Huntsman Senior Games Draw 324

By JERRY WOJCIK

ST. GEORGE, Utah — A large field of 324 track & field athletes was among the 7000 participants who converged on this city in southwest Utah for the 17th Huntsman World Senior Games. Athletes competed in 22 sports, ranging from basketball to softball, the largest draw, and volleyball.

Track & field participants, 248 men and 76 women, competed on Oct. 6-8 in the first session of the two-week-long Games, and included athletes Continued on page 12

Spangler’s 2:32 a New U.S. W40+ Record at Chicago

By SUSANNAH BECK

The usually sparkling LaSalle Bank Chicago Marathon spangled instead this Oct. 5, as local heroine and running club president Jenny Spangler, 40, Gurnee, Ill., set a new U.S. W40+ marathon record, 2:32:39 (old record 2:35:09/Laurie Binder/1991), and placed first masters woman overall. She was also the third master overall, male or female.

President of the Lake Forest-Lake Bluff Running Club, and mother of a two-year-old, Spangler was the surprise winner of the 1996 U.S. Olympic Trials Marathon in Columbus, S.C., where she ran 2:29:54. That was the last marathon she finished until this Chicago Marathon, Continued on page 5

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• USA Masters Road Records - pages 15-17
• Masters Clubs List - Page 18
**Track & Field Report**  
By GEORGE MATHEWS  
Chairman, USATF Masters Track & Field

**Schedule Shaping up for Annual Meeting**

We now have the tentative schedule (see below) for our USATF annual meeting well in advance so we can receive your input. Please e-mail or call regarding items you would like to see included. It would be appreciated if all Masters T&F delegates would e-mail me (george.mathews@cox.net) with your own e-mail addresses, so we can keep you up to date on changes. Also, please e-mail to Suzy Hess (mtftrackchair@aol.com) your meet schedules for 2004. It is important to have them for the annual meeting so we can avoid conflicts in the coming year.

We would also like to know who is going to the WMA Indoor Championships in Sindelfingen, Germany, and the NCCWMA Regionals in Puerto Rico.

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### Masters Track & Field Committee Tentative Schedule

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday, Dec. 3</td>
<td>7:30 pm</td>
<td>Masters T&amp;F Executive Committee</td>
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<td>10 pm</td>
<td>Pine Hurst, 3rd flr.</td>
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<td>Thursday, Dec. 4</td>
<td>9 am</td>
<td>USATF Opening Session</td>
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<td>11 am</td>
<td>Guilford B, 1st flr.</td>
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<td>11:15 am</td>
<td>General Competition – Masters, Youth and Associations Committees</td>
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<td>Masters T&amp;F Regional Coordinators</td>
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<td>1:00 pm</td>
<td>Masters Hall of Fame Subcommittee</td>
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<td>Baltimore, 3rd flr.</td>
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<td>5:30 pm</td>
<td>Roll Call of Delegates</td>
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<td>5:30 pm</td>
<td>Election of Active Athletes</td>
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<td>5:30 pm</td>
<td>Approval of Minutes</td>
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<td>5:30 pm</td>
<td>Approval of Revised Agenda Reports</td>
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<td>L&amp;L and Rules</td>
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<td>Friday, Dec. 5</td>
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<td>Masters Track &amp; Field</td>
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<td>Imperial C, 1st flr.</td>
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<td>Roll Call and Announcements</td>
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<td>1 pm</td>
<td>Presentation and Voting for 2006 Indoor Championships and Others</td>
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<td>1 pm</td>
<td>Progress Reports on 2004 Championships</td>
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<td>Who Will Be T&amp;F Delegates to 2004</td>
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<td>NCCWMA in Puerto Rico</td>
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<td>1 pm</td>
<td>Joint Masters T&amp;F/LDR</td>
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<td>Auditorium IV, 3rd flr.</td>
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<td>Approval of Minutes from Kansas City</td>
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<td>1 pm</td>
<td>USATF Foundation Report</td>
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<td>1 pm</td>
<td>WMA Reports from Puerto Rico by Delegates</td>
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<td>1 pm</td>
<td>Team Managers’ Presentations for Hosting WMA</td>
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<td>Regional Championships in Fort Collins, Colo., and Clermont, Fla.</td>
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<td>Decision Concerning the U.S. Site to Propose to NCCWMA for 2006</td>
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<td>1 pm</td>
<td>WMA Future Championships: Indoor ’04, Non-Stadia ’04, World T&amp;F ’05</td>
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<td>1 pm</td>
<td>Discuss and Possibly Decide Whom We Want to Put Forth as Candidates for WMA Council</td>
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<td>Positions in 2005 and NCCWMA</td>
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<td>Masters Hall of Fame Report</td>
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<td>National Masters News Report</td>
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<td>1 pm</td>
<td>Other Business</td>
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<tr>
<td>Saturday, Dec. 6</td>
<td>7:30 am</td>
<td>Awards Breakfast Buffet</td>
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<td>9:30 am</td>
<td>Guilford ABC, 1st flr.</td>
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<td>Roll Call</td>
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**NOTE:** Attendees should double check on room assignments.

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**Masters Long Distance Running Committee Tentative Schedule**

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<thead>
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<th>Date</th>
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<tr>
<td>Wednesday, Dec. 3</td>
<td>9:00 am</td>
<td>Masters LDR Executive Committee</td>
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<td>Masters LDR Executive Committee</td>
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<td>Masters LDR</td>
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<td>Auditorium I, 1st flr.</td>
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<td>Thursday, Dec. 4</td>
<td>5:30 pm</td>
<td>LDR Division</td>
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<td>Auditorium I, 1st flr.</td>
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<td>Friday, Dec. 5</td>
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<td>Masters LDR</td>
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<td>Masters LDR</td>
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<td></td>
<td>10:30 am</td>
<td>LDR Championship Subcommittee</td>
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<td>1:00 pm</td>
<td>Joint Masters T&amp;F/LDR</td>
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<td></td>
<td>3:30 pm</td>
<td>Masters LDR</td>
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<td>3:30 pm</td>
<td>Auditorium II, 1st flr.</td>
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<td>Saturday, Dec. 6</td>
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<td>Masters LDR</td>
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<td>Masters LDR</td>
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<td>Sunday, Dec. 7</td>
<td>8:00 am</td>
<td>LDR Division</td>
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<td></td>
<td>9:15 am</td>
<td>Guilford G, 1st flr.</td>
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Chair Report  
Budget Report  
Awards Committee Report  
Games Committee Report  
Regional Coordinators Report  
Masters Invitation Program  
Records Report  
Rankings Report  
Masters Track & Field - if necessary  
Oak, 2nd flr.  
Continuation of Business/New Business

---

Suzy Hess, winning the W60 100 (15.71), Nevada Senior Games, Las Vegas, Oct. 4-5.

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Mac Azuogu, 55, won three gold medals in the sprints, Huntsman World Senior Games, St. George, Utah, Oct. 6-8.
AGE GROUPING

I am a longtime master in his 70s and compete in road races and track events. I've found that in Long Island road races are much more of a draw. Often track meets have few competitors in the older age categories. And, no wonder, they really make you feel old. Track meets could draw more older competitors if they made more effort to separate clearly the older age categories. How discouraging it is to be lapped by a bunch of younger runners.

Even if you win your age group race, you come away with a lousy feeling. Forget about bringing grandchildren to watch. You really look like a loser.

If they made a rule of no more than a 10-year range, it would make more sense. If this was adhered to, I bet more old guys would come to compete on the track.

Walter McCarthy
Massapequa, New York

FOND MEMORIES

After 20 or so Nationals, eight World Championships, and countless track meets, Old Father Time, zero knee cartilage, a torn meniscus, and a look in the mirror have told me that now is the time to retire from competition and enjoy "The Golden Years." I will be 87 on Dec. 1. Track has enriched my life immeasurably. The treasured friendships and, most of all, the camaraderie rank highest in my memories. Thanks to all I have come into contact with during these beautiful years of my life.

I'll miss you all and would appreciate hearing from you.

Bill Weinacht
1035 Brook Lane, Rocky River,
Ohio 44116
440-331-4737
Billweinacht@aol.com

TEAM TITLE

Related congratulations to the National Masters News on its 300th issue.

I am a bit confused in regard to an article printed in the October issue. The headline states "So Cal TC Takes First Team Title." I am unaware of a team title being offered or possible at the 2003 National Championships.

The article then goes on to say "although the team championships is unofficial." How can a team win a title that does not exist? I am not clear on this. Under the article is a picture of some members of So Cal TC with the headline "Congratulations for winning the team championship."

This is inaccurate and made even worse by the fact that it was paid for by So Cal's sponsor Jogmate Muscle-Recovery Products. Sponsorship in masters athletics is very hard to obtain and to misinform a sponsor is a good way to lose existing sponsorship.

I am sure the fine athletes of the So Cal TC are excited about having the highest unofficial point total at the 2003 Nationals...and rightly so. They earned those points, but this does not in fact make them team champions as no such title currently exists in masters athletics on a national level.

Frank Schiro
New York, New York

Sustainers for November 2003

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

Ruth Heidrich
Honolulu, Hawaii

John MacLachlan
Incline Village, Nevada

Leonore McDaniels
Virginia Beach, Virginia

Archie Messenger
Kattskill Bay, New York

Bob Warren
Ottumwa, Iowa

We Welcome Letters

The National Masters News welcomes letters on topics of general interest. Our length limit is 500 words.

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

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

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

Please type and double space.

