

NATIONAL MASTERS NEWS

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

330th Issue

February 2006

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The U.S. team at the 2005 WMA 100K Championships (l to r): Katy Cotton, Roy Pirrung, Amanda McIntosh, Craig Robertson, Dee Dee Grafius, Chris Frost, Tania Pacev, and Mark Godale.

U.S. Women Sweep Top Three Places

Godale, McIntosh Win WMA 100K

By LORRAINE GERSITZ

On the hot and hilly course at the foothills of the Andes, American Mark Godale, 35, won the 2005 World Masters Athletics 100K (62-mile) World Championships in Bariloche in the Patagonia region of Argentina on Dec. 11. The Ohioan finished in 8:28:10, over nine minutes ahead of silver medalist José Antonio Morales, M35, of Argentina.

Amanda McIntosh, 40, San Antonio, Texas, won the women's race in 9:22:49, some 28 minutes ahead of

teammate and second woman, Tania Pacev.

The American women's team of McIntosh, Pacev, 46, and Dee Dee Grafius, 56, won the gold, silver, and bronze medals in the overall women's race and also earned gold medals in their age-groups. The USA Track & Field's eight-member powerhouse team scored a total of nine medals, two more than the second-place Argentinian team and three times the number of medals awarded to third-

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Harrington, Seeley First in 50K

Gardner, Henderson Top Masters in Sunmart Texas Trail 50 Mile

By JOHN WELCH

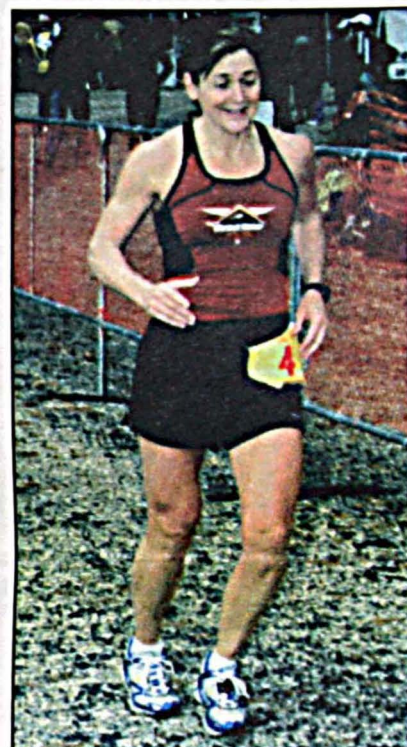
HUNTSVILLE, Texas – Masters runners again found themselves near the top of the heap at this year's Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 10. Last year's 50-mile winner, Connie Gardner, 42, Medina, Ohio, fell to second place behind Nikki Kimball, 34, Bozeman, Mont., but still managed to win the women's 50-mile masters title for the third year in a row.

Gardner, a youth swimming instructor, who was named the USATF Ultra Runner of the Year in 2003, crossed the finish line on the shores of Raven Lake in 7:11:00.

Kimball, who was the USATF Ultra Runner of the Year for 2004, was timed in 6:55:59 for her first Sunmart victory. Marlene Hall, 40, Cedar Park, Texas, was the second W40+ finisher (7:37:39). Chris Gibbons, 44, Hackensack, N.J., was third W40+ (7:48:59).

From the outset of the race, Gardner and Kimball ran in unison with a small pack of male runners. The course was a little soft from rain three days prior to the race, but the temperature was ideal,

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Connie Gardner, first masters woman, Sunmart Texas Trail 50 Mile.

DeWitt, Veneziano First Masters in Rocket City Marathon

By JIM OAKS

HUNTSVILLE, Ala. – Two new names were at the top of the masters list at the end of the 2005 Rocket City Marathon on Dec. 10. George DeWitt, 47, of Huntsville, ran 2:41:12, and Lisa Veneziano, 41, West Chester, Ohio, ran 3:05:51 to take titles in the 29th edition of Alabama's first marathon when it started in 1977.

DeWitt moved to Huntsville from Indianapolis in the summer of 2005 and even though he is in the upper half of the 40-49 age group, he has become the "man-over-40" to beat if you plan to win a local masters title. For this year's Rocket City, he was also the man no other 40+ entrant from anywhere could beat over 26.2 miles on

Huntsville's streets.

DeWitt spent his early years in New Jersey, attended high school in Maryland, where he was a member of his school's state championship cross-country team, and got an electrical engineering degree at Duke.

"I ran a little at Duke, but not enough to call myself a college runner," DeWitt said. "During the first years I worked in Indianapolis and helped raise five kids. I didn't have too much time for running. I got interested again as I approached 40 and began to take part in races in the area. I would say that races from 15K to the half-marathon are my favorite distances and I enjoy trail races at any distance."

At Rocket City, DeWitt had a half-marathon split of 1:19 on his way toward a goal of sub-2:40. "I was shooting for a six-minute pace, but fell off the pace around mile 12," DeWitt said. "Then I brought it back some, but as usual in a marathon, the last six miles felt like bowling balls were

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Male masters winner, George DeWitt, 2005 Rocket City Marathon.

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Due to a change in our printing company, the National Masters News will have a different format for the next month or two, following which we will return to our normal layout and placement of content.

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National Masters News

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The Southeastern U.S. Masters, Inc.
 36th Annual Masters and Open Track and Field Meet
 Hosting
 The 2006 USATF Southeast Region and
 NCUSATF Association Masters Track & Field Championships
 with
 The Open 20K Race Walk South Championship
 May 5, 6, & 7, 2006

Featuring
 Coach Fred T. Hardy Special Recognition Cash Awards Program
 Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach
 Pole Vault Clinic with Todd Erbst
 K-Lab Research Project

Duke University in Durham, North Carolina
 10K & 20K Race Walk on Beryl Road, Raleigh, NC

Check our website for updates and results at: www.southeasternmasters.org

The Board and sponsors of the Southeastern Masters invite all athletes 19 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Millennium Hotel, Durham, NC. There will be two days of competition featuring men's and women's pentathlons, a weight pentathlon, 5K race walk, team relays and all regular track and field events at the Duke University Track. The 10K & 20K race walks will be held Sunday, May 7 on the regular course on Beryl Rd., Raleigh, NC.

Operated By Southeastern United States Masters, Inc., 2401 Wade Avenue, Raleigh, NC 27607. Contact Dale Smith at (919) 831-6836 ext. 2 Monday - Friday 9:00 am - 5:00 pm, Eastern Time, or by e-mail at dale.smith@ci.raleigh.nc.us.

Age Divisions Based upon age on the first day of competition, all events will have a 19 to 29 age group and 5 year age groups for 30 and older individual athletes.

Entry Fees \$18.00 includes first event in track, field or road events plus final results booklet then \$9.00 for each additional event. Relay entries - \$20.00 per team (on captain's form). Payment in U.S. dollars by check drawn on a US bank or by International Money Order made payable to Southeastern U.S. Masters. Fees include entry into Southeast Region Championship (check box on back). No refunds after April 26, 2006.

Sanction & USATF Registration This meet is sanctioned and certified by USATF, and a 2006 USATF membership is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have 2006 USATF cards which can be obtained online at www.usatf.org, will be available at the meet, or contact Katherine Branch at (919) 772-6119 or kbranch@bellsouth.net.

Awards Southeast Region medals to the first 3 places for all age groups/relays. Club Championship trophies for each 10-year age group 30 years and up, plus overall combined Club Championship trophies to top 3 Southeast Region Clubs using 3,2,1, scoring. North Carolina residents 30 years and older also eligible for NCUSATF Championship Patches. Check website for updates.

Late Entries No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Friday, April 28, 2006. Entries in Saturday's Team Relays and in Sunday's 10K and 20K race walks close one half-hour before race time. Events may be dropped at any time (no refunds).

Running Surface Eight 42" lanes 400 meter BSS 1000 synthetic surfaced track for track events, and asphalt for 10K and 20K race walks.

Packet Pickup All participants must pick up their packets prior to reporting to their first event.
 Friday 7:30 am to 6:00 pm at track
 Saturday 6:30 am to 4:00 pm at track
 Sunday 6:00 am to 6:30 am starting line on Beryl Road, Raleigh, NC
 Numbers must be worn on front and on back for all events 3,000 meters and longer.



Detach Entry Form and Mail to:

Southeastern Masters
 C/O Raleigh Parks & Recreation
 2401 Wade Avenue
 Raleigh, NC 27607

Last Name First MI Sex Age Birth Date

Street City

State Zip Code Daytime Phone Number 2006 USATF Membership Number

E-mail Address Club Affiliation

Enter Relay Teams on Captain's Entry Only

Event #	Event Title	Expected Mark	Event #	Event Title	Expected Mark

Participate in the Southeast Region Championship? Yes No

Number of banquet tickets @ \$20.00 Total Amount Enclosed \$

(Include payment with total amount enclosed.)

Make check or money order for US dollars payable to: Southeastern Masters, Inc.

Shirts Available Men's Sizes (Please Circle) S M L XL XXL Where did you hear about our meet?

Number of T-Shirts @ \$12.00 Number of Tank Tops @ 10.00

SCHEDULE OF EVENTS
 (Refer to Packet for Final Time Schedule)

FRIDAY, MAY 5 TH		DUKE UNIVERSITY		Start Times
Event #	Event (Notes 1, 2 & 12)			
01	Wt. Pentathlon (Implement order: Hammer, Shot, Discus, Javelin, Weight Toss)		(Notes 4, 5 & e)	8:30 - 11:15 am
02	Women's Pentathlon (100 HB, JU, Shot, LJ, 800 m)		(Note e)	12:30 pm
03	Men's Pentathlon (LJ, Javelin, 200 m, Discus & 1500 m)		(Note e)	12:30 pm
04	Tom Hare 3,000 Meters (Sections will start at 30 minute intervals) (Note 11)			2:00 pm
05	Heavyweight Throws			3:00 pm
06	Alex Almsay 5,000 Meters Race Walk			4:00 pm
07	10,000 Meters			6:00 pm
	"Throws" and "Pole Vault" Clinics - at track			6:30 pm

SATURDAY, MAY 6 TH		DUKE UNIVERSITY		Approx. Times	
Event #	Event (Notes 1, 2 & 12)	Approx. Times	Event #	Event (Notes 1, 2 & 12)	Approx. Times
TRACK					
08	5,000 Meters	8:30 am	18	Hammer (Notes 5 & f)	7:15 am - 10:00 am
09	Straight Hurdles (Note 3)	9:30 am	19	Shot Put (Note f)	8:15 am - 11:45 am
10	1 Mile (Note 10)	10:30 am	20	Discus (Note f)	9:15 am - 12:15 pm
11	Curved Hurdles	11:30 am	21	Javelin (Notes 6 & f)	10:15 am - 1:15 pm
12	Team Relays (Note d)	11:50 am	22	Weight Toss (Note f)	11:15 am - 2:15 pm
	A 4x100 Meters Open				
	B 4x400 Meters Open				
	C 4x400 Meters (Minimum Total Age 160)				
13	100 Meters (Note 3)	1:00 pm	23	Pole Vault (Note 7)	8:00 am
14	400 Meters	2:10 pm	24	Long Jump	9:30 am
15	Steeplechase (Note 10)	3:10 pm	25	High Jump (Note 8)	10:30 am
16	200 Meters	3:40 pm	26	Triple Jump	2:00 pm
17	800 Meters	4:10 pm			
JUMPS					

SUNDAY, MAY 7 TH		RALEIGH CITY STREET, Beryl Road		(See Map in Packet)
Event #	Event (Note 9)			Start Times
27	Alex Almsay 20K Race Walk (Note 9)			7:00 am
28	Alex Almsay 10K Race Walk (Note 9)			7:00 am

- Notes:**
- Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined at the discretion of meet officials.
 - Participants of all ages are to report to the Head Event Official 15 min. prior to the printed starting time of that event.
 - Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.
 - Weight Pentathlon will be flighted by age group, so each group will progress through the five events together and no participant should be participating in two weight Pentathlon events at the same time. All women competitors and men 60 and over will throw in the morning starting at 8:30 am. Remaining men will start at 11:15 am. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report at group starting time.
 - Hammer conducted at a separate site within walking distance of the track.
 - Javelin runway is BSS 1000 or grass surface. Flat throws will not be measured.
 - Pole Vault run not by age, but by heights, with 15 cm (6 in.) increments.
 - High Jump run not by age, but by heights with 5 cm (2 in.) increments.
 - Entries in Sunday's 10K and 20K Race Walk close one half-hour before race time. One or both of these events may be entered as they start and compete concurrently.
 - There will be a \$100 cash award for the best age-graded steeplechase performance (Bob Boal Award) and \$100 cash award for the best age-graded mile performance (Maxwell Hamlyn Award).
 - There will be a special noncash award for the best age-graded 3,000 meters performance (Tom Hare Award).
 - Coach Fred T. Hardy Special Recognition Cash Awards Program - Cash awards for the best age-graded track performance (\$500) and best age-graded field performance (\$500). Check website www.southeasternmasters.org for additions to all awards and other information.

- General Notes:**
- Multiple Events running concurrently. Those entered in two or more events that run concurrently must be there when your turn is called; if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently with any other event.
 - Specifications for all events, including hurdles, shall be according to 2006 USATF Rules if available. (There will be a total of 6 attempts for each competitor in the individual events of the throws and horizontal jumps, unless there are 9 or more in a scoring age group.)
 - Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
 - Team Relays - Teams may be any 4 people. Enter team name and enclose \$20.00 with captain's entry form; or enter and pay fee by one half-hour before first relay.
 - These events will be scored using WMA Masters age factors and the current IAAF scoring tables.
 - Throws Schedule: All women competitors and men 60 and over will report at the first time listed and the remaining men will report at the second time listed for each event. Adjusted starting times for each event for each age group will be available at registration and will depend upon the number of competitors.

Meet Day Weather Chart

	2000	2001	2002	2003	2004	2005
Temperature Extremes (°F)	48°- 93°	51°- 81°	50°- 70°	52°- 64°	59°- 84°	39°- 76°
Precipitation (inches)	0.00	0.00	0.74	0.07	0.00	Trace
Average Wind Velocity (MPH)	6.4	4.7	4.5	7.4	4.7	4.1

Air Travel Raleigh Durham International Airport (RDU)

Hotel Reservations Millennium Hotel (Meet Headquarters) 2800 Campus Walk Ave., Durham, NC 27705, (919) 383-8575 or (800) 633-5379. (A shuttle roundtrip from and to RDU is available \$44 per person.) Please inform hotel of Southeastern Masters participation for special rate. Room rates are \$72 plus 13% tax for 1 to 4 persons. These rates extend to early arrival and late departure days. A pay shuttle is available to and from the Track at \$3.00 per day.

Banquet A sit-down meal will be served in a Banquet room at the Millennium Hotel at 6:30 pm on Saturday, May 6, 2006. Banquet tickets are \$20.00 when purchased with this application. A short business meeting and special awards presentation will follow at approximately 7:15 pm. Tickets only for the Awards presentation are \$5.00 and will be available at the meet.

T-Shirts Commemorative T-shirts and tank tops will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for prices and shirt sizes.

Medical Services Duke Sports Medicine will be the provider of medical services for the meet. The Michael W. Krzyzewski Human Performance Lab (K-Lab) is located in the Sports Medicine Center at the Stadium. The K-Lab will host seminars and tours and meet participants will have the opportunity to participate in a K-Lab research project at no charge.

Honorary Referees Al Buehler and Dr. Leroy Walker are both nationally recognized track & field coaches and promoters.

Dressing Dressing and shower facilities will be available at Duke Track on Friday and Saturday. Restrooms are located at Duke Track (Friday & Saturday) and portollets will be on the 10K and 20K race walk course on Sunday.

Athletic Release
 In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees in Raleigh and Duke University, North Carolina Central University, and Durham Academy in Durham whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said events to be held on May 5, 6, & 7, 2006, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that I am under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely compete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events. I grant permission to Southeastern Masters U.S. Masters Track and Field, Inc., without compensation, to use any photographs, motion pictures, recordings or any other reproduction of me participating in this event.

Athlete Signature Date

WRITE ON!

Address Letters to: National Masters News
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E-mail: natmanews@aol.com

TEAM MANAGERS

We cannot any longer ignore Mr. Robert Mimm's inaccurate statements (Oct. NMN) about the role of team managers at WMA meets. Both of us have been LDR team managers at the WMA World Championships in Puerto Rico and at San Sebastian.

First, team managers do not make any meet rules. We are all guests of the local organizing committees.

The General Assembly of WMA voted for the singlet requirement. In Puerto Rico, the first time that all competitors were required to wear national singlet(s), the team managers permitted the athletes to compete without the singlet, if the local officials allowed it. However, at team managers' meetings, we were warned that failure to wear the national singlet was grounds for disqualification. We, in turn, warned the athletes.

In Puerto Rico, we know of only one athlete who was disqualified. At other times, the clerks notified us, and we provided singlets to the athletes.

Trust us, we did not relish the role of running around providing singlets to athletes. We saw many a race begin with the USA athlete wearing a ratty T-shirt. In San Sebastian, most athletes had the singlet or some version of it. We looked good for a change.

As for Mr. Mimm's statement that the athletes are being forced to advertise for NIKE because we are wearing the national uniform, we looked at the singlet, airborne top and wind suit, and they are devoid of NIKE identification, except for the swoosh in one spot. If Mr. Mimm does not like it, he can cover it up. Most clothing today is identifiable by some logo.

Every athlete who wanted to, competed in every LDR race in Puerto Rico. We know of only one athlete who arrived after the start of his cross-country race, and we took him to the start. He did fairly well in the standings. The one-hour rule only applied to team declarations.

The LOC required all team entries to be submitted one hour before the start of the race. The teams were formed with the athletes present at the time of the team submission. Since we had more athletes, it is quite possible that an athlete could be left off the team if he or she did not check in with the team manager one hour prior to race time.

In the past, teams were created with people who were not present at the time of the declaration and the USA was left with no team. We did not want that to happen, as it did in Brisbane.

Mr. Mimm alleged that he was denied a gold medal. He failed to show up at the time of the team declaration. How can we place an individual on a team when others were present, and he was not? He chose not to be there for whatever reason.

A team manager has to provide for the majority of the athletes. If we recall, because of the procedure, we had many teams win team medals in the distance races.

We hope this clarifies many of the misstatements Mr. Mimm has been making concerning the role of the LDR team managers.

Charles DesJardins
Carson City, Nevada
Mary Rosado
New York, New York

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Sustainers for February 2006

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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WMA 100K

The WMA 100K Championships in Bariloche, Argentina, were run just as summer was about to begin in this mid-December race. Warm temperatures, along with a hilly course, mirrored the event held two years earlier.

When the temperature reached its peak, so did the course. A 20K loop of a mountain brought runners to a brisk walk or crawl.

One of those who played it cautiously in the early kilometers was Mark Godale, 35, of Ohio. Following the race, Mark commented that the lead runners were not carrying any water between aid stations, and although they had built up a lead, it was swallowed by the heat of the day.

Speaking of the heat, Mark, having left his hometown where temperatures were below zero (Fahrenheit), with only 15K to go, knew he was in trouble as he began to feel the effects of the sun.

Without breaking stride, and to the amazement of the motorcyclist providing him protection from the traffic, Mark made a 90-degree turn and jumped into the glacier-fed lake, only a few paces from the road. After a thorough bathing, including washing his hair and all of the salt that had drained from his overheated body, he returned to the course at the point at which he had left and went on to win with a nine-minute margin in a course record 8:28:10.

Had the water not been so cold, he might have spent those nine minutes lowering his body temperature gradually and lost the race.

Roy Pirrung
via e-mail

LEVITATION

Mike Tynn's article on levitation (Oct. NMN) is a nice mixture of science, sport and superstition. Levitating to set long jump records certainly is of interest to jumpers. The same interest was in "flubber" shoes after the movie

"The Absent-Minded Professor" in 1961.

One missed point in Tynn's magical mumbo-jumbo is that India is the center of levitation, as far as I know. There swamis teach disciples to levitate and do other fantastic things. Naturally, India should be the track and field paradise. Why long jumpers have not gone there is a mystery in itself.

Risto Marttinen
Mechanicsville, Virginia

DOPING

At the WMA Women's Meeting, San Sebastian, Spain, Aug. 27, Stan Perkins, Chairman of the WMA Doping & Medical Committee, reported that WMA proposed to hold a seminar at the next World Championships in Riccione to address an apparent lack of information and knowledge, particularly in South America, on prohibited drugs and drug testing.

I referred to the current IAAF Rule, whereby if an athlete is found to have a prohibited substance in his/her sample, that athlete is guilty until he/she can prove their innocence.

You could, for example, have a female competitor from South America who is being prescribed hormone replacement therapy come to Riccione unaware, through lack of information, that it contained a performance-enhancing substance. She would be deemed a drug cheat.

A seminar there may help, but it may not be well attended. WMA needs to address the issue directly with its affiliates.

-Bridget Cushen
via e-mail

KUDOS

Thank you so much for covering the Halstead Masters and Open Track Meet in National Masters News in the December issue. It is very much appreciated.

Bob Everoski
Halstead, Kansas



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Track & Field Report

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

He Also Had a Dream

I had planned on writing about some more goings on at the Annual Meeting in Jacksonville for this article, but felt it would be significant to share my recent experience, which I believe ties into many experiences with which we are involved. Most of us in our sport have heard and know about the fantastic Olympic victory by Billy Mills in the 10,000 meters in Tokyo in 1964. I remember it as one of the most exciting victories in Olympic history. Unfortunately, we haven't won gold in the 10,000 since then. I guess that makes it even more significant.

I noticed a newspaper advertisement that the Kootenai County (Idaho) Task Force on Human Relations was sponsoring Billy Mills' presentation "Winning Spirit." I thought this would be a great subject for me and our fellow athletes to experience, so I decided to go.

Luckily, my neighbor knew Billy from the Marine Corps and a presentation in Yakima, Wash., and arranged for us to have dinner with him. What a surprise! This man is much more than a special person who won Olympic gold in dramatic fashion.

Charismatic Personality

He might be one of the most charismatic people I have ever met. He is an inspiration to us all. Billy told of his dream and how he achieved it.

Here, in Coeur d'Alene, he spoke to 800 5th graders during the day and a mixed audience of another 800 at night.

The target of 5th graders is felt to be important in order to stimulate youth at this very formative age to dream of their potentiality.

His philosophy revolves around "the value-based concept of self-improvement, dealing with perceptions and creating intelligent adaptive change in a changing world." He gave many examples of how he endured tremendous prejudice growing up and living, even today, as a Native American in this country and world. Shame on us!

Global Unity

He called for "global unity and diversity." Here we see the need for diversity coming up again. We mostly think we understand diversity until we start to study it.

I was very happy to see the reception of the Masters Committee to the presentation at the Annual Meeting by

Dexter McCloud and Evie Dennis. I think a lot of eyes were opened. Billy Mills opened my eyes even further.

The concept of diversity even has application to our interaction with our international colleagues. Billy spoke of having at least one friend in each of the 91 countries to which he has traveled. What a wonderful concept of making friends with our international neighbors, instead of criticizing the differences and trying to make them do it *our way*.

Common Ground

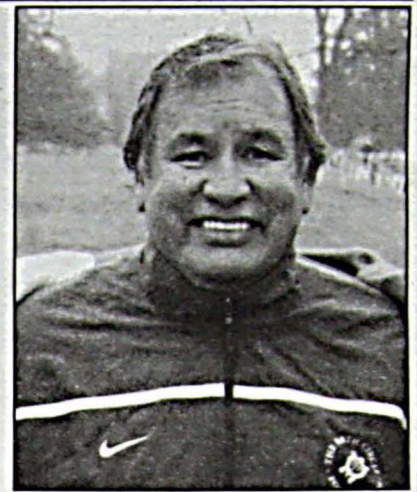
I think we athletes who travel to international competitions are starting to understand this. Instead of fighting those who don't do things our way, make friends. Even if we don't speak the language, we have one thing in common...SPORT.

This is the true Olympic ideal. We have a great opportunity to live it. Particularly as true amateurs. It is great to see so many more athletes taking part in the WMA World competitions. It appears that we will have almost 90 athletes competing in Linz versus 65 for Sindelfingen. Congratulations to all.

I hope we will see these numbers grow as time goes by. The more Americans travel the world, the more we will understand and be understood.

Inspiration to All

I highly recommend Billy Mills' presentation any time you can be exposed to it. His life story, *Running Brave*, is available as a movie rental. Billy is an inspiration to young and old



Billy Mills

alike.

We all have dreams to fulfill, I hope. I would love to have him speak at one of our meetings or meets, but think it is probably out of our budget range, unless someone wants to sponsor the presentation. Billy does do this for a living.

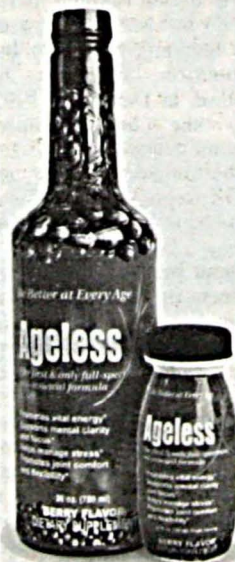
Thank you, Dr. Martin Luther King, Jr., and Billy Mills, for sharing your dreams with us, and stimulating us to have dreams of our own. □

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Third Wind

By MIKE TYMN

The "Resurrection" of a Runner by a Runner

Edward Bates, a 49-year-old resident of Micanopy, Fla., faced two aerobic challenges on October 22. By his own standards, he didn't do very well in the first one, finishing a 5K in 20:32, significantly slower than an 18:13 last winter. "It was the toughest 5K I've ever run," says Bates, explaining that there were some brutal hills and that it was about a half-mile above sea level in the Appalachian Mountains.

Bates was much more successful in the second aerobic challenge, however. After finishing the race, he began walking back to his car and saw another runner on his back, about 30 yards from the finish line. He observed a woman vigorously pushing on the runner's chest in an effort to revive him, as another woman held his mouth open.

No Heartbeat

Bates was informed that the man, a local middle school teacher later identified as "Ron," had no heartbeat and had not been breathing for about two minutes. He was apparently "dead!"

Feeling compelled to in some way assist, Bates asked the woman who was attempting to pump start the man's heart if he could take over. The woman rejected the offer, saying that she was a professional.

As the other woman continued to hold the man's mouth open, Bates wondered why she was not beginning mouth-to-mouth resuscitation.

At about that time, an ambulance pulled up and two paramedics jumped out. One cut open the man's shirt and began attaching a defibrillator. Bates asked him if someone wasn't going to attempt mouth-to-mouth resuscitation, but he received no response.

On the Sidelines

Since his doctorate is in education, not medicine, Bates assumed they knew what they were doing and continued to observe. When the paramedic pushed the button on the defibrillator, nothing happened. One of the paramedics then placed an oxygen mask over the man's mouth. Again, the body remained motionless.

About then, Bates became aware of two other men kneeling at his side. "We're doctors," Bates recalled one of them saying. "We can take it from here."

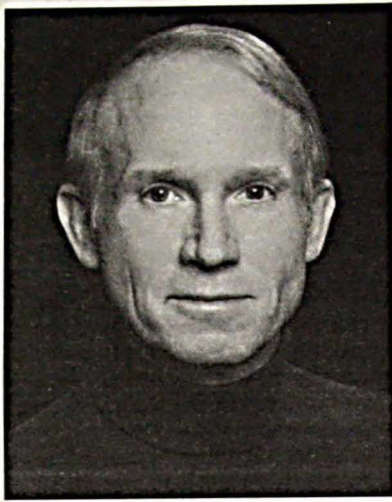
Bates doesn't know what compelled him to then blurt out, "I'm a runner!" as if to say something extraordinary had to be done and he's the only one there able to do it.

"The audacity of my adrenaline-charged statement astonishes me even to this day," Bates muses, smiling and shaking his head. He continued kneeling over the downed runner with the two doctors as the paramedics yelled for everyone to get back as they again tried the defibrillator. Still, nothing happened.

Taking Action

"At this point, about five minutes had passed since my arrival on the ominous scene, and Ron was about seven minutes post-mortem," Bates relates. "Realizing that he was now probably well past traditional therapy, I decided that I had to jettison my trepidation and take some kind of action."

As if guided by some higher force,



Edward Bates

Bates took charge. He states that he took his right forearm, moved the doctor and the woman near the man's head off to the side and impatiently said, "Get out of my way!"

Still on his knees, he filled his lungs to capacity as he put his head back and then exhaled into the dead runner's lungs with all his might. Nothing happened.

"I then remembered from my two-day CPR course three decades earlier that you have to pinch the victim's nose closed to prevent the air from escaping," Bates continues the story.

The woman pumping on the man's chest was still at it, and Bates told her to continue. He pinched the man's nose, again filled his own lungs to capacity and exhaled with everything he had. "This time, his chest surged skyward," Bates goes on. "I repeated the maneuver five, ten, fifteen times, I don't know. The rest of the world seemed to vanish."

Breath of Life

Bates was not simply blowing lightly in a rhythmic manner as he had been taught in the CPR course. He was using rapid, explosive bursts of air.

"I was trying to hit them every two seconds with incredible volume, which is why I almost passed out," he explains. I felt that something unique was required at that point, that maybe a huge burst of air might jump start his system."

As he continued working on the man, Bates heard a seemingly distant voice coming from the paramedic five feet away, "He's got a heartbeat! He's got a heartbeat!" Then, the woman on his right exclaimed that he was breathing. Ron's eyes began to focus.

Bates remembers the reaction around him as "total shock" as he fell backwards into the arms of one of the doctors and saw a group of students holding hands and praying.

Bates heard a few hours later that Ron

Rocket City Marathon

Continued from page 1

strapped on."

Ironically, his finish time of 2:41:12 was within five seconds of his 2003 performance in this race, a race he remembers well as the first time he was ahead of another Indianapolis masters legend, Gary Romesser. DeWitt was 23rd overall that year in 2:41:17 with Romesser 24th in 2:42:45.

Veneziano had waited five years to run at Rocket City. "I had entered the race with some friends in 2000, but found out I was pregnant and didn't run that year," she said. "I had my first child in 2001 and a second in 2004."

She came back strong in 2005, taking second master at Detroit in 3:03:02 in October and winning the masters title here seven weeks later. "I wanted to break three hours in your race, but lost steam around 12 or 13 miles," Veneziano said.

Her half-marathon split of 1:30:33 was not far below the desired pace, and although she slowed down in the second half, she maintained her overall position and actually moved up one when one of the early leaders dropped out. Veneziano finished fourth woman overall and picked up an additional \$250 to add to the top masters award of \$750.

