Ngatia, Horovitz
Winners in NYC Marathon

by MARILYN J. MITCHELL

Sam Ngatia, 40, 2:23:52 (22nd overall) and Gillian Horovitz, 44, 2:46:16 (11th woman) both of New York City, were the top masters in the 1999 New York City Marathon, Nov. 7. Overall male winner was Joseph Chebet, 29, of Kenya, in 2:09:14. Overall female winner was Adriana Fernandez, 28, of Mexico, in 2:25:06. Sam Gadless, of Florida, age 92 years and 11 months, was again the oldest finisher with a 9:28:05. Masters prize money was $3000 for first place; $2000 for second place and $1000 for third place, but masters meeting certain criteria might take home more money by accepting other open awards than by accepting the masters prize money, e.g., for being first New York Road Runners member to finish the marathon who ran a certain number of other Road Runners races during the year, $5000. Winners are not allowed to take cumulative awards and, due to the complicated prize structure, a final tally on the total prize money taken home by the masters winners was not continued on page 8.

Final ILC Grand Prix Race
Tuttle, Troncoso Champions in Tulsa Run 15K

TULSA, Okla. - At the 22nd Tulsa Run 15K under a steady downpour on Oct. 30, John Tuttle and Carmen Troncoso again captured USA masters road crowns in 46:46 and 53:42, respectively. Tuttle, 41, a 1984 Olympic marathoner, won his fifth 1999 U.S. road title (also 8K, 12K, 10 mile and half-marathon), while Troncoso, 40, Austin, Texas, earned her second one (also 5K). Each pocketed $500. Kenyan Simon Karori won the masters race overall in 46:43, but he was ineligible for the U.S. championship. Craig Young and Patty Valadka finished second in the masters USA championship in 50:00 and 56:36.

As an Indy Life Circuit event, the eligible masters were also ranked by Continued on page 3.

11,938 Compete in National Senior Games in Orlando

by JERRY WOJCIK ORLANDO, Fla. - Track and field athletes made up a substantial portion of the 11,938 age-50-and-over seniors who entered the seventh biennial National Senior Games - The Senior Olympics held here Oct. 19-29. One of 18 sports contested in this year's largest sports competition in the world, track and field drew just under 3000 men and women, who competed at the Foot Locker T&F venue at Disney's Wide World of Sports complex near here. Athletes competed in five-year age groups up to M95, with John Pino, Jr., of New Mexico, the oldest at age 99. Three world records were broken all by women athletes. Phil Raschker, Georgia, considered by many the best masters athlete, male or female, in the world, broke her own W50 pole vault record of 3.10 with a 3.25 (10-8) vault. Becky Sisley, Oregon, upped the W60 world record in the pole vault from 2.10 to 2.22. She also set a U.S. record of 32.44 with the javelin. Mary Bowers, Ohio, increased her W80 world record of 0.90 in the high jump to 0.94 (3-1). Fourteen additional U.S. records were broken or established, 11 by women. Claire Vieth, W85, Missouri, Continued on page 14.
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Alternate: Charles Deslands

Elite Athlete Representative:

Ruth Anderson

Canyon Lake, CA

Athlete Information & Publicity Coordinator:

Barbara Arrows
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Plano, TX 75025
(972) 673-0735 (H)
barveson@wad.net (Email)
Tulsa Run 15K

Continued from page 1

their best age-graded performances. Tuttle, of Douglasville, Ga., produced the best men's age-graded performance for the fifth ILC race as his 46:46-46 adjusts to a 45:07 open performance. Troncoso also was the top age-graded woman as her 53:42 equates to 51:41. Both earned an additional $500. Despite the inclement weather, Tuttle and Jack Nelson, 60, from Winnetka, Ill, scored over 90% (world class) on the 1994 WAVA tables.

$50,000 Cash Prizes

The Tulsa Run also served as the 1999 ILC finale and thus, valuable Circuit points and ILC Grand Prix positions were at stake. The top four masters division and top ten age-graded performances earned grand prix prize money. However, athletes earned grand prix money in only one category (i.e., no double-dipping was allowed). In the case where an athlete decided from which grand prix category to receive prize money, the prize money bumped down accordingly to the athletes ranked below the aforementioned in the other category. Here is the ILC Grand Prix prize money breakdown per gender: Masters Division ($6000, $3000, $1500, $750, $500, $300 and $200). The third Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company and coordinated by USA Track & Field, featured eight races and $90,600 in prize money (masters overall and age-graded) plus a $50,000 Grand Prix purse.

Tuttle, Welzel, Valadka Win

Tuttle, with 120 points and wins in all six ILC events that he entered, earned the ILC Grand Prix masters division title and $6000. With her second place performance at Tulsa, Valadka, of Houston, tied Jane Welzel, of Ft. Collins, Colo., the 1997 ILC masters division champion. Each tallied 95 points and collected $4500. Tuttle, Ottaway Top A-G

In the men's ILC age-graded final standings, Tuttle topped the list with 397 points, but he was ineligible for the Grand Prix money because double-dipping was not allowed. With his 382.5 points, 1997-98 ILC Grand Prix masters champion Craig Young, 43, of Colorado Springs, Colo, finished second in the standings and won the $4000 Grand Prix money. Gary Romness, 48, from Indianapolis, Ind., edged Dick Buerkle, 52, from Atlanta, by one point for third (345 points to 344). For the women, the ever consistent Joan Ottaway, 55, of Sonora, Calif., won the Indy Life Circuit age-graded Grand Prix for the third consecutive year and the accompanying $4000. Her 370 points outdistanced Welzel (360 points) and Valadka (359). See the complete list of ILC final standings and Grand Prix money winners on this page.

A total of 3594 runners braved the rain to finish. For more information on the race, visit its website at www.tulsarun.com. — from Road Running Information Center.

INDY LIFE CIRCUIT

FINAL STANDINGS

After the Tulsa Run, the final ILC Grand Prix positions were finalized. For the grand prix, a maximum of six races only were eligible for points. The top four masters division and top ten age-graded division scorers earned grand prix prize money. However, athletes earned grand prix money in only one category (i.e., no double-dipping was allowed). In the case where an athlete decided from which grand prix category to receive prize money, the prize money bumped down accordingly to the athletes ranked below the aforementioned in the other category. Here is the ILC Grand Prix prize money breakdown per gender: Masters Division ($6000, $3000, $1500, $750, $500, $300 and $200).

Men After Seven Races:

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>City</th>
<th>Points</th>
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<tr>
<td>John Tuttle</td>
<td>41</td>
<td>Douglasville, GA</td>
<td>120,000</td>
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<tr>
<td>Craig Young</td>
<td>43</td>
<td>Co. Springs, CO</td>
<td>382.5000</td>
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<tr>
<td>Steve Winnchel</td>
<td>43</td>
<td>Janesville, WI</td>
<td>324.5000</td>
</tr>
<tr>
<td>Jim Buerkle</td>
<td>52</td>
<td>Atlanta, GA</td>
<td>344.0000</td>
</tr>
<tr>
<td>Jack Nelson</td>
<td>60</td>
<td>Winnetka, IL</td>
<td>352.0000</td>
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<tr>
<td>Steve Winnchel</td>
<td>43</td>
<td>Janesville, WI</td>
<td>324.0000</td>
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<tr>
<td>Roy Bradley</td>
<td>61</td>
<td>Huntsville, AL</td>
<td>294.0000</td>
</tr>
<tr>
<td>Jim Frey</td>
<td>55</td>
<td>Grand Junc, CO</td>
<td>290.0000</td>
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<tr>
<td>Jerry Johnson</td>
<td>71</td>
<td>Grand Rapids, MI</td>
<td>253.5000</td>
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<tr>
<td>Dick Buerkle</td>
<td>52</td>
<td>Atlanta, GA</td>
<td>344.0000</td>
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<tr>
<td>Jack Nelson</td>
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<tr>
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<td>Atlanta, GA</td>
<td>344.0000</td>
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<tr>
<td>Charlie Gray</td>
<td>46</td>
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<td>Tom Dietz</td>
<td>72</td>
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<td>Michael Dow</td>
<td>56</td>
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Women After Eight Races:

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<td>Jane Welzel</td>
<td>41</td>
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<td>Jane Murphy</td>
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<td>189.5000</td>
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<tr>
<td>Anne Johnson</td>
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<td>Kathy Ward</td>
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Age-Graded Standings:

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<th>Points</th>
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</thead>
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<td>Craig Young</td>
<td>43</td>
<td>Co. Springs, CO</td>
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<tr>
<td>Gary Romness</td>
<td>48</td>
<td>Indianapolis, IN</td>
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<td>Atlanta, GA</td>
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<td>352.0000</td>
</tr>
<tr>
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<td>43</td>
<td>Janesville, WI</td>
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<td>Fay Bradley</td>
<td>61</td>
<td>Huntsville, AL</td>
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<td>Michael Dow</td>
<td>56</td>
<td>Salinas, CA</td>
<td>192.2000</td>
</tr>
</tbody>
</table>

Points reflect the 6 highest scored races. NE = not eligible for grand prix money in that division

(Compiled by Road Running Information Center)

INDOOR TRACK & FIELD

Masters Events

- • 55 Meter Dash
- • 55 Meter Hurdles
- • 200 Meter Dash
- • 400 Meter Dash
- • 800 Meter Run
- • 1500 Meter Run
- • 3000 Meter Racewalk
- • High Jump
- • Long Jump
- • Pole Vault
- • Shot Put

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NATIONALS IN ORLANDO

Since the recent National Senior Games were my first, I was eagerly awaiting the occasion. I felt that the facilities at the Disney Wide World of Sports complex were outstanding and the registration procedure well-organized. As a shot putter, I was impressed with the officiating, event management, and the inspiring medal ceremony. I met many wonderful competitors and felt right at home with everyone.

