November 28, 1994

Al Sheahan
National Masters News
P.O. Box 2372
Van Nuys, CA 91404

Dear Al:

Thanks for sending us the new age graded tables. They are a great tool to have around. It really makes you appreciate the outstanding efforts of the older and younger athletes. I'm getting to the age where I get a bit of an advantage -- if I could only convince my legs to go so I could use it.

Hope all is well with you. Thanks again.

Sincerely:

Mary Lou Day
November 30, 1994

Mr. Al Sheahen
Editor
National Masters News
PO Box 2372
Van Nuys CA 91404

Dear Al:

Thanks for sending the U.S. National Senior Sports Organization a copy of the new Age-Graded Tables book. As Chairman of the Committee, you are certainly to be commended for an outstanding piece of work. I appreciate your remembering us with a copy.

I look forward to seeing you again one of these days, if not before, then at our games in San Antonio next May. We are expecting 8,000 senior athletes, at least 25% of whom should be in Track and Field competition.

Best regards,

Douglas G. Corderman
President

DGC:rs
14 December 1994

Mr. Al Sheahen, Editor
National Masters News
P.O. Box 2372
Van Nuys, CA 91404

Dear Al,

Just a brief note to thank you for the latest version of your Age-Graded Tables. I find this information invaluable in my publications and want to thank you for keeping me up to date with the most current revision.

It is fascinating to monitor the performance of older people and to see how that has improved over the past 15 years. I am sure that the national interest in exercise is the reason which is now being reflected in the age-group records.

I agree that people can retain a far greater percentage of athletic ability in older years than previously thought possible; both your data and our studies prove that point.

I am sorry you missed the Aging Seminar; it was excellent. Hopefully, you will be able to attend one of our future seminars.

Sincerely,

Kenneth H. Cooper, M.D.

Kenneth H. Cooper, M.D.
November 29, 1994

Dr. Kenneth Cooper
12330 Preston Road
Dallas TX 75230

Dear Dr. Cooper:

I was hoping to attend your October 13-15 Aging Seminar, but a death in the family kept me here.

Enclosed for your perusal is our new Age-Graded Tables Book, along with a few news releases we've sent out to various running publications.

The releases are self-explanatory. One conclusion of the tables is that people can retain a far greater percentage of their athletic ability in their older years than was previously thought possible.

The data was obtained from evaluating thousands of actual masters performances over the past 25 years. The book's conclusions, I believe, match what you've been teaching for many years. Perhaps you can use some of the data in your research and lectures.

Next time you have a seminar, I'd be happy to give a short presentation on the relevance of the tables.

Sincerely,

Al Sheahen
Editor
AGE-GRADED TABLES ARE FUN FOR ALL AGES

Now you can quickly and easily compare your performances at different ages and at different distances.

The new age-graded tables show how much a typical person's athletic performance improves during youth and declines during aging. The performances vary by event.

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"The tables are fun for all ages from 8 to 100," says Al Sheahen, chairman of the WAVA Age-Graded Committee and editor of the National Masters News, the official world and U.S. publication for the sport. "If older people exercise regularly, they can retain much more of their physical abilities than we previously thought possible. The evidence proves it."

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November 21, 1994

Dear Masters Club President/Newsletter Editor:

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Please feel free to use either the short or longer version in your next club newsletter.

Thank you,

Al Sheahen
Editor

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Dear

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Please feel free to use either the short, medium, or long version, depending on your interest and space availability.

Also enclosed is a complimentary copy of the book for your own personal use.

Happy reading,

Al Sheahen
Editor
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November 8, 1994

Hal Bateman
USATF
PO Box 120
Indianapolis IN 46206

Dear Hal:

Sorry for the delay in getting these proposed press releases to you.

As you remember, you kindly offered to look over the enclosed releases and give me your comments and suggestions.

The purpose is to spread the word to:

1) the running community, to let everyone know they can compare their performances at different ages and in different events; and that race directors can award prizes based on age-grading.

2) the larger medical and seniors communities, to show how human beings don't age as fast as we once thought; that we retain a fair amount of our athletic abilities even into old age; and we have the data to prove it.

I've written three releases:

1) A short, quick one for use by running publications with limited space.
2) A longer one for use by running publications.
3) One for medical and/or seniors publications.

Please offer suggestions for improvement, and any ideas you may have for disseminating the information.

Many thanks,

Al Sheahen
Editor
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###
August 9, 1994

Dear Age-Graded Enthusiast:

The 1994 revision of the Age-Graded Tables has, at long last, been completed. The five-year tables have been approved by the World Association of Veteran Athletes (WAVA), and single-age factors and standards have been computer-prepared.

Enclosed is the revised Age-Graded Tables book, which includes age factors and age standards for ages 8 thru 100. Please enjoy it with our compliments.

If you have any questions or comments regarding the tables, please call/fax/write me at the number below, or Rex Harvey at 216-531-3000; 3366; or 216-446-0559 (h).

If you have any questions re the youth tables, please contact Chuck Phillips at 202-244-6321. Chuck researched and complied the youth tables, and also computerized the five-year factors/standards into the single-age format.

Happy reading,

Al Sheahen
Editor

P.O. Box 2372, Van Nuys, CA 91404

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