February 2000 258th Issue \$2.50

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

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 33year-old Greg Olszowik of Poland, and 32-year-old Sergey Shalomeyev 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

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.

times ever recorded by male masters on

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

Wilson finished third overall in an Olympic trial qualifying time of 2:21:36, earning \$2000 for his efforts.

the Rocket City course.

faster than O'Keeffe's.

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



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

INSIDE:

- World and USA Indoor T&F Records - pages 13-16
- 2000 Schedule pages 21-23



Finalists in the W50 60m, 1999 USATF National Masters Indoor Championships, Boston (I 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-



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

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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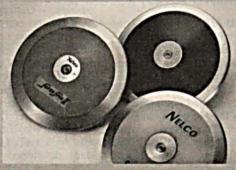


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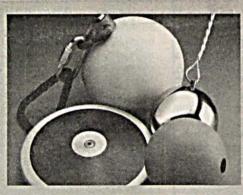
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T&F AWARDS

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

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

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 "comeback 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-

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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.

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Special thanks this month go to:

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'99 Best V

Sunmart 50 Mile

Continued from page I

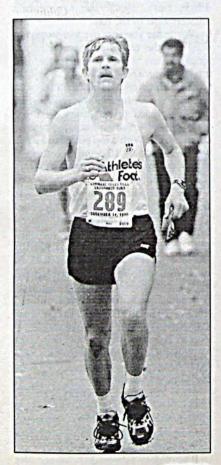
Amanda McIntosh, 34, San Antonio, Texas, a personal trainer, started slowly but moved methodically through the field and into an unchallenged women's victory (7:15:44) by the beginning of the third

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 win-

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.



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

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.

Event

12:40 pm 200m Family Relay

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

Time

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Event

8:00 am 5K Race Walk

(officially judged event) 8:50 am 5K Run 9:40 am 4X100 Co-ed Relay 10:10 am 60m Hurdles	12:55 pm 300m Hurdles 1:20 pm 60m Dash 2:10 pm 4X400 Relay 2:30 pm 4X100 Relay	9:00 am Shot Put
10:45 am 4X100 Relay (Ages=200yrs.) 11:00 am 1500m Run 11:30 am 300m Dash	2:50 pm 800m Run 3:15 pm 100m Dash 3:45 pm 3K Steeplechase 4:15 pm Sprint Medley Relay	1:00 pm High Jump (1st flight, 3') 2:00 pm High Jump (2nd flight, 5') 2:00 pm Javelin
12:30 pm Intro. of Olympians & Guests		e el harromar de l'olima.
Registration fee \$10, (includes 1st ever (Relays may be added day of meet wit Total Amount Enclosed \$ For additional information send S.A.S.I	hout late fee penalty.) _ (Check payable to Saddleback	College Foundation.)
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Earning a Black Belt in Running

eaders 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 Mieszczak, 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 SENKBE

Top five masters women in the Rocket City Marathon (I 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 agegraded 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 agegraded 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

t 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.

 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



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.

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

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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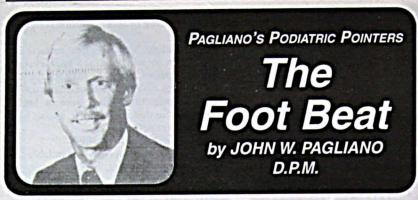
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Duck-footed vs. Pigeon-toed

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?

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 duckfooted 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.

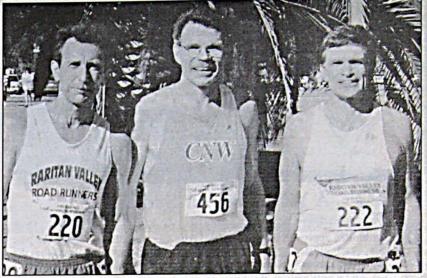
In *The San Diego Union-Tribune*, Dec. 24, staff writer Kristen Green wrote that the organizers hadn't received enough cash donations to pay for advertising and provide prize money. The event in 1998 drew 2000 participants for the 10 different races. This year, organizers had planned on 2500.

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 (I 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, 24-7¹/₄) and age 83 (7.18, 23-6¹/₄).

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

s 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 fouryear terms with a consecutive twoterm 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 recogni-

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 WOJCIK

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

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 philoso-

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

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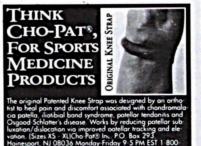
Share your sports moments with future generations who will appreciate your abilities, dedication, sacrifices, and successes. They will be able to relive these special moments with you. So your special achievements will not be forgotten, BE REMEMBERED forever by becoming

a member of the

Worldwide Autobiography Society, Inc. Write P.O. Box 129, Olney, IL 62450 or e-mail support@bremembered.com or visit our website: www.bremembered.com



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MASTER'S TRACK & FIELD CLINIC: (30+, but all ages welcome). Occidental College (Glendale, CA), February 20, 2000; 9:00am - 4:30pm; \$50 postmarked before 2/13/2000; \$60 afterwards. Actual Workout, Starts, Race Strategies, Over Speed, Resistance, Warmups, Workouts. THIS YEAR Hurdles and High Jump included!! For more info: Eugene Driver (323) 753-1867. E-Mail: thetrackjunkie@aol.com, P.O. Box 62009, L.A., CA 90062-0009.

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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Sherry Brosnahan - Part II **Gateshead and Beyond**

ast 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,

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.

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

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." stayed ahead of her, but at that point I felt terrified. I had less than half a lap to

FIVE YEARS AGO February, 1995

- Bob Schlau (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) Honolulu in Marathon
- Wally Herrala Runs M50 Mile WR 4:39.95



Lvn 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."

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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.

PUBL	ICATIONS 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 To	rack & Field Indoor Rankings (1999)	\$						
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Veteran Athletes. \$6.00. Masters 5-Year Age-Group Record	s. Compiled by the World Association of	\$						
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the event orders, in normal multi-eve outdoor pentathlon, indoor heptathlor age factors for the common WAVA m	s and 17 women's individual events. All events, and ints are included: decathlon, heptathlon, indoor & n, and weight pentathlon. Brief scoring instructions, nulti-events, and instructions for hand times and	es and some services of the se						
Masters Racewalking Thirty American coaches and athlet	lish and German. Pocket size (4½ x 6).\$12.00. es share ideas on Technique, Training and Racing. e resource. Edited by Elaine Ward. \$15.00.	S S S S S S S S S S S S S S S S S S S						
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alphabetical listing (including maste	nent, the Guide includes elite athlete	\$ \$						
Bi-monthly newsletter. Contents inc	clude the latest scientific information on en- nd injury prevention. \$35.00 per year. Lews	\$						
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On The Run

by HAL HIGDON

Running Into The Millennium

xpect 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, nudg-

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.

ing past Honolulu as the second largest American marathon behind New York. 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 online, 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

· 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 online 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 cen-

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



Aurora Perez, 41, Madrid, Spain in New York City

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Marathon, Nov. 7.

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

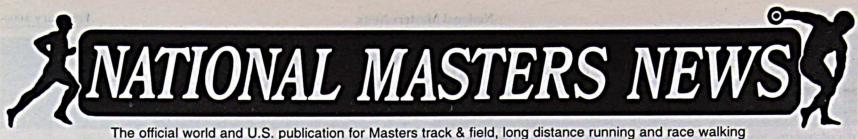
40 years ago. The meets are still popular, and masters marks are published in five-year age groups in the local paper. Bowerman's book on jogging published in the early 1960s sold more than a million copies. He was instrumental in the development of allweather tracks and lightweight running shoes and 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

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



Records Section

February 2000

page 13



Masters 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:

Applicatio	n is hereby made	for a record in supp	ort of which the	following info	ermation is submitted:
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		, or Masters records must			or other proof of age)
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(Address or USATF Official's Registration Number)

(Signature of Referee or Chief Timekeeper)

9. I hereby certify that I was the starter for the event above-mentioned, that it was a fair start and

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10. Measurers' Certificate	e for Track and Field Eve	ents (a or b)
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13. I hereby certify that proper form was used in the record performance hereby applied for.

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.

GUARANTEE BY REFEREE

Feb

Cont

60 M DIV. W35 W40 W45 W50 W55

W60 W65 W70

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of the World Association of Veterans Athletes as of November 2, 1999

n = noteworthy mark, p = pending verification of date of birth, wind velocity, etc.							Women's World Indoor Records				
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DIV. MARK	NAME (COUNTRY)	AGE MEET DATE 40 3-24-90	M45 8.54	Stan Druckrey(USA)	46 51	2-25-95	W40 8.01 W45 8.02	Phil Raschker(USA)	48	2-25-95	
M40 6.97 M45 7.02	Eddie Hart(USA) Stan Whitley(USA)	45 3-23-91	M50 8.47 M55 8.63	Walt Butler(USA) Courtland Gray(USA)	55	2-14-99	W50 8.05	Phil Raschker(USA)	50	3- 1-97	
M50 7.37	Harold Morioka(CAN)	50 3-20-93	M60 9.14	Phil Mulkey(USA)	60	3-20-93	W55 8.90	Brunhilde Hoffmann(GER) Irene Obera(USA)	61	1-26-97 2-25-95	
M55 7.53	Hugo Hartenstein(USA)	55 3-24-90 60 1- 7-78	M65 9.8	Buck Bradberry(USA)	73	2-20-93	W60 9.05 W65 9.40	Joan Ogden(GBR)	66	3-20-94	
M60 7.7 M65 7.8	Payton Jordan(USA) Cecil Paul(CAN)	66 3- 8-86	M70 10.23 M75 11.05	Melvin Larsen(USA) Edwin Lukens(USA)	76	3-28-98	W70 10.12	Joan Ogden(GBR)	70	2-28-98	
M70 8.39	John O'Neill(CAN)	70 3- 5-94	M80 13.37	Ahti Pajunen(FIN)	80	3- 3-90	W75 11.33	Gunni Svensson(SWE)	78 80	3- 5-99 2-25-95	
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M40 22.19	Bill Collins(USA)	44 2-26-95	5-7 1/4	1.71 Jaroslav Hanus(CZE)	55	3- 7-99	W55 29.62	Brunhilde Hoffmann(GER)	61	3- 2-97 3-26-89	
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M60 25.10	Larry Colbert(USA)	61 3-29-98	M80 4-1 3/4	1.26 Esko Kolhonen(FIN)	80	3-19-94	W80 48.42	Nora Wedemo(SWE)	83	3- 2-97 3-28-99	
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DIV. MARK	NAME (COUNTRY)	AGE MEET DATE 43 2-22-92	M55 13-2 1/2	4.02 Boo Morcom(USA)	59	81	W60 70.69 W65 80.38	Carolyn Cappetta(USA) Toni Borthwick(GBR)	60	1- 5-96	
M40 50.15 M45 49.89	Fred Sowerby(ANT) Fred Sowerby(USA)	45 1-29-94	M60 12-10	3.91 Dale Lance(USA)	60	3-27-98	W70 88.79	Patricia Peterson(USA)	71	3-28-98	
M50 52.72	Harold Morioka(CAN)	52 2-25-95	M65 11-2 3/4	3.42 Jerry Donley(USA)	65	2-25-95	W75 1:41.15	Louise Adams(USA)	75	3-22-97	
M55 54.36	Harold Morioka(CAN)	56 3-27-99	M70 10-4 M75 9-3	3.15 Boo Morcom(USA) 2.82 Carol Johnston(USA)	71 76		W80 2:25.03	Pearl Mehl (USA)	80	2-25-95	
M60 56.32 M65 59.53	Earl Fee(CAN)	60 3-22-97 65 2-25-95	M80 7-10 1/2	2.40 Carol Johnston(USA)	80	4- 4-92	W85 2:39.23	Ivy Granstrom(CAN)	87	3-27-99	
M70 61.31	Earl Fee(CAN)	70 3-27-99	M85 5-6	1.67 A. E. Pitcher(USA)	86	3-19-88	800 Meters	The state of the s		A STATE OF THE STA	
M75 69.59	Gote Lindblad(SWE)	75 3- 7-99					DIV. MARK	NAME (COUNTRY)		MEET DATE	
M80 75.58	Roderick Parker(USA)	80 3-27-99 86 3-20-93	Long Jump	unur real menus		HEET 0415	W35 2:03.2	Ileana Silai(ROM)	36	2- 7-78	
M85 1:40.86 M90 p2:47.3	Russell Randall(USA) Mikko Salonen(FIN)	9087	DIV. MARK M40 24-8	NAME(COUNTRY) 7.52 Barrington Williams(GBR)		MEET DATE	W40 2:01.59 W45 2:19.7	Yekaterina Podkopayeva(URS) Caroline Marler(GBR)	41	2- 6-94	
A SHANNING THE			M45 22-7 3/4	6.90 Tapani Taavitsainen(FIN)		2- 3-90	W50 2:25.6	Pat Gallagher(GBR)	51	2- 1-97	
800 Meters			M50 21-2 3/4	6.47 Stig Backlund(FIN)	50	3- 3-90	W55 2:37.34	Gerda van Kooten(HOL)	55	1-29-95	
DIV. MARK M40 1:54.96	NAME(COUNTRY) William Wuyke(USA)	AGE MEET DATE 42 2-14-99	M55 19-6 3/4 M60 18-3 3/4	5.96 Stig Backlund(FIN) 5.58 Dick Richards(USA)	61	3- 5-99	W60 2:44.22	Carolyn Cappetta(USA)	60	3-17-96	
M45 1:57.32	Peter Browne(GBR)	45 1-29-95	M65 17-5 1/4	5.31 Melvin Larsen(USA)	66	1-13-91	W65 2:56.63 W70 3:36.58	Jean Horne(CAN) Sumiye Onodera(USA)	65 70	3-29-98	
M50 2:05.8	Ken Baker(USA)	50 1-17-88	M70 16-6 3/4	5.05 Melvin Larsen(USA)	70	2-25-95	W75 3:46.79	Louise Adams(USA)	75	3-23-97	
M55 2:08.15	Reginald Phipps(GBR)	56 1-17-99	M75 14-1 1/4 M80 11-11	4.30 Ed Lukens(USA) 3.63 Thomas Walsh(USA)	76 81	3-28-98	W80 5:16.53	Ivy Granstrom(CAN)	84	3-31-96	
M60 2:16.64 M65 2:16.80	Earl Fee(CAN)	62 1-18-92 65 3-27-94	M85 10-3	3.12 Karl Trei(CAN)	85	3- 4-95	W85 5:59.98	Ivy Granstrom(CAN)	87	3-28-99	
M70 2:20.45	Earl Fee(CAN)	70 3-28-99	M90 8-2	2.49 Karl Trei(CAN)	90	3-26-99	1500 Meters				
M75 2:42.35	James Todd(GBR)	75 3- 2-97	Triple Jump		1	- territory	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE	
M80 3:13.39 M85 5:33.18	Roderick Parker(USA) Harold Massie(USA)	80 3-28-99 85 3-28-99	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE	W35 4:05.4	Ileana Silai(ROM)	36	3-17-78	
MOJ J.33.10	Manager Manager County	214 000 000	M40 52-9 1/4	16.08 Ray Kimble(USA)	40	294	W40 4:09.29 W45 4:44.0	Yekaterina Podkopayeva(URS) Pat Gallagher(GBR)	40	3-14-93	
1500 Meters			M45 48-7 1/2 M50 45-0 1/4	14.82 Milan Tiff(USA)	50	2-26-95	W50 4:51.8	Pat Gallagher(GBR)	52	2- 8-98	
DIV. MARK	NAME (COUNTRY)	AGE MEET DATE	M55 42-4 3/4	13.72 Stig Backlund(FIN) 12.92 Stig Backlund(FIN)	59	3- 4-90 3- 6-99	W55 5:20.29	Gerda van Kooten(HOL)	56	3-17-96	
M40 3.45.3 M45 4.03.69	Eamonn Coghlan(IRL) John Potts(GBR)	40 2-26-93 45 3- 9-90	M60 39-9 1/2	12.13 Amelio Compri(ITA)	60	3- 9-85	W60 5:54.62	Brigitta Eklund(SWE)	61	3- 7-99	
M50 4.14.73	John Potts(GBR)	50 2-26-95	M65 35-10	10.92 Amelio Compri(ITA)	65	3- 3-90	W65 6:14.16 W70 6:50.6	Joselyn Ross(GBR) Jose Waller(GBR)	65 70	3-20-94	
M55 4:28.5	Vic Heckler(USA)	55 3-15-98	M70 32-8 1/2 M75 30-9 1/4	9.97 Ed Lukens(USA) 9.38 Ed Lukens(USA)	70 75	3-19-93	W75 7:43.3	Pearl Mehl(USA)	75	4- 1-89	
M60 4.37.80 M65 4:47.11	Maurice Morrrell(GBR) Earl Fee(CAN)	61 3-20-94 65 3-26-94	M80 26-1	7.95 Esko Kolhonen(FIN)	80	3-21-97	W80 12:37.13	Pearl Mehl(USA)	80	2-25-95	
M70 5:27.4	Austin Newman(USA)	70 3-23-86	M85 17-11 3/4	5.48 James Elliot(USA)	85	3-28-99	One Mile				
M75 5:42.26	James Todd(GBR)	75 3- 2-97	M90 17-0	5.18 Karl Trei(CAN)	90	3-28-99	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE	
M80 6:30.78	Holger Josefsson(SWE)	80 3- 7-99	Shot Put (35-49	: 16#; 50-59: 6Kg; 60-69: 5Kg;	70+-	4Ka)	W35 4:59.28 W40 4:57.71	Carol Urish-McLatchie(USA) Patty Blanchard(CAN)	35	3-28-87	
M85 8:41.47 M90 14:28.4	John Farrell(GBR) Mikko Salonen(FIN)	85 2-22-97 9088	DIV. MARK	NAME (COUNTRY)		MEET DATE	W45 5:25.4	Marilyn Harbin(USA)	46	3- 2-84	
THE MANUFACTURE STREET		Anarros das at		20.07 Brian Oldfield(USA)	40	1-17-86	W50 5:40.1	Mila Kania(USA)	51	3-20-83	
One Mile DIV. MARK	NAME (COUNTRY)	AGE MEET DATE	M45 51-9 1/2 M50 53-4 1/2	15.78 Ed Hill(USA)	45	3-19-88	W55 5:51.0	Margaret Miller(USA)	55	2-22-81	
M40 3.58.13	Eamonn Coghlan(IRL)	41 2-20-94	M55 51-7 3/4	16.27 Ladislav Pataki(USA) 15.74 Joe Keshmiri(USA)	52	2-14-99 2-25-95	W60 6:35.55 W65 6:59.89	Jeanne Hoagland(USA) Toshiko d'Elia(USA)	62	3-28-99	
M45 4:21.90	Albin Swenson(USA)	46 2-26-93	M60 55-2 1/2	16.83 Reino Nokelainen(FIN)	60	81	W70 7:29.22	Pearl Mehl (USA)	73	3-28-87	
M50 4:37.57 M55 4:52.81	Albin Swenson(USA) Victor Heckler(USA)	50 3-28-98	M65 50-1 1/2	15.28 Voitto Elo(FIN)	65	82	W75 8:26.79	Louise Adams(USA)	75	3-23-97	
M60 5:01.76	Dan Conway(USA)	55 12-13-97 60 3-27-98	M70 47-2 1/2 M75 42-3	14.39 T. Von Wachenfeldt(SWE) 12.88 Voitto Elo(FIN)		3-22-98	W80 12:05.93 W85 13:00.96	Ivy Granstrom(CAN) Ivy Granstrom(CAN)	84	3-30-96	
M65 5:13.3	Earl Fee(CAN)	67 3-23-96	M80 38-0	11.58 Franz Meier(SWI)	75 81	3- 3-90	15.00.70	Try drains training and an artist	0,	3 20 77	
M70 5:32.4 M75 6:42.03	Scotty Carter(USA)	70 3-15-87	M85 31-9 1/4	9.68 Ross Carter(USA)	85	3-26-99	3000 Meters				
M80 7:04.2	John McManus(USA) Paul Spangler(USA)	75 3-27-98 80 3-18-79	M90 17-10 1/2	5.45 Vaino Sirula(FIN)	91	3-20-94	DIV. MARK	NAME (COUNTRY)		MEET DATE	
M85 12:06.13	Harold Massie(USA)	85 3-27-99	M95 13-4	4.06 Everett Hosack(USA)	97	3-26-99	W35 8:39.14 W40 9:52.8	Regina Jacobs(USA) Rita Marchisio(ITA)	35 40	3- 5-99	
3000 Meters	(Au		3000 Meter Walk				W45 10:41.0	Dot Fellows(GBR)	45	3-31-90	
DIV. MARK	NAME (COUNTRY)	AGE MEET DATE	DIV. MARK	NAME (COUNTRY)		MEET DATE	W50 10:17.53	Pat Gallagher(GBR)	51	1- 4-97	
M40 8:20.16	Nigel John Gates(GBR)	40 1-23-94	M40 12:25.9	Ray Funkhouser(USA)	42	1-10-93	W55 11:42.90	Gerda van Kooten(HOL)	57	2-28-97	
M45 8:46.80 M50 8:58.8	Renato De Palmas(ITA) Les Presland(GBR)	45 3- 9-85	M45 12.38.71 M50 12.34.9	Donald Denoon(USA) Donald Denoon(USA)	50	2-20-93	W60 12:08.8 W65 13:09.42	Molly Turner(CAN) Joselyn Ross(GBR)	60	3-5-94	
M55 9:23.43	Stephen James(GBR)	50 3-31-90 56 3-20-94	M55 13.51.46	James Carmines(USA)	55	3-27-99	W70 14:13.7	Jose Waller(GBR)	70	3-20-94	
M60 9:43.88	Andrew Brown(GBR)	61 3-20-94	M60 14.34.28	Dave Romansky(USA)	60	3-27-99	W75 15:43.66	Louis Adams (USA)	75	3-21-97	
M65 10:11.60 M70 11:15.72	Ed Whitlock(CAN) William Marshall(GBR)	65 3- 9-96	M65 15:39.67	George Chaplin(GBR)	65	3- 2-96	W80 23:41.32 W85 25:57.92	Ivy Granstrom(CAN) Ivy Granstrom(CAN)	84	3-29-96	
M75 12:12.72	James Todd(GBR)	70 2-28-98 75 2-28-97	M70 17:03.33 M75 18:35.8	Jack Starr(USA) Chico Scimone(ITA)	70	3-27-99 2-14-87		, and the second	87	3-26-99	
M80 14.10.79	Gordon Porteous(GBR)	80 3-20-94	M80 17:41.4	James Grimwade(GBR)	80	3-20-93	RELEGICATION OF THE PARTY OF TH	Continu	ad -		
								Continu	ica or	next page	

