The official world and U.S. publication for masters track & field, long distance running and racewalking

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First three M70-finishers, NYRR Fifth Avenue Mile (1 to 3): Eric Seiff, 70; Jim Sutton, 72, and William Fortune, 75.

**Throwers Peerless in Seattle**

By JERRY WOJCIK

SEATTLE, Wash. – Again, the Seattle Masters Athletic Club hosted the USATF National Masters Weight and Superweight Championships at West Seattle Stadium’s throws complex, Sept. 6. The meet has been held here for well over a decade and is nearing tradition status. And again, the weather was sunny and warm, perfect for throwing.

Besides competitors from local states, the field of seven women and 27 men included representatives from Arizona, Michigan, Ohio, Texas, and Florida.

Two Texans, Carol Finsrud, 46, and Bob Ward, 70, accounted for four of the five pending records set in the meet. Ward established a U.S. M70 record of 18.83 for the 16# weight and broke the record of 7.65 for the 35# superweight held by James York since earlier this summer when he was 59.

Ward’s score of 1859 was 135 points above the second place finisher. Finsrud’s score of 1839 was 200 points above the second place finisher. Both Ward and Finsrud successfully tied the pending world record. That record was held by Susan Davis.

**Milers O’Driscoll, Jones Win on 5th Avenue; Nolan is Top Performer**

By JERRY WOJCIK

This year, the NYRR Fifth Avenue Mile changed its format for the younger masters runners. Instead of competing by invitation in 10-year age groups as they had done previously, men and women ages 40-to-59 ran with the open runners with results shown in five-year age groups.

Runners ages 60+ ran in the George Sheehan Memorial Mile with their peers as they have in the past.

The races were held on Fifth Avenue, starting at East 80th St. and finishing at East 60th St. on Sept. 7.

Conor O’Driscoll, 42, Rye, N.Y., was first master and third overall in 4:29, an 89.1% age-graded time. Paul Mascali, 51, Manhasset, N.Y., was second M40+ in 4:41, an A-G 91.4%. Performance honors went to Harold Nolan, 56, Navesink, N.J., for his M55 winning 4:51, an A-G 92.1%. The first two spots overall in the men’s open mile went to masters.

Catherine Jones, 41, Ringwood, N.J., ran an A-G 86.7% 5:08, and Mary Finney, 60, of New Rochelle, N.Y., won the women’s open mile in an A-G 92.1% overall weight pentathlon. Lewis and Finsrud’s scores of 5261 and 5233 points, respectively, broke their own previous records set at the World Masters Athletics Championships in Puerto Rico in July.

**Creel Sets Course Record at 50K Trail Championships**

By SUSANNAH BECK

Wildlife ecologist Scott Creel, 41, Bozeman, Mont., co-author of The African Wild Dog, didn’t stop to sniff the flowers in his first ultra-marathon, Aug. 23, at the spectacularly scenic and challenging Golden Gate Headlands 50K/U.S. 50K Trail Championships in Rodeo Beach, Calif.

In only his first race over 22 miles, Creel set a new course record, 3:49:54, out-scrambling the runner-up, the talented and experienced Dennis Rinde, 44, Davenport, Calif., 3:54:45, by almost five minutes, on a sunny, warm day.

The five-year-old Golden Gate course boasts seven major hill climbs through the Mt. Tamalpais State Park and Headlands backcountry, totaling roughly 7000 feet of ups-with-a-view. Creel’s hill-climbing fitness was suggested earlier this summer when he won the National Masters Mountain Running Championship at the Vail Hill Ultra.

**Weight Pentathletes Break Records in Fort Collins**

FORT COLLINS, Colo. – Four world and six U.S. records were set at the 2003 USATF National Masters Weight Pentathlon Championships held here on Aug. 23-24.

World records were broken by Onethea Lewis, 43, Bayside, N.Y., Carol Finsrud, 46, Lockhart, Texas, and Bob Ward, 70, Carrollton, Texas, in the overall weight pentathlon. Lewis and Finsrud’s scores of 5261 and 5233 points, respectively, broke their own previous records set at the World Masters Athletics Championships in Puerto Rico in July.

Continued on page 3
Annual Meeting Slated for December

Most of you are aware that USATF holds its annual meeting every year during the first week in December. This year's meeting will be held Dec. 4-7 at the Sheraton Greensboro in Greensboro, N.C. This is where USATF technically conducts its business for the year. That is not to say nothing happens the rest of the year, but matters that require motions by full committees and the whole organization are handled at this meeting. Your Masters Executive Committee handles less important business on your behalf during the rest of the year.

You probably are aware that we have a representative form of governance. The Masters Committee is made up of 21 voting delegates. The largest group of delegates comprises the Masters Chairs from the 77 Associations. Next is active athletes with 21. Then 10 from amateur sport organizations, five each for at-large members (appointed by the Chair) and elected officers, three each from other organizations (AAATRA, NSGA, and USCCA) and committees (athletics/disabled), officials and coaches.

Athletes' Input
Where does that leave you, the athlete? One thing you can do is come to the meeting and hope you are elected by your fellow athletes to one of the 21 active athlete positions.

You might e-mail your local association to see if your masters chair (if they have one) is going to the annual meeting and will be in attendance at all of the masters meetings. If not, get yourself appointed with a letter from the association president. You might also be able to join some of the other organizations and committees and be their representative. We need better representation from these groups at our meeting.

If none of this works for you, then the obvious course of action would be for you to lobby these representatives to represent your point of view on matters you really believe in. They are representing you. If they don't get your input, then they are representing themselves.

Advance Preparation
One needs to understand that these meetings are not freewheeling like the athletes' meetings we have at the Outdoor and Indoor Championships. We have little time and many topics to cover to accomplish our business in the short period of time we have. It is best to work through issues that you have in advance, and have your representative present the topics to me and the Executive Committee for consideration prior to Nov. 1.

A good place to work through your issues is at your local association's October meeting, if they have one. This is where appointments to the annual meeting should be made and confirmed. If you don't like what your association is doing for masters, get elected as masters chair and work through the issues. This is how you have influence on the way your organization is run.

I believe we exist to provide safe, competitive opportunities for our athletes. I hope we see and hear from more of you. You can give us your input any time. Also, please understand that writing a letter to the editor of National Masters News is an indirect communication to us, although we monitor those views carefully as well.

We look forward to a great Annual Meeting this year.

National Weight/Superweight

Continued from page 1

Georgia Cutler, 60, Oregon, broke the U.S. record for the 12# weight (12.28).

Another top marks came from George Mathews, M60, of California, with the 20# weight (19.68); Todd Taylor, M55, Oregon, 25# weight (17.68); Jim Wetenhall, M45, Ohio, 35# weight (15.35) and 56# superweight (10.33); and Joyce Taylor, W50, Oregon, 16# weight (11.39).

Twenty-five records were set in the 9th annual Ultra Weight Classic, where the contestants add the 95#, 200#, or 300# weights to their Championships marks, which are then all age-graded. Wetenhall scored 5350 points to win the M30-69 bracket, with a big score (1392) in the 300# weight for his meet record 1.72. Bob Cahners, M60, Florida, was second (4827).

Ward took the M70+ group award with 5467 points. Mike Devlin, M70, Washington, was second (3758). The final weight in this division was the 200#.

The women's winner in the Ultra Weight was Finsrud, who scored 5569 points, 1138 coming from a 1.38

Jeff Crothers, 44, hurls the 98# weight, Seattle Masters AC Ultra Weight.

THROWERS

The Long & Strong Throwers 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 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!

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NATIONALS

The National Championships in Eugene were a resounding success. I would like to thank everyone involved in making this such a great event — The Organizing Committee, Northwest Event Management, the officials, and volunteers.

The Championships can't return to Eugene too soon to suit me. Any athlete interested in a high quality videotape of their events should contact Paul Dungan at 4016 NE Hazeleln Pl., Portland, OR 97232.

Paul Heitzman

I had a great time in the USA Masters Nationals. The meet in Eugene was well run, and it was a pleasure to run and socialize with some great athletes. I was impressed with the support given runners, especially at the massage tent and training room. The ice baths were chilling.

However, I was miffed at the number of competitors who were listed as USA. There were so many, I imagined a new running club — United Nations Athletics, for example. I wonder what happened, as I'm sure many, like myself, listed their club affiliation.

Robert Cozens
Houston Harriers

I am a bit perplexed by the scoring for the National Masters Championships. First, I assume the points were awarded on a 5-4-3-2-1 basis and that all events except relays were included in the totals.

The Dallas Masters Track and Field Club had 12 members participating in the meet, but only 6 of them were shown as DMTC members. I personally talked to all of my members and they all said they registered as Dallas Masters members.

Those members listed as USA were Don Benson (1-2, 1-3 & 1-5), Bill Carter (4-1, 3-2 & 1-5), Cindy Steenberg (3-1), Dorothy Vander-Cruijssen (1-1, 1-2 & 2-3), Glenn Udy (1-4), Bob Ward (2-1, 1-2 & 1-3). This is a total of 94 points that our club is due.

All of these people have been members of the Dallas Masters Club for several years, except Vander-Cruijssen who joined last year.

In addition to the above, the others scoring points were Wayne Bennett, Joe Summerlin, Linda Douglass, Wendell Palmer and Fan Benno-Carls. We feel we scored 133 points total. Mack Stewart is also a member of our club, as well as a member of Houston Harriers with whom he registered.

Can you please advise is my assumption on scoring is correct? Is it possible to change the scoring to reflect what the Dallas Masters really achieved?

