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817 Athletes Set 27 World Indoor Records at USA Masters Championships In Boston



SUZY HESS

The entire field in the W40-44 60m finals, USATF National Masters Indoor Championships, Boston, March 27-29 (from l to r): Irene Thompson, Louise Clark (3rd, 27.88), Cindy Steenberg (1st, 27.17), Denise Whitaker-Crain, Denise McField (2nd, 27.62), and Cheryl Alston.

by JERRY WOJCIK

On the weekend of March 27-29, Bostonians were walking around in their shorts in near-record temperatures in the mid-70s. At the Reggie Lewis Track & Athletic Center, athletes were running around in their shorts, breaking records in the 1998 USATF National Masters Indoor Championships in its encore appearance in Boston. All of the participants shared one record – the entry total of 817, which topped the previous record of 775 at the same venue in 1997.

The championships, directed and managed by the USATF New England Association, were open to men and women athletes age 30-and-up, who competed in five-year age groups to the M95-99 division. Entrants came from 46 states and Canada, Bermuda, Great Britain, and, for the first time ever, from Israel: Elisha BarJosef, 83, who competed in the 60m, 200, long jump, and triple jump.

Last year, 33 world and 18 U.S.

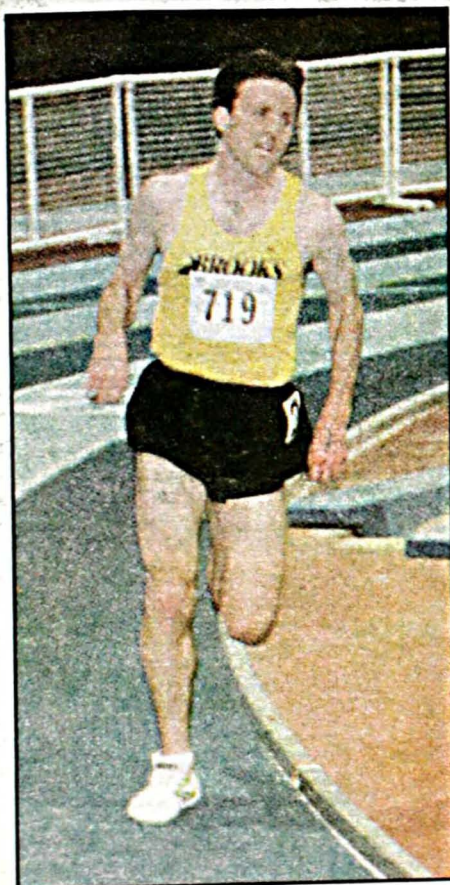
records were broken, tied, or established. This year, 27 world and 17 national records were set. Leonore McDaniels, of Virginia, accounted for four W70 world records in the high jump (3-9/4), pole vault (5-6), long jump (11-1/4) and triple jump (22-3/4).

Bert Morrow, of California, set three M85 world records in the 60m (11.10), 200 (39.14), and 60H (15.13). Double record breakers were Pat Peterson, W70, of New York, in the

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JERRY WOJCIK

Chris Yorges, first in the M30 Mile (4:20.79).



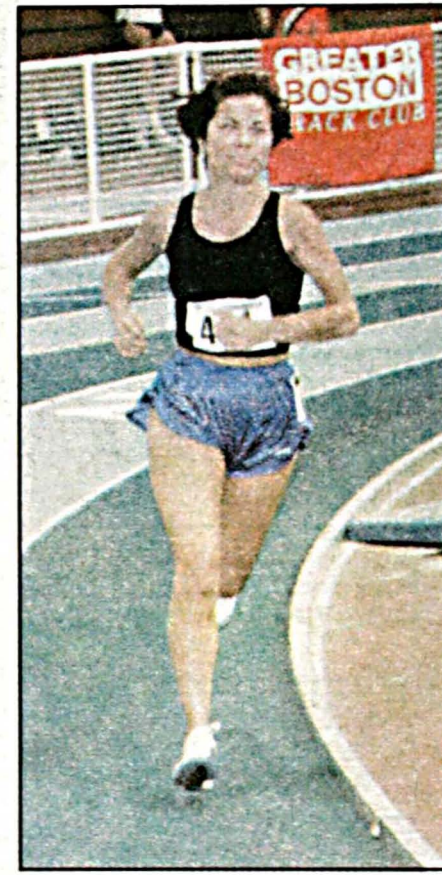
SUZY HESS

Leonore McDaniels broke four W70 world records, including the pole vault (1.68/5-6).



SUZY HESS

Vic Zwolak, winner of the M55 3000 (10:16.49).



JERRY WOJCIK

Kathy Martin won the W45 3000 with a U.S. record 10:43.72.

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Indoor Nationals

Continued from page 1

200 (35.58) and 400 (88.79), and guest athlete Jean Horne, W65, of Canada, in the 400 (74.68) and 800 (2:56.63). Three of the world records were in the 60H by men in the 70+ divisions.

As last year's results showed, with five records in the 200 and seven in the 400, the six-lane oval at this track appeals to runners in the long sprints. Four of this year's records were in the 200 and six in the 400.

Some records fell by small margins; others were crushed. Paul Heitzman, of Kansas, broke his own M65 U.S. record of 11:10.70 with a 10:50.40. Kathy Martin, of New York, reduced the listed W45 U.S. 3000 record from 11:06.77 to 10:43.72. Tim Edwards, of Colorado, stretched his M45 U.S. superweight (56-lb.) record from 27-9½ to 35-2½.

Of the 33 world records, 12 were in the field events; nine of the 17 U.S. records were in the field events. Pole vaulters accounted for four world records, and the throwers changed six U.S. superweight records. Tom McDermott, of Florida, broke the M80 U.S. records for the 25-lb. weight (28-1) and 35-lb. superweight (20-8½).

Several long-standing records were finally revised. Walden Curry, of Louisiana, upped the M45 U.S. high jump mark from 6-1 to 6-1¼. Herm Wyatt set the record in 1981. Henry Hawk, of Arkansas, lowered the previous M60 mile world record of 5:19.9 by Archie Messenger in 1984 to 5:13.38.

All records are pending approval by the Records Committee at the 1998 USATF Annual Meeting in Orlando in December.

Consensus: "Great Meet"

Records and performances aside, participants had nothing but praise for the meet's organization and the facili-

ty. Roswitha Sidelko, of Florida, silver medalist in the W40 3000 racewalk, offered her opinion, "A good meet. The events ran on time. The meet directors provided anything we needed." About the events, Dr. Ivan Black, of New York City, bronze medalist in the M45 60H and triple jump, added, "It was an excellent competition with close, exciting races at all ages."

Carroll DeWeese, running event referee from Michigan, commenting after the meet on Sunday, said, "We had no problems and no complaints. As a matter of fact, a couple of sprinters who got disqualified on the no false start rule thanked me after I explained the rule."

One of those disqualified was experienced masters athlete Christel Miller, of California, a favorite in the W60 60m, who said afterwards, "This is my first DQ ever. For some reason, I was so tense I couldn't hold my stance." She was more successful in the 60H, winning in 12.81.

The Games Committee was called on to solve just one potential problem - a back-up in the pole vault on Saturday - which might have caused some vaulters to miss their flights later that day. Adjustments in the vaulting order by Steve Vaitones, meet co-director, resolved the situation.

Extensive Media Coverage

Media coverage, non-existent in the 1997 meet, included a preview with several local athletes on WCVB Channel 5 and a short feature on Sunday night on Channel 56. The *Boston Globe* listed the winners of each division by event the following mornings and ran short features on Jerry Donley, 68, of Colorado, Everett Hosack, 96, of Ohio, and Jean Horne, 65, of Canada.

On Saturday, athletes were treated to a lively version of the National Anthem by Louise Clark, a W40 sprinter from New York who was third (27.88) in a fast 200. On Sunday, Carol Wall gave a more traditional rendition.

The quality of the meet was enhanced by announcer Peter Taylor, of Fairfax, Va., who gave pre- and post-race data on every runner and called each race for the three days. His work and a new, very readable, wall-mounted scoreboard, which showed results seconds after the finish of each race, kept spectators and athletes well informed of events on and off the track.

Ed Daniels, of New Hampshire, was meet co-director with Steve Vaitones, of the USATF New England Association.

The primary support for the meet came from New Balance, sponsor of all the mile races; *Walking Magazine*, sponsor of the 3000m racewalks; and M-F Athletic Company. The program was printed courtesy of American Track & Field, Larry Eder, publisher.

Charles Hodgson of Hy-Tek Sports Software supplied the data-base services. Lancer Timing of New Hampshire did the finish line timing.

The racewalk referee was Justin



SUZY HESS

Finalists in the 200, USATF Masters Indoor Championships, Boston, (from l to r): Alicia Johnson, Shemayne Williams (3rd, 27.72), Elaine Iba, Helena Nelson (2nd, 27.64), and Renee Sterrett (1st, 27.37).

Kuo. Brian Cowley was the chief field event official, with Jerry Cantor, the throws referee. Officials came from eight states.

The 1999 Championships will return to Boston under the management of TRACS, Inc., which produced the 1997 meet.

Meet Highlights

Some of the top performers by division: M30 Robert Thomas, Indiana, took

firsts in the 200 (22.18) and 400 (48.69). Andrew Boyce, Illinois, leaped to golds in the HJ (6-6) and LJ (22-3½). Troy Herr, Pennsylvania, tripled impressively in the SP (43-½), WT (61-4½) and SW 40-11½).

M35 Mitchell Lovett, New York, ruled the sprints with wins in the 60m (6.98), 200 (22.04) and 400 (48.58). Brian Corrigan, New Jersey, soared to victories in the LJ (21-8) and TJ (45-8½). Mike

Continued on page 15



JERRY WOJCIK

Walden Curry broke the M45 U.S. high jump record with a 1.86/6-¼, National Masters Indoor Championships, Boston.

THE THIRTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET

SUNDAY JUNE 28, 1998 RANDOLPH NEW JERSEY
The GSAC/Randolph Classic is for Athletes of all ages.

New in 1998 F.A.T.!

TRACK EVENTS

5000 Meters	10:00 am
1500 Meter RW	10:30 am
110 Meter HH	11:00 am
Youth Mile	11:30 am
Mile Run	12:00 am
Youth 100 Meter Dash	12:30 am
100 Meter Dash	1:00 pm
Youth 400 Meter Dash	2:00 pm
400 Meter Dash	2:15 pm
800 Meter	2:45 pm
200 Meter Dash	3:15 pm
Youth 4X400 Relay	3:45 pm
4X400 Relay	4:00 pm

FIELD EVENTS

Pole Vault	10:00 am
Shot Put	10:00 am
Weight Throw	1:00 pm
High Jump	10:30 am
High Jump	10:30 am
Long Jump	10:00 am
Javelin	10:00 am
Discus	10:00 am
Triple Jump	2:00 pm

Additional Information

Mort Hahn (days) 973-625-1764
FAX 973-625-5195



USATF-NJ
Masters
Track & Field
Grand Prix
Event

Divisions: Open (Age 15-29), Submasters (Age 30-39),

Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14)

All events will be run Youngest to Oldest, Males first. Meet director may combine age divisions if the size of the fields warrant.

PLEASE NOTE: REGISTRATION CLOSING AT NOON FOR ALL EVENTS Don't be shut out! Pre-enter!

SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules.

USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS! Can apply at meet \$15.00 - Youth - \$12.00.

FALSE START - No false start rule applies.

FEES - Free to Randolph residents who pre-register. Randolph residents must still be USATF member.

Pre-registered - Received on or before June 22 - \$6.00 per event for all events.

Received after June 22 or Day of Meet - \$10.00 Late Fee added to first event, except for relays.

Relay Teams - \$16.00 per Open and Masters Teams. \$12.00 per Youth Teams.

AWARDS - Medals for First, Second, and Third place in each age division.

CONCESSION STAND on Site.

SHOWERS AVAILABLE

DIRECTIONS to Randolph High School - From the George Washington Bridge, take Route 80 West to Route 287 South. Route 10 West Exit. Continue on Route 10 West for about 7 miles. Look for Dunkin Donuts on the left at the intersection of Millbrook and Route 10. Turn left onto Millbrook Avenue by making a right onto the jug-handle ramp to cross Route 10. Travel about 1.5 miles on Millbrook. The High School complex is on the right, at the top of long hill. Take the first entrance into the complex.

FILL OUT AND RETURN TO: GARDEN STATE ATHLETIC CLUB, Post Office Box 458, Ironia, NJ, 07845.

Last Name _____ First _____
Address _____ City _____ Zip _____ Phone _____
Club _____ USATF No. _____ Age on 6/28 _____ Sex _____

EVENTS ENTERED Field - PV SP WT HJ JT DT LJ TJ

Track 5K 1500 RW H Hurdles Mile 100 400 800 200 4X400 Relay

I hereby waive any or all claims I or my heirs may have against Randolph Township Parks & Recreation Department, Randolph Township, the Randolph Board of Education, Garden State Athletic Club, or the Meet Directors and Officials resulting from my participation in this meet. I understand that the activity will be supervised and the Township of Randolph DOES NOT INSURE participants with accident insurance and I will participate at MY OWN RISK. It is understood that this program is a physical activity and various injuries may occur. I also understand that it is my responsibility to make sure that the registrant is physically capable of participating in this program and that a medical physical by a doctor is recommended.

SIGNATURE _____ Date _____
Parent or Guardian if competitor is under 18



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

RANKINGS ACCURACY

I recently received my copy of the rankings report, and I appreciate the quick delivery. I am also amazed that one person could do all this work on his own. Last year I handled only one event (javelin), and found it to be an interesting but time-consuming operation (at least it was in the way that I did it). I'm amazed that Mr. Lance could do all events. My hat is off to him. As he indicated, I'm sure the centralizing of the ranking records will prove to be beneficial. The book presentation is very appealing too, because of the uniformity of the format and font.

However, I also have a number of complaints, and I make them somewhat reluctantly, because I can only imagine how much work Mr. Lance put into this endeavor.

Someone needs to do some proof-reading of all the results as well as providing some quality control measures. The duplication of names is prevalent. I recognize that when results are submitted for inclusion in your publication, variations in a person's name and initials is a frequent occurrence. Add to this the occasional faulty keyboard entry of some names. All these duplications (with small variations) are obviously not picked up in a computer sort, so one has to count on someone proofing the listings.

I'm sure I'm not pointing out anything that you are not already aware of, but I think the rankings are really tarnished by these duplications. I will cite a few examples.

Mary Jane McMaster (whom I don't know) is a 50-54 runner. By a cursory review, her name appears multiple times in the following events: 100m-4 times, 200m-4, 400m-3 and 800m-4.

My good friend John/Jack Pearce's (M85-89) name appears as follows: SP-5, Discus-5, Hammer-3, Javelin-4.

For the two events in which I participate (M65-69), my name appears twice, and by my review I should have been ranked 13th in the Shot Put (rather than 18th), because Len Olson's name appears 3 times, and Arnie Gaynor's name appears 4 times in front of my ranking.

Ed Hooker (who was 71 in 1997) is ranked one slot in front of me. I recognize that Hooker's name probably appears there because the results from some meet put him in the 65-69 age group, but the fact that he set a new national mark in the 70-74 discus at the 1996 National Masters meet in Spokane, should help ring a bell for someone proofing who is familiar with the names of some of the high profile participants.

I would be happy to help in the future in some proofing endeavor, but my time on my present job (I'm lucky enough to have a job at age 69) is heaviest in Dec., Jan. and Feb. (we do major league baseball salary arbitration representing clubs vs. players). Whenever I retire I'll have gobs of time. However, if I can assist in some small way I'll be happy to.

Jim Gerhardt
Houston, Texas

(This problem is acknowledged by Lance - see Rankings Report, p.7 - Ed.)

MEANINGFUL MEETS

I totally agree with Roland Rust's viewpoint in the February NMN regarding making the National Masters Championships more meaningful. This is my first year as a master, and I was extremely excited about competing at

the Indoor Championships in Boston.

Last year, my teammates convinced me to run in the meet against my belief that you are not a master until you're 40 years old. I went in 1997 to get an idea of what the whole event had to offer and felt that the competition was weak. Not being a hardcore "tracky," I found the motivation to compete as a 40-year-old, and felt that having the meet in Boston for two years would increase the women's participation from last year.

I trained very hard all season, participating in college and open meets in the mile to get some experience. I had run a 4:57 1500 and felt that by the Nationals I would be ready. Because of obligations as a coach at a local college on the Saturday of the meet, I was limited to the 3000 on Friday evening. I had run the event only once previously and thought that I would run somewhere back of the more experienced runners until I felt things out.

Within 100m of the start, I was leading a small group of women ranging in age from 40 to 55 years old, many of whom had never competed in a competitive track event. One actually asked me how many laps we had to run.

It turned out to be one of the more difficult races I had run on a track because I had myself mentally prepared to run a competitive race, and had to run the entire 15 laps alone. My time was well off my goal, and I was left feeling slightly embarrassed. Many of my friends had come to watch me run and were excited to see a national competition for the first time.

I realize I should be proud of my run, but I know there are many women much more talented than myself, who could have won. I don't know if I will run in this meet next year unless there is some sort of qualifier to guarantee a more national meet feeling. I haven't talked much about the win, although training for it had occupied many of my conversations.

The meet was absolutely superb with regard to organization, but as much as I hate to hang on the back of the pack at college/open races, it does feel more like racing.

I also agree with Rust on deletion of the 30-39 age group. When I was in this age group, I never felt as though I needed to be treated as anything but an open runner, and I truly believe this mentality has made me a more competitive masters athlete.

Keep up your good work in promoting masters running. I hope you appreciate this insight.

Karen Boen
Stoughton, Massachusetts

EVENT SCHEDULING

The people working on masters track must be from a planet where there is no masters track. The rules state that when there are more than 16 runners entered for the 800 and other races, there will be a same-day trial, then a semi-final, followed by a rest day, and then the final. This is supposed to be so that the best runners race head-to-head.

How are competitors to plan their trips, not knowing if they are out in one race one day, or will be there for three days? When will the runners be told if there is only a semi, at the start line? The 1998 outdoor championships are now structured so that, rather than drive to the meet on Saturday to race, I need to stay overnight starting Wednesday, and not know how many races I will face.

These are just a few of the major problems. Masters track now is going the way of an elite track meet, rather than to its roots where competitors can get together for a good meet. And our dues pay for this?

Brad Johnson
Cranston, Rhode Island

RACEWALK JUDGING

Several months ago, NMN asked for opinions about judging for masters racewalking. Elaine Ward's comments in the September issue on judging, etc., offer the best solution to most of the problems. I am a relative newcomer to racewalking and participate in senior (50+) and open racewalks in this area. I have participated in the National Senior Sports Classic in San Antonio and Tucson, and have yet to be DQed.

Continued on page 12

NATIONAL MASTERS NEWS

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The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

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CZZMN

Eight Join NMN Sustainers

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

Special thanks this month go to:

Josep Antentas
 Steven Bowles
 Rich Dunphy
 Everett Hosack
 Arthur Jones
 Ron Manion
 Tim McMullen
 V Smith

Sabadell, Spain
 Searchlight, Nevada
 River Edge, New Jersey
 Chagrin Falls, Ohio
 Chicago, Illinois
 Eagleville, Pennsylvania
 Bishop, California
 Ithaca, New York

Sochor Scores Big at National Indoor Pentathlon Championships

by REX HARVEY (USATF Masters Multi-Event Coordinator)

This year's edition of the National Indoor Pentathlon Championships was held in the beautiful 300m facility in

the Kent State U. Fieldhouse, Kent, Ohio, Feb. 21.

Attendance (21 men) was down this year, primarily because of the late selection of the site and date, which

occurred when the 1998 National Indoor Championship organizers decided at the convention in December 1997 that they did not want to include the pentathlon in their championships. It could have served as a warm-up to 1999 when the pentathlon becomes an official part of the USATF Indoor Championships.

The pentathlon will be a welcome addition and the entry numbers should go back up to the 40 to 50 range. It should also take care of another big disappointment, namely, that this was the second year in a row there were no female competitors in the pentathlon.

Notable performances in the meet included the M45 win by multi-event newcomer Pat Flahy of Arizona. Maryland's Jim Stookey, 1996 Masters Athlete of the Year, took first in the M65 division. Chuck Sochor of Michigan, back from a year-long absence due to injury and now in the M70 group, scored the highest total (3824) of the meet to defeat many-time national champion, Denver Smith, of Ohio.

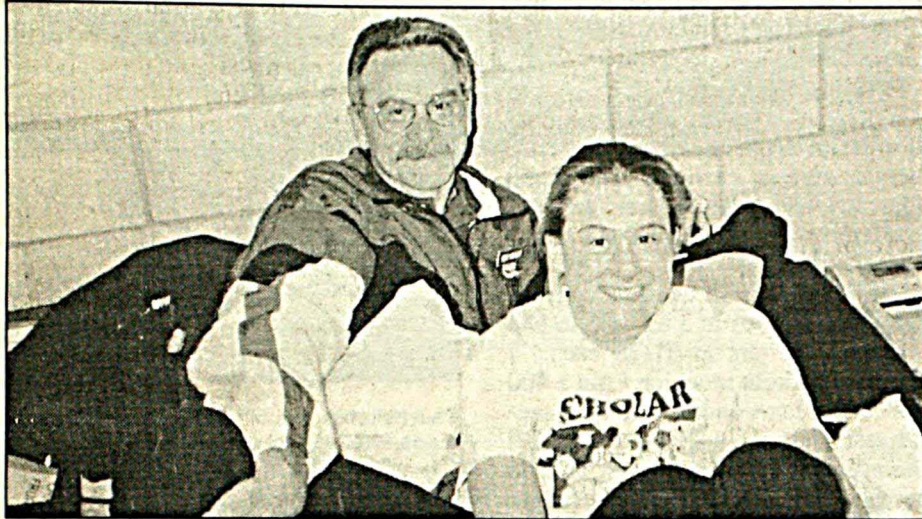
Multi-event faithful, Armando Ricciardi of Nevada, the oldest competitor at age 78, won the M75 title.

The M50 division was won by long-time multi-eventer Tom Thorne of Missouri, who also serves the sport as the Mid-America Regional Coordi-

nator. In addition, he organized and runs the largest combined-event oriented masters t&f club in the nation - Decathlon Midwest TC.

Thorne, this year, is the meet director of the USATF National masters Decathlon/Heptathlon Championships, Neosho, Mo., July 25-26. The meet will also host an international team challenge with Germany. Others from Poland, England, and Canada will also be competing.

Many thanks to Kent State for conducting the championships on short notice and in a crowded schedule. Many more thanks, from the athletes and the administrators, to the volunteer officials who conducted the meet in a pleasant and efficient manner. □



D.E. SMITH

Rex Harvey, under the watchful eye of his daughter, Keelie, takes a break from scoring the National Masters Indoor Pentathlon Championships, Kent, Ohio, Feb. 21. Harvey is recovering from recent surgery and is expected to compete this summer.

Kuznetsov, Barber-Keeler Win in Boston

by JERRY WOJCIK

Andre Kuznetsov, 40, of Russia, and Cindy Barber-Keeler, 40, Lake Worth, Fla., were the masters winners in the 102nd Boston Marathon, April 20. Kuznetsov finished 15th overall in 2:15:27. Keith Anderson, 40, of Great Britain, was second M40+ with a 2:17:08. Peter Koech, of New Mexico, ran 2:18:02 for third. Dominique Chauvelier, 41, of France, last year's masters winner (2:19:10), was fourth in 2:20:49.

Barber-Keeler, first female overall in the 1997 Rocket City Marathon (2:44:09), was 14th female with a 2:39:49. Gillian Horovitz, 42, New York City, fourth W40+ in 1997 (2:46:22) improved to a 2:41:15 for second W40+ and 16th overall. Alice Thureau, 42, of Pennsylvania, was 17th in 2:41:58. Irina Bondarchuk, 45, of Russia, finished 19th in 2:42:44.

More coverage and results of the BAA Boston Marathon will be in the June issue. □

USATF National Masters Indoor Pentathlon Championships

Feb. 21; Kent State U., Kent, Oh'9

Income:

21 Entrants @30.00 each \$630.00

Expenses:

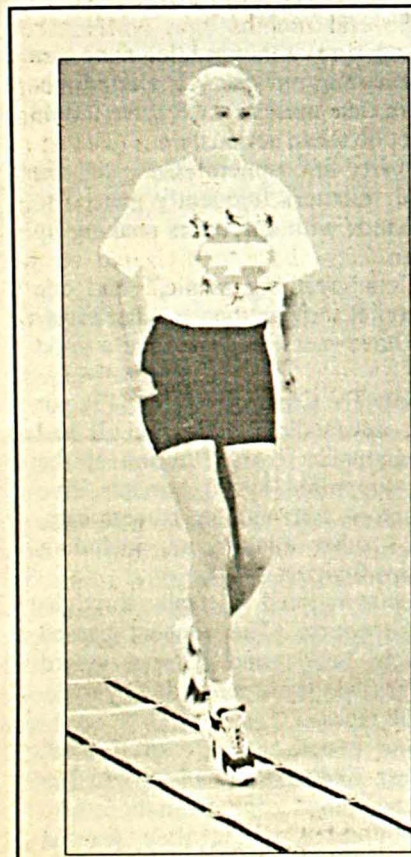
Medals & Patches \$74.95

USATF Sanction \$55.00

Profits:


To Kent St. U. T&F for use of its facility & equipment \$500.05

from Rex Harvey



Featured in the 1998 edition of the Perform Better catalog is the new, improved ABC AGILITY LADDER™. 10 yards long by 18" wide with hard plastic rungs forming 18 squares. Very flexible so you can add sections in many different directions at different configurations. It's great as part of a general conditioning program to develop quickness and agility. Also a great physical therapy aid to improve proprioception in the rehab of lower extremity injuries more effectively. The objective is to land in the squares without touching the plastic rungs while using various patterns and rhythms moving forward, backwards and sideways as quickly as possible. Priced at only \$69.95 with complete drill sheet.

For more information, a FREE copy of the 1998 Perform Better catalog or to place an order call Toll-Free 1-800-556-7464, Fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.



Portland Masters Classic/USA T&F Oregon Association Championships

June 13 & 14, 1998

Mt Hood Community college, 26000 SE Stark, Gresham OR
 Ages 30 & over - For more information, contact Jim Puckett, 503-236-8826

Saturday, June 14th			Sunday, June 15th		
Track Event	Time	Field Event	Track Event	Time	Field Event
2/3K Steeplechase Women and Men	11:00 am	Pole Vault: begin with women, men can enter as height advances	500m Hurdles, M&W	11:00 am	Triple Jump, M&W
		Long Jump, Women - older to younger	800m Hurdles, Men	11:00 am	High Jump, Women, followed by Men Six
		Shot Put, Women-north ring, Men-south ring		11:00 am	Hammer Throw, Men followed by Women, older to younger
900m Racewalk Women and Men	11:45 am		200m Dash, M&W	11:30 am	
	12 noon	High Jump, Men-30 to 40		12:30 pm	Javelin Throw, Men followed by women, older to younger
80m High Hurdles Women and Men	12:30 pm	Javelin, Women-older to younger	800m Dash, M&W	12:15 pm	
100m High Hurdles Women and Men	12:50 pm	Long Jump, Men-older to younger	900m Racewalk Women	1:00 pm	
	1:00 pm		900m Racewalk Men	1:30 pm	
100m Dash Women and Men	1:30 pm	Javelin, Men-older to younger		2:00 pm	Weight Throw, Men followed by women, older to younger
	2:00 pm			2:30 pm	
1500m Run Women and Men	2:15 pm				
400m Run Women and Men	3:00 pm				

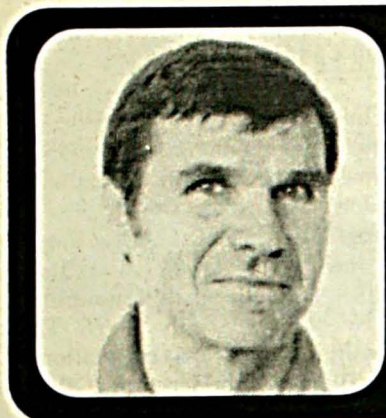
Instructions:
 Make checks to: Portland Masters Track Club
 Send entry form and check to: Howard Means, 950 Baker Creek Rd, McMinnville OR 97128

Entry Form - Portland Masters Classic-1998

Please Print
 Name _____ Age(6/13/98) _____ Birth Date ____/____/____
 Address _____ City _____ State _____ Zip _____
 Phone _____ Club Affiliation _____ Men _____ Female _____
 USAT&F # _____

Events	Best '97-98 Mark	T-shirt Size	Entry Fees
1. _____	_____	S	1 Event \$10
2. _____	_____	M	2 Events \$15
3. _____	_____	L	Each add'l event \$3 ea
4. _____	_____	X	T-Shirt \$10 ea
5. _____	_____	XX	Late fee after 6/5/98 \$5
6. _____	_____		Total enclosed \$ _____

Waiver: Must be signed to compete
 I waive all rights that I or my heirs or assigns may have against the Portland Masters Track Club and/or Mt Hood C.C. arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.
 Signed _____ Date _____



Third Wind

by MIKE TYMN

Paul Heitzman Shifts Into High Gear

Three things happened to Paul Heitzman last year to reverse the slightly downward trend in his running performance. The most important one may have been seeing pictures of himself.

"At the end of June, I went to the Hayward Classic meet in Eugene, Oregon and ran a somewhat disappointing mile (5:28.77)," recalled Heitzman, a 67-year-old retired high school history teacher from Eudora, Kansas. "Paul Dungan of Portland had videotaped my races and when I watched the video of that race, my first impression was, 'Who is that fat guy wearing my number?' I was just appalled at how heavy I was. I guess my weight just went up slowly and I hadn't realized it."

On the flight home, Heitzman vowed to shed the excess baggage. When he did, his race times began improving.

Stereotyped

The second thing to rejuvenate his running was a 1:26:29 half marathon during September. "I began to think of myself as a distance runner after that," Heitzman said. "Until then I was more or less stereotyped as a miler who could extend himself to 5000 and 10,000 meters but not much longer. Then I had a pretty good 15K in Tulsa (1:00:03) and that really did it."

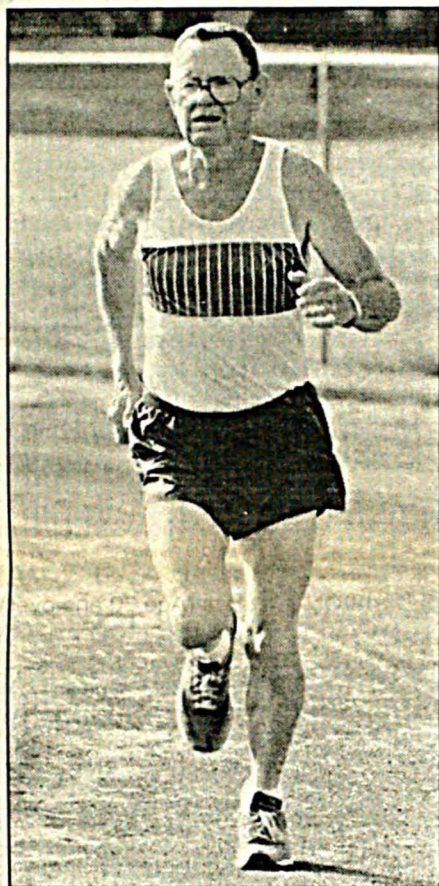
However, Heitzman added that he will draw the line at the half marathon. "I doubt that I'll be doing any marathons. I don't want to be laid up for a month. Plus, I'm flat-footed and my feet begin bothering me around nine or 10 miles."

The third thing to restore his running was listening to a motivational speech by 1964 Olympic 10,000 meter champion, Billy Mills. "Watching the film of his victory in Tokyo and then hearing him talk really inspired me," Heitzman went on.

As a result, Heitzman says he is training better than ever and is in the best shape of his life. "Oh, I've lost a little speed in the 800," he elaborated, "but from 3000 on up I think I can still PR, the conditions being just right. One thing I've learned is that if you run enough races, you'll eventually get the right kind of weather and conditions and your body will be just right on that day. Race enough and you'll do some great things."

Spectator Sportsman

For the first 59 years of his life, Heitzman was a spectator. "I didn't run in high school or college," he said. "I loved sports, but felt I had no athletic ability. I had grown up hearing about



Paul Heitzman

guys like Glenn Cunningham, Wes Santee, and Jim Ryun, but I didn't know much about the sport. I didn't really know what a road race was until the fall of 1991."

Upon approaching retirement, he decided to give running a try to keep in shape. "I had done some construction work during the summers and realized that it was getting harder," Heitzman explained his decision to pursue a fitness regimen. One race at 59 was enough to whet his appetite. Upon retiring at 60, he began to train more seriously. After just 10 months, he recorded a 23:42 for four miles and soon thereafter a 39:36 age-group victory in the national 10K championship.

Heitzman has since fully established himself as one of the very best age-group competitors in the world. In the national indoor championship in Boston on March 28-29, he won the 800, the mile, and the 3000. In the latter race, he recorded a 10:50.40 to better the 23-year-old record of 10:51.0 by Norman Bright. He'll be going for

his fourth consecutive victory in the 10,000 at the nationals in Maine during July and August, while also competing in the 800, 1500, and 5000.

"I plan to do the Indy Life Circuit this year, all but the Twin Cities marathon," he said. "I also want to hit as many of the championship road races as possible. Until this year, I've pretty much limited myself to the Kansas City area."

Training Regimen

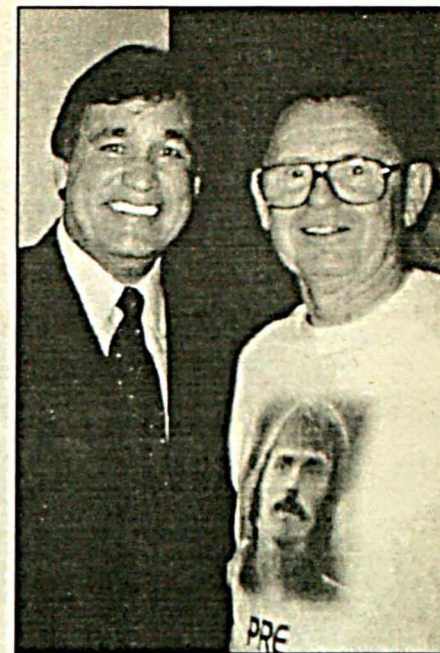
Heitzman's training calls for about 50 miles a week, including one hard interval session. "Once I get to 50 miles, my body starts talking to me," he offered. "Beyond 50, I don't feel it is productive."

His favorite speed workout consists of doing four 800s in 2:52 to 2:46 and then four quarters in 81-78 each. "I also do a workout in which I run a 400 in around 80 (seconds), take a 30 second rest, then do a 200 flat out. I'll take a couple of minutes rest and do four of those, then take a little longer rest and do four more."

Carrying 155-160 pounds on a 5-foot-9 frame and somewhat heavy legged and barrel-chested, Heitzman does not quite fit the mold of the stereotyped distance runner. "I guess I'm built more like a quarter or half miler," he said. "I've been down to 149 pounds, but that's only during the heat of the summer." Although he has frequently run the quarter in the past and is one of only a handful of runners to better his age in the one lapper (1:02.82 at age 64), Heitzman thinks he'll pass on that distance in future track meets.

Still Setting PRs

"I can tell I've lost a little speed," he continued. "I used to run 2:24 consistently and got down to 2:22 in the half. But now, 2:28 is about my limit,



Paul Heitzman with Billy Mills, gold medalist in the 10,000, 1964 Tokyo Olympics.

maybe 2:26 on a good day. But in the longer races, I'm still setting PRs. That may be because I didn't run enough of them a few years ago, but whatever the reason I'll take 'em."

Although he set his 10K PR of 38:10 five years ago, he turned in a 38:38 last year and feels that he can still PR at that distance if everything is right. But Heitzman age grades all of his performances and measures his progress by his age-graded performance. "Even if I run a little slower this year than I did last year, I can still improve on an age-graded basis," he said. "That's the best measure of how I'm doing."

Heitzman ended by saying he does not focus on breaking records. "I just run as hard as I can and let the records take care of themselves." □

L.A. Marathon Draws 19,275

Perfect weather greeted 19,275 runners for the 13th annual Los Angeles Marathon, March 29. Mayor Richard Riordan and Muhammad Ali were honorary starters. As always, it was a splendid civic festival with the city showcasing its diverse neighborhoods to the runners and to thousands of television viewers.

Organizers had hoped the elite men would crack the elusive 2:10 mark, but 2:11:21 was the best that a very good field could produce.

"It's the hills," agreed most observers. "This was as good a field as you can get, but the hills in mid-course slowed them down. You'll never get a sub-2:10 on this course."

Organizers planned to review the course and contemplated a point-to-point, downhill course - à la Boston - from downtown to the Pacific Ocean.

But the race was a success, despite the fact that known age-group cheaters appeared again in the unofficial results, as they have for the past several years. Marathon organizers had promised to weed out the cheaters, but the fact that at least one notorious culprit was even

allowed to enter the race, let alone turn in an age-group record, alerted observers that masters race times could not yet be taken seriously.

A party atmosphere permeated the course. Runners frequently paused to slap hands with spectators soaking up the sun.

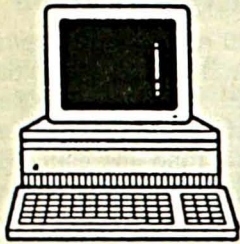
"It's a great big picnic," said one runner. "It's more than a race. Other cities have races, but we have a good time."

Local TV Channel KCOP (13) put on an outstanding production. It had top announcer Larry Rawson at the helm, supported by 28 cameras, five helicopters, four moving camera cars, and 11 other announcers, including Kathrine Switzer.

Spectators lined sidewalks throughout the course. The runners passed Mariachi bands and Korean sword dancers. They were serenaded by rock-and-roll tapes.

Some people weren't so thrilled, however. The next day's letters to *The Times* contained gripes from those who couldn't drive where they wanted because of street closures. □

- Al Sheahan



Rankings Report

by JACK LANCE

From the Masters T&F Rankings Coordinator

The rankings book for 1997 has been printed and is now for sale. It was produced late in the year, after one coordinator decided not to do the project. It was a massive undertaking, and while feeding data into the computer, some of the data processors neglected to notice certain similarities in names. Therefore, the final result has many duplicates.



JERRY WOJCIK

James Stookey, 68, winning the M65 200 (27.62). Guest participant Earl Fee, 69, #211, of Canada, was second (28.31). Joe Summerlin, 66, finished third (28.39), 1998 USATF National Masters Championships, Boston.

It was my desire to have the book ready for the Indoor Nationals. This gave me less than four months to do a year's worth of postings. In the rush to get the job done, I had the computer specialist send the data directly to the printer. The book was printed without a final edit. Aside from the duplicates, I've since noticed other changes that should have been corrected. My sincere apologies for these errors.

While doing the 1998 rankings, I will have time to edit monthly. I'm sure this will minimize the errors and keep everyone happy. All corrections to the 1997 book will be published in

the 1998 edition. Thanks for your patience during this transition.

This is the last issue of NMN from which results will be taken for the indoor rankings. If your best marks haven't been published, as of this issue, submit them with documentation to Jack Lance by May 15 at P.O. Box 276, Long Valley, NJ 07853. Send marks for the 1500, mile, weight, and 3000 racewalk to Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; fax: 541-345-2436. □

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.

FIFTEEN YEARS AGO May, 1983

- 405 Compete in Masters Indoor Championships, Bethlehem, Pa.
- Mike Heffernan, 42, Wins National Masters Marathon in 2:28:34
- Bill Hall (M40, 2:27:09) First Master in Florida Marathon

BIRMINGHAM TRACK CLUB CLASSIC

(IN CONJUNCTION WITH THE SOUTHEASTERN POLICE AND FIRE CHAMPIONSHIP)

DATE----- June 6, 1998

SITE----- Hoover High School, Birmingham, Al. Exit 10, I-459, go south on Hwy 150 to Parkway, RT on Parkway to Learning Lane to Hoover HS. Watch for signs

FACILITIES--- Eight lane Chevron track, Chevron jump and grass runways.

AGE DIVISION- Masters (Age 30 and over) men and women will compete in five year age groups. Open and Youth (18 and under).

