

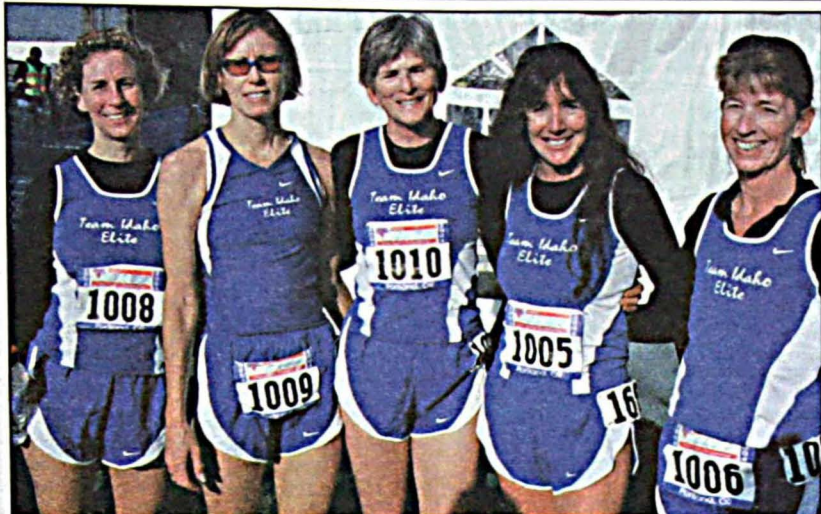
NATIONAL MASTERS NEWS

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

318th Issue

February 2005

\$3.00



JERRY WOJCIK
Members of the YMCA Idaho Masters W40-49 team at the 2004 USA National Masters 6K XC Club Championships (l to r): Marcia Price-Miller, Carol Severa, Kathleen Slinger, Nancy Hatfield, and Marilyn Koob. The USA Winter XC Championships will be held in Ft. Vancouver, Wash., Feb. 12-13.

McCluskey Top Age-Graded Runner

Sanders, Saunders First Masters in Rocket City Marathon

By JIM OAKS
HUNTSVILLE, Ala. – Some familiar names in masters competition (Don Coffman, 61, Stamping Ground, Ky.; Terry McCluskey, 56, Vienna, Ohio; Gary Romesser, 54, Indianapolis, Ind.) were entered in the 2004 Rocket City Marathon on Dec. 11, but the master winners (Gordon Sanders, 44, Princeton, Ky., and Barbara Saunders, 45, Harvest, Ala.) may be new names to National Masters News readers.

Sanders, the cross-country coach at the University of Tennessee-Martin, won the 2004 title by running 2:37:52, a time that was also good for fourth overall.

Saunders, the top masters runner and triathlete in the Huntsville area since turning 40, ran 3:10:56 and was the second woman overall.

To Pay or Not to Pay
If you drop prize money, how will that affect your race?

That was the question Rocket City Marathon race director Malcolm Gillis and the Huntsville Track Club (HTC) faced as the race date drew near.

After The Huntsville Times, the local newspaper, discontinued sponsorship of the Rocket City Marathon at the end of 2003, the HTC was unable to secure a title sponsor for the 2004 race, and Gillis had planned to eliminate prize money. However, since the race had been profitable for

the past eight years and had built a surplus, the HTC decided to continue prize money at a reduced rate. Top open money went from \$2000 to \$1000 and top masters money was

Continued on page 19



CARL SENKBEIL
Gordon Sanders, 44, men's masters winner, Rocket City Marathon.

Terris, Herbert First in 50K

Kouros, Gardner Win Texas 50 Mile

By JOHN WELCH

HUNTSVILLE, Texas – Masters runners held sway over their younger counterparts at the 15th annual Sunmart Texas Trail Endurance Runs, held in Huntsville State Park on Dec. 11. Ideal weather conditions greeted over 950 runners from 34 states and four countries in both the 50-mile and 50K races.

Brazilian Marcio Oliveria, the 2003 Sunmart winner at 50 miles, went to the front of the half-century pack very quickly, but near the end of the first of four 12.5-mile loops, Oliveria took a nasty spill that would derail all chances of defending his crown.

Waiting in the wings and completely unaware that Oliveria, 36, had withdrawn from the event, Yiannis Kouros, Athens, Greece, ran an even-paced race that would ensure his return to the top step of the awards podium. Kouros, 48, finished the event in 6:11:28.

Ken Gordon, 39, Albuquerque, Continued on page 21



JOHN WELCH
Yiannis Kouros, 48, first overall (6:11:28), Sunmart Texas Trail 50 Mile.

National Masters Indoor Meet Coming to the Great Northwest

After eight meets in Boston, the USA National Masters Indoor Championships will be held in the Northwest, when Idaho welcomes athletes to Boise/Nampa on March 11-13.

The headquarters Grove Hotel (888-961-5000) is located in Boise, but the meet will take place at the Idaho Center's Jacksons Indoor Track in Nampa. The Idaho Center is about 17 miles west of Boise, off Highway I-84, north on Can-Ada Rd., Exit 38.

Last year in Boston, 28 world and 28 U.S. records were broken or established. This year's Championships may equal or surpass that number. The track is the same one used in the USA National Championships in Atlanta's Georgia Dome. It was purchased from Georgia and moved to the new Idaho Sports Center in November 2002, and is considered fast. It is a six-lane, 200m banked Mondo synthetic surface, with an eight-lane straightaway in the center for the 60m and hurdles.

The facility has a shot put circle on a synthetic surface and the jump areas within the oval. The weight and super-

Continued on page 8

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- Indoor Records – pp. 15-18
- Lydiard Interview – p. 21
- Osteoporosis Study – p. 22

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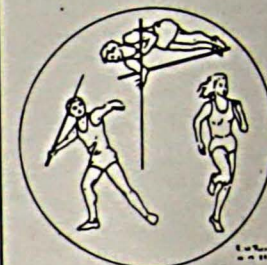
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SANCTIONED EVENT



Check our website for

The Board and sponsors of the Southeastern Masters Meet, the premier Masters Meet in the world, of competition featuring men's and women's track and field events at the Duke University Track, Raleigh, NC.

OPERATED BY: Southeastern University, 6836 ext. 2 Mon.
AGE DIVISIONS: Based upon age for 30 and older.
ENTRY FEE: \$18.00 includes \$5.00 bank or by internet 2005.

SANCTION & USATF REGISTRATION: This meet is sanctioned by the USATF cards which branch@bellsouth.com

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MILLROSE MEET

Just for the record (not that anyone is actually interested), Pro Sports went back on the agreement made last year with Skip Stolley and myself in regard to a masters race at the Millrose Meet.

After working on this project for over one year, I was not told anything. I attempted to contact Stolley several times in September/October with no success. Finally a secretary told me he had been "let go," and she would have the new Millrose person contact me.

David Katz called me the following day, and challenged me that any "promises" were, in fact, made.

So, for anyone interested, the proud history of masters athletics at Millrose is history. The meet itself is in major trouble and as yet has no major sponsor.

I will never again support this meet, which in fact has no respect or regard for masters athletics any longer.

Masters, wake up...spend your money where you are respected.

Francis A. Schiro
New York City

FEET AND INCHES

Just finished Mike Tymn's article (Jan. NMN) and I really agree with him as far as the mile is concerned. Even E. Garry Hill, the editor of Track & Field News, agrees that we should have never dropped the mile from track in the U.S.

If you do any research on how the 1500 came about, you'll realize it should have been dropped, in favor of running the 1600, four laps on a 400m track.

At the 2004 St. George Huntsman Senior Games, this conversation came up, and everyone there was in favor of running the 1600 (the mile) over the 1500. If no one cared about the mile, then why do we convert 1500 times to the mile? And, we all do that! The first thing you do when hearing a 1500 time is convert it to an equivalent mile time.

Let's run the mile, especially in masters and senior events. Add a mile to the events, keep the 1500, you'll see how many people opt to run the mile.

Paul McGuffin
by e-mail

This is not the first time that Mike Tymn is whining about the use of the metric system in track and field (Jan. NMN). He complained about the metric system in another article a few years back, where he bemoaned Beamon's long jump of 8.90m (Bob Beamon's world record jump, Mexico City Olympics, 1968) as meaningless to him.

The standard system of miles, yards, feet, and inches is as archaic as the system of measuring a distance in the prairie by the number of cigarettes one has to smoke while crossing it. The stubbornness and laziness of most Americans is the main reason that in our country we have not yet adjusted to the logical decimal system, which the rest of the world uses. All Americans are using the weight unit of pound, yet, most of them have no idea why the symbol "lb." is used

Sustainers for February 2005

Periodically, NMN publishes a list of "sustainers," those who help the *National Masters News* and masters athletics by making contributions. These extra funds allow us to publish more photos, deeper results, an in-depth schedule section, and more. We are grateful for the support of masters athletes.

Special thanks this month go to:

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for this unit.

Even Sir Roger Bannister himself accepted the metric system once he became an English physician, and he probably would be happy to run the 1500 in 3:43, while raising his arms high as he crosses the finish line.

I immigrated to this great country at the age of 36 from a country where the metric system is in use and had to quickly learn the standard system, a system very much like the one used by Noah when he built his ark. I did not start competing in track and field until I turned 48.

When I, at age 52, long-jumped 17-11 and won my age group, I was very happy with the win, but I was even more impressed when, after using a pen and paper, my leap was translated into 5.46m. And by the way, the unit "meter" existed long before humans had calculated the speed of light.

Sooner or later, our schools will be forced to teach our children the metric system, at which time everyone will realize its logic, simplicity and usefulness, except maybe Mike Tymn. Until then, our stubbornness will continue to cost us immeasurably, as was illustrated so vividly when a robotic explorer crashed on the surface of Mars because NASA scientists, col-



MIKE POLANSKY

Karen Cotty (r), 41, in 19:52, and Diana Bernier, 43, in 20:18, were first and third W40+, Ho Ho Holiday 5K, Bethpage, N.Y.

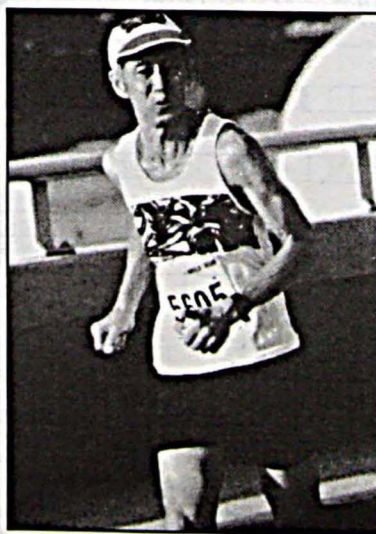
laborating with their European counterparts, had used inches instead of centimeters as they were guiding it to land on the planet.

Avital Schurr
LaGrange, Kentucky

Coaching/Training List to be Updated

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

Additions and changes should be sent to Coaches, National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the February 10th deadline. □



GEORGE BANKER
Ronnie Wong, second M55 (68:29), 2004 Annapolis 10 Mile.



Pat Bellan (l), third W40 (26:18), Teppo, fourth W45 (26:20), 2004 Masters 6K XC Club Championship National Masters 8K XC Champ scheduled for Feb. 12 at Ft. Vance



Gordon McClenathen, M70, received Williams Memorial Trophy from Northern Trust's Santa Barbara office Club West Meet. McClenathen's 5000 ensured his win as the best runner age 60+.

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JERRY WOJCIK

Pat Bellan (l), third W40 (26:18), and Jennifer Teppo, fourth W45 (26:20), 2004 USA National Masters 6K XC Club Championships. The USA National Masters 8K XC Championships are scheduled for Feb. 12 at Ft. Vancouver, Wash.



Gordon McClenathen, M70, receives the Ray Williams Memorial Trophy from Tim Gamble of Northern Trust's Santa Barbara office at the 2004 Club West Meet. McClenathen's 24:16.6 in the 5000 ensured his win as the best age-graded runner age 60+.

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Masters Pentathlon Championship • USATF Georgia Association Racewalking Championship
Open Track and Field Competition • Friday and Saturday, April 15-16, 2005



SITE: Savannah State University; Ted Wright Track; Skidaway and LaRoche Ave.
Championships for all athletes 30 years of age and over. Competition for athletes 19-29 years of age.

Out of region athletes are welcome!

MOTEL FOR PARTICIPANTS:

Hampton Inn, Stephenson Ave. at Habersham, Savannah; 912-355-1000

25 rooms have been set aside at \$65 per night, two double beds, non-smoking. Deadline for this rate is March 14, 2005. Reservations can only be made through AAA of Savannah. Call 912-351-8222, ext. 2237, ask for Debbie Bussell. If Ms. Bussell is not available, ask for Tamara Greene. State you wish to reserve a room for the USA Track and Field meet. Motel is a block east of Abercorn (GA 204), about three miles from Savannah State University.

INFORMATION: Jim Hite; PO Box 717; Millen, GA 30442; 478-982-4881; FAX: 478-982-9984

junjoyce34@bellsouth.net

Coach Ted Whitaker; SSU; 912-351-3506

All participants must be members of USATF. Memberships will be available for purchase on site. You may also purchase a USATF athlete's number on-line at usatf.org, click on membership.

NO ONE will be allowed to participate without a USATF athlete's number, which must be on the entry form.

USATF REGIONAL medals will be awarded to the top three in each masters (30 and up) five-year age group, men and women. USATF ASSOCIATION medals will be awarded in the same manner to Georgia residents and to the top three open (19-29) in each event. Out of state and/or region participants will receive comparable place awards, but may not displace any SE Regional or Georgia athlete.

\$100 will be awarded to the masters athlete with the best age-graded performance.

This event is sanctioned by USA Track and Field, and USATF Rules apply.

Deadline for entry is April 12, 2005.

EMT will be on site, as will sports massage therapist (no charge to the athlete).

Delicious meals from Midtown Deli will be delivered to the track around 11:30 a.m., but you MUST place your order on your entry form. No orders can be taken the day of the event.

Entry fee: \$15 for first event, includes T-shirt, \$5 mandated Southeast Region fee; \$5 for each other event. Relay team: \$10 per team, in addition to each individual's first event fee.

Timing by Finishlynx.

EVENT INFORMATION:

10,000M run, 5000M walk and 5000M run: all age groups will compete in a single event. Age group identification will be on runners' backs.

*Preliminaries: 100M, 200M, 400M, 100M/110M Hurdles: if eight or less are entered in any age group, no trials or heats will be contested in that age group and all entrants will move to the finals. If nine or more are entered in any age group, trials or heats will be run with heat winners and the next fastest times, completing a field of eight participants, advancing to the finals. SINCE THE NUMBER OF PARTICIPANTS WILL BE KNOWN BY APRIL 13, YOU MAY CONTACT THE MEET DIRECTOR (Jim Hite, at email and/or phone numbers listed above) TO FIND OUT IF YOU WILL HAVE A PRELIMINARY HEAT. NORMALLY, THERE ARE VERY FEW, IF ANY, PRELIMINARY HEATS IN MASTERS ASSOCIATION MEETS, BUT TO MAKE SURE AND NOT TO BE LEFT OUT, CALL!!!

RELAYS: Please indicate on entry which relay(s) you will enter. Teams are to be made up within 10-year age groups for masters, beginning with 30-39. Teams also will be made up of open (19-29) athletes. However, athletes may move down in age group for relays, but not up. PLEASE SEND ALL FOUR RELAY ENTRY FORMS IN THE SAME ENVELOPE. It is very time consuming to have to locate four entries before entering them as a team into the Finishlynx timing system.

NOTE 1: Age groups may be combined within events in the interest of time and/or competition, but awards will not be affected.

NOTE 2: In lane races, runners must run in assigned lane! This is extremely important when using an automatic timing system. There will be no exceptions.

Register on line at: active.com

USATF GEORGIA MASTERS TRACK AND FIELD CHAMPIONSHIPS ENTRY FORM

SCHEDULE OF EVENTS:

TRACK		FIELD	
Friday			
7:15 p.m.	Mile Run final (Women first, then Men)		
7:30 p.m.	10,000M Run final (Women, Men together)		
Saturday			
8:00 a.m.	5000M RW	Everyone	Final
9:00 a.m.	5000M Run	Men	Final
9:30 a.m.	5000M Run	Women	Final
10:00 a.m.	100 Hurdles	PENTATHLON (W)**	
10:10 a.m.	Preliminaries	Men, Women	
	100M/110mH		
	100M/200M Dash		
10:20 a.m.	4X100M Relay	Women	Final
10:25 a.m.	4X100M Relay	Men	Final
10:30 a.m.	1500M Run	Women	Final
10:45 a.m.	1500M Run	Men	Final
11:00 a.m.	80/100mH	Women	Final
11:15 a.m.	100/110mH	Men	Final
11:30 a.m.	400M	Women	Final
11:45 a.m.	400M	Men	Final
12:00 p.m.	100M	Women	Final
12:15 p.m.	100M	Men	Final
12:35 p.m.	800M	Women	Final
12:45 p.m.	800M	Men	Final
1:15 p.m.	300/400mH	Women	Final
1:25 p.m.	400mH	Men	Final
1:40 p.m.	3000SC	Men	Final
2:00 p.m.	2000SC	Men 60+, Women	Final (b)
2:15 p.m.	200M	Women	Final
2:25 p.m.	200M	Men	Final
2:40 p.m.	4X400M Relay	Women	Final
2:50 p.m.	4X400M Relay	Men	Final
9:00 a.m.	Long Jump (men first)		
	Hammer (MUST have own implement)		
	High Jump (men and women)		
9:40 a.m.	PENTATHLON LONG JUMP (M)**		
10:00 a.m.	Shot Put*		
	Triple Jump (men first)		
11:00 a.m.	Discus*		
11:00 p.m.	Pole Vault (men and women; starting height to be determined on site)		
12:00 p.m.	Javelin* (a)		

(a) Javelin runway is on grass. (b) Barriers for 2K SC are 36"

**PENTATHLON: Pentathlon events will start approximately 30 minutes after the completion of the previous event.

PLEASE NOTE: Running events could be moved forward up to 20 minutes, if conditions warrant. Athletes are urged to pay close attention to announcements throughout the day.

VERY IMPORTANT!! FILL OUT THIS ENTRY FORM EXACTLY AS CALLED FOR. YOUR BIRTHDATE WILL SEND YOU FOR EACH EVENT.

You can register online at active.com

Make check payable to: USATF Georgia

Entry Form

Team name, if applicable: _____

Last name: _____ First name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____ email: _____

Sex: M _____ F _____ Age(as of April 15, 2005): _____ Date of Birth: _____

USATF NUMBER: _____

If you plan to purchase your USATF number at the meet, please check here: _____

T-shirt size: S _____ M _____ L _____ XL _____ XXL _____

If running a relay, please place team name here: _____

Please list team members below. Last name is sufficient. Please mail all team members' entries in the same envelope. We need the team name in order to complete the heat sheet.

SIGNED: _____ DATE: _____

All athletes MUST have a USA Track and Field Athlete Number in order to participate in the USATF Georgia Masters Track and Field Championships. No one will be allowed on the track or in the field events without a USATF number.

USATF Athlete Numbers will be available at the meet for \$16

PAYMENT SCHEDULE	EVENT NUMBER	SEE
FIRST EVENT (\$15)		\$15.00
SOUTHEAST REGION FEE (\$5)		\$ 5.00
ADDITIONAL EVENTS (\$5 EACH)		_____

DELI MEAL (\$8 EACH)		_____
PENTATHLON (\$25)		_____
RELAY (\$10 PER TEAM)		_____
TOTAL ENCLOSED		\$ _____

MAIL TO: USATF Georgia Masters Track and Field Championships
PO Box 717
Millen, GA 30442



Third Wind

By MIKE TYMN

Payton Jordan Developed Champions for Life

You'd think that missing an opportunity to compete in the Olympic Games would be a major disappointment to anyone with the speed Payton Jordan had during his prime years, back when World War II canceled the 1940 and '44 Games. But Jordan, himself, wasn't disappointed, we learn in *Champions for Life*, a recently published book about Jordan's life, by John B. Scott and James S. Ward.

"I never looked on it as a disappointment," Jordan, who went from world-class athlete to world-renowned coach, is quoted. "Maybe I wouldn't have made it but, sure, I would like to have had the chance to try out for the team."

"However, I remember friends I made in the service, some of whom went off to war and never returned. So, my missing the Olympics isn't something I thought much about...nor likely did any other track and field athlete of my generation."

Scott and Ward, both of whom were coached by Jordan at Stanford University during the late 1960s, gathered "remembrances" of many other Jordan-coached athletes, people Jordan inspired to become "champions for life." Jordan emerges as a man who always looked at the big picture...the greater good...the larger life.

Heart and integrity were the warp and woof of his coaching philosophy. Speed and strength, or power and agility, were secondary. Developing character was much more important than winning.

Compassionate Coach

Mickey Bevis, a hurdler from Jordan's 1946 Redlands High School team, remembered a race in which he was leading as he started over the last hurdle, only to hit the hurdle and tumble to the ground. Jordan hurried to the boy's aid.

"Coach's blue eyes locked on mine and looked deep into my soul," Bevis recalled. "You gave it your all," Jordan told him, "and that makes you a winner." With that, Jordan put his arms around the boy's shoulder and walked him across the finish line.

"My approach has been to have the reader 'experience' Jordan through the words and lives of many teammates and peer coaches, rather than my 'telling' the reader about him," Scott explains the book, adding that any profits from the sale of the book will go to a Jordan scholarship fund at Stanford.

Jordan is referred to by those team members and peers as a teacher, mentor, friend, hero, role model, leader, motivator, premier promoter, a master at creating self-esteem, a man of rectitude, discipline and integrity, and a national treasure.

Positive Persona

"Coach was infectiously positive, a true believer, and his persona at its core was simply and completely upbeat," Russ Taplin, a 1966-68 Stanford sprinter, reminisced with the authors. "Negativity had no place at Angell Field. Coach's positive approach made me believe that I could reach into the self I did not know and become something that I did not know existed."

Al Oerter, who won four consecutive gold medals in the Olympics, recalled Jordan's influence as he prepared for the '68 Games, for which Jordan was the USA head track and field coach.



Payton Jordan

"I was well down the world list that year and really not anticipating doing well in Mexico City," Oerter said.

"But Payton just seemed to lean on me to work at advanced levels that I had not experienced and I certainly started to feel that a fourth gold medal was possible. The man's influence was not only positive and direct but also lasted through the competition itself."

At Pasadena High School, Jordan excelled in both track and football. At the University of Southern California, he competed in the sprints, hurdles, broad jump, and decathlon.

He was also a member of the school's 1939 Rose Bowl winning football team. On June 19, 1939, Jordan was on the cover of LIFE magazine with the caption, "Captain of Champions."

Age of Innocence

Scott and Ward called upon some old timers to offer their views on Jordan and track during those years.

Clyde Jeffrey, the 1939 NCAA champion in the 220-yard dash, calls it the "age of innocence" for track and field, a time when sprinters and hurdlers had to dig divots in the track to serve as starting "blocks."

After graduating from USC in 1939, Jordan continued to compete. His best efforts were recorded in the Jamaican Olympiad during July 1941, 9.5 for 100 yards, 10.3 for 100 meters, and 21.1 for the 220, all world records on a grass track.

FIVE YEARS AGO February 2000

• Steve Wilson (M40, 2:21:36) and Cheri Rosenblatt (W40, 2:54:32) Masters Winners in Rocket City Marathon

• Michael Carlson (M40, 6:5:31), Sally Brooking (W40, 8:10:34) First Masters in 50 Mile; Dmitry Voldman (M45, 3:42:40), Suzy Seeley (W40, 4:34:45) First Masters in 50K, Sunmart Texas Trail Runs

• Twenty-three Masters Women Qualify for U.S. Olympic Marathon Trials



JOHN WELCH

Jerri Kozikowski, 48, fifth W45 (9:21:31), Sunmart Texas Trail 50 Mile.

Champions for Life

by John B. Scott and James S. Ward

(see Publications Order Form on page 13 or order blank on page 22)

As an athlete, Jordan appears to have been modest and self-effacing, the antithesis of today's surly, arrogant, and ego-driven star. His philosophy was one of hard work, self-sacrifice, self-control, and orderly living.

Following his military service, Jordan began his coaching career at Redlands High School, some 60 miles east of Los Angeles.

From Redlands, he went to Occidental College, where his team won 10 consecutive league championships, an NAA national title, and produced top-five finishes in the 1951 and '52 NCAA Championships.

He also coached Oxy's freshman football team, winning 10 conference titles, before moving on to Stanford in 1956.

Motivating Pep Talks

Stanford javelin thrower Hank Roldan recalled initially resisting Jordan's coaching philosophy and methods, "but I soon realized that I had inherited a new coach with special talents in motivating athletes to perform at their maximum levels."

Roldan goes on to say that Jordan's pep talks made him feel as if he could move mountains.

Jordan's accomplishments at Stanford, all covered in the book, are far too numerous to list here, but they did not come without challenges.

"[Coach Jordan] did not care to compromise with the long hair and social changes that washed over us all in the 1960s, but he was a genuine friend to every trackman who made an honest effort," Roger Cox, a sprinter from 1965-68 teams, recalled for the authors.

Distance runner Brook Thomas remembered having conflicting politi-

cal beliefs with Jordan during those turbulent years. "But we did share a mutual respect, one that would continue over the years."

Unified Team

At the '68 Mexico City Olympics, Jordan had to deal with various social issues and protests, but he still developed a unified team, one he refers to as the "greatest team in Olympic history."

The authors also discuss Jordan's success as a record-breaking masters sprinter. "Retirement does not mean sitting down, doing, and saying nothing," he is quoted.

"Why waste the wisdom, creativity, energy, and God-given gifts? We must continually create lives of value by meeting daily challenges. Our later years can be a heck of a ride, if we get in touch with ourselves and others."

Now 87, Jordan battles a serious illness with the same upbeat attitude that made him a world-class athlete, a highly-revered coach, and outstanding role model.

"Prayers and God have been with us and we are grateful for our blessings," Jordan recently told a friend, the big picture still very much in mind.

The book is a refreshing read, a reminder of those more innocent times and an in-depth look at a man with ideals and values who knew how to mold character.

Instead of Joe DiMaggio, I am more inclined to ask, when looking at the state of affairs in sports today, "Where have you gone, Payton Jordan?" □

(Mike Tymn can be contacted at METGAT@aol.com)

San Francisco Bay

The San Francisco Bay Area will host the 2009 Summer Senior Games - The Senior Games. Nearly 15,000 athletes, ages 50 and older, from across the United States are expected to compete in 18 different sports at venues located throughout the San Francisco Bay Area for the 15-day event, set for August 2009.

The National Senior Association's (NSGA) Board of Directors selected the San Francisco Bay area as the host city from among 10 communities that responded to NSGA's Request For Proposal.

"The NSGA could not be pleased to be bringing our event to the San Francisco Bay Area. We are particularly grateful to the BASOC and Stanford University for taking the lead on this large, complex event," said Bill B. CEO of the NSGA.

"Our California State Games Championships have been thriving and now we look forward to showing the entire West Coast that the Senior Games is all about health and vitality."

The 2005 Summer National Senior Games are scheduled for Pittsburgh, Pa., July 3-18.

For more information: P.O. Box 82059, Baton Rouge, LA 70802

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San Francisco Bay Area to Host 2009 NSGA Meet

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For more information: NSGA, P.O. Box 82059, Baton Rouge, LA

70884-2059; www.nsga.com; Bay Area Sports Organizing Committee (BASOC), 2450 Agnes Way, Palo Alto, CA 94303. Phone 650.856.2234 Fax 650.856.6816 www.basoc.org. □

We Welcome Letters

- The *National Masters News* welcomes letters on topics of general interest.
- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature). E-mail to natmanews@aol.com
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.

NATIONAL MASTERS NEWS

The *National Masters News* now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This enables foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

TEN 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) in Honolulu Marathon
- Wally Herrala Runs M50 Mile WR 4:39:95.



KONRAD WOJCIK
Don Helton, M50, 2004 Hayward Classic, Eugene, Ore. The 2005 Hayward Meet is scheduled for June 25-26.

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on-line at:
www.nationalmastersnews.com

Who are you calling gramps?



World Masters Games Edmonton July 22 - 31, 2005

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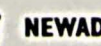
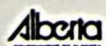
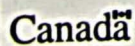
Whether you're 30 or 80. Register today. 780.822.2005 www.2005worldmasters.com

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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
By JOHN W. PAGLIANO, D.P.M.

Plantar Fasciitis

are

I thought it would be appropriate to start out the new year by revisiting the most common injury among runners, planter fasciitis. This condition occurs in 15% of all runners we treat with lower extremity injuries, and can best be described as an inflammation of the fascia where it attaches to the heel bone on the bottom aspect of the calcaneus, or heel bone

The fascia is a strong band of collagen and elastic fibers that starts from the bottom of the heel bone and runs up into the metatarsal and toe areas along the bottom of the foot. It is really a fascia covering for the muscles that run along the bottom of the foot.

It is thick and gristly where it attaches to the heel and thins out as it courses along the bottom of the foot into the metatarsal head area. Its purpose is to bind down muscle groups. This produces tension on the muscles for better action and also sheathing for the blood surface.

Looking at fascial inflammation on a histological basis, we have found that collagen degeneration and angiofibroblastic hyperplasia occur. Some of this contains less mature fibrocytes and blood vessels. What does this mean? It is the result of repetitive microtrauma to the collagen and its attempt to repair and heal.

So what causes plantar fasciitis? There are several reasons. Of course those just mentioned, repetitive trauma to the bottom of the heel where the fascia attaches to the calcaneus. Most of this trauma comes from repetitive training errors and poor training surface. Running on concrete is very unforgiving and causes trauma to the heel area. This is also aggravated by poor footwear.

Several studies have shown that the overloading of the plantar fascia insertion is due to muscle defects. The conclusion of these studies is that strength and flexibility defects in the supporting musculature of the foot and calf affect the plantar fascia.

Many studies have shown that excessive and/or prolonged duration of pronation is the most common mechanical cause of structural strain resulting in plantar fasciitis. The overpronated foot would certainly place an excessive stress on the medial calcaneal area at the insertion of the plantar fascia. This is why most of the pain resulting from plantar fasciitis is on the inside and medial portion of the heel. As the foot pronates, the large toe becomes hypermobile and the weight of the body is moved to the more medial position.

