

# Oklahoma RUNNER

February 27, 1991

Mr. Al Sheahen  
National Masters News  
P. O. Box 2372  
Van Nuys, CA 91494

Dear Al:

Age-graded scoring has certainly added a new dimension to road racing. The packet that WAVA has made available with the factors and standards has been invaluable in scoring runners where a large range of ages are involved and where the sexes are mixed.

Before these tables came along it was always a big problem on how to score such things as team competition, masters prize money, masters where a small field was entered, Clydesdales and so on.

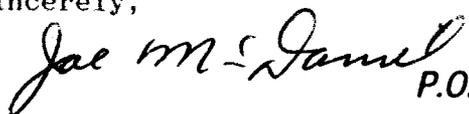
It has certainly caught on here in Oklahoma. The Tulsa Run which is the biggest race in the state awarded prize money to masters based on the age-graded system. This race also scored the corporate teams in the same manner. There are two 5 km races with Clydesdale scoring that simply puts everyone in a particular weight group and then age grades each time. As pointed out by Tim Murphy, it works on relays and any type of team scoring. The relay scoring can also be done by age/sex grading each time and adding them together. In some relay events individual times are not recorded and the explanation by Murphy is the best alternative.

I would like to point out that RunTime software, the most popular road race computer scoring system, has the age/sex graded factors built in. It will show a runner's actual time and the age/sex graded time in the next column. It does all the masters, team and Clydesdale age-graded scoring in addition to the regular open and age groups. It comes highly recommended. Information can be obtained by calling (607) 754-2339.

One thing I would like to suggest. Whenever you print an age-graded time always print the actual time along with it. It should also be pointed out that an age-graded time is what a person would probably have run in their open years and that a sex-graded time is the male equivalent. This explanation makes it easier to understand. Also, it is better to list times rather than percentages, whenever possible.

Here in Oklahoma, on races using the RunTime software, we always show the top age-graded runners as a matter of information.

Sincerely,



P.O. Box 2008 Tulsa, OK 74101

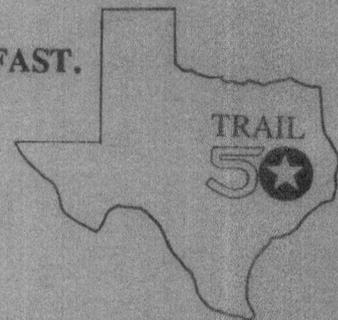
(918) 581-8306

# SUNMART TEXAS TRAIL 50

## 50 Mile Trail Run & Trail Marathon



Soft dirt trails through beautiful and scenic forest with rolling hills to provide variety and challenge. The trail is well maintained, well marked, and VERY FAST.



DATE:..... December 15, 1990 TIME:.... 6:30 am PLACE:..... Huntsville State Park. (6 miles south of Huntsville, TX)

ENTRY FEE:..... \$ 35.00 by 12/01/90, \$ 40.00 from 12/01/90 to 12/14/90. NO RACE DAY REGISTRATION. FIELD LIMITED TO 100 ENTRANTS.

COURSE:..... Accurately measured course! Four 12.5 mile loops for 50 mile race. (2 loops for marathon).  
An excellent FIRST trail run and/or WESTERN STATES 100 MILE ENDURANCE RUN qualifier.

AID STATIONS:.. 20 well equipped aid stations with water, exceed, and food. Runners must carry a water bottle.

TIME LIMIT:..... 11 hours. Must start last loop (37.5 miles) by 2:30 pm. Course will be closed at 5:30 pm.

PRE-RACE:..... Pasta dinner from 6 pm to 8:30 pm (1 guest included). \$ 5.00 extra for additional guests.

POST-RACE:..... Post race bar-b-que includes food and soft drinks (1 guest included). \$ 5.00 extra for additional guests.

AWARDS:..... Ceremony at 6 pm. T-shirts to all starters. Awards to 1st male and female overall, all finishers receive an award.

WEATHER:..... Average high temps - 60's to 70's; can be warm and humid.

LODGING:..... Camping at Huntsville State Park. Motels in Huntsville, TX.



OTHER:..... Additional race information will be provided after entry is received.

