Kipng’ok, Sultanova-Zhdanova Burn
Fast and Fade to NYC 40+ Wins

BY SUSANNAH BECK

The 34th running of the arduous but glamorous ING New York City Marathon got under way Nov. 2 under a warming sun and enough humidity to scale back PR hopes for most runners.

Undeterred, hot masters racer Jackson Kipng’ok, 43, Kenya, 2:18:55, 18th overall, was the masters winner at the event, which does little to showcase masters. Half-marathon splits of 1:05:40/1:13:15 suggest an ambitious pace abandoned.

All the same, Kipng’ok beat the competition, Gennady Temnikov, 42, Russia/Maryland, 2:24:36, by more than a mile. Peder Trolldborg, 40, Denmark, 2:25:51, was third. In spite of vomiting his way through Central Park, Joe McViegh, 40, New Jersey, a 2:16-marathoner, was the top U.S. master, 2:28:30, and fourth master overall.

Reed Sets U.S. Track Record in Winning USA 24-Hour Run

By DAN BRANNEN
American UltraRunning Association
SAN DIEGO, Calif. — One month after her sixth-place finish at the World 24-Hour Title event in The Netherlands, Pam Reed, 42, Tucson, Ariz., took her first U.S. national title, Nov. 8-9, in winning the San Diego 1-Day Race, which hosted the USA 24-Hour Track Championships, at UC-San Diego.

In doing so, Reed took down the 12-year-old U.S. track record of legendary Sue Ellen Trapp, bettering Trapp’s mark by almost three miles with a final total of 138.96 miles/223,634 meters (Trapp still holds the U.S. road and absolute record of 145.28 miles). Reed finished fourth overall in the race, with only the U.S. men’s gold, silver and bronze medalists out-distancing her around the 400m track in the all-day, all-night event.

Reed’s impressive victory and unexpected record capped a brilliant year in which she won the Badwater 135-mile race (Death Valley to Mount Whitney) outright, then led the U.S. women’s team to a fourth-place finish in the World 24-Hour with 136+ miles in The Netherlands.

Janet Runyan, 44, Boulder, Colo., was second W40+ and third woman in, taking the U.S. silver medal to match her runner-up award from September’s national 100-mile cham-

USATF Celebrates Silver Anniversary

With the theme of “25 Years of Excellence,” USA Track & Field will hold its 25th Annual Meeting at the Sheraton Greensboro at Four Seasons, Greensboro, N.C., on Dec. 4-7.

The agendas for the Masters LDR and T&F committees were published in the November issue and are also available at the USATF Web site: www.usatf.org

Agenda items include the acceptance of bids for future championship meets and road races, the selection of Athletes of the Year in track & field, racewalking, and long distance running, the Masters Hall of Fame

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Syracuse Chargers, Finger Lakes RC Take Team Titles

Bagley, Martin First in National 8K Cross-Country

By PETER GLAVIN

Scott Bagley, 40, Pittsford, N.Y., upset two-time defending champion Tom Dalton, 45, Schenectady, N.Y., on Nov. 2, to finish first at the USATF National Masters 8K Cross-Country Championships at a very soggy Black Creek Park, Rochester, N.Y.

Northport, Long Island’s Kathryn Martin, 52, won her third straight masters 8K title with an easy 65-second victory over Debra Morris-Allen of Buffalo’s Checkers AC. The 160 competitors came from ten states and Ontario, Canada.

Until Sunday, Dalton had not lost a

Continued on page 6

Kathy Martin, 52, first woman overall (31:06:31), National Masters 8K Cross-Country Championship.

By PETER GLAVIN

Scott Bagley (r), 40, battles Tom Dalton, 45, on Black Creek Park’s signature “ski hill,” National Masters 8K Cross-Country Championships.
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USA Track & Field

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New York Marathon

Continued from page 1

set the standard for the M75.

To celebrate his 25th pass through the five boroughs, Dr. Sab Koide, 80, Mill, N.Y., churned out a 5:41:30, winning the M80. Britain's Fauja Singh, 92, amazed everyone with a 7:34:37.

On the women's side, Firaya Sultanova-Zhdanova, 42, Russia, ran an aggressive race that bespoke high hopes - she ran at the front of the lead women's pack through half-way (1:12:07) - before fading after mile 20 to 2:33:37. Her second-half split of 1:21:50 lowered a record she established in 2003 (2:31:53).

In spite of slowing dramatically, Sultanova-Zhdanova had little difficulty nabbing the masters title here, which may have been cold comfort, since no masters prize money is offered, except to NYRR members. To top off a bad day, Sultanova-Zhdanova finished 11th overall, one place out of the open prize-money structure.

Local standout and sometime running store proprietor Dorian Meyer, 43, New Jersey, 2:58:17, was second. Meyer, top masters woman at New York in 2000, just held off a late-closing Monique Maddy, 41.

Sultanova-Zhdanova moved up from second last year, running the W60 (3:35:45). Anna Thornhill, 63, New York, was close behind (3:37:40).

Ginette Bedard, 70, New York, won her new age group, 4:55:55, and 16-time New York marathoner Joy Johnson, 76, California, added to her trophy pile with a W75-winning 5:35:45.

Finishers numbered 34,703. ING, Inc., is the marathon's new title sponsor. For more coverage, go to www.ingmarathon.com.

Idaho Indoor Masters Classic
March 13-14, 2004

Boise, Idaho

Jacksons Indoor Track
Idaho Center
(site of the 2005 USA Track & Field
National Masters Indoor Championships)

Open to men and women
ages 30 years and older

age groups: 30-34, 35-39, 40-44, 45-49, etc.

Track Events

| 60 Meters | 800 Meters |
| 60 Meter Hurdles | 4 x 400 Relay |
| 200 Meters | 400 Meters |
| 4 x 800 Relay | |
| 3,000 Meters | 3,000 M Racewalk |

Jump Events

Long Jump  High Jump  Pole Vault

Throw Events

Shot Put  Weight  Superweight

For event information:
idahoclassic@earthlink.net

www.usatf.org/assoc/sr/
208-859-9219

For Visitor Information:

www.boise.org
800-635-5240
New York Marathon

Continued from page 1

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In spite of slowing dramatically, Sultanova-Zhadanova had little difficulty nabbing the masters title here, which may have been cold comfort, since no masters prize money is offered, except to NYRR members. To top off a bad day, Sultanova-Zhadanova finished 11th overall, one place out of the open prize-money structure.

Local standout and sometime running store proprietor Dorian Meyer, 43, New Jersey, 2:58:17, was second W40+. Meyer, top masters woman at New York in 2000, just held off a late-closing Monique Maddy, 41, Massachusetts, 2:58:51.

U.S. citizen Maddy is the Liberia-born entrepreneur who was fifth W40+ in 2002, 3:02:03, but has a PR of 2:47. This fall, Maddy went to Kenya to train at a high-altitude training camp in preparation for the NYC Marathon, a journey she chronicled in an interesting online journal for the NYRR, available at www.fast-women.com.

Jennifer Teppo, 45, Vancouver, Wash., was fourth W40+ (3:03:17) and top W45. Running her 19th NYC Marathon, Moving Comfort's Gillian Horovitz, 48, New York, was second W45, (3:10:51) after topping that age group for three years in a row.


Susan Lambert, 62, GBR, also moved up from second last year, leading the W60 (3:35:45). Anna Thornhill, 63, New York, was close behind (3:37:40).

Ginette Bedard, 70, New York, won her new age group, 4:55:55, and 16-time New York marathoner Joy Johnson, 76, California, added to her trophy pile with a W75-winning 5:35:45.

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Gifting Benefits USATF Foundation

Last month, we published an article explaining the goals of the USA Track and Field Foundation, a not-for-profit organization formed to raise money to benefit athletes in a number of track and field related areas, including masters activities. This month, we provide information on how contributions can be made to the foundation.

There are a number of ways in which gifts can be made:

Cash: Most donors choose to make gifts of cash to charitable organizations.

Property: Property includes stocks, bonds, real estate, personal property, life insurance, art, jewelry, cars and virtually anything that is not considered real estate.

Deferred: The charity receives an immediate gift of an interest in property, and the donor receives an immediate deduction, but the charity’s enjoyment of the gift is deferred to a future time. This is often referred to as “planned giving.” The tax rules are very strict, and the types of deferred gifts are limited and well defined by the Internal Revenue Service. These are: Charitable Remainder Annuity Trusts (CRATS), Charitable Remainder Unit trusts (CRUTS), and Pooled Income Funds.

Other: Several other types of planned giving programs often used include Charitable Lead Trusts and Charitable Gift Annuity.

To make a gift, in any form, to the USATF Foundation, contact: Tom Jackovic, Director of Development, USATF Foundation, One RCA Dome, Suite 140, Indianapolis, IN 46225, 10231. Phone: 314-993-7142; e-mail: Tom.Jackovic@usatf.org.