Continued from	previous page			W40 10-6	3.20 Jennifer Cunnane(GBR)	40		The second second	28-1 1/2	8.57 Rosemary Chrimes(GBR)	55	3-26-89
60 Meter Hurdle	The second secon			W45 10-10 1/4	3.31 Phil Raschker(USA) 3.05 Phil Raschker(USA)	50	The second secon	P. 100	D29-2	8.89 Rietje Dukman(HOL)	59	3- 7-99
DIV. MARK	The second secon		WEET 0			-	The second second	Sho	Put (35-49	: 4Kg; 50+: 3Kg)		
W35 8.20	NAME(COUNTRY) Clova Court(GBR)		MEET DATE	W55 8-0	2.44 Joy McDonald(USA)	57	CONTRACTOR AND A TOTAL OF	DIV	MARK	NAME (COUNTRY)	AGE	MEET DATE
		36	The same of the sa	W60 6-6 3/4	2.00 Dorothy McLennan(IRL)	61	THE RESERVE AND DESCRIPTION OF THE PERSON OF	W35	44-1 1/2	13.45 Bronwin Carter(GBR)	35	3-27-87
W40 8.8	Judy Vernon(GBR)	40		W65 6-6 1/4	1.99 Leonore McDaniels(USA)	65	The second secon	W40	45-1 1/4	13.75 Janis Kerr(GBR)	42	89
W45 9.18	Phil Raschker(USA)	48		W70 6-10 1/4	2.09 Leonore McDaniels(USA)	70		W45	38-10 1/4	11.84 Mariet Thomas(HOL)	45	3-17-96
W50 9.38	Phil Raschker(USA)	50		W75 4-7	1.40 Margaret Hinton(USA)	77	3-26-99	W50	41-6 1/2	12.66 Joanne Grissom(USA)	51	3-25-90
W55 11.0	Carina Graham(GBR)	56	AND DESCRIPTION OF THE PERSON	Long Jump			-	W55	41-2	12.55 Antonia Ivanova(URS)	56	3-19-89
p10.98	Rietje Dukman(HOL)	59		DIV. MARK			MEET DATE 3- 3-75	W60	39-3 1/4	11.97 Evaun B. Williams (GBR)	61	3- 5-99
W60 11.35	Leili Kaas(EST)	64	COUNTY OF STREET, SANS ON	W35 20-2 1/2	6.16 Willye White(USA)	36	3-28-87	W65	30-3 3/4	9.24 Joan Ogden(GBR)	65	3-20-93
W65 11.93	Asta Larsson(SWE)	67		W40 18-5	5.61 Phil Raschker(USA)	40	THE RESERVE AND ADDRESS OF THE PARTY OF THE	W70	2 March 1997	8.02 C. Wippersteg(GER)	71	3- 5-99
W70 14.98	Leonore McDaniels(USA)	70	4- 5-98	W45 18-10 1/2	5.75 Phil Raschker(USA)	47	3- 5-94	W75		7.75 Ilse Pleuger(GER)	75	3- 5-99
High Jump				W50 16-5	5.00 Phil Raschker(USA)	50	3- 1-97	W80		5.75 Katharine Gradick(USA)	80	3-28-98
DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE	W55 14-9 1/4	4.50 Brunhilde Hoffmann(GER)	55	1-26-97			J. 77 Kathar the diadick(USA)	80	3-20-70
W35 5-9 1/4	1.76 Leslie Eastwick(CAN)	35	3- 1-96	W60 15-0 1/2	4.58 C. Schmalbruch(GER)	62	3- 6-99	A 100 St 100 St	Meter Walk		-	AND STATE OF THE S
W40 5-7 3/4	1.72 Debbie Brill(CAN)	41	2-25-95	W65 12-2	3.71 Leonore McDaniels(USA)	65	3- 6-93	O.S	MARK	NAME (COUNTRY)		MEET DATE
W45 5-2 1/4	1.58 Phil Raschker(USA)	48	2-25-95	W70 11-2	3.40 Leonore McDaniels(USA)	70	3-28-98	2000	13.09.55	Maryanne Torrellas(USA)	37	3- 2-96
W50 5-0 1/4	1.53 Phil Raschker(USA)	50	3-23-97	W75 9-9 1/2	2.98 Mary Holland(USA)	75	4-11-99		13.46.73	Maryanne Torrellas(USA)	40	3-27-99
W55 4-10 1/4	1.48 Renate Vogel (GER)	55	3- 6-99	Triple Jump				100	15:22.71	Janet Comi(USA)	45	3-27-99
W60 4-4	1.32 C. Schmalbruch(GER)	62	3- 6-99	DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE		p15:21.0	Maria Silva Fernandes(POR)	46	3- 6-99
W65 4-0 1/2	1.23 Leonore McDaniels(USA)	65	THE RESERVE OF THE PARTY OF THE	W35 39-3 1/4	11.97 Agni-Agnes Georgiou(GRE)	36	3- 2-97	W50	15:35.7	Giuseppina Migliasso(ITA)	52	3- 3-90
W70 3-10 3/4	1.19 Leonore McDaniels(USA)	70	3- 7-98	W40 35-4 1/2	10.78 Phil Raschker(USA)	40	3-20-88	W55	15:58.47	Waltraud Seiler(GER)	55	3- 1-97
W75 3-3 1/4	1.00 Margaret Hinton(USA)	77	3-27-99	W45 36-2	11.02 Danielle Desmier(USA)	47	3- 1 97	W60	17:22.44	Josette Sommier(FRA)	61	3- 1-97
W80 2-7 1/2	0.80 Margareta Sarvana(FIN)	81	3- 4-90	W50 34-5	10.49 Phil Raschker(USA)	50	3-21-97	W65	19:06.8	Ruth Leff(USA)	65	4- 4-92
MOU 5-1 1/2	U.OU Hargareta Sarvana(FIN)	01	3- 4-90	W60 31-0	9.45 C. Schmalbruch(GER)	62	3- 7-99	W70	18:26.5	Beryl Randle(GBR)	70	3- 6-99
Pole Vault				W65 25-3 1/2	7.71 Elsa Enarsson(SWE)	68	3- 7-99	W75	22:17.08	Millie Crews(USA)	75	3-24-90
DIV. MARK	NAME (COUNTRY)	AGE	MEET DATE	W70 22-9	6.93 Leonore McDaniels(USA)	70	3- 7-98	W80	24:28.00	Nora Wedemo(SWE)	83	3- 1-97
W35 8-0	2.44 Phil Raschker(USA)	35	3-14-82	W75 17-4 3/4	5.30 Margaret Hinton(USA)	77	3-27-99		28:47.11	Dorothy Robarts(USA)	85	2-24-95

USA Track & Field Indoor Age-Group Records

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

Me	en's U.S. Indoor Re	cord	S	M50 4:15.0 M55 4:28.5		51 55	3-15-98 3-15-98	M55 13-2 1/2 M60 12-10	4.02 Boo Morcom(PA) 3.91 Dale Lance(OK)	59 60	8 3-27-9
0 Meters				M60 4.43.				M65 11-2 3/4	3.42 Jerry Donley(CO)		
IV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	M65 5:05.		65	3- 7-93	M70 10-4	3.15 Boo Morcom(PA)	65	2-25-9
35 6.98	Mitchell Lovett(NY)	36		M70 5:27.4		70	3-18-89	M75 9-3	2.82 Carol Johnston(CA)	71 76	3-19-8
40 6.97	Eddie Hart(CA)	40	Contract of the Contract of th	M75 6:01.		75	3-23-86	M80 7-10 1/2	2.40 Carol Johnston(CA)	80	4- 4-9
5 7.02	Stan Whitley(CA)	45		M80 6:35.4		80	2-24-91	M85 5-6	1.67 A. E. Pitcher(IN)	86	3-19-8
0 7.40	Steve Robbins(WA)	50		M90 14:34			2-11-96		T.O. A. E. PICCHEI (IN)	~	NACTOR A
7.40	Stan Whitley(CA)	52		14.54	E MEIO KIIK(HI)	91	1-11-8/	Long Jump		DOM:	
5 7.53	Hugo Hartenstein(CO)	55		One Mile			100	DIV. MARK	NAME (RESIDENCE)		MEET DA
60 7.75	Harold Tolson(CA)	60		DIV. MARK	NAME (RESIDENCE)	ACE	MEET DATE	M40 23-1	7.03 Stan Whitley(CA)	40	2-22-8
7.7n	Payton Jordan(CA)	60		M40 4:11.0		40	1-22-83	M45 21-8 3/4	6.62 Stan Whitley(CA)	45	3-23-9
55 8.14	James Law(NC)	65		M45 4:21.5		46	2-26-93	M50 20-8 1/2	6.31 Shirley Davisson(CA)	50	3-29-1
70 8.45	Melvin Larsen(IL)	70		M50 4:37.5		51	3-25-98	M55 19-3 1/4	5.87 Boo Morcom(PA)	55	3-13-
75 8.95	Tim Murphy(TX)	75	AND DESCRIPTION OF STREET	M55 4:53.		56	2-25-95	M60 18-3 3/4	5.58 Dick Richards(CA)		3-22-
80 9.39	Roderick Parker(AR)	80		M60 5:01.7		60	3-27-99	M65 17-5 1/4	5.31 Melvin Larsen(IL)	66	1-13-
85 11.33	Russell Randall(CO)	86	3-20-93	M65 5:27.6		65	3-30-96	M70 16-6 3/4	5.05 Melvin Larsen(IL)	70	2-25-9
90 17.47	Everett Hosack(OH)	94	3-30-96	M70 5:32.4		70	3-15-87	M75 14-1 1/4	4.30 Ed Lukens(NY)	76	3-28-9
95 p16.96	Everett Hosack(OH)	95		M75 6:42.0		75	3-28-99	M80 11-9	3.58 Clarence Trahan(CA)	81	3-30-
A CONTRACTOR OF THE PARTY OF TH				M80 7:04.2		80	3-18-79	M85 9-1 1/4	2.77 James Elliot(MI)	85	3-26-
00 Meters				M85 12:06	the first of the f	85	3-27-99	M90 6-9 1/4	2.06 Everett Hosack(OH)	94	3- 2-
IV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	A PROPERTY OF			2.	Triple Jump	A CONTRACTOR OF THE PARTY OF TH		
35 22.04	Mitchell Lovett(NY)	36		3000 Meters			10 Th 1-11	DIV. MARK	NAME (RESIDENCE)	AGE	MEET D
40 22.19	Bill Collins(TX)	44		DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	M40 52-9 1/4	16.08 Ray Kimble(US)	40	2
45 22.57	Bill Collins(TX)	48	2-14-99	M40 8:33.		40	3-26-99	M45 48-7 1/2	14.82 Milan Tiff(CA)	46	2-26-
50 23.76	Charlie Allie(PA)	51		M45 8:59.		45	2-26-95	M50 40-7 1/2	12.38 Dave Jackson(CA)	51	3-27-
55 24.09	Stephen Robbins(CA)	55		M50 9:13.4		50	3-21-97	M55 36-4	11.07 Phil Mulkey(GA)	55	3-20-
60 25.10	Larry Colbert(MD)	61		M55 9:33.4		55	3- 7-98	M60 36-3 1/2	11.06 Ed Lukens(NY)	63	3-24-
5 26.92	James Law(NC)	65		M60 10:01			3-26-99	M65 35-7 3/4	10.86 Tom Patsalis(CA)	66	3-29-
70 28.00	Payton Jordan(CA)	72		M65 10:50		60	And the state of t	M70 32-8 1/2	9.97 Ed Lukens(NY)	70	3-19-
5 30.12	John Alexander(TX)	75		M70 11:27		67	3-27-98	M75 30-9 1/4	9.38 Ed Lukens(NY)	75	3-21-
30 33.87	Barry Ivers(ME)	81		M75 13:10		70	3-15-87	M80 22-10 3/4	6.98 Benjamin Fox(AZ)	81	3-29-
35 39.79	Russell Randall(CO)	86		The second secon		78	3-21-93	M85 17-11 3/4	5.48 James Elliot(MI)	85	3-28-
0 76.4	Herb Kirk(MT)	91		M80 14:42.		80	3-29-96		Part of the second of the seco		
95 66.78	Everett Hosack(OH)	95		M85 26:12	Herb Kirk(MT)	87	2- 5-83	Shot Put (35-4	9: 16#; 50-59: 6Kg; 60-69: 5Kg		
,,	Everett mosdektomy	The Town	Chicken All N	ATTENDED	BOOK OF STREET			DIV. MARK	NAME (RESIDENCE)	AGE	MEET D
00 Meters				60 Meter Hu					20.07 Brian Oldfield(IL)	40	1-17-
	NAME (RESIDENCE)	ACE	MEET DATE	DIV. MARK	NAME (RESIDENCE)		MEET DATE	M45 51-9 1/2	15.78 Edward Hill(AL)	45	3-19-
IV. MARK		36		M35 7.56	Greg Foster(US)	35	3- 4-94	M50 53-4 1/2	16.27 Ladislav Pataki(CA)	52	2-14-
35 48.58	Mitchell Lovett(NY)			M40 8.15	Stan Druckrey(WI)	40	4- 1-89	M55 51-7 3/4	15.74 Joe Keshmiri(NV)	56	2-25-
40 50.15	Fred Sowerby(NV)	40		M45 8.54	Stan Druckrey(WI)	46	2-25-95	M60 51-9	15.77 Joe Keshmiri(NV)	60	3-28-
45 49.89	Fred Sowerby(NV)	45		M50 8.47	Walt Butler(CA)	51	3-20-93	M65 42-9	13.03 Len Olson(VT)	65	3-22-
50 52.87	Charlie Allie(PA)	50		M55 8.63	Courtland Gray(LA)	55	2-14-99	M70 44-5 1/2	13.55 Arnie Gaynor(CA)	71	3-26-
55 56.17	James Mathis(TN)	56	No. of the last of	M60 9.14	Phil Mulkey(GA)	60	3-20-93	M75 40-4 1/4	12.30 Ross Carter(OR)	76	3-24-
60 56.32	Larry Colbert(MD)	60		M65 9.99	Clarence Trinkner(WI)	65	3-22-97	M80 37-6 3/4	11.45 Ross Carter(OR)	80	2-25-
65 60.67	James Law(NC)	65		M70 10.23	Melvin Larsen(IL)	73	4- 5-98	M85 31-9 1/4	9.68 Ross Carter(OR)	85	3-26-
70 65.27	Rodney Brown(UT)	71		M75 11.05	Edwin Lukens(NY)	76	3-28-98	M90 16-6 3/4	5.05 Everett Hosack(OH)	94	3- 2-
75 71.84	John Alexander(TX)	75		M80 13.60	Frank Finger(VA)	80	3-30-96	M95 13-4	4.06 Everett Hosack(OH)	97	3-26-
80 75.58	Roderick Parker(AR)	80		M85 18.45	James Elliot(MI)	85	3-27-99	Weight Throw (35-59: 35#; 60+: 25#)	200	The same of
85 1:40.86	Russell Randall(CO)	86						DIV. MARK	NAME (RESIDENCE)		
90 2:54.0	Herb Kirk(MT)	91	1-11-87	High Jump			The second second		22.52 Ed Burke(CA)		MEET D
	and the same of the			DIV. MARK	NAME (RESIDENCE)	AGE	MEET DATE	M45 64-3		43	1- 8-
00 Meters	La contraction of the second			M35 7-0 1/	4 2.14 Jim Barrineau(VA)	37	3-21-93	M50 64-1 1/4	19.58 Harold Connolly(CA)	45	1- 8-
IV. MARK	NAME (RESIDENCE)		MEET DATE	M40 6-9 1/	4 2.06 Jim Barrineau(VA)	40	3-30-96	M55 46-1 1/4	19.54 Bob Backus(MA)	51	2-24-
35 1:49.79	Johnny Gray(CA)	35	2-19-96	M45 6-1 1/	4 1.86 Walden Curry(LA)	45	3-28-98		14.05 Richard Hotchkiss(CA)	57	2-18-
40 1:55.5	Ken Popejoy(IL)	42	1-30-93	M50 6-0 3/		51	3-29-96	M60 59-6 1/4	18.14 Steward Thomson(CA)	62	2-18-
p1:54.96	William Wuyke(CT)	40	2-14-99	M55 5-7 1/		56	1-11-86	M65 48-10 1/4	military material activities	65	4- 1-
5 1:57.81	Ken Sparks(OH)	45	3-25-90	M60 5-5	1.65 Jim Gilcrist(FL)	62	3-24-90	M70 41-8	12.70 Ken Weinbel(WA)	70	2-15-
0 2:05.8	Ken Baker(NJ)	51	1-17-88	M65 5-4				M75 37-3 3/4	11.37 Manual White(MT)	78	2-26-
5 2:08.9	Ken Baker(NJ)	55		M70 4-6 1/	1.62 Jim Gilcrist(FL)	65	3-19-93	M80 28-1	8.56 Thomas McDermott(CT)	80	3-27-
0 2:16.87	Mack Stewart(TX)	60		M75 4-1 1		70	4-11-99	M85 22-1	6.73 Leon Joslin(WA)	85	2-15
5 2:26.3	Archie Messenger(NY)	65					3-22-97	M90 15-10 1/2			1- 8-
	Jim Selby(CA)	70		M80 4-0	1.22 Wesley Ward(IN)		2-15-92	M95 12-0 1/2	3.67 Everett Hosack(OH)		3-23-
	Archie Messenger(NY)	75		M85 3-5 3/			3-27-99	ENGLISH TO	THE RESERVE THE PARTY OF THE PA	-	Sign has
70 2:38.10	MI CHIE MESSENGEI (41)	80		M95 2-9 3/	4 0.85 Everett Hosack(OH)	95	3- 2-97	Super Weight Th	row (35-69: 56#; 70+: 35#)		
70 2:38.10 75 2:54.83	Dodonick Droken(40)	00	3-50-44	THE PARTY OF THE P			Carried St.	DIV. MARK	NAME (RESIDENCE)	AGE	MEET D
70 2:38.10 75 2:54.83 80 3:13.39	Roderick Parker(AR)	90	1.29.00					THE RESERVE THE PARTY OF THE PA		THE RESERVE OF THE PERSON NAMED IN	
70 2:38.10 75 2:54.83 80 3:13.39	Roderick Parker(AR) Harold Massie(NB)	88	3-28-99	Pole Vault	NAME (DECIDENCE)		MEET	M65 p12-0 1/2	6.49 Austin Baggett(FL)	67	3-28-
70 2:38.10 75 2:54.83 80 3:13.39 85 5:33.18		88	3 -28-99	DIV. MARK	NAME (RESIDENCE)		MEET DATE		6.49 Austin Baggett(FL) 10.07 Ken Weinbel(WA)		
70 2:38.10 75 2:54.83 80 3:13.39 85 5:33.18	Harold Massie(NB)		an the	DIV. MARK M35 16-8	5.08 Gary Hunter(US)	36	4- 4-92	M70 33-0 1/2	10.07 Ken Weinbel(WA)	70	3-29-
770 2:38.10 175 2:54.83 180 3:13.39 185 5:33.18 1500 Meters 11V. MARK 140 3:56.7			MEET DATE	DIV. MARK			4- 4-92 8-26-95			70 75	3-28- 3-29- 3-28- 3-27-

