

NATIONAL MASTERS NEWS

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

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June 2005

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SUZY HESS

The squad that set an M40-49 U.S. 4x1600 best (17:40.63), 2002 Hayward Meet (l to r): Tony Young, David Olds, Jamin Aasum, and Peter Magill. World and U.S. relay bests are in this issue (p. 19).

Masters Wow Them Again in Philly

By PETER TAYLOR
PHILADELPHIA, Pa. – April 30.
The cost of the best tickets today? \$40.
A souvenir program? \$7. Watching
Olympic and masters sprinters do what
they do best? Priceless.

The 111th edition of the Penn Relays
(attendance on this rainy Saturday:
44,612; meet total: 108,809) showed
again why the masters are “the real
deal.” In the first of two masters events
this afternoon, the 100m for men 75+,
Ed Cox, of New York, turned back former
winner Wilford Scott, Texas: 15.37
to 16.03.

The race was preceded by thunderous
applause, as this is truly a crowd-pleaser.
Cox described “kind of a numb happiness...
exhilaration...a gold at the Penn

Relays at 77!” The race was televised
nationally, and the finish photo
appeared in USA Today.

Approximately one hour and 15 minutes
later, nine 40+ men’s teams took
the track for the 4x400 (the first three
turns in lanes). After a strong opening
by Kettrell Berry, the Southwest
Sprinters were in excellent position to
grab gold, and when James Chinn
opened up the throttle on the backstretch
of the third leg, victory seemed
inevitable.

Unfortunately, Chinn paid the price
late, and down the final straightaway the
All Stars’ Ben James closed relentlessly,
but still was perhaps 25-30 meters back
at the end. Chinn, however, fell at the
exchange zone, dropped the baton, and
Paul Brown picked it up, only to find
himself with a slight deficit. Courtney
Muhammad of the All Stars held him
safe throughout the final lap, and there
seemed no doubt about the result.

About an hour and a half later, at the
awards desk, the news was broken – the
All Stars had been disqualified (a rationale
was not immediately obtainable), and
the Southwest Sprinters had won the
gold after all (3:31.65; the All Stars
had run 3:30.28).

Friday’s high was only 62 degrees
(Saturday’s was 64), but the conditions
were more pleasant and the masters
activity plentiful.

First-timer (and Hall of Famer) Emil
Pawlik described his experience as
“awesome...the thrill of a lifetime.”
Unfortunately for Pawlik, his M60+
4x100 squad did not win, as Marion
Harrison’s brilliant second leg helped
the Maryland Masters to victory in
51.66.



MITCHELL LOVETT

Rawle Crichlow, winning the M40 100m (11.27),
Penn Relays.

Continued on page 11

Biktagirova Takes W40+ Race

Kipkemboi Earns 4th Boston Title

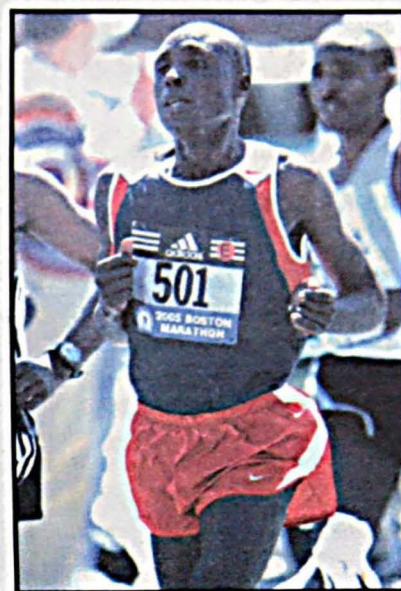
By SUSANNAH BECK

Madina Biktagirova, 40, a
Belorussian living and training in
Albufeira, Portugal, was the top masters
woman with a 2:32:41 in the
Boston Marathon on April 18, running
a very steady pace and placing fifth-
woman overall.

Biktagirova was challenged by two-
time Boston masters winner and com-
patriot Firaya Sultanova-Zhdanova, 43,
RUS/Gainesville, Fla., who led
Biktagirova by as much as 1:10 before
being overtaken between 25K-30K.
Sultanova-Zhdanova ran to a distant
second, 2:41:05, her slowest time here
by almost 10 minutes.

Biktagirova, who earned combined
prize money of \$24,000 for her efforts,
is a long-time racer on the international
road running circuit and served a
several-month ban for norephedrine,
discovered during the 1992 Olympic
marathon. She was fifth in the 2000
Olympic marathon. Sultanova-
Zhdanova took home only \$5000.

In the men’s race, Joshua Kipkem-
boi, 46, Kapsabet, Kenya, defeated
Fedor Rhyzov, 45, Russia/Albufeira,
Portugal, by a narrow one-minute margin,
2:19:28 to 2:20:28, thus capturing
his fourth Boston Marathon masters



VICTOR SAILER / PHOTO RUN

Joshua Kipkemboi, 46, masters winner, Boston
Marathon.

win. The two masters favorites ran
within a few seconds of each other
through 20K-25K, before Kipkemboi
pulled ahead very slightly, a little more
with each mile. By 35K, they were two
minutes apart, but a closing rally by

Continued on page 8

Keston Breaks WR

Masters Milers Impressive at Oregon Relays

By DAVE CLINGAN

Masters runners impressed a large
crowd of youth athletes and their families
on Saturday, May 14, at the
Oregon Relays in Canby, Ore.

Midway through the youth relay
meet, seven nationally-ranked masters
runners age 35-and-up competed in the
“Fountain of Youth Masters
Invitational Mile,” proving to their
young counterparts that even men old
enough to be their grandfathers could
still run a fast mile.

Jim Sorensen, 38, San Leandro,
Calif., led the field for the entire race
and used a blistering 59-second final
lap to finish in 4:15.2. David Bailey,
41, Portland, Ore., finished second in
4:28.8, and Kevin Paulk, 44, Portland,
Ore., was third in 4:31.6.

Continued on page 6

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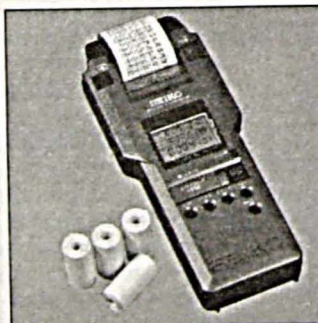
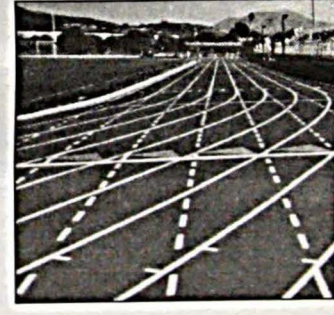
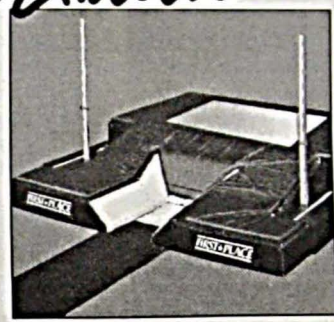
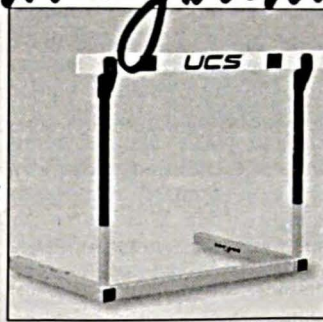
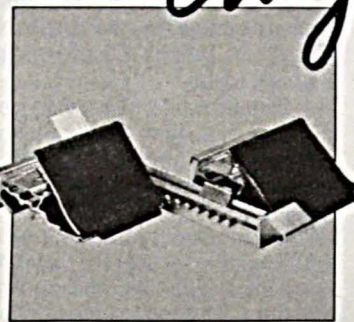
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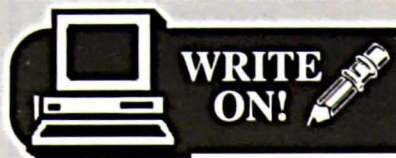
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COMBINED-EVENTS SCORING

You would think that everyone in masters track and field should be on the same page, or at least on the same scoring system. Apparently, not. The 2004 WMA World Indoor Championships, Sindelfingen, Germany, reported wildly inflated indoor pentathlon scores.

According to Rex Harvey, long-time combined-eventer and National Masters T&F Chair Appointee, WMA made it very clear to Sindelfingen that they must use the 2002 WMA Age-Grading as is required by WMA rules. However, "Sindelfingen...did what they felt like doing. They wanted to try out a new German combined-events scoring method, supposedly in parallel," said Harvey.

He also thinks they may have used, not the old 1994 tables, but a scoring method developed by Bernd Rehpene, a German masters combined-events person and respected longtime statistician.

"One of the basics of his system is that one can never score better as a master than he did as an open athlete," said Harvey. "It might have been a mistake, or it might have been on purpose that the wrong Sindelfingen scores got published (if indeed they did, as I have not checked what they did).

"It doesn't matter much what they did, as I assume that places that were awarded will not change even with the correct scoring. And all past performances are being rescored to the 2002 factors, including the Sindelfingen results, just like every other time

(probably 30 times) that the combined-events scoring has changed in the last 93 years. That is why it is so important that combined-event performances are recorded and not just points, as the points themselves will change in the future when the tables are updated either by IAAF and/or WMA.

"And the 2002 WMA age-grading, in general, does lower the scores for younger people (say 30-45) and up them for older people (say 70 and up). The 2002 age-grading update was not done on popular opinion, but based on all the cold, hard performances that we could find. Younger athletes are getting better, and older athletes are not performing as well as some thought they should in earlier age grading efforts."

WMA and NMN are not doing masters track & field any favors by reporting non-standard combined-event scores. There is a source for combined-event masters performances: <http://www.coachr.org/combined.htm>; <http://www.coachr.org/alltimewpr.htm>.

These combined-event scores are compiled by Ian Thomas and presumed adjusted to the 2002 age-graded factors.

David E. Ortman
Seattle, Washington

(Editor's note: The NMN published results from the WMA Indoor Championships in Sindelfingen, March 10-14, in the May 2004 issue. It did not come to light that the pentathlon scores were flawed until after publication.)



JERRY WOJCIK
Finalists in the M35 800 (l to r): Jonathan Mann, second (2:03.51); Robert Van Cleve, fourth; Chris Yorges, first (2:03.12); Curt Arthur, third (2:04.00); and Joe Pais, fifth, 2004 USA National Masters Championships. Honolulu will host the 2005 Championships, Aug. 4-7.

AGE-GROUP RECORDS

I want to congratulate all of the record-setters in the USA National Masters Indoor Championships in Boise, Idaho.

But as a miler, I have to single out one person, John Keston, who at age 80, set an indoor mile record of 6:48.02. The record he broke was 7:04.2, set by Paul Spangler on his 80th birthday in March 1979.

The mile records for the M80 group and the single-age records are fascinating. The indoor record was set in 1979. Yet, if you look at the single-age record book, you will not find Paul Spangler's record. What you'll find is the time of 6:43.3 on March 4, 1983, belonging to Harold Chapson. Because of some technical problem, this never became the record for M80.

Single-age records can be either indoor or outdoor times. Chapson's record was for the outdoor mile.

When I hit age 80, I thought that the 6:43.3 was a record that probably would stand for ever. Keston's time is the first I can remember coming close to Chapson's.

The Pacific Throws Academy, running June 27-July 1st at Soka University, will be open to all masters throwers: hammer, javelin, shot and discus. Day rate is \$279 for 5 days of instruction. Call 800-746-6470 for info.

We Welcome Letters

- The *National Masters News* welcomes letters on topics of general interest.
- 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.
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- Letters are condensed and edited.
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The outdoor mile record is 7:51.9 by Henry Sypniewski on June 15, 2000, when he was 81. That broke the M80 record of 8:07.1 by Spangler, and the single-age record. Spangler still holds the age-84 record at 8:07.4 in June 25, 1983.

Although Keston now holds the M80 AR and the WR for the mile indoors, he is not the single-age record holder for age-80. And so it goes.

Bill Benson

Valley Stream, New York

(Editor's note: From the preface of the Masters Age Records, 2003 Edition: "Please be aware that these single-age 'bests' are not official WMA or USATF records. Due to time constraints, these marks do not receive the same scrutiny as the official five-year age-group records that are published by the National Masters News. Thus, these bests may differ from the official five-year records." On May 7, Benson, who will be 86 on June 19, broke his M85-89 U.S. mile record of 9:56.93 of July 2004 with a 9:18.12 in the Southeastern Masters Meet, Durham, N.C. The age-85 best is an indoor 8:33.11 by Vince Malizia. The age-86 best is an indoor 10:38.35 by Dudley Healy. Full results in July.)

SELF-PROTECTION

In regard to the article "Self-Protection Tips for Outdoor Runners" (April NMN), stating that you should never run alone or you should carry pepper spray or a gun, I've been running nearly 40 years here in coastal California (a lot of it alone) and haven't had any problems. I remember the line in one of Johnny Cash's songs - "Leave your guns at home, Bill. Leave your guns at home."

My most difficult situation was a few years ago when I went for an early morning run alone in Russia on a little dirt road near the Neva River. Two big Russian dogs came from under a fence and ran toward me barking wildly. As they got close to me, I went into my dog routine, slowing down to a walk and saying "Nice doggie. Nice doggie." They then stopped barking and wagged their tails.

I'm sure they didn't understand

Continued on page 19



As expected our Executive Editor will mail me directly, I'll be in your numbers and, in some

I am also ending my participation on the USA National Masters with varying opinions with my response.

This honoring point of view has people's understanding to add the practice statement. It is that we all have diversity is.

Most think it is a matter of equity. However, that I must admit I am endeavoring to be the subject with Directors.

After the first step to me that this is a matter of "me and soul" of USA National Masters. I am not being politically correct. I will be learned as I get more to impart this information.

Our understanding of diversity is to understand this, with the following in mind.

Following is the information from Radians Yvonne Consultants in Honolulu Beyond Computer Education with t

Swan, You

By JERRY WOJCIK
Two U.S. age-group records were altered in the USA National Masters Championships Wright Track, University, on Aug. 15. Also served as a

Pamela Swan, topped her W40 2.91/9-6 1/2 in Ju 1/2. Carol Your added some 18 lb. W65 hammer rec a 33.08/108-6.

In other events Maryland Master former in the spring and a 24.21 200.

Kris Kazeber (29.40) and 400 ATC, ran a 2:29

Lesley Chap won the W45 (4:57.35).

The ATC's did in full force; sit

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CZMMN



Track & Field Report

By **GEORGE MATHEWS**
Chairman, USATF Masters Track & Field

Diversity

As expected, I have started receiving fine feedback from members on the work our Executive Committee has done on the strategic plan. There are many points of view which I wish I had space to respond to in this column. If members e-mail me directly, I will disseminate their information to the Executive Committee members and, in some cases, share in this column.

I am also endeavoring to add a location on the USATF Web site where the varying opinions can be viewed, along with my responses.

This honoring of every member's point of view has everything to do with people's understanding of my suggestion to add the practice of diversity to our mission statement. It has become very clear that we all have different ideas of what diversity is.

Most think it is all about race and gender equity. However, it is a lot more than that. I must admit that I am no expert, but am endeavoring to get an education on the subject with the USATF Board of Directors.

After the first session, it became clear to me that this is really part of the "heart and soul" of USATF Masters Track & Field. I am not embracing this in order to "be politically correct," as some have alleged. I will be sharing what I have learned as I get more education and hope to impart this information to all members.

Our understanding starts with the definition of diversity. After we study and understand this, we can really start practicing diversity in everything we do.

Following is the definition given to us by Radious Yvonne Guess of EDU Consultants in her seminar "Thinking Beyond Competition: Diversity Education with the USATF Board of

Directors," Boston, Mass., February 26, 2005:

The Four Layers of Diversity

Personality: Why do you feel an immediate closeness with some individuals and an equally quick negative response to others? Personal characteristics form each individual's unique personality.

Internal Dimensions (out of control): Powerful shapers of opportunities, access and expectations; age, gender, race, ethnicity, physical ability, and sexual orientation.

External Dimensions (controlled): Additional influencers of assumption and behavior: religion, marital status, educational background, income, parental status, appearance, personal habits, recreational habits, geographical location, and work experience.

Organizational Dimensions (job related factors): Functional level or classification in workplace (organization), management status, division, department, unit or work group, union affiliation, work location, seniority, work content or field.

Objective: To increase understanding of the dimensions of diversity and to raise awareness about the impact of these dimensions on the organization.

