Throwers Break Records in National Weight Championships

By JERRY WOJCIEK
SEATTLE, Wash. — Weight throwers gathered again from all over the country at West Seattle Stadium for the USATF National Masters Weight and Superweight Championships on Sept.7. The meet has been held here and hosted by the Seattle Masters Athletic Club for what seems like forever, but the facility is nonpareil and the weather usually outstanding, so it is well received, and athletes leave saying, "This is my favorite meet."

This year, 31 masters men and nine women from 12 states, including Florida, Ohio, and Pennsylvania, and Canada entered. As often happens in this meet, the division winner of the weight title also wins the superweight championship.

In the weight throw, Bob Cahners, M60, of Florida, with the 20#, was the farthest at 19.08, with Dick Hotchkiss, California, also in the M60 group, second farthest at 17.17. Joan Stratton, W50, Arizona, recorded a 12.50 with the 16# for distance honors among the women.

In the superweight Jim Wetenhall, Ohio, broke his M45 U.S. record of 10.52 with a 10.80 for the 56# weight. Dan John, Utah, another M45, was second longest (10.15).

Five more athletes broke superweight records: Bob Ward, M65, Texas, 56#, 6.50; Ray Feick, M70, Pennsylvania, 35#, 8.92; Vince Foster, M80+, Arizona, 15#, 9.26; and Luanne Park, M40+, California, 10#, 10.80.

M40 400m world record 47.86

European Championships Draw Record 4385 to Potsdam

By BRIDGET CUSHEN
Potsdam, Germany, the Brandenburg State capital, surrounded by lakes and the river Havel and a World Cultural Heritage site since 1991, welcomed a record 4385 athletes from 39 countries to the 13th World Masters European Championships, Aug. 15-25, a slight increase over Italy in 1998 with 4291 from 36 countries.

The biggest entry was, of course, from the host country with 1895, followed by Britain (310), and France (199).

While most of Germany was suffering from severe flooding, Potsdam enjoyed blazing sun and temperatures of 30°C with high humidity. Facilities were excellent: two tracks side-by-side with adjacent throwing areas. And with over 450 volunteer sports students from the local university, the meet ran on time.

Free transport passes were issued to all competitors, and the highly efficient electric trams that criss-cross the city disgorged the competitors outside the stadium gate at 10-minute intervals.

The future of masters athletics, although never in any doubt, looks even brighter with 66 entries in the M40 100, 67 in the 800, 60 in the 10,000, and 95 lining up for the marathon alongside 102 M50s. At 1245, however, the total number of women remains static.

With several ex-Olympians, particularly from Russia and Germany, tempted back to renew rivalry, records soon fell by the proverbial dozen. Six world, 47 European, and 121 championships records were set during the
achieve new balance

M764 MEN'S RUNNING SHOE

A supportive cushioned trainer - Abzorb cushioning in the heel and forefoot - Stability Web provides midfoot support and lateral stability - Combined blown and solid rubber outsole for durability and cushioning - C-Cap Midsole with a Dual Density medial support system - Available in widths: D, 2E, 4E

oxygen debt, it doesn't accept VISA, MasterCard or American Express.
### NATIONAL MASTERS NEWS Subscription Form

The National Masters News is the official world and U.S. publication for masters track & field, long distance running and racing. It contains information you can't get anywhere else. Subscribe Now.

<table>
<thead>
<tr>
<th>2nd Class rates:</th>
<th>1st Class rates:</th>
<th>Foreign rates:</th>
<th>Payment enclosed</th>
<th>Bill me later</th>
<th>Mail me later</th>
<th>Enclosed amount</th>
<th>Amount due</th>
<th>Filing rate:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(USA, Canada, Mexico)</td>
<td>(USA, Canada, Mexico)</td>
<td>(Air mail)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 months</td>
<td>$16</td>
<td>1 Year</td>
<td>$20</td>
<td>1 Year</td>
<td>$24</td>
<td>1 Year</td>
<td>$48</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 Years</td>
<td>$24</td>
<td>2 Years</td>
<td>$48</td>
<td>2 Years</td>
<td>$96</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 Years</td>
<td>$36</td>
<td>3 Years</td>
<td>$108</td>
<td>3 Years</td>
<td>$134</td>
<td></td>
</tr>
<tr>
<td>Circle applicable sports: T</td>
<td>L</td>
<td>R</td>
<td>(T+T&amp;F; L+LDR; R+RW)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Name: ___________________________
Address: _________________________
City: ____________________________
State: ____________________________
Zip: _____________________________

Send to: National Masters News Subscription Dept.
P.O. Box 16597
North Hollywood, CA 91615-6597

---

### NATIONAL CHAMPIONSHIPS

Congratulations to the meet organizers and officials for an excellent championship in Orono. Each event had many experienced and courteous officials. It was a model of how a meet should be run. Also the awarding of the same U.S. medals to foreign competitors was much appreciated.

The announcing by Pete Taylor was a key event, as well as the exciting and challenging events. We are fortunate to have a announcer who does detailed research on the accomplishments of many athletes from the U.S. and abroad.

I would like to comment on the age-graded percentages that were listed in the Orono results. My research indicates these were based on five-age groups rather than single-age as listed in the Age-Graded Tables.

On the specific age basis, the percentages would be several percent higher than age-group percentages, particularly for athletes near the top of their age group. I am unsure of the qualification of many specific age percentages for Masters athletes. This was a model of how a meet should be run. Also, you can see if you are slipping or improving compared to previous years.

Maintaining or improving our specific age-graded percentages should be everyone's fervent goal, even though slowing down with age.

Earl Fee
Mississauga, Ontario, Canada

A big "thank you" to the large number of personnel at the U. of Maine and Orono area for staging an outstanding track & field championships. Eugene, Ore., and future championship sites have a high standard to strive for.

I noticed at the conclusion of the M50 discus that some competitors took the time to thank the officials for their efforts. This is a good example for all of us. It would do wonders for our sport if competitors were courteous and thanked officials and meet administrators for all of their hard work at the conclusion of an event.

Dennis Umshler
Albuquerque, New Mexico

I would like to commend Rolland Ranson, Willi Gallant, and all the others who worked so hard to make the USATF National Masters Championships in Orono, Me., possible. The facilities, officials, and volunteers all contributed to a well-organized meet.

Pete Taylor deserves special appreciation for his endless hours of organizing and announcing. He excels in his knowledge and recognition of all the participants, positive and encouraging race commentaries, and a clear voice over the microphone.

Thanks to everyone involved in a GREAT meet!

Lynn Nafel
Escondido, California

---

### MT. EVEREST VS. THE MARATHON

I respectfully disagree with Mike Tymn’s column (Sept. NMN) regarding the heights in Puerto Rico, the 27” hurdles will definitely be available at the World Championships. They plan to buy a set of new ones that will go down to 27”. If that should fall through for any reason, their backup plan is to take an existing set of hurdles and saw them off.

Rex Harvey
WMA VP-Stadia

---

### MILLROSE RELAY TEAMS

Men’s masters 4x400 teams interested in competing at the Millrose Games on Feb. 7th can contact me at the addresses below. Applicants should please note the following:

• Team relay times from Jan. 1 through Dec. 31, 2002, indoors or outdoors, will be accepted.
• The six fastest teams will be chosen. A seventh team will have “stand by” status.
• Times must be from USATF TEAMS ONLY. Times submitted must be from teams consisting of actual team members only. A time submitted by a team with an “unattached” athlete will NOT BE ACCEPTED.
• All members listed MUST be members of that team, and registered as such. Unattached athletes “joining” a team for the sole purpose of running at the Millrose Games will result in that team’s ineligibility.
• A team contact person must be provided for ongoing communications.

We are still seeking sponsorship for this event. With sponsorship, the time frame of the race could be adjusted to fit the race in the “middle” of the program before a full house.

Please feel free to contact me with any questions, suggestions or concerns regarding this prestigious event.

Frank Schirn
524 East 5th St., #1
New York, NY 10009
212-260-3141
e-mail: DMargeta@aol.com

---

### RACING RECORDS

Milo Sather wrote (Sept. NMN) that he has run 1000 races in 23 years of racing, and wonders if anyone keeps records on this. I don’t know if such a record exists, but Tom Osler, 120, Glassboro, N.J., has run over 1700 races in 48 consecutive years of racing.

Seth Bergmann
Glassboro, New Jersey

---

### SPIRIT OF THE MASTERS

After competing with 75-year-old Wilford Scott at the National Championships in Orono, I feel compelled to write in admiration of him. In the last couple of years, he suffered a heart attack, and before coming to Orono, he needed at least one knee operated on. His heart is functioning at much less than 100%.

In the 100 at Orono, he was leading when his knee gave out. However, he got up and still finished fourth. The next day in the 200 finals, he lead right up to the finish line, finished second in 29.61, collapsed, and needed medical attention for an hour. He had a knee operation on Aug. 28.

It makes me proud to compete with a gentleman of his caliber, and I am proud to call him a special friend.

Bill Melville
Platteville, Wisconsin

---

### ANNOUNCING

Peter Taylor should be recognized for the outstanding job that he does in announcing at the track and field events. The juice he injects into the events greatly contributes to the enjoyment of spectators and the performance of the athletes.

Perhaps more than a few records should have his name attached. And the nimble way he balances facts, person, coffee, the microphone, umbrellas, and papers is reminiscent of a performer’s performance of the ’50s.

He certainly deserves the recognition and should be nominated as Administrator of the Year.

Kathy Martin
Charles M. Gross
Northport, New York
Now is the Time to Speak Your Mind

L

ast month's article on national pride, the lack of growth in our sport, and marketing strategies really seemed to stir quite a bit of controversy. I think this is very healthful for our sport. Fortunately, or unfortunately, depending on your point of view, the people who are in favor of the "status quo" are the ones I am hearing from.

Those who want change need to get their information to me. That includes you e-groupers. I forward all your e-mail to members of your Masters Executive Committee. I will be trying to get a vote on National Championships qualifying standards and or medal standards at our National Convention in Kansas City, so you need to let your association masters delegate know how you feel about the subject.

Mission Statement

The other curious response concerns our mission statement. Most suggestions I have seen look very much like the National Senior Games except they are more specific to track and field and racingwalk. I have challenged everyone to include how we differentiate ourselves. The committee idea is proving cumbersome. I would ask everyone to make their suggestions to me as to what they think it should be. I will disseminate the information to the Executive Committee and try to find some commonality in your views.

