

# NATIONAL MASTERS NEWS

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

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## Samuelson Leads Masters in Olympic Marathon Trials



JIM OAKS

Joan Samuelson, 42, near the halfway point, U.S. Olympic Team Trials Women's Marathon, Columbia, S.C., Feb. 26. She finished first masters woman and ninth female overall in 2:39:59.

by JIM OAKS  
COLUMBIA, S.C. – When an Olympic gold medalist is in the field – even if she is 42 – the other runners take note. This was the case as Joan Samuelson took her final strides before the 9 a.m. start of the 2000 U.S. Olympic Trials Women's Marathon here on Feb. 26.

Before noon, these runners would know that Samuelson was still competitive as she finished ninth overall in 2:39:59, the fastest trials finish for a master in the five trials races that have been held.

This trials race was different for Samuelson than in 1996, when she said she had come primarily to let her children get a feel for what she had experienced in 1984 when she won the trials race only 17 days after arthroscopic surgery. She then went on to win the Olympic race in Los Angeles later that year.

For the 2000 race, she had trained with all the intensity that her schedule of volunteering at her children's school

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JIM OAKS

Sixteen of the 23 masters women who qualified for the 2000 U.S. Olympic Team Women's Marathon, Columbia, S.C., Feb. 26 (seated, l to r): Sabrina Robinson, Suzi Morris, Lee DiPietro, Janice Ettle, Mary Burton, Marie Boyd, Julie Peterson; (standing, l to r): Maria Trujillo de Rios, Cindy Keeler, Marina Jones, Alice Thurau, Bev Docherty, Claudia Kasen, Angela French, Diana Fitzpatrick, Mary Knisely.

## First Saddleback Relays a Hit with Athletes & Media

by DOUG SMITH

MISSION VIEJO, Calif. – The inaugural Saddleback Masters Relays made its debut on Feb. 26 at Saddleback College, and, after two weeks of unusually heavy rains, the 200 participants were greeted with sunshine and 70 degree temperatures in the first meet of the season in Southern California.

The event had received more publicity than any other masters meet in recent memory, and the spectators who came to watch were not disappointed. Team USA set a U.S. record of 49:07 for the M60-69 4x100, by the foursome of Dick Richards, 65, Doug Smith, 60, Bill Knocke, 60, and Gary Sims, 62. They, along with Harold Tolson and others, have been invited to compete in Australia, Germany, and the U.K., as well as at various invitationals in the U.S.

Payton Jordan, 82, multiple-world-record holder in the sprints, received rounds of applause as he sprinted the 60m in 9.58, and set a pending single-age U.S. record in the 100 with a 16.09

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JERRY WOJCIK

Larry Stuart, top-ranked M60 for 1999 in the javelin. The new 1999 Track & Field Rankings Book is now available. See page 19.

## Tuttle Repeats in National 12K

by SUSANNAH BECK

John Tuttle, 41, Douglasville, Ga., repeated his 1999 win in the USATF National Masters 12K Championships held along with the Outback Distance Classic, Orlando, Fla., on Feb. 26, winning overall in 37:45. The time was well off his pending U.S. record of 36:12 here in 1999, but was fast enough to set a single-age record. Tuttle was ill several weeks prior to the race and had hoped to run comfortable five-minute miles; his 37:45 averages 5:02 per mile.

Kim Stein, 40, Orlando, was first

women's master in 49:37, good for fifth-place woman overall. Second place went to Kitty Sokoll, 50:18. Victoria Crisp, 47, Nashville, Tenn., fifth W40+ last year (47:03), was the first USATF-registered masters entrant, winning the W45 race in 51:16.

With temperatures in the 80s, records were no guarantee on this otherwise record-friendly course. Nevertheless, two pending age-group records and five single-age records were set. Jack Nelson, 60, Winnetka, Ill., ran a 43:34, well

Continued on page 8

## Masters Run in Open Championships

The great expanse of The Dome in Atlanta, Ga., March 3, was the setting for the first masters event ever at a USATF National Open Championships, when a group of six masters men and women ran a distance-handicapped 200 before a crowd of 11,000 spectators.

Announcer Bob Hersh set the stage by identifying each of the participants by lane and representation: lane 1, 200m (distance run), Tom Brewer, 53, Atlanta TC, national champion 400H, high jump, and sprint relay; lane 2, 188m, Sammy White, 62, Atlanta TC, national champion 400, triple jump,

high jump, and pentathlon; lane 3, 175m, Philippa Raschker, 53, World Elite Track Team, world's fastest woman over 50, world record holder 100 and 200, winner of the 100 and 200 in five masters world champi-

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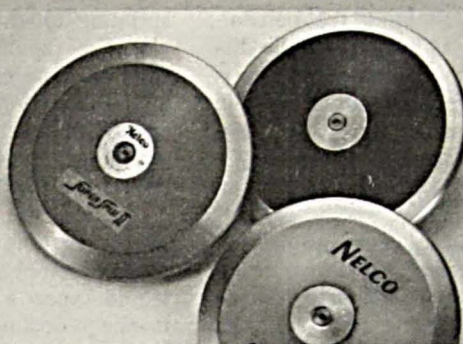


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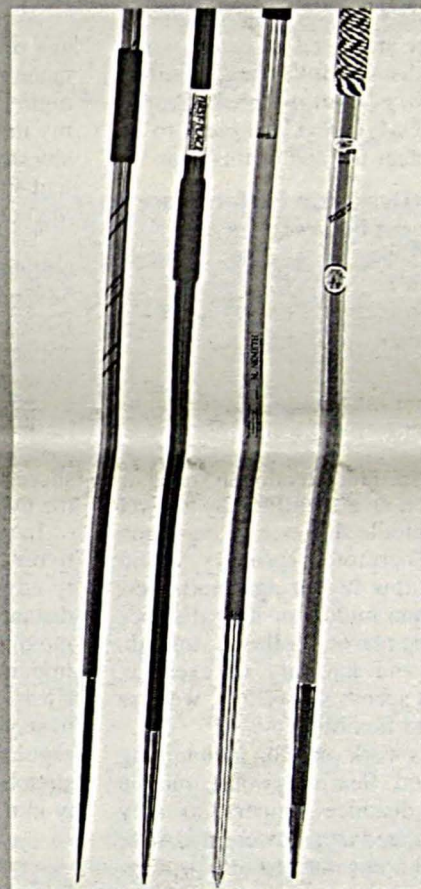
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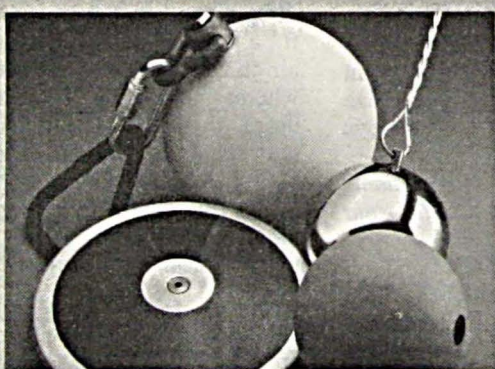
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### AGE-GRADING

I have the following answer to Bill Benson's interesting question (March NMN) about the reason for differences in age-graded performances between sprinters and middle distance runners. Bill noticed particularly for M75 and M80 results that sprinters generally are about 10% higher in age grading than middle distance runners. Sprinters usually are higher, as explained below. Of course, there are exceptions.

The WAVA age-graded tables do not lie; they are based on actual world record results. The following, based on these tables, is from my book, *Secrets of a World Masters Champion*, to be published near the end of this year.

#### Average Decline in Performance (Percent Per Year) vs Age

Event	35 to 65	65 to 80	85 to 90
100m	0.73	1.1	1.7
800m	0.88	1.5	2.8
Mile	0.94	1.5	2.7
Marathon	1.1	1.5	2.7

The table shows a more rapid decline in performance after about age 65 and then again about age 85. Also it shows that sprinters decline in speed or performance at a significantly slower rate than middle distance or marathon runners. Therefore, sprinters would normally show higher age grade percentages than middle or long distance runners. The reason for this is strength, flexibility and intensity of exercise. Strength is speed. As we age, we lose strength and flexibility.

Sprinters work more on maintaining strength and flexibility than middle and long distance runners so they decline in speed at a slower rate. Also, it is well known that to stay young,

intensity of exercise is more important than volume. Sprinters have it all, since 95% of their running training is intense, with regular weight training, plyometrics and lots of drills for flexibility. Only about 12% of the weekly mileage of middle distance runners is intense (e.g., VO<sub>2</sub>max, and anaerobic speed training) and usually with little or no weight training, no plyometrics, no drills, and less stretching than sprinters.

Admittedly, although the percentage of intensity is low for middle distance runners, the intensity mileage is high. I know I get plenty of intensity in my middle distance training. So intensity may not be as important as consistent strength and flexibility training in the comparison.

To support my contention that weight training and strength is a big advantage for sprinters, consider the throwers (shot, discus and javelin). It appears that activities involving muscular strength, such as the throwing events, slow the aging process, or at least delay the performance decline. I base this mainly on the many older successful athletes in these events at the Olympics.

In view of the above, it has occurred to me lately that there is some longevity advantage in moving down in race distance as I get older, rather than moving up in distance. Also, it is important to age slower than your rivals. All this indicates the importance to staying younger and living longer of regular weight training, frequent stretching, and maintenance of intensity in training.

Earl Fee

Mississauga, Ontario, Canada

Bill Benson in his letter (March NMN), hit part of the problem of the disparity between middle-distance runners and sprinters in the Age-Graded Tables when he used Rod Parker as an example, comparing Parker's 60m result with his 800 in the same meet.

No athlete in his prime attempts world records in those events; the two races are for different types of bodies. True 60m dashers have difficulty sprinting 200m. Their fast-twitch muscles fire rapidly and tire much the same as those of the cheetah. Masters athletes must recognize that nobody is created to do all the events.

Another consideration, in response to Benson's letter, is that the human entity does not age all at once. I lost my spring long before any other factors of competition were affected, I would expect a high jumper's performance to decline at a faster rate than a hammer thrower's, who I would expect to decline in performance at a slower rate than an 800 runner.

Part of the consideration when using the Age-Graded Tables is to recognize when and to what degree the factors used in preparing for competition deteriorate. Competitors in certain events should achieve results very near their prime results long after competitors in other events have noticed a sharp decline.

Let's enjoy masters competition whether for recreational entertainment or for elite achievement, but recognize that they have different expectations and different results.

Hugh Adams  
Clovis, California

### JAVELIN SPECS

I agree that the addition of the 500g and 700g javelins to the masters competition is undesirable. The added expense to the athlete, as well as expense and inconvenience to meet directors and officials, is considerable.

I personally would prefer throwing



GEORGE BANKER

Dick Good, second M70 (5:49:18), Washington's Birthday Marathon, Greenbelt, Md., Feb. 20.

the 800g javelin even at age 72. The 600g javelin that I currently throw (I haven't been able to locate a 500g) weighs only 75% of the 800g, but I find that I can only throw it 10% farther.

The 600g javelin has poorer aerodynamic characteristics than the 800g. This is primarily because the specs have been set so that the projected area relative to the weight is smaller for the 600g. Even with a throw of around 100 ft., a thrower can see the lift from the air on a properly thrown 800g javelin; whereas, the 600g throw of 100 ft. drops through the air without any noticeable air support. I expect the 500g javelin to be even worse.

Are there any other throwers out there who would prefer the 800g javelin for all ages of men?

Bud Held  
Del Mar, California

### OPEN CHAMPIONSHIPS

Running in the mixed age-graded 200 race, as part of the USATF Open

Continued on page 5

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Write On

Continued from page 4

Indoor Championships at the Dome in Atlanta, Ga., was one of the highlights in my track and field career. The size of the Dome, the expertise of the athletes and the acceptance of so many younger people, left me in awe. Also, it pleased me to once again cheer on Andy Bloom of the Albany area, winner of the shot put.

After the race, many competitors and spectators commented in a very positive manner on our race and ability. They hope to see future masters athletes compete during this kind of competition.

I thank USATF and Phil Raschker for arranging this exciting competition: I hope that other open meets will give us the same opportunity to be a part of their program.

Pat Peterson  
Albany, New York

HALL OF FAMERS

What a beautiful Masters Hall of Fame Award. I am most appreciative to you for the thought and efforts you have given to making this plaque a reality for those of us who were elected to such a high honor by our peers.

You may be sure the plaque will have a place of honor on my den wall to serve as a wonderful memory of all of our very special masters fellow competitors.

Payton Jordan  
Santa Barbara, California  
(Payton Jordan was elected to the Masters Hall of Fame in 1997 - Ed.)

I discovered the sport of running at age 55, so for 22 years, I've had success in accomplishing many goals. I have remained in excellent health as a result of the physical and mental preparation required to finish my events. The sport of ultra-running has been a great addition to my adult years. Therefore, I am deeply humbled by this great honor. My sincere thanks to all who helped make this happen.

Helen Klein  
Rancho Cordova, California  
(Helen Klein was elected to the Masters Hall of Fame in 1999 - Ed.)

FIFTEEN YEARS AGO  
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- Ian Hume Sets Four M70 World Records
- Christel Miller Sets Three W50 World Records
- Derek Vaughn, 40, Runs 4:13.8 Mile
- Barry Brown, 40, Runs 2:20:22 in Orange Bowl Marathon

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Open Division

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Master Women	1992	Sandra Mewett	57:56

Wheelchair Division (no hand crank's permitted)

Master Men	1999	Paul Erway	39:02
Master Women		N/A	

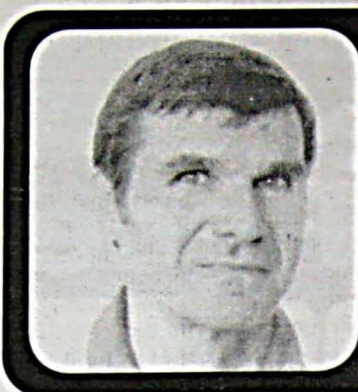
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## Third Wind

by MIKE TYMN

### The Old Man and The Road

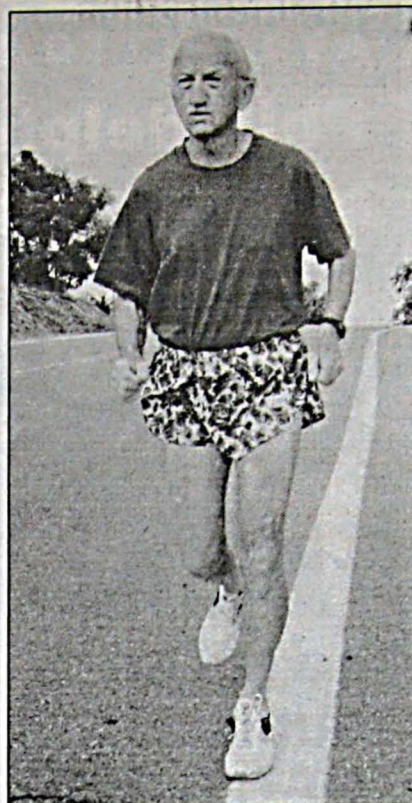
That's the title of Paul Reese's third book, just recently released. His first two books, *Ten Million Steps* and *Go East Old Man* were reviewed in this column. In his first book, Reese, now 83, told about his 3192-mile run across the USA in 1990, at age 73. After crossing 12 states on that adventure trek, Reese established a new goal – to run across all 50 states. He completed that objective on December 11, 1997, at age 80.

In *Go East Old Man*, Reese focused on the 14 states in the lower 48 west of the Mississippi that he hadn't crossed on the USA run. Those runs were done

(This is the 237th consecutive monthly column written by Mike Tymn in the National Masters News, a period covering more than 19 years. It is the longest writing streak in the running community. – Ed.)

between 1992 and 1996. Now, in *The Old Man and the Road*, Reese chronicles his adventures in the remaining 21 states east of the Mississippi, as well as Alaska and Hawaii. As with the other two books, this one was edited by well-known running writer Joe Henderson.

Reese begins with a confession. While running across the United States in 1990 and then doing the 14 states west of the Mississippi, he crossed the full length or width of each state. For the remaining 23, however, he chose



Paul Reese

the shortest routes he could find. "With energy ebbing after my 80th birthday, I sought the shortest routes across each of those 23 states," Reese, a retired Marine Corps officer and school administrator who lives in Auburn, CA, explains. "However, I did adhere to the criterion that the run be across the state from the boundary of one state to the boundary of another."

Covering all 50 states required 7646 miles of running, jogging, and walking, 558 days on the road (353 on foot), and 60,000 miles of motorhome driving with wife Elaine as the pilot and "cook, nurse, chaplain, companion, confidante, pit crew, and rooting section."

In addition to the running, jogging and walking, Reese, who recorded a 2:39:28 marathon at age 54, did quite a bit of mental meandering and musing, much of it set down in *The Old Man and the Road*. Here are some of his observations and meanderings:

**On passing an old folks' home in Vermont:** "There is plenty they can do to combat aging: exercise, think positive, have an agenda, exercise their sense of humor, have interests and ad infinitum. True, if we are lucky, we can't help getting much older, but we need to recognize the difference between age (biological, chronological) and aging (a surrendering of abilities and attitudes through inactivity, physical and mental)."

**On Being 80:** "I don't know what is par for age 80 – who does? – but I don't think I act, feel, think, move about as 80, albeit I've slowed down in a number of ways. My enjoyment of the riches of life, my appreciation of life itself is probably fuller now than ever, something the years have increased rather than diminished." (Reese doesn't mention that he is a "cradle robber," and that part of his secret is being married to an attractive

woman many years his junior.)

**On getting started in Wisconsin:** Today was typical of many days when I have to coax and cajole myself out the door to run. What, you thought I'm always bright-eyed and bushy-tailed just squirming to get out the door and run! Not so. But, conversely, never in the 34 years that I've been running, that I've pushed myself out the door, have I ever regretted that I went out. Simply put, I know that I am better for having run."

**On passing a jogger wearing a Walkman:** "How tragic that a jogger is missing one of the main benefits of distance running – that being the setting running provides for meditation and reflecting on life and for trying to solve problems. Invariably I find that my mind is more in gear, more active, when I am running than when I am stationary."

**On too much rest before New York:** "Traditional thinking would proclaim that after a few days away from running while driving to New York, I'd be strengthened and refreshed this morning. But that has rarely been my experience. Always after a layoff I find it difficult to groove back into running. I think it is called inertia."

**On Green Bay, Wisconsin:** "In all our 48 state crossings, we'd never stayed in one city so long. Enjoying ourselves, we would have been reluctant to leave except that after today we would be heading home."

**On being a 49er fan in Green Bay:** "All the while when on Packer turf and being aware of the rashness of Packer fans (e.g., dissatisfied with their coach, Dan Devine, they shot his dog!), we kept our 49er affiliation a secret."

**On turning down a ride in Hawaii:** "As we (accompanied by a friend) were reading a sign, a lady in a flashy red convertible stopped to ask us if we needed a ride. My guess, she was thinking: Two forlorn fossils, fugitives from the Shady Pines Rest Home."