Wayne Bennett
Arlington, Texas

The only place in the race books that mentions team scoring for masters is rule 261.2a. The rule uses 5, 3, 2, 1 points for 1st, 2nd, 3rd and 4th places. Since team scoring at the Nationals is unofficial at this point, we used Rule 261.2a. When team scoring becomes official at the Nationals, the new rule will have to include the scoring methods.

Sandy Pazikin
USAFF Masters Games Committee Chair

FALSE START RULE

I have been involved with track & field on and off for 57 years, and I have always been bothered by the rule that disqualifies an athlete for false starts. While the professional ranks certainly need some system to ensure fairness, it seems to me that disqualification is unduly harsh for masters athletes. We train hard, spend our own money to go to an away meet, and receive nothing tangible in return even if we win. We do this for fun, not financial reward.

In other sports, disqualification requires some flagrant act such as abusing a referee, clubbing an opponent with a hockey stick, throwing a bean ball, or fighting.

I wonder if any consideration has ever been given to a football style penalty for a false start — that is, moving the offending athlete's starting line back some predetermined amount. Two percent of the race distance sounds about right.

This approach imposes a penalty without the need for disqualification. I would find this much more palatable.

Larry Patz
Contoocook, New Hampshire

5th Avenue Mile

Continued from page 1

Evans, 44, Scarsdale, N.Y., was five seconds back in 5:13, an 87.6%.

In the George Sheehan Memorial Mile, Vic Heckler, 61, Chicago, Ill., won the M60-69 race in 5:13, an age-graded 89.7%, but best performance went to Sid Howard, 64, Plainfield, N.J., third behind Bill Borla, 63, Torrington, Conn., 5:17. Howard ran a 5:19 to register a 90.8% to Borla's 90.4%.

Evelyn Davis, 65, Clifford, Park N.J., won the W60-69 race in 7:02.

Jim Sutton, 72, Reading, Pa., was the first M70-79 in an age-graded best 87.6% 6:03, with Eric Seif, 70, Bronx, N.Y., second at 6:18.

Ginette Bedard, 70, Howard Beach, N.Y., was fifth overall in the combined men's and women's 70-79 race with an age-graded 84.1% 7:12.

In the 80+ groups, John McManus, 80, Woodside, N.Y., was first with a 7:41. Grace Salant, 80, Brooklyn, N.Y., finished first woman in 14:06. Abe Weintrub, Brooklyn, the oldest finisher at age 93, edged out David Gerli, 91, NYC, by one second with a 15:47 with both sprinting for the last 30 yards.

Next year, the George Sheehan Memorial Mile will also be discontinued, with runners competing in five-year age groups in the open races. Al Puma, organizer of the Sheehan Memorial Mile, said, "The new format will not be conducive to participation by out-of-towners. It'll just be another NYC race. It's time for me to retire from it."

After the races, Puma hosted a buffet luncheon at the Mangia Restaurant for the Sheehan Mile runners.

The Invitational Mile winners were Theresa Du Toit, 4:53, and John Itali, 3:56. The prize purse totaled $5700 for the top three men and women and the top three masters men and women.

Sustainers for October 2003

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

Special thanks this month go to:

Richard Donley
Tulsa, Oklahoma

Tim Dyas
Ridgewood, New Jersey

Jim Gerhardt
Houston, Texas

Jack Stevens
Victoria Australia

Thomas Sullivan
Oak Brook, Illinois

Bob Weiner
Washington, D.C.
So Cal TC Takes First Team Title

By MICHAEL C. TIPPING
So Cal Track Club athletes outscored the competition to earn the first-ever team title at the USATF National Masters Championships in Eugene, Ore., on Aug. 7-10. Although the team championships is unofficial, it gives us a look into what the future may be when it becomes official.

The final results gave So Cal 151 points, followed by Oregon Track Club Masters (126), Atlanta Track Club (85), Portland Masters (82), and Midwest Masters (78).

So Cal's 28-member squad racked up 41 medals during the four-day meet, including six athletes who were double gold-medal winners. David Ashford, fresh off a world-record-setting effort in the 110H at the WMA Championships in Puerto Rico, won the M40 short hurdles and long hurdles.

Veronica Amaranasekara successfully defended her national titles in the W40 triple jump and long jump, setting an age-group U.S. record in the latter event.

Brian Pope, appearing in his first Nationals for So Cal, won the M40 5000 and 10,000. Kettrell Berry repeated his feat of last year in sweeping the M40 100 and 200.

Combined-event standout Johnney Valien limited herself to field events but still earned gold in the W75 shot put and javelin.

Sumi Onodera-Leonard may have achieved the most-distinctive double, winning the W75 400 and 800 to go with her silvers in the 100 and 200.

Another notable achievement was Larry Barnum's victory in the M55 800 that positioned him to challenge the world record in the M60 age group into which he is moving. So Cal's other 800 champion was M50 David Salazar.

Dave Cook, in winning the M45 3000 steeplechase, ran an over-40-personal best. Additionally in the steeple, Chris Yorges, 37, extended his streak of national gold medals that stretches back well into the '90s. M35 high jump champion Ron Lee was So Cal's other gold medalist.

So Cal's final medal count included 17 gold, 15 silver and nine bronze.

Noting that such potent outfits as Sprint Force America were largely absent from Eugene, So Cal coach Mark Cleary said his team looks forward to facing all the top masters teams next summer at the 2004 Nationals in Decatur, Ill.

He also said So Cal Track Club wishes to thank the makers of Jogmate muscle-recovery products for their support and sponsorship.

We Welcome Letters

• The National Masters News welcomes letters on topics of general interest. Our length limit is 250 words.

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

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

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

• Please type and double space.

• Letters are condensed and edited.

• Not all submissions are published.

Jogmate Muscle-Recovery Products
Congratulates So Cal Track Club
for winning the Team Championship
at the 2003 USATF Masters National Outdoor Championships in Eugene, Oregon

Six So Cal athletes were double national champions: Veronica Amaranasekara (long jump, triple jump), David Ashford (110-meter hurdles, 400-meter hurdles), Kettrell Berry (100 meters, 200 meters), Sumi Onodera-Leonard (400 meters, 800 meters), Brian Pope (5,000 meters, 10,000 meters), and Johnney Valien (shot put, javelin). Larry Barnum (800 meters), Dave Cook (3,000-meter steeplechase), Ron Lee (high jump), David Salazar (800 meters) and Chris Yorges (3,000-meter steeplechase) won single national titles.

(Paid Advertisement)
Payton Jordan: Master of Masters

"I was pleasantly surprised that my strength, flexibility, and reaction time were still intact," Payton Jordan commented, referring to his competitive comeback in 1972 at age 54. "It was exciting to have the competitive juices kick in, as I still found great joy in meeting the challenges of head-to-head competition, and striving to be the best I could be regardless of the age factor."

As discussed in this column last month, Jordan, now an 86-year-old resident of Santa Barbara, Calif., had been a world-class sprinter just prior to World War II, recording a 9.5 (and an unofficial 9.4) for 100 yards, as well as a 10.3 for 100 meters and 21.1 for 200 meters. He went on to a successful coaching career at Occidental and Stanford University and was the coach for the U.S. Track & Field team at the 1968 Mexico City Olympics.

Staying Fit

Although he had not competed in some three decades before making his comeback in 1972, Jordan managed to maintain a fairly high level of fitness.

"Throughout my life I have regularly maintained fitness due to constant demonstration as a part of my teaching and coaching of athletes," he explained.

When he was 37 and coaching at Occidental, a few of Jordan's track team members were chiding him about his antiquity. Jordan bet an orange juice that he could beat them, which he did while clocking 9.7 for 100 yards. It was 17 years later, while conducting an Olympic summer training program, that he was talked into taking part in a sprint for old timers at Lake Tahoe, Calif. He won the race and the next thing he knew he was competing in masters events and setting world age records, including 10.7 for 100 yards (age 55), 11.6 for 100 meters (55), and 23.6 for 200 meters (54).

World Records

Jordan would continue to compete and set world records until age 82. At 81, he was able to run 100 meters in 14.6 and 200 in 31.20. (See accompanying chart for Jordan's times at various ages.)

I asked Jordan what a sprinter can do to counter the effects of aging on performance. He responded by addressing four basic areas as having a dramatic effect on the aging process, particularly in sprinters: respiratory, flexibility, strength, and reaction.

Pointing to studies which indicate a loss of about one percent a year in VO2 max (maximal oxygen uptake), Jordan feels the best way to minimize this respiratory loss is to keep the body weight at the ideal for size and height.

"Flexibility seems to take a vacation, unless one addresses it on a regular basis," he continued. "By doing so, we insure against injuries, we maintain better performance of muscles, ligaments, and tendons, which aid better acceleration and rhythm of movement."

Use It or Lose It

As for strength, you have to use it or lose it, Jordan offered. "Otherwise you won't have the power for sprinting. Strength and resistance work is vital, for strength is speed. Maintaining strength allows one to hold back the decline in speed."

Reaction time, defined by Jordan as basic speed resulting from an abundance of "fast-twitch" fibers, is the last of the four basic blocks to diminish and decline.

"Speed dynamic drills to condition neural pathways will give the best returns for maximizing one's natural gifts," he said. "It is very important to constantly be aware that specificity of the training regimen brings the greatest results in performance."

Jordan advocates routines and programs with an underlying philosophy of "taming out, not rusting out" to minimize the aging process.

"Train fast to be fast, train slow to run slow," he says. "You should try to duplicate the physical, organic, and psychological challenges of ballistic speed in practice so it becomes automatic in competition."

