

# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

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JERI McDONALD

First four finishers in the National Senior Games M80 10K (l to r): Clyde Hart, third; Tom McDonald, first; Jim Hamilton, second; and Ruben Taylor, fourth.

## 1100 Athletes Take Part in National Senior Games in Pittsburgh

By JERRY WOJCIK

The more than 1100 track and field athletes in the National Senior Games left Pittsburgh, Pa., with an impressive number of world and national age-group records, most of them by competitors age 80-and-over.

Athletes competing in the Games on June 3-18 had first to qualify in their home states to become eligible for the multi-sport, biennial affair for men and women age 50-and-older.

Track and field, one of 18 sports in the National Senior Games Association program, was held at Carnegie Mellon Stadium.

Trent Lane, 95, Baton Rouge, La., led the attack on world marks with three, in the M95 shot put (6.19/20-3 3/4), discus (15.90/52-2), and javelin (20.80/68-3).

His M90 U.S. record for the javelin

Continued on page 5

## Clingan Wins NMN Age-Graded Mile

### Masters Set Records at Hayward

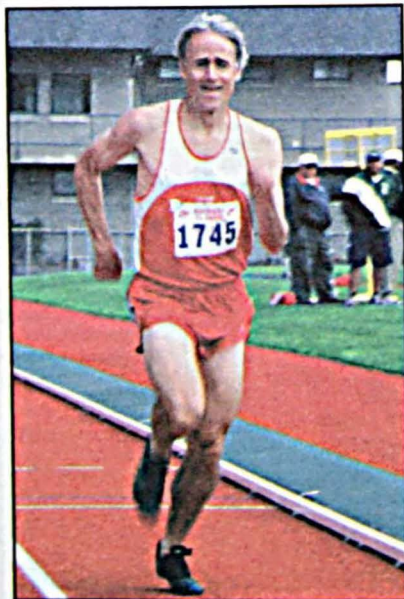
By JERRY WOJCIK

Athletes came from far and near to set records in the 24th Hayward Classic in Eugene, Ore., on June 18-19. Masters from Massachusetts, Georgia and Maryland joined local athletes to produce age-group records at Hayward Field on the campus of the University of Oregon.

On Saturday, James Stookey, of Maryland, broke the M75 U.S. record for the long jump with a 4.49/14-8 3/4. Asked why he traveled across country for the meet, he answered, "I came to Hayward, because you know if you do well here, it'll be recognized. I did a 4.29 long jump at the National Senior Games in Pittsburgh, so I was surprised at my mark here, especially since it came on my last jump after two fouls. I've been concentrating on the hurdles."

It paid off, with a world record 54.17 by Stookey in the 300H on Sunday.

Continued on page 5



SUZY HESS

Dave Clingan, 51, winner of the National Masters News Age-Graded Mile at the Hayward Classic.

## Burangulova Surprises Self with W40 Win

### Jacobs' "One-time Deal" Pays Off at Grandma's Marathon

By SUSANNAH BECK

Former elite U.S. roadster Jeffrey Jacobs made a one-time reappearance on the marathon racing tarmac, June 18, to win the masters division of the 29th Grandma's Marathon, Duluth, Minn., in 2:24:28 (17th overall).

Jacobs, 40, Roscoe, Ill., an engineer with a 2:13:44 PR (the fastest PR in the field that day) out-dueled engineering professor John Mirth, 43, Platteville, Wisc. (a 2:18 marathoner), 2:26:45 (19th overall).

The pair ran within a few seconds of one another through halfway, after which Jacobs gradually pulled away. Wearing training shoes and pouring water over his head, Jacobs managed 1:11:44/1:12:44 splits on the pretty lakeside course with a tougher second half.

Jacobs told the Duluth News Tribune, "When I turned 40, I wanted to be a success at the masters level. Still, this [marathon] is a one-time deal. I have put my wife through six months of long runs."

It was a good day for runners - sunny, with a 3-5 mph tailwind off the lake and temperatures in the 50s - but high humidity caused many to sweat. While the temperature dropped from 59 to 57 between the Two Harbors start and the



GRANDMA'S MARATHON

Jeffrey Jacobs, 40, first male master (2:24:28), Grandma's Marathon.

downtown Canal Park festival finish, the humidity rose to 100%.

Ramila Burangulova, 43, Russia/Gainesville, Fla., surprised herself and

Continued on page 10

## Athletes Head for Hawaii and Spain

The stages are set for two of the most prestigious events in masters track and field. The first, the 38th USA National Masters Championships, will be held in the Pacific paradise of Honolulu, Hawaii. The second, the 16th World Masters Athletics Championships, will be held half a world away in the city of Donostia-San Sebastian in the Basque region of Spain.

Entries to both events are closed. Competitors in both championships range in ability from ex-Olympians and world-record holders to athletes not listed in the top 25 in the U.S. or world rankings. No performance qualifying is necessary in either event.

The USA Championships are scheduled for Aug. 4-7 at the University of Hawaii's Cooke Field, noted for its rainbow-colored track. Athletes will compete in five-year age groups, starting at 30-34 and going up to 90+. U.S. citizens must be registered with USA Track & Field, the national governing body of athletics.

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Events on the National Per and continue through array of track and the 10,000m, two walks, steeplechase jumps, and relay groups. The list can be found at www.

An added incentive to the most popular world is the USA Road Championships.

In addition to on Aug. 6, athletes have an opportunity Diamond Head, Beach, and the other state of Hawaii jaunt to Kaanapali Maui Onion Festival celebrates the Hawaii Maui onion.

**On to Spain**  
Two weeks after over the Pacific Honolulu, more WMA Champion looking at the Bay city of Donostia-San

Donostia, the Basque is often added to Basque are the only city has a population average August high 73 degrees and almost 6000 affiliate countries edition of the Bier

For the first time world outdoor championships 35-39 division will as the weight throw

The 12-day opening ceremony continue until the close 3, with two rest days

The men's duathlon will take of competition. will be held on Three stadia will limits, and the other Non-stadia event try, 10K and 20 marathon on the team-award event

In between countries tour Northern Spain toric and diverse across the border arts with a visit Guggenheim Museum the high speed train out in San Sebastian astronomy.

For the first time required to wear similar design. wore various tops onships.

A USA team every day of competition Aneota Stadium posted. A meet and 4x400 relay

The list of found at www.usatf.org tors at that site 2005.com.

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## Hawaii/Spain Meets

Continued from page 1

Events on Thursday, Aug. 4, include the National Pentathlon Championships, and continue through Sunday with a full array of track and field events, including the 10,000m, two hurdle races, two race-walks, steeplechase, four throws, four jumps, and relays, held in 10-year age groups. The list of entrants by age-group can be found at [www.hawaiiichamps.com](http://www.hawaiiichamps.com).

An added incentive for masters to travel to the most popular vacation spot in the world is the USA National Masters 8K Road Championships to be held Aug. 7.

In addition to the meet's special luau on Aug. 6, athletes and companions will have an opportunity to enjoy Honolulu's Diamond Head, Pearl Harbor, Waikiki Beach, and the other islands that make up the state of Hawaii. That might include a jaunt to Kaanapali Beach on Maui for the Maui Onion Festival, Aug. 6-7, which celebrates the homegrown, supersweet Maui onion.

### On to Spain

Two weeks after U.S. athletes gaze over the Pacific from the beaches of Honolulu, more than 270 of them, as WMA Championships entrants, may be looking at the Bay of Biscay from the port city of Donostia-San Sebastian.

Donostia, the Basque name for the city, is often added to its name. Spanish and Basque are the official languages. The city has a population of 180,000, with an average August high temperature of about 73 degrees and an average low of 62.

Almost 6000 athletes from 80 WMA affiliate countries are entered in the 16th edition of the biennial event.

For the first time in a WAVA/WMA world outdoor championships, the men's 35-39 division will be contested, as well as the weight throw.

The 12-day meet will start with an opening ceremony on Aug. 22, and continue until the closing ceremony on Sept. 3, with two rest days on Aug. 27 and 30.

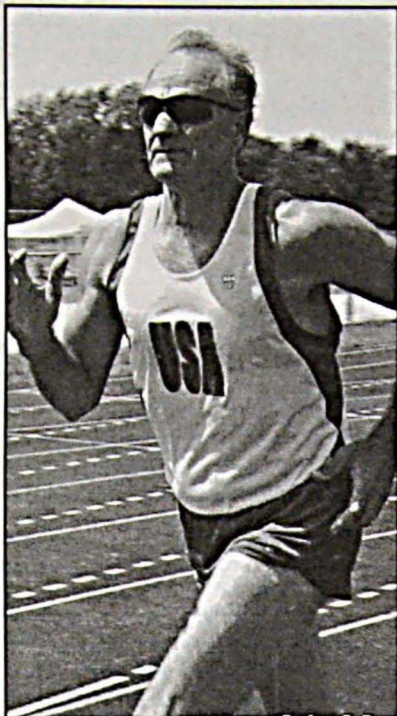
The men's decathlon and women's heptathlon will take up the first two days of competition. The weight pentathlon will be held on the September dates. Three stadia will be in use, two within city limits, and the other in Tolosa, 20K away. Non-stadia events are an 8K cross-country, 10K and 20K road walks, and a marathon on the closing day. All are also team-award events.

In between competitions, athletes can tour Northern Spain, one of the most historic and diverse areas of Europe, or just across the border, France, or opt for the arts with a visit to nearby Bilbao's Guggenheim Museum, or do a day-trip on the high speed train to Paris, or just hang out in San Sebastian savoring Basque gastronomy.

For the first time, U.S. entrants will be required to wear official uniform tops of similar design. In the past, U.S. athletes wore various tops from previous championships.

A USA team meeting will be held every day of competition at 10:30 a.m. at Aneota Stadium, exact location to be posted. A meeting to establish the 4x100 and 4x400 relay teams will be announced.

The list of U.S. competitors can be found at [www.usatf.org](http://www.usatf.org), and all competitors at that site as well as at [www.wma-2005.com](http://www.wma-2005.com).



Emil Pawlik, 66, set an M65 world record of 7839 points for the decathlon, USA Masters Decathlon/Heptathlon Championships.

Questions regarding the World Championships can be addressed to Philip Greenwald, USA T&F Team Manager, 101 West 81st St., Apt. 718, New York, NY 10024; 212-595-2486 (before 9 p.m. Eastern time); [greenwaldp@att.net](mailto:greenwaldp@att.net). □

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## Shipp Scores Meet High 8086

### Four Age-Group Records Set at Decathlon/Heptathlon Championships

By REX HARVEY

Three world records and one U.S. record were broken in the USA Masters National Decathlon/Heptathlon Championships held in Mayfield, Ohio, July 2-3. Thirty-three men and five women competed in the grueling two-day event, conducted by the Over the Hill Track Club and the Lake Erie Association of USATF.

The decathlon individual events for the men on the first day are, in order, the 100m, long jump, shot put, high jump, and 400, followed on the next day with the hurdles, discus, pole vault, javelin, and 1500.

On the first day, women contest the hurdles, high jump, shot put, and 200, and finish with the long jump, javelin and 800 on the second day.

The points awarded for competitors' individual marks are age-graded and can be compared to performances and points scored by any national and international combined-events athlete.

Emil Pawlik, 66, Jackson, Miss., the USATF Masters Outstanding Combined-Events Male Athlete for 2004, set an M65 world record with 7839 points. His best scoring came in the 100H (16.30, 1029 points) and high jump (1.47/4-9 3/4, 934).

The present record is 7754 by Knut Kramstad, Norway, on July 2, 2003, in Puerto Rico.

Retired Ohio highway patrolman Fred Hirsimaki, 80, Findlay, Ohio, obliterated the M80 world record of 4977 by Takuro Miura, Japan, on July 29, 1999, with a 6802 total. Hirsimaki's long jump of 3.91/12-10 earned him 1063 points.

Christel Donley, 70, Colorado Springs, Colo., scored over 1000 points twice, with 1028 for her 18.44 in the 100H and 1054 for a 1.11/3-7 3/4 high jump to end with a world-record 6029 points. Isabel Hofmeyr, South Africa, holds the record at 5449, set July 29, 1999, in Gateshead, England.

Second highest scorer among the women was Kay Glynn, 52, Hastings, Iowa, with a 4989.

Phil Shipp, 70, Sedona, Ariz., scored the highest total of the meet with 8086, an M70 U.S. record, which presently belongs to former Olympian Richmond "Boo" Morcom at 7524 in 1991, Turku, Finland.

A total of 20 championships meet records were set or established. Rob Duncanson, 50, Trabuco Canyon, Calif., ran an outstanding M50 meet record 4:50.43 in the 1500, worth 894 points. Hirsimaki broke one of the oldest meet records, set 25 years ago (1.17/3-10) in the high jump with a 1.22/4-0.

Meet organizers expressed a special thanks to Gill Athletics, who supplied equipment and implements. □

## 25th Silver Anniversary Nevada Senior Games Las Vegas • Nevada



*"New Custom Medals & Special Awards"*

September 28 through October 2, 2005

### UNLV Track

*(1 mile from the famous Las Vegas Boulevard "Strip")*

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| Wednesday, Sept. 28 | 10K Run – Wayne Bunker Park  |
| Thursday, Sept. 29  | 5K Run – Wayne Bunker Park   |
| Friday, Sept. 30    | Weight Pentathlon (M&W): HT, SP, DT, JT, WT  |
| Saturday, Oct. 1    | Hurdles: 110m, 100m, 80m<br>5K RR, 50m, 400m, 1500m RR, 800m<br>Individual HT, Individual SP, LJ, HJ<br>Softball Throw |
| Sunday, Oct. 2      | 100m, 1500m, 200m, Individual DT, PV, TJ<br>Individual JT, Standing LJ, Individual WT                                  |

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### CHANGE THE HURDLES

My thoughts on the hurdles are much like Al Sheahan's (July NMN). Having administered track and field meets at the masters level for many years, I can attest to the nightmares felt by organizers when dealing with the hurdles.

While the numbers are small in terms of competitors in the short hurdles in the older age groups, it makes no sense to have an 80m, 100m and 110m hurdle lineup.

Athletes can adjust to the distance. With a little more flexibility work and training, I think they will do just fine at 100 and 110 distances.

While you are at it, get rid of that awful 27-inch height as well. Who has them?

*Randall Brady  
Seattle, Washington*

I can't believe that U.S. organizers are unable to figure out the right spacings. The U.S. has sent astronauts to the moon, but are not able to set hurdles on the right spot! I don't believe it.

In all the races in Europe and overseas I have seen or competed in, they've never had problems regarding the spacings or the schedule.

If we make the changes Sheahan has suggested, you will have more jumping and less running over the hurdles.

Nobody would try to simplify the throws and have the same weights for all men/women regardless of age.

Please don't make the masters hurdles laughable.

*Walter Holder  
Neidlingen, Germany*

I agree with Al Sheahan with one exception: over the age of 79, male hur-

dlers should run the women's distance and spacing.

Male hurdlers 80+ are few and far between and often do not have anyone to run against in that event. I know this to be true, and on occasion I have been thrown into a hurdle race with the ladies so I would not have to run alone.

This would not involve any special spacings that would delay a meet. Since the ladies run first, the 80+ males would run the same spacings to follow the usual meet schedule of oldest to youngest.

Outside of that, my friend Al Sheahan makes a lot of sense with uniform spacing for all hurdle races.

*Al Guidet  
California City, California*

I couldn't agree more with Al Sheahan in his suggestions for the hurdles.

I find no logic in an event that requires a complete shutdown of an entire meet for officials to calculate, measure, and set up marks for our present hurdle spacing.

Very few hurdlers over-50 come close to three-stepping between hurdles anyway. When they reach my age, forget it! A 110m for men and 100m for women makes sense, as he points out, because the markings are already on the track.

I believe that the non-three-steppers would eventually have faster times over the long haul. It's inconceivable to me that those over 70 would have problems running an extra 20 meters. The hurdle heights should stay as they are.

*Bill Daprano, M75  
Fayetteville, Georgia*

## Sustainers for August 2005

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:*

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Eugene, Oregon  
Trumbull, Connecticut  
Minneapolis, Minnesota  
Bayside, New York**

I was glad to read Al Sheahan's article about the proposed changes to the hurdle specifications for masters.

As a former high school hurdler and current masters/seniors thrower, I would love to give the hurdles another try. I have not, so far, primarily because of the goofy setup of the event at the masters meets I have attended. Meet directors run mixed age groups together for the sake of time, making the track resemble a maze more than a track event.

The distance should be 110m, not 100m. The spacing should be unchanged from the open division. So some of us have to five-step. So what? I think I did in the 10th grade, anyway, before I had the confidence to three-step. I hope Rex Harvey will push hard for this change.

