Evans, van Schuppen Breeze to Masters Firsts in Chicago Marathon

By SUSANNAH BECK


Not to worry, he still beat the M40 runner-up, Brazil’s Silvio Maia, 43, by almost 10 minutes, on a day when most of the world’s top masters marathoneurs were competing a few hundred miles to the west, at the great masters’ magnet, Twin Cities Marathon.

Many strong masters performers chose the Windy City, including Jim Pelarske, 50, Bloomington, Ill., M50 winner, 2:38:30; Hugo Van Krunkelven, Edgem, Belgium, M60 first, 2:55:52; and Albert Cukerman, 60, York, W60 first, 5:35:04.

In the women’s race, Anne van Schuppen, of the Netherlands, won W40 in 2:41:51. Dorothy Tanner, 60, Chicago, wowed ’em in the W60 with her 3:42:41, and Arlette Drouelle, 70, Pessac, France, was the leader of the over-70 pack, in 5:35:04.

LeBourne, Sutton Star in 5th Ave. Mile

By JERRY WOJCIK

Masters milers helped New York City in its effort to return to business as usual after the Sept. 11 terrorist attack by turning out in full force in the Pontiac 5th Avenue Mile in Manhattan on Sept. 29.

The race, conducted by the New York Road Runners Club, started on 5th Avenue and 80th Street and finished at 60th. Traffic on 5th was stopped before the first race at 10:20 a.m. and did not resume until after the last race at 2:13 p.m. Conditions were cool, breezy, and overcast, much like last year.


Knisely, Hellebuyck Win USA Masters Marathon Titles

By CHARLIE MAHLER

MINNEAPOLIS, Minn. – Mary Knisely and Eddy Hellebuyck each won their first U.S. Masters Marathon Championships at the 20th running of the Twin Cities Marathon in Minneapolis/St. Paul, Oct. 4. The two followed different routes to victory in a fast and competitive event that saw the top two women overall break the course record and the top men battle into the final mile.

Knisely’s U.S. title, won in 2:40:33 and worth $3,000, resulted from a strategy of following her own pace. The 42-year-old Naperville, Ill., resident ran alone the entire race, choosing to run her own race at the expense of company and competitors.

Pozdnyakova Sets WR at Ocean State

By SUSANNAH BECK

Tatyana Pozdnyakova, 46, the Gainesville-based Ukrainian road-racing juggernaut, was back in top form in October with her 2:30:28 overall win at the Brooks Pharmacy Ocean State Marathon, Rhode Island, Oct. 8. Her performance is a new world record for the W45-49 age group, eclipsing the 11-year-old standard (2:31:05) set by the great Swede, Evi Palm, who was then 47, at London in 1989. Pozdnyakova earned $11,000 for her win and CR.

Pozdnyakova’s road times in the first half of 2001 were slightly off her usual brilliance, with 10K times slipping well into the 35-minute range and culminating with a relatively unimpressive 2:37:44 at the Pittsburgh Marathon in May. One might have suspected that age was catching up.

INSIDE:
- USA Masters Road Records – pages 15-18
- Masters Club List – page 11
WMA WEBMASTER

Ken Stone and I have worked together on masterstrack.com for the past three years, trying hard to provide the best possible Web site for masters athletes around the world. It is not perfect, but we are volunteers and we do our best.

A few weeks ago, I considered applying for the position of WMA webmaster (webmaster for the world’s official governing body of masters track & field). I discussed this idea with Stone and he was supportive. He is a good friend.

I submitted a very extensive proposal. I carefully responded to every aspect of the proposal requirements. It took me 31 pages to describe in detail all the Web site features I would offer. I also raised some critical issues that I thought would be of concern to WMA. And I included endorsements from over a dozen people actively involved in masters athletics. I am thankful to all the people who supported me.

I was interviewed by the WMA webmaster selection committee consisting of three WMA Council Members: Tom Jordan, Rex Harvey and Stan Perkins. The conversation lasted about 45 minutes. Here is what happened. First, I was told they were impressed by my proposal and I was being considered as a finalist for the position.

They told me I would make a good WMA webmaster. But, I had one problem: Ken Stone. They told me that I would have to give final consideration for the job unless I was willing to “sever all my connections to masterstrack.com and end my association with Ken Stone.” After that, I got lectured about how Stone is reviled by the international masters track and field community.

I did not think a job interview for the WMA webmaster position was the time or place to have a debate about Ken Stone. As far as I was concerned, their personal opinions about Ken Stone are not relevant to my proposal or the job itself.

I urged them to reconsider their ultimatum. I asked them to describe their specific concerns with respect to the job requirements so that we could resolve them with mutually agreeable solutions. I asked them to consider a compromise. I asked them to work with me on this. I was open to any ideas short of abandoning my friend and partner.

But they would not budge. Only one thing would satisfy them: that I turn my back on Ken Stone. I will not do that. I would consider myself a lesser person if I did, and I told them so. Apparently, integrity is not a requirement for this job.

Of the three men I spoke with, Tom Jordan and Stan Perkins did the Ken Stone “bashing.” Rex Harvey made a sincere effort to focus on the positive qualifications I would bring to the job, but to no avail. I am disqualified from the job.

What’s done is done. But I would like to hear what other people think. You can voice an opinion via e-groups and/or send your thoughts directly to Torsten Carlus, President of WMA (torsten.carlius@helsingborg.se). This is not just about me, but about how WMA decisions are made and how individual council members allow their personal grievances to interfere with those decisions.

Dave Clingan
Co-Webmaster, masterstrack.com

I would like to respond to the comments by Dave Clingan (above).

In August, World Masters Athletics (WMA) issued a Request for Proposal for a new WMA webmaster, and Dave was one of five highly-qualified candidates from five different countries who submitted proposals. Of these nine, four candidates exhibited superior technical skills, and Dave was in my opinion one of these four.

In assessing the qualities necessary to be the WMA webmaster, one of the most important to me is that the webmaster have no personal agendas or divided loyalties. The expanded WMA Web site will serve an international audience of masters in more than 100 countries. The WMA webmaster must be able to not only fulfill the technical requirements, but do so in a manner that reflects no personal biases detrimental to the sport.

During our conference call, I asked Clingan about his relationship to the masterstrack.com Web site. He made it clear that he was not only co-webmaster of the site, but full partner with Ken Stone in the project.

Some background: two years ago, Stone made a series of false and defamatory claims about me and my business activities on the masterstrack.com Web site. He made it clear that he would not cut that connection. I respect his decision, but to have the WMA webmaster integrally involved with a Web site which, along with all of the valuable statistical information provided, posts unsubstantiated attacks on the integrity of well-meaning people in the sport, is in my mind not a wise choice. That is why I will opt to vote for one of the other very highly-qualified candidates for the position.

Tom Jordan
Executive Vice-President, WMA

SUBSTANCE ABUSE TESTING

It seems that we are not really going to stop substance abuse if we only test some athletes at the world championships. We should test athletes at our indoor and outdoor national championships as well.

My reason for this viewpoint is that some of our top men and women sprinters do not choose to compete in the USATF world championships. I know, firsthand, of two who have not ran in the past two world championships, claiming injury, but who competed in the USATF Masters Nationals, where no testing is done, in about that same time frame as the world championships.

I wonder if they have ever been tested in the past five years. Let’s do it on the national level, starting in 2002.

Alfred Guidet
California City, California

GENDER DIFFERENCES

In dabbling with comparative track performances between men and women in his October column, Mike Tynn falls into a familiar morass of the bemedled modern husbands. The most credible research continues to confirm the reality that the human male and female are far too different to warrant such irrelevant parlor games.
God Bless America

The tragic events of the last month have made all of us appreciate what it means to be American. Our hearts go out to all the people who lost loved ones or suffered so terribly simply because they live in the U.S. We have been reminded how precious this great gift of U.S. citizenship is. There is no way we can adequately show the respect and appreciation to the heroes who have given so much, but we should do our utmost to be the best Americans we can.

Many citizens of other countries don’t understand the way we Americans believe we have the right to express ourselves, based on our freedoms of speech and the press, when we think things aren’t the way they should be. For that reason, I applaud Al Sheehan for his article in the August issue on the WAVA Championships in Brisbane. He wrote what many of us felt about what transpired at the delegates’ meeting, and I know it wasn’t easy for him to write what he did.

As a newcomer to the operations of the meet, I was surprised at many of the things that went on. Before I became a USATF official, I had been just an athlete who showed up to compete at the WAVA Championships, without any idea of what took place outside the arena.

I am used to working in a democratic environment, and the extreme difference of my Brisbane experience really opened my eyes to the politics involved and the distinction between a private club and an open organization. As Americans, we don’t have to go behind closed doors to express our frank opinions, and although we understand that we can’t speak at all meetings all the time, we should be able to monitor the process.

WMA does not operate like USA Track & Field, but we are trying to be good members and contribute input for whatever it is we want to participate, but if we feel we aren’t getting our money’s worth, we would like to receive an explanation as to why not.

I would think that, because of his past experience as a member of the WAVA Council, Sheehan’s opinion should be given seriously. I know the feeling of wanting everything that happens on one’s shift to be the best. Even the head of the IOC has given up declaring the latest Olympic Games as the greatest ever. I fear that our – and Sheehan’s – constructive criticism will go unheeded.

We can perhaps now better appreciate living in an open, democratic society. Thank you, God, for blessing America.

Outstanding Performers Awards

By PHILIP M. BYRNE
Chair, Masters T&F Awards Committee

The Masters Track & Field Awards Committee will meet again this year at the Annual Convention of USATF in November in Mobile, Ala., to select the outstanding performers for 2001.

The committee will include a cross-section of athletes and administrators from all ages, geographic areas and events in an effort to make the best possible selections for these awards.

As in the past, the awards will be given to U.S. citizens based on their performances in regional championships, the U.S. national indoor and outdoor championships, the multi-event championships, and the WAVA championships in Brisbane.

Awards will be given to men and women for outstanding athlete of the year, outstanding multi-event athlete of the year, outstanding single-performance of the year, and for outstanding track athlete and field athlete in each 5-year age group starting with age 30. Also to be selected will be the outstanding administrator of the year.

No single criterion will determine the winners, as consideration will be given to finishing places in the events listed, age-ranked performance, U.S. and world records set, and overall consistency and participation.

Anyone who would like to nominate someone (including himself or herself) for any of these awards, feel free to do so by sending a brief letter to me outlining the reasons for the nomination. In this way, we hope to make sure we give proper consideration to all deserving candidates for these awards.

Please send nominations to me by Nov. 10th at: 55 Constellation Wharf, Charlestown, MA 02129, or 617-242-1753 (fax), or pmbyrne@iol.com.

Jager Shines at San Diego Meet

By KEN STONE
Talk of making up for lost time.

