There were your Questions!

- How do I regain my former abilities (Michelle)
- Dietary adjustments and physical activities that impact health at older age (Nancy, Allan)
- Difference in training between aging women and men (Lindsay)
- Example of mobility exercises for aging individuals (Lindsay)
- Preventing injuries as we age (Darla)
- How to not let your thoughts convince you that age will (or should) limit you (Angela)
- How to balance rest/strength training/recovery/running (Brian)
- How to change your training as you age (Stephanie)

List you Achievements and use them to formulate your goals

Off-and-on running with 25,000 miles in past 13 years

Since 59 ½ yr: 404 races, 381 age-group wins, ¼ on trail, ¼ with dog, 60 overall wins, 102 MO age/age-group records, 2 KS records, 1mile-100K

May 2025 (at 72): RRCA National half marathon Champion in 60+ age category (Madison WI) in 1:29:54

June 2025 (at 72): RRCA 3rd in National Championship 1 mile in 60+ age division (St.Louis, MO) in 5:28 (not a record)

Feb 2026 (at 73): US record in 20K at Cabin Fever Springfield MO in 1:26:14 (was 1:26:47)

From age graded 81% at 15 (1k in 2:53) to 77.4% at 35 (1:17:05 in half mar in Brooklyn Half) to 90% (RWTW 26 in 1:47:56), 91.5% at Chilly 5K-26 (19:32) and 98.5% at Macklind Mile 25 (5:28)
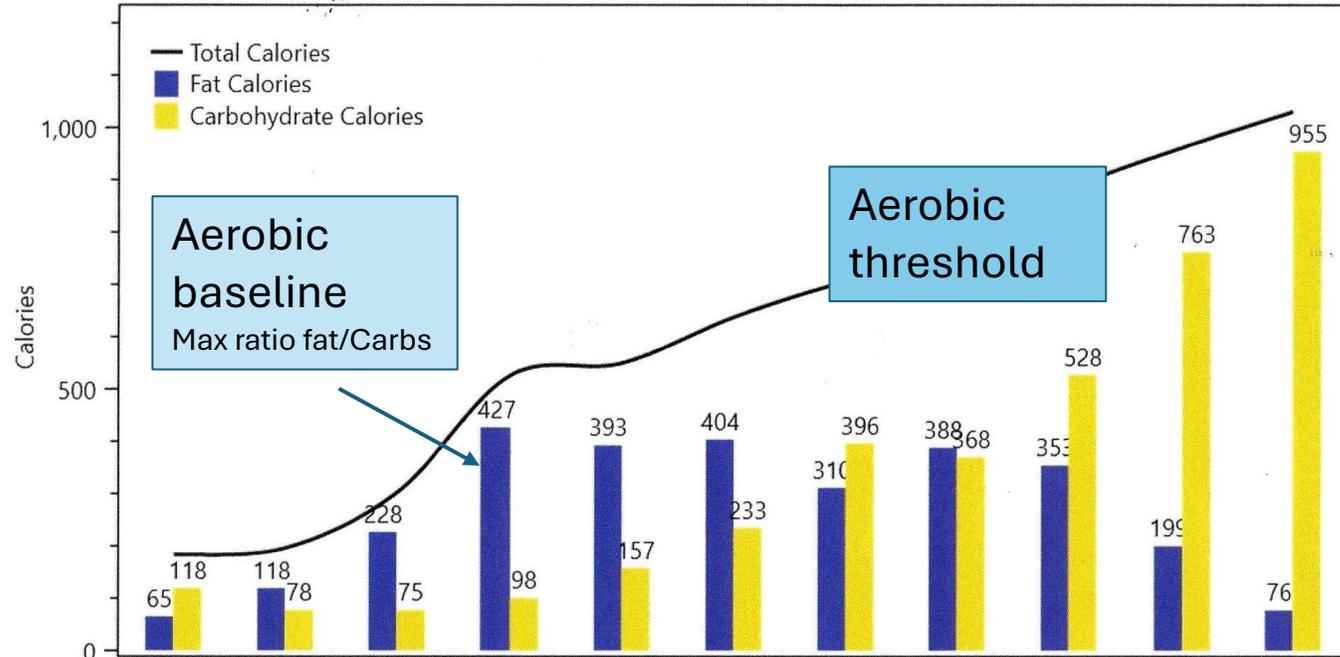
(The aging) You
- unique history
- unique achievements
- unique body & posture
- unique goals

Contribute
give something back to your running community

Diet
- daily routine
- before/during race
- carbo-loading

Running variety
- speed
- hills
- trail
- races
- w/u, c/d
- stretching

Running technique
- walk/run
- 3-tier
- base-run-only routine
- 80/20
- be critical (try and apply)