The Executive Committee will work on several proposals for the Masters Committee to vote on at the convention. Speaking of which, please forward to me subjects and issues you think we should be covering at the convention. We will publish the proposed agenda in next month's issue and accept other suggestions up until December 1. Unfortunately, there is little time at the convention to deal with unplanned topics.

Marketing

Another topic left over from the meet in Orono concerns marketing and public relations. We have to extend great appreciation to Bob Weiner, who is a professional public affairs and issues strategist, for taking the time to open our eyes on the potential of implementing public relations for national and regional meets. We are in the process of budgeting some of this into 2003.

One really great idea that came from the meeting was the proposal to develop a masters biographical data base. I am working with our national office to implement such a data base. This would make it easy for the media to get needed information for publishing articles on USATF masters.

On the subject of marketing, we came up with some ideas that should help build our regional and national participation. We are looking at the best way to get applications for these meets to every USATF masters member, as well as those who are not yet members. This is very targeted marketing on a limited budget. We will keep you updated on this project.

Also, everyone should know that the national office is working very hard to include masters in their marketing activities. At some point, I am sure it will hit a home run for us. In the meantime, if we can build our membership base we will become more attractive to sponsors considering investment in our activities.

Pentathlon Venue

From Orono the idea of running the National Outdoor Pentathlon at a separate venue came up. The ability to run our Track and Field Championships put a tremendous amount of pressure on everyone, including the pentathletes, who then have to compete in the open championships. There was also unanimous support by the throws athletes to have rounds no be more than eight athletes. This would be an exception to the open rule of 12 and require more time to complete an event.

Regional Changes

Some may be aware that virtually everyone seems in agreement with the move of New Mexico to the Mid-America region into the West region. We are going to unofficially start working with this change. This means we will need a new regional coordinator for Mid-America. Thank you, Doug Schmebeck, of New Mexico, for all you have done in that region.

People interested in this position are asked to get in touch with me. Also, I am pleased to announce that Gerry Kranik has agreed to take over as Midwest Regional Coordinator. Thanks go to Ray Vandersteen for all the great work he has done as Midwest Coordinator.

THROWNERS

TRAIN YOUR BRAIN!!!!

The Long & Strong Throwners Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. 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 and the personalities behind their achievements. LSTJ's interviews with top name throwers such as Adam Nelson, Suzie Powell and Breaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable.

LSTJ provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!

www.longandstrong.com

Four Issues (1 Year): $20 (U.S.) $24 (Foreign-U.S. Funds). All Back Issues, plus future issues through July, 2003 for $100 (U.S.)

Checks/Money Orders/MasterCard/Visa

Credit Card Orders

Name: __________________________
Address: _______________________
City, State: _____________________
Zip: ___________________
E-Mail: _________________________
Comments: _____________________

MasterCard ___ Visa ___
Account #: ___________________
Expiration Date: ______________
Phone: _______________________
MAIL/PAYABLE TO: Glenn Thompson, 3604 Green Stree, Harrisburg, PA 17110 (717)238-1720

Cable: _____________________
Address: ______________________
City, State: _____________________
Zip: ___________________
E-Mail: _______________________
Comments: _____________________

MasterCard ___ Visa ___
Account #: ___________________
Expiration Date: ______________
Phone: _______________________
MAIL/PAYABLE TO: Glenn Thompson, 3604 Green Stree, Harrisburg, PA 17110 (717)238-1720
Lou Zamperini: The Ultimate Survivor

Lou Zamperini was especially enthralled with the gold-medal winning performance of figure skater Sarah Hughes in the winter Olympics this year. "She wasn't there to win the gold, she was there to perform and do her best," said Zamperini, a 1936 Olympian at 5000 meters. "That's the way it should be. It's the way it used to be. When I went to the Olympics, making the team was the most important thing. It was an opportunity to travel and meet athletes from other countries. It was the camaraderie that was important. If you happened to win a gold medal, that was great, but it was a secondary goal and you didn't lose sleep over it if you didn't win. Now, it's all about money and athletes are driven by greed, not by soul. I think television is mostly to blame. It's sad in a way." I had met with Zamperini, now 85, in his Hollywood, Calif., office last November to interview him for an article that appeared in the April 2002 issue of Running Times. In that article, I mentioned that Zamperini's 1956 autobiography, Devil at My Heels, is being updated and that a movie of his life story is being planned. I was calling him to get an update on the publication date of his book and the status of the movie when we began talking about the Olympics, still in progress at the time, and about winning.

Golden Memories

Although Zamperini didn't bring back a medal from the Berlin Olympics, he brought back memories worth much more than gold. Only 19, Zamperini finished eighth in the 5000 final in Berlin, but his 36-second final quarter apparently gave the crowd quite a stir. German Chancellor Adolf Hitler was so impressed that he asked to have the medal from the Berlin Games. "The guards would march to the corner, turn about, march back, and then do their goose-step around again," Zamperini recalled with some amusement at his youthful stupidity. "I figured I had about 30 seconds to get across the street and get away. But the flag was higher than I had anticipated. I couldn't reach it." As Zamperini was about his third jump, the guards had turned around and began shouting at him. "I didn't understand German, but I knew what they were saying was not pleasant," he continued. "I jumped up in the air and clutched the tip of the flag in my fingers, and it ripped from the pole. I fell on my butt, got up, and ran. But then I heard a crack like a gunshot." Continued on page 13

Athlete of the Year Selection Process

By DON LEIN

USATF Masters LDR Awards Chair

Each year USATF Masters LDR selects athletes of the year for men and women in each age group ranging from 40-44 to 90+. Who is eligible? Every U.S. citizen in each respective age group. How is the selection process conducted? Very simply, certified times reported to and verified by the USATF Road Running Information Center (RRIC) are assembled for each eligible runner. The results are analyzed and, based on performance and number of races reported, six to eight runners are nominated in each age group. The winners are then selected by a vote of the Masters LDR Committee present at the USATF National Convention.

The process as defined is intended to be fair to all competitors and ensure that athletes who have the best performances will be considered. Unfortunately, the fairness of this approach is undermined by several factors.

One major flaw is the failure of the races to report times to RRIC. Of the 12,000+ races in the U.S. every year, less than half of them are run on certified courses, and of those, only half submit their results to RRIC. Thus, many runners' times are never considered in the process. Please review the RRIC article on p. 8 for details on submitting results. Any nationally ranked performances are especially needed to aid in the Athlete of the Year selection.

One of the ways this manifests itself is when evaluating the number of races run by the respective competitors. It is not fair to consider a person with a couple of entries with one who has many. Each of us can run one or two good races in a year, but to do it consistently is the mark of a champion.

It frustrates the process, because you know that a 36-minute 10K runner must be run more than one or two races in the year. The only exception is where the time is erroneous, and despite all the checks built into the system, mistakes do filter through.

Another set of factors is the predilections/idiosyncrasies of the individual voter. Even though data are presented objectively in the most sterile environment, in hermetically sealed containers, the votes are contaminated by the process with their own biases. Superior performance data alone do not always win the election.

Subjectivity is a part of this election, as it is in any democratic election. If it were a matter of simply evaluating consistent times, we could develop a computer algorithm and have the process done in nano or picoseconds. We want human judgment, with all its imperfections.

What elements of subjectivity come into play? In the first place, we have Masters LDR and spend thousands of volunteer hours trying to make our sport better and healthier for our runners. We do not require a runner to be a member of USATF. Indeed, we have never heard it discussed in an election. However, we would be less than human if we did not feel more favorably inclined toward a local athlete who supports us by running in our championship races and were supportive of our initiatives and programs.

Without question, the single most important subjective factor considered is "head-to-head" competition. There is something dispositive about the Super Bowl, World Series, Kentucky Derby, etc. It's the best facing the best, with the better participant emerging victorious. So it is in road racing.

It is not unusual to have runners who have a number of good times in their own neighborhood. Generally, they're running as a local icon and have little or no competition in their age group. The Masters LDR voters, all of whom are or were runners, know that the champion is the one who wins the race against the best competitors in their age group.

Simply put, if a road racer wishes to be a candidate for Athlete of the Year, they should only run in races that report times to the RRIC and then seek out their age group competitors and defeat them in head-to-head competition.
**Natl. 50K Trail Race**

Continued from page 1:

Tom Johnson, 43, Loomis, Calif., in a sixth-overall 4:04:30. A past winner of the Western States Trail 100, he went out easily, moving from 16th position halfway to more than 10 minutes ahead of Mark Richtman, 45, Novato, Calif., at the finish.

Richtman won the M45 race in 4:15:1, tying with Scott Jurek, 28, winner of this year's WST100, where Richtman had finished behind Jurek.

The first masters woman, Luann Park, 42, Redding, Calif., in 4:59:37, was also third-female overall, within a minute of her third-place finish at last year's Headlands. She had also placed third female at this year's WST100.

Her consistent, steady pacing has served her well over several years of top performances nationally and internationally (as a former member of the USA Women's Team at the IAU World 100K Championships).

The next masters woman was Rena Schumann, 41, Folsom, Calif., in 5:22:41, eighth-overall female. She has been a top performer in the Pacific Association Ultra Grand Prix several years in a row.

The top 10 men and women (regardless of age) received special USATF medals, and prize money went five deep. The five-year age division winners each received $100, a very nice reward for some outstanding performances.

There was also exciting competition even with the Headland 50K 10-year groupings. Herb Tanzer, 50, Cool, Calif., just edged out Frank Bozanich, 58, Reno, Nev., 4:42:09 to 4:42:41. Both were awarded nice pottery mugs, the work of a local potter, by the host Tamalpa Club. Awards in the Headlands race went three deep.

This has been a great year of competition for Eldrith Gosney, Fairfield, Calif., winner of the W60-64 in 6:38:29. Her times have garnered U.S. records as well as age-division wins, two of the most recent - the 50K and 50 Mile in the Jim Skophammer 12 Hour Track on July 20, and the Skyline 50K, Aug. 4 - setting a course age record.

Lorraine Geritz, Mountain, Ultra, Trail (MUT) Committee Co-Chair, won her W45 division in 5:52:36, a good half-hour ahead of her opponents. Overall winners were Jeremy Redding, 30, of Idaho, in a course record 3:50:46, and Mary Fagan, 26, of California, in 4:30:59.

Every aspect of this event was excellent, with truly national competition and outstanding race management.

