Ngatia, Bakoulis Masters Winners in NYC Marathon

By MARILYN MITCHELL

"The most successful thing about the race was that it happened," said Allan Steinfeld, New York Road Runners CEO and director of the 32nd New York City Marathon at the post-race conference on Nov. 4.

Referring to the events of Sept. 11, Steinfeld said, "I called Mayor Giuliani. He said, 'Yes, the marathon is quintessential to New York City. We need to do it.'"

The NYRR dedicated the race to the victims and the rescuers, choosing the theme, "United We Run." Heightened security concerns led to unprecedented security measures for the runners, volunteers and media. The traditional blue line down the center of the course in Central Park was replaced with a red/white/blue striped line.


24th Tulsa Run, New and Improved

The 24th running of the Tulsa Run 15K, Oct. 27, saw some major improvements this year, including a new course and the abolition of the open prize purse. It still retained its traditional role as the USATF Masters 15K Road National Championships.

However, with no competition from race-only-for-cash youngsters, masters Eddy Hellebuyck, 40, Albuquerque, N.M., 45:36, and Tatyana Pozdniakova, 46, Ukraine/Gainesville, Fla., 50:47, carried the day and ran superb times to boot. Hellebuyck was an easy pick as the champion for this year’s race, given the light turnout in the cashless elite open ranks, and also due to the fact that he currently holds the 15K Masters U.S. best set earlier this year at the Gate River Run (45:12/March 10/Jacksonville, Fla.).

He was briefly challenged by Russian masters star Andrey Kuznetsov, 43, Rockville, Md., and Colorado’s Sam Ngatia, 42, KEN/Fort Sk

Adirondack AC Dominates National 8K X-C in Rochester

By SUSANNAH BECK

While the world’s attention was focused on the jubilant hoopla surrounding the New York City Marathon, Nov. 4, the Genesee Valley Harriers Running Club hosted the USATF National Masters 8K Cross-Country Championships in Rochester, N.Y., with somewhat less media exposure, but no less enthusiasm. It was a true club showdown, regional in flavor, with 24 masters age-group teams dueling for bragging rights.

In the Men’s 40-49, the Adirondack AC dominated, unbeatable this year with overall race winner and age-graded leader Tom Dalton, 43, 25:15 (89.3%), leading five AAC teammates into the top-13, for a total combined time of 2:16:59. The Genesee Valley Harriers finished second, 2:21:00, led by Scott Williams, 26:40, who placed third overall.

Six teams competed in that age-group. Buffalo’s Checkers AC’s Bob Carroll, 45, was the second-place finisher overall, running 26:34, but...

Continued on page 7

Farley Farther Faster at Marine Corps Marathon


The race played out according to plan for Simon, who ran a conservative early pace because of cold, windy conditions. Running in a pack of five that trailed race leader Paul Zimmerman, 40, Beaverton, Ore., by up to three minutes by the 13-mile mark, Simon tried to maintain his confidence in the plan. "When I saw Zimmerman at the turnaround, I said, "Whoa, that’s a long way!" But I still...

Continued on page 9
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BRISBANE
I have read Al Sheahan's comments regarding the meet in Brisbane. Although I agree with most of his constructive criticisms, I must admit that overall the meet was well conducted and was far from being the worst yet held. Brisbane was certainly a fun city.

To me the major problem was the transportation. It was the worst yet of all the world meets. This may have had much to do with crowding all the other problems. My hotel was about one mile uphill from the downtown bus terminal. Walking one mile to the terminal and then waiting for two buses was aggravating. This was the first meet where I had to take taxis to get to my two events on time.

I understood transportation was not provided because of the cost. Yet, the city of Brisbane is supposed to have made over 20 million dollars in profit. Couldn't some of this money have been donated to transportation?

Bob Minn
E-mail

WOMEN'S ASSEMBLY
I would like to correct an aberration in the October issue of NNMR wherein the President of WMA (formerly WAVA), in his "International Scene" column stated that I maintained at the Brisbane Women's Assembly that I was elected in Gateshead for a four-year term. This was not so, as I was aware of my position following a proposal put before, and voted upon, at the Gateshead General Assembly.

At the final Brisbane Women's Assembly, I informed the meeting on the outcome of the Gateshead motion, but under Item 3, "Election of the Women's Representative." A delegate did state that she understood my election was for a four-year term. I received a nomination, which was seconded. There were no other nominations. The WMA President in his address earlier had told the meeting that in the future their Representative would have to be elected at the General Assembly, not at the Women's Meeting, and this had led to some vitriolic comments.

At the General Assembly, when the name of the Women's Representative is normally announced, the President asked for permission to bring forward Agenda Item 8 (Election of WMA Council Office Bearers), ahead of Notification of the appointment of the Women's Representative.

When approval of the necessary WMA Constitution/By-Laws changes (Item 7), to facilitate the abolition of the Women's Assembly to be replaced by a Women's Committee, was voted on and carried, a male delegate then questioned the validity of my election. He referred to p. 29 of the Recommendations about Amendments to the WAVA Constitution/By-Laws, etc., from the WAVA Council of the General Assembly booklet that stated, "The effect would be that like other members of the Council, the Women's Representative will be nominated and elected at the General Assembly." After some discussion, nominations were open from the floor.

I categorically accept the outcome of the General Assembly vote on this issue and wish my successor every success as Women's Representative.

Bridget Cusnun
England

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Eddy Hellebuyck

JERRY WOJCIC

Tulsa Run 15K
Continued from page 1
Carson, for 2 km. That was it. Hellebuyck said a big goodbye at that point, and sped off to an incredibly easy 45:36 clocking, the fastest masters performance ever in Tulsa, on any course.

Hellebuyck was quoted as saying, "I was greatly surprised that no local talent came up to challenge me." Kuznetsova was second overall in 47:20; Sam Ngatia, third master, was fourth overall in 47:35; and the top Oklahoman and second American citizen was Tulsa's Ron Parks, 40, 49:27.

Gary Romesser, 50, Indianapolis, ran 50:06, for fifth M40+

In the distaff race, Ukrainian native and U.S. resident Poznyakova continued her winning ways with a masters victory, and the overall win, 50:47; outdistancing her Russian rival Ramilia Burangulova, 40, Tampa, Fla., 51:37, by 50 seconds.