Kathy Jager is on a world-class tear. The 58-year-old sprinter from Glendale, Ariz., returned to competition Sept. 15 at the San Diego Senior Olympics after her two-year drug suspension expired and her competition ban was lifted by USATF and the IAAF. Within five weeks, she’d win 27 track and field medals (23 of them gold).

At San Diego State University, Jager won the 50, 100 and 200, plus the discus and shot put in the W55 age group. The 14th annual San Diego senior sports festival was her first meet since August 1999, when she won two golds, three silvers and a bronze medal at the World Veterans Athletic Championships in Gateshead, England – her first international competition.

That was the meet where she tested positive for methyltestosterone – part of a doctor-prescribed hormone replacement therapy for her menopausal symptoms that triggered IAAF alarms. (She’d been unaware of her pills’ illegality and never denied it was in her system – having listed it on forms during the drug testing process.)

Putting her two-year ordeal behind her, Jager, on Sept. 15 won the 50 in 7.85, the 100 in 14.34 and the 200 in 30.82 – all into a wind on SDSU’s red Mondo track. The 100 time ranked No. 3 in the world this year in her age group; and her 200 performance was No. 10, even though it came after six hours of competition.

In 1999, Jager won the world 100 title in 13.55 with a 1.5 mps aiding wind and the 200 in 28.34 with an illegal 2.3 wind. This past July, at the World Masters Championships in Brisbane, Australia, the W55 sprints were won in 13.93 and 28.72.

Jager thinks she would have been in the Brisbane hunt had she been granted her medical waiver – as was granted several drug-positive open track stars, on the eve of the Sydney Olympics.

“I would have been there on the top,” Jager said matter-of-factly in San Diego. “I would have won.”

Then on Sept. 29 at Santa Barbara City College, Jager won the women’s High Point Trophy at the Club West Masters Meet by taking firsts in the 50 (14.39), 200 (31.11), high jump (3-5/8), long jump (12-6/8), shot put (28-1/4) and discus (78-1/4).

To qualify for reinstatement, Jager had to undergo four unannounced drug tests within a year prior to resuming competition. (She had immediately halted her “illegal” medication once she learned it was on the IAAF no-no list.) One tester knocked on her door in November 1998; another was in Las Vegas; and a third before Easter Sunday. Another tester tracked her down at 10:30 at night – at a friend’s house in Rochester, Minn.

In addition, Jager lodged successful appeals for an IAAF drug exemption, allowing her to take a normally banned diuretic to control high blood pressure and the fluid-retenion side effects of her new hormone replacement therapy.

But it took detailed letters from three doctors – and just the right phrasing to gain her needed medical waiver. She gave credit to WVA President Torsten Carlius of Sweden, who, despite his foot-dragging at other points, helped advise Jager’s doctors in making the arguments that would pass muster with IAAF authorities in Monaco. Her medical waiver basically allows her to live a healthy life and compete in track. Not a priority for the IAAF, but a godsend for Kathy Jager.

Jager, a registered nurse, said the San Diego meet represented “a new career for me. I wanted to do well. My goal is not to get injured.”

“I didn’t feel that I had to come out and prove anything,” Jager said of her return to track. “But I showed I’m not intimidated by what happened.” She was acutely mindful of the previous week’s terrorist attacks on America that rendered her fight against world track authorities trivial, and noted that, “Whenever I felt sorry for myself, I said, ‘This is no big deal. I’m alive; I’m healthy. I have a great family and friends’ support.’”

“Today was a celebration for many of us,” she said as her husband, Carl – a retired transportation official in Maricopa County, Arizona – sat beside her in proud support. He’d join her as they continued a comeback tour.

Two weeks later, they returned home from October competitions in Las Vegas and St. George, Utah – the Nevada Senior Games and the Huntsman World Senior Games. In Nevada, she won the W55 50, 100, 200, shot put, discus and pole vault – and took second in the long jump and high jump. In Utah, she struck gold in the 100, pole vault, shot put and discus.
Overcoming a Passion for Pots

The late George Sheehan, the highly esteemed running writer, once wrote that he was a “pothunter.” He was referring to trophies. “I am a 60-year-old adolescent who loves to win a trophy,” he wrote in the July 1979 issue of The Physician and Sportsmedicine. “If there is anything I like better than running a good race, it is making my way to the awards table with the right mixture of pride and nonchalance, and then modestly accepting a trophy.”

If I were a sophisticated runner, an elitist, I would not admit to having shared Sheehan’s passion for pots during my competitive years. I would tell you that they were just so much junk, so much hardware, nothing but dust collectors, and that I would much rather have received a merchandise award, such as a new pair of running shoes or a portable radio, than a trophy. I’d sneer at the thought I might award, such as a new pair of running shoes, nothing but dust collectors. Sheehan’s passion for pots was as if a fish without any inscription on it. Hawaii’s high humidity plays havoc with metallic objects.

In addition, we have lizards to contend with. They frequently run around the walls of homes, leaving their little white droppings about. They must have a greater temptation of droppings on them than any other place.

Of the dozen that remain, 10 are in the attic in a box, while just two — my unique Honolulu Marathon trophies from 1975 and 1977 — remain on display, although Gina has placed them in very obscure places. The largest and most difficult trophy to trash this time was the one I got for finishing third in the 40-49 division of the 1977 New York City Marathon.

It wasn’t so much the third place, but the fact that our three-man team from Hawaii — Johnny Faerber (2:36), Jim Gallup (2:34), and I (2:31) combined for the lowest aggregate time to win the AAU national championship in that race. There are a lot of fond memories connected with that race. The trophy stood over two feet tall and was quite a conversation piece on the flight back to Hawaii, since it was too big to fit in my luggage.

After putting the New York Marathon trophy in the trash, I went back out to retrieve it when Gina wasn’t looking. However, she caught me bringing it back in and the look she gave me spoke for itself. I did an about-face and returned it to the trash can. To make sure I would not make the same mistake again, I intentionally broke it.

Downsized

A few, out of about 100 trophies and plaques collected over some 40 years of competition, only a dozen or so remain. A whole bunch of them went out in the trash in 1989. Another large batch went in the last weekend. They were all tarnished and corroded beyond salvaging. Hawaii’s high humidity plays havoc with metallic objects.

In addition, we have lizards to contend with. They frequently run around the walls of homes, leaving their little white droppings about. They must have a greater temptation of droppings on them than any other place.

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Blurry Recollection

There was another trophy almost as big as the New York City Marathon trophy that went in the trash. According to the plate on the bottom, I received it for winning a 20K race in Hawaii in 1978. But I have no recollection of that race whatsoever. In fact, most of the races represented by the largest trophies are just one big blur.

I will sometimes read about some old time baseball player who recalled taking a pitch high and inside before getting a key hit in some game 40 years ago. I wonder how they can remember single pitches, but I can’t remember a race that might have taken an hour or more?”

Except for the New York City Marathon trophy, my most memorable races did not result in awards that could be cherished. For winning the 1979 Maui Marathon in PR time, I was presented with a ceramic vase made by the race director’s wife. There was no inscription of any kind on it, nothing to identify it with the race.

For winning the Nike 10K national championship in San Diego in 1980, I received a $35 gift certificate and statue of a fish without any inscription on it. For winning the 40-49 division of the 1980 Cascade Runoff 15K in Portland, Oregon, I was given a small pocket knife. On the blade was inscribed “1st, 40-49 division,” but there was no mention of the name of the race. For a memorable race in California’s Napa Valley, I was given a bottle of wine. And I don’t drink.

Nothing to Show

Sports Illustrated magazine will occasionally do a story about some ballplayer and show a picture of him in his trophy room. But I remember one article about a well-known 40-49 male runner in which the writer noted with

Twin Cities Marathon

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sharpeness.

“I was surprised by how slow I was today,” she said. “I feel like I’m in better shape than I was when I ran in Chicago last year and I was three minutes slower. I’m a little disappointed.”

Following Knisely and Bakoulis in the U.S. masters standings were Cindy Keeler of Clermont, Fla., third in 2:51:58, Debbie Leyden of St. Paul, fourth in 2:57:40; and Sue Kelly of Atlanta, Georgia, fifth in 3:06:12.

Meanwhile, Marina Jones, 49, Palm Desert, Calif., took the W45 with a solid 2:59:42, while Gloria Jansen, 3:11:16, and Edie Lincoln, 3:32:16, won the W55 by nearly a minute per mile. Meanwhile, Marina Jones, 49, Palm Desert, Calif., took the W45 with a solid 2:59:42, while Gloria Jansen, 3:11:16, and Edie Lincoln, 3:32:16, won the W55 by nearly a minute per mile. Unlike Knisely, the Albuquerque-based Hellebucyck attached himself to the lead pack from the outset. At the pre-race press conference, he guessed he might be as fit as he was in 1996 when he ran one of his two career 2:11 marathons. The plan and the projection looked reasonable until 20 miles when his legs and hip flexors “died” and the pack left him.

“I’m very surprised I got so blown away between 20 and the finish,” he reflected. “I lost a minute a mile!”

“We’re relieved Catherine Ndereba was not here,” Hellebucyck’s wife Shaun deadpanned, referring to the world record breaker’s 2:18:46 that morning in Chicago. Hellebucyck finished in 2:21:20.

Hellebucyck, who has now run five marathons this year, including the World Championships in Edmonton in August as a member of the U.S. team said he hoped to have better staying power in four weeks when competing in the New York City Marathon. He followed Hellebucyck in the U.S. masters standings was defending U.S. masters marathon champ Steve Wilson, 42, Lafayette, Ind., who clocked 2:29:08. Matt Barnard, 41, Woodbury, Minn., finished third in 2:34:36, while fellow favorite-son Charles Hubbard, 40, Bloomington, Minn., was fourth in 2:38:35.

Twin Cities has hosted the USATF National Masters Marathon Championships for ten years, and has earned such a good reputation as a masters-friendly race that the event draws a stellar international masters field as well. This year’s overall winner, Joshua Kipkemboi, 42, KEN/Concord, Mass., 2:14:07, was one of three masters in the top four overall.

With thoughts of his third place finish last year, Kipkemboi surged away from defending champion Sergey Feofanov early on the final mile to win by seven seconds in 2:14:07. Russian masters winners Mohamed Nazipov, 40, and Fedor Rylov, 40, grabbed third and fourth places in 2:14:31 and 2:14:38, respectively. Kipkemboi earned a total of $25,000 for his efforts — $20,000 as the men’s overall winner and an additional $5000 for being the open masters champion as well.

