17,000 Runners Over Age 40 Finish ING NYC Marathon

By JERRY WOJCIK
NEW YORK CITY – "Quarantante" was the magic number of the masters winners in the ING New York City Marathon on Nov. 7. Both the first masters man and woman were from Italy, and both wore No. 43.


Rosa Munerotto, 41, ran a 2:47:00, good enough for 19th-woman overall. Elena Plastimina, 41, N.Y., finished 3-1/2 minutes back in 2:50:26. Dorian Meyer, 44, New Jersey, second last year in 2:58:17, lopped almost five minutes off that time, but had to settle for third.

In this year’s race, the 35th edition, runners visited NYC’s five boroughs, starting in Staten Island at the foot of the Verazano Bridge, wending their way through Queens, Brooklyn, Bronx, and Manhattan, and ending near the Tavern on the Green in Central Park.

The Professional Women runners went off at 9:35 a.m.; the open field, including Professional Men, started at 10:10 a.m. The weather was sunny with 55 degrees at the start and a high of 65.

Marathon officials said that 37,257 started and that 36,513 finished. On Monday, the New York Times listed 32,798 of the finishers. Over 17,000 of the finishers were age 40-and-older.

Pope’s Prayers Answered With Two National Cross-Country Wins

The “City of Roses” Welcomes USA Track & Field

On Dec. 1-5, USA Track & Field will hold its 26th annual meeting in Portland, Ore., at the downtown Hilton Portland & Executive Tower.

The agenda for the Masters Track & Field and Masters LDR committees includes the selection of Athletes of the Year in track & field, long distance running, and racewalking, and the presentation of the 2004 Masters Hall of Fame inductees.

Kathryn Martin, recipient of the inaugural BENGAY Masters Athlete of the Year award, will be honored at the Hall of Fame Award Ceremonies on Dec. 3. Martin, of Northport, N.Y., who broke multiple W50-54 U.S. indoor and outdoor track records and

Brian Pope, M40, winner of the National Masters 8K XC Championships, leads the front runners early on.

BY SUSANNAH BECK
It was a big month for masters cross-country, with National Championships at 5K and 8K on Oct. 17 and Nov. 7, respectively. Only three weeks and one state line separated the events, both of which serve as tune-ups to the big 6K/10K National Club Championships meet in Portland, Ore., Dec. 4.

Pope Kicky at 5K

The USAF Adirondack Association and the Adirondack Athletic Club hosted the 5K run in Saratoga Spa State Park, Saratoga Springs, N.Y., on a chilly, overcast day. The race wound a flat, serpentine course through the classic monuments of the park, featuring streamside paths, gravel roads, colorful leaves, and short stretches of pavement.

Tall and leggy Brian Pope, 41, Oxford, Miss., 1:45:54, galloped to the overall win, putting some serious real estate between himself and a terrific field of pretenders, including several past national champions, such as Adirondack AC’s Thomas Dalton, 46, Schenectady, N.Y., second in 1:51:12. Pope is having a helluva year, setting the M40 U.S. record for 3000 in June

INSIDE:

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- Masters Chair Candidates – p. 11
- Detroit Marathon – p. 16
Seniors Leave Las Vegas with Record Wins

By JERRY WOJCIC

Senior athletes age-50-and-over turned out in good numbers for the Nevada Senior Games in Las Vegas, Oct. 1-3, and left town with world and U.S. records.

Tim Walters, 53, of Ohio, ran the 100H in 13.49 to break Walt Butler’s M50 world record of 13.57 set in 1991.

Canada’s Olga Kotenko, 85, established an M85 world record of 0.88 in the high jump, and broke the world record of 3624 for the weight pentathlon set by Ruth Frith in 2000 with a 4262.


The throws drew national championships sized fields, with the discus the largest. Larry Pratt, 63, Newark, Del., prevailed in the nine-man M60 discus contest with a 172-4. Californian Bob Humphries, 68, won the M65 discus with a 144-4 in a 10-man field.

Eight competitors in the M65 shot were topped by Riley O’Neil, 65, Sandy, Utah, who won over Paul Lissy, 67, Las Vegas, Nev., by an inch-and-a-half with a 38-5. Mary Hartzler, 55, Gahanna, Ohio, won the W55 shot put (35.7). The meet, growing in popularity, had contestants from states as far away as Vermont, Massachusetts and Alaska, and the country of Germany.

Happy Holidays from all the staff at NMN

FIVE YEARS AGO
December 1999

• Sam Ngatia (40, 2:23:52), Gillian Horovitz (44, 2:46:16) Masters Winners in NYC Marathon

• John Tuttle (41, 46:46), Carmen Troncoso (40, 53:42) First in National Masters 15K, Tulsa, OK

• Craig Fram (42, 25:56), Jean Olash (42, 31:03) 2nd Masters 8K XC, Louisville, KY

2005 USAT National Training Center
Track & Field Meet Schedule
Clermont, Florida

Winter Sun Series
Jan. 22—Age Group, Open, Collegiate, Masters, Seniors plus Weight Pentathlon
Feb. 5—Age Group, Open, Collegiate, Masters, Seniors plus Indoor Pentathlon
Feb. 19—Open, Collegiate, Masters, Seniors

USATF National 50K Race Walking Championships
Feb. 13—Open, held at Lake Louisa State Park, Clermont, FL

Spring Fling Series
March 19—Open, Collegiate, Masters, Seniors plus Pentathlon
April 9—Open, Collegiate, Masters, Seniors
April 23—Open, Collegiate, Masters, Seniors

All meets USATF Sanctioned Meets—For a complete list of events, camps and clinics please visit www.usat-ntc.com

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- 2 Javelin Throw Areas
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- 2 Long & Triple Jump Runways with 4 Pits
- 2 Pole Vault Runways with 2 Pits
- 1 High Jump Pit

National Training Center
RACING AGAINST THE CLOCK

I attended the world premiere of the great new documentary Racing Against The Clock at the Boston Film Festival and would like to spread the word that this is an absolutely "must see" film.

Phil Raschker and Pat Peterson were in attendance, seeing the film for the first time, as was everyone else.

Following the film, they heard applause louder and longer than maybe they've ever heard in competition.

The filmmakers shot footage at the 2004 National Masters Indoor Championships (where a number of Massachusetts track officials made their Hollywood debuts), at the National Outdoor Championships, and climaxing at the WMA World Championships in Puerto Rico, excitingly capturing the authentic personalities of the individual athletes as we know them in competition.

The director had jaws dropping as he documented the "up close and personal" life style stories of these athletes, from Pat Peterson's battles with cancer to Leonore McDaniels' dash for freedom in East Germany.

The audience was at times laughing at the very humorous moments of the film, in tears at the many humbling moments, and cheering wildly at the truly inspirational moments. A filmmaker cannot ask for more.

I strongly recommend that anyone interested in track and field seek out this film. The Web site of the film company, where you can get information on showing schedules, is www.uncommonproduction.com.

Dave Deinocentis
by e-mail

TRACK ANNOUNCING

Regarding Sid Howard's suggestion and Charlie Wimberley's letter that Peter Taylor should be the announcer at all masters track and field events.

I've been saying for years that Taylor has never been officially recognized or acknowledged as the premier masters track announcer that he is.

Perhaps some stipend to cover his expenses would be one way to acknowledge him and let him know his knowledge, enthusiasm and efforts are appreciated.

I am 100% in favor of this.

Jim Manno
Oradell, New Jersey

HUNTSMAN GAMES

You'll no doubt hear a lot of complaints about the Huntsman Meet in St. George, Utah. I must say it was not run well. I think the problem was not enough real track & field people in charge.

For example, there were a number of M60-69 throwers using the old rules 600g javelin, not the new post-1999.

There's a big difference. I can throw the 800g farther than the new rules 600g. In the M60 discus, someone was allowed to use a 1k rubber practice discus.

The running events were a disaster.

Sustainers for December 2004

Periodically, NMN publishes a list of "sustainers," those who help the National Masters News and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

We are grateful for the support of masters athletes.

Special thanks this month go to:

Noel Byrne
William Edwards
Mike Fanelli
Richard Greenberg
Ralph Hall
Richard Lowery
Gordon Seifert

Yonkers, New York
Cincinnati, Ohio
San Anselmo, California
Encino, California
Evergreen, Colorado
Spring Hill, Florida
Birmingham, Alabama

From what I understand, they were using a computer system to run the meet. It took forever between events, but even the times were wrong with the electronic devices.

Peter and a few others, timed the W45 400 runner at 72.6 with a stopwatch. The official time was 74.01.

I've timed track events for over 45 years. I and the others couldn't have been off by two seconds.

But, despite all of that, it was a fun meet, and that's the main thing. Some said they would not return to St. George. Not so for me. I'll be back.

Paul McGuffin
Green Valley, Arizona

KUDOS

Your November issue is over the top again. The colorful front page with the inspirational picture of Ed Whitlock and his 2:54 marathon is sensational.

Inside the paper are a number of great articles. I got the most out of Phil Campbell's discussion about stretching and am looking forward to the sequel.

Hal Higdon's piece on carbs was amusing, if not instructive, and Nancy Clark's straight forward advice on nutrition ("eat to train, not train to eat") also puts important information on the line. I wish I could follow it more rigorously.

Anyhow, thanks for the great issue.

Keep up the good work.

Robert Cauth
Davis, California

I enjoy your publication very much. I enjoy seeing my name in your publication, in particular when I'm fortunate to make All-American — I'm glad there's something that inspired me to continue racing at a high level.

Thanks!

Maurice Pointer
Baltimore, Maryland

17,000 Masters Finish NYC Marathon

continued from page 1

Throng of spectactors lined the course, especially along the home stretch on Central Park South from Fifth Avenue to Columbus Circle, where it turned toward the finish. A huge monitor near Columbus Circle enabled spectators to watch the race. A rock band provided rhythmic incentive, while a police officer with a bullhorn urged runners on. Jampacked stands lined both sides of the last several hundred meters.

The first masters not listed as foreign runners were Joseph McVeigh, 41, of New Jersey, and the New York, and Plastina, fourth master (2:28:42), and McVeigh was also fourth last year (2:28:30).


The closest masters division race came in the M65 group, where Francesco Madotta, 65, Italy, took the contest with a 3:22:48 from Ben Ahmed, 66, Netherlands, who ran a 3:23:33.

Candace Schiffer, 53, New York, should be credited with the best masters woman's performance of the day. She won the W50 race with an age-graded 90.4% 2:56:27, 34th woman overall.

Susan Lambert, 63, Great Britain, added seven minutes to her W60 2003 winning time, but successfully defended her title with a 3:42:46, as did Ginette Bedard, 71, New York, in the W70 race, with a 3:57:11.

The oldest division winners were John David Cahill, 80, Utah, 5:05:30, and Anne Lutz, 75, Denmark, 5:24:00.

The open winners were Hendrik Ramala, 32, Republic of South Africa, 2:09:28, and Paula Radcliffe, 30, Great Britain.

Radcliffe, the world record holder at 2:15:25, who dropped out of the Athens Olympics Marathon, ran stride for stride with Susan Chepkemoi, 29, Kenya, for much of the race until the final 200 meters when Radcliffe took the lead to win by four seconds in 2:23:10.

