Ngatia, Meyer Win in 31st NYC Marathon

By MARILYN J. MITCHELL
Sam Ngatia (41, Kenya, 2:22:58, 17th overall) and Dorian Meyer (40, New Jersey, 2:45:53, 17th woman) were the top masters in the 2000 New York City Marathon, Nov. 5.

Ngatia was faster and had a better showing than his last year’s masters win, when he ran 2:23:52 and was 22nd overall.

Masters runners made strong showings with three men and two women posting top-20 overall finishes. Chris Verbeek (41, Belgium, 2:23:14, 18th overall) and Paul Pilkington (42, Utah, 2:23:33, 19th) completed the men’s top three, while Gillian Horovitz (45, New York, 2:48:17, 19th) and Aurora Perez (42, Spain, 2:54:00) were runners-up among masters women. Masters prize money was $3000 (1st), $2000 (2nd), and $1000 (3rd) for both men and women.

The overall winners made history by being the first from their countries to take the top spots in the New York race – Moroccan Abdelkader El Mouaziz (31, 2:10:09), and Russian Ludmilla Petrova (32, 2:25:45). The winners each took $65,000, a 2001 Pontiac Aztek, and a Vespa Motor Scooter.

The 31st annual running of the world’s largest marathon drew 29,930 starters and 29,327 finishers, for a 97.9% finish rate. Cold, blustery and windy conditions – similar to last year – continued throughout the race.

The usual enormous, enthusiastic

Continued on page 5

Soderstrom, Picazo Wiliest in Windy City

By SUSANNAH BECK
The Chicago Marathon. It’s big, it’s fast, it’s better than Cato. Boasting 27,870 finishers this year (up 200% from 1996), one of the speediest courses in autumn, and now featuring a diversity of foreign runners known only to New York and the major European marathons (more than 80 different countries represented, including 738 Frenchmen), Chicago is truly magnifique. You can PR and practice your Russian!

On Oct. 22, conditions were a little warmer than ideal for some runners this year, in the 60s, and may have contributed to the absence of Chicago’s typical super-fast-times. Still, the field shone in sheer depth, with solid times across the age groups.

The overall masters winner was Jose Picazo, 52, of France, 2:32:08 ($1500), who put more than two minutes between himself and second master, Peter Embleton, 46, 2:34:23 ($1000), of England. John Clark, 40,

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Whitlock Tops
Oldest Sub-3:00 List at Columbus

By SUSANNAH BECK
Ed Whitlock, 69 years and 237 days old, the Canadian masters stats maestro from Milton, Ontario, became the oldest recorded man to break three hours in the Columbus Marathon, Oct. 30, running 2:52:50.

The previous oldest sub-3:00 runner was John Keston, 69 years 191 days, 2:58:31, on an aided course. Clive Davies, 69 years 54 days, ran 2:53:42.

Whitlock had hoped to run 2:50:30 pace, but was running a minute or so fast by halfway, and paid for it in the final four miles. Still, his pedestrian 7:45 final mile brought him home in plenty of time to top the sub-3:00 list. Whitlock has made a habit of running Columbus, posting recent times of 2:51:18 in 1998, and 2:51:02 in 1999. Columbus was blessed with cool weather in the 40s, but gusting northerly winds put a general chill on

Continued on page 7

Gray, Tinari Win Masters Mile at Kezar

Forty-five elite runners from 11 countries participated in the Champions Run for Children invitational mile at Kezar Stadium’s quarter-mile track in San Francisco on Oct. 29. The largest assembly of sub-4:00 mile runners in Bay Area history competed for the largest mile-prize purse – $30,000 – in the nation and provided a thrilling event under beautiful sunny skies.

The men’s masters division was represented by 14 U.S. and Canadian runners. Four-time Olympian Johnny Gray, 40, 1992 Olympic bronze medalist and running legend, in a spectacular debut

Continued on page 6
FINALLY, YOU CAN USE CREATINE to improve your training. New Runners Advantage® Creatine Serum® is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes.

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GREED AND THE OLYMPICS
I appreciated your “From the Editor” (Nov. NMN) comments. One Canadian journalist stuck in California during the Olympic Games moaned about NBC (Needs Better Coverage) and couldn’t get back to Canada so he could tune in CBC (Can’t Beat Canadian).

As for the rest of your comments on greed, on the gap between the wealthy and the have-nots, on the lack of real choice between the contenders for president, on the general attitude of TINA — congratulations for having the courage to point these sad facts out. It gives us a lot to think about.

Diane Palmason
Blaine, Washington

In response to “From the Editor,” America is mostly about freedom and its engine of free enterprise, capitalism. NBC took on the Olympics as a business venture, and applied its resources to best make it a success — to turn some profit. That’s America. The IOC partnered by contracting with NBC, purchaser of the coverage rights. They both contracted to ban alternative coverage to protect the conditions and NBC’s investment in delayed broadcast. It’s business methodology. The decision to air at prime time offered convenient USA viewing.

The profiles of (mostly U.S.) athletes were well done, furnishing average and seasoned viewers with the spirit of the games. Ads are a necessity. Most are not enjoyable. Some are. You’ll find that 20 minutes per hour is not excessive, compared to the NFL, NBA, etc. On the whole, I was pleased.

Asset distribution, income taxation, child poverty, jail population, medical costs and political debates have nothing to do with the topic. Nor does the TINA whine. None of it has any place in NMN. Our society is not perfect, but we’re optimistic. Progress is our most important product. We just have hurdles.

Hugh Manning
Huntsville, Alabama

What a stirring column. I hope your people at Rodale are able to take up the theme and have it become a national issue.

Sylvester Stein
London, England

AGE-GRADED STANDARDS
To my mind, the outstanding male runner at the 2000 National Masters Championships was Alfred Funk, who competed in the 85-89 age group. He won four events, and broke three world records.

Yet when the results were printed in the National Masters News in September, Alfred Funk’s age-graded % was in the 80% range. How could that be when he had set three world records?

The Age-Graded Tables show Achievement Levels: 100% Approximate World-Record Level; Over 90% — World Class; Over 80% — National Class.

From that one would assume that his % would be in the 100% range. Or at least, World Class — over 90%.

In March I submitted a letter in which I had analyzed the results of the World Championships at Gateshead which showed that the sprinters had many more runners at 90% and above than the middle distance runners.

I have gone through the results of the Nationals this year, using M70-74; 75-79; 80-84; 85-89. The sprinters in the 100 and 200 in those age groups had 18 marks over 90%. Those in the same age groups who ran the 800 and 1500 had one.

So once again I raise the question. Are the standards too low for the sprinters? Are they too high for the middle distance runners? Do the longer distance runners slow down more as they get older?

I leave the answers to those of you out there who know much more about these things than I do. I am just reporting my findings.

Bill Benson
Valley Stream, New York

(Your observations are certainly correct. It seems that more athletes can come within, say, 10% of the world record in the sprints than in middle-distance, long-distance, or field events. This seems true for open, as well as masters, athletes. Why? The answers are unclear. But sprinters across the board are scoring higher percentages than athletes in other events. The age-graded tables are slated for revision next year by WAVA. Anyone with ideas who would like to participate is welcome to join the committee. Contact Rex Harvey (address on page 2) — Ed.)

ALUMNI RUNNERS
Baylor and Texas A&M alumni runners of classes 1951, ’52, and ’53 wish to celebrate our 50th reunion of the old Southern Conference cross-country meet. In the fall of 1951, we ran the 2.7 mile official distance at Texas A&M.

We have found that almost one-half of those runners continue to jog, but many more alumni who did not run then have since taken up jogging/running. We wish to hear from all runners and joggers from those classes of 1951-53 of the University of Arkansas, Rice, Texas, TCU, and SMU, as well as those from Baylor and Texas A&M.

Julian Herring (conference champion in ’51) is the contact for A&M, Rice and U. of Texas runners, at 4034 N. 1st, Abilene, TX 79603; 1-800-588-6722; Carpet@Camalott.com.