Minnesotan's Janet Robertz, 42, was third and first U.S. runner in 53:55, an excellent time, despite a strained calf muscle early on. Albuquerque's Marie Boyd, 41, was fourth in 54:46; and the top Oklahoman was Broken Arrow's Priscilla Godi, 40, in 57:59.

June Machala, 70, Spokane, Wash., ran 76:32 (that's 8:13 mile pace!) to better the present U.S. record of 81:17 by Whayong Semer.

The Tulsa Run course was redesigned this year to "better reflect the personality of the race," according to race organizers, and includes some of the more prominent business and residential areas of the city, as well as downtown, along the Arkansas River. The revamped route is somewhat hilly for the first 5 km then flattens out for a fast finish.

The heavens seemed to approve the changes, as the most beautiful race morning in Tulsa Run history dawned with a cool 44 degrees, no wind, and blue sky. Principal race sponsors included Tulsa World, Williams Companies, and the Bank of Oklahoma.

The Tulsa Run raised $25,000 for its new charity, Big Brothers and Sisters of Green County, and doled out masters championships prize money four places deep for overall and age-graded performances.

From a report by Bud Almond/ Tulsa 15K

TWENTY YEARS AGO
December, 1981

• New Zealanders Jack Foster (49, 2:23:55) and Robin Hames (44, 2:48:13) Are First Masters in NYC Marathon

• Dave Jackson Smashes M50 Triple Jump WR With a 43-1 in Club West Meet

• National Masters 5K Draws Over 250 to New Orleans

Dave Jackson Smashes M50 Triple Jump WR With a 43-1 in Club West Meet

JAMES GIBBARD

Dave Jackson Smashes M50 Triple Jump WR With a 43-1 in Club West Meet

JAMES GIBBARD
Masters Support T&F as Lifetime Sport

Masters athletes continue to support the premise that track and field is a lifetime sport. In 2001, U.S. masters entered competitions at local, regional, national, and international venues at high levels of participation and performance. We were particularly appreciative of the support of the national office as well as the wonderful administrative leadership and volunteers who helped make 2001 a successful year.

Administrative Leadership

We started off 2001 with a new slate of elected officers and some new members of the Executive Committee. Both groups worked successfully as a team. The use of e-mail, telephone conferences, and in-person meetings has allowed us to conduct more business and move our organization along faster than in the past.

The year 2001 saw the masters section of the USATF Web site come alive and provide more information to our members in a timely fashion. We plan to expand our page significantly in 2002.

Masters participation in the USATF Board of Directors made a contribution to the rest of the organization and allowed masters athletes to be represented.

Championships


Regional: Indoor Championships were held in the East and Midwest; Outdoor Championships were held in all seven regions.

International: The 14th WAVA Track and Field Championships were held in Brisbane, Australia. Eighty nations were represented with nearly 5000 masters athletes participating, 405 from the U.S. A total of 41 world records were set, eight by U.S. athletes, who also broke six national records.

Championship Games Committee

Under the fine leadership of Sandy Pashkin, and funding realized by the

**Rankings Deadline Draws Near**

By JERRY WOJCICK

USATF Masters T&F Rankings Coordinator

The 2001 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by the January 2002 issue, send them with verification (name of meet, date, site, director’s name, etc.) to the appropriate compilers. Marks sent in for events that I am not compiling will not be forwarded.

The deadline for submissions to the compilers is Jan. 31, 2002.

Athletes whose best marks were made in the WAVA-Brisbane Championships (particularly in the combined events) or in the National Senior Games/Senior Olympics and did not appear in the NMN results section should send those marks to the rankers to make their task easier.

100, 200, 4x100, 4x400 – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: b6883578@aol.com

400 – Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.oregon.edu

800, 1500 – Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

High jump, pole vault – Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: FTLREDSKIN@aol.com

Long jump, triple jump, shot put, discus – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079

Javelin – Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com

Mile, 3000, 10,000, hammer, weight, superweight – Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events – Alan Russell, 171 Amberst Dr., Ames, IA 50014; e-mail: russell@iastate.edu

**FIVE YEARS AGO**

December, 1996

- France’s Dominique Chauvelier (40, 2:17.26) and Josette Collomb (43, 2:41.06) Take Masters Firsts in NYC Marathon

- Steve Scott (40, 25:08) and Cheryl McGinnis (42, 33:22) Win National 8K-XC Championships in Louisville

- USATF Announces Creation of Masters “Indy Life Circuit” for 1997

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Third Wind

By MIKE TYMN

Tallmadge Offers Formula for Successful Aging

As Bill Tallmadge sees it, there comes a time when a man must move into a "landing pattern." In other words, he feels it is time to prepare to die. It's part of Tallmadge's successful aging program.

"I want to take control of my dying so as to die the least worst death," said Tallmadge, an 85-year-old retired college music professor. "It should be a very spiritual and glorious occasion, which it generally isn't in America."

A resident of Berea, Kentucky, Tallmadge had just finished racing a 5K in Kingsport, Tenn., after telling friends it would be his last race, at least the last for which he'd seriously train. It ended a 16-year racing career that included victories in the 75-79 division of the 1991 world veterans championships in Turku, Finland, at 5K and 20K. His 5:248 in the shorter distance has not been included victories in the 75-79 division of 69, having done nothing in the way of friends it would be his last race, at least fellowship a 5K in Kingsport, Tenn., after telling there any more, except for the social or Tallmadge had just finished racing and be legal, and so the excitement isn't very spiritual and glorious occasion, Tallmadge further offered. "Besides, there's just not that much competition in my age division. All I have to do is race and be legal, and so the excitement isn't there any more, except for the social or fellowship aspect."

A Late Starter

Tallmadge took up the sport at age 69, having done nothing in the way of competitive athletics since high school. "By 1985, successful aging had become my prime objective," he explained. "I had stopped smoking a pipe and began to gain weight, so started looking for a general exercise program and a good diet. I ran across a college track to run it off and saw a race walker there. I asked him how he did it and he told me it was all in the books. So it was off to the library," a librarian introduced him to a college student who was a competitive race walker and Tallmadge was on his way.

