

RECOVER RIGHT: FINE-TUNE YOUR REST INTERVALS TO MAXIMIZE YOUR WORKOUTS

RUNNING TIMES

FEBRUARY/MARCH 2012 // ISSUE 394

TRAIN LIKE A MASTER

INSIGHT AND ADVICE FROM RUNNERS WHO JUST KEEP WINNING

- ♦ MASTERS OF THE YEAR RANKINGS
- ♦ REDEFINING "GEEZER"

WHY ENDURANCE TRAINING WORKS

3-TIME GOLD MEDALIST PETER SNELL TURNS A SCIENTIST'S EYE ON LYDIARD TRAINING

GOLD STANDARDS

WORLD CHAMPION JENNY SIMPSON SUCCEEDS WITH DILIGENCE, VIRTUE, COURAGE + A KILLER KICK

HOW TO RUN A 2:03 MARATHON

THE STORY BEHIND MARATHONING'S GREATEST YEAR

PM40063752
\$4.99US



0 71486 01097 5



JENNY SIMPSON
1500m GOLD MEDALIST

2011 MASTERS

ROAD RACERS OF THE YEAR

BY DON AND MARIAN LEIN AND DOUG HAMM

Welcome to our annual rankings of the top masters road runners on the U.S. circuit. We've ranked the top three in each 5-year age group and listed a number of honorable mentions alphabetically. This year the number of honorable mentions swelled, partially due to elite athletes spanning two age groups, but also because of an increase in the number of high-quality performances. These listings show only one representative race result; for a more complete listing of the races for each ranked runner, see runningtimes.com/masters.

Our primary criterion for rankings is age-grade percentage,

which is the basis for most masters awards and prize money, because it allows a level playing field between 60- and 40-year-olds. The ideal circumstance would be for all these athletes to meet in head-to-head competition (see W45-49). Unfortunately, that doesn't happen often, so we reward runners who seek the better competitors at championships and prestigious national and regional races. We also consider the number of races and the diversity of distances.

Every year we have athletes who graduate into the next age group, but this year has been exceptional in that regard. The criteria we applied to these athletes

moving to new age groups were idiosyncratic to their individual situations. Those whose birthdays occurred early in the year tend to show up in the older age group. A number of runners are ranked in one age group and listed as honorable mention in another, others are honorable mention in both, and in two cases (Libby James 74/75 and Kathryn Martin 59/60) the runner is ranked first in both age groups.

Our results-gathering system continues to improve, but is still far from perfect. To ensure your performances are considered, please send or have them sent to dmlein@earthlink.net and/or results@usatf.org.



(FAR LEFT) Eric Ashton (43, SC)
(LEFT) Nuta Olaru (40, ROM/CO)



Mbarak Hussein (46, NM)



Paul Zimmerman (50, AZ)



Dale Campbell (57, CA)



Doug Goodhue (69, MI)



Geoffrey Etherington (82, MA)



Bill Tribou (90, CT)

MEN

M40-44

1. Eric Ashton (43, SC)	10K Cooper River	32:07
2. Joseph Ekuom (42, KEN)	15K Utica Boilermaker	48:31
3. Thomas Lentz (44, OH)	5K Anthem Fitness	15:18

Honorable Mention: Stephen Anderson, Mark Andrews, Edmund Burke, Malcolm Campbell, Matt Choston, Elarbi Khottabi, Joseph Koech, Keith Mulholland, Chad Newton, Jorge Eliecer Real, Carl Rundell, Jason Ryf, Michael Strickland

M45-49

1. Mbarak Hussein (46, NM)	10K Crescent City Classic	30:34
2. Dennis Simonaitis (48, UT)	12K Lilac Bloomsday	38:38
3. Tracy Lokken (45, MI)	15K Gate River	47:40

Honorable Mention: Patrick Billig, Kevin Broady, Francis Burdette, James Derick, Ken Ernst, Andrew Gardiner, Jimmy Lynch, Kevin Miller, Titus Mutinda, Eric Stuber, Paul Thompson, Alan Wells, Paul Zimmerman

M50-54

1. Paul Zimmerman (50, AZ)	Half Marathon Austin	1:10:12
2. Joe Sheeran (53, WA)	5K FootZone	16:09
3. Ken Youngers (54, GA)	5K Turkey Chase	16:35

Honorable Mention: Barry Brandt, Dave Bussard, David Cannon, Greg Cauller, Craig Fram, Glen Guillemette, Doug Keller, Tom Mather, Iain Mickle, Brian Pilcher, Martin Tighe, John Tuttle, Henry Wigglesworth, Ron Zywicki

M55-59

1. Brian Pilcher (55, CA)	Half Marathon Clarksburg	1:12:52
2. Dale Campbell (57, CA)	5K Race Judicata	16:45
3. Reno Stirrat (57, MA)	5K Run for All Ages	17:05

Honorable Mention: David Cannon, Stephen Chantry, Bob Dalton, Keith Dowland, Norm Larson, Chuck Moeser, Dan Morse, Pete Orban, Dave Parsel, Maurice Pointer, Tom Ryan, Chris Webber, Ken Youngers