---

**Same Old Story at Crim 10 Mile**

By SUSANNAH BECK

Top master Andrew Masai, 42, KEN/NH, 49:33, made it three in a row at the 26th Annual Crim Ten Miler, Flint, Mich., Aug. 24, defeating the hills, the 100% humidity, and fast Eddy Hellebuyck, 41, Albuquerque, 51:12.

Masai seems to enjoy the hills and humidity and recover from them quickly, as he handily won the Parkersburg Half-Marathon in West Virginia the previous weekend, 1:07:24. Back at Crim, American Phil Bedford, 40, 51:36, was a nearby third M40.

Tatiana Pozdnyakova, 47, UKR/Fla.,

**Who's Got the Best Masters?**


2002 USA FALL CROSS COUNTRY CHAMPIONSHIPS

Be part of the 2002 Answer

December 14th, 2002 - Rocklin/Sacramento CA

- 10K Championships run on a 2K dirt/grass in forest and field loop.
- BBQ Awards ceremony - Awards to top three in each Masters 5-year age group.
- Make the trip to California and Extend Your Stay.
- Easy flights into Sacramento International Airport.
- Take advantage of great room rates in Rocklin, make it your home base for easy trips to Tahoe/Reno, San Francisco, and Napa Wine Country.

Online registration and race forms available 9/1/02. Bookmark the website and check it out periodically for updates.

for information go to www.resultzone.com/xccrims

---
Blister Prevention and Treatment

One of the subjects we tend to gloss over every year is blister prevention and treatment. This is probably the most common running injury; yet, we consider it an irritation rather than an injury.

The feet are prone to blistering, especially across the bottoms due to sheer stresses from running, walking and jumping.

Most of the time, blisters are caused by ill-fitting shoes, improper shoes, and mechanical problems that lead to abnormal motions of the foot and sheer forces to the outer and inner layers of the skin. There are less common causes such as foot infections, allergic reactions, bites, burns, etc.

It is most prudent to avoid blisters in the first place. Try to follow these rules:

1. Wear proper shoes for your activity and make sure they fit well – not too loose, not too tight.
2. Wear socks made of natural fibers to absorb excess moisture.
3. An old distance runner’s trick is to turn the socks inside out to avoid friction from the seams or the rough material on the inside of the fabric.
4. Anti-shock insoles, such as Spenco, help quite a bit.
5. Make sure there are no cracks, debris, etc., in your shoes; Shake them out prior to activity.
6. If you are prone to blistering, apply liberal amounts of Vaseline to your feet prior to placing them in a sock. This provides a shear-free environment.

7. If you think you have a mechanical problem, seek advice from your foot sports specialist to reduce any mechanical dysfunction.

Most of the time, blisters are filled with inflammatory exudates and sometimes blood. If there is blood in the blister, this is indicative of a deeper level of skin damage. This is known as a hematoma, which can also form under the toenails. If you think the blister is infected, you should seek professional help.

There are several ways to treat blisters. If the blister is small and non-painful, I would advise cleansing the skin with Betadine or alcohol and piercing the top with a sterile needle to drain the fluid. If the blister is very small, I would take the top of the blister off.

On larger blisters, you will have to cleanse the skin and make a small hole with a sterile needle to drain the fluid. Leave the top on the blister as this will serve as a sterile barrier. Soak in Epson salts and warm water on a daily basis. This will toughen the skin and keep the blister area clean.

Be careful when you cover the blister. Do not apply any material that can irritate the skin or stick to the blister. I usually use a 4 x 4 inch gauze pad with Betadine or Neosporin ointment.

(From John Pagliano)

Recognizing All Runners in New State Rankings

By LINDA HONIKMAN
and RYAN LAMPPA
USA Today Road Running Information Center

In 2001, the USA Today Road Running Information Center (RRIC) estimates that there were 7,632,000 finishers in U.S. road races, and in 2002 there will be even more. Now with the help of technology, the RRIC will be able to recognize many of those runners by publishing all performances on USA Today certified courses.

Typically, there are only 20,000 athletes who achieve national ranked performances (see chart below) in any given year.

The 2002 state rankings (new this September) and 2001 national and world rankings are accessible from the usatoday.org (via "long distance running" link), usastr.org and runningusa.org websites.

Eventually, as more events submit results in an electronic medium, the RRIC will be able to update road rankings on a weekly basis.

Is it Certified?

If you wish to check if a race is certified, go to www.rric.com to download the entire active course list or go to www.usatoday.org to search courses by state and distance and to view the race calendar with certified course codes.

How to Submit Results

The USA Today RRIC prefers to get results in an electronic medium because it provides data for trend analysis, reduced data entry costs, and enables local and state officials to be posted for many more finishers. You can check if your local races have reported 2002 results by going to the usatoday.org website.

Results are posted within a few days of being received by the RRIC (via email to Results@LDRResults.com or CD, or disk mailed to USA Today RRIC, 5522 Camino Cerrallo, Santa Barbara, CA 93111).

Time permitting, the RRIC will also reprint results in hard copy when an electronic form is unavailable, but only the top nationally ranked performances can be included for those events.
L


NMN: IS YOUR TRAINING DIFFERENT NOW THAN IT WAS WHEN YOU WERE 25?
OS: I CUT BACK A LOT IN VOLUME, BECAUSE IN MY YOUNGER DAYS I RAN EVERY DAY. SOMETIMES I WOULD RUN TWICE A DAY, AND MY MILEAGE WOULD BE IN THE 90S. IF I TOOK OFF FOUR DAYS OUT OF THE WHOLE YEAR, THAT WAS KIND OF LIKE A CARDINAL SIN. NOT LIKE NOW!

I’M OLDER NOW, SO IF I HURT MY TOE, OR SOMETHING LIKE THAT, TAKING OFF THREE DAYS WOULDN’T PHASE ME AT ALL. BEFORE, I COULD HAVE A 100-DEGREE FEVER, BE BLINING MY NOSE AND STILL BE OUT THERE RUNNING 5-6 MILES. NOW, AGE HAS TAUGHT ME SOMETHING, SO WE DON’T DO STUFF LIKE THAT ANY MORE.

WE WORK TO HELP THE BODY BECAUSE IT’S GOING TO SLOW DOWN IN THE YEARS TO COME, AND THERE’S NO NEED TO SPEED UP THE PROCESS. BUT I’M STILL VERY COMPETITIVE. NOTHING FEELS BETTER THAN BEAT A HIGH SCHOOL KID WHO’S A STAR ATHLETE — TO GO OUT THERE AND HAVE A GREAT RACE AND BEAT THEIR BUTTS. THE SAME THINGS GO ON FOR THE COLLEGE KIDS. I FEEL VERY COMPETITIVE AGAINST PEOPLE IN THOSE AGE BRACKETS.

When you get to people in their 20s and 30s, they’re all masters runners, but sometimes your old name carries a little weight, someone will look at you and go, “Oh, that Odiss is here, he’s pretty tough. I know he’s 40 now, but the guy can pull out some five-minute miles sometimes the track, I’m going to run a good tactics race and see if he goes out barreling like he normally does.” SO, IT FEELS GOOD TO BE A MASTER. YOU USE WHAT YOU CAN WHEN YOU HAVE TO.

NMN: Who are your coaching influences?
OS: There was my high school coach, Joe Bessell. The other one was Mike Barnow, the head coach of the Westchester Road Runners Club and still my coach. Even now, I call him every two, three weeks to tell him what I’m doing and ask for his advice. And Joe Kleinerman. He was the head coach of the Millrose team. I used to go to the 1,000-Easy talk to Joe every two weeks or something like that, and he’d buy me lunch and ask me about my training and give me some insights.

NMN: What is your training like these days?
OS: I’M GOING IN A THREE-WEEK CYCLE THAT VARIES FROM SUMMER TO WINTER. I NORMALLY DO ALL MY WORKOUTS BETWEEN 6:30 AND 7:20 IN THE MORNING.

A TYPICAL MORNING FOR ME IS I MAKE MY BED, BRUSH MY TEETH, SAY MY PRAYERS, AND DO 20 PUSHUPS AND 20 SIT-UPS. THEN I DO 10 ROTATIONS, 10 BRUCK ENDS, 3-4 STRETCHES THAT I COUNT TO 20, AND THAT’S MY WARM-UP; MY BODY’S READY TO GO. I GET DOWN TO THE TRAIL AND DO 20 JUMPING JACKS, 20 LEG LIFTS AND START RUNNING. TUESDAY AND FRIDAY ARE MY SPEED DAYS.

THE WARM-UP IS UNUSUAL. IT CONSISTS OF TWO-MILES RUN AT 6:00-PACE ON A FLAT TRAIL NEAR THE TRACK, WITH THE LAST 400 OF EACH MILE AT .75-PACE OR BETTER. THEN I GO ON OVER TO THE TRACK. I DO VERY LITTLE COOL DOWN — A 400-JOG, WALK TO THE CAR, AND DRIVE HOME. THAT’S IT.

NMN: That’s unconventional.
OS: Sounds like you’ve eliminated the “garbage” miles.
NMN: Yes. My body’s been doing this for a very long time, and all the experimenting and so forth has been done already. Eating and sleeping, all that’s been cut down to perfection, and now, even the warm-up.

WHEN I WAS YOUNGER I USED TO WARM-UP 30-40 MINUTES, THEN COOL DOWN 20 MINUTES, YOU KNOW THERE’S ANOTHER BOY GONE! AND WHEN YOU’RE 40, AND YOU’RE IN A RELATIONSHIP, THERE’S SO MUCH ELSE YOU WANT TO GET DONE, AND

that house, and your life. So I cut some corners.

NMN: YOUR SUMMER SPEED WORKOUTS APPEAR TO BE EXACTLY TWICE THE LENGTH OF THE WINTER SESSION. DO YOU HAVE A TRANSITION PHASE WHERE YOU BUILD-UP THE INTERVAL DISTANCE INSTEAD OF DOUBLING EVERYTHING RIGHT AWAY?
OS: NO, YOU GO STRAIGHT UP TO THE STUFF IN FEBRUARY OR MARCH.

NMN: Do you cross-train?
OS: I BIKE EVERYWHERE. I LIVE ON A VERY BIG HILL. I GO UP THAT HILL AND DOWN THAT HILL TWICE A DAY, SOMETIMES MORE.

NMN: Do you do any stretching?
OS: Very little. Just that little bit right before a workout, and that’s it.

