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# NATIONAL MASTERS NEWS

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

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## Wilson, Rosenblatt Win Again in Rocket City Marathon

By JIM OAKS

HUNTSVILLE, Ala. – Steve Wilson and Cheri Rosenblatt were repeat masters winners at the *Huntsville Times* Rocket City Marathon here on Dec. 9, but each took a vastly different approach in preparation for their returns to first place.

Since last year's Rocket City win, Wilson, who lives in Indiana or Florida – depending on the season – had finished nine marathons, seven half-marathons, a 30K, a 25K and 15 other shorter races. His best marathon was a 2:18:30 at Austin last February and his 2:22:20 as the top U.S. finisher at Twin Cities in October gave him the 2000 USATF masters title. He had finished the Memphis Marathon in 2:26:24 six days before Rocket City. He called that a "training run."

By contrast, Rosenblatt, who with her husband operates an outdoor sports store in Pisgah Forest, N.C., ran only one other marathon during the whole year.

But on a near ideal morning for a race, no one from the usual solid masters fields could challenge these two 41-year-old runners.

Wilson faced a field that included two former masters winners, Jeff Martin, Huntington Woods, Mich., and Gary Romesser, Indianapolis,

Ind.; new master Jim Flint, Centerville, Ohio; and former Olympian and top U.S. master for the past two years, John Tuttle, Douglasville, Ga.

Although Tuttle stayed in the chase for nine miles, neither he nor the others could stay with the seemingly tireless and steady stride of Wilson as he won the masters title and took fourth place overall in 2:24:23. Flint was second in 2:31:08, Martin third in 2:35:00, Romesser fourth in 2:36:04 and John Taylor, Atlanta, Ga., fifth in 2:42:58.

Tuttle, who dropped out at 12 miles, did not have strong expectations for the race, but made the relatively short trip to Huntsville with a friend who was running.

"I learned today that I need more than one long training run for a marathon," Tuttle said after the race. "I felt pretty good during a two-hour run a week before the race. Maybe I should have just run the marathon without the two-hour run."

During the race, Wilson had to deal with an asthma attack that might have cost him a shot at the overall race win. He led the race at the 10K mark.

"I was running a good race, and had a full-blown asthma attack," he said after finishing, his face and neck

Continued on page 8



Cheri Rosenblatt, #60, W40+ first (2:50:49) and Mary Sweeney, #54, W40+ second (2:51:49), in the early stages of the Huntsville Times Rocket City Marathon, Dec. 9.



SUZY HESS

Finalists in the M30 200 in the 2000 USATF National Masters Indoor Championships, Boston, (l to r): Gregory Torry, Jason Wensel, Rudy Huber (third, 23:04), Tracy Fox (first, 22:36), Matthew DeGaentanto, and George Onyenyonwu (second, 23:00). This year's championships are scheduled for March 23-25 in Boston.

*Buss, 40, Overall Winner in 50K*

## Smindak, Brooking First Masters in Sunmart 50 Mile

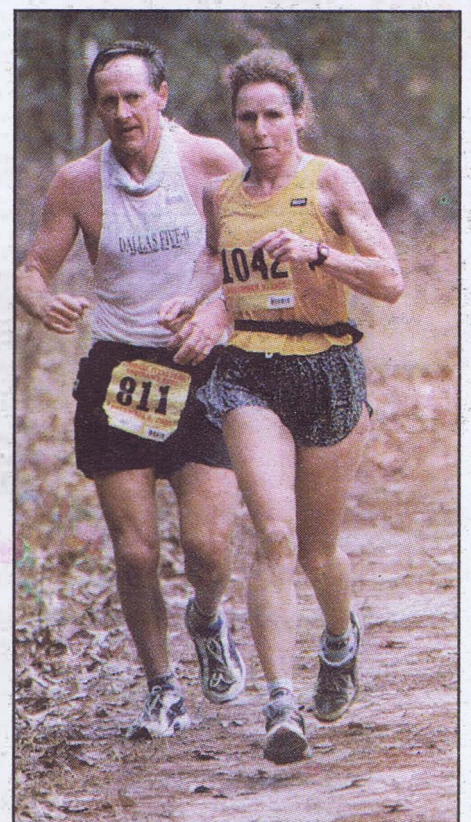
By JOHN WELCH

HUNTSVILLE, Texas – Masters runners distinguished themselves at the Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 9. From the outset of the 50-mile race, however, the park seemed to belong to Charl Mattheus, a 35-year-old native of Johannesburg, South Africa, who now lives and trains in Conifer, Colo.

But while Mattheus was setting the overall pace in a new course record winning effort of 5:20:25, Joe Smindak, the day's top master, was also running a pretty good race himself. Smindak, a 40-year-old senior project manager for environmental restoration from Dayton, Ohio, covered the scenic, tree-lined park in 6:13:16. Smindak, who had previously set masters records at four events since July, missed the over-40 record of 6:10:47 at the Sunmart by only 2 minutes, 29 seconds.

"Being from Southern Ohio, it did get a little warm for me, since I

Continued on page 7



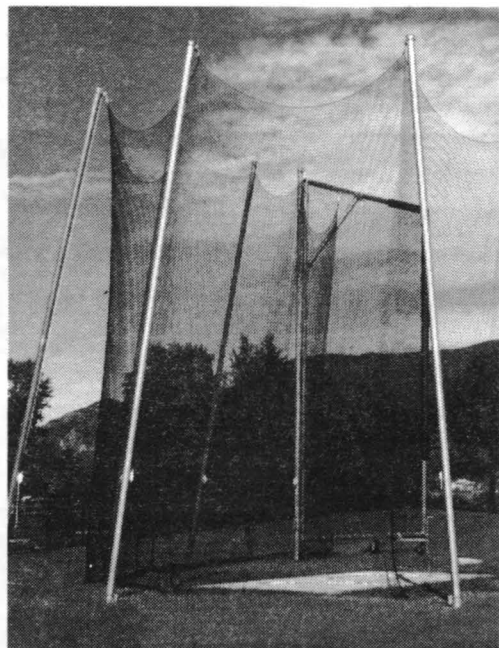
JOHN WELCH

Chrissy Ferguson, 40, first W40 (4:25:05), and Steve Shopoff, 53, fourth M50 (4:23:52), Sunmart Texas Trail 50K, Huntsville, Dec. 9.

### INSIDE:

- World and USA Indoor T&F Records – pages 17-20
- Book Review – page 9
- International Scene – page 23

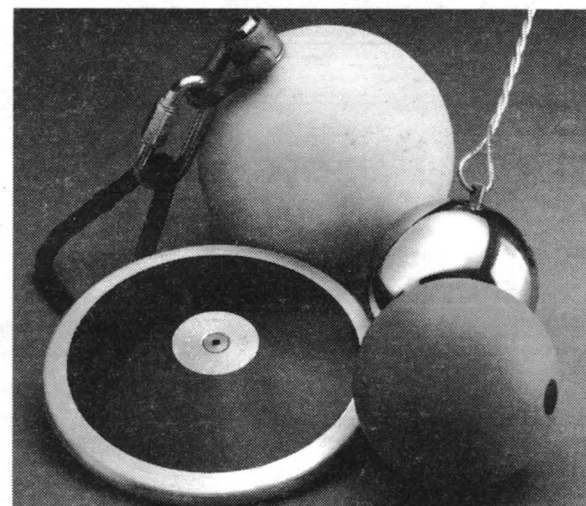
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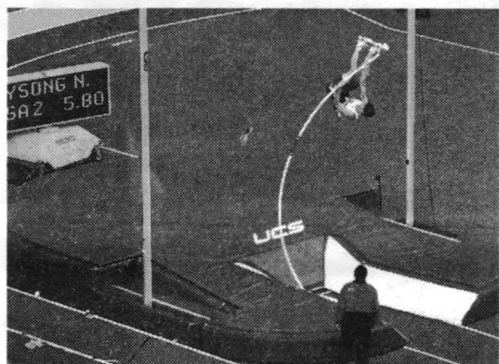
THROWING CAGES



TENTS



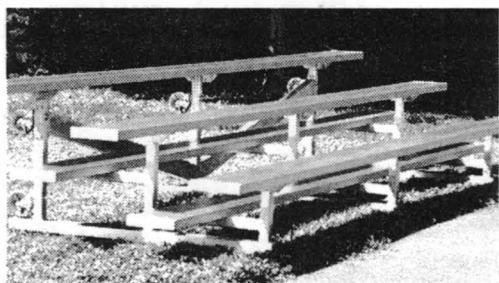
DISCUS, HAMMER, SHOTS & INDOOR WEIGHTS



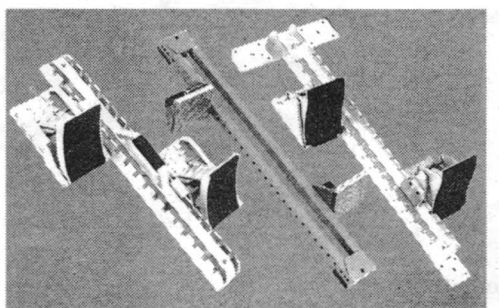
LANDING PITS



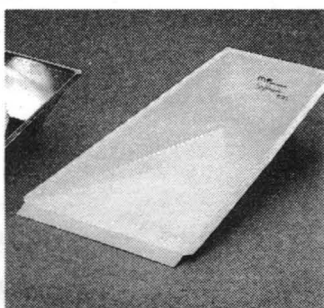
HURDLES



BENCHES AND BLEACHERS



STARTING BLOCKS



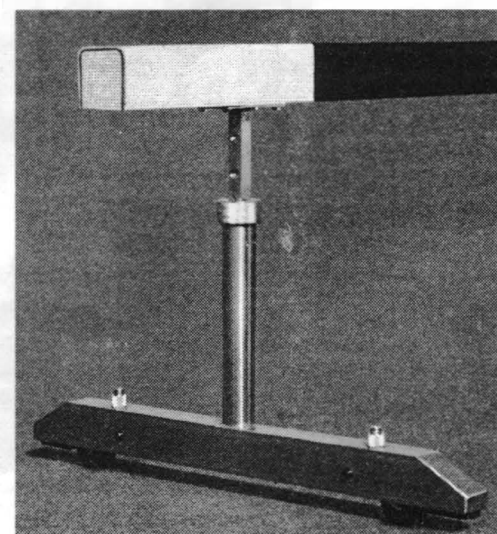
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CONTENTS

DEPARTMENTS

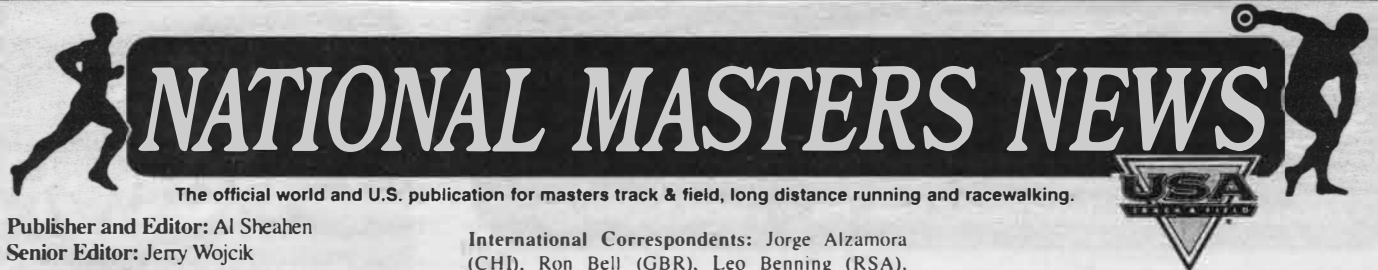
USATF Officers . . . . . 3  
 Letters to the Editor . . . . . 4  
 Track & Field Report . . . . . 5  
 Third Wind . . . . . 6  
 Twenty Years Ago . . . . . 6  
 False Start . . . . . 7  
 The Foot Beat . . . . . 8  
 Book Review . . . . . 9  
 Racewalking . . . . . 10  
 Fifteen Years Ago . . . . . 10  
 Ten Years Ago . . . . . 11  
 On the Run . . . . . 12  
 The Weight Room . . . . . 14  
 Training Advice . . . . . 16  
 Speaker's Corner . . . . . 21  
 New Age-Group Athletes . . . . . 21  
 Five Years Ago . . . . . 21  
 Countdown to Brisbane . . . . . 22  
 International Scene . . . . . 23  
 Report From Britain . . . . . 24  
 WAVA Officers . . . . . 24  
 WAVA/USATF Specs . . . . . 24  
 Masters Scene . . . . . 25  
 Schedule . . . . . 26  
 All-American Standards . . . . . 29  
 Results . . . . . 30

FEATURES

Rocket City Marathon . . . . . 1  
 Sunmart Runs . . . . . 1  
 Masters, Veterans, or Seniors . . . . . 5  
 Alan Cranston . . . . . 11  
 Harvey Williams . . . . . 13  
 Pentathlon Site Needed . . . . . 14  
 Coaching List Input . . . . . 14  
 Masters at National Meets . . . . . 15  
 Masters Grants . . . . . 15  
 Masters Mile . . . . . 15  
 Boyd Wins Trip . . . . . 15  
 Indoor Age Records . . . . . 17

ENTRY FORMS/RACE & PRODUCT INFO

M-F Athletic . . . . . 2  
 NMN Subscription Form . . . . . 4  
 Long Island Senior Games . . . . . 5  
 Longest Day Marathon . . . . . 7  
 The Master Board . . . . . 9  
 Oklahoma City Marathon . . . . . 11  
 Publications Order Form . . . . . 13  
 Ski & Travel . . . . . 22  
 On Track . . . . . 23  
 NW Event-Management . . . . . 24  
 National Indoor Meet . . . . . 35  
 Muscle Marketing . . . . . 36



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### GEORGIA SENIOR OLYMPICS

Because of the interest shown by USA Masters Track & Field in partnering with the National Senior Games Association, I entered the Georgia Golden Olympics, held each year at the Warner Robbins Air Force Base, to check out the organizational end of the event in my capacity as USATF Georgia Masters Chair.

The purpose of the event was not to showcase the abilities of individuals who excel in their events, but to entertain seniors who are not expected to excel in any event. In some sports, such as the frisbee throw, football throw, and checkers, volunteers were showing participants how to play.

There were virtually no qualified officials. Instead, harried volunteers had to deal with problems and equipment failures. There was no chronometer and no qualified timers. A whistle was used to start each race. Competition was by 10-year instead of 5-year age groups. One of the 5K runners cut three blocks off the course, but his time was declared official, anyway.

The meet served as a qualifier for the National Senior Games. But because of the problems, I feel the USATF Georgia Masters Championships should serve as the NSGA qualifier. It's a sanctioned event with proper timing and equipment, and USATF certified officials.

*Joyce Hodges-Hite  
USATF Georgia Masters Chair  
(The main reason NSGA wants to partner with USATF is because it recognizes the officiating at many Senior Games is sub-par. USATF encourages state and local USATF officials to help out at Senior Games in their area. Your idea of being able to qualify for the*

*National Senior Games at USATF meets is being seriously considered by both bodies. - Ed.)*

### DOPING

For those present at the 1999 NSGA event in Orlando, it was obvious there were competitors who were using performance-enhancing drugs (PEDs). As an athlete competing in the 65 years and younger group, I realize the sun will still come up tomorrow, regardless of how I place in an event. However, it is very disheartening to perform well and still not even be close to the standards that can obviously be attained by using PEDs. I refer you to the Seoul Olympics and those who tried to race with Ben Johnson in the 100 meters.

I understand that there are drawbacks to drug testing - cost and accuracy being obvious. But to competitors who don't "cheat" there is little sense in competing when the deck is stacked against you. Something must be done to even the odds. Until then, I will refrain from competing in the NSGA events.

Being in good health is the ultimate reward, but organized events are certainly not needed to attain that. Athletes enjoy being able to show their stuff by competing in open, fair competition. Let's take a cue from other sports organizations and implement some form of drug testing so all competitors have a fighting chance.

*Loretta Watson  
Dripping Springs, Texas*

### AGE-GRADING

It appears that to some, age-graded standards make it easier for sprinters to attain world-class level than long distance runners.

It is an oversimplification to apply the same percentage standard to both types of runner.

Long distance running has very little in common with sprinting. The anatomical and physiological factors being tested in these athletes in racing conditions are very different.

In addition, psychological factors are a very important determinant of a long distance runner's achievement; much less so for the sprinter. Is it harder to run 100 meters 90% as fast as the world record holder, or run 90% as fast and with 90% of the guts of the corresponding long distance world record holder?

If the number of "world class" sprinters is disproportionate to the long distance runners achieving this status, it is obvious that an additional factor accounting for distance should be included. For example, for every 400 meters shorter than 1600 meters, subtract 1% from the performance percentage.

Above 400 meters, you're on your own, baby. No guts, no glory.

*Dennis O'Brien  
St. James, New York*

In response to the letter by Bill Benson (Dec. NMN), I agree that sprinters usually score higher in age-graded standards. Intuitively, it does not seem right to use percentages of world record speed to determine the best performances in different events ranging from sprints to long distances.

It seems that it is much easier to achieve a higher percent of world record in a shorter distance. I'm not sure exactly why this is so, but it may have something to do with different energy pathways (aerobic vs. anaerobic, etc.). An exercise physiologist may be able to explain the reason. Nevertheless, the following will illustrate the point.

If you look at examples of performances at 75% of world record speed in the open class, you would have approximately a 13-second 100m, 4:56 mile, and a 2:47 marathon. Now a 13-second 100m will probably be bringing up the rear in a high school track meet, while a 4:56 mile will win many dual meets. A 2:47 marathon is a very good time.

The various scoring tables recognize this difference and that the fall-offs in performance in different distances follow different curves. In other words, the same percentages of world record speed in the 100m and the marathon do not represent the same performance levels.

If you look at the scoring tables in Gardner and Purdy's *Computerized Running Training Programs*, a 100m time of 13 seconds is worth 470 points, a 4:56 mile 620 points, and a 2:47 marathon 550 points. Based on these tables, you would need to run 100m in about 11.8 seconds to perform at the same level as a 2:47 marathon.

The bottom line is that a simple percentage of world record speed is not a good indication of performance, especially if you are comparing different distances.

*Norm Ambros  
Phoenix, Arizona*

### OLDER COMPETITORS

In response to Jack Doorlay's letter (Sept. NMN) concerning the ease with which older athletes win medals with poor performances because of a lack of competition, I have other thoughts to his solution of minimum standards. I am also in the M75 division, soon to move to M80, and look forward to continuing to compete in track & field.

The Senior Games' motto is: "It is better to compete than to win," and sometimes I wonder if an older competitor doesn't deserve to earn a medal just for being able to show up and compete. I can't run or jump any more, so I got interested in the throws, and boned up on technique. I do strength and aerobic work, and for a large part of the year work out two or three times a week. I throw for 45 minutes, do 25 minutes on the treadmill, and lift for 45 minutes.

In meets, sometimes I win, sometimes not. Just getting together with other masters is a big lift to my senior years, and if it were not for the meets, I probably wouldn't work out at all.

The real prize is that my wife thinks I look great.

*George Brown  
Montpelier, Vermont*

### NEW SPORTS COMPLEX

*National Masters News* readers should be aware of a new "play toy" we have here in the Washington, D.C., area: the Prince George's Sports and Learning Complex, which opened in May in Landover, Md. I competed there twice in December, and it is by far the best indoor facility I have ever seen.

It is large, well-lighted, and has dual areas for most events, including two 60m straights for the dash and hurdles, one separate from the 200m oval track, two pole vault runways, two long jump/triple jump pits, and plenty of close seating and a terrific score board.

Boston is a fine facility, but this is bigger, better, and faster. The East Regional Championships will be held here a week before the Nationals in Boston. I believe that a bid to hold the National Masters Indoor Championships may be made in the not too distant future.

This is what a few million dollars bought, so the Washington Redskins could build their new stadium next door.

*James Stookey  
Dickerson, Maryland*

### VISALIA CLASSIC

Thank you to Bob Higginbotham and the many volunteers who help make the Visalia Masters Classic a success every year.

The outstanding staff executes a well run meet while also promoting a warm and friendly atmosphere. It's always one of my favorite meets of the year with the sunny May weather and outstanding Sunkist Stadium facilities. In addition, the central California location draws a good competitive mixture of both southern and northern California athletes.

I encourage everyone to participate and to experience this enjoyable meet.

*Elaine Iba  
Trabuco Canyon, California*

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CZZMN



# T&F Report

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

## 30 Days – Having Fun

**M**y first 30 days in office have been very busy. Even with eight days vacation squeezed in, I have been able to get my hands around many of the duties of your chair.

Regarding appointments, some people had expectations that I would make all the changes quickly after the convention. I can only say that these decisions are too important to make quickly, and I have held discussions with numerous people in arriving at my choices.

I hope you all support the new as well as the continuing officers. None can do their jobs alone. They need more volunteers to reach their goals. I have given each of them the freedom to pick their own team members. That way it's *our* team and not *my* team.

### Website

As most of you know, the USATF masters website is operational and in the process of being revamped.

I again want to thank Dave Clingan and Rex Harvey, our new website coordinator, for getting the site up and running. Thanks also to all the other contributors on the website committee and Keith Lively, multimedia coordinator at the USATF national office.

### WAVA 2005 Championships

The USATF Board of Directors has instructed the USATF executive staff to submit a letter of intent to WAVA that the U.S. wants to bid for the 2005

WAVA Championships. The letter will state that we have several cities interested in bidding, including Sacramento and Baton Rouge.

The site inspection team of Rex Harvey, Al Sheahen and myself reviewed the excellent facilities at Sacramento, December 19-20. We are planning site visits to Baton Rouge and other cities interested in bidding.

When all bid evaluations are complete, I will seek the input of the masters executive committee on which bid we want to support.

### WAVA Constitution Suggestions

It has occurred to me that the U.S. delegation in Brisbane will not have suggestions for changes to any of the rules and bylaws of WAVA. I assume that means that we are happy with everything WAVA does. If not, I would like to hear suggestions.

One important proposed change that

was narrowly defeated in Gateshead was a proposal to change the word "Veterans" to "Masters." This cannot come up for voting again in Brisbane unless it is submitted by the WAVA council.

I personally would like to suggest the word "Seniors" instead of "Masters" or "Veterans." I think we know what a veteran is in the U.S. It isn't someone over 40 years of age pushing their heart rate up by running, jumping or throwing. What is a master anyway? I'd like to hear opinions on this.

### National Indoor Championships

On the Saturday evening of this year's championships we will have a non-business meeting at the Boston Sheraton at 8:00 p.m. We would like

everyone to attend. Please submit topics you wish to discuss.

### Anti-doping

Kathy Jager's two-year suspension has been upheld after review by WAVA. In some ways, WAVA feels the U.S. has not done a good enough job in educating our athletes on the rules of the IAAF anti-doping policies.

In response, I am asking *National Masters News* and our webmaster to provide prominent information on these rules and on our home page. Rose Monday and her committee will continue to work on other ways to educate our athletes and suggest rule changes needed by our masters athletes.

As former New York Mayor Koch would say, "Howmidooin?" □

## Masters, Veterans, or Seniors?

In his column this month, USATF Masters T&F Chair George Mathews asks your opinion on whether we should change the name of our sport from *Masters* to *Seniors*.

For 33 years, we've struggled with the issue of our name. WAVA calls us *Veterans*, but some want to change it to *Masters* for marketing reasons.

Well, perhaps *Seniors* is a better marketing name. Nobody outside the running community has a clue as to what *Masters* means, except maybe it's a golf tournament in Georgia. In

many countries, including the USA, *Veterans* implies military service. *Seniors*, on the other hand, generally means someone 50-and-up.

So what's the answer? We don't know. Send your opinion to Mathews (address on page 3) with a copy to NMN. We'll publish excerpts of the letters in our next issue in time for athletes to discuss the matter at the Indoor T&F Championships in Boston in March, and in time for the USA to submit a proposal to WAVA if desired by the majority. □



TESH TESHIMA

Erwin Jaskulski, 98, established an M95 pending 400 world record 2:35.37, Hawaii Senior Olympics, Honolulu, Nov. 10.



CINDY ROTHLEY

Barbara Cleveland waits as officials measure her W60 world record pole vault of 2.54 at the Florida State Senior Championships in Poinciana, Dec. 2.

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## Third Wind

By MIKE TYMN

### Ed Whitlock Validates the Age-Graded Tables

After looking at the age-graded marks of the men and women competing in the 1500, 5000 and 10,000 at the nationals in Eugene last August, I wondered if the standards are too high for us old folks. Even though there were many impressive performances in those events, only three runners exceeded 90%. Shirley Matson, 59, scored a 92.9% for her 40:03.46 in the 10,000, while Paul Heitzman, 69, got a 90.9% for his 19:09.03 in the 5000. At 90.3% for his 17:31.59 in the 5000, Bill Borla, 60, was the only other person in the three longest events to score 90% or better.

No one – man or woman – bettered 90% in the 1500, while no male reached that level in the 10,000. Borla's 36:28.56 was the highest at 89.7% with Heitzman second at 89.0%.

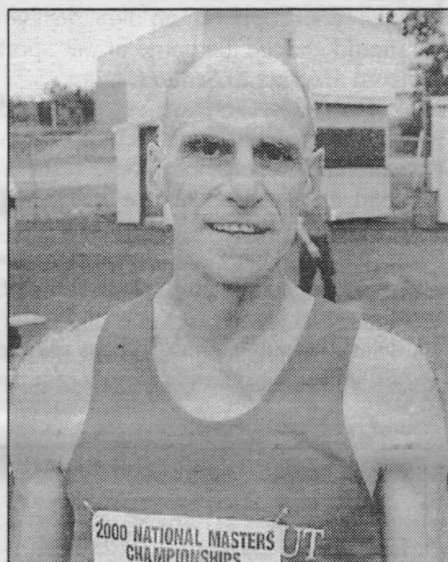
I didn't have long to think about it, however, when I read that 69-year-old Ed Whitlock of Ontario, Canada, did a 55:04 in the Utica Boilermaker 15K a month earlier, on July 9. The age-graded tables show that 55:06 equals 100% for a 69-year-old male; therefore, Whitlock was a small fraction above 100%.

If we consider that Whitlock, born March 6, 1931, was actually four months into his seventieth year at the time of the performance, and interpolate, we find that 55:17 would have been a more accurate standard for him, meaning he was even a greater fraction above 100%.

#### Soft Standards

All it takes is one man to score 100% to give credibility to the age-graded tables. If anything, Whitlock's performance indicates that the standards are a bit too soft for older runners. But let's carry the examination a little further.

Whitlock did 36:11 (99.9%) in a 10K two weeks before the Utica race and 17:34 (99.5%) for 5K two weeks after Utica, thereby giving further credence to his performances and the relationship of distances on the age-graded tables. His 2:52:47 in the Columbus Marathon on October 29 measured against a 2:47:30 (interpolated between 2:46:17 for age



MIKE TYMN

Bill Borla, top age-graded time in 10,000 for men, Eugene.

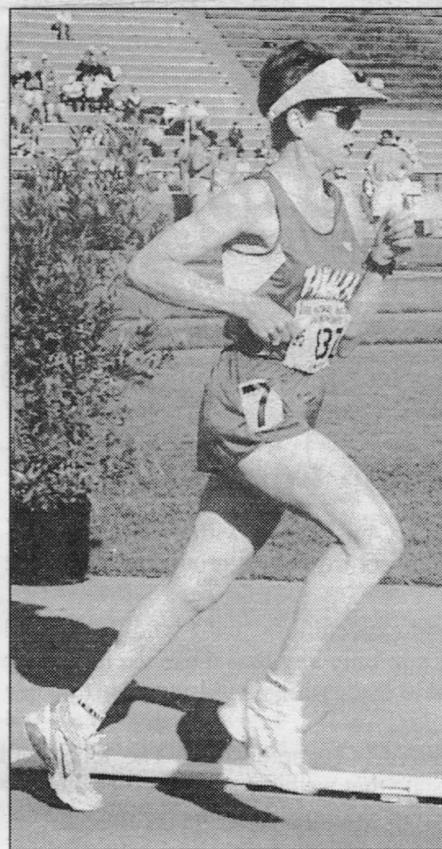
69 and 2:48:11 for age 70) figures to be a 96.9% effort. From that we might conclude that Whitlock is more suited for the shorter distances or that he did not train enough for the marathon distance. Perhaps, he just had a "bad" day or the conditions were not right.

#### Don't Wait Too Long

It does appear, though, that Whitlock, barring any serious physical problems between now and the 2001 Columbus Marathon, which he says will be his next one, should easily become the first person 70 or over to break three hours in the marathon. He shouldn't wait too long after his March 6 birthday to do it, though. According to the tables, he'll lose roughly a minute in the marathon between his March birthday and the October marathon. The 100% standard for age 70 is 2:48:11, while for age 71 it is 2:50:19, meaning a loss of 2:08 for the year.

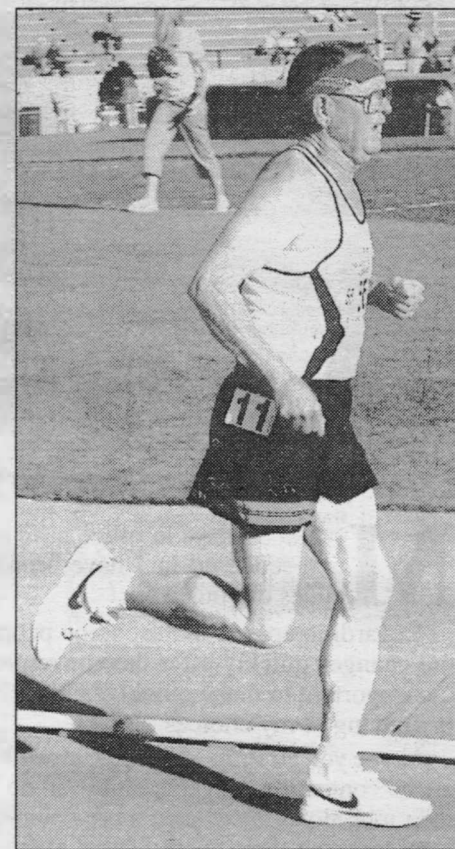
Then again, according to the age-graded tables, it is theoretically possible for a man in his 76th year to break three hours in the marathon as the standard for age 75 is 2:59:24 and for age 76 is 3:02:04.

