive. Once your triceps are exhausted and the flare-out becomes too difficult to continue (this should be around 10 reps), begin the second phase without stopping.

Briefly, drop the weight by 10 pounds, and it's time to pump-out reps to finish the set. Bring your hands together and begin pumping reps straight down keeping the hands side-by-side as shown.

Shoot for 10 more pump-out reps and be prepared for exhaustion to come sooner than anticipated. Fast fiber isn't made to go for a long time, and if your triceps fail quickly, that's a good sign that you're accomplishing the goal of working the fast fiber. The finishing pump-out for the last 10 reps should have your triceps "burning."

Keep in mind that you're only doing three sets, so make every rep count and push the triceps to failure. Rest 1.5 to 2 minutes between sets, and be prepared to drop the weight by 10 pounds on the last set.

Note in the photo that the cable doesn't travel straight down; it angles slightly away from the weight stack and toward you. This lessens intensity on the lower back and abs and allows the focus to be only on the triceps.

Personally, I find that it takes at least 20 reps to exhaust this naturally strong and tough group of muscles. Triceps are loaded with fast-twitch fiber and it takes a demanding program like E-Lifts to get superior results.

I'm frequently asked, "How many times will I need to do E-Lift press downs before I know that I'll get results?" My answer is "once." Give E-Lift press downs a test drive and aim for superior results by working the fast-fiber in your triceps.

Have a great day!

(If the National Masters News is your benchmark...)

TEN YEARS AGO
September 1996

• 937 Athletes Set 5 World and 28 U.S. Records In 29th Nationals In Spokane
• Karel Jircik (40, 47-29) and Tatyna Podznyakova (40, 52-03) First Masters In Boilermaker 15K
• Central Park TC Wins Overall Team Title In East Regionals In NYC

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E-mail: arsolymp@hotsprings.net www.SrSports.org
Are You a Robot?

Lenny Parracino is a nationally recognized movement and soft tissue therapist. He is the founder of Kinetic Conditioning which is an eclectic form of individualized conditioning. He and his team have been featured throughout the world including appearances at the Cooper Institute in Texas. If you are looking for a new approach to improving your performance or ridding yourself of nagging or acute injuries, he can be reached at lenny@kineticconditioning.net - ew.

Are you a robot? No? But are you sure? How about the popular stretching and strengthening exercises that have been around for decades? I mean the ones that appear in book after book and are marketed to men and women of all ages, body types and physical health.

Usually, they pay little to no attention to the differences among us all. And to make matters more risky, they are usually based on cadaver anatomy, not on the integrated anatomy of living, functioning human beings. Most of us do stretching and strengthening exercises to improve our fitness for our chosen sport. The closer we heed our body's assets and vulnerabilities, the closer we come to achieving our purpose. And the reverse is true. The less the exercises conform to our individuality, the less good they do.

For example, let's say someone suggests that you go to a gym and do bench presses to strengthen your upper body. You find it more comfortable to do half presses. You are then told by some gym jock, "You are supposed to touch the bar to your chest." You reply, "Well, that doesn't feel right." Your perceptions are correct.

**Designed as a Sport**

The bench press was designed as a sport, not an exercise for everybody. The hands are anchored to a bar with arms at full length. As you go down, you have to bring the bar to your chest. The problem is that if you have a shallow rib cage and long arms, you are going to have an unfavorable force angle at the glenohumeral joint.

This unfavorable force angle places abnormal stress on the joint, particularly when combined repetitively. It is not a matter of if you will get injured, it is a matter of when. Consequently, the best bench pressers in the world have very thick rib cages and short arms.

The point I am making here holds true for all stretching and strengthening exercises. There are no cookie cutter formulas for everyone.

**Individual Program**

I am a representative of my anatomy and my orthopedic history. You are a representative of your anatomy and your orthopedic history of stresses, strains and injuries. Consequently, some stretching and strengthening exercises are appropriate and some are inappropriate for you.

Now consider what happens when you combine inappropriate stretching and strengthening with the repetitive movements of racewalking. What if you walk the same path, the same way, with the same shoes, day in and day out?

Are you clueless about the possible outcome? Maybe consciously, but not subconsciously. Your body knows and it starts sending negative little messages. It can't stand doing the same movements over and over again, and eventually breaks down.

Many injuries are invited by athletes who equate variety with doing different distances at different speeds. Variety also consists of providing your musculoskeletal system with a series of diverse movements.

**Realistic Approach**

To function optimally, you need a spectrum of sport-related distances, stretches and strengtheners that nurture your fitness and athletic goals. Such a spectrum combines the realities of your body with the requirements of racewalking.

Always remember that you are unique. Mass exercise prescriptions are for robots, not for individual athletes seeking optimal performance. (Elaine Ward can be contacted by e-mail at narnf@bschglobal.net)
Tweaking the Throws for Consistency

This proposal is asking for the inclusion of the 1.75kg discus in masters competition, and the creation of M40-49 as an age group with lighter, more age-appropriate weights. The current specifications for implement weights dictate that a 50-year-old man must throw a 6kg (13.2 pound) shot and hammer — implements heavier than for a high school kid — but, this same 50-year-old gets to throw a 1.5kg discus — a discus lighter than for a high school kid. Something is wrong with this logic.

The discus relies less on raw strength and more on technique than the shot. To equate the levels of speed and explosiveness of a 50-year-old man with a high school kid is unrealistic.

Shot putters and hammer throwers are penalized until they are age 50, and even then must throw a heavier ball than a high schooler.

At the same time, the discus throwers get an "easier weight" at age 50. A bigger discus is less of an inhibitor on the body and performances than in a heavier shot or hammer.

Junior Weight Changes

A few years ago, the IAAF (and, subsequently, USATF) changed the weights of the "Junior" (under age 20) implements for national and international competition.

Junior men throw a 6kg shot and hammer and a 1.75kg discus. These weights were adjusted, and so were the records.

I believe that this change should prompt USATF masters also to make a similar change.

Simple Solution

The simple solution is that throwers should "go down" in implement weight the same way that they now "come up." Our current set-up for "going back down" in implement weight does not make sense.