When you get people in their primes and 40s, they’re all masters runners, but sometimes your old name carries a little weight, someone will look at you and go, “Oh, that Odiss is here, he’s pretty tough. I know he’s 40 now, but the guy can pull out some five-minute miles sometimes the track, I’m going to run a good tactics race and see if he goes out barreling like he normally does.” So, it feels good to be a master. You use what you can when you have to.

NMN: Who are your coaching influences?
OS: There was my high school coach, Joe Bessell. The other one was Mike Barnow, the head coach of the Westchester Road Runners Club and still my coach. Even now, I call him every two, three weeks to tell him what I’m doing and ask for his advice. And Joe Kleinerman. He was the head coach of the Millrose team. I used to go to the 1,000-Easy talk to Joe every two weeks or something like that, and he’d buy me lunch and ask me about my training and give me some insights.

NMN: What is your training like these days?
OS: I’M GOING IN A THREE-WEEK CYCLE THAT VARIES FROM SUMMER TO WINTER. I NORMALLY DO ALL MY WORKOUTS BETWEEN 6:30 AND 7:20 IN THE MORNING.

A TYPICAL MORNING FOR ME IS I MAKE

NMN: What are your goals this coming year?
OS: I’M POINTING TOWARDS THE LONGER DISTANCES. I HAVE TO FULFILL A DESTINY THAT I WALKED AWAY FROM YEARS BEFORE THAT REALLY WOULD HAVE BEEN IN MY MIND AND TORMENTING ME. I HAVE TO GET BACK TO THE OLYMPIC TRIALS. SO I’LL SHOOT FOR A FALL MARATHON.

I WANT PEOPLE TO KNOW THAT I HAD THE TALENT THEN, AND I STILL HAVE IT NOW, AND THEN I CAN FINALLY REST. I FEEL LIKE THIS IS THE ONLY THING THAT WILL LET ME QUIET ONE DAY AND NOT HAVE REGRETS.
Sherry Brosnahan – Memories of Orono

Sherry Brosnahan, W50, won a gold medal in the 10K racewalk with a time of 57:30.70, and a silver in the 5K in 28:02.13, 35th USATF National Masters Championships, Orono, Maine, Aug. 8-11. In a 50K race in September, she became the fastest 60-year-old woman in the world with a time of 4:15:18. She began racewalking in 1998 and holds eight U.S. masters records. She has been New Jersey's Female Racewalker of the Year for the past four years, and in 2001 was named U.S. Walker of the Year for her age group. She hopes to qualify for the U.S. Olympic Trials in 2004, which would make her the oldest woman in track and field to ever compete in the Trials. This month's column features her personal impression of this year's Nationals. Next month will feature impressions of other competitors in Orono.

With nothing but the best memories of my previous trip to Orono, Maine, in 1998, I was very eager to return for the 2002 National Masters Track and Field Championships this summer. I had a fabulous time in Orono four years ago when the Championships were held at the nearly completed track and field complex at the University of Maine. Still, I worried that perhaps what I recalled was the excitement of my very first national meet, and I hoped that this year's meet would offer the same fierce and friendly competition and delightful hospitality.

I needn't have worried. If anything, Orono 2002 was even better than 1998. Gone were the construction sites, the mind-numbing din of the jackhammers, the workers laboring behind the yellow and black CAUTION tapes. In their place were spacious grandstands gleaming in the sunlight and the welcome sounds of athletes competing or cheering for each other. But the best parts of Orono 1998 were back in force: the friendly volunteers, the efficient officials, the well-run competitions, and Maine's picture-perfect weather.

Superb Competition

More importantly, the meet featured the outstanding athletic performances and great camaraderie I have come to expect at all national masters championship events. After a string of bad luck when surgery, illness, and injury forced me to sit out the outdoor nationals two years in a row, I was delighted to simply be there. Knowing that the meet was in the hands of expert organizers and volunteers, including Tom Eastler and Justin Kuo, I knew I could relax, race my heart out, and enjoy the weekend.

Photo Finish

Halfway through the race it was clear where I stood in my age group – second to the champ, Gayle Johnson. But the best part of the race was still to come – racing my friend, Debbie Topham, who isn't even in my age group, to a photo finish. What more could you hope for in a track race?

After the exhilaration of my 5K, the rest of the weekend passed in a pleasant blur. As Elaine Ward's guest columnist, I knew I'd have to offer her readers balanced coverage of the meet, so I made a special effort to collect a variety of athlete's comments. I am happy to report that the comments, to be included next month, were overwhelmingly positive and completely consistent with my experience.

Renewing Friendships

In my five years as a racewalker, I've learned that one of the best parts of racing at the big meets is that you get to watch a variety of track and field events when you're not racing. At this meet, I watched some world-class athletes I had previously only read about. I was on hand to cheer for some runners I've raced with in New Jersey, and I got to catch up with my racewalking friends from all around the U.S. and Canada.

This year, my husband, Dan, and I added something new we actually did a little sightseeing. Now when I think of meets in Orono, I'll be thinking of lobster rolls and milk shakes and hikes along the coast, in addition to all of the wonders of National Masters Championships.

(Elaine Ward can be reached by e-mail at narwf@aol.com)

Brosnahan, Gawinski Break 40K RW Records in Rain

By ELLIOTT DENMAN

OREON TOWNSHIP, New Jersey – Masters racewalkers shared in the glory at the 64th annual USATF National Masters Championships. Walkers and volunteers braved a steady rain and a biting wind during the race held at Joe Palaia Park on Sept. 1.

Sherry Brosnahan, 50, of the Shore AC, reeled off lap after lap on the 2K course at a steady pace of about 12:45 for each circuit (a mile) and went on to a third-woman finish five more laps for a 5:21:52 at the 50K. Gawinski won both the 5K (W40, 19:40) and 10K (20:08) at the 35th National Masters T&F Championships, Orono, Me., Aug. 8-11.


Brosnahan smiled throughout her record walk and made it look easy, despite the tough conditions. "It was hard," she finally admitted at the post-race awards.


The first M40+ was Chris Knotts, M45, Miami Valley (Ohio) TC, seventh overall (3:56:21), who, with Ed Fitch (M40, 4:26:45) and Jack Blackburn (M65, 5:16:44), won the masters title. Brosnahan was a member of the Shore AC open women's winning team.
Mile Records Fall in SE Regionals

This year, the USATF Southeast Regional Masters Championships went north after the 35th National Masters Championships to join forces with the Potomac Valley Association Championships, Alexandria, Va., on Aug. 31-Sept. 1.

Long Island's Kathy Martin, 50, went south from Northport, N.Y., to continue her W50 record-setting with a 5:15.54 in the mile, breaking the present record of 5:24.6 by Elaine Statham, Great Britain, in 1997. Another Long Islander on a record-breaking binge, Marie-Louise Michelsohn, 60, Stony Brook, N.Y., lowered the U.S. record of 5:58.69 by Shirley Matson in 2001 to 5:57.42.

In other events, Eugene Vickers, M40, posted the fastest 100 (11.39) and 200 (23.87) of the meet. Lillian Awidi, W30, won the 200 in 27.95. Mel Fields, M55, raced to a 58.03 to beat Del Meriweather (58.26) in the 400, but Meriweather won the 200 in a sensational finish, 25.89 to 25.90.

Steve Nearman, M40, won the 800 in 2:07.7h and 1500 in 4:27.02. Jay Wind won the M50 10K road race in 39:05.2h.

In the jumps, Bruce McNamara, M40, cleared 1.98. Femi Afafayan won the M35 long jump from Kevin Lende, 5.78 to 5.77.

Larry Straton, 2001 third-ranked M60 in the discus at 54.21, shouldn't move up a couple of notches after his 56.08 with the 1kg. Evelyn Wright's 23.22 in the hammer will move her near the top in the M65 rankings this year.

Racewalker Judy Witt, W50, was first overall to the finish line in the 5000 in 10:30.10.  

FIFTEEN YEARS AGO
October 1987

• Laurie Binder Sets W40 Record (1:16:31) in America's Finest City Half-Marathon.

• Chris McCubbins (M40, 30:57) and Barbara Filutze (W40, 35:31) Win in Asbury Park 10K.

• Twin Cities Marathon Offers $40,000 in Masters Prize Money.

• Atlaw Beiligne, M40, Claims Masters Victory in Ulitca Boilermaker 15K With a 50:26.

Rankings Update

By JERRY WOJCik

USATF Masters T &F Rankings Coordinator

Joey MacDonald, the 2002 high jump and pole vault ranker, has left Florida after 34 years for the “seclusion, land, and trees” of Virginia. Her new address is 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FLREDSKIN@aol.com.

The contacts for the 2002 outdoor rankings were in the September issue and will be published again in November.

National Weight Championships

Continued from page 1

Sempronio, M75, Oregon, 35#, 7.45; Robert Horsley, M80, Florida, 35#, 5.50; and Leon Joslin, M90, Washington, 35#, 4.12. Joslin, the oldest competitor at 90, also broke the M90 record for the #12 weight with a 7.66.

Straton was the women's superweight leader (8.94), with Joyce Taylor, W50, a close second (8.77).

In the Ultra Weight Pentathlon following the Championships, throwers got to test their mettle with the 9#., 200#, and 300# added to their weight and superweight marks for an unofficial title. Wetenhall won the M30-59 award with a total of 5329, bulked by 1294 points for a 1.64 heave with the 300#. weight.

Ward won the M60+ group title with a 4850, bolstered with an 1160-point 1.12 300# toss. Stratton took the women’s first place with a 4395 score, earning 1030 points for her 8.94 superweight.

In the past, the meet, including the Ultra, has ended about 2:00 after lunch, but this year, an exhibition hammer event, which started at 9:00 a.m., created havoc with the throwing circles, and some athletes didn’t finish until 7:30 p.m.

Everyone agreed, including meet management, that the hammer was a nice addition, but better suited for Friday night before the Championships or after on Saturday.
The Numbers Game

Within hours after The LaSalle Bank Chicago Marathon reached its 37,500 cap, several procrastinating runners posted pleas to the Virtual Training forum I administer online offering to buy numbers. Simultaneously, James Yunker, an airline pilot from St. Croix Falls, Wisconsin, offered his Twin Cities Marathon number on eBay. Numbers to other popular marathons such as St. George, Marine Corps, and New York City certainly also were changing hands with no one the wiser.