If any adjustments are necessary in the age-graded tables, it would appear to be in raising the 100% level for open-class. If 100% should equal the world record in the event, then modifications



MIKE TYMN

Shirley Matson strides out in the 1500 at Eugene.



MIKE TYMN

Paul Heitzman on his way to victory in the 1500 at Eugene.

might be needed. It depends on whether we are considering the world records on the track or on the road.

For example, to achieve 100% in the 10,000, a young man in his 20s or early 30s must run 26:58.4. That is a bit faster than the current road record of 27:20, but somewhat slower than the track record of 26:22.75. The same goes for the 5000, where the 100% standard is 12:58.4. The road record is 13:00, while the track world record is 12:39.36. The marathon standard is 2:06:50, the former world record, but that record is now down to 2:05:42.

#### Women's Standards

The standards for women, however, are a little tougher. The marathon factors are based on 2:18:51, whereas the fastest marathon run by a woman is 2:20:43. No doubt this is because the women's records are still considered a little soft.

In retrospect, the performances at Eugene, when converted to peak year times, are about what you'd expect for a national open championship. Matson's 10,000 time is equal to a 32:12.14, while Borla's converts to a 30:02.50. Heitzman's 19:09.03 in the 5000 equals a 14:16.25. The best age-graded time in the 1500 was 4:50.17 by 61-year-old Dan McCormack. That converts to a 3:51.32.

The age-graded tables book suggests that 90% is the threshold for world class times. That does seem a bit generous. I would draw the line at about 92.5%.

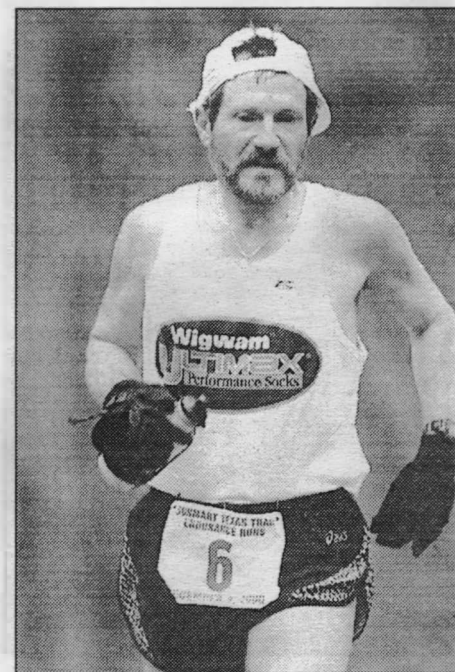
#### Food for Thought

Here are some other interesting observations from the age-graded tables:

Eamonn Coghlan's 3:58.13 mile at age 41 converts to a 3:44.41 mile, some five seconds faster than his best. That seems to indicate that either Coghlan never realized his full potential when he was younger or the age-graded tables are a little soft in that age category.

### TWENTY YEARS AGO February 1981

- 2400 from 44 Nations Compete in IV World Veterans Championships in Christchurch, New Zealand
- Antonio Villanueva Sets 10K M40 World Best of 30:34.2
- Joan Ulyot Establishes New W40 World Best for 25K in 1:46:20



JOHN WELCH

Roy Pirrung, 52, first M50 (7:12:40), Sunmar Texas Trail 50 Mile, Huntsville, Dec. 9.



## False Start

By DAVID E. ORTMAN

### Recount!

All the hanging chads have finally been counted, all the lawyers stripped down to their last briefs, the Supremes have sung and a U.S. Presidential inauguration has taken place in January after all, although someone has reported a new book in the works: *The Bush/Gore Recount – The Early Years*.

But there are elections and there are elections. According to my last USA Track & Field membership card, "By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Rules of

Competition for my level(s) and category(ies) of membership."

At the USATF 22nd Annual Meeting in Albuquerque, N.M., elections were held for National Masters Officers of USA Track and Field. The results: Chair: George Mathews; Vice-Chair:

### Sunmart Texas Trail Runs

Continued from page 1

haven't been doing any of my training above 45 degrees," said Smindak after finishing amid a 60-degree temperature, which was fanned by a humid breeze. "But I liked the route, because it was a lot like where I train in Ohio. I usually opt for more difficult courses with large climbs like the ones they have in Virginia and North Carolina."

Leo Torres, 47, Cordova, N.M., was the second master and fifth place overall finisher at 6:33:48.

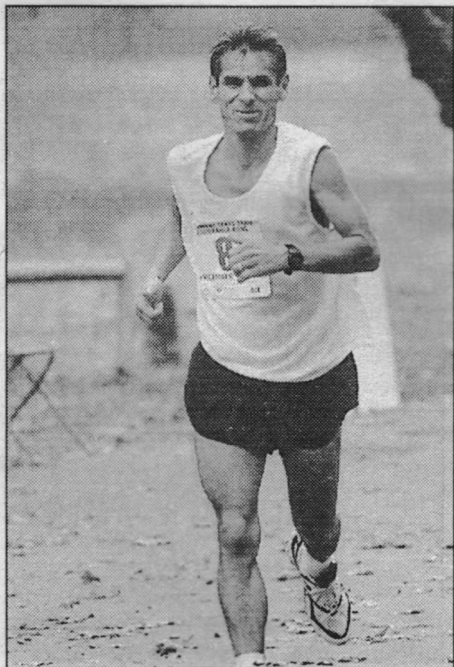
The women's masters winner for the second consecutive year was Sally Brooking, 44, Marietta, Ga. Brooking, who ran the first two of four 12.5 mile loops through the park with her boyfriend Marty Coleman, a 45-year-old telecommunications worker, was gunning for her second consecutive Sunmart masters win.

As it turned out, success was in the cards as Brooking was timed in 7:37:49 for fourth place overall in the race. Coleman stopped the clock at 8:11:57.

"After the first two loops, he (Coleman) told me to get going," said Brooking, a legal assistant. "The weather was perfect, and I really like the course at Sunmart, because it's good for first-time ultra marathoners."

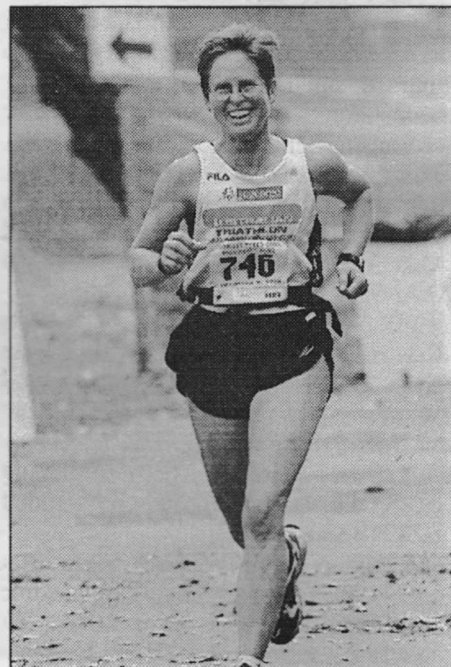
Beverly Buss, 40, Houston, Tex., was the overall women's winner and the top master in the 50K at 4:00:54. Robert Clementz, 41, Dallas, was the men's masters winner at 3:42:49, behind overall winner Charles Hubbard, 39, Bloomington, Minn., who covered the route in 3:16:04.

More than 900 runners from 44 states and three countries made the 11th annual event the largest ultra marathon in the United States. □



JOHN WELCH

Leo Torres, 47, first M45 (6:32:48), Sunmart Texas Trail 50 Mile, Huntsville, Dec. 9.



JOHN WELCH

Dawn Obrecht, 51, first W50 (5:37:44), Sunmart Texas 50K, Huntsville, Dec. 9.

Suzy Hess; Secretary: Bob Cahners; Treasurer: Frank Lulich, with the last three positions unopposed. But these positions are non-paying and require considerable time and effort, so hats off to those currently serving.

#### You Must Be Present.....

Just as voters seemed startled to learn that the Electoral College selects the President and Vice-President, masters track and fieldsters are often surprised to learn that membership dues do not allow them to vote in USATF elections, or on proposed rule changes, unless they attend the annual convention and pay \$145 in addition to travel and lodging. This is generally known as keeping voters away from the polls (only 58 delegates voted in the Chair election). But it is legal, because limiting members' right to vote to those who attend the annual meeting is in the USATF bylaws, which can only be changed by, you guessed it, the folks who show up at the annual meeting.

As one USATF official has pointed out, "USATF really isn't a democracy. It's a lot like the U.S. Government – a representative democracy. People on the local level control the selection of delegates, who vote at the national level. Even we don't have a true national popular election – it's the Electoral College."

Concerns have been expressed about turning elections into a popularity contest with campaigns and perhaps giving

name familiarity an unfair advantage (although it didn't help Al Gore).

#### Voting Ain't Easy

Some of the other barriers to direct voting include the fact that USATF mails out a thin publication (*Fast Forward*) to members twice a year only. There are not enough issues in which to run an election, and sending out special mailings would likely require an increase in membership fees.

But proposed rule changes and committee reports could be made available, either on a website or in NMN, prior to the annual conventions.

Still, it is an odd way to run a membership organization, if you want to generate more interest in masters track & field. The *National Masters News* masthead says it is "an official publication of USA Track & Field and of the World Association of Veteran Athletes," but it is a separate subscription and does not come with USATF membership.

USATF members are not asked for their input into budgets, or rule changes. For example, would masters accept an increase in membership fees if they knew that the \$30,000 masters budget for 2001 is less than it was in 1994?

Perhaps most masters track & fieldsters are content to pay their dues, run around in their shorts and have no say in how their sport is run. But perhaps not.

The 2001 National Convention will be in Mobile, Ala. At least it's not in Florida. □

## 32nd Annual LONGEST DAY

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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

By JOHN W. PAGLIANO  
D.P.M.

### Long Distance Running and Anterior Knee Pain

In a recent review of sports medical literature I came across some interesting facts that may prove valuable for future investigation. A study by Wake Forest University Department of Health and Exercise looked at the etiological factors associated with anterior knee pain in distance runners. The purpose of the study was to develop specific hypotheses concerning risk factors for injury that will be tested later in a prospective observational study.

The study looked at 70 long distance runners with anterior knee pain. The study looked at training patterns, rear foot motion, anthropometric variables, ground reaction forces, muscular strength, and endurance variables. Researchers studied the relationships among these measures in an injured group and a well group. A high speed video graph was used as well as a force platform to assess rear foot motion, ground reaction forces, and knee muscular strength and endurance.

The conclusion was that there were significant variables in each of the five separate functional analyses; four variables were significant discriminators between the two groups. Runners who were most likely to be afflicted with anterior knee pain had higher arched feet, replaced their shoes more frequently, pronated less through the first stance phase of gait, and had weak knee extensors.

Thus, it seems that higher-arch individuals have a greater risk of

knee problems than those with normal or flat feet. This would make some sense as there is less shock absorption in a high arch foot, and it is more "rigid." From this study, we could hypothesize that those with high-arch feet may do better with a softer, non-controlling type of running flat. Also, knee and quadriceps strengthening may be indicated.

An interesting point concerned the shoe replacement factor. It would appear that if high-arch people change shoes frequently, this may aggravate the anterior knee. Perhaps this is because newer shoes are stiffer and more controlling than a worn-out shoe. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)

### Rocket City Marathon

Continued from page 1

streaked with mucus. "Cold, dry air. I can't run in the stuff. Maybe I'll go to Brazil and run there."

Wilson said his asthma problem could be related to asbestos exposure some 20 years ago while he was in the Navy.

Rosenblatt's main challengers this year were Lee Dipietro, Ruxton, Md., and Mary Sweeney, Atlanta. Both had been Olympic trials qualifiers and had run in Columbia, S.C., last February.

Dipietro was the third overall woman seed in the race, and by the second mile (12:07) she was running in that place. By then she had opened a 25-second lead over Rosenblatt and Sweeney. Sweeney began to drop off Rosenblatt's pace by the fifth mile as the defending champion gave chase to Dipietro.

"I had a pretty good race all the way," Rosenblatt said. "And this time I felt decent toward the end."

By mile 15, when the race turns north to head back to the finish, Dipietro was tiring and Rosenblatt moved into the masters lead and third place overall where she remained, finishing in 2:50:49. Sweeney also caught the tiring Dipietro between miles 22 and 25 to finish second master in 2:51:49. Dipietro was third in 2:53:40. Masters winner in 1998, Jeanne Olash, Louisville, Ky., was fourth in 2:56:58 and Michelle Rupe, Courtland, Ohio, fifth in 3:08:17.

Rosenblatt ran almost four minutes faster than last year and became the fifth fastest master on the course in the race's 24-year history. She credited her improvement this year to an extra long (four-hour) run and more taper for the race than last year.

Olash, now 43, had a personal best by more than two minutes.

"After I won the masters title in 1998, I have run this course faster each year, but ended up fourth both times," Olash said.

Last year was the first time four masters women had finished under three hours at Rocket City. The top four repeated the feat this year, all faster than the top four last year.

Top masters prize money of \$1500 was awarded to both Wilson and Rosenblatt. Wilson earned an additional \$250 for his fourth overall, and Rosenblatt's total equaled the open winners when the \$500 was added for being third among the women.

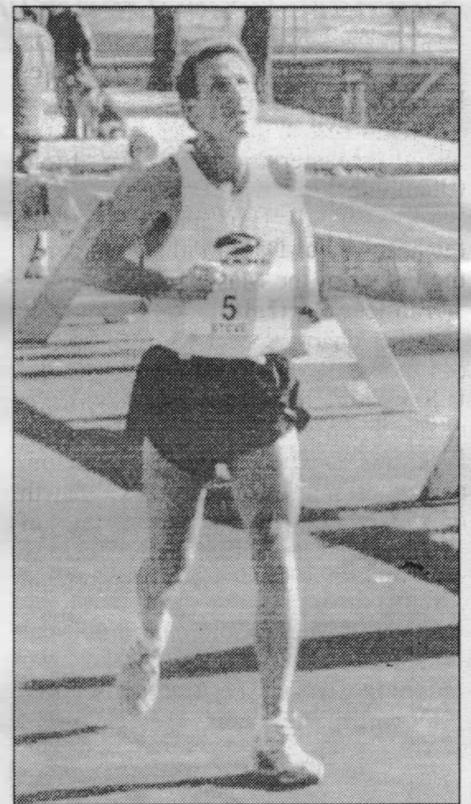
However, Romesser was the biggest money winner by taking the Grandmasters age-graded competition in record time. There was a \$1000 bonus for breaking the age-graded record that Barbara Miller established in this race last year when, as a 60-year-old, she set a W60-64 world best with a 3:14:50, an age-graded 2:23:48.

When Romesser's 2:36:04 at age-50 was converted, the 2:22:29 equivalent gave him the extra \$1000 to go with the \$1000 that this race pays to



RAY SHEPPARD

Cheri Rosenblatt, 41, defends her masters title (2:50:49), Huntsville Times Rocket City Marathon, Dec. 9.



CARL SENKBEIL

Steve Wilson, 41, wins his second straight masters title (2:24:23). Huntsville Times Rocket City Marathon, Dec. 9.



CARL SENKBEIL

Age-graded winners at the Huntsville Times Rocket City Marathon: Gary Romesser (front), 50, \$2000; back (l to r): Tom Mayfield, 62, \$750; Thys Bax, 54, \$500; Brenda Lynch, 50, \$400; James Carlton, 57, \$300; Jerry Johncock, 72, \$200; Carol Hogan, 50, \$150; Jerry McGath, 50, \$50; and Paul Jensen, 50, \$50.

the top age-graded Grandmaster. He also won \$250 as fourth master, so his payday was greater than the top master or the two open winners' prizes.

Tom Mayfield, 62, Marshall, Ark., won \$750 with his 2:58:26 that converted to a 2:26:38. Other age-graded winners are shown in the results.

Total entries for the race were up to 1229 and the number of finishers (1014) was the highest in recent years. More than half the finishers (569) were masters runners.

NMN columnist, Hal Higdon, was the clinic speaker for the race weekend, and the crowd for his Friday night presentation was one of the largest in the 24-year history of the race. □



# Book Review

by JERRY WOJCIK

## Masters T&F History: All You Wanted to Know and More

Most amateur athletes don't get an opportunity to make sports history, especially if they're weekend warriors and age-40-or-over, but some did that about 30 years ago and many more are doing it now as masters track & field athletes. Now you can read about the origins, development and present status of the masters movement in *Masters Track and Field: A History*, by Leonard T. Olson.

Olson is a long-time thrower, both in the open and masters ranks, which he joined in the early 1970s. He has held age-group and single-age records in the shot and is among the top-ranked weight pentathletes in the world in the M65-69 age division.

After the preface, in which Olson traces his introduction into masters track & field and shows his technical writing background by giving a short synopsis of each chapter, he relates how the movement unfolded from "Masters Miles" in open meets to the initial Masters Track & Field Championships in San Diego's Balboa Stadium in July 1968, primarily under the auspices of David Pain, considered the Father of the Masters Movement.

### Pioneer Portraits

Other chapters deal with the spread of masters track & field throughout the U.S. by region and the world; portraits of masters pioneers, such as Pain, Bob Fine, Al Sheahen, Don Farquharson, and others instrumental in the growth of the movement; and the future of masters track & field as influenced by the Internet, the proposed relationship with the National Senior Games

Association, and the participation of women.

The chapter on the 1972 U.S. and Canadian Masters European tour is a detailed description of a ground-breaking event in international masters competition, enriched by excerpts from the diary of Canadian Roger Ruth, past world-record-holder in the pole vault. The list of the 152 athletes on the tour reads like a pantheon of masters icons, including organizers David and Helen Pain, UC-Irvine Chancellor Dan Aldrich, Senator Alan Cranston, Bill Gookin (of Gookinade), Pete Mundle (USATF records guru), Phil Partridge (creator of the Partridge Tables), Boo Morcom, Viola Stock, Bud Deacon, and Hal Higdon.

Several years in the making, the book contains bits of information that are outdated, but as the editor of the *National Masters News* responsible for squeezing accurate results from the directors of meets and races barely a month old, I applaud his success in acquiring the data of meets, in some instances, 30 years old. Reading the results of meets from the '70s and '80s, I was more intrigued by the

names of participants than by their marks.

### Anecdotal Highlights

The book's bare facts and figures are balanced by entertaining anecdotes and vignettes from the experiences of masters athletes, like David Pain's brush with the law as a jogger on a golf course; Alfred Guidet's account of a "hair-raising" tale of a sprint finish; and the Fiji meet during a masters South Pacific tour led by the Pains.

Olson supplies information on the origin of certain masters basics that we now take for granted: the reasoning behind the age determination of masters as 40 for men and 35 for women; how Pete Mundle, the present USATF masters records keeper, got his start; the history of the *National Masters News*; and the advent of age-grading.

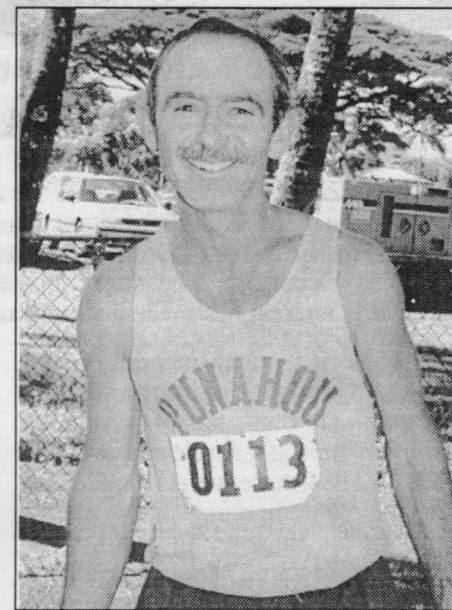
### Worldwide Perspective

His sections on politics, such as the professionalism taint and the problems of South Africa's apartheid, should prove enlightening to researchers of the masters phenomenon, as well as to those involved. His summaries of the WAVA Championships, from the first in Toronto in 1975 to Gateshead in 1999, are invaluable in understanding the worldwide growth of masters track & field.

I came into the movement in Southern California, the birth place of masters, in 1972, about the same time Olson did, and have been with the

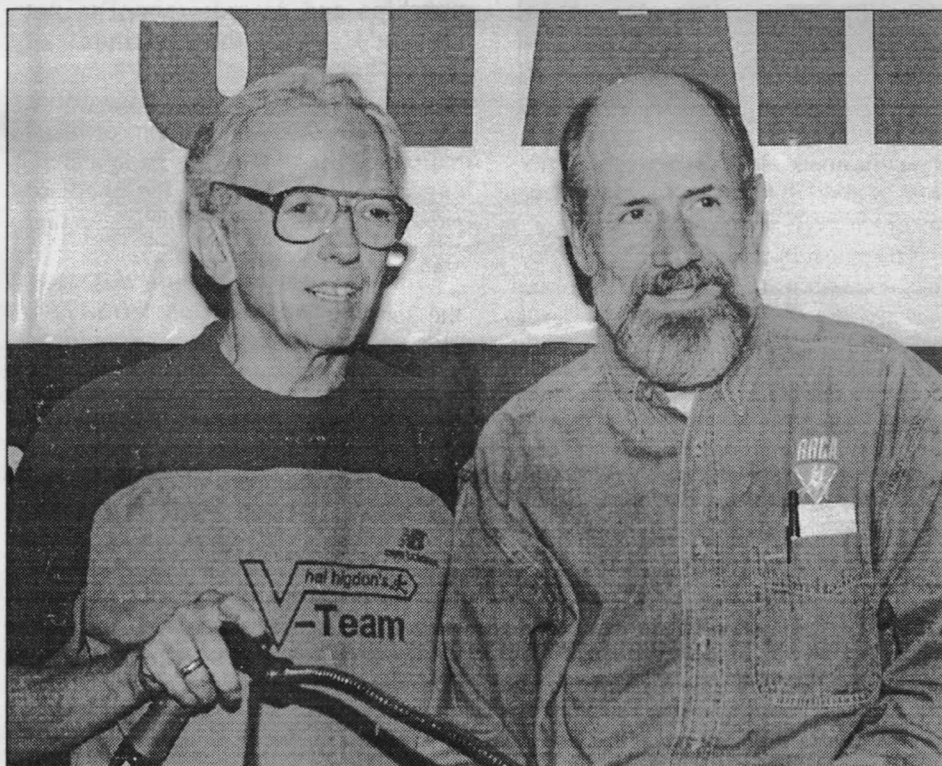
NMN for almost 20 years; yet, I learned much that I was unaware of from the book, and, perhaps best of all, it revived some memories.

For masters scholars, Olson has documented his research with 312 footnotes. Published by McFarland & Company, Inc., the book (ISBN 0-7864-0889-8) has 320 pages, with 64 photographs, numerous tables, appendices, and index, and sells for \$65 (see Publications Order Form, p. 13). □



TESH TESHIMA

Michael George, 48, won (2:54) the 2000 Big Island International Marathon, Hilo, Hawaii, for the third straight year.



CARL SENKBEIL

Race Director Malcolm Gillis (r) introduces Hal Higdon, NMN columnist, as the clinic speaker at the Huntsville Times Rocket City Marathon.

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# Masters Racewalking

By ELAINE WARD

## Racewalking Continues to Attract New Athletes

By Bev LaVeck

First, let me say how fortunate we are that Rod Larsen has stepped forward as the new USATF Masters Racewalk Coordinator. When Elaine Ward asked if I'd like to write a final year-end summary of masters racewalking, I realized I couldn't. The sheer increase in participants, clubs, officials, and nationwide interest has made a simple summary far too difficult a task.

Perhaps it's most meaningful to look at participation in the 5000m racewalk at our masters outdoor championships at a single site over the years. In 1984 there were 18 male and eight female competitors at the championships in Eugene. In 1987 there were 54 male and 27 female competitors in the 5000 in Eugene. Another huge jump occurred between 1987 and 1994, when we had 161 racewalkers registered for the 5000 in Eugene.

### Leveling Off

However, participation has apparently leveled off more recently: there were 131 racewalkers in the Eugene

5000 in 2000. There has been a corresponding growth in participation throughout the masters outdoor events, with 5000m racewalkers representing 8-11% of total participation (9%) in 2000.

Of particular interest to me is the change in male/female participation over the years. Initially female racewalkers were almost a rarity. In 2000, women outnumbered the men 71 to 60 in the 5000. There has also been a trend toward greater participation in older age groups. The pig is moving in the python!

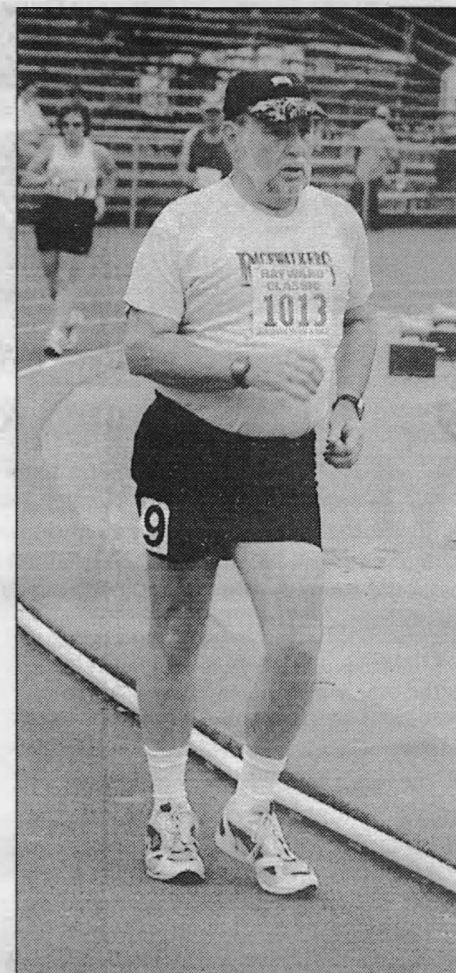
At one time racewalkers in their

40s were the largest group. Now, in the 5000 outdoor, the largest groups are women in their 50s and men in their 60s.

### Women Opt for 10K

In 2001, men and women will both walk 10K in masters outdoor championships, in addition to the 5000. It will be interesting to see if men's participation increases. In 1987 there were 16 women and 40 men in the road walks in Eugene, when both walked 20K together. The women's distance was changed after the 1989 WAVA Championships in Eugene, when many women realized they'd rather walk 10K. In 2000, women walking 10K outnumbered men walking 20K 52 to 45.

Please allow a couple of reflections. I believe the mission of masters racewalking (and masters t&f) is to encourage people in an activity that brings health and other benefits to their lives, and that competition,



JERRY WOJCIK

Fred Seewerker, M60, finished the 5000 RW in 32:21, 2000 Hayward Meet, Eugene, Ore.

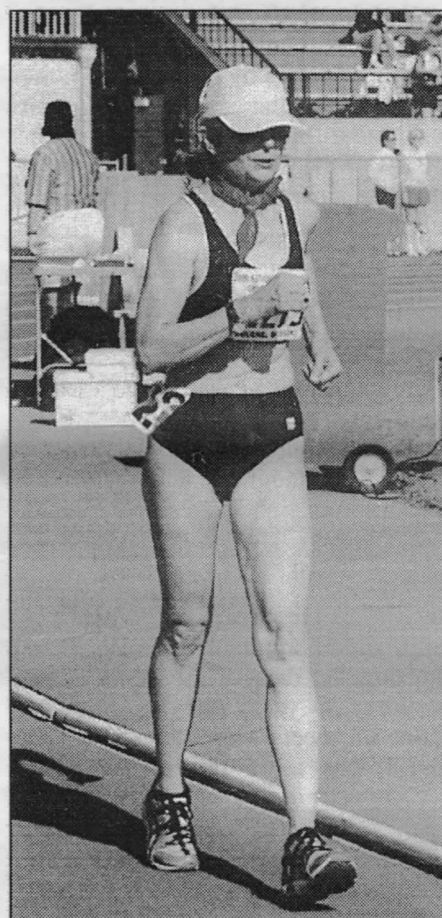
records, faster times, etc., are secondary. In this connection, I think we should be looking at ways to welcome participation by walkers not currently served in our championships program.

### More Challenging Events

Specifically, I'd like to see a system of challenging, longer distance "non-running" events, perhaps conducted in connection with the Senior Games organization. Do I dare say I'd like to keep the pig in the python?