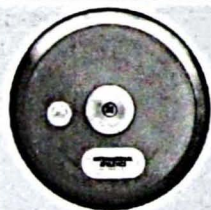
**On aches and pains in Mississippi:** "As I had the habit of doing throughout the USA run, I made several assessments of aches and pains. I philosophized that if I ran into trouble, it would first be joints, second because of bones, third because of tendons, and fourth because of muscles. The farther I got into this USA run, the more tired became muscles, tendons and bones, and the more apprehensive I became when a problem appeared."

**On difficulties in Ohio:** "With time I have learned that running, per se, is the easy part, the fun part. The land mines are the weather, careless drivers, inadequate running space, and the nuisance and demands of logistics."

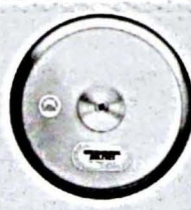
**On being labeled "the runner":** Running has been good to me. But there has been one negative fallout from it. That happens when I am personified or introduced as the runner – the inference often being that my world begins and ends with running,

Continued on page 7

## INTERNATIONAL ATHLETICS DISCUS



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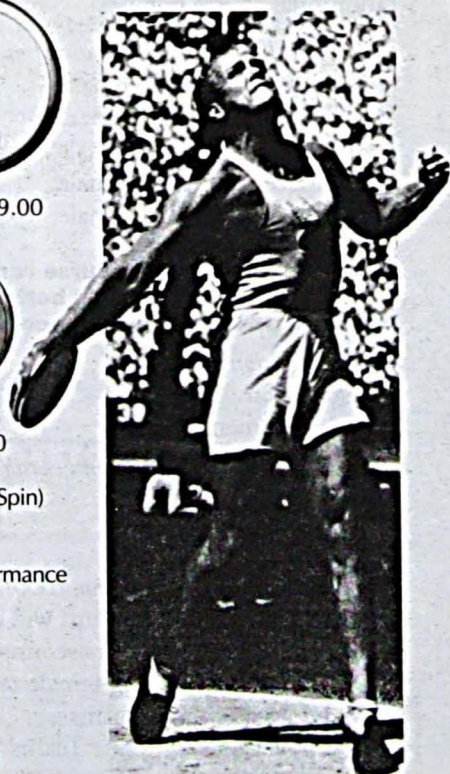
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## 20,000 Run in L.A.'s Wettest Marathon

Over 20,000 marathoners took to the streets of Los Angeles on March 5 despite a cold rain and wind gusts, described as the most unfavorable conditions in the 14-year history of



Judy Maguire, 41, first W40+ (2:58:21), Los Angeles Marathon, March 5.

the Los Angeles Marathon.

Two runners of all previous L.A. marathons agreed that the prolonged downpour was the worst rain they had ever run in. Larry Pollo, 43, Sierra Madre, Calif., said, "You wouldn't even go out for a training run in rain like that. We're just glad we finished." John Chin, 42, Arcadia, Calif., said, "It came down in sheets, and because of the cold, you stiffen up."

Judy Maguire, 41, Clearwater, Fla., seventh female overall and first U.S. runner, in 2:58:21, commented afterwards, "This was the most horrible weather I've ever run in. I feel really good about what I did."

Kenya's Mutisya Mbithi won the race in 2:11:55. Estonia's Jane Salumae was the first woman finisher in 2:33:33.

As usual, some of the winning age-group times were suspect. Officials were urged to review their checkpoints before issuing official results.

The race reached its limit of 23,000 entrants for the first time this year. The number of no-shows was undetermined, but with walkers, cyclists, and wheelchair racers added, an estimated 30,000 took part.

The bands, musical acts, and spectators that have encouraged runners at key spots along the course in past races were diminished by the weather. Only two of nine scheduled sound stages were used. Spectators who did brave the chilly weather said the turnout was a near record low. □

## Third Wind

Continued from page 6

that jockville is the extent of my depth."

**On running shoes:** "For the record, across every state this year I've worn the same brand and model of 8.5-ounce racing flats. Not training shoes, not heavily cushioned shoes, but racing flats - same brand, same model, four different pairs... I never wear socks with running shoes and, sockless throughout the trip, I got not a single blister."

**On being friendly to a child in New Jersey:** "I went past a five-year-old boy playing in his front yard. He saw my fanny pack and asked if I had a gun in it... About then (after showing him the contents) his father came out the front door, acted as if I were about to abscond with the kid as he rode to the rescue. Left me thinking, what a mixed-up world when you can't even be kind to a youngster without being suspect. Besides, the guy must be blind. Couldn't he see the halo around my head?"

**On Providence, R.I.:** "Nice town, but I wouldn't want to drive there."

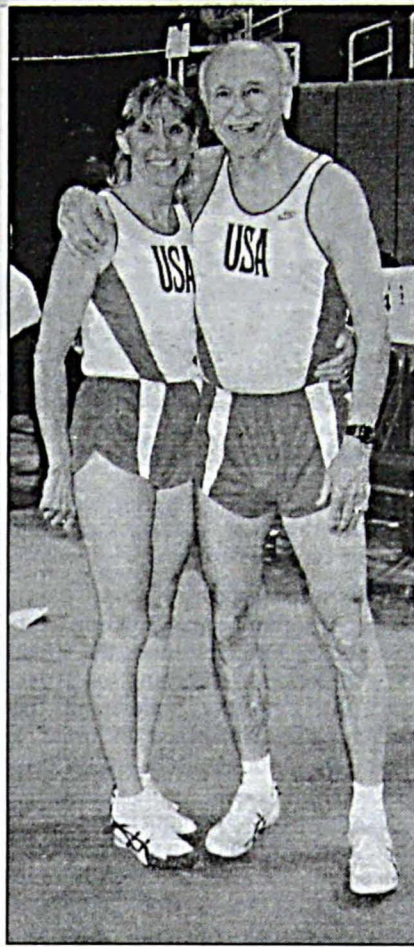
**On leg fatigue in Virginia:** "Around the end of the day, I found

my legs were lobbying for a rest. I suspected that the tiredness was not so much from running but from all the effort exerted jumping from the road onto the grass to avoid oncoming cars. The stop-go action was tiring physically, and agitating emotionally since the energy expended does not move me forward."

**On avoiding trucks in Indiana:** "A couple of times on the CB radio today Elaine heard truckers say, 'That old man on the road looks like he lost something.' Wrong fellows. The reason the old man had his back turned to you was to prevent dust and rocks you stir up from hitting him in the face and eyes."

**On happiness:** "...one key to happiness is for a person to find one thing he's good at, one thing he likes, then do it, concentrate on it, revel in it. God knows that Elaine and I have found a lot of happiness with such a simple thing as being out here on the road and coming to understand and appreciate this vast land with all its beauty and natural resources." □

*(If you're interested in purchasing a copy of Reese's book, send \$13, including postage to TOMATR, 308 Forest Ct., Auburn, CA 95603.)*



Jeanne Daprano, 63, and Bill Daprano, 73, two of the six masters who competed in a distance age-graded 200 in the USATF Open Indoor Championships, Indianapolis, March 3.

## Masters Run in Open

Continued from page 1

onships; lane 4, Bill Daprano, 73, 174m, winner of five gold medals in relays at three world championships; lane 5, Jeanne Daprano, 63, 158m, winner of three world championships gold medals, National Senior Games champion 200; and lane 6, 141m, Patricia Peterson, 73, Syracuse TC, holder of the indoor 400 world record and U.S. record in the 100, 200, and 400.

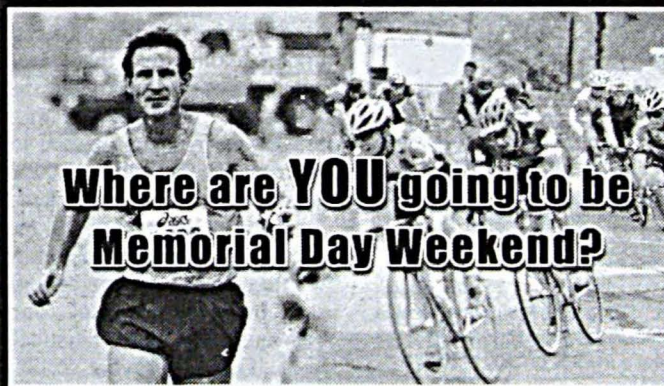
With exceptional speed and power, Raschker again showed why she is the premier masters sprinter in the world by winning with a 23.30. This could convert to a real time of approximately 26.56 for a full 200 race. She presently holds the W50 200 world record at 26.52.

The race was thrilling for both participants and spectators. Afterwards, the masters accepted the heartfelt admiration of the open athletes and an audience of all ages. The masters competitors appreciated the opportunity and support that USATF and the officials gave them. This proved to be a tremendous showcase for masters track & field.

Results: Raschker, 23.30; Peterson, 25.09; Brewer, 25.96; Jeanne Daprano, 26.06; White, 26.97; Bill Daprano, 27.10. □

## Special Masters News

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PAGLIANO'S PODIATRIC POINTERS

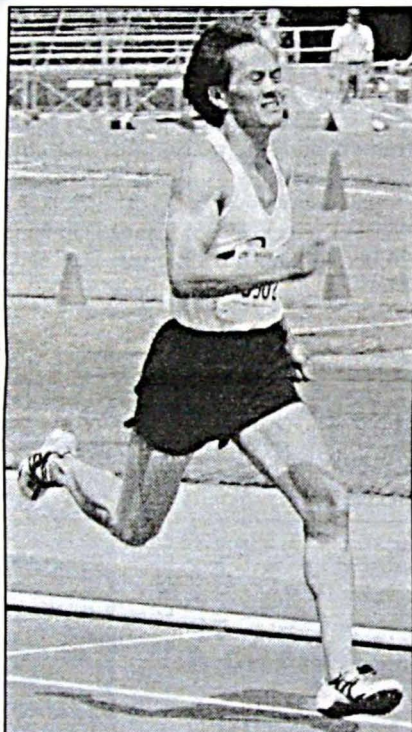
## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Pre-exercise Stretching to Avoid Injury

Those of us who write for NMN are always on the lookout for new and interesting investigative reports that deal specifically with masters track and field athletes. However, these reports are few and far between.

A current study appears to be of significance to the masters athlete. This was a randomized trial of pre-exercise stretching for lower limb injury. The authors are from the Physiotherapy Department, Kapooka, New South



JERRY WOJCIK

Harold Morioka, of Canada, M55 winner in the 100, 200, and 400, in the 1999 Hayward Masters Classic. This year's meet is on July 1-2.

Wales, Australia.

As a preliminary discussion, very few studies have addressed the effects of pre-exercise stretching on injury risk. We certainly understand that stretching is performed in order to warm up various muscle groups prior to exercise.

Essentially, the authors studied 1538 male army recruits who were randomly placed in stretching or control groups for a 12-week period. Both groups performed active warm-up exercises before their training regime; one group performed a static stretch, under supervision, for six major leg muscle groups, while the control group did not stretch at all.

The point of the study was to determine whether a typical program of muscle-stretching performed during the warm-up before exercise affects the risk of related injury.

#### Mixed Results

To make a long story short, and understanding that there are errors in any study of this type, the authors found that calf-stretching did not reduce the risk of selected lower-limb injuries. They found that typical pre-existing stretching protocol does not preclude a clinically useful reduction in injury risk. Their best estimate is that it would take an average of 260 hours of stretching to prevent one injury. Obviously these are statistical observations. They even went so far as to say



EVELYN WHITE

First place M60-69 Syracuse Chargers team (l to r): Sam Graceffo, Dan Cohen, and Raul Halbert, 1999 USATF Masters 5K Cross-Country Championships.

the value of stretching in other populations is probably less effective than in the army group.

The researchers did, however, point out that muscle stretches employed in the study may not have been sustained for long enough to produce sufficient physiological changes in the musculo-tendinous unit. As we know, most athletes, especially masters athletes, are reluctant to stretch when it detracts from our training time.

This study was performed in a 17-35-year-old army enlistment group.

The researchers also found that age was significantly associated with overall risk of injury and soft tissue injury and that injury was more likely in older recruits. But, let us not forget that other studies showed that there was no association between age and injury risk. Obviously, further research is needed.

#### More Mixed Results

Also, in the New South Wales study, the authors found there was no relationship between injury risk and the height and weight of the athlete. This is in contrast to our study (Pagliano, ACSM), which showed there was no association with height, but that certain soft tissue injuries were affected by the weight carried by the individual.

Fitness was also assessed and the authors found that the least fit subjects were 14 times more likely to sustain a lower-limb injury than the fittest subjects. The authors also wondered if aerobic fitness and running skill, bone mass, psychological attributes or strength may play some role.

So, that leaves us in a quandary.

Should we continue with our stretching program or wait until another study arrives that tells us stretching is mandatory? These studies are certainly interesting and give us food for thought. Hopefully, we can look forward to a similar study regarding pre-exercise stretching in the masters athlete. □



GEORGE BANKER

Jim Hage, 41, third master (31:42), 1999 Sallie Mae 10K, Washington, D.C. The 2000 Sallie Mae will be run on April 30.

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### National 12K

Continued from page 1

below Joe Powers' U.S. record of 47:27 in 1985. Barbara Miller, 60, Modesto, Calif., finished in 52:33. The W60 record is 53:52 by Joyce Gaskin in 1997.

Single-age record setters were Tuttle; Paul Heitzman, 69, 52:08; Bart Ross, 77, Casselberry, Fla., 64:04; Shirley Matson, 59, Larkspur, Calif., 51:43; Frances Bolson, Ocala, Fla., 71, 96:04; and Angela Saldana, Cocoa Beach, Fla., 72, 77:53.

Tuttle was not the only runner to repeat as division winner. Willy Moolenaar, 59, Indiatlantic, Fla., took the W55 race again, in 65:04. Mary Melehan, 66, Englewood, Fla., defended her W65 title with a 68:38.

Nelson and Tuttle were both in the international-class 90% age-graded level.

Outback's major co-sponsors included Home Depot, Coca-Cola, Foster's Beer, and Miller Lite. □



## Olympic Trials

Continued from page 1

and other parental duties would allow. Although she had not recently raced to check her fitness, her statements at Friday's pre-race press conference indicated she was ready to race with anyone in the field. However, she kept secret a recent injury until the race was over.

Samuelson was not the only master in the field with previous Olympic experience. Marie Trujillo de Rios, who turned 40 last October, had represented Mexico in the '84 Games before obtaining U.S. citizenship in 1988. This would be her fourth time to run the U.S. Trials race as a qualifier. Before the race she commented that it might be her last chance to represent the U.S.

Samuelson and de Rios were two of a record 23 masters who had qualified for the trials by running faster than the two hours, 50 minutes standard, although six of the 23 had qualified before their 40th birthday. The fastest qualifier at 2:35:44, Kim Jones of Boulder, Colo., encountered an injury during the three weeks leading up to the race and was forced to withdraw from competition.

That left Marie Boyd, a surgical pathologist from Albuquerque, N.M., as the lowest-seeded master (No. 17) with a qualifying time of 2:39:44. Boyd also had the most qualifying times, having run three marathons under 2:44 in 1998 and four under 2:45 in 1999. One of those had been a 2:44:16 at the IAAF World Championships in Spain last August as a member of the U.S. team.

A total of 209 women had qualified for the race, but 40, including masters Jones, Cindy James and Mary Burns-Prine, withdrew before the start. This left a field of approximately 170 runners on the starting line. Although all the women celebrated the joy of being able to participate, they were concerned since the temperature was already in the high 50s. The warm weather, which would climb into the 80s by noon, would add to the difficulty of the top finishers meeting the 2:33 Olympic A Standard and would make the morning's run more difficult for all.

Samuelson, de Rios and Mary Knisely, Naperville, Ill., the second youngest master in the field, fell right in with the lead pack from the start. They were through the first mile in 5:48. During the second mile, Samuelson shared the lead with some of the younger runners as they tried to establish a pace (sub-5:50) that would bring them home under 2:33.

On a downhill stretch in the third mile, de Rios took the lead for a few hundred meters and the front pack of about 20 runners went through the 5K in 17:50. At that point, two younger runners, Anne Marie Lauck and Kim Pawelek, pulled away, but Samuelson remained with a chase pack, as de Rios and Knisely dropped back slightly. By mile-8 when the course returned in the opposite direction from where de Rios had led, the runners were showing signs that the heat was already taking a toll.

By mile-10, Samuelson, the last hope for a masters qualifier, had faded back from the chase pack. From there it was a matter of holding on for a respectable finish.

As the race neared the half-way point, Samuelson still led the other masters by about two minutes, with Knisely running second, followed by de Rios and Jane Welzel, one of four masters who were attempting to complete their fifth trials race.

Samuelson led the masters through mile-20 at 2:00:20. De Rios had moved into second at 2:02:17 and Knisely was third at 2:02:59. Boyd had moved up to fourth at 2:04:57 and Alice Thurau, the top master from the 1996 trials race, was fifth at 2:06:18.

These runners maintained their position for the remaining 6.2 miles of the race as Samuelson crossed the line ninth overall in 2:39:59, just two seconds back of top seed Libbie Hickman. De Rios was next in 2:42:10, then came Knisely (2:45:18), Boyd (2:45:51), and Thurau (2:46:41).

After the race Samuelson revealed that only she, her family, and her doctors knew that she was running with a cortisone injection in her lower back, given three days before the race to relieve a two-week injury problem.

"Two weeks ago I began to lose feeling in my left toes, and my left foot was just flapping on my runs," Samuelson said. "I flew from Maine sitting on an ice pack."

Although choking back tears at the finish, Samuelson was happy to have finished in the top 10, and was impressed by the way Susannah Beck, also a Maine native, had recovered from a fall and continued the race to finish fourth overall.

"I'll tell you, when Susannah went down in the pack about mile-7, I've never seen such guts in my life," Samuelson said. "So I thought if she can get up from that, I can keep going. I just tried to survive out there."

Although de Rios led the race early, she knew she was not capable of a 2:33 time and, considering the hot weather, was happy to finish in the top 15 and join Samuelson as the only masters to win open prize money at the trials. She collected \$6500 for her 12th place finish.

ish. Samuelson won \$11,000 for ninth.

De Rios is looking forward to more competition as a masters runner. This was her second race since turning 40. "I plan to run Boston and maybe some other marathons," de Rios said. "But I don't plan to run a lot on the masters circuit. We have a 10-month-old daughter and I don't plan to travel a lot on weekends."

The other masters finishers, with their place among the 141 finishers, were: Julie Peterson, #43, 2:49:29; Lee DiPietro, #59, 2:52:39; Diana Fitzpatrick, #60, 2:52:48; Sabrina Robinson, #68, 2:54:10; Claudia Kasen, #74, 2:55:19; Mary Button, #87, 2:58:13; Angela French, #112, 3:01:38; Jane

Welzel, #126, 3:04:44; Marina Jones, #136, 3:12:17; and Janice Ertle, #139, 3:22:52.

The 23 masters qualifiers this year compared to 15 in 1988, 12 in 1996, seven in 1984 and six in 1992.

Marina Jones became the second oldest runner, at age 48, to complete a trials race. The record is held by 54-year-old Sister Marion Irvine from the 1984 race.