ENTRY FEES -- Entries postmarked by June 1, \$10 first event, \$5 each additional event, \$10 each relay. \$25 Mini Decathlon. Late Registration (including day of meet, one hour prior to running event) \$10 per event. \$20 each relay.

AWARDS----- Medals to the first three places in each age group.

DIRECTOR--- Gordon Seifert (205) 879-8031 GESEIF@AOL.COM

SPECIAL AWARDS-TRAK SHAK GIFT CERTIFICATE

\$60 \$30 \$15 KC 100m DASH-Top eight age graded times run a distanced handicapped 100m.

\$50 Jim Law 400m DASH-Top age graded 400m time.

\$50 MINI DECATHLON- Select any five of the ten events

\$50 ULTRA MILE-440 & 880 times are split out in the mile run. The 440, 880 and mile times are age graded and scored like a Cross Country meet.

SCHEDULE OF EVENTS (Women run first, followed by men, older to younger, Police & Firemen)

9 AM 5000 meters	1 PM 400 meters
10AM 4 x 100 relay	2 PM 200 meters
10 30 50 meters	2 50 KC 100m
11 00 80-100-110 H	3 PM 800 meters
11 30 1500 meters	3 30 300-400 H
Noon Ultra mile	4 PM 4 x 400 relay
12 15 100 meters	

FIELD EVENTS

9 AM Hammer throw
10 AM High Jump, Standing Long Jump
Long Jump, Pole Vault, Shot
Discus, Javelin
Triple Jump (Follows Std LJ)

NAME _____ DOB _____ AGE _____ SEX _____
ADDRESS _____

STREET CITY STATE ZIP TELEPHONE
EVENTS ENTERED BEST MARK

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 myself, my heirs devisees, executors, administrators and assigns and hereby release and discharge any and all claims against The Birmingham Track Club, Hoover High School, The Trak Shak, The Knights of Columbus, Agents, or representatives, arising out of my participation

1. _____
2. _____
3. _____
4. _____
5. _____

ENTRY FEE
1st EVENT \$10.00 _____
EVENTS x \$5 _____
Mini decathlon \$25 _____
RELAYS X \$10 _____
TOTAL FEE ENCLOSED _____
MAIL TO: BIRMINGHAM TRACK CLUB
C/O Gordon Seifert
1514 Ridge Road
Birmingham, Al 35209

Signature _____ Date _____
Guardian for minor

MAKE CHECK OUT TO BTC CLASSIC

McDaniels, Ellis Star at Indoor Heptathlon

by JEFF WATRY

The second edition of the USATF National Masters Indoor Heptathlon Championships, Hillside, Ill., April 4-5, produced its share of good competition and outstanding individual performances. The stars were Leonore McDaniels, W70, who exceeded three world records and tied another in her seven-event odyssey, and Ken Ellis, M40, who scored a world-best, age-factored total of 5753, which surpassed the 5592 of Dale Lance, M55, in 1997.

Ellis, who had won the hurdles and pole vault a week earlier in the Indoor Championships in Boston, relied on a 15-7 in the vault to boost his total. McDaniels' score of 5582 was the sec-

ond highest of the meet.

The M65 field was the deepest, with the 1997 third-place finisher, Jim Stookey, emerging as champion with 5333. Clarence Trinkner, last year's winner, was second (4986). Ted Kress, a relative newcomer to the multi-event wars, was third, scoring 935 points for his 11.49 shot put. Mel Buschman, M75, posted a 3686 to exceed his 1997 meet best.

The meet was again held at the fine 200m Mondo surfaced track at Proviso West H.S. Thanks to the USATF Illinois Association, its fine officials, Proviso West, the Midwest Masters club for a super site and support, and all of the athletes for a fine competition. □



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

A Common Injury Among Runners and Joggers

ITBS or ilio-tibial band syndrome is an injury that is quite common in long distance runners and joggers. The ilio-tibial band is a thick band of fascia that begins at the hip joint and runs down across the outer portion of the upper leg, crosses the knee joint and attaches to the upper portion of the fibula.

The purpose of the band is to stabilize the leg and knee. It also locks the knee into extension when one is standing. When the knee bends, the band has a tendency to snap forward. That tendency can irritate the tissue around the band and cause a sharp pain on the outside of the knee. As can be imagined, jumping and running down hill can easily irritate the ITB at the knee joint.

ITBS can be brought on either by an increase in mileage or flare-up of an existing knee injury aggravated by running or jumping. Overuse results in fatigue in the band, causing it to tighten over the outside of the knee and become inflamed. High jumping off one leg can also shift weight to the outside of the knee and cause irritation.

The main symptom usually is severe pain in the outside of the knee joint, making running impossible. The pain may extend up the side of the knee into the leg. Walking up and down stairs, squatting and jumping aggravate the condition. Pressure on the outside of the knee also causes pain. Symptoms may last up to six months.

Runners with high arch, rigid feet or bow legs are particularly vulnerable. Most sufferers report recent increase in mileage or intensity of training. Running from hard to soft surface also aggravates the ilio-tibial area.

Treatment includes icing after workouts for 8-10 minutes. Moist heat packs at night for 30 minutes are also quite

helpful. A motion control shoe that provides good stability is important. At the first signs of irritation, reduce mileage and use heat and ice. Ultrasound is also very helpful. Avoid downhill running.

Make sure you have eliminated any biomechanical deformity of the foot. Sometimes a lightweight foot orthosis will control the over-pronation and provide stability to the outside of the knee. Avoid overstretching. If the condition does not improve, a steroid injection may be necessary. In severe cases, a surgical technique is used to split the ilio-tibial band and release the pressure around the inflamed area. □

Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, P.O. Box 50098, Eugene, OR 97405.



GEORGE BANKER
Steven Ward, 42, third M40+ (34:19), St. Paddy's Day 10K, Washington, D.C., March 15.

TEN YEARS AGO May, 1988

- Peter Hallop (M40, 49:18) and Christine Tattersall (W45, 60:18) Win National 15K Championships, in Tucson
- Masters Indoor Championships Draw 441 to Baton Rouge
- Norman Green, Jr. (55, 51:05) Breaks Records, and Priscilla Welch (W40, 55:38) Takes W40+ Race, in Cherry Blossom 10 Mile, Washington, D.C.

Exciting Preparations Under Way for National Masters Championships

by ROLLAND RANSON

As you drive north across the Maine border on I-95, passing the town of Kittery, the large blue and white sign welcomes you to Maine "the way life should be." It truly is symbolic of the way of life "downeast," as they say. Visitors flock here in the summer tourist season to capture the joys of unique scenery.

There is so much to see and do. Outdoors: the pink granite rock, cliffs, mountains, tall pine trees, and, of course, the ocean. The bays, New England houses, church spires, and quiet villages are real life picture book scenes around every corner. The 3000 miles of coastline provide infinite breathtaking views.

End of the Trail

Then there is Mount Kathadin, majestically overseeing Baxter State Park and all of Maine. This is the end of the Appalachian Trail. This land and its natural wonders are unusual with few parallels in the nation. Well over 200,000 acres, owned by the people of Maine, are kept in their natural state. The 58 mountain peaks and many lakes (6000, it is believed) and ponds abound with wildlife, as does the rest of inland Maine.



matter how often one sees moose, they are fascinating.

What does this have to do with track & field? You might ask Carl Wallin, the longtime coach at Dartmouth College and masters thrower. There is something about Northern New England (Maine, New Hampshire, Vermont) that just has to be experienced.

Or you might ask Ken Weinbel, Masters T&F Chairman, of his experiences in the Maine woods. His family once owned a camp on Schnoodic Lake. Or you might ask Rob Jackson,

the 400-800 runner from Central Park Striders. He is ecstatic and enthusiastic about the 1997 East Regional Championships and staying in a small motel in Orono and eating at Pat's Restaurant, with its original benches, tin ceiling, old-time juke boxes, and low prices.

Superb Environment

What an environment to prepare for your absolute best performance on the track and in the field. Our University of Maine Clarence Beckett Family Track Facility surface is crisp blue, full-pour encapsulated polyurethane. Martin Surfacing poured the surface and imported the color from Germany to get the correct hue. Springy, the eight-lane track has been a fabulous training and competition facility.

Surrounded on three sides by state-pine trees, the throwing field stretches off from the steeplechase pit end of the track. An excellent area is provided for throwers, in full view of the track spectators, and consisting of two throwing cage - discus circle up front, hammer circle behind - two javelin runways, and 100-foot crushed stone, shot landing area.

There's plenty of room for lawn chairs under the pine trees to cheer your favorite thrower and still see the other events. Three long jump pits and four pole vault boxes provide a fine place to jump. The vault runways parallel the prevailing winds, which should be gentle during the meet.

Lynx Systems inventor and owner, Doug De Angelis, is a University of Maine graduate. Hy-Tek developer Charlie Hodgson, who did the 1998 indoor results in Boston, lives in Maine and will do our outdoor championships. Over 150 officials from 35 states have already volunteered and been assigned duties. Ken Caouette, Don Berry, Val Foss, and Tom Eastler did the work of assigning officials.

Recreational Smorgasbord

Downeast entertainment is planned for the glorious cookout feast. Acadia singers, Contra bands, Penobscot musicians, and period actors are ready to provide a joyous evening on Saturday, Aug. 1.

Jeff Hunt has many outdoor adventure recreation tours already set up. Kayaking, canoeing, and mountain bike rentals will be available at the river, 100 yards down the hill from the track.

This area has one of the best small-mouth bass fishing holes in the nation. The famous Atlantic salmon pool is just down the road in Bangor. The university owns over 600 acres of forest, used in its agriculture and forestry departments, which provide miles of trails for jogging and walking throughout the campus forest.

Early morning and early evening are the best times to unwind from or prepare for your competition and spot deer and other wildlife on the trails, or just enjoy the beauty and quiet.

A great place to run track and field. See you July 30-Aug. 2. □



GEORGE BANKER
Linda Wack, 42, first masters woman (38:36), St. Paddy's Day 10K, Washington, D.C., March 15.

Events Scheduling: Orono 1998 and Boston Indoor 1999

by JEFF SCHALLER
Assistant Meet Coordinator,
Events Scheduling

By now, most of you have seen the 1998 Outdoor Orono Meet events schedule (NMN, April, p.8), which includes an added round of preliminaries in all lane races (100-800) that brings the schedule into compliance with rule 75 (the Rules of Advancement).

By rule, trials are run when there are more than 16 entries, and semifinals are run when there are 9-16 entries (different for the 1500). Field events will be the same as San Jose 1997, except the women's javelin on Saturday.

The purpose of the Rules of Advancement is mathematically to ensure that the best athletes properly advance to the head-to-head finals competition for the USATF masters championship awards. For these interests, it is essential that these rules be followed.

When I first started working on events scheduling several years ago, I adapted the new outdoor schedule (first used at the 1994 Eugene meet) from the old schedule that was first used when the meet was smaller.

Last year it was brought to my attention that there were problems at the Boston indoor and San Jose outdoor meets with prelims-to-finals advancement, caused by inadequate schedule provisions for proper advancement. The schedules were not in compliance with the rules.

At the last convention in Dallas, the committee agreed that the current tentative outdoor events schedule should be brought into compliance with the rules (there is no official current tentative indoor events schedule). Consequently, Chairman Ken Weinbel, Meet Coordinator Scott Thomsley, and myself as Assistant Coordinator, were authorized to inject additional preliminary rounds into the outdoor schedule. That process has been extended to the indoor schedule for the 1999 Boston meet, and the new schedule has been accepted by next year's Boston organization.

It should also be noted that the rules are worded (a) to define "timed heat" finals as a lower standard of competition (non head-to-head) that should be avoided whenever possible, and (b) to allow some flexibility for practical considerations.

It is for practical reasons that there will only be preliminary rounds in the indoor 400 and 800 events. At this time we do not consider a second preliminary round in those two events as realistic for a three-day meet.

At the 1995 Reno meet, it was suggested that the indoor schedule be studied for appropriate alterations (that schedule has been formulated from year to year with differences approved by our meet coordinator and chairman). Included in the new indoor schedule are my changes, as approved

by Ken and Scott, along with the addition of the pentathlon.

DAY 1 (FRIDAY)

9:00 Pent	
9:15 3K Run	
3:30 Racewalk	After Pent.
7:00 60m (trials or semif.)	SP (M60+, M50+)
8:30 400m (trials or semif.)	LJ (M60+, W)
	PV (W, M70+)
9:30	HJ (M50-59)

DAY 2 (SATURDAY)

8:00 1500m/Mile	
	SP (W30-59, M30-49)
10:30 60m (semif. from trials, finals)	LJ (M30-59)
	HJ (W, M60+)
1:00 400m finals	PV (M40-69)
2:30 60m HH (trials, finals)	WT (60+, M)
4:00 200m (trials or semif.)	HJ (M30-39)
	TJ (W)
5:45 800 m (trials or semif.)	

DAY 3 (SUNDAY)

9:00 200m (semif. from trials)	WT (W30-59)
10:00 800m finals	TJ (All M)
12:00 200m finals	HJ (M40-49)
1:30 4x800m Relay	PV (M30-39)
2:00 4x400m Relay	SW (All)

Please note these corrections to the National Outdoor Championships events schedule that appeared in last month's *National Masters News*:

Friday long jump: M60+ will jump first; Friday 100m final actually is 400m final; 1500m final will be a Sunday morning event.

Any necessary intermediate hurdle prelims will be held at approximately 10 a.m. Saturday, with the finals held between the 800 and 100 finals (approx. four hours rest time). If no prelims are necessary, the schedule will be run as shown.

By rule, trials are run when there are more than 12 entries, and semifinals are run when there are 7-12 entries (6 lane oval track). For 8-lane straight-away: trials - more than 16 entries; semifinals - 7-16 entries.

There could possibly be changes made, but within the basic parameters as set forth in the schedule above.

Please send any comments to Jeff Schaller, 435 SW State St., Pullman, WA 99163, (509) 332-3148. □

FIVE YEARS AGO May, 1993

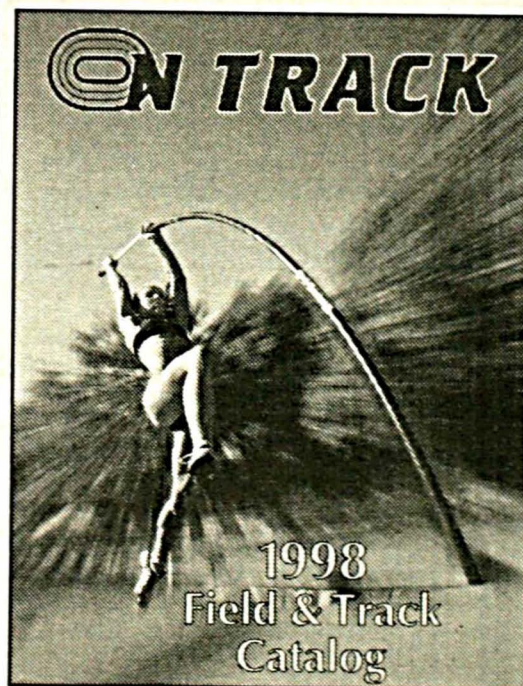
- 33 WRs Set in Masters Indoor Championships in Bozeman, Montana
- Jean-Michel Charbonnel (40, 2:17:44), of France, and Bernardine Portenski (43, 2:41:18), of New Zealand, Masters Winners in Boston
- Britain's Nick Rose (41, 24:34) and Nancy Grayson (42, 28:59), Northville, Mich., First in National 8K Championships, Virginia Beach



JERRY WOJCIK

A stride behind here, Jesse Norman (#484) caught Ed Gonera (52.84) at the finish to win the seeded heat of the M45 400 and the national title with a 52.81. Gonera won the silver medal, and Frank Schiro, winner of the unseeded first heat (53.66), the bronze, for a Central Park TC sweep, 1998 USATF National Masters Championships, Boston.

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Masters Racewalking

by ELAINE WARD

Debbi Lawrence Going for Third Olympics

As the 10K national champion, Debbi Lawrence, W35, participated in the exhibition walk at the 1984 Olympics in Los Angeles. Since 1990, she has been the women's national 10K champion six times. She represented the United States at the Barcelona Olympics in 1992, the first time that women racewalkers were allowed to compete as an official event. She finished 26th there, and 20th in Atlanta four years later. Still seeking the best within her, Debbi now has the goal of competing in the first women's 20K in the 2000 Olympics. As she said prior to going to Barcelona, "I crave those other athletes out there in the world because they are so good and they usually push me to my best."

First Women's 20K

EW: You have represented the United States in two Olympics. Are you going for number three?

DL: Absolutely. I am aiming for 2000. This will be the first time women walk the 20K in the Olympics. I think the change from 10K to 20K is a challenge, as the two races are totally different in strategy and physical preparation.

EW: What is the difference in the mindset in racing a 20K versus a 10K?

DL: The biggest difference is that you must go through a pain level for a longer time. You must be very focused from the start. Rather than taking it easy for the first half of the race, or pretending that the first half doesn't exist and then just racing the second

half, you really want to get on the line and go. It is not necessarily a sprint the whole way, but it is very intense racing. You want to feel strong, fluid and smooth at the end. You also want to be really mentally tough.

Training Strategy

EW: How are you training now, still with two important 10K races ahead?

DL: I am doing a lot of over-distance, and, for my speed, I am doing the rhythm. That is one of the workouts Bohdan Bulakowski taught me. You do a warm-up first, and Bohdan chooses to have a little run and some flexibility drills. After that, you do 100m at a good fast pace; in fact, as fast as you can go. Then you do a 100m recovery where you are walking easy. Then you do a 200 as fast as you can and a 100 recovery; a 300 and a 100; and a 400 and 100. It is continu-

The Rivalry Thrives

Jim Carmines and Don DeNoon (M50) enjoyed another tight competition at the National Indoor 3000m walk held in Boston, March 29. Carmines' time was 13:19.24 and DeNoon's 13:21.86. When asked about his win Carmines answered, "One of the reasons I had a good performance is that Don paced us and I just stayed with him. When there were two laps to go, I passed him." Carmines also credits his win to his training. "The four weeks before the race, I did mile and half-mile intervals three times a week."

Three laps into the race, Bob Keating took the lead for a bout 50 meters, but couldn't hold the pace, falling back to finish third. Both DeNoon and Carmines turn 55 in two months. DeNoon holds the American record and world record for M50 at 12:34.9 □



Racewalkers representing five decades gather at the 1997 Shore AC One-Hour Walk, Fort Monmouth, N.J., (from l to r): Harry Drazin, 84, Elliott Denman, 64, Bob Mimm, 73, Dave Romansky, 59, and Curt Sheller, 42. Denman, Mimm, and Romansky are past Olympians, and all are residents of New Jersey.

ous. You do that four, five or six times. It teaches you a lot – one thing being the surging aspect of a race. But you are not really racing, so you can focus a lot on race tactics in your mind.

EW: You mentioned race tactics. The women racing internationally are very hard competitors. What race tactics do you focus on when training for the 20K?

DL: Not having raced in a 20K, I can only go by how they do a 10K. In a 10K they do the first 5K at a decent clip and then do a faster second 5K. I think they will do the same in a 20K. They will go out at a real good, solid pace, then work each other down the second part of the race.

I think the women are modeling their racing after the men and are getting a lot of training tips from them. I think that is why they are walking so fast already.

Weight Training

If you look at my progression in the sport over the years, you will see that when I have been down I have not been weight training. Those are the years when I have been injured or generally weaker physically and mentally. I finally realized that and went back to weight training.

I lift free weights at the gym, doing the circuit with very little rest in between. I try to be in and out in 45 minutes – an hour at a maximum. I like the gym and I like being there, but it's a supplemental part of my training.

Acupuncture and Acupressure

I see an acupuncturist every once in a while. I became a believer in acupuncture when facing knee surgery after the Eugene Nationals. I had finished the race and won, but I was barely able to walk, my knee was so swollen. My coach, Dick Brown, took one look at me and said, "Tomorrow, I am making an appointment for you. You are going to see Mary Slaney's surgeon. He is the best in Eugene."

So I stayed over and went to the doctor. He looked at it and said, "I really should get in there and sculpt it,

but I can't fit you in for a week." He told me I would need to be around for four weeks.

In the meantime, I started acupuncture treatments. The first treatment brought relief. It took the swelling down. I thought, "My gosh, maybe I should just postpone the surgery." After the sixth one, I could start my training again. It was just amazing.

At first, I had treatments every other day. You can have them every day. They do that in China. But I had three treatments a week for two weeks, then two treatments a week and then one treatment. Now it's whenever I need it.

The USOC health insurance didn't cover acupuncture at that time, so I paid for it, but it was worth it. The surgery would have been paid for, but people keep telling me now that if I had had the surgery, I would have continued to have trouble with my knee as long as I was competing. My chiropractor agrees. He told me surgery changes the ligaments and tendons and how the structure of the knee moves.

I think the key to acupuncture is it keeps your body in balance. For me it keeps the inflammation out of my knees. If they ever do flare up, the acupuncture catches it right away. There is something to the Eastern philosophy of balance and stuff. I believe in the meridians and always feel better after a treatment.

There is a book called *Acupressure For Common Ailments* by Chris Jarmey and John Tinball. The points for acupressure and acupuncture are the same. So if someone is feeling that they don't want to get involved in the invasive part of the meridians, you can actually press the points with your fingers and get the same results.

Iron

There is one other thing that has helped me a lot. It is especially important for women to get their ferritin (iron) levels checked once in while. You don't know how low it can get until you find you can't get through a workout and just don't know why. □



JERRY WOJCIK
Karen Davis, winner of the W45 3000 racewalk (16:40.37), 1998 National Masters Championships, Boston.

Rodgers Just Misses M50 Record at Cherry Blossom

by PHIL STEWART

WASHINGTON, D.C. – All eyes were on the most popular runner in the field – Bill Rodgers – at the 26th running of the Nortel Cherry Blossom 10-Mile Run here on Sunday, April 5.

The four-time winner (1978-1981) of the event – as well as four-time victor at the Boston and New York City marathons – fell short in his attempt to break the U.S. age-50-54 10-mile record.

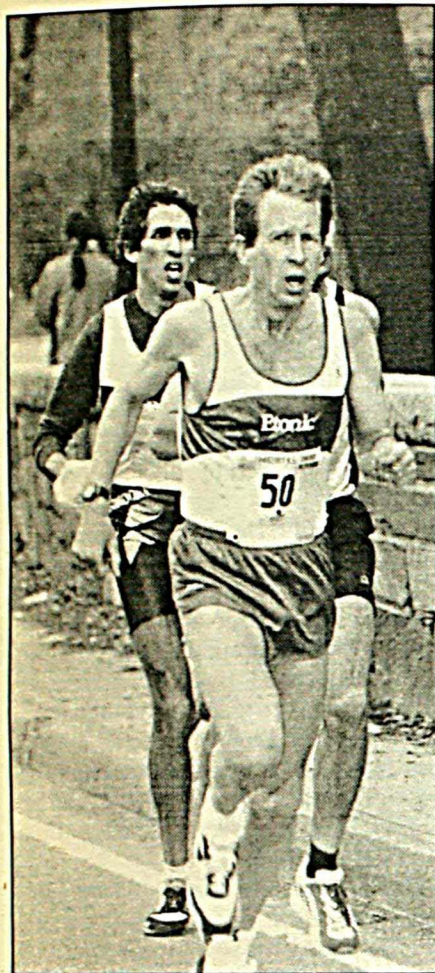
Rodgers ran 53:06, 13 seconds off the 52:53 M50 mark set by Norm Green in 1983. Rodgers clocked 52:22 as a 40-year-old here last year and narrowly missed the U.S. 50-54 15K mark of 49:33 by 15 seconds at Gasparilla in March.

"I need perfect weather," said Rodgers, who was bothered by the 20 mph gusting winds.

"I'd like to have gotten the record here because I've won here before. I just didn't feel that zippy today."

The top masters runners were Dan Lawson (42, KS) in 52:46 and Terri Martland (44, RI) in 64:04.

Hedy Marque of Alexandria, Va., again was re-Marque-able. The 80-year-old finished in 1:31:24 lowering her own W80 record of 1:34:23.



BOB MALLET

Bill Rodgers charged hard in his effort to set the American 50+ mark but missed by 13 secs. in 53:06, Nortel Cherry Blossom 10 Mile, April 5.



BOB MALLET

Race Director Phil Stewart congratulates Hedy Marque on her age-80 U.S. time of 1:31:24, Nortel Cherry Blossom 10 Mile, April 5.

The Nortel Cherry Blossom race split \$35,500 in proceeds between Children's Hospital's general Pediatric Ambulatory Center and Capital Commitment, Inc. The former provides primary care pediatric services for needy families primarily from the inner city of Washington, D.C. The latter is a non-profit organization formed to provide pre-employment and

employment training in telecommunications for the disadvantaged population.

Nortel, one of the world's most diversified developers of communications products, systems and networks, has been title sponsor for the past eight years. The corporation had 1997 revenues of \$15.5 billion and has about 73,000 employees worldwide. □

Nine Runners Power to World-Class Times in National 5K Championships

by JANNA WALKUP

Nine runners sped to world-class times (90% or better on the age-graded tables) to highlight the USATF National Masters 5K Championships/Carlsbad 5000, which was held in Carlsbad, Calif., on March 29. Oregonian Keith Anderson, 41, outdistanced Craig Young, 41, Colorado Springs, Colo., to secure the men's crown and the top M40 spot. Anderson's 14:28 scored an amazing 94.0% age-graded, while Young was right on his heels at 93.5%.

Forty-one-year-old Regina Joyce sprinted to the finish in 16:54 to pick up a six-second win over Jeanne Lasee-Johnson, 40, Chula Vista, Calif., who placed second in 17:00 (89.0%). Sissel Grottenberg, 41, Boulder, Colo., 17:11 (88.8%) and California's Barb Acosta, 40, 17:14 (87.8%) placed third and fourth, respectively. Modesto's Dee Dee Grafius, 48, topped the M45 division in 18:48 (86.2%). Both Joyce (90.3%) and W50 winner Joan Ottaway, 54, Sonora, Calif., turned in world-class women's marks. Ottaway breezed through the race in 19:00 (90.2%).

In addition to Anderson and Young, five other men turned in world class marks at the championship race. Colorado's Jon Sinclair, 40, grabbed third in the M40 division with his 14:38 (92.2%), while home state favorite Steve Scott, 41, secured the fourth spot in 14:54 (91.2%). Doug Bell, 47, Greeley, Colo., topped the

M45 division in 15:25 (92.2%), while M55 winner Stephen Lester, 55, Magna, Utah, clocked a 16:27 finish (92.1%). San Bernardino's Carlos Valle, 62, chased M60 winner Fay Bradley, 60, Washington, DC, as his second-place finish (17:53) scored 90.4% age-graded. Bradley just missed the world-class standard, speeding to the finish in an impressive 17:41 (89.6%).

Every five-year age group winner in the race – both men and women – scored at least 70% on the age-graded tables. Rounding out the men's division champions were M50 winner Dave Dooley, 51, Boulder, Colo., 16:49 (87.2%); M65 winner Dick Wilson, 66, Lawrence, Kan., 19:20 (87.1%); M70 winner Bill Nyhan, 72, La Jolla, Calif., 23:51 (75.8%); M75 winner Walter Meyer, 76, Escondido, Calif., 26:49 (71.2%); M80 winner Bill Nice, 82, Newport Beach, Calif., 26:37 (79.2%); and M85+ winner Walt Kuetzing, 85, La Jolla, Calif., 30:42 (72.8%).

Rounding out the age group winners on the women's side were W55 winner Ursula Rains, 56, Chula Vista, Calif., 22:30 (77.7%); W60 winner Gertie Holtslag, 60, Loveland, Colo., 24:49 (73.5%); W65 winner Peggy Ainslie, 66, Seattle, Wash., 24:01 (81.6%); W70 winner Mary Storey, 73, Riverside, Calif., 26:51 (80.5%); W75 winner Gerry Davidson, 76, Fallbrook, Calif., 28:09 (80.6%); and W80 winner Judy Simon, 82, La Mesa, Calif. 34:14 (74.5%). □

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On The Run

by HAL HIGDON

Nothing Stops Jack Greenwood

The pain began in the shoulder and slid down the right arm. It felt like a cramp, the kind you might get at the end of a hard race, such as the 400 meter hurdles. A trained athlete, familiar with his body reactions to stress, Jack Greenwood knew it was not that. Besides, Greenwood was not running at the track, but rather seated at his desk in the bank where he worked in Aurora, Colorado.

Greenwood rose and moved to the outer office, where his wife Nancy worked as a receptionist. Nancy Greenwood was shocked when she saw the look on her husband's face. "He looked gray," she recalls.

The date was April 15, 1987. Jack Greenwood was then 61. He was having a heart attack.

Nancy reached for the phone to call an ambulance. He told her they didn't have time to wait. "The hospital was only four or five blocks away," he says. "It was quicker to drive."

Collapsed Artery

An emergency room physician quickly diagnosed the problem. Even though right-arm pain is not the "classic symptom" (left-arm pain, or pain across the chest, is more common), a heart attack can manifest itself through pain almost anywhere in the body. In Greenwood's case, one of the arteries feeding the heart had collapsed, blocking blood flow to that essential organ.

Greenwood quickly was whisked into the operating room for angioplasty surgery. A tube with a balloon at the end was inserted into the artery and inflated. But almost immediately, the artery collapsed a second time. Doctors eventually needed to perform a bypass operation.

Unlikely Candidate

Jack Greenwood seemed an unlikely candidate for a heart attack or bypass surgery. He was one of the top masters runners in the world in the

sprints and hurdles. He rarely lost in those events, setting world and national records each time he moved upward into the next age category. His time of 55.7 in the 400 meter hurdles, set in 1972, remains the oldest American masters record in the books.

The lean, yet well-muscled Greenwood, is able to win championships because of a combination of hard work and genetic endowment. Yet genetics also caused his downfall. "At the time, there was no history of heart disease in my family," Greenwood explains. "Neither my mother nor father died of heart attacks, although my father was 42 when he died after being hit by a car driven by a drunk driver. Had he lived longer, he might have had a heart attack. Within recent years, several cousins and a brother had heart attacks and failed to survive."

That Greenwood survived beyond those first frightening minutes in his office was due to his career as an athlete. The regular training done to achieve those world championships strengthened his cardiovascular system and gave him the ability to survive an incident that might have killed most men.

Junior Champion

Greenwood was born February 5, 1926 in Nebraska, and won the state high jump championships as a junior in Saddleback, California. Then his family moved to Kansas City, where he won state titles in the high jump and

high hurdles as a senior at Argentine High School. That was 1945. Greenwood joined the U.S. Army after graduation from high school, serving as a paratrooper. The war ended, however, before he was sent overseas.

Following his discharge, Greenwood worked briefly as a laborer, "trying to figure out what to do next." His high school coach asked him to assist with the team. Greenwood began running again, competing in several open track meets. This attracted the attention of college coaches, including Bill Easton, who offered him an athletic scholarship to Kansas University.

Greenwood ran 51.8 for the 400 meter hurdles and qualified for the 1952 Olympic Trials in that event as well as the 110 high hurdles. At the Trials, he pulled a hamstring in the high hurdles and was unable to compete in the longer event in which he probably had a better chance to make the team.

Bad Shape

Two decades passed. Greenwood worked as a banker in Medicine Lodge, Kansas, doing no running or participating in any physical activity. In 1971, he was watching a Dallas Cowboys football game on TV and simultaneously reading the Sunday newspaper. The paper contained an article about the health benefits of jogging, written by Kenneth H. Cooper, M.D., author of *Aerobics*. "I figured, I could do that," recalls Greenwood, "and went out at halftime and tried to jog around the block. When I failed to get that far, I realized what poor shape I was in."

Greenwood persevered, however, and the following spring learned about a track meet in San Diego, California for runners over the age of 40. The meet was organized by David H.R. Pain, a San Diego attorney. The masters movement was about to begin.

Bold Entry

Even though he had not competed since the 1952 Olympic Trials, Greenwood boldly entered the 100, 200, 400, 110 hurdles and 400 hurdles. Masters meets in that era featured competition in 10-year age brackets, not the five-year age brackets more common today. Greenwood was then 46 and had to compete against several younger runners, who were favored to win his first event, the 400 hurdles.

Greenwood recalls, "I stationed my two sons at the fifth and ninth hurdles to let me know how I was doing. As I cleared the fifth hurdle, my first son told me I had a big lead. At the ninth hurdle, my second son said I had it won."

Greenwood not only won, he set a world record of 58.9. Several months later, travelling in Europe with a masters tour group organized by David Pain, he lowered that mark to 55.7, still the American M46 record a quarter century later.

During that period, Greenwood set numerous world and American records in both flat and hurdle events. Greenwood has won so many world titles in both hurdle races, the open

400 and while anchoring 4x400 relay teams, he has lost count of the number. His 1987 heart attack temporarily slowed him, but failed to stop him. At the 1989 World Championships in Eugene, Oregon he set world records in winning both hurdle events and also won the 400. Two years later in Turku, Finland, he won those three events again, setting a world record in the intermediate hurdles.

One More Try

Knee surgery caused him to miss the next three world meets. "The doctor said no more running," says Greenwood. He followed his doctor's advice for several years, but recently began running again. He hopes to compete this summer both at the Nationals in Maine and the Nike Masters Games in Oregon as prelude to a return to world championship competition next summer in Gateshead, England.

"I'm going to give it another try," Greenwood told me when I had dinner with him and his wife Nancy recently in Colorado. Heart attack, knee surgery; nothing seems to stop this remarkable runner. □

Hal Higdon is a Senior Writer for Runner's World. More of Hal's writings, including his Do-It-Yourself Tour to the Honolulu Marathon, can be found on his web site: www.hal.higdon.com.

Write On

Continued from page 4

Following the basic rules is not difficult. Lowering standards is not the solution. Aerobic type racing might help keep active those masters-age adults who cannot meet regular standards.

*Jerard K. Hargis
Fargo, North Dakota*

EAST REGIONALS

It would be impossible to put on the East Regional Masters Championships without the dedication and help of many people. Without the help of my wife, Valerie, I wouldn't dream of undertaking such a task. I want to thank the super MAC officials, the athletes, Northeast Timing Services, Armory HS Sports Foundation under the direction of Dr. Norbert Sander, Ed Small, and Andre Springer, and David Friedman of the Shore AC, who ran off 600 copies of the meet application at his own expense.

In addition, I want to acknowledge the clubs and individuals who responded to my plea for funds to offset expenses: clubs Philadelphia Masters \$200, Natural Living \$200, Maryland Masters \$100, and individuals John Fortin, Marie MacMillan, and James Stookey.

I am expecting additional responses to my letter of February 12, 1998, to all the Eastern clubs, which points out that since 1990, I have had to put on seven of the last 19 East Regionals, and three of the last five at an out-of-pocket expense of more than \$5500, or

Continued on page 13

Hal Higdon's

Honolulu Marathon Do-It-Yourself Tour

Information on: airlines, hotels, training, volcano runs and how to enter the Honolulu Marathon on December 13.

Join me on free guided workouts. You don't need to book a tour.

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www.halhigdon.com

Write On

Continued from page 12

an average loss of nearly \$800 per meet. This does not include the 150 to 200 hours of my time needed to put on a meet of this caliber.

As of this writing, this meet has a net loss of at least \$539 and required 176 hours of time. The letter states that this is my last role as meet director. Other individuals and clubs must step forward to keep the tradition going. The outdoor East Regional, scheduled for July 12 or 19, will be the 30th consecutive, if it is held.

*Haig Bohigian
USATF East Regional Coordinator
Sleepy Hollow, New York*

INDOOR CHAMPIONSHIPS

I think the 1998 National Indoor Championships at Boston's Reggie Lewis Center was one of the best meets I have attended in recent years. When I tried to determine what it was that made it so enjoyable for me, I came up with two facts.

First, the quality of both the men's and women's competitions was excellent, with many exciting races. Second, Pete Taylor's commentary gave the meet an added touch, which so many of our meets lack. He has a great understanding of masters t&f and the athletes. Our sport needs more of this. Hats off to Pete Taylor.

*Edward Small
New York, New York*

TRAVELING MEDICINE SHOW

I will be traveling across America after the USATF SCA meet in July (I have sold my house and am looking for a new location). I don't profess to be a real expert, but I do possess a lot of information and have accumulated a rather extensive library on t&f. I don't have a set trip agenda, so if anyone would like to set up an informational meeting/seminar on masters t&f, they should contact me and I will try to fit it in.

I will be traveling by motorhome and will be able to do video analysis on the technical events. As always, there is no fee associated with this.

Until June 1, I may be contacted at 512 Somerset, Placentia, CA 92870; 714-524-9966; fax: 524-9992; e-mail: coachr@pacbell.net. After June 1, the mail will be forwarded and the e-mail will be OK, but the phone numbers will belong to someone else.

*Ross Dunton
Placentia, California*

KUDOS

I continue to enjoy reading your fine publication. As a senior citizen, I find the NMN the only publication devoting any attention to us older runners, M70-and-above. Even *Running Times* lists winners of races aged 70+ only once in awhile. Keep up the good work and I'll continue to subscribe.

*Dixon Hemphill
Fairfax Station, Virginia*

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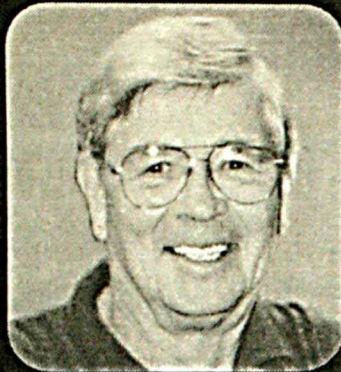
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The Weight Room

by JERRY WOJCIK

A "Challenging" Idea

Lost amid coverage in the January NMN of the goings-on at the 1997 USATF Convention was a brief article about a throwers' "challenge" cash award initiated by Joe Keshmiri, M60, Reno, Nev., and Fred Shanaman, M60, Seattle, Wash.

Keshmiri, a shot and discus man, originated the idea by offering prize monies for the top three age-graded performances in the shot and discus at the Outdoor Nationals, the Hayward Meet, plus a meet to be named later, and for the best three efforts in the shot in the National Indoor Championships and Reno Indoor Meet. First places are worth \$65, second \$35, and third \$25, one award per athlete per meet, and Keshmiri is excluded.

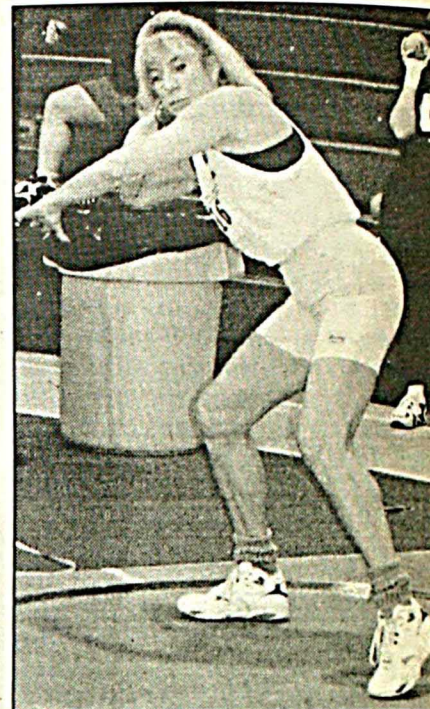
Shanaman, primarily a weight and superweight thrower, elected to support the Seattle Masters AC's new Weight

Throwers Pentathlon (same implements as regular WP except SW substituted for JT). Prizes will be awarded to the best A-G performers in each group of M30-39, M60+, and W30+, with first worth \$100, second \$50, and third \$25. He, too, is not eligible.

The intent of their challenge, which, to my knowledge, has not been taken up by anybody else to date, is to motivate other masters T&F, LDR, and RW athletes, or non-athletes for that matter, to come forth with donations or other incentives (an all-expense paid photo safari in Kenya,



SUZY HESS
Cynthia Morrison, 38, established a W35 U.S. record of 28-1/4 for the 20-lb. weight, 1998 Masters Indoor Championships, Boston.



SUZY HESS
Evelyn Wright, 61, won the W60 shot put and broke the U.S. W60 record for the 16-lb. weight with a 21-11, 1998 National Indoor Championships, Boston.

for instance) to create interest in masters athletics.