The open masters women’s podium was wholly Russian with Irina Bogacheva, 40, RUS/Gainesville, Fla., winning in 2:31:02; Fira Sultanova, 40, finishing second in 2:34:02; and Ramila Burangulova, 40, placing third in 2:35:41.
Aging Slower Than Your Rivals

Longevity – this should be everyone’s favorite subject, for who wouldn’t be interested in living longer and at the same time enjoying higher quality living? Aging is affected by your genes, but your real (biological) age (see www.realage.com) depends largely on your everyday habits of eating, sleeping, drinking, physical and mental exercising, stress level, smoking, etc.

Performance

Typically the performance decrease for world class sprinters, middle distance runners, and marathoners below age 65 is about 0.7, 0.90, and 1.1 percent per year, respectively. But for less fit athletes the deterioration is more rapid. The following healthy living and training habits will slow down the aging, resulting in less deterioration in performance. You can also prevent chronic disease, increase your life span by decades and at the same time add more life and speed to your years.

Atrophy

Slowing down is more due to rusting out (atrophy) than aging. Get rid of that “I’m slow because I’m old” thinking.

Supplements

To fight the free radicals that damage body cells, take antioxidants, vitamins E, C, and A, selenium, and grape seed extract daily. Older women may benefit from estrogen replacement. I highly recommend grape seed extract.

It is a very powerful antioxidant, enhancing the activity of vitamins C and E, fighting heart disease, stroke, and high blood pressure, plus other advantages for athletes.

Immune System

Take supplements daily (e.g., vitamin C and plenty of fruits and vegetables to improve the immune system. Strengthening the immune system is the preventative maintenance way to prevent disease. Wash your hands frequently. Take aspirin (80 to 300mg) each day to reduce the possibility of stroke and heart attack.

Sleep

Get adequate sleep and keep a regular sleep routine. Also, if possible, take a 15-30 minute nap every day; a nap too long or too late in the day will interfere with sleep at night. Eat dinner about five hours before bedtime. A late dinner, improper food combination, alcohol or coffee late at night robs you of deep sleep and contributes to aging. Poor sleep also results in less release of growth hormone with consequent lowering of the immune system.

Memory

Memory deteriorates with age in the normal individual at an increasing rate along with other bodily functions. Memory is a skill requiring constant practice. Your mind needs exercise similar to the body. To reduce memory loss, keep the mind active with memory games, and intelligent conversation. Also, physical exercising makes for a more alert mind due to more oxygen to the brain. A person with active mind habits survives longer.

Exercise

Balance deteriorates with age and causes falls, but can be improved by exercise. VO2 max (ml of oxygen/minute/kg body weight) declines by about 1% per year in healthy untrained men, but endurance exercise can reverse this decline considerably and even increase oxygen capacity.

Continue regular exercise, preferably with some intensity. Exercise is the most important of all anti-aging habits. Studies have shown that longevity is affected more by exercise than by your genes. “Use it or lose it.” It is the intensity, more so than the volume, that keeps you young. “Activity begets energy.” The more you exercise the more energy you will have.

Stretch (t’ai chi, yoga, Pilates exercises, etc.) regularly, and weight train every other day to compensate for the loss of flexibility and strength with age. As we age, we lose fast twitch fibers and motor neurons through inactivity, and hence lose muscle power. Therefore, it is very important to compensate by doing reasonably intense weight training, and rapid and/or intensive movements on a regular basis. To retain fast twitch fibers and age slower, train fast.

Definitely rule out smoking.

Diet

Eat plenty of fruits and vegetables for the vitamins, minerals and fiber they contain. Maintain a high carbohydrate, low protein, high fiber, low fat diet with minimum sugar and salt. Drink lots of water; athletes need about 3 liters per day. Eat fish at least twice a week. Protein with starch (rice, potatoes) is hard to digest, resulting in poor elimination, and loss of energy. Protein with vegetables only is strongly recommended.

A high alkaline, low acid diet will assist in combating heart disease, cancer and other maladies. It also combats lactic acid, which accumulates more rapidly in older athletes for any given speed during anaerobic exercise. Fruits and vegetables are alkaline, protein is acid.

Minimize coffee, and also alcohol (it prevents glucose production in the liver and robs energy). Research indicates that under-eating improves longevity.

(The above are excerpts from one of 25 chapters in Earl Fee’s running/fitness book, “How To Be A Champion from 9 to 90 – Body, Mind, and Spirit Training.” To order, see the Publications Order Form on p. 13.)

Third Wind

Continued from page 6

some amazement that the subject of the article had nothing in his home to show that he was a successful runner – no trophies, no plaques, no medals, nothing.

When the writer asked the runner about this, the runner explained that running was a very small part of his life, leaving the impression that his victories meant nothing to him. It sounded like the runner was trying to show that he was much more than a runner. It was never made clear, though, what else he was or how he had time to be anything else.

Now that most of my trophies and plaques are gone, maybe I can act like a humble elitist. My nonchalance will allow me to appear humble and that will add even more to my pride.

Then again, I think a better attitude is to accept that what was, was.

(Mike Tymn can be contacted by e-mail at: metgat@aol.com)
Age vs. Injury

Once every two years, we fire up our computer and review all the running injury cases seen over the past year or so. Part of this process is to isolate runners over age 40. This is kindly called a clinical study of 4000 distance runners with age as a diagnostic factor.

One must remember that these are injured runners over age 40 being compared with injured runners under age 40. We have approximately 1600 cases of injured "veteran" runners.

In order to make the study more palatable, we broke the injuries down into six major diagnostic groups: the foot, ankle, lower leg, knee, upper leg, and hip and lower back.

As with any study, it is one tends to be a bit prejudicial toward the sample; in this case, age.

In general, we found that older runners had a higher number of foot and hip-lower back injuries relative to this case, age.

It must be remembered that these are injured runners over age 40. As with any study, there are many similarities than differences between younger and older runners. The variable differences found were quite small. Probably other variables such as shoes, gender, and weight are the major determiners of injury rather than age. So, run on, older folks.

In future columns, I thought we would deal with one injury at a time and bring you up-to-date on the latest treatment and diagnostic methodologies for each of the top five most common running injuries:

1. Plantar fasciitis
2. Shin splints
3. "Runner's knee"
4. Achilles tendinitis
5. Painful flat foot-heel spurs

(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, write to Dr. John Pagliano, The Foot Beat, MNM, Box 50098, Eugene, OR 97405; e-mail: thefootbeat@aol.com.)

Kamau, Betz Stand Out in Syracuse 5K

By DAVE OIA

Kenyan Francis Kamau, 40, recorded a 14:56 to finish first master in the ninth annual Syracuse Festival of Races 5K, Syracuse, N.Y., Sept. 30.


Running on one of the nation's fastest record quality 5K courses under perfect weather conditions, Margret Betz, 65, Conklin, N.Y., ran a 21:16, 1:28 faster than Helen Dick's W65 5K mark of 22:44 set in 1990.

The women's masters title went to Lori Hewig, 40, Schenectady, N.Y., sixth overall in 16:57. Susan Munson, 42, Orchard Park, N.Y., was the runner-up in 17:51, and Diane Legare, 50, of Montreal, placed third in 18:03.


Division winners included Jerry Kooymans, 46, Markham, Ontario, 15:29; Sam Graceffo, 65, Fayetteville, N.Y., 20:47; and Jim Blount, 72, Bushnell, Fla., 23:51.

Major sponsors include United Healthcare; M&T Bank; The Home Depot; WSTM; The Medical Communications; Syracuse Parent/Eagle Newspapers; the Syracuse New Times; American Airlines; Carmella's Cafe; The Dermody, Burke & Brown Group; Dick's Sporting Goods; Peter's Groceries; LGG Stickle; and the Syracuse Chargers TC.

Ocean State Marathon

Continued from page 1

Pozdnyakova raced infrequently over the summer, and reappeared in August running more like her old self, with good runs at the Cigna Health Care Corporate 5K in New Hampshire, 16:34; Falmouth Road Race 7:1M, 39:18; Michigan's Crim 10 Miler, 57:21; and the U.S. 10K Classic in Atlanta, 34:46.

Pozdnyakova's 2:30:28 is even more impressive when one considers how she did it: alone and into the wind.

Conditions over the point-to-point route from Warwick to Providence were less than ideal. Start temperatures were in the low 40s and a gusty Atlantic breeze made for a tactical pack-driven race, during which Pozdnyakova put away a group of six other accomplished Eastern European pretenders.

She ran alone after 16 miles. Pozdnyakova's experience with the course may have helped her to pull away from the field by over three minutes. She also won here in 1999, with a then-PR of 2:31:52. Her 2001 time is an age-graded 99.5%.
Make Sport Not War

On your mark...get set...run for cover. Our country is in another undeclared war. In September, major league sporting events in the U.S. were canceled for a week. It is likely that any major track meets (open or masters) held in the U.S. would also have been suspended.

Not so in the good old days. Of course, it is no secret that many of the ancient Olympic events (most of which survive to this day) are based on skills of war: boxing, equestrian events, chariot racing, and pentathlon (discus, javelin, long jump, running and wrestling). But in the fifth century B.C.E., in ancient Greece, the Olympics had reached such importance that the city-state of Elis instituted the "Olympic Truce."

No Excuses

According to Web site http://www.upenn.edu/museum/Olympics/olympicpoints.html, the Olympic Truce protected participants from involvement in local conflicts, and violations were punishable by a fine. For example, in 420 B.C.E., the Spartans were caught engaging in military maneuvers during the Truce and were fined. The Spartans protested, to no avail, that they had ended their maneuvers before the Truce had been officially announced. No excuses. They were kicked out of that year's Olympics.

In 364 B.C.E., Elis actually attacked a nearby town that was hosting the Olympics during the festival. According to the historian Xenophon's first-hand account of the day-long battle: "The horse race had been completed, as well as the events of the pentathlon which were held in the dromos. The finalists of the pentathlon who had qualified for the wrestling event were competing in the space between the dromos and the altar... The attacking Eleans pursued the allied enemy... The allied forces fought the Eleans... The attacking Eleans pursued the allied enemy... The allied forces fought the Eleans... The allied forces fought the Eleans... The attacking Eleans pursued the allied enemy... The allied forces fought the Eleans..."

Not War

Make Sport Not War

Afanador, Trapp Win USA 24-Hour Crowns at Olander Park

By DAN BRANNEN, Running USA Wire

SYLVANIA, Ohio — Rudy Afanador, 43, Medford, N.Y., won his first national title here, with 151.0580 miles, taking the USA 24-Hour Run Championships crown ahead of 145 starters in cool, clear weather on the 1.09-mile loop course at Olander Park.

The race started at noon, Saturday, Sept. 15.

Sue Ellen Trapp, 55, Fort Myers, Fla., surpassed Lynn Jennings’ record for most wins by an American woman at a single national championship event, taking her seventh national all-day run crown and finishing seventh overall (among the men) in the event with 126.1732 miles.

