Simonaitis, Robertz Crowned U.S. Champions at Twin Cities Marathon

By SUSANNAH BECK

Dennis Simonaitis, 42, Draper, Utah, 2:18:53, and Janet Robertz, 45, Shorewood, Minn., 2:44:07, were crowned champions at the USA National Masters Marathon Championships hosted for the 14th consecutive year by the Twin Cities Marathon, Minneapolis-St. Paul, Minn., Oct. 3.

On a sunny morning with temperatures in the high 40s and a light wind, many of the 7500 runners recorded nice brisk times, while others, as ever, died their little marathon deaths over one of the U.S.'s prettiest urban marathon courses.

For Simonaitis, it was about time for a good one around the cities' emerald necklace of parks.

His third Twin Cities Marathon in a row broke the spell of unluckiness which has plagued him here—a virtual DNF well, a 2:33:20) in 2002 at his TCM masters debut, followed by a 2:23:25 in 2003, which narrowly missed the Olympic Trials standard—

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Whitlock, 73, Runs 2:54:48 Marathon

By DOUGLAS J. SMITH

TORONTO, Canada – We may have witnessed one of the greatest distance running achievements in history, with 73-year-old Ed Whitlock's 2:54:48 performance in the Scotiabank Toronto Waterfront Marathon on Sept. 26. He broke his M70 world record, set at last year's race, by five minutes.

Running a steady 6:40 mile pace, he was 26th out of 1462 finishers. Only one 25-year-old man beat him (out of 81) — and he's spotted them 50 years! Only one of 164 M45s beat him. Just one of 103 M50s beat him, and only two of 543 women beat him.

His 1:27:31 at the half would have placed him 97th out of 4000 in the half-marathon run here, and then he ran the second half of the marathon even faster in 1:27:17 (the USA M70 half-marathon record is 1:27:44).

Whitlock's time would have won the 1908 London Olympic Marathon (2:55:18), a world record at the time.

Two weeks previous to the marathon, Whitlock had broken the M70 world record with his 3:7:33 in the Longboat Island 10K. Whitlock's marathon performance was an age-graded 99.96%. The winner's time of

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Simonaitis, Lagunas Win National Masters 10K Titles in Paso Robles

By MARK WINTZ

Running USA Wire

PASO ROBLES, Calif. — On December 22, 2003, earthquake waves rolled through Paso Robles, a thriving community that sprang up in the 1850s, exactly halfway between San Francisco and Los Angeles. The 6.5 quake on the Richter Scale destroyed 82 historic buildings and killed two people in the downtown square where the town's annual Heritage Oak Banks Fun Day road races start and finish.

On Sunday morning, September 26, waves of runners soothed painful memories and celebrated a dramatic revitalization of Paso Robles by filling its streets for road races that included the USA Masters 10K Championships.

Dennis Simonaitis, 42, Draper, Utah, emerged as the U.S. masters

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USATF Goes to Portland in December

Portland, Oregon, the “Rose City,” will host the 26th annual meeting of USA Track & Field at the Hilton Portland & Executive Tower on Dec. 1-5. This will be the first time the meeting has been to the Northwest since 1998 when it was held in Seattle.

The agenda for the Masters Track & Field Committee was published in the August NNW. The Masters LDR Committee agenda appeared in the October issue. They are also available on the USATF Web site: www.usatf.org.

Agenda items include the acceptance of bids for future championship meets and road races; the selection of the Athletes of the Year in track & field, racewalking and long distance running; the presentation of the 2004 Masters Hall of Fame inductees; the approval of masters age-group records; and the submission for adoption of new and revised rules. A joint

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not a terrible time, but not really the kind of performance his shorter distance racing would suggest possible.

This year, fresh off a masters championship win at the Heritage Oaks 10K in Paso Robles, Calif., Sept. 26 (30:24), Simonaitis was ready and the way was clear.

Contributing to a helpful outlook may have been the sidelining of Simonaitis’s master rival (and many-time MNM coverboy) Eddy Hellebuyck, winner of last year’s TC in 2:12:47. Hellebuyck tested positive for using the drug EPO (erythropoietin) this January, and is reportedly in arbitration with the United States Anti-Doping Agency.

Simonaitis’s 2:18:53 was fast enough for 12th-place overall, and just a minute behind overall masters winner (and 2001 TCM overall winner) Joshua Kipkemboi, 44, Kenya, 2:17:48. The early leader in the masters race, Jackson Kipng’ok, 43, Kenya, went through halfway in a speedy 1:06:32, but faded to finish third, 2:20:11.

M45 winner Sam Nagatia, 45, Coyote Springs, Colo., 2:23:37, and Danny Martinez, 42, Alhambra, Calif., 2:25:42, rounded out the top three.

The two-time winner of Grandma’s Marathon, Firaya Sultanova-Zhdamova, 42, Russia/Gainesville, Fla., 2:40:10, won the women’s 40+ race overall. Janet Robertson, 2:44:07, a local favorite and last year’s national masters champion (2:46:23), took home $11,400 in combined prize money for her efforts.

“The first half went really good, and I didn’t start having trouble until miles 19 and 20,” Robertson told the St. Paul Pioneer Press. Despite running with a head cold, she was fourth U.S. woman overall.

Susan Loken, 41, Phoenix, Ariz., who beat Robertz at the U.S. Women’s Olympic Trials Marathon in April, was close behind, 2:44:26, missing her PR by just seven seconds.

Joseph Haynes, 50, Ames, Iowa, 2:46:03, enjoyed a victory in his new age group, M50, in his third Twin Cities in as many years. Last year’s M50 winner, Terry Stewart, 51, Brooklyn Park, Minn., was displaced to second M50, 2:52:03.

Norm Purrington, 61, Lake Elmo, Minn., 3:04:15, repeated as M60 titlist, improving on his 2003 time by over six minutes. Former University of Oregon star and masters marathon whiz Bruce Mortonson, 60, Minnetonka, Minn., placed fourth in the M60, running 3:28:06 in his 65th, slowest, and final marathon. Of his retirement from marathoning, he told the Minneapolis Star Tribune, “I don’t want to hurt anymore.”


Simonaitis used perfect racing conditions in the low 50s to average last year’s second-place performance to rival Eddy Hellebuyck. Brian Pope, 41, Oxford, Miss., placed second, well behind Simonaitis in 3:47. Hellebuyck, 43, Albuquerque, N.M., was third, over two minutes slower than his national masters record of 29:05 set in this race in 2003.

Hellebuyck, who holds multiple U.S. masters records, competed despite an out-of-competition positive drug test for erythropoietin (EPO) last January that he is contesting.

Taking an early lead, Simonaitis fronted a large pack that whittled to about six contenders by the 5K, hit in 15:21. His lead was tenuous, however, since one shoe became untied two miles into the race.

“That’s never happened to me before,” said Simonaitis about the misstep. “So I was running a little gingerly. But otherwise I felt good. I wanted to push it a little bit through halfway and not leave it to the end. Some of those guys have good kicks. I felt in control pretty much all the way through.”

Indeed, Simonaitis gradually increased the tempo over the last several miles, leaving his contenders far in his wake. He improved his time by almost 30 seconds over the 2003 race, which was also run in ideal conditions. Said Hellebuyck: “This was my first race in eight months, so I’m trying to get the intensity back. I’ve been training, but it’s not the same as racing. I hope to get this [drug] situation behind me and start focusing on racing again.”

For Lagunas, a kindergarten teacher, the masters women’s victory came as a bit of a surprise. Although she qualified for the 2000 U.S. Women’s Olympic Marathon Trials, and has been competing since age 14, she rarely appears on the roads. This fall, Lagunas is concentrating on cross-country races.

“I haven’t run a 10K in a million years, and I didn’t know if I was going to die,” admitted Lagunas, who led the entire race. “I thought just let’s wait and see what happens. But then I still felt really good after the first loop, and thought that it was a good sign. I said, “Let’s just pick it up at mile four and see what happens.”’’

That strategy left long-time standout marathoner Maria Trujillo de Rios and Sarah Kramer to contend for runner-up spots.

Kramer, 44, Ogden, Utah, overtook de Rios, 44, Los Gatos, Calif., in the second mile and proceeded to a second-place finish (36:54). De Rios was third. (37:22).


Heritage Oaks Bank awarded $56,000 in prize earnings of which over half is devoted to masters runners, and $8000 to the accompanying Pacific Association/USATF Championship.

All proceeds generated from the event’s entry fees are distributed to local non-profit organizations. Through 2003, these donations totaled nearly $70,000.

This was the second year of the race in its five-year contract as the masters championships.
TIMED FINALS

Perhaps I should not respond to the issue of timed finals, as I run longer distances and am of an age where preliminaries are rarely if ever held for my events, even at WMA meets. I do, however, wish to support Courtland Gray’s well-reasoned “Speaker’s Corner” (Oct. NMN) in support of timed section finals.

Anything that can be done to make a national masters championships more athlete-friendly should be done, short of having us all mail in our self-timed results run alone on the local track.

Because I run the indoor 3K, 5K, 800, and the 1500 (or mile), I have to come early and stay late at National Championships. Now that I am retired, this is not a problem; I tend to schedule my “busy” life around track meets and cross-country races.

Not everyone is so fortunate. Those working have to schedule vacation days to attend meets; those who are raising families, or still waiting to win door championships, but have quit going to those meets.

Some of us need time to learn to train, to practice, and to develop technique, endurance and speed. Finishing a close fourth, for example, in the slower timed section of the 1500 is much less discouraging than being blown away in a preliminary heat where one risks being lapped by a world-class runner or two.

I am all for the proposal mentioned by Gordon Edwards (Aug. NMN) to allow the outdoor championships’ local organizing committee (LOC) the option of running timed finals for events of 400 meters or longer. It would be even better if such was made a requirement — not even an option.

As an athlete, I want to know when I am going to race, so I can plan my training schedule accordingly. There is also an economic factor involved. If I know when I will be racing, I can plan my travel accordingly.

I am going to race. so I can’t move my training. The cost of renting the Home Depot Center for two days and paying two dates was $1500. Both my wife, Wilma, and I really think the track and aprons were badly stained from water and chemicals. The high jump apron was so wet for so long in the morning that marks could not be set.

The crosswinds that blew at various speeds all day were detrimental to javelin throwers, sprinters and long jumpers, among others. Facilities were inadequate and disgusting.