The following "rules" would encourage more consistency:

- 4kg belongs with 1.0kg
- 5kg belongs with 1.5kg
- 6kg belongs with 1.75kg

This proposal could easily be accomplished by enacting three simple changes:

1) Adding a new "level" of distinction for implement weights (40-49).
2) Lowering the shot and hammer weights for 50-59 from 6kg to 5kg.
3) Lowering the discus weight for 60-69 from 1kg to 1.5kg.

This system would agree with the premise that a 50-year-old man is not as strong, as fast, or as agile as a high school athlete; 50-59-year-olds would have the opportunity to throw all three implements slightly lighter than the high-schoolers currently do, as opposed to a lighter discus they now do.

Get Rid of Little Discs

This plan would call for a heavier 60-69 discus. This is more than acceptable in the name of sensible consistency for our sport. Many older discus throwers whom I know despise the "little discs," due to their own physical size and the lighter implement's awkwardness.

If the WMA balks at this idea, we could simply adopt this plan for U.S. club and national events. Obviously, those who have the desire to qualify for international competitions could simply throw the WMA required weight at any qualifying meet by their own choice.

Changes in weight specifications have been made in the past. One was just recently adopted for M80+. If we want more older athletes in the sport, then we need to remember that today's 40-year-old is tomorrow's 80-year-old.

Many throwers (myself soon to be included) "get out" of the game from 40-49 because, no matter how in shape you are, the weights are just too heavy for personal performance satisfaction.

These same throwers "count the days" until their 50th birthdays, however, when it's again worthwhile to get back into the fray (if they return at all).

If masters track and field is truly about participation, then shouldn't something be done to keep the 40-49ers around? There are some rare exceptions older athletes who can "keep up" (like Glenn Thompson), but they are the exception and not the rule.

If you care about keeping quality throwers in our sport, please look at the logic of these changes and consider the sense that it makes.

Chart A: The way it is now...

<table>
<thead>
<tr>
<th>Shot/Hammer</th>
<th>Discus</th>
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<tbody>
<tr>
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<td>H.S.(int'l)</td>
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<td>H.S.(U.S.)</td>
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<td>Open</td>
<td>6 lbs</td>
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<tr>
<td>Masters (30-49)</td>
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</tr>
<tr>
<td>Masters (50-59)</td>
<td>6kg</td>
</tr>
<tr>
<td>Masters (60-69)</td>
<td>5kg</td>
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<td>Masters (70-79)</td>
<td>4kg</td>
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<tr>
<td>Masters (80+)</td>
<td>3kg</td>
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Chart B: The new formula for "going down" in weight (consistent with how you "come up", changes in bold type):

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Chart C: New formula for women (changes in bold type):

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<td>H.S.(U.S.)</td>
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As far as changes for women throwers go, let's stop penalizing the women by making them go "cradle to grave" with a 1.0kg discus. A 3kg HT/SP should correspond with 0.75 discus. W50-79 should have a discus that corresponds to their SP/HT weights.

These weights are readily available and have already been changed for use at the W80+ levels.

If, after reading this, you have an opinion either for or against, please contact the following people:

Jerry Wojcik (The Weight Room): natmanews@aol.com

Ken Stone (www.masterstrack.com): trackceo@aol.com

Carol Finsrud (women's throws enthusiast): cfinsrud.dthrow@mail.utexas.edu

Dick Hotchkiss (USATF masters throws representative): ashglaze42@hotmail.com

(An M35 — soon to be M40 — thrower, Norman P. Deep, Jr., is Head Track Coach at Clinton H.S., and Throws Coach at Hamilton College. He can be reached at 315-557-2207 or ndeepl@aol.com)

First Bend Meet Called a Success

The inaugural Bend Open/Masters Meet was deemed a success by the 100 athletes who competed at Oregon's Bend High School on Aug. 12.

"A great venue, good weather and lots of volunteers," said Frank Lulich, M60 sprinter and high jumper from Eugene, Ore.

The meet, directed by Rose Schleowitz, USATF Oregon Masters Chair, and hosted by the Central Oregon RC, drew support from the USATF Northwest Region Masters and the Oregon TC Masters, as well as financial sponsorship for individual events from local businesses and individual track enthusiasts.

In the sprints, Maria Cloward, W40, won the 100, 200 and 400. Wayne Gripp, M60, posted the best performances of the meet in the 100 (13.46), 200 (27.18) and 400 (61.44).

Jeanette Groezs, W55, and Jim Davis, M70, who competed in the USA Masters Championships a week earlier, were double winners in the mile and 5000. Michael Jaqua, M40, topped all high jumpers with a 1.63. Dan Umenhofer, M45, was the highest in the pole vault at 4.11.

FIFTEEN YEARS AGO

September 1991

- 5000 Athletes Compete in IX WAVA World Championships in TurkU
- 102 World T&F Records Set in Finland
- 24th Nationals Draw 800 to Naperville, IL
- Senior Sports Classic Lures 755 T&F Athletes to Syracuse
Master Mind: Answering a Reporter’s Questions

Peter Gambaccini called recently. Peter had an assignment to write an article for Runner’s World connected to its 40th anniversary, interviewing various contributors to get their ideas about what has happened to our sport since the magazine’s founding four decades ago. I had been identified as the magazine’s expert on Masters Running, having written a book with that title. Peter had a number of questions to ask, so I agreed to answer them. Here are some the areas we discussed and a summary of my responses.

Declining Performances

As they age, runners seem to lose speed. Is this decline inevitable?

In many respects, it is. As we age, our performances do decline at a fairly predictable rate, according to studies by exercise scientists. That’s the bad news; the good news is that the inevitable decline can be postponed if we train intelligently.

When I wrote the book *Fitness After Forty* in 1976, I included statistics showing that sprinters peaked in their early 20s, middle distance runners in their late 20s, and distance runners in their early 30s. But that was during the era of amateur running, when runners were not paid for their victories in major track meets and world championships.

With more incentive to keep running, sprints such as Carl Lewis and Michael Johnson have continued running at or near their top levels into their 30s, suggesting that the decline was as much for physiological reasons as for physiological reasons.