(Neither the National Masters News nor the author of this article intend it to serve as any sort of legal advice and readers must contact experts, such as attorneys, accountants, bank trust officers or other financial planners to advise and direct any gift that he or she intends to undertake.)

Jerry Donley
2354 Wood Ave.
Colorado Springs, CO 80907

National Masters News
December 2003

TWENTY YEARS AGO

December 1983

- David Clark (40, 2:17:30)
- Cindy Dalrymple (41, 2:44:01) Top Masters in NYC Marathon
- Four U.S. Runners Win Titles in World Veterans Distance Championships, Perpignan, France
- Gabriele Andersen (2:36:22) Wins $12,000 at Twin Cities Marathon

Audrey Lary and Essie Kea in the W65 200, 2003 Nevada Senior Olympics.
Track & Field Report
By GEORGE MATHEWS
Chairman, USATF Masters Track & Field

Track & Field Thrived in 2003

Masters Track & Field continues to support the premise that track & field is a lifetime sport. We are a grass roots committee that derives our base from the local association level. We provide safe, competitive opportunities for athletes at local, regional and national venues, with high levels of participation and performance.

We are particularly appreciative of the support of the National Office as well as the wonderful administrative leadership and volunteers who have helped make 2003 a successful year.

Administrative Leadership

This is the third year that the elected officers have been in place and working effectively with our executive committee and all members of Masters Track & Field. We have improved communication with our members and the general population through a closer working relationship and help from the USATF Media Department.

This year all masters members of USATF were mailed an entry form for our National Outdoor Championships. We hope to also mail entry forms to all members for our regional championships in 2004.

Hopefully, masters participation on the USATF Board of Directors has made a contribution to the organization and has allowed masters athletes to be well represented.

Championships

In our major national and international championships, U.S. masters athletes set 50 pending world and 74 U.S. age-group records.

International

A total of 442 U.S. athletes participated in the 15th World Masters Athletics Championships in Puerto Rico last July. We were the largest group and set 26 world and 14 U.S. records.

The new U.S. team uniform for this competition was the USA Olympic Team uniform from the 1996 Olympics. Our athletes were thrilled to wear the "Colors." We went from one of the worst-looking (dress wise) two years ago in the 14th World Championships, Brisbane, Australia, to the best-looking competitors on the track.

National Indoor Championships

The 2003 Indoor Championships

USATF Silver Anniversary

Continued from page 1

inductees, and the approval of masters age-group records. A joint LDR/T&F Meeting will be held on Friday, Dec. 5, at 1:00.

In addition to committee meetings, attendees can take part in a social agenda of hospitality, reception, banquet, and breakfast activities, including the Jesse Owens/Hall of Fame Awards Banquet on Dec. 5 and the Awards Breakfast Buffet on Dec. 6.

The January issue of MNM will give a full report on the annual meeting, listing the award winners, future championships sites, and a summary of the minutes.

Red Raider Classic & Masters Invitational

USATF Southwest Regional Masters Indoor Championships

Texas Tech Track & Field
Saturday, January 31, 2004 • Lubbock, Texas

Masters Field Events (M & W may be combined)

8:00 a.m. Long Jump
9:00 a.m. Pole Vault
9:30 a.m. Shot Put
12:30 p.m. 55m Hurdles
Mile Run
400 Meters
800 Meters
200 Meters
3000 Meters

(Please check events you want to enter)

Entry Fees: $20 for 1st event, $5 each additional event
Entry Forms: (www.texastech.com) or call TTU Track Office (806)742-3535 x250
E-mail: wes.kitley@ttu.edu or diane.wholey@ttu.edu
Entry Deadline: January 26, 2004, 12:00 p.m.
Fax entries to Diane Wholey at (806)742-0365 or mail to TTU Track Office, Box 43021
Lubbock, TX 79409
(Make check payable to Texas Tech Track & Field)

Confirmation Deadline: All entries must be confirmed by phone or fax by January 29, 2004, 12:00 p.m.
Implementation: One hour prior to start of the event

First Name: _____ Last: _____
Male _____ Female _____ Age (as of 1/31/04) _____ Date of Birth
Address: __________________________
City: __________________________ State: __________ Zip: __________
Phone: __________________________ E-mail address: __________________________
John King Makes the Most of His Weight

A t 5'9 and 152 pounds, John King is not your stereotypical discus thrower. However, the 64-year-old resident of Portland, Ore., is often seen twirling the platter with much bigger men in western states masters meets. Over the past eight years, he has placed more than 100 gold, silver, and bronze medals, primarily in the discus but also in the shot put and javelin, proving that one does not have to be an incredible hulk to enjoy masters competition in the weight events.

When King was the subject of an article in The Oregonian last year, his wife, Susan Cato, referred to it as an “ode to the common athlete.” Even though, pound-for-pound, he might be as good as or better than those winning national championships, King recognizes the limitations placed upon him by his lack of bulk. Still, most of his medals have come in the discus and more than a third of them have been gold.

“I’ve always been strong for my size,” says King, who holds a master’s degree in fine arts and is an avid art collector as well as an antique dealer. “When I was a senior in high school, I could clean and press 210 pounds, bench press 265, and squat with 300. But, at this point in my life, I think speed, equilibrium and good technique are more important to my success. Really, how much strength does one need to throw a discus?”

Renewed Outlook

King credits masters competition with giving him renewed vigor and focus in life at a time that he seemed to be entering a midlife crisis. “Shortly before moving to Portland from the San Francisco Bay Area eight years ago, I underwent surgery on my left knee to repair damage from an old football injury,” King explains. “My knee had degenerated to where I had given up all athletic activity. I was having trouble walking for any distance. This whole situation had affected by attitude and greatly altered my day-to-day life.”

While doing some light running and walking on the track at Lewis & Clark College during the rehab period following surgery, King encountered Neil Saling, a nationally-ranked masters thrower. Saling told him about masters competition, let him borrow a discus, and introduced him to the Portland Masters Track Club. “I was on my way, or so I thought,” King muses. “My knee was still tender and I hadn’t thrown the discus in over 30 years.”

With new goals and challenges in life, King joined a gym, began working out regularly, started paying attention to his diet and fluid intake, began taking vitamins and various supplements, and rethought his sleeping habits. “I also brought aspects of relaxation, meditation, and visualization into my year-round training and real competition,” King continues. “It took me three years of hard work to finally get in competitive form, but at the end of the 1999 season all the hard work paid off.”

National 8K Cross-Country

continued from page 1

masters cross-country race since 1999, winning two 8K titles (both at Black Creek), two 5K titles in Holmdel, N.J., and the 2000 10K title at Franklin Park in Boston. For his efforts, he has been named the U.S. Masters Cross-Country Runner of the Year for the last two years.

On Sunday, Dalton couldn’t shake Bagley, who ran on his shoulder for nearly the entire race before out-sprintin him to the finish in the last 200 meters. Bagley’s time of 26:12 was nearly a minute off Dalton’s 2001 course record of 25:15 but, more importantly, it was two seconds ahead of his rival’s 2003 finishing time.

Bagley’s victory, along with superb efforts from teammates Dave O’Keefe (fourth in 27:07) and Al-Rochesterian Mike Platt (fifth in 27:42), helped the Syracuse Chargers to their first M40+ team victory since 1999, when they won the 5K title in Orlando, Fla. The defending champion Genesee Valley Harriers were a distant second, nearly four minutes behind the Chargers.

Masters team titles in cross-country are decided by the combined time of a team’s top five finishers in the M40-49 and M50-59. M60-69, M70+, and all women’s team scores three runners.

GVH’s Tim McMullen and Jim Robinson, who were part of the 2002 M40-49 team that won, both turned 50 in 2003. Their presence this year, along with the addition of Joe Chimeno, Bergen, N.Y., Jim May, Williamsiton, N.Y., and Bill McMullen, Batavia, N.Y., spurred GVH to a 32-second victory over the defending M50-59 champion Adirondack AC. McMullen won the M50 individual title (29:17).

The M60-69 title went to the Michigan Grand Masters, who had a whopping nine-minute margin on the second place Wolfpit Running Club of Connecticut. The M70+ title went to Buffalo’s Belle Walling AC, who averaged last year’s defeat by beating their rivals, the Syracuse Chargers, by just over three minutes.

GVH’s Otto Freyler, 70, joined Bagley and McMullen as the only local individual winners as he captured the M70 title (39:38).

Proving that age is no deterrent to athletic achievement, Pearl River, N.Y.’s Bill Fortune toured the Black Creek course in 42:08 to defeat three others in the M75 division. Fortune’s Millrose AA teammate, John McManus won the M80 race (50:31).

Western New York legend, Henry Szwarski, 86, of Cheektowaga, added another medal to his vast collection by winning the M85 division (49:51).