Do we really want to move ahead without diversity as part of our mission statement? □



SUZY HESS
Frank Levine, 90, in the mile, National Masters Indoor Championships, Boise, Idaho.



JERRY WOJCIK
Larry Barnum, winner of the M60 800 and 1500, 2004 USA National Masters Championships.

FIVE YEARS AGO June 2000

- *Joshua Kipkemboi (41, 2:17:11) and Gitte Karlshoj (40, 2:35:11) Masters Firsts in Boston Marathon
- *102,193 Cheer Masters at Penn Relays
- *U.S. Athlete Declared Ineligible for Two Years

Swan, Young Set Records in Southeast Regionals

By JERRY WOJCIK

Two U.S. age-group records were altered in the USATF Southeast Region Masters Championships at the Ted Wright Track, Savannah State University, on April 15-16. The meet also served as the Georgia Masters Championships.

Pamela Swan, of the Maine Masters, upped her W40 pole vault record of 2.91/9-6 1/2 in July 2004 with a 2.96/9-8 1/2. Carol Young, Atlanta Track Club, added some 18 feet to Evelyn Wright's W65 hammer record of 27.40/89-11 with a 33.08/108-6.

In other events, Thomas Jones, M50, Maryland Masters, was the top performer in the sprints, with an 11.73 100m and a 24.21 200.

Kris Kazebee, W35, won the 200 (29.40) and 400 (65.91). Winston Laing, ATC, ran a 2:29.01 to win the M60 800.

Lesley Chaplin-Swann, W45, ATC, won the W45 800 (2:26.45) and 1500 (4:57.35).

The ATC's distance runners came out in full force; six of the 11 contestants in

the 10,000 were ATC attached, with members Glenn Gibney, M30, running a 30:55.75, and David Matheme, M40, a 32:54.57. Donna Garcia, W35, of Georgia, running unattached, finished in 36:30.03.

New M75, Jim Stookey, Potomac Valley TC, was near the U.S. triple jump record (4.32/14-2) with a 4.26/13-11 3/4.

Joshua Willis, M40, of South Carolina, was the farthest in the long jump (6.31/20-8 1/2) and triple jump (12.70/41-8) in the meet, which included open competitors ages 19-29.

Gerald Vaughn, M65, of North Carolina, had the longest shot put (13.18/43-3), and Chuck Baer, M50, the farthest discus (48.39/158-9). William Daprano, M75, outscored everybody else in the pentathlon (2869).

Sixty-nine All-American Masters performances were produced. The Atlanta TC won the club championships with 202 points. Florida AC was second (67), and Potomac Valley TC, third (48).

Jim and Joyce Hite were the meet directors. □

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Registration available online at:

www.sdseniorgames.org

Presented by the San Diego Senior Olympics
San Diego Track Club and The USATF





Third Wind

By MIKE TYMN

More Quotes from the Past

In this, my 299th column for National Masters News, I again look back at thoughts expressed during past interviews. In last month's column, I covered interviews from 1980 thru 1984. The following are from 1985-89.

Mind vs. leg game: "I find my mind comes up with ideas my legs can't carry out, and it's harder to push myself into an extended workout. Looking at the record books I've kept over the years, I noted that I ran 15 220s from 34 to 28 seconds back in 1966. Now I'll do eight in 36 to 33. But I have no difficulty in accepting slower times, as you can't put the push on a body that's had its day." – **Bill Knuppel**, at age 66.

Positive thinking: "I look at my recent injuries as a big plus and a learning experience. It's made me take a good hard look at who I am and where I'm going and what's going to make me happy when I can no longer compete." – **Fordie Madeira**, at age 40.

What might have been: "Nobody knew anything about training back then (1954). You ran, you did your stuff, and then you came in. If I had done in college what I do now, I think I could have been four-tenths of a second faster in the 100." – **Bruce Springbett**, at age 52.

That's smokin': "Maybe 50 a day." – **Piet Van Alphen**, Dutch marathoner who ran a 2:25:51 at age 55, on the number of cigarettes he would smoke before he gave them up at age 33.

Insane running: "I'm living like mad. I couldn't be married and do what I do." – **Kjell-Erik Stahl**, Swedish marathoner who ran a 2:12:33 at age 40.

Masochistic running: "I learned that the body is so constructed that it can endure excesses upon excesses for quite a long time, but when it finally cracks it takes a long time to get your enthusiasm back. I've seen so many others experience the same sort of thing and never come back." – **John Loeschhorn**, top masters finisher in the 1985 West States 100.

Real running: "Guadalacanal, Bougainville, Guam, Peleliu, and Okinawa. Hey, that was competition." – **Paul Reese**, on his most memorable running experiences.

Paradise?: "Hawaii is a great place to train, but not to race." – **Carl Ellsworth**.

Count your blessings: "After four major surgeries, because of various complications, including removal of the spleen and part of the stomach, I've come to appreciate being healthy enough just to participate in any kind of competition." – **Earl Ellis**, who set an American record in the 45-49 divi-

sion for 15K with a 49:01.

Slower but faster: "I don't feel that it (aging) has had much of an effect on me. Yes, my times are slower than they were in 1968 and 1969, but my mental frame of mind is the same. My best time in high school was 50.4 and my best time as a 45-year-old was 50.4. Running is still fun, and when I feel it is no longer fun I'll stop." – **Jim Burnett**, 1985 TAC Masters Athlete of the Year.

Losin' it: "My memory is not what it used to be. Like many oldsters, I can recall the names from 50 years ago better than the name of someone I met last week." – **Polly Clarke**, at 75, 1985 Masters Athlete of the Year.

Runners vs. marathoners: "I think that's Jim Ryun on the far right. He's the only one who looks like a runner. See those arms move. The others look like marathoners." – **Duncan Macdonald**, 1976 Olympic 5000 runner, on observing the 1979 Honolulu Marathon from the press truck.

Short is better: "The marathon is too long for me. I run 10K road races, but even those are a little long for me." – **Jim Ryun**, former mile great, after dropping out of the 1979 Honolulu Marathon at nine miles.

Dangerous days: "In those early days (1940s), I used to run through the streets often and no one else ran, at least on the streets. I didn't strip down to track togs then, but ran in street clothes for a sweatshirt and cut-offs. I had the cops stop me twice and check me out." – **Joe King**.

Hang tuff: "It's perseverance, hard work, and repetition that create the climate for success in any discipline. I try to instill this work ethic in my voice students and have seen on numerous occasions the most meager talents become great through dogged, dedicated practice and training." – **John Keston**.

Just have fun: "I try not to be too serious a competitor. I have found that when I get serious I end up with injuries. My goal is to just run easy and enjoy myself. It is better for health." – **Keizo Yamada**, 1953 Boston Marathon winner, at age 60.

Ah, youth!: "You can't train the same way you did when you were 23. It just isn't going to work. All you do when you're 23 is go out the door, turn left, turn right and go as hard as you can till you start to break down. Then you take a day or two of easy running till you heal up. But that's not what

happens when you get to be a master." – **Frank Shorter**, at age 40.

Are you crazy?: "By God, no! You know if we were having trouble getting under three for 1320, we weren't thinking four minutes for a mile." – **Ray Mahanah**, top 1930s miler who ran 5:17, an M60-64 WR at age 61.

Need to settle down: "Looking back, and to be very frank, I think I could have done better when I was younger. But I had too many things going on in my life. I don't think I gave the same thought to it as I do now." – **Ken Baker**.

Took it too easy: "I wish I had known what hard training does for your performance when I first took on athletics." – **John Gilmour**, Australian who ran a 4:57.1 mile at age 61.

Discrimination: "There wasn't much for girls to do when I was in school, a little running for exercise on Friday and maybe some basketball in the gym class, but that was about it." – **Mary Bowermaster**.

No fakin' it: "The hurdles is my primary event now. It's something you can't fake. You can fake a 100 and cut down on your speed. But in the hurdles, you're going to hit a hurdle or start four or fivin' them." – **Chuck Miller**.

I've had enough: "I don't want to. I'm afraid to. I'm too competitive. I have one big heel spur and I can only do so much as far as training goes and I know damn well I can't train hard enough to get into the kind of shape I'd want to get into it. And I'd have to stop drinking beer." – **Horace Ashenfelder**, 1952 Olympic steeplechase gold medalist, on why he isn't interested in masters competition.

The skinniest Samoan: "They call me Tafuna Slim. I get a lot of laughs and giggles from the people there when I'm out on a training run in nothing more than a pair of shorts. They can't believe anyone so skinny can be strong enough for sports." – **Gary Fanelli**, American who represented Samoa in the 1988 Olympic marathon.

The legs go first: "You know how your legs feel the last few miles of a marathon? Well, mine feel like that all the time. They're chronically fatigued. It's kinda frustrating." – **Peter Mundle**.

Disgustingly slow: "That's just peanuts today. The guys today are much more serious than we were." – **Bill Steiner**, of his 2:23:05 marathon in 1934.

Floppin' beats rollin': "I switched from the roll to the flop, but I keep going back and forth from one to the other. I can get five or more inches with the flop, but you need to practice that a little more to get it down." – **Herm Wyatt**.

Don't listen to the doctor: "So I said I'm going to do something the medical profession is not telling me." – **Paul Dungan**, on overcoming diabetes to win the M45 200 in Worlds. □

(Mike Tymn can be contacted at METGAT@aol.com)



SHARON SWEZEY
John Keston, setting an M80 mile world record of 6:48.3, Fountain of Youth Masters Invitational Mile, Oregon Relays, Canby, Ore., May 14.

Oregon Relays

Continued from page 1

The event was Sorensen's first mile race in a masters competition. He is a sub-four minute miler who finished second in the 1500 in 1996 U.S. Olympic Trials. Channel 2 News (KATU) televised the finish of the race and showed it on the 11:00 news as a sports segment.

Immediately following the Masters Invitational Mile, a second group of masters runners stepped on the track. This time, a dozen men and women ranging from age 30-to-80 competed in an age-graded mile race in which start times were handicapped based on age. The first to cross the finish line was the winner.

John Keston, 80, McMinnville, Ore., not only led the race from the gun to finish with a 2:58 head start over the field, but also set an M80-84 age-group world record with a time of 6:48.3. The previous record was 7:51.9 held by Henry Sypniewski of New York in June 2000.

The women's division of the age-graded mile race was won by Brenda Danielson, 30, Portland, Ore., in 5:24.1.

The first three men and women in each race received medals, and the top three in the Invitational Mile received Nike Miler spikes.

Weather was warm and muggy but no rain.

The masters races helped raise money for Oregon's youth track and field athletes. The proceeds from all events will go to a fund designated to provide financial assistance to athletes who qualify for the National Junior Olympics this year. □

By BRIDGE
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Report from Britain

By BRIDGET CUSHEN

Although the median level in the London Marathon has slowed considerably, the masters times continue to impress. Dave Taylor, a 41-year-old Olympic trialist who went on to win the European Veterans 1500 and the 5000 in a championships record last July, was 23rd and the sixth British male over the finish line. His 2:18:47 was no great surprise, considering his British M40 record-breaking spree and fast times from 10K through to the half-marathon.

Several W35 were in the first 10 in the women's race behind Paula Radcliffe. However, one of the most competitive age-groups currently in Britain is the W55. Sue Cariss lowered the marathon best to 3:08:02. Ros Tabor, who held the previous W55 best time at 3:09:37 since last October,

conceded defeat, coming home second in 3:11:10.

The first round of track and field leagues in which over 1500 clubs participate at area or national divisions, commenced on the first day of May. To ensure promotion and not relegation when the scoring points are totaled in the fall, a show of club strength and depth is a prerequisite.

Many clubs rely heavily on their older members, giving the masters an excellent opportunity to compete against their younger peers. It is in such competition that masters records are frequently broken.

The first British record of the new season fell to the San Sebastian-bound Emily McMahon, W55, with a 52.1 clocking for the 300H. Current European champion, Virginia Mitchell, lowered the W40 400H



SHARON SWEZEY

The start of the Fountain of Youth Masters Invitational Mile (l to r): Jim Sorenson, David Bailey, Kevin Paulk, Chuck Coats, John King, Chris Yorges, and Joe Dudman. Sorenson won with a 4:15.2.

record to 65.8. Tony Wells, M55, had his first outing over the 400H, running 70.04.

The Veterans AC held the first of their London evening meets on April 30. The cold weather did not deter a good entry in the field events. Peter Barber, M70, won the hammer with a 36.63 and the weight with a 14.00.

Up in Scotland, opera singer cum hammer thrower, Bill Gentleman, sent the weight flying out to a British M65 record 48.45. Jaroslav Hanus, now an M75, was quick to make his mark with a British age-group hammer record of 30.97.

The British Masters Half-Marathon

was held on May 1 in Exeter. Stuart Hall, who just turned 40 and is a former Commonwealth Games marathon representative, won in 1:10:28 from four local masters.

Course records were set by Alex Rowe, M60, 1:22:46, and the current BMAF W55 10-mile winner, Lesley Griffin, with an easy victory in 1:36:40.

The European Non-Stadia Championships are being held in Portugal, May 13-15; 185 British athletes have entered. The Iberian Peninsula has long been a hotbed for master runners, and it should turn out to be a vintage meet. □

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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Camp Fee Includes: Daily coaching sessions in a small group environment (maximum 6 athletes per group); Daily therapy including Active Release Treatment[®] and massage therapy; A functional biomechanics assessment; Camp dri fit T-shirt; Group dinner and social; Daily return shuttle service from the camp hotel to the training site; Airport pickup upon arrival to Edmonton.

Camp Registration Fee is \$1,550 USD or \$1,895 CDN inclusive. Participation numbers are extremely limited so don't delay.
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To register or make inquiries call the Canadian Athletics Coaching Centre
at 780 492 6868 and ask for Scott Luck, Centre Administrative Assistant. Email: jluck@ualberta.ca



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Ilio-tibial Band Syndrome

One of the more common lower extremity injuries among long distance runners, ilio-tibial band syndrome is a condition that has been poorly reviewed in the literature and about which there are many misconceptions.

The ilio-tibial band is a thickened strip of fascia lata that runs from the iliac crest in the hip to the lateral part of the knee, the lateral tibial tubercle. At the knee joint, the band acts as a stabilizing ligament between the femoral condyle and the tibia. It locks the knee into extension and thus enables us to rest while standing.

However, in most cases of ilio-tibial band syndrome, there is friction of the band over the lateral femoral epicondyle. For those who have had this problem, walking stiff-legged relieves the pain. This is because the band no longer passes over the condyle which irritates it.

Walk, Don't Run

In a clinical study, we found that most runners with this syndrome had been running over three years and clocking at least 202-40 miles per week. Most of these could walk without pain, but could not run due to the pain. We suspected the main culprit to be either increased time or mileage. This problem is more common in men than in women.

We also noted that the condition could be the result of running on sloping terrain, such as the side of the road, which increases friction on the outside of the knee. No specific brand of shoe was implicated, but a change of shoes seemed to help.

No Treatment

There is really no specific method of treatment. Obviously, reducing mileage helps, as does application of ice after workout, with moist compresses at night. Stretching does not appear to be beneficial, and surgery is indicated for only the most recalcitrant cases.

One may also want to rule out other pathologies, including cystic changes, capsular tears, tendon strains, and chondromalacia.

The long-term prognosis for ilio-tibial band syndrome appears to be good, although we have some patients in which this condition is recurrent. □

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

Masters Add to Strong Field in Freihofer's 5K

Masters entrants in the Freihofer's Run for Women 5K/USA National Masters Championships are a large part of an outstanding field in the June 4 race. The event, in its 27th year, starts at 10:15 a.m. in downtown Albany, N.Y.

Runners who had committed by May 9, and are expected to have an impact on division titles, include cross-country specialist Carmen Ayala-Troncoso, 45, Austin, Texas; Leslie Chaplin-Swann, 47, McDonough, Ga., winner of the 800 in the 2005 Masters Indoor Championships; Monica Joyce, 46, Pickney, Mich., W40+ first in the Carlsbad 5000; and marathoner Janet Robertz, 45, Shorewood, Minn.

Also in the field are Kathryn Martin, 53, Northport, N.Y., 2004 BENGAY Masters Athlete of the Year; and Shirley Matson, 64, Larkspur, Calif., who has been setting single-age road records all spring.

They will be joined by veteran road runners Barbara Miller, 65, Modesto, Calif.; Margret Betz, 68, Conklin, N.Y.; Myra Rhodes, 72, Sacramento, Calif.; Toshiko d'Elia, 75, Ridgewood, N.J.; Joy Johnson, 78, San Jose, Calif.; and Helen Klein, 82, Rancho Cordova, Calif.