Letters are condensed and edited.

Not all submissions are published.

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FIVE YEARS AGO

November 1998

Craig Young (42, 30:37), Ruth Wysocki (41, 34:49)
Top Masters in Pacific Sun 10K

Bill Krohn (40, 4:16:57), Kathy Martin (46, 5:14:45)
First in Fifth Avenue Mile

European Championships
Draw 4291 from 38 Countries to Italy

NEW DIVISION ATHLETES

In Pete Mundle's compilations of "Athletes Who Enter a New Division This Month," I have noticed that sometimes he lists an athlete who is deceased. I realize that it is impossible for Mr. Mundle to update his records unless he is notified of the passing of an athlete, so I am writing to inform you of one such case.

In the September 2003 issue of NMN, David Stevenson, of Palo Alto, Calif., is listed as entering the M75 age group. Dr. Stevenson died about 10 years ago. I received news of his passing in an alumni newsletter from the Materials Science and Engineering Department at Stanford University, where he was a professor and I was a graduate student from 1962 to 1964.

His specialty was metallurgical thermodynamics, and I took two of his courses. He was an avid mountain climber, and years later he took up running and became a good middle distance runner. I did not keep in touch with him and did not know that he was a competitive masters athlete until I saw him at the National Masters Championships in San Diego in 1989.

Sadly, his name should be removed from Mr. Mundle's list.

Abe Sheinker
Youngstown, Ohio
The USA Track and Field Foundation was formed in 2003 as a non-profit corporation, separate from USATF. It has been granted exemption by the IRS as a not for profit organization, so that an individual or organization donating money or property to it can take a deduction of the amount of the gift from ordinary income.

The Foundation exists to raise money so that more young people can be exposed to the benefits of our sport, and to fund travel to major USATF youth events; to expand existing events, programs and activities and to provide access to these events, programs and activities for masters athletes; to promote the development of the World’s #1 team; to update coaching education curricula and to provide scholarships to deserving coaches; to help build and improve track and field facilities across America, and to improve access to these facilities for all members of USATF.

The Foundation has employed a full-time person to undertake the development of giving to the Foundation, Tom Jackovic, who can be reached at the national office. His first charge has been to promote the organization of an elite group of people to serve on the Foundation’s Board of Directors.

Anyone wishing to serve on that Board will be required to make a strong annual financial commitment, serve for at least three years, attend board meetings, support local special events, and contribute, or raise, no less than $25,000 per year for the Foundation. Those on the Board will be in a strong position to influence its growth and development, and help create exciting programs that can exist in our sport with adequate funding and prudent use of those funds.

The Foundation is working on guidelines for applications for grants, with approval of the initial guidelines being planned to take place at USATF’s annual meeting in December 2003. Annual reports will be made and published by the Foundation reflecting monies and assets that have been received and what monies have been expended.

Gifts can now be made to the Foundation. Any gifts other than in the form of cash will be subject to and conditioned on approval by the Foundation. During the next eleven months short articles will be published in the NMM giving some direction to the types of tools available in the giving process that could be utilized to provide assets for use by the Foundation.

(NEither the National Masters News nor the author of the article intend it to serve as any sort of legal advice, and readers must contact experts, such as attorneys, accountants, bank trust officers or other financial planners to advise and direct any giving that he or she intends to undertake.)

-Jerry Donley
2254 Wood Ave.
Colorado Springs, CO 80907

Huntsman Games

Continued from page 1
from Brazil, Canada, Germany, and Scotland.

Events started with a 10K road race. Heath Hibbard, M5O, Montrose, Colo., 38:38, and Carolyn Lyman, W5O, Salt Lake City, 44:43, were the overall winners. Heide Moebius, W65, Lancaster, Pa., won the W65 race in 50:19.

In the sprints, Kenny Dennis, Las Vegas, Nev., who broke the U.S. M65 100 record in the 2003 National Masters Championships, was the best performer in the 50m (6.81) and 100 (13.12) but suffered a rare loss in the 200 from John Ross, of Scotland, (26.93 to 27.57).

Ross, with a 59.98 in the 400, joined David Salazar, M5O, Cedar Crest, N.M., 56.99, and Larry Barnum, M65, Reno, Nev., 57.27, in finishing under 60 seconds. Moebius, who won the W65 10K, recorded the women’s best performance in the 400 with an 86.32.

Taking the lead at the start of the women’s 800, Ethel Benware, 52, St. George, Utah, held it to win overall in 3:04.14. In her third Huntsman Games, this was her second 800 ever. "The 800 is so frightening, but I keep coming back because the Games offer wonderful competition and camaraderie," she said after the race.

Herb Wright, 90, Salt Lake City, won the 1500 (12:58.61) and 3000 (26:52). Dixon Moore, M5O, San Luis Obispo, Calif., added the long jump gold medal to his collection with a meet’s best 18-5/8. Roger Trujillo, M5O, Dinuba, Calif., second to Moore in the long jump (18-1/4), took the triple jump (38-4/5).

Arne Gaynor, M75, Palm Desert, Calif., had the farthest shot put mark (41-7). Liz McClain, W55, one of a large contingent of Canadian athletes, was the best woman in the shot (31-6/3).

Richard Cochran, M65, Lake St. Louis, Mo., was just a few inches off the U.S. discus record of 176-11 with a superb 176-5. Larry Pratt, M60, Newark, Del., hit the 166-7 mark.

Marg Radcliffe, W60, another Canadian, ruled in the javelin with a 105-0.

Some athletes crossed over into other sports. Darlene Huntsinger, Woodbridge, Va., multi-medal winner in the W60 sprints, was ready to play softball after track. After running the 200, she commented, "I’ve competed three years in softball. The meet officials are super to work with. I’ll be back next year.”

The city of St. George, with a population of about 50,000, goes all out to welcome the athletes to the Games. Motel signs greet participants. Restaurant and business personnel are well aware of the impact of the entrants to the two-week long event. Nearly $30 million is added to the economy, assuming that participants stay for an average of 6.5 days and spend $150 per day.

The First Week Opening Ceremonies, held on the evening of Oct. 7 at Dixie State College’s Hansen Stadium, were SRO and so packed that spectators sat on the grass in the end zones of the football field to watch the parade of athletes clad in black T-shirts, and a skydiver, and to be entertained by singer Maureen McGovern and local dance groups.

Jon M. Huntsman, Jr., whose family is the Game’s primary sponsor, thanked the 2000 volunteers. “These games are about people,” he said. “They are about health. They are about quality of life.”

The World Games director of track & field was Carle Thompson. The meet was held at Pine View High School.
Alex Imich: A Story of Longevity

"No, I don’t have any real secrets (of longevity)," Dr. Alex Imich, who celebrated his 100th birthday last February, told me during a recent telephone conversation.

"Living to an advanced age was never on my mind," he added. "My goal in life has always been illumination."

While Imich, a resident of Manhattan with a Ph.D. in zoology, is not a masters athlete I know that many readers of this publication are interested in quality aging, fortitude, and survival. Therefore, I thought I’d relate a little of Imich’s fascinating story. He did give the high jump, long jump, and javelin a try during his youth in Poland, but there was little incentive, inspiration, or free time in those days to develop one’s athletic abilities.

I first heard about Imich in a book titled Mystic Souls, written by Lyn Halper, Ph.D., which I had been asked to review for The Academy of Religion and Psychological Research, a secular organization of which I am the book review editor. He was one of 19 “remarkable people” featured in the book. I was later asked to review Imich’s book, Incredible Tales of the Paranormal. I then began exchanging e-mails with him.

“I have no special feelings about being 100,” he told me. “Considering the age of other mammals, like elephants, chimpanzees, our closest relatives, and some reptiles, the life span of Homo sapiens, with favorable environmental conditions, proper food, and possibly some nutritional supplements, should extend to 150 years. Scientific discoveries may even extend this time.”

Robinson Crusoe

Born on February 4, 1903, in Czestochowa, Poland, the third son of a corporate bank president and founder of a Jewish hospital, young Alech was educated at home until the age of 10 by a governess and several tutors. One of the tutors gave him the book Robinson Crusoe, and that sparked his desire to become a sea captain. Although his town was under German occupation during World War I, Imich was able to continue his education. However, it was interrupted in 1918 when the Russians attacked Poland. Only 15, Imich joined the army and became a truck driver. After the Bolsheviks were repelled, he returned to school.

possibly due to the influence of Jack London and Joseph Conrad, I was still dreaming about life in the southern seas as a sea captain," he recalled, “and so I entered the merchant marine school in Tchew.”

Anti-Semitic

As his class was preparing for its first long voyage, to Brazil, Imich was informed by his classmates that the captain of the sail boat was anti-Semitic.

“We will get rid of the Jew mid-Atlantic,” the captain was overheard.

“I was a good swimmer, but swimming half the Atlantic was definitely too much for me,” Imich said with a slight chuckle. “So I left that school. I tried to enter schools in France and England, but problems of citizenship thwarted my intentions. As I was a nature and animal lover, I then decided on a career in zoology.”

At the University of Krakow, Imich was told that speaking Polish, German, and French was not enough. He had to learn English, so he returned home to study the language for a year before returning to school.

Hungry for Knowledge

“I studied widely during this time, learning chemistry, mineralogy, botany, zoology, astronomy, advanced optics, mathematical logic, and even worked in an observatory for a year, because I was hungry for knowledge," said Imich, who earned his Ph.D. with a thesis on the digestive systems of microscopic worms.