Equipment
- must-have
- good to have
- accessories

Social aspect
- group run
- join a club
- motivation
- running partner
- dog

Cross-training
- weight-bearing
- balanced
- weak/strong
- M/F

Visualization & Attitude
- winner's mindset
- see your goals
- better functional connectivity
- love for life

Record your effort
- keep a diary
- crunch the numbers
- dare to compare

Measure performance
- Age-graded time
- age-graded %

Measure running dynamics
- VO2max test
- aerobic threshold
- aerobic baseline

Sleep & Recover
- listen

180 – age +/- 5 = baseline heart rate pace

Run slower – race faster

EFFECTIVE FAT BURN

Name: Coeme, henri   Age: 71   Height: 5 ' 7 "   Weight: 133.0 lbs   Gender: Male   Date: 12/26/2024 9:54:27 AM   Test ID: CP-1131-000144

Legend:
- Total Calories
- Fat Calories
- Carbohydrate Calories

Aerobic baseline
Max ratio fat/Carbs

Aerobic threshold

Calories (y-axis): 1,000 / 500 / 0

Bar values:
- 65, 118
- 118, 78
- 228, 75
- 427, 98
- 393, 157
- 404, 233
- 310, 396
- 388, 368
- 353, 528
- 199, 763
- 76, 955

Heart Rate	72	70	75	102	110	117	126	134	144	155	158
Stage	1	3	5	7	9	11	13	15	17	19	21
Incline	0.0	0.0	0.0	1.0	3.0	5.0	7.0	9.0	11.0	13.0	15.0
Speed	2.0	3.0	4.0	5.0	5.0	5.0	5.0	5.0	5.2	5.2	5.2
Time	1:00	3:00	5:00	7:00	9:00	11:00	13:00	15:00	17:00	19:00	21:00

AGE-ADJUSTED AND AGE-GRADED RACE TIME TABLES

The age-adjusted and age-graded race time tables use "age factors" and "age standards" to compare performances at different ages in road and track races. Our best performance years as runners peak somewhere between ages 20 and 34. The tables show how much a typical runner's performance improves during youth and declines with aging. They can be used to motivate runners of all ages and talent.

The two purposes of the tables:

1. Age-adjusting race times. The goal is to adjust a runner's performance, whatever their age or gender, to what it would have been (or will be) in their prime years.

Age-adjusted time is the net finish time adjusted to that of an open division participant (peak years) using a factor for age and gender that is your actual race time minus your age adjustment. This, in effect, puts all participants on a level playing field, regardless of age. The Age-Adjusted Road Race Time Factors tables on pages 184–185 are used to determine a runner's age-adjusted time.

2. Age-graded performance scores. The goal is to determine a percentage value which allows the runner to grade his or her performance without bias to age. As you get older, the standards for your age also change so you will always be judged age-adjusted, giving a true measure of your relative performance over time. Despite slowing race times with aging, Masters runners can still aim to improve or at least hold even against the standards. The race time standards represent what is believed to be the fastest possible time someone of that age can run for that distance. The Age-Graded Road Race Time Standards tables on pages 186–187 are used to determine a runner's age-graded performance score.

Youth and masters runners of all levels benefit from the age-adjusted and age-graded scoring tables used by the World Masters Athletics (WMA), formerly the World Association of Veteran Athletes (WAVA). It is motivating to be able to run times that are the age-adjusted equivalent to my prime many years earlier, and to aim for national-class times as an age 60+ competitor. Otherwise, I would see my times slow depressingly year after year.

The WMA road race tables are updated (in 2004 from 2002 race data) from previous ones issued in 1989 and 1994 by WAVA, and are current as of the publication of this diary. They were developed by Alan Jones in collaboration with Rex Harvey, World Masters Athletics. These charts are used for all New York Road Runners races. Detailed information, expanded tables, and updates are available at:

http://home.stny.rr.com/alanjones/AgeGrade.html

Separate tables are used for track races since the track eliminates hills and other obstacles, thus times are faster than for road races. The 1994 WAVA tables are used for track race times in this diary.

THE AGE-ADJUSTED RACE TIME FACTORS TABLES

The age factors on these charts express the rate of decline based on age as compared to the approximate world record by an open-class runner (age 21–35, depending on sex and distance). To determine your age-adjusted time for a race:

1. Convert your race time to seconds by multiplying the minutes (convert hours to minutes and then to seconds) by 60 and adding this total to the leftover seconds:

The sample is a 53-year old woman with a 10K time of 45:18.