It is hard to believe the center was only completed in 2003 and that it will ever be considered an Olympic training site.

Bert and Kathy Bergen
La Canada, California

ANNOUNCING

During the Athlete’s Meeting at the 2004 Masters National Championships, Decatur, Ill., Sid Howard, M65 runner from NYC, suggested that an effort be made to capture Peter Taylor, who did the announcing here, for all of our national meets.

Several of us thought it was a great suggestion. We discussed that issue later and all agreed we would accept some addition to our entry fees to cover Peter’s expenses.

Having attended many other sporting events, I do not recall any announcer, regardless of the sporting activity, who was more knowledgeable regarding the participants than Peter is. It would be interesting to hear from others who might want to express their point of view in this matter.

Charlie Wimberley
Kenner, Louisiana

KUDOS

Both my wife, Wilma, and I really enjoy the National Masters News as it gives us the opportunity to keep in touch with our sport across the world.

You have maintained and, in fact, improved the quality of the publication over the years, and this is something that the masters athletics organization should be very proud of.

Stan Perkins
WMA Oceania Delegate
Calamvale, Queensland, Australia

Sustainers for November 2004

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.

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November 2004
BENGAY – Masters Athlete-of-the-Year Nominations

Most of you will recall the generous financial support BENGAY has given Masters Track & Field this year. The first part has been dispensed in the form of travel grants, which allowed us to have a fabulous masters contingent on the track at our U.S. Olympic Trials this summer in Sacramento, Calif.

The second part is the financial support for the "Masters Athlete of the Year" to be presented at the USATF Annual Meeting at the Jesse Owens Awards and Xerox Hall of Fame induction ceremonies. The award will honor the best among all of our long distance runners and track & field and racewalking athletes.

Nominees

The final nominees for the award are:
From Track & Field, by Phil Byrne's Awards Committee:
Kathryn Martin – six national championships, four U.S. records and very high age-graded marks.
Rod Parker – also six national championships, four world records and very high age-graded marks.

From Long Distance Running, by the Masters LDR Executive Committee, headed by Chairman Norm Green:
Colleen De Reuck – Masters 5K W40 champion and 2004 Olympian as a masters athlete in the marathon.
Kathryn Martin – Masters 5K and 10K champion, W50.
Dennis Simonaitis – Masters 10K and marathon M40 champion.

These are the finalists after considering many, many outstanding athletes. Congratulations to all. The winner will be decided by a committee made up of Norm Green, Bill Roe and George Mathews.

Combined-Events Age Grading

We have somewhat of a controversy regarding combined-events age grading. Many of you know that the tables for scoring of the combined events changed back in 2001-02 and was accepted by our committee.

Unfortunately, most competitions run since that time have been scored under the 1994 tables. Those competitions are over and done with. All competitors walked away understanding they achieved a certain score and place.

Some people believe we should go back and re-score all those competitions to see who might have broken a record under the tables. Is it right to do this? If it is done, it must be for all competitors, not just those who might have broken a record.

We do have precedent for going back and re-scoring. Apparently, we re-scored everything from 1989 to 1994 when the scoring tables changed. The question is, "Is this the right way to go?" I for one, as an athlete, don't feel comfortable with re-scoring an event after it is over. To me, when it is over, it's over. What do you think?

Hawaii and San Sebastian

It's not too early to be making your travel arrangements for Hawaii and San Sebastian, particularly if you want to use frequent flier points. Both have information available for San Sebastian: www.wma-2005/ingles/index.htm, and for Hawaii: www.hawaiichamps.com. There are a few travel groups providing attractive packages for these championships. Make sure you get your place in these exciting meets.

Subscription Problems? Moving?

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Bob Lida Believes in Intensity

To maintain speed with age, Bob Lida is convinced that you have to train fast. "I reach my top speed in every workout at least four or five times," Lida told me over a cup of coffee at a Wichita Starbucks, a week after the Nationals in Decatur.

Lida’s training certainly paid off in Decatur, as the 67-year-old Kansan won the 100 (12.97), 200 (26.33), and 400 (60.63) in the 65-69 division.

"I’m happy with the performances, although I’m a little disappointed at not going under 60 in the 400," Lida, who turns 68 on November 11, offered. "My goal is to still be under 60 seconds at age 70. Nobody’s done it, but I think it’s possible if everything goes right. I’ll have to arrive there injury free." The 70-74 record is 62.2, set way back in 1989 by Texan John Alexander.

Asthma Problems

At the WMA Games in Puerto Rico last year, Lida won the 100 (12.90) and 200 (26.28). An asthma condition caused him to drop out of the 400. "As soon as I got off the plane in Puerto Rico, I had a hard time breathing," he explained. "Fortunately, the 100 and 200 are anaerobic and I didn’t have to breathe, but it really hit me at about 300 meters in the 400.”

In spite of his success in the 100 and 200, Lida considers himself more of a quarter-miler than a pure sprinter. "That was the horse I rode in college," he said, "although my age-graded times these days seem to be a bit better in the 200. I don’t know why that is.”

Lida won the 1959 Big 8 indoor 440 championship with a 49.5 during his senior year at the University of Kansas, but his best quarter of 46.4 was turned in on the leadoff leg in a sprint medley relay. He also has fond memories of a 47.8 anchor leg in the 4 x 440 relay at the Chicago Daily News Indoor Invitational that same year.

The team included All-American Charlie Tidwell and Cliff Cushman, who would go on to take silver in the 400-meter hurdles in the 1960 Olympics. Lida took the baton from Cushman in second place and had to hold off a Michigan State runner who earlier set a world record for the 300-yard dash.

Best Race

"That was the best race of my life," he mused. "I had nothing, absolutely nothing left in the tank. Unfortunately, we were too far behind Manhattan and just missed catching them.”

While at KU, Lida also clocked 9.8 for 100 yards and 21.0 for a 220 on a straightaway.

It wasn’t until the end of the football season during his junior year at Shawnee Mission High School in Kansas City that Lida got into track.

“I was a third-string receiver, weighing only about 98 pounds at the time,” he remembered. "Near the end of the season, the coach lined us all up and had us race 100 yards. I won and so the football coach took me to the track coach and suggested he make a track man out of me.”

Late Bloomer

Lida’s high school bests were 53.4 in the 440, 2:08 in the half, and 10:40 for two-mile cross-country. "I was a late bloomer," he said. "I didn’t really develop until my senior year in college. I grew two inches that year and gained a lot of weight in the process, giving me extra strength.” He now carries around 185 pounds on a 6-2 frame.

Following college, Lida went about making a living in the advertising business. After turning 40, he decided to give masters competition a try. He got down to 23.2 for 200 and 51.6 for 400, while also placing seventh in the 200 and eighth in the 400 at the 1977 WAVA championships in Sweden.

Marathon Mania

Following that, he got caught up in the marathon mania of the day, twice recording 2:57 at age 44. He continued to run 25-30 miles a week, primarily for fitness, and didn’t get serious about track again until turning 60.

After I turned 60, I read articles in National Masters News suggesting that the older we get, the less stress we can tolerate, and we need more rest to recover from hard workouts,” he explained his comeback.

I followed this for a number of years — running hard one day, taking the next off, run hard, day off, etc. The problem was that at big meets where we compete for a number of days in a row, my performances got worse as the meet went on.

I have begun running hard two and three days in a row, then taking a couple off for good recovery. My body tolerates it, probably because I vary my workouts from hills to track. I feel it has significantly helped me in meets. In addition, stressing the body more has put me in better condition.”

Balancing Work vs. Training

Lida, who continues to work 40-60 hours a week in running his own advertising agency, now trains about five days a week when not competing, three days during the competitive season. During the early season, he does a lot of hill running for strength, running anywhere from 100 to 300 meters at 400-meter race intensity.

On his track days, he does reps up to 300 meters with a high degree of intensity and with a good recovery between each rep. After his speed workouts, he runs stadium bleachers as hard as he can to improve his acceleration.

"I do no cross-country or road running, nothing to encourage slow twitch muscles,” he said. "I don’t even jog between reps. I got this philosophy from reading the East Carolina Training Program. I think it also helps in wear and tear on the joints. It seems the thing that finally brings down most masters runner is joint problems.”

Running All Out

Besides trying to stay under 60 seconds for the quarter as long as he can, Lida’s goal is simply to run as fast as he can for as long as he can.

"However, I’ve told my kids that if they ever see me shuffling, to pull me off the track,” he said, laughing.

"The day I can’t get my knees up and be running hell-bent-for-leather is the day I will know it’s over. The good news is I see some great 80-year-old sprinters who are still getting it done.”

(Mike Tymn can be contacted at METGAT@aol.com)
Argument in Favor of Prelims

As a recently turned masters runner (40 last May 2), I am compelled to voice disagreement with the Speaker’s Corner article (Oct. NMN) by Courtland Gray. Preliminaries are half the fun of a national meet.

For those of us who ran competitively in college, nationals are a way to bring us full circle – the seeding, the check-in procedures, the weeks of looking at the heats and plotting strategy to get to the next round – what a thrill!

I ran the 1500 in college and for a few years after, until I realized that age, professional commitments and lack of racing were going to force me into longer distances. Eventually, I began to run marathons, and at the end of my “open” career, I felt whatever leg speed I had in college was gone forever.

Masters Debut

I decided after a too hot 2004 Boston Marathon that I would try the 800 for my “masters debut.” What a blast to do all that speed work again. I went from barely being able to break 2:30 on my first time trial in May to running 2:11 at the Nationals.

Our M40 800 had prelims scheduled, but several men dropped out, and we went to a final only, with 12 athletes. I was very disappointed in no prelims as I had traveled a day early, and was mentally and physically ready for the challenge.

As it turned out, I finished 11th and I would have probably not made it through a prelim as a normal final field would be eight, but the risk and thrill of a prelim would have just as exciting as the final and it would have been close.

Thrift of Competition

Who knows? Part of the thrill is knocking off someone who makes tactical mistakes, like leaving it all to the last 100. Look at Alan Webb in the Olympics. Things happen. To say, “Would it be worth running prelims to eliminate one or two ‘non-competitive’ athletes,” seems a little like giving in to some sort of predestined pecking order that I, for one, would be unwilling to accept.

Anyone with $15 and a USATF card should be able to sign up, and everyone should have a shot at the final. Is a three-second differential in an 800 reason to decide that someone should run the “slow section of the 800 final”? Don’t we run the races to really find out who is better on that day? If Gray is correct, why don’t I just run on my home track and mail the results in? It would have the same effect.