Martin has been the female version of
Nutrition News from The American Dietetic Association

I s lack of sleep associated with weight gain? How effective are website diet programs? Does eating prior to measuring body fat alter the measurement? These are just a few of the latest food, nutrition and weight topics addressed at the American Dietetic Association's annual convention (San Antonio, TX, October 25-28, 2003). Below are some conference highlights that might be of interest to you.

Sleep Disorders

Sleep disorders are commonly related to obesity. The prevailing thought is that obesity leads to the sleep disorder. But perhaps sleep disorders lead to obesity? In a three-month study conducted at the Stanford Sleep Disorder Center, overweight subjects who got help so they could sleep better ate fewer calories and reduced their waist size.

These results suggest adequate sleep is an important part of a weight management program. If you want to lose weight, prioritize the need to get enough sleep.

Body Fat Measurement

In research situations, body fat measurements are generally taken after an overnight fast. This contrasts to real life, where measurements are often taken after people have eaten. A California State University study looked at differences in body fat measurements before and after the subjects consumed about 12 ounces of a sports drink or the same volume of cereal and milk.

Bioelectrical impedance measurements increased from about 20 percent body fat to 23 percent body fat. To the researchers, this was not statistically significant, but to many athletes this would certainly create a significant tizzy! If you are using a Tanita, Omron or other scale that uses bioelectrical impedance to measure body fat, be sure you use it first thing in the morning, after you go to the bathroom and before you eat or drink anything.

Body Image

In today's society, many women openly complain about how unhappy they are with their bodies. Yet, these same women should be sensitive to the impact their comments can have on young teenage girls. Therapist Sharon Hersh, in her presentation about mother/daughter connections, stated that in households where mothers talk about feeling fat, 81 percent of their teenage daughters reported they too felt fat. She also reported that among girls with eating disorders, 80 percent had mothers with an eating disorder.

Rather than resorting to dieting to attain a desired physique, daughters should be taught how to become resilient to the plethora of "fat talk." For example, you could ask your daughter "What is it like for you to walk in the halls of your school?" If she responds "I feel fat," you could continue the conversation by commenting "That sounds like an important feeling; tell me more." And always remind her she is not fat, she is beautiful!

Eating Disorders

The female athlete triad is the collective diagnoses of disordered eating, amenorrhea (loss of menstrual periods, commonly due to inadequate calorie intake), and low bone mineral density (a result of the poor diet and amenorrhea).

A survey of 107 athletes representing seven sports (diving, cross-country, track, swimming, tennis, field hockey and softball) suggests 31% reported extreme body dissatisfaction, unhealthy dieting and other behaviors consistent with an eating disorder; 17% reported no menstrual periods; 57% had irregular menstrual cycles; and 22% had low bone mineral density.

Clearly, female athletes need nutrition guidance so they can feel good about fueling their bodies for strength, stamina and health (as measured by regular menstrual periods and strong bones). Active women who struggle with food and live in fear of getting fat are inevitably the ones who get sidelined with injuries. It's time to dispel the myth that the thinnest athlete is the best athlete.

Ergogenic Aids

A survey of 142 high school football players revealed that 77% used ergogenic aids hoping to improve athletic performance. Of these, 66% used Ephedra. (Ephedra is a stimulant that has been associated with death among athletes and is now banned.) Fifty percent reported side effects such as diarrhea, rapid heart rate, dehydration and muscle cramps. The safer bet is to consume a hearty breakfast, lunch and pre-exercise snack. These meals are proven ergogenic aids for not just football players, but for anyone who trains in the afternoon. Sound nutritional practices do a safe and excellent job of boosting energy.

E-dieting

The Internet is a growing source of diet, exercise and weight reduction information. People like this web information because it is free or low cost, available 24/7 for support and guidance, offers structured programs, and (for better or worse) is anonymous. But how effective are sites such as diet.com, caloriescount.com, dietwatch.com, etc.? Testimonials suggest some programs have gotten good results. But we desperately need good research data to verify these claims. We also desperately need to figure out active ways to use the Internet. Surfing the web for help with weight reduction is such a sedentary activity. Hmmm...

If you have overweight friends or relatives who want to embark on a weight management program but don't know where to start, I suggest they look at America On The Move's program at www.americanatheonmove.org. The program has been developed by the Partnership to Promote Healthy Eating and Active Living.

Their easy-to-continue approach is to teach people to eat 100 fewer calories per day and to burn 200 more calories via walking, as measured with a pedometer (step-counter). The goal is at least to prevent additional weight gain and, better yet, to achieve permanent weight loss. Plus the participants will certainly benefit from the health improvements associated with being more active.

Alcohol Consumption

Alcohol is commonly an integral part of sports celebrations. If you suspect an athlete is an excessive drinker, here are four key questions to ask:

1) Have you ever felt you should cut down on your drinking?
2) Have people annoyed you by criticizing your drinking?
3) Have you ever felt guilty about drinking?
4) Have you ever had a drink first thing in the morning (an eye-opener) to steady your nerves or get rid of a hangover?

Any yes answers suggest problems with excessive drinking. A good book to read to address the problem is Sober for Good by Anne Fletcher.

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FIFTEEN YEARS AGO

December 1988

• Bob Schlu, 41, Wins Stanford Marathon Overall in 2:20:40
• Ryszard Marczak (42, 2:15:54), Gail LaDage Scott (41, 2:47:33) Take Masters Firsts in NYC Marathon
• Steve Lester (45, 1:43:21), Juana Stavalone (42, 1:58:23) Victors in Stormy National Masters 30K
**PAGLIANO'S PODIATRIC POINTERS**

*The Foot Beat*

By JOHN W. PAGLIANO, D.P.M.

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**Magnets May Represent Mind Over Matter**

Magnets. Do they work? If one reads the ads for magnetic devices to wear in your shoes, or even around your wrist or back, they seem to be a panacea for all illness and injuries.

If one reviews the scientific literature, there is no evidence that magnets reduce pain or mitigate disease. Yet, as we know, athletes strap them on all parts of their bodies and believe they work.

Ads claim that magnets improve circulation. Red blood cells have iron, so magnets propel them. But blood is not magnetic. We would explode in an MRI machine, or all be attracted to the North Pole.

They also do not warm tissue. They are so weak that they don’t penetrate the skin. Try placing several pieces of paper between a magnet and a paper clip.

The Mayo Clinic ran a double blind study testing 101 patients with heel pain from plantar fasciitis. Some wore fake magnets, some wore real magnets. No group differences were seen in any outcome measure. Several other studies showed they had no beneficial effect on carpal tunnel syndrome, back pain, or delayed onset muscle soreness.

So why do they work with some people? The Mayo Clinic provided a clue. Magnets have been used for over 2000 years. They are powerful placebos. Patients in the Mayo study were asked if they thought magnets could relieve pain; 43% said yes. Those who were believers at the beginning of the study had less pain at the end of the study than non-believers.

So, if runners feel that a magnet will relieve their pain, maybe it is mind over matter. No scientific evidence shows magnets can heal. No reason exists that they can reduce pain. No study shows they can relieve pain. Yet, if a placebo somehow reduces the concept of pain, it’s a cheap and safe treatment.

(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, e-mail Dr. John Pagliano at the foot beat@aol.com)

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**Akron Ekiden Gets Off to Great Start**

Viva Ekiden! The first ever USATF National Club Championship Relay, held in conjunction with the Akron Marathon, Akron, Ohio, Oct. 11, was a grand success for the Western Pennsylvania TC, which fielded teams for every masters category, and won all of them.

Local running clubs take note: West Penn TC collected $5000 in prize money for their troubles. Only 19 of nearly 300 teams registered for the USATF age-group categories.

On a sunny, still morning, 300 five-person teams and 900 solo runners took off from Akron’s monumental Lockheed Martin Airdock to head, circuitously, for downtown. It was a terrific turnout for a first year event, and speaks to the growing popularity of team running events.

Marathon relays have been around for a while, of course, but have never really taken off in the U.S. the way they have in Japan, for instance, where Ekidens are very popular contests televised live nationally. A successful marathon relay is a supreme test of organizational ability and often costs more to produce than a traditional marathon, but they are a real pleasure to participate in, and spice up the race calendar.

The Akron Marathon organization, headed by Steve Marks, deserves special credit for promoting the event and supporting a National Club Relay Championship, the first of its kind here. An elite USA-Canada-Mexico relay challenge was also staged.

The Akron event was not without its difficulties – in spite of large-scale community coordination, a freight train managed to cross the course in the third leg, halting the elite race for several minutes. Finish times were adjusted to reflect the mishap. For more information, go to www.akronmarathon.org.