*Bob Cargile  
Masters athlete / USATF National  
Official, Knoxville, Tennessee*

I have competed in hurdle races for many years, and I know very well what a hassle it is to set up the hurdles with the proper spacings for all the different age groups.

When you should be getting ready for your hurdle race, you often find yourself helping to set up the hurdles and measuring the spacings. All of this can be confusing, which can lead to delays and even incorrect hurdle spacings.

These problems could be eliminated if we implemented Al Sheahan's suggestions regarding hurdle spacings. We would just have to take more steps as we age. Running 110m for the men and 100m for the women should not be a problem even for the older age groups.

*Clarence Trinkner  
Janesville, Wisconsin*

In response to Al Sheahan's article on the hurdle changes: the women's 80mH have two heights and two space settings; the men's hurdles have two heights and one space setting. The track officials' confusion is due to ignorance of the hurdle specifications, which is just not acceptable.

The reduced space setting for older age categories is in line with the aim to make all events manageable by athletes of all ages. The masters events also cater to the elite athlete who can manage three steps between hurdles.

You can't compare a plodding 80-year-old marathoner with the agility and grace of a masters hurdler. The hurdle

races are technical events that require concentration and courage, and the older hurdler should be encouraged to compete. To have at this stage a uniform space setting between hurdles as suggested in the article will serve to lessen an already dwindling pool of masters hurdlers.

*Magdalena Tomlinson, W60  
South Africa (by e-mail)*

Al Sheahan suggests that we need "to bring some common sense to the hurdles." I think it already has plenty, based upon 30 years of experience and adjustments.

I hear two reasons for proposing change. One is for the convenience of meet directors. To me, that is not a legitimate reason, and I speak as one who has staged numerous meets. It really isn't as hard as Sheahan suggests to place the 10 hurdles on a track if you have a 3-meter tape.

I can agree with Sheahan about eliminating the 80m hurdle race. The masters can handle 100m hurdles, including the women.

The second reason seems to be because just a few can run it three-stepping. Making the proposed change only ensures that no one will be able to three-step, and three steps is the designed structure of the race.

Personally, I like the system that lowers the height and brings them closer as we age, as it enables the race to be run more like it is envisioned. The hurdle race is a race of rhythm, and it's not supposed to be just an obstacle course to be navigated by "adjusting their stride patterns as they age in their own particular way." Leave it alone.

Let those who can run the race using three steps run three steps. The proposed change will only ensure that absolutely no one can perform the race as it was designed. Who wants that, and what beneficial purpose would that serve?

*Courtland Gray, M60 Hurdler  
by e-mail*

I was amused at Al Sheahan's article. Hurdle settings are not the problem! He wrote "The short hurdle event was delayed by more than a half-hour while dedicated but confused officials struggled to figure out the spacing."

What a great example of an oxymoron. How can a dedicated official be confused?

Continued on page 8

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# Track & Field Report

By **GEORGE MATHEWS**  
Chairman, USATF Masters Track & Field

## More on Diversity Training

*I have received some responses questioning my spending time on diversity training. Following is a response from USATF consultant Radious Guess, President, E Pluribus Unum Consultants. Ms. Guess is leading us through our education on this important subject. I hope this information is valuable. -gm*

Diversity training is a great place to start, but who needs the training?

You do, if you work for an organization or live in a neighborhood that does not allow you to transact with a substantial number of people from diverse racial, ethnic and cultural backgrounds on a daily basis.

You do, if you have never shared a meal, watched a movie, or fellow-shipped in your home with someone who is your racial, ethnic, or cultural opposite.

Through diversity training, you can learn strategies to help interpret the behaviors of those who are racially, ethnically, and culturally different from yourself in order to assure a welcoming and productive climate and environment for everyone.

### Understand Others

Diversity training experiences help you better understand how to help neighbors, clients, co-workers and colleagues cope with, understand, and appreciate the value of differences and the value of fairness regardless of difference, and to actively challenge personal and institutional prejudice, discrimination and stereotyping when it surfaces.

Many times we feel more secure with sameness, afraid of being different ourselves, or getting close to anyone who is different.

### Awareness Opportunities

Participating in diversity training sessions offers opportunities to increase your awareness of behaviors that may put you and/or your organization at risk of maintaining our nation as separate and unequal. Diversity training experiences help one build specific professional skills for interacting more effectively with people who are racial-

ly, ethnically, and culturally different from yourself.

Diversity training sessions create opportunities to discuss and develop strategies to counter prejudice, discrimination and stereotyping in order to productively and comfortably transact in our increasingly multicultural and multilingual society.

### What is Diversity?

In essence, diversity encompasses all the ways in which human beings are both similar and different. It involves variations in factors we control as well as those over which we have no choice. These factors give us areas of commonality through which we can connect with others, and aspects of difference from which we can learn. They also represent points of contention over which we can have conflict.

Similarities and differences have been with us since men and women have inhabited the planet; however, diversity becomes an issue of concern to organizations and communities when these differences impact the workplace and living environment.

If assumptions and preconceived notions prevent talented employees from being hired or heard, if values and differences block communication and teamwork, or if lack of knowledge about cultural norms loses customers, diversity becomes a front-and-center focus for organizations.

To capitalize on the benefits diversity can bring into the workplace and to deal with the challenges it presents, it is critical for us to understand the many dimensions of diversity and participate in sharing about their impact in the workplace and our society.

Who needs to attend diversity training? Everyone! □

(19.90) and 400 (1:42.83), and Juanita Brookover, W90, discus (11.07/36-4) and javelin (10.87/35-8).

Longtime masters sprinter Don Cheek, M75, broke the 26-year-old U.S. record of 68.5h in the 400 by Josiah Packard in 1979 with a 67.40. John Nespoli, M50, was the youngest athlete to break a record with 17.06/55-11 3/4 in the shot put.

Philippa Raschker, 58, who was inducted into the USATF Masters Hall of Fame in 1997, was honored again with her induction into the National Senior Games Hall of Fame at the opening ceremonies at Carnegie Mellon Arena.

Raschker currently holds 24 world and 62 U.S. track and field records.

The 2007 National Summer Senior Games are scheduled for Louisville, Ky. □

## National Senior Games

Continued from page 1

is 17.02/55-9, which was set March 15, 2003. So, he threw the 400g javelin almost 13 feet farther than he did over two years ago.

Helen Beauchamp increased the W85 shot put world record with a 6.52/21-4 3/4, and added the national javelin record with a 12.26/40-2 3/4. Bobby Whilden broke the M70 world record for the 100m with a 12.76.

An additional 14 U.S. records were revised, four by a versatile John Boesenhofer. He set M90 records in the high jump (1.06/3-5 3/4), pole vault (1.11/3-7 3/4), long jump (2.57/8-5 1/4), and javelin (17.94/58-10).

Other multiple-record breakers were James Hammond, M90, 100m

## Hayward Meet

Continued from page 1

The present long jump record is held by Edwin Lukens at 3.32/14-2 in 1997.

Mary Harada, of Massachusetts, set a W70 mile world record and the U.S. 3000 record on Saturday. Running in the National Masters News Age-Graded Mile at 11 a.m., Harada did a 7:24.45, and later, at about 3 pm, she ran a 15:05.06 in the 3000.

After the 3000, Harada explained why she came to Eugene, "I joined a new age group on June 17 and knew that Hayward had a 3000, one of my better distances, and that the record was reachable. Plus, I could run a mile. You don't find both of those in masters outdoor meets very often. I've often competed with Helly Visser (of Canada and winner of the W70 mile in 7:18:36). We brought out the best in each other."

The W70 mile record is 7:26.0 by Pat Dixon in 1989. The 3000 record is 16:55.0 by Jaclyn Caselli in 1995.

Thrower Carol Young, of Georgia, with a 35.92/117-10, added a tremendous 28 feet to the W65 U.S. hammer record of 27.40 by Evelyn Wright in 2002, and broke Erika Messner's 2003 record of 5.82 for the 25# superweight with 7.68/25-1 3/4.

"It is always a pleasure to come to Eugene to throw," Young said. "You know the rings are going to be perfect, there'll be a full compliment of registered officials, and the volunteers are wonderful. I tried to break three W65 records here, but Erika Messner's 12# weight record of 12.43 still stands."

The out-of-staters were joined by Chuck Coats, of Oregon, who ran an M45 U.S. record 9:03.99 in the 3000. The record is 9:04.05 by John Waldron in 2003.

In the Age-Graded Mile, Dave Clingan, 51, of Team Runners High, took an early lead in the second heat of 12 runners, ages 34 to 59, and hung on for a third-overall to win the National Masters News sponsored event with an age-graded 89.9% 4:43.67 (A-G 4:09.63).

Canadians Roger Davies, 70, with an 87.6% 5:53.67, and Jack Miller, 60, with an 86.3% 5:22.33, were second and third age-graded performers. They ran in the first heat of five women, ages 46 to 71, and seven men, ages 60 to 73. The 24 runner total made it the largest NMN Mile ever.

Clingan was presented with a clock and plaque by National Masters News publisher Suzy Hess at the Saturday evening reception, hosted by the Oregon TC Masters, at the meet headquarters Phoenix Inn.

The meet was also the USATF Oregon Association Masters Championships. Athletes registered with the Oregon Association who won an event were awarded a championships patch.

While some masters meets this season have declined in numbers, this year's Hayward Classic drew 286, above the 272 in 2004.

Weather was cool and cloudy in the mornings, warming in the afternoon. Saturday's noon events were delayed



SUZY HESS  
Neil Saling, M65 shot put winner (10.63), 2005 Hayward Classic.

by a rain, thunder and lightning.

Johnny Faerber was the meet director. Announcing chores were handled by Tom Heinonen and Adam Schneider.

The primary sponsors were Pacific Continental Bank, Duncan & Brown, SportHill, Tractown Pizza, Siuslaw Carter & Carter, and the cities of Eugene and Springfield. □

### SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego, CA
2	1969	San Diego, CA
3	1970	San Diego, CA
4	1971	San Diego, CA
5	1972	San Diego, CA
6	1973	San Diego, CA
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego, CA
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR
34	2001	Baton Rouge, LA
35	2002	Orono, ME
36	2003	Eugene, OR
37	2004	Decatur, IL
38	2005	Honolulu, HI
39	2006	Charlotte, NC
40	2007	Orono, ME



## Third Wind

By MIKE TYMN

### Still More Quotes From the Past

Continuing with quotes from interviews over the past 25 years, here are some from the early 1990s along with a few from the '80s I missed in the last two columns.

**Avoid eating bloody rubbish:** "I used to eat a lot of rubbish. I'd always be eating bloody ice cream and it would sit in my system when I'd run. The training wasn't as efficient as it is now. Now, I watch what I eat." — **John Campbell**, as to why his running had improved, allowing him to do a 2:11:04 marathon at age 41 in Boston

**Trains like a bloody maniac:** "He trains like a bloody maniac. That's the way we were brought up in New Zealand. That's why he's doing so well now." — **Max Telford**, ultra distance runner, on John Campbell's success

**Give him the bloody Iron Cross:** "It used to be that if a guy said he wanted to run a marathon, you looked at him and wondered if he was all there. If he went ahead and did it, you gave him the bloody Iron Cross for bravery." — **Albert Thomas**, former WR holder at two and three miles and New Zealand Olympian

**Getting beat to the punch:** "It's kinda like the fight game. When I quit at age 30, I felt stronger, but I wasn't getting off as fast. I was getting beat to the punch by younger fighters. The same thing with running. I used to look at the times of guys who are 65 and couldn't wait until I got that age. But as I got closer to it, my times got a lot closer to their times. I think my times have slowed down more since I reached 60 than they did after I passed 50 — either that or the clocks are running faster." — **Chuck Davey**, who defeated Rocky Graziano but then lost to Kid Gavilan in a welterweight title match

**Wasted mileage?** "Beyond 15 miles a week you get minimal health and fitness benefits, and you increase the risk of musculo-skeletal injuries. Our research clearly demonstrates that at 15 miles a week you're roughly at 85 to 90 percent of your capacity as far as maximal oxygen consumption is concerned." — **Kenneth Cooper, M.D.**

**Damned if you do, damned if you don't:** "You look at all these guys who are well, at least in the marathon, they're all running machines. It's a double-edged sword, and what it boils down to is the athlete who can do the most mileage and yet do the most quality is the one who is going to come out on top most of time." — **Al Morris, Ph.D.**

**Oh, my achin' feet:** "I learned that with each thousand miles I needed a half-size larger shoe. Unfortunately, I could not get the right size for the last thousand miles, so I ran with half the toe box cut out. I went through seven pairs of shoes." — **Paul Reese**, on his 124-day 3192-mile cross-continent run at age 73

**Keep the feet warm:** "I don't know how much longer I can go on. My feet

have been giving me a lot of trouble recently. Maybe I should move back to Hawaii, because they only bother me in cold weather." — **Fay Steele**, at age 74

**Nobody really cares:** "It's only when you're injured that you are able to put things in perspective. You realize that nobody really cares how fast you run or how many records you break. You're the only one who cares. The world doesn't care. You begin to really value health and all you want to do is just run again, the heck with the records. All it takes is going to a race and watching the wheelchair athletes to really appreciate just being able to run." — **Shirley Matson**

**Guns to wall guys beware:** "I see some of these guys now — 35, 36, 37 — and they're going guns to wall. I tell them it's going to happen. It's going to take a lot more effort to do the same thing you were doing a few years ago, and there's going to be a point where you just can't do it any more. And, it's going to begin to hurt a lot more." — **Ruben Chappins**

**Keeping dry:** "I don't feel that I have slowed, but I can tell that I am not recovering as well from races as I used to. And my motivation is not so much as it once was. Now, if it is raining hard, I do not always go out for a training run as I once did." — **Carla Beurskens**, of Belgium, at age 40

**Making the most of your time:** "I never really kept count, but my coach figured out that I was running anywhere from 175 to 250 miles a week. I was running five times a day. It was ridiculous. I'd get up in the middle of the night and run 10 miles. Maybe that's why I have so many injuries now." — **Gerry Lindgren**

**Surely, you jest:** "I was doing 350 (miles) a week for a time there. Back then, nobody ran long. Maybe 50 to 60 was tops. I guess I was too stupid to know that I shouldn't do that much." — **Gerry Lindgren**, in a later interview

**Those were the days:** "It amazes me that we did as well as we used to. We ran on cinder-clay tracks and with the minimal training in vogue in those days. I regularly do more of a workout now in one day than I used to do in a week back in the '30s. Back then, the theory was that you shouldn't run very much. You were very moderate in your training, not just the sprinters but the distance runners, too." — **Dick Lacey**, at age 82

**Pompous Americans:** "There's nothing wrong with struttin' your stuff, but be a little humble on the victory stand." — **Clark Hatch**, advice for Americans at WAVA world championships in Japan

**Fat is good:** "I think it is better to be fit and fat than unfit and lean." — **Jack Daniels, Ph.D.**, on his long-term

research

**What wimps:** "[Racewalking] is a lot harder than running. You work everything, your midsection, all parts of your body. In running, you just let your arms dangle and it does nothing for your upper body. It's obvious — these guys are so skinny, their bodies are worthless." — **Marco Evoniuk**, 1980 Olympic racewalker

**Good excuse:** "You've got to remember that Lasse (Viren) is not so much a competitor now. He runs as a living legend." — **Eino Romppanen**, Viren's agent on Viren's slow time in the Honolulu Marathon

**The legs go first:** "It's the legs. If you keep the legs conditioned, everything else follows. I've always believed that." — **Don Newcombe**, former Brooklyn Dodgers great, winner of the first Cy Young Award and National League MVP in 1956

**Being realistic:** "I've learned to accept slower times. I can deal with the clock and the calendar. I know I'm getting slower and I know my times are changing. It doesn't matter to me, as long as I'm able to continue to run." — **Sid Howard**

**How times have changed:** "There was a lot of opposition to women competing in 1920. The fact that a couple of us were only young kids made it even worse. Most of the older officials were against taking us, but the British and Scandinavian women had competed in the 1912 Games at Stockholm in swimming and they had been accepted. They reluctantly agreed to take us, but



TESH TESHIMA  
Kit Smith, first M70 (23:40), Mango Days 5K, Honolulu, Hawaii, June 5.

there were some of the coaches and officials who just couldn't accept us. They hardly spoke to us on the trip. They'd walk right by us on the ship as if we weren't even there." — **Aileen Riggin Soule**, 1920 Olympic gold medalist in springboard diving, bronze medalist in 100 backstroke □

(Mike Tymn can be contacted at [METGAT@aol.com](mailto:METGAT@aol.com))

### Allah Breaks Record Set Only the Week Before

By MADELINE BOST

Sal Allah, Piscataway, N.J., set an M45 world record for the 800 just one week after Anselm LeBourne, Maplewood, N.J., had lowered it to 1:55.13 on June 26 at the USATF Metropolitan Association Championships at Icahn Stadium on Randalls Island, N.Y. Allah finished second in 1:55.18.