One participant, in an editorial letter to the New York Times on Nov. 9 wrote, "To the City of New York and the New York Road Runners, thank you once again, not just for a road race, but for a magnificent piece of urban theatre."
Pope’s Prayers Answered in XC Wins

Continued from page 1

(8:16), and posting 14:17 for 5000 a week later.

Carlsbad 2004 winner Peter Magill, 43, South Pasadena, Calif., 15:17, and teammate Oscar Gonzales, 40, Irvine, Calif., 15:19, ran to third and fourth place, positioning Team Runner’s High for the M40-49 team win.

Tony Young, 42, Redmond, Wash., 15:29, the former M40 U.S. record holder, placed fourth. Gary Griffin, 43, Rochester, N.Y., led the Genesee Valley Harriers (GVH) to second place, with his fifth placing, while 2003 Masters XC athlete of the year Bob Winn, 45, Ogunquit, Me., was sixth, 15:52.

Rochester’s James Robinson, 50, GVH, 16:49, was the top M50-59 racer of the day, his sixth straight national M50 title. Roger Price, 55, Piru (Lakayaw, N.J.), cruised in second, 17:02. Hometowners Adirondack AC took the team title, led by John Crawford, 50, Queensbury, N.Y.

Bill Borla, 64, Torrington, Conn., running unattached, was the top 60-69er, 18:14.

The Raritan Valley Road Runners of New Jersey took home the bling bling for their M60 win, led by William Hagman, 61, Morris Plains, N.J., 19:17.

Thom Weddle, 66, came all the way from Minneapolis, to win the M65 national title, 19:50.

Bill Butler, 71, Westminster, Penn., unattached, captured the M70+ individual title, 23:01. The Finger Lakes RC placed first of four full teams in the category, led by Donald Farley, 70, Ithaca, N.Y.

Bill Fortune, 76, Pearl River, N.Y., 23:58, barely outkicked Jack Gray, 75, Fort Worth, Tex., 24:03, for the M75 crown. Sab Koide, 80, Dobbs Ferry, N.Y., 29:26, toppled the octogenerians, with Danforth Geer, Bennington, Vt., winning the M85 title.

Marisa Hanson Wins 5K

In the separate women’s race, Westminster TC’s Marisa Hanson, 41, Pleasant Valley, N.Y., 17:47, won a convincing victory over Sarah Kramer, 44, Ogden, Utah, 18:10. It was best time of the year and her first cross-country race since 2000.

Rebecca Heuer, 40, Orchard Park, N.Y., 18:20, flew in for third place, and, with the aid of Carolyn Smith-Hanna, 54, Pittsford, N.Y., 20:12, and Gail Geiger, 41, Caledonia, N.Y., led Genesee Valley to the W40 National 5K team title.

The stellar Kathryn Martin, 53, Northport N.Y., 18:23, placed fourth overall.


Pope Rides Again, at 8K

Three weeks later in Beantown on Nov. 7 there were familiar faces and some new ones. USATF-New England hosted the 8K National XC Championships on the now-famous Franklin Park course, with men and women toeing the line at 10:00 a.m., on a perfect, dry fall day with temperatures in the 60s.


The new faces came from the north, as the Dirigo Running Club flexed its masters muscles, capturing the M40 team title, led by Mainer Michael Payson, 41, Falmouth, 25:41 (Dirigo, “I lead,” is the Maine State motto).

The Genesee Valley Harriers placed second.

Greater Lowell 50+ team member John Barbour, 50, Gloucester, Mass., 26:32, led the M50+ by more than a minute, while Greater Springfield Harriers 50+ took the M50 team honors.

Bill Dixon, 57, Brattleboro, Vt. (Greater Lowell 50+), won the M55 crown by two seconds over Roger Price, 28:50.

Bill Borla was a repeat titlist at M60, 30:24. Joe Cordoro, 66, Islip Terrace, N.Y., 34:34, was two minutes ahead of the field in the M65. The Raritan Valley Road Runners reappointed their MK60+ team win. Bill Butler added another M70 XC title to his 5K, 38:39.

Troncoso Holds off Smyers

Cross-country constessa, Carmen Ayala Troncoso, returned to Boston for a quick run around, dominating the women’s event, 29:17.

Olympic triathlete Karen Smyers, 43, Lincoln, Mass., was seconded master, 29:54, with Rebecca Heuer again leading Genesee Valley to the W40 team win.

Kathryn Martin successfully defended her W50 division title, 31:15. Cathy Klim, 55, Cummaquid, Mass., 35:08; Jayne Zinke, 61, Valatie, N.Y.; Carrie Parsi, W65, 38:43; and Liz Szawolski, 71, Sugar Hill, N.H.; were all age-group champions.

Liberty AC repeated its W60+ win in the 5K.

Schedule for Hawaii Masters Meet

Set by Games Committee

The competition schedule for the 2005 National Masters Outdoor Championships in Honolulu has been set by the Masters Games Committee, chaired by Sandy Pashkin.

While the schedule of track events closely follows that of previous masters outdoor championships, significant changes have been made in the schedule for field events. A complete schedule can be seen in the Hawaii Champs advertisement on this page, and on line at www.HawaiiChamps.com.

Copies also can be obtained by e-mail at zeug@hawaii.rr.com.

There is Always Time to Play in Hawaii!

Check the Schedule

Then book your Hawaii vacation!

Competition Schedule, 2005 National Masters Outdoor Track & Field Championships, August 4-7, Honolulu, Hawaii.

Age group order and final time schedule to be decided in July after all entries are received.

SEASON’S GREETINGS!
**Third Wind**

**By MIKE TYNN**

**Dr. Al Morris Talks About Health, Fitness and Competition**

As an exercise physiologist and long-time physical educator, Dr. Alfred Morris was shaking his head in disbelief during both the men's and women's Olympic marathons this year. It wasn't so much that the Americans did well, winning a silver in the men's and a bronze in the women's races, but that those two medal winners did as well as they did while wearing hats.

Hats Are a Hindrance

"Wearing a hat in a marathon race when it is hot makes the runner overheat -- there is no question about it," Morris told me in a recent e-mail exchange.

"The hat sits over the ears and tightly presses against the skull at that point. This is the exact point within the brain that the temperature mechanism resides. So that when the athlete covers this part of the scalp and the brain you will definitely overheat the brain and the entire system. This is the very reason we wear hats in winter running."

Morris, who now serves as Director of Health Improvement and Physical Fitness for the U.S. Border Patrol (USBP) at the Department of Homeland Security (DHS), won't go so far as to say that each of the medal winners might have moved up a spot in the standing by not wearing hats, but he feels certain that the hats didn't help the two runners.

"A runner may win or place in spite of doing a dumb thing," he explained. "They were just superior that day."

While some runners assume that a white hat helps by reflecting the sun, Morris stated that the minimal reflection does not in any way compensate for the heat that the hat will generate in hot or humid conditions.

"Any hat on the head will make the head warmer and will deter optimal performance," he continued. "The head must be bare and periodically wiped clean to get the sweat evaporate. This evaporation is a cooling process."

Same Muscles Used

Morris also took exception to the statements by the television commentator that the runners use different muscles going downhill. "They may use the lower limb muscles slightly differently when running downhill, but they cannot use different muscles," he said.

In his present position, Morris, a 62-year-old former Marine Corps officer and Vietnam veteran, directs the health and fitness programs of some 12,000 border patrol officers. He previously directed the fitness program at the Armed Forces Staff College in Norfolk. He took advantage of the e-mail exchange and put some additional questions to Morris:

**MT:** What is lacking most among young people today, upper body strength or endurance?

**AM:** Sad to say that both strength and endurance are lacking in today's young men and women, but probably endurance is more lacking because so many of our young people today are simply overweight and over fat. They require remedial training in order to get ready to begin military basic training.

**Border Patrol Training**

**MT:** Can you tell me a little bit about the training program for border patrol officers?

**AM:** It's very specific to the physical task at hand. For example, many of our law enforcement officers do train checks as part of their first assignments. This train-checking for illegal aliens involves running through railroad yards, jumping up on moving trains to climb aboard boxcars in the dead of night in very inclement weather, running along the top of boxcars to lift the top hopper doors to check inside for illegal aliens, who might be armed and dangerous and hiding inside the boxcar. This takes quite a bit of specific physical fitness.

**MT:** Doesn't specific training lead to an imbalance in overall fitness and a greater likelihood of injury, especially as one ages?

**AM:** What I have learned in my forty-four years of studying fitness is that cardio-respiratory (c-r) fitness work is the key element of true physical fitness. If one has c-r fitness then they are generally of lean body weight and low body fat. They also have sufficient muscular strength and they are flexible enough for life.

Controlling body weight and getting enough aerobic activity is the new fitness definition for me. This goes for law enforcement officers as well as general garden variety athletes, not professional athletes. I'm speaking of runners here, not throwers or jumpers. Obviously, throwers and jumpers need much more specific training relating to throwing and jumping events.

**Stretching Overrated**

**MT:** What are your thoughts on stretching?

**AM:** Stretching is overrated. A recent scientific study in a reputable peer-reviewed scientific and medical journal revealed that stretching did not prevent injuries and did not increase overall physical performance. It's probably not necessary unless your sport is gymnastics or ice dancing, where some subjective judge is awarding points on your flexibility.

And, it's necessary in the 110 meter hurdles, because part of that event involves some basic flexibility in getting over the hurdles. If you examine many of the distance runners in Africa, most just go out to run naturally and only stretch as an afterthought. That's where it should be, after the most intelligent part of the workout is finished.

**MT:** What goes first, the endurance or the speed?

**AM:** The scientific research here is convincing, and that is the speed goes first. The reason is that muscle fiber types and the neurons that enervate these large (speed producing) muscle fibers drop out of existence as we age.

We are born with only a certain number of nerve cells and a certain number of skeletal muscle cells and these large neurons and the large muscle fibers are the first cells to become dysfunctional as we age.

In the days of Olympic 100m sprinters contrasted with the age of long-time marathoners. Having said this, however, the literature also informs us that if one trains fast -- very fast -- throughout his or her lifetime, that person can retain many fast twitch muscle fibers that many other individuals lose.

**Marathon Training**

**MT:** What are your thoughts on marathon training?

**AM:** In short, there are no shortcuts. All training must be intelligent and designed to be injury-free.

I am one for observing that many really great marathon runners do establish a very strong and long base of mileage. You simply have to put in high mileage and the long runs.

Long runs of 25 miles are better than 20 miles, and longer runs of 35 miles are better than 25 miles.

These long runs boost confidence and teach the body to handle the fluid and food replenishment that the body seeks in the marathon.

They also develop a mental toughness that you don't necessarily get when doing only 16 to 18 miles as a long training run.

To this heavy mileage base one must do many tempo or pace runs, as I call them. You have to get to where you know the exact pace that you are running for the effort that you are putting out, having regard for the terrain and the environment.

**Marathon Diet**

**MT:** I know you've given talks at some marathon seminars on proper foods and fluid replacement drinks for the marathon. In a nutshell, what do you tell people?

**AM:** My answer is typically that the food for long life is the food of the marathoner. This means lots of good varied carbohydrates, like whole grains, fresh colorful vegetables, and fresh fruits.

If you are burning lots of calories running, you may supplement these carbohydrates with lots of nuts, beans and legumes of all types.

Carbohydrates should constitute about 60-65 percent of the total calories in the diet, protein about 15 percent, and the remainder is fat. The best drinks are the fruit juices.