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**Cudlip, Murphy Soar to Wins in Big Bird**

By RON MARINUCCI

More than 800 runners came to Roseville, Mich., on Nov. 9 for the 25th anniversary of the Big Bird Runs, which feature 10K (410 finishers), 4K (363), and one-mile races. The first Big Bird “Turkey Trot,” said inaugural race director Larry Snelling, attracted 179 runners. “I think we had over a thousand a couple a years in the ‘80s and ‘90s,” he added.

After a bit of a lull in recent years, numbers were up again.

Appearances by the nationally-acclaimed Team Hansons resulted in some fast times, including a new course record by Brian Sell (25, 29:59). In fact, the top four runners (all from Hansons) smashed the old mark of 31:19. Karly Graylock (25, 35:05) and Leigh Daniel made it a one-two sweep for the Hansons Women’s Team.

The masters runners were led by Michael Cudlip (45, 36:17, age-graded 33:54), who was 15th overall. Entering the masters ranks this year is Laura Murphy, a long-time top runner in the Metro Detroit area, who paced the masters women by more than five minutes (36:51, 35:20). Overall, Murphy was third among the females.

Age-group ace Doug Goodhue (61, 38:53, age-graded 31:43) was 34th overall. Fifty-year-old John Tarkowski ran 37:43 (33:52). Grace Harrison (57, 45:45) was the 14th woman finisher and Ellen Nitz, 63, posted 48:34.

Wearing bib number 25 was Darrell McKee. The 69-year-old was running his 25th Big Bird – all of them! Before the race he exclaimed, “This is the greatest 10K in the state.” He added, “I ran part of this course 54 years ago when running cross-country at nearby Roseville High School.”

Full results can be found at www.gaultracemanagement.com.

(Ron Marinucci can be reached by e-mail at RMarin6424@aol.com.)

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**National 24-Hour Run**

Continued from page 1

Ray Piva, 77, South San Francisco, Calif., surpassed the U.S. road age-group record that he set in the USA 24-Hour Championship two years ago by four miles, and by 19+ miles, the existing national track record for his age-group. His 109.38 miles fell less than a mile short of Frenchman Max Courtillon’s absolute world age-group mark.

Eighty entrants started the race, with 47 completing more than 100 miles in 24 hours. For complete results, visit the race website at: www.sandiegoladyrace.com.
New Research May Change Exercise Forever

A new study published by the National Institutes of Health pulls together a body of previous studies and makes it clear that middle-age and older adults should be doing anaerobic exercise—high-intensity wind sprints rather than standard, long, slow cardio.

Anaerobic sprinting types of exercise—running, cycling, swimming, cross-country skiing— is shown by medical researchers to make the body produce significant amounts of anti-aging growth hormone.

It's no secret that several well-known entertainers take growth hormone (GH) injections for its body fat cutting, muscle toning, youth rejuvenating properties, but there can be serious side-effects from GH injections.

Unquestionably Natural

Natural is always best. And producing growth hormone from high-intensity exercise is unquestionably natural.

Growth hormone injections are given to children with clinical stature growth problems to help them grow normally. Growth hormone does not make adults grow taller. For middle-age adults, GH can reverse several measurable clinical factors of the middle-age bulge—officially named the somatopause by researchers.

The middle-age somatopause is signified by energy decline, weight gain (around the middle, and hips), loss of muscle, and wrinkled skin after the age of 30.

Researchers report: Aging is often associated with a progressive decrease in the volume and, especially, the intensity of exercise. A growing body of evidence suggests that higher intensity exercise is effective in eliciting beneficial health, wellbeing and training outcomes. In a great many cases, the impact of some of the deleterious effects of aging could be reduced if exercise focused on promoting exercise-produced growth hormone (The exercise-induced growth hormone response in athletes, Godfrey, Sports Med. 2003;33 (8):599-613 2003).

Overweight Causes Cancer

Being overweight, which is far less than obesity, now accounts for 14 to 20% of deaths by cancer, report researchers in a major new study (Overweight, obesity, and mortality from cancer in a prospectively studied cohort of US adults, 2003, Calle). This wasn't a small, out-of-context study. Over 900,000 adults were studied over 16 years. And the researchers estimate that more than 90,000 cancer deaths each year could be avoided if every American maintained a healthy weight.

Researchers report: "We estimate that current patterns of overweight and obesity in the U.S. could account for 14 percent of all deaths from cancer in men and 20 percent of those in women.

The study shows that the risk of dying from cancer from being overweight is 52% greater than in men of normal weight, and 62% higher for women. All the more reason to start and maintain a lifestyle that makes time for fitness training.

Start Out Slow

Long, slow forms of cardio – like walking – is a great place to begin if someone is inactive. But don’t be misled. The research is clear. This form of exercise doesn’t compare to the benefits of anaerobic exercise.

We’re talking about the difference between kindergarten and college. Low-intensity exercise is absolutely necessary as a starting point, but it needs to be the starting point and a building block for moderate-intensity, which, in turn, is the building block before moving into high-intensity anaerobic exercise.

Heart Disease

Low-intensity does not prevent death from heart disease. For years, the gold standard for exercise was 30 minutes of activity a day. And walking for 30 minutes a day was said to be sufficiently adequate to delay heart disease and premature death. Not true.

A new study of 2000 men over 10 years destroys the low-intensity, walking standard. Researchers show that low-intensity does nothing to prevent death from heart disease. Nearly 2000 men, age 45 to 59, were tracked for 10 years.

Initially, none of the men had any evidence of heart disease. Exercise was performed and measured by three levels of intensity: low, moderate, and high. Low-intensity included walking and bowling. Golf and dancing qualified as moderate-intensity. Running and swimming were in the high-intensity category. Of the 252 deaths that occurred during the 10-year study, 75% were linked to heart disease and stroke. And cancer accounted for 25%.

Conclusion: Walking 30-minutes five times a week is not enough to prevent early death from heart disease. Moderate-intensity also failed to reduce premature deaths.

Only the highest levels of exercise intensity lowered death rates.

Solution: Do one hour of anaerobic exercise wisely. Don’t read this and go run a 200-meter sprint full speed. Pulling a hamstring or killing yourself to improve fitness misses the point.

Anaerobic exercise is the most productive form of exercise, and it should be a part of every fitness routine. However, anaerobic exercise is also the most dangerous form of exercise, and physician clearance is a must. A progressive build-up program – from low, to moderate, to high-intensity – is necessary to prevent injury.

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Women Take Gold in 2003 National Meet

In our continuing series on national champions at the 2003 National Masters Track & Field Championships, Eugene, Ore., we take a look at this month's female champion in the women who took gold medals in the racewalking category. Each athlete responded to the following questions: (1) Why did you start racewalking? (2) How many years of training and competing did it take you to win gold medals at our national championships? (3) What are the most important ingredients in training for successful competition? (4) What unique experience did you have in Eugene this year?

Penny Vale, W35: 10K 1:07:07.
I was a marathon runner and experienced knee pain after running two marathons within seven weeks of each other. I wanted to maintain my fitness level and found that walking briskly without bending my knees did not hurt. On one walk I began to time myself and thought of racewalking. I entered “racewalking” in an Internet search engine and my involvement snowballed from there.

For the first three years I waffled between racewalking and running. This year, I racewalked exclusively and improved my form by adding strengthening and stretching exercises. I felt confident that I could compete at this year’s Nationals and set a personal record without getting disqualified. Fulfilling this goal and receiving a gold medal and patch was thrilling.

It can be best by setting my racing calendar well in advance. I decide what my target races will be for the season and then spackle in fun runs and walks as time trials to gauge my progress. Before the 10K nationals, I didn’t racewalk the three days prior to the event.

I started walking after seeing how much weight my mom, Karen Murphy (W60: 5K gold, 10K silver), had lost. We walked together and our first race was a five miler. Though we didn’t feel we really knew what we were doing, I placed third overall and my mom placed in her age division. We were instantly hooked by the competitive bug.

Racewalking has been one of the greatest pleasures for me. As my life changes, so do my goals and the importance of racewalking. I will always love the competition, but as a working mom with a nine-year-old, I have modified my ambitions to wanting to remain competitive in my age group. I have experienced burnout and come full circle. I have come to realize that competition is fun, but the journey, the things I learn, and the people I meet along the way are worth more than the ribbons, medals or whatever the clock says.

Mary Anne Torrellas, W45: 5K 25:52:68.
This summer I advanced to the 45-49 age group, and had cavalier thoughts of pulling a sub-25-minute 5K. The first few laps in the 5K went okay. Then someone added two pounds to my shoes each lap, and a bear jumped on my back with three laps to go.

Was it the heat? No, it was actually great racing weather. Was there something wrong with my body? No, I felt fine, and last year I did a 25-minute 5K. But I was quite a bit slower. What could possibly be wrong? Hey, these legs took me 22:10 the same time, why can’t they at least operate closer to 25 minutes now?