No Headlines... Yet

As innovative as it is, the challenge, so far, has not made headlines. I don't think the NMN was ever informed of the award winners in the Reno Meet, and I don't recall hearing the three winners in the shot put announced at the Indoor Championships in Boston. They could have been acknowledged while I was out of the arena.

Ed Daniels, the meet co-director, gave me a copy of the results soon after the SP was completed. The winners in Boston were Lad Pataki, 53, Los Gatos, Calif., whose 51-10 equaled Carl Wallin's M50 WR and was an A-G 91.0%; Len Olson, 66, Daytona, Fla., with an A-G 89.6% 42-3 1/4; and Gerald Vaughn, 62, Charlotte, N.C., who was second to the self-excluded Keshmiri (51-9 U.S. record, A-G 96.3%) in the M60 division with an A-G 89.2% 45-10.

I don't know why this idea hasn't precipitated more interest. Obviously, the money involved does not compare to the big bucks the roadrunners collect, but money wasn't the point. If more people kicked in, however, the cash awards could become consequential enough for meet directors to make notice of the prizes and involved athletes in pre-and-post meet info. In the U.S.A., the only thing more important than money is more money.

The initial announcement did provoke some interest. A few women in the masters movement criticized the awards, especially Keshmiri's, for not including more women, particularly since this is the IAAF Year of the Woman, and should not have been accepted by USATF masters officials.

Inequity "Challenged"

Defenders of the "challenge" responded by saying that the awards were established before anybody knew about the Year of the Woman, and, besides, it's Keshmiri's and Shanaman's money and they should be allowed to do whatever the hell they please with it, and those who thought it inequitable could respond by meeting the challenge with awards for women only.

AGE GROUP RECORDS SET AT USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS Boston, Mass., March 27-29

World Records					
Event	Age	New Mark	Name	Old Mark	Held By
60m	M50	7.40	Stan Whitley	ties	S. Whitley
60m	M85	11.10	Bert Morrow	11.33	R. Randall
200m	M55	24.61	Stephen Robbins	24.7	R. Taylor
200m	M60	25.10	Larry Colbert	25.15	L. Colbert
200m	M85	39.14	Bert Morrow	39.79	R. Randall
200m	W70	35.58	Pat Peterson	35.96	M. Wixey
400m	W35	55.67	Adina Valdez	57.47	I. Gazda-Sagolla
400m	W65	74.68	Jean Horne	80.38	T. Borthwick
400m	W70	88.79	Pat Peterson	93.07	P. Peterson
800m	W65	2:56.63	Jean Horne	3:00.05	T. Borthwick
1 Mile	M50	4:37.57	Albin Swenson	4:40.6	V. Heckler
1 Mile	M60	5:13.38	Henry Hawk	5:19.9	A. Messenger
60mH	M70	10.34	Mel Larsen	10.40	M. Larsen
60mH	M75	11.05	Ed Lukens	11.20	Frank Finger
60mH	M85	15.13	Bert Morrow	establishes	
HJ	M85	1.00m	Bob Boal	ties	several
HJ	W70	1.15m	Leonore McDaniels	1.09m	M. Bowermaster
PV	M50	4.27m	Larry McIntyre	4.14m	J. Johnson
PV	M60	3.91m	Dale Lance	3.78	J. Donley
PV	W55	2.44m	Joy MacDonald	2.19m	B. Sisley
PV	W70	1.68m	Leonore McDaniels	1.41m	J. Vallien
LJ	M75	4.30m	Ed Lukens	4.23m	E. Lukens
LJ	W70	3.40m	Leonore McDaniels	3.31m	M. Bowermaster
TJ	W60	8.07m	Audrey Lary	7.98m	E. Steedman
TJ	W70	6.80m	Leonore McDaniels	6.80m	J. Vallien
SP	M50	15.80m	Ladislav Pataki	ties	C. Wallin
SP	W80	5.75m	Katherine Gradick	5.11m	I. Brown
U.S. Records					
400m	M50	52.87	Charles Allie	54.0	L. Colbert
400m	M80	83.61	Bob Matteson	85.00	F. White
400m	W50	72.51	Nadine Lowenstein	72.86	L. Upton
800m	M60	2:16.87	Mack Stewart	2:17.09	J. Sutton
800m	W35	2:14.41	Adina Valdez	2:14.94	N. Shafer
3000m	M65	10:50.40	Paul Heitzman	11:10.70	P. Heitzman
3000m	W35	9:34.08	Lesley Lehane	10:16.8	C. Hervery
3000m	W45	10:43.72	Kathryn Martin	11:06.77	J. Shirley
HJ	M45	1.86m	Walden Curry	1.85m	H. Wyatt
SP	M60	15.77m	Joe Keshmiri	15.20m	C. Blair
WT	M80	8.56m	Tom McDermott	7.33m	J. York
SW	M45	10.73m	Tim Edwards	8.47m	T. Edwards
SW	M65	6.62m	Austin Baggett	5.67m	K. Weinbel
SW	M70	10.01m	Ken Weinbel	8.40m	B. Bangert
SW	M80	6.31m	Tom McDermott	4.89m	L. Joslin
SW	W35	5.08m	Cynthia Morrison	establishes	
SW	W60	6.68m	Evelyn Wright	5.67m	J. Fetherston



JERRY WOJCIK
Amy Hicks, winner of W65 weight throw (22-1), 1998 Masters Indoor Championships, Boston.

Indoor Nationals

Continued from page 3

Hambrock, Pennsylvania, won the WT (48-11¹/₄) and SW (32-³/₄).

M40 Ben James, New York, bolted to wins in the 200 (22.99) and 400 (50.56) and was second (7.25) to Val Barnwell (7.20), New York, in the 60m. Tony Rodiez, Wisconsin, raced to a first in the 3000 (8:53.43), and lost a close one (4:29.17) in the New Balance Mile to Roberto Castillo, Florida (4:28.27). David Vandergriff, South Carolina, topped strong fields in the WT (51-4¹/₄) and SW (35-5¹/₄).

M45 Walden Curry, Louisiana, upped the U.S. HJ record to 6-1¹/₄. Bill Collins, Texas, 1997 Male Masters Athlete of the Year, flew to wins in the 60m (7.30) and 200 (22.90). NYC's Central Park TC did the hat trick in the 400, nailing down the top three spots: Jesse Norman (52.81), Ed Gonera (52.84) and Francis Schiro (53.66). Nolan Shaheed, 48, California, was the meet middle-distance standout with a brilliant 1:59.33 800 and a 4:24.71 mile. Tim Edwards, Colorado, flung to top marks in the WT (45-2¹/₄) and SW (35-2¹/₂, U.S. record).

M50 Stan Whitley, California, had to equal the 60m WR (7.40) to win over Charles Allie, Pennsylvania, who won demanding races in the 200 (24.06) and 400 (52.87, U.S. record). Albin Swenson, Connecticut, fought off challenges by Harold Nolan, New Jersey, to win the New Balance Mile in WR time (4:37.57) and the 3000 (9:22.79). Larry McIntyre, Texas, ascended to a WR in the PV (14-0). Strongman Lad Pataki, California, won the WT (46-2¹/₂), SW (30-7) and tied the SP WR (51-10). In the *Walking Magazine* 3000 RW on Sunday morning, James



MITCHELL LOVETT
Althea Morris, 33, winner of one silver and three gold medals.



SUZY HESS
Eileen Troy (l), winner of the W40 mile (5:37.70), and Sharon Vos, silver medalist (5:43.09), are residents of Connecticut.

Carmines, Pennsylvania, and Don DeNoon, Illinois, staged one of the best races of the meet, with Carmines winning down the stretch by less than two seconds in 13:19.24.

M55 Steve Robbins, Washington, dominated the 60m (7.67), 400 (56.69) and bettered the 200 WR with a 24.61. Norm Cyprus, New York, forged a novel triple, winning the WT (38-¹/₄), SW (25-10) and PV (9-0).

M60 Larry Colbert, Maryland, streaked to firsts in the 400 (57.58) and the 200, breaking his WR with a 25.10 and crediting it to pressure from Harold Tolson, California, second in 25.35 and winner (7.75) over Colbert in the 60m. Other records went to Razorback Henry Hawk, mile, WR 5:13.38; Sooner Dale Lance, PV, WR 12-10; Mack Stewart, Texas, 800, U.S. 2:16.87; and Joe Keshmiri, Nevada, SP, U.S. 51-9. Vernon Spencer, Colorado, tossed the WT (40-5¹/₂) and SW (20-9¹/₄) to gold medals. Guest athlete Emil Muller, Canada, hit the 47-7¹/₄ mark in the WT.

M65 Paul Heitzman, Kansas, erased his 3000 U.S. record with a 10:50.40 and took firsts in the 800 (2:29.75) and New Balance Mile (5:31.77). Jim Stookey, Maryland, captured the 200 (27.62), LJ (16-1¹/₄) and TJ (33-1). Clarence Trinkner, Wisconsin, 400 (72.87) and HJ (4-5), and Len Olson, Florida, SP (42-3¹/₄) and WT (45-1¹/₄), were double winners. Austin Baggett, Florida, stretched the U.S. SW record to 21-8³/₄. Jack Bray, California, finished the 3000 RW in 15:41.41 to win by 30 seconds.

M70 Record breakers were Mel Larsen, Illinois, 60H, WR 10.34, and Ken Weinbel, Washington, SW (32-10¹/₄, U.S. record), who also took the WT (38-5). Double winners were Rodney Brown, Utah, 400 (66.20) and 800 (2:44.97), and Frank Brako, Massachusetts, HJ (4-3¹/₄) and TJ (28-7¹/₂).

M75 Ed Lukens, New York, collected four firsts and included two WRs, 60H (11.05) and LJ (14-1¹/₄). Bill Benson, New York, accrued three firsts: 800 (3:43.57), mile (7:51.02) and 3000 (16:13.64). Tim Murphy, Texas, won the 60m (9.22) and

200 (31.59). Armando Ricciardi, Nevada, added WT (25-0) and SW (18-9) championships to his vast collection.

M80 Tom McDermott, Florida, won all three throws, with U.S. records in the WT (28-1) and SW (20-8¹/₂). Bob Matteson, Vermont, broke the 400 U.S. best with an 83.91, and seized the 200 and 800 firsts. Sparks Sorlien, Rhode Island, took the 60m, LJ and TJ.

M85 Bert Morrow, California, astounded the crowd with three WRs: 60m (7.40), 200 (39.14) and 60H (15.13). Ted Hatlen, California, had versatile wins in the LJ (7-9¹/₄) and SP (21-7¹/₄).

M95 The amazingly spry Everett Hosack, 96, Ohio, won the 60m and all three throws.

W30 Althea Morris, New York swept the 60m (8.02), 200 (25.57) and 400 (56.98). Christine Reaser, Maine, did the same in the 800 (2:22.69), mile (5:09.68) and 3000 (10:22.07). Anne Jennings, Massachusetts, overcame 5-7¹/₄ in the HJ.

W35 Adina Valdez, New York, broke the 400 WR (55.67) and the 800 U.S. record (2:14.41). Leslie Lehane, Massachusetts, shaved the U.S. 3000 record to 9:34.08. Cynthia Morrison, Florida, won the WT (28-¹/₄) and established a U.S. best in the SW (16-8). Elaine Iba, California, took the flat jumps with 15-5 and 29-3¹/₄. On Sunday morning, Maryanne Torrellas, Connecticut, 14:57.99, Kelley Cullenberg, Maine, 14:58.69, and Marcia Gutsche, Massachusetts, 14:59.95, supplied the closest trio finish ever in a 3000 RW championships.

W40 Cindy Steenbergen, Texas, sped to wins over talented fields in the 60m (8.23) and 200 (27.17). Marcia Veale, Massachusetts, took the SP (35-3) handily. Sandi DeNoon, Illinois, triumphed in the *Walking Magazine* 3000 RW (15:11.52).

W45 Diminutive Kathy Martin, New York, ran large, winning the 400 (69.12) and the mile (5:27.67), after a U.S. record 3000 (10:43.72) on Friday night. Jane Higgins, Massachusetts, bolted to golds in the 60m (10.26) and 200 (33.46). Adaptable April Capwill, Pennsylvania, finished a respectable third in the 3000, then went on to win the SP (31-0) and WT (29-10¹/₄).

W50 Erika Szanto, Ohio, collected four firsts in the LJ, SP (31-5¹/₄), WT, and SW. Nadine Lowenstein, New York, hastened to conquests in the 200 (31.66) and 400 (72.51).

W55 Joy MacDonald, Florida, levitated to a PV WR (8-0). Mary Robinson, Ohio, won the 200 (32.43) and 400 (75-09). Suzy Hess, Oregon, logged firsts in

the WT (23-2) and SW (16-9¹/₄).

W60 Audrey Lary, Maryland, chalked up a WR (26-5¹/₄) in the TJ and won the 60m, 200 and LJ. Evelyn Wright, Maryland, scored three throw wins in the SP, WT, and SW (21-11, U.S. record). Grace Butcher, Ohio, carved out championships in the 800 (3:10.26) and New Balance Mile (7:19.01). Christel Miller, California, took the 60H (12.81) and HJ (3-11¹/₄).

W65 Jean Horne, of Canada, tallied WRs in the 400 (74.68) and 800 (2:56.63). Ann Yudell, North Carolina, strode lively to three golds in the sprints. Magdalene Kuehne, California, won her specialties, the LJ and TJ, and a new event for her, the SP (23-4).

W70 Two of the best athletes in the world in this division: Leonore McDaniels, Virginia, won five events, four with WR marks, and Pat Peterson, New York, took three firsts, two with WRs, 200 (35.58) and 400 (88.79).

W75 Diane Friedman headed back to Ohio with four gold medals for the 60m, 200, 400, and LJ.

W80 Adrienne Salmini, New Jersey, also left town a four-time winner in the 60m, 200, 400, and 800. □

(For complete list of National Indoor Champions, see p. 39.)



JERRY WOJCIK
Adrienne Salmini (#762), winner of the W80 60m (21.09), and Diane Friedman, W75 winner (12.50).

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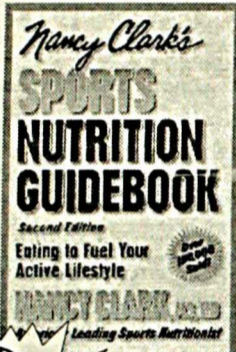
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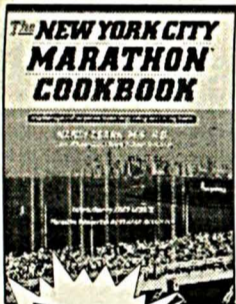
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"I always get diarrhea before I compete. How can I prevent it?" "I blow stink-bombs that are sooo embarrassing. Help!" "I poop before I run, but I still need a pit stop in 5 miles." Bowel problems are a concern for many active people, but the topic is rarely discussed. Few masters athletes feel comfortable describing their struggles with constipation, diarrhea, and gas. The purpose of this article is to address some of these concerns and hopefully reduce your transit troubles.

Constipation

The "normal" pattern for bowel movements varies from person to person, but infrequent, hard, dry stools are a sign of constipation. Being "too busy" to stop to go to the bathroom aggravates the problem; exercise, particularly running, alleviates it. Here are three nutrition tips to help "eliminate" constipation problems.

1. Gradually increase your intake of high fiber foods. Fiber, the part of plant cells that humans can't digest, absorbs water and makes feces softer and easier to eliminate. Bran cereals are the fiber-richest foods, superior to salads and many vegetables and fruits that are relatively lower sources of fiber. (See the chart below.)

2. Drink warm liquids in the morning to stimulate bowel activity. Your body naturally wants to defecate about a half hour after consuming a warm beverage in the morning. Be sure to schedule time to relax and honor this urge. If necessary, get up earlier so you won't be commuting to work when you should be sitting on the toilet.

3. Drink plenty of fluids (including prune juice) throughout the day. You are drinking enough fluids if you urinate every two to four hours, and the urine is light colored, like lemonade, not dark like apple cider.

Diarrhea

Anxiety and precompetition jitters commonly result in "nervous diarrhea." Before a competition, try doing light exercise to help empty the bowels; drink extra water to maintain hydration. The problem may resolve with experience competing and a positive mindset.

Exercise -- specifically more exercise than your body is accustomed to doing -- increases intestinal activity. As your body adjusts to exercise, you may resume standard bowel movements. But not always, as witnessed by the number

of experienced runners who carry toilet paper with them on training runs. Loose stools can be a chronic concern that interrupts even daily workouts.

The following nutrition tips might help reduce the symptoms:

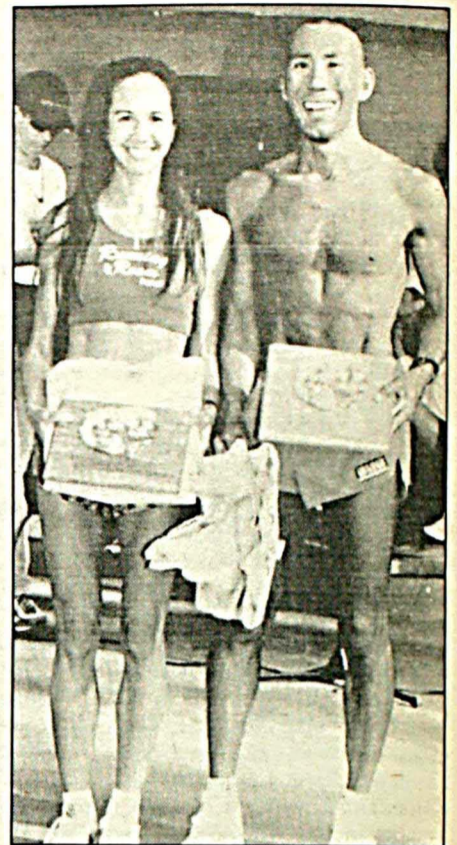
- 1) Reduce your intake of high-fiber cereals. You don't need the roughage!
- 2) Limit "sugar-free" foods such as sugar-free gum and hard candies that contain sorbitol. This type of sugar can cause diarrhea.
- 3) Limit suspicious foods -- excessive juices, fresh fruits, raisins, dried fruits, beans, lentils, milk.

To pinpoint food triggers, keep a food/diarrhea chart. Take away any suspected food for a few days, then eat a big portion and observe changes in bowel movements. You should look back a few days to your prior diet, because food moves through most people's intestines in two to four days. (A simple way to learn your body's "transit time" is to eat corn, sesame seeds, or beets -- foods that can be seen in your feces.)

Bloating, Belching, Bombs

Gas forms when undigested foods get broken down by normal, desirable, intestinal bacteria. Common gas producing foods are broccoli, onions, cabbage, beans, melon, and milk (if you are lactose intolerant). To determine suspected food culprits -- and reduce your fear of blowing embarrassing bombs when you are surrounded by your teammates -- chart your food intake/gas expulsion patterns.

To help pinpoint the culprit, eat a double portion of a suspected food. That is, if you think milk might cause gas for you, drink two glasses instead of one. If you have twice the gas, you likely drank more milk than your system can comfortably handle. Rather than totally eliminate the food (which also eliminates important nutrients and can lead to an unbalanced diet), first



TESH TESHIMA

Connie Comiso-Fanelli, 41, and Glenn Tachiyama, 41, first overall in the 1997 Diamond Head Duet 5K, Honolulu.

try smaller portions.

High Fiber Foods: The recommended intake is 25 grams fiber/day (or age + 5 gms for ages 3-18). You can get half that amount by eating 1/2 cup Fiber One or All Bran Extra Fiber, or 2 cups Bran Flakes. Also include a variety of other foods:

Fruits

- Banana, medium
- Orange, medium
- Apple, medium
- Raisins, 1/4 cup

Vegetables

- Green beans, 1/2 cup
- Carrots, 1 medium
- Potato w/skin, medium
- Broccoli, 1 cup

Grains

- Bread, 1 slice whole wheat
- Popcorn, 3 cups
- Bran flakes, 1/4 cup
- All Bran, 1/2 cup

Beans, cooked

- Lentils, 1/2 cup
- Baked beans, 1/2 cup
- Split peas, 1/2 cup
- Kidney beans, 1/2 cup

(A registered dietitian can help you keep balance in your diet, as well as offer personalized advice for transit trouble. Call 1-800-366-1655 for a referral in your zip code area. Nancy Clark, MS, RD, offers private nutrition consultations at her Boston-area office, SportsMedicine Brookline. Nancy Clark's Sports Nutrition Guidebook, 2nd Edition (\$20) and her nutrition guide for endurance athletes, The NYC Marathon Cookbook (\$23), are available by sending a check to Sports Nutrition Materials, 830 Boylston St., Brookline, MA 02167.)



GEORGE BANKER

Herb Tolbert, Gaithersburg, Md., a top M50 runner in the D.C. area.

Niemczak, Caldwell Take Masters 10K Titles

by CHRISTINE JUNKERMAN

The 14th annual Run Old Mesilla 10K entered the ranks of elite events on March 28 as it hosted New Mexico's first-ever USATF Championships, the Masters 10K. Antoni Niemczak, 42, Rio Rancho, N.M., claimed the title



LINDA SOSA
Antoni Niemczak, 42, first male overall (31:38), Run Old Mesilla 10K/National Masters Championships, Mesilla, N.M., March 28.

with an overall men's victory in 31:38. Lorraine Caldwell, 44, Colorado Springs, won the masters women's race in 39:37. Both winners were rewarded with \$1200 for their efforts.

Located in the Mesilla Valley with the majestic Organ Mountains to the east, Mesilla is known for its restaurants, museums, and art galleries. Run Old Mesilla is a certified loop course, flat with few turns, that takes runners along the town's outermost edges, past fields and adobe homes, exposing them to the valley's beauty and the town's charm.

Days before the race, wind gusts up to 40 m.p.h. whipped through the valley. However, race morning was calm and sunny, with temperatures in the mid-60s at 7 a.m., and rising as runners began to gather. Near-perfect weather and a fast course set the scene for fast times.

Although not great in numbers, the masters field was certainly experienced. Niemczak let the 10K open competitors lead most of the race, taking the front position in the last half-mile, when it counted most.

Open runner Filomeno Apodaco set the pace early as he and Niemczak led a string of five through the first two miles in 10:01. Niemczak ran on the heels of Apodaco for four miles, when Sean Tynan, another open competitor, caught the leaders and passed them both. Niemczak moved effortlessly around Apodaco to run with Tynan, who led through the next two miles. In the end, Niemczak finished six seconds ahead of him.

Although the altitude (3900 ft.)

Records Set in Spangler Memorial 8K

by RAY STEWART

With Bill Rodgers leading the way, the Fifty-Plus 15th Paul Spangler Memorial 8K and 5K Racewalk, Palo Alto, Calif., March 29, attracted several hundred runners and walkers, all over the age of 50, to the Stanford University campus. A sunny day also included a fitness walk, generation relays, a health fair, bicycle ride, in-



Bill Rodgers, 50, 26:21, and Shirley Matson, 57, 30:42, winners of the Fifty-Plus 8K, Palo Alto, Calif., March 29.

line skate and swim, all in the interest of senior fitness.

Rodgers, 50, won the 8K with an outstanding 26:21, a few seconds short of Sal Vasquez's course record. Vasquez, now 58, finished third with a U.S. age record 27:35 behind last year's winner, Michael Dove (27:19). Twenty 50-year-old runners succeeded in breaking 30:00.

Not to be outdone, Shirley Matson, 57, provided plenty of fireworks for the women, finishing in a new U.S. age record 30:42, two minutes better than the old record.

Jo Ann Nedelco led all finishers in the racewalk for the second straight year in 27:56. John Murray Doane was the top male finisher in 28:04. The racewalk was held at approximately the same time as the run, permitting joint finishes in Stanford Stadium.

The events at the stadium followed a full schedule of Fifty-Plus activity on behalf of older-adult health and fitness. A health conference titled "Extending Vitality: Activity and Aging," featured speaker Per-Olaf Astrand, of the Karolinska Institute in Sweden. The annual awards dinner honored the late Paul Spangler, with the posthumous Masters Hall of Fame Award presented to Spangler's daughter, Betty Nolen. □



BOB MALLET

Fay Bradley (back, far right), who clocked 58:58 to win the 60-64 age group, is joined by his peers. 1998 Nortel Cherry Blossom 10 Mile, April 5.

makes running a PR difficult, Niemczak felt he had a good race. "It was easy. Not a big effort today," he said. The race was more of a training run, as he estimated his effort to be about 75%. The Polish native feels he is ready to post some great times this season, currently training 130 miles per week at an altitude of 6000 in Rio Hondo.

Ken Wilson, M40, Albuquerque, N.M., was second master and fourth overall in 32:58, six seconds ahead of third master Richard LeDoux, M40, Pueblo, Colo. Wilson was hoping to run about a minute faster but was pleased with his early season performance.

Experience also prevailed in the other divisions. John Brennan, of California, won the M60 race in 38:56. National record holder, Norm Green, Jr., of Pennsylvania, was first in the M65 race with a 42:00. Dudley Healy, of New Jersey, ran 67:59 in the M80 division.

Caldwell was surprised and "absolutely delighted" with her masters win, having come to compete, but not

expecting to win. She is still undergoing rehabilitation of her knee for injuries suffered in an automobile accident in November. Her winning 39:37 was slower than her usual 37-38 minute 10K times, but, considering the circumstances, she was "glad to break 40 minutes."

Caldwell started running in her mid-30s to get in shape and now finds herself one of the better regional masters women. She is currently training for Freihofer's 5K, an Indy Life Circuit scoring race for women.

Jean Herbert, of Albuquerque, was second W40+ in 40:46. Herbert felt she went out too fast and was the first W40+ through mile one with a 5:54. Caldwell passed her shortly after and held the lead for the rest of the race.

Last year's winner of the New Mexico Masters Gran Prix, Shirley Van Slooten, W40, finished third in 44:50, despite a cramped hamstring after the first mile. □

-Linda Sosa contributed to this article. (Reprinted from Runner's High)

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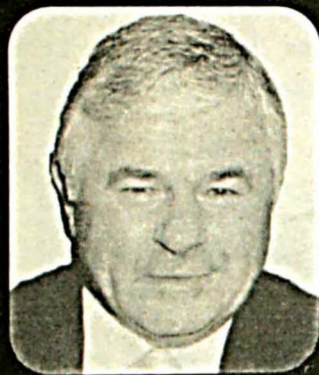
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Track & Field Report

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

Indoor Championships Earn Top Marks

Weather, facility, meet organization, and New England hospitality were at their best for the National Indoor Championships in Boston, March 27-29. The New England Association did themselves proud. It was a top notch event. A special thanks to all the officials, meet directors and coordinators. Your hard work and desire to "make it the best" was very much in evidence to all the appreciative competitors.

Athletes' Meeting

With the full championship indoor meet event schedule, it is difficult to find a suitable time slot for formal meetings. This year we experimented with an open discussion format. The topics were previously selected and moderated by interested athletes. Attendance was reasonably good with active participation in the discussions.

Financing Masters T&F

George Mathews, Marketing Committee Chairman, conducted discussion on the plight of Masters Track and Field finances. It was obvious from ensuing comments that many of our members are oblivious to the need for appropriate operational funding. The Chair will devote future space to enlightening members on the financial needs of our program.

Some very good suggestions for possible revenue sources were presented by the attendees. It was a consensus that providing contracting host meet directors a title rights fee for our championships was in order. It was proposed that we look into possible surcharges to the athletes. It was also suggested that the committee investigate possible programs for establishing

endowments.

I plan to appoint a subcommittee to assist Mathews' committee in studying the proposals and preparing reports for action at the next annual meeting.

Qualifying for Championships

Jerry Wojcik, Senior Editor, *National Masters News*, volunteered to moderate this topic. Jerry explained there are many who feel that some semblance of qualifying would add authenticity to a championship meet. Maintaining a neutral position, Jerry also advised that there is a large contingency of members who support the non-qualifying format currently in effect. Valid pros and cons for qualifying standards or none demand addi-

tional research and input. Athletes are encouraged to express their opinions.

No False Start Rule

Zeke Zlobicki, a Michigan athlete, spoke to the subject of eliminating the no-false-start rule. Petitions of support for the elimination have garnered more than 600 signatures.

In defense of the no-false-start rule, there is a large number of supporters just as adamant for maintaining status quo. Arguments for and against have merit and each camp is entitled to be heard. This issue has been debated before and proposals for change have been defeated.

This year, rule changes will be acted upon at the annual meeting. Proponents are advised that a procedure exists for rule change submissions and they should proceed accordingly. Hot debate and close balloting is predictable for this issue.

Relays

Unfortunately, no one was present to discuss this topic, so it was carried over for a future time. Those athletes who feel strongly about changing relay team rules also need to be advised to properly proceed with their submissions so their proposals can be addressed and acted upon at the annual meeting.

Closing Comments

I was pleased with the meeting format and impressed with the verbal offerings. Those in attendance had opportunity to express themselves on the topics. The discussion leaders moderated well and kept potential



JERRY WOJCIK

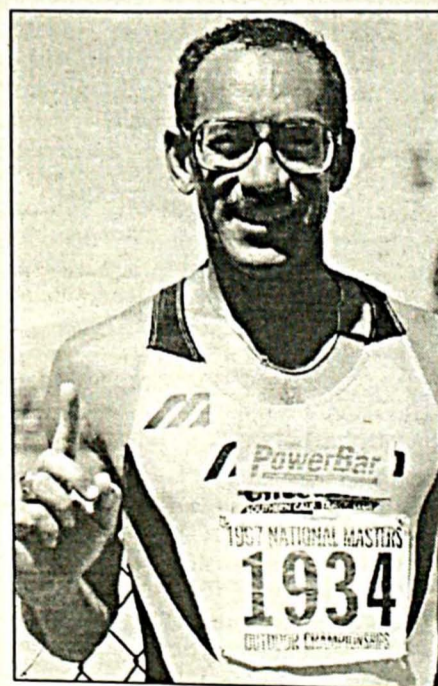
Lesley Lehane broke the W35 U.S. record for the 3000 with a 9:34.08, 1998 National Masters Championships, Boston.

debates to a minimum. For a masters meeting this, in itself, was a monumental achievement. We need more of the same. □

NMN Age-Graded Mile To Be Held Again at Hayward Meet

Historic Hayward Field in Eugene, Ore., will again be the site of the Hayward Masters Track & Field Classic, June 27-28, and once more masters milers will contend for cash prizes based on age-graded performances. Last year's winner was John Keston, then 72, who ran a 5:51.44, an A-G 90.5%.

This year, a separate women's mile with equal prize money has been scheduled for Saturday, the 27th, and will be held if four or more women register. Two women ran the mile in 1997.



NANCY FINKELSTEIN

Peter Mogg, moments after successfully defending his title in the M40 800 (2:03.77) in the 1997 USATF Masters Outdoor Championships, on only a month's training after a six-week layoff with an ankle injury. This year's Nationals will begin on July 30 in Orono, Maine.

The Seattle Masters AC will again present a cash award to the weight thrower with the best A-G performance. The 1997 winner was Tom Gage, then 54, with an A-G 79.3% 53-3 1/2. Additional cash awards for throwers will be the "Challenge Award" donated by Joe Keshmiri, M60, Reno, Nev., for the three best A-G performances in both the shot and discus.

The meet is also the USATF Northwest Regional Masters Championships and is expected to draw its largest entry ever. Team competition, started in 1996, will be held again. Three traveling trophies are awarded for the highest team scores by men, women, and combined. Two racewalks, superweight, steeplechase, and three relays are also scheduled.

A reception, sponsored by the Oregon TC Masters, will be held on Saturday at the Phoenix Inn, meet headquarters, starting at 5:30 p.m. A meeting for Northwest Regional athletes will follow.

The entry form was published in the April issue of NMN. For more information, contact Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405. 541-687-9675 (before 9 p.m.); e-mail: brem@uoneuro.uoregon.edu. Entry deadline: postmarked by June 16, with a \$10 late fee after that date, and no late entries after 8 p.m., Friday the 26th. □

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Maryland Masters Club Wins Team Title in East Regionals

by HAIG BOHIGIAN

The 26th annual USATF East Regional Masters Indoor Championships, held at the 168th Street Armory in New York City, on March 8, drew 180 athletes, who set 31 track and five field records - 22 by men and 14 by women. One world and one U.S. age-group record were also broken. The number of competitors was well down from 285 in 1997.

The Maryland Masters ran away with the overall team title with 225 points to outscore Central Park TC (151). The Maryland club also captured the 50-59, 60-69, and 70+ team titles. Central Park won the 30-39 and 40-49 titles.

Pat Peterson, 71, was the outstanding woman performer, breaking her W70 world record of 93.07 in the 400 with an 89.82 and winning four events with meet records. Audrey Lary, 63,

won four events with record marks and added a 7.84 to her pending 8.05 U.S. W60 triple jump record. Lisa Warren, 34, won four golds and a silver. Edna Crawley, 39, also took four firsts and a second.

It was much harder to select the best male performance. Larry Colbert, 61, set two records in the 60 (8.04) and 400 (58.93) and won the 200. Ben James, 40, also won the three sprints, with records in the 60 (7.30) and 400 (52.43). Ed Gonera, 45, won the 60 (7.45) and 200 (23.61) with record times. James Stookey, 68, won all seven events he entered, contributing 35 points to the Maryland masters victories.

The depth of entries in some events was impressive. The M40 200 had nine runners; the 400 had seven. The M50 800 (won by Albin Swenson in 2:10.40) had 10 run-

ners. The M60 400 had nine runners; the 800 had seven (won by Ken Baker, 61, in 2:28.79).

William Brosmith, 33, posted the best time of the day in the 1500 (4:03.84). Gary Null, 53, was the fastest racewalker in the 3000 (14:15.13).

John Priestley, 46, Bill Gainey, 51, Bob Cahners, 55, and Ray Feick, 66, were double winners in the shot and weight.

The Central Park TC W30-39 relay team of L. Clark, C. Landrum, D. Walker, and R. Sterrett won the 4x200 relay in 1:52.28 and provided the crowd with the thrill of a win over the Garden State's M50-59 team. The Central Park's M40-49 4x200 relay squad of J. Norman, W. Overby, L. Jeremiah, and E. Gonera won a thrilling victory over the Maryland Masters team. □



JERRY WOJCIK

Albin Swenson (#654) and Harold Nolan staged duels in the M50 3000 and mile, 1998 Masters Indoor Championships, Boston. Here, Swenson takes the lead after passing Dane Freeman to win in 9:22.72, with Nolan finishing in 9:27.78.