Ron Valmassey, a sports podiatrist in the San Francisco area, feels there

are several types of foot and leg deformity that lead to plantar fasciitis. These include forefoot deformities, rear foot pronation, and transverse plane abnormalities among others.

This also appears to be a gender related injury. In our original study of 4000 injured long distance runners, males accounted for 87% of the injuries, with females at 13%. (There were 70% male and 30% female subjects in the study population.)

We also implicated age as we found that in all other injuries, athletes ages averaged 34 years, while in those with plantar fasciitis, 39 was the average age. Again, weight was suspect. Our average runner, male and female combined, was 152 pounds. Those with plantar fasciitis weighed 164 pounds. So it appears that mass carried by the individual is critical as a causative factor.

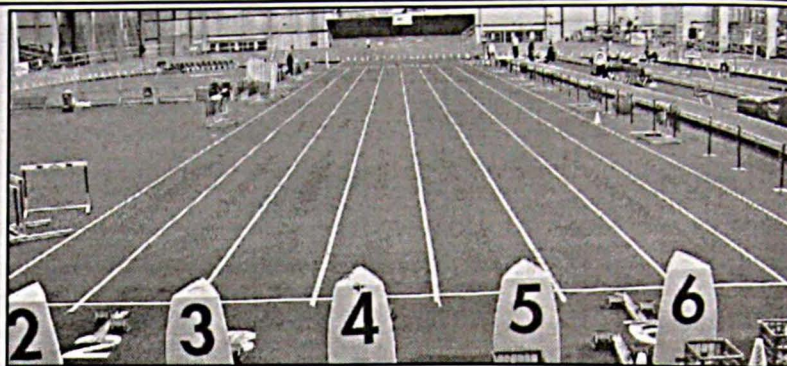
There appears to be a higher percentage of plantar fasciitis in those with high arches. McKenzie, Tauton and Clement, sports medicine physicians from British Columbia, also feel that cavus feet have a more rigid composition and concomitant problems of degenerating ability to absorb the force of ground contacts.

(Look for more information on causes and treatment of plantar fasciitis in March. Dr. Pagliano can be reached by e-mail at thefootbeat@aol.com.) □

NMN Photos Available

Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www.nationalmastersnews.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by e-mail at jerrywoj@aol.com, or at 541-343-7716.



JERRY WOJCIK

The eight-lane 60m straightaway inside the 200m Jacksons Indoor Track, Idaho Center, site of the USA National Masters Championships, March 11-13.

Nationals in Boise

Continued from page 1

weight (throwers will love this) will be thrown from a caged circle onto a dirt surface, so that metal outdoor implements can be used.

An added incentive for Westerners who haven't been to an indoor championships recently is that these championships will include the first official National Masters Club Championships after two years of tryouts.

Competition in five-year age groups is open to all men and women

age 30+, as well as non-U.S. citizens. Relay teams compete in 10-year age brackets.

No qualifying is necessary to enter. The only requirement for U.S. citizens is a USA Track & Field membership, available at the site. The entry deadline, without penalty, is Feb. 23. No entries will be accepted after March 1.

The meet also hosts the National Pentathlon Championships on Friday, March 11, starting at 9 a.m., with other events scheduled for later in the day.

Continued on page 13

Boise Offers Diversity of Attractions

For those headed for the 2005 USA National Masters Indoor Championships, March 11-13, and who want to do more than just run around in a 200-meter circle, Boise, the capital city of Idaho, offers a rare blend of urban and hometown amenities, with interesting, unique sites and attractions, and diverse cultural offerings.

For the fact minded, Boise, nicknamed the "City of Trees," is 2838 feet above sea level, has a population of 193,000 (with 350,000 in the metropolitan area), and an annual precipitation of 11.7 inches.

Although considered the most remote urban area in the U.S. - Salt Lake City is 336 miles to the south-east; Spokane, 379 miles to the north; Reno, 424 miles to the south; and Portland, 430 miles to the west - it is far from rural. Newsweek called it one of the hottest tech cities in the country, Bike Magazine said it is the best town to live and ride in, and Forbes ranked it #2 for business and careers.

The city's new airport terminal opened in June 2003, with Phase II ready in September 2004, and is serviced by 11 airlines, with more than 80 daily departures and arrivals and non-stop flights to 25 cities.

Boise-based companies include Boise (formerly Boise Cascade), Albertsons, Micron Technology, J.R. Simplot Co., Trus Joist MacMillan, and Washington Group International.

Among the unique attractions in the Boise area: the only Basque Museum and Cultural Center in North America, reflection of the area's largest concentration per capita of Basques in the U.S., (208-343-2671); Idaho Anne

Frank Human Rights Memorial (208-345-0304); World Center for Birds of Prey, the most sophisticated facility in the world for breeding and releasing birds of prey (208-362-8687); Idaho Black History Museum (208-433-0017); Old Idaho Territorial Penitentiary (208-334-2844); and Bogus Basin Mountain Resort, one of the best night skiing sites in the U.S., (208-332-5151).

The Greenbelt, a 25-mile riverfront pathway ideal for walking, jogging, bicycling and skating, runs through the city and follows the banks of the Boise River. The city's residents take advantage of its philharmonic orchestra, theater, ballet, choral, and opera companies, and art galleries.

Boise boasts three pro sports teams: Boise Hawks (baseball), Idaho Steelheads (hockey), and Idaho Stampede (basketball in Nampa).

Dining options are wide, ranging from four-star cuisine to casual brew pubs and coffee bars, and trendy bistros to riverfront patios. Ethnic restaurants are plentiful and range from Mediterranean to Thai, with an opportunity to enjoy the prominent Basque culture's food and drink.

Shoppers can find bargains at the Boise Towne Square Mall, Boise Factory Outlet Mall, boutiques, and antique stores.

To get more information on Boise before and during their stay, athletes can contact the Boise Convention and Visitors Bureau, P.O. Box 2106, Boise, ID 83701; 800-635-5240; 208-344-7777; fax: 208-344-6236; e-mail: lmcconnell@boisecvb.org; www.boise.org. □



Loss Creates

NMN received the feedback of the Senior Editor of the magazine, Phil Canale.

Question: I am trying to find a doctor, physical therapist, or other professional who is familiar with a runner's loss of power in the lower leg. I suspect this will be someone who works with lots of older runners.

Brief background: I am 55 years old, been a marathoner since age 18, 5-7, 125 pounds, and my running times range from 2:26 (age 26) to 3:04 (Boston '04).

I have had plenty of injuries, notably to my hamstrings, and to my right knee. Most long-time runners of my age have been terribly successful.

Decreased Power

About two years ago I started to notice a decrease in power in my left leg on some strides my left stride felt right ankle bone. My stride felt shorter and slightly out of kilter.

There is no pain and no swelling in other activities. An MRI showed a bulging disc in the lowest disc.

A neurologist I have seen told me that the bulging disc has narrowed the passageway through which the nerves travel to my left leg. I am right, but I'd like to consult with the most experienced person I can find.

One mystery: Why can't I find other runners with this problem? I've talked with lots of people, I've run with friends, and I pay attention to the literature.

Future: If the neurologist can tell me what I can do? Running is very important to me, and I hate to rest for decades of running with a balance stride, which will result in a lot of mileage and more than a few injuries.

Thank you for any guidance you can offer.

Answer: I'm not a physician. I've hired and fired some people as a hospital administrator. I know just enough to be helpful. This is what I would do.

I'd call around and find an orthopedic surgeon who is an endurance runner, like Dr. F. in Greenbay, Wisc. You want to call information in and get his office email address and let him know about your condition.

Through the years I've seen almost all orthopedic surgeons and how to apply the current techniques to common injuries, but it takes an orthopedic doc who understands the sport before you can be discovered for un-



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

Loss of Power in One Leg Creates Off-Kilter Performance

NMN received the following query from one of our readers, Ben Beach, Senior Editor of the Wilderness Society. We turned it over to sports fitness guru, Phil Campbell, for his input. Following is his advice. — ed.

Question: I am trying to find a doctor, physical therapist, coach, or other professional who is familiar with a runner's loss of power in one leg. I suspect this will be someone who works with lots of older runners.

Brief background: I am 55 and have been a marathoner since age 18. I am 5-7, 125 pounds, and my marathon times range from 2:26 (age 32) to 3:28 (Boston '04).

I have had plenty of injuries (most notably to my hamstrings), but fewer than most long-time runners, and none of them has been terribly serious.

Decreased Power

About two years ago I suddenly felt a decrease in power in my left leg, and on some strides my left shoe hits my right ankle bone. My stride is heavier and slightly out of kilter.

There is no pain and no impact on other activities. An MRI showed a loss of fluid in the lowest disc.

A neurologist I have seen believes that the bulging disc has narrowed the passageway through which nerve signals travel to my left leg. He may be right, but I'd like to consult with the most experienced person I can find.

One mystery: Why can't I find any other runners with this problem? I've talked with lots of people, I have many running friends, and I pay some attention to the literature.

Future: If the neurologist is correct, what can I do? Running is very important to me, and I hate to resign myself to decades of running with this off-balance stride, which will mean limited mileage and more than my share of injuries.

Thank you for any guidance you can offer.

Answer: I'm not a physician, but I've hired and fired some heart surgeons as a hospital administrator, so I know just enough to be dangerous! This is what I would do.

I'd call around and find an older orthopedic surgeon who is a serious endurance runner, like Dr. Rolf Lulloff in Greenbay, Wisc. You may even want to call information in Greenbay, get his office email address and write him about your condition.

Through the years I've found that almost all orthopedic surgeons know how to apply the current thinking to common injuries, but it takes finding an orthopedic doc who personally understands the sport before an answer can be discovered for unusual prob-

lems.

Benefits of Stretching

Personally, I've never seen an athletic injury that couldn't be helped by a consistent, static stretching program targeting the hamstrings and lower back, which impact the sciatic nerve.

I broke the L1 vertebra in a car accident in 1970 and the bone was crushed by 25%, but I can still throw the discus (not as far as Jerry Wojcik), and I can run as long as I do the 10-Minute Stretching Routine four times a week targeting my hamstrings and lower back.

Running in high heel shoes with the padding necessary to handle street running makes the Achilles, lower back and hamstrings tight.

FYI, I worked with a triathlete yesterday who is #8 in his age group in the U.S. and had him do 4x150s on a soft track, working on technique, and he got sick from the lactate.

Cut the Mileage

Speed workouts are tough, but give the bones a break without sacrificing endurance.

If you want to increase your speed and endurance, perhaps think about cutting back on the mileage and adding more high-intensity track workouts in cross-country flats (on some workouts, you may still need the additional padding now).

You may be able to minimize the damage of the day-in/day-out street pounding. Research shows that you can actually increase endurance with lactate system training and this can be performed on a soft track, and even on softer grass.

The two lactate system workouts that I recommend:

- 8x60 meters, followed by 4x150 meters.

- 60, 100, 150, 200, 300, 400, 300, 200, 150, 100, 60. (Does sound bad, but I've had some distance runners increase their time significantly in two weeks of doing these two workouts.)

As long as you perform one long distance run a week at slightly faster than your race pace, you shouldn't lose any endurance.

Give the bones a chance to heal, and on the positive side, you just may refine technique and pick up some additional speed along the way. □

(Phil Campbell, M.S., M.A., FACHE, is the author of *Ready, Set, Go! Synergy Fitness*; www.readysynergfitness.com)

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc.

Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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FIFTEEN 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



GEORGE BANKER
Maria Spinnler, first W40+ (18:53), PVI Runfest 5K, Fairfax, Va.



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Masters Racewalking

By ELAINE WARD

Special Moments in Time – Part II

Cedric Hustace (M70) is a nationally-ranked masters racewalker, a celebrated artist, and an accomplished musician. At the 2004 Southeastern Regional Masters Championships, he placed first in the 5K (33:43) and 20K (2:24:46). He recently racewalked to a first in his hometown half-marathon in Evansville, Ind., beating all the runners in his age group (2:33:10). He also placed 4th at the National Masters 10K in Decatur, Ill., last August (1:07:33). Hustace describes himself as "a perpetual optimist. I hope my paintings give the viewer an impression of my positive views on life. I like people. I like action. I like competition. And, of course, I welcome the challenge of trying to capture special moments in time on canvas."

EW: As you are from Hawaii and travel back and forth, have you ever painted the Honolulu Marathon?

CH: No, but I have racewalked it three times; in fact, I got second place one time in the racewalk division.

I have done paintings for the American Cancer Society in Honolulu. They had a half-marathon called the Kolekole Pass Half-Marathon. I did the art for a couple of years and they used it for posters and

feet up. On the other side there are some sharp, hairpin turns. Some places are so steep, it is difficult to maintain form.

The race ends at the naval weapons depot on the other side of the island. It's on the leeward side so it's warmer. At the finish line they have Hawaiian music and tropical fruits. It is a wonderful event. The painting I did is of Kolekole Pass.

EW: How about races you have walked and would like to paint?

CH: I would have to say that the Southeast Masters in Raleigh, N.C., is one I would like to paint. The 20K is one of the most fragrant I have ever done. The course goes past bunches of honeysuckle. Then it passes the arboretum so you have all these beautiful trees. It is a lovely course and I could make a fortune if I could capture the smell of the honeysuckle in a painting.

Another nice race is the Las Vegas Half-Marathon. In a way it was a bummer the year I did it as the entry form indicated a racewalk division, and it turned out they had discontinued the racewalk division though it was still on the form.

But as far as the race itself, it is wonderful. They take you out 13.1 miles into the desert from the Las Vegas Strip. They let you off in what seems like a vast, dark, cold void surrounding a parking area filled with car lights. The immediate challenge is to keep warm.

When the race starts, it is fantastic because you can see the lights of Las Vegas in the distance. During the whole race, you are walking toward the lights, and they always look closer than they are. It is a magnificent sight.

EW: You keep mentioning half-marathons. Do you prefer them to a marathon?

CH: I have done seven full marathons, including the Boston Marathon. With the Boston race, I was hurting from the first step to the last. It turned out I had heel spurs. I finished, but the memory isn't pleasant.

In each of the marathons, it seemed that when I would get to the halfway point, I would be feeling pretty good. But once I crossed that point, it was all downhill from there. It became sheer endurance.

The last marathon I did was in 1995 in St. Louis. I had the best time ever



Good/Bad News Crew – DQ Board, Original Acrylic 12" x 16", Cedric Hustace c 2004.

in a Marathon – under five hours. Carol was there when I crossed the finish line and I said to her, "What in the devil am I doing out here?" She has never let me forget it. So any time I have thought of entering a marathon, she says, "Remember what you said in 1995 after the St. Louis Marathon."

EW: You travel to Europe a lot. Have you ever walked in competitions there?

CH: No, I have not competed in Europe. However, I have worked out in many unusually beautiful places. For example, Carol and I like to do river cruises. One of my favorite workout places is Budapest, Hungary, which we have visited three times. The river boat docks right in downtown Budapest along the banks of the Danube. All the paths along the river are paved and lined with trees.

You may have to share a path with a bicycle now and then, but the view is absolutely breathtaking. A number of bridges cross the Danube, so I cross the river and walk maybe two or three bridges up and then come back on the opposite side.

I can get in an hour or an hour-and-a-half workout just enjoying the scenery. It is wonderful.

We were in the town of Regensburg in Southern Germany, along the Rhine. River cruises usually have land excursions that start about 8:30 a.m. I work out beforehand. One morning I left about 5:30 a.m. and went up and down the side streets of Regensburg. No one else was out. None of the shops were open except for a bakery. I could smell that bakery three blocks away. I tell you, that was one time that if I had euros in my

pocket, I would have ended my workout and just stayed at the bakery.

Wherever we travel, I try to get workouts in. A number of other towns create wonderful pictures in my mind. A favorite is Bucharest, Romania. Once I had an impromptu workout there as I wanted to get a soccer shirt for my grandson. The shirt place was about to close and was approximately one mile away. So I took off in my street clothes with some Romanian money in my pocket. I wouldn't have made it if I hadn't racewalked.

In Europe, as you know, they are used to seeing people racewalking. They don't even turn their heads when you pass by. They know the sport. It is a good feeling. You don't get cat calls like I do sometimes here in the states.

EW: When you are working out, do you ever get an inspiration about something you might like to

paint?

CH: Absolutely. When I was practicing law and would work out, I would be thinking of what I was going to do in a legal matter. The same is true now that I am painting. I think about an art project I am working on, or a specific visual or technical problem I have to try to solve artistically, or about something I would like to do.

Many times I set up a whole painting in my mind while I am racewalking. The one- to two-hour workout is productive time for me. I am never walking in a vacuum, but thinking about something. It is amazing, because at the same time I am thinking about where my feet are going every step. Which shows that you can think on several planes at one time.

EW: My explanation is that one level is perceptual and the other is cognitive.

CH: That is probably true. Several years ago during an interview, an art magazine writer asked, "When do you get inspired to do a painting?" She wanted me to say something like when the stars are aligned with Jupiter, or when inspiration flows from my fingers. I said, "I get inspired to paint every time my wife tells me it is time to cut the grass." They didn't put that in.

EW: As you have been talking, I feel like I have been racewalking along with you and seeing the sights and sounds with your eyes.

CH: Painting is wonderful in that you look at a scene as a special moment in time and capture it for others to enjoy wherever they are. □

(Elaine Ward can be contacted at narwf@sbcglobal.net)



At the annual meeting rolled out. This is an including the vations on this subject, pl Affairs/General Council

USA TRACK & FIELD & PROCEDURE EVALUATION OF SUANT TO THE A WITH DISABILI

In July of 2004, USA (USATF) President, Bied an Americans With (ADA) Committee to bring back to the Board dation regarding how handle requests for accommodation made by individuals covered under the ADA.

The committee consisted of Michael Fredericks, Mathews, Linda Me Chambers, Tony Cos Monday. Liaisons to were John Blackburn, Committee Chair, and USATF staff. The final and procedures were committee and approved USATF Board of Directors 16, 2004.

PROCEDURES FOR TION OF REQUESTS ACCOMMODATION

1. Accommodation individual submits a accommodation, due disability, either to director or a USATF request must be specific competition and to a discipline or activity. competition. USATF "blanket" accommodation applicable to multiple activities or event disc

(Note: Event/Race I encouraged to have a sp forms requesting wa accommodation is neing that it takes 4 to receipt of all medical evaluate such a request Responsible Party Director or USATF C

2. Information Request Waiver:

The event/r collect the name, con specific accommodation the individual, and the requested accommodation ward this information USATF Committee c Committee chair and Counsel will contact and request any additional information needed, including



Track & Field Report

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

ADA Accommodations

At the annual meeting in December, USATF's policy on ADA accommodations was rolled out. This is very important for all our members to be aware of. This month I am including the write-up of this policy for your information. If you have any questions on this subject, please feel free to make inquiries with the USATF Business Affairs/General Council Office or me (see p. 2).

USA TRACK & FIELD POLICY & PROCEDURES FOR EVALUATION OF REQUESTS FOR ACCOMMODATIONS PURSUANT TO THE AMERICANS WITH DISABILITIES ACT

In July of 2004, USA Track & Field (USATF) President, Bill Roe, appointed an Americans With Disabilities (ADA) Committee to look into and bring back to the Board a recommendation regarding how USATF should handle requests for accommodations made by individuals claiming rights under the ADA.

The committee consisted of Dr. Michael Frederickson, George Mathews, Linda Melzer, Barbara Chambers, Tony Cosey, and Rose Monday. Liaisons to the committee were John Blackburn, USATF Rules Committee Chair, and Jill Pilgrim, USATF staff. The following policy and procedures were proposed by the committee and approved by the USATF Board of Directors on October 16, 2004.

PROCEDURES FOR EVALUATION OF REQUESTS FOR ADA ACCOMMODATIONS

1. Accommodation Request: An individual submits a request for an accommodation, due to an asserted disability, either to an event/race director or a USATF Committee. The request must be specific to a particular competition and to a specific event discipline or activity at the relevant competition. USATF will not grant "blanket" accommodation requests applicable to multiple competitions, activities or event disciplines.

(Note: Event/Race Directors are encouraged to have a space on the entry forms requesting whether an ADA accommodation is needed, and advising that it takes 4 to 6 weeks after receipt of all medical documents to evaluate such a request.)

Responsible Party: Meet/Race Director or USATF Committee.

2. Information Review & Privacy Waiver: The event/race director will collect the name, contact information, specific accommodation requested by the individual, and the reason for the requested accommodation and forward this information to the applicable USATF Committee chairperson. The Committee chair and USATF General Counsel will contact the individual and request any additional documentation needed, including medical

records.

A release/waiver of privacy/confidentiality must be signed by the individual requesting the accommodation in order to permit USATF to review his or her medical records. After review, these records will be maintained as confidential by the USATF Legal Department. The review of all relevant documents will not begin, and the 4 to 6 week clock will not start to run, until USATF has received all relevant documentation from the individual requesting the accommodation.

Responsible Party: USATF Committee Chairperson and General Counsel.

3. Determination of Whether Individual is Disabled, under the ADA: The General Counsel shall forward the individual's medical documentation to a representative of the USATF Sports Medicine & Science ADA Subcommittee (yet to be formed) for review. This body or individual will evaluate and report back to the USATF Committee chairperson and the General Counsel on whether the individual is disabled within the meaning of the ADA.

(Note: A written release/waiver of privacy/confidentiality must be signed by the individual requesting the accommodation in order to permit USATF to review his or her medical records.) If the Subcommittee determines that the disability does not meet the ADA requirements, the request for an accommodation will be denied. In this event, the NABR procedures outlined in item 6 may be invoked.

Responsible Party: ADA Subcommittee of USATF Sports Medicine & Science Committee.

4. Determination of Reasonableness of Accommodation Request: If the USATF Sports Medicine & Science ADA Subcommittee decides that the athlete is disabled pursuant to ADA guidelines, the applicable USATF (National) Committee chairperson will then decide whether the requested accommodation is reasonable on its face, in relation to the disability and the nature of the accommodation requested.

The essential question will be whether the requested accommodation "for a particular person's disability would be reasonable under the circumstances as well as necessary for that person"? In making this determination, the USATF Committee chair-

person should receive comment from the race/event director on what, if any, hardship providing the accommodation would cause it or the competition. (This inquiry does not take into account what effect the accommodation would have on the essential elements of the sport.)

If the USATF Committee chairperson determines that the request is unreasonable, then the request for the accommodation will be denied. In this event, the NABR procedures outlined in item 6 may be invoked.

Responsible Party: USATF (National) Committee chairperson.

[Note: If an individual has been through this process previously in regard to a different event, the USATF Sports Medicine & Science ADA Subcommittee does not have to reevaluate whether the individual is disabled within the meaning of the ADA, unless the individual is asserting a different disability than the one previously asserted.]

5. Determination of Whether Accommodation Would Fundamentally Alter the Sport: If the accommodation request is deemed reasonable, then the ADA Accommodations Committee will determine whether granting the accommodation would fundamentally alter an essential aspect of the sport of track and field, long distance running or racewalking, either because: 1) the accommodation is unacceptable even if it applied to all athletes; and/or 2) the accommodation, regardless of whether it is "a less significant change," would nevertheless give the disabled athlete an unfair advantage.

Responsible Party: USATF ADA Accommodations Committee (permanent committee to be formed including a representative from the following groups: Officials, Athletes, Disabled Athletes, Event/Race Director, Medical Professional, and USATF General Counsel as staff liaison.)

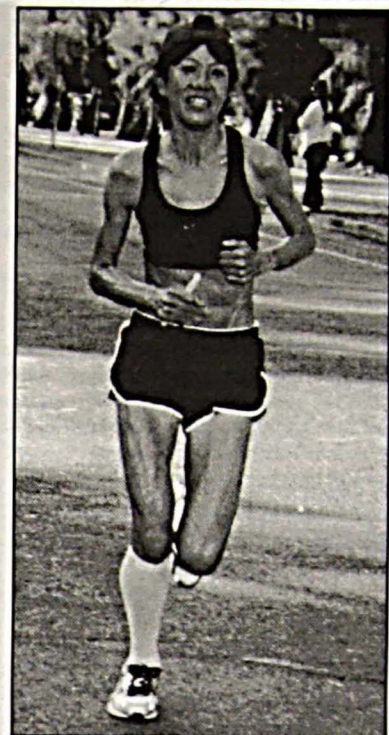
6. An individual who has subjected him- or herself to the above-described evaluation process, and has been determined not to be entitled to an accommodation, may appeal that decision to the National Athletics Board of Review in accordance with USATF Regulation 11-P.

GUIDELINES & SPECIFIC PROCEDURES

Once formed, it will be the responsibility of the ADA Accommodations Committee, as it assesses how the process works in real time, to develop working guidelines and procedures consistent with the policy and general procedures approved by the USATF Board.

USATF COMPETITION RULE CHANGES

In addition to establishing the policies and procedures outlined above, the USATF Rules Committee will also clarify the rules of competition with respect to the essential aspects of the sport of track and field, long distance running and racewalking.



TESH TESHIMA
Sayuri Kusutani, 45, Honolulu, eighth overall (2:53:48), Honolulu Marathon, won the Kamaaina Award for first local runner, and a trip to any marathon in the U.S.

ACCOMMODATION OF PERSONS WITH DISABILITIES IN ABLE-BODIED COMPETITION

Pursuant to the policy approved by the USA Track & Field Board of Directors in October of 2004, all USATF sanctioned events are now required to comply with the "Policy & Procedures for Accommodation Requests Pursuant to the Americans with Disabilities Act" which is available at: <http://www.usatf.org/about/legal/policies/ADA.asp>

Sanction holders are now required to include a check off box or line for an individual entering an able bodied (i.e. regular) competition to indicate his or her desire to request an accommodation of a disability. Examples appear below:

Option 1: _____ I have a disability for which I am requesting an accommodation (attach explanation).

(Note: All requests for accommodations must be received six weeks prior to the date of competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 2: My Americans With Disabilities Act Accommodation requested is _____

(Note: It generally takes six weeks from the receipt of all relevant documentation to evaluate such requests. No such requests will be granted if the necessary documentation has not been sent to USATF at least six weeks prior to the date of the competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 3: _____ I am requesting an accommodation for a disability as follows (Note: All

Continued on page 13

Nationals in Boise

Continued from page 8

The meet continues on Saturday and Sunday with a full slate, including the 60H, mile, superweight, two relays, and 3000m racewalk.

The championships entry form, with the schedule and important information, such as hotels with room blocks, was published in the December and January issues of NMN. A daily shuttle service will be provided between those hotels and the Idaho Center. A "Taste of Idaho" dinner is planned for Saturday night.

For more meet information, call 208-859-9219; or e-mail masterschamps@earthlink.net. Online registration: www.usatf.org/assoc/sr, or www.mastertrackandfield.com.

For information about Boise, contact the Boise Convention & Visitors Bureau: 800-635-5240; www.boise.org. □



GEORGE BANKER

Patricia Donohue, first W50 (79:14), 2004 Annapolis 10 Mile.

Track & Field Report

Continued from page 11

requests for accommodations must be received six weeks prior to the date of competition. This section does not apply to athletes competing in the wheelchair or disabled division of the race/event.)

Option 4: [Any language consistent with the above]

Event and race directors must review submitted entry forms and refer any person who is entered in the able bodied/regular competition and has requested an accommodation to the USATF Legal Department at (317) 261-0478 Ext. 341 or 321.

NOTE: This policy and procedure does not apply to disabled competitions or disabled divisions of a competition. □

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Quantity _____ Total (US\$) _____
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Masters Track & Field Rankings Book (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age-group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$4.00.

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Masters Track & Field Rankings (2003)

Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

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Masters Track & Field Indoor Rankings

Indoor rankings for 2004. 4 pages. \$2.00.

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Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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Masters 5-Year Outdoor Age-Group Records

Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00.

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Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA), 4 pages. \$2.00.

Quantity _____ Total (US\$) _____
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Competition Rules for Athletics (2004 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

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USATF Directory (2003-2004)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

Quantity _____ Total (US\$) _____
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WMA Handbook (2003-2005)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00

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USATF Governance Handbook (2004)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. \$12.00.

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Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

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Champions for Life, by John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track & field. \$34.95

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How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling. **(SOLD OUT)**

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USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

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USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

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USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

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2004 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

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The Weight Room

By JERRY WOJCIK

Join the Club

In a departure from my annual "Outdoor at the Indoor and Indoor at the Outdoor" weight throw column, I'd like to let readers know that the USA Masters Indoor Championships, Boise/Nampa, Idaho, will include, after two years of unofficial scoring, an official club championships.

If its potential is realized, club championships could begin a new chapter in masters track & field.

For the years that I've been associated with the masters movement, the impression created by its leaders in their annual reports is that things are going along well in terms of participation.

At the top of the pyramid, that may be true. Championships bid winners appear to be doing well; otherwise, why would Boston have bid for the umpteenth (I'm using that because I've lost track of how many times we've been there) time for the indoor championships, or Orono, Me. (the only bidder), for its third outdoor championships, at the USATF Meeting in Portland, Ore., in December.

But anybody who's been involved with masters for any length of time

knows that at the association and regional levels and other meets at the bottom of the pyramid, we haven't made a lot of progress in terms of numbers. I keep hearing the word "grassroots" in connection with masters track & field, but I don't see much being done in how I define "grassroots."

Recruiting Masters

We have to distinguish between programs that highlight outstanding masters athletes and presently non-existent strategies aimed at recruiting people at another level into the program by informing them of what "masters" is all about.

At the 2004 Olympic Trials in Sacramento, age-40+ men and women ran in two exhibition 800m races. The winning time for the men was 1:54.39 and for the women 2:16.42. Did those athletes typify masters 800m runners?

How many age-40+ former runners in the stands, do you think, said, "I can do that. I should look into this masters thing." Or did they say, "Wow, those guys are good. I could never do that."

In this issue's results, I see that in an indoor meet, an M40 ran the 800m in 2:19, an M45 ran a 4:47 mile, and a W40 ran a 2:39 800m. All of those are more reflective of how most masters athletes perform than are the times in Sacramento.