Allah's new record of 1:54.18 was set at the East Region Open Men and Women's Track & Field Championships at Stockton State College in Pomona, N.J., on July 2.

Allah had come to the meet to go after the record, feeling that the time was within his reach.

Prior to the start, meet announcer Andrew Boyajian announced that Allah would be attempting to set the record. Jeff Williams, one of the young athletes who runs for Central Park TC, congratulated Allah and asked him if there was anything he could do to help him through the race.

"I said him, 'You can take me around that second circuit. Mind you, you don't have to do anything for me. You're going to be right in front of me,' because I knew he was a 1:51 guy," said Allah. "I was just ecstatic that he was going to be in the race."

Williams told him, "I know you're going to do your race and I'm going to do mine."

At the start, Allah was off, tucked in with the leaders. Throughout the race he stayed completely focused on maintaining his position. There was no con-

cern about where he was going to place, only his pace and his will to go through the second lap fast enough to hit the tape in record time.

"I stayed tucked in there," said Allah. "My inspiration was going to come off my first lap. I knew that if I got a 55 or lower, or 54-and-a-half, I was going to be able to do it."

Several athletes were hand-timing Allah and one clocked him at 54.2, while another had him at 54.5.

Another athlete in the race, Ezra Richards, a graduate of Georgetown University, had been introduced to Allah the week before. He had little to say at the start of the race, but Allah marvels at what Richards did for him.

"He didn't say anything about pacing me that day," said Allah. "But this guy — coming down the last straight. This guy was screaming at me, and he was in the race! He ended nipping me at the tape, but he was on my right side and about a meter behind me screaming at me, 'Finish it off! You've got it! Don't falter!'"

Allah, whose wife, Lynn, died earlier this year, will not be competing nationally and internationally this season. "I really couldn't get into it," he said. "In light of losing my wife, it really took me a while to get hungry again."

Allah will run at the New England Masters Championships, Springfield, Mass., and at the East Regional Masters Championships, Denver, Pa. He will defend his new 800 record and will be going for the 400 record as well. □



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## Health & Fitness

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

### USDA and HHS Release New Dietary Guidelines ...Masters Athletes Ahead of the Game

**D**ietary Guidelines is published by the U.S. Department of Health and Human Services (HHS) and the Department of Agriculture (USDA) only once every five years. The publication contains dietary guidelines and recommendations about exercise. The most recent publication departs totally from the former "30 minutes of activity a day and everything will be okay" standard (which had been the mainstay of medical advice for 20 years) to now recommending much higher levels of intensity.

While the new Guidelines don't endorse training for Masters t&f competition, the publication clearly endorses the value of high-intensity exercise and comprehensive training programs.

#### New Guidelines

The new Dietary Guidelines publication is a great example of applying research findings and changing outdated standards to attack a public health problem head on.

Dietary Guidelines typically become the standard of practice for medical and health professionals. The Guidelines will be used as authoritative standards, which, ultimately, get translated into street-level advice about how to improve health and reduce the risk for major chronic diseases:

- Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

- To reduce the risk of chronic disease in adulthood, engage in at least 30 minutes of moderate-intensity physical activity, above usual activity, at work or home on most days of the week.

- For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

- To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood, engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week, while not exceeding caloric intake requirements.

- To sustain weight loss in adulthood, participate in at least 60 to 90 minutes of daily moderate-intensity physical activity, while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.

- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises (weightlifting) or calisthenics (plyometrics) for muscle strength and endurance.

#### Government Done Right

This aggressive move by HHS and USDA should be applauded as a situation of "government done right." In essence, these large federal agencies set up a fight between experiencing lifelong fitness versus living a life of obesity and being medically overweight.

The reason every battle against obesity and being overweight during the

last 20 years sits in the lost column is because the former recommendations concerning exercise were based on namby-pamby standards of 30-minutes-of-daily-activity. This level of exercise intensity has been shown to be ineffective in improving fitness.

Researchers show in a new study that high-intensity exercise is superior to moderate-intensity exercise in improving fitness. And this study proves that training for masters t&f events – win, place, or come-in-last – is the most productive form of exercise for adults.

The researchers report: "These data suggest that high-intensity training is more effective in improving cardiorespiratory fitness than moderate-intensity training of equal energy cost. These data also suggest that changes in coronary heart disease risk factors are influenced by exercise intensity" (Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 weeks of moderate- or high-intensity exercise of equal energy cost, O'donovan G, J Appl Physiol. 2005 Jan 7).

Increasing activity is the perfect place to start...for someone sedentary. A great place to start, but this level of exercise does little except prepare the body for higher intensities that will produce results.

Now it's time to get-it-on. Progressively increase exercise intensity (after getting medical clearance), and land some knockout blows to obesity and being overweight by putting on gloves that have some real punch...high-intensity exercise! ☐

(Check out Phil Campbell's *Sprint 8* program on the award winning home cardio equipment made by Vision Fitness - [www.visionfitness.com](http://www.visionfitness.com))

#### FIVE YEARS AGO August 2000

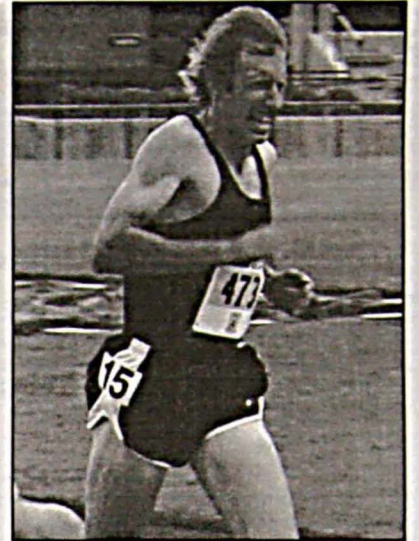
•314 Compete in Hayward Classic, Eugene, Oregon

•Fedor Ryjov (40, 2:15:08), Maria Trujillo de Rios (40, 21:48:46) First Masters in Grandma's Marathon

•"Are Drug Rules Fair to Masters?" asks Craig Masback, USATF CEO



JERRY WOJCIK  
Mary Harada set two W70 U.S. records in the 2005 Hayward Classic.



KONRAD WOJCIK  
Chuck Coats on his way to the M45 national record in the 3000, 2005 Hayward Classic.

### d'Elia Breaks Record in Ridgewood 5K

By JERRY WOJCIK

Toshiko d'Elia couldn't have selected a better race than the Ridgewood Run to break the W75 U.S. record for the 5K. The race, in Ridgewood, N.J., on May 30, was named the Fred d'Elia Ridgewood Run in honor of her husband, who passed away several years ago.

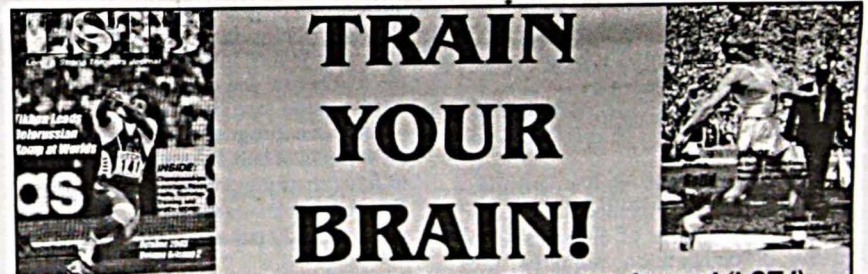
Finishing in 26:35, d'Elia broke the 18-year-old record of 27:17 by Anne Clark, set in 1987 at Park Ridge, Ill. d'Elia holds the W70 5K record with a 24:36 and has a pending 24:18.

The Ridgewood 5K was also the USATF New Jersey Masters Women's Championships.

Heather Gracie-Petty, W40, was the first masters woman in 18:40, with Jean Stemm, W45, second (18:56). Other division winners included Susan Juronics, W55, 21:15, and Anna Thornhill, W60, 23:03.

In the masters men's race, Wieslaw Perszke, M45, won by a second with a 15:49 over Drew Davis, M40.

John McManus took the M80 title in 32:46. ☐



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## PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

### Athlete's Foot

Most of us, at one time or another, have developed that nasty condition known as athlete's foot. This is a fungal condition quite common in athletes, especially runners. What you may not know is that there are four types of fungal infection (athlete's foot or tinea pedis). The most common is known as chronic interdigital tinea pedis (*trichophyton rubrum*). This is usually found between the toes and results in scaling and erosion.

The second is the chronic papulovesicular type of tinea pedis. This appears as a moccasin type of irritation in which the skin is usually dry and scaling. There is also skin fissuring in the more severe cases.

Ulcerative tinea pedis is rather unusual and is associated with a bacterial infection. There is a foul odor with maceration and drainage from the lesion.

The fourth type is acute vesiculobullous tinea pedis. This is usually on the inner arch of the foot and small sacs of fluid are noticeable. These can spread to the toe area. If this is a chronic condition,

you would be well advised to consult with your podiatrist to determine the scope and nature of the tinea.

For those who get an occasional outbreak, several topical medications are available: Lamisil cream, Lotrimin, Mycostatin, Mycology, Spectazole and Naftin.

Otherwise, good foot hygiene, soaking in a combination of vinegar and water (one cup vinegar to one cup water) has proven effective at reducing this condition. □

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

### Write On!

Continued from page 4

The specification chart is clear and simple to follow. No one needs to "struggle" to figure it out.

Officials, e.g., track referees, and meet directors, need to be prepared for hurdle entrants, and serious hurdlers should know when their hurdle event is properly set up for their race.

Becky Sisley, W65 hurdler Eugene, Oregon

If your proposed hurdle specifications could be implemented, they would improve the number of entries and the quality of competition, simplify meet management and administration, and take the politics out of hurdling forever.

During my 32 years of masters competition, I have observed the fine-tuning of the short and long hurdles to favor the few with the loudest voice. When you try to debate them, they tune you out and look at the events from only their own perspective.

At age 15, we started hurdling by four-stepping. We were 17 before we had the power and mobility to three-step. Our coach taught this for two reasons: to avoid five-stepping and to develop off the agility to leg either leg for long hurdles.

Jim Cawley  
by e-mail

The modifications to the distances and sprint hurdle spacings for older athletes were made for three reasons:

- 1) to have hurdle races looking like hurdle races, so the athletes could achieve three strides between barriers;
- 2) to encourage older athletes to continue to compete in the sprint hurdle events - this aim has been achieved;
- 3) to have athletes complete these races in a reasonable time.

If Sheahen's suggestion was adopted,

many athletes would be lucky to finish in 25 to 30 seconds. I'm sure many would then stop competing in the event.

In the finals of the sprint hurdle events at the WMA Stadia Championships in Brisbane in 2001, over 75% of the athletes managed three strides between the hurdles.

It is not difficult to mark the track the day before the meet. Masking tape or insulation tape can be used.

In more progressive countries like New Zealand and Australia, it is normal to have markings of a different pattern (i.e., triangular instead of rectangular) permanently marked on the track.

Jim Blair  
Former WMA Stadia Chairman  
New Zealand

I strongly support the idea of proposed new hurdle spacings. This system is already in use in the "double community" (double heptathlon and double decathlon), where the time schedule is always under pressure.

This system would make it easier to let masters run hurdles in all-comers meets. Adjusting the height is easy for meet organizers, and for us, too.

Some will have a disadvantage when the system changes, but the big advantage is, as Al Sheahen wrote: "Hurdlers can adjust their stride pattern as they age in their own individual way." Yes, as we do in all other events.

Weia Reinboud  
The Netherlands

I know there's confusion about masters hurdles, but I don't think we should take such a drastic step before allowing the present system to operate for another two years. Then all hurdlers should be approached as to how they feel via a circular to every affiliated country.

I train on a grass school track with no markings. I have to mark my own



KONRAD WOJCIK  
Dick Lamster, second M60 in the long jump (3.27m), 2005 Hayward Classic.

distances each time I train. I use a cord with long nails attached at the appropriate distances which I then unroll. The nails are then stuck into the grass at the correct distances.

At local meets I go early and do the marking myself before the event. At other meets, I try to help all masters athletes be prepared to do this. If they do not want to help they should not participate in the event. Am I expecting too much?

Leo Benning  
South Africa

Bravo to Mr. Sheahen. The current specs help few, but hurt too many others.

I specifically liked the statement, "Hurdlers can adjust stride patterns as they age in their own individual way."

Good pole vaulters do what it takes to vault. Good throwers do what it takes to throw well.

The high hurdles test speed and agility. Good hurdlers can and will indeed adapt to logical settings that aren't a setup nightmare. Thanks All!

Jeff Brower  
by e-mail

I am in favor of running the 110m hurdles for men and 100m for women. All other events run the same distance no matter what the age, e.g., marathon, 10K, etc. Why change the hurdles?

I was a hurdler in high school and college. I coached at the college level for 25 years... As a meet director, having to reline the track is crazy.

For the 60-69 group, the first hurdle is 52-6 from the start, which never made any sense to me. It just doesn't feel right. The other age groups run a shorter distance to the first hurdle.

Let's go back to 110 and 100 and have the competitors make the adjustment as they age.

Jack McDonald, D.A.  
Director of Track for  
Maryland Senior Olympics

(NMN received 15 letters in response to last month's proposal to change the hurdle spacings. Nine "favor" the change. Six "oppose" it. —Ed.)



KONRAD WOJCIK  
James Stookey broke the M70 U.S. record in the long jump with a 4.49m, 2005 Hayward Classic.

### THIRD WIND

I just received the July NMN and read on the front page that Mike Tymn wrote his 300th consecutive monthly column. "It's the longest writing streak in the running community," you write.

Not so fast. I've written approximately 724 consecutive weekly running columns for The Washington Times over 14 years, not missing a single week.

Mike may have 11 years on me, but I have written more than twice the number of consecutive columns he has. Just thought you should know!

Steve Nearman  
Running Writer/Columnist  
The Washington Times

NMN's *Third Wind* columnist Mike Tymn has a record of sustained excellence in writing about athletics that we are not likely to see in a long, long time.

Mike is very unusual in that he is a gifted runner, and his insights gained through personal training/competing have been poured into his exemplary articles for all NMN readers.

Al Morris  
Washington, D.C.

### ON THE RUN

The best article in the June issue of NMN was Hal Higdon's "Eine Kleine Marathonmuzic." Do operas and marathons mix? You bet!

I love doing a three-hour LSD on a Saturday afternoon while listening to an opera from the Met on my Walkman - preferably "Don Giovanni."

Jerry Kauffman  
Boynton Beach, Florida

### DECATHLON/HEPTATHLON

Kudos are in order to Jeff Gerson, Rex Harvey, Norm Thomas, and the rest of the Over The Hill TC gang, for their management of the National Masters Decathlon/Heptathlon Championships. The meet was well run, well officiated, and quickly finished. It's my hope that these guys put in another bid to hold a decathlon. They've certainly earned that right with their performance.

Frank Makozy  
Beaver Falls, Pennsylvania

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By AVITAL S...  
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Hill's studie



## Masters Scope

### Skeletal Muscle and How It Works

By AVITAL SCHURR

In this, the second article on skeletal muscles and the role lactate plays in their working, I will attempt to summarize concisely the most current knowledge that has emerged from scientific research over the past three decades.

Most of this research has been performed by scientists who are not necessarily exercise physiologists and who are more interested in better understanding the process of cellular energy metabolism, a process in which foodstuff is converted to energy that fuels cellular function.

Obviously, a great deal of the current information has emerged from experiments with non-human muscle preparations. Nevertheless, most, if not all, of the recent new knowledge has been confirmed by studies on human muscles.

Scientists' focus on the skeletal muscle is due partly to the belief that it is a relatively simple system compared to other cellular systems, and partly because of historical reasons.

Needless to say, the skeletal muscle is by no means a simple system and is proving to be a pretty good model for other, more complex, systems, such as the brain and the heart.

#### Lactic Acid or Lactate?

Before proceeding, clarification must be made as to the difference between the two terms, lactic acid and lactate, that are used interchangeably in different sources.

Under physiological conditions, the molecule of lactic acid exists in body fluids dissociated into two ions (charged entities), a hydrogen ion ( $H^+$ ), which is responsible for the acidity of the compound, and a negatively charged ion, the lactate portion of the molecule ( $CH_3CHOHCO_2^-$ ).

Under resting conditions, when blood lactate concentration is relatively low, most of the  $H^+$  ions are buffered (neutralized). However, when lactate levels rise with exercise, so does the concentration of  $H^+$  ions. Again, most of them are still buffered, but the little extra  $H^+$  ions that are not buffered tend to acidify somewhat the muscle and the blood. Since, naturally, 99.999% of the lactic acid in body fluids exists as lactate, from now hence I will use the term "lactate" rather than "lactic acid."