If calories are an issue, and they generally are, you should dilute the juices by pouring them over lots of ice and sipping them gradually over time.

Practice drinking a favorite electrolyte beverage or diluted juices during the long runs. This should be about six to eight percent carbohydrate. This might mean diluting a Coke or some favorite juice about 50 percent with water.

**MT:** As I recall, you did a 2:44 marathon many years ago. Do you still run?

**AM:** No, unfortunately, I'm not. During 1995, I had a second serious back surgery (the first one was for a ruptured disc, which I suffered on active duty in Vietnam). The M.D. thought I might be able to run recreationally, but this has not happened. At first, it was devastating and I sulked a great deal, but one moves on with life.

I have taken to swimming and some stationary biking, because I understand fully the importance of health and fitness.

However, it is certainly not the same as running free in nature. (Mike Tynn can be contacted at METGAT@aol.com)
Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

The Truth About Stretching – Part II

There are two main types of stretching, static (holding a stretching exercise in one position without movement) and dynamic, which means moving while stretching (arm swings, knee rotations, neck circles).

Researchers show that athletes should consider not performing extended static stretching immediately before the big game or a key practice session, because this slightly slows muscle activation for around an hour afterwards (Reduced Strength After Passive Stretch of the Human Plantar Flexors, 2000, Fowles).

Using dynamic stretching before events requiring peak performance is a wise pre-competition strategy.

Warming up prior to a high-intensity, ballistic, athletic event is an absolute rule – never to be broken – and stretching can be combined (multi-tasked) as part of the warm-up.

The goal of the warm-up is to get the blood flowing and raise body temperature (one degree) prior to athletic competition and high-intensity training.

It’s desirable to allow muscle, ligaments, and joints to experience the functional range of motion required of the athletic event during the warm-up.

Static Stretching After Training

Static stretching improves flexibility like no other form of stretching. And meaningful gains in flexibility are shown to be dependent on the “duration” of stretch-hold position.

Researchers show the best “stretch-hold position” to increase flexibility is 30 seconds (The Effect of Time on Static Stretch on the Flexibility of the Hamstring Muscles, 1994, Bandy).

“Best” means optimal results for time spent. You can get positive results with two-minute stretch-holds, but 30 seconds yields equal results.

This type of stretching is positive for athletes and adults of all ages. Researchers show in one study that static stretching positions are of great benefit for adults over age 65.

Longer hold times during stretching of the hamstring muscles resulted in a greater rate of gains in range of motion (ROM) and a more sustained increase in ROM in elderly subjects (The Effect of Duration of Stretching of the Hamstring Muscle Group for Increasing Range of Motion in People Aged 65 Years or Older, 2001, Fordham).

Adults age 21 to 45 with tight hamstrings also get the best results from static stretching with 30-second stretch-hold positions. Researchers report that static stretching is two times more effective than dynamic stretching for this group of non-competitive athletes.

The results of this study suggest that, although both static stretch and DROM (dynamic stretching) will increase hamstring flexibility, a 30-second static stretch was more effective than the newer technique, DROM, for enhancing flexibility (The Effect of Static Stretch and Dynamic Range of Motion Training on the Flexibility of the Hamstring Muscles, 2001, Bandy).

While it’s reasonable to conclude (as I have for training purposes) that static stretching away from practice is an effective strategy for athletes with tight hamstrings, this study doesn’t specifically prove that point.

It’s clearly a mistake to take the findings of one study and create an absolute fact. Look at the whole body of research about a topic before making a life-changing training decision.

In A Nutshell

1. Use dynamic stretching and static stretching at the correct times in the training plan.
2. Dynamic stretching (arm swings, hip rotations, knee rotations) will add to the pre-competition, pre-practice warm-up process by increasing flexibility in the joints and increasing body temperature. This method is preferred before athletic competition.
3. Static stretching can be used as part of a warm-up for training. However, static stretching will slightly slow down athletes for an hour, so examine training goals. Masters athletes needing extra protection from injury, may want to consider a training strategy of intentionally using static stretching before training, especially early in the season.

(Phil Campbell, M.S., M.A., FACHE, is the author of Ready, Set, Go! Synergy Fitness; www.readysetgofitness.com)

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FIFTEEN YEARS AGO

December 1989

- John Campbell (40, 2:16:15), Priscilla Welch (45, 2:36:15) Win Masters Titles in NYC Marathon
- Sister Marion Irvine Sets W60 Record of 19:14 in 5000
- Annual TAC Convention Held in Washington, DC

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Anticipation

What? You traveled all the way to Germany just to run for nine seconds in the 60-meter hurdles? And that was in the winter? In the summer you flew from Los Angeles to St. Louis, then on to Decatur, Illinois, just to run the 110 hurdles and the 200 dash? How many seconds in total (I’ll let you include warmups) did you actually run?

For those who neither participate in the shorter events in track and field nor like to watch them, figuring out what motivates the competitors is often difficult. So much time in preparation, so much money for flights and hotel (not to mention the entry fee), and so little time actually competing. The first thing these “nonbelievers” should know is that anticipation is a big part of the track athlete’s life.

Take the 2005 Outdoor Nationals, to be held in August at Cooke Field in Honolulu, Hawaii. What will my flight be like? What’s it like in Hawaii during the summer?

I found out that average highs in July-August-September are 87-88-88 in Honolulu (average high in January there is 80), but that doesn’t give me the whole picture. What will the sun feel like? What about the winds? How late will the sun be up? What about the flora and fauna?

Dreaming On

Ideally, the track athlete will spend hundreds of hours dreaming about the meet beforehand (while simultaneously doing extremely well at job, hobby, or public service), perform brilliantly (or at least as well as expected) in her/his events, be interviewed after­ward and tell friends and colleagues for months afterwards (until it looks like they can’t stand it) about how even the word “magnificent” does not do justice to what happened at the big meet.

Thus, for the track athlete, the mental life is of great importance. The endless months of anticipation, the experience itself, and then some wonderful time to look back on the experience before anticipating the next event bring countless hours of joy.

As an ancillary, I also spend great time anticipating. I can’t begin to imagine how many times I visualized the layout of Millikin University and its track before I actually arrived there on August 4 of this year. Now I’m looking forward to going to Boise (site of the meet hotel) and Nampa (site of the meet) in 2005.

I thought it was colder in Boise (normal highs and lows are 29-45 in February and 34-54 in March – the meet is March 11-13) than it actually is, but I’ve never been there and am already anxious to get on the plane and find out what the city is like and how the arena is set up.

Thrill of the Entry Form

One thing many athletes no doubt enjoy is looking over schedules and entry forms. I have run so many road races in my dreams – let’s see, that race in Pensacola might be nice – no, I think the panhandle of Florida is a little too humid. Here’s one in Vermont – no, might be too hilly.

One of the things about entry forms is that they’re not only fun to look at, but they also give you a lot of information about the meet. For the outdoor nationals, for example, the straight hurdle (80/100/110m) preliminaries and finals are both on Friday, as are the 100 dash preliminaries.

Saturday has the 400 intermediate-hurdle preliminaries, the 100 finals, and the 200 preliminaries. Among the Sunday events are the 400 intermediate-hurdle finals and the 200 finals. For a hurdler-sprinter, that’s an awful lot in three days; seems best to pick and choose.

Something that “veteran campaigners,” among the hurdling/sprinting crew know, but newcomers do not, and which many people who have been to the nationals have either forgotten or ignore (that entry form is so definitive) is that in most cases they won’t be running preliminaries in the hurdles at all.

Historical Perspective

As an announcer, I must look backward as well as forward, as I must know what has taken place in the past (what did Nolan Shaheed do again? how many records did Kathy Martin hurdle? what was the time it took MBS superstar Roderick Parker to run the 200 at Decatur?) and be able to set up the future for the audience and athletes.

Accordingly, I looked back at the last 10 National Masters Outdoor Championships (1995-2004 inclusive) to see just how often men had to run preliminaries in the 110 hurdles (M30 up through M45) and the 400 intermediate hurdles (M30 up through M55). I assumed that older men and all women would never have had to run trials. The results were very interesting:

In the 110 hurdles, with a theoretical possibility of 40 sets of trials (10 years x 4 age groups), trials were run three times: at San Jose in 1997, at Orono in 1998, and at Eugene in 2003 (one age group at each meet, of course).

At San Jose, the first nonqualifier ran 18.74 seconds; the bronze medalist in the final ran 15.63. At Orono there were nine in the trials competing for eight spots.

The ninth hurdler was disqualified for false starting, the eighth hurdler unable to negotiate the 110-meter course, and the seventh finisher in the trials ran 18.25. The bronze medalist in the finals ran 15.41.

Trials Unnecessary

At Eugene, the first nonqualifier ran 18.62 seconds; the bronze medalist in the finals ran 14.78. Thus, in no case were the trials even remotely needed, as the primary purpose of trials is to separate closely matched competitors. Far better to split the field and run a timed final.

In the 400 intermediate hurdles, trials were run one time out of 60 (10 years x 6 age groups), in Eugene in 2000.

The differential between the first nonqualifier and the bronze medalist in the final was 9.30 seconds.

I should also mention that in Orono in 2002 there were nine men in one of the age groups but there were none in the 100 meter hurdles.

Regardless, the ninth finisher finished 7.39 seconds behind the bronze medalist. In short, trials were not required.

Proposed Wording

For athletes planning for future outdoor nationals, I propose that the entry form say “Trials are no longer used in the 80/100/110 or 300/400 hurdles. Instead, we have set aside a hurdlers’ practice session on (TBA) of the meet, in which sets of four hurdles will be placed at varying heights and at various spacings (corresponding to the current requirements) for hurdlers to get their steps down before their race.

“Hurdle events will be run as timed finals, with seeding based on submitted times from the Worlds, U.S. and Canadian national outdoors and indoors, regional championships in the United States, and such other meets in the United States as the USATF Masters Committee has approved.”

What a welcome sight for old and new! This meet has a formal practice session for hurdlers, and they won’t make us run trials in those events but will seed us by our times in recognized meets, not just the time someone might put down on a paper. It’s all good.
Vision for Masters Track & Field

On December 2nd, elections will be held to choose the officers who will govern masters track and field for the next four years. What better time to reflect upon the masters program—where we’ve been, where we are, and where we are heading.

During the past four years, I’ve had the privilege of serving as the Active Athletes Representative to the Masters Executive Committee. I’ve been involved with and/or witness to the decisions which affect masters track and field. I’ve observed many dedicated volunteers working hard on behalf of the masters community.

But I have also seen and experienced an unfortunate resistance to new ideas and proposals. I’ve seen a reluctance to objectively evaluate our program’s strengths and weaknesses and an aversion to diverse opinions. I think it is fair to say the prevailing theme has been, “Don’t rock the boat.” But I believe our theme should be, “We can do better.”

To do better, we need a strategic plan. We need a set of goals and objectives to move our program forward. With that in mind, I respectfully offer the following suggestions as a starting point for consideration, dialog, debate, and action.

All feedback, positive and negative, is welcomed.

