



RONNI ROSS

Running

New data on running and aging:

How fast do we age?

How much of our physical abilities do we retain at age 40? At age 60? At 80?

More than we might think, as indicated by the new Age-Graded Tables compiled by the World Association of Veteran Athletes (WAVA) and analyzed by Al Sheahen, chairman of the WAVA Age-Graded Committee.

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The statistics show that the decline varies by event, according to Sheahen, who is also editor of the National Masters News, a publication dedicated to older participants of the above events.

"For example, at age 40, a marathoner can run within two percent of his best-ever time, while a 40-year-old sprinter loses 5 percent. At age 50, the decline is 9 percent for the marathoner and 11 percent for the sprinter," he said. "At age 60, the dropoff (for marathoners) is about 16 percent. At age 70, it's 23 percent, and at 80, 31 percent."

In other words, he said, the data indicates that 80-year-olds can theoretically run 69 percent as fast as they did in their prime.

For the jumpers, however, the statistics aren't as encouraging. The decline in ability is about 10 percent for 40-year-olds, 20 percent for 50-year-olds, 30 percent for 60-year-olds, 40 percent for

70-year-olds and 50 percent for 80-year-olds, he said.

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The tables also chart the abilities of young athletes, indicating that they improve as they approach their 20s.

"For example, a good 62-year-old sprinter will beat a comparable 9-year-old. But when the man turns 63 and the boy is 10, the youngster will win. A 50-year-old

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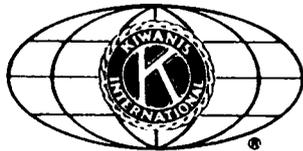
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BROOKSIDE STRIDE

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5KM Run/Walk – 7:30 p.m.

USAT&F Sanctioned Event

Coordinated by

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FRIDAY – MAY 19, 1995

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- Individual \$7 (without shirt)
- Children 12 and under free (no shirt)

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AWARDS:

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- Field of Dreams May 13
- Brookside Stride May 19

TRIPLE CROWN PRIZE MONEY:

- Awarded to male and female overall winner
- Awarded to open and age groups 35-39 and above
- Triple Crown Awards presented after the Brookside Stride Awards

SPECIAL DONATION:

- Each Triple Crown Race will donate \$1 to a local charity for every paid runner that participates in all three races.

Information: (918) 587-5981

See advertisement in next months Oklahoma Runner for more details.

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"Age-grading can relieve two problems in Masters running; the inevitable and often depressing slowdown with age and the confusion with age-group awards," says Joe Henderson, noted author of Running Commentary. "These tables give runners a way to improve indefinitely and they give races a way to award fewer but more meaningful prizes."

WAVA Age-grading or best performance scoring is absolutely essential in scoring runners in the Clydesdales, the vast majority of teams where ages vary and in Masters performances for prize money. Most Oklahoma races are using this system....the positive comments by the experts nationwide are too numerous to mention in this column.

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Also, ask for information on the Time Master Calculator which works directly in hours, minutes, seconds. It works as a stop watch and calculator.

Editor's note: We suggest asking for a sample copy or information about a National Masters News subscription.

We have condensed tables available for each of the LDR distances. However, we suggest that you order the booklet and learn how to use all of the tables. We also have a Time Master Calculator which will convert any number to hours, hours and minutes or hours, minutes and seconds. This item is recommended also.

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John Fredericks
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received the 1994 age group awards at the USA/Track & Field Convention.

Vanessa, W50, has been the premier thrower in her class for years. To think that she started out as a walker! She has set numerous records in all of the throws.

Jim, M65, has been untouchable as a high jumper, setting or equalling his own world records in most of his performances.

Tom, M75, has been among the top throwers in the country since he was a kid.

The Florida Athletic Club can boast of receiving more age group awards than any other club.

1996 Outdoors

San Jose, CA

Masters Long Distance Running Championships

5K Road	Carlsbad, CA	Apr. 2
5K Cross Country	Landon, OH	Nov. 11
8K Cross Country	Boston, MA	Nov. 18
10K Cross Country	Canandigua, NV	Oct. 8
1/2 Marathon	Los Vegas, NV	Feb. 4



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CONCERNING MASTERS

Compare Performance By Age

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A series of "age factors" and "age standards," the tables can be used to compare performances at different ages.

While athletic performance declines during aging, the decline varies by event. For example, at age 40, a marathoner can run within two percent of his best-ever time, while a 40-year-old sprinter loses five percent. At age 50, the decline is nine percent for the marathoner and 11 percent for the sprinter. At age 60, the dropoff is about 16 percent. At 70, it's 23 percent, and at 80, 31 percent.

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One purpose of age-graded tables is to provide each individual with a percentage value to judge performance in any event without bias to age or sex. No matter how old one gets, this performance percentage will always be judged against the standard for one's age. As performances decline with age, so do the world standards that the tables use to calculate percentage, giving a true measure of performance.

The standards correspond approximately to world-record marks for a person of that age and sex in that event and show various achievement levels.

Age-graded tables can be used to keep track of your progress over the years; compare your performance to people of any age; estimate your performance in new events; compare performances of older and younger individuals in the same or different events; select the best performance in an event among all age groups, and select the best overall performance in a race.

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Older People Who Run Live Longer

When your non-running friends dare you to prove running is good for you, you can now point to an on-going study at Stanford University which offers evidence older runners live longer than sedentary people and have significantly fewer age-related health problems.

The Annals of Internal Medicine reported that Stanford researchers compared 451 over-50 runners who exercised an average of four hours a week with 330 similar but sedentary people. Eight years into the study, the differences between the two groups was striking: 7 percent of the sedentary group had died compared to 1.5 percent of the runners; the male runners were 40 percent less likely to experience difficulty in performing everyday tasks such as eating, dressing or walking; female runners were 80 percent less likely to have such difficulties; and runners' medical expenses from doctor visits, hospitalizations and time lost from work was 24 percent lower than those who are sedentary.

The conclusion is that older people who run live longer and remain healthier. ■

"HOW TO PUT ON A ROAD RACE"

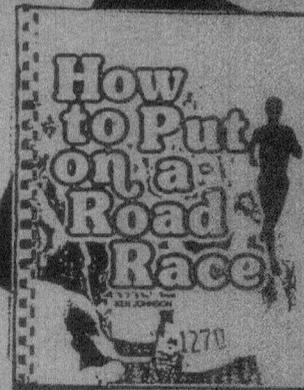
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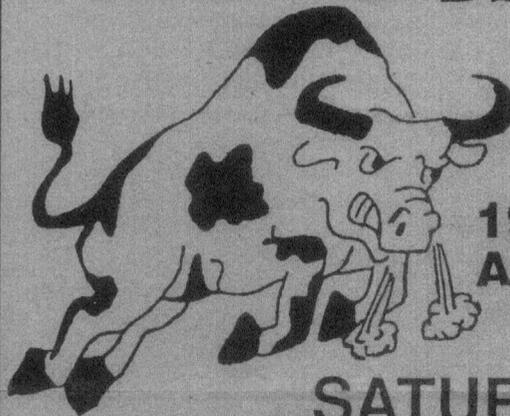
Written by Ken Johnson, RRCA officer, runner and race director, with ten years of race management experience.

Perfect for individuals, organizations, clubs, etc. FOR YOUR COPY, SEND CHECK FOR \$17.95 (includes sales tax, postage and handling) to: INSIDE TEXAS RUNNING, 9514 BRISTLEBROOK DR, HOUSTON, TX 77083.



A4

FRONTIER DAY



1995 5K FUN RUN
ALVIN, TEXAS

SATURDAY

MAY 27, 1995

(Memorial Day Weekend)

8:00 A.M. - KIDS MINI K
8:20 A.M. • 5K & Walkers

CHECK-IN & LATE REGISTRATION: 7:00 a.m. to 7:45 a.m.

Race day, Stanton's parking lot, corner of Taylor & Willis Street in Downtown Alvin.

START: 8:00 a.m. KID'S MINI K; 8:20 a.m. 5 K & WALKERS

The 5K Run & the Kids Mini K Run begins at the Reviewing Stand and follows the parade route. An exciting run before the parade, with parade crowd cheering you on to the finish.