#### Muscle, Lactate and Oxygen

It has been known for almost 200 years that lactate accumulates in muscles in proportion to the extent muscles are exercised. Studies in the late 19th and early 20th centuries demonstrated that lactate levels in blood and urine increased in animals exposed to hypoxia (oxygen limitation).

Subsequently, A.V. Hill and his colleagues in the early 1920s, suggested that lactate levels increased during muscular exercise because of limited supplies or complete lack of oxygen. The latter is required for the production of energy, which is consumed by the contracting muscle.

Of course, we all have been taught that under normal oxygenation (normoxia), the main products of burning carbohydrates (glucose) for muscular work are  $CO_2$  and  $H_2O$ .

Hill's studies laid the foundation on

which K. Wasserman and his friends, almost 40 years ago, constructed their concept of "anaerobic threshold." According to this concept, elevated lactate concentration during exercise is the outcome of muscle hypoxia. One can understand how lactate has become a synonym for lack of oxygen and thus a "red flag" for clinicians and exercise physiologists alike.

Adding to the bad reputation of lactate is the widely held notion that it is just a by-product of glucose consumption in the absence of oxygen (anaerobic metabolism) and that it has no other use in the body. In other words, lactate was believed to be garbage.

#### Muscles Both Produce and Consume Lactate

Notwithstanding, scientific research over the past 37 years has produced data that have questioned the concept that lactate production and its elevated levels in muscle and blood result from oxygen insufficiency. For instance, using an imaging technique known as proton magnetic resonance spectroscopy, R.S. Richardson and colleagues estimated the intramuscular partial pressure of oxygen ( $PO_2$ ) during progressive single-leg quadriceps workout in humans.

While they measured an increasing lactate release with increasing workload, the muscles did not exhibit a corresponding decrease in  $PO_2$ . All indications are that oxygen is but one of several factors that bring about an elevation in muscle and blood lactate concentration under submaximal exercise intensities.

For those interested in a more detailed account of the observation that submaximal workloads elevate lactate production and accumulation in muscle and blood, I recommend the chapter "Lactate metabolism during exercise," by L.B. Gladden in a 2003 book titled *Principles of Exercise Biochemistry*, 3rd edition, edited by J.R. Poortmans, Karger, Basel.

Hence, it is important to understand that, yes, lactate is produced in large quantities by muscle tissue that suffers from lack of oxygen, but also that lactate is produced by adequately oxygenated muscle tissue.

"Well," you would say, "so what's the big deal?" And I would agree, "there's nothing earth-shaking about the fact that a muscle may produce lactate anaerobically as well as aerobically (in the presence of oxygen)."

However, it has been necessary to present this small detail in order to understand the really big deal, namely, that muscles not only produce lactate, they utilize it for energy production.

Studies by several researchers over the past 15 years have clearly demonstrated that when lactate is infused into a muscle preparation supplied with oxygenated blood, the infused lactate is consumed by the muscle for the production of energy to support its contraction.

Moreover, experiments in humans exercising at a moderate intensity and infused with lactate to maintain its level at approximately four times the normal level have shown a significant increase in lactate aerobic utilization concomi-

### PMTC Hosts Northwest Regional Meet

By DON KANE

Under cool skies at Mt. Hood Community College, Portland Masters Track Club hosted the USATF Northwest Regional Masters Track and Field Championships, run concurrently with the PMTC Classic, June 25-26.

The records fell like rain in an Oregon spring, led by Chuck Coats' M45 U.S. record 8:56.59 for the 3000. Thirty-five regional records and 43 PMTC Classic meet records were broken: eight running, five racewalk, six jumps, fifteen throws, and one relay.

Throwers Georgia Cutler, W60, broke four regional records (all her own) and Harvey Lewellen, M75, set three.

Two fine vaults by "mature" pole vaulters resulted in regional records for Jack Cleveland, M80, 2.10, and Becky Sisley, W65, 2.30.

An anticipated match between world-class sprinters Paul Edens and Steve Robbins in the M60 100 failed to materialize, with Robbins scratching due to an injury. Edens won both the 100 and the 200 in 12.59 and 26.27.

The Hewett sisters from Idaho, Jane and Kelley, both W35 and both newcom-

ers to the meet, had a great outing. Jane won the 1500, the 3000 and the 5000; Kelley won the 100, 400, 800, and tied for first in the high jump.

The highlight of the throws was a super weight throw by NW Regional coordinator Todd Taylor, whose second throw landed between the feet of wife Joyce, who was officiating and standing on the sidelines. Joyce executed a remarkable tap dance, which caused her to avoid injury (barely), but ended in her flat on the grass. It must have led to an interesting conversation in the Taylor family car on the way home that night. Oh yes, Todd won the event with an M55 throw of 8.57.

After the Saturday events, there was a complimentary reception at the college, followed by a regional USATF meeting.

Meet director Jim Puckett and his crew of officials and volunteers ran the events on time, with many compliments from participants. There were about 190 entrants, from as far away as Texas, California, New Mexico, Canada, and Peterborough, UK. Our thanks also go to the principal sponsor, Gresham Area Hotels. □

tant with a decline in glucose utilization. Such observations indicate that lactate competes with glucose as the source of energy that fuels muscle contraction.

I will expand more on this very surprising finding in a future article, when I describe the interrelations between the different muscle fibers and how they han-

dle lactate production and utilization.

You undoubtedly will begin to speculate as to the possibility that one type of muscle fiber is a lactate producer, while the other a consumer. And what does a sprinter do with all the lactate his/her muscles produce? □

(Avital Schurr can be contacted at: a0schu01@louisville.edu)

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## Masters Racewalking

By ELAINE WARD

### Chris Rael – Cutting It Too Close

Once you decide to race away from home, your next decisions usually involve where to stay and how to get there and back. Sometimes there is pressure to return home as soon as possible. If you want to stay for awards, you have to decide how much time to leave for the ceremony and how much time you'll need to get to the airport and on the plane. This can lead to "cutting it too close." In the following, Chris Rael (M45) reenacts what many of us have experienced at one time or another—ew.

My last race at the Masters Indoors Meet was finished at 1:30 and I had a 4 pm flight home. Well, it takes forever to process the results. All of us racewalkers are standing around talking, which is good, but some of us have planes to catch. They finally give us our medals at 3 pm and my flight leaves in one hour.

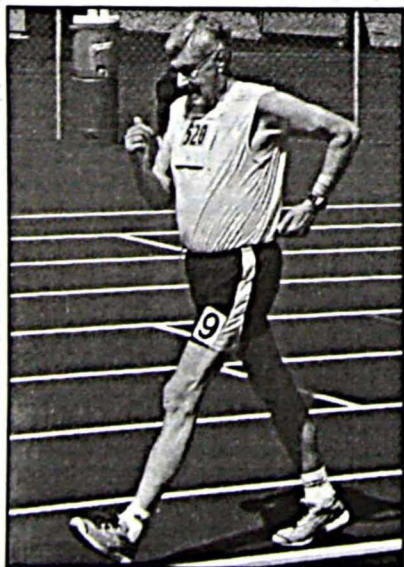
At that point I'm a half-hour drive from the airport, but I still have to go back to my hotel to get my bags. I catch the shuttle bus for the hotels and the bus proceeds to stop at everyone's hotel first and finally mine. By now, it's 3:45. I am totally worried.

#### Step On It!

I ask the concierge to call a cab while I get my bags. The cabbie comes and I jump in saying, "To the airport and step on it!" He says okay, but then drives slower than a glacier. He's pointing out all the exciting sights of Boise and their historical significance, and I'm trying to be polite and patient. I could have racewalked there faster.

We finally get to the airport at 3:55. I jump out of the cab, throw him some money, grab my bags, and run into the terminal. Luckily check-in is just inside the door. I tell the lady I'm on the 4 pm flight, and she immediately picks up the phone and says, "I have one more!" She finishes processing my ticket with the encouraging words, "If you can make it there quickly, they will hold for you."

So I have to make it through security and make it to the other side of the airport in two or three minutes to make my flight. I get to security and luckily it's not too busy. I take off my belt, my watch, my



KONRAD WOJCIK

Dick Vaughn, first M70 in the 5000 racewalk (34:43.42), 2005 Hayward Classic.

medal, anything that will hold me up. Then a security guy says to take off my running shoes. I do and walk through the metal detector. No alarm. I'm okay. So I gather my stuff and put my shoes on as quickly as possible.

Ready to go again, I realize I don't know where gate 18 is. Someone tells me and I'm off and running. I run down the corridors faster than the athletes were running in the track meet. I have my medal around my neck and people begin to cheer me on, "Go, you can make it!" It reminds me of the old O.J. Simpson Hertz commercial where he's running through the airport and people are yelling, "Go, O.J.!"

#### Faster! Faster!

I hear an announcement on the intercom: "Last call for Chris Rael for America West Flight 661." Yikes!! I pick up the pace. I'm almost there, I see the gate, and they are closing the door. I yell at the attendant, "Wait, it's Rael!" She says, "I didn't believe you were going to make it. You must have run the whole way."

I am too out of breath to respond and she waves me through. The plane is completely full, but luckily it is mostly athletes from the track meet. The only seat left is literally the last one at the very back. I start walking down the aisle and the track athletes I met at the meet start saying, "Hi" and "Good job." It was kind of cool. Finally I get to my seat. I'm next to a young mother and her three- and four-year-olds and a little baby.

#### Made It!

Sitting down I want to cry out, "I made it! I'm on my flight. I'm going home." The young mother sees my medal and asks how I got it. So I tell her about the track meet. She asks, "What event did you do?" I tell her I was in the racewalks. No lie, she starts laughing out loud for about 20 seconds.

Then she starts talking about "them" in the third person. "Oh, those fast walking people are so funny looking. The way they move their hips and arms. I think it's hilarious!" I decided to just let it go.

When we get back to Orange County, I am waiting for my gear at the baggage claim area when someone very tall stands next to me. It's Dennis Rodman. He also lives in Newport Beach. He must have been on the flight, but I didn't see him. So I ask him if I can take a picture with him, and he says, "Sure."

You never know what might happen, or who you're going to meet when you travel to a race. □

(Elaine Ward can be contacted by e-mail at: [narwf@sbcglobal.net](mailto:narwf@sbcglobal.net))

## Grandma's Marathon

Continued from page 1

two-time Grandma's open defending champion Firaya Sultanova-Zhdanova, 44, by running a steady-paced 2:33:04 good for third woman overall.

A spritely powerhouse and prolific professional marathon road racer, Burangulova was running Grandma's for the first time. "I didn't think that I would finish this well... I could have had better form, but I'm still really happy," she told the News Tribune's Andy Greder. Burangulova has a 2:27:58 marathon PR (Boston, 2002).

The pre-race hype focused on Sultanova-Zhdanova, who in 2003 set the course record of 2:27:05 (at age 42), and managed a race-winning 2:35:08 last year. Before the race, the fire-engine-red-haired athlete maintained, "Age isn't taking anything from me - I feel as good as I ever have. I think I can still run 2:25."

Still, Sultanova-Zhdanova is not having the kind of season she had a few years ago when she turned out superb times almost every weekend. This year, her frequent racing has had a certain hit-or-miss quality. At Boston this year, for instance, she ran a pedestrian 2:41:05 (she was sick).

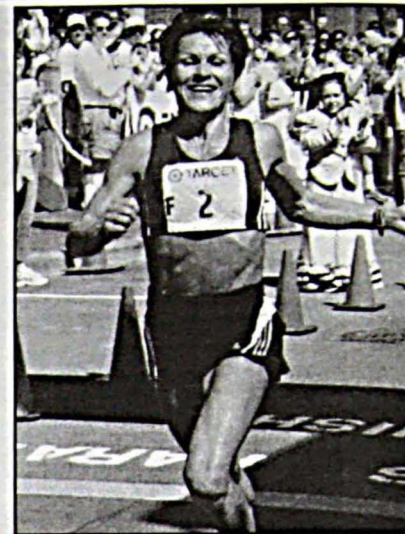
On this day, however, Sultanova-Zhdanova made a game attempt to capture the race from eventual winner Halina Karnatevich, 35, Belarus, 2:28:43. After jockeying with the lead a few times through 10K, however, Sultanova-Zhdanova settled into second place by halfway, and was making her way into the hilly stretch when she got hungry and started to see spots.

"I just felt a massive loss of energy," she reported to Christa Lawler of the News Tribune. "I was hungry and wanted to eat." After a few bouts of walking and involuntary sobbing that are part of the fun of bonking, she managed to make it over the line in 2:45:00, for sixth place. She'll be back next year, she said.

Many Grandma's loyalists ran faster this year than last. Last year's headwindy, melanoma-seeding day was a slow one for the books.

Brent Smith, 49, 2:41:30, a school teacher from Esko, Minn., was the M45 winner, top local runner, and two minutes quicker than his M45 runner-up performance of 2004. Joseph Haynes, 50, Ames, Iowa, 2:48:43, led the M50.

Minneapolisite Jared Mondry, 63,



GRANDMA'S MARATHON  
Ramilia Burangulova, 43, first masters woman (2:34:00), Grandma's Marathon.

topped the M60 with a big speed-up over last year - his 2:57:22 was an eight-minute improvement, and was the second-fastest M60 marathon in the U.S. to date this year.

Jim Schleisman, 72, Jefferson, Iowa, won the M70+, as ever, with a 3:35:03 effort.

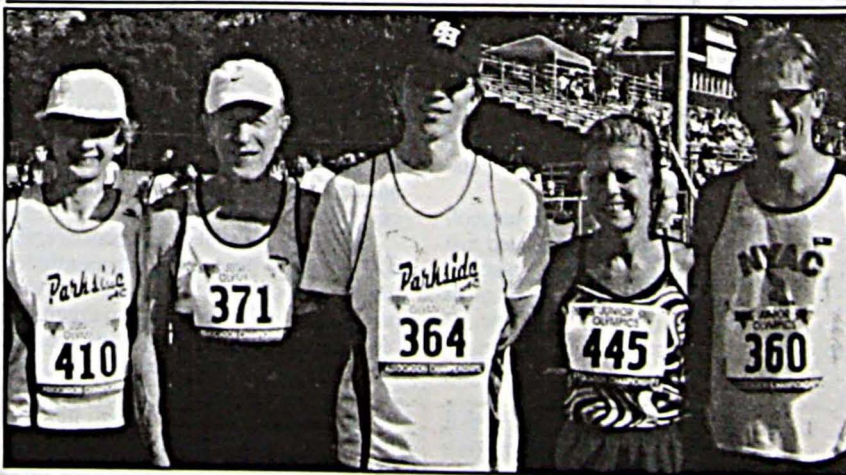
Pamela Weier, 45, Mahtomedi, Minn., dipped under the three-hour mark with her W45-topping 2:59:25, three minutes faster than her fourth-place W40 mark in 2004.

Special education teacher Kristine Guderyon-Goetz, 51, Oregon, Wisc., jumped to the top of the W50 with her eight-minute improvement over last year, running 3:17:35.

Ultra-maven and W80 marathon world record holder Helen Klein, 82, Rancho Cordova, Calif., dipped under five hours with a decent 4:57:30. She was also in town as a speaker at the pre-race Expo.

This year's race featured a few novelties, including the biggest prize purse ever (\$88,000), a "Jumbo Tron" video screen for spectators to watch the race unfold from the finish line, and the biggest field so far (6885 finishers). Next year will be Grandma's 30th, with planning already under way for an extra-special event. □

—from reports by Kerry Rod/The Pine Journal; Kevin Pates, Christa Lawler, Andy Greder/Duluth News Tribune; and Laura Wright/Grandma's Marathon.



BILL BAXTER  
Gold medal winners (l to r): Judy Myers, 49 (30:25.10); Al DuBois, 73 (30:27.73); Matt DeWitt, 25 (23:27.32); Lynn Tracy, 52 (27:19.40); and three-time Olympian Curt Clausen, 37 (23:50.83), USATF Wisconsin 5K Racewalk Championships, Waukesha, June 18.



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#### Masters Pic

The list of p of iconic thr neers: Stew T M40-49 conte even earlier wi the East Coast M65 shot put late Dan Aldr Chancellor an and field boost national weigh



Hammer thrower 58, Ray Biggs.



## The Weight Room

By JERRY WOJCIK

### My First Time

About 10 years ago, the book *The First Time* told the stories of people's loss of virginity. I can't accurately recall my "first time," but I do remember my initial encounter with the weight pentathlon, which was not quite as life-altering as a "first time," but did leave a good feeling about the event, which has remained with me from that time.