Last year, Colleen De Reuck set a W40 U.S./world record with a third-place 15:48. Division winners last year from the above list were Ayala-Troncoso, Martin, Rhodes, Johnson, and Klein. □

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Boston Marathon

Continued from page 1

Rhyzov put him back within a minute of Kipkemboi. Rhyzov won the masters title here in 2003.

Kipkemboi, a father of four, took home \$10,000 for the masters win and \$1200 for 15th-place overall. "It was a hard race this year...it was colder, and we had the wind," he told the Boston Globe. He added, "This is a tough course, the toughest marathon in the world."

Although it was nowhere like last year's heat bath, when the first hot day of spring sprang on Patriots Day with 80-degree temperatures, this year's Boston was still warm, with a race-start temperature of 68-degrees.

The tree-lined course is shadeless, thanks to the absence of leaves on the trees, which did nothing to temper the glare of the cloudless sky.

Of course, the relentless hills are not subject to annual change. In all, 18,319 runners lined up in Hopkinton to make the wicked pilgrimage into the city: 10,055 of them were on the far side of age 39. Places were determined by net time, rather than chip-time. The top U.S. master was Paul Hammond, 45, Lexington, Mass., 2:33:19, fifth-M40+ overall.

Ian Bloomfield, 52, County Durham, GBR, led the "Veterans" (M50-59) division, with a 2:45:23

(chiptime 2:45:08). John Moe, 50, Burnaby, British Columbia, CAN, followed nearby with a virtual lead over Scott Hajicek, 50, Lakewood, Colo., 2:50:22 (chiptime 2:50:12) to 2:50:33 (chiptime 2:50:04).

In the M60-69, which Boston calls "Seniors," Don Coffman, 62, Stamping Ground, Ky., 2:54:47 (chiptime 2:54:06), put five minutes up on runner-up Hal Goforth, 60, El Cajon, Calif., 2:59:28 (chiptime 2:59:20). Over 70, Harold Wilson, 72, Tyler, Texas, 3:48:41 (chiptime 3:44:29), took top honors. Jim Schleisman, 71, Jefferson, Iowa, 3:55:45 (chiptime 3:49:49), cruised in for second.

The top U.S. masters woman was Lee DiPietro, 47, Ruxton, Md., 2:53:34, good for fourth W40+. Louise Voghel, 50, St. Armand, Quebec, CAN, posted a 2:58:56 to set the W50 bar. Edie Stevenson, 55, Boulder, Colo., 3:13:56 (chiptime 3:13:31), led the rest of the pack.

Spokane, Washington's Gunhild Swanson was the fastest W60-69, 3:52:51 (chiptime 3:44:43), ahead of Chieko Tanaka, 61, Tokyo, JPN, 3:54:59 (chiptime 3:48:24). Faye Lowrey, 61, Rochester, N.H., was moments behind, 4:03:24, (chiptime, 3:48:45).

Katherine Beiers, 72, Santa Cruz, Calif., topped the W70+, 4:54:52 (chiptime 4:38:29).

Next year's Boston Marathon takes place April 17. □



Acceleration

Due to the importance of acceleration made by athletes to without going through wind lean (at the a

The description of acceleration off, low at first, but with effort made quickly and burn heads, seems to be an analogy for most a

Performing the stretch, with one leg forward while leaning good way to reinforce position - straight ankles.

Valsalva Acceleration
A slower athlete to the ball, tackle, to the top finish line if he or the acceleration straight, forward l

with arms pump level and tactical acceleration technique points.

If you look up on the Internet, you describes briefly When applied in burst of 2.5 seconds can be the greatest an instantaneous speed and strength Like many techniques powerful that it can also delivers chan

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2005 GRAND PRIX SERIES

USATF Championship medals will be awarded to the first three competitors in each division. These divisions will be Open Men, Open Women, Masters Men, and Masters Women.

USATF-OREGON 2005 GRAND PRIX SERIES SCHEDULE

April 2	April Fools 15km	Eugene
April 24	Cascade Lakes 5km	Bend
June 3	Street Mile	Eugene
July 4	Foot Traffic Marathon-1/2 Marathon	Portland
July 17	Coburg Run in the Country 1/2 Marathon	Coburg
September 11	Oregon TC Masters Eugene Celebration 8km	Eugene
October 29	USATF/Willamette XC 8km	Salem
November 12	USATF Grand Prix Finale	Sandy

Grand Prix Rules

1. You must be a 2005 member of the Oregon Association of USATF. Athletes can register on-line at www.usatf-oregon.org or call Harry Simonis at (541) 504-1077.
2. You must have completed at least two races in the Grand Prix Series in order to score in the final event, the USATF-Oregon Association Championships on November 12.
3. You may participate in as many races as you wish. A minimum of two races is required to be included in the Grand Prix scoring. Your best five scores will be compiled for your final point total. Beginning with the August/September issue of Race Center NW, the running point totals will be posted on the USATF-Oregon web site.
4. Grand Prix points are awarded by your place in your division according to the following scale: 1st place=20 points; 2nd=15 points; 3rd=12 points; 4th=10 points; 5th=9 points; 6th=8 points; 7th=7 points; 8th=6 points; 9th=5 points; 10th=4 points; 11th=3 points; 12th=2 points; all other finishers=1 point. Places in the USATF-Oregon Association Championships will score triple points and serve as the tiebreaker. If both tied competitors do not compete in the Championships, then the athletes will split the award of the two combined places. Masters' performances will be age-graded for scoring purposes. Theoretically, a 70 year old could beat a 40-year-old using the age/time formula.



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

Acceleration Techniques and Speed Development Part II

Due to the work of Brian Mackenzie, coaches are hearing about the importance of proprioception training for sports. This term becomes very important in teaching the acceleration position. The number one mistake made by athletes trying to run faster, is to stand up too soon in fly phase running without going through the "drive phase," which is marked by an aggressive forward lean (at the ankles).

The description of an airplane taking off, low at first, but climbing slowly with effort made to not jump up too quickly and bump the passengers heads, seems to be an understandable analogy for most athletes.

Performing the standard calf stretch, with one leg back and one forward while leaning on a fence is a good way to reinforce the acceleration position - straight back, bent at the ankles.

Valsalva Acceleration Technique

A slower athlete can beat a faster athlete to the ball, to the hoop, to the tackle, to the touchdown and to the finish line if he or she is trained to hit the acceleration position (body straight, forward lean from the ankles) with arms pumping pocket-to-chin level and tactically using the Valsalva acceleration technique at precise points.

If you look up Valsalva maneuver on the Internet, you will find that this describes briefly holding the breath. When applied properly for a brief burst of 2.5 seconds, this technique can be the greatest single producer of an instantaneous explosion in force, speed and strength known in science. Like many techniques, this one is so powerful that it can cause harm, but it also delivers championship plays.

We all use the body's natural ability of increasing strength by unconsciously performing the Valsalva maneuver. My favourite analogy to explain this to athletes is to describe a situation where the athlete's mother hands the athlete a jar with a tight lid.

The mother needs some extra strength to open the jar, so she calls on the athlete for help. On first attempt, the lid is too tight for the athlete. On second attempt, the athlete increases the intensity and pushes hard with maximal effort.

If you will think about what the body does naturally in this situation, you will understand this valuable technique. The athlete tightens the abs, and holds the breath for 2-3 seconds as max effort is applied. This is the Valsalva maneuver.

The body increases blood pressure by an additional 100 points very quickly with this natural action. Clearly, this is dangerous to older adults with potential for strokes and it

can be dangerous to some young athletes. But this technique will assist an athlete to open the jar, lift more weight maximally, and to beat a faster athlete to the ball, goal or finish line.

An athlete cannot perform a maximum lift while inhaling. Nor can an athlete quickly accelerate with maximum force while inhaling. The body is designed for the Valsalva maneuver, and needs to be trained how and when to deploy the technique.

Valsalva Acceleration Strategy

Holding the breath too long can cause harm by making an athlete actually pass out. One occurrence is reported in the literature where this technique was responsible for bursting a tiny blood vessel in the eye of an athlete during heavy maximal lifting.

It is easy to observe that the Valsalva maneuver is frequently used safely as a natural function of the body to increase strength, but it is only held for 2-3 seconds naturally.

A 100m sprinter would have time to plan for four Valsalva acceleration techniques during the short 10-second event, or a masters sprinter like me may get in five before the finish. The miler may place the Valsalva acceleration technique in the race strategy 100m before the finish line to power that extra kick.

The 400m sprinter may want to deploy this technique in the four hand-off zones during the single lap around the track. The baseball player may want to deploy this acceleration skill twice during the seven-second trip to first base.

The football player may strategically use the Valsalva technique to break on the ball for a surprise steal. The applications for this acceleration technique are endless.

Making That Extra Effort

We have all seen the superstar athlete interviewed on television after making a game-winning play.

"How did you make that great play?" asks the reporter. "I knew that the game depended on it. I gave it everything I had and I made the play," seems to be the frequent answer.

That is what we hear, but the athlete should have explained: "I wanted to make the play, so I made the extra effort to get into the acceleration position (with a straight body bent from

the knees), pumped my arms pocket-to-chin level, and I positioned my shoulders lower to the ground than my competitor to drive my body forward toward the target. I took the extra energy necessary to apply the Valsalva technique to temporarily raise my blood pressure by an extra 100 points so I could get there faster than my competitor."

Some athletes make great plays without knowing the science of acceleration, but what if all your athletes trained with these techniques throughout the season? Perhaps this technique explains why some teams that do not match the physical attributes of stronger teams still find ways to win championships.

Perhaps the inferior team realized that they had to go deep inside, work hard, get into the acceleration position on every play and use the Valsalva technique more to beat the superior team.

"Who wants the victory the most, will win this game," is what we say to the team. Perhaps we should train athletes to use this natural technique designed to assist the body to get into maximal effort, so athletes will have the skills necessary to beat a faster athlete and not wait until it is the game-winning play to deploy it.

I rest my case. Speed is a skill and skills can be improved. □

(Phil Campbell, MS, MA, FACHE, is a personal trainer and author of *Ready, Set, Go! Synergy Fitness*; www.readysetgofitness.com)



KONRAD WOJCIK

Rich Burns, M45 winner (9:37.11) in the 3000, 2004 Hayward Classic, Eugene, Ore. This year's meet is scheduled for June 18-19.

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Masters Racewalking

By ELAINE WARD

When Friends Compete – Part II

Last month we published comments by participants in the National Masters Indoor Championships, Nampa, Idaho, March 11-13. Following are observations by several other athletes on their racewalk experiences at this meet. — ew

MJ Baglin, W55 (18:52.35): Racing on an indoor track in winter is an experience not to be missed. No snow, wind or ice to slow you down! Where I live in Reno, Nevada, racing goals require creative ways to train during the winter. Short days also mean that if you don't get the job done at lunch, it will be the treadmill for sure.

I find it hard to keep good form bundled in layers of clothing during 4 a.m. workouts before work. And to add to the hazard, a little rock in the street that your headlight did not pick up can make a large impact on your training if you step on it.

The track meet was in an Equestrian Center with a temporary track laid on top of dirt. Warm air mixed with dust made breathing difficult, which I noticed as I panted my way through the race. Actually, I was not surprised by the dust in the air as the indoor track in Reno for the NCAA championship is held at our livestock event center. In contrast, the indoor track in Boston is a year-round facility with an adjacent gym for warming up.

Nampa was my third indoor championships. It was different in that there were 18 women in our heat as compared to less than ten in Boston; bodies everywhere and everyone wanting to be in lane one all at once. Where, oh where was that opportunity to burst out of the pack. That thought cost me time on the clock. I ended up being boxed in with the race in front of me. Wait and learn.

The closest competition in my age-group was Kathy Frable, some 49 seconds ahead of me. She is an accomplished racewalker and I admire her style. Placing third in my age-group was an accomplishment. What did I think during the race? "I am coming up on another one, pass her up and get onto the next!"

Club members Ted Moore (M65), Beth and Jon Price (W50 & M55) and I had great fun at the event.

Bev LaVeck, W65 (19:15.30): Well, the accomplishment was getting my entry in on time, getting to Nampa on the right day, remembering my USATF card and my racing shoes, etc. It felt so good to be there and see friends, that I had to remind myself that we had to race before I could resume socializing.

Rita Sinkovec and I had a great race. I think we call races when the times are slow "tactical." Good-sounding excuse, anyway. We're both bare pavement-deprived from November to March, but she lives at a higher elevation. To my advantage, we had an early snow melt

in the Northwest giving me a couple of weeks of extra training.

Rita and I talked about the advice we were given about racing on a banked track. (We don't hoard secrets.) The fast guys advised her to stay to the outside of the curve so that coming out of the curve wouldn't be so difficult. As if she or I were going fast enough to have any centrifugal force!

I liked having a well-populated track race, and getting boxed in early kept me from going out too fast. It also kept me focusing on other people rather than on the time.

Rita Sinkovec, W65 (19:17.20): I was elated when I heard that this year's National Masters Indoors was in Idaho. Finally a national championship in my own "neighborhood." Such uncomplicated travel, less than two hours of non-stop flight, and no time zone change. Cool, I thought. Count me in!

During my 5-1/2 years of competitive racing on the national circuit, I participated at the Indoors in Boston twice, and both times I had great races and enjoyed myself. However, to me, this year's event felt different. There existed such a rewarding camaraderie and interaction among the racewalkers.

Living at 8300 feet in the mountains, struggling with ice, snow, low temperatures and slippery roads, makes quality training through the winter months quite impossible. Our only option up here is to drive between 40 and 60 miles to our "lowlands" — the greater Denver metropolitan area at about 5300 feet.

Winter training means dealing with one week at a time, demonstrating flexibility, and truly concentrating on maintenance mileage alone. Official track training for me starts the first week in April.

When it came to race time, I could not have imagined a tougher competitor than Bev LaVeck. She is as good and fast as ever, and just prior to our race I had been cautioned about the so-called "Bev kick." We practically raced the entire 15 laps shoulder to shoulder, and then on the home stretch she pulled away, reaching the finish line about five meters ahead of me. My legs had nothing left.

The people of Nampa were truly great. Michael Blanchard, my team buddy, and I had decided early on to stay close to the Idaho Center, just about two miles down the road. We had a van with driver available to us 24 hours per day, pick-up and drop-off from/to the Boise airport, back and forth to the sports venue, grocery store, restaurant,

etc. All at no cost to us with no tipping allowed. The Idaho hosts demonstrated a genuine interest in caring for us.

Michael Blanchard, M40, second (14:48.65): I was in pretty good shape for the Indoors, because I took off the month of December after competing in the Pan Pac Games in Australia, where I took four gold medals. During January and February I did a lot of speed work during the week, and on the weekend I did 8-12 miles easy distance on Saturday, followed by a 5K race on Sunday. Now I need to start doing some more distance to get ready to do some 10K and 20K races.

I'm glad we had a small heat (nine competitors), because I didn't feel comfortable going high in the turns. Late in the race, when I surged into one of the turns, I landed funny and lost my stride which resulted in a DQ by one of the judges for lifting. The only other competitor in my age group was DQed early so my competition ended up being with Chris Rael and Tommy Aunan in the M45 age group for the overall title.

We alternated the lead through the first 1500 when Tommy started to fade. Chris and I were stride for stride until I tried to pick it up with about 500 meters to go. I was unable to hold the pace, because my lungs started to feel the strain. Chris passed me with a little more than a lap to go and coasted in for the victory. I finished second with a PR. Currently the three of us are planning on being in Hawaii for a rematch.

(I asked Mike about the Pan Pac Games in Australia. — ew) This was my second time racing in Australia and they always seem to put on a great event. Because of heavy rain and lightning, our 1500m race was postponed from Friday evening to Monday, and the 10K on Saturday was held in a steady rain.

The 3K on Friday morning, the 5K on Sunday and the 1500m on Monday were held under sunny skies. The Games village had a variety of nightly entertainment.

Since the track events are held the first weekend of the Games, we were able to take in other events or do some traveling. They will hold this event again in November of 2006.

Bob Weeks, M60 (18:16.68): This was my first indoor race. I practiced on the indoor track for around 20 laps a



JERRY WOJCIK
Rita Sinkovec (l) and Bev LaVeck, after a close W65 3000 racewalk, won by Bev LaVeck (19:15.30 to 19:17.20), USA National Masters Indoor Championships, Boise, Idaho.

couple of days before the race, to become more accustomed to the camber on the end cap turns. The camber was established to compensate for centrifugal forces; however, the camber angle of this track was established for the fast speeds of runner-sprinters and relay-runners.