Imich and his first wife, Genia, were both employed as chemists in a Warsaw factory. Upon returning from a visit with his brother in Krakow one day, Imich found out that his wife had run off with an artist. Devastated, he put cyanide in a glass of water and prepared to drink it, before changing his mind. Two months later, he was informed that Genia had become schizophrenic and was in an insane asylum.

While visiting his wife during her recuperation at a spa, Imich met a young woman, Vela. Although her parents did not like him because of his prior marriage, the two were soon married and even took Genia along on their honeymoon. "Genia and I had remained friends and she was very much in favor of my marrying Vela," Imich explained.

Too Late

During World War II, Imich was ordered to “go east” and join the Polish army. However, by the time he arrived at his destination, his formation had already left Poland for Romania. He then found himself in Russian-occupied territory and commissioned by the Russians to head up a soap-making factory.

Some time later, after a number of clandestine messages sent by train, his wife joined him. When the Russians told Imich he should become a Russian citizen, Imich refused. He and Vela were then put on a cattle train with others and sent to a prison camp near the White Sea.

"There were about 600 people – all Jews," Imich said, recalling an incident in which the camp commander put a gun to his head and clicked it while demanding information about his fellow prisoners. When Imich told him that he did not speak Yiddish and therefore did not have the information, the commander sent him back to the barracks.

He spent a year-and-a-half in the prison camp. Upon returning to Poland at the end of the war, he found that most of his relatives and friends had been murdered in concentration camps.

On to America

Soon after the end of the war, Imich and his wife emigrated to the United States, settling in Bucks County, Pennsylvania. Vela passed away in 1986, after which Imich moved to New York City, where he founded the Anomalous Phenomena Research Center, Ltd., which he still directs.

Much of his life has been devoted to investigating the paranormal and attempting to convince mainstream science that there is more to reality than meets the eye.

“And, accordingly, major religions, man has body and soul," Imich said. "Mainstream science cannot accept this division. However, parapsychology has already offered evidence that death is only a transition to another reality.”

Now You See It...

Imich has investigated many paranormal happenings, some of which boggle the mind. In his recent book, he relates some of his early investigations, including that of the Polish medium, Matylda.

He writes about rings vanishing from the fingers of one person and turning up on another, spirits materializing out of nowhere, large objects (apparitions) appearing in front of him out of thin air. "I will never forget the kiss of a phantom," he offered. "An invisible face, whose breath I could distinctly hear and feel on my face, drifted vertically toward me from under the ceiling, and thick, warm lips touched and kissed mine. It was a strong and pleasant sensation."

As a scientist, Imich approached his investigations with proper skepticism, but came away from many séances with Matylda convinced that there was no fraud or chicanery involved.

Enlightenment

“At a very early age, I wanted to be a yogi," he explained. "I wanted unlimited knowledge of everything there is and is not. When I realized that I did not have any paranormal abilities, I decided to devote my life to investigating such abilities. Even though I am not a yogi, my life’s goal remains enlightenment or illumination.”

Imich does not know if his life’s goal is related to his longevity, but assumes that keeping the mind challenged has contributed to it.

“Maintaining a strong interest in something does seem to have a positive effect on health," he offered, “but how does one measure that? My advice to the young person looking for a long life is to select the proper diet, don’t smoke, don’t drink alcohol, sleep six to seven hours, exercise, cut out the refined sugar, try to live in places with less polluted atmosphere, and select a proper life companion.” As an afterthought, he quipped, “And select the right parents.”

But Imich, who lives alone in his Manhattan apartment, is not particularly concerned with how many more years he has left. "I have no fear of death," he ended. “I am rather curious as to what will happen after I die.”

(Mike Tymn can be reached by e-mail at metgafl@aol.com)
Let's Forget about Trials at the Nationals

Imagine the shock next August at the nationals in Decatur: Bill Collins (the 200 gold medalist in the last two worlds) is odds-on to win the M50 200, but it's unheralded Barry Burdette winning easily in 22.22 to 22.88 for Collins. Burdette had run 29.3 (hand) two months earlier in Peoria, but he got a whole lot better in a hurry.

Guess what? Such scenarios do not happen in masters track. In collegiate track, the occasional unknown emerges with a stunning triumph, but the top seed may be only fractionally better than number 50. In masters, if you're ordinary in the local meets you won't win gold at nationals, and that's that. We don't need trials to separate the mythical Barry Burdette from the very real Bill Collins; in fact, we don't need trials at all beyond the 100.

Cons

Here are my arguments:

1. I got beaten up. Masters get "beaten up" by trials and may not come back for the finals because of injury or fatigue.
2. Not my best time. It's Eugene in 2003 and you've opted for the reasonable 800/1500 double in M45: You run an 800 trial on Thursday, a 1500 trial on Friday, a dead-legged 800 final on Saturday, and a totally worn-out 1500 final on Sunday. "Kids, your dad could have done so much better..."
3. And I couldn't even afford the hotel. If entered in the 800 and 1500, some masters will have to arrive on Wednesday to prepare for an 800 trial on Thursday. But what if it's cancelled? And what if they show up for the 1500 trial on Friday and that one's not needed either?
4. Where's the fun? The Olympic Trials are thrilling beyond description, and the trials in the NCAAAs and IC4As evoke great excitement as well, as the athletes fight "hammer and tong" to make the coveted finals. Can anyone remember an exciting trial in masters?
5. The cash register rings only once. Faced with running both trials and finals, some masters limit their track entries, thereby reducing meet revenues (and preventing the finals from being the best they could be). In no case does the requirement for a trial increase entries.
6. Let me get the spotlight for a change. Getting eliminated in a trial is no fun, nor are people quite sure as to whether you were actually eliminated. Having a multi-section final is much better, and racing with people of comparable abilities is just what the doctor ordered. You might even win your section.
7. I'm not really sure what's going on; can someone explain it to me?

When announcing, I feel compelled to explain to the competitors (and spectators) the rules of advancement. Even so, they're hard to fully appreciate—we'll take two (from the first race) plus two (from the second race), plus the four other best times. But who had the four other best times?

8. Light years. Some competitors are "light years" ahead of others, and thus we can separate them before we get started. In the W45 400 trials at Eugene, there were nine women; eight made the final. No way that needed a trial (the gold medalist, Cindy Steenberg, was more than 40 seconds faster than the ninth woman).

Dartmouth Hosts Heavy Metal Meet

The first-ever International Implement Challenge for masters throwers was held Aug. 16-17 at Dartmouth College, Hanover, N.H. Over 30 men and women competed in the five throwing events using international implements: 16# shot, 16# hammer, 2kg discus, 800g, and 35# weight.

Highlights of the meet were a U.S. single-age record by Knut Hjeltnes, 52, for the 2kg discus (49.53), and a single-age world record by Carl Wallin, 61, for the 35# weight (13.42).

Rich De Stefano, 32, qualified for the Olympic Trials in the javelin (70.50). A non-masters competitor, Sean Furey, 20, of Dartmouth, also qualified for Trials with a 70.83 in the javelin.

-- from Carl Wallin

FIFTEEN YEARS AGO November 1988

• Bill Rodgers, 40, Sets U.S. Masters 10K Record of 29:47 in Davenport, Iowa
• Bob Schlauf, 40, Wins Stamford, Conn., Marathon Overall in 2:20:41
• $28,200 Masters Money in Sacramento Marathon Championships

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Walking is an Easy Healthful Activity

We all know the health benefits of exercise, especially walking. Regular physical activity contributes to a lower risk of cardiovascular disease, some cancers, type 2 diabetes, osteoarthritis and osteoporosis. Brisk walking is defined as walking 3.5 m.p.h., and is a good example of moderate physical activity.

Walking also contributes to weight loss, increased high-density lipoprotein, lower blood pressure, and decreased cardiovascular pathologies and cancer. There is also a low risk of injury.

It is generally agreed that walking is one of the easiest and most accessible of all leisure time physical activities.

The Surgeon General recommends that individuals of all ages engage in a minimum of 30 minutes of physical activity of medium intensity on most if not all days of the week.

So, if it is so easy, why is more than one-quarter of the U.S. population completely inactive? A study by St. Louis University yields some interesting answers. They studied who walks, how much they walk, and where they walk, and compared these with regular walkers, occasional walkers, and never walkers.

The results were very interesting. Neighborhood streets with good lighting and sidewalks, shopping malls, and parks are the most popular places to walk.

Regular walkers proved to have more self-confidence and more social support than those who have never walked or the occasional walker.

Never walkers reported lack of time as a barrier to walking, lack of energy, or feeling too unhealthy to walk or exercise.

In essence, we need to disseminate information to guide non-walkers and build the self-confidence and support needed to start their walking programs.

Obviously the environment, such as safe parks, malls and well-lit streets will help encourage people to exercise. Those of us who have been running, jumping and throwing for years may be somewhat incredulous, but for us exercise is second nature. However, non-exercisers can feel quite intimidated and fail to even leave the house to exercise.

I think it is incumbent upon us, as masters athletes, to try to get non-exercisers off their rear ends and out for at least moderate walks. It will, in the long run, provide them with a healthier and longer life.

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

Eddy Hellebuyck's PRs

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Hellebuyck's Records

Continued from page 1

marathon, in that order. He already holds the U.S. M40+ records at 15K (45:10, 2001), and 10M (48:20, April 2003).


