Mosqueda Wins Women’s Race

Simonaitis Takes Third National 10K Title

By JERRY WOJCIK

Dennis Simonaitis three-peated as top master in the 10K as he successfully defended his title for the second time in the Heritage Oaks Bank 10K/USA Masters Championships in Paso Robles, Calif., on Sept. 24.

Simonaitis, 44, Draper, Utah, with a 30:30, won over some of the country’s hottest masters. Paul Aufdemberge, 41, Redford, Mich., M40+ winner (50:54) of the Crim 10 Mile in August, was second in 30:43.

Sean Wade, 40, Houston, Texas, second M40+ (52:00) in the Crim, was third with a 31:04. Danny Martinez, 44, Alhambra, Calif., finished fourth (31:33).

Simonaitis, Aufdemberge and Wade ran together from the start until the last quarter of the race when Simonaitis broke away.

“I’m totally ecstatic and I didn’t expect it,” Simonaitis was quoted in the San Luis Obispo Tribune. “The field was stacked this year, and I was just hoping for an age-graded win, but I happened to be in the lead.”

In last two 10K championships, continued on page 6

Hussein, Loken Repeat Titles in Twin Cities

Mbarak Hussein, the overall winner of the 2005 Twin Cities Marathon, ran more than four minutes faster than he did last year to again win the Medtronic Twin Cities Marathon race in Minneapolis, Minn., on Oct. 1. The event also served as the USATF National Championships.


Paul Aufdemberge, 41, Redford, Mich., was a distant second in 2:24:21. Dennis Simonaitis, 44, Draper, Utah, was third (2:26:10). A week earlier on Sept. 24 in the USA Masters 10K Championships, Paso Robles, Calif., Simonaitis was first (30:30) with Aufdemberge second continued on page 3

Collins Named World’s Best Male Masters Athlete

Bill Collins, M55, Houston, Texas, and Germany’s Melitta Czerwenka-Nagel, W75, have been named the World Masters Athletics Best Masters Athletes for 2006.

Collins was named USA Track & Field’s Athlete of the Week on March 21, 2006, after sweeping the M55 60m, 200, and 400 at the 2006 WMA Indoor Championships, Linz, Austria.

A 2003 USA Track & Field Masters Hall of Fame inductee, Collins posted a world record 23.36 in the 200 before claiming another world record in the 60m with a 7.34 at Linz. Collins finished up his competition with a win in the 400 (54.22).

Earlier this summer, Collins won the 100 (11.26w), 200 (23.44, meet record) and 400 (53.05, meet record) for the fourth consecutive year at the USA Masters Championships, Charlotte, N.C.

Collins owns more than 80 masters national titles, 17 world masters crowns, and has set nearly 20 world records during his remarkable masters career.

USATF Stays Home in Indy

The USA Track & Field national office stays close to home this year when it hosts its 28th Annual Meeting at co-headquarter hotels Westin and Hyatt Regency in downtown Indianapolis from Wednesday, Nov. 29 to Sunday, Dec. 3.

This year’s theme is Focus on the Horizon.

The meeting starts officially with the Opening Session at 7 p.m. on Wednesday at the Hyatt Regency Ballroom and closes on Sunday at 8:30 a.m. at the Indiana Convention Center.

In between, masters will attend the Masters Track and Field Committee and the Long Distance Running Committee sessions, as well as other meetings in which they may have an interest or obligation.

Of special importance to the Masters T&F Committee meeting will be the election of the Chair to replace George Mathews, who resigned the
Some readers provide additional support to The National Masters News by sending contributions of $25, $50, or more a year.

If you are able, we urge you to join:

All contributors will be listed in the paper as a National Masters News sustainer.
**Masters Scope**

By FRANK LULICH

**Competing at Age 60 and Beyond**

Back in 1994, I submitted an article to the Oregon Track Club Masters newsletter about a rigorous, but successful, training schedule that a group of about six of us masters sprinters had followed during that year. At that time, several of us reported having achieved remarkable lifetime bests at ages 46 to 48.

We exulted in the accomplishments and camaraderie of our training regimen. None of us really knew what masters track and field would hold for us in the years that succeeded.

Fast forward to 2005. Our core cadre had dwindled in ranks. Focus on other interests, moves to other parts of the country for employment, and even the Grim Reaper had taken a toll on our small fraternity of sprinters.

**Social Running**

The fact was many of us had become social runners, not really interested in the rigor of training with the only certainty being that our bodies would undoubtedly run slower than when we were younger.

With a hiatus of nearly 10 years from serious training, two of us, Wayne Gripp, 59, my longtime running friend, and I, age 60, decided that we were tired of being reminded by others that we couldn’t run fast anymore (hmm... male menopause here?), or that there were other masters in our own town who were running times that surely were faster than what we could do.

In response, we devised a plan that was quickly put into place: a couple of months of accelerated training and we would be poised for some really fast masters races during the summer all-comer’s season at Hayward Field.

What we had not anticipated was our late-50s bodies being unable to train the way we had done 10-15 years ago.

**Realities of Aging**

We put in lots of fast sprint repeats on the track and short rest periods in our plan to get us fast quickly. The reality was that older bodies react differently than younger bodies – older bodies need a more solid base and more rest before they can progress to the kind of speed we had in mind.

The result was not good — nagging injuries quickly cropped up and stopped both of us before we could fulfill our potential (whatever that was).

With the 2005 season lost, we reevaluated the situation and discussed what we had learned. Our new plan was a more carefully thought out two-year plan.

This plan would get us fit and reasonably fast for the 2006 masters outdoor season, and then faster for the 2007 season — perfect for a couple of guys on the verge of entering a new age group.

**A New Tack**

Beginning in September 2005, we stuck to a training plan and didn’t waver. We never missed a workout (not even in the rain or cold). The schedule was two days of quality workouts a week on the track and one day on the road for speed/stamina development.

We always allowed lots of recovery time to account for the age factor. Of course, there were also a couple of days of slow jogging on the in-between days.

Six months later, by spring, we both felt stronger and occasionally had a surprisingly fast workout. Could we be on the right track? Were things going the way we had planned?

**Unexpected Results**

By the time the OTCM practice pollocks arrived in May and June 2006, we decided to test ourselves on the windy Lane Community College track in Eugene, Ore. The results were better than expected. Both of us ran faster and stronger than anticipated, advancing our goals for the all-comers meets.

Two months and a half-dozen track meets later neither one of us was injured, and we both achieved multiple All-American standards.

I reached the standards in the 200 (27.4), 400 (64.0) and high jump (5-4), and Wayne reached his in the 200 (26.0), 400 (60.74) and 800 (2:24.8) — in two separate age-groups.

Though these results didn’t come without a lot of work and dedication, and were done honestly without assistance from synthetic performance enhancing agents (yes, even some masters take that route), the personal satisfaction has been great.

Will year two of the two-year plan go as well as this year? Maybe... maybe not. But we are having a blast in the quest.