Average Athletes

We need to develop publicity showing potential recruits that most masters are pretty average athletes. There are a lot more former male 800m runners who ran 2:20 in high school or 2:00 in college, if they ran at all, than there are those who ran 1:55. We should be addressing the former, not the latter, simply because there are more of them. The same is probably more true for women age-40, because many went to high schools and colleges that didn't have track programs two decades ago.

I'm not saying we should eliminate the high profile programs, but we need also to spend more of our energy and money in efforts that have the potential to increase our numbers substantially from the hoi polloi rather than by one or two stellar athletes.

Sponsors

USATF CEO Craig Masback told masters at the annual meeting in Portland that sponsors are largely influenced by numbers. Case in point: MPC, a computer outfit in the Boise area, was the name sponsor for the 2004 Idaho Masters Indoor Classic last March, and was mentioned as a possible sponsor for the 2005 Indoor Nationals in Boise.

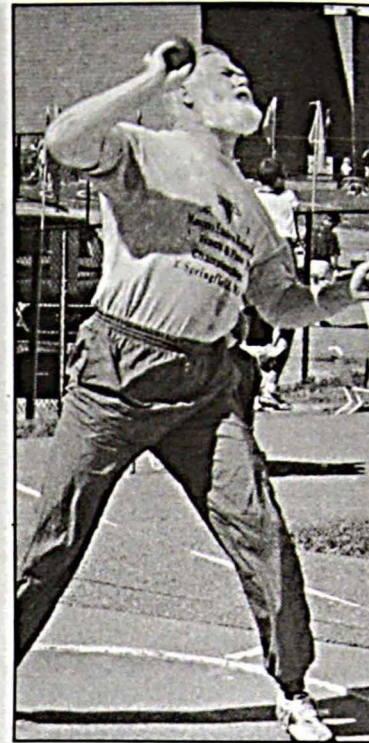
I took a picture of weight thrower Joan Stratton standing in front of an MPC banner, which I intended to use as a promo picture this month. MPC decided instead to associate itself with a bowl game in Boise. I can't fault MPC for that, because the 700 or 800 who will show up at the Jacksons Indoor Track can't match the probable 45,000 or so who watched the football game played on the famed blue turf at Boise State U. Stadium.

Marketing Perspective

I can't believe that a company marketing person, with an MBA fresh from Stanford in hand, knows anything about who holds the M40 100 world record or the W50 U.S. shot put record, but I know he/she understands 45,000 as opposed to 700.

Now, what does all of this have to do with club memberships and increasing participation at masters meets? I think the prospect of competing for a club championship can be used to lead more folks in their 40s and 50s to become involved in the masters program.

Plus, if we throw in camaraderie and health and fun, which used to be masters catchwords, but seem to have been replaced by "ex-Olympians" and "world record holders," with the idea of scoring points for their club, maybe that will dispel the impression that we are all elite athletes and induce more couch potatoes among the millions of



JERRY WOJCIK

Dennis Chandler, M55, 2004 USA National Masters T&F Championships. The 2005 Nationals will be held in Honolulu, Aug. 4-7.

Subscriber Questions?
call 818-286-3129

the nation's baby boomers to join us.

We should start to make club championships a big deal at association, regional, and other meets, with trophies, whatever else a championship may be worth, and solid pre- and post-publicity. More entrants in those meets mean more money, and that means good things for masters. It'll take some pre-meet planning and software, which should be made available by the Masters T&F Committee to meet directors.


Economics

Will marketing executives from major companies start bidding for masters meet sponsorships? Probably not, but a local business might be persuaded to come aboard if the numbers look promising and if it is aware that masters are essentially well-educated professionals, who have money to drive nice cars, travel, drink beer (well, throwers anyway), and eat out, besides buying running shoes.


Who knows? Maybe some newcomers will be interested enough to become local club officers, or even on a national level, to replace some of the stalwarts who have been carrying the masters movement, both in track & field and LDR, on their backs for decades.

I hope the potential of club championships will be on the agenda of the Masters T&F Executive Committee when it meets in Boise and Honolulu to create the USATF Masters T&F Strategic Plan.

And, by the way, we will be throwing the outdoor weights indoors in Nampa. □




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New Indo

In this issue are records for men January 8, 2005.

THIS FORM IT MAY BE USED

To THE RECORD

Application is hereby m

Description of Record

World _____ American _____

Junior _____ Age _____

(All applications for Junior, Age

1. Event _____

3. Record claimed (state

4. Where held (Arena, To

5. Force of following v

6. Name of Competitor

NATIONAL MASTERS NEWS

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



Masters Age Records

New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year indoor age-group track and field records for men and women. The world marks are those compiled and approved as of January 8, 2005, by the Records Committee of World Masters Athletics (WMA).

The U.S. records are those compiled and approved, as of December 31, 2004, by the Masters Track and Field Records Subcommittee of USA Track & Field (USATF).

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-U.S. athletes should use the WMA record form published in the WMA Handbook.

It will also be printed in the April 2005 NMN along with the new list of outdoor records. □



SUZY HESS
Kathy Martin, 2004 BENGAY Masters Athlete of the Year, set W50 U.S. records in the 800, 1500, mile, and 3000 in 2004.

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

APPLICATION FOR RECORDS

Send to:

For U.S. age-group records, send to Sandy Pashkin
2525 Willakenzie, Apt. 4, Eugene, OR 97401
For WMA age-group records, send to Brian Oxley
259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada

To THE RECORD COMMITTEE:

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

Description of Record:

World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age _____ Group _____ Masters _____

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

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

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

AUTOMATIC TIMING

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

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

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

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

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

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

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of Measurers)

(Address or USATF Official's Registration Number)

(Signature of Measurers)

(Address or USATF Official's Registration Number)

(a) Track Events

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

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

(b) Field Events

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

THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA) as of January 8, 2005

USA T

Appro

Men's World Indoor Records

Div.	Mark	Name (Country)	Age	Meet Date
60 Meters				
M 35	6.31	Linford Christie	GBR	37/1/1997
M 40	6.81	Troy Douglas	NEO	40/2/9/2003
M 45	7.02	Stan Whitely	USA	45/3/23/1991
M 50	7.20	Bill Collins	USA	51/3/23/2002
M 55	7.51	Manfred Koch	GER	55/2/8/2003
M 60	7.70	Payton Jordan	USA	60/1/7/1978
M 65	7.72	Paul Edens	USA	62/2/29/2004
M 70	7.80	Cecil Paul	CAN	66/3/8/1986
M 75	8.22	Bruno Kimmel	GER	70/3/12/2004
M 80	8.67	Meivn Larsen	USA	75/3/25/2000
M 85	9.39	Roderick Parker	USA	80/3/27/1999
M 90	9.78	Guissepe Marabotti	ITA	85/3/10/2001
M 95	11.50	Vittorio Colo	ITA	92/10/xx/03
M 100	16.96	Everett Hosack	USA	95/3/1/1997
M 100	27.29	Everett Hosack	USA	100/3/23/2002

Div.	Mark	Name (Country)	Age	Meet Date
200 Meters				
M 35	20.59	Doug Turner	GBR	35/7/17/2002
M 40	22.19	Bill Collins	USA	44/2/6/1995
M 45	22.57	Bill Collins	USA	48/2/1/1999
M 50	22.99	Bill Collins	USA	51/3/30/2002
M 55	24.09	Stephen Robbins	USA	55/2/15/1998
M 60	25.10	Larry Colbert	USA	61/3/29/1998
M 65	25.60	Guido Mueller	GER	65/2/8/2004
M 70	27.40	Allan Meddings	GBR	70/3/1/1998
M 75	29.11	Will Seizer	GER	75/3/9/2003
M 80	32.49	Gote Lindblad	SWE	80/3/10/2004
M 85	34.42	Ugo Sansonetti	ITA	85/3/10/2004
M 90	41.47	Frederich E Mahlo	GER	90/3/9/2003
M 95	66.78	Everett Hosack	USA	95/4/6/1997

Div.	Mark	Name (Country)	Age	Meet Date
400 Meters				
M 35	47.95	Eric Roeske	NEO	35/2/24/1996
M 40	49.14	Elvis Forde	BAR	40/2/18/2000
M 45	49.89	Fred Sawerby	USA	45/1/29/1995
M 50	52.47	Harold Morioka	CAN	52/2/5/1995
M 55	53.20	Aiston Brown	JAM	55/3/21/2004
M 60	56.62	Harold Morioka	CAN	60/3/29/2003
M 65	56.63	Guido Mueller	GER	65/8/2/2004
M 70	61.31	Earl Fee	CAN	70/3/27/1999
M 75	66.28	Earl Fee	CAN	75/3/27/2004
M 80	75.58	Roderick Parker	USA	80/3/27/1999
M 85	85.14	Roderick Parker	USA	85/3/27/2004
M 90	01:51.26	Frederich E Mahlo	GER	90/3/9/2003

Div.	Mark	Name (Country)	Age	Meet Date
800 Meters				
M 35	03:37.40	Marcus O'Sullivan	IRL	37/2/20/1997
M 40	04:18.81	Johnny Gray	USA	40/3/2/2001
M 45	01:57.32	Peter Browne	GBR	45/1/29/1995
M 50	02:02.02	Alastair Dunlop	GBR	50/3/10/2004
M 55	02:08.15	Reginald Phipps	GBR	55/1/17/1999
M 60	02:03.00	Aiston Brown	JAM	60/2/12/2004
M 65	02:14.42	Harold Morioka	CAN	65/3/30/2003
M 70	02:16.80	Earl Fee	CAN	70/3/27/1999
M 75	02:20.45	Earl Fee	CAN	75/3/28/1999
M 80	02:32.47	Earl Fee	CAN	80/3/27/2004
M 85	03:11.16	Ernie Pauwels	BEL	85/3/11/2001
M 90	03:30.95	Hoiger Josefsson	SWE	85/2/7/2004
M 95	05:01.44	Max Springer	USA	90/3/28/2004

Div.	Mark	Name (Country)	Age	Meet Date
1500 Meters				
M 35	03:37.40	Marcus O'Sullivan	IRL	35/2/20/1997
M 40	03:45.30	Eamonn Coghlan	IRL	40/2/26/1993
M 45	04:03.69	John Potts	GBR	45/3/9/1990
M 50	04:17.30	John Potts	GBR	50/2/26/1995
M 55	04:27.01	John Potts	GBR	55/2/14/2000
M 60	04:34.80	Maurice Morrell	GBR	61/3/20/1994
M 65	04:47.11	Earl Fee	CAN	65/3/26/1994
M 70	05:13.10	James Todd	GBR	70/3/7/1992
M 75	05:37.28	Rune Bergman	SWE	75/3/12/2000
M 80	06:19.34	Ernie Warwick	GBR	80/3/21/1996
M 85	07:18.32	Hoiger Josefsson	SWE	85/2/8/2004
M 90	14:29.40	Mikko Salonen	FIN	90/2/7/1988

Div.	Mark	Name (Country)	Age	Meet Date
Mile				
M 40	03:58.13	Eamonn Coghlan	IRL	41/2/20/1994
M 45	04:21.90	Albin Swenson	USA	46/2/26/1993
M 50	04:26.75	Nolan Shaheed	USA	51/3/2/2001
M 55	04:49.33	Aiston Brown	JAM	55/3/27/2004
M 60	05:01.76	Dan Conway	USA	60/3/27/1998
M 65	05:13.30	Earl Fee	CAN	65/3/13/1996
M 70	05:32.40	Scotty Carter	USA	70/3/15/1987
M 75	05:41.95	Earl Fee	USA	75/3/26/2003
M 80	07:04.20	Paul Spangler	USA	80/3/18/1979
M 85	08:33.11	Vincent Malizia	USA	85/3/25/2000

Div.	Mark	Name (Country)	Age	Meet Date
3000 Meters				
M 35	07:40.68	Dietmar Baumann	GER	36/2/2/2002
M 40	08:09.13	Marcus O'Sullivan	GBR	40/2/26/2002
M 45	08:36.64	Klaus Guldammer	GER	46/1/24/1999
M 50	08:49.37	Nigel Gats	GBR	50/3/14/2004
M 55	08:58.70	Gunter Hassemann	GBR	55/12/14/1980
M 60	09:43.88	Andrew Brown	GBR	61/3/20/1994
M 65	10:11.60	Ed Whitlock	CAN	65/3/9/1996
M 70	10:56.69	Enrique Moreno	ESP	70/3/6/2003
M 75	12:12.72	James Todd	GBR	75/2/28/1997
M 80	14:10.79	Gordon Porteous	GBR	80/3/10/1994
M 85	16:41.30	Matti Laihio	FIN	85/2/10/1995
M 90	23:21.12	Max Springer	USA	90/3/26/2004

Div.	Mark	Name (Country)	Age	Meet Date
60m Hurdles				
M 35	7.40	Colin Jackson	GBR	35/3/2/2002
M 40	7.96	Karl Smith	USA	40/3/25/2000
M 45	8.36	Colin Williams	USA	48/2/3/2002
M 50	8.47	Walt Butler	USA	51/3/20/1993
M 55	8.63	Courtland Gray	USA	55/2/14/1999
M 60	8.85	Courtland Gray	USA	60/3/10/2004
M 65	9.60	Guido Mueller	GER	65/3/10/2004
M 70	9.89	James Stookey	USA	70/3/25/2000
M 75	10.09	Meivn Larsen	USA	75/1/9/2001
M 80	12.11	Ugo Sansonetti	ITA	80/3/23/2002
M 85	14.36	Karl Trei	CAN	85/3/4/1995

Div.	Mark	Name (Country)	Age	Meet Date
60m Hurdles (27")				
M 35	11.65	Bruno Sobrero	ITA	35/2/2/2001
M 85	01:50.06	Frederich E Mahlo	GER	85/3/13/2004
M 90	01:50.06	Frederich E Mahlo	GER	90/3/6/2003

Div.	Mark	Name (Country)	Age	Meet Date
High Jump				
M 35	2.27	Cristian Popescu	ROM	35/2/22/1998
M 40	2.10	Gaigh Stoenes	USA	40/3/5/1994
M 45	1.92	Mark Theonoy	URS	46/3/18/1990
M 50	2.00	Thomas Zacharas	GER	50/3/2/1997
M 55	1.81	Asko Pesonen	FIN	56/3/18/2000
M 60	1.73	Asko Pesonen	FIN	60/2/6/2004
M 65	1.62	Jim Gilchrist	USA	65/3/19/1993
M 70	1.62	Harst Mandl	AUT	65/3/12/2001
M 75	1.49	Nils-Bertil Nevrup	SWE	70/1/12/1997
M 80	1.40	Esko Kohonen	FIN	75/4/1/1989
M 85	1.27	Esko Kohonen	FIN	85/1/9/1995
M 90	1.27	Emmerich Zensch	AUT	81/3/10/2001
M 95	1.09	Reino Taskinen	FIN	86/2/9/2002
M 90	1.05	Leland McPhee	USA	90/3/27/2004
M 95	0.86	Everett Hosack	USA	95/3/2/1997

Div.	Mark	Name (Country)	Age	Meet Date
Pole Vault				
M 35	2.14	Sara Nyberg	SWE	35/2/2/1999
M 40	5.70	Rodion Gataulain	RUS	40/2/23/2001
M 45	5.18	Earl Bell	USA	45/8/26/1995
M 50	4.78	Gary Hunter	USA	45/3/24/2001
M 55	4.63	Wolfgang Ritzke	USA	55/2/15/2003
M 60	4.10	Matti Kipelaenen	USA	57/2/15/2003
M 65	3.91	Dale Lance	USA	60/3/27/1998
M 70	3.42	Jerry Donley	USA	65/2/25/1995
M 75	3.20	Brown Brown	GBR	70/2/15/2003
M 80	2.82	Carol Johnston	USA	75/3/19/1988
M 85	2.75	William K. Bell	USA	80/3/2/2002
M 85	1.90	Anli Pajunen	FIN	85/3/19/1995
M 90	1.60	Anli Pajunen	FIN	90/2/6/2000

Div.	Mark	Name (Country)	Age	Meet Date
Long Jump				
M 35	7.91	Reijo Tolonen	FIN	35/1/3/1972
M 40	7.52	Barrington Williams	GBR	40/2/3/1990
M 45	6.90	Tapani Taavitsainen	FIN	45/2/3/1997
M 50	6.50	Pertti Ahavainen	FIN	55/3/19/1995
M 55	6.34	Stig Backlund	FIN	55/11/13/1999
M 60	5.80	Stig Backlund	FIN	60/11/13/1999
M 65	5.31	Meivn Larsen	USA	66/1/13/1991
M 65	5.31	Dick Richards	USA	66/2/25/2001
M 70	5.07	Wolfgang K. Reuter	GER	73/3/7/2003
M 75	4.41	Heikki Simola	FIN	75/3/7/1987
M 80	4.01	Edwin Lukens	USA	80/3/23/2002
M 85	3.40	Guissepe Marabotti	ITA	85/3/9/2001
M 85	3.40	Ugo Sansonetti	ITA	85/3/10/2004
M 90	3.15	Max Springer	USA	90/3/26/2004

Div.	Mark	Name (Country)	Age	Meet Date
Triple Jump				
M 35	17.44	Jonathan Edwards	GBR	36/2/21/2002
M 40	16.08	Ray Kimble	USA	40/2--94
M 45	16.42	Milan Tiff	USA	46/2/26/1995
M 50	13.72	Stig Backlund	FIN	50/3/4/1990
M 55	13.35	Stig Backlund	FIN	55/11/13/1999
M 60	12.53	Meivn Larsen	USA	60/11/13/1999
M 65	10.92	Ametio Gordon	ITA	65/3/3/1990
M 70	10.54	Vladimir Popov	RUS	70/3/8/2003
M 75	9.40	Heikki Simola	FIN	75/3/8/1987
M 80	8.65	Ed Lukens	USA	81/3/30/2003
M 85	6.95	Vittorio Colo	ITA	89/3/10/2001
M 90	6.52	Vittorio Colo	ITA	91/3/8/2003

Div.	Mark	Name (Country)	Age	Meet Date
Shot Put (35-49: 16kg; 50-59: 6kg; 60-69: 5kg; 70+: 4kg)				
M 35	20.85	Mark Procter	GBR	35/1/28/1998
M 40	20.07	Brian Oldfield	USA	40/1/17/1986
M 40	20.07	Ivan Ivankic	YUG	45/2/20/1983
M 45	16.65	Ron Summers	USA	50/3/27/2004
M 50	15.74	Joe Keshmir	USA	56/2/25/1995
M 60	16.83	Reino Nokaalainen	FIN	60/8/1
M 65	15.28	Volto Eino	FIN	67/82
M 70	14.39	Tom Wachenfeldt	SWE	71/3/22/1998
M 75	14.64	Tauno Kivi	FIN	70/3/21/1999
M 80	13.02	Erik Eriksson	FIN	77/3/9/2001
M 80	11.80	Erik Eriksson	FIN	80/2/15/2004
M 85	9.68	Ross Carter	USA	85/3/26/1999
M 85	7.10	Mario Riboni	ITA	89/3/10/2001
M 90	4.06	Everett Hosack	USA	97/3/26/1999
M 100	3.52	Everett Hosack	USA	100/3/23/2002

Div.	Mark	Name (Country)	Age	Meet Date
3000 Meter Racewalk				
M 35	11:09.40	Robert Korzeniowski	POL	35/1/31/2004
M 40	12:25.80	Bengt Bengtsson	SWE	42/3/12/2004
M 45	12:21.55	Franksek Parys	CZE	45/3/6/1999
M 50	12:39.90	Donald Denoon	USA	57/2--4--9
M 55	13:19.60	Aaro Nokela	FIN	57/1/15/1993
M 60	13:57.90	Aaro Nokela	FIN	61/3/30/1996
M 65	15:28.80	Toivo Tuomela	FIN	66/2/7/1996
M 70	17:03.33	Jack Starr	USA	70/3/27/1999
M 70	15:27.96	Tonetti Franca	ITA	7/2/24/1991
M 75	17:41.60	James Grimwade	GBR	79/3/21/1992
M 80	17:41.40	James Grimwade	GBR	80/3/21/1992
M 85	22:42.03	Ake Sjarng	FIN	85/4/3/1993

Women's World Indoor Records

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of December 31, 2004

Men's U.S. Indoor Records

Div.	Mark	Name	St	Age	Meet Date
60 Meters					
35-39	6.98	Mitchell Lovett	NY	36	1998-03-28
40-44	6.97	Eddie Hart	CA	40	1990-03-24
45-49	7.02	Stan Whitley	CA	45	1991-03-23
50-54	7.23	Bill Collins	TX	50	2001-03-24
55-59	7.53	Hugo Hartenstein	CO	55	1990-03-24
60-64	7.72	Paul Edens	OR	62	2004-02-29
65-69	8.05	Harold Tolson	CA	65	2003-03-29
70-74	8.41	Harry Brown	IL	70	2000-03-25
75-79	8.67	Melvin Larsen	IA	75	2000-03-25
80-84	9.39	Roderick Parker	AR	80	1999-03-27
85-89	9.86	Roderick Parker	AK	85	2004-03-27
90-94	11.84	Ted Hatlen	CA	90	2001-03-24
100+	27.29	Everett Hosack	OH	100	2002-03-23
200 Meters					
35-39	22.04	Mitchell Lovett	NY	36	1998-03-29
40-44	22.19	Bill Collins	TX	44	1995-02-26
45-49	22.57	Bill Collins	TX	48	1999-02-14
50-54	22.99	Bill Collins	TX	52	2003-03-30
55-59	24.09	Stephen Robbins	CA	56	1998-02-15
60-64	25.10	Larry Colbert	MD	61	1998-03-29
65-69	26.20	Larry Colbert	MD	65	2002-03-24
70-74	27.75	Harry Brown	IL	70	2000-03-26
75-79	29.57	Melvin Larsen	IA	75	2000-03-26
80-84	32.85	Jim Manno	NJ	80	2001-03-25
85-89	35.74	Roderick Parker	AR	85	2004-03-28
90-94	49.32	Max Springer	TN	90	2004-03-28
95-99	66.78	Everett Hosack	OH	95	1997-04-06
100+	2:22.81	Everett Hosack	OH	100	2002-03-16
400 Meters					
35-39	48.58	Mitchell Lovett	NY	36	1998-03-28
40-44	49.62	Ray Blackwell	DE	42	2001-03-24
45-49	49.89	Fred Sowerby	NV	45	1994-01-29
50-54	52.78	Bill Collins	TX	50	2001-03-24
55-59	53.20	Charles Allie	NY	58	2004-03-21
60-64	56.32	Larry Colbert	MD	60	1997-03-22
65-69	59.35	Larry Colbert	MD	65	2002-03-23
70-74	63.71	Harry Brown	IL	70	2000-03-25
75-79	70.09	Rodney Brown	UT	76	2003-03-29
80-84	75.58	Roderick Parker	AR	80	1999-03-27
85-89	85.14	Roderick Parker	AK	85	2004-03-27
90-94	1:57.00	Max Springer	TN	90	2004-03-27
800 Meters					
35-39	1:49.79	Johnny Gray	CA	35	1998-02-19
40-44	1:54.88	Anselm Lebourne	NJ	40	2000-02-12
45-49	1:57.81	Ken Sparks	OH	45	1990-03-25
50-54	2:02.88	Nolan Shaheed	CA	51	2001-03-25
55-59	2:08.9	Ken Baker	NJ	55	1992-03-22
60-64	2:14.75	Sidney Howard	NJ	60	1999-02-26
65-69	2:19.4	Sidney Howard	NJ	65	2004-02-26
70-74	2:34.10	James Sutton	PA	70	2002-02-22
75-79	2:54.83	Archie Messenger	NY	75	1999-03-28
80-84	3:13.39	Roderick Parker	AR	80	1999-03-28
85-89	3:46.96	Vincent Malizia	CA	85	2000-03-28
90-94	5:01.44	Max Springer	TN	90	2004-03-28
1500 Meters					
40-44	3:56.7	Ken Popejoy	IL	40	1991-03-16
45-49	4:04.80	Ken Sparks	OH	45	1990-03-24
50-54	4:15.64	Albin Swenson	CT	51	1998-03-15
55-59	4:28.5	Victor Heckler	IL	55	1998-03-15
60-64	4:43.75	James Sutton	PA	61	1993-03-07
65-69	4:45.36	Sidney Howard	NJ	65	2004-03-06
70-74	5:27.4	Austin Newman	NJ	70	1988-03-23
75-79	6:01.6	Austin Newman	NJ	75	1991-02-24
80-84	6:35.4	Austin Newman	NJ	80	1996-02-11
85-89	8:16.73	Vincent Malizia	CA	85	2000-02-06
90-94	14:34.2	Herb Kirk	MT	91	1987-01-11
Mile					
40-44	4:11.00	Bill Stewart	MI	40	1983-01-22
45-49	4:21.90	Albin Swenson	CT	46	1993-02-26
50-54	4:26.75	Nolan Shaheed	CA	52	2002-03-02
55-59	4:50.22	Victor Heckler	IL	58	1998-12-19
60-64	5:01.76	Dan Conway	MN	60	1999-03-27
65-69	5:23.05	Sidney Howard	NJ	65	2004-03-27
70-74	5:32.4	Scotty Carter	MA	70	1987-03-15
75-79	6:27.16	John Hosner	VA	75	2000-02-26
80-84	7:04.2	Paul Spangler	CA	80	1979-03-18
85-89	8:33.11	Vincent Malizia	CA	85	2000-03-25
3000 Meters					
40-44	8:32.52	Craig Fram	NH	42	2001-03-23
45-49	8:39.74	Craig Fram	NH	45	2004-01-18
50-54	8:54.73	Nolan Shaheed	CA	51	2001-03-23
55-59	9:33.4	Victor Heckler	IL	55	1998-03-07
60-64	10:01.96	Dan Conway	MN	60	1999-03-26
65-69	10:50.40	Paul Heitzman	KS	67	1998-03-27
70-74	11:27.8	Scotty Carter	MA	70	1987-03-15
75-79	13:10.84	Alfred Funk	MT	78	1993-03-21
80-84	14:42.91	Austin Newman	NJ	80	1996-03-29
85-89	18:54.49	Dudley McPhie	NJ	85	2000-03-24
90-94	23:21.12	Max Springer	TN	90	2004-03-28

60m Hurdles

35-39	7.56	Greg Foster	NJ	35	1994-03-04
40-44	7.96	Karl Smith	MD	40	2000-03-25
45-49	8.36	Colin Williams	CA	48	2002-02-03
50-54	8.47	Walt Butler	CA	51	1993-03-20
55-59	8.63	Courtland Gray	LA	55	1999-02-14
60-64	8.85	Courtland Gray	TX	60	2004-03-13
65-69	9.77	Emil Pawlik	MS	65	2004-03-27
70-74	9.89	James Stookey	MD	70	2000-03-25
75-79	10.09	Melvin Larsen	IA	76	2001-01-19
80-84	12.23	Edwin Lukens	NY	80	2002-03-23
85-89	18.26	Alfred Guidet	CA	85	2003-03-29

High Jump

35-39	2.14m	Jim Barrineau	VA	37	1993-03-21
40-44	2.06m	Jim Barrineau	VA	40	1996-03-30
45-49	1.93m	Bruce McBarnette	VA	45	2003-03-29
50-54	1.85m	John Hartfield	TX	51	1998-03-29
55-59	1.71m	John Brown	MO	56	1986-01-11
60-64	1.65m	Jim Gilcrist	FL	62	1990-03-24
65-69	1.62m	Jim Gilcrist	FL	65	1993-03-19
70-74	1.38m	Billy Simmons	OH	70	1999-04-11
75-79	1.34m	Bill Wambach	WI	75	2001-03-24
80-84	1.22m	Wesley Ward	IN	82	1992-02-15
85-89	1.07m	Leland McPhie	CA	88	2002-03-23
90-94	1.05m	Leland McPhie	CA	90	2004-03-27
95-99	0.86m	Everett Hosack	OH	95	1997-03-02

Pole Vault

35-39	5.08m	Gary Hunter	IN	36	1992-04-04
40-44	5.18m	Earl Bell	AR	40	1995-08-26
45-49	4.78m	Gary Hunter	IN	45	2001-03-24
50-54	4.32m	Vincent Struble	NC	51	2002-03-23
55-59	4.10m	Matti Kilpelainen	MI	57	2003-02-15
60-64	3.91m	Dale Lance	OK	60	1998-03-27
65-69	3.42m	Jerry Donley	CO	65	1995-02-25
70-74	3.15m	Boo Morcom	PA	71	1993-01-08
75-79	2.82m	Carol Johnston	CA	78	1988-03-19
80-84	2.75m	William Bell	AR	80	2002-03-22
85-89	1.67m	A.E. Pitcher	IN	86	1988-03-19

Long Jump

40-44	7.03m	Stan Whitley	CA	40	1986-02-22
45-49	6.62m	Stan Whitley	CA	45	1991-03-23
50-54	6.31m	Shirley Davison	CA	50	1980-03-29
55-59	5.87m	Boo Morcom	PA	55	1977-03-13
60-64	5.58m	Dick Richards	CA	62	1997-03-22
65-69	5.31m	Melvin Larsen	IA	68	1991-01-13
70-74	5.31m	Dick Richards	CA	68	2001-02-25
75-79	5.05m	Melvin Larsen	IA	70	1995-02-25
80-84	4.31m	Melvin Larsen	IA	75	2000-03-25
85-89	4.01m	Edwin Lukens	NY	80	2002-03-23
90-94	3.10m	Clarence Trahan	CA	85	2000-03-25
90-94	3.15m	Max Springer	TN	90	2004-03-27

Triple Jump

35-39	11.67m	James Tunstall	VA	39	2004-03-28
40-44	16.08m	Ray Kimble	CA	40	1988-03-12
45-49	14.82m	Milan Tiff	CA	46	1995-02-26
50-54	12.38m	Dave Jackson	CA	51	1983-03-27
55-59	11.37m	Frank Struna	MT	58	2000-01-28
60-64	11.06m	Edwin Lukens	NY	63	1985-03-24
65-69	10.86m	Tom Patsalis	CA	68	1987-03-29
70-74	9.97m	Edwin Lukens	NY	70	1993-03-19
75-79	9.38m	Edwin Lukens	NY	75	1997-03-21
80-84	8.65m	Edwin Lukens	NY	81	2003-03-30
85-89	6.31m	Clarence Trahan	CA	85	2002-03-24
90-94	5.09m	Max Springer	TN	90	2004-03-28