M60-64

1. Terry McCluskey (63, OH)	10 Miles Cherry Blossom	1:00:12
2. Gary Romesser (60, IN)	Half Marathon One America Festival	1:18:52
3. William Dixon (64, VT)	5K Syracuse Festival of Races	17:54

Honorable Mention: Doug Bell, Michael Coyne, Bob Giambalvo, Lloyd Hansen, Andy Lawrence, Jerry Learned, Gordon MacFarland, Herve Pastre, Roger Price, Al Wieringa, John Zinselmeier

M65-69

1. Doug Goodhue (69, MI)	10K Martian	39:26
2. Ron Legg (66, OH)	Half Marathon Columbus	1:26:09
3. Jan Frisby (67, CO)	5K Syracuse Festival of Races	19:02

Honorable Mention: Benjamin Caro, Terry Delph, Len Goldman, John Grant, Thomas Malle, Gary Patton, Milt Schumacher, Bill Shaw

M70-74

1. John Ouweleen (71, FL)	Marathon Twin Cities	3:21:49
2. Joe Burgasser (72, FL)	5K Harveys	19:54
3. Hans Schmid (71, CA)	10K Marin Memorial	43:16

Honorable Mention: John Becker, Harry Carter, Tony Cerminaro, Charley Fowler, James Hill, Gerry Ives, Russ Kiernan, James Leitz, George Luke, Bill Riley, Jim Sampson, Dallas Smith, Ronald Thomas, Thom Weddle

M75-79

1. Charles Rose (79, NC)	15K LungStrong	1:10:41
2. Bill Riley (75, MA)	5K Run for All Ages	21:04
3. Bill Iffrig (77, WA)	10K Railroad Days	44:35

Honorable Mention: Witold Bialokur, Al Finger, Edwin Harris, George Hirsch, Frank Hurt, Joe Nettles, Ray Parrella, Lloyd Slocum, Bill Spencer, George Yannakakis

M80-84

1. Geoffrey Etherington (82, MA)	20K Stratton Faxon	1:48:41
2. Jerry Johncock (83, MI)	15K Ridge Run	1:27:42
3. Dennis Branham (80, RI)	5K Rhody	25:40

Honorable Mention: Ken Blanchard, Robert Ealy, Joe Fernandez, Clarence Hartley, August Leone, Jack McMahon, Harry Papirman, Hugh Sweeney

M85-89

1. Lou Lodovico (87, PA)	5K Ides of March	27:18
2. Charles Dotson (88, NC)	10K Frostbite	1:11:20
3. Willis Moses (85, NY)	5K Bridge Run	33:00

Honorable Mention: Joe Barger, Harold Carey, Emery Jewell, Lou Peters, Edward Powers, Sr.

WOMEN

W40-44

1. Nuta Olaru (40, ROM/CO)	10K Beach to Beacon	34:07
2. Chris Kimbrough (41, TX)	8K Fit to Run	28:17
3. Sheri Piers (40, ME)	Marathon Twin Cities	2:37:12

Honorable Mention: Alison Atkinson, Anzhelika Averkova, Verity Breen, Emily Bryans, Tatyana Byelovol, Sonja Friend-Uhl, Kathleen Jobes, Trina Painter, Zola Budd Pieterse, Midori Sperandeo, Lori Stich, Lucie Mays-Sulewski, Wendy Terris, Angie Turner

W45-49

1. Stephanie Herbst-Lucke (45, GA)	10K Peachtree	33:29
2. Colleen De Reuck (47, CO)	10K Peachtree	34:29
3. Ramilya Burangulova (49, RUS)	10K Peachtree	36:08

Honorable Mention: Tania Fischer, Alisa Harvey, Jen Hitchings, Lori Kingsley, Kirsten Leetch, Susan Loken, Lisa Lucas, Doreen McCoubrie, Yumi Ogita, Trina Painter, Laurel Park, Maria Servin, Firaya Sultanova, Lisbet Sunshine

W50-54

1. Joan Samuelson (54, ME)	Marathon Boston	2:51:29
2. Linda Somers Smith (50, CA)	10K Heritage Oaks	34:14
3. Carmen Ayala-Troncoso (52, TX)	5K Carlsbad	17:42

Honorable Mention: Meghan Arbogast, Nina Caron, Cindy Conant, Laura Cooper, Barbara Buggins, Monica Joyce, Regina Joyce, Deedee Loughran, Jane Lundy, Suzanne Myette, Wendy Pratt, Nancy Smith, Karen Steele, Nancy Stewart

W55-59

1. (tie) Christine Kennedy (56, CA)	Marathon Boston	2:56:17
2. (tie) Kathryn Martin (59, NY)	10K New York Mini	40:03
3. Miriam Zderic (56, WA)	Marathon Twin Cities	3:03:25

Honorable Mention: Victoria Crisp, Linda Jennings, Julie Matteson, Suzanne Ray, Janet Rosen, Nancy Stewart, Sharon Vas

M90+

1. Bill Tribou (90, CT)	5K Shamrock	35:50
2. George Whitney (92, VT)	5K Run for All Ages	46:09
3. John Smart (92, IN)	5K Run for the Deaf	46:41