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**FIVE YEARS AGO**

**November 2001**

- Anselm LeBourne (42, 4:21.8) and Jim Sutton (70, 5:38.8) Star in 5th Avenue Mile
- Paul Evans (40, 2:16:35) and Anne van Schuppen (40, 2:41:51) First Masters in Chicago Marathon
- Tatyana Pozdnyakova, 48, Sets W45 WR (2:20:28) in Ocean State Marathon

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**Twin Cities Marathon**

Continued from page 1.

(30:43).

Ronald Chisolm, 45, St. Louis, Mo., won the M45 race with a 2:31:15.

Jim Schlesman, 73, Jefferson, Iowa, in 3:35:14, and Jerry Johncock, 78, Grand Rapids, Mich, in 4:08:02, successfully defended their marathon national titles with better times than in 2005.

Women’s masters winner Susan Loken did not fare as well this year as in 2005 (third female overall, 2:43:10). This year, Loken, 43, Phoenix, Ariz., faced stiffer competition and placed 62nd overall with a slower 2:44:34. Michelle Simmons, 40, Draper, Utah, who was runner-up in Paso Robles the week before in 3:55:04, had to settle for second again with a 2:48:17.

Meghan Arbogast, 45, Corvallis, Ore., was the third W40+ to break three hours, winning the W45 division in 2:56:41.

Sue Ellen Trapp, 60, Fort Myers, Fla., an ultra-distance specialist, won the W60 championship in 3:51:57.

In the W70 division, Patricia Amidon, 71, St. Paul, Minn., 5:29:46, and Patricia Wahlgren, 72, Lindstrom, Minn., 5:56:00, ran 1-2, as they did in 2005.

In the Medtronic Twin Cities 10 Mile, Kevin Haas, 48, St. Louis Park, Minn., 55:09, and Sharon Stabler, 41, Minnetonka, Minn., 1:02:28, were the masters winners. Jeffrey Heimer, 46, St. Paul, Minn., 18:06, and Cynthia Brochman, 41, Maplewood, Minn., 20:05, were first masters in the TC 5K.

The number of finishers in the marathon was 8198 (3195 females; 5003 males). Women outnumbered men in both the 10 mile (2881 to 1725) and 5K (802 to 630).

The 2007 Twin Cities Marathon is scheduled for Oct. 7.
I read with interest the article "Tweaking the Throwing for Consistency" (Sept, NMN) that invited comments.

My primary concern is not the lack of performance success that I do have it, but as an active athlete in other sports I have already learned to deal with that problem, but more the demands of the shot put weight puts on a 50+ year-old body.

I have never stopped lifting, or playing other physically demanding sports, etc, so I am no couch potato, but the bottom line is that when I picked up the shot at age 50 and began throwing it, I thought all kinds of body parts were going to fall off.

I can understand why people try to start up and then quit. The shot is simply too heavy for almost any 50+ year-old body. My first year I suffered through all sorts of body and back issues. The second year was a difficult wrist injury, and finally this year a minor finger problem.

It is difficult to practice enough to condition oneself or perfect one’s form as the threat of injury is always lurking. I have learned to avoid the more serious problems by using the high school shot put for regular training.

The weight of the shot has really taken part of the fun away from throwing the shot, something that I dearly loved in college.

By contrast, the discus (which I tolerated in college) has become a joy to throw. I can practice it with virtually no concern about injury. I can get enough repetitions in practice to work on my form.

Since I have not participated in the younger or older groups, I have no first-hand experience. Based on my other sports interests, it certainly makes sense to cut back on the weights for the 40-49 men.

As for the older men, I imagine the 12k discus still makes sense from a physical standpoint. I really don’t know about the 5kg shot for that age group.

Time will give me that answer.

As for the women, those discus changes make great sense.

Joe Schleppi
Bexley, Ohio

TEAM CHAMPIONSHIPS

Although team championships can add another level of excitement to our masters track and field championships, and may lure competitors to the track from the roads, or encourage athletes to try new events. I’d like to suggest that there be a minimum level of achievement for the awarding of points.

Since age-graded results are computed, why not require a mark of 60% or better in order for the athlete’s performance to score points? Some women’s events, which in the past have had few participants, are attracting more athletes, which is good, but the reason seems to be solely for the sake of team points.

A performance of 30% should not earn points for first or second place. We would also want to be sure that the age-grading is as accurate as possible.

I noticed, for example, that in the women’s javelin this year, 50-year-old Monica Kendall’s fine throw of 40.42 was age-graded at 75.5%. The only other woman to have a better age-graded mark (79.4%) was Becky Slesy, 67. And the men’s results in the javelin show only a few making it into the 70-79% range with the outstanding exception of Trent Lane.

For an event like the javelin, perhaps the standard for team points could be lowered to 50%. There should be some minimum level of quality for points to be earned.

Joe Schleppi
Bexley, Ohio

Sustainers for November 2006

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

Special thanks this month go to:

Louise Adams
Ron Biesiada
Ray Bobziak
Ben & Donna Delvillar
Richard Greenberg
Jane McMaster

Boulder, Colorado
Manasquan, New Jersey
Neenah, Wisconsin
Boulder City, Nevada
Encino, California
Los Angeles, California

LAURIE DEVLIN

The death of Lawrence “Laurie” Devlin on Aug. 3 at age 70, due to inoperable stomach cancer, was a great loss for New Zealand and world masters track and field.

He was a truly outstanding human being and an exceptional world-class thrower, undefeated in the WMA Oceania Region hammer and weight throw categories, and the best features of masters athletics and the sporting traditions of his native country.

Laurie’s death brought home a primary reason why I have benefited greatly from roaming the world of masters track and field over the last eight years—

Continued on page 9
The Breaks

I have competed in a multitude of world and national events in the past few years. Being a combined-eventer, I love lots of events and different locations. Thank goodness for masters track meets, even the ones that are held in triple-digit temperatures and in thunderstorms like the 2006 Masters Championships in Charlotte, N.C.

For putting in time for training and working with some of the best coaches and trainers on the West Coast, my reward has been 12 national championship titles and a U.S. record in the heptathlon.

My training was very event-specific for 2006. Despite the mind-bending jet lag returning from the WMA World Indoor Championships, Linz, Austria, back to the West Coast for business, and flying back to Boston for the USA Masters Indoor Championships all in the same day, I was able to win the W40 pentathlon in Boston. But I was wide-awake at night, and pitifully sleepy. Running through the three days of national indoor events.

Exhaustion Takes a Toll

Overlapping duties of running on a 4x400 relay team got in the way of any run-throughs for the long jump and warm-ups for the hurdles. Shattered, I was shatterted when I took a second and a third in my best events. I vowed to be ready for outdoors, and never really rested from the indoor season while trying to stay peaked from March to August.

I was totally unaware that bad things can happen to fit and trained people. In what was to be my last track workout before the 2006 Outdoor Nationals, my hamstring rolled up inside my quad.

I was barreling from the blocks to the first hurdle. I bolted into the air like a deer that had been shot, and rolled off the track. In the roll, my right foot caught the metal sidetrack and broke. Wow. I went from fit and trained to torn and very hurt in a matter of seconds.

