

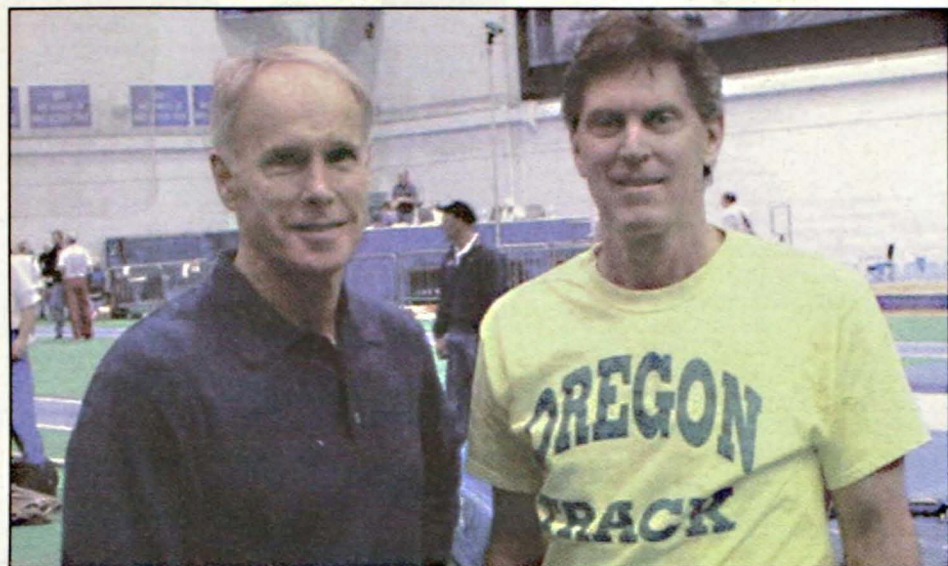
# NATIONAL MASTERS NEWS

The official world and U.S. publication for masters track & field, long distance running and racewalking

308th Issue

April 2004

\$3.00



Courtland Gray (l) and Paul Edens at the Mid-America Regionals.

## Gray, O'Connor, Edens Break Records in Mid-America Regionals

By JERRY WOJCIK

Three athletes in their 60s broke world and U.S. indoor records in the USATF Mid-America Masters Regional Championships held at the U.S. Air Force Academy track, Colorado Springs, Colo., Feb. 29.

Courtland Gray, who turned 60 on Jan. 7, ran 9.11 in the 60mH to break

Phil Mulkey's 11-year-old M60 world record of 9.14.

Nadine O'Connor, 61, upped her W60 pole vault world record of 2.80 in 2003, with a 2.88.

Paul Edens, 62, who won the 100 and 200 in the WMA Championships in Puerto Rico, and the National

Continued on page 8

## Records Set in Idaho Indoor Classic

By JERRY WOJCIK

NAMPA, Idaho – One world record and one national age-group record were set in the MPC Idaho Masters Indoor Classic held here on March 13-14.

In an early morning 800 on Sunday, Suzi MacLeod, 70, Bend, Ore., running in a mixed age-group of men and women, lowered the world record of 3:28.1 to 3:26.44. The present record, set in 2001, is held by Toshiko d'Elia.

On Saturday, the 13th, Verla Ball, 88, Boise, Idaho, established a W85 U.S. record of 17.30 in the 60m, cheered on by a large group of family members of all ages in the stands.

There were some near-record misses. Stephen Robbins, 61, Seattle, Wash., ran a 7.77 in the 60m, the best performance of the day. The M60 world record is 7.7h by Payton Jordan.

In the 200 on Sunday, Robbins, the M55 200 world record holder, in lane 5 in a mixed age-group heat, came off the last turn four meters ahead of Mark Lesniak, his closest competition, but tripped and did not finish. Lesniak, 54, won the race in 25.56. The world record for the M60 200 is 25.10.

In other events, Bill Platts, 75, Boise, Idaho, who broke the M75 U.S.

Continued on page 9



Jeff Mann, M40, winner of the mile and 800, MPC Idaho Masters Classic.

JERRY WOJCIK

## Pozdnyakova Keeps L.A. Marathon Title, and Much More

By JERRY WOJCIK

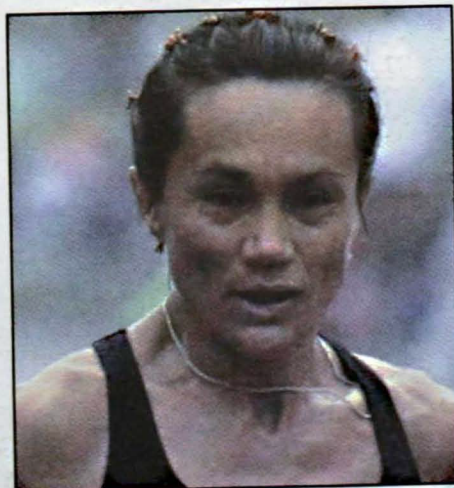
In the 2003 City of Los Angeles Marathon, Tatyana Pozdnyakova won the women's race (2:29:40) and left the City of Angels with a \$31,000 prize and a new Honda Accord.

In the 2004 Los Angeles Marathon, the 19th edition, on March 7, she crossed the finish line first with a 2:30:17 and went away with \$79,000 and a Honda Accord EX V6.

This came about from the addition to this year's race of "The Challenge," a handicap innovation in

which 15 elite women started the race 20 minutes and 30 seconds ahead of the elite men, with the first runner to finish collecting \$50,000. Pozdnyakova, who turned 49 on March 4, did just that.

Continued on page 5



Tatyana Pozdnyakova.

VICTOR SAILER

## Injuries Take Toll

## Pawlik, Ellis, Glynn Tops in Heptathlon

By JEFF WATRY

The 2004 National Masters Indoor Heptathlon was once again held at Carthage College, Kenosha, Wisc., March 6-7. As is becoming a tradition, Emil Pawlik, M65, and Ken Ellis, M45, were two of the stars of the show. Both broke heptathlon existing standards and achieved world best marks.

Pawlik, Jackson, Miss., scored a total of 5984, bolstered by big points in the 60mH (9.90/1051). Ellis, Oklahoma City, Okla., scored 5628.

A new combined-events standout also emerged. Kay Glynn, at 51, Hasting, Iowa, decided to follow in her daughter's footsteps and be a combined-events athlete. As well as she performed, with a total of 4791, she will only get better. In her first time jumping at a pole vault crossbar, 2.30 looked easy. With a few more practices, three meters is a strong possibility for her.

While dominating performances were the norm, the suspense of the

Continued on page 11

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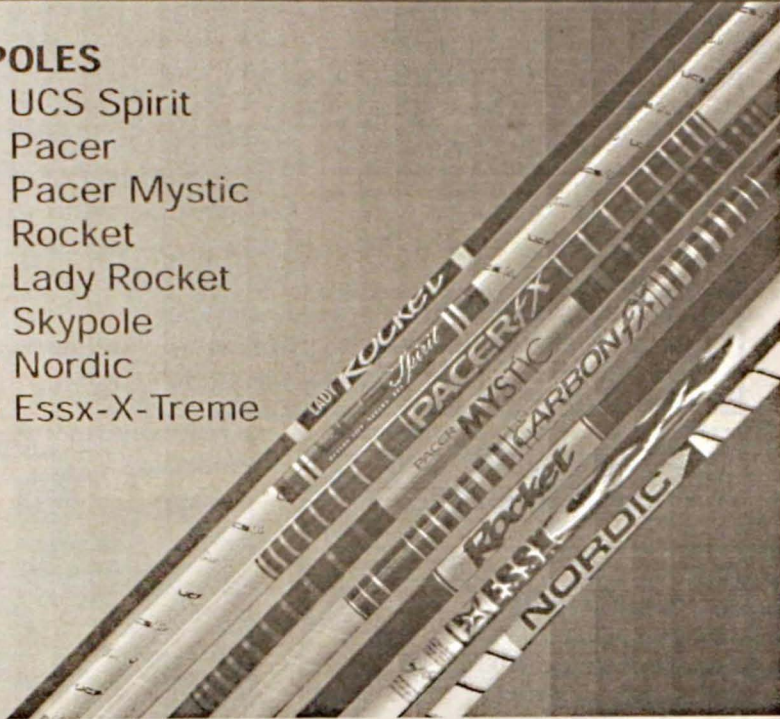
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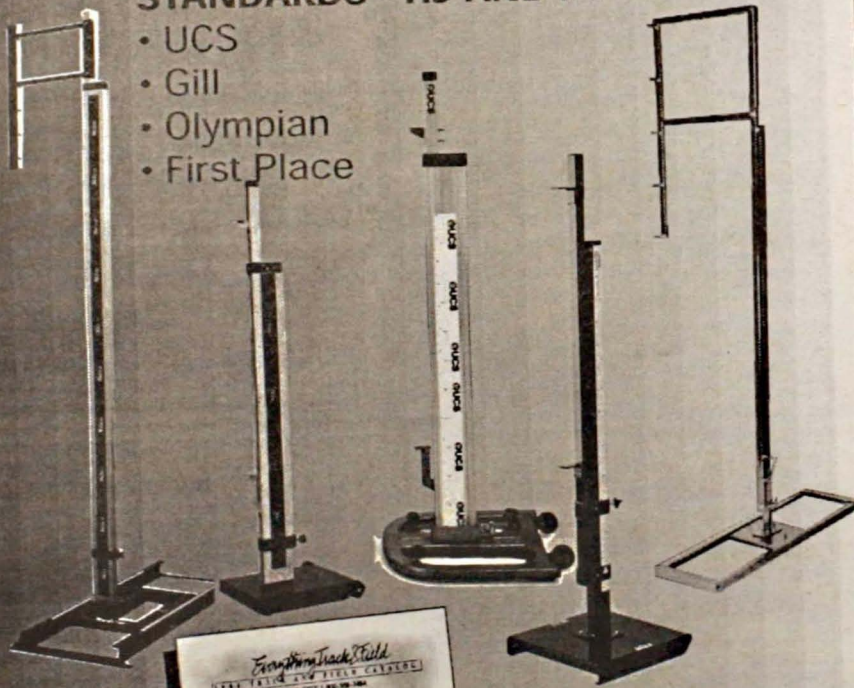


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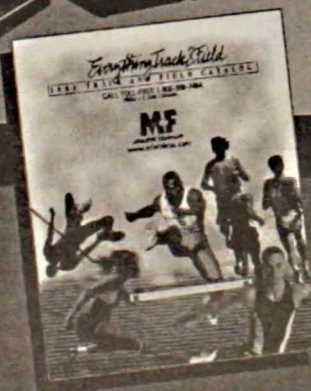
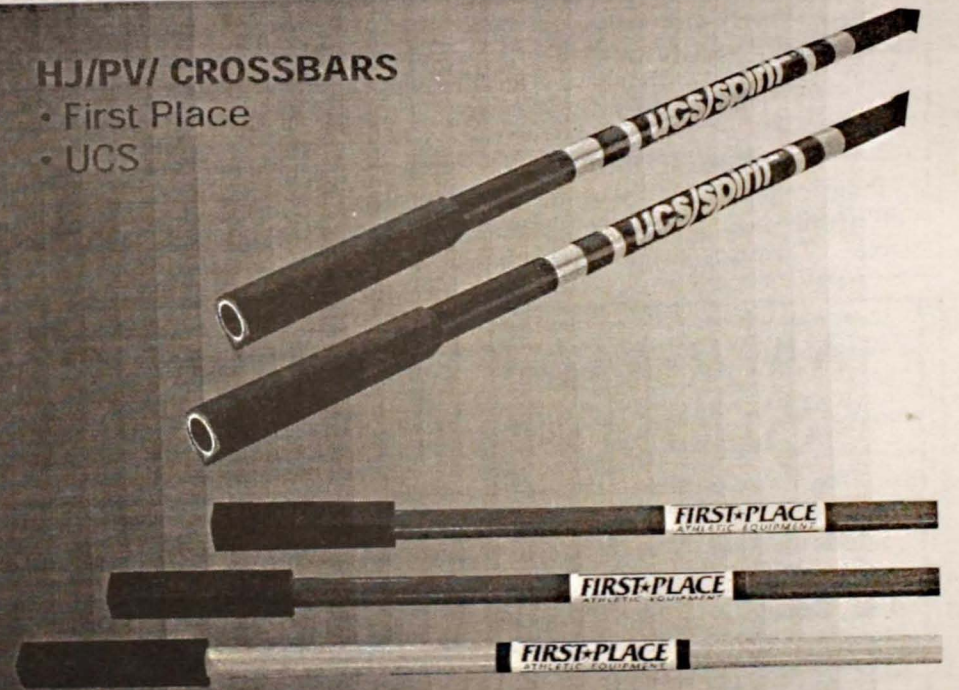
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### AGE GROUPING

I think Walter McCarthy (NMN, Nov. 2003) has it all wrong with his complaints about masters track meets. Let's examine some of his issues:

He wants only 10-year age groups in heats. When only three or four people per age group show up, heats make no sense at all. I don't want to run a heat of the 800, mile or 3000 with only four people. Give me people to run with. Besides, if one added all those heats, your meet wouldn't be over until 2 a.m.

Can't bring his grandkids? Give them a stop watch and a clipboard and have them write down your splits. Introduce them to the sport of track & field. This isn't really a sport about image. It is about self-confidence, sportsmanship and goal-setting. Teach them that just because you came in last or got lapped, maybe you PR'd or ran each lap at the pace you wanted.