Arkansas alumni may call or write either of us, and I will be open to all TCU, SMU, and Baylor folks.

Tony Basile, 42, first M40+ (56:07), 2000 Annapolis 10 Miler.

Robert T. Coffey, MD
3509 Overton Park East
Fort Worth, TX 76109
817-927-2407

We hope this will grow to Big 12 schools and other colleges. All help in getting organized will be greatly appreciated.

Victor Sailer
84

Paul Pitikong, 42, Utah, the first U.S. male finisher (2:23:33), New York City Marathon, Nov. 5
Regional Scoring Could Enliven Participation for More Masters

We all have fond memories of our old high school and college track and field days. We eagerly awaited the final scoring of our meets after we had lined the track exhorting our slowest 800 runner and our very average mile relay team fighting for a conference point so critical for bragging rights the next year. Well, we don't have so many active masters teams any more, just a few friends to cheer. But we do have pride in some things. One might be our USATF Region.

I am proposing that we set up informal and unofficial regional competitions at our national meets. USATF rules do not allow for a team championship in national meets, and I am not suggesting an official regional championship. We don't really need anything else inviting more committee study and official management. But wouldn't it be worthwhile to jazz up our national meets in a way that elicits interest and enthusiasm from participants and spectators alike?

If we were to score all the finalists, it would suddenly make those who finish out of the three medal positions important point scorers. If I can't win a medal, I might at least get my region a few points. I might try harder for fifth or sixth place, and I might have a few fellow athletes helping me achieve that extra effort. Surely that would enrich our competition and add a new dimension.

Review and Marvel
After each nationals, we review the results and marvel at the achievements of a particular part of the country. Sometimes the best performances seem to come from California (where we know all the tracks run downhill toward the sea). Other times the best marks are from Texas (where we always run with the wind). This year, I recall the New York/New Jersey group claiming to be the best.

With this plan, we could find out. Such a plan could combine all the age groups, and because the places for the 65s and 75s count the same as the 40s, the 40s suddenly have an interest in how their older "region-mates" are performing and where they are finishing. We could utilize a color-coded sticker to identify participants' affiliation during the races. "Go Big Blue! Beat those rascally Red guys!" I can hear it now.

Revitalizing the Relays
In scoring the relays, we will surely have a much greater interest in these potentially exciting events that have seen pitiful participation in recent years. I personally would love to see more competition in our relay races, as there is nothing more thrilling than a competitive and meaningful relay race.

I must admit that I have never run in one. Injury, fatigue, lack of interest, and lack of competition have all contributed to my decision to pass on the relays in the past, but I think it might be different if it counted for something.

We might have a spectacular unofficial banner (sponsored by some generous masters benefactor) that could remain in the possession of the winning region and be proudly displayed at their regional championships. That might also create a regional media opportunity and increase public interest at the local and regional levels, giving incentive for more regional athletes to attend the nationals.

Organizers Willing
The organizers of the 2001 USATF National Masters Indoor Championships have expressed willingness to consider this proposal. We don't have much time before that competition, but I want to give it a try. It doesn't require anything from the athletes, but it does add some stress to the scorer, who can get very busy with results in a national meet.

In Boston we are fortunate to have TRACS, a very competent organization; whereas, in some other recent national meets (Eugene certainly excepted) such a task would have been inconceivable.

That is my opinion. How do you masters feel about such a concept? Would regional scoring make any sense to you? Wouldn't it add to the interest of the meet and help build bridges across the age groups that today seem somewhat separated and isolated? Don't you think learning some new smack to throw on those guys with the red stickers sounds like fun?

NYC Marathon
Continued from page 1

crowd, numbering perhaps in the millions, was generally credited with contributing to the high finish rate, because the spectators encourage runners to continue rather than to drop out. Of the finishers, 21,015 were men; 8312 were women.

There were other notable performances, among them 60-year-old New Yorker Anna Thornhill, who beat, not the finisher, posted a strong 2:47:54 - 8th master and 26th overall - at the 2000 U.S. M90-94 City Marathon, Nov. 5.

Marilyn Mitchell

Oldest finisher, Abraham Weintraub, 90, with a U.S. M90-94 pending record (7:25.12), New York City Marathon, Nov. 5.
Jim O'Neil is Mr. Consistency

A research scientist interested in studying the effects of aging on running performance would undoubtedly find Jim O'Neil an interesting subject. There are so many variables involved in this subject – motivation and training, especially – that it is very difficult to come to any conclusions. A researcher wants consistency, and who is more consistent than O’Neil? Here’s a guy who has competed in all 33 national track and field championships and all 13 world championships.

“I believe I’m most satisfied and proud of my consistency,” O’Neil, a 75-year-old retired contractor now living in Rancho Mirage, Calif., responded after he won the 75-79 division of the 5000 at the nationals in Eugene on August 10. I had asked him to identify his most memorable or most satisfying running experiences. He didn’t know, however, how many national and world championships he has won. “I’ve never felt the need to keep count of them,” he explained.

Most Memorable Win
After further thought, O’Neil identified the 1983 world championships in Puerto Rico as his most memorable running experience. “I had aggravated a nagging injury a week before the championships while competing in the nationals in Houston,” he recalled. “I called my son, Tom, who was also my coach, and told him that I was going to have to cancel my trip to Puerto Rico. He advised me that I should not run that week and go to Puerto Rico anyway. He assured me that I should not run a step in seven days, I was thinking fourth or fifth would not be bad. “Shirley gave me a massage that evening, and in the morning Tom compelled me to do more stretching and warming up than I’d ever done before. His presence made the difference in turning my attitude around, and as the race unfolded I began to think that I could actually win it. Around the final turn, there was a pack of five and when I started to kick I was surprised at how much I had left and how easy it seemed to pull away from the others.”

Several days later, O’Neil won the 10,000 in much the same manner.

Father-Son Record
O’Neil also has fond memories of the 1977 San Mateo Marathon when he and Tom set the national father-son record for the marathon, Jim recording a 2:47:52 and Tom, then just 16, a 2:29:01. The following year, the father and son team returned and broke their own record with a combined time of 5:00:16 as Jim broke John Kelley’s 50-plus American record with a 2:35:48, while Tom did 2:24:28.

Although O’Neil does not know how many records he has held over the years, he does recall a very unusual one. That came in 1972, when he set a world record for the fastest round of golf ever played. He covered 18 holes in 47 minutes while shooting a 99. Mile great, Steve Scott, later broke that record.

Two of O’Neil’s times remain on the books as American road records in the 60-64 division – a 3:27.10K at age 60 in 1985 and a 1:35:27 for 25K the following year.

Inspired by Others
In 1943, at Oak Park High School in Illinois, O’Neil was the Chicago District Champion in the mile with a 4:40, an excellent time in those days of antiquated training methods. At the University of Miami in 1952, he did a 4:35 mile and a 10:03.1 two mile. It wasn’t until he watched a senior’s mile in a San Francisco indoor meet during early 1968, when he was 42, that O’Neil got back into running.

“The winning time was 5:02 and I figured I could do that,” O’Neil recalled. “But it took me two years to do it.”

By 1970, at age 44, O’Neil had his mile time down to 4:50:3. Then, he set out to do what he had been unable to do in college – break 10 minutes for two miles. At 47, he did it, recording a 9:58.3.

Of course, O’Neil went through the usual adaptation years in which the gains from training and reshaping the body continued to run ahead of the losses to aging. Therefore, most of his personal bests came during his early 50s, including a 1:16:14 for 5K, 33:30 for 10K and 1:16:15 for the half marathon. How fast he might have run during his 40s he had been fully adapted in those years is a matter of speculation.

Cutting Back
O’Neil recalled that during those peak years between 50 and 55 he was putting in 90-100 miles-a-week of training, including a 20 miler and occasionally a fartlek workout. “I started cutting back when I quit doing marathons,” O’Neil said. “When I did that 34:27 10K in Alameda (at age 60) I was training around 70 miles per week.”

