

NATIONAL MASTERS NEWS

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

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Wilson Tops O'Keeffe for Rocket City Title; Rosenblatt Wins

by JIM OAKS
HUNTSVILLE, Ala., Dec. 11 – If the 1999 Huntsville Times Rocket City Marathon had been a three-mile race, three masters would have taken the top three places. David O'Keeffe, Orchard Park, N.Y., Andrey Kuznetsov, Russia, and Steve Wilson, Lafayette, Ind., led a pack of 12-15 runners at that point.

Had it been a half-marathon these three would have still been in contention for the win.

If the race had ended at 20 miles, Wilson or O'Keeffe would have won.

However, the younger legs of 33-year-old Greg Olszowik of Poland, and 32-year-old Sergey Shalomayev of Russia proved faster at 26.2 miles than either of these two masters. Still, Wilson and O'Keeffe ran two of the top five

times ever recorded by male masters on the Rocket City course.

Wilson finished third overall in an Olympic trial qualifying time of 2:21:36, earning \$2000 for his efforts. O'Keeffe was fifth overall (\$1000) in 2:23:08. Only Kenneth Judson's U.S. record time of 2:17:01 from 1990 and Englishman Ron Hill's 2:19:37 from 1978 were faster than Wilson's effort. In addition to these times, only Doug Kurtis' winning 2:22:55 from 1996 is faster than O'Keeffe's.

Two other masters times under 2:30, Don Norman, Union Town, Pa., 2:28:30 and Yuri Mikhailov, Russia, 2:29:22, gave Rocket City its best finish field in the 23-year history of the race. It was the first time four male masters had broken 2:30 in the same race. Last year's masters winner, Jeff Martin, Huntington Woods, Mich., took fifth in 2:37:20.

The women's masters finish field was equally impressive. Although Cheri Titus Rosenblatt, W40, Pisgah Forest, N.C., won this division by more than two minutes in 2:54:32, three other masters also broke three hours. Patti Shull, Ashburn, Va., was second in 2:56:59; Barbara Saunders, from nearby Harvest, Ala., was third in 2:57:52; and last year's winner, Jeanne Olash, Louisville, Ky., was fourth in 2:59:10. Canadian Diane Legare just missed a sub-3-hour time, finishing fifth in 3:00:12.

For the first part of the men's race, all runners – not just the masters – were keying off Kuznetsov, since he had the fastest recent marathon time of any runner in the race. However, the other masters in the pack had good resumes.

Wilson had won Ocean State in 2:22:07 in November and the Outback Distance Classic Half-Marathon in 1:13:02 just two weeks prior to Rocket City. In October, O'Keeffe had been first American at Twin Cities in 2:29:17, where Kuznetsov had run 2:14:51. In November, Norman had won the masters title at Columbus in 2:28:29.

"We had a big pack for about the first 10 miles," O'Keeffe said. "By the half,

Continued on page 6



SUZIE HESS

Finalists in the W50 60m, 1999 USATF National Masters Indoor Championships, Boston (l to r): Norma Jones, third; Jane Higgins; Charlot Jarvis, second; Skipper Clark, first (9:64); and Mary Trotto. The 2000 Championships will be held in Boston on March 24-26.

Hubbard, Seeley Win in 50K

Carlson, Brooking First Masters In Sunmart 50 Mile

by JOHN WELCH

HUNTSVILLE, Texas – Spurred on by ideal weather conditions – temperatures in the low 50s with low humid-

ity and light winds – Valmir Nunes, 35, Santos, Brazil, raced to a new course record 5:38:18 en route to his second consecutive 50-mile title at the Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 11.

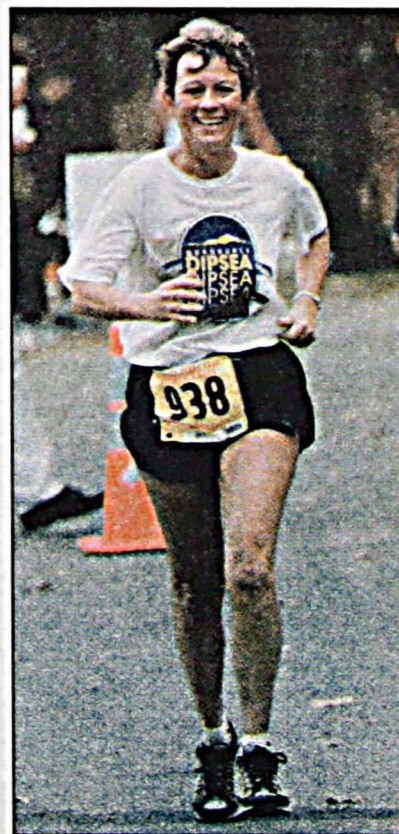
But even more important than Nunes' heroics, some speedy masters runners certainly made their presence felt in the strong field of competitors assembled for the highly popular event, held 60 miles north of Houston.

More than 1000 runners from seven countries and 45 states made the 10th annual Sunmart event the largest ultramarathon in the U.S. Mark Godale, M25, the defending U.S. champion for 24 hours on an oval track, finished second in 5:56:22. Michael Carlson, 40, an electronics consultant from Boise, Idaho, was third in 6:15:31.

Kevin Setnes, 45, Eagle, Wisc., won the M45 race in 6:17:01. Roy Pirrung, M50, Sheboygan, Wisc., was 11th overall in 6:39:22. Alfred Bogenhuber, 60, San Mateo, Calif., was the first M60+ runner (8:29:39).

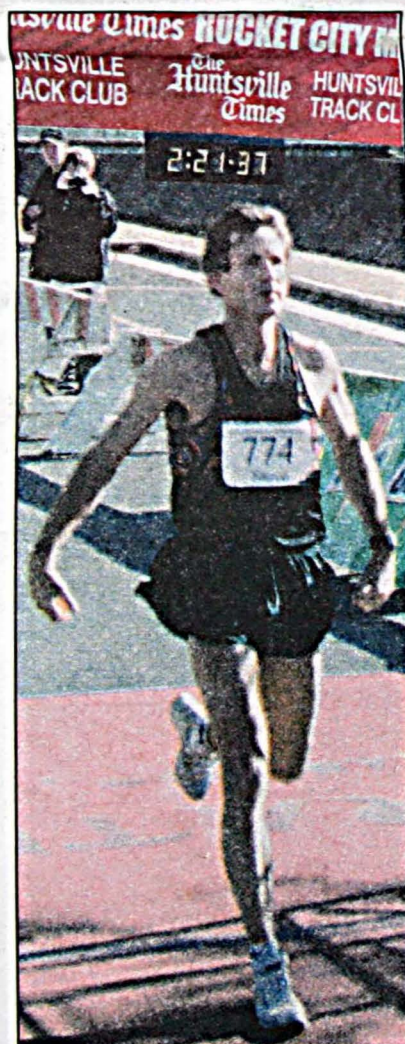
Nunes, a professional runner, easily outdistanced all but Godale and Carlson, who were holding on for dear life. "I actually pulled off third place," Carlson said, following the finish at Lake Raven. "I tend to try to run close to even splits, and today it worked well for me. I did slow down during the fourth lap but not as much as the other guys."

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JOHN WELCH

Suzanne Krantz, 50, fourth W50 (5:53:35), Sunmart Texas Trail 50K.



VICKIE MEADER

Steve Wilson, first master (2:21:36), Rocket City Marathon.

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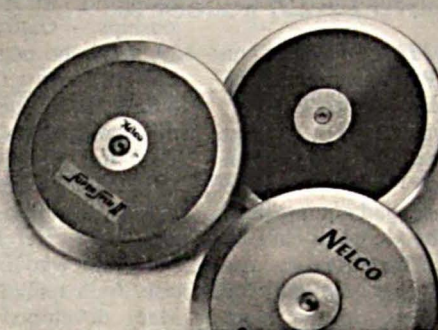


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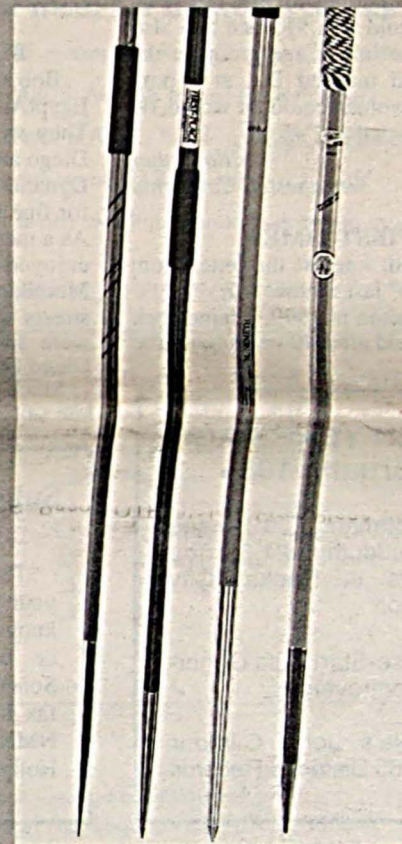
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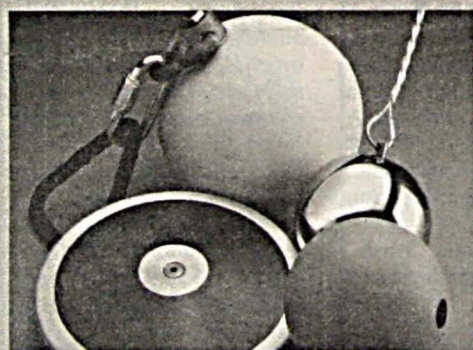
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T&F AWARDS

I'm surprised that Jeanne Daprano (Hoagland) didn't get a year-end 1999 Track & Field award.

At the Boston Indoor Track Meet, she got the mile world record. Then at UC-Irvine she got the record for the outdoor mile. At Gateshead, she got two silvers and a bronze.

In the Senior Olympics at Orlando, she won four gold medals and a silver. Then, to top it all off, on Oct. 30, the day of her wedding to Bill Daprano, she won a gold in a 5K race and also beat the men in her age group in the morning and married Bill at 1 p.m. What other woman could, or would, do that?

Milo Sather
Westchester, California

FIRST-TIMER

I read with interest the letter from "First-Timer" last month.

In mid-season in 1999, I came back to track & field after 40 years (with the

javelin throw). Much to the amusement of my family, who joke about Dad going out to "throw his stick around," I am really enjoying myself and have competed in Georgia and Florida, where I have met many masters who have impressed me with their fitness and enthusiasm.

I look forward to a full season next year and competing with other "come-back kids."

Jim Turner
Alpharetta, Georgia

BOB AND MARY RICE

Bob and Mary Rice were aboard the EgyptAir plane that crashed Oct. 31. They were racewalkers from the San Diego area. Bob was a retired General Dynamics engineer, who had a taste for fine wine, music and automobiles. As a member of the Mercedes club, he enjoyed driving his classic, red Mercedes convertible through the streets of San Diego. He and Mary were lifetime members of the San Diego Opera.

Since Bob did not become an athlete until his 70s, he was a bit reluc-

tant to become a competitive walker, but Mary's prodding eventually won him over. He was a problem-solver with a dry sense of humor and quick wit. After he crossed the finish line of his first official race, I asked him whether he had received any warnings on the course. His response was, "I don't know. I turned off my hearing aid."

He went on to compete in many masters races and finished 12th in his age-group in the WAVA Championships - Gateshead. Born on Oct. 20, 1914, he had recently turned 85 and was looking forward to racing the M85s. He is survived by two stepchildren from a previous marriage. Their trip to Egypt was for pleasure and included a cruise of the Nile.

Mary and Bob were married in the late 1960s. Her first husband was a Navy pilot who died in a training exercise. As a retired home-health nurse, Mary developed San Diego's Alzheimer Care Program after caring for her brother, who suffered from the disease. In 1996, the Alzheimer Association recognized Mary's achievements by nominating her to carry the torch en route to the Atlanta Olympics.

She loved to travel and race in masters meets and went to WAVA -



PHILLIP COX
Kim Jones, top masters qualifier in the U.S. Olympic Marathon Trials, Columbia, S.C., Feb. 26.

Gateshead. She was fiercely competitive but will be remembered for her support and encouragement of fellow athletes. Mary was born March 29, 1922, and is survived by two daughters and a son from a previous marriage.

Carmen Jackinsky
San Diego, California

23 Masters Qualify for Women's Olympic Trials

Twenty-three masters women qualified for the U.S. Olympic Women's Team Trials to be held at the Carolina Marathon, Columbia, S.C., Feb. 26. A total of 210 women had qualified by the Jan. 23, 2000, deadline. Qualifying began with the Houston Marathon, Jan. 18, 1998.

Kim Jones, 41, Spokane, Wash., leads the masters, with a sixth-ranked 2:35:44. Libby Hickman is the top

qualifier (2:28:34). The qualifying time is 2:50:00. Eight masters women met the qualifying time of 2:42:00 for payment of travel expenses. The oldest qualifier is Marina Jones, 48, Palm Desert, Calif., ranked 78th of the 210, with a 2:45:56.

Prize money at the Carolina Marathon is \$250,000, with first place winning \$50,000, second \$35,000, and third \$25,000. □

FIFTEEN YEARS AGO February, 1985

- Don Coffman (2:29:16) and Patti Sudduth (3:21:38) Top Masters in Rocket City Marathon
- No-False-Start Rule Generates Controversy
- Australia's John Gilmour Sets M65 Distance Records

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Sunmart 50 Mile

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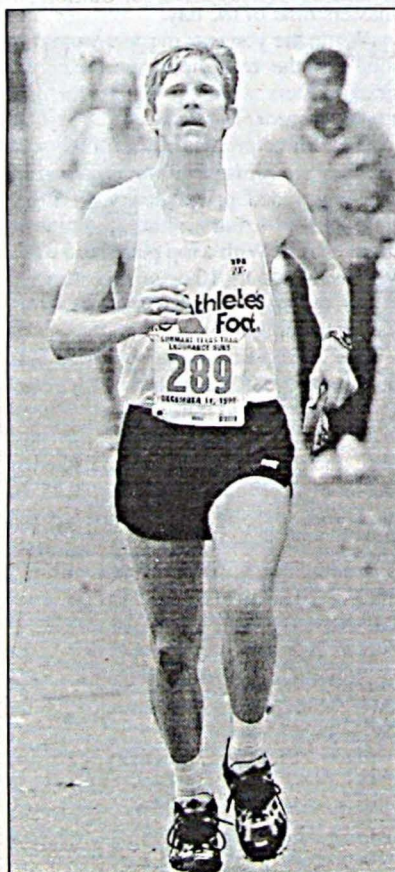
Amanda McIntosh, 34, San Antonio, Texas, a personal trainer, started slowly but moved methodically through the field and into an unchallenged women's victory (7:15:44) by the beginning of the third lap.

Sally Brooking, 43, Buford, Ga., was the women's masters first in 8:10:34. Linda Musil, 48, Dallas, Texas, was second W40+ in 8:32:25. Edith Bogenhuber, 55, San Mateo, Calif., won the W55 race with a 9:09:48. There were no finishers in the W60+ divisions.

Luanne Park, 39, an elementary school teacher from Redding, Calif., set a course record 3:54:14 to win the women's 50K race. Suzy Seeley, 40, Spring, Texas, was the women's masters winner in 4:34:45. June Gessner, 46, Laguna Niguel, Calif., finished second in 4:50:58. Dixie Madsen, 62, San Diego, Calif., was the W60 winner in 5:50:36.

Charles Hubbard, 38, Bloomington, Minn., a computer consultant, won the men's 50K race in 3:16:11. Dmitry Voldam, 46, Overland Park, Kansas, captured the M40+ first in 3:42:40. Frank Bozanich, 55, Reno, Nev., was third master with a 3:53:08. Odino Soligo, 78, of Canada, won the M70+ race with a 6:29:59.

The race director was Norman Klein. □



JOHN WELCH

Michael Carlson, 40, third overall (6:15:31), Sunmart Texas Trail 50 Mile, Huntsville, Texas.