But retiring from the sport and preparing to die doesn't mean that Tallmadge is "throwing in the towel" on life or giving up before he reaches the finish line. "By no means is that the case," he reacted to the idea. "I'm optimistic. Every day is good. I'm in great shape and feeling fine. I just celebrated the second anniversary of my second marriage and it's like every day is a vacation. I've got a lot of writing I want to do. I practice piano an hour a day, exercise about two hours a day, and do volunteer work. I have plenty to do and can use the time I'd otherwise be training."

Exercise and Spirituality

While exercise has been a big part of Tallmadge's successful aging program, spirituality has taken on a big part in recent years. "By 1993, at age 77, a degree of spirituality came into my life and shortly became as important to me as the other elements necessary to successful aging," he said. "This occurred when I became a Body Recall teacher. I gave up chess, became a volunteer for hospice and the long-term care center in the hospital here, and became very interested in assisting the dying. In my mind, there can be no successful aging unless there is also successful dying, and a strong element in successful dying is spirituality."

Subscribing to a philosophy called "process theology," Tallmadge says he is confident that his consciousness will survive his bodily death. "Your consciousness is what controls things," he explained. "I'm so certain that consciousness will be moving on, I figure there must be some type of God, but I've never been comfortable with the type of God I've heard about in church all my life."

Controlling One's Exit

Tallmadge is working on a book tentatively titled Sallekhana: The Compassionate Death. "I started it in 1996 and wrote the first three chapters during which time my first wife died of cancer," he continued. "She followed many of the suggestions in the book, kept control of her dying to the very end, and at a time of her choosing stopped eating and drinking. She died two or three days later. In a sense, this explains the basic premise of the book."

"For me, it's a diet which is healthy," he said. "That means very little of the wrong kind of fats. It means skimmed milk, no red meats, and sensible portions of fish and poultry (none fried). My wife, Betty, and I regularly split a single meat order when we dine out. Non-fat cookies, Graham crackers when possible, vegetarian burgers, vegetarian dishes, chili lasagna are all part of it. I believe you have to maintain an awareness at all times of what and how much you are eating."

Tallmadge's formula for successful aging is: "right eating plus right moving (exercise), right thinking (spirituality) and right dying." He might say he is now in his "landing pattern," but I'd say Tallmadge is now taking his victory lap. (Mike Tymn can be contacted by e-mail at metgam@aol.com)
Aging Slower Than Your Rivals - Part II

Last month we looked at some ways to slow down the aging process, which not only may increase your natural life span, but also will improve the quality of life. Here are a few more pointers for achieving these goals.

**Massage**
Massages on a regular basis will increase joint mobility and flexibility, and strengthen and maintain normal muscle tone.

**Stress**
Avoid stress as much as possible. This has to do with proper attitude and controlled emotions in daily life situations (such as in driving a car, etc.). Practice deep breathing and meditation. Avoid the hectic, driving, uptight (Type A) behavior. Pace yourself, keep calm. Don't over-react or over-dramatize a situation. Take the stronger multiple B vitamins.

**Health**
Take good care of your dental health, e.g., dental checkups and daily flossing to prevent plaque formation that leads to periodontal disease. Gum disease has been linked to heart disease, stroke, diabetes, pneumonia and other respiratory diseases.

Have a yearly check-up by your doctor. Have goals and challenges in your life. Age should be no barrier to new knowledge and experience.

Work on your emotional and spiritual health just as you work on your physical health. This involves keeping the mind active, for example, with chess and other games, bridge, reading, studying, and relaxing with music or painting. A healthy, contented mind contributes to a healthy body. Also, religious people generally live longer.

**Injury Prevention**
A serious injury, for example to the knees, can finish your athletic career. Also, frequent or chronic injury can discourage an athlete and result in stoppage of training altogether. Since intense exercise is the ultimate longevity habit, the following should be observed. Aim for the long-term.

Avoid over-training: too much, too soon, too hard, too fast. Observe proper recovery practices to avoid injury. For example, soon after a race or training, take carbohydrates, protein, and plenty of fluids, stretch, and REST. Inadequate rest and recovery in the long-term can lead to lost motivation and stoppage of training.

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**National 8K X-C**

Continued from page 1

Syracuse didn’t have to finish more than a minute before the race even started, that is, running faster than the speed of light, to get his team, 2:44:50, into the winner’s circle.

In the Men’s 50-59, eight teams vied for supremacy, but even bringing in Gary Romeser, 50, Indianapolis, 27:13, couldn’t help the Indiana All-Stars defeat Adirondack AC’s tightly-packed 50+ team. Adirondack 50+ put five runners in the chutes from 29:15 to 30:04, an enviable density. Ithaca-based High Noon 50’s Rick Hoebeke, 52, 28:41, was the second M50+ finisher.

The Men’s 60-69 team event scored three runners per team. Connecticut’s Wolfpit TC shone strongly, with performances by Bill Borla, 61, 29:45, Chuck Keating, 60, 32:09, and Jon Pelton, 62, 32:50, adding up to a 13-minute margin over the hosting Genesee Valley Harriers 60+, 1:47:20. Borla’s run earned him the age-graded second place, with 88.0%.

The curiously-named Belle Watling AC gamely held out against no other teams to take the 70+, 2:10:31.

The women’s race had five 40+ teams vie, with three runners per team, and no teams competing at higher age groups. Ithaca, N.Y.’s High Noon 40+ team, led by Gillian Sharp, 40, 31:43, Suzanne Myette, 44, 32:03, and Audrey Balander, 45, 34:23, handed it to the Genesee Valley Harriers, 1:38:09 to 1:41:48.

Kathryn Martin, 50, unattached, was the overall women’s winner, 31:14, and age-graded champion (86.3%). Genesee Valley Harrier and 2000 USATF Masters Cross-Country "Runner of the Year," Carolyn Smith-Hanna, 51, 33:31, was runner-up in the W50+, and the age-grading, with an 81.2%.

---

**Practice periodization (periodic easy weeks during training) and weeks of rest after the end of indoor and outdoor seasons. For athletes 65 to 70 (or even younger) running every other day is recommended, with perhaps two days rest per week, and cross-training in between running days (such as pool running, cycling, rowing, power walking). This reduces bodily wear and tear.

Cross-training is preferred to slow running as there is no pounding of legs and feet. Also, a less stressful running day for older runners can be achieved by doing half the workout in the morning, and the other half one to eight hours later.