Feels lousy even if he wins his age group? Now, I might be disappointed if I won my age group without achieving the day's goal, but never lousy. You should thank God that you have the ability to compete on the same track with people 20 or 30 years younger or more. But don't feel lousy.

So if you don't like feeling lousy or getting lapped, go to the road races you seem to praise and run with three or four hundred other people where your performance, no matter how strong or weak, is hidden by the large crowd, where your family can't see you except for a few seconds, and where you don't know who's in your age group.

Anthony L. Boerio  
Pittsburgh, Pennsylvania

### SANCTIONS

In his column titled "Sanctions Pay Off" (NMN March), George Mathews wrote: "There has been much contro-

versy concerning the value of USATF sanctions. Most of us know that all our USATF Championships must be and are sanctioned. But what about all those other meets held around the country, many of which USATF members participate in? This is a large number."

I recently caught a lot of flack because, as the USATF Tennessee Association Masters Chair, I refused to agree to sanction an indoor masters meet. The reason that I refused is because of the past history of the meet director and the sponsoring club in putting on previous "USATF Masters Meets" in Tennessee.

I have been in Tennessee for five track seasons now. In the first four seasons none of the meets was sanctioned. The "club" was never a USATF club. Additionally, I have good reason to believe that in at least one of those meets, the meet director was not even a member of the USATF.

Last summer's Tennessee Masters Championships, which was conducted by the same group, was sanctioned. However, the meet was not conducted in accord with the USATF rules.

There was no qualified medical person to assist when an athlete went down. An ambulance had to be summoned for emergency medical attention. I didn't time it, but it was a lengthy wait. Additionally, there were a number of "open" athletes who were not members of the USATF.

Yes, I agree that sanctioning is critically important. But make certain that the meet is really sanctioned. Make certain that if you go down with an injury at the meet, you are covered by the insurance that is available with the sanction and that there is an emergency medical technician in attendance.

Ross Dunton  
by e-mail

## Sustainers for April 2004

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more.

We are grateful for the support of masters athletes.

*Special thanks this month go to:*

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### FIVE YEARS AGO April 1999

- Bill Collins (47, 200, 22.57) and Courtland Gray (55, 60H, 8.64) Break WRs in Reno Indoor Meet
- John Tuttle, 40, Sets U.S. 12K Record (36:12) in National Masters Championships, Orlando
- Rudy Munoz (41, 6K, 18:30) and Kimball Bender (40, 4K, 13:41) First in National Masters XC Championships, Tacoma, Wash.



BRENNAN PHOTOS

Alston Brown, M55-59, 1500 4:23.97, MAC Indoor T&F Championships.



KRISTIN EDDY

Rick Platt, 53, 1:23.14, Anheuser-Busch Colonial Half-Marathon, Feb. 22.

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- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

# Pozdnyakova Keeps Title

Continued from page 1

Pozdnyakova, of Ukraine, who trains in Gainesville, Fla., also won the women's first place prize of \$25,000, plus \$4000 for running under 2:31. The Honda is valued at \$26,400. She is believed to be the oldest female winner of any major marathon.

The men's overall winner, David Kirui, 26, of Kenya, ran a 2:13:41, 3 minutes and 51 seconds behind Pozdnyakova, and third overall behind Tatiana Titova, 38, 2:33:39.

At 18 miles, Kirui trailed Pozdnyakova by five minutes and appeared to have a chance at catching her. After 20 miles, however, the heat caught up to Kirui, and he gained only a minute.

Pozdnyakova, who in 2003 told reporters at the finish line, "Running keeps me young," said after this race, "This was a very special victory. I worked very hard for this race, and I ran better the second half."

A record field of 24,532 started under sunny skies and warm conditions, temperatures going from 67 to 86 degrees five hours into the race. City of Angels Medical Center ran a treatment center near the finish to help runners suffering from heat exhaustion, nausea, and dehydration.

"We're so busy; I've never seen anything like this," said John Fenton, the medical center's chief executive officer. At 4:15 p.m., Fenton's team had transferred 20 patients to hospitals. By the end of the day, 100 were taken to nearby hospitals. In previous marathons, about two runners per marathon were transferred.

In the other women's divisions, Tracy Thomas, 42, Long Beach, Calif., third W40 in 2003, won the division with a 3:18:38. Alfreda Iglehart, 53, Los Angeles, retained her W50 title with a 3:33:19.

The other division winners includ-

ed Joann Jung, 56, Studio City, Calif., 3:52:17; Barbara Warren, 60, San Diego, Calif., 4:15:24; Pedro Barrigan, 66, Downey, Calif., 4:26:53; and Ann Chadwick, 71, McKittrick, Calif., 5:58:39.

The first masters man was Reynaldo Ramirez, 40, Mexico, 18th male overall in 2:35:38, bettering the 2003 M40 division winning time of 2:40:46. Jose Luis Diaz, 48, Los Angeles, won his third straight M45 title, with a 2:44:59, lower than his 2:45:53 in 2003.

Margarito Hernandez, 51, Los Angeles, dethroned last year's M50 winner, John Hirschberger, 52, San Francisco, 3:01:52 to 3:03:19. Jussi Hamalainen, 57, Agoura Hills, Calif., second last year, won the M55 race in 3:06:53.

Roberto Vargas, 66, Ontario, Calif., second in 2003 (3:48:47), won the M65 race in 4:05:21. Daniel Peros, 78, Los Angeles, took the M75 race in 3:58:35.

The main body of runners started at 8:30 a.m. to the tune of Randy Newman's "I Love L.A.," with Muhammad Ali, Jackie Joyner-Kersey and L.A. Mayor James Hahn at the starting line.


Along the way, runners experienced some of the city's diversity. Among the entertainment were an African drum troupe in the Leimert Park section at mile 7, klezmer music in the Jewish neighborhoods at mile 12 near Pico and Robertson boulevards, and Venus De Midol, who gave free lap dances near mile 18, "Tempting runners with things they should be doing instead of running."

Next year's race will be held March 6. □

- from reports by Doug Thurston; USATF RRIC; Los Angeles Times; and Daily News




Top throwers at the Palm Desert Senior Games, Feb. 21 (l to r): Ed Martin, 70; Angi Rinaldi, 54; Arnie Gaynor, 76; Wayne Crow, 65; and Doug Tomlinson, 70.



## HAYWARD CLASSIC

University of Oregon ≈ Eugene  
June 26 & 27, 2004



SATURDAY, June 26			SUNDAY, June 27		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10K	8:30	Long Jump All W & M 60+		8:30	Discus All W & M 70+
	9:00	Javelin All W, Hammer M 30-59	5K All Women	9:00	Weight then Super Wt M 30-59
5K Racewalk	9:40	Long Jump M 30-59	5K All Men (2 seeded heats)	9:40	
	10:15			10:00	Pole Vault All, Triple Jump M 30-59
	10:30	Javelin M 60+, Hammer All W		10:15	Weight then Super Wt All W
Age Graded Mile	10:30	High Jump M 30-64		10:30	Discus M 60-69
2K Steeplechase	11:00		300 Meter Hurdles	10:45	
3K Steeplechase	11:20		400 Meter Hurdles	11:00	
4 X 1 Mile Relay	11:40		800 Meters	11:15	Triple Jump All W & M 60+
80 Meter Hurdles	12:00	Shot Put All W & M 30-59	1 Mile Race-walk	11:45	
100 Meter Hurdles	12:30	Hammer M 60+	200 Meters	12:05	Weight then Super Wt M 60+, Discus M 30-59
110 Meter Hurdles	12:40		4 X 1500 Relay	12:45	
100 Meters	1:15	Javelin M30-59; High Jump All W & M65+	1500 Meters	1:00	
400 Meters	2:15	Shot Put M 60+	Relays	1:20 (4x100m; 4x400m; 4x800m)	
5K	3:00				

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### GENERAL INFORMATION

**DIVISIONS:** 5 year age divisions for men and women age 30 and over.  
**ENTRY FEES:** \$15 first event (no t-shirt); \$7 second event; \$4 each additional event.  
**ENTRY DEADLINE:** \$10 late fee for entries postmarked or hand delivered after Friday, June 18, 2004.  
**LATE ENTRY:** ABSOLUTELY NO ENTRIES ACCEPTED AFTER 5 PM THURSDAY, JUNE 24.  
**RELAYS:** Held in 10 year age groups; must wear distinguishable tops. Relay entry fees will be collected day of the race only, no later than 11:00AM Sunday June 27th.  
**AWARDS:** Medals awarded for 1st, 2nd, 3rd.  
**FACILITY:** All-weather track and runways (max. 1/4" spikes allowed).  
**IMPLEMENTS:** OTCM will have some throwing implements available.  
**MEET HEADQUARTERS:** Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Favorable rates if reserved by May 25th (mention Hayward Classic).  
**PACKET PICKUP:** Phoenix Inn, 6-8 pm, Friday, June 25 or Hayward Field after 7:30 am, Saturday, June 26.  
**RECEPTION:** Sponsored by OTCM, Saturday, June 26, 4:30 to 6PM at the Phoenix Inn. There will be light refreshments and pupus provided at this free social event.  
**REGIONAL MEETING:** Saturday evening following the reception.

**WEB:** [www.haywardclassic.org](http://www.haywardclassic.org) **MEET DIRECTOR:** JOHNNY FAERBER (541) 942-7127  
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EVENT ENTRY	Best 03/04 Time (running events only)	ENTRY FEES: 1 Event \$15 - 2 Events \$22 - 3 Events \$26 - 4 Events \$30 - 5 Events \$34 - etc.
1) _____	_____	<div style="text-align: center;">  <p>\$10 Late Fee after June 18th. Late entries accepted until 5PM Thursday, June 24th.</p> <p><input type="checkbox"/> TANK TOP - \$10.00  <input type="checkbox"/> T-SHIRT - \$10.00  <input type="checkbox"/> small <input type="checkbox"/> med <input type="checkbox"/> large  <input type="checkbox"/> x-large <input type="checkbox"/> XXL (\$2 EXTRA)</p> <p><b>MAKE CHECKS PAYABLE TO OTCM</b></p> </div>
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## Third Wind

By MIKE TYMN

### Wes Santee Looks Back

On June 27, 1953, the world record in the mile stood at 4:01.4, established by Gunder Hägg of Sweden nearly eight years earlier. Knowing that Wes Santee of the United States was planning to run in an AAU meet in Dayton, Ohio, that day, Englishman Roger Bannister prepared to run a secretly-arranged special invitational mile at Motpur Park in Surrey five hours before Santee's race.

Clearly, the race for the first sub-4 minute mile was on at that time. Australian John Landy had run a 4:02.1 during December 1952 and then followed up with a 4:02.8 three weeks later. Santee had clocked 4:02.4 at the Compton Relays on June 5, 1953, serving notice that he was also in contention for the honor of being the barrier breaker. Bannister may have been especially alarmed by the fact that Santee's splits were 2:05.2 and 1:57.1, suggesting he was capable of running a few seconds faster.

Bannister "failed," running 4:02.0 in that special June 27 mile, leaving it open to Santee to be the barrier breaker later in the day. But sweltering heat in Dayton slowed Santee, as he recorded 4:07.6.

"I could only hope that he (Santee) would not forestall me before the end of the season," Bannister wrote of his pursuit in his book, *First Four Minutes*.

#### Bannister Breaks Barrier

Of course, Bannister would be the record and barrier breaker, clocking 3:59.4 on May 6, 1954 – 50 years ago next month. Landy would follow closely, breaking Bannister's world record with a 3:57.9 six weeks later. Santee would run 4:00.5, 4:00.6, and 4:00.7 before finally giving up the pursuit to become the first American under four minutes. That would not be achieved until Don Bowden of the University of California did 3:58.7 on June 1, 1957.

"Yes, I was disappointed, no question about that," Santee, who turns 72 on March 25, told me by phone from his El Dorado, Kansas home recently. "It was frustrating, constantly doing battle with the AAU (Amateur Athletic Union)."

Among Santee's issues with the AAU was its rejection of a special race in which Santee would have had pacers, as Bannister would have when he broke the barrier. The AAU opposed races staged for the benefit or one or two runners.

"We weren't into nationalism in athletics, like they were," said Santee, now retired from a career as an insurance agent, as well as having achieved the rank of colonel in the Marine Corps reserves. "They were

doing it for Great Britain."

#### Team Comes First

But, more than anything else, Santee may have missed becoming the first under four minutes because of his dedication to his University of Kansas team. "It was obvious that I had the ability to break four minutes," Santee mused, "but the team came first and I couldn't focus on the mile. I had to run other races, including anchoring the relay team. Coach (Bill) Easton would always say that the opportunity would come. Unlike the British, we didn't see the urgency for breaking four minutes."

Born in Ashland, Kansas, Santee grew up on a farm. He won the state prep championship in the mile during his sophomore and junior years and broke the state high school record in the mile during his senior year with a 4:26.0. The old record of 4:28.4 was set 20 years earlier by Glenn Cunningham, who went on to break the world record in 1934 with a 4:06.8.

"He had to be the greatest miler ever, considering what he had to overcome," Santee offered, referring to Cunningham's childhood accident in which he suffered severe burns to his legs.