RECORDS SET AT INDOOR EAST REGIONAL CHAMPIONSHIPS THROUGH 1998

Prepared by Haig Bohigian

55 Meters		
Age Year	Mark	Name
M30 1988	6.50	John Brooks
1992	6.50	Remo Biagioni
M35 1992	6.30	Ben James
M40 1986	6.55	Stan Whitley
M45 1982	6.50	Lloyd Riddick
M50 81-83	6.90	Bert Lancaster
M55 1983	7.20	Rudy Valentine
M60 1982	7.34	David Lawyer
M65 1995	7.84	James Stookey
M70 1991	8.1	Marlen McWilliams
M75 1996	8.72	Jim Manno
M80 1983	9.10	Everett Hosack
M85 1997	11.76	Manfred D'Elia
M90 1995	15.43	Everett Hosack
W30 1984	7.30	Patricia Collins
W35 1982	7.15	Phil Raschker
W40 1983	7.40	Carmen Brown
W45 1996	7.51	Phil Raschker
W50 1982	8.65	Chris McKenzie
1990	8.6	Marilyn Fitzgerald
W55 1991	8.6	Marilyn Fitzgerald
W60 1988	9.10	Patricia Peterson
W65 1992	9.2	Patricia Peterson
W70 1986	11.20	Vivian Nelson
W75 1993	13.75	Majorie Smith

60 Meters		
Age Year	Mark	Name
M30 1994	7.15	Matt Godbolt
M35 1998	7.15	Eugene Vickers
M40 1998	7.30	Ben James
M45 1998	7.45	Edward Gonera
M50 1998	7.60	Joseph Johnson
M55 1994	8.08	Roosevelt Weaver
M60 1998	8.04	Larry Colbert
M65 1994	8.60	Ed Cox
M70 1998	9.19	Howard MacMillan
M75 1998	9.71	Lester Wright Sr.
W30 1994	8.70	Denise Jones
W35 1994	12.99	Sara Boslaugh
W45 1994	11.31	Michael Marie Hill
W50 1994	14.10	Barbara Stewart

200 Meters		
Age Year	Mark	Name
M30 1991	22.9	Eugene Vickers
1997	22.95	Doug Dickinson
M35 1992	22.9	Ben James
M40 1995	23.24	Thomas Jones
M45 1998	23.61	Edward Gonera
M50 1989	24.28	Larry Colbert
M55 1993	25.75	Larry Colbert
M60 1997	26.40	Larry Colbert
M65 1995	27.42	Jim Law
M70 1997	28.24	Howard MacMillan
M75 1997	32.42	Jim Manno
M80 1991	32.9	Barry Ivers
M85 1996	2:16.32	Ellery Clark Jr.
W30 1998	25.71	Althea Morris
W35 1992	27.2	Irene Thompson
1993	27.55	Louise Clark
W40 1989	27.57	Jennifer Pinto
W45 1998	29.02	Marilyn Mitchell
W50 1997	30.70	Michael Marie Hill
W55 1991	31.4	Marilyn Fitzgerald
W60 1998	35.16	Audrey Lary
W65 1992	35.4	Patricia Peterson

400 Meters		
Age Year	Mark	Name
M30 1998	50.84	Tracy Fox
M35 1998	50.64	Ray Blackwell
M40 1992	52.4	Ralph Penn Jr.
1998	52.43	Ben James
M45 1998	53.11	Herman Belcher
M50 1989	54.0	Larry Colbert
M55 1995	57.45	Larry Colbert
M60 1998	58.93	Larry Colbert
M65 1995	1:05.36	Jim Law
M70 1992	1:09.1	Ed Matthews
M75 1996	1:16.73	Jim Manno
M80 1998	1:27.08	Bob Matteson
W30 1992	57.7	Stephanie Vega
W35 1995	1:03.04	Irene Thompson
W40 1991	1:03.9	Betty Clair-Searcy
W45 1997	1:09.27	Jennifer Pinto
W50 1997	1:11.00	Nadine Lowenstein
W55 1991	1:13.3	Marilyn Fitzgerald
W60 1996	1:22.26	Anne Yudell
W65 1992	1:30.7	Patricia Peterson
W70 1998	1:29.82	Patricia Peterson
W80 1998	3:33.97	Adrienne Salmini

800 Meters		
Age Year	Mark	Name
M30 1992	1:58.8	Rick Smith
M35 1986	1:56.20	Walter Hawkins
M40 1987	2:01.40	Albin Swenson
M45 1987	2:04.40	David Farley
M50 1992	2:08.9	Ken Baker
M55 1994	2:10.72	Sid Howard
M60 1996	2:18.32	James Aneshansley
M65 1989	2:27.1	Archie Messenger
M70 1986	2:41.94	Austin Newman
M75 1995	3:06.93	Austin Newman
M80 1995	3:48.92	Dudley Healy
W30 1994	2:12.02	Marge DeMarrias
W35 1993	2:26.64	Mimi DiPietro
W40 1994	2:28.41	Paula Dickson-Taylor
W45 1987	2:31.30	Barbara Pike
W50 1997	2:33.27	Christine Stockdale
W55 1990	2:55.9	Gerl Owens
W60 1996	2:44.22	Carolyn Cappelletta
W65 1997	3:13.74	Toshiko D'Elia

1500 Meters		
Age Year	Mark	Name
M30 1994	4:02.73	Cameron Stracher
M35 1997	4:04.89	Anselm LeBourne
M40 1996	4:08.95	Alan Muir
M45 1993	4:10.25	Albin Swenson
M50 1998	4:24.00	Albin Swenson
M55 1997	4:36.24	Sid Howard
M60 1993	4:43.73	Jim Sutton
M65 1989	5:05.0	Archie Messenger
M70 1986	5:27.40	Austin Newman
M75 1995	6:28.44	Austin Newman
M80 1993	7:26.98	Bill Brobston
W30 1997	4:40.98	Chris Snow-Reaser
W35 1996	5:06.55	Joan Stewart
W40 1996	4:50.70	Sheila Purves
W45 1989	5:09.3	Elaine Meadows
W50 1995	5:16.98	Jo Marchetti
W55 1990	5:51.6	Gerl Owens
W65 1997	6:24.58	Toshiko D'Elia

3000 Meters		
Age Year	Mark	Name
M30 1988	8:54.80	Robert Petrillo
M35 1996	8:43.30	Randy Bullerwell
M40 1996	8:48.30	Ken Leinbach
M45 1993	9:08.89	Albin Swenson
M50 1998	9:46.04	Hugh Sweeney
M55 1992	10:12.6	Sam Graceffo
M60 1996	10:39.88	Bob Milner
M65 1990	12:18.9	Carl Hammen
M70 1987	11:27.50	Scotty Carter
M75 1991	14:31.6	Dudley Healy
M80 1995	15:24.69	Dudley Healy
W30 1990	10:36.5	Nancy Fitzgerald
W35 1994	10:06.2	Janice Morra
W40 1988	10:58.20	Kathy Brown
W45 1995	11:07.37	Mary Rosado
W50 1989	12:34.9	Mary Harada
W55 1988	12:23.60	Gloria Brown
W60 1993	12:38.36	Gloria Brown
W65 1996	14:55.71	Lois Filreis

55 Meter Hurdles		
Age Year	Mark	Name
M30 1982	7.13	Bob Rudrow
M35 1985	7.87	Dawud Saleem
M40 1981	7.80	James O'Hara
1988	7.80	Ken Brinker
M45 1983	7.80	Charles Pratt
M50 1983	8.10	Larry Pratt Sr.
M55 1985	8.87	Clifford Murphy
M60 1982	9.20	Boo Morcom
M65 1993	9.58	Denver Smith
M70 92.93	9.80	Edwin Lukens
M75 1980	10.70	Russell Meyers
W30 1997	8.55	Sophia Sheppard
W35 1982	8.56	Carmen Brown
W40 1984	8.50	Carmen Brown
W45 1995	9.57	Michael Marie Hill
W50 1997	10.45	Michael Marie Hill
W60 1988	13.50	Patricia Peterson

60 Meter Hurdles		
Age Year	Mark	Name
M30 1994	8.26	Angelo Booker
M40 1998	8.52	Lloyd Jeremiah
M45 1994	9.5	Michael Milove
M50 1998	9.74	Jess Brewer
M55 1994	10.91	Nate Byrd
M60 1994	13.12	Jack Lance
M65 1998	10.77	James Stookey
M70 1994	10.58	Edwin Lukens
W30 1994	9.09	Glenda Truesdale
W35 1994	12.99	Sara Boslaugh
W45 1994	11.31	Michael Marie Hill
W50 1994	14.10	Barbara Stewart

3000 Meter Racewalk		
Age Year	Mark	Name
M30 1988	13:40.00	David Lawrence
M35 1994	14:07.0	Michael Kobol
M40 1993	12:40.83	Ray Funkhouser
M45 1992	13:16.1	Gary Null
M50 1997	13:52.73	James Carmines
M55 1990	14:59.4	Jack Boitano
M60 1997	15:33.17	Bob Barrett
M65 1995	16:28.90	Edward Gawinski
M70 1987	20:39.10	Robert Muliken
M75 1990	18:55.4	Jerry Wible

High Jump		
Age Year	Mark	Name
M30 1989	6-9	Jerry Crockett
M35 1993	6-6	Mark Williamson
M40 1993	6-2	Steve Harkins
M45 1977	5-8	Walt Hutchins
84.85	5-8	Gerald Counihan
1988	5-8	Paul Dorsey
M50 1974	5-4	Boo Morcom
1990	5-4	Gerald Counihan
M55 77.81	5-0	Boo Morcom
1997	5-0	Gerald Counihan
M60 83.85	4-10	Boo Morcom
1986	4-10	Denver Smith
M65 1983	4-8	Ian Hume
1997	4-8	James Stookey
M70 1985	4-8	Ian Hume
M75 88.91	3-10	Claude Hills
1990	3-10	George Braceland
M80 1993	3-6	Claude Hills
W30 1997	5-9 1/2	Anne Jennings
W35 1982	5-1	Phil Raschker
W40 1988	4-8	Cassandra Clark
W45 1996	5-0 1/2	Phil Raschker
W50 1997	4-2	Johnnie Hill-Hudgins
W55 1995	3-4	Alexandria Johnson
W60 1991	3-11 1/2	Lenore McDanielis
W65 1995	3-8	Lenore McDanielis
W70 1998	3-5	Patricia Peterson
W75 1990	2-0	Vivian Nelson

Pole Vault		
Age Year	Mark	Name
M30 1996	15-5 1/2	Robert Meyers
M35 1995	15-6 1/2	Charles Polhamus
M40 1983	14-6	Wally Sokolowski
M45 1986	13-7	Steve Gorman
M50 1974	13-0	Boo Morcom
M55 1977	13-1	Boo Morcom
M60 83.84	12-0	Boo Morcom
M65 1987	9-0	Boo Morcom
M70 1993	9-6	Boo Morcom
M75 1990	7-0	George Braceland
M80 1996	5-10 1/2	Ian Hume
W35 1982	8-0	Phil Raschker
W45 1996	10-10 1/2	Phil Raschker
W50 1992	7-0	Madeline Bost
1994	7-0	Barbara Stewart
W55 1995	6-0	Madeline Bost

Long Jump		
Age Year	Mark	Name
M30 1988	21-9	Eugene Cacciatore
M35 1988	21-11	Al Walton
M40 1988	22-0 1/2	Ken Baker
M45 1992	20-4	Joseph Johnson
M50 1986	18-10 1/2	Earl Kline
M55 1988	18-7 1/2	Rudy Enders
M60 1982	17-6 1/2	Boo Morcom
M65 1987	16-5	Boo Morcom



Speaker's Corner

by JOHN KESTON

"Once a Runner, Always An Athlete"

"P" hew! Eight minutes, forty-seven seconds. Not too bad," I consoled myself. I had just finished the first loop of several I had planned for that day. I wanted to improve my speed and leg turnover. I ran the second lap 28 seconds faster, completing it in 8:19. I hadn't noticed that I was breathing harder, nor did I find the physical effort noticeably more difficult. "I can definitely go faster this next loop," I thought.

I remembered back to earlier in the year when I had run one of my fastest races. At Las Vegas I had competed in the first age-graded half-marathon sponsored by Indy Life and USATF. I won the M70 division in 1:25:24, averaging a 6:31 pace, which, age-graded, was equivalent to 1:02:10 – a 4:45 pace open class. My age-graded efforts placed me first among masters runners age 40 and over. At age 72, I had run a 6:31 pace for 13.1 miles. It was one of the most satisfying experiences of my athletic career.

New Regimen

My desire now was to recover the form of my February race. "I'll push a little harder this next loop," I told myself. It was the first day of my new training regimen, which would consist of more quality, fewer miles and dynamic rest days of brisk walking only. I had started my third loop when I was stopped dead in my tracks by a whistle and a whoop behind me.

"What the heck have you been up to?" a high-pitched male voice asked.

I turned to see an old man coming toward me, feet bare, a concerned look on his face. Ken, a man with whom I'd discussed various topics and who knew me as a four-time world record holder at distances ranging from the mile to the marathon in the 70-74 age groups, was noticeably disturbed to see me on crutches! Somewhat piqued to have my third loop interrupted, I nonetheless smiled and recounted my

story that had begun eight days before.

Late in the afternoon on Friday, Oct. 24, I was riding my racing bike across some railroad tracks in my hometown of McMinnville, Ore., when my front wheel jammed in the space between the track and the blacktop. The bike stopped immediately, but my body kept flying through the air, and I landed heavily on my left hip.

Good News and Bad

In the emergency room, all the necessary X-rays and diagnoses were made, and what I feared was confirmed by my orthopedic specialist. Reviewing the X-rays, he told me that the news was good and bad. The good news – it was a clean break through the greater trochanter. The bad news – I would need major surgical repairs, ASAP.

Saturday morning I was operated on. My surgeon inserted a pin into my femur, below and going through the break, to the femoral head, with plate and screws to stabilize the repair. I was, amazingly, permitted to walk with a walker around the nurses' station just 24 hours after surgery, graduating to crutches later the same day. It is remarkable that we who are fit can do this. Dr. Weiner had allowed my wife, Anne, into recovery, and told her that in all his experience he had never operated on a fitter patient who was my age – and indeed, that I was fitter than many of his younger patients! Anne reminded me later that I had in garrulous fashion told surgeon and staff that "Riven," the computer game in which I play the leading pivotal role, was to be released the following Friday. I had no recollection of the conversation.

The next day, just 48 hours after major hip surgery, I was on my way home. Encouraging e-mails were waiting for me. Mike Tymms, author of several books on running and a regular contributor to *Running Times* and *National Masters News*, wrote: "John: Very sorry to hear of your accident, although I don't believe in accidents per se. Everything happens for a purpose; there is a lesson to be learned. I suspect you will come out of it even stronger than before."



John Keston

Gift of Injury

Another message was from Dr. Hal Goforth, Exercise Physiologist to the Department of the U.S. Navy: "Thank you for your gift of injury. I'm convinced that the level of injuries is always a constant so that when one person is injured, another can be well, so I thank you in that respect. I am sure at some time in the future, I can repay you by being injured when you are running well."

John Stanton and friends at the Running Room, Canada, wrote: "I agree with your doc. Many high performance athletes have been forced to rest and then return to a higher level of performance on their return."

All of my doctors and physical therapists assured me that, because of my pre-accident fitness level, I could look forward to full recovery with former running and racing potential intact. Jerry Crockett, one of our most dedicated and influential USATF representatives as president of long distance running, called to tell me that 17 years ago he'd had a similar accident. Falling off his bike, he landed on jagged concrete and broke both hips. His surgery required many more pins and plates than mine had. His recovery was a year and a half, but he returned to running and racing, collecting several U.S. records for his age group.

Wishing me a speedy recovery, Ken, who had interrupted my training, went back indoors to continue watching my progress from his window.

Endorphins Kick In

"This is it," I thought. "This fourth 400-meter lap is definitely going to be

faster." I was warmed up now, feeling more comfortable. Endorphins had kicked in, and I was feeling less pain. I completed the loop in a record 6:56, equal to a 27:44 mile, a PR for that lap.

I had laughed to myself several times on the fourth loop about the competitive spirit we runners have. When not competing against one another, we race against the clock and against ourselves in spite of discomfort.

Knowing full well that all this low-key training will pay off in the long run, I kept a positive attitude. But, as a typical driven runner, I decided that four laps were not enough. Even though I had already gone at least 1000 meters farther than any other day since surgery, here I was thinking, "Just one more lap."

Completing that lap in 6:46, I called it a day. I had hobbled one-and-one-quarter miles, on crutches, at times reaching the spectacular rate of two-and-one-quarter miles per hour. Later, as Anne, was changing the dressing for my incision, I was gratified to see that my staples were intact. As I see it, this was part of a long recovery adventure – one in which I would learn more about myself, life, its challenges, and its rewards.

Self-Styled Therapy

It's been several months since the major surgery, and I've worked very hard in this time to maintain fitness and muscle tone. I've walked every day, exercised with an Aqua Jogger in the pool, ridden an exercise bike, lifted weights, and used a stair-stepper to strengthen my quads. During the Christmas holidays, Anne and I visited family in England, where I continued my regimen of self-styled therapy, climbing mountains in Scotland and the English Lake District.

I have had no negative thoughts about my coming back fully to training and racing. Just 11 weeks after the implants were put into my left leg, I ran some 4x400 intervals at the Linfield College track, running each lap in 2:50. Eight days later, I ran 6x400, starting at 2:20 and attaining a last lap of 1:52, the first 200 in one minute and the final 200 in 52 seconds. Fifty-two seconds for 200 meters is a 6:56 per mile pace. I was slightly airborne during the workout and delighted with my times. I did suffer some discomfort in the hip joint, but no more than I experience while walking without the support of a cane, which I stopped using after the 10th week of recovery.

I look forward to the summer and track season, hoping I may be fully recovered and able to compete and enjoy the camaraderie of our very special running brother- and sisterhood. I thank all my running friends who have been supportive through this rehabilitation period. □

(Keston is the holder of many age and age-group records. In 1997, he was the top performer in the National Masters News age-graded mile at the Hayward Meet.)

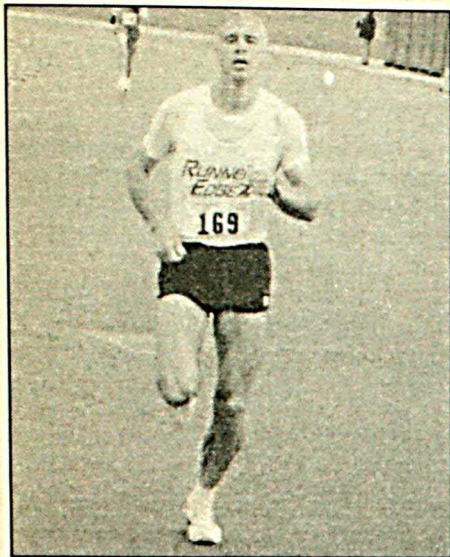
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MIKE POLANSKY

Don DiDonato, 40, first master, Nationwide 10K Run For ASPIRE, Oyster Bay, N.Y., April 4.

DiDonato, Proffitt Lead Masters in ASPIRE 10K

by MIKE POLANSKY
Don DiDonato, 40, Hicksville, N.Y., celebrated his entry into the masters ranks by winning top masters honors in the 21st annual Nationwide Insurance Run For ASPIRE 10K, Oyster Bay, L.I., April 4. DiDonato, who has twice won the race overall and been second overall four times, finished ninth in 32:48, nine seconds ahead of Phil Richey, 40, Danbury, Conn. Third master was Steve Caladonia, 43, Brewster, N.Y., in 34:44.

The W40+ contest was even closer, with Kari Proffitt, 41, Staten Island, N.Y., outkicking Kathy Martin, 46, Northport, N.Y., by only one second with a 38:07. Helen Visgauss, 42, Port Jefferson Station, N.Y., was third in 39:28.

Kieran Kelly, 50, Massapequa, N.Y., topped the 50-year-olds in 36:39. Thelma Wilson, 66, NYC, won the W65 race with a scorching 52:17.

The run was conducted by the Plainview-Old Bethpage RRC in conjunction with the Town of Oyster Bay Department of Recreation and Parks. Oyster Bay Town Supervisor John Venditto served as the Official Starter.

The primary sponsor was Nationwide Insurance with Tony Wiszowaty and the Wiszowaty Agency taking the lead for Nationwide. The entire net proceeds were once again earmarked for the ASPIRE Program for the rehabilitation of young amputees.

Next year's race is planned for April 10. □

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

World's Top Masters Road Runners: 1997

Men					Women						
CTZ	TOT. PRIZE	RACES w/Points	TOT. RACES	TOT. PTS	CTZ	TOT. PRIZE	RACES w/Points	TOT. RACES	TOT. PTS		
1	GBR	\$ 6225	14	14	13537	1	UKR	\$ 43825	17	17	10968
2	DJI	\$ 13000	5	5	8139	2	USA	\$ 39150	18	19	6654
3	GBR	\$ 7550	5	5	7761	3	USA	\$ 9300	7	7	4834
4	USA	\$ 12950	6	6	7645	4	NED	\$ 0	7	7	4615
5	USA	\$ 23250	13	14	7364	5	NED	\$ 2090	7	7	4090
6	MEX	\$ 7275	7	8	6127	6	USA	\$ 7750	7	7	2098
7	NED	\$ 0	3	3	3829	7	SWE	\$ 2380	6	6	1962
8	CAN	\$ 4400	8	8	2666	8	USA	\$ 8850	8	9	1752
9	USA	\$ 3700	7	13	2488	9	FRA	\$ 750	3	3	1699
10	FRA	\$ 10370	3	3	2409	10	NOR	\$ 5000	3	3	1544
11	COL	\$ 100	2	2	2187	11	FRA	\$ 11295	3	3	1360
12	RUS	\$ 3000	2	2	1955	12	POL	\$ 0	1	1	644
13	RUS	\$ 5500	3	5	1832	13	GBR	\$ 750	1	1	623
14	POL	\$ 14100	6	13	1828	14	GBR	\$ 16500	5	12	527
15	ESP	\$ 1000	1	2	1630	15	RUS	\$ 275	1	1	498
16	GBR	\$ 150	2	2	1528	16	USA	\$ 2050	3	3	375
17	FRA	\$ 1000	1	1	1422	17	GBR	\$ 110	1	1	372
18	USA	\$ 5500	5	11	1300	18	AUS	\$ 7700	2	3	299
19	KEN	\$ 400	2	2	1152	19	NOR	\$ 0	1	1	295
20	USA	\$ 4975	9	16	1020	20	USA	\$ 4500	1	1	295
21	GBR	\$ 150	2	2	981	21	GBR	\$ 120	1	1	260
22	COL	\$ 0	1	1	959	22	GBR	\$ 1000	1	1	240
23	GBR	\$ 500	1	1	952	23	AUS	\$ 2500	1	1	200
24	USA	\$ 575	1	2	945	24	NZL	\$ 2100	1	2	190
25	ESP	\$ 0	1	1	786	25	NED	\$ 0	1	1	190
26	GER	\$ 2000	1	1	768	26	SWE	\$ 0	1	1	132
27	USA	\$ 2750	2	2	766	27	USA	\$ 2325	1	8	92
28	GBR	\$ 740	1	1	756	28	USA	\$ 350	1	1	76
29	RSA	\$ 1050	1	1	726	29	USA	\$ 5200	2	5	75
30	USA	\$ 17800	5	16	706	30	GBR	\$ 0	1	1	72
31	RUS	\$ 2800	2	4	696	31	USA	\$ 1850	1	3	52
32	RUS	\$ 3700	1	7	690	32	CAN	\$ 1950	2	5	36
33	MEX	\$ 3200	3	4	638	33	GBR	\$ 0	1	2	18
34	USA	\$ 2825	3	11	626	34	NZL	\$ 3000	1	1	12
35	COL	\$ 0	1	1	545	35	GER	\$ 0	1	1	9
36	ESP	\$ 1000	1	2	530	36	USA	\$ 1000	1	1	6
37	GER	\$ 2500	1	1	520						
38	USA	\$ 7500	4	17	463						
39	RUS	\$ 3900	2	9	459						
40	???	\$ 0	1	1	376						
41	FRA	\$ 0	1	1	348						
42	NED	\$ 0	1	2	336						
43	USA	\$ 800	1	4	320						
44	USA	\$ 3325	2	20	243						
45	IRL	\$ 0	2	2	243						
46	USA	\$ 1200	3	7	221						
47	IRL	\$ 1000	1	1	192						
48	IRL	\$ 0	1	1	189						
49	BEL	\$ 0	1	1	180						
50	FRA	\$ 0	1	1	153						
51	RUS	\$ 1020	1	2	147						
52	USA	\$ 0	1	1	135						
53	???	\$ 0	1	1	129						
54	USA	\$ 700	1	4	117						
55	US?	\$ 1000	1	1	114						
56	USA	\$ 1425	2	17	78						
57	SWE	\$ 1500	1	2	68						
58	LIT	\$ 1500	1	2	64						
59	BEL	\$ 0	1	1	54						
60	CAN	\$ 2440	1	9	54						
61	USA	\$ 0	1	4	54						
62	RSA	\$ 0	1	1	54						
63	GBR	\$ 0	1	1	54						
64	USA	\$ 2050	2	13	48						
65	IRL	\$ 0	1	3	40						
66	USA	\$ 400	1	1	40						
67	GBR	\$ 2350	1	2	32						
68	USA	\$ 1200	1	7	28						
69	CAN	\$ 0	1	1	16						

* Note: Peter Koeh's age is being verified

Top 1997 Masters Prize Money Earners

Men				Women			
CTZ	Races	Prize\$	CTZ	Races	Prize\$		
1	USA	14	23250	1	UKR	17	43825
2	USA	16	17800	2	USA	19	39150
3	POL	13	14100	3	GBR	12	16500
4	DJI	4	13000	4	USA	15	12300
5	USA	6	12950	5	FRA	3	11295
6	FRA	3	10370	6	USA	7	10300

Compiled by
Road Running
Information Center

Top Masters Road Race Performances of the Year

Top Female Performances (adjusted to equivalent 10km times)

NAME	CTZ	TIME	DIST	ADJ.TIME	DIFF	FLC	RACE/PRIZE	CST	RD/ATE
1	UKR	2:32.27	MARA	32:49	0	1	REVOCO CL EVELAND	OH	05/04/97
2	NED	1:13.21	HMAR	33:09	0	1	VEGHEL UDEN VEGHEL	NED	05/27/97
3	UKR	1:13.40	HMAR	33:18	0	2	HAFLES DAILY NEWS	FL	01/19/97
4	FRA	1:13.49a	HMAR	33:22a	0	M1	HUMARATHON	FRA	04/20/97
5	NED	2:35.14	MARA	33:24	0	1	ENDHOVEN	NED	10/12/97
6	USA	26.19	8K	33:25	0	M1	PACIFICARE BASTILLE DAY CELEBRATION	CA	07/12/97
7	UKR	55.45	10M	33:30	0	6	CRIM FESTIVAL OF RACES	MI	06/23/97
8	USA	33.22	10K	33:30	1	M1	AZALEA TRAIL RUN-MORILE	AL	03/22/97
9	NED	1:14.20	HMAR	33:36	0	1	BRANWIJ EITENLEUR	NED	10/26/97
10	NED	1:14.21	HMAR	33:36	0	M1	CITY FIET CITY	NED	03/23/97
11	NED	2:37.21	MARA	33:39	0	1	TWENITE	NED	06/08/97
12	UKR	31.40	10K	33:40	0	1	ORANGE CLASSIC	NY	06/08/97
13	USA	16.06	5K	33:40	0	M1	FREIHOFER'S RUN FOR WOMEN	NY	05/31/97
14	UKR	51.57	15K	33:41	0	1	GASPARILLA DISTANCE CLASSIC	FL	01/25/97
15	USA	1:14.32	HMAR	33:41	0	2	INDIANAPOLIS LIFE 500 FESTIVAL	IN	05/02/97
additional U.S.									
16	USA	1:29.47	25K	33:48	0	4	OLD KENT RIVER BANK RUN	MI	05/10/97
17	USA	16.23	5K	34:12	0	M1	CARLSBAD 5000	CA	04/13/97
18	USA	1:16.02	HMAR	34:19	0	1	SUPER JOCK N JILL	WA	09/01/97
19	USA	15.44a	5K	34:20a	11.5	2	JUAN IN A MILLION	NV	09/20/97
20	USA	35.29a	10K	34:23a	2.5	M1	BOLDER BOULDER	CO	05/26/97
21	USA	16.28	5K	34:26	0	M2	FREIHOFER'S RUN FOR WOMEN	NY	05/31/97
22	USA	57.22	10M	34:29	0	M2	CRIM FESTIVAL OF RACES	MI	08/23/97
23	USA	15.31	5K	34:32	0	M3	FREIHOFER'S RUN FOR WOMEN	NY	05/31/97
24	USA	34.36	10K	34:36	0	M1	NEW TIMES PHOENIX	AZ	11/17/97
25	USA	53.23	15K	34:36	0	M1	UTICA BOLDERMAKER	NY	07/13/97
26	USA	53.32	15K	34:42	0	M1	GATE RIVER RUN	FL	03/08/97
27	USA	2:42.31	MARA	34:47	0	M1	TWIN CITIES	MN	10/05/97
28	USA	57.55	10M	34:48	0	M1	PARK FOREST SCENIC 10	IL	09/01/97
29	USA	27.35a	5M	34:49a	0	1	FAT S PIZZA CLAM FESTIVAL	ME	07/19/97
30	USA	16.44	5K	34:50	0	3	RACE FOR THE CURE ORANGE COUNTY	CA	09/28/97
31	USA	1:17.06	HMAR	34:51	0	1	MOYUCA BAR HARBOR	ME	09/20/97

Top Male Performances (adjusted to equivalent 10km times)

NAME	CTZ	TIME	DIST	ADJ.TIME	DIFF	FLC	RACE/PRIZE	CST	RD/ATE
1	DJI	2:12.44	MARA	28:30	0	2	MOJACO	MO	11/20/97
2	DJI	1:02.54	HMAR	28:33	0	6	ST DENIS	FRA	09/07/97
3	DJI	2:12.53	MARA	28:34	0	3	VIENNA SPRING	AUT	05/25/97
4	USA	48.16	10M	29:02	0	M1	CRIM FESTIVAL OF RACES	MI	08/23/97
5	DJI	2:15.53	MARA	29:10	0	12	CHUNCHON RITL	KOR	10/26/97
6	GBR	1:04.03a	HMAR	29:17a	1	M1	BLIPA GREAT NORTH RUN	GBR	09/14/97
7	NED	2:16.31	MARA	29:18	0	M1	GENERALE BANK ROTTERDAM	NED	04/20/97
8	USA	45.14	15K	29:25	0	M1	GATE RIVER RUN	FL	03/08/97
9	GBR	45.16	15K	29:26	0	M2	GATE RIVER RUN	FL	03/08/97
10	GBR	1:01.37	20K	29:26	0	M1	NEW HAVEN	CT	09/01/97
11	GBR	49.02	10M	29:30	0	M1	NORTEL CHERRY BLOSSOM	DC	04/13/97
12	GBR	14.10	5K	29:36	0	M1	RIVERFEST RUN BY THE RIVER	TN	09/06/97
13	ESP	2:17.31	MARA	29:36	0	M1	FLORA LONDON	GBR	04/13/97
14	USA	1:18.38	25K	29:41	0	1	CITY OF LAKES	MN	09/07/97
15	USA	1:05.33	HMAR	29:45	0	M1	INDIANAPOLIS LIFE 500 FESTIVAL	IN	05/02/97
additional U.S.									
16	USA	2:19.06	MARA	29:54	0	M1	TWIN CITIES	MN	10/05/97
17	USA	29.51a	10K	30:16a	3				



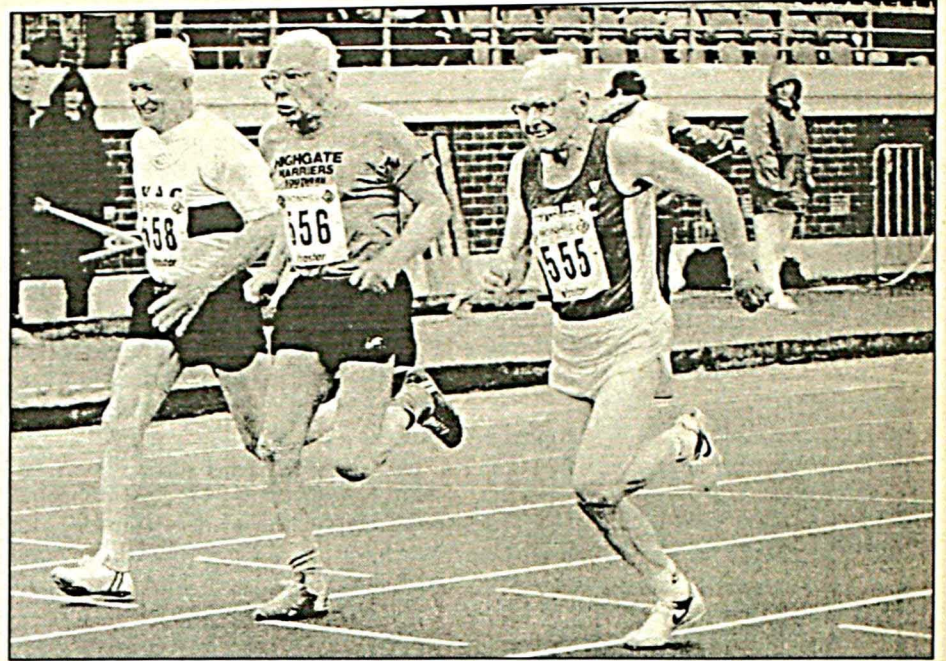
International Scene

by **TORSTEN CARLIUS**
WAVA President

Council Meeting Held in Gateshead, England

The WAVA Council meeting in Gateshead, April 2-5 was very positive, addressing many important issues. First, the Championships in Gateshead are expected to attract a record number of participants and countries. The estimated figure lies well above 8,000 and we can all envision the problems this will raise. We will compete in three stadiums from early morning to late evening with the aim not to add further days to the Championships. I think this is possible in Gateshead but if we continue to increase in numbers we must consider how to ensure that all competitors get a fair chance. Our Stadia Committee is well aware of the problem and is investigating alternative ways to handle a still greater number of participants.

Road Race Championships of May with more than 17,200 competitors representing 18 countries. If the Non-Stadia Championships are to be staged in Kobe, Japan, at the end



Sylvester Stein (556) on his way to winning the British over-70 100m Championship, at Blackpool, England.

be seen as real World Championships we must have many more countries represented and the WAVA Council's Non-Stadia Committee will look into ways to make these true World Championships. Could the solution be, for example, to move the cross-country from Stadia to Non-Stadia Championships, thereby building up perhaps a week's road races/walks, or are there other solutions?

World Championships

In Durban, the Council discussed intensely how to ensure reliable follow-up of preparations for the World Championships. We have long felt that WAVA must take much firmer control of the activities and it has been decided that the Stadia Committee's Technical Delegate shall make three inspection visits to Gateshead well in advance of the Championships to follow the preparations. This delegate will also arrive in Gateshead 10 days before the start of the Championships with the same purpose, i.e., to ensure that everything is proceeding smoothly. I think this is a necessary precaution since these are WAVA Championships and the athletes have every right to expect and demand a well prepared event.

World Masters Games

The Council also discussed in depth our views on the World Masters Games. I have earlier mentioned we would like to evaluate the conditions

for a deeper cooperation with the International Masters Games Association (IMGA) which administers the World Masters Games. We feel these might develop into something bigger and, having understood the criticism, we realize that WAVA must be the responsible body for athletics also in World Masters Games. Therefore, it is our hope to present something to our General Assembly in Gateshead to discuss. I want to emphasize that we will make no decisions whatsoever until we have had such discussion to decide what approach WAVA should take.

Women's Year of Athletics

1998 is "Women's Year of Athletics" and we want to be a part of various IAAF activities as well as sponsoring special WAVA events. We hope to be invited to take part at an IAAF seminar in Granada in October-November but want to coordinate activities with IAAF. For that purpose, we hope our Women's Representative, Bridget Cushen, will get a seat on IAAF's sub-committee for the "Women's Year of Athletics." WAVA will give prizes to the best women in our regions and encourage women to participate in the national championships during 1998.

Hy-Tek Computer Program

WAVA has long tried to implement Hy-Tek as "our" computer system and we have, for that purpose, given all regions one copy each. The results have so far not reached expectations, but we will now try to organize a special seminar on the Hy-Tek program and hope this can be realized in 1998. We hope two persons from each region can attend such a seminar, which will establish a base for further education on a regional level. As soon as we reach agreement with Hy-Tek, invitations will be sent out.

The above represents highlights of the Council Meeting in Gateshead at which many other topics were discussed. I hope to mention those in my next column in NMN. □

WAVA/USATF						
Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	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	12.00m	7.0m	19.00m	8
60-69		30"	39'4"	22'11 1/2"	62'4"	
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
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	50.00m	35.00m	40.00m	7
60-69		30"	164'0 1/2"	114'9 1/2"	131'2 1/2"	
70 plus		30"	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 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10
50-59		.840m 33"				
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.

Legends to Host Clinics at World Masters Games

The World Masters Games, to be held August 10-21 at Hayward Field, Eugene, Ore., has announced that a series of clinics led by some of the legends of the sport will be

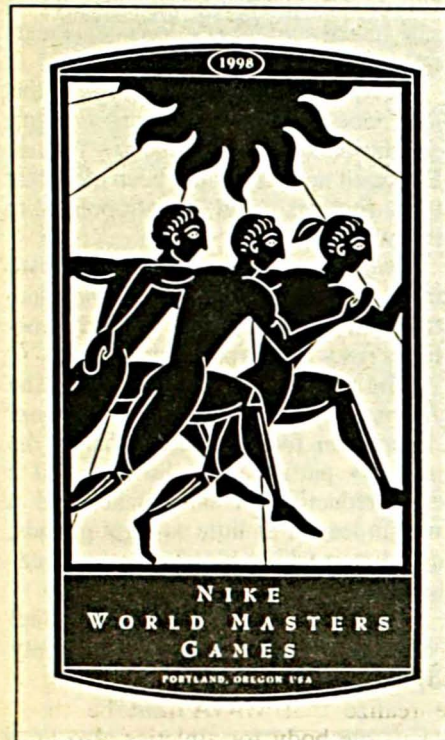
offered during the eleven days of competition. The clinics will be free to all registered track and field athletes, regardless of the events in which they are registered.

Leading the clinics will be Olympians and/or world record holders, Willie Davenport (hurdles), Dick Fosbury (high jump/flop), Payton Jordan (sprints), Alberto Salazar (distance), Ron Laird (race-walking), John Thomas (high jump/straddle), Mac Wilkins (discus) and Tom Petranoff (javelin). Additional clinicians in other events will be announced in the coming weeks.

The clinics will be offered exclusively to men and women athletes registered in the Games, and the cost is included in the entry fee. The exact schedule of the clinics will be announced on July 1.

For further information on the 1998 World Masters Games, please call 503-226-1998, or visit the web-site at www.worldmasters.org.

Information regarding specifics of the track and field competitions is available by calling 541-687-1989. □



TORSTEN CARLIUS

Start of the half-marathon, WAVA World Veterans Championships, Kobe, Japan, March 28-29.

XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

July 29-August 8, 1999

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Records Set, Times Fast at BVAF 10K Road and Cross-Country Championships

by MARTIN DUFF

Steve James set a phenomenal new British M60 record of 33:29 when he beat all M55 competitors in the BVAF 10K Road Race Championships, Eastleigh, U.K., March 15. James, a multiworld games medalist, carved 83 seconds from Bill Stoddart's mark just five days after his 60th birthday.

Race conditions were ideal, with the wind slight but blowing behind on the two-mile-long straight down past the 5K mark. James' time was not the only British best, as Welshman Martin Rees added a second M45 record to the 49:36 10-mile best he had set at Woking, Surrey, two weeks earlier. This time, Rees ran 30:17 for the 10K and cut seven seconds from Mike Girvan's mark, which was set in the Bruges world championships two years earlier.

Elsewhere, Rob Wise retained his M40 title in 30:48, and Debbie Percival won the open W35 class, although she was not eligible for the BVAF championship. Both of the leading W60s, Pam Jones (43:24) and Mary Ansty (44:03), headed the W55s.

Two weeks later, some of the same runners toed the starting line of the BVAF Cross-Country Championships, which were held in Surrey, U.K., March 28. Dave Hollins was a new name at the head of the M40 field, getting away from Jim Estall on the second of three laps to win in 34:32. Estall finished second in 34:46, while Peter Flavel took the M45 crown in 34:56 and placed third overall.

Steve Charlton was dominant in the

5K over-70 men's event, winning 23:21. George Phipps placed second in 24:43.

There is a considerable movement toward a masters starting age of 40 in Great Britain, and the W35s voted with their feet by staying away. Only six W35 runners placed in the top 20. Caroline Home led the way in 19:53 to head fellow W40 Sally Young (20:21). W45 winner Gill Dean finished third (20:37), 70 yards clear of W45 10K champion Penny Forse (20:56), who held off a late challenge from Zina Marchant (20:59). Topping the W35s was Lynn Marr, who placed fifth overall in 20:45.

Margaret Auerback (21:47) led the W50 section, going well clear of Pauline Rich (23:07) and Lynn Newton (23:34) in the closing stages, while Iris Hornsey (25:33) narrowly got the better of Pat Card (25:44) in the W55s. □

DEADLINE

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

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

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Fax: 61-7-3221-1684

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Mentor, OH 44060
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Business: 1-440-954-8122
Fax: 1-440-954-8111
E-mail: rexjh@aol.com



Health & Fitness

Impotence Problems May Be Ancient History

The new oral medication for male impotence offers new hope to men," says Dr. Larry Lipshultz, a urologist at Baylor College of Medicine in Houston. Pfizer's new pill, Viagra, recently approved by the Food and Drug Administration, can help men achieve and sustain an erection once sexually aroused. The medication blocks an enzyme that normally breaks down a chemical needed for erection. The chemical relaxes the blood vessels in the penis, allowing the organ to fill with blood and become erect. The pill usually takes effect within an hour.

In clinical trials, 60 to 80 percent of the participants who received Viagra indicated improvement. Only 20 percent of the participants who received a placebo reported improvement.

Lipshultz said side effects, such as headaches, vision disturbances, nausea and diarrhea, are few.

"This is a once-in-a-lifetime type of discovery," says urologist Andrew



GEORGE BANKER
Janice Stoodley, Falls Church, Va., an active W55 runner in the D.C. area, here in the George Washington Parkway 15K.

McCullough, director of Male Sexual Health and Fertility at New York University Medical Center. "I think it's a great drug."

Several other oral medications are in the advanced-trials stage.

Diet Lowers Blood Pressure

One study has shown that more than half of participants over age 60 who cut salt intake and lost weight no longer needed blood pressure medication.

Several earlier studies showed that high blood pressure in younger people can be controlled by changes in diet. But, until now, it has not been clear that those findings could be extrapolated to the over-50 group.

Two of every three Americans over 60 have high blood pressure, and more than half of those take costly and sometimes risky anti-hypertension drugs.

The new study, reported in the *Journal of the American Medical Association*, found more than half of the age 60+ participants who achieved a 25% reduction in salt intake, and a weight loss of as little as eight pounds, could stop taking blood pressure medications.