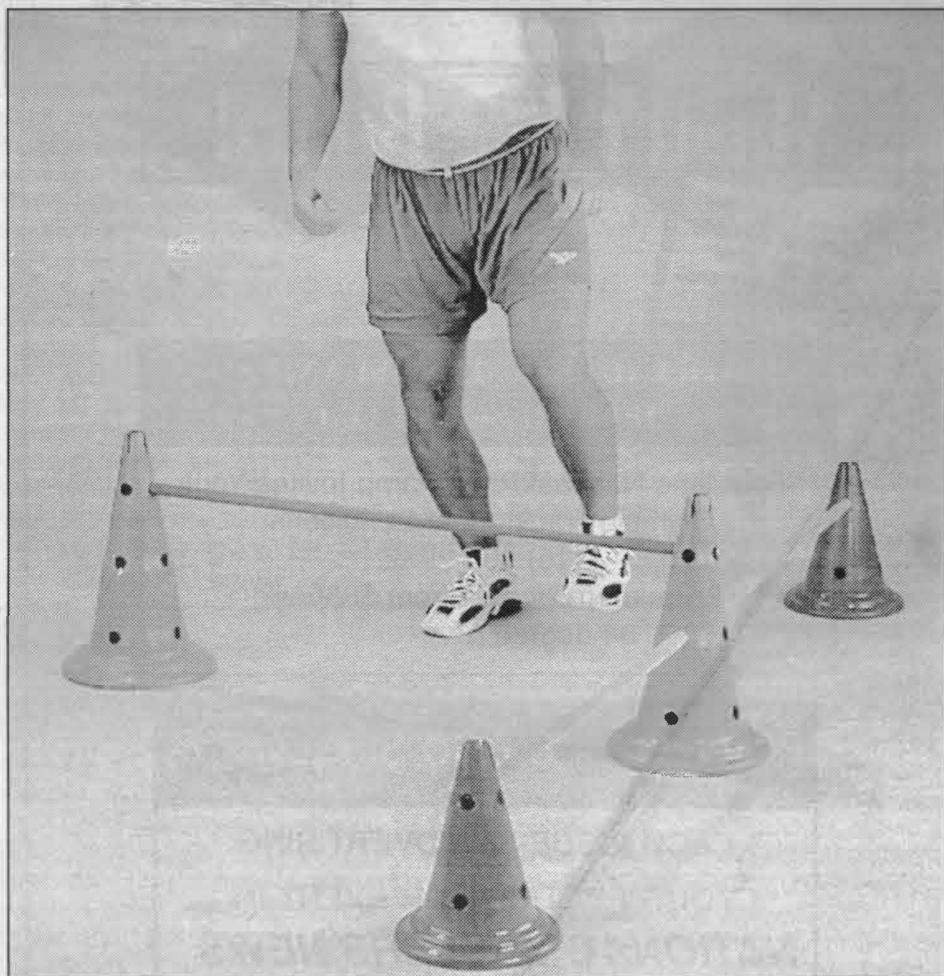
A personal reflection comes from the 2000 WAVA regional meet in Kamloops, Canada, and our Eugene championships. I've had many championships and records (and I'm not quitting!), but those kinds of "achievements" aren't what keep me going. I think the real blessings of our sport come from celebration, or affirmation, of life that comes from a challenge or hard effort, and the bonds of friendship with those who share that experience. □

(Bev Laveck, who until this year had long served as USATF's Racewalking Coordinator, remains a champion both in and of the sport and a great source of racewalking expertise and wisdom.)



JERRY WOJCIK

Jolene Steigerwalt, winner of the W55 5000 RW (31:08.12) and 10K RW (63:33), 2000 National Masters Championships, Eugene, Ore.



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## FIFTEEN YEARS AGO February 1986

- Don Coffman, 42, Captures Third Straight Rocket City Marathon Masters Title in 2:27:42
- Otto Essig Pledges \$25,000 to Help Bring the 1989 World Games to the U.S.
- Sandra Kiddy, 49, Sets U.S. Women's 100-Mile Record in 15:12:54

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## Alan Cranston

by KEN STONE

*San Diego Union-Tribune*

In early 1984, when he was among eight Democrats running for president, Sen. Alan Cranston could be found sprinting in hotels. At the Holiday Inn in Keokuk, Iowa, "Cranston (then 69) sprinted barefooted down the 40-meter hallway, walked back, and repeated the exercise for some 40 minutes," observed the *San Diego Tribune's* Ron Roach. "His favorite hotel, the O'Hare Hilton in Chicago, has 250-meter hallways."

Cranston's White House ambitions would soon be spiked, but he remained a dreamer – and a devoted track fan – until his death on December 31 at his home in Los Altos Hills, Calif., at age 86. A preliminary autopsy by the Santa Clara County Coroner's Office determined that he suffered from hardening of the arteries and that he died of heart failure.

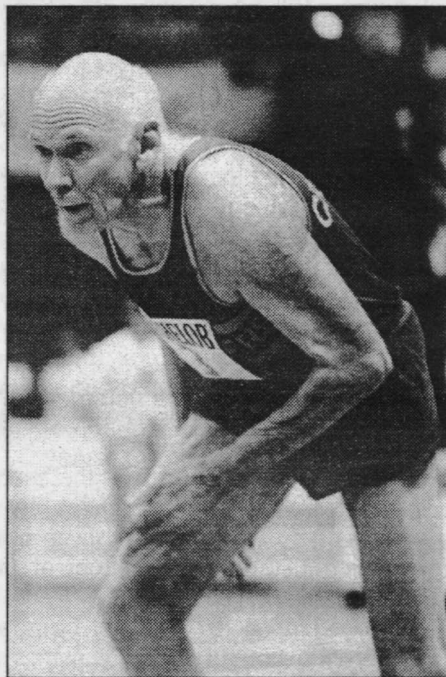
A memorial service was held Jan. 17 at San Francisco's Grace Cathedral.

His obituaries properly focused on his careers in journalism, politics and world statesmanship – his efforts to banish the threat of nuclear war. But except for a sentence or two (usually mentioning his 12.6 world record for the 100-yard dash at age 55), these long front-page pieces gave short shrift to the place track held in his heart.

I met Cranston only once (at the Atlanta Olympics in 1996), but I think sprinting deserves more than a dash of credit for his success in public life.

"I learned a lot from participating in track," Cranston told his hometown newspaper, the *Los Altos Town Crier*, in May 1999. "I learned about the need to focus. I should have been in the Olympic Games in 1936, but I didn't quite make it. I was good enough to do it, but I just, in effect, goofed off.

"I didn't concentrate enough. That taught me a great big lesson that has stayed with me through my lifetime:



RICHARD LEE SLOTKIN

Senator Alan Cranston out of the blocks in the Legends 60y, Sunkist Invitational, Los Angeles, January 14, 1986.

success isn't a matter of coincidence or happenstance. You need to be disciplined and focused."

Cranston, a world-class quarter-miler at Stanford in the mid-1930s, resumed sprinting at age 55 in 1969 – at the second U.S. Masters National Championships at San Diego's Balboa Stadium.

By the time the editor of *Track & Field News* caught up with Cranston in Washington in 1972, he'd already competed in many meets. "Now and then he breaks away from his Senate office for a session alongside the Reflecting Pool," wrote that editor, Bert Nelson. "There, after a quick warm-up, including a session of high knee lifts, he likes to run a 660. 'That's just 20 feet short of the full length of the pool,' Cranston said, 'and I have run it as fast as 1:54.'"

Nelson also wrote: "More than one meet, eager to have the publicity which surrounds the participation of a prominent U.S. senator, has been quick to add a special race." That included meets in Los Angeles, San Francisco, and the San Diego Indoor Games at the Sports Arena.

San Diego's David Pain, who organized those 1969 masters outdoor championships, recalls: "I honestly think (meet director Al) Franken put in a 60-yard race (for Cranston) to capitalize on the publicity."

In the spring of 1972 Cranston ran his senior-best 12.4 for 100 yards at the Penn Relays. And that summer, he managed to be in Europe on Senate business. It just so happened that Pain was leading a U.S. and Canadian masters track tour of the Continent – and Cranston found time to compete.

When I met Cranston in a lounge at Georgia State University in 1996, I mainly was interested in whether Cranston had beaten prostate cancer, which he had cited as the reason not to seek a fifth term in 1992. His reputation had been sullied by his association with Charles H. Keating, Jr., and the Lincoln Savings & Loan scandal in the late 1980s.

Happily, he was clear of cancer, he told me, his ruddy and tanned face glowing with the health track had provided. I got his autograph and posed for a picture with him. A prized posses-

sion.

In the day's following his death, I've learned that Cranston kept lifting those knees until his mid-80s. He ran stairs at Stanford University until recently, said his daughter-in-law.

Cranston was a champion of many causes – environmentalism, civil rights, freedom of the press. But in the end, I picture him the same way Nelson did in that February 1972 profile – as a champion of the sprints.

"The competitive spirit remains strong," Nelson wrote, "and when Cranston concluded an interview, his final words were: 'How do I get in more meets?'" □

### TEN YEARS AGO February 1991

- John Campbell and Barbara Filutze Win Third Annual Sorbothane/USRA Masters Circuit Grand Championship 8K in Florida
- Ken Judson, 40, Sets Still-standing USA 40+ Record of 2:17:01 in Rocket City Marathon
- Charlotte Observer Races Draw 6000



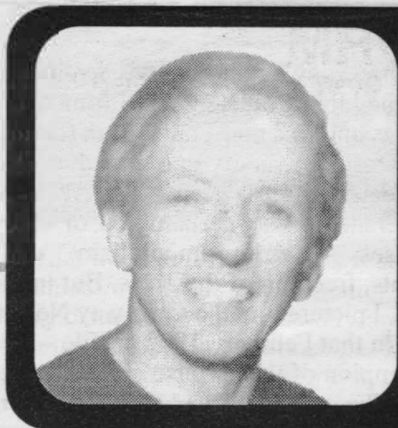
Participants in an age-graded masters 100m at the Cyclone Holiday Classic Indoor Meet, Iowa State, Ames, Dec. 8 (standing, l to r): Ed Dieleman, 55; Mike Kitchell, 50; Marek Wenzel, 32; Mel Larsen, 75, first; (kneeling, l to r): Alan Russell, 51, second; Norm Robinson, 69, third; Ben Lee, 42; and Mark Twedt, 40.

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## On The Run

by HAL HIGDON

### New Zealand: Theme Park for Distance Runners

Is there a better destination for runners than New Zealand? I haven't found one. I still have memories of running the soft floors of the Redwood Forest in Rotorua. Competing in a downhill, wind-at-my-back marathon in New Plymouth. Hiking the incredibly scenic Kepler Track at Te Anau. "Good as gold!" That's the best way to describe running in this marvelously friendly two-island country near the bottom of the world.

My wife Rose and I visited New Zealand in March 1997. I had not traveled Down Under seeking competition – although I did participate in four running events during our three-week stay. My first race was a 5K in Hamilton, with 23 starters. I also ran 5000 meters in a masters track meet in Dunedin with only slightly more in the field. Somewhat larger was the Mountain to Surf Marathon in New Plymouth with 500 competitors.

I enjoyed each competition and the camaraderie of meeting new friends with strange accents, but I relished even more jogging and hiking on scenic trails through forests and across beaches and up mountains. New Zealand is like a theme park for distance runners. Forget Disney World: If you love to run, head Down Under. I had the feeling that if everybody moved to New Zealand and trained on the courses I ran, we all could set PBs. That's PB for Personal Best – equivalent to the American PR for Personal Record.

#### An Ideal Time for Touring

Although some areas get up to 300 inches of rain a year, we encountered sunny weather nearly every day during our three-week visit in March, an ideal time for touring. In winter (our summer), you can go skiing in the mountains and surfing off the beaches, often on the same day. Sir Edmund Hillary, first to ascend Mount Everest, came from New Zealand.

Our first destination was Hamilton, two hours south of Auckland, and site for the Millennium Marathon. During our flight from Los Angeles, we had crossed the International Date Line, moving one day forward in time. New Zealand was the first major country to see the sun rise on the first day of the year 2000.

Organizer Andy Galloway told me that interest was so high in the Millennium Marathon that every hotel room in Hamilton had already been booked by tour operators. Andy also tipped me to a road race that evening sponsored by the Hamilton Road Runners. When I arrived at a shopping center to register, an official looked startled when I identified my residence as Indiana: "Long way to come for a race, mate."

We jogged to a nearby park. Back home in Indiana, my neighbors were shoveling snow, but I wore shorts and T-

shirt. The course followed tree-lined paths beside the Waikato River.

#### No Excuses

Two days later, I was in Egmont National Park with Mount Taranaki in the background. Taranaki is a pyramid-shaped peak, volcanic in origin, that dominates the horizon of New Plymouth much the way Mount Hood dominates Portland. The Mountain to Surf Marathon begins on its slopes.

The day was cool. A stiff wind promised to push us downhill to the finish line. The Mountain to Surf Marathon course drops from 1200 feet to sea level, perfect for setting PBs. I was running only the first 13.1 miles as part of a two-man relay team with Roger Robinson, a professor at the University of Wellington. Roger had entered us as the "Literary Lopers," although I had suggested, "Roger and Me." My opening leg followed country roads with mostly cattle and sheep as spectators. I yielded to Roger at the town of Inglewood. He finished at Waitara Beach on the Tasman Sea. With the tailwind and downhill, it was what Roger called a "no-excuses" day. Anyone wanting to qualify for Boston should have been there and done that.

Sunday, Rose and I drove Roger back to Wellington, where he lives with his wife, Kathrine Switzer, organizer of the Avon race series throughout the world. The couple jet back and forth between two hemispheres; Kathrine was still in the US, having done TV commentary for the Los Angeles Marathon.

#### Hiking the Tracks

Our goal the next morning was Abel Tasman National Park, specifically the Coastal Track, a hiking trail that begins near Marahau and winds 45 kilometers beside the water's edge to Wharwharangi Bay. (When Kiwis say "Track," they are less likely to be talking 400-meter oval and more likely to be talking about one of the hundreds of hiking trails scattered over both their major islands.)

Most famous is the Milford Track, because of the spectacular scenery in Fiordland National Park. We originally wanted to do Milford, but learned that guided hikes took six days and cost near \$1000. It might have been possible to run Milford's 50K length in a single day.

(World masters marathon record-holder John Campbell once did so in 4 hours 58 minutes!) But the logistics involving a week long hike defeated us. Rose and I settled for a series of one-day hikes on different tracks.

On the Coastal Track, we hiked an hour out and an hour back. High on the bluffs, we could look down on kayakers tracing the same route by sea. Heading southward down the South Island's West Coast the next day, we hiked to the edge of the Franz Josef Glacier. Guided groups clambered over the ice above. We were in sight of Mount Cook, the highest mountain (12,726 feet) in New Zealand's Southern Alps.

#### A Night on the Farm

Our next destination was the sheep farm of Derek Turnbull. Derek lives with his wife Pat and 5000 sheep near Invercargill, toward the bottom of the South Island. They have a Bed & Breakfast connected with the farm, so we stayed overnight. I saw the names of several runners in their guest book.

I knew Derek from competition in the World Veterans Championships, where he has won two dozen gold medals. He ran 2:41:47 in the 1992 London Marathon, a world record for age 65-69.

#### Travels North

Heading north up the East Coast, we stopped in Dunedin to visit another friend, Jim Flynn. Dunedin was settled by Scots, and its street names are identical to those back in Edinburgh.

Years ago, Jim had run cross-country and track with me at the University of Chicago. I was number one; Jim, number two. We also ran on a club team that placed second in the National AAU Cross-Country Championships. Jim later moved to New Zealand, and we lost touch for a while.

Jim runs three times a week and competes sporadically, but had entered us in the 5000m at the New Zealand Veteran Track & Field Championships. Jim said he expected to finish behind me, as always. At the start, however, he shot ahead. I ran faster than my 5K in Hamilton, but never caught him.

#### Volcanic Locale

Travelling on to Rotorua, fascinating because of its recent volcanic past, we met with Dennis Kenny, organizer of the Fletcher Challenge Marathon. Kenny explained how the race got started: "Lake Rotorua is 26 miles around, so it seemed logical to run a marathon around it." New Zealand's largest marathon, Rotorua attracts between 3000 and 6000 runners.

Fletcher Challenge is a forest products company whose offices are beside a grove of California redwoods, planted within the last century, but with trees hundreds of feet high. Pam Denny, a world masters champion, took us hiking through the redwood grove whose huge trees blotted out the sunlight. The forest floor was soft with redwood residue. Here is where Jack Foster had trained before his record races.

While in Rotorua, I visited the home of Foster, one more of New Zealand's legendary runners. Starting as a bike racer, Jack didn't start running until age

33, but eight years later placed second in the marathon at the 1974 Commonwealth Games with a time of 2:11:19, then a world masters record. Foster now cycles more than runs.

#### Pilgrimage to Owairaka

Moving from the redwood grove to Round The Bays, reportedly the world's largest running event, seemed like going from the sublime to the ridiculous. I puzzled why 80,000 people would be attracted to an event over such an odd distance as 8.4 kilometers in such a small country.

The day before Round The Bays, I made a pilgrimage to Coach Arthur Lydiard's 22-mile training course in the hills above Auckland. I ran part of the course with John Davies, who regaled me with tales of training there with Olympic champs and world record holders.

The course begins in Owairaka, the Auckland suburb where Lydiard once lived. Sundays, his runners would gather at his house for long training runs. Much of the route today consists of suburban sprawl, but three decades ago, Lydiard's runners ran through farmlands. Going out, they climbed a series of ascents that tested their aerobic capacities. Midway, they crested on a scenic loop through the Waitakere Ranges with scenic overviews of Auckland. The return allowed them to stretch their legs, running downhill at increasingly faster speeds.

Davies eventually set PBs of 3:56.8 for the mile and 3:39.6 for the 1500 meters (his time winning the Olympic bronze medal). Running in Davies' company in the footsteps of Snell and other New Zealand greats, I knew why they had run so well.

#### Round the Bays

I had one final race to run before departing New Zealand. But was Round the Bays a serious race? Roger Robinson warned: "You can't race Round the Bays. It's too crowded." John Davies agreed: "There's no winner, no prizes, and people jump in front of you – so the fast runners stay away."

Roger and John can be excused for their biases. They're used to associating with speedy runners. But Round the Bays is not about competition. It's a "Fun Run." That's one reason why so many people appear each year to trundle 8.4 kilometers along the Auckland waterfront. This event vies with San Francisco's Bay to Breakers each year for the title: World's Largest Running Event.

If anyone wonders about the event's attraction, you need only to see the road winding along Auckland Harbor, across Hobson Bay to Okahu Bay to Mission Bay. Sidewalks beside the Harbor are crowded morning and evening with walkers and joggers and bikers and roller-bladers. Blue sky over blue water. Modern skyscrapers framed by green hills. It's the scenery!

Gray clouds had threatened us at the start, but by the time we had collected our gear and headed to buses, the sun had taken command of a cloudless sky, a perfect ending to our visit to a land that proved "Good as gold!" □

## Harvey Williams

The Seattle Masters T&F Club lost one of its most colorful and enthusiastic members on Dec. 6, when Harvey Williams passed away at the age of 76, after a prolonged battle with cancer.

Harvey and his wife, Helen, were childhood friends in Spokane, Wash. When they reached high school, Helen remembers that Harvey was a "six letter" man and played on a state championship baseball team. He was awarded a scholarship by the University of Idaho, but his father was in the service and Harvey rejected the additional schooling to be with his mother.

For 13 years he was a civilian employee of the Air Force, during which time he received the highest civilian award for the rescue of a pilot from a burning plane.

Harvey liked people, and masters will remember him between events roaming the field "chewing the fat" with old friends. He was a great kidder and always hungry. If you had any food in your packet, he was willing to help you consume it. His appetite was remarkable, but he never seemed to gain weight.

Harvey's events were the discus, javelin and shot put. He excelled in each of these, and was at the top of his age group in all events.

He leaves a son, two daughters, seven grandchildren and one great grandchild. He continually encouraged them to participate in track. At his memorial, his children and grandchildren participated with heartfelt memories of Harvey's role in their lives. He will be missed. □

- Leon and Betty Joslin

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

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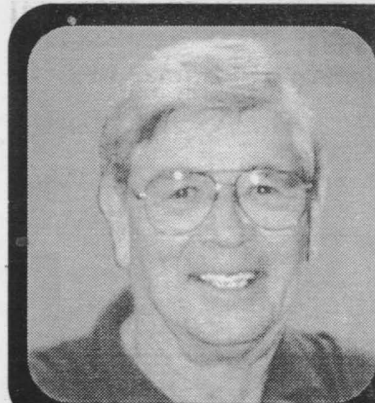
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<b>International Scoring Tables</b> Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.	_____	\$ _____
<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	_____	\$ _____
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<b>USATF Decal.</b> 3-color. 3" x 2-1/2". \$2.00.	_____	\$ _____
<b>Guide to Prize Money Races and Elite Athletes 2000</b> Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$64.00.	_____	\$ _____
<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	_____	\$ _____
<b>Masters Track and Field: A History</b> , by Leonard Olson Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.	_____	\$ _____
<b>Back Issues of National Masters News</b> _____ Issues: \$2.50 each.	_____	\$ _____
<b>Postage and Handling</b>		\$ 2.00
<b>Overseas Air Mail</b> (add \$5.00 per book)		\$ _____
<b>TOTAL</b>		\$ _____

Send to: National Masters News Order Dept.  
P.O. Box 50098, Eugene OR 97405

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



## The Weight Room

by JERRY WOJCIK

### Help is Just Around the Corner

In last November's column, I mentioned an e-mail from a woman with concerns about her powerlifter husband, 42, who had decided to take up the shot or hammer. She was seeking instruction and competition information for him, and asked for help.

My call for responses resulted in more letters and e-mails from throwers seeking advice than from those offering it. One response was interesting in that the writer, Bob Chase, offered advice and noted a scarcity of throwers in that area of Arizona where he is snowbirding from Maine, giving me the impression that he might appreciate some coaching or company himself. I sent him the names of a couple of Arizona throwers.

#### The Path to T&F

One of the reasons I asked him for permission to publish his letter is that I think it reflects, in some ways, the path many people, and not just throwers, take to get into masters track and field. Before I bought a hammer, I practiced with a 16# shot wrapped in a beach towel in my back yard in hopes of getting the feel of the event.

Another reason is that he, soon to be 80, has regained his appetite for the sport. Here is Chase's letter:

"I am a self-taught hammer thrower, starting when I was 13 and weighed

135 lbs. As a senior in high school I stood 6-1/2 and weighed 155. My best toss was 172-0 with the 12#. In college my best with the 16# was a few inches over 162. I then still weighed 155. I say this only to establish my bonafides. Neither my high school nor college coach had ever picked up a hammer. I will be 80 next April.

"Last October, I decided to take up throwing again, 58 years after winning the Yale meet in May 1942 and entering the service. I bought a 16# and began. I am now up to 70-0 with it, plus or minus a few – more minus than plus. My turns leave much to be desired.

"I offer the following for what it may be worth. Hammer throwing requires certain basics which any natural athlete has: balance, coordination, timing, strength, and desire. The speed of rotation of the ball depends entirely on these four and is the primary element deciding the distance of the throw. Very elemental.

#### Beyond the Basics

"But there are other factors. The low point of the ball is very important in the swing. Only constant trial and error can determine this for each individual, as it will determine the distance, along with speed of rotation, as well as ease of turning. I stress constant trial. Timing of release is also determined through trial and error. Pay

### 2001 Weight Pentathlon Needs Site

By DICK HOTCHKISS  
USATF Masters Weight  
Events Coordinator

Wanted: Eastern site for the 2001 Weight Pentathlon Championships. Facility should have multiple rings to accommodate men's and women's events simultaneously. Order of events is hammer, shot, discus, javelin, and weight throw.

Intersecting impact areas are not acceptable. Grass javelin runways are OK. Expect at least 60 participants. September is an ideal time frame, but other options are fine.

We take care of scoring. You provide USATF officials, sanctions, implement scales, and awards. Post-meet food is traditional but optional. Contact me, or Rex Harvey (see addresses on p. 3).

### Coaching/Training List to be Updated

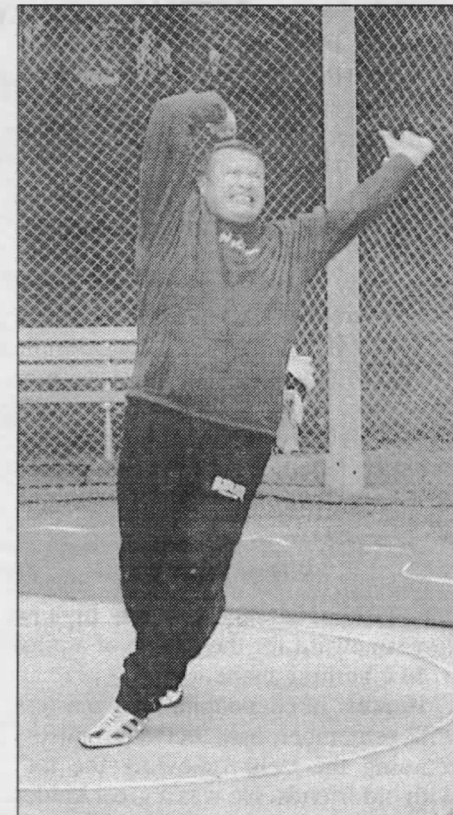
An updated Masters Coaching/Training list will be published in the March issue. The list contains contact information of individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and race-walking.

Additions and changes should be sent to the National Masters News, P.O. Box 50098, Eugene, OR 97405, or natmanews@aol.com, before the Feb. 10 deadline.



JERRY WOJCIK

Lad Filip, 2000 M70 national champion in the weight pentathlon (4737).



JERRY WOJCIK

Ken Jansson, 2000 M40 national champion in the weight (18.10) and superweight (11.58), Seattle, Wash.

attention to feel here. It develops over time.

"I have always used the heel-and-toe method of turn. It worked for me. There may have been recent developments in this that I am not aware of. I assume toe-to-toe is the only other method for turns.

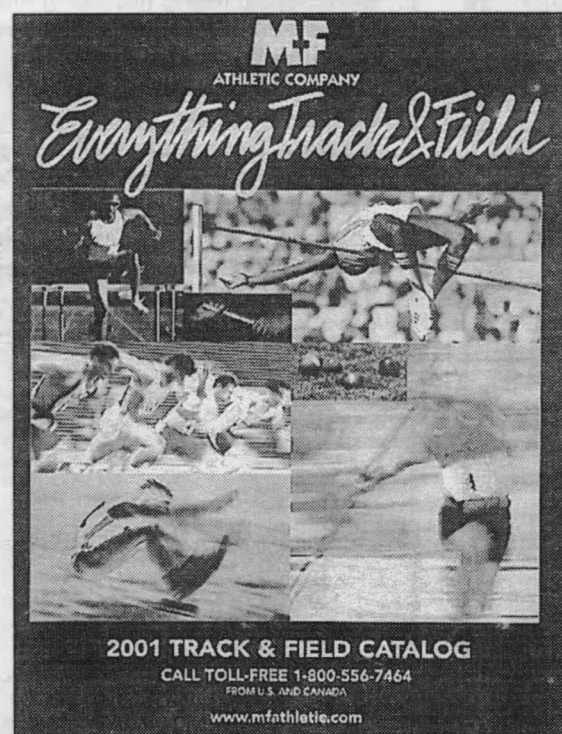
"Practice, practice, practice is the only way I know of improving. As a weightlifter, the competitive powerlifter referred to in your November column understands that implicitly. His wife can camcorder his practice, and he can decide what doesn't look right for balance and coordination. I wish him luck and hope he finds it as satisfying physically and mentally in the challenge as I do."

Potential masters and those already in the loop can find support from other

sources. A list of masters or masters-friendly clubs is published twice a year in the NMN. The last was in the December 2000 issue. Some are thrower-specific; most are LDR oriented, but might be able to refer you to throwers (and jumpers) in their areas. A Masters Coaching and Training list is also published by the NMN twice a year, the latest in September 2000.

Both lists are available on the NMN web site: natmanews@aol.com. The Internet is another source for training advice; much of it, however, does not focus on masters. The increasingly, and, sadly, obsolescent public library is still a good track & field resource.

If all else fails, contact me and maybe I can point you in the right direction, as long as you don't ask me for coaching advice. I need some myself. □



The 2001 Edition of the M&F Everything Track and Field Catalog has just been published and is available upon request. In addition to track and field basics such as vaulting poles, javelins, throwing implements of all types, hurdles, starting blocks, pits and more, this year's edition offers a special 14 page strength and conditioning section aimed at improving agility, balance, speed/quickness, strength and power. For your copy, call toll-free 1-800-556-7464 or toll-free fax 1-800-682-6950. Also available by mail, write M-F Athletic, P.O. Box 8090, Cranston, RI 02920-0090.

## Masters to Compete at National Meets

By JOHN COSGROVE  
Coordinator, Masters Legend  
Committee

Since 1997, a group of masters track enthusiasts has been working to get masters races included in various open national track and field competitions. Last year they were successful in having two handicapped women's masters races included in the Olympic Trials. This year the following outdoor races are being negotiated with the meet directors of these events:

- Indoor National Championships – Friday 6:30 p.m., March 2, Atlanta, Ga.

W40 Mile } see sidebar  
M40 Mile }

- Mt. SAC Relays – April 15, Los Angeles, Calif.

W 100 distance handicapped

W 800 time handicapped

M 800 time handicapped (tentative)

M40+ 100 race, organized separately by Stan Whitley.

- Prefontaine Classic – May 27, Eugene, Ore., is a possibility to follow up last year's W40 800. This is still being discussed with nothing definite until meet director Tom Jordan approves the plan. If a race were approved, it would likely be an M40 middle distance event.

- USATF Outdoor Championships – June 21-24, Eugene, Ore.

W 100 distance handicapped

W 800 time handicapped  
M 100 distance handicapped  
M 800 time handicapped

(Not all of these races may be held.

The two women's races were held last year at the Olympic Trials and were well received. The meet directors have not yet approved the races or indicated how much time the masters races will be allotted in the schedule.)

In general, all participants will have to provide their own transportation to the meets. In the past, we have been successful in getting supporters to provide housing in private homes, but this is not guaranteed. The committee is attempting to locate sponsors to provide prize money purses for at least some of the races. This is being negotiated, and it is still uncertain which races, if any, will offer prize money.