SADDLEBACK MASTERS RELAYS

Saturday, February 26, 2000

@ Saddleback College, Mission Viejo, CA

AGE: 30+ — USATF Sanctioned (Cards available at meet for \$15.00 - checks only.)

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: All-weather track & runways (javelin approach is grass). **AWARDS:** Medals to first three finishers.

ACCOMMODATIONS: Many hotels/motels within 5 miles of campus. (Send S.A.S.E. to Doug Smith, see below.)

ENTRY FEES: \$10 for first event (includes "T" shirt), \$5 per each additional event, \$12 per relay.

LATE ENTRIES: Accepted by the Clerk of the Course, but you must enter & pay two hours prior to events to insure entry. \$10.Late Fee.

NO REFUNDS: THIS IS A FUND RAISING EVENT FOR THE COLLEGE'S TRACK & FIELD PROGRAM.

Time	Event	'99 Best	✓	Time	Event	'99 Best	✓	Time	Event	'99 Best	✓
8:00 am	5K Race Walk	_____	□	12:40 pm	200m Family Relay	_____	□	9:00 am	Long Jump	_____	□
	(officially judged event)			12:55 pm	300m Hurdles	_____	□	9:00 am	Shot Put	_____	□
8:50 am	5K Run	_____	□	1:20 pm	60m Dash	_____	□	11:00 am	Pole Vault	_____	□
9:40 am	4X100 Co-ed Relay	_____	□	2:10 pm	4X400 Relay	_____	□	11:00 am	Discus	_____	□
10:10 am	60m Hurdles	_____	□	2:30 pm	4X100 Relay	_____	□	11:00 am	Triple Jump	_____	□
10:45 am	4X100 Relay	_____	□	2:50 pm	800m Run	_____	□	1:00 pm	High Jump (1st flight, 3')	_____	□
	(Ages=200yrs.)			3:15 pm	100m Dash	_____	□	2:00 pm	High Jump (2nd flight, 5')	_____	□
11:00 am	1500m Run	_____	□	3:45 pm	3K Steeplechase	_____	□	2:00 pm	Javelin	_____	□
11:30 am	300m Dash	_____	□	4:15 pm	Sprint Medley Relay	_____	□				
	Lunch Break										
12:30 pm	Intro. of Olympians & Guests										

Registration fee \$10, (includes 1st event). # of additional events _____ x \$5 = _____

(Relays may be added day of meet without late fee penalty.)

Total Amount Enclosed \$ _____ (Check payable to Saddleback College Foundation.)

For additional information send S.A.S.E. to Doug Smith, 26063 Saratoga Av., Laguna Hills, CA 92653.

ENTRY FORM

NAME _____ SEX: M ___ F ___ AGE _____ DOB _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

PHONE (____) _____ FAX (____) _____ E-MAIL _____

USATF# _____ T-SHIRT SIZE: S M L XL AMOUNT ENCLOSED: \$ _____

(Do NOT include the cost of USATF registration with your entry fee.)

PAYABLE TO: Saddleback College Foundation. MAIL TO: Doug Smith, 26063 Saratoga Av., Laguna Hills, CA 92653

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature _____ Date _____

(Athletes may be required to undergo drug testing in accordance with USATF rules and regulations.)



Third Wind

by MIKE TYMN

Earning a Black Belt in Running

Leaders in the sport of distance running – both on the track and on the roads – might learn something by observing the martial arts. Those sports provide individual goals for their participants – goals that motivate and stimulate their participants to higher degrees of achievement. You start out as a white belt, a novice, and then advance to other belts. I'm not sure, but I think it is green, purple, several degrees of brown, and then on to about 10 degrees of black belt.

Distance running is not without its goals, especially for those who can compete successfully, including competition in age groups, but the goals for those who are not highly competitive are not well defined. Sure, more average runners strive to better their personal bests and have goals such as breaking 40 minutes for 10K or 3 hours in the marathon, but I believe that more formal goals which provide degrees of advancement as in judo and karate would be favorably received by the average runner. Instead of belts, we might have patches or some specially designed jacket or T-shirt for proper recognition.

12-Step Program

I propose what might be called the "Six-Minute Mile Achievement Ladder." Here's the idea: To reach the first rung in the ladder, an individual must be able to run a mile in six minutes or under. He or she advances to the second rung by holding a six-minute pace for two miles and the third rung by bettering 18:38 (six-minute pace) for 5K.

The runner continues to advance in rungs on the ladder by maintaining six-minute pace for five miles, 10K, 15K, 10 miles, 20K, the half-marathon, 25K, 30K, and the marathon, the latter calling for a 2:37:19 clocking. That makes for 12 rungs of advancement.

TEN YEARS AGO February, 1990

- Mario Cuevas, 40 and Priscilla Welch, 45, Win ICI/USA National Masters 8K in Florida as \$40,000 Goes to Masters
- Bob Schlau, 42, and Nancy Mieszcak, 40, Capture Rocket City Marathon Titles
- Kjell-Erik Stahl Wins Fourth Straight Masters Championship in Honolulu Marathon

To provide more approachable goals for older runners, consideration might be given to age-grading the standards, or perhaps setting 6:10 as the standard for 40-44 men, 6:20 for 45-49 men, 6:30 for 50-54 men, 40-44 women, and so on up to the higher age groups.

Upping the Ante

It wouldn't have to stop at 12 levels, either. Standards could be worked out for runners who can hold a five-minute pace for shorter distances. For example, the 13th level on the ladder might be a five-minute pace for 5K (15:32), which ranks on tables of comparative performance as a bit more difficult than a six-minute pace in the marathon.

Carrying the five-minute pace on up to the marathon (2:11:06) would make for 22 rungs on the ladder. The 20K and the half-marathon are fairly close to each other, so we might eliminate one of those and make it an even 20 rungs.

To attract slower runners, the first rung might be a seven-minute mile (for open division runners) with advancement up the ladder to a 12th level of 3:03:32 for the marathon. There are all kinds of possibilities. I don't see it as costing a heck of a lot to administer. Some corporation could get its logo on the patches or T-shirts awarded to the achievers and the Road Runners Club of America, and one of the running magazines, might sponsor it.

Any Ideas?

We need something to motivate the runners who aren't pursuing cash prizes or age-division honors. Can you come up with something better?

Actually, that plan was my contribution to a local group discussion on what might be done to promote greater participation by runners in road races. While it seems there are as many people as ever running in my home state of Hawaii, they are racing less and less. Many of those who have been racing for a number of years simply aren't motivated to pay \$15 to \$20 to race frequently when they have no real goals. Let's give them some goals. □



CARL SENKBEL

Top five masters women in the Rocket City Marathon (l to r): Cheri Rosenblatt, 40, first (2:54:32); Patti Shull, 41, second; Barbara Saunders, 40, third; Jeanne Olash, 42, fourth; and Diane Legare, 48, fifth.

Rocket City Marathon

Continued from page 1

it was down to Andrey, Steve, myself and about three younger runners. Somewhere around mile-15, Andrey pulled out with a hamstring problem and that left Steve and me.

"Actually, at that point, I was not sure Steve was also a master," O'Keeffe said.

It was the first time the two had been in the same race, and until O'Keeffe began to cramp around mile-24, it was shaping up as an exciting finish.

"The eventual top two finishers pulled away from us around mile-20," O'Keeffe, a sports medicine doctor who ran in college at Manhattan, continued. "Steve went with them for about a quarter-mile but then dropped back, and I caught him. We ran together for the next four miles and I was still feeling good until I took some 'goo' at an aid station. That's when I began to cramp."

The women's race was not as close.

After what she called "a foolish first mile," Rosenblatt settled into a steady pace that brought her through the halfway point in 1:23.

"I was thinking about breaking 2:50 at that point," Rosenblatt said. "But it got harder in the last half."

Unlike the men, the women's pack lasted for only a mile as the eventual winner, Elvira Kolpakova, of Russia, opened a lead that grew to more than three minutes.

"I went out too fast," said Rosenblatt. "But I settled down after the first mile and got into a rhythm. There really weren't any other masters around me for most of the race."

Rosenblatt earned \$1750 in prize money, \$1500 for the masters title and an extra \$250 as the fourth woman overall. She is a native of Canada, where she ran in high school, but not in college.

"I started running again when I was 34 and we lived in Jacksonville, Florida, she said. "I ran the River Run in Jacksonville and Gasparilla in Tampa and found I was competitive."

"I really enjoy running on trails. We have a trail run in Asheville, the Shut-In

18-Miler, that is one of my favorites. I was second female in that race in November. It was one of my long workouts for Rocket City."

Huntsville Track Club members were excited about the performances of two of their top local masters.

Saunders had been the top local woman for six of the past eight years, but had never broken three hours for the marathon. In her first year as a master, the 40-year-old systems analyst ran 2:57:52, which was also a new Alabama state age record.

Michael Allen, the 42-year-old owner of the local running store, First Place, ran 2:39:43, the seventh-best masters time of the day.

While the younger masters were running for the overall prize money, the grandmasters were competing for age-graded awards.

Race director Malcolm Gillis, who ran the race himself this year, increased the age-graded prize money, giving a total of \$3500, but limiting it to runners 50-and-over. With a top prize of \$1000, and awards going 10 deep, this attracted some of the top grandmasters from across the country.

The most outstanding of these was 60-year-old Barbara Miller of Modesto, Calif. Miller had already set several U.S. age-60 records during the past year, and chose Rocket City to make her attempt at Helen Dick's 3:15:30 marathon mark that had stood since 1985.

Miller accomplished her mission with a 3:14:50 that converted to a 2:23:48 effort and earned the top age-graded award.

"It was harder than I thought it would be," Miller, a real estate agent, said after the race.

Herb Phillips, Burnaby, British Columbia, at 59 a recent selectee to Canada's open men's 100K team, was second age-graded (\$750) with a 2:55:38 or a converted 2:28:32.

The oldest age-graded winner was 71-year-old Jerry Johncock of Grand Rapids, Mich., who ran 3:22:35 for a

Continued on page 7



LDR Report

by CHARLES DESJARDINS
USATF Masters LDR Committee

A Victim of Our Success

At the 1999 USATF annual meeting in Los Angeles, the Masters LDR Committee approved three additional road race guidelines. During the past year, in administering the Indy Life Circuit for masters, I realized that the availability of monies to U.S. and foreign athletes had raised problems regarding correct ages and identification of runners by age-group during races. These guidelines should prevent those problems.

For your reference, here are the guidelines:

1) Competitors earning prize money of \$150 or more at any individual race must have on file with the USATF Road Running Information Center (RRIC) a valid birth certificate. Non-

citizens competing for masters prize money also must have a valid birth certificate on file with the RRIC before prize money can be awarded.

2) If a competitor is unable to produce a birth certificate, for reasons beyond his/her control, alternative evi-

dence of a birth date may be submitted to the RRIC not less than fourteen (14) days prior to the event. The RRIC will forward the evidence to the Masters LDR Committee for a decision by race day. Upon verification of a birth date by the MLDR Committee, the athlete will sign an agreement of understanding.

3) In masters championships and/or circuit races, all masters competitors, including non-citizens, must wear the appropriate age-group back number.

Proof of Age

The first guideline is very clear. Any athlete competing as a master must present a valid birth certificate. In many countries, proof of age is not necessary for the issuance of a passport. The \$150 criterion was established to minimize work upon a race director, yet provide a race director some teeth to administer his masters prize money purse.

The second guideline was issued to cover a situation in which an athlete does not possess a valid birth certificate. The MLDR has had previous experience in a similar situation.

The wording of this guideline reflects that.

Guideline number three reflects a situation in which a race has several money prizes. For U.S. masters championships and/or masters circuit races, each competitor must wear a back number so that each athlete knows his or her competition.

Competitors Identified

In some races money is available to all masters athletes, whether competing for the U.S. championship and/or circuit points. Thus, it is only fair that foreign masters athletes also wear back numbers, so all competitors are identified during the race.

This guideline is only pertinent to national masters championships or national masters circuit races. The first two guidelines are valid for races with masters prize money to ensure that a competitor is at least 40 years of age or is using a correct age for age-graded prize money.

Any comments on these guidelines should be presented to members of the MLDR committee listed on page 2 of this issue. □

Rocket City Marathon

Continued from page 6

converted 2:30:52 and earned \$400.

Gillis' time of 3:22:10 would have placed sixth among the age-graded performances, but he forfeited his prize money since he was the race director.

There are only two marathons held in the state of Alabama each year, so Rocket City continues to attract many runners who are completing marathons



in each state. Yen Nguyen and Curtis Cormier from Houston, Tex., were two such runners. They completed their 50th here and ran with race numbers 50 and 51.

The number 154 was assigned to Richard Worley, Kingwood, Tex., to signify the number of consecutive weeks he had completed a marathon. His Rocket City time was 4:14:33.

Ed Burnham, 80, Kansas City, Mo., set a record for oldest finisher in Rocket City history when he crossed the line in 5:56:24. This was his 100th marathon. He only started running marathons 10 years ago.

Norm Frank, Rochester, N.Y., was assigned a significant number. He wore 700 as he completed his world record 700th marathon in 5:34:00.

Local runner James Foreman, 65, continued his string of consecutive Rocket City Marathons. He completed his 23rd in 4:53:35. Three others have also run them all: Ray Giles (3:50:55), Birmingham, Ala., Garry Elkins (3:57:42), Gadsden, Ala., and Dean Godwin (4:26:10), Aiken, S.C.

TWENTY YEARS AGO February, 1980

- Penn Mutual Insurance Co. Becomes National Masters Sponsor
- Herb Lorenz (2:21:00) and Sandra Kiddy (2:51:07) Win National Masters Marathon Titles
- Ernie Billups, 42, Sets U.S. M40 1500 Mark of 4:02.5

GENE SIMONSON

Barbara Miller, Modesto, Calif., on her way to a U.S. W60-64 record of 3:14:50, Rocket City Marathon, Huntsville, Ala., Dec. 11.

For the first time in six years the weather was almost perfect. There was little wind and the temperatures were in the 40s to 50s. Total entries increased to

1202, up by 117 from last year. Among the 754 male finishers, 443 were masters. There were 87 female masters among the 215 women finishers. □



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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Duck-footed vs. Pigeon-toed

Q Here's an interesting question that I've never seen addressed before, although I think it would be of interest to many runners. My observation is that it is fatal to running excellence to be duck-footed, even slightly. All superior runners seem to be parallel-footed or slightly pigeon-toed. Perhaps it is that the toe-out foot recruits the various leg muscles differently. Perhaps the toe-out foot spends slightly longer on the ground.

You know us toe-out guys. When viewed from behind, the right foot, in the "kick-back" position, will have the heel at 11 o'clock and the toe at five o'clock. When we are standing around watching the awards after the race, we are standing there with the toes at 11 and 1.

Assuming I have something here, has anyone ever attempted to correct this and lived to tell the tale? Now, I'm not stupid enough to actually try running parallel-footed, making an immediate effort at correction while running. Instead, my plan is to stand pigeon-toed while I'm on the phone, brushing my teeth, watching TV, etc. I'll see what happens. Perhaps I'll get parallel. If it starts causing problems, I'll stop. What have I got to lose?

A For those of us who have suffered from the "duck-footed" running pattern, perhaps the comments from other runners on our style are more injurious than the placement itself. I know as a toe-out runner myself, I was told to run on the "white" lines and get my feet straight.

However, this is probably more of a cosmetic than functional problem. For those of us who run with our feet out, it is probably a joint position problem and there is not much we can do to change it. For those who have a slight duck-footed gait, perhaps concentrating on running with the feet straight ahead may re-train the muscles and tendons. However, the joints will go where they are positioned.

Probably all the energy and effort to straighten the feet out is a waste of time. But, you have nothing to lose. You may want to add foot strengthening exercises to your regimen. Strengthening the posterior tibial muscle and tendon would seem logical.

Do we lose time and distance by running in this position? I am not sure. It would seem that the tendons are somewhat over-stretched at this point, which would cause some fatigue.