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

40-44	20.07m	Brian Oldfield	IL	40	1986-01-17
45-49	18.43m	Robert Otrando	MA	45	2002-01-11
50-54	18.65m	Ron Summers	IL	51	2004-03-27
55-59	15.74m	Joe Keshmiri	NV	56	1995-02-25
60-64	15.77m	Joe Keshmiri	NV	60	1998-03-28
65-69	14.01m	Gerald Vaughn	NC	65	2001-02-25
70-74	13.55m	Arnie Gaynor	CA	71	1999-03-26
75-79	12.30m	Ross Carter	OR	76	1990-03-24
80-84	11.45m	Ross Carter	OR	80	1995-02-25
85-89	9.68m	Ross Carter	OR	85	1999-03-26
90-94	6.71m	Leland McPhie	CA	90	2004-03-27
100+	3.66m	Everett Hosack	OH	100	2002-03-16

Weight Throw (35-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80+: 12#)

35-39	23.85m	Lance Deal	UK	38	2000-01-22
40-44	22.52m	Ed Burke	CA	43	1984-01-08
45-49	19.58m	Harold Connolly	CA	45	1977-01-08
50-54	17.66m	Tim Edwards	CO	53	2002-02-23
55-59	19.70m	Tom Gage	MT	58	2002-03-23
60-64	22.82m				

1500 Meters

35-39	4:36.12	Cindy Bremser	WI	37	1991-03-23
40-44	4:48.40	Kathy McIntyre	NY	41	1990-02-20
45-49	5:03.36	Marge Bellisle	RI	48	2004-03-06
50-54	4:57.8	Kathryn Martin	NY	52	2004-02-08
55-59	5:22.7	Joni Shirley	CA	55	2002-03-23
60-64	5:39.32	Marie Michelsohn	NY	62	2004-02-22
65-69	6:06.14	Jeanne Daprano	GA	65	2002-02-24
70-74	6:51.24	Toshiko d'Elia	NJ	70	2000-02-13
75-79	7:43.3	Pearl Mehl	CO	75	1989-04-01
80-84	12:37.13	Pearl Mehl	CO	80	1995-02-25

Mile

35-39	4:59.28	Carol Urish-McLatchie	TX	35	1987-03-28
40-44	4:53.91	Joan Nesbit	NC	40	2002-03-23
45-49	5:18.10	Patti Ford	NY	45	2001-01-20
50-54	5:14.00	Kathryn Martin	NY	52	2004-03-21
55-59	5:43.96	Joni Shirley	CA	55	2002-03-23
60-64	6:02.49	Marie Michelsohn	NY	61	2003-03-29
65-69	6:28.91	Jeanne Daprano	GA	65	2002-03-23
70-74	7:19.44	Toshiko d'Elia	NJ	71	2001-03-24
75-79	8:26.79	Louise Adams	CO	75	1997-03-23
80-84	13:27.51	Pearl Mehl	CO	82	1996-03-30

3000 Meters

35-39	9:34.08	Leslie Lehane	MA	35	1998-03-27
40-44	9:58.88	Madelyn NoeSchlentz	MA	41	2002-01-04
45-49	10:02.55	Joan Samuelson	ME	46	2003-03-29
50-54	10:23.84	Kathryn Martin	NY	52	2004-03-26
55-59	11:25.05	Joan Ottaway	CA	56	2000-03-24
60-64	11:49.41	Marie Michelsohn	NY	62	2004-03-06
65-69	13:09.19	Jeanne Daprano	GA	66	2003-01-10
70-74	14:07.09	Toshiko d'Elia	NJ	71	2001-03-04
75-79	15:43.66	Louise Adams	CO	75	1997-03-21
80-84	26:53.20	Pearl Mehl	CO	82	1996-03-29

60m Hurdles

35-39	8.96	Charlene Landrum	NY	36	2001-03-24
40-44	9.60	Phil Raschker	GA	43	1991-02-18
45-49	9.18	Phil Raschker	GA	48	1995-02-25
50-54	9.38	Phil Raschker	GA	50	1997-04-06
55-59	9.84	Phil Raschker	GA	56	2003-03-28
60-64	12.38	Christel Miller	CA	62	1997-03-22
65-69	13.01	Barbara Jordan	VT	65	2003-03-28
70-74	14.98	Leonore McDaniels	VA	70	1998-04-05
75-79	16.01	Johnnye Valien	CA	75	2001-03-24

High Jump

35-39	1.70m	Anne Jennings	MA	36	2000-03-26
40-44	1.55m	Kimberly Harrell	TN	40	2000-03-28
45-49	1.58m	Phil Raschker	GA	48	1995-02-25
50-54	1.53m	Phil Raschker	GA	50	1997-03-23
55-59	1.46m	Phil Raschker	GA	56	2003-03-28
60-64	1.30m	Kathy Bergen	CA	63	2003-01-12
65-69	1.28m	Evelyn Wright	VA	65	2003-03-28
70-74	1.15m	Leonore McDaniels	VA	70	1998-03-29
75-79	1.12m	Leonore McDaniels	VA	75	2003-03-30
80-84	0.92m	Margaret Hinton	TX	81	2003-03-30

Pole Vault

40-44	2.80m	Donna Schultz	OR	41	1999-02-20
45-49	3.31m	Phil Raschker	GA	49	1996-03-17
50-54	3.06m	Phil Raschker	GA	53	2000-03-24
55-59	2.80m	Phil Raschker	GA	55	2002-03-22
60-64	2.88m	Nadine O'Connor	CA	61	2004-02-29
65-69	2.00m	Mary Lou Bradford	TX	65	2002-02-03
70-74	2.09m	Leonore McDaniels	VA	70	1998-04-05
75-79	1.80m	Leonore McDaniels	VA	78	2004-03-26
80-84	1.20m	Margaret Hinton	TX	80	2002-03-22

Long Jump

35-39	6.16m	Willye White	IL	38	1975-03-03
40-44	5.61m	Phil Raschker	GA	40	1987-03-28
45-49	5.75m	Phil Raschker	GA	47	1994-03-05
50-54	5.00m	Phil Raschker	GA	50	1997-03-01
55-59	4.79m	Phil Raschker	GA	55	2000-03-22
60-64	3.92m	Barbara Cleveland	FL	60	2002-03-25
65-69	3.87m	Audrey Lary	MD	65	2003-03-29
70-74	3.40m	Leonore McDaniels	VA	70	1998-03-28
75-79	3.10m	Mary Holland	MI	78	2000-03-25
80-84	2.49m	Mary Bowermaster	OH	82	2000-03-25

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

35-39	12.91m	Oneitha Lewis	NY	39	2000-02-13
40-44	14.68m	Oneitha Lewis	NY	42	2003-02-07
45-49	10.91m	Joan Stratton	CA	45	1997-01-12
50-54	12.66m	Joanne Grissom	IN	51	1990-03-25
55-59	11.88m	Joanne Grissom	IN	55	1994-02-05
60-64	11.18m	Joanne Grissom	IN	61	2000-01-23
65-69	9.17m	Mary Roman	CT	65	2001-02-11
70-74	7.76m	Mary Bowermaster	OH	71	1989-04-02
75-79	6.89m	Johnnye Valien	CA	75	2001-03-24
80-84	6.30m	Mary Bowermaster	OH	82	2000-03-25
85-89	4.47m	Betty Jarvis	NC	85	2001-03-24

Triple Jump

35-39	11.07m	Regina Richardson	NC	39	2004-03-28
40-44	10.78m	Phil Raschker	GA	41	1988-03-20
45-49	10.82m	Phil Raschker	GA	45	1993-03-19
50-54	10.49m	Phil Raschker	GA	50	1997-03-21
55-59	9.33m	Phil Raschker	GA	55	2002-03-24
60-64	8.18m	Evelyn Wright	MD	62	2000-03-24
65-69	8.12m	Audrey Lary	MD	65	2000-02-13
70-74	6.80m	Leonore McDaniels	VA	70	1998-03-27
75-79	6.47m	Leonore McDaniels	VA	75	2003-03-30
80-84	5.15m	Margaret Hinton	TX	80	2002-03-24

Weight Throw (35-49: 20#; 50-59: 16#; 60+: 12#)

35-39	13.63m	Oneitha Lewis	NY	39	2000-03-24
40-44	17.12m	Oneitha Lewis	NY	42	2003-03-28
45-49	12.17m	Joan Stratton	CA	45	1997-02-16
50-54	15.42m	Vanessa Hilliard	FL	54	1996-03-30
55-59	14.99m	Vanessa Hilliard	FL	55	1997-03-21
60-64	14.04m	Carol Young	MI	62	2002-03-22
65-69	11.59m	Evelyn Wright	MD	66	2004-03-28
70-74	8.42m	Lillian Snaden	SC	74	2004-03-26
75-79	5.74m	Johnnye Valien	CA	78	2002-03-22
80-84	6.45m	Margaret Hinton	TX	80	2002-03-22
85-89	7.82m	Betty Jarvis	NC	88	2004-03-28

Superweight (35-59: 35#; 60+: 25#)

35-39	8.11m	Sarah Boslaugh	NY	39	1998-03-31
40-44	10.79m	Oneitha Lewis	NY	42	2003-03-30
45-49	7.42m	Joan Stratton	CA	45	1997-03-23
50-54	11.42m	Vanessa Hilliard	FL	53	1995-03-31
55-59	11.21m	Vanessa Hilliard	FL	55	1997-03-23
60-64	8.13m	Carol Young	MI	61	2001-03-25
65-69	6.60m	Audrey Lary	MD	65	2000-03-26
70-74	5.45m	Lillian Snaden	SC	73	2003-04-06
75-79	4.37m	Margaret Hinton	TX	79	2001-03-25
80-84	4.08m	Margaret Hinton	TX	81	2003-03-30

Pentathlon

40-44	3146pts	Irene Thompson	NY	44	1999-03-28
45-49	4001pts	Phil Raschker	GA	49	1998-03-29
50-54	4153pts	Phil Raschker	GA	53	2000-03-24
55-59	4820pts	Phil Raschker	GA	56	2003-03-28
60-64	3353pts	Christel Miller	CA	61	1998-03-29
65-69	3556pts	Barbara Jordan	VT	68	2004-03-28
70-74	3653pts	Johnnye Valien	CA	70	1998-03-29
75-79	3860pts	Johnnye Valien	CA	75	2001-03-23

3000m Racewalk

35-39	12:36.76	Joanne Dow	NY		2004-02-29
40-44	13:46.73	Maryanne Torrellas	MA		1999-03-29
45-49	14:37.86	Maryanne Torrellas	MA		2004-03-28
50-54	15:04.35	Gayle Johnson	WI		2001-02-10
55-59	16:22.41	Gayle Johnson	MO		2004-02-21
60-65	17:15.24	Elton Richardson	NY		2000-02-20
65-69	17:46.25	Ruth Eberle	IL		1997-02-08
70-74	19:08.88	Shirley Dockstader	MA		2000-03-30
75-79	20:50.00	Kate Marrs	MA		2004-03-28
85-89	27:11.02	Fam Benno-Caris	MA		2004-03-28

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Men's World Indoor Masters Relay Records
(as of Jan. 8, 2005)

4x200	Mark Name (Country)	Meet Date
M 35-39	01:32.00 ?/?/?/?	GER 3/14/2004
M40-49	01:31.40 Schiro-Gonera-Crain-Blackwell	USA 3/17/2001
M50-59	01:37.37 ?/?/?/?	GBR 3/14/2004
M60-69	01:45.24 ?/?/?/?	GER 3/14/2004
M70-79	01:58.71 ?/?/?/?	GER 3/14/2004
M80-89	02:26.29 Marabutti-Colo-Sansonetti-	ITA 3/11/2001
4x400	Mark Name (Country)	Meet Date
M40-49	03:31.04 Allah-Gonera-Schiro-Blackwell	USA 3/26/2000
M50-59	03:40.21 Schiro-Blake-Pierce-Gonera	USA 3/8/2003
M60-69	04:25.55 Byrd-Irwin-Berstein-Haviland	USA 3/4/2001
4x800	Mark Name (Country)	Meet Date
M40-49	08:08.00 Dalton-Serafini-Nearman-	USA 4/1/2000
M50-59	08:55.30 Nolan-Lapp-Sepkowski-Reinhart	USA 3/4/2001
M60-69	09:58.00 Aneshansley-Hammer-Goluskin-	USA 3/17/2002

Women's World Indoor Masters Relay Records
(as of Jan. 8, 2005)

4x200	Mark Name (Country)	Meet Date
W35-39	01:44.23 ?/?/?/?	GER 3/14/2004
W40-49	01:44.34 ?/?/?/?	GER 3/14/2004
W50-59	01:56.93 Parsons-Lewington-Priestman-	GBR 3/11/2001
W60-69	02:17.18 ?/?/?/?	GBR 3/9/2003
W70-79	02:51.15 ?/?/?/?	GER 3/14/2004
4x400	Mark Name (Country)	Meet Date
W35-39	06:21.80 Iba-Selby-Chou-Bergen	USA 3/26/2000
W40-49	04:34.23 Senn-Visgass-Anderson-McKeough	USA 3/30/2003
W40-49	4:33.14p Anderson-McKeough-Senn-Stamm	USA
W50-59	04:45.72 Michelsohn-SmithHanna-Martin-	USA 3/30/2003
W60-69	06:28.02 Burgess-Hals-Hareda-Hays	USA 3/26/2000
4x800	Mark Name (Country)	Meet Date
W35-39	10:01.90 Mannen-Miloski-Pearsall-Martin	USA 3/22/2003
W40-49	10:15.98 McCaffrey, Yaworski, Richardson,	CAN 1/18/2003
W50-59	11:38.14 Michelsohn-Trotto-SmithHanna-	USA 3/23/2002
W60-69	16:08.70 Finger-Kliten-Delaney-StanJones	USA 2/25/2000

Men's American Relay Records
(As of Dec. 31, 2004)

Div.	Mark	Club	Team Members	Meet Date	Meet Site
4x400					
40-49	3:33.3	NYPC	Gaton/Small/Shane/O'Neal	1980-03-29	Syracuse, NY
40-49	3:31.04	USA	Allah/Gonera/Schiro/Blackwell	2000-03-26	Boston, MA
50-59	3:47.32	NYPC	Small/Rizzo/Shane/Burrell	1992-04-05	Columbus, OH
50-59	3:40.21	USA	Schiro/Blake/Pierce/Gonera	2003-03-08	New York, NY
60-69	4:25.55	SAC	John/Byrd/Bernstein/Haviland	2001-03-04	New York, NY
70-79	5:42.97	MWM	Larsen/Melville/Lehmkuhl/Brown	2004-03-28	Boston, MA
4x800					
30-39	8:11.58	FIBO	Nash/Wensel/VanCleve/Yorges	2004-03-27	Boston, MA
40-49	8:15.29	WVTC	Mason/Thomas/Franklin/Barnett	1988-03-19	Baton Rouge, LA
40-49	8:07.6	USA	Dalton/Serafini/Nearman/Lebourne	2000-04-01	New York, NY
50-59	9:20.1	SAC	Nolan/Brockwell/Sepkowski/Kuhi	1999-03-14	New York, NY
50-59	9:08.74	USA	Price/Myers/Brown/Green	1999-03-28	Boston, MA
60-69	9:58.0	CPTC	Aneshansley/Hammer/Goluskin/Howard	2002-03-17	New York, NY

Women's American Relay Records
(As of Dec. 31, 2004)

Div.	Mark	Club	Team Members	Meet Date	Meet Site
4x400					
30-39	6:21.80	CTC	Iba/Selby/Chou/Bergen	2000-03-28	Boston, MA
40-49	4:50.38	USA	Selby/Woodward/Board/McField	2004-03-28	Boston, MA
40-49	4:33.14	BTC	Anderson/McKeough/Senn/Stamm	2003-0-0	New York, NY
50-59	5:14.23	LAC	Riodan/Cappetta/Reed/Gustafson		

Rocket City Marathon

Continued from page 1

also halved to \$750 and given three deep (\$500 and \$250), compared to six deep in past years.

Since the decision to include prize money was not made until Nov. 4, there was little time to distribute the information prior to the race, which probably resulted in a less competitive field in the 40-44 age groups than in past years.

Sanders realized only the night before the race that he might be a contender for the top prize.

"I had come to the race just wanting to run a Boston qualifying time," Sanders said. "When I saw the seed list that was posted, I got a little excited. I thought I could run around a six-minute pace and that looked pretty good in comparison."

And that was what Sanders did, and it turned out to be a winning strategy.

"For the first 10K, I was in a group of runners and was probably around 20th overall," Sanders continued.

"From there, I hooked up with some guys - Don Coffman's son Eric was one of them - who said they wanted to average around a six-minute pace."

Sanders is originally from the Detroit area and ran at Hillsdale College, a Michigan NAIA school, where he was a nine-time NAIA All-American.

His best distance was the 10K, but he was only able to break 30 minutes once in college.

After college, he joined a group of runners coached by 1964 5000 Olympic gold medalist Bob Schul and stayed with Schul for the next six years, working his 10K PR down to 28:22 in 1991.

"After working with Coach Schul, I joined the Army and was part of their military track team for four years," Sanders said. "That was a great experience."

Following his Army tour, Sanders acquired a teaching degree from Murray State (Kentucky) and this led to his present assignment at UT-Martin.

His best 10K time since turning 40 was 30:36, and he considers his 1:09:04 in the St. Jude Memphis Half-Marathon in 2003 his best recent performance.

Name is Almost the Same

Not only is the woman masters winner's name similar to the men's, Barbara Saunders is also a Michigan native. Although she was primarily a sprinter in high school and college, she has been the local dominant distance athlete for the past 15 years. In her first year as a master, 1999, she ran a PR of 2:57:52 at Rocket City, but had not run the race since 2000.

After the race, she told Huntsville Times writer Skip Vaughn, "I had a goal to run faster than I did, but I just didn't have it. I was grinding out the last half."

Saunders also runs ultras. She set the masters course record at 5:11:04

when she won Huntsville's Mountain Mist 50K Trail Run for the second time in 2000.

Saunders is also an outstanding biker and was a member of the U.S. duathlon team in the World Duathlon Championship in Germany in 1998 and in North Carolina in 1999.

In addition, her swimming ability, coupled with her running and biking, make her the masters favorite in most triathlons she enters.

Cheryl Boessow, 44, Birmingham, Ala., was the second master (3:14:07), and Sue Bozgoz, 40, Fayetteville, GA, was third (3:16:45).

Boessow, a three-time overall women's winner here in 1988-90, was also second master last year when Russian master Alevtina Naumova won the race.

The Real Trail Running Deal

Although Saunders is highly regarded as a trail runner, the second-place male master (2:44:08), DeWayne Satterfield, of Huntsville, is legendary. He has won the Mountain Mist 50K eight of the 10 times the race has been contested.

His 4:03:47 at age 37 in 2002 was the record until Ian Torrence, 31, of Utah, lowered it last year.

Satterfield's personal marathon best, 2:41, came at Rocket City in 1999. He has completed 45 marathons and finished 100 ultras.

"I went out conservative," he told Vaughn. "I actually ran the first half in 1:23 and the second half in 1:21."

For Huntsville runners, that means Satterfield was again a favorite for the January 29 Mountain Mist, where he was expected to establish a new masters record in his first year as a 40-year-old.

Making the "Age" Grade

The third-place master, McCuskey, 56, ran 2:45:54/A-G 2:24:06, winning, in addition to master's money, the age-graded top prize given to the top three grand masters.

Second-place age-graded money went to Don Coffman, 61, with his 2:57:37/A-G 2:27:24. Coffman won the Rocket City masters title six times in his younger masters years.

Coffman also loves cross-country and on the weekend before Rocket City had been in Oregon for the National Masters Club Championships, where he took first in the M60 division and helped his Victory AC win the team championship.

Romesser, 54, who finished as the fourth master in 2:47:54/A-G 2:28:09, earned age-graded money for his third-best grandmaster's age-graded performance.

Dean Godwin, 65, Akin, S.C., and Garry Elkins, 62, Gadsden, Ala., were the last two runners to complete all 27 previous Rocket City Marathons. Both started again this year, but Godwin had problems with his hip and had to stop at 10 miles. Elkins' 3:40:13 this year leaves him as the only runner who has completed all 28.

"Dean is so tough that I thought he would be the one to last the longest,"



CARL SENKBEIL
Barbara Saunders, 45, first W40+ (3:10:56), Rocket City Marathon.



CARL SENKBEIL
Cheryl Boessow, second W40+ (3:14:07), Rocket City Marathon.

Elkins said. "I told him to be sure to come back next year to help me keep the string going."

Registration numbers were down this year from 1067 to 869 (541 masters). Race director Gillis thinks the

fact that entry forms were mailed later this year, while waiting to see if the race would have sponsorship, had a lot to do with the decrease.

There were 766 finishers (481 masters - 62.8%) in the race. □



Joe Beard

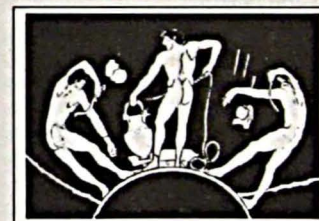
StrejeL user Joe Beard, 60, recently took home 13 medals - 3 silver and 10 gold - from the Nevada Senior Olympics, Las Vegas.

From sprinting to jumping to throwing, Beard was a human dynamo, taking golds in the 200 meter dash, high jump, running and standing long jumps, triple jump, javelin, discus, hammer, weight and shot put; and silver in the 50 meter dash, 100 meter dash, and weight pentathlon.

Beard has adopted Olympian training techniques, including re-programming muscle memory so he can walk and run with right hand and right foot or left foot and left hand-moving forward at the same time.

Beard also uses a strigil (S-shaped copper instrument) to scrape off oil, dirt and sweat during post-training massage. Today Beard and his brother, Buddy (also his trainer), are marketing their own brand of strigil under the name of StrejeL. □

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Training Advice

By EMIL MULLER

Technical Tips for Better Weight Throwing

Some coaches underestimate the value of weight throwing, especially during the indoor season. Others even suggest eliminating this throwing discipline. Is it the same as hammer throwing? Well, yes and no. The technique is practically the same, but the body mechanics are a bit different. I would compare it to sprinting 60m and 100 or 200. The technique is practically the same, but the internal body works are slightly different. As a coach and hammer/weight thrower, I strongly believe that the weight throw is not only a great throwing discipline, but, especially in winter, a very valuable continuum for hammer throwing development.

For many years I have been promoting indoor weight throwing as an excellent preparation for outdoor hammer throwing and finally, at least in Quebec, I have been successful. A few years ago, the weight throw was rarely on the indoor season schedule, with just three or four throwers participating.

Now, the weight throw is on every meet's schedule, with from 12 to 25 men and women of all ages participating. This is what I call a successful promotion of this event.

Despite its popularity in the U.S. and Europe, it is still considered a discipline for large athletes only. Recently, I have been getting very good results from athletes of smaller stature also. I am only 5'6" and under 200 lb., but my Canadian records in the weight throw are ranked very high in the world rankings.

At the age of 64, I threw 17.76 in the outdoor weight and later on, indoors at age 67, I threw over 17.00 four times. These results are possible due to my speed and acceleration in the circle developed by systematic and regular training and by my power developed with heavy (relative to my age), regular weight training.

Systematic Training

1. Try to develop a three-turn technique; one spin is not enough to accelerate the implement. Only very big and strong athletes with long arms (like Carl Wallin) can throw far (and Carl can) with one turn. It takes time and lots of practice, patience, and fortitude to develop a multi-spin (turn) technique. Do not give up; progress may be slow, but eventually it will pay off.

2. Hold the weight as you hold the hammer, one hand on top of the other. The side-by-side grip doesn't allow a proper delivery.

3. If you are able to do three turns, do a chain of turns, start with six, and soon you will be able to do 10-20 and even 30+. This drill helps to develop balance and the push to the left, which is crucial. This drill should eliminate your falling too much to the right. During this drill, watch the head of the weight all the time and try to maintain a very flat orbit of the implement.

4. When you train, try for 15-20

throws a session, and throw 2-3 times a week.

5. Weight training for masters should be sufficient twice a week, each session a maximum of 60-80 minutes, focusing on major muscle groups and on the torso muscles (a strong core will protect the spine). Do not forget that we are hammer and weight throwers, not power lifters!

6. If you can, play some sports for agility (I play tennis, bike and ski).

Technical Analysis

The entry (the moment after the winds, when the feet start to rotate to the left) is very important because if you start well, usually the rest will come well too (the technique described is for the right-handed thrower; a left-hander should do everything oppositely).

Stay low, and during the winds (one or two) turn the shoulders way to the right, but look straight forward (not down). This will allow you to put the implement on a very flat orbit. The arms should be parallel with the floor when at quarter turn.

During the turn, the right leg must be active, pushing off the ground, going up as close as possible with the left leg and then going down as soon as possible. I practice it by saying to myself, "up and down."

Delivery

Upon your foot landing, the weight should be slightly behind you, so you can accelerate it. If the landing is slow, the weight will move ahead of you and continue running ahead of you. This will result in a non- or weak delivery and a possible throw out of the sector.

Quick landing of the right foot without falling to the right side is crucial, especially in the last turn. Only then can you accelerate the weight with a very long pull during the delivery.

During the delivery, use your powerful legs and torso and look up. Do not look after the weight during the last moments of the delivery. This will lead to improper delivery due to lack of back extension and very often to stepping out of the circle, as the momentum is pulling you and the weight forward.

You have to counter the strong pull



JERRY WOJCIK

Masters on the moguls, 2004 USA National Masters 10K XC Club Championships, Portland, Ore. (l to r): Dan McCormack (top left); Max Hamlin #706, 63; Ronald Taylor #841, 61; James Manley #768, 52; and Parker White #771, 52.

RRCA and AARC Merger Finalized

The merger of the American Association of Running Clubs (AARC) and the Road Runners Club of America (RRCA) became effective Jan. 1, 2005.

Due to the RRCA's wealth of history and its excellent name recognition, the combined organization will be called the Road Runners Club of America.

"With the merger, the RRCA re-establishes itself as the nation's largest single voice supporting long distance running," said RRCA President Bee Andrews.

Over the course of nearly five decades, the RRCA has had a tremendous and positive impact on the sport of long distance running, including advocacy for women's, masters, and youth running, and staunch support of athlete's rights.

It has supported important programs such as the Roads Scholar effort directed at developing athletes,

the Women's Distance Festival, national championships, children's fitness programs, and much more. Running clubs and enthusiasts throughout the country rely on the RRCA's many valuable publications.

"The RRCA looks forward to continued contributions to the sport in the years ahead. Combining the resources of the AARC, both organizational and human, creates an efficient, unified structure that will reap the sport many benefits," added Andrews.

The RRCA is a non-profit organization of more than 670 running clubs and 160,000 members across the U.S. The RRCA member chapters organize races and training runs, provide safety guidelines, promote children's and masters fitness running programs, and offer social activities. □

—Becky Lambros

Executive Director, RRCA

410-290-3890; fax: 410-290-3893

Becky@rrca.org; www.rrca.org

www.nationalmastersnews.com

of the weight:

• For an athlete app. 5'6" tall throwing 12m with 16lb. = 196 lb.

• For an athlete app. 6'2" tall throwing 20m with 20lb = 325 lb.

• For an athlete app. 5'6" tall throwing 12m with 35lb = 429 lb.

• For an athlete app. 6'2" tall throwing 20m with 35lb = 640 lb.

Some world class throwers stop after the block and delivery, others do block, but briefly only and then continue just a bit in the rotation.

Enter low with a flat orbit. Try to stay low during the spins. During the one-leg support, keep the other leg very close.

Try to look "through" the head of the weight (sometimes my head goes a bit ahead of it). Push always to the left to be well balanced on the left leg. Land the right leg fast. Do not let the implement get ahead of you. At the end of the delivery, look up, push with the right leg, and extend the hips.

My final advice is to throw, throw and throw. □

(Emil Muller, a Canadian, set a world record in the M65 hammer in 2001 at the WAVA World Championships, Brisbane, Australia. He can be contacted by e-mail at youngandfit@sympatico.ca).

Last W

Some people touch of legendary coach Arthur Me, and many of th His personal touch reflected around the room and asked them then evaluated each of th

At the time, I was running mileage weeks with p weeks in the 160-mile r also running low 16s fo others gasped at my we Arthur told them "This should be doing."

I was surprised and im man. I valued his train and applied it to my train with high mileage, hill w training. This was the L

Nearly two decades l fortune of sitting down one-on-one, and doing v his last live interview. Minutes went by as we disc of running in the United number of other topics.

Cardiac Efficiency

I was interested in h of cardiac efficiency a played in successful r told me that cardiac reached after many ye using a principle he d trial and error.

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Recognition at Hon

Something all of Au had in common was co at the end of the race.

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Questioning him at and his youthfulness ev was wondering how h young at heart. He quo saying, "If you want

Speaker's Corner

By ROY PIRRUNG

Last Words With Arthur Lydiard

Some people touch others lives in ways they will never understand. I first met legendary coach Arthur Lydiard in the mid-eighties. He made an impact on me, and many of the others in attendance at one of his running seminars. His personal touch reflected his deep respect for endurance runners as he went around the room and asked each runner to say a little bit about their training. He then evaluated each of the individuals and told them how they might improve.

At the time, I was running very high mileage weeks with peak running weeks in the 160-mile range. I was also running low 16s for 5K. When others gasped at my weekly mileage, Arthur told them, "This is what you should be doing."

I was surprised and inspired by this man. I valued his training principle and applied it to my training. I thrived with high mileage, hill work and speed training. This was the Lydiard way.

Nearly two decades later, I had the fortune of sitting down with Arthur, one-on-one, and doing what was to be his last live interview. Nearly 90 minutes went by as we discussed the state of running in the United States and a number of other topics.