page 16	Providence in the second		National Masters News
Continued from pr	revious page	Mary street	M60 12:38.36 Gloria Brown(NY) 61 3-7-93 Triple Jump NAME(RESIDENCE) AGE MEET DATE M65 13:39.60 Toshiko d'Elia(NJ) 67 3-21-97 DIV. MARK NAME(RESIDENCE) 37 3-18-84
A SHARE WALLES AND THE PERSON NAMED IN	evious page		W70 15:15 10 Filen McCov(MN) 70 3-24-91 W35 35-0 3/4 10.69 Phil Raschker(GA) 37 3-20-88
Racewalking 3000 meters			W75 15:43.66 Louise Adams(CO) 75 3-21-97 W40 35-4 1/2 10.78 Phil Raschker(GA) 45 3-19-93
M35-39 11:29.	.87 Jonathan Matthews Boston.	MA 1/22/94	W80 26:53.20 Pearl Meni(LU) 62 5-29-76 W50 34-5 10.49 Phil Raschker(GA) 50 3-21-97
M40-44 12:25			DIV MARY NAME (RESIDENCE) AGE MEET DATE W55 26-7 74 8-11 LUCY MADY 63 3-27-98
M45-49 12:38 M50-54 12:34		tale. IL 2/4/94	W35 9.47 Charlene Landrum(NY) 35 3-27-99 W60 26-3 3/4 7.66 Magdalena Kuehne(CA) 65 3-29-96
M55-59 13:09	.0 Don DeNoon Carbono		W40 9.60 Phil Raschker(GA) 43 2-16-91 W70 22-3 3/4 6.80 Leonore McDaniels(VA) 70 3-27-98
M60-64 14:34 M65-69 15:41	.28 Dave Romansky Boston, 41 Jack Bray Boston,		USO 0 38 Phil Baschker(GA) 50 4-6-97 W75 17-4 3/4 5.50 Hall gall C
M70-74 17:03	.33 Jack Starr Boston,	MA 3/29/99	W55 11.47 Christel Miller(CA) 55 3-25-90 Shot Put (35-49: 4Kg; 504: 5Kg) AGE MEET DATE
	.3i Bill Tallmadge Columb	oro, NC 3/25/94	W60 12.38 Christel Miller(CA) 02 3-22-97 W35 40-7 12.37 Oneithea Lewis(NY) 38 3-27-99
M80-84 21:39	.16 Bill Patterson Greenst	5010, NC 3731730	U70 14 98 Legggre McDaniels(VA) 70 4-5-98 W40 38-10 1/2 11.85 Joanne Grissom(IN) 41 1-2-00
5000 meters	tory, the plant of the party of		W45 35-9 1/2 10.91 Joan Strattonicky 51 1-25-90
	.50 Jonathan Matthews Atlanta		DIV. MARK NAME(RESIDENCE) AGE MEET DATE W55 38-11 3/4 11.88 Joanne Grissom(IN) 55 2-5-94
	.20 Jonathan Matthews Atlanta .71 Donald DeNoon Atlanta		W35 5-4 1.62 Skipper Clark(NY) 36 3-24-84 W60 33-1 1/4 10.09 Bernice Holland(OH) 63 3-25-90 W60 5-0 3/4 1.54 Phil Raschker(GA) 43 2-16-91 W65 28-1 1/2 8.57 Bernice Holland(OH) 65 4-5-92
			W40 5-0 3/4 1.54 Phil Raschker(GA) 43 2-16-91 W65 28-1 1/2 8.57 Bernice Holland(OH) 65 4-3-92 W45 5-2 1/4 1.58 Phil Raschker(GA) 48 2-25-95 W70 25-5 1/2 7.76 Mary Bowermaster(OH) 71 4-2-89
Wom	en's U.S. Indoor Re	ecords	W50 5-0 1/4 1.53 Phil Raschker(GA) 50 3-23-97 W75 21-11 1/2 6.69 Margaret Hinton(TX) 77 3-26-99
A STATE OF THE STATE OF	and the second second second		W55 4-1 1/4 1.25 Christel Miller(CA) 55 3-25-90 W80 18-10 1/2 5.75 Katharine Gradick(FL) 80 3-27-98 W60 4-1 1/4 1.25 Leonore McDaniels(VA) 63 3-24-91 W60 4-1 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/
60 Meters DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	W60 4-1 1/4 1.25 Leonore McDaniels(VA) 63 3-24-91 Weight Throw (35-49: 20#; 50+: 16#) W65 4-0 1/2 1.23 Leonore McDaniels(VA) 65 3-21-93 DIV. MARK NAME(RESIDENCE) AGE MEET DATE
W35 7.88	Charlene Landrum(NY)	35 3-27-99 40 3-22-97	W70 3-9 1/4 1.15 Leonore McDaniels(VA) 70 3-29-98 W35 41-0 1/2 12.51 Sarah Boslaugh(NY) 38 2-11-95
W40 8.01	Denise Foreman(WA) Phil Raschker(GA)	48 2-25-95	W75 3-3 1/4 1.00 Margaret Hinton(TX) 77 3-27-99 W40 40-7 1/2 12.38 Joan Stratton(CA) 44 3-30-96
W45 8.02 W50 8.05	Phil Raschker(GA)	50 3- 1-97	W45 39-11 1/4 12.17 Joan Stratton(CA) 45 2-16-97 Pole Vault W50 50-7 15.42 Vanessa Hilliard(FL) 54 3-30-96
W55 8.98	Kathy Bergen(CA) Irene Obera(CA)	55 2-25-95 61 2-25-95	DIV. MARK NAME(RESIDENCE) AGE MEET DATE USS 49-2 1/4 14.99 Vanessa Hilliard(FL) 55 3-21-97
W60 9.05 W65 10.03	Patricia Peterson(NY)	65 4- 4-92	W40 8-6 1/4 2.60 Donna Schultz(OR) 41 2-20-99 W60 32-11 3/4 10.05 Bernice Holland(OH) 63 3-24-90 W65 10-10 1/4 3.31 Phil Raschker(GA) 49 3-17-96 W65 31-4 1/2 9 56 Bernice Holland(OH) 65 4-4-92
10.03	Nikki Ryan(WA)	65 3-22-97 71 4- 1-89	USO 10-0 3.05 Phil Raschker(GA) 52 2-21-98 WOD 31-4 1/2 9.30 Bernice HotterBuluh) 53 4 4-7-93
W70 10.36 W75 11.42	Mary Bowermaster(OH) Mary Holland(MI)	75 4-10-99	10-0 3.05 Phil Raschker(GA) 50 3-2-97 W75 20-2 1/4 6.15 Libby Hagemann(MA) 75 3-30-96
W80 14.39	Pearl Mehl(CO)	80 2-25-95	W55 8-0 2.44 Joy Macdonald(FL) 57 3-27-98 W80 15-4 3/4 4.69 Katharine Gradick(FL) 81 3-26-99
200 Meters		Para Property	M65 6-6 1/4 1.99 Leonore McDaniels(VA) 65 3-6-93 Super Weight Throw (35-59: 35#; 60+: 25#)
DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	W70 6-10 1/4 2.09 Leonore McDaniels(VA) 70 4-5-98 U1V. MARK MARKES LEMELY AGE HEET WATER W40 D24-5 7.44 Ruth Welding(IN) 42 3-28-99
W35 25.74 W40 25.67	Charlene Landrum(NY) Denise Foreman(WA)	35 3-28-99 40 2- 8-97	W60 21-11 8.68 Evelyn Wright(MD) 61 3-29-98
W45 26.18	Phil Raschker(GA)	48 2-26-95	Long Jump Racewalking 3000 meters
W50 26.52	Phil Raschker(GA)	50 3- 2-97	u35 20-2 1/2 6.16 Willye White(US) 36 3-3-75 F35-39 13:09.55 Maryanne Torrellas Atlanta, GA 3/2/96
W55 30.00 W60 32.50	Adlin Mair(NY) Carolyn Cappetta(MA)	55 3-23-97 63 3-28-99	W40 18-5 5.61 Phil Raschker(GA) 40 3-28-87 F40-44 13:46.73 Maryanne Torrellas Boston, MA 3/29/99
W65 35.08	Patricia Peterson(NY)	66 3-21-93	W45 16-10 1/2 5.75 Phil Raschker(GA) 4/ 5-5-94 FEO 54 15-43 70 Jackin Bests Poston MA 3/29/99
W70 35.58	Pat Peterson(NY) Mary Holland(MI)	71 3-29-98 75 3-28-99	W55 12-3 3/4 3.75 Betty Vosburgh(GA) 59 3-23-91 F55-59 17:35.06 Elton Richardson Columbia. MO 3/25/94
W75 40.59 W80 57.61	Pearl Mehl(CO)	81 3-31-96	12-3 3/4 3.75 Joanne Grissom(IN) 55 3-30-96 F60-65 17:31.83 Ruth Eberle Columbia, MO 3/25/94
400 Meters	STATE OF THE PARTY	The state of the	W60 12-7 1/4 3.84 Betty Vosburgh(GA) 64 3-30-96 F65-69 17:46.25 Ruth Eberie Carbondale, IL 2/8/97 W65 12-2 3.71 Leonore McDaniels(VA) 65 3-6-93 F70-74 20:35.87 Miriam Gordon Greensboro, NC 3/31/96
DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	W70 11-2 3.40 Leonore McDaniels(VA) 70 3-28-98 F75-79 22:17.08 Millie Crews Madison, WI 3/24/90
W35 54.48 W40 57.67	Adina Vaidez(NY) Denise Foreman(WA)	35 3-22-97 40 1-25-97	W75 9-9 1/2 2.98 Mary Holland(MI) 75 4-11-99 F85-89 28:47.11 Dorothy Robarts Reno, NV 2/24/95
W45 62.55	Dee Dee Grafius(CA)	46 2-18-96	MEN'S WORLD INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)
W50 71.93	Debbie Stiles(MO)	50 3-27-99	7, 2.07 Signification
W55 67.39 W60 70.69	Carolyn Cappetta(MA) Carolyn Cappetta(MA)	59 2-25-95 60 1- 5-96	50.50 1:0.50 GRR (Barratt-Ayling-Steede-Townley) 3- 2-97 Birmingham
W65 83.06	Sumi Onodera-Leonard(CA)	68 3-22-97	60-69 1:47.69 GER (Schmitz-Lange-Otto-Neumann) 3- 7-99 Malmo 70-79 2:02.45 GER (Meinsen-Herbst-Fischer-Selzer) 3- 7-99 Malmo
W70 88.79	Pat Peterson(NY)		70-79 2:02.45 GER (Meinsen-Herbst-Fischer-Selzer) 3-7-99 Malmo (4x400) 40-49 3:33.3 USA (Gaton-Small-Shane-O'Neal) 3-29-80 Syracuse,NY
W/5 1:41.15 W80 2:25.03	Louise Adams(CO) Pearl Mehl(CO)	75 3-22-97 80 2-25-95	50-59 3:47.32 USA (Small-Rizzo-Shanr-Burrell) 4- 5-92 Columbus,OH
800 Meters	A MAN ENGINEERS A	The state of the state of	60-69 4:29.74 USA (Ambrose-Harte-Watanabe-Greenwood) 4- 2-89 Columbus,OH p4:15.48 USA (1 3-28-99 Boston,MA
DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	(4X800) 40-49 8:25.8 USA (Mogg-Goldman-Barry-Shaheed) 2-24-96 Los Angeles,CA
W35 2:12.07 W40 2:22.7	Adina Vaidez(NY) Barbara Pike(MA)	35 3-23-97 41 2- 5-83	50-59 9:20.1 USA (Nolan-Brockwell-Senkowski-Kuhi) 3-14-99 New York,NY p9:08.74 USA (Sweeney-) 3-28-99 Boston,MA
p2:22.46	Sue Parks(US)	40 3-23-97	60-69 10:58.77 USA (Culling-Willis-Linde-Withers) 4- 5-92 New Haven, CT
W45 2:23.33	Dee Dee Grafius(CA)	46 2-17-96	(4X1600) 50-59 20:47.8y USA (O'Brien-Irland-Bodine-Stabler) 12-12-81 Syracuse,NY
W50 2:34.42 W55 2:39.54	Linda Upton(MA) Jane Arnold(CT)	50 1-23-94 55 3-31-96	60-69 27:30.0y USA (Kent-More-Deschambault-White) 12-12-81 Syracuse,NY
W60 2:44.22	Carolyn Cappetta(MA)	61 3-17-96	and the state of the state of the latter of
W65 3:12.78	Grace Butcher(OH)	65 3-28-99	WOMEN'S WORLD INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)
W70 3:36.58 W75 3:46.79	Sumiye Onodera(CA) Louise Adams(CO)	70 3-28-99 75 3-23-97	(4X200) 35-39 1:44.92 GER (Stopka-Grissmer-Seidel-Moritz) 3- 7-99 Malmo 40-49 1:53.02 HOL (Akkerman-Roelands-Klomp-Oost) 3- 7-99 Malmo
W80 5:19.86	Pearl Mehl(CO)	82 3-31-96	40-49 1:53.02 HOL (Akkerman-Roelands-Klomp-Oost) 3- 7-99 Malmo 50-59 2:00.79 GBR (Nuttal-Axtell-Hocknell-Priestman) 3- 2-97 Birmingham
1500 Meters		**	60-69 2:21.21 SWE (Holm-Larsson-Soderstrom-Eklund) 3- 7-99 Malmo
DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	(4X800) 40-49 10:26.5 USA (Stoneking-Larson-Janssen-Day) 7-24-94 Blaine,MN
W35 4:36.12 W40 4:48.40	Cindy Bremser(WI) Kathy McIntyre(NY)	37 3-23-91 41 2-20-90	(4X1600) 40-49 25:06.6y USA (Betz-Booker-Rusby-Blakely) 12-12-81 Syracuse,NY
W45 5:05.82	Robin Villa(NY)	46 2- 3-90	
W50 5:12.43	Joan Ottoway(CA)	50 2-25-95 56 3-17-85	MEN'S U.S. INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)
W55 5:46.0 W60 5:58.55	Beryl Skelton(NY) Gloria Brown(NY)	56 3-17-85 61 3-7-93	(4X200) 40-49 1:37.9 NYPC (Small-Rizzo-Williams-Johnson) 1- 2-86 New York,NY
W65 6:24.59	Toshiko d'Elia(NJ)	67 3- 9-97	(4x400) 40-49 3:33.3 NYPC (Gaton-Small-Shane-O'Neal) 3-29-80 Syracuse,NY
W70 7:17.7	Louis Adams(CO)	71 3-20-93	50-59 3:47.32 NYPC (Small-Rizzo-Shanr-Burrell) 4- 5-92 Columbus,OH 60-69 4:29.74 LAV (Ambrose-Harte-Watanabe-Greenwood) 4- 2-89 Columbus,OH
W75 7:43.3 W80 12:37.13	Pearl Mehi(CO) Pearl Mehi(CO)	75 4- 1-89 80 2-25-95	p4:15.48 USA () 3-28-99 Boston, MA
	Company of the second	The State of	(4x800) 40-49 8:30.0y NYPC (Connelly-Krebs-Genovese-Zipper) 3-13-77 New Haven,CT
One Mile DIV. MARK	NAME (RESIDENCE)	AGE. MEET DATE	50-59 9:20.1 SAC (Nolan-Brockwell-Senkowski-Kuhi) 3-14-99 New York,NY p9:08.74 RVRR (Sweeney-) 3-28-99 Boston,MA
W35 4:59.28	Carol Urish-McLatchie(TX)	35 3-28-87	60-69 10:58.77 SCS (Culling-Willis-Linde-Withers) 4- 5-92 New Haven, CT
p4:38.20	Ruth Wysocki(CA)	39 2- 3-96	(4x1600) 50-59 20:47.8y SCTC (0'Brien-Irland-Bodine-Stabler) 12-12-81 Syracuse, NY
W40 5:11.11 W45 5:25.4	Patti Ford(NY) Marilyn Harbin(CA)	43 3-27-99 46 3- 2-84	60-69 27:30.0y SCTC (Kent-More-Deschambault-White) 12-12-81 Syracuse, NY
W50 5:40.1	Mila Kania(NY)	51 3-20-83	Walfall III A Nacron Market Control of the Control
W55 5:51.0 W60 6:35.55	Margaret Miller(CA) Jeanne Hoagland(CA)	55 2-22-81 62 3-27-99	WOMEN'S U.S. INDOOR MASTERS RELAY BESTS (as of Dec. 15, 1999)
W65 6:59.89	Toshiko d'Elia(NJ)	67 3-22-97	(4x200) 40-49 1:45.52 USA (Peterson-Bell-Rosado-Raschker) 3- 2-97 Birmingham, Eng
W70 7:29.22	Pearl Mehl(CO)	73 3-28-87	(4x800) 40-49 10:26.5 PSTC (Stoneking-Larson-Janssen-Day) 7-24-94 Blaine, MN
W75 8:26.79 W80 13:27.51	Louise Adams(CO) Pearl Mehl(CO)	75 3-23-97 82 3-30-96	(4X1600) 40-49 25:06.6y FLRC (Betz-Booker-Rusby-Blakely) 12-12-81 Syracuse, NY
3000 Meters			note: club records are listed before USA team records
DIV. MARK	NAME (RESIDENCE)	AGE MEET DATE	CDM: Corona Del Mar Track Club RVRR: Raritan Valley TC OHTC: Over the Hill Track Club NYPC: New York Pioneer Club
W35 9:34.08 W40 10:05.32	Lestie Lehane(MA)	35 3-27-98	SCS: Southern California Striders SAC: Shore AC
W45 10:43.72	Patti Ford(NY) Kathryn Martin(NY)	43 3-26-99 46 3-27-98	BRC: Boston Running Club MMTC: Midwest Masters T&F Club MAC: Metropolitan Athletic Club NYM: New York Masters
W50 10:44.0	Joan Ottoway(CA)	50 2-12-95	LAV: Los Angeles Valley TC SCTC: Syracuse Chargers TC
W55 12:23.13 p12:15.71	Wava Mosbrucker(WI) Carrie Parsi(MA)	55 3-24-91 55 3-21-97	PSTC: Prairie Striders TC FLRC: Finger Lakes Running Club AATC: Ann Arbor TC PB: Power Bar (legitimate club?)
		Franks	