My introduction to the weight pentathlon took place on December 4, 1976, in the First Annual Weightman's Pentathlon at Glendale Community College in Glendale, a city adjoining Los Angeles in the eastern reaches of the San Fernando Valley.

I believe it was staged by John Tansley, a college track and field coach in the Los Angeles area. The event was memorable for what it was and for what it was not.

#### 10-Year Age Groups

The 41 men competitors included open, university, community college, and masters athletes (who competed in 10-year age groups).

Results were not age-graded, and, get ready for this, everybody threw the same weight implement, so it didn't matter whether you were 18 or 81, you used the 16# hammer and shot, 2kg discus, 800g javelin, and 35-pound weight.

I don't recall how many attempts we had, probably three because any more than that would have had us finishing well into the evening.

I don't remember if we competed in the now proper order for the event: hammer, shot, discus, javelin, and weight.

Points were determined by the IAAF combined-events scoring tables, and the shot put table was used for the weight, which, come to think of it, made a lot of sense at that time.

#### Masters Pioneers

The list of participants was an array of iconic throwers and masters pioneers: Stew Thomson, who won the M40-49 contest here, was involved even earlier with weight pentathlons on the East Coast; Hal Smith, the present M65 shot put world record holder; the late Dan Aldrich, the first UC-Irvine Chancellor and a stout masters track and field booster; Hal Wallace, a recent national weight pentathlon champion;

Dave Douglass, a now-retired UCLA prof and also masters decathlete; Ray Fitzhugh, who represented the U.S. Marine Corps in Glendale, still competes, and holds a high-level USATF official's job; and Randy Hubbell, Art Vesco, and Stan Herrmann, early hammer throwers who set age-group and single-age records.

Hammer thrower Art Venegas, the present head track and field coach at UCLA, represented CSU-Northridge.

#### Best for Last

I've saved the best for last. Also at Glendale were Harold Connolly, hammer world record holder and gold medalist in the 1956 Melbourne Olympics, and George Frenn, the maestro of the 56-pound weight, who at age 40 in 1982 threw it 46-11, the best mark listed in the 2005 edition of the Masters Age Records. At Glendale, they competed only in the 35-pound weight, with Frenn at 19.10, and Connolly at 18.47.

In 1977, the event, renamed the 2nd Annual Weight Pentathlon, drew 44 participants, including a junior high schooler, and Tom Meyer, who now stages the Team Thor meets in the San Diego area. Meyer posted the top marks in the hammer (57.11) and weight (17.22).

Since those days, I've competed in international and national weight pentathlons, and hope to continue to do so.

Although replicating my "first time" is beyond aspiration, I can still compete with some satisfaction in the weight pentathlon, especially with the advantage of a new age group and newly-revised, somewhat favorable age-grading. □

(This article was written for the publication *Weight Pentathlon History—1955 to 2004*, which will be available at the USA National Masters Weight Pentathlon Championships, Dallas, Texas, Aug. 13.) □



Willie Gault, 44, USATF Athlete of the Week, won the Masters Invitational Hurdles, USA National Championships, Carson, Calif.

### Gault Named USATF Athlete of the Week

Willie Gault, 44, was named USA Track & Field's Athlete of the week after adding the M40 U.S. 200m record to the 100m record (10.73) he set at Occidental College in early May.

At the USATF-SCA Masters Championships at West L.A. College, Culver City, June 11, Gault, the ex-Chicago Bear, ran a wind-aided 10.60, but followed that an hour later with a legal 21.80 in the 200m.

Earlier, Gault anchored an M40 4x100 squad that bettered the world record with a hand-timed 41.4.

The present M40 U.S. 100m record is 10.87 by Eddie Hart in 1989. The 200m record is held by Bill Collins at 21.86 in

1992. The M40-49 world record for the 4x100 is 42.20 in 2004 by a quartet, of which Gault was a member, in Irvine, Calif.

In the Masters Invitational 110mH at the USA Championships, Home Depot Center, Carson, Calif., June 27, Gault ran a 2.7 wind-aided 13.87. David Ashford, holder of the M40 world record (13.73 in 2003), was second in 14.20.

The Masters Women's Invitational 1500 was won by Mary Thane in 4:42.19, with Mary Grene, second (4:43.55), and Karen Steen, third (4:47.62). □

—from *USATF Communications release, June 23, and other sources*



JERRY WOJCIK  
Carol Young broke two W65 U.S. records, 2005 Hayward Classic.

#### TEN YEARS AGO August 1995

•Nationals Draw 1300 to East Lansing, Michigan

•John Keston (70, 5:52.03, 88.1%) Best in NMN Age-Graded Mile at Hayward Classic

•Paul Mascali (43, 32:19), Nancy Tischler (50, 44:50) First Masters in Shelter Island 10K



SUZU HESS

Hammer throwers in the 2005 Hayward Classic (l to r): Rick Hebb, 40, Tom Meyer, 53, Todd Taylor, 58, Ray Biggs, 41, Mike Curry, 38, and Ray Burton, 49.

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## On The Run

By HAL HIGDON

### TV Tour de Farce

**O**n a sunny Sunday in July, I climbed on my bicycle and headed down the road. The novice marathon training program available in my books and on my Web site prescribes an hour of cross-training on Sundays following long runs on Saturdays. The purpose is relaxation, recreation and at least some caloric burn.

I wasn't training for a marathon, but an hour's bike ride sounded just about right, particularly since I could fantasize myself participating in le Tour de France, happening that same day.

While I was floating along on my fat-tired bike, head up, taking in the scenery, stopping at a neighborhood café for coffee and an almond croissant, Lance Armstrong and 174 companions were pedaling flat-out on a 171-kilometer stage between Gerardmer and Mulhouse.

#### Tuning In

Finishing my ride and still wearing my billboard biking shirt, I plopped down before the TV and tuned into the live coverage of the Tour on OLN in time to watch that day's last 10 kilometers.

Early in the stage, Denmark's Mickael Rasmussen had broken away from the peloton, the main pack of riders.

Unassisted, he courageously clung to the lead. Chasing him were two other riders: Christophe Moreau of France and Jens Voigt of Germany. The peloton, including Armstrong, cruised far behind, not taking the breakaway riders seriously, ceding the win to Rasmussen.

Voigt stayed close enough to claim from Armstrong the yellow jersey that identifies the Tour's overall leader.

#### Shoddy Coverage

Later that afternoon, I watched the hour-long telecast of the Tour on CBS. Incredibly, in its taped coverage the network failed to show Rasmussen, or even mention him as stage winner that day!

CBS did show Moreau and Voigt crossing the line, but failed to state they were finishing second and third.

As runners, we are accustomed to complaining about mainstream media coverage of our sport without realizing fans of other endurance sports have more to complain about.

The Tour de France, admittedly, is not easy to cover or comprehend. The overall leader often floats along in the middle of the peloton, content to pick and choose his racing moments.

Meanwhile, less famous riders contend for the right to wear the green or polka-dot or white jerseys given to best sprinter or hill climber or first-timer.

#### What Drama?

Some flat stages seemingly provide little drama until the sprint for the line (a bit like NBA basketball). But wasn't there something inherently dramatic about a single rider breaking away early and defying everyone else to catch him?

CBS apparently did not think so. No mention also of other dramatic moments during that week, including Australian Robbie McEwen being penalized for shoving in one stage, then coming back to win two others.

The network showed American David Zabriskie winning the first-day time trial, then falling two days later, but there was little time for analysis or why Zabriskie eventually abandoned the race. Instead, we viewed sunflower fields and ancient castles: Eye Candy. The CBS telecast became less sporting event than travelogue.

#### Why Bother?

Perhaps the network feels that's what it needs to capture viewers clicking over during a commercial break from a golf tournament, NASCAR race, or baseball game halted by rain.

It's probably too much to expect CBS to cover a week's worth of bike racing in a single hour, but I find it discomfiting that they choose shadow over substance, personalities over perseverance, thus missing the essence of what arguably is the world's most exciting sporting event.

*(Hal Higdon, a Contributing Editor for Runner's World, finished fifth in the 1964 Boston Marathon, the first American. His Web site, hal-higdon.com, features training programs for all distances.)*

#### FIFTEEN YEARS AGO August 1990

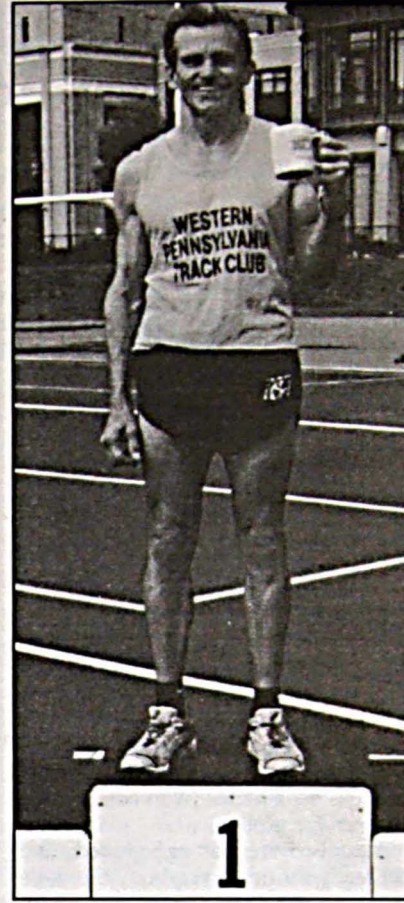
•John Campbell, 41, Runs M40 World Best 45:10 in Utica Boilermaker 15K

•Buell Crane and Paul Spangler Set M90 Records in Eugene

•Roger Robinson, 51, Has Top Age-Graded Time in Cascade Run Off 15K



Lyle Nelson, first M80+ (2:51:21), Hawaiian Half-Marathon, Honolulu, June 12.



Roger Brockenbrough, M70, won the 5K (22:57) and 10K (49:09), 2005 National Senior Games, Pittsburgh, Pa.

## Subscriber Questions? Call 818-286-3129

### Masters Enjoy Flirting With Dirt

By RON MARINUCCI  
NOVI, Mich. – Masters runner George Heitsch enthused, "I thought it was a lot of fun. It made you feel kind of young again..." "It" was the first Flirt with Dirt 5K and 10K trail races, held here June 11.

Trail running and racing are becoming increasingly popular, and Flirt introduced novices to the essence of the trails, while reminding more experienced trailblazers of their appeal.

The course, in part a former Christmas tree farm, was easily the "star" of the hot (80+ degrees), humid morning. Most of it left room for only single-file running, occasionally widening to a few feet. Parts appeared as if race director Randy Step and his Running Fit staff had just cleared them with machetes! There were roots, rocks and even logs underfoot.

Overhead, runners had to dodge low-hanging branches and limbs. Amid the uneven footing were many twists, turns and switchbacks. The last mile of both distances had several short, but intense uphill, capped by a steep 50-yard climb to the finish. It was a great course for beginners and veterans alike.

Another masters veteran of the trails, Walt Rickens, enjoyed it, too. "It was pretty good. The turns were tight, but there were a few 'passing lanes' for runners to get by each other."

He also liked that "there were a few

hills, but not too many, and only a few rocks. It was well-marked and there were course marshals at the tricky turns."

Flirt is the middle leg of a three-event trail series sponsored by Running Fit stores. Rickens added after the race, "I'm looking forward to running the whole series."

According to race spokeswoman Susan Hodgson, more than 350 runners finished, including 102 masters. "We're very pleased, since the Race for the Cure (which attracted 30,000 in Detroit) is the same day." Part of each entry fee went to the local park's supporters, raising more than \$700.

In the 5K, the masters winner, Dan Naughton, 49, was second overall. His 20:41 age-graded to 18:38. Tom Halsted, 67, posted a 24:36 (A-G 18:45). Tamara Savage, 51, paced the women's masters by more than two minutes (28:29).

Noted local racewalker Ioan Froman, 44, chose to run the Flirt. He came away as the fastest master in the 10K (40:54). Shawn Wehrly, 56, finished in 41:55 (A-G 35:48). Michelle Fields, 46, won the female masters race, also finishing second overall by a mere five seconds (45:32).

The 10K finish was notable. Winner Trevor Step (35:58.59) literally inched out Eric Sambolec (35:58.8).

*(Ron Marinucci can be reached at RMarin6424@aol.com)*



Ronald Richard, M70, won the 5K (22:57) and 10K (49:09), 2005 National Senior Games, Pittsburgh, Pa.

#### TWENTY

AUGUST

•4330 Co Veterans

•Villanueva, 15K

•1500 Co Champion



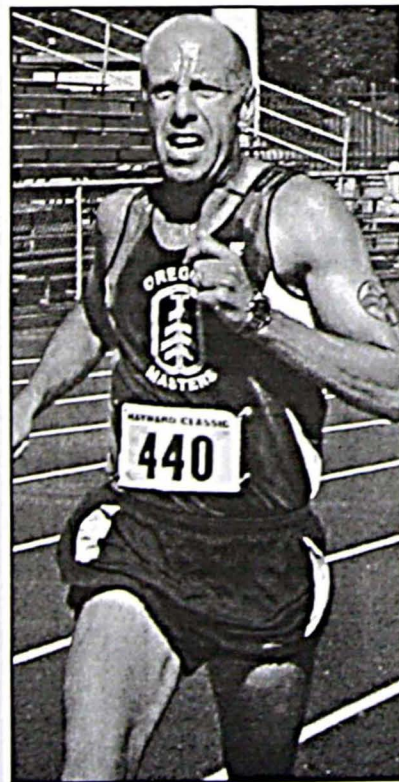
Richard Panches (34:45.73), 2005



KONRAD WOJCIK  
Ronald Richard, M50 winner of the 200 (27.26) and 400 (59.55), 2005 Hayward Classic.

**TWENTY YEARS AGO**  
**August 1985**

- 4330 Compete in VI WAVA Veterans Games in Rome
- Villanueva, Welch Top Cascade 15K Masters
- 1500 Compete in World LDR Championships in England



KONRAD WOJCIK  
Richard PUNCHES, second M45 in the 10,000 (34:45.73), 2005 Hayward Classic.

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# Masters Scene

## EAST

• **Oneitha Lewis**, upped her W40 HT world record of 56.39 in 2003 with a 57.08 in the Philadelphia Masters Fifth Annual Throw-a-Thon, Reading, PA, June 4. **Jim Wetenhall**, holder of the M45 US 56# SW record (11.67), hurled a pending M50 SW (56#) national record 11.21. In the Throw-a-Thon, athletes used three consecutive implements for a total of 15 throws. Wetenhall, for instance, used the HT 16#, 6k, 5k; SP 16#, 6k, 5k; DT 2k, 1.5k, 1k; JT 800, 700, 600; and WT 56#, 35, 25. The 15 best marks are then scored and totaled. Wetenhall was the top men's scorer with 11,331. Lewis was top scorer among the women with 13,913.

• A stellar field of local masters talent turned out to toast a trailblazer at the Louise Rossetti 5K, Beverly, MA, June 15. New England masters powerhouse and bicycle tour coordinator, **Simonetta Piergentili**, 40, Wilmington, MA, 18:16, bested **Mia Jacobs**, 45, Atkinson, MA, 18:39 for the masters crown. **Louise Rossetti**, 83, Saugus, MA, crossed the line in 51:22.

• **Mimi Fallon**, nee **Corcoran**, 40, cruised to a 17:40 masters topper at the Vytra Long Island Summer 5K Women's Run, Farmingdale, NY, July 9. **Kathryn Martin**, 52, Northport, NY, turned in an 18:35, and **Marie-Louise Michelsohn**, Stony Brook, NY, captured the W60 in 21:19.

• Three-time open winner **Matt Carpenter**, 40, Manitou Springs, CO, 1:02:12, climbed to fourth place overall at the 45th Mt. Washington Road Race 7.6M uphill climb, Pinkham Notch, NH, June 18. In breaking the 40+ course record (Fram/1:03:37), he picked up a \$2000 bonus from New England Runner magazine. Many-time top-five finisher **Eric Morse**, 40, Berlin, VT, placed sixth overall, 1:05:26. **Cathy Pearce**, 42, Chelmsford, MA, 1:20:15, defended her W40+ title by ascending faster than challenger **Suzie West**, 42, Putney, VT, 1:21:24. **Jacque Gareau**, 52, St. Bruno, Quebec, set a new W50 course record, 1:27:08. **George Etweller**, 85, State College, PA, also set a new CR by 30 minutes, 2:33:20.

• **Lloyd Stocum**, 72, Hollis Center, ME, rumbled down Congress Street in a speedy 6:02 at the Friendly's New England Mile Festival, Portland, ME, June 19.