Veneziano attended a small Pennsylvania high school and did not participate in sports. She studied industrial engineering at Penn State and now works for General Motors at their Cincinnati parts distribution center as a general manager at the facility. She started running in 1989 when a friend in Michigan invited her to a race. She enjoyed early success in competition and ran her first marathon at Detroit in 1992. Since then, she had completed 31 marathons (her best a 2:50:38 in 2000) before winning the 2005 Rocket City masters title.

For 2005, the race was under new direction. Suzanne Taylor took over the reins from Malcolm Gillis, who had directed the race for eight years. The first 20 had been directed by Huntsville Track Club charter mem-

was reported joking with his wife and with no signs of brain damage as he prepared for triple bypass heart surgery. Upon returning home, Bates received a letter from Ron thanking him and informing him that he is on the road to complete recovery.

Going Public

Bates had reservations about going public with the story, which was called to my attention by his coach, Roger Rouiller. He explained that there is apparently some embarrassment in the small town concerning the reluctance of its medical practitioners to offer mouth-to-mouth resuscitation, and so the race director asked that the name of the race and people involved not be named.

Bates doesn't know why mouth-to-mouth resuscitation wasn't attempted, but surmises that there may have been a fear of AIDS. However, after much thought,



TESH TESHIMA

Sayuri Kusutani, 46, first woman overall (2:02:09) in the Niketown 30K, Honolulu, Oct. 16.

ber Harold Tinsley.

For the second year the race was without a title sponsor, but Taylor, as a co-owner of the local Fleet Feet running store, was able to secure partial sponsorship that allowed the race to provide long-sleeved technical shirts to entrants and caps and medals for all finishers. She was also able to secure author and coach Jack Daniels as the clinic speaker following the Friday night pasta dinner.

To meet budget, Taylor maintained the level of prize money that had been used during the past year with masters winners receiving \$750. Second and third awards were \$500 and \$250.

The other masters award checks went to DeWayne Satterfield, 41, Huntsville (2:45:25); Todd Hamby, 40, Rutherfordton, N.C. (2:48:15); Barbara Holcomb, 43, Cullman, Ala. (3:10:09); and Sue Bozgoz, 41, Fayetteville, Ga. (3:16:16).

This was the second straight year that Satterfield has been the second

Continued on page 7

Bates agreed with Rouiller that the story should be told.

Taking Responsibility

"Such medical emergencies happen at many races," he offers, "and I hope it will instill in runners both the confidence that they can intervene in such life-or-death situations and the belief that it is their paramount responsibility to do so immediately, until medical professionals arrive. We have been so programmed to immediately call 911 that we have come to the belief that our responsibility ends there."

And while Bates doesn't recommend interfering with supposedly qualified medical personnel, and realizes that his method of mouth-to-mouth resuscitation was somewhat unorthodox, he believes there are times when a person has to take the bull by the horns. □

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

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Running Time



Rocket City Marathon

Continued from page 6

master in this race, an event he considers his annual tune-up for the Mountain Mist 50K Trail Run held each January in Huntsville and which he has won nine of the 11 years it has been contested.

Holcomb enjoys a unique position at Rocket City as one of only 14 female runners (out of a total of 323 finishers) who finished the first race in 1977. At that time she was a 15-year-old runner at Grissom High School in Huntsville and finished in 4:10:22 for her first marathon. This year's was her 15th.

Bozgoz, a U.S. Army officer, was recently promoted to lieutenant colonel and works in the plans and operation section at Headquarters First U.S. Army in Forest Park, Ga., where she serves under Lt. General Russel Honore. Honore was the general assigned to head up the Katrina relief effort in New Orleans.

"I was glad I was able to stay in the Atlanta area to do my job rather than have to move to Louisiana with the general," Bozgoz said.

Perhaps the most famous masters runner in the race this year was Benji Durden, one of the 1980 Olympic Marathon qualifiers who did not get to run due to the U.S. boycott of the Moscow Games. Durden, a former 2:09 marathoner, who now lives in Boulder, Colo., with his wife, Amie, is the subject of a recent article in Running Times magazine.

In 1991, Durden, then 40, ran 2:32:48 to take the masters title at Rocket City. He returned to the site of this last complete marathon and his first attempt at the distance since undergoing prostate surgery in 2004. Things went well for the first 30K.

"It was going okay through 19 miles," Durden said. "I was on probably about 2:53 pace and then I tripped and fell hard. I don't know why. And then it was just a struggle to get to the finish before rigor mortis set in."

Durden finished in 3:08:34, but could take consolation in an age-division award and the fact that he and Amie were among the top husband and wife teams.

If there had been a "Bionic Woman" award, it would have gone to W45 women's age group winner, Amy Barrow, 48, Nashville, Tenn., who ran 3:25:20 and was the fifth master. Borrow has two titanium metal hip replacements and is looking forward to better things. "It was quite exciting to run a marathon without pain in my hips," she said. "I am hoping for a great running year next year."

Budget constraints caused race director Taylor to eliminate the age-graded money that had been paid to grand masters in the past several years. This probably reduced the level of competition in the older age groups; however, some impressive age-graded performances were recorded.

The top five age-graded performers



LLOYD DOERING
First three W40-44 (l to r): Lisa Veneziano, 3:05:51, Barbara Holcomb, 3:10:09, and Sue Bozgoz, 3:16:16, Rocket City Marathon.

were Ken Brewer, 64, Oxford, Ala., 3:15:27; Sherman Stanford, 58, Opelousas, La., 3:04:20; Rick Ventura, 51, Avon, Ohio, 2:53:35; Thomas Mayfield, 67, Marshall, Ark., 3:23:47; and Anne Park, 66, Huntsville, 4:23:33. All were age-division winners. In addition, Park was one of the lucky winners of the two \$500 random drawings that are made among entrants at the end of the awards ceremony.

Last year, Garry Elkins, 63, Gadsden, Ala., and Dean Godwin, 66, Akin, S.C., were the last two runners who had completed all previous Rocket City Marathons. Godwin had problems with his hip in 2004 and had to stop at 10 miles. However, he returned this year to help at packet pickup and to encourage Elkins as he ran for the 29th year. Elkins completed his 29th in 3:45:24 and looks forward to number

30 in 2006.

This year the race enjoyed a 12% growth, up to 974 from 869 in 2004. Masters runners in the field totaled 600 (469 men and 131 women). □

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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Nail Fungus – Unsightly and Uncomfortable

One of the more common afflictions affecting track and field athletes is onychomycosis, or nail fungus. Virtually all of us, at one time or another, have developed the thick discolored toenails that are sometimes referred to as "runner's nails."

There are several very high-priced topical and oral medications to treat this condition, ranging from \$300-400 a month. Therefore, you may wish to consider some less expensive methods of treatment.

Onychomycosis is a fungal infection of the nail bed and nail plate. The nail becomes discolored and thick. It is more common with advancing age, although it is common in runners and other athletes who have suffered prior toenail damage.

Why bother to treat it? Well, it is certainly a benign condition, but it can cause pain and discomfort due to pressure on the nail bed. This is usually due to ill-fitting shoes.

Avoiding the Problem

Obviously, the most important treatment is to avoid getting the fungus in the first place. Avoid trauma and wear properly fitting shoes. Trim the nails. Wear absorbent or cotton socks.

Dry the feet thoroughly and avoid

walking barefoot in health clubs and public showers. Treat affected family members. Use anti-fungal sprays in your shoes. Bring your own instruments when having a pedicure treatment.

Treatments

There are several over-the-counter medications that have proven successful. These may not cure the condition, but will reduce the thickness of the nail. These include Fungoid Tincture, Mycoside, and Tineacide. These are usually applied to the nail twice a day.

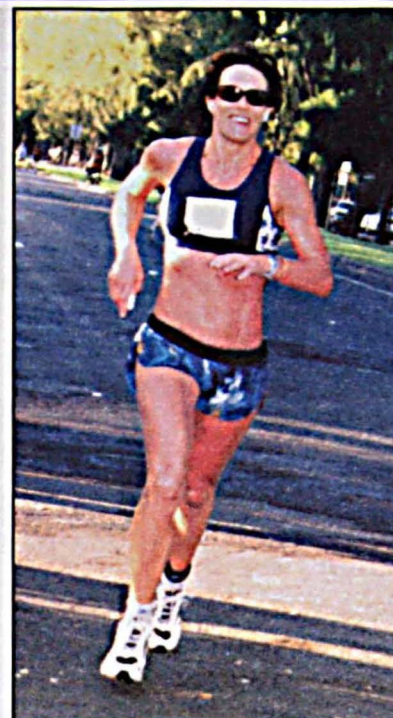
One should keep the nails as thin as possible and use a nail file on a daily basis.

Tea tree oil, a component of Tineacide, has proven successful.

Soaking the feet three to four times a week in a mixture of apple cider and vinegar, 1:1, has been successful. This produces a 5% acetic acid solution, which debrades and kills the fungal nail elements.



GEORGE BANKER
Dave Berardi, first M45 (16:30) and Chris Chattin, second M40 (16:45), PVI Runfest 5K, Fairfax, Va.



TESH TESHIMA
Shelley Grisbrook, W40 first (2:12:28), Niketown 30K, Honolulu.

If you have tough skin, a drop of Clorox bleach on the affected nail once a week will help clean out the fungal debris and also act as a deodorant.

So, prior to launching into high-priced medications, you might want to try these simple applications.

Although there are a multitude of other treatments, including vaseline, kerosene, green tea, etc., we need a track record prior to recommending these rather unusual cures. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



SPORTSPLEX MASTERS MEET

8001 Sheriff Road
Landover, Maryland 20785

Sunday, February 19, 2006

Start Time: Field Events – 9:00am • Track Events – 9:30am

EVENTS

55 meter hurdle - T if necessary	800 meter run	Long jump
55 meter dash - T if necessary	55 meter hurdle (F)	Triple jump
3200 meter run	55 meter dash (F)	High jump
400 meter dash	4x 200 meter relay	Shot put
1600 meter run	4 x 400 meter relay	Pole vault
200 meter run		Weight toss

Eligible Athletes: Masters – 5-year age divisions starting at age 35
Open – Ages 30-34

ENTRY FEES

Spectators: \$5.00
Competitors: 1st Event \$20.00 / \$10.00 Each Additional Event
-OR-
\$35.00 For First 4 Events (entries w/payment received by 2/13/06)
Relay: \$30

Fee must accompany entry form. Entries received after February 13, 2006 will be assessed a \$35.00 late fee. Any entries received after February 13, 2006 will not be guaranteed electronic results. Payment must be made in the form of a certified check or money order made payable to: M-NCPPC.

VENUE SPECIFICATIONS

6-lane, 200-meter oval track, on Martin's poured rubber surface. 1/4 inch spike ONLY. No food or drinks on track surface

Registration information is available by request.
Meet application can be downloaded from www.pgssportsandlearn.com
For more information call (301) 583-2661.

FIVE YEARS AGO February 2001

- Steve Wilson (M40, 2:24:23) and Cheri Rosenblatt (W40, 2:50:49) First Masters in Rocket City Marathon
- Joe Smindak, 40, and Sally Brooking, 44, Are Masters Winners in Sunmart Texas Trail 50 Mile; Robert Clementz, 41, and Beverly Buss, 40, First Female Overall, Are First in the 50K
- 2003 WAVA World Championships Moved from Kuala Lumpur to Puerto Rico

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. □

Roman, Swan Star in 37th Dartmouth Relays

By JERRY WOJCIK

Mary Roman, 70, and Pamela Swan, 42, had national indoor record marks at the 37th Dartmouth Relays held at Leverone Field House, Dartmouth College, Hanover, N.H., on Jan. 6.

Roman, of Norwalk, Conn., surpassed the W70 records for the 3kg shot and the 12# weight throw. In the shot, she recorded an 8.40/27-6.75, and in the weight, a 10.42/34-2.25.

The present record for the shot is held by Christel Donley at 7.87/25-10 in January 2005. The weight record belongs to Audrey Lary at 10.15/33-3.75 in March 2005.

Swan, of Bowdoin, Me., upped the W40 pole vault mark of 2.60/8-6.25 by

Donna Schultz in February 1999 to 2.70/8-10.25.

The meet drew athletes from out of the region who went home winners. James Broun, 54, Sarasota, Fla., won the 60H in 9.06. Fellow Floridian, Bob Cahners, of Naples, out of action in 2005 with shoulder surgery, hit 16.61/53-4.5 with the 16# weight.

Ruth Welding, 50, Elk Grove Village, Ill., threw the 16# weight 13.81/45-3.75 to win the W50 division. Sue Hallen, 48, Elk Grove Village, Ill., was the W45 shot put winner (7.36/24-1.75).

Rick Parker, 58, Indianapolis, Ind., won the 60m (8.12) and 200 (27.47). Paolo Bentivoglio, 43, Hanover, Ohio, won the 3000 (9:52.73). □

Boston

After nine years off in 2005, Boston Track & Athletic Club hosted the USA National Championships.

Last year, the meet moved from Northwest to Boston where 593 men and 21 world and national records.

In the 2004 Boston, 726 athletes and 28 national records were set at the Lewis Center.

The competition groups, is open to age 30+, including Relay teams competing in brackets.

No qualifying times. The only requirement is USATF membership. Non-U.S. guests, and records but are not "chance" to displace U.S. citizens.

Entry deadline March 13. No entries accepted after March 13.

The Lewis Center banked 200m M nine-lane straightaway the 60m and high weight and two synthetic surface. In

Visit the

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Boston to Host its 10th Indoor Nationals

After nine years in a row, with a year off in 2005, Boston's Reggie Lewis Track & Athletic Center will again host the USA National Masters Indoor Championships, on March 24-26.

Last year, masters went to the Northwest to Boise/Nampa, Idaho, where 593 men and women entrants set 21 world and 39 U.S. age-group records.

In the 2004 championships in Boston, 726 athletes broke 28 world and 28 national age-group records at the Lewis Center.

The competition, in five-year age groups, is open to all men and women age 30+, including non-U.S. citizens. Relay teams compete in ten-year age brackets.

No qualifying is necessary to enter. The only requirement for U.S. citizens is USATF membership, available at the site. Non-U.S. citizens compete as guests, and receive duplicate awards but are not "champions" and do not displace U.S. citizens.

Entry deadline without penalty is March 13. No entries or changes will be accepted after March 20.

The Lewis Center features a lightly-banked 200m Mondo track, with a nine-lane straightaway in the center for the 60m and hurdles. There are one weight and two shot circles onto a synthetic surface. Indoor implements will

be supplied.

The meet also includes the USA National Pentathlon Championships on Friday, the 24th, starting at 8 a.m., with other events starting at 2 p.m. The schedule continues on Saturday and Sunday with a full slate, including the 60H, mile, two relays, 3000 racewalk, all of the jumps, and the weight throw.

A club champion will be also decided. In 2005 at Boise, the first official masters club scoring event after two years of trials, the So Cal TC was first, with the Oregon TC Masters second, and the Potomac Valley TC third.

The championships entry form with the schedule and other important information was published in the January NMN. Additional information is available at www.usatfne.org, 617-566-7600, and office@usatfne.org.

The headquarters hotel is the Marriott Copley Place Boston with rates at \$129 single/double and \$139 for triple occupancy, 888-236-2427, or 617-236-5800. To get the special rates, reservations must be made before March 13; mention the National Masters Championships when you make the reservation.

The USATF New England Association is presenting the meet, under the administration of experienced meet directors Steve Vaitones, Lee Hess, John Oleski, and Gary Snyder. □



SUZIE HESS

Joy Upshaw-Margerum, W40, won four gold medals in the 2005 USA National Masters Indoor Championships, Boise, Idaho.



JERRY WOJCIK

Mixed age-group racewalkers in the 3000, 2005 USA National Masters Indoor Championships, Boise, Idaho. The 2006 championships will be held in Boston on March 24-26.

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

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

Visit the National Masters News on our Web site at: www.nationalmastersnews.com

USATF GEORGIA ASSOCIATION MASTERS TRACK AND FIELD CHAMPIONSHIPS

MASTERS PENTATHLON CHAMPIONSHIP • USATF GEORGIA ASSOCIATION RACEWALKING CHAMPIONSHIP • OPEN TRACK AND FIELD COMPETITION

FRIDAY AND SATURDAY, APRIL 14-15, 2006

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; 912-355-4100. 25 rooms have been set aside at \$67 per night, two double beds, non-smoking. Deadline for this rate is March 13, 2005. Reservations can be made only through AAA of Savannah. Call 912-352-8222, 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
jimjoyce34@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 ASSOCIATION medals will be awarded to Georgia residents and to the top three open (19-29) in each event. Out of state participants will receive comparable place awards, but may not displace a 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 11, 2006.

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

Timing by Finishlynx.

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

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 12, 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. (Register on line at active.com)

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

TRACK		SCHEDULE OF EVENTS		FIELD
Friday				
7:15 p.m.	Mile Run final (Women first, then Men)			
7:30 p.m.	10,000M Run final (Women first, then Men)			
Saturday				Saturday
8:00 a.m.	5000M Race Walk	Everyone	Final	9:00 a.m. Long Jump (men first)
9:00 a.m.	5000M Run	Women	Final	High Jump (men and women)
9:30 a.m.	5000M Run	Men	Final	
10:00 a.m.	100 Hurdles	PENTATHLON (W)**		
10:10 a.m.	Preliminaries	Men, Women	(a)	9:40 a.m. Pentathlon Long Jump (M)**
	100M/110M Hurdles			
	100M/200M/400M			
10:20 a.m.	4X100M Relay	Women	Final	10:00 a.m. Shot Put*
10:25 a.m.	4X100M Relay	Men	Final	Triple Jump (men first)
10:30 a.m.	1500M Run	Women	Final	
10:45 a.m.	1500M Run	Men	Final	11:00 a.m. Discus*
11:00 a.m.	80/100 Hurdles	Women	Final	11:00 p.m. Pole Vault (men and women; starting height to be determined on site)
11:15 a.m.	100/110M Hurdles	Men	Final	12:00 p.m. Javelin*
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.	300/400M Hurdles	Women	Final	
1:25 p.m.	400M Hurdles	Men	Final	
1:40 p.m.	3000M Steeplechase	Men	Final	
2:00 p.m.	2000M Steeplechase	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	

(a) If necessary
(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.



Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part V

As most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the fifth column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. –ew

Janet Robinson, W60. Worlds: 5K, 7th, 31:21.39.

This was my first world masters event and my first competition outside of the Southern California racewalking circuit. I was excited and apprehensive as we arrived in San Sebastian one hour prior to the opening ceremony in the Velodrome.

Athletes representing 91 countries lined up behind the placard bearing their country's name. As we walked into the Velodrome amongst the cheers and flashing cameras, I thought this must be what it feels like in the Olympics. I was very thrilled and pleased to be a part of these World Masters Championships.

I only raced in the 5K event. I was aware there would be stiff competition, but I did not really know what to expect. When we marched onto the track, I was feeling a little nervous, but once I was on the starting line, I settled down and prepared my mind for the race.

My goal was to perform a personal best and that's what I did. I had been injured most of the local racing season and did not feel up to par until June. That is when I seriously began to train for Spain.

Edoardo Sorrenti, M60. Nationals: 5K, 1st, 29:40.97; 10K, 1:01.29. Worlds: 5K, 2nd, 29:17.94; 20K, 2nd, 2:02:03 (gold medal team – Sorrenti, Frable, Null, total 6:09:57–ew).

Honolulu was, of course, a fabulous destination, and we took full advantage of the beach and luaus. The weather made the races tough, but they were tough for everybody.

On the downside, the track and university were somewhat far from good restaurants and entertainment. I was disappointed there was no award ceremony. We had to pick up our medals in an office the day after the competition.

Everything was great in San Sebastian, but the organization was a bit...Spanish. Everybody was very friendly, but sometimes it took a while to get things done. The food was fantastic! I live for chorizo and cheese bacardillos.

The 20K in San Sebastian was my favorite race. Racewalking is, at its heart, an endurance event, and I believe that competition really begins at 20K. I was most prepared for this race and had used the shorter races as speed workouts for this final race.

When I go to the starting line, I finally am liberated from all anxiety. Sometimes I am nervous the night before, but at the starting line I am confident in my preparation and eager to

race.

My shoe came untied 800 meters into the race – a rookie mistake! Then I had a hamstring cramp at 19K, but overall I am very pleased. I gave everything I had.

I have been working for months with Dave McGovern. I feel I was very well prepared for all the championship distances, but we put most of our physical and mental energy into a peak performance in the 20K.

I have only been back to racewalking for one-and-a-half years after a 42-year layoff. I competed on the Junior National Team in Italy when I was 17-20 years old. I am still working on getting my technique and training back to an acceptable level. We have a plan to build up to a peak for the 2007 masters championships (so look out, Norm!).

Thomas Kok, of Malaysia, 60. Worlds: 5K, 2nd, 26:23.67; 20K, 3rd, 2:02.06.

I've participated in four world championships. I would say the San Sebastian venue was 8 on a scale of 1-10. The prices of everything were enormously high, and unfortunately there were no souvenirs like a T-shirt or commemorative medal from the organizers.

The slight drizzle was helpful during my race. However, the stretch of the road course leading to the stadium was terrible. Most importantly, there weren't enough judges.

In training, I followed the schedule recommended in Jeff Salvage's two interactive DVDs that I bought from the North American Racewalking Foundation just two months before the championships.

I was calm at the start of the race because I've taken part in many running races, marathons, triathalons, etc., for umpteen years.

(There were just three seconds between 2nd and 3rd in the 20K –ew)

Stuart Ray, 60. Nationals: 5K, 4th, 36:08.34; 10K, 4th, 1:13:54.

My experience at a national championships is limited. Just placing in a USATF nationals is exhilarating for me.

The 5K was a challenge. Though I am comfortable racing the 5K distance, the heat, wind, and humidity in Hawaii made it tough.

The 10K was surprisingly easier. The weather was not as oppressive, and the course was laid out well. A beautiful view of the Pacific Ocean was uplifting during the race.

My training for the nationals did not really vary from my regular routine. It consisted of three workouts a week at moderate distances. Doing some organ-

WMA 100K

Continued from page 1

place Uruguay.

The impressive USATF masters team also set five age-group course records: Godale, M35; Roy Pirrung, M55, 9:09:07; Katy Cotton, W35, 13:06:18; Pacev, W45, 10:00:08; and Grafius, W55, 11:25:46.

This team was the largest that the United States has sent to a masters world ultra championships. The four returning veteran team members showed their experience against teams from Canada, Colombia, Spain, Uruguay, and host country Argentina.

On previewing the scenic race course, veteran USATF 100K team member Pacev said, "The course is very hilly, the part around the lake and the last 20K has lots of hills...the temperature may be up to 80°F. It looks like running in San Francisco."

The four-man and four-woman USATF masters 100K team represented a mix of states and two decades of age groups.

Following the race, the award ceremony was attended by most of the participants. The gold, silver and bronze medallions were hand-crafted and imprinted with the words "Campeonato Mundial 100K Ultramarathon, Bariloche, Argentina."

All those finishing received a medal-

lion shaped like one of the peaks that were ever-present during the race, and snow-capped as well, with a blue and white ribbon, the colors of Argentina's national flag.

The WMA 100K World Championships was an opportunity for U.S. ultra-runners age-35-and-over to compete in a world 100K championships exclusively for masters runners.

The goal of the 2005 USATF Masters 100K Team was to provide a broad U.S. age-group presence at the World Cup 100K, demonstrating U.S. support for the masters 100K world competition, and to compete for individual world age-group medals.

USATF provides partial funding for the WMA 100K Team, and team members are self-funded.

Donations to the team are welcome, and are tax-exempt through the International Masters Athletics Federation.

To contribute to the 2005 USATF WMA 100K Team, contact Katy Cotton at IMAF, Inc., at HYPERLINK "mailto:imaf_inc@yahoo.com" imaf_inc@yahoo.com. For information about IMAF, go to: <http://www.cerritos.edu/lgersitz/IMAF/Home.htm>.

–Roy Pirrung contributed to this article

Report from Britain

By BRIDGET CUSHEN

British masters mourn the unexpected death at age 62 of Tony Banks, a former Sports Minister and a great supporter of masters sport. He suffered a stroke while on holiday with his wife in Florida.

The end-of-year track and field rankings are a great barometer on the health of the sport. British masters hold their own on the senior/open list.

Ranked yet again is Alan Williams, now an M50, who cleared 4.40 in the pole vault.

In the No. 2 spot in the shot put is Mark Proctor, M40, with 20.04, and 13th is Steve Whyte, M40, at 16.18.

Leading W35 endurance runner, Kate Ramsey, who represented GBR in the Ekiden Relay in Japan in the fall, is ranked over 5000/10,000. Dave Taylor is the leading M40 in the marathon, running 2:18:47 last April, and W35 Debbie Mason's 2:36:59 ranks fifth.

ized workouts with my club helped.

Of special benefit was a one-hour time trial eight days prior to the 10K. As this was my only distance workout, I wondered if I really would have the needed endurance to complete the race.

My pre-race anxiety is consistent with my normal state. I am a high strung person and was so nervous during the 5K, I did not notice the different colors on the track until the next day when I was not competing. So my mind is anything but calm before a race.

My two main objectives in the 5K and 10K were to finish the distances and not be disqualified. Everything went fine. □

(Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net. –ew)

The cross-country season started in October with league races throughout each county, followed by the county championships and the geographical area championships building up to the national in the spring.

How many athletes can produce a winning team medal from area championships for a continuous 40 years in this most demanding of sports? Archie Jenkins, 53, can do just that. Running as a senior member for his lifelong club in the Northeast of England championships in December, he was sixth scorer, picking up a team silver medal.

In the comfort of the indoor arena, Brian Harlick, M70, cleared 2.40 in the pole vault. WMA 100m silver medallist, Helen Godsell, W50, raced to an 8.44 60m.

As the closing date for the WMA Indoors in Linz is imminent, a record number of competitors have entered. □

TEN YEARS AGO February 1996

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

Sunmart

Continued from page 1
from the high 3
no wind.

"Nikki and I loops together, slow her down could hammer said Gardner Sunmart 50-mile

"I had a stress over the sum months off, but good. It's fun because we're wavelength."

In the me Henderson, 45, placed third over punch delivered Wash., standouts Hal Koerner, 29 second in respect and 6:11:53.

Eric Bindner who was the top ished eighth over in 7:08:55. Bill town, Texas, wa 7:11:05.

Bob Sweeney DeWitt of Col pacesetters in their sustained of the race by th four 12.5-mile Sunmart new steady pace, and lead over Koern

"I was surprised competition, and able to run thi who competed Akron (Ohio)."

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Sunmart Texas Trail Endurance 50 Mile

Continued from page 1

from the high 30s to the high 40s with no wind.

"Nikki and I ran the first couple of loops together, and I didn't want to slow her down, because I knew she could hammer on a course like this," said Gardner, who also won the Sunmart 50-mile in 2002.

"I had a stress fracture in my femur over the summer, so I took three months off, but my times have been good. It's fun running with Nikki, because we're definitely on the same wavelength."

In the men's 50-mile, Mark Henderson, 45, League City, Texas, placed third overall behind the one-two punch delivered by a pair of Seattle, Wash., standouts, Phil Kochik, 27, and Hal Koerner, 29, who finished first and second in respective times of 5:46:57 and 6:11:53.

Eric Bindner, 49, Littleton, Colo., who was the top master in 2004, finished eighth overall and second master in 7:08:55. Bill Patience, 51, Georgetown, Texas, was the third master in 7:11:05.

Bob Sweeney of New York and Paul DeWitt of Colorado were the early pacesetters in the men's 50-mile, but their sustained effort forced them out of the race by the end of the second of four 12.5-mile loops. Kochik, a Sunmart newcomer, maintained a steady pace, and pulled clearly into the lead over Koerner just past 30 miles.

"I was surprised with the strong competition, and I didn't think I'd be able to run this well," said Kochik, who competed for the University of Akron (Ohio). "I was really just trying

to not fall down on the last lap. On the last lap, my legs weren't feeling so great."

In the men's 50K, all eyes were on Uli Steidl, 33, Seattle, Wash., who in 2004 broke Rich Hanna's 1994 course record (3:12:25) with a 3:11:45. Steidl still had a lot of tricks up his sleeve this year, too, as he sped to another course record time of 3:07:47. Jason Saitta, 27, Parker, Colo., was second behind Steidl at 3:18:25.

Jim Harrington, 40, Negaunee, Mich., was the top masters finisher and third overall in 3:28:59. Fellow masters newcomer, Mike Wasson, 40, Monument, Colo., was sixth overall and the second master at 3:48:46. William Henderson, 43, Bellaire, Texas, was the third master in 3:49:46.

"I took a wrong turn near the end of the race, and that probably added about three to four minutes to my time," said Harrington, who is a public health educator. "I was really happy, because I was hauling on the last lap. It might have been pretty close to a negative split."

Wendy Terris, 36, San Antonio, Texas, paced the women's 50K field with her eighth-place overall finish at 3:51:46. Suzy Seeley, 46, Houston, Texas, moved up from second master in 2004 to take this year's masters crown in 4:35:59.

Diana Shervey, 40, Portland, Ore., was the second master (4:38:00), and Melissa Huerta, 42, Dallas, Texas, was third (4:47:10).

Nearly 900 runners from 38 states and seven countries made the 16th annual Sunmart race the premier ultra running event in the United States. □



JOHN WELCH
William Henderson, third M40 (3:49:46), Sunmart Texas Trail 50K.



JOHN WELCH
Clint Mericle, first M50 (4:02:11), Sunmart Texas Trail 50K.

Order subscriptions and publications on-line at
www.nationalmastersnews.com

Don't Miss Deadline for 2005 Outdoor Rankings

Athletes who want to assure that their best outdoor marks are included in the final 2005 rankings have until February 4 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to verify that their performances rank among the top 25 in their age group.

If their best marks are not listed, they can use the SUBMIT form to send those marks to Dave Clingan, Outdoor Rankings Coordinator.

All submissions must include the athlete's name, date of birth, meet

name, date, location, and type of timing system used (FAT or hand, if applicable).

If necessary, results (with the above information) can be mailed to Dave Clingan, 1849 SE 20th, Portland, OR 97214, as long as they arrive no later than the Feb. 4 deadline.

People who sent Larry Patz e-mails before Jan. 11, 2006, are asked to re-send them to Patz at B6883578@aol.com.