AWARDS & PRIZES:

All entrants will receive a beautiful "Frontier Day" T-shirt. Awards will be presented in the 5K to: 1st, 2nd, and 3rd registered Male & Female winners in each group. Male & Female overall winner - NO prizes duplicated. Ribbons will be given to all participants in the Kids Mini K.

PACKET PICK UP:

May 26 3:00 p.m. - 6:00 p.m. Wellborns - 210 E. House
May 27 7:00 a.m. - 7:45 a.m. At race site

AGE GROUPS:

5 K RUN:	14 and under	20 to 29	40 to 49	55 to 59	65 and over
	15 to 19	30 to 39	50 to 54	60 to 64	
KID'S MINI K:	11 years and under				
WALKERS:	All ages welcome.				

FIRST AID & AID STATIONS:

Race certified and sanctioned by T.A.C. Emergency Medical Technicians will be available during the race. There will be two water stations. Showers available at Alvin High School.

ENTRY FEE:

KID'S K: \$10 before May 25 \$12 late registration
WALKERS: \$10 before May 25 \$12 late registration
5 K RUN: \$12 before May 25 \$15 late registration
Make checks payable to: Alvin Rotary Club
Mail registration or deliver to: Bobby Webb, 1516 S. Gordon, Alvin TX 77511

FOR MORE INFORMATION:

(713) 331-6446 OR (713) 331-1485 OR (713) 331-3125

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EATING ON THE RUN

BY NANCY CLARK, M.S., R.D.

OSTEOPOROSIS: Stopping the Clock

OK, so you're not 90 years old, hunchbacked and concerned about osteoporosis (weakening of the bones with aging). More likely, you are a sports-active person who worries about creeping obesity more than bone density.

But perhaps you are worried about the bone health of your parents or grandparents. Despite their being "over the hill," you should invite them to come to the gym with you to start pumping iron! Strength training can help them turn back the clock to find youthful energy, stronger muscles, and energy to enjoy their golden years.

Exercise physiologist Mim Nelson and researchers at the USDA Human

Nutrition Research Center on Aging at Tufts University in Boston have documented that weight lifting is the way to add strength to your bones and life to your years. When sedentary women (ages 50 to 70) participated in a weight-lifting program for 45 minutes only two times per week, they showed dramatic improvements in their bone health, particularly in their hip bones and spine, two areas vulnerable to the crippling effects of osteoporosis. Their bone mass increased an average one percent.

This may not sound like much until you look at the alternative. A comparison group of women who did no strength training lost two and one half percent bone density. Multiply these changes over a period of years and the improvements become dramatic. This difference can not only reduce the risk of fractures among your beloved seniors, but also reduce the burden of our medical expenses. The hospital and nursing home costs associated

with broken bones in the elderly are staggering, and will get far worse as Baby Boomers age—unless we try to stop the clock.

Research shows that weight lifting not only improves bone density but also contributes to other health benefits:

■ **Bigger muscles.** Because bigger muscles boost the metabolic rate, well-built seniors are able to eat more calories than their frail friends, and thereby consume more health-promoting nutrients. If overweight is a concern, the higher metabolic rate can help reduce body fat by creating a calorie-deficit— if no additional calories are eaten.

■ **Stronger muscles.** By regaining the muscles from their youth, your parents/grandparents will be better able to live independently, open jars, carry bags of groceries, prepare Thanksgiving dinner, and play with the grandchildren.

■ **Better balance** and reduced risk of falling. If your parents/grandparents have frail muscles, they are more likely to lose their balance and fall, break their brittle bones and then be crippled for months, if not the rest of their lives. By rebuilding their muscles, they will have better balance and this alone reduces their risk of breaking a bone.

■ **Increased enthusiasm** to participate in an active lifestyle. The more exercise an older person does, the more s/he will want to do. Life need not stop at age 70, 80, 90 or even 100! Strength training also lessens the severity of conditions such as diabetes, high blood pressure, arthritis and other ailments that promote inactivity, muscle wasting and reduced quality of life.

Teaching your parents how to take care of their bone health is one task. The second task is for you to take care of your own bone health—particularly if your mother is shrinking year by year, your aunt hunched over and unable to stand straight, your grandfather suffering from a broken hip. Osteoporosis has genetic tendencies and is common among people with life-long calcium-poor diets. You should be very concerned about your bones if you:

■ dislike calcium-rich dairy foods, are lactose intolerant, consider milk a fattening fluid and avoid it like the plague, or have a calcium-poor diet for any variety of reasons.

■ are a woman who no longer menstruates regularly. Even seemingly healthy young females with athletic

amenorrhea (generally associated with an inadequate diet due to weight-consciousness) can have very unhealthy bones. That's why some teenage amenorrheic athletes have the bones of 60 year olds, get stress fractures (an early sign of poor bone health) and will never be able to fully regain their bone mass. Remember: the best years to deposit calcium into your bones are during your teens. You lose this ability with aging. After 25-30, your best bet is to maintain bone health with strength-training and a calcium-rich diet.

Currently, most Americans consume too little calcium to optimize bone density. The National Institutes of Health advises us to boost our calcium intake to the following amounts per day:

Growing adolescents/young adults 11-24 years: 1,200-1,500 mg; Women 25-50 years: 1,000 mg; Men 25-65 years: 1,000 mg; Men over 65 years: 1,500 mg; Pregnant and breast-feeding women: 1,500 mg; Postmenopausal women on estrogen: 1,000 mg; Postmenopausal women, no estrogen: 1,500 mg; Women over 65: 1,500 mg.

The richest and most convenient food sources of calcium are dairy foods. To eat eight ounces of plain yogurt (400 mg calcium) or milk (300 mg) three times per day does wonders for investing in your bone health. Even dieters can add this for only 300 calories—no excuses allowed! If you are lactose intolerant, try the lactose-free dairy products, or carefully select other calcium-rich foods such as lots of broccoli, calcium-processed tofu, calcium-enriched orange juice or sardines with bones. Calcium supplements are better than nothing, but whole foods are best.

No bones about it: much of what we consider aging is really the culmination of a lifetime of poor diets and inactivity. Let's stop the clock, eat wisely, boost calcium, do muscle-building exercise and add life to our years. ■

Nancy Clark, M.S., R.D., is the nutrition counselor at SportsMedicine Brookline. Her popular books "Nancy Clark's Sports Nutrition Guidebook" (\$18), and "The New York City Marathon Cookbook" (\$23), are filled with "how to" tips and are available by writing to Sports Nutrition Services, 830 Boylston St., Brookline, MA 02167.

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July 27, 28, 29, 1995

Clute, Texas

1 mile & 5 K run/walk

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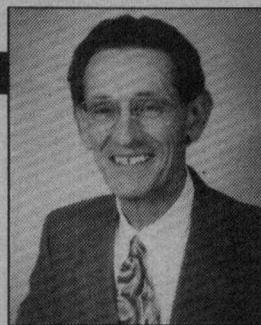
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New Data Suggests Not As Fast As We Thought

by Al Sheahen

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In other words, the data shows that 80-year-olds can theoretically run 69 percent as fast as they did in their prime.

In the jumps, the decline is greater, varying from about 10 percent for 40-year-olds, to 20 percent at age 50, 30 percent at age 60, 40 percent at age 70, and 50 percent at age 80 — a dropoff of about one percent a year.

The tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in a continuous or ever-increasing manner. For example, the loss in performance from age 49 to 50 is equal or greater — percentage wise — than the loss from age 48 to 49.

The tables also chart the abilities of youths. For example, a good 62-year-old sprinter will beat a

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Al Sheahen is Editor of the National Master News. Phone: (818) 786-1981. FAX: (818) 989-7118.

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5KM Run/Walk – 7:30 p.m.