• Hometown Joan (**Benoit**) **Samuelson**, 47, showed she's still queen of the roads in Maine, by winning the L. L. Bean 10K, Freeport, 37:16. New England masters standout **Mike Payson**, 42, Falmouth, ME, missed the men's win by a skinny 9-second lapse, 33:11.

• Recent M40 10,000 record-setter **Paul Aufdemberge**, 40, Redford, MI, captured the masters title at the warm and windy Utica Boilermaker 15K, Utica, NY, July 10, in 48:02. The women's result read like a Moscow phone book, with fast Floridian-Russian marathoners going four deep in the W40: **Firaya Sultanova-Zhdanova**, 52:19, **Ramilia Burangulova**, 53:37, **Elena Paramonova**, 57:38, **Zinaida Semenova**, 58:01. **Susan J. Brown**, W55, Braintree, VT, set a new W55 course record, 1:09:19, while **Toshiko d'Elia**, 75, erased the W75 CR by over a half-hour, 1:24:57.

• **Drew Davis**, M40, in 15:44, was first master in the President's Cup Nite 5K/USATF-NJ Open Men's Championship, Millburn, NJ, June 20. **Jeremy Stratton**, M40, finished second M40+ (16:06). **Anne Britt**, W40, won the W40+ contest with an 18:53. **Jane Parks** took the W50 title in 20:48.

• **Guillermo Fuentes**, 40, Fresh Meadows, NY, 56:34, and **Karen Cotty**, 41, Quogue, NY, 67:52, were first overall over a tough hilly course in the Lazer, Aptheker,

Rosella & Yedid Kings Park 15K, Quogue, NY, June 18. First 50+s were **Kevin Carroll**, 52, Huntington Station, NY, 60:14, and **Melissa Kennedy**, 57, Amityville, NY, 72:12. The race was rescheduled from March 12 because of a major snowstorm that hit Long Island that day.

• **John Tuttle**, M45, 33:35, and **Robin Humphrey**, W40, 40:35, pled guilty to masters wins in the Lawyers Have Heart 10K, Washington, DC, June 11. **Jim Hage**, M45, was second M40+ (34:13). **Betty Blank** took the W50 decision in 43:38.

## SOUTHEAST

• The Atlanta Track Club served Peachtree up hot July 4th, with an all-American battle of the titans in the M40 field. In the event, it was **Mbarak Hussein**, 40, Albuquerque, NM, 29:41, over **Rick "Cajun Cannon" Fuller**, 40, Eugene, OR, 30:51, over track blaster **Paul Aufdemberge**, 40, Redford, MI, 31:04, over nice guy **Brian Pope**, 42, Oxford, MS, 31:20. The women's masters title went to **Colleen De Reuck**, 41, Boulder, CO, 33:13, who easily held off the Russian posse, led by **Firaya Sultanova-Zhdanova**, 44, RUS, 34:06, and **Ramilia Burangulova**, 43, RUS, 34:58. **Carmen Ayala-Troncoso**, 46, Austin, TX, 35:34, was fourth W40. **Zinaida Semenova**, 43, RUS, 35:53, and **Elena Paramonova**, 43, RUS, 36:32, rounded out the top six. Due to its sprawling immensity, the Peachtree 10K does not tally age-group awards.

• **Mark Stickley**, 42, Winchester, VA, 4:38, and **Maria Spinner**, 43, Hagerstown, MD, 5:30, were first masters and \$100 richer in the Loudoun Street Mile, in Winchester, June 25. **Steve Nearman**, 45, Alexandria, VA, 4:45, and **Sandra Adams**, 55, of Winchester, 6:17, were second 40+s, worth \$50 apiece. **Bob Atkins**, 80, finished in 13:42.

## MIDWEST

• **Ernie Snodgrass** blazed to M50 wins in the 100 (13.0) and 200 (27.0), USATF Michigan Masters Championships, Big Rapids, June 18. **Mitchell Garner** won the M55 5000 in 17:52.2. **Matti Kilpelainen**, M55 US indoor PV record holder, topped all vaulters with a 3.66/12-0. **Tobias Pallett**, M35, hit the 14.22/46-6 1/2 mark with the 16# SP. **Eric Forshaw**, M35, ended with a 54.28/178-1 DT. **Mark Cwlek**, M50, was the longest in the JT at 49.40/162-1.

## MID-AMERICA

• **Alby Williams**, M65, won best sprint honors with wins in the 100 (13.1), 200 (26.8) and 400 (62.1) in top-five ranked times, USATF Mid-America Regional Masters Championships, Edwardsville, IL, June 11-12. Husband and wife **Jerry (M75)** and **Christel (W70) Donley** both cleared 1.16/3-9 1/2 in the HJ. **Larry Rodenbeck**, M55, leaped to wins in the LJ (4.73/15-5 1/4) and TJ (10.49/34-5). **Ron Summers**, M50, hit 15.15/49-8 1/2 in the SP, best of the day. **Mark Collier** won the M35 DT with a 51.69/169-7.

## WEST

• **Teresa Vail**, 42, won the 20K RW in the USA T&F Championships, Home Depot Center, Carson, CA, June 25, in a US record 1:33:28.15. Vail, of Walk USA, represented the USA in the 2004 Olympics, and will compete in the IAAF World Championships, Helsinki, FIN. On her belief that she could break the record, set in 1999, "Yes, I definitely believed I had the chance to run this time. It's just hard when you're by yourself. Breaking the record is very exciting, but I just wanted to win." On how far down she can take this record, "I think I can take this down to a 1:32."

• An official died after being hit in the



Competitors and officials at the Philadelphia Masters AC Throw-a-Thon, Reading, Pa., June 4, directed by Ray Feick (center with the V shirt).

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head by a shot while shot putters practiced at the USA Championships on Wednesday, June 22. **Paul Suzuki**, 77, who had worked local meets for 30 years or so, was struck shortly after 4 pm. He was treated at the scene and transported to Harbor UCLA Medical Center, where he died.

• **Nadine O'Connor**, 63, increased her W60 PV world record of 3.05/10-0 set in November 2004, with a 3.10/10-2, USATF San Diego-Imperial Association Championships, June 16.

• **Shirley Matson** ran the Shriner's 8K, Sacramento, June 25, in an age-64 record 34:13 (A-G 91.3%) to better her 34:23 in the recent Fifty Plus 8K.

• **David Olds**, 43, Los Angeles, CA, with a 33:38, and **Rikako Takei**, 43, Los Angeles, scored masters wins in the Will Rogers 10K, Pacific Palisades, CA, July 4. **Carol Salomons**, 50, Encino, CA, was third W40+ (44:00). **Andrew Martin**, 73, Pacific Palisades, won the M70 contest in 52:54.

• **George Cohen** lowered the M65 US record for the 800 by a whopping six seconds with a 2:15.42, Southern California Striders Meet of Champions, Long Beach, May 7. The present record is 2:21.14 by **Sid Howard**, set at the 2004 USA National Masters Championships, Decatur, IL.

## NORTHWEST

• **Lance Denning**, M40, Boulder, CO, in 4:32.96, and **Sarah Krakoff**, W40, Boulder, CO, in 5:17.59, took masters wins in the Main St. Mile, Boise, ID, July 1. **Dave Clingan**, 51, Portland, OR, was third fastest M40+ with a 4:42.95.

• **Tim Vandervlugt**, 40, Albany, OR, with a 34:18, and **Christy Phillips**, 43, St. Petersburg, FL, in 40:16, exploded to masters firsts in the July 4 Sierra Mist Butte to Butte 10K, Eugene, OR. **Paul Flanagan**, 74, Longview, WA, took the M70 race (48:21). Over 3600 took part in the race and a 4.5 mile walk.

• Masters at the Regional Meeting at the NW Regional Masters Championships, Gresham, OR, voted unanimously to accept the uncontested bid of the Inland NW Association and the Inland NW Masters AC to host the 2007 NW Regional Masters Championships at Mooberry Track, Pullman, WA, July 21-22.

• **John Stolz**, 50, Bend, OR, was the top master and third overall, 1:14:03, at the Foot Traffic Half-Marathon, Portland, OR, July 4.

## INTERNATIONAL

• Running in the rain, **Kozo Haraguchi**, 95, broke the M95 WR for the 100m with a 22.04 in Miyazaki, Japan, on June 19. Haraguchi, who took up t&f at age 65 to stay in shape and walks an hour every morning, owns the M90 WR of 18.08, set in September 2000. The present M95 record of 24.01 is held by **Erwin Jaskulski**, an Austrian citizen who lives in Honolulu.

• **Elfriede Hodapp**, GER, ran a W70 WR 2:59.55 800 in a meet in Loefflingen,

June 26. The record is 3:04.44 by **Jean Horne**, CAN, in 2003.

## OBITUARIES

• **Connor Johnston**, 98, South Africa's second oldest masters athlete, passed away June 20. Up until the age of about 93, he had been a very active walker. At the 1979 WAVA World Championships in Hannover, Germany, he won both the 10K (61:01.01) and the 20K (2:07:54). For these achievements, he received the South Africa State President's Award. He still holds a number of Western Province 5000 and 20K records, and his M70 5000m time of 29:08.8 and M70 20K of 2:07:55 are still South African records. He served in North Africa in WWII and wrote a book on his experiences several years ago. He was an architect and had lived in New Zealand for many years after the war. For a number of years, he was the president of the Western Province Masters AA in Cape Town. A knee injury sustained in a car accident in 1982 affected his very efficient walking style. A subsequent operation did not eliminate the problem entirely, but this did not stop him from participating in the sport he loved so much. He was a true gentleman of our sport. It was a privilege to have known him. —**Leo Benning**

• **Herbert Zipper**, a professor of electrical engineering technology at Farmingdale St. U., Long Island, NY, and a masters indoor champion in the late 1970s, passed away on June 10 of a cerebral hemorrhage. He was 71. He grew up in New Hyde Park, NY, graduating in 1951, the same year he was the NY state high school mile champion. He received a track scholarship to St. John's U., where he earned a B.S. degree in math and physics in 1955. An avid runner all his life, he won the 1000y from 1975 to '77 at the National Masters Indoor Championships. He was also a member of the team that set a masters record for the two-mile relay in 1975. After four years at Sperry Gyroscope Co., Great Neck, NY, he was hired by Farmington St. He received a master's degree from Hofstra U. in 1964, and completed additional work at other universities. In 1986, he received an award for excellence in teaching from the Farmingdale Foundation. **Bob Fine**, Masters East Region Coordinator and pioneer in the early masters movement in NYC, said of Zipper, "He was a teammate of mine on the New York Masters and one of the early middle distance stars." —from *Newsday and other sources*

## CORRECTIONS

• **Gerald Vaughn**, M65, had an age-graded 100+% 13.50 in the shot put, USATF-GA/Southeast Region Masters Championships, Savannah, April 15-16, earning him the Outstanding Athlete of the Meet Award. His mark was reported as a 13.18 in the June results.





474-4074; www.cspr.com  
**September 4.** Rock 'N' Roll Half-Marathon, Virginia Beach, VA. 858-450-6510; www.mrhalf.com  
**September 10.** Hurricane 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org

**MIDWEST**

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

**August 7.** Chicago Distance Classic. www.chicagodistanceclassic.com  
**August 13.** Club Kokomo Age-Graded 4 Mile, Kokomo, IN. 765-455-2283; www.ckr.us  
**August 13.** Paavo Nurmi Marathon & Relays, Hurley, WI. 866-340-4334; www.hurleywi.com  
**August 13.** 26th Run Thru Hell 10 Mile, Pinckney, MI. 734-878-6640; gaultracemanagement.com  
**August 15 (Mon.).** YRRC/Second Sole Preseason XC Classic 3K & 5K, Boardman, OH. 330-482-9230; members.aol.com/ytownrrc/  
**August 20.** Parkersburg News & Sentinel Half-Marathon/RRCA National Championships, Parkersburg, WV. 304-485-1891; www.newsandsentinel.com/halfmarathon  
**August 27.** Forest Park 5K, Cincinnati. 513-474-1399; www.racedmc.org  
**August 27.** Crim Festival of Races, Flint, MI. www.crim.org  
**September 3.** Charleston Distance Run 15K, 5K & 3-Person Relay, Charleston, WV. 304-345-5433; www.charlestondistancerun.com  
**September 5.** Park Forest Scenic 10 Mile, Park Forest, IL. www.scenic10.com  
**September 17.** U.S. Air Force Marathon, Wright-Patterson AF Base, OH. 800-467-1823; afmarathon.wpafb.af.mil  
**September 4.** U.S. Half-Marathon, Denver, CO. www.rundenvr.com  
**September 17.** Walker North Country Marathon, Walker, MN. 218-547-4157; walker.northcountrymarathon.com

**MID-AMERICA**

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

**August 7.** Hennepin-Lake Classic 5K & 10K, Minneapolis. 651-228-1986; www.tslevents.com  
**August 13.** Georgetown to Idaho Springs Half-Marathon, Georgetown, CO. www.bkb.ltd.com  
**August 18.** Pearl Street Mile, Boulder, CO. 303-413-7316; www.americasdowntownmile.com  
**August 14.** Guidant Heart of Summer 10K & 5K, Minneapolis. www.heartofsummer.org

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 13.** Elvis Run 5K, Dallas, TX. 972-235-2513; www.elvisrun.com  
**September 4.** Tupelo Marathon & 14.2 Mile, Tupelo, MS. www.TupeloRunningClub.Homestead.com

**WEST**

Arizona, California, Hawaii, Nevada, New Mexico

**August 14.** America's Finest City Half-Marathon & 5K, San Diego. 760-692-2900; www.afchalf.com  
**August 21.** Golden Gate Park 5K XC, San Francisco. 415-978-0837; www.dserunner.com  
**August 27.** Jet to Jetty 10K, Playa Del Rey, CA. www.2promo.com  
**September 11.** Four Seasons 4 Mile, Carlsbad, CA. www.kinanevents.com

**NORTHWEST**

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

**August 6.** Bozeman, MT, Classic 5K & 10K. Bob Wade, 406-522-7064.  
**August 6.** Mt. Ashland 13 Mile, Mt. Ashland, OR. 541-488-5340.  
**August 7.** Footzone 5K, Redmond, WA. 206-972-9972; www.footzone.com  
**August 13.** Pacific Trail Iron Girl Women's 5K, Seattle, WA. www.IronGirl.com  
**August 26 (Fri.).** 24th Fred Meyer Hood to

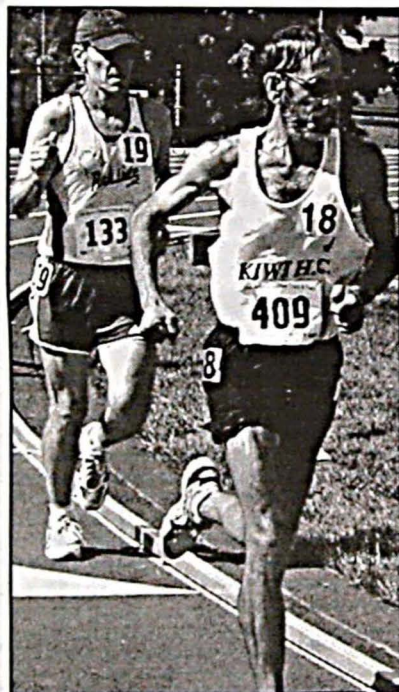
Coast Relay, Mt. Hood, OR. 197 Miles, 12 per team. 503-292-4626; www.hoodtoeast.com  
**September 5.** Pre's Trail Restoration 8K, Eugene, OR. Funds raised will go to restoring Pre's Trail; donations tax deductible. Bill McChesney, 541-344-8106; www.oregontrackclub.org  
**September 10.** Atla Peruvian Lodge Downhill Dash 8K, Alta, UT. www.altaperuvian.com  
**September 11.** Oregon Grand Prix Series - Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org  
**September 17.** Prefontaine Memorial Run, 800-824-8486; www.prefontaine.com  
**September 18.** Maui Marathon & Half-Marathon, Kahului, HI. www.mauimaraathon.com  
**October 29.** Oregon Grand Prix Series USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org  
**November 12.** Oregon Grand Prix Series - USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

**CANADA**

**September 25.** Scotiabank Toronto Waterfront Marathon. www.torontowaterfrontmarathon.com

**INTERNATIONAL**

**September 25.** Berlin Marathon. 800-444-4097; www.marathonours.com

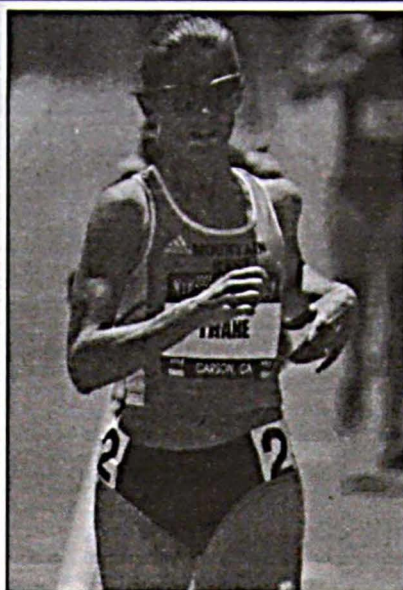


JERRY WOJCIK

Seth Bergman (r), second M50 in the 10,000 (38:58.45), and Mike De Witt, fourth M50 (43:34.50), 2004 USA National Masters Championships.