In summary, every indiscretion or overindulgence in daily living or training has a minute irreversible aging effect.

(The above are excerpts from one of 25 chapters in Earl Fee’s running/fitness book, “How To Be A Champion from 9 to 90 – Body, Mind, and Spirit Training.” To order, see the Publications Order Form on p. 13.)
Is Muscle Tissue Decline Inevitable?

A recent article in a national medical journal caught my eye last month. I'm always on the lookout for articles and research that deals with masters athletes. Although this does not deal specifically with our sport, I think it gives us a further rationale to continue on with our training and competitive athletic program.

The article states that there is a decline in skeletal muscle function with aging. The authors feel this decline in muscle tissue is related to progressive reduction in the demands on the muscle, and is not an inevitable result of aging.

The adaptations and decline in muscle tissue can be minimized with some type of athletic training. Aging muscle responds to training in a similar manner to the muscle of younger athletes. Endurance training leads to an increase in VO2 max, capillarization and aerobic enzyme activity. Resistance training can improve central nervous system recruitment of muscle, hypertrophy and force output.

In any case, skeletal muscle responds according to the demands placed on it. Reducing the demand on skeletal muscle will make it react to the new lower requirement. Increase demand and the decline due to aging can be minimized, if not eliminated.

Therefore, a lifetime of physical activity is critical to maintaining the structure and function of skeletal muscle. (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, MNM, Box 50089, Eugene, OR 97405; e-mail: thefootbeat@aol.com.)

NYC Marathon

Continued from page 1

a 40th overall 2:25:02; Bakoulis, of New York City, was 17th woman in 2:41:43.


Bakoulis was joined on the masters podium by Joan Benoit-Samuelson, 44, of Maine, 2:42:56, second W40, and Ruth Pickvance, 40, Great Britain, 2:45:23.

Masters prize money was $3000 for first place, $2000 for second, and $1000 for third. In addition, Bakoulis took home some time-incentive and local prize money bonuses.

Bakoulis, fresh off her second-place finish (2:42:54) in the National Masters Championships/Twin Cities Marathon, Oct. 4, received an invitation to the "Big Dance," meeting the "B" standard for qualifying for the Olympic Marathon Trials.

Benoit-Samuelson also qualified for the Trials, but was disappointed that she had not met the "A" standard (2:39:59). Earlier in the week, she had said, "I feel I'm very strong, but need more speed work." She had been doing 70-80 mile weeks, with most of her serious training in the morning, followed by afternoon runs at an easier pace with the middle-school crosscountry team she coaches.

Benoit-Samuelson said, "The race was most definitely difficult." Gordon went by me like I was going backwards...it was like cramming for an exam. I crammed everything into six months." But she was pleased that she had done the race, tipping her hat at every fire station she passed where the firemen were up on cherry pickers. She said, "I hope this will help with the healing process in the city."

When questioned about the impact of the course change, Bakoulis, a freelance writer and editor from Manhattan, said "Yeah, it was significant. I guess I am a little nostalgic for the old course because so many of my old friends used to watch it." She went on to say that the course didn't seem any easier, because even with the change, there was an uphill climb, just a more gradual one.

She was referring to the first course change since 1977—the elimination of a short steep hill just before the 23-mile mark where the runners first enter Central Park. According to Steinfield earlier in the week, the change was made primarily for psychological reasons and was expected to promote enhanced performance. When questioned post-race, however, he said that it made no difference whatsoever, that the course records set by both the men's and women's winners and the stunning marathon debut of American Dina Drossin (28, 2:26:59) had nothing to do with the course change. Both the male and female overall winners posted course records: Tesfaye Jifar, 25, Ethiopia, 2:07:44, and Margaret Okayo, 25, Kenya, 2:24:21.

Larry Parker, 37, an NYC fireman and Maggie Maglione, 40, an NYC police officer, started the race dead last and for each person they passed by the time they crossed the finish line, sponsor JPMorgan Chase donated $5 to the respective officers' widows' and children's funds.

Parker finished in 3:14:36, and passed 23,741 runners, resulting in a $118,705 donation to the fireman's fund; Maglione finished in 4:18:15, and passed 10,457 runners, resulting in a $1,712,215 donation to the policeman's...
Cross-Country Update

Our Masters LDR Executive Committee met at the Twin Cities Marathon in early October. Among the many items on the agenda, the following cross-country topics were discussed:

**Regional X-C Championships**

Using the seven masters regions as defined in the 2001 Governance Manual, the Committee approved the concept of promoting masters regional cross-country championships beginning in the fall of 2002. Suggested bidders could include associations or clubs that currently hold grand prix series or well-established local championships. Since Masters LDR does not have regional coordinators, all interested bidders should contact me.

**Team Fees**

Since masters teams awarded in cross-country championships appreciate medals for all declared members, not just scoring members, the Committee approved the idea of a championship event charging an additional entry fee for each declared masters team.

**U.S. vs. Canada X-C Challenge**

The 2001 event was held in Coquitlam, B.C., Sept. 15. Needless to say, the tragic events of Sept. 11 affected U.S. participation for several reasons. The five Americans from the Seattle area who made the trip, met with delays at the Canadian border, but arrived in time for the race. The overall winner of the men’s 8K was Canadian Malcom Smillie, M40, in 28:04. The lone male competitor from the U.S. was Snohomish TC’s Chris Steer, who won the M55 division in 31:45.

The women’s 5K was won by Nurten Tasdemir, W35, in 19:42. U.S. women were Gwen Robertson, second W45, in 20:31; Carole Langenbach, second W55, in 34:43; Judy Groombridge, third W60, in 31:07; and Bev LaVeck, who threw aside her racing shoes to win the W65 division in 27:50.

The official scores were: men 14 to 71; and women 8 to 14, giving Canada a total of 22 points over the U.S. with 85 points. The Canadians will get to keep the perpetual Fleischmann Trophy until next November, when the U.S. will win it back in Rochester, N.Y.

**Convention 2001**

In conjunction with the USATF Senior (open division) Fall Nationals, there will be a Masters 6K Cross-Country Championships, Saturday, Dec. 1, at the USATF Convention, Mobile, Ala. This will be a great opportunity for convention delegates, regardless of competition level, to participate in a national championship. For complete entry information, see www.mobilealsports.com.

