

# NATIONAL MASTERS NEWS

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

249th Issue

May 1999

\$2.50

## 841 Athletes Set 42 World Indoor Records at USA Masters Championships in Boston

by JERRY WOJCIK

For the third straight year, athletes went to Boston to vie for titles in the USATF National Masters Indoor Championships on March 26-28. If familiarity bred any contempt, it was not for the fine facility at the Reggie Lewis Track & Athletic Center, but, instead, for age-group records.

A record 841 competitors, 674 men and 167 women, broke, tied or established 42 world and 23 U.S. records. Last year, the count by a then record 816 entrants was 27 world and 17 national records.

The championships were open to men and women age 30-and-up, who competed in five-year age groups through 95-99. Entrants represented 44 states and six countries, including Iceland and Panama. The oldest competitor was Ohio's Everett Hosack, 97.

### Multiple Medals

Several athletes left Boston with a bag full of records and medals. Margaret Hinton, 77, Texas, accounted for three W75 world records in the high jump, pole vault, and triple jump, and a U.S. record in the shot. Roderick Parker, 80, Arkansas, amazed the crowd with all-out performances for world M80 records in the 60m, 400, and 800. Mary Holland, 77, Illinois, accounted for three of the world records in the 60, 200, and long jump. James Elliott, 85, Michigan, leaped to

world records in the high jump and triple jump, and U.S. records in the 60H and long jump.

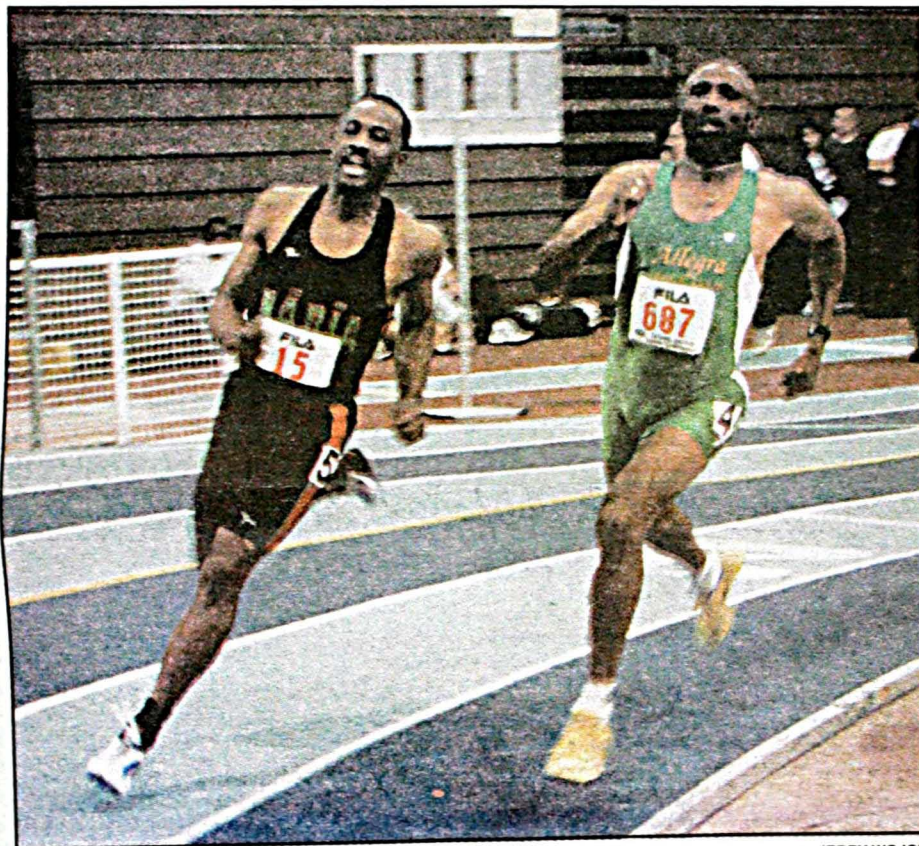
Canadians, competing as guest athletes, chalked up 14 of the 42 world records. Ivy Granstrom, 87, who is

visually impaired and runs tethered to her guide, Paul Hoeberigs, established five records in the 200, 400, 800, mile, and 3000. Karl Trei, 90, garnered four records in the 60m, high jump, long jump, and triple jump. Earl Fee, lucky enough to turn 70 on March 22, left nothing to chance with two outstanding performances in the 400, where he lowered the record from 66.03 to 61.31, and the 800, where he knocked 22 seconds off the present record with a 2:20.45. Records also fell to Harold Morioka, M55, 400; Patty Blanchard, W40, mile; and John O'Neil, M75, 60m.