USAT&F Sanctioned Event

Coordinated by

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FRIDAY – MAY 19, 1995

COURSE:

- Rolling Scenic point to point course
- 10th and Boulder to 32nd and Peoria (Brookside)

ENTRY FEE:

- Individual \$12 (with shirt)
- Individual \$7 (without shirt)
- Children 12 and under free (no shirt)

Shirt designed by JAHRAUS

AWARDS:

- Standard USAT&F 5-year age groups

TRIPLE CROWN RACES:

Prize Money Awarded

- Bristow Wildflower May 6
- Field of Dreams May 13
- Brookside Stride May 19

TRIPLE CROWN PRIZE MONEY:

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- Each Triple Crown Race will donate \$1 to a local charity for every paid runner that participates in all three races.

Information: (918) 587-5981

See advertisement in next months Oklahoma Runner for more details.

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Taking the performances of thousands of runners, throwers, jumpers and walkers over the past 25 years, WAVA, the official world governing body for the sport, has compiled tables which show how much the abilities of a well-conditioned individual vary at each age from 8 to 100 for all common track and field, long distance running and racewalking events.

The decline varies by event. For example, at age 40, a marathoner can run within two percent of his/her best-ever time, while a 40-year old sprinter loses five percent. At age 50, the decline is nine percent for the marathoner and 11 percent for the sprinter. At age 60, the dropoff is about 16 percent. At 70, it's 23 percent and at 80, 31 percent.

In other words, the data shows that 80-year olds can theoretically run 69 percent as fast as they did in their prime.

In the jumps, the decline is greater, varying from about 10 percent for the 40-year olds, to 20 percent for age 50, 30 percent at 60, 40 percent at 70 and 50 percent at age 80....a dropoff of about one percent a year.

The tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in a continuous or ever-increasing manner. For example, the loss in performance from age 49 to 50 is equal or greater...percentage wise...than the loss from age 48 to 49. The difference in performance between a 69-year old man and a 65-year old man is far greater, for example than that of a 44-year old man and a 40-year old man.

The tables also chart the abilities of youths. For example, a good 62-year old sprinter will beat a comparable 9-year old. But when the man turns 63 and the boy is 10, the youngster will win. A 50-year old and a 12-year old are about equal, as are a man, 39, and a boy, 16.

"The tables are fun for all ages from 8 to 100," says Al Sheahen, chairman of the WAVA Age-graded Committee and editor of 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."

"Age-grading can relieve two problems in Masters running; the inevitable and often depressing slowdown with age and the confusion with age-group awards," says Joe Henderson, noted author of Running Commentary. "These tables give runners a way to improve indefinitely and they give races a way to award fewer but more meaningful prizes."

WAVA Age-grading or best performance scoring is absolutely essential in scoring runners in the Clydesdales, the vast majority of teams where ages vary and in Masters performances for prize money. Most Oklahoma races are using this system....the positive comments by the experts nationwide are too numerous to mention in this column.

For a copy of the 60-page Age-graded Tables book which includes easy-to-follow samples and charts, send \$6 plus \$1.25 postage to National Masters News, P. O. Box 2372, Van Nuys CA 91404.

Also, ask for information on the Time Master Calculator which works directly in hours, minutes, seconds. It works as a stop watch and calculator.

Editor's note: We suggest asking for a sample copy or information about a National Masters News subscription.

We have condensed tables available for each of the LDR distances. However, we suggest that you order the booklet and learn how to use all of the tables. We also have a Time Master Calculator which will convert any number to hours, hours and minutes or hours, minutes and seconds. This item is recommended also.

How Fast Do We Age?

New Data Suggests Not As Fast As We Thought

by Al Sheahen

How fast do we age? How much of our physical abilities do we still retain at age 40? At age 60? At age 80?

More than we might think, as shown by the new Age-Graded Tables compiled by the World Association of Veteran Athletes (WAVA).

Taking the performances of thousands of runners, throwers, jumpers, and walkers over the past 25 years, WAVA, the official world governing body for the sport, has compiled tables which show how much the abilities of a well-conditioned individual vary at each age from 8 to 100 for all common track and field, long distance running, and racewalking events.

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age 60, the dropoff is about 16 percent. At 70, it's 23 percent, and at 80, 31 percent.

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The tables confirm that after a certain age (which varies from approximately 30 to 40), performances always get weaker and weaker in a continuous or ever-increasing manner. For example, the loss in performance from age 49 to 50 is equal or greater — percentage wise — than the loss from age 48 to 49.

The tables also chart the abilities of youths. For example, a good 62-year-old sprinter will beat a

comparable 9-year-old. But when the man turns 63 and the boy is 10, the youngster will win. A 50-year-old and a 12-year-old are about equal, as are a man, 39, and a boy, 16.

"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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Al Sheahen is Editor of the National Master News. Phone: (818) 786-1981, FAX: (818) 989-7118.

What are the advantages of Age-Graded Tables?

Age-graded tables can be used to:

1. Keep track of your progress over the years.
2. Compare your own performance in a given event.
3. Compare your own performance in different events.
4. Compare your progress in the current year.
5. Set goals for the current year and future years.
6. Compare back to your best-ever performance.
7. Compare your performance to people of any age.
8. Estimate your performance in new events.
9. Compare performances of older and younger individuals in the same or different events.
10. Select the best performance in an event among all age groups.
11. Select the best overall performance in a meet or race.
12. Select outstanding athletes.
13. Give recognition to good performances in the younger and older age groups.
14. Enable athletes at the upper end of their age groups to compete on an equal level with those at the lower end of their age groups.
15. Make the competition more interesting and exciting.
16. Make awards more meaningful.
17. Establish medal standards.
18. Score multi-events (decathlon, pentathlon, etc.) using standard IAAF scoring tables.

Team Competition...Various Categories and Proper Scoring Make it Fun

One of the more interesting and innovative ideas in road racing is team competition. The idea is not new, but very few races have really promoted the idea and again very few have used the proper scoring system. In past races, team recognition and awards seemed to get lost among all the other items at the awards ceremony. Since award ceremonies, in many cases, are long and boring, team results and awards were not available or were mailed to the winners later.

Most teams in Oklahoma are comprised of three members. Teams can have more than three but only the top three best times are combined for scoring. It is much easier for runners to recruit three members rather than five or more.

Here are a few of the team categories that have been used in the past: OPEN, MASTERS, CORPORATE, CLUB, FAMILY, FRIENDS, COED, MEDIA, SCHOOL, CITY, STATE AND ALSO COUPLES AND RELAY.

The OPEN team competition has been used quite often and is for the Open class runners. That is those who will have the best performance based on time only. In other words, the top three actual times are added together and the team with the best time wins. Open team scoring is simple and can be done on the spot with a calculator. Of course, each runner's finish tag must have the team name or code on it for manual posting. Computer scoring will give you instant results.

Team competition is fun only if it is scored properly and equitably. One thing certain about team scoring....races using the categories above must evaluate and compare performances. Performance Comparison as determined by the World Association of Veteran Athletes is the ONLY way to do team scoring and do it equitably when ages and sexes are mixed. Keep in mind that the teams with the good performing runners are the teams that will win. This innovative system selects the best performing runners of all ages and both sexes. This system does not equalize poor performing runners with good performing runners. It determines the best performance considering both age AND time.

Here is an example of why WAVA scoring must be used: A small corporation comprised of six female employees wished to enter a team in a 5 km race which offered corporate team scoring. The top three women runners were ages 36, 56 and 62. Their best 5 km times were 20:19, 24:48 and 28:17 respectively. Two of these three times were in the state record book. Another corporation entered a team with three male runners, age 24, 24 and 28 with best times of 18:46, 18:58 and 19:12 respectively. Another corporation entered a team of two men and one lady age 29, 32 and 48 with best 5 km times of 15:48, 17:10 and 29:11 respectively. With corporate and most other teams you will get many combinations of ages and sexes. You can see at a glance which team would win using a system based on time only. Certainly there is nothing fair about the all-female older team competing against the all-male younger team. Young, male runners equally trained will

invariably reach the finish line first.

Performance Comparison or age-graded scoring by WAVA gives everyone an opportunity to contribute.