Jamaican sprinter Merlene Ottey was still competitive at the world level into her early 40s and some of the Russian marathoners are still running fast times into their 40s. Yes, our speed-based performances do decline, but not as rapidly as we thought several decades ago when I wrote that book.

Maintaining the Workload

Maintaining speed and endurance is related to the ability to continue to train at high levels. How long can aging athletes maintain high workloads, specifically high-mileage weeks?

Longer than we once thought. Again, this relates to motivation, at least among elite athletes, and to a certain extent among the lumpenproletariat at too. Here’s where we have to consider the mind as well as the body.

The aging athlete has to be very much motivated to maintain his or her training at the highest levels. Sometimes money is the motivating factor; or it might be a desire for improving performances, setting age records, continuing to set Personal Records.

As I neared 50, I decided to crank up my training to win a gold medal at the World Masters Championships in the marathon. What motivated me was the fact that I turned 50 four months after the meet, thus I would be at a disadvantage competing against athletes in the M45 division who might have been much younger.

I cranked my training up to 100 miles a week and won the race. But after doing so, I took two months off from running and never was able to push my workload back up to that level again.

It was as much because I did not want to (i.e., motivation) as because I could not do so. Different masters runners motivate themselves to different levels of effort as they continue to age.

Recovery

Not all runners can continue running twice-a-day workouts, 100 miles a week, indefinitely. As runners age, do they need more recovery between workouts?

We do, and that is one of the secrets to being a successful masters runner. Ed Whitlock, the Canadian runner, who has continued to run sub-3:00 marathons into his 70s, reportedly trains only three days a week.

New Zealand runner Derek Turnbull, who dominated every age-group race he entered into his 60s, claimed to run only on weekends. But I visited Derek once on his sheep ranch and the amount of labor he did shoveling sheep around during the week was amazing!

Some runners seem to age more gracefully than others, and it may not have anything to do with their so-called ability or their level of training. I’m not sure we know all the answers about which training methods work best for masters runners, and there may be no single answer.

Peter and I discussed several other issues related to masters running, but these are three of the most important questions and my responses. He claimed to have only 200 words for each contributor/expert, that being the nature of magazine journalism in this era of continually shrinking soundbites. It will be interesting to see how much of what I told Peter Gambaccini makes it into print.

(Hal Higdon, Author of Masters Running, answers runners’ training questions on his Interactive Forums. Visit www.halhigdon.com.)

Semick First Master in 50 Mile Trail Race

Kami Semick, 40, was not only the first masters woman but also the first master in the USA Track and Field National Championships/White River 50 Mile Trail Run on July 29 in Crystal Mountain, Wash., in the shadow of Mt. Rainier.

Semick, of Bend, Ore., was eighth of the 124 finishers in 7:46:56. She was the W35 winner here last year in 7:56:02. Meghan Arbogast, 45, Corvallis, Ore., was second the W40+ this year, 30th overall in 8:41:53.

Mark Tarr, 44, Col Falls, Mont., was first M40+, with a 10th-place 7:57:51. Todd Nott, 42, Plattsburgh, N.Y., was 13th in 8:03:16.

Chuck Dooley, 50, Bellingham, Wash., won the M50 race in 9:11:31. He was second M45 last year (9:24:50).

Charles Crompton, 58, Everson, Wash., took the M55 race (9:33:56) but as a non-member of USA Masters he is not the age-division champion. That honor goes to Roy Purrung, 58, Sheboygan, Wis., second in 9:35:35, eight seconds better than his M55 winning time in 2005.

The race course had an 8700 ft. gain and loss, and featured rolling terrain, ridge tops, Northwest forest, and several demanding climbs and challenging descents.

Temperatures were in the 50s and high 60s. Just 11 of the 135 starters did not finish.

OLYMPIC TRIALS TICKET PACKAGES NOW AVAILABLE

Track and field fans can now log on to Eugene08.com to purchase eight-day all-session ticket packages for the U.S. Olympic Track & Field Trials to be held in Eugene at the University of Oregon’s legendary Hayward Field June 27-July 6, 2008.

Ticket packages in all price categories will be available to the general public, ranging from $245 to $425 per ticket package. Customers may have the opportunity to buy additional ticket packages after Dec. 1, 2006.

Any available individual, one-session tickets will go on sale in June 2008.

More information about ticket packages can be found at Eugene08.com, then click “Tickets.”

TWENTY YEARS AGO

September 1986

• 19th Nationals Draw 761 to New York City

• Canadian Chris McCubbins (30:49) and England’s Priscilla Welch (34:27) Top Masters in Asbury Park 10K

• Both Morcom Sets M65 PV World Record (12:4 1/2) in Brown U. Meet

• Rex Harvey, 40, Wins National Masters Decathlon with 6262 Points

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call 818-286-3129; fax 818-760-4490, or write to MNM, P.O. Box 16597, North Hollywood, CA 91615.
Robert Cozens, 70, winner of the 200 and 400, USA Masters Championships.

Write On

Continued from page 6

revised schedules to the hotels Thursday afternoon and Saturday morning at 7 a.m. This made an enormous difference to the athletes who could remain in the cool of their hotels until warm-up time.

Kudos and thanks to the organizers and officials. You made what could have been a disaster into a wonderful event. We'll all remember triumphing over the weather.

Marie-Louise Michelsohn
by e-mail

I have several lost and found items from the Nationals in Charlotte: three pairs of glasses, one track shoe (with spikes), some new merchandise, assorted other items, a watch, two different earrings, and an MP3 player. I am concerned about the glasses, very expensive to replace, and the new merchandise.

If athletes accurately identify these items, using my e-mail address, I am willing to pack and ship. Athletes should also identify the items in the subject line of the e-mail, so that I know what they are contacting me about.

Marilyn Mitchell
mmitchell46@hotmail.com

SEATTLE MEET

I have competed in the last four USA Masters Decathlon/Heptathlon Championships. No disrespect to the previous three, but the Seattle Championship was the most enjoyable.

Daunte Gouge, the meet staff, and the facilities were great, and the weather was perfect. The personnel attended to all the little extra details to provide for the athletes' comfort. The extra effort did not go unnoticed and was greatly appreciated by all the attendees.