Pushing Forward

What did I do? I did what most of us would have done. I refused the cast, got on the plane, and went to Charlotte anyway, promising the physical therapist I would only try one event. Don’t tell him I did the pentathlon. That’s one event, right? Did it work? Of course not.

The lead leg over a hurdle can’t snap down with a torn hamstring, and the foot cannot push off to the next hurdle when the pinkie tarsal is broken. I lost ground between each hurdle and went down, ripping my leg open with my own spikes.

I did get up and finish. In fact, I finished the pentathlon jumping off the left foot, doing a standing shot put, and running the 800 with the weakest gait of my life. More like a gimp than a runner.

I still stood on the award stand, but did it feel award-winning? No, it felt not worth doing while so hurt.

I had never been injured in a way that would shut me down and I didn’t know what to do.

Ignoring Good Advice

Everyone sane who had nothing to do with track told me to stay home, stay off it, and give up track for a while. But we track athletes have always been taught to work past the pain threshold.

I didn’t even tell my coach I was going, but she found the stats on the Internet and called to reprimand the “unwise” athlete, then added, “But I knew you would go.”

Why would I go? Because it’s that thing in us that makes us train past the norm, strive to run faster, harder, better. It’s the inner thing all coaches want us to have...until we get injured. And then, we don’t know how to stop.

Painful Foot Injury

I had what they called a “Jones” fracture. It is very common in basketball players who do lay-ups and come down on the side of the foot. It involves the bump on the outside of your foot between your pinkie and ankle.

There is a walking tendon that attaches to that bone, and with each step you take, this tendon tugs on the broken piece making it very susceptible to completely severing off. Much like a piece of metal wire, which, when bent back and forth enough times will finally snap.

Recommended for recovery is to be placed in a non-weight-bearing cast for six weeks and another six weeks of no-impact activity. If the bone snaps off, surgery is required to screw the bone back on. This takes three to six months to recover and pain-free running is not guaranteed. Once I knew these facts, I casted the foot right away.

But I was doubly injured. The heavy cast and awkward position of walking with crutches tugged and tore at the already torn hamstring. It was impossible. Plus, the cast was put on too tight, and I lost feeling in two of my toes and the ball of my foot.

“Elegant” Footwear

Working with the Sports Specialist Department at the Center for Medicine and Sports, Chino, Calif., we agreed to take the cast off after the foot settled. We wrapped the foot with such a strong arch support configuration that it could not move. We then put on properly fitted hiking boots. I even went to a wedding in a dress gown and those silly hiking boots.

A torn hamstring can look much more like a strap of rope that has been over-twisted. It contorts. It is amazingly strong and takes a lot to snap off. I was lucky. Mine did not snap.

A detached hamstring requires surgery and a long recovery time. I had major pain in the anchor points, which are located near the buttock and at the knee, and where it tore in the backside of the quad.

The ham is a four-part muscle. I had torn one of them. Trying to use the muscle, I felt like a fish trying to swim upstream. Three muscles worked fine and one did not cooperate.

You lose instant strength when a muscle pulls. It no longer can work like it is supposed to. The hard fact is that little can be done medically to repair a torn muscle. The fibers cannot be surgically put back together.

MRIs do nothing but give you a cute picture of the injured area. Most insurances will not allow the expense for a souvenir photo. So time heals, and the body works at doing it by sending stem cells to the area.

These stem cells can become hard, almost like bone tissue. I found that massage was very important to stave these off. But over-catering and deep tissue massage was out. This irritated the area and slowed the recovery.

Slow Recovery

The hamstrings responded to icing, anti-inflammatories, and rest. Slowly. Very slowly. I gave it movement, and six weeks after the injury, I was just starting to give it strength tests.

The rule we came up with was, “If it hurts, don’t do it. If it hurts an hour after doing it, don’t do it.” When I asked the sports specialists what their number one challenge was, they said keeping athletes from starting too soon. The minute it feels a little better, they are off hammering on it.

The specialist grabbed a napkin and tugged on it. It didn’t break. He gingerly put a tiny tear in the napkin and barely tugged. The napkin exploded in half. He smiled and said, “That’s your injured ham if you try to use it too soon.”

Cardiovascular Exercise

I have found that the stationary bike and an elliptical runner do not pull on the hamstring and can keep up the cardio. Swimming also. I have to constantly remind myself: not too much too soon.

(Caren Ware, a W40 pentathlete/heptathlete, 400m hurdler and steerle­ chaser, resides in Lake Arrowhead, Calif. She and her husband own and operate the computerized race timing company, PRIME TIME, timing over 80 events per year. She has a 13-year-old daughter who sings and dances and a 16-year-old son who fences. Both avoid running if possible, but proudly let everyone know their mom “runs in circles.”)

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Train Your Brain!

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success. LSTJ provides throws coverage and photos from major competitions that you won’t find anywhere else. LSTJ touches on the issues that affect the throws community. LSTJ’s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let LSTJ help you reach your potential!

Four issues (1 year): $20 (U.S.) or $35 for two years (1 issue free); $24 (foreign, U.S. funds) or $48 (two years). All available back issues (17) plus future issues through July 2005 for $100 (2 issues free), $125 for foreign subscribers (2 issues free),
c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com

WWW.LONGANDSTRONG.COM
Third Wind
By MIKE TYMN
One “Wow!” After Another

As a boy, I rooted for the Brooklyn Dodgers and idolized Jackie Robinson. I knew that before becoming a professional baseball player Robinson had broken his brother Mack’s national junior college long jump record with a leap of 23-6 1/2. I also knew that Robinson went on to become an All-American football player and all coast conference basketball player at UCLA. I remember also that he reached the quarter-finals of a Southern California tennis tournament. However, I did not know that he clocked 9.7 for 100 yards, 21.5 for 220, 48.3 for 440, 23.7 in the 200 low hurldes, and pole-vaulted 13 feet during his track years. Nor did I know that he broke 90 the first time he played golf.

Those are just a few of the hundreds of facts I encountered in Dale Harder’s 2005 publication Strength & Speed. In this 320-pageencyclopedic collection of amazing and unusual feats of strength, speed, and endurance, Harder picks up where David Willoughby left off, while also including many things Willoughby overlooked. (Willoughby authored The Super Athletes, a 1970 publication discussed in this column during July and August.)

Remember Javier Sotomayor, the Cuban who set the world record of 8.0 1/2 in the high jump back in 1995? Every Sober where he got his “springs,” if that is the proper name for it? Perhaps it came from his leg strength, as Harder notes that Sotomayor, who weighs 201 pounds, was able to squat with 660 pounds on his shoulders.

In the section on the high jump, Harder mentions that Abraham Lincoln is reputed to have high-jumped six feet at 1844 and that he could squat with 660 pounds on his shoulders.

A Matter of Style
Harder offers all kinds of interesting records. In the high jump, for example, he lists the records by jumping style. While Sotomayor used the “flip” style, the record for the eastern cutoff (6-8 1/4), scissors (7), western roll (6-2 1/2), and straddle (7-8) are listed.