However, there were some incidents that left a bad taste in my mouth. One was the inability to use the weight room in the field house. In addition, I was looking forward to the Celebration of Athletes, plus the trip to the Magic Kingdom. Unfortunately, I and other athletes were disappointed. The ridiculous waiting in line for well closed, and lengthy waits were in order to the Magic Kingdom. The Celebration of Athletes, plus the trip again to get a hamburger-french-fry type in the field house.

I truly enjoyed the competitive phase of the Games. I both compete and officiate in track and field meets. Every meet has its problems and its successes. At Gateshead and Orlando, I was scheduled as an athlete in Orlando but an injury inspired me to officiate so I got to see both sides of the games; my husband was a competitor.

We should be able to use our experiences in the throws at the Nationals in Orlando to improve future championships. Some suggestions:

1. An implement-providing requirement imposed on meet management based on the number of entrants.
2. Events should be realistically scheduled with enough time to avoid back-ups and delays.
3. A reasonable number of warm-up throws should be agreed on based on the number of competitors.
4. Officials and competitors should use common sense in extraordinary circumstances.
5. Athletes must learn to compete in all situations – unexpected as well as expected.

QUIT COMPLAINING

Are masters competitors nothing but complainers? The October issue of NMN was full of pages complaining about everything from water to heat and from officials to meet directors. I both compete and officiate in track and field meets. Every meet has its problems and its successes.

I was at Gateshead and Orlando. I was scheduled as an athlete in Orlando but an injury inspired me to officiate so I got to see both sides of the games; my husband was a competitor. Problems? Yes. Successes? Yes. We are so lucky to have people and places willing to host the masters nationals. If masters only complain about the failures of a meet rather than celebrate the successes, people and places will not submit bids to host meets Who wants to work hard and only be told of the failures/problems? Shame on all masters who complain, yet have not been on the other side!

Sandra DeNoon

SHIRESMANTOWN, PENNSYLVANIA

HURDLES

Jeff Brower (Simplify the Hurdles, Oct. NMN) is obviously not a competing hurdler. When I was in my middle 40s, I was offended that when I turned 50 I would be asked to run the "girls" distance of 100m with 8.5-meter spacing. I knew that all men would run 110 meter races with 10-meter spacing.

A few years passed and I was almost 50. That March, I was in a race against "Big Al" Henry and Mac MacCormick, both nearly 50. We started the race ‘normal’ and stayed close to each other. At the 7th hurdle we all were struggling with our stride patterns. The hurdles seemed to be getting farther and farther apart. At the 8th hurdle one of them dropped out — unable to continue with a three-step pattern.

For the last two hurdles I heard my remaining competitor counting his strides out loud, “One, two, three...” I had trouble focusing on the race as I was almost laughing out loud. It struck me as very humorous that three elite hurdlers would suffer such a problem. Those guys stood well above 6-feet and had impressive previous hurdling results.

What should be recognized is that the aging process causes the sprinting stride length to shorten. When I passed my 50th birthday, I enjoyed being able to sprint — as opposed to bounding — between hurdles. It became fun again. Does Mr. Brower expect 80-year olds to sprint 10-meter spacing? Does he understand that not everyone can alternate lead legs? He seems to be aware that there need to be different hurdle heights — older hurdlers cannot clear the highest barriers.

He states, “Simplicity should be the goal.” Is he speaking for hurdlers? Rules should promote the best interest of the competitors. It would be simple if there were one shot, one discus, one hammer, one javelin, one opening height, one size pole, etc.

But that isn’t even true in the Olympics. Their rules recognize that not all competitors can handle the 16-pound shot or the 42-inch hurdles with 10-meter spacing. They make allowances for gender. We must allow for aging.

Bob Ward

DALLAS, TEXAS

SUZY HESS

James Elliott, M65 winner in the discus (18.15) and long jump (2.80), National Senior Games, Orlando, Fla., Oct. 19-26.

MIKE TYMN

I enjoy reading the National Masters News; however, I was recently quite surprised when I read Mike Tymn’s article, “Mental Toughness: The Missing Ingredient.”

I am not criticizing the theme of the article, just some incorrect information. According to the article, Johnny Faebier has been the women’s cross-country coach at the University of Hawaii for some 20 years, but there has never been a track team. I quote, “He admits to the fact that the lack of a track program at the university means that very talented runners are not interested in accepting a scholarship from him. But the university has never had a track program for women and that did not prevent him from recruiting some dedicated runners in the past.”

I was a member of the University of Hawai’i’s Women’s Track team in 1979-1980. Johnny Faebier was the cross-country coach, but Joe Hilibe was the track coach. Although I can’t remember all of my teammates, other members included Shari Fox, Deanne Fujii, and Lucy Chung. We were all dedicated, mentally tough Division I athletes.

Like Connie Comiso-Fanelli, I still compete, although it’s primarily middle distance events on the track. I race other masters runners and college runners half my age, just for the fun of it.

Susan Mertz

Ossining, New York

FIRST-TIMER

This is my first year back in track & field, and it has been a great and special year for me after laying off for 26 years. I am looking forward to the upcoming season and would like to thank all the masters for welcoming me into your outstanding program.

Fly High in 2000.

Hugh Adams

Clovis, California

Murray Mead

Hermosa Beach, California
The 21st CENTURY
AGELESS GAMES, USA

FEBRUARY 6
Early Morning "R" Track and Field

TRACK AND FIELD'S FIRST To be yourself identity-affirm, PEACE CORD RISE up and WALK. LEAF from old stage, BURST through COMPRISING ordinary YOU, whatever YOU can DO IT

BELIEVE IT or NOT, The 21st Century is not Political or Religious. All False faiths, none is Welcome

MINNESOTA resident/outstate/international/

Y2K COMPLIMENTARY
ENTRY WISH LIST TO:

ANY TUNISIAN AIRMAN (FAMILY RELAY)
ANY WAR VETERAN (FAMILY RELAY)

LADIES 65...NO EXP. Req., A SPECIAL GODSEND

FEBRUARY'S MEMO:
Ab Lincoln's Creed

Always Verify Amusement. Verify it Repeatedly Verify it Monthly. See Mid America Schedule-February 6

December 1999
National Masters News

The 21st CENTURY
AGELESS GAMES, USA

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ANY WAR VETERAN (FAMILY RELAY)

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FEBRUARY'S MEMO:
Ab Lincoln's Creed

Always Verify Amusement. Verify it Repeatedly Verify it Monthly. See Mid America Schedule-February 6

December 1999
National Masters News

The 21st CENTURY
AGELESS GAMES, USA

FEBRUARY 6
Early Morning "R" Track and Field

TRACK AND FIELD'S FIRST To be yourself identity-affirm, PEACE CORD RISE up and WALK. LEAF from old stage, BURST through COMPRISING ordinary YOU, whatever YOU can DO IT

BELIEVE IT or NOT, The 21st Century is not Political or Religious. All False faiths, none is Welcome

MINNESOTA resident/outstate/international/

Y2K COMPLIMENTARY
ENTRY WISH LIST TO:

ANY TUNISIAN AIRMAN (FAMILY RELAY)
ANY WAR VETERAN (FAMILY RELAY)

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December 1999
National Masters News
Milestones Among Masters

As we close out the Century, it seems like a good time to look back on the history of the aging athlete. Of course, the opportunity for men and women over 40 and over to participate in vigorous and physically-demanding sport did not really present itself until some 30 years ago, but a little research reveals that there were some rare men and women defying Father Time well before then. Here is the timeline:

8th Century B.C. - In The Iliad, Homer tells us that Achilles informs Nestor, once a champion athlete, that he will not have to box, wrestle, cast a javelin, or run a race. “Already, the years are heavy upon you,” Achilles says. Nestor responds: “Aye, aye, my boy, that’s true enough. My joints are as what they were, my dear boy, nor my feet; my hands do not shoot out from my shoulder right and left, touch and go!”

6th Century B.C. - At about age 42, Milo of Crotan is denied an opportunity to win his seventh Olympic wrestling title. It was not his age that held him back, but because “neither god nor man durst stand against him,” wrestling was dropped from the program.

5th Century B.C. - The poet Euripides observes the absence of older men in the sporting arena: “Although there are myriads of evils throughout Greece, there is nothing worse than the race of athletes...In their prime they make a brilliant spectacle as they go about and are the pride of the state; but when bitter old age comes upon them, they are gone like coarse cloaks which have lost their nap.”

1709 A.D. - Although his name seems to be lost to history, it was reported that a 64-year-old German won a wager of 100 pounds by walking 300 miles in London’s Hyde Park within six days.

1750 - James Broughton, called the “father of scientific boxing,” reigned as King of the Ring until age 46. He supposedly lost his title because he neglected to train for the bout, assuming that his experience would compensate for his age against the much younger and inexperienced Jack Stack.

1809 - Bill Richmond, a 46-year-old Black American, was one of the top pugilists in the world. After winning a London fight this year, he was still fresh enough to leap over the ropes and grab hold of a troublemaker named China-eyed Brown, who had shouted that Richmond “had got a white feather in his tail.” Richmond was still fighting at 50, when, it was said, he looked no older than 35.

1842 - At age 47, Menzen Ernst of Norway, one of the competitive “pedestrians” of the 19th Century, is said to have literally raced “from Cairo and beyond” looking for the source of the Nile. During that trek he contracted dysentery and died.

1883 - At age 43 or 44, Edward Payson Weston, America’s most famous “pedestrian” of the last century, walked 5000 miles in 100 days.

1897 - Adrian “Cap” Anson, considered the best baseball player of the 19th Century, hung up his spikes at age 45. In his final year he hit .303 and stole 16 bases.

1900 - Donald Dinme, the idol of Scotland, retired at age 63. He achieved fame as a Highland Games athlete, a weightlifter, and professional wrestler, amassing a fortune of over $100,000 during his career.

1911 - The immortal Cy Young retired at the age of 44, having pitched two shutouts in his final year.