I heard that sentiment muttered frequently at the Nationals this summer. As a group of us talked about training, it seemed that while we were still doing speed training, the intensity had diminished. It is logical to assume that the aging process does that to one.

I know over the past few years I have traded some speed work for more moderate endurance. After all, I might get hurt going all out, the muscles have a little less resiliency, I need more recovery time... and “been there, done that, don’t need to kill myself anymore.” Yet, isn’t that what I love most about this sport? To push beyond myself?

Some irrational part of me stands, arms folded, defiant in the face of aging. I am not going to get slower and slower! Well, how about, not much slower?

My times were a little disappointing this year, but I was not as well-trained as I should have been. I did the New York and Mardi Gras marathons over the winter and my speed didn’t come back as well as I had expected. It took about five years of racewalking to realize I might be nationally competitive if I put forth some effort. After one season of serious training in 2000, I won my first gold medal in Eugene. I think the key ingredient to successful competition is a structured training schedule, especially the speed work sessions.

I started racewalking about 15 years ago. I had quite exercising racehorses at the Santa Anita track in order to concentrate on my massage business. That kind of riding demands a high degree of fitness. I was anxious to lose it and didn’t care that much for running. Since racewalking, like riding, is very form-oriented, it turned out to be a good choice.

My training pattern has always been somewhat erratic, and I’m constantly coming up short in the mileage department. I think the reason I’ve done as well as I have is that I’m able to focus and improve on form.

I’ve also been doing something called “Postural Reprogramming,” which teaches body alignment by using certain visualizations and exercises that balance out opposing muscle groups. What this does, among other things, is reinforce “brain-to-body” communication. For example, if I want to work on lowering my arms, I think “shoulders back and down.”

With those conditioned reflex channels in place, I get quicker and more lasting results than I otherwise might. In addition, there is increased flexibility resulting from the alignment stretches. This has helped me successfully manage an old hamstring injury.

Now to get in some of the missing component – more mileage.

I competed only in the 5000 meters in Eugene this year. I never got around to training for the 10K. Guess that says something about motivation. What a relief it was when my coach, Gwen Robertson said, “Just don’t do it!”

I had pushed a bit in a local 5K race a couple of weeks earlier so I could at least do that distance. Finally I started focusing on some quality the last three weeks. As a result, Eugene was fun and pressure-free – the most fun I have had at a championship that I can remember.

I was delighted with my race even though I would have been upset with my time a year ago. Funny how one’s priorities change.

I got involved with racewalking after I retired. My sister-in-law, Sherry Brossnanah, introduced me to the sport in 1999, and I have been hooked ever since. After seven months of racewalking, I won my first 10K National Championship gold medal in Orlando, Florida, in August 1999, and have won others since. This past July, in the World Masters in Puerto Rico, I won three gold medals and am on a roll.

The most important ingredient of my training is not to overtrain. I now train every other day as I find my body needs more recovery time to avoid injury.

Shirley Dockstader, W70: 5K 32:40.97 (19 seconds faster than the previous national record of 32:59); 10K 1:07:32 (1 minute and 49 seconds faster than the previous national record of 69:21).

This was an important racewalking year for me as I turned 70. Having converted from running to racewalking in the mid-90s, I have been competing for about 10 years. When I first started, did I think I would ever be serious enough about competing in national and international events? No. Never. Yet being a part of those events over the years in the company of some wonderful racewalking friends has been one of the highlights of my life.

What keeps me interested and enthusiastic about racewalking beyond the health benefits and camaraderie, is the quality of attention racewalking requires. In a workout, whenever my mind goes off on a tangent and stops working in harmony with my body, my technique gets sloppy and my times suffer. This consequence motivates serious mind/body awareness practice, the benefits of which impact all areas of my life.

I added two new components to my training regimen this year. One was Pilates to build core strength and flexibility. The other was learning about and experiencing the principles of ease and alignment from the Alexander method and then incorporating them into my thinking and my technique.

I believe that commitment to a balanced, personalized and consistent training schedule is the key to success in competition. It worked for me this year in Eugene.

Sure, it is fun to break records, but what I will remember most about this year at Eugene was reunions with all the wonderful racewalkers from all over who I’ve met over the years. There is such a genuine feeling of good will, encouragement and affection.

Also, the University of Oregon is my alma mater and being at Hayward field and the U of O campus was a chance for me to revisit the “good old days.” Having said that, I realize that these “good new days” at age 70 are hard to beat.

(Elaine Ward can be reached by e-mail at nwarz@shgnetwork.com)
Track Chips In; Lap Counters Out

Over the years, there has been a continuing incidence of errors in lap-counting in the longer distance races in track meets, specifically the 10,000, 5000 and the steeplechase.

For these events, volunteer human monitors (lap counters) are stationed at or near the finish line to keep track of the progress of several contestants each and keep the contestants advised as to their progress. The duties of the monitors tend to be more difficult when they must maintain undistracted attention for 30-45 minutes or more (e.g., in the 10,000), or in heats where there can be a wide diversity of capability (e.g., the steeplechase).

In an era of known declining attention span, finding capable volunteers for this demanding duty will undoubtedly become more difficult.

Attentive Volunteers

The 2003 National Masters Championships in Eugene, Ore., were well organized and well run, but there was one observed error and several near misses. As an example, about halfway through the 10,000, I noticed that my monitor was totally distracted with her back to the track. I had to call out my number to redirect her attention to her duties. (It should be noted that she was very diligent for the rest of the event.)

The actual observed error was not reported because it had no impact on any other competitor. However, every participant wants to complete the correct number of laps in his or her event and expects all other competitors to do the same. No ethical competitor wants to receive a one-lap advantage over others nor does he/she deserve the disappointment of running an additional lap.

Participants in regional and national championship events, many of whom travel long distances at considerable personal expense, deserve better control of these events. We have the capability to achieve that goal. It is LDR's four-letter word: The CHIP.

Those of us who compete primarily on the roads are well acquainted with the Champion Chip, now used routinely in many of the large, longer-distance races. For readers not acquainted with the methodology, the chip is a small device that the runner attaches to his shoe string. The chip emits a unique EMR signal.

Detector Mats

Mats containing EMR detectors are placed at the start and finish lines (and optionally at intermediate locations along the race route), which detect each individual signal when the runner passes that location and correlate it with the time of passage.

The time difference between the start and finish is the runner's "chip" time, as opposed to his/her "gun" time, which is the difference between the official start and the finish chip time. In very large races, a chip time can be as much as five minutes or more shorter than a gun time. The chip time is the actual time the runner was on the course and in most races, chip time is used to determine age-division awards. This is one facet of chip timing that has appeal to most ordinary runners.

However, there are at least five advantages: (1) generally, race results are posted faster, (2) certain human errors in finish line management are eliminated, (3) it is generally agreed that pushing, shoving and jostling incidents at the finish are substantially reduced, an important safety factor, (4) strategic placement of mats on certain courses confirms that finishers completed the entire course on foot.

Currently, only gun time is used for purposes of national or world records or for national, state or local rankings.

In the last 18 months, I have participated in several races where a modification of the above procedure was used, which for this communication is Chip-assisted Gun Time. This procedure is particularly useful for road races with staggered starts.

Hypothetical Case

Take a hypothetical example, a 5K and 10K run concurrently on a three-mile loop course where the respective start lines are 0.107 and 0.214 miles upstream of the finish line. In this case, there is no detector mat at either start line, only at the finish. In this case, the chip time is identical to the gun time, but all other benefits of chip timing are experienced.

This procedure appears to be applicable to control of distance runs on the track.

A track meet application of the chip-assisted gun time procedure involves the use of two detector mats, one in the lanes through which competitors finish. This detector set records the finishing times of the competitors.

The second mat is located at or near the finish line in the lanes traversed prior to the last lap. This mat serves as a lap counter using the unique signal from each competitor's chip to activate a digital display of the remaining laps for each competitor. In this manner, an accurate automatic lap count is provided throughout the race, with a printout available at the end.

Let's take the 5000 (12.5 laps) as an example. The race starts 0.5 lap from the finish. There is no detector mat at the start. The timing device of the finish line detector is adjusted to the gun start time. Each competitor passes or crosses the finish line area 13 times.

The lap counter mat in the countdown mode is set at 12 for each runner so that he/she (or human monitor) knows on approach to the line that there are 12 more laps. Likewise, when the lap counter reads "one," he/she has only one more lap to go. It appears desirable to provide human monitors to read and convey the race status to the competitor. However with this system, they do not have to keep a record of laps run.

With this procedure, two sets of identically programmed chips are required.

The size of the set depends on the maximum permitted contestants in one heat (207). The chips are programmed by lane, and are used repeatedly in sequential heats. Each chip is provided in a specific envelope identifying the chip, which is retained by one or two chip custodians.