Cardiac Efficiency

I was interested in his explanation of cardiac efficiency and the role it played in successful racing. Arthur told me that cardiac efficiency is reached after many years of training using a principle he devised through trial and error.

At one time, he ran 250 miles a week to see its effect on his running ability. It was much too much for him; he learned that for him 100 miles per week was ideal.

He confided that he really liked ultrarunners as most had reached cardiac efficiency. This was a state where a runner could run tirelessly, seemingly endlessly and still have the ability to finish strong at the end of a race.

Recognition at Home

Something all of Arthur's runners had in common was coming on strong at the end of the race.

The 87-year-old coach was proud of his many athletes and all of their accomplishments. I asked him if there was anything he would have liked to be different in his career. To that he responded with some regret for not receiving proper recognition in his native New Zealand, especially from his national governing body.

I tried to pacify him by stating that lots of people who do great things are not recognized in their own hometown, let alone their country. Making him aware of my own situation seemed to soothe what appeared to be bitterness at not receiving just praise at home.

Questioning him about his stroke and his youthfulness even at his age, I was wondering how he remained so young at heart. He quoted Cary Grant, saying, "If you want to stay young,

have young wives."

Lydiard was in Houston the day I interviewed him to share his running knowledge with the participants of the Sunmart Texas Trail Endurance Runs as part of a 25-city tour, and to promote his biography by Garth Gilmour.

He told me he had not picked the title of the book, which is "Arthur Lydiard Master Coach." He said he would not have known what to call it and that it was a good indicator of who he was.

Reminiscences

Reminiscing on some of the athletes he influenced was the favorite part of my interview with him. I especially liked it when he talked of the 10,000 meter Olympic gold medalist Billy Mills. I related how I had first met Billy as we both spoke at a running clinic on the Oneida Indian Reservation.

I could see the pride in his eyes when he spoke about the 5 "boys" that made up a good portion of the 14-member track squad from New Zealand at the Rome Olympics.

He informed me that they were all from the same neighborhood and said, "Champions are everywhere, all you need is to train them properly."

While on his final tour, Arthur also had a chance to watch the NCAA national cross-country championships in Indiana and was impressed with Colorado's team victory in both the men's and women's categories. He told me that their coach, Mark Wetmore, was using his training principle.

Wealth of Talent

Speaking of talent, such as the cross-country teams, he went on about how the United States has a wealth of talent, some of which has surfaced lately at the Athens Olympics and that with proper training we could expect more.

The main point he made during our conversation was that without a sound base, speed training would not be enough to earn medals.

I could not understand how he was not allowed to feel he had accomplished great things by the very people who benefited the most — his countrymen.

Lydiard's name became a household word in countries such as Finland, Denmark, Mexico, and Venezuela where he coached their national teams.

During his coaching career, Arthur

Texas Trail 50-Mile

Continued from page 1

N.M., was third in 6:52:42. The next masters finisher was Eric Bindner, 48, Littleton, Colo., who finished fifth overall at 7:08:32.

Kouros, who is more accustomed to races much farther than 50 miles, ran his own race despite what Oliveria and the others in the 200-runner field were doing.

"I thought I was running for second place the entire race," said Kouros, who holds numerous world records from 100-miles to 1000-miles. "It was only after I finished the race and was told that he (Oliveria) had dropped out that I knew I had won. I prefer races longer than this, at least 24-hours."

Not to be outdone, Connie Gardner, 41, led a women's masters charge that swept the first two places. Gardner, a swimming coach from Medina, Ohio, and the 2002 winner at 50 miles, did what she does best, get out in front and stay there. Gardner stopped the clock at 7:16:23. Tania Pacev, 45, Littleton, Colo., the 2001 winner, was second at 7:23:34. Laura Nelson, 39, Woodstock, Va., was third at 7:31:48.

"I had my eye on Tania (Pacev) every second, even though I went from a two-minute lead to a four-minute lead and even more," said Gardner, who was the USATF Women's Ultra Runner of the Year for 2003. "But even with a large lead, she looked like she could still do anything."

And Pacev didn't exactly roll over

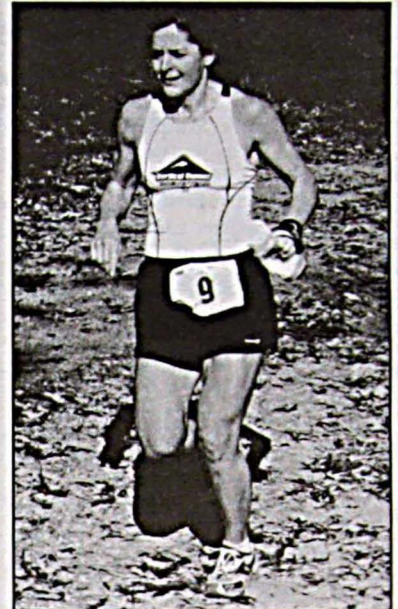
saw 17 of the athletes he trained, or were trained by others using his training methods, take home Olympic medals.

A good indication of a great coach usually is found in the number of great athletes he produces.

Training for Results

While this might be important to many, Arthur felt it was just as important that his method of training would lead anyone to better results.

He told me of his desire to influence everyday athletes. To that end, he has been credited as the first person to advocate running to the masses as a way to stay fit.



JOHN WELCH

Connie Gardner, 41, first woman (7:16:23), Sunmart Texas Trail 50 Mile.

and play dead at Gardner's feet, either.

"Even at the end of the race when I was catching up to Connie, I still didn't think I had her," Pacev said. "I just wanted to run my own race and do what was best for me. In fact, I came in with very low mileage."

Although the men's 50K produced a record-setting performance by 2:13 marathoner and German national Uli Steidl, 32, Seattle, Wash., there was definitely a strong masters presence to

Continued on page 24

What Arthur and I talked about the day before he died was really nothing new. His last words were those he had spoken many times to many different audiences. Words that he believed in and made him the man he was.

Arthur had a mission in life, and I will always remember him as a man who was true to that mission right up to his last day with us.

If you would like to see his training principle and his ideals continue, consider being a contributor to the Arthur Lydiard Foundation.

You will find more information at www.fivecircles.org on how to support his legacy. □

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Women's Bone Study Suggests Masters T&F Athletes Are Less Susceptible to Osteoporosis

The Masters Women Track and Field Bone Study was conducted at the 1998 National Masters Outdoor T&F Championships in Orono, Maine. This research was carried out by Jo Welch and Dr. Cliff Rosen, in conjunction with the St. Joseph Hospital Maine Center for Osteoporosis Research and Education in Bangor, Maine.

Nearly 150 women athletes volunteered to have a heel ultrasounded twice, and completed a questionnaire. The Lunar Achilles+ ultrasound machine assessed their heel bones and reported each result in terms of "Stiffness Index," or SI.

Studies conducted on thousands of women in North America and Europe have reported a strong correlation between a low SI and greater risk of bone fracture from osteoporosis. All female competitors aged 40 and over were eligible for the study, and women with diagnosed low bone mass, or histories of amenorrhea, chemotherapy or smoking were included in this study.

Strong Bones

The results showed that the bones of masters track & field women may be much stronger than those of other women. The average age of the women was 57.3 years, yet their average heel SI was the same as that of the average 20 year old, and 21% higher than that expected for women of similar age. Compared to thousands of other women examined by similar machines in several other studies, masters track & field women clearly demonstrated a skeletal advantage.

Is it possible that track & field can act on the skeleton of the mature female as a sort of rejuvenating elixir? During growth, bone can increase in density and improve in thickness and geometry with certain kinds of physical training. However, the possibility for large improvements in the mature skeleton through exercise is thought to be remote.

We cannot be certain that the women athletes did not already have stronger skeletons by their late teens, and simply maintained them through exercise. Indeed, in the premenopausal athletes there was a corre-

lation between an early start to physical activities or sports that are known to affect bones and higher SI.

Exercise History

However, the exercise histories detailed by the women in their questionnaires indicated that most of them began high impact exercise only as adults. On average, the 40-49 year olds began such exercise at 26 years, the 50-69 year olds at 30 years, and the 70-89 at 46 years.

We looked for reasons other than sports training for the high SI of the masters women. In the general population, greater body weight is correlated with stronger skeletons, but the masters women were so lean that normal formulas might predict them to be osteoporotic.

Among post-menopausal women, hormone replacement therapy (HRT) can maintain bone density.

No differences in SI between HRT-users and non-users in the women athletes were detected. Calcium intake is usually important to maintain bone mass, yet there was no correlation with calcium intake in this study. Most women lose bone density after menopause, and in this study post-menopausal women did have lower SI. However, the post-menopausal women under 70 years were not different from average 20-year-old women (see chart below).

Within the masters women, variability in SI was observed between those competing in different events (see chart below). First, it is important to stress that women in all event groups had SI values that were unusually high compared to other women their age. The racewalkers did not compete in other events, while the jumpers, runners, and throwers often cross-entered event groups.

Racewalkers Score Best

Among the event groups, racewalkers had the lowest SI. The apparently lesser effect of racewalking on the heel bone could be due to lower forces, and forces applied more slowly, when training for walking than for the other events, less diversity in training, lower skeletal SI before they took up the sport, or numerous other fac-

tors.

In the general population, the occurrence of a fracture in a woman's lifetime correlates with surrogate measures of bone strength, such as SI. However, 58% of the masters women reported that they had sustained at least one fracture, but fracture occurrence did not correlate with SI. This difference was explainable by the circumstances of the fractures.

Many women athletes reported training-related fractures, and fractures sustained from riskier situations than tend to be common for other women. The "circumstances of fracture" reported in their questionnaires clearly indicated that there are often behavioral differences between women who do, and do not, compete

in masters track & field.

Masters track & field appears to provide a substantial benefit to the skeleton of mature women. The results of this study suggest that skeletal improvement, or arresting bone deterioration, can occur at any age, and track & field may be very effective.

We wish to especially thank the masters athletes who participated in this study. This research was published online Dec. 11, 2004, by Osteoporosis International and is expected to be available in printed form in early 2005. □

(From Jo Welch, Ph.D., Purdue University, West Lafayette, Ind.; welchj@purdue.edu)

Records Broken at Dartmouth Relays

One world and one U.S. record were set by female masters in the Dartmouth Relays at Leverone Fieldhouse, Hanover, N.H., on Jan. 9.

Hillen Von Maltzahn, 55, Troy, N.Y., pole vaulted 2.75/9-00.25 to up the present W55 world record of 2.70/8-10.25 by Karin Forster, of Germany, in 2004.

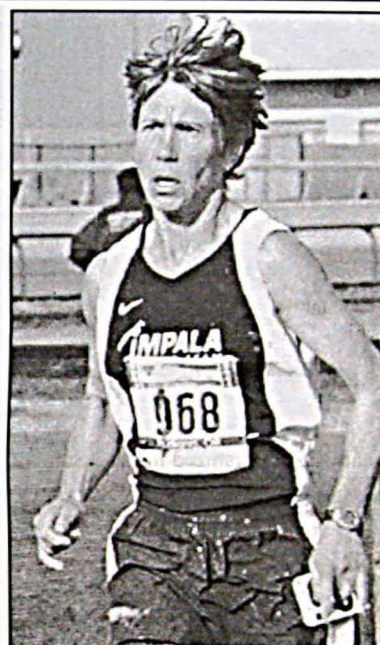
Flo Meiler, 70, Shelburne, Vt., continued where she left off last outdoor season with a pending W70 national record of 13.76 for the 60mH. Leonore McDaniels holds the record of 14.98 set in 1998. □

TWENTY 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



JERRY WOJCIK

Sara Freitas, fifth W45 (26:58), 2004 USA National Masters 6K XC Club Championships, Portland, Ore.

Happy Valentine's Day

from the staff at

National Masters News

www.nationalmastersnews.com

CHAMPIONS FOR LIFE

A thoughtful book on the life of "Coach" Payton Jordan who became a champion beyond all others in masters competition
by John Scott and James Ward

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Stiffness Index (SI) for masters women athletes by event categories

	Premenopausal	Postmenopausal < 70 yr	Postmenopausal ≥70 yr
All athletes (a)	111.3 ± 16.4 (46)	99.1 ± 7.1 (70)	77.0 ± 13.4 (23)
Event categories			
Sprinters or jumpers	109.2 ± 20.7 (12)	105.5 ± 14.8 (26)	83.0 ± 12.9 (10)
Runners ≥800m	121.6 ± 19.2 (11)	105.3 ± 17.2 (12)	72.3 ± 11.8 (5)
Throwers	109.7 ± 13.2 (13)	99.3 ± 19.6 (16)	76.9 ± 11.2 (6)
Racewalkers (b)	106.4 ± 15.5 (23)	93.8 ± 16.0 (30)	71.7 ± 4.6 (8)

Data represent mean ± standard deviation; n in brackets. "n" is the number of subjects.

SI of 100 is the average SI for 20-year-old American women.

(a) Premenopausal, postmenopausal < 70 yr, and women ≥70 yr were different (p ≤ 0.001).

(b) Racewalkers differed from other event competitors, p < 0.05.



San Sebastian

As 2005 gets underway for our masters Championships event. Preparations are that these Championships beautiful Anoeta Stadium area with B-Stadium and the world during 14 thrill day for entries to reach also cost more.

Another interesting year will be the 1st Mar Grand Prix in Lahti, Finland with 11 finals in Helsinki Stadium on August 13 with the IAAF World Cup. A combination Lahti (Helsinki) Sebastian would be a and the Lahti Stadium shown on our WMA website.

You will find all information on the IAAF website: www.lahdenahkera.fi

which I am sure it will be a follow-up in 2006 at the Championships in Goteborg.

The third big event is our 2nd World Championships that will be organized in JPN, on June 26. The onships, held in Tainan, great success and this still more athletes.

At the General Assembly Sebastian we will have the next four-year period.

Re

By BRIDGET CUSI

At an indoor meet in Dec. 11, W45 Julie ran 60m in 8.24. Down a meet organizers must what they had let the when 21 heats were n 60m and 18 rounds in ing senior and masters Robert Frazer, M55 list for months, return over 60m, and Nick C ran 7.87.

Doug Wilkinson, through to win his heat 8.97. Decathlete Tye position in his heat in 11.46 after an earlier Jane Pigeon, world gold medalist, ran the

In a weight pentathlon on a mild Dec. M50, came out to with Chris Melliush, best at 3441. Brian S M45 with 2431, and W60 with 3585.



International Scene

By **TORSTEN CARLIUS**

San Sebastian Tops WMA Bill for 2005

As 2005 gets under way, we hope for a new year filled with successful activities for our masters athletics movement with the 16th World Masters Championships Stadia in San Sebastian, ESP, Aug. 22-Sept. 3, as the top event. Preparations are intensifying and we have no reason to believe other than that these Championships will be at a very high level. We posted a photo of the beautiful Anoeta Stadium on our WMA website a while ago, and this whole sports area with B-Stadium and an indoor arena will be filled by masters from all over the world during 14 thrilling days. We expect many entries and, remember, the last day for entries to reach the LOC is May 23. Late entries will be accepted, but will also cost more.

Another interesting activity this year will be the 1st Masters Athletics Grand Prix in Lahti, FIN, Aug. 10-12 with 11 finals in Helsinki Olympic Stadium on August 13 in connection with the IAAF World Championships. A combination Lahti (Helsinki) – San Sebastian would be a great memory and the Lahti Stadium has also been shown on our WMA website.

You will find all information on the LOC website: **HYPERLINK** "http://www.lahdenahkera.fi." If successful, which I am sure it will be, we plan for a follow-up in 2006 at the European Championships in Gothenburg.

The third big event this year will be our 2nd World Championships 100K that will be organized in Lake Saroma, JPN, on June 26. The first championships, held in Tainan, TPE, were a great success and this year we expect still more athletes.

At the General Assembly in San Sebastian we will have elections for the next four-year period and, as usual,

discuss and decide upon proposals to amend the Constitution, By-Laws and Rules of Competition. All information and last dates have been distributed by our secretary, Monty Hacker, but among the Council proposals will be:

- to remove the present world championships non-stadia and split the events on our indoor and stadia championships

- to add mountain running to our championships program, but technically organized by WMRA

As soon as the council proposals are summed up, they will be posted on the WMA website and I will comment upon them further in a later issue of MNM.

The elections will no doubt be very thrilling and interesting as five present council members must step down. Some may run for other offices, but we will surely also see new faces on the council after the elections. The secretary has provided details to council members willing to run as candidates



SUZY HESS

Margery Swinton, Scotland, throwing the discus at the 2004 Hayward Classic, Eugene, Ore.



TESH TESHIMA

Olympic gold medalist Lasse Viren, 55, ran an 18:45 for the 5K leg in the Diamond Head Duet Run, Honolulu, Dec. 10.

for a new term and/or a new office. This information is also available on the WMA website.

In San Sebastian we will view a presentation on how the preparations are going in Linz, AUT (host city for our 2006 Indoor World Championships) and in Riccione, ITA (host city

of the 2007 World Championships Stadia). We will also be awarding the Indoor World Championships in 2008 and Stadia in 2009, for both of which there are many good candidates.

I wish you an excellent start of 2005 and hope to see many of you in Lahti and San Sebastian later this year. □

Report from Britain

By **BRIDGET CUSHEN**

At an indoor meet in Manchester on Dec. 11, W45 Julie Money ran the 60m in 8.24. Down at Windsor, the meet organizers must have wondered what they had let themselves in for when 21 heats were necessary in the 60m and 18 rounds in the 60H involving senior and masters competitors.

Robert Frazer, M55, on the injury list for months, returned with a 7.98 over 60m, and Nick Grocock, M40, ran 7.87.

Doug Wilkinson, M40, came through to win his heat of the 60mH in 8.97. Decathlete Tye Lewis got pole position in his heat in the M55 60H in 11.46 after an earlier 9.64 in the 60m. Jane Pigeon, world W45 steeplechase gold medalist, ran the 3000 in 10:37.9.

In a weight pentathlon held outdoors on a mild Dec. 11, Mike Small, M50, came out on top, scoring 4131 with Chris Melluish, M60, second-best at 3441. Brian Slaughter won the M45 with 2431, and Liz Sissons the W60 with 3585.

The ex-international marathon runner, Sandra Branney, raced to a British W50 10-mile best of 59:06 in one of northern England's best known races, the annual Brampton to Carlisle 10. She has a 29:59 to her credit over five miles.

Bruce Davidson, 80, ran 65:56 for 10K on Dec. 12. Pat Gallagher, W55, recorded a 20:03 in the Wells City 5K. Julie Myatt, silver medalist at the European W45 marathon championships in Denmark last July, got another silver in the Telford 10K in 36:43 on Dec. 19.

She ranks 12th on the British 2004 marathon best with 2:46:48. Topping the masters 10K road rankings is Dave Taylor with a 30:12 in November.

Guy Amos, who won the British & Irish Masters M40 cross-country in November, ran the Nene Valley 10-Mile in 51:58 on Dec 7. Jane Clarke, W40, was third in the women's race (61:14), finishing ahead of W35 Nicki Nealon (62:20). □



XVI World Masters Track & Field Championships San Sebastian, Spain August 22 - September 3

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Masters Scene

NATIONAL

• **Leon Jasionowski**, Pegasus AC, 60, 1:52:19, and **Carolyn Kealty**, unattached, 42, 1:57:56, dominated the field at the USATF National Masters 20K Racewalk Championships, Clermont, FL, Nov. 13.

• The Shore AC team broke the W40-49 indoor 4x800 WR with a fifth-place 10:15.59 in a seven-team race at the NYC Collegiate Invitational, The Armory Track Center, Jan. 14. The present record is 10:15.98 by a Canadian team in January 2003. The Shore AC squad: **Lauren Rhatigan** (2:37.87), **Lisa Wilhelm** (2:37.25), **Kathleen Clifton** (2:27.50), and **Barbara Brennan** (2:32.81).

EAST

• **Paul Mascali**, 52, Manhasset, NY, 17:14, and **Karen Cotty**, 42, East Quogue, NY, 19:52, rang in with masters wins in the Carter, DeLuca, Farrell, & Schmidt Ho Ho Ho 5K, Bethpage, NY, Dec. 18. **Bill Backe**, 55, Long Beach, NY, with a 20:00 took the M55 race by nine seconds from **Lutz Hoffman**, 58, Northport, NY. **Catherine Oehrlein**, 51, Northport, NY, won the W50 race in 22:13.

• **John Noonan**, 45, Ballston Spa, NY, 17:18, and **Amy Knoeller**, 40, Greenfield Center, NY, 20:16, started the New Year with masters wins in the First Night Saratoga 5K, Saratoga Springs, NY, Jan. 1. **Jim Robinson**, 51, Rochester, NY, won the M45 contest in 17:34. **John Pelton**, 65, West Rupert, VT, took the M65 race in 22:11.

• **Kathy Fleming** (nee Franey), 38, Natick, MA, was the top woman miler at the Millennium Mile, Londonderry, NH, Jan. 2, cruising to a 4:40 on the speed-friendly course. Fleming, now a mother of two young children, enjoyed a long career as one of the US's top miler-road racers. **Zofia Wiecekowska**, 41, Stratford, CT, was the top masters woman, 4:48, just eight seconds back. **Isobel Parke**, 78, Epping, NH, raced to an 8:56. **Rich Marion**, 43, Templeton, MA, maxed-out the masters men, with a smoking 4:20, while **Stanley Dutton**, 60, Antrim, NH, 5:13, and **Bill Spencer**, 68, Litchfield, NH, 5:28, also turned in hot times.

• **Tom Dalton**, 46, 2004 USATF Masters XC Runner of the Year, proved that he is more than a hill-and-dale guy with an overall first (48:59) in the Gazette Stockade-athon 15K, Schenectady, NY, Nov. 14. **Helen Shekerjian** won the W40+ race (63:25). **Margret Betz**, 68, set a single-age U.S. record (old record **Pat Dixon**/1:17:07), and **Anny Stockman** erased the age-72 U.S. record with her 1:22:42 (**Mary Storey**/1:25:06).

SOUTHEAST

• Wearing bib #1 and the green uniform of 1st Place Sports' racing team, **Sean McCormack**, 43, Orange Park, FL, took top honors overall at the Jacksonville Bank Marathon, Dec. 19, 2:37:09. **Caroline Lee**, 43, Jacksonville, hot-footed it to the women's masters win, 3:19:02. **Paulette Butler**, 53, Jacksonville, 3:32:40, and **August Leone**, 74, Boca Raton, FL, 4:34:57, classed up the upper age-groups.

• Floridians **George Altieri**, 47, 1:18:09, and **Deb Heiser**, 46, 1:27:26, were the top masters at the Disney World Half-Marathon, Orlando, FL, Jan. 9.

MIDWEST

• **John Niven**, 40, Swartz Creek, MI,

with a sixth-place 29:06, and **Jane Sanders**, 49, White Lake, MI, in 36:47, showed their masters mettle with wins in the Resolution Run 8K, Flint, MI, Dec. 31. **John Tarkowski**, 52, Northville, MI, was eighth-overall in 29:06. **Harry Tellman**, 66, Holland, MI, was first M60+ (35:02). **Terese Grondin**, 51, Milford, MI, finished second W40+ (37:01).

• Snow-free but frozen: **James Lobdell, Jr.**, 41, Stockbridge, MI, outdistanced Central Mass Strider **Dave Dunham**, 40, Bradford, MA, for the masters title at the famously ankle-twisting Huff Ultra Frigid 50K Trail Run, Huntington, IN, Dec. 18, 3:42:10 to 3:43:25. They were fourth and fifth overall. **Thomas Dever**, 47, Terre Haute, IN, 3:48:16, was next master in at seventh place. **Linda Keuneke**, 41, Fort Wayne, IN, 4:55:21, scrambled to the women's masters victory. The race had been billed as the 50K Trail National Championship, a designation that was pulled by USATF at the last moment.

MID-AMERICA

• **Tony Schiller**, 45, took first overall with a 16:33, and **Pam Walter**, 43, won the W40+ race with a 20:03, Marsh 5K, Minnetonka, MN, Nov. 6. **Lee Stauffacher**, 63, was M60 winner (21:14). **Barbara Burhans**, 73, was best W70 (30:41).

• Double happiness: in Springfield, MO, Dec. 26, **Andy Holland**, 48, finished first at the Run for the Ranch Marathon, 3:06:12, and was also top age-graded performer (2:49:01).

SOUTHWEST

• Mississippi's momentous master **Leonard Vergunst**, 49, Ocean Springs, MS, was the top age-graded scorer at the Larry Fuselier 25K/Louisiana State Championships, Belle Chasse, LA, Dec. 12. He boogied to a 1:32:39 (84.58%), good for third place overall.

WEST

• **Chris Jagers**, 43, Yorba Linda, CA, 35:05, and **Jill Weisman**, 48, Santa Monica, CA, 40:58, cruised to masters firsts, Venice-Marina Christmas 10K, Santa Monica, Dec. 11. **Chieko Allwein**, 71, Torrance, CA, took the W70 race (55:11). **Milo Sather**, 77, Los Angeles, won the M75+ (63:09).

• Carrying a sign that read, "Peace Please," Morocco-born **Driss Dacha**, 42, won the masters title at the P.F. Chang Rock n' Roll Arizona Marathon in Phoenix, Jan. 9, in 2:28:38, after a first-half split of 1:09:49. **Driss**, the winner of the 1991 Grandma's Marathon (2:13:59) is the force behind Dacha's Casbah, a Flagstaff felafely and gyro joint. He was eighth overall. **Rebecca Castillo**, 43, 2:58:40, took the women's 40+ honors.

• **Shirley Matson**, Larkspur, CA, set a pending age-64 record of 21:17 in the Far Side 5K, San Francisco, Nov. 28, 2004, and another of 1:12:48 in the Cal 10 Miller, Stockton, CA, Jan. 9. **Margaret Betz** holds the 5K record at 21:25 in 2001. **Barbara Miller** owns the 10-mile record with a 1:16:05 in 2004.

NORTHWEST

• **Nan Keith-Frutes**, 44, Crested Butte, CO, in 41:16, was first female overall, Winter Sun 10K, Moab, UT. **Bernie Boettcher**, 42, Silt, CO, took the M40+ contest (32:45). **Larry Ingram**, 60, Grand Junction, CO, won the M60 race in 37:22.

• **Gene Solomon**, 55, Junction City,

OR, 19:11, and **Carla Hervert**, 45, Eugene, OR, 20:01, rang in masters firsts, Jingle Bell 5K, Eugene, Dec. 11. **Jim Davis**, 68, Harrisburg, OR, took the M65 race in 22:47. In the 8K, **Ed Spinney**, 51, Eugene, 29:56, and **Karen Louise-White**, 41, Eugene, 34:23, logged masters wins.

• **Bob Prather**, 49, Oak Harbor, WA, 17:49, and **Marcia Swanson**, 55, Seattle, WA, 22:49, took masters titles in the Club NW Resolution 5K, Seattle, Jan. 1. **Judith Fisher**, 61, Auburn, WA, was second W40+ (23:21).

INTERNATIONAL

• Racewalkers **Gary Little**, M60, and **Marcia Soanes**, W45 (both of Auckland) scored double victories in the racewalks (North Island Masters T&F Championships, Whangarei, New Zealand, Nov. 26-28). In the 3000m, Little finished in 15:09.2, with Soanes coming in at 17:37.5. In the 10K road racewalk, Little led with a 55:06, with Soanes clocking a 1:01:49.

OBITUARIES

• **Lionel Y. H. Low**, 65, of Honolulu, died Dec. 28, 2004. He had prostate cancer which he had been fighting for a year or so. He was an active masters pentathlete and decathlete. Born in Fiji, he was a realtor and owner of I2C Realty Co. He is survived by his wife, two daughters, a son, and several grandchildren.

• **Gunder Hagg**, who set the mile record in 1945 and held it until **Roger Bannister** broke the four-minute barrier, died at age 85 after a long illness. Born on a small farm in the forests of northern Sweden, Hagg went on to break 15 middle-distance world marks and was first to run the 5000 under 14:00.

CORRECTIONS

• The photograph of **Nadine O'Connor**

TWENTY-FIVE 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

Texas Trail 50-Mile

Continued from page 21

be reckoned with in the race. **Dave Terris**, 41, San Antonio, Texas, knew the title he won in 2003 was in jeopardy, considering Steidl's fleet-footedness, but he still managed second overall in 3:33:40, behind Steidl's 3:11:45.

The previous record of 3:12:25 was established by **Rich Hanna** in 1994. **Jim Harrington**, 39, Negaunee, Mich., the runner-up last year, was third in 3:35:21.

"Jim (Harrington) and I were running together for much of the race, until I had to stop and stretch several times," Terris said. "I was able to catch back up to Jim, but we both gave



MIKE POLANSKY

Odd Sangesland (l), and Bert Jablon, M75 medal winners, Ho Ho Ho Holiday 5K, Bethpage, N.Y.

on the front page of the January issue was taken by **Sean Reigle** at a Team Thor meet in La Jolla, CA.

• **Michael Blanchard** was the M40 winner in the 1500 RW (7:31.99) and 3000 RW (15:52.56), Pan Pacific Masters Games results, January issue.

• **Rosalia Zanoner**, 52, ITA, with a 3:09:23, was the W50 winner in the ING NYC Marathon, not **Candace Schiffer**, as listed in the December results. **Chihiro Yamauchi**, 50, NJ, was second (3:12:39), and **Alyn Park**, 53, CO, was third (3:24:56).

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USA track and field events were noted. Senior Games are open to all age groups with ed to men and women over 35. Entry blanks for nation per 30-60 days prior to the Eugene, OR 97405.