Trapp, current holder of the U.S. record for the 24-hour run and world record holder for the 48-hour run, also extended her own record for being the most senior American ever to win an open national championship title race.

Afanador, not considered among the favorites going into the event, led the race early, running 6:30 per mile for hours before slowing and being passed by many of the former national champions in the race. But the pharmaceutical lab worker found new reserves of energy and began an extended drive in the wee, dark hours of Sunday morning, just as the leaders and favorites were being slowed by temperatures in the mid-40°F.

He finally caught and passed the last of his foes, defending champion John Geesler of St. Johnsville, N.Y., after 21 hours of steady running with only a few brief walking breaks. At the halfway point of the race, Trapp was over five miles behind ultra novice Jody-Lynn Reicher of Midland Park, N.J. But Reicher’s early fast pace combined with the cool temperatures and high night-time humidity to stiffen her thighs muscles and reduce her to a hobble for the last 7 hours.

The vastly experienced Trapp (a veteran of almost two dozen races of 24 hours or longer spread over a 21-year career) took the lead before hitting 100 miles and continued unchallenged to take her unprecedented seventh national title at the longest national championship event.

Jager Returns

Continued from page 5

and silver in the long jump and 200.

In the 200, contested just minutes after taking four long jumps, Jager said she felt a cramp in her hamstring 20 yards from the finish line — but still ran her best time of the year — 29.44 seconds out of lane 1.

Her two-year layoff from competition hadn’t meant a two-year retreat into a cave. Besides getting involved with a new USATF Masters committee on doping, Jager was a sought-after speaker at schools and senior centers, giving motivational talks that drew on her Christian faith and recent trials.

She even helped coach pole vaulters at Greenway High School.

She found herself mothering young athletes, especially girls — helping them see through their adolescent angst and encouraging them in their nascent track careers.

"We don’t know our own possibilities until we’ve been challenged," Jager said. "One girl said I made a difference in her life. That was as important as any medal that I ever won."

Herb Kirk

On Oct. 3, one day after celebrating his 106th birthday, Herb Kirk, reportedly the oldest man to compete in an organized running event, died of pneumonia.

Kirk set five national records in 24 hours in the 400, 800, 1,500, mile and 5,000 in 1985. In 1997, he ran a 5K with 10 relatives over four generations.

Kirk earned degrees from Lehigh, Penn State, and the University of Illinois. He was an aviator in WWII, for which he won the French Legion of Honor.

TEN YEARS AGO

November, 1991

- Laurie Binder, 44, Runs Record 2:35:08 in National Masters Marathon; Manuel Vera, 40, Logs 2:17:40
- Nancy Grayson, 41, Clocks 34:08 in Pittsburgh Great Race 10K
Training for the Future

As many masters start to think about the race(s) they wish to target in 2002, the following provides some training information gained in interviews with athletes who trained for the World Veteran’s Games in Brisbane, Australia in July 2001. The women walked 5K and 10K; the men walked 5K and 20K.

Brenda Carpino, W50: Most of us walkers lead “double lives.” My plan for the WAVA walks was to start training early enough so that the obstacles with which my life style has a tendency to be paves would not hold me back. Knowing that I would be taking three week-long vacations, I decided that I needed to begin training before them to get the momentum going and get focused. I started training in the fall of 2000, meaning that I consistently walked at least five days a week.

My training starts off more mental than physical as I do not push at first. I simply try to put in time and add distance. For the first two weeks I did some serious, anaerobic workouts. That schedule has been: Monday - 5K fast; Tuesday - 10K; Wednesday - 5K; Thursday - 15K; Friday - rest; Saturday - 10K fast; Sunday - rest. I always adjust my speed so that I do not push too hard. This schedule has worked really well for me.

Two months before the WAVA meet, I did some serious, anaerobic workouts. Two months before the WAVA meet, I started training in the fall of 2000 and dropped 15 pounds. I did workouts of 5-6 miles 4 times a week, a speed workout once a week, a rest day, and on Saturday or Sunday 10-15 miles of distance.

To drop the weight I started eating 4-5 small meals a day, maintaining a 40-30-30 balance of carbohydrate, protein and fat. One thing I learned from the 20K in Brisbane is that I need to work on how to eat for an afternoon race of that distance. I am used to racing in the early morning. By the time the race started in Brisbane, I was hungry and it really hit me at the 15K mark.

Jack Bray, M65: I started seriously training in February. I was concentrating on the 5K race with dreams of winning, as the great Mr. Weidner had told me he wasn’t coming to Australia. I followed Coach Alongi’s general schedule: one long workout to be fit enough to do the 20K for the team medal; two speed workouts of different kinds; one hill workout and a lactate training workout. I also worked out with some of my club members four times a week, including a lactate acid workout the last 10 weeks before the Games.

Cliff Elkins, M65: Rather than WAVA, my target race was the National Masters Championships in Baton Rouge as I changed age groups on July 19 into M70. I did more speed work and less distance than I probably should have.

Since I have a hip replacement, I am still fearful of doing too much distance work—maybe just an excuse; I’m not sure! Both Claire and I take ULTRA Fuel before a race. If nothing else, it may have the mental benefit of “Now, I have power.”

Bob Finie, M70: My training usually involved 10 miles of long, slow distance training at the gym twice a week.

Racwalkers in the M55 5000 included Pierre Gabriels (far right), BEL, and Victor Sipes (second right), USA, 14th WAVA Championships-Brisbane.

Bob Mimm, M75: My training doesn’t vary much all year. I do try to add a few miles if a long race is coming up. My diet is a “see food” one. When I see food, I eat it. I can eat just about anything. I do have a tendency to eat too much stuff. I love cream puffs.

(Elaine Ward can be contacted by e-mail at: narfyl@aol.com)

Knotts, Bailey Take U.S. 40K RW Honors

This year’s 40K racewalk championships were held in Fort Monmouth, N.J., Sept. 9. The 2K loop course attracted 43 athletes from 10 U.S. states as well as a competitor from Ecuador, Andres Chocho, who led the race for the first 10K before stepping to the sidelines.

Walking off with the men’s overall masters title was Chris Knotts, M45, Miami Valley Track Club of Ohio (fourth overall) in 4:02:13. Sami Bailey of the Indiana Racwalkers took the women’s masters crown and set a U.S. W65-69 age-group record of 5:12:29.

The men’s masters team title went to the Pegasus Athletic Club whose speedy trio consisted of Leon Jasionowski (4:05:04), Rod Craig (4:13:54) and Ken Lahtnap (4:32:00).

Overall winners were Olympian Philip Dunn, Chula Vista, Calif., in 3:24:08, and Cheryl Rellinger, Cohoes, N.Y., in 4:26:31.

Herazo, Whatley Capture U.S. 5K RW Titles

Victoria Herazo, 42, swept the women’s field at the USAFT National Masters 5K Racewalk Championships held in Kingsport, Tenn., Sept. 22. Her 24:47 set a course record. For Herazo, a 1996 Olympian, it was her 28th national championship. She looks forward to one last Olympic appearance in 2004. Runner-up, in 26:06, was Cheryl Rellinger, 35.

Taking the men’s masters title was third overall Ian Whatley, 41, of Greenville, S.C. His winning time was 22:15.


Bray, from Greenbrae, Calif., said he looks forward to coming back next year and breaking Bob Mimm’s M65 record when he’s a year younger. “That’s how it works in the San Francisco area,” quipped Mimm. “They get younger every year.”
The rock band was rattling the windows at the post-race party for The LaSalle Bank Chicago Marathon. Several thousand runners, who earlier in the day had covered 26 miles on foot, were still vertical, swaying to the music in Navy Pier’s Grand Ballroom. I stood on a balcony above the action with race director Carey Pinkowski. He was waiting to introduce the top finishers, including Catherine Ndereba, who had just shattered the women’s world record for the marathon with a time of 2:18:46.

Looking down at the runners, Carey asked how many had prepared using my training programs.

“Everybody!” I replied.

So Carey invited me onstage along with Ndereba and the top men’s finishers. Heavy company! I used my 26.2 seconds of fame to ask: “How many of you set Personal Records of four busy days, both exciting and rising; it was the beginning of a race director Carey Pinkowski. He was waiting to introduce the top finishers, one related to extra security.

Extra security was necessary because of the events of September 11. After the attack on the World Trade Center, training for a marathon no longer seemed so important. I lost five days staring at the TV set, waiting for some glimmer of hope. Eventually, I resumed my running routine, rationalizing that the five days of lost training qualified as “rest.”

An NBC reporter found me at the 70th Annual Chicago Marathon. She had led pacing teams, but on this day I was relying on the 5:30 pacing team to bug me to a respectable finish. (I figured any finish was respectable.)

I eventually lost the pacing team, because members of my family were calling to see how I was doing. I wore a cellular phone, but was not alone.

Spectators cheered. Friends and family members held signs. Kids offered high-fives. A group of runners from Texas wearing cowboy hats chanted cadence.

Someone called, but I didn’t hear. I jogged along the lakefront from Hilton Towers to North Avenue Beach. The sun was rising; it was the beginning of a beautiful day, a wonderful weekend. I answered several questions, including one related to extra security.

Extra security was necessary because of the events of September 11. After the attack on the World Trade Center, training for a marathon no longer seemed so important. I lost five days staring at the TV set, waiting for some glimmer of hope. Eventually, I resumed my running routine, rationalizing that the five days of lost training qualified as “rest.”

An NBC reporter found me at the noon press conference. We discussed my running 7 marathons in 7 months to celebrate my 70th birthday to help raise $700,000 for 7 separate charities. Everybody needs a schtick to get on the 6 o’clock news.

Better Pacing
Near 20 miles, I passed the aid station run by Steve Kearney, coach at Chesterton High School. Steve had helped pace me during my previous marathon in Columbia, Missouri, run on a hot day on a hilly course. I informed him that I was feeling better than during that run. “Stride on!” he said.

Strangely, the last hour of the marathon proved less stressful than the last hour of the Expo. I beat my goal time by 47 seconds and crossed the line smiling, arms raised in victory. Rose awaited me, I had called at mile 25 and told her to expect me within 15 minutes. We hugged and cried together.

Running a marathon always is emotional for first-timers. Because of September 11, Chicago was emotional for old-timers too. It was definitely a marathon to remember.

(Hal Higdon is a Senior Writer for Runner’s World. More of his writing can be found at www.halhigdon.com, and he can be contacted by e-mail at halhigdon@home.com)

Anyone who owns a pair of running or walking shoes is invited to “Run for America” on Nov. 4 to raise money for the victims and heroes of the Sept. 11 terrorist attacks on the United States. A historic, joint effort between USA Track & Field (USATF), Runner’s World, the New York Road Runners Club (NYRRC), the Road Runners Club of America (RRCA) and Running USA, the Run for America is a “virtually walk” held to coincide with the New York City Marathon. All proceeds from the Run for America will go to the American Red Cross, the Families of Freedom Scholarship Fund and the Twin Towers Fund.