Chip bibs of the corresponding lane number are placed in each envelope and are assigned to the contestants in one heat by the custodian(s). The custodian(s) retain possession of the envelopes during the heat. Immediately after each runner crosses the finish line, a custodian removes the chip from the runner's shoe and returns it to its original bag for reassignment in another heat.

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Leni Riefenstahl: Genius or Monster?

When she died recently at age 101, German filmmaker Leni Riefenstahl was both revered and reviled. *Olympia*, her film of the 1936 Olympic Games, arguably remains the greatest sports documentary of all time. But those were the “Nazi Olympics,” and many consider her merely Hitler’s propagandist, not only for that film, but for Riefenstahl’s earlier *Triumph of the Will*, documenting the Nazi Party’s 1934 Nuremberg rally.

During her lifetime, rumors circulated that Riefenstahl was Hitler’s mistress, that she danced nude in front of party dignitaries, that she used concentration camp inmates in her films. In truth, Riefenstahl was probably more amoral than immoral, more apolitical than political, as much victim as victor, prisoner both of her unique talent and unfettered ambition.

ArtisticMerit

I first viewed *Olympia* a decade after World War II, on the campus of the University of Chicago. It was shown for its artistic merit, irrespective of any political message. *Olympia* did show Hitler hailing German victories, but it showcased also the successes of a decidedly non-Aryan Jesse Owens. A long segment focuses on Japan’s Sohn Kee-chung winning the marathon. We know now that Sohn was Korean, forced to wear the Rising Sun on his singlet.

My fading memories of *Olympia* include slow-motion images of the pole vault. But that segment was filmed after the Games. In her memoir, published in 1987, Riefenstahl tells why. Because the contest dragged into the night, her pole vault footage proved unusable.

With the aid of decathlon champion Glenn Morris from the U.S., Riefenstahl convinced the athletes to vault again the next day for her cameramen. “It turned into an almost genuine contest,” Riefenstahl recalls, “and they reached the same heights as on the previous day.”

Riefenstahl admits numerous affairs (including one with Morris) and one bad marriage, but with a director’s instinct leaves details to her readers’ imaginations. She describes in fascinating detail meetings with Hitler, but no intimacies. She obviously was infatuated with Mein Führer, but not with propaganda minister Joseph Goebbels, whose advances she resisted.

Hitler’s Attention

Riefenstahl, beautiful as well as athletic, began her career as a dancer, but shifted to acting in films featuring snow and cold. Lack of funds forced Riefenstahl to direct herself in *The Blue Light*, triggering Hitler’s attention. Riefenstahl claims she did not want to film *Triumph of the Will*, but was coerced into it. She argues that *Olympia* was made for the International Olympic Committee, not for the Nazi Party, which she never joined.

She spent most of World War II detached from politics, filming the allegorical *Tiefland*. Riefenstahl cites court documents to argue that gypsies in that film did not come from concentration camps. Arrested by occupying American troops, she was shocked when shown photos of Auschwitz. She had many Jewish friends.

Was Riefenstahl another “Good German” in denial regarding atrocities around her? Plans in Germany in the mid-1930s, how might we have acted?

Marathoner John A. Kelley ran in the 1936 Olympics and claimed he thumbed his nose at Hitler. But Jesse Owens later told Kelley, “Hitler waved to me, and I waved back.”

Sold to the Devil

Not everyone in 1936 could predict events that would follow — or understand how misguided acts might affect others. Nevertheless, as one German friend of mine says of Riefenstahl, “She sold herself to the devil.”

Photographer Robert Jones writes: “Monsters who are yet geniuses are still monsters, and it is society’s obligation not to whitewash their sins.” She did pay for her sins, spending three years under arrest. The French government confiscated her films, returning them only years later. Film projects she started died because of threatened boycotts. Thousands of feet of irreplaceable film of the Nuba tribe in Africa were mysteriously ruined by a film laboratory.

In later years, Riefenstahl achieved success as a still photographer, publishing four books, but the potential she exhibited in her first three decades went unfulfilled in her last seven decades. Unlike the vultures who returned the day after competition to pose for her cameras, she never equaled her previous heights.

Because of her complicity with a brutal regime, Leni Riefenstahl leaves us with a bad taste in our mouths. But she also leaves us with perhaps the greatest film ever produced on our sport. She remains a puzzle even in death.

(Hal Higdon is a Senior Writer for Runner’s World and a confessed film buff. Contact him by e-mail at halligdon@comcast.net, or visit his website at www.halhigdon.com.)
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<td>Men's and women's 2002 U.S. outdoor track &amp; field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&amp;F Rankings Chairman. All T&amp;F events, including mile, relays, weights, racewalks, and combined events. $8.00</td>
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<table>
<thead>
<tr>
<th>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</th>
</tr>
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<tbody>
<tr>
<td>Indoor rankings for 2003. 4 pages. $2.00</td>
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<tr>
<th>Masters Age-Graded Tables</th>
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<tbody>
<tr>
<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. $6.00</td>
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<tr>
<th>Masters 5-Year Age-Group Records</th>
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<tr>
<td>Men's and women's official world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundie, USATF Masters T&amp;F Records Coordinator. $2.00</td>
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<tr>
<th>Masters 5-Year Indoor Age-Group Records</th>
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<tr>
<td>Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). $2.00</td>
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<tr>
<th>Competition Rules for Athletics (2003 Edition)</th>
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<tbody>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters. $12.00</td>
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<tbody>
<tr>
<td>Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. $12.00</td>
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<tbody>
<tr>
<td>U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. $12.00</td>
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<tr>
<th>How to be A Champion from 9 to 90</th>
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</thead>
<tbody>
<tr>
<td>Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US $19.25/CAN $28.50, plus postage &amp; handling.</td>
</tr>
</tbody>
</table>

| 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 |

<table>
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<tr>
<th>2003 Road Race Management Directory</th>
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<tbody>
<tr>
<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; 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</td>
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<tr>
<th>Running Research News</th>
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<tbody>
<tr>
<td>Published 10 times per year. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. $35.00 per year.</td>
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<tr>
<th>Back Issues of National Masters News</th>
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By BRIDGET CUSHEN

One British master achieving a succession of phenomenal times and pushing back the aging barrier is Welshman, Martin Rees. After knocking over two seconds off the M50 1991 5000 WR in May, he went on to set British best performances on the road for 5k, 10k, and 10,000, as well as the half-marathon.

Running in the National 10K Championships, Oct. 5, in the Cotswold tourist hotspot of Burton-on-the-Water, he missed the British M50 best by just one second, finishing 20th overall in 30:37 in a star-studded field. Otherwise, he could claim an M50 clean sweep of British road bests.

On Oct. 26, he broke his own British half-marathon best by 23 seconds with a record 1:06:42, finishing fourth behind two top Kenyan runners and one of Britain’s best male road runners in a 2000-strong field.

Veronica Boden, the 44-year-old mother of three young children who set a W40 British 10k record of 37:26 in early May and placed third at the Manchester 10k in late June, now has the British M50 standard.

The Northern Veterans club had a large turnout for their 10-mile championships on Oct. 15, won by M40 Mark Aspinall (53:31) from M45 Brian Atkinson (54:49). Derek Howarth took the M75 (72:10).

The picturesque, but recognized as one of the toughest courses, Derwentwater 10-Mile in the Lake District on Nov. 2 attracted more masters than open runners. Steve Murdock took the first M40 prize, finishing fourth overall (55:30).

Cross-country commenced on Oct. 1. Clubs compete in a series of leagues, classified as Division 1 to 3 and by area, depending on club strength. They offer a great opportunity to older athletes to compete alongside younger competitors, enabling them to build up their winter endurance training. In addition, several counties have now added a masters championships to their calendar.

Mike Boyle retained his M40 title over 10K, Richmond Park, Nov. 1, leading his club to the M40 team award. After an exciting tussle in the women’s 3½-mile race between two W40s – the diminutive Janet Ray and defending champion, Carol Evans – Evans drew away to win in 23:45.

Jane Davies retained the W55 and will now lead the England W55 team in the annual British & Irish Masters International in Bute Park, Cardiff, at the end of the month. She recently recorded 67:14 to win a 10-mile over a very hilly course.

Eric Smart, so successful in the M45 relays at the 15th World Championships, ran in the first indoor meet of the season at Gateshead, Oct. 16, clocking 6:4 over 50m.

Entries for WMA Non-Stadia Championships

Now Available On Line

For the first time, WMA will open up electronic entries to World Masters Championships, as approved by the WMA General Assembly in Carolina, Puerto Rico, earlier this year. The first Championships with this system will be the Non-Stadia Championships in Manukau/Auckland, NZL, April 18-24, 2004.

The on-line entry system is now open on the Championships Website www.wma2004.org, under “Registrations.” Nine language options are offered, which should make it available to all athletes.