**RACEWALKING**

**August 5 & 7.** USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.  
**August 28.** USATF MAC 3K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol.com  
**September 11.** USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org  
**September 18.** USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.  
**October 8.** USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org  
**November 13.** USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk\_99@yahoo.com  
**December 4.** USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org



VICTOR SAILER / PHOTO RUN

Mary Thane, winning the Women's Masters Invitational 1500, USA National Championships, Carson, Calif.



LINDA SENKBEIL

Lance Winders, #27, holds off David Matherne, #21, in the battle for masters fourth place at the 2005 Mercedes-Benz Cotton Row Run.

**Navy Sails to Victory Again**

The 24th ACLI Capital Challenge took place Wednesday, May 11, in Washington, DC's Anacostia Park. A large contingent of 29 senators and congressmen, plus agency heads, federal judges, and scores of media were among the more than 650 runners taking part in the three-mile team race.

Teams were captained by a U.S. senator, representative, cabinet member, sub-cabinet presidential appointee, federal judge, on-air media personality, or professional journalist.

The purpose of the Challenge is to determine who is fittest, the legislative branch, executive branch, judicial branch, or the media that covers them, and to raise money for the D.C. special Olympics.

Alan Webb, the celebrity guest athlete, was the "official whistle blower" for the race and started the runners on their way.

Senator John Ensign (R-NV), 2003 winner, took home top senator finish honors (19:40), recapturing his crown from 2004 winner Senator John Sununu (R-NH), while Kay Bailey Hutchison (R-TX) repeated as the Senate women's winner (36:36).

Representative Bart Gordon (D-TN) is still the fastest man in Congress

(Mike Synar Award) with his 18:17, five seconds ahead of his 2004 time.

Overall winners were Jim Ansberry of Representative Jim Ryun's (R-KS) staff (15:18), and Laura Turner, staff member in the House Clerk's office (16:35). The team of former world record holder Jim Ryun retained House team honors. Foreign Relations Committee Chairman Senator Richard Lugar continued his streak by finishing his 24th straight Challenge.

Race records were set by Judge James Baker of the Court of Appeals for the Armed Forces (16:12) and Senator Charles Grassley (R-IA) in the 70-and-over captain category (27:56).

The ACLI Capital Challenge highlights the ability of many of the nation's busiest leaders to stay fit.

All entry fees went to D.C. Special Olympics and title sponsor ACLI (American Council of Life Insurers) and contributing sponsors, John Hancock Financial Services, Northwestern Mutual, Swiss Re, Fannie Mae, Roll Call, Running Times, and the Chubb Corporation also donated additional funds to D.C. Special Olympics, as well as paying all race expenses. This year a record \$14,315 was raised. □

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Table with columns for athlete name, event, time, and date. Includes entries for M35-39, M40-44, M50-55, and M55-59 age groups.

Table titled 'RECIPIENTS OF ALL-AMERICAN AWARDS' listing names and their respective award categories and dates.

Table listing names, event details, and dates for various categories including M50-54, M55-59, and W50-54.

TRACK Please send results 50098, Eugene, OR To keep information results more than 3 using 2-1/4" wide ir ence. Deadline is date.

National Masters Invit Events, USA Champi Carson, CA; June

M40+ 110mH w2.7 Willie Gault, un SoCaITC Dexter Ashford SoCaITC Jerome Cadoret Speed Peter Grimes una Jack Hoyt una Henry Andrade una W40+ 1500m Mary Thane Mt West Mary Grene SoCaITC Karen Steen ClubNW Lisa Davis Track West Sheri Wright Rynn Rep Carrie SherburneSoCal Terrin Sabel Fleet Ft S

National Senior Ga Pittsburgh, PA; June

100m Oscar Peyton Jim Ross Thomas Smith Charles Allie David Cotner Lee Hess M55 Roger Pierce Wayne Hansen Dennis Davis Bob Lida Walt Lancaster Emil Pawlik M70 Bobby WhildenAR/WF (Payton Jordan/12.91) Dennis Melanson Lloyd Williams Harry Brown James Stookoy Don Cheek M75 Charles Modlin Curt Davison Raoul Rodrigues John Means Milton Silverstein Champion Goldy James Hammond Al (Buell Crane/20.69/19) Murphy Domingue Gail Kantak W50 Brenda Cook Jeanne Bowman W55 Phil Raschker Hillen von Maltzahn Audrey Cox W60 Karin Reschke Sandra Guy Mary Robinson Barbara Jordan Essie Kea W70 Audrey Lary Flo Meiler Jean Schooler Ethel Lehmann Frances Styles Mary Ann Boe W80 Josephine Stewart A (Polly Clark/19.32/19) W85 Molly MacKown Lona Flynn W90 Mittie Seawell 200m M50 Oscar Peyton Thomas Smith Neil Steinberg Charles Allie David Cotner Zbogy Zlobicki Roger Pierce Larry Barnum Allen Huff M65 Bob Lida Emil Pawlik Walt Lancaster Bobby Whilden Dennis Melanson Lloyd Williams M75 James Stookoy Don Cheek William Melville M80 Charles Modlin Curt Davison Raoul Rodrigues M85 John Means Bob Matteson M90 Murphy Domingue Frederic Winter W50 Brenda Cook Ainsley Lovell Gail Kantak W55 Phil Raschker Hillen von Maltzahn Audrey Cox W60 Karin Reschke Sandra Guy Mary Robinson Kathy Bergen Dorothy Haskins Barbara Jordan W70 Flo Meiler Audrey Lary Jean Schooler W75 Ethel Lehmann Mary Ann Boe Georgia Johnson W80 Josephine Stewart Barbara Gladd Luella Morris W85 Molly MacKown

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN. Large table with columns for Event, Age Group, and Time. Includes categories like 55, 60, 100, 200, 400, 800, 1500, Mile, 3000, 5000, 10000, 55H, 60H, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Javelin, 35#WL, Weight, Sup.WL, Pent, Decath, and WL Pent.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN. Large table with columns for Event, Age Group, and Time. Includes categories like 55, 60, 100, 200, 400, 800, 1500, Mile, 3000, 5000, 10000, 80H, 400H, 300H, 2K-SC, HJ, PV, LJ, TJ, Shot, Javelin, Discus, Hammer, Weight, Sup.WL, and WLPent.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50-59: 27"; 60+: 27" 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60+: 27" 4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60+: 27" 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.0kg; 60+: 1.0kg; 7) Javelin: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70-79: 500g 80+: 400g 8) Weight: 30-39: 35# 40-49: 25# 50-59: 20# 60-69: 20# 70-79: 16# 80+: 12# 9) Superweight: 30-39: 56# 40-49: 35# 50-59: 25# 60-69: 25# 70-79: 16# 80+: 12# 10) Pen/Dec/WLPent: 30-39 IAAF pts.; 40+ WMA factoring. 11) Metric heights and distances are the standard; feet and inches listed for convenience.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 39"; 40-49: 36"; 50-59: 33"; 60-69: 30"; 70-79: 30"; 80+: 27" 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60-69: 30"; 70+: 27" 4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70+: 27" 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.0kg; 60+: 1.0kg; 7) Javelin: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70-79: 500g 80+: 400g 8) Weight: 30-39: 35# 40-49: 25# 50-59: 20# 60-69: 20# 70-79: 16# 80+: 12# 9) Superweight: 30-39: 56# 40-49: 35# 50-59: 25# 60-69: 25# 70-79: 16# 80+: 12# 10) Pen/Dec/WLPent: 30-39 IAAF pts.; 40+ WMA factoring. 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS WOMEN. Table with columns for Event, Age Group, and Time. Includes categories like W30, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH. Form with fields for NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT, and checkboxes for CERTIFICATE, PATCH, and PATCH TAG. Includes instructions for application.

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Invitational Events, USA Championships Carson, CA; June 27

Table with 2 columns: Event Name and Time. Includes M40+ 110mH w2.7, W40+ 1500m, W40+ 1500m Mt West, etc.

National Senior Games Pittsburgh, PA; June 3-18

Table with 2 columns: Event Name and Time. Includes M50 Oscar Peyton, M55 Charles Smith, M60 Roger Pierce, etc.

Table with 2 columns: Event Name and Time. Includes Betty Sanford, Mary Haines, Thomas Smith, Charles Wasson, etc.

Table with 2 columns: Event Name and Time. Includes W55 Yoko Eichel, W60 Ruth Thelen, W65 Shirley Wampler, etc.

Table with 2 columns: Event Name and Time. Includes W75 Ethel Lehmann, W80 Ruth Seeger, W85 Molly McKown, etc.

Table with 2 columns: Event Name and Time. Includes Sidney Kiwitt, William Donald, M80 Frederic Hirsimaki, etc.



JERRY WOJCIK Lincoln Russin, M60 second in the 100 (13.62) and the 200 (27.21), 2005 Hayward Classic.

Table with 2 columns: Event Name and Time. Includes M65 Bill Borta, M70 Robert Hasseler, M75 Tony Diamond, etc.



USA National Masters Decathlon/Heptathlon Championships

Table with columns: Men's Decathlon, Points, 100, LJ, SP, HJ, 400, Day1, 110H, DT, PV, JT, 1500. Lists athletes like Luthy, Kevin and Henry, Barry with their respective scores.

Table with columns: SP, 6k-7, 29/5k-8, 59/4k-8, 75. Lists athletes like Feick, Ray and Olson, Len with their scores.

Table with columns: 800m, M40, M45, M50, M55, M60, W40, W45, W50, M55, M60, M70, M75, M80, M85, M90, M95, M100. Lists athletes like Zanis, Paul and Harasts, Angelo with their scores.

Table with columns: M50, M55, M60, W40, W45, W50, M55, M60, M70, M75, M80, M85, M90, M95, M100. Lists athletes like Russ Patton and George Sanders with their scores.

Table with columns: Chris Carroll, Robert Downs, Jim O'Donnell, Lorraine Jasper, Gene Tung, Kevin Forde, Tom Yunker, Joel Hoffsmith, Carl Grossman, Kevin McCleave, Kevin McCleave, Randy Miller, Chris Watson, Peter Hirschmann, Cardwell Wooten, Chuck Lumio, Bruce Mannon, Kenneth Crawford, Karen White, Rafael Suarez, Maurice Feldman, Jim Gansle, Heather Scanlon, Rafael Suarez, Maurice Feldman, Nick Helfrich, Heather Scanlon, Larry Schiller, Peter Hagan, James Sears, Paul Gansle, Thomas Fondy, Sam Morris, Ed Cox, Donald Hanlon, Edwin Koch, Hilien von Maltzahn, Willie Murphy, Gloria Santaripa, Minna Charles, Peter Hardwick, Robert Albinski, Paul Gansle, Christopher Rush, Sam Morris, Mary Rea, Bridget Pawelczak, Jean Miller, Estelle Hahn, Gloria Santaripa, Letticia Graham, Anthony Cruickshank, Norman Chambliss, Donald Bogart, Charles Yost, Owen van Buskirk, Robert Metzner, Edwin Koch, Evita Belmonte, Gloria Rose, Joyce Bahr, Norma Schilloff, Elsie Adams, Ed Ferraro, John Busch, Norman Chambliss, Walter Schilloff, Chuck Yost, John Sheridan, Robert Metzner, Edwin Koch, Evita Belmonte, Barbara Lopiccolo, Joyce Bahr, Norma Schilloff, Elsie Adams, Thomas Fitzgerald, Ray Kimball, Paul Goodwin, Jay Charles, Lavern Rector, Pamela Niles, Portland Zrmerman, Clementine Licorish, Margaretta Goines, Bernice Washington, Bruce Mannon, Terrence Moody, Gary Arend, Bruce Campella, Manee Coleman, Cardwell Wooten, Aaron Walters III, Bruce Campella, Bob Fuhrman, Lorraine Jasper, Barbara Leighton, Vernon Waters, Jim Scesney, Chuck Shields, Russ Patton, Kent Beachler, Bob Fuhrman, Lorraine Jasper, Barbara Leighton, Vernon Waters, Ryan Gober, Mark Vanek, Russ Patton, Bob Fuhrman, Carole Allers, Sheena Franklin, Lorraine Jasper, Neill Clark, Jim Scesney, Ryan Gober, Mark Vanek, Russ Patton, Bob Fuhrman, Carole Allers, Sheena Franklin, Lorraine Jasper, Neill Clark.

Philadelphia Masters 5th Annual Throw-a-Thon, Albright College Reading, PA; June 4. Name, Age, Points. Lists athletes like Wallace, Dan and Wetenhall, Jim with their points.

Garden State Classic T&F Meet, Randolph, NJ; June 5. Lists athletes like Evans, Rick and Jones, Rich with their scores.

Philadelphia Masters Meet Plymouth Whitemarsh H.S. June 7. Lists athletes like Bruce Mannon and Terrence Moody with their scores.

Philadelphia Masters T&F Association Meet, Plymouth Whitemarsh H.S. June 14. Lists athletes like Joe Williams and Eric Stern with their scores.

Philadelphia Ma Association Meet Whitemarsh June 21. Lists athletes like Lovell Butler and Howard Bolton with their scores.



Table with columns for athlete name, event, and time. Includes entries for Chris Carroll, Chuck Shields, Russ Patton, and others.

Table with columns for athlete name, event, and time. Includes entries for Anoki Armaud, Glenn Schmehl, M70 Jim Sulton, and others.

Table with columns for athlete name, event, and time. Includes entries for Tom Ennis, John Holzman, M70 Robert Fine, and others.

Table with columns for athlete name, event, and time. Includes entries for James Moreland, Kyra Brown, M30 William Dean, and others.

Table with columns for athlete name, event, and time. Includes entries for Martin Quinn, W400m Racewalk, W400m Racewalk, and others.

Table with columns for athlete name, event, and time. Includes entries for Daryl Mitchell, Tecumseh Peete, Marcus Shute, and others.

Table with columns for athlete name, event, and time. Includes entries for Daryl Mitchell, Tecumseh Peete, Marcus Shute, and others.

Table with columns for athlete name, event, and time. Includes entries for Syracuse Chargers Meet, Henninger H.S., NY, June 27, and others.

Table with columns for athlete name, event, and time. Includes entries for West Tennessee Masters Meet, Memphis, TN, June 11, and others.

Table with columns for athlete name, event, and time. Includes entries for Sunshine Games Coral Springs, FL, June 19, and others.

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Table with columns for athlete name, event, and time. Includes entries for Philadelphia Masters T&F Association Meet, Plymouth Whitmarsh H.S., June 28, and others.

Table with columns for athlete name, event, and time. Includes entries for Potomac Valley TC Meet, McLean, VA, June 12, and others.

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Table with columns for athlete name, event, and time. Includes entries for USATF/FL T&F Championships, National Training Ctr., Clermont, Florida, June 11, and others.

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Table with 2 columns: Name and Time. Includes athletes like Ray Bentley, Chuck Sochor, Steve Gallero, etc.

Table with 2 columns: Name and Time. Includes athletes like Paul Organ, Curtis Caughey, David Jones, etc.

Table with 2 columns: Name and Time. Includes athletes like Bill Perish, Kelly Knight, Brenda Peschel, etc.

Table with 2 columns: Name and Time. Includes athletes like Ronald Wheeler, Richard Angove, Stanley Wiechel, etc.

Table with 2 columns: Name and Time. Includes athletes like Kevin Shaner, Bob Malby, Paul Middleton, etc.

Table with 2 columns: Name and Time. Includes athletes like Charles Green, Trent Hagler, Andrew Seach, etc.

Table with 2 columns: Name and Time. Includes athletes like Rick Cawley, Benedict Olusola, Donald Keller, etc.

15th Annual Dayton Masters T&F Classic, Perc Welcome Stadium, Dayton, OH July 9 (\* Meet Record)

Table with 2 columns: Name and Time. Includes athletes like Mary Jilka, Ernestine Yeomans, etc.

MID-AMERICA Jolly Jogathan Marysville, KS; June 5

Table with 2 columns: Name and Time. Includes athletes like Shawn Dolezilek, Rodney Robison, etc.

lowa Senior Olympics W. Des Moines; June 9-12

Table with 2 columns: Name and Time. Includes athletes like Paul Matzen, Steve Dakin, etc.