Obviously, the world record holder sprinters have a nice, parallel gait, but if

you watch closely as they come out of the blocks, many run with a flat-footed gait. Michael Johnson is another story. Slow motion films of his feet show that he runs the entire race off of the ball of his foot. No duck-footed gait there.

However, didn't Roger Bannister have a slight toe-out gait? So, this is an interesting question and one that I have pondered over the past 40 years of my running career. However, it did not stop me from running over 100 marathons, 50 mile runs and several AAU championships. So, keep up the running program, and you can laugh as you pass those runners with the "perfect" gait alignment. □

(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.)

2000 Road Mile Championships Canceled

The Steve Scott Festival of Races, which was to serve as the USATF National Masters Road Mile Championships on Jan. 23 in Santee, Calif., was canceled in late December.

In *The San Diego Union-Tribune*, Dec. 24, staff writer Kristen Green wrote that the organizers hadn't received enough cash donations to pay for advertising and provide prize money. The event in 1998 drew 2000 participants for the 10 different races. This year, organizers had planned on 2500.

When, in late November, the event fell \$7000 short of a hoped-for \$56,000

in cash donations, talk of canceling the event began, said Tracy Sundlun, executive vice-president of Elite Racing, the primary fund raiser. The race was budgeted to cost more than \$105,000.

There's hope to stage the event next year, said Sundlun. "It doesn't mean that we're sure that we can. We certainly want to."

Named after U.S. mile record-holder and San Diego County resident, Steve Scott, the event has included a masters championships race since 1997. Last year, Scott, 42, with a 4:11, and Ruth Wysocki, 41, 4:58, were first overall in the masters contest. □



Winners of the M50-54 races in the 1999 three USATF masters cross-country championships (l to r): Roger Price, 50, of New Jersey, 5K; Richard O'Brien, 51, of Washington, 10K; and Richard Myers, 54, of New Jersey, 8K.

John Damski

"John Damski was a rescuer. He was an ordinary man who did extraordinary things. He was a great hero."

So said Rabbi Harold Schulweis at the memorial service of John Damski, who died of a heart attack in his home in Van Nuys, Calif., on January 2.

He had just turned 85, and was looking forward to setting M85 U.S. records in the high jump, long jump and triple jump. He still holds U.S. single-age triple-jump marks at age 82 (7.50, 24-7/8) and age 83 (7.18, 23-6/8).

I had spoken to John the day before he died. He was sharp, upbeat, and told me he had just leaped higher than the M85 HJ record in his back-yard practice pit.

His death was unexpected, yet came exactly two months after Christine, his beloved wife of 55 years, passed away.

Schulweis was a guest speaker at the Catholic service at Forest Lawn Cemetery. In 1989, Damski was honored by the Jewish Community with one of Israel's highest honors: the title of *Righteous Among Nations*, given to Gentiles who rescued Jews from the Holocaust at the risk of their own lives. Damski received a medal and a certificate of honor at the Jewish consulate. He was invited to Israel. A tree was planted in his name at Yad Vesham, Jerusalem.

Damski was a well-known soccer and track & field athlete in Poland in the 1930s. Following the war, John and Christine moved to Detroit and later to Los Angeles where John worked for Lockheed doing electrical work until 1979 when he retired. He competed in masters track & field meets for more than 25 years, and was an accomplished painter.

"John Damski was witness to the worst century in our civilization," Schulweis told the congregation.

"He was witness to the burning of the Warsaw Ghetto. He was witness to people being loaded on death trains in Sobibor. He was witness to the green smoke from the crematoriums. He was witness to the slaughter of 2.2 million Jews in Poland.

"John was a Catholic. He had a different theology. But the tears were the same. The fears were the same. The love was the same."

Many of the mourners at the Church of the Hills were in tears as Schulweis reminded them how Damski had risked his life over and over again in Poland from 1940-45.

"He bribed two German soldiers to bring over a dozen Jews out of the Warsaw Ghetto. He bought false papers for Christine and her family. He obtained forged passports. He was jailed. He bribed a Gestapo agent with his wife's diamond ring to get a Jewish friend out of jail. He and Christine lived in a hole. He saw people lined up and shot to death. Some other rescuers, who did the same thing as John, were found and shot. He saw 100 Polish hostages shot because one German soldier had been killed."

Damski often said he was not a hero, that he only did the right thing. "But he was a hero," Schulweis emphasized. "Instead of more celebrities, we need more heroes like John so we can be reminded we are human beings."

More than 30 cars joined the funeral procession to the final service where John was interred next to Christine.

He is survived by his daughter, Eva Muchnick; son-in-law, Carl Muchnick; and their two daughters, Taryn and Risa. □

— Al Sheahen



Track and Field Report

by **KEN WEINBEL**,
Chairman, Masters T&F

Another Year Passes

As we move into a new year, it is appropriate that we acknowledge and thank our committee officers and chairs for all their hard work. These men and women devote their time and energies to serving masters track & field, so we can all enjoy the program and resultant benefits. Without their selfless contribution, there would be no program. Please join me in expressing sincere thanks to these dedicated individuals.

I am pleased to report that 1999 provided a bountiful schedule of quality domestic and international competition and we have a forecast of more of the same for 2000.

Much has been accomplished by the masters committee in the past few years of which we need to be cognizant. Read this short review, and I think you will agree that we have made, and will continue to make, positive strides for the betterment of future masters T&F.

- By interacting with and involving the membership, willing and dependable volunteers have been identified and accepted responsible committee positions, resulting in an infusion of new energy and constructive ideas.

- Lines of communication between the national T&F office, regional coordinators and the chair continue to strengthen.

- The Masters Hall of Fame is firmly established and operative with great leadership.

- We have approved the establishment of an official masters web site. A task force will report to the committee with recommendations, at the indoor championships in Boston. In the meantime, the *National Masters News* and several personal web sites are available to visit.

- We have established a Championships Meet Committee to assist meet directors with the operation of meets. All operational items, including the schedule of events, are now channeled through this committee chair prior to implementation. The

committee is funded by applied surcharges to championship entry fees.

- Our by-laws now reflect that we are in line with the national USATF officers' terms of office. Masters committee officers will be elected for four-year terms with a consecutive two-term limitation.

- We are investigating additional means of procuring funds. A task force is studying a planned giving program. Donations and sponsorships are still being actively pursued.

- The affiliation with the National Senior Games Association is a major accomplishment. Masters (50 plus) will benefit from the additional competition available to them. Masters T&F involvement will most certainly improve the quality of NSGA meets, which has long been a concern of masters athletes.

When elected to the chairmanship, I made a commitment to elevate masters T&F to prominent recognition within the athletic and public communities. I believe we are steadily accomplishing this, but we have a way to go. Our Legends program has, thus far, been the prime vehicle to recognition.

I am encouraging the organization of a national pool of our outstanding athletes to represent masters in high profile competitions. The program is still in the infancy stage and thus needs the effort and energy of willing administrators and athletes. The recognition we desire is attainable, but, one and all, we must dedicate the time and energy to "get the job done." □

Rankers Appointed for 2000 Indoor Lists

by **JERRY WOJCIC**

Masters T&F Rankings Coordinator

All of the events for the McMahon Family Trust Indoor Rankings for the 2000 season have been assigned to volunteer rankers. If your best marks have not appeared in the results sections by the May issue, send them, in meters for field events, with documentation (name of meet, date, site, contact person, etc.) before May 12 to the appropriate rankers below:

55m/60m/200/400: Larry Patz, 534

Gould Hill Rd., Contoocook, NH 03229.

800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581.

HJ/PV: David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

SP/LJ/TJ: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

55mH/60mH/WT/SW/Mile/3000

RW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-Mail: natmanews@aol.com □

Warren Blaney

Warren Blaney, founding director of the Senior Olympics, died in Cherry Valley, Calif., Jan. 4. He was 96.

In 1970, Blaney created the Senior Olympics in Los Angeles and directed annual meets until 1985.

He expanded events to include dance, handball and horseshoes. He felt the program was a way to show the

importance of exercise for mental and physical health throughout one's life.

"The health of the nation begins with one individual," was his philosophy.

In 1985, Blaney stepped aside and turned over administration to the National Senior Games, now headquartered in Baton Rouge, La. □

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RACES

FEBRUARY 26 - Ft. Worth Cowtown Marathon, 10-K & 5-K Run, Ft. Worth, TX. Contact: Beverly Weiss, P.O. Box 9066, Ft. Worth, TX 76147. (817) 735-2033.

MARCH 18 - Bancroft NeuroHealth 5-K Race, Haddonfield, NJ. Contact: Michelle Kril, Hopkins Lane, Haddonfield, NJ 08033. (856) 429-0010 x262.

MARCH 25 - G.R.U 15-K Run For Life, Gainesville, FL. Contact: Terri Charron, P.O. Box 147117, Gainesville, FL 32614-7117. (352) 334-3400 x1611.

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Masters Racewalking

by ELAINE WARD

Sherry Brosnahan – Part II Gateshead and Beyond

Last month we looked at Sherry Brosnahan's meteoric career as a racewalker. This month she discusses her experiences at WAVA – Gateshead and the Nationals – Orlando.

EW: How did you do in Gateshead?

SB: The 10K was first. I did my warm-up on the street not far from the starting line. I knew I was ready, when I started to feel loose and relaxed. I usually feel somewhat clumsy for the first few strides and then settle in and start to feel good.

EW: How long does it take you to get ready?

SB: I need about one hour but not just to warm up. I need to get rid of excess energy. It's not nerves. It will happen in a regular training session. It takes at least one mile to settle down.

I can't say I wasn't nervous when I got on the 10K start line. But I knew I was prepared. And I couldn't wait to get in there and perform. I was focusing on myself and was not thinking about the competition.

Wall-to-Wall Women

So when I turned around to look at the line-up, I was astounded. It was overwhelming. The whole street was covered by a structure with the word "Start" in French and English and the WAVA logo. Under it was wall-to-wall women. I had never been in a field that big.

I think 180 ladies had signed up. They didn't all compete, but it looked like an enormous number of women,

much like the start of the New York marathon as far as I was concerned. It was really impressive. I couldn't elbow my way to the front. I was a little too polite so I ended up in about the fifth row which was fine because I wasn't supposed to be going out fast.

EW: What was your goal in the 10K?

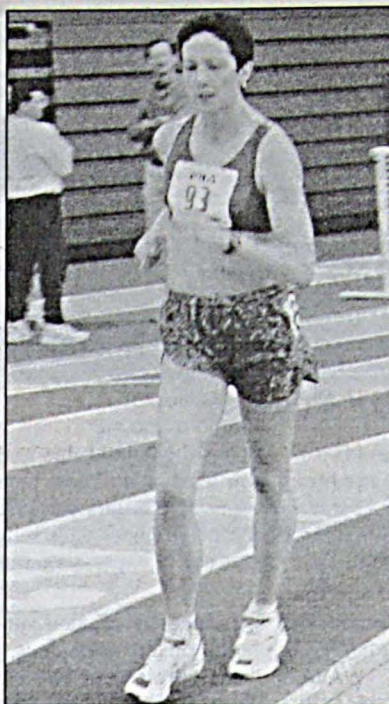
SB: My goal was to be one of the top three Americans, so I could at least get a team medal. I had no idea how I would place in the world. I also wanted to make a new P.R., which I didn't. (Sherry's P.R. is 56:45. She walked the 10K in 58:08.) My strategy was to take it easy for the first quarter of a mile and then systematically work my way up in any way I could.

EW: Did having as many people in the race affect your time?

SB: I don't know. It was hot. There were hills. They talk about the course as if it was flat as a pancake. It was not. There were actually two upgrades. One was subtle, but it was still an upgrade. However, I like hills. I used one of them for passing. I have done a lot of work with Bob Mimm on hills. He is the king of the hills.

Moving Up

Towards the end of the 10K, they told me that I was the second American and fifth in my age group. I had to pass Heather MacDonald, the defending W45 champion, to get to fourth place. When I passed her, I thought "Oh my God, that's the defending champion." I stayed ahead of her, but at that point I felt terrified. I had less than half a lap to



JERRY WOJCIK

Lyn Brubaker, of Pennsylvania, W40 second (13:48.49) 3000 racewalk, 1999 Indoor Championships, Boston. This year's meet is scheduled for March 24-26 at Boston Reggie Lewis' Track Center.

go and I was scared to death. Then, I developed a huge stitch in my right side. My whole waist seemed like it was paralyzed. I worked so hard to pass Heather, I probably gasped. You know one gasp when you swallow air can give you a stitch.

I crossed the finish line sobbing and happy as a clam. Maybe I had been putting off all the emotion. Then when I found out that we had the gold medal for the team, what a thrill. I could have come home right then and there and skipped the 5K, but it turned out that the 5K was my most exciting race.

By the 5K, Dave Romansky had watched my competitors. He saw Sally Richards who took first in the 10K (53:15); the South African, Hester Van Den Berg, who took second (54:38); and the Portuguese lady, Silva Ferenandes who took third (54:50). He knew I couldn't beat Sally – that was out of the question. She is terrific. But I wasn't that far behind the South African and Portuguese ladies. Dave set the strategy that I was to try to stay with them and see if I could get the bronze.

Focusing on the Finish

I loved racing for the bronze. I had never had a race like that before. My time didn't matter. I didn't even wear a watch. Since I had no watch, I didn't wear my glasses either. I was just focused on the lady ahead of me.

I ended up getting the bronze, but only by accident. Dave had me prepared for the race perfectly. What he told me was, "If the leaders get away from you, don't worry. Keep going, because anything can happen in an international race." It turned out that it was brilliant advice. I crossed the finish line in fourth place and felt perfectly happy with my effort. I had a new P.R. of 27:11.

Then, one of the American ladies came up and told me "Sally is DQ'd."

When I heard the announcer say that Sally had won the race, I gave a little silent cheer. I was rooting for her to get another gold. But I have to admit when I heard she was DQ'd, my first reaction was to shriek. It meant that I was going to get the bronze.

EW: Is the 5K your favorite memory from Gateshead?

SB: There are so many things. I loved the 5K, because it felt like there were people all around the stadium cheering for me by name. My husband was cheering for me. Dave was a quarter way around the track and at the other end of the track Don DeNoon was cheering for me. It gave me a feeling of having "made it" to have people cheering for me. That probably is my favorite memory.

Another Story

EW: How about the much maligned USATF Masters Nationals in Orlando, Florida?

SB: Orlando was hard, because I was so high coming back from Gateshead. It was hard to refocus, and I never did focus on the races properly. I was my own worst enemy.

EW: It sounds like you almost didn't want to go?

SB: It may be. The races promised to be very good, because all the ladies in my age-group were there. The 5K was a good race. I just went out way too fast and it was way too hot.

I had a crummy race. I totally exhausted myself and I had nothing left. I felt weightless in the negative sense.

EW: I wonder if one of the reasons that Orlando hit most people as a downer is because Gateshead was so outstanding.

SB: Maybe. Orlando was my second nationals. I could only compare it to Orono, which was incredibly wonderful. Tom Eastler did a great job in Orono and I just expected that the nationals would always be like that.

Be Prepared

When it comes to the criticism, we have to keep in mind that some of it may be our own fault for not being prepared. I can't generalize, but I can say it of myself. I should have prepared better.

EW: You started racewalking as a master. How do your friends react?

SB: They are so amazed that I can take up a sport at the age of 46 and do so well. I am proof that it is never too late.

Once I asked Dave, "What did you see in me that first day at the state championships? Was there some kind of talent that I didn't know I had?"

He said, "No, you looked terrible. I saw absolutely nothing."

When I started racewalking seriously, I was fit so I had a leg up, but I struggled with the technique. I never thought that I was physically that gifted. It took me a year to get a hip drop. I still don't have it guaranteed. Some days I have it, some days I don't. But I have always felt I could rely on my brain to get me through a lot of things.