To ensure that WMA entry requirements are duly met, the following procedures are in place for acceptance of the entry:

- The LOC will inform the athlete that his/her entry has been received but is not yet confirmed.
- The LOC will contact the athlete’s National Association for validation that the athlete is eligible for participation.
- The LOC will confirm the entry to the athlete as soon as validity is received from the National Association.

WMA Indoor Championships Entry Booklets Available

You can request an entry booklet for the 2004 WMA Indoor Championships, Sindelfingen, Germany, from Sandy Pushkin by e-mail (pushkin@aol.com) or telephone (212-666-8603, before 9:30 p.m. Eastern Time). Give your name and mailing address, and Pushkin will mail you an entry booklet. Read the insert before filling out the entry blank. Completed entries must be received by her before Jan. 20, 2004. Passports are needed to travel to Germany. All athletes must wear an approved USA uniform (WMA rule).
**Masters Scene**

**NATIONAL**

- Aaron Sampson, who broke the M40 WR for the 2006 masters 1500 m in 3:59.42, won the 1500 m run and set new meet and national M55 5000 m record. He also set a new 1500 m record of 3:55.59 in the 80 m hurdles. His time in the 1500 m was second only to the M50 record of 3:54.68 set by Mike Schulte, 41.

- Ryan Lampka, USATF Records Vice Chair, reports that Poland's Antoni Niemczak is now a U.S. citizen, and at the Twin Cities Marathon, he set a pending U.S. 45-49 age-group record of 2:22:59.

- Nick Bidera, 55, had his day in the USATF National Masters Indoor Championships at Hauppauge, NY, Oct. 18, touring the course in 4:44:10, breaking U.S. masters records as he went, and earning USATF's Athlete of the Week honors. He reached 70% in the 2:50D, and 40% in 3:45:49, below the previous 3:55:55. His finishing time (just under 4:45) qualified him for the 2004 Olympic Trials. Peak weather at the start turned to intermittent torrenial downpours creating a bone-chilling cold.

**EAST**

- After more than 20 years of participation, the masters relays recaptures. The Milrose Games Enterprise www.milrose.org was being in November. An e-mail-redirected column, dedicated to invitational to Masters Southeast Regional Coordinator, Bob Fine, an Ex-New Yorker, who was a key player involved with the masters entered the Milrose Games, Skip Stolley, Vice President, Running Events, Pro Sports & Entertainment, replied: 'I don't need to tell you the Milrose Games are something special, and moving forward, we are going to treat the masters events in this meet like every other division.'

- Ryder Afrand, 55, Bedford, NH, in the 100 m hurdles. Both McNeill, 48, and Bellmore, NY, with a fourth-place 1:41.45, won masters firsts in the Saratoga National Bank X-C Classic 5K, Saratoga Springs, NY, Oct. 19, in 17:35.6. First female was Jeanne Pare, 42.


**SOUTHWEST**

- Tom Magee, 50, and Carol Finird, W45, have recorded a big win in the USATF Southwest Regional Masters Championships-Lans-Waterlock Relays, Austin, TX, Sept. 20. Gage pushed the U.S. HT in the 20K +HT, and won the meet. In 1997 to 1992, increased Carl Wallin's 65.9 for the 25W in 2002 to 66.11, and established a new 26.5 for the 65W. First place went to the 20W (48:30.4). On the track, in the Mile, McMone, 50, had top performances in the 100 (12:00) and 200 (26:17). Mac Allen, M45, turned a 4:30.10 1500.

- Ron Wall, 46, TULSA, OK, 17:01, and Terri Cassel, 42, Tulsa, with a second-place 19:01, and Krisl Slagle, 40, Ossawka, OK, with a third-place 19:15, were two in the Tulsa Race for CURE 5K, Sept. 13. Steve Blanchard, 71, Tulsa, took the M70 race in 21:54.1. The first Cancer Survivor finished fourth overall.


**WEST**

- Steve Gerhard, 46, Macungie, PA, was first overall (3:20:37) in the Grand Canyon Marathon, Grand Canyon West, AZ, Oct. 18. Mary Jo Johnson, 50, Catonsville, MD, was first women (4:30:10). Nellie Hockly, 72, Calgary, Alberta, CA, the oldest (6:05.0), wore "I admired as a gymnast started walking for fun 1940."


**INTERNATIONAL**

- The entry booklets for the Inaugural World Masters Indoor Championships, Sindelfingen, GER, March 10-11, is available. Information on the championships is also be found on the LOC Web site: www.sindelfingen2004.de.

- The results book of the 15th WMVA Championships were mailed on Oct. 31. Athletes who ordered those items were asked to wait two weeks (for mail delivery) before contacting the LOC at 451-210-2500, Inc., PO Box 367126, San Juan, Puerto Rico 00366-1262, email: walden@puertorico2003.com; 787-777-2013, he received a master's in education from which helps as an accountant for a time.

- Steve Gerhard, 46, Macungie, PA, was first overall (3:20:37) in the Grand Canyon Marathon, Grand Canyon West, AZ, Oct. 18. Mary Jo Johnson, 50, Catonsville, MD, was first women (4:30:10). Nellie Hockly, 72, Calgary, Alberta, CA, the oldest (6:05.0), wore "I admired as a gymnast started walking for fun 1940."


**OBITUARIES**

- Edward B. "Burt" DeGroot, Jr., (USATF, Ret.) passed away on Oct. 2 in Santa Maria, Calif. He was 96. A long-time math teacher, basketball coach, and in 1946 he was desig the New York Road Runners Club. In the New York City Marathon and women's distance running, died in Calvary Hospice in the Bronx. He was 51. Until 1958, when road races were scarce in New York, the city's runners traveled to Boston once or twice a month to compete. Keagey was part of a group that formed the Road Runners Club of America, and four months later, a local chapter, the New York Road Runners Club. In 1970, the club put together the first New York City Marathon, run entirely in Central Park. Keagey helped Fred Lebow, the race impresario, turn it into a world-famous five-borough extravaganza. At the start of the New York club had 33 members, no offices and no money. Now it has more than 38,000 members, a six-story office on Fifth Avenue (with a view of the Manhattan skyline), and it has become the world's largest running entity.

**CORRECTIONS**

- Charles Roil, 57, published the 164-shot 12.7, not 12.27. As reported in the International Implements Challenge results in the November issue.

- Corrections to the November issue, courtesy of USATF Records. Steve Postigo, 54, M55, who lost the 100 m in 11.65, tied for stage 100 races a year, including the Joe Keagey 10K, which helps raise money for college scholarship named after him. For the complete article: http://www.nytimes.com/2003/ 11/13/sports/13KLEI.html (by Frank Litsky, The New York Times).

Changes to the 2003 Indoor Rankings published in the 2003 June issue (also available on the National Masters News Web site: nationalmastersnews.com):

55m
- M40 John Holtzman, 9th 7.54
- M50 Mark Seif, 15th 2.25h 8.0
- M60 Michael Prien, 2nd 4.10 8.84
- M45 Wanger Beirstle, 1st 5.05 3.0
- M50 Mark Seif, 12th 5.19h 8.0

Changes to the 2002 U.S. Masters Outdoor Rankings Book:

- Javelin
  - W40 Kathy Bergen, 2nd 27.23
  - The last date for changes to the 2003 Indoor and 2002 Outdoor Rankings was Oct. 1.
USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL


EAST

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

December 7. PVTC Showcase All-Comers Meet, Landover, Md. 301-332-7356; bmcca@aol.com

December 14. Philadelphia Masters Indoor Meet, Haverford College, Pa. 9 am. No PV. No spikes or spike shoes. Kyle Mecklenburg, 215-393-1382; kmrek@erols.com

December 15 - February 26. NYRR Thursday Night at the Races, NYC, 212-423-2241; ian@nyrr.org

December 28, 2003. MAC Holiday Indoor Classics, NYC, 212-423-2241; ian@nyrr.org

January 4. Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 am. Kyle Mecklenburg, 215-393-1382; kmrek@erols.com

January 4 & 18. Indoor All-Comers Meets, Prince George’s Sports & LC, Landover, Md. 7:30 am. 301-583-2661


January 24. 37th annual Hartshorne Memorial Masters Mile, Cornell U., ithaca, N.Y., 690-690-900. Prize purse for M & W Elite Mile; bonus for new record (M & W 40+). 10:00 a.m. Rick Hoebeke, 2706 Agard Rd., Trumsburg, N.Y. 14886. 607-255-6530(8); 387-6431(e).

January 30. MAC Masters & Indoor Meet, NYC. MAC, 718-488-5711

February 1. Indoor All-Comers Meet, Prince George’s Sports & LC, Landover, Md. 7:30 am. 301-583-2661

February 8. DCRRC/Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 703-481-3530; www.pvrc.org

February 15. Philadelphia Masters Indoor Meet, Albright College, Pa. 8 am. Includes WT, then SP; bring own implements. Kyle Mecklenburg, 215-393-1382; kmrek@erols.com

February 20-22. MAC Masters & Open Meets, NYC, MAC, 718-488-5711.