The invited participants will be those who have demonstrated that they would be competitive in the handicapped races. In order to provide the opportunity to participate to as many masters runners as possible, we are soliciting names of potential runners. If you are interested in competing, please send your name and most recent times in the distance you are interested in to Jackson Steffes at [JTSteffes@worldnet.att.net](mailto:JTSteffes@worldnet.att.net). The competitors will be selected from the list of respondents by a committee of the people who have been arranging the competitions. □

## Master Miles Scheduled for Open Indoor Championships

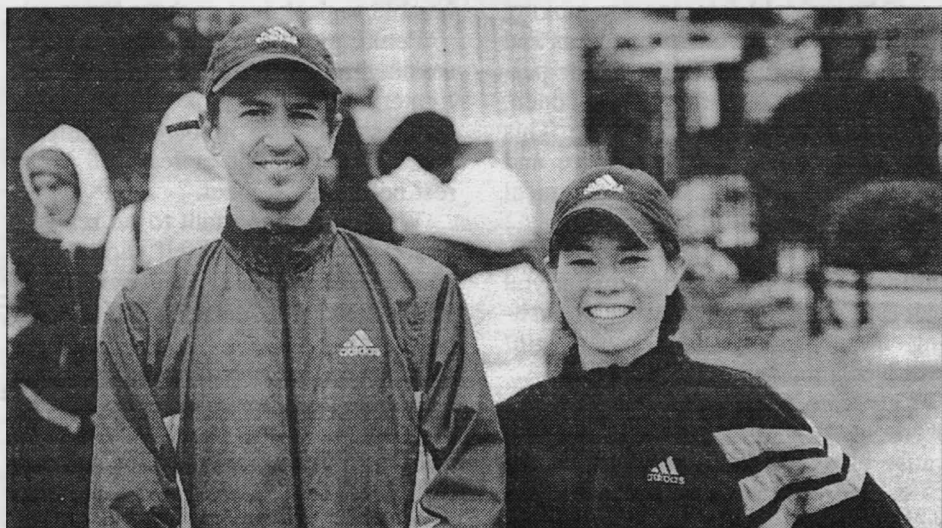
Men and women masters will run in exhibition mile races at the USATF Indoor Championships in Atlanta on Friday, March 2. Mark Cleary of the Masters Legend Committee is putting together fields for the event. "We have a few spots left and are looking specifically for masters men who can do 4:30 for better. Women need to be capable of a 5:30 or better. The maximum for each field will be 12, but we will not take anyone who cannot meet the minimum standards."

To date, the men's field consists

of Anselm LeBourne, Graeme Fell, Jamin Aasum, Noland Shaheed, Steve Nearman, Kevin Ostenberg, Dave Clingan, and Dave Van Houten. Johnny Gray has voiced an interest but is not confirmed.

The women's field so far has Madelyn Noe, Patty Ford, Janice Mora, Carolyn Smith-Hanna, Sabrina Robinson, and Rose Monday.

Interested runners who can meet the standards are urged to contact Cleary at [runnermark@home.com](mailto:runnermark@home.com), or 949-589-0242. □



GEORGE R. BANKER

Chris Fox, 42, overall winner (25:11), adidas Stripe Route 1 BK, Gaithersburg, Md., Nov. 12, with Christine Junkerman, first female overall.



MIKE POLANSKY

Age-group winners in the 55-59 divisions with Santa Claus (standing, from l): Sarah Pettinato, Irene Robinson, S. Claus, Helma Clavin; (kneeling, from l): John Rau and Dan Badalament, Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17.

## Masters National Championship Grants

by DOUG SCHNEEBECK

Although masters national championships occur in a variety of locations around the U.S., travel, even within the region where the championships meet is held, can be prohibitively expensive. For financial reasons alone, many active athletes have never had the opportunity to compete in a national meet.

USATF's Masters Committee is moving forward with plans to launch a donation-based program, which will provide partial and/or complete financial assistance for selected athletes to attend national championship meets. The committee hopes to develop application and selection criteria on a timetable which will allow the appli-

cation and fund raising process to occur in time to provide grant funding for this summer's National Masters Championships in Baton Rouge, La.

Initially, the Committee plans to look to individual donors to support the program, but sponsorship opportunities will be offered. All contributions to the program will be tax deductible, and administrative expenses, if any, are expected to be minor. The Committee hopes to identify representatives from each region to help establish selection criteria, and to develop and implement the initial application and selection process. If you are interested in helping, please contact me by e-mail ([DGS@modrall.com](mailto:DGS@modrall.com)) or phone (505-848-1869). □

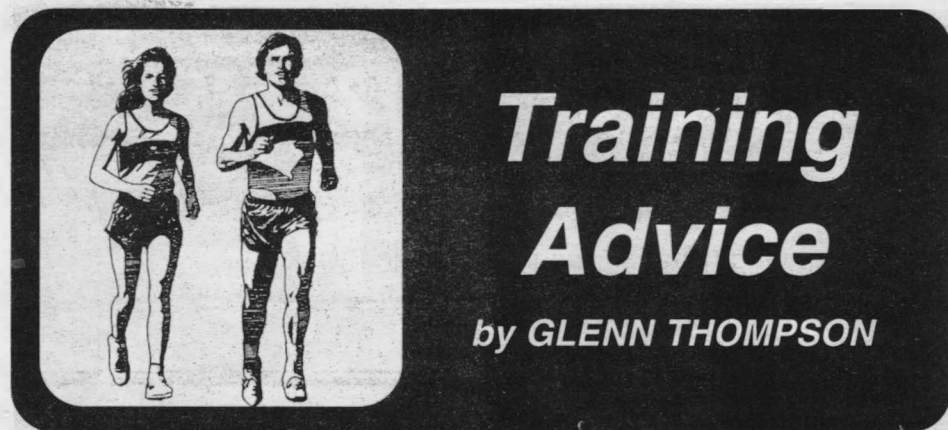
## Boyd Wins Trip to Hungary

Marie Boyd has won herself an all-expenses-paid trip to Budapest, Hungary. As the masters winner of the Avon Running National Championship 10K in Phoenix, Ariz., Dec. 10, Boyd will join six other Avon open and employee athletes for a chance to vie for the Avon Global Championship 10K title in Hungary on Oct. 14.

Boyd outduelled a strong masters

field in Phoenix, including invited racers from numerous regional Avon events. Her 35:41 was good for 8th overall, and \$100 in masters prize money. Sabrina Robinson, 43, Tempe, Ariz., 35:55, was the masters runner-up.

Over 1000 runners participated in Phoenix's day of racing, which included a 5K and a half-mile Santa Sprint for children. □



# Training Advice

by GLENN THOMPSON

## A Blueprint for Throwing Success

**A**t 37 years of age (with 38 fast approaching), I still have a zeal for tossing inanimate objects. There's something about a clear day in the mid-70s with a slight crosswind from the left and getting a pull on the discus that feels like it's starting in the next zip code, then letting it rip and belting out that roar that only comes when you really hit one.

The year 2000 ended a string of four years where I had PR'ed in the shot put and discus, all in my mid-30s. Included in that string was a PR (61-3) that qualified me to compete at the 1999 USATF Championships in the shot at age 36 with the likes of Godina, Bloom, Hunter and Nelson.

I seek not to blow my own horn, as I don't consider myself remarkable. In many ways I am quite average, and that's why I think I can offer you a few tips on how to maximize both your abilities and time.

The place to begin is with an honest self-assessment. Let's look at a couple of key factors:

**Commitment:** How much time do you have for throwing? Take a good look at your schedule and determine how many evenings, hours, and after-

noons are available to you. A consistent approach will lead to maximizing your abilities.

**General Physical Preparedness:** In short, what kind of shape are you in? Although throwing lends itself to carrying a few extra pounds, 40 or 50 pounds of excess bodyweight will limit your performance and lead to injury and physical distress.

The old adage, "train smart, not hard" must have its origin with some sage masters thrower. In a world where more is better, for a masters athlete that can lead to disaster.

During the teenage years and into young adulthood, athletes respond positively to almost all stimuli. But as the years pass, (strategically) less is often more.

### Event Training

At some point you have to pick up that shot, javelin, discus, hammer, or weight and practice. How often should you throw? This can depend on several factors. As a general guideline, a minimum of twice a week is a must to maintain some technical sharpness. Any less and muscle memory fades and your nervous system must retrain itself. Three times a week is more beneficial in this respect, including competition. If you throw four or more times a week consistently, you run the risk of joint soreness and diminishing returns.

If you are actively participating in all the events (such as in a weight pentathlon), you have a serious balancing act to maintain technical sharpness while not running yourself into the ground.

As a rule of thumb, each time out to the circle or runway you should eagerly anticipate that workout, rather than viewing it as a chore. If your body is telling you, "I'm not ready to throw today," it's time for the brain to listen.

Always have a plan. That is, every time you head out to practice you should have one or two technical points to work on. The same carries over to every attempt.

### Vary the Implements

Do not be afraid to use varied weight implements. As the shot is my primary focus, my favorite implement is the 14# shot. I use it almost exclu-

sively in practice, often only throwing the 16# in competition. To me, the lighter implement feels much the same as the 16# does on meet day when the competitive juices have kicked in. I firmly believe that crushing a big throw in practice with the 14# leads to the same in competition. My practice throwing is geared toward explosiveness, much the same as my weight training, which I will discuss later. Heavy implements have their best value in the off-season and during the spring before the outdoor season.

When something clicks, be sure to make a few notes on paper. Experienced throwers know they spend more time out of the groove than in. Having a reference point to fall back on can save you hours, days, weeks, months, and even years of frustration.

The only thing better than notes is a camcorder. It's amazing how you think you are executing something perfectly, yet when you see yourself on film it's downright awful. The majority of my throwing sessions are solo, and I consider any session not filmed as wasted. You begin formulating key points for your next session as soon as you pop that tape in the VCR.

### Lift To Throw, Don't Lift to Lift

I don't know who said that first, but its beauty is in the simple message. With the exception of those adventurous folks who find joy in the weight events, the heaviest implement thrown will be from 16# to 3kg, based on your gender, age and event. Throwing is an explosive, ballistic pursuit. Everything you do should be geared toward accelerating that implement. While having a 450-pound bench and a 600-pound squat are admirable accomplishments, they don't necessarily guarantee success as a thrower.

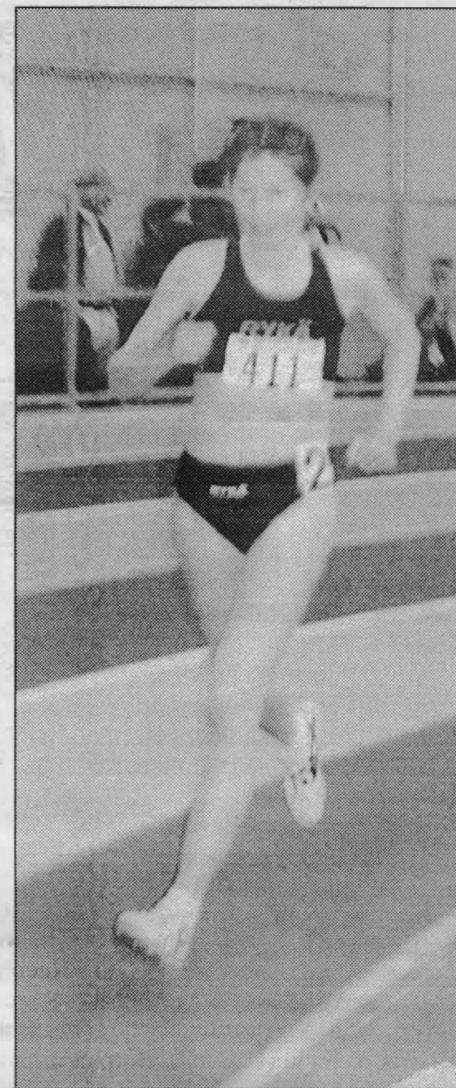
I am a proponent of the Louie Simmons system. Louie is a powerlifter from Ohio who squatted over 900 pounds at age 52. With all variables being equal, Simmons is stronger at age 52 than at 42, at 42 stronger than at 32, and so on. Simmons espouses an approach that is equal parts maximal lifting and explosive development.

Weekly training is essentially divided into four sessions, two for the upper body, two for the lower. Those two sessions are split into one for moving max weights in partial movements and assistance exercises, and one for performing the core exercises (bench, squat) as explosively as possible. This dual development of brute force and sheer speed is ideal for the typical thrower.

I don't have the space here to fully outline the Simmons program, but you can find out more on the web by visiting <http://deepsquatter.com/strength/archives/louie/>.

One note, many find that the four workouts per week are excessive and cause breakdown. Should that be the case, you may want to alternate max weight and speed weeks. This is especially important when mixed with throwing practice in-season.

I haven't mentioned them specifi-



JERRY WOJCIK

Joan Ottaway, broke W55 world records in the mile (5:49.42) and 3000 (11:25.05), 2000 National Masters Indoor Championships, Boston. This year's championships will be held March 23-25 in Boston.

cally, but do not leave out the Olympic lifts. Power cleans and snatches are explosive in nature and promote the total body system working in sequence.

### Plan Ahead

For the non-indoor competitors, after busting your humps all fall and winter, it's time to compete. Now your challenge is to get the most out of yourself. You need to take a look at your competition calendar and determine when you plan to throw the farthest. It is physically impossible to be at your maximum capabilities every time out. Depending on the length of your competition season, you should be able to peak two or three times.

Peaking involves shifting your training focus to lighter weights and lighter implements to maximize explosiveness. It also involves additional rest. Give yourself at least 48 hours rest before a big meet.

While it is important to set realistic goals, never sell yourself short. Train smart, not hard, and your next PR is just around the corner. I'm already envisioning mine! □

(Glenn Thompson is Editor/Publisher of the Long & Strong Throwers Journal, a quarterly print publication focusing on technique, training, pro-files, and throwing news. Cost is \$20 per year, payable to LSTJ, 3604 Green St., Harrisburg, PA 17110. Visit the web site at [www.longand-strong.com](http://www.longand-strong.com))



JERRY WOJCIK

Becky Sisley, Eugene, Ore., Northwest Regional Masters Coordinator, was voted 2000 Masters Administrator of the Year by the Masters Awards Sub-Committee at the annual meeting in Albuquerque.





# NATIONAL MASTERS NEWS



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

Records Section

February 2001

page 17



## Masters Age Records

### New Indoor Age-Group Records Compiled

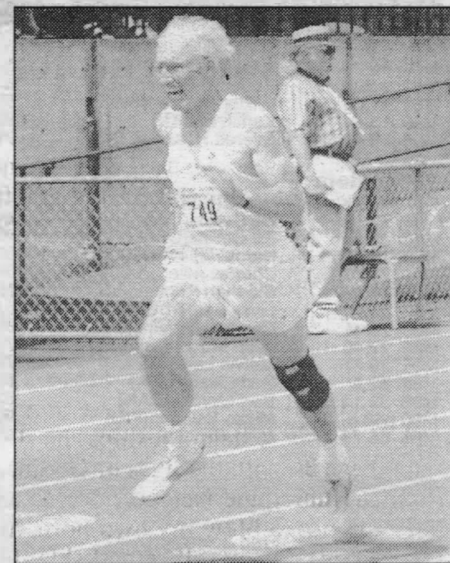
In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of July 20, 2000, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of Dec. 3, 2000, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

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

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

Non-USA athletes should use the WAVA record form, which is published in the WAVA Handbook and the April 2000 issue of NMN. It will again be printed in the April 2001 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future. □



SUZY HESS

Mel Larsen, of Iowa, set the M75 world indoor record (8.67) in the 60m at the 2000 Boston National Championships.

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

### APPLICATION FOR RECORDS

Send to:

Pete Mundle, Chairman, USATF and WAVA Records Committee,  
4017 Via Marina, #C-301, Venice CA 90291, USA.

#### To THE RECORD COMMITTEE:

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

#### Description of Record:

World \_\_\_\_\_ American \_\_\_\_\_ Association \_\_\_\_\_ Championship \_\_\_\_\_ Collegiate \_\_\_\_\_  
Junior \_\_\_\_\_ Age \_\_\_\_\_ Group \_\_\_\_\_ Masters \_\_\_\_\_

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

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

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

#### AUTOMATIC TIMING

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

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

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

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

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

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

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

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

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

#### (a) Track Events

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

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

#### (b) Field Events

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

#### THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

(Distance or Height) (Signature of Judge) (Address or USATF Official's Registration Number)

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

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)



Continued from previous page

Triple Jump

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists records for Triple Jump from W35 to W80.

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

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists records for Shot Put from W35 to W85.

3000 Meter Walk

Table with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE. Lists records for 3000 Meter Walk from W35 to W85.

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of the USA Track & Field as of December 3, 2000

Men's U.S. Indoor Records

60 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 60 Meters from M35 to M95.

200 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 200 Meters from M35 to M95.

400 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 400 Meters from M35 to M90.

800 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 800 Meters from M35 to M85.

1500 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 1500 Meters from M40 to M90.

One Mile

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for One Mile from M40 to M85.

3000 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 3000 Meters from M40 to M85.

60 Meter Hurdles

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 60 Meter Hurdles from M35 to M85.

High Jump

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for High Jump from M35 to M95.

Pole Vault

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Pole Vault from M35 to M85.

Long Jump

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Long Jump from M40 to M90.

Triple Jump

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Triple Jump from M40 to M85.

Shot Put (35-49: 16#; 50-59: 6Kg; 60-69: 5Kg; 70+: 4Kg)

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Shot Put from M40 to M95.

Weight Throw (35-59: 35#; 60+: 25#)

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Weight Throw from M35 to M95.

Super Weight Throw (35-69: 56#; 70+: 35#)

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for Super Weight Throw from M45 to M80.

Women's U.S. Indoor Records

60 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 60 Meters from W35 to W80.

200 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 200 Meters from W35 to W80.

400 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 400 Meters from W35 to W80.

800 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 800 Meters from W35 to W80.

1500 Meters

Table with columns: DIV. MARK, NAME(STATE), AGE, MEET DATE. Lists records for 1500 Meters from W35 to W80.



Continued on next page





## Speaker's Corner

By KATHY JAGER

### Enlightened Views Needed by Old Guard

Elsewhere in this issue you will see a column by WAVA President Torsten Carluis offering his explanation as to why he chose to reject my long-standing reinstatement request.

By way of simple background, the reinstatement was requested after I was suspended from competition for two years. I was suspended because I tested positive for trace elements of a (banned by IAAF) synthetic testosterone – contained within a hormone replacement therapy medicine (Estratest) prescribed by my physician. The medicine is used by hundreds of thousands of women as an effective post-menopausal therapy.

For those members of the WAVA Council who were consulted before the decision, I now am informed that this group either was not given, or chose to ignore, these highly relevant facts:

1. The current IAAF ban on the medicine exists completely apart from any medical foundation. It is in place because of the failure (whether by simple negligence, or by inability, is in dispute) by testing organizations to establish a "threshold" criterion for testing. Such criterion would distinguish (a) high levels of externally administered testosterone from (b) trace elements of synthetic testosterone widely recognized – and widely prescribed – as necessary for many post-menopausal women.

2. There never has been, nor is there now, any direct connection established between this medicine and athletic performance enhancement. The Estratest medicine is used to alleviate severe symptoms associated with post-menopausal problems. There is no evidence submitted that supports any perception that the medicine's ingredients have any other effect or give an athlete any unnatural advantage. Medical tests show conclusively that my personal testosterone levels are low; this medicine is prescribed to help bring those levels into a normal, healthy balance.

3. Previously provided official statements affirm that no suitable alternate medicines to this physician-prescribed medicine exist for me. This is not peculiar to my case; that is often why physicians prescribe this medicine as a medical and health maintenance solution for thousands of women.

#### Outdated Policies

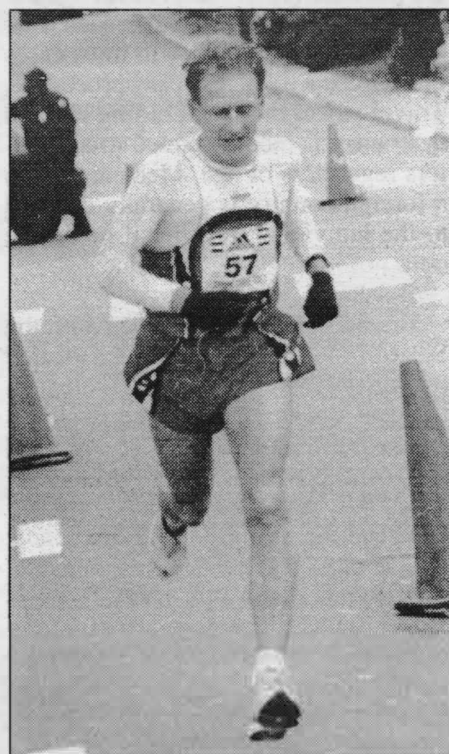
I don't relish talking about my personal situation in such a public manner. But how else are outdated, irrelevant policies to be opened up for review and modernization? The issue is, of course, of very great personal concern with me. And while this story, at least at this time, affects me most

directly, the issue is not one that my fellow competitor friends should ignore. Its significance for the masters athlete – and I mean both men and women – shouldn't be discounted.

For more than a year, I, along with others – including several specialists in the field – have worked forthrightly and openly with USATF, IAAF, and WAVA to provide them current information and expert testimony on the subject of post-menopausal requirements. All of these bodies have, by their own admission, never dealt with a case like this before. In spite of their ignorance and lack of experience, there is a monstrous reluctance for most of the members (particularly in the IAAF and WAVA) to be educated on the subject. This latest example of myopic, tradition-bound "evaluation" is yet another example of an abiding disregard of relevant facts.

#### No Room for Drug Abuse

Moreover, I have gone on record



GEORGE R. BANKER

Dan Lawson, 45, first M45 (26:50), adidas Stripe Route 1 8K, Gaithersburg, Md., Nov. 12.

repeatedly announcing my distaste for drug abuse in sports. I am a strong advocate for testing of athletes, where warranted, both in and out of competition. But my convictions are based on the presumption that we operate with enlightened drug policies, free of bias for all athletes. So I reject the proposition that any masters female athlete – using prescription medicine for post-menopausal distress, a medicine which has absolutely no connection to performance enhancement – must be punished by giving up the competition she loves, and the medals she has won.

We clearly can't rely on our regulatory masters to initiate necessary reforms. Masters athletes themselves will need to be the assertive ones in bringing the old guard into the 21st Century. We need to work hard, internationally, to make these rules correct

and contemporary. What ideas do you have? □

(Kathy Jager can be contacted by e-mail at [kjfasttrack@juno.com](mailto:kjfasttrack@juno.com))

### FIVE YEARS AGO February 1996

- Robert Yara (40, 2:30:46) and Joyce Deason (40, 2:53:49) First Masters in Rocket City Marathon
- Paul Mascali (42, 16:04) and Kathy Martin (44, 18:50) Win in Record Field in L.I.'s Ho Ho Ho 5K
- Senior Games/Senior Olympics Lower Competition Age from 55 to 50

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ROBERT WEIR (US)	2-4-61	40-44
JOY UPSHAW-MARGERUM (KAMUELA, HI)	2-24-61	40-44
DIMITRIOS KATTIS (GRE)	2-5-56	45-49
ELMA BRONKHORST (RSA)	2-7-56	45-49
NADJA IZVEKOVA (URS)	2-14-56	45-49
SUE NORTON (BOULDER, CO)	2-25-56	45-49
GARY HUNTER (FORT WAYNE, IN)	2-26-56	45-49
APRIL CAPWILL (ERIE, PA)	2-7-51	50-54
ANNIE BELLANGER (FRA)	2-7-51	50-54
BEATRICE WALDNIS (SUI)	2-1-46	55-59
GERALD LANDZETTEL (AUT)	2-8-46	55-59
ANGELLA HEARN (GBR-NEW YORK CITY, NY)	2-15-46	55-59
MAGGIE GOVENDER (GBR)	2-17-46	55-59
KJEL-ERIK STAHL (SWE)	2-17-46	55-59
PAMELA CALVERT (MANCHESTER, MD)	2-18-46	55-59
PERTTI AHOMAKI (FIN)	2-26-46	55-59
SINIKKA TOROPAINEN (FIN)	2-3-41	60-64
DOROTHY BROWNE (AUS)	2-6-41	60-64
INGRID SCHATTNER (GER)	2-9-41	60-64
FRANK STRUNA (MISSOULA, MT)	2-12-41	60-64
MARGUERITA GIROUARD (FRA)	2-21-41	60-64
MATTI VUOREMMAA (FIN)	2-23-41	60-64
KEITH FORMAN (TACOMA, WA)	2-24-41	60-64
IRIS HOLDER (GBR)	2-24-41	60-64
LORI MAYNARD (REDWOOD CITY, CA)	2-2-36	65-69
TONY ELUE (AUS)	2-4-36	65-69
SHIELA SMITH (LOS ANGELES, CA)	2-4-36	65-69
JEAN THEW (AUS)	2-6-36	65-69
MYRNA SORENSON (ORANGE, CA)	2-6-36	65-69
EDWARD JEFFERIS (RSA)	2-7-36	65-69
EARL ELLIS (SEATTLE, WA)	2-10-36	65-69
FRED BEST (WESTFIELD, NJ)	2-17-36	65-69
JIM MOORE (CA)	2-23-36	65-69
KIMIKO KAWANO (JPN)	2-25-36	65-69
HENRY DAVENPORT (CHARLES TOWN, WV)	2-28-36	65-69
KEITH WHITAKER (GB)	2-2-31	70-74
SID WING (WESTLAKE VILLAGE, CA)	2-4-31	70-74
ULRICH KAEMPH (LOS ALTOS, CA)	2-10-31	70-74
JACK ERICKSON (GRAND PRARIE, TX)	2-11-31	70-74
DENIS DEVALANCE (AUS)	2-15-31	70-74
NANCY TIGHE (NEW YORK CITY, NY)	2-16-31	70-74
JAMES MCGRATH (AUS)	2-17-31	70-74
SINCLAIR KALKHOF (BALA CYNWYD, PA)	2-21-31	70-74
DENNIS COVENEY (CAN)	2-23-31	70-74
PAUL HEITZMAN (EUDORA, KS)	2-25-31	70-74
JACK SCOTT (JOLIET, IL)	2-27-31	70-74
JOHN NOBLE (SO. PASADENA, CA)	2-2-26	75-79
KIO SHIK SONG (KOR-CA)	2-2-26	75-79
MONICA SHONE (GBR)	2-5-26	75-79
PHILLIP CLARKE (VAN NUYS, CA)	2-6-26	75-79
HUGO SCHLEGEL (WG)	2-6-26	75-79
ALICE OLSON (NZL)	2-8-26	75-79
FRANK HARRISON (CA)	2-9-26	75-79
HANS SCHUFFENHAUER (WG)	2-16-26	75-79
JOCK JOCOY (DEL MAR, CA)	2-18-26	75-79
BOB RICHARDS (SANTO, TX)	2-20-26	75-79
FLORENCE REARDON (OREGON, OH)	2-21-26	75-79
EDITH KOKERNOT (HOUSTON, TX)	2-21-26	75-79
BRIAN FREEMAN (SAN DIEGO, CA)	2-21-26	75-79
T. MCNEIL (GB)	2-22-26	75-79
MATTI JARVINEN (FIN)	2-23-26	75-79
DOROTHY MARTIN (TUSCON, AZ)	2-1-21	80-84
ELOF VIKLUND (WG)	2-13-21	80-84
MATHIAS BERGSETH (NOR)	2-15-21	80-84
TIBOR MIHALY (HUN)	2-20-21	80-84
ELOF WIKLUND (SWE)	2-23-21	80-84
ROBERT CROUCH (SAN CLEMENTE, CA)	2-27-21	80-84
ALGENE WILLIAMS (PARK FOREST, IL)	2-5-16	85-89
CHARLES DILLON (CAN)	2-9-16	85-89
ERNIE WARWICK (GBR)	2-19-16	85-89
DON BRADLEY (ENCINITOS, CA)	2-20-16	85-89
TOIVO PERTTU (FIN)	2-23-16	85-89
ERICH KRZYCKI (WG)	2-18-11	90-94
RUTH UPDEGROVE (HONOLULU)	2-20-11	90-94
ERNST SCHMIDT (WG)	2-1-6	95+
PAAVO RAISANEN (FIN)	2-14-6	95+

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

5 Months to Go



**2001 WORLD VETERANS' ATHLETIC CHAMPIONSHIPS**

# Countdown to Brisbane

by **DON AUSTIN, USA T&F Team Manager** & **CHARLES DESJARDINS, USA LDR Team Manager**

## USA Entry Deadline is March 1

Only five months remain until the Fourth-of-July opening of the 14th WAVA World Veterans Athletics Championships in Brisbane, Australia. Entry deadline for USA athletes is March 1. The 11-day biennial event is expected to draw nearly 6000 participants from up to 80 nations. There are no qualifying standards to enter except that men must be at least age 40 and women at least age 35 on July 4, 2001.

Entry forms may be obtained from any of the masters travel agents listed on these pages, or from USA team managers Don Austin or Charles DesJardins (addresses on page 3), or directly from Brisbane. Complete entry details were given in last month's "Countdown" column.

### New Offices in Brisbane

The office and staff were relocated on January 2 to ANZ Stadium, the main venue for the Championships. The e-mail and postal addresses remain the same with new phone and fax numbers (see "Contact Info" below).

### ANZ Stadium

The multi-million dollar construction of the new athletics facility is under way with the original field ripped up. The new facility will contain a nine-lane track with ten-lane straight, and double jumps on each side.

### Non-Stadia Events

The road walks will be held on a road bordered by trees and the Brisbane River. The marathon will be a flat, one-loop course starting and finishing at South Bank Parklands. The cross-country races will be run at St. Lucia Golf Course, 6K from the city center, offering both hilly and flat areas, creeks and gullies.

### Banquet

The traditional official banquet will be held on Tuesday, July 10. It will fea-

ture unique flavors of food cooked in wood ovens with traditional Australian music and performances.