The study was headed by Dr. Paul Whelton of the Tulane University School of Public Health. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAY 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
HIROSHI AOYAMA (JPN)	5-10-13	85-89
HANS BRUHNER (SWE-CONCORD, CA)	5-28-33	65-69
RICHARD CZARAPATA (NEW BERLIN, WI)	5-20-28	70-74
TOCWYN DAVIES (GB)	5-6-38	60-64
AUGUSTIN FERNANDES (SPA)	5-11-38	60-64
ANDRE FINDELI (FRA)	5-18-23	75-79
TOM GAGE (BILLINGS, MT)	5-16-43	55-59
RAY GORDON (FRONT ROYAL, VA)	5-30-18	80-84
HERNAN HADDAD (CHILE)	5-10-28	70-74
HERALD HADLEY (SPOKANE, WA)	5-15-43	55-59
WAYNE HANSON (SHREVEPORT, LA)	5-12-28	70-74
PIERRE HECO (BEL)	5-12-28	70-74
JIM HOGAN (GB)	5-28-33	65-69
KEVIN HOPKINS (NZL)	5-1-18	80-84
STEVE KEMP (CAN)	5-24-53	45-49
WILLIS KLEINSASSER (AZUSA, CA)	5-9-28	70-74
ROMUALD KLIM (URS)	5-25-33	65-69
HARRY KOPPEL (BELMONT, CA)	5-30-13	85-89
CHARLES LAUCK (LEXINGTON, VA)	5-15-28	70-74
JEFF LOUBET (ALBUQUERQUE, NM)	5-12-43	55-59
ARCHIE MESSENGER (LARCHMONT, NY)	5-6-23	75-79
PETER MUNDLE (VENICE, CA)	5-20-28	70-74
FRANK REILLY (WEST HILLS, CA)	5-25-48	50-54
RICHARD RICHARDSON (DECATUR, IL)	5-15-33	65-69
EDWARD SMALL (NEW YORK, NY)	5-31-38	60-64
CARL STROUD (SANTA FE, CA)	5-25-1	90-94
IGOR TER-OVANESYAN (URS)	5-19-1	60-64
GERHARD H THEUNE (GER)	5-16-13	85-89
STEWART THOMSON (LOS OLIVOS, CA)	5-21-33	65-69
DAVID WINN (FAIRPORT, NY)	5-20-43	55-59
BARBARA BARNES (HARTFORD, CONN)	5-25-28	70-74
CINDY BREMSER (MIDDLETON, WI)	5-5-53	45-49
MARY CUSHING (AMHERST, MA)	5-22-38	60-64
JOYCE FRANKS (US)	5-18-33	65-69
VALERIE HANNA (HONOLULU)	5-22-33	65-69
DIANNE HEADDEN (VIRGINIA BCH, VA)	5-19-38	60-64
PHYLLIS HEATON (DORSET, VT)	5-28-33	65-69
KIM JONES (SPOKANE, WA)	5-2-58	40-44
DEANNA LICKY (FRIDAY HARBOR, WA)	5-12-48	50-54
MARTHA MARICLE (SAN FRANCISCO, CA)	5-20-33	65-69
ANNABEL MARSH (SAN FRANCISCO, CA)	5-31-23	75-79
JILL MARTIN (BROOKLYN, NY)	5-29-38	60-64
JODY MURRAY (COCONUT CREEK, FL)	5-15-53	45-49
RUTH NALEPA (SAN ANTONIO, TX)	5-21-43	55-59
ANNA RUSH (PROSPECT, KY)	5-16-28	70-74
ANGIE SMITH (ENDICOTT, NY)	5-4-23	75-79
JEAN STEVENS (CHENEY, WA)	5-8-18	80-84
TINA STOUGH (LONG BEACH, CA)	5-2-53	45-49
MARTI THIELMAN (VANCOUVER, WA)	5-8-38	60-64
ROBIN VILLA (NEW YORK CITY, NY)	5-25-43	55-59
RUTH WEBBER (LONGMEADOWS, MA)	5-13-28	70-74
HARRIET WILSON (EUGENE, OR)	5-30-28	70-74
CLAUDINE BURY (BEL)	5-2-53	45-49
ROSEMARY CHRIMES (GB)	5-19-33	65-69
MAUREEN DE ST CROIX (CAN)	5-26-53	45-49
WENDY MARIE EY (AUS)	5-21-38	60-64
MARIA HILLIER (NZ)	5-14-53	45-49
ROSA JARA (CHL)	5-29-33	65-69
TINA LEB (AUS)	5-20-33	65-69
ANNE MCDONALD (GB)	5-20-48	50-54
AVIS MCINTOSH (NZ)	5-19-38	60-64
ERICA MERCER (AUS)	5-30-43	55-59
GERD MJELDE (NOR)	5-19-33	65-69
YOSHIKO NAKAO (JPN)	5-29-58	40-44
ROSEMARY PAYNE (GB)	5-19-33	65-69
IRENE POS (HOL)	5-11-53	45-49
GISELA STECHER (WG)	5-16-43	55-59
IZUZU TSUJII (JPN)	5-10-23	75-79
FRANCES VANZYL (RSA)	5-6-53	45-49
BERYL VINE (NZ)	5-19-28	70-74
FUMI YAMADA (JPN)	5-29-18	80-84
KAHORU YODA (JPN)	5-10-18	80-84

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

Career Re-Training

Forty Plus is a nonprofit volunteer organization with 22 chapters across the USA. It helps managers, executives and professionals - who are at least 40 years old - find good jobs.

Membership varies but typically runs \$300 to join and a commitment to help out as a volunteer. For the investment, one usually receives two or three weeks of comprehensive job search training, networking with current members, weekly support groups, professional counseling, videotaped mock interviews, and career workshops. One also receives word processing and Internet training, access to computer workstations, use of a research library, 24-hour telephone answering service, and more.

Some say the opportunity for peer support is reason enough to join.

To see if a 40+ group exists in your area, call local information or try the Oakland 40+ group, at 510-430-2400 (web site <http://www.fortyplus.org>) which has a national directory.

Ken Stem's book, *50 Fabulous Places to Retire in America*, lists detailed information on climate, costs, health care, taxes and more. Among Stem's choice locations are Clayton, Ga.; Kerrville, Texas; Eugene, Ore.; Prescott, Ariz.; and Sequim, Wash. □



GEORGE BANKER
Chan Robbins, 60, first M60 (39:23), and John Benkert #3519, 57, first M55 (37:24), St. Paddy's Day 10K, Washington, D.C., March 15.

Need Back Issues?

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

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

EAST

Achievements Unlimited Int'l
Women's Masters Track Team
P.O. Box 2831
Elizabeth, NJ 07207
201.373-2353

The Achilles Heel
(for disabled)
9 East 89th St.
New York, NY 10128
212/398-0348

Bohemia TC
c/o Ross Moore
28 Indian Trace
Kings Park, NY 11754
516/979-8445 (Mary)

Boston AA
131 Clarendon St.
Boston, MA 02116
617/236-1652

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02167
617/964-7802

Buffalo Belles and Brawn
Charles La Chiusa
59 Mona Dr.
Buffalo, NY 14226

Central Park TC
7 W. 96th St. #8A
New York, NY 10025
212/864-4217

Finger Lakes RC
P.O. Box 321
Newfield, NY 14867
607/564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
201/625-1764

Greater Rochester TC
P.O. Box 92608
Rochester, NY 14692
716/872-6652 Race Info.

Harrisburg Masters TC
60 Lindsay Lane
Carlisle, PA 17013

Hudson Mohawk Road Runners
P.O. Box 12304
Albany, NY 12212
518.273-3108 (race hotline)

Liberty AC
20 Riverview Dr.
Newbury, MA 01951-1807
508.462-9552

Maryland Masters TC
107 Rosewood Ave.
Baltimore, MD 21228-4939
410.744-2652

Mercury Masters
Coach Shelly-Lynn
Florence Glover, M.A.
P.O. Box 795
Sleepy Hollow, NY 10591

Morris County Throwers Club
Kent Manno, President
230 Mendham Rd.
Morristown, NJ 07960
201.538-3231, Ext. 3372

Nadia TC
1500 Sylvan Terrace
Pittsburgh, PA 15221
412/244-9812

National Capital TC (GNATS)
38 Tindal Springs Ct.
Gaitersburg, MD 20879
301/948-6905

New England Walkers
83 Riverside Ave.
Concord, MA 01742
508/369-7912

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201/287-1064

New York AC
180 Central Park South
New York, NY 10019
212/247-5100

New York Masters Sports Club
5831 Bell Blvd.
Bayside, NY 11364
718.224-3927

NYRRRC
9 E. 89th St.
New York, NY 10128
212/860-4455

New York TC
Joyce Halls
80 Van Cortlandt Pk. So., #C32
Bronx, NY 10463
718.796-5128

North Jersey Masters
P.O. Box 56
Ridgewood, NJ 07450

Park Racewalkers, USA
320 E. 83rd St., Box 18
New York, NY 10028
212/628-1317

Philadelphia Masters
Karl Castor
44 N. Penn St.
Hatboro, PA 19040
215.441-8545

Plainview Old Bethpage RRC
62 Sylvia Lane
Plainview, NY 11803
516.433-0919

Potomac Valley TC
c/o John Martin
3706 Howsen Ave.
Fairfax, VA 22030
703.352-3057

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207/772-2753

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413/586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315/637-6211

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

West Pennsylvania TC
RD2, 14400 Winchester Rd.
Trafford, PA 15085
412/372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Ave. NE
Atlanta, GA 30305
www.atlantatrackclub.org

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205.995-5344

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
407/499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904/378-8725

Greater Nashville AC
3161-B Parthenon Ave.
Nashville, TN 37212

Greenville TC
P.O. Box 16262
Greenville, SC 29607
808.268-6321

Gulf Winds TC
P.O. Box 3447
Tallahassee, FL 32315
904.386-GWTC (4982)

Huntsville TC
c/o Harold Tinsley
8811 Edgemoor Dr.
Huntsville, AL 35802
205.881-9077

Miami RC
Tropical Park
7920 S.W. 40th St. Miami, FL 33155
1-800-940-4RUN

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615.356-4607
rusttr@ctrvx.vanderbilt.edu

Nashville Striders
P.O. Box 50431
Nashville, TN 37205

Nashville TC
2916 Oakland Ave.
Nashville, TN 37212
615.383-6733

North Carolina RRC
P.O. Box 26761
Raleigh, NC 27611
919/231-0714

Pony Express Masters TC
P.O. Box 503
Norfolk, VA 23501
Attn. Leonore McDaniels
804/481-1714

Port City Pacers
P.O. Box 16907
Mobile, AL 36616

Richmond T&F Club
P.O. Box 6701
Richmond, VA 23230
804/272-3544

Spartanburg RC
820 Patch Dr.
Spartanburg, SC 29302
803.582-7128

World Elite Track Team
P.O. Box 71022
Marietta, GA 30007-1022

MIDWEST

Ann Arbor TC
P.O. Box 7551
Ann Arbor, MI 48107
313.663-9740 (Hot Line)

Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584
614.890-1309

Dayton Masters TC
P.O. Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
513.837-2754

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608.756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
313/544-9099

Over the Hill TC
9065 Gettysburg Dr.
Twinsburg, OH 44087

River to River RC
P.O. Box 1224
Marion, IL 62959

Bob Schul Racing Team
27 E. Dixon Ave.
Dayton, OH 45419
(MD/LD)
937/293-7935

Victory AC
P.O. Box 6667
Louisville, KY 40206
502/456-2757

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614/459-2547

MID-AMERICA

American Walking Ass'n
National Office
P.O. Box 4
Paonia, CO 81428-0004
970/527-4557
970/527-4607 (fax)
walk@online.col.com

American Walking Ass'n
Rocky Mountain Region
9853 Zephyr Dr.
Broomfield, CO 80021
303/422-5468

Denver TC
Jim Bogus
1818 S. Quebec Way #10-1
Denver, CO 80231
303/696-0436

Heartland Racewalkers
c/o Health Plus
4500 W. 107th
Overland Park, KS 66207
Alan Poisner, President
913.588-7510 (day)
913.649-3138 (eve)

Lawrence TC
P.O. Box 3743, Jayhawk Sta.
Lawrence, KS 66046

Lincoln TC
2900 John Ave.
Lincoln NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

Ric Rojas Running
3680 Buckeye Court
Boulder, CO 80304
303.444-5267
RicRojas@aol.com

St. Louis TC
2385 Hampton Ave. #101
St. Louis, MO 63139
314.781-3926
314.782-3726 (raceline)

Santa Fe Striders
P.O. Box 1818
Santa Fe, NM 87504
505.983-2144

SOUTHWEST

Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013
817.274-0448
DallasMTAF@aol.com

East Texas T&F Club
3334 S. SW Loop 323, #128
Tyler, TX 75701
903.561-9511

Houston Harriers
P.O. Box 740728
Houston, TX 77274
713.777-6840

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713.523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065
504.467-1197

Louisiana Lightning TC
Jeff Barv
321 E. Josephine St.
Gonzales, LA 70737

Lufkin T&F Club
P.O. Box 1001
Lufkin, TX 75902-1001
409.632-2431

New Orleans TC
P.O. Box 52003
New Orleans, LA 70152-2003
504.482-6682

Oklahoma City RC
2408 N.W. 112th Terrace
Oklahoma City, OK 73120
405.752-9097

Oklahoma Masters
George Hall
4217 W. 91st
Tulsa, OK 74132-3739
TEAM_OKLAHOMA@bigfoot.com

San Antonio TC
21024 Cedar Br.
Garden Ridge, TX 78266
210/651-5414

South Louisiana Masters TC
P.O. Box 3125
Lafayette, LA 70502-3125
318.984-4934

Tulsa RC
P.O. Box 3304
Tulsa, OK 74101-3304
918.581-8306

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512.458-6010

WEST

All-American TC
8307 Joan Lane
West Hills, CA 91304
818.716-7280

California Coast TC
18 Charca
Rancho Santa Margarita, CA 92668
714/589-0242 Mark Cleary

Club West
Gordon McClenathen
P.O. Box 1079
Goleta, CA 93116-1079
805.964-3005

Corona del Mar TC
19103 S. Andmark Ave.
Carson, CA 90746
310.638-7125

Easy Striders Walking Club
2611 Voorhees, Apt. E
Redondo Beach, CA 90278
310.542-5048

Elite Health TC
10738 Jefferson Blvd
Culver City, CA 90230
310.559-9759

Excelsior TC
970 Cordilleras Ave
San Carlos, CA 94070
415.592-8353

Golden Bay Runners
P.O. Box 2144
Castro Valley, CA 94546
510.881-0330

Golden Gate Racewalkers
3956 Nelson Ct.
Palo Alto, CA 94306
415.493-2652

Great Strides Honolulu
1521 Punahou St., #1002
Honolulu, HI 96822
808.942-9567

Hawaii Masters TC
P.O. Box 15763
Honolulu, HI 96830-5763

Island Empire Racewalkers
9847 Cedar Ave. #18
Bloomington, CA 92316
714.877-3548; 824-2336

KEL Club
Gary Kelmenson
5601 Empire Grade
Santa Cruz, CA 95060

L.A. Valley AC
15355 Mulholland Dr.
Los Angeles, CA 90077
818.784-0496

Los Gatos AA
P.O. Box 1334
Los Gatos, CA 95031
408.354-7333

Marin Race Walkers
Jack Bray
P.O. Box 21
Kentfield, CA 94904-0021
415.461-6843

Monsoon TC
#3 Hickok Lane
Carson, CA 90745
310.522-0219

No. Calif. Senior TC
Shirley Dietrich, Pres.
5 Arcade Ave.
Berkeley, CA 94708-2101
510.848-5016

Pacific Racewalkers
Box 513
Carmichael, CA 95609
916.483-2917

River City TC
P.O. Box 255131
Sacramento, CA 95865
916.489-7881

San Diego TC
P.O. Box 7853
San Diego, CA 92167
619.270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
408.425-8286

Seniors TC
P.O. Box 3398
Crestline, CA 92325
909.338-5532

Show Time TC
8306 Wilshire Blvd., Suite 2
Beverly Hills, CA 90211
213.392-3338 (phone fax)

Sierra Racewalkers
P.O. Box 13203
Sacramento, CA 95813-3203
916.722-5039

So. Calif. Corporate AA
346 Palos Verdes Blvd., #8
Redondo Beach, CA 90277
310.616-1313

Southern Calif. Striders
3180 Camino Arroyo
Carlsbad, CA 92009
619.436-7698

Tamalpa Runners
Box 701
Corte Madera, CA 94976
415.924-8223

Team Patriots
2301 Hyperion Ave., Suite P
Los Angeles, CA 90027-4711
213.662-1062

Timber Wolf T&F Club
P.O. Box 660201
Sacramento, CA 95866-0201
916.489-2708

Trojan Masters TC
1125 Stimson
La Puente, CA 91744
818.917-6289
reabold@hlpusd.k12.ca.us

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
818.985-9854

West Valley Joggers & Striders
1124 Kennington Ave.
Sunnyvale, CA 94087
408.246-2651

West Valley TC
P.O. Box 459
San Carlos, CA 94070
510.635-9508

NORTHWEST

Anchorage RC
P.O. Box 211923
Anchorage, AK 99521-1923
907.337-8606

Barron Park Striders
3225 Scotch Meadows Ct., S.E.
Olympia, WA 98501
206.438-0051

Bigfoot Masters
Spokane Community College
N. 1810 Greene St., MS-2050
Spokane, WA 99207-5399

Eugene Running Club
351 Ransom Ct.
Eugene, OR 97401
Cathie Twomey Bellamy
541.343-4841

Oregon Road Runners Club
4840 S.W. Western Ave., #200
Beaverton, OR 97005
503.646-RUNR Gail Starelli

Oregon TC Masters
P.O. Box 11364
Eugene, OR 97440

Pacific Pacers (Racewalk)
6633 N.E. Windemere Rd.
Seattle, WA 98115
206.524-4721

Phidippides RC
P.O. Box 2315
Salem, OR 97308
503.399-7057

Portland Masters TC
3011 NE Linden Ave.
Gresham, OR 97030
503.666-8950 Paul Stepan, Pres.

Racewalkers Northwest
P.O. Box 3914
Portland, OR 97208
503.256-2916
RacewalkNW@aol.com

RE-TREADS
16016 9th Ave., S.W.
Burien, WA 98166
206.246-0516

Seattle Masters AC
4103 Hillcrest Ave., S.W.
Seattle, WA 98116
206.938-3895

Snohomish TC
4261 S. 184th
SeaTac, WA 98188
206.453-8868

Southern Oregon Sizzlers
P.O. Box 665
Medford, OR 97501

Team Alaska TC
8053 Pioneer Dr.
Anchorage, AK 99504
907.566-8282 (hotline)
907.338-1667 (fax)

Masters Scene

EAST

• Gillian Horovitz, 42, with a 14th-female 23:53, and Don DiDonato, 40, with a 12th-place 20:31, blew to masters firsts in the NYRR Snowflake 4-Miler, Central Park, Feb. 21. Sid Howard, 58, with a 24:29, slid past Ted Haiman, 55, 24:34, for the M55 gold. John McManus, 74, was in fast company, with an M70 30:58 win. Sylvie Kimche, 51, in 27:12, and Muriel Merl, 72, 36:33, blasted to age-group victories.

• The Potomac Valley TC will run its annual summer all-comers series at Williams HS, Alexandria, VA, May 3, 17, 31, June 14, 28, July 12, 26, and Aug. 9, 23, culminating in the Potomac Valley Games, Sept. 5-6. PVTC Hotline: 703-671-2520.

• Snow, ice, and wind didn't deter Helen Visgauss, 42, Port Jefferson Station, NY, from an overall women's first with a 63:19 in the inaugural Kings Park 15K, held in the winter's worst weather on Long Island, March 22. Top M40+ was Mike Beard, 42, Merrick, NY, in 61:01. Oldest finishers were Sab Koide (74, 84:37) and George Dennis (74, 1:43:17), and Julie Shapiro (61, 99:18) among the women. The Plainview-Old Bethpage RRC staged the race, with the entire net proceeds turned over to The Children's Brain Tumor Foundation.

• Charles "Doc" Covino, 74, Far Hills, NJ, has set up a \$1.6 million scholarship fund for field athletes at Manhattan College in NYC for men and women for a full or partial scholarship. "Coach Mecca is in heaven about this," said Covino, "but the other event coaches are not happy because I specifically said "field" event athletes only. I explained that I am returning my debt to the school for giving me a full scholarship for my field event skills back then. Now I'm doing my bit to make others enjoy the benefits of my free education at my alma mater." Covino, who recently celebrated his 50th anniversary with his wife, Sylvia, placed third in the M70 shot put at the Indoor Nationals in Boston.

• Kari Profitt, 41, bounded to an overall female victory with an 85:02, Red Dog Half-Marathon/USATF NJ Masters Championships, Seaside Heights, March 22. Gary Wersinger, 40, raced to the M40+ win in 74:08.

• Richly deserving the title "Female Athlete of the Meet," Leonore McDaniels, 70, set four pending world records at the Virginia Masters Indoor Championships, Lexington, VA, March 7. Her marks were LJ, 3.39, AG 80.3% (Mary Bowermaster, 3:31, 1988); TJ, 6.93, AG 82.8% (Johnnye Valien, 6.45, 1997); HJ, 1.19, AG 94.4% (Mary Bowermaster, 1.09, 1998), and PV, 1.83, AG 75.6% (Johnnye Valien, 1.41, 1996).

• Taking home gold medals at the USATF-NJ Masters 20K Championships, Newark, March 8, were Donald DiDonato, 40, 1:08:07, AG 84.9%, and Joyce Hayes, 43, 1:28:33, AG 74.7%.

• Guy Gordon, 40, Newton, NJ, 2:37:44, celebrated Washington's birthday with an overall win in the 37th annual Washington's Birthday Marathon, Greenbelt, MD, Feb. 15. Christy St. Clair, 49, Glen Arm, MD, 3:39:33, strode to the women's masters title.

• Dan Lawson, 42, Salinas, KS, 52:46, and Terri Martland, 44, Newport, RI, welcomed spring with masters victories in the Nortel Cherry Blossom 10-Miler, Washington, DC, April 5. Bill Rodgers, 50, Boston, MA, 53:06, a world-class AG 93.3%, grabbed M50 honors and finished second master. Five-year age group winners Thom Weddle, 59, Burnsville, MN, 57:42; Fay Badley, 60, Washington, DC, 58:58; Charles Rose, 59, Moorsville, NC, 1:02:56; Susan Humphries, 48, Potomac, MD, 1:06:01; Sharon Dolan, 56, Gaithersburg, MD, 1:09:45; and Hedy Marque, 80, Alexandria, VA,

1:31:24, all had fast finishes.

• Running on a course designed as an abbreviated version of legendary Boston, Jim Whitnah, 43, Chevy Chase, MD, 1:11:01, and Susan Humphries, 48, Potomac, MD, 1:28:20, conquered rolling hills and a major hill after mile five to reign as masters champions of the Bethesda Chase 20K, Bethesda, MD, March 1. Whitnah, who finished sixth overall, led from the start and maintained his lead over second-place master George Altieri, 40, Columbia, MD, 1:12:44, who finished ninth overall. Bethesda local and defending masters champion Paul Peterson, 43, 1:13:28, finished third. Sharon Dolan, 56, Gaithersburg, 1:32:53, grabbed the W55 crown and the third place masters spot. Chan Robbins, 60, Arlington, VA, 1:25:31, pulled away from M60 runner-up Kirk Davies, 60, Washington Grove, MD, 1:28:15, to win the spirited M60 competition.

• Mel Williams, head of the human performance lab at Old Dominion University, used his leisure time to turn in a record-breaking performance of his own at the Anheuser Busch Colonial Half-Marathon, Williamsburg, VA, Feb. 22. Williams, 60, Virginia Beach, VA, covered the hilly course in 1:26:15 to better the previous 60-64 mark of 1:26:29. Overall masters winners were Lanny Doan, 41, Virginia Beach, 1:19:20, and Barbara Mathewson, 48, Virginia Beach, 1:32:27. Mark Mullady, 40, Williamsburg, 16:15, and Sharon White, 41, Langley AFB, VA, 19:24 dashed to masters 5K wins.

SOUTHEAST

• Cindy Keeler, 40, broke her 1995 course record to win easily the overall women's race in 60:35, Palm Beach Shamrock 10 Mile, March 14. Roger Rouiller, 59, was the M40+ winner with a 65:11. Glen Reed, 41, was second in 63:49.

MIDWEST

• Vic Heckler, 55, of Chicago, broke the M55 1500 WR with a 4:28.50 in the USATF Illinois Masters Championships, Sterling, March 15. The listed mark is 4:28.9 by Jim Sutton in 1987. A week earlier, Heckler broke the U.S. 3000 record of 9:51.8 with a 9:33.25. In the Sterling meet, Tom Walsh, Hannibal, MO, broke the M80 LJ WR with a 3.63/11-10%. Clarence Trahan held the old mark at 3.58/11-9 in 1996.

• Chuck Block, 41, 22:21, and Donna Olson, 46, 27:58, struck it rich with masters wins in the Pot O'Gold 4 Mile, Flint, MI, March 17. James Carlton, 24:05, and Ellen Nitz, 28:48, were impressive winners in their 55-59 division races.

• Peter Koech, 41, KEN, 23:54, and Jeanne Lasee-Johnson, 40, CA, 28:25, picked up prize money and masters wins at the LaSalle Banks Shamrock Shuffle, Chicago, IL, March 22. Koech outkicked second-place Antoni Niemczak, 42, NM, 23:57, while Lasee-Johnson pulled away from women's runner-up, Vicki Crisp, 45, TN, 29:08. The race had a masters purse of \$2900.

MID-AMERICA

• Leading the masters field at the St. Pat's 4-Mile Run, Wichita, KS, March 14, were Bob McAnany, 21:20, and Bonnie Vetrow, 27:57. Paul Heitzman, M65, 25:40, blitzed his age-group.

SOUTHWEST

• Battling windy, humid conditions and a throng of 16,000 runners, Keith Dowland, 43, 34:15, and Kim Heilbrun, 42, 40:20, held off the pack for masters wins in the 21st annual Austin



Bert Morrow (r), 85, San Marcos, Calif., broke M85 world records in the 60m (11.10), 200 (39.14), and 60H (15.13) and Ted Hatlen, 87, Santa Barbara, Calif., scored two gold and two silvers, 1998 Indoor Championships, Boston.

American-Statesman Capitol 10K, March 29. Ino Cantu, M60 winner, recorded a speedy 41:06 to hold off age-group rival Jack Henney, 42:25.

WEST

• Lorraine Tucker, 51, a longtime predominant masters thrower and sprinter, qualified for the 24th Annual National Tae Kwon Do Championships by winning the form and sparring competition in the Blue Belt Women 33+ Division, California Tae Kwon Do Championships. Tucker, now a resident of San Diego, was the oldest female competing in the national championships.

• William Bell, a retired doctor, set a pending M75 outdoor PV WR of 10-1/4. The listed record is 9-6 1/4 by Carol Johnston in 1987. Bell is the father of Earl Bell, who briefly held the outdoor WR in 1976 and tied for the bronze medal in the 1984 Olympic Games.

• Joe Keshmiri, Reno, NV, now 60, broke the age-59 DT record of 171-8 with a 176-10 last October.

• Two 50-54 age-groupers won the masters race at the WINS 25K Racewalk, Sacramento, CA, April 5. Striding in first were Jo Ann Nedelco, 2:36:42, and Stan Chraminski, 2:28:59.

NORTHWEST

• The Oregon TC Masters is matching allocated funds by the Eugene Sister City Committee to help sponsor two Japanese masters runners to run the July 4 Butte To Butte 10K in Eugene. For 11 years, the Kakegawa Sports Federation of Eugene's sister city, Kakegawa, Japan, has invited and fully paid for four Eugene runners, two men and two women, to run the the Kakegawa Marathon, the fifth largest in Japan. The runners selected by the SC Committee to represent Eugene are not necessarily chosen for their speed as much as for their enthusiastic diplomatic qualities (although a fleet foot is always welcomed). They are joined by, perhaps, 20 other delegates (non-runners or 10K athletes) who pay their own expenses and who, like the marathoners, are housed with host families and may even spend a night or two in a Buddhist temple.

INTERNATIONAL

• Meet records for the Oceania Veterans Games took a pounding with over 60 changes being made by the 500 competitors at the 9th annual event in Hawkes Bay, New Zealand, Jan. 17-24. Australian Rudy Hochrieter, M70, set records in six events ranging from the 100, HJ, SP, DT, and HT, to the PV. Countrywoman Christine Schultz dominated the W45 field events with

ON TAP FOR MAY

TRACK AND FIELD

First weekend meets are available in Tempe, Ariz., on the 2nd, and NYC on the 3rd. The 28th Southeastern U.S. Masters Meet starts its three-day extravaganza on the 8th in Raleigh, N.C. Long Beach, Calif., and Jacksonville, Fla., host meets on the 9th. Odds are even that the weather will be terrific in Las Vegas for the Allegra TC Meet on the 17th. The long-running Dan Aldrich Memorial Meet at UC-Irvine near L.A., and the Waterloo Meet in Buda, Texas, are set for the 23rd, followed by the N.Y. Masters Classic, NYC, on the 24th. The USATF Minnesota Championships close out the month in Blaine on the 31st.

LONG DISTANCE RUNNING

The 1998 Indy Life Circuit starts with a roar in Indianapolis with the 500 Festival Half-Marathon / USATF Masters Championships on Friday, the 1st. The Berwyn 5000, the second Indy Life Circuit event, is scheduled for the 16th in Berwyn, Ill. Freihofer's 5K on the 30th, the third in the Indy Life Series, is also a Masters Women's Championship. The month is abloom with other major races for masters, ranging from the Blue Cross Broad Street 10 Mile, Philadelphia, and Avenue of the Giants Marathon, Weott, Calif., on the 3rd; Old Kent River Run 25K, Grand Rapids, Mich., on the 9th; Bay To Breakers 12K, San Francisco, on the 17th; Great Race XVII, Elkhart, Ind., and Cotton Row 10K, Huntsville, Ala., on the 25th; and Hospital Hill Half-Marathon, Kansas, Mo., on the 31st.

RACEWALKING

The National Masters Men's 30K and Women's 20K Championships are listed for upstate, Troy, N.Y., on the 3rd. The Masters 15K Championships return to Elk Grove, Ill., on the 24th. □

records in the DT (42.66), SP (13.17), and WP (4355). New Zealand's Ron Robertson altered M55 records in the 1500 (4:23.91), 5000 (16:06.04), and 3000 SC (10:11.60). At the OAVA Congress Meeting the following officers were elected: President, Jim Tobin (NZ); Vice-President, Ian Anderson (Norfolk Is.); Secretary, Helen Tobin (NZ); Treasurer, Brian King (NZ); Councillors, Stan Perkins (AUS), Jim Blair (NZ), Peter Crombie (AUS), June Jacobs (NZ), Wilma Perkins (AUS), and Kerry Thew (AUS).

• Henk van Velzen, M45, bested the field in the Dutch Veterans Cross-Country Championships, Valkenswaard, Feb. 15, with a 40:11 over the 12K course. Wil van der Lee, M65, posted the best time on the 9K layout, with a 34:19. Wilma Rusman, W35, clocked a 17:50 for the 5K course.

Schedule

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

TRACK & FIELD

NATIONAL

July 25-26. USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

August 29. USATF National Weight & Superweight Championships, Seattle, Wash.

September 5. USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla.

EAST

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

May 3. MAC "NY Spring Carnival" Meet, Randalls Island, NYC. MAC, 212-227-0071, ext. 0 (10 am-5 pm), or Roz Katz, 718-358-6233 (7-9:30 pm NY time).

May 12-15. Washington, D.C., Golden Olympics. No out-of-district. Darnelle Freeland, 202-576-8677.

May 24. NY Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Eric Weissbrot, 7 Drury Lane, Great Neck, NY 11023; 516-487-1417, or Roz Katz, 718-358-6233 (7-9:30 pm, NY time).

May 31. USATF NJ Masters Championships, Monmouth Regional HS, Tinton Falls. SASE to Isabel O'Donovan-Keeley, 31 Breakwater Sq., Freehold, NJ 07728. 732-409-7644.

June 3, 14, 17. Philadelphia Masters Meets, Swarthmore College, Pa. No PV. 3rd & 17th Weds., 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

June 4-7. Empire State Senior Games, Syracuse, N.Y. Marty Castle, 315-492-9654.

June 5-7. Connecticut Senior Olympics,

Southington. Will Berger, 860-621-4661.

June 12-14. Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

June 12-14. New Jersey Senior Sports Classic, Fort Monmouth. John Wanat, 732-542-1326.

June 19-21. Rhode Island Senior Games, Providence. Mike Lyons, 401-431-5007.

June 20. MAC Masters Championships, St. John's U., Queens, NYC. MAC, 212-227-0071, ext. 0 (10 am-5 pm), or Roz Katz, 718-358-6233 (7-9:30 pm NY time).

June 28. Garden State AC International Masters Meet, Randolph, N.J. GSAC, c/o Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

July 1, 15, 29. Philadelphia Masters Meets, Germantown Academy, Fort Washington, Pa. Weds. eve, 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 5 (Wed.) Philadelphia Masters Meet, Germantown Academy, Fort Washington, Pa. 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 8. Beverly Lions 2nd Annual All-Comers Age-Graded Meet, Beverly, Mass. 978-921-6150, x5466; e-mail: bevlions@aol.com.

August 16. Philadelphia Masters Championships, Germantown Academy, Fort Washington, Pa. See Aug. 5.

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206.

October 25. Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

SOUTHEAST

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

May 8-10. 28th Annual Southeastern U.S. Masters Meet, North Carolina State U., Raleigh. Pentathlon & Weight Pentathlon. Alex Almasy 5K & 20K RWS. SE U.S. Masters Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919-831-6640, M-F 9 am-5 pm, Eastern time. (Entry form in March issue.)

May 9. Jacksonville TC Masters Meet, Bolles School Track, Jacksonville, Fla. Field events: 4:00 pm/running events: 6:00 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK.

May 11-17. Ft. Lauderdale Senior Games,

Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

May 14-16. South Carolina Senior Sports Classic, Columbia. Carl Hust, 803-772-0363.

May 15-16. Mississippi Senior Olympics, Jackson. Joyce Anderson, 800-748-8514.

May 27-30. Virginia Recreation and Park Society Games, Williamsburg. James Stutts, 804-730-9447.

May 29 (Fri.) Jacksonville TC 23rd Mile Festival, Bolles School Track, Jacksonville, Fla. 7:00 pm. Register at track; no entry fee.

June 6. Birmingham TC Classic/Southeast Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; e-mail: GESEIF@aol.com. Entry form in April *National Masters News*.

June 6. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

June 13. USATF Southeast Regional Masters Championships, Atlanta, Ga. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; fax 561-495-5054.

June 27. Don Brady Memorial Masters & Open Meet, Vanderbilt U. Nashville Striders/Nashville TC 615-331-0111.

July 11. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

July 25. Jacksonville TC Summer Track Classic, Bolles School Track, Jacksonville, Fla. All ages. Field events: 5:00 pm; running events: 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK.

August 15. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

MIDWEST

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

May 17. North Coast Invitational Meet, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

June 1-6. Indiana State Senior Games, Evansville. Steve Patrow, 800-253-2188.

June 6. Augustana College Masters Meet, Augustana, Ill. Fred Whiteside, 309-794-7524.

June 13. USATF Michigan Open & Masters Championships, Charlevoix. Ken or Mary Plude, 616-547-4873.

June 13. USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

June 18-21. West Virginia Senior Games, Charleston. Charles Entsminger, 304-344-1500.

June 23-27. Michigan Senior Olympics, Frankenmuth. Carrie Montcalm, 248-608-0265.

June 27. Byron Midwest Masters Meet, Byron, Ill. Byron Park District, 815-234-8435.

July 11. Masters Return To Illinois, Libertyville HS, Libertyville. Craig Dean, 847-367-6347.

July 25. USATF Midwest Regional Masters Championships, Huntington, W. Va. Tom Plummer, 27 S. Queens Court, Huntington, WV 25705. 304-523-6046; fax: 523-1662; e-mail: tptrack@aol.com.

July 25. Dayton Masters TC Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters, 937-837-2754.

August 16. Oak Forest Masters and Open Meet, Oak Forest HS, Illinois. Gerry Krainik, 708-687-2124.

September 10-13. Southwestern Illinois Regional Senior Games, Edwardsville.

Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsh@siue.edu.

MID-AMERICA

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

May 17. Boulder Running Festival, Boulder, Colo. 3K on track. Boulder Running Co., 303-786-9255.

May 21. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

May 29-30. North Dakota Senior Sports Classic, Fargo. 50+. Out-of-state welcome. Jeff Heisler, Parks & Recr. Dept., PO Box 1796, Fargo, ND 58107. 701-241-1353.

May 31. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine. USATF MN, 5429 Wooddale Ave., Edina, MN 55424.

June 7. Jolly Jogathon Meet, Marysville, Kansas. City of Marysville, 209 N. 8th St., Marysville, KS 66508. 913-562-5331, or Cleve Walstrom, 913-562-3021.

June 11-14. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 13. USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, KS. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 316-687-9400.

June 23. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

June 27-28. Star Of The North Summer Games, Brooklyn Park, Minn. Masters in 5 yr. age groups. Minn. Amateur Sports Comm., Summer Games Office: 612-493-8356; Statewide Office: 612-785-5678, or 800-756-STAR.

July 21. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

August 18. Denver TC Meet, All-City Stadium. 6 pm. Jim Bogus, 303-696-0436.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 23. Waterloo Championships, Buda, Texas (s. of Austin). Jeff Brower, director, 7305 Tanbark Cove, Austin, TX 78759. 512-794-1256; e-mail: hurdle4fun@hotmail.com.

WEST

Arizona, California, Hawaii, Nevada

May 2. Arizona Masters Meet, McClintock HS, Tempe. Entry to USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991; Information: Clifton McKenzie, meet director, 777-8503.

May 9. Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966; fax: 524-9992; e-mail: coachr@pacbell.net.

May 17. Allegra TC/Nevada Seniors Masters Meet, Mohave HS, Las Vegas. M&W30+. Al McDaniels, UNLV, College of Extended Studies, 4505 Maryland Parkway, Las Vegas, NV 89154-3031.

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702-895-4179, or Fred Sowerby, 702-369-8171, or Joan Dimmitt, 702-242-9012.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-586-9942.

June 13-14. California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754.

June 13-14. Aloha State Games, Kaiser HS, Honolulu. Jack Karbens, 735-6366.

June 28. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 626-917-6289.

July 11. USATF Southern California Association Championships, Fullerton College. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966 (until 8 pm); fax: 524-9992; e-mail: coachr@pacbell.net.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

September 12. San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDSO Office, 619-543-9046; David Pain, 619-582-3316(h), fax: 519-582-5769; Wayne Karlson, 619-451-3942(eve).

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 11. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

May 23. Oregon Senior Olympics & 5 Mile Run, Silverton. 40+. Amy Castle, 6350 Cascade Hwy. N.E., Silverton, OR 97381. 503-873-8577.

June 6. Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

June 13-14. Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950.

June 18-20. Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tavolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

June 25-28. Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 27-28. Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of Oregon, Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, OR 97440. 541-687-1989;

fax 687-1016.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

CANADA

May 23. Kajaks Relays Masters Mile, Richmond, B.C. Kajaks Relays, 272-6081 University Blvd., Vancouver, BC V6T 1Z1 Canada. Marek Jedrzejek, 604-822-6259; fax: 822-6011.

June 13-14. Ontario Masters Championships, London, Ont. 35+. Richard Lenz, 146 Sussex Place, London, Ont. N5Y 5G9. 519-672-4017.

July 3-5. CMAA Championships, Saskatoon, Sask. Judy Warick, 106 Meglund Pl., Saskatoon, SK S7H 4Z7. 306-373-3604.

INTERNATIONAL

May 1-2. South Africa Veteran Championships, Bloemfontein.

June 20-21. International Meet (Holland/France/Belgium/UK), Calais, France.

July 11-12. BVAF National Championships, Spytty, Newport. Margaret Cowap, 5 Brunner Dr., Clydach, Swansea, SA6 5JY. Tel: 01792-843835.

August (date TBA). African Veterans Athletic Championships, Mauritius.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September 12. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-8. South American Veterans Championships, Porto Alegre, Brazil.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

LONG DISTANCE RUNNING

NATIONAL

May 1. (Fri.). USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Indy Life Circuit Race (3X points). \$10,000 masters prize money.

SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. Don Carr, 317-328-1632; 800-638-4296; fax: 317-264-5693.

May 16. Berwyn 5000, Berwyn, Ill. Indy Life Circuit Race (counts for men only). Pat Furgal, 2947 Oak Park Ave., Berwyn, IL 60402. 708-749-0606.

May 30. USATF National Masters Women's 5K Championships/Freihofers 5K, Indy Life Circuit Race. Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

June 18-20. 40th Anniversary RRCA National Convention, Peoria, Ill. RRCA National Office, 703-836-0558; Web site: www.ivs.org

July 18. Pacific Care Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A", W. Almond, Orange, CA 92866. 714-288-9080.

August 22. Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

EAST

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

May 3. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. James Mareno, 215-563-6184.

May 3. Buffalo Marathon. BM, PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 3. Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0251.

May 3. Pittsburgh Marathon. Larry Grollman, UPMC/Pittsburgh Marathon, 200 Lothrop St., Pittsburgh, PA 15213. 412-647-7866.

May 10. NYRRRC Women's 5K, Central Park. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

May 17. Midland Run 15K, Far Hills, N.J. Mark Zamek, PO Box 5026, North Branch, NY 08876. 908-722-7903.

May 24. Vermont City Marathon, Burlington. VCM, PO Box 152, Burlington, VT 05402-0152. 802-863-8412.

May 24. Tom Bugliosi Trail Runs, Virgil, N.Y. Joe Reynolds, 607-387-6281.

May 24. Lakewood School 5 Mile, Lakewood, N.J. 732-905-3685.

June 6. NYRRRC Women's Mini-Marathon 10K, Central Park, NYRRRC, 9 E. 89th St.,

NY, NY 10128. 212-860-4455.

June 7. Fairfield Half-Marathon, Fairfield, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Blvd., Branford, CT 06405. 203-481-5933.

June 7. Orange Classic 10K, Middletown, N.Y. Orange Classic, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, x1200.

June 13. NYRRRC PowerBar 8 Flavor 8K, Central Park. See June 6.

June 20. Mt. Washington 7.6 Mile, Gorham, N.H. Bob Teschek, c/o Granite State Race Services, PO Box 990, Newport, NH 03773. 603-863-2537.

June 21. NYRRRC Father's Day 4 Miler, Central Park. See June 13.