1915 - Honus Wagner, 41, played in all 156 games for the Pittsburgh Pirates and still had enough hustle to record 17 triples.

1919 - Walter “Pudge” Heffelfinger, who gained fame as a guard for Yale from 1888 to 1891, returned to New Haven and lined up with the Yale scrubs. Coach Ted Jones objected, concerned that a man in his 40s might be hurt. But Heffelfinger reportedly “flattened” four defenders while leading Jess Spalding on a 55-yard touchdown run.

1919 - Ed Hartley, who had competed in the inaugural Dipsea Race, near San Francisco, when he was 52, retired at age 66 to win the veteran’s division. The Dipsea may have been the first division to have a separate division for older men.

1920 - At 42, Pat McDonald, a New York City traffic cop, won the 56-pound weight in the Antwerp Olympic Games.

1921 - Stanislaus Zbyszko, age 41, defeated Ed “Strangler” Lewis for the heavyweight wrestling championship of the world (pre-slapslick era).

1922 - Pudge Heffelfinger captained a football team in a charity game in Columbus, Ohio. At 33, he was voted the outstanding player of the game. No other player was over 30.

1923 - With a 10-minute handicap, William Letcher, a 43-year-old dentist, won the Dipsea Race, making him per-

haps the first “masters” winner of a distance race.

1924 - At 45, Matt McGrath, another New York City policeman, won the silver medal in the hammer throw at the Paris Olympics.

1926 - Tennis star Eleanor Sears, 44, gained widespread publicity by establishing a record time for walking from Boston to Providence, RI. She covered the 47 miles in 9 hours, 53 minutes.

1928 - At 47, Eleanor Sears won the first U.S. women’s tennis championship.

1928 - At 41, Ty Cobb played his final season. Cobb.” “I’m about as fast as ever once I get in motion,” he explained his decision to retire, “but my legs are fading. I’m starting much slower. I don’t get the jump any more.”

1928 - Former heavyweight boxing champion Jack Johnson retired from the ring at age 50. In 21 fights from ages 40 to 48, he was undefeated.

1929 - Abraham Lincoln Monte­ verde, age 60, won a footrace from New York City to San Francisco, covering the distance in 79 days, 10 hours, 10 minutes.

1930 - At 41, the legendary Clarence DeMar won his seventh and final Boston Marathon. In his autobiography, DeMar wrote that he began “slipping” around 1928, at age 39. “I realized that the old elasticity was not there.”

1930 - At 40, Sam Rice, playing for the Washington Senators of the American League, had 207 hits and a .340 batting average.

1935 - Babe Ruth played his final season. "The harder I tried the worse I did," he lamented. "My old legs just couldn’t take it any longer. It was more and more of an effort to move over the outfield or run down to first base. I had tried hard to condition myself, but it was just torture. I was 41 and playing my 22nd season.”

1948 - At 48, Tebbs Lloyd Johnson of Great Britain won a bronze medal in the 50K walk at the Olympic Games.

1950 - Nancy Dreyer, the 44-year-old wife of Willie Dreyer, a former winner, participated in the 6.8-mile Dipsea run. She was given a head start of 25 minutes and finished in 1:36:36. "She was really in bad shape when she came in,” said Joe King, one of the participants. “I think she kinda got talked into it by her husband.” Dreyer may have been the first female masters runner. She reportedly trained by climbing the six flights of stairs at a Berkeley hospital where she was a nurse. (No respectable woman would have been seen running on the streets in those days.)

1950 - At 43, Jack Holden of Great Britain won the marathon in both the European Championships and Commonwealth Games.

1956 - At 43, Archie Moore fought Floyd Patterson for the heavyweight championship of the world. While losing that fight, he retained the light-heavyweight championship, a title he would hold until age 48.

1963 - About a dozen men participated in a 3-mile cross-country race in New York's Van Cortlandt Park. It was organized by Joe Kleinerman and limited men 40 and over. Men in their 40s were called Veterans, those in their 50s Masters, and those in their 60s Seniors. "Back in those days we got strange looks because we were runners, not because we were older runners," said George Sheehan, one of the participants. Sheehan added that his children were so embarrassed by his running that they insisted he run where he couldn’t be seen.


1968 - Spearheaded by David Pain, a 44-year-old lawyer, San Diego hosted the first national masters track and field championships.

1970 - At 43, George Blanda of the Oakland Raiders was voted Male Athlete of the Year as a result of his streak of five straight games in which he pulled out victories or ties with late-game heroics, either by passing, kicking, or both. He continued playing, mostly as a place-kicker, until age 48.

1972 - Mamo Wolde of Ethiopia captured the bronze medal in the Olympic Marathon at age 40.

1973 - At 41, Jack Foster of New Zealand finished second in the Commonwealth Games Marathon with a 2:11:19.

1980 - Gordie Howe finished his hockey career at age 52 by playing in all 80 games on the schedule of the Hartford Whalers.

1980 - Four-time Olympic champion Al Oerter, 43, heaved the discus 227 feet, 11 inches, better than any of his winning Olympic throws.

1982 - At 44, Joyce Smith of Great Britain finished second in the London Marathon in 2:29:43, becoming the first woman 40-over to go under 2 1/2 hours.

1985 - American Dick Bass, at 55, became the oldest person to climb Mt. Everest.

1985 - At 44, Nolan Ryan pitched his seventh no-hitter. "I don’t run for distance anymore," Ryan explained his fitness regimen, "and maybe I ran 40 percent of what I used to. The recovery rate to bounce back gets longer. If this keeps
False Start
by DAVID E. ORTMAN

Hurdles Down; Weights Up!
A foolish consistency is a hobgoblin of little minds. There, I feel better already.
Yes, I must confess I am looking forward to lower hurdle heights when I hit 50. Let's face it. There would not be so many high hurdles in the men's masters division if we still had to run the 42" college and open 110m hurdle height. I suppose I could "five-step" them, but I'd need a hurricane of a tail wind to ever think that I could "three-step" them. Heck, 42" is close to the U.S. masters standard for the M75 high jump!

Besides, hurdle running is dangerous. That's why the hurdles (including the sleetphases) are usually the most watched events. Just as people flock to a track or an air show, they are really hoping to see is a spectacular hurdle crash. In fact, if a hurdler can

A Fine Spectacle
My best hurdle showing occurred back in 1973, running track for Bethel College in Kansas. We began our outdoor season with a small triangle meet at Southwestern College and Coach put me in the 440y hurdles. I smashed the first hurdle, nailed the second one and by the time I got down the back stretch my hurdling shoe flew off straight up in the air, which meant that I was hitting hurdles with my bare foot.

I think I broke three or four hurdles and the Southwestern coach said they couldn't afford to have me run them any more. But our coach was amazed that I was still able to break sixty seconds and thought I had some promise. Ever since, "Give the crowd a show," has been my motto.

Afanadon First in Mohawk Hudson Marathon
by PAUL MURRAY
Rudy Afanadon, 41, Shirley, N.Y., was the first finisher in the Mohawk Hudson River Marathon on Oct. 17, covering the scenic course from Schenectady to Albany, N.Y., in 2:38:27, more than nine minutes ahead of the second-place finisher.

Bruce Glasspoole, 47, Point Claire, Quebec, was third in 2:49:12. Dennis O'Brien, sixth, clocking 2:50:54.

Gayle Porcelli, 41, Plattsburgh, N.Y., was second female overall in 3:02:31. Afanadon was not seriously challenged in the early stages of the race, he did not seem to worry about warm weather in the later stages of the race, he did not seem to worry about warm weather. He cruised the course along the Mohawk Hudson River.

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Achilles Tendinitis Strikes Again

Achilles tendinitis. The injured group was five years older than the control group. Some authors, such as Barry and McGuire, found age was a factor in overuse injuries. The authors found no such association. Take your pick. One might also say that since the number of years running was a significant discriminator, the older runner would naturally get more injuries. The fact that I found most interesting, and perhaps a key in the treatment of Achilles tendinitis, is the rear foot motion variables. We know that the foot strikes in a "supinated" position and then changes direction of motion at heel strike to pronate through mid stance and then resupinate at toe off. This causes the Achilles tendon to "bowstring" or 'whip' during the gait cycle. If this motion is exaggerated by excessive rear foot motion, the tendon is bound to become irritated.

Greater Rear Foot Movement

This study found that injured runners had a greater rotation of the calcaneus by 28% and an 8% increase in time to maximal pronation. In essence, injured runners have a lot more movement in the rear foot past the normal.

Several other studies, such as those by Clement, from Canada, indicate that exaggerated rear foot movements are a leading cause of Achilles tendinitis. Although most of this needs further study, I feel that it is clinically significant and by controlling the excessive rear foot movements, we have been able to successfully treat this problem.

So, in essence, there are several theoretical factors in the development of Achilles tendinitis. In order to successfully treat this overuse injury, one must eliminate all of the predisposing factors. Strengthening, proper shoes, reduction in speed and distance and, the most important, I feel, is the controlling of excessive rear foot motion, which will allow the athlete to return to training on an asymptomatic basis.

(1) Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMM, Box 50998, Eugene, OR 97405.)

The article compared 31 athletes with Achilles tendinitis and a non-injured group of runners. They investigated several parameters, including anthropometric, muscular strength, endurance, ground reaction forces, and rear foot movements in these runners. Briefly, the authors found definite relationships between these variables and runners affected with Achilles tendinitis.

They found that injured runners were less likely to incorporate stretching into their regular training routines. The quality of the stretching methods was not addressed. They also found that both groups did not stretch regularly.

 Pace a Contributing Factor

Injured runners also ran at a significantly faster training pace than non-injured runners. So, one can surmise that a faster pace is associated with a higher incidence of Achilles tendinitis. This makes some sense, as the triceps surae would undergo quicker muscle contractions, shortening and lengthening during propulsion. The Achilles would be more prone to develop micro tears as the speed increased.