### 5K Fun Run/Walk

A 5K fun run/walk, with the emphasis on having fun, meeting new friends, and renewing old acquaintances, will be held throughout the inner city on Tuesday, July 3, the day prior to the start of the events. It will be open to all accredited athletes, accompanying persons and officials. A participation medal will be awarded to all finishers.

### Sports Medicine

Sports Medicine Australia will provide all medical services, including physiotherapists and doctors, who will be on hand for every minute of the competition.

### Warm-up Meet

There may be a pre-championships warm-up meet at the Gold Coast on Sunday, July 1.

### Transport

Travel on the championships transport service is free to all registered athletes, registered accompanying persons, officials and other accredited personnel. For those accompanying persons who do not register, travel on the championships service will be charged at regular Brisbane Transport fares.

### Free Admission

Entry to the venues will be free to



SUZY HESS

In colorful costume, the only athlete from Nigeria at the 13th WAVA World Veterans Athletics Championships, Gateshead, England, marches in the Opening Ceremonies. Nigeria was one of 74 countries represented at the championships.

all. This includes the opening ceremony on Saturday, July 7, at ANZ Stadium, where all athletes are invited to march in with their country-mates.

### Visas

Visitors entering Australia must secure a visa from the Australian government, which may reject any person deemed dangerous. Team managers need not worry about checking an athlete's visa status.

### 70+ Rule

The government requires a letter from a medical professional to confirm the good health of visitors over age 70. Australia has many visitors each year over 70 and up to 100+. In most cases this will be a relatively easy procedure. Travel insurance, including health insurance, is recommended to all visitors regardless of age. Medical care in a foreign country is generally charged to the individual traveller if he or she does not have proper insurance.

### Brisbane

Brisbane is the capital city of the State of Queensland, centrally located on Australia's east coast. Located on the banks of the meandering Brisbane River, the region boasts a population of 1.6 million people. Its vibrant, yet relaxed, atmosphere has earned Brisbane the title of "Australia's most livable city." The climate is temperate. The average daily July temperature is 70°F (20.6°C). The days are generally sunny with mild evenings. The City's air pollution and crime are among the lowest in the world, and its medical infrastructure is world class.

### Shopping

In the heart of the city is the Queen Street Mall, with seven different shop-

ping precincts, over 500 individual boutiques, street performers, the aroma of fresh coffee and three major department stores. Right off the mall is the Myer Centre, with over 200 specialty shops, cafes, a food hall, eight cinemas, and a roller coaster. The Wintergarden has over 150 stores which concentrate on local and international trends and fashion. Most city shops are open seven days a week - Fridays till 9 p.m.

### Sporting Events

The weekend before the championships will see major sporting events in Brisbane - including football (soccer) and rugby.

### Aussie Lingo

Fair dinkum - honest, genuine  
Frog and toad - road  
She'll be apples - everything will be okay  
It's chock-a-block - something is full  
Vegies - vegetables  
Snag - sausage  
Crack a tinnie - open a beer can  
Away with the pixies - day dreaming

### Contact Info

We want to make Brisbane 2001 the best WAVA World Championships ever. We will endeavor to provide plenty of information about the championships and about Brisbane and Queensland, so feel free to contact us if you have a question. Postal address: PO Box 7889, Waterfront Place, Queensland 4001, Australia. Telephone: +61 7 3343 3000; fax +61 7 3343 3040. E-mail: wavainfo@qldeventscom.au. ☐

- Jacey Octigan, Events Manager

## XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001

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## International Scene

By **TORSTEN CARLIUS**  
WAVA President

### 2003 Championships Will Be Moved

An unexpected development makes it virtually impossible to stay with Kuala Lumpur for the WAVA 2003 World Veterans Championships. The WAVA Council has consequently contacted Puerto Rico, second in the voting in Gateshead, to establish the possibility of moving these championships to Puerto Rico.

It is, of course, too early to confirm or not as the LOC in Puerto Rico must have a fair chance to evaluate the offer and check all contract liabilities, but contact has been established and we await an answer.

#### Brisbane

We are just six months away from the 14th WAVA World Championships Stadia and while the home straight will be challenging, I am confident that David Lloyd and his team will offer the best championships ever. He and his staff have moved into new premises in the ANZ Stadium and my daily thoughts are for their success and entries surpassing expectations.

#### Regionals

In Europe, veterans athletes will have both their 3rd Indoor European Championships in Bordeaux, France, the second weekend of March, and their 7th European Non-Stadia Championships in Malta the last weekend of April. It is my sincere hope that these Championships will also develop in our other five regions, giving all veterans the same opportunities to compete and meet old friends.

#### Candidates for 2005

The General Assembly in Brisbane will listen to presentations by candidates bidding to host the 2005 WAVA World Veterans Championships Stadia. Tom Jordan, our WAVA Executive Vice President, and Monty Hacker, our Secretary, have announced their intent to bid. Vying for this honor are Helsinki, Finland; Puerto Rico; San Sebastian, Spain; and possibly Sacramento or Baton Rouge, USA.

These are very viable sites, and there is no doubt it will be a tough contest. I dare not express any opinion, and, along with everyone else, look forward to seeing the programs presented by the candidates.

The next step is for WAVA representatives to visit the candidates to inspect the respective facilities, accommodations and transportation options. Further we will discuss the LOC composition in order to safeguard against sudden surprises. The candidates will also sign the preliminary contract and we shall agree upon the letter of credit and how the sanction fee will be regulated. All this is to

be done before the General Assembly so that everything is settled before the Assembly.

#### Proposals/Nominations

WAVA Secretary, Monty Hacker, has sent out considerable information re our meetings in Brisbane, including deadlines regarding affiliate proposals for amendment to the WAVA Constitution, By-laws and Rules of Competition, as well as for the elections at the General Assembly.

The Constitution states that such proposals/nominations shall be in the hands of the WAVA Secretary no later than 90 days before the opening date of the General Assembly. As the General Assembly will be held on July 11, this means that the last day for proposals/nominations to reach the Secretary is April 10.

The Council has used its right to nominate candidates for the elections and has nominated all outgoing officers for a second four-year term, i.e., President: Torsten Carlus, Sweden; Executive Vice President: Tom Jordan, USA; Vice President - Stadia: Jim Blair, New Zealand; Vice President - Non-Stadia: Ron Bell, Great Britain; Secretary: Monty Hacker, South Africa; and Treasurer: Giuseppe Galfetti, Switzerland.

#### Kathy Jager

Kathy Jager's appeal for early reinstatement was not approved, which means that her suspension for doping will endure for the two years decided previously.

This is not the place for deep discussion, but let me just say that WAVA, when asked about its opinion re the appeal, could not take any other decision than rejection following the IAAF rules on drug testing and suspension. The case has been handled by IAAF

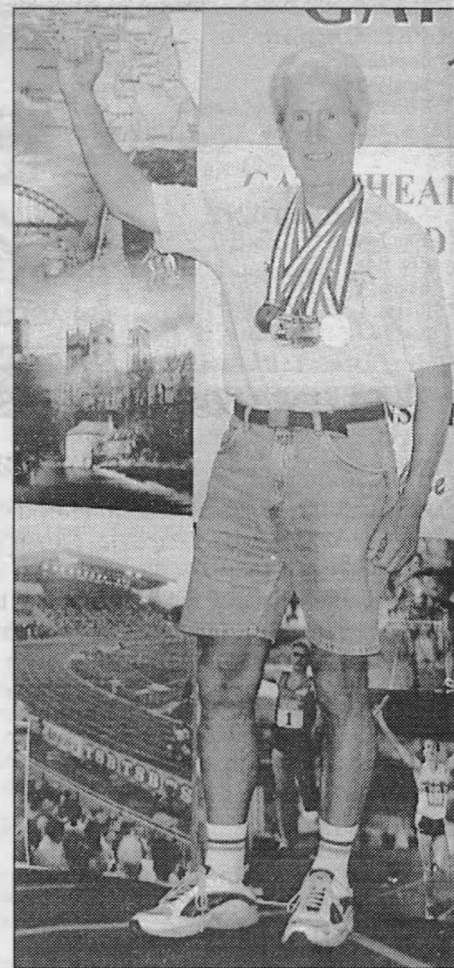
and we have the agreement that future cases - which we sincerely hope to avoid - shall be handled in the same way, but in close cooperation with the WAVA Doping and Medical Committee.

If there appear to be necessary exceptions from the present IAAF rules vis-a-vis veterans, this is something the Council will discuss at its next meeting; however, talks with the IAAF medical representatives have so far not given any reason to set up special rules for veterans. I do sincerely hope that, however sad it is for Kathy Jager, hers will remain the one and only case we will ever have.

I finish as I began this column, hoping 2001 will bring us all success and happy memories from our beloved sport. I look forward to our meeting and participating in a very successful championships event in Brisbane. Until then, good health. □

### CORRECTION

The e-mail address for Chuck DesJardins, the USATF LDR Team Manager for Brisbane, was transposed in the Countdown to Brisbane column, p. 22, January 2001. His address is CRDJ@iqemail.com.



SUZY HESS

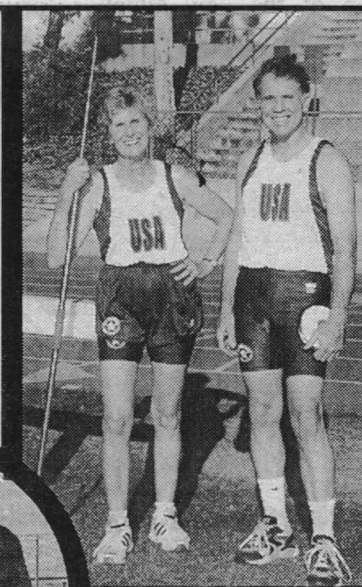
Heinrich Gutbier, M75, Germany, finished with gold medals in the 5000, 10,000, 10K Cross-Country, Marathon, and a team bronze in the Marathon Relay, 13th WAVA World Veterans Athletics Championships, Gateshead, England.

### It's never too early to think Brisbane\*

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\* WAVA World Veterans' Athletics Championships July 4-14, 2001 Brisbane, Queensland, Australia



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*Report from Britain*

**Splashing Times in the Soggy South**

By BRIDGET CUSHEN

As Britain continues to endure one of its wettest winters on record, competitors in the BVAF 10-Mile Road Race on Dec. 10 were happy to switch from sodden cross-country to the traffic-free paths in Brockwell Park in south London. Bearded Alex Rowe, M40, led for the first two laps of the three-lap course, splashing his way through overflowing lakes and ceaseless rain. Following closely was Nigel Gates, 47, who went on to win in 53:57 from Rowe (54:24).

In the second race for M50+, Neil Robson, M50 winner (59:29) and Fred Gibbs, M60 first, traveled all the way from Yorkshire, while the oldest finisher, Frank Copping, 75, came down from Norfolk.

There was a great race for the W35

title between international marathoner and mother of young twins, Danielle Sanderson, and Alison Fletcher. Sanderson won by just six seconds in 61:07. Joanne Jenkins took the W40 title in 70:26; Josie Heffernan won the W45 title (68:10).

The Epsom 10-Mile is another popular, but testing, road race and incorporates the Veterans AC 10-Mile Championships. Starting parallel with the famous derby horse race course, it winds out through very hilly Surrey villages to finish back just past the grandstand. Bill Gristwood, M40, was first in 55:53. Martin Rouse won the M50 race in 59:10. Phyllis Flynn, W35, was first masters woman, with a 64:47. The W45 race went to S. Martin-Clarke in 66:31. □

*WAVA web site: <http://www.wava.org>*

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**WAVA/USATF Hurdles and Implements Specifications**

**HURDLES**

**WOMEN**

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

**MEN**

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	
70+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

**IMPLEMENTS**

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT**		SUPER WEIGHT USATF
					WAVA	USATF	
<b>Women</b>							
30-49	4.00k	1.00k	4.00k	600 gms.	20#	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	16#	25#
<b>Men</b>							
30-49	7.26k(16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WAVA weights are used for USATF weight pentathlons.

Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

\* New 1999 IAAF specifications. \*\*WAVA weights replace USATF weights on April 1, 2001.



# Masters Scene

## EAST

• Two local masters teams recorded pending world indoor bests in the 4x1600 relay at the Boston U. All-Comers, Jan. 6. The M60-69 Gate City Striders, based in Nashua, NH, scorched a 24:55.7 to better the 27:30.0 by the Syracuse Chargers in 1981. Team members were **Bill Engle**, 69, 6:38.2. **Eldon Birkinshaw**, 62, 6:16.3, **Jack Kick**, 68, 6:08.9, and **Bill Spencer**, 64, 5:52.3. Liberty AC's W50-59 quartet, from the Greater Boston area, of **Deb Bullerjahn**, 51, 6:18.9; **Anne Igoe**, 51, 7:05.3; **Andrea Hatch**, 57, 7:36.3; and **Regina Wright**, 58, 7:01.9, established a world best 28:02.4.

• **Madelyn Noe**, W40, was first female overall in 61:05. USATF NJ 10 Mile Championships, Picatinny Arsenal, Rockaway, NJ, Dec. 10. **Shawn Gallagher**, M40, 56:14, outdueled **Jeremy Stratton**, M40, 56:26, for the M40+ title. **Guenter Erich**, M65, 77:22, and **Betty Shonts**, W50, 71:04, posted impressive division winning times.

• **Chris Fox**, 42, Shepherdstown, WV, was declared the overall winner after defending champion **Lemma Bonssa** of Ethiopia was disqualified for running on the sidewalk and cutting the course in the adidas Stripe 3 Route 1 Corridor 8K, College Park, MD, Nov. 19. After the race, Fox, who finished a few yards behind Bonssa with a 25:11, said "I think I stepped up to a level I did not have before. After three miles, I thought I could win. If I gave Bonssa two or three yards, it was because I let him. I look forward to racing him again. It was aggravating with him cutting the course. I did mention it to him three times earlier when he did it." Fox collected a \$250 first prize. **Roberta Leopold**, 42, Washington, DC, was first 40+ in 36:57. **Tami Graf**, 64, Lusby, MD, was third W40+ in 41:07.

• **Larry Sayers**, 41, Bellows Falls, VT, was declared winner at the Concord (NH) Jingle Bell Run for Arthritis, Dec. 2, by a reindeer's nose length. His 15:40 tied the time of runner-up **Rod Vien**, 33, Sunapee, NH.

• **Rudy Afanador**, 42, 4:19:49, aced the entire field by nearly 10 minutes to win the



GEORGE BANKER

Jon St. Clair, 42, Fort Collins, Colo., third M40+ (31:36), 2000 Sallie Mae 10K, Washington, D.C.

men's title at the NYRRC Knickerbocker 60K, Van Cortlandt Park, NY, Nov. 25. **Admas Beligne**, 47, 5:42:07, captured the women's masters title.

• **Jerry Macari**, 41, 51:07, and **Dominique Jean**, 43, 1:05:31, were first masters to cross the line at the NYRRC Hot Chocolate 15K, Central Park, NYC, Dec. 2. **Joanna Fair**, 81, turned in a strong 1:49:33.

## SOUTHEAST

• **Paul Okerberg**, 42, St. Johns Island, SC, swept away with the overall crown at the Kiawah Island (SC) Marathon, Dec. 9, 2:36:46. Second overall went to **John Walton**, 41, Charlotte, NC, 2:40:38. **Mame Emmrich**, 40, Charlotte, NC, 3:09:26, was first W40+ and fourth woman overall. In the half-marathon, first place woman overall was **Rietta Couper**, 42, Chapel Hill, NC, 1:25:57, followed immediately by **Susi Smith**, 41, Taylors, SC, 1:26:32. **David Couper**, 46, Chapel Hill, 1:16:06, held off **Dan Hyde**, 44, Matthews, NC, 1:16:15, for the masters win.

• **Sam Ngatia**, 41, Ft. Carson, CO, placed second overall in the first Tennessee Memphis Marathon, Dec. 3, in 2:23:36, matching the time of winner **Mark Newman**, 38, Germantown, TN. **Steve Wilson**, 41, Lafayette, IN, was second M40+ and fourth overall in 2:26:24. **Mary Burns Prine**, 43, San Diego, was the pride of the W40+ field in 2:54:43, and second woman overall.

## SOUTHWEST

• *Oklahoma Runner* magazine named **John Stuke**, 47, of Broken Arrow, the 2000 Oklahoma Runner of the Year, which marks the third consecutive year the award has been won by a masters runner. Stuke also won the award in 1995, making him the only masters runner to win it twice. **Norman Roper**, OKC, was the 1998 winner; **Pete Orban**, Claremore, was the 1999 winner.

• The Dallas Masters T&F Club has produced a 2001 calendar to publicize itself and masters t&f. It contains short bios of club mem-

bers and dates of important meets, and sells for \$6.95, including p/h. Proceeds go to the club. Contact **Wayne Bennett**, 1501 W. Lavender Lane, Arlington, TX 76013; 817-274-0448.

## WEST

• **Jutta McCormick**, W60, Cupertino, CA (5:34/23:04), **Jim Hampton**, M50, Belmont, CA (4:43/18:54), and **Richard Caine**, M70, San Carlos, CA (6:54/26:26) were each age-group winners in both races at the Miracle Mile and Christmas Classic 5K in San Francisco, CA, Dec. 17.

• **Johnny Gray**, 41, who retired for several months last year after failing to make his fifth Olympic team in the 800 meters, won the 600 yard run in 1:12.21, leading every step of the way, at the L.A. Invitational T&F Indoor Meet, Jan. 20.

## NORTHWEST

• **Jim McGill**, 52, Seattle, WA, was the top A-G performer at Seattle's Jingle Bell Run 5K, Dec. 10, with an 85.8% 17:12. **Mark Billett**, 47, Seattle, was first M40+ in 16:48 (84.5%), and **Gail Hall**, 41, Bothell, WA, was first W40+ and second woman overall in 18:14 (83.6%).

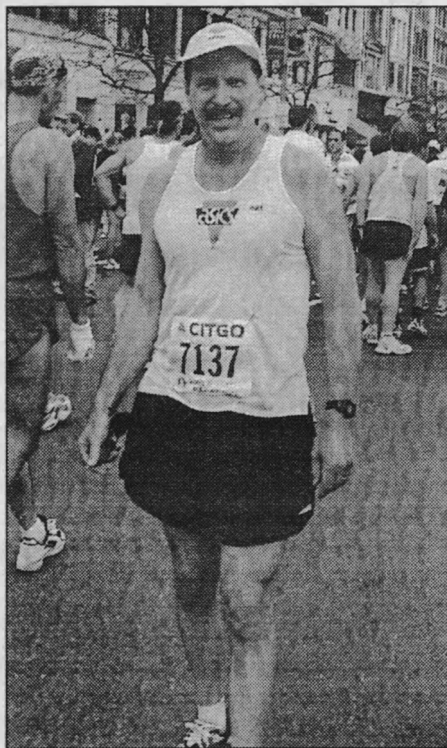
• **Robin Manning**, 47, Portland, OR, won the overall women's title at the Portland Jingle Bell Run for Arthritis 8K, Dec. 3, with a 30:58 (84.7%). **Denise Foote**, 41, won the accompanying 5K, in 20:31.

## INTERNATIONAL

• Athletes from Ukraine, Belarus, Moscow, St. Petersburg, and Russia, competed in the 2000 Indoor Match of Five, Moscow, Dec. 9. **Sviatoslav Sauliak**, 54, Moscow, took age-graded honors in the 60m with a 96.8% 7.6h. **Valery Uchov**, 60, Moscow, was second A-G with a 94.7% 8.1h. **Vladimir Zharikov**, 46, Belarus, just missed the M45 high jump indoor WR of 1.92 with a 1.90. **Rifhat Sultanov**, 56, Russia, was best performer in the 5000 RW with a 23:54.1h.

## CORRECTIONS

• Rankings Adjustments:  
**1999 Outdoor**  
 M40 100: **Malcolm Owen** ranks 24th of 89 with an 11.76.  
 M40 200: **Malcolm Owen** ranks 24th of 69 with a 24.09.  
**2000 Indoor**  
 W55 Shot Put: **Karen Wright** ranks 2nd of 3 with a 7.60.



JERRY WOJCIK

Barry Wallman, 48, Camarillo, Calif., after running a 3:18:32, 2000 Boston Marathon.

## ON TAP FOR FEBRUARY

### TRACK AND FIELD

The two-day USATF Masters Indoor Heptathlon Championships starts on the 9th at Lewis College, near Chicago. State association championships are set for Michigan at Allendale, on the 4th; New Jersey at Hackensack, the 11th; Arizona at Flagstaff, the 18th; and on the 25th, Ohio at Findlay U., and Colorado at USAF Academy. Other offerings include Illinois meets on the 10th and 24th, and the Long Island Association Championships (track only) and Roger Messenger Masters Mile in the Upstate NY Distance Festival on the 25th. The British Championships have at it on the 17th, and the Barbados Winter Training session starts on the 19th.

### LONG DISTANCE RUNNING

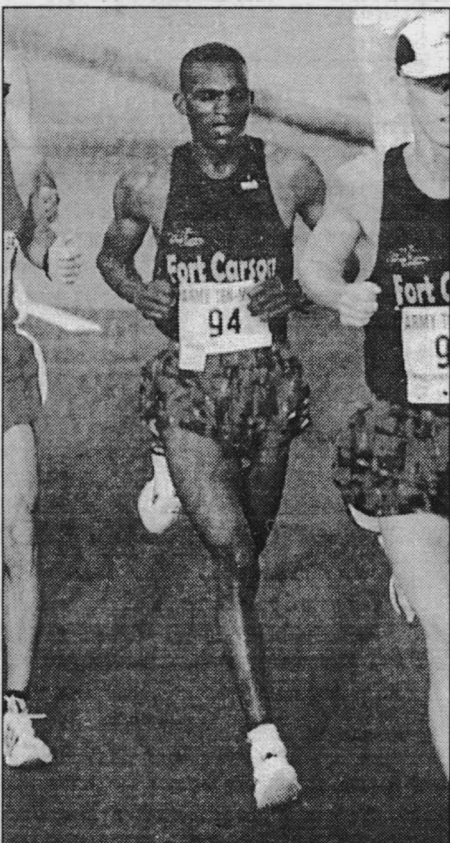
A cross-country championships in February? Yep, the USATF Masters 10K at Fort Vancouver, Wash., on the 17th. The Hampton, Va., Coliseum Half-Marathon opens the month on the 3rd, followed by the Mardi Gras Marathon, New Orleans; Conoco 10K Rodeo Run, Houston; and Las Vegas Marathon & Relay on the 4th. Columbia, S.C., hosts the Carolina Marathon on the 10th. The next weekend finds the Myrtle Beach, S.C., Marathon; Outback Steakhouse 12K, Orlando; and Third Olympiad Memorial Marathon, St. Louis, on the 17th; and on the 18th, the Washington, D.C., Birthday Marathon; Miami Tropical Marathon; and Motorola Marathon, Austin. Month-ending marathons include the Last Train to Boston, Edgewood, Md.; Blue Angel, Pensacola, Fla.; and Cowtown, Fort Worth, on the 24th; and the Cape Cod on the 25th. The festive Gasparilla 15K envelops Tampa on the 24th and the Colonial Half-Marathon is set for the 25th in Williamsburg, Va.

### RACEWALKING

The Mall 3K RW "Championships" hits Milford, Conn., on the 18th. Most T&F and LDR events listed in the schedule include a racewalk. □

## 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. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405



GEORGE BANKER

Sam Ngatia #94, 41, overall winner (48:50) with the leaders, 2000 Army 10 Miler, Washington, D.C.

# Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

## TRACK & FIELD

### NATIONAL

**February 9-10.** USATF National Masters Indoor Heptathlon Championships, Lewis College, Romeoville (just south of Chicago on I-55), Ill. 1st day: 60m/LJ/SP/HJ; 2nd day: 60mH/PV/1000. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. E-mail: JWatry@hycor.com

**March 23.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HT/1000m; women: 60H/HJ/SP/LJ/800m. See below.

**March 23-25.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600; 617-332-3919; www.tracs.net; Email: tracks2@earthlink.net

**June 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.

**July 14-28.** National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

**July 25-28.** 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

**September TBA.** USATF National Masters Weight & Superweight Championships, Seattle, Wash.

### EAST

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

**February 2.** Millrose Games, NYC. Masters 4x400 relay.

**February 4.** New Balance Invitational, Reggie Lewis Arena, Boston. Masters mile.

**February 11.** New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. Open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

**February 11.** Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC hotline: 703-671-2520.

**February 23.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Track events. 516-349-9157; office@litf.org

**February 25.** Roger Messenger Masters Mile in the Bank of Geneva Upstate Indoor Distance Festival, Bristol Fieldhouse, Hobart & Smith College, Geneva, N.Y. Pete Glavin, gvh@frontier.net

**March 3.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

**March 3.** Potomac Valley Association USATF Indoor Championships, Prince George's Sports Complex, Landover, Md. PVTC Hotline: 703-671-2520; www.pvtc.org

**March 4.** MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern).

**March 10.** Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**March 17.** 29th annual USATF East Regional Masters Indoor Championships, Prince George's County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

**April 26-27.** Penn Relays, U. of Pennsylvania, Philadelphia. Masters relays & 100. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115; felton@princeton.edu

**May 19-20.** Long Island Senior Games, Suffolk CC, Garden City, N.Y. Eleanor Scott, PO Box 1024, Smithtown, NY 11787. 631-265-2966; eleanors@ix.net com.com; entry form at longislandseniorgames.com

### SOUTHEAST

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

**February 4-March 11.** Polk Senior Games, Polk County, Fla. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

**March 2-3.** Masters M&W 200/USATF National Open Indoor Championships, Georgia Dome, Atlanta. Phil Raschker, stabhoch@aol.com

**March 3.** Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. For entry info send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667; http://home.wlu.edu/~tuckerj

**April 21.** USATF Georgia Masters Championships, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. Phone/fax: 478-982-4881; jimjoyce@jchs.com

**May 4-6.** 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

**May 16-19.** South Carolina Senior Sports Classic, Florence. 803-772-0363.

**May 30-June 2.** Virginia Senior Games, Richmond. 804-730-9447.

### MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

**February 4.** USATF Michigan Association Masters & Open Indoor Championships, Grand Valley St. U., Allendale (11 miles west of Grand Rapids). Schedule includes mile, 3000 RW, and WT. Jerry Baltes, GVSU, Office 97, Allendale, MI 49401. 616-895-3360.

**February 9 & 16.** Grand Valley St. U. Indoor Meets, Allendale, Mich. www.gvsu.edu

**February 10.** Midwest Indoor Meet III, Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

**February 24.** Midwest Indoor Meet IV, Westwood Sports Center, Sterling, Ill. See Feb. 10.

**February 25.** USATF Ohio M/O/J Indoor Championships, U. of Findlay. 1-800-472-9502, x4674; arce@mail.findlay.edu

**March 10.** USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

**April 7.** Masters & All Comers Open Meet/North Region Youth Championships, Proviso West HS, Hillside/Chicago, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

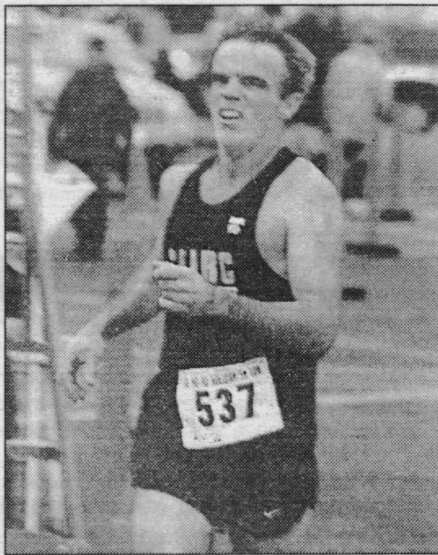
**June 9.** USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**February 4.** 21st Century Ageless Games, Bethel Seminary, St. Paul, Minn. Registration at noon. Rachel Lyga, 763-574-9661.

**February 25.** USATF Colorado Masters & Open Indoor Championships, USAF Academy, Colorado Springs. SASE to Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302; 303-443-2695, or Jerry Donley,



MIKE POLANSKY

Brian Manghanm, 47, first M40+ (17:58), Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17.

1715 Alamo Ave., Colorado Springs, CO 80907; 719-635-1264.

**March 10.** USATF Minnesota Indoor Championships, Bethel College, Arden Hills. J/O/M. 2:00 pm. MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. Phil Glover, 612-789-3614; gloverph@aol.com

**May 30-June 3.** New Mexico Senior Olympics, Las Cruces. 505-623-5777.

**June 23-24.** Missouri State Senior Games, Columbia. Jack Miles, U. of Missouri, 11-5 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

**September 1-2.** Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-2452.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 10.** U. of Houston/Runsport All-Comers Indoor Meet, UH Athletics/Alumni Center, 3100 Cullen Blvd., UH Campus. 11:00 a.m. deadline/entry fee \$10. Masters sections if enough interest. WT. Mike Takaha, 713-743-9466.

**March 31.** Lions/Waterloo Meet, Austin, Texas. Seth Brower, sethbrower@earthlink.net

**May 19.** 12th annual Lions/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, sethbrower@earthlink.net

**June 2.** USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

**July 7.** Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vvranner@aol.com

### WEST

Arizona, California, Hawaii, Nevada

**February 3-11.** Tucson Senior Olympic Festival, Tucson, Ariz. Open to out-of-state. www.tucsonseniorgames.org

**February 10.** KelField Throws Meet #91, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**February 17-March 4.** Arizona Senior Olympics, Phoenix. 602-261-8765; 495-5490.