In spite of his consistency, O’Neil admits that he’s not as motivated as he was 20-25 years ago. His 5000 winning time of 24:32.66 in Eugene gives some evidence of that as well as the fact that he did not enter any other race there. “My training now isn’t really what I would consider training at all,” he said. “It’s just running, about six miles a day at a very comfortable pace.

“My motivation now is very simple: I love to run. All the benefits of running, and there are many, continue to make my life exciting. I also have a love for traveling, and my running has involved races in 22 different countries. Of course, it helps that I’m married to a flight attendant.”

(Mike Tymn can be reached by e-mail at METGAT@aol.com)

San Francisco Mile

Continued from page 1
in the masters mile, won in 4:13.73. Anselm LeBoume, 41, USA/Trinidad, was a close second in 4:14:48. Canadian Graeme Fell, 41, ran third in 4:15:45.

In the women’s masters division, Nancy Tinari, 41, former Canadian Olympian, took first with a 4:56:12, followed by Sabrina Peters-Thompson, Tempe, Ariz., in 4:59:61, and Rose Monday, 40, of Texas, 5:10:91.


Top three men and women were awarded $1000, $500, and $300.


The event, which raised over $30,000 for charity, benefited the work of the UC-San Francisco’s Pediatric AIDS Department of the UCSF AIDS Research Institute, which provides medical care for Northern California children and adolescents infected by HIV.

Three hundred children from age 3 to 18 also participated. Throughout the day, they were treated to free races and festivities designed especially for them.

—From Road Running

Information Center
Masters Athletes Not So Easily Dismissed

In June 1997, Track & Field News editor Garry Hill posted his infamous dismissal of masters track, writing to an online forum: “The only people who give a rat’s ass about masters track are those few people who actively compete.” Hill must be gagging on his words nowadays.

Thanks to the emergence of four-time Olympian, Johnny Gray, masters track has gone mainstream in the internet’s premier track forum, the T-and-F Mailing List, based at the University of Oregon.

Gray’s victory over a world-class M40+ field in his masters debut Oct. 29 in San Francisco has become fodder for track’s cognoscente worldwide. Opinions flew over whether his 4:13.73 winning time represented a “smash hit” as a masters debut (as I characterized it).

Heated Debate

But then debate really raged over Gray’s comments to me in an e-mail interview that “my goal as a masters runner (is) first to bring more attention to (the) sport for masters. I also plan on breaking records in the 200 to the mile.” Dozens of folks on the egroups things. Bill Valenzano, 41, Amelia, Ohio, 2:37:33, and Tatiana Perepelkina, 46, Moscow, Russia, 2:43:49, were the overall masters winners. Over 3400 runners completed the race.

Columbus Marathon

Continued from page 1

It’s never too early to think Brisbane*

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Garry Hill posted his own records predictions: “I would think that within about five years there will be wholesale changes in the masters lists. I would expect... something on the order of 20.90, 46.50, 1:47, 3:39, and 3:58.” And Paul Talbot of Colorado even suggested that a sub-4 might be in the offing from yet another Olympian.

“I think one of the exciting prospects for the 2001 season is if both Johnny Gray and Jim Spivey are making sub-4:00 attempts,” Talbot wrote. “Both have a reasonable chance of doing it. I think that the betting odds are with Spivey if he makes a go of it, but Gray could make it very interesting. How about a heads-up 1000 race?”

Media Attention

In the end, whether the U.S. record holder in the 800 at age 40 lives up to his own billing is not as important as the fact that his participation has given masters a monster media boost.

Will his masters mile give momentum to our movement, or is his 4:13 just of momentary interest?

A barrel of beer says masters track will never be marginalized so easily again.

(Archives of the masters@forum on egroups: http://www.egroups.com/lists/masterstf; Archives of the T-and-F Mailing List: http://www.mail-archive.com/t-and-f@lists.uoregon.edu/)
Sleeping Pills and Performance Level

Q This is to seek advice or suggestions on the use of sleeping pills, specifically diphenhydramine, or ordinary "antihistamine HCL," sold over the counter as "Sleep Tabs," in doses of 25mg each. I am not a good sleeper after about 2:30 to 3 a.m. and have found that the above tablet, cut in half, enables me to sleep soundly until two hours later and, after the usual bathroom trip, even get back to sleep 'til 7:30 a.m. or so. Generally, the result is more energy during the day, although the tablets might cause more relaxation.

My doctor says the antihistamine pill (or 1/2 thereof) will have no harmful effects and is okay for me to take. My question is whether this means that taking a pill the night before a meet will have no negative effect on one's performance level.

During this summer’s TV broadcast of the Olympic trials, there was discussion of a top 800-meter runner's bout of depression and his medication of 25 mg. capsules and, when ingested, is not to be used with narcotics or alcohol.

It should be noted that taking a pill the night before a race or hard workout. You certainly would not want to have dry mouth and fatigue when competing. Other times, you may want to try it.

I have found it to be very effective.

A Your letter is an interesting one as it has implications for the active athlete. As a brief background, diphenhydramine HCL is an over-the-counter anti allergy medicine. The most common brand name is Benadryl.

It is used to combat allergic reactions and motion sickness. It comes in 25 mg. capsules and, when ingested, is distributed throughout the body and the central nervous system. It should be used with caution by those with asthma and hypertension, and should not be used with narcotics or alcohol.

I agree with your physician. One tablet at night is very safe and can give you a good night's sleep without the sedative "hangover" the next morning. Another interesting fact came out of a study indicating that men over the age of 65 showed less restless-leg syndrome and cramping in the legs when they took one or two tablets at bedtime.

So, for an athlete, it might prove not only to have sedative benefits, but also the effect of reducing leg cramps.

However, it is a medication, and should be used with caution. Some of the side effects can be fatigue, sedation, disturbed coordination, bronchial problems, and dry mouth.

I would not take it when engaged in actions that require mental alertness. I would not take it the night prior to a race or hard workout. You certainly would not want to have dry mouth and fatigue when competing. Other times, you may want to try it.

I have found it to be very effective.

Two Die in Separate Marathons

Two marathon runners died in different cities on the same day, Oct. 22.

At Chicago, five-year veteran runner Dan Towns, 45, a geologist from Edmond, Okla., collapsed near the 22-mile mark, and died several hours later at Mercy Hospital from coronary atherosclerosis (hardened arteries). A doctor and nurse running in the field near Towns performed CPR on the spot until the arrival of one of the race's 35 standby ambulances.

Towns was new to the sport, having completed a marathon in December, according to his wife, and numerous 10Ks and a 15.5 mile in the past year. It is the second death in 23 years at Chicago.

William Edler, 54, Delmar, Md., suffered a fatal heart attack just after the half-mile mark at the Marine Corps Marathon in Washington, D.C. He was declared dead on arrival at an area hospital. Edler also was an experienced runner, with a race history that included numerous efforts longer than 10K.

April Capwill

Capwill was a caseworker at the Erie County Assistance Office for 13 years. She was a member of the Erie Runners Club and had run four marathons, was an avid bowler, and had helped in conducting local swim meets.

She is survived by her parents, two brothers, six sisters, and 21 nieces and nephews.

Memorial contributions may be made to the American Cancer Society, Erie Unit, 2115 W. 38th St., Erie, PA 16508, or to the Humane Society, 418 W. 38th St., Erie, PA 16508.
Track and Field Report

USATF Elections to be Held in Albuquerque

By JERRY WOJCIK

Elections will be held at the USATF 22nd Annual Meeting in Albuquerque, N.M., Nov. 29-Dec. 3, for the offices of Chair, Vice-Chair, Secretary, and Treasurer of the Masters Track & Field Committee. None of the present officers is running for re-election to those positions. As of Nov. 20, nominations received by the nominating committee are Chair: John Cosgrove, George Mathews, Doug Schneebeck and Scott Thornley; Vice-Chair: Suzy Hess; Secretary: Bob Cahners; Treasurer: Frank Lulich.

Nominations may be made from the floor but not for a person absent from the meeting unless that person has notified the subcommittee in writing that he or she is willing to accept that nomination.