July 5. Fitchburg Half-Marathon & 3 Mile Racewalk, Fitchburg, Mass. Ken Robichaud, PO Box 173, Brookline, MA 03033.

July 12. Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315-797-1310; fax 797-3762.

July 18. Subaru Buffalo 4 Mile Chase. Masters money. James Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652; fax 716-884-9669.

July 18. Long Island Women's 5K, Farmingdale, N.Y. Mike Polansky, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646; fax 349-7647.

August 1. Beach To Beacon 10K, Cape Elizabeth, Me. BTB 10K, c/o Marketing Dept., PO Box 9540, Portland, ME 04112-9540. 888-480-6940.

August 8. George Sheehan 5 Mile, Red Bank, N.J. John Haulenbeek, PO Box 2087, Ocean Township, NJ 07712. 908-974-8457.

August 16. Falmouth 7.1 Mile. FRR, PO Box 732, Falmouth, MA 02541. 508-540-7000.

August 30. Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410-268-1165.

September 7. New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

September 13. Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 19. Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

September 20. Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

September 26. Donald J. Trump Fifth Avenue Mile, NYC. NYRRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

September 27. The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219. 412-255-2493.

September 27. Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

October 10. Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

October 25. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC;

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fax: 703-784-2265.

November 1. New York City Marathon. NYRR, 9 E. 89th St., NY, NY 10128. 212-423-2239.

SOUTHEAST

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

May 9. Gumtree 10K, Tupelo. Johnny Dye, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

May 9. Riverside Rehab 5K By The Bay, Newport News, Va. Kris Nunn, 757-928-8130, or Peninsula TC, 757-868-3975.

May 23. News-Sentinel Expo 10,000, Knoxville, Tenn. Knoxville TC, 3530 Talahi Dr., Knoxville, TN 37919. 423-673-8020. www.ktc.org.

May 25. Cotton Row 10K, Huntsville, Ala. Lawrence Hills, 600 Ward Ave., Huntsville, AL 35801. 205-533-4757.

July 4. Peachtree 10K, Atlanta. Expect 55,000 runners. Peachtree '98, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065.

September 7. U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C, Symrna, GA 30082. 770-431-0100.

September 26. Virginia 10 Mile, Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

October 17. First Of America Running Festival 10 Mile, St. Petersburg, Fla. Masters money. Steve Edwards, 131-92nd Ave., Treasure Island, FL 33706. 813-363-7866; fax: 813-360-9710.

MIDWEST

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

May 3. Cleveland Marathon, Cleveland, Ohio. CVS CM, PO Box 550, Twinsburg, OH 44087. 800-467-38926; 216-487-1402.

May 9. Old Kent River Run 25K, Grand Rapids. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.

May 9. Race For The Cure Women's 5K, Peoria, Ill. Race For The Cure, PO Box 9695, Peoria, IL 61612. 309-691-6906.

May 23. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322.

May 24. Madison Marathon. MM, PO Box 5088, Madison, WI 53705-5088. 608-256-9922; fax: 508-241-2591.

May 25. Great Race XVIII 10K & Half-Marathon, Elkhart. Ron Schmanske, 421 S. 2nd St., Elkhart, IN 46516. 219-296-5862; fax: 219-293-8324.

June 14. Park Of Roses Marathon, Columbus, Ohio. Denny Fryman, 7581 Glenhurst Dr., Dayton, OH 45414. 937-898-7015.

June 20. Steamboat Classic 4 Mile, Peoria, Ill. Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378.

August 8. State Street Mile/USATF Illinois Championships, Rockford, Ill. Runners Image, 815-963-2171.

August 22. Parkersburg Half-Marathon/USATF M & W Open National Championships, Parkersburg, W. Va. Masters money. 304-424-2786.

August 23. Abes Amble 10K/USATF Illinois Championships, Springfield, Ill. Jon Hartnett, 217-787-4400.

MID-AMERICA

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

May 3. Lincoln Marathon. Race Director, 5309 S. 62nd St., Lincoln NE 68516. 402-423-7223.

May 3. Run For The Zoo 5K, Albuquerque. RFTZ, 1320 Iron SW, Albuquerque, NM 87104. 505-764-6280.

May 9. River Run 10K, Wichita. Clark Ensz, 2451 Winstead Cir., Wichita, KS 67228. 316-636-1266.

May 9. Avon Women's 10K, Denver, Colo. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

May 24. Med-City Marathon, Rochester, Minn. M-CM, 1417 14th Ave. NE., Rochester, MN 55906. 507-282-1411.

May 25. Bolder Boulder 10K. BB 10K, PO Box 9125, Boulder, CO 80301. 303-444-RACE.

May 31. Hospital Hill Half-Marathon, Kansas City, Mo. HH Run, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816-274-8259.

June 6. Dam To Dam 20K, Des Moines. Masters money. Bill Wallace, 5004 Country Club Blvd., Des Moines, IA 50312. 515-279-6072; fax: 515-243-0516.

June 20. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947.

July 5. Fair St. Louis 10K. Masters money. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Ste. 101, St. Louis, MO 63139. 314-781-3926(d).

July 25. Bix 7-Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319-359-9197.

August 16. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 7. Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 9. Avon Women's 10K, Dallas, Texas. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

May 23. Bristow Wildflower 5K. Masters & age-graded money. Dr. Chip Cooper, Rt. 1, Box 109, Bristow, OK 74010. 918-367-6631; fax: 918-367-1074.

October 17. Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

WEST

Arizona, California, Hawaii, Nevada

May 3. Avenue of the Giants Marathon & 10K, Weott, Calif. SASE to Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524.

May 9. Revlon 5K Run/Walk For Women, Century City, Calif. Judy Davis, Davis & Associates, 1132 Ventura Blvd., Suite 414, Studio City, CA 91604. 818-752-4233.

May 9. Southern California Hillsea 7.57 Mile Race, Huntington Beach. SASE to Finish Line, 7846 Connie Dr., Huntington

Beach, CA 92648. 714-841-5417.

May 17. Bay To Breakers 12K, San Francisco. BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

May 23. Mt. Wilson Trail Race (8.6 miles), Sierra Madre, Calif. Mt. Wilson Race, 232 W. Sierra Madre Blvd., Sierra Madre, CA 91024. 626-355-5278.

May 24. Strawberry Stampede 5K & 10K, Arroyo Grande, Calif. 805-489-4157.

May 30. Avon Women's 10K, Sacramento, Calif. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

June 6. Palos Verdes Marathon, Palos Verdes (Los Angeles suburb), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

June 6. Fontana Days Half-Marathon & 5K. Don Day Community Ctr., 14501 Live Oak Ave., Fontana, CA 92337. 909-428-8383; 428-8385.

June 21. Rock 'N' Roll Marathon, San Diego. Limited to 12,000. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

June 27-28. Western States 100 Mile Endurance Run, Squaw Valley, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-683-1161.

July 12. San Francisco Marathon. SFM, c/o 120 Pondersoa Ct., Folsom, CA 95630. 916-983-4622.

July 26. Wharf to Wharf 6 Mile, Santa Cruz, Calif. Kirby Nicol, PO Box 307, Capitola, CA 95010. 408-475-2196.

August 16. America's Finest City Half-Marathon, San Diego. Neil Finn, PO Box 3879, San Diego, CA 92163. 619-297-3901.

August 30. Silver State Marathon, Reno, Nev. Ski Pisarski, SSM, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

NORTHWEST

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

May 3. Lilac Bloomsday 12K, Spokane. Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579; fax: 838-2922.

May 3. McDonald Forest 50K Ultramarathon, Peavy Arboretum (5 miles north of Corvallis), Ore. Clem LaCava, 541-758-8124(eve); 541-737-2373(days); e-mail: lacavacl@ccmail.orst.edu.

May 17. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 24. Wyoming Marathon, Laramie. Brent Weigner, c/o Cheyenne TC, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.

May 30. Salt Lake City 10K, Greg Reid, 1965 W. 500 South, Salt Lake City, UT 84104. 801-274-8259.

June 6. Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.

June 13. Sound To Narrows 12K, Tacoma, Wash. The News Tribune, PO Box 11000, Tacoma, WA 98411. 206-597-8566; 800-750-7223.

June 27. Magna Classic 10K, Magna, Utah. Masters money. Demetrio Cabanillas, 694 W. Jenny Sue Ct., Murray, UT 84123. 801-288-9555.

June 27. Wyoming Governor's Cup 5K/USATF Wyoming Championships, Lander. Marty Higginbotham, 385 Mt. Arter, Lander, WY 82520. 307-332-2282.

July 25. Rose City 50 Mile & 75 Mile

Relays, Portland, Ore. AA Sports Limited, 4840 SW Western Ave., Ste 400, Beaverton, OR 97005. 503-644-6822; fax: 503-520-0242.

July 26. Avon Women's 10K, Portland, Ore. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

INTERNATIONAL

May 10. BVAF 10 Mile Championships, Leyland. Ron McAndrew, 2 Rowan Croft, Clayton le Woods, Chorley, Lancs PR6 7UX, England.

June 28. 25th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.ruralnet.net/~apostolo>

RACEWALKING

May 2. Howard Wood Dakota Relays 5K Racewalk, Sioux Falls, S. Dak. Glen Peterson, 605-336-6715.

May 3. USATF National Masters Men's 30K & Women's 20K Championships, Albany, N.Y. George Regan, USATF Adirondack, 233 Fourth St., Troy, NY 12180. 518-273-5552.

May 4. BVAF 50K Championships, Burrator, Devon, England.

May 24. USATF National Masters 15K Championships, Elk Grove, Ill. Diane Graham-Henry, USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052.

May 24. MAC & Open 20K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

May 24. Art Keay 10K Racewalk, Toronto, Canada. Ontario Racewalkers, 676 Balliol St., Toronto, Ontario, Canada M4S 1E7. Joan Sutherland, 416-489-0561.

May 24. Sanford Kalb 9 Mile Walk Race, Lakewood, N.J. 732-905-3685.

June 28. MAC & Open 15K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

July 11. USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

July 31. USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.


August 2. USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34 Bob McVicker	Triple Jump	44-2	6-8-96	M60-64 Don Truex	1500 5000	5-03.00 18:37.91	6-8-97 8-7,10-97	W50-54 Jo Ann Owen	50K Racewalk	6:05	3-15-98
M40-44 Bob Blackburn	Triple Jump	11.52	2-15-98	M65-69 Dick Petruzzl	8K Racewalk 5K Racewalk 3K Racewalk	46:01 28:29 16:12.40 20.14	2-22-98 3-21-98 3-29-98 8-7,10-97	W55-59 Suzy Hess	16# Weight 25# Weight	23-02 16-09 3/4	3-27,29-98 3-27,29-98
Bob Schneider	Long Jump Mile	5.99 4:52.0	2-15-98 1-21-98	Grant Twitchell	100			W60-64 Sami Bailey	1500 Racewalk 15K Racewalk 3K Racewalk	9:05.10 1:42.39 18:34.99	2-15-97 5-18-97 3-7-98
M45-49 Stanley Sosnowski	Mile Racewalk	7:35.44	3-22-98	M70-74 Darrell Stewart	3K Racewalk	17:13.37	4-5-98	W65-69 Joan Burgess	High Jump	3-03.25	1-9-98
M50-54 Jess Brewer Bernie Candy	400 10K	57.7 37:38	3-28-98 4-4-98								

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE 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
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1 1/2	3-9/16	3-3/16	2-7/16
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5/16	13-5/16	12-11/16	12-1 1/16	11-7/16	10-0	8-10/16	8-4/16	7-6/16	6-6/16	5-10/16	4-3/16
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3/4	41-4/8	37-8/16	35-5/16	34-1/16	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

Notes: 1) 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"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-49: 800g; 60+: 600g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS STANDARDS OF EXCELLENCE 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
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1/4	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1/4	14-1 1/4
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/4	69-0	59-1/4	52-6	45-0	42-8	36-1 1/4
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-0	59-1/4	46-0	39-4 1/4	39-6 1/4
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/4	29-6 1/4	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8 1/4	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/4	18-2 1/4	16-5	17-2 1/4	16-5	15-7	14-9 1/4	13-1 1/4	11-5 1/4	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2500	2400	2500	2400	2300

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 33"; 40+: 30"
3) Shot put: 30-49: 4k; 50+: 3k
4) Javelin: 30-49: 600gm; 50+: 400gm
5) Hammer: 30-49: 4k; 50+: 3k
6) Metric heights and distances are the standard; feet and inches listed for convenience.
7) Superweight: 30-49: 35-lb; 50+: 25-lb

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
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

NATIONAL

USATF National Masters Indoor Pentathlon Championships Kent State University Fieldhouse, Kent, Ohio; Feb. 21

Table with columns: Name, Pts, HH, LJ, SP, HJ, 1000. Lists results for various athletes including Dave Bell, Troy Mozena, Frank Makozny, etc.

USA National Masters Indoor Championships Reggie Lewis Track & Athletic Center, Boston, Mass.; March 22-29 60M

Table with columns: Name, Pts, HH, LJ, SP, HJ, 1000. Lists results for various athletes including George Onyenyeeuwu, Shawn Richards, David Barmer, etc.

Table with columns: Name, Pts, HH, LJ, SP, HJ, 1000. Lists results for various athletes including Stephen Robbins, Tim Butts, Hans Gordon, etc.

Table with columns: Name, Pts, HH, LJ, SP, HJ, 1000. Lists results for various athletes including Kettrell Berry, Benito Rosales, Ben McLeod, etc.

Table with columns: Name, Pts, HH, LJ, SP, HJ, 1000. Lists results for various athletes including Bob Matteson, Eliahu BarJosef, Bert Morrow, etc.

Continued on next page

Continued from previous page

3 Henry (Ron) Barela	41 AZ 14-00
4 Mike Bizzaro	40 NJ 13-00
5 Michael McGinnis	43 SC 13-00
5 Charles Barnard	42 MO 13-00
7 John Baker	40 NY 12-06
8 Peter McGinnis	43 NY 12-06
8 Wilson Soohoo	41 CA 12-06
0 Hal Fairbanks	41 GA 11-06
1 Timothy Verity	40 NY 11-06
2 Dave Gorman	43 PA 11-00
M45	
1 Steve Gorman	46 PA 13-08
2 Ken Krings	46 PA 12-06
3 Reg Hurlbert	47 WA 12-00
M45	
4 Michael Vick	47 TX 12-00
5 John Hoogasian	48 MA 11-00
6 Robert Berke	46 NC 12-06
7 James Pedley	48 FL 11-00
8 Jim Bell	49 MA 8-00
- Jim Dolezal	47 OK NH
M50-59 -PJ-	
1 Larry McIntyre	50 TX 14-00
2 Wayne Lambert	51 CA 13-00
3 Warren Wilke	50 TX 12-06
4 Joe Johnston	54 FL 12-06
5 Michael Zahner	51 VT 9-00
- T.W. Tesch	50 NY NH
M55	
1 Nora Cyprus	59 NY 9-00
2 Buster Byrnes	55 ME 7-00
M60	
1 Dale Lance	60 OK 3.91m
2 Duane Rykhus	62 SD 3.05m
3 John Diggs	63 TN 2.90m
4 John Steinman	61 NV 2.75m
5 Rusty Hamilton	61 SC 2.15m
M65	
1 Jerry Donley	68 CO 3.05m
M70	
1 Denver Smith	72 OH 2.30m
M75	
1 Boo Morcon	76 NH 2.30m
2 Armando Ricciardi	78 NV 2.15m
M55	
1 Joy MacDonald	57 FL 2.44m
M65	
1 Amy Hicks	65 MA 1.08m
M70	
1 Lenore McDaniels	70 VA 1.68m

LONG JUMP

1 Andrew Boyce	33 IL 6.79m
2 Donald Brown	34 NY 6.41m
3 Spencer Johnson	34 OH 6.36m
4 James Tunstall	33 VA 6.16m
5 Richard Cistone	32 AZ 5.56m
M35	
1 Brian Corrigan	35 NJ 6.60m
2 Steven Keyes	37 MA 6.53m
3 James Wardle	35 RI 6.44m
4 Ben McLeod	38 VA 6.01m
5 Darrell Charles	38 WA 5.74m
6 Rick Schultz	39 MA 5.31m
7 Darrell Turnipseed	37 TX 5.14m
M40	
1 Barry Stebbins	42 PA 6.12m
2 Joseph Smith	42 WA 6.30m
3 David Quick	42 CA 5.77m
4 Michael McPherson	41 VA 5.54m
5 Jeff Watry	42 WI 5.30m
6 Ronald Jackson	43 NJ 5.27m
7 John Billingsley	40 VA 5.15m
8 Hal Fairbanks	41 GA 4.80m
9 Christopher Noon	40 MA 4.24m
M45	
1 Anthony Santos	46 GA 5.93m
2 Jim Dolezal	47 OK 5.25m
3 John Oleski	47 MA 5.23m
4 Scott Thorsley	45 AL 5.10m
5 William Sikorsky	49 CT 4.25m
M50	
1 Edward Jones	53 TX 5.86m
2 Richard Lech	50 CA 5.59m
3 Joseph Johnson	53 NJ 5.50m
4 Jerome Gillette	54 OH 5.43m
5 Warren Belinette	51 AZ 5.31m
6 James Dickerson	51 NJ 5.30m
7 Michael Milove	52 NY 5.22m
8 K.H. Troy	52 MA 5.17m
9 Ernie Dew	52 MA 5.04m
0 Gregory Brooks	51 TX 4.54m
1 Bob Boddy	50 DE 4.37m
M55	
1 James Cawley	55 TX 5.20m
2 Hans Gordon	56 LA 5.16m
3 Bill Angus	55 OH 5.15m
4 Philip Byrne	57 MA 4.91m
5 Douglas Geertgens	55 NY 4.87m
6 Ken Moses	55 NY 4.67m
7 John Head	59 TX 4.16m
- Georg Schweizer	59 CT FOUL
- Emil Pawlik	59 MS FOUL
M60	
1 Vincent Ruffin	62 NJ 4.43m
2 Kallukkat Thomas	61 PA 4.35m
3 Charles Lanza	61 TN 4.15m
M65	
1 James Stookey	68 MD 4.92m
2 Clarence Trinkner	66 WI 4.41m
3 Jack Lance	67 NJ 3.58m
M70	
1 Tom Rice	70 PA 4.38m
2 Chuck Sochor	70 MI 4.27m
3 Buck Bradberry	71 SC 4.26m
4 Frank Brako	72 MA 3.65m
5 Bill Townsend	71 NY 3.65m
M75	
1 Edward Lukens	77 NY 4.30m
2 Ed Matthews	76 MD 3.56m
3 Armando Ricciardi	78 NV 3.23m
4 John McCarrthy	76 PA 2.73m
M80	
1 R."sparks" Sorlien	81 RI 2.56m
2 Eliahu BarJosef	83 ISR 2.34m
M85	
1 Ted Hatlen	87 CA 2.38m
2 W30+ -LJ-	88 FL 1.98m
M30	
1 Dawn Best	33 NY 4.15m
M35	
1 Elaine Iba	37 CA 4.70m
2 Edna Crawley	39 NJ 4.10m

1 Erika Szanto	53 OH 2.96m
W55	
1 Janice Condon	56 CA 2.34m
M60	
1 Audrey Lary	63 MD 3.48m
2 Barbara Jordan	62 VT 3.31m
3 Christal Miller	63 CA 3.07m
4 Fei-Mei Chou	63 CA 2.85m
M65	
1 Magdalena Kuehne	67 CA 3.34m
W70	
1 Lenore McDaniels	70 VA 3.40m
W75	
1 Diane Friedman	76 OH 1.75m

TRIPLE JUMP

1 Robert McVicker	32 PA 13.07m
2 James Tunstall	33 VA 12.82m
3 Donald Brown	34 NY 12.60m
M35	
1 Brian Corrigan	35 NJ 13.93m
2 Benedict Olusola	39 TX 13.49m
3 Donald Hardy	36 LA 13.43m
4 Darrell Charles	38 WA 11.56m
M40	
1 David Quick	42 CA 13.68m
2 Joseph Smith	42 WA 13.37m
3 Russ Bosbach	40 MA 12.50m
4 Barry Stobbins	42 PA 11.08m
- Ronald Jackson	43 NJ FOUL
M45	
1 Rodney Wiltshire	47 NY 12.47m
2 Anthony Santos	46 GA 11.79m
3 Ivan Black	49 NY 10.96m
4 Scott Thorsley	45 AL 10.76m
5 John Oleski	47 MA 10.18m
M50	
1 K.H. Troy	52 WA 11.38m
2 Michael Milove	52 NY 10.51m
3 Bill Walsh	52 MD 10.34m
- Ernie Dew	52 MA FOUL
M55	
1 Douglas Geertgens	55 NY 10.41m
2 James Cawley	55 TX 10.39m
3 Walter Shields	58 MA 10.15m
4 Hans Gordon	56 LA 9.80m
5 Ken Moses	55 NY 9.58m
6 Avital Schurr	56 KY 9.14m
7 John Head	59 TX 7.67m
M60	
1 Haig Behigian	61 NY 9.60m
2 Alan Brevik	63 SD 9.15m
M65	
1 James Stookey	68 MD 10.08m
2 Jack Lance	67 NJ 8.61m
M70	
1 Frank Brako	72 MA 8.72m
2 Denver Smith	72 OH 8.67m
3 Tom Rice	70 PA 8.21m
4 Bill Townsend	71 NY 7.93m
M75	
1 Edward Lukens	77 NY 9.13m
2 Ed Matthews	77 MD 7.23m
M80	
1 R."sparks" Sorlien	81 RI 6.50m
2 Eliahu BarJosef	83 ISR 4.54m
W35	
1 Elaine Iba	37 CA 9.93m
2 Edna Crawley	39 NJ 7.76m
M60	
1 Audrey Lary	63 MD 8.07m
2 Barbara Jordan	62 VT 7.47m
3 Evelyn Wright	61 MD 7.17m
4 Fei-Mei Chou	63 CA 5.75m
M65	
1 Magdalena Kuehne	67 CA 7.20m
2 Amy Hicks	65 MA 6.09m
M70	
1 Lenore McDaniels	70 VA 6.80m

SHOT PUT

1 Troy Herr	33 PA 13.12m
2 William Cotter	33 MA 12.12m
M35	
1 Glenn Thompson	35 PA 17.64m
2 Art McDermott	36 MA 16.15m
3 Warren Taylor	38 PA 15.56m
4 David Tolson	38 MA 11.83m
M40	
1 Bob Otrando	41 MA 15.62m
2 Jay McKeen	43 NJ 14.80m
3 Tony Ciccone	44 NY 14.14m
4 Kim Salzer	44 NY 13.43m
5 Dennis Hansen	44 NY 12.58m
6 Donald Filkins	44 NH 12.41m
7 Ted Gouge	41 MO 11.93m
8 Scott Bull	40 MA 11.87m
0 Carmen Letizia	44 NY 10.79m
1 Jeff Watry	42 WI 10.67m
2 Daniel Taylor	40 FL 10.51m
3 Mark Kreefle Sr	43 MD 9.47m
M45	
1 Craig Shumaker	49 PA 13.87m
2 Ed Clark	45 MA 12.25m
3 Stew Beltz	45 PA 12.22m
4 John Priestley	49 MD 11.70m
5 Dennis Chandler	47 NJ 11.69m
6 Larry Readman	47 IL 10.85m
7 Richard Watson	45 AZ 10.45m
8 Peter Mitchell	48 NH 10.20m
9 William Sikorsky	49 CT 9.85m
M50	
1 Ladislav Pataki	53 CA 15.80m
2 Bruce Hedendal	50 FL 13.76m
3 Joseph DeStefano	51 MA 13.22m
4 James Nichols	50 NY 13.10m
5 Robert Warrington	50 NY 12.60m
6 Jerry Bookin-Weiner	51 MA 12.01m
7 Terry Shuman	52 PA 11.07m
8 Rich Dunphy	50 NJ 11.07m
9 Allan Neville	54 NH 10.34m
0 Neil Rich	50 MA 9.67m
1 David Tousignant	50 MA 9.01m
M55	
1 Glen Johnson	58 TN 13.52m
2 Brian McKenna	57 NY 10.52m
3 Bob Cahners	55 FL 10.50m
4 Gary Crawford	57 NY 10.36m
5 Philip Byrne	57 MA 9.60m
6 William Burkle	57 NH 9.56m
M60	
1 Joe Keshmiri	60 NV 15.77m
2 Gerald Vaughn	62 NC 13.97m

1 Leonard Rosen	63 NH 11.78m
4 Charles Lanza	61 TN 11.45m
M65	
1 Leonard Olson	66 FL 12.88m
2 Ray Feick	66 PA 12.02m
3 Larry Marsh	65 MI 11.93m
4 Pay Carstensen	66 FL 11.90m
5 Karim Zandi	65 NV 10.86m
6 Pete Augsburgur	68 OH 10.76m
M70	
1 Phillip Walaro	70 MO 12.90m
2 William Brusca	74 MI 10.95m
3 Charles Covino	74 NJ 9.95m
4 JW "bill" Snaden	72 SC 8.50m
5 Jacob Stein	74 KY 8.42m
M75	
1 Charles Pistorino	75 VA 9.81m
2 Armando Ricciardi	78 NV 8.25m
3 John McCarrthy	76 PA 7.59m
4 Angelo Oliver	78 RI 7.38m
M80	
1 Thomas McDermott	81 FL 9.10m
2 Bruno Macki	80 NH 7.63m
3 Bob Detweiler	84 PA 5.08m
M85	
1 Ted Hatlen	87 CA 6.58m
2 Orrin Graf	88 FL 5.33m
M95+	
1 Everett Hosack	96 OH 4.00m
M30	
1 Maureen Fallon	31 MA 11.39m
2 Cheryl Chong-Hunter	32 MA 10.01m
M35	
1 Gretta Long	36 PA 10.52m
2 Dana Baumgarten	36 FL 8.94m
3 Debra Hill	35 VA 8.13m
4 Deborah Ecklund	38 NY 7.86m
M40	
1 Marcia Veale	43 MA 10.74m
M45	
1 April Capwill	47 PA 9.45m
2 Mary Hartzer	48 OH 8.73m
M50	
1 Erika Szanto	53 OH 9.58m
2 Skipper Clark	50 NY 9.03m
3 Patricia Foggy	52 MA 8.88m
M55	
1 Erika Szanto	53 OH 9.58m
2 Skipper Clark	50 NY 9.03m
3 Patricia Foggy	52 MA 8.88m
M60	
1 Evelyn Wright	61 MD 8.63m
2 Mary Roman	62 CT 8.58m
3 Anne Cirulnick	63 NY 7.93m
4 Christ Miller	63 CA 7.71m
5 Marcia Crooks	64 MA 6.83m
M65	
1 Magdalena Kuehne	67 CA 7.11m
2 Harriet Patch	67 MA 6.47m
3 Georgia Johnson	68 MI 6.16m
4 Lillian Snaden	68 SC 6.14m
M70	
1 Lenore McDaniels	70 VA 6.26m
M75	
1 Katharine Gradick	80 FL 5.75m

WEIGHT

1 Troy Herr	33 PA 18.70m
2 William Cotter	33 MA 13.27m
M35	
1 Michael Hambrick	38 PA 14.93m
2 Glenn Thompson	35 PA 14.12m
M40	
1 David Vandergrieff	42 SC 15.65m
2 Anthon Chioccarelli	43 FL 14.79m
3 Donald Filkins	44 NH 13.79m
4 Kim Salzer	44 NY 12.98m
5 Jay McKeen	43 NJ 12.68m
6 Mark Kreefle Sr	43 MD 12.33m
7 Ted Gouge	41 MO 10.72m
8 Scott Bull	40 NJ 10.57m
9 Dennis Hansen	44 NY 10.14m
0 Carmen Letizia	44 MA 9.78m
M45	
1 Tim Edwards	49 CO 13.77m
2 T.Carl Reichard	45 CT 12.75m
3 Richard Watson	45 AZ 12.13m
4 Patrick Lynn	48 NY 11.87m
5 Ted Loska	46 MA 11.11m
6 Larry Readman	47 IL 10.55m
7 Dennis Chandler	49 NJ 10.53m
8 John Priestley	47 MD 10.49m
M50	
1 Ladislav Pataki	53 CA 14.08m
2 George Hedendal	54 FL 13.69m
3 Bruce Matthews	50 PA 13.34m
4 Terry Shuman	52 PA 11.92m
5 Jerry Bookin-Weiner	51 MA 11.35m
6 Allan Neville	54 NH 10.40m
7 Bill Walsh	52 MD 9.61m
8 David Tousignant	50 MA 9.44m
M55	
1 Norm Cyprus	59 NY 11.69m
2 Bob Cahners	55 FL 10.69m
3 Buster Byrnes	55 ME 9.75m
4 Brian McKenna	57 NY 9.06m
5 William Burkle	57 NH 8.26m
M60	
1 Emil Muller	62 CA 14.52m
2 Vernon Spencer	63 CO 12.33m
3 Fred Shanaman	64 WA 9.95m
M65	
1 Leonard Olson	66 FL 13.76m
2 Austin Baggett	66 FL 13.04m
3 Pay Carstensen	66 FL 12.95m
4 Karim Zandi	65 NV 12.52m
5 Ray Feick	66 PA 12.46m
M70	
1 Ken Weinbel	70 WA 11.71m
2 Phillip Walaro	70 MI 10.15m
3 William Brusca	74 MI 10.00m
4 Lev Mozhav	72 PA 9.03m
5 Jacob Stein	74 KY 7.66m
6 JW "bill" Snaden	72 SC 6.85m
M75	
1 Armando Ricciardi	78 NV 7.62m
M80	
1 Thomas McDermott	80 FL 8.56m
2 Bob Detweiler	84 PA 3.99m
M95+	
1 Everett Hosack	96 OH 3.52m
M35	
1 Cynthia Morrison	38 FL 8.54m
2 Deborah Ecklund	38 NY 6.86m
M40	
1 April Capwill	47 PA 9.11m
M50	
1 Erika Szanto	53 OH 8.74m

1 Suzie Hess	56 OR 7.06m
M60	
1 Evelyn Wright	61 MD 9.35m
2 Anne Cirulnick	63 NY 7.59m
3 Marcia Crooks	64 MA 6.54m
M65	
1 Amy Hicks	65 MA 6.73m
2 Lillian Snaden	68 SC 6.50m

SUPERWEIGHT

1 Troy Herr	33 PA 12.49m
2 William Cotter	33 MA 8.82m
M35	
1 Michael Hambrick	38 PA 9.77m
2 Brian Doherty	38 MA 8.59m
3 Glenn Thompson	35 PA 8.10m
M40	
1 David Vandergrieff	42 SC 10.81m
2 Anthon Chioccarelli	43 FL 10.44m
3 Kim Salzer	44 NY 9.02m
4 Jay McKeen	43 NJ 9.27m
5 Mark Kreefle Sr	43 MD 7.66m
M45	
1 Tim Edwards	49 CO 10.73m
2 T.Carl Reichard	45 CT 8.80m
3 Richard Watson	45 AZ 8.32m
4 Larry Readman	47 IL 8.13m
5 John Priestley	47 MD 8.10m
6 Patrick Lynn	48 NY 7.86m
7 Dennis Chandler	49 NJ 7.01m
M50	
1 Ladislav Pataki	53 CA 9.32m
2 Terry Shuman	52 PA 8.40m
3 George Mathews	54 WA 8.25m
4 Bruce Hedendal	50 FL 8.23m
5 Jerry Bookin-Weiner	51 MA 6.71m
M55	
1 Norm Cyprus	59 NY 7.87m
2 Bob Cahners	55 FL 6.89m
3 William Burkle	57 NH 4.11m
M60	
1 Vernon Spencer	63 CO 6.33m
2 Fred Shanaman	64 WA 5.31m
M65	
1 Austin Baggett	66 FL 6.62m
2 Ray Feick	66 PA 6.60m
3 Pay Carstensen	66 FL 6.30m
4 Leonard Olson	66 FL 6.25m
M70	
1 Ken Weinbel	70 WA 10.01m
2 William Walaro	74 MI 8.03m
3 Phillip Brusca	70 MO 7.58m
4 Jacob Stein	74 KY 5.74m
5 JW "bill" Snaden	72 SC 4.90m

Continued from previous page

Table with columns: Name, Points, 60, LJ, SP, HJ, Day 1, HURDLE, PV, 1000. Lists athletes like 2 Trinkner, Clarence and 3 Kress, Ted with their respective scores and event results.

EAST Syracuse U. Noontime League Manly Fieldhouse Syracuse, NY

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Table listing athletes and their scores for various events such as 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

USATF East Regional Masters Indoor Championships New York, NY; March 8

Table listing athletes and their scores for various events such as 60m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 8000m, 10000m.

Continued on next page

Continued from previous page

W35	Helen Nelson	8.79
	Edna Crawley	9.10
W50	Kathy Cirina	9.25
	Norma Jones	9.99
M55	Susanne Magrogan	12.50
W60	Audrey Lary	10.07
	Phyllis Bradley	10.66
	Mary Roman	11.19
W70	Pat Peterson	10.66
W80	Adrienne Salmini	21.99
200m		
M30	Andre Bridgett	23.97
	David Barner	24.05
	Donald Brown	24.16
	Vincent Goodman	25.09
M35	John Burks	24.40
M40	Ben James	23.44
	Val Barnwell	23.90
	Thomas Jones	24.10
	Keith Royster	24.26
	Archie Glaspy	24.39
	Ellis Liddell	24.52
	Chuck Hunter	24.87
	Chris Wiles	25.03
	Barry Blake	29.46
M45	Edward Gonera	23.61
	Jesse Norman	24.14
	Francis Schiro	25.07
	David Friedman	34.86
M50	Joseph Johnson	25.61
M55	Lawrence Harvey	29.28
	David Rosenthal	32.70
M60	Larry Colbert	27.44
	Cliff Pauling	28.34
	John MacDonald	29.26
M65	James Stookey	29.88
M70	H MacMillan	31.77
	Frank Brako	34.17
	John McManus	34.18
M75	Lester Wright	33.09
	Jim Manno	34.35
	Ed Matthews	35.76
M80	Bob Matteson	39.24
W30	Alethea Morris	25.71
W50	Kathy Cirina	31.50
	Norma Jones	35.00
	Mary Trotto	39.34
W60	Audrey Lary	35.16
	Phyllis Bradley	39.22
	Mary Roman	41.36
W70	Patricia Peterson	36.34
400m		
M30	Tracy Fox	50.84
	Vincent Goodman	55.37
M35	Ray Blackwell	50.64
	John Burks	54.44
	Gina Caro	58.99
M40	Ben James	52.43
	Archie Glaspy	54.38
	Keith Royster	55.12
	Chris Wiles	55.33
	T Hartshorne	55.68
	Adrian Sterrett	56.60
	Barry Blake	1:04.65
M45	Herman Belcher	53.11
	Francis Schiro	54.72
	Dennis Brown	57.46
	David Friedman	1:17.16
M50	Jess Brewer	58.18
	Alan Taylor	58.48
	M Maslowski	59.56
	Robert Ihne	1:00.62
	Harold Holan	1:01.48
	Keith Small	1:01.93
M55	L Harvey	1:03.41
	Tom Hartman	1:09.53
M60	Larry Colbert	58.93
	Ken Baker	1:01.64
	Cliff Pauling	1:03.20
	John MacDonald	1:05.42
	Chris Rush	1:05.60
	Don Beck	1:08.30
	Jim Aneshansley	1:09.24
M70	John McManus	1:16.70
	H MacMillan	1:16.88
	M Goldstein	1:30.70
M75	Lester Wright	1:19.23
	Jim Manno	1:23.13
M80	Bob Matteson	1:27.08
W30	Alethea Morris	58.56
	Lisa Warren	1:04.98
W45	Mary Rosado	1:13.96
W50	Mary Trotto	1:29.69

W60	Audrey Lary	1:25.21
W70	Patricia Peterson	1:29.82
W80	A Salmini	3:33.97
800m		
M30	W Brosmith	2:02.67
	M McGarry	2:05.68
M35	Rich Agnello	2:05.60
	L A Glazer	2:07.12
	David Sullivan	2:12.91
	Paul Leary	2:16.96
	Gino Caro	2:24.59
M40	T Hartshorne	2:08.93
	James O'Brien	2:11.69
	Rich Stewart	2:14.49
	Fred Kitzrow	2:14.73
	Joseph Gonzalez	2:15.06
	R Sipperly	2:17.13
M45	Duane Green	2:07.88
	Tom Ryan	2:11.57
	Bradford Hurst	2:14.40
	Tony Plaster	2:14.70
	Stephan Viegas	2:17.77
	Steven Rook	2:10.25
M50	Albin Swenson	2:10.40
	Bruce Carter	2:16.79
	Richard Murray	2:19.68
	Victor Diaz	2:20.06
	F Handelman	2:20.86
	Alan Taylor	2:21.90
	Dam Masterson	2:27.95
	J Tetherly	2:31.90
	John Kuhl	2:36.49
	Bill Indek	2:39.01
M55	Sid Howard	2:16.96
	L Harvey	2:31.45
	Kenneth Skinner	2:32.23
	Joel Dubow	2:38.18
M60	Ken Baker	2:28.79
	Frank Haviland	2:30.01
	Chris Rush	2:33.02
	Cliff Pauling	2:33.58
	Jim Aneshansley	2:33.60
	Bruce Marsh	2:41.12
	John Conner	2:46.44
M65	Joe Kernan	3:26.52
M70	John McManus	3:00.07
M80	Bob Matteson	3:51.34
W30	Lisa Warren	2:35.51
	Dawn Best	2:38.88
W45	Mary Rosado	2:40.20
	M McCloud	2:48.43
W50	Mary Trotto	3:40.96
1500m		
M30	W Brosmith	4:03.84
	Alan Wells	4:13.07
	M McGarry	4:18.03
M35	James Cuono	4:24.35
M40	Fred Kitzrow	4:22.87
	Anthony Watson	4:26.32
	Merrell Noden	4:41.13
M45	Bradford Hurst	4:30.23
	Steven Rook	4:38.12
	Carl Stainagle	5:18.70
M50	Albin Swenson	4:24.00
	Harold Nolan	4:26.48
	Victor Diaz	4:42.95
	Bruce Carter	4:39.61
	Richard Murray	4:42.96
	Bill Indek	5:25.06
M55	Sid Howard	4:38.20
	Kenneth Skinner	5:07.76
	Seth Kaminsky	5:09.00
	Joel Dubow	5:18.25
	Bob Edmonds	5:32.67
M60	Joe Cordero	5:05.42
	Witold Bialokur	5:07.84
	Jim Fillis	5:12.25
	Frank Hamiland	5:15.79
	Bruce Marsh	5:25.41
	John Conner	5:31.48
W30	Debbie Marshall	5:00.89
	Elizabeth Murray	5:11.25
W45	Mary Rosado	5:28.72
W50	Mary Trotto	7:07.56
3000m		
M30	Mark Paparella	9:08.62
	Alan Wells	9:14.89
	Jud Santos	9:50.85
M35	James Cuono	9:35.82
M40	Steve Shaklee	9:07.13
	Anthony Watson	9:50.28
	Maurice Pointer	9:55.55
	Bob Brennan	11:00.31
M50	Hugh Sweeny	9:46.04
M60	Joe Cordero	11:32.52