Today I was out training and my last three miles were horrible. My body was pleading for me to stop. I was just plain tired. Then my brain said, "Hey, this could be the 40K, keep going." □

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

FIVE YEARS AGO February, 1995

- Bob Schlauf (47, 2:27:56) and Jane Hutchison (48, 2:58:05) Win Again in Rocket City Marathon
- Carla Beurskens, 42, is First Female Overall (2:37:06) in Honolulu Marathon
- Wally Herrala Runs M50 Mile WR 4:39.95



Earl Johnson

Earl Johnson

Earl Johnson, avid sportsman and gold medalist in both senior and masters games, died Dec. 1, 1999, at the age of 72.

The javelin throw was Earl's favorite track and field event since high school, when he held the Utah state record. His results as a master have been equally impressive: more than two dozen medals in both javelin and discus, a rating of sixth in the nation for the javelin, and a gold medal in the javelin in the 1998 Nike World Masters Games.

Earl also dedicated much of his extra time to his unique and informative javelin clinics, held throughout California, where he inspired and trained countless individuals in the art of the javelin throw.

Although Earl will be remembered for his athletic abilities, perhaps even more we will miss his love and dedication to track & field and his encouragement of others to achieve their very best in the sport. I know he would want to express his heartfelt thanks to the masters and senior games for providing such a special and fun competitive environment, and most of all to the sport that gave him so much joy.

Earl is survived by his loving wife, Heidi, and his three children, Kai, Lorin, and Natasha. □

-Lorin Johnson

Coaching List

The Masters Coaching/Training List will be updated in the March issue. Changes and additions should be submitted before February 10th.

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (1999 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	_____	\$ _____
Masters Track & Field Rankings (1998) Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 56 pages, over 100-deep in some events. All T&F events. \$7.00.	_____	\$ _____
McMahon Family Trust Masters Track & Field Indoor Rankings (1999) Indoor rankings for 1999. 4 pages. \$1.50.	_____	\$ _____
Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.00.	_____	\$ _____
Competition Rules for Athletics (1999 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
USATF Directory (1999/2000) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
USATF Governance Handbook (1999) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
International Scoring Tables 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.	_____	\$ _____
Masters Racewalking 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.	_____	\$ _____
USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	_____	\$ _____
USATF Decal. 3-color. 3" x 2-1/2". \$2.00.	_____	\$ _____
National Road Race Encyclopedia Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.	_____	\$ _____
Guide to Prize Money Races and Elite Athletes 1999 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. \$60.00.	_____	\$ _____
Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	_____	\$ _____
Back Issues of National Masters News	_____	\$ _____
_____ Issues: \$2.50 each.	_____	\$ _____
Postage and Handling	_____	\$ 1.50
Overseas Air Mail (add \$5.00 per book)	_____	\$ _____
TOTAL	_____	\$ _____

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On The Run

by HAL HIGDON

Running Into The Millennium

Expect the running sport to undergo profound changes in the next 100 and 1000 years – but what will they be?

Seventeen runners appeared for the 1899 Boston Marathon. Blacksmith Larry Brignolia won that 19th Century race in 2:54:38, one of only two runners to break three hours on a course that was only 25 miles long. Boston would attract a record number of 38,000 for its 100th running in 1996, 9,239 of them women. At the end of the 20th Century, marathon fields with more than 10,000 runners have become, well, almost ordinary. Chicago attracted 29,256 entrants this year, nudging past Honolulu as the second largest American marathon behind New York.

As we move into the 21st Century, who knows what profound changes will occur within our sport during the next 100 years, much less next 1000 years?

Certainly, standing at the starting line of that 1959 Boston Marathon (one of only *three* marathons conducted in the United States that year), I could not have predicted changes in running that would occur in my lifetime. In fact, I'm not sure that as recently as 1995 I could have accurately predicted the changes I've just witnessed in the last five years!

Inspired by Weight Loss

The explosion of interest among women is one trend I failed to anticipate. And five years ago I never would have suspected that so many young people would suddenly catch marathon fever. Certainly, the first running boom of the late 1970s was fueled largely by middle-aged men. These baby-boomers of about 35 or so years had begun to gain weight; they grew concerned both about their health and their physical appearance. They started to run.

The second running boom of the late 1990s has been fueled by kids just out of college. Yet quite a few of us old-timers remain.

Technical advances will be much more easily accomplished within the next decade. High on the list of recently realized technical advances is the ChampionChip that records your *actual* time on course rather than your time

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.

beginning when the gun sounds. If it takes you ten minutes to cross that line, no problem; that "lost" time will get deducted from your official time, the one you can use to get into the Boston Marathon.

That is, if you *care*. Most of today's runners have only begun to understand the significance of the Boston Marathon, the fact that you need to post a specific fast time to qualify for that race. Today's *nouveaux* runners don't yet know names like Clarence DeMar and Emil Zatopek and Frank Shorter. Stick around in the sport long enough and they will learn, but in the meantime they can take advantage of products and procedures and training methods unknown to runners for most of the last century.

Modern Benefits

- Today's runners can utilize gels and energy bars to fuel themselves during their races. They are offered fluids by well-organized volunteer crews every few miles. (Most current runners are shocked when I tell them that Boston only began providing aid stations in 1978!)

- Today's runners can join one of the pacing teams available for those hoping to run times anywhere from 2:50 (the qualifying time for the women's Olympic Trials) to 5:30.

- Today's runners can register on-line, and 48 percent of the runners chose that option at Chicago this year, not merely from their homes, but at electronic registration kiosks at the Expo.

- Those runners can train with me on-line through my Virtual Training, available through my Web site: www.halhigdon.com. And if they have a question related to training or an injury, they can post a message on our Virtual Bulletin Boards and I, or some other expert, will answer.

Never before have runners been better served as we enter the 21st Century.

Training advances will continue with the emphasis less on improving world records than on making life easier for those in the back of the pack. The success of Virtual Training is one

example of how runners are well served by technology. More than 7000 signed up to receive this free on-line training service. I figure that I probably trained one-third of the runners who ran Chicago this year, either on-line or in person.

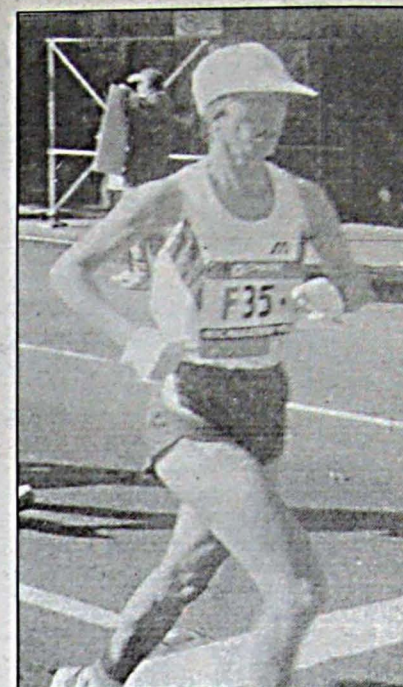
Speeding Up

As for those runners in the front of the pack, how fast can they get? I can recall an era when the world marathon record was slower than my Personal Record of 2:21:55 and some pundits predicted that the 2:20 barrier would never be cracked. Now the question is not whether someone will crack the two *hour* barrier in the marathon, but how soon? I'm not certain a 1:59:59 or faster marathon will occur in my lifetime, but I'm willing to bet that men (and maybe women) will be running that fast well before the end of the century.

I suspect that the first sub-two marathoner will be a native of Peru, born and raised around 14,000 feet, who will find his way down to the lowlands to run times that will awe even the Kenyans and Ethiopians.

But can we predict with any accuracy the nature of our sport in the next 100 or 1000 years? If we could predict the nature of civilization during those time periods, we might be able to make a more educated guess.

What will be the results of the 100th Chicago Marathon in the year 2075? Will there even be a 200th Boston Marathon in the year 2096? Standing at the starting line at the first Boston in 1896, or at the first Chicago in 1977, nobody could have predicted the events of the final year of the 20th



RICK PASCARELLA
Aurora Perez, 41, Madrid, Spain in New York City Marathon, Nov. 7.

Century.

Unless scientists come up with the secret of eternal life within the next few decades, none of us will be around at the end of the next century or at the end of the next millennium to witness changes in our sport and in civilization. Perhaps that is for the best. □

(Hal Higdon is Senior Writer for *Runner's World*. Check out his latest book: *MARATHON: The Ultimate Training Guide*, <http://www.halhigdon.com/books/Marabook/Marabook1.htm>.)

Bill Bowerman

Bill Bowerman, who was influential in the start of the running boom in the U.S. and the shoe company which capitalized on it, died in his sleep on Christmas Eve at age 88. Bowerman was living in an assisted-care facility near Fossil, a small community in eastern Oregon.

Bowerman was the head track coach at the University of Oregon for 24 years before his retirement in 1973. He won four national titles and coached 24 NCAA champions and 28 Olympians, and refused induction into the National Track & Field Hall of Fame in 1981 because Bill Hayward, his predecessor at Oregon, had not been inducted.

Bowerman's success as a coach, especially with distance runners, exemplified by the charismatic Steve Prefontaine, helped to impact the image of Eugene, Ore., as the "Track Capital of the U.S.," resulting in its Hayward Field hosting major national and Olympic trials meets. Eugene was the site of 1987 and 1994 masters championships and the international WAVA championships in 1989, and will host the 2000 masters championships in August.

Bowerman was known as an innovator. He created the summer all-comers meets for youths at Hayward Field

40 years ago. The meets are still popular, and masters marks are published in five-year age groups in the local paper. Bowerman's book on jogging published in the early 1960s sold more than a million copies. He was instrumental in the development of all-weather tracks and lightweight running shoes and teamed up with Phil Knight to form the Nike Co., which made him a multi-millionaire.

Often controversial, Bowerman was generous with his wealth, donating to academic scholarships and U. of Oregon athletic programs. The Bowerman Building on the north end of Hayward Field houses the track & field offices and training facilities. He was known for his sense of humor, often playing tricks and practical jokes on his athletes and friends.

Born in Portland, Ore., and a graduate of the U. of Oregon, Bowerman was a successful high school football and track coach at Medford, Ore., before and after World War II. He was awarded the Bronze Star and earned the rank of major for service in combat.

He is survived by his wife and three sons.

A memorial service has been discussed, perhaps after the Prefontaine Meet in Eugene on June 24, but nothing has been decided. □

NATIONAL MASTERS NEWS

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

Records Section

February 2000

page 13

Masters Age Records

New Indoor Age-Group Records Compiled

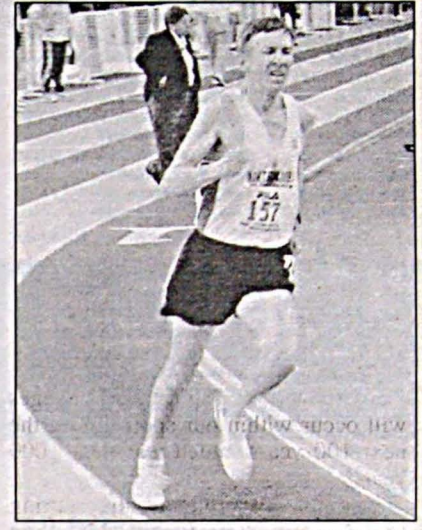
In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of November 2, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 3, 1999, 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 1999 issue of NMN. It will again be printed in the April 2000 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. □



JERRY WOJCIK
Dan Conway broke the M60 U.S. mile record with a 5:10.76, 1999 Masters Championships, Boston.

THIS FORM SHALL BE USED FOR U.S. 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)

1. Event _____ 2. Date and Time of Day _____ (Indicate Men/Women)
 3. Record claimed (state, time, distance, height or points achieved) _____ Indoor/Outdoor
 4. Where held (Arena, Town and Country) _____
 5. Force of following wind _____ Anemometer _____ Attendants Signature _____
 6. 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

60 Meter Hurdles, High Jump, Pole Vault tables with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE

W40 10-6, W45 10-10 1/4, W50 10-0, W55 8-0, W60 6-6 3/4, W65 6-6 1/4, W70 6-10 1/4, W75 4-7, Long Jump, Triple Jump tables with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE

W55 28-1 1/2, Shot Put (35-49: 4kg; 50+: 3kg), 3000 Meter Walk tables with columns: DIV. MARK, NAME(COUNTRY), AGE, MEET DATE

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of the USA Track & Field as of December 3, 1999

Men's U.S. Indoor Records

60 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters tables with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

M50 4:15.64, 1000 Meters, 60 Meter Hurdles, High Jump, Pole Vault tables with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

M55 13-2 1/2, Long Jump, Triple Jump, Shot Put (35-49: 16kg; 50-59: 6kg; 60-69: 5kg; 70+: 4kg), Weight Throw (35-59: 35kg; 60+: 25kg), Super Weight Throw (35-69: 56kg; 70+: 35kg) tables with columns: DIV. MARK, NAME(RESIDENCE), AGE, MEET DATE

Continued on next page

Continued from previous page

Racewalking

Table with columns for time, name, and location. Includes 3000 meters, M35-39, M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74, M75-79, M80-84.

5000 meters

Table with columns for time, name, and location. Includes M35-39, M40-44, M50-54.

Women's U.S. Indoor Records

60 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

200 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

400 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

800 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

1500 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

One Mile

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

3000 Meters

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Table with columns for time, name, and location. Includes W60, W65, W70, W75, W80.

60 Meter Hurdles

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70.

High Jump

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75.

Pole Vault

Table with columns for div. mark, name, age, and meet date. Includes W40, W45, W50, W55, W60, W65, W70, W75.

Long Jump

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75.

Triple Jump

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75.

Shot Put

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Weight Throw

Table with columns for div. mark, name, age, and meet date. Includes W35, W40, W45, W50, W55, W60, W65, W70, W75, W80.

Super Weight Throw

Table with columns for div. mark, name, age, and meet date. Includes W40, W60.

Racewalking

Table with columns for time, name, and location. Includes F35-39, F40-44, F45-49, F50-54, F55-59, F60-65, F65-69, F70-74, F75-79, F85-89.

MEN'S WORLD INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)

Table with columns for event, time, name, and location. Includes (4x200), (4x400), (4x800), (4x1600).

WOMEN'S WORLD INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)

Table with columns for event, time, name, and location. Includes (4x200), (4x800), (4x1600).

MEN'S U.S. INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)

Table with columns for event, time, name, and location. Includes (4x200), (4x400), (4x800), (4x1600).

WOMEN'S U.S. INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)

Table with columns for event, time, name, and location. Includes (4x200), (4x800), (4x1600).

note: club records are listed before USA team records
CDM: Corona Del Mar Track Club
OHTC: Over the Hill Track Club
SCS: Southern California Striders
BRC: Boston Running Club
MAC: Metropolitan Athletic Club
LAV: Los Angeles Valley TC
PSTC: Prairie Striders TC
AATC: Ann Arbor TC
RVRR: Raritan Valley TC
NYPC: New York Pioneer Club
SAC: Shore AC
MNTC: Midwest Masters T&F Club
NYM: New York Masters
SCTC: Syracuse Chargers TC
FLRC: Finger Lakes Running Club
PB: Power Bar (legitimate club?)





The Weight Room

by JERRY WOJCIK

What's In and What's Out

Throwers contribute minimally to the odors of sweat and liniment at most indoor meets, which generally offer only the shot, if that, and rarely the weight throw. Most indoor facilities aren't set up with protective cages and surfaces that can take the pounding of 25- and 35-lb. weights, even though they're made of a synthetic/plastic and are encased in protective bags.

The greatest deterrent, however, may be the cost of the indoor implements, which can go for as high as \$495 for a 35-lb. weight; a recent catalog does offer a 20-lb. for \$165 and a 35-lb. for \$199. Some shot putters who regularly attend indoor meets have their own indoor implements, few own indoor weights.

By USATF regulation, meet directors of sanctioned meets are obligated to supply implements, indoor as well as outdoor. This means that a director would need an indoor 16-lb. and 20-lb. for women, and a 25-lb. and 35-lb. for men, to the tune of somewhere around \$1000 to \$1500. Forget the 56-lb. super-weight, the shipping cost alone is scary. It is almost never thrown at an indoor meet except in the Nationals.