CONTACTS:..... Rudy Alvarez, 6034 Gallant Forest Dr., Houston, TX 77088 ph. (713) 591-6710 or Mickey Rollins ph. (713) 468-8115.

VOLUNTEERS:.. To volunteer your services prior to or during race day, contact Mickey Rollins.

ENTRY FORM:... Complete the form below, make checks payable to TEXAS TRAIL 50, mail to: 6034 Gallant Forest, Houston, TX 77088

CIRCLE the RACE you are entering: 50 mi. Marathon Sex (M/F) \_\_\_\_\_

Name: \_\_\_\_\_ T-shirt size: S M L XL

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone No.: (day) \_\_\_\_\_ (night) \_\_\_\_\_ Age (on 12/15/90) \_\_\_\_\_ Birth Date: \_\_\_\_\_

# ULTRAS completed: \_\_\_\_\_ Best 50 mile time: \_\_\_\_\_ # marathons completed: \_\_\_\_\_ Best marathon time: \_\_\_\_\_

Name of GUEST (1 Free) \_\_\_\_\_ ENTRY FEE: \$ \_\_\_\_\_

Number of ADDITIONAL guests at \$ 5.00 each: Pre-race \_\_\_\_\_ Post-race \_\_\_\_\_ X \$ 5.00 = \$ \_\_\_\_\_

TOTAL AMOUNT DUE \$ \_\_\_\_\_

WAIVER: I realize that there are risks associated with competing in this event and in consideration of your accepting this entry, I the below signed intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any persons, organizations, officials, and/or sponsors of the TEXAS TRAIL 50 and their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, and recordings of me, or other record of this event, for any legitimate purpose. Also, I understand that the race director has the right to reject any entry.

Signature of Race Applicant.....: \_\_\_\_\_ Date: \_\_\_\_\_

MINIMUM AGE: 18 years on 12/15/90:

# CONCERNING MASTERS

By Don Slocomb

## HOUSTONIAN REPEATS AS TRIATHLON WORLD CHAMPION



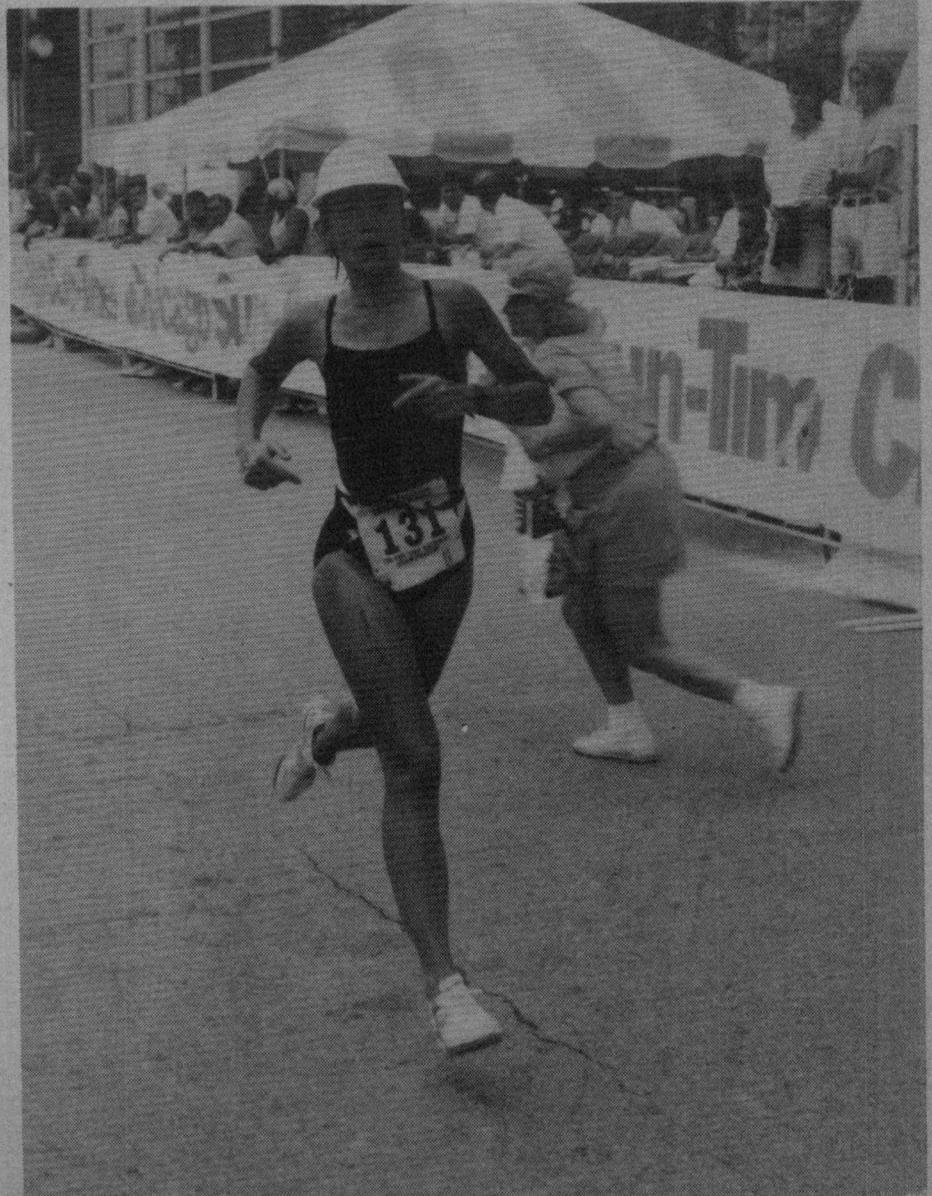
JANE SNYDER, 42, of Houston, has repeated as Masters World Triathlon Champion at the International Triathlon Union World Championship held in Orlando, Florida, on September 15, 1990. In successfully defending the title which she won last year at the inaugural event held in Avignon, France, Jane finished five minutes ahead of her nearest competitor. Her overall time for the 1.5K open water swim, 40K bike, and 10K run was 2:16:12.