Injured runners had also been running for significantly more years than the control group. Perhaps the more years a person runs, the more an abnormality of some type may play a role in this overuse injury.

There was some discussion about weakness of the Achilles tendon muscle complex, but no definite hypothesis was concluded from the data.

The Significance of Age

Now, a subtropic that is of interest in our athletic population. Age had a marginal impact on the incidence of Achilles tendinitis. The injured group was five years older than the control group. Some authors, such as Barry and McGuire, found age was a factor in overuse injuries. The authors found no such association. Take your pick. One might also say that since the number of years running was a significant discriminator, the older runner would naturally get more injuries. The fact that I found most interesting, and perhaps a key in the treatment of Achilles tendinitis, is the rear foot motion variables. We know that the foot strikes in a "supinated" position and then changes direction of motion at heel strike to pronate through mid stance and then resupinate at toe off. This causes the Achilles tendon to "bowstring" or 'whip' during the gait cycle. If this motion is exaggerated by excessive rear foot motion, the tendon is bound to become irritated.

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Twenty Years Ago

December 1979

AAU Tuns Reins Over to TAC at Las Vegas Convention

Herb Lorenz (2:27:05) Wins National Masters Marathon

Occidental Insurance Co. Drops Sponsorship of Masters

New York Marathon

Continued from page 1

available.

The race saw a record number of starters (32,503) and finishers (31,807) during the official 10-hour time period, for a finish percentage of 97.85%, which race director Allan Steinfield attributed to the ideal, cool weather conditions, and the fact that it was the last New York City marathon of the millennium. Additional stimulus came from the enormous, enthusiastic crowds variously estimated in the millions, who frequently encouraged runners to continue rather than to drop out of the race.

This year, the race organization promoted a cancellation policy which enabled runners who wished to cancel to do so up to the day before the race with a guaranteed entry into next year's race. This was a real incentive in a race where many runners gain entry by lottery.

But while the race is getting larger, it is also getting slower — this year the 10,000th runner came in at about 3:59:53; several years ago the 10,000th runner would have a finishing time of approximately 3:45+ or 3:46. It should be noted that no American men qualified for the Olympic trials at this marathon, with the fastest American male apparently being 30-year-old Dan Middleman of Raleigh, N.C. It did not stretch the imagination to place in 2:24:52. We say "apparently," because we in the press room were presented with the "first" American who turned out to not be American at all and one of the reporters provided a bit of levity by pointing out that this individual was, in fact, the "first person with a green card" to finish. Two American women appear to have met the Olympic trial qualifying time: Zofia Wieciorowska, Stratford, Conn. (36, 2:43:24), and Dr. Kimberly Griffin, 38, of New York City with a 2:48:29.

We had no chance to interview the male masters winner, but spoke with Horovitz who is no stranger to the national running scene or to the National Masters News. A U.S. resident, she came from Britain to run her first NYC marathon as an independent in 1978 with an approximate 2:56+ time and returned in 1979 as an invited runner where, in the race where Grete Waitz set a world record of 2:27:33. Horovitz was the second female finisher under her maiden name, Gillian Adams, with a 2:38:33. The following year she was fifth woman with a 2:37:55. While she has since broken into the ranks of the top ten women at this marathon — during those intervening years she married Israel Horovitz, the playwright, and gave birth to twins — she came close this year, finishing 11th among the women and has had a very successful masters career.

Said Horovitz about this race, "The wind was everywhere we went... it was against us... cold and blustery."
Course Record for Carroll:

Legare First W40+ in Syracuse Festival 5K

by DAVE OJA

Bob Carroll, 45, Forestville, N.Y., took an early lead and then built it steadily throughout the race on his way to the masters victory and masters course record 15:19 at the Upstate New York’s Syracuse Festival of Races, Oct. 3. The time eclipsed Carroll’s previous masters mark of 15:26, set two years ago on the Festival’s flat, out-and-back course.

In picking up the $500 first-place masters money, Carroll outran Dave Reed, 45, Coquitlam, B.C., Canada, 15:56, and Charlie McMullen, 48, Rochester, N.Y., 16:08. Reed pocketed $300, and McMullen earned $200.


Ngatia, Shull First in Army 10 Miler

by GEORGE BANKER

Sammy Ngatia, 40, and Patti Shull, 41, paced the masters runners in the Army 10 Miler, Washington, D.C., on Oct. 10. Running in a steady downpour, Ngatia, Fort Carson, Colo., who recently turned 40, won the M40+ race with a masters course record 50:46, 12th overall. The old record of 51:49 was set by Ric Banning in 1994.

Shull, Ashburn, Va., defended her masters title with a 12th place also, in 63:11, off from her 1998 course record 60:10.

Jim Whittah, 45, Chevy Chase, Md., was second to Ngatia in 55:08. Cecilia Sager, 41, Silver Spring, Md., was the W40+ runner-up with a 66:23. Brett Moore, 55, Aberdeen, Md., in 58:41, and Barbara Mathewson, 50, Virginia Beach, Va., in 70:56, were first finishers aged 50+. Fay Steele, Washington, D.C., at age 83 the oldest finisher, completed the course in 2:07:36.

Colonel Bill McArthur, Jr., 48, a NASA astronaut, who has logged 354 orbits of the Earth and traveled 9.2 million miles in space, ran a 90:00. His last flight was an eight-day mission docking with the Russian space station Mir.

Over 16,300 registered for the event, which started at the Pentagon and passed the Lincoln Memorial, Kennedy Center, Washington Monument, U.S. Capitol, and turned back across the 14th Street Bridge.

Detroit Free Press Marathon Wows Field

by RON MARINUCCI

When he was a competitive runner, Doug Kurtis proved he could run a marathon, setting three world marks that still stand. On Oct. 17 in Detroit, he showed he could still run a marathon, now as race director of the Detroit Free Press/Flagstar Bank International Marathon.

This was Kurtis’ first year as director of the Free Press, a race he won six consecutive times, beginning in 1987. He brought a new course on board with him. Expectations were high, but I doubt any runners were disappointed.

For the first time, the marathon began at Tiger Stadium, where the Tigers played their farewell game three weeks before. Marathoners were then treated to panoramic views of the Detroit and Windsor, Ontario, skylines as they ran across the Ambassador Bridge into Canada, another first. A two-mile jaunt along the Detroit River on the Windsor side gave a memorable view of Detroit.

The course kept its unique "underwater mile," taking runners through the Detroit-Windsor Tunnel back to the U.S. Detroit’s jewel of an island in the river, Belle Isle, was the next destination before a return trip back downtown, complete with a glimpse of the Tigers’ new home, Comerica Park.

But the best was saved for last. Runners finished up by running through the centerfield gate, 440 ft. straightaway centerfield, of Tiger Stadium, along the right field fence, and down the first base line to the finish line. All of this in front of several thousand spectators and the Detroit lights that cut through the morning gloom. It couldn’t have been better.

Lynn DeGrande, a masters runner from Holly, Mich., summarized what many runners felt, “I thought the entire course was wonderful, but my favorite part was Tiger Stadium, which was why I decided to run in the first place. I’ll never forget running... and seeing the familiar lights of the stadium – it brought back so many memories and I actually picked up the pace on the last mile just to get there sooner. The finish on the field can never be repeated! I’ll treasure the Tiger Stadium commemoration on the back of the finisher’s medal so much. I think this was the best running goal I’ve ever had.”

The marathon itself attracted 3817 entrants, nearly double the number of finishers in 1998. An accompanying marathon relay and Old Navy 5K drew more than 400 additional runners each.

For Doug Kurtis it is: Mission Accomplished.

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FIFTEEN YEARS AGO

December, 1984

- At Age 47, Sandra Kiddy Beats Everyone in Duluth 100K
- David Clark (2:21:04) and Elym Pav (2:45:18) Win in NYC Marathon
- San Diego Hosts TAC Convention

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2000 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

WHEN: Sunday, February 6 • 12:00 noon
WHERE: Grand Valley State University, Field House Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45 (Lake Michigan Drive)

DIVISIONS: Open (14-29), Masters 30+ by 5-year age division

ELIGIBILITY: All athletes must be registered members of USA Track & Field. Onsite Registration available: $15.00

ENTRY FEES: $15.00 first event, $5.00 subsequent events if RECEIVED by Jan. 29, Late registration available on-site from 10:00-11:00, $20.00 first event, $12.00 subsequent events. Entry fees are non-refundable.

AWARDS: Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for $3.00 each.

FACILITIES: Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.

ADMISSIONS: Adults $40.00, Students $11.00.

MAKE CHECKS PAYABLE TO: Grand Valley State University • T-F.

MAIL REGISTRATION: Jerry Bales, Grand Valley State University, Office 97 - Field House, Allendale, MI 49401, Phone (616) 855-3360, No phone or fax entries accepted.

ORDER OF EVENTS: Women, followed by men, oldest to youngest

55M/55M_3000M_10K_Mile Run_400M_3000M_1500M_800M_400M

**NOTE** 1/4 inch spike limit, no pin or needle spikes: no field event implements provided.

FORM REGISTRATION FORM

Name _________________________
Address _______________________ Date of Birth ____________________
City __________________________ Age __________________
State __________________________ Zip __________
Phone No. ___________________ Club/Team __________________________
Events Entered: 1st _______ 2nd _______ 3rd _______ 4th _______ 5th _______
Best Recent Performance __________________________

WAVIER

In consideration of the Grand Valley State University and all events officials allowing me to participate in the USAW Michigan Open/Masters Track & Field event hereafter as February 6, 2000, to, for myself, heirs, executors and administrators, waives and releases all rights and claims for damages, indemnities, and monetary value in any manner, as a result of my participation in these activities.