Age records for nearly every track and field event are also listed, some times beginning at age 1 and going up to 100-plus. It is interesting to note the age-5 record for 100 meters (21.53) is just a bit faster than the age-5 record (22.04). The age-10 record for 400 meters (55.74) is a shade slower than the age-65 record (55.05).

In the section on the mile run, I learned that Jason Robards, the famous movie star, ran a 4:21.4 mile at Hollywood High in 1942 and that the heaviest man to break five minutes in the mile was Mike Ward, who stood 6-3 and weighed 250 pounds when he did a 4:59.9. Also, one Noah Young, who weighed 198, ran a mile in 8:30 while carrying a 150-pound man on his shoulders.

Believe it or Not
Apparently Jerry Rice, the great wide receiver for the 49ers, had exceptional endurance for a relatively big guy. At approximately 190 pounds, Rice is said to have clocked 150 miles in 24 hours in 1989. I’d have to put one in the “believe it or not” category, as are some of the other feats listed, including a possible 23-foot long jump by George Washington.

Heritage Oaks 10K
Continued from page 1

Simonaitis ran relatively unchallenged. He won in 2004 with a 3:00 and in 2005 by some 20 seconds with a 3:11.

*He was pushed and had a better time this year than last year (30:59), because there was some stiff competition,* said Race Director Mitch Massey. “Dennis now dominates the downtown streets of Paso Robles.”

For winning the race, Simonaitis was named USA Track & Field’s Athlete of the Week.

Ivan Huff, 47, of Paso Robles, gave the local running fans something to cheer about with his second consecutive M55 win with a fifth-place finish at 33:35, not much off his 2005 winning 32:39. Fletcher Lesley, 50, of San Francisco, Calif., won the M50 race (35:45).

Gary Romesser, 55, Indianapolis, Ind., turned in one of the performances of the day with an M55 win in 33:58.

The first two M60s were under 40. Perry Hayden, interviewed by the winner in 39:21, and Robin Talafierz, 62, of Santa Barbara, Calif., second in 39:34.

The remaining division champions are M65, Neal Chappell, Stateline, Nev., 42:26; M70, Bernie Hollander, Bakersfield, Calif., 47:07; and W70, Giovanna Schaefer, 65, of Los, Calif., who ran a solid 50.

Price money for the leading masters was $110,000, paid eight deep, with the first three men and women getting $1800, $1200, and $1000 each.

Age-graded performance award money totalled $15,000, eight deep, with the top three men and women receiving $2000, $1500, and $1200 apiece.

The best age-graded male performances were by Simonaitis, whose 30:30 age-graded to 27:38; Romesser (33:58/28:31); and Audefemberge (30:43/28:49). The top three females were Barbara Miller, 67, Modesto, Calif., second W65 (47:37/32:49); Mosqueda (34:35/33:23); and Schultz (47:07/33:30).

In addition to the masters championships, Heritage Oaks Bank also held the 50 Buck 10K, in which every finisher was given $50.

According to Meet Director Massey, one-third of the recipients put their winnings in boxes for four non-profit organizations at the finish, and another one-third donated the funds to other organizations. All of the profits from the races are donated to charity.

Besides track and field, Harder cites many exceptional and unusual feats in weightlifting, gymnastics, golf, swimming, and other athletic endeavors, even fast draw competition, caver throwing, and canal vaulting. As the age records for canal vaulting stop at 50+ (99-49) it appears that there are opportunities for more age records in this sport.

The book contains over 150 photos and 68 drawings and is filled with interesting and little known fun facts. It was one “wow!” after another as I turned the pages of this book.

To obtain a copy of Strength & Speed, send a check for $29.95 + $4 shipping and handling (in USA) to Education Plus, Dept. N6, 18584
USATF Annual Meeting
Continued from page 1

position in September. Acting Chair Suzy Hess will preside over the meeting until election of the new Chair, Thursday morning at 10 a.m.

Agenda items include acceptance of bids for future championships meets and road races; selection of the athletes-of-the-year in track and field, which includes racewalking, and long distance running; presentation of the 2005 Masters Hall of Fame inductees; and approval of masters age-group records.

This year is a rules year, and general amendment proposals to the Competition Rules will be considered. The deadline for submitting rules changes was Aug. 29.

The Masters T&F Committee and LDR Committee agendas can be found below.

Besides the business meetings, masters can visit the Sport Court Expo Show on Friday and Saturday, and attend the Awards Breakfast Buffet on Saturday morning and the Jesse Owens Hall of Fame Reception and Induction Ceremony on Saturday night.

A Masters Athlete-of-the-Year will be selected from candidates chosen by the Masters T&F and LDR committees. The chair from those committees and the USATF president will select the awardee.

In 2004, Kathy Martin, W50, Northport, N.Y., a record-setting runner on the track and on the roads, was given the award.

Last year, Emil Pawlik, M65, Jackson, Miss., a combined-events international and national champion, was honored.

Online registration and housing information is available at www.usatf.org/about/AnnualMeeting.

Early-bird registration is $160 before 11:59 p.m., Pacific Time, Nov. 8. After that date, the cost is $210, and on-site $250.

Indianapolis, often referred to as the “Crossroads of America,” because 50% of the U.S. population is within a day’s drive of the city, will host the 2007 AT&T Outdoor Track & Field Championships.

The January NMN will report on the meeting, with the award winners, future championships sites, and a summary of the proceedings.

USATF 28th Annual Meeting
Masters Track & Field Committee
Nov. 29 – Dec. 3, 2006
Hyatt Regency & Westin Hotel
Indianapolis, Indiana

Schedule – Updated

Tuesday, November 28, 2006
7pm – 9pm Masters Regional Coordinators

Wednesday, November 29, 2006
8am – 11am Masters T&F Executive Committee
2pm – 6pm Masters T&F Awards Committee
7pm – 10pm Opening General Session

Thursday, November 30, 2006
8am – 10am General Competition Division
10am – 1pm Masters T&F Roll Call of Delegates – Election of Chair
12pm – 2pm Joint T&F/LDR Hall of Fame Subcommittee
2pm – 6pm Masters T&F
7pm – 11pm Welcome Reception

Friday, December 1, 2006
8am – 1pm Masters T&F
Roll Call of Delegates
Presentation & Voting for I/O Championships
Reports on Future Awarded Championships
2pm – 4pm Joint Session T&F/LDR
4pm – 6pm Northwest Masters Regional

Saturday, December 2, 2006
7am – 9am USATF Awards Breakfast Buffet
9am – 10am General Competition Committee
10am – 2pm Masters T&F
2pm – 5pm Executive Committee Meeting
6:30pm Jesse Owens/Hall of Fame Reception & Induction Ceremony

Sunday, December 3, 2006
8:30am – 10am USATF Closing General Session
Improper Running Surface Can Cause Injury

One of the most common causes of running injury is improper running surface. Not all of us can access every type of surface, and there are times when we are relegated to a hard, unforgiving surface that causes pain and discomfort. There are pros and cons to various types of running surface and following are some guidelines to dealing with injury.

**Dirt and Grass**

Dirt and grass surfaces offer the lowest impact on the body. There is natural shock absorption, and nothing is better than running on a nice golf course type of grass. However, there can be a problem with irate golfers who believe the golf course should be for golfers only.