Leadership Steps

• welcome and encourage new ideas and proposals
• foster an atmosphere of mutual respect and teamwork
• synthesize diverse opinions and lead by consensus
• establish ad hoc committees to explore new concepts
• employ goal-oriented management techniques
• regularly evaluate progress, success and failure of masters programs
• lobby strongly and effectively for masters interests within USATF
• make executive decisions more apparent to masters athletes

Communication

• develop direct e-mail methods for the chair to reach all masters athletes simultaneously
• utilize the USATF Web site for more frequent top-down communication
• utilize on-line surveys to measure opinions of athletes
• participate in regular on-line discussions regarding masters issues
• empower regional coordinators with region-specific Web pages
• empower subcommittee chairs with committee-specific Web pages
• improve the masters section of the USATF Web site (see below)

Masters USATF Web Section

• re-design topics and menu choices for improved navigation
• expand description of the masters program and give reasons to join
• add masters regional pages and committee pages
• expand news coverage and results of masters events
• maintain current info for prospective championships site bidders
• post meeting minutes for all meetings
• include MTF organizational directories
• add links to other on-line sources of masters information

Media

• provide funding to Media Committee to cover costs of attending convention and other expenses claimed
• maintain archives of media coverage and assess to determine market value of masters media coverage

Sponsorship

• create a masters sponsorship committee to work in conjunction with USATF
• develop guidelines acceptable to USATF
• develop a masters sponsorship package based on masters media value and other incentives
• obtain a title sponsor for our national championships
• assist LOCs and regional organizers with sponsorship acquisition
• formulate sponsorship sharing guidelines for LOCs

Convention Reform

• increase the number of at-large athletes accepted as voting delegates at annual convention
• consider regional quotas to ensure fair distribution of expanded delegation

Election Reform

• study the viability of direct voting by masters athletes for elected officials
• proposal: allow direct voting to comprise 50% of the votes
• develop strategies for candidates to better communicate with voters

Championships

• produce a detailed generic championships budget for potential bidders
• develop a strategy for compensating meet announcers
• conduct post-championships meet evaluation
• score team competition at nationals

Masters Committees

• empower committees as viable working groups
• list all committee members
• define committee purpose, responsibilities, goals, and objectives
• post regular progress reports
• use Web site for communication

Growth and Fundraising

• set some realistic goals for membership expansion and increased participation
• establish an ad hoc committee to develop and implement growth strategies

Advertising

• conduct outreach with National Senior Games organization
• conduct outreach with National State Games organization
• appeal to LDR committee, running clubs, running specialty shops, etc.
• develop strategies to transition younger athletes (30+) to masters (e.g., e-mail to USATF members who turn 30)
• develop and implement creative strategies to raise money for the Masters Committee

Athlete Support Programs

• develop tools to help masters athletes obtain personal sponsors
• explore ways to provide technical/training assistant for masters athletes

Hall of Fame

• establish committee responsible for masters track & field Hall of Fame considerations
• obtain, organize and display MTF memorabilia at New York Armory
• produce and post bios of HOF

• ensure that all regions have state-of-the-art (Hy-Tek) software for their championships meets
• ensure that current age-grading factors are available to all who need them
• ensure that A-G data are analyzed and updated regularly to maintain a level playing field among different events and age groups.
Definitely recommend for myself. I go completely by heart rate. Have an irregular heart beat. It is not high of than recommended by the various formulas for heart beat, the heart is accurate for some, because everyone is different.

Heart Rate Monitors

EW: Do you recommend using a heart rate monitor?
JS: I have had problems with masters athletes using heart rate monitors, as they get inconsistent results. Jack Starr does not get accurate results from a heart rate monitor and doesn't use one.

EW: What do you mean inaccurate results?
JS: If a walker has an irregular heart beat, the heart rate monitor may bounce all around, maybe hitting a high of 180 and a low of 40 at the same pace. Many masters over 65 have an irregular heart beat. It is not life threatening and people live into their 90s with one. But it affects a heart rate monitor and makes them inconsistent for training.

If the monitor works consistently, I definitely recommend one; if it doesn't, then I stick to perceived exertion. For myself, I go completely by heart rate monitor.

EW: I have found that the readings of a heart rate monitor may be higher than recommended by the various formulas, without showing any excessive exertion.
JS: If the heart rate is consistently high during a race or workout, that is fine. It's when it is intermitently high that I become concerned there may be a problem. The problem with formulas is that they can be grossly inaccurate. I give a slightly complicated formula in my book, but it may be inaccurate for some, because everyone is different.

Workout Pace

EW: How do you set your walkers' workout paces?
JS: Let's say that an older walker finds a pace at a heart rate of 120 comfortable. As the walker does a threshold workout and the heart rate goes higher, you can figure what his or her race heart rate should be. It is not based on a formula, but on the kind of workouts the walker does. If you are doing repeats and your heart rate is 160 and you go to a race and your heart rate is 180, obviously you aren't going to last very long.

If you use a heart rate monitor, it is very important to take other factors into account such as: Is it really hot? Are you sweating and getting dehydrated when you don't expect it? Have you taken a lot of coffee (caffeine) before going out for your workout? Did you sleep well? Do you feel well? All these can affect your heart rate and cause inconsistencies in your heart rate monitor's readings. What might be right for you one day, may not be right for you on another.

Race Pace

EW: What is your heart rate at race pace?
JS: The last time I trained for racing was for the Philadelphia and Disney marathons. I determined my marathon heart rate was 164 and walked Philly on only six weeks of training. I kept at 164 for about 24 miles and then started to crash. Afterwards, I decided that 164 was a pretty close estimate and all I needed was a little more conditioning.

A few weeks later, I wanted to try to walk a 9-minute mile pace at the Disney marathon. To do this I had to walk at a 170 heart rate. My attitude was, "Let's see what happens." I made it 15 miles and crashed. Just those six beats per minute faster did me in. As a coach, I knew I should be walking at 164. I was hydrated and hadn't taken any caffeine, but six beats per minute wiped me out. Little by little, the lactate built up in my system until I couldn't sustain the pace anymore.

EW: Besides problems with irregular heart beats, have you noticed any other problems using heart rate monitors?
JS: When two people wearing heart rate monitors walk side by side, their monitors interact and can give pretty strange information. Some of my walkers who tend to walk together, have put their heart rate monitors on different arms so one is on the right arm and the other on the left arm.

During a race, if two walkers are closely competing, their heart rate monitors can interact.

In my case, my heart rate monitor is a different technology from most, so there isn't a problem.

Masters Community

EW: I have mentioned to me over the years that the masters community really keeps our sport alive.
JS: The volume of participants will always be masters. I do not see the sport growing at the elite level or regional level now. If anything, it is shrinking. Though some age-group programs are strong, there is a major drop in high school/college age walkers. There are exceptions like Tom Easter's program in Maine, but the regional championships are now just a shadow of what they were 20 years ago.

The only place the sport has a strong national sense of growing is in the masters rank, because people who have been running for 10 years are starting to get injured. Because they are health conscious, they try racewalking and get hooked. The largest numbers are in the 55 and 60 age groups on up.

EW: I am noticing more 40-year-olds coming to our club recently.
JS: From another perspective, think back ten years. How many books and videos were there then? How many web sites? You and the North American Racewalking Foundation were the main source of information. People came to you and you spread the word out across the country.

Now there is a plethora of resources. You have many people writing books and videos and multiple web sites. If people want information, they can get it off the Internet. It is no longer a question of, "Oh, I can never find any place to learn racewalking."

EW: Is it my understanding that you are considering giving clinics?
JS: I plan on traveling around and doing some racewalking clinics on weekends.

EW: How will your clinics differ from Dave McGovern's. He has been very helpful all over the country.
JS: Every coach brings a different style to their teaching methodology. I am very techcentric and will do some new things here. For instance, when I take videos of walkers at a clinic, I capture stills from the video and put them on a single page so the athlete can see his technique in detailed action using line drawings. My students are finding it is easier to study a sequence of still pictures than to study videos, even in slow motion.

EW: The hour talking with you has passed so fast and I feel that I have barely scratched the surface of what your book and DVDs offer. Do you have any sage advice to give masters in conclusion?

JS: Go out and walk and I hope to see you there sometime soon.

Betts Sets Age 68 Mark

Masai, Munson Win Titles in Syracuse 5K

By DAVE OJA

SYRACUSE, N.Y. — With ideal weather conditions on race morning, the PACER Race Men's 5K and the Women's 5K at the 12th annual Syracuse Festival of Races once again produced an array of fine times and at least one pending U.S. single-age 5K mark.

Kenyan Andrew Masai, 44, recorded the day's fastest master's time, winning the Men's 5K in 15:16. Mike Pfohl, 42, Fayetteville, N.Y., was the runner-up in a personal best 16:42. Mark Rybinski, 49, Manlius, N.Y., was first M45 and third master in 17:02.

For the third consecutive year, the women's masters 5K title went to Susan Munson, 45, Orchard Park, N.Y., who won outright. 17-54-year race winner Zuzka Wieciorkowska, 41, Stratford, Conn., placed second in 18:11, with Kelly Dworak, 42, Carlisle Barracks, Pa., third in 19:30.

Margret Betz, 68, Conklin, N.Y., crossed the line in 22:57, twenty-one seconds under Helen Dick's listed U.S. W65 5K mark of 23:18. If ratified, this will be the 14th U.S. 5K record established or tied on the Festival of Races course.

Betz herself currently owns the U.S. W55 and W65-69 5K marks for her previous performances in the lightning-fast, out-and-back course in Syracuse.


Major sponsors of the 2004 Festival of Races were M&T Bank; the Prostate Cancer Education Council; Dick's Sporting Goods; Time Warner Cable; News 12; Citlal Communications; the Syracuse New Times; Family Times; Stickley, Audi & Co.; American Airlines; Dermody, Burke & Brown; Peter's Groceries; Reebok; and the Syracuse Chargers Track Club, Inc.
USA Masters Track & Field Chair Candidates State Their Positions

Phil Byrne, Chairman of the Nominating Committee for USAF Masters T&F, posed a number of questions to potential candidates for the position of Masters T&F Chair for 2005-08. Following are their responses.

HARRY BROOKS
Amherst, Massachusetts

Q. The three or four most important priorities for the Chair and how to tackle them?

Money, membership, media and mobilizing our programs -- we need desperately to expand the number of people who take part in our masters program.

Given that millions of working and retired Americans understand the importance of fitness and are out there jogging, running, lifting weights and playing sports, a far greater number should be on the track with us running, throwing and jumping.

With aggressive organization, inspired leaders, and amplified publicity, we can make our mission a movement.

Masters track & field (MTF), can be recognized by the nation as a real contributor to a healthier, longer-living, happier population; the future can be unlimited and our membership can be increased logarithmically with vision.

I'll appoint, with the advice and consent of the MTF and its executive committee, a national outreach director and will work directly with that appointee.

We need more aggressive activities promoting our meets and our programs; we must no longer allow other adult sports organizations to eclipse our national MTF mission.

Because of the demographics, we masters deserve more of a priority inside USAF, and I'll sit down with board members, and CEO Craig Masback to facilitate moving in this direction.

We must dramatically expand our press outreach, specifically through increased support of the media sub-committee I helped create.

Phil Rachser, media subcommittee colleague and friend of all of ours, has said that she became interested in MTF by a press story. Good press is a necessity that is really all we can give in some situations.

Even though it is free and useful, leaders too seldom take this critical step. For existing committees and appointments, as well as new ones we would generate, I will be a motivator and encouragement catalyst for maximizing the achievements on behalf of all of us.