#### Anchoring the Relay

At the University of Kansas, Santee quickly developed, running a 4:06.7 anchor leg on his school's winning four-mile relay team at the 1952 Drake Relays, then clocking 4:07.4 in the distance medley the following day.

As a sophomore, he also won the 1952 NCAA 5000 meter championship with a 14:36.3, becoming the fourth fastest American at that distance. He then qualified for the 1952 Olympic team by placing second in the 5000 at the Olympic Trials. His problems with the AAU began when he prepared to qualify for the 1500 in those same Olympic Trials.

"I started to pull off my warm-ups for the 1500 when two big burly guys came out and said I couldn't run because I had already qualified in the 5000," Santee explained.

#### Arbitrary Rules

"There was nothing in the rule books that said you couldn't run more than one race, but the AAU made up



The University of Kansas Relay Team (left to right): Keith Palmquist, Lloyd Koby, Wes Santee and Dick Wilson.

the rules as they went. They said I was only 19 and so not good enough to run two events. I was really happy about making the Olympic team at 5000, but I had planned to run the 1500 instead of the 5000 if I had qualified in the 1500, as I think my chances would have been better in the shorter race."

Santee did not make the final in the Olympics at Helsinki. "I was told to follow Herbert Schade," he recalled, "but we didn't know he was going after the world record in that heat. He went through 3000 in 8:23. I didn't get my splits and everything was disorganized. I was totally outclassed." Schade, a West German, finished third in the final with a 14:08.6, as the great Emil Zatopek won in 14:06.6.

In addition to that 4:02.4 American mile record in 1953, the 6-1, 140-pound "Kansas Cowboy" recorded a 1:50.8 in the half mile after breaking Cunningham's 19-year-old collegiate mark in the mile with a 4:06.3. He also set an American record of 3:44.2 at 1500 meters.

On April 10, 1954, in Berkeley, Santee had one of his best days, winning the mile in 4:05.5 and the half in 1:51.5, followed by a 48.0 relay leg. The following week he ran 4:03.1 at the Kansas Relays.

#### Winning and Losing

On May 29, three weeks after Bannister's historic mile, Santee lowered his American record to 4:01.3, then, at the Compton Relays on June 4, went through 1500 in 3:42.8, a new world record. However, he struggled over the final 120 yards, finishing in 4:00.6, the second best time in history. The following night, in the Pacific AAU meet in Stockton, Calif., Santee handed Mal Whitfield his first loss in the half as he ran 1:50.0.

Looking back, Santee feels he should have been able to run between five and 10 seconds faster in the mile.

"The shoes are much better now

and the tracks alone mean about a second a lap," he said. "The first time I got on one of the newer tracks, I felt like a kangaroo. And if we had done two-a-day workouts back then, like they do now, I'm sure it would have made a difference."

While most teams then ran 25-30 miles a week, Easton had his Kansas team running 40-50 a week. "There was a lot of criticism that we were doing too much," Santee said, chuckling. "But now they are doing 80 miles a week or more."

#### Maintaining the Pace

Santee recalled one workout in which he did five quarters in 53 seconds each, but a more usual one was eight quarters in 60 seconds each. "We had a philosophy of not running slower if we couldn't maintain the pace," he said. "If we started getting slower on the fourth or fifth one, we'd shorten the distance and maintain the same pace."

He also recalled a week during the 1952 cross-country season when Easton had the team experiment with two workouts a day. "We got beat badly after that week, and everyone thought it was because we did too much," Santee continued, "but, in retrospect, we should have done it earlier and then tapered before the race."

#### Nothing to Prove

In 1977, at age 45, Santee thought he'd give masters competition a try. But after easily winning the half in 2:04, he wondered why he was doing it. "I don't have anything to prove," he told himself in making the decision not to continue.

About 15-20 pounds over his old running weight, he continues to run several miles three or four times a week, striding out for a couple hundred yards, then walking or jogging before picking it up again. "It's exercise," he concluded. "I just try to stay fit." □

# St. Louis Celebrates Olympiad Centennial

*(The St. Louis Marathon will host the women's Olympic Marathon Trials on April 3.)*

One hundred years ago, St. Louis was the first city in the Western Hemisphere to host the modern-era Olympic Games. The 1904 Games, held on the campus of Washington University in St. Louis, had been revived in 1896.

Although the III Olympiad was overshadowed on the world stage by the concurrent 1904 St. Louis World's Fair (a.k.a. the Louisiana Purchase Exposition), the event held Aug. 29-Sept. 3 takes a place in the history books.

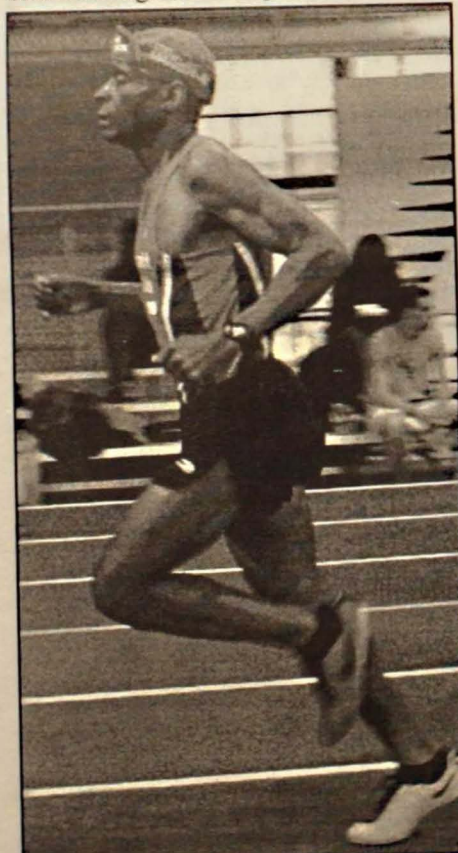
In 1904, Charles Lindbergh had yet to make his transatlantic first flight and the Wright brothers were still perfecting their glider, so a visit to St. Louis meant a long ocean voyage and a 1000-mile train trip for European competitors.

Only 11 other countries sent athletes to the Games. Even the International Olympic Committee founder, Pierre de Coubertin, opted to stay home in Paris.

Among highlights of the 1904 Olympic Games were the following:

- First Daughter Alice Roosevelt presented the apparent winner of the 24.85-mile marathon, Fred Lorz of New York, with a floral wreath, although he later confessed that he had ridden about a third of the way in an automobile. (On a humid, 90-degree day, Lorz said he only ran into the stadium to get his clothes and couldn't resist the cheering crowd.)

- The second-place marathon finisher, English-born Thomas Hicks of Cambridge, Massachusetts, plodded in at 3:29:63, physically supported by his handlers and passed out before he could claim his rightful first prize.



BRENNAN PHOTOS

Sid Howard, M65-69, 1500, 4:56.36, American Record, MAC Indoor T&F Championships.

By today's standards, he also may have been disqualified, as his handlers helped him along the way by administering a mixture of strychnine sulfate and raw eggs with a brandy chaser. (Only 12 of the 31 entrants completed the dusty, hilly and mostly unpaved course.)

- The U.S. dominated, winning 80 gold medals, 86 silver and 72 bronze. Its closest competitors were Germany and Cuba with five gold medals each. It was argued that the Americans had an advantage in that many European competitors could not afford the trip.

- By leasing land to fair organizers for \$650,000, Washington U. gained four permanent buildings on its new hilltop campus, which was then under construction. The university's new Francis Field and Gymnasium, now on the National Register of Historic Places, and a 12,000 seat stadium, were the sites of the Olympic track & field events.

- President Theodore Roosevelt didn't attend the 1904 games, although he did agree to be honorary president in concert with the president of the Louisiana Purchase Exposition, former Missouri Governor David R. Francis.

An 1870 Washington U. graduate and former mayor of St. Louis, Francis had wrestled the fair away from first-choice Chicago in order to tie it into the centennial of the Louisiana Purchase.

- Among the victories by Americans in the 1904 Olympics were the 800, 1500 and 2500m by Chicagoan James Lightbody; four gold medals by Ray Ewry in the standing jumps; three gold medals by sprinter Archie Hahn; the running broad jump and running triple jump by Meyer Prinstein; and all medals in the cycling, rowing, archery, boxing and wrestling contests. George C. Poage, the first African-American to win an Olympic medal, took the bronze in the 200 and 400 hurdles.

- Making their debut at the 1904 Olympics were boxing, dumbbells, freestyle wrestling and the decathlon.

- Approximately 680 athletes, about 525 of them Americans, participated in 94 events, according to figures published by the IOC.

- In all, the III Olympiad saw 13 Olympic records and four world records broken.



JERRY WOJCIK

Paul Flanagan (l), first M70 (3:03:53) and Joaquim Rezina, second M65 (3:04:03), 800m, 2003 Huntsman World Senior Games. The 2004 Games are scheduled for the first week in October.

The Summer Olympics did not return to the United States until 1932 in Los Angeles, then 52 years later in 1984, again in L.A. Atlanta hosted the games in 1996.

Today on the campus of Washington U., a wrought iron gate built in

1914 at the entrance to Francis and Gym, where athletes still commemorate the historic event. □

- Debra J. Caruso, DJC Communications, 205 E 42 St., Suite 203, New York, NY 10017. 212-907-0051;

## State Street Mile Offers Something for Everyone

Santa Barbara's State Street Mile is the prettiest road mile in California. Run by a beautiful sandstone church, a tile-roofed film theater built for 1920s Hollywood premiers, then you float into the California-Spanish downtown.

Unlike most road miles, this race offers prize money for masters (\$150/\$100/\$50), awarded to both men and women based on the best age-graded performances in the elite masters races.

In recent years, top masters runners like Mike Egle (4:06, masters CR), Steve Scott (yes, that one; age-graded record, 98.32%), and Teri (Van Cott) Fitzgibbons (Western States 100 winner, 5:18 at age 51) have taken victories.

Last year's masters awards were earned by Barry Molony (10th overall at Bay to Breakers at age 45), and Dianna Hall (W45 800m gold medalist at the 2003 National Masters Championships).

But even if you're not elite, the

event and the town offer a great occasion to either (a) explore incredible scenic mountain trails, sun-washed bluffs, and white-sand beaches, or (b) spend all of your money shopping and dining.

Whatever mix you find most pleasant is yours to choose. And, because the course is mildly aided (enough to yield nice times but not so much as to injure your legs), you'll go home with an outstanding time.

The race falls on Sunday, June 27. Race information is available at [www.sbmile.com](http://www.sbmile.com), or 805-568-2316. Registration is open at Active.com.

For lodging, contact Santa Barbara Hot Spots, 800-793-7666 (and don't put it off); accommodations can easily be found for people who'd prefer to stay with local masters runners, whether for the human connection, or because you choose to avoid the expense of area hotels. Dennis Mihora (805-967-5992, [dmihora@asme.org](mailto:dmihora@asme.org)) will be glad to help. □

### PLATINUM State Street Mile

June 27, 2004 in Santa Barbara ...

First Event: 8:00a.m. State & Pedregosa

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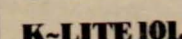
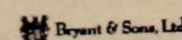
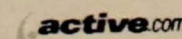
Santa Barbara News-Press Family Fun Mile

Pre-registration available online at  
[www.active.com](http://www.active.com) or [www.sbmile.com](http://www.sbmile.com)

Race day registration begins at 7:00a.m.

Call (805)568-2316 for an entry form  
and more information

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SANTA BARBARA NEWS-PRESS





## PAGLIANO'S PODIATRIC POINTERS The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

### Posterior Heel Spur

A common complaint among masters runners is development of a posterior heel spur or Haglund's deformity, also known as "runner's heel." This tends to occur more often in high mileage runners and is probably due to the pull of the Achilles tendon where it attaches to the heel bone. The more running, the more irritation, and the more scar tissue, at which point it is known as Haglund's deformity.

Often a biomechanical problem is associated with runner's heel. Most sufferers overpronate, causing the heel bone to move excessively and resulting in Achilles tendon irritation. The first line of defense is a foot orthosis that will control the abnormal heel motion.

One recommendation is to use ice after hard workouts followed by moist heat for 20 minutes later in the evening. Steroid injections can reduce swelling in the early stages, but does not affect the bone spur.

Other conservative measures include padding, taping, stabilizing heel cups and proper shoe fit. When all else fails, surgical removal of the bone spur has been found to yield good results. This can be done on an outpatient basis, and usually entails three weeks in a below-the-knee cast. After removal of the cast, water workouts are suggested, with a gradual return to running. □

(Dr. John Pagliano can be reached by e-mail at [thefootbeat@aol.com](mailto:thefootbeat@aol.com))

Visit the National Masters News  
on our Web site at:  
[www.nationalmastersnews.com](http://www.nationalmastersnews.com)

#### THE NINTHTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY, JUNE 6, 2004 RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.  
This Year's Classic is dedicated to the memory of Irwin Bernstein.

TRACK EVENTS		FIELD EVENTS		
5000 Meters	10:00 am	Pole Vault	10:00 am	The Garden State AC
High Hurdles	10:45 am	Shot Put, 60 & up	10:00 am	Randolph Classic
Youth Mile	11:15 am	followed by under 60		is a USATF-NJ
Mile Run	11:30 am	Long Jump	10:00 am	Masters T&F
Youth 100 M Dash	11:45 am	Javelin	10:00 am	Grand Prix
100 Meter Dash	Noon	Discus, under 60	10:00 am	Event
Youth 400 M Dash	1:00 pm	followed by 60 & up		***
400 Meter Dash	1:15 pm	High Jump	10:30 am	*
RW Mile	1:45 pm	Weight Throw	1:00 pm	
800 Meter	2:15 pm	Triple Jump	2:00 pm	
200 Meter Dash	2:45pm			
4X400 Relay (incl Youth)	3:15 pm	Note: Some field events may start later than listed.		