Jane competes for Terlingua Track Club of Houston, and is sponsored by Kwik Kopy. Competitors from forty-six countries participated in the event, and the International Triathlon Union hopes that with the scheduling of the next World Championship in Australia in November of 1991, enough clout will be gained to persuade the International Olympic Committee to include the Triathlon as an Olympic event.

Jane qualified for the U.S. Triathlon Team by winning a qualifying triathlon held in Hammond, Indiana, on August 12, 1990. Her winning time of 2:04 in Hammond was achieved in "ideal weather conditions," according to Jane. She admitted to "feeling more than a little nervousness going into the Orlando event, due to the pressure of being the defending champion. It's much easier," she confides, "when no one knows who you are." Snyder led the event from wire to wire, building a lead in the swim which nobody could over-

come. She knew she had the lead coming out of the water and no one passed her during the bike leg, but Jane felt some panic when her husband/coach Bob yelled for her to pick up the pace at two miles into the run. She worried that this meant someone was catching her. However, she concentrated on holding her pace and it was more than fast enough.

Snyder began competing in triathlons in 1986 and is coached by her husband. It's very easy to look at an athlete like Jane and think: "Sure, if I had that body, I could be a champion, too. It's all genetic." The remarkable fact is that she had virtually no athletic background as a "youngster" until she began heavy triathlon training four years ago. However, one need only examine the nuts and bolts of her training regimen to get some indication that this athlete's success is derived from hard work and focused training. "We concentrate more on intensity and quality of training rather than the mega-mileage that many triathletes log," she says. "Most days I train at two of the sports and maybe one or two days I will do all three. I always take at least one day off a week, as Bob



Jane Snyder, shown above at the Chicago Sun Times Triathlon, continues her reign as World Masters Triathlon Champion.

and I feel rest is of utmost importance in the training routine.

"Jane bikes about 125 miles per week, including one long ride of 55 miles, plus two or three others in the 20-40 mile range. She swims 12,000 to 15,000 yards a week, including two interval workouts with a masters swim team. Her running training consists of three or four sessions weekly, one long aerobic run of 10 to 12 miles, and one track session with 400 meter or 1 mile repeats at slightly faster than race pace. These track workouts usually total two to three miles of quality running, not counting recoveries. The other running days are just steady paced runs at moderate effort.