It will be a sad day when there are so few meets and chances to compete in a real competition set up for us with such professionalism, that someone would even think that having finals only is acceptable. The only distance events that might even have prelims would be the 800 and 1500.

Part of the Race

Those of us who have run those distances, understand that prelims often come with any quality championship racing opportunity, and that is part of the race. It can take the sting out of a kicker, or it can give a kicker a shot at the gold medal.

Prelims, as necessary – in the 800/1500 and any other race below that needs them – must stand even if we have to go through the motions to eliminate someone who paid their $15 to run 3:00 for 800.

One final thought – Mr. Gray mentions the heat of the day as a reason to eliminate prelims. Heat doesn’t have much to do with an 800 or even a 1500, for that matter.

However, why we subject ourselves to hot, humid places for national meets when we have places like Eugene, Oregon, sitting idle that can accommodate both the sprints and the long distances in the dog days of August is an issue to rant about for another day.

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Hawaii 05 Organizers Announce Travel Connections For Outdoor Nationals

By MARK ZEUG

Outstanding travel and vacation accommodations in Hawaii have been secured for masters track & field athletes and their families – at 40 to 50 percent savings off normal rack rates – for the 2005 USATF National Masters Championships, Aug. 4-7 in Honolulu.

These savings make it possible for masters athletes from throughout the country to compete in the Championships, while enjoying the vacation of a lifetime in Paradise with their families.

Outrigger/Ohana Hotels and Resorts has been named the official hotel supplier, and Aloha Vacations is the official vacation planner and organizer, according to Francis Mukai of the organizing committee.

“Masters athletes are urged to contact Aretha McLean, official travel consultant for the event,” Mukai said.

She can be reached at Aloha Vacations at 800-874-9300, or aretha@aloahavacationshawaii.com.

McLean will be a one-stop travel shop for event participants – she can answer travel questions, as well as assist with booking hotel and airline accommodations, day and evening activities, and neighbor island excursions.

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Elite Traits

This summer, the International Herald Tribune published an article in which researchers noted that elite distance runners share certain inborn physiological traits, including large hearts, efficient biomechanics, and an ability to keep running when exerting large amounts of energy.

Robert Fitts, an exercise physiologist at Marquette University, points out that elite runners also avoid the mistakes made by the average runner. For example, many recreational runners run with their feet too high. This tires the shoulder muscles when you run. Keep the arms down around the waist with elbows bent.

The article also states that great runners have a high VO₂ max (the volume of oxygen an athlete consumes at maximum exertion), great running efficiency, and energy to keep running at a high level for a long period of time.

The researchers feel that VO₂ max can be increased by training, and by running more efficiently, one can become a better runner.

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Spangler, Fram Win in Windy City

By SUSANNA BECK
1996 Olympian and local favorite, Jenny Spangler, 41, Lake Villa, Ill., 2:33:36, secured the top masters spot at the Chicago Marathon, Oct. 10, but was unable to dip under 2:30, as she had hoped. Last year at Chicago, Spangler wowed the nation with a 2:32:39 U.S. masters record after taking seven years off from the event.

This year, a too-fast first half (1:13:48) may have interfered with her Chicago hopes. "I felt good going out," she told the Chicago Daily Herald.

"To be honest, I probably was going out too fast. The effort felt good, but at the 16th mile I started feeling it in my quads and having to back off. But I maintained my pace until I blew up in the last 10K."

"You’d think I’d have learned, at 41, to be better about pacing. But I try to run by effort. Today it didn’t work out."

Spangler collected $12,000 in prize money, thanks to Chicago’s creative and U.S.- and Illinoisan-friendly prize structure, and was 10th woman overall.

NMN Photos Available

Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www.nationalmastersnews.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by e-mail at jerrywojic@aol.com, or at 541-343-7716.

FIVE YEARS AGO
November 1999

- John Tuttle (40, 14:19) and Carmen Troncoso (40, 16:55) Top Indy Life Circuit Masters at Run by the River 5K
- Anselm LeBourne (40, 4:19.6) and Janice Mora (41, 5:09.9) Masters Winners in Fifth Avenue Mile
- Payton Jordan, 82, and John Whittemore, 99, Set Age Records at Club West Meet in Santa Barbara
Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

The Truth About Stretching – Part I

A three-year-old study about stretching is being cited in many articles today, and the conclusions reached by some writers may be harmful to the muscle, ligaments and joints of athletes, especially masters athletes.

Pre-Practice Stretching

Stretching before athletic training and general fitness improvement exercise is being made out to be a timesaver, not needed, and even harmful. This is not true. In fact, there's a recent U.S. study that evaluates all the research on stretching, and the study concludes:

Due to the paucity (small number), heterogeneity (dissimilar study subjects), and poor quality of the available studies, no definitive conclusions can be drawn as to the value of stretching for reducing the risk of exercise-related injury (The Efficacy of Stretching for Prevention of Exercise-related Injury: A Systematic Review of the Literature, 2003, Weldon).

Essentially, the researchers are saying that there are not enough quality studies to draw conclusions about this issue.

Study in Question

The study that is generating all the hoopla was performed by the Kapooka Health Centre, New South Wales, Australia, on 1,538 army recruits. It's a creditable study designed to show the occurrence of lower limb injury on a group of young army recruits. Despite what you may have heard about stretching before training, this is what the researchers actually reported:

A typical muscle stretching protocol performed during pre-exercise warm-ups does not produce clinically meaningful reductions in the risk of exercise-related injury in army recruits. Fitness may be an important, modifiable risk factor (A Randomized Trial of Pre-exercise Stretching for Prevention of Lower-limb Injury, 2000, Pope).

The statement, “Fitness may be an important, modifiable risk factor,” is very important. It simply means that age, weight, and conditioning of the study subjects may be an important factor in preventing or facilitating the injuries experienced in this study.

Three years after the Kapooka study, another study involving military recruits was conducted in which researchers show that pre-training static stretching can prevent injury involving muscle, but not joint or bone injury. However, does anyone believe that a masters sprinter or a powerful, muscled-up athlete can go out and run a sprint—cold with no warm-up—without increased risk of injury? Don't think so.

Use common sense...and the full body of research. Think about it; if an out-of-shape, unrained young army recruit performs high-intensity exercise, he may get injured, pre-stretched or not. And this is why researchers evaluating all the research on stretching conclude, “No definitive conclusions can be drawn...”

In short, there needs to be a body of research based on age, weight, conditioning, and the study needs to be performed functionally for the specific sport and type of exercise before life-changing conclusions are drawn.

What We Know

Here’s what we do know about stretching...new research shows that stretching can aid in the prevention of injury of stress fractures that plague distance runners. Researchers conclude prevention of stress fractures is most effectively accomplished by increasing the level of exercise slowly, adequately warming up and stretching before exercise, and using cushioned insoles and appropriate footwear (Common Stress Fractures, 2003, Sanderlin).

Stretching offers many benefits. Researchers show that prolonged stretching (in the form of yoga) with moderate aerobic exercise and diet control will reduce cholesterol and significantly reduce hardening of the arteries (20 percent regression) in adults with proven coronary atherosclerotic disease.

After one year in a yoga program, participants lost weight, reduced cholesterol, and improved their exercise capacity (Retardation of Coronary Atherosclerosis with Yoga Lifestyle Intervention, 2000, Manachanda).

Stretching is clearly beneficial, but there is an issue about the type of stretching and the timing of stretching before athletic competitions and practice.

(Phil Campbell, M.S., M.A. is the author of Ready, Set, Go! Synergy Fitness; www.readysetgofitness.com)

Medalists in the W40 5000 (l to r): Linda Keuneke, 2nd; Karen Jeffers, 1st; and Theresa Brown, 3rd, 37th National Masters T&F Championships, Decatur, Ill.

Medalists in the W40 5000 (l to r): Linda Keuneke, 2nd; Karen Jeffers, 1st; and Theresa Brown, 3rd, 37th National Masters T&F Championships, Decatur, Ill.

TWENTY-FIVE YEARS AGO

November 1979

- America’s Ruth Anderson Is First Woman to Enter London-to-Brighton 54-Mile Race
- Britain’s Joyce Smith, 41, Wins Avon International Marathon Overall in 2:36:27
- President Jimmy Carter, 54, Drops Out of Catocin Mountain 10K

Whose Club Has the Best Masters Runners?


2004 USA NATIONAL
10 km CROSS COUNTRY CHAMPIONSHIPS

December 4, 2004

Portland Meadows • Portland, Oregon

Featuring the top clubs from across the U.S. as they vie for top honors and bragging rights as the nation’s top cross country team. More than 40 clubs and 700 competitors expected to compete.

• 10 km Championships run over mostly flat, European-style, 2000m loop on 9-hole golf course on infield of Portland Meadows racetrack and 200m segment on loose dirt of racetrack
• Spikes recommended
• Awards to top three M&W in each 5-year age-group and declared members of top 3 teams in each age-group
• Current USATF membership required to enter
• Headquarters hotel: Red Lion Hotel at the Quay, Vancouver, WA (360.694.8341)

Race and Registration info available online www.usatf.org
Coach Jeff Salvage - Racewalk Like A Champion (Part III)

Following injury as a runner in high school, Jeff Salvage turned to racewalking, later utilizing his computer expertise to produce an instructional book/video combination in 1996 called Walk Like An Athlete. For more information check out his recent book and companion DVDs, Race Walk Like A Champion, which bring instruction to a new height. – ew

Foot Alignment

EW: Some coaches want their new walkers to practice walking on a straight line.

JS: People will look at me and say, “Your feet are landing in a straight line. Maybe I should do that.” But the reason my feet are landing in a straight line is because my hips are rotating forward and in. I am not placing them there intentionally. It is all one big synchronous motion – feet, hips and arms.

Posture

EW: Good posture affects the arm swing and hip rotation more than is generally understood.

JS: Posture should be straight for maximal hip rotation and a good arm swing. The problem most walkers have is lack of core strength in their abdominal muscles. Having strong stomach muscles will help your ability to maintain good posture even when you start to tire in a race.

You actually described posture well when you said, “Stand straight but have a forward presence.” The idea is to have the body positioned to move forward not backward.

Shoes

JS: The first important part of training is to have good shoes. Shoe selection can be a big problem for walkers. There are two approaches.