Mile marks took the biggest hit, with seven world and one U.S. records falling, some by as much as 20 seconds. Racewalkers were impressive, with five world and two U.S. records.

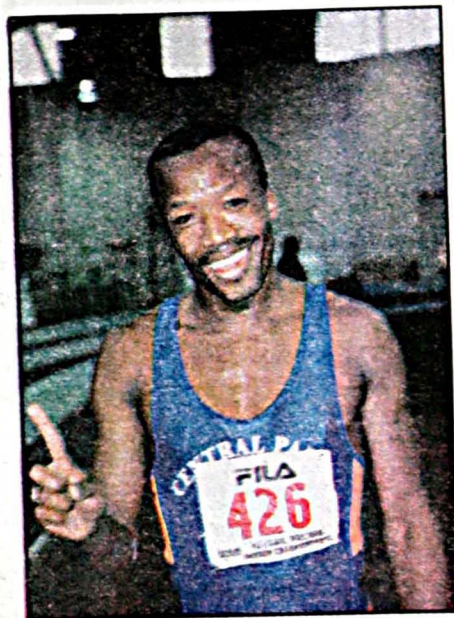
While most of the records went to senior athletes, top performances also came from younger ones. Charlene Landrum, New York, sped to U.S. W35 records in the 60m (7.88), 200 (25.19), and 60H (9.47). Patti Ford, New York, broke U.S. W40 records in the mile (5:11.11) and 3000 (10:05.32). Oneithea (Neni) Lewis, New York, hit a U.S. W35 shot record with a 12.37/40-7 put. Maryanne Torrellas, Connecticut, lopped a half-minute off the W40 3000 racewalk world record with a 13:46.73.

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Charles Allie (l) takes the lead from Fred Sowerby in the M50 400 with about 150 meters left to win in 53.18, with Sowerby close at 53.45.



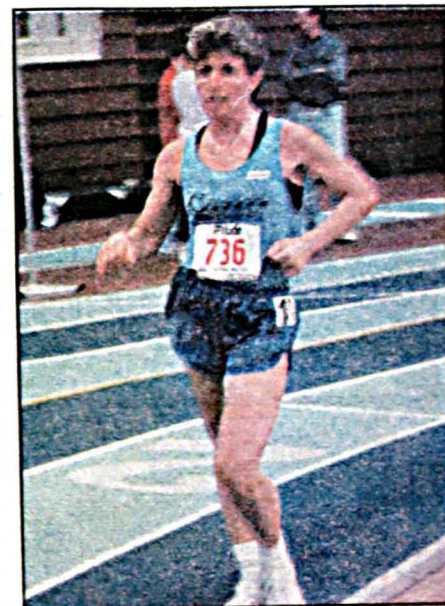
SUZY HESS

Anselm LeBourne, fell with 180m left in the M35 800 but came back from last place to win in 2:01.61.



SUZY HESS

Finalists in the M55 60m (l to r): Bill Knocke, Dan Durante, Courtland Gray (first in 7.76), Harold Morioka, Frank Bonham, and Ed Taft.



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Maryanne Torrellas on her way to a W40 world record 13:46.73 in the 3000 racewalk.