**February 18.** USATF Arizona M/O/Y Indoor Championships, Flagstaff. 480-949-1991; usatfaz@worldnet.att.net

**March 3.** KelField Throws Meet #92, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**March 10.** Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smitheld@home.com

**March 18-25.** Drayson Center Senior Games, Loma Linda, Calif. Mikki Medina, 909-558-4399, x82275.

**March 31.** KelField Throws Meet #93, Santa Cruz, Calif. See March 3.

**March 31-April 1.** Phoenix Invitational, Glendale CC, Glendale, Ariz. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

**April 8.** John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. M&W 25+. Al Siddons, 714-564-6936.

**May 5.** Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ, Bob

Continued from page 26

Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 480-949-1991, or Pat Fahy, 8650 E. Roma, Scottsdale, AZ 85251; 480-946-7135.

**May 6.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.

**May 18-19.** USATF Arizona Championships, Glendale CC, Glendale. See Bob Flint, May 5.

**May 19.** Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 27.** Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com; www.coachr.org/Dan\_Aldrich\_Track.htm

**June 3.** Mark Grubi Masters Meet, UC-Berkeley Edwards Field. Don Rose, phone/fax: 415-457-8177; donrose43262@cs.com

**June 22-23.** Arizona Multi-Event Championships, Westwood H.S., Mesa. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

**October 6.** 28th annual Club West Meet, Santa Barbara, Calif.

**October 21.** Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

**NORTHWEST**

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**February 3 & 17.** MacDonald's Indoor All Comers meets, Kibbie Dome, Moscow, Idaho. Yogi Weigel, 208-885-0251; yogi@uidaho.edu

**February 4, 11, 18, 25.** Oregon TC Masters Clinics, Hayward Field, Eugene. 2:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net

**February 10.** Kirby Nagelhout High Desert Indoor Meet, Deschutes County Expo Center, Redmond, Ore. USATF Oregon, runjumpthrow@compuserve.com

**February 10.** Inland Northwest Association Indoor Meet, Eastern Washington U., Cheney. Ruth Van Kuren, 509-235-4762.

**March 4, 11, 18, 25.** Oregon TC Masters Clinics, Hayward Field, Eugene. 2:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net

**May 26.** Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h).

**June 9-10.** Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405, 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com

**June TBA.** USATF Oregon Masters & Open Championships, McMinnville.

**June 2.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

**June 23-24.** USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; Istepan@yahoo.com

**July 7-8.** State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval-T&F, 503-667-7140.

**July 20-22.** Big Sky Games, Billings, Mont. T&F contact: Karen Sanford Gall, 406-254-7426; www.bigskygames.org. State residents only.

**August 16-18.** Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.

**August 17-18.** Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 206-932-3923;

kweinbel@aol.com

**CANADA**

**March 3.** Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9, Canada. masters@sympatico.ca; www3.sympatico.co/ontario.masters

**INTERNATIONAL**

**February 2-11.** International Master Athlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.masterathletewintergames2001.com

**February 3-11.** New Zealand Masters Games, Wanganui. NZMG, PO Box 500, Wanganui, New Zealand.

**February 17-18.** British Veterans Indoor Championships, Cardiff. Sue Hooper, 150 Woodland Ave., Pencoed, Mid Glam., CF35 6UP, Wales. Entries close Jan. 27.

**February 19-March 5.** Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

**March 8-12.** European Veterans Indoor Championships, Bordeaux, France. Federation Française d'Athlétisme, 38 Avenue Pierre de Coubertin 75640, Paris, France. CEDEX 13; fax: +33 1-45-81-44-66.

**March 24-25.** Russian Veterans Indoor Championships, Penza. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**May 12-15.** Russian Veterans Throwing Championships, Toliatty. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**July 4-14.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

**August 11-12.** Russian Open Masters Games (t&f dates), Moscow. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**September 28-30.** Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

**October 5-14.** Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW. www.nh events.com.au

**OPEN**

**Aug. 3-12.** IAAF World Championships VIII, Edmonton, Canada.

**LONG DISTANCE RUNNING**

**NATIONAL**

**February 17.** USATF National Masters 10K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd. #11, Sandy, OR 97055. 541-676-9601.

**March 24.** USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 412-824-4508(h).

**April 1.** USATF National Masters Men's 5K

Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sudlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

**May 2-6.** Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rca.org

**June 2.** USATF National Masters Women's 5K Championships/Freihofers, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**July 28.** USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

**September 15-16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

**October 7.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 27.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 4.** USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

**November 18.** USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

**December 1.** USAIF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

**December 29.** USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

**EAST**

Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, No. Virginia, Pennsylvania, Rhode Island, Vermont

**February 18.** Washington's Birthday Marathon & Relay, Greenbelt, Md. Patrick Brown, 703-241-0395/DCRRC; PBrown@mitrek.org

**February 24.** Last Train to Boston Marathon, Edgewood, Md. Brad Roberts, 410-638-1091; lasttrain@ieee.org

**February 25.** Cape Cod Times Marathon, Half-Marathon, & 5K, Hyannis, Mass. Kevin Petrovek, 508-775-8877; www.capecodtimesmarathon.org

**March 3.** Hudson Mohawk Marathon, Albany, N.Y. 518-435-4500; www.hmrrc.com

**March 11.** Massachusetts Law Enforcement Half-Marathon, Melrose. Tony Pallotta, Runners Edge, 781-662-0091; www.runedge.com

**March 18.** New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan or Ed Talbot, 508-998-5068; www.NBHALF.com

**April 8.** Nortel Networks Cherry Blossom 10 Mile, Washington, D.C. 6000 entrant limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.nortelnetworks.com/cb

**April 16.** 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

**April 29.** New Jersey Shore Marathon, Long Branch. Art Castellano, 732-578-1771; www.njshoremrathon.org

**May 6.** Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

**May 6.** UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

**May 27.** Vermont City Marathon, Burlington. Andrea Sisino, 800-880-8149; vcm.org

**June 4.** Merry Heart 5K, Eisenhower Middle School, Roxbury, N.J. Madeline Bost, PO Box 458, Ironton, NJ 07845; 973-584-0679. Hotline: 973-584-9302.

**SOUTHEAST**

Alabama, Florida, Georgia, N. Carolina, S. Carolina, Tennessee, Virginia

**February 3.** Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum

**February 3.** Gulf Winds TC 30K, Tallahassee, Fla. David & Judy Waters, 850-421-0469; dwaters@mailers.fsu.edu

**February 10.** Pensacola News Journal Double Bridge Run 15K & 5K, Pensacola, Fla. 850-434-2800; www.pensacolasports.com/running/bridge.htm.

**February 10.** Carolina Marathon, Columbia, S.C. Donna DesPortes, 803-929-1996; fax: 929-1926; www.carolina marathon.org

**February 17.** Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.coastal.edu/mbmarathon

**February 17.** Outback Steakhouse Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

**February 17.** Withlacoochee Rails to Trails 100K/RRCA Southern Region Championships, Brooksville, Fla. John Holmes, 727-546-9399; croomtrailrunner@juno.com

**February 17.** Edison Festival of Light 5K, Fort Myers, Fla. Edison Festival 5K, Fort Myers TC, PO Box 60131, Ft. Myers, FL 33906. 941-334-2999.

**February 18.** Miami Tropical Marathon, Miami, Fla. 305-252-3235; www.sbr-mul ti sport.com

**February 24.** Bank of America Gasparilla Distance Classic 15K & 5K, Tampa, Fla. Susan Harmeling, 813-229-7866; www.doitsports.com/gasparilla

**February 24.** Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.signmeupsports.com

**February 24.** Lumber River Run 5K, Lumberton, N.C. Robeson RRC, 308 W. 25th St., Lumberton, N.C. 28538. Maria Parker, 910-739-2400; mpp85@yahoo.com

**February 25.** Anheuser Busch Colonial Half-Marathon, Williamsburg. Colonial H-M, PO Box 399, Williamsburg, VA 23187. 757-221-3363; 221-1599.

**March 3.** Chattahoochee RR 10K/RRCA Southern Region Championships, Atlanta, Ga. Marlene Atwood, 770-497-4208; atfedwood@email.msn.com

**March 4.** Knight trail 50K, Sarasota, Fla. Dave Siegwald, 941-377-1772. siegwald@prodigy.net

**March 10.** Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.lstplacesports.com

**March 11.** Hope for Children 10K/RRCA Florida Championships, Naples, Fla. Fran Fidler, race director, 941-430-0799; fax: 436-6780; NaplesHope10K@aol.com

**March 17.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksports

Continued on next page

Continued from page 27  
fest.com

**March 17.** Unicorn Classic 5K/RRCA Southern Region Championships, Largo, Fla. Pete Pfannerstill, 727-393-9987; www.runwestflorida.com

**March 24.** Azalea Trail Run 10K, Mobile, Ala. ATR 10K, PO Box 6427, Mobile, AL 36660. www.pcpacers.org

**April 7.** Cooper River Bridge 10K, Charleston, S.C. 843-792-0345; www.bridgerun.com

**April 8.** 7K Road Race for Sickie Cell/RRCA Southern Region Championships, College Park, Ga. J.T. Franks, 2421 Poole Rd., Atlanta, GA 3031. 404-344-0045.

**April 21.** Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com

**April 28.** Country Music Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

**May 27.** Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo.com; http://mahoney4.home.netcom.com/sr/wikham.htm

### MIDWEST

Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia

**April 1.** The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www.cararuns.org

**April 8.** Athens Marathon, Athens, Ohio. 740-594-3825; www.athensohio.com

**April 22.** Glass City Marathon, Toledo, Ohio. Tom Falvey, 419-475-0731; www.ToledoRoadrunners.org

**April 28.** Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

**April 29.** CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.clevelandmarathon.com

**April 29.** Michigan Trail Marathon, Ann Arbor. Running Fit, 734-769-5016; www.runningfit.com

**May 5.** Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

**May 6.** Cincinnati Flying Pig Marathon/RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

**May 26.** Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

**May 27.** Bayshore Marathon, Traverse City, Mich. Dave Taylor, 231-941-8118; www.users.northlink.net/tctc

### MID-AMERICA

Colorado, Iowa, Kansas, Minnesota, Missouri, New Mexico, N. Dakota, Nebraska, S. Dakota

**February 17.** Third Olympia Memorial Marathon, St. Louis, Mo. Marathon Sports, 13453 Chesterfield Plaza, Chesterfield, MO 63017. 314-434-9577.

**April 21.** 32nd Annual Longest Day Marathon, Relay, Half-Marathon, 10K, 5K, & 5K RW, Brookings, S. Dak. Jack Youngberg, 605-696-2433; www.brookings.com/striders

**April 27.** Arbor Day 5K, Brookings, S.Dak. Steve Britzman, 605-697-9058; www.brookings.com/striders

**April 28.** Get in Gear 10K, Minneapolis, Minn. 651-722-9004; www.gettingear10K.com

**May 6.** Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrun.org

**May 6.** Presbyterian/NMZS 10K Run for the Zoo/RRCA 10K National Championships, & 5K, Albuquerque, N.M. Amber Gray-Fenner, 1320 Iron S.W., Albuquerque, NM 87102. 505-764-6280; www.run4zoo.org

**May 27.** Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

**May 28.** Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolderboulder.com

**June 3.** Steamboat Marathon, Steamboat Springs, Colo. 970-879-0880; steamboatmarathon.com

**June 16.** Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN. 218-727-0947; www.grandmasmarathon.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**February 3.** White Rock Mountain Classic 25K & 50K, Fayetteville, Ark. Joe Fennel, director, 501-521-0337, or Brad Wimberly, 501-667-3641.

**February 4.** Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

**February 4.** 3M Half-Marathon & 5K, Austin, Texas. 512-984-RACE; www.3m.com/races

**February 10.** Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo.run.conoco.com

**February 18.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

**February 24.** Cowtown Marathon, Fort Worth, Texas. Beverly Weiss, 817-735-2033; www.cowtownmarathon.org

**March 10.** Bayou City Classic 10K, Houston, Texas. Bayou City 10K, 9019 Briar Forest Dr., Houston, TX 77024. www.bayoucityclassic.org

**April 1.** Statesman Capitol 10,000, Austin, Texas. 512-445-3598; http://cap10k.austin360.com

**April 29.** Oklahoma City Memorial Marathon. 405-525-4242; www.okcmarathon.com

### WEST

Arizona, California, Hawaii, Nevada

**February 4.** 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; www.lvmarathon.com

**February 4.** San Dieguito Half-Marathon & 5K, Rancho Santa Fe, Calif. 619-298-7400; fax: 298-7448; www.kathylopererevents.com

**February 10.** The Great American Adventure 2.8 Mile & 4.8 Mile Cross-Country Runs, Huntington Beach, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714-841-5417.

**February 18.** Valley of the Sun Marathon, Queen Creek, Ariz. www.valleyofthesunmarathon.com

**February 18.** Desert Classic Marathon, Scottsdale, Ariz. Arizona RR, 602-954-8341; www.arizonaroadracers.com

**March 4.** City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamaron.com

**March 4.** Sutter Home Napa Valley Marathon/RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com

**March 17.** Catalina Marathon, Two Harbors,

Calif. 714-978-1528; www.pacificsportsllc.com

**March 18.** Maui Marathon, Hawaii. 3000 limit. 808-871-6441; www.mauimarathon.com

**March 18.** Fifty-Plus Fitness Association 18th annual 8K/USATF Pacific Association Championships, Stanford U., Palo Alto, Calif. M&W50+. Also 5K Race & Fitness Walk. Mark Winitz, wintz@earthlink.net, or 650-323-6160; fax: 323-6119; fitness@ix.net.com.com; www.50plus.org

**March 24.** 5K Spring Into Health Run, So. California U. of Health Sciences, Whittier. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648; 714-841-5417; nealand.com/finishline

**April 7.** Ulis C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**April 7.** Golden Gate Marathon, Sausalito, Calif. Enviro-Sports, 415-868-1829; www.envirosports.com

**April 29.** Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

**April 29.** Russian River Marathon/RRCA Western Region Championships, Ukiah, Calif. Dottie Deewester, PO Box 518, Ukiah, CA 95482. 707-468-8024; rdyssetgo@rdyssetgo.com

**May 6.** Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt.com/~avenue

**May 19.** Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com

**May 20.** 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreakers.com

**June 3.** Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510; Limited to 20,000. www.mrmarathon.com

### NORTHWEST

Alaska, Idaho, Montana, Oregon, Utah, Washington, Wyoming

**May 6.** 25th Lilac Bloomsday 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline. www.bloomsdayrun.org

**May 20.** Capital City Marathon, Olympia, Wash. 360-786-1786; capitalcitymarathon.org

**May 26.** Up the Lazy River/ORRC Masters 10K Championships, Mary S. Young Park, West Linn, Ore. ORRC, 4840 SW Western Ave., Beaverton, OR 97005. 530-291-8699; fax: 520-0242; www.active.com

**May 27.** Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com

### CANADA

**February 11.** First Half Half-Marathon, Vancouver, B.C. Pacific RR, 604-515-2488; www.wi.be.edu/firsthalf

**March 25.** Around the Bay Road Race 30K & 5K, Hamilton, Ontario. 905-574-8982; info2@aroundthebayroadrace.com

**May 6.** Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

**May 13.** National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca

### INTERNATIONAL

**March 11.** Kyoto City Half-Marathon, Japan. (81) 75-315-1235; isono@runners.co.jp

**March 24.** City Pier Half-Marathon, The Hague, The Netherlands. 31-174-517273; www.cpcloop.nl

**March 25.** Rome Marathon, Italy. 39 06 40 65 064; www.maratonadiroma

**April 1.** Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlin-marathon.com; info@berlinmarathon.com

**April 8.** Paris International Marathon, France. www.parismarathon.com; info@parismarathon.com

**April 22.** Flora London Marathon, England. (44) 171-620-4117; www.londonmarathon.co.uk; Marathon Tours, 617-242-7845.

**April 28-29.** 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa

**May 18-19.** Russian Veterans Non-Stadia Championships, Cheboksari. Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.ru

**June 9.** Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

**August 26.** Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshev, fax: 7-095-573-4150; marshev@cs.msu.ru

### RACEWALKING

**February 17.** Presidents' Day Indoor 3000 Racewalk & Run, Bethel College, Minnesota. Gary Westlund, 3054 Arthur St., Minneapolis, MN 55418. 763-712-9417(h); 612-782-9620(w).

**February 18.** 2001 Mall Odyssey/11th annual 3K Indoor Mall RW Championship, Connecticut Post Mall, Milford. Gus Davis, CT R7ers, 789 Donna Dr., Orange, CT 06477. 203-384-3157(w); fax: 384-3237; pgdavi@bpthosp.org

**February 18.** Beach Walk 5K, South Padre Island Convention Center, Texas. 800-657-2373.

**March 25.** USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

**April 22.** Northwest Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

**June 3.** USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

**July 26.** USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.

**July 28.** USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

**September 9.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 22.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

**October 7.** USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

**October 27.** USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 7199 NW 44th Pl., Ft. Lauderdale, FL 33319. 954-747-9465.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients M40-44 and M45-49 with names, weights, and times.

Table listing award recipients M50-54 and M55-59 with names, weights, and times.

Table listing award recipients M60-64 and M65-69 with names, weights, and times.

Table listing award recipients W35-39 and W40-44 with names, weights, and times.

Table titled 'U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN' showing performance standards across various events and age groups.

Table titled 'U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN' showing performance standards across various events and age groups.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 33"; 50-59: 36"; 60-69: 33"; 70+: 30"

Table titled 'U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS' showing standards for women and men across various distances.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form with fields for NAME, AGE-GROUP, ADDRESS, SEX, CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT.

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.

### TRACK & FIELD RESULTS

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

#### EAST

Philadelphia Masters Meet  
Germantown Academy, PA;  
Oct. 29

**Runner's Pentathlon**

3000m/800m/200m/1500m/400m  
@ 30 minutes apart (age-graded)

Karl Castor 49 343.83  
(14:08.8/2:56.0/26.1/6:58.7/1:02.9)  
Brad Kell 42 338.25  
(13:27.6/2:38.1/26.3/6:45.3/1:02.5)

Barbara Leighton 55  
(14:36.4/3:32.1/35.4/7:19.2/1:37.6)

Tom Yunker 42 325.15  
(12:42.0/2:45.1/29.9/5:56.2/1:12.8)  
George Blyn 81 308.68  
(17:55.2/4:25.9/49.6/8:40.8/2:08.7)

Kathy Harte 39 301.12  
(13:55.0/3:13.1/32.3/6:54.6/1:26.9)

**Thrower's Triathlon**

Discus/Shot Put/Javelin

Ray Feick 68 202.25  
(33.6m/10.39m/33.1m)  
Terry Shuman 54 190.45  
(46.38m/11.95m/27.00m)

Len Overbeck 65 187.20  
(36.5m/10.98m/26.70m)  
Tom McNaney 62 179.49  
(37.78m/11.54m/25.40m)

Tom Rice 72 165.16  
(25.40m/8.54m/25.40m)

Eric Schad 40 155.95  
(35.66m/10.37m/45.68m)

Jerry Sullivan 60 151.19  
(28.82m/9.45m/29.10m)

George Taylor 70 134.54

Dan Folk 52 133.82  
(29.52m/9.22m/22.66m)

**MAC Masters Meet**

Manhattan, NYC; Dec. 15

55m  
M40 Paul Augello 7.71  
Robert Feliciano 7.93

M45 Ed James 7.07  
David Gritz 7.44  
CD Cook 7.48  
Hugh Kelsey 7.67  
Joe Serdnkowski 7.93

M50 Rick Lapp 7.24  
Oscar Henry 7.76  
Michael Garnty 8.04  
David Friedman 8.53

M55 Gene Ballard 7.98

M60 Roosevelt Weaver 7.92  
Dick Camp 7.95  
John Lewis 8.31  
M65 Tom Talbott 9.90

300m  
M30 David Drucker 43.29  
M35 Kevin Ellis 38.64  
M40 Val Bamwell 27.68  
Keith Royster 38.99  
Rob Doran 43.93

M45 Hugh Kelsey 40.70  
Ed James 40.81  
Dennis Brown 41.71  
M50 Rick Lapp 39.44  
Errol Lee 40.64  
Warren Graff 41.51  
Noah Perlis 45.11

M55 Ron Johnson 40.69  
Jonathan Tetherly 48.63  
M60 John Lewis 48.01  
M65 Tom Talbott 1:03.05  
W35 Charlene Landrum 41.74  
Alethea Morris 42.87  
Phyllis Spencer 47.45  
W40 L Clark-Feaster 47.44

600m  
M40 J Rodriguez Jr 1:46.09  
M45 Hugh Kelsey 1:35.00  
M55 J Tetherly 1:49.15  
M60 John Hurley 2:28.22  
M70 Joseph Keman 2:45.08  
W35 Caryl Senn 1:48.33  
Dawn Best 1:51.63

1 Mile  
M40 Rich Agnello 4:48.92  
William Adams 4:58.77  
Anthony Watson 5:07.18

M45 Tony Plaster 5:17.99  
M50 Victor Diaz 5:20.37  
Stan Cohen 6:52.21  
M55 Hugh Sweeney 5:23.13  
John Kuhl 5:59.54  
W30 Jo-Ann Houston 5:41.07  
W50 Mary V Rosado 6:31.59

55m Hurdles  
M45 Joe Seddakowski 10.75  
W35 Phyllis Spencer 9.61

High Jump  
M30 Oleg Mysikov 1.80  
Kimke Nakatake 1.55  
M50 David Friedman 1.25

Pole Vault  
M35 Mike Lawrye 3.64  
M45 Don Severn 3.79  
M55 Jeff Tindall 3.05  
M60 Gerald Counihan 3.34  
Norm Cyprus 2.44

Long Jump  
M40 Juan Castro 5.18  
Rob Doran 4.61  
M50 Michael Garnty 4.07  
David Friedman 3.73  
W35 Dawn Best 3.93

Shot Put  
M40 Tony Ciccone 12.51  
M45 Jim Mazza 8.95  
M50 Dennis Chandler 11.77  
Rich Dunphy 10.52  
Michael Garnty 9.71  
Jeffrey Copland 9.08  
W35 Darlene Nelson 8.93

1 Mile RW  
M35 John Soucheck 7:17.92  
M55 Gary Null 7:17.92  
M65 Bob Barrett 8:33.13

**Syracuse Chargers Meet**

Syracuse, NY; Dec. 17

55m  
M40 Tom LaRose 9.2  
M60 Tom Fondy 7.7  
M70 Howard MacMillan 9.0  
W30 Angela Scott 7.5  
W40 Lisa Weil 11.3  
W60 Lennie Tucker 9.9

800m  
M35 David Carroll 2:15.47  
Michael Boni 2:17.24  
Sam Sampere 2:27.05  
M40 Richard Petrie 2:31.57  
Gary Burak 2:39.65  
M45 Terry McConnell 2:19.43  
Kevin Morrisroe 2:30.66  
M55 Paul Stelmasyk 2:47.24  
S Simmonds 3:06.52  
M60 Tom Fondy 2:55.73  
M65 Roger Hahn 3:08.79  
W30 Angela Scott 2:40.41

1500m  
M30 Don Miller 4:47.80  
M35 Michael Boni 4:32.52  
Dave Carroll 4:43.83  
Kevin Nelson 4:49.28  
M40 Bob Carroll 4:20.11  
Casey Carlstrom 4:20.57  
Brendan Jackson 4:24.13  
M45 Tim McMullen 4:20.62  
Don Densmore 5:05.84  
Kevin Morrisroe 5:09.33  
M50 Bob Nicholson 6:03.83  
Allan Wilson 7:52.55  
Jim Miner 8:00.10  
M55 Don Masterson 5:19.63  
Joe Reynolds 5:35.52  
S Simmonds 6:20.52  
M80 Nate White 9:00.50  
W35 Rebecca Heuer 4:47.28  
W45 Patti Ford 4:51.38

Pole Vault  
M50 Jim Kelly 9-6

Long Jump  
M35 Ed Lindo 11-8.50  
W45 Irene Thompson 13-0

Shot Put  
M40 Bill Bates 8.31  
M55 Joe Reynolds 6.70  
M70 Howard MacMillan 7.02

W45 Irene Thompson 8.87  
**Weight Throw**  
M40 Bill Bates 5.66  
M50 Pat Lynn 11.08

**Philadelphia Masters**

Indoor Meet

Swarthmore College, PA; Dec. 17

55m  
M35 Glenn Patterson 6.5  
Clifton Vassell 7.0  
M40 Steve Galetta 6.9  
Rob Doran 7.2  
M45 Don Passman 7.1  
Karl Castor 7.4  
M60 William Bittner 8.1  
M70 Tom Rice 8.5  
W35 Jackie Blake 7.9

Short Hurdles  
M60 Nate Byrd 10.6

300m  
M35 Glenn Patterson 39.4  
Clifton Vassell 45.6  
M40 Warren Brown 42.2  
Rob Doran 44.2  
M45 Tony Natale 40.0  
Karl Castor 42.2  
M50 Phil Felton 42.7  
W45 Jackie Blake 44.8

500m  
M40 Doug Finley 1:14.0  
Robert Hill 1:24.2  
M45 Tony Natale 1:15.7  
Don Passman 1:26.3  
M50 Fred Dedrick 1:13.1

800m  
M35 Bryan Carr 2:12.1  
David Byrne 2:23.3  
W40 Chuck Shields 2:12.9  
Keith Davies 2:17.1  
M45 Russ Patton 2:14.1  
Michael Murray 2:20.1  
M50 Dick Green 2:17.1  
Steve Rook 2:23.6

1500m  
W35 Lorraine Jasper 2:27.8

1 Mile  
M30 Marshall Bowen 5:21.4  
M35 Bryan Carr 4:52.7  
M40 Keith Davies 4:58.1  
Marc Giavere 5:17.9  
M50 Steve Rook 5:11.9  
Dick Green 5:14.7  
M55 Jim McFadden 6:21.8

3000m  
M30 Joe Turchetti 10:40.6  
M35 Bryan Carr 10:34.0  
M40 Chuck Shields 10:02.9  
Keith Davies 10:04.2  
M45 Joel Hoffsmith 10:14.3  
M50 Art Brown 11:55.1  
Carl Grossman 12:37.9  
W50 Diane McManus 15:11.9

High Jump  
M40 Rob Doran 4-8  
M50 Tom Randolph 4-8  
M85 George Bracelan 3-2  
Bob Detweiler 2-5  
W30 Kimiko Nakatake 4-6

Pole Vault  
M35 Duncan Littlefield 14-6  
M50 Bob Reese 8-0

Long Jump  
M70 Tom Rice 3.69  
M85 George Bracelan 1.96

Triple Jump  
M85 George Bracelan 4.33

Shot Put  
M70 Tom Rice 9.30  
M75 Jack Doorlau 8.16  
M85 George Bracelan 6.27

Mile RW  
M55 Joel Dubow 11:14.3  
M60 Carl Kane 11:02.6  
M70 Ed Garwick 10:25.6  
M80 George Bracelan 13:22.7  
W60 Lana Kane 11:32.4

**MAC Holiday Classic**

Manhattan, NYC; Dec. 29

60m  
M35 Kevin Ellis 7.25  
Glenn Patterson 7.40  
Alex Rivera 7.86  
Terry Williams 8.24  
M40 Rob Doran 8.40  
Robert Feliciano 8.43  
Gary Jacuet 9.51  
M45 Jesse Norman 7.88  
David Gritz 8.04

Hugh Kelsey 8.18  
M50 Michael Garrity 8.55  
Noah Perlis 8.67  
M55 Gene Ballard 8.59  
M60 Roosevelt Weaver 8.80  
Ed Joyce 11.23  
M65 Tom Talbott 10.57  
M85 Jeremiah Gaines 12.90  
W35 Dawn Best 9.05  
W40 S Krogstad-Hill 9.26

800m  
M30 David Drucker 2:27.61  
M35 David Bynoe 2:20.20  
M40 Rich Agnello 2:07.88  
James McFarlane 2:12.40  
Craig Plummer 2:17.64  
Herbie Medina Jr 2:21.28  
M45 Hugh Kelsey 2:13.05  
Tony Plaster 2:33.41  
M50 Bill Indek 2:48.95  
M60 John Hurley 3:15.40  
M75 John McManus 3:19.99  
W40 S Krogstad-Hill 2:41.57  
Jackie Saunders 3:08.07

1500m  
M45 Harry Lichtenstein 5:35.66  
Tom Allen 5:41.05  
M50 Stan Cohen 6:13.76  
M75 John McManus 6:53.40  
W40 Barbara Gubbins 5:02.85

3000m  
M35 Alan Sangeap 10:44.11  
M40 Jorge Hernandez 9:25.56  
Keith Davies 9:31.83  
Chuck Shields 9:51.54  
Anthony Watson 10:25.97  
M65 Jim Aneshansley 12:37.42

60m Hurdles  
M35 Kevin Turner 10.30  
M40 Rob Doran 11.20

High Jump  
M60 Gerald Counihan 1.50  
John Hurley 1.10

Pole Vault  
M40 Don Severn 3.81  
Rob Doran 2.59  
M60 Gerald Counihan 3.35  
Norm Cyprus 2.44

Long Jump  
M35 Terry Williams 5.28  
Kevin Turner 5.05  
M40 Rob Doran 4.96  
M50 Michael Garrity 4.21  
W55 Dawn Best 4.27  
Tina Whitehead 3.40

Triple Jump  
M35 Terry Williams 10.40  
M50 Joe McMahon 8.13  
W35 Tina Whitehead 8.05

Shot Put  
M40 Tony Ciccone 13.12  
Thomas Lanzalotto 12.29  
M50 Rich Dunphy 10.01  
Michael Garnty 9.61  
Jeffrey Copland 9.35  
M60 Ed Joyce 10.02  
M85 Jeremiah Gaines 5.62

1 Mile RW  
M35 Allen Sangeap 7:59.54  
M65 Bob Barrett 8:34.10

#### SOUTHWEST

Louisiana Senior Olympic Games  
Baton Rouge, LA; Oct. 6-7

50m  
M50 Danny Thiel 6.34  
M55 Robert Baker 6.72  
M60 James Paddie 6.51  
M65 Charlie Richard 7.08  
M70 John Poppell 7.26  
M75 Tom Kennell 8.20  
M80 Frank Knaus 9.50  
M85 Dan Mestayer 12.03  
W50 Vicki Politz 7.42  
W55 Judy Bodelon 8.81  
W60 Judy Graham 8.89  
W65 M N Schweinfurth 9.33  
W70 Burtie Smith 9.47  
W75 Puddin Kelley 11.33