Peterson, Bev Docherty, Welzel, and Ertle are the only women who have qualified for and completed all five trials races which have been held since 1984. French is also a five-time qualifier but she missed finishing one trials race. □

### BIRMINGHAM TRACK CLUB CLASSIC

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AGE DIVISIONS	Masters (Age 30 and over) men and women will compete in five year age groups. Open and Youth (18 and under).
ENTRY FEES	Entries must be postmarked by June 2, 2000 1 \$10 first event 2 \$ 5 each additional event 3 \$10 each relay 4 \$25 Mini Decathlon (one medal) Late registration (Including day of meet, one hour prior to running events) 5 \$10 per event 6 \$20 each relay
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TRAK SHAK AWARD (3) Top Age Graded Track and top AG Field performance. 6 TOP OPEN 4 X 400 RELAY Time

SCHEDULE OF EVENTS (Women run first, followed by men, older to younger, Police & Fireman) 09:00am, 10:00am

NAME \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ USATF# \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ street \_\_\_\_\_ city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ telephone \_\_\_\_\_

PLEASE READ AND SIGN - I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. In consideration of the acceptance of my entry, I for	EVENTS ENTERED	BEST MARK 1.
	_____	_____ 2.
	_____	_____ 3.
	_____	_____ 4.
	_____	_____ 5.

myself, my heirs, devisees, executor, administrators and assigns and hereby release and discharge any and all claims against BTC: Hoover HS, the TRAK Shak, the Knights of Columbus, agents, or representatives arising out of my participation in the BTC Cla

ENTRY FEE 1ST EVENT \$10.00 \_\_\_\_\_ EVENTS X \$5.00 Mini Decathlon \$25.00 \_\_\_\_\_ RELAYS x \$10.00 \_\_\_\_\_  
 TOTAL FEE ENCLOSED \_\_\_\_\_ MAIL TO: BTC - Gordon Selfert

1514 Ridge Road Birmingham, AL 35209 MAKE CHECK TO BTC CLASSIC

etc. The Releasee further agrees to abide by all the decisions of the Race Committee regarding rule and eligibility requirements. Releasee further agrees to release and hold harmless the BTC. Athletes who participate in this competition may be subject

to formal drug testing in accordance with USA T&F Regulation 10 and IAAF Rule 56. Athletes found positive for banned substances, or refuse to be tested, will be disqualified from this event and future competition. Call USOC at 800-233-0393 for informat

ion regarding some over the counter medications containing banned substances.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Guardian for minor

ON-LINE REGISTRATION - WWW.ACTIVE.COM

### TEN YEARS AGO April 1990

- Dominic Tibaduiza (40, 30:33) and Gabriele Andersen (44, 34:48) Win in Red Lobster 10K
- John Campbell (41, 2:20:15) and Graziela Striull (40, 2:36:48) Are Top Masters in L.A. Marathon
- Hal Higdon's Masters Running Guide Published



## Masters Racewalking

by ELAINE WARD

(Masters Racewalking will return next month.)

### Masters Invited to Midwest Regionals

by GERRY KRAINIK, USATF  
Midwest Regional Coordinator

The Midwest Masters T&F Club invites all masters to the USATF Midwest Regional Masters Championships to be held at Lewis U., Romeoville, Ill., on July 30. Scheduled two weeks before the Masters Championships in Eugene, the meet will feature excellent competition, a championships venue, outstanding officiating, and can serve as a final tune-up for the Nationals.

Many world and national class athletes are expected to participate, to name a few: Andrew Boyce, Tim Graf, Tyrone Williams, Matt Byrnes, Mike Scotland, Jeff Watry, Robert Zahn,

Stan Druckery, Robert Lloyd, James Lee, Paul Perry, Vic Heckler, Bruce Mills, Clarence Trinkner, Harry Brown, and Mel Larsen.

Among the women expected to attend are Mary Holland, Ruth Welding, Sue Hallen, Karen Huff, Pat Beam, Janet Amery, Lynne Ingalls, and Sheree Robertson.

Lewis University's venue is up to NCAA II championship standards. The officials selected will be experienced and athlete-friendly. National-class weight official, Lee Slick, will oversee the weight events. Finish Lynx automatic timing will be used, and wind readings will be taken to assure track record certifications. □



JERRY WOJCIK

Mixed age-group racewalkers in the 5000, led by Cheryl Wardell, W35, and John Backlund, M55, 1999 Hayward Masters Classic. The 2000 Hayward Meet is set for July 1-2.

### Tom Henderson

Tom Henderson died of liver cancer on Feb. 22 at age 68. He was ill for only a short time and passed away in good spirits, surrounded by his family. He competed in masters meets off and on over the years, but never was one for a lot of hard training. However, he had great natural talents and was very quick for a big man. He was a happy, good-natured fellow as anyone who knew him will testify.

In 1951, he won the shot put with a 56-6 in what was then billed as the National Indoor High Championships and was voted the outstanding athlete of the meet. I was second and Rosie

Grier, of Penn State, who later went on to play for the N.Y. Giants and L.A. Rams, was third.

Henderson was in my class at Yale, and we were the field mainstays of the championship Yale teams of the early '50s. In 1955, he had the leading college throw of 60-3 with the 35-lb. weight. He competed for the U.S. Army in meets in Germany and made the finals of the 1956 Olympic trials with the hammer.

If they so wish, his friends can express their condolences to his sons, Billy and Todd Henderson at 7 Dorsett Dr., Marlton, NJ 08053. □

—Stewart Thomson

### Kelsey Brown

Kelsey Brown, 72, Andover Township, N.J., died on Feb. 16. A chemical engineer, he received his degree in chemistry from Morgan State College, Baltimore, Md., where he participated in track & field and cross-country, and was elected into the Morgan State Athletic Hall of Fame in 1978.

Brown was active in masters track into the late '60s and held several age-group world records in the 800. He competed in WAVA Championships in

Germany, New Zealand, Sweden, Australia, Italy, and Finland, where he won two silver medals. He was a member of the New York AC and had run the Boston and New York City marathons several times.

Brown was born in Newark, N.J., and lived in Andover Township for 67 years. He served in the Army during World War II in the 90th MP Company.

He is survived by his wife, Doris, a son, a daughter, 11 grandchildren, and a great-grandchild. □

### Anne Clarke

Anne Clarke, Carol Stream, Ill., passed away March 20 at age 90. She suffered a massive heart attack and was taken to the hospital, where her passing appeared peaceful. She was attended by her son and her good friends, Faith and Don Walkwitz. Anne had seemed to recover well from the second of two cataract operations a week earlier.

Born Sept. 21, 1909, Anne was a second grade teacher in Glen Ellyn, Ill., when she started to exercise for health considerations. At age 69, she ran her first race. Interest grew to a love of the sport, and she competed in many races, winning countless prizes

and awards.

She traveled far in pursuit of her sport, attending several World Veterans Games, always capturing gold medals. Two years ago she was chosen an "Ageless Hero" and was pictured with President George Bush. She completed her last marathon when 81-years-old but continued to participate in 5K races and intended to run this year — she completed two since turning 90.

She was a gracious lady and was articulate at praising the sport and the value of exercise. She conducted exercise classes up to the end. She will be missed. □

—Warren Utes



## Michigan Senior Olympic Games Battle Creek, Michigan June 13 - 17, 2000

**Deadline to Register: April 28, 2000**

**Late Registration: May 12, 2000**

**Fees and times vary.**

For more information, a registration book and sponsorship opportunities, call 248-608-0250.

**Medal events:** Archery, Badminton, 3 on 3 Basketball, Bowling, Cycling, Golf, Horseshoes, Racewalk, Racquetball, Roadrace, Shuffleboard, Swimming, Slowpitch Softball, Table Tennis, Tennis, Track & Field, Triathlon and Volleyball. **Ribbon events:** 3D Target Archery, Arts & Crafts, Baking, Basketball Free Throw, Billiards, Bridge, Dancing, Scrabble, Volleyball Serving, Weight-lifting.

Eligibility: Men and Women 50 years plus of age as of December 31, 2000.

## Michigan Senior Olympics

for active individuals 50 years plus

312 Woodward, Rochester, MI 48307  
Phone 248-608-0250 Fax 248-656-3153



# Track and Field Report

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

## Getting the Word Out

**A**re you aware that Masters Track and Field has an active and successful advertising team? I am pleased to report we do and that they are spread throughout the USA doing a terrific job.

The advertising team is composed of our own membership doing what they do best – showing the world they have the enthusiasm to remain fit and can continue to perform to the best of their age-dictated skills and fitness levels.

Just as all manufacturers strive to do, masters put their product on display for the best possible exposure. In Masters Track and Field, we enjoy the luxury of having live models of various ages actively competing in their chosen events. Many have achieved world-class status, in addition to national and regional recognition. By providing opportunities for these individuals to perform with elite open athletes in media focus meets, we put our best foot forward and advertise our program.

Recently, I received compliments on the masters program from other sports organizations, track and field enthusiasts and USATF administrators. They had witnessed masters athletes in action at the Open Track and Field National Championships in Atlanta and were impressed with the performances displayed in a masters age-handicapped 200 race.

The Atlanta 200 did not just happen.

Meet directors do not pursue us; it takes considerable effort to get on programs and then make events happen. Fortunately, we have team leaders willing to make the extra effort.

In Atlanta, Phil Raschker and others were a willing team. In California, John Cosgrove and his group of workers have successfully run masters events for the Mt. SAC promoter and are putting together events for this summer's Olympic Trials in Sacramento and the Prefontaine Meet in Eugene.

These are only samples of how our "advertising team" is making things happen all over the country. I note that the historic Penn Relays are increasing the number of masters events for the 2000 meet.

Our advertising format is beginning to pay dividends. Meet directors and the general populace are taking notice that Masters Track and Field athletes are not just a bunch of pretentious old

fogies trudging around a track, or complaining and making demands of others.

Masters athletes are being recognized for what they are – vibrant individuals willing to step forward to actively support the program they love and set examples for others to follow.

It pays to advertise. □



ART SHAHADE

Sheridan Groves, M50 100H, 1999 Visalia Classic. This year's meet is scheduled for May 20.

## Mt. SAC Masters Meet Moved Up

The date of the Olympic Legends Invitational Track Meet for college, open, and masters athletes at Mt. San Antonio College in Walnut, Calif., has been changed from May 27-28 to May 13-14.

The change was made when Mt. SAC received funding to refurbish the track and decided to commence work on May 15 so the facility would be ready for the fall academic season.

The entry form for the event was published in the March NMN on p. 7. □

## TWENTY YEARS AGO April 1980

• John Brennan (1:25:45) and Sandra Kiddy (1:43:38) Win National Masters 25K

• Sixteen Meet Records Set in East Indoor Masters Meet, Lehigh U., Bethlehem, Pa.



## Midwest Masters Regional 2000



Sunday, July 30<sup>th</sup>, 2000 at Lewis University: Romeoville, Illinois

**Meet Description:**  
Midwest Regional Championship Track and Field Competitions:  
Men and Women Master Athletes in five year age groups (30-90+)

To be held at Lewis University on Sunday, July 30<sup>th</sup>, 2000  
Check in: 8:00 AM til 8:45 AM  
Racing begins at 9:00 Field Events at 9:00

Entries must be postmarked by July 13<sup>th</sup>, 2000  
There will be no on site registration.  
There will be no locker or shower facilities.

Make checks payable to: The Midwest Masters Track and Field Club  
15124 Hillside Ave  
Oak Forest, IL 60452-1924

Awards: Regional Championship Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Fees: \$30.00 first event, \$5.00 for each additional event.  
\$30.00 for Midwest Masters Club Team Member unlimited event entries.

### Tentative Schedule of Events

We may start events before the listed time. We will not run behind time. We will follow the listed order of events.

### Oldest to youngest, ladies first!

9:00: 5K race walk  
9:50: 1500 meters run  
10:20: 400 meters dash  
10:50: Short Hurdles  
11:35: 100 meters dash  
12:35: 800 meters run  
1:05: Long hurdles  
1:35: 100 meters dash finals if necessary (more than eight in an age group)  
2:00: 5000 meters run  
2:45: 5000 meters run  
3:15: 200 meters

Field Events Start at 9:00  
Pole Vault, High Jump, Long Jump, Shot Put, Discus  
The triple jump will follow the long jump  
Hammer, Javelin, Weight Throw will follow the Shot and Discus competitions.

Age Graded Percentage Scoring  
Fully Automatic Timing  
Results posted at:  
[http://members.xoom.com/midwest\\_tf/index.html](http://members.xoom.com/midwest_tf/index.html)

### Registration Form

Make Checks Payable to Midwest Masters Track and Field Club

Mail Entries to: Gerry Krainik, 15124 Hillside Avenue, Oak Forest, IL 60452-1924

Please Print or type

Name \_\_\_\_\_ Age (on 7/30/2000) \_\_\_\_\_

Address \_\_\_\_\_ DOB \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_ USATF Number: \_\_\_\_\_

Phone Number \_\_\_\_\_ Club \_\_\_\_\_

Events \_\_\_\_\_ Total Amount \_\_\_\_\_

I \_\_\_\_\_ understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF, USATF Illinois, Lewis University, and the Midwest Masters Track and Field Club and all sponsors and officials from all claims of any kind arising out of my participation in the 2000 Midwest Masters Track and Field Region Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Emergency Phone Number \_\_\_\_\_

## CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

• **Results, Schedule, All-American, Letters, Publications, Editorial:**  
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## On The Run

by HAL HIGDON

### Strength Training Made Simple

**R**unners need to improve their speed, and one of the best ways to do that is with strength training, so claims Cathy Vasto, a personal trainer with The Lodge & Club in Ponte Vedra Beach, Florida. "The benefits are amazing," says Vasto.

One of America's top-ranked runners with a best of 15:38 at 5000 meters, Vasto uses her strength to complement her speed. "Strength helps at the end of a race when your form starts deteriorating," says Vasto. She offers the following advice for runners who want to develop their strength and speed:

**Go High/Low:** Runners don't want bulk. Extra weight will slow you down. To avoid putting on pounds, keep the weights light and the repetitions high. Vasto recommends lifting 50 to 60 percent of the maximum weight you can lift in a set of 12 repetitions. Two sets of 12 work well for most of the lifts described later. For maximum benefits, without wasting a lot of time, do your strength training two or three times a week, after you run, not before.

**Look Good Lifting:** Keep your form – not for vanity, but to prevent injury. Think 90-degrees. Most seated lifts work best if your body parts are at right angles: legs straight, feet flat against the floor, trunk erect, chin up, eyes forward. Practice the pelvic tilt where you press your torso back against the chair, or floor, to keep your back from slumping. "Good form works in lifting as much as it does in running," says Vasto.

**Breathe Right:** The worst mistake you can make while lifting is to hold your breath. That simply tightens the muscles that you want to keep loose. Inhale while you prepare to lift the weight, then exhale while lifting it, inhaling again while lowering it. "The best way to breathe is naturally," says Vasto, "so that you're not even aware you're doing it."

**Rest by Stretching:** When moving from exercise to exercise, don't rush and don't waste time chit-chatting with friends. Stay focused on your workout by stretching in between. "It's very important while strength training to have a stretching routine," warns Vasto. "You don't want to lose your flexibility, which can happen if you forget to stretch."

Finally, the key to the exercises presented below is to go slow and remain in control. "You're not trying to see how fast you can get in and out of the weight room," says Vasto. "You're trying to win your race on the road." Vasto recommends six strength exercises for runners.

**1. Bench Press:** Lie on your back on a bench. For weight, use a barbell or dumbbells. Keep your back flat, your knees bent. Your palms should be facing

forward, your hands should be equidistant and over your shoulders. Lift the bar or dumbbells straight up and lower slowly. Do two sets of 12 reps. Push-ups also work.

**2. Rowing:** Gripping dumbbells, sit on the edge of a bench or firm chair, keeping your back straight. Hold the dumbbells with your arms extended, palms facing inward against your knees. Raise the dumbbells to just opposite your chest, then return to the starting position. Do two sets of 12 reps. You can also do this exercise while standing.

**3. Overhead Pull:** Take a moderately heavy object and hold it overhead, elbows forward, back straight, knees slightly bent to take the pressure off your back. (You can also do this exercise while seated.) Lower the weight behind your head toward the back of your neck, then return to the starting position. Do two sets of 12 reps.

**4. The Curl:** Sit in a chair, feet flat on the floor, stomach in, shoulders back, head up. Your elbows should be against your waist above your hips, your palms up holding the weights. Raise the weights to your shoulders, lowering slowly. Do two sets of 12 reps. This exercise can also be done standing up.

**5. The Crunch:** A crunch is a sit-up where you stop after raising your shoulders off the floor. This popular exercise isolates the abdominal muscles. "The abs are your core of balance," says Vasto. "They support your upper body, important at the end of a race." In the starting position, your back should be flat against the floor, your head up, eyes on the ceiling, hands gripping the back of your neck, your knees relaxed and bent, feet on the floor. Raise only to the point where you feel your stomach muscles tightening, hold then release, returning your back to the floor. Start with three sets of 15 and work up to four sets of 20.

**6. The Lunge:** The five previous exercises strengthen the upper body, often neglected by runners. The lunge will help strengthen several of the muscles of the lower body. Start this exercise with your feet shoulder-width apart. If you use a barbell, it should rest across

your shoulders and behind your neck. If using dumbbells, hold them beside your thighs. Take a long step forward with one leg and descend to a low position, then rise. Bring the lead leg back and repeat with the other leg forward. Do 10 lunges with one leg forward, 10 with the other, then do another set of both.

Strength is important, says Vasto, not only to improve your speed for running races, but it will make you feel and look

good and improve your quality of life, throughout your lifetime. □

(Hal Higdon is Senior Writer for *Runner's World* and the Training Consultant for the LaSalle Banks Chicago Marathon. Visit his Website at [www.halhigdon.com](http://www.halhigdon.com) for more training schedules and advice, including a lengthier version of this column, complete with pictures featuring Cathy Vasto demonstrating these exercises.)



Team U.S.A. members (l to r) Dick Richards, 65, Doug Smith, 60, Bill Knocke, 60, and Gary Sims, 62, set an M60 U.S. record of 49.07 for the 4x100m relay in the Saddleback Relays. The meet was covered by two local television channels, the *Orange County Register*, and the *Los Angeles Times*.

### Saddleback Relays

Continued from page 1

in a -.03 headwind. In an interview afterward, Jordan said he gave his performance for the meet director and the spectators, and expressed his passion for running: "For me, running is an expression of feeling and talent, much like a painter, musician, or poet. It's similar to the Grecian ideal of the total man. It gives me joy."

In other track events, Ron Pate, M50, of Honolulu, won the 3000m steeplechase in 12:34.27. Don Irvine, M50, won the 800 in 2:16.95. In the 5000, Jim Kurtzman, 37, with a 16:03, and John Tuttle, 42, 16:21, were the class of the field.

When Larry Stuart, 62, is entered in the javelin, the anticipation of a new record is paramount, and he did not disappoint the crowd, with a 50.04/164-2, which exceeded the present single-age world record. Afterward, he said that the announcers informing the spectators before his attempts helped him get "pumped" before each throw.

The meet was notable for having a good number of first-timers compete as masters. Glenn Gottfried, 40, Laguna Niguel, Calif., in his first masters meet after not throwing for 20 years, won the M40 javelin and discus, and was excited to return to competition. Rudy Ceja, 77, Laguna Niguel, ran in his first 5000 in 50 years, recording a 32:37. Kim Thomas, 43, Mission Viejo, another

newcomer, ran the 5000 in 24:25. Gina Gomez, 38, Laguna Niguel, a former distance runner and triathlete, ran in four races and went home with gold.