A week later at the USATF Masters Marathon Championships at the Twin Cities Marathon, Oct. 5, Hellebuyck surprised everyone by winning the race outright, 2:12:47. It was a new U.S. M40+ record (old record 2:17:02/Ken Judson/1990 – though two “assisted” 2:15s by Barry Brown and Doug Kurtis are also recorded), as well as a sweet victory over his personal Kasparov, Russian rival Fedor Ryzhov, 43, who soundly defeated him at the Boston Marathon this spring, after a close battle.

The only disappointing note was that Hellebuyck’s time failed to achieve the Olympic “A” standard* (2:12:00). His youthful training partner Teddy Mitchell, 31, Albuquerque, was quoted the day before the race, saying, “We want to compete the best we can. To win would be good. But to win and run 2:12:02 is not as great as to get third or fourth and run 2:11:59.”

Only one week later, when lesser mortals (such as some of us who were still walking down stairs backwards, Hellebuyck showed up at the rolling BAA Half-Marathon, Boston, Mass., Oct. 12, and threw down a 1:05:12, a pending U.S. masters record on a non-aided course (old record 1:05:27/Plasencia/1998). All in a day’s work!

“The Olympic “A” standard is a mark established by the International Olympic Committee and the IAAF for each Olympic event (revised every four years) that must be met by athletes from any country that hopes to send more than one entrant in any single event. Any country may send one athlete in an event if the athlete has met a minimum “B” standard. The U.S. Olympic Team selection process currently guarantees the winner of the U.S. Olympic Trials marathon a spot on the team. Therefore, if the USA is to send a full three-person team, the winner of the U.S. Trials must meet (or have met) the “A” standard. The other two team members are then selected from “B” standards in the order in which they finish at the Olympic Trials. For 2004, the “A” standards are 2:12:00 (m) and 2:32:00 (w); the “B” standards are 2:14:50 (m) and 2:36:00 (w).
Whitlock Extends Marathon Age Barrier

Few people defy Father Time like Ed Whitlock. On Sept. 28, in the Scotiabank Toronto Waterfront Marathon, Whitlock, a resident of Milton, Ontario, became the first person 70 or older to go under three hours in the marathon, finishing the 26.2-mile challenge in 2:59:09.3.

Whitlock was 72 years, 206 days old on the day of the race. He set the old record of 69 years, 237 days when he recorded a 2:52:47 in the 2000 Columbus Marathon. Prior to that, John Keston of McMinnville, Oregon, at 69 years, 151 days, was the oldest sub-3 marathoner, with a 2:58:33 in 1994.

Finishing 26th overall in a field of more than 750, Whitlock said he struggled over the final kilometers. “However, I take some satisfaction that while 26th overall, I was 17th fastest over the last split, from 31 to 42K,” he added.

The previous 70-74 world marathon best of 3:00:24 was set by Whitlock in the 2001 London Ontario Marathon. “Conditions were virtually ideal, temperatures in the 40s and 50s with only a slight breeze,” said Whitlock. “However, my confidence was not buoyed in the first 7K when I was running slower than three-hour pace and not feeling great. Things began to improve and at the halfway point I was 1:29. A little later a group of about five and I coalesced and we basically ran the rest of the race, until the final kilometer, together. That was a great help.”

After that 3:00:24 two years ago, Whitlock was slowed by a knee injury. “I had MRIs done and there was nothing conclusive,” Whitlock explained. “Late last fall, a physiotherapist diagnosed it as a misalignment and gave me some exercises. Whether coincidental or not, things began to improve as I gradually increased my daily running time.”

A 4:31:48 mile at age 17 in England, Whitlock was the London University 3-mile champion in 1951 with a 14:54:4. He moved to Canada the following year to pursue a career as a metal mining engineer. He began running again at age 41 and at age 48, in 1979, won the 45-49 world championships at 1500 meters with a 4:09.6. He also recorded a 2:31:23 marathon that year.


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

U.S. to Field Team at World 100K

CARSON CITY, Nev. – For the first time in 100K world championships history, the U.S. will field a team of masters ultrarunners to race at the World Masters Athletics 100K World Championships in Tainan, Taiwan, Nov. 16. Masters runners will compete for awards in five-year age groups, starting at age 35 for women and age 40 for men.

Two men and two women ultrarunners comprise the U.S. masters team that will compete in the same venue as the International Association of Ultrarunners (IAU) 100K World Cup where national teams and individuals from around the world are welcomed. The USATF 100K Team will compete in the IAU 100K World Cup and the combined teams will go home as the USA a strong presence in the race.

The following masters ultrarunners on the U.S. WMA 100K Team responded to a recruiting announcement in August and are funding their trip to the championships through their own resources, fund raising, and sponsorship: Eric Bindner, 46, Colorado; Katy Cotton, 37, Wyoming; Molly Gibb, 42, Colorado; and Roy Pirrung, 55, Wisconsin.


Charles DesJardins, Carson City, Nev., has been named team leader. DesJardins, a veteran competitor and administrator with WMA, is a member of the WMA committee that oversees the WMA 100K race. He has traveled extensively in Asia and looks forward to returning to his “home away from home.”

(For information on the World 100K race, visit www.iau.org.tw.)
**Masters Racewalking**

By ELAINE WARD

**Double Honors Go to M70 and M75**

This month we continue our look at gold medalists from the 2003 National Masters Track and Field Championships in Eugene, Oregon. Each athlete was asked the following questions: (1) Why did you start racewalking? (2) How many years of training and competing did it take you to win gold medals at our national championships? (3) What are the most important ingredients in training for successful competition? (4) What unique experience did you have in Eugene this year?

Jack Bray: M70-74, 5K 27:51.03 (the old record of 28:38 was set by Bray at the World Veterans Athletic Championships in Puerto Rico this year), 10K 58:56 (the old record of 59:21 was set by Bill Flick in 1996).

Like many others, my introduction to racewalking came when I was a runner. I was competing in a marathon, hit the wall, and was struggling to keep going. A young man breezed by me saying what a nice day it was. I had no idea what he was doing as I'd never seen or heard of racewalking. Later, I learned that the young man was Marco Evonik, a four-time Olympic racewalker.

**Healing Activity**

After that introduction, I started racewalking to heal my body. I had been running local races with the Dolphin South End Running Club for quite a while and was a good runner, but the toll on my body was too much. Racewalking helped heal me enough so I am back running 200/400 meter races and relays for fun.

Although I won a bronze medal in the 5K racewalk at the first WAVA Championship I attended in Eugene in 1989 and a gold medal at the 15K Nationals in San Francisco in 1989, it took about three to four years of training to win my first gold medal at a USATF National Masters Outdoor Championships. This came in Spokane in 1992.

The most important ingredients of my training for successful competition really are the desire to excel and win. Then consistency of training, speed work, special training programs from Coach Frank Alongi, and mental focus make it happen.

At the beginning of the year I decide which races are important to train for and schedule my work and life accordingly. I also thank my wife for her understanding and support of my passion for racewalking competition. My motto is, "Train wisely, stay healthy, and listen to your body."

**Valuable Lessons**

Every race is unique for me. You can't buy experience, and each race teaches a lesson. The best memory of this year's National Championships was the encouragement Max Walker, Mike DeWitt and Richard McGuire gave those of us doing our best to stay ahead of some of the younger walkers during the 10K walk. It was fun getting positive comments along the way.

As my motto says, one of the most important ingredients of life is to stay healthy, and I follow a health program. The national and world championships give me goals and a sense of anticipation of future excellence, as well as a chance to meet with friends from around the nation and world.

Each race is a chance to show the world a more healthy way to mature, to be a model of possibilities, and to live the ideal that it is great to be alive and that each day is an adventure.

Jack Starr: M75-79, 5K 30:57.45 (the old record of 31:14 was set by Giulio DePetra in Eugene in 1987), 10K 65:10 (the old record of 66:48 was set by William Talmadge at Niagara Falls in 1991).

After I retired from work, I needed an outlet besides caring for an invalid wife. I have always been very competitive and have always loved sports, but really never had time to indulge myself. It was always family, job, etc.

I am too impatient to stand around and wait on a golf course. I don't like fishing, and at age 65, there were not many sports I thought I could handle. I had always been accused of walking too fast by my kids and friends. I remembered reading in the DuPont in-house magazine about a fellow employee who was trying to qualify for the Olympics in racewalking. I thought I would try it.

By a happy chance when I finally got up courage to try competing in a local race, the same employee, whom I had never met, was at the race. His name was Dave Romansky. I met him, told him of my interest, and he gave me a start. He still says he "discovered me." It is very flattering.

**Gaining Confidence**

A first race was September 1992. By May 1994 I was confident enough to compete in the Southeast Regional Masters in Raleigh. I finished first in both the 5K and 20K in my age group, beating Bob Mimm in both events. That was a pretty big confidence booster.

July 1994 in Niagara Falls, I competed in the National 10K, won the M65 gold medal, and set my first age-group record. In August 1994 I competed in the National Masters in Eugene for the first time but didn't get any gold. I got a 2nd DQ call late in the 5K and slowed enough to stay in the race and get the silver medal.

In the 20K, I got a third DQ call after the race. The third came after I had come back to the stadium for a final lap and foolishly tried to catch Bob Mimm who was half a lap ahead.

**Tough Choice**

I continually work on technique and do miles. That's it. Jeff Salvage, my coach, has told me many times I would do better if I concentrated on either long distances or short races, and that trying to do both will keep me from doing my best in either. And I'm sure he is right. But at my age, I prefer to do all the races, long and short, that I can. I enjoy them that much.