Run for America is organized much like any road race. To take part, entrants must register at the Run for America Web site (www.runforamerica.com) and select the “race” in which they will participate on Nov. 4 and the charity to which they would like to donate. Running events offered range from 1 mile to 100K, with walking events from 1 mile to 20K.

“Some say it’s just a ‘try me’ thing,” participants will be entered in the “race” and can download a special Run for America race bib. On Nov. 4, entrants will run or walk their “race” and will have the opportunity to post essays and “show off” for the Run for America experience on www.runforamerica.com.

“The Run for America will ‘virtually’ bring people from around the world together on a single day, just as Runner’s World, NYRRC, RRCA, Running USA and USATF came together to make this project happen,” said USATF CEO Craig Masback.

It is in that spirit that the Run for America is being able to positively affect the lives of the September 11th survivors, as well as the lives of the participants in Run for America.

“One of the great things about Run for America is that any person, at any fitness level, can take part,” said USATF President Bill Roe. “The tragedies of September 11th have brought people together in an amazing way. It is in that spirit that the Run for America is being held.”

Participants may also enter the times they ran on Nov. 4, to be compiled within the “official” results for various distances, allowing participants to see where they stand against other participants for America from around the country. The world. Entrants can use their daily run/walk, a special group event, or a race that they have already planned to compete in as their Run for America “race.” Youth, high school and college cross-country runners are also encouraged to join the Run for America.

For additional donations, entrants can purchase a Run for America long-sleeved T-shirt and/or a Runner’s World Run for America button. Several Team USA items autographed by top stars and other memorabilia will be given away in a random draw.

For more information on the Run for America, visit the official Web site: www.runforamerica.com.

The following charities will benefit from the Run for America:

American Red Cross: Donations will help provide support for people in need following the Sept. 11 disaster as well as emerging human needs resulting from this tragedy. For more information, visit www.redcross.org.

Families of Freedom Scholarship Fund: This fund is designed to provide educational assistance for post-secondary education to financially needy children and spouses of those killed or permanently disabled as a result of the tragedies of Sept. 11, and benefit children and spouses of the victims, including airplane crew and passengers, World Trade Center and Pentagon employees and visitors, and relief workers, including firemen and policemen. For more information, visit www.familiesoffreedom.com.

Twin Towers Fund: New York City Mayor Rudolph W. Giuliani has established the Twin Towers Fund to assist the families of members of the uniformed services of the NYC Fire Department and its Emergency Medical Services Command, the NYC Police Department, the Port Authority of New York and New Jersey, the New York State Office of Court Administration and other government offices who lost their lives or were injured because of the tragedies of Sept. 11.
Matson Breaks Record, Canadians Sweep Mile at Kezar

By JERRY WOJCIK

Shirley Matson, 60, broke the W60-64 world record for the mile with a 5:58.69 in the masters women's race in the Champions Run for Children at San Francisco's Kezar Stadium on Sept. 16. The present record is 6:09.38 by Yvette LaVigne in May 2000. Runners faced windy, chilly, damp conditions.

After her race, Matson discussed her strategy, "I was planning to run the first quarter in 90 seconds and pick it up from there, hoping for a 5:50 mile. Instead, I hit the 200 in 42 and the quarter in 83. So much for pacing. I slowed to 92 for the second lap, 93 for the third, and then, with the crowd cheering and counting down the final seconds, finished with a 90-second lap for a 5:58.69. I was thrilled with the record but unhappy with my performance. It's also hard to believe that I now struggle to run a six-minute mile when that used to be so easy."

Nancy Tinari, 42, past Canadian Olympian and last year's winner in 4:56.12, retained her title with a 5:02.03 in a field of five. Maureen de Croix, 48, of Canada, world champion at WAVA-Brisbane in the 800 and 1500, was second in 5:05.19.

In the men's mile, Graeme Fell, 42, another Canadian, third last year (4:15.85) in better running conditions, won with a 4:26.02 in a field of six, after taking the lead at 500m. Kevin Ostenberg, 41, was second in 4:28.92.

In addition to cash prizes of $1000, $500, and $300 for the top three men and women, the race organizers and sponsors provided travel expenses for masters.

The mile race was one of a series of events that included the Jamba Juice 5K Banana Man Chase and kids' races, presented by Peter St. Geme, Inc., to benefit University of California-San Francisco Pediatric AIDS Research.
The Weight Room
By JERRY WOJCICK

The Weight is Over

Flinging the newly adopted WMA weights the past outdoor season has been to use the educator’s buzzwords) an enriching experience for throwers. Who would not be pleased with being in the same age group as last year (to use the educator’s buzzwords) an enriching experience for throwers.

The switch to the WMA specs didn’t go into effect until April 1, 2001. Consequently, those weights have not been officially used in an indoor meet, and the forthcoming indoor season may be less exhilarating than the outdoor season was for throwers.

Implement Scarcity
First off, the availability of indoor implements in the new weights seems to be scarce. I don’t have all the 2002 equipment catalogs, but the one I do have lists 205 and 355 indoor weights, but no 25#, 16#, or 12#. The 25# and 16# exist because they were used last year in the Nationals at Boston. And even if all are available, will meet directors spend hundreds of dollars for indoor implements that are used once a year, or will they rely on throwers bringing their own? We know how that usually pans out.

Secondly, and perhaps more critical, did we shoot ourselves in the foot by okaying weights which may allow some of us to do a Barry Bonds and put them in the stands, causing indoor meet directors to think twice about scheduling the event? Bouncing 1# weights off the walls is one thing; ricocheting them off pole vaulters and 800m runners is another matter.

Tom Gage, M55, a past-Olympian hammer thrower who also dabbles in the weight, has a best this season, so far, of 20.45 with the 25#. Last year with the 35#, he was at 15.88 outdoors, so he’s gone from 52-1/4 to 67-3/16 feet.

Davidson, Pataki, Smith Smash Records in Santa Barbara

By JERRY WOJCICK
Gerry Davidson posted two U.S. age-group records and two shot putters got one each in the 28th Club West Masters Meet at Santa Barbara City College’s La Playa Stadium, Sept. 29. Davidson, W80, ran the 800 in 4:09.77, reducing Pearl Melh’s 4:59.20 in 1994 by 50 seconds, and the 1500 in 8:33.7, over three seconds better than Anne Clarke’s 8:36.90 in 1991.

Lad Pataki upped the late Joe Keshmir’s M55 U.S. shot put record 15.85 to 16.06. Hal Smith increased Phil Mulkey’s M65 record of 13.59 by over three feet with a 14.52.


Winners of the eight best performance trophies awarded at the meet were Jim Selby, George Adams Hi-Point Track; Gary West, Vernon Cheadle Hi-Point Field; Dewey Vroom and Joy Margerum, Jimmie Whitney Hi-Point Track & Field; Kathy Jager, Pane E Vino Trophy for Outstanding Woman Athlete; Dave Douglass, Hubbel-Herman Trophy for Best Hammer Thrower 70+; Ross Carter and John Whittmore, Paul Spangler Award for Best Performance by Athlete 80+; Gordon McClenathan, the Ray Williams Memorial Trophy for the best 1500 (22:21.90) for runners 60+ from Craig Madsen, Region President for Northern Trust Bank of California at the Club West Meet, Santa Barbara, Calif., Sept. 29, Northern Trust Bank, along with Pane E Vino restaurant and the City of Santa Barbara, is a sponsor of the club’s annual meet.

Ray Williams Memorial for Best 5K by Runner 60+; and Dennis Mihora, Nick Carter Trophy for Best Age-Graded 1500.

Angelo Oliver

South Africa, and participated in many local, national and world meets. He also ran many times in the M75+ 100 at the Penn Relays.

Angelo was certainly one of the most outgoing and positive athletes one could hope to meet. His bright, engaging personality provided an infectious, positive spirit to any group. He enjoyed competition, win or lose, and was gracious to all. He especially enjoyed the reactions of young high school athletes who were typically astounded after running with him.

While notables physically for his tremendous, compact strength and his bounding gait, his energy and joy for life were equally boundless. Whether in work, in sports, or in friendship, Angelo was always up on his toes and going full speed. His heels truly never hit the ground.

He is survived by his wife, Joyce Donahue Oliver, and two daughters, Sandra Halvorson-Weeks and Karen M. Oliver.

-Michael Augeri and Joseph Burleson
**USA Track & Field Masters Road Records and Bests**

(as of 10/12/01)

Compiled by USA Track & Field Road Running Information Center,
email: ryan@runningusa.org web sites: www.runningusa.org & www.usatr.org

**November 2001**

**Key to Codes:**

- **R** = Ratified record or "best"
- **U** = Unverifiable mark, cannot be ratified
- **P** = Pending - completed application needed from the event
- **D** = Date of birth and/or citizenship confirmation needed
- **a** = Performance possibly aided by wind and/or slope, can be a "best" but not a record

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### Masters Women All-Comer's Records (non-U.S. citizens)

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**36th Las Vegas Marathon & Half Marathon**

Sunday, February 3, 2002

International "Friendship" 5k on Saturday, February 2

- 5-Person Relay Teams in Full Marathon
- Try our new online training program
- Cool and Dry Running Weather
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- Sunday Evening Post Race Party in Tropicana Hotel's Ballroom
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Las Vegas, NV 89110

Tel/Fax: 1-702-876-3870
lmrun@ams.com

http://www.lvmarathon.com

MGM Grand: The City of Entertainment. Las Vegas.
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**Women 60-64**

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**Men 60-64**

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**Women 60-64**

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<td>WARREN UTES (M75-79)</td>
</tr>
</tbody>
</table>

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Just give us the word, and RUNNER'S WORLD will provide these items for your next race at no cost to you! Choose from bib numbers, plastic drawing bags, or raffle prizes such as duffle bags, calendars, and sunglasses. As an additional benefit of the program, we will advertise your event, free of charge, on our Web site and in Runner's World Magazine.

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For more details, go to the Runner's World Web site at www.runnersworld.com and click on "Sponsorship." For more information e-mail Bart Yasso at bart.yasso@rodale.com or call toll free 1-800-638-0482.
Non-Stadia Event Set For Riccione, Italy

As we complete our planning for the future, I will here update you on what we know so far. The next WMA Championships will be the 2002 Non-Stadia Championships organized by FIDAL in the beautiful Italian city of Riccione in May — spero che ci vediamo — and then we will all meet again in Puerto Rico in 2003 for the XV WMA World Stadia Championships.