TRACK &

NATION

March 5-6. USA National Heptathlon Championships Kenosha, WI. (s) Jeff Wa Paddock Lake, WI 53168 jwatry@gillathletics

March 11-13. USA National Championships, Nampa (B Murdock, 6127 Portsmouth 83714. 208-859-9219. schamps@earthlink.net; w field.com

June 3-18. National Senior Games PA. 82059, Baton Rouge www.nsga.com

July 2-3. USA National Heptathlon Championships (Cleveland area), OH. (s) Hickory Dr., Lyndhurst, OH 0636; Rex Harvey, 440-339-

August 4-7. 38th Annual Masters Championships, Hawaii LOC, 2005 Hawaii ships, 1493 Halekoa Dr., Hawaii www.hawaiiichamps.com; @hawaii.rr.com

August 13. USA National Pentathlon Championships Lester Mount, 6750 Hillcrest Dallas, TX 75230; 214-766-

September 10. USA National & Superweight Championships Hammer, Sept. 9, 5:00 pm. Hillcrest Ave. SW, Seattle 938-3895; kweinbel@com

EAST

Connecticut, Delaware, Maryland, Maine, New Jersey, New York, Pennsylvania, Rhode Is

February 6. PVTC/DCE Jefferson Community Center 703-218-2726; www.PVTC

February 13. Philadelphia Reading, PA. Kyle Meck 1382; krmeck@erols.com

February 16 & 24. NYRR the Races, The Armory, W Manhattan. 7:00 pm. 21 nyrr.org

February 20. USATF National Open Indoor Championships Dickinson U., Hackensack www.usatfnj.org

February 20. Prince George's Learning Complex A Landover, MD. Masters of 583-2661.

February 26. USATF National Program/USA Indoor Championships Lewis Center, Boston, MA 1:04 pm/men 400 @ 1:14 949-589-0242; runnermark

February 26. Mid-Atlantic Open Indoor Championships PA. Kyle Mecklenbor krmeck@erols.com

February 27. Prince George's Learning Complex A Landover, MD. 7:30 am. March 3. NYRR Thursday The Armory, Washington

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 open to men and women over age 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 5-6. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. (s) Jeff Watry, 24302 77th St., Paddock Lake, WI 53168; 262-843-3367(h); jwatry@gillathletics

March 11-13. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 6127 Portsmouth Ave., Boise, ID 83714. 208-859-9219. email: master schamps@earthlink.net; www.mastertrackandfield.com

June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com

July 2-3. USA National Masters Decathlon/Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(ce).

August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaii champs.com; 808-732-8805; zeug@hawaii.r.com

August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-2854.

September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

February 6. PVT/DCRRR Indoor Meet, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVT.org

February 13. Philadelphia Masters Meet, Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 16 & 24. NYRR Thursday Night at the Races, The Armory, Washington Heights, Manhattan. 7:00 pm. 212-860-4455; www.nyrr.org

February 20. USATF New Jersey Masters/Open Indoor Championships, Fairleigh Dickinson U., Hackensack. 973-334-8900; www.usatfnj.org

February 20. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. Masters only. 7:30 am. 301-583-2661.

February 26. USATF Masters Invitational Program/USA Indoor Championships, Reggie Lewis Center, Boston, MA. Women 1500 @ 1:04 pm/men 400 @ 1:14 pm. Mark Cleary, 949-589-0242; runnermark@cox.net

February 26. Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

February 27. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-583-2661.

March 3. NYRR Thursday Night at the Races, The Armory, Washington Heights, Manhattan.

7:00 pm. 212-860-4455; www.nyrr.org
March 4. MAC Masters Championships, 168th St. Armory, NYC. 6-11 pm. Ivan Black, 917-679-8448.

March 20. Syracuse U. Throws Meet, Manley Fieldhouse. (s) 9:00 am. Event order: SP/WT/SW for open and masters only. Gary Crawford, 315-492-2945; throws2@five95.net

May 22. Vermont Green Mountain Senior Games, Burlington. Ardis Smith, 802-824-6521

SOUTHEAST

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

February 5. USAT-NTC Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

February 19. USAT-NTC Winter Sun Meet #3, Clermont, FL. (s) See Feb. 5.

February 26-March 13. Polk Senior Games, Polk Co., FL. 863-533-0055; e-mail: polkse niorgames@juno.com

March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

April 15-16. USATF Georgia Association & USATF Southeast Region Masters T&F Championships, Savannah State U., Ga. Out of state athletes welcome. Entry deadline April 12. Jim Hite, PO Box 717, Millen, GA 30442; 478-982-4881; jimjoyce34@bellsouth.net

April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.

May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSATF Championships/Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607; southeasternmasters.org

May 12-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-474-8492; Jane Jagodzinski, 757-427-2106.

May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

May 18-21. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.

MIDWEST

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

March 6. Mason-Dixon Indoor Games, Louisville, KY. www.ktccca.org/2005indoor/2005MasonDixonMasters-OpenEntryForm.htm

MID-AMERICA

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

February 27. USATF Mid-America Regional Indoor Masters Championships/Colorado Championships, USAF Academy, Colorado Springs. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602. 303-451-8727; 303-520-3088. Jerry Donley, 719-635-1264.

March 12. USATF Minnesota Indoor Championships, U. of Minn., Minneapolis. All ages. 763-595-8944; kmoorhead@comcast.net

April 28-30. USATF Masters Invitational Program/Drake Relays, Des Moines, IA. Men's mile. Mark Cleary, 949-589-0242; runnermark@cox.net

June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/ozark

June 25. Missouri Senior Games, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesjw@missouri.edu

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 26. Waterloo Lions Meet, Austin, TX. Seth Brower, 512-694-2037; www.waterlootrackandfield.org

April 23. El Paso Senior Games Track Meet, Irvin H.S., El Paso, Texas. Julie Belcher, 1800 Byron, El Paso, TX 79930; 915-562-4360.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 5, 12, 19, 26. Los Gatos All-Comers Meets, Los Gatos HS, CA. 12:30 field/1:00 track. No HT/JT. LGAA, PO Box 1334, Los Gatos, CA 95031; Willie Harmatz, 408-206-9973.

February 5, 13, 19, 27. HMTTC Meets, Kaiser HS, Honolulu. WP-27th. 237-8937; www.i2creality.com/htmc.htm

February 10-13. Palm Desert Senior Games, Palm Desert HS, CA. 5K & 10K RR on 12th; T&F on 13th. 760-568-2560; e-mail: senior games@cvrpd.org

February 19. SCA USATF Indoor Championships, Huntington Beach HS, CA. Outdoor with indoor distances. 10:00 am. Auto timing. Judged RW-at LaVerne U., Feb. 20. Andrew Hecker, P.O. BOX 7793, Ventura, CA 93006. 805-642-3879; info@trackinfo.org; www.trackinfo.org/scaind.html

February 19-20. Arizona Senior Olympics, ASU, Tempe. Running: 19th; field: 20th. Hugh Morrison, 602-433-9336; www.seniorgames.org

February 26. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

March 4-13. Henderson Senior Games, Henderson, NV. Downtown Rec. Center, PO Box 95050, Henderson, NV 89009-5050. 702-267-4040. Feb. 14 deadline.

March 19. Santa Barbara Easter Relays, Santa Barbara CC track. Y/O/M Kevin Young, 805-564-3400; kyoun@sbre.com; www.easterrelays.org

March 20. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

April 1-17. Mt. SAC Relays, Walnut, CA. 909-594-5611, x 4840; http://relays.mtsac.edu

April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

May 7. 20th annual Southern California Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al Escabosa, 714-528-1443.

May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

July 16. Team Thor Thunder Series Throws &

ON TAP FOR FEBRUARY

TRACK AND FIELD

The USATF Mid-America Regional Indoor Championships will again be hosted by the USAF Academy, Colorado Springs, on the 27th. The USATF-SCA will conduct an outdoor meet with indoor track events in Huntington Beach, CA, on the 19th. On the 20th, USATF-NJ holds its indoor championships at Fairleigh Dickinson U., Hackensack. More indoor action can be had in Philadelphia; Arlington, VA; Landover, MD; and Ontario, Canada. Head for Clermont, FL, or La Jolla, CA, for outdoor competition.

LONG DISTANCE RUNNING

The USA Winter Nationals XC returns to Ft. Vancouver, WA, on the 12th-13th. Baton Rouge will see the Nextel Mardi Gras Mambo 10K on the 5th, the first day of a two-day fete offered by the Gasparilla Marathon in Tampa. On the 6th, Californians can choose from the Davis Stampede Half-Marathon; San Francisco Half-Marathon; or SRLA Hansen Dam 30, San Fernando Valley. The Mercedes Marathon & Half-Marathon, Birmingham, AL, and L.A. Chinatown Firecracker 5K & 10K are set for the 13th. Las Vegas, NV, stages the President's Day 5K, and Orlando, FL, the Outback Distance 12K, on the 19th. The Hudson Mohawk Winter Marathon, Albany, NY; Colonial Half-Marathon, Williamsburg, VA; Mardi Gras Marathon, New Orleans; and World's Best 10K, San Juan, PR, dot the offerings on the 27th.

RACEWALKING

Clermont, FL, will produce the USA National Masters 50K Championships on the 13th.

PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.

June 18-19. Hayward Classic/OR Association Masters Championships, Eugene.

June 25-26. Portland Masters Classic/USATF NW Regional Masters Championships, Mt. Hood CC, Gresham, OR.

CANADA

February 13. OMTFA Winter Mini-Meet #3,

York U. 416-426-7325; canadianmastersathletics.com
February 26. 36th annual OMTFA Indoor Championships, York U. 416-426-7325; canadianmastersathletics.com

INTERNATIONAL

February 10-13. New Zealand Masters Games, Wanganui. nzmathletics@xtra.co.nz
February 12-13. Austrian Masters Challenge, Linz. Site of 2006 WMA World Indoor Championships. www.linz2006.com/eng
March 4-7. New Zealand Masters Association Championships, Dunedin. nzmathletics@xtra.co.nz
July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com
August 10-12. Masters Athletics GP Meet/IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi
August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com
March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

LONG DISTANCE RUNNING

NATIONAL

February 12-13. USA Winter Nationals XC Championships, Ft. Vancouver, WA. Masters: M&W 8K. Enter online at www.usatf.org, or contact Harry Simonis, runjumpthrow@usatf-oregon.org (see ad on p. 9).
June 4. USA National Masters Women's Championships/Freihofers' 5K, Albany, NY. George Regan, 518-273-5552; www.freihofersrun.com
June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO. www.usatf.org
July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA. www.usatf.org
August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see above).
September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org
October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usafad.org
November 26. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; billq@frontiernet.net

EAST

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

February 6. Maine TC's Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine-trackclub.com
February 13. NYRR Al Gordon 15K, Central Park, NYC. 212-860-4455; www.nyrr.org
February 19. Martha's Vineyard 20 Mile. 508-696-6203, x300; www.mv20miler.com
February 25. NYRR Snowflake 4 Mile, Central Park, NYC. See Feb. 13.
February 27. Jones Town & Country 10 Mile, Amherst, MA. 1 pm. 413-259-1469; www.sugarloafmar.org
February 27. Hudson Mohawk RRC Winter Marathon & Relay, Albany, NY. enclies@nycap.rr.com; www.hmrrc.com
March 13. Boston's Run to Remember Half-

Marathon & 5 Mile, Boston, MA. www.BostonsRunToRemember.org
March 20. USATF New England Half-Marathon Championships, New Bedford, MA. James Mumm, 508-993-1774.
March 26. NYRR 8K, Central Park, NYC. 212-860-4455; www.nyrr.org
April 3. Credit Union Cherry Blossom 10 Mile, Washington, DC. 8000 limit/usually filled by early Jan. CB 10 Mile, PO Box 5366, Rockville, MD 20848. cherryblossom.org
April 10. More Marathon, New York City. 212-860-4455; www.nyrr.org
April 17. Jersey Shore Ten Miler, Sandy Hook, NJ. 732-578-1771; www.njmarathon.org
April 18. 109th BAA Boston Marathon. www.baa.org
April 23. Bill Robinson 10K Masters Championships, Gunderland HS, Albany, NY. Jim Tierney, runnerjmt@aol.com

SOUTHEAST

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

February 5-6. Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com
February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com
February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com
February 19. Outback Distance Classic 12K, Orlando, FL. www.trackshack.com
February 19. Silver Comet Ultra Runs 50K & 100K, Rockmart (Atlanta), GA. jslug1@comcast.net
February 19. Clemmons XC Classic 5K, Clemmons, NC. Jeff Norris, 336-794-3935.
February 20. Tallahassee Marathon & Half-Marathon, FSU. www.gulfwinds.org/marathon
February 20. Pensacola Marathon, Pensacola, FL. 850-435-9222; www.active.com
February 26. Blue Angel Marathon, Half-Marathon & 5K, Pensacola, FL. 850-452-3805, x315/340/320; www.naspensacola.navy.mil/mwr/nas.html
February 27. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. www.tribeclub.com
March 12. Gate River Run 15K & 5K, Jacksonville, FL. USA 15K Championships. 904-731-1900; www.gate-riverrun.com
March 12. Winter Park 10K, Winter Park, FL. www.trackshack.com
March 19. Shamrock Sportsfest Marathon, Relay & 8K, Virginia Beach, VA. Shamrock Sportfest, 2321 Cape Arbor Dr., Virginia Beach, VA 23451-1310. shamrockmarathon.com
March 26. Masters 5K & Mile, Dollywood Theme Park, Pigeon Forge, TN. Ross Dunton, Coachr880@bellsouth.net
March 27. U.S. Half-Marathon, Atlanta, GA. www.runatl.com
April 9. Ukrop's Monument Avenue 10K, Richmond, VA. www.sportsbackers.org

MIDWEST

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

February 6. 21st Winterfest 5K, Kankakee, IL. 1pm. Charlie Grotevant, 815-949-1551.
April 2. Capital City Half-Marathon, Columbus, OH. www.capitalcityhalfmarathon.com
April 9. Papa John's 10-Miler/USA Championship, Louisville, KY. www.papajohns.com/louisville

MID-AMERICA

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

February 5. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. hermansrun@aol.com; www.winter-carnival.com
March 13. Runnin' of the Green Lucky 7K, Denver, CO. www.bkbltd.com
April 10. Spirit of St. Louis Marathon, St. Louis, MO. 314-727-0800; www.stlouis-marathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 5. 7th Nextel Mardi Gras Mambo 10K, Baton Rouge, LA. 225-382-3596; www.brasf.com
February 12. Battle of Mobile Bay 5K, Dauphin Island, AL. Port City Pacers, 251-473-7223.
February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescaleaustin-marathon.com
February 26. Cowtown Marathon, Ft. Worth, TX. cowtownmarathon.org
February 26. ConocoPhillips 10K Rodeo Run, Houston, TX. 281-293-2447; conocophillip.sroceorun.com
February 27. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 800-886-5534; www.mardigrasmarathon.com
March 12. Bayou City Classic 10K, Houston, TX. www.bayoucityclassic.org
April 24. Oklahoma City Memorial Marathon, Relay & 5K, Oklahoma City. www.okcmara.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 6. Davis Stampede Half-Marathon, Davis, CA. 530-757-2012; www.marathonrun.com
February 6. San Francisco Half-Marathon. 415-333-4780; www.pamakids.org
February 6. SRLA Hansen Dam 30K, San Fernando Valley, CA. 818-997-2451; www.srla.org
February 13. Los Angeles Chinatown Firecracker 5K & 10K. 323-256-1363; www.firecracker10k.org
February 19. President's Day 5K, Las Vegas, NV. 702-450-4788; lasvegasrunningteam.com
February 20. Palm Springs Half-Marathon, Palm Springs, CA. 760-324-7069; kleinclark.sports.com
February 26. Juana Run 8K, Palo Alto, CA. 650-599-3434; juanarun.org
March 6. L.A. Marathon XX, Los Angeles. 310-444-5544; www.lamarathon.com
March 6. Napa Valley Marathon, Napa, CA. www.napa-marathon.com
March 13. Fifty-Plus Paul Spangler Memorial 8K 5K RW, Palo Alto, CA. 50+. 650-843-1750; pre-registration is available via: www.active.com; www.50plus.org; info@50plus.org
March 13. Valley of the Sun Marathon, Mesa, AZ. www.valleyofthesunmarathon.com
March 13. Arizona Distance Classic Half-Marathon, Oro Valley. www.arizonadistanceclassic.com
March 13. Blue Cross of California Spirit Run 10K & 5K, Newport Beach. www.kinane.events.com
March 26. Redwood Wild River 15K, Crescent City, CA. 11:00 am. Ralph Hirt, 707-464-3779; cultra37@hotmail.com
April 3. Carlsbad 5000, Carlsbad, CA. www.eliteracing.com
April 9. Santa Anita Derby Day 5K, Arcadia, CA. www.w2promo.com

NORTHWEST

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

February 12. Couple Truffle Shuffle 5K, Medford, OR. Ginny Hicks, 541-899-8239.
February 13. Truffle Shuffle 4 Mile, Eugene, OR. 1 pm. 541-344-0833; www.committedpartners.com
February 19. SOSRC River Run 5K & 10K, Gold Hill, OR. Tim Rose, 541-474-0531.
March 12. Canyonlands Half-Marathon, Moab, UT. www.moabhalfmarathon.org
April 9. 29th Pear Blossom 5K & 10 Mile, Medford, OR. 541-535-1205; www.pearblossomrun.com
April 10. Whidbey Island, WA, Marathon. www.whidbeyislandmarathon.com



JERRY WOUICK

Michael Gray, 40, finishing in the 2004 USA National Masters 10K XC Club Championships.

April 16. USATF Inland NW 8K Championships, Connell, WA. Ken Sellereite, 509-234-8606.
April 23. Salt Lake City Marathon & 5K. 801-412-6060; saltlakecitymarathon.com
May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomsdayrun.org

INTERNATIONAL

February 12. British Masters XC Relay Championships, Norwich, East Anglia. BMAF Relays, 6 Hare Close Mulbarton, Norwich, NR14 8QQ, UK. www.bmaf.org.uk
February 27. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.wb10k.com
March 12. British Masters XC Championships, Bangorm Co. Down, Northern Ireland. BMAF XC/co 1 Wilmont Park, Dunmurray, Belfast, BT17 9JW, UK. www.bmaf.org.uk

RACEWALKING

February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
February 27. Henry Laskau USATF Florida Association 5K RW Championships, Coconut Creek. Daniel Koch, 954-970-9634.
March 13. USA National Masters Indoor 3000m Championships, Nampa (Boise), ID. See National T&F above.
May 15. USA National Masters 15K RW Championships, Riveside, CA. www.usatf.org
August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.
September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org
October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org
November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

M35-39	Benjamin	TJ	1
	Henderson	LJ	6
M40-44	Jerry Espinosa	Pent	2
	Ted Polus	3000	9
M45-49	Charles Greene	JT	5
	James Kazda	HJ	1
M55-59	Karl Kunz	800	2

U.S. MASTERS

Event	30-34	35-39	40-44
55	6.8	6.9	7.1
60	7.4	7.55	7.7
100	11.0	11.3	11.5
200	22.4	23.2	23.8
400	51.5	52.5	53.8
800	2.02	2.04	2.07
1500	4.20	4.22	4.25
Mile	4.40	4.40	4.50
3000	9.25	9.40	10.00
5000	15.45	16.00	16.15
10000	32.30	32.50	33.30
55H	8.6	8.7	9.0
60H	9.0	9.3	9.4
110H	15.4	16.5	17.8
100H			
80H			
400H	58.0	60.0	62.0
300H			
3K-SC	10:10	10:30	11:45
2K-SC			
HJ	1.90	1.85	1.78
	6-2%	6-%	5-9%
PV	4.40	4.10	3.95
	14-5%	13-5%	12-11%
LJ	6.50	6.10	5.85
	21-4	20-%	19-2%
TJ	13.20	12.60	11.50
	43-3%	41-4%	37-8%
Shot	14.50	14.02	13.41
	47-7	46-0	44-4
Discus	44.80	42.80	39.50
	147-0	140-5	129-3
Hammer	47.24	44.20	40.00
	155-0	145-0	131-0
Javelin	62.00	56.00	48.70
	203-5	183-9	160-4
35#Wt.	15.00	14.00	13.00
	49-2%	45-11%	42-4
Weight	15.00	14.00	13.20
	49-2%	45-11%	43-5%
Sup.Wt.	9.50	9.00	8.50
(56#)	31-2	29-6%	27-10%
Pent.	2800	2600	2600
Decath.	5500	5250	5250
Wt. Pent.	2800	2700	2800

Notes: 1) 100 standards are for men
 2) Short hurdles:
 3) Long hurdles:
 4) Shot put:
 5) Discus throw:
 6) Hammer:
 7) Javelin:
 8) Weight:
 9) Superweight:
 10) Pen/Dec/Wt. Pen:
 11) Metric heights and

U.S. MASTERS ALL-AROUND

	1.5K	Mile	1K	500
W30	7:13	7:47	14:50	2
W35	7:22	8:03	15:18	2
W40	7:37	8:21	15:53	2
W45	8:03	8:41	16:32	2
W50	8:25	9:05	17:15	2
W55	8:55	9:31	18:05	3
W60	9:17	10:01	19:01	3
W65	9:48	10:35	20:06	3
W70	10:26	11:15	21:22	3
W75	11:10	12:01	22:51	3
W80	12:03	12:58	24:41	4
W85	13:13	14:15	27:05	4
W90	14:56	16:06	30:36	4
M30	6:31	7:01	13:21	2
M35	6:43	7:14	13:47	2
M40	6:58	7:29	14:16	2
M45	7:13	7:46	14:47	2
M50	7:33	8:05	15:23	2
M55	7:50	8:26	16:04	2
M60	8:13	8:51	16:50	2
M65	8:38	9:19	17:43	2
M70	9:08	9:50	18:44	2
M75	9:43	10:28	19:55	2
M80	10:26	11:14	21:22	2
M85	11:21	12:13	23:14	2
M90	12:41	13:39	25:58	2

Age-graded time/8 for mid-

Table listing winners for M35-39, M40-44, M45-49, and M55-59 age groups, including names like Benjamin Henderson and Jerry Espinosa.

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing recipients of All-American Awards for Owen Rogers, Charles Roll, and Bill Kuegler.

Table listing recipients of All-American Awards for Phillip Shipp.

Table listing winners for M70-74 age group, including John Polevy and Alan Raynor.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for men, listing events like 55, 60, 100, 200, 400, 800, 1500, Mile, 3000, 5000, 10000, 55H, 60H, 110H, 100H, 80H, 400H, 300H, 3K-SC, 2K-SC, HJ, PV, LJ, TJ, Shot, Discus, Hammer, Javelin, 35#Wt, Weight, Sup.Wt, Pent, Decath, and Wt.Pent.

U.S. MASTERS ALL-AMERICAN STANDARDS

Large table of U.S. Masters All-American Standards for women, listing events like 55, 60, 100, 200, 300, 400, 800, 1500, Mile, 3000, 5000, 10000, 100H, 80H, 400H, 300H, 2K-SC, HJ, PV, LJ, TJ, Shot, Javelin, Discus, Hammer, Weight, Sup.Wt, Wt.Pent.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27" Long hurdles: 30-59: 30"; 60+: 27" 3) Shot put: 30-49: 4k; 50+: 3k 4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g 5) Hammer: 30-49: 4k; 50+: 3k 6) Weight: 30-49: 20#; 50-59: 16#; 60+: 12# 7) Superweight: 30-49: 35#; 50-79: 25# 8) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

Table of U.S. Masters All-American Standards of Excellence for Racewalkers, listing events for women (W30-W90) and men (M30-M90).

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form for application for an All-American Certificate/Patch, including fields for Name, Age-Group, Address, Sex, City, State, ZIP, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, and Weight of Implement.

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Syracuse Chargers Indoor Meet, Syracuse U., NY Dec. 12

55mH	
W50 Irene Thompson	9.9
55m	
M45 Brendan Jackson	7.3
M65 Tom Fondy	8.2
M75 Ed Cox	8.5
800m	
M55 Bob Nicholson	2:45.3
M65 Kermit Cadrette	3:12.8
1500m	
M30 Richard Terpening	4:48.8
M35 Michael Boni	4:41.3
M45 Brendan Jackson	4:36.2
John Evans	5:06.3
Kevin Hanlon	5:11.6
M50 David Bowen	4:50.1
Tom Crowley	5:18.6
M60 Paul Stelmazyk	6:31.5
Chip O'Reilly	6:37.1
M65 Kermit Cadrette	6:21.6
M70 Jerry Bisson	6:59.7
Pole Vault	
M50 Tom Crowley	8-6
M55 Jim Trott	9-0
Long Jump	
W50 Irene Thompson	14-3
M30 Dave Eaton	20-2
M50 Rick Censullo	16-0
Shot Put	
M35 Adam Escobar	38-5
M45 Mike Kinsella	31-0
M50 Lee Dennis	38-1
M60 Gary Crawford	34-9
M65 Chuck Yost	32-6
Weight Throw	
M60 Gary Crawford	40-0

Prince George's Sports & LC Sportsfest Indoor Landover, MD; Dec. 19

60m	
M40 Alonzo Ruffin	6.81
Lorenzo M ---	7.62
Darnell Smith	7.71
M45 Jeremiah Lloyd	7.48
--- Crawford	8.64
Ed Price	8.64
M50 Bob Bowen	7.32
Brian Lee	8.09
M55 Dennis Newton	8.29
W35 Manee Coleman	8.6
W60 Jane Mortenson	12.5
200m	
M40 Alonzo Ruffin	23.02
M45 Kinley Hill	25.89
W35 Manee Coleman	29.21
W60 Jane Mortenson	53.33
400m	
M35 Les Young	54.70h
M40 Charles Edwards	55.61h
M45 Paul Allen	59.29h
M50 Brian Lee	61.93h
Al Creveling	76.9
Larry Hart	80.9
W40 Lorraine Jasper	69.0
800m	
M35 Eric Jackson	2:18.08
M40 Bob Rimski	2:19.89
M50 J J Wind	3:12.65
M55 Bob Weiner	3:11.70
M40 Steve Nearman	2:11.60
W40 Lorraine Jasper	2:39.12
Julie Hayden	2:39.86
W45 Joan Affleck	2:58.84
1500m	
M35 Jim Ehrenhaft	4:48.4
Steve Hays	5:17.3
M40 Bob Rimski	5:05.6
M45 Chuck Shields	4:47.6
George Buckheit	4:48.4
M50 Joe Burno	5:30.7
Pete Blank	5:49.3
JJ Wind	6:23.5
M55 Bob Weiner	6:19.5
Larry Hart	6:27.8
W40 Lorraine Jasper	5:29.1
W45 Joan Affleck	6:31.2
ChristyCaravoulas	8:13.9
55mH	
M70 Jim Stookey	9.19
Shot Put	
M50 J J Wind	14-5.75

Dartmouth Relays Hanover, NH; Jan. 9

60m	
M30 Darryl Bray	7.98
M35 Barney Borromeo	7.27
Manny Garcia	7.82
M45 Benoit Mertrand	8.03

Stuart Lord	8.16
Calvin Carter	8.50
M50 Lou Ronisvalli	8.11
Richard Clark	8.53
M55 Lee Hess	8.31
Larry Libow	9.03
Bill Carter	11.27
M60 Roger Pierce	8.35
Paul Gansle	8.60
Douglas Geertgens	8.69
M65 Ronald Whittemore	9.60
M70 Bill Wright	9.12
James Doncan	9.61
William Hufnagel	10.51
M75 Ross Mitchell	9.48
M80 Vern Matteson	15.64
W40 Paula Fortuna	9.74
W55 Hillen von Maltzahn	10.06
W65 Barbara Jordan	10.07
W70 Flo Meiler	11.13
Dolores Hufnagel	15.19
W75 Patricia Peterson	12.41
W80 Alverta Perkins	17.77
200m	
M35 Barney Borromeo	25.31
Manny Garcia	25.76
M45 Benoit Mertrand	25.91
Calvin Carter	28.69
M50 Carroll Blake	27.80
John Saxelby	32.58
M55 Lee Hess	28.27
M60 Roger Pierce	27.14
Paul Gansle	28.84
Douglas Geertgens	29.17
M65 Richard Croak	31.76
Ronald Whittemore	34.15
M70 John Nyhan	40.82
W40 Paula Fortuna	33.40
W55 Hillen von Maltzahn	32.65
W65 Barbara Jordan	35.41
W70 Flo Meiler	40.45
W75 Patricia Peterson	47.92
400m	
M30 Rick Elliott	57.49
Don Holtzman	59.32
M50 Charles Kelley	1:00.61
John Saxelby	1:08.43
M55 Ralph Souffra	1:01.89
Warren Graff	1:01.99
Dave Herrington	1:22.97
M60 Bob Chinchich	1:09.82
Ted Greve	1:11.14
M65 Richard Croak	1:15.56
M70 John Nyhan	1:40.61
W35 Rebecca Connolly	1:07.60
W40 Paula Fortuna	1:20.40
W55 Hillen von Maltzahn	1:14.13
800m	
M45 Thomas Dalton	2:12.37
Roy Currie	2:26.37
M50 Carroll Blake	2:25.96
Richard Clark	2:31.31
Charles Kelley	2:33.05
M55 Stephen Viegas	2:35.64
M60 Joseph Sinicrope	2:57.22
M65 Jerry LeVasseur	3:04.37
W30 Barbara Foster	3:15.30
W40 Laurie Waterman	3:36.13
1500m	
M30 Peter Byrne	4:36.04
M40 J R Stockwell	4:54.87
M45 Thomas Dalton	4:13.22
Dan Collison	4:37.83
Giles Norton	4:55.03
M50 Richard Clark	4:52.62
Wayne Dwyer	4:58.12
Dana Waterman	5:31.46
M55 Jeffrey Parkman	5:24.04
Jonathan Edwards	7:13.50
M60 Joseph Sinicrope	5:52.04
Jeff Bray	6:02.31
Eric White	6:08.87
M65 Jerry LeVasseur	6:00.79
Bob Payne	7:10.32
W35 Kim Shethfield	4:53.02
W60 Elizabeth Eldredge	7:07.22
3000m	
M40 Keith O'Brien	10:34.95
M45 Ron Shaiko	9:32.57
Don Collison	10:19.34
M50 Randy Waterman	10:30.88
Dana Waterman	11:25.78
David Young	12:23.87
Raymond Dion	11:16.21
Gaelan Breton	11:55.55
M60 Eric White	13:25.69
M65 Jerry LeVasseur	12:13.96
M70 Peter Hettrich	13:38.25
W45 Karen Lein	13:42.57
5000m	
M40 Michael Early	17:30.02
M45 Norm Larson	17:34.64
Philip Maia	18:12.39
John Dowling	18:12.64
M50 Pascal Cheng	19:02.75
David Young	22:33.59
M55 Gordon MacFarland	17:51.97
Bill Reilly	18:22.23
Charles White	18:30.89