On the con side, you are more prone to twist an ankle due to irregularities in the softer surface. Dirt trails can contain rocks and roots that are easy to trip over.

**Treadmills**

There has been considerable controversy regarding treadmills. On the positive side, you have a nice smooth, level and cushioned surface which you can adjust. With pre-set programs, you can adjust for different speeds and incline. Some units offer thick orthopedic treads for additional shock absorption.

An added advantage is that you can run in any weather. Most of us in California have no idea what it’s like to run on ice and snow, but we hear it’s not fun.

On the other hand, running on a treadmill can be boring. There is nothing like the exhilaration of running outdoors.

Studies have shown that one’s gait changes on the treadmill. Runners tend to run back on their heels with an abnormal gait pattern that can cause injury.

**Ashphalt and Concrete**

Ashphalt and concrete surfaces are the most common outdoor running surface. These are usually smooth and well maintained. However, running on concrete is ten times harder than asphal and, as such, offers no shock absorbing capability. Most stress fractures occur on concrete surfaces.

**Making the Choice**

Ultimately, you have to make a choice.

The exhilaration of running can be boring. There is nothing like running in any weather. Most of us in California-Santa Barbara.

For the latest in top-level track & field

**Track & Field News**

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**November 2006**

**Write On!**

Continued from page 4

the remarkable people the way.

As a person and an athlete, I think the one lesson we can take from Godfrey is that he may not have had the talent of the others, but he worked harder and longer to achieve his goals.

Although he was reared to be a champion, he still puts in the time and effort to make sure he is in the best shape possible for his next event.

Godfrey to the Rescue

The National Association (NSGA) is based in Godfrey, IL, President and CEO from January 1, 1993, NSGA Chairman Mark Godfrey, 48, and received a five-year term in 1998.

Godfrey, 52, succeed Bankhead, who was in charge of the organization for nine years and as CEO of the past three years.

Godfrey serves as CEO of NSGA for the past three years, associated with NSGA for 25 years, including as board member.

During that time, the event, the Summer Games, has grown to include participants over the age of 60.

To learn more about Senior Olympics programs, go to www.nsga.com.
the remarkable people I have met along the way.

As a person and an athlete he was certainly one of the best, and a hard working farmer and expert heavy equipment operator until just before his death.

Although he was relatively small compared to most throwers, Laurie was a giant when he stepped into the throwing circle. His fellow throwers tried not to miss watching his every throw in admiration of his graceful, yet rapid turns, and powerful release.

However, I'm sure his many friends throughout New Zealand and around the world would agree that it was his genuine modesty and his sincere interest in helping fellow athletes that endeared him to everyone who had the good fortune to make his acquaintance.

Earlier this year, my wife, Carol and I had the pleasure of staying with Laurie and his wife, Linda, at their home in the small village of Utica, outside Taupae (the "Gumbot Throwing capital of the world"). During our visit, Laurie and I talked at some length about his passion for hammer and weight throwing.

In the small acreage behind his home, he had installed a throwing circle, which he could use when the cattle were moved out of range. In this special space, I could easily picture him in his element—without the spotlight, just doing something which he enjoyed so much.

We would all do well to perpetuate the ideals which Laurie Devlin lived by and displayed so well.

When the day comes that I can no longer throw the hammer or the weight without falling down, I will continue to reflect on the pleasure it was to meet such a man and fine competitor as Laurie whose dignity, modesty, mental and physical toughness, and friendly spirit enriched my life and the lives of so many fellow masters athletes. His legacy will live on.

Robin Herron
by e-mail

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**Godfrey to Take Over NSGA Helm**

The National Senior Games Association (NSGA) appointed Philip H. Godfrey, II, President and Chief Executive Officer, effective Jan. 1, 2007, announced NSGA Chairman Mark Zeug, in a release on Oct. 4.

Godfrey, 52, succeeds Dr. William H. Bankhead, who retires on Dec. 31, 2006, after a five-year tenure as NSGA's CEO.

Godfrey served as Vice-President for nine years and as CEO of the Association for the past three years. He has been associated with NSGA for 20 years in various capacities, including as a volunteer and board member.

During that time, the NSGA's premier event, the Summer National Senior Games—The Senior Olympics, presented by Humana, has grown to be the largest multi-sport event in the world for men and women over the age of 50.

To learn more about the NSGA and Senior Olympics programs and events, go to www.nsga.com. ✍

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**PUBLICATIONS ORDER FORM**

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Arming the Hamstrings – Part I

To recap last month’s article: In regular walking, the knees bend slightly to aid forward movement. When the knee and foot are reduced, the knee is held straight in racing, the leg acts more like a stick, hitting a hard surface. The normal calcaneal eversion of the ankle/foot is handicapped so that each heel strikes the foot side.

Whenever a normal function is altered within the movement system, the body is going to have to rely more on the structures. Interestingly, this is exactly what leads to overloading and dysfunction. Many sports have rules that create problems for the human body.

In rowing, many rowers have back problems. Certain forms of dance often create sacroiliac problems. Sports are full of risks. Injury prevention depends on paying attention to the risks, how they affect your body and how you can compensate for them.

**Straight Knee Rule**

Hamstring exercises with a successful conditioning and injury prevention strategy depend on understanding how the Straight Knee Rule affects you. As the hamstrings are the major dynamic controller of the knee, when one of the knee’s functions is essentially eliminated, the hamstrings are forced into a compensatory role.

As you would feel overworked if some of your co-workers didn’t show up and you had to do the same volume of work, so the hamstrings get overworked when the functions of the knee, ankle and foot are reduced. Just as just you might get cranky as you tire, so the hamstrings can get very cranky over time.

**Hamstring Perspective**

Let’s consider racingwalking from the hamstrings’ perspective. In regular walking, the ankle and foot absorb ground force and move you forward. The ankle and fibula move up and over the foot, giving an inferior dynamic stability to the lower leg muscles. The hamstrings function normally at their knee and hip attachments as the body progresses over the foot.

In racingwalking the ankle and foot are compromised. Their reduced ability to absorb ground force alters the reaction of the lower extremities. Unless other elements of the technique help compensate, the hamstring attachments at the knee and hip are under repetitive stress.

A quick qualification needs to be made here. When the transverse (rotational) function of the knee is essentially locked out, you minimize the normal function of many other muscles. Some pain around the knee may be associated with the hamstrings when in fact it may be a gastrocnemius problem or a patellar problem.

However, never hear someone say, “I have a patellar problem.” They know the hamstrings and think they have a hamstring problem.

**Opposite Effect**

To take this a bit further, hamstring problems are not always directly related to the structures above or below them. Problems commonly manifest on the strong side of your body, the side that moves the best and works the hardest to compensate for a weakness on the other side.

For instance, the right side of the body may exhibit more weakness than the left side. Many times this imbalance will show up as an “its” on the left side, the strong side that works more. Or perhaps you have experienced pain under your right butt, the area where the proximal hamstring attaches. A possible cause is weakness and inefficiency in your left posterior body. Or if you have had pain around your left knee, a possible cause is weakness in your right ankle.