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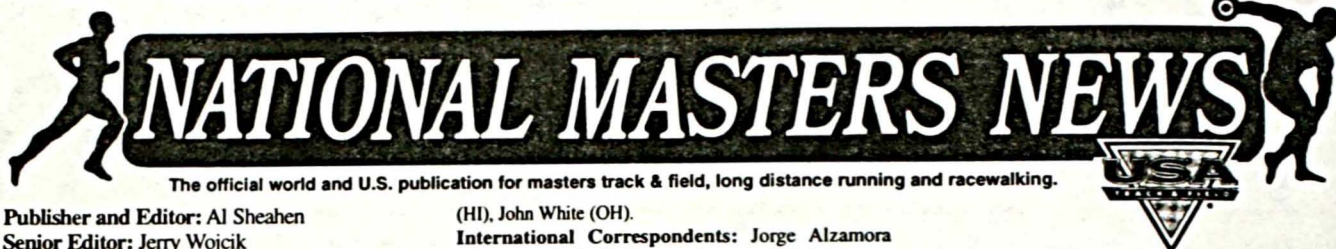
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 PO Box 50098 Eugene, OR 97405  
 541-343-7716, Fax: 541-345-2436  
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**Web site:** http://www.nationalmastersnews.com  
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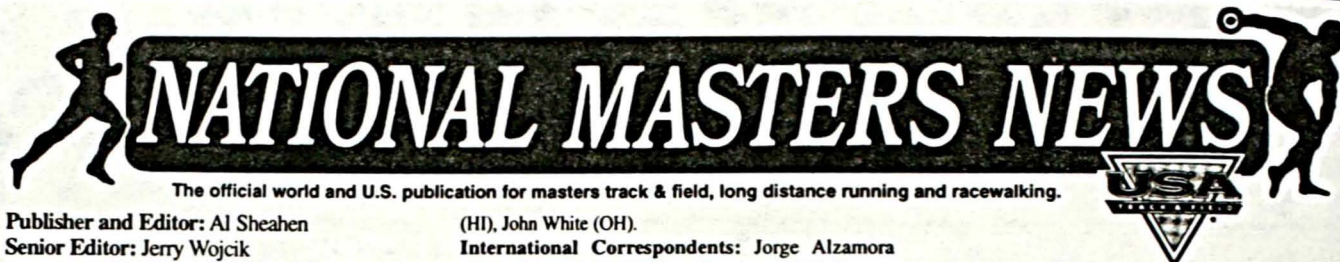
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<p><b>Treasurer:</b>                  Madeline Bost                  P.O. Box 458                  Ironia, NJ 07845                  (973) 584-0679</p>	<p><b>Outdoor Rankings:</b>                  Jack Lance                  P.O. Box 276                  Long Valley, N.J. 07853                  (908) 876-5856 (Fax)</p>	<p><b>Rules Coordinator:</b>                  Graeme Shirley                  11212 Via Carroza                  San Diego, CA 92124                  (619) 292-6132</p>	<p><b>Mid-America:</b>                  Tom Thorne                  525 Oak Ridge Dr.                  Neosho, MO 64850                  (417) 451-7417</p>	<p><b>WAVA Delegates:</b>                  Al Sheahan                  Rex Harvey                  Scott Thornsley                  Alternates:                  1) Bob Fine                  2) Joan Stratton                  3) Barbara Kousky                  4) Marilyn Mitchell                  5) Pete Mundle</p>
<p><b>Chairman:</b>                  Jerry Crockett                  1124 W. Eskridge                  Stillwater, OK 74074                  (405) 372-4010</p>	<p><b>Secretary:</b>                  Norm Green                  407 Freedom Blvd.                  West Brandywine, PA 19320-1559                  (610) 466-9197                  (610) 466-9198 (Fax)                  runmorm@aol.com (e-mail)</p>	<p><b>Regional Coordinators:</b>  <b>East:</b>                  Roz Katz                  170-11 65th Ave.                  Flushing, NY 11365                  (718) 358-6233                  throwercfa@aol.com</p>	<p><b>West:</b>                  Gary Miller                  1740 Grandview Ave.                  Glendale, CA 91201-1263                  (818) 242-8484                  gdmiller@hsc.usc.edu</p>	<p><b>WAVA Delegates:</b>                  Ruth Anderson, Norm Green                  Alternate: Charles DesJardins</p>
<p><b>Vice Chairman Men:</b>                  John Boyle                  P.O. Box 1700                  DeLand, FL 32721                  (904) 736-0002                  (904) 740-1047 (Fax)                  alvis0002@aol.com (e-mail)</p>	<p><b>Records &amp; Rankings:</b>                  Basil &amp; Linda Honikman                  Road Running Information Center                  5522 Camino Cerralvo                  Santa Barbara, CA 93111                  (805) 683-5868                  (805) 967-5958 (Fax)                  Honikman@silcom.com (e-mail)                  www.usaldr.org (Web site)</p>	<p><b>Law and Legislation:</b>                  Mary Rosado                  102 West 80th St., Apt. 23                  New York, N.Y., 10024-6303                  (212) 874-0822 (Home)                  (212) 758-2104 (Work)                  (212) 308-8582 Fax)</p>	<p><b>West:</b>                  Gary Miller                  1740 Grandview Ave.                  Glendale, CA 91201-1263                  (818) 242-8484                  gdmiller@hsc.usc.edu</p>	<p><b>Elite Athlete Representative:</b>                  Ruth Wysocki                  Canyon Lake, CA</p>
<p><b>Vice Chairman Women:</b>                  Ruth Anderson                  1901 Gaspar Drive                  Oakland, CA 94611                  (510) 339-0563 (h)</p>	<p><b>Awards:</b>                  Ruth Anderson - Women (address above)                  John Boyle - Men (address above)</p>	<p><b>IAAF Veterans Committee:</b>                  Charles DesJardins (address above)</p>	<p><b>West:</b>                  Gary Miller                  1740 Grandview Ave.                  Glendale, CA 91201-1263                  (818) 242-8484                  gdmiller@hsc.usc.edu</p>	<p><b>Athlete Information &amp; Publicity Coordinator:</b>                  Barbara Arveson                  3216 Charing Cross                  Plano, TX 75025                  (972) 673-0735 (h)                  barveson@wtid.net (email)</p>
<p><b>Indy Life Circuit:</b>                  Charles DesJardins</p>	<p><b>Championships:</b>                  John Boyle (address above)</p>	<p><b>Championship Stats:</b>                  Norm Green (address above)</p>	<p><b>West:</b>                  Gary Miller                  1740 Grandview Ave.                  Glendale, CA 91201-1263                  (818) 242-8484                  gdmiller@hsc.usc.edu</p>	<p><b>Elite Athlete Representative:</b>                  Ruth Wysocki                  Canyon Lake, CA</p>