**Future Championships**

The awarding of national masters long distance running championships takes place at the Annual Meeting. The practice has been to award events two years away. After final approval by masters delegates in Mobile, a schedule will be in place whereby the masters 6K and 10K cross-country events will be linked with the Senior Championships.

In 2002, the 6K will be held in Vancouver, Wash., Feb. 9; and the 10K in Rocklin, Calif., Dec. 14 (not in conjunction with the Convention). In 2003, the winter 6K event will be in Houston and the 10K in Greensboro, N.C.

Any other distance can be bid for, including but not limited to the 5K and 8K. We expect to hear bids and award championships for those two distances in Mobile for 2003. In 2002, the 8K will be held in Rochester, N.Y., Nov. 3; that event will also serve as the U.S. vs. Canada Masters Challenge. The 5K will be held in Holmdel, N.J., Nov. 17. Carole Langenbach can be contacted by e-mail at pntj@wolfenet.com for cross-country bidding information.

Marine Corps Marathon

**Continued from page 1**

thought there was a chance he would come back.

And come back he did. Zimmerman, who was the fourth master at Boston this April (2:23:45) and no newcomer to marathon racing, had one of those nightmare marathons, where the 20-mile mark is the gateway to a different dimension – one of pain and wobbling. Thanks to leg cramps and Achilles trouble, Zimmerman’s giant lead disappeared between 21 and 23 miles. “I just kept saying, ‘Close the gap, close the gap,’” said Simon. “When I did have him in sight, I knew he was in trouble.”

Zimmerman managed to cheer for Simon when he passed by, and covered the final 10K in 50 torturous minutes. He eventually finished 15th, 2:38:24. "It just wasn’t my day," the Oregonian understated.

It was Simon’s day, though. Retirement has been good for his training, apparently. Founder of the Paradise Road Runners and sometime coach of the Spartans for three months last year training with and studying the habits of an enclave of elite Kenyan runners in Albuquerque, N.M. “I’m putting together my book on coaching and wanted to train with them to be sure I fully understood what makes them so good. My goal now is to pass on what I’ve learned to try and help others.”

— From reports by Jim Hage/Washington Post, Mike Tynan/Honolulu Advertiser, Jeremy Shwedедer/metrosportsdc.com, and Michael Musca/runnersworld.com

NYC Marathon

**Continued from page 8**

...fund. Said Parker, "I was really falling apart at mile 20, but the spirit of all the firemen we lost on Sept. 11 got me going and motivated me to keep moving."

In addition, JPMorgan Chase donated $10 million to the World Trade Center Disaster Relief Fund and has collected more than $40 million from donations throughout its branch network.

The NYRR donated $500,000 to the Twin Towers Fund, which supports the families of uniformed personnel lost Sept. 11, and at the expo and through its Web site, solicited donations from runners to match that amount. Ronzoni Pasta, sponsors of the traditional firemen’s cook-off contest and pre-race pasta dinner, increased its traditional $10,000 contribution to $30,000 this year for the United Firefighters, and a burn center to $30,000.

Steinfield’s pre-race estimates of 34,000 to 35,000 starters in the race and 30,000 finishers were revised downwards as the week progressed and it become apparent from packet pick-up that the numbers were going to be down. With substantial reductions on the international side, there were 24,057 starters and 23,651 finishers, for a 98% finish rate.

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That’s it! So take advantage of our Race Sponsorship program.

For more details, go to the RUNNER’S WORLD Web site at www.runnersworld.com and select “Sponsorship.” For more information email Bart Yasso at bart.yasso@rodale.com or call toll free 1-800-638-0482.
The Aging Process

The following is an e-mail Charlie Mansbach, M55, sent to me related to his training and aging. It is followed by Part 1 of a dialogue between Ian Whately and Wayne Armbrust, Ph.D. Ian is one of the most knowledgeable individuals on racewalking technique and shoes in the country. He competed for the United States internationally in the 20K walk and holds over 20 shoe patents. Wayne Armbrust holds a Ph.D. in theoretical particle physics. He is a former coach of the Ohio Track Club and has coached several national champions who have competed for the U.S. in World Championships and the Olympics. He is the husband of American masters record holder, Gayle Johnson, W50.

Charlie Mansbach: Not only have my walking times become annoyingly slower over the past four years, but my recovery time has grown longer. If I do a hard racewalking workout on Monday and then have an easy session on the bike on Tuesday, I too often find starts to go downhill. Hard work still beats out on Wednesday. Master’s competition more interesting. That I can’t put in an equally hard work—rewards the athlete. These facts make a hard racewalking workout on Thursday almost impossible. There is individual difference in the lower over the past four years, but my training load once we leave the spring phase of life.

husband of American masters record holder, Gayle Johnson, W50.

Robert Minn, M75 winner, 34:07.77, 5000 RW, National Masters Championships, Baton Rouge, La.

molar force is inversely proportion-al to the speed of the muscular contrac-tion means that as you take more rapid strides, your ability to push off hard will decrease. This makes sense if you picture a person trying to lift a very heavy weight. They are able to slowly raise it by pushing very hard, but they cannot lift it rapidly. As you add to the required force (as by carrying heavy weights), you will slow down the speed of movement.

If you plan to add strength work to make your walking muscles more able to drive hard even with a high stride rate, you need to know that your strength training is specific. “Specific” sounds great, but what does it mean in plain English? To get stronger for an activity, you need to train with movements that are similar to the movements used in the event you are training for. The bench press aids pectoral strength, but doesn’t help strengthen the calf muscles needed for forceful pushing in racewalking.

Another part of this “specificity” is rate of contraction and range of contraction. You will get the most training benefit if the speed of the muscle contraction is close to the target speed of contraction in the final activity (in this case, racewalking in races.) You also need to make sure that the muscle is worked through the range of motion of the target activity.

(Elaine Ward can be contacted by e-mail at narwv@aol.com.)

Avon Global Championships Draw More Than 17,000 Women to Budapest

BUDAPEST, Hungary – Margo Braud, Austin, Texas, finished in 36th place overall with a 40:09 and was the masters winner at the third annual Avon Running Global Championship on Dec. 14. The prestigious 10K uniquely showcased top U.S. and international athletes alongside women of every age and fitness level in one unified event. Braud ran with more than 3400 women, representing 21 countries, including champions from other participating countries in the Avon Running Global Women’s Circuit. At the same time, more than 13,600 women participated in the 3.6K fitness walk.