Three masters T&F representatives will be elected as voting delegates to the WAVA General Assembly next year in Brisbane, Australia. Suzy Hess and Al Sheahen have been nominated.

Other issues to be resolved include a proposal to adopt the WAVA weight pentathlon implements to replace those used in our U.S. weight competitions.

The Oregon TC Masters is expected to make a bid for the outdoor championships in 2003. The club, with the help of various Eugene, Ore., groups staged the largest, and in some people's view, the best ever National Championships in 2000 at Hayward Field.

The Sacramento Sports Commission that staged the 2000 Olympic Trials will make a presentation to the joint Masters Track & Field and Long Distance Running Meeting with a proposal to host the 15th World Veterans Championships in 2005. If it is approved, the group will present a bid to the WAVA Assembly in Brisbane next year.

The 2001 National Masters Track and Field: 14th World Veterans Championships will be held March 23-25 at Boston's Reggie Lewis Center on Saturday, March 24. There are also opportunities for sponsorship of the national meet and advertising space in the meet program.

FIFTEEN YEARS AGO

December 1985

- Sumner Brown Wins National Masters 10K in 34:10
- Guenter Mielke Top NYC Marathon Master in 2:29:39
- Fundraising Begins to Bring 1989 World Games to U.S.
Philip Dunn was the second American to cross the 50K finish line in the Sydney Olympics, with a time of 4:03:05, 28th out of 56 starters. The following is taken from the journal he kept from the time he left California on August 19 to his peak race on September 29, 2000.

Going to a Workout Tired
(Aug. 29) Today I woke up feeling tired and sore. My muscles were still achy and not completely recovered from the previous 30K workout. I had a real tough track session ahead, so I put all the fatigue out of my mind and simply thought about walking fast and relaxed. I knew that a positive attitude was the only thing that would get me through.

Those of us doing the 50K faced the challenge of doing 4 x 5K intervals with a five-minute rest in between. Before the workout, coach asked me how my legs felt. “I feel as though I have already done the 30K,” I replied. “Okay coach. I’ll try. I’ll do my best.” And with a chuckle, he answered sternly, “No Philip. You don’t try. You will do it. You have no choice. Okay. Go!”

For a second, I thought I was Luke Skywalker listening to Yoda’s words of wisdom. That was when I knew, despite hand.

Suddenly the fatiguedness out of my mind and simply school kids arriving at the same time. We went for an event and being warmed up a bit by the time the men's masters division started. I was able to pick up my pace. I was able to prettily I'm at just another international racewalking event in Beijing, China, and I am on the starting line with them. I got back to the hotel, I fell asleep for nearly an hour. I was just exhausted and had no energy. Perhaps I haven't completely recovered from last week's workouts.

Heart Rate Monitor and Lactic Acid Testing
(Sept. 13) It's another sunny, breezy day here in Australia's River City. Nearly all of my U.S. Olympic & field teammates left yesterday for Sydney and the Olympic Village. Just a few of us remain here at the Brisbane Marriott. The workout plan was to get in one more good distance walk. The 50K guys were scheduled for a 50K. Every day in training I use a heart rate monitor so I can keep track of how many beats per minute my heart is beating. It gives me a very good idea of how hard I am working. A week before we left San Diego, we did very detailed sports science testing to determine our target heart rate zones for certain lactate levels.

(Basic sports science lesson: When you exercise, your muscles produce lactic acid, that burning sensation you get when you are climbing a flight of stairs or running hard. At slower speeds, the body has the ability to flush out any excess lactic acid from your muscles and you can continue to run or walk comfortably. That’s called training aerobically, with enough oxygen. As you get going faster and faster, your body produces more and more lactic acid. Eventually, your body can’t remove the excess lactic acid and your muscles fatigue and cramp. That level is called the aerobic threshold. Suddenly your body doesn’t have enough oxygen to give to the muscles and it begins to work anaerobically, without oxygen.)

Continued on page 13

Herazo, Friedlander Capture Racewalk Titles
by BOBBY BAKER
On Oct. 14, the John Deere Health USAATF 5K Racewalk Championships took place in Kingsport, Tenn. Victoria Herazo, 41, won both the open and masters divisions in 25:02. This was Herazo’s fifth major victory in six weeks.

Rich Friedlander, 56, zipped past the younger masters to take the men’s masters title in 24:25. In the open race, Michael Rohr, 21:22, strode home first.

The weather was on the chilly side when the women began at 7:45 a.m., but warmed up a bit by the time the men took the line 30 minutes after completing the women’s race.

The beautiful sunny day was enjoyed by the field of 70, who hailed from 22 states and included some former Olympians. This was another great event for Kingsport as it continues to showcase the best racewalkers in the nation.
Jerry Wojcik wishes all NMN readers a Happy Holiday Season. His column will resume next month.

Rankings Deadline Fast Approaching

By JERRY WOJCIK
Masters T&F Rankings Coordinator

The ranks for the 2000 outdoor track & field season are listed below. If your best marks for the 2000 season have not been published in the NMN results section by the January 2001 issue, and to assure that they are included in the rankings, send those marks with verification (name of meet, date, site, director’s name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 22, 2001.

Field event marks in feet and inches that are published in the NMN results have to be converted to metric by the compilers. The meet directors are asked to remind officials that marks should be recorded in metric measurements for submission to the NMN.

Mistakes in athletes’ names, ages, marks, etc., in the NMN results can be corrected for the outdoor championships, either in the programs or the results. Legal resident athletes were identified by asterisks or by the lack of place number as “foreign athletes,” because only U.S. citizens can be national champions. In the past, the rankings have included legal residents when identified by the rankings who were familiar with the athletes from past experience with their names.

It is unreasonable to expect the rankings particular these new to the program or with new events, to distinguish foreign athletes, from Canada, Great Britain, and Australia, for example, who will not be ranked from legal residents, without more resources than meet results. I suggest that legal residents, to assure their being ranked, should contact the appropriate compilers.

Atkins, Bender Score Victories in 8K X-C

Herm Atkins and Kim Bender were first overall in the USATF National Masters 8K Cross-Country Championships held at the Sun Willows golf course in Pasco, Wash., on a windy Nov. 4. Atkins, an M50 runner from Everett, Wash., won by 18 seconds with a 26:35 over Arthur Kelly, M40, Tacoma, Wash. Andy Lyle, M45, Seattle, Wash., was third, five seconds later, in 26:58.

Julie Crabtree, M85, Royal City, Wash., was the oldest finisher (74:34).

Bender, W40, Seattle, Wash., ran a 30:12 in a field of 14 finishers in the women’s race. Regina Joyce, W40, Lynnwood, Wash., was second in 30:51.

Dorie Quam, Bellevue, Wash., won the W55 race by a 3:30 margin with a 35:49.

The Snohomish TC won the M50-59 (149:14), M60-69 (94:14), and M50-59 (111:36) team titles; Club Northwest won the M40-49 (139:26) and Brooks (95:31), the W40-49.

The race was held in conjunction with the Washington State High School Championships. “This made for a great day of racing on a very windy day,” said Jim Peterson, championships director.

Kurtis Designs a Winner in Detroit

By RON MARINUCCI
DETOIT, Mich., Oct. 15—If Doug Kurtis is trying to build a world-class marathon in Detroit, he’s coming very close to succeeding. That was the general reaction to this year’s 23rd annual Detroit Free Press/Flagstar Bank International Marathon.

Kurtis, in his second year as race director, redesigned the course again, taking in much of the best that Detroit and its sister Canadian city, Windsor, have to offer.

Starting downtown at the recently refurbished CoBo Hall, runners ran two miles to the Ambassador Bridge, which took them over the Detroit River to Windsor. Six miles along the riverfront in Windsor provided a spectacular view of the Detroit skyline. Enthusiastic spectators on the Canadian side encouraged runners until they headed under the river, in the Detroit-Windsor Tunnel, “the world’s only underwater mile.”