February 22. Masters Indoor All-Comers Meet, Prince George’s Sports & LC, 7:30 am. 301-583-2661


SOUTHEAST

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

February 8. Tennessee Masters Indoor Meet, Middle Tennessee St. U., Murfreesboro, tdryerin@comast.net

February 14-28. Polk Senior Games, Bartow, Fla. 863-3155; email: polk seniorgames@juno.com

April 15-18. Mississippi Gulf Coast Senior Games. 228-875-9698; email: nderbyley@aol.com

MIDWEST

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

January 18. USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jim O’Neil, PO Box 303, Grand Haven, MI 49417. 616-844-1768; JimO Neil@alumni.mat.edu; Web site: www.gvsm.org


June 5. Seattle Parks Department Masters Meet, West Seattle, Wash.


June 19-20. Portland Masters Classic, Paul Stepun, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; 1stepun@yahoo.com


July 19. USATF Northwest Regional Masters Championships, Pullman, Wash.

CANADA

March 6. OMTCF Indoor Championships, York U. www.1-sympatico.ca/ontario/master

July 17-18. Canadian Masters National

T&F: CGS, 2919 Camino Del Rio South San Diego, CA 92118. 619-682-3436; Fax: 682-3440; calgames@osonet.net; www.calstategames.org

ON TAP FOR DECEMBER

TRACK AND FIELD

Masters have a full schedule in the T&F, LDR, and RW going on at the 25th USATF annual meeting in Greensboro, N.C., on the 4th-7th. The indoor season starts in NYC, Philadelphia, and Landover, Md., and Team Thor Throwers Series continues in La Jolla, Calif., on the 13th.

LONG DISTANCE RUNNING

Greensboro will also host the National Masters 10K XC Championships on the 7th. A weather-limiting but varied card includes Brian’s Run 10K, West Chester, Pa., Western Hemisphere Marathon, Los Angeles, and California International Marathon, Sacramento, on the 7th; Summtt Texas Trail Endurance Runs and the Huntsville Times Rocket City Marathon, Huntsville, Ala., on the 13th; Larry Fuselier 25K, Belle Chase, La., and USATF NJ 10 Mile Championship South Orange, on the 14th; and Santa’s sled full of Jingle Bell Runs.

RACEWALKING

Most indoor meets offer a 1500, mile or 3000 RW, while many races include a RW division.
**U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN**

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<thead>
<tr>
<th>Event</th>
<th>30-39</th>
<th>40-49</th>
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**U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN**

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<tr>
<td>200M</td>
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<td>7:15</td>
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**RECIPIENTS OF ALL-AMERICAN AWARDS**

**M50-54**
- Carmen Letizia (15W) 10-16-17
- Michael Shafer (15F) 10-17
- Wyanne Weigel (16M) 10-17
- David Westover (15M) 20-25
- Gary Cox (10M) 20-25

**M55-59**
- H. G. Litt (13M) 20-25
- Richard Litt (13M) 20-25
- Jack Starr (10M) 20-25
- Harrell Willis (13M) 20-25

**W70-74**
- Jester Waterman (13M) 8-03

**Application for an All-American Certificate/Patch**

**NAME**

**AGE-GROUP**

**SEX**

**M**

**F**

**CITY**

**STATE**

**ZIP**

**MEET**

**DATE OF MEET**

**MEET SITE**

**HURDLE 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 what race your results appeared MUST accompany this application.
3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is $15.
4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.
5. A 3-color, 8" by 10" certificate, suitable for framing, and a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
### LONG DISTANCE RESULTS

#### NATIONAL

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<tr>
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<tr>
<td>New York City Marathon</td>
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<tr>
<td>Los Angeles Marathon</td>
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<td>2:06:10</td>
</tr>
<tr>
<td>Dallas Marathon</td>
<td>26.2 miles</td>
<td>2:04:30</td>
</tr>
</tbody>
</table>

#### X-Country Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York City Marathon</td>
<td>26.2 miles</td>
<td>2:10:00</td>
</tr>
<tr>
<td>Boston Marathon</td>
<td>26.2 miles</td>
<td>2:09:15</td>
</tr>
<tr>
<td>New York City Marathon</td>
<td>26.2 miles</td>
<td>2:08:45</td>
</tr>
</tbody>
</table>

#### Cross-Country

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCAA Cross-Country</td>
<td>8K</td>
<td>26:30</td>
</tr>
<tr>
<td>NCAA Cross-Country</td>
<td>10K</td>
<td>31:15</td>
</tr>
</tbody>
</table>

### USAF National Masters 9K

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9K Run</td>
<td>5.65 miles</td>
<td>33:15</td>
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### Atlantic City Marathon, Half Marathon & 10K

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Marathon</td>
<td>13.1 miles</td>
<td>1:15:00</td>
</tr>
<tr>
<td>10K</td>
<td>6.2 miles</td>
<td>31:15</td>
</tr>
</tbody>
</table>

### USAAF National Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K Run</td>
<td>6.2 miles</td>
<td>31:15</td>
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</tbody>
</table>

### 21st Mohawk Hudson River Marathon

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Marathon</td>
<td>13.1 miles</td>
<td>1:15:00</td>
</tr>
<tr>
<td>10K</td>
<td>6.2 miles</td>
<td>31:15</td>
</tr>
</tbody>
</table>

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### Run for Their Dreams 8K

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8K Run</td>
<td>3 miles</td>
<td>22:00</td>
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### Cross-Country

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCAA Cross-Country</td>
<td>8K</td>
<td>26:30</td>
</tr>
<tr>
<td>NCAA Cross-Country</td>
<td>10K</td>
<td>31:15</td>
</tr>
</tbody>
</table>

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### Mystic Places Marathon

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marathon</td>
<td>26.2 miles</td>
<td>2:10:00</td>
</tr>
<tr>
<td>Half Marathon</td>
<td>13.1 miles</td>
<td>1:15:00</td>
</tr>
</tbody>
</table>

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### Masters New York City Marathon

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marathon</td>
<td>26.2 miles</td>
<td>2:10:00</td>
</tr>
</tbody>
</table>

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### Masters New York City Half Marathon

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Marathon</td>
<td>13.1 miles</td>
<td>1:15:00</td>
</tr>
</tbody>
</table>

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### USAF Masters National Championships

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K Run</td>
<td>6.2 miles</td>
<td>31:15</td>
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### Masters New York City Marathon

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
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### Masters New York City Half Marathon

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<thead>
<tr>
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### Masters New York City Marathon

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### Masters New York City Half Marathon

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Half Marathon</td>
<td>13.1 miles</td>
<td>1:15:00</td>
</tr>
</tbody>
</table>
### Athletes Who Entered a New Division This Month, December 2003

<table>
<thead>
<tr>
<th>Division</th>
<th>Name</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>M45-49</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
<tr>
<td>M50-54</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
<tr>
<td>M55-59</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
<tr>
<td>M60-64</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
<tr>
<td>M65-69</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
<tr>
<td>M70+</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
</tbody>
</table>

### Duke City Marathon 

- **Albuquerque, NM, Oct 26**

<table>
<thead>
<tr>
<th>Division</th>
<th>Name</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
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<td>ENDA CARR</td>
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<td>M55-59</td>
<td>ENDA CARR</td>
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<td>50-54</td>
</tr>
<tr>
<td>M70+</td>
<td>ENDA CARR</td>
<td>50-54</td>
</tr>
</tbody>
</table>

### Northern States Marathon & Half-Marathon 

- **Sapulpa, OK, Oct 12**

<table>
<thead>
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</thead>
<tbody>
<tr>
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<td>ENDA CARR</td>
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</tbody>
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### National Masters News 

- **December 2003**

- **RACEWALKING**

- **Bob Fink North American Championships**

- **Coconut Creek, FL, Oct 12**

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<td>ENDA CARR</td>
<td>50-54</td>
</tr>
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</table>

### Pacific NW Masters Cross-Country Championships 

- **Vancouver, WA, Nov 9**

- **Canadian Score**

- **3rd Place**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>TONY YOUNG</td>
<td>50-54</td>
</tr>
<tr>
<td>JOHN HEMM</td>
<td>55-59</td>
</tr>
<tr>
<td>KATY COMPT</td>
<td>60-64</td>
</tr>
<tr>
<td>MARIE THUN</td>
<td>65-69</td>
</tr>
<tr>
<td>AMANDA SNEL</td>
<td>70+</td>
</tr>
</tbody>
</table>

### USATF National 50K Racewalk Championship 

- **Hauppauge, NY, Oct 19**

<table>
<thead>
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</tbody>
</table>

### MERRY CHRISTMAS