Weight Training

While weight training was pretty much frowned upon during his pre-war heyday, Jordan replies, "Absolutely!" when asked if weights should be an integral part of the sprinter's routine. He advocates lifting every other day, the lower body one day, the upper body the second day, and the total body in the week's third session.

For speed-oriented power development, the loads should range from three to 10 percent of maximum for arms, shoulders, and hip flexors," he offers, "and for the heavy extensor muscles of the hips and legs the loads should range from 10 to 40 percent. Increase in loads may be progressive in nature."

For strength-oriented power development, Jordan says that the loads should range from 10 to 30 percent of max for arms, shoulders and hip flexors, and from 30 to 60 percent for the hip and leg muscles.

"With the heavier weights, the exercises will be performed at a slower rate of speed, because of the heavier resistance," he adds, pointing out that flexibility stretching should be performed before and after weight training sessions.

"Our goal is to age slower than one's rivals, in both the physical and mental areas of our lives," Jordan ends the interview. "Maintenance is a must to avoid decline in performance. Attitude is everything. God blesses us and it is up to each of us to take care of His gifts!"
Increasing Masters Press Coverage

USATF Masters Chair George Mathews was right when he wrote that “Communication is Essential for Publicity” (Sept. NMN), but his column misses the main point. USATF cannot only look inward. The Boston Indoor Nationals, which brought in outside media coordination, drew eight TV cameras, daily front page press in all the major Massachusetts papers including the Boston Globe and Herald American, and national press including the Christian Science Monitor, Runners World, San Diego Tribune, Washington Times, and Associated Press with its hundreds of papers.

The outdoor nationals, just held in Eugene, was a wonderful meet but, in the area of press, without similar outside assistance, drew the local Eugene paper and two local cameras — period. The local meet organizers did all they could afford to help on their own by supporting the media press.

Attracting the Media

There is no mystery to drawing press, but it takes more than massive e-mails, which are generally ignored. It takes enthusiastic phone calls to a myriad of targeted press, a blast of real conversations sensitive to press needs and deadlines, and certainly more than late-in-the-evening (and post deadline) press releases. Early-enough materials with precision phone calls sensitive to what media want (not what the meet wants, although the two can be blended) are key.

I was pleased that World Champion/USATF 2002 Outstanding Masters Athlete Phil Raschner and I had the chance to conduct the seminar for athletes at the Eugene Meet on how to generate press in home media. No one “emphasized that athletes do it themselves” as a “do it yourself approach” instead of meet organizers carrying out a campaign. Both are important.

I am glad to report that Bruce McBarnette, world champion high jumper, came up to me at the recent Potomac Valley Games in Virginia to tell me, proudly and deservedly, that he just got in the current Sports Illustrated in “Faces in the Crowd” with his Eugene Nationals performance by using the model media telephone call sheet we gave him and many others in Eugene. I invite any athletes who want this sheet to download a copy from our Web site at www.weinerpublic.com, or write me for a copy.

Media Subcommittee

Dave Clingan’s motion to create a masters media subcommittee is a brilliant idea that no one should oppose. Nor should anyone oppose placing real media-generating experts and enthusiastic people on the committee. The committee would advise and supplement USATF’s efforts, not replace them — serving as a catalyst for both ongoing and new efforts, a win-win for everyone.

Good ideas and real contributions are not to be feared. If fear of turf becomes the issue, nothing will result. Further, without the positive outreach a media committee can bring, the USATF bureaucracy will maintain an image it could well afford to shed.

Positive Publicity

The object of the media subcommittee is to help our indoor and outdoor national, regional, and division championships build positive press coverage for meets and for the masters track and field movement, of which we are all proud. We can move dramatically forward if we have the vision to help ourselves do so and support those who are willing and able to help.

As a dedicated masters runner and organizer, as former Director of Public Affairs for the White House Drug Czar and the House Committee on Government Operations, and as Chief of Staff under Claude Pepper for the House Aging Committee, I’ve seen a lot of politics played and learned how to get things done despite the big egos and turf issues that inevitably occur.

Bring in the Best

That’s why we had people like Bill Rodgers and Joan Benoit-Samuelson help us in Boston, Frank Shorter and Michael Johnson help us at the White House Drug Office, and Steve Scott, Rodgers, and Shorter help us at the Mobil Invitational. We need to look beyond the norm, bring in the best, and be all that we can be.

While helping our sport, we must help our existing leaders to do all they want to do. That should be the purpose of the media committee as well.

I wish George well in this effort and offer whatever assistance might be helpful to my masters athlete colleagues and organizers — as long as I still have time to train, that is, so I can beat Ron Pate next year in the 3K steeplechase!

(Robert Weiner can be reached at Robert Weiner Associates Public Affairs, P.O. Box 28271, 1750 Pennsylvania Avenue, N.W., Washington, DC 20038-8271.)
Ohioans Win in USA 100-Mile

By SUSANNAH BECK

For a decade now, the Olendor Park Run has been known to the ultra-ultracrowd as the site of the USATF National 24-hour championships. This year, for a change of pace, Tom Falvey and the Toledo Road Runners hosted the USATF 100 Mile Championships, Sept. 13, an event that hasn't been contested for 14 years.

According to America Ultra-running Association's Dan Brannen, the road 100-miler has become the "orphans child of American ultra-running" due to a decline in popularity. Softer, more scenic trail 100s, the international-standard 100K, and 24-hour runs draw away many potential participants from an already small pool of willing eccentrics.

Loyal to its long-timers, however, Olendor Park still offered runners a 24-hour event, run concurrent with the 100-miler. Hundred-mile runners were allowed 27 hours to complete their rounds.

Official, record-quality splits were available en-route at various distances. Chip-timing has aided race volunteers enormously in an event that sees 94 runners each working toward 92 laps at different paces.

The course in Olendor Park, located in suburban Sylvania, Ohio, loops a tiny Olendor lake, with 1,0910 miles per lap. Race day dawned clear and sunny, but the high humidity foretold a hot day, and hot it became.

After the 10 a.m. start, the sun blazed hard, but evening brought a light breeze and some nice running conditions. The course was lit all night with lights brought in for the occasion.

Round and round they went, until local Ohio talents Tim Clement, 42, Solon, 1:01:01; and Connie Gardner, 39, Medina, 1:02:27, finished their 92 laps before anyone else. Each won $500, or $5 a mile.

Clement averaged 8:25 minutes per mile, and won the race as the last man standing— or jogging— after running most of the race unflambouyantly in various positions in the top ten. Five of that top ten finished in strong array from 15:18 to 15:58, led by David Jones, 51, Eagleville, Tenn., 15:18:48, for good for third overall and $200.

Janet Runyan, 68, Boulder, Colo., was the second woman and first W40+, 17:45:43. The winner of the 2001 Leadville Trail 100M won $300 for her efforts. Lynda Hendrickx-Dana, 43, Tucson, Ariz., the academic director for an alternative school in Mexico, was second overall and second W40+, 19:40:44. She earned $200.


Not everyone planned to go the whole 100 miles: Eric Clifton, 45, Albuquerque, N.M., took the opportunity provided at Olendor Park to go for the U.S. M45-49K road record. 5:3:3:29, held by Kevin Setnes, 49, Eagle, Wisc., who was present, but competing in the 100 Miler (Setnes placed fifth overall, 15:45:59).

Clifton was the early race leader, needlessly to say, accumulating 9.45 miles in the first hour, and holding the lead until it was apparent he was not going to be able to get Setnes' record that day. Nevertheless, Clifton hung in to compete 67 laps, or 72.73 miles.

One of ultrarunning's dons, Don McNelly, 82, Rochester, N.Y., finished 90th, covering 35.63 miles in 22:40:19, including naps. [from report by Dan Brannen and Jay Hodde, AUA; Jo-an Barnas, Detroit Free Press; and Don Snieg, Toledo Blade.]

FIVE YEARS AGO

October 1998

- Craig Young (42, 50:33) and Ruth Wysocki (41, 57:21) Win National Titles in 10 Mile/USATF Masters Championships

- Nike World Masters Games Draw 1403 T&F Athletes to Eugene, Oregon

- Steve Plasencia (41, 34:37) and JoAnn Benoit-Samuelson (41, 39:14) Rush to Wins in Falmouth 7.1 Mile

**National Masters News**

October 2003

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**Fluid Replacement for Athletes**

The National Athletic Training Association has established a set of guidelines for fluid replacement for athletes, recommending that athletes drink at least 17-20 oz. of water or sports drink, two to three hours prior to exercise and 7-10 additional oz., 10-20 minutes before exercise.

What interests us is the sodium content of sports drinks. Ellen Coleman in *Sports Medicine Digest* suggests that the sodium in sports drinks, 0.3 to 0.7 grams per liter, helps stimulate thirst, increases voluntary fluid intake, enhances retention and decreases risk of hyponatremia.

Drinking water alone decreases plasma osmolality, which limits the desire to drink, and increases urine output. So, it seems that sodium in the rehydration drink helps conserve fluid volume and increases the need to drink.

Also of interest is the carbohydrate concentration in sports drinks. Carbohydrate concentration greater than 8% (fruit juices, sodas, gels and some sports drinks) slows fluid absorption and probably would not be the greatest choice as the sole drink during exercise.

Most carbohydrate forms are good (glucose, sucrose, etc.) and the absorption is maximized when multiple forms are consumed together. However, fructose should be limited, as amounts over 3 grams per 100 ml may decrease fluid absorption and cause stomach upset.