**Conditioning**

An effective conditioning program for the hamstrings minimizes the negative effects of the Straight Knee Rule. You want to get optimal mobility in the ankle/foot partnership as well as optimum position in the hamstrings. If you can’t do what the knee can’t do, the muscle as much as says, “Hey foot, go to work. Hey hips, go to work. I am hanging here unable to do what I am supposed to do.”

To set up a conditioning program that effectively deals with the Straight Knee Rule, take the time to evaluate just how well, or not so well, your ankles/feet and hips move as you race/walk.

And how about your hamstrings? Do you feel any tightness, stiffness or pain up and down the back of your thigh, or specifically, around your knees or below your butt? If not, have you had problems in the past? The injuries and stresses you have had in the past remain in your cells.

**Weakest Link**

Visualize six oarsmen in a boat. Five have compatible strength and the sixth is slightly weaker. The boat will be pulled in the path of strongest movement. And that is what the body does. The body always follows the path of least resistance. It operates from a position of strength not weakness.

My point here is that, regardless of who you are, what age, what pathology or orthopedic history you have, you have a personal threshold of function. You function in a certain way within the context of gravity, ground reaction, momentum and mass.

Because your way of dealing with these forces is individual and may be asymmetrical, there is no uniform strategy for conditioning your hamstrings. You want to select exercises that are compatible with overcoming weakness in your racingwalking technique.

**Exercises for Racingwalking**

Muscles react to the environment in which they are placed. Consequently, effective stretching and strengthening exercises for racingwalking use your muscles as they are used in racingwalking.

Most popular stretches are often decades old and may be irrelevant to your specific sport. They often address symptoms, not causes; muscles, not functions.

**One-Dimensional Exercises**

Another reason is that these exercises may be one-dimensional. They stretch one set of muscles without addressing the other muscles involved in doing a task.

For example, if you stretch your hamstrings to relieve tightness without addressing your feet, it may feel good but have no long-term benefit. Why? You probably aren’t addressing the cause of the tightness. As we have noted before, the ankle and feet work in racingwalking.

It may not be easy for you to accept the irrelevance of the stretches and strengthening exercises you have been doing. You may say, “You can’t tell me that stronger hamstrings don’t help leg flexions.”

Yes, they do. If you lie down and do the same exercises, you may be sore the next day. However, in racingwalking the hamstrings don’t leg flexions. Then you may protest, “Hey wait a minute. Can the hamstrings flex the knee?”

Yes they can, but in walking, they don’t. If they do, it is inefficient. The body is always trying to be economical.


The 2007 5K Championships will be held in Kingsport and again directed by Bobby Baker.
Were the Greeks Better Athletes Than Top Athletes of the Modern Era?

In his Third Wind column (July NN), Mike Tymn described amazing athletic feats of yesteryear. Many of these feats, according to Mike, are recorded in a book by David P. Willoughby titled *The Super Athletes*. One of the feats mentioned in the book is attributed to an Englishman, John Higgins, who in the early 1900s did a running high jump of 6-8 3/4 (2.05m) and a standing broad jump, with weights, of 14-11 1/2 (4.56m). Amazingly, John Higgins stood only 5-3 3/4 (1.62m). Mike quoted from Willoughby’s book that, although the amount of the weights is not stated, they were held and swung to add momentum and distance, just as they were used by ancient Greek athletes in the running broad jump.

Recently I read an article by M. Lenoir, D.D. Clercq, & W. Laporte (Journal of Sports Sciences, Oct. 2005, Vol. 23, pages 1033-1043), titled “The how and who of the ancient Greek long jump with weights: A five-fold symmetric jump in a row?” I have found the scientific approach of the authors, the theory they advance and the experiments they designed and conducted to test their theory appealing. The results of their experiments are very persuasive in explaining what has been considered “amazing long jumps of ancient Greeks.”

A Look Back

According to Lenoir and his colleagues, a Greek athlete from the 5th century B.C., named Phayllos, is said to have set a record long jump with weights of five broad jumps, during which the athlete regained balance, stands upright and then prepares for his next jump with one or more preliminary swings.

The authors of the hypothesis argued, and then proved, that a considerable distance can be gained by performing all five jumps in one continuous movement, so that the landing position of one jump is the dynamical starting position for the next jump. This is compatible with the use of the weights: at touchdown, the jumper brings his arms backwards to counter the forward rotation of his body. After touchdown, the weights are immediately swung forward during the forced flexion of the hip, knee and ankle, and during the extension phase of the next take-off.

### Important Data and Considerations

From the ancient sources, it appears that Greek pentathletes jumped from a dug out, leveled sand. From the ancient sources, it appears that Greek pentathletes jumped from a take-off board made of wood or stone called the bater. From the bater on there was a landing pit (skarnma) of 50 feet long of dug out, leveled sand. After his jump the jumper placed a wooden peg (semoen) in the sand to mark his performance (see Figure 1 in which such pegs are shown below the jumper). Long jumpers used hand-held weights made of stone or metal.

From remains of such weights found in the vicinity of ancient Greek competition sites, their weights range from 1 to 4.6kg with about 70% of the specimens weighing between 1.5 and 2.5kg. The authors concluded that using hand-held weights enables jumping performances of over 15m, comparable to the record jump of Phayllos (16.28m).

### Experiment Results

Four male physical education students, aged 19-22 years, body mass 68-90kg (150-198 lb), height 1.80-1.92m (5-11 to 6-4), with experience in symmetric jumping activities volunteered for the experiment. Three were track & field athletes, the fourth played volleyball competitively.

The athletes trained in eight training series over twelve weeks for the experiment. Each training session consisted of a warm-up followed by a series of barefoot single and five-fold broad jumps, half of the trial with weights of 2.5kg (5 lb) each.

After the training period the athletes performed 10 maximal single standing broad jumps with and without weights, and 10 maximal five-fold broad jumps with and without weights. The trials were spread over several sessions. Jumping distance is defined as the distance between the toes at take-off and the heels at landing.

The average distance jumped in the five-fold unloaded jump was 13.88 ±0.70m (ranging from 12.60 to 14.75m). Using hand-held weights increased the average distance to 14.64 ±0.76m (ranging from 13.64 to 15.63m).

This increase was statistically significant. On average, the gain was 15.8cm in a single jump and 15.2cm per jump in the five-fold continuous jump.

The authors concluded that using the forward and backward swing of hand-held weights enables jumping performances of over 15m, comparable to the record jump of Phayllos (16.28m).

Reconsidering John Hill’s performance, mentioned at the opening, of 4.56m (14-11 1/2) in the broad jump with weights, one can calculate that if he had done the five-fold continuous jump used in the present experiment, he would jump at least, believe it or not, 23.56m (77-4). Amazing! (Avital Schurr can be contacted by e-mail at alschurr1@louisville.edu)

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**Figure 1.** A drawing of a Greek jumper just before landing holding weights in his hands, found on a pitcher (London, British Museum, GR 1847.8-6.26, sixth century B.C.)