Some corporations or organizations may be large enough to enter more than one team. For example, if a corporation has 30 runners entered in an event, it could conceivably have ten separate teams. Most teams should have an extra runner or an alternate in case someone does not show. In other words, each team should have four members with the top three being scored. Some families have enough members to have more than one team in the family category. Considering the categories listed above, many of these would probably be able to field more than one team. This is additional fun...not only does each corporation or organization get to compete against other corporations and organizations, they will be competing among themselves! This is possible only if the WAVA scoring is used.

Couples scoring opens up other possibilities. Couples is usually a two person, male and female team. These couples are assigned to ten year age groups based on combined ages starting at age 29 and under through 110 and over. In addition, sub categories can be added such as, mother/son, father/daughter, brother/sister, husband/wife and so on. Of course, the WAVA system must be used to be fair. The question asked by some...is WAVA scoring necessary for couples teams since age groups are used? YES. For example, in the 70-79 age group, you could have two runners age 35 and 36, male and female. In that same age group you could have a 70-year old female and a six-year old male resulting in unfair competition.

Relay teams is another type of competition. The recent Run Amuck Relays in 1992 and 1993 was a fun event. Each team was comprised of three members in various categories. Each team member ran one 5 km segment in a 15 km race. Computer scoring was done on the spot by Glen's Road Race Service. The time for each runner in each segment was listed in addition to the time for the first two segments and the total times. Every conceivable combination of results was printed on race day. Scoring is the same as that in a triathlon or a duathlon wherein five separate races are scored and posted. For example, the first 5 km, the second 5 km the total of the first and second 5 km's, the third 5 km and the total of all three 5 km's.

Team scoring does not eliminate runners from competing in the other categories, runners are still eligible for Open, age-group, Clydesdale, Masters and other awards. Team scoring is a supplement to the other categories.

Runners should encourage race directors to offer team competition. On-the-spot results is important to enhance the awards ceremony and make the entire event more fun and more meaningful. Many good runners have a copy of the WAVA tables which enables them to compare and project their performances.

BEAVER COWCHIP

CLASSIC

10 km Road Race

Saturday

April 22

Downtown

Beaver, Oklahoma

**"Friendliest Race in
the Panhandle"**

25 mi bike race - 8:30 am

10 mi bike ride - 8:40 am
(helmets required)

10 km Run - 8:40 am

1 mi run/walk/crawl - 8:40 am

Entry Fee:

Children age 12 & under

\$10 with T-Shirt

Ages over 12

\$13 with T-shirt

USATF

**Certified Course,
out & back
Sanctioned Event**

Awards to Top 3 male/female in 25 mi bike race and 10 km; Medals to all age group winners.

Awards to top male & female finishers in 10 mi bike race and 1 mi run/walk. Medals to all finishers in both events. Plus gifts to all participants.

Mail generic form to:

Merkey Campbell

P. O. Box 492

Beaver OK 73932

Check payable to

Panhandle Windchasers

(405) 625-3179 day - info

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BITS & PIECES

Jean Buchanan

CONGRATULATIONS

Congratulations to Clay Dickason, who placed 2nd Overall and 1st in Age Group at Tiblow Trot.

TAILGATES

Linda Fisher and I decided not to schedule Tailgates in September. However, if Bill and I are at the race, and it's cold enough for coffee, we'll bring the giant KCRR coffee pot and have coffee for all who want it. If you prefer that we plan Tailgates in advance, tell me or Linda.

NEW MEMBERS

I recently sent an updated roster to RRCA and have received a supply of RRCA Classic Visa card applications. A small revenue goes to RRCA whenever a member uses one of these cards. I also have a supply of Alamo Car Rental ID cards. They offer discounts to RRCA members. These will be available at the next meeting. You should start receiving "Footnotes" the RRCA quarterly publication. For those of you who belong to MAM, KCTC or Olathe Running Club, you will receive an additional copy. Bill & I now receive four copies of each issue.

CORPORATE WOODS COURSE

To my knowledge, there are presently two certified 5K courses in Corporate Woods. (Midsummer Morning has a very long overlap but is all on city streets. Ekiden is a closed loop but goes off city streets onto private property for a

brief distance.) The only certified 10K presently possible is twice around the Ekiden loop. There is no 10K possible that is all on city streets. I have been concerned that too many requests for use of the Ekiden loop could result in our not being able to get permission to use it for the Ekiden. Therefore, I have proposed that KCRR and MAM co-sponsor certification of two additional courses in Corporate Woods. (A 5K would only overlap 75', a 10K would only overlap 150'.) We would then recommend that all 5K races and 10K races use the new courses that would be entirely on city streets. We feel that if we limit the request to use the section on private property to once a year for the Ekiden, chances will be better for getting that permission. The proposal was passed at our meeting in August and the MAM board passed it at their August meeting as well. I believe that since the Ekiden, with multiple loops and the need to have the exchanges all in one location, is the only race that actually requires a closed loop, it shouldn't be difficult to convince other races to opt for the new courses.

MORE RRCA NEWS

Notice the new RRCA logo on the outside of this issue of "Good Times". Also in this issue is a copy of "Share the Road", a public service project sponsored, in part, by RRCA. This is another benefit from KCRR's membership in RRCA. 75 cents of your KCRR dues is all it takes.

AGE & SEX ADJUSTED PERFORMANCE

Bill Buchanan

The National Masters News in association with the World Association of Veteran Athletes (WAVA) has just published a book of age and sex graded standards for running events from 100 meters to the marathon. (Masters Age Graded Tables). These tables permit the comparison of performance to these ultimate standards on a consistent basis. The book was the basis of an article which recently appeared in the "Runners World" magazine where world class performances were graded against these standards.

The procedure used to produce the standards was to analyze results for each event to determine the potential best performance from reported times by age and sex. These results were then "smoothed out" (graduated is the term used by mathematicians) and tested for consistency. The result is a schedule of "standards" or times that can represent optimum performance for an age and sex and a set of factors which relate that standard to the overall optimum standard for that sex.

For example, if the standard for your age and sex was 30 minutes in the 10K and you ran 40 minutes, your "factor" would be calculated at 30 divided by 40 or .7500. That is, to adjust your time to a common standard requires you to multiply your time by 75%. This Personal Performance Percentage (PPP) can

then be used to compare everyone to a consistent standard and determine your overall rank.

It's been determined that these PPP's are rather accurate in making comparisons. The level of these PPP's, for instance, indicates the following classifications:

90%	World Class
80% to 90%	National Class
70% to 80%	Regional Class
60% to 70%	Local Class

It is possible to tabulate results of a race using these factors to give you your "true winner" in relation to optimum. It has the drawback that you do not know where you stand with regard to your competition within a race. Competition, head on head, can be a powerful influence to some competitors. To correct this, a handicap start can be used. Several races (our picnic fun run was a version of this) have used handicap starts and they are not perfect either, though they are a lot of fun. One of the oldest handicap races is the St. Louis Track Club Stadium Run, which finishes in Busch Stadium. It is scheduled for September 24 this year. The problem with a handicap start, in my opinion, is the loss of perspective as to where you stand. You are "on your own" more than in the usual 10K where you tend to run with the same group. In the handicap race you are passing or being passed. The Stadium Run gives awards to the first 150 who cross the finish line

updated to box file 6/13/92

*Published
each month*

PECKING ORDER: AGE & SEX ADJUSTED

rather than in age groups. The winners over the years have tended to be older runners.

To get a feel for what the age & sex adjustments do, I have recalculated the "Pecking Order" using the reported times and the age attained in 1989. It produces some interesting changes to the order.

Garry Gribble is the age and sex adjusted leader and along with Jim Buckley and Bill Brands gives an over 50 group with outstanding ranking approaching world class standards. Joe O'Reilly dropped from 1st in raw time to 6th adjusted.

The greatest improvement in ranking was by Ann Williams (age 57) who jumped up a whopping 28 places. Jean Buchanan, (age 55) jumped 21 places and Jack Boyer (age 63) jumped 20 places with Noreen Hendley (age 49) improving by 18 places. Five members, Glenn Sauder, 4th, Susan Mathews, 28th, Frank May, 31st, Vicki Neal, 33rd, and John Bray, 55th, did not change position. On the other end Peter Callan lost 15 positions and Dan Stover 14 with Buck Buchanan, Sherie Marchant and Dave Gatliff all losing 11 positions.