## 780 Catalina Island Marathoners Take Mud Bath

by JANE DODS

The rain dwindled down to a few drops by the 7 a.m. start of the Catalina Island Marathon ("26 miles across the sea" from Los Angeles), March 20, but the damage had been done. All but the last few miles of this extremely challenging marathon are run on dirt roads that wind and twist through the island's central mountain range. They make for fine footing on a dry day, but this year the runners had to contend with a slimy, mucky quagmire. Ascents were shoe-sucking, and any effort to make time on the descents was attempted at the great risk of a muddy face plant.

Despite the adverse conditions, 780 intrepid runners crossed the finish line in Avalon, the only town on Catalina. No one beat three hours. Masters of the mud were Rob McNair, M40, 3:11:26, and Sona Ericson, W45, 4:10:41. A couple of 37-year-olds took the overall titles - Gordon Duff,

3:09:53, and Kay Embry, 3:54:40. Awards were presented at a plaza adjacent to Avalon's picturesque harbor where the runners could finally sit back and bask in the California sunshine.

1999 marks the 23rd edition of this race which lures a hard-core of annual entrants. Small metal bars indicating the current year are given to all finish-

ers. Many of the runners sported long lengths of these attachable mementoes, vividly proclaiming their loyalty to this special event.

After the mud was scraped off and muscles happily soaked in nearby hot tubs, almost everyone headed for the town's bars and restaurants for refueling, reminiscing, and discussions of what next year might bring! ☐

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SUZY HESS

Marie Michelson, W55 winner in the mile (6:45.55) and 3000 (13:12.97), National Masters Indoor Championships, Boston.