M70	Des Margetson	15:17.34
4x200m Relay		
M30	Central Park	1:41.39
	TC B (Glaspy/D Brown/	
	D Brown/Barnwell)	
M40	Central Park	1:36.80
	TC A (Norman/Overby/	
	Jeremiah/Gonera)	
	Md Masters TC	1:37.80
	(T Jones/Crawford/	
	R Jones/Belcher)	
M50	Garden State AC	1:54.42
	(Small/Hartman/Tindell/	
	McDonald)	
	Md Masters TC	2:01.76
	(Masterson/Boddy/Beck/	
	Walsh)	
M60	Md Masters TC	2:19.26
	(Goldstein/Gilbert/	
	Matthews/Stookey)	
W30	Central Park TC	1:52.28
	(Clark/Landrum/	
	Walker/Sterrett)	
4x400m Relay		
M30	Shore AC	3:57.51
	(Plaster/Agnello/	
	Leary/Ryan)	
W30	Central Park AC	4:26.63
	(Clark/Landrum/	
	Sterrett/Crane)	
High Jump		
M35	William Brown	1.52
	Rob Doran	1.48
M45	Bob Hulme	1.67
	John Fortin	1.52
	Ivan Black	1.42
	David Friedman	1.11
M50	Bob Boddy	1.47
	Jim O'Brien	1.47
	Bill Walsh	1.37
	Bill Gainey	1.22
M55	Douglas Geertgens	1.32
M60	John MacDonald	1.32
	Don Beck	1.11
M65	James Stookey	1.32
	David Gilbert	1.06
M70	Des Margetson	1.27
	Frank Brako	1.27
M75	Ed Matthews	1.01
W30	Lisa Warren	1.49
W35	Edna Crawley	1.32
W50	Kathy Cirina	1.17
W70	Patricia Peterson	1.04
Pole Vault		
M30	Duncan Littlefield	4.57
M35	Rob Doran	2.89
M40	Mike Bizzaro	4.11
	Donald Severn	3.81
M45	Steve Gorman	3.66
M50	Bill Walsh	2.89
M55	Jeff Tindall	3.35
M65	James Stookey	2.44
Long Jump		
M40	Barry Stebbins	6.03
	Ronald Jackson	5.35
M45	John Oleski	4.85
	Ivan Black	4.55
	William Sikorsky	4.47
	David Friedman	3.67
	Blair Schneider	3.11
M50	Bob Boddy	5.02
	Michael Milove	5.00
	Bill Walsh	4.52
M55	Douglas Geertgens	4.74
M60	Vincent Ruffin	4.12
	Joe Hemler	3.66
	Don Beck	3.36
M65	James Stookey	4.46
	David Gilbert	3.25
	Jack Lance	3.12
M70	Frank Brako	3.51
M75	Ed Matthews	2.94
W30	Dawn Best	3.85
W35	Edna Crawley	4.09
W55	Susanne Magrogan	2.22
W60	Evelyn Wright	3.36
	Audrey Lary	3.13
Triple Jump		
M40	Barry Stebbins	11.52
	Ronald Jackson	10.50
M45	Rodney Wilshire	12.14
	Ivan Black	10.89
	Bob Hulme	10.61
	John Oleski	10.13
	David Friedman	6.62

M50	Michael Milove	10.45
	Bill Walsh	10.18
	Bill Gainey	8.11
M55	Dourlas Geertgens	10.01
M60	Haig Bohigian	8.88
	Joe Hemler	7.55
	Don Beck	6.96
M65	James Stookey	9.69
	Jack Lance	7.98
M70	Frank Brako	8.12
	Morton Goldstein	5.90
M75	Ed Matthews	6.85
	Hillar Saareste	6.52
W35	Edna Crawley	7.10
W50	Kathy Cirina	8.18
W55	Susanne Magrogan	5.74
W60	Audrey Lary	7.84
	Evelyn Wright	7.48
Shot Put		
M40	Tony Ciccone	13.98
	Dennis Hansen	12.42
	Dan Wallace	12.25
M45	John Priestley	11.59
	William Sikorsky	9.91
	Jeffrey Copland	8.35
	Blair Schneider	7.16
M50	Bill Gainey	12.45
	Rich Dunphy	11.79
	Bill Walsh	11.17
	Carl Levine	9.19
M55	Bob Cahners	9.76
M60	Don Beck	9.46
	Joe Hemler	8.45
M65	Ray Feick	11.73
	David Gilbert	7.70
M70	Frank Brako	8.50
	Morton Goldstein	7.39
M75	Ed Matthews	6.28
W30	Lisa Warren	11.03
W35	Edna Crawley	7.27
	Deborah Ecklund	7.14
W50	Kathy Cirina	9.48
	Mary Trotto	6.46
W55	Susanne Magrogan	5.56
W60	Evelyn Wright	8.83
	Mary Roman	8.61
	Audrey Lary	7.70
	Marcia Crooks	7.36
Weight Throw		
M40	Dennis Hansen	9.72
M45	John Priestley	10.27
	Blair Schneider	5.57
M50	Bill Walsh	8.72
	Bill Gainey	8.41
	Carl Levine	6.81
M55	Bob Cahners	10.00
M60	Don Beck	5.94
M65	Ray Feick	11.75
M70	Morton Goldstein	4.55
W35	Deborah Ecklund	6.84
W50	Kathy Cirina	8.98
W55	Susanne Magrogan	5.48
W60	Evelyn Wright	8.89
	Mary Roman	7.32
	Marcia Crooks	6.34
3000m RW		
M40	Rupert Ravena	14:52.80
M50	Gary Null	14:15.13
M60	Frank Sullivan	22:00.85
M70	John Nervetti	18:25.03

SOUTHEAST

Masters Track Meet
Sarasota, FL; Feb. 21

100m		
M35	Jim Farr	11.96
M50	Dan Kates	17.47
M65	Luis Guzman	15.08
220y		
M35	Jim Farr	24.30
M50	Dan Kates	36.40
M65	Luis Guzman	29.05
440y		
M35	Stuart Coffman	1:10
M55	J C Shenk	1:02
W40	Karen Mahoney	2:14
880y		
M30	Jason Means	2:26
M35	Stuart Coffman	2:44
M55	J C Shenk	2:41
1 Mile		
M35	Stuart Coffman	6:07
M40	Mark Mahoney	6:34
W40	Karen Mahoney	7:54

2-Mile		
M30	Scott O'Connor	10:52
M35	Stuart Coffman	12:48
M65	Bob Barton	16:04
W35	Debbie Litz	16:09
High Jump		
M50	Dan Kates	3-10
Shot Put		
M40	T Chioccarelli	31-3
Discus		
M40	T Chioccarelli	110-4
M50	Bob Lupinacci	96-4
Hammer		
M40	T Chioccarelli	154-5
Weight Throw		
M40	T Chioccarelli	46-7
Virginia Masters Indoor		
Championships		
Lexington, VA; March 7		
55m		
M30	Orlando Harding	6.8
	Les Jones	7.2
	James Tunstall	7.4
	Jim Keys	7.4
M35	Benjamin McLeod	6.5
	Earl Winfield	6.7
	Robert Harding	6.9
	Bob Shelton	7.1
M40	John Dyer	7.1
	Michael McPherson	7.2
	John Billingsley	7.2
	Phil Berry	8.2
M45	Phil Clayton	7.5
	Wayne Elliott	7.8
	John Bayliss	8.1
	Barry Faust	8.4
M55	Charles West	7.8
	David Ayers	8.2
	Mike Valle	8.3
M60	Dick Camp	7.8
	Bill Kelley	9.3
M65	John Schreiber	8.5
	William Bergen	9.9
M75	Joe Martin	14.1
W35	Cheryl Billingsley	10.2
W70	Leonore McDaniels	9.9
200m		
M30	Orlando Harding	24.4
	Les	

Continued from previous page
M50 Bruce Hedendal 4040
40.66/13.35/47.43/41.16/15.99
John von Rohr 3789
45.89/13.16/40.68/33.58/15.51
Vlaardingerbroek 3716
39.89/12.58/38.89/47.07/13.05
M45 Rusty Earp 1181
-8.10/22.03/27.05/-
M40 TonyChioccarelli 2913
47.57/10.40/36.08/21.70/14.68
M35 Juan Romero 872
32.34/9.97/-/-/-
56 # Weight Throw
M65 Pay Carstensen 5.70
Reed Quinn 4.58
M55 Bob Cahners 6.32
M50 Bruce Hedendal 7.62
M40 TonyChioccarelli 9.28

Peter Winter Invitational WP
Plantation, FL; April 11
Weight Pentathlon Points
(HT/SP/DT/JT/WT)
M65 Pay Carstensen 4087
41.79/10.96/32.90/30.07/15.24
Reed Quinn 3862
32.92/10.96/35.82/31.91/13.61
M50 Bruce Hedendal 4075
43.63/13.15/44.55/40.20/17.15
Vlaardingerbroek 3735
36.9 2/12.82/40.53/47.90/13.17
John von Rohr 3677
45.5 6/13.67/38.59/30.65/14.93
M14 Mike Robertson 2410
27.37/10.46/40.69/23.46/14.37
Shot Put
M18 KVI'rding'broek 13.42
Discus
M18 KVI'rding'broek 38.49
M14 MVI'rding'broek 32.82
Javelin
M14 MVI'rding'broek 37.85
98# Weight
M65 Pay Carstensen 3.21
Reed Quinn 3.02
M50 Bruce Hedendal 3.89
John von Rohr 3.87
G. Robertson 3.07

MIDWEST

USATF Illinois Masters
Championships
Sterling; March 15
55m
M30 Henry Moses 6.70
Eric Goodlow 7.30
M40 Mike Skoflanc 6.70
M50 Mike Oliver 7.50
M60 Mike Murphy 7.90
Don Amery 8.00
M65 Don Sibigtrotij 9.60
M80 Tom Walsh 9.5-
Mel Flachs 11.50
W30 JoAnna Childress 7.50
W50 Penny Danielson 9.00
W60 Delores Hinds 9.90
Janet Amery 12.10
200m
M30 Henry Moses 25.69
Eric Goodlow 26.90
M50 Kingsley Clarke 27.54
John Albanese 28.17
M60 Mike Murphy 30.03
Don Amery 30.53
M80 Mel Flachs 46.95
W40 Martha Lutz 31.5-
Colleen Bardell 40.00
W50 Penny Danielson 36.00
Janet Amery 49.00
400m
M30 Don Spencer 58.20
Eric Goodlow 61.60
M40 Scott Lewis 62.20
M50 Kingsley Clarke 64.40
M60 Don Amery 76.90
M65 Alex White 82.80
M80 Mel Flachs 2:21.50
W40 Martha Lutz 68.70
Colleen Bardell 80.10
800m
M35 Mike Fitzpatrick 2:14.60
M40 Steve Harrison 2:13.60
Scott Caldwell 2:15.80
M50 John Albanese 2:26.20
W40 S Robertson 2:38.90
Colleen Bardell 3:11.80
1500m
M40 Jim Dickey 6:31.60
M45 Charles Lutz 4:28.40
M55 Vic Heckler WR4:28.50
(Sutton/4.28.9/1987)

M65 Alex White 6:39.80
W30 Lynn Fitzsimmons 4:42.20
3000m
M35 Ken Lauff 8:59.80
M40 Ron Leonhardt 9:14.90
M45 Leo Vandervlgt 9:03.00
M65 Alex White 13:18.60
W45 Marion Malek 12:37.20
55mH
M50 Art Carlson 11.50
W30 JoAnna Childress 8.60
High Jump
M30 Andrew Boyce 1.96
M50 John Meisner 1.63
Ed Greene 1.42
M60 Floyd Smith 1.37
M75 George Rajcevic 1.12
M80 Wilbur Ragland nma
W60 Delores Hinds 1.12
Long Jump
M30 Andrew Boyce 6.50
M50 Mike Oliver 4.19
Ed Greene 3.91
M65 Don Sibigtrotij 3.42
M80 Tom Walsh WR3.63
(Trahan/3.58/1996)
W60 Delores Hinds 2.69
Triple Jump
M40 Mike Skoflanc 11.20
M65 Don Sibigtrotij 7.16
M75 George Rajcevic 5.33
Shot Put
M45 Bill Leffler 13.35
Larry Readman 10.85
M55 Ron Sholes 10.39
M60 Don Amery 10.87
M65 Don Sibigtrotij 8.07
M75 George Rajcevic 7.90

Masters Indoor Meet
Hillside/Chicago, IL; April 4-5

60m
M30 Marlon Gillimore 7.54
M35 Nate Williams 7.20
Allen Jones 7.94
Tim Coombs 8.00
M40 Mike Skoflanc 7.54
Kevin Wiktor 8.78
M45 Gerry Krainik 7.76
M50 Robert Lloyd 7.25
Tom Rutherford 9.97
M55 Steven Bowles 8.90
M60 Bob Conzemius 8.80
Don Amery 9.26
Louis Edelman 10.12
M65 Bill Simmons 9.57
Bill Bergen 10.46
M70 Mel Larsen 8.84
M75 A U Ricciardi 11.06
W30 JoAnna Childress 8.37
W40 Sandra O'Brien 11.46
W60 Janet Amery 13.09
200m
M30 Marlon Gillimore 25.32
Steve Gallero 26.05
M35 Paul Wallis 27.22
M40 Kevin Wiktor 30.12
Bob Strunc 36.47
M50 Bob Lloyd 26.64
M55 Steve Bowles 29.03
M60 Louis Edelman 35.42
M65 Bill Simmons 32.20
Bill Bergen 33.37
Alfred DuBois 33.85
M70 Mel Larsen 30.06
W40 Sandra O'Brien 40.33
W60 Janet Amery 48.47
400m
M30 Steve Gallero 58.41
M40 Bob Strunc 89.59
M45 Gerry Krainik 54.03
Norm Thomas 63.28
M50 Bob Lloyd 58.46
John Albanese 61.07
Tom Rutherford 82.20
M55 Steve Bowles 65.44
M60 Bob Conzemius 64.33
M65 Bill Bergen 82.05
M70 Richard Rucoba 79.05
800m
M30 Ed Slack 2:07.98
M35 Dick Kennedy 2:08.31
Mike Fitzpatrick 2:16.93
Ben Gorecki 2:22.55
M40 Russ Martin 2:13.28
Scott Lewis 2:19.95
S Robertson 2:35.26
M45 Norm Thomas 2:26.83
M50 Efren Beltran 2:22.68
M65 Alex White 3:07.50
1500m
M30 Greg Olszowik 4:09.25
M40 JeanGelan Ruleau 4:13.90
Scott VanJacob 4:17.60

Russ Martin 4:28.90
M50 Paul Perry 4:35.31
3000m
M40 Tony Rodiez 8:46.03
Jon Williams 9:28.11
Gary Townsend 9:51.25
M45 Leo Vandervlgt 9:38.54
M65 Alex White 14:30.19
60mH
M35 Allen Jones 8.84
Joe Schwieterman 9.20
M40 Bob Zahn 9.23
M55 George LaBelle 12.39
M65 Bill Simmons 12.30
M70 Mel Larsen WR10.23
(Larsen/10.40/1995)
Chuck Sochor 11.12
M75 A U Ricciardi 15.71
W30 JoAnna Childress 9.47
200mH
M35 Tim Coombs 29.82
M55 George LaBelle 41.64
M65 Bill Simmons 38.27
M70 Chuck Sochor 36.06
W30 JoAnna Childress 31.50
High Jump
M35 Allen Jones 5-8
M40 Jeff Watry 5-10
M50 Bill Walsh 4-6.25
M55 George LaBelle 4-5.00
M60 Louis Edelman 3-9.25
M65 Bill Simmons 4-4.25
W60 Pat Beam 3-9.25
Pole Vault
M40 Kelly Meares 10-8
M50 Bill Walsh 8-11.75
M75 A U Ricciardi 6-0
Long Jump
M30 Steve Gallero 17-4.25
M35 JoeSchwieterman 17-10.75
M40 Mike Skoflanc 19-8.25
M50 Bill Walsh 14-6.50
M55 George LaBelle 10-3
M60 Don Amery 11-5.50
Louis Edelman 10-9.50
M65 Bill Simmons 11-4.25
M70 Ken Yahiro 10-5.25
W60 Janet Amery 6-11.25
Triple Jump
M40 Mike Skoflanc 37-11.25
M50 Bill Walsh 33-3.25
M55 George LaBelle 22-11.25
M60 Louis Edelman 21-10.75
M65 Bill Simmons 24-7.75
Shot Put
M35 Walt Shields 46-6.75
M40 Kevin Wiktor 23-4.75
M45 John Romansic 31-1
M50 RichWoosenscrft 37-6.50
Bill Walsh 36-2.25
M55 Stephen Cohen 37-6
M60 Don Amery 34-8.50
M65 Ted Kress 32-2.75
Rod Meyer 31-6.50
M70 Ken Yahiro 28-9.25
W40 Ruth Welding 34-3.50
Sue Hallen 26-25
Lori Stade 20-11.75
W60 Pat Beam 27-5.25
Phyllis Shunn 17-9.75
Janet Amery 13-10.25
Weight Throw
M50 Bill Walsh 50-8.75
Neal Schuster 34-3.50
M55 George LaBelle 32-7.50
M60 Don Amery 43-4.25
W40 Ruth Welding 35-11.25
Sue Hallen 26-4.25
Sandra O'Brien 16-25
W60 Pat Beam 29-8
Janet Amery 15-75
3000m Racewalk
M50 Richard McGuire 14:58.83
M65 Alfred DuBois 16:42.20
W60 Pat Beam 22:28.34

M45 Shawn Regan 56.88
M55 George LaBelle 83.74
800m
M35 Pat Eastman 2:08.23
M45 John Naslund 2:24.21
Mile
M35 Paul Giannoble 4:35.54
M40 Ben Zhao 5:03.08
M45 John Naslund 5:15.09
M55 Gregg Wahlstrom 5:55.52
W35 Heidi Arneson 6:18.42
3200m
M40 Dave Peterson 4:11:01.60
5000m
M35 James Robeck 16:56.82
M40 David Kleingarn 16:07.41
M45 John Naslund 17:28.95
M60 Carl Carey 24:29.31
W40 Ann Haugejorde 22:01.32
55mH
M40 William Green 8.61
M45 Doug Holmberg 10.68
M55 George LaBelle 10.44
M60 Jim Peterson 10.38
High Jump
M45 Doug Holmberg 4-6
M55 George LaBelle 4-0
M60 Tom Langenfeld 4-10
M70 R G Wolf 3-3
Pole Vault
M35 Douglas Novak 10-11.75
M40 Rolf Lund 11-0
M45 Philip Johnson 10-6
W35 Donna Ricks 9-6
Long Jump
M40 William Green 17-6.75
M45 Doug Holmberg 14-2.50
M55 Richard Ashland 13-5.25
M60 Jim Peterson 13-8
M70 R G Wolf 10-1.25
W35 JoeAnn Jackson 16-2.25
Triple Jump
M45 Doug Holmberg 26-8
M55 George LaBelle 25-2.75
M60 Jim Peterson 27-6.50
Shot Put
M45 Doug Holmberg 35-5.50
M55 Richard Ashland 39-1.50
M60 Gene Lohman 34-0
M70 R G Wolf 24-1
3000m Racewalk
M40 Don Peterson 40 19:10.63
M45 Gary Westlund 15:13.79
M55 Bernie O'Finch 17:11.45
W40 Kathy Finch 20:16.37

W60 Bernice Bordelon 3-4
Long Jump
M50 Joe Schieffler Jr 13-1
M55 Wayne Ory 9-3
M60 Charlie Richard 16-4
M65 Al Badinger 13-8
M70 Roy Hoffman 9-9
M75 Frank Knaus 9-4
W55 Judy Bordelon 11-7
W60 Bernice Bordelon 10-3
Shot Put
M50 Vincent Breaux 36-5.5
M55 Fred Eitmann 35-0
M60 Don North 34-7.5
M65 Milton Brady 33-10.5
M70 Roland Clement 30-11
M75 Norman Hedrick 26-1
M80 Ed Olsen 19-2
W50 Carol Bradford 25-6
W55 Fay Richard 23-11
W60 Bebe Evans 20-9
W65 Thais Lacrouts 20-4
W70 Lorraine McCaslin 14-7
W75 Millie Buchert 16-2
Discus
M50 Chester Guidry 116-6
M55 Harold Landry 76-5
M60 Ed Olsen 122-1
M65 Milton Brady 103-0
M70 Roland Clement 103-8
M75 Cy Buchert 68-11
M80 Ed Olsen 47-6
W50 Carol Bradford 44-4
W55 Marilyn Duvall 62-7
W60 Bebe Evans 41-11
W65 Thais Lacrouts 41-9
W70 Lorraine McCaslin 28-1
Javelin
M50 Chester Guidry 117-5
M55 Charles Cannon Jr 128-4
M60 Don North 135-5
Jack Theriot 131-9
M65 Roland Forman 104-8
M70 Roland Clement 81-10
M75 Don Dryer 60-8
W50 Carol Bradford 43-1
W55 Fay Richard 85-5
W65 Shirley Balseer 37-1
W70 Lorraine McCaslin 28-11
W75 Millie Buchert 46-8
1500m Racewalk
M50 Oliver Dailey 6:12.90
M55 Wayne Ory 9:56.28
M60 Bill Elrod 9:52.00
M65 Sam Scarnato 13:44.94

MID-AMERICA

USATF Minnesota Indoor
Championships
Arden Hills; Feb. 28
55m
M35 Scott Eide 7.31
M50 Paul Montgomery 7.68
M60 Randall Cleven 7.92
M65 Ray Eiland 8.99
M70 R G Wolf 9.72
W35 JoeAnn Jackson 7.83
200m
M35 Scott Eide 25.92
M45 Russ Anteronen 28.17
M55 Randall Cleven 28.40
400m
M40 Jon Wagner 61.31

M45 Shawn Regan 56.88
M55 George LaBelle 83.74
800m
M35 Pat Eastman 2:08.23
M45 John Naslund 2:24.21
Mile
M35 Paul Giannoble 4:35.54
M40 Ben Zhao 5:03.08
M45 John Naslund 5:15.09
M55 Gregg Wahlstrom 5:55.52
W35 Heidi Arneson 6:18.42
3200m
M40 Dave Peterson 4:11:01.60
5000m
M35 James Robeck 16:56.82
M40 David Kleingarn 16:07.41
M45 John Naslund 17:28.95
M60 Carl Carey 24:29.31
W40 Ann Haugejorde 22:01.32
55mH
M40 William Green 8.61
M45 Doug Holmberg 10.68
M55 George LaBelle 10.44
M60 Jim Peterson 10.38
High Jump
M45 Doug Holmberg 4-6
M55 George LaBelle 4-0
M60 Tom Langenfeld 4-10
M70 R G Wolf 3-3
Pole Vault
M35 Douglas Novak 10-11.75
M40 Rolf Lund 11-0
M45 Philip Johnson 10-6
W35 Donna Ricks 9-6
Long Jump
M40 William Green 17-6.75
M45 Doug Holmberg 14-2.50
M55 Richard Ashland 13-5.25
M60 Jim Peterson 13-8
M70 R G Wolf 10-1.25
W35 JoeAnn Jackson 16-2.25
Triple Jump
M45 Doug Holmberg 26-8
M55 George LaBelle 25-2.75
M60 Jim Peterson 27-6.50
Shot Put
M45 Doug Holmberg 35-5.50
M55 Richard Ashland 39-1.50
M60 Gene Lohman 34-0
M70 R G Wolf 24-1
3000m Racewalk
M40 Don Peterson 40 19:10.63
M45 Gary Westlund 15:13.79
M55 Bernie O'Finch 17:11.45
W40 Kathy Finch 20:16.37

SOUTHWEST

Greater New Orleans District
Senior Games
Kenner, LA; March 28
50m
M55 Mike Boudreaux 6.86
M60 R Hesmondhalgh 6.84
M65 Frank Newman 7.03
M70 Richard Eberhardt 8.08
M75 Frank Knaus 8.92
W50 Carol Bradford 12.92
W55 Judy Bordelon 8.55
W60 Bernice Bordelon 9.55
W65 Wanda Moore 11.40
100m
M55 Mike Boudreaux 13.10
M60 R Hesmondhalgh 13.25
M65 Frank Newman 13.69
M70 Richard Eberhardt 16.00
M75 Frank Knaus 17.66
W55 Judy Bordelon 16.81
W60 Bernice Bordelon 18.74
200m
M50 Vincent Breaux 32.36
M55 Mike Boudreaux 26.91
M60 Charlie Richard 29.47
M65 Al Badinger 31.90
M75 Frank Knaus 36.27
W55 Judy Bordelon 37.35
400m
M55 Glynn Rhodes 72.56
M60 Sammy Bullard 77.24
M65 Sid Montecino 80.81
M75 Frank Knaus 99.41
800m
M50 Jack Tomic 2:55.56
M60 Charlie Wimberley 2:56.88
M75 John Boots 3:13.62
1500m
M50 Jack Tomic 6:12.90
M75 Bruce Robertson 6:37.56
High Jump
M55 Fred Eitmann 4-4
M60 Sammy Bullard 4-6
M65 Jerry Lyons 4-3
M75 Frank Knaus 3-6
W55 Judy Bordelon 3-6

W60 Bernice Bordelon 3-4
Long Jump
M50 Joe Schieffler Jr 13-1
M55 Wayne Ory 9-3
M60 Charlie Richard 16-4
M65 Al Badinger 13-8
M70 Roy Hoffman 9-9
M75 Frank Knaus 9-4
W55 Judy Bordelon 11-7
W60 Bernice Bordelon 10-3
Shot Put
M50 Vincent Breaux 36-5.5
M55 Fred Eitmann 35-0
M60 Don North 34-7.5
M65 Milton Brady 33-10.5
M70 Roland Clement 30-11
M75 Norman Hedrick 26-1
M80 Ed Olsen 19-2
W50 Carol Bradford 25-6
W55 Fay Richard 23-11
W60 Bebe Evans 20-9
W65 Thais Lacrouts 20-4
W70 Lorraine McCaslin 14-7
W75 Millie Buchert 16-2
Discus
M50 Chester Guidry 116-6
M55 Harold Landry 76-5
M60 Ed Olsen 122-1
M65 Milton Brady 103-0
M70 Roland Clement 103-8
M75 Cy Buchert 68-11
M80 Ed Olsen 47-6
W50 Carol Bradford 44-4
W55 Marilyn Duvall 62-7
W60 Bebe Evans 41-11
W65 Thais Lacrouts 41-9
W70 Lorraine McCaslin 28-1
Javelin
M50 Chester Guidry 117-5
M55 Charles Cannon Jr 128-4
M60 Don North 135-5
Jack Theriot 131-9
M65 Roland Forman 104-8
M70 Roland Clement 81-10
M75 Don Dryer 60-8
W50 Carol Bradford 43-1
W55 Fay Richard 85-5
W65 Shirley Balseer 37-1
W70 Lorraine McCaslin 28-11
W75 Millie Buchert 46-8
1500m Racewalk
M50 Oliver Dailey 6:12.90
M55 Wayne Ory 9:56.28
M60 Bill Elrod 9:52.00
M65 Sam Scarnato 13:44.94

WEST

USATF Meet
Honolulu, HI; Feb. 23
50m
M30 Rodney Clark 6.2
M40 Bill Blair 7.0
M50 Allen Ng 7.3
M55 Jack Karbens 7.6
M60 Bob Molyneux 8.9
M75 Jim Craine 9.9
W40 Gloria Savage-Early 7.6
200m
M30 Hank Warrington 22.0
M40 Bill Blair 27.0
M50 Allen Ng 31.3
M55 Jack Karbens 29.1
W40 G Savage-Early 32.0
300m
M40 Bill Blair 43.4
M50 Bob Larson 49.0
M55 Jack Karbens 46.1
W40 G Savage-Early 51.1
600m
M40 Bob Gill 1:45.6
M55 Jack Karbens 1:50.0
800m
M40 Ashley Dustow 2:22.1
M45 Derek Goudge 2:41.8
Mile
M30 Greg Fondran 6:01.9
M35 Tom Peterson 6:13.2
M40 Ashley Dustow 4:59.4
M45 Steve Sturm 6:02.6
M60 Geoff Howard 5:48.2
3000m
M30 Chris Crawford 9:31.9
M40 Ashley Dustow 9:39.4
M45 Steve Sturm 10:15.1
M50 Gerry Lindgren 12:26.5
M60 Geoff Howard 11:25.4
Short Hurdles
M45 Derek Goudge 12.8
M50 Bob Larson 10.8

M75 Jim Crane 15.1
Long Jump
M55 Lionel Low 14-4.50
M70 Bob Voege 9-3.50
Triple Jump
M55 Lionel Low 31-3.50
M70 Bob Voege 20-9.50
Shot Put
M40 B DiBenedetto 32-10
M45 Derek Goudge 23-4
M50 Bob Larson 26-7
M55 Jack Karbens 31-5
M60 Bob Molyneux 27-5
M70 Dick Mulkern 29-7.50
W55 Joan Davis 15-1
Discus
M30 Greg Fondran 93-7
M40 B DiBenedetto 112-3
M45 Derek Goudge 77-1
M50 Bob Larson 85-1
M55 Jack Karbens 110-6
M60 Bob Molyneux 90-9
M70 Dick Mulkern 104-2
W55 Joan Davis 36-11
Javelin
M40 K Kruszona 118-9
M50 Bob Larson 97-5
M55 Jack Karbens 105-10
Weight Throw (35#)
M55 Jack Karbens 30-11
M70 Bob Voege 14-8
Weight Throw (56#)
M55 Jack Karbens 18-6
M70 Bob Voege 10-11

Hawaii Masters Decathlon
Honolulu; March 14-15

Vince Costello M45 5946
Jack Karbens M55 4515
Kevin Kruszona M40 4098
Derek Goudge M45 3338
Robert Vouege M70 3010

INTERNATIONAL

Clive Truter Veterans Meet
Cape Town, S. Africa; Feb. 7

100m
M35 Leon Thelander 14.2
M40 Danie Heyns 12.4
M50 Edgar Figland 13.0
M55 Jeff Louw 15.2
M60 Ron Cross 13.7
M65 Mike Eksteen 15.5
M70 Neville Sharpley 15.2
W30 Beverly Figland 13.3
W35 Solly Salzwedel 13.7
W40 Nona Weideman 15.1
W50 Mari Ballot 17.9
W55 Susan Alberts 14.9
200m
M45 Basil Carni 28.0
M50 Edgar Figland 27.2
M55 Jeff Louw 31.7
M60 Ron Cross 27.8
M70 Neville Sharpley 32.2
W30 Beverly Figland 27.2
W35 Solly Salzwedel 29.7
W50 Mari Ballot 37.3
W55 Susan Alberts 31.0
W65 Isabel Hofmeyr 35.4
400m
M40 Danie Heyns 58.7
M65 Mike Eksteen 1:12.1
W45 Maryna Vos 1:32.4
W50 Mari Ballot 1:28.6
W55 Susan Alberts 1:18.6
W65 Isabel Hofmeyr 1:26.6
800m
M35 Leon Thelander 2:35.5
M45 Henry Prins 2:32.3
M50 V O'Donoghue 2:28.7
M65 Mike Eksteen 2:52.9
W30 Suzette Hauman 2:58.0
1500m
M45 Henry Prins 5:18.4
M50 V O'Donoghue 5:07.4
M55 Chris Swart 5:50.7
W30 Suzette Hauman 6:04.6
W35 Solly Salzwedel 6:38.3
W45 Maryna Vos 7:04.8
5000m
M55 Chris Swart 22:26.7
W50 Anna van Zyl 25:00.7

Continued from previous page

Long Hurdles	
M60 Leo Benning	53.3
W50 Marl Ballot	1:09.3
High Jump	
M45 Johan Allers	1.50
M50 Norman Hough	1.45
M60 Leo Benning	1.50
M75 Philipp French	1.15
Long Jump	
M60 Leo Benning	4.44
W40 Nonna Weideman	3.86
W65 Isabel Hofmeyr	3.00
Shot Put	
M45 Johan Allers	9.49
M50 Norman Hough	12.41
M55 Rudy Bosch	10.80
M60 Ron Cross	9.51
M65 Borge Stannius	9.99
M75 Philipp French	8.53
M80 Laurie Wale	8.22
Discus	
M45 Johan Allers	36.00
M50 Jan Jacoba	36.70
M55 Rudy Bosch	39.38
M60 Ron Cross	35.50

M65 Borge Stannius	34.32
M75 Philipp French	36.30
M80 Laurie Wale	28.40
W65 Suzanne Malherbe	16.84
Hammer	
M45 Johan Allers	25.40
M50 Norman Hough	30.70
M55 Rudy Bosch	26.78
M65 Borge Stannius	23.32
M80 Laurie Wale	20.20
W65 Suzanne Malherbe	21.04
Javelin	
M45 Johan Allers	42.40
M50 Norman Hough	40.96
M55 Steve Johnson	33.58
M60 Leo Benning	30.68
M65 Borge Stannius	31.68
M75 Philipp French	23.22
M80 Laurie Wale	22.44
W65 Suzanne Malherbe	18.56
5000m RW	
M40 F von Williegh	32:07
M60 Michael Rossouw	28:14
M90 Philip Rabinowitz	43:08
W45 Edna Brand	29:22
W55 Cecile Kidson	34:07
W70 Anna Villet	36:25

M70 Bill Nyhan	23:51
Stanley Coombs	26:06
Ted Horner	26:26
Gael Pierce	26:44
M75 Walter Meyer	26:49
Earl Rippee	28:30
Norton Davey	32:34
Bill Dietrich	32:58
M80 Bill Nice	26:37
Les Leyland	27:53
Vincent Malizia	29:27
James Nagatani	31:28
M85 Walt Kuetzing	30:42
Al Miller	58:03
W40 Regina Joyce	16:54
J Lasee-Johnson	17:00
Sissel Grottenberg	17:11
Barb Acosta	17:14
Suzi Morris	17:49
Marcella Teran	18:02
Kim Campo	18:18
Ruth Vomund	18:22
Lauri Stock	18:44
Kim Rupert	19:07
Linda Jannelli	19:09
W45 Dee Dee Grafius	18:48
S Robbins Sydnor	19:20
Mariat Fernandez	19:29
Carol Wimbish	19:49
W50 Joan Ottaway	19:00
Joni Shirley	20:19
Julie Lister	20:41
Linda Frisby	20:49
W55 Ursula Rains	22:30
Barbara Camp	25:18
Sandy Pirkle	25:23
Sharon Leitner	25:39
W60 Gertie Holtslag	24:49
Karen Keith	27:00
Patricia Herr	27:24
Heidi Zimmerman	27:39
W65 Peggy Ainslie	24:01
Dorie Smith	27:21
Ginny Beck	28:53
Ruth Mangrum	29:14
W70 Mary Storey	26:51
Nancy Smalley	27:12
Nancy Gordon	31:20
Marjorie Lawson	33:36
W75 Gerry Davidson	28:09
Lois Edds	31:16
Virginia Strand	42:42
Mary Rice	44:10
W80 Judy Simon	34:14
Marjorie Easton	47:57

EAST

NYRRC Snowflake 4 Miler	
Central Park; Feb. 21	
Overall	
Rachid Tbaï 33	19:13
Zofia Wierciorkowska 35	22:36
M30 Dave Reid 32	19:36
Trevor Murray 32	19:55
Srba Nikolic 31	20:11
M40 Don DiDonato	20:31
Phil Richey	20:56
Alan Ruben	20:58
M45 Larry Graham	21:52
Bob Torchia	23:04
Scott Abercrombie	23:15
M50 Julio Aguirre	23:40
Tony Galfano	24:26
John Dwyer	24:33
M55 Sid Howard	24:29
Ted Haiman	24:34
Maurly Dean	24:57
M60 Witold Bialokur	25:26
Mike Goldman	25:55
Philmore Brewer	26:16
M65 Bill Fortune	27:34
Carlo DiGeorgio	29:48
Joe La Bruno	31:10
M70 John McManus	30:58
Sab Koide	33:21
Richard Gordon	40:16
M75 Tom Gibbons	38:01
Mel Freidel	39:48
Ed Finkelstein	43:59
M80+Wilfredo Rios 81	41:09
Vince Carnevale 81	44:39
AbrahamWeintraub88	48:22
W30 A Babakhanian 31	23:03
Dina Alborano 31	23:23
ChristinaNooney 31	23:25
W40 Gillian Horovitz	23:53
Sharon Vos	25:38
Sarah Gross	26:05
W45 Gwendolyn Esdale	27:17
Mary Rosado	27:52
John Haubert	28:28
Judy Harrigan	28:28
W50 Sylvie Kimche	27:12
Ann Makoske	28:41
Irene Jackson	28:44
W55 Zofia Turosz	29:03

Jane Sydney	31:16
Carol Tyler	31:35
W60 Margaret Carinci	33:49
Naomi Vogel	34:05
Billie Moten	37:48
W65 Dolly Finkelstein	41:27
Bertha McGruder	44:10
Joan Fisher	51:16
W70 Muel Merl	36:33
Edith Farias	38:20
W75 Althe Weatherbee7849:40	

Newark Distance Classic 20K
USATF-NJ Masters
Championships
Newark, NJ; March 8

Overall	
Elijah Kitur	1:02:51
Micka Jepchirchir	1:14:31
M40 D DiDonato	1:08:07
G Wersinger	1:10:02
Guy Gordon	1:10:16
Dan Murphy	1:14:46
Mike Karr	1:15:50
Jerry O'Connor	1:16:00
M45 Larry Graham	1:12:08
Roger Price	1:12:53
Tom Hall	1:13:16
B Langenkamp	1:14:46
G Wallace	1:15:42
M50 Alan Turner	1:16:55
Bill Pape	1:18:13
Douglas Brown	1:18:21
Tim Shay	1:18:27
Feliciano Pereira	1:19:52
Jorge Rivera	1:21:37
M55 Pat Cosgrove	1:20:38
Scott Marsh	1:24:25
George Wittman	1:24:34
Benny Kim	1:25:13
Gilberto Soto	1:25:27
M60 Henry Pontious	1:32:51
Charlie Keller	1:43:29
Patrick Brady	1:56:39
M65 Joseph LaBruno	1:35:33
Don Bergman	1:44:29
Rogelio Vianzon	1:45:39
Stan Chodnicki	1:46:05
M70 Leonard Morgan	1:49:28
Bill O'Brien	2:33:35
M80 Dudley Healy	2:41:40
W40 Joyce Hayes	1:28:22
Trink Poynter	1:28:33
Debra Martucci	1:31:00
Elaine McAvoy	1:31:22
Maura Lade	1:31:24
Monica Roth	1:34:49
W45 Jane Parks	1:28:40
Betty Shonts	1:30:33
Kuniko Hurley	1:38:30
Barbara Norman	1:39:18
Terry Carroll	1:39:38
W50 Chiara Becchi	1:35:48
Natalie Grabow	1:38:09
Janet Bosshard	1:41:03
W55 Madeline Bost	2:01:50

Red Dog Half-Marathon/USATF
NJ Masters Championships
Seaside Heights; March 22

Overall	
Carlos Martins 28	71:49
Karl Proffitt 41	85:02
M40 Gary Wersinger	74:08
Guy Gordon	74:16
Dan Murphy	77:25
Barry Nelson	79:47
M45 Tom Hall	76:53
Bruce Langenkamp	78:27
Steven Kohorst	79:59
Roger Price	80:16
M50 Douglas Brown	84:04
John Nowatkowski	85:58
Jorge Rivera	86:16
M55 Pat Cosgrove	85:11
Butch Pivano	86:39
George Wittman	91:21
M60 Henry Pontious	1:45:06
Charles Keller	1:46:30
M65 Mario Cavallo	2:10:04
M70 Bill O'Brien	2:46:51
W40 Karl Proffitt	85:02
Trink Poynter	94:21
Maura Lade	95:06
Elaine McAvoy	96:41
W45 Betty Shonts	1:35:56
Holly Boyce	1:50:24
Barbara Cours	2:03:36
W50 Susan Juronics	1:41:03
Chiara Becchi	1:41:31
Natalie Grabow	1:43:26
Janet Bosshard	1:46:32
W55 Judy Faherty	2:12:12

St. Paddy's Day 10K
Washington, DC; March 15

Overall	
Edmund Burke 28	30:50
Jennifer Stearns 29	36:49
M40 Robert Marino	33:05
Dave Kannewurf	34:02
Steven Ward	34:19
S M Courtney	35:15
Dante Ciolfi	35:54
Roberto Rodriguez	36:20
Peter Rusford	36:45
Mark Howard	36:58
M45 David Webster	34:37
Richard Adams Jr	36:47
Jay Wind	36:58
Mick Slonaker	37:00
Jack Barrar	37:17
John Dix	38:07
M50 Reuben Beauchamp35:55	
Robert Trost	39:12
Mike Golash	40:47
Gary Chidester	40:58
Kirt West	41:30
M55 John Benkert	37:24
John Elliott	38:26
John Haubert	39:57
Charles Raper Jr	43:23
M60 Chan Robbins	39:23
Norman Miller	43:55
Robert Smith	44:41
M65 Larry Dickerson	44:26