"Participating in the Avon Running Global Championship has given me a lifetime of joyful moments," said Braud. "It was truly an honor for me to compete with the world’s best female athletes."


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Recapping a Busy Year

As you read this it is almost Christmas and the start of a New Year. This present year has passed very quickly, perhaps due to the many activities in WMA and our various Regions. Looking back some years, I cannot recall our being so busy. This development shows how our movement has grown and become increasingly significant to all of us. New activities have been added, while the old ones attract more interest and greater participation. My conclusion is that we are very fortunate in this impressive success; however, we undoubtedly face tough challenges in future years and if we do not continue our improvements, we may lose ground. It's as simple as that. Speaking for myself and my Council Members, we are prepared to work hard to meet these challenges so we may prevail.

In 2001 we held a World Masters Championships–Stadia in Brisbane. We also held a WMA General Assembly in Brisbane at which (a) we became masters instead of veterans, (b) we started a reorganization of our administration by replacing the Women's Assembly with a Women's Committee (more will follow), and (c) a WMA anti-doping policy was unanimously approved.

The year 2001 has also meant continued expansion of the close cooperation and good relations with the IAAF, IMGA, IAU and Regional Athletic Associations of which EAA with its worldwide Calendar Congress is of particular importance to us.

Following are my comments on some, but not all, of the important issues to WMA.

Brisbane

Our 14th World Masters Championships in Brisbane last July were a great success and gave us all wonderful memories. The standard in most events was higher than in the past and we had more countries participating than ever. The LOC can be proud of what they gave us and we are very happy to have spent two wonderful weeks in Brisbane. Again, dear Brisbane, a very warm "Thank You."

During 2001 we have in various contexts met with other International Sports Federations and were pleased to realize that we are among the top Federations in terms of organization at all levels, numbers of athletes and worldwide participation.

It was revealed at the IMGA Annual Meeting some weeks ago that track and field has the largest show of interest in the World Masters Games in Melbourne the next year, further proving the strength of our movement. It is up to us all to maintain this position and strengthen it further. Brisbane was one important step in this direction.

Regional Championships

Some regions hold their Regional Championships in odd-numbered years, but not their Stadia Championships. In Europe the Indoor Championships in Bordeaux, FRA, was so great a success with 1800 athletes, I am convinced that Indoor Championships at the world level will also attract great interest.

At the WMA General Assembly in Brisbane we announced the Council's intention to present a proposal to our next General Assembly in 2003 that we organize the first WMA World Indoor Championships in 2004. I am sure this will also be the decision of the General Assembly – 1800 athletes in Bordeaux can't be wrong!

During 2001 we also saw the first Asian Non-Stadia Championships organized in Japan. The number of athletes and participating countries was satisfactory, given that this was the first time. They will no doubt grow over the next few years and I hope this good initiative will inspire other regions to add both Non-Stadia and Indoor Championships to their programs.

Women's Committee

I was very happy with the outcome in Brisbane regarding the proposal to abolish the Women's Assembly and replace it with an active Women's Committee. The new elected Women's Representative, Marina Hoernecke-Gill, ESP, has a heavy burden, but I am confident she will ensure this committee's deep involvement in all WMA activities and continually question and promote women's interests. This is the only way to go and I hope that my, perhaps harsh, words at the Women's Assembly will result in and contribute to a new women's era within WMA. This was my intention.

Committee Structure

The General Assembly in Brisbane not only took the decision on the Women's Committee, but also approved the Council's proposal to change the composition and way of electing the Stadia, Non-Stadia, and Doping and Medical committees.

WMA has had the same committee structure now for about 25 years and it is time to evaluate and reorganize this structure. This will be an important issue at the next Council meeting in March 2002, so a Council proposal can be presented at the General Assembly in Puerto Rico in 2003.

Stadia Championships

Our next Stadia Championships will be staged in Puerto Rico in 2003 and in San Sebastian, ESP, in 2005. We are working closely with the LOC in Puerto Rico, making a second inspection visit there in November. Their goal is to host our best Championships ever and so far there appears nothing to prevent them from doing so. We are happy to have a very competent LOC supported by our IAAF Delegate on the WMA Council, César Moreno Bravo, and one of the IAAF Vice Presidents, Amadeo Franci.

We will make our first inspection visit to San Sebastian in early 2002, when we will meet with their LOC. What we saw of the facilities at their presentation in Brisbane gave us good reason to anticipate another success story.

Non-Stadia Championships

We were delighted when the 2002 WMA World Masters Championships Non-Stadia were awarded to San Isidro, ARG, and then equally saddened when they had to withdraw due to unforeseen circumstances. These Championships would have been the first World Masters Championships ever in South America, but we look forward to new bids.

However, we thank our Italian Affiliate, FIDAL and the Regional Association in Emilia Romagna, who came to our aid with a good bid. Consequently, we will meet in the City of Riccione on May 24-26, 2002. We have visited the facilities and courses and, though the time for preparations is short, these Championships are expected to be at a high level with many athletes from all over the world. The only disadvantage is that we must utilize the old Non-Stadia program due to the short preparation time.

World Masters Games

Although I have mentioned it previously, I want to reiterate that in 2001 the world organization, International Masters Games Association (IMG), gained recognition by the IOC as the world body for veterans activities. This

Twins and Twins Again

By BRIDGET CUSHEN

Twins Graham and Grenville Tuck, racing each other over cross-country courses, are as familiar in Britain as the falling autumn leaves. As juniors and seniors, they represented their country with Grenville being the stronger. Now in the M50 age category, Grenville chases Graham.

Both were selected to represent England in the immensely popular British & Irish Veterans International in Scotland, Nov. 10. Graham won the M50 IAAF National Championships on Oct 20, Grenville was 7th. Another twin in the M40 team is Brisbane 5000 bronze medallist, Bill Foster, whose brother competed for Wales.