The design-angle was too severe for racewalking with the exception of perhaps the fastest elite walkers. I adapted to it, but the degree of camber was not an aid to my racewalking. The best thing about competing on a small 200m track, is the fact that the field of competitors is so viewable during the race. The worst thing—it's easier to be lapped.

The crowd enthusiasm was contagious. The sounds of cheers were captured and magnified in the enclosed venue, and they became more intense as each athlete was cheered across the finish line. □

(Look for more comments next month. Elaine Ward can be contacted by e-mail at: narwf@sbcglobal.net)

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24th Hayward

For the 24th Classic, "American Meet," is scheduled at Hayward Field on the Oregon campus in Eugene, Oregon on June 18-19, 2005. The Oregon Association of Track and Field is the host.

The host Oregon Association of Track and Field is extending an invitation to all masters athletes, regardless of age, to compete at the premier track and field meet.

The event is open to all masters athletes age 30-and-above. A five-year age group classification is necessary for the meet headquarters in Eugene at packet pick-up on June 17, or at Hayward Field.

For a special rate call 800-344-0111. The Hayward Classic, Oregon Association of Track and Field.

In addition to the events, the Classic includes in most masters racewalks, steeplechase, National Masters mile, in which the winner is crowned by his or her peer. It is also a 5K race, with six through the schedule. A schedule is provided.

A Saturday evening light refreshment will be held at the Phoenix Inn.

The entry deadline is Friday, June 10. Entry fees will be charged after the meet. Registration for the April and May meets will be accepted Wednesday, June 8.

Registration for the April and May meets will be accepted Wednesday, June 8.

M

By AL SHEARER
More than 200 masters runners from San Antonio College, Calif. (25 miles) will be competing at the April 17.

The women's 5K was won by Nadine C. La Canada, Calif., in 11:31. She is the defending champion. Rita Hanscom, Calif., was second in 11:58.9 meters and while Johnnye was runner in the field.

The announcer before the achievements are put into the race. It looked like a great race, but then, "the end," Berger said. "I'm so tall, really get going the race."

O'Connor was a national performer at the Masters Indoor

24th Hayward Classic Set for Eugene This Month

For the 24th year, the Hayward Classic, "America's Premier Masters Meet," is scheduled for historic Hayward Field on the University of Oregon campus in Eugene. The meet, on June 18-19, is also the USATF Oregon Association Championships.

The host Oregon Track Club Masters and cities of Eugene and Springfield extend an invitation to all masters athletes, regardless of proficiency or experience, to compete at one of the country's premier track and field venues.

The event is open to men and women age 30-and-above for competition in five-year age groups. USATF registration is necessary and may be acquired at the meet headquarters Phoenix Inn in Eugene at packet pickup, 6-8 p.m. on June 17, or at Hayward Field during the meet.

For a special rate at the Phoenix Inn, call 800-344-0131 and mention the Hayward Classic, by June 1.

In addition to the usual track and field events, the Classic offers some not found in most masters meets: 10,000m, two racewalks, steeplechase, and the National Masters News age-graded mile, in which the winner is determined by his or her performance and not by place. It is also a throws and relay paradise, with six throws and four relays in the schedule. All implements will be provided.

A Saturday evening reception with light refreshments is planned for 6 p.m. at the Phoenix Inn.

The entry deadline is postmarked by Friday, June 10. A \$10 late entry fee will be charged after the 10th. No entries will be accepted after 5 p.m. on Wednesday, June 15.

Registration forms were published in the April and May issues of NMN. For



KONRAD WOJCIK
Roger Davies, first M65 in the 5000 (20:29.41), 2004 Hayward Classic, Eugene, Ore.

TEN YEARS AGO June 1995

- *6000 Expected for 11th WAVA World Games in Buffalo
- *Jurly Mikhailov (42, 30:56) and Nancy Grayson (45, 35:53) First Masters in Sallie Mae 10K, Washington, DC
- *Ewar Gordillo (50, 27:30) and Barbara Miller (55, 32:10) Win 50+ 8K, Stanford, CA

more information on fees and schedule, see T&F Schedule, Northwest. ☐

Masters Star in Mt. SAC Relays

By AL SHEAHEN

More than 2000 spectators cheered masters runners at the 47th annual Mt. San Antonio College Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 17.

The women's age-graded 100m was won by Nadine O'Connor, 65, Del Mar, Calif., in 11.31 seconds. Two-time defending champion Kathy Bergen, 65, La Canada, Calif., was second, followed by Rita Hanscom, 50, San Diego.

Each runner got a distance handicap, based solely on her age. O'Connor ran 78.9 meters and Bergen 77.5 meters, while Johnnye Valien, 79, the oldest runner in the field, ran 65.4 meters.

The announcer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

It looked like Bergen would three-peat, but then, "She caught me right at the end," Bergen said.

"I'm so tall, it takes me a while to really get going," O'Connor said after the race.

O'Connor was coming off a sensational performance in the National Masters Indoor T&F Championships,

Boise, Idaho, where she set two world W60 indoor marks in the 200 (29.51) and pole vault (3.00/9-10).

How does she run so fast? "I do five hill repeats, about 60-70 meters, every other day for distance or strength training," she said. "The hill repeats are all out and exhausting. I also lift weights on the hill days. Then, on alternate days I work on the pole vault and a little on speed. I am basically a workhorse with little talent!"

Also in the race were Brenda Matthews, 55; Jeanne Bowman, 52; Magdalena Kuehne, 74; and Lorraine Tucker, 58.

The handicaps for the race were established by World Masters Athletics (WMA) and are listed in the Masters Age-Graded Tables book. (To order a copy of the book, see p. 13 in this issue.) The race was organized by John Cosgrove and Elaine Iba.

The traditional age-graded 800m race was not held this year. While meet director Scott Davis is enthusiastic and supportive of the crowd-pleasing age-graded 100, he reportedly does not feel an age-graded 800 is strong enough for Mt. SAC's prime-time schedule. ☐

Penn Relays

Continued from page 1

A few minutes earlier, in the M40+ 4x100, the All Stars were given the undesirable lane 2, but they ran a sensational 42.93 (Chris Faulkner, Courtney Muhammad, Ben James, Rawle Crichlow). Next up was a mixed relay for M50+ or W40+ (no women's teams competed this year).

Bob Bowen came up big for Sprint Force America on the anchor leg, as his squad downed the talented Houston Elite team (including Bill Collins), which had Charles Allie running at the end (times were 45.66 and 45.96; the second time would have taken silver at the 2003 WMA Worlds in Puerto Rico).

Mid-afternoon was time for the individual sprints, and the masters did not disappoint. In the opening 100 (M40), Berry closed dramatically, but missed catching Crichlow by inches (11.27 to 11.29).

In the M45, Marty Krulee had flown in from California to participate in this race and the 4x100, and he was a happy man after it was over. Val Barnwell had a slight lead around the midpoint, but Krulee closed determinedly and won by about the thickness of a credit card (automatic times were both 11.60).

In the M50+, Collins used a standing start, but once he opened it up, showing off that "pure diamond" sprinting form, there was no doubt about the result. Collins ran 11.43, extremely quick for someone who turns 55 this fall and who reported afterwards that he had actually "shut it down" a bit late.

Allie dominated the M55+ (12.36), as did Roger Pierce the M60+ (12.84). Pierce expressed his great satisfaction in finally winning a dash at Penn after so many years of trying, and later he observed: "Just being on the track with and where so many talented human beings have competed is truly an honor and a humbling experience..."

In the M65, Marion Harrison created huge excitement as he captured gold in 13.89, defeating Dick Ocker (13.98) and weightlifter Bill Bittner (14.00).

Later in the afternoon, Collins took the track for the third time, and the result was mighty good. After a "practice run" of perhaps 90 meters (the runners were called back on the first turn) had put some of the field in oxygen debt, Collins was able to give his Houston Elite team a very nice cushion. George Haywood, Horace Grant and Allie did the rest, and at the finish it was a new U.S. club record for the squad (3:40.41, versus the NADIA TC mark of 3:44.15 set at Penn in 2000). ☐

Subscriber Questions? Call 818-286-3129



Southwest Region Masters Outdoor Track & Field Championship
(Open Athletes - ages 19 thru 29 - are invited to participate)
Saturday - July 9, 2005
University of Tulsa, OK 600 S. College Ave. 74104
Registration Form

**Field Events begin at 9:00AM. **Running Events begin approximately 5:00PM.

Pre-registration - Postmarked by June 30th
1st Event: \$15.00 / 5.00 per additional events

Regular registration - July 9th - 8:00AM
1st Event: \$20.00 / 5.00 per additional events

USATF cards must be presented upon check-in. USATF membership will also be available on site.

Name: _____

Address: _____ Ph# _____

DOB: _____ Age on 7/09/05: _____ Gender: _____

Check events and best performance in 2005:

Field Events:

Weight Pentathlon _____ Hammer _____ Shot _____

Discus _____ Javelin _____ Weight _____ Super Weight _____

Long Jump _____ Triple Jump _____ High Jump _____ Pole Vault _____

Hurdles & Race-Walk:

80/100/110 HH _____ 300/400 HH _____ 3000RW _____ 1500RW _____

Running Events:

5000 _____ 1500 _____ 800 _____ 400 _____ 200 _____ 100 _____

Relays: 4x100 _____ 4x400 _____ 4x800 _____

Athlete's Release: I voluntarily agree to participate in the Southwest Region Masters Championship, as evidenced by submission of this registration form, along with my signature below. I, for myself, my heirs, personal and/or professional representatives, agents and/or assigns do, hereby release USA Track & Field, Inc., the Southwest Region of USATF, the Oklahoma Association of USATF, all other associations of USATF, University of Tulsa & its Affiliates, any and all agents, representatives, participants, sponsors, and any person or entity affiliated with the said track & field meet from any and all liability that may result from my participation and/or competing in said track & field meet, including, but not limited to: accident, injury, and death, as well as loss or damage of property. I also agree that in the event of my need for medical attention, in which case I am unable to consciously and coherently respond or make a decision regarding treatment for myself, and/or family members, friends, or any other representative is present or available for contact, I authorize the administration of emergency medical treatment, medication, and/or hospitalization, if necessary.

Athlete's Signature _____ Date _____

Mail Entry & Fees to:
Janet Smith, High Performance Chair, USATF-Oklahoma
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mastertrackmail@yahoo.com

*Make checks payable to USATF Oklahoma Association



On The Run

By HAL HIGDON

Eine Kleine Marathonmuzik

Is there a lovelier piece of music than Mozart's 21st piano concerto, the C-Major? Jacksonville Symphony Orchestra Conductor Fabio Mechetti, introducing the work to a packed house recently, compared at least the second movement to "elevator music," not unfavorably. "You attend a concert," said Maestro Mechetti, "and suddenly remember, 'I've heard that tune before.'"

For those in my age category, we heard the second movement as the theme song for the evocative 1967 Swedish film, *Elvira Madigan*, but most of those running marathons today were not even born before that year. If they train wearing earphones with iPods attached to their arms, they most likely run in rhythm to some artificial electronic beat, not subtle melodies written by some eighteenth century composer.

Haydn vs. Hip Hop

Mechetti and other promoters of classical music have had to struggle to keep their art alive in an era more attuned to Hip Hop than Haydn. Despite a symphony orchestra that at least approaches greatness, Jacksonville, Fla., does not even have a classical music station. I get my musical fixes on-line by listening to a station (KING-FM) streamed from Seattle.

I don't own an iPod. I don't listen to music when I run - except in my head. And, despite my love of Mozart, I concede that his 21st piano concerto would be a poor choice for working out. You'd get off to a good start with the first movement, the allegro, as majestic an opening to a concerto as can be found in the artistic repertoire.

But then you collide with the second movement, marked andante, a word that tells the orchestra to play it slowly. It would bring you to a halt as a runner. Even the tumultuous rondo in the third and final movement, marked "allegro vivace assai," might not get you moving again.

Nevertheless, the waters of classical music run deep, not shallow. Classical music is not merely to be heard; it is to be savored, like a fine wine, say, a Pinot Noir. As runners, we can learn as much from the format in which the music is written as from the music itself.

Hard/Easy Approach

When I write training programs for runners, I usually prescribe a hard day to push the muscles followed by an easy day in which to rest them, followed by another hard day to build on what went before. When Oregon track coach Bill Bowerman conceived the

hard/easy approach that most coaches and their runners embrace today, could he have had *Eine Kleine Nachtmuzik* running through his mind? Mozart knew how to blend fast and slow movements, just as Bowerman knew how to blend fast and slow workouts.

Thus, the opening movement of Mozart's 21st piano concerto, the allegro, might be compared to a tempo run in which the runner pushes to the edge of his ability, the goal being to improve lactate threshold.

The andante is the next day's workout: soft, smooth, soothing, a run of several miles, as much to relax the muscles as to strengthen them. Then the rondo, from the word "round," meaning the melody keeps coming back again and again and again. Sounds a bit like interval training, doesn't it?

But perhaps I am stretching to suggest that Mozart can teach us how to train for road races. Maybe it is enough merely to enjoy a performance by a great orchestra led by a charismatic conductor. Then the next morning be inspired to do your long run in three-quarter time, a waltz. But wait a minute. Mozart didn't write many waltzes. I'm getting him confused with Strauss.

In the meantime, save me from Hip Hop! □

(Hal Higdon is a Contributing Editor for Runner's World and author of the recently published book, Masters Running, which can be ordered through www.halhighdon.com.)

FIFTEEN YEARS AGO June 1990

- *Larry Almborg (43, 4:12.24) and Ken Sparks (45, 4:18.83) Set U.S. Masters Mile Marks
- *Barbara Filutze (42, 17:07) Wins in Freihofer's Women's 5K
- *Philippa Raschker, 43, Is First Woman to Ever Pole Vault at Philadelphia's Franklin Field

Happy Father's Day (June 19)
from the staff at NMN

Dalton, Mohr First in 25th Bill Robinson Masters 10K

By JERRY WOJCIK

Tom Dalton, 46, and Karen Mohr, 40, were winners of the 25th Bill Robinson Masters 10K, also the USATF Adirondack Championships, in Guilderland, N.Y., on April 23.

Dalton, of Schenectady, N.Y., the 2004 USATF Masters Cross-Country Athlete of the Year, left the field behind by 2-1/2 minutes, finishing in 34:01.

Another M45, John Noonan, 45, Ballston Spa, N.Y., was second (36:39), and Bob Giambalvo, 55, Delhi, N.Y., was first M50+ with a third-place 36:40.

Ed Doucette, 75, Bennington, N.Y., won the M75 race in 63:58 from Ken Orner, 75, Albany, N.Y., 64:02.

Mohr, Albany, N.Y., won with a 41:16. Ann Benson, 40, Clifton Park, N.Y., was second W40+ in 42:34. Anny Stockman, 72, Rensselaer, N.Y., won the W70 championship with a 55:20.

Dalton led his Adirondack AC team to the M40-49 title, with the Utopia-C team second. The Utopia-D team won the M60-69 contest. Mohr's Willow Street AC trio won the W40-49 team title, with Utopia-B second, and Utopia-A third. □



VICTOR SAILER / PHOTO RUN
Bill Delph, M60 winner (67:43), Papa John's 10 Mile, Louisville, Ky.

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Start time: 6 AM
Site: Kapiolani Park, Honolulu, HI

Entry Information:

Open to all runners, however, eligibility for National Masters Championship awards require current USATF membership. You can join USATF online by going to www.usatf.org. Timing will be by Timeline using the ChampionChip. Prize money will be awarded to the top three male and female finishers in five year age divisions starting at age 40 and the top age graded finisher. Proof of age will be required; Only a birth certificate or passport will be acceptable as proof of age.

2005 USATF membership number: _____

Early entry before June 7th: \$17.00; June 8th until July 7th: \$25.00; Entries July 8th thru August 1st: \$30.00; Late entries from August 2nd thru August 6th: \$35.00. No Race Day Entry.

Make check payable to: Timeline Hawaii

And Mail entries to: National Masters 8Km Championships
P.O. Box 25566
Honolulu, HI 96825

Information: (808) 589-2646 or go to the race calendar at www.mprcc.com for online entry.