The Weight Room

by JERRY WOJCIK

What's In and What's Out

hrowers 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. superweight, 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 Armory 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.

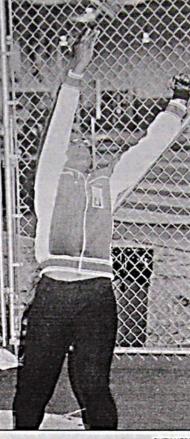
It's unfortunate for Westerners who couldn't travel outside of the region for indoor competition that the Reno meet bit the dust. It may be revived in the near future, perhaps in 2001. Until then, Californians, Arizonans, and Hawaiians will have to be content with competing in a valid outside meet in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

National Masters News P.O. Box 50098, Eugene, OR 97405



SUZY HESS Oneithea 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.
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- ➤ 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.



U.S. Isolates Itself in Hurdle Ruling

t 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"

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



SUZY 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.

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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

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

50098, Eugene OR 97405



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

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

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

WAVA/USATF Hurdles and Implements Specifications HURDLES WOMEN Hurdle Race To 1st No. of Hurdles Finish Hurdles Group Height Distance 30-39 100m .840m 13.00m 10.5m 27'101/2" 34'5" 10 42'81/2" 40-49 .762m 12.00m 8.0m 12.00m 80m 39'4" 39'4" 30" 12.00m 7.0m 19.00m 8 39'4" 22'11'/2" 62'4" 60+ 80m .686m 762m 30-39 400m 45.00m 35.00m 40.00m 10 30" 147'73/4" 50-59 300m .762m 30 50.00m 35.00m 40.00m 114'9'/2 131'2'/2' MEN 30-39 110m .991m 13.72m 9.14m 14.02m 10 40-49 13.00m 8.50m 10 50-59 100m .914m 10.50m 42'8" 27'10'/2 60-69 100m .840m 16.00m 8.00m 12.00m 10 33 70-79 .762m 19.0m 12.00m 7.0m 8 80+ 80m 686m 39'4" 22'111/2" 62'4" 30-49 .914m 45 00m 35.00m 40.00m 50-59 400m .840m 147'7'/2" 114'9'/2" 131'2'/2" 10 33" .762m 50.00m 40.00m 300m 70+ 686m 164'0'/2" 114'91/2 131'23/4 **IMPLEMENTS** AGE SHOT PUT DISCUS HAMMER JAVELIN WEIGHT SUPER WEIGHT

GROU WAVA USATE USATE 30-49 4 00k 1 00k 4.00k 600gms. 20# 20# 50-59 500 gms. 400 gms. 3.00k 1.00k 3.00k 16# 16# 25# 3.00k 12# 16# 25# Men 30-49 26k (16 lbs.) 7.26k (16 lbs.) 800 gms. 35# 35# 56# 50-59 6.00k 1.50k 6.00k 700 gms. 25# 35# 56# 600 gms.* 60-69 5.00k 1.00k 5.00k 20# 25# 56# 70-79 4.00k 1.00k 4.00k 500 gms. 16# 25# 35# 4.00k 400 gms.

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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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

· Guy Gordon, M40, in 55:18, and Janice Morra, W40, in 62:39, hurried to masters firsts, USATE 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 Lebue, 48, of Quebec, with a 3:25:03, outlegged the masters fields in the Northern Central Trail Marathon, Sparks, MD,

· 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

· 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 Britishers: 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

. Top masters in the Jacksonville Marathon. FL. Dec. 18, were Max Minter, 40, Jacksonville, in 2:51:01, and Karla Elv. 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 as the open meet, either the day before or day

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 10-31/2 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.

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."



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

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 Champonships, 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: usatfyan@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

Feburary 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@frontiernet.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,

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/~tuckerj/

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, III. 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-

July 15-23. Ohio Senici 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 63¹/₂ 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.

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July 26-30. New Mexico Senior Olympics, Las Vegas. No out-of-state. Cecilia Agosta, 505-623-5777; email: nmsogmes@roswell.net

July 29-30. International Multi-Events Challenge (USA, Poland, Canada, United Kingdom, Germany), Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

July 29-30. North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

August 1-6. Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

August 17-20. Nebraska Senior Olympics, Kearne. Scott Hayden, 308-233-3228.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 1. Mardi Gras Weight Pentathlon, Lafayette, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

April 8. El Paso Senior Games T&F Meet, U. of Texas-El Paso. Marge Davis, 650 Wallenberg, El Paso, TX 79912. 915-581-9525.

May 23-27. Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514; 601-968-4881.

June 3. USATF Southwest Regional Masters Championships, Dallas, Texas (tent.)

July 29. Texas Masters Championships, Jesuit HS, Dallas.

WEST Arizona, California, Hawaii, Nevada

February 5. KelField Throws Meet Series #81, Santa Cruz, Calif. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@ aol.com

February 5-13. Tucson Olympic Festival, U. of Arizona. 50+. 520-791-4865; www. tucsonseniorgames.org/

February 19-March 5. Arizona Senior Olympics, Arizona St. U. 50+. Irene Stillwell, 602-261-8765; 495-5490.

February 20. Northern Arizona Indoor Classic, Flagstaff. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 480-949-1991.

February 20. Masters T&F Clinic, Occidental College, Glendale, Calif. 9 am - 4:30 pm. Eugene Driver, 323-753-1867; email:thetrackjunkie@aol.com

February 26. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. 30+. 5000 RW. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653.

March 4. Grand Canyon State Games, Desert Vista HS, Phoenix, Ariz. USATF Arizona, 480-949-1991.

March 18. Santa Barbara Easter Relays, Santa Barbara CC, Calif. Masters: 100/200/ 1500/5000/throws. Gordon McClenathen, 805-964-3005; Beverley Lewis, 805-969-5851: 969-5852.

March 18. KelField Throws Meet Series #82, Santa Cruz, Calif. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300: kelfield@aol.com

April 1-2. Phoenix Invitational, Glendale Community College, Glendale, Ariz. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 480-949-1991.

April 15. USATF Arizona Meet, tba. Y/O/M.

April 29. Arizona Masters T&F Invitational Meet, Glendale Community College, 6000 W. Olive Ave., Glendale, Ariz. Contact: Clifton McKenzie, 480-777-8503. May 19-20. USATF Arizona State Championships, Glendale, Ariz. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1191; usatfaz@worldnet.att.net

May 20. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 20. Vicki's 3000, Santa Barbara City College Track. 8:30 am. Jim Kornell, 805-682-6765.

May 27-28. Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newton, 19600 Prospect St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

May 28. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-586-9942; cmccormi@uci.edu

June (tba). USATF SCA Championships, Los Angeles. SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484.

June 3. Grand Canyon State Games, U. of Arizona, Tucson. All ages. 480-517-9700. June 10. Los Gatos Masters/Open Classic, Los Gatos, Calif. 8 am. Los Gatos AA, PO Box 1334, Los Gatos, CA 95031. Willie Harmatz, 408-354-7365.

June 16-18. Grand Canyon State Games, U. of Arizona, Tucson. See June 3.

June 24. USATF Arizona Masters All Comers, TBA. Bob Flint, 602-949-1191; usatfaz@worldnet.att.net

July 15-16. USATF West Regional Masters Championships, Occidental College, Los Angeles. G.D. Miller, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484; gdmiller@hsc.usc.edu

September 16-17. Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316 (h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

October 7. Club West Meet, Santa Barbara CC, Calif. Gordon McClenathen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851; 969-5852; 452-5020(cell); fax: 969-6613.

NORTHWEST

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

February 6. Great Northwest Indoor Meet, Portland, Ore. Harry Simonis, 503-668-0998; email: runjumpthrow@compuserve. com/

February 12, 19, 26. Winter Indoor PV Circuit, Clackamas CC (Randall Gym), Oregon City, Ore. 26th @ University HS, Spokane, Wash. 503-762-0861.

March 4. Elite PV Indoor Battle Of The Genders, Clackamas CC (Randall Gym), Oregon City, Ore. 6-8 pm. 503-762-0861.

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

June 3. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 9-10. Montana Senior Olympics, Helena. Senior Olympics, 465 Freedom Ave., Billings, MT 59105. Don Tavolacci, 406-252-2795.

June 10 (tent.). Oregon Association Open & Masters Championships, Linfield College, McMinnville. Harry Simonis, 503-688-0998.

June 17-18. Portland Masters Classic, Mt. Hood Community College, Gresham, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

July 1-2. Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361. July 7-8. Seattle Masters Classic, West Seattle Stadium. Some events Fri. night. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-

July 8-9. State Games of Oregon, Mt. Hood Community College, Gresham. Keith Maneval, Mt. Hood CC, 503-667-7140.

July 14-16. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. No out-of-state. 406-254-7426.

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

July 27-30. Wyoming Senior Olympics, Laramie. Open to out-of-state. Senior Olympics, PO Box C, Laramie, WY 82070. Paul Harrison, 307-721-5269

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080(w). Entry form in May issue.

August 10-13. Washington Senior Games, Spokane. Joyce Jones, 206-362-8310.

CANADA

March 4. 31st annual Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Americans most welcome. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047; masters@sympatico.ca

INTERNATIONAL

February 5-13. New Zealand Veterans Games, Dunedin. NZV Games, PO Box 5845, Dunedin, New Zealand +64 3 474-1429. Fax: 474 1180; infor@nzmasters games.com; www.nzmastersgames.com/

February 26. BVAF Indoor Championships, Birmingham. W. Thomas. 67a Waterside, Kings Langley, Herts., WD4 8HE, England.

June 24-25. Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com

July 6-16. WAVA European Veterans Athletics Championships, Jyvaskyla, Finland. XII EVACS 2000, PO Box 30, 40701 Jyvaskyla, Finland. Fax: +358-14-624 956; email: evaco2000@jkl.fi

July 14-15. Caribbean Masters Track Meet, Willemstad, Curacao – The Netherlands Antilles. Dr. Jerry Jenson and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@ cavenet.com.

August 17-20. NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Recr., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters 2000.kamloops.com.

July 5-15, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

OPEN

July 14-23. USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

September 15-October 1. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433.

www.cartan.com. Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

LONG DISTANCE RUNNING

NATIONAL

February 26. USATF National Masters 12K Championships/Outback Distance Classic, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

March 25. USATF National Masters 100K Championships, Pittsburgh, Pa. Pat Joseph, 810 River Blvd., #240, Pittsburgh, PA 15212. 412-321-4422.

March 26. USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlin, 5452 Oberlin Dr., Ste. B, San Diego, CA 92121. 619-450-6510; www.eliteracing.com

May 6. USATF National Masters Half-Marathon Championships, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

May 11-14. Road Runners Club of America National Convention. Peachtree City, Ga. www.rrca.org

May 13. USATF National Masters 50-Mile Trail Championships/Ice Age Run, Whitewater, Wisc. Holly Neault-Zinzow, W5689 Tamarock Tr., Whitewater, WI 53190, 262-495-8283.

June 3. USATF National Masters Women's 5K Championships/Freihofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 26 (pending). USATF National Masters 10 Mile Championships/Crim Festival, Flint, Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 16-17. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

October 8. USATF National Masters Marathon Championships/Twin Cities Marathon. Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 28. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

November 4. USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

November 19. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

November 25. USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207, Brighton, MA 02135. 617-566-7600

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EAST

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

February 20. Washington's Birthday Marathon, Greenbelt, Md. DCRRC, 703-241-0395; www.dcroadrunners.org

February 27. Hudson Mohawk Marathon, Albany, N.Y. 518-435-4500; www.crisey. org/users/hmnc/index.html

February 27. Cape Cod Marathon & Half-Marathon, Hyannis, Mass. Sean Doherty, PO Box 565, Centerville, MA 02632. www.capecodmarathon.org

March 12. Massachusetts Law Enforcement Memorial Half-Marathon/USATF New England Championships, Melrose. Runner's Edge, 401 Main St., Melrose, MA 02176.