Tom Momiyama	46:53
Don McCarten	49:50
M70 Dixon Hemphill	47:23
Ray Blue	50:46
Bill Osburn	54:06
W40 Linda Wack	38:36
Mary Bloom	45:55
Ofelia Perotti	47:04
W45 Susan Humphries	41:52
Sandra Adams	43:35
Valerie Campbell	44:15
Evelina Moulder	46:05
Nancy Specht	46:47
W50 Hideko Pirie	44:19
Muffet Chatterton	51:31
Kathy Marsch	52:38
W55 Mary Strittmatter	48:28
Janet Newburgh	51:35
Diane Swan	52:44
W60 Jeanette Chambers	56:35
Betty Keeney	58:15
W65 Doralie Segal	52:40
W75 Evelyn Kerper	81:48

Kings Park 15K
Kings Park, L.I., NY; March 22

Overall	
Carlos Castro Jr 29	52:42
Helen Visgauss 42	63:19
M35 John McKim	54:05
M40 Mike Baard	61:05
M45 Jim Henry	62:38
M50 Lutz Hoffman	66:33
M55 Alex Flyntz	66:14
M60 Bob Ford	67:46
M65 Odd Sangesland	92:01
M70+Sab Koide	84:37
W35 Doreen Isenberg	63:43
W40 H Visgauss	63:19
Cathy Oehrlein	71:54
W45 Diane O'Donnell	78:31
W50 Hilory Boucher	82:16
W55 Carolyn Ciccone	97:20
W60 Julie Shapiro	99:18

Run For ASPIRE 10K
Oyster Bay, L.I., NY; April 4

Overall	
Matthew Wilkinson 23	31:22
Regina Ronan 28	35:47
M40 Don Di Donato	32:48
Phil Richey	32:57
Steven Caladonia	34:44
Rick Ashby	35:14
M45 Scott Mosenthal	36:11
Jim Davis	36:37
Ted Truet	36:47
M50 Kieran Kelly	36:39
Alan Turner	37:35
Julio Aguirre	37:48
M55 Maury Dean	37:54
Tom McGee	39:18
Jose Mendez	40:29
M60 Joe Cordero	40:24
Mel Cowgill	40:59
Philmore Brewer	41:35
M65 Ray Fletcher	45:33

Richard Opsahl	45:33
Harry Irwin	46:55
M70 Colin Harris	46:39
John McManus	48:05
John Corrigan	48:45
M75 Sidney Platt	59:54
Ed Finkelstein	68:29
M80 Manred Gundell	64:34
W40 Karen Proffitt	38:07
Helen Visgauss	39:28
Anastasia Stekas	41:19
W45 Kathryn Martin	38:08
Andrea Otto	44:15
Jacquie Gow	45:28
W50 Betty Hortsmann	43:51
Judith Carroll	47:30
Elizabeth Penagos	48:40
W55 Marion Stanjones	47:04
M-L Michelson	49:45
Wendy Burns	51:26
W60 Margaret Carinci	52:17
Renate Rhein	53:41
W65 Thelma Wilson	52:17
Dolly Finkelstein	60:43

Racewalkers

M40+Howard Burkhardt5464:35	
Henry Sarnataro44	70:09
Philip Fox 68	74:55
W40+Nadya Dimitrov 47	69:42
Irene Kanzler 59	76:10
Geraldine Lopes	59:78:23

Nortel Cherry Blossom 10-Miler
Washington, DC; April 5

Overall	
M40 Dan Lawson	52:46
Charlie Andrews	53:59
Peter Kirk	54:30
Robert Marino	54:34
Jim Whitnah	55:11
George Altieri	55:34
Steven Ward	56:37
Paul Peterson	56:46
David Lovegrove	57:14
Dante Ciolfi	57:15
Roberto Rodriguez	57:49
Joe Sliman	58:15
Bill Bustin	58:20
Greg Carter	59:01
David Andrews	59:21
Mark Howard	59:32
Jerome Meredith	59:33
Paul Simone	59:36
Louis Cocker	59:48
Tim Scitti	1:00:22
Jeffrey Juran	1:00:35
Bill Peeling	1:00:46
Matthew Rea	1:00:47
Dave Bollinger	1:00:49
Abraham Golyb	1:00:54
M45 David Webster	55:45
Terry McCluskey	56:33
Ken Umbarger	57:36
Ron Knepper	57:42
Rudolph Pekarek	58:25
Jay Jacob Wind	58:39
Bennett Beach	58:58
E Swartzendruber	59:26
Bob Burns	1:00:07
Mick Slonaker	1:00:28
David Bixler	1:01:10
John Dix	1:01:25
Sim-Eric Lilot	1:01:38
Ralph Tuttle	1:01:54
John Devlin	1:02:05
James Moreland	1:02:08
Richard Averett	1:02:10
Chris Arey	1:02:19
Rob Astrop	1:02:25
Dennis Moon	1:02:45
M50 Bill Rodgers	53:06
R Beauchamp	57:13
Mike Piper	59:17
Chuck Koepfen	1:00:39
David Peterson	1:00:58
Piriya Pinit	1:01:27
Allan Abramowitz	1:01:41
Frank Webb	1:02:00
Dewey Sloan	1:02:09
Jim Porterfield	1:03:57
Patrick Griffith	1:03:58
James Reamer	1:04:01
Ronnie Wong	1:04:24
Carl Hatfield	1:05:38
Jim Scheibel	1:05:47
Michael Golash	1:06:05
Robert Trost	1:06:33
Bubba Gelly	1:06:35
M55 Thom Weddle	57:42
Gerry Ives	1:00:03
John Haubert	1:04:45
Jerry Solomon	1:05:25
Ed Ayres	1:06:00
Dick Hipp	1:06:35
Warren Prunella	1:07:49

Continued on next page

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters
Championships/Run Old
Mesilla 10K
Mesilla, NM; March 28

Continued from previous page

Francisco Sanchez	1:08:39
Cal Fowler	1:09:47
Joseph Thomas	1:10:10
Klaus Hirtes	1:10:22
Stephen Forman	1:11:18
Arnold Tesh	1:11:53
Malcolm O'Hagan	1:12:03
Stephen Lustig	1:12:03
M60 Fay Bradley	58:58
Chan Robbins	1:05:43
Josef Fodor	1:07:12
Ray Myers	1:07:32
Art Morey	1:08:42
Norman Miller	1:09:11
Courtney Riordan	1:09:26
Charles Ross	1:09:46
Jimmy Ross	1:12:43
Julian Ives	1:13:32
Leonard Morgan	1:13:41
M65 Charles Rose	1:02:56
George Yannakakis	1:12:15
Thomas Momyama	1:16:04
George Waxter	1:17:53
An Duong	1:20:21
Francis Gignac	1:20:52
Donald McCarten	1:23:33
Peter Hui	1:25:28
William Goodman	1:29:57
Mercer Cross	1:30:46
M70 Lou Lodovico	1:11:53
Dixon Hemphill	1:16:37
Nianxiang Xie	1:17:19
Marcel Bitoun	1:26:48
Bill Osburn	1:29:59
Jerome Kerkhof	1:35:57
Philip Zenchoff	1:52:58
Donald Rappaport	1:59:41
M75 Hubert Morgan	1:33:38
Francis Pierce	1:33:54
Mel Freidel	1:54:29
W40 Terri Martland	1:04:04
Margaret Starnes	1:04:24
Mary Astrop	1:05:32
Linda Wack	1:06:22
Shelley Ralston	1:07:58
Linda Musante	1:09:20
Christine Newsham	1:09:39
Linda Sheimo	1:09:40
Cathy Corning	1:09:41
Patricia Donahue	1:09:42
Julia Kashkashian	1:10:10
Joan Baldassarri	1:10:14
Betsy Callanan	1:11:47
Donna Garnett	1:12:03
Kathleen Hibbert	1:12:16
Laura Roman	1:12:27
K Stocker-Laquida	1:13:31
Kay Schultz	1:13:53
Mary Cupo	1:14:02
Joan Dombroski	1:15:07
Gail Kerr	1:15:43
Leslie Bartoszesky	1:15:46
Cathy Horvitz	1:15:52
Karolyn O'vian	1:15:54
W45 Susan Humphries	1:06:01
Karen Erb	1:08:01
Catherine Wides	1:09:10
Sandra Adams	1:11:02
Valerie Campbell	1:11:58
Linda Mills	1:11:59
Coreen Steinback	1:12:03
Betty Blank	1:12:53
Judy Ferrier	1:15:04
Ruth Micer	1:15:23
Virginia Verdoes	1:15:35
Marilyn Bevans	1:15:53
Jane Farrell	1:16:50
Sue Pierchy	1:17:11
Sheri Bedford	1:17:13
Nancy Specht	1:18:09
Kandy Holzinger	1:18:25
Sandy Salazar	1:18:32
Christy St Clair	1:19:09
Deborah Raffetto	1:19:31
W50 Hideko Pirie	1:10:22
Barbara Spannaus	1:12:52
Barbara Ekstrom	1:13:23
Sharon Myers	1:15:34
Dee Nelson	1:17:11
Judith Harmony	1:18:01
Ellie Thayer	1:18:09
Pat McDonnell	1:20:30
Lynne Hays	1:20:30
Muffet Chatterton	1:20:42
Linda Tice	1:21:04
Priscilla Prunella	1:22:18
Brigitte Sutherland	1:23:10
Mary Stripling	1:24:22
Penny Gray	1:24:48
Danalee Green	1:25:13
Carol Haltaman	1:25:39
Andrea Almand	1:27:34
W55 Sharon Dolan	1:09:45
Janice Stoodley	1:12:07
Ellen Nitz	1:15:52
Kathy Lewis	1:20:54

Pam Bohanan	1:20:54
Carol Rider	1:23:08
Nancy Palmer	1:26:57
Nancy Linck	1:27:18
Gretchen Wilken	1:28:09
O DeLaBeaujardie	1:28:26
Eleanor Clift	1:28:38
Ecris Williams	1:29:13
Elizabeth Imhof	1:32:31
Godhild Habib	1:32:47
Sigrid Schipper	1:33:58
W60 Tami Graf	1:22:53
Polly Kenniston	1:29:29
Christine Keller	1:30:50
Jill Mottus	1:35:41
Annette Johnson	1:37:53
Betty Dameron	1:41:05
Sue Robeson	1:49:41
Jaon Massey	1:49:56
Eleanor Vercher	1:50:53
Lois Johnson	1:53:38
W65 Mary McCauley	1:27:28
Gloria Brown	1:29:11
Lee Glassco	1:50:46
Rita Simon	1:53:19
Marge Stahl	2:01:59
W70 Kay Morrison	1:37:25
Janine Maltas	1:37:27
W80 Hedy Marque	1:31:24
Donietta Bickley	2:21:50

SOUTHEAST

Washington's Birthday Marathon
Greenbelt, MD; Feb. 15

Overall

Guy Gordon 40	2:37:44
Joanna Tomazic 26	3:18:31
M40 Guy Gordon 40	2:37:44
Paul Peterson 43	2:51:37
Vassili Triantos 43	2:57:40
M50 Budd Bettler 54	3:05:57
Ronnie Wong 51	3:10:32
Jerry Warfield 54	3:27:06
M60 Quang Nguyen 64	3:43:20
Joseph Harvey 60	4:03:51
Rogelio Vianzon 65	4:21:21
M70 Charles Stalzer 70	4:43:01
W40 Christy St Clair 49	3:39:33
Ruth Ann Buch 45	3:41:24
Tracey Stankosky 49	3:53:20
W50 Mary Mlinarcik 50	4:21:00

Marathon Relay

Overall

Cumberland Valley AC	2:26:50
NOVA Z Women	2:59:56

Masters Men

WRC Paris to Greenbelt	2:37:51
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Anheuser Busch Colonial Half-Marathon
Williamsburg, VA; Feb. 22

Overall

Mark Andrews 27	1:05:46
Naoko Ishibe 29	1:23:30
M40 Lanny Doan	1:16:35
Dave Kannewurf	1:17:30
Michael Fuller	1:18:01
M45 Rick Platt	1:22:26
Larry Miller	1:23:28
John Hand	1:28:47
M50 R Beauchamp	1:20:02
Robert Johnson	1:25:43
Jack Sornberger	1:26:11
M55 Robert Wright	1:29:03
Skip Mullaney	1:29:26
Doug White	1:35:24
M60 Mel Williams	1:26:15
Will Wright	1:36:47
Bob Ferguson	1:38:31
M70 Dixon Hemphill	1:46:10
Jim Johnson	2:29:24
EB Lloyd	2:34:35
W40 Sheri Segal	1:25:33
Marlene Walker	1:35:31
Beth Howell	1:37:09
W45 Barb Mathewson	1:32:27
Sandra Adams	1:37:51
Peggy Frederick	1:38:33
W50 Jeanne Kruger	1:36:35
Cris Sterling	1:40:05
Connie Friend	1:46:17
W55 Kathy Lewis	1:55:13
Margaret Broadus	2:12:43
Olga Thompsen	2:17:58

5K

Overall

Juan Vargas 27	16:06
Valerie Plyer 38	18:33
M40 Mark Mullady	16:15
Wayne Howell	17:15
Richard Morris	17:33
M45 Richard Young	19:48
Dave Scheessele	20:58
Dennis Reid	21:32
M50 Ray Williamson	20:00

Allen Lester	20:44
Ken Clark	20:57
M55 Chuck Raper	21:27
W40 Sharon White	19:24
Eileen Hungerman	21:15
Susan Ciesiak	23:03
W45 Linda Whittaker	24:22
Sally Meserole	26:32
Jannette Martin	26:35
W50 Judith Kator	28:00
Barbara O'Brien	28:10
Kathleen Plaia	28:21
W55 Ann Landy	28:38
W60 Nancy Patron	26:58
Jeanette Chambers	28:40

21st Bethesda Chase 20K
Bethesda, MD; March 1

Overall

Memil Hausenfluck 26	1:06:57
Bea Marie Altieri 30	1:17:29
M40 Jim Whitnah	1:11:01
George Altieri	1:12:44
Paul Peterson	1:13:28
Dave Webster	1:13:30
Dante Ciolfi	1:14:35
Greg Sellers	1:18:30
Vernon Loeb	1:20:15
Bob Trame	1:22:08
M45 Dave Webster	1:13:30
Jay Wind	1:15:12
Bennett Beach	1:18:17
Alan Pemberton	1:24:09
John Hand	1:24:45
M50 Jim Porterfield	1:23:36
Gary Childster	1:24:17
Thomas Nurni	1:29:38
Bill Marsey	1:32:43
Ricardo Martin	1:32:49
M55 David Williams	1:37:24
Gerry Moore	1:38:45
Mike Baziz	1:39:55
Chet Coates	1:40:13
Jim Verdier	1:40:31
M60 Chan Robbins	1:25:31
Kirk Davies	1:28:15
Jack Schmid	1:42:16
Malcolm Davis	1:48:56
Robert Dupont	1:54:13
M65 Thomas Momyama	1:40:17
Donald McCarten	1:50:31
Ray Campbell	1:57:22
John Hunting	2:04:45
W40 Jan Tripp	1:31:46
Cathy Renkiewicz	1:41:59
Cathy Horvitz	1:42:29
Margaret Kilby	1:49:20
Mary Pelz	1:53:11
W45 Susan Humphries	1:28:20
Linda Votey	1:38:08
Beth Schmid	1:43:50
Lynn Geisert	1:49:14
Jane Smith	1:53:31
W50 Ellie Thayer	1:45:37
Lynne Hays	1:50:58
Stefan Harvey	2:05:09
W55 Sharon Dolan	1:32:53
Anna Berdahl	1:52:12

MID-AMERICA

St. Pat's 4-Mile Run
Wichita, KS; March 14

Overall

Wayne Strohman	19:40
Deb Tormeden	23:20
M40 Bob McAnany	21:20
Mike Shyrook	21:45
Jim Gifford	22:50
M45 David Bryan	26:02
Greg Records	26:10
John Bell	26:16
M50 Jeff Berven	22:00
Paul Shimon	24:41
Larry Schmidt	25:11
M55 Wally Brawner	25:54
Bill Jones	26:01
Randy Ellsworth	27:13
M60 Charles Doze	26:30
David Arst	33:49
M65 Paul Heitzman	25:40
W40 Bonnie Vetrow	27:57
Mari Myers	31:30
Sharon Kelting	33:43
W45 Barbara Holzman	26:25
Judy Cox	31:28
Marcia Shaffer	31:54
W50 Trudy Calloway	27:22
Sheryl Drevo	31:37
Beth Rodgers	32:07
W55 Nancy Moore	37:32
Rowena Hinshaw	39:54
W60 Carolyn Buckner	33:18

SOUTHWEST

Austin American-Statesman Capitol 10K
Austin, TX; March 29

Overall

Len Sitko 29	31:23
Sheena Carswell 26	36:58
M40 Keith Dowland	34:15
Randall Milstead	34:59
Matt McMenemy	35:40
Chuck Hobbs	36:28
Rich Fredrich	36:34
Terry Shaner	36:37
John Baer	37:25
Guillermo Zuniga	37:29
Gary Johnson	37:30
Ken Hausmann	38:06
Bill Patience	38:13

Palm Beach Shamrock 10 Mile
Palm Beach, FL; March 14

Overall

Nick Tsioros 28	51:45
Cindy Keeler 40	60:35
M40 Glenn Reed	63:49
Emilio Royo	64:09
M45 Joe Hollingsworth	65:06
Mike McCowan	67:21
M50 Art Sarakas	65:14
Alex Sokolov	66:49
M55 Roger Rouiller 59	60:35
Paul Reback	65:28
M60 Peter Romano	76:01
M65 Joe Connolly	85:16
M70+P K Sheldon	80:50
Art Bowen	82:55
W40 Cindy Keeler	60:35
Anita Allen	73:12
W45 Carol Virga	73:45
Patti Mable	75:47
W50 Rose Randall	78:46
W55 JoAnn Daacon	89:35
W60 Betty Kelly	84:35

MIDWEST

Pot O'Gold Shuffle 4 Mile
Flint, MI; March 17

Overall

Ben Hunnaut	20:29
W L Veneziano	23:58
M40 Chuck Block	22:21
Roger Haggard	22:36
M45 Robert Perry	23:51
M50 David Rau	26:22
M55 James Carlton	24:05
M60 Jim Matherly	32:27
M65 Bob Daly	29:18
M70+Ed Hartley	32:14
W40 Elaine Delke	29:23
W45 Donna Olson	27:58
W50 Kathy Morse	30:58
W55 Ellen Nitz	28:48
W60 Chris Swanson	33:57
W65 Ardis Bowen	44:06
W70+Helen Dziwura	49:44

MID-AMERICA

St. Pat's 4-Mile Run
Wichita, KS; March 14

Overall

Wayne Strohman	19:40
Deb Tormeden	23:20
M40 Bob McAnany	21:20
Mike Shyrook	21:45
Jim Gifford	22:50
M45 David Bryan	26:02
Greg Records	26:10
John Bell	26:16
M50 Jeff Berven	22:00
Paul Shimon	24:41
Larry Schmidt	25:11
M55 Wally Brawner	25:54
Bill Jones	26:01
Randy Ellsworth	27:13
M60 Charles Doze	26:30
David Arst	33:49
M65 Paul Heitzman	25:40
W40 Bonnie Vetrow	27:57
Mari Myers	31:30
Sharon Kelting	33:43
W45 Barbara Holzman	26:25
Judy Cox	31:28
Marcia Shaffer	31:54
W50 Trudy Calloway	27:22
Sheryl Drevo	31:37
Beth Rodgers	32:07
W55 Nancy Moore	37:32
Rowena Hinshaw	39:54
W60 Carolyn Buckner	33:18

SOUTHWEST

Austin American-Statesman Capitol 10K
Austin, TX; March 29

Overall

Len Sitko 29	31:23
Sheena Carswell 26	36:58
M40 Keith Dowland	34:15
Randall Milstead	34:59
Matt McMenemy	35:40
Chuck Hobbs	36:28
Rich Fredrich	36:34
Terry Shaner	36:37
John Baer	37:25
Guillermo Zuniga	37:29
Gary Johnson	37:30
Ken Hausmann	38:06
Bill Patience	38:13

M45 Bill Aragon	36:26
Richard Pennington	37:16
Robert Iles	37:48
Steve Hegreness	38:16
Ken Kuestner	38:24
Ian Rodger	38:45
John Pacourek	39:36
Don Walker	39:45
Bob Linder	39:53
Ken Ashby	40:09
M50 Gregg Evans	38:38
Bradley Price	39:42
Michael Chika	40:59
Kenneth Young	41:28
Tony Perez	41:42
Peter Boulette	41:45
Jon Wisser	41:54
Kenneth Newkirk	42:00
M55 Charlie Viers	40:37
Chock Bailey	40:58
Chris Arneel	41:05
James Hill	41:08
Ken Hodges	41:54
Bill Blackburn	41:59
Robert Burnside	43:25
Bob Lehew	44:32
M60 Ino Cantu	41:06
Jack Henney	42:25
Gary Schmidt	43:32
Don Slocumb	44:11
David Carson	44:48
Jim Norton	46:20
M65 Al Becken	46:37
Arturo Melendez	47:12
Bob Harms	48:42
Jesse Real	50:49
Zeno Boehmer	51:02
Gene Woodruff	52:03
M70 Jack Caldwell	54:39
John Campbell	56:03
Ray Marshall	1:00:29
Fred Boord	1:04:04
Joe Barger	1:04:05
Baugh Lewis	1:05:29
M75 Jim Southard	1:02:06
Louis Johnson	1:29:35

Continued from previous page

M55 Ad Heijdens	32:05
M60 Jan Olieslagers	35:23
M65 Wil van der Lee	34:19
M70 Wim Schild	46:18
W35 Wilma Rusman	17:50
W40 Els Rovers	19:09
W45 Tilly van de Laar	19:15
W50 Els Raap	19:43
W55 Corrie Keusjers	19:42

British Veterans 10K Road Race Championships Eastleigh, UK; March 15

M40 Rob Wise	30:48
Nicky Lees	31:18
Steve May	31:28
M45 Martin Rees	30:17
Gordon Seward	31:27
Peter Flavel	31:30
M50 John Willoughby	32:47
John Exley	32:49
Ian Barnes	32:51
M55 Les Haynes	34:05
Fred Gibbs	34:38
Dave Gibson	34:57
M60 Steve James	33:29
Derek Surrey	37:48
Charles Portsmore	38:48
M65 R Pitcairn-Knowles	40:39
John Roberts	41:08
Bill Davies	41:15
M70 Steve Charlton	40:10
George Phipps	43:03
Bill Forward	45:38
M75 Gerald Cuning	56:05
M80 George Seutts	57:49
W35 Debbie Percival	33:57
Julia Cornford	35:37
Melanie Bailey	36:45
W40 Maggie Statham	37:26
Carolyn Doe	37:44
Gail Duckworth	38:43
W45 Penny Forse	38:04
Sue James	38:26
Josie Heffernan	39:02
W50 Carolyn Oxtan	39:43
Pauline Rich	40:33
Sarah Barrett	42:31
W55 Pat New	47:22

Jackie Clifton	49:45
Anne Dukas	51:31
W60 Pam Jones	43:24
Mary Anstey	44:03
Sylvia Timms	53:43
W75 Grace Bulgar	1:14:31

British Veterans Cross-Country Championships Croydon, Surrey, UK; March 28

10K		
M40 Dave Hollins	34:32	
Jim Estall	34:46	
Jon Kilsby	35:01	
M45 Peter Flavel	34:56	
David Black	35:35	
Archie Jenkins	35:46	
M50 Peter Hyde	36:29	
John Willoughby	36:51	
Colin Youngson	36:53	
M55 Les Haynes	38:17	
Les Presland	38:24	
Chris Elson	39:12	
M60 Steve James	38:00	
David Spencer	40:09	
Walter Ryder	40:53	
M65 Ron Higgs	42:19	
Pascal Morris	43:39	
John Chandler	45:24	
5K		
M70 Steve Charlton	23:21	
George Phipps	24:43	
George Meech	26:16	
M75 Geof Keeling	30:21	
James Johnston	30:50	
David McMullen	45:59	
W35 Lynn Marr	20:45	
Sandra Lappage	20:49	
Kim Davison	20:55	
W40 Caroline Horne	19:53	
Sally Young	20:21	
Sheila Allen	20:39	
W45 Gill Dean	20:37	
Penny Forse	20:56	
Zina Marchant	20:59	
W50 Margaret Auerback	21:47	
Pauline Rich	23:07	
Lynn Newton	23:34	
W55 Iris Hornsey	25:33	
Pat Card	25:44	
Barbara Matley	26:03	

W60 Mary Holmes	27:53
Jeanne Coker	39:57
W65 Betty Forster	32:08
Betty Norrish	33:37

RACEWALKING

Connecticut Racewalkers 3K Mall Race Milford, CT; Feb. 15

Overall		
Joe Light	14:59	
Lee Chase	17:20	
M40 Rupert Ravens	15:00	
M50 Joe Light	14:59	
M60 Benno Stein	18:04	
W40 Lee Chase	17:20	
W50 Corrine Amari	22:28	
W60 Rachel Beaudet	22:55	
W70 Florence Dagata	22:55	

PRO 8K Racewalk Carmichael, CA; Feb. 22

Overall		
Roger Wellborn	43:55	
Chris Sakelarios	42:23	
M40 Art Klein	47:01	
M45 Rober Wellborn	43:55	
M50 Bill Penner	45:48	
M55 John Doane	47:54	
M60 Jim Fisher	51:06	
M65 Dick Petruzzi	46:01	
M80 Ernest Lucken	1:04:15	
W30 Leslie Brown	54:41	
W35 Chris Sakelarios	42:55	
W40 Terri Brothers	48:42	
W50 Patricia Pulley	1:01:50	
W55 Lorraine Coppola	56:31	
W65 Grace Moremen	1:04:30	

USATF Pacific Association 5K Racewalk Monterey, CA; March 21

M40 Art Klein	28:29
M45 Tom Williams	30:45
M50 Bill Penner	27:43
M55 John Doane	30:04

M60 Jim Fisher	31:31
M65 Dick Petruzzi	28:29
M70 Bill Moremen	31:50
M80 Ernest Lucken	39:20
W30 Loribeth Jacobs	31:11
W35 Chris Sakelarios	25:38
W40 Mary Baribeau	30:43
W50 Deetta Nicely	33:55
W55 Hansi Rigney	31:26
W65 Grace Moremen	40:27

Ramblin' Racewalk 10K State Championships Coconut Creek, FL; March 28


Overall		
John Fredericks	59:41	
Tammie Corley	1:03:34	
M40 Carey Witkon	1:08:48	

M45 Rod Vargas	54:54
M50 Phil Valentino	1:02:55
Dana Sanders	1:12:21
M55 Jay Dash	1:05:30
M60 Bob Cella	1:01:09
Lee Duffner	1:02:29
T Cunningham	1:07:00
M65 Bob Fine	1:04:17
Gerry Gomes	1:05:04
Signumd Gurz	1:18:30
Murray Glaser	1:19:10
M70 S Shafmaster	1:16:04
Jerry Kauffman	1:17:08
W40 Oris Benjamin	1:09:09
W45 Donna Pape	1:06:20
W50 Patricia Baran	1:10:15
W55 Jean Thayer	1:11:18

WINS 25K Open and Masters Racewalk Sacramento, CA; April 5

M40 Art Klein	2:40:40
M45 Bob Novak	2:31:09
M50 Stan Charminski	2:28:59
M60 Jim Fisher	2:53:18
M65 Jon Borset	3:24:20
W50 Jo Ann Nedelco	2:36:42
W44 Hansi Rigney	2:48:55
W60 Bev LeVeck	2:43:43

Picture the Seven Dwarfs without a forest.



PLEASE put out all your campfires completely. Because a burnt forest is not a pretty picture.

Only You Can Prevent Forest Fires.

Ad Council

USDA Forest Service and your State Forester.

1998 USATF NATIONAL MASTERS INDOOR T&F CHAMPIONS; BOSTON, MASS., MARCH 27-29

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
60	Onye'onwu	Lovett	Barnwell	Collins	Whitley	Robbins	Tolson	Keegan	Larsen	Murphy	Sorlien	Morrow
200	Thomas	Lovett	James	Collins	Allie	Robbins	Colbert	Stookey	Melville	Murphy	Matteson	Morrow
400	Thomas	Lovett	James	Norman	Allie	Robbins	Colbert	Trinkner	Brown	McCarthy	Matteson	--
800	Kastor	Allah	Corkery	Shaheed	Zink	Duffy	Stewart	Heitzman	Brown	Benson	Matteson	--
Mile	Yorges	Lundquist	Castillo	Shaheed	Swenson	Simpson	Hawk	Heitzman	McManus	Benson	--	--
3000	Clark	Fram	Rodiez	McCusker	Swenson	Zwolak	Spencer	Heitzman	Margetsbn	Benson	--	--
60H	--	Stanley	Ellis	Kring	Gray	--	--	--	Larsen	Lukens	--	Morrow
4x400	Central Park TC		Maryland Master		Central Park TC		New Jersey Masters					
4x800	Westchester Puma TC		Shore AC		Central Park TC		Boston AA					
HJ	Boyce	Patrone	Watry	Curry	Taylor	Angus	Sullivan	Trinkner	Brako	Lukens	Maki	Boal
PV	Littlefield	Charles	Ellis	Gorman	McIntyre	Cyprus	Lance	Donley	Smith	Morcom	--	--
LJ	Boyce	Corrigan	Stebbins	Santos	Jones	Cawley	Rutfin	Stookey	Rice	Lukens	Sorlien	Hatlen
TJ	McVicke	Corrigan	Quick	Wiltshire	Troy	Geertgens	Bohigian	Stookey	Brako	Lukens	Sorlien	--
SP	Herr	Thompson	Otrando	Shumaker	Pataki	Johnson	Keshmiri	Olson	Brusca	Pistorino	McDermott	Hatlen
WT	Herr	Hambrick	Vandergriff	Edwards	Pataki	Cyprus	Spencer	Olson	Weinbel	Ricciardi	McDermott	--
SW	Herr	Hambrick	Vandergriff	Edwards	Pataki	Cyprus	Spencer	Baggett	Weinbel	Ricciardi	McDermott	--
3000RW	Ortega	Nicholls	--	Savilonis	Carmines	Elwarner	Barrett	Bray	Flick	Dyas	--	--
**M95 60, SP, WT, SW	Hosack											
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	
60	Morris	Nelson	Steenbergen	Higgins	Jones	Mair	Lary	Yudell	Peterson	Friedman	Salmini	
200	Morris	Sterrett	Steenbergen	Higgins	Lowenstein	Robinson	Lary	Yudell	Peterson	Friedman	Salmini	
400	Morris	Valdez	McField	Martin	Lowenstein	Robinson	Murphy	Yudell	Peterson	Friedman	Salmini	
800	Reaser	Valdez	Cossi	Rosado	Riordan	Morehead	Butcher	--	--	--	Salmini	
Mile	Reaser	Morra	Troy	Marti	Kimche	--	Butcher	--	--	--	--	
3000	Reaser	Lehane	Boen	Martin	Trotto	Stallings	--	--	--	--	--	
60H	Landrum	Wameling	--	--	--	--	Miller	--	--	--	--	
4x400	Central Park TC		Midwest Masters		--	--	--	--	--	--	--	
4x800	Athletic Alliance		--		--	--	--	--	--	--	--	
HJ	Jennings	Crawley	Alston	Sparks	Clark	Primmer	Miller	Burguess	McDaniels	--	--	
PV	--	--	--	--	--	MacDonald	--	Hicks	McDaniels	--	--	
W	Best	Iba	--	--	Szanto	Condon	Lary	Kuehne	McDaniels	Friedman	--	
TJ	--	Iba	--	--	--	--	Lary	Kuehne	McDaniels	--	--	
SP	Fallon	Long	Veale	Capwill	Szanto	Pashkin	Wright	Kuehne	McDaniels	--	Gradick	
WT	--	Morrison	--	Capwill	Szanto	Hess	Wright	Hicks	--	--	--	
SW	--	Morrison	--	--	Szanto	Hess	Wright	Snaden	--	--	--	
3000RW	--	Torrellas	DeNoon	Davis	--	Richardson	Shepardson	--	Rowland	--	--	

1998 USATF NATIONAL MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

@ University of Maine, Clarence Beckett Family Track Facility, Orono, Maine.

JULY 30 - AUGUST 2, 1998



You will discover yourselves surrounded by friends, in Maine. We will have information booths and activities to assist in making your stay relaxing and enjoyable; canoe and kayak rentals, day outdoor adventure trips, fishing, scenic ocean routes, museums.

ELIGIBILITY: Open to all men and women 30 years of age and older, including non-US citizens.

Age on July 30 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups.

Proof of date of birth is required [send photocopy with entry form]. 1998 USATF membership will be required of all US citizens. Membership may be obtained through your local association, or on site for \$20. Competitors from other countries compete as guests, with no membership required.

ENTRY DEADLINES: July 10 is the deadline for the early entry fee, and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after July 20. Relay registration will take place on site.

DECLARATIONS AND PACKET PICK UP: Declarations must be made at least 30 minutes before the scheduled start of all events. Declaration and scratch sheets will be available for all events beginning Wed. July 29 at the Track, if you wish to declare or scratch early.

AWARDS: USATF Championship medals will be awarded to the top three U.S. citizens in each event. Foreign guests in the top three receive medals also.

DIRECTIONS: driving north on I-95 to exit 51, right, go through 2 lights. at 3rd light turn right go one mile.

FOR TOURIST INFORMATION: CONTACT VISITORS BUREAU: call: 800-91-MOOSE

THE FABULOUS CHAMPIONSHIP COOKOUT Saturday Aug. 1, at 7:30 p.m., at the Fieldhouse, with Downeast hospitality and entertainment which you'll joyously remember. Cost is \$18 per person paid with entry form. Choices of: Lobster, Steak, Chicken, vegetarian Lasagna. Various Maine and Acadia entertainment groups will perform.

T-Shirt Swap: bring a t-shirt from your region of the country and we will swap with others.

EQUIPMENT: Meet management will have throwing implements[2], and starting blocks available for use by

1998 SCHEDULE OF EVENTS			
THURSDAY, JULY 30	FRIDAY, JULY 31	SATURDAY, AUGUST 1	SUNDAY, AUGUST 2
A.M.	A.M.	A.M.	A.M.
5000 meter run	5000 meter Racewalk	10,000 meter run	10K/20K Roadwalk
Pentathlon W & M	Long Jump M60; W	Long Jump M30-59	Triple Jump W; M
Hammer W; M60+	Pole Vault W; M60+	**Pole Vault M40-59	Pole Vault M30-39
800 meter [trial or semifinals]	High Jump M30-59	High Jump W; M60+	Shot Put W
	Discus W; M60+	Shot Put M60+	Javelin M 30-59
		Javelin W; M60+	200 meter [semifinals from trials]
P.M.	P.M.	P.M.	P.M.
Hammer M30-59	Discus M30-59	***400/300m. Int. Hurdles	1500 meter [finals]
400 meter [trials or semifinals]	400 meter [semifinals from trials]	100 meter [semifinals from trials]	
Break	1500 meters [semifinals]	P.M.	
800 meter [semifinals from trials]	High Hurdles [semifinals/ finals]	Shot Put M30-59	200 meter [finals]
	100 meters [trials or semifinals]	800 meter [finals]	Age Graded 100 meter
	400 meter [finals]	100 meter [finals]	4 X 800 meter relay
	3K/2K steeplechase	200 meter [trials or semifinals]	4 X 100 meter relay
	Athletes Meeting	* Championship Lobster Cookout Feast & Downcast Entertainment*	4 X 400 meter relay

*Order of competition: oldest to youngest; women first [except where noted]; W = women, M = men
 *Events will not be moved to different days from this schedule. **Pole Vault M40-59 begins 1.5 hours after L.J. M30-59 begins.
 *By rule: trials are run when there are more than 16 entries; semifinals are run when there are 9-16 entries. 1500m is different
 *** 400/300m. Int. Hurdles: some age groups may have trials at 10 a.m. If so, then finals will be after 800 meters in p.m.
 *Precise Time Schedule will be sent to competitors once all entries are in and we know the numbers.

all competitors. You may bring your own throwing implements. Implement weigh-in will be at the throwing site prior to your age group competition. Spike length is 1/4".

TRAVEL: Orono Travel Agency; 800-682-4125, will assist you in finding the best discounts and accomodating flights. Bangor International Airport is 15 minutes to campus. Portland ME. is 2 hours; Boston is a scenic 4 hours.

Delta Airlines is the official airline and is the only airline company to offer special discounts. file number: 114135A. Delta will direct ship pole vault poles and javelins by freight but you must arrange it 2-3 days prior to your flight.

CAR RENTALS: at Bangor International Airport.
PARKING: ample parking on campus. R.V. day parking on campus, no R.V. overnight parking, use campgrounds.
CAMPGROUNDS: with special low rates.

Pleasant Hill Campground; 207-848-5127
 Paul Bunyan Campground; 207-941-1177
HOUSING: Campus dorms: Telephone 207-581-4093 for a reservations and information. Great rates, and meals.

AREA HOTELS: with special rates if reserved 30 days before arrival. Best Western Black Bear Inn: Orono, 207-866-7120. Comfort Inn: Bangor-Mall; 207-942-7899. Country Inn at the Mall; 207-941-0200.

Hampton: Bangor-Mall; 207-990-4400.
 Holiday Inn Civic Center: Bangor; 207-947-8651.
 Penobscot Inn: Civic Center; 207-947-0566.
 Holiday Inn Odlin Road: Bangor; 207-947-0101.
 Days Inn: Odlin Rd.; 207-942-8272
 Econo Lodge: Odlin Rd.; 207-945-0111.
 Riverside Inn: State St. Bangor; 207-947-3800
 Ranger Inn: outer Hammond; 207-945-2934

ENTRY FEES: \$30 for first event [includes free commemorative championship T-shirt]; \$15 for 2nd event; \$15 for 3rd event; \$10 for each subsequent event.
 Pentathlon is a separate \$30.
 All fees must be paid in advance.

Relays are \$40 per team taken on site, paid and declared by 7:00p.m. Sat. Aug. 1.
 Make Checks payable to University of Maine. US funds only, drawn on a US bank.

MAIL TO: University of Maine
 c/o Willi Gallant
 National Masters Entry
 5747 Memorial Gymnasium
 Orono, ME, 04469-5747

For information re: the Meet.
INFORMATION: call: 207-581-2099; 581-1077
<http://www.ume.maine.edu/~track/trackfield.html>
 The web site has very comprehensive information. And it has a downloadable complete entry form

1998 USATF NATIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM -- July 30 - Aug. 2, 1998

Last Name: _____ First _____ M.I. _____

Address: _____ City: _____

State: _____ Zip: _____ Country: _____

Phone: _____ Fax: _____ Team/club: _____

1998 USATF Number: _____ Male / Female _____ Birth Date: ___/___/___ Age as of July 30/98 _____

EVENT:	Best Recent Performance/date	FEE:
1. _____	_____	\$30 _____ [free T-shirt] S _ M _ L _ XL _ XXL _
2. _____	_____	\$15 _____
3. _____	_____	\$15 _____
4. _____	_____	\$10 _____
5. _____	_____	\$10 _____
6. _____	_____	\$10 _____

CHAMPIONSHIP COOKOUT: # of persons attending _____ x \$18 ea. _____ entree -mark choice and number.

Lobster # _____ Steak # _____ Chicken # _____ Vegetarian Lasagna # _____

Extra T-Shirts S# _____ M# _____ L# _____ XL# _____ XXL# _____ at \$10 ea. _____

Late fee for entries postmarked after July 10 ----- \$25 _____

TOTAL AMOUNT ENCLOSED \$ _____

I will require a shuttle [may be a small fee]; I am staying at this hotel _____

I would like more outdoor recreation information _____

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of stated age on this application. I absolutely relieve the University of Maine System, Maine Association of USATF, corporate sponsors, volunteers of responsibility for any injury, loss or damage to myself or my property which I sustain in the course of [or in connection with] the 1998 USATF National Masters Outdoor Championships. I also verify that I am registered for [or will register at the championship meet site] 1998 with USATF.

SIGNATURE: _____ **DATE** _____