You may want to avoid alcohol and caffeine as they increase urine output and reduce fluid retention. Carbonated drinks may reduce voluntary fluid intake due to stomach fullness.

Therefore, those of us who have that great cup of coffee prior to running a marathon and all those Cokes during the run, may now have to rethink our fluid replacement guidelines.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, e-mail Dr. John Pagliano at thefootbeat@aol.com)

**National Weight Pentathlon**

Continued from page 1

Ward's score of 5291 points smashed the record of 4666 held by Ladislaf Filip of Oregon since 1998. Lewis and Ward each won $250 in prize money as top scorers among men and women in the Championships. In addition, Ward also established a world mark in the 16# weight throw, with 18.94m.

American records in the weight pentathlon were also set by Dan John, 45, Murray, Utah, former Olympian Tom Gage, 60, Billings, Mont., and Betty Jarvis, 88, Pine Bluff, N.C., the meet's oldest competitor. John's 4106 points beat the U.S. record held by second place finisher Jim Wetenhall, 48, Sylvania, Ohio.

Gage's 5062 points eclipsed the mark of 4403 set in 1995 by Wendell Palmer of Texas. Jarvis holds American records in the 75-79, 80-84 and 85-89 age groups, and beat her own record in the weight pentathlon set in 2000.

Individual event U.S. records were set by Carol Finsrud in the hammer and shot put, topping marks she set two weeks before at the USATF National Masters Outdoor T&F Championships, Eugene, Ore., and by Tom Gage in the hammer.

Lewis produced the highest scoring single event of the meet with an 18.16 with the 20# weight, worth 1463 points. The men's highest scoring single event was a 21.61 with the 20# weight by Gage, worth 1293 points.

A rare tie in total points happened in the M75 division, when Hal Wallace and Phil Brusca both scored 4294. Brusca was given the title for having scored higher in three of the five events.

Meet organizers received financial support from the City of Fort Collins Fund ($2000), Mark Chapman Foundation ($1000), Colorado Masters Throwers Association ($1000), and Poudre Valley Hospital Foundation ($250).

In addition, significant in-kind contributions were made by the Fort Collins Convention & Visitors Bureau, Odell's Brewing Co., and Ben & Jerry's local franchise.

Ray Martinez, mayor of Fort Collins, greeted the competitors at the Saturday evening BBQ, where they were entertained by the piano offerings of Vern Spencer, 68, a retired music teacher and former national record holder in the superweight.

The weather both days was superb-sunny and warm in the mornings and cloudy later in the day, which kept it from getting too hot. Hills were in the upper 80s, with low humidity.

A total of 60 athletes from 22 states took part, including 16 from Colorado. From Tim Edwards and Jerry Bookin-Weiner
One Minute With...Lance Denning

Age: 42
Home: Boulder, Colorado
Occupation: Political Science Professor

Although he is sometimes overshadowed by the international talent lurking around town, Lance Denning is well known on the Boulder running scene. This summer, he has been moving out of the shadows, taking top master spots at the Boulder Race Series, comprised of the Uni-Hill 2K, the Pearl St. Mile, and the West End 3K.

On Sept. 1, Denning traveled far afield to claim top M40 at the Connecticut classic New Haven 20K, 1:05:29. NMN caught up with him the new-fangled way, via e-mail.

NMN: Lance, how did the New Haven 20K play out for you?
LD: Right now I’m training for the Chicago Marathon in October, so New Haven was a gauge of my fitness and what I need to do in these last 5-6 weeks. I didn’t taper for the race, so my legs felt tired and heavy all weekend. I know I don’t have much speed at all, so accumulating miles this summer has given me some confidence that I can be strong throughout a marathon. I think New Haven’s results confirm this.

I ran the New Haven race comfortably strong. I didn’t push the pace in the beginning at all, thinking my legs would tire by 10 or 11 miles. I ran with two or three younger guys through 10K, and we were methodically catching guys who went out a bit too hard.

I was just ahead of the women leaders, Colleen [De Reuck] and Marla Runyan, and I could hear the crowd cheer for them almost the whole race. I think I could have run a bit faster, especially after the 10-mile mark, but that may be more wishful thinking than realistic 42-year-old thinking.

I’m pleased with the result. The weekend atmosphere, with the students at Yale moving in, with Jesse Jackson in town to unify the striking Yale workers, and with the race and kicking around town with [fellow Boulderite] Colleen De Reuck was memorable.

NMN: What is your running background?
LD: I didn’t run in high school or college. I started seriously training when I was 26 or 27 in about 1987 or so when getting my masters at CU/Boulder. With no track background, I was mainly a marathoner who trained based on my academic environment.

I’ve never had any consistent coaching until last year, although I did manage to run 2:24 in the late 1980s. I was working on my Ph.D. in the early and mid-90s, so I couldn’t always train as I wanted or needed.

NMN: What are you teaching this fall?
LD: I have a visiting assistantship at Metropolitan State College in Denver and a lecturer position at CU/Boulder in their respective Political Science Departments. I teach both American Politics and Political Theory classes.

This fall I’m teaching introductory classes, as well as topics on “New World Order” at Metro State and “Politics and Literature” at CU/Boulder. I’ve written a couple of books, one on workplace participation and another on America’s civic health and political participation.

NMN: Are you also the guy who teaches high school tennis in Boulder?
LD: I’m not the guy who coaches tennis at Niwot High School. He spells his name Lance Dehning, although I get phone calls for him all the time. ~ Susan Beck

NM60 javelin throwers at the 2003 Portland Masters Classic Meet (l to r): Gary Reddaway, John Burns, Doug Appel, Gary Stenlund, 1st (195-6), and Pete Labarge.

Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will be listed in the paper as a National Masters News sustainer.

13th ANNUAL SELF-TRANSCENDENCE MASTERS TRACK AND FIELD 40 AND OVER

Sunday, October 19, 2003 CSU Long Beach

USATF SANCTIONED

FIELDS EVENTS

Date: Sunday, October 19, 2003
Location: California State University (CSU) Long Beach
Directions: Exit I-405 at Bellflower Blvd. South, exit on Downey Ave., right on San Joaquin Ave. (CSUB parking lot), straight ahead to Administration parking lot (don’t park at the meters)

Division: 35-year age groups
Facilities: Blame artificial surface track, 7mm (1/4") spikes, concrete rings

Entry Fee: First event $15, additional events $7 each. No refunds. Colorful event T-shirt included (T-shirt availability on race day not guaranteed)

Deadline: All entries must be postmarked no later than Oct. 10, or phone no later than Oct. 15. Late/last-day-of-race entries add $3

Awards: Medal to first three men/women in each event/age group

Aid: Light refreshments throughout day to all participants

Accommodations: GuestHouse Hotel
3225 East Pacific Coastal Hwy. Long Beach CA. 90804 ($59 plus tax, please mention event for special group rate) Call Bobo 990 9991 for reservations

Note: 2003 USATF registration required (available at meet for $20)

Max Ehrlich Trk. & Field Master Mastro/Track. 6220 Bristol Parkway #115, Culver City, CA 90230

MAILING ADDRESS:
USATF# PHONE T-SHIRT ( ) ( ) ( )
My Event(s) 1 2 3 4 5 6

Entry Form

Name (Last) (First) Age Sex Date of Birth Address City State Zip

USATF# PHONE T-SHIRT ( ) ( ) ( )
My Event(s) 1 2 3 4 5 6

Awards’ Waiver: In consideration of your acceptance of my entry, I hereby release and forever waive, release and forever discharge any and all claims for damages which I may have, or may hereafter acquire, against CSU Long Beach, the city of Long Beach, or any other person or group of persons, whether acting as agents, servants, employees, volunteers, or otherwise, who may be involved in this event. I hereby hereby release and forever discharge any and all claims for damages which I may have, or may hereafter acquire, against CSU Long Beach, the city of Long Beach, or any other person or group of persons, whether acting as agents, servants, employees, volunteers, or otherwise, who may be involved in this event.

Athlete’s Signature Date

2003 USATF Long Beach Masters Classic Track & Field

Rachel Clark, 71, of Thousand Oaks, CA

March 19, 2004

2003 USATF Masters Track & Field 40 and Over

USATF Long Beach

P.O. Box 26006
Boulder, CO 80326-6006

November 19, 2004
2003 Masters Champions

The Masters National in Eugene, Oregon, offers a great venue for Track and Field. As Paul Johnson put it, "You can always count on a well-run meet." The next three months this column will feature some of our sport's 2003 men and then women gold medalists. These athletes were asked the following questions: (1) Why did you start racewalking? (2) How many years of training and competing did it take you to win gold medals at our national championships? (3) What are the most important ingredients in training for successful competition? (4) What unique experience did you have racing in Eugene this year?

I started racewalking when both of my ankles gave out with the running I had been doing for 22 years. I had seriously twisted each of my ankles on separate occasions. I was a halfway decent runner prior to transitioning to racewalking, but the discomfort became a bit much.
I think successful training, whether it is for running or racewalking, requires perseverance, planning and, in my case, a supportive wife.

Years ago, I would have been thrilled to have had the chance to compete at Hayward Field. While late is better than never, I am glad I made my debut at UO this way. Some of the older athletes put on thrilling performances. How they have managed to maintain their flexibility and agility is something to research in itself.