Harold Chapson Memorial USA National Masters 2005

Open _____ Please use ink and print legibly. Fill out form completely
Sex: M F Last Name: _____ First Name: _____
Date of Birth: _____ Address: _____
Age on Raceday: _____ City: _____ State: _____ Zip: _____
Fee Enclosed Phone (day) _____ Phone (eve.) _____
____ \$17 - Before June 7
____ \$25 - Before July 7
____ \$30 - Before August 1
____ \$35 - Before August 6
No Race Day Entries T-SHIRT (Adult Sizes) S M L XL

WAIVER: I know that walking/running in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to complete the race safely. I assume all risks associated with running this event including but not limited to, falls, contact with other participants, the effects of weather, including high

heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release any and all rights and claims for injuries and damages I may have against and agree to hold harmless the Mid-Pacific Road Runners Club, Road

Runners Club of America, the City and County of Honolulu, USATF, RRCA, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event, including pre- and post-race activities. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature / Signature of parent or guardian if entrant is under 18

Date

Broad Street Ever; M Recovers

By SUSANNA
The 26th running
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Broad Street Biggest Ever; McCoubrie Recovers Lost Crown

By SUSANNAH BECK

The 26th running of the Blue Cross Broad Street Run enjoyed its biggest field ever, May 1, drawing almost 14,000 starters to downtown Philadelphia to take a crack at the speedy straight-line ten-mile race from Central High School Athletic Field to the Navy Yard finish.

Under rainy and cool conditions, many-time Broad Streeter Doreen McCoubrie, 43, Malvern, Penn., regained her briefly misplaced masters crown with a 58:41 flier, good for seventh woman overall. The Olympic Trials Marathoner and mother-of-three thus reclaimed the title she had won in both 2002 and 2003, but lost last year with a third place W40+ finish. It was her fastest time at Broad Street since 2002, when she ran 59:35 at age 40.

Lee DiPietro, 47, Ruxton, Md., was the woman who broke up the McCoubrie streak last year; this year the tall triathlete placed third W40+, 1:01:10, half a minute behind Merrimack Valley Strider Jennifer Rapaport, 41, Melrose, Mass., 59:38, second W40.

Math and physics teacher Greg Cauller, 45, York, Penn., 53:10, topped the M40+ field. John Carroll, 42, West Chester, Penn., moved up from a third place M40 finish last year to take the second masters spot (53:59).

Gilbert Crouse, 50, Mount Laurel, N.J., 56:25, grabbed the M50 title from Terry Permer, 50, Perkasio, Penn., by a slim 22 seconds, 56:25 to 56:47. Crouse was third in the M45 age group last year.

South Jersey AC's Jim Flanagan, 67, Haddonfield, N.J., 1:10:35, repeated as the M65 winner. USATF mover and shaker Norman Green, Jr., 72, Coatesville, Penn., also repeated, as M70 titlist, three minutes quicker than in 2004, with a 1:14:24.

Oliver Williams, 80, Philadelphia, took advantage of his new age group, leading the M80, 1:50:18.

Carolyn Bujak, 53, Palmyra, N.J., improved on her 2004 time by over four minutes to lead the W50, 1:10:34. Deborah Compton, 56, Newark, Del., nailed the W55, 1:12:53. Ingrid Cantarella-Fox, 61, Chesterbrook, Penn., moved up from third place last year to win the W60, 1:20:54.

The Broad Street Run is presented by the Philadelphia Recreation Department, in its 28th year, and raises money for the American Cancer Society. □

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single 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.

Quantity	Total (US\$)
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Masters Track & Field Rankings (2004)

Men's and women's 2004 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

_____	\$ _____
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Masters Track & Field Indoor Rankings (2005)

Indoor rankings for 2005. 4 pages. \$2.00.

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Masters Age-Graded Tables

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.

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Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2004 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin. \$4.00.

_____	\$ _____
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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages. \$2.00.

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Competition Rules for Athletics (2005 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

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WMA Handbook (2003-2005)

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.

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Running Encyclopedia, The Ultimate Source for Today's Runner

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 "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95.

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Champions for Life, by John B. Scott and James S. Ward. The remarkable life of

Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95

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How to be A Champion from 9 to 90. 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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2005 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

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TWENTY YEARS AGO

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- *4500 Enter 6th World Veterans Games in Rome
- *Bruce Mortensen, Sheila Hasham Win Masters National 15K
- *Should Masters Join the IAAF Is Debated



The Weight Room

By JERRY WOJCIC

Ultra What?

Thumbing through the 2005 USATF Competition Rules Book, I came across an item that had completely escaped me in my report on the 2004 USATF annual meeting in Portland – Rule 202. Rule 202 (p.124) deals with the Ultraweight Pentathlon, which, up to its adoption in Portland, had been handled as an exhibition. It is now legit.

I can't imagine why it slipped by me. There must be scores, nay, hundreds, of masters who want to grapple with 98#, 200#, and 300# weights.

The UP consists of five throws, ranging from the 35# to the 300# weight for the open-to-49-year-olds, and following that pattern for the older divisions and women.

Three trials (Thank heaven) with each weight are allowed. The throwing order is from lightest to heaviest. Easy enough. As in the other combined events, the athlete's best mark for each event is age-graded and the top scorer wins.

Simple Needs

Unlike other combined events – which come off better if several event locales are available, such as two shot put rings or two long jump pits that some of the high profile college tracks boast of – the UP doesn't need much.

A shot put ring with a cage for the weights, and a hard surface like a sidewalk with a straight edge for the ultra implements will do. Any high school facility can suffice.

It helps to have officials of heft or athletes courteous enough to help get the ultraweights back to the next thrower, often a distance of several feet.

The main deterrent to holding the event is in providing the implements. How many t&f equipment purveyors handle 98#-plus weights? No one, which means you'll have to make them yourself or have them made, once you have the specifications.

Presently, just two meet directors have the experience and the right stuff to conduct UPs – Ken Weinbel in Seattle and Ray Feick in Gilbertsville, Pa. In the past, the late Carl Klehm and his adherents in Illinois used to throw

anything of weight around, except each other.

Father of Rule 202

Weinbel, who is the father of the adoption of Rule 202, has held an Ultraweight along with the Masters Weight and Superweight Championships on the second weekend of September since the discovery of fire. Feick hasn't been in the UP business that long, but is an advocate of the



Joe King, M65, 2004 Washington State Games.

event and is staging one, along with a throw-a-thon, this year on June 4-5.

How many people would be interested in developing hernias this way? Last year in Seattle, about two dozen folks (I wasn't one of them), went beyond the weight and superweight, a number comparable to the masters who show up for other combined events.

After the weight and superweight,



Richard Stewart, M45 weight throw silver medalist (15.23), National Masters Indoor Championships, Boise, Idaho.

there isn't a heck of a lot of technique involved. Raw strength helps, so, it seems to me, that the event would appeal to just plain-old strong beings and power lifters, who have turned out in Seattle in the past.

Right now, neither Weinbel nor Feick has applied for UP national championships status, but it's bound to happen. An alternating West Coast/East Coast format could give athletes in those regions a chance to test their mettle and lower backs. □

Hinton Wins Masters Mile in Drake Relays

By MARK CLEARY

For the first time in its four-year history, runners in the 2005 Drake Masters Mile did not set a meet record. The race temperature in Des Moines, Iowa, on Saturday, April 30, was 41 degrees in the late afternoon, and there was a brisk wind on the backstretch. Rain was predicted for the race, but athletes got lucky, and it stayed dry for the race.

David Nash, a native Iowan and several time national champion, served as the pacesetter for the fourth year. John Hinton, 42, of Fleet Feet Carborro, jumped out to an early lead with Nash which he never relinquished, winning in 4:19.38.

He was followed by masters newcomer David Bailey, 41, Bowerman AC, 4:31.19; Peter Hegelbach, 40, Fleet Feet Boulder, 4:33.44; and Kevin Paulk, 44, Bowerman AC, 4:37.17.

Tim Wakeland, 40, former All-American at Iowa State, was fourth (4:40.58), and Brett Darrington, Future Track Club, rounded out the field (4:46.92).

In the first year, the event was won in 4:16 by Colm Rothery, a world champion from Ireland, in cold and wet conditions. The next year, John

Hinton broke the meet record, running 4:13. Last year, Tony Young set the existing meet record of 4:12.34.


Check the usatf.org website under Masters Invitational Program for upcoming events, as well as past event results and stories. □

Open Meet to Include Masters Invitational Events


Masters Invitational events will be held at the USA Outdoor Championships at the Home Depot Center, Los Angeles, June 25-26. A women's 1500 with a field of 12 is planned, with a qualifying standard of 5:06 or mile in 5:26 from the 2005 season.

The men's event has not been confirmed yet. A men's 110H with a field of eight, qualifying standard of 15.75, has been requested.

Athletes interested in competing in these two events must apply online at the usatf.org Web site in the Masters Invitational Program section. Athletes must be at least 40. For more information, contact Mark Cleary at runnermark@cox.net. □

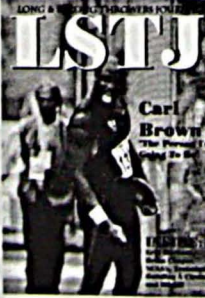


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TED DIEHL
MICHAEL FONTANA
GEORGE JOACHIM
DAVE EATON
LYNDELL PITTMAN
DAN MURDOCK
KELVIN RIGGINS
SHERWIN TANN
DURELL JOHNSON
TED DIEHL
RAYMOND GAFFNEY
M35 55 METER DASH
DON DRUMMOND
ROBERT THOMAS
ED WINSLOW
DEAN THOMPSON
PAUL GLYNN
TODD MESICK
ED WINSLOW
CLINTON AURELIEN
TODD MESICK
M40 55 METER DASH
STEVEN BUNN
MICHAEL NEEDHAM
ROBERT CHARLTON
HAROLD PIERCE
MIKE ALVAREZ
JOHN CRANE
JEFFERY FRERKS
CHRIS SPERRY
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M45 55 METER DASH
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Table of race results for 760 200 METER DASH, 760 400 METER RUN, 760 800 METER RUN, 760 1500 METER RUN, 760 5000 METER RUN, 760 10000 METER RUN, 760 15000 METER RUN, 760 20000 METER RUN, 760 30000 METER RUN, 760 40000 METER RUN, 760 50000 METER RUN, 760 60000 METER RUN, 760 70000 METER RUN, 760 80000 METER RUN, 760 90000 METER RUN, 760 100000 METER RUN.

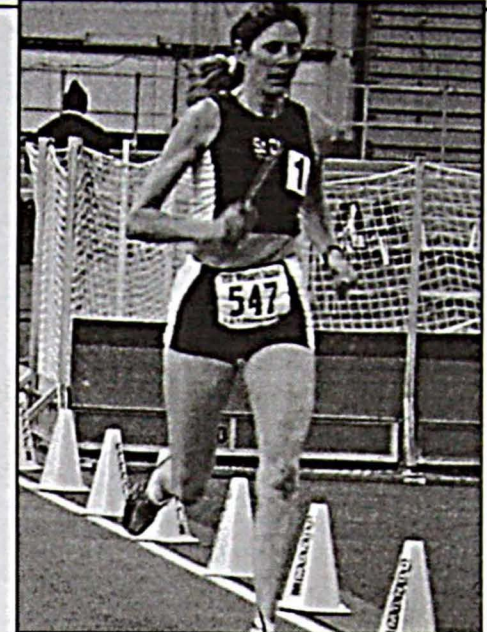
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Table listing names and times for various events such as 5000 METER RUN, 5000 METER WALK, 5000 METER HURDLES, etc.



Caren Ware, W40, running a relay leg, USA National Masters Indoor Championships, Boise, Idaho.

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Table listing athletes and their times for various events such as 40-49, 50-59, 60-69, 70-79, and 80-89.

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Sprinters Ray Graves (l), 69, and Larry Forseille, 67, in the 100, 2004 Hayward Classic, Eugene, Ore.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - JUNE 2005

Table listing athletes who entered a new division in June 2005, including names, residences, birth dates, and ages.

Men's World

Table listing men's world records for various events like 4x200, 40-49, 50-59, 60-69, 70-79, and 80-89.

Women's World

Table listing women's world records for various events like 4x1500, 40-49, 50-59, 60-69, and 70-79.

Men's U.S.

Table listing men's U.S. records for various events like 4x200, 40-49, 50-59, 60-69, 70-79, and 80-89.

Distance Medley

Table listing distance medley records for various age groups like 40-49, 50-59, 60-69, and 70-79.

Write On

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Compiled by Pete Mundie

Men's World Masters Outdoor Relay Bests (as of March 1, 2005)

4x200			
40-49	1:29.85	USA (Austin, Hartfield, Mitchell, Collins)	5- 1-92 Houston, TX
50-59	1:37.13	USA (Allie, Haywood, Grant, Collins)	9-18-04 Austin, TX
60-69	1:45.23	USA (Tolson, Hollier, Sims, Richards)	6-19-99 Eagle Rock, CA
70-79	1:58.44	USA (Melville, Brown, Daprano, Sochor)	7-11-98 San Antonio, TX
4X1600			
40-49	17:40.63	USA (Olds, Aasum, Magill, Young)	6-29-02 Eugene, OR
50-59	19:43.4	USA (Ruona, Williams, Lyons, Porteous)	8-26-96 Kentfield, CA
60-69	21:40.2	USA (Williams, Gormley, MacPherson, Lyons)	9-29-01 San Rafael, CA
70-79	27:50.5	USA (Picket, Lindquist, Mehler, Piva)	8- 8-98 San Rafael, CA
Sprint Medley			
40-49	3:36.1	USA (Knocke, Edens, Smith, Cohen)	8-14-82 Philadelphia, PA
50-59	3:58.16	USA (Pierce, Russell, Kopka, Stevens)	6-24-95 Dedham, MA
	p3:54.4	USA (Duffy, Pastre, Banks, Hardison)	5-19-01 Visalia, CA
60-69	4:28.4	USA (Lee, Rieke, Badinger, Wimberly)	6-28-94 New Orleans, LA
70-79	4:52.34	USA (Sochor, Maldonado, Melville, Brown)	7-11-98 San Antonio, TX
Distance Medley			
40-49	10:17.11	USA (Magill, Stephenson, Roman, Olds)	3-22-03 Northridge, CA
50-59	11:39.2	USA (Duffy, Mason, Thomas, Franklin)	7- 3-94 Irvine, CA
60-69	12:41.2	USA (Williams, Meyer, Gormley, Lyons)	11-15-01 Kentfield, CA
70-79	15:22.9	USA (Fong, Hiraybashi, Bray, Guldman)	7-24-04 Kentfield, CA
4X1500			
40-49	16:44.78	FRA (Faucheur, Crochemore, Bourdet, Ramdani)	7- 3-02 Bourgoin-Jallieu
	p16:41.0	GBR (Grant, Molloy, Bedwell, Wilcock)	4-30-97
50-59	19:12.67	USA (Irvine, Combs, Sumner, Shapiro)	5-26-02 Irvine, CA
60-69	19:55.43	NED (Steijn, Terlow, Blom, Halter)	8-28-96 Tessenderlo

Women's World Masters Outdoor Relay Bests (as of March 1, 2005)

4X1600			
40-49	22:47.7	USA (Powers, Patterson, Brianess, McCillister)	8- 6-98 San Rafael, CA
60-69	p29:32.7	USA (Pell, Stickle, Meyer, Matson)	7-24-04 Kentfield, CA
4X1500			
35-39	p20:13.0	GBR (Howard, Gallagher, Davison, Craig)	4-30-97

Men's U.S. Masters Outdoor Relay Bests (as of March 1, 2005)