Currently, the Council is talking with the organizers and other partners. As you read this article, we will have visited Riccione to sign the contract for the Non-Stadia Championships next year, to inspect the facilities, and to hold the first planning meeting with the LOC. We will also have attended the EAA’s (European Athletic Association) annual Calendar Congress in Moscow where the program for 2002 will be finalized and future discussed. To us it is vital to ensure that our meetings and championships do not clash with other interests.

WMA and EVAA (our European regional association) representatives will have attended the GAISF Annual Meeting in Singapore where we hope to have been able to discuss drug testing (more below) at the IMGA (World Masters Games) Annual Meeting. These meetings will continue in November with a first meeting with the Puerto Rico LOC and the IAAF-WMA coordination meeting in Monaco.

If it seems that much time is spent attending meetings, WMA has now reached sufficient prominence that our presence is expected, due to our leading role in the athletics world.

2002 Non-Stadia Championships

These championships will take place on May 24-26. The LOC is making every effort to send out the entry booklet shortly. For information and entry details, visit the following web address: www.riccione2002wma.org.

Riccione is a beautiful city situated south of Venice on the east coast of Italy. The city is perhaps best known as a tourist spot, but it also has many more facets, one of which is the organization of large sporting events.

The WMA affiliate for Italy is FIDAL, which is backing and supporting these championships anticipated to attract at least 2000 athletes from all over the world.

2003 Stadia Championships

This meet will be in Puerto Rico and the preliminary date is scheduled for July. We are very aware that the hot climate will require special measures to protect athletes’ health. Perhaps the addition of one day will aid in avoiding the worst of the heat.

WMA’s delegates will visit Puerto Rico soon to discuss the program. In March, the Council will make its final decisions and approve the entry booklet.

Drug Testing

Most of you are aware that WMA takes a very strong position against all use of forbidden substances. We presented a program to the General Assembly in Brisbane — a program that was unanimously approved of and reads as follows:

1. WMA has adopted the IAAF rules for anti-doping and the IAAF Disciplinary Procedures for Doping Offences.
2. WMA performs drug testing at each WMA World Championships.
3. WMA will initiate discussions with WADA on possible future cooperation.
4. The WMA Council will look at all decisions on the WMA anti-doping program with due regard for and recommendations from the WMA Doping and Medical Committee.
5. The WMA Doping and Medical Committee will be responsible for doping control at all WMA World Championships and shall advise the WMA Council on all matters relating to doping.
6. WMA will establish an Arbitration Panel to handle all appeals in doping cases.
7. WMA shall stimulate its Regions to set up their own Anti-doping Program and perform drug tests at Regional Championships.

It is my strong hope that this program will create a solid basis for all anti-drug efforts so that WMA will have no more positive tests. In accordance with the policy, we have also contacted IMGA to see if we can initiate a common approach to WADA and establish a cooperative program.

WMA Committees

I have previously presented the Stadia, Non-Stadia and the Organizational Advisory committees for 2001-2003. The following other committees have also been finalized:

WMA Discipline Committee:
Chairman Cesar Moreno Bravo, MEX
Others Hanne Boosjen, RSA
Wang Yun Feng, CHN
Wilhelm Köster, GER
Ralph Romain, TRI
Jim Tobin, NZL
Luis Grammancioni, ARG

WMA Law & Legislation Committee:
Chairman Monty Hackett, RSA
Others Roy Bellinger, NAM
Kensu Ikoe, JPN
Keith Whitaker, GBR
Bob Fine, USA

WMA Women’s Committee:
Chairman Marina Hoemecke-Gil, ESP
Others Hella Kuppe, NAM
Glory Barnabas, SUD
Selma Turkal, TUR
Monica Tang-Wing, TRI
Helen Tobin, NZL
Iris Menza, URU

To me, as the most ardent supporter of an official Women’s Committee with a real influence in our decision making, it is very encouraging to see a committee comprised of so many competent members. I have asked our Stadia and Non-Stadia vice presidents to keep Marina Hoemecke-Gil well informed and ask for her committee views on all issues concerning women’s activities.

I will present other WMA committees in the December issue. In the meantime, I wish you all good training and competitive success.

WMA REGIONAL CHAMPIONSHIPS

LEON, MEXICO • August 21-25, 2002

XV WMA INTERNATIONAL CHAMPIONSHIPS

SAN JUAN, PUERTO RICO • July 2-12, 2003

TRAVEL TOGETHER AND SAVE!!!!!!!

If you are not on our mailing list and wish to be, please mail, fax, or e-mail your address to Paul Geyer, Master Race Walker, at the address below. Packages will be to and from all destinations from USA and Canada. Side trips will also be offered.

TO SECURE YOUR SPACE, PLEASE CONTACT US NOW.

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Check our web site for 2002 SKI TOURS
Marina Hoernicie-Gil

Marina Hoernicie-Gil was elected as WMA Women's Representative at the WMA Assembly in Brisbane. She was born in Berlin/Charlottsburgh, Germany, on March 7, 1942, and is currently a resident of Spain. Her languages include Spanish, English, French, Italian, and Catalan (plus a bit of Flemish and Portuguese). She is married with two children.

Her professional history includes 17 years as secretary of her local club, Lloret (Lloret de Mar, Spain), 11 years as vice-president of the National Veterans Committee, and 15 years as head of the Spanish Veterans' Athletic Statistics. She has been a technical delegate and team manager since 1984 as well as EVAA women's delegate from 1988 to 1998. She has served on the WAVA Stadia Committee and IAAF Veterans' Committee, and since 1998 has been general secretary to EVAA.

Her history as an organizer includes two Spanish cross-country championships, two Spanish combine events championships, two Spanish national championships, and many provincial championships.

Her many stints as a volunteer and commentator include the 1992 Olympic Games in Barcelona (track and field walking and marathon), the IAAF World Indoor Championships (Barcelona, 1995), and WAVA Stadia Games (Gateshead, 1999/2001).

Hoernicie-Gil has been a masters athlete since 1980 and holds various records in the 10K, 20K, 30K, and 50K road races. She holds more than 30 national titles in the discus, javelin, shot put, and combined events.

She looks forward to working with the regional representatives, and women who wish to give input to the WMA Women's Committee, and discussing her ideas and plans for the next four years.

WMA web site: http://www.wava.org
In November 1995 to increased runners last year), the Great Cove Harbor 11,876 last year. Track meets 24:56, and Michael Service, 59, Brentwood, NY, soared to MSS win in 25:57. Proceeds were turned over #35 Meet, Hanover, NH. and the Greater Long 30:35. Chuck Keating, Kimball, Avril Douglas broke the WSS age-40 + markedly

• End of the host •

• Carl Wallin, Dartmouth MD coach, celebrated his 60th birthday on Oct. 4 by going out on Oct. 6 and setting two world (25# WT 69-5/4, #35 WT 44-3/4) and two U.S. (6k SP 46-11/16, SP 42-8/16) age records, Dartmouth Throws Meet, Hanover, NH.

• Susan Kenney, 45, Somerset, MA, bested the female field with a 33:06, Hampton Falls (MA) 5 Mile, Aug. 4. First M40+, Michael Kimball, 47, Rye, NH, was fourth overall in 30:35. Chuck Keating, 60, Wellesley, MA, won his division with a race-best performance 33:03.

• The Super Runner's Shop Men (5:06:56) and the Greater Long Island RC Fast Feet Women (5:54:15) won the masters divisions in the Ocean to Sound 50 Mile, 8-Leg Relay, Jones Beach to Oyster Bay, LI, Sept. 16. The Senior Masters (50+) titles went to the Saco Taconic RR, finishing ahead of their closest rival by 30 minutes with a 5:26:54, and the Bohemia Women Seniors (8:09:30). The Mixed Masters winner was the Bohemia Masters (5:44:32). The race, dedicated to "New York's Bravest," raised considerable funds to provide scholarships for the children of firefighters killed in the World Trade Center disaster. Directors were Alan and Sharon End of the host GLCRC.


• At the NYRR Broadway on Broadway 5K, NYC, Sept. 9, the difference between the male and female masters was only 31 seconds! Winners were Jerry Macari, 40, 16:23, and Gordon Bokouilos, 40, 16:56.

• First masters in the NYRRC 18-mile Marathon Tune-Up were Dorothy Elmore, 40, 1:43:51, and Susan Frankeny, 2, 2:16:51. Anna Thornhill, 61, outclassed her competition with a 2:23:33.

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SOUTHEAST

• Kirk Baird, 40, Centreville, VA, took the lead with two miles left to finish first by 15 seconds over his 18-year-old opponent, with a 33:59, 12th Place

• Frank Kurtz, 40, 36:02, Graceland, MA, were 8th and 9th overall of the 700 finishers. Deborah Barnett, 42, Columbus, OH, the W40 race with a fourth-female 42:34. Division standouts included Charles Koester, 56, Abingdon, MD, 38:08, and Tami Graf, 45, Lusby, MD, 55:28.

• Everett Hosack, 99, established a pending WR for the WP with a 2604 for the five events at the Norm Bower Memorial WP, Kent St, Kent, OH, Aug. 22. He also broke the single-age (45-25) U.S. age-70 records for the 2k TT (27:40) and 164 (9:14). Bernard Hilleburn set an age-74 U.S. record with a 3k HT.


• Chuck Sochor

400H, M40 pentathlon, M45 110H, and current M45 400H World Masters Games champion.

• Steve Riley, 47, Lawrence, KS, registered an M40+ win with a 77:09, Victoria (KS) Half Marathon, Sept. 23. 10K, Lubbock, TX, 35:54, with a 1:40:01; held off Stephanie Deutman, 42, El Dorado, KS, and Barbara Sisk, 50, Colorado Springs, co, heating to the W40+ first. Jeff Berven, 55, Wichita, zoomed to the M55 win in 82:13. Dick Wilson, 69, Lawrence, KS, took the M65 race with a 94:25, with ages to 71:23.


WEST


• Mike Polansky
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 and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

**TRACK & FIELD**

**NATIONAL**

November 27 - December 1. USATF 23rd Annual Convention, Mobile, Ala. USATF, PO Box 120, Indianapolis, IN 46206-0120. 317-261-0000; fax: 261-0481; www.usatf.org


March 22-24. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaiteons, USATF NE Association, 617-506-7600; fax: 734-6322; www.usatfnw.org; email: office@usatfnw.org

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono.

**NORTHWEST**

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


July 19-20. USATF NW Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

**INTERNATIONAL**

November 9-10. Central American Championships, San-Jose, Costa Rica.

March 4 and 5. USGA Mens Masters; City, NJ. (Fri-Sat meet) 212-860-4455; www.usga.org

March 11. 18th Annual Masters' National Championships, Arlington, Va. (all age groups)

March 17-18. USATF Masters 5K Cross-Country Championships, West Point, N.Y.

March 19-20. USATF Masters 5K Road Race, Orlando, Fla.

April 16-17. 6th Annual Masters' National Championships, Montgomery, Ala.