Putting on the Weight

Results from these meets in 1999 included a weight throw: the Michigan, New Jersey, Virginia, and Colorado championships. The Midwest Regionals, Glenview, Ill., should have the weight and, perhaps, the superweight. Check with Meet Director Gerry Krainik. That area was a hot bed of indoor and outdoor ultra-weight throwing under the aegis of the late Carl Klehm.

The East Regionals are scheduled for the NYC Army T&F Center, which doesn't allow the weights for safety reasons. Last year, there was talk of installing a protective weight area, but according to Roz Katz, a NYC thrower, the idea was dropped after an errant weight hit an athlete last year. In the past, MAC and NYC-area throwers were able to throw the weight at local universities like Manhattan and St. John's. Now, Katz says, those facilities are so busy that masters can't book a date. In January, she and other throwers were contemplating a seven-hour round trip drive, weather permitting, to the U. of Delaware to compete with open throwers in an all-comers meet.

The Indoor Championships will be held at Boston's Reggie Lewis Center, which has been the site of the masters championships since the invention of the light bulb and features two throwing areas. One is used primarily for the shot; the other abuts a wall, has plenty of protective netting, and is used mostly for the men's weight and women's 25- and 35-lb. superweights. The 56-lb. is

thrown outdoors in both good and bad weather.

Indoor Records on the Outs

Several years ago, the question arose of whether or not throwing events that took place outdoors – with metal, outdoor implements – at an indoor meet qualified for indoor records, in that throwers' performances are generally better with the outdoor implements than they are with the indoor. In other words, was it fair to give an indoor record and perhaps a top ranking to an athlete who had competed outdoors at an indoor meet?

After a tepid tempest in a teapot and medieval how-many-angels-can-dance-on-the-head-of-a-pin discussions, it was decided by somebody or other (including me) that the locale and title of the meet, not the particular event, determined the ins and outs of it, which has worked so far. On that reasoning, I envisioned milers going outside, if the weather was tolerable, at a scheduled indoor meet to run on an adjoining 400m track rather than run indoors on a 200m.

One of the benefits (besides the opportunities to have fun losing money, catching a show or two, and putting on excess weight at the buffets) of the canceled 2000 Silver State Masters Indoor meet in Reno was the chance to use outdoor implements, from the shot to the superweight, either outside of the facility when the weather was good or inside on a dirt surface when it wasn't.

It's unfortunate for Westerners who couldn't travel outside of the region for indoor competition that the Reno meet bit the dust. It may be revived in the near future, perhaps in 2001. Until then, Californians, Arizonans, and Hawaiians will have to be content with competing in a valid outside meet in the warm sun amid palm trees, cacti, and kukui trees. □

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

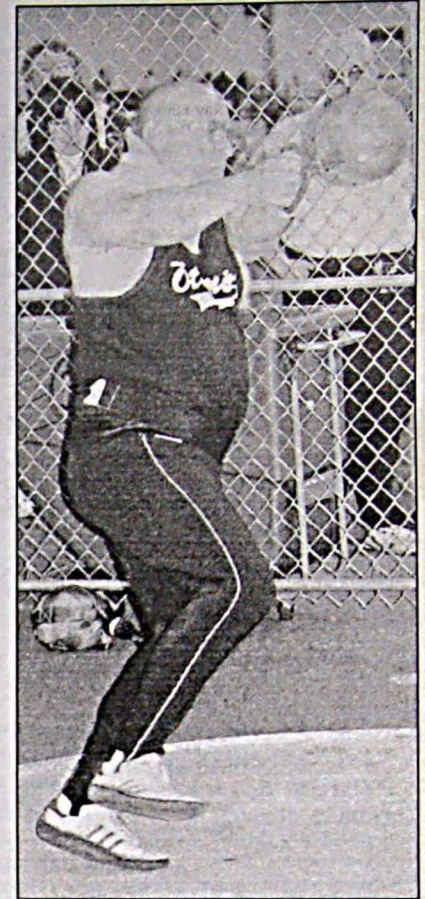
Send to:

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P.O. Box 50098, Eugene, OR 97405



SUZY HESS

Oneitha Lewis, of New York, W35 winner (12.26), weight throw, 1999 Indoor Championships. The 2000 Championships are scheduled for Boston, March 24-26.



SUZY HESS

George Mathews, of Washington, M55 first (13.57), weight throw, 1999 Indoor Championships.

SOUTHEASTERN U.S. MASTERS

Put us on your schedule for our 30th anniversary meet
in Raleigh, NC

MAY 12, 13, & 14, 2000

If you haven't experienced our Southern Hospitality at the longest continuously-held masters meet in the U.S., here are some of the highlights of our meet that will make your experience a special one:

- A Saturday night Awards Banquet featuring a sit-down dinner with table service.
- Sprint clinic featuring Olympic coach George Williams and throws clinic featuring coach Jeff Gorski.
- Special awards for best hammer throw, best male and female sprint performances and best female throws performance.
- National and world records are recorded – we do the paperwork and submit the forms.
- USATF Certified officials for all events. Finish Lynx timing. HyTek scoring.
- Results and awards are posted quickly.
- Reasonable entry fees – \$13 for the first event and \$6 for each additional.
- Men's and women's Pentathlon and WEIGHT PENTATHLON.
- Race walks – 5 km on the track and 20 km on the road (2 km loop).
- All track & field events including the hammer throw and steeplechase.

A complete entry form will be in the next issue of *National Masters News*.

Contact: Dale Smith at Raleigh Parks and Recreation, PO Box 590, Raleigh, NC 27602 (919) 831-6640 for more information or an entry form.



Speaker's Corner

by REX HARVEY

U.S. Isolates Itself in Hurdle Ruling

It was a big mistake for this year's USATF Masters T&F Committee to specifically exclude the 27" WAVA hurdles in the U.S. official rules. What we have done is shoot ourselves in the foot with little gained, and we will have to deal with the situation at some future time – maybe over and over again.

I can't defend all that WAVA does, even though I am an active part of the decision-making process. However, once made, I do think WAVA's decisions should be honored until they are changed or deleted by WAVA.

Some believe that the U.S. refusal to go along will perhaps get the specification changed. But, as I pointed out at the committee meeting, the WAVA require-

ment for 27" hurdles has been a long time coming and will not go away. All we have done is reinforce the view much of the rest of the world has of the U.S. – for one of the richest countries in the world, we whine a lot at best, and are openly rebellious toward the established authority at worst.

Not Yet Available

I don't believe our legitimate objec-

tion to 27" (because of non-availability in the U.S.) is enough to reverse the decision. This is mainly because this *very good* reason was not enough to prevent the decision itself. It was made in spite of repeated appeals to the WAVA technical committee by myself and several others over the years. I don't think anyone objects to the height itself for those age groups. The problem is that these hurdles do not yet exist in the U.S.

The realities are that Europe and Oceania (who already have these hurdles) have the majority of the votes in WAVA, and they look at the United States' lack of 27" hurdles as a "personal problem" of the U.S. and, therefore, not their problem.

I pointed out, but I don't think it sank in with the voters at the Convention, that we should not exclude the 27" hurdles as we could make the best of the situation by another approach. We could accept the 27" hurdles but use whatever was available (30") until they could be modified and/or the U.S. manufacturers got up to speed and new hurdles were acquired by normal replacement of equipment at the various tracks.

The hurdles specifications state minimum heights of hurdles, not maximum, so 30" is perfectly acceptable for record purposes for any 27" specification, but not vice versa.

Which Comes First?

What we have done is exclude those U.S. championship sites that could have helped athletes by furnishing hurdles that will go down to 27" (or could be easily modified to do so). I really think it is a "chicken and egg" problem and that, in addition to masters, U.S. youth and school groups would desire 27" hurdles for their younger hurdlers also, but could not specify them because they did not exist. At some point someone has to take the plunge.

As I, evidently not very effectively, tried to point out at the convention, we are not serving our U.S. masters athletes well when we legislate that they always have to run different (more difficult) hurdles in the major U.S. meets than does the rest of the world.

The point was made, and I agree, that there is no way we can insist that every U.S. track pay \$8000 to \$15,000 for a full set of new hurdles for the few masters meets and hurdlers that we have. However, we should not, by our USATF ruling, have excluded those who could manage to furnish a few 27" hurdles.

Promotional Opportunity

It would have been so simple for us to keep the 27" specification, and run the 30" hurdles when we had to, until we could make reasonable arrangements for the 27". I suggest that possible reasonable arrangements might be a small number of 27" hurdles that would break down and could be shipped from championship to championship. The purchase and shipping could perhaps be entirely by sponsorship. Everyone at a meet – athletes and spectators – will see the names imprinted on the hurdles many times in their comings and goings over several days, in addition to the exposure during the hurdle races themselves. Sponsors know that repeated



SUZIE HESS

Charlene Landrum, of New York, W35 Masters Track Athlete of the Year.

exposure is good advertisement.

As someone else pointed out, we have the same situation with the water hurdles in the steeplechase. Many times in the interim, our masters athletes have run the higher hurdles and/or water hurdles because a particular track simply does not yet have the lower or adjustable barriers. It's a reality that athletes do not like at all, but can accept as a practicality in the meantime.

Since our USATF 30" rule is mandatory only for U.S. regional and national meets, we have forced our better hurdlers to seek out international or U.S. local and all-comer meets for world record attempts. Unless, of course, they are athletic enough to set world records with 3" higher hurdles.

Questionable Credibility

In addition, we have put our hurdlers in a situation where they cannot set U.S. records by running the hurdles specified by the recognized world-wide sports authority. Americans can now set world records that would not be U.S. records. That looks (and probably is) ridiculous to the rest of the world and reinforces a negative image of U.S. Track and Field. That is not good for our athletes in general, and especially not for those of us who work very hard every day to maintain U.S. credibility in the world sports community.

This rejection of 27" is as silly as our USATF "extended" adoption of the new IAAF 600 gram javelin specification.

IAAF President Diack made the point very clearly and painfully at his address to the 1999 USATF National Convention opening session. This was that U.S. Track and Field administration must be doing something wrong, because our athletes are better known and appreciated in other countries than they are in their own.

I urge that next year we, in USATF masters administration, eliminate both the USATF hurdle and javelin exceptions to WAVA rules and comply with the world-wide authority to the obvious benefit of our athletes. □

REGIONAL USA TRACK & FIELD OFFICES

This is a list of the various USA Track & Field associations and the office phone/fax, or e-mail, as per the 1999 Directory

NATIONAL OFFICE, INDIANAPOLIS 317-261-0500

Adirondack	Troy, NY	518-273-5552; usatfadir@aol.com
Alabama	Mobile, AL	334-661-1587; alausatf@zebra.net
Alaska	Anchorage, AK	907-786-7431; Fax 907-786-7401
Arizona	Scottsdale, AZ	602-949-1991; Fax 602-994-1748
Arkansas	Little Rock, AR	501-378-1217; wrandyt@aol.com
Border	El Paso, TX	915-833-9991; Fax 915-833-9478
Central California	Wasco, CA	805-758-5719; Fax 805-758-5719
Colorado	Lakewood, CO	303-988-5930; Fax 303-989-3613
Connecticut	Stamford, CT	203-655-8411; Fax 203-655-8411
Dakotas	Wahpeton, ND	701-671-2302; Fax 701-671-2388
Florida	Opa Locka, FL	305-474-0777; usatf1@aol.com
Georgia	Stone Mountain, GA	770-498-7416
Gulf	Houston, TX	713-666-8133; Fax 713-668-9104
Hawaii	Honolulu, HI	808-734-2611; Fax 808-732-7057
Illinois	Villa Park, IL	630-953-2052; Fax 630-953-2053
Indiana	Shelbyville, IN	317-767-1878; michelle@shelbynet.net
Inland Northwest	Cheney, WA	509-235-4762; intrkfld@aol.com
Iowa	Ames, IA	515-294-3065
Kentucky	Louisville, KY	502-412-3345; 502-564-0235
Lake Erie	Lyndhurst, OH	216-473-0636
Long Island	Old Bethpage, NY	516-349-9157; spolansky@aol.com
Maine	Canaan, ME	207-474-8876; metrklfd@sontel.com
Metropolitan	New York, NY	212-227-0071; MACTRACKNY@aol.com
Michigan	Millford, MI	248-685-0043
Mid-Atlantic	Wayne, PA	610-644-4053
Minnesota	Edina, MN	612-920-0558; JMoran@skypoint.com
Missouri Valley	Kansas City, MO	816-842-3311; Fax 816-842-3020
Montana	Missoula, MT	406-543-7673; usatfmontana@marsweb.com
Nebraska	Lincoln, NE	402-423-4345
Nevada	Las Vegas, NV	702-226-4212; 702-2524828
New England	Brookline, MA	617-566-7800; USATFNE@ix.netcom.com
New Jersey	Highland Park, NJ	732-296-0006; USATFNJ@aol.com
New Mexico	Los Lunas, NM	505-865-8612; loneskn@aol.com
Niagra	Buffalo, NY	716-634-2379; dtrtrack@frontiernet.net
North Carolina	Cary, NC	919-481-1257
Ohio	Dayton, OH	937-455-9274; Fax 937-276-5121
Oklahoma	Tulsa, OK	918-835-5799
Oregon	Sandy, OR	503-668-0998; runjumpthrow@compuserve.com
Ozark	Town & Country, MO	314-434-3397
Pacific	Folsom, CA	916-983-4715; pausatf@aol.com
Pacific Northwest	SeaTac, WA	206-762-2754; pntrf@wolfenet.com
Potomac Valley	Bethesda, MD	301-652-5051; arfarun@aol.com
San Diego-Imperial	San Diego, CA	619-275-6542; sdallsprt@aol.com
Snake River	Boise, ID	208-322-3875; zapp@primenet.com
South Carolina	Spartanburg, SC	864-582-0129
South Texas	Austin, TX	512-445-6838; Fax 512-445-0077
Southern	Baton Rouge, LA	225-275-1855; gthom@aatel.net
Southern California	Downey, CA	562-869-4574; 562-862-2048
Southwestern	Dallas, TX	1-800-30-GO-Run; Fax 214-943-9799
Tennessee	Nashville, TN	615-227-8324; RHSmith3@aol.com
Three Rivers	Glenshaw, PA	412-487-2917; Fax 487-5860
Utah	Salt Lake City, UT	810-277-7405; usatf@inconnect.com
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West Texas	Lubbock, TX	806-799-4272; Fax 806-799-3825
West Virginia	Huntington, WV	304-523-6048; tptrack@aol.com
Wisconsin	Madison, WI	608-224-3284
Wyoming	Cheyenne, WY	307-778-7866; Fax 307-778-7876

Report from Britain

by BRIDGET CUSHEN

Finishers numbered 415 in the BVAF 10 Mile Championships, run with the Nene Valley race on Dec. 5. On the acknowledged fast course, B. Jones finished first in 52:50, while the M45 race was won by S. Owen with a swift 53:24. Martin Rouse, known for his high weekly mileage, took the M50 title in 55:18. S. Bower, W35, was first woman, with a 59:09. Ultra-consistent Liam O'Hare fin-

ished out 1999 in the same fashion as he started it, by winning the M50 Serpentine 5K, Hyde Park, London, Dec. 27, in 17:14. John Hayward won the M70 title in 22:43.

Ann Roden, who won the WAVA marathon in Melbourne in 1987, finished 12th woman overall in the Surrey Cross-Country Championships, Jan. 8. Now 53, she has made a remarkable return to top form this year. □

World and USA Indoor Records Published

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M80 mile mark of 7:04.2 has survived 20 years. Boo Morcom's M55 pole vault of 4.02 has lasted 19 years.

Canada's Earl Fee holds three consecutive WRs for the 800 at 60 (2:16.64), 65 (2:16.80), and 70 (2:20.45). Phil Raschker also has a hat trick in the women's long jump at 40 (5.61), 45 (5.75) and 50 (5.00).

The records are compiled by Pete

Mundle, who heads up the USATF and WAVA Records Committees. The records are printed on pages 13-16.