The 2005 rankings will be published in the March issue of National Masters News. □

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On The Run

By HAL HIGDON

The Distance Runner's Diet – What to Eat and Drink in Your Next Race

Good nutrition – both before the race and during – is critical if you hope to excel in any running race. When you run long distances, your energy requirements increase. In an article on endurance exercise in *The Physician and Sportsmedicine*, Walter R. Frontera, M.D. and Richard P. Adams, Ph.D., comment, "During sustained exercise such as marathon running, total body energy requirements increase 10 to 20 times above resting values." Runners need to eat more of the proper foods to fuel their muscles. They also need to drink more, particularly in warm weather.

At a sports nutrition seminar in connection with the 1992 U.S. Olympic Marathon Trials in Columbus, Ohio, Linda Houtkooper, Ph.D., a registered dietitian at the University of Arizona, made clear that endurance athletes in particular should get most of their calories from carbohydrates.

No argument there. The only problem is that with 35,000 items in the supermarket, marathon runners sometimes need help determining which foods are highest in carbohydrates. Unless you plan to eat spaghetti three meals a day (and even pasta contains 14% protein and 4% fat), you may need to start reading labels.

Dr. Houtkooper explained that the body requires at least 40 nutrients that are classified into six nutritional components: proteins, carbohydrates, fats, vitamins, minerals, and water. "These nutrients cannot be made in the body, and so must be supplied from solid or liquid foods."

She listed six categories that form the fundamentals of a nutritionally adequate food selection plan: fruits, vegetables, grains/legumes, lean meats, low-fat milk products, and fats/sweets (in descending order of importance).

Concentrate on Carbohydrates

The recommendations for a healthy diet suggest 15-20% proteins, 30 percent fat and 50-55% carbohydrates. But not all carbohydrates are created alike. There are simple and complex carbohydrates. Simple carbohydrates include sugar, honey, jam, and any foods such as sweets and soft drinks that get most of their calories from sugar.

Nutritionists recommend that these simple carbohydrates make up only 10% of your diet. It's complex carbohydrates you should concentrate on – the starch in plant foods – which include fruits, vegetables, bread, pasta, and legumes.

Endurance athletes in particular benefit from fuel-efficient complex carbohydrates because of the extra calories burned each day. You need to aim for even more total carbohydrates than the suggested 50%. You can eat (in fact, may need to eat) more total calories without worrying about weight gain.

The average runner training for a half marathon and running 20 to 25 miles a week probably needs a daily caloric intake near 2500 to maintain muscle glycogen stores. As your mileage climbs beyond that, you need to eat more and more food, not less. In all honesty, this is why a lot of runners run, and why they train for marathons. Their common motto is, "I love to eat."

Some people seeking to finish their first marathon, however, are more than 15 pounds overweight – or they think they are. So they also attempt to lose some additional weight by dieting. To a certain extent, this isn't a bad idea, assuming you choose your diet prudently.

Those who choose a fad diet that lowers carbohydrate intake make a major mistake. That's because most fad diets fail to provide enough energy for endurance activities. Stay away from the so-called "Zone," "Atkins," or "40-30-30" diets. Their emphasis on low carbohydrates is merely a short-term fix to losing weight.

You don't need to patronize Italian restaurants to ensure an adequate supply of complex carbohydrates. I sometimes choose a Chinese restaurant, because rice is also high in carbohydrates. And Nancy Clark, R.D., director of nutrition services for SportsMedicine Brookline in Boston, and author of *Nancy Clark's Sports Nutrition Guidebook*, points out that you can get plenty of carbs in most American restaurants.

If you eat soup (such as minestrone, bean, rice, or noodle), potatoes, breads, and vegetables along with your main dish, and maybe grab a piece of apple cobbler off the dessert tray, you can end up eating more carbohydrates than fats or protein.

Carbohydrates are particularly important the night before your race, and even before your long runs or walks leading up to your race. That's one reason why a lot of endurance races offer "pasta parties" the night before. Be sure to drink plenty of fluids the day before the race, but stay away from diuretics that contain alcohol or caffeine.

It's also a good idea to top off your fuel tank with a light carbo snack before going to bed. You also might consider rising early on race day so you can have a light, pre-race meal.

Toast or a bagel washed down with orange juice and maybe one cup of coffee works well two or three hours before the race start – but practice this routine before your long training workouts to make sure this doesn't upset your stomach.

Learning to Drink

Once the race starts, hydration becomes important, particularly if it is a warm day. Drink, drink, drink. Do this during your long workouts in practice too.

Not only will drinking fluids make your weekend long workouts more comfortable, but it also will teach you how to drink and how often to drink. Drinking while you run is not an instinctive tech-



TESH TESHIMA
John Stotz, Bend, Ore., second M50 (2:55:16), Honolulu Marathon, Dec. 11.

nique; you need to practice to do it properly.

No tennis player would start a match without practicing lobs; no golfer would think a game complete without learning how to pitch from a sand trap. And no runner should enter a half-marathon without figuring out how and when to drink.

Drinking while running definitely is not easy. Unless you grasp the cup carefully, you can spill half the contents on the ground. If you gulp too quickly, you can spend the next mile coughing and gasping.

If you dawdle at aid stations, you can waste precious seconds. And if you gulp down a replacement drink you aren't used to, it might make you nauseous.

Drinking on the run is a science – and so you need to practice. Do this during your training runs, particularly your long training runs.

Drinking on the run is necessary for survival. Here's why. During exercise, the body usually produces more heat than you can get rid of by sweating. A marathoner's body temperature gradually rises 3 or 4 degrees to 102 degrees Fahrenheit, an efficient level for energy utilization. At this point, your air-conditioning system is in sync with the environment and you perform well.

If the weather is too hot or too humid, or you become dehydrated – resulting in a drop in sweat production – the body's temperature can soar to dangerous levels. Your muscles will not perform efficiently at temperatures that are too high (over 104), so that will slow you down.

This is an important defense mechanism, because if you fail to sweat and your core temperature rises past 108, you may suffer heatstroke, a potentially serious problem that can cause headaches and dizziness, and in extreme cases convulsions, unconsciousness, and death.

So drink up – but don't drink too much or too often, otherwise you'll waste time



TESH TESHIMA
Herbert Steffny, 49, former German Olympian, ran an 18:59, the Legends Run 5K, Honolulu, Dec. 8.

waiting to use the portable toilets along the course. You have to learn how to drink properly, and that's why you need to practice drinking during your long workouts.

Tips for Staying Cool

What strategies can runners use to avoid problems on hot days? Here are some training tips for proper hydration:

1. Drink before running. Drink adequately and drink often up until two hours before the start. Excess body water will be passed as urine before you start to run. Two hours before, however, stop drinking otherwise you'll be ducking into the bushes.

2. Drink while you run. Just before the gun sounds, you can start drinking again. Once you're moving, you'll sweat off any excess liquid before it reaches your kidneys. You also need to drink frequently while training, especially during warm weather. You'll run faster and recover sooner. Carry a water bottle if necessary.

3. Walk to drink. Don't try to gulp it down while running through the aid stations. You'll be able to drink more if you stop or at least walk. You'll lose less time than you think. I once ran a 2:29 marathon walking through every aid station on a hot day.

4. Drink after running. Drink as soon as you stop, but even after your initial thirst is quenched, you still need to keep drinking. One sign of your hydration level is to check your urine. Clear urine is a sign of good hydration.

5. Don't overestimate your ability. Realize that you can't run as fast when it's warm. Don't expect to set a Personal Record, and don't be afraid to bail out early (at least start slowing down) when you're starting to overheat. □

(Adapted from Hal Higdon's *Marathon: The Ultimate Training Guide*. Check out more training information at www.halhigdon.com.)



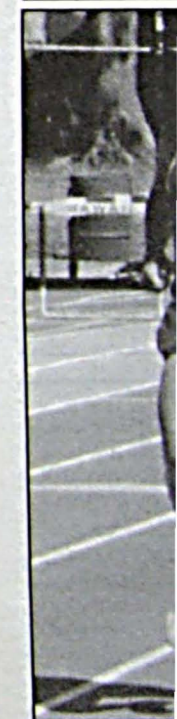
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Marathon
2:27:42

• Otto Essl
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Games to

• Sandra K
Women's
15:12:54



Norman Bouhill
1500, 2005
Championships,



MIKE POLANSKY
Mike Robles, first M45 (17:32), Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17.

**TWENTY YEARS AGO
February 1986**

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



JERRY WOJCIK
Norman Bouthiller, third (4:34.15) in the M40 1500, 2005 USA National Masters Championships, Honolulu.

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Masters Single-Age Records Book (2005 Edition) Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.	_____	\$ _____
Masters Track & Field Rankings (2004) Men's and women's 2004 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 5-Year Outdoor Age-Group Records Men's and women's official 2004 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 Sandy Pashkin. \$4.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages. \$2.00.	_____	\$ _____
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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	_____	\$ _____
The Complete Guide to Running: How to be A Champion from 9 to 90. By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including "Building a Base and Hill Training," "Training for 5K, 10K, and Marathon," "Injury Prevention and Causes." Applicable from sprinters to marathoners. 440 pages. US \$19.95/CAN \$29.95.	_____	\$ _____
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2005 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 WOJCIC

Let's Go Clubbing This Year

What to look forward to in 2006? The M80+ will have the 3k shot and hammer with which to set new records. We'll have the Ultra Weight Pentathlon to experiment with to see whether it merits championships status. One thing we probably won't see are club championships on the association and regional levels.

I don't recall seeing club championship totals for any results in 2005 other than for the national indoor and outdoor championships. The So Cal TC won the first official indoor club championship in Boise, Idaho, and the Fleet Feet-Sacramento squad won the first outdoor championships in Honolulu.

Boosting the Numbers

I thought the purpose of club championships was to beef up our anemic programs at the lower levels by injecting the idea of the "good old college try" to meets, thereby recruiting men and women who might be lured by the idea of scoring points even though they might not be winners.

Club memberships would increase as athletes developed a sense of camaraderie and a need to belong to a group rather than competing unattached.

That was the impression I had during its two-year try out period before it became official last year. If that isn't the main basis for a club championship,

then what is?

One More Responsibility

What happened? Nothing. Why? Probably because the USATF Masters Committee hasn't really promoted the idea on levels below the championships yet. But the more likely reason is that including club championships in an association or regional meet burdens the overworked meet director with another task that takes careful planning.

Among other tasks, besides the expenditure of purchasing trophies, he has to include the club membership item in his entry; and then he has to find a volunteer to tally up the points if he doesn't have a program to do it. And finally, worst of all, he has to put up with all of the post-meet complaints from athletes who fail to enter their clubs, belong to another club but forget to mention it, know that an individual from the winning club is not a member of that club, re-figure the points and discover an error, etc.



SUZY HESS
Ray Burton, M45 winner in the 2005 USA Masters National Weight & Superweight, joined the M50 ranks last December.



JERRY WOJCIC
Timothy Edwards, M40, fourth (12.55/41-2 1/4), 2005 USA National Masters Championships, Honolulu.

By the time the dust settles, he'll end up having to locate someone from the winning club to send the trophy to (more expense).

Slow Acceptance

If this isn't the reason why the club championship idea was non-existent in 2005, then what is? Maybe it just takes a while for new ideas to be adopted by masters.

Whatever the reason, why don't we encourage meet directors to stage a club championship by rewarding them when they do? Maybe a check for \$200 or more to defray expenses would be incentive enough for some meet directors to include a club championship.

The USATF masters budget for 2006 includes \$4000 for direct mail, which entails sending out information/entry forms for national and regional championships. I'll bet that these go to a lot of athletes who are well aware of what's happening, don't need to be informed about those meets, and enter through another avenue.

Redefine Purpose

Couldn't we revise the direct mail budget and distribute some of it to directors who put on a club championship? Or find money from another source?

Plus, if a director shows an interest in a club championship, he should be put in contact with people who have experience in that realm to help design a strategy, and have information available for those who wish to include a club element in their meets.

Maybe the solution is as simple as somebody volunteering to do the job at an association and regional meet to relieve the director of another responsibility.

Alerting the Media

Meanwhile, if a meet does include a club championship, the director should be assisted by the Masters Media Committee (who are experienced enough to do it in minutes) in compos-

ing a press release to local media about the winners and top placers.

Maybe the So Cal TC winning a club championship won't impress the sports jaded folks in Los Angeles and Orange counties, but I'm sure that the Atlanta TC or New Jersey's Shore AC could get some press if those clubs scored high in the final combined team totals.

Winning a club championship should be a big deal and should be treated as such, both before and after the fact. □

NATIONAL MASTERS NEWS

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TRACK

February 25. Men's & Women's Championships, Reggie Lewis Cleary, 949-589-0242.
March 4-5. USA Heptathlon Championships, Kenosha, WI. Je Penfield, IL 61866.
March 24-26. 3rd Indoor Championships, Boston, MA. U office@usatf.ne.org.
April 29. Masters Mile, Drake Relay Cleary, 949-589-0242.
June 22-25. Masters Event TBA, USA Indianapolis, IN. runnermark@cox.net.
July 15-16. USA & Heptathlon Championships, 3rd. Gordon Ed Charlotte, NC 28222. pm; gedwards@c...
August 19. USA Pentathlon, Sager MT. Bob Sage 9870(h); hammer...
September 9. USA Superweight Cham Weinbel, 4103 Hill 98116. 206-938-38...

Connecticut, Maryland, New Jersey, Pennsylvania

February 5. USA U. of Albany www.usatfadir.org
February 5. Fir Ithaca, NY. www...
February 5. Phil Indoor Meet, Alb Joel Dubow, 484-net; www.pmtf.net
February 5. Pot Jefferson Comm 7:45 pm. 703-21...
February 9 & 2 the Races, New Ian Brooks, 212-...
February 11. U ships, Suffolk CC pm. 516-349-91...
February 12. Sy Manley Field Ho 8-9 am; throws 7...
February 12. U Indoor Champio New, fast 200m org; 973-334-89...
February 19. 1 ships, Harvard U office@usatfne.org
February 19. S ships, Landover pvtc.org/pg.html
February 23. Races, New Bal Brooks, 212-86...
February 25. M Open Indoor Bethlehem, PA

Schedule

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TRACK & FIELD

NATIONAL

February 25. Masters Invitational Program Men's & Women's 200m, USA Indoor Championships, Reggie Lewis Center, Boston, MA. Mark Cleary, 949-589-0242; runnermark@cox.net
March 4-5. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. Jeff Watry, 3224 CR 2700E, Penfield, IL 61862. 217-367-8438, x152.
March 24-26. 32nd USA National Masters Indoor Championships, Reggie Lewis Center, Boston, MA. USATF-NE, 617-566-7600; office@usatfne.org; www.usatfne.org/masters
April 29. Masters Invitational Program Men's Mile, Drake Relays, Des Moines, IA. Mark Cleary, 949-589-0242; runnermark@cox.net
June 22-25. Masters Invitational Program, Event TBA, USA Outdoor Championships, Indianapolis, IN. Mark Cleary, 949-589-0242; runnermark@cox.net
July 15-16. USA National Masters Decathlon & Heptathlon Championships, Seattle, WA. www.usatf.org
August 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com
August 19. USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com
September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. 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 5. USATF Adirondack Indoor Meet, U. of Albany RACC Arena. 2:00 pm. www.usatfadir.org; rdo3_2000@yahoo.com
February 5. Finger Lakes RC Indoor Meet, Ithaca, NY. www.fingerlakesrunners.org
February 5. Philadelphia Masters All-Comers Indoor Meet, Albright College, Reading, PA. Joel Dubow, 484-437-9463; joeldubow@usa.net; www.pmtf.net
February 5. Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, VA. 7:45 pm. 703-218-2726; www.pvtc.org
February 9 & 23. NYRR Thursday Night at the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org
February 11. USATF-LI Indoor Championships, Suffolk CC, Brentwood Campus. 3:00 pm. 516-349-9157; www.long-island.usatf.org
February 12. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.
February 12. USATF-NJ Masters & Open Indoor Championships, Jersey City Armory. New, fast 200m mondo track. usatfnj@usatfnj.org; 973-334-8900; http://www.usatfnj.org
February 19. USATF-NE Indoor Championships, Harvard U., Boston, MA. 617-566-7600; office@usatfne.org; www.usatfne.org/masters
February 19. Sportsplex Masters Championships, Landover, MD. 301-583-2661; www.pvtc.org/pg.html
February 23. NYRR Thursday Night at the Races, New Balance T&F Center, NYC. Ian Brooks, 212-860-4455; ibrooks@nyrr.org
February 25. Mid-Atlantic USATF Masters & Open Indoor Championships, Lehigh U., Bethlehem, PA. Joel Dubow, 484-437-9463;

joeldubow@usa.net; www.pmtf.net

February 26. Sportsplex All-Comers Indoor Meet, Landover, MD. 301-583-2661; www.pvtc.org/pg.html
March 3. MAC Masters Championships, New Balance T&F Center, NYC. www.mactrack.org
March 5. USATF Adirondack Indoor M&O Championships, U. of Albany RACC Arena. 2 pm. www.usatfadir.org; rdo3_2000@yahoo.com
March 12 & 19. Finger Lakes RC Indoor Meets, Ithaca, NY. www.fingerlakesrunners.org
March 18. USATF East Regional Masters Indoor Championships, Susquehanna U., Selingsgrove, PA. rayfeick@peoplepc.com; www.MAUSATF.ORG
March 19. Syracuse Chargers Indoor Meet, Manley Field House, Syracuse U. Registration 8-9 am; throws 7:30 am.
May 9-12. Washington, DC. Golden Olympics. Ben Butler, 202-282-0748.
May 11-14. Virginia Senior Games, Virginia Beach. 757-474-8492; www.vec.edu
May 14 & 28. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-3530; www.pvtc.org
May 20. Vermont Green Mountain Senior Games, Chester. Ardis Smith, 802-824-6521.
June 1-4. Connecticut Senior Games, Hartford. Patrick Fisher, 860-528-4588.
June 6-11. Empire State Senior Games, Cortland, NY. 212-866-2794; www.empirestategames.org
June 11 & 25. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-3530; www.pvtc.org
June 15-18. Massachusetts Senior Games, Springfield. 413-748-3810; www.maseniorgames.org
June 26-July 1. Pennsylvania Senior Games, Shippensburg. 570-823-3164; www.keystonegames.org
July 22. USATF East Regional Masters Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.

SOUTHEAST

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

February 18. Winter Sun Meet #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
February 19. Sportsplex Masters Meet, 8001 Sheriff Rd., Landover, MD 20785. 301-583-2661; www.pgsportsandlearn.com (see ad on p. 8).
February 25-March 12. Polk Senior Games, Polk County, FL. M&W50+. 863-533-0055; www.polkseiniorgames.org
March 18. Spring Fling #1, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
April 8. Spring Fling #2, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
April 14-15. USATF Georgia Association Masters Championships, Savannah St. U. Jim Hite, PO Box 717, Millen, GA 30442; 478-982-4881; jimjoyce34@bellsouth.net
April 27-30. Louisiana Senior Olympic Games, Baton Rouge. 225-925-1748; www.log.net
May 5-7. Alabama Senior Olympic Games, Montgomery. Ronne Floyd, 334-242-4496.
May 5-7. Southeastern U.S. Masters Meet/USATF Southeast Region/NC-USATF Association Masters Championships, Duke U., Durham, NC. 10K/20K RW in Raleigh, NC. www.southeasternmasters.org
May 7-12. National Veterans Golden Age Games, Hampton Roads, VA. Sherilyn Falls, 405-270-1571.
May 15-17. Mississippi Senior Olympics, Clinton. 601-925-7994; www.msseniorgames.org
May 17-20. South Carolina Senior Sports Classic, Florence. Carl Hurst, 803-772-0363.
May 27. Florida AC Classic, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
June 10. USATF Florida Championships,

Clermont, FL. 352-241-7144, x4206; www.usantc.com

MIDWEST

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

February 11 & 18. Midwest Indoor Meets, Sterling, IL. Dale Smith, 815-622-6201; westwood@coiinc.com
February 18. U. of Michigan Indoor Open Meet, Ann Arbor. David Kaiser, 734-615-3364; kaiserd@umich.edu
February 18. USATF Ohio Indoor Championships, Ada, OH. 513-608-8766.
February 19. Illinois Indoor Championships, Sterling. Dale Smith, 815-622-6201; westwood@coiinc.com
March 3. Mason-Dixon Games Masters & Open Indoor Championships, Broadbent Arena, Louisville, KY. 502-875-2904; fmlavcic@aol.com. Application in January issue.
March 5. USATF Midwest Regional Masters Indoor Championships, Carthage College, Kenosha, WI. PV on 4th. Steve Cohen, scohen@komdr.com; Jeff Watry, 217-367-8438, x152
June 16-18. Indiana Senior Games, Evansville. Steve Paltrow, 812-464-7800; 800-253-2188.
July 16-21. Gay Games, Chicago, IL. www.gaygameschicago.org

MID-AMERICA

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

February 11. Colorado School of Mines All-Comers, Golden. Al Siemers, asiemers@mines.edu
February 26. USATF Mid-America Regional Masters Indoor Championships/Colorado Championships, US Air Force Academy, Colorado Springs. Jerry & Christel Donley, 2354 Wood Ave., Colorado Springs, CO 80907; 719-635-1264; jadonley@adelphia.net; Jim Weed, 303-451-8727.
March 5. USATF Minnesota Indoor Championships, UM Field House, Minneapolis. 952-380-5823; www.usatfminn.org
June 21-25. Colorado Rocky Mountain Senior Games, Greeley. 970-350-9433; www.greeleygov.com
June 23-30. Minnesota Northland Senior Games, Duluth. Erin Wenneson, 218-626-4521.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

February 16. Lions Throws Meet, Lions Field, Austin, TX. waterlootrackandfield.org
April 8. Acadiana District Senior Games, UL-Lafayette track. M&W40+. Charlie Richard, 337-262-5990, x13.
April 22. El Paso Senior Games Meet, Irvin HS, El Paso, TX. Julie Belcher, 1800 Byron St., El Paso, TX 79930. 915-562-4268.
May 6. USATF South Texas Association/Lions Championships, Elgin. waterlootrackandfield.org
July 15. USATF Southwest Region Championships/Lions Relays, Lake Travis HS, Austin, TX. waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

February 4, 11, 18, 25. LGAA/Mizuno All Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
February 9-12. Palm Desert Senior Games, Palm Desert, CA. Kevin Kalman, 45-871 Clinton St., Indio, CA 92201; 760-347-3484; kevin@cvrpd.org
February 12 & 22. New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-836-3653.
February 18-19. Arizona Senior Olympics State Games, Phoenix. T-18/F-19. Irene L. Stillwell, 602-534-3500; irene.stillwell@phoenix.gov
February 18 & 25. UC-Riverside Meets, River-side, CA. 11:30 a.m. registration; \$5.00 unlimited events. http://www.athletics.ucr.edu/trackfield/tffront.html
March 12. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
March 12. Bay Area Senior Games, Cobb Track & Angell Field, Stanford U. CA. M&W

ON TAP FOR FEBRUARY

TRACK AND FIELD

The Mid-America Regional Masters Indoor Championships will be held at the USAF Academy, Colorado Springs, on the 26th. Indoor championships are at the Adirondack, Long Island, New Jersey, New England, Mid-Atlantic, Illinois, and Ohio associations. Further indoor action is available in New York in Ithaca, Syracuse, and NYC; Arlington, VA; Philadelphia; Landover, MD; Sterling, IL; Golden, CO; and Albuquerque, NM. For outside meets, California, Arizona and Florida are still the hot spots.

LONG DISTANCE RUNNING

The USA National 100 Mile Trail Championships amble off on the 4th-5th in Huntsville, TX. New York City's Van Cortlandt Park is the site for the National Masters 8K XC on the 18th. On the 5th, additional events can be had at the Maine TC Mid-Winter 10 Mile, Cape Elizabeth; Mardi Gras Marathon, New Orleans; San Francisco Marathon; and Davis, CA, Stampede, and on the 6th at the Iowa Winter Games 5K, Dubuque. The next weekend, runners can take in the Mercedes Marathon, Birmingham, AL, or the Truffle Shuffle, Eugene, OR, on the 12th. The 18th shows the Clermont, FL, Marathon; Sweetheart 10K, Flushing, MI; and Sprint Mardi Gras Mambo 10K, Baton Rouge, LA. The 19th lists the Washington's Birthday Marathon, Greenbelt, MD; Pensacola Marathon; and Indoor Mall 3K Championships, Milford, CT. The month closes with the NYRR Al Gordon 4 Mile, Central Park, and Cowtown Marathon, Fort Worth, TX, on the 25th, and the HMRRC Winter Marathon, Albany, NY, and Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA, on the 26th, with the Gasparilla Races taking up both days.

RACEWALKING

The USA National Masters 50K RW Championships are set for Clermont, FL, on the 12th.

50+. 50+ Lifelong Fitness, 2483 E. Bayshore Rd., Suite 202, Palo Alto, CA 94303. 650-843-1750; info@50plus.org; www.50plus.org
May 12-14. Sacramento Sports Classic, Sacramento, CA. Maryjane Ortiz, 916-277-6046.
March 13 (Mon.). Green Valley Seniors Meet, Green Valley, AZ. Karen Rans, 520-625-3440, x216; karen@gvrec.org
April 9. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
May 14. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
May 27. 2nd annual San Clemente Masters Meet, San Clemente HS, CA. Dan Johnson, coach, fax: 949-766-1318; www.tritonrunning.com
June 3-17. California Senior Games Championships, Pasadena. 626-685-6754; www.californiaseniorgames.com
June 10. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
June 29. LGAA/Mizuno All Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
July 6, 13, 20, 27. LGAA/Mizuno All Comers Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

February 25. The Outside in Arena Throws Meet, Connell (between Tri-Cities & Spokane), WA. Outdoor Imp... SP/WT/SW, plus Ultra... Kellereite, PO Box 308, Connell, WA 99326. 509-234-8606; ksellereite@centurytel.net

June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham. Paul Stepan, 3011 NE Linden, Gresham, OR 97030; 503-666-8950(h); lstepan@yahoo.com

June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR. Dick Lamster, P.O. Box 51532, Eugene, OR 97405; brem@uoregon.edu

July 22. Inland NW Masters Classic, Moberly Track, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com

August 12. Bend Masters Meet, Bend, OR.

CANADA

February 12. OMTFA Winter Mini-Meet, York U. 416-438-6842; canadianmastersathletics.com

February 25. OMTFA Winter Mini-Meet, York U. See Feb. 12.

March 11. OMTFA Indoor Championships, York U. 416-438-6842; canadianmastersathletics.com

INTERNATIONAL

February 11-19. International South Pacific Masters Games, Hamilton, New Zealand. 07 838 3596; www.spmg.org.nz

March 4-5. BMAF Indoor Championships, Cardiff. www.bmaf.org.uk

March 11-12. Thai Veterans Championships, Chiang Mai. psrsub@hotmail.com

March 15-20. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

July 8-9. BMAF Championships, Birmingham, England. www.bmaf.org

July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl

August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala.

September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org

March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.

July-August, 2009. 18th WMA World Championships, Lahti, Finland.

November 2012. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com

**LONG DISTANCE
RUNNING****NATIONAL**

February 6-8. Running USA 2006 National Conference for the Running Industry, San Diego, CA. Registration at www.RunningUSA.active.com

February 4-5. USA National Championships/Rocky Racoon 100 Mile Trail, Huntsville, TX. jprusaitis@austin.rr.com; www.hillcountrytrailrunners.com/raceRockyraccoon.html

February 18-19. USA National XC Championships, Van Cortlandt Park, NYC. Masters 8K on the 18th. usatf.org; Andrea Haver, 212-860-4455.

March 5. USA National Championships/Long Island 50K Road, Long Island, NY. spolansky@aol.com; www.glicr.org

March 8-12. 49th RRCA National Convention, Hyatt Regency, Houston, TX. www.rrca.houston06.org

June 3. USA National Championships/Teva Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.teva.mountaingames.com

June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race time@gsrs.com; www.gsrs.com

July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. searunco@aol.com; www.whiteriver50.org

August 26. USA National Championships/Headlands 50K Trail, Sausalito, CA. guppalm

er@headlands50K.org; www.headlands50k.org

September 23. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org

October 15. USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahendersoncounty.org

December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinslisk, billq@frontiernet.net; www.usatf.org

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

February 5. Maine TC Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine.trackclub.com

February 5. NYRR Gridiron Classic 4 Mile, Central Park. 212-860-4455; www.nyrr.org

February 18. PVTC By George 5K & 10K, Hains Point, Washington, DC. 301-292-1441.

February 19. Washington's Birthday Marathon, Greenbelt, MD. 703-60-1638; dcroadrunners.org

February 19. 15th Indoor Mall 3K Championships, Milford, CT. 9:30 am. Gus Davis, 203-759-6441; pgdavi@att.net

February 25. NYRR Al Gordon Snowflake 4 Mile, Central Park. 212-860-4455; www.nyrr.org

February 26. HMRRRC Winter Marathon/Relay, Albany, NY. enelles@nycap.rr.com

February 26. Ugly-Mudder 7 Mile Trail Run, Reading, PA. www.pretzelcitysports.com

March 5. Newark Distance Classic 20K/USATF-NJ Championships, Newark, NJ. www.usatfnj.org

March 12. Boston's Run to Remember 13.1 Mile & 5 Mile. 781-662-0091; bostonsrunntoremember.org

March 19. New Bedford, MA, Half-Marathon. 508-993-1774; newbedfordhalfmarathon.com

March 26. NYRR More Marathon & Half-Marathon for Women, NYC. 212-860-4455; www.nyrr.org/moremorathon

April 2. Cherry Blossom Ten Mile, Washington, DC. Limited to 10,000. www.cherryblossom.org

April 17. 110th BAA Boston Marathon. www.baa.org

April 22. HMRRRC Bill Robinson's 10K Masters Championships, Gunderland HS, Albany, NY. Jim Tierney, runnerjmt@aol.com

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

February 10-12. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com

February 11. Battle of Mobile Bay 5K, Dauphin Island, AL. 251-473-7223; www.pcpacers.org

February 16-19. Myrtle Beach Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com

February 18. Clermont Marathon, Clermont, FL. 888-281-0533

February 19. Pensacola Marathon & Half-Marathon, Pensacola, FL. 850-435-9222; www.pensacolamarathon.com

February 25. Outback Distance Classic 12K, Orlando, FL. www.trackshack.com

February 25. Mud in Your Eye XC, Virginia Beach, VA. 5K/6K/8K. 757-421-2602

February 25. Silver Comet Ultra Runs, 50K & 100K, Rockmart, GA. Ragan Petrie, 404-242-6099; www.getguts.com

February 25-26. Bank of America Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com

February 26. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. 757-229-7375; www.tribeclub.com

March 4. SEEDS Classic Rock 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

March 5. Sarasota Marathon, Sarasota, FL. 941-266-8546; www.sarasotamarathon.com

March 11. Gate River Run 15K, Jacksonville, FL. 904-731-1900; www.gate-riverrun.com

March 11. Luck of the Irish 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

March 18-19. Shamrock Marathon, Half-Marathon & 8K, Virginia Beach, VA. www.shamrockmarathon.com

March 25. Azalea Trail Run 10K, Mobile, AL. 251-473-7223; www.pcpacers.org

March 26. Knoxville Marathon/Relay & Half-Marathon, Knoxville, TN. www.knoxvillemarathon.com

April 1. Ukrop's Monument Avenue 10K, Richmond, VA. 804-285-9495; www.sportsbackers.org

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

February 5. Super Bowl 5K, Okemos, MI. 517-702-0226; www.runningfoundation.com

February 18. Sweetheart 10K & 5K, Flushing, MI. 810-238-5981; www.riverbendstriders.com

February 18. West End Tavern Chili Bowl 5K, Westlake, OH. 216-623-9933.