We will, from time to time, try to update the calculation if interest is expressed by the members.

NOTE: A form is enclosed with this mailing to use if you wish to update your PR or get your name onto the pecking order.

PECKING ORDER: BY TIMES

1. Joe O'Reilly	34:08
2. Terry Friedrich	34:31
3. Garry Gribble	34:58
4. Glenn Sauder	35:08
5. Smiley Greer	35:36
6. Heather Sterbenz	36:23
7. Bill Brands	36:26
8. David Seacrest	36:27
9. Tom Dowling	36:35
10. Dave Gatliff	36:58
11. Larry Blazek	37:08
12. Jim Buckley	37:45
13. Dave Fisher	38:03
14. Jim Soady	38:30
15. Larry Everly	38:41
16. Oleg Morozov	39:40
17. Barry Neal	39:44
18. Bob Collier	40:09
19. Mark Herring	40:15
20. Marcia Dowling	40:20
21. Mary Edwards	40:25
22. Don Peter	40:38
23. Mark Lidman	41:19
24. Bert Brown	41:34
25. Peter Callan	42:00
26. Bill Buchanan	42:37
27. Dennis Nichols	42:44
28. Susan Mathews	42:54
29. Tom Nolan	43:30
30. Dan Stover	43:30
31. Frank May	44:45
32. Jan Tharp	45:12
33. Vicki Neal	45:20
34. Ron Bosler	45:21
35. Ann Williams	45:40
36. Steve Leben	45:50
37. Andy Geoghegan	46:30
38. Clark Hendley	46:34
39. Linda Fisher	47:09
40. Jack Boyer	47:20
41. Buck Buchanan	47:30
42. Noreen Hendley	47:43
43. Bruce Montrose	48:05
44. Mike Nevinger	48:44
45. Linda Crosser	49:50
46. Erik Hedstrom	50:02
47. Jeanne Michel	50:03
48. Jean Buchanan	51:04
49. Mike Buchanan	51:05
50. Helen Hanson	53:22
51. Sherie Marchant	55:12
52. Linda Hedstrom	56:02
53. Michael Horton	57:03
54. M. J. Rumbley	57:04
55. John Bray	59:12

	PPP	AGE in '89	UNADJUSTED POSITION	CHANGE IN POSITION
1. Garry Gribble	.8742	50	3	2 UP
2. Jim Buckley	.8609	57	12	10 UP
3. Bill Brands	.8596	53	7	4 UP
4. Glenn Sauder	.8231	42	4	NO CHANGE
5. Heather Sterbenz	.8213	26	6	1 UP
6. Joe O'Reilly	.8159	36	1	5 DOWN
7. Ann Williams	.8069	57	35	28 UP
8. Terry Friedrichs	.8069	36	2	6 DOWN
9. Steve Greer	.8020	40	5	4 DOWN
10. Oleg Morazov	.7966	54	16	6 UP
11. Mary T. Edwards	.7889	40	21	10 UP
12. Tom Dowling	.7854	41	9	3 DOWN
13. Larry Blazek	.7787	42	11	2 DOWN
14. Marcia Dowling	.7744	37	20	6 UP
15. David Sechrest	.7640	36	8	7 DOWN
16. Jim Soady	.7416	40	14	2 DOWN
17. Bill Buchanan	.7415	54	26	9 UP
18. Larry Everly	.7333	39	15	3 DOWN
19. Dave Fisher	.7319	36	13	20 UP
20. Jack Boyer	.7296	63	40	6 DOWN
21. Dave Gatliff	.7281	26	10	11 DOWN
22. Bob Collier	.7256	41	18	4 DOWN
23. Jan Tharp	.7153	42	32	9 UP
24. Noreen Hendley	.7150	49	42	18 UP
25. Barry Neal	.7139	39	17	8 DOWN
26. Bert Brown	.7097	45	24	2 DOWN
27. Jean Buchanan	.7063	55	48	21 UP
28. Susan Mathews	.7044	32	28	NO CHANGE
29. Mark Herring	.6961	37	19	10 DOWN
30. Mark Lidman	.6954	41	23	7 DOWN
31. Frank May	.6942	52	31	NO CHANGE
32. Don Peter	.6772	34	22	10 DOWN
33. Vicki Neal	.6754	34	33	NO CHANGE
34. Tom Nolan	.6605	41	29	5 DOWN
35. Linda Fisher	.6536	35	39	4 UP
36. Dennis Nichols	.6517	36	27	9 DOWN
37. Jeanne Michel	.6507	43	47	10 UP
38. Ron Bosler	.6505	45	34	4 DOWN
39. Linda Crosser	.6441	41	45	6 UP
40. Peter Callan	.6408	31	25	15 DOWN
41. Clark Hendley	.6378	46	38	3 DOWN
42. Andy Geoghegan	.6301	44	37	5 DOWN
43. Helen Hanson	.6196	45	50	7 UP
44. Dan Stover	.6188	29	30	14 DOWN
45. Bruce Montrose	.6177	46	43	2 DOWN
46. Michael Horton	.6033	50	53	7 UP
47. Steve Leben	.5967	33	36	11 DOWN
48. Erik Hedstrom	.5936	46	46	2 DOWN
49. Linda Hedstrom	.5770	42	52	3 UP
50. Mike Nevinger	.5749	37	44	6 DOWN
51. M. J. Rumbley	.5707	43	54	3 UP
52. Buck Buchanan	.5667	28	41	11 DOWN
53. Sherie Marchant	.5658	37	51	2 DOWN
54. Mike Buchanan	.5269	30	49	5 DOWN
55. John Bray	.5124	49	55	NO CHANGE

How the "MOO" Run Works:

Each runner will be assigned a time advantage (head start) based upon their age and sex. Head starts ranging from no head start to 7 minutes or more in 15 second intervals will be given. Every 15 seconds a group of runners with the same head start will be sent off from the starting line until the "no time advantage" runners in the last group have started. The faster runners (presumed to be the young males) will have to catch up with the earlier starting runners to win.

Awards

The first 10 finishers will receive a unique and distinctive "MOO" Run award. Every entrant who donates a T-shirt will have the opportunity to pick out a different T-shirt in exchange, after they cross the finish line. Delegates from all over the country will be bringing T-shirts for this exchange.

Check out the headstart you will get in the accompanying chart and start practicing running from behind.

The "Moo" Run will have an age/sex graded handicap start with participants starting according to their time advantages in the following table:
(Based on Masters Age-Grade Tables, 1990 edition. Compiled by NMN and WAVA)

Time Advantage in Minutes	Male Ages	Female Ages
0:00	20,21,22,23,24,25,26,27,28,29,30	
0:15	17,18,19,31,32,33,34	
0:30	15,16,35,36,37	
0:45	14,38,39,40	
1:00	12,13,41,42,43	
1:15	11,44,45	
1:30	46,47,48 10 and Under	19,20,21,22,23,24,25,26,27,28,29,30,31
1:45	49,50	17,18,32,33,34
2:00	51,52	15,16,35,36
2:15	53,54	14,37,38,39
2:30	55,56	12,13,40,41
2:45	57	11,42,43
3:00	58,59	10 and Under, 44,45
3:15	60	46,47
3:30	61,62	48,, 49
3:45	63	50, 51
4:00	64, 65	52, 53
4:15	66	54
4:30	67	55
4:45	68	56, 57
5:00	69, 70	58
5:15	71	59
5:30	72	60
5:45	73	61, 62
6:00	74	63
6:15	75	64
6:30	76	65
6:45	77	66
7:00	78	67
7:15	79	68
7:30	80	69

Time advantages at higher ages will be computed as needed.

"THURSDAY NIGHT IN KC" REGISTRATION FORM

In order to take part in the "Thursday Night in KC" events, the following form and waiver must be completed and the appropriate fee paid. Your official "MOO" Run race numbers will be available at the RRCA Convention Registration table at Crown Center. The form below should be completed and forwarded as soon as possible.