People will buy clodhoppers which are too heavy and have too-high heels. These are typical running shoes and don’t work for racewalking. Then there are the people who buy the really flimsy racing shoes that have no support and they wear them too long.

There is no perfect shoe for everyone, but walkers do not need thick soles as they don’t impact the ground as runners do. They also need flexible toes and rounded heels for the footwork.

My solution has been to wear a light shoe with an orthotic because that gives me low heels with enough support. The problem with this approach is that you have to constantly replace your shoes because they break down very quickly.

I buy a new pair once a month. If you get discontinued ones, the overall cost isn’t awful, but you have to be careful as rundown shoes can cause injuries.

EW: What are the most common injuries caused by rundown shoes?

JS: I don’t know that there is any one specific injury. It depends on where the shoe wears out. Your knees might start hurting, or you might start pulling some leg muscle.

One of the problems with bad shoes in general is they don’t have enough support under the arch. The shoe collapses with every stride and it tends to pull your hamstring.

EW: I know that many elite athletes get Hersey custom shoes. What do you think of them?

JS: I have recently ordered a pair of Hersey shoes. When I talked to Bart Hersey about it, “I’m not trying to make the Olympic team and don’t want my shoe half an ounce lighter at the cost of stability.” My purpose was to have a very stable area under my arch to avoid stress on my hamstrings.

He also has a problem with my left meniscus; it’s similar to the problem I had surgery for on my right knee. The MRI of my left knee came out okay so my doctor figured that my orthotics were not compensating for whatever I was doing to aggravate the knee. I gave this information to Bart, along with the results of some pressure plate testing. He saw that I needed a shoe that controls my motion much more than the average person needs.

He also recognized that as my foot rolls forward, it crashes into an overpronation phase. He is going to build up the front of the shoe so that when my foot crashes, it has padding and doesn’t come down as far. He is also going to put carbon fiber in the arch support and extend the heel counter. These modifications will increase the shoes’ stability and motion control.

EW: Are the Hersey shoes expensive?

JS: Initially, but they wear much longer than a commercial shoe and can be resoled four or five times. It works out that the price averages out at about $70 a pair over a period of time.

EW: Do you favor any particular commercial shoe?

JS: A lot depends on the cut of a person’s foot. Right now I wear Tiger Paws, but by the time this interview comes out, they could change the model slightly and it won’t be any good.

EW: I remember publishing a picture of Al Heppner looking into his closet at a stack of shoe boxes that reached from the floor to the ceiling.

JS: When you find a shoe you like, it is smart to get several pairs. But here is a little warning – shoes wear differently for each walker. Once a week, it is a good idea to inspect your shoes for excessive wear, paying particular attention to the heel and to the front where you roll off the toes. Also check the shoes from behind. If the midsole of the shoe is compressed or leaning too much to one side, trash them.

Home repairing shoes should not be considered an option. Shoe-Goo and other sole rebuilding products patch just the visibly worn sections of a shoe, leaving invisible damage inside. This is a good way to aggravate tired muscles and promote injury.

Workouts

EW: Your book and DVDs do an extraordinary service in providing training information and personalized schedules. Perhaps here we can touch on a few essentials.

JS: The most universally accepted training philosophy for successful racewalking is: “If you want to be a successful racewalker, you need to go out and racewalk. Getting up every morning and crunching one hundred sit-ups or pumping out fifty push-ups will not dramatically improve your walking time.”

Specificity of exercise is the key to improvement. While other exercises help your racewalking, nothing helps as much as racewalking itself.

EW: Your right that many competitors are constantly seeking outside ways to improve their times.

JS: Think of extra cross-training or additional exercises as a catalyst for improving an existing racewalking program, not as a program in and of itself.

EW: Your training programs are based on periodization and progress gradually and steadily.

JS: To improve the body’s ability to handle stress, we need to improve a runner’s ability to do the same thing every day, week, or even month and expect to get great results.

Training requires variation in type, duration and number of workouts following a pattern called a phase. Each phase in a training plan is an improvement toward a different goal. My schedules utilize three phases, with each emphasizing different types of workouts.

EW: But you also talk about mini-cycles.

JS: A mini-cycle is an interval of time during which you build training intensity and then recover. Most mini-cycles involve adding more stress to the body for three weeks, followed by a one-week recovery. These mini-cycles repeat in each phase, increasing in intensity.

To understand a training plan, let’s clear up a few common misconceptions. Many people believe that as we train, we increase our maximum heart rate. This is rarely the case. Instead, we improve the volume of blood the heart pumps over a given time. With more blood pumping, we become capable of exercising harder. As we cannot increase our maximum heart rate, we need to increase the amount and volume of blood pumped, and we do this by making the heart stronger.

Easy days of training are not just for recovery. They increase capillary development, helping the body distribute more blood and oxygen to the muscles. The more oxygen the muscles receive, the more efficient their work. Also, the quantity and size of energy-producing mitochondria in the muscles increase.

EW: Most walkers want to get faster, but don’t think much about the physiology that makes it possible.

JS: I think it helps a walker’s motivation to fully understand the whys behind a training program. It aids patience and explains the inevitable plateaus. New walkers may dramatically increase their speed for a couple of months or so, only to stop and even regress. At this point, some give up without the constant stimulation of improvement. Weeks, even months, without visible progress are helped by an understanding of what the body is doing to make further progress possible.

Base Training

EW: I have a wonderful competitor who is a true race animal. Over the years I have had a hard time getting her to recognize the importance of base training.

JS: Base building doesn’t just mean distance walking. Shorter and longer easy workouts are included in this phase. During base building, the goal is to safely increase mileage to increase the body’s endurance in preparation for the more intense workouts that follow.

During base building you must train your body to walk farther than your selected race distance. By doing a long day each week, you gain physical, mental and emotional benefits. The longer distances teach your body to burn fat as a source of energy, increase your capillaries’ capacity, and promote overall endurance. Walking farther than your race distance allows you to feel comfortable, focusing on your pace during a race without worrying how much farther you have to go.

(Elaine Ward can be contacted by e-mail at nrrw@aol.com)
Club West Meet Produces Three Records

By JERRY WOJCIK

In one of the final meets of the season, athletes in the Club West Masters generated age-group records in the hurdles, pole vault and javelin at Paluely Track on the University of California-Santa Barbara campus on Oct. 2.

Emil Pavlik, better known for his combined-events wins, focused on the 100H for an M65 U.S. record of 16.20. The present record of 16.30 in 1991 is held by Jack Greenwood.

Nadine O’Connor added to her W60 world record of 2:85, set in 2003, in the pole vault with a 3.00.

Bob Powers increased the M55 U.S. record of 54.16 for the 700g javelin with a 54.59. Gary Reddaway holds the record set in 2000.

John Whitemore, 104, who holds the M100 U.S. record for the 400g javelin of 5.98, set here in 2000, threw the javelin 3.41 for a world single-age best.

Eight athletes were awarded performance trophies. Gordon McClenathan, 70, won the Ray Williams Trophy for the best age-graded 5000 by a runner over age 60 for his 24:16.6 (72.6%). Stewart Thomson, 71, won the Hubbell-Hermann Award for the best hammer throw (48.59) by an athlete age-70+.

Ed Chynoweth, 81, took the Paul Spangler Award for the best performance by an age-80+ athlete, with his 30.39 in the javelin.

Fei-Mei Chou, 69, won eight events and the Pane E Vino Trophy for the outstanding woman athlete.

Gary Rust, 58, won the Nick Carter Trophy for the best age-graded 1500 (5:06.2/8.7%). Juan Bustamante, 62, was awarded the George Adams Hi-Point Track Trophy.

John Hawkins, 55, received the Vernon Cheadle Hi-Point Field Trophy. The Jimmie Whitney Hi-Point T&F Trophy went to Dan Girling, 60.

Whatley, Gutsche Top Masters in National 5K RW

Masters and open racewalkers converged on Kingsport, Tenn., for the USA National 5K Racewalk Championships, Oct. 9. The five-lap course produced an M75 U.S. record by Jack Starr, 76, Newark, Del., who finished in 29:29. The listed record is 32:08 by Cokey Daman in 1994 in Kingsport.

Ian Whatley, 45, Greenville, S.C., was the M40+ winner, with a third-place overall 23:39. Bill Vayo, 40, White Plains, N.Y., was second master and fourth overall (24:32).


Marcia Gutsche, 43, Newton, Mass., was third woman overall in 25:29, followed by Carolyn Kealty, 41, Coral Springs, Fla., fourth with a close 25:37. Gutsche’s time was one second off the W40 U.S. record of 25:28.

Debbie Topham, 51, Mayville, Mich., and Marianne Martino, 54, Littleton, Colo., staged another tight division race, with Topham winning by eight seconds, 28:34 to 28:42.

Race Director Bobby Baker and his event crew have hosted a national quality race in Kingsport for 11 years. He was delighted with the turnout. “We had athletes from 23 states today, and the times just keep getting faster every year. We’re honored that the USA National Championships will be held here again next year.”

WMA/USATF Hurdles and Implements Specifications

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# Implement Specifications

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**Track & Field Star Hosack Dies at Age 102**

Masters track & field star Everett Hosack died July 29 in North Carolina. He was 102 years old.

Hosack was an iconic figure at USA Track & Field masters meets since he joined the Over The Hill Track Club (Lake Erie Association) in 1980, setting scores of national and world age-group records even into his second century.

The 2003 USA Masters Indoor Championships were his final national championships, where at age 101 he competed in the weight throw, 60m and shot put. He competed regularly at the USA Masters Championships and Penn Relays, as well as local and regional competitions.

Hosack also was a pop culture star, having appeared on The Tonight Show with Jay Leno in 2003, and being part of Penn Relays telecasts. On The Tonight Show, Hosack demonstrated the winning personality and his singing voice — as well as record-setting shot put form — that made him popular with fans and fellow competitors.

Hosack was born and raised in Ohio. In the 1920s, he attended the University of Florida, where he competed in track & field for the first time. He returned to Cleveland before settling in Chagrin Falls, Ohio.