Of course, Eugene is special. I have been lucky enough to compete in the Masters Championships there in '94, '00 and '03. On Friday, my day between races, I sat in the stands most of the day enjoying the events, looking out over the skyline, breathing in the fresh Eugene air, and just in general enjoying the experience of being there. This year for the first time I ate all my meals at the university cafeteria. This gave me opportunities to socialize with a lot more of the athletes than at previous meets.

I also think it was pretty special when Hansi Rigney, the daughter of Giulio De Petra whose 5K record I broke, introduced herself and told me that her father would have been proud to know it was me who broke the record. That was a pretty nice gesture on her part.

(Doug Vermeer)

Top four M70 10K racewalkers (l to r): Dick Vaughn, 4th; Tom Cunningham, 3rd; Jack Bray, 1st with U.S. record 58:56; and Ron MacPike, 2nd. 2003 National Masters T&F Championships, Eugene, Ore.

SUNDAY
time 11:00 a.m.
place First Baptist Church, 1500 Constitution Dr.

**Next month we'll feature our 2003 national champion women. Those achieving double golds were: Kelly Murphy-Clark in W40, Mary Snyder W50, Donna Cunningham W55, Shirley Dockstader W70, Miriam Gordon W75, Jane Dana W80; 5K alone: Mary Anne Torrellas W45, Karen Murphy W60, Bev LaVeck W65; and 10K alone: Lynette Heinlein W45, Hansi Rigney W60, Joanne Elliott W55. Elaine Ward can be contacted by e-mail at narwf@aol.com.)

Jim Sutton, 72, Reading, Pa., M70+ winner, finishing the 2003 NYRR Fifth Avenue Mile, with NYRR Board Member Bernard Cooper, holding the tape.
Racewalk Coach Turns Out Champions

Mike DeWitt, 52, racewalk guru at the U. of Wisconsin-Parkside (Kenosha) since 1972 and a former world-class walker himself, probably has produced more Olympians, college titlists and masters racewalk champions than any other coach.

His five UWP Olympians, who also are current or former national collegiate champions, include three-time Olympians Michelle Rohl, Deb Lawrence (both ’92, ’96, 2000) and Jim Heiring (’80, ’84, ’88) along with Andy Kaestner (’88) and Tim Seaman (2000). DeWitt-coached collegians have won a record 40 national (NAIA) racewalk titles.

When some graduating athletes requested DeWitt to help them with their ongoing racewalk activities in 1972, the young coach established the Parkside Athletic Club (PAC). His future national champions and Olympians were early PAC members. In the mid-1980s as the sport’s popularity grew, Illinois and Wisconsin masters came calling to DeWitt for racewalk instruction and he invited them to join PAC. The club now is in its 31st year.


PAC veteran Ruth Leff, a Milwaukee speech pathologist, has a whopping 24 world and American age-division best times from a mile to 25K during the 1990s, while Joyce Decker, 69, a PAC member since 1990, has recorded nine world and four American age-division bests over the same distances.

PAC member Lynn Tracy, 51, notched a world age-division (46) best of 1:55:19.6 in the 3000 racewalk in 1999. Most other PAC masters have medaled in national or regional racewalk events in the past decade and have dominated the annual USATF Wisconsin State Championships, Badger State Games and Wisconsin Senior Olympics.

Want Press for Your Race??

Too often, at national, regional, even world class masters events, there is zero or next to no major press coverage – despite top-quality athletes who break national and world age records in your meet. Bob Weiner, former White House and congressional media coordinator and a dedicated masters runner who has directed national championship road races and USATF world class track events – has formed a public affairs company and contacted National Masters News about this glaring omission and trend in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics coordinating press for the World Anti-Doping Agency’s drug testing activities before and at the Games – obtaining stories on “Today,” “Good Morning America,” NBC/ABC/ESPN Evening News HBO, AP, The Washington Post, New York Times, L.A. Times, NPR and all major media. As White House Drug Policy Public Affairs Director, he had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Most recently, he generated 8 TV camera and widespread national print media for the National Masters Track and Field Championships in Boston this year, the most ever for a U.S. masters meet, and worked with athletes in the Eugene outdoor National Masters Championships in generating press including Sports Illustrated. Bob and his company – Robert Weiner Associates Public Affairs – are part of, believe in, and are eager and ready to help, Masters Running and Track and Field.

Press at your event is a motivational tool for the runners and field athletes, organizers, friends, fundraisers, contributors, advertisers, and the public – before and after your event, a useful magnifier for years as you keep ginning out clips. And it’s just plain fun to see your event on the eleven o’clock news! Or on the wires of networks if you capitalize on something truly major.

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Masters Age Records
(2003 Edition)

Compiled by WMA and USATF Masters T&F Records Coordinator Pete Mundle with Rex Harvey, Shirley Diederich and Beverly LaVeck.

• Men’s and Women’s World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 2002.
• U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 2002.
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Chicago Marathon

Continued from page 1

as she has been plagued by career-dampening injuries.

Spangler credits the spoils of motherhood for her recent comeback. She told Peter Gambaccini of Runner's World, "What's helped me a lot is the Baby Jogger. I put my baby in it on my easy days. It's a good strength workout, but it slows you down a little bit to make your easy days really easy days.

The day itself was gorgeous for running, cool and in the 50s. Michel Lavoie, 42, Laval, Quebec, CAN, was the first M40+, 2:29:35, followed by repeat Kiwi M45 winner Gavin Stevens, 47, Auckland, NZL, 2:31:49.

Illustrating Chicago's reputation as an international destination marathon were Mszana Dolna, Mopolska, Poland, who was the fastest M50, 2:39:31; Gez Siebenga, 55, Zeist, Utrecht, The Netherlands, who was the fastest M55; and Alejandro Ulloa, 60, Santiago, Chile, 2:52:52, who rocketed to the M60 win.

Besides Jenny Spangler, three other women earned berths to the U.S. Olympic Trials next April in St. Louis (2:48:00 or faster): Merrimack Valley Strider Nina Caron, 43, Andover, Mass., 2:45:07; Tucson Marathon winner Susan Loken, 40, Phoenix, Ariz., 2:46:13; and former

Twin Cities Marathon

Continued from page 1

onships for the thirteenth time.

The race shaped up nicely for Hellebuyck, thanks to designated pacers, and a solid pack of nine runners through halfway, 1:05:45. By 30K at 1:33:41, the pack had dwindled to five with two more trailing, including Russia's Fedor Ryzhov, 45, Moscow, who was sixth overall at Boston this spring.

Hellebuyck took control of the race at 23 miles, and managed to put more than a minute between himself and Ryzhov, who moved up to second place, 2:13:59, Kenyan Gilbert Rutto, 42, 2:14:37, completed the podium.

Antoni Niemczak, 47, Albuquerque/POL, 2:22:59, ran to fourth M40+, Dennis Simonaitis, 41, Draper, Ut., was U.S. masters runner-up, 2:23:25, and fifth master overall. Simonaitis had bad luck on this course, with a DNF here last year, and this year missing the Olympic Trials standard (2:22) by a slim margin after racing well all summer.

Three-time Twin Cities open champion and course-record holder (2:26:51, 2001) Zinaida Semenova, 40, Moscow, Russia, was the top masters woman, 2:33:28, placing fourth overall. Heroines from the national-caliber local masters scene then took over, including Janet Robertson, 44, Shorewood, Minn., 2:46:23, second W40+ and new U.S. masters champion; and repeat age-group winners Suzanne Ray, 51, Vadas Heights, Minn., 3:06:19, Gloria Jansen, 56, Edina, Minn., 3:23:01; and Carolyn Sankey, 72, Bloomington, Minn., 4:41:34. Joy Johnson, 76, San Jose, Calif., 5:27:12, also returned to the Twin Cities to repeat at W75+.

—from reports by Brian Pitts /Chicago Daily Herald, Peter Gambaccini/Runner's World, Lew Freedman/Chicago Tribune, Bob Richards/Chicago Athlete

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, NOVEMBER 2003

Compiled by Pete Mundle, Masters T&F Records Coordinator

Tim Butts (l) winning the M60 100 (13.16), with Steve Bowles (c) and Larry Gunn, tying for second (13.17). Nevada Senior Games, Las Vegas, Oct. 4-5.


—from reports by Brian Pitts /Chicago Daily Herald, Peter Gambaccini/Runner's World, Lew Freedman/Chicago Tribune, Bob Richards/Chicago Athlete

Terry Higdon

Nov. 2003

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Ed Oleata, M65 pentathlon champion (3656), 36th National Masters T&F Championships.

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<td>Masters Track &amp; Field Rankings (2002)</td>
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<tr>
<td>Men's and women's 2002 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.</td>
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<td>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</td>
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<td>Indoor rankings for 2003. 4 pages. $2.00.</td>
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<td>Masters Age-Graded Tables</td>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>Masters 5-Year Age-Group Records</td>
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<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of Dec. 7, 2002. 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Coordinator. $2.00.</td>
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<td>Masters 5-Year Indoor Age-Group Records</td>
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<td>Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00.</td>
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<td>Competition Rules for Athletics (2003 Edition)</td>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
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<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<td>Running Encyclopedia, The Ultimate Source for Today's Runner</td>
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<td>Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with &quot;waffle sole&quot; and ends with &quot;Wysocki, Ruth.&quot; A must for every runner's library. 417 pp. $24.95.</td>
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<td>Earl W. Fee. World record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50, plus postage &amp; handling.</td>
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<td>3 color embroidered 4&quot; x 3&quot;. $4.50.</td>
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<td>USATF Decal</td>
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<td>2003 Road Race Management Directory</td>
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<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.</td>
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<td>Published 10 times per year. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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<td>Back Issues of National Masters News</td>
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The Weight Room

By JERRY WOJCIC

We’re All Good All-Americans

Several months ago, the All-American Standards for the WMA weights were published in the NMN and on its Web site. They replace the Standards for the former U.S. weights for men and women. Prior to the adoption of the WMA weights by U.S. masters several years ago, M30-59 throwers used the 35#, M60+ the 25#, W30-49 the 20#, and W60+ the 16#.