I'm proud of having negotiated with Craig Masback personally at the convention two years ago, and got him to say "yes" to locals having their own press to supplement national, i.e., our doing the Boston Nationals Indoor Masters press, which got six TV cameras at the finish line, wire service coverage, national papers, e.g., Christian Science Monitor, Runner's World, for two years, and name competitors like Bill Rodgers and Joan Benoit, all because of the press and excitement.

Personally, I have talked to many at all levels and achieved good results.

When I was president of the host Sugarloaf Club for the National 10 Mile Championship in Amherst, we wrote, called, and got 16 Olympic Trials qualifiers including Patty Catalano, Bobby Hodge, and Johnny Halberstadt, and had Bill Rodgers do an endorsement for us.

We, in fact, had the Sugarloaf Club do a four-hour run and gathering at Rodgers' house, while we got the endorsement and exclusive hour interview for the Club Magazine and press release.

I have an Ed.D and consider myself a catalyst with questions and answers.

HARRY BROOKS
Amherst, Massachusetts

Q. Leadership style?

"None of us is as smart as all of us." I enjoy delegating and watching great people have success in organizations. I weigh in as a catalyst with questions to them to encourage meeting their own and our objectives and maximizing what they can do. I always express a strong sense of appreciation, with deeply felt thanks, since that is really all we can give in some situations.

Even though it is free and useful, leaders too seldom take this critical step. For existing committees and appointments, as well as new ones we would generate, I will be a motivator and encouragement catalyst for maximizing the achievements on behalf of all of us.

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Endless Autumn: Surfers Seek the Perfect Wave, We Seek the Perfect Run

Strange how we recall vividly certain events, while others vanish almost as though they had not existed. One event that irrationally remains lodged in my memory is, during a visit to Southern California, having viewed The Endless Summer at the Strand Theatre in Oceanside.

The Endless Summer, a 1966 documentary directed and narrated by Bruce Brown, was a half dozen years old when I first saw it, and I suspected it had been playing endlessly at the Strand and would continue to do so as long as waves rolled onto the beach.

The film follows two surfers as they embark on a journey to find “the perfect wave,” starting in Southern California and moving westward around the world, chasing sun, surf and summer from Hawaii to Tahiti to New Zealand to Australia to South Africa, each stop offering both surfing-ops and photo-ops.

The Search

Eventually, the pair discover their perfect wave off a beach at Cape St. Francis, South Africa. Of course, the rationale for their trip and resulting film was not so much finding that wave, but rather the search for it.

“In surfing,” says narrator Brown, “the object is to stay in the curl. All goes toward that.” The “curl” is that underside of a wave where the surfer teeters between ecstasy and oblivion.

On only one occasion did I sample surfing, renting a board during a vacation to the Outer Banks in North Carolina, where the waves, admittedly, loomed much less frighteningly than those at Cape St. Francis.

After being slammed into the sand several times, I decided that running served as a safer activity for someone of my abilities.

Allegorical Impact

But in many respects The Endless Summer existed as an allegory for my life as a runner — and maybe yours — our journey to find the perfect run in what we hoped would be an Endless Autumn.

Different Seasons

It is true that, as runners, we move through different seasons: from spring to summer, from autumn to winter. In the spring of our lives we are children engaged in what Dr. George Sheehan referred to as “play,” running from one game to another.

As adults in the greening summers of our listings, we abandon play and focus on completing our education, breaking free from our parents, obtaining good jobs, enjoying the pleasures money can bring. We settle into relationships and routines that signal the end of summer.

But moving into the autumn of our lives, at least some of us revert to childish pursuits and embrace exercise as a means of bringing quality to those lives as well as extending them.

Coming of Winter

We seek to delay the winter of discontent. In at least its allegorical sense, winter is not fun. It is cold. It is a prelude to the grave.

If we cannot avoid winter, we would like at least to postpone it, to redirect its harshest winds, to negate its effect on our ability to enjoy life to its fullest.

The Strand Theatre has vanished from Ocean Beach, replaced by a souvenir shop. When I tried to rent a copy of The Endless Summer at my local video store, the salesgirl had not heard of it.

Holding on to Autumn

In becoming runners, we seek an endless autumn. And like surfers chasing the sun westward around the world, we hope our journey never will end, while knowing that some day it will.

As long as we find ourselves capable of taking one running step, we exist in an endless autumn. To move is to live. Now is not yet the time to face winter. Light the fires once more! We have many trails to tread, many races yet to run.

(Hal Higdon, Contributing Editor for Runner’s World and author of Marathon: The Ultimate Training Guide, provided the training advice on his Web site: www.halhigdon.com.)

Wanted: U.S. Runners for 2005 World Masters 100K Race

By THERESA DAUS-WEBER

Masters Ultra Representative

USATF Mountain/Ultra/Trail Running Council

If you are a U.S. masters-age ultra-runner who is interested in competing in the 2005 WMA 100K World Championships, USATF wants you to know about this opportunity.

In late September, WMA President Torsten Carlilus announced that, "WMA looks forward to continued good cooperation with IAU and together we will organize the 2nd WMA World Masters Athletics Championships 100K in Lake Saroma, Japan" on June 26, 2005.

The WMA 100K Championships is held in conjunction with the IAU (International Association of Ultra-runners) 100K World Cup under the patronage of IAAF.

USATF encourages U.S. masters ultrarunners to compete for world age-group recognition at this venue and to provide a broad U.S. masters presence at this world championships. At the last WMA 100K Championships in 2003 in Taiwan, the USATF WMA 100K Team assisted in bringing home two silver medals and a gold age-group medal.

The USATF 100K Team will compete against runners from around the world in the IAU World Cup 100K. This event includes a race for individual masters age-group runners.

All masters who enter the World Cup race automatically race in the WMA 100K World Championships, a separate event run at the same time and location. For this event, men’s five-year age-groups start at age 40 and women’s at age 35.

Soliciting Sponsorship

U.S. masters ultrarunners who compete in the WMA 100K race are responsible for their own race entry, travel and lodging expenses.

Because USATF is unable to support masters ultrarunners participating in the 2005 WMA World 100K, interested masters ultrarunners are encouraged to investigate other funding sources.

Sponsorship could assist participating masters with entry fees, uniforms, travel, and lodging.

For more information, visit http://www.iau.org.tw/news/news_detail.php?id=175. If you want to run on the 2005 USATF WMA 100K Team, or be the team leader, or a sponsor, contact Theresa Daus-Weber at tdaus-weber@earthlink.net, or at 503-973-7579.

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PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)
Men’s and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. $6.00.

Masters Track & Field Rankings Book (2002)
Men’s and women’s 2002 U.S. outdoor track & field 5-year-age-group rankings. Coordinated by Jerry Wojick. All T&F events, including mile, relays, weights, racewalks, and combined events. $4.00.

Masters Track & Field Rankings (2003)
Men’s and women’s 2003 U.S. outdoor track & field 5-year-age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. $4.00.

Masters Track & Field Indoor Rankings
Indoor rankings for 2004. 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 Outdoor Age-Group Records
Men’s and women’s official 2002 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. $4.00.

Masters 5-Year Indoor Age-Group Records
Same as above; except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA). 4 pages. $2.00.

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. $12.00.

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. $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.
Four books in one, combining the advice of 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 & handling.

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2004 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.

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JOHN OLIVE
Joey Warner, 41, was second overall (17:16) in the Ghost Chase for Hurricane Relief 5K. Mobile, Ala.
We've Always Had It Good

Over the years, masters throwers have been fortunate to have "throwers only" meets or series of meets staged by industrious, devoted meet organizers. I can't recall ever seeing a "Sprinters Only" meet or a "Jumpers Series" to parallel what throwers have available.

Pole vaulters have held events for vaulters only, and I've seen several "Runners Pentathlons," but not to the extent of those scheduled for throwers, especially if we include weight pentathlons.

To name a few of the 2004 throws-only meets/series that come to mind, there were those staged by Carl Wallin at Dartmouth, Terry Shuman's Long & Strong Throwers Classic, Larry Pratt's Delaware Classic, Cat Spring Grunt Meet in Texas, Norm Bower Memorial WP, Ray Feick's meets in Pennsylvania, and the Colorado Master Throwers meets.

Some ten years ago, George Mathews and Ken Weinbel, who puts on the throw-only Spring Fling and the Weight & Superweight Championships in Seattle, did a good job of creating interest in the throws in that city.

About two years ago, Mathews left the Northwest drizzle for the sunny climes of the San Diego area, where he instituted the Team Thor USA Throwers Meets at UC-San Diego in La Jolla.

Broadening Interest

To develop a broader interest in the throws, the meets included youth, open, and collegiate throwers, besides masters.

Mathews has since moved to Idaho to be near his children and grandchildren. He hopes to get a similar program going there.

The Team Thor Series didn't disappear with Mathews. Tom Meyer and Scott Sargeant are maintaining the series with a new name and a new wrinkle.

Now called the Team Thor Thunder Series and with an added event -- the pole vault -- the nine sanctioned meets started in November and will continue through July.

The price is right, $10 for the first event, $5 for the second, and $3 each for additional events. See the T&F West schedule for more information.

First Class Facility

The only time I competed at UC-San Diego was in the 22nd USA National Masters Championships in San Diego in 1989. Hammer throwers were bussed to La Jolla because the San Diego site had no hammer area.

If the present throwing area at UCSD is the same as it was then, I remember it as a first class facility.

I also remember that hammer thrower Hans Poetsch, of Austria, one of the 400 foreign athletes who competed in San Diego on their way to the VIII World Veterans Championships in Eugene, won the M55 contest with 58 meters, which was double my mark.

The National Masters News now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

Hall of Fame Candidates

The 25 candidates on this year’s Masters Hall of Fame ballot include a generous number of 10 full-time throwers: Tim Edwards, Richard Hotchkiss, Betty Jarvis, Leon Joslin, George Mathews, Mary Elizabeth Norckauer, Wendell Palmer, Armando Ricciardi, Joan Stratton, and William Walmuth. Hotchkiss and Mathews are also listed as Administrators.

The 10 candidates who receive the highest number of votes will be elected. I think that three throwers have a good chance of making it this year, and maybe even four.

The electees will be announced at the 26th meeting of USA Track & Field in Portland, Ore., Dec. 1-5, and listed in the January NMN. The Masters Hall of Fame Committee is managed by Norman M. Green, Jr.

“City of Roses” Welcomes USATF

The agendas for the masters committee were published in the October and November issues of NMN, and are available on the USATF Web site: www.usatf.org

There has been a change in the distance that masters women will run in the USA National XC Championships in Portland, Ore., on Dec. 4. The distance is now 6K, instead of the 10K as previously scheduled, and will be run concurrently with the open women’s 6K. Masters men will still run a 10K in a separate race from the open.

The course is a mostly flat, European-style 2K loop on a nine-hole golf course in the infield of Portland Meadows racetrack with a 200m segment on loose dirt on the racetrack.

Awards will be given to the top three men and women in each five-year age group and declared members of the top three teams in each age group. Team placement will be based on total times, not on a team member’s place.

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Candidates State Their Positions

Continued from page 11

Q. Why vote for me as opposed to the other candidates?
I have great praise for anyone who is an officer and works hard in that capacity, and for anyone who wants to be an officer. But, I do offer some unique proven skills. I want and offer action, not bureaucracy; vision with proven accomplishments, not limited objectives with reasons why more can't be done right now.