The Over the Hill TC plans to include a memorial tribute to Hosack at its Nov. 14 banquet at Wellington's Restaurant, 783 Alpha Drive, Richmond Heights, Ohio. (from USA Track & Field)

**TEN YEARS AGO**

November 1994

• Doug Kurtis (42, 2:20:00) and Suzanne Ray (42, 2:45:36) First in National Masters Championships/ Twin Cities Marathon, Minneapolis

• Charlie McFadden (43, 15:43) and Barbara Flitzke (48, 17:54) Claim Titles in National Masters 5K Championships, Syracuse, NY

• Fred Lebow, Chairman of the New York Road Runners, Dies of Brain Cancer at age 62

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**Are Carbs No Longer Good Choices?**

"Good choice!" Or in certain extraordinary culinary circumstances: "Excellent!" So bespoke waiters in trendy restaurants when my wife and I dined out on weekends. "Good choice" usually echoed my selection from the menu of fettuccini with a fresh basil sauce. "Excellent" came in response to my adding a Shiraz wine from Australia's Yarra Valley that contained empty calories, but who was counting?

Were these paean of praise sincere, or only to produce tips above the customary 15 percent? Were they true acknowledgments of my mastery of menus or crudely calculated by the management to ensure our return? Perhaps some judgment was involved, because it seems months since a server praised my choice of any carb-dominated meal. Lips curl. Eyes roll. Tip be damned. Nothing I eat lately elicits praise in this era where the ghost of Dr. Atkins haunts our culinary choices. How can you bypass our 12-ounce sirloin steak, wonders my server? How dare you ignore there on the menu half a hog's worth of ribs guaranteed to strip five pounds from your waist before you reach the parking lot?

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**On The Run**

By HAL DIGDON

**Bass Ackwards!**

All once healthy dining choices now seem obsolete. A believer in diets that combine carbohydrates, fats and protein in a ratio of 55/30/15, I discover my numbers all upside down.

Foods I choose at the grocery store stay the same, but now have a different purpose. A hunk of cheese identifies itself as a "low-carb alternative." Are we talking nutrition here or marketing?

Fortunately, the food marketers have avoided similarly marking my favorite brand of non-hydrogenated peanut butter. But can I still combine that in sandwiches with jelly and not lose face? Do high-protein strawberry preserves yet exist? Do I really want to know?

In a visit to a fast-food restaurant recently, I noticed that one low-carb alternative was sandwiches without bread. But if you remove the bread, can it still be a sandwich?

One current study suggests that carbohydrates cause cancer. Can a scientist have his Ph.D. revoked for pandering to public tastes?

Did you read recently about the couple in Salt Lake City who were kicked out of an all-you-can-eat restaurant when they went back for a 12th serving of roast beef because they were disciples of Dr. Atkins?

**Supersizing**

That's not quite as bad as what happened to Morgan Spurlock in the documentary film Super Size Me.

Spurlock ate every meal for a month at McDonald's, gained 30 pounds, added 65 points to his cholesterol level, and caused symptoms of toxic shock to his liver. Plus his girlfriend complained about their sex life.

Were servers in that fast-food chain encouraging him with cries of "Good choice," and "Excellent?"

When I make food choices, should I worry about the opinions of people whose view of the economy is colored by the size of tips left after diners depart picking flesh from their teeth?

Thank you for telling me tonight about this "master's specials," but I have a 15-mile run scheduled tomorrow morning. Bring on the plate of pasta.
<table>
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<tr>
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<tr>
<td>Masters Age Records (2003 Edition)</td>
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<tr>
<td>Men's and women's world and U.S. single age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. $6.00.</td>
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<td>Masters Track &amp; Field Rankings Book (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. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $6.</td>
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<td>Men's and women's 2003 U.S. outdoor track &amp; field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.</td>
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<tr>
<td>Masters Track &amp; Field Indoor Rankings</td>
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<tr>
<td>Indoor rankings for 2004. 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>Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. $4.00.</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 Oct. 31, 2003 (world) and Dec. 7, 2003 (USA). 4 pages. $2.00.</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. $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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<tr>
<td>How to be A Champion from 9 to 90</td>
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<tr>
<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 to 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>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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The Weight Room

By JERRY WOJCIC

Two Conclusions Drawn from T&F 2004

By RANDE TREECE, Guest Columnist

Now at the end of the 2004 track & field season, I am in review mode. And looking back, I have reached a couple of conclusions. Firstly, to improve in a specific event, I need to work on that event. In the spring, when I decided to attend the USATF National Masters Weight & Super Weight Championships in September, I began serious training in the 35# and 56# weight throws. Up to this point in my masters throwing career, I had focused on the hammer and only thrown the weights in meets for fun. I progressed a little from year to year, but always felt a little unsure about throwing the short, heavy implements.

Tim Edwards, my friend and coach, lent me the 35# and 56# weights with which I could train. I began working them into my training program and competed a few times during the summer. Slowly, as the training volume increased, my comfort with the weights improved. I determined to focus my training on performing well at that meet, but a style issue arose. When throwing the hammer, I use four turns with a toe-in increase. My comfort with the turns started. I figured that I wanted to weight off of three turns with a heel-in for the 35#. I had the farthest throws with the 98#, 200#, and 77# showed up to meet. I progress a little from year to year, but always felt a little unsure about throwing the short, heavy implements. However, I am finding that all things are equal. The idea of practicing an event.

The responses from the throwers I e-mailed were universally supportive of moving to a three-turn hammer throw in order to reinforce my weight throw technique.

As the summer progressed, my training throws improved. By the time of the big meets, I felt ready to throw far. Our biggest local meet, the Rocky Mountain Masters Games, was one week before the Nationals, and I envisioned it as a good warm-up. I threw the 16# hammer at 51.04/167-5. It was a season-best mark and my second longest throw as a master. (In the same meet last year, I threw my second longest throw of the day, regardless of age.

Next was the 56# superweight. I won that with a 9.20/30-2. Again, it was the second longest throw of the day. The longest (9.78) was by M45 Ray Burton.

The next weekend, I went to Seattle for the Weight & Superweight Championships. This was my chance to win a national championship. Thirty-one men and women between the ages of 40 and 77 showed up to throw. I threw a foot less (14.65/48-0) than the previous weekend and won silver in the M40 division. I was not in the groove, but the throw was the second longest throw of the day, regardless of age.

Next was the 56# superweight. I won that with a 9.20/30-2. Again, it was the second longest throw of the day.

Out of the Groove

Next I threw the 35# weight over 15 meters for the first time ever (15.05/49-9), and the 56# weight over 10 meters, also for the first time (10.03/32-10). I was in the groove and it felt great.

The next weekend, I went to Seattle for the Weight & Superweight Championships. This was my chance to win a national championship. Thirty-one men and women between the ages of 40 and 77 showed up to throw. I threw a foot less (14.65/48-0) than the previous weekend and won silver in the M40 division. I was not in the groove, but the throw was the second longest throw of the day, regardless of age.

Next was the 56# superweight. I won that with a 9.20/30-2. Again, it was the second longest throw of the day.

Peaking Technique

If you have been sticking with the Get UP! publications, this may sound familiar: to improve on a certain event, one must train that event, and to perform well in a meet it is necessary to peak one’s technique for the meet.

What does peaking technique mean? I’m still trying to figure that one out.

Masters Go Head to Head in Halstead

By BOB EVEROSKI

Besides Kansas athletes, the fourth annual Halstead Mini Meet drew masters from Nebraska, Illinois, Texas, and Missouri to Halstead, Kans., on Aug. 21.

In the sprints, Bob Lida, 67, Wichita, Kan., won the M65 100, 200 and 400 with excellent times of 12.75, 26.25, and 62.60, respectively. Jeff Hageman, Omaha, Neb., won the M40 200 with a fast 23.50.

A good field was also assembled in the men’s discus. Wendell Donaldson of Halstead, won the M35 division (140-7).

Rick Anderson, Lawrence, Kans., won the M45 (143-9), while his father, Ron, was the M65 winner (143-0). Wendell Palmer of Pampa, Tex., took the M70 contest (143-8).

Scott Herman, Wichita, Kan., won the M80 high jump (3-6).

Tammy Davis, W35, South Hutchinson, Kans., ran 3:01.73 in the 800.

Maure Weigel, M50, Brookville, Kan., recorded the best standing triple jump (23-1 1/2).

A new event this year in the meet, the standing triple jump was held in the 1900 and 1904 Olympics, but was then dropped from the Olympic program.
### MASTERS MEN ALL-COMERS' RECORDS (non-U.S. citizens)

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<tr>
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<tr>
<td>24 hr</td>
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### Men 40 to 44

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Daily Fueling

Many athletes exercise as a means to enjoy guilt-free eating. But the faster, stronger athletes eat to enjoy better performance. That is, they view food as fuel, not just fun.

According to sports dietitian Bob Seebohar, MS, RD, CSCE, of Denver, the purpose of your daily eating should be to support your training program (eat to train, not train to eat), and not simply be the reward at the end of your busy day. You know, the "I-deserve-to-eat-cookies-because-I-survived-the-day" scenario.

Seebohar believes too many athletes eat backwards. Instead of fueling appropriately before and during their workouts, they overeat afterwards. This leads to bloat, bloating, and consequently fail to perform at their best.

Seebohar encourages athletes to view the daily exercise sessions as important times to train the intestinal tract.

By learning during training which foods and fluids taste best during exercise, settle well and enhance performance (as opposed to cause intestinal problems), you'll be able to perform well on the day of the event without fear of running out of energy or suffering from undesired pit stops and stomach aches.

Diarrhea

Bowel movements are rarely a topic of conversation among athletes, but the topic is certainly worthy of conversation! Numerous athletes eat and then run-to-the-bathroom — if not the supermarket. (Certo and Sure-Jell are kitchen staples for good reason.)

If you are among the many athletes plagued by pit stops during exercise, you might want to experiment with this advice from sports dietitian Leslie Bonci, RD, of the University of Pittsburgh Medical Center. Buy a package of Certo or Sure-Jell in the cooking ingredients section of the supermarket. (Certo and Sure-Jell are pectins, used to thicken jelly and jam.)

In the half-hour before you run (or exercise in a way that triggers the tummy tramps), drink a cocktail of one tablespoon of Certo or Sure-Jell and a half-cup of water (plus some sweetener and a teaspoon of lemon juice for flavor; bottled lemon juice is quick and easy). Experiment with this cocktail during training — to be sure it doesn't backfire during an important competitive event.

Effective Fruits

No matter how many times you've been told to "eat your fruit," the chances are you are among the majority of athletes who fail to consume the recommended three or more servings each day. Big mistake, according to James Joseph, Ph.D., from the USDA Human Nutrition Research Center at Tufts University in Boston. Joseph researches the impact of blue-purple fruits on the brain.