March 18. Bancroft NeuroHealth 5K, Haddonfield, N.J. Michelle Kril, Hopkins Lane, Haddonfield, NJ 08033. 856-429-0010 x262.

March 19. New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan, PO Box 79546, N. Dartmouth, MA 02747. Phone/fax: 508-998-5069; www.nbhalf@ aol.com.

April 8. Spring Stampede 5K & Mile Fun Run, Denville, N.J. 11 am. Madeline Bost, Runners Race Service, PO Box 458, Ironia, NJ 07845. Hotline: 973-584-9302.

April 9. Cherry Blossom 10 Mile, Washington, D.C. CB 10 Mile, PO Box 5366, Rockville, MD 20848. E-mail: entries@cherryblossom.org

April 17. B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905. http://www.bostonmarathon.org

April 30. Sallie Mae 10K, Washington, D.C. Chris Greene, 703-810-5175; www.sallie mae.com/

April 30. New Jersey Shore Marathon, Long Branch. NJSM, PO Box 198, Oceanport, NJ 07757. 732-542-6090; www.njshoremara thon.org

May 7. Long Island Marathon & Half-Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; www.FLRRT .com

May 7. Pittsburgh Marathon/Men's 2000 U.S. Olympic Team Trials, Pittsburgh, Pa. 5000 limit. 412-647-7866; 800-533-UPMC; www.UPMC.edu.PGHMarathon

May 7. Buffalo Marathon. Ford Buffalo Marathon, PO Box 652, Buffalo, NY 14202. 716-816-7223.

May 28. Vermont City Marathon, Burlington, Vt. VCM, 41 Main St., Burlington, VT 05401. 802-863-8412; www.vcm.

SOUTHEAST

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

February 5. Hampton Coliseum Half-Marathon/RRCA National Championships & 5K, Hampton, Va. HC H-M, 757-728-3235; 800-800-2202.

February 12. Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

February 19. Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

February 20. Colonial Half-Marathon, Williamsburg, Va. CH-M, PO Box 1352,

Arlington, VA 23187. 757-221-3362/221-1599.

February 20. MetroZoo Jungle Jog 5K, Miami. Entry forms: Dade, 305-255-5551; Broward, 954-384-7521.

February 26. Blue Angel Marathon & 5K, NAS, Pensacola, Fla. BAM, Code 22000, Bldg. 632, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 24-hour registration: www.sign-me-up.com

February 26. U.S. Olympic Team Trials Women's Marathon, Columbia, S.C. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29250. 803-929-1996; fax: 929-1926.

February 26. Outback Distance Classic 12K, Orlando, Fla. Track Shack, 1104 N. Mills Ave., Orlando, FL 32803. 407-898-1313

March 4. Gate River Run/USATF 15K Open Championships & 5K, Jacksonville, Fla. 904-739-1917.

March 4. Reedy River Run 10K/USATF South Carolina Championships, Greenville. RRR 10K, PO Box 10555, Greenville, SC 29603. www.greenvilletrack club.com

March 11. PrimeHealth Red Cross 8K Run, Mobile, Ala. 334-436-7905; www.siteone. com/redcross

March 12. Hope For Children 10K, Naples, Fla. Fran Fidler, PO Box 712, Naples, FL 34106. 941-430-0799; www.racegate.com March 18. Citrus Classic 10K & 5K, Winter

Haven, Fla. Track Shack, 1104 N. Mills Ave., Orlando, FL 32803. 407-898-1313. March 18. Spring Fever Chase 10K, Fairhope, Ala. Miriam Bailey, 334-621-

March 18. Rock and Roll 10K, Nashville, Tenn. Downtown YMCA, 615-254-0631.

March 18. Shamrock Sportsfest 8K, Masters 8K, & Marathon, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. Email: sportsfest@juno.com; www.sham rocksportsfest.com

March 25. Azalea Trail Run 10K, Mobile, Ala, ATR, PO Box 6427, Mobile, AL 36660. www.pcpacers.org

March 25. G.R.U. 15K Run For Life, Gainesville, FL. Terri Charron, PO Box 147117, Gainesville, FL 32614. 352-334-3400 x1611.

April 1. Cooper River Bridge 10K, Charleston, S.C. SASE to CRBR, PO Box 22089, Charleston, SC 29413. 843-792-0345; www.bridgerun.com

April 15. Charlotte Marathon Festival Marathon & 10K. CM, Box 30294, Charlotte, NC 28230. 704-358-5425; marathon@charlotte.com

April 29. Country Music Marathon, Nashville, Tenn. 20,000 limit. Elite Racing, Inc., 858-450-6510. www.cmmarathon.com

May 13. Peaches & Pines 8K, Peachtree City, Ga. Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. www.atlantatrack club.org/

July 4. Peachtree 10K, Atlanta, Ga. SASE before March 1 to Peachtree 2000, Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x11; email:unislaw@atlantictrackclub.org. 55,00 limit.

MIDWEST

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

April 2. Athens Marathon. AM, 7154 Radford Rd., Athens, OH 45701. 800-878-

April 16. Glass City Marathon, Toledo. Tom Falvey, 3743 Woodmoor Rd., Toledo, OH 43613. 419-475-0731. www.ToledoRoad runners.org

April 29. Kentucky Derby Festival Half-Marathon, Louisville. KDFM, 1001 S. 3rd St., Louisville, KY 40203. 800-928-FEST; www.kdf.org

April 30. Cleveland Marathon. CM, 29525 Chagrin Blvd., Suite 316, Pepper Pike, OH 44122, 216-378-0141; 800-467-3826.

May 14. Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org

June 10. Hoosier Marathon, Fort Wayne. Don Lindley, c/o Ft. Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234. www.fwtc.com

MID-AMERICA

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

February 27. Third Olympiad Memorial Marathon, St. Louis, Mo. 314-434-9577.

April 15. 31st annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, 5K RW, Brookings, S. Dak. Kurt Osborne, 605-696-2479; email: kosborne@firstnb.com. Jack Youngberg, 696-2433; email: jack@firstnb.com

April 28. Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

April 29. Get-In-Gear 10K, Minneapolis, Minn. G-I-G, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004; fax: 722-5414.

May 7. Norwest Half-Marathon, Wayzata, Minn. Loretta Docken, 900 E. Wayzata Blvd., Wayzata, MN 55391. 612-316-1441. May 7. Lincoln Marathon & Half-Marathon, Lincoln, Nebr. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

May 28. Med-City Relays & Marathon, Rochester, Minn. Med-City Relays, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411; email:medcitymarathon.com; www.medcity marathon.com

June 17. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947; email:grandmas@grandmasmarathon.com; www.grandmasmarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 6. Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

February 6. Austin Half-Marathon, Austin, Texas. 3MH-M, #M, 6801 River Place Blvd., Austin, TX 78726. 512-984-RACE; www.3m.com/races

February 12. Conoco 10K, Houston, Texas. 281-293-2447; www.rodeorun.com

February 20. Austin Marathon & Relay, Austin, Texas. AM, PO Box 684587, Austin, TX 78768. 512-505-8304; www.Motorola Marathon.com

February 26. Lung Run Half-Marathon, Little Rock, Ark. Phil Perry, American Lung Assn. of Arkansas, 800-880-5864; www. lungark.org

February 26. Cowtown Marathon, 10K, & 5K, Fort Worth, Texas. Jim Gilliland, CM, PO Box 9066, Fort Worth, TX 76147. 817-735-2033. www.cowtownmarathon.org

April 2. Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-445-3598.

WEST

Arizona, California, Hawaii, Nevada

February 6. Las Vegas International Marathon & Half-Marathon. LVM, PO Box 81262, Las Vegas, NV 89180. 702-876-3870; email: lvmarathon@aol.com

February 6. San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper Events, 619-298-7400; fax: 298-7448.

February 12. Great American Adventure Run, Huntington Beach, Calif. 2.8 Mile & 4.8 Mile Cross-Country. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310-444-5544; email:raceinfo@lamarathon.com

March 5. Sutter Home Napa Valley Marathon/RRCA National Championships. NVM, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515.

April 1. Ulis Williams 5K & 10K, Compton College, Calif. Oscar Rosales, 714-841-5417.

April 30. Big Sur International Marathon, Big Sur-Carmel, Calif. Wally Kastner, BSM, PO Box 222620, Carmel, CA 93922, 831-625-6226; fax: 625-2119; www.bsinorg

April 30. BMW Laguna Beach 5K & 10K, Laguna Beach, Calif. Schoolpower, 949-494-3980. Kathy Kinane, director, 760-434-7706.

May 6. Southern California Hillsea Footrace 7.57 Mile, Huntington Beach, Calif. Oscar Rosales, 714-841-5417.

May 7. Avenue Of The Giants Marathon, Humboldt Redwoods State Park, Calif. 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.humboldt1.com/~avenue May 21. Pines To Palms Marathon, Palm Desert, Calif. PMB, 296, 1198 Pacific Coast Hwy., Suite D, Seal Beach, CA 90740. www.pinestopalmsmarathon.com

June 3. Palos Verdes Marathon, Palos Verdes (L.A. area), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 310-828-4123;email:w2promo@aol.com; www.racegate.com

June 4. Rock 'N' Roll Marathon. San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 858-450-6510. www.mmarathon.com

June 18. State Street Mile, Santa Barbara, Calif. Megan Riker, 805-568-2316; www.sbmile.com

NORTHWEST

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

April 1. Trail's End Marathon, Warrenton, Ore. Susan Perry, ORRC, 4840 S.W. Western Ave., #200, Beaverton, OR 97005. 503-646-7867. www.orrc.net

April 8. Pear Blossom 10K & 5 Mile, Medford, Ore. Street Faire, BBQ. 4000 participants. SASE to Pear Blossom, PO Box 146, Medford, OR 97501. March 15 deadline. Zellah & Jerry Swartsley, 541-772-6293(d): 535-1205(e).

May 7. Lilac Bloomsday 12K, Spokane. LB 12K, PO Box 1511, Spokane, WA 99210. Deadline April 14. 509-838-8784; www.bloomsdayrun.org

May 21. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786. www.ontherun.com

May 28. Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Continued on page 27

•	Section of the section of	MINERAL MARKETINE	Total September 1	
á	de la companya de la	SECOND SECOND		
	M30-34			8-25, 29-99
	Kirl Beeby	400	50.27	0-25, 20 10
	M40-44			6-19-99
	Jerry Brown	HH	61.16	8-25, 29-99
	Dennis Morris	Л	53.71	8-26-29-99
	Mike Van Winkle	DT	48 78	8-20- 23-34
	M45-49			
	Pat Fahy	P	3686	3-26-99
		H	1.70	4-11-99
		- W	5.72	3-26-99
		TJ	11.55	4-11-99
		HH	18.01	4-24-99
	Donald Filkins	н	138-10	9-5-99
		WT	44-9 1/2	9-19-99
	Mark Gershon	TJ	10.91	1-99
	Michael Mitchel	- HH	18.77	6-12-99
		L LU	5.79	7-17-99
	M50-54		2	
	Gene Bard	PV	13-8	12-9-99
	Ken Counts	SP	13.77	7-17-99
	Tim Edwards	WP	3753	6-12-99
		HT	48.91	9-4-99
		WT	15.02	9-18-99
		DT	45.75	7-31-99

RECIPIENTS OF ALL-AMERICAN AWARDS

	A STATE OF THE STA	- Maria	-	APPRICATION OF THE PARTY OF THE	
	William Sikorsky	НН	17.72	7-24-99	á
	Dave Walter	400	53.18	8-7-99	
	The State of Land	200	23.93	8-3-99	
		100	12.02	7-30-99	
	M55-59				
	Buster Byrnes	WP	3156	8-8-99	
	Lionel Low	TJ	10.03	7-19-99	
	Fred Martin	800	2:19.7	6-12-99	
	Control of the last of the las	1500	4.56.9	6-12-99	
	M60-64				
	Paul Beckman	W	4.53	10-23-99	
	Nate Byrd	HH	10.54	3-27-99	
	Lionel Low	D	4635	10-29-99	
-		W	15-3	11-28-99	
	Jim Hart	WT	13.02	1-16-99	
	The second second	HT	125-7	3-16-99	
	The second second second	SW	21-8 1/2	3-16-99	
	AND THE PERSON NAMED IN	DT	139-10	6-5-99	
	Bob Lida	200	25.67	10-19. 20-99	
	000 000	400	57.44	8-26. 29-99	
-4.	Ralph Reiche	H	4-8	10-98	

M65-69	AND DESCRIPTION	196100	AND THE REAL PROPERTY.
John Hurd	400	69.0	7-27-99
	100	13.47	10-23-99
	200	28 60	10-23-99
Alan Poisner	1500 RW	8.26.55	10-23-99
M70-74			
Harry Hawke	DT	43 84	10-25, 26-99
	SP	13.28	10-25, 26-99
STATE OF THE REAL PROPERTY.	WP	4317	7-29, 8-8-99
	HT	39.35	7-29, 8-8-99
Thomas Page	200	31.39	9-25-99
M75-79			ETC. ALL CONTROL OF THE PARTY
Glen Burgess	SP	11.03	10-25-99
John McCarthy	Л	25.02	10-19, 26-99
	DT	27.81	10-19, 26-99
	400	1 23 13	10-19, 26-99
M80-84		Sentitud	
Ray Sherman	5K RW	34.41	9-10-98
M85-89		COMPANIES OF STREET	
John Winnery	SP	6.32	7-25-99
John Hilliery	DT	18.40	7-25-99
		16 32	7.25.99

W35-39	-		
Teresa Aragon	Mile RW	7.56.07	6-19, 20-99
Joy Enoch-Ohayia	100	13.96	6-27-99
W40-45	1	13 54	9-4.5-99
Sue Norton	100	27 84	9-4.5-99
	200	1 03 83	9-4 5-99
	400	1.03.63	
W55-59	н	1 12	10-19-99
Ann Carter			10111111
W60-64 Hannelore Boerner	· U	3 32	10-19-99
Harriet Mair	DT	67-6	10-3-99
W70-74			
Pat Osmon	wr	5.72	6-19, 20-99
Lillian Snaden	SP	6 12	5-7, 9-99
Cina in Sina i	HT	15.71	5-7,9-99
CONTRACTOR AND ADDRESS OF	HT	15.19	7-31-99
A STATE OF THE PARTY OF THE PAR	HT	16.50	9-5-99
	WT	6.66	5-7, 9-99
	WT	6.98	7-31-99
	WT	7.07	9-5-99
	DT	14 20	7-31-99
	SW	5.39	5-7, 9-99
	SW	5.38	9-5-99
W75-79			100
Helen Allen	100	20.1	5-99

				SALA.	Desire.		Track.				Marin.	1
U	J.S.	MAS	STE	RS A	LL-			CAN	ST	AND	AR	DS
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Event	30-34			45-49	50-54	55-59	60-64		70-74			85-89 90
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4		11.8 13
60	7.4		7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8 16
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0		120.0
800	2:02		2:06	2:11	2:16	2:25	2:35	2:45	3.05	3:35	3:55	4:30
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00		23:00 26:
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30		34:00
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	7.7.7.7.7	68:30
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5	TWE AND
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6	
110H	15.4	16.5	9 17.8	18.8				Part of the		THE PARTY		
100H		30100	1 part		18.0	19.0	20.0	21.0	SPARTY	THE PARTY	WHA	四年中央
80H		can er	cos I	松河内 85		MA STAN			18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0				1.		
300H			TO HOT	7455	48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00	Salling	Distance.		B 177-4	(Ballica	July 19 10
2K-SC		HEED!	Section 2				9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
SA RE	6-21/4	6-1/4	5-91/4	5-6	5-3	4-11	4-9	4-6	4-11/4	3-91/4	3-31/4	2-71/2
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-51/4	13-51/4		12-11/2	11-7%	10-0	8-101/4	8-41/4	7-61/2		5-10%	4-31/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1/4	19-21/2	18-41/2	17-81/4	16-1	14-91/4	The state of the s		10-11%	9-41/4	7-21/2
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-31/4		37-81/4	35-51/4	34-11/2	31-2	29-21/2	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
1911年	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-81/4		29-6	26-3	19-81/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00		22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6		127-11	111-6		72-21/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00		17.07
	155-0	145-0		127-11	127-11	118-1	118-1	105-0	98-5	100	65-71/2	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	100	14.02
100	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
WEST.	49-21/2	45-111/4	42-8	39-41/2	32-91/4	29-61/2			19-81/4		13-11/2	9-10
25#Wt.					144	08 3	11.50	10.00	9.00	7.30	5.30	4.50
100000							37-61/4			23-111/2		
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00
MIGH RE	31-2		27-103/4	26-5	19-81/4	16-5	14-9	13-11/2	11-5%	9-10	8-21/2	6-6%
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000
Notes: 1)					time; use						May be	
2)		hurdles:		49: 39"; 49: 36";	141 20	50-59: 50-59:		60-69:	33";	70+:	30"	
4)	Shot	put:	30-	49: 7.26	k (16#);	50-59:	6k;	60-69:	5k;	70+:	4k	
5)	Discu	s throw:		49: 2kg	- Carrie	50-59:		60+:	1.0kg			
6)	Hamr			49: 7.26 59: 800	sk (16#);	50-59: 60+:	6k; 600g	60-69:	5k;	70+:	4k	
8)					e the stan			nes listed	for con	venience		

	J.S. MA	ASTER	S ALL	AME	CAN S		RDS OF I	EXCELL	ENCE F	OR RAC	EWALK	ERS
	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	.26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
		11:15		36:54			1:56:49					8:11:30
W75	11:10	12:01	22:51				2:05:05					8:49:28
		12:58					2:15:15					
W85	13:13	14:15					2:28:37					
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
						District of	MEN					
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08		18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75		10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
	10:26		21:22	36:50			1:56:15					7:24:11
M85	11:21	12:13	23:14	40:04			2:06:43				6:10:11	8:07:50
		13:39 time/.8			72:52		2:21:52				6:57:43	