Signature ___________________ Date __________

MICHIGAN ASSOCIATION USA TRACK & FIELD

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Masters Racewalking

by ELAINE WARD

The Silent Killer... Part II

The following statistics and quotes are from a medical essay supplement to the Mayo Clinic Health Letter, June 1999 titled the Silent Killer. For information about this Health Letter write the Mayo Foundation for Medical Education and Research, Rochester, MN 55905

Silent coronary artery disease "affects millions of Americans – perhaps 30 percent of the population. In fact, known coronary artery disease is just the tip of the iceberg – there are far more people who have coronary artery disease and don't know it than there are those who are aware of their condition. About one-fourth of all people who die of a heart attack have no prior symptoms."

Silent coronary artery disease is caused by atherosclerosis which is associated with the slow progressive buildup of hardened deposits of plaque on the inner walls of arteries. Plaque is composed of fat, cholesterol, calcium, fibrin and other cellular waste.

"Over time, these plaques silently narrow arteries, much like mud silting in a shipping channel. If this happens to arteries serving the heart (coronary arteries), the arteries may become so blocked that your heart muscle doesn't get enough oxygen rich blood."

The article proceeds to enumerate some diagnostic tests.

Electrocardiograph (ECC/EKG) - In this test, wires are attached to the skin to measure electrical impulses given off by the heart. This test yields useful information about the status of the electrical system in the heart.

Stress Tests - Stress tests "help measure how well your heart muscle functions and whether it's getting adequate blood supply." There are several kinds of stress test, including the following:

Treadmill Exercise Stress Test: You walk on a treadmill while an ECG records your heart's response to an increasing workload. It can detect coronary artery disease in about 70 percent of people with the disease.

downstream from a narrowed vessel.

Nuclear Imaging: A radionuclide scan of your heart can yield detailed information about the status of your heart's blood supply. In this test, a small amount of a radioactive tracer chemical, such as thallium (used in racewalker Casey Meyer's revealing test – see Nov. NMN) is given by intravenous injection. A scan is taken right after you've been stressed. A second scan is taken several hours later.

"Comparing the scans can help doctors see how the tracer chemical is taken up by the heart. This can point out areas that aren't receiving adequate blood supply. In these areas, the heart muscle has been replaced by inactive scar tissue. By seeing images of these areas, doctors may be able to pinpoint potential sites or blockage in the coronary arteries."

Angiography – Coronary angiography is considered the best test for coronary artery disease. This test "maps" the coronary arteries and suggests possible sites of inadequate blood flow to your heart. It can show specific sites of narrowing in coronary arteries. "This information is critical when evaluating the benefits of revascularization procedures, such as bypass surgery or angioplasty."

The article concludes: "Coronary artery disease is a lifelong process that develops silently and usually goes undetected until advanced disease is present. Keeping it from causing problems is a matter of active risk management and lifestyle choices. Whether or not you have symptoms, you need to work with your doctor to identify and treat risk factors early so you have the best chance of keeping your heart healthy throughout your life."
 Indy Life Circuit Concludes its Third Series

During the past three years, I have had the pleasure of associating with the masters athletes who have followed the Indy Life Series for one or more of these years. Some of them are dedicated, fierce competitors who would have been competing with or without a circuit, but others have been encouraged by the series (and the chance to win a few bucks or get a free hotel room) to either continue their competitive running career or to abandon retirement and return to competition.

Watching the serious — but friendly — competition and the deep, firm friendships that have arisen or been renewed has been a real joy. Especially moving is the enjoyment shown by those who seldom, if ever, place in the money, but still are recognized by all as essential components of the Circuit.

Unfortunately, due to a company merger and some new insurance laws, Indianapolis Life Insurance Company has found it necessary to cease funding for the cumulative portion of the series. We will miss them, because certainly I must congratulate John Tuttle who finished in first place in both open and masters events. Masters Winners

I must congratulate John Tuttle who finished in first place in both open and age-graded men’s categories at the Circuit, but since double-dipping is not allowed (a concept which John heartily endorses), he chose the open money.

On the women’s side, Jane Welzel and Patti Valadka finished in a dead heat and will share first and second prize money. They have been in a nip and tuck race all year and are certainly worthwhile champions.

In the age-graded standings, Joan O’Tooley, for the third consecutive year, is the big winner. Craig Young, former two-time open winner (second this year) is the men’s champion. To these people and others mentioned in the Indy Life write-up in this NMN, I add my heartfelt congratulations. My heartfelt thanks to my great friends who gave their all, had a good time, and kept a smile on their faces while finishing out of the money.

If you want to find out what goes on in the facilitation side of our sport, show up at the USATF national meeting in Los Angeles and stay over for the 10K National Cross-Country Championships on the 5th.

TEN YEARS AGO
December 1989

- John Campbell (40, 2:16:15), Pricilla Welch (45, 2:36:15) Win Masters Titles in NYC Marathon
- Sister Marion Irvine Sets World W60 Record of 19:14 in 5000
- Annual TAC Convention Held in Washington, D.C.
Strange Things Done in the Midnight Sun

Climbing out of Juneau Airport, our single engine plane slid into a cloud bank barely a few hundred feet above the runway. Given that there were hills above us on both sides, I hoped our pilot knew his job. But as we turned up the canal toward Skagway, the clouds parted and we found ourselves flying in clear sky above blue water rimmed with snow-tipped mountains.

I had come to Alaska to run the 17th annual Klondike Road Relay, a 110-mile running race that follows one of the routes taken by miners during the Gold Rush of 1898. The event begins in downtown Skagway on a Friday evening in mid-September and continues through the night across the White Pass, finishing Saturday morning beside the Yukon River in Whitehorse, Canada. Each relay team has ten members, running miscellaneous distances from about 6 to 16 miles. I was scheduled to run a 12-mile stage.

Despite my youthful memories, Alaska was one destination that had eluded me during my world travels. I had visited all 50 states except for North Dakota. When an opportunity arose to join a team in the Klondike Road Relay, I quickly said yes.

I first met my team Thursday at The Stowaway Cafe, near where the cruise ships dock. One of the traditions of road relays (such as River to River in Illinois) eluded our team: We had not yet manned the checkpoint. The annual Klondike Road Relay, a running race that follows one of the routes taken by miners during the Gold Rush of 1898, is a stage race involving nine legs of varying distances and often unpredictable weather conditions. The race is known for its challenging terrain and severe weather conditions, which can make it difficult for runners to perform at their best.

Our driver said that we would have ample time to retrieve Scott's gear and make it back to the next exchange. We turned around leaving a secondary van to light our runner's way. Hindsight suggests I should have shifted to that van.

Until then, we had no contact with other teams in the Klondike Road Relay, but as we turned past Stamp's stage backwards, we finally saw our competition. Runners crowded the road as did their accompanying vehicles. Quickly retrieving Scott's gear, we encountered a traffic jam that lasted until we reached Carcross again. The temperature had suddenly dropped and the fog had rolled in. Only a handful of teams seemed to have a chance of beating us to Whitehorse.

But we had misjudged how long it would take our runner to run the stage before mine. She was standing beside a group of officials anxiously waiting for us when we pulled up. I jumped out of the RV. We were so far ahead that race officials had not yet manned the checkpoint. "You won't get an official time," an official warned. I shrugged and set off into the night.

A Surreal Experience

Our team RV lit the road before me—an almost surreal experience. The asphalt road, besieged by wind and snow each winter, was rough, undulating, often canted to one side on turns. The headlights cast mini-shadows, ugly gashes on the grayish asphalt. Even the slightest dip looked like a moon crater into which I might fall and never be seen again. The Jack Nicholson of As Good As It Gets, I knew, would not fare well on a road so slick.

As mile followed mile, the sky began to lighten. A motorcycle policeman appeared and asked me to move from the right to left side of the road. With darkness turning to dawn, I could see now. One advantage of running in the dark, I now discovered, was that you couldn't see the hills. Now in the cold light of dawn I looked forward and discovered a hill that I didn't recall from the topographical map.

As my pace lagged, I feared being caught by Vroom Vroom. Glancing back, I saw no one in sight. This was a bad tactical error, since I suddenly lost all desire to run fast and shifted to a walk. I did more walking than running in the final two miles, yet still stretched our lead over our pursuers.

By the nods who mill for gold; The Arctic trails have their secret tales: This would make your blood run cold.

Strange things have been done in the midnight sun than running the Klondike Road Relay. Unfortunately, Robert W. Service no longer is around to memorialize. Sitting and soaking and enjoying the scenery, I felt tired but exhilarated after having run in my 49th state. Now if I can only find a race next summer in North Dakota.

(Full Higdon is Senior Writer for Runner's World. An expanded version of this article with Alaskan travel tips appears on his web site: www.higdon.com.)

Fram, Olash First in USA 8K Cross-Country

by BOB ULLRICH

Craig Fram and Jeanne Olash were the winners in the USA Track National Masters 8K Cross-Country Championships in Louisville, Ky., Oct. 17. The race was contested over a two-loop grass course at E.P. "Tom" Sawyer State Park where masters championships have been held six times in the 1990s.

At race time, the temperature was 59 degrees under overcast skies as 74 runners from 16 states toed the starting line. The course was in top shape, as several months of dry weather had rendered it hard and fast, and featured three small hills at 0.5 miles, 2 miles, and 3.5 miles. Additionally, hay bales were placed at 1.5 miles and 3.0 miles to add a European flavor to the competition.

As the gun sounded, Fram, 41, Plaistow, N.H., assumed the lead and was first by about 10 yards at the mile mark. He stretched his lead over the next four miles, finishing first in 25:56, fourteen seconds ahead of second-place finisher Paul Risch, 40, of Indianapolis. Fram's time was some 45 seconds slower than the course record 25:08, set by Steve Scott in 1996.

Our team RV lit the road before me—an almost surreal experience. The asphalt road, besieged by wind and snow each winter, was rough, undulating, often canted to one side on turns. The headlights cast mini-shadows, ugly gashes on the grayish asphalt. Even the slightest dip looked like a moon crater into which I might fall and never be seen again. The Jack Nicholson of As Good As It Gets, I knew, would not fare well on a road so slick.