Selling race numbers seems a "victimless crime." To enter the most popular marathons, runners increasingly must pay early for races that an injury or unexpected invitation to a cousin's wedding may force them to miss. Several races allow you to defer your entry a year, but you still need to pay extra. Refunds are rarely allowed. "If race directors are greedy enough to take your money," Yunker explains his action, "they should have some policy to give it back."

American Tradition

"Scalping is an American tradition," concedes Carey Pinkowski, Chicago's race director. "Buying numbers is a compliment to the popularity of our sport." Still, Pinkowski worries that rampant switching could cause problems that include not only authentication of times and records, but also identification and liability should someone need treatment. (Try boarding Yunker's next flight with someone else's ticket.)

That some people will not show is a fact of life, not only at marathons, but also at other events and activities for which advance-purchase tickets are required. Yunker's airline probably will not refund your non-refundable ticket unless you can come up with a very good reason for not using it.

Many race directors fix budgets expecting 10 percent shrinkage. Refunding fees would cost more staff time and might result in increased fees for those who do show. "For a race our size, transferring numbers would be an administrative nightmare," worries Scott Keenan, director of Grandma's Marathon.

Integrity Threatened

Yet failing to provide some checks on who-wards-what-number threatens the integrity of the sport. I once ran the Indianapolis Mini-Marathon on battling Dick Wilson, who had won his (our) age group in that race eight consecutive years. I edged past Wilson in the last mile of the race, only to learn I placed "second" to an individual whose son ran with his number!

Wilson managed only fourth behind another number-switcher.

Eventually, we received our trophies and the perpetrators received meaningless suspensions from next year's Mini, but USAATF does not want to waste its time policing mass marathons. Worried about performance-enhancing drugs already occupies time best spent obtaining sponsors to improve the money base of at least the elite level of our sport.

Paying to Qualify

Meanwhile, would you like to qualify for Boston? Just pay someone to run a qualifying time in your name. How about buying your way into the Olympic Trials, even the Olympics? In an era where a rock singer offers $20 million to ride a Russian space ship, nothing seems impossible.

As more numbers increase in popularity, this numbers game will occur more frequently. Yet despite Yunker's claim, most race directors are not "greedy." They are professionals, whose main goal is to make the "racing experience" enjoyable for all of us -- otherwise we won't be back. "It's not a major problem now," admits Dan Finanger, director of the Twin Cities Marathon, "but it could become one if we fail to pay attention."

(Hal Higdon is Senior Writer for Runner's World. More of his writing and training schedules are available at: www.halhigdon.com.)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT. 2002

<table>
<thead>
<tr>
<th>ATHLETE (RESIDENCE)</th>
<th>BIRTHDAY</th>
<th>AGE GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIKE CONLEY (USA)</td>
<td>10-5-62</td>
<td>40-44</td>
</tr>
<tr>
<td>JOHN Dyer (HUNTER, VA)</td>
<td>10-6-64</td>
<td>45-49</td>
</tr>
<tr>
<td>PANAGIOTIS KOLDIS (Greece)</td>
<td>10-7-05</td>
<td>50-54</td>
</tr>
<tr>
<td>SILVIO BOSCH (CORPUS CHRISTI, TX)</td>
<td>10-8-50</td>
<td>50-54</td>
</tr>
<tr>
<td>LAURA CALDELLI (LAKESIDE, OR)</td>
<td>10-9-62</td>
<td>50-54</td>
</tr>
<tr>
<td>CATHER DUNFORD (WING, IL)</td>
<td>10-10-52</td>
<td>50-54</td>
</tr>
<tr>
<td>FRANCES CIRO (NEW YORK, NY)</td>
<td>10-11-55</td>
<td>55-59</td>
</tr>
<tr>
<td>ELKE GEIST (GER)</td>
<td>10-12-52</td>
<td>50-54</td>
</tr>
<tr>
<td>PATRICK BURKE (IR)</td>
<td>10-13-52</td>
<td>50-54</td>
</tr>
<tr>
<td>GERDIE MARIE BERNES (BEL)</td>
<td>10-14-52</td>
<td>50-54</td>
</tr>
<tr>
<td>SUGAN WARD (LOS ANGELES, CA)</td>
<td>10-15-54</td>
<td>55-59</td>
</tr>
<tr>
<td>JON O'SULLIVAN (GLEN ROCK, NJ)</td>
<td>10-16-59</td>
<td>55-59</td>
</tr>
<tr>
<td>HANS SCHICKER (FRG)</td>
<td>10-17-59</td>
<td>55-59</td>
</tr>
<tr>
<td>MABEL MITCHELL (AG)</td>
<td>10-18-59</td>
<td>55-59</td>
</tr>
<tr>
<td>ED MORGAN (WUSC, CA)</td>
<td>10-19-59</td>
<td>55-59</td>
</tr>
<tr>
<td>GAYLE ELDRIDGE (AM)</td>
<td>10-20-59</td>
<td>55-59</td>
</tr>
<tr>
<td>SHILLY MOOS (FRG)</td>
<td>10-21-59</td>
<td>55-59</td>
</tr>
<tr>
<td>GARY TOTTLE (VERSAIL, WA)</td>
<td>10-22-60</td>
<td>60-64</td>
</tr>
<tr>
<td>KATHY BROWN (FAIRVIEW, MT)</td>
<td>10-23-60</td>
<td>60-64</td>
</tr>
<tr>
<td>MARIA MALTZ (GER)</td>
<td>10-24-60</td>
<td>60-64</td>
</tr>
<tr>
<td>REINAHARD FRIEDE (GER)</td>
<td>10-25-60</td>
<td>60-64</td>
</tr>
<tr>
<td>PETER MELCHERS (GER)</td>
<td>10-26-60</td>
<td>60-64</td>
</tr>
<tr>
<td>NORMA BRADSHAW (GOLD COAST, FL)</td>
<td>10-27-60</td>
<td>60-64</td>
</tr>
<tr>
<td>FRANK SHORTER (BOULDER, CO)</td>
<td>10-28-60</td>
<td>60-64</td>
</tr>
<tr>
<td>ROM RATH (CHICAGO, IL)</td>
<td>10-29-60</td>
<td>60-64</td>
</tr>
<tr>
<td>RUWFY BLANKEN (TOLEDO, OH)</td>
<td>10-30-60</td>
<td>60-64</td>
</tr>
</tbody>
</table>

Compiled by Pete Mundle, Masters T&F Records Coordinator

Third Weekend

Continued from page 11

With the glue and the guard, Zamperini put the smartest thing to the mail at METG

Third Weekend

Continued from page 11

With the glue and the guard, Zamperini put the smartest thing to the mail at METG

Survival of Zamperini's stamina, fortitude, guts, whatever, has not begun until Army Air Corp bombardier, c south of the H, a rescue mission on a life raft a prisoner of war with a day 2002

There's a lot of what was in the mail at METG

Notion

Most back Masters News each, plus $50 for each one

P.O. Box 50

October 2002

Third Weekend

Continued from page 11

With the glue and the guard, Zamperini put the smartest thing to the mail at METG

Survival of Zamperini's stamina, fortitude, guts, whatever, has not begun until Army Air Corp bombardier, c south of the H, a rescue mission on a life raft a prisoner of war with a day 2002

There's a lot of what was in the mail at METG

Notion

Most back Masters News each, plus $50 for each one

P.O. Box 50
With the guard's rifle leveled at him and the guard yelling "Halten Sie," Zamperini put on the brakes, "I did the smartest thing I ever did in my life. I halted."

Some high-ranking officers came out and questioned Zamperini, who explained that he simply wanted the flag to remind him of the "wonderful time" he had had in their country. The officers went back inside, apparently talked with Hitler, and were told to give the flag to him. Zamperini still has it.

Before the Olympic Games, Zamperini had made a name for himself as a miler at Torrance High School in Los Angeles, breaking the national high school record of 4:23.6, which had stood for 18 years, with a 4:21.2 in 1934. That record would last until 1953. After the Olympics, he attended the University of Southern California on a track scholarship. There, in 1938, he broke the NCAA record for the mile with a 4:08.3. The world record at that time was 4:06.4. He would later improve his mile time to 4:07.6 indoors, but then injuries along with "too much partying and drinking" began to take their toll.

Survival of the Fittest
Zamperini's story of true endurance, stamina, fortitude, perseverance, heart, guts, whatever you want to call it, did not begin until May 27, 1943, when the guts, whatever you want to call it, did the equivalent of carrying 23-pound boulders up and down a hill in the back of my yard. I've been doing the equivalent of 65-70 flights of stairs a day. That's what keeps me going.

(Mike Tymn can be reached by e-mail at METGAT@aol.com)

**Need Back Issues?**

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

Send to:
National Masters News
P.O. Box 50098, Eugene, OR 97405

**PUBLICATIONS ORDER FORM**

<table>
<thead>
<tr>
<th>Publications</th>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Masters Age Records (2002 Edition)</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Men's and women's world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Chairman.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings (2001)</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Men's and women's 2001 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalking, and combined events. 8.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Indoor rankings for 2002. 4 pages.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Chairman.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Same as above, except indoor records (M40+, W35+) as of March 1, 2002 (world) and November 30, 2001 (USA).</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Competition Rules for Athletics (2002 Edition)</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>USATF Directory (2002)</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Running Encyclopedia, The Ultimate Source for Today's Runner</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for distance training, sports nutrition, and injury prevention.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>How to be A Champion from 9 to 100</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CAN$28.50, plus postage &amp; handling.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>How to be A Champion from 9 to 90</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CAN$28.50, plus postage &amp; handling.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>How to be A Champion from 9 to 90</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CAN$28.50, plus postage &amp; handling.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>2002 Road Race Management Directory</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 100 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more.</td>
<td>$</td>
<td></td>
</tr>
<tr>
<td>Running Research News</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
<td>$</td>
<td></td>
</tr>
</tbody>
</table>

**Back Issues of National Masters News**

Issues: $3.00 each.
Postage and Handling: $2.00
Overseas Air Mail (add $5.00 per book):
TOTAL: $14.00

Send to: National Masters News Order Dept.
P.O. Box 50098, Eugene OR 97405

Name ____________________________
Address ____________________________
City ____________________________ State ______ Zip _______

---

Third Wind

Continued from page 6

With the guard's rifle leveled at him and the guard yelling "Halten Sie," Zamperini put on the brakes, "I did the smartest thing I ever did in my life. I halted."

Some high-ranking officers came out and questioned Zamperini, who explained that he simply wanted the flag to remind him of the "wonderful time" he had had in their country. The officers went back inside, apparently talked with Hitler, and were told to give the flag to him. Zamperini still has it.