Spaulding Sports Worldwide would never accept such limiting parameters, and National Masters T&F need not either, in view of our limitless potential, for all the things we want to do in terms of money, membership, media, and mobilizing our programs.

Organization, effort, and action are the key, not just talk. We need to build our Masters’ movement. The time is ripe, if we get to work.

I am ready, and I hope you agree.

**********

MARK CLEARY
Rancho Santa Margarita, California

We need to create an environment that gives all masters athletes a voice in shaping the future of our program. I think many masters T&F athletes feel disenfranchised with our organization. I believe we need to incorporate a new management style that is more inclusive of our members.

We do not have a program currently in place to facilitate an effective means of two-way communication with our membership. The current format is top-down. It is a necessity that we do a much better job in this area, and, let’s face it, we do have the technology.

We need to start functioning more effectively as an organization. Basic business principles not currently being utilized need to be put into play. Right now, there is little or no accountability for tasks being completed.

I would approach every member of the Board, sit down with them and discuss goals and objectives for the year. We also would review progress toward these goals semi-annually. Currently, there is no assessment of either success or failure in these areas.

It’s time our national championships have title sponsors. I am convinced that we have a very marketable product, which could command a sizable amount of money. That financial support would greatly impact our budget, which is severely underfunded.

A few years ago, two major corporations expressed interest in sponsoring a masters championships that would be broadcast on cable TV and include a team championship as a device to hold audience interest during commercial breaks.

As of 2005, we will have a team championship to offer any potential sponsor. We need to take an active role in pursuing and cultivating sponsorship.

Growth of our program is essential for its survival. Solving this puzzle will be no easy task. We need to be more assertive in this area. Talking about it has not accomplished much over the past decade.

We need to design some outreach programs to meet face-to-face with members of organizations and groups to help us reach this goal. For example, a few years ago we considered forming an alliance with the Senior Olympics. That alliance was not pursued, however, because of problems within that organization.

It may be time to revisit that issue, and I feel we should be building relationships with that organization and its athletes, who could boost our membership rolls.

I would bring servant-leadership to the board, which emphasizes empowering others through encouraging their ideas and contributions. Organizationally, I would set in motion basic business principles that are currently not being utilized.

I would strive to include the general membership to a greater extent. My management style is more that of a facilitator, someone who collects ideas and suggestions, then formulates them into a plan of action.

I have been working hard this past four-year term as the West Regional Coordinator, serving on the Awards Committee, as well as chairing the Masters Invitational Program.

I have been involved in the program on all levels – as an athlete, coach, meet director, national board administrator, and chairman of the Masters Invitational Program, which has come a long way in four years.

I am passionate about track and field, and I believe my past four years of service shows my commitment level, as well as my ability to effectively manage and execute programs. This year’s West Regional Championships attracted a record turnout.

Nominally every day of my life, I devote some time to advancing this sport.

**********

GEORGE MATHEWS
(Incumbent)
Hayden Lake, Idaho

Q. What do you think are among the most important priorities for the Chair in the next four years, and how would you tackle them?
1. Increase safe, competitive opportunities for our athletes. The key to this lies in our regional coordinators and masters association chairs activities.

The regional coordinators are coming together at the Portland Annual Meeting to spend a day to review best practices and learn from each other how best to achieve this priority.

I will have an integral role in these meetings. I will increase my participation with the regional coordinators to

Continued on page 16

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

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Candidates State Their Positions

Continued from page 15

can help bring about more safe, high quality meets. The regional coordinators are our direct link to the association chairs and their activities.

2. Increasing our communication with the association chairs. Even though they are the largest part of the Masters Committee, we still don’t communicate with them very well between annual meetings.

I believe one of the best communication tools we have is the Internet. We need to better capture association masters chair e-mail addresses and involve them much more during the year.

I will encourage the national office to require, where possible, the e-mail address as an integral part of the membership application and listing in the directory.

3. Increasing participation has always been a major goal for the chair of our organization. There are several approaches to this. One is effective media communication.

We now have a great Masters Media Committee to supplement the media activities of the national office activities. We need more funding to help them get the word out.

We also need to help the National Masters News as much as possible. That also requires additional financial support.

I believe the greatest way to increase participation is through the “local club.” We are a grass roots organization, and need to build from the association level with local clubs. This is not something new for the rest of the world.

Those of us who have competed on an international level are clearly impressed by the great club structure we find in other parts of the world. It works for them; it should work for us.

I think most masters athletes have been missing that second association and recognition when we compete. We may have enjoyed representing a high school or college, as well as our personal achievement.

For masters, this is lacking right now, for the most part. We have started unofficial team scoring at our national championships and look to make that official at the annual meeting.

Also, I have floated an initiative to start masters club championships on a regional and national level. We have been given permission to incorporate masters events into the open club championships until we can sustain and wish to run our own club championships.

4. Funding and marketing go hand-in-hand. We have experienced some success this year in getting USATF national sponsors to fund more masters activities. We need to do more of this, and great relationships with the national office will help get this done.

We also need to take advantage of our USATF Foundation as a vehicle for funding. We need to better communicate with our members on how they can give substantial parts of their estates, while they are living, to USATF Masters and still have an appropriate amount for their heirs on passing. This could create a tremendous supplement to our operation funds.

5. Other priorities include recruiting more volunteers, increasing the masters content on the USATF Masters website, and creating anti-doping rules for masters and then testing. I have plans for these that we can cover in another session.

Q. What kind of leadership / organizational / managerial style would you bring to this position?

When I ran for office last time, I thought my business experience was the most important style I brought to the position. I have learned, in some ways the hard way, that even though we are conducting business of sorts, my business experience only goes so far.

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My business experience had been (I have since sold my furniture business) my entrepreneurial.

Running one's own 60-employee business is far different from being the leader for 7500 masters athletes. I have learned the best way to chair this organization is through diplomacy and consensus building.

You probably know that, at times, I haven't necessarily been as diplomatic as I should, but I am getting much better and promise to conduct myself in this style if you agree to re-elect me for a second term.

My new part-time occupation is helping seniors realize a "secure future" through insurance.

Q. Why should the delegates vote for you as chair, as opposed to other candidates?

I think the number one reason to re-elect me is successful experience. This position isn't really what people think it is. It takes some time to figure out how it works.

I conveyed the duties in a previous National Masters News article. I realized afterwards that I probably understated the time and financial expenditures.

Just conference calls with the national office this past week have taken many hours of preparation and participation time.

The significant relationships and trust I have developed with the national office, the USATF Board of Directors, and the International Track & Field community, have taken four years to develop. It would be a shame not to take advantage of that experience.

I would endeavor to help identify a competent successor before my second term ends and start involving that person in these relationships. I think we need to identify the best candidate for this position at least one year before the elections.

I have the time and financial stability to serve, and I do not have any commercial or organizational conflicts with the position.

Maybe, even equal to successful experience, is my passion for the position. I have a major passion for leading this organization and Masters Track & Field.

I actually love this position and think I have much more to contribute. I hope you agree! ☑

Detroit Marathon Races Draw Record Field

A record field of 10,318 finished the 27th Detroit Free Press/Flagstar Bank Marathon, the half-marathon, a relay, and a 5K, run through the streets of Detroit on Oct. 24.

The marathon began downtown near Comerica Park, where the Tigers play, and ended on the 30-yard line at Ford Field, home of the Lions.

The route went through the Corktown district, Mexican town, over the Ambassador Bridge to Windsor, Canada, and back through the Detroit-Windsor Tunnel — giving runners a chance to run a mile under the Detroit River — to Belle Isle and the Fox Theatre District. Competitors came from 42 states and 47 countries.


The half-marathon introduced this year helped boost total registration to break the old record of 6478 set in 2003.

Older runners set the pace for masters runners in the 5K. Ben Bondren, M50, Detroit, was the first M40+, with an 18:23. Carol Johnston, W55, Farmington Hills, Mich., took the W40+ race in 22:07.

Among the marathon finishers was Dan Mulhern, 46, Michigan’s First Gentleman, the husband of Governor Jennifer Granholm, who finished his first marathon in 4:00:49. Governor Granholm joined her husband for the last two miles to the finish line.

John Kolmetz, 75, the oldest of eight runners who have run in every Free Press Marathon, finished in just under five hours, despite having broken his right hip last May.

After the event, Doug Kurtis, who holds the record for running the highest number of sub-2:20 marathons, wrote in his Free Press column, “The Detroit Free Press/Flagstar Bank Marathon became one of the superstars of marathon events last weekend. The organizers and supporting crew have been working for six years to get to this level, and the glass slipper finally arrived.” ☑

—from the Detroit Free Press

Report from Britain

Fast 10 Miles and Half-Marathon

By BRIDGET CUSHEN

European M40 1500 and 5000 champion and record holder Dave Taylor continued to dominate 10K road running and cross-country in the South of England. He raced away from a first-class field to win the BMAF 10K in Portsmouth in September in 31.04 into the teeth of a strong wind blowing in off the harbor.

A few weeks later, he covered 10 miles over virtually the same course in 49:14 to rank 4th on the British all-time M40 list.

Eileen Quinton was the first W75 in the BMAF 10K in 54:13. A few weeks later, she ran a world best half-marathon over the challenging Barnes Green course in 2:02:50.

Distances covered by athletes in the ever-popular Exeter One-hour Race include a great performance by Steve Mottershead, 54, covering 13.956m, and Keith Reid, 47, who ran 14.445m. However, the most notable performances came from Bernard McCarthy, 78, covering 9176m, and the remarkable Jose Waller, running 683m at 82, a few years after major cardiac surgery.

At the final track meet of the year, Andy Turner, M40, threw the discus out to 40.65 and won the shot with a 14.18. Fresh after their medal-winning spree at the European Veterans Championships in July, Steven Peters, Viv Oliver, and Wally Franckly crashed again over the M50 100 and 200, both won by Peters in 11.8 and 23.03. ☑
Masters Scene

NATIONAL

On Nov. 8, USA Track & Field announced the inductees for the "Class of 2004" for the National Track & Field Hall of Fame. The inductees are modern athletes Jackie Joyner-Kersee, Michael Johnson, Joan Benoit-Samuelson and Michael Conley, veteran athletes Jack Davis, Otis Davis, Gerry Lindgren and John Pennell; contributor Dr. Evie Dennis; and coach Stan Huntsman. The Class of 2004 will be inducted Friday, Dec. 3, at the Jesse Owens Awards and Xerox Hall of Fame Induction Ceremony. Held in conjunction with USATF's 2004 Annual Meeting in Portland, OR, the inductions will be held at the Tiger Woods Center on the Nike World Campus in Beaverton, OR.

EAST

Sab Koide, 81, 51:10, and John McManus, 51:26, kicked off it for the division win at the Poland Spring Marathon Kickoff 8K, Central Park, NYC, Oct. 31. Masters winners were Conor O'Driscoll, 43:51:32, and Zofia Wieciorkowska, 41, 30:26.


Harry Nagy, 45, Fort Carson, CO, led his Fort Carson team to the Active (Duty) masters men's team title at the Army 10-Miler, Oct. 24. Nagya placed 16th, 52:46.