M60 Jeff Bray 21:02.43

Short Hurdles	
M60 Douglas Geertgens	10.77
Paul Gansle	11.29
W70 Flo Meiler	13.76
High Jump	
M40 Joseph Patrone	1.78
M45 Mark Brassard	1.56
M55 Richard Sobel	1.50
William DeHorn	1.42
M60 Paul Gansle	1.40
Douglas Geertgens	1.36
Jim Kenney	1.36
M70 James Duncan	1.08
W55 Hillen von Maltzahn	1.14
W65 Barbara Jordan	1.08
W70 Flo Meiler	1.00
Pole Vault	
M30 Darryl Bray	3.66
M40 Kurt Fischer	2.90
M55 Peter Fichter	2.90
William DeHorn	2.90
Michael Zahner	2.75
M65 Deke Conklin	2.90
W55 Hillen von Maltzahn	2.75
W70 Flo Meiler	1.73
Long Jump	
M50 Rick Censullo	4.59
John Oleski	4.27
M60 Douglas Geertgens	4.72
Jim Kenney	4.16
M65 Ronald Whittemore	3.82
M70 James Duncan	3.64
Bill Wright	3.77
M80 Vern Mattson	3.12
W55 Miriam Meehan	2.73
W65 Barbara Jordan	3.19
W70 Flo Meiler	3.34
W80 Alverta Perkins	1.37
Triple Jump	
M50 John Oleski	8.82
M55 William DeHorn	7.92
M60 Douglas Geertgens	9.60
W55 Hillen von Maltzahn	7.45
W65 Barbara Jordan	6.45
W70 Flo Meiler	6.46
Shot Put	
M30 Jeff Fleury	12.42
John Fields	10.01
M40 Scott Hannay	12.30
M50 Don Filkins	12.35
Bob Cedrone	11.54
Carl Reichard	11.38
M55 Luke Hotte	13.37
Bill Carter	11.43
M60 Robert Mead	13.89
John Schlosser	11.73
Gary Crawford	11.34
M70 Leonard Rosen	12.01
James Duncan	11.35
Ray Feick	11.09
M75 Samuel Messiter	9.62
Norman Wakely	8.39
Saul Reichbach	5.08
M80 Vern Mattson	3.74
W30 Barbara Foster	9.36
W70 Marcia Crooks	6.87
Flo Meiler	6.76
Francesca Moravcsik	6.35
W80 Alverta Perkins	4.87
Weight Throw	
M40 Scott Hannay	11.59
M50 William Johnson	17.36
Carl Reichard	15.92
Don Filkins	15.64
M55 Ed Arcaro	10.73
M60 Robert Mead	18.00
Gary Crawford	12.79
Jim Chamberas	12.66
M65 Dudley Weider	10.49
M70 Ray Feick	14.22
William Barker	11.46
M75 Samuel Messiter	10.76
M80 James Crawford	13.80
W70 Marcia Crooks	6.88

SOUTHEAST

Florida Senior Games State Championships The Villages; Dec. 4-12

100m	
M50 Bobby Terrell	12.94
M55 Bill Tharpe	12.83
M60 Ted Kalaidi	13.04
M65 Ray Leibowitz	14.15
M70 John Hurd	15.51
M75 Byford Reed	16.56
M80 Howard Hall	18.30
M85 John Anoka	18.34
W50 Jocelyn Lowther	14.51
W55 Donna Settles	15.72
W60 Alta Rose	17.36
W65 Madelaine Cazel	18.15
W75 Ethel Lehmann	19.01
200m	
M50 Christopher Osoria	26.61
M55 Bill Tharpe	26.70
M60 Ted Kalaidi	27.31
M65 Ray Leibowitz	29.82
M70 John Hurd	32.66
M75 Byford Reed	36.21
M80 Howard Hall	41.98
M85 John Anoka	40.67
W50 Jocelyn Lowther	30.02
W55 Donna Settles	31.82
W60 Alta Rose	37.66
W65 Madelaine Cazel	37.50
W75 Ethel Lehmann	38.55
W80 Hope Fage	1:50.64

400m	
M50 Fred Hendrix	1:02.59
M55 Douglas Cronkhitte	1:05.18
M60 Lionel Bonck	1:04.79
M65 Antonio Vega	1:11.59
M70 David Kaufmann	1:15.68
M75 Hal Moores	1:32.11
M80 Thomas McDonald	1:41.09
M85 John Anoka	1:39.39
W50 Jocelyn Lowther	1:09.55
W55 Alice Kelly	1:28.48
W60 Alta Rose	1:26.22
W65 Madelaine Cazel	1:29.42
W75 Ethel Lehmann	1:37.15
800m	
M50 Gary Miller	2:29.70
M55 Rob Mason	2:58.27
M60 Winston Laing	2:32.24
M65 Thomas Neary	2:58.53
M70 Carl Shank	3:07.01
M75 Hal Moores	3:47.73
M80 Thomas McDonald	3:46.67
M85 John Anoka	2:59.51
W50 Jocelyn Lowther	2:59.51
W55 Alice Kelly	3:18.20
W60 Alta Rose	5:03.80
W65 Lynne Lauck	3:34.42
W70 Lynne Hopkins	4:10.14
1500m	
M50 George Robinson	5:47.63
M55 Rob Mason	6:03.61
M60 Winston Laing	5:39.70
M65 Jim Larson	6:08.61
M70 Carl Shank	6:45.33
M80 Thomas McDonald	7:42.28
W50 Debbie Kazor	6:54.12
W55 Alice Kelly	6:48.52
W60 Carolyn Zelonis	7:35.53
W65 Lynn Lauck	7:30.45
W70 Jean Hopkins	8:22.58
W90 Arda Perkins	20:43.78
High Jump	
M50 Dan Pierce	5-2
M55 Fory Searles	4-8
David White	4-8
M60 Alfred Smith	3-10
John Rogerson	3-10
M65 Chuck Tosch	4-4
M70 Richard Lowery	4-4
M75 Norm Taylor	3-6
M80 Howard Hall	3-6
W60 Donna Beeler	3-4
W70 Vera Whiteside	3-0
W75 Ethel Lehmann	3-4
Pole Vault	
M55 James Pedley	10-6
M65 Chuck Tosch	7-9
M70 David Rider	6-6
Long Jump	
M50 Bobby Terrell	16-9.50
M55 Clifford Threikeld	15-8
M60 Ted Kalaidi	17-7
M65 Ray Leibowitz	15-1
M70 Alan Raynor	11-9
M75 Norm Taylor	10-11
M80 Howard Hall	10-4
M85 John Anoka	9-10
W55 Donna Settles	9-8
W60 Kathleen Fitzgerald	8-1.50
W65 Madelaine Cazel	9-1.50
W70 Gloria Bortell	7-11.50
W75 Ethel Lehmann	9-2
W80 Hope Fage	3-0.50
Shot Put	
M50 Charles Wright	37-0
M55 Dave Grossman	35-10
M60 Thomas Fulton	40-11
M65 Gary Winters	43-4
M70 Rudolph Houg	41-0
M75 Reed Quinn	28-5
M80 John Gamble	29-1
M85 John Anoka	20-7
M90 Allan Bjork	16-9
W50 Karen Sapp	30-2.50
W55 Donna Settles	23-0
W60 Alta Rose	22-2
W65 Madelaine Cazel	24-4
W70 Gloria Bortell	23-7
W75 Rosalie Lombard	18-5
W80 Evelyn Gooding	14-7
Discus	
M50 Teodoro Trias	102-7
M55 Robert Hume	132-5
M60 Jim Corcoran	118-6
M65 Hank Beacom	110-10
M70 Rudolph Houg	132-4
M75 Richard Mulken	93-4
M80 John Gamble	100-4
M85 Seymour Duckman	58-7
M90 Allan Bjork	42-9
W50 Karen Sapp	70-9
W55 Shirley Giangrande	53-4
W60 Marie Panza	58-0
W65 Madelaine Cazel	75-5
W70 Vera Whiteside	54-3
W75 Ellen Tharpe	44-5
W80 Evelyn Gooding	29-7
W90 Lillian Webb	21-0
Javelin	
M50 Michael Brown	226-0
M55 James Ulrich	147-8
M60 Thomas Fulton	133-1
M65 Harold Tessier	122-3
M70 Paul Hardy	90-7
M75 Lester Rudy	87-0
M80 John Gamble	77-7
M85 Seymour Duckman	59-10
M90 Allan Bjork	43-10
M95 Otto Scherini	28-6
W50 Karen Sapp	66-3
W55 Shirley Giangrande	59-3
W60 Donna Beeler	62-6
W65 Madelaine Cazel	90-9

W70 Gloria Bortell	66-0
W75 Ethel Lehmann	74-4
W80 Hope Fage	18-5
W90 Carmella Natale	14-2
1500m RW	
M50 William Lane	9:26.52
M55 Tom Day	11:30.38
M60 James Corbeil	9:16.82
M65 Miro Mitusina	9:43.44
M70 Ted Sager	9:01.54
M75 Gordon Albury	10:33.77
M80 Harold Hall	10:57.11
W55 Marguerite Muller	10:03.41
W60 Rosalie Lasby	10:11.97
W65 C Alexander	10:42.28
W70 Joan Toole	10:42.15
W75 Jeri McDonald	13:16.38
W80 Bess Grimm	12:17.33
W85 Elizabeth Sanford	15:55.42
5000m RW	
M50 Larry Von Fossen	30:06
M55 Ricky Rayfield	38:53
M60 Paul Cole	33:23
M65 Joe Oxx	34:11
M70 Ted Sager	32:31
M75 Danny DeMauro	35:09
M80 B John Ross	42:

M70 S Tamahiko JPN	14.07	W75 L Chaedan THA	1:15.41
M75 T Devasir IND	16.60	Short Hurdles	
M80 T Uji JPN	16.53	W35 S Weeraprasart THA	29.30
M85 P Kozhbaru IND	24.44	M40 B Runguang THA	18.41
W50 T Rieko JPN	14.93	M45 NA THA	19.04
W55 G Menike SRI	15.19	M55 C Ching-Chi TPE	18.21
W60 O Junko JPN	15.82	M60 Y Takehiro JPN	15.91
W65 N Noriko JPN	15.08	M65 Y Iwao JPN	19.30
W70 Y Midori JPN	16.29	M70 H Hidehiko JPN	15.11
200m		M75 S Deshpande IND	19.42
M40 V Kam-nut THA	23.76	M80 M Naomi JPN	13.30
M45 K Norihiko JPN	23.59	W35 E Muros PHI	16.67
M50 H Tzu-Jung TPE	25.20	W40 M Naomi JPN	13.30
M55 K Kozabu JPN	26.47	W45 S Bunawk THA	15.81
M60 C Ching-Jung TPE	27.20	W50 T Rieko JPN	15.18
M65 K I-Shiung TPE	28.56	W55 G Menike SRI	19.19
M70 H Hidehiko JPN	29.02	W60 M Hiroko JPN	16.59
M75 I Takashi JPN	32.63	Long Hurdles	
M80 K Pamwan THA	47.10	M40 R Mehta IND	1:06.26
M85 P Kozhbaru IND	49.00	M45 R Unso PHI	1:06.59
W35 S Weeraprasart THA	29.30	M55 D Jayaseelan IND	1:08.42
W50 T Rieko JPN	32.14	M60 M Takeshi JPN	48.91
W55 G Menike SRI	33.51	M65 K Kunio JPN	53.38
W60 O Junko JPN	34.81	W35 C Leng SIN	1:22.57
W65 N Noriko JPN	32.12	W50 T Tiekio JPN	57.73
W70 D Victor IND	41.71	W60 M Kiroko JPN	1:07.46
W75 M Koratylite IND	50.53	2000m Steeplechase	
W80 M Mitsui JPN	42.70	M60 G Yang CHN	8:24.30
400m		M65 T Ryoujoke JPN	8:35.08
M40 S Singh IND	54.92	M70 I Kunio JPN	9:02.83
M45 Sellaheha W	54.85	M80 T Soichi JPN	10:25.87
M50 Wickramarachchi SRI	56.46	W40 T Phumee YHA	10:48.41
M55 S Chaihrang THA	59.99	W45 K Pataradet THA	12:36.56
M60 C Ching-Jung TPE	1:00.96	3000m Steeplechase	
M65 S Osami JPN	1:05.66	M40 K Kusuwana THA	10:50.00
M70 H Hidehiko JPN	1:05.04	M45 J Li CHN	12:57.40
W35 S Weeraprasart THA	1:08.20	M50 R Manikam MAS	11:05.01
W40 P Somchit THA	1:06.53	M55 K Kunz THA	12:44.69
W45 T Kazuko JPN	1:08.50	4x100m Relay	
W50 S Lee MAS	1:12.96	W35 SIN (Fun/Leng/Tin/	55.66
W55 J Kulkarni IND	1:21.97	Kiaw)	
W60 L Weerasinghe SRI	1:31.12	W40 JPN (Tieko/Kazuko/	55.51
W65 S Ikuko JPN	1:27.11	Kayako/Naomi)	
W70 I Yoko JPN	1:34.61	W45 THA (Wiengsamul/	1:06.47
W75 W Zheming CHN	1:43.42	Kamnung/Bunawk/	
W80 P Kidira THA	3:52.49	Sangsuranetorn)	
800m		W50 IND (Mitra/Chiring/	1:09.14
M40 B Victor KAZ	2:07.10	Kakshmi/Mehta)	
M45 Ranasinche SRI	2:16.25	W55 THA (Chimkwong/	1:26.75
M50 J Singh IND	2:09.87	Phuakphong/Pimsakul/	
M55 A Onomitsu JPN	2:15.77	Pimsakul)	
M60 H Pisal IND	2:27.82	W60 JPN (Chieko/Hiroko/	1:07.84
M65 S Osami JPN	2:32.20	Satsilp/Juniko)	
M70 S Hatakenaka JPN	2:53.59	W65 JPN (Myoko/ikuko/	1:09.11
M75 I Takashi JPN	3:06.05	Itsuko/Noriko)	
M80 T Soichi JPN	3:20.37	W70 JPN (Yoko/Hideko/	1:11.85
W35 K Kusuwana THA	2:46.24	Fumiko/Midori)	
W40 M Kaenkaew THA	2:45.45	4x400m Relay	
W45 T Kazuko JPN	3:01.01	W35 MAS (Nooraileyshah/	4:47.12
W50 S Lee MAS	2:57.45	Juliana/Lee/Adenah)	
W55 J Kulkarni IND	3:15.52	W40 THA (Nienuam/	4:52.21
W60 S Satsuko JPN	3:14.83	Konmanee/Wijesinghe/	
W65 S Ikuko JPN	3:25.93	Kaenkaew)	
W70 Z Tian CHN	3:21.13	W45 THA (Patabasiripong/	5:32.77
1500m		Daengdee/Pinta/Juinum)	
M40 B Victor KAZ	4:26.53	W50 THA (Sangsuranee-	6:10.84
M45 N Oytip THA	4:44.56	torri/Barisa/Wirothamaku/	
M50 R Manikam MAS	4:37.64	Daengdee)	
M55 A Yorimitsu JPN	4:44.93	W60 SRI (Mallick/	6:57.50
M60 K Hideki JPN	4:58.83	Somawathi/Wijesinghe/	
M65 S Osami JPN	5:13.71	Weerasinghe)	
M70 I Kunio JPN	5:33.60	W70 JPN (Hisau/Hideko/	6:56.63
M75 M Hiroshi JPN	6:18.41	Fumiko/Yoko)	
M80 T Soichi JPN	6:47.34	W75 CHN (Zhu/Zhang/	9:27.22
M85 W Tsan-Hsun TPE	9:01.27	Dong/Zheming)	
W35 K Kusuwana THA	5:22.98	High Jump	
W40 M Kaenkaew THA	5:21.49	M40 A Amadayakul THA	1.68
W45 P Shigla HKG	5:45.55	M45 T Shou Xie CHN	1.40
W50 S Lee MAS	6:23.35	M50 V Marappa IND	1.53
W55 S Lodoi MGL	6:55.12	M55 V Gorinta IND	1.45
W60 S Satsuko JPN	6:32.94	M60 P Chang MAS	1.40
W65 S Ikuko JPN	6:57.40	M65 S Shigeo JPN	1.30
W70 Z Tian CHN	6:50.19	M70 A Fujio JPN	1.20
W75 W Zheming CHN	7:24.74	M75 G Phadke IND	1.20
W80 X Liu CHN	7:25.26	M80 A Soewondo IND	1.10
5000m		W40 Perera K P SRI	1.15
M40 E Etaati IRN	16.12	W45 E Khishigt MGL	1.40
M45 R Antoque PHI	16.46	W50 N Srijad THA	1.15
M50 C Selvarai IND	17.41	M55 O Cecilia JPN	1.05
M55 M Tabayev KAZ	18.24	W60 O Junko JPN	1.10
M60 F Toshihiro JPN	18.58	W65 V Samuel IND	1.00
M65 L Jae KOR	20.04	Pole Vault	
M70 I Kunio JPN	20.39	M45 E Obiena PHI	4.61
M75 M Hiroshi JPN	23.02	M45 K Yasuhiro JPN	4.20
M80 J Panit THA	35.30	M50 S Klumov KAZ	3.10
M85 W Tsan-Hsun TPE	36.14	M55 O Masao JPN	2.40
W35 K Kusuwana THA	19.50	M60 M Yasantrai IND	2.50
W40 C Konmanee THA	NTA	M65 Y Lien-Tsai TPE	2.40
W45 Zhe Ping Liu CHN	21.39	M75 T Munehiro JPN	2.30
W50 S Huekthunthod THA	24.53	M80 F Mitsuyoshi JPN	1.80
W60 S Satsuko JPN	23.45	M85 Y Kimiko JPN	2.80
W65 D Wong CHN	25.48	W40 D Sinchawachiwa THA	1.60
W70 Z Tian CHN	25.24	W70 Y Mifori JPN	2.35
W75 L Chaedan THA	34.44	Long Jump	
10,000m		M40 H Ma-Lung TPE	6.17
M40 E Etaati IRN	34.21	M45 K Norihiko JPN	6.39
M45 A A-Najafi IRN	34.21	M50 B Yuriy KAZ	5.97
M50 C Selvarai IND	36.43	M55 C San-Cin TPE	4.95
M55 M Baltabayev KAZ	39.06	M60 N Koji JPN	5.14
M60 K Hideki JPN	39.12	M65 K Kunio JPN	4.81
M65 L Jae KOR	41.02	M70 A Fujio JPN	4.37
M70 I Kunio JPN	42.12	M75 T Devasir IND	3.65
M75 R Bhawar INF	1:00.08	W40 M Naomi JPN	4.96
M80 J Panit THA	1:01.28	W45 S Bunawk THA	4.18
W35 K Kusuwana THA	45.51	W50 P Mehta IND	3.42
W40 M Kaenkaew THA	41.11	W55 X Deng CHN	3.79
W45 Zhe Ping Liu CHN	46.07	W60 O Junko JPN	3.65
W50 S Huekthunthod THA	52.49	W65 N Noriko JPN	3.78
W55 L Wirothamaku THA	53.47	W70 K Hideko JPN	3.08
W60 S Satsuko JPN	49.52	Triple Jump	
W65 D Wong CHN	52.32	M40 S Singh IND	12.71
W70 Z Tian CHN	52.06	M45 I Masanori JPN	11.69

M50 P Singh IND	11.36	W60 Glen Watts	18.86
M55 T Jiang CHN	9.44	W65 Marie Slattery	20.50
M60 N Koji JPN	11.06	200m	
M65 P Banda SRI	9.22	M55 Kit Chambers	27.45
W35 J WongsapcharoenTHA	9.95	M60 Gerald Keddel	28.55
W40 G Juliana MAS	8.79	M65 Bruce McPhail	29.49
W45 S Bunawk THA	8.62	M70 Max Wood	31.91
W50 T Lakshmi IND	7.30	M75 Ian Brownie	34.64
W55 D Dutta IND	6.50	W40 Lynne Booth	31.03
W60 G Barnabas SIN	7.36	W55 Lois Anderson	33.18
W65 N Noriko JPN	7.75	W60 Margaret Fraser	41.72
W70 S Samuel IND	5.52	W65 Marie Slattery	45.10
Shot Put		400m	
M40 R Sergej KAZ	14.06	M40 Ren Cameron	56.69
M45 T Kumar IND	11.61	M50 Georg Ludwig	1:01.59
M50 S Puththasen THA	12.68	M55 Kit Chambers	1:05.25
M55 P Rikhampha THA	11.04	M60 David Rowell	1:12.67
M60 Y Hiroshi JPN	12.40	M65 Malcolm Fraser	1:03.82
M65 W Rong CHN	10.87	M70 Max Wood	1:13.98
M70 T Tsukasa JPN	11.51	M75 Ian Brownie	1:20.13
M75 W Fu-La TPE	9.53	W40 Lynne Booth	1:10.95
M80 O Takashi JPN	8.42	W55 Lois Reed	1:20.57
M85 L Hung TPE	7.91	W60 Margaret Fraser	1:34.03
W35 Ni Wan-Chien TPE	10.81	800m	
W40 S Kadam IND	9.12	M40 Ren Cameron	2:27.27
W45 Lee Hui TPE	10.17	M50 Michael Morrissey	2:22.69
W50 E Lavandia PHI	9.55	M55 Bill Malloch	2:30.71
W55 Barthelot P SRI	8.42	M60 David Rowell	2:36.80
M65 K Tomoko JPN	10.62	M65 Walter Hume	2:47h
W65 T Turubat MGL	9.68	M70 Robert Heselting	3:27h
W70 D Dictor IND	6.35	M75 Ian Brownie	3:21h
W75 K Chand TPE	7.18	W40 Maria Moran	2:40.15
W80 S Kodoori IND	4.70	W55 Lois Reed	2:41.13
Discus		W65 Carol Thompson	3:25.84
M40 R Sergej KAZ	41.77	1500m	
M45 Y Yuj JPN	42.80	M35 Craig Willie	4:46.06
M50 A Jarina THA	38.53	M40 Joe Ford	4:14.05
M55 BV Ramalingam MAS	32.93	M45 Michael Wilson	4:32.21
M60 L Hung TPE	40.74	M50 Michael Morrissey	4:39.95
M70 N Anumas THA	31.65	M60 David Rowell	5:19.45
M75 A Katsuya JPN	31.11	M65 Walter Hume	5:44.75
M80 O Takashi JPN	21.68	M70 Robert Heselting	6:54.93
M85 L Hung TPE	23.37	W40 Helen Mills	5:55.08
W35 Poon Pui Fun SIN	32.36	W55 Lois Reed	5:29.08
W40 H Indrapanaya IND	23.87	W65 Carol Thompson	6:52.51
W45 D Cortejo PHI	27.97	3000m	
W50 T Eng MAS	24.59	M55 John Shivas	11:08.42
W55 Barthelot P SRI	22.93	M60 David Rowell	11:34.94
W60 K Tomoko JPN	28.51	M65 Walter Hume	11:59.98
W70 L Hsu TPE	14.87	M70 Brian Keown	14:28.67
W75 K Lai-Hao TPE	16.41	W40 Helen Mills	12:28.10
W80 S Kodoori IND	11.07	W55 Lois Reed	11:22.38
Hammer		W65 Carol Thompson	14:38.09
M40 A Tharanatha IND	36.86	5000m	
M45 T Subramanian IND	39.84	M40 Joe Ford	16:28.73
M50 A Jarina THA	50.79	M45 Barry Finch	18:36.07
M55 N Singh IND	36.31	M50 Michael Morrissey	17:35.50
M60 Y Hiroshi JPN	51.37	W65 Carol Thompson	25:43h
M65 K Kohtaroh JPN	32.48	10,000m	
M70 T Tsukasa JPN	35.25	M45 Michael Wilson	37.01
M75 L Daengdaeng THA	16.29	M50 Michael Morrissey	36.50
M80 N Zenjiro JPN	22.30	M55 John Shival	39.29
M85 J Tongreang THA	12.97	M60 Allan Gardiner	47.10
W35 J Jayaram IND	31.25	M65 Walter Hume	45.15
W40 H Indrapanaya IND	23.53	M70 Brian Keown	51.41
W45 R Baia IND	30.52	Short Hurdles	
W50 I Manral IND	24.89	M60 William Wells	23.58
W55 M Shihoko JPN	22.74	M70 Colin O'Brien	20.84
W60 K Tomoko JPN	28.18	W50 Birgit Steltner	20.44
W65 L Fu TPE	17.53	W55 Lois Anderson	16.67
W70 C Lai TPE	19.42	2000m Steeplechase	
W75 H Nien TPE	17.37	M60 Allan Gardiner	9:23.46
W80 S Kodoori IND	13.61	W55 Lois Reed	8:33.65
Javelin		3000m Steeplechase	
M40 S Watarai THA	56.40	M50 Michael Morrissey	11:25.96
M45 Yu Chien-Min TPE	50.06	High Jump	
M50 A Sulaiman MAS	42.45	M40 Stephen McKee	1.61
M55 M Kenji JPN	45.26	M45 Michael Wilson	1.45
M60 Swamikam IND	45.10	M60 David Rowell	1.15
M65 Y Sadao JPN	43.94	M65 Peter O'Halloran	1.21
M70 T Tsukasa JPN	33.03	M70 Bill Newton	1.10
M75 A Katsuya THA	28.24	W50 Birgit Steltner	1.10
W35 P Fun SIN	36.67	W55 Lois Anderson	1.15
W40 S Kadam IND	28.60	W65 Marie Slattery	0.95
W45 C Shu-Lien TPE	29.50	Pole Vault	
W50 E Lavandia PHI	36.47	M40 Stephen McKee	3.50
5000m RW		Long Jump	
M40 S Samutkao THA	22:15	M40 Wayne Doyle	5.01
M45 N Kumar IND	25:48	M55 Kit Chambers	4.41
M50 Somkiat Phunark THA	27:26	M60 Robert Doake	3.48
M55 T Kok MAS	26:23	M65 Peter O'Halloran	3.87
M60 B Purves HKG	27:19	M70 Colin Munro	3.78
M65 M Hemati-HazavehiIRN	31:40	W40 Lynne Booth	4.11
M70 T Toshiaki JPN	29:54	W50 Birgit Steltner	3.65
M75 Saijo Shinichi JPB	33:59	W55 Lois Anderson	3.68
M80 V Sriramulu IND	35:46	W60 Margaret Fraser	2.40
W35 S Wanla THA	30:42	W65 Marie Slattery	2.70
W40 T Chen IND	32:58	Triple Jump	
W45 K Kim SIN	31:57	M40 Stephen McKee	11.07
W50 S Lim MAS	31:39	M70 Colin O'Brien	7.48
W55 A Wong MAS	35:01	W50 Birgit Steltner	8.26
W60 M Hatsue JPN	35:36	W55 Lois Anderson	7.80
W65 Y Lu CHN	34:12	W65 Marie Slattery	5.99
W70 B Yasaacharai THA	45:04	Shot Put	
W75 L Chaedan THA	46:34	M30 Rene Chalmers	11.06
		M40 Keith Barrow	11.40
		M55 Keith Hutton	9.87
		M60 Robert Doake	7.21
		M65 Barry Rait	9.08
		M70 Ron Johnson	9.57
		M75 Dave Leech	7.57
		W45 Janice Maxwell	10.12
		W50 Jocelyn Hurring	6.79
		W55 Lois Anderson	8.14
		W60 Barbara Bird	7.59
		W65 Valerie Hood	6.82
		W85 Rona Smith	4.03
		Discus	
		M30 Rene Chalmers	33.08
		M40 Wayne Doyle	34.61
		M45 Richard Logchies	29.77
		M55 Richard Davison	30.09

M60 Alister Wilson	32.30	George Freeman	1:25.35
M65 Bill Owen	28.23	Joe Corrigan	1:27.53
M70 Ron Johnson	32.52	Bob McFarland	1:29.45
M75 Arthur Grayburn	23.86	M75 Hart Anway	1:26.43
W40 Fiona Harvey	27.30	W35 Emily Bryans	57.40
W45 Janice Maxwell	31.37	W40 Helen Shekerjian	1:03.25
W50 Jocelyn Hurring	14.90	Nancy Nicholson	1:04.01
W55 Loris Reed	20.31	Jennifer Assini	1:05.48
W60 Glen Watts	18.77	Laurel Petersen	1:09.06
W65 Valerie Hood	19.92	Jane Hawksley Ogle	1:09.36
W85 Rona Smith	8.30	W45 Nancy Taormina	1:03.39

M40 Kevin Higgins	18.05
Bob Radloff	18.17
David Putney	18.36
M45 John Noonan	17.18
Derrick Staley	17.21
Michael Jordan	17.38
M50 Jim Robinson	17.34
Dennis Fillmore	18.23
James Forbes	19.43
M55 Phil Jessen	18.54
Pat Glover	19.25
Ellsworth Jenkins	21.37
M60 Hugh Dunsheath	21.04
Lewis Thornton	24.52
M65 John Pelton	22.11
Kermit Cadrette	23.19
M70 Joe Kelly	29.09
Joe Corrigan	29.20
W35 Eileen Leavitt	21.08
Virginia Poritzky	22.03
Natalia Hogan	22.47
W40 Amy Knoeller	20.16
Theresa Hance	23.11
Marilyn Laliberte	23.21
W45 Mary Stewart	23.13
Andrea Peterson	23.25
Nancy Contino	23.40
W50 Terrie Maguire	24.06
MaryanneMcNamara	24.16
Linda Krancik	25.01
W55 Ginny Pezulla	25.58
Kathy Frederick	27.56
W60 Sakiko Claus	28.00
Sue Rushman	28.08
W65 Joan Corrigan	35.57
W75+ReginTumidajewicz	40.14