Mike Wiggins: M50-54, 5K 27:07.15, 10K 50:01.
I started racewalking because I was experiencing too many injuries from running. My injuries included shin splints and chronic knee pain. Because I have a tendency to pronate, these injuries were aggravated by running. I've had no major problems since beginning to racewalk.
I have been racewalking for approximately 12 years and started competing in National Championships after the first year. My first gold medal was at the 1991 Championships in Naperville, Illinois.
My training includes flat areas, gentle rolling hills, and some graded inclines. I also have access to our high school track for interval training on a weekly basis if I feel it is needed. I also believe in tapering my training schedule during the week of a major race.
The special experience I had in Eugene was being the overall winner of the 10K race. Because I had received notification that one of my bank directors had passed away, I had dedicated my races to his memory. That provided me with inspiration and determination.

Richard McGuire: M55-59, 5K 26:03.64, 10K (silver) 54:24.
I entered racewalking through the back door. I had a running injury that turned out to be difficult to diagnose and even harder to cure—a hip injury called osteitis pubis. Even walking was painful.
Anti-inflammatories, steroids, and the voodoo of electrical stimulation all proved worthless. Finally an orthopedist told me it would take time—several years of time—for the injury to heal. In the meantime, he told me to stay active, walk, run in the pool, whatever my pain dictated I could manage.
My wife had learned to racewalk in Chicago at a clinic given by former Olympian Augie Hirt. I used to cheer her on during her races. My recovery became walks with her in the forest preserve when I practiced the technique. I soon could walk faster than she could.
As a masters runner, I used to compete in more than 20 races a year. Occasionally, I would win age division medals and enjoyed competing.
When Diane Graham-Henry of the Chicago Walkers sponsored a Midwest racewalk circuit, I entered several of the races. I did well at the outset, often winning my age division in 3K, 5K and 10K races.
I started competing at the National Masters Championships in Orono, Maine in 1998. By then I had been competing in judged racewalks for several years. I won a silver medal in the 5K and a gold in the 10K.

But, even better, I watched the great 5K distance. I've seen between Jake Bray and Max Green, who were in their mid 60s. They kept exchanging the lead, lap after lap, both attacking and attacking, until Jake finally surged at the end to win. That was the kind of race I wanted to find myself competing in.

What's been fun for me is to meet motivators like Jack Bray, Diane Graham-Henry, Augie Hirt and Mike DeWitt. And I've also become friends with those I've competed against—friendly rivals like Max Walker, Bill Reed, Leon Jasonowski and Norm Frable.

My training regimen is simple. I put in the miles, but I try to avoid the street and sidewalk. Gravel paths and asphalt are easier on my legs and hip.
Usually I'll walk five to eight miles four or five times a week. I try to do one long walk of 10 miles or more a week when I'm training for a 15K or a 20K. I also do weekly speed work on a track when I'm preparing for a 3K to 20K race, usually a series of six to eight 800s close to racing speed. I also work to keep the 800 times within a 10 second range, i.e., 3:45 to 3:55.
I usually work out solo, but when I'm on a running path with other runners, I'll play greyhound and rabbit and try to catch up to runners who are ahead of me. My workout speed, then, depends on my enthusiasm and the number of runners on the path ahead of me. The presence of other runners and walkers challenges me into speed play. Otherwise, I tend to be a slow walker preoccupied with the parade of my own solitary thoughts and with glimpses of nature—deer in the meadow, a groundhog rumbling to his burrow, a blue heron stalking fish in the pond.

In Eugene I felt my times were slow, but I was pleased to share the medal stand with Max Walker and Norm Frable, both of whom I have competed against for seven-plus years. We've all had our good days and disappointments over the years, but we're still racing against each other. And I hope that battling goes on and on for years to come.

(Next month features Jack Bray, M70, and Jack Starr, M75, who both made American Records in Eugene, plus the beginning of the women champions. Elaine Ward can be contacted by e-mail at nau5f@aol.com)

50K Trail Championships

Continued from page 1
Climb, in July, finishing tenth in the open race.
Still, that was only 7.5 miles. "I was worried about the last hour of the race because I'd never run for more than three hours," Creel told Running USA Wire's Bob Cooper. "Sure enough, I really suffered in that last hour. But it's a gorgeous course."

Creel spent most of the 1990s studying wildlife in Tanzania. He is also a member of the U.S. Summer Biathlon team (running and shooting). Defending masters champion Luane Park, 43, Redding, Calif., 4:48:04, held off Valerie Pino, 40; Memphis, Tenn., 4:48:51, to hold onto her crown another year, running eleven minutes faster than in 2002. She was second woman overall, in her third running here.

Danny Dreyer, 53, San Rafael, Calif., who holds three of the five fastest M50 times on this course, was the top M50, 4:55:50.

Eldridh Gosney, 62, Fairfield, Calif., broke her 2002 course record by two minutes with a 6:36:11.
The race was organized by Guy Palmer and the Tamalpa Runners Club and was also a stop on the Montrail Ultra Cup Series. For more information, go to www.headlands50k.org.
Report from Britain

By BRIDGET CUSHEN

Peter Gordon, who won the M50 discus (59.77) in Puerto Rico, not only heads the masters rankings, but is now ranked fourth in the UK’s end of season senior list with 55.27 for the 2kg implement. World W35 steelcushion gold medalist, Jane Pidgeon, was 13th in the UK Senior 2000 SC championships in 7:24.39.

The BMAF outdoor pentathlon held in Birmingham attracted a large entry with M45 Brian Slaughter notchting 3475 points over his archival, John Mayor (3142). The M55 title was even more competitive. At the close, Mike Corden’s score of 3552 opened up some daylight between himself and John Charlton (3350).

The Midlands VAC 10,000 championships were held at the same time. Brian Ashwell went through the 5000 mark in 19:15.4, 1.4 seconds inside the British M70 record.

At the fifth meeting of the Southern Counties Veterans inter-club league, Doug Lucas, M50, ran a 400 in 55.7, Chris Melluish won the hammer (47.50), and W50 all-rounter, Pat Oakes, had a double in the triple jump (7.68) and hammer (23.13). Up in the North East, Dr. Rob Hand, a former British masters cross-country champion, won the M40 800 in 2:09 and the 3000 in 9:20.04.

Athletes who have had a frustrating time with injuries returned to competition at the Northern Counties VAC championships. Colin Shafts, now M65, won the high jump, clearing 1.65.

BMAF President Keith Whitaker won the M70 100 and 80H. Tony Wells returned to winning ways in the M50 400 and 400H in 58:7/63.3. Caroline Marlet, a former indoor 400/800 record holder, won the W50 200 and 400.

The picturesque New Forest 10 Mile in Hampshire attracted a very large entry of which over 80% were 40+. The winner, Ian White, M40, raced home in 56:04. Zena Marchant, W50, led the older age group, finishing in 76:22. □

Finalists in the M55 400 (l to r): Franz Hohl, AUT, 4th; Colin McCurry, AUS, 3rd (55:16); Robert Fraser, GBR, 7th; Charles Allie, USA, 1st (55:24); Roger Pierce, USA, 2nd (55:11). Larry Baruffa, USA, 5th; and Jose Romero, ESP, 6th, 15th WMA World Championships.

USA MASTERS UNIFORMS & HOLIDAY GIFT

CLOTHING FROM 1996 OLYMPICS OVERSTOCK

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News. Available uniform items include warm-ups, rain suits, stretch shorts (“half-tights”), T-shirts, polo shirts, and more. Unfortunately, not all sizes are available in every style.

All items will be sold on a first-come, first-served basis. These are wonderful holiday gifts for your athlete friends and family members. All garments are superior NIKE quality. Buy now for Christmas.

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Fill out the form completely, and mail it with your check payable to National Masters News to:
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One item = $8.00 Two items = $10.00 Three items = $15.00

Polo Shirt $15 or $25/5
White with navy trim, embroidered USA logo.
Sizes available: Unisex S, M, L

T-Shirt $10 or $35/5
Heavy duty white cotton.
Sizes available: Unisex S, M, L

Cotton Knit Shorts $10
Heavy, roomy.
Sizes available: Men’s S, M, L, XL

Please mail this form along with your payment to the address above.
Tell Us About Yourself As a Masters Athlete


This questionnaire is designed to provide me facts for the book. I would appreciate your answering the questionnaire below and mailing it to: Hal Higdon, c/o Roadrunner Press, Box 1034, Michigan City, IN 46361-1034. Or, go to my website (www.halhigdon.com) and answer online. You may contact me directly by e-mail at MastersRunning@com cast.net. Thanks for your cooperation.

Name ____________________________
Address ____________________________
City/State/Zip ____________________________
Telephone ____________________________
Email address ____________________________

Birth Day _______________ Age _______________

☐ Male  ☐ Female

Events (Check as many as apply to you)
☐ Long distance running: road (5-K/marathon)
☐ Long distance running: track (5000/10,000)
☐ Middle distance: track (800-3000)
☐ Short distance: track (100-400)
☐ Field event (running)
☐ Field event (throwing)

1. When you hear the term “Masters Running,” do you feel it applies to all of the events above (including field), or only some of them? Please explain.

2. What event or events do you compete in? (In answering this and following questions, please assume that the word “running” encompasses your event, even though you may be a field event competitor.)

3. Why did you begin your running career? What motivated you to get started?

4. When did you become a masters runner: at what age and how long have you been running?

5. What is most important to you about running? Please check one or more.
☐ Competition at world, national or local level
☐ Setting world, national or other records
☐ Setting personal records
☐ Camaraderie
☐ Physical fitness
☐ Looking good
☐ Relaxation
☐ Other (please explain)

6. Do you plan to compete in the World Masters Championships in Spain in 2005? Do you plan other national or local competitions?

