Steely, Ryzhov Take Masters Honors in New York Marathon

By SUSANNAH BECK
A newly expatriated Shelly Steely returned to the U.S. to win the masters title at the New York City Marathon, Nov. 3, ten days after turning 40. The '92 U.S. Olympian at 3000 ran 2:44:51 over the famous and challenging Big Apple course. The weather conditions were cold, clear and windy.

A long-time Albuquerquean, Steely moved to Australia this fall after marrying the Aussie marathoner, Shaun Creighton, who was also entered at New York. Canadian/New Yorker Alayne Adams, 41, placed second, 2:51:18. Gordon Christie, 41, from Canada, who led a strong Canada team to an unofficial second place, 2:19:17, led by third-placer Dave Hawes, 40, 2:27:11.

Two hundred runners toed the line in Black Creek Park, Rochester, NY, Nov. 3, for this strongly regional showdown of upset racing teams. A long-time Albuquerquean, Steely moved to Australia this fall after marrying the Aussie marathoner, Shaun Creighton, who was also entered at New York. Canadian/New Yorker Alayne Adams, 41, placed second, 2:51:18. Gordon Christie, 41, from Canada, who led a strong Canada team to an unofficial second place, 2:19:17, led by third-placer Dave Hawes, 40, 2:27:11.

Two hundred runners toed the line in Black Creek Park, Rochester, NY, Nov. 3, for this strongly regional showdown of upset racing teams. Like last year, Dalton, 44, 25:40, won by over a minute. His closest competitor was Gordon Christie, 41, 26:58, down from Canada, who led a strong Canada team to an unofficial second place, 2:19:32, just 15 seconds slower than GVH for five runners.

Defending champions, Adirondack Athletic Club, amassed a time of 2:20:24, three minutes off last year, but still making for some exciting finish-line math as the three M40+ teams finished within one minute of each other.

Continued on page 6

Genese Valley Harriers Upset Adirondack AC at National 8K X-C

By SUSANNAH BECK
Tom Dalton's frontrunning efforts at the USATF National 8K Cross-Country Championships couldn't get his Adirondack Athletic Club teammates back on top this year, as the hosting Genesee Valley Harriers (GVH) slipped five runners into the top 16 slots, for a five-man time of 2:19:17, led by third-placer Dave Hawes, 40, 2:27:11.

Two hundred runners toed the line in Black Creek Park, Rochester, NY, Nov. 3, for this strongly regional showdown of upset racing teams. Like last year, Dalton, 44, 25:40, won by over a minute. His closest competitor was Gordon Christie, 41, 26:58, down from Canada, who led a strong Canada team to an unofficial second place, 2:19:32, just 15 seconds slower than GVH for five runners.

Defending champions, Adirondack Athletic Club, amassed a time of 2:20:24, three minutes off last year, but still making for some exciting finish-line math as the three M40+ teams finished within one minute of each other.

Continued on page 6

Tulsa Run 15K Turns 25

By SUSANNAH BECK
The Tulsa Run 15K turned 25 this Oct. 26, and once again hosted the USATF National Masters 15K Championships, though not so's you'd notice. With the abolition of open prize money last year, and none for masters this year either, the Tulsa Run has become a very local celebration of running.

No more Mr. Hellebuyck. The Tulsa Run Web site does not even mention the championships. Still, it was a big day for Oklahoma running: almost 8000 runners competed in the 15K and the new 5K, and the race raised $25,000 for its charity, Resonance, a support center for women and children.

Pete Orban, 47, Claremore, Okla., took the overall masters honors with his 52:07 clocking. Tom Lam, 41, Tulsa, 54:18, was

Continued on page 6

Louisiana Hosts Wt. Pentathlon

Months of hard work by Jeff Baty and members of the Louisiana Lightning Track Club culminated in an entertaining and efficient championships for 59 competitors in the USATF National Masters Weight Pentathlon Championships, held in St. Amant on Nov. 9.

With cooperation and support from Assistant Meet Director, Coach John Talley, St. Amant High School was transformed into a well-organized weight pentathlon venue, with two throws areas for each of the five events.

Fourteen women and 45 men made up the field, which included athletes from as far away as Arizona, Oregon, California, Rhode Island, and

Continued on page 11
Age Grading: A method to quickly and easily compare your performances at different ages and in different events. Age-grade tables are available for free. This and "age standards." They correct a person's performance, no matter what his/her age. For example, there are three in their prime years. It also provides each individual into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

Age Records: Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

All-American Standards: A program sponsored by the USATF Masters T&F Committee, which enables an athlete to earn an "All-American" certificate and/or patch and a patch tag by bettering the AA standard for their event. (See standards in this issue.)

All-Comer Meets: Open to all, young or old. Generally, low key, fun meets.

AK: American Record

Athletics: The sports of track & field, long distance running and race-walking.

Certified: Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurately." It is encouraged that all road-races be held on certified courses. This allows athletes to know how long the actual distance is.

Coaches: Any requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated.

Violators risk banishment from USATF masters competition for a period of two years.

Hurdles: To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shorter and the heights of the hurdles are gradually lowered as one gets older. (See "WMA/USATF Specifications" in this issue.)

IAAF: International Amateur Athletic Federation, the international governing body for athletics, with more than 150 member nations. Its headquarters are in Monaco.

Implements: Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WMA/USATF Specifications" in this issue.

LDR: Long Distance Running

Masters: In the U.S., masters T&F competition begins at age 30; LDR begins at age 40. On the world level, masters T&F and LDR competition starts at age 40 for men; age 35 for women.

Masters Clubs: Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the National Masters News.

Masters Competition: Every event from the 100-meter dash to the pole vault to ultra running is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

Meet/Race Director: The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official record-keepers. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

National Team: Used mostly in open competition. National teams are selected by USATF for overseas competitions. There are no masters national teams.

NGB: National Governing Body

NMN: National Masters News

Bible of the masters athletics program. An official publication of both WMA and USATF; it is published monthly. It delivers 24 to 48 pages of results, schedules, entry forms, personal records, rankings, photos, articles, training tips, profiles, and all the inside scoop and information that affect the world masters athletics community. NMN works closely with counters from readers and results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is $28 (2nd class), $45 (1st class) or $48 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

Non-Stadia: Refers to events held outside a stadium (road race, etc.)

NSGA: National Senior Games Association, an independent organization, which offers a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 50-and-up. NSGA helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments. Qualification for the events is generally required by competing in state meets.

Postal Event: Generally a championship whereby athletes may compete in various parts of the country during the year, and "mail" (post) their mark to the event coordinator, who combines everyone's results to determine winners.

PR: Personal Record

PW: Personal Worst

Rankings: An annual listing of masters T&F rankings is compiled and available through the Road Running Information Center.

RRIC: The Road Running Information Center

RRRC: Road Runners Club of America

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

World Masters Road Race Championships: Events held outside a stadium (road race, etc.) each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WMA Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics

WMA-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a foreign "competitor" to become a USATF member to compete in USATF events.

USATF Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WMA Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WMA Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WMA Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

WMA Regions: There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schepman's state-by-state breakdown.)

WMA: World Masters Athletics, the official world masters governing body for athletics, recognized by the IAAF as the official organization to oversee masters athletics. WMA stages a World Masters Championships each odd-numbered year for men 40+ and women 35+. It holds a World Masters Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the WMA World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.
NEW AGE FACTORS
Because of injuries and arthritis, this 81-year-old switched from decathlons to weight pentathlons some years ago. Several new factors have particularly interested me about our events in recent months.

The 1994 scoring system was not very different overall from the 1989 one, but the new 2002 weight pentathlon factors may cause some crises of anguish, primarily in the javelin and weight.

The new factors were used in the Rocky Mountain Games weight pentathlon this summer. The 13 male competitors averaged 745 points in the weight, and 463 in the javelin, a huge gap.

While the group as a whole may have leaned slightly toward the hammer/weight direction, this spread is ridiculous. Seven of us topped 800 in the weight, a score not reached by anyone in the javelin, including Ian Perczy, a respectable M55 javelin thrower. I'm decent in the javelin, poor in the 128 weight, yet my scores were 713 and 815, respectively.

Another point is that oldsters seem to be favored over younger men. Perczy, 57, listed virtually the same with the old factors, and I gained 200 points, despite the low javelin score. I should be delighted with my "sudden improvement," but realize that something is out of whack.