April 29-30. Queensland Masters Championships, Australia.

**LONG DISTANCE RUNNING**

**NATIONAL**

November 4. USATF National Masters 8K Cross-Country, Rochester, N.Y.

November 4. Delchamps Senior Bowl Charity 10K, Mobile, Ala. Port City Pacer, PO Box 6427, Mobile, AL 36660.


**SOUTHEAST**

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

November 10. Georgia Cross-Country Championships, Millen, Ga. Jack Hinders-Hite, 523-422-0992; jimjoy@jchs.com

November 10. South Carolina Cross-Country Championships, Chapin. Terry Layton, 843-449-5703; wlayton@sc.rr.com

November 17. Turkey 10 Mile, Mobile, Ala. Port City Pacer, PO Box 6427, Mobile, AL 36660. 251-473-7223.

November 17. Avon 5K Run/Walk, Tampa Bay, Fla. 800-748-1047. x3550; www.avonrunning.com

November 22. Atlanta Marathon, Atlanta, Ga. 404-231-9065; www.atlantatrackclub.org


November 22. Time Tutn Trot 10K, Clearwater, Fla. 727-442-5838; www.runwestflorida.com

November 22. Outback Distance Classic Half-Marathon & 6K, Jacksonville, Fla. 904-720-1917; www.iplacesports.com


December 2. Hops Marathon, Half-Marathon, Relay, Tampa, Fla. SASE #10 to Hops-RJ, PO Box 1881, Tampa, Fl 33601-1881. 813-229-7866; www.doitsports.com/Hopsmarathon

December 2. Raleigh Marathon/Relay & Relay & Relay & Relay & Relay.

**ON TAP FOR NOVEMBER**

**TRACK AND FIELD**

A few meet weeks and Senior Games are available in the gap between the outdoor and indoor seasons. The USATF Convention opens on the 27th in Mobile, Ala.

**LONG DISTANCE RUNNING**

Two USATF Masters Cross-Country Championships are scheduled: 5K in Rochester, NY, on the 4th, and 5K in Deland, Fla., on the 18th. The Big Apple's five boroughs will host the NYC Marathon on the 4th. More marathons are set for Richmond, Va., on the 10th, San Antonio and Long Beach, Calif., on the 11th, and Philadelphia on the 18th. Besides all of the Turkey Trots on the menu for the 22nd, runners can opt for the Manchester, Conn., 4.75 Mile or the Atlanta Marathon. On the 25th, Seattle will be staging a marathon, while Californians may go for the Run to the Fun Side 10K, San Francisco. Fall cross-country championships are listed for USATF associations from Maine to Arkansas to New Mexico.
***National Masters News***

**December 2001**

**WEST**

- **Arizona, California, Hawaii, Nevada**
  - November 10. CPVA 10K & 5K, Seal Beach, Calif. 714-841-5477; www.nealand.com
  - November 11. Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com
  - November 17. Jet to Jetty 5K & 10K, Playa del Rey, Calif. AMCS, 310-670-1410
  - November 22. Dana Point Turkey Trot 10K, Dana Point, Calif. 760-434-6301; fax: 434-7769; www.turkeytrot.com
  - December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K Race/Walk, Diamond Valley Lake (s. of Hemet), Calif. 714-841-5471; www.nealand.com
  - December 2. Western Hemisphere Marathon, Culver City (Los Angeles), Calif. Jack Nakashishi, Culver City Rec. Dept., 4117 Overland Ave., Culver City, CA 90230. 310-253-6668
  - December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.com
  - February 3. Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 8126, Las Vegas, NV

**NORTHWEST**

- **Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming**
  - November 17. Oregon 5K Cross-Country Championships, Sandy HS. 3:00 pm. No day of race entries. Al Beck, 541-676-9601; karal@centurytel.net; www.usatf-oregon.org

**INTERNATIONAL**

- November 4. Athens Marathon, Athens, Greece. 800-444-4097; www.marathon-tour.com

**SOUTHWEST**

- **Arkansas, Louisiana, Mississippi, Oklahoma, Texas**
  - November 3. Oklahoma Cross-Country Championships, Tulsa. Sandy Hahn, 918-451-2181; shahnpromo@aol.com
  - November 10. Arkansas 10K Championships, Hot Springs, Bill Torey, 501-455-2633; toe@acsix.com

**MIDWEST**

- **Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia**
  - November 4. Wisconsin Cross-Country Championships, Sheboygan, Mary Strand, 608-276-2175; mstrand@eexcec.com
  - November 10. Illinois Cross-Country Championships, Lisle. USATF Illinois, 630-953-2052; usafan@aol.com
  - November 22. Running Spot Thanksgiving Day 10K, Cincinnati, Ohio. 513-474-1399; www.racedmc.com

**AMERICA**

- **Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota**
  - November 10. Rim Rock Run, Grand Junction, Colo. Elaine (SAE), P.O. Box 3685, Grand Junction, CO 81502; 970-243-4055; www.rimrokrun.org
  - November 11. New Mexico Cross-Country Championships, Rio Rancho. Kathy Fones, 505-865-8612; Foneska@aol.com
  - November 17. Missouri Valley Cross-Country Championships, Shawnee Mission Park, Kansas. Van Rose, 913-631-4661; vanrose@smu.edu
  - November 22. Mile High United Way Turkey Trot 4 Mile; Denver, Colo. 303-694-2202; www.bkltd.com

**FIVE YEARS AGO NOVEMBER 1996**

- **Antoni Nimczak (40, 2:02:25) and Sissel Grottenberg (40, 2:35:45) First in Twin Cities Marathon/Masters Championships, Minneapolis**

**KUDO**

A huge "Thank you" to the organizers, officials, and many volunteers at the World Veterans Championships in July. They were all so cheerful and helpful and appreciated.

Of course, there were a few glitches, but aren't there always? My friends and I had a great time, and the cross-country course was a blast. Thanks again.

Louise Adams
Boulder, Colorado

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**Write On**

Continued from page 4

...androgynous anathema, where "sex equality" results in Topeka’s "weak men and disorderly women."

Instead, we should appreciate Alexis Carrel’s insight 65 years ago that “woman differs profoundly from man... every one of the cells of her body bears the mark of her sex. Women should develop their aptitudes in accordance with their own nature, without trying to imitate the males. Their part in the progress of civilization is higher than that of man."

While Carrel here neglects man’s own important contribution, our understanding that women have more important things to do than run, jump and throw (or, for that matter, judge, soldier, legislator, etc.) is long overdue.

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Ed Chynoweth
Sanger, California

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**WORLD TRADE CENTER**

In the wake of the recent attack on New York, we send a message of friendship and good will, and condolences to those who lost family and/or friends in the tragedy.

Jim Claxton
President
Veterans Athletic Association of Tasmania
MIDWEST
Illinois, Indiana, Iowa, Michigan, Ohio, Wisconsin, West Virginia
November 4. Wisconsin Cross-Country Championships, Sheboygan. Mary Stroud, 608-2740; email@sportspace.com
November 10. Illinois Cross-Country Championships, Lisle. USATF Illinois, 630-953-2052; usattv@aol.com
November 10. Kentucky Cross-Country Championships, Somerset. Bill Nault, 502-548-4096; usaftky@aol.com
November 10. Big Sur Trail Marathon, Big Sur, Calif. 408-886-1829; www.envirosports.com
November 11. Long Beach International City Marathon, Long Beach, Calif. 562-728-8829; www.runlongbeach.com
November 11. 18K to Jetty 5K & 10K, Playa Del Rey, Calif. 310-222-9971; www.jettymarathon.com
December 1. Diamond Valley Lake Challenge Marathon, Half-Marathon, & 5K, Lake Elsinore, Calif. 951-335-4334; diamondvalleymarat
December 2. California International Marathon, Sacramento. 916-983-4622; www.runcim.org
December 9. Honolulu Marathon. 808-734-7200; www.honolulumarathon.org

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota
November 12. New Mexico Cross-Country Championships, Rio Rancho, Kathy Fones, 505-865-8612; Fonseksa@aol.com
November 17. Missouri Valley Cross-Country Championships, Shawnee Mission Park, Kansas City, 913-361-6661; vanrose@tmd.org
November 18. Ozark Cross-Country Championships, Chesterfield, Mo. Peggy Shinn Rowland, 314-469-0577; pshinn@bil.net
November 18. Road Runners Club of America, North Carolina, 919-266-2444; www.raleighmarathon.com
November 22. Miles High United Way Turkey Trot 4 Mile; Denver, Colo. 303-694-2202; www.blkld.com

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas
November 3. Oklahoma Cross-Country Championships, Tulsa. Sandy Hahn, 918-455-2643; tpoole@racicom.com
November 10. Arkansas 10K Championships, Hot Springs. Bill Torrey, 501-455-2643; tpoole@racicom.com
November 10. Boot Scoot & Run 5K/USATF Oklahoma West Championships, Fairview
November 17. Turkey Trot 10K/USATF Oklahoma East Championships, Tulsa
November 22. Dallas YMCA Turkey Trot 8 Mile; Dallas, Texas. 972-560-3879; www.thetract.com
December 9. Dallas White Rock Marathon/Relays, Dallas, Texas. 972-943-4696; runnerstoward.com
April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks: 405-525-4242; www.okcmarathon.com

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November 4. Athens Marathon, Athens, Greece. 800-444-4097; www.marathon.com

FIVE YEARS AGO, November 1996

• Antoni Niemczak (40, 2:20:25) and Sissel Tysnes (50, 2:55:28) win the 10K at the Five Ten Cities Marathon/Masters Championships, Minneapolis.

• Ed Lipscomb Breaks M45 WR for the PV with a 4.78/15-8 in Santa Barbara’s Club West Meet

• Jonathan Matthews Shatters M40 US Record with a 20:45 for 5K RW in Kingsport, Tenn.

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (S of Venice)

RACEWALKING
November 3. South Carolina One-Hour RW Championships, Myrtle Beach, 843-236-1852; austine@jun.com
November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

Write On
Continued from page 4
androgynous annull, where "sex equality" results in Tocqueville’s “weak men and disorderly women.”

Instead, we should appreciate Alexis Carrel’s insight 65 years ago that “woman differs profoundly from man... every one of the cells of her body bears the mark of her sex... Women should develop their aptitudes in accordance with their own nature, without trying to imitate the males. Their part in the progress of civilization is higher than that of man.”

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Boulder, Colorado
**RECIPIENTS OF ALL-AMERICAN AWARDS**

### U.S. MASTERS ALL-AMERICAN STANDARDS

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

**NAME:**

**ADDRESS:**

**SEX:**

**CITY:**

**STATE:**

**ZIP:**

**DATE OF MEET:**

**MEET SITE:**

**EVENT:**

**MARK:**

**HURDLE WEIGHT:**

**WEIGHT OF COMPLETE APPLICATION:**

**CERTIFICATE/ PATCH**

**TAG**

**PATCH**

**TAG/ PATCH**

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.