Now, M30-49 still use the 35#, but the M50-59 use the 25#, M60+69 the 20#, M70-79 the 16#, and M80+ the 12#. W30-49 throw the 20#, W50-59 the 16#, and W60+ the 12#.

Throwers can still apply for the A Certificate for the old implements, but will have to consult an older issue of the NMN for the Standards. I was involved with the establishment of the new weight standards under the supervision of Len Olson, the Masters A-A Sub-Committee Chairman. Two other people were consulted before the Standards were adopted, one male and one female thrower.

There may be reactions from throwers – some suggesting that the Standards are too high and others saying that they are too easy. One of the problems of setting fair weight standards is that they have to be applicable to both indoor and outdoor performances, true for all events that are contested indoors and outdoors.

Lack of Data

Another is the lack of marks in the older age groups on which to base A-As. How many marks with the new weights have been recorded for men and women age 80-and-over in the last three years, compared, let’s say, to the 100m for the last 15 years? All-American Standards beyond the 80-84 groups are essentially extrapolations.

The Standards can always be adjusted if athletes present convincing statistics and reasons to make a change.

The A-A Standards for the new javelins are in the process of being determined, according to Olson. One more year of javelin marks after this season should help in deciding on Standards that are challenging but fair.

Speaking of Standards, I’ve always wondered why the ones for the men’s weight pentathlon vary from 2600 to 3000 points in the age groups. The same is even more extreme for the other combined events.

Level Field

The basic premise behind the concept of age grading is to maintain a level playing field for athletes of all ages, so that after age-factoring, the performance by a 79-year-old man could be compared with that of a 43-year-old in an event, and the older athlete could be the winner, based on his performance, if the event is set up that way. That’s why we have been able to have an age-rated 100m featuring the winners of each age group at national masters championships.

In a Mid-America Masters Scene in the October issue, Dick Wilson, 71, Lawrence, KS, is credited as the masters winner in a 5K, as determined by age grading. Based on the above, shouldn’t the A-A Standard points for each age group in the WP be the same?

Standards Are Low

Of the men’s twelve age groups listed, 3000 points is the Standard in seven of them. In almost every age group in the USA rankings Web site (www.xro.com/usa) at least 50% of the listed athletes are All-Americans. Of the 23 athletes listed in the M60 group with a 3000 Standard, 17 are All-Americans. In the M70 group with a Standard of 2600 (much too low), 17 of the 19 athletes listed made A-A.

The situation in the women’s WP Standards is just about the same.

We’re all in favor of making A-A Certificates available to deserving athletes, but what happens to the credibility and value of a certificate when more than half of the athletes in an age group are eligible for it?

Improved Data

With respect to the people who devised the present Standards at least 10 years ago, they were working with few statistics in the WP. We have more data now, better methods of compiling information, and more accurate reporting of results.

The problem is to get someone to do the work. If you have expertise and experience in a particular event and are interested in helping to revise the Standards, you might want to contact Olson (see p. 2) to discuss a proposal.

Meanwhile, apply for those A-A certificates. You’ve probably earned them just for showing up and doing a weight pentathlon in the heat or rain, while standing around and waiting for hours to throw.

(Jerry Wojcik can be reached by e-mail at jerrywoj@aol.com)
Key to Codes:

- **R** = Ratified record or "best"
- **U** = Unavailable mark, cannot be ratified
- **a** = Performance possibly aided by wind and/or slope, can be a "best" but not a record
- **P** = Pending — completed application needed from the event
- **=** = No code means mark will be recommended for ratification pending course validation

**Masters Men All-Comers’ Records (non U.S. citizens)**

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<thead>
<tr>
<th>DIST</th>
<th>NAME (ITA)</th>
<th>RACE CITY, STYORY</th>
<th>DATE</th>
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<tbody>
<tr>
<td>5 km</td>
<td>R. BERND</td>
<td>ITALY</td>
<td>2003</td>
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<tr>
<td>10 km</td>
<td>R. BERND</td>
<td>ITALY</td>
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**Men 40-44**

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<tr>
<td>5 km</td>
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<td>CLARKSVILLE, TN</td>
<td>1999</td>
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<tr>
<td>10 km</td>
<td>R. JOHN TUTTLE (G40)</td>
<td>CLARKSVILLE, TN</td>
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**Men 45-49**

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<tr>
<td>5 km</td>
<td>R. DOUG BLISS (G49)</td>
<td>GARDENA, CA</td>
<td>2004</td>
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<tr>
<td>10 km</td>
<td>R. DOUG BLISS (G49)</td>
<td>GARDENA, CA</td>
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**Men 50-54**

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<td>5 km</td>
<td>R. TIM CROUSE (G54)</td>
<td>SAN FRANCISCO, CA</td>
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**Men 55-59**

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<td>10 km</td>
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<td>2005</td>
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**Attention Road Runners!**

National Road Race and Record certificates can be ordered for all eligible performances. Send performance details with $15 for the first certificate and $12 for each additional certificate requested to:

USA Track & Field Road Running Information Center
385 Oak View Lane
Santa Barbara, CA 93111

To find the latest distance running news, championship results, certified courses, local and state rankings, national ranking guidelines and USA Track & Field Distance Running Division, check out the new Road Running section on www.usatf.org.
Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Must have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 30099, Eugene OR 97498-3009: nmaweb@aol.com.
Perils of the 10K

On the whole, 10K (6.2 miles) is not my favorite racing distance. A 5K, although usually run at a faster, less comfortable pace, is over pretty quickly. Although I may hurt a bit, there's always the knowledge that the end is near and the pain won't last much longer.

Longer distances, ten miles and up, can be run a bit more leisurely. I, for one, can't run these races at the same faster paces of shorter distances. They can be done without pushing the package so much. In fact, 20K and half-marathon are my favorite race distances.

But the 10K is right there in the middle, with its challenge to run pretty close to full speed for a considerable distance. I guess what I'm trying to say is that 10K races are more painful than any others.

I had all of this in mind last April when one of my training partners, Michael Holmes, suggested - or was it strongly urged? - that we tackle the Oak Apple Run held in Oak Park, Mich., on May 31. "Isn't that a 10K?" I asked with more than a little trepidation. "Yeah," he replied with a chuckle, adding something about it being a good test of our early season fitness.

Training Jump Start

Michael is, as many Michigan runners know, a blind athlete. He trains regularly, four or five days a week, with guide runners. (These include Mike Rollason, Mike Hennesey, and Bob Drapel, but he's always looking for more!). He has completed five marathons and competed in the U.S. Association of Blind Athletes national meets. There are some medals to prove it.

When he urged, or suggested, that we do the Oak Apple, he mentioned a time goal, one I almost immediately dismissed. That wasn't because of him, but me. I worriedly told guide runner Bob Drapel, "I can't run that fast."

See, I have a long-term goal, too - to run without pain again. Last December, I suffered a nagging, non-running-related injury. It was my own fault, twisting a knee trying to play and keep up with my two-year-old grandson, Michael. He's a perpetual motion machine and keeping up with him might be a new, effective marathon training program. Hmmmm, maybe we're on to something here.

Cruising Above Position

Slow recovery or not, Michael Holmes is convincing. He's eager and inspirational. His enthusiasm is contagious and I was hooked. Struggling through some training, with my knee gradually feeling better and better, I was actually looking forward to the race - 10K or not.

The Oak Apple people, led by Elaine Tank, were marvelous. One of Southeast Michigan's largest spring races, Oak Apple regularly attracts upwards of 1000 runners who pound the residential and commercial streets of the city of Royal Oak.

That's good for Oak Apple, Royal Oak, and the competitors, but can be a problem for a blind runner and his guide. However, Elaine Tank made arrangements for Michael and me to begin a few minutes before the rest of the pack of 871 finishers. (A tip of the hat to race directors throughout the state, since most of them make accommodations for Michael when he runs.)

In the Lead

There was a bonus to the early start for us: I was actually leading a race, well, technically I was tied for the lead. That doesn't happen very often in fact, never.

Michael and I have been running together for about three-and-a-half years now. We don't use a tether, favored by some blind runners. Rather, he prefers what he calls the "finger technique." With this, the guide runner makes a circle with his thumb and forefinger. Then, Michael lightly hoods the circle with a couple of fingers.

It has worked well for us, including on our long runs, which have reached 22 and 23 miles. Normally, things go remarkably smoothly, except when I get tired or tense up. Michael calmly reminds me to "relax the circle" or "lower your arms and concentrate on your form."

This Saturday race was no exception. The weather caused a bit of a problem, particularly the cool breeze and high humidity, in deciding what to wear. But it was nothing other runners didn't also face. The course was well-marked and well-marshaled, important for we early race leaders! We were able to negotiate it and its water stops without trouble.

Not So Bad After All

Other runners, both during and after the race, were supportive, yelling encouragement and offering congratulations. At the finish, workers helped us up and our timer rushed up with our official clocking. Thank you to all.