April 29. Kentucky Derby Festival Marathon & Mini-Marathon/Relays, Louisville, KY. www.derbyfestivalmarathon.com

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, N. Dakota, Nebraska, S. Dakota

February 6. Super Bowl 5K, Denver, CO. 303-932-6000; www.coloradorunnermag.com

February 6. Iowa Winter Games 5K, Dubuque. 563-582-6838; www.iowagames.org

March 19. Human Race 8K/USATF-MN Championships, St. Paul. 952-380-5823; www.usatfmn.org

SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

February 5. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 866-454-6561; www.mardigrasmarathon.com

February 18. Sprint Mardi Gras Mambo 10K & Mile, Baton Rouge, LA. 225-382-3596; www.mardigrasmambo10k.com; www.active.com/active

February 19. Freescale Austin Marathon Half-Marathon, Austin, TX. www.freescaleaustinmarathon.com

February 25. Cowtown Marathon, Fort Worth, TX. 817-735-2033; cowtownmarathon.org

March 11. Bayou City Classic/RRCA 10K National Championships, Houston. www.bayoucityclassic.org

WESTArizona, California, Hawaii, Nevada,
New Mexico

February 5. San Francisco Half-Marathon & 5K. 415-333-4780; www.pamakids.org

February 5. Pacific Shoreline Marathon, Huntington Beach, CA. 949-581-0105; www.marathon.com

February 5. Davis Stampede Half-Marathon, 10K & 5K, Davis, CA. www.changeofpace.com

February 8. Orange Curtain Ultra Runs 50K & 100K, Long Beach, CA. 714-225-9349; www.oc100k.com

February 11. Sedona Marathon, Sedona, AZ. www.sedonamarathon.com

February 11. Great American Adventure Run 2.8 Mile & 4.8 Mile, Huntington Beach, CA. Oscar Rosales, 714-841-5417.

February 12. Golden Gate Bridge Vista Run 5 Mile, San Francisco. Janet Nissen-son, 415-978-0837.

February 19. Desert Classic Marathon, Scottsdale, CA. 602-943-8298; www.arizonaroadracers.com/dclassic.htm

March 5. Napa Valley Marathon/RRCA National Championships, Napa, CA. 707-255-2609; www.napavalleyrun.org

March 12. Paul Spangler Memorial Fifty-Plus 8K/Pacific Association Championships & Racewalk, Stanford U. CA. Separate races for 50+ and Open. 50+ Lifelong Fitness, 2483 E. Bayshore Rd., Suite 202, Palo Alto, CA 94303. 650-843-1750; info@50plus.org; www.50plus.org

March 19. L.A. Marathon XXI, Los Angeles. 310-444-5544; lamarathon.com



GEORGE BANKER
Michael Woodman, 40, first M40+ (55:36), Annapolis 10 Mile.

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

February 11. Walk 4 the Heart 5K & 10K, Lakewood, WA. 253-376-5737; humanmulti sportspnw.org

February 11. Couple Truffle Shuffle 5K, Medford, OR. 541-899-8239; 899-6884.

February 12. Truffle Shuffle 2 Mile & 4 Mile, Eugene, OR. swarren@committedpartners.org

March 4. Shamrock 5 Mile, Central Point, OR. 541-779-1214; southernmoregonisizzlersrunningclub.org

March 25. USATF Inland NW 10K Championships, Ephrata. 509-754-4251.

INTERNATIONAL

March 5. BMAF XC Championships, Bournemouth, England. 7 Sandford Court, 32 Belle Vue Road, Bournemouth BH6 3DR, England; www.bmaf.org.uk

March 19. Mexico National Masters XC Championships, Saltillo. pedro_delgado_marinez@yahoo.com.mx

April 9. Paris Marathon, Paris, France. 800-444-4097; www.marathon-tours.org

April 23. Flora London Marathon, London, England. 800-444-4097; www.marathon-tours.org

May 14-June 2. Becky Harrison, 603-374-2438; becky@adventurous-trekker.com

June 18. BMAF 5K Road Championships, Horwich, England. www.bmaf.org.uk

September 23-24. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org

RACEWALKING

February 12. USA National Masters/Open 50K RW Championships, Lake Louisa, Clermont, FL. Also South Region Masters 15K RW Championships. 352-241-7144, x4206; www.usantc.com

March 26. USA National Masters Indoor RW Championships, Boston, MA. 3000m. See T&F-National above.

May 17. USA National Masters 15K RW Championships, Riverside, CA. Dave Snyder, lyndavel@juno.com

August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th.

September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.

October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usatfne.org

November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noonwalk_992yahoo.com

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 by the Records Committee of World Masters Athletics (WMA).

The U.S. records are those compiled and approved, as of December 4, 2005, by the Masters Track and Field Records Subcommittee of USA Track & Field (USATF).

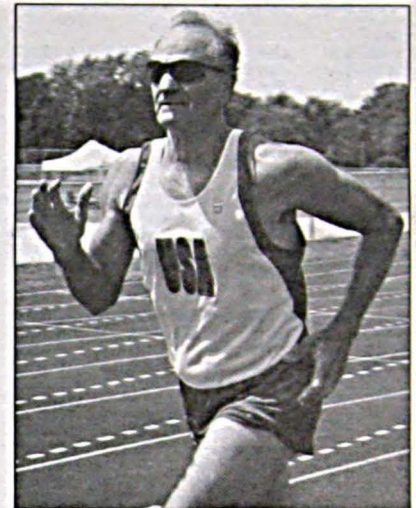
No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for races of 400 meters or less are considered for five-year age-group records.

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 2006 NMN along with the new list of outdoor records. □



Emil Pawlik, M65, 2005 Gleukos Masters Athlete of the Year, set indoor records in the 60mH and pentathlon.

APPLICATION FOR TRACK RECORD

Mail to: Sandy Pashkin, 2888 Elysium Ave., Eugene, OR 97401

1. **Description of Record:** World American Male Female age group* _____
 * application must be accompanied by copy of birth certificate or passport

Event: _____ Indoor Outdoor

Competition Name: _____ Date: _____ Time of Day: _____

Facility Name: _____ City: _____ State: _____ USA

Record Claimed (time) _____

Printed Full Name and age of Competitor _____

Competitor's City, State and Club _____

Relay members in their running order: _____

2. **Starter's Certificate:** I certify I was the Starter and that the start of this race was in accordance with USATF Rules.
 Printed Name: _____ Signature: _____ USATF Cert # _____

3. **Automatic Timing Certificate:** A fully automatic timing device was used; manufactured by: _____
 As Chief Photo Finish Judge, I certify the time recorded was _____, and this was the official time.
 Printed Name: _____ Signature: _____ USATF Cert # _____

4. **Wind Gauge Certificate:** I, as the Wind Gauge Operator, certify the force of the following wind as: _____ m/s
 Printed Name: _____ Signature: _____ USATF Cert # _____

5. **Surveyor:** I certify that the facilities used were in conformity with IAAF or appropriate Rules. The maximum allowance for inclination did not exceed 1:1000 laterally and 1:1000 in the running direction. There was a 5cm raised border on the inner edge of the track and the length of one lap was: _____ meters _____ centimeters, or _____ yards _____ feet _____ inches.
 Printed Name: _____ Signature: _____ USATF Cert# _____

6. **Hand Timing Certificate:** I, the undersigned official timekeeper for this event, do 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 Federation.
 Time: _____ Printed Name: _____ Signature _____ USATF Cert. # _____
 Time: _____ Printed Name: _____ Signature _____ USATF Cert. # _____
 Time: _____ Printed Name: _____ Signature _____ USATF Cert. # _____

I, as Chief Timekeeper or Referee, confirm the above Timekeepers exhibited their watches to me and that the times were as stated.
 Printed Name: _____ Signature _____ USATF Cert. # _____

7. **Guarantee by Referee:** I certify that all information recorded on this form is accurate, that the Officials conducting the event was duly qualified and that all WMA or USATF Rules of Competition were complied with.
 Printed Name: _____ Date: _____
 Signature: _____ USATF Cert # _____

The height of the hurdles were: _____

The following must be enclosed with this application for World and American Records:
 1. The printed program for the competition
 2. The complete results of the event
 3. A printed Photo Finish photograph

APPLICATION FOR FIELD RECORD

Mail to: Sandy Pashkin, 2888 Elysium Ave., Eugene, OR 97401

1. **Description of Record:** World American Male Female age group* _____
 * application must be accompanied by copy of birth certificate or passport

Event: _____ Indoor Outdoor

Meet Name: _____ Date: _____ Time of Day: _____

Facility Name: _____ City: _____ State: _____ USA

Record Claimed (distance or height) _____ (metric)

Printed Full Name and age of Competitor _____

Competitor's City, State and Club _____

2. **Field Judge Certificate:** We certify that the measurement stated opposite our respective signatures is exact as measured in accordance with USATF or WMA Rules. We also certify that the circle, sector and/or runway is in compliance with WMA or USATF appropriate specifications.
 Mark: _____ m Printed Name: _____ Signature: _____ USATF Cert # _____
 Mark: _____ m Printed Name: _____ Signature: _____ USATF Cert # _____
 Mark: _____ m Printed Name: _____ Signature: _____ USATF Cert # _____

3. **Implement Certification:** I certify that I weighted and measured the implement used for the claimed record in accordance with WMA or USATF Rules and the implement conforms exactly to WMA Rules.
 The weight of the implement is: _____
 Printed Name: _____ Signature: _____ USATF Cert # _____

4. **Wind Gauge Certificate:** I, as the Wind Gauge Operator, certify the force of the following wind as: +/- _____ m/s
 Printed Name: _____ Signature: _____ USATF Cert # _____

5. **Guarantee by Referee:** I certify that all information recorded on this form is accurate, that the Officials conducting the event was duly qualified and that all WMA or USATF Rules of Competition were complied with.
 Printed Name: _____ Date: _____
 Signature: _____ USATF Cert # _____

The following must be enclosed with this application for World and American Records:
 • The printed program for the competition.
 • The complete results of the event as well as a copy of the field event sheet.

World Track & Field Indoor Age-Group Records

Approved by the Records Committee of World Masters Athletics (WMA)

Men's World Indoor Records

Age Group	Mark	Name	Country/Age	Meet Date
60m				
M 35	6.51	Linford Christie	GBR 37	01/03/97
M 40	6.81	Troy Douglas	NED 40	09/02/03
M 45	7.02	Stan Whitely	USA 45	23/03/91
M 50	7.20	Bill Collins	USA 51	23/03/02
M 55	7.51	Manfred Koch	GER 55	08/02/03
M 60	7.72	Paul Edens	USA 62	29/02/04
M 65	7.8	Cecil Paul	CAN 66	08/03/86
M 70	8.22	Bruno Kimmel	GER 70	12/03/04
M 75	8.67	Melvin Larsen	USA 75	25/03/00
M 80	8.88	Melvin Larsen	USA 80	05/03/05
M 85	9.78	Giuseppe Marabotti	ITA 85	10/03/01
M 90	11.50	Vittorio Colo	ITA 92	10-10-03
M 95	16.96	Everett Hosack	USA 95	01/03/97
M100	27.29	Everett Hosack	USA 100	23/03/02
200m				
M 35	20.59	Doug Turner	GBR 35	17/07/02
M 40	21.94	Enrico Saraceni	ITA 40	13/02/05
M 45	22.57	Bill Collins	USA 48	14/02/99
M 50	22.99	Bill Collins	USA 51	30/03/02
M 55	24.99	Stephen Robbins	USA 55	15/02/98
M 60	25.10	Larry Colbert	USA 61	29/03/98
M 65	25.60	Guido Mueller	GER 65	08/02/04
M 70	27.40	Allan Meddings	GBR 70	01/03/98
M 75	29.11	Willi Selzer	GER 75	09/03/03
M 80	32.49	Göte Lindblat	SWE 80	10/03/04
M 85	34.42	Ugo Samsonetti	ITA 85	10/03/04
M 90	41.47	Friedrich E Mahlo	GER 90	09/03/03
M 95	66.78	Everett Hosack	USA 95	06/04/97
400m				
M 35	47.95	Eric Roeske	NED 35	24/02/96
M 40	49.14	Elvis Forde	BAR 40	18/02/00
M 45	49.89	Fred Sowerby	USA 45	29/01/94
M 50	52.72	Harold Morioka	CAN 52	25/02/95
M 55	53.20	Alston Brown	JAM 55	21/03/04
M 60	53.20	Charles Allie	USA 56	21/03/04
M 65	55.62	Harold Morioka	CAN 60	29/03/03
M 65	56.63	Guido Mueller	GER 65	02/08/04
M 70	61.31	Earl Fee	CAN 70	27/03/99
M 75	66.28	Earl Fee	CAN 75	27/03/04
M 80	75.58	Roderick Parker	USA 80	27/03/99
M 85	85.14	Roderick Parker	USA 85	27/03/04
M 90	1.51.26	Friedrich E Mahlo	GER 90	09/03/03
800m				
M 35	1:49.79	Johnny Gray	USA 35	19/03/96
M 40	1:48.81	Johnny Gray	USA 40	02/03/01
M 45	1:56.29	Anselm LeBourme	USA 45	20/03/05
M 50	1:59.99	Steve Gallegos	USA 50	13/03/05
M 55	2:08.15	Reginald Phipps	GBR 56	17/01/99
M 60	2:14.42	Harold Morioka	CAN 60	30/03/03
M 65	2:16.80	Earl Fee	CAN 65	27/03/94
M 70	2:20.45	Earl Fee	CAN 70	28/03/99
M 75	2:32.47	Earl Fee	CAN 75	28/03/04
M 80	3:08.88	Rune Bergman	SWE 80	13/03/05
M 85	3:30.95	Holger Josefsson	SWE 85	07/02/04
M 90	5:01.44	Max Springer	USA 90	28/03/04
1500m				
M 35	3:37.40	Marcus O'Sullivan	IRL 35	02/02/97
M 40	3:45.3	Eamonn Coghlan	IRL 40	26/02/93
M 45	4:03.69	John Potts	GBR 45	09/03/90
M 50	4:12.67	David Wilcock	GBR 50	21/02/04
M 55	4:27.01	John Potts	GBR 55	14/02/00
M 60	4:37.80	Maurice Morrell	GBR 61	20/03/94
M 65	4:47.11	Earl Fee	CAN 65	26/03/94
M 70	5:13.1	James Todd	GBR 70	07/03/92
M 75	5:37.28	Rune Bergman	SWE 75	12/03/00
M 80	6:19.34	Ernie Warwick	GBR 80	02/03/96
M 85	7:18.32	Holger Josefsson	SWE 85	08/02/04
M 90	14:29.4	Mikko Salonen	FIN 90	07/02/88

M 40	3:58.13	Eamonn Coghlan	IRL 41	20/02/94
M 45	4:21.90	Albin Swenson	USA 46	26/02/93
M 50	4:26.75	Nolan Shaheed	USA 51	02/03/01
M 55	4:49.33	Alston Brown	JAM 55	27/03/04
M 60	5:01.76	Dan Conway	USA 60	27/03/98
M 65	5:13.3	Earl Fee	CAN 67	23/03/96
M 70	5:32.4	Scotty Carter	USA 70	15/03/87
M 75	5:41.95	Earl Fee	USA 75	26/03/05
M 80	6:48.02	John Keaton	USA 80	12/03/05
M 85	8:33.11	Vincent Malizia	USA 85	25/03/00
M 90	11:23.67	Max Springer	USA 91	12/03/05
3000m				
M 35	7:40.68	Dieter Baumann	GER 36	03/02/02
M 40	8:09.13	Marcus O'Sullivan	IRL 40	26/02/02
M 45	8:36.64	Klaus Goldammer	GER 46	24/01/99
M 50	8:49.37	Nigel Gates	GBR 50	14/03/04
M 55	8:58.7	Gunther Haselmann	GER 55	14/12/80
M 60	9:43.88	Andrew Brown	GBR 61	20/03/94
M 65	10:11.60	Ed Whitlock	CAN 65	09/03/96
M 70	10:56.69	Enrique Moreno	ESP 70	06/03/03
M 75	12:12.72	James Todd	GBR 75	28/02/97
M 80	13:30.77	John Keaton	USA 80	11/03/05
M 85	16:41.3	Marti Laiho	FIN 85	10/02/95
M 90	23:12.34	Frank Levine	USA 90	11/03/05
60mH				
M 35	7.40	Colin Jackson	GBR 35	02/03/02
M 40	7.96	Karl Smith	USA 40	25/03/00
M 45	8.36	Colin Williams	USA 48	03/02/02
M 50	8.47	Walt Butler	USA 51	20/03/93
M 55	8.63	Courtland Gray	USA 55	14/02/99
M 60	8.85	Courtland Gray	USA 60	10/03/04
M 65	9.60	Guido Mueller	GER 65	10/03/04
M 70	9.89	James Stookay	USA 70	25/03/00
M 75	10.09	Melvin Larsen	USA 76	19/01/01
M 80	11.10	Melvin Larsen	USA 80	12/03/05
M 85	14.21	Ugo Samsonetti	ITA 85	13/03/04
M 90	1:50.06	Friedrich E Mahlo	GER 90	06/03/03
High Jump				
M 35	2.27	Cristian Popescu	ROM 35	22/02/98
M 40	2.10	Dwight Stones	USA 40	25/03/94
M 45	1.93	Bruce McBarnette	USA 45	29/03/03
M 50	2.00	Thomas Zacharas	GER 50	02/03/97
M 55	1.81	Asko Pesonen	FIN 56	18/03/00
M 60	1.73	Asko Pesonen	FIN 60	06/02/04
M 65	1.62	Jim Gilchrist	USA 65	19/03/93
M 65	1.62	Horst Mandl	AUT 65	11/03/01
M 70	1.49	Nils-Bertiv Nevrup	SWE 70	12/01/97
M 75	1.40	Esko Kolhonen	FIN 75	01/04/89
M 80	1.27	Esko Kolhonen	FIN 81	19/03/95
M 80	1.27	Emmerich Zensch	AUT 81	11/03/01
M 80	1.27	Walter Hess	GER 81	10/03/04
M 85	1.18	Emmerich Zensch	AUT 85	12/03/05
M 90	1.06	Leland McPhee	USA 91	12/03/05
M 95	0.86	Everett Hosack	USA 95	02/03/97
Pole Vault				
M 35	5.70	Rodion Gataulain	RUS 35	23/02/01
M 40	5.18	Earl Bell	USA 40	26/08/95
M 45	4.78	Gary Hunter	USA 45	24/03/01
M 50	4.63	Wolfgang Ritte	GER 51	28/02/04
M 55	4.10	Matti Kilpeläinen	USA 57	15/02/03
M 60	3.91	Dale Lance	USA 60	27/03/98
M 65	3.42	Jerry Donley	USA 65	25/02/95
M 70	3.20	Robert Brown	GBR 70	15/02/03
M 75	2.82	Carol Johnston	USA 76	19/03/88
M 80	2.75	William K. Bell	USA 80	22/03/02
M 85	1.90	Ahiti Pajunen	FIN 85	19/03/95
M 90	1.60	Ahiti Pajunen	FIN 90	06/02/00
Long Jump				
M 35	7.91	Reijo Toivonen	FIN 35	03/01/72
M 40	7.52	Barrington Williams	GBR 40	02/03/96
M 45	6.97	Reiner Wenk	GER 45	03/12/05
M 50	6.50	Perti Ahomaki	FIN 51	23/03/97
M 55	6.34	Stig Backlund	FIN 55	19/03/95
M 60	5.80	Stig Backlund	FIN 60	13/11/99
M 65	5.31	Melvin Larsen	USA 66	13/01/91
M 65	5.31	Dick Richards	USA 66	25/02/01
M 70	5.07	Wolfgang K Reuter	GER 73	07/03/03

M 75	4.41	Heikki Simola	FIN 75	07/03/87
M 80	4.01	Edwin Lukens	USA 80	23/03/02
M 85	3.40	Giuseppe Marabotti	ITA 85	09/03/01
M 85	3.40	Ugo Samsonetti	ITA 85	10/03/04
M 90	3.15	Max Springer	USA 90	26/03/04
Triple Jump				
M 35	17.44	Jonathan Edwards	GBR 36	21/02/03
M 40	16.08	Ray Kimble	USA 40	0-2-94
M 45	14.82	Milan Tiff	USA 46	26/02/95
M 50	13.72	Stig Backlund	FIN 50	04/03/90
M 55	13.35	Stig Backlund	FIN 55	18/03/95
M 60	12.53	Stig Backlund	FIN 60	13/11/99
M 65	10.92	Amelio Compri	ITA 65	03/03/90
M 70	10.54	Viadimir Popov	RUS 70	08/03/03
M 75	9.40	Heikki Simola	FIN 75	08/03/87
M 80	8.65	Ed Lukens	USA 81	30/03/03
M 85	7.32	Aate Lehtimäki	FIN 85	12/03/05
M 90	6.52	Vittorio Colo	ITA 91	08/03/03
Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+-4kg)				
M 35	20.85	Mark Procter	GBR 35	28/01/98
M 40	20.07	Brian Oldfield	USA 40	17/01/86
M 45	20.40	Ivan Ivancic	YUG 45	20/02/83
M 50	16.65	Ron Summers	USA 50	27/03/04
M 55	15.74	Joe Keshmiri	USA 56	25/02/95
M 60	16.83	Reino Nokelainen	FIN 60	0-0-81
M 65	15.28	Voitto Elo	FIN 67	0-0-82
M 70	15.16	Gerald Vaughn	USA 70	04/12/05
M 75	13.02	Erik Eriksson	FIN 77	09/03/01
M 80	11.80	Erik Eriksson	FIN 80	15/02/04
M 85	9.68	Ross Carter	USA 85	26/03/99
M 90	7.10	Mario Riboni	ITA 90	10/03/04
M 95	4.06	Everett Hosack	USA 97	26/03/99
M100	3.52	Everett Hosack	USA 100	23/03/02
3000m Racewalk				
M 35	11:09.40	Robert Korzeniowski	POL 35	31/01/04
M 40	12:25.80	Bengt Bengtsson	SWE 42	12/03/04
M 45	12:21.55	Frantisek Parys	CZE 45	06/03/99
M 50	12:34.9	Donald Denoon	USA 50	04/02/94
M 55	13:09.0	Donald Denoon	USA 55	13/02/99
M 60	13:57.9	Aaro Nokela	FIN 61	30/03/96
M 65	15:28.8	Toivo Tuomela	FIN 66	07/02/96
M 70	16:07.46	Jack Bray	USA 70	30/03/03
M 75	17:02.20	Toivo Tuomela	FIN 75	12/03/05
M 80	17:41.4	James Grimwade	GBR 80	20/03/93
M 85	22:29.58	Bill Patterson	USA 85	25/03/01

Women's World Indoor Records

60m				
W 35	7.01	Merlene Ottey	JAM 38	21/02/99
W 40	7.17	Merlene Ottey	SLO 42	07/03/03
W 45	8.02	Phil Raschker	USA 48	25/02/95
W 50	8.05	Phil Raschker	USA 50	01/03/97
W 55	8.53	Ingrid Meier	GER 57	12/03/04
W 60	8.91	Kathy Jager	USA 60	15/02/04
W 65	9.29	Gertrude Reichert	GER 65	12/03/04
W 70	10.12	Joan Ogden	GBR 70	28/02/98
W 75	10.89	Ingrid Lorenz	GER 75	10/03/01
W 80	11.52			

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of December 4, 2005

Men's U.S. Indoor Records

60 Meters						
35-39	6.98	Mitchell	Lovett	NY	36	3/28/1998
40-44	6.97	Eddie Hart	CA	40	3/24/1990	
45-49	7.02	Stan Whitley	CA	45	3/23/1991	
50-54	7.23	Bill Collins	TX	50	3/24/2001	
55-59	7.53	Hugo Hartenstein	CO	55	3/24/1990	
60-64	7.72	Paul Tolson	OR	62	2/29/2004	
65-69	8.05	Harold Edson	CA	65	3/29/2003	
70-74	8.41	Harry Brown	IL	70	3/25/2000	
75-79	8.67	Melvin Larsen	IA	75	3/25/2000	
80-84	9.27	Melvin Larsen	IA	80	3/12/2005	
85-89	9.81	Roderick Parker	AK	86	3/12/2005	
90-94	11.84	Ted Hatlen	CA	90	3/24/2001	
100-104	27.29	Evertt Hosack	OH	100	3/23/2002	

200 Meters						
35-39	22.04	Mitchell	Lovett	NY	36	3/29/1998
40-44	22.19	Bill Collins	TX	44	2/26/1995	
45-49	22.57	Bill Collins	TX	48	2/14/1999	
50-54	22.99	Bill Collins	TX	52	3/30/2003	
55-59	24.09	Stephen Robbins	CA	55	2/15/1998	
60-64	25.10	Larry Colbert	MD	61	3/29/1998	
65-69	26.20	Larry Colbert	MD	65	3/24/2002	
70-74	27.75	Harry Brown	IL	70	3/26/2000	
75-79	29.57	Melvin Larsen	IA	75	3/26/2000	
80-84	31.86	Melvin Larsen	IA	81	3/13/2005	
85-89	35.17	Roderick Parker	AR	86	3/13/2005	
90-94	48.24	Max Springer	TN	91	3/13/2005	
95-99	66.78	Everett Hosack	OH	95	4/6/1997	
100-104	2:22.81	Everett Hosack	OH	100	3/16/2002	

400 Meters						
35-39	48.58	Mitchell	Lovett	NY	36	3/28/1998
40-44	49.62	Ray Blackwell	DE	42	3/24/2001	
45-49	49.89	Fred Sowerby	NV	45	1/29/1994	
50-54	52.78	Bill Collins	TX	50	3/24/2001	
55-59	53.20	Charles Allie	NY	56	3/21/2004	
60-64	55.00	Donald Neidig	NM	60	3/12/2005	
65-69	59.35	Larry Colbert	MD	65	3/23/2002	
70-74	63.71	Harry Brown	IL	70	3/25/2000	
75-79	69.10	Harry Brown	IL	75	3/12/2005	
80-84	75.58	Roderick Parker	AR	80	3/27/1999	
85-89	85.14	Roderick Parker	AK	85	3/27/2004	
90-94	1:57.00	Max Springer	TN	90	3/27/2004	

800 Meters						
35-39	1:49.79	Johnny Anselm	Gray	CA	35	2/19/1996
40-44	1:54.68	Johnny Anselm	LeBourne	NJ	40	2/12/2000
45-49	1:56.29	Johnny Anselm	LeBourne	NJ	45	3/20/2005
50-54	2:02.88	Nolan Shaheed	CA	51	3/25/2001	
55-59	1:59.99	Steve Gallegos	CO	50	3/13/2005	
60-64	2:08.9	Ken Baker	NY	55	3/22/1992	
65-69	2:14.75	Sidney Howard	NJ	60	2/26/1999	
70-74	2:19.4	Sidney Howard	NJ	65	2/26/2004	
75-79	2:34.10	James Sutton	PA	70	2/22/2002	
80-84	2:50.79	Jim Selby	CA	75	3/28/2004	
85-89	3:13.39	Roderick Parker	AR	80	3/28/1999	
90-94	3:46.96	Vincent Malizia	CA	85	3/26/2000	
90-94	5:01.44	Max Springer	TN	90	3/28/2004	

1500 Meters						
40-44	3:56.7	Ken Sparks	Popejoy	IL	40	3/16/1991
45-49	4:04.80	Ken Sparks	OH	45	3/24/1990	
50-54	4:15.64	Albin Swenson	CT	51	3/15/1998	
55-59	4:28.5	Victor Heckler	IL	55	3/15/1998	
60-64	4:43.75	James Sutton	PA	61	3/7/1993	
65-69	4:45.36	Sidney Howard	NJ	65	3/6/2004	
70-74	5:27.4	Austin Newman	NJ	70	3/23/1986	
75-79	6:01.6	Austin Newman	NJ	75	2/24/1991	
80-84	6:35.4	Austin Newman	NJ	80	2/11/1996	
85-89	8:16.73	Vincent Malizia	CA	85	2/6/2000	
90-94	14:34.2	Herb Kirk	MT	91	1/11/1987	

Mile					
35-39	4:37.53	Christopher Yorges	OR	39	3/12/2005
40-44	4:11.00	Bill Stewart	MI	40	1/22/1983
45-49	4:21.90	Albin Swenson	CT	46	2/26/1993
50-54	4:26.75	Nolan Shaheed	CA	52	3/2/2002
55-59	4:50.22	Victor Heckler	IL	56	2/19/1998
60-64	5:01.76	Dan Conway	MN	60	3/27/1999
65-69	5:23.05	Sidney Howard	NJ	65	3/27/2004
70-74	5:32.4	Scotty Carter	MA	70	3/15/1987
75-79	6:27.16	John Hosner	VA	75	2/26/2000
80-84	6:48.02	John Keston	OR	80	3/12/2005
85-89	8:33.11	Vincent Malizia	CA	85	3/25/2000
90-94	11:23.67	Max Springer	TN	91	3/12/2005