**Effects of Hand-held Weights**

Undoubtedly the fact that ancient Greek jumpers used weights in both hands during the jump. The weights bring the feet steadily to the ground for a balanced landing, which was important, since the rules stated that a jump could only be measured if there was a clean impression of the feet in the sand.

It has recently been reported that the arms contribute significantly to maintaining balance during the flight and landing phase in the standing horizontal jump. The backward arm swing during the flight phase enables the jumper to remedy excessive forward rotation about his center of mass by creating a local angular momentum in the same direction. The weights make the compensating role of the arm swing even more prominent. Some argue that the ancient Greek jump was actually the modern triple jump with weights.

However, this hypothesis has not passed practical tests: running with weight is not very comfortable and the weight causes coordination problems during jumps, even in well-trained athletes.

Actually, athletes did not manage to triple jump much more than 10m when using hand-held weights. In contrast, hand-held weights of 2.5kg each provided an advantage of 15-28cm in a single standing long jump and facilitated a stable landing.

### Experiment Results

Four male physical education students, aged 19-22 years, body mass 68-90kg (150-198 lb), height 1.80-1.92m (5-11 to 6-4), with experience in symmetric jumping activities volunteered for the experiment. Three were track & field athletes, the fourth played volleyball competitively.

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<td>10:10:24</td>
<td>Half-Marathon</td>
<td>Glen Falls, NY (40)</td>
<td>Greenville, SC</td>
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## DIST MARK

- **10 km**
- **15 km**
- **20 km**
- **Half-Marathon**
- **Marathon**

## MARKS

- **5 km**
- **10 km**
- **15 km**
- **20 km**
- **Half-Marathon**
- **Marathon**

## Achievements

- **5 km**
- **10 km**
- **15 km**
- **20 km**
- **Half-Marathon**
- **Marathon**

## Notes

- For corrections or questions, contact office@atlantatrackclub.org
The start of the men's cross-country race in the USA Masters Championships, Vancouver, Wash. The cross-country race starts with courses around the U.S. in November.
Masters Scene

NATIONAL
- The Masters LDR nomination state to be presented at the 2006 USAF Annual Meeting in Indianapolis is John Boyle, Chair; Don Lein, Vice-Chair; and Lloyd Stephenson, Secretary.
- In a release dated Oct. 6, the Road Runners Club of America announced that it has entered into a partnership with Road Race Management. The goal of the RRCA and Road Race Management partnership is to provide valuable, monthly Race Director’s Tips through a Web site. In addition, RRCA members will have the opportunity to subscribe to the Road Race Management Newsletter or purchase the Road Race Management Directory at a discounted fee. “This is a great opportunity to provide vital information to race directors for over 24 years.” The RRCA announced the launch of its new redesigned Web site at www.RRCA.org.

EAST
- Bob Matteson, 90, Bennington, VT, was named USAF New England Athlete of the Month in August for winning the 100, 200 (AF41.95), 400 (99.39), and 800 in the 2006 USA Masters Championships in Charlotte, NC. Matteson, a graduate of Middlebury College, who went on to earn a Ph.D., has continued to run a consulting agency.
- Colleen De Reuck, 42, Boulder, CO, was the first master overall with a 1:11:51 in the Philadelphia Half-Marathon, Sept. 17. Darren De Reuck, 41, Boulder, CO, was the first M40+ in 1:12:45. Julio Aguilera, 60, Highland Park, NJ, was the first M60+ in 1:23:55.
- Steve Dietz, M45, 1:00:32, and Patricia Keating, W40, 1:09:27, sailed to eight seconds out of first place with an 8:20 an 59:40, respectively.
- Alissa Harvey, 41, Manassas, VA, the 2006 W40 outdoor champion in the 800 and 1500, stretched her victories to a female first with a 5:00.0 in the Army 10 Miler, Washington, DC. Oct. 8. Marty Muchow, 41, was first M40+ in 53:25.
- Bob Walton, 53, Fayetteville, AR, posted the best M50+ time with a 59:41.
- Susan Pearsall, 40, 28:20, took the overall women’s title at the NYRR Henry Iroquois XC Classic 4 Mile, Van Cortlandt Park, Bronx, NYC, Sept. 3. Jerry Macar, 46, 23:56, decisively led the men’s masters field.
- Running in the rain, Joseph McVeigh, 43, 1:12:26, and Gordon Bakoulis, 45, 1:28:52, were masters winners at the NYRR Grete’s Great Gallop Half-Marathon, Central Park, NYC, Oct. 1.

MIDWEST
- Mary Hartzler, 57, with 40:51, and Myrle Mensey, W50, with 38:30, were top scorers in the Norm Bower Memorial Weight Pentathlon, Kent St. U., Sep. 16. Hartzler’s best event was the HT (37.50, 967). Mensey got top points in the SP (11.36, 1012). Meet Director Rex Harvey, 60, was highest among the men with a balanced, five-event 3603.

MID-AMERICA

SOUTHWEST

WEST
- Paul Economides, 61, established an M60 AR for the 5K with a 16:20 in the USATF-AZ Throws Championships in Mesa, Sept. 17. He was also top scorer in the WP with big points in the WT (18.64, 1095), SP (14.97, 1038) and DT (59.80, 1020). Doug Tomlinson, 74, was second-best with a 5375.
- Jose Pilar Alispuro, M40, 1:45:45, and

Happy Thanksgiving from the staff at MNM

CURRENT MNM PHONE/TAX NUMBERS AND ADDRESSES

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USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exceptions 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 NMM 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 5099, Eugene, OR 97405

TRACK & FIELD

NATIONAL

November 3-11 South America Region Track Meet, Rio de Janeiro, Brazil. www.cardeymir.com; www.usavdoverio.org


March 12-17, 2008 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

August 20, 2007 18th WMA World Championships, Lahti, Finland.

LONG DISTANCE RUNNING

NATIONAL

November 29-December 3 28th USATF Annual Meeting, Indianapolis, IN; Hyatt Regency; www.usatf.org/events/2006/annualmeeting

February 3 at 5:30pm Eastern time on ESPN2: 30th US Olympic Marathon Trials, Boston, MA; www.usatf.org

December 9 USA National Masters Club XC Championships, Golden Gate Park, San Francisco, M-10K/W-6K; Bill Quinlin, billq@frontiernet.net; www.usatf.org

March 25, 2007 More Marathon, Central Park, NYC; 212-423-2266; nyrr.org/more/home.php

INTERNATIONAL

November 4-11 South America Region Track Meet, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com; www.usavdoverio.org

July 5-7, 2007 Dartmouth Relays; Leaverone Field House, Hanover, NH; Carl Wallace, Meet Dir.; Dartmouth College, Alumni Gym, Hanover, NH 03755; www.lancerimaging.com

January 14 Philadelphia Masters Indoor All-Comers, Swarthmore College, Swarthmore, PA; Joel Dubay, 484-437-9463; www.pmfn.net

January 20 40th Annual Harthouse Memorial Mile Masters; Cornell U., Ithaca, NY; www.runny.com

April 15 Philadelphia Masters Indoor All-Comers, Albright College; Reading, PA; Joel Dubay 484-437-9463; www.pmfn.net