Exiting the tunnel, the course retraced itself until giving runners an opportunity to see the old (Tiger Stadium) and the new (Comerica Park) homes of the Detroit Tigers. From there it was on to Belle Isle, a gem of a park in the Detroit River, for seven miles.

Leaving the island, the marathoners had only a mile and a half to the finish at the riverfront Chene Park.

With his golden touch, Kurtis seemingly also ordered near-perfect weather—overcast, but dry skies, temperatures in the 50s, and little wind. The weather held for the entire morning.

The 2157 finishers came from all corners of the U.S. (Highland Corners, Colo.; Altoona, Pa.; Santa Fe, N.M.; Natchitoches, La.) and Kenya. The overall winner was a Kenyan, Joseph Maima, who trains in Toronto. He ran a personal best of 2:24:47 (chip time), which included a potty break along the way. The women were paced by Lisa Veneziano (2:54:26), who came all the way from Dublin, Ohio, that is.

Somewhat inexplicably, considering the conditions, times were slow. Maima’s was the slowest winning time in the history of the Free Press Marathon, although over the years there have been more than half-a-dozen courses. Time to find a slower winning time among the women requires going back to 1978.

The masters champion, Jeff Martin (2:39:47), changed identities with Dr. Jeff Martin, exercise and sports psychologist, who delivered an interesting talk at the previous day’s expo. Martin was using the Free Press Marathon as part of a longer training run to prepare for the JFK 50 Miler, his first, later this fall.

Larry Parker, M50, with a 2:55:11, was among the top masters. The fastest women’s master was Brenda Lynch, W40, sixth overall with a 3:04:56.

The marathon included two relays (two-person and five-person events) that generated enthusiasm before, during, and after the race. With the accompanying Old Navy SK, the morning attracted 3588 participants.

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com)
Tuttle, Knisely Post Course Records at Syracuse

By MATT OJA

In picking up the $500 first-place masters prize, Tuttle outran Paul Pilkington, 41, Roy, Utah, 14:49, and Jerry Kooymans, 45, Markham, Ont., 15:32 (A-G 90.0%). Pilkington won $300, and Kooymans $200.

In the women's race, Knisely easily outdistanced the defending masters champion, Diane LeGare, 49, Montreal, who ran a 17:47. Carolyn Smith-Hanna, Pittsford, N.Y., placed third in 18:30, a U.S. women's single-age record. LeGare took A-G honors with a 91.8% to Knisely's 91.2%. Prize money for women was equal to the men's.

The 50-54-year-olds were led by Dave DelFavero, Auburn, N.Y., 18:27, and Ann Furze, Clay, N.Y., 22:36. Carolyn Kriesen, Webster, N.Y., 22:40, and Don Masterson, Oswego, N.Y., 19:44, topped the 55-59s. Sam Graceffo, 64, Fayetteville, N.Y., 20:00, and Margret Betz, 64, Conklin, N.Y., excelled among the 60-64 groups. Jerry Bisson, 69, Manlius, N.Y., won the M65 race in 23:57.


Nate White, 81, Fayetteville, N.Y., was the M80 winner in 31:39. Dudley Healy, 86, Chatham, N.J., outlegged Syracuse's Charlie Jorgensen, 85, to win the M85 race in 35:52.

Team titles were awarded in each of the 10-year masters groups, with the Syracuse Chargers TC taking all of the masters team titles except for the W50-59, won by the Cats AC of Rochester, N.Y.


Acosta Leads Masters Women in Silicon Valley Marathon

Barb Acosta, 42, San Jose, Calif., three-peated as masters woman wizard at the Silicon Valley Marathon, San Jose, Calif., Oct. 29, running the floppy-disk-flat course in 2:54:26. In addition, she finished third overall for the second time running.

Acosta is the mother of two young children and the VP of Operations at a start-up company called Be Here Corp. She runs her workouts at 5:30 in the morning. Like many masters runners, she patiently suffered an ignorant San Jose reporter wowed by her victory over decrepitude.

"I don't ever plan to stop," she responded. "I don't think my friends could stand me if I didn't run . . . A youthful feeling comes from running; so I'll never stop." □

—from the San Jose Mercury News

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**On the Run**

by HAL HIGDON

Coping With Bad Weather: Alternatives to Staying Inside and Watching TV

The billboard beside the high school said, "We want snow." "Good attitude," I thought. That's the way to cope with what some people call "bad" weather. If you can't beat winter, join it. We were en route to Crystal Mountain Resort in Northern Michigan, one of our favorite ski resorts. Normally you can expect great skiing toward the end of February in the Midwest, but the temperature was 57 degrees!

Having planned a ski trip with our family months in advance, we were disappointed, but not everybody shared our point of view. "Isn't the weather great?" was the more often overheard comment. I knew runners would be running bare-legged in Chicago's great "our point of view."

months, followed by slush and water puddles as the weather warms. Winter family months in advance, we were One ain't fun.

Ice and snow during the coldest activities such as skiing. Cross-country skiing is a great form of cross-training forces us to bundle up, but bad footing: It's not merely the cold weather that rely on natural snowfall to cover cross-country trails.

Crystal Mountain had been opened), then ski a cross-country trail off the back of the mountain that wound back to the lodge. But I took a wrong turn heading upward and found myself on a black-diamond (most difficult) course called Freestyle. I had to shift from hiking-bone to side-stepping to make it to the top. By the time I reached the summit, I was soaked with sweat despite the extreme cold. Nevertheless, the sun was shining on patches of bare trees, and I was exhilarated. "This is the way to embrace winter," I thought. If you're a skier, sub-zero may be preferable to 57 degrees, particularly if you enjoy cross-country more than downhill. Resorts artificially manufacture snow for their downhill slopes, but rely on natural snowfall to cover cross-country trails that wander through the woods.

Still, Crystal Mountain had been adequately blessed by snowstorms earlier in the season. Enough snow covered the cross-country trails to permit me to grab a quick workout shortly after arriving. The next morning, despite the continuing warm trend, I skied for an hour through the woods before shifting to the downhill slopes. With the meltdown continuing, I skipped cross-country our final day at the resort. Cooler weather was predicted for the weekend, but by that time we had returned home.

The less-than-perfect weather failed to spoil our ski trip. We had fun doing whatever felt right at the time, and that included sitting around the condo reading a book. We had a final ski trip scheduled for Crested Butte Resort in Colorado later in March, and I knew we'd have more snow. After that, it would be time to start thinking about the Boston Marathon.

Becoming a cross-country skier isn't the only way to cross-train during the winter, but it will certainly help with your attitude as to what is good

Embracing Winter

At dawn, the temperature was minus-10 degrees, although with little wind. I planned to herring-bone up the downhill slopes (since the lifts had not yet started), then ski a cross-country trail off the back of the mountain that wound back to the lodge. But I took a wrong turn heading upward and found myself on a black-diamond (most difficult) course called Freestyle. I had to shift from hiking-bone to side-stepping to make it to the top. By the time I reached the summit, I was soaked with sweat despite the extreme cold. Nevertheless, the sun was shining on patches of bare trees, and I was exhilarated. "This is the way to embrace winter," I thought. If you're a skier, sub-zero may be preferable to 57 degrees, particularly if you enjoy cross-country more than downhill. Resorts artificially manufacture snow for their downhill slopes, but rely on natural snowfall to cover cross-country trails that wander through the woods.

Blessed by Snow

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Weight Pentathlon Bids Open for 2001

by DICK HOTCHKISS

Masters Weight Events Coordinator

Parties interested in bidding for the 2001 USATF National Masters Weight Pentathlon Championships should contact me or Rex Harvey at the appropriate address listed on page 3.

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**TWENTY YEARS AGO**

December 1980

- Gary Muhrcze Wins National 10K in 32:06
- NYC Marathon Masters Crown Goes to Roger Robinson (2:22:12)
Racewalking

Continued from page 10

Based on the lactate testing and using a heart rate monitor, I can determine my aerobic threshold and walk just below it. That way, I can walk for a very long period of time without cramping up and slowing down. There is always a margin of error and sometimes you go over the threshold. Today, I was able to walk within my zone and go faster than I had gone in many months for a 30K.