Name _____

Address _____

Telephone: Home _____ / _____ - _____ Work _____ / _____ - _____

Sex: M F Age on 5/30/91 _____

BE SURE TO BRING A T-SHIRT TO EXCHANGE!!!

RELEASE AND WAIVER:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets during the race.

Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Mid-America Running Association; City of Kansas City, Missouri, including their police department; race officials, volunteers; any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

The undersigned further grants full permission to Mid-America Running Association and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose.

Applications for minors will be accepted only with a parent's signature.

Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____ Date _____

Official Use Only Time Advantage:

FEE:

- I am registered for the convention and paid \$5.00 previously.
- I am registered for the convention. \$5.00 enclosed.
- I am not registered for the convention. \$10.00 enclosed.
- Please send me information about the convention.

You can call 816/741-7551 for information about how to register for the convention.

Make checks payable to "1991 RRCA Convention".

Mail to RRCA 1991 Convention, c/o Mike Beery
6512 Platte Hills Rd., Parkville, MO 64152

RRCA 1991 Convention
c/o Mike Beery
6512 Platte Hills Rd.
Parkville, MO 64152

"THURSDAY NIGHT IN KC"

Thursday, May 30, 1991

Part of the 1991 RRCA National Convention
May 29 to June 1

*An Entire Evening of Fun
for only \$10.00
(\$5.00 if you are registered for the convention)*

5K "MOO" RUN 6:15 PM

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AGE AND SEX ADJUSTED FACTORS Who Really had the Best Performance at Prime Health in 1988?

By Bill Buchanan

If you said Mark Junkerman, who set a course record, you were wrong! It was our own Charlie Gray, who, though he ran 38 seconds more to complete the 10,000 meters, when his time is adjusted for age he comes out the winner, performing at 92.44% of his age and sex optimal standard compared to 92.39% for Junkerman, who is 11 years his junior.

The *National Master's News* together with World Association of Veteran Athletes (WAVA, the international governing body for masters track and field, long distance running and race walking) have just published *Masters Age-Graded Tables* in which are presented a number of statistical factors based upon world wide performances in a number of running, field and walking events. These factors vary by age and sex, thus permitting, for the first time, the comparison of relative performances against an optimal standard.

In a recent *Runner's World* article, Mike Tymn compared the best performance in the Marathon and 10K with some surprising results. That article was my incentive to investigate further. In Tymn's article, he found the best relative performances were generally by older athletes. Using the age-adjusted factors, a 47 year old woman, Evy Palme, has the top-ranked performance in the marathon and 37 year old Carlos Lopes had the best 10K.

One natural use of the tables is to compare performances within a race against a standard so that the best relative performances can be determined. That is, instead of awards in age and sex divisions, it is possible to score a race against the standard and give recognition based on these age and sex factors. However, that is not the only possible use. For example, the factors allow an individual to compare their results and progress over a period of time. For instance, you can compare your time 5 years ago with a recent mark. Your PR may not be your best performance when adjusted for age. By comparing your personal results, patterns as to your progress can be revealed that otherwise might be hidden.

Further, comparison of one event with another is possible. This can tell you whether you are better suited for the 100 meters, 5K or the marathon. It may also allow you to predict how you might perform in a new event.

Finally, the factors can be used as the basis for handicap starts for race which would equalize the age-sex differences. Several

events like this have been staged, including the St. Louis 10K Stadium Run where runners start at 30 second intervals based upon age and sex. The effect should be to reward the individuals who perform best against their age and sex standard.

The Kansas City Road Runners maintain a listing of 10K PR's and 55 members are included on the list ranked by time. These times were adjusted for age and sex and a "Personal Performance Percentage" (PPP) was calculated by dividing the standard target time by the actual time. This considerably "shook up" the ranking. While 7 of the top ten stayed in the top ten, the unadjusted leader dropped to 6th and number 3 became number 1. The 35th time, when adjusted, became number 7 and number 10 dropped to 21st. On average, an individual changed 6 to 7 positions (6.71 to be exact). Five people remained unchanged, 20 went up in rank and 30 went down. The largest jump up was 28 places by a 56 year old female and the largest drop was 15 positions by a 31 year old male.

These results led me to consider whether the results would change for a big race. I examined the results of the 1988 Prime Health 10K award winners to see what the results would be if awards had been presented based upon PPP's instead of actual times and age divisions. Men received 115 awards and women received 72. Of these awards, 21 men (including myself) received awards who would not have received them, had the results been scored using PPP's. That is, over 18% of the men's awards did not go to the best performances according to this measure. For the women it was a similar situation with 12 of the 72 women, or about 17%, receiving awards that wouldn't have, had PPP's been used.

In the men's top ten, 2 local runner's standings would have improved with Charlie Gray becoming the overall winner and Jerry Morrison jumping from 185th to 9th place. The age group that was most under-represented in the 10K was the 18-24 who, by this method, would have had 10 more awards. Age 25-29 would have had 4 more, 30-34 6 more and 35-39 would have had 1 individual receive an award who did not. The groups that were "over-awarded" were the younger and older age groups.

Among the women, the top 5 would have remained the same and then 51 year old Delores Albertini would have jumped from a 231 overall finish to 6th among the women. The "under-awarded" age groups were 18-24 with 4, 25-29 with 3, 30-34 with 3 and 35-39 with 2.

A Personal Performance Percentage of 90% or higher is considered to be World Class; 80%-90%, National Class; 70%-80%, Regional Class and 60%-70%, Local Class. In the 1988 Prime Health men's 10K the top 8 were 90% or higher and the top 10 averaged

91.11%. However, for the women, only one exceeded 90% and then only slightly at 90.15%. The average PPP for the top ten women was 86.12%.

Only a very limited review of the Prime Health Marathon factors was calculated, but it was clear that the percentages were lower than in the 10K, perhaps reflecting the relative difficulty of the Prime Health Marathon course. The men's ratios again exceeded the women's results.

Another interesting aspect of adjusting times for scoring is that you do not know where you stand with respect to other runners in a race until after the race is scored. While it can be argued that this should promote all-out effort by all who wish to win, it also is true that head on head running produces strategic racing and may promote better times for individual runners.

The age and sex adjusted method of scoring has been well received by older runners, but the method has also had its detractors. Basil Honikman, who keeps statistics for TAC, points out the irony of the idea in that "athletic competition is to see how good you really are accepting your physical and other limitations including age," and "you can't be first if someone beats you." Honikman also implies that age graded results would encourage younger and older age groups at the expense of the other age groups.

Surprisingly, while it would seem that the older runner would benefit the most from the use of age graded factors, the usual methods of allocating awards under-represents the age groups that have the deepest level of top performances. In practice, many older runners receive awards whose performances are not particularly outstanding. On the other hand, some outstanding older runners go unnoticed as they typically receive their awards lumped together with the other runners of their age group, in spite of the fact that they may have finished as much as 10 minutes ahead of their age group competition.

Then there are the "Clydesdale" runners who believe handicap by weight is also a factor that should be recognized since the heavier runner has to do more work to accomplish a given time. They would argue that the factors should include weight as well as age and sex.

For anyone who is interested, if you wish to contact me, I can give you your target standard time so you may compute your PPP. Write me at Buchanan and Associates, Consulting Actuaries, Suite 100, 8575 W. 110th, Overland Park, KS 66210. Or, if you would like to order a copy of the *Masters Age-Graded Tables*, send \$5.95 plus \$1.30 postage and handling to National Masters News Order Dept., P.O. Box 2372, Van Nuys, CA 91404.

What is your 10K Target Time

By

Bill Buchanan

In a recent article I discussed the natural deterioration of race times as age increases according to the age-graded tables published by *National Master's News* together with World Association of Veteran Athletes (WAVA, the international governing body for masters track and field, long distance running and race walking). In response to that article I have had several inquiries from individuals wondering what their "target times" were.

Using the Tables to Determine Target Times:

The statistics suggest that times can be classified into categories based on how they compare to the World Record Equivalent for a given age.