**Divisions:** Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) Athletes age 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest, Males first. Times are approximate. Events may run ahead or behind schedule. Meet director may combine age divisions if the size of the fields warrant.

**Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!**

SPIKES ALLOWED - 1/4" or less.  
HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules.  
STARTING BLOCKS are permitted but are not provided by the meet director.  
USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS!

**FEES:** Pre-registered - Received on or before June 1, - \$ 7.00 per event.  
Post-entry (after June 1) - \$ 10.00 per event.  
Relay Teams - Open and Masters Teams \$16.00. Youth Teams \$12.00.

**AWARDS** - Medals for First, Second, and Third place in each age division.

For an application send a self addressed stamped envelope to  
M. Bost, P O Box 458, Ironia, NJ 07845  
or email request to [madeline.bost@att.net](mailto:madeline.bost@att.net)

For more information call Mort Hahn 973-625-1764

Meet application can be downloaded from [www.usatfnj.org](http://www.usatfnj.org) at the Track & Field Page.

### Indoor Records Broken

Continued from page 1

Championships in Eugene, Ore., lowered the M60 U.S. record of 7.75 to 7.72 in the 60m. The present record is held by Harold Tolson, set in 1998. Payton Jordan holds the world record at 7.7h.

Both Gray and Edens were headed for the WMA Indoor Championships, Sindelfingen, Germany, two weeks later.

The AFA oval track, one-sixth of a mile, is oversized for national record purposes.

In other action, Donald Neidig, at age 59, won the 60m (7.78) and 400 (56.38). Bob Lida, 67, reigning M65 WMA 100 and 200 champion, won the 60m (8.31) and 200 (27.37).

David Salazar, 53, recorded the meet's fastest 800, with a 2:10.65. Michaeli Ann Smith, 40, won the W40 800 gold in 2:37.59.

Kathy Kirsling, 55, and Mary Kirsling, 81, won Regional Championships gold medals in the 400, 800 and 1500.

Stacey Price, 50, skimmed the 60mH in 8.79.

Pat Manson, 36, topped all vaulters

with a 5.31/17-5. His best vault in the 2003 indoor rankings was 5.28. Versatile Robert Hewitt, 70, won the 60m (9.07), long jump (4.23), triple jump (8.85), and pole vault (2.75), all with highly-ranked marks.

Paul Economides, 58, had the farthest measurements in the shot put (14.53) and weight throw (16.72). Rande Treece, 43, hurled the 56# superweight 9.53. Sharon Ranham, 57, bettered her 2003 shot put mark (7.88) with an 8.17.

Albert Leibold, 46, was the first to the finish in the 3000 racewalk (15:50.36). Marianne Martino, 53, recorded a 17:32.99.

Jerry Donley, meet co-director with Jim Weed, said of the meet, "Competition was held the day after the Mountain West Conference Championships, so the track was in first-class condition. All of the 125 competitors were able to enjoy a meet in one of the finest facilities anywhere in the country."

The meet also served as the Colorado Open & Masters Championships. □

### USA MASTERS UNIFORMS & CLOTHING FROM 1996 OLYMPICS OVERSTOCK

The uniforms for masters athletes have been expanded to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympic Games in Atlanta. The uniforms are available from National Masters News.

Available uniform items include warm-ups, rain suits, stretch shorts ("half-tights"), T-shirts, polo shirts, and more. Unfortunately, not all sizes are available in every style.

All items will be sold on a first-come, first-served basis.

These are wonderful holiday gifts for your athlete friends and family members. All garments are superior NIKE quality. Buy now for Christmas.

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Runs a bit small. Sizes available: Unisex XL

#### Women's Briefs \$5

Sizes available: S, M, L, XL

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Top and pants, heavy polyester knit. White with navy trim. Sizes available: Unisex S, M, XL, XXL

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White with navy trim, embroidered flag logo. Sizes available: Unisex: S, M, XL

#### T-Shirt \$10 or 3/\$25

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Heavy, roomy. Sizes available: Women's & Men's: S, M, L, XL

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#### Order Form

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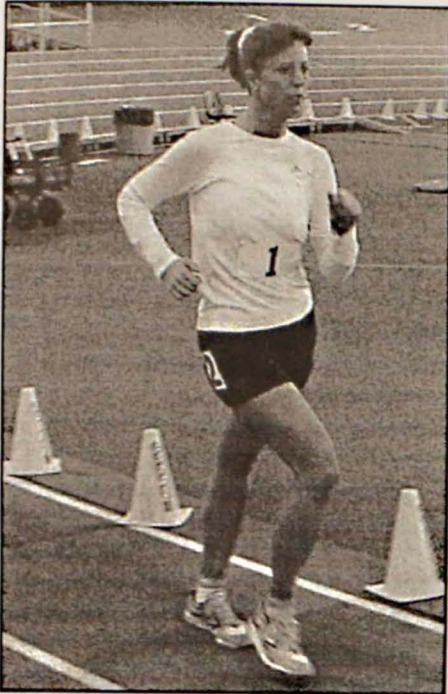
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## Records Set in MPC Indoor Classic

Continued from page 1



JERRY WOJCIK

Julie Anselme-Southall, W35 winner, 3000 race-walk (17:45.44), MPC Idaho Masters Classic.

javelin record at the 2003 National Masters Championships in Eugene, Ore., won the 60m in 9.67, and came back the next day to win the 200 (31.23) from tough competitors Rodney Brown, 77, St. George, Utah, and Jim Moorhead, 76, Salmon, Idaho.

Jeff Mann, 40, took the lead from the start in the mile on Saturday and the 800 on Sunday, and, running essentially alone, posted the fastest times of the meet in those events, 4:40.60 and 2:03:60.

Rich Tucker, 59, ran a 2:29.15 in the 800.

Keith Nelson, 48, Lancaster, Calif., high jumped 1.78. Kimiko Nakatake, 33, Long Island City, N.Y., won the long jump (4.88) and high jump (1.54).

The shot put was contested with indoor implements on an artificial surface inside the 200m track. Weight throwers used outdoor implements on dirt within a net-enclosed area on the north side of the track.

Joan Stratton, 52, Zephyr Cove, Calif., won the shot put, weight throw

(11.53), and superweight. Jim Wetenhall, 49, Sylvania, Ohio, outdistanced everybody else in the shot (12.64), weight (15.58), and super-weight (10.29).

Besides the entrants from the Northwest Region, the meet attracted masters, age-30-and-over, from New York, Ohio, California, and Nevada, who used the meet to preview the facility, which will host the USATF National Masters Championships in late March of 2005.

Athletes had high praise for the venue. Chuck Hammonds, Eugene, Ore., M55 pole vault winner (3.05), said, "The pole vault run up and pit are first class. The run up is very fast and springy. They had the modern standards that don't require extensions for the older jumpers, and the pit was new and full-size."

Rebecca Mitchell, 50, Eugene, Ore., who had three All-American performances, in the 60m, 200, and 400, said, "I thought the track had a great feel to it, and was the best I've ever run on indoors."

Among other All-American performers was Mike Toll, M40, Keizer, Ore., in the 60m, high jump, long



JERRY WOJCIK

Kimiko Nakatake, W30 winner, long jump (4.88), MPC Idaho Masters Classic.

### TEN YEARS AGO April 1994

- 19,000 Run in Los Angeles Marathon
- Record 55 Entrants in Masters Indoor Pentathlon Championships, Chicago
- James Carmines, 50, First Overall (75:36) in National 15K Racewalk, New Orleans

jump, and triple jump.

While the entrants included world and U.S. record holders, for some competing indoors was new. Julie Anselme-Southall, 36, first woman in the 3000 racewalk and second overall, said, "This is my first indoor. No weather to contend with, and I didn't get disqualified."

Mary Ellen Nourse, 48, Boise, Idaho, after running the mile, noted, "My first indoor since 1975 at Central Michigan, and I met my goals. The people running the meet were friendly and accommodating."

MPC Computers was the meet's title sponsor, and there were 17 event sponsors.

The meet was directed by Mark Murdock. Dick Croteau was the clerk of the meet. George Ragan handled the electronic timing. □

### U.S. Outdoor Masters Track & Field Rankings for 2003

(Below are rankings for the M30 800m that were omitted from the rankings published in the March issue of NMN.)

#### M30 800 METERS

Patrick Robinson	1:51.49
Scott Weeks	1:53.48
Brad Dittmar	1:59.74
Kyle Lanier	2:02.60
Ronald Clemons	2:02.76
Matt Bogdanowicz	2:03.50
Curt Arthur	2:05.49
Gary Hurta	2:06.08
Bernard Dillard	2:06.23
John King	2:07.46
Carlo Deason	2:07.70
Richard Rapine	2:08.00
Brian Hickey	2:08.47
Chris Standage	2:10.38
Arthur Lopez	2:13.0
Brian McNamara	2:13.23
Chuck Jones	2:13.4
Bob Hardy	2:13.99
Brian Goebel	2:15.59
Carl Dillard	2:16.52
Eric Tucker	2:19.30
Andy Sigala	2:23.30
Keith Thomas	2:24.0
Pietro Michelucci	2:24.49
Frank Gilvin, Jr.	2:30.99

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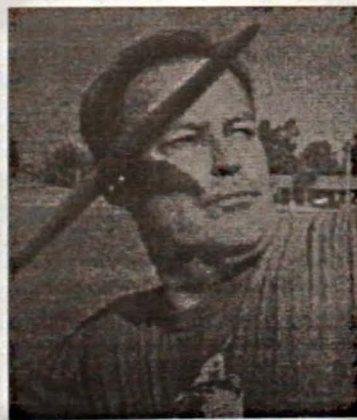
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## Masters Racewalking

By ELAINE WARD

### Donna Cunningham on Balanced Alignment – Part 1

**D**onna Cunningham, W55, took the 5K (28:54) and 10K (59:18) gold medals at the National Masters Outdoor Championships in Eugene last summer. Prior to these races, her training had been plagued by nagging problems in her lower back and hamstrings. Seeking help, she took classes from Vance Bonner, Ph.D., a specialist in the structural programming of the human body. Bonner taught her how to position her body in balanced alignment to increase her performance and prevent injury. She was so pleased with the results that she became a certified teacher. The following is Part I of an interview detailing Cunningham's adaptation of Dr. Bonner's work to her own profession as a massage therapist – ew.

**EW:** When you teach your clients to stand with balanced alignment, how do you start?

**DC:** First, I ask my clients how they naturally stand and to tune into their bodies. Usually some have feet that turn out, knees that lock and many have sway backs. I show them where their imbalances are and how they are caused by some muscles being weak and slack while others are tight and contracted.

Then I introduce them to Dr. Bonner's "Vance Stance" which is the template I use for balancing the parts of the body with each other and with gravity. When my clients discover that they move and feel better when their body is in balance, they see the benefits in making changes.

**EW:** Is it hard for them to change?

**DC:** Yes and no. It is important for people to understand why the corrections help them. Many equate aging with stiffness and pain. They think their problems are caused by a loss of flexibility and do a lot of stretching to try to limber up. But usually their muscles become tight and stiff from years of living with their bodies out-of-alignment. No amount of stretching will bring lasting results as long as imbalances exist.

**EW:** You say that your goal is to balance the body parts with each other and with gravity. How is gravity used?

**DC:** When the body is properly aligned, each part is in balance with the one below so that the line of gravity runs through their centers. Think of a pole going through a stack. The pole starts at the center of the feet and goes through the ankles and knees right up to the head.

**EW:** I don't think many people think about gravity this way.

**DC:** Gravity is like a computer. A computer simply responds to the programming you give it. If you make typos, the computer isn't going to correct them. They simply get transferred to the printed paper. If you have postural errors, gravity isn't going to correct them. In fact, gravity makes things worse by exerting force on the parts that are out-of-alignment.

Vance Bonner in her book, "The Vance Stance," discusses gravity this way.

"...the downward pressure of gravity tends to add tension to any area in the lower half of the body that is tight or restricted. Part of the reason such areas become tight in the first place is that proper pressure on them to remain open



JERRY WOJCIK

Douglas Vermeer (l), M45, Dick Vaughn (c), M70, and Mary Snyder, W50, 5000 racewalk, Hayward Classic.

is withdrawn as the body shifts out of its correct alignment, interrupting the natural flow of energy."

The basic idea here is gravity exists all around us like an energy stream. Being in correct alignment enables us to be lifted up and supported by the flow of gravity while incorrect alignment makes the body struggle against gravity.

**EW:** What is the biggest problem your clients have in adapting what you teach to their every day lives?

**DC:** Bad habits. Bad habits are hard to break. If a person walks with rounded shoulders or a swayback, it feels normal to them. When they try to hold their shoulders properly or try to correct a swayback, it feels strange. My job is to help them become aware of how they feel when their body is out-of-alignment and their muscles are unbalanced, and how they feel with proper alignment and balance. Once they make this connection, it's easier for them. They can then self-correct.