Continued on page 17
Reflections on 10 Years as a Masters Thrower

By JERRY BOOKIN-WEINER
M60 Thrower and Guest Columnist

Ten years ago, when I hit the big (at that time) Five-O, I decided to act on a long-held impulse to start throwing again. It had been 17 years since I last had thrown, and there had been six idle years prior to that one burst of enthusiasm. Ten years later I regret those 23 years, but have learned a lot that might be of use to any newbies to masters throwing, no matter what their age. I confess that I am also motivated to provide this article as a string of postings in July on the Internet about the throwing weights for masters, many of them written by 30- and 40-somethings and non-throwers.

I'll start with what I regard as the most important lessons I've learned, some of them the hard way.

You Aren't 21 Any More

Listen to your body. Little hurts can easily become big problems if you try to train through them. People who don't listen to their bodies have very short careers as masters throwers (or jumpers or runners, I suspect, as well). Pain indicates injury, and you need to find out what it is and do something about it, or it likely will get worse.

You no longer heal as quickly as when you were younger. Pesky little injuries (like a sprained index finger from "rolling" the shot off on a throw) that might have lasted a day or two in your 20s might last you for weeks, months or even years as a masters athlete.

Don't expect to throw far if you don't train consistently. This, of course, includes eating right.

You Aren't 30 Any More

Ponce de Leon never found the Fountain of Youth because it doesn't exist. Beginning at 50, you aren't as nimble as you once were, and the decline is a steady one from that point on. It's a well-documented scientific fact.

As a result, you have to work hard at lifting and strength conditioning just to slow the inevitable. But lift smart, otherwise you can injure yourself. Sometimes more reps with a lower weight are more beneficial than trying to match your youthful personal best bench press or snatch or squat.

If you have to choose between lifting and throwing, choose throwing (credit to Lance Deal for this one). As masters athletes, the time we can give to training is often limited. Throwing is more about technique than it is about strength anyhow, so throwing is a better use of scarce time than lifting. Besides, it's a lot more fun!

Find a good coach or throwing partner who knows what they are talking about and are up on the latest in technique and training methods; it's amazing how much more is known now about throwing than was known just 20 years ago.

Find a clinic or a throws camp near you. At my first clinic in 1996 my early 1970s vintage throwing shoes were older than most of the other participants. Most camps are masters friendly, and you get very good coaching at them.

You Aren't 35 Any More

Don't expect to stay healthy if you don't train smart. Everyone is different and ages differently. If you find your body needs a day of rest after each training session, rest for a day between training sessions; if it needs two, rest for two; if it doesn't need any, train every day.

Thow smart and use the right equipment. A 60-lb shot as a javelin is not right for a 40m thrower — in fact, it won't go as far as you for a 40m-rated javelin. A 90% rim weight, $250 disc won't go as far as a 35m thrower as a much cheaper 70% rim weight discus.

High school and college kids fall into the same trap (as any good coach or official can tell you from observation) as many masters throwers do. Don't waste your money — you'll throw farther with the right (usually cheaper) equipment.

Life Gets in the Way

When I was in college, grad school, and even the Peace Corps, my life revolved around school (or in the Peace Corps my work) and throwing — okay, I was weird and didn't have a woman in my life back then.

This is where work involves a lot of travel in my case, wife and family (including aging parents), taking care of a house, and being a counselor to the aforementioned wife would like), involvement in community organizations, and, oh yes, throwing. Much as I try to make it a priority, there are times when it just isn't at the top on a given day, week, or even month when the work gets intense.

Don't complain about how meets are run or that there aren't enough meets unless you are willing to be part of the solution. Get involved with organizing meets; become a certified official (it's not that hard); help meet organizers set up each meets and put away equipment. If the local or state senior games in your area is poorly run (and far too many of them are), get involved with the organizing committee. If you can become an event coordinator, make a positive contribution and the situation will improve.

You Aren't 40 Any More

If you have the inclination, the time and the money, go to international masters competitions — even the NCCWM meets that can be very poorly run at times. Some of my best (and funniest) memories are from the NCCWM held in Mexico City, of the worst run meets I've ever experienced.

However, just like at local and national meets, I met a great group of people, learned about them and their countries, and made friends from around the world.

I got to know some Australian throwers at my first world championships in 1999, and renewed the acquaintance with them at the 2002 World Masters Games. Now that I'm traveling two or three times a year to Australia on business, I try to schedule those trips so I can join them for a meet whenever I go. Once I even got to see that their national assembly is just as frustrating as our national conventions!

Don't expect glory from masters throwing. If you do, you'll be disappointed. No one other than your fellow competitors, other masters athletes, and maybe your family and friends really cares. Your local weekly newspaper might give you some coverage, but not many of your neighbors will notice. If you are in it for the glory, you are in it for the wrong reasons.

Yes, masters throwing is about the competition; don't let anyone tell you otherwise, but it's about much more than that. It is fundamentally about your own fitness and camaraderie and fellowship with other throwers.

I frequently room at national and international meets with competitors I don't heal as much while in my age group. We delight in sticking it to each other in the circle. But we also give each other pointers (even during competition with each other). We share each other's joys and crises in both throwing and life. We are good friends, even though we come from very different backgrounds and walks of life and most likely never would have met if it weren't for masters throwing.

I've moved twice in the 10 years since I started throwing again, and the people I miss most from both places I left (Massachusetts and Colorado) are my fellow throwers.

Some of You Aren't 50, or 60, or 70, or Maybe Even 80 Any More

And that brings me to the question of masters implements. It is an incontrovertible fact that as we age we lose strength. If that were the only problem.

Trent Lane, 96, broke M95 world records in shot put and hammer, USA Masters Championships.

JERRY WOJCIECH

With the shot put, it's a lot more fun! But the aging process isn't just about losing strength and stamina. Beginning somewhere in the 40s or 50s (in rare cases not until the 60s) our connective tissues (ligaments and tendons) begin to lose their elasticity. As a result, wrists, elbows, shoulders, and knees become more susceptible to injuries when throwing (with runners, I'm told by former college teammates, it's mainly the knees).