- 100% — World Record Equivalent
- 90% (or better) of World Record Equivalent — World Class (competitive with the best in the world of that age and sex, winning or at least placing when the best in the world are represented)
- 80% (or better) of World Record Equivalent — National Class (competitive among the best in the nation)
- 70% (or better) of World Record Equivalent — Regional Class (competitive among the best in the region)
- 60% (or better) of World Record Equivalent — Local Class (competitive among the best in local events)

You can use these categories to determine your target time from the charts at the end of this article, as explained under the charts.

(Note: I think it's safe to say that on average, in order to be competitive in races in the Kansas City area, you would need to target times that would fall into the Regional Class or better for your 5 year age group.)

Using the Tables to Determine Your Personal Performance Percentage (PPP):

If you calculate the ratio of the World Record Equivalent for your age and sex relative to your race times, you can determine your Personal Performance Percentage (PPP). You could then see at what level you are now performing.

It is easiest if you convert your times and target times to seconds before making the PPP calculations:

$$\frac{\text{World Record Equivalent time (in seconds)}}{\text{Your time (in seconds)}} \text{ for your age/sex} = \text{PPP}$$

Using the Tables to Compare Your PR's at Different Ages:

You can compare your past times and your current times against a common standard by converting them to PPP's. Lets say, for example, that a male age 35 ran a 10K in 39:50 but has struggled to get below 40 ever since. This last year at age 40 he ran 40:07 and was disappointed in that he was so close to his PR. By using the chart he can calculate his PPP's as follows:

Age 35

1. His time of 39:50 is 2390 seconds.
2. World Record Equivalent time at 35 is 27:41 or 1661 seconds.
3. $\frac{1661}{2390} = 69.5\%$

His PPP at age 35 is 69.5% or high in the Local Class.

Age 40

1. His time at age 40 is 40:05 or 2405 seconds.
2. World Record Equivalent time at 40 is 28:33 or 1713 seconds.
3. $\frac{1713}{2405} = 71.23\%$

His PPP at age 40 is 71.23% or just within the Regional Class.

His age 40 time of 40:07 is actually a better time than his PR of 39:50 when comparing PPP's. He has actually improved his standing when comparing himself with others of his age, having moved up from Local Class to Regional Class.

From these charts you can compare age/sex specific performances with an objective standard based upon past national performances. Because the age-graded tables are based on past actual performances they may overstate the times that will eventually be achieved. In other words, when some of the current world class runners reach the higher ages, the records will get rewritten and the World Record Equivalents may lower accordingly.

The latest innovation suggests there ought to be statistical adjustments for weight and/or weight relative to height. We can probably carry this to extremes and get to the point where you are the only individual in your category. There are those who would say that's how we should be looking at our performances, any way. In any case, use of PPP's can add another dimension to our running and may help to keep those of us who are interested in that sort of thing out there on the roads. □

Explanation if Using 5-Year Age Chart

In these charts times are given for males and females at every 5th age.

If you would like a copy of the charts with times for all the ages from age 30 through 75, send your request to me at Buchanan & Associates, Consulting Actuaries, 8575 W. 110th, Suite 100, Overland Park, KS 66210.

OR, you can use a straight line interpolation to determine your own target time. To interpolate, calculate the total time difference from the ages just above and below your age. Divide the difference by 5 and multiply by the number of years your age exceeds the lower age. Add this to the lower age time.

FOR EXAMPLE: An age 38 male wants to target 60% PPP or "Local Class":

He would look in the "Local" column and see that the difference between age 35 time (46:08) and age 40 time (47:35) is 87 seconds.

Divide 87 seconds by 5 and get 17.4 seconds per year.

Multiply by 3 to get 52.2 seconds which is then added to 46:08 to get 47:00.2 or 47:00 when rounded. His target time would be 47:00 minutes. □

.....Continued on next page

10K Target Times

Males

Age	100% World Record Equivalent				
	60% Local	70% Regional	80% National	90% World	100% World Record Equivalent
30	44:52	38:27	33:39	29:54	26:55
35	46:08	39:33	34:36	30:46	27:41
40	47:35	40:47	35:41	31:43	28:33
45	49:10	42:09	36:53	32:47	29:30
50	50:57	43:40	38:13	33:58	30:34
55	53:08	45:33	39:51	35:26	31:53
60	55:48	47:50	41:51	37:12	33:29
65	58:50	50:26	44:08	39:13	35:18
70	1:02:22	53:27	46:46	41:34	37:25
75	1:06:23	56:54	49:48	44:16	39:50

Females

Age	100% World Record Equivalent				
	60% Local	70% Regional	80% National	90% World	100% World Record Equivalent
30	49:48	42:41	37:21	33:12	29:53
35	51:22	44:01	38:31	34:14	30:49
40	53:08	45:33	39:51	35:26	31:53
45	55:07	47:14	41:20	36:44	33:04
50	57:22	49:10	43:01	38:14	34:25
55	1:00:07	51:31	45:05	40:04	36:04
60	1:03:30	54:26	47:38	42:20	38:06
65	1:07:27	57:49	50:35	44:58	40:28
70	1:12:03	1:01:46	54:03	48:02	43:14
75	1:17:25	1:06:21	58:04	51:37	46:27

Hospital Hill Half Marathon TACSTATS All-Time Rankings

Name	Age	Home	Time	Year	Rank
Jane Hutchison	43	Webb City, MO	1:19:47	'89	*
Gail Ladage-Scott	43	Durango, CO	1:24:14	'89	*
Gloria Brown	57	Grand Island, NY	1:39:00	'89	*
Jim O'Neil	64	La Jolla, CA	1:24:25	'89	*
Jack Gevrey	61	Rogers, AR	1:24:53	'89	*
Jim Binant	60	Orlando, FL	1:25:09	'89	*
Karlene Erickson	16	Ericson, NE	1:17:12	'82	8
Jane Hutchison	42	Webb City, MO	1:21:18	'88	13
Imv Ernst	66	Arizona	2:22:55	'88	35
Wesley Paul	11	Overland Park, KS	1:25:45	'80	58
Wesley Paul	12	Overland Park, KS	1:19:26	'81	46
Mark Curp	26	Lee's Summit, MO	1:03:48	'85	59
Mark Curp	24	Lee's Summit, MO	1:03:51	'83	62
Clvde Davidson	58	Emporia, KS	1:16:09	'88	26
Jerry Morrison	60	Parkville, MO	1:25:13	'84	26
Walt Stack	76	San Francisco, CA	2:24:20	'84	29

*Pending record that is within TACSTATS current all-time times.

Compiled by Mike Lundgren



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Adjusting Times for Age?

The World Association of Veteran Athletes (WAVA) has developed some 'equivalency' factors so that the performance of an older athlete can be compared against that of a younger athlete. This system is apparently working rather well in the track world and has attracted attention and generated much discussion. A set of 'Masters Age Graded Tables' has been published by National Masters News and in the introduction to these tables 16 purposes are listed. The first of these is to 'keep track of your progress over the years'. Another is to 'Give recognition to good performances in the upper age groups' and still another is... 'to select the best performance in an event among all age groups'. The irony here is that the whole idea of athletic competition is to see how good you really are accepting your physical and other limitations including age. Part of the essential spirit of athletics is the successful application of methods (other than a calculator and tables) to reduce the effect of our limitations. These are increased training, good food, rest, mental toughness, determination, etc.

Mike Tymms, writing in the August 1989 Runner's World magazine uses these tables in the traditional manner of the sports fan, arguing about whether "Cunningham would have beaten Coe". As he says in the opening paragraph, "...sports enthusiasts have always enjoyed comparing today's champions with those of yesterday."

We agree and are supportive of any device which brings discussion and attention to the sport. In the April/May TACTIMES we published Pete Riegel's story about his handicapped runs at work and the fun and interest they generate. Handicapping systems are slightly different from these age graded tables. Usually the handicap is used to 'equalize' all the competitors in one and only one race and the challenge is to better your usual standard.

We applaud the work of those whose expertise produced the Masters Age-Graded Tables. The sport can benefit from the enjoyment and interest they generate. We support all systems which encourage youth and age group athletes but not at the expense of other age groups.