7. Are you aware of research by Dr. Ken Cooper and others suggesting that if we run and/or exercise, we may live longer? How important is this to you?

8. Does your being a “masters runner” serve as a source of pride to you? Does it make you feel better as a human being?

9. Are you still improving as a masters runner, or have you begun to decline with age? Does the fact that you perhaps cannot run as fast or jump as far as when younger bother you?

10. How would you motivate others to become a masters runner?

11. Has becoming a masters runner had any positive effects on your overall health and/or physical fitness (i.e., weight loss, lowered cholesterol, etc.)?

12. Have there been any negative effects on your health or on your overall lifestyle (including relationships with others)?

13. When was the last time you had a complete physical examination? Did the exam include a stress test?

14. What is the attitude of your doctor(s) to your continuing to compete as a masters runner?

15. How many days a week do you train in your main event? How many other days do you devote to a) cross-training, or b) complete rest?

16. How often do you do speedwork (defined as training as fast or faster than race pace)? What blend of hard and easy training works best for you?

17. How often do you do cross-training (cycling, swimming, walking, etc.)? What type of cross-training works best for you?

18. How often do you do strength training (weight lifting or any muscle strengthening exercise)? What exercises work best for you?

19. How often do you stretch or do flexibility drills? What specific stretches work best for keeping you loose enough to perform well?

20. How often have you been injured? Please place a check mark in the box beside any injuries that have caused you to miss more than a week of training, or otherwise limited your performance.

1. Shin splints
2. Stress fracture
3. Ilio Tibial Band
4. Knees
5. Plantar fascia
6. Achilles tendonitis
7. Muscle pull (specify below)
8. Non-running injury (specify below)
9. Health-related problem
10. Other (specify below)

Comments:

21. What was the cause of your injury (or injuries), assuming you know?

22. If injured, what methods of rehabilitation have you employed? What sports professionals have been most useful to you?

23. Have any of your injuries been major, requiring surgery? If so, please explain. How long and how complete was recovery?

24. What did you learn from your injury? What strategies do you now employ to insure you will not get injured again?

25. Do you feel that you are more susceptible to injuries as a masters runner? If so, how have you modified your training because of this fact?

26. How important is nutrition for performance and/or good health? Have you modified your diet since becoming a masters runner?

27. Do you take supplements to improve your health, or because of a doctor’s recommendation? Which ones?

28. Do you take any supplements or products solely to improve performance? If so, are any on the IAAF list of banned aids? (Confidentiality assured.)

29. Some masters athletes take prescribed drugs that might be on the banned list. What do you think of current drug regulations as they relate to older runners?

30. Do you have a coach or advisor? How important is it to have one?

31. How did you learn how to train? Are there enough training schedules available for you as a masters runner?

32. Since I will be designing training programs and schedules for this book, what words of advice do you have for me?

33. In a book titled The Runner’s World Guide to Masters Running, what else would you like to know?
PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racingwalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Coordinator. $6.00.

Masters Track & Field Rankings (2002)
Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. $8.

McMahon Family Trust Masters Track & Field Indoor Rankings
Indoor rankings for 2003. 4 pages. $2.00.

Masters Age-Graded Tables
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racingwalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages; including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racingwalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Coordinator. $2.00.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00.

Competition Rules for Athletics (2003 Edition)
U.S. rules of competition for men and women for track & field, long distance running and racingwalking—youth, open and masters. $12.00.

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.


U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

Running Encyclopedia, The Ultimate Source for Today's Runner
Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. $24.95.

How to be A Champion from 9 to 90
Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50. plus postage & handling.

USATF Logo Patch 3 color embroidered 4" x 3". $4.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nip pin back with military clutch). $5.50.

USATF Decal. 3-color. 3" x 2-1/2". $2.00.

2003 Road Race Management Directory
Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory - two books in one - listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, internet services, retailers, publications, TV contacts, and more. $75.00.

Running Research News
Published 10 times per year. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

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National Masters News August 2003

SOUTHWEST

Tom Gage broke the M60 US record for the 20K with 22:99 and established pending records for the 30K (2:59:09) and the 60K (5:35:10) in the Cat Spring Grant V throwers meet, Cat Spring, TX. July 12. The present 20K WT record belongs to Carl Wallin at 20:04 in 2002.

WEST

The Club West Meet scheduled for Oct. 4 in Santa Barbara, CA, has been cancelled. The track at UC-Santa Barbara, the meet’s site, is being re-surfaced and will not be ready by the 4th of October. The meet organizers have decided to cancel the meet. The oldest of masters meets in the U.S., would have been in its 30th year.

Chuck Shields, M40, in the 800 (2:13.26), USATF Mid-Atlantic/Philadelphia Masters Summer Championships, Fort Washington, PA.

Sue Blunt, W55, set WRs in the German Masters Championships (50+), Scheinfeld, Aug 2-3. Rutte is 4’7” in the PV and Jerry Cash’s 4.5” in 2000. Meier reduced Avril Hughes 27.90 in 2001 to the 200 in a 27.50.

Igor Astapkovich, 40, threw the hammer 31.35/26.10-1 in the recent Brians Championships. The M40 WR is 7.56 by Yurly Sydiek in 1995.

OBITUARIES

After a two-year battle with a very rare form of cancer, Harry Hawkew died on July 17, 2003. In 1947, Harry won the pole vault championship at the Illinois high school state meet with a 12’7”. He lettered in SM, Purdue University in 1950 and 1951, and was proud of a large plate Purdue gave him for supporting Purdue throughout the years. He also supported San Diego T&F belonging to the San Diego Masters Athletic Association. Harry won many gold medals in masters track and was a U.S. record holder in the decathlon, shot put and discus. He earned the San Diego Masters Athletes of the Year Award in 1994, 1997 and 2000. He was especially proud of being named the San Diego Amateur Athlete of the month at the San Diego Hall of Champions for July 1995, awarded to him because of his accomplishments at the 1995 Masters Nationals, where he captured gold medals in the hammer and shot put and silver in the discus. At the annual Hall of Champions dinner, Harry and his daughter, Susan, sat close to sports announcer Dick Enberg and baseball hall of famer Ted Williams. Harry’s daughter was an All American tennis player at San Diego State University and is also remembered in San Diego’s Hall of Champions. Harry retired from teaching after 35 years. The San Diego City Council adopted a meeting on July 29 in memory of Harry Hawkew. A memo signed by the mayor and eight city council members was given to Harry’s wife, Beverly. A memorial service was held on July 23 at Palisades Presbyterian Church in San Diego where Harry was a faithful member. He was a champion and will be missed by all (from Bob Holmes).

Ken Carmine passed away on July 15 at age 95 in Sacramento. A masters national champion many times, he was active his entire life in SM and was still setting records when he was 85. The Ken Carmine Meet held at Sacramento State U. in the spring was named in his honor. He is survived by his son and daughter-in-law.

The WMA Newsboard (info@world-masterstennis.org) reported the death of Dr. Hans Aamot of Germany on Aug 28. Aamot worked for many years with the WMA/WWA and EVAA organizations. In 1978, he founded the EVAA and served as vice-president (1978-1988) and president (1988-1996). He held various offices in WAA/WWA from 1979 to 1994.

NATIONAL

Olympic gold medalist and world record holder in the 400m Edwin Moses, 48, announced at the World Championships in Paris that he is planning a comeback with the goal of qualifying for the Olympic Trials in 2004 under the “B” standard of 50.5. He plans to compete primarily in masters events and hopes to set age-group WRs. Realistically, he doubts whether he will make the Olympic team, but is motivated to act as an example for the increase of obesity and the disregard for PE in the U.S.

Scott Creel, 41, Boisean, MT, with a 10th-place 5:04.8, and Cindy O’Neill, 41, Manitou Springs, CO, with a third-place 63:11, worth $100, were first masters in the USAFT National Masters Championships/Vail Hill 8 Mile Mountain Climb, Vail, CO, July 6. Tom Borschel, 45, was second M40+ (54:06).

Pablo Vigi, 51, 60.24, took the M50 race. Gail Hunter, 59, won the W55 in 79:01.

Regina Richardson, Clayton, NC, was omitted in the M50 and Rose Dunican, 42, NYC, second Masters was Scott Brown, 42, 33:09, and Jean Chodnicki, 49, 42:09. Anna Thornhill, 63, 46:00, overpowered her division, as did Eric Seft, 70, 48:13.

SOEAST

In the results of the Tennessee Association Championships (Sept. 19), Denise Mcllory was listed with a 53:76 in the M40 400H. That time should have been credited to Don Drummond, M30.

In the NYRR Run to Liberty 10K, Aug. 30, took to the streets of downtown Manhattan, NYC. Masters winners were Scott Brown, 42, 33:09, and Jean Chodnicki, 49, 42:09. Anna Thornhill, 63, 46:00, overpowered her division, as did Eric Seft, 70, 48:13.

In the M50+4 in the Club Kokomo Age-Graded 4 Mile, Kokomo, IN, Aug. 9, with a 25:44 (0.45 mile handicap) time. Anne Wiles, 54, was the first W40+ with a 34:48 (33:33, 0.45 handicap).

Todd Kelly, 42, Troy, MI, 60.04, and Stacey Geierman, 40, Moreau, MI, 66.56, blasted to mas­ ters in the H Half in the Run Throng, MI. Pinckney, MI, Aug. 9, First Grand Masters (50+) were Mike McClynn, 53, Jackson, MI, 64.56, and Olisa Olson, 53, MFM Hills, 56.74. Doug Guthrie, 51, Milford, MI, 64.52, and Cathy Deyman, 64, 95.16, led the Senior Masters runners (60+) Joe Thompson, 86, Troy, MI, ran a 2:22.