When I first took up track in 1981, there were two active 80-year-olds, Buell Crane, and 132-pound Herb Anderson, who between them held virtually all world and U.S. records. In the 2001 Rankings Book, there were 79 shut putters and 75 discus throwers listed under men age 80+. Obviously, ratings for older individuals will have to be constantly revised.

Which leads me to a real oldster, Everett Hoscak, whose performance (a 6037 total) in the Norm Bower Memorial Weight Pentathlon covered in the November issue of MNM is outstanding and unprecedented. Yet how can we honestly claim that it is really 800 points better than anything, say, Tom Gage or Ladislav Pataki can put up?

Does a 25-foot discus throw by an exceptional 100-year-old truly outrank one, but the new 2002 weight factors may cause or some error, but the new 2002 weight systems are far too high.

At the moment, we're a long way from being a national meet using international weights. Sprinters still run the 100 and 200, jumpers still jump the same, and distance runners still run the same distances, so why can't throwers use the same weights as before?

It may not be for everyone, but I bet there are many throwers who would love to see where they are with the heavier implements. Therefore, I am looking into the possibility of running a national championships for men, using the above international implements, and for women, using the 4k shot, 4k hammer, 1k discus, and 600g javelin, contestants age-50-and-up in five-year increments.

The contest would be held at Dartmouth College, Hanover, N.H., in August 2003. I look forward to hearing from anyone interested in a meet using international weights.

Frank Bowles
Greeley, Colorado

INTERNATIONAL WEIGHTS
I've competed in masters track & field in throwing events since my early 30s, and enjoyed it tremendously until age 50, when I had to move to lighter weights. As I am now in my 60s, the weights are lighter still.

It has been difficult at times to adjust to the lighter weights, and I still throw the "old" weights, the international weights, every chance I get. I enjoy the training that is involved in throwing the international implements; the 10k shot, the 16k hammer, the 2k discuss and the 800g javelin. It's a measure of where I am, regardless of my age.

In order to throw the international implements successfully, an athlete must maintain his/her speed and strength through hard training. I enjoy this heavy training very much, and I feel there are other older throwers who would enjoy competing with the heavier implements, but never have the opportunity.

I am not advocating getting rid of the WMA implements. I'm just looking at adding a national meet using international weights. Sprinters still run the 100 and 200, jumpers still jump the same, and distance runners still run the same distances, so why can't throwers use the same weights as before?

In 2000, I was fortunate to be able to compete in all the championship track meets. Unfortunately, I started to have all sorts of illnesses, which have made it necessary for me to retire and hang up my spikes.

I want to thank the many wonderful friends and competitors for the age-50-and-up in five-year increments.

Carl Wallin
58 Stone Brook Road
Lebanon, NH 03766
603 448-2164 (h); 603 646-2848 (w)

HANGING UP THE SPIKES
I had really expected to participate in track & field until I was 100 years of age, or until my health no longer permitted me to compete.

When I attained the age of 80 in 2000, I was fortunate to be able to compete in all the championship track meets. Unfortunately, I started to have all sorts of illnesses, which have made it necessary for me to retire and hang up my spikes.

I want to thank the many wonderful friends and competitors for the age-50-and-up in five-year increments.

I shall miss you all, and would appreciate hearing from you.
Masters Track & Field continues to support the premise that track & field is a lifetime sport. In 2002, we have had centenarian Everett Hosack breaking many world records. We are a grass roots committee that derives our base from the local association level. We provide competitive opportunities for athletes at local, regional and national venues at high levels of participation and performance.

We are particularly appreciative of the support of the national organization as well as the wonderful administrative leadership and volunteers who helped make 2002 a successful year.

Administrative Leadership

This is the second year that the current elected officers have been in place and working effectively with our executive committee and all members of Masters Track & Field. We believe that communication has improved and look forward to defining our goals and increasing our membership in 2003.

We also believe that masters participation in the USATF Board of Directors has made a contribution to the organization and allowed masters athletes to be represented.

National Indoor Championships

The 2002 Indoor Championships returned to the Reggie Lewis Track Center in Boston for the sixth time since 1997. Boston will host these championships again in 2003 and 2004. Despite some concerns about air travel after the Sept. 11 tragedy, 810 athletes participated in the championships. Twenty-six world and 18 U.S. pending age-group records were broken or established.

National Outdoor Championships

The 35th Outdoor Championships returned (after being held there in 1998) to the Clarence Beckett Family Track & Field Facility at the University of Maine, Orono, for an outstanding competition. A total of 1062 athletes, representing almost every state, participated and broke or established nine world and 25 U.S. pending age-group records. The 36th Outdoor Championships will be held in Eugene, Ore., in 2003 and Decatur, Ill., in 2004.

Regional Championships

Outdoor regional championships were held in six of our seven regions. One indoor regional championships was held, in our Mid-America Region (Colorado State University). We need more venues to provide indoor championships in other regions.

The Championships Games Committee, under the leadership of Sandy Paulkin, with funding realized by the championships surcharge, has done a fantastic job overseeing the conduct of our major indoor and outdoor championships.

The Awards Committee, under the new leadership of Phil Byrne, has instituted new policies and procedures that have been favorably received by the membership.

Rankings

For many years our rankings have been prepared by Jerry Wojcik and many hard-working volunteers. We want to thank them all for the great job they have done. In 2003, Dave Clingan will take over the outdoor rankings with a dynamic internet format that will also be published in the National Masters News.

Thanks to all who helped make our sport thrive in 2002.

USATF to Meet in Kansas City

The 24th Annual Meeting of USA Track & Field is scheduled for Dec. 4-6 at the Hyatt Regency Crown Center, Kansas City, Mo.

General sessions start on Wednesday, Dec. 4. Besides attending business meetings for track & field, race-walking, and long distance running, masters will participate in a busy social agenda, including the Jesse Owens/Hall of Fame Awards Banquet on the 6th, and the Saturday Awards Breakfast Buffet on the 7th.

The theme for this year’s meeting is “These Are the Days...to Remember.”

THROWERS

TRAIN YOUR BRAIN!!!

The Long & Strong Throwers Journal (LSTJ) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. LSTJ is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. LSTJ interviews with top name throwers such as Adam Nelson, Sazio Powell and Beaux Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. LSTJ provides throws coverage and photos from major competitions that you won’t find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!
The Ultimate Survival Test Continues

In the October issue of NMN, Lou Zamperini's Olympic experience was summarized. Last month's column told how the B-24 he occupied crashed in the Pacific Ocean and how he survived the initial 27 days on a life raft with two other survivors.

Under attack by Japanese planes from above and by sharks from below, Lou Zamperini and his two Army Air Corps companions thought they were finished. "Every time the plane passed over, I got under the raft and was trying to avoid the sharks," Zamperini continued his story. "I'd straighten up and sit on the snout and they'd take off.

The Japanese bomber strafed the three men for about 45 minutes. Finally, the three men decided to "play dead" by putting their arms over the raft and hanging their heads. It worked and the plane left.

Zamperini struggled back into one of the two rafts (tied together), but neither of the other two men had the strength to climb back in. It had been 27 days since their plane had crashed and the men had subsisted on a few fish, a couple of birds, and shark livers. They were starved and dehydrated. Zamperini pulled the other two in. They counted 48 bullet holes in the two rafts. One of them had deflated and the other was barely functional.

"The next eight days were the most miserable of our lives," Zamperini went on. "We were constantly pumping (trying to inflate the raft). We took turns pumping five minutes at a time. We got so tired that we started putting the handle of the pump to our chests and pumping the pump toward us. We had a little patch kit. We finally got the raft in fairly decent shape and had to pump it up once every 15 minutes or so.

Huge Waves

The tail gunner died on the 33rd day. "The most frightening part of the whole war experience was the all-night storm on the 46th day," Zamperini continued. "It was a brutal thing. The waves looked like they were 25 to 40 feet and it was like we were on a small roller coaster. I thought for sure we would be flipped over.

Although not religious, Zamperini found himself praying a number of times. "When you get to the end of your rope, you have to turn to God. Even the atheist turns to God." He recalled one seven-day stretch in which they had no water. He looked to the heavens and said, "Our Father in heaven, we are ignorant of Your ways. We are here by no choice of our own and are completely helpless. We have been days without water. Have mercy on us, Oh God." Within an hour, a cloud came over them and they feasted on water.