3000 Meters					
40-44	8:20.96	Brian Pope	MS	42	1/28/2005
45-49	8:39.74	Craig Fram	NH	45	1/18/2005
50-54	8:54.73	Nolan Shaheed	CA	51	3/23/2001
55-59	9:30.09	Nolan Shaheed	CA	55	3/11/2005
60-64	10:01.96	Dan Conway	MN	60	3/26/1999
65-69	10:50.40	Paul Heitzman	KS	67	3/27/1998
70-74	11:09.53	Lloyd Sluom	ME	70	3/28/2003
75-79	13:10.84	Alfred Funk	MT	78	3/21/1993
80-84	13:30.77	John Keston	OR	80	3/11/2005
85-89	18:54.49	Dudley Healy	NJ	85	3/24/2000
90-94	23:12.34	Frank Levine	PA	90	3/11/2005

60m Hurdles					
35-39	7.56	Greg Foster	NJ	35	3/4/1994
40-44	7.96	Karl Smith	MD	40	3/25/2000
45-49	8.36	Colin Williams	MD	48	2/3/2002
50-54	8.47	Walt Butler	CA	51	3/20/1993
55-59	8.63	Courtland Gray	TX	55	2/14/1999
60-64	8.85	Courtland Gray	TX	60	3/13/2004
65-69	9.69	Emil Pawlik	MS	66	3/11/2005
70-74	9.89	James Stooky	MD	70	3/25/2000
75-79	10.09	Melvin Larsen	IA	76	1/19/2001
80-84	11.10	Melvin Larsen	IA	80	3/12/2005
85-89	18.26	Alfred Guidet	CA	85	3/29/2003

High Jump					
35-39	2.14	Jim Barrineau	VA	37	3/21/1993
40-44	2.06	Jim Barrineau	VA	40	3/30/1996
45-49	1.93	Bruce McBarrette	VA	45	3/29/2003
50-54	1.85	John Hartfield	TX	51	3/29/1996
55-59	1.71	John Brown	MO	56	1/11/1986
60-64	1.65	Jim Gilchrist	FL	62	3/24/1990
65-69	1.62	Jim Gilchrist	FL	65	3/19/1993
70-74	1.38	Billy Simmons	OH	70	4/11/1999
75-79	1.34	Bill Wambach	WI	75	3/24/2001
80-84	1.22	Wesley Ward	IN	82	2/15/1992
85-89	1.07	Leland McPhie	CA	88	3/23/2002
90-94	1.06	Leland McPhie	CA	91	3/12/2005
95-99	0.86	Everett Hosack	OH	95	3/2/1997

Pole Vault					
35-39	5.08	Gary Hunter	IN	36	4/4/1992
40-44	5.18	Earl Bell	AR	40	8/26/1995
45-49	4.78	Gary Hunter	IN	45	3/24/2001
50-54	4.32	Vincent Kluble	NC	51	3/23/2002
55-59	4.10	Matti Kilpelainen	MI	57	2/15/2003
60-64	3.91	Dale Lance	OK	60	3/27/1998
65-69	3.42	Jerry Donley	CO	65	2/25/1995
70-74	3.15	Boo Morcom	PA	71	1/8/1993
75-79	2.82	Carol Johnston	CA	76	3/19/1988
80-84	2.75	William Bell	AR	80	3/22/2002
85-89	1.67	A.E. Pitcher	IN	86	3/19/1988
90-94	1.82	Donald Pellmann	CA	90	9/4/2005

Long Jump					
35-39	5.86	Todd Anderson	WA	37	3/11/2005
40-44	7.03	Stan Whitley	CA	40	2/22/1986
45-49	6.62	Stan Whitley	CA	45	3/23/1991
50-54	6.31	Shirley Davisson	CA	50	3/29/1980
55-59	5.87	Boo Morcom	PA	55	3/13/1977
60-64	5.58	Dick Richards	CA	62	3/22/1997
65-69	5.31	Melvin Larsen	IA	66	1/13/1991
70-74	5.05	Dick Richards	CA	66	2/25/2001
75-79	4.31	Melvin Larsen	IA	70	2/25/1995
80-84	4.01	Edwin Lukens	NY	80	3/23/2002
85-89	3.10	Clairence Trahan	CA	85	3/25/2000
90-94	3.15	Max Springer	TN	90	3/27/2004

Triple Jump					
35-39	15.05	Gregory Foster	NJ	39	3/25/2001
40-44	16.08	Ray Kimble	CA	40	3/12/1988
45-49	14.82	Milan Tiff	CA	46	2/26/1995
50-54	12.38	Dave Jackson	CA	51	3/27/1983
55-59	11.37	Frank Struna	MT	58	1/28/2000
60-64	11.06	Edwin Lukens	NY	63	3/24/1985
65-69	10.86	Edwin Lukens	CA	66	3/29/1987
70-74	9.97	Edwin Lukens	NY	70	3/19/1993
75-79	9.38	Edwin Lukens	NY	75	3/21/1987
80-84	8.55	Edwin Lukens	NY	81	3/30/2003
85-89	6.59	Ralph Maxwell	TX	85	3/13/2005
90-94	5.52	Leland McPhie	CA	90	3/13/2005

Shot Put (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70-79: 4kg)					
35-39	14.48	John Kuemmerlin	CO	35	3/12/2005
40-44	20.07	Brian Oldfield	IL	40	1/17/1986
45-49	16.43	Robert Otrando	MA	45	1/11/2002
50-54	16.65	Ron Summers	IL	51	3/27/2004
55-59	15.74	Joe Keshmiri	NV	56	2/25/1995
60-64	15.77	Joe Keshmiri	NV	60	3/28/1998
65-69	14.17	Gerald Vaughn	NC	69	2/20/2005
70-74	13.55	Gerald Vaughn	NC	70	12/4/2005
75-79	12.30	Gerald Vaughn	NC	70	2/11/2005
80-84	11.45	Ross Carter	OR	76	3/24/1990
85-89	9.68	Ross Carter	OR	80	2/25/1995
90-94	9.61	Ross Carter	OR	85	3/26/1999
100-104	6.96	Leland McPhie	CA	90	3/11/2005
		Everett Hosack	OH	100	3/16/2002

Weight Throw (35-49: 35#; 50-59: 25#; 60-69: 20#; 70-79: 16#; 80-12#)					
35-39	23.86	Lance Deal	OR	38	1/22/2000
40-44	22.52	Burke Ed	CA	43	1/8/1984
45-49	19.58	Harold Connolly	CA	45	1/8/1977
50-54	20.31	Jim Wetenhall	OH	50	3/11/2005
55-59	19.70	Tom Gage	MT	58	3/23/2002
60-64	22.82	Tom Gage	MT	60	3/26/2004
65-69	16.79	Richard Hotchkiss	CA	66	3/12/2005
70-74	19.64	Bob Ward	TX	71	3/12/2005
75-79	12.88	James Crawford	CT	77	1/11/2002
80-84	13.91	Robert Horsley	WA	80	3/22/2002
85-89	10.14	David Schlotthauer	MA	85	3/28/2003
90-94	7.63	Leland McPhie	CA	90	3/12/2005
100-104	5.10	Everett Hosack	OH	100	3/22/2002

Superweight (35-69: 56#; 70-79: 35#; 80+ 25#)					
35-39	12.76	Ken Jansson	KS	38	3/31/1996
40-44	10.88	Dave Vandergiff	SC	40	3/31/1996
45-49	11.10	Jim Wetenhall	OH	49	3/28/2004
50-54	10.93	Tom Gage	MT	51	2/26/1995
55-59	9.86	Tom Gage	MT	56	3/26/2000
60-64	9.06	Tom Gage	MT	60	3/28/2004
65-69	7.38	Richard Hotchkiss	CA	6	

High Jump

35-39	1.70	Anne Jennings	MA	36	3/26/2000
40-44	1.55	Kimberly Harrell	TN	40	3/26/2000
45-49	1.58	Phil Raschker	GA	48	2/25/1995
50-54	1.53	Phil Raschker	GA	50	3/23/1997
55-59	1.46	Phil Raschker	GA	56	3/28/2003
60-64	1.30	Kathy Bergen	CA	63	1/12/2005
60-64	1.30	Linda Douglass	TX	60	3/12/2005
65-69	1.28	Evelyn Wright	VA	65	3/28/2003
70-74	1.16	Christel Donley	CO	70	3/11/2005
75-79	1.12	Leonore McDaniels	VA	75	3/30/2003
80-84	0.92	Margaret Hinton	TX	81	3/30/2003

Pole Vault

40-44	2.60	Donna Schultz	OR	41	2/20/1999
45-49	3.31	Phil Raschker	GA	49	3/17/1996
50-54	3.06	Phil Raschker	GA	53	3/24/2000
55-59	2.76	Phil Raschker	GA	58	3/12/2005
60-64	3.00	Nadine O'Connor	CA	63	3/12/2005
65-69	2.24	Becky Sisley	OR	65	2/13/2005
70-74	2.09	Leonore McDaniels	VA	70	4/5/1998
75-79	1.80	Leonore McDaniels	VA	76	3/26/2004
80-84	1.20	Margaret Hinton	TX	80	3/22/2002

Long Jump

35-39	6.16	Willie White	IL	36	3/3/1975
40-44	5.61	Phil Raschker	GA	40	3/28/1987
45-49	5.75	Phil Raschker	GA	47	3/5/1994
50-54	5.00	Phil Raschker	GA	50	3/1/1997
55-59	4.79	Phil Raschker	GA	55	3/22/2002
60-64	3.92	Barbara Cleveland	FL	60	3/25/2000
65-69	3.87	Audrey Lary	MD	65	3/29/2003
70-74	3.60	Audrey Lary	MD	70	3/12/2005
75-79	3.10	Mary Holland	MI	76	3/25/2000
80-84	2.49	Mary Bowermaster	OH	82	3/25/2000

Triple Jump

35-39	11.07	Regina Richardson	NC	39	3/28/2004
40-44	11.80	Regina Richardson	NC	40	1/29/2005
45-49	10.82	Phil Raschker	GA	45	3/19/1993
50-54	10.49	Phil Raschker	GA	50	3/21/1997
55-59	9.33	Phil Raschker	GA	55	3/24/2002
60-64	8.18	Evelyn Wright	MD	62	3/24/2000
65-69	8.12	Audrey Lary	MD	65	2/13/2000
70-74	7.90	Audrey Lary	MD	70	3/13/2005
75-79	6.47	Leonore McDaniels	VA	75	3/30/2003
80-84	5.15	Margaret Hinton	TX	80	3/24/2002

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

35-39	12.91	Oneitha Lewis	NY	39	2/13/2000
40-44	14.68	Oneitha Lewis	NY	42	2/7/2003
45-49	10.91	Joan Stratton	CA	45	1/12/1997
50-54	12.66	Joanne Grissom	IN	51	3/25/1990
55-59	11.88	Joanne Grissom	IN	55	2/5/1994
60-64	11.16	Joanne Grissom	IN	61	1/23/2000
65-69	9.17	Mary Roman	CT	65	2/11/2001
70-74	7.87	Christel Donley	CO	70	1/29/2005
75-79	6.89	Johanny Valien	CA	75	3/24/2001
80-84	6.30	Mary Bowermaster	OH	82	3/25/2000
85-89	4.47	Betty Jarvis	NC	85	3/24/2001

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

35-39	13.63	Oneitha Lewis	NY	39	3/24/2000
40-44	17.12	Oneitha Lewis	NY	42	3/28/2003
45-49	12.17	Joan Stratton	CA	45	2/16/1997
50-54	15.42	Vanessa Hilliard	FL	54	3/30/1996
55-59	14.99	Vanessa Hilliard	FL	55	3/21/1997
60-64	14.04	Carol Young	MI	62	3/22/2002
65-69	13.54	Carol Young	MI	65	2/11/2005
70-74	10.15	Audrey Lary	MD	70	3/13/2005
75-79	7.94	Lillian Snaden	SC	75	2/13/2005
80-84	6.45	Margaret Hinton	TX	80	3/22/2002
85-89	7.82	Betty Jarvis	NC	88	3/26/2004

Superweight (35-49: 35#; 50-79: 25#; 80+: 20#)

35-39	8.11	Sarah Boslaugh	NY	39	3/31/1996
40-44	10.79	Lewis Lewis	NY	42	3/30/2003
45-49	7.42	Joan Stratton	CA	45	3/23/1997
50-54	11.42	Vanessa Hilliard	FL	53	3/31/1995
55-59	11.21	Vanessa Hilliard	FL	55	3/23/1997
60-64	8.13	Carol Young	MI	61	3/25/2001
65-69	7.68	Carol Young	GA	65	2/13/2005
70-74	6.02	Audrey Lary	MD	70	3/13/2005
75-79	4.85	Lillian Snaden	SC	75	2/13/2005
80-84	4.08 25#	Margaret Hinton	TX	81	3/30/2003

Pentathlon

40-44	3146	Irene Thompson	NY	44	3/26/1999
45-49	4001	Phil Raschker	GA	49	3/29/1996
50-54	4153	Phil Raschker	GA	53	3/24/2000
55-59	4822	Phil Raschker	GA	56	3/28/2003
60-64	3353	Christel Miller	CA	61	3/29/1996
65-69	3556	Barbara Jordan	VT	68	3/26/2004
70-74	4103	Christel Donley	CO	70	3/11/2005
75-79	3860	Johanny Valien	CA	75	3/23/2001

3000m Racewalk (as of Dec. 20, 2005)

35-39	12:36.76	Joanne Dow	New York	2/29/04
40-44	13:09.62	Joanne Dow	Boston, MA	2/27/05
45-49	14:37.86	Maryanne Torrellas	Boston, MA	3/28/04
50-54	15:04.35	Gayle Johnson	Parkside, WI	2/10/01
55-59	16:22.41	Gayle Johnson	Columbia, MO	2/21/04
60-65	17:15.24	Elton Richardson	New York, NY	2/20/00
65-69	17:46.25	Ruth Eberle	Carbondale, IL	2/8/97
70-74	19:08.86	Shirley Dockstader	Boston, MA	3/30/03
75-79	20:50.00	Kate Marrs	Boston, MA	3/28/04
85-89	27:11.02	Fan Benno-Caris	Boston, MA	3/28/04

Men's World Indoor Relay Records

4x200					
M35-39	1:31.71	Müller-Ullrich-Lachmann-Schröder	GER	14/03/04	
M40-49	1:31.4	Schiro-Gonera-Crain-Blackwell	USA	17/03/01	
M50-59	1:36.8	Schiro/Blake/Pierce/Gonera	USA	22/03/03	
M60-69	1:45.24	Restle-Scheidt-Gro-Schmitt	GER	14/03/04	
M70-79	1:58.71	Rieger/Maier/Konopka/Reuter	GER	14/03/04	
M80-89	2:26.29	Marabutti-Colo-Sansonetti-Sobrero	ITA	11/03/01	
4x400					
M40-49	3:30.83	Berry/Chinn/Jones/Brown	USA	13/03/05	
M50-59	3:40.21	Schiro-Blake-Pierce-Gonera	USA	08/03/03	
M60-69	4:25.55	Byrd-Irwin-Berstein-Haviland	USA	04/03/01	
M70-79	5:35.93	Melville/Lehmkuhl/Brown/Brown	USA	13/03/05	
4x800					
M40-49	8:07.6	Dalton-Serafini-Nearman-Lebourne	USA	01/04/00	
M50-59	8:32.95	Clingan/Robinson/Shaheed/Gallegos	USA	12/03/05	
M60-69	9:58.0	Aneshansley-Hammer-Goluskin-Howard	USA	17/03/02	

Women's World Indoor Relay Records

4x200					
W35-39	1:44.23	Klimpfinger-Forster-Koegst-Noack	GER	14/03/04	
W40-49	1:44.34	Moritz-Heidrich-Grissmer-Göring	GER	14/03/04	
W50-59	1:56.93	Parsons-Lewington-Priestman-Marley	GBR	11/03/01	
W60-69	2:17.18	??/??/??	GBR	09/03/03	
W70-79	2:51.15	Kreiskott-Kreuzwieser-Schumacher-Franzen	GER	14/03/04	
4x400					
W35-39	6:21.80	Iba-Selby-Chou-Bergen	USA	26/03/00	
W40-49	04:31.15	Shook/Woo/Brown/Zakerski	USA	13/03/05	
W50-59	4:43.27	Martin/Warren/Pinto/Stewback	USA	28/03/04	
W60-69	5:16.99	Michelson/Ingalls/Daprano/Tasker-Rothenberg	USA	28/03/04	
4x800					
W35-39	10:01.9	Mannen-Miloski-Pearsall-Martin	USA	22/03/03	
W40-49	10:15.98	McCaffrey, Yaworski, Richardson, Dixon	CAN	18/01/03	
W50-59	11:38.14	Michelson-Trotto-SmithHanna-Martin	USA	23/03/02	
W60-69	13:42.73	Harada/Parsi/Wright/Reed	USA	27/03/04	

BTC = Bohemia TC; CPT = Central Park TC; CTC = California TC; LAC = Liberty AC; MWM = Midwest Masters; NYPC = New York Pioneer Club; SAC = Shore AC; SC = SoCal; WVTC = West Valley TC

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Event

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August 6, 2005

Sandy Pashkin
Masters Record Keeper

George Mathews
Masters T&F Chairman



NAT

* The remaining Championship Series Games, NYC; Feb Fayetteville, AR; Feb Championships, BC vs. the World/Pent May 20, Adidas Tra May 27, Payton Jon CA; June 3, Nike Eugene, OR; June NYC; and June Championships, F visachampionships. E

* Leslie Chapli became a US citizen with a 4:53.62 in the NYC's Armory Indoor present records are Dee Dee Grafius 5:05.36 for the 15 March 2004. Alisa potential US record a 2:11.04 800 and 4 Lewis, 45, wins Outstanding Single USATF Masters T&L weight pentathlon 13.17/44-11.75 mar US W45 record is Stratton, January 1

* Gerald Vaughn for the 4kg SP with a record for the 4kg is Kivi in 1999. Vaugh Nov. 17, 2005, hot shot put record (February 2001.

* Ben Reynolds 55:08, and Janice NJ, in 67:22, won Masters Champion Dec. 11. Reynolds, former with an age-Rolek, 44, Easton 82.0% 57:41. Bill Plains, NJ, with an Top W40+ was Mo Imme Dyson, 69, with an 80.5% 85:3

* Guillermo Meadows, NY, in 17:42, Hauppauge, NY, ters in the 1000-fm 5K, Bethpage, NY, ners included Paul NY, 17:30, and Pa Terrace, NY, 26:20. DeLuca, Farrell, & went to the Maurice Health Education Care Foundation fo

* Pete Bottom ME, 21:42, and Falmouth, ME, 27- fields for firsts in Mile, Portland, M Camden, ME, took Kenniston, 68, S W65 division with

* Rick Clelan and Anne Chaff 22:48, stormed Michelle's Big R Dec. 17. Division Butler, 73, West Sharon Lachall, 24:41.

* Jorge Fer Olena Plastina the finish, NYR Central Park, N Hirsch, 71, 47:07 53:00, were tops later in the NY Central Park, De M40+ (51:46). I

Masters Scene

NATIONAL

The remaining meets in the 2006 Visa Championship Series are Feb. 3, Millrose Games, NYC; Feb. 10, Tyson Invitational, Fayetteville, AR; Feb. 24-25, USA Indoor Championships, Boston; April 27-29, USA vs. the World/Penn Relays, Philadelphia; May 20, Adidas Jordan Classic, Carson, CA; May 27, Payton Jordan US Open, Palo Alto, CA; June 3, Nike Prefontaine Classic, Eugene, OR; June 10, Reebok Grand Prix, NYC; and June 22-25, USA Outdoor Championships. For details, go to www.visachampionshipseries.com.

EAST

Leslie Chaplin-Swann, who recently became a US citizen, broke W45 national records for the 800 with a 2:22.37 and 1500 with a 4:53.62 in the MAC Holiday Classic at NYC's Armory Indoor Center, Dec. 30. The present records are 2:23.33 for the 800, by **Dee Dee Grafius**, February 1996, and 5:05.36 for the 1500, by **Marge Belisle**, March 2004. **Alisa Harvey**, W40, had two potential US record performances, running a 2:11.04 800 and 4:41.34 1500. **Oneitha Lewis**, 45, winner of the Women's Outstanding Single Performance by the USATF Masters T&F Committee for her WR weight pentathlon score of 5521, hit the 13.17/44-11.75 mark with the 4kg shot. The US W45 record is 10.91/35-9.5 by **Joan Stratton**, January 1997.

Gerald Vaughn set an M70 indoor WR for the 4kg SP with a 15.16/49-9 at a meet in Clemson, SC, on Dec. 4. The present record for the 4kg is 14.64/48-1/2 by **Tauno Kivi** in 1999. Vaughn, who turned 70 on Nov. 17, 2005, holds the M65 indoor US shot put record (5kg) at 14.01, set in February 2001.

Ben Reynolds, M40, Chatham, NJ, in 55:08, and **Janice Morra**, W45, Piermont, NJ, in 67:22, won the USATF-NJ 10 Mile Masters Championships, West Windsor, Dec. 11. Reynolds, 41, was top male performer with an age-graded 83.9%, with **Ken Rolek**, 44, Easton, NJ, second with an 82.0% 57:41. **Bill Hagman**, 62, Morris Plains, NJ, with an 81.8% 67:18, was third. Top W40+ was **Morra**, 47, at 80.8%, with **Imme Dyson**, 69, Princeton, NJ, second with an 80.5% 85:33.

Guillermo Fuentes, 40, Fresh Meadows, NY, in 17:14, and **Susan Murray**, 42, Hauppauge, NY, in 20:08, were first masters in the 1000-finisher Ho Ho Holiday 5K, Bethpage, NY, Dec. 17. Division winners included **Paul Mascali**, 53, Manhasset, NY, 17:30, and **Patricia Cataldo**, 67, Islip Terrace, NY, 26:20. Profits from the Carter, DeLuca, Farrell, & Schmidt-sponsored race went to the Maurer Foundation for Breast Health Education and the Tender Loving Care Foundation for premature infants.

Pete Bottomley, 44, Cape Elizabeth, ME, 21:42, and **Kimberley Bonsey**, 42, Falmouth, ME, 27:24, devoured the masters fields for firsts in the Thanksgiving Day 4 Mile, Portland, ME. **Art Warren**, 70, Camden, ME, took the M70 in 30:16. **Polly Kenniston**, 68, Scarborough, ME, won the W65 division with a 36:57.

Rick Clelan, 42, Elkton, MD, 17:54, and **Anne Chaffin**, 43, Landenberg, PA, 22:48, stormed to masters wins in the Michelle's Big Red 5K, Wilmington, DE, Dec. 17. Division winners included **Bill Butler**, 73, West Chester, PA, 23:31, and **Sharon Lachall**, 58, West Chester, PA, 24:41.

Jorge Fernandez, 42, 33:33, and **Olena Plastinina**, 42, 38:04, led masters to the finish, NYRR Joe Kleinerman 10K, Central Park, NYC, Dec. 11. **George Hirsch**, 71, 47:07, and **Ginette Bedard**, 72, 53:00, were tops in the 70-74 races. A week later in the NYRR Hot Chocolate 15K, Central Park, Dec. 17, Fernandez was first M40+ (51:46). **Kathy Martin**, 54, took the

W40+ race (59:46). **Toshiko d'Elia**, 75, finished with a strong 91:02.

SOUTHEAST

Joey Warner, 42, Mobile, AL, was third overall in 1:18:37, Holiday Half-Marathon, Point Clear, AL, Dec. 10. **David Jeffrey**, 63, Semmes, AL, finished eighth overall (1:26:55). **Melanie Baker**, 43, Pensacola, FL, was first W40+ (95:13). In the 8K, **Peter Finnorn**, 45, Mobile, AL, 37:27, and **Donna White**, 48, Mobile, with a second-female 38:41, were top masters. **Bradley Byrne**, 50, Fairhope, AL, was among the top masters (37:46).

Bryan Smith, 43, with a second-place 1:28:45, and **Terrey Perrault**, 41, in 2:07:19, were masters firsts, 30th Larry Fuselier 25K State Championships, New Orleans, Dec. 11. **Gregg Spyridon**, 53, was first M50+ (1:54:34). In the adjunct 10K, masters winners both took a third-overall, **Peter Weatherhead**, 54, 39:20, and **Donna Vrobel**, 40, 45:30. **Yvonne Thomas**, 62, won the W60 race in 49:53. **Derrick Lee**, 51, was the M50 winner in 41:10.

George Altieri, 48, Clermont, FL, with a second-place 80:26, and **Elisabeth Diamond**, 46, Bell, FL, in 1:41:59, paced the masters in the 22nd annual DeLeon Springs, FL, Half-Marathon, Jan. 1. **Dave Dunn**, 51, Daytona Beach, FL, was the M50 winner in 87:44. In the adjunct 5K, **Ceal Walker**, 43, Cocoa Beach, FL, won the women's race in 20:26. **Virgil Williams**, 50, Palm Coast, FL, was second male in 19:09. **Deal Riley**, 64, New Smyrna Beach, FL, won the M60 title (21:57).

MIDWEST

Ann Heaslett, W40, in 5:10.39, was first woman overall, HUFF 50K, Muncie, IN, Dec. 17, while **Chuck Schlemmer**, M45, was second overall in 4:18:19.

Mike Egle, 43, romped to a first overall 28:45 in the Rudolph Ramble 8K, Chicago, Dec. 11. **Ken Jaqmin**, 60, Chicago, finished in 35:57. **Ann Farlee**, 47, Chicago, was first W40+ (42:37).

J. D. Pepper, 42, Leslie, MI, 29:09, and **Liz Hendershot**, 40, Ortonville, MI, 37:00, motored to masters firsts in the Resolution 8K, Flint, MI, Dec. 31. **James Carlton**, 63, Walled Lake, MI, 31:37, and **Maggy Zidar**, 55, Pontiac, MI, were notable division winners.

Kevin Hanson, 45, Sterling Heights, MI, in 17:39, and **Kathleen Moss**, 40, Chesterfield, MI, in 22:49, had resounding masters wins, Jingle Bell 5K, New Baltimore, MI, Dec. 11. **James Carlton**, 62, White Lake, MI, 18:57, and **Maggy Zidar**, 55, Pontiac, MI, chimed in with division wins.

Rex Harvey, WMA Vice-President Stadia, was featured on the front page of the Cleveland Plain Dealer's Business section, Dec. 27, 2005. The article, titled "The inspiration of imagination," with the sub-heading "Parker Hannifin engineer never runs out of ideas," focuses on Harvey's involvement with the invention of macrolamination and his penchant for "front-end innovation." Harvey, a long-time Cleveland-area resident and combined-events athlete, is also a member of the USATF Masters T&F Executive Committee and still holds the M45 WR for the decathlon (7502), set in 1991.

SOUTHWEST

David Wray, 42, Edmond, OK, 31:11, and **Kathy Barkay**, 49, Bethany, OK, 39:10, delivered masters firsts in the Run for Your Life 8K, OKC, Jan. 1. **Ron Kuykendall**, 60, Bethany, OK, in 36:29, and **Kathy Moffitt**, 68, OKC, in 50:19, took age-group firsts.

Fan Benno-Caris, Dallas, TX, 2005 W85 Outstanding RWRer of the Year, writes, "I was walking fast when I stepped on a broken curb. My shoe stayed in the break, and I was thrown forward, resulting in a broken left arm (I'm left handed) and a broke femur in four places. Even with pins and plates in

my leg, I was walking with a cane in five weeks. Now, at eight weeks, I am walking with a cane and am going to do a one-mile race next week. The doctors were amazed. They said it was because of the condition I was in when it happened. Now I can really talk to people of any age and tell them it's never too late to start moving."

WEST

David Olds, M40, bagged two wins in the Venice Christmas Runs 10K & 5K, Los Angeles, Dec. 1, with masters firsts in both races with a 33:02 and 16:01. **Jose Ortiz**, M40, was second M40+ (16:03) in the 5K. **Linda Webster**, W40, was the first 40+ in the 10K (41:12). **Lisa Davis**, W40, took the 5K W40+ contest (18:26). **Lee Boca**, M60, 40:44, and **Bob Koch**, 78, 53:22, were among the 10K winners.

Masters in their 50s stood out in the High Desert 30K, Ridgecrest, CA, Dec. 4, when **Linda Janelli**, 50, was first female in 2:33:18, and **Larry Emerson**, 51, second male in 2:24:19. **Anthony Teske**, 62, won the M60-69 race with a 2:45:16. In the 50K/SCA Championships, **Tom Nielsen**, 46, took the fifth spot in 3:51:13, and **Elaina McMahon**, 48, was second female, with a 4:32:51. **Bill Kissell**, 52, won his division with a 3:59:26.

NORTHWEST

John Bitzer, 44, NYC, in 46:23, and **Susan Korol**, 41, Snoqualmie, WA, in 49:10, rang in masters wins in the 12Ks of Christmas, Kirkland, WA, Dec. 18. **Ross Wheeler**, 50, Seattle, WA, won the M50 race (50:16). **Judy Fisher**, 62, Seattle, was the first runner 60+, with a 60:20. **Gregg Waters**, 45, Seattle, in 19:15, and **May Cheng**, 40, Seattle, in 23:07, both took second spots overall in the 5K.

Jerry Hammit, 46, Pleasant Hill, OR, 29:40, and **Karen Louise White**, 42, Eugene, OR, 33:43, chimed in with masters firsts, Jingle Bells 8K, in Eugene, Dec. 10. **Ed Spinney**, 52, of Eugene, was second M40+ (29:51). In the 5K, **John Bowden**, 47, of Eugene, 20:34, and **Marilyn Nippold**, 54, of Eugene, with a third-female 22:27, were masters winners. **Hollis Gunter**, 61, of Eugene, was second M40+ (23:47).

Pat Wagner, 44, Eugene, OR, with a fourth-place 17:33, and **Karen Louise White**, with a second-female 21:23, took masters firsts in the Run on One 5K, in Eugene, Jan. 1. **Jana Rygas**, 51, of Eugene, was second W40+ (23:55). **Larry Williams**, 69, Springfield, OR, won the M65 race (23:31).