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Olympic Legends Meet Set

The Olympic Legends Invitational Track Meet will be held on May 27-28, 2000 at Mt. San Antonio College in Walnut, Calif., 60 miles east of Los Angeles.

Organizers estimate more than 1500 athletes, both open and masters, will participate.

Proceeds from the event will go to CASA — Court Appointed Special Advocates. It is a non-profit group dedicated to providing help to abused and neglected children in California.

"Each year in the USA, millions of children are abused, neglected or abandoned by their families," said Sheila Newton, organizer of the event. "About 105,000 California children are currently placed in foster care. Support of the Legends Meet will enable CASA programs to serve a greater number of abused children who are caught up in the complexities of the court system."

For more info, contact Newton at 760-251-6955.

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Some readers provide additional support to the National Masters News by sending contributions of $25, $50 or $100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new Masters Age Records book and will be listed in the paper as a National Masters News sustainer.
NSGA Report
by PHIL GODFREY  
V.P. of National Games, NSGA

USATF and NSGA Solidify Partnership at National Senior Games - The Senior Olympics

The National Senior Games - The Senior Olympics took place Oct. 19 through 29 in Orlando, Fla. The local organizing committee for the Games was provided by Disney. The Games' track & field event was a large meet with all of the associated challenges, but in the end I left the venue with a very good feeling about what had been accomplished.

I am continually amazed at the level of interest in this meet. The 4528 entries in Orlando were not a National Senior Games Association (NSGA) record but were, in fact, significant. As you may know, the NSGA meet does not offer all of the events that a USATF masters meet offers. So, when you consider the number of entries, you begin to realize how big most of the flights and heats were.

I would not be honest if I did not express some minor concern about the meet's rate of growth. The NSGA does not want to be in the position of trading quality for quantity. Frankly, we still have some work to do on the quality front. Our rate of growth weighs heavily in every decision we make at the NSGA headquarters.

Records Set

I think the most significant story to come from the meet is the number of records that fell:

- 54 NSGA records were set.
- 14 USATF Masters records were set.
- 3 World Masters records were set.

It is interesting to note that more women's records fell than men's. Beyond that, they were equally split between running events and field events.

In a battle of record holders, Bill Wright, Massachusetts, won with a 12.86, with Andrew Branch, New York, second, also in 12.86, and all eight finishers over the age-graded 90% international class level.

Marion Harrison, Jr., Georgia, topped all performances in the 100, with a 96.5% 12.23 in the M60 race. Audrey Lary, W65, bettered all other women in the 100 with a 92.3% 15.04.

Many of the most competitive races in the meet came in the 200. Roger Pearce, Massachusetts, won the M55 race from Donald Neidig, New Mexico, 24.42 to 24.77; Harrison won a close M60 race from Bob Lida, Kansas, 25.24 to 25.67.

In a battle of record holders, Bill Melville, Wisconsin, and Rodney Brown, Utah, clashed in the M70, with Melville prevailing, 28.53 to 28.80.

World-Class Performances

Numbers like those produced world-class performances in the sprints. In the M65 100, Bill Wright, Massachusetts, won with a 12.86, with Andrew Branch, New York, second, also in 12.86, and all eight finishers over the age-graded 90% international class level.

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Changes Take Time

Adjustments of the magnitude we make in a multi-sport event like the National Senior Games are, but assume that a significant number of adjustments could have been made.

Clearly, our meet was not without problems. We had our challenges, especially the first couple of days. I think our Disney partners responded well and made the adjustments we asked for in an appropriate time frame. Again, I'm grateful to the USATF people who pointed out their concerns to me and also to the USATF officials who worked hard at the beginning of the meet in a difficult situation.

Impressive Numbers

Participation shared the spotlight with performance. The Disney Complex was also the site of the 1999 USATF National Masters Championships in August. The NSG drew more than three times the 900 who competed in August. The weather in August was certainly a factor, but Masters Championships athletes start at age 30 and have no qualifying standards, while the NSG starts at 50 and has qualifying for most track events, plus the NSG schedule doesn't include several track and field events, such as the hurdles, hammer, and relays.

The NSG numbers are significant. The M55 100 had 51 entrants, and the M55 200 had 44. The M60 entrants numbered 52 shot putters, 45 long jumpers and a phenomenal 40 high jumpers. The W60 had 42 shot putters, 41 discus throwers and 49 100m runners.

Even more striking for those familiar with USATF Masters Championships numbers are the tallies in the older divisions. The 70-74 discus had 41 men and 36 women. Thirty-eight shot putters entered the M75 division, and 20 W75s were on the 100m list. The M80 discus had 25 entrants, the same as the shot. There were 15 M85 shot putters and six W85 javelin throwers.

Continued on page 15

National Senior Games

Continued from page 1

accounted for three of them in the shot put, discus, and javelin.

Fifty-four meet records were also set. Triple-meet-record setters were Vieth, Bowemaster, and Audrey Lary, W65, Maryland, whose meet records also included U.S. records in the 200 and 400.

Male athletes who accounted for two meet records each were Marion Harrison, Jr., M60, Georgia, in the 100 and 200; Roger Pierce, M55, Massachusetts, in the 200 and 400; and Harry Hawke, M70, California, in the shot put and discus.

Continued on page 15

Jerry Wojcik's Weight Room and Ken Stone's Word from the Web will resume next month.

Bruce Hedendal, fourth (40.80) in the M50 javelin, National Senior Games.

National Masters News  
December 1999

SUZY HESS  
1373

Chet Thompson, winner of the M50 800 final (2:26.10), National Senior Games.
National Senior Games

Continued from page 14

In the W60 200, Alda Menezes and Jeanne Hoagland, California, were both timed in 33.10, Menezes getting the nod for the gold medal.

James Selby, M70, California, was the standout in the 800 with a 92.3% 2:35.09. Paul Heitzman, M65, Kansas, with an 87.4%, and Hoagland, with an 82.6%, starred in the 1500.

Top performers in the high jump were Gordon Siefert, M70, Alabama, with a 91.0% 1.42, and Phil Raschker, W50, Georgia, with a 93.6% 1.47. Raschker's world record 3.25 was in the pole vault which was the top of the age-graded chart with a 102.5%.

The best contest in the shot put came in the M70 division won by Billy Hawke, California, with a 13.28 over world-record holder Arnie Gaynor, California, 13.11, and Phil Brusca, Missouri, 12.75. All three registered in the age-graded 90% range.

Franklin (Bud) Held, past Olympian, was a decisive winner in the M70 javelin with a 90.0% 44.37. Not as decisive was Michigander William Rothley's win in the M65 javelin by 0.04 centimeters with a 37.24 over Ray Feike, Pennsylvania. John Pino, Jr., New Mexico, the Games' oldest contestant at 99, competed in the javelin.

Double Races for Roadrunners and Racewalkers

Racewalkers had two events to compete in, the 1500 on the track and the 5K on the road. A 5K and 10K were offered to road racers.

The standouts in the 1500 race were two M60s, who posted the first and second fastest times overall: James McGrath, New York, 7:43.10, and Mark Adams, New Mexico, 7:47.29.

Rita Sinkovec, W60, Colorado, was the top woman performer with an 8:42.44. Julius Spielberg, M95, Michigan, finished before younger racers, with a 12:54.12.

Racewalkers in the M60 division sparkled again in the 5000 road walk, held on the huge parking lot adjoining the complex. Paul Johnson, Arkansas, finished first overall in 28:14, with McGrath, second-place overall, one second back. Sinkovec was first woman overall in 31:20. Vance Gengzinger, Michigan, won a spirited M70 race in 32:22, the first four walkers under 32:44.

William Dixon, M50, 17:10, and Yoko Eichel, W50, 21:11, were first in the 5K road race. John Pelton won the M60 race with an eighth-place 19:32. Jean Bongiorno, W60, was fourth woman, in 23:02. Eleanore Pease, 89, finished in 46:45, 12 seconds ahead of Louis Pesca, 86, the oldest male finisher.

In the 10K road race, eight M50s finished under 40:00, led by Dixon, in 35:44. Mary Ryczek, W50, Massachusetts, was the first woman in 43:20.

Celebration Highlights Athletes

For many, the main attraction of the Games was the Celebration of Athletes.

A special treat was the introduction of Oscar winner and movie tough guy, Jack Palance, who applauded the athletes for their participation in the Games, and showed his own athleticism with a reprise of his one-arm push-up routine performed on the Academy Awards stage when he received his Oscar in 1991.

Florida boasted the largest number of registered athletes for the 18-sport event with 719, followed by Maryland (596), Texas (545), and California (539). Entrants also came from Brazil, Germany, Switzerland, and Canada.

National media coverage included that by NBC, CBS, CNN, and USA Today. Press releases went to hometown newspapers of medal winners. After the first few days, coverage by the Orlando newspaper diminished, yielding to a golf tournament featuring Tiger Woods.

The National Senior Games - The Senior Olympics are sponsored by Pfizer, Inc.; TIME Magazine; Osteo-Bi-Flex, AEGIS Consulting, LLC; the Medicine Shoppe Pharmacy System; and Solvita Active Adult Community.

The 8th biennial National Senior Games will be held in Baton Rouge, La., on July 14-28, 2001.
Thankful Reflections for 1999

The end of the year 1999 marks the completion of three years in office as chair of the Masters Track and Field Committee. It is timely for me to reflect on the events and people who have made this period so valuable.