**EW:** Do most of us have imbalances or problems with alignment?

**DC:** Many do. Our bodies become unbalanced when one group of muscles is weak and lax while its opposing muscle group is tense and contracted. Athletes are more likely to understand the importance of stretching and strengthening opposing muscles. But few pay much attention to how they stand on their feet or how their knees are positioned.

**EW:** How should we stand on our feet?

**DC:** In the Vance Stance, the feet point straight ahead and the body's weight is centered on a line that can be drawn from the second toe to the middle of the heel. This way the body's weight falls on the whole foot equally, not more on the toes or heels.

**EW:** I have noticed that many racewalkers walk with one foot turned out. Even though they'll understand that they lose distance and time when their foot turns out, they feel they can't straighten it. They believe they have a structural defect.

**DC:** Maybe, but for the most part walking with a foot turned out is a habit that becomes so fixed it seems built in. The problem doesn't stop there.

Feet that turn out affect the alignment of the ankles, knees, hips right on up.

For example, if the feet are not straight during the forward movement of walking, the knees torque a bit with each step. In this way, splayed feet misdirect the action of the knees adding a slight sideways stress. Over time, this torquing can lead to sore knees and injury.

Racewalkers use their feet in a repetitive movement that involves dorsiflexing the foot at heel contact and plantar flexing the foot when the toes leave the ground. A full and powerful heel to toe movement not only depends on the proper positioning of the feet, it also depends on the flexibility of the ankles so that energy flows freely into the stride.

I think the ankle is probably the most important joint in racewalking. It's the joint on which everything else depends. If the ankle cannot flex and extend fully, it affects the whole's body's range of motion.

**EW:** Can you give an example of exercises that help foot work?

**DC:** Some of the exercises are familiar, such as dropping your heel below a stair to stretch the Achilles tendon and to increase flexion in the ankle joint. In this one, you plant your feet firmly on a step and let your heels hang down off the edge as you hold on to a railing or wall. The variation here is to keep your knees bent and your heels together as you go up on your toes and press down on your heel. If you bend your knees enough, you will feel a contraction all the way up your foot and shin. You can do this exercise one foot at a time.

Another familiar stretch is sitting on your ankles with your buttocks down on your heels and the tops of your feet against the floor. This is a good position to do regularly as it stretches and contracts the ankle and foot. If it is hard to do, put a pillow between the back of your legs and your thighs. When you sit back fully on your lower legs, you'll feel pressure along the arch and toes which lengthens the muscles of the top of the foot. □

(Look for Part II of this interview next month. Elaine Ward can be reached by e-mail at [narwf@aol.com](mailto:narwf@aol.com))



JERRY WOJCIK

The lead pack in the 10K racewalk, 2003 National Masters T&F Championships. The 2004 Championships will be held in Decatur, Ill., in August.

**ATHLETES WHO ENTER A NEW DIVISION  
THIS MONTH - APRIL 2004**

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
JUPP BERG(GER)	4-3-9	95+
EGISTO PEDERZOLI(ITA)	4-12-14	90-94
WILBUR ARNOLD(PUEBLO,CO)	4-15-14	90-94
DUDLEY HEALY(CHATHAM,NJ)	4-23-14	90-94
KASHIMIR GASSMANN(SUI)	4-28-14	90-94
AATE LEHIMAKI(FIN)	4-16-19	85-89
VALDEMAR RAINO(FIN)	4-18-19	85-89
WILLIAM KNUPPEL(VISTA,CA)	4-22-19	85-89
DAVID LAWYER(ELMWOOD PARK,NJ)	4-25-19	85-89
RAY WILLIS(CHARLEMONT,MA)	4-1-29	75-79
COLIN SIMPSON(GBR)	4-2-29	75-79
JIM BEALL(WATERFORD,MI)	4-5-29	75-79
WERNER KRUCKEN(GER)	4-6-29	75-79
MARONN ULRICH(GER)	4-25-29	75-79
FRANCOIS CORNELIUS(BEL)	4-1-34	70-74
GERARD VAN NUFFELEN(BEL)	4-4-34	70-74
JIM KNERR(SIMI VALLEY,CA)	4-7-34	70-74
HEINZ ENGELS(GER)	4-11-34	70-74
FRED SMITH(GBR)	4-15-34	70-74
JOHN WELDY(SCOTTSDALE,AZ)	4-23-34	70-74
GLYNN WOOD(MONTEREY,CA)	4-23-34	70-74
JAROSLAV SMID(CZE)	4-27-34	70-74
NILS UNDERSAKER(NOR)	4-1-39	65-69
HERB LORENZ(WILLINGBORO,NJ)	4-7-39	65-69
MICHEL GENOT(FRA)	4-14-39	65-69
JAMES MCNAMARA(IRL)	4-17-39	65-69
BROCK PULLEN(CAN)	4-5-49	55-59
OLEG DJATLOV(URS)	4-22-49	55-59
EMILE DEWIL(BEL)	4-24-49	55-59
EDDIE HART(OAKLAND,CA)	4-24-49	55-59
ANSELM LEBOURNE(MAPLEWOOD,NJ)	4-20-59	45-49
MARY PATTERSON(BROADVIEW HTS,OH)	4-19-29	75-79
BARBARA ROBBEN(BERKELEY,CA)	4-14-34	70-74
WILMA MADDOCK(COSTA MESA,CA)	4-19-34	70-74
EDNA HYER(S. WALES,NY)	4-22-34	70-74
KAY LYONS(MARTINEZ,CA)	4-10-39	65-69
CATIE BURKE(SAN GABRIEL,CA)	4-18-39	65-69
CAROLYN BRAVAKIS(WINDOW LOCKS,CT)	4-1-44	60-64
ERICA SZANTO(OLMSTED FALLS,OH)	4-25-44	60-64
DEE DEE GRAFIUS(OAKDALE,CA)	4-9-49	55-59
JOCELYN LOWTHER(COcoa BEACH,FL)	4-7-54	50-54
RUTH CALLARD(SEATTLE,WA)	4-21-54	50-54
CARMEN TRONCOSO(AUSTIN,TX)	4-2-59	45-49
LAGIE SWANSON(US)	4-20-59	45-49
MASAYO KOHNO(JPN)	4-24-14	90-94
MIRJAN RONNI(FIN)	4-20-19	85-89
AUDREY WOOD(NZL)	4-18-24	80-84
LENI STUMPF(GER)	4-27-24	80-84
RACHEL HANSENS(BEL)	4-6-29	75-79
BERTHILIA DE PRETER(BEL)	4-26-29	75-79
NINA PONOMAREVA(URS)	4-27-29	75-79
GERDA VAN KOOTIN(NED)	4-1-39	65-69
JILLIAN EKSTEEN(RSA)	4-12-39	65-69
SIGRID SUCKER(DEN)	4-17-39	65-69
NORIKO NAKAMURA(JPN)	4-20-39	65-69
SYLVIE AH-KANG(MRI)	4-29-39	65-69
MARGARET WILLIAMS(GBR)	4-4-49	55-59
ANNA EDINGER(AUT)	4-7-49	55-59
SAYURI SAITO(JPN)	4-9-49	55-59
CHRISTINE PFEIFFER(SWI)	4-13-49	55-59
ANTOINETTE BURLEIGH(FRA)	4-15-49	55-59
TATIANA POTAPOVA(RUS)	4-23-54	50-54
LIDIJA LAPAJNE(SLV)	4-1-59	45-49
LI MEISU(CHN)	4-17-59	45-49
LUDMILA ENGQUIST(SWE)	4-21-64	40-44
JULIE MONEY(GBR)	4-26-64	40-44

Compiled by Pete Mundle

**Pawlik, Ellis, Glynn Tops in Heptathlon**

Continued from page 1

1000m of years past was missing as only in the M60, where the silver and bronze were on the line, did real racing take place.

Joe Johnston, Apopka, Fla., whose total after six events was nearly impossible to overcome, took the gold (5337), after a 3:58.61 in the 1000. Ron Colliver, Hominy, Okla., hung on with 3:48.56 for the silver. Bill Angus, of Ohio, could not make up enough ground (3:46:06) and ended with the bronze. This was the toughest age group this year.

Injury and illness took out some of the field. Mike Janusey, M45, Venetia, Pa., second to Ellis in the 15th World Championships decathlon, dropped out after the 60m with hip problems and may be looking at retirement.

Clarence Trinkner, M70, Janesville, Wisc., who held the M65 record until Pawlik's performance, was felled warming up for the hurdles, his specialty. Frank Makozy, M40, Beaver, Pa., pulled warming up for the pole vault.

Kelly Meares, M50, Carl Junction, Mo., came down with what was believed to be food poisoning and could not go the second day. Meares had vaulted 12-0 the day before in the Midwest Regional Masters Championships pole vault and completed the first four events of the heptathlon.

The Midwest Regional meet was run around the heptathlon events and had many solid performances. Due to the late change in venue for that meet, some of the fields were not as full as usual. In addition, with the inaugural WMA Indoor Championships starting in Germany in five days, some competitors chose to focus on that meet.

We would like to thank Steve Ray, head coach at Carthage and his staff for once again helping host an enjoyable meet and who will again host this meet in 2005. The auto-timing by John Krupa was flawless, and we hope to have him back as well next year. We would also like to thank the Midwest Masters and Gill Athletics, Inc., for their support in making this meet a success.

Complete results can be found at [www.harriersolutions.com](http://www.harriersolutions.com), and photos at [www.decamouse.com](http://www.decamouse.com). □

**Rankings Corrections Deadline**

Athletes who have changes for the 2003 outdoor track & field rankings have until April 10 to do so. The rankings were published in the March issue and are available on the Web at [www.masterstrack.com/rankings.html](http://www.masterstrack.com/rankings.html).

Corrections should be sent by e-mail to Dave Clingan, Masters T&F Rankings Coordinator, at [xroads@xro.com](mailto:xroads@xro.com), or he can be contacted by phone at 503-231-0530.



**Tennessee Senior Games  
Track and Field**



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State finals winners qualify for the National Senior Games held June 3-18, 2005 in Pittsburgh, PA.

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## On The Run

By HAL HIGDON

### Senior Marathon Training Program

A special schedule designed for experienced runners, who want to keep their weekly mileage relatively low.

**Senior Marathon Training Program:** What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively low mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you've followed my Novice schedule before and are looking for some variation – particularly a program that will allow you time to do some cross-training.

If you're a Clydesdale, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time.

Finally, if you like to run a lot of marathons a year (and it's up to you to define "a lot"), you realize it's impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features only three days running a week – but you get to run a fair amount of distance on each of those days. It features two days of rest a week – and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training or maybe some cycling and swimming, if that's your fancy. You need that too, because you enjoy exercising, even if you've discovered that three days a week running is more than enough to keep you in shape.

#### Here's the Program

**Monday:** This is always a good day of the week to rest, particularly if you ran long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

**Tuesday:** Modifying a term that I use in my other marathon training pro-

grams, let's call this our "sorta-short day." You're still recovering from your weekend long run, so don't go too far.

I suggest that in Weeks 8, 6, 4 and 2, you run 4 miles at your marathon pace – or faster. In other words, run short but at a good speed, and I'm not going to define what is a good speed. You, being an experienced runner should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5, 3 and 1, run 6 miles but at a comfortable pace, one during which you can converse easily with a training partner if you desire.

**Wednesday:** Today's workout is "stretch and strengthen," because that again is a term I've used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don't care what you do today as long as it is not running. If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today too: cycling, swimming, even walking. Or some combination of that with work in the gym.

**Thursday:** This is your "sorta-long day," balancing the *sorta-short day* on Tuesdays. The mileage varies from 6 to 8 miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these *sorta-long* runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the 6-miler in Weeks 7, 5 and 3 into a "3/1 run," a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don't need to sprint in; just run somewhat faster.

**Friday:** Another *stretch and strengthen* day. Do something similar to the workout prescribed for Wednesdays. This might mean that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

**Saturday:** This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time to rest both before and after.

In this schedule, I've prescribed doing your long runs on Sunday, because that's a popular day for experienced runners. If you would rather run long today, that's okay. In fact, feel free to juggle all the workouts to

suit your particular lifestyle.

And you don't need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you'll be okay.

**Sunday:** Run long. Today you do your *long run*, and you'll notice that the build-up in this Senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week Novice program. That's because you're an experienced runner.

You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal. I've prescribed that distance for Weeks 8, 6, 4 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks.

**Important:** Do all of your long runs slower than your marathon pace. Don't overtrain.

Here are some additional points to consider:

**Racing:** As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time for a somewhat long race of anywhere from 15K to a half-marathon. And if you want a shorter speed test, you could fit in a 5K or a 10K in Week 6 in place of the 12-miler that weekend.

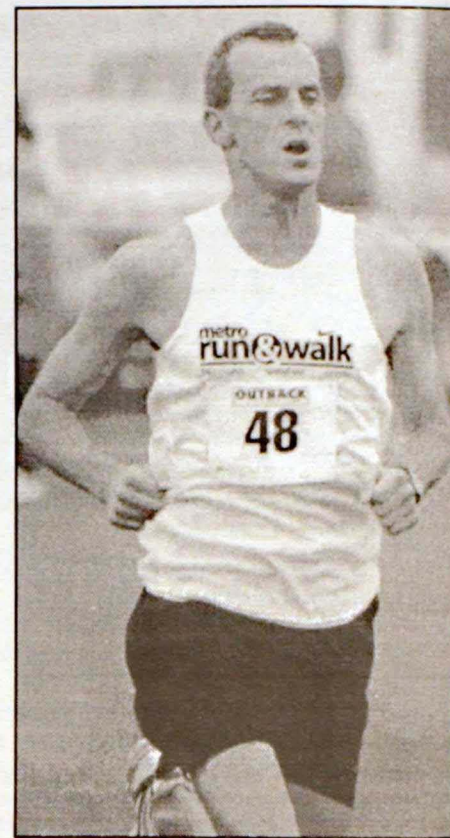
Don't worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

**Speedwork:** I enjoy doing speedwork, and so do a lot of experienced runners. I'm trying to keep this program simple, so I'm not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I'd like you going long and sorta-long on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what's available locally.