May 20 40th Annual Harthouse Memorial Mile Masters; Cornell U., Ithaca, NY; www.runny.com

June 25-26 6th Annual Harthouse Memorial Mile Masters; Cornell U., Ithaca, NY; www.runny.com

November 11 December 1st WMA World Indoors, Denver, CO; www.pmfn.net

November 20-25 December 6th WMA World Indoors, Denver, CO; www.pmfn.net

SOUTHEAST

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

December 2-10 Florida Senior Games State Championships, Cape Coral. 850-488-8347: www.flaro.org/page silencedgames.shtml

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, Minnesota

November 10-12 National Throwers Coaches Association Annual Conference & Clinic; Dallah OH; www.nationalthrowersconference.com; 888-527-6772

MIDWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

November 4 USATF-SW Association XC Championships, Rockwall, TX; 972-283-1451; swsu.org

November 5 Half, Dallas, TX; 972-235-2513; zorpa.com

November 11 Run 15K & 5K, www.tulsarun.com

November 12 Texas Stampede 20 Mile, 10 Mile & 5K, Dallas, TX; 214-520-8874; texasstampede.org

November 12 San Antonio Marathon & Half-Marathon, www.samarathon.org

November 19 Tulsa World Route 66 Marathon, 918-928-9287; 31010; route66marathon.com


SOUTHWEST

Arizona, California, Colorado, Nevada, New Mexico

November 4 Santa Barbara Half-Marathon, Santa Barbara, CA; 805-964-2951; bruning.org

November 5 San Clarita Marathon, Half-Marathon, 10K, 5K, Clarita, CA; 661-286-4018; www.scmarathon.org

November 11 USATF-SCA XC Championships, Balatonfolls, Hungary; 38-463-7565; www.scasports.org

November 12 USATF-III 5K & 10K Championships, Honolulu; 808-524-0540

November 26 Run Wild! 5K, San Francisco; 415-759-2690; www.calacade.org

NORTH

Alaska, Idaho, Montana, Utah

November 4 USATF-MT Bozeman, 406-585-2242; www.wvtrans.org

November 30 PNTF Seattle, WA; www.wpnf.org

November 5 Portland Marathon, Boise, ID; www.pord.org

November 11 Pioneer Parade, Phoenix; 514-664-4644; orgonisasistercityrun@comcast.net

November 11 USATF Championships, Spokane, WA; www.12kitia.com

November 23 Turkey Trot, 253-576-2476; TurkeyTrotSpokane.com

November 23 Turkey Trot, OR; www.goodrace.com


December 16 5K, 214-544-9946; www.wsttrack.com

December 31 First Run 5K, Registration at 10:00 pm

INTERNATIONAL

November 18 British & Falkirk 5K, www.bfat.co.uk/; March 22-25 Women’s World Cross Country Championships, Helsinki

SOUTHWEST

November 4 USATF-SW Association XC Championships, Rockwall, TX; 972-283-1451; swsu.org

November 25-26 2007 New Mexico State Cross Country Championships, Aztec, NM

November 12 US National Championships, Albuquerque, NM; 505-241-7144; x4206;

November 18 USATF 15K Championships, Coconut Grove, FL; southfloridaspecialwalk.org

November 21-25 Florida Cross Country Championships, Clermont, FL; www.usacxc.com

November 28-30 November 30-December 1 Florida Cross Country Championships, Clermont, FL; www.usacxc.com

ATLANTA THOMAS A. TOWNLEY (G)
By BRIDGET CUSHEN

The EVAA statistician, Ivar Soderlin, has confirmed that a total of 11 World, 21 European, and 94 championships records were broken at the XV European T&F Championships in Poland in July. Doris Dalgaard, Denmark, ran an amazing 6:41.15 for a W75 1500 world record in soaring temperatures.

Another septuagenarian defying the sweltering heat and humidity was Arthur Thomson, Great Britain, who heel-toed to a brilliant 20K road mark in 1:56.44, finishing second overall in the mixed age-group race.

Thomson, a former top international, won the British M70 5000 track championship a few weeks earlier in 26:01.52, clipping over a minute off the 24-year-old world record (27:02) held by the Australian T. Daintry.

As the outdoor track season comes to an end, the combined-event athletes took advantage of their county championships. Nick Phipps won the Surrey M50 pentathlon (1356 points). Brian Slaughter took the M45 title (1893) in Sussex.

On the track, John Batchelor, 65, set a new British record of 10:34.3. At the same meet in West London, Ronan Samuel sprinted to an 11.9 M40 100m victory and M50 Ron Watkins ran 12.1.

Bermadine Pritchard, W35, who won a gold and silver at the European championships over 800/1500, tested herself in the 10,000 at the Veterans AC, Sept. 16, winning her age group in 37:49. John Batchelor clocked 38:27.6.

Steve Charlton, only days short of his 80th birthday, finished in 46:36.7, a remarkable performance after an injury-plagued season. The M75 title went to Don Adie in 51:09.0.

On the roads, the BMAF held its 10k championships and Swansea Bay in Wales. Martin Rees, 50, who holds numerous age-group records, made a welcome return to athletics.

Little has been seen of him since he won the British & Irish Masters International Cross-Country four years ago.

Following a knee operation, he was advised by his surgeon not to run again, but here he was back to his winning ways, storming home in 32:10, well clear of his pursuers.

There was a great tussle for the W35 title between Debbie Walters and Nicki Nealon. Walters broke away over the final 800 to win in 35:59 from Nealon’s 36:06. The BMAF 10 Miles was also by the sea, this time in Lytham St. Anne’s in the north.

Paul Freary, M35, winner of the half-marathon at the World Championships in Linz, was a clear winner in 52:35. Steven Male, third in Swansea, won the M40 race. Nicki Nealon dominated the women’s race (59:43).

It was a busy month for Oxford City club members John Exley and Gareth Jones. Both competed for their club in the south of England road relays on Saturday, Sept. 16, drove up to Wales on Sunday to take the British masters M55 and M60 10K titles on Sunday, and the following weekend, won the BMAF 10 Mile Q.

reportfrombritain.com

Takashi Shimogawa, 100, broke M100-104 world records in the discus and javelin, 2006 All-Japan Championships.

Four WRs Set in Japan Championships

Four world records were broken in the 27th All Japan Masters Athletics Championships in Miyagi on Sept. 16-17. The meet drew some 1200 athletes from 47 Japanese prefectures, and the U.S.A., Hong Kong, and Chinese Taipei.


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

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

**FOR RACER WALKERS**

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

**NAME**: 

**ADDRESS**: 

**SEX**: M / F

**CITY**: 

**STATE**: 

**ZIP**: 

**MEET DATE**: 

**MEET SITE**: 

**EVENT**: 

**MARK**: 

**HURDLE HEIGHT**: 

**WEIGHT OF IMPLEMENT**: 

**PATCH**: 

**PATCH TAG**: 

### Notes:

1. If you have equalled or bettered the standard of excellence, please fill out this application, complete with results and send off along with your entry fee.

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

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

4. Send 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 a patch tag.