High School Record
Before the Olympic Games, Zamperini had made a name for himself as a miler at Torrance High School in Los Angeles, breaking the national high school record of 4:23.6, which had stood for 18 years, with a 4:21.2 in 1934. That record would last until 1953. After the Olympics, he attended the University of Southern California on a track scholarship. There, in 1938, he broke the NCAA record for the mile with a 4:08.3. The world record at that time was 4:06.4. He would later improve his mile time to 4:07.6 indoors, but then injuries along with "too much partying and drinking" began to take their toll.

Survival of the Fittest
Zamperini's story of true endurance, stamina, fortitude, perseverance, heart, guts, whatever you want to call it, did not begin until May 27, 1943, when the Army Air Corps plane he occupied as a bombardier officer, crashed at sea, south of the Hawaiian Islands, while on a rescue mission. He then spent 47 days on a life raft and more than two years as a prisoner of war. His weight would drop about 100 pounds. Down to about 66 pounds, not much more than a skeleton. That story will be told in next month's column.

Zamperini's new book, also titled Devil at My Heels, is tentatively scheduled for release on January 21, 2003, by William Morrow & Company. The movie, by Universal Studios, is awaiting an updated script from the book.

"There's a lot more to the story than what was in the first book," Zamperini said on a more recent phone call. He had just come in from working in his yard. "That's how I get my exercise now," he said. "Hard work! I was carrying 23-pound boulders up and down a hill in the back of my yard. I've been doing the equivalent of 65-70 flights of stairs a day. That's what keeps me going.

(Mike Tymn can be reached by e-mail at METGAT@aol.com)
Report from Britain

Charlton, M75, Breaks 20:00 in 5000

By BRIDGET CUSHEN
The final track & field meet of the season took place Sept. 8 at Battersea Park, London, where the older athletes shone.

Steve Charlton, M75, led a combined age-group 5000, piling on the pace, lap after relentless lap, finishing in 19:52.7. The listed M75 world record is 20:00.13 by Britain's James Todd in 1997. Dave Barrington took the M60 1000 in 18.2, and Gordon Darbon the M70 100 in 14.5.

The British Masters 10K Racewalking Championships were held at Leicester on Aug. 31. Finishing third overall in a record field, Kim Braznell won the W45 race in 53:18. She was a reserve for the English Commonwealth Games team.

Kate Ratchiffe was first W40 in 58:26. Pam Horwill won the W60 in a fast 70:05.

Colin Bradley, M45, was first man home in 51:14. It was good to see Brian Gore take the M65 silver (66:11) behind Dave Stevens (60:03) after a delicate brain operation earlier this year. ❄️

European Championships

Continued from page 1

nine sweltering hot days.

Christiane Schmalbruch (GER) cleared 4.64 in the W65 long jump to erase the 1987 world mark of Paula Schneiderhan. British ex-Olympian Chris Black, 32, sent the hammer flying out to 66.05 to smash her own M55 world record of 65.53 from last year.

The highlight of the Championships, however, was the M40 400 when Darrell Maynard, the British indoor and, more recently, outdoor 400 record holder, came head-to-head with the sticky flying Dutchman, Eric Roeseke, after 34 heats covering the M40-55 groups, and sets.

Breaking away early from the chasing group, the pair entered the home straight in lanes 4 and 5, neck-and-neck. Roeseke found another gear 10m out from the finishing line to set a new world mark of 47.86, the first 40-year-old to break the 48.00 barrier. The previous record of 48.10 by Rolf Gisler (SUI) has stood since the Buffalo World Championships in 1995.

Maynard, who turned 41 during the Championships, was compensated by lowering his own national record of 49.00 to 48.74. He is contemplating moving up to 800. On a track not deemed to be fast, the only other world track record broken was at the other end of the age scale when Friedrich Mahlo, 90, (GER) ran an amazing 98.69 in the 400.

The other world marks were in the field events. Bob Brown (GBR) raised the 22-year-old M70 pole vault record to 3.31. Jutta Schaefer (GER) added over seven meters to the W70 hammer with a 37.24. Weita Reinboud (NED) equalled Phil Rascher's W50 high jump record of 1.55.

From 2004 there will be a heptathlon and decathlon added to the championships. European records were set in the pentathlon in all the men's age groups up to 85 and in eight women's age groups.

Despite the 10,000 and 5000 races coinciding with the two warmest days, ex-Olympian Kerstin Pressler (GER) took the W40 10,000 in a championships record 35:04.50. All other winning times were understandably slow.

Meanwhile, after days of showers, the clouds cleared and brought under World Masters Athletics (WMA) rules should be a consideration for the future. The WMA rules have to be enforced to keep the championships moving.

Hoping for a positive side to this year's Championships, the WMA is looking forward to the European Championships, Potsdam, Germany.

And as the weather improves, the Championships will continue, with the pentathlon in all the men's age groups.
WMA North American Championships
Run Smoothly After Bumpy Start

In hindsight, the NCCWMA Regional Championships in Leon, Mexico, Aug. 22-25, was a good meet. With well over 700 competitors, it was our biggest regional yet: Canada 24, Chile 1, Costa Rica 1, Cuba 1, USA 49, GBR 1, Guatemala 15, Puerto Rico 12, Trinidad and Tobago 4, and the balance from Mexico.

The officiating was of high standard, and the non-stadia events were all excellent. But we could only begin to think like that after the mist of intense frustration surrounding the first few days had cleared and the situation had been brought under control.

Site Problems

On the non-stadia side, the city refused use of Explora Park, announced in the entry information as the site of the cross-country and the 10K racewalk. On the Wednesday afternoon, with the cross-country due to start at 8 a.m. the following morning at a remote location as yet undisclosed to competitors and to be reached only by taxi. Brian Keaveney walked and measured a course. A quick look at the Sunday's half-marathon route revealed that it was under water.

Registration Shortcomings

Meanwhile, at the track, registration materials flown in from Mexico City that day were packaged and registration opened at 3 p.m. There was no banking arrangement for credit card payments, so a single file of competitors moved very slowly as U.S. dollars were demanded at the desk and there were disputes as to whether bankers' drafts had been received.

As the evening wore on, frustration mounted. Sandy Pashkin received an initial list of entrants and, with new entries being taken every few minutes, sought to establish a viable Hy-Tek management program. The new photo-finish system didn't work and not all the correct throwing equipment was there.

Having said all that, let's look at the positive side.

On the Bright Side

Brian Keaveney waved a magic wand at Parc Metropolitan. The help afforded by park staff and crews was above criticism. The cross-country course, cleared, marked, re-measured and ready by 9 a.m., was one of the best we have ever seen. The racewalk, on a straight, flat course, kilometer measured the evening before, was properly conducted to international standards.

By Sunday, the half-marathon course had been made usable by building a steel bridge over the flooded section. Medical coverage of all three events was excellent. Officials and volunteers were willing and pleasant. A triumph indeed!

Slow Start on Track

The track meet struggled to life, but slowly, on the first two days, and was rescued from disaster only through the efforts of Pashkin, Rex Harvey, and the most efficient, hard-working crew of visiting U.S. officials that has ever been my pleasure to watch. Everyone pitched in. To give credit where it is due, Mexican volunteers and officials, as at the non-stadia events, were essential to the ultimate success.

One high point for me was watching four paramedics, within seconds, delivering very competent help to a Mexican competitor who collapsed just beyond the finish line in and out of the mist, did not want to leave, have experienced 2003 behind them. I congratulate them.

I regret, however, that Guatemala did not succeed. I can only assume that details had not been taken out of local regulations, if on your original entry form you had indicated you wished to pay by credit card, you were asked to pay by cash on registration. In some cases, even where payment had been made by money order or banker’s draft, it was claimed these documents had not been received and cash again was requested.

While a review of the organizers’ accounting procedures indicates no credit card entries were processed, I did hear some participants claiming these payments had already been put through on the credit card of their choice, or they having a problem arising from a credit card or banker’s draft payment, that they should refer it directly to Jack Castle (see Entry Fees story below), and we will instruct the Mexican LOC as to how it is to be resolved.

Enrique Heredia, Mexican president, having survived the difficulties thrown in his path as the meet loomed over the horizon, was helpful throughout and will, I am sure, continue to be so until all is put to bed.

Double Payment of Entry Fees in Leon?

By JOHN CASTLE
Treasurer, NCCWMA

As many participants at Leon are well aware, as the organizers had failed to make the appropriate banking arrangements, if on your original entry form you had indicated you wished to pay by credit card, you were asked to pay by cash on registration. In some cases, even where payment had been made by money order or banker’s draft, it was claimed these documents had not been received and cash again was requested.

While a review of the organizers’ accounting procedures indicates no credit card entries were processed, I heard some participants claiming these payments had already been put through on the credit card of their choice, or they had copies of the money order or banker’s draft.

If you have proof of any case of this nature, please contact me (Jack Castle) by snail mail at 303-123 Bellamy Road, North, Scarborough, Ontario, M1L 2K9, Canada, enclosing photocopies of the transaction. If you wish, you can first contact me by telephone at 416-438-3601 or e-mail at halpinzothevac@aol.com.

On the other side of the coin, it is my understanding that a few participants who did not have the cash available, or could not get it, did in fact pick up their packages without additional payment, subject to a promise to pay after returning home. I have asked the organizers for a list of these cases and will be in touch with anyone who falls into this category.

For the latest in top-level track & field

The Bible of the Sport, published monthly since 1952. $43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS
TOURS TO THE OLYMPICS, TRIALS, WORLDS
www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606, Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax
Masters Scene

EMS

- Kathy Martin, a week after setting US records in the 800 and 1500 in the National Masters T&C Championships in Maine, was second woman overall with a 1:27:57 (an age-graded 1:16:58), the race’s best, on a warm, and humid evening in the Brentwood Cookie 5K, Brentwood, NY. Aug. 19. Don DiDonato was the M40+ winner in 16:49. Marie Louise Michelson, who broke the W50 WR for the 2000SCC and the US 1500 record in Maine, won the W60 race in 22:50.


- Three long-time East Coast masters runners, competing as the "Legends Three" team, ventured into another sport with success at the Vytra-Tobay Triathlon, Oyster Bay, NY. Aug. 18. John Conner, 67, East Hampton, NY, swam a 24:38, Al Puma, 72, Brooklyn, NY, biked 15K (23:31), and John McManus, 71, Queens, NY, ran a 5K (30:58) to win the Over 21 Combined Age category by 14 minutes with a 1:31:02.