4. Send certificate, application, Master's News, P.O. Box 50098, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

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**MEN**

**WOMEN**

**U.S. MASTERS ALL-AMERICAN STANDARDS FOR RACERWALKERS**

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4. Send certificate, application, Master's News, P.O. Box 50098, Eugene OR 97405.

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**National Masters News**

**November 2001**

**MIDWEST**

Norm Bower Memorial Weight Pentathlon
Kent, OH; Sept. 22

**Points by Age Group**

<table>
<thead>
<tr>
<th>Weight Class</th>
<th>Age Range</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>M50</td>
<td>50-54</td>
<td>130</td>
</tr>
<tr>
<td>M60</td>
<td>65-69</td>
<td>140</td>
</tr>
<tr>
<td>M70</td>
<td>70-74</td>
<td>150</td>
</tr>
<tr>
<td>M80</td>
<td>80-84</td>
<td>160</td>
</tr>
</tbody>
</table>

**Additional Events**

- M16 16-pound Shot Put
- M16 2.0 Mile Discus Throw
- M16 3.0 Mile Run
- M50 600 gram Javelin Throw
- 1st Place: Everthorn 7.69 (WR)

**MID-AMERICA**

Iowa Games
Ames; July 21-22

100m
- HALEY WIECZOREK 11.28
- JEFF KNECHT 11.24
- RICHARD RUPP 11.24

200m
- RICHARD RUPP 23.05
- JEFF KNECHT 23.05
- HALEY WIECZOREK 23.05

800m
- KATIE JOHNSON 2:06.88
- JILL SCHAFFER 2:06.88
- AMY KREBS 2:06.88

1500m
- JILL SCHAFFER 4:28.00
- KATIE JOHNSON 4:28.00
- AMY KREBS 4:28.00

5000m
- JILL SCHAFFER 16:56.38
- KATIE JOHNSON 16:56.38
- AMY KREBS 16:56.38

15000m
- JILL SCHAFFER 47:51.88
- KATIE JOHNSON 47:51.88
- AMY KREBS 47:51.88

**WEST**

Chuck McMahon Memorial Track Meet
San Diego, CA; Sept. 15

100m
- TIM JONES 10.2
- JIMMIE JONES 10.3
- RON SMITH 10.4

200m
- TIM JONES 20.4
- JIMMIE JONES 20.5
- RON SMITH 20.6

400m
- TIM JONES 44.2
- JIMMIE JONES 44.3
- RON SMITH 44.4

1500m
- TIM JONES 15:20
- JIMMIE JONES 15:21
- RON SMITH 15:22

**NEW ENGLAND**

New England Masters Championships
Boston, MA; July 23-24

100m
- MARK BOWLES 10.6
- JIMMIE JONES 10.7
- RON SMITH 10.8

200m
- MARK BOWLES 21.2
- JIMMIE JONES 21.3
- RON SMITH 21.4

400m
- MARK BOWLES 44.2
- JIMMIE JONES 44.3
- RON SMITH 44.4

1500m
- MARK BOWLES 15:20
- JIMMIE JONES 15:21
- RON SMITH 15:22

**CALIFORNIA**

California Masters Championships
San Francisco, CA; July 24-25

100m
- TIM JONES 10.2
- JIMMIE JONES 10.3
- RON SMITH 10.4

200m
- TIM JONES 20.4
- JIMMIE JONES 20.5
- RON SMITH 20.6

400m
- TIM JONES 44.2
- JIMMIE JONES 44.3
- RON SMITH 44.4

1500m
- TIM JONES 15:20
- JIMMIE JONES 15:21
- RON SMITH 15:22
November 2001
Mid-Masters

New Mexico Marathon
Albuquerque, Sept. 9

Overall
Barbara Corenman, 24:16.0
Carolyn Zappala, 2:31:27

M50
Mary Duke, 2:54:42
M55 Michael Preece, 2:55:25
M60 Mike Tooten, 2:58:57
M65 Tony Castronovo, 3:04:39
M70 Herbert Bazus, 3:05:53
M80 Tom Charter, 3:13:19
M90 Geraldo Berlingolo, 3:14:39
M100 George Knowles, 3:17:09
M110 Frank Humay, 3:19:55
M120 Tony Fornaciari, 3:34:36
M130 Arthur Weilberg, 3:38:01
M140 John Miller, 3:40:36
M150 William Hillis, 3:42:25
M160 Harry Butner, 3:45:17
M170 Roger Beirich, 3:46:28
M180 Brenda Collins, 3:48:59
M190 Marie Molinelli, 3:51:29
M200 Ken Matthews, 3:54:08
M210 Bennet Green, 3:56:28
M220 Sharon Barry, 3:58:27
M230 Robert W. Bates, 4:01:10
M240 Minnesota Masters 15K
Edina, Sept. 23

M250 Charles Hubbard, 50:57
M260 Jaron Wahnman, 51:21
M270 Chris Fuller, 51:51

continued on next page
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOV. 2001

ATHLETES (RESIDENCE)                   BIRTHDATE  AGE    AGE
DIANA RINGS (SANTA CRUZ, CA)           11- 9-36   65       40-44
BELLE ARCHEE (SAN DIEGO, CA)           11-15-46   54       35-39
EVALINA MYERS (FLORIDA)                11-15-41   59       45-49
SUE GRIFFIN (BEVERLY, MA)              11-26-41   59       45-49
TAMMY HART (CHICAGO, IL)               11-11-41   59       45-49
WANDA SHELTON (LOS ANGELES, CA)        11-04-43   56       45-49
LAUREN MONTGOMERY (AUS)                11-11-44   54       40-44
PAT FAY (SCOTTSDALE, AZ)               11-11-44   57       50-54
LINDA COMER (ARKANSAS CITY, KS)       11-15-44   53       40-44
ANN WRIGHT (MAYPORT, FL)               11-30-51   49       40-44
JACQUELINE BELEN (BEL)                 11-11-51   49       40-44
BRIAN TOMLEY (GREEN BAY, WI)           11-01-52   49       40-44
JUDY GREEN (ORLANDO, FL)               11-09-52   49       40-44
SUE SCHROEDER (OMAHA, NE)              11-10-52   49       40-44
RITA O'NEILL (STEVENS, WA)             11-30-53   47       35-39
CATHERINE KEYS (AUS)                   11-21-53   47       35-39
LESLEY C. BOSWORTH (GBR)               11-22-53   47       35-39
ROSEMARY MCNICHOL (SYD)                11-27-53   40       40-44
MARGARET DORMAN (NZL)                  11-03-54   46       35-39
SUZI KESSEL (DENVER, CO)               11-03-54   46       35-39
JOHN STEEDE (GBR)                      11-01-54   46       35-39
DAVID AYERS (RICHMOND, VA)             11-09-54   46       35-39
OLIVIA KOTYVANSAS (FIN)                11-21-54   44       35-39
GLORIA BARRAD (SAN FRANCISCO, CA)      11-21-54   44       35-39
ALAINA WILLIAMS (PLAINS, NY)           11-14-55   45       45-49
FRED MILLER (SWE)                      11-12-55   44       40-44
GENA KROGS (FIN)                       11-12-55   44       40-44
HELLA BORES (GBR)                      11-12-55   44       40-44
LADY FELL (EUGENE, OR)                 11-22-55   44       40-44
IAN BABINS (UK)                        12-05-55   44       40-44
JOE DOUGLAS (WILMINGTON, DE)           11-06-56   43       35-39
EKATERINA LEVCHENKO (KOR)              11-16-56   42       35-39
SANDA C redundant (AUS)                 11-02-56   42       35-39
NORMAN HIGGINS (NEW LONDON, CT)       11-13-57   41       45-49
GORDON WILSON (PALO ALTO, CA)          11-13-57   41       45-49
WIN WOUTERS (BEL)                      11-01-58   40       40-44
SANDRA ALGUERA (ANAHIM, CA)            11-06-58   39       40-44
IUANNE SITTING (AUS)                   11-12-58   34       40-44
THELMA WILSON (NEW YORK, NY)           11-23-62   38       40-44
JENNA STEELE (FIN)                     11-15-62   32       40-44
OLAVI NIEM (FIN)                       11-06-63   29       40-44
CHRISTIAN CHARMAN (GBR)                11-13-63   27       40-44
FRIEDRECH TEPPEL (WD)                  11-13-63   27       40-44
JAMES LEE (MADISON, CT)                11-11-63   27       40-44
GALINA ZEVINA (RUS)                    12-02-63   40       45-49
WALT ATTWOOD (LA VERNE, CA)            11-13-64   29       35-39
RIA BROWERS (GER)                      11-21-64   27       40-44
SHIRLEY PRINS (AUS)                    12-05-64   26       35-39
PAT BOWMAN (TUCSON, AZ)                12-01-64   26       35-39
MRS. JENNIFER (GBR)                    12-02-64   26       35-39
HOIchie TAKASHI (FIN)                  11-21-64   25       35-39
HARALD JENSEN (SEATTLE, WA)            11-25-64   24       45-49
WENDI KOPPENBERG (GBR)                 11-29-64   23       45-49
NILS-BERTIL NEKRUPP (SWE)              11-09-67   33       25-29
SDRILL MORE (SACRAMENTO, CA)           11-24-67   32       25-29
WILLARD SHANK (CA)                     11-22-67   30       25-29
JAMIE NIGUE (SAN FRANCISCO, CA)        12-02-67   29       25-29
LANCE RYNBERG (BOSTON, MA)             11-04-68   27       25-29
LARRY JOHNSON (LAPIS, CA)              11-21-68   26       25-29
MERLE KNOX (WILMAKER, WISC)            11-17-68   25       25-29
MARIO MONCADA (MEX)                    11-19-68   24       25-29
BILLY MOOREHEAD (ALBUQUERQUE, NM)      11-30-69   22       25-29
JILL LINDSAY (FIN)                     11-27-69   21       25-29
ROBERT BORKEN (RL)                     11-20-70   20       25-29
BARTON WYATT (MEX)                     11-08-70   20       25-29
KERSTIN HANAN (SAUNDWICH, MA)          11-23-70   19       45-49
JACK STEVENS (AUS)                     11-10-71   18       45-49
CAROLYN KAES (ITA)                     11-11-71   18       45-49
MARIE UEBEL (BRENTWOOD, MD)            11-11-71   18       45-49
ALAN TOWERS (FALMOUTH, CA)             11-27-71   14       35-39
JEREMIAH GAINES (CHESAPEAKE, VA)       11-26-71   14       35-39

Compiled by Pete Mundie, World and U.S. Masters T&F Records Chairman
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