There isn't a lot that can be done to protect the knees and hips from the ravages of aging (other than various medical treatments and dietary supplements). However, for throwers and hurdlers there is something that can be done to keep our sport accessible to more masters athletes as we age — lowering the size of weights thrown and lowering the hurdles and reducing the spacing between the hurdles.

If I have accepted the idea that lowering throwing weights and altering hurdle heights and spacing is the right thing to do, we then face the question of what the appropriate weights, heights and spacings are for various ages. Since everyone ages at different rates, there is no one correct answer for everyone. I wasn't involved when the current system was devised, but I suspect it had some basis in the youth and junior weights in use in most of the world at the time.

The fact is that the 12-pound shot and hammer and 1,616 kg discus used by boys in U.S. high schools have not been in use in the rest of the world for decades, just like the imperial measuring system we stubbornly refuse to replace with the universally accepted metric system. As a result, comparisons to those weights are pointless.

A few years back, the junior discus at the international level was changed from 1.5 kg to 1.75 kg. Is that gradation worth examining for masters? Probably.

But such changes need very careful consideration. In my view, the changes in the weight made at the WAVA Assembly in 1999 were not well considered.
Fifteenth European Championships Endure Record Heat in Poland

By BRIDGET CUSHEN

Entries in the XV European Championships, July 19-30, fell well short of the 4000+ the Organizing Committee had anticipated, due, no doubt, to the fact that two WMA indoor and three world championships take place in Europe within a five-year span and athletes choose to compete at the world level rather than regional.

A total of 3086 athletes from 37 countries, down from 3703 and 40 in Denmark two years ago, came to Poznan, Poland's third largest city, with a population of over 700,000. Germany had by far the largest team of 900+, followed by Great Britain (333) and the host nation.

Registration, transport and catering facilities were all in order as the Organizing Committee had the backing of the City Council and had also obtained some sponsorship from the local media. The stadium facilities had not been updated, as promised in Poznan's presentation bid four years ago, following the withdrawal of the local university's support.

The Heat Begins

A heatwave was about to engulf Europe. On the first day of the meet the temperature reached over 40°C - well over 100°F. The 10,000, heatpash and decathlon were held on Day 1.

The two seeded races in each of the M50 and M55 groups bore the brunt of the extreme weather conditions, starting at 1 p.m. on the university track. There were many non-finishers or even non-starters, as some runners could not cope with the heat. The combined eventers sizzled in the main arena in the blazing sun as neither of the stadiums had covered stands.

On Day 2, there was no let-up as the heatwave, Poland's worst in 227 years, continued for nine days. The psychological effects on the competitors, with the prospect of getting around the 1500, must have been enormous. The results reflect the extreme conditions.

Plentiful Volunteers

Any shortcomings were more than compensated for by the friendly, obliging boards of young bilingual volunteers. Team managers' suggestions and recommendations were acted on immediately, and the championships will be remembered as one of the friendliest that we have been to.

It was a pleasure to eat out. There were lots of international restaurants in the Old Town Square, and a three-course meal and a beer cost less than $16. All competitors and visitors were issued free passes for the very efficient tram and bus network.

Outstanding Performances

Despite the conditions, there were some outstanding performances. Fifteen world, 25 European and 39 championship records were broken. Derek Howarth, 75, GBR, had a clean sweep from 1500 through the 10,000 on the first day. Since turning 75 last fall, he has broken all the British records from five miles up.

The M40 1500 and 10,000 attracted Europe's best with Dave Taylor, GBR, retaining the M40 1500 and 3000 titles, won in Denmark two years ago. Twenty-seven men tackled the M40 10,000 at 4 p.m. on Day 1 in one of the most competitive races of the meet.

Sparse Female Entries

Entries in some of the women's 10,000m age-groups were disturbingly low, four in the W35 category and only one in the W45, despite the popularity of road running. This was reflected in other disciplines, particularly in the older age groups. Only one W85 entered the championship.

The 100 through the 800 races were brilliant, fiercely competitive, and run in ideal conditions on a fast track with numerous national records and personal bests reeled.

The winner of the M45 100, Patrick Logan, GBR, clocked his second fastest dash ever. Anthony Nolan, GBR, M40, clashed again with the outstanding Enrico Saraceni, ITA. Nolan got the 100 (10.93), but Saraceni retained his 200 and 400 titles.

Guido Muller, GER, who set three world records in the M65 200, 100H and the 300H in this event two years ago, was rather subdued, after suffering a slight groin injury when he got his hurdles pacing wrong. Stephen Peters, GBR, retained his 100, 200 and 400 individual titles as well as two gold medals in the M50 relays.

Challenging Conditions

The throwing events were relegated to a small field adjacent to the main track. All throwing circles were in poor condition. Spectators crouched in the shade of some trees from the blazing sun.

Although the environment was not conducive to bringing out the best in the competitors, the overall standard of throwing in Europe remains higher than the rest of the world. The M40 javelin, held in the main stadium, was won with a 65.36 by Pavol Florek, SLO.

World records fell in the M90 when Klaus Langer, GER, set the new mark of 23.71, easing Trent Lane's 2005 mark of 20.80. New world marks were set in the W65 by Ewaun Williams, GBR, with a 38.07; the W70, Brute Kaleidiene, LIT, 30.54, and the W75, Rachel Hansens, BEL, 23.84.

The heptathlon, decathlon, pentathlon, weight throw, and weight pentathlon were all well supported.

Heat Affects Walkers

The 10K/20K road walks were held on Day 8 over a coned-off 2000m strip of a busy road parallel with Malta Lake. The women, starting at 8 a.m., had some shade, but by the time the second race for M35-M50 got away at 11 a.m., it was absolutely sweltering. The finishing times were slowed by as much as two minutes.

Welcome Rain

Competitors woke up to a rainy morning on the penultimate day, a relief as the temperature dropped to a bearable 27°C/79°F. On Sunday, following a cool wind blow round the international Water Centre on the North side of the city, venue for the marathon. With a 7 a.m. start, the very large field took it steady over the flat course.