SOUTHEAST


MIDWEST

- Janet Robertz, 50, Shorewood, MN, toured the Park Scenic 10 Mile course in a sixth-woman 58:29, Park Forest, IL, Sept. 2. John Mirth, 46, Plattsville, WI, was first M40+ in 1:34:14. David Ahner, 50, Vailpaso, WA, with a 57:51, and Sam Cortez, 51, Orland Park, IL, with a 58:23, staged the best age-group division contest. Warren Eltes, 82, Park Forest, ran an 87:01. Mike Yahmaz, 40, Oak Lawn, IL, in 1:16:21, won the 5K overall, and Endrizzi, 41, Normal, IL, was a close second in 1:16:28. Christina Walsh, 40, Campus, IL, took the W40 contest (19:15).

Mid-America


- With masters winners based on age-graded times, Dick Wilson, 70, Lawrence, KS, with an A-G 23:14 (actual time 44:53), and John McManus, 71, Queens, NY, ran a 5K (30:58) to win the Over 21 Combined Age category by 14 minutes with a 1:31:02.

SOUTHWEST


WEST

- Kevin Morning, 45, bolted to an M45 200 WR 22:13 (w0.05) in the Los Gatos AA All-Corners, Los Gatos, CA, Aug. 15. Stephen Peters (GBR) held the present record at 22:21 in 1999.

- Lad Patakai, 56, edged the W55 WR with a 3:54 in the FastFeet Throwers Meet #10, Santa Cruz, CA, Aug. 31. Klaus Liedtke (GER) holds the present record at 3:52.

- Danny Reed, M40, 71:10, and Julieanne White, W40, 79:03, bested the masters fields in America’s Finest City Half-Marathon, San Diego, CA, Aug. 16. Mariana Jones won the W50 race in 87:52. Hal Gofforth took the M55 contest in 85:19. Masters winners in the 5K were Gilberto Alvarez, M40, 17:11, and Trisha Vlastinik, W45, 19:52. Mary Storey was the W75+ victor in 2:35.

NORTHWEST


- Julie Goddierre, 44, Smithfield, UT, took the W40+ 2:30:33 in 3:05.

- At the Bend Marathon, Bend, OR, Aug. 5, Chad Keaton, 77, 3:19:01, set a new single-age record. Stated Keaton: "There hasn’t been any one as old as I who has run under 3:30." The previous record was set by Ed Benham, 3:30:27, in 1984.

ON TAP FOR OCTOBER

TRACK & FIELD

Las Vegas hosts the Nevada Senior Olympics on the 5th-6th. The 29th annual Club West Meet takes place at UC-Santa Barbara on the 5th. The Huntsman Senior Games opens on the 7th for a run through the 19th in St. George. USA Track & Field will be contested at the Transcendence Games, Long Beach State, Calif., and the 26th in the Southland Senior Olympics, Long Beach, Calif., Melbourne, Australia, is setting the World Masters Games in the 5th-13th.

LONG DISTANCE RUNNING

USATF National 100K Championships on the 19th, Duluth, Minn., and the 15K on the 26th, Tulsa, Okla., top an extensive schedule. The offerings include the Mid-America X-C Championships in Boulder, Colo., on the 5th, followed by the Detroit, Sacramento, and Portland. Ore., Marathons on the 6th; the Chicago Marathon on the 13th; the Tuscon 10K for Women in the 14th; in the Humboldt and Columbus Marathons and the Army 10 Miler in D.C. on the 20th; and the Cape Cod and Marine Corps Marathons on the 27th.

RACEWALKING

The National Masters 20K Championships will be decided in Coconut Creek, Fla., on the 20th. The Huntsman Senior Games include racewalks, as do many of the other track meets and road races of the schedule.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

**Schedule**

**TRACK & FIELD**

**NATIONAL**


May 27-June 3, 2003. Summer National Senior Games/Senior Olympics, Hampton, VA. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, P.O. Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsca@www.nationalseniorgames.org


October 6. Syracuse Festival of Races 5K, Syracuse, N.Y. 315-446-6285; www.festivaloaraces.com


October 6. Wineglass Marathon & Relay, Corning, N.Y. 607-936-4686; email: wineglassrace@aol.com


October 12. United Technologies Greater Hartford Marathon, Hartford, Conn. 860-632-8666; www.hartfordmarathon.com


October 14. Tufs 10K Health Plan for Women, Boston. Kristin Girard, tufs10K@ventures.com


October 20. Great Pumpkin Classic 4 Mile, Trumbull, Conn. www.hitercracing.com

October 26. Seaside 10 Mile & 5K, Ocean City, Md. www.oceocan.com


October 27. CompassBank Cape Cod Marathon/Clinic, Falmouth, Mass. Limited to 1200 marathons and 150 relay teams. USATF NE Championships 508-540-6959; email: marathon@cape.com

October 27. Mystic Places Marathon & Relay, East Lyme, Conn. 203-481-5933; mysticplacestramathon.org


October 17. NYRR Cross-Country Championships, Van Cortlandt Park, Bronx. See Nov. 3.


October 24. NYRR Pete McDaid Cross-Country Classic, Van Cortlandt Park, Bronx. See Nov. 3.


October 28. 6th Manchester 4.7 Mile Road Race, Manchester, Conn. 860-649-6461; www.manchesterrunfestival.com

October 30. Knickerbocker 60K, Central Park, NYC. See Nov. 3.


**SOUTHWEST**

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

October 5. Buckhead Sizzler 10K, Atlanta, Ga. 770-518-8002; www.atlantasmartx.com

October 5. Applefest 4 Mile, Erwin, Tenn. Jay Poole, 423-743-1700; www.runstc.org


October 13. Disney’s 10K Classic, Orlando, Fla. 407-938-3398; disneyworldsports.com

October 20. Trigon Bay Bridge Marathon, Virginia Beach, Va. 757-498-0215; www.baybridgemarathon.com


October 26. Wild Ghost Chase 5K, Mobile, Ala. Port City Pacer, Box 60427, Mobile, AL 36660. 251-473-5009.

October 26. Food World Senior Bowl Charity Run 10K, Mobile, Ala. Richard Dorman, sbowolf@seniorbowl.com


November 23. Paul deBruyn Memorial 10K/RRC NA National Championships, Daytona Beach, Fla. Leonard Kochendorfer, PO Box 1303, Daytona Beach, FL 32127. 386-322-0833.

November 23-24. Hyatt Ski Turkey Trot, Salt Lake City. 704-554-1234; x2002; www.hyattturkeytrot.com

November 28. Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-731-1900; www.outback.com


December 7, OUC Orlando Half-Marathon Continued on page 18
2001 U.S. Masters Outdoor Track & Field Rankings Book

• Men’s and women’s 2001 U.S. 5-year track & field age-group rankings.
• 48 pages, over 100-deep in some events.
• All T&F events.

Send $8.00 plus $2.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 50098, Eugene, OR 97405

Name:

Address:

City State Zip

2002 National Masters News

October

October 6. Des Moines Marathon, Des Moines, Iowa. 515-283-8246; www.desmoinesmarathon.org
October 10. Mount Rushmore Marathon, Rapid City, S.D. 605-721-1251; info@mountrushmoremarathon.com
October 19. Wisconsin Marathon, Wisconsin Dells, Wis. 715-751-3333; www.wisconsinmarathon.com
October 26. St. Louis Marathon, St. Louis, Mo. 314-725-9884; www.stlouismarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

October 5. USATF Oklahoma Marathon Championships/Real Life Classic, McAlester. 918-437-0944; www.members.msn.com/reallife
October 6. Oklahoma City Marathon, Oklahoma City, OK. 405-840-8040; www.okcmarathon.com
October 13. Oklahoma City Marathon, Oklahoma City, OK. 405-840-8040; www.okcmarathon.com
October 21. Oklahoma City Marathon, Oklahoma City, OK. 405-840-8040; www.okcmarathon.com

MID-AMERICA

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

October 5. Red October 5K, Wayne, Mich. 313-886-5484; cooke@walwood.org
October 6. 25th annual Detroit Free Press/Flagstar Bank Marathon, Detroit, Mich. 313-742-2926; www.detroitfreepressmarathon.com
October 6. Heritage Park Fall Classic, Farmington, Mich. 248-473-9570; runningfoundation@arg.net
October 13. LaSalle Bank Chicago Marathon. 888-243-3344; www.chicagomarathon.com
October 20. Columbus Marathon, Columbus, Ohio. 614-421-2411; www.columbusmarathon.com
November 5. Bartlesville 5K, Bartlesville, Okla. 918-336-6500; www.bartlesville.com

AMERICA

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

October 5. USATF Mid-America Masters & Open Cross-Country Championships, U.S. of Colorado, Boulder. Masters M&W-5.8K. Tim Dolen, 303-499-3841; tpdolen@yahoo.com; www.toucantrackclub.net/midamerica.html; www.boulderroadrunners.org
October 6. GOALS 10K Thrill Run, Grand Forks, N.D. William Gosselin@unid.nodak.edu

SANDY MARYOTT

Tom Bassett (l), M55, and Mel Larsen, M75, at the Blair Open Track Meet, Blair, Neb., Aug. 4. Larsen, the current USATF World Champion in the 100 and 200, won the 100, 200, and 200M at Blair. Bassett, 12th M55 in the 100 in the 14th World Championships, won the 100 and 200.
### NATIONAL DISTANCE RESULTS

**USATF 50K Trail Championship**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50K</td>
<td>Headlands 50K, Sausalito, CA</td>
<td>Aug 24</td>
</tr>
</tbody>
</table>

