



# NATIONAL MASTERS NEWS



The official world and U.S. publication for Masters track & field, long distance running and race walking.

February 26, 1991

Dr. Kenneth Cooper  
Cooper Clinic  
12200 Preston Rd.  
Dallas TX 75230

Dear Dr. Cooper:

Ruth Leff told me you were interested in the age-graded analysis we did for her.

Enclosed is a complimentary copy of our book: "Masters Age-Graded Tables."

The information in the book may help you with your new book on aging, which Ruth tells me you're working on.

The tables were researched by committees of the World Association of Veteran Athletes. On the committees were masters athletes from 12 different countries.

The tables show, for example, on page 21, that a 60-year old man ran 100 meters at .847 of his ability as a 25-year-old. Thus, he has lost 15.3% of his ability -- which is probably a lot less than most people would imagine.

That same 60-year-old man loses a bit more, however, if he runs the 10K (page 24). His age factor for the 10K is .8038, meaning he's lost about 20% of his ability.

The research was compiled based on actual performances over the past 20 years. The women's tables are possibly a tad less accurate, because we don't have as much data.

We're going to revise the tables later this year. We're finding that the factors for the 60+ group are about one per cent too tough. Thus, the .8038 for the 60-year-old might be adjusted to, say, .7957. Or we may leave those factors alone and tighten up the younger groups.

But, generally, most everyone agrees it's the most accurate analysis ever done on performance decline in older athletes.

Please look it over and give me a call if you have any questions.

Sincerely,

Al Sheahen, Editor



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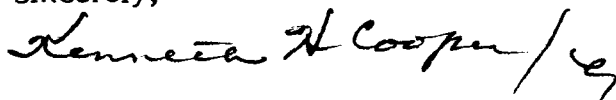
Dear Mr. Sheahen:

I want to thank you for the copy of Masters Age-Graded Tables 1990 edition. As Ruth Leff mentioned, I am compiling a book on the older athlete; however, this book will not be limited just to the athlete -- it will be intended for people of all levels of athletic ability. Your tables will be of considerable value in trying to more accurately assess the performance capabilities of the older person.

As I say in my book, "age fast, age slow -- it's up to you", I am convinced that many of the physiological effects of aging are more adaptive than they are pathological. With the publication of my book, I hope to encourage active people to remain active as they enter the advanced years and even encourage older people to initiate safe and effective programs. Your book should help achieve those goals.

If your travels bring you to Dallas, stop by and visit with us at the Aerobics Center. I would be delighted to give you a tour of our center and expose you to some of the research currently being conducted.

Sincerely,



KENNETH H. COOPER, M.D.

KHC:bb