M50  
M50 Danny Thiel 12.26  
M55 Robert Baker 12.53  
M60 James Paddie 12.50  
M65 Charlie Richard 13.99  
M70 Sam Ascani 15.02  
M75 Tom Kennell 15.82  
M80 Frank Knaus 17.99  
M85 Bill Dominiques 18.66  
W50 Vicki Politz 14.87  
W55 Judy Bodelon 17.49  
W60 Judy Graham 17.55  
W65 Bernice Bodelon 19.37  
W70 Burtie Smith 19.09  
W75 Puddin Kelley 24.49

200m  
M50 Danny Thiel 24.83  
M55 Robert Baker 26.72  
M60 James Paddie 27.14  
M65 Bud Newman 29.40  
M70 Sam Ascani 33.01  
M75 Foster Anderson 35.53  
M80 Frank Knaus 37.61  
M85 Bill Domingues 52.52

W50 Marion Robinson 38.82  
W55 Wanda Whitman 41.39  
W60 Betty Taylor 52.73  
W65 Bernice Bodelon 45.43  
W70 Burtie Smith 41.10  
W75 M E Norckauer 55.28

400m  
M50 Danny Thiel 57.30  
M60 Mike Boudreaux 1:03.80  
M65 Sid Montecino 1:30.24  
M70 Wayne Hanson 1:17.71  
M75 Foster Anderson 1:26.55  
M80 Frank Knaus 1:30.32  
W50 Marion Robinson 1:29.82  
W55 Wanda Whitman 1:52.20  
M60 Diane Bromstead 1:43.24  
W65 Evelyn Taylor 3:19.50  
W75 M C Norckauer 2:15.24

800m  
M55 Bill Leach 2:30.13  
M60 Mike Witkin 2:41.90  
M65 Charlie Wimberly 2:35.50  
M70 Wayne Hanson 3:16.00  
M75 Foster Anderson 3:26.94  
M80 John Boots 3:31.94  
W50 Marion Robinson 3:30.89  
W55 Wanda Whitman 5:54.81  
W60 Sandra Garlington 4:59.17  
W75 M E Norckauer 5:07.99

1500m  
M50 Pat Hambrick 4:36.50  
M55 Bill Leach 5:13.87  
M60 Mike Witkin 5:20.58  
M65 Charlie Wimberly 5:31.99  
M70 Wayne Hanson 6:08.22  
M75 Foster Anderson 7:20.83  
M80 John Boots 7:57.50

High Jump  
M50 Lee Landry 4-4  
M55 Pappy Smith 4-8  
M60 James Paddie 5-0  
M65 Charlie Richard 4-0  
M70 Sam Ascani 3-8  
M75 Benny Bruse 3-4  
M80 Frank Knaus 3-2  
M85 Dan Mestayer 2-8  
W50 Linda Palermo 3-10  
W65 Bernice Bodelon 3-2

Pole Vault  
M50 Bob Bienvenu 6-0  
M55 Marler Spence 8-0  
M60 Roger Chassay 9-0  
M65 Hugh Manning 7-0  
M70 Bill Noonan 5-6  
M75 Jeff DeBlanc 5-0  
M80 Ted Yenari 6-0

Long Jump  
M50 Ted Latch 15-6  
M55 Robert Baker 16-1  
M60 Paddie James 15-0  
M65 Charlie Richard 15-5.75  
M70 Sam Ascani 12-4  
M75 Tom Kennell 11-50  
M80 Frank Knaus 8-5  
M85 Dan Mestayer 6-3  
W50 Joyce Dakin 9-3  
W55 Judy Bodelon 10-50  
W60 Sandra Garlington 7-6  
W65 Bernice Bodelon 9-4  
W75 M E Norckauer 6-6.50

Triple Jump  
M55 Robert Baker 32-8.50  
M65 Charlie Richard 32-3.50  
M70 Sam Ascani 25-6.50  
M75 Benny Cruse 19-10  
M80 Ted Yenari 18-5  
W65 M N Schweinfurth 15-8  
W75 M E Norckauer 16-9

Shot Put  
M50 Dave Saltich 41-5.50  
M55 Vince Breaux 35-7.25  
M60 Don North 37-2.50  
M65 Milton Brady 30-9  
M70 Joe Quartano 34-7.50  
M75 Jack Blalock 30-2  
M80 Frank Knaus 22-11  
M85 John Tubb 21-2  
W50 Joyce Dakin 26-10  
W55 Tanya Green 27-1.25  
W60 Fay Richard 23-6.25  
W65 Evelyn Taylor 19-8.50  
W70 Thais Lacrouts 20-9.50  
W75 Millie Buchert 14-7  
W80 Mae Copes 16-8.50  
W85 Marie Evans 14-5.75

#### Discus

M50 Ernest Monceaux 141-6  
M55 Richard Stagg 119-4  
M60 Don North 135-2  
M65 Jerry Griffin 144-11  
M70 Roland Clement 102-11  
M75 Jack Blalock 88-3  
M80 Wes Johnson 54-3  
M85 John Tubb 58-9  
W50 Joyce Dakin 70-9  
W55 Marilyn Duvall 64-3  
W60 Doris Polak 56-6  
W65 Theresa Fontana 39-7  
W70 Babe English 57-2  
W75 M E Norckauer 49-6  
W80 Betty Waggoner 37-0  
W85 M A Mestayer 29-10

400m  
M50 Paul Bowman 76-0  
M55 Vince Breaux 93-8  
M60 Don North 88-2  
M65 Milton Brady 83-5  
M70 Jack Haller 73-8  
M75 Don Dreyer 55-7  
W75 M E Norckauer 51-2

Javelin  
M50 Richard Sander(800g) 177-2  
M55 Delmon McNabb(\*) 172-10  
M60 Charles Cannon 137-10  
M65 Charlie Richard 131-2  
M70 Joe Quartano 105-6  
M75 Burt Beadle 83-8  
M80 Ed Aucoin 45-0  
M85 John Tubb 54-0  
W50 Joyce Dakin 54-1  
W55 Marilyn Duvall 70-1  
W60 Fay Richard 73-0  
W65 Beth McNemar 48-9  
W70 Joyce Ourso 45-5  
W75 M E Norckauer 57-10  
W80 Mae Copes 28-3  
W85 Mary Ann Mestayer 18-1

Weight Throw  
M50 Paul Bowman 33-8.50  
M55 Vince Breaux 41-8.50  
M60 Don North 40-4  
M65 Milton Brady 36-6.25  
M70 Jack Haller 27-4.50  
M75 Don Dreyer 22-5  
W75 M E Norckauer 19-7.50

1500m RW  
M50 Jon Benedict 9:43.07  
M55 Vince Salito 9:30.86  
M60 Bill Elrod 8:58.13  
M70 Andrew Hebert 13:18.70  
M75 Cy Buchert 10:44.72  
W50 Jewel Gipson 11:41.11  
W55 Gail Bodelon 11:02.57  
W60 Dianne Heise 12:13.44  
W65 Martha Tolbird 12:32.47  
W70 Murdis Juneau 15:29.16  
W75 M E Norckauer 11:50.49

Waterloo/Lions Track & Field Relays  
Austin, TX; Oct. 21

100m  
M35 Rick Garza 11.87  
M40 Bryan Shilcutt 11.53  
M50 T H Wilson, Sr 11.53  
M55 Jim Cawley 11.68  
M60 Tony Garza 13.82  
M75 Bob Wingo 17.51  
W30 Sarah Boyd 14.17  
W40 Debra Stuart 15.90  
W45 Cincy Steenbergen 12.84  
W50 Rene Moryl 15.69  
W65 Phyllis Provost 19.19

200m  
M30 John Burns 23.93  
M35 Rick Garza 28.13  
M60 Don Denson 26.80  
M75 Bob Wingo 38.30  
W40 Debra Stuart 34.70  
W45 Cindy Steenbergen 27.81

800m  
M50 T H Wilson, Sr 3:21.15  
M60 David Larson 3:32.14  
M75 Bob Wingo 3:47.83  
W65 Phyllis Provost 3:49.77

Short Hurdles  
M40 Jeff Brower 15.53  
M55 Jim Cawley 19.11  
W35 Shana Judge 18.96

Continued on next page

Continued from previous page

**4x100m**  
M30 Double Trouble NTA  
(T Garza/R Garza/A Garza/M Garza)  
W30 Cool Runnin' NTA  
(S Judge/J Judge/S Boyd/N MacLaine)

**High Jump**  
M40 Jeff Brower 5-8  
M50 Joe Goetz 4-6  
M75 Bob Wingo 3-6  
W60 Mary Lou Bradford 3-2  
W65 Phyllis Provost 3-2

**Long Jump**  
M50 Joe Goetz 14-8  
M60 Don Denson 17-0  
M75 Bob Wingo 8-7.75  
W65 Phyllis Provost 6-9

**Shot Put**  
M35 David Rothenbury 37-3  
M40 David Bolles 33-5  
M50 Ed Forester 41-4.50  
M55 John Conniff 36-2  
M60 Many Longoria 42-0

**Discus**  
M35 Dave Rothenbury 130-5  
M50 Ed Forester 133-3  
M55 John Conniff 129-2  
M60 Howard Zingg 120-10  
W60 Mary Lou Bradford 45-10  
W65 Phyllis Provost 48-3

**Javelin**  
M40 David Bolles 130-2  
M50 Joe Goetz 95-6  
M55 Arthur Lawrence 167-2  
M60 Howard Zingg 91-4  
M75 Bob Wingo 66-1  
W60 Mary Lou Bradford 61-9  
W65 Lu Quast 53-8

**Weight Throw**  
M40 David Bolles 48-6  
M60 Howard Zingg 32-11

**Superweight**  
M40 David Bolles 21-0  
M60 Howard Zingg 16-1

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**WEST**

**KelField Throws Series #89**  
Santa Cruz, CA; Dec. 16

**Shot Put**  
M40 Mike Venning 33-6.5  
M50 Lad Pataki 51-1.75  
Gary Kelmenson 34-5.5  
M60 Dick Hotchkiss 34-7.25  
R TerhuneYoung 34-6.25  
M65 Stew Thomson 40-0.75  
M70 Tom Allison 38-4.25

**Discus**  
M50 G Kelmenson 113-1  
M60 D Hotchkiss 146-11  
R TerhuneYoung 129-4  
M70 T Allison 105-7

**Hammer**  
M30 Matt Cavender 137-6  
M40 M Venning 140-0  
M50 L Pataki 172-1  
G Kelmenson 130-10  
M60R TerhuneYoung 146-9  
D Hotchkiss 140-6  
M65 S Thomson 138-6  
M70 T Allison 94-0

**Javelin**  
M60 R TerhuneYoung 130-8  
D Hotchkiss 77-3  
M70 T Allison 114-5

**16# Weight**  
M70 T Allison 40-1

**20# Weight**  
M60 D Hotchkiss 55-2  
R TerhuneYoung 54-10.5

**25# Weight**  
M50 G Kelmenson 46-1  
M60 D Hotchkiss 48-10  
R TerhuneYoung 46-1

**35# Weight**  
M30 Matt Cavender 44-11  
M40 M Venning 41-2  
M50 L Pataki 50-4.5

**56# Weight**  
M40 M Venning 29-5  
M50 L Pataki 34-5.25  
G Kelmenson 24-1  
M60R TerhuneYoung 18-5.5

**Weight Pentathlon**  
(marks above; done WP order)  
M60 R TerhuneYoung 4138  
D Hotchkiss 3852  
M70 T Allison 3853

**Hawaii Masters Weight Pentathlon**  
Honolulu; Dec. 17

M40 Kevin Krusznia 2253  
M50 Thomas Reppun 1745  
M55 Jack KARBENS 2974  
M60 Lionel Low 1532

**NORTHWEST**

**Huntsman World Senior Games**  
St. George, UT; Oct. 12-13

**100m**  
M50 Mac Azuogu 12.14  
Christopher Jensen 12.67  
Robert Hugio 14:31  
M55 Charles Brocato 12.88  
Ronnie Jordan 13:15  
Andy Pitas 13:38  
M60 Gary Sims 13.56  
Larry Beck 14.32  
Ned Myers 14.42  
M65 Ronald Brown 14.06  
George Zoolakis 14.33  
Frank Welch 14.93  
M70 James Stookey 13.90  
Ted Hansen 15.00  
Lawrence Anderson 15.03  
M75 Wilfred Wright 18.45  
Glenn Burgess 18.78  
Jerry Glazier 20.65  
M80 Milton Silverstein 15.68  
Myron Dover 19.28  
M85 Everett Penrod 22.85  
W55 Marg Radcliffe 16.35  
Wendy Dickson 20.86  
Pauline Ross 21.86  
W60 Hannelor Boerner 16.79  
Guadalupe Simons 17.59  
Mary Ann Clare 19.99  
W65 Barbara Jordan 16.37  
Ruth Neff 18.88  
Barbara Rothwell 19.98  
W70 Patricia Peterson 17.21  
Louise Martin 25.85  
W75 Mary Holland 18.74  
Traudel Thieleker 19.07  
Annie Bakjer 24.87  
W80 Olga Kotelko 22.04  
W85 Velma Jacobs 25.71  
Ivy Granstrom 39.89

**200m**  
M50 Mac Azuogu 24.21  
Christopher Jensen 25.35  
Bill Fitzpatrick 26.98  
M55 Charles Brocato 26.76  
Ronnie Jordan 27.76  
Ken Warnick 28.33  
M60 Harold Tolson 25.50  
Gary Sims 27.04  
Larry Beck 28.84  
M65 George Zoolakis 30.39  
Frank Welch 30.52  
Ted Sjogren 32.36  
M70 James Stookey 31.30  
Rodney Brown 31.61  
Lawrence Anderson NTA  
W50 Liz McBlain 36.37  
W55 Marg Radcliffe 34.41  
Pamela Ong 41.95  
Margaret Marshall 1:10.24  
W60 Hannelore Boerner 34.44  
Joan Schemp 35.91  
Mary Ann Clare 46.15  
W65 Barbara Jordan 34.14  
Barbara Rothwell 42.08  
Mary Harada 45.45  
W70 Patricia Peterson 36.10  
Flor Wong 51.56  
Louise Martin 58.50  
W75 Mary Holland 39.82  
Johnnye Valien 42.22  
W80 Olga Kotelko 48.47  
W85 Velma Jacobs 56.68

**400m**  
M50 Christopher Jensen 56.84  
Bill Fitzpatrick 59.52  
Don Hemme 1:00.47  
M55 Carl Etter 1:00.47  
Ken Warnick 1:02.59  
Steven Cottle 1:03.66  
M60 Gary Sims 1:03.61  
Spencer Parrish 1:15.35  
M65 Alfred DuBois 1:13.78  
William Perry 1:16.85  
Clinton Baxter 1:27.59

M70 Rodney Brown 1:12.41  
Milo Sather 1:23.23  
John Wojtowicz 1:45.19  
M75 Logan McGinness 1:30.59  
Henry Kuric 1:41.16  
W50 Liz McBlain 1:21.91  
W55 Marg Radcliffe 1:19.74  
Linn Smith 1:23.32  
W60 Ingeborg Siegers 1:38.94  
W65 Mary Harada 1:37.25  
W70 Patricia Peterson 1:34.81  
W75 Mary Holland 1:40.41  
Traudel Thieleker 1:40.72  
W85 Ivy Granstrom 3:01.72

**800m**  
M50 Bill Fitzpatrick 2:19h  
Tim Payne 2:22h  
M55 Steven Cottle 2:18h  
Ken Warnick 2:41h  
Kenneth Pierce 3:01h  
M60 Garland Fitzgarrald 2:46h  
Hartan VanBlaricum 3:04h  
Ralph Reiche 3:27h  
M65 Alfred DuBois 3:07h  
Steve Smith 3:10h  
William Kelley 3:42h  
M70 Milo Sather 3:14h  
John Wojtowicz 3:55h  
Bill Bogdan 4:48h  
M75 Logan McGinness 3:46h  
W50 Wong Sui Mui 4:38h  
W55 Linn Smith 3:23h  
Margaret Marshall 6:62h  
W60 Ingeborg Siegers 3:45h  
Fong Timm Chee 4:46h  
W65 Mary Harada 3:28h  
W70 Flora Wong 5:23h

**1500m**  
M50 Tim Payne 4:54.63  
Ron Baker 5:19.23  
Michael Moore 8:30.08  
M55 Steven Cottle 5:33.01  
Kenneth Pierce 6:09.92  
Steve Wood 6:30.30  
M60 Doug Woolen 5:39.82  
Hans Sinkovec 5:42.20  
Garlan Fitzgarrald 5:51.55  
M65 Steve Smith 6:36.19  
William Kelley 7:41.03  
M70 Milo Sather 6:39.15  
David Rider 6:53.37  
John Wojtowicz 7:30.44  
M75 Logan McGinness 7:15.07  
Henry Kuric 9:19.29  
Woodrow Evans 9:51.29  
W50 Yoko Eichel 6:02.70  
W55 Linn Smith 6:52.45  
W60 Ingeborg Siegers 7:55.20  
W65 Mary Harada 7:02.13

**3200m**  
M50 Ron Baker 13:03.3  
M55 Kenneth Pierce 14:09.1  
M60 Hartan VanBlaricum 14:08.5  
Mark Maline 14:51.2  
Valdemar Schultz 15:09.1  
M65 Philip Lewis III 19:37.6  
M70 John Wojtowicz 17:17.2  
Bill Bogdan 23:13.0  
M75 Logan McGinness 16:53.6  
W50 Yoko Eichel 13:51h  
W60 Diane Hall 19:07h

**High Jump**  
M50 Paul Harker 4-4  
Larry Hambleton 4-0  
M55 Emmette Graham 5-2  
Carl Etter 4-6  
Ron Tienhaara 4-4  
M60 Dwaine Horton 4-8  
Don Collins 4-8  
Bob Bergfeldt 4-6  
M65 Doug Spainhower 4-6  
Wayne Mishler 4-6  
Frank Michalek 4-2  
M70 James Stookey 4-4  
Grant Twitchell 3-10  
Jack Fischer 3-10  
M75 Charles Obye 3-10  
Brady Walker 3-8  
Art Holland 3-0  
M80 Gil Splaine 3-8  
Daniel Bulkley 3-6  
Floyd Waite 3-6  
M85 Leland McPhie 3-6  
Everett Penrod 3-2  
Virgil McIntyre 2-8

W50 Liz McBlain 4-2  
Sharon Raham 3-4  
W55 Marg Radcliffe 3-10  
Jeanne Hallin 3-6  
W60 Ingeborg Siegers 3-8  
Elizabeth Heywood 3-2  
W65 Barbara Jordan 3-6  
Joan Graves 3-2  
W75 Johnnye Valien 3-2  
W80 Olga Kotelko 3-2  
**Pole Vault**  
M50 Bruce Perkins 7-8  
M55 Fred Dillemoth 7-4  
Robert Gent 7-4  
M60 David Servis 9-0  
Gary Isham 8-4  
John Steinman 8-4  
M65 Don Gray 9-4  
Duane Rykhus 8-4  
Arthur Thomassen 7-8  
M70 David Rider 7-0  
M75 Don Grosh 7-4  
Art Holland 5-0

**Long Jump**  
M50 Roger Trujillo 16-4.50  
Paul Harker 13-8  
Richard Eyre 12-7  
M55 Carl Etter 17-4  
Roy Coston 15-7.50  
Andy Pitas 15-2  
M60 Bob Bergfeldt 14-6  
Darrel Short 14-5.50  
Larry Beck 14-0  
Bill Kelley 14-0  
M65 Doug Spainhower 14-8  
Wayne Mishler 14-3.50  
Frank Michalek 13-4  
M70 James Stookey 15-6  
Ted Hansen 14-4.75  
Grant Twitchell 11-11.50  
M75 Charles Obye 11-9.50  
Art Holland 9.50  
Henry Kuric 8.50  
M80 Milton Silverstein 11-9  
Gil Splaine 10-7.25  
Floyd Waite 10-4  
M85 Everett Penrod 8-3  
Leland McPhie 8.75  
Virgil McIntyre 5-1.50  
W50 Liz McBlain 11-3.75  
Sharon Raham 10-8.50  
W55 Marg Radcliffe 11-5.25  
Leona Shurtliff 11-3  
Carmel Miller 10-2.75  
W60 Guadalupe Simons 12-2  
Ingeborg Siegers 11-2.25  
Hannelor Boerner 10-3.50  
W65 Barbara Jordan 11-2.75  
Joan Graves 8-8  
Barbara Rothwell 8-2  
W70 Louise Martin 5-2.50  
W75 Johnnye Valien 10-0  
Mary Holland 9-4.75  
Traudel Thieleker 7-2.50  
W80 Evelyn Lercher 5-8  
W85 Ivy Browne 3.50

**Triple Jump**  
M50 Roger Trujillo 36-6  
Roger Gaston 18-5.25  
M55 John Lawson 31-9.50  
Richard Eyre 30-5  
Robert Gent 26-11  
M60 Bob Bergfeldt 30-5.25  
Bill Kelley 29-10  
Darrel Short 28-8  
M65 Doug Spainhower 30-2.50  
Gordon Scheffner 24-10  
Frank Welch 19-8  
M70 James Stookey 33-2.75  
Ted Hansen 30-6  
Carlos Martinez 21-4  
M75 Charles Obye 26-3.25  
M80 Floyd Waite 21.50  
Milt Silverstein 18-11.25  
M85 Leland McPhie 17-5.50  
W50 Liz McBlain 25-3  
Sharon Raham 23-6  
W55 Leona Shurtliff 23-3  
Jeane Hallin 16-2  
W60 Barbara Jordan 24-5.50  
Ruth Neff 21-6.75

**Shot Put**  
M50 Steve Filipski 47-1  
Robert Martin 31-3  
M55 Doug Schoenwetter 39-9

Ron Tienhaara 32-7.50  
Mike Foster 31-1  
M60 Glen Johnson 48-1  
Riley O'Neil 39-9  
Dean Schmidt 39-4.25  
M65 Gerald Vaughn 44-6.50  
Bob Lawson 37-8  
Clint Nielson 34-0  
M70 Chuck Darling 36-11.50  
Wes Goodwin 36-8  
Charlie Sarver 36-7.50  
M75 Glenn Gurgess 32-1.50  
Brady Walker 28-0  
Art Holland 26-3  
M80 Dale Buysse 33-2.50  
Floyd Waite 24-11  
Daniel Bulkley 24-6  
M85 Leland McPhie 25-7.50  
Everett Penrod 22-1  
Jim Murray 20-4  
W50 Liz McBlain 31-6  
Sharon Raham 23-11.50  
Nancy Cornwall 23-9  
W55 Connie Sarver 28-6  
Carmel Miller 28-5.50  
Leona Shurtliff 27-7  
W60 Ingeborg Siegers 23-3  
Jane Mari Mills 22-5  
W65 Joan Graves 25-4  
Janice Wolowicz 19-3  
Charlotte Ambrose 17-10.50  
W70 Mary Birgenheier 21-4.50  
Maxine Smallwood 17-1.50  
Pat Scott 16-1  
W75 S Strongbull 19-3  
W80 Olga Kotelko 18-2  
W85 Ivy Browne 13-2

**Discus**  
M50 Steve Filipski 143-0  
Richard Eyre 84-5  
Robert Martin 73-1  
M55 Larry Pratt 159-10  
Doug Schoenwetter 139-5  
David Sears 114-0  
M60 Glen Johnson 169-11  
Ronald Anderson 161-8  
Riley O'Neil 131-4  
M65 Grove Bolles 141-2  
Bob Lawson 138-4  
Don Gray 103-7  
M70 Charlie Sarver 114-6  
Wes Goodwin 113-0  
Stan Hayes 103-11  
M75 Brady Walker 88-4  
Glenn Burgess 88-0  
John Jensen 80-7  
M80 Dale Buysse 98-2  
Floyd Waite 85-2  
Myron Dover 82-0  
M85 Leland McPhie 61-6  
Jim Murray 59-1  
Walter Brooks 36-7  
W50 Sharon Raham 66-7  
W55 Connie Sarver 76-4  
Leona Shurtliff 70-10  
Wendy Dickson 65-6  
W65 Janice Wolowicz 44-7  
Marilyn Gray 42-7  
Sallie Wesaw 42-6  
W70 Mary Birgenheier 44-8  
Maxine Smallwood 43-4  
W75 Annie Barker 37-3  
W80 Olga Kotelko 50-3

**Javelin**  
M50 Ray Milojevich 132-8  
Robert Martin 82-5  
M55 Jerry Ransdell 128-11  
Michael Murray 120-7  
Ron Tienhara 108-7  
M60 Dwain Horton 130-4  
Roger Taylor 128-9  
Larry Beck 121-10  
M65 C Gary Loosti 127-6  
Bob Lawson 123-10  
Don Gray 88-8  
M70 David Wilson 105-6  
Marvin Woodbury 101-7.50  
Stan Hayes 100-4  
M75 Charles Obye 76-1  
Brady Walker 75-3  
Arthur Hamburgren 74-9  
M80 Floyd Waite 78-10  
Dale Buysse 74-6  
Daniel Bulkley 60-7  
M85 Leland McPhie 56-9

Walter Brooks 31-5  
Virgil McIntyre 27-0  
W50 Sharon Raham 75-10  
Nancy Cornwall 55-6  
W55 Carmel Miller 98-0  
Marg Radcliffe 78-10  
Connie Sarver 74-8  
W60 Shirley Lambert 71-8  
Romy Sullivan 64-2  
Jane Mari Mills 40-9  
W65 Janice Wolowicz 33-10  
Sallie Wesaw 29-3  
Marilyn Gray 28-2  
W70 Maxine Smallwood 44.50  
W75 Dorothy Morgan 56-5  
Johnnye Valien 51-6  
Willie Gatta 50-9  
W80 Olga Kotelko 58-1  
Ruth Talley 28-8  
Ivy Brown 16-2

**1500m RW**  
M50 Gene Oheim 7:40.54  
Steven Hedges 7:54.35  
Chuck McCallon 9:27.70  
M55 Daryl Meyers 8:24.89  
Mike Freeman 9:06.81  
Wid Slick 11:10.46  
M60 Hartan VanBlaricum 7:45.06  
Spencer Parrish 9:33.46  
Ralph Reiche 10:29.27  
M65 Alfred DuBois 8:02.02  
Theodor Sagar 8:47.49  
Cliff Elkins 9:29.03  
M70 John Kelley 9:35.83  
Rick Hansen 10:31.34  
Milo Sather 11:17.23  
M75 George Caron 10:34.36  
M85 Virgil McIntyre 13:14.91  
Frank Herrelko 13:18.28  
W50 Yoko Eichel 8:20.39  
Wung Sui Mui 11:42h  
C Suan Cheng 14:01h  
W55 Kerstin Meyers 10:50h  
Sharon Conlan 11:19h  
Sisu Steinschulte 11:53h  
W60 Rita Sinkovec 8:41.42  
Diane Teece 10:38.98  
Lynne Lund 10:39h  
W65 Mari Ann Von Ohlen 11:20h  
B Neuenswander 13:05h  
Neusa Cabral 14:51h  
W70 Paulette Caron 10:02h  
Maxine Smallwood 10:02h  
Emily Sheffield 11:03h

**5K RW**  
M50 Gene Oheim 29:20.9  
Steven Hedges 31:43.5  
Dane Steck 33:08.6  
M55 Daryl Meyers 29:54.7  
Mike Freeman 32:51.3  
M60 Spencer Parrish 37:34.9  
M65 Alfred DuBois 29:45.0  
Theodor Sager 31:05.4  
Cliff Elkins 33:04.7  
M70 John Kelley 33:08.4  
Rich Hansen 35:56.6  
M75 George Caron 34:53.5  
W55 Sharon Conlon 40:25.7  
W60 Rita Sinkovec 30:54.4  
Diane Teece 34:19.3  
Gloria Reynolds 38:46.5  
W65 Mari Ann Von Ohlen 46:53.6  
W70 Paulette Caron 32:37.0  
Emily Sheffield 33:44.0  
Margaret Long 40:05.4

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**INTERNATIONAL**

2000 Match of Five Indoor Meet  
(Ukraine/Belarus/Moscow/St. Petersburg/Russia)  
Moscow, Russia; Dec. 9  
(hand timing)  
60m (by age-graded %)  
Sviatoslav Sauliak 54 M 7.6 96.8  
Valery Uchov 60 M 8.1 94.7  
Alexander Krekoten 36 R 7.1 92.1  
Michael Ostashevski 42 U 7.4 91.9  
Anatoly Romanov 64 R 8.6 91.8  
Eugene Nikolaev 55 M 8.1 91.5  
Helen Allkueva 38 M 7.9 91.1  
Helen Zaitceva 35 R 8.3 84.8  
Lubov Legezo 59 M 10.0 84.6

**200m**  
Konstantin Shestakov 36 R 24.1  
Nikolay Dantsevich 44 R 25.5  
Eugene Nikolaev 55 M 27.6  
Nadejda Izvekova 44 R 30.1

Continued on next page

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800m
Sergey Milionkov 42 M 2:07.2
Dmitry Akishev 42 R 2:07.3
Vasily Grinev 48 R 2:14.7
Nadejda Sokolova 34 R 2:27.2
Helen Veremeichuk 41 U 2:59.4
Valentina Shapkina 69 M 3:59.4

Nikolay Leschenko 57 M 3:00.0
Boris Noskov 65 M 3:30.0
Long Jump
Sviatoslav Sauliak 54 M 5.53
Ivan Faichak 61 U 4.97
Vladimir Popov 68 M 4.58
Valentina Krepkina 35 U 5.43
Helen Alikueva 38 M 5.42
Tatiana Potapova 46 R 5.14

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL
AVON Running National 10K Championship
Phoenix, AZ; Dec. 10
Overall
MILENA GLUSAC 25 33:40
W40 MARIE BOYD 35:43

Half-Marathon
Overall
David Hinga 1:06:53
Lisa Senatore 1:21:40
M40 James Hanmueller 1:15:40

EAST
Baystate Marathon and Half-Marathon
Tyngsboro, MA; Oct. 22
Overall
TJ Hesler 2:39:54
Danyelle Wood 3:07:11
M40 David Dobrzynski 2:45:32

adidas Route One Corridor Classic 8K
Hyattsville, MD; Nov. 19
Overall
Chris Fox 42 25:10
Christine Junkerman 28 28:20
M40 Chris Fox 25:10

St. Mary's School for Children 5K
Syosset, NY; Nov. 25
Overall
Mike Guastella 30 15:48
Donna McMahon 18:08
M40 Doanld Didonato 16:04

NYRRC Knickerbocker 60K
Van Cortlandt Park, NY; Nov. 25
Overall
Rudy Afanador 42 4:19:49
Ellen McCurtin 33 5:07:39
M30 B Alvarez-Backus 36 4:29:06

Jingle Bell Run for Arthritis 5K
Concord, NH; Dec. 2
Overall
Larry Sayers 41 15:40
Kara Molloy 30 18:29
M40 Larry Sayers 15:40

NYRRC Hot Chocolate 15K
Central Park, NYC; Dec. 2
Overall
Toby Tanser 32 48:51
Carol Yoon 25 1:00:23

M30 R Veras Luna 30 49:23
Prisco Huerta 33 50:12
Liam Kinsella 30 50:14
M40 Jerry Macari 51:07
Alan Ruben 51:17

Snowball 5 Mile Run
Wantagh, NY; Dec. 9
Overall
Carlos Castro 32 26:07
Donna McMahon 30 29:49
M40 Donald Didonato 26:24

USATF New Jersey 10 Mile Championships
Rockaway; Dec. 10
Overall
Fouzi Aloui 54:41
Madelyn Noe 61:05
M40 Shawn Gallagher 56:14

SOUTHEAST
28th Annual Governor's Cup Half-Marathon
Columbia, SC; Oct. 21
Overall
Scott Kane 29 1:16:16
Megan Fischer 23 1:27:53
M40 David Allison 1:16:35

Polly Stout 2:13:35
Helen Andrew 2:18:01
W55 Joan Mulvihill 1:54:47
Cathy McCall 2:16:09
W60 Patricia Rhode 2:01:40

Hargray Hilton Head Bridge 8K Run
Hilton Head Island, SC; Nov. 4
Overall
Irv Batten 37 26:25
Michelle LaFleur 28 28:13
M40 Brendan Vasher 28:44

The Huntsville Times Rocket City Marathon
Huntsville, AL; Dec. 9
Overall
Andrey Shalagin 37 2:21:38
Michelle LaFleur 28 2:44:52



Continued from previous page

Table of race results for M40, M45, M50, M55, M60, M65, M70, and W40 categories, listing names, states, and times.