On the 47th day, they saw an island and began rowing toward it. Before they reached the island, a Japanese patrol boat was upon them. The two survivors were pulled aboard. "We couldn't even stand up," Zamperini remembered. "Then they tied us to a post and one of them hit my pil ots across the jaw with a pistol and knocked him out. He missed me, but I knocked myself out on the mast.

Skin and Bones

Taken to the island of Maloelap, the two men were weighed, Zamperini recalling his weight as somewhere between 60 and 66 pounds. They were then taken to the island of Kwajalein and placed in small cages measuring about six feet by three feet. "Our food was their leftovers, fish heads and rice. They'd throw in an extra rice ball now and then. It would break on the ground and we'd have to scrape for every grain."

One of the Kwajalein natives talked to Zamperini and told him that all prior prisoners on that island had been executed by decapitation. "Every morning, we thought, today is it." But on the 42nd day, the two prisoners were put on a ship for Japan. Bindfolded, they were taken off the ship in Yokohama and put in a car to head for the prison in Ofuna. When Zamperini had trouble getting his long legs into the car, an officer broke Zamperini's nose with a blow from a flashlight.

Back in America, it was reported that Zamperini was missing and presumed dead.

Protein Diet

The treatment at Ofuna was not much better than that on Kwajalein. "They gave us fish with maggots. If you didn't eat it they'd put a bayonet behind your ear, so you ate it. We found out later that maggots are high in protein, so it wasn't that bad after all."

The survival story continued through two cold winters in Japan until the war ended. "People ask me if my running experience was worse than my eight years in prison." The survivors were still alive, but they had to pump the rafts every 15 minutes to keep them afloat.

"The survival story continued through two cold winters in Japan until the war ended. "People ask me if my running experience was worse than my eight years in prison." The survivors were still alive, but they had to pump the rafts every 15 minutes to keep them afloat.

"The survival story continued through two cold winters in Japan until the war ended. "People ask me if my running experience was worse than my eight years in prison." The survivors were still alive, but they had to pump the rafts every 15 minutes to keep them afloat.

Turnaround

Following the war, Zamperini married and had two children, but his war experience remained with him, causing him to turn to alcohol for comfort. In 1949, he attended a Billy Graham crusade. "I experienced a 180-degree turn around and ever since then my life has been a big part of survival."

In 1950, he returned to Japan and confronted many of the guards who had beaten him. They were all prisoners themselves, having been convicted of war crimes. Rather than lash out at them, Zamperini befriended them.

For the past half century, Zamperini has dedicated his life to teaching physical, mental, moral, and spiritual fitness to young people. He founded the Victory Boys Camp in the Los Angeles area and now spends much of his time lecturing to high school students.

"I don't care about the movie," Zamperini ended the interview. "Hollywood will never tell you the true story."

One wonders how Hollywood could possibly embellish Zamperini's story of survival.

National 8K X-C

Continued from page 1

Kathryn Martin, 51, 30:57, unattached, Northport, N.Y., again showed her dominance on this hilly course, repeating as women's winner.

Tulsa Run 15K

Continued from page 1

second M40+. Both Orban and Lam were featured in an Oklahoma Runner article about runners who race lot. Lam competed in 40 races in 2001, Orban just a few less.

Luane Coulter, 41, Charlotte, N.C., 56:58, ran ahead of Terri Cassel, Tulsa, Okla., 58:38, to nab the national title. Barbara Luciano, 41, again showed her ability to run with the M50+ team this year, placing second overall, 1:38:13 total. GYH's W40+ team was a close second, 1:39:53, led by Beth DeCantis, 32:13. The women's teams score only three runners, as do the teams for M60+.

Wolfpit Running Club, 1:41:46, repeated as the M60+ winners, led by first M60 Bill Bortol, 62, 30:41, first M65 John Dugdale, 68, 32:41, and Jerry LeVasseur, 64, 38:11. The Syracuse Chargers stepped up with the M70+ year this year, placing even overall, Bill Wessel, 2:08:14 to 2:16:12. M70 top runner Howard Rubin, 74, 41:09, led the Syracuse Chargers charge.

In team scoring, the Finger Lakes area and now spends much of his time lecturing to high school students. His 1956 autobiography, Devil at My Heels, is being updated and is tentatively scheduled for release on January 21, 2003. Universal Studios is planning a movie of his life story.

"I don't care about the movie," Zamperini ended the interview. "Hollywood will never tell you the true story."

One wonders how Hollywood could possibly embellish Zamperini's story of survival. (Mike Tynn can be reached by e-mail at metgar@ad.com)
Athlete's Kitchen

By NANCY CLARK, MS, RD

Alcohol and Athletes

Alcohol and athletics seem to go hand-in-hand: tail-gating before football games, quenching thirst at the pub after a team workout, celebrating victories with champagne.

Athletes are supposed to be role models for health and fitness, but sometimes too much alcohol in their sports diet tarnishes that image. Yes, athletes shoulder high expectations, and great importance is placed on sports. But does this stress justify the higher alcohol intake in athletes compared to their non-athletic peers?

One might think the detrimental effects of alcohol on performance would make these folks less likely to drink alcohol. Not the case. Even serious recreational runners drink more than their sedentary counterparts.

The Bad News

Alcohol is a highly addictive substance and is the most abused drug in the United States. Prolonged consumption can lead to cellular changes in the liver, heart, brain, and muscles, and result in cirrhosis, pancreatitis, irregular heart beat, stroke, and malnutrition. Even moderate drinkers have a higher risk of oral cancer, and women who drink may have a higher risk of breast cancer.

Alcohol is associated with adverse effects on safety and performance. For example, in a survey of 400 ski injury victims, 20% of the skiers tested positive for alcohol.

The Good News

Alcohol in moderation has health benefits. Red wine, for example, contains health-protective phytochemicals such as a significant amount of B-12, a vitamin important for vegetarians. Red wine, for example, contains health-protective phytochemicals such as a significant amount of B-12, a vitamin important for vegetarians.

Athletes and alcohol are a bad combination. The hotter your body, the drunker it may get. Alcohol impairs your ability to control your body temperature, plus the high temperature of the hot tub heightens the body's response to alcohol.

Better than Beer

Many problem drinkers choose to trade their addiction to alcohol for a healthier addiction—exercise. They've come to appreciate this "natural high" as being better than that from beer. Let's drink to that .... Drink water, that is!...

Pre-exercise Stretching

We have been told for years that stretching prevents soreness and injury and may even enhance our athletic performance. This has been done since our grade school days.

However, two rather extensive studies, one with 1538 Australian military recruits, questioned the validity of pre-exercise stretching. Their study provided evidence that pre- and post-exercise stretching have no effect on delayed-onset muscle soreness. Two further studies suggested that muscle stretching before exercise does not reduce the risk of injury.

In the British Journal of Sports Medicine, one researcher (Shier) reports an interesting theory. He states that most injuries occur during eccentric contractions, which are within the normal range of motion. He questions why an increased range of motion (stretching) would prevent injury.

This has given rise to other interesting studies. One suggests that stretching has an analgesic effect, which the evidence to determine its validity.

In the threshold of pain just prior to exercise, muscle soreness results. This can be reduced by pre-stretching, which is within the normal range of motion. Pre-stretching allows muscle fibers to reach their desired state for optimal function.

A pooled data study suggested that stretching in healthy, young adults did not produce a significant reduction in post-exercise muscle soreness. Further pooled data information showed that, in order to reduce risk of injury by 1%, one would have to stretch for 3100 training sessions!

Now, one must remember that these are controlled studies and theories. One needs to carefully interpret all the evidence to determine its validity. Most researchers agree that additional data need to be collected over a larger range of athletes.

Perhaps we are stretching incorrectly. Some say that stretching should be performed after a warm-up to help reduce injuries. Others say that stretching for a long period of time will strengthen muscles and prevent injury. But there do not appear to be any significant data proving that stretching can improve performance or reduce injury.

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

How About the Boston Marathon?

By ROGER PIERCE

"Are you going to run the Boston Marathon this year?" That question inevitably comes up after someone hears that I am a "runner." It doesn’t matter that they just heard I am a sprinter. In fact, they apparently have no reference point whatsoever as to the difference between a marathoner and a sprinter.

