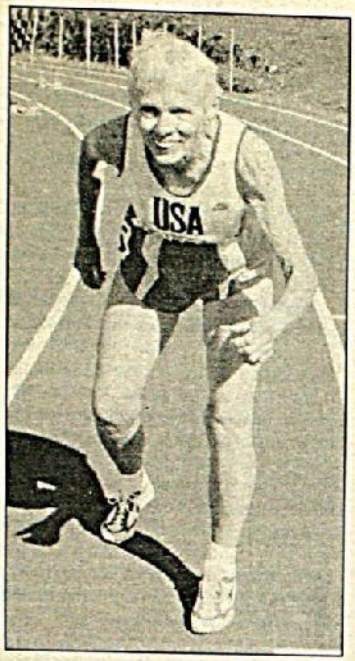

SUZY HESS
Pat Peterson, 72, of New York, elected to the Masters Hall of Fame by her fellow athletes.

15 Elected to USATF Masters Hall of Fame

Fifteen more masters athletes have been elected to the USATF Masters Hall of Fame, bringing the total to 29 since the Hall was inaugurated in 1996.

The regular Hall of Fame Committee selected 10 new members: Bob Boal, Ross Carter, Max Green, Marion Irvine, Shirley Matson, Bob Mimm, Pete Mundle, Jim O'Neil, Pat Peterson, and Al Sheahen.

Norm Green, who coordinated the voting, said ballots with supporting data were sent to persons listed in the USATF Directory as members of the Masters T&F and Masters LDR committees. Sixty-three persons voted, casting 574 votes. Each electee received at least 50% of the votes cast.

Five others were chosen by a special "Old Timers" committee, which was established in 1998 to elect athletes who were active many years ago and may not be familiar to current voters.

Those five are Herb Anderson, Harold Chapson, Polly Clarke, Clive Davies, and George Sheehan.

The 15 join 14 Hall of Famers elected in 1996 and 1997: Ruth Anderson, Ed Benham, Toshiko d'Elia, Miki Gorman, Norm Green, Jack Greenwood, Payton Jordan, Beverly LaVeck, Christel Miller, Boo Morcom, Irene Obera, David Pain, Phil Raschker, and Paul Spangler.

The Hall now contains 18 men and 11 women.

Due to lack of funds, the only award presented to date is Spangler's. Ken Weinbel said the Martin

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Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO D.P.M.

Prevention is Key to Injury-Free Running

Running is one of the most popular and visible athletic activities in the world today. Probably there are more masters athletes in running than in any other sport. We do it to avoid obesity, to relieve stress, to improve cardiovascular fitness, and to participate in the competitive aspects of the sport.

Unfortunately, due to aging, overuse and other factors, injuries are quite common among masters runners. The material presented in this article and future articles is based on a clinical study of injured runners. Currently we have over 8000 clinical cases, approximately 40% of which involve masters runners.

A good point is that distance running, sprinting and jogging, although placing a heavy load on the musculo-skeletal system, are associated with a low incidence of disabling injuries. Very few of these injuries will preclude the runner's return to their desired mileage and training programs.

It is notable that there are some differences in injury pattern between those over-40 and those under-40.

It is essential that masters runners understand the etiology of running injuries if they are to stay healthy. Prevention is probably the key to a healthy and long athletic career.

There are five major causes of injury: (1) Training methods. In general, injuries occur due to excessive duration and intensity of training. We run too hard, too fast. We do not allow for physiological adaptation. It takes time for the body to adjust to training. We need to give ourselves several months of training prior to intensive racing. We do not pay attention to specificity of conditioning. Sprinters train to be sprinters and marathoners train for the marathon. We fail to recognize individual response to training. We need to train, not strain.

(2) Training surfaces. Running on hard concrete is not advisable. We need a training surface that will absorb shock.

(3) Muscle dysfunction and inflexibility occur as we get older. We are more "brittle." Stretching, especially for the gastrosoleus and Achilles, is a must.

(4) Shoe design. A well-constructed shock-absorbing training flat is essential. Racing shoes should only be used to race in. They do not absorb enough shock for the daily grind.