European M40 10K road champion, Julian Critchlow, raced to a 23-second victory in the BVAF National Cross Country Championships, running through heavy rain, from a very strong combined M40/M45 field. The women's race, run an hour earlier, was won by the diminutive Northerner Sheila Allen, W40. Multi world age group record holder, Pat Gallagher, won the W55, 22nd overall, after a worrying spell away from training with a deep vein thrombosis. Mike Boyle, 40, dominated the BVAF 10K over a hilly three-lap course in Brockwell Park, London. Against the best road runners in the county, he wore down Mark Burnhope (31:38), and Steve Murdock (32:59) to win in 31:08. Mike Hager, fourth overall, won the M50 in 32:08, fractionally slower than a 31:32 the previous weekend in the Cardiff Krug 10K.

Alison Hirst, W35, waited to overtake Daphne Ellmore, who had a brilliant run trailing a group of men and won the W50 in 37:27. Hirst only came past Ellmore on the final hill to win in 37:15. Age-group winners included Sue Walters, W40, 41:18; Val Hancock, a team Brisbane gold medalist, W55, 40:59; and Pam Jones, W65, 45:43.
NATIONAL

• Road Race Management named Carey Pinkowski, director of the LaSalle Bank Chicago Marathon, as 2001 Marathon Foto/RM Race Director of the Year in their annual RRM Race Directors’ Meeting and Trade Show, Washington, DC, Oct. 27.


EAST

• Festiva1 Page 12 National Masters News December 2001
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Masters Rise in Perfect Big Bird

By RON MARINUCCI
ROSEVILLE, Mich. – Well over half the field of 360 at the 23rd annual Big Bird 10K, Nov. 11, were masters runners. Of the 94 entrants in the accompanying 4K, another 27 were.

The masters runners were led in spirit by Darrel McKee and Joe Thornburg. McKee, 67, has run all 23 half the field of 360 at the 23rd annual Big Bird 10K, Nov. 11, were masters runners. Of the 94 entrants in the accompanying 4K, another 27 were.

McKee could tell some stories about the unpredictable weather Big Birders have faced over the years:

But none of that this year! For a mid-November Michigan run, the conditions were about as ideal as they get.

Kevin Hanson, 41, was the first masters finisher, with a third-place 33:45. Top-notch times were also automatic times are included.

Masters 5-Year Age-Group Records
Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racing events, age 35 and up, as of August 1, 2000; 8 pages. Compiled by Peter Mundie, WAVAC and USATF Masters T&F Records Chairman. $2.00.

Masters 5-Year Indoor Age-Group Records
Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. $1.50.

Competition Rules for Athletics (2001 Edition)
U.S. rules of competition for men and women for track & field, long distance running, and racing 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.

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Masters Age-Graded Tables
Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racing 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.

Masters Track & Field Rankings (2000)
Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. $8.

McMahon Family Trust Masters Track & Field Indoor Rankings (2001)
Indoor rankings for 2001; 4 pages. $1.50.

USATF Directory (2000/2001)
Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.

USATF Governance Handbook (2001)
U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00.

International Scoring Tables
Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal and racewalking—youth, open, and masters.

USATF Lapel Pin. 3-color embroidered 4” x 3” (nail pin back with military clutch). $4.50.

USATF Cross Country Patch. 3-color embroidered 4” x 3” with gold trim. $5.50.

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USATF Race Walking Patch. 3-color embroidered 3” x 3” with gold trim. $5.50.

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How to be A Champion from 9 to 90.

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.

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How to be A Champion from 9 to 90.

Earl W. Fee, world-record-holder in the M65 and M70 300M, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100’s of excellent references.


Masters Track and Field: A History, by Leonard Olson.

Silk screen and embroidered badges, pins, and patches:

Masters Track and Field: A History, by Leonard Olson.

This book is a unique and complete resource. Edited by Elaine Ward. $15.00.

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Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.

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### Schedule

**Track & Field**

#### National Masters Championships
- **March 10**: MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Dec. 14.
- **January 5, 13**: MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am.

#### Masters Meets
- **February 24**: Ohio Indoor Championships, Findlay, OH. 100-472-9502; acce@mail.findlay.edu
- **February 9**: KelField Meet, 6K and Mile; bonus for college athletes. 10 am. Vancouver, WA. 503-753-8061.
- **January 20**: North Gate 10K Classic, 10K; bonus for college athletes. 10 am. Palm Beach Gardens, FL. 718-925-4888.
- **December 15-16**: National Masters Championships, East HS, Salt Lake City, UT. (Fri-Sat meet).

#### International Championships
- **January 12-19**: 11th Oceania Veterans Championships, Geelong, Australia. 2002 Oceania Masters Games, PO Box 1815, Geelong, Vic 3220, Australia.
- **August 20-24**: North Central American & Caribbean WMA Regional Championships, Leon, Mexico. 2002 WCA World Games, PO Box 1815, Geelong, Vic 3220, Australia.

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**ON TAP FOR DECEMBER**

**Track and Field** Indoor action is available at the Prince George’s Sports Complex, Landover, MD, on the 8th; on Long Island at Suffolk Community College, Brentwood, on the 14th; and at NYC’s 168th St. Armory T&F Center on the 14th, 23rd, and 30th.

**Long Distance Running**

Two USATF Masters Championships open and close the month, with the 6K Cross-Country, held along with the USATF Convention, Mobile, Ala, on Dec. 1, and the 50K Trail, Huntington, Ind., on Dec. 29. In between, options include the California International Marathon, Sacramento, on the 2nd; Huntersville Times Rock City Marathon, Huntsville, Ala., on the 8th; New York 10-Mile Championships in Rockaway, and Dallas White Rock Marathon on the 9th; and Christmas Marathon, Olympia, Wash., on the 23rd. The year ends with the NYRR Asics/Runner’s World Midnight Run 4-Mile, in the Big Apple’s Central Park on Dec. 31.

**Racewalking**

The New Jersey 10K Championships is listed for the 30th. Many road races and indoor track meets include a racewalk (check Schedule).

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**TEN YEARS AGO**

**December, 1991**

- Ryszard Marczk (43, 2:21:03) and Graziella Sisti (42, 2:40:15) are the first Masters in NYC Marathon.
- Swag Hartel, 40, wins National 10K X-C in Louisville.
- Wally Herrara, 47, is the Best Age-Graded Runner in National 5K X-C.