To most people a runner is a runner, and if you can do one race you can do any other. Well, not exactly. I hate to get into semantics with those folks, but I do explain that I am a sprinter and if I can’t see the finish line of a race, I ain’t in it (and I don’t like the taste of the tortoise and the hare).

Their next question usually is, "How many miles do you run in training each week?" I love this question, because my answer is, "About two to three miles a week." Now they just stare at me and can’t believe that anyone who is in good shape could get by on such a short training schedule.

What they don’t know is that those two to three miles are broken into 10s, 20s, 30s, 40s, and 50s, and that they are usually all run at close to race pace in sets with very little recovery time.

No Distinction

Most folks think that all runners run distance and train 50 or so miles per week. Sprinters don’t! Very few sprinters can, or want to, run distance, usually the 800 has become a long sprint of 400 and shorter races in competition. Perhaps we are stretching incorrectly.

Sprint training/racing is the pure joy of moving very fast across a designated distance mixed with excruciating pain, sore muscles and injuries.

NYC Marathon

Continued from page 1

Minutes. Ryzhov was considerably off his 2:13 PR set this spring at Boston, however.

Tony Mauro, 60, Pennsylvania, topped the M60 in 3:03:35, just moments behind M55 winner Guy Moreau, France, 3:03:27. John Cahill, 78, Utah, the most prolific racer of his age around the country, crowned an excellent year with the M75 win, 4:01:48.

This was the 33rd New York City Marathon, the crown peak of the New York Road Runners races. This year saw a record number of finishers (31,824 of 32,503 starters) amongst whom were a record number of women finishers (10,192).

As usual, New York drew a very international field, with 11 of 19 age group titles going to athletes from distant shores. The top three masters men and women received $3000, $2000 and $1000, respectively, for their winning efforts.
**Health & Fitness**

By PHIL CAMPBELL

M.S., M.A., FACE

**Will the Real Fitness Hormone Please Stand Up**

New medical research shows high-intensity exercise can increase the body’s natural production of the fitness hormone by 530%. When I completed the research phase for a health and fitness book in 2002, the bio-medical research was complete enough to draw hard conclusions about the type of fitness program that would make your body increase anti-aging, anti-middle-aging, and athletic performance-improving HGH growth hormone -- the fitness hormone. However, the research didn’t specifically test high-intensity sprints -- until now.

**Landmark Research**

In a new study, researchers compared HGH growth hormone levels in several ways: resting (for a baseline measurement), after a 6-second cycle sprint, and after a 30-second cycle sprint. Researchers also measured growth hormone for hours afterwards to see how long HGH stayed in participants’ bodies after exercise. (The Time Course of the Human Growth Hormone Response to a 6s and a 30s Cycle Ergometer Sprint, 2002, Stokes.)

**Incredible Results**

The 6-second sprint method did move HGH some, but didn’t come close to the body’s potential to release this powerful hormone. The 30-second all-out effort sprint experiment increased HGH by 530% over resting baseline and 450% over the lesser intensity sprint.

Like earlier research studies, HGH stayed elevated for 1.5 to 2 hours after the sprinting program. And according to the researchers at the University of Virginia, the HGH released during exercise targets body fat for up to two hours after training. (Impact of Acute Exercise Intensity on Pulsatile Growth Hormone Release in Men, 2000, Pritzlaff.)

This new research became the essence of my book: how to increase HGH through specific types of fitness training, and how to keep the fitness hormone in your body longer after body fat for two hours after training.

The synergy fitness anaerobic sprint workout can be performed in many different ways -- cycling, swimming, running, running, cross-country skiing, or even power walking.

It can be performed in the gym on an elliptical trainer, stationary bike, recumbent bike, or a treadmill.

Whatever the method, the goal is to reach all four critical aerobic and anaerobic training during the same workout, and it takes about 20 minutes. (Details in Chapter 8, Accelerating Growth Hormone Release with Anaerobics, www.readysetfitness.com.)

**Most Powerful Hormone**

HGH may be the most powerful fitness improving, anti-aging (and anti-middle-aging), body fat-reducing, muscle-toning hormone in your body.

And the fitness hormone can be increased by 530% with specific types of anaerobic fitness training.

Natural is almost always better. And increasing the fitness hormone through exercise is the natural choice.

(A free newsletter on this topic is available at www.readysetfitness.com. Phil Campbell is the author of Ready, Set, GO! Synergy Fitness for Time-Crunched Adults. Pristine Publishers Inc. USA. He can be reached by e-mail at philcampbell@charter.net)

---

**Sustainers Play An Important Role**

Since its inception, the National Masters News has been aiding in its mission to provide information to masters athletes by the generosity of “sustainers.”

Sustainers are subscribers and readers who contribute funds, from as little as $10 or as much as $500 or more. These funds enable us to publish more photos, deeper results, a longer schedule section, and more.

A recent substantial contribution from a Michigan resident helped us to replace our eight-year-old computer and printer in our office in Eugene.

At a national meet this year, a staff member of NMN was surprised when an athlete asked what the sustainer fund was all about and what the process was for becoming a sustainer.

We at the NMN had assumed that the sustainers fund program was understood by athletes, but then we realized that we had not recently published an explanation of the sustainers fund for those athletes just coming into the masters program.

One way for an athlete to become a sustainer is merely to write a check to “National Masters News” and indicate that it is for the sustainer fund. Another way is for a subscriber to add any amount to his subscription renewal cost when received, and indicate what portion is for the renewal and what is to be set aside as sustainer funds.

Several years ago, a subscriber provided us with thousands of dollars as part of a family trust, which we honored by including it in the title of the annual indoor rankings published in the NMN.

Athletes who are interested in establishing a title rights fund should contact us. Any way you do it, and in any amount, your contribution will be much appreciated by us and by masters track & field, long distance running and racingathletes in helping to produce a better publication.

---

**PATAKI TRAINING SYSTEM patakitms.com**

Books, Videos, Audio, POWERball & Nutrition

---

**DEADLINE**

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedule, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: National Masters News, P.O. Box 5098, Eugene OR 97405

---

**PATAKI TRAINING SYSTEM patakitms.com**

Books, Videos, Audio, POWERball & Nutrition

---

**SIGN UP FOR THE NEWS LETTER**

Training & Nutrition for Masters

Phone 1-800-553-2188

Dr. Pataki Catalog

on-line patakitms.com
Self-Massage and Muscle Care

In the video and book, Dynamic Self-Massage for Fit and Fast Walking, Jolene Steigerwald gives an answer to the question, how to prevent the muscle dysfunctions that compromise athletic performance and cause injury. Steigerwald is a Registered Nurse and Certified Sports Massage Therapist with a specialty in chronic pain and muscle dysfunction. Dynamic Self-Massage is her personal adaptation of the pioneering work of Dr. Raymond L. Nimmo in Trigger Point Therapy, and of Lauren Berry's Corrective Massage Techniques. She is currently associated with Therapy Care-Resources, developers of the Graston Technique.

As a national racewalking champion, Steigerwald became totally frustrated when she started to get recurring injuries. She tried everything and anything that promised to help her, including anti-inflammatory drugs. During these trials that she began to pay attention to the hard, painful little knots in her hips and legs. She learned that these were the final consequence of various minor and major muscle tears and that they were acting like speed bumps when she was exercising. When she tried to go faster, and better her times, the knots increased the work load on her muscles and suddenly her body said, "No more!"

The following is an excerpt from the book, Dynamic Self-Massage for Fit and Fast Walking, by Jolene Steigerwald with Elaine Ward.

Repetitive Stress Injuries

Most of the muscle problems fitness and competitive walkers have are due to "Repetitive Stress Injuries" (RSI). The structural causes of RSI are similar to what happens to the front alignment of your car when you repeatedly hit a curb. Your steering wheel may not wobble after a few hits, but on repeated bumping, a noticeable wobble develops. Finally you take your car to the repair shop to get it fixed.

Unfortunately, there aren't any handy "one-stop" repair shops for human bodies. What most of us do is go to a doctor and say, "This hurts or that hurts," or we ask other walkers for advice. Athletes often have good shop talk for ailments, and as you listen to their complaints, you soon realize, "I'm not the only one with this problem.

Aging Muscles

Before you think you are wearing out because of frequent aches and pains, you need to find out what is going on with your muscles, tendons and ligaments. The most important places to check are the muscle origin and insertion attachment sites. Let's stop for a bit of simplified anatomy.