		170 300	Л	15 32	7-25-99	100	Helen Alk	100000	100	20.1	2-99	The same
A POSSO	T	SM	AST	ERS	ALL	-AM	ERIC	CAN	STA	NDA	RDS	5
	υ.	J. 141	701	LIND	ALL	OR WO	MEN	NAME OF TAXABLE	Description of the last of the	SERVICE STREET	CHERTO.	12 30
To State		20.04	35-39	40-44		50-54	55-59	60-64	65-69	70-74	75-79	80-8
Event		30-34	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25
100		13.8	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52
200		28.0		68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104
400		63.5	65.5		2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:4
800		2:33	2:35	2:40	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:
1500		5:10	5:20	5:30		6:50	7:00	7:40	8:10	8:50	9:40	10:
Mile		5:40	5:50	6:10	6:30		14:30	15:00	16:00	18:30	20:00	23:
3000		11:30	11:50	12:00	12:30	14:00	24:50	26:00	28:00	30:00	34:00	36:
5000		19:45	20:15	21:00	22:00	50:00	52:00	56:00	60:00	66:00	76:00	85:
10000		41:30	42:40	44:00	48:00	50:00	52.00	30.00	60.00	00.00	70.00	-
100H		17.2	18.2		15.8	16.5	17.6	18.7	20.2	22.2	25.0	28
80H				15.0		16.5	17.6	10.7	20.2	22.2	23.0	20
400H		75.0	79.0	84.0	88.0		70.0	70.0	07.0	000	110.0	120
300H		-				66.0	72.0	79.0	87.0	96.0	0.89	0.8
HJ	10	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97			2
ALC: N		4-7	4-51/4	4-2		3-8	3-6	3-4	3-21/4	3-01/4	2-11	0.7
PV		2.70	2.40	2.10		1.50	1.20	1.10	1.00	0.90	0.80	2-3
	7	8-101/4	7-101/2	6-7	7.	4-11	3-111/4	3-71/4	3-31/4	2-111/2	2-71/2	
LJ		4.60	4.42	4.04		3.40	3.20	3.10	2.60	2.30	2.10	1.5
ALC: NO.	6	15-1	14-6	13-3		11-11/4	10-6	10-2	8-61/4	7-61/2	6-10%	4
TJ		9.50	9.09	8.43	-	7.01	6.40	6.20	6.00	5.50	4.50	3.1
		31-2	29-10	27-8		23-0	21-0	20-41/4	19-81/4	18-1/2	14-9	12
Shot		10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.
0.00 p		33-91/2	30-7	27-11	27-81/4	26-3	25-6	24-71/4	21-8	19-8'/4		14-1
Javelin		35.00	33.50	28.00		23.00	22.15	20.00	17.00	16.00	15.00	12.0
PARTY		114-10	109-11	91-10		75-51/2	72-8	65-71/2	55-91/4	52-6	49-21/2	39-4
Discus		32.00	30.00	25.00		22.00	21.00	18.00		14.00	13.00	11.0
AND INCOME.	,	105-0	98-5	82-0		72-31/4	69-0	59-1/4	52-6	45-0	42-8	36-1
Hammer	35	35.00	32.50	30.00		23.00	22.00	21.00	18.00	14.00	12.00	9.0
		114-10	106-7	98-5		75-51/2	72-21/4	68-0	59-14	46-0	39-41	39-6
20#Wt.		10.00	9.00	8.00		1986	erent So					
		32-91/4	29-61/2	26-3	23-0	44	Yara	Consult.				是产
16#Wt.	10			5-1	200	8.00	7.00	6.00	5.54	5.18	5.00	
			100		march 12	26-3	23-0	19-81/4	18-2	17-0		15
Sup.Wt.		6.50	6.00	5.50	and the second	5.25	5.00	4.75	4.50	4.00	3.50	3.0
		21-4	19-81/4	18-21/2		17-21/4	16-5	15-7	14-91/4	13-11/2	11-5%	9-
Wt.Pent.		2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	230
Notes:	1)	100 stan	dards are	for autor	natic time;	use stand	ard conve	ersion for	hand time		1 100	
	2)	Short hu	rdles:	30-49:	33";	40+	: 30"					
	3)	Shot put	106 55	30-49:	4k;	50+				- 17-11-1	1	
THE P	4)	Javelin:	3 -		600gm;	50+		m				
	5)	Hammer		30-49:	4k;	50+			The same			
	6)				s are the s				d for con	venience.		
	7)	Superwe	ight:	30-49:	35-lb;	50+	: 25-lb	2000000				Frank I w

APPLICATION FOR AN **ALL-AMERICAN CERTIFICATE/PATCH**

NAME	AGE-GROUP
ADDRESS	
CITY	STATEZIP
MEET	DATE OF MEET
MEET SITE	
EVENT	MARK
HURDLE HEIGHT	WEIGHT OF IMPLEMENT
□ CERTIFICATE	□ PATCH □ PATCH TAG

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

 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.

 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405.

 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

M70 Robert Voege

W50 Calei Ewing

M50 Walter Ritte

M55 Fred Dillemuth

M60 Roger Tsuda M65 Hesley DeBow

M70 Robert Voege M80 Milt Siverstein

M85 Clarence Trahan

M95 Erwin Jaskulski W50 Calei Ewing

W55 Kathy Bergen

M55 Jack Karbens M60 Ken Mohica

M75 Naoto Inada M95 Erwin Jaskulski

(establishes WR) W50 Calei Ewing

800m M50 Ron Pate M60 Ken Mohica

1500m M50 Ed Cadman

M65 Bill Cunningham

M70 John Humphrey

M65 Bill Cunningham

M70 John Humphrey

M60 Geoff Howard

M55 Jack Karbens

M60 Lionel Low

M70 Ed Failor

M65 Bob Feaster

M70 Bob Voege M75 B PowerWaters

W50 Calei Ewing

W75 Edith Leiby

M50 Billy Rees

M70 Ed Failor

Javelin M50 Robert Larson

Hammer M55 Jack Karbens

M55 Don Hardaway

M65 RichardHarrison

M60 James Fuller

W50 Calei Ewing

M55 Jack Karbens

M75 B PowerWaters W50 Calei Ewing

W55 Kathy Bergen

M60 J T Dalton

M70 Bob Voege

5000 Racewalk

M60 Lionel Low

M70 Ed Failor

Discus

Shot Put M50 Bob Larson

M65 RichardHarrison 13-3.5

M70 Ed Failor 10-2 M80 Milt Silverstein 11-6.5

M55 Jack Karbens 29-2 M60 William Walton 29-4.5

M85 Clarence Trahan 9-7

M65 Donald Huston 8:54.97 M70 Robert Henninger 7:58.02 M75 Naoto Inada 10:18.62

W60 Dorothy Huston 11:20.04 High Jump M50 M Unnikrishnan 4-2 M55 Fred Dillemuth 3-8 M60 Bert Bergen 4-8 M65 Perry Heard M70 Sheldon Varney 4-2 Long Jump M50 David Shields

M75 Naoto Inada

W50 Calei Ewing

W75 Edith Leiby

400 m M50 Ron Pate

W55 Kathy Bergen

W60 Dorothy Huston W75 Edith Leiby

M80 Milt Silverstein M85 Clarence Trahan

17.0

18.7

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28.7 31.1

32.8

58.6

53.8

34 4 61.3

62.0

70.0

73.5

98.7

2:38.64

2:05.0

2.427

3:06.0

3:44.5

4:53 5

4:36.9

4:58.13

5:50.65

15-3

32-0.25

36-2.25 28-8.5

15-11.75

12-7

111-3

168-10

110-11

91-10

86-8

42-1

93-3

108-10

66-0

53-5 26-0

63-2

85-4

59-9

94-10

93-10

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

		All Control of the Co	-	Marin Marin Comment	THE RESERVE TO SERVE THE PARTY OF THE PARTY	
	M30-59	56#	98#	200#	300#	
	Dan Shuman 26	5.51(383	36(492	2)1 11(288		1476
	Terry Shuman 53	7.52(777	2 50(476	1 10(405	48(340)	1998
	Fred Riley 59			61(217		943
	M60-69	Service Hotel			1000	
	Pay Carstensen 67	5.84(843	3 24(951)1.62(951)	89(603	13750
	Ray Feick 67	6.15(895	2 95(853)1.11(610)	30(279	
	M70+	35#	56#	98#	200#	
	Charles Covino 75	5.18(543)	3.41(581)2.14(761)	88(603	1)2488
	Paul Eberharding 79	4 20(486)	2.36(429	1 55(600)	77(596	
	Bob Detweiler 85	3.10(423)				845
	W40-49		ALTERNATION NAMED IN			2000
	Debbie Ecklund 40	393(395)	2.38(504)	1 50(669)	49()	1962
	Scores based on Age	-Graded F	artridge	Tables (Mo	odified)	
	Age-Graded Weight]	hrow	A STATE OF			
	M30-59 (35#) Terry S	human12	48(824)/0	an Shuma	n8.44(39	21/
	Fred Riley4 91(302),N	A60+ (25#	Ray Feic	k12.21(91	7)/Pav	21,635
	Carstensen11.86(887)/Charles	Covino6	80/591/Bo	b Detweil	er4 34
ç	(496)/Paul Eberhardii	ng5.15(48	6).W40-4	9(20#)Deb	bieEklun	d6.51
	Age-Graded Superwe	eight				
	M30-59 (56#) Terry SI	human7.5	2(777)/Da	an Shumar	5 51(383)/
	Fred Wiley3 49(354):	M60+ (60-	69 56#/M	70+ 35#)R	ay Feicks	15
	(917)/Pay Carstenser	15 84(843)	/Charles	Covino5.1	8(543)	
	Paul Eberharding4 20	(486)/Bot	Detweile	er3.10(423)	1 m
	W40-49 (35#) Debby	Eklund3.9	3(395)		- Desirate	
	Age-Graded Weight R	esults				
	Men: 1st Pay Carsten	sen 3750/	2nd Ray F	Feick 2637	/3rdCharl	es
	Covino 2488/4th Paul	Eberhard	ing 2111	CONGRET	12-32	A THE
	Women 1st Debbie E					5

Philade	elphia Maste	rs	Gary Cox	
Haverford	College; De	c. 12	Brad Kell	
55mH	Charles and the	estadi.	M45 Joe Gonzalez	
and the same of th	and:	9.9	M50 Dick Green	
M35 Jim He M40 Leee 2		8.2	Steve Rook	
	The second second second		Fred Dedrick	
M60 Nate E		9.5	M80 George Blyn	2
M65 Jim St	ookey	9.1	3000M	
55M			W35 Kathy Harte	
W35 Kathy		8.9	W45 Diane McManus	
	DiGiacomo	8.7	M30 J Turcheti	1
W65 Audre		8.7	M35 Frank Rowe	
M35 Howa		7.5	Craig Lowthert	4
M40 Tony		6.7	M40 Clyde Lowthert	
Brad I	1011	7.1	Tom Yunker	
	Galetta	7.2	Brad Kell	
M45 Karl C		7.3	M50 Dick Green	1
M50 Jim Si	Assessment Market Land	7.8	Fred Dedrick	
	Fuhrman	8.1	George Sanders	
M60 Dave		9.1	Carl Grossman	1
Wm B		8.1	MM55 Art Brown	-
	Murphy	8.4	Joel Dubow	
M65 Jim St		8.0	M60 Carl Kane	Ε,
M70 Tom F		8.5	M80 George Blynn	
M80 Goldy		9.4	MILE	
200M			M30 Eric Holte	
W35 Kathy	Harte	33.7	M35 Greg Green	
W40 Renee	DiGiacomo	33.4	Frank Rowe	
W65 Audre	y Lary	33.7	Craig Lowthert	
M40 Tom Y	unker	29.1	M40 Chuck Shields	
M45 Tony I	Vatale	24.6	Robert Hill	
Karl	Castor	24.8	Tom Yunker	
M50 Phil Fe	elton	25.0		
Tom C	orcoran	33.7	M50 Richard Myers Steve Rook	
M55 Bob F	uhrman	30.0	THE RESERVE OF THE PARTY OF THE	
M60 David		33.2	Dick Green	

Haverford College; De	c. 12	Brad Kell	2:24.8
55mH	100000	M45 Joe Gonzalez	2:25.0
	9.9	M50 Dick Green	2:14.7
M35 Jim Hegarty M40 Leee X	8.2	Steve Rook	2:19.1
	9.5	Fred Dedrick	2:27.5
M60 Nate Byrd		M80 George Blyn	4:10.2
M65 Jim Stookey	9.1	3000M	THE PARTY NAMED IN
55M		W35 Kathy Harte	14:11.3
W35 Kathy Harte	8.9	W45 Diane McManus	14:11.3
W40 Renee DiGiacomo	8.7	M30 J Turcheti	11:00.8
W65 Audrey Lary	8.7	M35 Frank Rowe	9:52.7
M35 Howard Bolton	7.5	Craig Lowthert	10:52.0
M40 Tony Fulton Sr.	6.7	M40 Clyde Lowthert	11:25.4
Brad Kell	7.1	Tom Yunker	11:41.6
Steve Galetta	7.2	Brad Kell	13:05.1
M45 Karl Castor	7.3	M50 Dick Green	11:24.2
M50 Jim Shea	7.8	Fred Dedrick	11:25.4
Bob Fuhrman	8.1		
M60 Dave Rosenthal	9.1	George Sanders	12:52.7
Wm Bittner	8.1	Carl Grossman	13:05.7
Kevin Murphy	8.4	MM55 Art Brown	11:49.6
M65 Jim Stookey	8.0	Joel Dubow	12:36.4
M70 Tom Rice	8.5	M60 Carl Kane	12:54.9
M80 Goldy	9.4	M80 George Blynn	17:17.7
Action to the second se	8.4	MILE	
200M	1187-77	M30 Eric Holte	5:24.8
W35 Kathy Harte	33.7	M35 Greg Green	4:45.6
W40 Renee DiGiacomo	33.4	Frank Rowe	4:48.8
W65 Audrey Lary	33.7	Craig Lowthert	5:03.8
M40 Tom Yunker	29.1	M40 Chuck Shields	
M45 Tony Natale	24.6		4:50.5
Karl Castor	24.8	Robert Hill	5:15.8
M50 Phil Felton	25.0	Tom Yunker	5:20.9
Tom Corcoran	33.7	M50 Richard Myers	5:00.0
M55 Bob Fuhrman	30.0	Steve Rook	5:07.1
		Dick Green	5:07.5
M60 David Rosenthal	33.2	Fred Dedrick	5:21.7
M65 Jim Stookey	29.4	M55 Joel Dubow	5:55.1
M70 Bill Bergen	35.4	M80 George Blyn	10:17.6
M80 Goldy	38.9	HIGH JUMP	The State of the last
Goerge Blyn	53.5	W62 Evelyn Wright	4.0
400M			5'8"
W30 Brigida Henriquez	73.1	M35 Jim Sharp	
W35 Kathy Harte	75.0	M50 Bob Boddy	5.0.
W40 Elizabeth King	90.0	M60 Jim McGrath	4'5"
W65 Audrey Lary	79.8	M85 George Braceland	3.5
M35 Jim Sharp	59.1	LONG JUMP	
M40 Chris Harkins	56.8	W60 Evelyn Wright	3.53
		M35 Greg Foster	6.85
Tony Fulton Sr	57.8	Steve Kunkle	5.69
Brad Kell	75.6	M50 Bob Boddy	4.92
M45 Tony Natale	55.8		
Karl Castor	60.1	Jim Shea	4.66
M50 Phil Felton	60.0	M60 David Rosenthal	3.20
M55 Bob Fuhrman	60.6	M70 Jack Doorlay	2.83
M60 David Rosenthal	81.9	M85 George Braceland	1.93
M70 Bill Bergen	84.9	TRIPLEJUMP	
M80 George Blynn	1:56.9	W60 Evelyn Wright	7.46
800M	Illia Flor	W65 Audrey Lary	7.41
W30 Dawn Best	0.47.0	M35 Greg Foster	13.95
	2:47.9	Steve Kunkle	11.55
W35 Aleatha Morris	2:31.4		9.34
M35 Mitchell Lovett	2:08.7	M50 Jim Shea	
Frank Rowe	2:12.5	M60 David Rosenthal	6.83
Craig Lowthert	2:18.9	M70 Jack Doorlay	5.93
A40 Allen Petter	2:13.3	M85 George Braceland	4.43
Russ Patton	2:17.4	SHOTPUT	
Chuck Shields	2:18.0	W60 Evelyn Wright	8.89
Robert Hill	2:22.1	W65 Audrey Lary	7.84
	2:23.3	M35 Jim Sharp	11.00
Charlie McNutty			

M70	Tom Rice	9.09
	Bill Bergen	9.01
	Jack Doorlay	7.71
M80	Goldy	7.37
M85	George Braceland	5.99
1 MII	E RACEWALK	
	Eileen Druckenmiller	9:14.2
	Lana Kane	11:28.5
W65	Mary Alice Stookey	12:58.3
	Erik Litt	8:18.0
M50	John Albert	8:05.4
M55	Raymond L Sott	10:10.0
	Jack Starr	9:03.2
	Ed Gawinski	9:58.4
MAO	George Braceland	13:27.3

SOUTHWEST

Louisiana Lightning Christma Weight Pentathlon

Layfayette; Dec	:. 11
Bengt Jarlsjo 33	2961
Jeff Baty 44	2924
Harold Bourgeois 50	2839
Vince Breaux 54	2601
Delmon McNabb 54	2507
Pat Arceneaux 57	2483
Don North 62	3519
Ward Landry 64	2038
Milton Brady 66	2925
R Paul Adams 66	2888
Roland Forman 67	2857
Jack Haller 69	2400
John Poche 71	2787
Robert Dew 76	1286
Percy Breaux 84	1809
56# Weight	Alejed a
Bengt Jarlsjo	24-10
Jeff Baty	27-8
Harold Bourgeois	17-8.75
Vince Breaux	18-1
Ward Landry	11-2
100# Weight	
Bengt Jarlsjo	12-8.75
Jeff Baty	12-10.75
Vince Breaux	11-5
Harold Bourgeois	10-0.75
Ward Landry	5-8