45:18 = (45 minutes x 60) + (18 seconds)

45:18 = 2,700 seconds + 18 seconds = 2,718 seconds

2. Multiply this time by the age factor for the specific race distance, age, and gender:

The age factor for a 53-year-old woman for 10K is .8420 (see chart on page 185).

$$2{,}718 \text{ seconds} \times .8420 = 2{,}288 \text{ seconds}$$

3. Convert this time to hours: minutes: seconds:

$$2{,}288 \text{ seconds divided by } 60 = 38.133 \text{ minutes}$$
$$.133 \text{ minutes} \times 60 = 8 \text{ seconds}$$
$$2{,}288 \text{ seconds} = 38:08 \text{ (38 minutes and 8 seconds)}$$

Thus this runner's time of 45:18 is equal to her potential prime age time of 38:08.

THE AGE-GRADED RACE TIME STANDARDS TABLES

The time standards on these tables correspond approximately to world records for a person of that age and sex for each race distance when this table was compiled. The open class times are the overall approximate world records (100 percent). You can use your performance-level percentage as a rating to compare to your scores at various distances, scores from years past, progress over the racing season, and to other runners, regardless of age or sex.

To determine your age-graded score for a race:

1. Convert your race time to seconds by multiplying the minutes (convert hours to minutes and then to seconds) by 60 and adding to the leftover seconds.

Again, the sample is a 53-year-old woman with a 10K time of 45:18.

$$45:18 = (45 \text{ minutes} \times 60) + (18 \text{ seconds})$$
$$45:18 = 2{,}700 \text{ seconds} + 18 \text{ seconds} = 2{,}718 \text{ seconds}$$

2. Convert the single-age standard time for your sex to seconds:

Age 53 female standard for 10K = 36:02

$$36:02 = 36 \text{ minutes} \times 60 = 2{,}160 \text{ seconds} + 2 \text{ seconds} = 2{,}162 \text{ seconds}$$

3. Divide the standard race time for the specific race distance by your race time.

$$2{,}162 \text{ seconds divided by } 2{,}718 \text{ seconds} = .795 = 79.5\%$$

Thus her performance-level percentage score is 79.5 percent. Note this score for each of your races in the rating column on the Record of Races chart on page 192 and the Personal Records chart on page 194. Use these numbers for comparison to the past and motivation for the future. My age 55 time of 31:20 for 5 miles resulted in a score of 81.1 percent. That is in the range of my top scores at my peak at ages 30–32. My next challenge is to score over 80% as I move into the age 60+ divisions. With the benefit of age-grading, you don't get slower with age unless you don't train as well.

How do you rate compared to the big guns? Here are the WMA Achievement levels:

100%	Approximate World-Record Level
Over 90%	World Class Level
Over 80%	National Class Level
Over 70%	Regional Class Level
Over 60%	Local Class Level

American LDR Road Records
Women - 70-74

Age	Name	Distance	Time	Event	Date
70-74	Jeannie Rice(71)	1mi	#6:24	Flint Road Mile, Flint, MI	08/24/2019
70-74	Nancy Rollins(70)	4mi	30:57	4 on the 4th, Elmhurst, IL	07/04/2017
70-74	Nora Cary(70)	10mi	1:10:20	CU Cherry Blossom, Washington, DC	04/06/2025
70-74	Jeannie McDaniel(70)	12hr	86823	Across The Years, Phoenix, AZ	12/28/2018
70-74	Sharlet Gilbert(74)	12hr	*89157	Jackpot 100, Henderson, NV	02/20/2026
70-74	Helen Klein(70)	24hr	165343	USA National Championship, Sylvania, OH	09/19/1993
70-74	Jeannie McDaniel(71)	48hr	202346	Across The Years, Phoenix, AZ	12/28/2019
70-74	Sharlet Gilbert(72)	50mi	9:41:44	Ruth Anderson, San Francisco, CA	10/14/2023
70-74	Helen Klein(70)	100mi	23:29:34	USA National Championship, Sylvania, OH	09/19/1993
70-74	Ila Brandli(73)	144hr	490689	Across The Years, Phoenix, AZ	12/28/2018
70-74	Nora Cary(70)	5km	20:56	Boston 5k, Boston, MA	04/19/2025
70-74	Jan Holmquist(71)	5km	#22:14	Syracuse Festival, Syracuse, NY	10/04/2015
70-74	Nora Cary(70)	8km	34:08	Ashenfelter 8k, Glen Ridge, NJ	11/27/2025
70-74	Nora Cary(70)	10km	43:20	James Joyce Ramble, Dedham, MA	04/27/2025
70-74	June Machala(70)	12km	58:22	Lilac Bloomsday, Spokane, WA	05/06/2001
70-74	Nora Cary(70)	15km	1:05:28	CU Cherry Blossom, Washington, DC	04/06/2025
70-74	Nora Cary(70)	20km	*1:29:11	New Haven, New Haven, CT	09/01/2025
70-74	Jeannie Rice(70)	20km	1:34:36	BOA Chicago Marathon (split), Chicago, IL	10/07/2018
70-74	Nora Cary(70)	21.0975km	1:35:25	Philly Distance Run, Philadelphia, PA	09/21/2025
70-74	Jeannie Rice(70)	25km	1:58:52	BOA Chicago Marathon (split), Chicago, IL	10/07/2018
70-74	Jeannie Rice(70)	30km	2:22:29	BOA Chicago Split, Chicago, IL	10/07/2018
70-74	Jeannie Rice(71)	42.195km	3:24:48	Berlin Marathon, Berlin, DE	09/29/2019
70-74	Helen Klein(70)	50km	5:44:04	USA National Championship, Sylvania, OH	09/19/1993
70-74	Helen Klein(70)	100km	12:50:49	USA National Championship, Sylvania, OH	09/19/1993