**USATF Members Overall**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50K</td>
<td>Jeremy Reading</td>
<td>3:46:00</td>
</tr>
<tr>
<td></td>
<td>Mary Fagan</td>
<td>3:45:59</td>
</tr>
<tr>
<td></td>
<td>Mark Tomkinson</td>
<td>3:44:30</td>
</tr>
<tr>
<td></td>
<td>Mark Richman</td>
<td>3:44:11</td>
</tr>
<tr>
<td></td>
<td>Roy Rivers</td>
<td>3:42:21</td>
</tr>
<tr>
<td></td>
<td>John Edgerton</td>
<td>3:42:37</td>
</tr>
<tr>
<td></td>
<td>Brian Robinson</td>
<td>3:43:15</td>
</tr>
<tr>
<td></td>
<td>M50 Heri Tanzer</td>
<td>3:42:09</td>
</tr>
<tr>
<td></td>
<td>Frank Bozichan</td>
<td>3:42:41</td>
</tr>
<tr>
<td></td>
<td>Danny Dreyer</td>
<td>3:46:46</td>
</tr>
<tr>
<td></td>
<td>Wilf Prittgenu</td>
<td>5:01:30</td>
</tr>
<tr>
<td></td>
<td>Joe Scheffer</td>
<td>5:01:52</td>
</tr>
<tr>
<td></td>
<td>M50 Russ Kieman</td>
<td>5:12:27</td>
</tr>
<tr>
<td></td>
<td>Roger Delott</td>
<td>5:19:00</td>
</tr>
<tr>
<td></td>
<td>Dieter Walz</td>
<td>6:09:08</td>
</tr>
<tr>
<td></td>
<td>David Woody</td>
<td>6:06:30</td>
</tr>
<tr>
<td></td>
<td>Ed Graper</td>
<td>7:20:10</td>
</tr>
<tr>
<td></td>
<td>M70 Jim Arthur</td>
<td>8:11:07</td>
</tr>
<tr>
<td></td>
<td>W40 Luinne Park</td>
<td>5:59:17</td>
</tr>
<tr>
<td></td>
<td>Rina Schumman</td>
<td>5:24:21</td>
</tr>
<tr>
<td></td>
<td>Jane Baden</td>
<td>5:36:05</td>
</tr>
<tr>
<td></td>
<td>Jene Dryer</td>
<td>7:00:27</td>
</tr>
<tr>
<td></td>
<td>Penny Smith</td>
<td>7:01:45</td>
</tr>
<tr>
<td></td>
<td>Christine Brownson</td>
<td>7:08:31</td>
</tr>
<tr>
<td></td>
<td>W60 Edith Gosney</td>
<td>6:38:29</td>
</tr>
<tr>
<td></td>
<td>Ann Grove</td>
<td>6:51:07</td>
</tr>
<tr>
<td></td>
<td>M Peterson</td>
<td>8:17:17</td>
</tr>
</tbody>
</table>

**EAST**

**George Sheehan Classic 5 Mile Run, Bank, Aug 10**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>50K</td>
<td>Simon Wangi</td>
<td>23:20</td>
</tr>
<tr>
<td></td>
<td>Edna Kiplagat</td>
<td>26:20</td>
</tr>
<tr>
<td></td>
<td>M40 Kevin Brewler</td>
<td>27:56</td>
</tr>
<tr>
<td></td>
<td>Ted Delmanay</td>
<td>28:28</td>
</tr>
<tr>
<td></td>
<td>Jack Manix</td>
<td>28:57</td>
</tr>
<tr>
<td></td>
<td>M50 Michael Mooney</td>
<td>27:54</td>
</tr>
<tr>
<td></td>
<td>Thomas Greggi</td>
<td>29:45</td>
</tr>
<tr>
<td></td>
<td>Bill Winterbottom</td>
<td>30:32</td>
</tr>
<tr>
<td></td>
<td>M50 Bill Scholl</td>
<td>29:53</td>
</tr>
<tr>
<td></td>
<td>Richard Henderson</td>
<td>32:27</td>
</tr>
<tr>
<td></td>
<td>William Wacznarski</td>
<td>32:49</td>
</tr>
<tr>
<td></td>
<td>M50 Art Burger</td>
<td>30:50</td>
</tr>
<tr>
<td></td>
<td>Mike Galasso</td>
<td>32:35</td>
</tr>
<tr>
<td></td>
<td>Ronald Cober</td>
<td>34:01</td>
</tr>
<tr>
<td></td>
<td>M50 Pat Corso</td>
<td>31:64</td>
</tr>
<tr>
<td></td>
<td>Butch Pivao</td>
<td>34:22</td>
</tr>
<tr>
<td></td>
<td>Tom Mate</td>
<td>34:26</td>
</tr>
<tr>
<td></td>
<td>M50 Edith Gosney</td>
<td>36:57</td>
</tr>
<tr>
<td></td>
<td>M50 Richard Henderson</td>
<td>32:27</td>
</tr>
<tr>
<td></td>
<td>William Wacznarski</td>
<td>32:49</td>
</tr>
<tr>
<td></td>
<td>M50 Art Burger</td>
<td>30:50</td>
</tr>
<tr>
<td></td>
<td>Mike Galasso</td>
<td>32:35</td>
</tr>
<tr>
<td></td>
<td>Ronald Cober</td>
<td>34:01</td>
</tr>
<tr>
<td></td>
<td>M50 Pat Corso</td>
<td>31:64</td>
</tr>
<tr>
<td></td>
<td>Butch Pivao</td>
<td>34:22</td>
</tr>
<tr>
<td></td>
<td>Tom Mate</td>
<td>34:26</td>
</tr>
</tbody>
</table>

**Continent from next page**
2002 USATF NATIONAL MASTERS
8K CROSS COUNTRY CHAMPIONSHIPS
(also serving as the 2002 Canada vs. USA Masters XC Dual Meet)
Sunday, November 3, 2002 One Race 11:00am
Black Creek Park, Rochester, NY

ELIGIBILITY: Open to all runners, age 40 & over on race day, who are valid members of USATF for 2002. You must have your 2002 USATF membership number to participate. USATF registration is available online at www.usatf.org.

YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR RACE PACKET. Foreign athletes are not eligible for USATF awards.

INDIVIDUAL AGE GROUPS: Men & Women: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 80-84, 85-89, 90-
94, 95-99, 100+. Age on race day determines division. The race director may require proof of age, USATF membership
and club affiliation.

INDIVIDUAL AWARDS: USATF Championship medals to the top 3 in each age group. Ribbons 4-10th in each age group.
The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age
divisional performance will receive awards. There will be separate awards for the Canada vs. USA Meet and for any
non-scoring foreign entrants.

ENTRY FEES: $20.00 pre-entry (received by 10/26/02)
$25.00 after 10/26/02 in person registration at Black Creek Park on Saturday, November 2nd, 2-5pm.
NO RACE DAY REGISTRATION (Long-sleeved Official Race shirts available for an additional $10.00).

ENTRIES: Entries will be accepted by mail until Tuesday, October 29th. Late Registration (after 10/26/02) may only be made
in person at Black Creek Park on Saturday, November 2nd from 2-5pm. TAY.
THere will be no RACE DAY REGISTRATION!

CONFIRMATION OF ENTRIES: An entry list will be posted on the Genesee Valley Harriers website: www.gvh.net

AWARDS CEREMONY AND POST-RACE PARTY: Will commence immediately following the race on site in
the Woodsdale Lodge. Lots of food and drink will be provided for all competitors and families.

TEAM PRIZE MONEY: a minimum of $2500 to team prize money will be available.

AWARDS: USATF National Masters medals will be awarded to the scoring members of the 1st, 2nd & 3rd
place teams in each division. USATF Championship patches will be awarded to the scoring members of the
winning team in each division. The Fleschmann Cup will be awarded to the winning team in the USA vs. Canada Meet according to
the traditional scoring rules where all runners count in the scoring for their country (see www.usatf.org for further details).

TEAM ENTRIES: Teams must be 2002 members of USA Track & Field and must provide proof to the race director in the
form of a USA Track & Field club certificate or letter from their Association. National Clubs and USATF Association
All-Star teams are not eligible to score in the meet. Team members must be able to show that they are fully accredited
representatives of their USATF member club. Athletic teams must include each team member’s name on the entry form. Team age
divisions are 40+, 50+, 55+, 60+, 65+, 70+, 75+, 80+, 85+. A maximum of eight (8) declared runners per team. Scoring is
done by aggregate time of scoring runners. Men 40+, 50+, score five (5) runners. All other divisions, including all women’s
divisions, score three (3) runners. In addition to the Team Entry Form, all teams must submit their official entry forms
together along with their Copy of their Club’s USATF Association Team Certificate. Canadian runners, see www.gvh.net for
Canada vs. USA entry blank.

TEAM ENTRY DEADLINE: Team declaration forms will be accepted by mail until Tuesday, October 29th or in person from
1:00 to 5:00pm on Saturday, November 2nd at Black Creek Park. Final declarations are due by 5:00 pm on Saturday,
November 2nd - NO EXCEPTIONS! Team forms are available at www.gvh.net. No team declaration changes may be
made on the day of the race.

HOST HOTEL: 25 rooms ($59 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road,
Rochester phone (585) 373-7803. You must call by Monday, Oct 22 to insure the $59 rate. Be sure to mention National
Masters Cross Country Championships when making reservations. The Hampton Inn is located just off I-490 Exit 16 of Route
350 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rte 360 North to Rte 490 West to Exit 4.
Black Creek Park is located one mile South on Rte 258 (Route 15). Other hotels with 15 minutes of Black Creek Park:

Other hotels with 15 minutes of Black Creek Park:

Courtyard by Marriott (Brighton) (585) 292-1000
Holiday Inn (Airport) (585) 755-6000
Fairfield Inn (Airport) (585) 759-5000
Radisson Inn (Airport) (585) 475-1910
Holiday Inn South (Haldome) (585) 475-1510
Additional lodging info: (800) 877-7150

Course Location: Black Creek Park is located 15 minutes west of downtown Rochester, NY. Use Exit 4 of Rte 490.
Expecting around 600 runners. The Park is located one mile South of Exit 4, on Rte 258 (Union Street). At 1,500 acres, Black Creek Park is
one of Monroe County’s largest parks. It includes hiking, bridle and cross country trails as well as two ponds, a model
airplane field plus picnic and camping areas. Bathrooms are available. No showers. Come dressed to run.

Course Description: The 8km course is all grass and wooded trails with 2 challenging hills.

TIME SCHEDULE: Monday, October 14: Final date to get special rate at host hotel, the Hampton Inn South.
Tuesday, October 29: Deadline for entries sent by mail.
Saturday, November 2: 2:00-5:00pm Course tours and late registration at Black Creek Park.
Sunday, November 3: 9:00am Packet pick-up begins.
11:00am: National Masters 8km XC Championship Race, also serving as the Canada vs. USA Masters XC Dual Meet
Awards Ceremony @ Woodsdale Lodge.

Next Year: November 2, 2003: USATF National Masters 8km Cross Country Championships @ Black Creek Park.