Skeletal muscles attach to the bones via tendons and they have at least two attachment sites. The most proximal muscle attachments (nearest to the center of the body) are called the origin points; and the distal (distant) attachments are referred to as the insertion points. If you look at a picture of your muscles and bones, you can see their origin and insertion points.

Muscle Stress

Whenever you use your body in strenuous activity, you risk getting microscopic muscle tears from the repeated stress of the muscles lengthening and contracting. These tears can also result from accidents, such as falling, sudden twisting or whip lash. If these tears are left unattended, adhesions form.

If the neglect goes on long enough, the residuals of these tears begin blocking the normal drainage channels for waste products. The remaining blocked waste starts layering and forming a soft mass, or soft knot.

Calcification

Over time, the soft knot calcifies into a hard knot. The process may take many years. When calcified muscle knots develop in muscles, they interfere with their function, resulting in skeletal stress that can lead to other complications.

Because calcified muscle knots feel like bone, older men and women commonly mistake them for arthritic changes. Moreover, they may hurt when they are touched or pressed, and everyone knows that arthritis is painful.

It cannot be emphasized enough, however, that calcified muscle knots may not have anything to do with arthritis. They are as likely to be the telltale signs of unremoved, layered, and hardened waste from tissue damage.

(Elaine Ward can be reached by e-mail at narwf@aol.com)
2002 Outdoor Rankings in the Works

By JERRY WOJCIK

USATF Masters T&F
Rankings Coordinator

The 2002 outdoor season rankings are listed below. If your best marks have not appeared in the NMN results section by the January 2003 issue, send them with documentation or verification (name of meet, date, site, best mark with a phone number or e-mail address) to the appropriate compilers before Jan. 31. Marks sent to me for events that I am not compiling will not be forwarded.

100, 200, 4x100, 4x400 – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883758@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

Short hurdles, long hurdles, steeplechase, 5000 – David Orttman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxiernet.com

High jump, pole vault – Joy MacDonald, 1928 Sleepy Creek Rd., Cross Junction, VA 22625; e-mail: FTLREDSKIN@aol.com

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

Mile, 2000, 10,000, hammer, javelin, weight, superweight – Jerry Wojcik, NNM, P.O. Box 50098, Eugene, OR 97405; e-mail: jerry.wojcik@aol.com

Combined events – Alan Russell, 1713 Amberst Dr., Ames, IA 50014; e-mail: russell@iastate.edu

Racewalks: 5000 track/SK road, 10K, 20K – Thomas Higbee, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbee@indyweb.net

2002 Indoor Rankings Changes

High Jump – M45, Valery Snezhko, 1.73, moves from 7th to 2nd place.

– W65, Grace Butcher, her mark changes from 78.30 to 85.81, remains in 1st place.

National Weight Pentathlon

Continued from page 1

Illinois. Fifty officials and volunteers were on hand, plus volunteers from the St. Amant H.S. ROTC.

The throwers were organized into five flights with starting times staggered for each flight. Despite brief rain delays, the championships were completed on schedule.

Several outstanding throwers, under the newly adopted WMA age factors, established world bests for total scores in the weight pentathlon. For new events, the World Masters Association (WMA) has a policy of collecting top marks for three years before approving age-group world records.

Trent Lane, of Louisiana, established an M90 world best with a 4354 total, broke the hammer world record with an 18.05, and set a pending U.S. record with a 9.55 in the weight throw. Oneitha Lewis, W40, New York, finished with a world-best 5114, and set a pending U.S. record 17.60 in the weight throw. Carol Finsrud, W45, of Texas, totaled 4953, another world best. Marne Evans, of Louisiana, broke the W90 world record for the shot put with a 4.45, and established U.S. records in the discus, hammer, javelin, weight, superweight, and weight pentathlon (3732).

Phil Brusca, Missouri, bettered the M75 U.S. record with 4256 points with new factors. The best individual events were the M45 division, where Mike Valle, of North Carolina, scored 3745 to win over Bob Osterhoudt, of Arizona, by 53 points, the title being decided in the final event, the weight, when Valle tallied 876 with a 15.33 throw, and Osterhoudt scored 815 with a 14.40 throw.

The lunch time treat was chicken and andouille gumbo. Louisiana catfish was the fare at the evening awards banquet at the meet headquarters Holiday Inn. These culinary treats were an unexpected reward for the entire gathering and an excellent precursor to recognizing outstanding performances.

Highest male and female scorers were presented with unique plaques in the shape of the state of Louisiana. The winners were Lewis, for her 5114, and Bob Humphreys, 65, of California, with 4444 points. Those awards were followed by presentation of medals to the first three places in each gender and age group.

The medal ceremony was followed by interesting surprise awards to "Regional Teams." As promotion for his idea to include team awards in throwing events, Ray Feick, of Pennsylvania, the M70 winner, presented "Team" medals. The Team awards were unofficial but nonetheless interesting, with future possibilities.

Using Masters T&F Regions as the representation of "Teams," Feick tallied team scores using scores of the top four throwers, men and women, in each regional division.

The winning team was the Southwest Region with 16,901 points. Medals were presented to the best four scorers in the top three teams. Feick observed that WMA Championships have such team awards for various running events, but none for throwing events.

– from Lorraine and Reed Quinn
Once again the course twists through an open grassy area, this time with two short, sharp rises before entering a narrow wooded trail with another short uphill and downhill. This brings us to an ossew in the river, where we cross diagonally, about thirty meters of water. If it rains, anyone under 5 feet 6 inches needs a swimming certificate.

Canadian Brian Oxley sent me that description and also a map of the course in Toronto's Sunnybrook Park used this fall for the Don Farquharson Memorial Cross-Country Race. Farquharson, now deceased, was director of the first World Masters Championships, held in Canada in 1975. That was the course we ran in the cross-country competition. Reading the description and viewing the map brought back vivid memories of a race well run.

Even though I had four inches of height to spare, that description of the cross-country course caught my attention back in 1975. Cross country was the first event on the schedule on a Tuesday afternoon. Would competitors in that event actually be forced to wade or swim through a raging river? The description continued: "It would be to your advantage to walk or jog the course prior to the race to save any confusion."

Checking the Course
Well, goodness - I hope so! After arriving in Toronto several days early, I visited Sunnybrook Park to jog the course, most of which was located on a high and flat plateau containing cricket and soccer fields bordered by trees. The start and finish of the two-lap 10,000 meter course was on the plateau, but on both laps runners dropped down a tight and twisting path to reach an arm below of the Don River (more stream than river). The course first crossed the stream by bridge, then crossed back where there was no bridge, only a stone dam a foot or two wide. It was that second crossing (about 4000 meters into the race) that is described above.

During my tour of the course on Monday, the day before the race, I came to the second crossing and wondered how we might execute it. The stone dam seemed too narrow to run safely across, particularly if a pack of runners hit it at the same time. Then it dawned on me that we were not meant to run across the dam; we were expected to plunge into the stream and run diagonally to the other bank.

Seeking the Depths
Staring into the stream, I could not immediately ascertain its depth. Sunlight reflected off the water made judging analysis difficult. For all I knew the stream might have been like Loch Ness with a monster at the bottom to devour any cross-country competitors who faltered stepping (Oxley had told me that Farquharson, while testing the course, missed the second crossing.

Moving back and forth around the crossing on dam and shore, however, I realized that a sandbar existed in the middle that could be reached by right-footing the dam and left-footing into the water, then high-kneeing diagonally across the sandbar, which turned out to be only ankle deep. I tested this technique several times to ensure I could ford the river as rapidly as possible the next day.

Hesitation
Smart move. In the race, Roy Fowler of England surged into an early lead on the first lap trailed by John Macdonald of New Zealand. I ran in a pack battling for the bronze medal that included B. Holmoos of Finland, Mike Barratt of England, and Ray Hatton of the U.S., as we approached the stream crossing. It may have been Barratt who reached the crossing first, but he balked like a horse in a steeplechase race that decides suddenly not to leap the barrier. Obviously he, and maybe most of the others, had not taken the advice to jog the course prior to the race to save any confusion.

Without hesitation, I quick-stepped past him onto the dam, then high-knked it through the stream with hardly a break in stride. I never looked back, but it certainly allowed me to open a gap on the trail pack. Following the advice, there was a steep climb back to the high plateau with a log to hurdle on top as a final insult.