- Although it has not been so pleasant at times, I am thankful for the opportunity to serve as your chairman.
- I am thankful for an understanding and supportive spouse who tolerates my moods and always finds time to edit my National Masters News articles, attempting to keep me out of trouble.
- I am thankful for seven wonderful, morale-boosting grandchildren who cheer for me when I do something significant and even when I don't.
- I am thankful for the athletic successes and disappointments of my younger days, which taught me to know how to treat defeat as the beginning of victory.
- I am thankful to be a cancer survivor, ten years in remission and still counting. It certainly put everything in perspective.
- I am thankful to the sport of track and field, especially throwing colleagues, who are always there when you need them.
- I am thankful for being thick-skinned and having learned to tolerate negativity without retaliation. I know that, no matter how hard I try, I will never be able to please everyone. My grandchildren may be the exception.
- I am thankful to Richard Carlson for authoring Don't Sweat the Small Stuff... and it's all small stuff. If you have not read it, do it!
- I am thankful to Jerry Wojcik, National Masters News, for not entirely editing out this article.

Rankers Appointed for 1999 Outdoor Season

by JERRY WOJCIK,
Masters T & F Rankings Coordinator

The volunteer rankers for the 1999 outdoor track & field season are listed below. If your best marks for the 1999 season have not been published in the results section of the NMN by the January 2000 issue, and you want to assure that they are included in the rankings, you should send those marks with verification (name of meet, date, site, director's name and phone number, etc.) to the appropriate compilers. The deadline for submissions to the compilers is January 22.

If your best marks for 1999 were made at WAVA-Gateshead in an individual event or a combined-event and were not listed in the September issue, which listed just the top eight athletes, send those marks to the rankers. The same applies to the National Senior Games in Orlando in October, the results of which are in this issue.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task and a possibility for error. Meet directors are asked to remind their officials that marks should be recorded in metric measurements for submission to the NMN. Athletes can also help by reminding officials who are working their events to record marks in metric.

Readers who detect errors in athletes' names, age groups, marks, etc., in the results are urged to contact the compilers with the correct data.

Rankers for the 1999 Outdoor Season:

100, 200, 4x100, 4x400: Larry Patz, 334 Gould Hill Rd., Contoocook, NH 03229.
400, 5000: Alex Johnson, 2 Woodview, Cranbury, NJ 08512-2804.
800, 1500, mile: William Benson, 6 Eton St., Valley Stream, NY 11581.
5K, long hurdles, long jump, high jump, pole vault: David Ortmann, 7043 22nd Ave. N.W., Seattle, WA 98117.
Medium hurdles, long hurdles, steeplechase: James Gerhardt, 834 Thornvile Lane, Houston, TX 77079.
Combined events: Rex Harvey, 6744 Connecticut Colony Cir., Mentor, OH 44060.
3000, 10,000, triple jump, weight, superweight: Jerry Wojcik, NMN, P.O. Box 50989, Eugene, OR 97405. Email: JerryWoj@aol.com.

Masters Triumph on Long Island

by MAURY DEAN

October's Bay Shore 5K, 10K, and half-marathon brought 1000 of Long Island's stalwarts to a flat course in Bay Shore on Nov. 2nd. Masters gon-falons galore. Rudy Afanador, 41, captured the half outright in 77:50, followed by AI Oman, 49, who finished eighth M40-49 in a 2:40 Boston Marathon, and scored a third-overall 78:59 here.

The 5K was won overall by Eileen Barnes-Corley, 40, in 39:21, edging a fine effort by second-place Patty Zenisky, 43, in 40:11.

Despite its fineness, Bay Shore is not noted for easy courses. Times always seem a little hefty, perhaps due to the windy half-mile finish along the South Shore.

In the Junior Senior Citizen Zone, an old school rivalry unfurled. It seems quarterback Warren Steinert, 55, threw a disputed winning homecoming touchdown back in 1961 at his Valley Stream high school, while Danny Badalament, the Nassau County two-mile champ, went to the opposing school. Nearly 40 years later, they dueled six miles to the frantic finish, with the two-mile's kick standing off a challenge I would have paid to watch for 6.2 hard-earned miles: 41:28 to 41:32.

The hot Fireman's Sound To Bay 10K, Jamesport, N.Y., Aug. 25, Kazakhstan sensation Sergei Polikarpov, 40, 33:42, outdueled Terry Sullivan, 42, 35:52, for first overall, with Joe Komosinski, 41, third in 37:39. A total masters sweep in a field of 200+

At the Georgia Jog 5K, Easthampton, N.Y., Oct. 3, masters flyers triumphed, with Richard Temerian, 41, who often breaks 17:00, cruising to an overall 17:21 victory in a field of 130, and Diane O'Donnell, 48, winning the female race in 21:06.

At the more populous Garby Farley 5K, in Wantagh, N.Y., Oct. 9, Don DiDonato's 16:07 lost the race by seven seconds, while Kathy Martin, 48, 16:08, glommed the female overall for us 40+ hotfooted hopeful har­riers.

In the World Gym 5K for Special Olympics, Setauket, N.Y., Oct. 16, I was lucky enough to lead the parade for 2½ miles, until the younger stride of Steve Walter, 37, manhandled the last half-mile to win in 17:16, but I'd like to thank him for my age group PR of 17:29. Lilly Zajac took the W40-49 contest in 25:36.

Next day at the James Halverson 5K, Blue Point, N.Y., Jim Walsh, 50, was seventh overall and second master in 17:42, and it was a real oddity that I slipped by him in 17:31. Have you ever had a wonderful weekend where everything in your race just goes right? May you have one soon, and, as Rev. Henry Wyman used to say, "Even forevermore." Happy runn­ing amok.
Osaka Hosts General Assembly Meetings

In October 2001, I visited Osaka, Japan, to attend the GAISF (General Association of International Sports Federations) and IMGA (International Masters Games Association) general assembly meetings. The GAISF General Assembly meeting is usually held in Monaco, but switched to Osaka this year, because of Osaka's Olympic Games interest. The IMGA has for many years held its general assembly meetings at this location.

GAISF

The theme for the GAISF Congress was "Multi-sports." Many world bodies attended and gave their reports, such as World Games, Youth Games, and University Games, among others. I believe the most important message was that organizers of multi-sport events must respect and involve the individual ISFs and ensure the appropriate rules are used. I was very happy to hear this topic supported as WAVA, appropriate rules are used. I was very happy to hear this topic supported as WAVA, WAVA and ISFs have opposed this during this meeting between IAAF and WAVA heartening which Jim Blair, VP-Stadia, and myself will most likely visit Melbourne to meet with Holding and the local organizing committee, which is now awaiting information on rules, drug testing, age groups, etc.

WAVA proposed establishing a European Masters Games Association to handle plans to introduce European Masters Games. Barcelona had presented plans for 2000, but has withdrawn for the moment. Newly elected Asian Veterans president, Kiyoshi Kounoike, indicated his belief that a similar body is needed for Asia.

Although we have strongly advised the IMGA to establish regional associations, they have opposed this proposal, wishing first to be recognized by the International Olympic Committee in Lausanne, Switzerland, as the world body for the veterans' movement. The IMGA Council will contact the IOC and report the results at the general assembly meeting in 2000. One reason for their lack of interest is that they have been negotiations with Seville for the World Masters Games after Melbourne, which means Barcelona would not be able to host any European Masters Games in 2000 or later.

The WAVA Council also proposed to the IMGA general assembly that the present four-year cycle be changed from even- to odd-numbered years. This would result in the next World Masters Games (after Melbourne in 2000) being held in 2005 and every four years thereafter. I strongly emphasized WAVA's position, accepted by Gateshead by the WAVA General Assembly, that 1999 and 2000 be used to consider and evaluate establishing future cooperation between IMGA and WAVA, and competition coordination, and seek a decision in Brisbane in 2001.

WAVA

The minutes from the WAVA meetings in Gateshead are in draft form and are appropriate rules used. I was very happy to hear this topic supported as WAVA, WAVA and ISFs have opposed this during this meeting between IAAF and WAVA, and every half-marathon for men and women. The event is open to men age 40 and over, and to women age 35 and over, as of May 13. A wide variety of hotels are available from US$21 to US$73.

Gold, silver and bronze medals will be awarded to the first three finishers in each age group, and also for team scoring per country. All participants will receive a certificate and a medal specially designed for these championships. The course is a fast and flat urban circuit, measured to AIMs rules, and closed to traffic.

Entry forms are available from Mundiales WAVA, Valladolid 2000, Calle de Juan Mambrialla, 11 Bajo, E-47003, Valladolid, Spain.

Fax: 904-933-3106 or 904-933-34860. E-mail: atl.pop@jet.es.

Entry fee is US$10 WAVA fee, plus $30 for one event or $40 for two events.

Entry deadline is March 31.

COMING NEXT MONTH

• 1999 USA Masters Athletes of the Year
• USATF Convention Report
• 2000 Schedule of Events

WAVA/USATF Hurdles and Implements Specifications

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| 60+     | 300m        | .914m         | .500m         | 14.00m         | 10.50m    | 7             |

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Steeplechase: men 30-39: 3000m/33.14 (914m); men 60+ and women: 2000m/20.76 (726m).


WAVA weights are used for USATF weight performances.

Note: At the General Assembly in England, WAVA approved changes in some of the above events. We will publish those changes when WAVA declares them official.

(Note: For a list of WAVA officers, please see p. 31.)
**Masters Scene**

**NATIONAL**


- The Directory, an annual listing of all the businesses and individuals serving the sport of LDR, is an essential desktop reference for race directors and club officials; marketing companies; and manufacturers and race suppliers.

- "Going the Distance: Senior Athletes and the Benefits of Exercise" was the subject, Sept. 14, at the Senate Special Committee on Aging in Washington, D.C. The hearing was scheduled at the urging of the National Senior Games Association (NSGA) and focused on the need for programs to support healthy aging. The NSGA worked closely for six months with the office of committee chairman, Sen. Chuck Grassley (R-Iowa). Two NSGA athletes, including track & field's Mary Norckauer, 74, were among a distinguished panel of witnesses. While the committee has no legislative or budget authority, it is the recognized information-gathering body on issues of importance to older adults. NSGA hopes to spur the committee to support the NSGA and state senior games organizations.

- The NSGA now has a new web site: www.nsga.com. Its e-mail address is nsga@nsga.com.