WEST

2:23.6

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

	0.00
(HT/SP/DT/JT/WT) M40 Andy Miller	
(39.74//49.56/47.06/)	
	119
(32.78/10.78/33.27/47.07/10.4	
M50 Lad Pataki WR 4	
(50.91/15.64/52.34/45.47/17.4	
Dave Smith 2	
(31.19/11.87/34.84/31.00/11.56	
M60 Rassal Terhune Young 3	
(41.15/10.35/38.02/34.32/15.5)	21

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

Shot Put	
M45 Richard Watson	35-9.5
Gary Kelmenson	31-6.5
M65 Stew Thomson	3806
Don Hughes	28-4
Discus	
M40 Jim Harness	108-9
M45 R Watson	112-8
G Kelmenson	103-8
M65 S Thomson	146-9
Hammer	
M45 G Kelmenson	123-2
R Watson	109-5
M65 S Thomson	144-1
D Hughes	102-4
Javelin	
M45 R Watson	161-11
G Kelmenson	91-0
Weight Throw	
M45 G Kelmenson	41-5.5
R Watson	40-1
M65 D Hughes	36-5.5
Superweight	
M45 G Kelmenson	27-1.5
R Watson	26-3
M65 D Hughes	20-7.5
Weight Pentathlon	
R Watson 47	3331
G Kelmenson 49	2874
(see marks above)	NAME OF

Hawaii Senior Olympics Honolulu; Nov. 20-29

13.7

13.2

100m

M50 David Shields

M55 Curtis Thomas M60 Roger Tsuda

M65 Bob Feaster

M65 ClarenceAndrade 33:44.4 M80 Lloyd Namihira 42:23.6 W60 Dorothy Hustn 38:07.2 KelField Throws Series #80 Santa Cruz, CA; Jan. 8 Shot Put M45 Gary Kelmenson 33-2 M65 Stew Thomson 40-1.5 Don Hughes 28-11 W50 Myrna Sherman 24-6 Discus M45 Gary Kelmenson 101-7 M65 Stew Thomson Hammer 156-6 M40 Mike Venning 125-8

M50 Steven Davidson 33:40.2

M45 Gary Kelmenson	129-1
M65 Stew Thomson	137-7
Don Hughes	99-1
Weight Throw	
M40 Mike Venning	43-7.5

AND DESCRIPTION OF THE PERSON NAMED IN	at the second
M45 Gary Kelmenson	44-1
56# Weight	
M40 Mike Venning	28-10
M45 Gary Kelmenson	28-5.5
M45 Gary Kelmenson 56# Weight M40 Mike Venning M45 Gary Kelmenson M65 Don Hughes	19-7

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Wednesday Child 5K

Washington, DC; Oct	. 31
Overall	
Anthony Basile 41	15:43
Jacqueline Concaugh24	16:54
M40 A Basile	15:43
Peter Rushford	16:47
Scott Devine	19:51
M45 James Moreland	18:05
Ed Ryan	18:22
Jerry Merkel M50 Ken Shipp	18:44
M50 Ken Shipp	18:07
Wm Scott	19:35
Paul Quinn	23:11
M55 John Haubert	19:48
Harvest Stevens	24:39
Robert Neuland	26:38
M60 Richard Shearer	34:09
George Gordon	35:09
M65 Mojtaba Norouzi	26:18
Norman Young	31:19
Jim Tszen Wei	33:15
M70 Paul Freiman	46:40
M75 Ray Blue	24:39
W40 CathVenturaMerkel	
Lyn Case	20:52
DeeDee Loughran	20:59
W45 Stephanie Shipp	21:27
Valerie Campbell	21:33
MaryLou Cramer	27:59
W50 Jacqueline Rupp	25:42
Pamela Taylor	28:25
Lou Toler	31:05
W55 Ina Dale Concaugh	
Judith Brennan	24:25
Pearl Short	31:56
W60 Elenor Canty	
Dee Milner	33:11
W65 Carmen Diaz	60:25
Po Lor	60:31
W70 JosephineMurphy	58:22
W75 Gloria Berry	59:37
MaryJaneReeder	59.37

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

wasnington, DC; N	OV. 20
Overall	
Casey O'Shea 25	15:00
Marti Bissinger 34	19:12
M35 Ted Poulos	16:37
M40 John Bacon	18:03
Curtis Davis	18:28
Greg Price	18:42
M45 Paul Ryan	16:50
Dan Eddy	18:16
Gary Guenther	20:01
M50 John Smeby	21:54
M55 Jim Verdier	21:42
Alex Leibowitz	24:19
M60 Tom Kurihara	24:59
Rista Marttinen	24:59
M65 Larry Dickerson	22:02
Robert Smith	22:45
M75 Bill Osburn	29:21
W35 Sarah Buckheit	21:45
W40 Renee West	21:32
Melaine Levin	22:23
W55 Dee Nelson	23:57
Julie Trapp	24:28

Northern Central Trail Marathon Sparks, MD; Nov. 27

Overall	
Rick Hellard 33	2:38:37
Heidi Gerken 36	2:56:16
M40 Alan Moore	2:44:52
Robert Lee	2:57:29
Mike Rosasco	3:02:19
M45 Herman Richards	2:57:32
Gary St. Onge	2:59:35
lan Leinert	3:00:03
M50 Ronnie Wong	3:07:26
Frnie Chatman	3-16-17

	.00
Eddie Midkiff	3:17:14
M55 Richard Stotler	3:01:50
RogerCobbledick	3:17:02
Marty Winkel	3:30:38
M60 Bradford Keeler	3:41:10
Dan McQueen	3:53:17
M75 Walt Washburn	4:17:26
W40 Val Hinsperger	3:30:51
Ginger Stockton	3:38:51
Karen Nesbitt	3:48:21
W45 Jane Lebue	3:25:03
Suzanne Aigen	3:54:25
Pam Allen	3:55:27
W50 Anne Gwynn	3:59:08
Pamela West	4:08:02
W55 Hanne Hoppe	4:28:18

DCRRC Belle Haven

Half-Marathor	
Alexandria, VA; D	ec. 4
Overall	
Eron Ferriera 27	74:33
Julie Hayes 31	
M35 Ted Poulos	80:05
M40 Paul Hough	86:51
Tekli Semere	89:19
David Connors	90:33
M45 Jay Wind	82:45
James Moreland	87:41
Hoa Generazio	92:59
M50 Ken Shipp	89:42
Terry Grichor	91:56
Mauny Murray	99:09
M55 John Haubert	94:56
Hans Moening	1;43:58
Richard Weiss	1:46:07
M60 Ron Steele	1:58:31
Joe Broderick	2:16:52
	2:34:38
M70 Bill Morrison	2:07:46
W35 Suzanne Cote	97:03
W40 Sandra Ruprecht	
Kathy O'Brien	1:55:26
Debbie Margraff	2:02:43
	1:46:41
Rose Schiavone	1:55:22
RebeccaGuenthe	
W50 Sandra Adams	1:43:53
Carolyn Gernand	
W55 Anne Hall	2:00:30
Janet Newburgh	2:17:56

USATF-NJ 10 Mile Championships Picatinny Arsenal

Hockaway; Dec.	12
Overall	
Ryan Grote	49:13
Kelly Vanasse	57:59
M40 Guy Gordon	55:18
Dave Weller	55:21
Dan Murphy	56:05
Jose Guzman	56:55
Dante Ciolfi	59:21
M45 Bill Bosmann	60:03
Ken Krah	61:23
Tom Fitzgerald	62:09
Dan Brannen	62:59
Steve Kohorst	63:30
M50 Roger Price	56:50
Bruce Langenkamp	59:07
Mitchell Monchinski	64:55
Joseph Piepul	67:29
Joel Ange	67:44
M55 Ron Ayre	64:18
George Wittmann	67:24
Russell Stallone	67:54
Jeff Guttenberger	69:49
Gilberto Soto	71:35
M60 Henry Pontious	73:30
Fred Loozen	75:12
Eric Nutter	76:56
Charlie Keller	80:28
George Stoddart	82:30
M65 Guenter Erich	74:50
Joe La Bruno	79:28
Mark Lannigan	79:41
Don Bergman	83:05
Richard Wilde	86:24

Continued on next page

P N O

E N

page 26		N	ational M	asters News		Control Party Street Street
The state of the s	Commission of the last of the	I T D- al	AL 3:03:04	Bonnie Partridge MS 4:29:53	Robert Wuthrich 3:25:52	Tony Collins 2 58 44
Continued from previous page	Irvin Pickett 41:13	Tracy Pool	IL 3:03:04	Sharon Riley TN 4:32:22	M65 Ed Whitlock 2:51:02	LarmieFahrendorf3:00:39
M70 Angel Aponte 90:24	ArnoldHawighorst 42:32 John Scott 42:47	Tony Gialanella	IL 3.08.30	W55	Jim Schleisman 3:20:22	Terry Doke 3:02:08 David Williams 3:04:57
Bill Welsh 96.11	John Scott 42:47 David Broome 42:56	M45 Yuri Mikhailov	RU 2:29:22	Betty Burrell TN 6:34:38	Walter Blair 3:27:36	Ramon Mancera 3:11:34
Leonard Morgan 1:57:28	M50 Norman Ferris 34:15		ME 2:51:32	W60	M70+Jerry Johncock 3:40:45 Matt Norris 3:52:38	Brian Shepard 3:14:11
Bill O'Brien 2:07:58 M75 Lester Ridings 1:21:35	Bill McGuire 36:36	Terry McCullar	AL 2:57:28	Barbara Miller CA 3:14:50	Matt Norris 3.52:38 Jack McClain 3:54:18	M55 Ed Craighead 3:08:38
	Reuben Dias 37:20	Jim D'haenens	IN 2:57:39	Anne Park AL 4:15:45	W40 Michelle Rupe 3:08:35	Sergio Vargas 3:12:43
M85 Dudley Healy 1:53:09 W40 Janice Morra 1:02:39	Rick Walton 39:00	David Horton	VA 3:02:33	Dot Richter AL 4:37:07	Denise Skinner 3.11:34	Larry Owens 3:15:14
Marie Quinn 1:08:48	Opie Humphrey 39:36	Joe Wallace	AL 3:12:39	Barbara Meyer AL 4:48:55	Monica Joyce 3:12:44	Will Ferson 3:20:09
Trink Poynter 1:11.05	Don Wright 40:12	Dewey Richards	AL 3:13:54	W65	Robin Smith 3:13:09	Cary Howard 3:20:13
Pati Rosen 1:16:20	Eddie Wadlow 40:27 Greg Sweeney 42:30	Tim Bolema	AL 3:14:07	Marianne Douglas TN 5:52:21	W45Brenda Lynch 3:09:06	David Wilds 3:21:14
Julie Gerke 1:18:31		Scott Wareham	IN 3:14:59	W75	Mary Hanley 3:16:51	Frank Moore 3:24:28
W45 Jane Parks 1:10:10	Gary Beeler 42:54 Paul Baswell 43:12	R. Rodenhausen	AL 3:16:25	Lynn Edwards NC 5:57:52	Cathy Penny 3:24:11	M60 Sam Carey 3:24:57 Martin Houg 3:29:36
Vera Stek 1:12:26	M55 David Jeffrey 36:46	M50		Age Graded Awards	Ruta Kunevicius 3:24:55	
Judith Christian 1:14:00	Leon Mattics 42:01	Terry McCluskey	OH 2:48:47	Paid to Grand Masters only	W50 Janice Kreuz 3:31:40	Henry Brigman 3:36:38 Armando Duran 3:40:49
Nancy Grabow 1:17:54 Lily Kosaka 1:19:52	Michael Sealy 42:20	Thys Bax	IL 2:49:01	Name Money Ag Time	Ellen Scully 3:48:41 Nina Bovio 3:49:59	Barney Snitz 3:47:08
W50 Betty Shonts 1:19:52	Bobby Scott 43:10	Wes Wessely	GA 2:59:22	Barbara Miller 1000 60 3:14:50	Nina Bovio 3:49:59 W55 Judy Harmony 3:49:08	Bill Toy 3:50:42
Joann Coffee 1:23:13	Dennis Barton 43:50	Larry Snider	MN 3:07:33	Herb Phillips 750 59 2:55:38	Ginger Herring 3:55:33	M65 Gil Zarasua 3:23:04
Lois B Klein 1:27:17	LarryChristensen 44:09	Gary Grace	AL 3:08:16	Thys Bax 500 53 2:49:01	VelmaMatuszewski3:56:15	Ed Jackson 3:47:28
Eliz Melhorn 1:33:55	John McCall 45:30	Dwayne Key	AL 3:10:05	Jerry Johncock 400 71 3:22:35	W60 Louise Miklovic 4:18:52	Lorenzo Ramirez 4:02:28
W55 Patr O'Hanlon 1:24:09	John Whiting 45:38	Jeffrey Hawkins	AL 3:10:27	T. McCluskey 300 51 2:48:47	Beatrice Downey 4:23:11	Bruce Worley 4:05:14
Alexandra Bru 1:33:41	M60 Will Wright 42:55 Marion Matchett 42:57	Jerry Brumfield	LA 3:12:30	Malcolm Gillis 66 3:22:10	Jean Toth 4:27:40	M70+CharlesRamo70 4:04:37
W60 Elle Levenson 1:39:45	Marion Matchett 42:57 Charles Hoff 44:56	Eric Henson	IL 3:13:57	Ken Brewer 200 58 3:09:18	W65 Sarann Mock 5:07:21	W40 Cheryl Tate 3:13:59
Glenys Nutter 1:41:19	Bill Vitulli 46:32	Steve Davis	TN 3:16:22	Wes Wessely 150 51 2:59:22	COUTHWEET	C CroanSpruiell 3:17:42
Ho Ho Ho 5K (3.95 miles)	Nelson Rodriguez 47:32	John Montgomery	AL 3:21:21	Mary Preisel 100 52 3:24:08	SOUTHWEST	MercedesCastillo 3:20:50
Bethpage, L.I., NY; Dec. 19	Neil Hall 48:16	Stephen Kingsley	KY 3:24:23	Sammy Morris 50 59 3:14:54	Sand Springs 5K	HosniHaghighian 3:24:33
Overall	M65 Richard Kowalski 44:30	Iman Majid	AL 3:25:38	Robert Fletcher 50 67 3:33:12	Tulsa, OK; Nov. 27	Julie Buron 3:26:02 Kathy Phillips 3:29:34
Ronald Malone 32 21:17	Malcolm Sumrall 49:45	Jon Robinson	UT 3:27:50	* As race director, did not accept	OVERALL:	W45 Susan Hughes 3:26:43
Mike Nehr 19 21:17	Pablo Sequio 58:28	Mick Stallings	IN 3:28:51	money.	Patrick Kiptum 14:32	Linda Musil 3:27:08
Robis Degirmenci 30 21:17	M70+Jimmy Matthews7859:28	M55	The state of the	Jacksonville Marathon	Brenda Stukey 18:24	Jeanne Jackson 3:39:55
Donna McMahon 29 23:08	Henry Lash 79 69:23	Herb Phillips	CN 2:55:38	Jacksonville, FL; Dec. 18		Victoria Croft 3:40:20
M40 Paul Fendler 21:26	W40 Jean Lankford 37:22 MaryJean Yon 42:24	Ken Brewer	AL 3:09:18	Overall		Donna Daniel 3:40:53
James McFarlane 23:15	The state of the s	Jack Hasson	AL 3:11:31	Serbessa Mulugeta 28 2:22:26	Steve Hicks 15:53	Angie Ransom 3:41:12
Mike Marino 23:16 M45 Brian Manghan 22:18	Fran McLean 42:31 Lynn Pittman 43:37	Terry Connell	TN 3:11:34	Jackie Morgan 19 2:55:06	Todd Hanson 16:03	W50 Jan Gross 3:39:39
M45 Brian Manghan 22:18 GregorioRodriguez 23:01	Linda Sarpy 45:44	Sammy Morris	AL 3:14:54	M40 Max Minter 2:51:01	M45 John Stukey 16:52	Sandra Hanson 3:40:35
Jim Henry 23:53	Shaw-FinBertagnoli46:46	Jerry Harris	NC 3:17:01	Monty Steffens 2:51:31	Terry Ziegler 17:09	Nina Bovio 3:43:20
M50 Jack Porzio 22:41	W45 Susan Pierce 44:15	Russ Brown	GA 3:25:26	Brian Pate 2:58:02	Tom Lloyd 17:16	Jeannie McDaniel3:44:03
Alan Oman 22:54	Elaine Evans 47:25	Peter Warner	NC 3:26:53	Scott Peterson 2:59:42	M50 Mike Budnik 18:46	W55 MarciaFairbrook 4:14:16
Kieran Kelly 23:40	Lillian Norris 49:51	D. McPherson	TN 3:30:30	Tom Pobgee 3:03:09	Larry Clenney 18:56	MarciaBalthazor 4:43:58
M55 Bob Pike 25:07	Lu Jeffrey 53:56	Gene Cater	SC 3:32:03	Keith Seago 3:04:21	Ron King 19:09	Lana Dobbs 4:52:41
Dennis Howe 27:00	Kay Aeiker 55:51	John Roberts	AL 3:33:53	Steven Berry 3.05.46 M45 Ken Miller 2.58.44	M55 Stan Breedlove 21:04	W60 MaryAnn Miller 4:44:24 Rachel Boggess 4:46:51
Larry Oliva 27:05	W50 Harriet Callahan 48:53	Mike Fleming	NE 3:33:55	M45 Ken Miller 2:58:44 Jack Lunsford 3:05:19	Chas. Bertalot 21:06	Carol Williams 5:01:48
M60 Joe Cordero 25:36	Anne Wall 49:22 Marian Loftin 50:24	Bill Harden	NY 3:35:55	Robert Wilson 3:05:36	Chet Jacewitz 22:41	W65 Helen Beckham 5:26.05
John Boyle 26:42 Adolph Rettmer 28:38	Marian Loftin 50:24 Jane Turrentine 56:14	M60		Don Nelson 3:07:32		W70+Jan Richards 72 5:05:25
Adolph Rettmer 28:38 M65 Kevin Connors 29:27	W55 Jean Grabowski 53:15	Charles Gray	TN 3:22:16	M50 Bruce Holmes 3:02:05	M60 Wayne Morgan 23:00 M65 Paul Heitzman 18:47	
Guy Froehlig 30:01	Betty Lafferty 55:06	Bill Zehner	OH 3:23:37	Jim McGee 3:06:46	Manufacture of the Committee of the Comm	Sunmart Texas Trail 50 Mile & 50K
Antonio Blanco 30:12	Jane Givens 57:56	Larry Marett	MS 3:27:31	G Paget-Wilkes 3:18:13	Bob Adkins 21:15	
M70 Roger Williams 28:56	W60 Marion Kowalski 58:23	Jerry McGath	MS 3:30:55	Don Ungaro 3:19:26	Sidney Hughes 23:19	Huntsville St. Park; Dec. 11
M70 Roger Williams 28:56 John Corrigan 29:59	W60 Marion Kowalski 58:23 Luise Mitchell 63:51	Jerry McGath Joe Beams	MS 3:30:55 AL 3:33:18	Don Ungaro 3:19:26 M55 David Harrell 3:32:59	Sidney Hughes 23:19 M70 Mike Waller 23:18	Huntsville St. Park; Dec. 11 Overall
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27	Jerry McGath Joe Beams Ronald Findley	MS 3:30:55 AL 3:33:18 NC 3:34:00	Don Ungaro 3:19:26 M55 David Harrell 3:32:59 Joe Sabotin 3:33:12	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39 M75+John McManus76 31:22	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27 W65 Helen Amazeen 69:56	Jerry McGath Joe Beams Ronald Findley Paul McCain	MS 3:30:55 AL 3:33:18 NC 3:34:00 AL 3:42:57	Don Ungaro 3:19:26 M55 David Harrell 3:32:59 Joe Sabotin 3:33:12 Tom Hoffman 3:33:40	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04 M75 Eugene Blais 37:13	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18 Amanda McIntosh 34 7:15:44 M40 Michael Carlson 6:15:31
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39 M75+John McManus76 31:22 Bill Benson 80 42:01	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27	Jerry McGath Joe Beams Ronald Findley	MS 3:30:55 AL 3:33:18 NC 3:34:00 AL 3:42:57	Don Ungaro 3:19:26 M55 David Harrell 3:32:59 Joe Sabotin 3:33:12 Tom Hoffman 3:38:32 Andrew Kotulski 3:30:10	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04 M75 Eugene Blais 37:13 Ross Waltzer 37:13	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18 Amanda McIntosh 34 7:15:44 M40 Michael Carlson 6:15:31 Thomas Nielsen 6:22:40
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39 M75+John McManus76 31:22 Bill Benson 80 42:01 Herb Ascher 77 48:20 W40 Delores Doman 25:04	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27 W65 Helen Amazeen 69:56 W70+DaphneDvorak75 81:20	Jerry McGath Joe Beams Ronald Findley Paul McCain Don Clark	MS 3:30:55 AL 3:33:18 NC 3:34:00 AL 3:42:57	Don Ungaro 3:19:26	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04 M75 Eugene Blais 37:13 Ross Waltzer 37:13 Wish Lemons 45:51	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18 Amanda McIntosh 34 7:15:44 M40 Michael Carlson 6:15:31 Thomas Nielsen 6:22:40 Robert Clementz 6:32:37
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39 M75+John McManus76 31:22 Bill Benson 80 42:01 Herb Ascher 77 48:20 W40 Delores Doman 25:04 LoriHarfenesMelnik 25:30	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27 W65 Helen Amazeen 69:56 W70+DaphneDvorak75 81:20	Jerry McGath Joe Beams Ronald Findley Paul McCain Don Clark M65	MS 3:30:55 AL 3:33:18 NC 3:34:00 AL 3:42:57 GA 3:45:00	Don Ungaro 3:19:26	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04 M75 Eugene Blais 37:13 Ross Waltzer 37:13 Wish Lemons 45:51 W40 Brenda Stukey 18:24	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18 Amanda McIntosh 34 7:15:44 M40 Michael Carlson 6:15:31 Thomas Nielsen 6:22:40 Robert Clementz 6:32:37 Brian Buchanan 6:39:34
M70 Roger Williams 28:56 John Corrigan 29:59 Bert Jablon 31:39 M75+John McManus76 31:22 Bill Benson 80 42:01 Herb Ascher 77 48:20 W40 Delores Doman 25:04 LoriHarfenesMelnik 25:30 Mary Connelly 27:24	W60 Marion Kowalski 58:23 Luise Mitchell 63:51 Judy Kirchoffer 65:27 W65 Helen Amazeen 69:56 W70+DaphneDvorak75 81:20 Space Coast Marathon Melbourne, FL; Nov. 28 Overall	Jerry McGath Joe Beams Ronald Findley Paul McCain Don Clark M65 Malcolm Gillis	MS 3:30:55 AL 3:33:18 NC 3:34:00 AL 3:42:57 GA 3:45:00 AL 3:22:10	Don Ungaro 3:19:26 M55 David Harrell 3:32:59 Joe Sabotin 3:33:12 Tom Hoffman 3:33:40 M60 Herb Kerr 3:28:32 Andrew Kotulski 3:30:10 Earl Pushin 3:34:11 M65 Dick Green 3:41:51 Larry Larson 3:54:58	Sidney Hughes 23:19 M70 Mike Waller 23:18 Art Roepke 25:04 M75 Eugene Blais 37:13 Ross Waltzer 37:13 Wish Lemons 45:51 W40 Brenda Stukey 18:24 Jan Nierung 22:06	Huntsville St. Park; Dec. 11 Overall Valmir Nunes 35 5:38:18 Amanda McIntosh 34 7:15:44 M40 Michael Carlson 6:15:31 Thomas Nielsen 6:22:40 Robert Clementz 6:32:37 Brian Buchanan 6:39:34 Glenn Hamilton 6:55:37
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OH 2:56:33 MS 2:57:07