Dick Franklin	3.20.19
Ed Norman	3.22.28
Jack Gill	3.37.14
M60 Don Coffman	3.11.03
Ken Brewer	3.08.10
Paul Jensen	3.11.03
Jack Hasson	3.36.14
Garry Elkins	3.40.13
Joel Hicks	3.46.55
M65 Tom Mayfield	3.15.40
Bill Macy	3.44.42
Larry Marrett	3.47.10
Bill Zehner	3.52.34
M70 Kelly Stinson	3.55.09
Thomas Hathaway	4.00.12
GordonWoodcock	4.50.55
M75 Jerry Johncock	3.53.14
W35 S Laguno	2.58.56
VaiConnaughton	3.18.03
JenniferChristian	3.23.19
W40 Cheryl Boessow	3.14.07
Sue Bozog	3.16.45
KatharineEdmonds	3.28.07
Challis Gamble	3.28.08
Joanne Gangle	3.29.03
W45 Barbara Sanders	3.10.56
Terrri Frost	3.26.08
Jane McCurdy	3.42.14
Cheryl Backstrom	3.42.45
Patricia Shaler	3.50.31
W50 Ann Eller	3.29.23
JanFarnungKrouse	3.47.11
Becca Fuller	3.57.35
Diane Lilly	4.01.54
W55 Shirley Sirois	4.25.39
Annette Caruso	4.27.59
Donna Robinson	4.29.31
W60 Ingrid Kiss	5.46.25
W65 Anne Park	4.25.54

Juan Delgado	5.23.01
M65 Don Winkley	5.23.42
Tim Kourounis	5.26.31
Jim Braden	5.30.49
M70 Chas Sabatini	6.35.59
Sam Socoli	6.53.19
Conrad Van	7.00.44
M80 Odino Soligo 82	6.57.20
-50 Mile-	
Overall	
Yiannis Kourou 48	6:11.28
Connie Gardner 41	7:16.23
W35 Marlene Hall	7:34.10
LaurieNakauchiHall	8:21.56
W40 C Gardner	7:16.23
StephanieErhet 5th	7:40.24
Pam Reed	7:54.46
Barbara Hitzfeld	8:16.43
W45 Tania Pavec 2nd	7:23.34
Tia Bodington	7:44.16
Beth Simpson	8:43.28
Susan Rouse	9:00.13
W50 Diana Heynen	9:40.36
Carla Branch	10:15.02
Yong Collins	10:32.00
M35 Scott Eppelman	7:08.09
Gary Moroney	8:09.46
M40 Mark Henderson	7:13.07
Dirk Reil	7:28.02
Agapito Gaytan	7:41.19
GeorgeHitzfeld	8:26.31
Arnold Espe	9:01.54
M45 Y Kourou	6:11.28
Peter Bindner 5th	7:08.32
Eric Vrorijk	7:12.14
Raul Schoenlaub	7:16.14
Paul Flores	7:48.42
M50 Les Michalak	7:51.52
Gregg Miller	8:08.26
Les Elsworth	8:19.30
Jon Brown	8:29.29
M55 Don Ryan	8:28.20
Vlad Nelson	8:53.54
Blair Zimmerman	8:59.40
Bob Boltz	9:25.32
M60 MichaelVerschelde	8:55.48
Fred Ward	9:44.41
Nofal Musly	10:13.26
M65 Ken Norwood	11:10.58
Manuel Lopez	11:55.24
M70 Wm Holihan	11:10.56

W40 Patti Stewart-Garbrecht	1:25.54
Darien Andreu	1:26.16
Christy Phillips	1:27.29
W45 Susan Brills	1:40.28
Kathleen Kaye	1:42.29
Colleen Clarson	1:44.12
W50 Shelia Haire	1:35.08
Stephanie Griffith	1:39.56
Jude Miller-Platko	1:45.42
W55 Judie Kean	1:57.43
Theresa Coomes	1:59.50
Deborah Roberts	2:03.40
W60 Elrieda Wyner	1:44.39
Joy Scott	2:10.30
Mary Ann Andrews	2:15.03
W75 Marie Gier	3:04.46

Disney World Marathon
Orlando, FL; Jan. 9
-unofficial-

Overall	
ADRIANO BASTOS 26	2:19.16
AMY SHERTZER 27	2:56.06
M40 PAUL MARMARO	2:41.38
SCOTT COLTON	2:49.35
TIMOTHY LYSTER	2:49.45
ROBERT GAZZOLA	2:52.38
ED GOUBEAUX	2:54.15
GRAHAM WHITE	2:55.08
SCOTT CLARK	2:57.50
JUAN GOMEZ	3:03.02
RUDY BEHREND	3:03.40
ROB HUDYNCIA	3:05.17
M45 STEVE NOONE	2:46.49
PERRY SMALL	2:51.32
TIM NAGEL	3:00.15
FORREST SIMPSON	3:04.35
DENNIS SUMMERS	3:09.13
MICHAEL WEBSTER	3:12.18
DAVE RUNGE	3:12.41
JIM THOMAS	3:13.08
TOM BARSALOUX	3:14.00
JORGE COSTERO	3:14.07
M50 John vanVALKENBURGH	3:02.52
CLIVE HARWOOD	3:03.52
RICHARD BANNING	3:08.12
STEVEN WHITMORE	3:08.16
ROBERT BOURASSA	3:11.04
ROBERT WIGGINS	3:11.24
RAYMOND WILLARD	3:13.37
JIM NORTON	3:14.38
DIETER HANNIG	3:18.58
JUAN G. FARIAS	3:19.28
M55 MARK VANDERSTELT	3:17.14
Alan Kossow	3:26.34
JAMIE HARRIS	3:34.03
MICHAEL SELLNER	3:34.19
LOUIS RODRIGUEZ	3:35.39
JOHN GOODMAN	3:39.46
Kenneth GREENWELL	3:40.34
JERRY ROSSETTI	3:40.47
Raymond BROUILLARD	3:42.16
BOB MORGAN	3:44.32
M60 PATRICK GRIFFITH	3:09.38
FIDEL ROTONDARO	3:31.24
BOB CHAMPAGNE	3:35.34
LEO KERKLAAN	3:44.26
GLENN GOVERTSEN	3:44.32
KENNETH BRICK	3:49.43
ENRIQUE ORTEGA	3:57.28
RON BALOW	4:07.18
ALAN BYERLY	4:08.38
JAMES HEDTKE	4:09.46
M65 DAVID ZIMMER	3:51.57
FRED FIALA	3:59.18
BERT KATZENBERGER	4:07.50
K-G NYSTROM	4:24.44
FRED BOSTROM	4:29.27
GUS KUHN	4:40.14
CHARLES SIMECK	4:42.44
RONALD ROBITAILLE	4:53.31
JAMES MCKENNA	4:56.46
AKIRA NIIDA	5:02.03
M70 FRANCISCO SOUZA	4:49.32
BEBSIE THOMPSON	4:51.56
HERBERT THAL	4:52.40
RAY WYLLAM	5:49.38
JAMES WOOLAM	6:32.49
NORMAN FRANK	6:58.46
HUGH MASSEY	7:00.17
FRANK FRENCH	7:11.15
IRVING WAGMAN	7:11.28
M75 AL TREICHEL	4:07.47
DONALD KRUEGER	4:29.16
AUGUST LEONE	4:33.55
GEORGE BRACELAND	5:48.31
OLIVER BRAGG	6:08.56
WALLY HERMAN	6:36.13
JAMES BUCHAN	7:07.30
W40 DORIAN MEYER	2:59.36
KIM DONALDSON	3:01.01
NADIYA SYTARCHUCK	3:06.00
CARLA FOLDER	3:07.19
JULIE THIENEL	3:14.24
ANNE-MARIE HUGHES	3:20.09
AMY COSTA	3:25.12
APRIL RIETDYK	3:32.20
BARBRA FAGAN	3:35.40
ODILE GROSSEMY	3:39.28
W45 BECKY LOWRANCE	3:14.22
BRENDA WILSON	3:16.04
SUSAN BRIERS	3:33.23
SUSAN ADAMS	3:40.07
NANCY RUSSO	3:46.10
PEGGY MOWBRAY	3:46.17
DONNA MCVAN	3:47.51
JEANNETTE GRAFFMAN	3:48.15
KIKI BENNETT	3:49.15
MARY TROYER	3:50.00
W50 LORRETTA HAYCOOK	3:53.16
DONNA BOTKIN	3:55.21

MARY WALSH	4:02.13
JEAN SCHMIDT	4:02.26
JACKIE TERRY	4:03.08
MARTHA LEAVITT	4:04.41
ALISON ADAMS	4:05.14
JANETTE DEAGLE	4:13.05
LAIURITA SAMUELS	4:13.32
LINDA OSBORNE	4:21.32
W55 DEE BAYS-DEAN	4:22.58
BEVERLY ATTINSON	4:29.10
MARGARET LAGDEN	4:30.40
LYNDA TAYLOR	4:35.37
CANDACE YELTON	4:41.44
SHERI WILLIAMS	4:44.12
JOAN TAPOCIK	4:47.00
RITA MELVILLE	4:50.58
SUSAN REINHARDT	4:56.39
CATHERINE VANDYKE	4:57.08
W60 SHIRLEY BERRY	4:17.40
GAY ROBERTS	4:20.56
MAYUMI AIHARA	4:24.37
MARILYNNE DENISON	4:49.56
MONIQUE ROBITAILLE	4:53.30
AMANDA CARTER	4:54.07
ATSUKO NAMBU	5:29.51
MARY BLAZEY	5:30.01
LYNNE GEHRKE	5:30.17
RUTH HICKS	5:43.24
W65 KUMIKO TAKEI	4:31.47
TERTTU BARSCH	5:01.27
SALLY BYRAM	5:11.11
LOIS HATCH	6:36.05
DONNA BROWN	7:02.06
W70 MICKIE FLINNER	5:33.41
W75 MARIE GIER	6:48.56

MIDWEST

Jingle Bell Run for
Arthritis 5K
Covington, KY; Dec. 11

Overall	
TJ LENTZ 37	15:41
JILL TRANTER 34	18:47
M35 TJ LENTZ	15:41
JERRY BRICKING	17:11
M40 LANCE KINSEY	17:25
BRUCE RIECKEN	18:39
JOE BRINKMAN	18:40
M45 MARK TENSING	17:05
LEO TURCHYN	18:01
PAUL HARKINS	18:11
M50 JIM GROBMYER	19:16
DICK SANDIFER	19:52
TOM DANKENBRING	19:52
M55 PATRICK BRADFORD	20:00
ED HUNTER	20:46
JACK COULSON	21:44
M60 RON STERLING	23:20
JON PATTON	25:00
EARL RIVERS	25:02
M65 JIM PETERSON	24:47
RICHARD DYSON	26:15
RICHARD SNYDER	31:35
M70 LINDEN OGDEN	26:36
JACK OCONNELL	29:16
RICHARD DICKMANN	30:25
M75 WILLIAM WORKMAN	30:45
W35 KAREN DEWINE	18:52
W40 BETSY BRUCKEN	22:14
ANN CONROY	22:24
BRIDGET DUGGAN	22:32
W45 PEGGY DOERGER	19:49
DEBBIE BIDDLE	21:38
JANET CHRISTOFF	22:53
W50 JOYCE MEYER	25:10
PATTIE MESSMER	25:29
SANDY BOSLEY	25:39
W55 CAROLYN PARKER	27:02
CAROL NORRIS	28:53
SANDRA EISELE	29:05
W60 NANCY KRUEGER	31:05
MARY PAT MCGURK	31:42
DEBBIE BRAMLAGE	33:33
W65 LAURA BOOKE	29:58

MID-AMERICA

Marsh 5K
Minnetonka, MN; Nov. 6

Overall	
Tom Schiller 45	16:33
Tanya Poel 39	18:09
M35 Piotr Bednarski	16:35
Conrad Leifur	17:45
M40 Chris Humbert	18:17
Frank Loy	18:22
Scott Knight	18:38
M45 T Schiller	16:33
Mike Kilcoyne	18:02
Tom Eagan	20:02
M50 DaleJendrzejek	20:05
Dave Thompson	20:26
Jay Goetz	21:13
M55 Joe Barsky	22:59
Michael Hivac	23:11
M60 Lee Stauffacher	21:14
John Krawczak	21:48
M65 John Adams	26:53
Edward Lentz	26:55
M70 Dick Olson	27:01
M80+Philip Fortin	46:24
W40 Pam Walter	20:03
Jan Gunther	20:25
Mary Hirsch	21:45
W45 Debra Wagner	23:33
Carla Lavere	24:17
Molly Bremer	25:33
W50 DeeDeeAnderson	24:47
Christine Riley	25:43
Yvonne Lutz	25:43
W55 Kathryn Bernhard	26:36
W60 Eliz Sumpton	28:48
W65 Dorothy Johnson	43:19
W70 Barbara Burhans	30:41

Huff Ultra Frigid 50K
Huntington, IN; Dec. 18

Overall	
Cameron Stuber 29	3:39.06
Mary Fagan 29	4:12.32
M35 Eric Grossman	3:41.26
Stephen Godale	3:57.16
Howard Harrell	3:58.48
M40 Jamey Lobdell Jr.	3:42.10
Dave Dunham	3:43.25
Todd Scott	4:07.47
Timothy Clement	4:08.47
Pat Campbell	4:09.05
M45 Thomas Dever	3:48.16
Guy Gadomski	4:24.04
Russ Delap	4:27.13
Mike Gossman	4:28.15
Ed Youngberg	4:28.24
Jim Curtis	4:28.24
M50 George Nietert	4:49.18
Monte Hitchcock	5:07.24
George Fussie	5:08.42
gerald steinhoff	5:10.01
Roger Wilson	5:18.37
M55 Frank Olsen	4:58.29
Michael Jones	5:05.03
Norman Dietrich	5:20.10
Tom Henson	5:26.44
Ed Stuart	5:44.53
M60 Tom Reich	6:06.48
M65 Kenneth Burns	6:10.13
Bud Stiffler	7:13.04
W35 Paula Rickerd	4:55.58
Leah Long-Barhorst	5:14.24

Susan Canevello	5:38.23
W40 Linda Keuneke	4:55.21
Diana Schowe	5:03.58
Mary Gorski	5:18.11
Suzanne Weightman	5:19.50
Denise Ferguson	5:22.44
W45 Rita Barnes	5:40.55
Sylvia Gleason	5:57.22
BONNIE BUSCH	6:06.18
Ann Forshee-Crane	6:11.27
Joanson Hartman	6:32.03
W50 Janet Cole	5:54.11
Beth Onines	5:59.07
Vicki Hughes	6:45.51
Rosemary Evans	6:55.49
Gayle Wagner	7:39.14
W55 Karen Kirk	7:00.32

Snowflake 10K
Flushing, MI; Jan. 8

Overall	
Mike Holik	34.02
Liz Hendershott	45.22
M35 Thomas Preiss	35.23
M40 Johnny Starlyte	37.25
M45 Roger Lara	37.36
M50 Mark Bauman	44.32
M55 Ron Butterfield	46.45
M60 James Carlton	38.53
M65 Richard Wallen	47.06
M70 Mike Anderson	58.54
M75 Bill Kelley	1:02.54
W35Cinda Rachor	47.49
W40Claire Dedow	48.42
W45Debbie Beason	52.56
W50Janean A Dvorak	52.20
W55Pamela Knoodle	1:04.37
W60Jan Wallen	57.17
W65Cathy D Detman	58.15

VENICE-MARINA
CHRISTMAS 10K
Santa Monica, CA; Dec. 1

Overall	
Luis Ibarra 24	32:25
Erika Aklufi 28	35:35
M35 Gegino Maquez	34:35
M40 Chris Jagers	35:35
Jose Ricardo	37:37
M45 Ron Paquette	39:37
Ruben Acuna	38:38
Robert Traba	38:38

W60 Judy Moir	25.41
Elisabeth Kandel	30.00
Sandra Rostie	31.17
Toni Atkinson	38.04
Natalia Kenigsbery	38.52
W70+Nancy Smalley 78	38.05
Betty Skip 76	42.12
Louise Adams 83	42.34
Dolores Afainer 71	55.46
Ingrid Camell 70	56.24

SOUTHWEST

Larry Fuselier State Championship Race 25K, Belle Chasse, LA; Dec. 12

Overall	
Brendan Minihan 29	1:26.46
Shannon Depp 27	1:49.15
M35 Pablo Labadie	1:48.00
M40 Ross Shales	1:38.40
Tom Luongo	1:41.04
James Miller	1:43.25
M45 Leonard Vergunst	1:32.39
Brian Duhe	1:47.30
John Riviere	1:57.16
M50 Derrick Lee	1:43.00
Ray Garcia	1:54.00
Bobby Matthews	1:54.02
David Sears	2:02.02
Bob Hollingsworth	2:03.04
Richard Snow	2:05.17
M60 Buster Matthews	2:00.01
Eugene Jones	2:17.10
Rudy Smith	2:24.16
M65 Arthur Delaup	2:31.50
Joel Alchin	2:38.19
Bill Jennings	2:38.36
M70 Bruce Worley	2:22.35
John Hubert	3:11.06
Ray Scharenbrock	3:25.26
W35 Nicey Simoneaux	2:22.47
W40 Terrey Perrault	2:09.14
Marianne Garvey	2:08.36
Nan Macmaster	3:25.35
W45 Erika Levandoske	2:07.15
Leslie Johnson	2:56.19
Susan Sarver	2:49.52
W50 Karen Alexander	2:20.49
Bonnie Mcaskill	2:45.00
Barbara House	3:04.39
W55 Carolyn Fink	3:04.39
W60 Isabel Rivera	2:33.33

WEST

Venice-Marina Christmas 10K Santa Monica, CA; Dec. 11

Overall	
Luis Ibarra 24	32:36
Erika Aklufi 28	35:13
M35 Gegrio Maquez	34:13
M40 Chris Jagers	35:05
Jose Ricardo	37:32
Michael Branch	39:06
M45 Ron Paquette	37:10
Ruben Acuna	38:25
Robert Traba	38:43
M50 Richard Bouton	40:23
James Shanks	40:53
Wm Hewes	43:48
M55 Ray Parker	42:29
Richard Nelson	43:29
Joe Ogata	44:52
M60 Olu Karib	46:27
Hans Unger	46:50
Jay Scollick	46:51
M65 Horst Lutz	48:49
Jerry Shourds	51:25
M70 Andrew Martin	53:10
Leroy Carter	54:34
M75+Milo Sather 77	63:09
Loren Leonard 76	66:46
W35 Bari Ramberg	40:18
W40 Leslie Oliver	43:34
Rikako Takei	43:38
Kim Brettler	44:47
W45 Jill Weisman	40:58
Helen Cox	42:52
Holga Reyes	43:56
W50 Lindsey Folsom	46:21
Marie Edstrom	49:56
Linda Romney	51:30
W55 Beth Robertson	47:53
Connie Nelson	50:30
Loretta Bronk	51:38
W60 Fran Smith	51:26
Penny Tyree	51:45
Ellen Demsky	56:21
W65 Marilyn Clark	55:13
Joy Curry	65:12
W70 Chieko Allwein	55:11
Gudrun Naschak	74:40

P.F. Chang's Rock N' Roll Arizona Marathon Phoenix, AZ; Jan. 9

Overall	
Terete Yae 23	2:14.24
Shitaye Gemechu 24	2:32.51
M40 Driss Dacha	2:28.38
Esteban Ortiz	2:47.21
Ramiro Loreda	2:48.52
Tarcisio Cruz	2:54.55
Ronald Argabright	2:58.11
M45 Curtis Stautz	2:43.38

Ron Hyde	2:46.33
Manuel Portes	2:47.16
Rich Hanlon	2:52.06
Dan Skarda	2:54.31
M50 Kim Mc Donald	2:58.12
Thomas Overwater	2:58.42
John Tarkowski	3:00.02
Mark Le Duc	3:00.19
William Siegrist	3:06.03
M55 Gary Julin	2:59.46
Ray Lobato	3:18.58
Joseph Canale	3:15.36
Joe Ogata	3:30.19
Ed Baca-Green	3:30.15
M60 Brent Pinder	3:23.16
Leo Rutten	3:38.15
Bob Oliva	3:38.50
Francesco Criniti	3:43.43
Wim Van Berkel	3:44.15
M65 Paul Hargrave	3:38.52
Roland Ratmeyer	3:50.26
Jim Grindley	4:02.50
Rod Strodl	4:03.38
Gordon Foster	4:03.16
M70 Harold Vance	4:28.27
Warren Reutter	4:52.05
William Hollihan	4:55.17
Charlie Gregory	5:01.19
Bob Swan	5:02.32
M75 Edgar Driver	4:58.57
M80+Harry Seifert	8:04.45
W40 Rebecca Castillo	2:58.40
Amy Regnier	3:13.56
Lisa Templeton	3:23.43
Patricia Cahill	3:24.19
Paula Vlaming	3:27.54
W45 Beth Henriksen	3:25.25
Jean Watson	3:30.19
Tina Chase	3:31.00

Andrea Kent	3:31.01
Kathleen Johnston	3:36.01
W50 Terese Grondin	3:30.32
Kim Lorenz	3:39.49
Kay Levy	3:45.53
Jane Gainer	3:49.14
Heasook Maus	3:48.09
W55 Jane Hutchison	3:28.36
Susan Schwartz	3:38.25
Romy Niblack	3:40.23
Udon Beidler	3:43.13
Leslie Stanfield	4:15.25
W60 Sally Kennet	4:15.50
Beverly Schulz	4:22.19
Merle Hines	4:28.07
Linda Breen	4:45.33
Geraldine Weber	4:46.26
W65 Tanya Kirkpatrick	4:31.32
Frieda Reutter	5:06.41
Gloria Dake	5:11.35
Barbara Mouser	6:11.48
Anne Riggs	6:31.59
W70 Patricia Lorenzo	7:38.57
Ann Chisholm	7:44.49

NORTHWEST

Winter Sun Run 10K Moab, UT; Dec. 4

Overall	
Jason Long 26	31:14
Nan Keith-Frutes 44	41:16
M30 Jay Valentin 38	32:50
Erik Packard 39	33:09
M40 Bernie Boettcher 42	32:45
Gregg Stucki 45	39:11
Tap Harris 49	41:50

M50 Art Rohr 56	39:26
John Kornfeld 54	47:55
M60 Larry Ingram 60	37:22
Tom Allford 66	46:26
M70+Warren Bysted74	46:28
Carl Tempas 70	53:30
W30 Kimberly Hiatt 36	43:05
W40 N Keith-Frutes 44	41:16
Jeanie Grooms 48	43:37
W50 WendyVnDeKam56	48:43
Lynn Udick 56	52:20
W60 Barbie Hartshorn 64	57:38

Jingle Bells 5K & 8K Eugene, OR; Dec. 11

Overall	
Lisa Heinonen 20	19:06
Jeff Erb 18	16:49
M35 Craig Harford	19:12
M40 Brent Clark	21:07
M45 Mark Johnson	19:40
M50 Dennis Reynolds	28:38
M55 Gene Solomon	19:11
M60 GeorgeLetchworth	25:58
M65 Jim Davis	22:47
M75+Don Anhorn	37:50
W35 Christi Duhaime	21:20
W40 Charlie Solomon	20:48
W45 Carla Hervert	20:01
W50 Janet Heinonen	27:51

Overall	
Denise Kelp 35	32:03
Matt Barnhart 19	27:44
M35 Patrick Chinn	31:12
M40 Jerry Stromme	38:22
M45 Keith Brown	34:43
M50 Ed Spinney	29:56

WMA/USATF Hurdles and Implements Specifications

HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-79	3.00k	1.00k	3.00k	500 gms.	16#	25#
80+	3.00k	1.00k	3.00k	400 gms.	12#	20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-9	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)						
WMA weights are used for USATF weight pentathlons.						
Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.						
For all age-groups indoors, 5 hurdles are run.						

RACEWALKING

North Island Masters RW Championships, Whangarei New Zealand; Nov. 26

3000m Track Walk	
M60 Gary Little AKL	15:09.2
M Burkishaw WBP	18:48.5
M65 Morrie Hinton NTH	17:44.3
W35 Karen Davison NTH	18:45.9
K Parkes WLG	21:08.0
W45 Marcia Soanes AKL	17:37.5
Diane Barrett NTH	20:02.6
W55 S Miratana WBP	20:38.3
M Crooke NTH	22:02.0
M60 Gary Little AKL	55.06
M Burkishaw WBP	1:11.22
M65 Morrie Hinton NTH	1:04.16
W35 K Parkes WLG	1:13.30
W45 Marcia Soanes AKL	1:10.48
W55 S Miratana WBP	1:12.49
M Crooke NTH	1:19.42
W65 Lynn Fraser NTH	1:19.42

INTERNATIONAL

Dutch Marathon Championships, Eindhoven The Netherlands; Oct. 10

M40 Gert van Bergen	2:28.06
M45 Kees Portegijs	2:35.03
M50 Jan Tomassen	2:49.06
M55 Ger Prins	3:01.51
M60 Roald Jacobs	3:08.52
M65 Karel Leeuwangh	3:14.32
W70 Joop van der Pas	4:38.31
M35 Annelieke van der Stujs	2:37.33
W40 Ely Zigenhorn	3:13.12
W45 Marie-Anne Vos	3:24.32
W50 Hanneke Lieveise	3:22.50
W55 Marianne Knapen	3:18.35
W60 Eis Brouwer	3:47.01

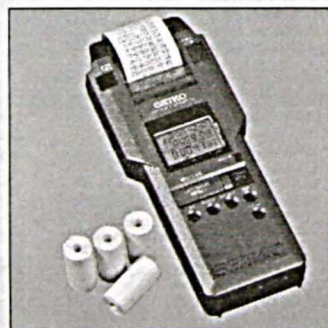
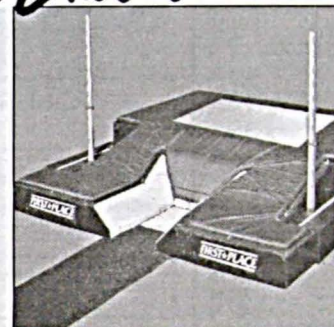
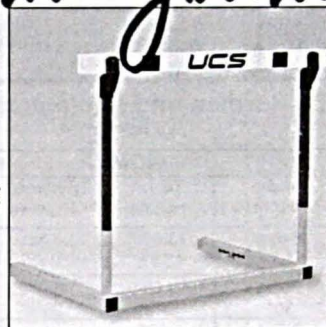
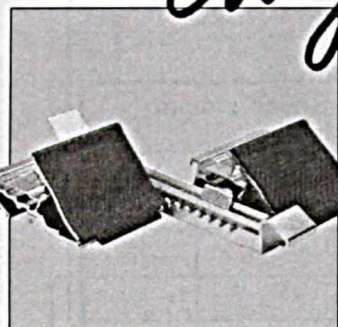
ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - FEBRUARY 2005

Athlete Name (Residence)	Birth Date	Age Group
REGGIE SNOWDEN(SAN FRANCISCO,CA)	2-12-65	40-44
DAWN BEST(BROOKLYN,NY)	2-12-65	40-44
CATHARINA SEGERS(BEL)	2-4-60	45-49
STEVE NEARMAN(ALEXANDRIA,VA)	2-8-60	45-49
CLOVA COURT(GBR)	2-10-60	45-49
THERESA BROWN(US)	2-20-60	45-49
ZSUZSANNA RAKOCZI(HUN)	2-4-55	50-54
MASAE YODEN(JPN)	2-19-55	50-54
CLIFTON MCKENZIE(MASA,AZ)	2-20-55	50-54
BRUCE KUPERSMITH(COQUILLE,OR)	2-21-55	50-54
JEAN CLAUDE GRUNENWALD(FRA)	2-24-55	50-54
MARCHISIO RITA(ITA)	2-2-50	55-59
ANDRZEJ PIACZKOWSKI(POL)	2-4-50	55-59
ELLEN HEES(GER)	2-11-50	55-59
BRENDA ANN STONE(GBR)	2-14-50	55-59
MANFRED KALUPKE(GER)	2-21-50	55-59
JANET JOHNSON(AUS)	2-8-45	60-64
EDWARD JONES(US)	2-13-45	60-64
ART SWARTS(US)	2-14-45	60-64
RAY STARNES(US)	2-21-45	60-64
MILOSLAVA ROCNAKOVA(CZE)	2-28-45	60-64
JORMA EHRSTROM(FIN)	2-6-40	65-69
CAROL YOUNG(HUNTINGTON WOODS,MI)	2-6-40	65-69
JENNY BOURKE(AUS)	2-6-40	65-69
UWE KEILER(GER)	2-7-40	65-69
EILEEN PUE(US)	2-8-40	65-69
WILLIAM GENTLEMAN(GER)	2-11-40	65-69
GEORGE COHEN(INGLEWOOD,CA)	2-13-40	65-69
JAMES BURNETT(CHICAGO,IL)	2-13-40	65-69
DHAMIRI ABAYOMI(CAMDEN,NJ)	2-13-40	65-69
JUTTA RIEGEL(CAN)	2-14-40	65-69
ANNI SCHIWORSKI(AUS)	2-16-40	65-69
JUTTA B LUDICKE(GER)	2-19-40	65-69
JIM NOONAN(US)	2-22-40	65-69
INGRID KUSCHE(GER)	2-27-40	65-69
VALERIE WORRELL(AUS)	2-1-35	70-74
GAY AUSTIN(HONOLULU,HI)	2-6-35	70-74
JAN HOWELL(IDAHO SPRINGS,CO)	2-7-35	70-74
JERRY STANNERS(CA)	2-8-35	70-74
ALBIE THOMAS(AUS)	2-8-35	70-74
DAVID JAMES(US-SWI)	2-12-35	70-74
VERNON SPENCER(GREELEY,CO)	2-12-35	70-74
JAMES WARE(USA)	2-13-35	70-74
ERIKA KRUEGER(GER)	2-15-35	70-74
AINO SILLAOTS(EST)	2-17-35	70-74
REINO LAINE(FIN)	2-18-35	70-74
LARRY MEANS(USAF,CO)	2-18-35	70-74
HARRY BROWN(WAUCONA,IL)	2-4-30	75-79
JOSEPH FUSELIER(NEW ORLEANS,LA)	2-14-30	75-79
BARBARA MEADOWS(TUSCON,AZ)	2-16-30	75-79
JERRY DONLEY(COLORADO SPRINGS,CO)	2-17-30	

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