CANADA

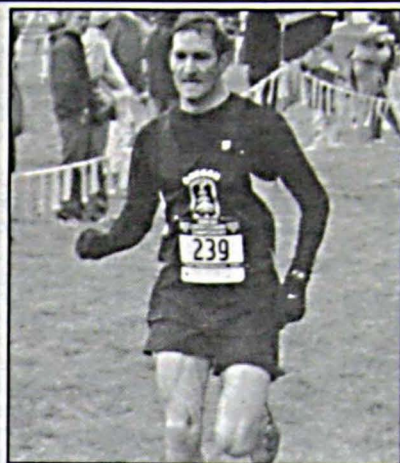
Emil Mueller opened his indoor season with an M70 Canadian record 17.63/57-10 1/4 in the 16# weight in the Montreal Open, Dec. 10.

INTERNATIONAL

The entries were just partly registered as of Jan. 13, but so far more than 2000 athletes have entered the 2nd annual WMA World Indoor Championships, Linz, Austria, March 15-20. Leading is Germany, 650 with more expected, Austria is second at 432, and the others: Great Britain 260, France 153, USA 85 (plus more entries coming), Spain 83, Belgium 61, and Finland 52.

OBITUARIES

Bob Boal, a retired North Carolina St. U. economics professor, died Dec. 18 at Duke Health Raleigh Hospital. He was 93. He began competing in masters track & field in his late fifties and competed until he was 90. Born the same year that **Jim Thorpe** won the decathlon in the 1912 Stockholm Olympics, Boal became a decathlon champion when he was 85. His M85 decathlon record still stands, and his other records include various national, state and meet marks in running and hurdling. But what he most coveted was setting an example: Boal, who was 5-7 and weighed 125 pounds, learned to pole vault at age 70. He decided to get back into shape when he read **Ken Cooper's** *Aerobics*, when he was 56. He took up jogging before traveling to San Diego to welcome his son back home from Vietnam. While there, he saw his first masters track meet and brought the idea back to



JERRY WOJCIK

Pat Wagner, M40, in the 2005 Winter National 8K XC. The 2006 National 8K XC will be held in New York City's Van Cortlandt Park, Feb. 18.

North Carolina and founded the Southeastern U.S. Masters T&F Meet, now in its 36th year. His daughter, **Marjie Boal**, told the Raleigh News & Observer that her father pushed the masters competition as a way of motivating older people to stay fit. "That definitely was what he was about," she said. "Not the winning, but the doing."

— from USATF

James Benson Vernon, Covina, CA, better known as "Jim" and for his pre-bent pole by masters athletes, passed away on Oct. 31 at age 88. He was born Dec. 28, 1916, in Waterville, KS. After a year of studying medicine, to honor his father, he followed his passion — engineering — earning a mechanical engineering degree from the U. of Iowa, and a masters degree from Cal Tech. In 1946, he went west to work on a prototype helicopter, and in 1948 joined the USC faculty as an associate professor of engineering. He was very involved with his family, serving as Big Chief Crazy Horse in the Indian Guides, and played an active role for his children's swim team. He resumed pole vaulting in his 50s and founded the Trojan Masters TC with USC coach, **Vern Wolf**. **Jerry Donley**, fellow pole vaulter, said of Vernon, "He was loving, gentle, caring, and very competitive. His 'crooked poles' drew notice, admiration and criticism. One unknown fact, he and his wife, Mary, a real supporter of masters activities, raised an alligator, baby to full-size, in their backyard."

Armando U. Ricciardi died of natural causes on Dec. 14 in Reno, NV. He was 86. Known by his fellow masters athletes as "Ric," he was a popular combined-events competitor in the decathlon, pentathlon and weight pentathlon and several time national age-group champion. A resident of Reno for 58 years, he was born Nov. 18, 1919, in Providence, RI. Through academic and athletic scholarships, he graduated from Brown U. in 1941, where he was the captain of the t&f team and a member of the boxing team. In 1947, he and his wife, **Therese**, settled in Reno, after they traveled extensively through the state while he awaited acceptance to USC Orthodontic Graduate School. When accepted, he moved his family to Southern California. Upon graduation in 1951, he returned to Reno to begin his orthodontic practice, which he maintained for 30 years there and in Incline Village, NV. He became the first board certified orthodontist in Northern Nevada. After retirement at age 64, he took up masters t&f, in which he participated until several years before his death. **Joan Stratton**, a thrower who had competed with Ricciardi in many meets, said of him, "He loved pole vaulting and recalled when he was invited to compete against Olympian and world record holder **Cornelius Warmerdam** when Ric was in high school. His enthusiasm for all of track and field will be missed."

CORRECTION

Dave Neisen should have been listed as the winner (12:30) of the M50 100 in the Texas State Senior Games results in the December issue. □

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients with columns for event name, athlete name, age, sex, time, and date. Includes entries like M30-34 Okinyi Ayungo, M35-39 Nick Damalas, etc.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Table of standards for men's events (30-34 to 90-94) including 55, 60, 100, 200, 400, 800, 1500, 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, Decath, and Wt. Pent.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Table of standards for women's events (30-34 to 90-94) including 55, 60, 100, 200, 400, 800, 1500, 5000, 10000, 100H, 80H, 400H, 300H, 2K-SC, HJ, PV, LJ, TJ, Shot, Javelin, Discus, Hammer, Weight, Sup.Wt, and 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"

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

Table of excellence standards for racewalkers, split into Women (1.5K to 50K) and Men (1.5K to 50K) categories.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

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

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

TRAC Eugene, OR 97405 Please send resu... tion current, we ge... old. Results typed... receive preferen... issue date.

EAS MAC Indoor New Balance NYC; De

400m M40 Tony Ringgo M50 John Brooks Don Hodge M70 John Gleaso Tom Talbott

800m M40 Gerard Pear David Bynoe Dave Zurheil Thomas Sch

1500m M40 Jim Juliano M50 Anton Brown S Schallenk Steve Perks Harry Licher

M60 Salin Talie John Kuhl Blaine Laws 3000m M40 Mike Potter Salih Talib

60m Hurdles M50 Jim Brown High Jump M30 Kimiko Naka Joe Kakuta

M50 Dave Friedr Gerard Dun M60 Gerard Cou Pole Vault M50 Gerard Dun Don Severn

M60 Jeff Tindell Long Jump M40 Ralph Klepp Joe Williams W40 Dawn Best

Triple Jump M40 Rick Acker M50 Gerard Dun Dave Friedr Shot Put M40 Glenn Cirip M50 Sal Aoamo Rich Dunph

M60 Marty Eisne Ed Joyce Carl Lewis W60 Roslyn Kat W70 Anne Cirul

Weight Throw M60 Ed Joyce W60 Roslyn Kat W70 Anne Cirul Syracuse Ch Me Syracuse, I

55m M30 Dave Eat M40 Bill Morrow M65 Tom Fondy M75 Ed Cox W50 Irene Thon

800m M40 Michael Bc M45 Tim Ingall M50 David Bow Peter Harc Tom Daly Larry Broo

M55 Bob Nicho M60 Al Stagl M65 Kermit Cai Tom Fond Don Baum 1500m M30 Javier Mar M40 Michael Bc John Stine M45 Tim Ingall Dave Mille M50 Peter Har David Bov James Co Larry Bro M55 Bob Nich M60 Paul Stelr Al Stagl

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

**MAC Indoor Opener
New Balance T&F Center
NYC; Dec. 11**

400m	
M40 Tony Ringgold	58.63
M50 John Brooks	59.86
Don Hodge	1:06.67
M70 John Gleason	1:13.96
Tom Talbott	1:32.93
800m	
M40 Gerard Pearlberg	2:04.64
David Bynoe	2:11.13
Dave Zurheide	2:24.64
Thomas Schaefer	2:36.93
M50 Anthony Baker	2:45.40
John Saarmann	2:44.12
1500m	
M40 Jim Juliano	4:46:17
M50 Anton Brown	4:35:17
S Schallenkamp	4:46:60
Steve Perks	5:09.68
Harry Lichenstein	5:48.73
M60 Salin Talie	5:17.44
John Kuhl	6:06.88
Blaine Lawson	6:21.88
3000m	
M40 Mike Potter	11:30.27
Salih Talib	12:07.55
60m Hurdles	
M50 Jim Brown	9.88
High Jump	
M30 Kimiko Nakatake	1.56
Joe Kakuta	1.37
M50 Dave Friedman	1.22
Gerard Dunnes	1.22
M60 Gerard Counihan	1.42
Pole Vault	
M50 Gerard Dunne	10-0
Don Severn	10-0
M60 Jeff Tindell	10-0
Long Jump	
M40 Ralph Kleppan	4.17
Joe Williams	3.25
W40 Dawn Best	4.09
Triple Jump	
M40 Rick Acker	11.62
M50 Gerard Dunne	8.05
Dave Friedman	7.25
Shot Put	
M40 Glenn Ciripompa	8.88
M50 Sal Aoamo	10.78
Rich Dunphy	9.48
M60 Marty Eisner	12.00
Ed Joyce	9.70
Carl Lewis	8.79
W60 Roslyn Katz	7.30
W70 Anne Cirulnick	6.79
Weight Throw	
M60 Ed Joyce	9.52
W60 Roslyn Katz	9.59
W70 Anne Cirulnick	6.68

**Syracuse Chargers Indoor
Meet
Syracuse, NY; Dec. 11**

55m	
M30 Dave Eaton	6.6
M40 Bill Morrow	8.0
M65 Tom Fondy	8.2
M75 Ed Cox	8.9
W50 Irene Thompson	8.0
800m	
M40 Michael Boni	2:21.6
M45 Tim Ingall	2:25.8
M50 David Bowen	2:26.1
Peter Hardwick	2:27.7
Tom Daly	2:38.6
Larry Brooks	2:56.5
M55 Bob Nicholson	3:02.3
M60 Al Stagl	3:34.8
M65 Kermit Cadrette	3:20.2
Tom Fondy	3:21.2
Don Baum	3:58.2
1500m	
M30 Javier Martinez	4:23.7
M40 Michael Boni	4:44.0
John Stiner	4:47.4
M45 Tim Ingall	4:49.7
Dave Miller	5:12.9
M50 Peter Hardwick	4:50.9
David Bowen	4:57.0
James Cody	5:35.9
Larry Brooks	5:42.4
M55 Bob Nicholson	9:17.0
M60 Paul Stelmaszyk	6:38.9
Al Stagl	7:17.7

M65 Kermit Cadrette	6:14.6
High Jump	
M50 Tom Daly	4-8
Long Jump	
M30 Dave Eaton	21-1
M50 Rick Cansullo	14-7
M65 Don Baum	8-10
W50 Irene Thompson	14-0
Shot Put	
M40 Bill Morrow	8.87
M45 Mark Palmer	11.18
Mike Kinsella	10.01
Weight Throw	
M45 Mack Palmer	13.30
M55 Pat Lynn	13.26
M65 Gary Crawford	12.79

**Philadelphia Masters
Indoor Meet, Haverford
College, Dec. 11**

60m	
M35 Gerald Jones	7.5
M40 Gerald Crocker	7.6
John Ranalli	8.8
M45 Lovell Butler	7.4
Tony Fulton Sr	7.4
Steve Barlage	7.9
M50 Gary Leigh	8.0
Gary Arend	8.2
Kenneth Crawford Sr	8.5
M55 Bruce Campelia	9.0
M60 Fred Edelstrin	9.0
M75 Joe Granahan	10.9
W30 Jill Cypress Turner	8.1
200m	
M30 Henry Myers	26.5
M35 Gerald Jones	27.1
M40 Gerald Crocker	25.5
M50 Ed Price	28.2
Gary Leigh	28.7
John Maniglia	29.1
M60 Bob Fuhrman	32.0
W60 Barbara Leighton	37.9
400m	
M50 Russ Patton	1:00.6
M60 Bob Buhman	1:15.7
M85 George Blyn	3:31.0
W40 Lorraine Jasper	1:09.5
W60 Barbara Leighton	1:26.5
800m	
M40 Bob Rinkis	2:23.9
John Mooney Sr	2:29.4
M45 Chuck Shields	2:10.8
Pat Good	2:28.2
M50 Russ Patton	2:27.4
John Fulton	2:36.8
Dennis Mellish	2:42.1
M60 Rich Myers	2:41.2
Art Brown	2:58.9
M85 George Blyn	7:45.9
W40 Lorraine Jasper	2:37.9
W50 T Mullis-Dubow	3:33.2
Mile	
M30 Mike Padilla	4:34.1
Kyle Lanier	4:40.9
Neill Clark	4:49.8
M35 Joe Turchetti	5:54.3
Paul Sorrentino	5:55.4
M40 Gene Tung	4:48.1
Bob Rinkis	5:11.4
John Mooney Sr	5:29.9
M45 Chuck Shields	4:43.3
Pat Good	5:37.4
M50 Terry Permar	5:06.9
Nicodemo Ricci	6:42.8
M55 Dennis Mellish	5:50.7
Fred Dedrick	6:00.6
Richard Brown	6:21.7
M60 Rich Myers	5:37.3
Art Brown	6:19.4
M65 James Durkin	6:58.3
M85 George Blyn	15:46.2
W40 Lorraine Jasper	5:37.8
W50 T Mullis-Dubow	7:23.9
3000m	
M30 Kareem Lanier	9:19.4
Chris Carroll	10:45.8
M40 John Mooney Sr	13:25.6
M45 Chuck Shields	9:42.2
M50 Maurice Pointer	10:16.1
Joel Hoffsmith	10:17.2
Joe Kern	11:29.1
M55 Seth Bertmann	11:08.0
W50 T Mullis-Dubow	14:56.9
Short Hurdles	
M35 Rafael Suarez	10.2
M50 Jim Broun	9.4
High Jump	
M30 Geoff Shute	1.77
John Bocci	1.72
M60 Fred Riley	1.17

Long Jump	
M30 Geoff Shute	5.88
M40 Steve Barlage	4.70
M45 Lovell Butler	5.43
M50 Kenneth Crawford Sr	4.54
Triple Jump	
M30 Geoff Shute	11.60
M50 Krzysztof Kot	9.87
W30 Jill Cypress Turner	10.20
Shot Put	
M40 Edwin Lopez	11.46
M45 Jeff Woodward	9.33
Terence Moody	7.21
M50 Jay McKeen	14.86
John Mattel	12.59
Nick Helfrich	9.61
M70 Gerald Vaughn	14.91
W40 Heather Scanlon	9.09
Mile RW	
M45 Larry Schiller	8:08.9
M60 Joel Dubow	10:15.4
M70 William May	8:24.9
M75 Ed Gawinski	11:33.1

**MAC Holiday Classic
New Balance T&F Center
NYC; Dec. 30**

60m	
M30 Johnny Pittman	8.26
Jason Schmidt	7.58
M40 Tony Fulton	7.46
Keith Davis	7.57
Phil Bujalski	8.02
Dwayne Nemore Sr	8.75
Leon Winder	8.04
M50 Ty Lewis	8.22
Kennick Smith	8.27
Rockdale Hudson	8.31
M60 Roosevelt Weavey	9.22
200m	
M30 Jason Schmidt	23.91
M40 Howard Lindsay	23.61
Charles Weeks	23.91
Tony Ringgold	25.18
Ronald Davy	27.83
Ed Price	28.41
Charles Shirk	30.36
M50 Ty Lewis	26.64
M60 Ron Johnson	26.43
400m	
M30 Robert Thomas	50.22
M40 David Bynoe	53.64
Mitch Lovett	53.94
Keith Davis	54.35
William Marshall	57.06
Rick Pujalski	58.33
M60 John Kuhl	1:14.77
W50 Linda Piff	1:16.51
Wendi Glassman	1:24.10
800m	
M40 Dave Zurheide	2:30.74
Thomas Schaefer	2:44.50
M50 Tony Plaster	2:21.19
Anthony Baker	2:37.48
M60 Jonathan Teterly	2:38.50
John Saarmann	2:46.52
W40 Alisa Harvey	2:11.04
W45 L Chaplin-Swann AR	2:22.37
(Dee Dee Grafius/2:23.33/1996)	
1500m	
M40 Martin Fitzgerald	4:32.17
Ralph Sangaricq	5:42.08
M50 Joe Bolster	5:15.58
W40 Alisa Harvey	4:41.34
W45 L Chaplin-Swann AR	4:53.62
(Marge Bellisle/5:03.36/2004)	
3000m	
M40 Alfonso Polonia	9:18.44
Francis Burdett	9:25.79
Stuart Calderwood	9:51.22
Rich Angello	10:45.37
Mike Potter	11:25.54
M50 Steve Schallenkum	10:27.41
W40 Margot Sheehan	13:17.83
High Jump	
M30 Karl Hawke	1.82
Kevin McCleave	1.62
M40 Charles Shirk	1.32
M50 David Friedman	1.27
M60 Gerald Counihan	1.37
W50 Gloria Nash	0.97
Pole Vault	
M50 Donald Severn	3.30
Gerard Dunne	3.00
M60 Gerald Couniken	3.15
Long Jump	
M30 Chuck Lumio	6.33
Kevin McCleave	5.59
M40 Tamba Kurtequee	5.98
Charles Weekes	5.57
M50 Ty Lewis	5.10
David Friedman	3.43
W50 Gloria Nash	2.40
Triple Jump	
M30 Chuck Lumio	6.33
Kevin McCleave	5.59
M40 Tamba Kurtequee	12.92
Rick Acker	11.42
M50 Gerard Dunne	8.35
David Feldman	7.22
W50 Gloria Nash	4.28

Shot Put	
M40 Glenn Ciripompa	8.36
M50 Charles Roll	13.18
Joitn Maltot	12.46
Dennis Hanson	12.25
George Castelli	10.65
Rich Dunphy	9.10
M70 Pete Barker	10.26
W40 Oneitha Lewis	13.17
W60 Roslyn Katz	6.90
Weight Throw	
W40 Oneitha Lewis	15.97
W60 Roslyn Katz	9.91

**Upstate Holiday Classic/
USATF Niagara Indoor
Championships
Rochester, NY; Dec. 31**

55m	
M30 Keith Booker	6.62
Dave Eaton	6.96
M35 Otto Reinhardt	7.64
200m	
M30 David Jackson	24.70
M40 Keith Scott	28.03
Glenn Laderer	31.30
400m	
M35 Jeff Naylor	58.87
Otto Reinhardt	59.18
M40 Keith Scott	65.31
Mark Assini	68.39
W40 Gail Geiger	70.29
W45 Marilyn Zygo	74.84
W55 Carolyn SmithHannah	72.42
800m	
M40 Jerry Mangan	2:24.41
M45 Tim Ingall	2:26.85
Jay Ferrimani	2:39.67
M60 Herb Engman	2:42.66
Harry Luke	2:53.73
1500m	
M35 Jeff Naylor	4:45.96
M60 Herm Engman	5:31.45
3000m	
M30 Matt Tyler	10:22.09
M45 Gary Moore	9:41.25
Tim Ingall	10:26.92
Dan Sackett	11:09.39
M50 Tim McMullen	10:25.20
Peter Hogan	12:03.94
M55 Ralph Josephson	12:24.49
W45 Marie White	13:26.37
55mH	
M30 Keith Booker	7.74
4x400 Relay	
Genesee Valley Harriers	4:41.82
Masters Women	
High Jump	
M30 Thomas Boyber	5-3
Pole Vault	
M55 Tom Rauscher	10-6
Long Jump	
M30 Dave Eaton	6.37
Thomas Boyber	5.58
Shot Put	
W30 Dean Lichterman	9.93
Weight Throw	
M35 Jay Kovaleski	13.52
3000 Racewalk	
M40 Mike Rohl	16:35.74
W45 Sherri Stage	17:30.38

**Dartmouth Relays
Hanover, NH; Jan. 6**

60m	
M40 Rohan Stuart	7.65
Michel St Pierre	7.70
Jeffrey Morrison	8.28
M45 Michael Travers	8.09
Stuart Lord	8.50
M50 James Broun	8.21
Tucker Taft	8.26
Richard Clark	8.54
M55 Rick Parker	8.12
Lee Hess	8.24
Dennis Newton	8.26
Darryl Decker	8.32
Tom Cunningham	8.42
M60 Roger Pierce	8.20
Paul Gansle	8.93
Gary Snyder	9.19
M65 Dick Camp	8.70
M70 Dennis Melanson	8.71
Bill Wright	9.28
John Poley	9.29
Deke Conklin	9.84
Frank Brako	11.36
M80 George Steinmeyer	13.79
W35 Laura Barre	8.43
W50 Gail Johns-Rees	9.51
W55 Hillen von Maltzahn	9.50
W70 Mary Roman	11.64
200m	
M40 Rohan Stuart	25.05
Michael St Pierre	25.22
Jeffrey Morrison	28.73
M45 Gino Caro	29.86
M50 Charles Kelley	27.11
Tucker Taft	27.15

Roy Currier	27.91
M55 Rick Parker	27.47
Lee Hess	27.84
M60 Roger Pierce	26.66
Paul Gansle	29.77
Gary Snyder	31.72
Robert Chinchillo	32.89
M65 Dick Camp	29.42
Richard Croak	32.02
M70 John Poley	32.39
Frank Brako	42.32
M85 Bob Matteson	44.33
W35 Laura Barre	28.97
W50 Gail Johns-Rees	31.83
W55 Hillen von Maltzahn	33.42
W70 Flo Meiler	40.14
W75 Patricia Peterson	50.41
400m	
M30 Rick Elliott	56.25
M45 Calvin Carter Jr	57.82
Gino Caro	66.80
M50 Charles Kelley	58.46
Tucker Taft	59.75
Roy Currier	61.61
M55 Charles Kelley	58.46
Tom Cunningham	1:04.00
Dave Herrington	1:24.52
M60 Roger Pierce	1:00.09
Robert Chinchillo	1:11.53
M65 Richard Croak	1:17.86
M85 Bob Matteson	1:59.67
800m	
M30 Peter Byrne	2:09.14
M45 Tom Dalton	2:09.83
Jeffrey Collinane	2:12.89
Marco Tremblay	2:15.43
Stephen Linder	2:39.56
M50 Richard Clark	2:22.90
Bob Hodge	2:36.80
David Young	2:53.89
M55 Stephen Viegas	2:40.07
M60 Jonathan Tetherly	2:43.42
M65 Christopher Rush	2:45.13
Kenneth Skinner	2:59.10
Jerry LeVasseur	3:05.10
W30 Amy Mitson	2:42.57
Barbara Foster	3:07.55
1500m	
M35 Michael Smith	5:18.53
M40 Claude St Arnaud	4:24.23
Chip Langmaid	5:00.65
M45 Tom Dalton	4:22.86
Dan Collison	4:33.43
Robert Lane	5:23.18
Jeffrey Mader	5:24.30
M50 Richard Clark	4:51.56
Robert Oates	5:19.87
David Young	5:39.55
M55 Jeff Parkman	5:34.30
Johathan Edwards	8:23.20
M60 Frank Myers	5:32.16
Denis Rydjeski	6:20.23
M65 Bill Spencer	5:40.42
Christopher Rush	5:50.89
Kenneth Skinner	6:00.29
Eric White	6:06.78
Jerry LeVasseur	6:29.45
M70 John Harwick	8:22.70
M85 Dan Geer	11:49.17
W70 Mary Harada	7:01.73
3000m	
M35 Michael Smith	11:44.21
M40 Paolo Bentivoglio	9:25.78

M50 Frank Helmick	11:26.6
Jim Darr	12:33.5
David Gayer	13:04.3
M55 Jay Jacob Wind	13:30.2
W30 Tonya Dodge	10:45.2
W45 Y Anderson-Smith	16:45.6
1600m RW	
M50 Peter Blank	10:08.0
M80 Charles Boyle	11:15.0
3000m RW	
M60 Michael Schwed	20:06.0
M65 Sheldon Contract	21:01.0

SOUTHEAST

Florida Senior Games State Championships The Villages; Dec. 3-11

100m	
M50 Bo Longshore	12.45
M55 Bill Tharpe	12.84
M60 Ted Kaladi	13.44
M65 Raymond Lebowitz	14.52
M70 John Hurd	15.09
M75 Gordon Albury	16.50
M80 Ryan Beighley	25.44
M85 Seymour Duckman	19.82
W50 Jocelyn Lowther	15.18
W55 Shirley Jones	17.68
W60 Rosemary Uzzi	19.51
W65 Madeline Cazel	17.91
W75 Ethel Lehmann	17.93

200m	
M50 Bo Longshore	25.52
M55 Bill Tharpe	27.13
M60 Wayne Hansen	29.01
M65 Raymond Lebowitz	30.82
M70 John Hurd	32.01
M75 Gordon Albury	35.34
M80 Tom McDonald	47.10
M85 Seymour Duckman	43.57
W50 Jocelyn Lowther	32.34
W55 Susan Hill	39.25
W60 Rosemary Uzzi	42.60
W65 Madeline Cazel	38.34

400m	
M50 Fred Hendrix	1:04.35
M55 Bill Tharpe	1:03.72
M60 Lionel Bonck	1:06.85
M65 Frank Porcelli	1:20.24
M70 David Kaufmann	1:18.00
M75 Norman Meeker	1:24.86
M80 Tom McDonald	1:47.04
W50 Jocelyn Lowther	1:18.11
W55 Alice Kelly	1:26.97
W60 Carolyn Zelonis	1:30.94
W65 Madeline Cazel	1:33.06
W75 Ethel Lehmann	1:35.19

800m	
M50 Patrick Casey	2:27.84
M55 Kurt Stelzner	2:42.88
M60 John Shenk	2:36.60
M65 Frank Brume	2:42.76
M70 Herman Lofton	3:17.63
M75 Norman Meeker	3:25.53
M80 Tom McDonald	3:57.19
M85 Charles Futrell	6:29.29
W50 Jocelyn Lowther	3:08.41
W55 Alice Kelly	3:17.43
W60 Carolyn Zelonis	3:31.59
W65 Madeline Cazel	4:15.41

1500m	
M50 Patrick Casey	5:18.50
M55 Kurt Stelzner	5:55.90
M60 Wilson Strouse	6:26.48
M65 Frank Brume	5:54.46
M70 Donald Pratt	6:35.57
M75 Robert Williams	7:54.90
M80 Tom McDonald	8:14.05
M85 Charles Futrell	13:09.21
W50 Cindy Miller	6:44.13
W55 Alice Kelly	7:25.69
W60 Carolyn Zelonis	7:25.69
W65 Mikki Eddlemon	8:22.64

High Jump	
M50 Dan Pierce	1.60
M55 Lloyd Long	1.21
M65 Chuck Tosch	1.32
M70 Richard Lowery	1.37
M75 Larry Fleischman	1.21
M80 Gilbert Calcagno	1.01
M85 Seymour Duckman	1.01
W55 Susan Hill	1.01
W65 Madeline Cazel	0.96
W75 Ethel Lehmann	1.01

Long Jump	
M50 Bob Simons	4.82
M55 Tom Day	4.29
M60 Ted Kaladi	5.09
M65 Raymond Lebowitz	4.15
M70 Alan Raynor	3.69
M75 Norm Taylor	3.20
M80 Gilbert Calcagno	2.34
M85 Howard Hall	2.73
W55 Lorraine Travis	3.07
W60 Vana Reddy	2.31
W65 Madeline Cazel	3.00
W70 Alice Terrill	1.70
W75 Ethel Lehmann	2.67
Shot Put	

M50 Mark Ford	10.99
M55 Harry Lowe	10.75
M60 Richard Mitken	11.88
M65 Gary Winters	12.26
M70 Rudolph Houg	12.36
M75 Dean Davis	8.26
M80 John Gamble	8.57
M85 Seymour Duckman	6.52
W55 Neva Weisskopf	7.79
W60 Marie Panza	6.48
W65 Madeline Cazel	6.99
W75 Rosalie Lombard	4.53

Discus	
M50 George Robinson	31.85
M55 Robert Hume	43.40
M60 James Corcoran	37.51
M65 Gary Winters	35.94
M70 Rudolph Houg	41.45
M75 James McGillen	21.79
M80 John Gamble	27.50
M85 Seymour Duckman	17.47
W50 Neva Weisskopf	21.92
W60 Marie Panza	18.33
W65 Madeline Cazel	23.41
W75 Ethel Lehmann	48.01

Javelin	
M50 Matt McGillen	37.18
M55 Jim Ulrich	45.54
M60 John Rogerson	33.88
M65 Tom Harasti	36.67
M70 Frank Skvarek	35.96
M75 Larry Fleischmann	22.75
M80 John Gamble	20.16
M85 Howard Hall	18.94
W55 Shirley Jones	16.91
W60 Marie Panza	15.84
W65 Madeline Cazel	26.82
W75 Ethel Lehmann	23.31

5K RW	
M55 Tom Day	44:49
M60 James Corbeil	29:58
M65 Paul Cole	32:50
M70 Jack Rademaker	34:36
M75 Gus Ormrod	33:32
M80 Harold Covit	43:36
W50 Sandra DeNoon	32:57
W55 Marguerite Muller	36:34
W60 Sandra Hults	33:26
W65 Carole Sampsell	38:29
W70 Joan Toole	37:28
W75 Jeri McDonald	45:21
W80 Bess Grimm	42:25

8K Road Race	
M50 Vincent Fisk	20:48
M60 David Ohnsman	19:52
M65 Frank Brume	21:40
M70 Don Magyari	24:14
M80 Tom McDonald	27:53
M85 Charles Futrell	45:32
W50 Marilee Elias	30:01
W55 Alice Kelly	25:23
W60 Cheryl Klinzing	25:17
W65 Lynne Lauck	27:48
W70 Marilyn Walters	30:05

NTC Throws Meet National Training Center Clermont, FL; Dec. 10	
Shot Put	
M40 Scott Danbert	9.67
M45 Jose Ortiz	10.36
M50 Robert Holtz	11.26
M55 Kenneth Edward	8.35
M75 Luis Velez	6.05
Discus	
M40 Scott Danberg	29.57
M45 Jose Ortiz	27.25
M50 Robert Holtz	32.30
M55 Kenneth Edward	22.20
M70 Encarnacio Aponte	16.36
Hammer	
M50 Robert Holtz	39.30
M75 Luis Velez	24.03

Javelin	
M45 Jesus Virell	44.42
Jose Ortiz	43.60
M70 Encarnacio Aponte	15.06
M75 Sid Kiwitt	28.12
M50 Robert Holtz	39.46
Weight Throw	
M50 Robert Holtz	15.27
M75 Luis Velez	7.68
W45 Cindy Morrison	8.51