Ken Bohan, 42, Sound Beach, NY, in 16:45, and Don Di Noato, 46, Central Islip, NY, 17:00, took fourth and fifth overall, Oyster Festival 5K, Oyster Bay, NY, Oct. 16, but W40 runners were even better with Marlene Mignano, 43, Merrick, NY, 19:52. Susan Murray, 40, Hauppauge, NY, 20:24, and Michele Labiento, 40, Floral Park, NY, 20:39, finishing second, third, and fourth overall. Melissa Kennedy, 55, Amityville, NY, ran a scary 21:49 to win the W55 race. Joe Cordero, 66, Islip Terrace, NY, won the and Norma Weisler, 50, Topeka, KS, with an A-G 27:47 (31:48), were top A-G masters in the Run for Success, 4-Mile, Lawrence, KS, Oct. 10. In the Mediacom Des Moines Half-Marathon, IA, Oct. 7, Wilson was 81st of 1391 finishers, with a 1:36:39. First masters were Sandy Stefanski, 42, Crown Point, IN, first female overall (91:41), and Diggie Carlson, 43, White Bear Lake, MN, sixth in 72:12.

SOUTHWEST


WEST

Mark Murray, 41, Sacramento, CA, 1:20:57, and Kathleen Aragon, 45, Billings, MT, 1:23:53, were first overall at the Sacramento Marathon, Oct. 3.

Helen Klein, 81, Rancho Cordova, CA, ran the Triplo Tahoe Marathon (three marathons in three days around Lake Tahoe), in an aggregate 18:05, Oct. 7-9. Colin Solomon, M40, was third overall and top master at the event.

In Casper, WY, Oct. 3-4, and Jane Thompson, 49, in 46:24, were first overall in the Bean Fiesta 10K, Moriarty, NM, Oct. 9. Cezce Niemczyk, 54, was second female (47:39). In the 5K, AJA James, 44, took the women's race in 21:21, and Sue Johnson, 61, was first M40+ in 20:41.

Em Pawlik equaled Jack Green’s world record of 1:46:39 set in 1991 for the 100H, in the 14th annual Self-Transcendence Masters Games, Long Beach, CA, Oct. 17. Robert Bowen. M50, was the sprint star with meet's bests in the 100 (12.15) and 200 (24.45). Larry Barnum, M60, was the quickest in the 400 (58.2), Linda Cohn, W50, hurled the javelin 33.32. John Little, M55, topped all high jumpers with a 1.63.

NORTHWEST

Brenda Graham-Gray, 42, Rock Springs, WY, won her first marathon ever at the Pocatello, St. George, UT, Oct. 2, in 2:44:55. She was third in 2003. Suzy Schumacher, 35, Phoenix, AZ, 2:45:16, was a close second.

Marcial Soto, M50, with a first-place 61:41, and Phyllis Dean, W40, 73:46, logged masters wins in the McDonald Forest 15K XC in the Oregon St. U Research Forest in Corvallis, Oct. 31. Jeanette Groesz, W55, 83:40, and Suzi MacLeod, W70, 89:08, hewed course records on the challenging course with approximately 1500 feet of elevation gain on single track trails, or dirt roads. Proceeds benefited local HS cross-country teams.

CANADA

Brian Keaveney was elected President of the Canadian Masters Athletic Association at its annual meeting on Oct. 26. Keaveney is also the MCCWMA Regional President, with a seat on the WMA Council, and the WMA Records Chairman, and sits on the WMA Non-Start Committee.


OBITUARIES

William "Bill" Henry Tallmadge passed away Oct. 8 at his home in Berea, KY. He was 88. He started racingwalking competitively in 1983, winning US championships and world masters titles in Finland in 1991 and South Africa in 1998. He still holds the M80 US record of 72:25 for the 10K F.W, set in 1998. He grew up in Flandreau, SD, the youngest of five children. His mother, the local piano teacher, recognized that Tallmadge had perfect pitch and began his musical studies. After attending Grinnell College, Iowa, he transferred to Oberlin College, Ohio, where he earned two music degrees, and met his wife, Miriam Lemmon. They eloped in 1940 and had four children. Miriam, "Mim," passed away in 1997. Tallmadge remarried in 1999 to Betty Winslow McLain. He was professor of music at Buffalo State College from 1949 to 1976, and was widely published in the area of jazz and blues, as well as African-American and European-American religious music. His African-American music course was the first credit course on the history of jazz ever taught in the US. Since 1994, he volunteered for Hospice, the long-term care center at Berea Hospital. He became an associate thanatologist after studying at The Learning Center for Supportive Care in Boston, MA, and studied death and dying issues for over 15 years.

Robert "Mac" MacTarnahan passed away on Oct. 25. He was 89. Born in Missoula, MT, he was a longtime resident of Portland, OR. He graduated from Jefferson HS in Portland and attended college in New York. At age 60, he began amassing athletic victories. He was a five-time national masters AAU wrestling champion and several-time masters steplechase champion. He was honored as the first master to be inducted into the Oregon Sports Hall of Fame at age 84 in 1988. He was one of the original investors in the Portland Brewing Company in 1985, and was the namesake for its popular, major beer brands with the MacTarnahan label.

Paul Reese, a standout runner during his 50s and 60s died on Nov. 4. He was a retired Master Corporal officer who served in the Pacific theater during WWII, Reese lived in Auburn, CA, where he retired from his second career as a school administrator. "I mud­dled into distance running in 1963 when my son, then in grade seven, became interested," he explained in a 1986 interview for NMN. Reese's best times, including a 2:39:28 marathon, were made in 1972 at ages 54 and 55. That year, he won national championships in his age division at 5K (17:49), 10K (36:33) and the marathon (2:55:33). He had run 16 US masters age records and was the first 60+ runner to break 30 hours in the Western States 100 Mile. In 1990, at age 73, he spent 124 days running across the US from Jenner-by-the-Sea, California, to Hilton Head Island, South Carolina, a distance of 3192 miles. Having crossed 12 states, he set out to run all 50. In December 1997, Reese, 80, dipped his toe into the ocean at Waipio, Hawaii, completing his 7644-mile odyssey that also called for 60,000 miles in his motorhome. — Mike Tymn

Happy Holidays from National Masters News

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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, but the exception is limited to men and women over age 40. International T&F meets are open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 60 days prior to the event. Please send any additions or corrections to NMN, PO Box 50098, Eugene, OR 97405.

**TRACK & FIELD**

**NATIONAL**


March 11-13, 2005 USA National Masters Indoor Championships, Nampa (Boise), Idaho. Park Mushuck, 4127 Portmouth Ave., Boise, ID 83714. 208-859-9219; email: masterchamps@earthlink.net; www.masterstrackandfield.com

June 3-18, 2005 National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.org

August 4-7, 2005 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekou Dr., Honolulu, HI 96821. www.hawaiichamps.com; 808-732-8005; zeug@hawaii.rr.com

September 10, 2005 USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 5; 9:00 p.m. Ken Weibel, 4105 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3499; kweibel@comcast.net

December 12 Philadelphia Masters Indoor Meet. (s) Haverford, PA. Kyle Mecklenburg, 215-393-1382; kmreck@eors.com

December 19 Prince George’s Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-383-2661

February 26-27 Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenburg, 215-393-1382; kmreck@eors.com

February 27 Prince George’s Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-383-2661

**SOUTHEAST**

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

December 4-12 Florida Senior Games State Championships, The Villages, 850-488-8347; email: games@flsportspost.com; www.flsportspost.com

January 22 USATF-NCT Winter Meet #1, Clermont, FL. (s) Also WP 352-241-7144; www.usatf-nct.com; email: noonwalk99@yahoo.com

February 5 USATF-NCT Winter Meet #2, Clermont, FL. (s) Also indoor pentathlon 352-241-7144; www.usatf-nct.com; email: noonwalk99@yahoo.com

February 19 USATF-NCT Winter Meet #3, Clermont, FL. (s). See Feb 5.

February 26-March 13 Polk Senior Games, Polk Co., FL. 863-533-0055; email: polkson@jamestwogames.com

March 19 USATF-NCT Spring Flg #1, Clermont, FL. 352-241-7144; www.usatf-nct.com; email: noonwalk99@yahoo.com

April 9 USATF-NCT Spring Flg #2, Clermont, FL. 352-241-7144; www.usatf-nct.com; email: noonwalk99@yahoo.com

April 23 USATF-NCT Spring Flg #3, Clermont, FL. (s) See April 9.

May 14 USATF-NCT Spring Flg #1, Clermont, FL. 352-241-7144; www.usatf-nct.com; email: noonwalk99@yahoo.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 29 Wes Kettle Classic & Masters Invitational, Texas Tech U., Lubbock, TX. Joe Walker, TTU Track Office, Box 43021, Lubbock TX 79409. 806-742-3355 X249; email: joe.walker@ttu.edu; www.texastech.com

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

December 11 Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybergym@juno.com

December 12 Masters’ Sprint Clinics, Occidental College, Glendale, CA. 9AM-3:30PM. Eugene Driver, PO Box 62009, Los Angeles, CA 90062. email: eattrackunke@oc.edu

January 22 Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybergym@juno.com


February 26 Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln.,

**NORTHWEST**

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

June 18-19 Hayward Classic/OR Association Masters Championships, Eugene, OR.

June 25-26 Portland Masters Classic/USATF NW Regional Masters Championships, Mt. Hood CC, Gresham, OR.

**INTERNATIONAL**

December 3-5 South Island Masters Championships, Christchurch, New Zealand. (03) 980-2457; email: bkjago@paradise.net.nz

February 10-11 New Zealand Masters Games, Wanganui. nzmathletics@xtra.co.nz

March 4-7 New Zealand Masters Association Championships. Dunedin. nzmathletics@xtra.co.nz


**ON TAP FOR DECEMBER**

**TRACK AND FIELD**

The indoor season starts in Philadelphia on the 12th; Landover, MD, on the 19th; and Rochester, NY, on the 26th. La Jolla, CA, hosts a throwers meet on the 11th, and the Florida Senior Games State Champions are set for the 4th-12th.

**LONG DISTANCE RUNNING**

On the 4th, Portland, OR, hosts the USA National Club XC Championships, with women running a 6K, and the men a 10K. The USA National Masters Championships will be contested at the 5K Trail Challenge on the 5th; the Rocket City Marathon, Huntsville, AL, on the 11th; the Bill Rodgers 2.5 Mile, Boston, MA, Larry Fuseler State Championships, Belle Chase, LA, Dallas White Rock Marathon, and Lasse Viren 20K, Pt. Mugu, CA, on the 12th; the Jacksonsville, FL, Bank Marathon, on the 19th; and the Polar Bear 5 Mile, Ashbury Park, NJ, on the 26th.

**RACEWALKING**

The Gran Prix Racewalk #3 starts on the Tavern, Central Park, NYC, on the 5th. Most indoor and outdoor meets and road races offer a racewalk.

**Championships**

Portland, OR. W6K/M10K.

**2000m loop, mostly flat. www.usatf.org**

December 18 USA National Masters Championships/HPC 50K Trail Run, Huntingdon, PA. www.huf50k.com

**EAST**

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

December 4-8 NYRR Hot Chocolate 15K, Central Park. 212-860-4455; www.nyrr.org

December 12 Bill Rodgers Jingle Bell Run 2.5 Mile, Boston, MA. 5 pm. 617-723-5621; www.billrodgers.com

December 12 DC Road Runners Club Bread Run 10K, Glen Echo, MD. 703-241-0395; www.dcroadrunners.org

December 18 NY RR Joe Kleiner10K, Central Park. See Dec 4

December 18 Ho Ho Holiday 5K, Bethesda. 612-653-1866; Polansky, 101-24 76th St, Plainview, NY 11803. 516-349-7646.