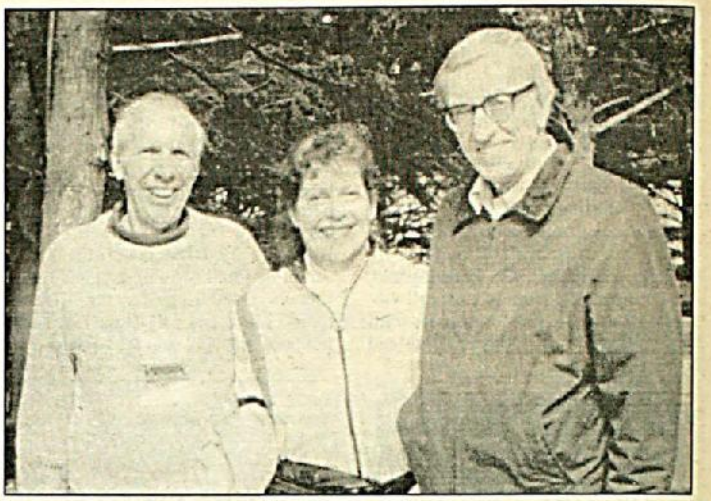
(5) Improper biomechanics. Most runners are biomechanically inefficient and need a coach or trainer to point out their irregularities. Poor lower extremity biomechanics most often lead to lower extremity injuries.

With these points in mind, the master runner can better understand the concepts behind the causes of running injury. Probably 70-80% of all running injuries can be eliminated by avoiding the big five.

When planning out the year's training schedule, make sure you have included a proper program that will slowly allow the body to adapt to the rigors of running. Make sure you have the correct training flat. Do not allow the shoes to become rundown. Rotate shoes every three days and do not wear a shoe for more than 3-4 months.

Stretch properly. Review your running mechanics and eliminate any deviation that might be causing stress to the foot, shin or knee areas. With this in mind, you can have a pain-free training program. ☐

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)



JERRY WOJCIK

Two new electees to the Masters Hall of Fame, Pete Mundle (l), USATF Masters T&F Records Coordinator, and Al Sheahen, *National Masters News* Editor and Publisher, with Suzy Hess, who was re-elected as Secretary of the Masters T&F Committee in Orlando.

Masters Hall of Fame

Continued from page 3

Surfacing Co. has contributed $1000 to produce awards for the other 28 electees.

The same procedures will be used to select the class of 1999, which will be announced at the 1999 USATF convention in Los Angeles.

Nominations should be sent to Green (address on page 2) by March 15, 1999. ☐

GEORGE BANKER

Sandra Adams, 48, second masters woman (44:19), 1998 Leesburg 10K, Leesburg, Va.

1999 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

GRAND VALLEY STATE UNIVERSITY

WHEN: Sunday, February 7, 1999, 12:00 noon

WHERE: Grand Valley State University, Field house Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45(Lake Michigan Drive)

DIVISIONS: Open (14-29), Masters 30+ by 5 year age division

ELIGIBILITY: All athletes must be registered members of USA Track & Field. Onsite Registration available: $15.00

ENTRY FEES: $15.00 first event, $5.00 subsequent events if RECEIVED by Jan. 29. Late registration available onsite from 10:00-11:00, $20.00 first event, $12.00 subsequent events. Entry fees are non-refundable.

AWARDS: Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for $3.00 each

FACILITIES: Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.

ADMISSIONS: Adults $4.00, Students $1.00.

MAKE CHECKS PAYABLE TO: Grand Valley State University - T&F.

MAIL REGISTRATION TO: Jerry Elkins, Grand Valley State University, Office 97 - Field house, Allendale, Michigan 49401, Phone (616) 895-3360. No phone or fax entries accepted.

ORDER OF EVENTS: Women, followed by men, oldest to youngest
55MH___55M___3000M Racewalk___800M___200M___
Mile Run___400M___3000M___LJ___HJ___PV___SP___
WT___1600MRelay___(semis & finals in 55MH and 55M only)

NOTE 1/4 inch spike limit, no pin or needle spikes; no field event implements provided.

REGISTRATION FORM

Name_____ USATF Number_____

Address_____ Date of Birth_____Age___Sex___ (as of 2-15-98)

City_____ State_____ Zip_____

Phone No._____ Club/Team_____

Events Entered: 1st_____2nd_____3rd_____4th_____5th_____

Best Recent Performance_____

WAIVER

I,_____in consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Open/Masters Track & Field Meet activities on February 15, 1998, do, for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature_____Date_____