We are concerned that by the use of the age graded tables the essential point of athletic competition may be overlooked - you can't be first if someone beats you!

Basil Honikman

HEAD START 5K

Fun Racer's Fund Raiser

**Age Handicapping Gives Recognition
to the Best Performances
rather than to the Fastest Times.**

By Bill Buchanan

~~D.P.M. HANDICAP PART~~

D.P.M. HANDICAP PART. P. 13

On the hot Sunday morning of Labor Day Weekend, an age/sex-graded Head Start 5K race was held at the Liberty Memorial. A "head start" was assigned to runners according to their age and sex and the runners were sent off at 30 second intervals. The first runner back to the finish line was the winner. On this day, the first

The first woman starter, Fritzi Hazelrigg, was also the first woman finisher. Her 8 minute head start added to her 19:04 clock time gave her a 27:04 actual time. Pat O'Brien, returning to the Kansas City area from Little Rock where she has lived for two years, was the second finishing

starter was also the first finisher. Jerry Morrison, with an 8 minute 30 second head start finished

"In conventional races, the runners with the most outstanding performance level ratios may be further back in the pack. They don't get to enjoy the recognition that should accompany their performance. A "head start" gives them that opportunity."

woman with an actual time of 25:34 with a 3 minute 30 second head start.

The "head start" concept is

with the clock showing 12:38. Adding his head start gives Jerry a 21:08 actual time over the hot course which had one significant hill in the last mile. He finished nearly 3 minutes up on Ken Sells who finished with 15:32 on the clock, which, with his 5 minute head start, translates into a 20:32 5K time.

one of several methods for adjusting all runners, regardless of age or sex, to a common basis for comparing results. In theory, the head start, (or handicap) based upon national age/sex-graded time standards, adjusts all times to equivalent maximum performance.

It gives everyone the same chance to compare against a consistent standard. Sixty-seven year old, Jerry Morrison is an outstanding local runner, as we all know, and this race clearly demonstrated just how excellent his performance level is.

"The aging of the running population has been a factor in developing interest in age/sex-grading in race results. A number of races are beginning to use this method for determining awards."

The most exciting race was for third place where MAM president, Larry Velasquez, who had a 2 minute 30 second head start, entered the long loop on the mall with a 50 yard lead over Terry Freidrich who had started with a 1 minute 30 second head start. Terry methodically cut down the lead and pulled up on Larry's shoulder at about 50 yards from the finish. Larry responded with a sprint that matched Terry stride for stride, finishing one second ahead of Terry with a 15:53 showing on the clock. Larry's actual time of 18:23 was a fine effort. Terry's actual time of 17:24 was the fastest time of the day.

A more accurate (though less dramatic) way to determine the best performance is to compute a personal performance ratio for each individual runner based on his/her actual time. Head starts would not be necessary. Using the "Head Start", though

The Liberty Memorial Mall was the site for the Head Start Race on Sunday, September 2.

less precise, has the advantage of permitting those runners with the most outstanding performance levels to actually cross the finish line first.

In conventional races, the runners with the most outstanding performance level ratios may be buried back in the pack. They don't get to enjoy the recognition that should accompany their performance.

A "head start" gives them that opportunity.

For comparison purposes, I have computed the performance level ratios for the 1st 20 finishers in

the Sept. 2 race. The resulting ratios are shown in the accompanying table. Because the head starts are assigned in 30 second intervals and performance level ratios vary by individual age, the performance ratios do not follow the exact order of finish but they are surprisingly consistent.

DEFINITIONS

Head Start (Handicap):

A time advantage at the start of a race based upon national time standards for potential times related to age and sex. It is a simple and surprisingly accurate means for determining the best Age-Graded Performance at a given race. Runners will tend to finish in the order of their Performance-level Ratio.

Performance Level Ratio:

Your actual time is divided by the "time standard" for your age and sex in a given event. The result is your Performance Level Ratio (or Percentage).

1.000 (100%)	World Record Potential
.9000 or more	World Class
.8000 to .8999	National Class
.7000 to .7999	Regional Class
.6000 to .6999	Local Class

Age Adjusted Time:

Time on the clock when runners crossed the finish line. The clock was started when the "scratch" runners left the starting line.

Actual Time:

The actual amount of time it took the runner to complete the course. Runners in this race could determine their actual time by adding their head start to the clock time when they finished.

The aging of the running population has been a factor in developing interest in age/sex-grading in race results. A number of races are beginning to use this method for determining awards. The famous Dipsea race, cross country over the mountains of Marin County, California, has gone to an age-graded handicap start. This has resulted in champions ranging in age from 9 to 60 and four successive female winners until this year's finish when 50-year-old Sal Vasquez caught 8-year-old Megan McGowan in the last quarter mile of the 7.1 mile race in June of this year. The ICI/

Order of Finish	Head Start	Name	Age	Actual Time	Order of Times	Age Adjusted Time	Performance Level Ratio (%)
1.	8:30	Jerry Morrison	67	21:08	(11)	12:38	.82256
2.	5:00	Ken Sella	55	20:32	(7)	15:32	.74026
3.	2:30	Larry Velasquez	43	18:23	(3)	15:53	.76247
4.	1:30	Terry Freidrich	36	17:24	(1)	15:53	.77011
5.	2:30	Roger Stucki	43	19:01	(4)	16:31	.73707
6.	4:00	Don Roth	52	20:39	(10)	16:39	.72236
7.	0:30	Mike Bloember	21	17:32	(2)	17:02	.73859
8.	5:00	Don Miller	55	22:15	(15)	17:15	.68315
9.	4:00	Charles Cummings	51	21:27	(12)	17:27	.69075
10.	3:00	Don Welsh	47	20:33	(8)	17:33	.70073
11.	2:30	Andy Geoghegan	44	20:09	(6)	17:39	.69975
12.	4:00	Kirby Clark	52	22:12	(14)	18:12	.67192
13.	2:00	Mike Fisher	39	20:38	(9)	18:38	.66155
14.	8:00	Fritzi Hazelrigg	56F	27:04	(20)	19:04	.64778
15.	3:30	Joe Strumph	48	22:51	(16)	19:21	.63530
16.	0:30	Jeff Perry	30	19:57	(5)	19:27	.64912
17.	0:00	Joe Norton	26	21:55	(13)	21:55	.59087
18.	3:30	Pat O'Brien	34F	25:34	(18)	22:04	.57627
19.	1:00	Michael Walter	33	23:44	(17)	22:44	.55478
20.	5:00	Derrell McLoon	55	28:37	(23)	23:37	.53116

USRA Masters Circuit used age-graded performance ratios in determining its Sorbothane Cup winner. St. Louis has, for several years, had a "head start" race in its Stadium 10K run. Local runner, Garry Gribble, finished second in that race in 1989 and Wesley Paul scored well in past years. Also, the Pelican Pursuit Race has used a head start concept.

It is the intention to keep a head start race on the Kansas City race calendar. The event will be used annually as a fund raiser for special running related projects. This year the funds raised will go to help defray the costs of hosting the RRCA Convention next June.

The race as it was held this year was combined with a T-Shirt swap where each

runner donated a T-shirt. The donated T-shirts became the awards which could be selected by the runners according to their finish order. The T-Shirt Swap arrangement eliminates the expense of purchasing both T-shirts and Awards for the race, meaning that nearly all the funds raised from the entry fees can be used for the fund-raising cause.

For those who may want to try such a race, a head start 5K will be held as part of the RRCA Convention on Thursday evening before Trinity Hospital Hill in 1991. You can use it as a tune up for the Sunday Half Marathon and get the feel of this different concept in racing. Watch future issues of Master Pieces for more information about registering for the RRCA Convention as well as for the Head Start race.

Sixty-seven year-old Jerry Morrison in the lead along the Liberty Memorial Mall. Jerry is an outstanding masters runner, and this race clearly demonstrated just how excellent his performance level is. The event will be used annually as a fund raiser for special running related projects. This year the funds will go to defray costs of the RRCA Convention.