December 26 Polar Bear Races 5 Miles, Ashbury Park, NJ. 732-222-9080; www.shoreac.org

December 31 NYRR Midnight Run 4 Club, Central Park. Midnight. See Dec 4

December 31 First Night Saratoga 5K, Skidmore College, Saratoga Springs, NY. 5:30 pm. 518-584-6262; www.firstnightssaratoga.org

December 31 Last Run 5K, Shelburne, VT. 3 pm. 802-985-2229

December 31 First Night Albany Last Run
December 2004

SK, Albany, NY. 6:30 pm. 518-434-2032.
December 31. First Night Main Street Mile, Worcester, MA. 4:10 pm. 508-757-2268; www.firstnightworcester.org

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

December 4. Festival of Lights 5K, Jacksonville, FL. 6 pm. 904-731-1900; www.1stplaceevents.com
December 4. Jingle & Jog 5K, Sarasota, FL. 850-244-5556; runst莫斯.com
December 11. Tallahassee Ultra Distance Classic 50K & 50 Mile, Tallahassee, FL. 850-831-7939; www.gulfwinds.org
December 11. Rocket City Marathon, Huntsville, AL. 256-872-3313; www.RocketCityMarathon.com
January 9. Walt Disney World Marathon, FL. 800-929-5000; disneysworldmarathon.com
January 15. Murphy HS Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org
January 16. St Pete Beach Classic 10K & 5K, St. Petersburg, FL. 727-325-3277; stpetebeachclassic.com
January 30. Miami Tropical Marathon. 305-278-6668; www.miamitropicalmarathon.com
February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com
February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-9900; www.MBMarathon.com

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

December 4. 29th Stevens Point YMCA Froshbite 5 Mile & 10 Mile, Stevens Point, WI. Jackie Meyers, 715-342-2980, x334.
December 31. New Year’s Eve Resolution 5K, Beaver Creek, OH. Mike Storage, 937-426-5934.

MID-AMERICA
Colorado, Iowa, Kansas, Minnesota, Missouri, N. Dakota, Nebraska, S. Dakota

February 5. St Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. hermanrun @aol.com; www.winter-carnival.com

SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas

December 12. 29th Larry Fussler State Championships, Belle Chase, LA. 504-482-6682; www.runnoc.org
January 1. Run for Your Life 5K, Tulsa, OK. 888-580-5800; x123; signmeupsports.com
January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-937-3535; www.hphoustonmarathon.com
January 30. 3M Half-Marathon, Austin, TX. 512-984-7223; www.3m.com/races

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

Michael Fitch, of Virginia, seventh M40 (2:37:15), ING NYC Marathon.

www.ymacoastvalley.org


THOM WEDDELE
Marisa Hanson, W40 women’s winner (1:47:17), USA National Masters SK XC Championships.

February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescalemarathon.com

WEST
Arizona, California, Hawaii, Nevada, New Mexico

December 4. Fiesta of Light 5K, Phoenix, AZ. 5 pm. 480-345-5752; www.runningmasters.net
December 5. California International Marathon, Folsom to Sacramento. CIM. 120 Ponderosa Court, Folsom, CA 95630. www.RUNCIM.org
February 5. Orange County Marathon, Newport Beach, CA. 949-476-7076; www.ocmarathon.com
February 5. Tucson Marathon, Tucson, AZ. 520-320-0067; tucsonmarathon.com
February 12. Lasse Viren 20K, Pt. Mugu St. Park, CA. Steve Blum, 805-652-1244; blumper@pacificbell.net
January 8. PF Chang’s Rock ‘n Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-2555; www.marathon.com

JERRY WOJCIK
Monique Madry, of Massachusetts, fourth M40 (2:58:30), ING NYC Marathon.

Championships, Norwich, East Anglia. BMAF Relays, 6 Hare Close Multiburn, Norwich, NR14 5QX, UK. www.bmaf.org.uk
February 27. February 27. World’s Best 10K, San Juan, Puerto Rico. 787-767-2000; www.wb10k.com

RACEWALKING

December 5. Gran Prix Racewalk #3, Tavern on the Green, Central Park, NY. Stella Cashman, 212-628-3171; FrancisCash@ aol.com
February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNon, 352-241-7144; www.usat-atc.org; e-mail: noonwalk_99@yahoo.com

CANADA

December 4. Canadian XC Championships, Sunnybrook Park, Toronto. douglasj.smith @sympatico.ca

INTERNATIONAL

February 12. British Masters XC Relay

Some readers provide additional support to the National Masters News by sending contributions of $25, $50, or $100 a year. If you are able to join them, we urge you to do so. All contributors will be listed in the paper as a National Masters News sustainer.

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TWENTY-FIVE YEARS AGO
December 1979

• AAU Turns Rens Over to TAC at Las Vegas Convention
• Herb Lorenz (2:27:05) Wins National Masters Marathon

Occidental College Co. Drops Sponsorship of Masters

CANADA

New Zealand XC Championships (M50K/W65K)

Hastings, Aug. 7

M75 Felix Charles 32:49
M70 Collie Hopkins 30:06
M65 Lynn Kobayashi 28:32
M55 Karla Detlefsen 26:47
M50 Tana De Gueit 24:58
M45 Wanda Hard 23:37
M35 Collin Dirks 19:37
M30 Colleen Nichols 16:47
M25 Rob Wiedeman 14:04
M20 Eric Landry 11:39

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH – DECEMBER 2004

ATHLETE NAME

BIRTH DATE GROUP

AARTI PAULJAINEN

3-9

CHARLES SMITH (GBR)

9-9

PAUL ZACHMAN (WY)

9-12

FRED BIERLEIN (BRECKLEY, IA)

12-18

PAVO PATRINEK

12-19

KAMI, BUREIN (HATFIELD, OR)

12-19

AL BURTON (SANTA MONICA, CA)

12-20

JACOBS, DREW (HOLLYWOOD, CA)

12-20

MEL, FUCHSIG

19-9

LAUR TERRY (AUSTIN, TX)

19-10

MARTIN, CHRISTIAN HAWTHORNE

19-12

MILTON, GIOVANNA (WINDERMERE, FL)

19-12

TODD BOSWORTH (NORTH ROYALTON, OH)

19-12

DAN DUNCAN (LATHAM, NY)

21-1

JOE CARRERA (HOLLYWOOD, FL)

21-1

DANCEY, PAVEL (KANSAS CITY, MO)

21-1

TODD BOSWORTH (TALLAHASSEE, FL)

21-1

SUE MUEHLHARDT (JACKSONVILLE, FL)

21-1

JIM STROM (ANN ARBOR, MI)

21-1

ROSS CHURCH (LINDON, UT)

21-1

ANNEX, JACOB (NEWTON, OH)

21-1

BRAD, CHRISTOPHER (AUSTIN, TX)

21-1

HARRELL (KINGSPORT, TN)

21-2

SEPPEL, ANTHONY (BROOKLYN, NY)

21-2

BRADLEY, SCOTT (BROOKLYN, NY)

21-2

SUE BOHR (CLARKSTON, WA)

21-2

BRAD, CHRISTOPHER (BROOKLYN, NY)

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MARTIN, CHRISTIAN HAWTHORNE

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ROSS CHURCH (LINDON, UT)

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ANNEX, JACOB (NEWTON, OH)

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BRAD, CHRISTOPHER (BROOKLYN, NY)

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USATF NATIONAL INDOOR MASTERS CHAMPIONSHIPS
March 11-13, 2005
Jacksons Indoor Track - Idaho Center
Boise, Idaho

2005 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS
ENTRY FORM

Last Name ___________________________ Male __________________ Female __________________
First Name __________________________ Date of Birth __________________
Address ______________________________ Age (as of 3/11/05) ______________
City ___________________________ Club/Affiliation/Unattached ______
State ______ Zip ______ Country (if not USA) __________________
Telephone ______________ (USATF number is required)
E-mail address ________________________

Event Best Recent Performance Fee

Pentathlon (does not count as first event) ______________
1. ________________ ($35) ________________
2. ________________ ($35) ________________
3. ________________ ($18) ________________
4. ________________ ($15) ________________
5. ________________ ($15) ________________
6. ________________ ($15) ________________

Late Fee for entries received after February 23, 2005 is $50.

No entries accepted (received) after March 1, 2005.

*Masters Committee Surcharge (see note below): __________________________ $5.00

T-shirt Order (pre-event only) Total number of T-shirts @ $15 each: __________________________
S ______________ M ______________ L ______________ XL ______________ XXL ______________

Friend of the National Masters Championships Contribution: __________________________
Saturday Night “Taste of Idaho” Dinner, number of guests ______ x $20 per person:

TOTAL AMOUNT ENCLOSURE: $ __________________________

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and will be used for Gates Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-Snake River, its employees, agents, officers, the Idaho Center, Boise State University, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledges that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE __________________________ DATE __________________________

Prior to sealing the envelope and sending in your application, please make sure that you have:
• Completed all information.
• Signed the application.
• Enclosed your check for the total entry fee ($35 for the first event, $18 for the second event, $15 for each additional event, $35 for the pentathlon) and Masters Committee Surcharge of $5. After February 23 a late fee of $50 must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 1, 2005.
• Make your check payable to USATF-Snake River, US funds only and drawn on a US bank.
• Mail application with entry fee to: Mark D. Murdock, Team Idaho, Combined Events Coach, USATF Snake River Assoc., 6127 N. Portsmouth Ave., Boise, ID 83714

Event Information
masterschamps@earthlink.net * 208-859-9219
Online registration: www.usatf.org/assoc/sr/ or www.mastertrackandfield.com

2005 BOISE INDOOR SCHEDULE
(TENTATIVE — Age/gender order, and final times, to be decided after entries are received)

FRIDAY, MARCH 11
Pentathlon (W) HH, HJ, SP, LJ, 800 (M) HH, LJ, SP, HJ, 1000
Starting times to be staggered throughout day, starting at 9:00 AM

Track Events (PM)
3000 Meters Finals W/M

Field Events (PM)
Weight Throw Finals W 30+, M 50-59
Shot Put Finals M 60+
Pole Vault Finals M 30-49
High Jump Finals W 30+

SATURDAY, MARCH 12
Track Events
60 Meters Prelims/Finals M/W
800 Meters Finals M/W
400 Meters Finals M/W
4X800 M Relays Finals M/W
60 M Hurdles Prelims/Finals M/W

Field Events
Weight Throw Finals M 30-49, M 60+
Shot Put Finals W 30+, M 30-59
High Jump Finals M 30+
Long Jump Finals M/W
Pole Vault Finals W 30+, M 50+

TBA Athlete Meeting

SUNDAY, MARCH 13
Track Events
200 Meters Prelims W/M
800 Meters Finals W/M
200 Meters Finals W/M
3000 M Race Walk Finals W/M
4X400 M Relays Finals W/M

Field Events
Superweighted Finals W/M
Triple Jump Finals W/M

Call for Hotel Reservations

Headquarters Hotel
The Grove Hotel
1-888-325-4000

Additional hotels with room blocks:
Courtyard by Marriott 208-331-2700
DoubleTree Riverside 208-343-1871
Holiday Inn 208-344-8365

Room Blocks are under USATF.

Daily shuttle service will be provided between the hotels listed above and the Idaho Center.