USATF Mid-America Regional Championships Edwardsville, IL; June 11-12

Table with 2 columns: Name and Time. Includes athletes like Kurvin Wallace, Alfy Pettes, etc.

USATF Minnesota Open & Masters Championships, Blaine; June 12

Table with 2 columns: Name and Time. Includes athletes like Dwight Nelson, Jeffery Stone, etc.

13th Annual Lions Championships, Austin, TX; May 21

Table with 2 columns: Name and Time. Includes athletes like Paston Coke, Robert Draper, etc.

SOUTHWEST

Table with 2 columns: Name and Time. Includes athletes like Paston Coke, Robert Draper, etc.



Hayward Classic T&F Meet, Hayward Field, Eugene OR June 18-19

Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Lists names, event abbreviations, and times for various events like 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 80000m, 100000m.

Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Continuation of the list from the previous block, including events like 10000m, 12000m, 15000m, 20000m, 30000m, 40000m, 50000m, 60000m, 80000m, 100000m.

Table titled 'National Masters News A-G Mile' listing names, ages, and times for various distance events.

Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Continuation of the list from the previous blocks.

Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Continuation of the list from the previous blocks.

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Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Continuation of the list from the previous blocks.

Table of athletes and results for Hayward Classic T&F Meet, Hayward Field, Eugene OR. Continuation of the list from the previous blocks.

Table titled 'Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR June 25 & 26' listing names, event abbreviations, and times.

Table of athletes and results for Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR. Continuation of the list.

Table of athletes and results for Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR. Continuation of the list.

Table of athletes and results for Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR. Continuation of the list.

Table of athletes and results for Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR. Continuation of the list.

Table of athletes and results for Portland Masters Classic/NW Regional Championships, Mt Hood C.C., Gresham, OR. Continuation of the list.



Long Jump table with columns for athlete name, event, and time. Includes entries for M40, M45, M50, M55, M60, M65, M75, W35, M70, M80, M85, M90, M95, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95.

King, John W. and other entries table. Includes Canadian results for Percival Mercury Spring Classic and Riversdale Relays.

M50 Brian Berquist and other entries table. Includes Canadian results for Percival Mercury Spring Classic and Riversdale Relays.

LONG DISTANCE RUNNING EAST

Ridgewood 5K/USATF-NJ Masters Women's Championships, Ridgewood, May 30

Overall table for Ridgewood 5K/USATF-NJ Masters Women's Championships. Lists names and times for various age groups.

Bel Air 5K Bel Air, MD; June 5

Overall table for Bel Air 5K. Lists names and times for various age groups.

DCRRRC Women's Distance Festival 5K Arlington, VA; June 5

Overall table for DCRRRC Women's Distance Festival 5K. Lists names and times for various age groups.

NYRR Circle of Friends NY Mini 10K, Central Park, NYC June 11

Overall table for NYRR Circle of Friends NY Mini 10K. Lists names and times for various age groups.

W45 J Chodnicki-Stemm and other entries table. Includes names and times for various age groups.

Lawyers Have Heart 10K Washington, DC; June 11

Overall table for Lawyers Have Heart 10K. Lists names and times for various age groups.

Battle of Bunker Hill 8K Charlestown, MA; June 12

Overall table for Battle of Bunker Hill 8K. Lists names and times for various age groups.

Louise Rossetti Women's 5K Beverly, MA; June 15

Overall table for Louise Rossetti Women's 5K. Lists names and times for various age groups.

Vestal XX 20K Vestal, NY; June 18

Overall table for Vestal XX 20K. Lists names and times for various age groups.

MT. Washington Road Race 7.6M Uphill Climb Mt. Washington, NH; June 18

Overall table for MT. Washington Road Race. Lists names and times for various age groups.

President's Cup Nite Race 5K/USATF-NJ Open Men's Championships, Millburn June 20

Overall table for President's Cup Nite Race. Lists names and times for various age groups.

NYRR Lesbian and Gay Pride Run 5 Miles, Central Park NYC; June 25

Overall table for NYRR Lesbian and Gay Pride Run. Lists names and times for various age groups.

Donald Dayton and other entries table. Includes names and times for various age groups.

Kings Park 15K Quicoe, NY; June 18

Overall table for Kings Park 15K. Lists names and times for various age groups.

NYRR WABC Fight/Prostate Cancer 8K, Central Park NYC; June 19

Overall table for NYRR WABC Fight/Prostate Cancer 8K. Lists names and times for various age groups.

Friendly's New England Mile Festival, Portland, ME June 19

Overall table for Friendly's New England Mile Festival. Lists names and times for various age groups.

L. L. Bean 10K Freeport, ME; July 4

Overall table for L. L. Bean 10K. Lists names and times for various age groups.

28th Dedham Classic 5M Dedham, MA; July 4

Overall table for 28th Dedham Classic 5M. Lists names and times for various age groups.

Baltimore Lady Classic 5K Baltimore, MD; June 26

Overall table for Baltimore Lady Classic 5K. Lists names and times for various age groups.

Doug Brown and other entries table. Includes names and times for various age groups.

Connecticut Irish Festival 5K North Haven, CT; June 25

Overall table for Connecticut Irish Festival 5K. Lists names and times for various age groups.

Baltimore Lady Classic 5K Baltimore, MD; June 26

Overall table for Baltimore Lady Classic 5K. Lists names and times for various age groups.

28th Dedham Classic 5M Dedham, MA; July 4

Overall table for 28th Dedham Classic 5M. Lists names and times for various age groups.

Baltimore Lady Classic 5K Baltimore, MD; June 26

Overall table for Baltimore Lady Classic 5K. Lists names and times for various age groups.

L. L. Bean 10K Freeport, ME; July 4

Overall table for L. L. Bean 10K. Lists names and times for various age groups.

28th Dedham Classic 5M Dedham, MA; July 4

Overall table for 28th Dedham Classic 5M. Lists names and times for various age groups.

Vytra Long Island Summer 5K Women's Run Farmingdale, NY; July 9

Table with 2 columns: Name and Time. Includes TATYANA HLAYDE, LAURA GLUF, MIMI FALLOU, etc.

Utica Boilermaker 15K Utica, NY; July 10

Table with 2 columns: Name and Time. Includes Gilbert Okari, Sally Barsosio, Andrew Latincsics, etc.

SOUTHEAST

Civilians 10K Fredericksburg, VA; May 30

Table with 2 columns: Name and Time. Includes Tim Avery 23, Johanna Allen 23, Ted Poulos, etc.

Tim Harmon 5K Fairfax, VA; June 18

Table with 2 columns: Name and Time. Includes Philippe Rolly 32, Jacqueline Concaugh 30, Ted Poulos, etc.

Hugh Jascourt 4 Mile Springfield, VA; June 21

Table with 2 columns: Name and Time. Includes Richard Rapine 33, Toni Marie Degoli 26, Ted Poulos, etc.

Table with 2 columns: Name and Time. Includes Janet Abbate, Darlene Gauthier, Betty Blank, etc.

Loudoun Street Mile Winchester, VA; June 25

Table with 2 columns: Name and Time. Includes Jason Long 26, Victoria Lynch 31, Raymond Bollock, etc.

Florida Hospital Firecracker 10K/5K, Daytona Beach, FL June 26

Table with 2 columns: Name and Time. Includes JUSTIN HARBOR 17, MALLORY DUNN 21, DANIEL MCCARTHY, etc.

Flirt With Dirt 5K & 10K Novi, MI; June 4

Table with 2 columns: Name and Time. Includes Overall Ringlen 37, Colleen Zalten 27, Glen Maylath, etc.

Firecracker 5K Run for St. Jude, Memphis, TN; July 3

Table with 2 columns: Name and Time. Includes Overall Jacob Rotich 28, Susannah Moroney 27, Jeff Hausshalter, etc.

Peachtree 10K Atlanta, GA; July 4

Table with 2 columns: Name and Time. Includes Overall Mbarak Hussein, 40, USA, Patrick Fuller, 40, OR, Paul Auldemborn, 40, MI, etc.

Table with 2 columns: Name and Time. Includes Patti Stewart-Garbrec, Patricia A Foell, Patrice Combs, etc.

MIDWEST

Oak Apple 10K Royal Oak, MI; June 4

Table with 2 columns: Name and Time. Includes Overall Steven Mance 21, Kathy Rink 38, M40 David Watkins, etc.

Firecracker 4M Hales Corners, WI; July 4

Table with 2 columns: Name and Time. Includes Overall JODI JAKUBEK, JODI JAKUBEK, M35 COREY BINNEBOSE, etc.

Steamboat Classic 4M Peoria, IL; June 11

Table with 2 columns: Name and Time. Includes Overall Shadrack Kosgei 21, Constantina Tomescu-Dita 35, M35 Mike Heffron, etc.

Table with 2 columns: Name and Time. Includes Larry Mayberry, Art Harris, John Clarke, etc.

Grandma's Marathon & Gary Bjorkland Half-Marathon & William A. Irvin 5K Duluth, MN; June 18

Table with 2 columns: Name and Time. Includes Overall Wesley Ngetich, Haina Karnatsevich 35, M35 Pavel Andreev, etc.

Mohican Trail 100M/50M Loudonville, OH; June 18-19

Table with 2 columns: Name and Time. Includes Overall Sean Andrich 35, Stephanie Ehret 42, M40 Bob Pokorny, etc.

50 Mile Overall

Table with 2 columns: Name and Time. Includes Rich Wisneski 36, Terri Lemke 44, M40 J. Russel Gill, etc.

Firecracker 4M Hales Corners, WI; July 4

Table with 2 columns: Name and Time. Includes Overall NICK FULTON, JODI JAKUBEK, M35 COREY BINNEBOSE, etc.

20th Fifth Season 8K Cedar Rapids, IA; July 4

Table with 2 columns: Name and Time. Includes Overall Julius Kiptoo 27, Atalelech Ketema 21, M40 Mike Carney, etc.

Table with 2 columns: Name and Time. Includes Kim Anderson, Janet Robertz, Julie Virkus, etc.

MID-AMERICA

Grandma's Marathon & Gary Bjorkland Half-Marathon & William A. Irvin 5K Duluth, MN; June 18

Table with 2 columns: Name and Time. Includes Overall Wesley Ngetich, Haina Karnatsevich 35, M35 Pavel Andreev, etc.

Lyons River Run 5K Boulder, CO; June 26

Table with 2 columns: Name and Time. Includes Overall Jason Hill 26, Katie Blackett 28, M35 Eric Schwartz, etc.

Coors Freedom 10K Junction City, KS; July 4

Table with 2 columns: Name and Time. Includes M35 David Hafferty, M40 Ross McDonald, Terry Criss, etc.

SOUTHWEST

Panera Super Summer 8K Oklahoma City, OK; June 24

Table with 2 columns: Name and Time. Includes Overall Jerry Faulkner 23, Natalia Voelmecke 20, Jorge Rangel, etc.

Table with 2 columns: Name and Time. Includes Kathleen Wendel, Gloria Jansen, Barbara Jacobson, etc.

Lyons River Run 5K Boulder, CO; June 26

Table with 2 columns: Name and Time. Includes Overall Jason Hill 26, Katie Blackett 28, M35 Eric Schwartz, etc.

Coors Freedom 10K Junction City, KS; July 4

Table with 2 columns: Name and Time. Includes M35 David Hafferty, M40 Ross McDonald, Terry Criss, etc.

SOUTHWEST

Panera Super Summer 8K Oklahoma City, OK; June 24

Table with 2 columns: Name and Time. Includes Overall Jerry Faulkner 23, Natalia Voelmecke 20, Jorge Rangel, etc.

Valley Crest Half Marathon Reseda, CA

Table with 2 columns: Name and Time. Includes Overall Saul Bautista, Rhonda Kilfoyle, John Tessier, etc.

Lyons River Run 5K Boulder, CO; June 26

Table with 2 columns: Name and Time. Includes Overall Jason Hill 26, Katie Blackett 28, M35 Eric Schwartz, etc.

Coors Freedom 10K Junction City, KS; July 4

Table with 2 columns: Name and Time. Includes M35 David Hafferty, M40 Ross McDonald, Terry Criss, etc.

SOUTHWEST

Panera Super Summer 8K Oklahoma City, OK; June 24

Table with 2 columns: Name and Time. Includes Overall Jerry Faulkner 23, Natalia Voelmecke 20, Jorge Rangel, etc.

WEST

Valley Crest Half-Marathon

Reseda, CA; June 12

Table with columns for runner name, age, and time. Includes runners like Saul Bautista, Rhonda Kilroy, and Steve Schuman.

Fleet Feet Women's Fitness Festival 5K

Sacramento, CA, June 12

Table with columns for runner name, age, and time. Includes runners like Ceci St Geme, Kyle Merrim, and Carla Kehoe.

State Street Mile

Santa Barbara, CA; June 19

Table with columns for runner name, age, and time. Includes runners like Joseph Keino, Melissa McBain, and W35 Kristen Dowell.

Walt Stack Trail 10K

San Francisco, CA June 19

Table with columns for runner name, age, and time. Includes runners like John Sullivan, Sunanda Minarikova, and M40 Buzz Brown.

Western States 100M

Endurance Run, Cool, CA; June 25

Table with columns for runner name, age, and time. Includes runners like Scott Jurek, Annette Bednosky, and M35 Andy Jones-Wilkins.

Shriner's 8K

Sacramento, CA; June 25

Table with columns for runner name, age, and time. Includes runners like Riche Boulet, Ms Tanner, and M35 Gustavo Perez.

Will Rogers 10K

Pacific Palisades, CA; July 4

Table with columns for runner name, age, and time. Includes runners like Kevin Koepfer, Lucy Fitzgerald, and M40 David Olds.

Women's Distance Festival 5K

Albuquerque, NM; July 10

Table with columns for runner name, age, and time. Includes runners like Susan Brozik, W40 Alison Fletcher, and W45 Joanne Miller.

Fleet Feet Davis Mile

Davis, CA; July 10

Table with columns for runner name, age, and time. Includes runners like Jim Sorensen, Elissa Riedy, and M40 Bill Bushnell.

Alaska Run for Women 5M

Anchorage, AK; June 11

Table with columns for runner name, age, and time. Includes runners like Esther Jurasek, W40-Kyle Gauthier, and W35 Jennifer Perez.

Bighorn Mountain Wild & Scenic Trail 30K, 50K, 50M, 100M, Sheridan, WY

June 17-18

Table with columns for runner name, age, and time. Includes runners like Joe Hall, M35 Hunter Coleman, and M40 John Bundy.

Main Street Mile

Boise, ID; July 1

Table with columns for runner name, age, and time. Includes runners like Lance Denning, Michael Carlson, and Dave Cingan.

Sierra Mist Butte to Butte

10K, Eugene, OR; July 4

Table with columns for runner name, age, and time. Includes runners like Nick Rogers, Eap Sopagna, and M35 Greg Menegat.

Foot Traffic Flat Marathon & Half-Marathon

Portland, OR; July 4

Table with columns for runner name, age, and time. Includes runners like Tom Mann, Annie Thiessen, and M40 Tony Phillippi.

Half-Marathon

Overall

Table with columns for runner name, age, and time. Includes runners like John Jimoff, Danielle Quatrochi, and M40 Joseph Dudman.

Scotiabank Vancouver Half-Marathon

Vancouver, BC; June 26

Table with columns for runner name, age, and time. Includes runners like Githai MacHaria, Ljudmila Kortchaguina, and M40-Norman Tinkham.

Gold Coast Airport Marathon

Southport, Gold Coast, AUS July 3

Table with columns for runner name, age, and time. Includes runners like Dickson Marwa, Jackie Fairweather, and M35 Magnus Michelsson.

USATF National Masters 15K

Riverside, CA; May 15

Table with columns for runner name, age, and time. Includes runners like Chris Rael, Pedro Santoni, and M50 Mike Counts.

NCCWMA 5/10K RW Championships/Art Keay Memorial Racewalks, Toronto, Canada

May 28

Table with columns for runner name, age, and time. Includes runners like Paul Tucknott, M40 Nil Lavalie, and M40 Jullien Rosinski.

MAC Assn 10K RW Championships

Central Park, NYC; June 18

Table with columns for runner name, age, and time. Includes runners like Leo Romero, Alice Li Mei Tan, and M30 Jussu Koski.

Taranaki Walks, New Plymouth, New Zealand June 18

Table with columns for runner name, age, and time. Includes runners like Bob Hopkins, Bart Jones, and David Lonsdale.

**WILL THIS EVER REPLACE WILLPOWER?**

**WILL THIS MAKE 6 A.M. ANY LATER?**

**WILL THIS MAKE A COLD WIND ANY WARMER?**

**WILL THIS MAKE A PR ANY EASIER?**

**WILL THIS MAKE TOFU ANY YUMMIER?**



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