All in all, it was a good race for Michael and me. Our time was slightly better than our goal - at least my adjusted goal. Michael went home with a well-deserved medal.

And I left pretty happy, too. I had no pain, a faster-than-expected time, and that infectious positive attitude that Michael Holmes inspires.

(Ron Marinucci can be reached at e-mail at RMarin6424@aol.com.)
The long, hot and humid summer showed no sign of abating on Sept. 20, when masters athletes comprised up to 80% of the entries in a 10,000 at the famous Tooting Bec track in South London. Brian Broe headed the M40 field in 34:02.3. Charlie Dickinson won the M55 in 35:10.0.

One of the prime road races in Britain, the Swansea Bay 10K in South Wales, Sept. 21, saw Martijn Rees, M40, knock more than a minute off the previous course record held by European 10K champion, Mike Hager. Rees stormed round in 32:08 to finish sixth overall in a classic field. The Veterans AC held their 10-mile club championships on the same day over a very hilly course at Epson Downs, attracting a large entry. Lawyer Keith Donald won the M45 race (66:58), followed by a new recruit to the masters scene, Ian Skingley (67:14).

The first master, however, was M50 Jim Chandler (66:53). Phyllis Flynn, W40, led the women home (65:50). Marion Rayner won the W50 race (71:22).

The legendary marathon runner, Ron Hill, organized a 5K in Manchester to celebrate his 65th birthday on Sept. 25. A constant competitor in the World masters cross-country race and still boasting that he has never missed a day’s training in over 40 years, he was still able to complete the course – talking to familiar faces along the way – inside the 25 minutes targeted.

Several athletes traveled up from London and other areas of the country to take part.

First three 4x100 relay teams (USA, Germany, and Japan), 15th WMA Championships, Puerto Rico.
**NATIONAL**


- **Martin Tighe, 45, UK/Providance, RI, winner of this spring's North Pole Marathon (North Pole, April 3, 5:02:10), showed what he can do when the temperature rises above -20F, at the Ocean State Marathon, Providence, RI, Oct. 12, 2:46:28. He finished fourth overall.

- **Steve Spence, 41, Shippensburg, PA, the 1992 U.S. Olympic marathoner, won the 2003 Jefferson Hospital Phila. 4-Mile Distance Run (13.1M) men's masters title in 1:16:33. Ramila Buraniquio, 42, RUS/L, who set the women's masters world record for the distance here in 2001, was again the women's masters champion and a strong fourth among women overall in 1:12:46. Second W40+ Lee DiPietro, 45, Ruxton, MD, ran 1:18:12 (net time) to set a pending U.S. W45 age-group record. - RunningUSA Wire.

- **On a bright, windy day along the Charles River, Oct. 13, the Tufts 10K for Women made its 27th speedy, scenic tour of Boston. Canadian Nancy Tiniar, 45, Coquiltam, BC, led the masters, 35:33, to just upset Jeanne Lasee Johnson, 46, Chula Vista, CA, 35:45. Johnson's time is a pending U.S. W45 record, earning her own record, set here last year, 37:37. The unstoppable Kathy Martin, 52, Northport, NY, held on to her W50 title, 37:37. Wendy Burbank, 61, Buxford, MA, 49:00 rowed off a big lead to take the W50 crown. Barbara Robinson, 53, Maple Haven, CT, 51:47 outghosted her nearest competitor by 16 minutes in the W70. Doyenne of the dash Louise Rossetti, 82, Saugus, MA, 92:19, capped the field and walked off with the W90+.


- **Ginette Bedford, 70, 1:49:37, overpowered her age-group at the NorCal Veterans Festival Grete's Great Gallop Half-Marathon, Central Park, NYC, Oct. 6, to add to her accomplishments. She recently ran 7:12 at the 5th Avenue Mile.

**EAST**


- **Runnning USA Wire**

**SOUTHEAST**


**MIDWEST**

- **Lino Hernandez, 42, Plainview, IL, with a fourth-place 94:39, and Mary Krause, 46, Yorkville, IL, with a fifth-place 1:56:59, posted masters firsts in the National Heritage Corridor 25K, Channahon, IL, Oct. 21. Gary Beck, 46, Glen Ellyn, IL, notched a fifth-place 95:03. Isola Metz, 55, Wheaton, IL, ran a 2:01:15.

**SOUTHWEST**

- **Pat Billing, 41, 50:15 and Janet Roberts, 43, 56:00, nailed down first places in the USATF Minnesota Masters 15K Championships, Edina, Aug. 10. Billing took the race from Thomas Stambaugh, 50, and second-form Norm Purrington, 60, 61:18, and Suzanne Ray, 51, with a W40+ third-place 62:50, were among the age-group winners.

**MID-AMERICA**


**WEST**

- **Evelyn Wright, 66, Annapolis, MD, upped the W65 HJ WR of 1:27 by Leonore McDaniels in 1993 with a 1:34 in the Vestin Nevada Senior Games, Las Vegas. The K-AU-sponsored 10K portion of the Games was held at the UNLV track on Oct 4-5. In other events, Frank Hopkins, M60, posted the fastest time in the 800 (2:33:48). Dan John, M45, was the fastest set in the SP (3:16:31). Larry Pratt, M60, hit a meet's best 5:16. Marge Radcliffe, W60, included a 28:19 JT in her several firsts; Mark Green, M45, did the 5000 RW in 24:12, and in the best sprint, finish of the meet, Tim Butts (13:16) took the M60 100 from Larry Gunn and Steve Bowles, who tied at 13:17. (Photographs of the meet are posted at the KNW meetsite www.nationalmastersnews.com)

**NORTHWEST**

- **The Willamette Striders TC has arranged for pole vaulters to practice indoors on Tuesdays and Thursdays from 4:45 pm at the Sunburst Gymnastics Facility, 9889 SE Mather Rd., Clackamas, OR. The dates (27 sessions) for masters are Nov 4, 6, 11, 13, 17, Dec. 2, 4, 9, 11, 16, 18, Jan. 20, 22, Feb. 5, 3, 10, 12, 17, 19, 24, 26. The cost is $250. Athletes must have a USATF membership at the time. Contact Rick Baggett, Maple Ridge, OR, 97405, 503-722-0681, 971-207-1422 (cell); baggeptr@aol.com.

**CANADA**

- **Ed Whitlock, 72, took the M70 race with a sensational 38:17 in the Ontario Masters 10K Championships, Longboat Island, Sept. 7. First masters were Chris Gordon, 41, 34:28, and Colleen Stewart, 53, 45:56. In the OMTFA 5K Cross-Country, Taylor Creek, Sept. 21, Ron DaSilva-Jardine, 42, 17:36, and Nanci Patten-Swagwey, 48, 22:51, were first runners 40+ Nancy Wells, 57, 25:25, and George Aitken, 50, 18:53, took brisk division wins.

**INTERNATIONAL**

- **The EVAA (European Veterans Athletics Association) celebrated its 25-year jubilee on Oct 4-5 in Reckwitz, Italy. The Association was founded Sept. 11, 1978, in Viareggio, Italy. Three of the Association's five presidents attended the jubilee (Dieto Massim, Cesare Beccalli and Torstensen). As the EAA President, Mr. Hansjorg Witz, SUI, the FIDALI Representative, Mr. Alfio Giomi, ITA, and former EAA President, Mrs. Teresa Gianni, FRA, Treasurer Giuseppe Galletti, SUI, and Technical Manager Wilhelm Köuster, GER. All jubilee guests were invited to a reception given by the Mayor of Riccione Mr. Attilio Ilottosi, and then later in the evening attended the jubilee dinner during which WMA presented a plaque to the jubilee celebrant.

**CORRECTIONS**

- In the article on the NYRR Fifth Avenue Mile in the October issue, the first masters woman was Catherine Stone, 41, Ringwood, N.J., who finished first woman overall in the open race with an age-graded 8.67% at 5:08.

**SUGGESTED LINKS**

- [Suzy HESS](https://www.redhookracing.com)
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 30 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97495.

| Schedule |

**Track & Field**

**National**


**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, New Jersey, Pennsylvania, Rhode Island, Vermont

December 14. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 am. No PV. No spikes or spike shoes. Kyle Mckellenborg, 215-393-1382; krmeek@erols.com

January 4. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 am. Kyle Mckellenborg, 215-393-1382; krmeek@erols.com


January 24. 37th annual Hartrborne Memorial Mile, Cornell U., Ithaca, N.Y. W30+ & W40+. Prize for parade for M & W Elite Mile; bonus for new record (M & W40+). 10:00 a.m. Rick Hoeffe, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6343(e).

February 15. Philadelphia Masters Indoor Meet, Allbright College, Pa. 9:30 am. Includes WT; then SP; bring own implements. Kyle Mckellenborg, 215-393-1382; krmeek@erols.com

**SOUTHEAST**

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

February 8. Tennessee Masters Indoor Meet, Middle Tennessee St. U., Murfreesboro. budyerin@comcast.net

**NORTHWEST**

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

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

May 29. Oregon Senior Olympics, Silverton, Ore. Amy Castle, 503-873-8577

June 5. Seattle Parks Department Masters Meet, West Seattle, Wash.


June 19-20. Portland Masters Classics, Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; pestpan@yahoo.com


July 17-18. USATF Northwest Regional Masters Championships, Pullman, Wash.