FIVE YEARS AGO

December 1997

- Craig Young, 41, and Jane Welzel, 42, First in National Masters 15K in Tulsa
- Antoni Niemczak (M40, 2:21:44) and Gillian Horovitz (W40, 2:43:20)
- Take Masters Titles in NYC Marathon
- Lloyd Higgins, 55, and Vanessa Hillard, 56, Top Scorers in National Weight Pentathlon in Orlando

Masters Cross-Country Scoring

By CAROLE LANGENBACH

Now that masters cross-country is becoming more visible and inviting with the inclusion of masters races at Fall and Winter Nationals, the question has again come up regarding why masters events are scored by time, not place, in national championships.

Before the technology of computer scoring, it was easier to take the scoring runners' times and add them together, especially since masters teams are in 10-year divisions, and all divisions run together. It was also a way of rewarding the scoring runners for running good times, instead of giving an advantage to larger clubs which had more runners to displace the minimum number of scorers from smaller clubs.

This topic will be discussed at the upcoming USATF Annual Meeting in Kansas City, Mo., Dec. 4-8. Please contact your local masters cross-country representative to make your opinion known, or contact me directly in writing via mail or e-mail (see p. 2).

Thanks for your input into the masters cross-country program.
PUBLICATIONS ORDER FORM

Masters Age Records (2002 Edition)
Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&F Records Chairman. $6.00.

Masters Track & Field Rankings (2001)
Men's and women's 2001 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
Indoor rankings for 2002. 4 pages. $2.00.

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 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.

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 racewalking events, age 25 and up, as of Mar 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, 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 March 1, 2002 (world) and November 30, 2001 (USA). $2.00.

Competition Rules for Athletics (2002 Edition)
U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

USATF Directory (2002)
Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00.


U.S. Bylaws and operating regulations, forms for membership; race sanction, records; course measurement, etc. 152 pages. $12.00.

Running Encyclopedia, The Ultimate Source for Today's Runner
Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with “waffle sole” and ends with “Wysocki, Ruth.” A must for every runner's library. 417 pp. $24.95

How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 3000H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US$19.25/CANS$28.50, plus postage & handling.

USATF Logo Patch 3 color embroidered 4" x 3". $4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. $5.50.

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

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). $5.50.

USATF Decal. 3-color. 3" x 2-1/2". $2.00.

2002 Road Race Management Directory
Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory — two books in one — listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. $75.00.

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

Back Issues of National Masters News
Issues: $3.00 each.

Postage and Handling
Overseas Air Mail (add $5.00 per book)
TOTAL

Send to: National Masters News Order Dept. P.O. Box 50098, Eugene OR 97405

Name
Address
City State Zip

---

Don Di Donato, 45, finishes first master (16:50), Oyster Festival 5K, Oyster Bay, N.Y., Oct. 19.

Mike Polansky

Oyster Festival SK, Oyster Bay, N.Y., Oct. 19.

Don Di Donato

Lynn Nafel, W55 winner in the 400 and 800, 35th National Masters Championships.

---

Jerry Wojcik

Suzie Hess

---

One of Canada's finest masters athletes, Karl Tru, 94, passed away in August. He was holder of 19 outdoor and 15 indoor Canadian records.

---

FROM DOUGLAS J. SMITH

---

December 2002 National Masters News
WMA enjoys a year of progress and accomplishment

Another year has almost passed, which means it’s time to sum up what 2002 has meant to our masters movement. On the world level, the even-numbered years do not usually attract as much interest as our Stadia Championships in the odd-numbered years. However, we did hold our World Championships Non-Stadia (a big success in Riccione, ITA, this year), as well as our six Regional Championships Stadia. Moreover, 2002 also saw the World Masters Games in Melbourne, AUS, representing another great success.

Looking back on the activities in 2002, I feel it was a year of great importance to us. Our six Regional Championships were all well organized, starting with the Oceania Championships in January in Geelong, AUS, and finishing with the South America Championships in Cochabamba, BOL, and the Africa Championships in Reduit, MLI, both in October.

Europe was, as usual, the biggest championships this year with about 4500 athletes in Potsdam, GER. We were extremely happy that Africa was able to organize their championships in Reduit, MLI, with more than 200 athletes representing seven countries. This might seem small, but for Africa and our world-wide movement it was a very big step forward, offering hope of possible future development in this region.

World Championships Non-Stadia

Riccione, ITA, did a wonderful job organizing our 6th World Championships Non-Stadia held the last weekend of May. The record number of athletes and countries participating, wonderful courses along the Italian east coast, and a very friendly atmosphere, ensured that these Championships will long evoke pleasant memories. The tried and true phrase, “best ever,” certainly applies to this event.

Our next World Championships Non-Stadia will be in 2004 with Manukau/Auckland, NZL, as host cities. After seeing the courses they offer, I know we can expect another first-class Non-Stadia Championships.

World Masters Games

Melbourne, AUS, hosted the 5th World Masters Games in October with a record number of athletes and more than 25,000 participants. Our sport was the biggest with more than 2500 athletes and the event was a great success. For the first time, WMA was heavily involved in the organization of the athletic events. Jim Blair, our former Vice President Stadia, served as the WMA Technical Delegate and the success was very much due to his good work together with Athletics Victoria.

It was also evident that the World Masters Games now gains attendance from masters within our ranks. I had the pleasure of presenting medals to many athletes whom I have seen compete successfully in our World Masters Championships Stadia. I expect to see this number grow as the performance level in the World Masters Games improves.

Development Projects

WMA has set up a number of development projects, including one in Tonga. Thanks to Jim Blair, this project came to a very successful end in 2002 and we are now looking for new projects in Oceania, Africa and South America.

For WMA, there is now a great opportunity to attract many countries in the vicinity of Puerto Rico to participate in our World Masters Championships Stadia next year. In particular, I think of Guatemala, Honduras, El Salvador, Panama and others, which we know hold masters activities. We need a plan to try starting a new project in Oceania, and are confident that we will finally be able to generate better interest in Africa after the successful Championships this year.

Future 2003

The year 2002 has been a tremendous success, and I am convinced we have many more such years ahead. Therefore, we face our 15th World Masters Championships Stadia in Puerto Rico next year. The preparations are going well and money has been allocated for upgrading the main stadium in Carolina. We expect this to be a first-class venue so it can be the main stadium for Championships. The Preliminary Booklet is printed and we hope to have at least 5000 athletes coming to Puerto Rico.

General Assembly in Puerto Rico

For the 2003 General Assembly we will have the most important issues to be discussed, but would like to repeat them again:

1. Age change for veterans/masters men from age 40 to 35 – a WMA Council proposal that we feel will be approved by the Assembly and forwarded to the IAAF Congress later the same year so that we can have this new age-group effective in 2004.
2. World Championships – indoors – also a WMA Council proposal that we feel will be approved more or less unanimously. Two cities have announced their interest to organize these inaugural Championships: New York, USA, and Malmo, SWE.
3. New order of awarding WMA World Championships – another WMA proposal that we feel will give the Council the right to more carefully study and recommend the hosts for our World Championships. Today the decisions are made based on reasons other than the best conditions for the Championships and the Council must be given more responsibility with these decisions.

2004

In Melbourne, the WMA Council recommended that the World Masters Games in 2005 will be organized in Edmonton, CAN, on July 15-24, which conflicts with our WMA World Championships Stadia in San Sebastian on July 7-16. WMA cannot accept this conflict and we have requested that IMGA shift the World Masters Games to August as our dates have been well-known for at least one year.

I do sincerely hope that by the time you read this, we will have reached a solution so that the two big competitions do not conflict in July. The decision of asking Athletics Canada not to be involved in the World Masters Games, or stating that athletes participating in Edmonton will risk being suspended from the Games, is not a good solution, but might be the only option if no agreement can be reached.

The IMGA General Assembly 2002 was held in Colecto Springs on November 23. One very important issue is that IMGA must award its World Masters Games much earlier so that future date conflicts can be avoided. The Board of Governors has expressed this intention and for the next Games in 2009 the awarding process will start next year.

Bids for 2006 and 2007

For our next World Championships Stadia in 2007 and the Non-Stadia in 2006 we are pleased to have two very good bidders: Vancouver, CAN (Non-Stadia 2006) and Riccione, ITA (Stadia 2007).