* mark pending   ^ course aided   # women only   AC = All Comers   MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Women - 75-79

75-79	Jeannie Rice(75)	1mi	#6:44	Monumental Mile, Indianapolis, IN	06/24/2023
75-79	Ginette Bedard(75)	4mi	32:40	Mother's Day, New York, NY	05/10/2009
75-79	Libby James(75)	10mi	1:19:22	Park To Park, Denver, CO	09/05/2011
75-79	Janice O'grady(75)	12hr	74807	Across The Years, Phoenix, AZ	12/29/2023
75-79	Janice O'grady(75)	24hr	131480	Across The Years, Phoenix, AZ	12/29/2023
75-79	Scotty Eckert(75)	48hr	165762	3 Days at the Fair, Augusta, NJ	10/07/2021
75-79	Janice O'grady(75)	50mi	12:03:05	Tunnel Hill, Vienna, IL	11/11/2023
75-79	Barbara Ashe(76)	100mi	*26:58:23	Tunnel Hill, Vienna, IL	11/08/2025
75-79	Janice O'grady(75)	100mi	29:50:33	Across The Years, Phoenix, AZ	12/29/2023
75-79	Scotty Eckert(76)	144hr	373367	3 Days at the Fair, Augusta, NJ	05/08/2023
75-79	Jeannie Rice(77)	5km	*23:04	GCR TGiving 5k, Naples, FL	11/27/2025
75-79	Libby James(75)	5km	#23:34	Freihofer's Run For Women, Albany, NY	06/12/2012
75-79	Jan Holmquist(76)	8km	39:24	Bobby Doyle 5-mile, Narragansett, RI	08/14/2022
75-79	Jeannie Rice(76)	10km	46:44	WMA 10km Road Champs, Gainesville, FL	03/29/2025
75-79	Jeannie Rice(75)	12km	54:50	Hook or by Crook 12k, Highlands, NJ	09/17/2023
75-79	Jeannie Rice(75)	15km	1:10:12	Gate River Run, Jacksonville, FL	03/02/2024
75-79	Jeannie Rice(75)	20km	1:37:46	BOA Chicago (split), Chicago, IL	10/08/2023
75-79	Jeannie Rice(75)	21.0975km	1:40:58	WMA Half Marathon, Gothenburg, SWE	08/24/2024
75-79	Jeannie Rice(75)	25km	2:02:12	BOA Chicago (split), Chicago, IL	10/08/2023
75-79	Jeannie Rice(75)	30km	2:26:51	BOA Chicago (split), Chicago, IL	10/08/2023
75-79	Jeannie Rice(76)	42.195km	3:33:27	London Marathon, London, UK	04/21/2024
75-79	Helen Klein(79)	50km	6:05:16	Jed Smith Ultra Classic, Sacramento, CA	02/09/2002
75-79	Janice O'grady(75)	100km	17:08:00	Across The Years, Phoenix, AZ	12/29/2023

* mark pending   ^ course aided   # women only   AC = All Comers   MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Women - 80-84