Two 40-year-olds, Georg Rues, AUT, and Rolf Schwabe, GER, battled it out from the start with Rues drawing away over the last 600 to win in 2:32:43. Vladimir Raadev, RUS, was fourth over-all and first M55 in 2:41:42, a remarkable performance in the circumstances.

Julia Gadea, ESP, W50, dominated the women's race from the start, finishing 69th overall in 3:15:41.

Anti-Doping Congress

EVA held an Anti-Doping Congress during the first week of the Championships to inform athletes on doping procedures and to raise awareness. Attendance consisted primarily of team managers and delegates. A handful of athletes turned up.

Held in a solarium-like conference room with no air-conditioning, the two-hour meeting was a test of endurance. The speech on Facts and Myths by Professor Jerry Smorawinski, Director of Sports Medicine Department at the local University School of Physical Education, was the highlight.

General Assembly

At the General Assembly, the Techni- cal Manager, Winston Thomas, and the EVA Secretary Marina Hoemeke-Gil, stepped down to much appreciative applause.

An EVA proposal to change the word "Veterans" to "Masters" did not reach the necessary two-thirds majority. It still remains the European Veteran Athletic Association.
“Flagman” Has More than the Finish in Mind

In his hometown of Flushing, Michigan, and throughout the state, he is known as the “Flagman.” His real name is Mike Bowen, and he earned his nickname because he runs everywhere with a black flag that reads “POW/MIA.”

Like most runners, the 57-year-old has goals. But his “life-long mission is running one mile for every American who died or is listed as a prisoner-of-war or missing-in-action in Vietnam.”

The history books tell us 58,226 Americans were killed or missing as a result of the war in Vietnam. And that’s the number of names on the Wall at the Vietnam Memorial in Washington, D.C., Bowen said. “I’m at just over 48,000 miles. I still have a couple of years of everyday running to do.”

Bowen himself is a veteran, having served in the U.S. Army in the late 1960s and early 1970s. Wherever he’s been, he is thanked by “people who served or lost loved ones in the conflict,” he quietly noted.

The Marine Corps Marathon, a few weeks after September 11, “was very emotional,” he recalled. “The Marines at the finish line lifted me in the air and said they hoped the next generation remembers them as I did my generation of warriors.”

Moving Wall

Last summer, the Vietnam Memorial “Moving Wall” came to Michigan. “I had the honor of being a part of the opening ceremony at the Moving Wall when it was in Caro. I ran from Reese to Caro, about 18 miles, as an ‘in memory’ for the 18 locals from that area who died in Vietnam.”

He was also selected to carry the 2002 Olympic Torch on a portion of its journey through Indiana. But he wasn’t permitted to carry the flag with the torch due to safety concerns.

The General Motors tool-and-die maker never forgets to credit his wife, Patty, for her part in fulfilling his mission. “She’s my life blood and best support,” he said, “supporting me and traveling to races all over the U.S.”, he said with appreciation.

Rewarding Experience

Why does he do this? After all, 58,226 miles is a lot. And running with the flag makes it even more of a burden.

Bowen explained, “The rewards are to have just one person tell me, ‘Thanks for remembering.’” It happens almost every time I run.

“Afther one of my 37 marathons, a young man thanked me for running with the flag,” he said. “Dad was a Vietnam vet.” I asked him how his dad was doing and he said, “Just fine now.”

“Then he went on to tell me that his dad was an alcoholic/drug addict most of his life since the war and had recently ended his life with a shotgun. Now he was doing suffering from his mental wounds.

Bowen said in a low voice, “I don’t do it for myself. I do it for the families who wonder where their loved ones are.”

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

Profile

By RON MARINUCI

Whitlock Breaks Four Records in One Week

Ed Whitlock, M75, of Canada, known for his prowess in the marathon, broke M75 world records in the 10,000 with a 39:25.16 on Friday night and the 5000 with a 19:07.02 on Sunday morning in the Canadian Masters Championships, Dieppe, New Brunswick, July 21-23.

Steve Carlson, GBR, held the 10,000 record at 41:47.31 in 2002. James Todd, GBR, had the 5000 record at 20:10.13 in 1997. The next Tuesday, Whitlock ran a 3000 in 11:10.43 at the York Mini-Meet to break the record of 12:00.94 by Yoshimitsu Miyachi, JPN, in 2000.

On July 28, in a meet in Windsor, Ontario, Whitlock ran a 5:41.80, lowering the world record of 5:37.2 by Scott Carter, USA, in 1992.

The Weight Room

Continued from page 14

If the purpose of gradually lowering the throwing weights is, as I suspect, in its origin the result of a decision to make masters throwing accessible to the maximum number of potential competitors while minimizing the risk of injury to connective tissues, changes should respond to studies showing that the current weights are causing such injuries in an inordinate number of cases (remember, we all age differently), and that a change would ameliorate that situation and make the sport more accessible.

If the proposal is to increase the throwing weights for an age group, studies should be presented to show that injuries are currently very rare and that increasing the throwing weight would not significantly increase such injuries.

I do not believe that any such evidence was presented in 1999 for the javelin and, empirically, most throwers will tell you that the results of those changes were only a bonanza for sports equipment companies and frustration for most javelin throwers (especially javelin specialists).

If one accepts the proposition that a major goal of the masters movement is to increase rather than limit participation, then it is hard to argue with the principle of gradually lowering the throwing weights, lowering the hurdles and reducing the hurdle spacing.

If a few 40-something throwers don’t want to throw lighter weights as they get older, that is their prerogative. No one is forcing them to do so.

For those who want to continue to throw the international weights, no matter what their age, there are lots of all-comers and open meets they can enter and do just that. But let’s not even think about forcing the rest of us to do it. Let’s build our sport, not limit it to the few.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events are generally open to all age groups with the exception of masters championships, which may be limited to men and women over age 40. International T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the NMN 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene, OR 97405.