Joe Faust, 57, Los Angeles, who, at age 18 while a freshman at Occidental College, was the third man in history to clear 7-0 before the flop was used, cleared 1.52/4-11 $\frac{3}{4}$ . Faust arrived at the meet without high jump shoes but borrowed a pair from high jumper Ken Stone. Phil Fehlen, 64, with a 1.63/5-4 $\frac{1}{4}$ , and Jason Meisler, celebrating his 44th birthday with a 1.55/5-1, were division winners.

Jim Selby, 71, Fallbrook, Calif., one of the Ironmen of masters track, competed in seven running events. Selby and his daughter, Debbie, 43, were among several athletes and their family members who participated. Others were Louis Beadle, 72, his son Ron, 51, and his daughter, Darla Beadle-Davis, 43; and Doug Smith, 60, his daughter, Julie Gumz, 34, and grandsons, D.J. Gumz, and Garret Gumz, who competed in the family relay. Husband and wife tandems were Darlene, 54, and John Backlund, 60; Kathy, 60, and Bert Bergen, 62; Grace, 69, and Bill Moremen, 72; and Debbie, 43, and Theo Vitz, 56.

Media coverage and exposure was extensive. Dan Arritt, *Los Angeles Times* staff writer, had an article on the meet on March 2; Martin Beck, *Los*

Continued on page 13

### Clubs Update

An updated list of masters clubs will be published in the June issue. Changes, additions, and deletions to the list, last published in the 1999 November issue, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405, or by email to natmanews@aol.com, no later than May 1.

### Saddleback Relays

Continued from page 12

Angeles Times staff writer for the Orange County edition, had a pre-meet article in the Sports Section on Feb. 10. In all, five pre-meet and two post-meet articles were written.

Radio station KSBR, a jazz station originating from the college, ran public service announcements every hour for seven days prior to the meet.

Two local cable TV stations videotaped interviews. OCN (Orange County News), a 24-hour news station, aired interviews several times within a 24-hour period. Sports caster Paul Higgins, host of a popular local sports program, "Coaches' Corner" on Cox Communications, invited masters athletes Dan Girling, Bill Knocke, Lee Gillespie, and Elaine Iba to be on his 30-minute program a week prior to the meet. He was so impressed that the segment was run four times a day for a whole week, and he participated in three events himself. He intends to do a follow-up with meet interviews.

Primary sponsors were Hoag Hospital, Newport Beach, Calif.; Lexus of Mission Viejo; and Allen Cadillac, Laguna Niguel, Calif.

### COMING NEXT MONTH

- Story, Results and Photos of Indoor Nationals
- List of Masters Clubs
- Entry Forms for T&F Meets

### FIVE YEARS AGO April 1995

- 700 Participants Set 37 Indoor WRs at USA Masters T&F Championships in Reno
- At Age 48, Raschker Competes in Women's PV in Indoor Open Nationals
- Doug Bell (44, 65:44) and Honor Fetherston (40, 73:54) Win Masters National Half-Marathon in Las Vegas

## PUBLICATIONS ORDER FORM

### Masters Age Records (1999 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

### Masters Track & Field Rankings (1999)

Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

### McMahon Family Trust Masters Track & Field Indoor Rankings (1999)

Indoor rankings for 1999. 4 pages. \$1.50.

### Masters Age-Graded Tables

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

### Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.00.

### Competition Rules for Athletics (2000 Edition)

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

### USATF Directory (1999/2000)

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

### USATF Governance Handbook (2000)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

### International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

### Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

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

### USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

### USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

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

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

### National Road Race Encyclopedia

Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.

### Guide to Prize Money Races and Elite Athletes 2000

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.

### Running Research News

Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

### Back Issues of National Masters News

Issues: \$2.50 each.

### Postage and Handling

Overseas Air Mail (add \$5.00 per book)

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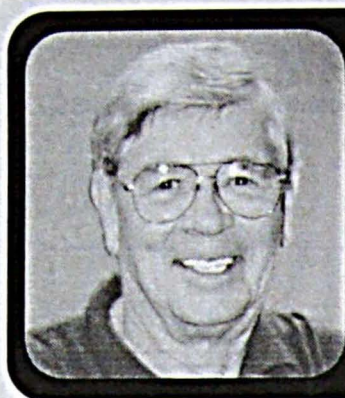
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## The Weight Room

by JERRY WOJCIK

### We Rank With the Best

The 1999 U.S. Masters Outdoor Rankings are now available, and, doffing my columnist lid and donning my Masters T&F Rankings Coordinator chapeau, I think it's the best one that we've put together.

Our congratulations to all of the throwers at the top of their respective heaps. I hesitate to deal in specific names without pointing out each and every Numero Uno, for fear of slighting a deserving soul or discovering a month from now that a top-ranked athlete got there by throwing a lighter implement or through courtesy of a typo.

However, several throwers deserve mention, not the least of whom are Carol Finsrud and Lad Pataki. Finsrud, of Texas, is ranked No. 1 W40 in the shot, discus, hammer, javelin, weight, and weight pentathlon. If you think she may have snuck in via weak competition, be aware that she has qualified for the 2000 Olympic Trials in the discus. Pataki, of California, is first in the M50 shot, discus, weight, superweight, and weight pentathlon. His javelin is a little shaky, and I can't find his name on the 5000 racewalk list, so he has some work to do.

#### Impressive Accomplishments

The No. 1 and No. 2 javelin throwers in the M40 group, Tom Petranoff (73.72/241-10) and Jim Lothrop (69.16/226-11) should be singled out. Unless you're a serious javelin thrower, you may not be aware of what it takes to throw a javelin those distances at that age. Ken Jansson, the M40 top banana in the weight (18.89/61-11<sup>3</sup>/<sub>4</sub>) and superweight, deserves attention, even if you've never schlepped a 56-lb. object around, much less hurled one 12.49 meters or 40-11<sup>3</sup>/<sub>4</sub> feet.



JERRY WOJCIK

Lad Pataki, top-ranked M50 for 1999 in the shot, discus, weight, superweight, and weight pentathlon.



Wearing post-meet, cold weather clothing, participants in the 1999 Weight Throw-A-Thon, Fort Washington, Pa., (front, l to r): Dan Shuman, Fred Riley, Terry Shuman; (back, l to r): Bob Detweiler, Paul Eberhardinger, Ray Feick, Debbie Eklund, Pay Carstensen, and Charles Covino.

Other high numbers in the Rankings Book are also impressive – not in performances but in the number of participants in the M50+ and W50+ divisions – resulting from the inclusion of the Senior Games participants, who start at age 50, and the advent of the baby boomers, who, around that age, have the money and the time to play games again. Those in their 30s and 40s are wrapped up in their careers and struggling with BMW payments and college costs, either paying off their own student loans or re-mortgaging property to bankroll their college-age kids.

For purposes of comparison, in the M45 shot (16-lb. implement) there are 53 athletes listed, the last at 7.40/24-3<sup>1</sup>/<sub>2</sub>. In the M50 shot (6kg), the list stops at 110, the last at 8.61/28-3. The difference in the size of the implements should be offset by the extra four feet in the last place M50.

#### It's Not the Size...

To show that size doesn't matter, how about a comparison of groups in which the implements are (or "were" in 1999 but will be different in 2000) the same for both M40-49s and M50-59s, the 800g javelin? The M45 group shows 43 athletes, the last at 23.65/77<sup>1</sup>/<sub>4</sub>. The M50

division lists 96 athletes, the last at 24.15/79-2<sup>3</sup>/<sub>4</sub>.

All of the women use the 1kg discus. For 1999, 14 women are listed in the W40 group, the last at 16.38/53-9. That W40 last place of 16.38 would be 33rd among the W50s, 29th among the W55s, 27th in the W60s, and 25th among the W65s.

It doesn't take much to see the impact of the Senior Games participants in the throws; plus, I know for a fact that a large number of Senior Games results were not reported in 1999 to the NMN, but that won't be as true in the future.

The 1999 lists were compiled by James Gerhard, shot and discus; Clay Hull, hammer and javelin; Rex Harvey, weight pentathlon; and myself, weight and superweight. Suzy Hess of the NMN helped in the final layout of the book for printing. These volunteers deserve a large "Thank you" for their expenses, time, persistence, and investigative skills. They're all active masters competitors, so if you see them at a meet, show your appreciation, but don't offer them bribes or payola to up your rankings by a couple of notches. I tried it and it didn't work, as is evident from my standings in the lists. □

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ages 45 to 60

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## Want Your Indoor Marks Ranked? Here's How!

by JERRY WOJCIK

Masters T&F Rankings Coordinator

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

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

Gould Hill Rd., Contoocook, NH 03229.

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

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

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

55mH/60mH/WT/SW/Mile/3000 RW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: natmanews@aol.com □

## Presidential Candidates Will Run 100-Meter Dash at Nationals

April 1 - Six small-party presidential candidates have agreed to run a 100-meter dash to determine who will be invited to debate Vice-President Al Gore and Governor George Bush on television this fall.

The improbable race will be staged at the USATF National Masters Track and Field Championships in Eugene, Ore., on August 13. Runners will be handicapped by age. USATF officials will supervise the event. Only the winner will be invited to take part in the debates.

"We approached all the players with the idea," said a USATF spokesperson. "Under Craig Masback's direction, we're looking for new and unique ways to market our sport. All the candidates are over age 40, so the masters meet seemed like a good fit. This should attract a big TV audience."

The six candidates agreed to the bizarre proposal as a "last resort" so that at least one of them would be included in the debates with the Democratic and Republican candidates.

"I know it seems ridiculous," said Ralph Nader, the probable Green Party nominee for President, "but the Democrats and Republicans won't let all six of us into the debates. So when USATF proposed the idea, we thought it could be a reasonable compromise."

The Presidential Debate Commission has ruled that no candidate would be included in the presidential debates unless he had at least 15 percent support in the national polls.

Commission head Frank Fahrenkopf, former Chairman of the Republican Party and now a lobbyist for Nevada gambling interests, said to invite all

eight candidates would be counter-productive.

"It would clutter the stage and prevent meaningful dialogue," Fahrenkopf said, "but in the spirit of fairness, we felt at least one of the six small-party candidates should be heard. We left it to them to decide who it would be, and they came up with this race idea. I think it's nuts, but what the hell."

Harry Browne, likely nominee of the Libertarian Party, admitted the race was a way to try to get the media's attention.

"It's impossible for any of us to get 15 percent in the polls," Browne lamented. "The media doesn't know we exist. None of us have millions of dollars to spend on TV spots like the Democrats and Republicans do. When we give speeches, the press ignores us. So we figured a crazy stunt like this might get us some free air time."

Indeed, an NBC spokesman said his network would definitely cover the event.

"It's a visual we couldn't resist," Patrick O'Dell said.

Another network source said the media's third-party blackout was understandable.

"All five major networks are now owned by big conglomerates - Westinghouse, Time-Warner, GE, Fox, Disney. Those corporations make huge contributions to both political parties. They want their tax breaks and business as usual. They don't want any third-party candidate rocking the boat. And they sure as hell don't want some wacko like Jesse Ventura actually winning something."

Pat Buchanan, probable nominee of the Reform Party, said a "winner-take-



Participants in the masters distance age-graded 300m at the Iowa State Classic Indoor Meet, Ames, Feb. 11-12 (l to r): Mike Kitchell, 50, 265m (distance run), 38.06; Bob Conzemius, 65, 238m, second in 34.09; Alan Russell, 49, 267m, third in 35.73; John Hoogensen, 36, 291m, 37.57; Mel Larsen, 75, 221m, first in 33.13; Mike Bird, 39, 286m, 41.20; Mike Bender, 39, 249m, 38.13; and Mark Tweed, 39, 286m, 38.89.

all" 100-meter race would also emphasize the importance of physical fitness.

"It's a perfect way to show the American people that we have sound bodies as well as sound minds," he said. "I lift weights twice a week and am starting interval training with a coach next week."

Browne, who weighs over 200 pounds, said he wanted an extra Clydesdale handicap. Negotiators will work out the details.

Rounding out the field will be Howard Phillips of the American Independent Party, John Hagelin of the Natural Law Party, and Drew Patterson of the New Party.

Patterson said, "The Democrats and

Republicans are the parties of the haves and the really haves. The rich are getting richer, while the poor and middle class are falling farther behind. You won't hear that from Bush or Gore."

Hagelin said half the people don't vote and the other half feel like they're voting for the lesser of two evils. Trying to "get down" with a skeptical audience in Detroit, Hagelin rapped:

"Now I am cool and telling you It's not a waste to vote for me. It is a waste to cast your vote For Tweedledum or Tweedledee."

Bush and Gore had no comment. Complete race results will be published in the September issue. □

## USATF Masters Website Update

by GEORGE MATHEWS

The need for a more comprehensive USATF Masters website has been well known to most members for quite some time.

At the 1999 USATF Los Angeles convention, Ken Stone did a great presentation, making us all aware of the potential of what websites can do for us. It was agreed that a committee be formed to research and implement the kind of website we think we need.

Over the last few months many people have contributed valuable information to this project. We must especially thank Andrew Hecker, who has provided extensive information. We wish we could implement everything he suggests.

Fortunately, or unfortunately, depending on one's point of view, we are part of USA Track & Field. The website on which we are working will be the official USATF Masters website. As such, we must be responsible for following the course of our parent organization. USATF expects us to be part of its website. That means that we are bound by the criteria they set forth.

USATF is in the process of developing its overall Internet strategy,

which will include a redesign of the USATF home page at <http://www.usatf.org>. They have hired a new Director of Communications, Jill Geer, and will appoint or hire a webmaster in the near future.

USATF masters will have input on what we would like to see on our section of the site. We must be aware that it will basically have the "look and feel" of the USATF home page. Many of the main categories included on the present USATF site will be carried over to the new website. The USATF home page will link to the USATF Masters home page which will contain information applicable to USATF Masters Track & Field.

There will be links with *National Masters News*, association sites and sanctioned masters championship meets. The national office is not interested in linking with various independent sites for which they cannot be responsible. A disclaimer is insufficient protection.

The national office expects that the process will happen rather quickly, so we can start taking advantage of this resource in the near future. I will report significant progress as it develops. □

**SOUTHERN CALIFORNIA STRIDERS**

TRACK & FIELD CLUB

**Annual MEET OF CHAMPIONS**

CALIFORNIA STATE AT LONG BEACH

Sunday, May 7, 2000

**Entry Fees:** First event \$10 - additional events \$5 - relay teams free - late entries \$12 first event - \$6 per additional event (NO REFUNDS)

**Deadline:** May 1, 2000

**Divisions:** Men and women, open, submasters (30-39) and masters (40+); compete in 5-year age groups.

**Awards:** 2" medal with red, white, and blue ribbon for 1st, 2nd, and 3rd

**Facilities:** 8-lane artificial surface track, concrete rings

**Note:** 2000 USA-T&F registration required (available at meet for \$15.00)

**Directions to CSULB:** Exit 405 (San Diego) freeway at Bellflower Blvd., south to Alherton, left (east) to signal, right into CSULB parking lot; track is ahead to the left; behind new parking structure

Track events		Schedule of Events	
11:00 a.m.	4x100 meter relay	1:45 p.m.	400 meter sprint
11:15 a.m.	1500 meter run	2:10 p.m.	800 meter run
11:45 a.m.	80/100/110 meter hurdles	2:40 p.m.	200 meter sprint
12:10 p.m.	2K/3K steeplechase	3:00 p.m.	3000 meter run
12:30 p.m.	100 meter sprint	3:40 p.m.	300/400 meter hurdles
	Lunch Break	4:00 p.m.	sprint medley relay (400,200,200,800)
Field events			
11:00 a.m.	hammer throw and pole vault	1:30 p.m.	shot put and long jump
12:00 p.m.	discus throw and high jump	3:10 p.m.	javelin throw and triple jump

**ENTRY FORM (Please Print)**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Phone \_\_\_\_\_

Age on 5/7/2000 \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Club Affiliation \_\_\_\_\_ 2000 USA-T&F No. \_\_\_\_\_

Events \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ Make checks payable to Southern California Striders

Mail to: Hugh Cobb - 3180 Camino Arroyo, Carlsbad, CA 92009

QUESTIONS?  
Call Jim Selby  
760-723-2466

Waiver—In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against the California State University at Long Beach, the Southern California Striders Track and Field Club, USA-T&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from, and while participating in the "Meet Of Champions" held May 7, 2000 at the California State University at Long Beach. I certify that I have no physical defects or injuries that would prevent me from competing in this meet.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



GEORGE BANKER

First three females (l to r): Monika Bracken, 34, 3:38:39; Lisa Bandiera, 31, 3:29:12; and Lorri Strizich, 38, 3:38:48, Washington's Birthday Marathon, Greenbelt, Md., Feb. 20.

**WAVA/USATF Hurdles and Implements Specifications**

**HURDLES**

**WOMEN**

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

**MEN**

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

**IMPLEMENTS**

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WAVA weights are used for USATF weight pentathlons.  
Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.  
• New 1999 IAAF specifications.

**The Master Board**

for more information  
contact heidi shelhamer  
(610) 967-8758  
Fax #: (610) 967-8883

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**RACES**

**APRIL 30 - OSF Heritage Run, 10-K & 2-Mile, Rockford, IL.**  
Contact: Gerrie Gustafson, 5666 E. State St., Rockford, IL 61108. (815) 395-5342.