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

80-84	Jan Holmquist(80)	1mi	#7:28	USATF NE Road Mile, Hopkinton, MA	07/21/2024
80-84	Ginette Bedard(80)	4mi	36:05	Run For The Parks, New York, NY	04/06/2014
80-84	Hedy Marque(80)	10mi	1:31:24	Nortel Cherry Blossom, Washington, DC	04/05/1998
80-84	Gunhild Swanson(80)	24hr	108952	Across The Years, Phoenix, AZ	12/28/2024
80-84	Gunhild Swanson(80)	48hr	186200	Across The Years, Phoenix, AZ	12/28/2024
80-84	Gunhild Swanson(80)	50mi	16:31:04	Across The Years, Phoenix, AZ	12/28/2024
80-84	Gunhild Swanson(80)	100mi	41:36:59	Across The Years, Phoenix, AZ	12/28/2024
80-84	Jan Holmquist(80)	5km	24:08	Great Bear Run, Needham, MA	05/19/2024
80-84	Libby James(80)	5km	#25:11	Syracuse Festival, Syracuse, NY	10/02/2016
80-84	Jan Holmquist(80)	8km	40:16	Bobby Doyle Classic, Narragansett, RI	08/11/2024
80-84	Jan Holmquist(80)	10km	52:45	James Joyce Ramble, Dedham, MA	04/27/2025
80-84	Joann Hall(82)	12km	1:13:39	12K's of Christmas, Redding, CA	12/09/2023
80-84	Libby James(80)	15km	1:25:06	Tulsa Run, Tulsa, OK	10/29/2016
80-84	Joann Hall(80)	21.0975km	2:07:00	Shamrock Half, Sacramento, CA	03/13/2022
80-84	Gerry Davidson(80)	25km	3:07:41	Mission Bay, San Diego, CA	11/10/2001
80-84	Mavis Lindgren(81)	30km	4:13:32	Clarksburg, Clarksburg, CA	11/13/1988
80-84	Helen Klein(80)	42.195km	^4:31:33	California International, Sacramento, CA	12/08/2002
80-84	Hansi Rigney(81)	42.195km	5:07:31	Berlin Marathon, Berlin, DE	09/24/2023
80-84	Barbara Macklow(81)	50km	10:35:12	Across The Years, Phoenix, AZ	12/28/2015
80-84	Gunhild Swanson(80)	100km	20:51:30	Across The Years, Phoenix, AZ	12/28/2024

* mark pending   ^ course aided   # women only   AC = All Comers   MAC = Masters All Comers

At the time of the performance: World Record

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

American LDR Road Records
Women - 85-89

85-89	Barbara Belanger(87)	1mi	#11:26	USATF NE Road Mile, Hopkinton, MA	07/21/2024
85-89	Edna Sebro(86)	4mi	53:41	Run For Central Park, New York, NY	07/21/2007
85-89	Hedy Marque(85)	10mi	^1:57:30	George Washington Parkway, Alexandria, VA	04/27/2003
85-89	Hedy Marque(87)	10mi	1:57:38	C Union Cherry Blossom, Washington, DC	04/03/2005
85-89	Norma Minkowitz(86)	5km	35:17	Minute Man 5km, Westport, CT	04/28/2024
85-89	Sandra Folzer(85)	8km	50:36	Rothman's 8k, Philadelphia, PA	11/23/2024
85-89	Ginette Bedard(85)	10km	1:21:34	Grete's Gallop, New York, NY	10/06/2018
85-89	Sandra Folzer(85)	12km	1:24:35	Hook or by Crook 12k, Highlands, NJ	09/15/2024
85-89	Anny Stockman(85)	15km	2:10:50	Stockadeathon, Schenectady, NY	11/12/2017
85-89	Margaret Davis(86)	21.0975km	2:42:57	Carlsbad Half, Carlsbad, CA	11/25/2008
85-89	Ida Mintz(85)	42.195km	6:53:50	Old Style Chicago, Chicago, IL	10/28/1990

* mark pending ^ course aided # women only AC = All Comers MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Women - 90-94

90-94	Edna Hyer(91)	1mi	#15:18.0	Queen City Mile, Buffalo, NY	08/16/2025
90-94	Harriet Thompson(92)	4mi	59:30	American 4-Miler, Charlotte, NC	07/04/2015
90-94	Ruth Rothfarb(90)	10mi	3:29:08	N. Telecom Cherry Blossom, Washington, DC	04/05/1992
90-94	Edna Hyer(90)	5km	42:55	Oak Tree, Geneseo, NY	09/01/2024
90-94	Edna Hyer(90)	10km	1:28:06	James Joyce Ramble, Dedham, MA	04/28/2024
90-94	Lucille Hammer(90)	12km	3:03:48	Lilac Bloomsday, Spokane, WA	05/06/2012
90-94	Dot Sowerby(90)	21.0975km	*3:33:47	Chicago Lifetime 1/2, Chicago, IL	09/24/2023
90-94	Mavis Lindgren(90)	42.195km	8:53:08	Portland, Portland, OR	09/28/1997

* mark pending ^ course aided # women only AC = All Comers MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Women - 95-99