4X200			
40-49	1:29.85	HE (Austin, Hartfield, Mitchell, Collins)	5- 1-92 Houston, TX
50-59	1:40.33	BAA (Russin, Kopka, Pierce, Stevens)	8- 3-95 Northampton, MA
	p1:39.00	HE (L. Smith, R. Smith, Hartfield, Mitchell)	6-26-98 Houston, TX
60-69	1:45.23	USA (Tolson, Hollier, Sims, Richards)	6-19-99 Eagle Rock, CA
70-79	1:58.44	USA (Melville, Brown, Daprano, Sochor)	7-11-98 San Antonio, TX
4X1600			
40-49	18:01.88y	RA (Fabris, Minor, Ostenberg, Haase)	8- 2-01 Los Gatos, CA
	17:40.63	USA (Olds, Aasum, Magill, Young)	6-29-02 Eugene, OR
50-59	19:43.4	TR (Ruona, Williams, Lyons, Porteous)	8-26-96 Kentfield, CA
60-69	21:40.2	TR (Williams, Gormley, MacPherson, Lyons)	9-29-01 San Rafael, CA
70-79	27:50.5	TR (Picket, Lindquist, Mehler, Piva)	8- 8-98 San Rafael, CA
Sprint Medley			
40-49	3:36.1	SCS (Knocke, Edens, Smith, Cohen)	8-14-82 Philadelphia, PA
50-59	3:58.16	BRC (Pierce, Russell, Kopka, Stevens)	6-24-95 Dedham, MA
60-69	4:28.4	KHTC (Lee, Rieke, Badinger, Wimberly)	6-28-94 New Orleans, LA
	p3:54.4	USA (Duffy, Pastre, Banks, Hardison)	5-19-01 Visalia, CA
70-79	5:26.7	MMTC (Bergthold, Saunders, Larsen, Madia)	7-13-96 Libertyville, IL
	4:52.34	USA (Sochor, Maldonado, Melville, Brown)	7-11-98 San Antonio, TX
Distance Medley			
40-49	10:17.11	USA (Magill, Stephenson, Roman, Olds)	3-22-03 Northridge, CA
50-59	11:39.2	WVTC (Duffy, Mason, Thomas, Franklin)	7- 3-94 Irvine, CA
60-69	12:41.2	TR (Williams, Meyer, Gormley, Lyons)	11-15-01 Kentfield, CA
70-79	15:22.9	TR (Fong, Hiraybashi, Bray, Guldman)	7-24-04 Kentfield, CA

p = pending - missing birthdates, dates, etc.
 Note: Club records are listed before USA team records

HE: Houston Elite
 RA: Reebok Aggies
 SCS: Southern California Striders
 BAA: BAA Running Club
 TR: Tamalpa Runners
 BRC: Boston Running Club

4X1500			
40-49	16:59.10	USA (Hunt, Randall, Koningh, Scott)	5- 2-99 Irvine, CA
50-59	19:12.67	USA (Irvine, Combs, Sumner, Shapiro)	5-26-02 Irvine, CA
60-69	20:32.7	TR (Meyer, MacPherson, Williams, Lyons)	10-11-01 Kentfield, CA

Women's U.S. Masters Outdoor Relay Bests (as of March 1, 2005)

4X1600			
40-49	p22:47.7	TR (Powers, Patterson, Brianess, McCallister)	8- 6-98 San Rafael, CA
60-69	p29:32.7	TR (Pell, Stickle, Meyer, Matson)	7-24-04 Kentfield, CA
Sprint Medley			
35-39	4:40.55	SCTC (Kealy, James, Barraza, Heil)	5- 8-99 Long Beach, CA
	4:39.95	USA (Iba, Freeman, Herring, Heil)	7- 8-00 Norwalk, CA
40-49	4:53.54	NYMC (Pinto, Warren, Tucker, Searey)	5- 2-93 Randalls Is., NY

Men's World Masters Indoor Relay Bests (as of March 1, 2005)

4X1600			
40-49	17:44.35	WRT (Cooney-Hammond-Martyn-Fram)	2-10-02 Boston, MA
50-59	20:47.8y	USA (O'Brien-Ireland-Bodine-Stabler)	12-12-81 Syracuse, NY
60-69	24:55.7	USA (Engle-Burkinshaw-Kick-Spencer)	1- 6-01 Boston, MA
Sprint Medley			
50-59	4:51.4	USA (Plaster-Friedman-Kuhi-Indek)	3-22-03 New York, NY
70-79	6:41.4	OHTC (Sirringer-Mloek-Hosack-Fike)	1- 9-83 Maple Hts., OH
Distance Medley			
40-49	11:01.4	USA (Hiedholm-Bernard-Lampman-Sleeman)	1-22-83 Ann Arbor, MI
50-59	11:54.87	USA (Nolan-Lapp-Plaster-Scholl)	1-10-03 New York, NY

Women's World Masters Indoor Relay Bests (as of March 1, 2005)

4X1600			
40-49	25:06.6y	USA (Betz-Booker-Rusby-Blakely)	12-12-81 Syracuse, NY
50-59	28:02.5	LAC (Bullerjahn-Igoe-Hatch-R. Wright)	1- 6-01 Boston, MA

Men's U.S. Masters Indoor Relay Bests (as of March 1, 2005)

4X200			
40-49	1:37.9	NYPC (Small-Rizzo-Williams-Johnson)	1- 2-86 New York, NY
	1:31.4	USA (Schiro-Gonera-Crain-Blackwell)	3-17-01 New York, NY
50-59	1:36.8h	SFA (Schiro-Blake-Pierce-Gonera)	3-22-03 New York, NY
60-69	1:45.56	USA (Grady-Barnum-Duffy-Edens)	3-13-04 Sindelfingen, GER
4X1600			
40-49	17:44.35	WRT (Cooney-Hammond-Martyn-Fram)	2-10-02 Boston, MA
50-59	20:47.8y	STC (O'Brien-Ireland-Bodine-Stabler)	12-12-81 Syracuse, NY
60-69	24:55.7	GCS (Engle-Burkinshaw-Kick-Spencer)	1- 6-01 Boston, MA
Sprint Medley			
50-59	4:51.4	USA (Plaster-Friedman-Kuhi-Indek)	3-22-03 New York, NY
60-69	4:42.5h	USA (Cordero-Lewis-Lawson-Borla)	2-22-04 New York, NY
70-79	6:41.4	OHTC (Sirringer-Mloek-Hosack-Fike)	1- 9-83 Maple Hts., OH
Distance Medley			
40-49	11:01.4	AATC (Hiedholm-Bernard-Lampman-Sleeman)	1-22-83 Ann Arbor, MI
50-59	11:54.87	USA (Nolan-Lapp-Plaster-Scholl)	1-10-03 New York, NY

Women's U.S. Masters Indoor Relay Bests (as of March 1, 2005)

4X200			
40-49	1:45.52	USA (Peterson-Bell-Rosado-Raschker)	3- 2-97 Birmingham, Eng
50-59	2:24.23	USA (Michelson-Trotto-Hill-Jones)	3-14-99 New York, NY
4X1600			
40-49	25:06.6y	FLRC (Betz-Booker-Rusby-Blakely)	12-12-81 Syracuse, NY
50-59	28:02.5	LAC (Bullerjahn-Igoe-Hatch-R. Wright)	1- 6-01 Boston, MA
Sprint Medley			
30-39	6:07.66	OHTC (Ogletree-Cotten-Kea-Nichols)	1- 9-83 Maple Hts., OH
50-59	5:51.1h	USA (Pinto-Trotto-Boucher-Rosado)	2-22-04 New York, NY
Distance Medley			
50-59	17:53.9	BTC (Michelson, Clairn, Powers, Trotto)	2-18-01 Seldon, NY

KHTC: King of the Hill Track Club
 WVTC: West Valley Track Club
 NYMC: New York Masters Club
 OHTC: Over the Hill Track Club
 FLRC: Finger Lakes Running Club
 BTC: Bohemia TC
 MMTC: Midwest Masters T&F Club
 SCTC: So. Cal. Track Club
 STC: Syracuse Chargers TC
 NYPC: New York Pioneer Club
 AATC: Ann Arbor TC
 LAC: Liberty AC

Write On

Continued from page 4

English. It must have been my tone of voice. I was much relieved.

*Milo J. Sather
 Los Angeles, California*

HERNIATED DISC

For the past year, I have had a lot of trouble with back and leg pain that has a negative effect on my training and performances as well as my overall comfort.

I had an MRI in late April, and the

problem was diagnosed as a herniated disc. Well, of course, the first thing that was told to me was to stop running.

For those of you who know me, that is not a choice, even with the pain. I was wondering if any NMN readers have had experience with this condition or know of anyone who has and could pass on any information regarding this problem. Thanks beforehand.

Dave Friedman

*63 Forest Park Terrace
 Monroe Township, NJ 08831
 david.friedman@bowne.com*

(Editor's note: Friedman is an M50 pentathlete and jumper.)

DOPING

At long last, an opportunity for a "geezer jock" such as myself, a female, 58-year-old track, tennis and soccer athlete, to speak out about performance-enhancing drugs.

I have been disappointed with both your recent article (Track & Field Report, April NMN) and GeezerJock Magazine dismissing serious attempts to drug-test masters athletes because of "the cost, the use of medically prescribed hormones and drugs," etc.

Cheaters are there at every level; that is why testing is done for youth

and open age groups.

Very little is now being done at the masters level. Random testing and tests for medalists, particularly in track & field and swimming, must be done to keep our athletic endeavors fair and clean.

We all want our efforts to be emulated and respected by our families, friends and, very importantly, future geezer jocks; therefore, we must leave no doubt that we really are naturally amazing masters athletes.

*Mary White
 Arlington, Virginia*

LDR Report

by the Road Running Information Center

Marathon Growth in the U.S. and Worldwide: The Beat Goes On

SANTA BARBARA, Calif. – As spring marks the marathon season across the globe, it is time again for the Road Running Information Center's annual marathon report. It can be summarized in the phrase "and the beat goes on," as the accompanying chart illustrates.

The male marathoners are getting a little older and the females a little younger, but the overall median still remains at 37, which implies a certain stability for the sport. Median times for all marathon finishers have not changed significantly in the last three years.

Marathons with the Most

Of course, a look at individual marathons provides a much more intricate and interesting picture of the marathon population.

In 2000, the two marathons with over 1000 finishers which had the fastest median times were Cleveland (formerly Revco and CVS, currently Rite Aid) and Philadelphia (currently Citizens Bank), and they remain the fastest of the larger marathons RRIC had complete results for in 2004.

The City of Los Angeles Marathon has overtaken Honolulu as the marathon with the slowest median time, which might also mean it is the "Most Relaxing."

Overall, 26% of the finishers in 2004 marathons ran under four hours. LaSalle Bank Chicago had the most fast finishers and was one of very few events which had more under four-hour finishers in recent years than 20 to 25 years ago.

Gender and Age-Groups

Co-ed marathons with the highest percent of women were Portland (55.1%) and Suzuki Rock 'n' Roll San Diego (54.5%). As expected, the inaugural P.F. Chang's Rock 'n' Roll Arizona Marathon also had a high percentage of women (49.2%), but who would have guessed that the rock and roll theme would draw more older runners (47.4% masters or 40 years-and-older)?

The 2004 San Diego version of the musical runs had only 35.1% masters, indicating that local age demographics of Phoenix and San Diego had some influence. The only race with a higher

percentage of masters than P.F. Chang's Rock 'n' Roll Arizona in 2004 was Portland with 48.4% (the same as in 2000).

Marathon Growth, Records and Lists

In the U.S., the same 230 marathons for 2003 and 2004 grew by 3.7%, while outside the United States, there was another year of growth with a 5.5% increase for the same 63 marathons in both years.

Marathons with the most consistent growth in the last five years are Detroit Free Press/Flagstar Bank (up by 63% from 2000), SunTrust Richmond (up 60%) and Philadelphia (up 47%).

Inaugural U.S. marathons – P.F. Chang's Rock 'n' Roll Arizona (9621 finishers), Salt Lake City (2641), Nike 26.2 (2372) and Orange County (1665) – continued to add excitement and growth to the sport and helped set a record of 58 U.S. marathons with at least 1000 finishers in the same year (the old record was 54 in 2001 and 2002). Fifteen years ago, there were only 26 U.S. marathons with 1000 finishers or more.

The P.F. Chang's AZ Marathon was also the third largest inaugural marathon ever (behind Suzuki Rock 'n' Roll 1998 and Cologne 1997) and with the half-marathon, the event was the largest inaugural, annual event ever (23,456 finishers).

The ING New York City Marathon kept its largest marathon title with 36,562 finishers in 2004 – which also made it the largest marathon ever, bettering the 35,868 finishers at the 100th Boston Marathon in 1996.

Like past years, the U.S. again had six of the 10 largest marathons in the world. For the largest marathon lists, see chart.

(Contact: Ryan Lamppa, 805-696-6232; ryan@runningusa.org; Source: Road Running Information Center, www.runningusa.org)

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If you are able, we urge you to join them.

All contributors will be listed in the paper as a *National Masters News* sustainer.

Gender and Age Breakdown

	1980	1995	1998	2000	2002	2004
Women	10.5%	26%	34%	38%	40%	40%
Masters	26%	41%	40%	44%	43%	43%
Juniors	5%	2%	1%	2%	2%	2%

Median Age

	1980	1995	1998	2000	2002	2004
Males	34	38	38	38	39	39
Females	31.3	35	34	35	34	34
Median Age Overall			37	37	37	37

Median Times for U.S. Marathon Finishers

	1980	1995	2002	2004
Males	3:32:17	3:54:00	4:20:01	4:23:35 (chip 4:18)
Females	4:03:39	4:15:00	4:56:46	4:55:21 (chip 4:50)

Marathons with Fast Median Times

	1995	2000	2004
Philadelphia	3:41:47	4:01:19	4:04:38
Cleveland	3:55:51	3:57:04	4:05:47 (chip 4:04)

Marathons with Slow Median Times

	1995	2000	2004
Los Angeles	4:50:30	5:14:33	5:53:01
Honolulu	5:50:19	5:49:23	5:42:41 (chip 5:35)

Number of <4 hour finishers

	1980	1995	1998	2004
Boston	6591 (72%)	6467 (68%)	7390 (72%)	5490 (33%)
Chicago	2256 (62%)	4286 (50%)	6105 (36%)	8868 (27%)
New York			10750 (34%)	7757 (21%)
Cleveland	1142 (77%)	1238 (55%)	781 (57%)	676 (45%)
Honolulu	2256 (62%)	4286 (50%)	2094 (9%)	

2004 Marathons with the Most:

Juniors (under 20)	City of Los Angeles Marathon	(2,177 finishers)
20 to 29 year olds	LaSalle Bank Chicago	(9,475)
Males 30 to 39	ING New York City	(8,171)
Females 30 to 39	LaSalle Bank Chicago	(6,940)
40 to 49 year olds	ING New York City	(10,874)
Males 50 to 59	ING New York City	(3,766)
Females 50 to 59	Honolulu	(1,242)
60 to 90+ year olds	Honolulu	(1,927)

Year / Estimated U.S. Marathon Finisher Totals

1976	25,000	1995	312,000	2002	388,000
1980	120,000	2000	389,000	2003	400,000
1990	236,000	2001	366,000	2004	423,000

2004 – World's Largest Marathons (finishers):

1)	ING New York City, NY	36,562 (largest ever)
2)	LaSalle Bank Chicago, IL	33,125
3)	Flora London, GBR	31,796
4)	Paris, FRA	29,699
5)	real Berlin, GER	28,152
6)	Honolulu, HI	22,407
7)	City of Los Angeles, CA	19,452
8)	Chosun Ilbo Chuncheon, KOR	17,892
9)	Suzuki Rock 'n' Roll, CA	17,217
10)	Boston, MA	16,733

U.S. Largest Marathons (finishers):

1)	ING New York City, NY	36,562 (largest ever)
2)	LaSalle Bank Chicago, IL	33,125
3)	Honolulu, HI	22,407
4)	City of Los Angeles, CA	19,452
5)	Suzuki Rock 'n' Roll, CA	17,217
6)	Boston, MA	16,733
7)	Marine Corps, DC	16,424
8)	P.F. Chang's RnR Arizona	9,621 (inaugural)
9)	Walt Disney World, FL	9,371
10)	Twin Cities, MN	7,406
11)	Grandma's, MN	6,752
12)	Philadelphia, PA	6,291
13)	Portland, OR	6,174
14)	HP Houston, TX	5,384
15)	Motorola Austin, TX	5,248

First

By JERRY W...
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and Ken Rolek,
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Davis, Stone-Borkowski First Masters in New Jersey Five-Mile

By JERRY WOJCIK

Pennsylvanians Drew Davis, 43, and Ken Rolek, 43, finished one-two masters in the Our House 5 Mile/USATF New Jersey Masters Championships in Summit on May 1.

Davis, East Stroudsburg, Pa., was 11 seconds out of first-place overall with a 26:36. Rolek, Easton, Pa., finished in 26:59.

The closest division contest came in the M50 race, won by Charlie Slaughter in 31:22, with Bill Bosman second (31:29) and Larry Scheid third (31:44).

Davis and Rolek were also the top age-graded masters performers, Davis at 84.8% and Rolek at 83.6%.

Catherine Stone-Borkowski, 43, Ringwood, N.J., was the first masters woman, with a 31:42. Second W40+ Anne Britt, 40, Summit, N.J., was 15 seconds back in 31:57.