SOUTHWEST	
Louisiana Lightning TC Weight Pentathlon St. Amant, LA; Dec. 10	
Shot Put	
M50 Jeff Baty	11.36
M60 Vince Breaux	11.83
M65 Don North	9.49
M70 Milton Brady	8.23
M75 Jack Haller	7.85
M80 Robert Dew	4.25
M95 Trent Lane	5.68
Trent Lane (5k)	5.30

Trent Lane (6k)	4.83
Discus	
M50 Jeff Baty	38.86
M60 Vince Breaux	39.89
Richard Stagg	36.33
M65 Don North	31.72
M70 Milton Brady	24.14
M75 Jack Haller	20.14
M80 Robert Dew	9.59
M95 Trent Lane	13.45
Trent Lane (1.5k)	11.50

Hammer	
M50 Jeff Baty	39.66
M60 Vince Breaux	34.47
M65 Don North	26.55
M70 Milton Brady	24.87
M75 Jack Haller	17.75
M80 Robert Dew	11.99
M95 Trent Lane	13.75
Trent Lane (5k)	12.25
Trent Lane (6k)	9.38

Javelin	
M50 Jeff Baty	30.35
M60 Vince Breaux	39.78
M65 Don North	32.92
M70 Milton Brady	19.77
M75 Jack Haller	20.20
M80 Robert Dew	7.53
M95 Trent Lane	14.70
Trent Lane (500g)	16.00
Trent Lane (600g)	14.87
Trent Lane (700g)	13.85
Trent Lane (800g)	13.79

Weight	
M50 Jeff Baty	14.16
M60 Vince Breaux	14.90
M65 Don North	9.99
M75 Jack Haller	6.08
M80 Robert Dew	6.25
M95 Trent Lane (12 lb)	6.88
Trent Lane (20 lb)	4.80
Trent Lane (25 lb)	4.43

Superweight	
M50 Jeff Baty (35 lb)	10.32
Jeff Baty (56 lb)	6.56
Jeff Baty (98 lb)	3.14
Jeff Baty (200 lb)	1.26
M60 Vince Breaux (35 lb)	9.99
Vince Breaux (56 lb)	5.72
Vince Breaux (98 lb)	3.88
Vince Breaux (200 lb)	1.66
M75 Jack Haller (35 lb)	3.98
Jack Haller (56 lb)	2.58
Jack Haller (98 lb)	1.32
Jack Haller (200 lb)	0.29
M95 Trent Lane (35 lb)	3.39
Trent Lane (56 lb)	2.15
Trent Lane (98 lb)	1.18
Trent Lane (200 lb)	0.29

Weight Pentathlon	
M50 Jeff Baty	3126
M60 Vince Breaux	3774
M65 Don North	3180
M70 Milton Brady	2586
M75 Jack Haller	2359
M80 Robert Dew	1425
M95 Trent Lane	5436

WEST	
Sprint Pentathlon Honolulu; Nov. 27	
60m/100/200/300/400	
Phillip Oyape	46
8.2/12.8/26.5/46.0/67.5	
Allen Ng	57
9.4/14.7/31.1/49.0/87.4	
Jack Karbens	64
9.3/14.8/31.4/49.4/74.0	
Britta Staub	53
11.8/18.5/37.9/60.2/83.5	

LONG DISTANCE RUNNING	
EAST	
Pittsylvania XC Challenge Pittsburgh, PA; Nov. 12	
6K	
M35 Dan Holland	20:52
Dave Wilt	21:00
Randy Wilson	24:39
M40 Steve Garand	22:54
Jim Kaufman	24:25
M. Malgodi	25:28
M45 Jim Humphrey	24:36
Joe Alter	25:08
Jim McCarthy	25:43
M50 L. Zolkowitz	23:16
Dave Sobal	23:49
Bill Kanarek	23:55
M55 Dave Bowser	25:36
Bill Stroup	26:53
M60 T. Sheridan	37:49
M70 John Harwick	38:38

W35 W. DePiere	24:49
Lori Thomas	27:54
L. Falenski	30:27
W40 L. Patarini	27:09
Tina McQuade	39:41
W45 D. Hudak	31:22
W50 D. Kelly	39:41
Janice Boyko	40:20

Thanksgiving Day 4 Mile Portland, ME; Nov. 24	
Overall	
Kirby Davis	20:45
Kristin Barry	24:31
M35 T J Hesler	23:51
M40 Peter Bottomley	21:42
Randy MacNeill	22:41
M45 Ken Botting	22:57
Floyd Lavery	23:27
M50 Dick Graves	24:31
Rob Spaulding	24:32
M55 Jeff Baty	26:01
M60 Phillip Pierce	30:26
M65 Jerry Levasseur	31:45
M70 Art Warren	30:16
M80+Carlton Mendell	50:11
W35 Susannah Beck	25:35
W40 Kimberley Bonsey	27:24
Regan Hornney	28:10
W45 Jeanne Hackett	28:06
Sarah MacColl	29:43
W50 Deb Sawyer	31:13
W55 Nancy Miller	33:02
W60 Beth Branson	39:37
W65 Polly Kenniston	36:57

Gar Williams Half-Marathon Alexandria, VA; Dec. 3	
Overall	
Garth Terry 26	1:14:54
Jessie Sackett 26	1:27:59
M40 Ted Poulos	1:19:37
M45 Robert Johnson	1:24:41
M50 Steve Ward	1:18:30
M55 Jay Wind	1:38:37
M60 Pat Griffith	1:27:03
W40 Charlene Staats	1:50:08
W45 Bev Black	1:34:44
W50 Betty Blank	1:35:59
W55 Alice Franks	1:44:09
W60 Helene Price	1:55:18
W65 Tami Graf	2:14:23

USATF-NJ 10 Mile Championships, West Windsor; Dec. 11	
Overall	
Scott DeFilippis	52:07
Suzanne Huelster	62:40
M40 Ben Reynolds	55:08
Ken Rolek	57:41
Brian Crowley	57:44
Michael Los	59:16
Mark Lorello	59:42
M45 Peter Allen	58:19
Jose Guzman	1:00:00
Jeremy Stratton	1:01:42
Kevin Higgins	1:02:01
John Kane	1:02:46
M50 Charlie Slaughter	1:05:06
Thomas Fitzgerald	1:05:33
Lucio Gardona	1:05:43
Gary Peters	1:05:52
Richard Henderson	1:06:14
M55 Roger Price	1:05:18
Christopher Lehman	1:06:35
Bill Bosmann	1:07:43
Mitch Monchinski	1:08:26
M60 Bill Hagman	1:07:18
Doug Brown	1:07:45
Antonio Cruz	1:07:45
M65 Pat Cosgrove	1:11:34
James Leitz	1:13:12
John Leonard	1:19:18
M70 David Burke	1:29:39
Raymond Reddick	2:25:19
M75 Bill Welsh	2:48:33
Bill O'Brien	2:48:52
W40 Julie Corbin	1:08:27
Kathy Rocker	1:09:34
Lisa Wilhelm	1:10:25
Sally Simeone	1:12:47
Kris O'Grady	1:13:50
W45 Janice Morra	1:07:22
Jennifer Wheelodon	1:15:01
Jennifer Jones	1:21:45
Rene Rovtar	1:23:51
Martta Rose	1:25:02
W50 Jane Parks	1:15:38
Lynne Mortimer	1:18:34
Vera Stek	1:32:09
Denise Hinkle	1:33:25
Margaret McHale	1:33:59
W55 Betty Shonts	1:19:30
Christine Ange	1:27:07
Cande Olsen	1:30:04
W60 Eileen Holzman	1:26:58
Patricia O'Hanlon	1:28:30

Jane Van Eeuwen	2:05:23
W65 Dorothy Little	1:24:55
Imme Dyson	1:25:33
Doris Hafemann	1:52:37
W70 Shirley Pettijohn	2:20:26
Diane Stone	2:33:01
W75 Toshiko d'Elia	1:34:53
Patricia Tummy	2:43:30

NYRR Joe Kleinerman 10K, Central Park, NYC Dec. 11	
Overall	
Alene Reta 23	30:02
Alemtehay Misganaw 25	34:38
M40 Jorge Fernandez	33:33
M45 Alan Ruben	34:38
M50 Steve Calidonna	34:42
M55 Joseph Porcaro	39:05
M60 Douglas Escher	41:08
M65 Sidney Howard	45:45
M70 George Hirsch	47:07
M75 Kenneth Jones	55:17
M80 Leonard Scheer	1:23:48
W40 Glena Platinina	38:04
W45 Barbara Gubbins	39:33
W50 Marie Wickham	42:34
W55 Judith Tripp	48:55
W60 Marilyn Greeley Walsh	47:50
W65 Sandra Krystal	55:13
W70 Ginette Bedard	53:00
W75 Bertha McGruder	1:16:38
W	

Emily Strong	6:48.4
W60-69 S Burkinshaw	7:29.8
Julie Lockhart	7:35.0
Isobel Parke	8:51.6

NYRR Fred Lebow Classic 8K
Central Park, NYC; Jan. 8

Overall	
Matt Downin 28	26:01
Anne Kugler 37	28:02
M40 Antonio Martinez	27:35
M45 Oliver Knowlton	29:10
M50 Julian Alvarez	31:02
M55 Adolf Lawrowski	31:43
M60 John Samsel	32:12
M65 Pat Cosgrove	34:37
M70 Alfred Finger	36:25
M75 Kenneth Jones	43:59
M80 Sab Koide	52:55
M90 James Serafino 96	50:52
W40 Stephanie Hodge	30:53
W45 J Chodnicki-Stemm	32:15
W50 Chihiro Yamauchi	34:30
W55 Judith Tripp	39:14
W60 Mary Nathan	39:18
W65 Edith Jones	43:14
W70 Ginette Bedard	39:43
W75 Toshiko D'Elia	47:41

SOUTHEAST

St. Jude Memphis Marathon/Half-Marathon
Memphis, TN; Dec. 3

Marathon Overall	
Kassahun Kabisozz 22	2:16:48
Jenny DeWeese 27	2:49:11
M40 Gilbert Rutto	2:34:44
John Noblin	2:52:06
John Geiger	2:53:01
M45 Seth Denenberg	3:01:20
Richard Leiboult	3:10:10
Tim Pemberton	3:11:15
M50 Thomas Gaudette	2:59:44
Rob Sargent	3:17:23
Alberto Velasco	3:17:56
M55 Bill Grether	3:07:00
Dean Christensen	3:16:21
Rene Morales	3:19:35
M60 Terry Connell	3:24:40
Ron Duff	3:30:32
Kenneth Williams	3:34:57
M65 George Gowell	3:56:24
Neil Hall	4:05:37
Marv Bradley	4:15:09
M70 Roy Dagneau	3:48:39
Roger Wiley	4:54:47
Kent Mitchell	4:55:46
M75 Bob Dolphin	5:25:34
W40 Heidi Gotway	3:18:16
Elizabeth Durant	3:20:08
Carolyn Koszalka	3:20:33
W45 Becky Lowrance	3:20:44
Carol Wright	3:20:22
Brenda Walton	3:36:44
W50 Dona Lee Andrew	3:39:28
Bernita Lovelace	3:49:39
Lise Patterson	3:54:07
W55 Susan Diggonis	4:14:47
Paulette Brockinton	4:24:07
Jill Cutting	4:24:57
W60 Joan Scarlata	4:14:08
Kathy Ryan	4:32:23
Therese Jochum	5:05:40
W65 Carolyn Mitchell	6:00:23

Half-Marathon Overall

Paul Ngeny 27	1:04:43
Alemsehay Misganan 25	1:18:32
M40 Paul Aufdemberge	1:07:40
Brian Pope	1:13:09
John Piggott	1:14:03
M45 Greg Cauler	1:15:21
Karl Lenser	1:18:34
Kurt Lenser	1:23:28
M50 Jimmy Brigrance	1:22:59
Al Guevara	1:27:23
Larry Graham	1:18:23
M55 David Williams	1:23:47
Randy Taylor	1:29:11
Donald Williams	1:36:44
M60 Charles Sepko	1:38:04
Bobby Bomer	1:42:24
James Wright	1:44:51
M65 William Springer	1:40:26
Don Potter	1:43:48
Jim Kee	1:53:01
M70 Oscar Cook	1:51:31
Vernon Lange	2:16:07
Frank Ray	2:42:20
M75 Bob Hager	2:42:18
Bob Beger	2:58:51
W40 Deborah Tormeden	1:22:23
Zofia Wiscorkowska	1:25:55
Terril Cassel	1:27:51
W45 Margo Braud	1:29:37
Donna Smith	1:39:08

Kathleen Johnston	1:39:20
W50 Jennie Fields	1:34:54
Ann Eller	1:38:55
Judy Bauer	1:52:41
W55 Kathy Matthews	1:42:54
Ruth Wassinger	1:50:42
Debbie Stiles	1:56:20
W60 Marie Threadgill	1:47:57
Martha Young	1:58:51
Judy Bomer	1:58:55
W65 Jane Cox	2:59:09
Ann Modugno	3:10:46
Phyllis McCormack	3:11:16
W70 Joan Ingle	2:57:55
Angela Velazquez	4:11:15

Marathon of the Palm Beaches/Half-Marathon
West Palm Beach, FL
Dec. 4

Marathon Overall	
Simon Sawe 31	2:18:30
Tatiana Helovol 36	2:44:32
M40 Robert Klenk	3:04:16
Roy Ramos	3:08:24
James Dean	3:20:29
M45 John O'Connell	2:58:17
Frederick Dorsey	3:06:37
Learie Lezama	3:14:12
M50 Russell Wogan	3:02:30
Ran Fuoco	3:22:13
Michael Weintraub	3:30:33
M55 Ray Eck	3:29:34
Arthur Sarakas	3:40:40
Arthur Castellano	3:41:56
M60 Selino DeOliveria	3:37:37
Greg Chaconas	4:06:33
Raymond Kent	4:11:55
M65 Beniot Vasquez	4:09:36
Claudio Krickler	4:17:51
Dale Ruth	4:28:37
M70 Charles Powell	4:25:50
Peter Butler	5:31:31
Donald Taylor	5:32:06
W40 K Bruce-Bumbul	3:21:59
Stacy O'Connell	3:23:11
Victoria du Roure	3:30:24
W45 Cynthia Washam	3:31:39
Sarah van Leeuwen	3:48:25
Lisette Hilton	3:51:08
W50 J Farnung-Krause	3:44:03
Carol Hassell	3:50:06
Pamela Richardson	4:06:53
W55 Joy Hampton	3:37:38
Louise Heineck	4:25:29
Janet Casterton	4:30:36

Half-Marathon Overall

Samuel Ndereba 28	1:04:46
Tatyana Hladyr 30	1:13:03
M40 Joel Cardoso	1:19:14
Thomas Redmond	1:21:06
Eduardo Viera	1:25:00
M45 Phillip Walkins	1:17:35
Colin Ansine	1:18:54
Harrie Olisthoorn	1:20:18
M50 Mike Kodya	1:24:30
Tom Perona	1:26:38
Fernando Torres	1:26:50
M55 Robert Evera	1:29:54
Sal Barbera	1:34:44
Lou Battaglia	1:35:02
M60 Jerry Rosa	1:26:48
Robert Hendrick	1:28:50
Wayne Boynton	1:39:19
M65 Guy Ealey	1:38:52
Anthony Orofino	1:51:15
Wayne Layman	1:55:59
M70 Fitzroy Mark	1:58:46
Anthony Fabi	2:14:20
Ira Brotman	2:35:32
W40 Linda Cooper	1:33:53
Gaye Gould	1:35:02
W45 Deborah Wells	1:35:09
Fiona Bilodeau	1:35:09
W50 Pamela Geronemus	1:40:08
Carol Virga	1:40:57
Linda Dickens	1:48:34
W55 Sandra Dulin	1:42:22
Dottie Foster	1:53:01
Polly McFadden	1:53:51
W60 Kay Chernoff	1:54:50
Alicia Kelley	2:08:11
Dora Beasley	2:13:09
W65 Miri Oliveira	2:02:44
Marguerite Befumo	2:05:02
W70 Betty Beveridge	3:32:23
Mary Ganem	3:39:38

Carpet Capital 10-Miler
Dalton, GA; Dec. 10

Overall	
Michael Green 29	51:59.8
Kim Feather 36	1:03:50.1
M40 Louis Magee	1:04:27.8
Terry Jones	1:11:26.5

Derek Hooper	1:17:13.5
M45 Dirk Reaume	1:03:14.3
Dan McCormick	1:09:19.3
Jim Moore	1:21:01.6
M50 Kevin Kelly	1:06:11.7
Ken Howcroft	1:14:12.7
Joe Fulton	1:21:26.2
M55 Wes Wessely	1:03:54.1
Joe Lenahan	1:10:33.7
Hoyt Brown	1:15:23.3
M60 Larry Lascdy	1:21:18.3
Leslie Busch	1:55:51.0
Jim Hogan	2:02:36.0
M70 Clarence Hartley	1:31:09.7
W40 Christina Evans	1:06:38.4
Belinda Young	1:14:20.4
Katharine Trapp	1:16:29.5
W45 Lynn Pinyerd	1:10:20.5
Brenda McGovern	1:23:10.7
Lea Ann Pool	1:39:01.4
W50 Elaine Geiger	1:39:42.8
Kathy Bell	1:43:22.8
Jacqueline Childers	1:44:06.7
W55 Marlene Atwood	1:25:02.9
Sue Ann Brown	1:32:30.1
Linda Lamm	1:34:38.2
W60 Loretta Gascoigne	1:54:01.0
Linda Zeeman	2:09:43.0
W65 Patricia Coveny	2:16:43.0

29th Annual Rocket City Marathon
Huntsville, AL; Dec. 10

Overall	
Sammy Nyamongo 30	2:23:54
Jessica Bliss 26	2:51:09
Masters Winners	
George Dewitt 47	2:41:12
Lisa Veneziano 41	3:05:51
M40 Dewayne Satterfield	2:45:25
Todd Hamby	2:48:15
Joe Bowman	2:52:27
Andrew Jacobs	2:53:12
Mark Ledyard	2:55:22
Tim Lee	2:55:28
Marty Clarke	2:59:42
Keith Reynolds	3:01:19
M45 Larry Gutierrez	2:54:37
Michael Newberry	2:56:06
Jim Hoer	2:57:21
Wally Dunn	3:09:49
Mark Harbarger	3:10:09
Bill Meece	3:11:26
Felton Wright	3:12:25
M50 Rick Ventura	2:53:35
Bill Evans	3:03:17
Kevin Moats	3:06:09
Benji Durden	3:08:34
Giulio Pesca	3:09:22
Barry Edge	3:10:00
M55 Sherman Stanford	3:04:20
Ed Valentine	3:11:37
Daniel Barnhart	3:18:14
Gary Julin	3:23:44
Wayne Heckler	3:28:46
Dick Franklin	3:35:42
M60 Ken Brewer	3:15:27
Doug Everett	3:27:12
Bruce LaBudde	3:30:00
D Thomas	3:35:37
M65 Thomas Mayfield	3:23:47
Jerry Harris	3:46:34
Rodney Johnson	4:08:13
Bud Wissemann	4:20:27
M70 Bill Chubb	4:46:44
Charlie Gregory	5:04:34
Gordon Woodcock	5:05:12
W40 Barbara Holcomb	3:10:09
Sue Bozgoz	3:16:16
Kay Evans	3:19:01
Amy Barrow	3:25:20
Leigh Sisson	3:25:25
W45 Amy Barrow	3:25:20
Challis Gamble	3:27:03
Barbara Saunders	3:32:18
Jennie Rountree	3:41:43
Sherry Backstrom	3:42:17
W50 Sally Evenden	3:48:53
Sandy Hull	3:58:22
Donna Younger	4:03:13
Michelle Lybarger	4:11:51
W55 Sharon Patch	3:56:38
Caroly Mather	4:00:25
Linda Lazar	4:18:40
Autumn Perry	4:53:04
W60 Nancy Murphy	4:57:45
W65 Anne Park	4:23:33

Jacksonville Marathon & Half-Marathon
Jacksonville, FL; Dec. 18

Marathon Overall	
Henry Ongechi, 33	2:27:35
Jessica Kennedy, 28	2:55:48
Masters Winners	
John Metzgar, 43	2:39:29
Sue Abrahamson, 42	3:09:39
M35 Christian Primas	2:45:59

Michael Haney	2:49:12
Randy Zabukovec	2:55:46
Jim Julian	2:59:51
Daniel McCarthy	3:01:45
John Stein	3:01:58
M40 John Metzgar	2:39:29
Sean McCormack	2:45:21
Mark Sullivan	2:53:43
Joe McQuade	3:08:22
Brian Debraccio	3:08:21
Steven Johnson	3:08:57
M45 S Mark Courtney	2:54:10
Steve Devlin	2:56:55
Peter Cooper	3:04:18
Charles Moseley	3:05:26
Bill Dunn	3:07:18
Ken Klomp	3:15:05
M50 Lynn Harrington	3:00:06
Bob Kovell	3:11:33
Bruce Wundrack	3:12:55
Dana Peters	3:15:55
Ron Krochak	3:23:26
M. Montgomery	3:24:28
M55 Bruce Holmes	3:16:00
Jeffrey Hawkins	3:20:49
Bill Bickley	3:23:02
Ernie Chatman	3:32:46
M60 Ferris Fox	3:54:54
Frank Frazier	3:55:15
Rosaire Gagne	3:56:39
John Gillis	3:58:30
M65 Robert Pope	3:20:35
Andrew Kotulski	3:50:58
Eugene Ottersbach	4:09:11
Chuck Van Duzee	4:18:49
M70 Tom Ray	3:52:57
Robert Moffitt	4:37:49
Emery Jewell Jr.	4:42:37
Dick Green	5:00:42
W35 Sharon Hathaway	3:04:02
Denise Metzgar	3:17:17
Jennifer Davis	3:20:43
Terri Rejimal	3:23:32
Dianne Brennan	3:30:50
Sheila Sullivan	3:35:16
W40 Sue Abrahamson	3:09:39
Kathryn McAllister	3:12:09
K. Bruce-Bumbul	3:16:41
Denise Fairbanks	3:21:20
Laura Williams	3:30:30
Cheri Weiss	3:32:37
W45 Janet Omalley	3:27:08
Donna Logan	3:32:23
Kim Streit	3:36:38
Connie Boyajan	3:38:09
C. Matthes-Loy	3:38:40
Elisabeth Diamond	3:43:23
W50 Kit Doughney	3:43:22
Margaret Setinsek	3:56:33
Loretta Haycock	3:59:31
Kc Padget	4:15:15
W55 Deborah Long	4:46:03
Christine Merriam	5:11:02
Sharon Tucker	5:31:12
W60 Jane Hutchinson	3:27:38
Ginger Herring	4:24:38
Sandra Baker	4:40:03
W65 Virginia Farneman	5:41:33
Neil Rodgers	6:44:15

Half-Marathon Overall

Chris Banks, 27	1:09:46
Jaydene Reardon, 29	1:25:52
M35 Paul Drury	1:15:53
Donald Packard	1:24:40
Chuck Drayton	1:26:31
Erik Carlson	1:27:08
Jon Woo	1:27:39
William Keith	1:31:37
M40 David Presar	1:22:39
Michael McCulley	1:23:36
Michael Murphy	1:24:07
Dean Krueger	1:31:14
Peyton Godwin	1:33:09
Tom Cambron	1:33:26
M45 Gary Cohen	1:21:25
Frank Sutman	1:23:57
Chris Burns	1:27:00
Jay Herring	1:29:24
David Jones	1:29:48
David Delong	1:29:55
M50 James Rasch	1:22:32
Jim Garrison	1:36:15
Jim Hanson	1:36:36
Gary Testa	1:37:06
M55 Page Ramezani	1:25:41
Manny Toro	1:39:26
David Kelley	1:49:06
Danny Weaver	1:52:28
M60 John Stephens	1:35:51
James Derham	1:39:49
Harvey Warnock	1:46:34
M65 Hugh Wilson	1:51:44
Peter Rowe	2:01:33
Bob Kennedy	2:11:55
M70 Richard Dillard	2:09:36
Henry Ongechi, 33	2:27:35
Jessica Kennedy, 28	2:55:48

Disney World Marathon
Lake Buena Vista, FL
Jan. 8

Overall	
Adriano Bastos	2:19:43
Paige Higgins	2:51:35
M40 Michael Mollod	2:42:54
Michael Early	2:46:15
Andrew Greenidge	2:48:28
Harry Neynens	2:46:43
Mark Looney	2:47:27
M45 Ken Youngers	2:46:11
Steve Noone	2:46:46
Thomas Dever	2:58:53
Frederick Dorsey	3:04:09
Robert Gazzol	3:04:19
M50 S Mark Courtney	2:55:25
Boguslaw Maminski	2:57:17
Charles Sullivan	3:05:14
Ronald Seats	3:08:02
Ken Junkins	3:08:56
M55 Michael Coyne	2:55:05

Bain Head	1:38:27
Dawn Mitchell	1:43:14
Melissa Vetricek	1:43:44
Beatriz Zimmer	1:46:24
W40 Lynn Leonard	1:28:15
Shirley Pratt	1:38:08
Lisa Thomas	1:

Sandy Freund	24:59
Elizabeth Gross	25:27
W50 Joan McDonald	24:07
Barbara Sherman	25:28
Kathy Malishewski	25:46
W55 Maggy Zidar	23:09
Amy Warkenten	28:34
Karen Donaldson	29:45
W60 Veronica Coleman	29:14
Colleen Chandler	29:18
W65 Ellen Nitz	25:04
Cathy Armstrong	34:41
W70+Chris Swanson	30:14

Muncie Ten Muncie, IN; Dec. 11

Overall

Zach Ruble 23	57:11
Turena Lane 30	1:06:48
M40 Chris Long	1:14:42
Jim Odgen	1:15:54
M45 Gene Burton	1:33:32
M50 Greg Wilson	1:14:09
Jon Fischer	1:30:04
M55 Monte Hitchcock	1:13:34
M60 Lambert Deckers	1:26:52
M70 Lee Dye	1:26:54

HUFF 50K Trail Run Huntington, IN; Dec. 17

Overall

Brendon Moody, 24	3:55:49
Ann Heaslett, 42	5:10:39
M35 Steve Baugh	4:37:46
M40 Mike Henry	4:44:29
M45 Chuck Schlemmer	4:18:19
M50 Mike Alexander	5:15:10
M55 Doug Soliz	5:25:22
M60 David Hughes	7:14:59
M65 Bud Stiffler	8:01:53
M70 Eugene Bruckert	8:59:56
W35 Michelle Didion	5:24:10
W40 Ann Heaslett	5:10:39
W45 Nancy Kleinrock	5:33:15
W50 Janet Cole	6:38:17

Resolut Run 8K Flint, MI; Dec. 31

Overall

Ryan Desgrange 26	24:59
Melanie Schultz 22	29:14

Masters Winners

J D Pepper 42	29:09
Liz Hendershot 40	27:00
M35 Thomas Preiss	37:31
M40 J D Pepper	29:09
John Niven	29:23
Gary Brimmer	29:41
M45 Davi Gubert	30:03
Larry Gutierrez	30:47
Mark Dedow	32:54
M50 Jos Kerr	34:52
Gary Hanafee	36:29
Dave Patterson	36:33
M55 Victor Barkoski	32:50
William Hart	37:28
Rick Warner	38:39
M60 James Carlton	31:37
Tom Wascha	36:43
Norman Hart	38:28
M65 George Gawthrop	36:03
Bill Keller	36:53
Richard Wallen	36:59
M70 Jim Eldridge	41:49
W35 M. Lauderbaugh	32:33
W40 L Hendershot	37:00
Ruth Lara	37:13
Claire Dedow	37:47
W45 Marit JanseSchultz	37:34
Sandra Carlson	41:19
Annette Robb	42:36
W50 Jane Sanders	38:30
Eva Sanmartini	43:47
W55 Maggy Zidar	37:58
Janeen Dvorak	41:23
W60 Shirley Torrance	45:53
Joan Wascha	49:23
W65 Ellen Nitz	42:09
Cathy Detman	46:39
W70 Chris Swanson	50:54

SOUTHWEST

The Half Half-Marathon Dallas, TX; Nov. 6

Overall

Paul Ngeny, 26	1:04:37
Linet Chepkurui 17	1:16:22

Masters Winners

William Moore, 44	1:11:56
Margo Baud, 47	1:30:41
M35 Dave Matlack	1:14:45
Ernesto Caballero	1:14:49
Jose Castro	1:18:04
Ezequiel Rocha	1:19:17

Brian Schmidt	1:20:08
Shihui Mang	1:23:37
M40 William Moore	1:11:56
Greg Pace	1:19:14
Brad Krugler	1:21:12
Jeff Garber	1:21:49
Gary Anderson	1:22:01
Chuck Weidner	1:22:22
M45 Victor Salinas	1:24:26
Juan Castulo	1:25:30
Bob Scully	1:25:34
Dave Emerson	1:27:28
William Ibrahim	1:28:24
David Prodonovich	1:28:27
M50 Louie Romero Jr.	1:25:38
Bud Wilder	1:28:22
Ernesto Ozuna	1:29:53
Gus Kirby	1:30:58
Wally Manauah	1:31:17
Al Guevara	1:31:55
M55 David Holmes	1:27:42
Mike Fields	1:31:06
Jose Robledo	1:36:27
David Cromer	1:38:00
Ralph Phillips	1:39:45
Keith Wilmot	1:39:50
M60 Richard West	1:40:37
Thomas Beitinger	1:42:04
Eddie Patton	1:42:26
Steve Priestler	1:46:33
Ken Pipkin	1:49:17
Alan Davis	1:49:50
M65 Benjamin Mathews	1:41:06
Bill Blackburn	1:41:39
Jim Sampson	1:44:13
M70 Dick Doores	2:14:52
Dewey Fambry	2:22:47
Gasper Abene	2:25:11
W35 Jo Barton	1:25:22
Tonya Miller	1:27:44
Julie Platt	1:31:14
Cindy Connolly	1:34:08
Sally Moino	1:37:54
Angela Eusery	1:39:52
W40 Tina Skinner	1:38:19
Christine Muelle	1:38:24
Jungwon Ko	1:38:26
Kelly Huckelbridge	1:38:48
Gail Kaiser	1:40:03
Carolyn Trud	1:41:00
W45 Margo Baud	1:30:41
Sharon Urquhart	1:39:28
Mary D'Toole	1:40:20
Shelley Gluck	1:41:09
Christie Ramin	1:42:45
Patty Smith	1:45:19
W50 Linda Kelly	1:41:44
Sunao Saito	1:43:50
Kim Dennis	1:44:31
Diane Shomper	1:44:55
Ann Strawn	1:47:08
Dnese Fly	1:48:40
W55 Kathy Redfern	1:49:09
Norma Cousin	1:57:56
Ann Pennington	2:01:23
Sidney Reif	2:08:27
Bonnie McElearney	2:08:38
Susan Davidoff	2:10:00
W60 Barbara Sucher	2:11:27
Sharon Criswell	2:23:47
Louine Eisenbeck	2:46:28
W65 Joanne Barnes	2:34:46
D'Ann Riemer	3:08:39
Carol Lawrence	3:30:23
W70 Betty Forsvall	3:17:22
W75 Jan Richards	2:55:40