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, APRIL 2000**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LINFORD CHRISTIE (GBR)	4- 2-60	40-44
MARILYN DEWARDER (SEATTLE, WA)	4- 2-60	40-44
MARTINA KRONER (GER)	4-17-60	40-44
SUSAN COBEY (SCOTTSDALE, AZ)	4-23-60	40-44
SANDRA MCDONALD (GBR)	4-24-60	40-44
ARNY HEIDARSDOTTIR (ICE)	4- 2-55	45-49
MARCELLA TERAN (SAN DIEGO, CA)	4-10-55	45-49
MARET KALVISTE (EST)	4-19-55	45-49
ALAN RUSSELL (AMES, IA)	4- 1-50	50-54
HEATHER MAREE STEER (NZL)	4-10-50	50-54
PATTY VAN WOLVELAERE (CA)	4-13-50	50-54
SKAIDRITE BAIKOVA (RUS)	4-26-50	50-54
SUE KLEHM (ARLINGTON HTS, IL)	4- 8-45	55-59
SUE SKERKE (WOODSTOCK, IL)	4- 8-45	55-59
TYRONE CARLIS (US)	4- 9-45	55-59
LYNN LARSEN (AUS)	4-10-45	55-59
ANN MARIA THOMAS (BROOKLYN, NY)	4-13-45	55-59
ODDBJORG HAAKENSVEEN (NOR)	4-29-45	55-59
EVA CARLSEN (NOR)	4-10-40	60-64
PATRICIA THOMAS (SEATTLE, WA)	4-12-40	60-64
DIANE STOCKLIN (SAN DIEGO, CA)	4-15-40	60-64
BERND HEINRICH (WALNUT CREEK, CA)	4-19-40	60-64
STAE SPAEPEN (BEL)	4-24-40	60-64
HANS LAGERQVIST (SWE)	4-28-40	60-64
GUDELIEVE ROGEMAN (BEL)	4-30-40	60-64
LOUIS VINK (HOL)	4- 5-35	65-69
BETTY PAPPAS (EL DORADO, KS)	4-15-35	65-69
SIGRIN KOFINK (GER)	4-23-35	65-69
LOUISE REED (CAN)	4-24-35	65-69
RON MORRIS (LOS ANGELES, CA)	4-27-35	65-69
JANICE BAUM (LOS ANGELES)	4- 0-30	70-74
FANI ARGIRIOU (GRE)	4- 3-30	70-74
FANI TSABARLI (GRE)	4- 3-30	70-74
HECTOR MEIN (NZL)	4-12-30	70-74
AINA PULINA (URS)	4-15-30	70-74
WALTER BOEHM (ARLINGTON, VA)	4-18-30	70-74
COLLEEN HILL (NZL)	4-21-30	70-74
LOIS FILREIS (SPRINGFIELD, NJ)	4-22-30	70-74
GEORGE VERNOSKY (BETHESDA, MD)	4-26-30	70-74
RUTH HUNKEL (GER)	4-29-30	70-74
MELITTA CZERWENKA-VOGEL (GER)	4-30-30	70-74
AXEL JOHNSON (SWE)	4- 4-25	75-79
HELEN LACHMAN (PORTLAND, OR)	4- 8-25	75-79
INGRID LORENZ (GER)	4- 8-25	75-79
NINA NAUMENKO (URS)	4-15-25	75-79
AXEL RYDSTROM (SWE)	4-22-25	75-79
WILLIAM SORLINGAS (YONKERS, NY)	4- 7-20	80-84
GEORGE ETHERINGTON (SALINA, KS)	4-10-20	80-84
WALTER SLOVENSKI (LEWISTON, ID)	4-13-20	80-84
HILDEGARD GROTH (GER)	4-15-20	80-84
TOINI RAUNISTO (FIN)	4- 1-15	85-89
AINO KORKEILA (FIN)	4- 9-15	85-89
MAYNE B'DERA (MEW YORK, NY)	4-10-15	85-89
ANNY BINDER (GER)	4-13-15	85-89
FRANK FINGER (CHARLOTTESVILLE, VA)	4-16-15	85-89
LUCILLE MONROE (WEBSTER GROVE, MO)	4-21-15	85-89
SHIELA EVANS (INDIANAPOLIS, IN)	4-24-15	85-89
ALOIS BRHLUK (CZE)	4- 6-10	90-94

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





# NATIONAL MASTERS NEWS



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

Records Section

April 2000

page 17



## Masters Age Records

### New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of November 2, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 3, 1999, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

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

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

Non-USA athletes should use the WAVA record form, published in this section on page 24. The form should be sent, not to Mundle, but to the WAVA Records Committee Regional Chairmen (addresses on page 24). Both the world and USA Records committees are working to prepare one uniform record form to be used in the future.

All these records have been carefully scrutinized before approval by the Records committees. Mundle's single-age record

book, however, due out next month, does not apply the same scrutiny, due to time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

#### Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Coordinator. The USATF application form for a racewalking record is printed on page 24.

#### Long Distance Records

There are no official world long distance road records, but the latest U.S. masters road marks were published in the November, 1999, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

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

### APPLICATION FOR RECORDS

Send to:

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

#### To THE RECORD COMMITTEE:

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

#### Description of Record:

World \_\_\_ American \_\_\_ Association \_\_\_ Championship \_\_\_ Collegiate \_\_\_

Junior \_\_\_ Age \_\_\_ Group \_\_\_ Masters \_\_\_

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

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

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

#### AUTOMATIC TIMING

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

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

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

#### TIMEKEEPER'S CERTIFICATES

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

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

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

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

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

(Signature of Referee or Chief Timekeeper)

#### STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

(Signature of Starter)

(Address or USATF Official's Registration Number)

#### (a) Track Events

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

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

#### (b) Field Events

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

#### THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

#### JUDGES' CERTIFICATE (FIELD EVENT)

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

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

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

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

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

#### GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)



Continued from previous page

200 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

400 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

800 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

1500 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

ONE MILE DIV. MARK NAME(COUNTRY) AGE MEET DATE

3000 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

5000 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

10,000 METERS DIV. MARK NAME(COUNTRY) AGE MEET DATE

2000 METER STEEPLECHASE (36'') DIV. MARK NAME(COUNTRY) AGE MEET DATE

2000 METER STEEPLECHASE (30'') BEST PERFORMANCES DIV. MARK NAME(COUNTRY) AGE MEET DATE

SHORT HURDLES (35-39: 100M,33"; 40+: 80M,30'') DIV. MARK NAME(COUNTRY) AGE MEET DATE

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30'') DIV. MARK NAME(COUNTRY) AGE MEET DATE

HIGH JUMP DIV. MARK NAME(COUNTRY) AGE MEET DATE

POLE VAULT DIV. MARK NAME(COUNTRY) AGE MEET DATE

LONG JUMP DIV. MARK NAME(COUNTRY) AGE MEET DATE

TRIPLE JUMP DIV. MARK NAME(COUNTRY) AGE MEET DATE

SHOT PUT (35-49: 4kg; 50+: 3kg) DIV. MARK NAME(COUNTRY) AGE MEET DATE

DISCUS THROW (1kg) DIV. MARK NAME(COUNTRY) AGE MEET DATE

HAMMER THROW (35-49: 4kg; 50+: 3kg) DIV. MARK NAME(COUNTRY) AGE MEET DATE

JAVELIN THROW (30-49: 600G; 50+: 400G) DIV. MARK NAME(COUNTRY) AGE MEET DATE

WEIGHT PENTATHLON(1994 WAVA SCORING TABLES) DIV. MARK NAME(COUNTRY) AGE MEET DATE

HEPTATHLON(1994 WAVA SCORING TABLES) DIV. MARK NAME(COUNTRY) AGE MEET DATE

Continued on next page

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Continued from previous page

Men's World Masters Relay Bests (as of March 1, 2000)

Table listing Men's World Masters Relay Bests for categories 4x100, 4x200, 4x400, 4x800, 4x1600, and sprint med. Includes time, date, and location for each record.

Women's World Masters Relay Bests (as of March 1, 2000)

Table listing Women's World Masters Relay Bests for categories 4x100, 4x400, 4x800, 4x1600, and 4x1500. Includes time, date, and location for each record.

Men's U.S. Masters Relay Bests (as of March 1, 2000)

Table listing Men's U.S. Masters Relay Bests for categories 4x100, 4x200, 4x400, 4x800, and 4x1500. Includes time, date, and location for each record.

Table listing various relay categories (4x200, 4x400, 4x800, 4x1600, 4x1500) with times, dates, and locations. Includes notes for pending records and club records.

Notes for relay categories: p = pending - missing birthdates, dates, etc. c = relay members include non-US citizens. Note: club records are listed before USA team records.

Women's U.S. Masters Relay Bests (as of March 1, 2000)

Table listing Women's U.S. Masters Relay Bests for categories 4x100, 4x400, 4x800, 4x1600, and sprint med. Includes time, date, and location for each record.

Notes for Women's U.S. Masters Relay Bests: TS: Track Shack, SDTC: San Diego Track Club, NYMC: New York Masters Club, TR: Tampa Runners, LVL: Las Vegas Lizards. Note for all categories: (sprint med) sprint medley order is 400-200-200-800 (dist med) distance medley order is 800-400-1200-1600. Compiled by Pete Mundle, WAVA and USTFA T&F Records Chairman.

World Best Performances - Racewalk (as of March 1, 2000)

Table listing World Best Performances for Racewalk Men, categorized by distance (3000, 5000, 10K, 20K, 30K, 40K, 50K, 60K, 70K, 80K, 90K, 100K).

Table listing World Best Performances for Racewalk Women, categorized by distance (3000, 5000, 10K, 20K, 30K, 40K, 50K, 60K, 70K, 80K, 90K, 100K).



Continued on next page

Continued from previous page

Table of USA Masters Racewalking Records, Masters Men - Track Indoor Records, and 3000 meters records.

USA Masters Racewalking Records

Masters Men - Track

Indoor Records

Table of USA Masters Racewalking Records, Masters Men - Track Indoor Records, and 3000 meters records.

Outdoor Records

Table of USA Masters Racewalking Records, Masters Men - Track Outdoor Records, and 3000 meters records.

Masters Women - Track

Indoor Records

Table of Masters Women - Track Indoor Records, 3000 meters records.

Outdoor Records

Table of Masters Women - Track Outdoor Records, 3000 meters records.

Table of Masters Women - Track Outdoor Records, 5000 meters records.

Table of Masters Women - Track Outdoor Records, 10,000 meters records.

Masters Men - Road

Table of Masters Men - Road records, 3000 meters records.

Table of Masters Women - Road records, 3000 meters records.

Table of Masters Women - Road records, 3000 meters records.

Table of Masters Women - Road records, 3000 meters records.

Table of Masters Women - Road records, 3000 meters records.

Masters Women - Road

Table of Masters Women - Road records, 3000 meters records.

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Table of Masters Women - Road records, 3000 meters records.

Table of Masters Women - Road records, 3000 meters records.

**WORLD ASSOCIATION OF VETERAN ATHLETES**

PROMOTING VETERAN ATHLETICS THROUGHOUT THE WORLD  
IN COOPERATION WITH THE IAAF



**WAVA RECORDS COMMITTEE  
2000-2001**



- Chairman** 4017 Via Marina, Apartment C-301, Venice, CA 90291, USA  
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- Colin Brown 4 Victory St., Mitcham, Victoria 3132, Australia
- Rex Harvey 6744 Connecticut Colony Cir., Mentor, OH 44060, USA
- Beverly LaVeck 6633 NE Windermere Road, Seattle, WA 98115, USA
- WAVA Council Coordinator** 259 McDougall Rd., Parry Sound, Ontario P2A 2W7, Canada  
Brian Oxley

**WORLD ASSOCIATION OF VETERAN ATHLETES**

Application for World Veteran Age-Group Record/World Veteran Age-Group "Best Performance"/World Veteran Age-Best Performance

**To: WAVA Records Committee Regional Chairman**  
Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Group "Best Performance"/World Veteran Age-Best Performance, in support of which the following is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_  
Full Name of Competitor(s) \_\_\_\_\_

Date(s) of Birth \_\_\_\_\_  
(For relays, full name of each team member is required, in order of running.)  
Competitor's Country \_\_\_\_\_ Date of Meeting: \_\_\_\_\_  
Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**RESULT OF RACE**  
The names of the first three competitors and their times were as follows:  
1st \_\_\_\_\_ Time \_\_\_\_\_  
2nd \_\_\_\_\_ Time \_\_\_\_\_  
3rd \_\_\_\_\_ Time \_\_\_\_\_

**STARTER'S CERTIFICATE**  
I hereby certify that the start of the race was in accordance with I.A.A.F. Rules.  
Name of Starter \_\_\_\_\_ Signature \_\_\_\_\_

**TIMEKEEPERS' CERTIFICATES (HAND TIMING)**  
I, the undersigned official Timekeeper of the race, hereby certify that the time set opposite my signature was the exact time recorded by my watch and that the watch used by me has been certified and approved by my National Governing Body.

Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_  
Time \_\_\_\_\_ Name \_\_\_\_\_ Signature \_\_\_\_\_

**CHIEF TIMEKEEPER**  
I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.  
\_\_\_\_\_  
(Name of Chief Timekeeper or Referee) \_\_\_\_\_ (Signature)

**ELECTRICAL TIMING**  
A fully automatic electrical timing device was used. The time recorded was \_\_\_\_\_ and this was the official time.  
\_\_\_\_\_  
(Name of Chief Photo-Finish Judge) \_\_\_\_\_ (Signature)

**NOTE** - A Photo-Finish print must be included with this application.  
**WIND GAUGE**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**USA TRACK & FIELD  
APPLICATION FOR MASTERS & SUBMASTERS RACE WALK RECORD**

Identify appropriate category: Age-group (e.g. 40-44) \_\_\_\_\_ Indoor/Outdoor \_\_\_\_\_ Track/Road \_\_\_\_\_  
Single-age "Best" (not an official USATF Record) \_\_\_\_\_  
Event distance \_\_\_\_\_ Age \_\_\_\_\_ Official time achieved \_\_\_\_\_ Date \_\_\_\_\_  
Where held (name of track or course, town, state, country) \_\_\_\_\_  
Name of competitor, birthdate, address, phone # \_\_\_\_\_

If this is your first application, please enclose photocopy of birth certificate or passport.

**Verification (to be completed by Event Referee):**

Time recorded \_\_\_\_\_ Name of head timer \_\_\_\_\_  
Watch #1 \_\_\_\_\_ Watch #2 \_\_\_\_\_ Watch #3 \_\_\_\_\_

USATF Rules require that track records must have a minimum of 4 certified judges and road races must have a minimum of 6 certified judges. At least half of the judges must have National judging certification or higher and at least one must have Master or IAAF certification. For single-age "bests" only 3 certified judges are needed.

List all judges	Certification #	Level of Certification
Judge #1 _____	_____	_____
Judge #2 _____	_____	_____
Judge #3 _____	_____	_____
Judge #4 _____	_____	_____
Judge #5 _____	_____	_____
Judge #6 _____	_____	_____

Course Certification # \_\_\_\_\_ Track 440y/400m/other \_\_\_\_\_ 2-in. high continuous curb? yes \_\_\_ no \_\_\_

I certify that all information on this form is correct, including 1) fairness of start; 2) accuracy of lap counting; 3) course certification; 4) correct matching of finish times to competitors; 5) judging by certified (USATF Association, National or IAAF) judges; 6) completion of the race by the athlete; 7) the race was a racewalk-only event (no runners).

Signature, address, phone, USATF Certification # of Referee or Meet Director  
\_\_\_\_\_  
\_\_\_\_\_

Submit lap times and race results (including all competitors).  
Mail to Beverly LaVeck, 6633 NE Windermere Rd., Seattle, WA 98115 • (206) 524-4721 • bevlaveck@aol.com

**WORLD ASSOCIATION OF VETERAN ATHLETES  
Application for World Veteran Age-Group Record/World Veteran Age-Best Performance  
FIELD EVENT**

**To: WAVA Records Committee Regional Chairman**  
Application is hereby made for a World Veteran Age-Group Record/World Veteran Age-Best Performance, in support of which the following information is submitted:  
(Please type or use capitals throughout)

Event \_\_\_\_\_ Age-Group \_\_\_\_\_ Men/Women \_\_\_\_\_  
Full Name of Competitor \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Competitor's Country \_\_\_\_\_ Date of Meeting \_\_\_\_\_  
Name of Stadium \_\_\_\_\_ Town \_\_\_\_\_ Country \_\_\_\_\_

**EQUIPMENT OFFICER'S CERTIFICATE**  
I hereby certify that the Shot/Discus/Hammer/Javelin used in the record claimed has been examined by me after performance and conforms exactly with the relevant I.A.A.F. Rule except as modified by W.A.V.A. By-Laws (Appendix A) for veterans competition. I further certify that the implement used weighed \_\_\_\_\_  
Name \_\_\_\_\_ Signature \_\_\_\_\_

**FIELD JUDGES' CERTIFICATE**  
We hereby certify that the measurement stated opposite our respective signatures is exact as measured in accordance with I.A.A.F. Rule 148, paragraph 10(a). We further certify that the circle or runway complied with I.A.A.F. specifications.

\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)  
\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)  
\_\_\_\_\_ metres \_\_\_\_\_  
(Distance or height) (Name of Field Judge) (Signature)

**WIND GAUGE (LONG AND TRIPLE JUMP ONLY)**  
I hereby certify that wind speed in direction of running was \_\_\_\_\_ metres/sec.  
Name of Operator \_\_\_\_\_ Signature \_\_\_\_\_

**RESULT OF COMPETITION**  
The names of the first three competitors and their performances were as follows:  
1st \_\_\_\_\_ Performance \_\_\_\_\_  
2nd \_\_\_\_\_ Performance \_\_\_\_\_  
3rd \_\_\_\_\_ Performance \_\_\_\_\_

NOTE: A copy of the Results Card must be included with this application.



## Report from Britain

### Eight World Indoor Records Broken at British Championships

by BRIDGET CUSHEN

Record entry and superb 6-lane facilities ensured that the 17th BVAF Indoor Championships held Feb. 26 at the National Indoor Arena in Birmingham, England, would produce national and possibly world records. Spectators and supporters were not disappointed.

1999 had been designated The Year of Older People in Britain and a BBC TV documentary, titled "Old Gold," televised in January, did much to raise the profile of our activities.

The first world record at the championships went to one of the 25 overseas competitors, Rietje Dykman from Holland, who lowered Leili Kaas' W60 60mH to 10.77. But it was the pole vaulting and sprinting that captivated the spectators during a long competitive day. Phil Raschker's W35 pole vault record went to 36-year-old Noelle Bradshaw, who had little difficulty clearing 3.35. She has, however, a superior 3.40 clearance pending. She was second in the World Championships at Gateshead, clearing 3.40 behind Carla Forcellini of Italy (3.50).

Jean Hulls was in superb form, setting a world W60 200 record of 31.59 and another British record in the 400 with a 73.55, as well as taking the silver medal in the 60H.

Jenny Brown notched up yet another W40 world record in the pentathlon, scoring a magnificent 4148 points. Three weeks earlier she had broken the current world best 3686 points, topping 4010 in the British Senior Championships.

Elaine Statham knocked over 17 seconds from Gerda van Kooten's W55 3000 world record with a brilliantly paced 11:25.18. Another world record went to Mary Wixey in the W75 60H with a super 12.20 clocking, and a world record in the W65 3000m walk went to Maureen Spelman in

18:47.

British women's records also went to Anne Wainwright, who has just moved into the W45 age group, with a pole vault of 2.60, and to Jean Fall with a W50 long jump (4.86) and 60H in 10.05.

Up to six qualifying heats each were necessary in the M40 and M45 60 and 200. Philip Delbaugh saw off all the opposition, taking both M40 titles in 7.15 and 23.03. The eagerly awaited clash of the M45 British sprinters who took five of the first six places in the 200 at Gateshead never materialized as Alasdair Ross did not enter and Joe Caines refuses to compete on a Saturday for religious reasons. But the final was, nevertheless, a nailbiting affair.

Viv Oliver in lane 4, with Stephen Peters and Wally Franklyn lined up on the inside, came off the final bend with a slight lead, which he managed to increase to win in 23.24 to Peters' 23.32 and Franklyn, who had earlier taken the 60m title, in 23.87.

One of the revelations of the meet was the relatively unknown Robert Fraser, a recent convert from the world of judo, who follows an unorthodox method of training for sprinting. He set the boards alight as he blazed round the M50 200 in 24.81, the 400 in 56.37, and the 60 in 7.72.

George Mitchell also established a world record in the M85 3000 walk in 21:13. British records were set in the pole vault as Allan Williams, M45, cleared 4.32 on his second attempt and Alf Woods raised the M70 record to 2.40.

Another notable record must be the achievement of 58-year-old Bruce and Jackie Charles, one of 10 couples competing; they have competed in every British Indoor pentathlon to date. □

(Look for results in the May issue.)