Blue-purple fruits, such as blueberries, purple grape juice, and Concord grapes are especially rich in health protective compounds that enhance communication within the nervous system and brain. His research demonstrated powerful improvements in brain activity patterns that reverse the deleterious effects of aging.

Joseph is optimistic his rat research will hold true with humans. If so, eating more blueberries and drinking purple grape juice could potentially prevent the onset of symptoms of Parkinson's and Alzheimer's diseases. But rather than wait until he proves this health benefit in humans, Joseph suggests we start now consuming these foods more frequently.

For athletes, grape juice is carbohydrate-rich and an excellent recovery food. Frozen blueberries are a tasty topping for breakfast cereal; dried blueberries are available at most whole foods stores - delicious as snacks by the handful!

Excess Anti-oxidant Vitamins

Whereas adequate vitamins are good for your health, the question arises: Are too many vitamins bad for your health? Perhaps yes, at least with the anti-oxidant vitamin E in Ironman triathletes.

But, unfortunately, many endurance athletes are popping megadoses of E, believing it will counter the stress of hard exercise and enhance recovery.

According to David Nieman, PhD, professor at Appalachian State University in North Carolina, high doses of vitamin E actually create a harmful effect. In Nieman's study with 38 Ironman triathletes who took 800 IU E for eight weeks before the Hawaii Ironman, the high dose created an inflammation response. Nieman believes too many anti-oxidants can convert into pro-oxidants.

This generates an undesirable imbalance that exerts pro-inflammatory effects, the opposite of what is desired. (This research has been published in Med Sci Sports Exerc, Aug. 2004.)

Calorie Needs

Ever wondered how many calories you burn while simply breathing, pumping blood and existing? Many health clubs are now measuring resting metabolic rates using the BodyGem. But how accurate is this measurement?

A study by the USDA Human Nutrition Research Centers in Maryland and California suggests the results are similar (within 10%) to a very expensive research method using doubly labeled water, the gold standard for determining calorie needs.

The BodyGem measurement (done at many health clubs) can be helpful for athletes who believe they gain weight by simply smelling cookies, or who wonder how much is okay to eat to have energy to exercise yet still lose weight.

Anemia

Iron deficiency anemia is the most common nutritional deficiency worldwide — and is particularly common among women.

A study of 25 female nutrition students at Utah State University indicates 12 of the 25 women — that's almost one half — had serum ferritin concentrations less than 20 ng/ml, indicative of depleted iron stores. Of these women, 10 were outright anemic, a sure way to hurt performance due to needless fatigue.

Compared to the women who had normal iron levels, the deficient women were more likely to report heavy bleeding during menstruation (a source of iron loss). They complained about feeling cold and weak, and had pale colored skin.

None took an iron-containing vita-

min-mineral pill. If your iron losses are high (via heavy menstrual periods) and iron intake is low (because of eating little or no red meat), be sure to get routine blood tests and consume an iron-rich diet (via iron-fortified breakfast cereals).

Walnuts

With so many doctors prescribing cholesterol-lowering medications, consumers may forget that food is one of the most powerful drugs around. One example is walnuts (as well as other nuts).

Forty-two subjects with high cholesterol consumed two ounces (about 400 calories, 30 halves) of walnuts daily for 6 weeks.

This "walnut diet" lowered total cholesterol by 5% and the "bad" LDL cholesterol by 9%.

This is just one example of how nutrition can be a fundamental treatment for heart disease, not drugs.

While you may not enjoy eating 400 calories of walnuts every day, you can certainly enjoy a portfolio of health protective foods: oatmeal topped with walnuts and blueberries; spinach salads with chopped walnuts and purple grapes; banana bread with nuts.

A sports dietitian can help you find ways to enjoy eating for good health.

For personalized food advice, go to www.eatright.org and put your zip code into the referral network. Be wise, be healthy, and eat to win. ❑

(Nancy Clark, MS, RD, counsels both casual exercisers and competitive athletes at her successful private practice in Healthworks, the premier fitness center in Chestnut Hill, MA (617-383-6100). Her best selling Sports Nutrition Guidebook, Third Edition ($23) and her Food Guide for Marathoners: Tips for Everyday Champions ($20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, PO Box 650124, W. Newton, MA 02465.)
Masters Scene

NATIONAL
• Gezerockjock, a magazine, a publication covering senior/masters athletes in a variety of sports, debuted its Web site: http://www.gezerockjock.com last month. Tracksters might be interested in articles on NFL standouts, masters sprinter Billy Johnson, and a write-up on the National Championships in Decatur, Ill.
• Add Carol Finsrud and Melent Whinston to the roster of winners in the National Masters WT & SW Championships, Seattle, Sept. 11. Finsrud, 47, broke her W45 US record of 13.90 for the 20\W with a 14.32. Whinston, 77, established a W75 US record for the 254 SW with a 3.34.
• Unofficial team results by region from the 2004 Masters Weight Pentathlon, Reading, PA, reported by Meet Director Ray Feick, show the Southwest team of Bob Ward, Carol Finsrud, Richard Stewart, and Roger Conboy winning with a 17,822 total. The East quartet of Oneithea Lewis, Bill Garrahak, Feick, and Amy Hicks scored 16,692 for second. The Northeast team of Tom Gage, George Cutler, Hal Nagel, and Tim Shannon was third with 16,453. Teams had to have at least one female or at least one male. Feick hopes that the WP team concept will lead to an official WMA Championships event.

EAST
• William Pedraza, 42, nabbed top spot overall at the NYRR Norway Run 1.7 Mile with an 8:38. First masters woman across the line in this off-beat 5K event was Stacy CREAMER, 45, 10:22. Joan Bondell, 65, turned in an impressive 14:49.
• Barbara Gubkins, 44, 19:17, outran the entire women's field at the NYRR Fred Lebow XC 5K, Van Cortlandt Park, Bronx, NYC, Sept. 19. Leading the men's masters was Charles Miers, 45, 17:21, with George Buchanan, 17:49, in hot pursuit. In the W40, DeIRDRE BURGESS, 40, won the VAC XC 5K, Van Cortlandt Park, Bronx, NYC, Sept. 19. leading the women's masters was Lauren Price, 43, forged a first woman-overall 85:06, and Joseph McVeigh, 41, Convent Station, NJ, with a 71:48 were 40+ winners in the JBL Waterfront 10K. USATF NJ Championships, Sept. 26, Jersey City.

SOUTHEAST

MIDWEST

MID-AMERICA
• Sprinter Mel Larsen, M80, Ames, IA, is featured on the front page of the Iowa Life section of The Des Moines Register, Sept. 23, as "the fastest runner in the world at his age today."
• Joanne Benoit-Samuelson, 47, was first female overall with an 82:13 in the Bill Beardsley 13.1. Dick Beardsley 13.1.

SOUTHWEST
• Bill Collins, 53, of Texas, winning the M50 400 (54.20), 37th National Masters T&F Championships, Decatur, Ill.
• Carol Finsrud, W45, grabbed six golds in the throws at the Lions 14th Relays, Round Rock, TX, Sept. 18. The M50 Houston Elite team (L. Smith/R. Smith/Hotelf/Mitchell) blazed to a world best 1:37:13 in the 4x200.

WEST
• Matt Ebner, 43, in 65:23, and Elliott

Senior Games Spotlight

A mong the information available on the National Senior Games Association Web site at www.ngsa.com: How to Join the NSGA; listing of State & Events; Results; Rules; and the NSGA Hall of Fame. Included in the Hall of Fame are these track & field athletes and distance runners: Harold Chapson, Helen Mary Darnall, Clive Davies, Frank Furniss, Sister Marion Irvine, Payton Jordan, and Shirley Matson.

From Senior Games Results:
• Bob Matteson, 88, Bennington, VT, erased the single-age world best for the 800, with a 4:26.8, Granite State Senior Games, Manchester, NH.

• Steve Bowles, M65, recorded the fastest times of the meet in the 50m (7.00), 100 (13.44), 200 (27.04), and 400 (63.00). South Dakota Senior Games, Brookings, Sept. 8-12. Tom Langfield, M65, was tops in the HI (4-10).
• Tom Smith, M50, sped to a 55.56, Hilary Goerge, M55, hit a 45-0 SP, Mary Hartzler, W55, had a 96-4 DT; and Bud Stiffler, M65, ran a 20-04 in the 5K road race, Indiana Senior Games, Indianapolis, Sept. 14.
November 2004


• Andrew Atkeson, 43, Los Angeles, with a third-place 16:29, and Darcelle Salinas, 43, Fontana, CA, fifth woman in 21:36, scored masters victories in the Santa Monica 5K, Santa Monica, CA, Sept. 25. Margarit Hernandez, 52, was third M40+ (17:34). Yoko Eichel, 57, was fourth W40+ (22:22).

• Jeff Atkinson, 41, Redondo Beach, CA, with a second-overall 33:42, and Diane Silva, 41, Manhattan Beach, CA, in 40:42, flew to masters wins in the Manhattan Beach Old Hometown 10K, Oct. 2. Terry Alkana, 51, Redondo Beach, was first of 145 M50s with a 36:52.

Chang Tsu, 83, Manhattan Beach, led the three M80+ finishers to the line with a 77:32. Sharon洛esto, 53, Redondo Beach, won the W50 title by four minutes. Chris Allwein, Torrance, CA, took the W70 race in 55:55. Nearly 4000 finished.

• Dan Nelson, M40, 15:20, and Maria Trujillo de Rios, W40, 18:03, slipped to masters wins in the Jamba Juice Banana Championships, 27:47; Heidi Helvetsine, Whittier, CA, died. M70, 2:30:40, with the fastest M80+ (73:02).

Carolyn Johnston, Whittier, CA, died June 26 at age 93. He began competing in the pole vault and high jump as a master in his 60s for the USC Trojan Masters and still holds the M75 indoor (2.28), M60 (5:51), and M80 (2:24) outdoor WRs for the pole vault. Born Dec. 24, 1911, he lived and worked on the family farm in Iowa through his high school years, earning his horse early in the morning to start the coal furnace in the one-room schoolhouse. He graduated with a degree in mathematics from Drake U. He taught high school math in Kelly, IA, where he met and married his wife, Cletus, also a teacher. In 1936, he moved to Los Angeles and completed a masters degree in mathematics at USC. During WWII, he worked full time in a defense plant, taught at Huntington Park HS, and coached its track team. He later taught in the math department at East Los Angeles College until retiring in 1974. He wrote or co-authored several math texts, which are still used in classrooms today. When he was 85, National Geographic featured him in an article on athletes and aging in two issues in 1997 and 1998. He leaves a daughter, Sonnie Summers, and son, Bruce Johnson. His wife, Cletus, died in 1999. He will be remembered as a spirited competitor and a rugged individualist.