**Taper:** Given the fact that I'm asking you to do a 20-miler at the end of



GEORGE BANKER

Jim Wadsworth, 46, second M45 (28:10), 2003 Outback Steakhouse 8K, Hyattsville, Md.

Week 3, that allows you only two weeks to taper before the race.

Don't you need a three-week taper period? Oh, come on! You've been around long enough to know that two is probably plenty. It's not that I'm beating you over the head with high mileage. You'll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of 6 miles, then mostly rest.

Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage.

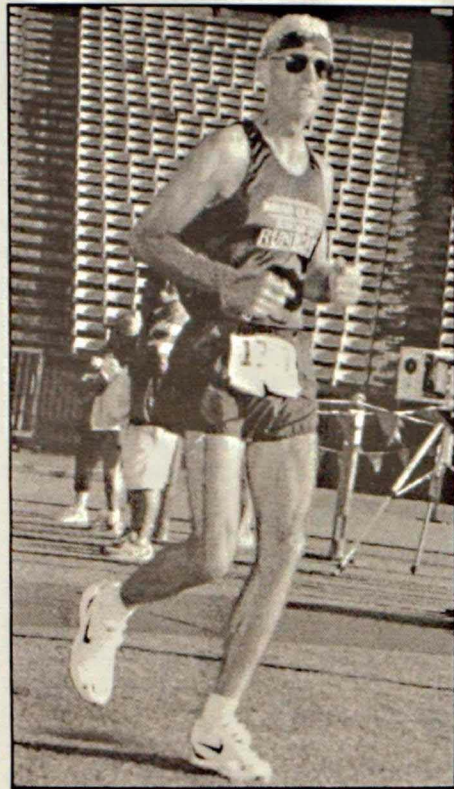
If the latter, do your countback from Week 1, and improvise. This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I've laid out for you, and you'll be okay. The eight-week training schedule follows. Good luck with your training. □

(Hal Higdon is a Senior Writer for *Runner's World* and a regular contributor to *National Masters News*. For more of his articles and training programs, visit his Web site at [www.hal-higdon.com](http://www.hal-higdon.com).)

#### Senior Marathon Training Program

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
7	Rest	6 m easy	S & S	6 m easy	S & S	Rest	14 m easy
6	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
5	Rest	6 m easy	S & S	6 m easy	S & S	Rest	16 m easy
4	Rest	4 m pace	S & S	10 m easy	S & S	Rest	12 m easy
3	Rest	6 m easy	S & S	6 m easy	S & S	Rest	20 m easy
2	Rest	4 m pace	S & S	8 m easy	S & S	Rest	12 m easy
1	Rest	6 m easy	Rest	Rest	Rest	Rest	marathon

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.



TESH TESHIMA

Brian Clarke, M55, author of *Running by Feeling*, finishing the Great Aloha Run 8.15 Mile, Honolulu, Feb. 16.

**TWENTY YEARS AGO  
April 1984**

- Gunter Mielke (40, 2:17:59) and Margaret Betz (47, 3:00:49) First Masters in Los Angeles Marathon
- Bill Stewart (41, 47:29) and Cindy Dalrymple (41, 56:05) Claim Masters Titles in Gasparilla 15K
- Midwest Masters Indoor Regional Draws 160 from Nine States and Canada



JOHN WELCH

Barbara Rowe, 49, third W45 (5:27:22), 2003 Sunmart Texas Trail 50K.

**PUBLICATIONS ORDER FORM**

	Quantity	Total (US\$)
<b>Masters Age Records (2003 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.	_____	\$ _____
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<b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings</b> Indoor rankings for 2003. 4 pages. \$2.00.	_____	\$ _____
<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$2.00.	_____	\$ _____
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<b>WMA Handbook (2001-2003)</b> Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00	_____	\$ _____
<b>USATF Governance Handbook (2003)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
<b>Running Encyclopedia, The Ultimate Source for Today's Runner</b> Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wyssocki, Ruth." A must for every runner's library. 417 pp. \$24.95	_____	\$ _____
<b>How to be A Champion from 9 to 90.</b> Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.	_____	\$ _____
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# USATF Foundation Report

## Fundamentals in Disposing of Assets

By JERRY DONLEY

Following is another in the series of articles on gifting to the USATF Foundation.

No matter how well we ignore the future, it is inevitable that we will either spend or give away what we accumulate during our lifetime. Prior to our death, we can control how, how much, and to whom we give our assets.

But, unless we do some planning and consider, rather than ignore, the future and how our assets are going to be disposed of after our death, the laws and statutes of the state in which our property is located at the time of our death will determine how much of an estate a surviving spouse and children will receive if a person dies without a will (intestacy).

State laws make no provision for charitable organizations, extended families or friends. Even though one child may have special needs, or it is the intent that one of the children receive a specific personal article, if a person dies without this intent stated in writing, in a manner prescribed by the state, that intent will go unfulfilled.

How then can you accomplish your intent for distribution of your assets?

The simplest and easiest is to give all of it away during your lifetime. For most of us that is not an acceptable solution. We need most of it right up to the date of our death.

Many assets are passed on after death to another person in accordance with the way an asset is titled during one's lifetime. A common way is to put the property in another person's name as a joint tenant with a right of survivorship. By following certain formalities on death of one "joint tenant," title to the asset is quickly and easily transferred into the survivor's name.

Life insurance proceeds are commonly passed on quickly and easily after death by naming a specific bene-

ficiary, which might be a family member or an organization. Checking and savings accounts are often transferred after death to a joint tenant, although there are other routes such as "payable only on my death" to a specified beneficiary.

Many people choose to use a will – a "last will and testament" – to direct how assets are to be distributed after an individual's death. Each state has laws which set out the formal requirements of a will. Very few states will recognize a written document, signed only by the maker, as a will unless all of the formalities of that state's statutes are followed.

A document called a trust is frequently used to dispose of assets. In some states it is used more frequently than others. A trust can be created during one's lifetime to hold all or specified assets, or written so as to be effective at the time of a person's death – for instance, an individual's will may direct that assets be put into a trust for specified purposes and time frames. In this instance, the trust becomes effective only on the death of the individual who wrote the will. □

*(Next month – Intestacy, Will, Trust Defined. Jerry Donley can be reached by mail at 2354 Wood Ave., Colorado Springs, CO 80907.)*



Cindy Steenbergen, W45, and Bob Ward, M70, were named Dallas Masters 2003 Track Athletes of the Year at the club's annual meeting in January.

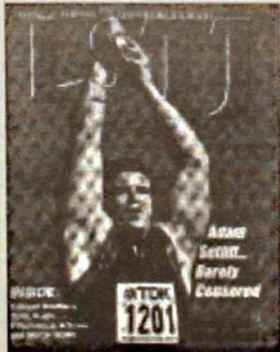


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The Long & Strong Throwers Journal (*LSTJ*) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. *LSTJ's* interviews with top name throwers such as Adam Nelson, Suzie Powell and Breau Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and Jay Silvester are invaluable. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!



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**FIFTEEN YEARS AGO**  
April 1989

- John Campbell (2:17:51) Defeats Bill Rodgers (2:22:14) To Win Masters Title in Los Angeles Marathon
- Wilson Waigwa, 40, Sets World Masters 1500 Record of 3:50:42
- Victor Mora, Priscilla Welch Top Masters in Gasparilla 15K

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# NATIONAL MASTERS NEWS



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

Records Section

April 2004

page 15




## Masters Age Records

### New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of October 31, 2003, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of December 7, 2003, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-U.S. athletes should use the WMA record form, published in this section on page 23. The form should be sent to the WMA Records Committee Regional Chairmen (addresses on page 23).

All these records have been carefully scrutinized before approval by the Records Committees. Pete Mundle's single-age record book, however, does not apply the same scrutiny, due to

time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

#### Racewalking Records

Also included here are world race walking "bests" and USA official race walking records as recognized by the IAAF, for each five-year age group compiled by Bev LaVeck, USATF Masters Racewalking Record Coordinator. The USATF application form for a racewalking record is printed on page 23.

#### Long Distance Records

The latest U.S. masters road mark were published in the November 2003 issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF.

THIS FORM SHALL BE USED FOR AMERICAN AND WORLD RECORDS  
IT MAY BE USED FOR COLLEGIATE OR OTHER JURISDICTIONAL PERFORMANCES

### APPLICATION FOR RECORDS

For U.S. age-group records, send to Sandy Pashkin,  
301 Cathedral Parkway, #6U, New York, NY 10026.

For WMA age-group records, send to Brian Oxley,  
259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

#### To THE RECORD COMMITTEE:

Application is hereby made for a record in support of which the following information is submitted:

#### Description of Record:

World \_\_\_ American \_\_\_ Association \_\_\_ Championship \_\_\_ Collegiate \_\_\_

Junior \_\_\_ Age \_\_\_ Group \_\_\_ Masters \_\_\_

(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age)

- Event \_\_\_\_\_
- Date and Time of Day \_\_\_\_\_ (Indicate Men/Women)
- Record claimed (state, time, distance, height or points achieved) \_\_\_\_\_ Indoor/Outdoor
- Where held (Arena, Town and Country) \_\_\_\_\_
- Force of following wind \_\_\_\_\_ Anemometer \_\_\_\_\_ Attendants Signature \_\_\_\_\_
- Name of Competitor, Club and Country \_\_\_\_\_ (print)

(In relay events, the full names of the competitors should be printed in their running order)

#### AUTOMATIC TIMING

(If fully automatic timing was used, complete this section, regardless of the distance of the race and attach a print of the photo)

7. A fully automatic timing device, made by \_\_\_\_\_, was used.  
The time recorded was \_\_\_\_\_, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

8. I, the undersigned official timekeeper of the event above mentioned, do hereby certify that the time set opposite my signature was the exact time recorded by my watch, and that the watch used by me has been certified and approved by my National Association. (Refer to Rule).

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

Time \_\_\_\_\_ (Signature of Timekeeper) (Address or USATF Official's Registration Number)

I confirm that the above Timekeepers exhibited their watches to me and that the times as stated are correct.

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and no advantage was given to or taken by the claimant. (Refer to Rules)

(Signature of Starter)

(Address or USATF Official's Registration Number)

A newspaper clipping and marked program should be attached and made part of the application.

10. Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(a) Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:

\_\_\_\_\_ meters \_\_\_\_\_ centimeters, or \_\_\_\_\_ miles \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches,  
the length of one lap was \_\_\_\_\_ meters \_\_\_\_\_ centimeters or \_\_\_\_\_ yards \_\_\_\_\_ feet \_\_\_\_\_ inches  
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

(b) Field Events

The above certify that the lateral inclination of the runway or circle did not exceed 1:100 and in the running direction 1:1000. (Refer to Rules, in case of world record.)

#### THROWING EVENT IMPLEMENT CERTIFICATION

11. I certify that I weighed and measured the implement(s) used in making the throwing event distance mentioned above, and that said implement(s) were in strict accordance with the existing rules of the International Amateur Athletic Federation.

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

12. We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)

We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

#### CERTIFICATION OF FORM (Shot, Javelin, Walks)

13. I hereby certify that proper form was used in the record performance hereby applied for.

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

14. I hereby certify that all the information recorded in this form is accurate, and that all the appropriate rules of the International Amateur Athletic Federation were complied with.

(Signature of Referee)

(Address or USATF Official's Registration Number)





PENTATHLON

(1994 WAVA SCORING TABLES)

Table with columns for age group, time, name, and country for Pentathlon events.

WEIGHT PENTATHLON

(1994 WAVA SCORING TABLES)

Table with columns for age group, time, name, and country for Weight Pentathlon events.

Women's World Five-Year Age-Group Records

100 METERS

Table of records for 100 meters across various age groups.

200 METERS

Table of records for 200 meters across various age groups.

400 METERS

Table of records for 400 meters across various age groups.

800 METERS

Table of records for 800 meters across various age groups.

1500 METERS

Table of records for 1500 meters across various age groups.

ONE MILE

Table of records for one mile across various age groups.

3000 METERS

Table of records for 3000 meters across various age groups.

Table of records for 5000 meters across various age groups.

5000 METERS

Table of records for 5000 meters across various age groups.

10,000 METERS

Table of records for 10,000 meters across various age groups.

2000 METER STEEPLECHASE (36")

Table of records for 2000 meter steeplechase (36 inches).

2000 METER STEEPLECHASE (30")

Table of records for 2000 meter steeplechase (30 inches).

HURDLES

(35-39: 100m, 33"; 40+: 80m, 30")

Table of records for hurdles events.

HURDLES

(60+: 80m, 27")

Table of records for hurdles events (60+ age group).

LONG HURDLES

(400m: 35-49, 30"; 300m: 50+, 30")

Table of records for long hurdles events.