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39:58 40:05

Peyton Cook Art Kitze Gregory Gearhart Davy Kennamer

Richard Grady

Homer Roberts

AL 3:44:23 CA 4:03:15

Nancy Nail

Marian Lyons

Continued on next page

Ed Matthews Lawrence Pao

M50 Brown Yoo

Gary Julin

3:13:34 2:55:32

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57:07

55:18 55:27

57:53 59:56 60:17 63:47 64:46 63:46 68:00

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> 90:03 73:05

Continued from previ	ious pag
Carol Cuminale	
	9:51:35
W50Hammie Farrokhi	
	10:37:05
W55EdithBogenhuber	9:09:48
Ellen Vitro	10:28:12
ThelmaRichardson	10:44:54
50K	
Overall	
Charles Hubbard 38	3:16:11
Luanne Park 39	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
GermanCollazos	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
CharlesCrompton	
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 Rodee	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 Anderso	on5:56:50
M65 Kendall Webb	5:36:06
Joe McGlothlin	5:38:27
Ray Boytim	5:50:24
Charles Sabatin	e 5:50:55
Conrad Vann	6:09:20
M70+Odino Soligo 7	
Omer Allard 71	
GeorgeBashen7	
John Stowers 7	
WallaceRapozo	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
Lestie Peterson	5:06:06
DebKemplerSmi	
Kathy Thompson	
Cathy Jolly	6:00:17
W50 Missy Rodey	5:18:26
MaryMettenbrink	5:37:55
Celia Carreno	5:52:18

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	Gayle Godfrey		ı
	ludy Sutcliffe	7:23:55	١
	ludy Christians	7:26:38	
2016	Resolution Day		
	Tulsa, OK; Jan.	1	ı
OVE	RALL:		l
Ryan	Adams	16:20	1
	a Levy	18:50	ı
M40	Steve Hicks	16:32	ı
	Ronald Wall	18:16	ı
	F Simpson	18:19	ı
M45	Matt Pile	16:59	
	John Stukey	17:08	ı
	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	ŀ
	Wen Tisdale	20:37	ı
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 Brierre	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

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WEST		J Wilcockson
The state of the state of	- Committee	M50 M Rouse
Honolulu Mara		J Pointon
Honolulu, HI; De	ec. 12	R O'Keefe
Overall	0.40.45	M55 J Davies
	2:16:45	A Weston
Irina Bogacheva 38	2:32:36	A Hawkins
M40 Shigemi Tamori	2.42.25	M60 D Edge
M45 Masahiko Furuta		R Gold
M50 YoshihisaHosaka		M65 A Ward
M55 Oddvar Hausken		R PitcairnKnowles
M60 KiyoshiNishihara		T Ball
M65TsuneakiTakahas		M70 E Cooper
M70 Shosaku Funaki		M75 J Fitzgerald
MITO DOD GOOMING	4:42:49	M80 D Blyth
M80 RikishoMatsusak		W35 S Bower
M85 Mitsuo Yano		S Edwards
	3:02:42	H Burrell
W45MasakoMatsumu		W40 L Day
W50BernadinPortens		T Lazenby
W55 MitsukoMInami		J Jenkins
W65 Ukiko Takahashi		W45 D Marsh
W70 EllenHumphrey		G Bunker
W75 Po Adams	6:26:43	C Potts
INTERNATIO	ONAT	W50 B Hutcheon
INIERNAII	JNAL	E Brown
BVAF 10 Mile Champ	ionships/	A Storey
Nene Valley Race;		W55 A Cauldwell
M40 B Jones	52:50	H Marchant
P Venables	53:49	W60 P Jones
P Stafford	54:47	U Duckworth
r Stallolu	0 1.41	O DOCKWOILI

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 Mambrila, 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@bp thosp.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

53:24

D Hathway

M45 S Owen

WILLELES MINO FILLY WHEN DIAISION	IIII3 MONIII,	ILD. ZUUU
ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ZSUZSANNA 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
MANUEDED VALUEVE (CER)	2-14-50	50-54
TANET TOURSON (AUG)	2-21-30	55-59
ADT CWART (IIC)	2-14-45	55-59
DAY CTADNEC (IIC)	2-21-45	55-59
MILOSLAVA POCNAKOVA (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 SCHIWORSKI (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
AINO CILLACTO (FCT)	2-17-35	65-69
DEINO LAINE/EIN)	2-18-35	65-69
LAPRY MEANS (LISAR 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
KEINO NOKELAINEN (FIN)	2-19-20	80-84
TORMOD HALICAN (NOR)	2-20-20	80-84
HANG DITTED (NO.)	2-21-20	80-84
EDITU DALTON (UONOTHITI UT)	2-22-20	80-84
POREDT MOMINITE (CR)	2-22-20	80-84
MILDRED CREWS (LANCASTED WILL	2-10-15	05-89
ELIZABETH PARTRIDGE (BOVNTON DOU EL)	2-20-15	05-89
DOROTHY HERRMANN (SANTA BARRADA CA)	2- 2-10	90-94
ATHLETE (RESIDENCE) ZSUZSANNA RAKOCZI (HUN) MASAE YODEN (JPN) CLIFTON MCKENZIE (MASA, AZ) MARCHISIO RITA (ITA) ANDRZEJ PIACZKOWSKI (POL) ELLEN HEES (GER) BRENDA ANN STONE (GBR) MANFRED KALUPKE (GER) JANET JOHNSON (AUS) AXT SWARTS (US) RAY STARNES (US) MILOSLAVA ROCNAKOVA (CZE) JENNY BOURKE (AUS) JORMA EHRSTROM (FIN) CAROL YOUNG (HUNTINGTON WOODS, MI) UWE KEILER (GER) EILEEN PUE (US) WILLIAM GENTLEMAN (GER) LIZ OSTRENG (NOR) DHAMIRI ABAYOMI (CAMDEN, NJ) JAMES BURNETT (CHICAGO, IL) GEORGE COHEN (INGLEWOOD, CA) JUTTA RIEGEL (CAN) ANNI SCHIWORSKI (AUS) JUTTA B LUDICKE (GER) JIM NOONAN (US) INGRID KUSCHE (GER) JIM NOONAN (US) SAY AUSTIN (HONOLULU, HI) JAN HOWELL (IDAHO SPRINGS, CO) JERRY STANNERS (CA) ALBIE THOMAS (AUS) DAVID JAMES (US-SWI) ERIKA KRUEGER (GER) AINO SILLACTS (EST) REINO LAINE (FIN) LARRY MEANS (USAP, CO) HARRY BROWN (WAUCONA, IL) JOSEPH FUSELIER (NEW ORLEANS, LA) BARBARA DIBBLE (TUCSON, AZ) JERRY DONLEY (COLORADO SPRINGS, CO) TOM ALLISON (EUGENE, OR) WILLIAM MILLER (BETHESDA, MD) JERRY WOJCIK (EUGENE, OR) SHIRLEY DAVISSON (VICTORVILLE, CA) G. BARTLETT (AUS) BILL SLEETH (SPOKANE, WA) VIRGINIA HASTINGS (CA) ERNST RITTER (WG) ILSE KASSEL (GER) HANNA KIEHR (GER) WAYNE AMBROSE (SANTA ANA, CA) JOHN HOSNER (BLACKSBURG, VA) MALIK NOOR (PAK) BURL GIST (SAN MARCOS, CA) MARGARET KEGLEY (COLLEGE PLACE, WA) TOYOKO YOSHINO (JPN) VERN DAVIS (HONOLULU, HI) REINO NOKELAINEN (FIN) HOWARD STRASSENBURG (MOMENCE, IL) TORMOD HAUGAN (NOR) HANS BITTER (WG) ELIZABETH PARTRIDGE (BOYNTON BCH, FL) DOROTHY HERRMANN (SANTA BARBARA, CA) WESLEY WARD (INDIANAPOLIS, IN) Compiled by Pete Mundle, World and U.S. Mc Compiled by Pete Mundle, World and U.S. Mc Compiled by Pete Mundle, World and U.S. Mc	2- 8-10	90-94
Compiled by Pete Mundle, World and U.S. Ma	TOP D	1 61 .
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Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman



400 Meters

60 M Hurdles Trials and

4x800 M Relays All

__ M___ L___ XL___ XXL

2:00 pm

4:00 pm

5:00 pm

USA

Timed Finals, Al

Finals, All

2000 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

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



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

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

FIELD EVENT NOTES: Starting heights will be determined by facility equip-

ment. Field event starting times may need to be adjusted due to the size of

SCHEDULE OF EVENTS

						-
FRIDAY M		THE PERMIT	Throws		per le	
8:00 am	Pentathion R	egistration	9:00 am	Shot Put	Women	
Pentathlo	n Women	Men		Shot Put	Men 50-59	
9:30 am	60 M Hurdles	60 M Hurdles	11:00 am	Shot Put	Men 40-49	
Order of	High Jump	Long Jump	CAT LINE	Shot Put	Men 70+	
events	Shot Put	Shot Put	1:00 pm	Shot Put	Men 60-69	
	Long Jump	High Jump	93000	Shot Put	Men 30-39	
Call and	800 Meters	1000 Meters	2:30 pm	Weight	Men 50-59	
2:00 pm	General Reg	istration	4:30 pm	Weight	Men 40-49	
Track			6:00 pm	Weight	Men 30-39	
4:00 pm	3000 Meters	All	Jumps	Spinore St.		
Throws	DOOD INICION		9:00 am	Long Jump	Men 30-39	
4:00 pm	Weight	Women	10:00 pm	Pole Vault	Men 40-49	
6:00 pm	Weight	Men 60+	Toomas	Long Jump	Men 50-69	
Jumps	Weight	men oo i	12 noon	High Jump	Men 30-39	
4:00 pm	Pole Vault	Men 60+		High Jump	Men 70+	
to follow	Pole Vault	Women	No record to	Pole Vault	Men 50-59	
to lollow	Triple Jump	Women		Long Jump	Men 40-49	
6:00 pm	Triple Jump	Men 60+	1:30 pm	High Jump	Men 40-49	
1 10 10 10 10 10 10 10 10 10 10 10 10 10	BUILDING PORT	Wich out	1.00 p	High Jump	Men 60-69	
SATURDA	Y MARCH 25		2	Long Jump	Men 70+	
8:00 am	Registration		2:30 pm	Pole Vault	Men 30-39	
Track			2.50 pm	Long Jump	Men 60-69	
9:00 am	60 Meters	Preliminaries	3:00 pm	High Jump	Men 50-59	
A STATE OF		and Trials, All	4:30 pm	Long Jump	Women, All	
11:00 am	60 Meters	Finals, All	TBA	General Me		
11:45 am			IDA	General Me	eung	

SUNDAY MARCH 26 Registration Track Trials, All

200 Meters 9:00 am 800 Meters Timed Finals, 11:00 am 200 Meters Finals, All 12:30 pm 1:00 pm 3000 M Racewalk All 4x400 M Relays 3:00 pm Women 60+ 10:00 am Superweight Superweight Women 30-59 Men 70+ to follow Superweight Superweight Men 60-69 11:00 am to follow Superweight Men 50-59 Superweight Men 30-49 to follow Superweight men 30-69 is contested outdoors! Jumps Men 30-39 10:00 am Triple Jump

Triple Jump Men 50-59 Triple Jump 1:00 pm FinishLynx Automatic Timing

High Jump

11:30 am

Friends' Contribution:

TOTAL AMOUNT ENCLOSED:



M-F Athletic Company

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

ELIGIBILITY

fields.

Women, All

Men 40-49

FACILITY/IMPLEMENTS

COMPETITION ORDER - TRACK EVENTS

Championships will not be delayed for any reason.

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

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.

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.

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:

\$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

2000 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS **ENTRY FORM**

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

Telephone	e-mail address	CHARLES LAND
Event	Best Recent Performance	Fee
Pentathlon (counts as first event)	(\$50)	
1.	(\$25)	
2	(\$15)	
3	(\$15)	<u> </u>
4	(\$15	
5	(\$15)	
6	(\$15	
Late fee for entries	s after 3/6/00, # events @ \$10 each:	
	Total Entry Fees:	
Masters Comm	nittee Surcharge (optional \$5.00, see note*,	
T-shirt order (pre-event only)	Total # shirts @ \$12	

*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 trave 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