**TRACK & FIELD**

**NATIONAL**

- **September 3** - U.S. National Masters Weight & Superweight Championships, Seattle, WA. Ken Weibel, 4103 Halkert Ave. SW, Seattle, WA 98116. 206-383-8985; kweibel@comcast.net
- **November 25** - U.S. Masters Indoor Championships, Boston, MA. office@usatf.org, 1000 Providence, Providence, RI 02908. 401-724-2218; www.usatf.org

**MID-AMERICA**

- **September 22-23** - USAF Mid-America Regional Masters Championships/Rocky Mountain Games, CSU, Ft. Collins, CO. Jim Weede, 2203 149th Ave. Thornton, CO 80202. 303-451-8727; Christel Donley, 619-635-1264; email: rockymountainmasters@gm.com

**LONG DISTANCE RUNNING**

- **September 24** - USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. heritagecoachbooks.com; www.usatf.org
- **October 8** - USA National Masters Championships/Steps Run on the 16th, Kent, OH. will also welcome competitors of all ages and levels. The Norm Bower Memorial WP on the 16th, Kent, OH. will also welcome competitors of all ages and levels. The Senior Olympics Games are the Senior Kentucky Olympics, Hot Springs, which will be track the 27th, and the Nevada Senior Olympics, starting on the 29th.

**ON TAP FOR SEPTEMBER**

- **SEPTEMBER 17-19** - South Dakota Senior Olympics, Madison. 605-427-2218; southdakotasonerorgames.org
- **SEPTEMBER 23-24** - Kansas Senior Olympics, Topeka. 785-358-3798; bsowell@topeka.org
- **SEPTEMBER 24** - USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
- **SEPTEMBER 24** - USA National Masters Championships/DuPont Forest Trail Marathon, Asheville, NC. greg@ashevillechamber.org; www.ashevillemarthon.org
- **SEPTEMBER 24** - USA National Master Championships/USATF - NJ Marathon, New Jersey, NJ. 609-444-0044; www.njmarathon.com
- **SEPTEMBER 24** - USA National Masters Championships/USA Track & Field Championships, Ft. Collins, CO. 2007-09-16, 18th World Masters Championships, Lathli, Finland.

**WES T**

- **September 21-22** - South America Region Championships, Rio de Janeiro, Brazil. locho.ilariohoy@hotmail.com; www.usatfoon.com
- **September 24-15, 2007** - (Opening ceremonies on the 3rd) 17th WMA World Championships, Reims, France. www.reims2007.org
- **March 12-17, 2008** - 3rd WMA World Indoor Championships, Reims, France. 2008-04-29, 18th World Masters Championships, Lathli, Finland.
September 2006

National Masters News

Page 19


September 24. Naples on the Run 20K, Naples, FL. 239-434-7966; george21050@comcast.net


October 14. Harvest Festival 5K, Saraland, AL. 251-473-7223; www.pcapa.org


WINDMILL

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

September 2. Charleston Distance Run 15 Mile & 5K, Charleston, WV. 304-545-4444; www.charlestondistance.run

September 2. Celebrate Westlake 5 Mile Run, Westlake, OH. 440-331-3344; celebratewestlake.com


September 13. Run Through Hell 10 Mile, Pinkey, MI. toledosadoxrunners.org

September 16. US Air Force Marathon. Wright-Patterson AFB, OH. 937-523-5350; Rachel.carrison@wpafb.mil

September 24. Fox Cities Marathon, Appleton, Wisconsin. 715-734-2222; www.racecentr.com


September 30. Akron marathon & relay, OH. 888-372-2786; www.akronmarathon.org

October 1. Chicago Half-Marathon, 312-347-0233; chicagohalfmarathon.com

MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

September 4. History of America Marathon, Columbus, MO. 573-445-2684; ctc.coi/run.org/boar


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


September 23. Hurricane Run 8K, Tulsa, OK. www.rftc tulsa.org

October 7. Zoo Run, Tulsa, OK. 918-625-3147; tulsaunimngclub.com

WEST

Arizona, California, Hawaii, New Mexico


September 17. Angeles Crest 100 Mile, Wrightwood, CA. e-mail: kenneth.a.hamada@boeing.com


October 8. Rock 'N Roll Marathon, San Jose, CA. 408-311-1225; www.nnj.com


NORTHWEST

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


September 10. Bank to Bay 10K & 5K, Tacoma, WA. 253-305-7396; bankbay.com

September 16. Invitation XC 5K, LaSalle HS, Portland, OR. 503-624-4297; www.spokanamarathon.us

September 24. USATF-OR Grand Prix/Bigfoot 10K. Bend. www.usatf­org.org

October 28. USATF-OR Grand Prix/Pro Open/Masters XC. Salem, OR. www.usatf­org.org

November 18. USATF-OR Grand Prix/Regional 5K XC. Sandy. www.usatf­org.org

CANADA


November 18. USATF-OR Grand Prix/Regional 5K XC. Sandy. www.usatf­org.org

INTERNATIONAL

September 23-24. WMA/WRMA Mountain Running Championships, Salouin, SUI. www.world­masters­athletics.org

September 24. BMAF Championships, Swansea, Wales. www.bmaf.org.uk


RACEWALKING

September 10. USA Masters Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9008

September 16. USATF-MN 20K RW Championships, St. Louis Park. 651-330-9355; twin Citiesracewalkers.org

October 14. USAF MtN 10K & 5K Championships, Rio Rancho. 505-891-9139

September 17. USATF-Inland NW 5K & 10K Championships, Medical Lake, WA. 509-238-9591; eteamz.active.com

October 4. USAF North Region/Mid­America Masters 30/40/50K RW Championships, St. Louis Park, MN. 651-330-9355; twinCitiesracewalkers.org

October 15. USA Masters Open 1-Hour RW Championships, Waltham, MA. Steve Katz, office@twinCitiesracewalkers.org

November 12. USA Masters 20K RW Championships, Clermont, FL. Don De­n. 352-201-7144, x3206; donDena@comcast.net

WRITE ON

Continued from page 17

ition in 1999 meaningless.

Not one of the records has ever been broken by another competitor, only dis­regarded by those who are anxious to start new records. There is no mention of the old 800g javelin records, as if they were non-existent or tarnished.