### New Dates for 14th World Veterans Championships in Brisbane, Australia

The dates of the 14th WAVA World Veterans Championships, originally scheduled for July 5-15, 2001, will be held July 4-14, 2001, in Brisbane, Australia. This gives Australian athletes the opportunity to celebrate the closing ceremony on the Saturday evening instead of the usual Sunday evening and thus allow them an extra day to head home before the start of the week, according to the Brisbane 2001 team.

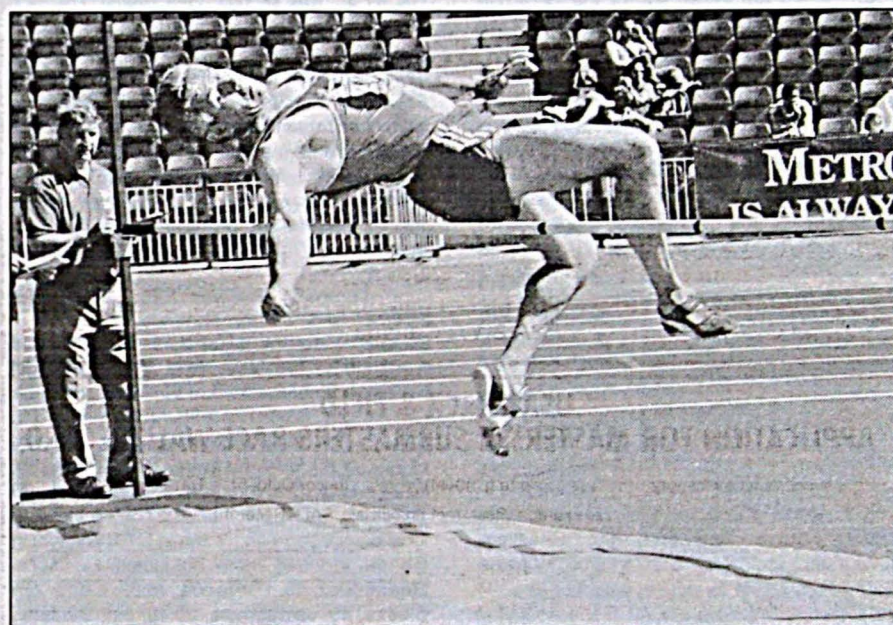
Although the Championships are being held in the middle of the Australian winter, the average daily temperatures in Brisbane during the competition should be around 20°C or the high 60s Fahrenheit.

The website for the championships was under construction in early March with plans to go on-line at the end of the month. The web address is [www.worldvac2001.com.au](http://www.worldvac2001.com.au). □



JERRY WOJCIK

James Whiteford, Great Britain, third M55 in the 800 (2:07.62), 13th WAVA Championships - Gateshead.



JERRY WOJCIK

Daniel Olherry, M50, France, in the decathlon high jump, 13th WAVA Championships-Gateshead.

#### NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000 WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000

This trip will be set up so you can compete in Eugene only or continue on to Kamloops. Package will cover destinations from USA.

#### XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001 (OPTION SIDE TRIP - NEW ZEALAND)

#### TRAVEL TOGETHER AND SAVE!!!!!!

If you are not on our mailing list and wish to do so, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Package will be to and from all destinations from USA and Canada. Many side trips will be offered.

#### Ski & Travel International, INC.

PO Box 1816, Detroit Lakes, MN 56502-1816

Telephone & Fax: 218-847-0410

E-Mail: [skiescape@lakesnet.net](mailto:skiescape@lakesnet.net)

# Masters Scene

## EAST

• **Toshiko d'Elia**, 70, broke the W70-74 800 WR with a 3:28.75, and the U.S. 1500 with a 6:51.0, in the USATF NJ Masters Indoor Championships, Fairleigh Dickinson U., Feb. 13. The present 800 WR of 3:36.58 in 1999 belongs to **Sumi Onodera-Leonard**. The 1500 record of 7:17.7 was set by **Louise Adams** in 1993. Thirty-two meet records fell at FDU. The All Unique Individuals team took the W30-39 title; Runners' Pace took the M30-39. Shore AC won the M40+ competition; NJ Masters was the top W40+ team.

• **Roger Pierce**, Boston RC, flew to a pending M55 U.S. 400 indoor record of 56.17 by **Jim Mathis** in 1991 with a 55.40, Greater Boston TC Invitational, Jan. 23.

• **Elton Richardson** posted a pending WR 17:15.24 for the 3000 RW at the MAC Championships, Armory T&F Center, NYC, Feb. 18. **Josette Sommier** (FRA) holds the present record of 17:22.44 in 1997.

• **Jerry Kooymans**, 44, of Canada, in 4:35.1, and **Patti Ford**, 44, of the Syracuse Chargers, in 5:13.7, were the winners in the Syracuse Masters Mile, Manley Field House, Syracuse U., Feb. 11, duplicating their wins in the Hartshorne Masters Mile at Cornell, Jan. 22, where Kooymans ran a 4:32.12 and Ford a 5:24.82. Runners-up in the Syracuse race, sponsored by Longley Jones Associates, were **Tim McMullen**, 47, Genesee Valley Harriers, who captured the age-graded performance award with a 90.2% 4:36.5, and **Suzanne Myette**, 42, Endicott, NY, with a 5:38.0.

• **Ford**, two weeks later on Feb. 27, broke her U.S. W40 mile record of 5:11.11, set at the 1999 Masters Indoor Championships, Boston, with a 5:08.9 in the Upstate NY Indoor Distance Festival at Hobart and William Smith College, Geneva. In the Roger Messenger Memorial Masters Mile at Smith College, **Tom Dalton**, 41, Schenectady, NY, won \$200 first-place money with a 4:36.9. **Tim McMullen**, 47, was second in 4:44.2, worth \$125. In the Veterans Mile (M50+), **Steve Forrestel**, 50, Checkers AC/Bufalo, took first with a 5:06.3. **Irene Thompson**, 45, of Syracuse, was first (2:42.4) and **Carolyn Smith-Hanna**, 49, Genesee Valley Harriers, second (2:45.3) in one section of the women's 800, consisting mostly of teenagers.

• **Ken Leinbach** broke the M45 U.S. record for the 3000 by nearly 10 seconds with an 8:49.79 in Boston on Feb. 25. The present record of 8:59.14 was set by **Domingo Tibaduiza** in 1995.

• **Alex Guslistov**, 40, Washington, DC, 3:05:37, and **Lynda Petri**, 43, Huntley, IL, 3:40:54, registered masters firsts, 39th Washington's Birthday Marathon, Greenbelt, MD, Feb. 20. Top masters teams in the Marathon Ekiden Relay were the WRC Masters Blasters team of **Bob Shapiro** (67:33), **Bob Trost** (1:56:39), and **Roberto Rodriguez** (2:57:19) and the Danish Dynamite trio of **Margrethe Mentis** (1:38:29), **Kristen Jensen** (2:46:40), and **Mette Foster** (4:21:59).

• **Joan Chodnicki**, 40, 30:11, swept the entire women's field at the NYRR Al Gordon Five-Miler, Central Park, NYC, Feb. 20. **Jerry Macari**, 40, 26:57, claimed the men's masters title, with **Alfred Finger**, 65, turning in an impressive 33:53.

• It was neck-and-neck at the men's masters finish at the NYRR Snowflake Four-Miler, Central Park, NYC, Feb. 26. **Donald DiDonato**, 42, 20:41, just headed off **Jerry Macari**, 40, 20:43. The women's race was also closely contested with **Jean Chodnicki**, 40, 24:05, outstepping **Stacy Creamer**, 40, 24:14.

• **Jerry Macari**, 40, 15:57, and **Barbara Gubbins**, 40, 18:24, held on for masters wins at the NYRR Gridiron Classic 5K, Central Park, NYC, Jan. 30. Outstanding age-group perfor-

mances were turned in by **Helene Bedrock**, 65, 22:59 (84%), **Toshiko d'Elia**, 70, 25:34 (81%), and **William Fortune**, 71, 21:26 (82%).

• First and third places overall were taken by masters women at the NYRR Kurt Steiner 50K, Central Park, NYC, Feb. 20, with **Emmy Stocker**, 41, 4:38:30, leading the field across the line. **Rimas Jakelaitis**, 44, 3:56:41, led the masters men. **Malcolm Gillis**, 66, 4:19:47, trounced his competitors by over an hour.

• Let's hear it for the M90 division! **Abraham Weintraub**, 90, represented his age-group in two NYRR races in Central Park recently - the Al Gordon Five-Miler, Feb. 20, 1:12:34, and the Snowflake Four-Miler, 55:24.

## SOUTHEAST

• **Steve Plasencia**, 43, Minneapolis, zipped to a new single-age record 46:30, winning the masters title at the Gate River Run 15K, Jacksonville, FL, Mar. 4, good for 18th place overall in a stacked open field. 1999's Indy Life Circuit champion, **John Tuttle**, 41, Douglasville, GA, 47:40, was second, 29th overall. The race saw many familiar faces at the top of their divisions: **Bill Rodgers**, 52, Sherborn, MA, 52:24, **Jack Nelson**, 60, Winnetka, IL, 54:58, and **Clarence Patton**, 80, 2:16:49. Ubiquitous Ukrainian **Tatyana Pozdnyakova**, 45, repeated her '99 overall masters win with a 54:52, 11th woman overall. **Monica Joyce**, 41, 57:03, was second. Other winners included **Susie White**, 53, 65:35, **Elfrieda Wyner**, 57, 71:05, **Esten Mason**, 64, 76:39, and **Estelle Grokett**, 75, 2:16:36.

• **Thomas Hoffman**, 40, Pensacola, 2:58:16, and **Sandy Mayfield**, 43, Atlanta, 3:25:02, were the high fliers at the official marathon of the U.S. Navy, the Blue Angel Marathon, Pensacola, FL, Feb. 26.

• At the Gasparilla 15K, Tampa Bay, FL, Feb. 12, Floridians **Arno Sist**, 41, Brandon, 51:49, and **Judy Maguire**, 41, Clearwater, 55:37, kept the masters crowns local. **Al Treichel**, Spring Hill, FL, 67:27, contributed to local domination with his win in M70. Winners in the 5K included more hot-footed Floridians: **Miguel Siez**, 40, Hollywood, 16:03; **Laura Van Cleave**, 45, Jacksonville, 20:48; **Jim Bledsoe**, 56, Tampa Bay, 19:04; and **Melissa Moulton**, 70, St. Petersburg, 30:30.

• **Guy Gordon**, 42, and **Kathryn Estep**, 42, won masters honors at the third Myrtle Beach (SC) Marathon, Feb. 19, in 2:37:58 and 3:02:23, respectively. **Jerry Johncock**, 72, Grand Rapids, MI, could be seen cruising to 3:37:18.

• **Larry Doan**, 43, Virginia Beach, VA, made history in the masters field at the Anheuser-Busch Colonial Half-Marathon in Williamsburg, VA, Feb. 20, running 1:15:05. **Lois Meda**, 40, Toronto, CAN, smoked the women's assemblage with a 1:23:40. Other notables: **Bill Hart**, 51, Virginia Beach, VA, 1:19:53; **Sharon Giese**, 57, Richmond, VA, 1:40:49. In the accompanying 5K, **Evelyn Lloyd**, 74, Walnut Grove, NC, ran a 33:12.

• In the USATF Indoor T&F Championships, Atlanta, March 3-4, 36-year-old **Regina Jacobs** won the mile in 4:25.92. The W35-39 WR is 4:59.28. **Lance Deal**, 38, won his 12th indoor title in the 35-lb. weight with a 78-4 1/2. **Johnny Gray**, 39, after leading much of the way, finished third in the 800 with a 1:49.10, just below his U.S. M35 record 1:49.79. **Steve Pecinovsky**, 45, was fifth (23:05.96) in the 5000 RW.

• **John Hosner**, Blacksburg, VA, who turned 75 on Feb. 25, took advantage of his "youthful" status in the M75 division and broke the WR for the mile by some 15 seconds with a 6:27.16 in the Last Chance Meet at Virginia Tech's Rector Field House, Feb. 26. **John McManus** set the present record of 6:42.03 in 1998. Hosner, retired dean of the VTU's College of Natural Resources, was cheered on by his hometown

crowd, who responded with a roar every time the meet announcer called off Hosner's lap splits.

• **June Marie Provost**, of Canada, bettered the W65 world best of 2:12.02 by **Olga Meyer** for the 20K RW, with a 2:09.44 in the USATF Florida State 20K/10K Championships, held under the auspices of the Florida AC Walkers, Feb. 26.

## MIDWEST

• **Harry Brown**, 70, with an age-graded 95.7% 8.14, and **Mike Skoflanc**, 46, with a 90.0% 7.25, were the standouts in the 55m at the Byron Masters Indoor Meet, Byron, IL, Feb. 13.

## MID-AMERICA

• Among the celebrants at Mardi Gras, New Orleans, Feb. 6, were marathon overall masters winners **Leonard Vergunst**, 44, Ocean Springs, MS, 2:42:31, and **Fillis Freidman**, 47, Franklin, LA, 3:23:01. Also quick-stepping in the streets were half-marathon masters **Susie Klutz**, 62, Winston-Salem, NC, 1:38:54, and **Junius Nixon**, 48, New Orleans, 1:18:25. Noteworthy in the 5K were **Patricia Johnson**, 64, Slidell, LA, 27:56, **Ken Blanchard**, 70, Baton Rouge, 24:27, and **Diane Faille**, 89, Metairie, LA, 30:05.

## SOUTHWEST

• **Steve Wilson**, 41, Clearwater, FL, was the masters winner at the Motorola Austin (TX) Marathon, Feb. 20, motorolling to a 2:18:29, and collecting \$2000 for his efforts. Czech **Petr Klimes**, 41, was a close second in 2:18:56. San Diego's **Mary Burns-Prine**, 42, ran to a 2:53:38 victory, while **Ann Ferguson**, 57, Galveston, TX, led the grandmasters with a 3:37:40.

• The Austin, TX, 3M Half-Marathon, Feb. 6, was an international masters bonanza with **Petr Klimes**, 41, blasting a 1:06:56 and Ukrainian supernova **Tatyana Pozdnyakova**, who turned 45 on March 4, unleashing a 1:13:39 to take the women's overall title.

• **Jimi Heerwald**, 46, 1:59:06, and **Anne Flanagan**, 42, 2:19:23, turned in masters firsts, Run Tex 30K, Austin, TX, Jan. 9. **Robert Fletcher**, 67, 2:25:54, and **Sheril Easterling**, 50, 2:29:47, were standout age-group winners.

• **Bill Rodgers**, 52, topped all masters performances with an 89.8% 34:00, Conoco Rodeo 10K, Houston, Feb. 12. He was followed by **Paul Heitzman**, 68, 40:02, 88.9%, and masters winner, **Tom Boone**, 41, 31:57, 87.8%. **Ann Erickson**, 57, led the women, with an 83.8% 43:30. **Kathy Barton**, 46, was second, 39:22, 83.4%; and W40+ first, **Margo Braud**, 41, third, 38:49, 81.1%.

## WEST

• **Wayne Lambert**, 53, broke the M50 PV WR of 4:27:14-0 by **Larry McIntyre** in 1998, with a 4:30:14-1 1/4 in the Northern Arizona Indoor Classic, Flagstaff, Feb. 20.

• In a meet at Santa Barbara CC, Feb. 11, site of the annual Club West Masters Meet in October, **John Whittemore**, who turned 100 on Nov. 20, 1999, broke **Ben Levinson's** M100-104 SP WR of 3:08 with a 3.11 and established records in the DT (7.38) and JT (6.40). **Del Pickarts**, 72, broke the WR for the 800g JT with a 36.42/119-6. The horizontal jumps were cancelled because of flooded pits from the first serious rainstorm of the year, and some races were run in pouring rain.

• **Angelo DeCollibus**, M40, 16:42, and **Sherri Curl**, W45, 19:18, hastened to masters 5K firsts in the Margaret's 5K & 10K, Orange, CA, March 12. **Hank Munoz**, M65, 21:32, and **Lois Edds**, 79, 33:18, were notable division winners. Masters 10K victors were **Jon Garmshausen**, M40, 35:32, and **Leslie King**, W45, 43:44.

• **Markus Gerber**, of Sweden, gambled and won on Feb. 6 at the Las Vegas Marathon, acing the point-to-point course in 2:25:00, finishing 9th overall. It was down to the wire in the



TESH TESHIMA

Gordon Dugan, 65, being honored for running all 27 Honolulu Marathons from 1973 to 1999.

M45 as **Jack Ankrum** took **Jean-Claude Renier**, of France, by a length, 2:43:36 to 2:43:38. **Dan Coffman**, Stamping Ground, KY, captured the M55 division in 2:48:57. W40 winner **Rainy Kay Stoll**, Bremerton, WA, bested the W40+ field, running a 2:55:55. **Betty Scott**, Graham, NC, impressed the W50 field with 3:14:47. In the half-marathon, **Ken Wilson**, Albuquerque, NM, took advantage of the fast course to turn in a smoking 1:07:49 to win the M45. **Monica Joyce**, Pickney, VT, took the W40 crown in 1:20:59, leading a talented women's group that included W45 winner, **Jacqueline Gareau**, Boulder, CO, 1:25:26. Gareau is training for this year's Boston, celebrating the 20th anniversary of her victory there. W60 doyenne **Barbara Miller**, Modesto, CA, unleashed a potential W60 record-setting 1:28:50, surpassing the former record, 1:35:02, by **Helen Dick**.

• **Maria Trujillo de Rios**, 40, Los Gatos, CA, put the finishing touches on her Olympic Trials Marathon training by breezing to a 1:22:56 at the Home Depot Half-Marathon in San Francisco, Jan. 30. **Karl Watanabe**, Fremont, CA, took the M40 title in 1:16:20.

• The Palm Springs Half-Marathon and 5K, Feb. 20, featured performances by **Marina Jones**, 48, Palm Desert, CA, 1:12:31, and **Tom Johnson**, 1:16:20. M50 **Al Swenson** was the first master of the day in the 5K, blazing to 16:06. **Marle Romero** won the W40 in 18:14.

## INTERNATIONAL

• About 120 athletes competed in the Western Province T&F Championships, Bellville, Cape Town, South Africa, Feb. 11-12. Top performer was **Terence Brown** with an M45 S.A. record 1:59.29 in the 800 and a first in the 1500 in 4:10.34. Brown, then M40, won gold and bronze at WAVA-Buffalo in 1995, and at WAVA-Durban in 1997, taking silver and bronze in those events, respectively. **Isabel Hofmeyr**, W70, South Africa's most successful athlete at WAVA-Gateshead last year, won five events, including the 200 (35.89). **Lindsay Hatz**, W60, gold in the 5000 and silver in the 10K walks at Gateshead, won those events in Bellville in 30:10.0 and 61:57. **Leo Benning**, in an open meet in Bellville, Jan. 29, won the HJ with a 1.50, increasing his M65 S.A. record by 2 cm.

# Schedule

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

## TRACK & FIELD

### NATIONAL

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

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

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

**August 10-13.** 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: NEM@dnsi.net; www.eugenechamps.com.

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

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

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

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

### EAST

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

**April 8-9.** World Record Holders Throws Clinic (9th) & Meet (8th), U. of Connecticut, Storrs. Tom Petranoff (JT); Iouri Sedykh (HT); Natalia Sedykh (SP); Andy Bloom (SP & DT). Tom Petranoff, 401-823-5803; email: turbojav@aol.com.