Anna Thornhill, 64, New York City, W60 winner (38:38), was the best

W40+ performer, with an 80.9%. Toshiko d'Elia, 75, Ridgewood, N.J., W75 winner (45:21), was the second best (80.4%), with Stone-Borkowski, 43, third (80.0).

Based on age-grading, masters cash prizes for men and women were \$300 for first place, \$250 second, \$200 third, \$150 fourth and fifth, \$75 sixth, and \$50 seventh.

In addition, prize money was awarded to the best age-graded masters male and female clubs, using the top three scoring members in order to equalize the M40 and M50 with the M60 and M70, which score only three men, as do the women's teams. Club money was \$125, \$100 and \$50.

In New Jersey, the races bid to be selected as championships and pay a rights fee for the privilege. If they want to be a masters championships, they will get more consideration if they offer money for members, and it has to be by age-grading. □

Visit the National Masters News at
www.nationalmastersnews.com

Almost Snow Fun in Michigan 5K

By RON MARINUCCI

NOVI, Mich. – A couple of rarities were found at the 12th annual Run Fit 5K here on April 27. One, it was an early mid-week evening race, which drew more than 150 runners, 69 of whom were masters. Two accompanying kids' races pushed the total to 200+.

And, the first two runners across the finish line were masters racers. Tim Emmett, 49, 17:52 (age-graded 16:05), and Alan Van Meter, 48, two runners who race well locally, finished 24 seconds apart. On the women's side, Anne Marie Phillips, 43, was third overall in 22:16 (age-graded 20:11), behind winner Mary Draziu (20:06). Each overall and masters winner, female and male, received a free pair of Saucony running shoes.

Adding to the evening's festivities were members of Running 101, a class for beginners at local Running Fit stores. "Some are running their first 5Ks," enthused Jane Sanders, one of the instructors.

Perhaps the running gods were smiling on these first-timers. Just two days before, the area awoke to eight inches of late April snow. All of it had disappeared within twelve hours with the help of sunny, 50+ degree weather. A mid-afternoon downpour cleared in time for the out-and-back course to be run under mostly clear skies and 40-degree temperatures.

The course included a couple of challenging upgrades. Runners were

also faced with a stiff headwind out of the west that made their return to the start a bit more difficult.

In addition to the ambiance of a nice mid-week evening run, the Fit 5K offered a good gauge of early season fitness. Proceeds from the races benefit the Leukemia and Lymphoma Society.

Race results can be found at www.runningfit.com/events_results. □



VICTOR SAILER / PHOTO RUN
Stuart Hall, third M40 (2:24:26), Boston Marathon, April 18.

Avenue of the Giants Revisited

By JANE DODS

In 1981, early in my running career, I ran the Avenue of the Giants Marathon – a gorgeous journey through the stately redwoods of northern California in Humboldt State Park. Twenty-four years later, on May 1, 2005, I returned to run the half. The trees didn't look a day older. Unfortunately, I can't say the same for myself.

But never mind, a class race is a class race, and after 34 years the quality of this event remains high. Originally a marathon only, the event now includes a half-marathon and a 10K.

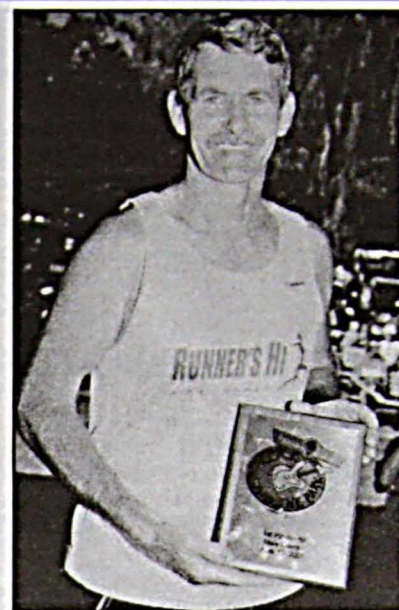
The famous Avenue of the Giants Highway (paralleling California Highway 101) is closed to traffic on race day, allowing runners to quietly savor nature's awesome display.

Full marathoners complete two separate legs with half-marathoners going out with them on the first leg. The 10K folks head out on the second leg.

All logistics were very well handled – from the staging area (with almost enough porta-potties) to the mile markers to the awards. And the T-shirts were gorgeous – special kudos to the designers for making women's sizes available (I didn't have to take home another "night shirt").

A traditional pre-race spaghetti feed was put on by the local fire department with an adjacent bake sale offering delicious homemade desserts at nominal prices.

Rain was a great possibility on race morning, but it didn't happen. Almost perfect conditions prevailed. The



TESH TESHIMA
Ashley Dustow, 45, overall winner (16:39), Jamba Juice 5K, Honolulu, April 10.

marathon had 543 finishers (306 males/237 females).

The top male master was Ron Coomes 40, 3:01:29, followed closely by Joel Bruhn, 41, 3:02:47. The top female master was Debbie Armhein, 43, 3:28:49.

The half-marathon drew the largest field – 1030 (363 males/667 females). Masters winners were Shawn Gallagher, 44, 1:20:12, and Catherine Du Bay, 40, 1:22:32. The 10K fielded 407 (148 males/259 females) with masters Yoshi Uemrua, 50, 39:35 (fifth overall) and Carol Argyle, 47, 49:15, leading the way.

Top age-group winners were presented with a beautiful framed poster of the event along with a handsome medal. □

Driss, Bogacheva Sweet at Salt Lake City

By SUSANNAH BECK

Flagstaff gyro king and peace activist Driss Dacha, 42, rolled out a quick one at the Salt Lake City Marathon, April 27.

The former world-class runner from Morocco (2:11 marathon PR) nailed the masters title in a speedy high-altitude 2:22:20, after going out with the lead pack. Sporting a now-familiar patch reading, "Peace Please," he went through halfway in 1:08:50, and finished in ninth-place overall, setting a new masters course record by over six minutes. As the first master, Dacha won \$1000.

Bernie Boettcher, 42, Silt, Colo., 2:41:33, was second master over the line, worth \$500. Toby Salazar, 52, Salt Lake City, Utah, topped the M50, 3:01:15, while Bart Smith, 60, 3:14:29 led the M60. Joseph Ware, Orem, Utah, shone in the upper echelons with a 4:20:12 M75 win.

W40 winner Irina Bogacheva, 43, Kyrgyzstan/Gainesville, Fla, left the women's masters in a cloud of high desert dust – well, blossoming spring leaves, actually – with a 2:37:48 win, several minutes off her 2:33:02 mas-

ters course record win last year. The three-time Olympian was third woman overall, and took home \$6000 in combined prize monies.

Virginia Sanchez-Roman, 40, Naucalpan, Mexico, 2:56:55, was the second masters woman. Carol Masheter, 58, Salt Lake City, led a close contingent in a competitive W55 field. Her 4:01:45 led Christine Weimer, 55, Rigby, Idaho, 4:03:57, Sharla Fillmore, 58, Bountiful, Utah, 4:04:40, and Kathi Peck, 55, Goshen, Conn., 4:05:45.

Conditions were felicitous at this year's race, the second running of the SLC Marathon, with a light rain abating just as runners took off in the spectacular craggy scenery of early spring in Salt Lake City.

Three-thousand runners completed the marathon, which starts at 4800 ft. altitude and ends at 4247 ft.

In the accompanying 5K, local masters maestro Dennis Simonaitis, 42, 15:27, Draper, Utah, topped a masters field that drew a few comers with its \$\$ purse.

Fay Slattery, 42, 20:03, Honolulu, Hawaii, led the 40+ women. □

Masters Scene

NATIONAL

• The remaining schedule for VISA-sponsored televised meets: June 5, Nike Prefontaine Classic, 2-3 pm, NBC; June 11, Invitational Track Meet, 4-5:30 pm, NBC; and USA T&F Championships, June 25, 4-6 pm, ESPN, June 26, 5-7 pm, ESPN2, Eastern times.

EAST

• Felipe Vergara, 40, was overall winner of the Long Island Marathon, East Meadow, NY, May 1, with a 2:33:57.

• There were tight finishes in both the men's and women's masters divisions at the NYRR Thomas G. Labrecque Classic 4 Miler, Central Park, April 24. In the men's race, **Stephane Bois**, 40, 21:36, took first followed closely by **Antonio Martinez**, 40, 21:43, and **Felipe Vergara**, 40, 21:44. The women's race was won by **Zofia Wiciorkowska**, 42, 24:01, followed in a dead heat by **Christina Bilsky**, 41, and **Olena Plastina**, 41, both clocked in 25:48.

• "Rapid motion through space elates one; so does notoriety; so does the possession of money" — James Joyce, *After the Race*. And so masters winner **Eric Morse**, 40, Berlin, VT, picked up \$500 and a little culture at the James Joyce Ramble 10K, Dedham, MA, April 24. In spite of high winds, cold rain, and actors reading from Joyce along the course, Morse ambled to 32:35, good for eighth-place overall. **Kate Paddon**, 43, New Hartford, CT, handed **Kathryn Martin**, 53, Northport, NY, a rare displacement from first masters woman, 38:25 to 38:29.

• **Jean Chodnicki-Stemm**, 45, was first W40+ with a 1:28:08 in the NYRR's women-only NY Junior League Mother's Day Half-Marathon, Central Park, May 8. Age-group standouts included **Ann Davis**, 58, 1:39:50, and **Joy Rose**, 70, 2:14:40. In an accompanying 5K, open to men and women, **Kim Griffin**, 43, 18:03 (first female overall), and **Jerry Macari**, 45, 16:50, topped the masters field.

SOUTHEAST

• **Daniel French**, M40, Brooksville, FL, in 15:24, and **Sally Chappell**, W40, Ocala, FL, in 18:11, hastened to masters firsts in the Grace Race 5K in Ocala, April 16. **Randy Forde**, of Ocala, won the M50 division with a 17:19. **Susie Moncrief**, Hernando, FL, took the W65 race in 25:20.

• **Joey Warner**, 42, Mobile, AL, was first overall with a 27:03, Old Mobile 8K, April 23. **David Jeffrey**, 63, Semmes, AL, took the eighth spot (31:52). **Susann Pierce**, 53, of Mobile, was top W40+ (35:07).

• **Keith Batten**, 40, with a second-place 16:13, and **Sarah Docter-Williams**, 40, in 18:14, sailed to masters firsts, 31st Palace Saloon 5K, Tallahassee, April 16. **Bill McGuire**, 57, was third M40+ (18:13).

MIDWEST

• **Connie Gardner**, 41, Medina, OH, was second woman overall (3:14:05) at the Glass City Marathon, Toledo, OH, April 10. **Richard Lynch**, 40, Brookley, MI, 2:38:15, cracked the masters men's title, with a sixth-overall.

MID-AMERICA

• **Digger Carlson**, 43, 25:42, and **Janet Robertz**, 45, 28:52, hastened to masters firsts, The Human Race 8K, St. Paul, MN, March 20. **Jim Graupner**, 60, 30:41, and **Carolyn Sankey**, 74, 46:21, took division wins. In the 5K, **Joseph Sperling**, 43, 18:47, and **Amy Wolf**, 45, 24:22, registered masters firsts. On April 9, Carlson was winner overall (68:46) in the Steven

Fetzer Memorial 20K, Rochester, MN. **Mark LeDcu**, 50, was seventh (79:09). **Laura Carlson**, 42, was first W40+ (85:22).

• **John Mirth**, M40, 31:35, and **Debbie Leyden**, W40, 37:00, motored to masters firsts in the Get in Gear 10K, Minneapolis, April 30. **Jared Mondry**, 39:10, edged **Jim Graupner**, 39:15, for the M60 title. **Dan Conway**, M65, zoomed to 38:20.

SOUTHWEST

• **Connie Collmorgen**, 40, Lufkin, TX, posted a female first 43:09, Tyler, TX, Azalea 10K, April 9. **Bob Hepler**, 43, of Tyler, won the M40+ race in 37:30. **Tony Collins**, 55, Pittsburg, TX, won the M55 prize in 40:31. **Mary Kennard**, 65, Richardson, TX, was first in the W65 race (51:36).

• 2004 U.S. Olympic marathoner **Colleen De Reuck**, 41, Boulder, CO, was the top woman overall at the Texas Round-Up 10K, April 30, Austin, TX, in a leisurely 34:56 for sixth overall.

• **Carol Finsrud**, W45, was the distance standout with DT (153-6) and HT (137-0) meet bests, Waterloo Lions Throws Meet, Austin, TX, April 2. **Bruce Navarre**, M45, took honors in the WT (46-8) and SW (32-1).

WEST

• **Willie Gault**, 44, former Chicago Bears star, ran an M40 AR 10.73 100m at the Occidental Invitational, Los Angeles, May 7. The present AR is 10.87 by **Eddie Hart** in 1989.

• **Shirley Matson**, 64, was the first W50+ in the HP Up & Running 10K, Cupertino, CA, April 17, with an age-graded 91.1% 43:14 to break **Barbara Miller's** single-age record of 45:21 in 2003. On May 8, in the Zippy's 5K, San Francisco, Matson ran a 20:56/A-G 91.2% to break the W64 record and finish second W50+ in the event, where men and women ran separately.

• **Nadine O'Connor** increased her W60 WR of 3.05 in the PV to 3.07, an age-graded 114%, at the Team Thor Thunder Series, La Jolla, CA, May 7. The last two meets in the series will be held at the Olympic Training Center, Chula Vista, CA, instead of La Jolla.

• **Christine Kennedy**, 50, Los Gatos, CA, 3:06:35 narrowly edged **Janice Flynn**, 46, Redding, CA, 3:06:43, for the W40+ title at the Big Sur International Marathon, Monterey Bay, CA, April 24. **Mel Williams**, 67, Norfolk, VA, rolled to an M60+ capping 3:31:35, while **George Hirsch**, 70, New York, 3:51:30, topped the septuagenarian-plus lists.

• The Wild Mountain Runners SFV won the Men's Masters/Non-Profit division at the Jimmy Stewart Relay Marathon, Griffith Park, Los Angeles, CA, April 17, 2:52:10. Each team consisted of five runners tackling a 5.2 mile loop. **Loper #2** carried the co-ed competition of the same division, 3:38:04.

NORTHWEST

• Running with open and college runners, **Tony Young**, 42, of Club NW, churned out a 3:51.58 1500, and **Rick Fuller**, a recent 40, of Team XO, posted a 14:22.93 5000 in the Oregon Invitational, Hayward Field, Eugene, April 23. The M40 US record for the 1500 is 3:50.85 by **John Hinton** in April 2003, and the 5000 record is 14:17.36 by **Brian Pope** in June 2004.

• **Tommy Aunan**, 46, 56:48, and **Bev LaVeck**, 68, 66:36, strode to overall wins in the NW Regional Masters 10K Racewalk Championships, Seattle, April 16. **Bob Novak**, M55, finished in 57:00.



KONRAD WOJCIK

Steven Johnson, M40, finishing the NMN Age-Graded Mile, 2004 Hayward Classic. The 2005 Hayward Classic will feature the NMN A-G Mile on June 18.

• **John Keston**, 80, McMinnville, OR, knocked some nine minutes from the US 12K record with a 56:33 in the massive Bloomsday 12K, Spokane, WA, May 1. The present record of 65:08 in 1998 is held by **Henry Sypniewski**. **Steve Boyd**, 37:48, clipped **Ricky Fuller**, 37:49, for the M40+ title. **Firaya Sultanova-Zhdanova**, W40, was the W40+ winner (42:42). **Gunhild Swanson** unfolded a W60 win with a 55:08.

INTERNATIONAL

• Ultra-ultra star **Pam Reed**, 44, Tucson, AZ, and her friend and accomplice, **Laura Kulsik Yasso**, 44, Center Valley, PA, undertook a unique weekend, running the London Marathon on Sunday, April 17, and then flying back across the pond to Boston in time to run a "double-Boston" (from the finish to the start, and back to the finish) on Monday, April 18. The crazy ladies ran three marathons on two continents in 36 hours, which they considered "a once-in-a-lifetime opportunity," according to their press-release. **Hardy**. Reed completed a sleepless 300 mile run on Easter weekend this year, and has won the infamous Death Valley Badwater race twice, outright. Not frivolous, though, their weekend efforts: they raised money for a clinic and children's home in Piedras Negras, Mexico. In London, the pair ran a 3:25:02 (Reed) and a 4:08:25 (Yasso). Reed's result for the final leg in Boston? 4:18:13; Yasso's: 4:52:29. Reed has written an autobiography, tentatively titled *Finish!*, which may be in stores later this year.