Table of race results for W50, W55, W60, and W65 categories, listing names, states, and times.

Age Graded Awards table with columns for Name, Money, and Ag Time, listing winners like Gary Romesser and Thys Bax.

Kiawah Island Marathon & Half-Marathon results for Dec. 9.

Overall table for the Kiawah Island Marathon & Half-Marathon, listing names and times.

Half-Marathon Overall table listing names and times.

Table of race results for M55, M60, M65, M70, and W50 categories, listing names, states, and times.

Jacksonville Marathon & Half-Marathon results for Dec. 16.

Overall table for the Jacksonville Marathon & Half-Marathon, listing names and times.

Overall table for the Jacksonville Marathon & Half-Marathon, listing names and times.

Table of race results for W55, W60, and W70 categories, listing names, states, and times.

MIDWEST

Festival of Lights 5K Ann Arbor, MI; Jan. 6

Overall table for the Festival of Lights 5K, listing names and times.

MID-AMERICA

Last Chance 2.4 Mile Bismarck, ND; Dec. 31

Overall table for the Last Chance 2.4 Mile, listing names and times.

SOUTHWEST

Sunmart Texas Trail 50K & 50 Mile Huntsville State Park; Dec. 9

Overall table for the Sunmart Texas Trail, listing names and times.

Table of race results for W40, W45, W50, W55, W60, W65, and W70 categories, listing names, states, and times.

Overall table for the White Rock Marathon, listing names and times.

White Rock Marathon Dallas, TX; Dec. 10

Overall table for the White Rock Marathon, listing names and times.

Table of race results for W50, W55, W60, W65, and W70 categories, listing names, states, and times.

WEST

Western Hemisphere Marathon Culver City, CA; Dec. 3

Overall table for the Western Hemisphere Marathon, listing names and times.

California International Marathon Sacramento, CA; Dec. 3

Overall table for the California International Marathon, listing names and times.

Continued on next page

Continued from previous page

W40 D Windsand-Dausman	2:58:42
Leslie Black	3:00:59
Connie Rowden	3:05:07
Susan Doherty	3:06:21
Tonya Geers	3:21:36
Wendy Georges	3:24:06
Nancy Kiyota	3:27:51
Lynn Armstrong	3:28:30
Helen Hull	3:32:17
Cindy Egger	3:34:41
W45 Kimberlee Rouse	3:04:41
Dee Gray	3:32:16
Laurie Phillips	3:33:08
Debbie Fischer	3:34:27
Becky Ballantyne	3:36:20
Kristy Creed	3:37:05
Debbie Miller	3:39:39
Desiree Wilson	3:41:00
Megan Mohebbi	3:41:24
W50 Carolyn Mather	3:28:02
Susan Russell	3:37:11
Nancy March	3:38:57
Barbara Perales	3:45:26
Cynthia L-Warden	3:48:44
Karen Kelley-Day	3:52:07
Jessie Stratton	3:54:36
Christine Hallon	3:56:00
W55 Rusty Barnett	3:54:06
Sarah Allday	4:06:02
Judy Shipman	4:15:08
Suzanne Franco	4:24:23
Cathy Shields	4:29:54
Lynne Rosser	4:36:32
Linda Elliott	4:41:52
W60 Ute Luyties	3:56:27
Khartoon Brown	4:27:41
Judith Collins	4:55:28
Charlene Curtis	5:41:36
Arlene Bidwell	5:49:48

M80 Lawrence Viglienza	43:52
W40 Janice Proudhomme	19:03
Melanie Mocium	22:06
Cathy Santillan	23:28
W50 Patti Lee	24:14
Susan Wheeler	25:14
Wendy Newman	26:02
W60 Jutta McCormick	23:04
Trudi Hoffman	24:33
Peggy Kang	25:49

**Miracle Mile**

Overall	
James Nielsen	4:01
Michelle Gallagher	5:06
M40 Pat Talmadge	4:31
Chris Sullivan	4:54
Chris Baker	5:01
Mektarious Butterfield	5:20
Hans Facer	5:24
M50 Jim Hampton	4:43
Fred Martin	4:51
Gregg Bunker	4:57
Bill Allman	5:11
Doug Brown	5:16
M60 Jim Gallagher	6:22
Paul O'Conner	6:59
George Moss	7:29
M70 Richard Caine	6:54
Rich Hansen	10:56
W40 Honor Featherston	5:23
Whitney Stephenson	5:54
Susan Yasuhara	6:24
Yong Cho	6:32
Stephanie Lee	6:44
W50 Carol Turner	7:28
Sandra Simon	7:44
Jan Maureen Sakovich	10:35
W60 Jutta McCormick	5:34
Barbara Robben	7:49

**NORTHWEST**

St. George Marathon	
St. George, UT; Oct. 7	
Overall	
Keichi Matsuzake	2:21:06
Linda Huyck	2:51:02
M40	
L LINDSEY MERRILL	2:20:37
JERRY HENLEY	2:26:38
RUSSELL BENNETT	2:36:14
ROSS C DECKER	2:41:03
JOE C PETERSON	2:42:58
JOE MARTEL	2:44:11
RUSS E GARN	2:45:13
MICHAEL FRANK	2:46:02
CHUCK YOUNG	2:46:44
MARK PENN	2:48:09
M45	
TOBY SALAZAR	2:46:09
CLIFT THOMPSON	1:34:21
VAL D BARNES	2:48:33
PAUL E RUCKEL	2:48:35
JASON THOMAS	2:51:58
MARK B NELSON	2:58:26
TEK H KILGORE	2:54:16
DANA CLARK	2:55:36
CHRIS SKAIFE	2:56:24
CRAIG DAVIDSON	2:56:26
M50	
DAVID H BURTON	2:50:56
MICHAEL SIDMAN	2:55:36
JOHN KLIARSKY	2:55:55
ALAN STEWART	2:56:14
BOB MILAN	2:57:03
JAMES H RUCKER	2:58:26
DONALD SAUVAGEAU	2:59:32
JOE ANDERSON	3:00:10
JAMES M SHIROLA	3:01:22

DALE E HEISLER	3:01:28
M55	
JAN VALENCIA	3:05:13
FRANK C WEBB	3:11:26
ALBERT E BARKER	3:13:19
BOB CHASE	3:13:40
STEPHEN UTLEY	3:18:12
CARY HOWARD	3:18:48
DOUGLAS MATHEWS	3:21:19
ROBERT E OLIVA	3:22:39
KENNETH PIERCE	3:23:41
REX R CARTER	3:24:01
M60	
JOEL F KIRK	3:25:29
DICK KIRKWOOD	3:25:36
JUAN SOBENES	3:27:42
LARRY DERVIN	3:28:56
JOHN L THALMAN	3:29:20
THOMAS ANDERSON	3:31:25
WILLIAM SNEDDON	3:33:18
JOHN OHNESORGE	3:37:00
RALPH D BRINTON	3:40:52
R JAN THURSTON	3:42:25
M65	
CARLOS VALLE	2:58:56
J GARN MCBRIDE	2:59:30
JOHN CUSHING	3:33:17
CHARLES SABATINE	3:41:10
DON MOORE	3:45:55
ROBERT OHLWILER	3:48:38
WILLIAM WALL	3:52:54
DON S SMITH	3:55:05
JIM CRANDALL	3:58:57
FRED SMALL	4:01:28
M70	
PAUL D NANCE	3:25:56
HARRIE F HESS	3:50:58
BOB KOCH	3:51:02
THOMAS GREGORY	4:25:09
UCHIDA HIROSHI	4:40:57
D. CRAWFORD	5:14:09
ROBERT E CARR	5:17:00
DUANE BEECHER	5:31:12
M75+	
DENNIS EGLEY	5:43:20
BILL COLLINGS	6:57:40
W40	
JULIE GODDERIDGE	3:00:28
JULIE A GROO	3:08:39
ALLISON WILLBERN	3:08:44
B. S-HUSTON	3:10:07
KARIN VANDENBERG	3:13:55
LINDA P DUNN	3:16:23
SANDRA D WILKIE	3:16:41
MELODY FLYGARE	3:18:02
ANNE PHILLIPS	3:18:29
ROCHELLE MILES	3:19:45
W45	
TRISH A VLASTNIK	3:09:47
CAROL RICHARDSON	3:18:58
JONI G LOWE	3:23:35
MARY F BEACCO	3:26:34
KAY ASHBY	3:27:34
PAULA D MAY	3:28:31
SANDY STRALEY	3:28:46
JO NELSON	3:30:51
GAYE HOGGE	3:32:31
CHRISTINE DARRIGO	3:32:40
W50	
JEANIE GROVES	3:19:17
MERLE J LADUKE	3:23:27
KATHLEEN SLINGER	3:29:42

PAULETTE LEDUC	3:33:45
JANICE R COLTON	3:35:42
ANITA ZONKER	3:39:28
BONNIE K LEAR	3:43:10
PATTY L GIEBEL	3:44:44
LYNDA STAPLETON	3:45:13
BARBARA TAYLOR	3:52:54
W55	
SALLY TYREE	4:00:37
DONNA SIMS	4:02:29
CAROL JOHNSON	4:05:33
PENNY TYREE	4:13:37
KATHLEEN REYNOLDS	4:20:28
THERESA D RILEY	4:23:48
JANICE O PYPER	4:28:57
FRANCESKA DROZDZ	4:29:47
LORRAINE WHITAKER	4:30:44
W60	
SHIRLEY N BLUSH	3:48:58
JANE KELLOGG	4:42:12
CYNTHIA WALKER	4:43:30
CAROL D EDGMON	4:58:44
MARY L ACOSTA	5:01:10
ERIKA WILLIAMS	5:10:42
CAROL GREGICH	5:15:20
ARLENE CALDWELL	5:16:43
BRIGITTE TOCCO	5:31:12
JEAN SARNO	5:34:19
W65	
CHIEKO ALLWEIN	4:09:54
GUNVEIG I JANSE	4:10:10
JUDITH BULLOUGH	4:25:30
ANN CHADWICK	5:19:23
JULIA E BARRETT	5:36:36
LOIS CHRISTENSEN	7:34:43
W70+	
BARBARA ZAMPARELLI	4:54:48
Miyoko O'HARA	5:58:57
JUNE GESSNER	3:24:56

**Seattle Marathon**  
Seattle, WA; Nov. 26

Overall	
Uli Steidle	2:27:13
Joan McGrath	2:54:16
M40 Laurence Berg	2:53:35
Tony Vandemeer	2:56:28
Mike Rankin	3:00:24
M45 Vince Cole	2:47:25
John Moe	2:52:48
Ron Simington	3:06:21
M50 Ray Leonard	2:56:06
Larry Abraham	3:00:26
Martin guest	3:03:19
M55 Ali Chahal	2:55:33
John Nelson	3:27:20
M60 Bob Brown	3:36:17
George Wiebe	3:47:36
M65 Mel Preedy	3:34:29
Roy Dagneau	3:47:46
M70 Bob Dolphin	4:11:26
Keith Wood	4:43:03
W40 Betty Udese	3:28:47
Rosanne Barron	3:31:53
Karen Caldwell	3:40:04
W45 Janet Green	3:21:15
Judy Morrison	3:29:48
Ann Reiland	3:50:45
W50 Andrea Pamett	3:52:28
Jessie Stratton	3:55:18
Annyta McNees	4:01:09
W55 Diane Brox	3:38:41
Kathy Ryan	4:32:03
W60 Mae Palm	3:50:38
Una Pierce	4:17:33
W65 Martha Walker	4:30:52

**Jingle Bell Run for Arthritis 8K**  
Portland, OR; Dec. 3

Overall	
David Harkin	28:08
Robin Manning	30:58
M40 Alan Hager	34:29
Tim Winestorfer	36:49
M45 Bruce Paullin	30:50
Scott Richardson	35:02
M50 Robert Mow	35:01
Keith Kreuz	36:45
M55 Bob Britton	31:16
John Bacalli	44:08
M60 Ken Ogden	40:29
RC Peterson	51:29
M65 Tony Freeman	45:33
Mac McCroskey	50:42
W40 Myra Kettle	33:13
Kelly Kruell	35:02
W45 Robin Manning	30:58
Betty Wagner	36:55
W50 Jean Ice	47:49
Rachel Nervik	49:19

W55 Tish Torpey	51:58
Carole Kilgore	53:57
W60 Carol Zarzana	65:52
W65 Barbara Dougan	60:52
5K	
Overall	
David Frank	17:54
Denise Foote	20:31
M40 Davaid Harding	19:20
M45 Mike Mollahan	27:25
M50 Tom Crowley	29:02
M55 Joseph Gulaskey	25:22
M60 Leroy Miller	34:17
M65 Richard Olafson	25:29
M70+Dave Hamson	25:53
W40 Denise Foote	20:31
W45 Janet Campbell	25:41
W50 Gayla Whitman	40:27
W55 Jeanne Mills	32:20
W60 Mary Lou Laws	39:41
W65 Barbara Olafson	32:52

**2000 Jingle Bell Run 5K**  
Seattle, WA; Dec. 10

Overall	
Nick Rogers	15:16
Bonnie McReynolds	18:10
M40 John Martin	17:27
Gary Gill	18:09
Al Kirsininkas	18:15
Steve Angell	18:40
Lee Adams	18:49
M45 Mark Billelt	16:48
Andrew Lyle	16:56
Jim Berka	18:37
Douglas MacLean	18:49
Jay Gainer	18:58
M50 Jim McGill	17:12
David Harris	18:57
David Jones	19:57
Earl Fenstermacher	20:01
Ted Coulson	20:37
M55 Alan Murray	21:12
Tom Clark	21:33
Steve Moe	21:58
Don Cox	22:56
Fred Fleischmann	23:03
M60 Ronald Brinton	20:09
Lee Parker	21:39
Lorenzo Patelli	23:46
Albert Penta	24:39
Jack McHale	26:32
M65 Mel Preedy	23:02
Bob Eaton	27:46
Ken Siegfried	27:57
Neil McReynolds	28:29
William Springman	29:46
M70+Fred Freeman	27:39
Roelie Laughlin	29:46
John McGinnis	29:57
Harry Rutstein	30:03
Ward Squires	31:51
W40 Gail Hall	18:14
Kimball Bender	18:29
Cynda Holtz	20:36
Dorothy Curtin	20:56
Wendy Jones	21:19
W45 Sharon Kane	21:26
Kathy Cole	22:48
Ki Kilcher	22:57
Ann Rinehart	23:33
Deborah Rudis	23:34
W50 Camille Rimmer	24:44
Candi Steams	25:07
Deborah Fleming	25:21
Dode Hutchison	25:30
Cinnie Tomlinson	25:39
W55 Judi Fisher	24:38
Sally Jerome	26:52
Joyce Smits	27:57
Mary Ann Safford	28:41
Liz Tonkin	28:50
W60 Jenepher Spurr	32:13
Judy Hannah	32:24
Kayanne Wendel	33:31
Jeanette Corkery	34:48
Barbara Aamodt	35:00
W65 Wilma Parker	29:19
Lynda Hamilton	32:34
Nancy Olsen	36:06
Sylvia Odum	36:25
Catherine Corley	38:05
W70 Louise Youngs	50:18
Pat Simone	51:37
Perle Goodman	52:00
Carolyn Matthews	54:43
Yvonne Bockelie	58:40

**Seattle Marathon**  
Seattle, WA; Nov. 26

Overall	
Uli Steidle	2:27:13
Joan McGrath	2:54:16
M40 Laurence Berg	2:53:35
Tony Vandemeer	2:56:28
Mike Rankin	3:00:24
M45 Vince Cole	2:47:25
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M55 Ali Chahal	2:55:33
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M60 Bob Brown	3:36:17
George Wiebe	3:47:36
M65 Mel Preedy	3:34:29
Roy Dagneau	3:47:46
M70 Bob Dolphin	4:11:26
Keith Wood	4:43:03
W40 Betty Udese	3:28:47
Rosanne Barron	3:31:5

# 2001 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS



at the Reggie Lewis Athletic Center in Boston, MA

### Entry Form

First Name \_\_\_\_\_ Male/Female \_\_\_ Age (as of 3/22/01) \_\_\_\_\_  
 Last Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
 City \_\_\_\_\_ 2001 USATF Number \_\_\_\_\_  
 State \_\_\_ Zip \_\_\_\_\_ Citizenship (if not USA) \_\_\_\_\_  
 Resident Alien (if not US citizen) – yes/no Telephone \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Check here if you **DO NOT** want your name listed on the entrant list on the internet:

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$50) _____
1. _____	_____	(\$30) _____
2. _____	_____	(\$15) _____
3. _____	_____	(\$15) _____
4. _____	_____	(\$15) _____
5. _____	_____	(\$15) _____
6. _____	_____	(\$15) _____

Late fee for entries postmarked after 3/9/01, # events \_\_\_ @ \$10 each: \_\_\_\_\_

**TOTAL ENTRY FEES:** \_\_\_\_\_

*Masters Committee Surcharge (\$5.00\*, see note)* **\$5.00**

T-shirt Order (pre-event only) Total # of shirts \_\_\_ @ \$12 each: \_\_\_\_\_

S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Friends of the National Masters Championships (\$250 - \$100 - \$50 - \$25) \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED.....** \_\_\_\_\_

\*The National Masters Track and Field Committee requests the Committee Surcharge. All such funds are forwarded to the Committee and are used for Committee representatives to attend and assist at Championship meets.

**WAIVER AND RELEASE:** In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF- New England, TRACS, Inc., its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is cancelled.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PLEASE MAKE ALL CHECKS PAYABLE TO NMIC 2001 AND MAIL COMPLETED ENTRIES WITH CHECKS TO : NMIC, 79 MANET RD, CHESTNUT HILL, MA 02467

**MEET HOTEL:** The official meet hotel will be the Sheraton Boston, located in the heart of Boston in the Prudential Center. Meet management has reserved special rates at this hotel especially for the Championships. To take advantage of these rates, simply call the Sheraton at 1-800-325-3535 and mention that you are with the National Masters Indoor T&F Championships. In order to receive the special rate, you must make your reservations by 5pm EST March 1<sup>st</sup>, 2001.

**FOR UP TO DATE INFORMATION, ENTRANT LISTS AND OTHER INFORMATION CHECK OUT THE NATIONAL MASTERS INDOOR CHAMPIONSHIPS LINK AT [WWW.TRACS.NET](http://WWW.TRACS.NET), E-MAIL US AT [TRACS2@EARTHLINK.NET](mailto:TRACS2@EARTHLINK.NET) OR CALL (617) 332-3919.**

**ALL FEES MUST BE PAID PRIOR TO THE MEET**

### 2001 SCHEDULE OF EVENTS

**FRIDAY – MARCH 23**  
 9:00am Pentathlon Registration

9:30am Women, Men 70+  
 10:00am Men 60, 50  
 10:30am Men 40, 30

#### Order of Events

<b>Women</b>	<b>Men</b>
60M Hurdles	60M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

2:00pm General Registration

#### Track Events

4:00pm 3000M Women  
 4:45pm 3000M Men 70+  
 5:05pm 3000M Men – remaining oldest to youngest

#### Field Events

3:00pm Weight Throw Women  
 3:00pm Pole Vault Women AND Men 60+ Together  
 5:00pm Weight Throw Men 60+

**SATURDAY – MARCH 24**  
 8:00am Registration

#### Track Events

9:00am 60M Prelims/Trials ALL  
 11:00am 60M Finals, ALL  
 11:45am Mile Women  
 12:15pm Mile Men  
 2:00pm 400M Timed Finals, ALL  
 4:30pm 4x800M Relay, ALL  
 5:00pm 60M Hurdles Trials and Finals. ALL

#### Field Events

9:00am Shot Put Women  
 9:00am Shot Put Men 50-59  
 9:00am Long Jump Men 30-39  
 9:30am Pole Vault Men 50-59  
 10:00am Long Jump Men 40-49  
 11:00am Shot Put Men 40-49  
 11:00am Shot Put Men 70+  
 12:00pm High Jump Men 30-39  
 12:00pm High Jump Men 70+  
 12:00pm Pole Vault Men 40-49  
 12:00pm Long Jump Men 50-59  
 1:00pm Shot Put Men 60-69  
 1:00pm Shot Put Men 30-39  
 1:30pm High Jump Men 40-49  
 1:30pm High Jump Men 60-69  
 1:30pm Long Jump Men 70+  
 2:30pm Weight Men 50-59  
 3:00pm Pole Vault Men 30-39  
 3:00pm Long Jump Men 60-69  
 3:00pm High Jump Men 50-59  
 4:30pm Weight Men 40-49  
 4:30pm Long Jump Women, ALL  
 6:00pm Weight Men 30-39

**SUNDAY – MARCH 25**  
 8:00am Registration

#### Track Events

9:00am 200M Trials, ALL  
 10:30am 800M Timed Finals, ALL  
 12:00pm 200M Finals, ALL  
 1:00pm 3000m Racewalk Women  
 1:45pm 3000m Racewalk Men  
 3:00pm 4x400m relay ALL

#### Field Events

10:00am High Jump Women, ALL  
 10:00am Superweight Women 60+  
 - Women 30-59 to follow  
 - Men 70+ to follow  
 10:00am Triple Jump Men 30-39 and Men 60+  
 11:00am Superweight Men 60-69 (outdoors)  
 - Men 50-59 (outdoors) to follow  
 - Men 40-49 (outdoors) to follow  
 11:30am Triple Jump Men 40-49  
 12:30pm Triple Jump Men 50-59 and Women

### Eligibility

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in ten-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2001 USATF membership will be required for all US residents and your card must be shown at number pick-up. Membership may be obtained through local associations or on-site at the meet for \$15. Any athlete setting age group records, proof of Date of Birth will be required.

### Presented By



### Friends of National Masters Championships

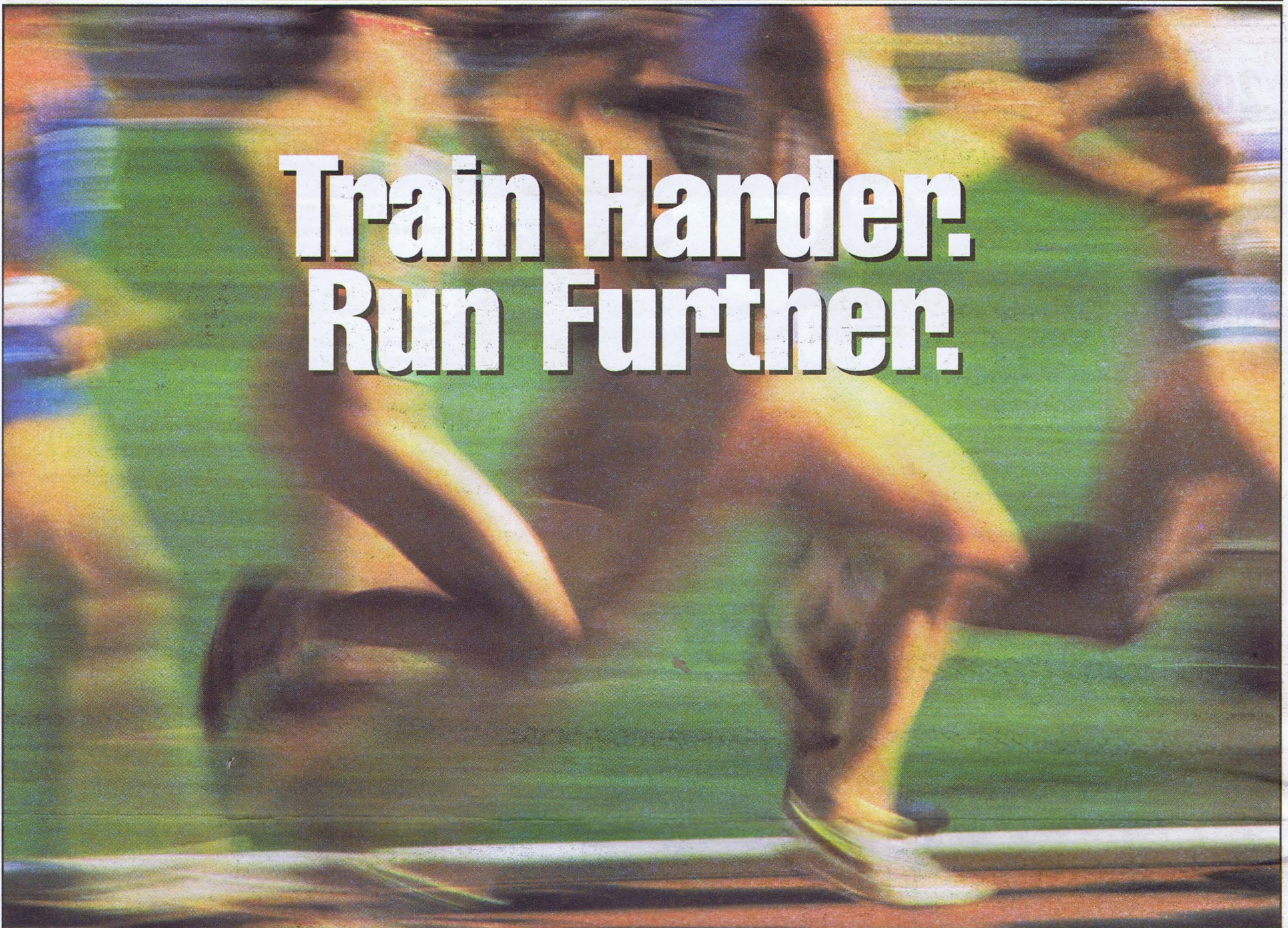
This program, started in 1997, helps to ensure the high quality of this, and future Championships. All contributors will be listed in the official meet program as a "Friend of the National Masters Championships". Please consider donating at one of the following levels:

**Platinum \$250+**  
 Platinum level donors will receive warm up suit, Timex Indiglo Running Watch, event polo shirt, meet t-shirt and lapel pin.

**Gold \$100.** Gold level donors will receive event polo shirt and lapel pin.

**Silver \$50.** Silver level donors will receive meet t-shirt and lapel pin.

**Bronze \$25.** Bronze level donors will receive a lapel pin.



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Female

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Stay with your normal water intake	Must consume extra water to counteract dehydration
Convenient and easy-to-use	Inconvenient and time-consuming
Instant absorption	Takes one hour or more to digest
Completely assimilated into the muscles in minutes	Up to 80% wasted during the digestion process
100% stable: 2-year shelf life	Unstable: rapidly degrades into waste product creatinine
No loading: take just minutes before exercise	Loading required: must be taken in large amounts for 5 days prior to exercise
No maintenance: take only on training days	Daily maintenance: must be taken even on non-training days
Delicious flavors	Chalky, unpleasant taste



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