— Jerry Wojcik

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*



JERRY WOJCIK

Ingrid Miller (kneeling left), Sweden, W55 shot put winner (13.02), and W55 finalists, 13th WAVA Championships, Gateshead.

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	13.00m	8.5m	10.5m	10
		33"	42'8 1/2"	27'10 1/2"	34'5"	
40-49	80m	.762m	12.00m	8.0m	12.00m	8
		30"	39'4"	26'3"	39'4"	
50-59	80m	.762m	12.00m	7.0m	19.00m	8
		30"	39'4"	22'11 1/2"	62'4"	
60+	80m	.686m	12.00m	7.0m	19.00m	8
		27"	39'4"	22'11 1/2"	62'4"	
30-39	400m	.762m	45.00m	35.00m	40.00m	10
		30"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
40-49	300m	.762m	50.00m	35.00m	40.00m	7
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
50-59	300m	.762m	50.00m	35.00m	40.00m	7
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
60+	300m	.686m	50.00m	35.00m	40.00m	7
		27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

MEN

30-39	110m	.991m	13.72m	9.14m	14.02m	10
		39"	45'	30'	46'	
40-49	100m	.914m	13.00m	8.50m	10.50m	10
		36"	42'8"	27'10 1/2"	34'5"	
50-59	100m	.840m	16.00m	8.00m	12.00m	10
		33"	52'6"	26'3"	39'4"	
60-69	80m	.762m	12.00m	7.0m	19.0m	8
		30"	39'4"	22'11 1/2"	62'4"	
70-79	80m	.762m	12.00m	7.0m	19.0m	8
		30"	39'4"	22'11 1/2"	62'4"	
80+	80m	.686m	12.00m	7.0m	19.0m	8
		27"	39'4"	22'11 1/2"	62'4"	
30-49	400m	.914m	45.00m	35.00m	40.00m	10
		36"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
50-59	400m	.840m	45.00m	35.00m	40.00m	10
		33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
60-69	300m	.762m	50.00m	35.00m	40.00m	7
		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
70+	300m	.686m	50.00m	35.00m	40.00m	7
		27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT		SUPER WEIGHT
					WAVA	USATF	
Women							
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#	35#
50-59	3.00k	1.00k	3.00k	500gms.	16#	16#	25#
60+	3.00k	1.00k	3.00k	400gms.	12#	16#	25#
Men							
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800gms.	35#	35#	56#
50-59	6.00k	1.50k	6.00k	700gms.	25#	35#	56#
60-69	5.00k	1.00k	5.00k	600gms.*	20#	25#	56#
70-79	4.00k	1.00k	4.00k	500gms.	16#	25#	35#
80+	4.00k	1.00k	4.00k	400gms.*	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: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.
 * New 1999 IAAF specifications.

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

Masters Scene

EAST

• **Jay Wind**, 49, Arlington, Va, 82:45, and **Sandra Ruprecht**, 43, Kensington, MD, 1:41:03, rang in masters firsts in the DCRRC Belle Haven Half-Marathon, Alexandria, VA, Dec. 4. **Sandra Adams**, 50, Winchester, VA, was second W40+ in 1:43:53.

• **Jay Gordon**, M40, in 55:18, and **Janice Morra**, W40, in 62:39, hurried to masters firsts, USATF NJ 10 Mile Championships, Rockaway, Dec. 12. Gordon held off **Dave Weller**, second M40 in 55:21. **Roger Pierce** took the M50 title with a 56:50. **Lester Ridings** won the M75 contest in 81:35. **Betty Shonts** was the W50 winner in 69:58.

• **Alan Moore**, 40, St. Lazare, Quebec, with a 2:44:52, and **Janet Lebuie**, 48, of Quebec, with a 3:25:03, outlegged the masters fields in the Northern Central Trail Marathon, Sparks, MD, Nov. 27.

• **Antony Basile**, 41, Columbia, MD, hastened to a first overall with a masters record 15:43, Wednesday Child 5K, Washington, DC, Oct. 31. **Cathy Ventura-Merkel**, 44, Arlington, VA, scored a W40+ first in 19:53. **Ray Blue**, 75, Oxon Hill, MD, starred among the M60+ runners, with a 24:39.

• **Don Di Donato**, 42, Hicksville, NY, in 17:12, and **Eileen Barnes Corley**, 40, West Islip, NY, with a fourth-female 20:34, scored masters victories, Rob's Run 5K, Syosset, NY, Nov. 28. Top 50+s were **Al Oman**, 50, Babylon, NY, 18:03, and **Mary Anne Goldman**, 53, Farmingdale, NY. Proceeds from the event go to ASPIRE, a Long Island-based program that provides support to young amputees and victims of bone cancer. The race was the final event of the KeySpan/Long Island T&F Grand Prix of L.I. road races. KeySpan's **Phil Maroney** presented a \$1000 check to ASPIRE, as it did for the charities that benefitted from each of the 20 races in the series.

• At age 60, **Vladimir Glazkov** of Moscow won the 12th annual Sri Chinmoy Ultimate Ultra at Ward's Island, NYC, in Sept. He ran the 1300 miles in 17 days, 23 hours, 13 minutes. Hurricane Floyd forced suspension of the race for 38 hours. **Else Bayer** of Meinerzhagen, Germany, also age 60, was the 2nd woman overall in the 700 mile race (11 days, 8 hrs., 22 min.).

• Winning master **Francisco Lugo**, 41, of Mexico, with an eighth-place 2:31:10, was first of 1311 M40-44 entrants in the Marine Corps Marathon, Washington, DC, Oct. 24. Ninth and tenth finishers were two Brits: **Steve Payne**, 43, 2:33:53, and **Ginge Gough**, 43, 2:34:18. **Jabby Young**, 50, Great Falls, VA, won the M50 race in 2:50:26. **Mel Williams**, 61, Norfolk, VA, paced the M60+ runners with a 3:03:24. First W40+ was **Deborah Barnett**, 40, Columbia, MD,

3:11:25. Of the 14,278 finishers, 4943 were runners age 40+.

SOUTHEAST

• **John Tuttle**, 41, Douglasville, GA, posted an age-graded 90.9% 30:53 to take the M40+ race, Delchamps Senior Bowl 10K, Mobile, AL, Nov. 6. **Jean Lankford**, 42, Mobile, chalked up a W40+ first with a 37:22. Grandmasters (50+) winners were **Norman Ferris**, 50, Columbia, SC, in 34:15, and **Harriet Callahan**, 51, Mobile, in 48:53. Each won \$250. Tuttle's, Lankford's, and Ferris' times were course records. Since its inception in 1989, the race has donated over \$1.4 million to area charities.

• Top masters in the Jacksonville Marathon, FL, Dec. 18, were **Max Minter**, 40, Jacksonville, in 2:51:01, and **Karla Ely**, 42, Jasper, GA, in 3:08:11. **Ken Miller**, M45, was fourth M40+ in 2:58:44. **Marylynn Patrick** won the W55 runoff in 3:38:59.

• **Yuri Mikhailov**, 46, with a sixth-overall 2:25:28, and **Mary Burns-Prine**, 42, with a 2:56:12, were first masters in the First Tennessee Memphis Marathon, Dec. 5. **Amit He'edman**, 41, was second M40+ in 2:33:53.

MIDWEST

• **Don Norman**, M40, PA, with an eighth-place 2:28:29, and **Michelle Rupe**, W40, OH, with a 3:08:35, bested the masters fields in the Columbus Marathon, OH, Nov. 14. **Ed Whitlock** won the M65 race with an impressive 2:51:02.

SOUTHWEST

• **Paul Heitzman**, 68, Eudora, KS, opened his racing millennium with a top age-graded 90.1% 19:06 (A-G 14:24) in the Resolution Day 5K, Tulsa, OK, Jan. 1. **Claudia Patrick**, 51, Tulsa, was best A-G female, with a 76.7% 21:43 (18:48). **Steve Hicks**, M40, Claremore, OK, 16:32, and **Peggy Adams**, W40, Tulsa, 21:11, were first masters overall.

• Masters runners forged impressive finishes in the Larry Fuselier 25K State Championships, New Orleans, Dec. 4. **Pat Hambrick**, 50, with a 1:31:55, and **Fillis Friedman**, 46, with a 1:55:51, were male and female second overall. In an adjunct 10K, **Leonard Vergunst**, 44, in 37:15, and **Charlotte Bracey**, 48, in 55:34, were first overall, with **Brendan Minihan**, 53, second to Vergunst, in 37:48.

• **Brenda Stukey**, W40, Broken Arrow, OK, was the overall female winner with an 18:24 in the Sand Springs 5K, Tulsa, Nov. 27. First M40+ was **Doug Clark**, in 15:40. Stukey was recently named Oklahoma's Female Runner of the Year,

Male Runner of the Year was **Pete Orban**, 44, Claremore, OK. This marked the second year in a row that both awards went to masters runners. The 1998 winners were the husband and wife duo of **Barbara Luciano**, 48, and **Norman Roper**, 41, of Oklahoma City. Roper had won the award in 1993 at age 36, making him the only repeat winner of the award.

WEST

• **Erwin Jaskulski**, 97, Honolulu, who set the WR for the 100 with a 24.01 on May 1, 1999, established a pending WR for the 400 with a 2:38.64 in the Hawaii Senior Olympics, Honolulu, in November. Jaskulski was one of the 240 seniors from Hawaii, the U.S. mainland, Japan, and India, who participated in the second annual multi-sport event. When asked what was next on his track record agenda, Jaskulski raised his fist and shouted, "The 800!"

• **Lad Pataki** (CA) broke the WR for the M50 weight pentathlon with a pending 4719 at the Great Pumpkin Weight Pentathlon, Grass Valley, CA, Dec. 18. Pataki was over 1000 points in the SP (15.64/1019) and DT (52.34/1006). The present record is 4712 by **Tom Gage** (US).

• **Yoshihisa Hosaka**, 50, Japan, in 2:32:27, and **Laura Fogli**, 40, Italy, in 3:02:42, claimed masters titles in the Honolulu Marathon, Dec. 12. **Mitsuo Yano**, Japan, oldest finisher at age 85, ran a 6:14:42.

• At the San Diego Indoor T&F Meet, Jan. 22, **Steve Scott**, 42, ran a masters mile in 4:22.11 to defeat **Thom Hunt** (41, 4:25.52). Former Olympian **Henry Rono**, 47, topping 200 pounds, got a one-lap (160 meter) handicap and finished (10 laps) in a creditable 5:17. **Johnny Gray**, who turns 40 in June, easily won the open 880 in 1:53.24. Gray told NMN correspondent **Ken Stone** he's looking forward to running in this year's national masters championships in Eugene and next year at the WAVA champs in Brisbane.

• **David Pain**, **Graeme Shirley** and other San Diego honchos will try to put together a masters indoor meet next year on the same track and site as the open meet, either the day before or day after.

NORTHWEST

• First masters racewalkers in the Portland, OR, Marathon, Oct. 3, were **Ronald Babcock**, 42, Portland, with a third-place 4:14:10, and **Mary Snyder**, 48, Boise, ID, first female overall in 4:48:02. **Stephen Kopetz**, 54, Peoria, ID, was fourth male in 5:19:02. First W50+ was **Kari Stuhmer**, 52, Beaverton, OR, in 5:57:05.

• **Mary Slaney** suffered cuts and bruises when she was kicked in the thigh by a man on a bicycle while she was running along a Eugene bike path, Dec. 30. Slaney, who puts in 40 or 50 miles a week in preparation for the Olympic Trials, doubted that the assailant knew she was a famous runner or that he was provoked because she was wearing Nike gear.

OPEN

• TV viewing should be better for the 2000 Olympics in Sydney, Australia, which begin Sept. 15. NBC said it will farm out 172 hours of Olympic programming to CNBC and MSNBC. **Jim Lampley** and **Pat O'Brien** will be studio hosts.

CORRECTIONS

• **Phil Raschker** was omitted from the Outstanding Single Performance During The Year list on page 14 of the January issue for her 10-3/4 pole vault in 1993.

• **Madeline Bost**, W60, was mistakenly identified at the post-race award presentation at the Masters 10K X-C Championships, Long Beach, CA, as a member of the California-based Tamalpa Runners, which also appeared in the results on the Internet. Bost, USATF Masters T&F Committee Treasurer, is a resident of New Jersey and runs for the Morris County Striders.

• The photograph caption on p. 4 of the December 1999 issue should have read "**Adolph Hoffman**, of Texas, M75 first in the pole vault and

ON TAP FOR FEBRUARY

TRACK AND FIELD

Indoor activity opens the month with the USATF Michigan Championships, the Ageless Games in Minnesota, and Great Northwest Meet, Portland, Ore., on the 6th. They're followed by the Upstate N.Y. Mile, and Masters Meet, Sterling, Ill., on the 12th, and the USATF New Jersey Championships on the 13th. The Armory T&F Center in NYC hosts the MAC Championships on the 18th, and the USATF Minnesota Championships are scheduled for the 19th. The Northern Arizona U. Indoor Meet, Flagstaff, on the 20th, includes masters events. We go back outdoors for the initial Saddleback Relays, Mission Viejo, Calif., on the 26th, also the date of another Illinois Masters Meet in Sterling. The USATF Colorado Championships close out the month at the USATF Academy on the 27th. Senior Games action is available on the 5th and 19th in Arizona and on the 26th in Florida. Overseas, the New Zealand Games kick off on the 5th, and the British Indoor Championships will be decided on the 26th.

LONG DISTANCE RUNNING

The Outback Distance Classic 12K doubles as the USATF Masters Championships in Orlando on the 26th. Before then, Sun Belt offerings include the Mardi Gras Marathon in New Orleans, Las Vegas Marathon, and Austin, Texas, Half-Marathon on the 6th. The Gasparilla 15K in Tampa occupies the No. 1 spot on the 19th. More marathons are set for the 20th in Austin and Fort Worth, Texas. Masters qualifiers will be on the starting line at the Carolina Marathon/Women's Olympic Trials, Columbia, S.C., on the 26th. Marathons on the 27th include the Cape Cod, Third Olympiad Memorial in St. Louis, and Hudson Mohawk in New York.

RACEWALKING

The Saddleback Relays on the 26th feature a Grand Prix 5000. Indoor meets usually schedule a racewalk, as do many road races. □



PULAK

Winners of the Sri Chinmoy Ultimate Ultra held in New York City in September. (l to r): Paula Maier, 40, Dipali Cunningham, 41, Martina Hausmann, 39, Stefan Schlett, 37, Pekka Aalto, 28, and Vladimir Glazkov, 60.

second in the high and long jumps, National Senior Games, Orlando, Fla."

• The correct Web site for European, Nordic and Finnish veterans' bests as listed on p. 9, January 2000, is <http://www.kolumbus.fi/oniemi/records.htm>

• In the Masters T&F Minutes (Jan.), we reported no action was taken re a proposed change in the national outdoor schedule. However, the official minutes by Secretary Suzy Hess state: "Motion that we adopt 2a (the schedule change) for 'consideration' by the Games Committee was passed."

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 generally 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

March 24. USATF National Masters Indoor Pentathlon Championships, Boston, Mass. See below.

March 24-26. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Stephen Vaitones, PO Box 1905, Brookline, MA 02146. 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com; web site: www.usatfne.org/index.shtml

April 1-2. USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052; fax: 953-2053; email: usatfvan@aol.com/

June 24-25. USATF National Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3567 (h), 847-235-1041(w); email: JWatry@hycor.com.

August 10. USATF National Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. Web site: www.eugenechamps.com.

September 9. USATF National Masters Weight & Superweight Championships, Seattle. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116 206-932-3923; fax: 932-3917.