We will make our inspection visits in early 2003 and present the results before the General Assembly in Puerto Rico.

Africa

As mentioned above, there was excellent attendance at the African Championships in Reduit, MLI, in October. At the General Assembly, the

Owen Flaherty


A sprinter, Owen suffered from asthma from the age of five, but his health improved after he moved from his native Edinburgh to live in Spain.

Owen channeled his considerable business acumen into laying down a solid foundation for WAVA, together with Alistair Lynn (research) and Bob Fine (legal), they devised contractual provisions whereby WAVA would benefit financially from sanctioning the World Championships, initiating written contracts between WAVA and the Organizing Committee and the detailed Constitutions and By-Laws adopted at the General Assembly in Rome in 1985.

Owen’s input on the successful negotiations with IAAF and the IAAF were crucial. As Secretary, he proposed a handbook, designed new application forms for age-group records and age-group performances, and wrote a definitive paper on the Regional Associations and the Guidance to Prospective Bidders.

He stood as a candidate for Executive Vice-President in Melbourne in 1987 but lost to Peg Smith, of Australia. He challenged Cesare Beccalli for Presidency twice.

Owen returned to Edinburgh to sort out his late mother’s property. His companion spoke to him by phone from Spain on Sep. 10. On the 12th, a neighbor found him dead in his bathroom. The authorities recorded a cardiac arrest. He was 71.

Owen, we shall miss you terribly.

Masters athletes worldwide will mourn your passing.

(Alastair Lynn, ex-WMA Treasurer/Secretary joins me in these comments.)

-Bridget Cussen

BMAF Honorary Secretary
Cross-Country Relays Draw Record Numbers

By BRIDGET CUSHEN

The British Masters' six-stage cross-country relays, Lloyd Park, Croydon, Surrey, on Nov. 10, attracted a record 135 clubs from all over Britain. Cross-country is now in full swing with many clubs heavily reliant on their masters athletes to complete a team. Sheila Allen, just into the W45 division, who has represented England in the annual British & Irish international cross-country race on numerous occasions, is currently in top form, winning a northeast three-mile league race open to all ages, in 25:31.

Mike Boyle, M40, retained his Surrey County veteran's title over 10K in Richmond Park, Oct. 19. Barry Atwell, a former winner, now in the M45 age group, finished ninth in a field of over 150. The women's race was won by Sue Harrison on Pippa Major and Dee Smale. Jane Davies had an untouched win of 150th win in fifth place overall.

Martin Girvan, M45, won the northern veterans 10 mile road race in a swift 54:24 over M40 Rob Cole, 56:11. At 63, Fred Gibbs can still get perilously close to one hour for the 10 mile, finishing seventh overall in 60:10. The first three were J. Jackson, W45, 68:17; J. Adams, W50, 73:11; and J. Cordingly, V40, 74:31.

In the southern 10 mile held in Twickenham, Oct. 20, the 60+ race attracted the most attention when it brought together again Pam Jones and Eva Urch. This was the first time they have clashed since their epic battle over 5000 and 10,000 in the cauldron of Foistad Stadium during the European T&F Championships. They are both over 65.

Urch has only recently taken up running, but she has been beating Jones, who is currently in the form of her life. Sue Lambeath, who has just moved into the W60 category and was training for the New York Marathon, was expected to give them a hard race.

Urch, with her now familiar shuffling style and dressed from head to toe in layers of clothes, came home in an amazing 2:27:25, with Jones' disappointing 2:59:19 and Lambeath's 2:56:07 well out of it.

Mike Small won the M45 weight pentathlon at Epsom, Nov. 2, with 3851 points. Chris Melluish won the M55 with 2548. Gordon Hickey amased 3073 to take the M65, and European medalist Jaroslav Hanus was untouched in the M70 event with 3494.

An international racing grand prix over 3K was held in Leamington Spa. Pat Murphy, a 41-year-old Irishman, made his trip across the water to Horwill, 68, for the win, with 16:45.

The age-graded performances were awarded to Bobby King, Ireland, for his 14:34, equaling 87.4%, and Pam Horwill, 68, as well out in 14:00.

Chris Melluish won the M55 weight pentathlon. He hold the M55 1500 meter record of 4:43 and 800 meter record of 2:12.

Together with IAAF we will discuss a development program for Africa and we are confident this will be successful.

As this is the last issue of National Masters News for 2002, I take this opportunity to thank all of you for a very good year. I wish you the very best for 2003 and hope we will see each other in Puerto Rico.

MERRY CHRISTMAS and a HAPPY NEW YEAR!
SOUTHWEST

- Carolyn Franklin continued her attack on her U.S. Open records before she had to stop her race. She ran a 1:59:57 in her 20K debut. Her time was the fastest U.S. Open record for a woman. She also lowered her personal best in the 5K. Franklin finished second in the 5K. Her time was 15:29.}

- Carl顿 Goff, 40, won in 1:46:02 in his first 20K. His time was 15:29.

- The Masters Road Marathon team finished 17th in the 20K race. They were led by Matt Doherty, 40, who finished in 3:15:14.}

- The Masters 4x10K relay team finished 14th in 3:52:57. The team was led by Matt Doherty, 40, who ran a 1:46:02 in his first 20K. His time was 15:29.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 30 and over. Long distance events generally are open to age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are 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 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

### Track & Field

#### National Masters News

**December 4-8. USATF 24th Annual Meeting, Hyatt Regency Crown Center, Kansas City, Mo., USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225, 317-261-0500; fax: 261-0481; www.usatf.org**

**March 9-10. USA Field National Indoor Heptathlon Championships, Kenosha, Wis. Jeff Wray, 24307 77th, Paddock Lake, WI 53168. 262-843-3367 (h); jwray@gilfillanetics.com**

**March 17-18. USA Field National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. For more information, call 215-393-1382.**

**January 6-10. MAC Masters Indoor Track, Bedroom House, Rosebury, N. Y. Jerry Donley, 2354 Wood Rd., Buffalo, N.Y. 14201. 716-897-9453.**


**January 15. 25th annual meeting, Memorial Field House, Allendale, MI 49401. 616-591-5917.**

**January 15. MAC Invitational, Houston, Texas. R. B. Robertingen, 401-863-1040.**

**January 19. Jacksonville Indoor Classic, Jacksonville, Florida. Jerry Colbert, 301-583-2661; KE8Y24@aol.com; Larry Colbert, 301-778-7376.**

**January 22-29. Millrose Games Relays, MSG, NYC. Frank Schiro, 524 E. 5th St., #1, New York, NY 10009. 212-361-0511.**

**February 2. Indoor Meet, George’s Sports & Learning Complex, Landover, Md. Registration: 7:30 am. Melvin Fields, 301-583-2661; KE8Y24@aol.com; Larry Colbert, 301-778-7376.**

**February 6. USA Mid-America Regional Masters Indoor Championships, Colorado State U., Fort Collins. COFW/SPFW/USATF on 8th. Jbwb@lamar.colostate.edu**

**February 9-17. USA Field Indoor Classic, Virginia Indoor Masters Championships, Virginia Beach, VA. Jerry Bookin-Weiner, 970-482-0616. jbw@lamar.colostate.edu**

### Schedule

#### ON TAP FOR DECEMBER

**TRACK AND FIELD**

The Hyatt Regency Crown Center, Kansas City, Mo., hosts the USATF 24th annual meeting, 4th-8th, with track & field, long distance running, and racewalking masters in attendance. Early season indoor meets can be had in NYC and Philadelphia. The Niagara Indoor Championships are set for Geneva, N.Y., on the 28th. The Sunshine State offers the Florida Senior Games, Lakeland, on the 6th-15th, and the Clearwater Throwers Classic on the 7th.

**LONG DISTANCE RUNNING**

The National Masters 10K-XC Championships take place in Rocklin, Calif., near Sacramento, on the 14th. Other action includes the Western Hemisphere Marathon, Culver City, Calif., the Run to the Edge 10K, San Francisco, and the Seattle Marathon on the 1st; the California International Marathon, Sacramento, and Tucson Marathon, on the 8th; the Huntsville Times Rocket City Marathon on the 14th; the New Jersey 10 Mile Championships, South Orange, on the 15th; and ends with the NYRR Runner’s World Midnight 4 Mile in Central Park on the 31st.