LONG HURDLES

(300m: 60+, 27")

Table of records for long hurdles events (300m).

ONE HOUR RUN

Table of records for one hour run events.

HIGH JUMP

Table of records for high jump events.

POLE VAULT

Table of records for pole vault events.

LONG JUMP

Table of records for long jump events.

TRIPLE JUMP

Table of records for triple jump events.

SHOT PUT

(35-49: 4Kg; 50+: 3Kg)

Table of records for shot put events.

DISC THROW (1kg)

Table of records for discus throw events (1kg).

HAMMER THROW

(35-49: 4Kg; 50+: 3Kg)

Table of records for hammer throw events.

JAVELIN THROW

(30-49: 600g; 50+: 400g)

Table of records for javelin throw events.

JAVELIN THROW

(50-59: 500g)

Table of records for javelin throw events (50-59).

HEPTATHLON

(1994 WAVA SCORING TABLES)

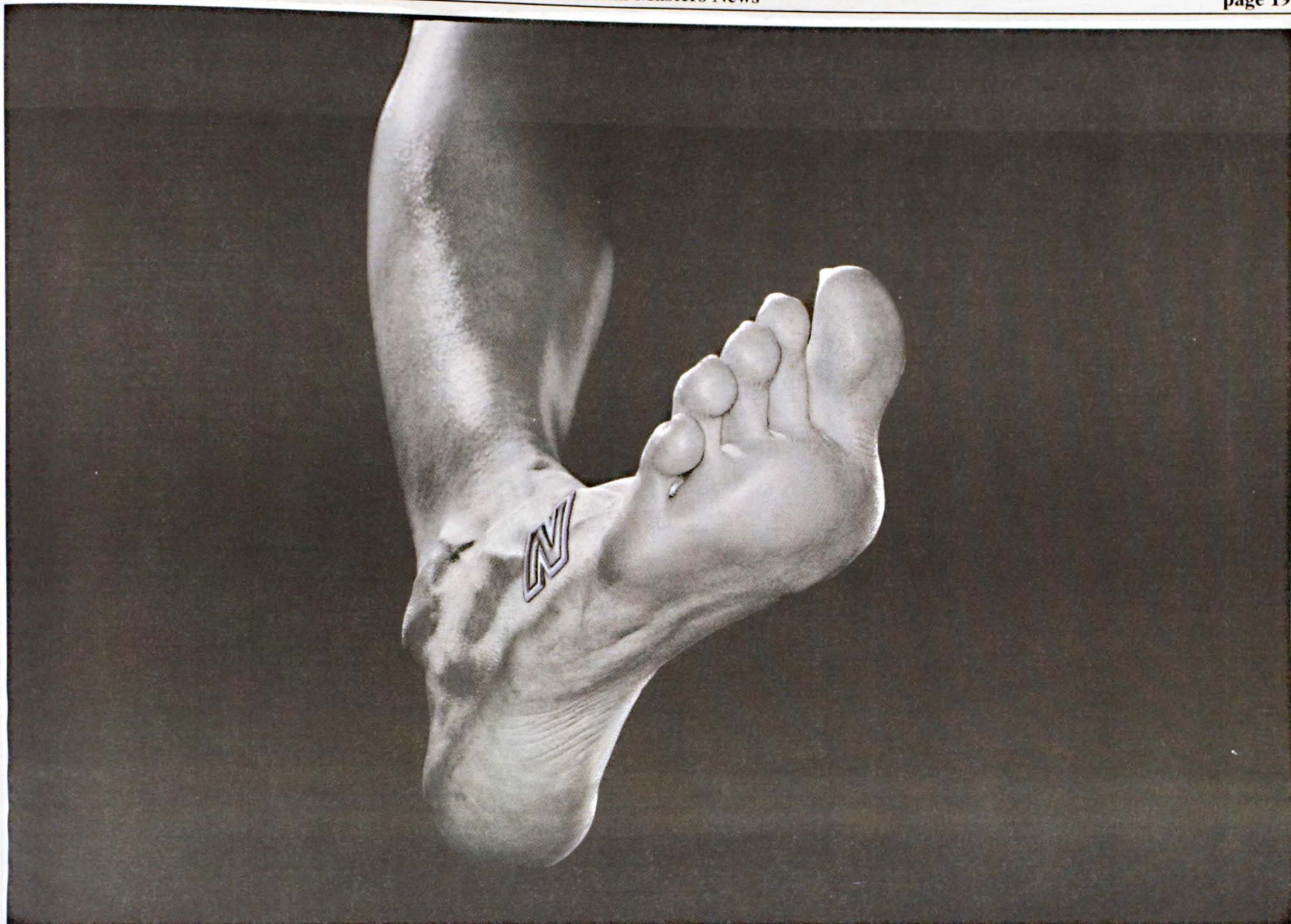
Table of records for heptathlon events.

WEIGHT PENTATHLON

(1994 WAVA SCORING TABLES)

Table of records for weight pentathlon events.





WEIGHT THROW (35-49: 35#; 50-59: 25#; 60-69: 20#;

Table listing weight throw results for various categories and athletes.

SUPERWEIGHT (35-69: 56#; 70+: 35#)

Table listing superweight results for various categories and athletes.

DECATHLON

Table listing decathlon results for various categories and athletes.

PENTATHLON

Table listing pentathlon results for various categories and athletes.

PENTATHLON (NEW IMPLEMENTS 50-59: 700g;

Table listing pentathlon results for new implements for various categories and athletes.

WEIGHT PENTATHLON (1994 WAVA SCORING TABLES)

Table listing weight pentathlon results for various categories and athletes.

WEIGHT PENTATHLON (NEW IMPLEMENTS)

Table listing weight pentathlon results for new implements for various categories and athletes.

Women's USA Five-Year Age-Group Records

Table listing women's USA five-year age-group records for various events and athletes.

Table listing various athletic results including 800 meters, 1500 meters, and mile events.

Table listing various athletic results including mile, 3000 meters, and 5000 meters events.

Table listing various athletic results including mile, 3000 meters, and 5000 meters events.

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Table listing various athletic results including mile, 3000 meters, and 5000 meters events.

LONG HURDLES (NEW IMPLEMENTS: 60+: 300m, 27")

Table listing long hurdles results for new implements for various categories and athletes.

HIGH JUMP

Table listing high jump results for various categories and athletes.

POLE VAULT

Table listing pole vault results for various categories and athletes.

LONG JUMP

Table listing long jump results for various categories and athletes.

TRIPLE JUMP

Table listing triple jump results for various categories and athletes.

SHOT PUT (30-49: 4kg; 50+: 3 kg)

Table listing shot put results for various categories and athletes.

DISCUS

Table listing discus results for various categories and athletes.

HAMMER (35-49: 4kg; 50+: 3 kg)

Table listing hammer results for various categories and athletes.

JAVELIN (30-49: 600g; 50+: 400 g)

Table listing javelin results for various categories and athletes.

JAVELIN (NEW IMPLEMENTS 50-59: 500 g; 60+: 400g)

Table listing javelin results for new implements for various categories and athletes.

WEIGHT THROW (35-49: 20#; 50-59: 15#; 60+: 12#)

Table listing weight throw results for various categories and athletes.

Table with columns for weight class (W70, W75, W80, W90), time, name, location, and date. Includes categories like SUPERWEIGHT, HEPTATHLON, and W45-W90.

Table with columns for weight class (W45, W50, W55, W60, W65, W70), time, name, location, and date. Includes categories like PENTATHLON and WEIGHT PENTATHLON.

Table with columns for weight class (W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90), time, name, location, and date. Includes categories like WEIGHT PENTATHLON and W40-W90.

Men's World Masters Relay Records (as of October 30, 2003)

Table of Men's World Masters Relay Records with columns for distance (4x100, 4x400, 4x800, 4x1500), time, country, names, location, and date.

Women's World Masters Relay Records (as of October 30, 2003)

Table of Women's World Masters Relay Records with columns for distance (4x100, 4x400, 4x800, 4x1500), time, country, names, location, and date.

Men's U.S. Masters Relay Records (as of December 7, 2003)

Table of Men's U.S. Masters Relay Records with columns for distance (4x100, 4x400, 4x800, 4x1500), time, country, names, location, and date.

Women's U.S. Masters Relay Records (as of December 7, 2003)

Table of Women's U.S. Masters Relay Records with columns for distance (4x100, 4x400, 4x800, 4x1500), time, country, names, location, and date.

Men's U.S. Masters Relay Bests (as of December 7, 2003)

Table of Men's U.S. Masters Relay Bests with columns for distance (4x200), time, country, names, location, and date.

Table of Women's U.S. Masters Relay Records (as of December 7, 2003) with columns for distance (4x100, 4x400, 4x800, 4x1500), time, country, names, location, and date.

Women's U.S. Masters Relay Bests (as of December 7, 2003)

Table of Women's U.S. Masters Relay Bests with columns for distance (4x100, 4x400, 4x800, 4x1500, 4x1600, Sprint Medley, 4x1500), time, country, names, location, and date.

World Best Performances - Racewalk (as of March 1, 2004)

Large table of World Best Performances - Racewalk with columns for distance (3000, 5000, 10K), time, country, name, location, and date.

Women

Table of Women's racewalk performances with columns for distance (3000, 5000, 10K), time, country, name, location, and date.

5000

Table with 4 columns: Time, Name, Date, Location. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80, F85.

10K

Table with 4 columns: Time, Name, Date, Location. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80, F85, F90.

20K

Table with 4 columns: Time, Name, Date, Location. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

50K

Table with 4 columns: Time, Name, Date, Location. Includes entries for F35, F40, F45, F50, F55, F60, F65.

U.S. Masters Racewalking Records Outdoor (as of March 1, 2004)

Men - Track

3000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70.

5000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

10,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70.

15,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

20,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

30,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55.

40,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M40, M45, M50.

50,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for M40, M45.

One Hour

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Men - Road

Table with 4 columns: Time, Name, Location, Date. Includes entries for 5K, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

10K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

15K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

20K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

25K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

30K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

35K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

40K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

50K

Table with 4 columns: Time, Name, Location, Date. Includes entries for M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85.

3000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

5000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80, F85.

10,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

15,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F65.

20,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60.

30,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40.

50,000 meters

Table with 4 columns: Time, Name, Location, Date. Includes entries for F40, F45.

One Hour

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

Women - Road

Table with 4 columns: Time, Name, Location, Date. Includes entries for 5K, F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

10K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

15K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

20K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

25K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

30K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

40K

Table with 4 columns: Time, Name, Location, Date. Includes entries for F35, F40, F45, F50, F55, F60, F65, F70, F75, F80.

Women - Track

Table with 4 columns: Time, Name, Location, Date. Includes entries for 3000 meters, 5000 meters, 10K, 15K, 20K, 25K, 30K, 40K, 50K.

**WORLD MASTERS ATHLETICS**

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD  
IN COOPERATION WITH THE IAAF



**WMA  
RECORDS  
COMMITTEE  
2003-2004**



**Chairman** 259 McDougall Rd., Parry Sound, Ontario  
Brian Oxley P2A 2W7, Canada

**Coordinator** 3955 Bentley Ave.  
Pete Mundle Culver City, CA 90232, USA

**Asia** 123 Lane 624, Park Road  
Cho Hsin Te Tainan

**Africa** 99 Lang Street, Sandbai 7200  
Leo Benning Rep. of South Africa

**Europe** Gokropsvagen 5 B, S-906 51 Umea,  
Ivar Soderlind Sweden

**North and Central  
America & the  
Caribbean** 55 Dawson Crescent, Milton, Ontario L9T 5H9  
Bill McIlwane Canada

**Oceania** 43 Elmslie Rd., Pinehaven, Upper Hutt,  
Colleena Blair New Zealand

**South America** Juan B. Alberdi 62222, C.P. 11900, Montevideo,  
Hector Acosta Uruguay

**WORLD MASTERS ATHLETICS**

**Application for World Masters Age-Group Record/World Masters Age-Group  
"Best Performance"/World Masters Age-Best Performance**

To: WMA Records Committee Regional Chairman

Application is hereby made for a World Masters Age-Group Record/World Masters Age-Group "Best Performance"/World Masters Age-Best Performance, in support of which the following is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_  
Full Name of Competitor(s) \_\_\_\_\_

Date(s) of Birth \_\_\_\_\_  
(For relays, full name of each team member is required, in order of running.)

Competitor's Country \_\_\_\_\_ Date of Meeting: \_\_\_\_\_  
Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**RESULT OF RACE**  
The names of the first three competitors and their times were as follows:  
1st \_\_\_\_\_ Time \_\_\_\_\_  
2nd \_\_\_\_\_ Time \_\_\_\_\_  
3rd \_\_\_\_\_ Time \_\_\_\_\_

**STARTER'S CERTIFICATE**  
I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.  
Name of Starter \_\_\_\_\_ Signature \_\_\_\_\_

**TIMEKEEPERS' CERTIFICATES (HAND TIMING)**  
I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_

**CHIEF TIMEKEEPER**  
I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.  
\_\_\_\_\_  
(Name of Chief Timekeeper or Referee) (Signature)

**ELECTRICAL TIMING**  
A fully automatic electrical timing device was used. The time recorded was \_\_\_\_\_ and this was the official time.  
\_\_\_\_\_  
(Name of Chief Photo-Finish Judge) (Signature)

**NOTE - A Photo-Finish print must be included with this application.**  
**WIND GAUGE**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**USA TRACK & FIELD**

**APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD**

Identify appropriate category: Age-group (e.g. 40-44) \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_ Track/Road \_\_\_\_\_  
Single-age "Best" (not an official USATF Record) \_\_\_\_\_  
Event distance \_\_\_\_\_ Age \_\_\_\_\_ Official time achieved \_\_\_\_\_ Date \_\_\_\_\_  
Where held (name of track or course, town, state, country) \_\_\_\_\_  
Name of competitor, birthdate, address, phone # \_\_\_\_\_

If this is your first application, please enclose photocopy of birth certificate or passport.