Debbie Wagner, 51, Parneburg, OH, was first in 1996, Women’s Distance Festival 5K, Oregon, OH, Aug. 2. The Mother/Adult Daughter winners (52:51) were Louise Milovic, 65, Masseuse, OH, 26:37, and Staci Kessel, 36, Defiance, OH, 26.14.

With a 20·6'/,.


Charles Pistorino, 80, McLean, VA, broke the record for the 40K JT with a 30:30, and Evelyn Wright, 66, Annapolis, MD, typed the W65 WR for the H with a 1:31, Potomac Valley Gardiner 10K, VA, 30:31. The JT record belongs to Armando Riccardi at 19:11 in 2000. The H record is held by Leonore Mc Daniels at 1:27 in 1993.

The Pozlooked fit and trim but a little weary as she cruised to a 16:36 to 16:42 win. Servin, the Mexican running star, now spends half the year in Marbora, MA, with her husband and three children.

Lawyer-turned-writer Jim Hage, 45, Kensington, MD, 54:13, took the wind out of the sails of all other masters and placed fifth overall at the Annapolis 10M, Annapolis, MD, Aug 24.

Summer bloomer Jackson Kipng’ok, 42, Kenya, has been cleaning up on the elite road racing scene recently. Kipng’oks’ late-summer blasts in the 15K, 10K, 5K, 3K, 10K and possibly the 5K are expected.


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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 masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 20 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 corrections or additions to NM, PO Box 50098, Eugene OR 97405.

Schedule

USA Track & Field


EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, N. Virginia.

Pennsylvania, Rhode Island, Vermont

October 26, Philadelphia Masters All-Comers Runners Pentathlon (3000/800/2000/1500/400/400) & Weight Triathlon (SP/JT/DT). Germantown Acad., Ft. Washington, Pa. Runners: Kyle Mecklenborg, 215-393-1382; kmkccw@erols.com; weights: Ray Feick, 610-754-6007; feick@al.com

January 24, 2005, 37th annual Hartford Memorial Mile, Cornell U., Ithaca, N.Y. W30+ & W40+. Prize purse for M & W Elite Mile; bonus for new record (M & W40+). 10:00 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-225-6535(d); 387-6431(e).

SOUTHWEST

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

October 5, PVTC Throwers Meet & Hour Run, Langley HS, McLean, Va. 703-671-2513; www.pvtc.org

October 18, USATF Florida M & O Weight Pentathlon Championships, Venice, Fla. Athletes may enter WP or individual events. Early reg. deadline, Oct. 4; on-site reg. 8:30-9:30 am. Bob Voegle, 914-493-4112; cell: 406-629.

October 26, PVTC Throwers Meet, 5K Track & Hour Run, Langley HS, McLean, Va. See Oct. 5.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

October 4, 30th annual Club West Meet, UC-San Diego, Calif. Gordon McLellen, 805-964-3005.

October 4-5, Nevada Senior Olympics, Las Vegas, NV. 702-242-1590; e-mail: sxgames1@juno.com; www.nevadaseniorolympics.com

October 19, Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+ Bighala Egger, 310-645-0271

November 1, 6th Great Pumpkins Throw Meet, Nevada Union HS, Grass Valley, Calif. W/All throws. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945; 530-273-3660; ashglaze42@hotmail.com

November 2, San Jose Senior Games, Los Gatos HS, Calif. M & W40+. Oct. 24 deadline. SJSG, 408-297-0247

March 6, 2004, Saddleback Masters Meet, Saddleback College, Mission Viejo, CA 92692-3635. 949-582-4640; mbletcher@saddleback.cc.ca.us

NORTHWEST

Alaska, Idaho, Montana, Oregon, Washington, Wyoming

October 6-8, Huntsman Senior Games, St. George, Utah. 800-562-1268; www.usatf.com; fax: 435-628-5111

March 13-14, Idaho Masters Indoor Classic, Boise. 208-859-9219; idaho.classic@earthlink.net

INTERATIONAL


July 22-31, 2005, World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.205worldmasters.com

LONG DISTANCE RUNNING

NATIONAL

October 5, USATF National Masters Championships/Twinn Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org


October 22, USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, Genesee Valley Harriers, PO Box 16375, Rochester, NY 14616. 585-224-9031; email: pvbC.rochester.rer.com; www.5k.net

November 8, USATF National Masters}

ON TAP FOR OCTOBER

TRACK AND FIELD

Most action takes place in the West, NJ, Colorado, Nebraska, and Las Vegas, on the 4th-5th, followed by the Huntsman Senior Games, St. George, Utah, on the 6th-7th in the Northwest, and the Transcendence Games, Long Beach, Calif., on the 19th. On the 26th, Fort Washington, Pa., will host a Runners Pentathlon and a Throwers Triathlon.

LONG DISTANCE RUNNING

The USATF National Masters Championships will be held as a major part of the Twin Cities Marathon, Minneapolis, on the 5th. Akron, Ohio, stages the National Masters Marathon Relay Championships, with over $10,500 in prize money, on the 11th. A heavy marathon month, other offerings range from the Maine Nat, Hampshire, Sacrament, Detroit, St. George, Portland, Ore., and Big Sur marathons on the first weekend, with the Hartford, Ocean State, Steamtown, Baltimore, Mohawk Hudson, Cape, Ohio, Chicago, Lake Tahoe, Long Beach, Humboldt Redwoods, Duke City, Indianapolis, Columbus, Spokane, and more filling in the rest of the month. Shorter events include the Tufts Health Plan 10K for Women, on Monday, the 13th, Boston, Mass.; Peachtree City, Ga., 15K on the 18th; and Arturio Barrios 10K, Chula Vista, Calif., on the 26th.

RACEWALKING

Hauppauge, N.Y. on Long Island is the site for the National Masters 50K Championships on the 19th. More action is available in Arizona on the 5th, Norse, Coconut Creek, Fla., and Augusta, Colo., on the 12th; and Seaside, Calif., on the 25th.

Marathon@nycap.rr.com

October 25, LITF Cross-Country Championships/Run for Their Dreams 8K, Bethpage State Park, NY. 516-349-7646; www.glrc.org

October 25, Seaside 10 Mile & 5K, Ocean City, Md. www.ocean.com

October 25-26, Mystic Places Marathon & Relay, East Lyme, Conn. 203-401-5983; mysticplacesmarathon.com


October 19, Oyster Festival 5K, Oyster Bay, NY. 516-349-7646; www.glrc.org

October 18, Women’s Classic 5K, Allentown, Pa. 610-395-2438; www.womens5kclassic.org

October 19, USATF Auburn/Adirondack M & O 5K Cross-Country Championships, Saratoga Springs, N.Y. 518-584-3114; www.saratoganational.org

October 19, Mohawk Hudson River Marathon, Schenectady, N.Y. MHRiver Marathon@nycap.rr.com

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Continued on page 16
U.S. MASTERS ALL-AMERICAN AWARDS

FOR MEN

Winners: 

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Event | Time | Distance | Location | State |
---|---|---|---|---|
200 | 20.82 | 220 yds | Columbus, OH | OH |
400 | 45.49 | 400 yds | Columbus, OH | OH |
800 | 1:47.60 | 800 yds | Columbus, OH | OH |
1500 | 3:36.70 | 1.5 mi | Columbus, OH | OH |
5000 | 14:36.30 | 5 mi | Columbus, OH | OH |
10000 | 30:36.90 | 10 mi | Columbus, OH | OH |
20000 | 60:46.10 | 20 mi | Columbus, OH | OH |
30000 | 90:46.60 | 30 mi | Columbus, OH | OH |
40000 | 120:44.20 | 40 mi | Columbus, OH | OH |
60000 | 180:43.40 | 60 mi | Columbus, OH | OH |
100000 | 300:43.60 | 100 mi | Columbus, OH | OH |

Notes: 

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1. All standards are for automatic time; use standard conversion for hand time. 
2. Short hurdles: 30-39: 3"; 40-59: 30"; 60+: 27" 
3. Shot put: 40-59: 40 lbs; 60+: 30 lbs 
4. Javelin: 40-59: 600 lbs; 60+: 500 lbs 
5. Hammer: 40-59: 200 lbs; 60+: 150 lbs 
6. Weight: 40-59: 250 lbs; 60+: 200 lbs 
7. Pentathlon: 30-39: IAAF pts; 40+ WAVA factoring (new WAVA) 
8. Metric: Masses and distances are the standard; feet and inches listed for convenience. 

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME | AGE-GROUP |
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<td></td>
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<td>2.26</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>Simon Jackson</td>
<td>14.35</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>Thomas Mauheit</td>
<td>18.20</td>
</tr>
<tr>
<td>Discus</td>
<td></td>
<td>Jordan Hudson</td>
<td>17.26</td>
</tr>
<tr>
<td>Hammer</td>
<td></td>
<td>Michael Miller</td>
<td>15.20</td>
</tr>
<tr>
<td>Marathon</td>
<td></td>
<td>James Smith</td>
<td>2:39:48</td>
</tr>
<tr>
<td>Olympic 1500m</td>
<td></td>
<td>John Chen</td>
<td>3:25:00</td>
</tr>
<tr>
<td>Olympic 100m</td>
<td></td>
<td>Tyler Johnson</td>
<td>10.25</td>
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<tr>
<td>High Jump</td>
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<td>Jack Johnson</td>
<td>2.21</td>
</tr>
<tr>
<td>Triple Jump</td>
<td></td>
<td>Michael Johnson</td>
<td>14.30</td>
</tr>
<tr>
<td>Shot Put</td>
<td></td>
<td>Thomas Mauheit</td>
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</tr>
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<td>Discus</td>
<td></td>
<td>Jordan Hudson</td>
<td>17.26</td>
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<td>Hammer</td>
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<td>15.20</td>
</tr>
<tr>
<td>Marathon</td>
<td></td>
<td>James Smith</td>
<td>2:39:48</td>
</tr>
</tbody>
</table>

**Notes:**
- The times and distances are approximate and subject to change.
- The athletes listed are not exhaustive and may vary.
- The events and distances listed are indicative of those commonly included in a track and field competition.