Jane feels that biathlons/duathlons (Run/Bike/Run) are gradually replacing triathlons in popularity simply because of the technical difficulty of swimming, and that biking is a more comfortable transition for most runners.

Congratulations to Jane Snyder on her second World Championship. We will eagerly follow her future accomplishments.

## TEXAS MASTERS TRACK & FIELD CHAMPIONSHIPS

AT THE Texas Masters Track & Field Championships held in Arlington July 14th, there were 19 world class "age graded" performances turned in by 12 different athletes in the 90% and above category. The age-grading percentage figures are derived from the "Age Standard Tables" devised jointly by the World Association of Veteran Athletes (WAVA) and National Masters News. By dividing the "standard" for a specific age by the

athlete's actual time, the age-graded percentage figure is found.

National Masters News recognizes performances of 90% and above as World Class, 80%+ as National Class, and 70%+ as Regional Class. Leading the group in Arlington was **Jim Mathes**, 55, of Memphis, Tennessee, with a 54.6 400 meters (97.5%), a 24.9 200 meters (93.4%), and a 12.0 100 meters (93.9%). **Bill Collins**, 39, of Houston, ran 100 meters in 10.8 (96.2%) and 200 meters in 21.8 (96.1%). **Roy Turner**, 50, of Dallas, raced to a 23.9 time in the 200 meters (93.9%), 54.6 in the 400 meter event (93.4%) and 12.1 in the 100 meters (90.5%). **John McGehee**, 40, ran a 2:06.0 in the 800 meters (93.8%) and **John Alexander**, 70, raced to a 28.2 200 meters (93.6%).

Other outstanding age-graded performances were turned in by **Chuck Miller**, 52, with 14.8 in the 100 meter High Hurdles (93.2%), **John Hartfield**, 45, 11.5 in the 100 meters (92.9%) and 23.7 at 200 meters (91.6%) and **Tim Murphy**, 68, with a 28.3 200 meters (91.7%) and 13.6 100 meters (90.8%). **Tony Deathridge**, 54, ran 100 meters in 12.3 (91.0%) and **James Vicks**, 44, raced 11.7 in the 100 meters (90.9%). **Colin Williams**, 35, ran 14.6 for the 110 meter High Hurdles (90.9%) and **Ino Cantu**, 56, of El Campo, 2:16.9 in the 800 meters (90.2%).

This was a truly amazing display of athletic performance, not often equaled at a regional meet, and only further demonstrates the incredible level that Masters athletes are continuing to achieve. You can order a copy of the Masters Age-Graded Tables from National Masters News, P.O. Box 2372, Van Nuys, CA 91404 (\$5.95 + \$1.00 postage & handling). □

## No gain.No pain.

Keeping your weight at a moderate level may scale down your risk of heart attack. So maintain a healthy diet and lighten up on your heart.



 American Heart Association

 **Frontier Days 5000**, July 7  
Round Rock, Texas

For the previous two years, the Frontier Days race has had a weight division for over 200 pounds, and the traditional age groups. This year they decided to try a totally different approach. Divisions were made up of combined ages and weights and were set to allow approximately one-eighth of all the participants to fall within each category:

The divisions and the winners age, weight and times, are shown below:

Div	Male				Female			
	criteria (age + wt)	Ist place age	Ist place weight	Ist place time	criteria (age + wt)	Ist place age	Ist place weight	Ist place time
I	<150	24	122	15:39	<115	14	98	22:47
II	150-179	20	150	15:22	115-129	15	105	20:32
III	180-189	28	154	17:33	130-139	18	120	20:57
IV	190-199	34	160	17:15	140-149	29	120	19:05
V	200-209	44	157	17:49	150-159	26	129	21:27
VI	210-219	29	188	19:00	160-169	45	116	21:01
VII	220-229	42	182	20:34	170-179	20	155	25:03
VIII	230+	32	205	20:14	180+	40	140	24:18

**STATISTICAL NOTES**

**Handicapping**

**A. Age Graded Weight Groups**

Are you a race director bewildered by the demands placed upon you by athletes of so many ages and weights to have divisions tailor-made just for them?