**April 16 & 30.** Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/  
**April 28-29.** Penn Relays, U. of Pennsylvania, Philadelphia. 28th: 4x100, M50+ or W40+; 4x100, M40+ (2 sections); 100 (4 races), M40+, M50+, M60+, W40+; 4x400, M50+, W40+. 29th: 100, M75+; 4x400, M40+. Phil Felton, 413 Alexander St., Princeton, NJ 08540.

609-685-4115. felton@princeton.edu

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

**May 13-14.** Long Island Senior Games, Mitchell Athletic Complex, Garden City, N.Y. 5K at Eisenhower Park, Garden City, on 11th, 5:00 pm. Eleanor Scott, PO Box 10214, Smithtown, NY 11787. 631-265-2966; eleanor@ix.netcom.com; entry form at www.longislandseniorgames.com

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

**May 21.** Philadelphia Masters Developmental Meet, Germantown Academy, Fort Washington, Pa. 9:00 am. Joel Dubow, 610-792-3177; phillymasters@netreach.net

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

**June 7 & 21.** Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

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

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

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

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

**June 17.** Vermont Senior Games, Montpelier. George Brown, 49 Freedom Dr., Montpelier, VT 05602. 802-229-0621.

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

**June 24.** Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

**July 5 & 19.** Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

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

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

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

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

**September 2-3.** Potomac Valley

Association Masters Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvtc.org/  
**September 6-11.** Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

**September 19-20.** Green Mountain Senior Games, Green Mountain College, Vt. Jack Carlock, 802-875-4508.

**October 1-8.** Delaware Senior Olympics, Dover. Mary Costello, 302-736-5698.

**October 5-7.** Maryland Senior Olympics, Towson. Phil Adams, 410-830-4456. No out-of-state.

### SOUTHEAST

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

**April 22.** Easter in Vahalla Throws Meet, Gibsonville, N.C. Open & Masters. All throws, WP & 98#. \$15. Katie Feyes, 336-538-9633; feyek6c@elon.edu; Peter Farmer, 538-6823; farmer@elon.edu

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

**May 9.** Atlanta TC Meets, Emory U. 5:30 pm. First of Tues. evening meets thru June 20. 404-231-9064; www.atlantatrackclub.org

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

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

**May 21.** USATF Georgia Masters Championships, Ted Wright Stadium, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. 912-982-4881; fax: 982-9984; jimjoyce@jchs.com

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

**June 10.** Birmingham TC Classic/Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; email: GESEIF@aol.com; www.birminghamtrackclub.org. Entry form in April NMN.

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

**June 24.** USATF Southeast Regional Masters Championships, Middle Tennessee State U., Murfreesboro. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; email: Bob Fine@aol.com; or Nashville Striders, 615-279-9971; www.nashvillestriders.com

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

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

**August 5.** Run For Life 5K & 10K, Marietta, Ga. 770-426-2RUN; www.life.edu

**September 20-23.** Georgia Golden Olympics, Robins Air Force Base. Vicki Pilgrim, 404-657-6644.

**September 25-30.** North Carolina Senior Games, Raleigh. No out-of-state. Call for other dates. Cindy Trumbower, 919-851-5456.

**November 28-December 3.** Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.

## ON TAP FOR APRIL

### TRACK AND FIELD

The USATF Masters Heptathlon Championships for men and women, held along with the Illinois Masters Championships, Hillside, on the 1st-2nd close out the indoor season. The John Ward Meet, Santa Ana, Calif., on the 9th, supplies early outdoor season activity for Southern Californians. In the East, the Penn Relays offer masters a chance to perform before large audiences in Philadelphia's Franklin Field on the 28th-29th. Also on the 29th, Westerners can mosey on over to the Arizona Masters Invitational, Glendale, while throwers head to the Great Northwest for the Seattle Spring Fling. At the end of the month, masters will vie for titles in Brazil and South Africa.

### LONG DISTANCE RUNNING

The Boston Marathon on the 17th rules the schedule. Masters cash prizes will total \$250,000 at the Cooper River Bridge 10K, Charleston, S.C., on the 1st. Almost gotcha! Whatever the prize money, the Cooper River Bridge is usually a well-conducted event, as should be the Capitol 10,000, Austin, Texas, on the 2nd. Races come into flower with the Pear Blossom 10 Mile, Medford, Ore., on the 8th, and Cherry Blossom 10 Mile, in D.C., on the 9th. The Longest Day Races, Brookings, S. Dak., offer just about something for everyone on the 15th, also the date of the Charlotte (N.C.) Marathon and 10K. The 29th menu lists two races for masters: the Hudson Mohawk RRC Masters 10K and the USATF Georgia Masters 10K. On the 30th, runners can return to Washington, D.C., for the Sallie Mae 10K, or enter the New Jersey, Cleveland, or Big Sur (Calif.) marathons. Across the Atlantic, the London Marathon is set for the 16th.

### RACEWALKING

The National Masters Men's 30K and Women's 20K Championships, Flushing, Mich., on the 16th, top the RW offerings. Additional action is to be had in D.C. on the 2nd; in Orlando, Fla., on the 9th; and in Seattle, Wash., on the 22nd. □

### MIDWEST

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

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

**May 5-7.** Peoria Senior Games. Vic Durchholz, 7013 N. Teton Dr., Peoria, IL 61614.

**June 5-10.** Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood, Continued on next page







RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34 Robert Walter Pent I 2876 3-4-00 Marek Wensel 55m I 6.77 2-12-00 400 I 49.87 3-3-00

M35-39 Dave Gilbert PVI 4.12 1-15-00 David Sanford 3000 I 10:03.8 1-22-00

M40-44 Rob Doran Pent I 2508 3-26-99 Lenny Mustari 3000 I 10:22.20 2-11-00 Warren Taylor SP 16.00 8-27-99 D 47.42 8-28-99 SP 15.53 5-6-98

M50-54 Gene Bard PVI 4.20 1-28-00 Roger Crockett TJ 10.74 8-29-99 Robert Dozoretz 10K 37:03 1-23-00

M55-59 Wayne Hansen 200 26.66 12-4-99 Tom Russell WT I 9.28 3-4-00

M60-64 Chuck Bartholomew 55m I 7.95 2-11-00 Michael Boudreaux 100 12.97 10-19, 26-99 200 26.92 10-19, 26-99 400 1:01.48 10-19, 26-99 Paul Robilla 3000 12:09 1-29-00 Rodger Young 55m hh I 10.37 1-30-00

M70-74 Ev Poe 55 I 8.57 2-20-00

M75-79 Frank Knsua 400 87.31 10-99 100 14.40 4-25-98 Tim Murphy 200 31.41 4-25-98

W35-39 Laurie Jinkins WT 10.25 9-13-99

W55-59 Suzanne Franco 5K 24:36 3-5-00

W75-79 Mary Holland 400 1:34.61 8-7-99

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 55 6.8 6.9 7.1 7.2 7.4 7.9 8.1 8.4 8.9 9.4 10.4 11.8 13.5 60 7.4 7.55 7.7 7.85 8.05 8.5 9.0 9.25 9.5 10.0 11.2 12.8 16.6

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Event 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 100 13.8 14.1 14.4 15.0 15.5 16.4 16.8 18.6 19.8 22.0 25.0 200 28.0 28.8 30.0 31.6 33.0 35.0 37.0 39.0 42.0 48.0 52.0

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

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

1.5K Mile 3K 5K 8K 10K 15K 20K 25K 30K 40K 50K W30 7:13 7:47 14:50 25:38 42:04 52:43 1:21:56 1:52:06 2:24:43 2:59:15 4:08:45 5:37:30 W35 7:22 8:03 15:18 26:27 43:11 53:56 1:23:29 1:53:32 2:26:51 3:01:53 4:12:21 5:42:23

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME \_\_\_\_\_ AGE-GROUP \_\_\_\_\_ ADDRESS \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_ 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. 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15.









Continued from previous page

Table of results for various events including M50 Jorge Birnbaum, M55 Joe Faust, M60 Phil Fehlen, M70 Arnold Ray, W40 Karen Vaughn, Pole Vault, M35 Greg Charles, M45 Murray Mead, M50 Wayne Lambert, M55 Mardon Connelly, M65 Ray Fitzhugh, Long Jump, M40 Ken Holder, M50 Carl Flowers, M55 Terry Rowan, M60 Roger Tsuda, M65 Ray Fitzhugh, M70 Paul Bambrook, W35 Elaine Iba, Triple Jump, M35 Lavell Davenport, M50 Kent Taylor, M55 Terry Rowan, M70 Paul Bambrook, Shot Put, M40 Bradley Slinkard, M45 Glenn Gottfried, M45 James Hearn, M45 Bill Gardner, M50 Angelo Rinaldi, M55 Hal Sheakley, M55 Dave Archambault, M60 John Greiner, M60 Burr Sweeney, M65 Ray Fitzhugh, M70 Don Hegberg, W40 Karen Vaughn, Discus, M40 Glenn Gottfried, M45 James Hearn, M50 Angelo Rinaldi, M55 Dave Archambault, M60 Joe Marino, M65 Ron Johnson, M65 Orlyn North, M70 Don Hegberg, Javelin, M40 Glenn Gottfried, M45 Mike Tipping, M50 Sy Silverstein, M55 James Brennan, M60 Larry Stuart, M65 Burr Sweeney, M70 Don Hegberg, W40 Karen Vaughn, W45 Tina Bowman, W60 Kathy Bergen, 5000m Racewalk, M35 Joe Nieroski, M40 Rich Lenhardt, M55 Stuart Ray, M60 John Backlund, M65 Carl Acosta, M70 Wm Moremen, M75 M Noritake, W30 Michelle Kirk, W35 Margaret Govea, W45 S Clairmon, W50 D Backlund, Pam Flowers.

Table of results for W55 Karen Bartolo, Roberta Hatfield, Pat Ross, W60 Carol Ferris, N Alexander, Pat Willis, W65 Patti Kennedy, Grace Moremen, W75 Jane Dana, Soula Thomas, F Kerechuk.

INTERNATIONAL

Oceania Games Norfolk Island; Jan. 16-23

Table of results for Oceania Games events including 100m, M35 Mark MacFarlane, M40 Kevin Matthews, M45 Eric Grant, M50 Wayne Cousins, M60 Hugh Coogan, M70 Rudi Hochreiter, M75 Bruce Wotherspoon, M80 Fred Watson, W30 Raewyn Gregg, W40 Yvonne Mullins, W45 Maureen Rossiter, W50 Wilma Perkins, W55 Peggy MacIver, W60 Diana Kendall, W65 Margaret Peters, W70 Beryl Vine, W75 Gwen Davidson, W80 Rona Smith, 200m, M35 Mark MacFarlane, M40 Kevin Matthews, M45 Eric Grant, M50 Wayne Cousins, M60 Hugh Coogan, M65 Trevor Cowley, M70 Rudi Hochreiter, M75 Bruce Wotherspoon, W30 Raewyn Gregg, W40 Yvonne Mullins, W45 Maureen Rossiter, W50 Wilma Perkins, W55 Peggy MacIver, W65 Margaret Peters, W70 Beryl Vine, 400m, M35 Mark MacFarlane, M40 Kevin Matthews, M45 Eric Grant, M50 Duncan McAuley, M55 John Waite, M60 Hugh Coogan, M65 Ron Johnson, M70 Jim O'Donnell, M75 Bruce Wotherspoon, W30 Raewyn Gregg, W40 Yvonne Mullins, W45 Maureen Rossiter, W50 Wilma Perkins, W55 Peggy MacIver, W65 Margaret Peters, 800m, M35 Steven Hughes, M40 Peter Quax, M45 Dennis Litt, M50 Murray Clarkson, M60 John Dwyer, M70 Jaroslav Novy, M75 Eric Delautour, W30 Linda Reynolds, W35 Francis Rowland, W40 Lyn Moore, W45 Victoria Adams, W50 Raewynne Niwa, W55 Peggy MacIver, W60 Carol Thompson, W65 June Miles, 1500m, M40 Colin Earwaker, M45 Dennis Litt, M50 Murray Clarkson, M55 David Rowell, M60 Bill Kenny, M65 Barry Cook, M70 John Eccles, M75 Eric Delautour, M80 Don Edmundson, W30 Linda Reynolds, W35 Robyn Stanfield, W40 Lyn Moore, M50 Peter Lambert, M55 Kevin Bradley, M60 Tom Hancock, M65 Mary Thomas, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W30 Michelle Osborne, W40 Melanie Watson, W45 Christine Schultz, W50 Judy Coram, W55 Mary Thomas, W60 Helen Searle, W65 Mary Wahren, W70 Beryl Vine, W75 Mary Vickers, W80 Rona Smith, 3000m RW, M40 Kevin Watson, M50 John Lambert, M55 Peter McWilliams, M60 Morrie Hinton, M65 Robert Chapman, M75 Richard Keatinge, W35 Angela Keogh, W40 Melanie Watson, W45 Sue Hoskin, W50 Barbara Lambert, W55 Loloma Foster, W60 Margaret Beaumont, W65 C Dauphinot, W70 Doreen Torbit, 10,000m RW, M50 John Mison, M55 Peter McWilliams, M60 Morrie Hinton, M65 Robert Chapman, M75 Richard Keatinge, W35 Angela Keogh, W40 Melanie Watson, W45 Sue Hoskin, W50 Barbara Lambert, W55 Loloma Foster, W60 Margaret Beaumont, W65 C Dauphinot, W70 Doreen Torbit, Half-Marathon, M40 Colin Earwaker, M45 Dennis Litt, M50 Peter Tutty, M55 Robert McPherson, M60 Peter Watts, M65 Ellis Goodyear, M70 Roger Dorier, M75 Gordon McKeown, W35 Christine Carleton, W40 Lyn Moore, W45 Jan Litt, W50 Raewynne Niwa, W55 Diana Southern, W65 Joan Stubbins.

Table of results for various events including W45 Maria Hillier, W50 Karen Kerr, W55 Margaret Orman, W60 Carol Thompson, W65 June Miles, 5000m, M35 Steven Hughes, M40 Colin Earwaker, M45 Dennis Litt, M50 Malcolm Hammond, M55 David Rowell, M60 Bill Kenny, M65 Barry Cook, M70 John Eccles, M75 Eric Delautour, M80 Don Edmundson, W30 Linda Reynolds, W35 Robyn Stanfield, W40 Lyn Moore, W45 Maria Hillier, W50 Karen Kerr, W55 Fay Riley, W60 Carol Thompson, W65 June Miles, 8000m, M35 Steven Hughes, M40 Colin Earwaker, M45 Dennis Litt, M50 Murray Clarkson, M55 David Rowell, M60 Peter Watts, M65 Ellis Goodyear, M70 John Eccles, M75 Eric Delautour, M80 Don Edmundson, W30 Linda Reynolds, W35 Robyn Stanfield, W40 Lyn Moore, W45 Victoria Adams, W50 Raewynne Niwa, W55 Fay Riley, W60 Carol Thompson, W65 June Miles, Short Hurdles, M35 Christopher Kenny, M55 Bill Wells, M60 Stewart Foster, M75 Stan Stankovic, W40 Kerry Boden, W50 Lois Anderson, W55 Lesley Hamilton, W65 Colleen Blair, Long Hurdles, M35 Mark MacFarlane, M40 Warren Edlin, M45 Graeme Cox, M50 Christopher Portch, M55 Bill Wells, M60 Stewart Foster, M65 Ron Johnson, M75 Stan Stankovic, W55 Lesley Hamilton, 2000m Steeplechase, M60 Bill Kenny, M65 Osmo Millridge, M70 John Eccles, M75 Stan Stankovic, W45 Victoria Adams, W50 Irene Davey, W55 Margaret Orman, 3000m Steeplechase, M45 Michael Morrissey, M50 Malcolm Hammond, M55 Bob Schickert, High Jump, M30 Alan White, M35 Mark MacFarlane, M40 Max Steven, M50 Peter Lambert, M55 Ivan Sobotka, M60 Tom Hancock, M65 Kerry Thew, M70 Rudi Hochreiter, M75 Stan Stankovic, W30 Raewyn Grigg, W40 Kerry Boden, W45 Nancy Bowmar, W50 Hazel McDonnell, W60 Marie Slattery, W75 Gwen Davidson, Long Jump, M35 Mark MacFarlane, M40 Kevin Matthews, M45 Eric Grant, M50 Peter Lambert.

Table of results for various events including M55 Ivan Sobotka, M60 Graeme Noden, M65 Trevor Cowley, M70 Rudi Hochreiter, M75 Stan Stankovic, M80 Fred Watson, W30 Raewyn Grigg, W35 Rosemary Clarke, W40 Kerry Boden, W45 Nancy Bowman, W50 Lois Anderson, W55 Beth MacLeod, W60 Barbara Bird, W65 Colleen Blair, W70 Gwen Davidson, Triple Jump, M35 Mark MacFarlane, M40 Kevin Matthews, M50 Peter Lambert, M55 Ivan Sobotka, M60 Lionel Low, M65 Ron Johnson, M70 Rudi Hochreiter, M75 Stan Stankovic, M80 Fred Watson, W30 Raewyn Grigg, W35 Rosemary Clarke, W40 Yvonne Mullins, W45 Nancy Bowmar, W50 Lois Anderson, W55 Nyala Millar, W60 Barbara Bird, W65 Colleen Blair, W70 Beryl Vine, W75 Gwen Davidson, Shot Put, M30 Alan White, M35 Geoff Gardner, M40 Barry Mullins, M45 Frederic Cassier, M50 Peter Clark, M55 Don Quinn, M60 Tom Hancock, M65 Jaroslav Hanus, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W30 Raewyn Grigg, W35 Dol Allwood, W40 Sue Graham, W45 Christine Schultz, W50 Jill Evans, W55 Mary Thomas, W60 Helen Searle, W65 Mary Wahren, W70 Beryl Vine, W75 Helen Searle, Discus, M30 Alan White, M35 Geoff Gardner, M40 Barry Mullins, M45 Frederic Cassier, M50 Peter Clark, M55 Stuart Williams, M60 Tom Hancock, M65 Kevin White, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W40 Vicki Matthews, W45 Christine Schultz, W50 Wilma Perkins, W55 Mary Thomas, W60 Helen Searle, W65 Colleen Brunker, W70 Beryl Vine, W75 Gwen Davidson, W80 Rona Smith, Hammer, M30 Brent Jones, M35 Geoff Gardner, M40 Barry Mullins, M45 Frederic Cassier, M50 Daniel Josien, M55 Kevin Bradley, M60 Lawrence Deulin, M65 Jaroslav Hanus, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W30 Michelle Osborne, W40 Melanie Watson, W45 Christine Schultz, W50 Beverley Church, W55 Mary Thomas.