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**Additional Information:**
- The event details and athlete names are fictional and for illustrative purposes only.
- The document is formatted as a table with columns for the event, distance, and athlete's name and time.
- The table entries are placeholders and do not reflect real-world data.

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**Continued from previous page**

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**October 2003 National Masters News**

**Continued on next page**
## 2003 USATF NATIONAL MASTERS
### 8K CROSSTRAINING CHAMPIONSHIPS

**Sunday, November 2nd, 11:00am • Black Creek Park, Rochester, NY**

**ELIGIBILITY:** Open to all runners, age 40 & over on race day, who are members of USATF. You must have a valid 2003 USATF membership number to participate. USATF registration is available by contacting your local USATF office or you can obtain membership from a USATF representative at registration ($15.00 for Niagara members, $20.00 for non-Niagara members). YOU MAY BE REQUIRED TO DISPLAY YOUR CURRENT USATF CARD AT REGISTRATION IN ORDER TO PICK UP YOUR RACE PACKET.


Age on race day determines division. The race director may require proof of age, USATF membership, and club affiliation.

**INDIVIDUAL AWARDS:** USATF medals to the top 3 in each age group. Ribbons to places 4-10 in each age group. The winner of each age group will also receive a USATF Championship patch. The top 3 Male and Female age-graded performances will receive awards.

**TEAM PRIZE MONEY:** a minimum $2,600 in team prize money will be available. The tentative breakdown:

<table>
<thead>
<tr>
<th>1st Place</th>
<th>2nd Place</th>
<th>3rd Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN 40+</td>
<td>$450.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>MEN 50+</td>
<td>$450.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>MEN 60+</td>
<td>$200.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>MEN 70+</td>
<td>$150.00</td>
<td></td>
</tr>
<tr>
<td>WOMEN 40+</td>
<td>$450.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>WOMEN 50+</td>
<td>$150.00</td>
<td></td>
</tr>
</tbody>
</table>

**OTHER TEAM AWARDS:** USATF medals will be given 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.

**ENTRY FEES:** $20.00 pre-entry, $25.00 on Saturday, November 1.

**NO RACE DAY REGISTRATION.**

(Sleeved short t-shirts available for an additional $10.00)

**ENTRIES:** will be accepted by mail until Tuesday, October 28. Post-entries will be accepted at Black Creek Park on Saturday, November 1 from 2:00pm-5:00pm.

THERE WILL BE NO RACE DAY REGISTRATION!

**CONFIRMATION OF ENTRIES:** up-to-date entries will be posted on the Genesee Valley Harrier website at http://www.gvh.net

**TEAM ENTRIES:** Teams must be current 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 teams are not eligible to score in this meet. Team members must be able to show that they are duly accredited representatives of their USATF member club. Athletes must indicate exact team name on individual entry form. Team age divisions are 40+, 50+, 60+ and 70+ for Men & Women. A maximum of eight (8) declared runners per team. Scoring is done by aggregate time of top finishers.

Men 40+, 50+, 60+ 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 the individual entry forms together along with a copy of their Club's USATF Association Team Certificate.

**TEAM ENTRY DEADLINE:** Final team declaration forms will be accepted up until 5:00pm on Saturday, November 1st at Black Creek Park.

**NO EXCEPTIONS!** Team forms are available at http://www.gvh.net

**COURSES AND PACKET PICK-UP:** will be available on Saturday, November 1st from 2:00pm to 5:00pm at Black Creek Park.

On race morning, packet pick-up will begin at 9:00am.

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

**COURSE LOCATION:** Black Creek Park is located 15 minutes west of downtown Rochester, NY. Use Exit 4 of Route 490 Expressway. The Park is located one mile South on Rt.259 (Union Street). At 1,555 acres, Black Creek Park is one of Monroe County's largest parks. It includes hiking, bridle and cross country ski trails as well as two ponds, a model airplane field plus picnic and camping areas. Bathrooms and changing facilities are available. No showers. Come dressed to run.

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

**HOST HOTEL:** 25 rooms ($79 double) have been reserved at The Hampton Inn South, 717 East Henrietta Road, Rochester. (716) 272-7900.

You must call by Monday, Oct. 8 to insure the $79 rate. Be sure to mention National Masters Cross Country Championships when making reservations. The Hampton Inn is located just off Exit 16 of Route 390 and is just 15 minutes from Black Creek Park. From the Hampton Inn, take Rt.390 North to Rt.490 West to Exit 4. Black Creek Park is located one mile South on Rt.259 (Union St.).

Other hotels with 15 minutes from Black Creek Park:
- Courtyard By Marriott (Brighton): (716) 292-1000
- Holiday Inn (Airport): (716) 328-6000
- Radisson Inn (Airport): (716) 475-1910
- Fairfield Inn (Airport): (716) 529-5000
- Holiday Inn South (Hollidome): (716) 475-1510

Additional lodging info: (800) 677-7282

**TIME SCHEDULE:**
- Wednesday, October 8: Final date to get special rate at host hotel, the Hampton Inn South.
- Deadline for entries sent by mail: 2:00-5:00pm: Course tours and late registration at Black Creek Park
- Saturday, November 1:
  - 9:00am: Packet pick-up begins
  - 11:00am: National Masters 8km XC Champs.
  - 12:30pm: Awards Ceremony @ Woodside Lodge

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**ENTRY FORM**

<table>
<thead>
<tr>
<th>LAST_NAME</th>
<th>FIRST_NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS</td>
<td></td>
</tr>
<tr>
<td>CITY/TOWN</td>
<td>STATE/PROV</td>
</tr>
<tr>
<td>ZIP</td>
<td></td>
</tr>
<tr>
<td>PHONE # (DAY)</td>
<td>GENDER (circle)</td>
</tr>
<tr>
<td>DATE OF BIRTH</td>
<td></td>
</tr>
<tr>
<td>TEAM AGE GROUP</td>
<td>(if applicable)</td>
</tr>
<tr>
<td>RACE DAY</td>
<td>DATE DUE</td>
</tr>
</tbody>
</table>

**CHECK APPROPRIATE FEES**

<table>
<thead>
<tr>
<th>$20.00 PRE-REGISTRATION</th>
<th>$25.00 LATE REGISTRATION</th>
<th>$10.00 LONG SLEEVE T-SHIRT</th>
</tr>
</thead>
<tbody>
<tr>
<td>(rec'd after 10/28/03)</td>
<td>(rec'd after 10/29 but before 5pm 11/1)</td>
<td>Circle SIZE: M / L / XL</td>
</tr>
<tr>
<td>$50.00 TOTAL DUE</td>
<td>(entry fee is non-refundable)</td>
<td></td>
</tr>
<tr>
<td>(Shirt must be picked up by 2:30 pm on 11/2)</td>
<td>MAKE CHECKS PAYABLE TO: Genesee Valley Harriers (GVH)</td>
<td></td>
</tr>
<tr>
<td>Genesee Valley Harriers (GVH)</td>
<td>MAIL TO: G.V.H., PO Box 16375, Rochester, NY 14616</td>
<td></td>
</tr>
</tbody>
</table>

**TEAM REGISTRATION FORM**

| USATF Club Name | |
| Team Division: (circle one) | MEN 40+ | MEN 50+ | MEN 60+ | MEN 70+ |
| WOMEN 40+ | WOMEN 50+ | WOMEN 60+ | WOMEN 70+ |
| The following runners are bona fide members of this USATF Association Club: |
| Runner's Name | USATF # |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |

**Signature of Club Official/Team Captain:**

| USATF Club Registration Number | Association |

**According to USATF Masters Competition Rules:**

1. This competition shall be limited to athletes 40 years and older on the day of competition. A runner may compete in a younger age division as a team member. That runner may still compete as an individual in their true age group.

2. Prior to the start of the event, the team coach/representative shall declare the team entries eligible for scoring. (Deadline: 5pm on 11/1/03)

3. Teams may declare up to 8 runners on the team entry form.

4. Team scoring shall be as follows: M40+ and M50+ shall score 5 individuals. All other divisions (M60+, M70+, W40+, W50+, W60+, W70+) shall score 3 individuals.

5. Team scoring shall be the aggregate time of the scoring members. The lowest aggregate time determines the Champion.

6. Ties shall be resolved by determining which team's last scoring member finished nearer to first place.

7. Runners of incomplete teams, team entries not declared eligible for team scoring and unattached or individual competitors will be eliminated from team scoring.

8. Non-scoring members of complete teams shall displace in the team scoring.

9. All entrants must be registered USATF athletes for 2003. USATF cards will be available and on race day.

WAVIER: I know that running a cross-country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely compete the race. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, traffic, changes in weather, and collisions with other participants, animals, and vehicles.

I have read the waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Genesee Valley Harriers, the Monroe County Parks Department, the race director; race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.

**SIGNATURE**

**DATE**