**RACEWALKING**

Road races and indoor meets often include a racewalking category.

---

**East**

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

**Midwest**

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

---

**SOUTHWEST**

- Arizona, Arkansas, Louisiana, Mississippi, Oklahoma, Texas

---

**SOUTHEAST**

- Alabama, Florida, Georgia, South Carolina, American, Tennessee, Virginia

---

**On Tap for December**

**February 22. Waterloo Throwers Meet, Austin, Texas, Lionswaterloo@earthlink.net**

**Long Distance Running**

**National**


December 15. Jacksonville Marathon & Half-Marathon, Jacksonville, FL 904-739-1917; www.jsapacers.org


January 5. Hops Marathon by Tampa Bay, Tampa, FL 813-229-7866; www.Tampabayrun.com


January 9. Father's Pride 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL

Halifax, Madeira Beach, 727-347-4440; www.marathon.com


January 9. 20th Houston Marathon & Half-Marathon, Houston, Texas. 713-957-3433; www.houstonmarathon.com


**East**

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


December 7. NYRR Hot Chocolate 5K, Central Park. 212-860-4455; www.nyrr.org


December 15. USATF New Jersey 10 Mile Championships, South Jersey. 732-296-0006; usatfnj.org

December 21. Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646; www.glrc.org

December 31. NYRR. Runner’s World Midnight Run 4 Mile, Central Park, N.Y. 212-860-4455; www.nyrr.org

February 23. Hyannis Marathon, Half-Marathon & 10K, Hyannis, Mass. 508-883-7043; BAEvents@aol.com

**SouthEast**

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


December 7. OUC Orlando Half-Marathon & 5K, Orlando, Fl. www.orlandohalf.com


December 13. Florida Gulf Beaches Halfathon, Madeira Beach, 727-347-4440; www.marathon.com


December 15. Jacksonville Marathon & Half-Marathon, Jacksonville, FL 904-739-1917; www.jsapacers.org


February 23. Blue Angel Marathon, Naval Air Station Pensacola, Fla. 850-452-3806, s3x31340; www.marinapenola.mil

**SouthWest**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas


**West**

Arizona, California, Hawaii, Nevada, New Mexico

December 10. Western Hemisphere Marathon & 5K, Carson City, Nev. 800-246-1418; www.whamaronline.active.com

December 1. Run to the Far Side 10K, San Francisco, CA 415-759-2690; rhodyco.com

December 8. & California International Marathon, Sacramento, CA 808-734-7200; www.houndogmarathon.org


December 8 & 25th annual Lasse Viren 20K, P. Mugga St. Park, Calif. 8 miles s. of Oxnard on PCH. Steve Blum, 805-652-1744; blumper@pacbell.net


February 2. Las Vegas Marathon & Half-Marathon. Phone: fax 702-876-3870; www.lvmarathon.com


**NorthWest**

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


June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR, 503-666-8950; lstepan@yahoo.com

July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163, 509-332-3148(b); jeffschaller@turbanet.com


**International**


July 2-13. 15th World Masters Athletics Championships, San Sebastian, Spain


January 19. WCLA 42nd annual 10 Mile Handicap & Richard Oliver Memorial 5K, Rose Bowl, Pasadena, Calif. Carol Ferris, 818-243-8818; cafereis@earlink.net
## December 2002
National Masters News

### RECIPIENTS OF ALL-AMERICAN AWARDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Year</th>
<th>Distance</th>
<th>Time</th>
<th>Age GROUP</th>
<th>Award</th>
</tr>
</thead>
<tbody>
<tr>
<td>20K</td>
<td>2002</td>
<td>13.10 mi</td>
<td>44:46</td>
<td>M20-34</td>
<td>First</td>
</tr>
<tr>
<td>10K</td>
<td>2002</td>
<td>6.21 mi</td>
<td>35:37</td>
<td>M35-44</td>
<td>1st</td>
</tr>
<tr>
<td>5K</td>
<td>2002</td>
<td>3.10 mi</td>
<td>20:42</td>
<td>M45-54</td>
<td>1st</td>
</tr>
</tbody>
</table>

### U.S. MAスターズ ALL-AMERICAN STANDARDS FOR MEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Age GROUP</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20K</td>
<td>M20-34</td>
<td>44:46</td>
</tr>
<tr>
<td>10K</td>
<td>M35-44</td>
<td>35:37</td>
</tr>
<tr>
<td>5K</td>
<td>M45-54</td>
<td>20:42</td>
</tr>
</tbody>
</table>

### U.S. MAスターズ ALL-AMERICAN STANDARDS FOR WOMEN

<table>
<thead>
<tr>
<th>Event</th>
<th>Age GROUP</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20K</td>
<td>M20-34</td>
<td>44:46</td>
</tr>
<tr>
<td>10K</td>
<td>M35-44</td>
<td>35:37</td>
</tr>
<tr>
<td>5K</td>
<td>M45-54</td>
<td>20:42</td>
</tr>
</tbody>
</table>

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

- **NAME**: 
- **AGE-GROUP**: 
- **ADDRESS**: 
- **SEX**: 
- **CITY** 
- **STATE** 
- **ZIP** 
- **MEET**: 
- **DATE OF MEET**: 
- **MEET SITE**: 
- **EVENT**: 
- **MARK**: 

### HURDLE HEIGHT

<table>
<thead>
<tr>
<th>Patch Type</th>
<th>Weight of Certificate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate</td>
<td>0.32 lb</td>
</tr>
<tr>
<td>Patch</td>
<td>0.07 lb</td>
</tr>
<tr>
<td>Patch Tag</td>
<td>0.07 lb</td>
</tr>
</tbody>
</table>

### Notes:
- 100 standards are for automatic time, use standard conversion for hand time.
- Short hurdles: 30-35'' 40-45'' 50-50'' 60-60''
- Long hurdles: 30-35'' 40-45'' 50-50'' 60-60''
- 400m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 800m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 1500m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 400m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 800m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 1500m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 400m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 800m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 1500m hurdles: 100-100'' 120-120'' 140-140'' 160-160''

### Application Procedure:
- Fill out the application form.
- Submit along with any required documentation.
- Wait for approval.

### Weight of Certificate:

- Certificate: 0.32 lb
- Patch: 0.07 lb
- Patch Tag: 0.07 lb

### Certificate Details:

- **Certificate**: 
- **Patch**: 
- **Patch Tag**: 

### Notes:
- 100 standards are for automatic time, use standard conversion for hand time.
- Short hurdles: 30-35'' 40-45'' 50-50'' 60-60''
- Long hurdles: 30-35'' 40-45'' 50-50'' 60-60''
- 400m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 800m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 1500m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 400m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 800m hurdles: 100-100'' 120-120'' 140-140'' 160-160''
- 1500m hurdles: 100-100'' 120-120'' 140-140'' 160-160''

### Application Procedure:

1. Fill out the application form.
2. Submit along with any required documentation.
3. Wait for approval.
4. Certificate will be mailed to you within six weeks. Allow eight weeks for a patch tag.
**December 2002 National Masters News page 23**

**For the latest in top-level track & field**

**Track & Field News**

The bible of the sport, published monthly since 1952. $43.95 yr.

**TRACK PERIODICALS • TRACK BOOKS • VIDEOS TOURS TO THE OLYMPICS, TRIALS, WORLDS**

www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax

---

For the latest in top-level track & field

**The bible of the sport, published monthly since 1952. $43.95 yr.**

---

**2001 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK**

- Men's and women's 2001 U.S. 5-year track & field age-group rankings.
- 48 pages, over 100 deep in some events.
- All T&F events.

Send $8.00 plus $2.00 postage and handling to:

**NATIONAL MASTERS NEWS**
P.O. Box 50098, Eugene, OR 97405

---


- History of Masters Athletics & More.
- In English, Spanish, French, German.

Send $8.00 plus $2.00 postage and handling to:

**National Masters News**
P.O. Box 50098, Eugene, OR 97405
W751 WOMEN'S RUNNING SHOE

A neutral cushioned trainer • Abzorb® shock absorption in the heel and forefoot • Cushioned insert for enhanced comfort • Stability Web® provides midfoot support and torsional stability • Blown rubber outsole for a lightweight cushioned ride • Available in widths: 2A, B, D.

every day at dawn, the ocean asks, “you wanna race?”