Three Rules for Endurance Athletes

(Sept. 27) The past three days have spun by pretty quickly. I’ve gotten into a nice routine of training, eating, sleeping, visiting with my family, more eating and more sleeping.

One of the mountain bike riders from Colorado summed up the three rules for endurance athletes prior to a major competition: 1) if you are standing up, sit down; 2) if you are sitting down, lie down; and 3) if you are lying down, put your feet up. To that I would only add, eat lots of carbs and drink plenty of fluids.

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From Ryan Lamppa at Running USA/RRIC

Tuttle, Boyd Win National 15K in Tulsa

John Tuttle, 42, Douglasville, Ga., repeated as the winner in the USATF National Masters Championships/Tulsa Run 15K in 46:51, Oct. 28. Tuttle’s time was also a single-age record, and just off his winning time last year, 46:46, in spite of warm weather.


The overall masters winner was Kenyan-born Sammy Ngatia, 40, Colorado Springs, Colo., 46:47, a 20-year resident of the U.S., and sergeant in the U.S. Army, but not a USATF-certified “U.S. citizen” for championships events. Ngatia has been hard to beat this summer, with a recent outright win two weeks prior at the Army 10 Miler (48:50).


Notable performances up the age groups included Gary Romesser, 49, Indianapolis, 46:28, who stomped on his ’99 mark, 51:30, Larry Ingram, 55, Grand Junction, Colo., 55:52, M55 winner; Jack Nelson, 61, Winnetka, Ill., 57:20, repeating his M60 win; Paul Heitzman, 69, Eudora, Kans., 65:51, repeating his first at M65. And finally, Barbara Miller, 61, Modesto, Calif., 69:21, kept the crown for another year in the W60.

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<th>Masters Age Records (2000 Edition)</th>
<th>Quantity</th>
<th>Total (US$)</th>
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<tr>
<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racewalking events, age 40 and up, and as of Oct. 31, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $5.00.</td>
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<td>Men’s and women’s 1999 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.</td>
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<td>Indoor rankings for 2000. 4 pages. $1.50.</td>
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<th>Masters Age-Graded Tables</th>
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<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00.</td>
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<td>Men’s and women’s official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of January 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, WAVA and USATF Masters T&amp;F Records Chairman. $2.00.</td>
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<td>Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. $1.50.</td>
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<th>Competition Rules for Athletics (2000 Edition)</th>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00.</td>
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<th>USATF Directory (1999/2000)</th>
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<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.</td>
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<th>USATF Governance Handbook (2000)</th>
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<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.</td>
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<th>International Scoring Tables</th>
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<td>Complete scoring tables for 21 men’s and 17 women’s individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor &amp; outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket-size (4½” x 6”). $12.00.</td>
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<th>Guide to Prize Money Races and Elite Athletes 2000</th>
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<tr>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $64.00.</td>
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<th>Running Research News</th>
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Send to: National Masters News Order Dept. P.O. Box 50098, Eugene OR 97405

Name

Address

City State Zip

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Entry Forms Available

Entry forms for the 14th WAVA World Veterans Athletics Championships are now available. You may request the entry booklet from any of the masters travel agents (see ads in this section), who are offering low-cost tours to the event. You may also request a form from the USA Masters Track & Field Manager, Don Austin, 10314 Quail Meadow, San Antonio, TX 78230. Or you can download a copy from the Champions’ web site at www.worldvac2001.com.au.

The biennial event will be held July 4-14, 2001, in Brisbane, Australia. More than 6000 athletes and another 6000 family members and friends from up to 90 nations are expected to descend on the Queensland town to partake in all common track and field events, the marathon, racewalks, cross-country races, plenty of social events and dozens of sightseeing opportunities. The meet is open to all men age-40-and-up and to all women age-35-and-up. All U.S. entries must be sent to Austin, who has volunteered to process the entries. He needs them by March 1 so he can check, assemble, and forward them to the Brisbane Organizing Committee by their March 30 deadline.

Entrants must submit proof of age (a copy of birth certificate or passport), a copy of their 2001 USAF membership card, and the fee, which can be paid with a major credit card.

Remember, Australia requires a visa from foreigners entering their country. Check with your travel agent or with an Australian consulate.

Brisbane is the capital city of the State of Queensland, centrally located on Australia’s east coast. Located on the banks of the Brisbane River, the region is home to 1.6 million people. As gateway to Australia’s premier tourist destinations, Brisbane’s international airport receives daily flights from countries throughout the world.

As a sub-tropical city, Brisbane experiences a temperate climate. It's located at 28-degrees south latitude, about the same distance from the equator as Tampa, Florida. The average daily temperature in July is 70°F (20.6°C), with clear, sunny days and mild evenings. Brisbane is within one hour of the Gold Coast and Great Barrier Reef.

Brisbane has successfully staged major national and international sporting events, including the 1982 Commonwealth Games, World Expo 88, and the 1994 World Masters Games, which drew 23,000 competitors from over 70 nations.

Three international standard venues will host the track and field events, while the cross-country races will be held on a local golf course, the road walks contested along the Brisbane River, and the marathon conducted within the inner city precinct. Each of the stadiums has warm-up areas and showering, recreational, medical, and catering facilities.

Brisbane will offer the successful “Host-a-Vet” program, where Brisbane residents will host visitors for sightseeing, dining, and other social activities.

South Pacific Adventures
Presents
WAVA Championships
BRISBANE
JULY 4-14, 2001

Attention Bargain Hunters!
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Finalists in the M70 100, won by Alan Meddings (2107), GBR, in 13.48, 13th World Veterans Championships, Gateshead, England. Bill Melville (4033), USA, was second (13.93), and Wilford Scott (4111), USA, third (14.23).

Finalists in the W50 400, won by Yvonne Priestman (5902), GBR, in 65.26, 13th World Veterans Championships, Gateshead, England. Kaye Smythe (5108), AUS, was second (65.69), and Ulla Littenheim (8416), SWE, third (65.75).

XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA
JULY 4-14-2001

(OPTION SIDETRIP NEW ZEALAND & SYDNEY)

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Site of 2003 Games at Risk

I am not happy with the developments in Kuala Lumpur, and especially not by the way some people seem to think they can act. The Championships are WAVA Championships which have been awarded for hosting, not any Championships they "own." I will report to the WAVA Council on developments and have already informed the Asia General Assembly that there is a great risk that we will seek another organizer for the WAVA 2003 World Veterans' Championships.

Drug Testing
WAVA will not drop drug testing. We will talk with the IAAF to see if their policies are adequate for WAVA. My present opinion is that we adopt the same policies and procedures.

World Masters Games
In Gateshead we indicated that WAVA will present an analysis of the advantages and disadvantages to organizing WAVA’s Stadia Championships as part of the World Masters Games in 2005, 2009, and so on every four years. Stan Perkins and I are to meet with WMG Secretary, Borge Andersen, in Copenhagen to open up these discussions and the result will be presented to the General Assembly in Brisbane for further discussion and decision. At present, I have no opinion of the result of our discussions with WMG, but I can say that:

a) WAVA has a Technical Delegate at the WMG in Melbourne 2002 due to our strong wish that WAVA supervise the track and field events there; and
b) We will - no matter whatever we do and think - have a clash between WAVA Stadia Championships and WMG every four years, i.e., 2005, 2009, etc. Can we solve this by integrating our Championships in WMG or are there other solutions? This is what we must debate.

Report from Britain

M40 800 World Record Broken

By BRIDGET CUSHEN

Probably one of the most outstanding masters records, the M40 800 1:51.25 of Britain’s Peter Browne, was finally erased from the books by the current European 800 and 1500 champion, Colm Rothery, of Ireland, when he lowered it to 1:50.69. Only three men have set new marks for this event since 1977:

1. Klaus Mainka, Germany, 1977, 1:54.5.
2. The late Noel Carroll, Ireland, 1982, 1:53.3.

Rothery won the 800 in Finland by a huge 4.36 margin in early July in 1:52.51. Later, in a thrilling 1500 race, he sprinted away from the other 13 finalists in the home straight to take another gold medal in 4:00.02. He is planning to go to Brisbane.