• Ralph “ Doc” Summerlin, a dentist from Huntsville, AL, died Sept. 27 after a lengthy battle with bone marrow cancer. He was 69. He participated in masters track from 1983 to 2003, and holds the M55 US record (11.66) for the 100, set in 1990 when he was 58. A native of Florida, he grew up in Luverne, AL, and ran track on a scholarship at the U. of Alabama. He enrolled in the dental school at the university after graduation. He moved to Huntsville and started his dental practice in 1962. Ralph was a personal friend of Bine and very humble gentleman, who dearly loved the sport of track & field. He requested that donations be sent to the St. Jude’s Children’s Hospital in Memphis, TN.

- From Randall Brady

• John A. Kelley, who won two of the 61 Boston Marathons he ran in, died Oct. 6 in South Yarmouth, MA. He was 97. In 1935, he won the race with a 2:32:07, and again in 1945, with a 2:30:40, the fastest in the world that year. At age 84, he completed his last Boston in 1992, with a time of 5:58:36. He was born Sept. 6, 1907 in West Medford, MA, the oldest of 10 children, and grew up in Medford, MA. In high school, he was a 4:40 miler. He had no money for college and became an electrical maintenance worker for the Boston Edison Co. in 1937, retiring in 1972. In 1950, he became the first road runner elected to the National T&F Hall of Fame, the only time the officials waived the rule requiring that an athlete be retired at least five years, thinking that he would never retire.

- The New York Times

FIFTEEN YEARS AGO

November 1989

• Wilson Waigwa (40, 30:16) and Laurie Binder (42, 34:01) win National Masters 10K in Pittsburgh.

• Eddie Hart, 40, Runs 10.6 for M40 100m WR in Berkeley.

• Norm Green (57, 51:45, 96.3%) and Ed Benham (82, 69:58, 96.0%) Star in Delaware 15K.

CORRECTIONS

- Claire Overstake, in October in the front page photo of ultrarunners at the 2004 Dec/Hept National Championships, Carthage, MO, was attributed with the age of 75. She is, indeed, a very youthful 47.

- From Randall Brady

- From Torsten Carlus, WMA President

- From Dieter Massin

- From Torsten Carlus, WMA President

- From Debra Lowell

- From Randall Brady

All-American Athletes

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The Texas TC 4x400 relay team (l to r): Bill Lewis, 57; Lester Mount, 58; Sergio Angulo, 52; and Bob Hahn, 52, in the 37th National Masters T&F Championships, Decatur, Ill.

Paul Perry, 59, of Illinois, second M55 in the 1500 (4:40.51), 37th National Masters T&F Championships, Decatur, Ill.

www.nationalmastersnews.com

JERRY WOJCICK

RICHARD LEE SLOTHK

John Kelley

NORTHWEST

• Chuck Coates, M45, in 33:33, and Tammy Volk, W40, in 41:05, logged money for college and became a teacher.

• From Torsten Carlus

INTERNATIONAL


• The European Athletics Association (EAA) organized its 59th Calendar Conference in the Estonian capital, Tallinn, on Oct. 14-17. WMA has over the last 10 years had a participant at this Conference, the task and importance of which are to set the athletic calendar for coming years. The WMA Delegates in Tallinn were Torsten Carlus, WMA President, and Giuseppe Galletti, WMA Treasurer, who informed the EAA of, and promoted, the next WMA World Championships in San Sebastian, ESP, Stadia Championships in 2005; Linz, AUT; Indoor Championships in 2006; and Riccione, ITA, Stadia Championships in 2007. The EAA (European Veterans Athletic Association), represented by Dieter Massin, EVA President, and Maria Hoenecke-Gil, EVA Secretary also attended this Calendar Conference.

- From Torsten Carlus, WMA President
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 open 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 NMM, P.O. Box 50098, Eugene, OR 97405.

**TRACK & FIELD**

### NATIONAL

**November 30 - December 5**  2004 USATF Annual Meeting, Portland Hilton, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax 261-0481; www.usatf.org


June 3-8, 2005, National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. www.nsga.com

August 4-7, 2005 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 96817; phone 808-941-1461; alex@hawaiichapter.org; 808-732-8805; alex@hawaiichapter.org

September 10, 2005, USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. Ken Weidel, 4103 Hillcrest Ave, SW, Seattle, WA 98116. 206-383-3885; kweidel@comcast.net

**EAST**

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

December 4-12, Florida Senior Games State Championships, The Villages, FL. 800-888-8347; email: games@flaspports.org

**December 12** Philadelphia Masters Indoors Meet. (s) Haverford, PA. Kyle Mecklenburg, 215-393-1382; kmreck@elsom.com

January 9, Philadelphia Masters Indoor Meet. Swarthmore, PA. Kyle Mecklenburg, 215-393-1382; kmreck@elsom.com


February 26 Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenburg, 215-393-1382; kmreck@elsom.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 20 Lions/Waterloos Throws Meet, Austin, TX. 8am. BBQ served at 4:00 pm. Seth Brower, 512-345-9573; waterlootrackfield.org

January 22 USATC-NCT Winter Sun Meet #1, Clermont, FL. (s) Also WP, 352-241-7144; www.usttc-nct.com; e-mail: noonwalk_99@yahoo.com

February 5 USATC-NCT Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; Kyle@usatc-nct.com; e-mail: noonwalk_99@yahoo.com

February 19 USATC-NCT Winter Sun Meet #3, Clermont, FL. (s) See Feb 5.

**March 19 USATC-NCT Spring Flng #1, Clermont, FL.** (s) 352-241-7144; www.usttc-nct.com; e-mail: noonwalk_99@yahoo.com

**APPENDIX**

**November 26-28 North Island Masters Championships, Whangarei, New Zealand.** (09) 433-7346; email: will-a@xtra.co.nz

December 3-5 South Island Masters Championships, Christchurch, New Zealand. (03) 980-2457; email: hkgold@paradise.net.nz

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

**LONG DISTANCE**

**November 6** American Ultramarathon Association Championships/San Diego 1 Day 24-Hour Run, San Diego, Calif. 760-967-8348; www.sandiego124hourrace.com/index.html

**November 7** USA National Masters 8K Cross Country Championships, Boston, Mass. Steve Vaitones, office@usatfn.org

**November 14** USA National Masters Championships/Peaches City 50K, Peachtree City, Ga. 770-487-7445; darksideunningclub@comcast.net

**November 30-December 5** 2004 USATF Annual Meeting, Portland, Ore. One RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax 261-0481; www.usatf.org

**December 4** USA National Masters 10K Cross Country Championships, Portland, Ore. www.usatf.org

**December 18** USA National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50K.com

**ON TAP FOR NOVEMBER**

**TRACK AND FIELD**

With the outdoor season at a close, and the indoor not yet active, the Lions/Waterloo meet on the 20th, Austin, TX, and a few Senior Games events are about the sum of it, unless you leave the November American Championships in Uruguay on the 5th-13th; the Pan Pacific Masters Games, Queensland, Australia, on the 6th-14th; and the North Island Masters Games in New Zealand on the 6th-14th.

**LONG DISTANCE RUNNING**

The AUA 1 Day-24-Hour Championships will be held in San Diego on the 6th, followed by the National Masters 5K XC Championships in Boston on the 7th, and the National Masters 50K Championships, Peachtree City, GA, on the 14th. The ING New York City Marathon on the 21st sees 35,000 entrants, run through the Big Apple on the 7th, also the date of the USATF-NE XC Championships in Boston and the San Antonio Marathon. The Richmond, VA Marathon is set for the 12th. The Can-Am Challenge/GVH XC 6K, Rochester, NY, Marathon of the Palm Beaches, FL, and Roseville Big Bird 10K, Roseville, MI, are among the offerings for the 14th. Philadelphia hosts its marathon, and Portland sees the USATF NW Regional XC Championships on the 21st. Thanksgiving finds the 65th Manchester, CT, 5 Mile, and the Thanksgiving 10 Mile, Deland, FL, among a long list of Turkey Day races, including the Atlanta Marathon. The 28th agenda has the NYRR Pete Mc Ardle XC Challenge in the Bronx, Seattle Marathon; and the 20th Run to the Far Side, San Francisco.

**RACEWALKING**

The National Masters 20K Championships will strut off in Clermont, FL, on the 13th. Gran Prix RWs in NYC's Central Park are on the slate for the 14th and 28th.
NY. 516-921-8088, x114; www.mercyfirst.org
November 28. Andover Country Club 6K, Andover, MA. 978-735-3408
November 29. NYRR Pete McArthu Cross-Country Classic, Van Courtlandt Park, Bronx. See Nov. 7
December 31. NYRR Midnight Run 4 Mile, Central Park. Midnight. See Dec. 4
December 31. First Night Sarasota 5K, Sadium College, Sarasota Springs, NY. 5:30 pm. 518-584-8626; www.firstnightsarasota.org

**SOUTHEAST**
Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia
November 6. Vulcan 10K Run, Birmingham, AL. 205-879-5344; www.vulcanrun.com
November 6. Food Bank 5K, University Bowl Charity 10K, Mobile, AL. 251-473-7223; pcpcacers.org
November 13. YWCA Turkey Trot 5K for Women, Bristol, TN. 423-968-9444; www.ywcbristol.org
November 13. SunTrust Richmond Marathon & ATELOS 5K, Richmond, VA. 804-673-7223; richmondmarathon.com
November 13. Golden Games 5K, Palm City, FL. 772-221-1419
November 14. Marathon of the Palm Beaches, Half-Marathon & Relay, West Palm Beach, FL. 561-833-3711, x222; marathongothebeaches.org
November 20. Turkey 10 Miler, Tanner Williams, AL. 251-473-7223; pcpcacers.org
November 20. DeBryan 15K & 30K, Ormond Beach, FL. DBTC, PO Box 1303, Ormond Beach, FL 32175; www.daytonarunclub.org
November 21. Thanksgiving 10 Mile & 5K, Delray Beach, FL. 561-775-0002; alavimarathtun.org
November 21. Atlanta Marathon & Half-Marathon, Atlanta, GA. 404-231-9064; atlantaclubtrack.org
November 27. Derby 5K, Derby, NC. 910-582-6747; www.mangumtc.org
November 28. Space Coast Marathon & Half-Marathon, Cocoa, FL. 321-784-2075; spacecoastrunners.org
December 11. Rocket City Marathon, Huntsville, AL. Malcolm Gilles, M.E.Gillies@att.net; www.HuntsvilleTrackClub.com
January 30. Miami Tropical Marathon. 305-278-8668; www.miamitropicalmarathon.com