Sunmart Texas Trail 50K & 50M Endurance Runs Huntsville, TX; Dec. 10

50K Overall

Wendy Terris, 36	3:51:46.0
Ulrich Steidl, 33	3:07:47.2
M40 Jim Harrington	3:28:59.5
Mike Wasson	3:48:46.2
W Henderson	3:49:46.7
Gary Brimmer	3:55:58.3
Francisco Garza	3:59:30.5
Adam Jackson	4:20:29.4
Randy Miller	4:29:41.4
David MacAulay	4:38:31.3
M45 Kent Muhlbauer	3:54:38.6
Tim Twietmeyer	4:06:41.0
Ramiro Munoz	4:17:06.0
D Williamson	4:18:31.7
Pat Stephens	4:23:14.1
Peter Vahl	4:23:55.2
M50 Client Mericle	4:02:11.0
Larry Hall	4:08:13.9
Jay Hendrickson	4:11:24.9

Tommy Elde	4:32:11.5
Alan Hayes	4:33:42.9
Craig Jackson	4:56:22.5
M55 Raymond Bell	4:17:46.9
David Cole	4:59:20.0
Kenneth Royster	5:11:58.2
Paul Cooley	5:16:50.5
Edward Taylor	5:44:34.1
C Wilson	5:45:59.9
M60 Jimmie Jones	4:50:31.7
Ed Koplak	5:49:19.0
Peter Evans	5:57:29.1
Eugene Curnow	6:04:58.5
Armando Ramos	6:10:40.1
M65 Larry Lindeen	5:09:59.2
Jim Romero	5:26:02.4
Adrian Wolford	6:29:32.0
Lee Miksch	6:33:40.7
M70 C Sabatine	6:29:26.6
Ray Boytim	6:59:31.1
W40 Dianna Shervay	4:38:00.1
Melissa Hurta	4:47:10.5
Jennifer Eble	4:58:11.5
Desiree Nowlin	5:01:02.4
Jean Perez	5:04:44.4
Mari Jo Hecker	5:07:05.2
W45 Suzy Seeley	4:35:59.4
Roswitha Carter	5:04:22.7
Bernie Steffer	5:28:02.5
Maria Hermon	5:32:36.7
Patti Muck	5:33:38.3
Marina Herrman	5:36:52.9
W50 Eva Luckey	5:01:08.4
Claire Secker	5:23:46.0
Charlene Janiak	5:35:23.4
Leslie Hale	5:35:35.6
Carole Uttecht	5:46:01.4
W55 Reenie Smith	5:56:14.1
Sue Yates	6:01:20.4
Dee Maynard	6:15:53.3
Patricia Totten	6:15:54.4
Dolores Manhoff	6:18:01.8
W60 Mary Dose	6:22:34.3
Mary Martinez	7:04:57.5
Ellen Vitro	7:34:15.4
Mary Ramirez	8:03:59.4
W65 C Shipman	10:21:14.1
W70 Vonda Adorno	8:37:59.4

Houstonian Lite 30K Sugar Land, TX; Dec. 11

Overall

Luis Armentaros 33	1:45:18
Heidy Lozano 42	2:04:48
M40 Francisco Perez	1:50:47
Agapito Gaytan	1:58:27
Matthew Nicol	1:58:57
M45 Rich Fredrich	1:54:29
Kevin Regis	1:57:06
Richard Peoples	1:58:19
M50 Joe Melanson	1:53:41
Steve Brammer	1:59:07
Scott Bounds	2:06:08
M55 Ted Traynor	2:04:44
Ty Schmalz	2:06:26
Ben Harvie	2:06:54
M60 Kenneth Ruane	2:13:49
Ignacio Ybarra Jr	2:21:02
Bill Boffner	2:32:07
M65 Don Bunker	2:25:29
Dick Esselborn	2:25:47
David Hinkley	2:26:48
M70 Orville Kremmer	2:54:59
Jim Healy	3:19:43
W40 Heidy Lozano	2:04:48
Caroline Channess	2:08:21
Jackie Connolly	2:20:40
W45 Suzanne Day	2:09:32
Pam Meaux	2:22:10
Sue Ann Bacheller	2:27:53
W50 Yong Collins	2:30:36
Patti Sears	2:42:51
Bonnie Blissom	2:46:46
W55 Karen Bowler	2:20:19
Alice Keelin	2:44:40
Susan Middleton	2:55:23
W60 Sandy Shehy	3:41:01
M Montgomery	4:09:55
W65 Ursula Spilger	2:58:52

Run for Your Life 8K Oklahoma City; Jan. 1

Overall

Jack Tracy 24	28:38
Kelly Rice 27	34:02
M35 Jorge Rangel	30:44
M40 David Wray	31:11
Pascal Demeyer	35:19
Mark Busick	35:52
M45 David Pisdello	35:19
Donnie Harris	36:04
James Butler	37:05
M50 Phil Townley	35:34
Mike Wendle	35:59
D C Mundene	36:17
M55 Bill London	36:22
Wm Hickman	42:55
M60 Ron Kuykendall	36:29
Franklin Willis	41:03
Jon Hulsey	42:05
M65 Jim Tabor	40:43
Bob Bish	45:57
M70 Don Smith	56:16
Michael Laing	56:20
M80+Lowell Green	55:59
Jack Recor	59:59
W35 Kristin Kilpatrick	39:37
W40 Mary Mikkelsen	42:46
Tamara McDaniel	42:47
Charri White	42:58
W45 Kathy Barkay	39:10
Jane Pace	40:44
Mary Hammer	40:50
W50 Marie Brashears	41:15
Joanne Jackson	43:04
W55 Trudy Calloway	43:52

Larry Fuselier 25K State Championships & 10K New Orleans, LA; Dec. 11

25K Overall

Brendan Minihan Jr 30	1:28:10
Leigh Ann Drye 35	1:56:00
Allison Moll 28	1:56:00
M40 Bryan Smith	1:28:45
Bill Plunkett	1:41:13
Pablo Labadie	1:49:58
M45 Tim Phillips	1:44:59
Graham Boyce	1:49:53
Randall Thompson	1:59:14
M50 Gregg Spyridon	1:54:34
Don Hauber	2:00:12
Jeff Gohd	2:01:12
M55 Richard Snow	2:02:31
Denis McCrea	2:09:47
M60 Larry Schlueter	2:06:23

M65 Bill Jennings	2:33:35
W40 Terrey Perrault	2:07:19
Tina Zellner	2:09:45
W45 Lisa Sirgo	2:44:00
W50 Lisa Williamson	2:28:02
W55 Tillie Clark	2:24:54
Marcela Salazar	2:32:00

10K Overall

Nolan Thompson 20	37:27
Stephy Leyoub 32	44:20
M40 Scott Hoxie	42:25
Nick Congemi	57:58
M45 J J Waguespack	43:02
David Regan	50:19
M50 Peter Weatherhead	39:20
Derrick Lee	41:10
Barry Creppel	45:06
M55 J Roger Brown	42:43
Rick Gremillion	51:30
M60 Hank Deblonde	49:25
Ron Williams	61:00
M65 John Rinco	56:10
Earl Allebone	70:01
W40 Donna Vrobel	45:30
Lisa Holiman	54:06
W45 Sue Rice	56:50
Pat Edmiston	60:41
W50 S Jacques	57:20
Marcia Finkelstein	58:53
W55 Sally Dufour	63:50
W60 Yvonne Thomas	49:53

50 Mile Overall

Michael Buchanan, 32	5:45:39
Kami Semick, 39	6:13:33
M35 Scott Dunlap	7:06:17
M40 Glen Redpath	5:56:15
M45 Ralph Richardson	8:03:02
M50 Joseph Swenson	6:47:33
M55 Tim Rollins	9:20:17
M60 Gene Weddle	9:11:10
M65 Tom Kaisersatt	10:55:09
M70 J. Schebriess	11:12:53
W35 Kami Semick	6:13:33
W40 B. Anderson-Abbs	6:33:31
W45 Karen Guenther	9:55:41
W50 Patty Dunn	10:36:30
W55 Dee Dee Grafius	8:07:25
W60 Barbara Elia	9:08:10

50K Overall

Harold Turner, 39	3:48:30
Kathy Welch, 52	5:00:15
M35 Harold Turner	3:48:30
M40 Eugene Tranem	3:55:22
M45 Marty Hoffman	4:06:54
M50 Paul Boucher	4:31:58
M55 Bob Sturgess	6:02:07
M60 Ron Peck	5:56:15
M65 Ron Vertrees	6:25:16
M70 Gard Leighton	4:57:44
M75 Dan Bagilone	8:36:15
W35 Therese Connoly	5:54:09
W40 Anu Singh	8:06:45
W45 Helen Hull	5:06:11
W50 Kathy Welch	5:00:15
W55 Bobbie Garcia	6:03:22
W65 Dina Talbert	6:44:45

30K Overall

Jason Harvne, 30	2:00:49
Trudy Nygen, 43	2:31:55
M35 Richard Ames	2:27:16
M40 Steve Alvarez	2:41:47
M45 Jim Miger	2:54:04
M50 Gary Campbell	2:31:35
M55 Steve Polansky	2:51:42
M60 Don Wilkison	2:57:04
M65 Glenn Millar	4:08:31
M75 Ray Piva	3:35:44
M80 John Keston	2:51:44
W35 Amy Frydenbend	3:28:31
W40 Trudy Nygen	2:31:55
W45 Jan Engelbrecht	2:41:45
W50 Mary Lou Lemley	3:24:50
W55 Brenda Tormama	3:22:55
W70 Margaret Craig	4:58:31
W75 Liese Rapozo	5:11:26
W80 Helen Klein	3:43:41

Death Valley Borax Marathon, Half-Marathon & 10K Death Valley, CA; Dec. 3

Marathon Overall

Luigi Marano, 36	2:51:40
Kara Roper, 24	3:32:09
M35 Luigi Marano	2:51:40
M40 Kevin Taylor	2:57:10
M45 Kermit Cuff	2:57:44

Linda Kessinger	48:06
W60 Sherri Perrault	60:43
W65 Kathy Moffitt	50:19

Texas Marathon Kingwood, TX; Jan. 6

Overall

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W40 Linda Webster	41:12
Claudia Campos	42:20
Rickao Takei	43:08
W45 Leslie Oliver	43:12
Marianne Fullove	44:09
Helen Cox	46:31
W50 Lindsay Folsom	44:11
Toshiko Kieley	50:32
Cheri Ackermann	53:45
W55 Yoko Eichel	48:15
Linda Swartz	52:04
Loretta Bronk	52:13
W60 Penny Tyree	50:56
Judy Gilbert	53:33
Fran Smith	53:36
W65 Marilyn Clark	58:08
Barbara Blinderman	74:37
Ellen Frost	87:03

5K Overall

Kevin Koeper, 27	15:06
Iryna Vashchuk, 23	16:52
M40 David Olds	16:01
Jose Ortiz	16:03
Ken Rickerman	18:40
M45 Jeff Snyder	17:52
Jose Quimbiulco	17:54
M50 Hugo Velazquez	18:49
Donald McMillan	18:51
Jeff Press	19:45
M55 Russell Stockard	19:46
Carlos Torthona	22:41
Adolfo Caruso	22:53
M60 Ron Hasegawa	25:34
Ed Tennis	25:46
Hugh Sauereman	26:04
M65 John Spivack	24:38
Ron Hecker	25:40
Lee Klein	26:16
M70 John Harper	24:31
Pete Newman	24:51
Gordon Gilliam	26:06
M75 Gunner Linde	26:01
Willie Baptiste	42:27
Joseph Curtis	54:37
W40 Lisa Davis	18:26
Annie Seawright	18:53
Nancy MacDonald	19:20
W45 Keena Carstensen	19:11
Lydia Salinas	21:08
Jeannie Thompson	23:34
W50 Georgette Gantner	25:06
Ludmila Bojman	25:14
Virginia Reyes	25:15
W55 Kathryn Balogun	23:43
Jeannie Cheung	25:04
Dyan Newberry	27:13
W60 Sharon Diemert	26:01
Lynn Walton	33:24
Glenda Gano	36:47
W65 Juanita Gonzalez	28:34
Helen Georggreion	32:05
Bette Wildfish	32:10
W70 Gudrun Naschak	36:43
Jane MacArthur	47:34
Jackie Silver	51:49
W75 Ruth Cole	38:21

Orange County Marathon/Half-Marathon Irvine, CA; Jan. 8

Marathon Overall

Albert Kiplagat 34	2:24:22
Magdalena Boulet 32	2:50:41
M40 Robert Leonardo	2:49:42
Maurro Santos	2:55:32
Jerry Prendergast	2:57:00
M45 Chris Clark	2:46:12
Ron Paquette	3:07:36
Andrew Bass	3:08:12
M50 Craig Bronstein	3:06:23
Richard Bouton	3:17:30
John Smith	3:23:02
M55 Mike Castaldi	3:14:12
Oscar Fricke	3:18:25
Jim Bechtold	3:26:24
M60 Robert Bulster	3:35:14
Dean Bachmeier	3:37:13
Douglas Carne	3:52:17
M65 Gamma Chavez	3:49:12
Juan Sobenes	3:56:37
Philo Short	4:11:10
M70 Jerry Jefferson	4:22:30
John Creel	4:29:50
Allen Warren	4:45:36
M75 Jong Sung Kim	5:17:52
M80 Edgar Driver	5:23:11
Sid Jones	6:59:21

W40 Nellie Toner	3:18:57
Nina Ames	3:26:37
Mari Russell	3:32:00
W45 Lorraine Rossberg	3:32:56
Patty Peck	3:38:54
Lisa Campbell	3:39:28
W50 Shawn Tittelfitz	3:59:17
Youngsook Kwon	4:18:09
Toni Miller	4:24:42
W55 Deborah Fischbeck	4:24:42
Ann Lister	4:27:59
Vidya Dixit	4:32:20
W60 Carrie Slayback	4:23:21
Julia Dunphy	4:50:46
Grace Hanover	4:53:24
W65 Mary Dugan	5:04:12
Vikki Richardson	6:24:10
Evelyn Tapla	7:24:07
W70 Virginia Lespron	5:52:14
Kathleen Callaway	6:19:19

Half-Marathon Overall

Carlos Carballo 23	1:07:31
Kathy Kobrine 39	1:23:16
M40 Kevin Broady	1:11:11
Jose Ortiz	1:12:11
Tereso Yanez	1:12:28
M45 Jeff Wong	1:21:15
Steve Schumacher	1:26:48
Peter Eggertsen	1:26:55
M50 Fred Arapmayiek	1:21:17
Brendan Gallaher	1:22:02
Carroll Pope	1:23:02
M55 Pete Boisineau	1:34:23
Donald Ocana	1:39:43
Rob Russell	1:40:44
M60 Hans Unger	1:47:03
Ian Malcolm	1:47:25
Michael Casagrande	1:50:03
M65 Don Watson	1:41:40
Tom Prendergast	1:57:06
Jon Barkman	1:57:38
M70 Joseph Bruney	2:10:31
Edward Salkin	2:12:29
William Chavez	2:15:56
M75 Richard Hochschild	2:09:59
M80 Robert Kay	2:33:38
Emelio Melilli	3:14:25
James Joy	3:50:11
W40 Marilyn Broady	1:29:23
Kathleen Evans	1:35:02
Sue Zihlmann	1:37:39
W45 Talya Nevo-Hacohen	1:36:43
Kathryn Gushue	1:36:44
Wendy Davies	1:39:03
W50 Elaine Rutkowski	1:41:28
Elys Gauger	1:42:46
Jane Gainer	1:46:14
W55 Myung Kim	1:42:27
Jeanie Leitner	1:46:44
Victoria Murphy	1:59:25
W60 Jane Dawson	2:19:28
Michelle Rojas	2:25:37
Judith Passy	2:25:39
W65 Marilyn Clark	2:05:18
Dorothy Strand	2:42:17
Joane Thomas	3:27:26
W70 Jeanne Fisher	3:29:03
Jill Andre	4:29:04
W75 Dorothy Joy	3:45:05
Stella Ungar	4:37:41

NORTHWEST

Winter Sun 10K Moab, UT; Dec. 3

Overall	
Bernie Boetcher	33:36
Emily Williams	41:04
M40 Ed Packard	33:48
M50 Art Rohr	41:04
M60 Robert Aby	43:58
M70+Carl Tenpas	59:06
W40 Sharon Duncan	44:19
W50 Lynn Alford	49:28
W60 Barbie Hartshorn	57:24

Jingle Bells 5K & 8K Eugene, OR; Dec. 10

5K Overall	
ZachSchneiderLynch	15:53
Heike McNeil	31:19
M40 David Yabusaki	28:36
M45 John Bowden	20:34
M50 Randy McLaws	23:58
M55 Tom Endersby	23:53
M60 Hollis Gunter	23:47
M75 Craig McMicken	31:07

W40 Darci Christian	23:51
W45 KathyMalekzadeh	27:15
W50 Marilyn Nippold	22:27
8K Overall	
Steve Laurie 25	24:30
Christina Doherty	28:14
M40 Marc Lyda	36:58
M45 Jerry Hammitt	29:40
M50 Ed Spinney	29:51
M55 Bob Hawkins	35:08
M60 Philip Dean	38:03
M65 Larry Williams	37:25
M70 Art Dietz	45:32
W40 Karen Louise White	33:43
W45 Kathy Ward	34:49
W50 Sandy Itzkovitz	40:43
W65 Jane Dods	47:42

Club Northwest Resolution 5K Seattle, WA; Jan. 1

Overall

Jose Garcia, 36	15:33
Sally Bergesen, 37	18:12
M30-39	
Jose Garcia, 36	15:33
Quoc Tran, 36	17:14
Scott Jurek, 32	17:37
Philip Grang, 33	18:40
Jeff Phillips, 35	18:41
Brendan Hyland, 38	18:42
M40-49	
Henry Wigglesworth, 47	17:05
Teal Hallstrand, 40	17:35
Lane Loland, 47	18:07
John Bitzer, 44	18:31
Pete Snell, 42	19:08
Robert Clark, 41	19:43
M50-59	
Jim McGill, 57	20:55
Eric Donaldson, 50	21:07
G Koski, 52	21:12
Randy Elde, 56	21:12
George Gullufsen, 52	22:17
Pat Winnenberg, 52	22:36
M60-69	
Dan Chasan, 62	22:29
Lee Parker, 69	24:19
Paul Thorndike, 63	24:21
Don Limuti, 60	24:50
Bob Holmstrom, 60	24:52
Rich Menzel, 62	26:23
M70+	
Robert Campbell, 70	33:37
Hugh MacMahon, 71	33:46
John Charles Payne, 70	42:10
W30-39	
Sally Bergesen, 37	18:12
Angela Mysliwiec, 35	23:21
Alexandra McCafferty, 38	24:36
Leah Jurek, 30	25:01
Linda Eckholm, 38	25:16
Janice Cagnolatti, 36	25:28
W40-49	
Colleen Newby, 40	21:50
Jacqueline Vanallen, 42	21:52
Wendy Jones, 48	23:24
F Carmichael, 46	24:23
Margaret Diddams, 44	24:23
Stacie Strong, 42	24:25
W50-59	
Aundrea Taplin, 55	25:13
Tristan Holmberg, 53	26:24
Dawn Brew, 51	26:34
Nurith St. Pierre, 54	27:01
Dee Knapp, 51	28:19
Kathryn Moen, 52	28:20
W60-69	
Judy Fisher, 62	24:18
Judy Groombridge, 66	32:51
Dianne Parkin, 61	32:52
Tylish Torpey, 61	35:18
F Popstosanic, 65	38:57
Janet Travis, 60	40:50
W70+	
Wilma Parker, 72	29:27

Run on One 5K Eugene, OR; Jan. 1

Overall	
Ryan Bak 25	14:57
Natalie Provost 21	19:26
M35 Ken Hoffman	20:30
M40 Pat Wagner	17:33
M45 Jerry Hammitt	18:23
M50 Ed Spinney	18:21
M55 Richard Maher	23:14

M60 Philip Dean	23:51
M65 Larry Williams	23:31
M70+Bill McChesney 77	27:57
W35 Jennifer Brennan	22:20
W40 KarenLouise White	21:23
W45 Jean Cordova	26:50
W50 Jana Rygas	23:55
W55 Kathy Anderson	29:28
W60 Christine Rush	34:59
W70+Jane Dods 70	29:34

INTERNATIONAL

WMA World 100K Championships, Bariloche, Argentina; Dec. 11

M35	
Mark Godale USA	08:28:10
JA Morales ARG	08:39:42
Roque Perez ARG	09:07:19
Dardo Segurola URU	10:01:40
Martinez S ARG	10:47:09
M40	
Jorge Rivero ARG	08:51:30
A Olivera URU	09:47:02
G A Sivori ARG	10:32:05
J A Uruzuna ARG	10:39:10
V D Moran CHI	11:13:33
M45	
J A Echenique ARG	12:00:00
L A Sabogal COL	12:18:05
J M Gramajo ARG	13:31:33
Craig Robertson USA	13:56:45
R L Bustamante CHI	14:23:13
M50	
Victor Biassi URU	10:36:05
Chris Frost USA	11:57:14
A R Aguero ARG	12:44:42
Ramón Arguello ARG	13:13:31
E Gonzalez ARG	13:47:04
M55	
Roy Pirrung USA	09:09:07
Les Michalak CAN	09:25:55
Alberto Erguiz URU	10:38:33
R H Herrera ARG	10:55:47
J M Mendy ARG	13:41:37
W35	
Katy Cotton USA	13:06:18
Laura Balestra ARG	13:41:58
W40	
A McIntosh USA	09:22:49
Cecilia Villacura ARG	13:03:20
W45	
Tania Pavev USA	10:00:08
W50	
AM SabidoGalera ESP	13:57:50
W55	
Dee Dee Grafius USA	11:25:46

RACEWALKING

Gran Prix #3 5K Central Park, NYC Dec. 11

Overall	
Leo Romero 22	24:47
Dana Vered 17	28:11
M30 Jussi Koski	25:21
M40 Bruce Logan	26:25
Alan Sangeap	32:51
M50 Vlado Haluska	26:36
David Lee	30:49
John Gersh	30:50
M60 Seth Kaminsky	40:47
M70 Daniel Pina	35:48
William Stein	38:20
Cervin Robinson	38:48
W30 Elanna Osdoby	30:46
W40 Maria Ferraro	32:31
Ora Kurland	34:01
W50 Luanne Pennesi	30:43
Elyse Mallin	33:23
Ruth Gersh	34:04
Barbara Shimasaki	34:12
Avery Ross	39:25
W60 Carolyn Brady	41:10

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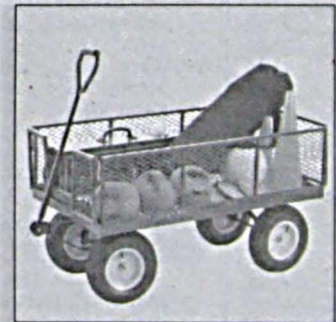
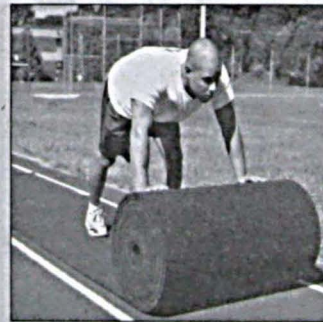
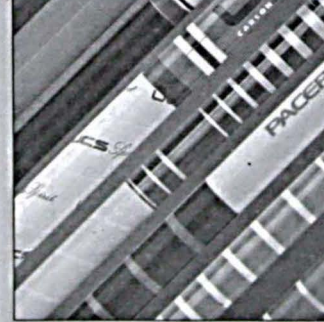
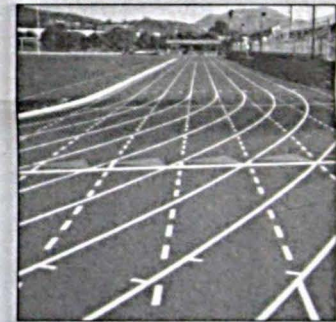
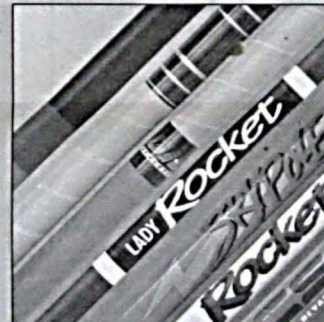
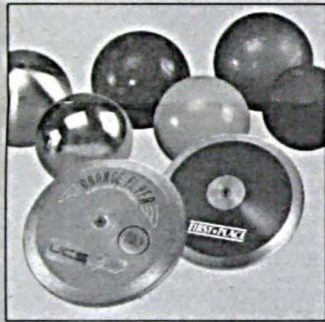
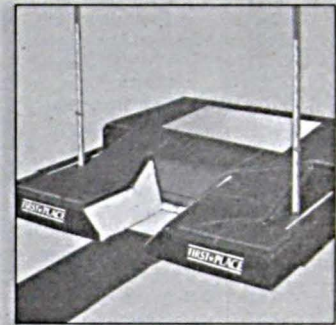
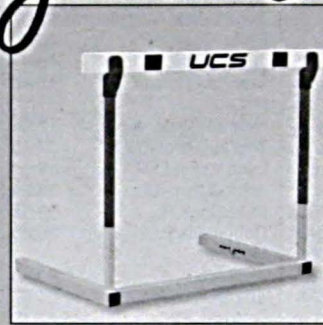
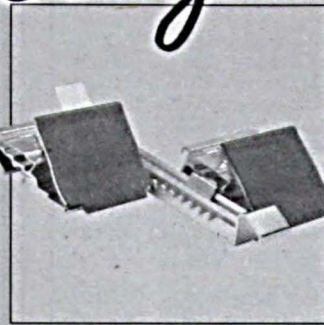
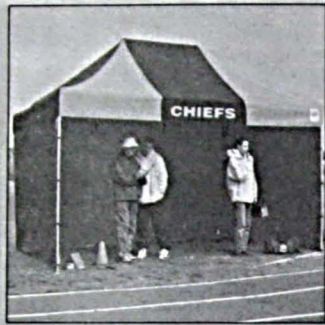
MIKE POLANSKY
The first three W60 finishers (l to r): Betty Horstmann (22:25); Sarah Pettinato (27:43); and Helma Clavin (28:13), with Ray Farrell, a partner with title sponsor Carter, DeLuca, Farrell & Schmidt of the Ho Ho Ho Holiday 5K, Bethpage, N.Y., Dec. 17.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - FEBRUARY 2006

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
ROBERT WEIR(US)	2- 4-61	45-49
JOY UPSHAW-MARGERUM(KAMUELA,HI)	2-24-61	45-49
DIMITRIOS KATTIS(GRE)	2- 5-56	50-54
ELMA BRONKHORST(RSA)	2- 7-56	50-54
NADJA IZVEKOVA(URS)	2-14-56	50-54
SUE NORTON(BOULDER,CO)	2-25-56	50-54
GARY HUNTER(FORT WAYNE,IN)	2-26-56	50-54
ANNIE BELLANGER(FRA)	2- 7-51	55-59
DENNIS BROWN(JAMAICA,NY)	2-16-51	55-59
BEATRICE WALDNIS(SUI)	2- 1-46	60-64
GERALD LANDZETTLE(AUT)	2- 8-46	60-64
MARLENE SIMMONDS(GBR)	2-15-46	60-64
ANGELLA HEARN(GBR-NEW YORK CITY,NY)	2-15-46	60-64
KJEL-ERIK STAHL(SWE)	2-17-46	60-64
MAGGIE GOVENDER(GBR)	2-17-46	60-64
HERB JOHNSON(LA)	2-18-46	60-64
PAMELA CALVERT(MANCHESTER,MD)	2-18-46	60-64
PERTTI AHOMAKI(FIN)	2-26-46	60-64
TOMOKO KANARI(JPN)	2- 3-41	65-69
SINIKA TOROPAINEN(FIN)	2- 3-41	65-69
DOROTHY BROWNE(AUS)	2- 6-41	65-69
INGRID SCHATTNER(GER)	2- 9-41	65-69
FRANK STRUNA(MISSOULA,MT)	2-12-41	65-69
MARGUERITA GIROUARD(FRA)	2-21-41	65-69
MATTI VUOREMMAA(FIN)	2-23-41	65-69
KEITH FORMAN(TACOMA,WA)	2-24-41	65-69
IRIS HOLDER(GBR)	2-24-41	65-69
LORI MAYNARD(REDWOOD CITY,CA)	2- 2-36	70-74
TONY BLUE(AUS)	2- 4-36	70-74
SHIELA SMITH(LOS ANGELES,CA)	2- 4-36	70-74
JEAN THEW(AUS)	2- 6-36	70-74
MYRNA SORENSON(ORANGE,CA)	2- 6-36	70-74
EDWARD JEFFERIS(RSA)	2- 7-36	70-74
MARY LOU BRADFORD(DALLAS,TX)	2- 8-36	70-74
EARL ELLIS(SEATTLE,WA)	2-10-36	70-74
FRED BEST(WESTFIELD,NJ)	2-17-36	70-74
JIM MOORE(CA)	2-23-36	70-74
KIMIKO KAWANO(JPN)	2-25-36	70-74
HENRY DAVENPORT(CHARLES TOWN,WV)	2-28-36	70-74
KEITH WHITTAKER(GBR)	2- 2-31	75-79
SID WING(WESTLAKE VILLAGE,CA)	2- 4-31	75-79
HERBERT MAIER(GER)	2- 9-31	75-79
ULRICH KAEMPH(LOS ALTOS,CA)	2-10-31	75-79
JACK ERICKSON(GRAND PRARIE,TX)	2-11-31	75-79
DENIS DEVALANCE(AUS)	2-15-31	75-79
NANCY TIGHE(NEW YORK CITY,NY)	2-	

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