A very strong England team of 72 is travelling to Ireland for the annual British and Irish Home International Cross-Country on Nov. 18.
Walter Dupont, 44, 1:13:15, dominated the masters field at the NYRRC Staten Island Half Marathon, NY, Oct. 15. Thomas Hall, 50, overpowered his division with a 1:15:54.


Andrey Kuznetsov, 42, Russia, 2:38:58, was the fastest masters miler at the DCRRRC Pennsylvania Avenue Mile, Washington DC, Oct. 14, leading Russia to victory in the Embassy Teams Race.

Of the 30,000 entrants for the 2000 NYC Marathon, 2579 were 40-44 (3842M/4317W); the 45-49 divisions had 2845 (2164M/681W), which were outnumbered by the 50-54s with 6999 (2437M/4622W); and the 30-39 groups had 11,831 (7790M/4122W). After New York (8812), the states with the largest entries were New Jersey (969) and California (916). The international entries were led by France (2208), Great Britain (1903), and Italy (1946). The Netherlands (998) and Switzerland (560) supplied generous numbers relative to their populations. The top occupation listings were Administrator/Manager (3294), Attorney (1370) (no ambulance chasing jokes, please), and Teacher/Educator (1113). The occupations with the least number of entrants were Optometrist (12) and Dental Assistant (15, all women).

**SOUTHWEST**


**WEST**

Alfreda Igehart, 50, Los Angeles, in 62:27, was second female in the Run for a Green Los Angeles 7.6 Mile Trail Run to the top of Mt. Hollywood and back, Nov. 4. Adalberto Mendez, 48, Los Angeles, was first M40+ in 54:38. Mike Sather, 73, Los Angeles, took the M70+ race with an 86:36.

**INTERNATIONAL**

- Tom Jordan, WAVA Executive V-P, reports four cities are currently in the running for the 2005 WAVA World Veterans Championships: San Sebastian, Spain; Sacramento, USA; San Juan, Puerto Rico; and either Helsinki or Laiti, Finland. Vancouver, Canada earlier had expressed interest, but has not followed through with the necessary paper work.

**CORRECTIONS**

- The W65-69 mark of 5:00:00 by Yvette LaVigne, 60, in the George Sheehan Memorial race in the 5th Ave. Mile article in November was not a course record as indicated. The record is 6:43:37 by Diane Palmason, 60, in 1998. Adrienne Salmini, W65, was omitted from the 5th Ave. Mile results submitted to the NMRR. Her time was 16:41.
- 2000 Indoor Rankings Changes to those in the July issue: 400: M40 Elvis Forde, who ran 49.14 in a college meet, Feb. 18, should be ranked 1st. 800: M50 A. Bruce Watson, ran 2:06.7 in the Michigan Indoor Championship, Feb. 6, 23rd of 39 listed. Mile: M50 A. Bruce Watson, ran 5:31.3, Feb. 6, 26th of 43 listed. 3000m: M55 A. Bruce Watson, ran 10:51.9, Feb. 6, 12th of 23 listed. Shot Put: W55 Karen Wright, 7.60 in a Syracuse meet, Mar. 11, should be ranked 2nd.

**Southwestern Masters**

By GEORGE BANKER

"I was pretty much on my game. I was feeling strong and I was able to run it every day. I tried to run after mile eight. It was getting competitive, and I was testing him (Teddy Mitchell, 28). At 600 meters he took off and I was left behind."

"I am Army Sergeant Sammy Ngatia, 41, of Fort Carson, Colo., after winning the 16th Army 10 Miler, Washington, D.C., Oct. 15.

Ngatia finished in 48:30, two seconds faster than Mitchell, breaking Ngatia's masters record of 50:46, set last year. He is the oldest person to win the Army 10 Miler (the nation's largest ten-mile) and the first master to make a competitive defense of the title and set records in both years.

Ngatia, a native of Kenya who arrived in the U.S. in 1981, received citizenship in 1990, and joined the Army in 1994. Prior to that, he was a teacher in El Paso, Texas.

Kirk Baird, 40, Centreville, Va., was second (53:35), with Lanny Doan, 44, third (54:40). Patricia Clifford, 40, Silver Spring, Md., won the W40+ race in 65:17, followed by Betty Blank, 47, Falls Church, Md., in 68:12, and Sandra Adams, 51, Winchester, Va., in 69:16.

The race was produced by the Military District of Washington, and its major sponsor, the Association of the U.S. Army. The race had 1644 registered runners and 633 teams; 11,802 started and 1737 finished. In 1985 there were 1379 finishers.

The race started and finished at the Pentagon, with a tour through Washington by way of the Watergate and Kennedy Center and along Independence Avenue and Capitol Hill to the closing miles along the HOV lanes across the 14th St. Bridge.

- National 5K X-C Draws 13 Clubs from 12 States to Fayetteville, N.Y.
- John Campbell, 41, Wins Second Masters Triple Crown (Los Angeles, Los-Santo, and NYCC Marathons)
- Paul Reese, 73, Runs Across USA

**RACEWALKING**

Many outdoor track meets and road races include a racewalk event (check Schedule).

**FIVE YEARS AGO**

December 1995

- Hugh Jones, 40, Gillian Horovitz, 40, Take NYC Marathon
- Ed Sparkowski, M40, Craft Brown, W45, Win National 10K X-C
- Scott Snyder, M40, Jo Marchetti, W50, Best U.S. 5K X-C
- Farley Simon, 40, Joy Hampton, 40, Top Masters in Marine Corps Marathon
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 region championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

### Schedule

#### Track & Field

**NATIONAL**


March 23. USATF National Masters Indoor Pentathlon Championships, Boston, MA. Tel: 781-347-1616; fax: 781-347-1617; www.50plus.org. Women: 60/70/80/90/100+; men: 60/70/80/90/100+; see below.

March 23-25. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vainos. USATF NE Association, 617-566-7600; 617-332-3919; www.tracks.net; Email: tracks2@earthlink.net

April TBA. USATF National Masters Indoor Championships, Ashford University, Brescia, KY. Il; 1st day: 60M/LSP/JRU/11; 2nd day: 60M/PV1000; Jeff Watry, 2430 77th St., Paddock Lake, WI 53168; Email: JWatry@bjcom.com

June 16-17. USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.


### EAST

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

December 15. MAC Open & Masters Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. See Dec. 15.

January TBA. Adidas Invitation Indoor Meet, M40 & M50+ Mile, George Mason University, Fairfax, VA. Potomac Valley TC, 302-945-2457; corroal@erols.com

January 12-14. Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755; E-mail: Barry Harwick@Dartmouth.edu.


January 14. Philadelphia Masters Indoor Championships, Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

March 17. 29th annual USATF East Retrieval Masters Championships, Prince George County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

### SOUTH EAST

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

March 2-3. USATF National Indoor Championships, Atlanta, Ga. Masters exhibition events. Phil Rascher, stapboch@aol.com

March 10. USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60461; 815-485-2879

### MIDWEST

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

February 4. USATF Michigan Association Indoor Masters & Open Championship, Grand Valley St. U., Allendale (11 miles west of Grand Rapids). Schedule includes mile, 3000 RW, and WT. Jerry Balles, GVU, Office 97, Allendale, MI 49401. 616-895-3378. Masters: 3000 meter; 3000 meter relay; mile; mile relay

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

February 25. USATF Colorado Masters & Open Indoor Championships, CSU, Colorado Springs, CO. Box 30203, 303-442-2957; or Jerry Donley, 7151 Alamo Ave., Colorado Springs, CO 80907; 719-655-1254

### SOUTH WEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 10. U. of Houston/Runsport All-Comers Indoor Meet, UH Athletics/Alumni Center, 3100 Cullen Blvd., UH Campus. 11:00 a.m. deadline/entry fee $16-21. No cash. If enough interest. WT. Mike Takaha, 713-743-9466.