95-99	Betty Lindberg(97)	5km	55:48	ATL Publix, Atlanta, GA	02/26/2022

* mark pending ^ course aided # women only AC = All Comers MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Men - 70-74

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

70-74	Robert Qualls(71)	1mi	5:33	Monumental Mile, Indianapolis, IN	06/23/2023
70-74	Paul Heintzman(72)	4mi	25:21	Trolley Run, Kansas City, MO	04/27/2003
70-74	Jacob Nur(70)	10mi	1:01:35	Urban Cow (split), Sacramento, CA	09/28/2025
70-74	Dieter Walz(70)	12hr	100000	Ruth Anderson Ultra, San Francisco, CA	04/16/2005
70-74	Jeff Hagen(70)	24hr	177338	Northcoast 24 Hour, Cleveland, OH	09/16/2017
70-74	Jeff Hagen(72)	48hr	293196	6 Days In The Dome, Milwaukee, WI	08/24/2019
70-74	Ray Piva(70)	50mi	7:48:58	Helen Klein, Sacramento, CA	11/16/1996
70-74	David Jones(70)	100mi	19:35:38	Tunnel Hill, Vienna, IL	11/13/2021
70-74	Randy Ellis(71)	144hr	611968	6 Days In The Dome, Milwaukee, WI	06/18/2023
70-74	Warren Utes(70)	5km	18:01	Park Ridge Charity, Park Ridge, IL	09/30/1990
70-74	Jacob Nur(70)	8km	*30:02	Brea Classic, Brea, CA	02/22/2026
70-74	Warren Utes(70)	8km	30:25	Shamrock Shuffle, Chicago, IL	03/10/1991
70-74	Jacob Nur(70)	10km	36:57	Clarksburg, Clarksburg, CA	11/02/2025
70-74	Doug Goodhue(72)	12km	48:38	.US National Road Racing Champs, Alexandria, VA	11/16/2014
70-74	Clive Davies(71)	15km	1:01:50	Cascade Run Off, Portland, OR	06/28/1987
70-74	Ron Legg(71)	20km	1:26:27	Akron Half Marathon, Akron, OH	09/24/2016
70-74	Jacob Nur(70)	21.0975km	1:20:57	Urban Cow, Sacramento, CA	09/28/2025
70-74	Clive Davies(70)	25km	1:39:59	Nike/OTC, Eugene, OR	09/08/1985
70-74	Jacob Nur(70)	30km	*2:08:50	Jed Smith, Sacramento, CA	01/31/2026
70-74	Gene Dykes(71)	30km	2:09:04	Jed Smith Ultra Classic, Sacramento, CA	02/01/2020
70-74	Gene Dykes(70)	42.195km	2:55:22	Toronto, Toronto, CA	10/21/2018
70-74	Gene Dykes(73)	50km	3:56:44	Caumsett Park 50K, East Islip, NY	06/13/2021
70-74	Jim Howard(70)	100km	11:09:19	Jackpot 100, Henderson, NV	02/15/2025

* mark pending   ^ course aided   # women only   AC = All Comers   MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Men - 75-79

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

Age	Name	Distance	Time	Event	Date
75-79	Gary Patton(75)	1mi	5:56	Lincoln Mile, Lincoln, NE	07/11/2021
75-79	Witold Bialokur(75)	4mi	28:56	Run For The Parks, New York, NY	04/18/2010
75-79	Warren Utes(75)	10mi	1:06:27	Park Forest Scenic 10, Park Forest, IL	09/04/1995
75-79	Dieter Walz(76)	12hr	91325	Northcoast 24 Hour, Cleveland, OH	09/17/2011
75-79	Ray Piva(76)	24hr	169013	USA 24 Hour Championship, Sylvania, OH	09/14/2002
75-79	Bob Becker(78)	48hr	269620	6 Days In The Dome, Milwaukee, WI	06/16/2023
75-79	Ray Piva(75)	50mi	8:34:29	Ruth Anderson, San Francisco, CA	04/20/2002
75-79	Ray Piva(76)	100mi	23:01:57	USA 24 Hour Championship, Sylvania, OH	09/14/2002
75-79	Don Winkley(77)	144hr	574535	Sri Chinmoy, New York, NY	04/29/2015
75-79	Warren Utes(75)	5km	19:24	Park Ridge Charity, Park Ridge, IL	09/30/1995
75-79	John Cahill(77)	8km	^30:44	Alta Peruvian Lodge, Alta, UT	09/08/2001
75-79	Warren Utes(75)	8km	31:52	Fifth Season, Cedar Rapids, IA	07/04/1995
75-79	Warren Utes(75)	10km	40:12	Condell Distance Classic, Libertyville, IL	09/17/1995
75-79	Warren Utes(75)	12km	48:57	Park Forest Scenic Split, Park Forest, IL	09/04/1995
75-79	Warren Utes(75)	15km	1:01:58	Park Forest Scenic Split, Park Forest, IL	09/04/1995
75-79	Ed Benham(75)	20km	1:30:10	TAC Masters, Washington, DC	05/29/1983
75-79	Warren Utes(76)	21.0975km	1:30:19	Indianapolis Life 500, Indianapolis, IN	05/02/1997
75-79	Warren Utes(77)	25km	1:52:57	Nat'l Heritage Corridor, Channahon, IL	09/14/1997
75-79	Gene Dykes(75)	30km	2:19:00	BOA Chicago (split), Chicago, IL	10/08/2023
75-79	Gene Dykes(75)	42.195km	3:17:01	BOA Chicago, Chicago, IL	10/08/2023
75-79	Ray Piva(75)	50km	4:50:35	Ruth Anderson, San Francisco, CA	04/20/2002
75-79	Ray Piva(75)	100km	10:59:52	Ruth Anderson, San Francisco, CA	04/20/2002