• The Linz Web site for the WMA Indoor Championships in 2006 has been updated with new information. The address is www.linz2006.com, and click on the flags for the language you want.

• The French Athletic Association has nominated the city of Clermont-Ferrand as a bid city for the WMA World Indoor Championships for 2008. The city is very close to Lyon and has a new indoor arena with eight lanes for the sprints and six on the oval. The WMA inspection was done on May 24.

CORRECTIONS

• **Keith Dowland**, 50, Austin, TX, 35:13, and **Margo Braud**, 46, Austin, TX, 38:30, should have been listed as the masters winners in the May Southwest-Masters Scene on the challenging Statesman Capitol 10,000 in Austin, April 3.

• **Janis Henderson**, 58, was omitted as the winner of the W55 TJ with a Long Island record 5.41 in the USATF-LI Indoor Championships results in the April issue.

ON TAP FOR JUNE

TRACK AND FIELD

The National Senior Games should draw thousands to Pittsburgh, PA, on the 3rd-18th. Masters championships are set for the Mid-America Region, Edwardsville, IL, on the 11th-12th, and the Northwest Region, Portland, OR, on the 25th-26th. On the 4th, the Music City Distance Carnival swings into action in Nashville, along with the Seattle Parks Meet at West Seattle Stadium. The Volunteer State also hosts the West Tennessee Meet in Memphis, on the 11th, as does Pullman, WA, the USATF-NW Championships. New Jersey's Randolph Classic takes shape on the 12th. The Hayward Classic, Eugene, OR, offers a chance to compete at historic Hayward Field, on the 18th-19th. More action is available in North Carolina, Pennsylvania, Minnesota, Texas, New Mexico, and California.

LONG DISTANCE RUNNING

USA Masters Championships are varied, with the Masters Women's/Freihofers 5K, Albany, NY, on the 4th; the TEVA Vail 6.3 Spring Runoff, Vail, CO, on the 5th; and the 100 Mile Trail, Loudonville, OH, on the 18th-19th. Action on the first weekend starts early with the Oregon Grand Prix Street Mile, Eugene, OR, on the 3rd, followed by the Fontana Days Half-Marathon, CA; Hospital Hill Half-Marathon, Kansas City, MO; and Dam to Dam 20K, Des Moines, IA, on the 4th; and the New England 5K Championships, Lincoln, RI; Rock 'N' Roll Marathon, San Diego; Dexter-Ann Arbor, MI, Half-Marathon; and Gardena 5000 in Los Angeles, on the 5th. The next weekend finds the NYRR Women's Mini Marathon 10K, NYC; Lawyers Have Heart 10K, Washington, DC; Steamboat Classic 4 Mile & 15K, Peoria, IL, on the 11th; and on the 12th, the Valley Crest Half-Marathon, Reseda, CA, and Fleet Feet Women's 5K, Sacramento, CA. The Mt. Washington 7.6 Mile, Gorham, NH, and the George Sheehan 5 Mile, Red Bank, NJ, are set for the 18th. The 19th lists the State Street Mile, Santa Barbara, CA, and the Walt Stack 10K, San Francisco. The month closes with the Loudoun St. Mile, Winchester, VA; Shriners 8K, Sacramento; and the Western States 100 Mile, Squaw Valley, CA, on the 25th.

RACEWALKING

The MAC Association 10K Championships will be decided in Central Park on the 18th. Many road races offer a RW division. Some track meets schedule a 1500 or mile RW. The Hayward Meet in Eugene has a 5000 and a mile RW. The Northwest Regionals have a 5000 RW.

Acadiana District Senior Games, Lafayette, LA; April 9

Table of race results for Acadiana District Senior Games, Lafayette, LA, April 9. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

El Paso Senior Games El Paso, TX; April 23

Table of race results for El Paso Senior Games, El Paso, TX, April 23. Includes categories like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for various events including 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

WEST

Hawaii TC Pentathlon Honolulu, March 20

Table of race results for Hawaii TC Pentathlon, Honolulu, March 20. Includes categories like 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Reilly MacDonald Invitational Surprise, AZ; April 9

Table of race results for Reilly MacDonald Invitational, Surprise, AZ, April 9. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Arizona Flames Invitational Mesa, AZ; April 23

Table of race results for Arizona Flames Invitational, Mesa, AZ, April 23. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Utah Masters Meet Honolulu, HI; April 17

Table of race results for Utah Masters Meet, Honolulu, HI, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Utah Masters Meet Honolulu, HI; April 17

Table of race results for Utah Masters Meet, Honolulu, HI, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Utah Masters Meet Honolulu, HI; April 17

Table of race results for Utah Masters Meet, Honolulu, HI, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Utah Masters Meet Honolulu, HI; April 17

Table of race results for Utah Masters Meet, Honolulu, HI, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

1500m

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Mt. SAC Relays, Women's Masters Age-Graded 100m Walnut, CA; April 17

Table of race results for Mt. SAC Relays, Women's Masters Age-Graded 100m, Walnut, CA, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Hawaii TC Weight Pentathlon Honolulu, April 24

Table of race results for Hawaii TC Weight Pentathlon, Honolulu, April 24. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Team Thor Thunder Series UC-San Diego; May 7

Table of race results for Team Thor Thunder Series, UC-San Diego, May 7. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Shot Put

Table of race results for Shot Put, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Pole Vault

Table of race results for Pole Vault, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Superweight Pentathlon Seattle, WA; April 16

Table of race results for Superweight Pentathlon, Seattle, WA, April 16. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

1500m

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Hawaii TC Weight Pentathlon Honolulu, April 24

Table of race results for Hawaii TC Weight Pentathlon, Honolulu, April 24. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Team Thor Thunder Series UC-San Diego; May 7

Table of race results for Team Thor Thunder Series, UC-San Diego, May 7. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Shot Put

Table of race results for Shot Put, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Pole Vault

Table of race results for Pole Vault, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Superweight Pentathlon Seattle, WA; April 16

Table of race results for Superweight Pentathlon, Seattle, WA, April 16. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Shot Put

Table of race results for Shot Put, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

1500m

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Fountain of Youth Masters Mile, Canby, OR; May 14

Table of race results for Fountain of Youth Masters Mile, Canby, OR, May 14. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Invitational Mile - Men

Table of race results for Invitational Mile - Men, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Age-Graded Mile - Men

Table of race results for Age-Graded Mile - Men, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Age-Graded Mile - Women

Table of race results for Age-Graded Mile - Women, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

NYRR Niketown Run for the Parks 4 Miles, Central Park, NYC; April 17

Table of race results for NYRR Niketown Run for the Parks 4 Miles, Central Park, NYC, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table of race results for 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Boston Marathon Boston, MA; April 17

Table of race results for Boston Marathon, Boston, MA, April 17. Includes categories like 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Overall

Table of race results for Overall, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 50K, 100K, 1500m Racewalk, and 5K Road Race.

Table with 2 columns: Name and Time. Includes entries like M65 Larry Miller 20:06, M70 Ken Halling 20:22, M75+Al Treichel 20:20.

Charlotte RaceFest Half-Marathon/10K Charlotte, NC; April 16

Table with 2 columns: Name and Time. Includes Overall section with CHAD NEWTON 35 1:09:18, CATHY GRABLE 39 1:24:18.

10K Overall

Table with 2 columns: Name and Time. Includes KENNETH SVENDSEN 29 32:38, LORI HAGEMAN 38 37:07.

John Guthrie Memorial-Earth Day 5K (2.93 Miles) DeLand, FL; April 23

Table with 2 columns: Name and Time. Includes Overall section with David Rhodes 30 17:20, Colleen Niculin 30 17:52.

MIDWEST

Glass City Marathon Toledo, OH; April 10

Table with 2 columns: Name and Time. Includes Overall section with ANDY AMES 27 2:23:43, KIMBERLY PEARSON 36 2:56:08.

Meijer Derby Festival Marathon, Louisville, KY April 30

Table with 2 columns: Name and Time. Includes Overall section with Charles Njeru 22 2:17:44, Jill Knesh 31 3:01:41.

Flying Pig Marathon Cincinnati, OH; May 1

Table with 2 columns: Name and Time. Includes Overall section with Tim Rieger 28 2:30:24, Alison Bedingfield 22 3:03:40.

Table with 2 columns: Name and Time. Includes NEIL MARTIN 2:57:58, IAN CAMPBELL 2:59:16, PAUL CHENERY 3:00:05.

W40+Overall (no ages)

Table with 2 columns: Name and Time. Includes CHERYL MCKETTRICK 3:17:18, SABINE KANE 3:20:53.

MID-AMERICA

Get in Gear 10K Minneapolis, MN; April 30

Table with 2 columns: Name and Time. Includes Overall section with MOSES WAWERU 27 30:00, KETEMA ATALELECH 22 33:54.

Table with 2 columns: Name and Time. Includes ROCHELLE WIRTH 38:19, LAURIE HANSCOM 39:07, LAURA CARLSON 40:07.

SOUTHWEST

Tyler Azalea 10K Tyler, TX; April 9

Table with 2 columns: Name and Time. Includes Overall section with Leonardo Tovar 27 36:11, Connie Collmorgen 40 43:09.

Oklahoma City Memorial Marathon, Oklahoma City, OK; April 24

Table with 2 columns: Name and Time. Includes Overall section with Matt Aguero 24 2:31:42, Sara Pizzochero 32 3:05:09.

Texas Round-Up 10K Austin, TX; April 30

Table with 2 columns: Name and Time. Includes Overall section with Trent Briney 30:45, Colleen DeReuck 40 34:56.

Table with 2 columns: Name and Time. Includes Marlin Sinkley 37:42, Garland Bennett 38:52, Charles Alvarado 41:47.

WEST

Big Sur Marathon Monterey Bay, CA; April 24

Table with 2 columns: Name and Time. Includes Overall section with JONATHAN NDAMBUKI 28 2:23:35, MARY AKOR 28 2:46:53.

Union Tribune Race for Literacy 8K, San Diego, CA May 8

Table with 2 columns: Name and Time. Includes Overall section with Eric Chirchir 21 22:49, Erin Nehus 23 27:08.

Table with 2 columns: Name and Time. Includes W55 SUSAN LOVE 3:46:53, MARIA THOMAS 4:10:03, JEANNE K-WILLIAMS 4:19:38.

Avenue of the Giants Marathon & Half-Marathon Weott, CA; May 1

Table with 2 columns: Name and Time. Includes Overall section with John Leuthold 37 2:50:00, Shannon Cody 35 3:09:25.

*earlybird - elected to start early Half-Marathon

Table with 2 columns: Name and Time. Includes Overall section with Jesse Plummer 26 1:16:07, Catherine DuBay 40 1:22:32.

April Fools Eugene, OR

*Short course (app

Table with 2 columns: Name and Time. Includes Overall section with Dylan Mason 31 1:20:12, Sarah Raitter 32 1:20:12.

Connell Lions 8K Champion Connell, WA

Table with 2 columns: Name and Time. Includes Overall section with Bryan Mason 31 1:20:12, Sarah Raitter 32 1:20:12.

Table with 2 columns: Name and Time. Includes Stephen Burch, Steve Weary, Larry Indviglia, Joe Olivas.

NORTH

April Fools Eugene, OR

Table with 2 columns: Name and Time. Includes Overall section with Dylan Mason 31 1:20:12, Sarah Raitter 32 1:20:12.

Connell Lions 8K Champion Connell, WA

Table with 2 columns: Name and Time. Includes Overall section with Bryan Mason 31 1:20:12, Sarah Raitter 32 1:20:12.

Table of race results for Stephen Burch, Steve Weary, Larry Indiviglia, etc. including names, times, and category codes like M50, M55, M60.

Racewalk M50 Dave Kolva 52:37. Salt Lake City Marathon & 5K, SLC, UT; April 23. Overall Araya Haregot 23 2:15:14, etc.

Chris Stock 23:02, Scott Samuelson 23:20, M55 R Hansen 20:29, David Anderson 21:04, etc.

DONALD J. HILL 52:00, RANDY H HULL 52:16, ALFONSO HERNANDEZ 52:21, etc.

KATHLEEN R DIX 1:07:30, MARGARET A NOREN 1:07:33, TERRY A GORDON 1:07:55, etc.

PETER J. NEWTON 2:58:22, PETER GRAY 2:59:12, A STRANGER-JONES 3:01:28, etc.

NORTHWEST

April Fools 15K* Eugene, OR; April 2 *Short course (approx. 8.1 mi.)

Overall Dylan Mason 31 41:40, Sarah Raitter 32 50:21, M40 Joseph Dudman 43:02, etc.

Connell Lions 8K/USATF-NW Championships Connell, WA; April 16

Overall Bryan Schultz 29:11, Juliet Marx 33:55, M30 David Takeshita 29:41, etc.

Overall Abraham Chebil 24 13:43, Asmaa Leghzaoui 28 15:14, M40 Dennis Simonaitis 15:27, etc.

Overall John Korir 34:26, Asmaa Leghzaoui 39:33, M40 STEVE BOYD 37:48, etc.

W40 FIRA SULTA-ZHDANOVA 42:42, JENNY A SPANGLER 44:04, CINDY OKRANE 45:57, etc.

Overall Martin Lei 2:07:24, Paula Radcliffe 2:17:42, M40 DAVID TAYLOR 2:18:47, etc.

Overall Tommy Aunan 46 56:48.40, Bev La Veck 68 1:06:36.90, M45 Tommy Aunan 56:48.40, etc.

Bloomstoday 12K Spokane, WA; May 1

Overall John Korir 34:26, Asmaa Leghzaoui 39:33, M40 STEVE BOYD 37:48, etc.

INTERNATIONAL

London Marathon London, England; April 17

Overall Martin Lei 2:07:24, Paula Radcliffe 2:17:42, M40 DAVID TAYLOR 2:18:47, etc.

RACEWALKING

Northwest Regional Masters 10K Racewalk Championships, Seattle, WA; April 16

Overall Tommy Aunan 46 56:48.40, Bev La Veck 68 1:06:36.90, M45 Tommy Aunan 56:48.40, etc.

FlexGen™

IS THIS THE NON-PRESCRIPTION, ALL NATURAL JOINT PAIN RELIEF THE WORLD HAS BEEN SEEKING?

DOUBLE-BLIND CLINICAL TRIALS HAVE CONVINCED US THAT ONCE YOU TRY OUR FLEXGEN™ JOINT CARE SYSTEM YOU MAY NEVER WANT TO BE WITHOUT IT EVER AGAIN!

FlexGen™ is a revolutionary new joint care system that utilizes special nutrients to promote mobility and flexibility. Rich in cetylated acids, this all new, 100% natural formula combines special nutrients with an FDA approved pain relief ingredient to enhance mobility and flexibility. **Not a pill. Not a prescription drug.** FlexGen™ is a unique cream that has demonstrated its effectiveness in reducing pain during strict clinical tests at the University of Minnesota and the University of Connecticut. **WE ARE CONVINCED YOU WILL BE IMPRESSED WITH ITS RESULTS!**

"I decided I wanted to use something more natural, and what I decided on was FlexGen™ because I believed it would be the answer to my problems. I was thrilled with the results. FlexGen™ cream provides instant pain relief and supports the flexibility in my joints. I don't know what I would do without FlexGen™."

Derek Boosey
1968 Olympic Athlete Great Britain
World Masters Triple Jump Gold Medal Winner



Jim Selby - National Master Champion - 75 years old
"After decades of running, it's important to have the absolute best for my joints. FlexGen™ is far superior to any product I've tried in my 60 years of athletics."

"The only thing that's ever worked for me has been FlexGen™. I've never had anything else that's given me any sort of relief either short or long term, but the FlexGen™ has just been a blessing. It's the greatest thing I've ever tried."

Ken Cole
1964 & 1968 Olympic Basketball Team

Results Scientifically Proven!

In double-blind clinical trials at the University of Minnesota and University of Connecticut, participants using the ingredients in FlexGen™ showed improved joint flexibility and function within 30 minutes after initial application. In addition to their immediate relief, participants also showed significant cumulative improvement throughout the duration of the study. Clinical research was documented in the Journal of Rheumatology.

You are invited to test FLEXGEN™ for yourself.

**Call 1-800-246-5294 for a
SPECIAL RISK-FREE OFFER!**

If you are not completely satisfied in any way with FLEXGEN™, we will refund you the full price of your order less shipping.

www.FLEXGENOTC.com