June 2. USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lesternmont@yahoo.com

July 5. Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; wrunner@aol.com

### WEST

Arizona, California, Hawaii, Nevada

December 16. Kellfield Throws Series 899, Santa Cruz, Calif. WP scoring. G. Kelmanovich, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

January 16. California indoor Masters San Diego Sports Arena. Brian Culley, kip@ritvalley.org

March 10. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 25663 Saratoga Ave., Laguna Hills, CA 92653. Email: smithfeld@home.com

May 29. Visalia Classic, Visalia, Calif.

Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030

### NORTWEST

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


January 27-28. Great Northwest Indoor Meet, Portland, Ore. Masters-29th. USATF Oregon, runjumpthrow@compuserve.com


June 16. USATF Oregon Masters & Open Championships, Portland, Ore.

### INTERNATIONAL


March 8-12. European Veterans Indoor Championships, Bordeaux, France. Federation Francaise d'Artisitisme 

### OPEN

Aug. 3-12. IAAF World Championships VIII, Edmonton, Canada.

### LONG DISTANCE RUNNING

NATIONAL


### EAST

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

December 16. Kellfield Throws Series 899, Santa Cruz, Calif. WP scoring. G. Kelmanovich, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

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May 29. Visalia Classic, Visalia, Calif.
## 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: 110m (39-40); 200m (38-39).
3. Long hurdles: 300m (50-51); 400m (49-50).
4. Shot put: 8-10' (46-47); 14-15' (44-45).
5. Discus: 40-42 (35-36); 50-52 (34-35).
6. Metric heights and distances are the standard; feet and inches listed for convenience.

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

#### NAME_ 

**Age Group:** 

**Sex:** M or F 

**City:** 

**State:** 

**Zip:** 

**Month:** 

**Year:** 

**Date of Meet:** 

**Meet Site:** 

**Event:** 

**Mark:** 

**Hurdlle Height:** 

**Weight of Implement:** 

**Certificate:** 

**Patch:** 

**Tag:**

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1. If you have equaled or bettered the standard of excellence, please fill out this application completely.
2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch showing age 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, 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
Continued from previous page

M57 Leonard Stern 37:22.00
W55 Carolyn Blakey 34:38.76
M55 Patricia Collins 34:39.25
W57 Addie Kephart 45:06.57

**WEST**

Phoenix Fall Classic
Phoenix, AZ, Oct. 21

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<td>Warren Wilson</td>
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**NATIONALS**

USA Track & Field Nationals Championships/Tulsa Run 15K Tulsa, OK, Oct. 28

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<th>Event</th>
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<td>Ben McGrady</td>
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<td>Wes Goodwin</td>
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Continue on next page
WAVES/USATF Hurdles and Implements Specifications

<table>
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<th>Hurdles</th>
<th>SPECIFICATIONS</th>
<th>WEIGHT</th>
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<tr>
<td>WAVE</td>
<td>27&quot;</td>
<td>40 lbs</td>
<td>80 lbs</td>
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<tr>
<td>MAGNUM</td>
<td>30&quot;</td>
<td>60 lbs</td>
<td>120 lbs</td>
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**Hurdles**
- **WAVE**: 27" height, 40 lbs weight, 80 lbs super weight.
- **MAGNUM**: 30" height, 60 lbs weight, 120 lbs super weight.

** Implements**
- **SHOOT PUT**: 4.00 lbs, 6.00 lbs, 8.00 lbs
- **DISCUS**: 1.30 lbs, 2.50 lbs, 3.70 lbs
- **HAMMER**: 3.00 lbs, 4.00 lbs, 5.00 lbs
- **JAVELIN**: 1.50 lbs, 2.75 lbs, 3.75 lbs

**Note**: USATF voted not to adopt WAVES's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.

**New 1999 IAAF specifications**

---

**MIRACLES HAPPEN when you give blood.**

1-800-GIVE-LIFE

**American Red Cross**

---

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 2000**

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>BIRTHDATE</th>
<th>RESIDENCE</th>
<th>GENDER</th>
<th>DIVISION</th>
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<td>80-92</td>
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**Note**: These lists are not exhaustive and only highlight some notable entries.
**MASTERS CLUBS**

Below is a list of masters track & field, long distance running, and racing clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50099, Eugene OR 97405.

### EAST

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Boston Athletic Assoc.</td>
<td>121 Clarendon St., 6th Floor</td>
<td>617-362-1656</td>
</tr>
<tr>
<td>Boston Track Club</td>
<td>79 Massachusetts Ave.</td>
<td>617-868-0415</td>
</tr>
<tr>
<td>Capital Hill Road Runners Club</td>
<td>11095 Lane Drive</td>
<td>202-322-7753</td>
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### SOUTH

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>All American TC</td>
<td>10240 E. 18th St.</td>
<td>317-777-6086</td>
</tr>
<tr>
<td>Atlanta TC</td>
<td>5405 Dunwoody Dr., Suite 101</td>
<td>770-355-9777</td>
</tr>
<tr>
<td>Birmingham TC</td>
<td>3520 16th Ave.</td>
<td>205-349-5595</td>
</tr>
<tr>
<td>Cleveland TC</td>
<td>22125 Euclid Ave.</td>
<td>216-384-1939</td>
</tr>
<tr>
<td>Greenville TC</td>
<td>11091 Research Blvd</td>
<td>864-226-8600</td>
</tr>
<tr>
<td>Huntsville TC</td>
<td>2515 River Rd.</td>
<td>251-854-0910</td>
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<tr>
<td>Chicago Masters TC</td>
<td>500 W. Adams St.</td>
<td>312-753-6333</td>
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<tr>
<td>Denver TC</td>
<td>2030 N. Wazee St.</td>
<td>303-296-2600</td>
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### MIDDWEST

<table>
<thead>
<tr>
<th>Club Name</th>
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<tbody>
<tr>
<td>Ann Arbor TC</td>
<td>6000 E. Michigan Ave.</td>
<td>734-922-3700</td>
</tr>
<tr>
<td>Columbus Masters TC</td>
<td>2111 S. 2nd St.</td>
<td>614-227-9000</td>
</tr>
<tr>
<td>Indianapolis Masters TC</td>
<td>700 W. Indiana Ave.</td>
<td>317-327-3290</td>
</tr>
<tr>
<td>Iowa City Masters TC</td>
<td>2240 Third St.</td>
<td>319-335-3333</td>
</tr>
<tr>
<td>Kansas City Masters TC</td>
<td>3701 Wyandotte St.</td>
<td>816-446-5545</td>
</tr>
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### SOUTHWEST

<table>
<thead>
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<tbody>
<tr>
<td>Dallas Masters TC</td>
<td>4241 W. Mockingbird Lane</td>
<td>214-670-4333</td>
</tr>
<tr>
<td>Denver Masters TC</td>
<td>6000 E. 2nd St.</td>
<td>303-475-3322</td>
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### MID-AMERICA

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<tbody>
<tr>
<td>American Walking Association</td>
<td>2105 Blake Rd.</td>
<td>319-335-2222</td>
</tr>
<tr>
<td>Kansas City Masters TC</td>
<td>3701 Wyandotte St.</td>
<td>816-446-5545</td>
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### WEST

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<tr>
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<tbody>
<tr>
<td>Central Masters TC</td>
<td>13000 S. 120th East Ave.</td>
<td>405-942-7600</td>
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**NORTHWEST**

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<tbody>
<tr>
<td>Anchorage RC</td>
<td>7200 Spenard Rd.</td>
<td>907-457-6666</td>
</tr>
</tbody>
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---

**For more information, visit www.mastersrunning.org**
Your computer has a key labeled "escape". Does your life have one too?

W762 Women's Running Shoe
- A lightweight stability trainer
- Abzorb® cushioning in heel and forefoot
- Dual density C-Cap™ midsole
- Stability Web®
- Available in three widths: 2A, B and D

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