* mark pending   ^ course aided   # women only   AC = All Comers   MAC = Masters All Comers

At the time of the performance: World Record

American LDR Road Records
Men - 80-84

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

80-84	Lynn Rathjen(80)	1mi	6:16.9	Lincoln Mile, Lincoln, NE	07/06/2025
80-84	Witold Bialokur(80)	4mi	32:00	Run As One, New York, NY	03/01/2015
80-84	Ed Benham(81)	10mi	1:13:23	Nike Cherry Blossom, Washington, DC	04/02/1989
80-84	Dieter Walz(81)	12hr	79728	Northcoast 24 Hour, Cleveland, OH	09/17/2016
80-84	Jimmie Barnes(80)	24hr	146234	North Coast 24 Hour, Cleveland, OH	09/22/2018
80-84	Don Winkley(81)	48hr	219563	IAU 6-Day, Balaton, HU	05/09/2019
80-84	Bill Dodson(80)	50mi	10:16:17	Ruth Anderson, San Francisco, CA	04/19/2015
80-84	Wally Hesseltine(80)	100mi	26:22:34	Tunnel Hill, Vienna, IL	11/11/2023
80-84	Don Winkley(80)	144hr	524770	Across the Years, Phoenix, AZ	12/28/2018
80-84	Warren Utes(81)	5km	21:59	Flossmoor Fest, Flossmoor, IL	09/15/2001
80-84	Ed Benham(81)	8km	36:35	Shamrock, Virginia Beach, VA	03/18/1989
80-84	Ed Benham(80)	10km	45:28	Asbury Park, Asbury Park, NJ	08/08/1987
80-84	John Keston(80)	12km	56:42	Lilac Bloomsday, Spokane, WA	05/01/2005
80-84	Ed Benham(83)	15km	1:07:22	Cherry Blossom Split, Washington, DC	04/07/1991
80-84	Ed Benham(81)	20km	1:33:56	Pear Blossom, Medford, OR	04/08/1989
80-84	John Keston(80)	21.0975km	1:39:28	Earth Day, St. Cloud, MN	04/16/2005
80-84	Lloyd Young(80)	25km	2:14:36	City Of Lakes, Minneapolis, MN	09/07/2003
80-84	Walt Washburn(81)	30km	3:04:59	Houstonian Lite, Houston, TX	12/07/2003
80-84	Ed Benham(80)	42.195km	^3:43:27	Twin Cities, Minneapolis, MN	10/11/1987
80-84	Jerry Johncock(80)	42.195km	3:59:05	Twin Cities, Minneapolis, MN	10/05/2008
80-84	Bill Dodson(80)	50km	5:48:06	Jed Smith Ultra Classic, Sacramento, CA	02/06/2016
80-84	Bill Dodson(80)	100km	15:05:48	Mad City, Madison, WI	04/11/2015

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At the time of the performance: World Record