March 6. OMTFA Indoor Championships, York U. www.syracampica.co;ont/ontario masters

**INTERNATIONAL**


**Long Distance Running**

November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, Genesee Valley Harriers, PO Box 16375, Rochester, NY 14616. 585-242-9031; email: glivc2roche@rocom.com; www.gvhn.org

November 8. USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 760-967-8348

November 23. USATF Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/jn


**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, New Virginia, Pennsylvania, Rhode Island, Vermont

November 9. Marathon in the Parks, Montgomery County, Md. 301-767-0002; www.marathonintheparks.org


November 16. Little Bennett's Revenge Cross-Country 5K, Clarksburg, Md. 301-655-0200; www.nyrc.org


November 27. Manchester 4.75 Mile, Manchester, Conn. 860-643-5295; www.manchesterroadrace.com

November 27. 108th Greater Buffalo YMCA Turkey Trot 8K, Buffalo, N.Y. 716-565-6000; www.buffaloymca.org

November 29. NYRR Knickerbocker 60K, Central Park, NYC. 212-860-4455; www.nyrr.com


December 6. NYRR Hot Chocolate 15K, Central Park. 212-423-2292; www.nyrr.org


December 31. NYRR/Runner's World Midnight Run 4 Mile, Central Park. See Continued on page 23

**ON TAP FOR NOVEMBER**

**Track and Field**

The San Jose Senior Games, Los Gatos, Calif., on the 2nd, and the Lions Waterfowl Throwers Meet, Austin, Texas, on the 15th just about fill the bill.

**Long Distance Running**

National Masters Championships rule the slate, with the 8K Cross-Country in Rochester, N.Y., on the 2nd; the One-Day, 24-Hour in San Diego, Calif. on the 8th; and the 5K Cross-Country in Holmdel, N.J., on the 23rd. The New York City Marathon on the 2nd kicks off a heavy 26.2-mile schedule, including the Santa Clarita Marathon, Calif., on the 2nd; the San Antonio Marathon on the 9th; the Richmond, Va., Marathon on the 15th; the Philadelphia Marathon on the 23rd; and the Seattle Marathon on the 30th. Cross-Country races dot the schedule, and there are enough Turkey Trots to satisfy any appetite. The first-ever WMA 100K Championships will be held in Taipei on the 16th.

**RACEWALKING**

The National Masters 20K Championships strive off on the 23rd in Coconut Creek, Fla.
SOUTHEAST
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia
November 8. Senior Bowl Charity Run 10K/USA Men's National Championship, Mobile, Ala. 251-438-2276; www.seniorbowl.com
November 8. Long Leaf Trace Birthday Challenge, Paints, Miss. 1K for each year in your age group to 84. 601-792-5142(d).
November 9. USAFT Georgia 50K Championships, Peachtree City, Scott Ludwing, 770-487-7445.
November 15. YMCA Turkey Trot 5K for Women, Bristol, Tenn. ywca@ywca bristol.org
November 15. SunTrust Richmond Marathon & NTELOS 8K, Richmond, Va. 804-673-7223; richmondmarathon.com
November 16. Turkey 10 Miler, Mobile, Ala. 251-473-7223; www.reapers.com
November 22. Paul deBruyn Memorial 15K & 30K, Orlando Beach. Fla. www.active.com
November 27. Outback Classic Half Marathon, Jacksonville, Fla. www.1stplacesports.com
November 27. Atlanta Marathon & Half-Marathon, Atlanta, Ga. 404-231-9064; atlantaclubtrack.org
November 27. Hyatt 8K Turkey Trot, Charlotte, N.C. 704-554-1234, x2002; www.haytturkeytrot.com
December 13. Huntsville Times Rocket City Marathon, Huntsville, Ala. 256-826-6207; www.huntsvilletrackclub.com
December 14. Jacksonville Beach Marathon & Half-Marathon, Jacksonville, Fla. 904-731-1900; www.1stplacesports.com
January 9-11. Walt Disney World Marathon Weekend, Orlando, Fla. disneyworldsports.com

MIDWEST
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia
November 22. The Downtown Mile, Fremont, Ohio. 419-334-9506; www.freemontohio.org
November 27. Thanksgiving Turkey Trot 10K, Detroit, Mich. www.motorcitystriders.com
November 27. Running Sport Thanksgiving Day 10K, Cincinnati, Ohio. 513-243-4674; www.thanksgivingdayrace.com

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas
November 1. 28th annual White Rock Half-Marathon, Dallas. 214-321-3211; www.whiterockhalfmarathon.org
November 22. Oklahoma Marathon. Tulsa. 918-747-6336; www.oklahomamarathon.org
December 13. Summitt Texas Trail Endurance Runs, Huntsville State Park. 50K & 50 Mile. For more information. contact John Welch. 210-494-9493; jwelch2@satx.rr.com
January 18. hp Houston Marathon & Half-Marathon. 713-947-3433; www.hphoustonmarathon.com

WEST
Arizona, California, Hawaii, Nevada, New Mexico
November 2. 23rd Presidio 10 Mile, San Francisco. 415-939-9495; wwwguardsmen.org
November 27. Ralph's Dana Point Turkey Trot 10K, 5K, & Masters 5K, Dana Point, Calif. 949-896-1555; isa@kinanevents.com; www.turkeytrot.com
November 30. 19th Run to the Far Side 5K & 10K, San Francisco. 415-759-2690; www.rhodyco.com
December 7. California International Marathon, Sacramento. 916-983-4622; www.runcim.org
December 14. 26th annual Lasse Viren 20K, Pt. Mugu St. Park. (8 miles s. of Oxnard), Calif. 805-652-1744; blumper@pacbell.net

NORTHWEST
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming
November 15. ORRC Clackamas Cross-Country 5K, Milwaukie, Ore. 503-646-7867; www.orrc.org
November 15. USAFT Oregon M & O Cross-Country Championships, Sandy HS, Sandy, OR. 3:30 pm. Registrar. 471 Quarry Rd., Springfield, OR 97477. 541-504-1077; email: runjumphrow@usaft-oregon.org

CANADA
November 9. CAN/AM East/28th annual OTMFA 8K Cross-Country Championships, Sunnybrook Park, Toronto. canadiannmastersathletics.com
November 29. CMAA Cross-Country Championships, Sunnybrook Park, Toronto. canadiannmastersathletics.com

INTERNATIONAL
November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iaw.org.tw

RACEWALKING
November 8. USAFT South Carolina One Hour RW Championships, Greenville. Henryhinch Looner, 864-246-5101
November 22-23. North American Racewalk Championships, Poza Rica, Vera Cruz, Mexico. amender@conacyt.mx
November 22. USAFT National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cellia, 954-921-9190
January 18. WCLA 10 Mile/Richard
**RECIPIENTS OF ALL-AMERICAN AWARDS**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Notes</th>
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<td>3000</td>
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</tr>
<tr>
<td>6000</td>
<td>21:40</td>
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<td>10000</td>
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**APPLICABILITY FOR AN ALL-AMERICAN CERTIFICATE**

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

**NAME**

**AGE-GROUP**

**ADDRESS**

**SEX**

**M**

**F**

**CITY**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**MEET SITE**

**EVENT**

**MARK**

**WEIGHT**

**WEIGHT OF INSTRUMENT**

**CERTIFICATE**

**PATCH**

**PATCH TAG**

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

2. A copy of your results or a note stating which record was established 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 tag ordered at the same time is $15.

4. Send to: All-American Masters News, P.O. Box 5094, Eugene OR 97440.

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

6. Allow eight weeks for a patch tag.
Continued from previous page

1500m
M5 Michael Davazier 4:35.77
M6 Steven Bowles 4:39.01
M7 Rodney Brown 4:39.20

3000m
M50 Bob Hickey 8:36.40
M51 Darrin Smith 8:36.45
M52 David Bell 8:36.50
M53 Matthew Smith 8:36.55
M54 John Madonna 8:36.60
M55 John Madonna 8:36.65

5000m
M50 Bob Hickey 16:56.40
M51 Darrin Smith 16:56.45
M52 David Bell 16:56.50
M53 Matthew Smith 16:56.55
M54 John Madonna 16:56.60
M55 John Madonna 16:56.65

10000m
M50 Bob Hickey 33:27.40
M51 Darrin Smith 33:27.45
M52 David Bell 33:27.50
M53 Matthew Smith 33:27.55
M54 John Madonna 33:27.60
M55 John Madonna 33:27.65

15000m
M50 Bob Hickey 50:04.40
M51 Darrin Smith 50:04.45
M52 David Bell 50:04.50
M53 Matthew Smith 50:04.55
M54 John Madonna 50:04.60
M55 John Madonna 50:04.65
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<tr>
<td>Boston Half-Marathon</td>
<td>1:04:27</td>
<td>MA, MA, USA</td>
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<tr>
<td>Providence Half-Marathon</td>
<td>1:06:03</td>
<td>RI, USA</td>
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<tr>
<td>Providence RI City Half-Marathon</td>
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<td>RI, USA</td>
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**New England Marathon Race**

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<td>MA, MA, USA</td>
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<td>Providence RI City Half-Marathon</td>
<td>1:07:24</td>
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<tr>
<td>Providence RI City Half-Marathon</td>
<td>1:07:24</td>
<td>RI, USA</td>
</tr>
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The table above lists the winners of various half-marathon events in New England, including Boston and Providence. The events were held in both Massachusetts and Rhode Island, with times ranging from 1:04:27 to 1:07:24. The table provides a summary of the winners' times and their respective places.
N is for fit, not fashion. N is for technology, not gimmickry. N is for shoes in multiple widths, not just multiple sizes. N is for the 815 motion control trainer. Find out more at newbalance.com.