Here is a suggestion, submitted by **Joe McDaniel** of the OKLAHOMA RUNNER, that is well worth considering: Have weight divisions and age-grade them using Masters Age-Graded Tables. If you have a computer, the task is simple. The tables, researched and compiled by the National Masters News and by the World Association of Veteran Athletes, are single age factors from age 35 to 90 for men and women for every common track and field, long distance running, and race-walking event. Applying them to weight groups is Joe McDaniel's idea.

Here is how the idea would work:

First, multiply the finish times of each finisher times his or her appropriate factor from the book of tables (which can be pre-programmed into whatever computer application is used for the analysis).

~~Second~~  
 Third, award prizes to the top age-graded finishers in each weight group.

That's it. It's almost as simple as just having age groups, and it provides equitable competition for everyone regardless of age and size.

The weight groups could be any number of ranges you would like. The weights could be recorded via a weigh-in at registration, or simply recorded from the application form. (My preference is the weigh-in.) An example of weight ranges would be:

Men: <155, 155, 170, 185, 200, and 215+  
 Women: <130, 130, 145+

(If you're apprehensive about having a women's age/weight category, I would suggest just having the weight ranges for men the first year, while also age grading the women's time, and see whether you get enough requests from women to weight range the next year.)

The complete tables are available for \$5.95 plus \$1.30 for postage and handling from:

National Master News Order Dept.  
 P.O Box 2372  
 Van Nuys, CA 91404

The National Master Tables applicable for the 5km through 25km are printed below. Age 19 through 30 are assigned a factor of 1 (i.e. no adjustment for age) and the tables were extended for ages below 19 and for 31 to 34 by Don Munro of Brit. Columbia. We obtained these tables from an article by Alan Jones in this June's issue of TacTimes, published by TACSTATS/USA.

Age	Male	Female	Age	Male	Female	Age	Male	Female
10	0.7622	0.7384	45	0.9125	0.9037	68	0.7365	0.7101
11	0.7912	0.7703	46	0.9064	0.8970	69	0.7279	0.7006
12	0.8215	0.8036	47	0.9002	0.8902	70	0.7192	0.6911
13	0.8517	0.8369	48	0.8938	0.8831	71	0.7106	0.6816
14	0.8804	0.8684	49	0.8872	0.8759	72	0.7019	0.6721
15	0.9064	0.8970	50	0.8804	0.8684	73	0.6932	0.6625
16	0.9310	0.9241	51	0.8735	0.8608	74	0.6844	0.6529
17	0.9549	0.9504	52	0.8664	0.8530	75	0.6757	0.6433
18	0.9790	0.9760	53	0.8591	0.8450	76	0.6670	0.6337
31	0.9945	0.9941	54	0.8517	0.8369	77	0.6582	0.6241
32	0.9890	0.9880	55	0.8441	0.8285	78	0.6495	0.6144
33	0.9834	0.9819	56	0.8362	0.8198	79	0.6406	0.6047
34	0.9779	0.9758	57	0.8282	0.8110	80	0.6318	0.5950
35	0.9724	0.9696	58	0.8201	0.8021	81	0.6230	0.5853
36	0.9666	0.9633	59	0.8120	0.7932	82	0.6141	0.5755
37	0.9608	0.9568	60	0.8038	0.7842	83	0.6052	0.5657
38	0.9549	0.9504	61	0.7956	0.7752	84	0.5963	0.5559
39	0.9490	0.9439	62	0.7874	0.7661	85	0.5874	0.5461
40	0.9430	0.9373	63	0.7790	0.7569	86	0.5785	0.5363
41	0.9370	0.9307	64	0.7706	0.7477	87	0.5695	0.5264
42	0.9310	0.9241	65	0.7622	0.7384	88	0.5606	0.5166
43	0.9249	0.9174	66	0.7537	0.7290	89	0.5516	0.5068
44	0.9187	0.9106	67	0.7451	0.7196	90	0.5427	0.4970

The following fictitious twelve person race is an example of how the system would work:

	<u>Age</u>	<u>Weight group</u>	<u>Time</u> x	<u>Age factor</u>	= <u>Age graded time</u>	<u>Place</u>	
						<u>Overall</u>	<u>Wt Grp</u>
Bob Brown	42	<155	33:15	0.9310	30:57	1	A1
Tom Wilson	35	175-199	38:15	0.9724	37:11	2	C1
Bill Jones	20	<155	39:13	1.0000	39:13	3	A3
Joe Smith	23	200-209	39:24	1.0000	39:24	4	D1
Sam Baker	18	175-199	40:12	0.9790	39:21	5	C2
George Smith	55	<155	41:36	0.8441	35:07	6	A2
Mike Lewis	36	200-209	43:04	0.9666	41:38	7	D3
Phil Clark	33	155-174	45:35	0.9834	44:49	8	B2
Tim Adams	51	200-209	47:22	0.8735	41:22	9	D2
Alan Hill	45	175-199	52:13	0.9125	47:38	10	C3
Jim Davis	65	155-174	53:20	0.7622	40:39	11	B1
Paul Bell	60	155-174	60:17	0.8038	48:27	12	B3

(The actual calculation involves converting the times to decimal form and then back to seconds.) Using Bob Brown, for example:

Bob Brown

Actual time of 33:15 = 33.25

33.25 times the age factor of 0.9310 = 30.956 = 30:57

#### B. Age and Weight Graded System

If you are daring and want to take it a step further, you could factor for every pound as well as for every year, and have an age/weight ranking overall.

Based on our 10K data base we find that there is about a 10 second per pound difference between finishers at the 90th percentile of their respective weight groups at 150 pounds and above for men and 115 pounds and above for women. (For the marathon, we figure it to be about a 40 second difference.) Using this 10 seconds per pound over 150 factor together with the Masters Age-Graded Tables, and considering the exact weight of each runner, the above 12 person race results would look like the following:

	<u>Age</u>	<u>Wt</u>	<u>Time</u>	After deduct 10 sec/ lb>150	x	<u>Age</u> <u>factor</u>	=	<u>Age/Wt</u> <u>graded</u> <u>time</u>	<u>Finish</u> <u>order</u>	<u>Age/</u> <u>Wt</u> <u>Rank</u>
Bob Brown	42	135	33:15	33:15		0.9310		30:57	1	2
Tom Wilson	35	186	38:15	32:15		0.9724		31:22	2	3
Bill Jones	20	150	39:13	39:13		1.0000		39:13	3	9
Joe Smith	23	205	39:24	30:14		1.0000		30:14	4	1
Sam Baker	18	175	40:12	36:02		0.9790		35:17	5	7
George Smith	55	144	41:36	41:36		0.8441		35:07	6	6
Mike Lewis	36	202	43:04	34:24		0.9666		33:15	7	5
Phil Clark	33	166	45:35	42:55		0.9834		42:12	8	11
Tim Adams	51	206	47:22	38:02		0.8735		33:13	9	4
Alan Hill	45	190	52:13	45:33		0.9125		41:34	10	10
Jim Davis	65	174	53:20	49:20		0.7622		37:36	11	8
Paul Bell	60	168	60:17	57:17		0.8038		46:03	12	12

A few real examples to illustrate this system include:

Mark Ferguson finished first in the heavyweight division of the Constellation 10K this year. At age 30 and 207 pounds, Mark finished in 37:24. His time after deducting 10 seconds per pound over 150 would be 27:54. At age 30, there would be no further reduction for age. The actual overall winning time for the race was 29:15.

Larry Ronk finished first among the masters heavyweights in the same race. At 43 and 206 pounds, Larry finished in 41:29. His time after deducting 10 seconds per pound over 150 would be 31:09. At age 43, this would be multiplied by a factor of 0.9249, or a net finish time of 28:81.

Alan Page, former linebacker with the Minnesota Vikings, Chicago Bears, and perennial All-Pro, and more recently, a noted heavyweight runner (see Runner's World Feb 1990, and Feb 1986), has a marathon PR of 3:27:50. We don't know what his age and weight were at the time, but assuming he ran it sometime around 1983, when he was about 37 and 219 pounds (Runner's World noted that his body fat was 6.3 percent at the time), his equivalent age-weight adjusted time would have been 2:36:38. (3:27:50 - 40 seconds per pound over 150 times a masters age factor for the marathon of 0.9741.)

If you use either of these systems, or any other age-weight handicapping system we would certainly like to hear about it!