September 16. USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

July 14-28, 2001. National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

July 26-29, 2001. 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

EAST

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

February 6. Potomac Valley TC Indoor Meet, Thomas Jefferson Community Center, Arlington, Va. 7:45-11:30 am. 703-671-2520. www.pvtc.org/

February 12. Upstate New York Indoor Mile Championships, U. of Rochester. Peter Glavin, 716-242-9031; ghv@fron-

tiernet.net/

February 13. New Jersey Masters Indoor Championships, Fairleigh-Dickinson U., Hackensack. M&W30+. Out-of-state welcome. Prize purses for open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

February 18. MAC Open & Masters Association Championships, Armory T&F Center, NYC. Day of meet entry. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mac track.org

February 25. Long Island Winter Wind-Up Indoor Meet, Farmingdale U. 160m track. No spikes. 7 p.m. LITF, 516-349-9157.

March 4. Philadelphia Masters Championships, Haverford College, Pa. 2:30 pm. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

March 18. 28th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, NYC. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mac track.org

April (tba). Penn Relays, U. of Pennsylvania, Philadelphia. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115. felton@princeton.edu/

April 16 & 30. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

May 9-12. Washington, D.C., Golden Olympics. No-out-of-district. Darnelle Freeland, 202-576-8677.

May 14 & 28. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

June 2-4. Connecticut Senior Olympics, Southington. Will Berger/Florence Millette, 860-621-4661.

June 9-11. Massachusetts Senior Games, Springfield College. Dick Osgood, 413-788-2457.

June 10-13. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 732-542-1326.

June 11 & 25. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

June 15-18. Empire State Senior Games, Syracuse, N.Y. John Doherty, 212-694-3618; 315-492-9654.

June 23-25. Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

July 9 & 23. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

July 10-15. Pennsylvania Senior Games, Shippensburg. No out-of-state. David Farrand, 570-823-3164, x2.

August 6 & 20. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

August 18-20. Granite State Senior Games, Laconia, N.H. Robert Cloutier, 603-622-7921.

September 2-3. Potomac Valley Association Masters Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvtc.org/

SOUTHEAST

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

February 5. Piedmont Triad Indoor Series, Winston-Salem, N.C. College/ Open/Masters. 178m track. Bill Cason, 336-945-2134, x305; fax: 945-2907; email: cason1403@aol.com/

February 11-12. Danforth Track Classic, Winston-Salem, N.C. See Feb. 5.

February 26-March 12. Polk Senior Games, Polk County, Fla. Polk Sr. Games, 515 East Boulevard St., Bartow, FL 33830. 863-533-0055. Feb. 11 deadline.

March 3-4. Fury Fast Times Indoor Meet, Winston-Salem, N.C. Open/Masters. 178m track. Bill Cason, 336-945-2134; x305; fax: 945-2907; email: cason1403@aol.com/

March 4. Virginia Masters Indoor Championships, Washington & Lee U., Lexington, Va. Out-of-state athletes welcome. SASE to John Tucker, Meet Director, Dept. of Athletics, W&L U., Lexington, VA 24450. Download info/ entry: http://wlu.edu/~tucker/

March 10-11. USATF Southeast Regional Masters Indoor Championships, Winston-Salem, N.C. Bill Cason, 2726 Lockwood Dr., Winston-Salem, NC 27103. 336-712-1482; fax: 945-2907.

May 5-7. Alabama Senior Olympics, Montgomery. Ronnie Floyd/Don Camp 334-242-4496.

May 12-14. 30th annual Southeastern U.S. Masters Meet, N.C. State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 18-20. South Carolina Senior Sports Classic, Florence. No-out-of-state. Carl Hust, 803-772-0363.

May 31-June 3. Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

June 10. Birmingham TC Classic, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. GESEIF@aol.com; www.birmingham trackclub.org/

June 10. Atlanta TC Masters Meet, Raylynn Hughes, ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17; www.atlantatrackclub.org/

June 24. USATF Southeast Regional Masters Championships, Tennessee St. U. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; fax: 495-5054; email: BobFine@aol.com/

July 21-27. Tennessee Senior Games, Nashville. No out-of-state. Christine Dewbre, 615-902-9261; Teresa Prinzo, 931-381-2019.

July 21-29. Georgia Games, Augusta. 770-528-3580; fax: 528-3590; email: ga games@bellsouth.net.

MIDWEST

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

February 5. Lincoln-Way Masters Meet, Lincoln-Way HS, New Lenox, Ill. Mike Davis, 605 Lambeth Lane, New Lenox, IL 60451. 815-485-2879(h).

February 6. USATF Michigan Masters &

Open Indoor Championships, Grand Valley State U., Allendale, Mich. Grand Valley State U., Office 97, Allendale, MI 49401. Jerry Baltes, 616-895-3360.

February 12. Midwest Indoor Meet IV. Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

February 26. Midwest Indoor Meet V. See Feb. 12.

March 5. John Tierney Classic Indoor Meet, U. of Wisconsin-Milwaukee. Open & masters. John Mahone, Klotsche Center, UW-Milwaukee, PO Box 413, Milwaukee, WI 53201. 414-229-5287.

March 18. USATF Midwest Regional Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Gerry Krainik, 708-687-2124(h).

April 1-2. USATF Illinois Youth & Masters Championships, Proviso West HS, Hillside, Ill. See National above, April 1-2.

June 5-10. Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood, 800-253-2188; 812-464-7800.

June 13-17. Michigan Senior Olympics, Battle Creek. Marye Miller, 248-608-0255.

June 15-18. West Virginia Senior Sports Classic, Charleston. Henry Nearman, 304-344-2840.

July 15-23. Ohio Senior Olympics, Inc. Dayton. Peggy Collins, 937-461-8662.

July 22. Dayton Track Classic, Welcome Stadium. DMTC, Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754.

September 2 (tent). Wolfpack Throwing Classic, Columbus, Ohio.

September 23. Norm Bower Memorial Weight Pentathlon, Kent, Ohio.

MID-AMERICA

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

February 6. 21st Century AGELESS GAMES, Minneapolis. For Y2K Winter Indoor Info, send SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

February 19. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Championships, 115 Ridge Way, Mahtomedi, MN 55115. Feb. 15 deadline.

February 27. USATF Colorado Indoor Championships, USAF Academy, Colorado Springs, CO 80907-7307. 719-635-1264.

May 12-13. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-7705; 800-873-0244.

May 27-28. Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO Box 22457, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2386.

June 8-11. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 10. USATF Mid-America Regional Masters Championships, Wichita State U., Kansas. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

June 19-23. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

June 23-24. North Dakota Senior Games, Fargo. Jeff Heisler, 701-298-6980.

June 22-25. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

Continued on next page

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 / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Weight Throw-A-Thon Ft. Washington, PA; Nov. 7

Table listing results for Weight Throw-A-Thon, including names like Dan Shuman, Terry Shuman, and Fred Riley with their respective times and weights.

Philadelphia Masters Haverford College; Dec. 12

Large table listing results for Philadelphia Masters Haverford College, categorized by events like 55mH, 55M, 200M, 400M, 800M, and 1000M, with names and times.

Table listing results for M70 Tom Rice, M80 Goldy, M85 George Braceland, and other participants in the 1 MILE RACEWALK event.

SOUTHWEST

Louisiana Lightning Christmas Weight Pentathlon Lafayette; Dec. 11

Table listing results for Louisiana Lightning Christmas Weight Pentathlon, including participants like Bengt Jarlso and Jeff Baty.

WEST

Great Pumpkin Weight Pentathlon Grass Valley, CA; Oct. 30

Table listing results for Great Pumpkin Weight Pentathlon, including participants like M40 Andy Miller and M45 Richard Watson.

KelField Throws Meet #78 Santa Cruz, CA; Nov. 13

Table listing results for KelField Throws Meet #78, including participants like M45 Richard Watson and M65 Stew Thomson.

Shot Put M45 Richard Watson 35-9.5

Discus M40 Jim Harness 108-9

Hammer M45 G Kelmenson 123-2

Javelin M45 R Watson 161-11

Weight Throw M45 G Kelmenson 41-5.5

Superweight M45 G Kelmenson 27-1.5

Weight Pentathlon R Watson 47 3331

Hawaii Senior Olympics Honolulu; Nov. 20-29

Table listing results for Hawaii Senior Olympics 100m, including participants like M50 David Shields and M55 Curtis Thomas.

Table listing results for M70 Robert Voegel, M80 Milt Silverstein, M85 Clarence Trahan, and other participants.

Table listing results for M50 Ron Pate, M55 Jack Karbens, M60 Ken Mohica, and other participants.

Table listing results for M50 Ed Cadman, M60 Geoff Howard, M65 Donald Huston, and other participants.

Table listing results for M50 M Unnikrishnan, M55 Fred Dillemath, M60 Bert Bergen, and other participants.

Table listing results for M50 David Shields, M55 Jack Karbens, M60 Lionel Low, and other participants.

Table listing results for M50 Bob Larson, M55 Jack Karbens, M60 William Walton, and other participants.

Table listing results for M75 B PowerWaters, W50 Calei Ewing, W75 Edith Leiby, and other participants.

Table listing results for M50 Billy Rees, M55 Don Hardaway, M60 James Fuller, and other participants.

Table listing results for M50 Robert Larson, M55 Jack Karbens, M60 Lionel Low, and other participants.

Table listing results for M55 Jack Karbens, M60 J T Dalton, M70 Bob Voegel, and other participants.

Table listing results for M50 Steven Davidson, M65 Clarence Andrade, M80 Lloyd Namihira, and other participants.

KelField Throws Series #80 Santa Cruz, CA; Jan. 8

Table listing results for KelField Throws Series #80 Shot Put, including participants like M45 Gary Kelmenson and M65 Stew Thomson.

Table listing results for KelField Throws Series #80 Discus, including participants like M45 Gary Kelmenson and M65 Stew Thomson.

Table listing results for M45 Gary Kelmenson, M65 Stew Thomson, Don Hughes, and other participants.

LONG DISTANCE RESULTS

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EAST

Wednesday Child 5K Washington, DC; Oct. 31

Table listing results for Wednesday Child 5K, including participants like Anthony Basile and Jacqueline Concaugh.

Table listing results for M55 John Haubert, Harvest Stevens, Robert Neuland, and other participants.

Table listing results for M60 Richard Shearer, George Gordon, M65 Mojtaba Norouzi, and other participants.

Table listing results for M70 Paul Freiman, M75 Ray Blue, W40 Cath Ventura, and other participants.

Table listing results for W55 Ina Dale Concaugh, Judith Brennan, Pearl Short, and other participants.

Table listing results for W60 Elenor Canty, Dee Milner, W65 Carmen Diaz, and other participants.

Table listing results for W70 Josephine Murphy, W75 Gloria Berry, MaryJane Reeder, and other participants.

Potomac Valley TC Cranberry Crawl 5K, Hains Point Washington, DC; Nov. 20

Table listing results for Potomac Valley TC Cranberry Crawl 5K, including participants like Casey O'Shea and Marti Bissinger.

Table listing results for M45 Paul Ryan, Dan Eddy, Gary Guenther, and other participants.

Table listing results for M50 John Smeby, M55 Jim Verdier, Alex Leibowitz, and other participants.

Table listing results for M60 Tom Kurihara, Rista Martinen, M65 Larry Dickerson, and other participants.

Northern Central Trail Marathon Sparks, MD; Nov. 27

Table listing results for Northern Central Trail Marathon, including participants like Rick Hellard and Heidi Gerken.

Continued on next page

Table listing results for M45 Gary Kelmenson, M40 Mike Venning, M45 Gary Kelmenson, and other participants.

Table listing results for M60 Bradford Keeler, Dan McQueen, M75 Walt Washburn, and other participants.

Table listing results for W40 Val Hinsperger, Ginger Stockton, Karen Nesbitt, and other participants.

Table listing results for W45 Jane Lebus, Suzanne Aigen, Pam Allen, and other participants.

DCRRR Belle Haven Half-Marathon Alexandria, VA; Dec. 4

Table listing results for DCRRR Belle Haven Half-Marathon, including participants like Eron Ferreira and Julie Hayes.

Table listing results for M35 Ted Poulos, M40 Paul Hough, Tekli Semere, and other participants.

Table listing results for M45 Jay Wind, James Moreland, Hoja Genrazio, and other participants.

Table listing results for M50 Ken Shipp, Terry Grichor, Mauny Murray, and other participants.

Table listing results for M55 John Haubert, Hans Moening, Richard Weiss, and other participants.

Table listing results for M60 Ron Steele, Joe Broderick, M65 Ray Campbell, and other participants.

Table listing results for M70 Bill Morrison, W35 Suzanne Cote, W40 Sandra Ruprecht, and other participants.

Table listing results for M45 Bill Bosmann, Ken Krah, Tom Fitzgerald, and other participants.

Table listing results for M50 Roger Price, Bruce Langenkamp, Mitchell Monchinski, and other participants.

Table listing results for M55 Ron Ayre, George Wittmann, Russell Stallone, and other participants.

Table listing results for M60 Henry Pontious, Fred Loozen, Eric Nutter, and other participants.

Table listing results for M65 Guenter Erich, Joe La Bruno, Mark Lannigan, and other participants.

Continued from previous page

Carol Cuminale	9:47:23
Nancy Davis	9:51:35
W50 Hammie Farrokhi	10:30:18
Katie Weix	10:37:05
W55 Edith Bogenhuber	9:09:48
Ellen Vitro	10:28:12
Thelma Richardson	10:44:54
--50K--	
Overall	
Charles Hubbard	3:16:11
Luanne Park	3:54:14
M40 Peter Vrolijk	3:52:04
Tim Twietmeyer	3:58:55
Monte Fisher	4:02:11
David Kinder	4:05:34
Pete Bauer	4:05:41
Mark Kamenish	4:10:26
Richard Reid	4:13:11
German Collazos	4:15:03
M45 Dmitry Voldman	3:42:40
Doug Beagle	4:21:00
Glenn Heumann	4:26:51
Victor Aguirre	4:29:18
Tom Radosevich	4:30:49
Kevin Browne	4:33:48
M50 Roger Boak	4:04:34
Charles Crompton	4:04:46
John Wieser	4:17:10
Wayne Miles	4:18:21
Tim Quinn	4:28:23
M55 Frank Bozanich	3:53:08

Edward Fras	4:19:54
Charlie Viers	4:26:19
Tom Bole	4:36:27
John Rodde	4:43:16
M60 Martin Houg	5:00:16
Kenneth Burns	5:08:38
Don McGinty	5:47:01
Ray Prizgintas	5:50:42
Edward Anderson	5:56:50
M65 Kendall Webb	5:36:06
Joe McGlothlin	5:38:27
Ray Boytim	5:50:24
Charles Sabatine	5:50:55
Conrad Vann	6:09:20
M70+Odino Soligo	78 6:29:59
Omer Allard	71 7:15:31
George Bashen	75 7:52:13
John Stowers	71 8:14:55
Wallace Rapozo	718 48:25
W40 Suzy Seeley	4:34:45
Karen Hagner	4:53:41
Lisa D'Angelo	5:04:03
Kitty Fowler	5:04:43
Julie Parker	5:05:17
W45 June Gessner	4:50:58
Leslie Peterson	5:06:06
Deb Kempler Smith	5:38:03
Kathy Thompson	5:51:35
Cathy Jolly	6:00:17
W50 Missy Rodey	5:18:26
Mary Mettenbrink	5:37:55
Celia Carreno	5:52:18

Suzanne Krantz	5:53:35
Dawn Obrecht	6:14:35
W55 Gayle Godfrey	7:20:32
Judy Sutcliffe	7:23:55
Judy Christians	7:26:38

**Resolution Day 5K
Tulsa, OK; Jan. 1**

OVERALL:	
Ryan Adams	16:20
Donna Levy	18:50
M40 Steve Hicks	16:32
Ronald Wall	18:16
F Simpson	18:19
M45 Matt Pile	16:59
John Stukey	17:08
Don Burnett	17:24
M50 Rick Brower	18:34
Ed Gustavson	19:21
Rich Davidson	19:38
M55 Geo Marchetti	18:43
Richard Martin	19:49
Wen Tisdale	20:37
M60 Andy Hogan	21:06
Jose Herrera	21:10
Wayne Morgan	24:40
M65 Paul Heitzman	19:06