Table of results for various events including W60 Helen Searle, W65 Mary Wahren, W70 Beryl Vine, W75 Gwen Davidson, Javelin, M30 Alan White, M35 Geoff Gardner, M40 Kevin Matthews, M50 Peter Lambert, M55 Ivan Sobotka, M60 Tom Hancock, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W30 Michelle Osborne, W40 Kerry Boden, W45 Christine Schultz, W50 Jill Evans, W55 Mary Thomas, W60 Helen Searle, W65 Ngawini Pepene, W70 Beryl Vine, W75 Mary Vickers, W80 Rona Smith, Weight Throw, M30 Alan White, M35 Geoff Gardner, M40 Max Steven, M45 Frederic Cassier, M50 Daniel Josien, M55 Kevin Bradley, M60 Lawrence Deulin, M65 Jaroslav Hanus, M70 Arthur Grayburn, M75 Stan Stankovic, M80 Dave Scratton, W30 Michelle Osborne, W40 Melanie Watson, W45 Christine Schultz, W50 Beverley Church, W55 Raylea Rudov, W60 Helen Searle, W65 Colleen Brunker, W70 Beryl Vine, W75 Gwen Davidson, W80 Rona Smith, Pentathlon, M35 Steven Hughes, M40 Kevin Matthews, M45 Eric Grant, M50 Garry Maher, M55 Ivan Sobotka, M60 Ken Daniels, M65 Trevor Cowley, M70 Maurice Dauphinot, M75 Stan Stankovic, W30 Raewyn Grigg, W40 Kerry Boden, W45 Nancy Bowmar, W50 Ann Hathaway, W55 Mary Thomas, W60 Diana Kendall, W65 Collenna Blair, W70 Beryl Vine, Weight Pentathlon, M30 Alan White, M35 Geoff Gardner, M40 Barry Mullins, M45 Frederic Cassier, M50 Daniel Josien, M55 Kevin Bradley, M60 Tom Hancock, M65 Kevin White, M70 Rudi Hochreiter, M75 Aivars Pavulins, M80 Dave Scratton, W30 Michelle Osborne, W40 Melanie Watson, W45 Christine Schultz, W50 Judy Coram, W55 Mary Thomas, W60 Helen Searle, W65 Mary Wahren, W70 Beryl Vine, W75 Mary Vickers, W80 Rona Smith, 3000m RW, M40 Kevin Watson, M50 John Lambert, M55 Peter McWilliams, M60 Morrie Hinton, M65 Robert Chapman, M75 Richard Keatinge, W35 Angela Keogh, W40 Melanie Watson.

Table of results for various events including W45 Sue Hoskin, W50 Barbara Lambert, W55 Loloma Foster, W60 Margaret Beaumont, W65 C Dauphinot, W70 Doreen Torbit, 5000m RW, M40 Kevin Watson, M50 John Lambert, M55 Peter McWilliams, M60 Morrie Hinton, M65 Robert Chapman, M75 Richard Keatinge, W35 Angela Keogh, W40 Melanie Watson, W45 Sue Hoskin, W50 Barbara Lambert, W55 Loloma Foster, W60 Margaret Beaumont, W65 C Dauphinot, W70 Doreen Torbit, 10,000m RW, M50 John Mison, M55 Peter McWilliams, M60 Morrie Hinton, M65 Robert Chapman, M75 Richard Keatinge, W35 Angela Keogh, W40 Melanie Watson, W45 Sue Hoskin, W50 Barbara Lambert, W55 Loloma Foster, W60 Margaret Beaumont, W65 C Dauphinot, W70 Doreen Torbit, Half-Marathon, M40 Colin Earwaker, M45 Dennis Litt, M50 Peter Tutty, M55 Robert McPherson, M60 Peter Watts, M65 Ellis Goodyear, M70 Roger Dorier, M75 Gordon McKeown, W35 Christine Carleton, W40 Lyn Moore, W45 Jan Litt, W50 Raewynne Niwa, W55 Diana Southern, W65 Joan Stubbins.

Netherlands Indoor Championships Groningen, Jan. 22-23

Table of results for Netherlands Indoor Championships events including 60m, M40 Frans van der Veeren, M45 Wim de Ronde, M50 Fred van Gasteren, M55 Ricardo Hill, W35 Rietje Dijkman, W40 Riet Jonkers, W55 Sonja Oost, 200m, M40 Jelle vd Schaaf, M50 Glenn Gentle, M55 Ricardo Hill, W35 Rietje Dijkman, W50 Lena Jansen, W55 Sonja Oost, W60 Ellen Snel, 800m, M50 Theo van Grevenhof, M55 Henk van Eck, W55 Anja Matakana, W60 Florence Rysbergen, 3000m, M45 Peter Vlaarkamp, M50 Arthur Koreman, M55 Cees Kraaijeveld, W55 Hetty Everhardus, W60 Ellen Snel, Short Hurdles, M45 Wim de Ronde, M55 Rob de Weger, W35 Rietje Dijkman, W40 Riet Jonkers, W50 Lena Johnson, W60 Monique Seerden, High Jump, M50 Jan Huijbers, M55 Friedhelm Drechmeier, W35 Rietje Dijkman, W50 Weia Reinboud, W60 Monique Seerden.

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Table of race results for Myrtle Beach Marathon, Myrtle Beach, SC; Feb. 19. Includes overall and individual runner times.

Myrtle Beach Marathon Myrtle Beach, SC; Feb. 19

Table of race results for Palm Springs Half-Marathon & 5K, Palm Springs, FL; Feb. 20. Includes overall and individual runner times.

Palm Springs Half-Marathon & 5K Palm Springs, FL; Feb. 20

Table of race results for W50 Julie Lister, W55 Patricia Wolkoff, W60 Wanda Whitmire, W65 Joyce Duval, 5K, Overall, M45 Kasha Cohn, M50 Doc Weiss, M55 Jimmy Miller, M60 Harry Neeson, M65 Louis Joline, M70+ Jerry Johncock 72, W40 Kathryn Estep, W45 Joy Watson, W50 Carmine Russo, W55 Ellie Thayer, W60+EK Tolley-Beeson 64, Overall, David Kloz, Kristine Miller, M40 Tom Johnson, Jesse Warren, Ramon Arroyo, Bill Tharlon, James Eales, M45 Bill Olsen, John Fitzgerald, Larry Buskirk, Wayne Peterson, Brad Schwandt, M50 Alan Woodruff, Fred Stewart, Mark Lyons, Darrell Mead, Ken Klein, M55 Cruz Gomez, Dennis Lockhart, Bruce Geddes, Doug Mcadom, M60 Arnold Orgolini, Andrew Bailey, Gene Rotstein, M65 Don Moore, Marvin Johnson, M70 Jim O'Neil, Gerry Hopkins, W40 Teena Colebrook, Debbie Woodruff, Penny Shelly, Stephanie Peavey, Pam Flees, W45 Marina Jones, Rebecca Baker, Cynthia Goldberg, Jody Hughes, Cindy Millar.

Table of race results for M45 Jim Goggin, Richard Morris, M50 Wayne Bromfield, David James, M55 Terry O'Connor, M60 Jaan Sulg, M65 Richard May, M70+Shannon Allen 77, W40 Sharon White, Deb Mattes, W45 Tina Barber, Eileen Hungerman, W50 Ciara Graves, Rachael Irvin, W55 Phyllis Haislip, W60 Julie Pritchett, W65 Madeline Childes, W70+Evelyn Lloyd 74, Richard Slingluff, M45 Joe Sanderson, Jim Cardow, Don Scroggins, Paul Brown, Chris Hickman, M50 Donald Henderson, Gart Beeler, Charles Belfield, Quentin Worrell, Rudy Castillo, M55 Calvin Zeigler, Richard Browning, Paul Sawtelle, Michael Gross, Sam Nelson, M60 John Conroy, Dave Denutier, Ben Zappa, John Hamilton, West Marcus, M65 Richard Kowalski, William Rose, Norb Lackband, Williamette Williams, Ed Hill, M70 Fred Hagen, George Poulos, M75 Charles Thomas, Warren Gameson, Chuck Siffert, M80 Tad Dobbs, W40 Sherie Giles, Sandra Eiriksson, Erika Sauer, Connie Jo Gamble, Susie McLendon, W45 Gail Hughes, Brenda Ross, Julia Musto, Sandy Wilson, Pam Jones, W50 Marilyn Kelly, Terri Farris, Patsy Mellin, Faye Roberts, Harriet Garrison, W55 Freida McGlothlin, Brenda Norred, Rosemary Hays, Barbara Davis, Patricia Rice, W60 Carol Lackband, Phyllis Sandsted, Carole Wright, Marion Kowalski, Patt McEvers, W65+Mary Specking, Gay Ambrosi, Billie Madero, Kay Hill, Clara Foss.

U.S. Olympic Trials Women's Marathon Columbia, SC; Feb. 26

Table of race results for U.S. Olympic Trials Women's Marathon, Columbia, SC; Feb. 26. Includes overall and individual runner times.

Blue Angel Marathon & 5K Pensacola, FL; Feb. 26

Table of race results for Blue Angel Marathon & 5K, Pensacola, FL; Feb. 26. Includes overall and individual runner times.

Table of race results for M80 Clarence Patton, W40 Monica Joyce, Kim Streit, Denise Skinner, Kitty Switkes, Bunny Cannon, W45 Tatyana Pozdnyakova, Michelle Hamel, Laura Vancleave, Steve Shirley, Anne Shumaker, W50 Susie White, Patt Sher, Adrian Crement, Susan Branley, Gwen Torchia, W55 Efreida Wyner, Bobette Bushnell, Barbara Vitky, Willy Moolenaar, Judith Daniel, W60 Esten Mason, Carol Lackband, Terri Sullivan, Gerry Russ, W65 Helen Ramos, Carolyn Hoffman, Joan Potter, Norma Wasson, W70 Peggy Holloway, W75 Estelle Grockett, Carolina First Reedy River Run 10K Greenville, SC; March 4, Overall, Faizal Emamaullee 23, Olga Markova 31, M40 Tom Mather, Amit Ne'eman, Richard Ferguson, Gerald Hutchinson, M45 Dave Geer, Roy Kulikowski, Paul Dawson, Larry Miller, M50 Ervin Reid, Frank Zimmerman, George Rolling, M55 Gerry Camer, Russ Brown, M60 Fay Bradley, James Adams, M65 Dave McKim, Malcolm Gillis, M70+Charles Dotson 77, W40 Kerry Robinson, Susi Smith, Dian Ford, Judy Walls, W45 Alendia Vestal, Molly Gerke, Linda Ball, Jane Williams, W50 Connie Friend, Octavia Childress, Brenda Cooler, W55 Stephanie Van Rhyne, Mary Thompson, W60 Pat Grine, W65 Pat McClain, W70+Marge Hoffman 70, Gate River Run 15K Jacksonville, FL; March 4, Overall, Dan Browne 24, Deena Drossin 27, M40 Steve Plasencia, John Tuttle, Jon Sinclair, Steve Wilson, Tim Unger, M45 Paul Hoover, Ben Phillips, David Rowe, Rusty Jones, Jim Garrison, M50 Bill Rodgers, Jack Fultz, Bruce Holmes, Bernie Candy, Terry Presnell, M55 David Ohnsman, John Boyle, John Stephens, Frank Frazier, Richard Horton, M60 Jack Nelson, Don Ardell, Bob Payne, Matt Ross, M65 Everett Crum, Joe Nettles, Bo Wulbern, Hal Higdon, M70 Bob Carr, John Aimone, John aimone, Robert Moffitt, M75 Carl Hammen, Joe Connolly, Augustus Prince.

Table of race results for M80 Clarence Patton, W40 Monica Joyce, Kim Streit, Denise Skinner, Kitty Switkes, Bunny Cannon, W45 Tatyana Pozdnyakova, Michelle Hamel, Laura Vancleave, Steve Shirley, Anne Shumaker, W50 Susie White, Patt Sher, Adrian Crement, Susan Branley, Gwen Torchia, W55 Efreida Wyner, Bobette Bushnell, Barbara Vitky, Willy Moolenaar, Judith Daniel, W60 Esten Mason, Carol Lackband, Terri Sullivan, Gerry Russ, W65 Helen Ramos, Carolyn Hoffman, Joan Potter, Norma Wasson, W70 Peggy Holloway, W75 Estelle Grockett, Carolina First Reedy River Run 10K Greenville, SC; March 4, Overall, Faizal Emamaullee 23, Olga Markova 31, M40 Tom Mather, Amit Ne'eman, Richard Ferguson, Gerald Hutchinson, M45 Dave Geer, Roy Kulikowski, Paul Dawson, Larry Miller, M50 Ervin Reid, Frank Zimmerman, George Rolling, M55 Gerry Camer, Russ Brown, M60 Fay Bradley, James Adams, M65 Dave McKim, Malcolm Gillis, M70+Charles Dotson 77, W40 Kerry Robinson, Susi Smith, Dian Ford, Judy Walls, W45 Alendia Vestal, Molly Gerke, Linda Ball, Jane Williams, W50 Connie Friend, Octavia Childress, Brenda Cooler, W55 Stephanie Van Rhyne, Mary Thompson, W60 Pat Grine, W65 Pat McClain, W70+Marge Hoffman 70, Gate River Run 15K Jacksonville, FL; March 4, Overall, Dan Browne 24, Deena Drossin 27, M40 Steve Plasencia, John Tuttle, Jon Sinclair, Steve Wilson, Tim Unger, M45 Paul Hoover, Ben Phillips, David Rowe, Rusty Jones, Jim Garrison, M50 Bill Rodgers, Jack Fultz, Bruce Holmes, Bernie Candy, Terry Presnell, M55 David Ohnsman, John Boyle, John Stephens, Frank Frazier, Richard Horton, M60 Jack Nelson, Don Ardell, Bob Payne, Matt Ross, M65 Everett Crum, Joe Nettles, Bo Wulbern, Hal Higdon, M70 Bob Carr, John Aimone, John aimone, Robert Moffitt, M75 Carl Hammen, Joe Connolly, Augustus Prince.

Carolina First Reedy River Run 10K Greenville, SC; March 4

Table of race results for Carolina First Reedy River Run 10K, Greenville, SC; March 4. Includes overall and individual runner times.

MID-AMERICA

Groundhog 10K Kansas City, MO; Feb. 6

Table of race results for Groundhog 10K, Kansas City, MO; Feb. 6. Includes overall and individual runner times.

Table of race results for M80 Ed Burnham, W40 Carol McFall, J Tompkins-Lundgen, Marla Rhoden, W45 Mari Mohr, Joanne Jackson, Sandi Weston, W50 Rae Mohrmann, Maribeth Fonner, Donna Romans, W55 Suzie Turner, Mary Haley, Verna Troutman, W60 Kathy Moffitt, Ann Nelson, Carolyn Mitchell, W65 Helga McClane, Valentine's Day 5K Denver, CO; Feb. 13, Overall, Hector Hernandez-Sala 26, Janice Posey 31, M40 Stu Penn 44, Dave Albo 43, Angelo Aragon 42, M50 Tom Lemire 56, Jerry Brown 54, Larry Kueter 54, M60 Bobby Fischer 60, Charles Engel 60, Jay Howell 65, W40 Connie Cohn 45, Lucy Shannon 42, Gloria Hoffer 41, W50 Carol Blair 50, Mary Gray 55, Adele Grasee, W60 Connie Ahmsbrak 60, Carol McCoy 67, W70 Lucille Walden 70.

Valentine's Day 5K Denver, CO; Feb. 13

Table of race results for Valentine's Day 5K, Denver, CO; Feb. 13. Includes overall and individual runner times.

SOUTHWEST

Run Tex 30K Austin, TX; Jan. 9

Table of race results for Run Tex 30K, Austin, TX; Jan. 9. Includes overall and individual runner times.

Mardi Gras Marathon, Half-Marathon & 5K New Orleans, LA; Feb. 6

Table of race results for Mardi Gras Marathon, Half-Marathon & 5K, New Orleans, LA; Feb. 6. Includes overall and individual runner times.

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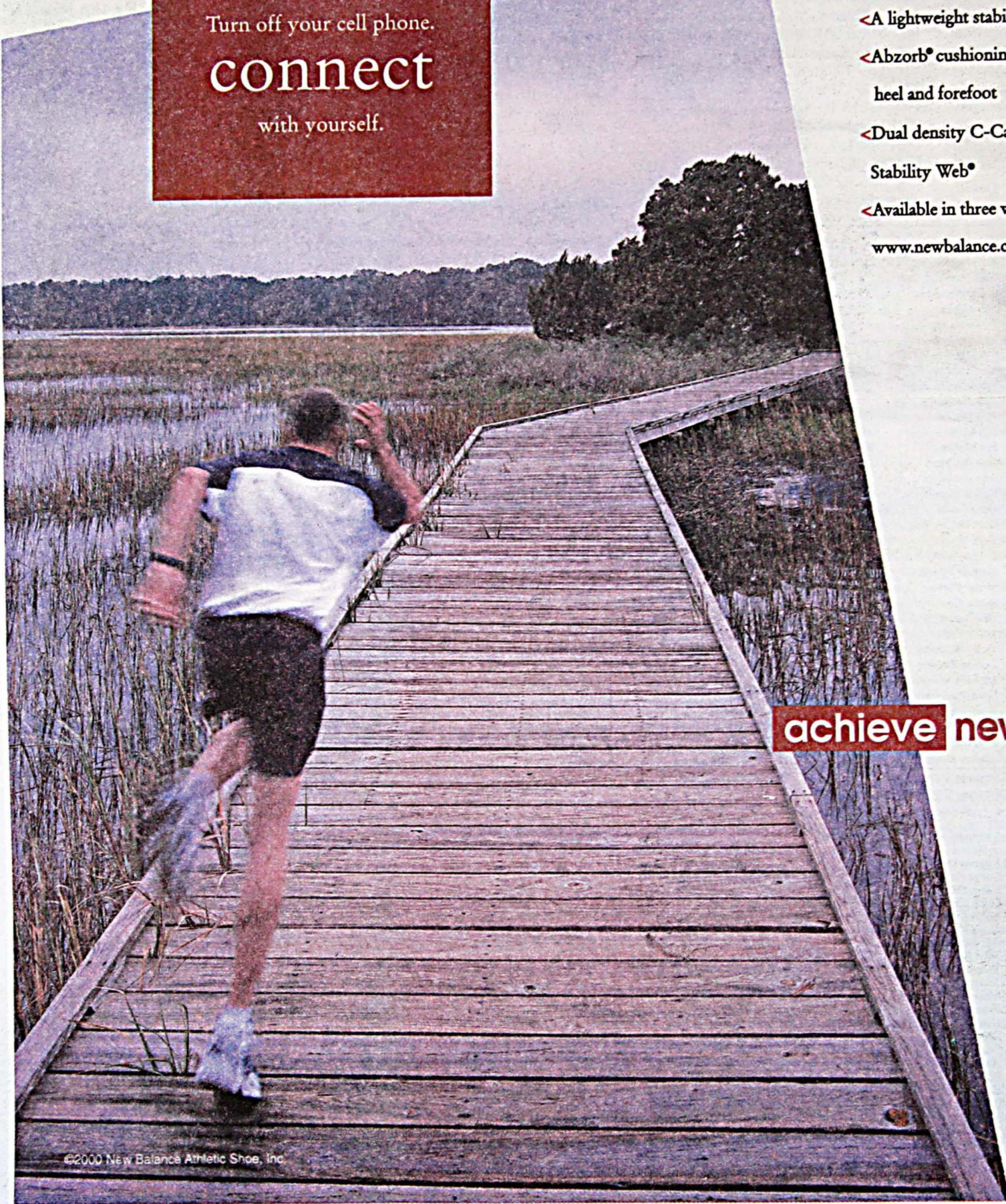
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