Verification (to be completed by Event Referee):

Time recorded \_\_\_\_\_ Name of head timer \_\_\_\_\_  
Watch #1 \_\_\_\_\_ Watch #2 \_\_\_\_\_ Watch #3 \_\_\_\_\_

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges	Certification #	Level of Certification
Judge #1 _____	_____	_____
Judge #2 _____	_____	_____
Judge #3 _____	_____	_____
Judge #4 _____	_____	_____
Judge #5 _____	_____	_____
Judge #6 _____	_____	_____

Course Certification # \_\_\_\_\_ Track 440y/400m/other \_\_\_\_\_ 2-in. high continuous curb? yes \_\_\_\_\_ no \_\_\_\_\_

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USATF Certification # of Referee or Meet Director  
\_\_\_\_\_  
\_\_\_\_\_

Submit lap times and race results (including all competitors).  
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 • (206) 524-4721 • bevlaveck@aol.com

**WORLD MASTERS ATHLETICS**

**Application for World Masters Age-Group Record/World Masters Age-Best Performance  
FIELD EVENT**

To: WMA Records Committee Regional Chairman

Application is hereby made for a World Masters Age-Group Record/World Masters Age-Best Performance, in support of which the following information is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_

Full Name of Competitor \_\_\_\_\_ Date of Birth \_\_\_\_\_

Competitor's Country \_\_\_\_\_ Date of Meeting \_\_\_\_\_

Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**EQUIPMENT OFFICER'S CERTIFICATE**  
I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.M.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_

**FIELD JUDGES' CERTIFICATE**  
We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with I.A.A.F. specifications.

\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)

\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)

\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)

**WIND GAUGE (LONG AND TRIPLE JUMP ONLY)**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**RESULT OF COMPETITION**  
The names of the first three competitors and their performances were as follows:  
1st \_\_\_\_\_ Performance \_\_\_\_\_  
2nd \_\_\_\_\_ Performance \_\_\_\_\_  
3rd \_\_\_\_\_ Performance \_\_\_\_\_

NOTE: A copy of the Results Card must be included with this application.

## Masters Invitational 1000m Races in Boston Set Standards

By MARK CLEARY

The fields for the Masters Exhibition 1000m races in Boston at the USATF Championships, Feb. 27-29, were superb.

In the women's race, Catherine Regan, a 2:13 800 runner from the Greater Boston TC, served as the pace setter, bringing Rose Monday through the 800 in 2:21.5. Mary Thane and Catherine Stone-Borkowski followed in 2:24, and the rest of the field was just off that pace.

Monday ran a 2:59.67, which will be submitted to USATF to establish a U.S. masters record for the 1000m. We do not currently have a national W40+ record for this distance.

After the race, she said "I had been sick for a week leading up to the race, so I wasn't as concerned about the time. I just wanted to try to win. The time was good based on my training. I am leaving tomorrow for Budapest." Monday was selected to coach the distance runners for the 2004 U.S. Team at the World Championships.

Thane, the 2003 masters 800 champion, who was second in 3:02.12, said, "I have never run an indoor race before. I knew I didn't want to lead. My goal was to run 3:00, and I ran 3:02." Thane runs with the Mountain West TC, Missoula, Mont., with some women in the club who are training for this summer's Canadian Olympic team.

Stone-Borkowski was third with an outstanding time of 3:03.73. "I missed three weeks of training due to a leg injury, so I'm happy with my time. It

was great to be invited to race in this event. It was so much fun."

This field was probably the finest yet for a women's event in the Masters Invitational Program.

The men's race was extremely competitive. Tony Young, the M40 800 and 1500 outdoor national champion in Eugene, Ore., and a member of Club Northwest, won with a 2:27.43. The mark will also be submitted to USATF.

Young commented after the race, "It was nice to have a rabbit, but after the pacesetter stepped off the track at 400, I slipped into a more relaxed rhythm and didn't press. I wanted to go under the current world record of 2:25. This was a great stepping stone to the mile race next week. The 1000 is a great distance - I don't even hurt after the race."

John Hinton, who finished second, made a race of it, running 2:29.47. "Tony is in great shape right now. He was too far ahead with 200 to go. My goal was to break 2:30."

The rest of the field was close behind, with a new 40-year-old, Steve Sergeant, third in 2:33.08

Thanks to all the talented athletes who competed in the Indoor Masters Invitational Program event. As the program chairman, I would like to say that it is truly a privilege to have the opportunity to work with so many outstanding people. I would like to recognize a few of the USATF staff that continues to be key to the success of our events - Sandy Snow, Andy Martin, Keith Lively and Jill Geer. These folks work behind the scenes, handling many technical issues that are integral to the success of our events and ultimately our program.

The "Drake Dream Mile" on April 24 is the next event for the program. The entry deadline is April 9. Tony Young, John Hinton and Brian Pope, the top three masters athletes at this distance have already committed to the race.

Drake Relays meet director Mark Kostek has embraced the masters program and rolls out the red carpet for this event. Good news for the women - he has agreed to add a women's event for 2005. We are accepting race entries from athletes who have run 4:38 or faster for a mile during the 2003 or 2004 season.

We will have a large field of 18 for this event. You can enter on line at [www.usatf.org](http://www.usatf.org). □

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Send to: **National Masters News**  
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Eugene, OR 97405

## Presidential Candidates Will Run 100-Meter Dash at Nationals

April 1 - Six third-party presidential candidates have agreed to run a 100-meter dash to determine who will be invited to debate President George Bush and Senator John Kerry on television this fall.

The improbable race will be staged at the USATF National Masters T&F Championships in Decatur, Ill., on Aug. 8. Runners will be handicapped by age. USATF officials will supervise the event. Only the winner will be invited to take part in the debates.

"We approached all the players with the idea," said a USATF spokesperson.

"Under Craig Masback's direction, we're looking for new and unique ways to market our sport. All the candidates are over age 40, so the masters meet seemed like a good fit. This should attract a big TV audience."

The six minor-party candidates agreed to the bizarre proposal as a "last resort," so that at least one of them would be included in the debates with the Democratic and Republican candidates.

"I know it seems ridiculous," said Ralph Nader, who will be running as an independent, "but the Democrats and Republicans won't let all six of us into the debates. So when USATF proposed the idea, we thought it could be a reasonable compromise."

The Presidential Debate Commission has ruled that no candidate would be included in the presidential debates unless he had at least 15 percent support in the national polls.

Commission head Roger Helfer said to invite all eight candidates would be counter-productive.

"It would clutter the stage and prevent meaningful dialogue," Helfer said. "But in the spirit of fairness, we felt at least one of the six small-party candidates should be heard. We left it to them to decide who it would be, and they came up with this race idea. I think it's nuts, but what the hell."

Harry Browne, likely nominee of the Libertarian Party, admitted the race was a way to try to get the media's attention.

"It's impossible for any of us to get 15 percent in the polls," Browne lamented. "The media doesn't know we exist. None of us have millions of dollars to spend on TV spots like the Democrats and Republicans do. When we give speeches, the press ignores us. So we figured a crazy stunt like this might get us some free air time."

Indeed, a CBS spokesman said his network would definitely cover the event.

"It's a visual we couldn't resist," Warren Matheson said.

Another network source said the media's third-party blackout was understandable.

"All five major networks are now owned by big conglomerates -

Viacom, Time-Warner, GE, Fox, Disney. Those corporations make huge contributions to both political parties. They want their tax breaks and business as usual. They don't want any third-party candidate rocking the boat. And they sure as hell don't want some wacko like Jesse Ventura actually winning something."

John Hagelin, probable nominee of the Natural Law Party, said a "winner-take-all" 100-meter race would also emphasize the importance of physical fitness.

"It's a perfect way to show the American people that we have sound bodies as well as sound minds," he said. "I lift weights twice a week and am starting interval training with a coach next week."

Browne, who weighs over 200 pounds, said he wanted an extra Clydesdale handicap. Negotiators will work out the details.

Rounding out the field will likely be Howard Phillips of the American Independent Party, David Cobb of the Green Party, and retired General David Vandersteen of the Reform Party.

"The Democrats and Republicans are the parties of the haves and the really haves," Cobb said. "The rich are getting richer, while the poor and middle class are falling further behind. You won't hear that from Bush or Kerry."

Hagelin said half the people don't vote and the other half feel like they're voting for the lesser of two evils.

Kerry and Bush had no comment. □



BILL BAXTER  
Greg Foote, M55 winner (21:34), Collier County Senior Games 5K, Naples, Fla., Feb. 15.

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TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Indoor Heptathlon, Kenosha, WI; Mar. 6-7

Men Heptathlon

Table of men's heptathlon results for M40, M42, M44, M45, M50, M55, and M60 categories. Columns include name, address, age, and performance metrics (Points, 60, LJ, SP, HJ Day1, 60H, PV, 1000).

Table of women's heptathlon results for M61, M64, M65, and M70 categories. Columns include name, address, age, and performance metrics.

Table of women's heptathlon results for M75 and M78 categories. Columns include name, address, age, and performance metrics.

Table of women's heptathlon results for M75 and M78 categories (continued). Columns include name, address, age, and performance metrics.

Women Heptathlon

Table of women's heptathlon results for W50, W51, W55, and W56 categories. Columns include name, address, age, and performance metrics.

Masters Invitational Program USA Indoor Championships Boston, MA; Feb. 27-29

Table of women's 1000m and men's 1000m results. Columns include name, address, age, and performance metrics.

EAST

MAC Masters & Open Indoor Meet, New York, NY; Jan. 30

Table of 200m results for M30, M40, M50, M60, M70, and W50 categories. Columns include name, address, age, and performance metrics.

Table of 400m results for M30, M40, M50, M60, M70, W50, and W60 categories. Columns include name, address, age, and performance metrics.

M50 Jonathan Tetherly 2:36.56

Table of women's 1000m results for W30, W50, and W60 categories. Columns include name, address, age, and performance metrics.

Pole Vault

Table of pole vault results for M50, M60, M70, W50, and W60 categories. Columns include name, address, age, and performance metrics.

Indoor All-Comers Meet Landover, MD; Feb. 1

Table of 60m, 200m, 400m, and 800m results for M50, M60, M70, W50, W60, and W70 categories. Columns include name, address, age, and performance metrics.

M55 Eric Gyaki 5:56.76

Table of pole vault, long jump, shot put, and mile results for M50, M60, M70, W50, and W60 categories. Columns include name, address, age, and performance metrics.

Syracuse Chargers Meet Syracuse, NY; Feb. 14

Table of 55m, 400m, mile, and shot put results for W35, W45, W50, M35, M45, M50, M55, M65, M75, and W65 categories. Columns include name, address, age, and performance metrics.





Continued from previous page

Table of results for various events including W30 Kisha Rawlinson, W35 Regina Richardson, W65 Audrey Lary, etc.

MIDWEST

USATF Illinois Masters Indoor Championships Sterling; Feb. 14

Table of results for USATF Illinois Masters Indoor Championships, including 55m Steven Bunn, M35 Jeff Siek, M45 Brian Lee, etc.

Table of results for M45 Keith Petranek, M50 Kim Brokaw, M35 Steven Bunn, etc.

USATF Midwest Regional Indoor Masters Championships, Carthage College Kenosha, IL; Mar. 6-7

Table of results for USATF Midwest Regional Indoor Masters Championships, including 60m Chad Rueber, M35 David Jones, M40 Trent Hagler, etc.

Table of results for Gary Spears 10.16, 3000m Racewalk, M40 Michael Rose, etc.

MID-AMERICA

Mid-America Masters Indoor Regional Championships Colorado Springs, CO; Feb. 29

Table of results for Mid-America Masters Indoor Regional Championships, including 60m Raphael August, M40 Mark Hileman, M45 Michael Ford, etc.

Table of results for M60 Courtland Gray, M60 George La Belle, M60 Bob Fulton, etc.

Table of results for W55 Colleen Dickerson, W60 Beverly Limbaugh, WEST, Hawaii Masters TC Decathlon Honolulu; Feb. 14-15

TeamThor Throwers Meet UC-San Diego, La Jolla, CA Feb. 29 (s)

Table of results for TeamThor Throwers Meet, including Hammer, Discus, Shot Put, Javelin, etc.

NORTHWEST

Idaho Masters Classic Boise; Mar. 13-14

Table of results for Idaho Masters Classic, including 60m Mike Toll, M45 Eric Johnson, M50 Marcus Irving, etc.

Table of results for Brian Baker, M40 Michael Carson, M50 Sergey Velichko, MILE, M40 Jeff Mann, etc.

INTERNATIONAL

Spanish Veterans Indoor Championships, Zaragoza Feb. 7-8

Table of results for Spanish Veterans Indoor Championships, including 60m R Rubia, M45 J M Moreno, M50 C Anechina, etc.

Continued on next page





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