Bob Vernon	24:08
Larry Miller	25:15
M70 Lad Ondracek	25:59
Art Roepke	26:01
Rich Thompson	30:22
M75 Fisher Lewis	29:21
Tom O'Connell	32:47
Wish Lemons	46:20
W40 Peggy Adams	21:11
C Briere	23:29
L Huddleston	23:57
W45 Barbara Hess	22:48
Serai Abraham	23:13
Yoko Pepera	23:36
W50 C Patrick	21:43
Jan Vedros	24:21
M Donahue	24:44
W55 Sherry Morgan	28:47
Judy Huff	30:19
Joan Strunk	32:05
W60 Dru Young	25:16
Mary Wagner	29:41
M Cunningham	30:06
W65 Joan Whitmire	30:32
M Thompson	30:44
W70 Wanda Lemons	41:24
W75 Viva Lovett	46:55

WEST	
Honolulu Marathon Honolulu, HI; Dec. 12	
Overall	
Jimmy Muindi	26 2:16:45
Irina Bogacheva	38 2:32:36
M40 Shigemi Tamori	2:42:25
M45 Masahiko Furuta	2:41:52
M50 Yoshihisa Hosaka	2:32:27
M55 Oddvar Hausken	3:04:50
M60 Kiyoshi Nishihara	2:56:44
M65 Tsuneaki Takahashi	3:15:22
M70 Shosaku Funaki	3:58:39
M75 Bob Cooling	4:42:49
M80 Rikishi Matsusaka	6:09:25
M85 Mitsuo Yano	6:14:42
W40 Laura Fogli	3:02:42
W45 Masako Matsumur	3:12:17
W50 Bernadin Portenski	3:15:46
W55 Mitsuko Minami	3:31:51
W65 Ukiko Takahashi	3:51:54
W70 Ellen Humphrey	4:49:30
W75 Po Adams	6:26:43

INTERNATIONAL	
BVAF 10 Mile Championships/ Nene Valley Race; Dec. 5	
M40 B Jones	52:50
P Venables	53:49
P Stafford	54:47
M45 S Owen	53:24

P Spick	58:15
J Wilcockson	57:07
M50 M Rouse	55:18
J Pointon	55:27
R O'Keefe	55:35
M55 J Davies	57:53
A Weston	59:56
A Hawkins	60:17
M60 D Edge	63:47
R Gold	64:46
M65 A Ward	63:46
R Pitcairn Knowles	68:00
T Ball	68:38
M70 E Cooper	72:41
M75 J Fitzgerald	94:00
M80 D Blyth	2:07:38
W35 S Bower	59:09
S Edwards	59:30
H Burrell	60:29
W40 L Day	63:28
T Lazenby	64:41
J Jenkins	66:22
W45 D Marsh	63:41
G Bunker	67:44
C Potts	68:04
W50 B Hutcheon	75:14
E Brown	77:59
A Storey	80:26
W55 A Cauldwell	85:18
H Marchant	90:03
W60 P Jones	73:05
U Duckworth	79:11
D Hathway	79:57

Schedule

Continued from page 23

Medicine Bow Half-Marathon, Laramie, Wyo. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297; email: RunWyo26point2@compuserve.com.

May 29. Up The Lazy River Masters Oregon RRC 10K Championships, West Linn, Ore. M&W40+. Gary Smith, PO Box 549, Beaverton, OR 97075. 503-646-7868; email: orrc@teleport.com; www.orrc.net/

CANADA

May 7. Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2928; email: vim@istar.ca

INTERNATIONAL

March 26. BVAF Cross-Country Championships, Weelsby Woods, Grimsby. BVAF X-C, YMCA, Peaks Lane, Great Grimsby, North East Lincolnshire, DN 332 9ET England.

May 13-14. 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambria, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

July 2. Veterans Millennium Brugge Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, B-8000 Brugge, Belgium. 32.50.341781; fax: 32.50.3374325.

RACEWALKING

February 13. Connecticut Racewalkers Millennial Y2K-3K Indoor Mall Championships, Connecticut Post Mall, Milford. 9:30 am. Gus Davis, 203-384-3157; fax: 384-3237; email: pgdavi@bptosp.org/

February 26. Ramblin Racewalk 20K & 10K, Brian Piccolo Park, Davie, Fla. Bob

Cella, 954-573-4392.

February 26. Grand Prix 5000. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. Elaine Ward, 626-441-5459.

March 4. Lavonne Hottensmith 5K RW, John Prince Park, Lake Worth, Fla. Karen Coburn, 561-969-0607.

March 11. Florida State 1500 RW, Tampa. Susan Heft, 352-567-0855.

March 26. USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

April 16. USATF National Masters Men's 20K & Women's 10K RW Championships, Flushing, Mich. Mark O'Donnell, 5214 Olde Gaybrook, Grand Blanc, MI 48439. 810-238-3349.

April 22. USATF Northwest Regional Masters 10K RW Championships/West Regional Championships/Pacific Northwest Association Championships, West Seattle Stadium. 10 am. Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115. 206-524-4721; Bevlaveck@aol.com.

May 21. USATF National Masters 15K RW Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493. areaswiss@aol.com

July 9. FAC-Walkers Mile Track RW, Tropical Park, Miami, Fla. Don Matuszak, 305-252-0276.

August 11. USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.

August 13. USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.

September 17. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 1. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com.

October 14. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@preferred.com.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, FEB. 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ZSUZANNA RAKOCZI (HUN)	2- 4-55	45-49
MASAE YODEN (JPN)	2-19-55	45-49
CLIFTON MCKENZIE (MASA, AZ)	2-20-55	45-49
MARCHISIO RITA (ITA)	2- 2-50	50-54
ANDRZEJ PIACZKOWSKI (POL)	2- 4-50	50-54
ELLEN HEES (GER)	2-11-50	50-54
BRENDA ANN STONE (GBR)	2-14-50	50-54
MANFRED KALUPKE (GER)	2-21-50	50-54
JANET JOHNSON (AUS)	2- 8-45	55-59
ART SWARTS (US)	2-14-45	55-59
RAY STARNES (US)	2-21-45	55-59
MILOSLAVA ROCNAKOVA (CZE)	2-28-45	55-59
JENNY BOURKE (AUS)	2- 6-40	60-64
JORMA EHRSTROM (FIN)	2- 6-40	60-64
CAROL YOUNG (HUNTINGTON WOODS, MI)	2- 6-40	60-64
UWE KEILER (GER)	2- 7-40	60-64
EILEEN PUE (US)	2- 8-40	60-64
WILLIAM GENTLEMAN (GER)	2-11-40	60-64
LIZ OSTRENG (NOR)	2-11-40	60-64
DHAMIRI ABAYOMI (CAMDEN, NJ)	2-13-40	60-64
JAMES BURNETT (CHICAGO, IL)	2-13-40	60-64
GEORGE COHEN (INGLEWOOD, CA)	2-13-40	60-64
JUTTA RIEGEL (CAN)	2-14-40	60-64
ANNI SCHIORSKI (AUS)	2-16-40	60-64
JUTTA B LUDICKE (GER)	2-19-40	60-64
JIM NOONAN (US)	2-22-40	60-64
INGRID KUSCHE (GER)	2-27-40	60-64
VALERIE WORRELL (AUS)	2- 1-35	65-69
GAY AUSTIN (HONOLULU, HI)	2- 6-35	65-69
JAN HOWELL (IDAHO SPRINGS, CO)	2- 7-35	65-69
JERRY STANNERS (CA)	2- 8-35	65-69
ALBIE THOMAS (AUS)	2- 8-35	65-69
DAVID JAMES (US-SWI)	2-12-35	65-69
ERIKA KRUEGER (GER)	2-15-35	65-69
AINO SILLAOTS (EST)	2-17-35	65-69
REINO LAINE (FIN)	2-18-35	65-69
LARRY MEANS (USAF, CO)	2-18-35	65-69
HARRY BROWN (WAUCONA, IL)	2- 4-30	70-74
JOSEPH FUSELIER (NEW ORLEANS, LA)	2-14-30	70-74
BARBARA DIBBLE (TUCSON, AZ)	2-16-30	70-74
JERRY DONLEY (COLORADO SPRINGS, CO)	2-17-30	70-74
TOM ALLISON (EUGENE, OR)	2-22-30	70-74
WILLIAM MILLER (BETHESDA, MD)	2-22-30	70-74
JERRY WOJCIK (EUGENE, OR)	2-25-30	70-74
SHIRLEY DAVISSON (VICTORVILLE, CA)	2-28-30	70-74
G. BARTLETT (AUS)	2- 5-25	75-79
BILL SLEETH (SPOKANE, WA)	2- 7-25	75-79
VIRGINIA HASTINGS (CA)	2- 9-25	75-79
ERNST RITTER (WG)	2-10-25	75-79
ILSE KASSEL (GER)	2-13-25	75-79
HANNA KIEHR (GER)	2-16-25	75-79
WAYNE AMBROSE (SANTA ANA, CA)	2-21-25	75-79
JOHN HOSNER (BLACKSBURG, VA)	2-25-25	75-79
MALIK NOOR (PAK)	2-28-25	75-79
BURL GIST (SAN MARCOS, CA)	2- 1-20	80-84
MARGARET KEGLEY (COLLEGE PLACE, WA)	2- 3-20	80-84
TOYOKO YOSHINO (JPN)	2-12-20	80-84
VERN DAVIS (HONOLULU, HI)	2-13-20	80-84
REINO NOKELAINEN (FIN)	2-19-20	80-84
HOWARD STRASSENBURG (MOMENCE, IL)	2-20-20	80-84
TORMOD HAUGAN (NOR)	2-21-20	80-84
HANS BITTER (WG)	2-22-20	80-84
EDITH DALTON (HONOLULU, HI)	2-22-20	80-84
ROBERT MCMINNIS (GB)	2-18-15	85-89
MILDRED CREWS (LANCASTER, WI)	2-20-15	85-89
ELIZABETH PARTRIDGE (BOYNTON BCH, FL)	2-20-15	85-89
DOROTHY HERRMANN (SANTA BARBARA, CA)	2- 2-10	90-94
WESLEY WARD (INDIANAPOLIS, IN)	2- 8-10	90-94

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



2000 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center
Boston, Massachusetts
March 24 - 26, 2000



Presented by
USA Track & Field-New England

Faster, Higher and Farther into the Future

SCHEDULE OF EVENTS

FRIDAY MARCH 24	
8:00 am	Pentathlon Registration
9:30 am	60 M Hurdles 60 M Hurdles
Order of events	High Jump Long Jump Shot Put Shot Put Long Jump High Jump 800 Meters 1000 Meters
2:00 pm	General Registration
4:00 pm	3000 Meters All
4:00 pm	Weight Women
6:00 pm	Weight Men 60+
4:00 pm	Pole Vault Men 60+
to follow	Pole Vault Women Triple Jump Women Triple Jump Men 60+
SATURDAY MARCH 25	
8:00 am	Registration
9:00 am	60 Meters Preliminaries and Trials, All
11:00 am	60 Meters Finals, All
11:45 am	New Balance Mile All
2:00 pm	400 Meters Timed Finals, All
4:00 pm	60 M Hurdles Trials and Finals, All
5:00 pm	4x800 M Relays All

Throws		
9:00 am	Shot Put	Women
	Shot Put	Men 50-59
11:00 am	Shot Put	Men 40-49
	Shot Put	Men 70+
1:00 pm	Shot Put	Men 60-69
	Shot Put	Men 30-39
2:30 pm	Weight	Men 50-59
4:30 pm	Weight	Men 40-49
6:00 pm	Weight	Men 30-39
Jumps		
9:00 am	Long Jump	Men 30-39
10:00 pm	Pole Vault	Men 40-49
	Long Jump	Men 50-69
	High Jump	Men 30-39
12 noon	High Jump	Men 70+
	Pole Vault	Men 50-59
	Long Jump	Men 40-49
1:30 pm	High Jump	Men 40-49
	High Jump	Men 60-69
	High Jump	Men 70+
2:30 pm	Pole Vault	Men 30-39
3:00 pm	Long Jump	Men 60-69
4:30 pm	High Jump	Men 50-59
TBA	Long Jump	Women, All
	General Meeting	

SUNDAY MARCH 26		
8:00 am	Registration	
Track		
9:00 am	200 Meters	Trials, All
11:00 am	800 Meters	Timed Finals, All
12:30 pm	200 Meters	Finals, All
1:00 pm	3000 M Racewalk	All
3:00 pm	4x400 M Relays	All
Throws		
10:00 am	Superweight	Women 60+
to follow	Superweight	Women 30-59
to follow	Superweight	Men 70+
11:00 am	Superweight	Men 60-69
to follow	Superweight	Men 50-59
to follow	Superweight	Men 30-49
	<i>Superweight men 30-69 is contested outdoors!</i>	
Jumps		
10:00 am	Triple Jump	Men 30-39
	High Jump	Women, All
11:30 am	Triple Jump	Men 40-49
1:00 pm	Triple Jump	Men 50-59

M-F Athletic Company

FinishLynx Automatic Timing



FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available for sale at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Soft-shell shot and bag weight implements only, except for the Superweight (men 30-69), which will be contested outdoors. Pole vaulters should bring their own poles.

COMPETITION ORDER - TRACK EVENTS

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason.

FIELD EVENT NOTES: Starting heights will be determined by facility equipment. Field event starting times may need to be adjusted due to the size of fields.

MEET INFORMATION

Meet information will be available at www.usatfne.org
A complete list of entrants will be posted on March 15th

Call USATF-New England at (617) 566-7600 or
e-mail office@usatfne.org



2000 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

First Name _____ Male/Female ___ Age (as of 3/24/00) _____
 Last Name _____ Date of Birth _____
 Address _____ Club/Affiliation _____
 City _____ 2000 USATF Number _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ Resident Alien (if not US citizen)? _____
 Telephone _____ e-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$50)
1. _____	_____	(\$25)
2. _____	_____	(\$15)
3. _____	_____	(\$15)
4. _____	_____	(\$15)
5. _____	_____	(\$15)
6. _____	_____	(\$15)

Late fee for entries after 3/6/00, # _____ events @ \$10 each: _____
Total Entry Fees: _____
 Masters Committee Surcharge (optional \$5.00, see note*) _____
 T-shirt order (pre-event only) Total # _____ shirts @ \$12: _____
 S _____ M _____ L _____ XL _____ XXL _____ Friends' Contribution: _____
TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & 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.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

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, 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 canceled.

SIGNATURE: _____

DATE: _____

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 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2000 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.

ENTRY

Entry deadline is **March 6, 2000**. Entry fee is \$25 for the first event, \$15 for each additional event. Entry fee for the Pentathlon is \$50 (the pentathlon does count as a first event). After March 6 a late fee of \$10 per event will be charged. **No entries, additions and/or changes will be accepted after March 17, 2000.** The fee includes admission for two to the Championships. Additional tickets will be available at \$5 per day, children under 12 free. Relay registration will take place on-site only at \$20 per team.

AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award.

HOTELS

Headquarters hotel is the Radisson Hotel Boston (617) 482-1800, 200 Stuart Street, Boston - \$129, located conveniently within Boston's Theatre District. A limited number of rooms is available at the Howard Johnson Fenway, (617) 267-8300, 1271 Boylston Street, and the Howard Johnson Kenmore, (617) 267-3100, 575 Commonwealth Avenue - \$99.
To get the special rates reservations must be made by February 22, 2000, mention the National Masters Championships at the time of making your reservation. Complimentary shuttle transportation to the Reggie Lewis Facility will be provided courtesy of USATF-NE.

FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and receive a full set of meet results. Please consider one of these three levels:

- GOLD \$100** Gold level contributors will receive an event polo shirt and pin.
- SILVER \$50** Silver level contributors will receive a meet T-shirt and pin.
- BRONZE \$25** Bronze level contributors will receive a pin.

PAYMENT: Entry fee for all events must accompany your application. Make checks payable to USATF-NE. US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446.
The street address is: 2001 Beacon Street, Suite 207
Brighton, MA 02135