My throw of 65.74 at age 57 is con­sidered one of the best age­graded (351-911.1%) performances in the his­tory of track and field. I produced 15 years of throws rated at between 100%-111.7%.

I am very proud of my open career and what I accomplished. In the his­tory of sport, I doubt whether anyone has competed at the high level that I did for 50 years, non-stop.

Larry Stuart

El Toro, California

VICTOR SAILEY / PHOTO RUN

Susannah Beck, former WMN editor, winner of the W35 race in 35:57 at the Beach to Beacon 10K, Maine, Aug. 5.

ISOBEL CUNNINGHAM

I learned of Isabel Cunningham's demise in the August MNM. I was won­dering when I didn't see Isabel in 2001 at the Brisbane WMA Championships. We had crossed paths all the prior years, start­ting in 1975 at the first World Championships in Toronto, Canada.

We got to know each other at the grand awards banquet, seated at the same table for an elegant served meal. None of the following meets could match this first celebration.

We did get together at each following championships. The best time was in Turku, Finland, at the 1991 Champions­ships, when my husband, John, and I got together with Isabel and "Pie" Cunningham to share several great expe­riences, a boat trip, dinners, sightseeing, plus the awards again.

Isobel and Pie were a great couple, each having lost a partner, but sharing many years as friends. Isabel had lost her husband, Sommier, and Cunningham had lost his wife, so it was "natural" they should team up.

I was glad for another chance to share the WMA Championships in 1999 with Isabel at the Gateshead, England, meet. She ran only the 100 (no 200 or 400 this time), seeming not her usual energetic self. She did get the silver medal with a 24.41 at age 85.

Ruth Anderson
Eugene, Oregon

created.

Over the past 38 years, I've competed in races in 22 countries. Lots of very happy memories, new friends, and exciting travel. These things I'll miss very much, but life goes on.

I want to acknowledge the National Masters News for the wonderful work they do for the running community for older runners. During my races in most of the 12 or so national championships, the announcer has mentioned my unbro­ken string of championship competition. That's been very special to me.

I am enclosing a check to support the National Masters News. Keep up the good work.

Jim O'Neil
San Joaquin Valley, California

NOFIVE YEARS AGO September 2001

194th Nationals Draw 811 to Run at Reno-Airport

9000 Athletes Compete in 18 Sports in National Senior Games

Decathletes Break Records in Masters Nationals in Tacoma
## NATIONAL

### USA Masters Decathlon

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### National Masters News page 21

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### 2016 National Masters Track & Field Championship

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### Non-citizen does not displace U.S. athletes

- **Windsor, N.C.**
- **Decathlon**
- **Heptathlon**

### Track & Field Results

**Please send results to:** National Masters News, P.O. Box 50099, Eugene, OR 97405; e-mail: nationews@sol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed in this manner will be deleted from our database. Deadline is the 10th of the month prior to issue date.
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<td>11.1%</td>
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Key to Code Labels:
1 A2 2nd Wind Trial
2 2A Above The Bar
3 2A Above The Bar
4 3A At High
5 4A At Anchor
6 5A At Anchor
7 6A 3rd Anchor
8 7A 3rd Anchor
9 8A Anchor Break
10 9A Anchor Break
11 10A 4th Anchor
12 11A 4th Anchor
13 12A 5th Anchor
14 13A 5th Anchor
## MID-AMERICA

### MacAttack 5K
Rochester, MN, June 25

|---------|----------------|------|-------------|------|----------------|------|-------------|------|-----------------|------|---------------------|------|-------------------|------|-------------------|------|

### Monument Downhill 5K
Grand Junction, CO, July 15

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<tr>
<td>L45</td>
<td>Larry Greg</td>
<td>16:17</td>
<td>Tom Guido</td>
<td>19:06</td>
<td>M70-79</td>
<td>22:47</td>
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<tr>
<td>80-84</td>
<td>Leanne Whitesides</td>
<td>18:10</td>
<td>Elizabeth Schmuckl</td>
<td>23:30</td>
<td>Andrea Grattan</td>
<td>23:35</td>
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<tr>
<td>80-84</td>
<td>Lori McNis</td>
<td>20:36</td>
<td>Marty Walsam</td>
<td>23:06</td>
<td>Loni Holloway</td>
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<td>80-84</td>
<td>W50-59</td>
<td>23:30</td>
<td>Jeanne Groves</td>
<td>23:33</td>
<td>Peggy Byars</td>
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<td>80-84</td>
<td>L2 Norris</td>
<td>27:34</td>
<td>W60-69</td>
<td>33:14</td>
<td>Pam Growes</td>
<td>64</td>
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<td>80-84</td>
<td>Gwin Giffin</td>
<td>41:36</td>
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### WEST

Tahoe Rim 50K, Lake Tahoe, CA; July 15


## National Masters News

### September 2006

**Cascade Runoff 15K**
Portland, OR; July 23

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<tr>
<td>W40-49</td>
<td>W50 Carl Trask</td>
<td>55:32</td>
<td>W60 Unna Lee</td>
<td>42:06</td>
<td>W60 Judy Fisher</td>
<td>50:03</td>
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## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - SEPTEMBER 2006

Compiled by Pete Mundle • pmundle@juno.com

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<th>ATHLETE NAME</th>
<th>BIRTH AGE</th>
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<th>DATE GROUP</th>
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<tbody>
<tr>
<td>JERRY SMART</td>
<td>18-24</td>
<td>WESTMINSTER, CO</td>
<td>9-11-31, 75-79</td>
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<tr>
<td>HERM WYATT</td>
<td>25-29</td>
<td>GATOS, CA</td>
<td>9-13-31, 75-79</td>
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<tr>
<td>COLLEEN BRUNKER (NZL)</td>
<td>30-34</td>
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<td>RUTH BALMUS (GER)</td>
<td>35-39</td>
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<tr>
<td>D. O. CROOK (GBR)</td>
<td>40-44</td>
<td>VIRGINIA, USA</td>
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<td>VIRGINIA LUCAS (GBR)</td>
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<td>CLAIRE TRAVER (JAMESTOWN, WY)</td>
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<td>DAVID DOUGLAS (SACRAMENTO, CA)</td>
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