American LDR Road Records
Men - 85-89

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html

85-89	Roland Cormier(85)	1mi	9:14.7	Monumental Mile, Indianapolis, IN	06/21/2025
85-89	George Hirsch(85)	4mi	39:33	Achilles 4-miler, New York, NY	06/23/2019
85-89	Lou Lodovico(85)	10mi	1:35:10	C Union Cherry Blossom, Washington, DC	04/05/2009
85-89	Jimmie Barnes(85)	12hr	66724	Jackpot 100, Henderson, NV	02/17/2024
85-89	Ed Rousseau(85)	24hr	124080	Fat Ox, Buckeye, AZ	11/24/2024
85-89	Jimmie Barnes(85)	48hr	186895	Endless Mile, Alabaster, AL	10/29/2023
85-89	Jimmie Barnes(85)	50mi	15:06:41	Jackpot 100, Henderson, NV	02/17/2024
85-89	Jimmie Barnes(85)	100mi	39:00:04	Endless Mile, Alabaster, AL	10/29/2023
85-89	Ed Rousseau(86)	144hr	420750	6 Days In The Dome, Milwaukee, WI	06/19/2025
85-89	Hugh Campbell(88)	5km	26:33	Haddonfield Adrenaline, Haddonfield, NJ	03/16/2013
85-89	Hugh Campbell(88)	8km	47:40	Rothman Inst, Philadelphia, PA	11/17/2012
85-89	Paul Spangler(85)	10km	58:50	Southeastern Masters, Raleigh, NC	05/03/1984
85-89	John Keston(85)	12km	1:16:14	Lilac Bloomsday, Spokane, WA	05/02/2010
85-89	Paul Spangler(85)	15km	1:32:00	Run Against Crime, El Paso, TX	10/13/1984
85-89	Earl Bailey(86)	20km	2:56:32	TAC Masters, Washington, DC	05/26/1985
85-89	John Elliott(86)	21.0975km	2:34:47	Louisiana Half, Baton Rouge, LA	01/15/2022
85-89	Jerry Johncock(85)	25km	2:52:55	5th 3rd Bank River Run, Grand Rapids, MI	05/11/2013
85-89	Jerry Johncock(85)	30km	3:57:20	Freedom Park Ultra, Morganton, NC	12/31/2013
85-89	Roy Rubinstein(85)	50km	8:03:18	Chicago Lakefront, Chicago, IL	10/30/2021
85-89	Ed Rousseau(85)	100km	18:46:53	Fat Ox, Buckeye, AZ	11/21/2024
85-89	Ed Rousseau(86)	200km	59:44:10	6 Days In The Dome, Milwaukee, WI	06/19/2025

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At the time of the performance: World Record

American LDR Road Records
Men - 90-94

Age	Name	Distance	Time	Event	Date
90-94	Nathaniel Firestone(90)	1mi	12:51	Flint Mile, Flint, MI	08/24/2019
90-94	Henry Sypniewski(92)	4mi	53:44	Subaru Buffalo, Buffalo, NY	07/16/2010
90-94	George Yannakakis(90)	10mi	2:33:04	CU Cherry Blossom, Washington, DC	04/03/2022
90-94	Eugene Bruckert(90)	12hr	33200	6 Days In The Dome, Milwaukee, WI	06/19/2025
90-94	Eugene Bruckert(90)	24hr	54100	6 Days In The Dome, Milwaukee, WI	06/19/2025
90-94	Eugene Bruckert(90)	48hr	102400	6 Days In The Dome, Milwaukee, WI	06/21/2025
90-94	Eugene Bruckert(90)	50mi	24:03:06	Tunnel Hill, Vienna, IL	11/08/2025
90-94	Henry Sypniewski(90)	5km	33:46	Syracuse Festival, Syracuse, NY	10/05/2008
90-94	Paul Spangler(91)	8km	56:10	Fifty Plus, Palo Alto, CA	03/25/1990
90-94	Paul Spangler(90)	10km	1:14:49	Paramount, Paramount, CA	01/20/1990
90-94	Roy Englert(91)	12km	1:33:34	.US National Road Racing Champs, Alexandria, VA	11/17/2013
90-94	Paul Spangler(91)	15km	2:35:00	Cascade Run Off, Portland, OR	06/17/1990
90-94	Ernest Van Leeuwen(92)	42.195km	6:46:34	City Of Los Angeles, Los Angeles, CA	03/06/2005
90-94	Eugene Bruckert(90)	50km	20:49:58	6 Days In The Dome, Milwaukee, WI	06/19/2025
90-94	Eugene Bruckert(90)	100km	47:12:42	6 Days In The Dome, Milwaukee, WI	06/19/2025

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At the time of the performance: World Record

American LDR Road Records
Men - 95-99

Age	Name	Distance	Time	Event	Date
95-99	Mike Fremont(96)	1mi	13:56	Grand Blue Mile, Des Moines, IA	04/25/2018
95-99	Robert White(97)	24hr	18507	VA Cancer 24 Hour, Hampton, VA	04/24/2021
95-99	Roy Englert(95)	5km	40:40	Syracuse Festival, Syracuse, NY	10/01/2017

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At the time of the performance: World Record

Senior Men and Women USATF National Records

http://www.usatfldrrecords.org/recordsroadbyag.html