Honorable Mention: Bill Benson, Ed Burnham, Henry Sypniewski

W60-64

1. Kathryn Martin (60, NY)	5K Syracuse Festival of Races	19:04
2. Sabra Harvey (62, TX)	8K Fit to Run	32:41
3. Nancy Rollins (64, IL)	5K Run for the Roses	20:34

Honorable Mention: Barbara Broad, Karen Durante, Joan Gerold, Joy Hampton, Sylvie Kimche, Terry Mahr, Alyn Park, JoAnne Rowland, Marilyn Stapleton, Coreen Steinbach, Edie Stephenson, Mimi Sturgell, Catherine Wides

W65-69

1. Rae Baymiller (67, NY)	Half Marathon Hilton Head	1:33:43
2. Jan Holmquist (67, MA)	5K Syracuse Festival of Races	22:10
3. Marie-Louise Michelsohn (69, NY)	5K Elizabeth McNamee	22:16

Honorable Mention: Sharon Dolan, Judy Fisher, Susan Gustafson, Jane Hutchison, Patricia Kunselman, Dee Nelson, Donna Presley, Hansi Rigney, Cheryl Vail, Elfrieda Wyner

W70-74

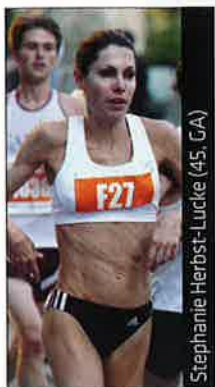
1. Libby James (74, CO)	5K Sharin' O' The Green	23:44
2. Margie Stoll (70, TN)	5K Franklin	23:57
3. Jeanne DaPrano (74, GA)	5K Women's 5K	25:24

Honorable Mention: Imme Dyson, Susie Kluttz, Dorothy Little, Heide Moebius, Barbara Miller, Ellen Nitz, Carrie Parsi, Sylvia Quinn, Doris Schertz, Anna Thornhill, Zofia Tuross

W75-79

1. Libby James (75, CO)	5K El Grito	23:30
2. Ginette Bedard (77, NY)	4 Miles Japan Run	33:56
3. Anne Garrett (77, CA)	5K Carlsbad	25:59

Honorable Mention: Vonda Lee Adorno, Valera Jones, Marilyn Olsen, Myra Rhodes, Anny Stockman, Yoshiko Takahashi



Stephanie Herbst-Lucke (45, GA)



Joan Samuelson (54, ME)



Kathryn Martin (60, NY)



Rae Baymiller (67, NY)



Libby James (75, CO)



Lois Gilmore (80, WI)

W80-84

1. Lois Gilmore (80, WI)	8K Shamrock Shuffle	48:29
2. Margretta Lutz (82, PA)	5K Steelers Race	33:40
3. Bertha McGruder (83, NY)	Half Marathon Greta's Gallop	2:40:17

Honorable Mention: Madonna Buder, Marge Ferris, Ruth Ketron

W85-89

1. Harriette Thompson (88, NC)	5K Summer Breeze	40:35
2. Dottie Gray (86, KS)	5K Senior Games	43:58
3. Betty Lindberg (86, GA)	5K Women's 5K	45:20

Honorable Mention: Margaret Hagerty, Mary Kirsling, Esther Pelletier

W90+

1. Evelyn Tripp (95, SC)	5K Reedy River	48:45
2. Winnie Mciver (92, GA)	10K Peachtree	2:03:23
3. Victoria Michalek (91, NY)	5K Freihofer's	55:55

Honorable Mention: Betty Hutchinson, Mary Ellen Brunle

BEST PERFORMANCES OF THE YEAR

The age-graded tables, compiled by Alan Jones and Norman Green for the World Masters Association, are in their fourth version and allow us to have an equivalency of performance irrespective of age or event. In addition to deriving the age-graded percentage, the tables allow the performance to be converted to an adjusted open time. We've taken the best performances for 2011, calculated the adjusted time and placed it next to the mark for the open world best.

As we've seen in the past, the women's performances exceeded the men's, with all of them adjusted to faster than the open world records. *Running Times* columnist Pete Magill scored one of the top road performances, and on the track became the oldest American to break 15:00 for 5,000m, which he did three months before his 50th birthday, but failed to place in either the 45- or 50-year-old age groups due to an inadequate number of races.

RUNNER	AGE	DISTANCE	ACTUAL TIME	ADJUSTED TIME	OPEN WORLD RECORD
Libby James (CO)	75	10 miles	1:19:22	48:24	51:43
Kathryn Martin (NY)	60	5K	19:04	14:45	14:46
Linda Somers Smith (CA)	50	10K	34:14	30:13	30:28.6

RUNNER	AGE	DISTANCE	ACTUAL TIME	ADJUSTED TIME	OPEN WORLD RECORD
Pete Magill (CA)	50	10K	31:11	27:17	26:43.7
Mbarak Hussein (NM)	46	10K	30:34	27:36	26:43.7
Brian Pilcher (CA)	55	HMAR	1:12:51	1:01:40	58:23