**MIDWEST**
Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia
November 6. Outreach Scramble 5 Mile XC, Indianapolis, IN. 317-733-3300; www.tuxbro.com
November 7. Cold Turkey Trot 5K, Lansing, MI. 800-676-5864; www.alam.org
November 13. Scarecrow Sprint 5K XC, Fremont, OH. 419-334-5906; www.fremontioho.org

**SOUTHWEST**
Arkansas, Louisiana, Mississippi, Oklahoma, Texas
November 7. Oklahoma Marathon, Tulsa. 918-407-9650; oklahomamarathon.com
November 25. Dallas YMCA 6K Turkey Trot. Dallas, TX. 214-954-0500; www.thetrot.com
December 11. Sunnart Texas Trail 50 Mile & 50K, Huntsville, TX. Roger Soler, 210-366-7301; rsoler@rogersoler.com; www.rogersoler.com
January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-957-3453; www.houstonmarathon.com

**WEST**
Arizona, California, Hawaii, Nevada, New Mexico

**NORTHWEST**
Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming
November 13. ORRC Clackamas 5K XC, Milwaukie, OR. www.orrc.net
November 20. USAF Oregon XC Championships, Gabriel Park, Portland. 4 Miles. 503-525-2212; www.fightwithnc.org/xc.php
November 21. USAF Northwest Regional XC Championships, Pier Park, Portand. 5 Miles. See Nov. 14.
November 25. Turkey Stuffer 5K, Springfield, OR. www.raceentry.com; email jack.spaulding@goodrace.com

**RACEWALKING**
November 7. USA Masters T&F Association 5K Championships, Greensville
November 13. USAF Masters 20K RW Championships, Clermont, FL. Also open 5K. De DoNenno, 352-241-7144; www.usat-fc.com; e-mail noonwalk_99@yahoo.com
November 14. Gran Prix Racewalk 1, Tavern on the Green, Central Park, NYC. Steila Cashman, 212-628-1317; FranCash@aol.com
December 5. Gran Prix Racewalk #3, Tavern on the Green, Central Park, NYC. Steila Cashman, 212-628-1317; FranCash@aol.com

We Welcome Letters
• The National Masters News welcomes letters on topics of general interest.
• 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.
## U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

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

**NAME**

**AGE-GROUP**

**ADDRESS**

**SEX**

**ZIP**

**STATE**

**CITY**

**DATE OF MEET**

**EVENT**

**MARK**

**HURDLE HEIGHT**

**WEIGHT OF IMPLEMENT**

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

2. Send 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. For both a cost and a patch ordered at the same time is $15.

4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

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

**November 2004**

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**San Diego Senior Olympians**

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MIDWEST

John Rogucki Memorial 15K

**Overall**

- Chris Kutz 2:20:23
- Nancy Paterson 2:22:43
- Christel Raines 2:24:13

**Women's**

- Sandy Durrett 2:20:11
- Jillian Webster 2:22:43
- Christie Pechman 2:24:13

**Men's**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

---

Dayton River City 13.1M

**Overall**

- Paul Smith 1:14:23
- Tim Decker 1:14:26
- John Smith 1:14:29

**Women's**

- Jennifer Smith 1:14:23
- Sarah Evans 1:14:26
- Stacey Cooper 1:14:29

**Men's**

- Martin Collins 1:14:23
- Brian Davis 1:14:26
- John Smith 1:14:29

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MID-WINTER

National Masters News

**SK**

- John Smith 2:22:14
- Michael Jones 2:22:17

**Overall**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

---

**West**

Baldy Run to the Top of the Beef Belt, CA; Sept. 6

**Overall**

- Matt Eichner 2:23:21
- Kevin Brown 2:24:52
- Mark Jones 2:26:23

**Women's**

- Pamela Jones 2:23:21
- Jennifer Brown 2:24:52
- Laura Johnson 2:26:23

**Men's**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

---

**USATF Colorado Association XC Championship 5K/8K/SK**

**8K**

- Andy Adams 2:15:45
- Bill Faulkner 2:16:15
- Rich Casto 2:16:25

**Men's**

- Tim Sutula 2:15:15
- Mark Riepe 2:15:45
- Paul Lapp 2:16:15

**Women's**

- Pamela Jones 2:13:25
- Jennifer Brown 2:14:55
- Laura Johnson 2:16:25

---

**Angels Crest 100M**

**West Virginia, CA**

**Overall**

- Jorge Pacheco 3:31:17
- Joseph Allen 3:31:22
- Mark Jones 3:31:27

**Women's**

- Carolina Miller 3:31:17
- Jennifer Brown 3:31:22
- Laura Johnson 3:31:27

**Men's**

- Tim Sutula 3:15:15
- Mark Riepe 3:15:45
- Paul Lapp 3:16:15

---

**Southwest**

Jambu Juice Banana Man 15K

**San Francisco, CA; Sept. 19**

**Overall**

- Jon Laffey 2:43:23
- Ben Thomas 2:44:23
- Peter Mayo 2:45:23

**Women's**

- Marcia Palmer 3:05:23
- Anna Gail 3:06:23
- Bonnie Bomer 3:07:23

**Men's**

- Tim Sutula 2:43:23
- Mark Riepe 2:44:23
- Paul Lapp 2:45:23

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**Over the Hill TC SKX-C Hunting, OH; Sept. 26**

- M55 Jeff Gerson 30:25
- Norm Thomas 30:31
- W55 Cathy Gershon 30:29

**Atlanta**

- M55 Ron King 30:24
- John Staley 30:25
- Dan Nelson 30:26

- M60 Joe Lepore 30:24
- Tim Decker 30:27
- Robert Dunlop 30:29

- M70 Aaren Urbanek 30:24
- Dave Morgan 30:27
- John Staley 30:29

- M75 James Robinson 30:24
- Joe Lepore 30:27
- Tim Decker 30:29

---

**Chicago Half-Marathon**

**Illinois, Sept. 10**

**Overall**

- Chris Kutz 2:22:43
- Nancy Paterson 2:25:43
- Christel Raines 2:28:43

**Women's**

- Jennifer Smith 2:22:43
- Jillian Webster 2:25:43
- Christie Pechman 2:28:43

**Men's**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

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**Cox Soccer Cities Marathon**

**Appleton, WI; Sept. 26**

**Overall**

- M55 Jeff Gerson 30:25
- Norm Thomas 30:31
- W55 Cathy Gershon 30:29

**Women's**

- Jennifer Smith 2:22:43
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National Masters News

**SK**

- John Smith 2:22:14
- Michael Jones 2:22:17

**Overall**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

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**Mid-America**

**Detroit Lakes, MN; Sept. 11**

**Overall**

- M55 Jeff Gerson 30:25
- Norm Thomas 30:31
- W55 Cathy Gershon 30:29

**Women's**

- Jennifer Smith 2:22:43
- Jillian Webster 2:25:43
- Christie Pechman 2:28:43

**Men's**

- Tim Sutula 2:20:11
- Mark Riepe 2:22:43
- Paul Lapp 2:24:13

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**November 2004**
"Pain-Free Relief... finally, after decades of running!"
- Jim Selby, World Champion

Flexagen is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Available without a prescription, Flexagen is made with a 100% safe and natural formula, rich in cetylated fatty acids. Flexagen has been shown in clinical trials to relieve pain and impeded range of motion. The unique system underwent strict clinical tests and scientific studies at the University of Connecticut and University of Minnesota.

Used by Champions to:
- Reduce Pain
- Improve Range of Motion
- Reduce Stiffness
- Support Flexibility

Incredible Two Part System:
Flexagen softgels are made with a 100% safe and natural formula, rich in cetylated fatty acids, shown in clinical trials to support healthy joint motion. The powerful blend of fatty acid esters in Flexagen allows for healthy, nourished joints without any harmful side effects.

Flexagen pain relief crème is mild yet extremely effective at easing joint related pain and stiffness, as well as muscle aches. Different from most products on the market that simply mask the pain, Flexagen crème works below the surface of the skin. Its transdermal formula passes through deep layers of skin to work directly on the source of the pain.

In a double blind clinical trial conducted at the University of Connecticut, participants using the ingredients found in the Flexagen system showed significant and cumulative improvement throughout the study. The focus of the study was cetylated fatty acids and their effects on joint function and in particular those who suffered from knee osteoarthritis. Patients involved in the study showed improved flexibility and function just thirty minutes after the initial application of the ingredients found in Flexagen. The results were so powerful, we are willing to make you a money back offer... if Flexagen doesn't work for you, we'll refund your money (less shipping).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.

"After decades of running, it's important to have the absolute best for my joints. Flexagen is far superior to any product I've ever tried in my 60 years of athletics."

- Jim Selby
Senior Star Athlete

Instant Pain Relief
"I decided I wanted to use something more natural, and what I decided on was Flexagen because I believed this would be the answer to my problems. I was thrilled with the results. Flexagen cream provides instant pain relief while the softgels support the flexibility in my joints. I don't know what I would do without Flexagen."

- Derek Boosey
1968 Olympic Athlete for Great Britain, Triple Jump
1998 World Masters Triple Jump Gold Medallist, (55-59 age category)

Nothing Like It
"The only thing that's ever worked for me has been Flexagen. I've never had anything else that's given me any sort of relief either short or long term, but the Flexagen has just been a blessing. It's the greatest thing I've ever tried."

- Ken Cole
1964 & 1968 Olympic Basketball Team

I'm a Believer
"Flexagen worked better than anything the patients we tracked had tried before. Many of them were borderline surgery candidates, looking for something as a last resort. Nobody was more skeptical than I was. But when we saw the results: the increase in range of motion and significant reduction in pain, certainly I'm a believer now. I recently gave it to my mother, and she swears by it."

- Dr. Nicolas Ratamess
Clinical Researcher

Call now for your RISK-FREE offer of Flexagen™
1-800-994-2402
www.FlexagenOTC.com