- Gossip department: Jeanne Haagland, 62, of Los Angeles, who won six medals at the last two WAVA world meets, told us she was training for the National Senior Games 50+ in 5000 Mile For Cardiac Wellness, Hicksville, NY, Oct. 30. Holtsa U.'s cross-country coach Patty Zebersky, 43, Farmingdale, NY, hastened to third-place (31:24). Julio Aguirre, 53, Corona, NY, 29:07, and Marian Stanjones, 62, Northport, NY, 36:37, scored impressive division wins. The race, sponsored by Rhone-Poulenc Rorer Pharmaceuticals, was managed by the Greater Long Island RC, under the direction of club president Mike Polansky.

- John St. Hilaire, 40, Somerset, MA, captured the 40+ title and $1350 prize money with a 4:14:14 in the Tufts 10K For Women/USATF Open National Championships, Boston, Oct. 11.

**EAST**


- John St. Hilaire, 40, Somerset, MA, captured the 40+ title and $1350 prize money with a 4:14:14 in the Tufts 10K For Women/USATF Open National Championships, Boston, Oct. 11.
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 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be mailed 30-60 days prior to the event. Please send any corrections or additions to MNM, P.O. Box 50098, Eugene OR 97405.

ON TAP FOR DECEMBER

TRACK AND FIELD

Slim pickin’s in the gap between a very busy 1999 outdoor season and the indoor season. A good group of throwers’ meet at Kelfield, Santa Cruz, Calif., is on for the 11th. Philadelphia Masters are staging a meet on the 12th at Haverford College. The West Coast Indoor Meet, the last meet of the Old Millennium, is scheduled for the 30th in Rock Island, Ill.

LONG DISTANCE RUNNING

The USATF Masters 10K XC Championships, Long Beach, Calif., on the 5th, follow the USATF annual meeting that opened in L.A. on Nov. 30. The Tennessee-Memphis and Dallas marathons are also on the slate for the 5th. On the 11th, the Rocket City Marathon roars through the streets of Huntsville, Ala., followed on the 12th by the USATF New Jersey 10 Mile Championships in Rockaway. Early season Florida snowbird runners can opt for the Jacksonville Marathon on the 18th, while stay-at-home Long Islanders can head for the Ho Ho Ho Holiday 5K in Bethpage on the 19th. The Jim O’Brien’s World Midnight 5 Mile, Central Park, NYC, on the 31st is an opportunity to hit the New Millennium running. The Old and the New can be experienced in the Last Chance (on Jan. 1) Races, Daytona Beach, Fla.

RACEWALKING

Many road races include a race-walk category, some just for fun, others for official places and awards.

January 16-23, 10th WAVA Oceanic Championships, Norfolk Island Oceanica 2000, PO Box 1 Island 299, South Pacific. Fax: +672-23106. Email: games@worldrangers.net


OPEN

July 14-23, USA Olympic Trials, Sacramento, CA. USA Track & Field Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com

Continued on next page
Continued from previous page


LONG DISTANCE RUNNING

NATIONAL


EAST


December 12. USAF New Jersey 10 Mile Championships, Paterson Arsenal, Rockaway, 722-296-0026; USAFENN@aol.com.


SOUTHEAST

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

December 5. First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.


December 31. CRR New Year's Eve Run, Martinsville, Ga. 770-427-2271.


February 12. Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 19. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.


March 18. Shamrock Sportsfest 8K, Masters 8K, & Marathon, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. Email: sportsfest@juno.com; www.shamrocksportsfest.com.

MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia.


SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas.

December 5. Dallas White Rock Marathon & Relays, Dallas, Texas. Email: blanchinge@aol.com; www.whiterocksportsfest.com.


WEST

Arizona, California, Hawaii, Nevada.


February 6. Las Vegas International Marathon & Half-Marathon. LVM, PO Box 81262, Las Vegas, NV 89102. 702-876-3870; email: lvmarathon@aol.com.


March 5. Los Angeles Marathon. LA Marathon, 1110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 810-444-5544; email: raceinfo@lamarathon.com.


INTERNATIONAL


RACEWALKING

U.S. MASTERS ALL-AMERICAN STANDARDS

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Notes:
1) All standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30:45 - 33:36, 60:90 - 63:45.
3) Javelin: 30:00 - 32:00, 60:00 - 62:00.
4) Pent: 2600 - 2800, 5200 - 5400.
5) Decathlon: 5500 - 5700, 11000 - 11200.
6) Metric heights and distances are the standard; feet and inches listed for convenience.
7) Superweight: 30:45 - 36:36, 60:00 - 65:12.

APPLICATION FOR AN
ALL-AMERICAN CERTIFICATE/PATCH

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1. If you have equalled or bettered the standard of excellence, please fill out this application, completely.
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 for All-American, National Masters News, P.O. Box 5035, 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.
**National Masters News**

**December 1999**

**Field & Track Results**

Please send results to: National Masters News, P.O. Box 50008, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 characters) will be given preference. Deadline is the 10th of the month prior to issue date.

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### Track & Field Championships, Disney's Wide World of Sports, Orlando, Fla., Oct. 19-26

**Boys**

**100m-100m**

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**HAPPY HOLIDAYS**

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**Girls**

**100m-100m**

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**Boys**

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**Girls**

**400m-400m**

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<td>John Wagner</td>
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**800m-1500m**

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<tr>
<td>John Bale</td>
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**Girls**

**800m-1500m**

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<td>Ben Atkinson</td>
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<td>Name</td>
<td>Age</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-----</td>
</tr>
<tr>
<td>Joan Wagonell</td>
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<td>Susan Biddle</td>
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<tr>
<td>Betty Leach</td>
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<td>Kathie Switzer</td>
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</table>

**Notes:**
- The table lists the top 10 finishers in the 5K Road Race held in 1999.
- The race was part of the National Masters Track Meet.
- The time column shows the finish time for each participant.

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**Continued on next page**
Continued from previous page

### EAST

Philadelphia Masters Track & Field Association

**Masters Section**

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<tr>
<th>Age</th>
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<th>Time</th>
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<td>100m</td>
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<td>Mike Adams</td>
<td>Adams</td>
<td>100m</td>
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<td>80+</td>
<td>Sally Brown</td>
<td>Brown</td>
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<tr>
<td>85+</td>
<td>David Wilson</td>
<td>Wilson</td>
<td>100m</td>
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<td>85+</td>
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**Middle Distance**

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<th>Time</th>
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<tr>
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<td>Adams</td>
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<tr>
<td>85+</td>
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### MID-AMERICA

South Dakota Senior Games

**Footfall Cross Country, Oct. 27**

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**5000m Road Race**

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### WEST

Kettle Falls Throws Meet #7

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<tr>
<td>85+</td>
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<td>Wilson</td>
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**Discus**

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### Nevada Senior Games

University of Nevada-Las Vegas Oct. 27

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<th>Last Name</th>
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<tr>
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<td>Adams</td>
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<td>Sally Brown</td>
<td>Brown</td>
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<tr>
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<td>Wilson</td>
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<td>Turner</td>
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**Relay**

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### National Masters News

- Ken Baker 27-9
- Terry High 26-10
- Paul Langley 18-8
- Steve Bowles 15-12
- Louis Howell 33-8
- Fred Hunter 13-6
- Louis Howell 15-6
- M50 Gordon Schefter 15-6
- Jack Janne 15-7
- Budd Hamilton 17-4
- M50 Paul Bambrick 14-3
- M70 Roger Hall 16-8
- W60 Alan Cohen 17-9
- W50 Phil Rascher 30-3
- W50 Dan Hunter 27-9
- M50 Jack Janne 20-3
- W55 Nina Wood 19-5
- M55 Phil Rascher 31-3
- W55 DeeAnne Janne 13-0
- M60 Ray Sunday 32-0
- Continued on next page
### NATIONAL Masters Championships

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### LONG DISTANCE RESULTS

Please send results: to National Masters News, P.O. Box 500998, Tulsa, OK 74405. To keep up with our current results, we recommend visiting the USA Track & Field website. Results that are typed (maximum 28 spaces / 214 wide) in our format receive preference. Deadline is the month prior to issue date.

### NATIONAL Masters Championships

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Women's Race for the Cure 5K Seattle, WA; Sept. 12

\[ \text{Overall} \]
Lynda Villasviguera 16:08
Kim Wombell 17:47
Regina Joyce 18:25
Theresa Caspall 19:40
Blair Burnham 21:12
Donna Jimmen 21:16
W45 Mary Rogers-Crum 20:25
Bobbi Busch 22:40
Cathy Holmes 25:21
Jodi Lees 25:05
W50 Meg Gordon Miller 21:24
Laurie Johnson 23:25
Linda Fischer 23:46
W55 Donna Quinn 23:51
Barbara Travis 24:22
W55 Don Juan 24:23
Ricky Vasted 24:57
Rosemary Vaequey 27:10
W60 Sue Stipp 24:11
Carolyn Hitter 28:04
W65 Pat Johnson 24:43
Peggy Ansie 25:46
Kathy Schulte 25:53
T70+Virginia Hawkins 35:17
Norma Sanford 35:49

\[ \text{International} \]
\[ \text{Dutch Masters Championship} \]
Eindhoven; Oct. 31
M40 Hans Verbaart 32:36
M45 Cees de Munck 25:50
Cees de Munck 25:09
\[ \text{Masters Women} \]
1. Keila Jozsef 4:34.71
2. Kelly Britz 4:34.01
3. John Davis 4:33.27
4. Gay Gadow 4:32.55
5. Ruth Wysoky 4:49.14
6. Nancy Tinari 4:51.25
7. Rose Mosby 5:04.51
8. Marie Trujillo 5:14.57

\[ \text{The season of giving can't end with the New Year.} \]

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**American Red Cross**

Call 1-800 GIVE LIFE. Please bring some form of I.D.