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**December 2001**

**On Tap for December**

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**International**

Continued on page 15.
Ultra Runner Pirrung Breaks Records

By THERESA DAUS-WEBER

Fueled by his goal to run the 250K Sparthalon in Greece, Roy Pirrung took the aggressive advice of a friend who had run the classic ultra about how to get into the invitation only race. In 1987, Pirrung was told he would have to win a U.S. national ultra championship or set a U.S. record.

So, Pirrung, then a self-identified couch potato from Wisconsin, was off to Shea Stadium in NYC to run 100 miles in 14:58 for the win that he snared only after he passed the race leader at mile 97.

Since then, he has won 28 national ultramarathon titles, 19 of them as a master, but that first title was the most memorable of his career.

Besides the quality competition that Pirrung, 53, enjoys at championship events, he represents many sponsors who fund his participation in races.

He likes the prize money that ultra championships offer because "taking home a few dollars shows non-participants in our sport that this is a serious sport."

Says Pirrung, "To stay young, you need to work hard. For me, the incentive is to win national championship titles and break U.S. records."
RECIPIENTS OF ALL-AMERICAN AWARDS

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

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U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

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APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME____________________ AGE-GROUP______
ADDRESS___________________SEX ______ M  F______
CITY_______________________STATE____ ZIPO______
MEET_______________________DATE OF MEET______
MEET SITE______________________
EVENT_______________________MARK______
HEIGHT_____________________WEIGHT OF IMPLEMENT______

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 league you exceeded MUST accompany application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tagging event. The cost for both a certificate and a patch tagging event at the same time is $15.
4. Send: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 8" x 10" certificate, suitable for framing, and/or a 3-color, 4" x 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
### TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405.

To keep Information current do not publish results more than 6 months old. Results that are typed (maximum 28 spaces / 214° wide) in metric in our format reference preference. Deadline is 30 days prior to issue date.

#### EAST

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#### SOUTHWEST

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<td>Tom Johnson</td>
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<td>Steve Mason</td>
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**NOTE:** Continued on next page
Continued from previous page

**USATF National Masters**

**42nd Tulsa Run 15K USATF**

**Tulsa Track & Field Championships, Tulsa, OK, Nov. 4**

<table>
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<tr>
<th>Masters</th>
<th>Age</th>
<th>Name</th>
<th>City</th>
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<td>Tom Smith</td>
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<td>Jack Mitchell</td>
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<td>M80</td>
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<td>John Brown</td>
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<td>1:20:03</td>
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**LONG DISTANCE RESULTS**

Please send results to: National Masters News, Box 800, Rochester, NY 14602. We do not publish results more than 3 months old. Results that are not received in this time frame will not be included in this issue. Deadline is the 10th of the month prior to issue date.

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**UK Masters**

**Cross-Country Championships**

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<tr>
<td>M55</td>
<td>55</td>
<td>John Johnson</td>
<td>Leeds</td>
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<td>Richard Taylor</td>
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<td>John Williams</td>
<td>Leeds</td>
<td>33:53</td>
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<td>M75</td>
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<td>John Smith</td>
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**East**

**Goodloe, 66th Beacon 5K**

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<th>Age</th>
<th>Name</th>
<th>City</th>
<th>Time</th>
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<td>18:32</td>
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<td>M60</td>
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<td>Richard Taylor</td>
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<td>M80</td>
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<td>John Brown</td>
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**West**

**Goodloe, 66th Beacon 5K**

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<th>City</th>
<th>Time</th>
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<tbody>
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### National Masters News

<table>
<thead>
<tr>
<th>Date</th>
<th>Page</th>
<th>Title</th>
<th>Authors</th>
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<tbody>
<tr>
<td>December 2001</td>
<td>page 23</td>
<td>RACEWALKING: One-Hour Postal Racewalk Plantation, FL; Oct. 14</td>
<td>Michael Scherger</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ARTISTS WHO ENTER A NEW DIVISION THIS MONTH, DEC. 2001</td>
<td>Peter Mundle</td>
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### ARROW BAIRROS & 10K RACEWALKERS

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<thead>
<tr>
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<tbody>
<tr>
<td>Arturo Barrios</td>
<td>26</td>
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<tr>
<td>Citizen Books Race</td>
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<tr>
<td>Boca Vista Race</td>
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### SILICON VALLEY MARATHON

<table>
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<td>Ely Rono</td>
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<tr>
<td>Tony Young</td>
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### INTERNATIONAL

<table>
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<tbody>
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<tr>
<td>M40 Susan Love</td>
<td>2:10:31</td>
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<tr>
<td>M40 Barbara Acoela</td>
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### RACEWALKING

<table>
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<tbody>
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<tr>
<td>Julie Swann</td>
<td>2:10:31</td>
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<tr>
<td>John Johnson</td>
<td>2:10:31</td>
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<tr>
<td>Susan Love</td>
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<tr>
<td>Barbara Acoela</td>
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### Issaquah Salmon Days Rotary

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<tbody>
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<td>Jeannie Lasie</td>
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</tr>
<tr>
<td>Lisa Huyck</td>
<td>1:15:00</td>
</tr>
<tr>
<td>Linda Huyck</td>
<td>1:15:00</td>
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</tbody>
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###整体

- **December 2001**
  - RACEWALKING: One-Hour Postal Racewalk Plantation, FL; Oct. 14
  - ARTISTS WHO ENTER A NEW DIVISION THIS MONTH, DEC. 2001
- **ARROW BAIRROS & 10K RACEWALKERS**
  - Arturo Barrios: 1:15:00
  - Citizen Books Race: 1:15:30
  - Boca Vista Race: 1:15:00
- **SILICON VALLEY MARATHON**
  - Overall: Ely Rono: 2:10:31
  - Tony Young: 2:10:31
- **INTERNATIONAL**
  - Overall: M40 John Johnson: 2:10:31
  - M40 Susan Love: 2:10:31
  - M40 Barbara Acoela: 2:10:31
- **RACEWALKING**
  - Overall: Tony Young: 2:10:31
  - Julie Swann: 2:10:31
  - John Johnson: 2:10:31
  - Susan Love: 2:10:31
  - Barbara Acoela: 2:10:31
- **Issaquah Salmon Days Rotary**
  - 5K: Jeannie Lasie: 1:15:00
  - Lisa Huyck: 1:15:00
  - Linda Huyck: 1:15:00
the shortest distance between two points isn’t the point.