## NORTHERN CALIFORNIA SENIORS TRACK AND FIELD CLUB MARK GRUBI MEMORIAL CLASSIC

**JAMES LOGAN HIGH SCHOOL  
1800 H. ST. UNION CITY CA.  
SATURDAY JULY 3 1999**

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\$10.00 each additional event.(club members get 2<sup>nd</sup> event free)  
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FAX applications available 415 457-8177(schedule of events available upon request.)
- ELEGIBILITY:** All men and women with current 1999 USATF registration  
Race day USATF registration available for \$15.00
- AGE GROUPS:** 30 yrs and above in 5 yr. groups. Race day age determines group.
- AWARDS:** Metals to first three places in all events by 5 year age group.
- T-SHIRTS:** Available at check in table for \$15.00
- FACILITIES:** Logan High school has a first class all weather track  
All field events are held at Logan, Javelin thrown from grass.
- HEATS:** 5 year age groups where possible.

**All athletes are subject to drug testing**

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mo day year

Club Affiliation \_\_\_\_\_ Age as of 7/3/99 \_\_\_\_\_  
U.S.A.T.F.# \_\_\_\_\_

In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release for ever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The New Haven Unified School District, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held July 3rd 1999 at James Logan High School 1800 H. Street Union City California.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_  
Events entered \_\_\_\_\_ Best mark \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_  
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### FIFTEEN YEARS AGO May 1984

- 561 Compete in Masters Indoor Nationals in Princeton, N.J.
- Roger Robinson (45, 2:20:15) and Vicki Foltz (40, 2:46:14) Win in Boston Marathon
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**INDOOR CHAMPIONSHIPS**  
My congratulations on a wonderfully conducted National Indoor Track and Field Championships. I would like to commend the officials, starters, volunteers, and all others associated with this meet for their high professionalism. This was one of the finest run meets that I have ever attended.

I want to thank Pete Taylor for his outstanding calling of all the races. He makes track meet classy!

It was a thrill to be in the same race with a world record holder of such esteem as Stan Druckrey. It was also terrific to see athletes winning their very first National Masters Championship.

*Mike Milove  
Mahopac, New York*

We wish to express our appreciation to all those groups and individuals whose dedicated efforts helped make the 1999 Boston Indoor Nationals the premier meet it has been for the past three years.

Our heartfelt thanks and a "job well

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.

done" to Pete Taylor for his announcing skills and talents. His memory for names, dates, records, and interesting details is truly impressive. His dynamic announcing style initiates enthusiasm from the spectators and gives an adrenaline boost to the competitors. Keep up the good work, Pete!

*Jim & Mary Alice Stookey  
Dickerson, Maryland*

*Audrey Lary  
Frederick, Maryland*

*Bill Bergen  
Jefferson, Maryland*

**AGE-GRADING**

Doug Thurston's article on age grading in the April issue was interesting reading. I am a 49-year-old male runner and have run a couple of races that were age graded. My age-graded times turned out to be better than the times I ran at age 40 when I was in good racing condition, doing 90-105 miles a week.

I could get all excited about my age-graded times, but if I do that, I would never reach my full potential as a runner. I judge myself by what my competition has and is running in the M45 group.

Age grading should be based on what older runners could run, not on what they are running. John Campbell, now 50, has already run 66 minutes in his first half-marathon, and he has only started.

*Jeff Hlinka  
Brecksville, Ohio*



MIKE POLANSKY

Senior age-group award winners (l to r): Richie Hollman, 70, Jim Scovel, 68, Guy Froehling, 69, and George Dennis, 75, Kings Park 15K, Long Island, N.Y., March 21.

**Kuznetsov, Colomb-Janin Win in Boston**

by JERRY WOJCIK

Andrey Kuznetsov, 41, of Russia, successfully defended his masters title in the 103rd Boston Marathon on April 19 and did it with a better time than he ran in 1998. Kuznetsov, who has been sensational in this season's road racing tour in the U.S., also bettered his 15th overall finish of last year (2:15:27) with his 7th-place 2:14:19.

Kuznetsov's time was an age-graded 96.7%.

Joshua Kipkemboi, 40, of Kenya, was second in the Masters Division (40-49) in 2:15:56. Budd Coates, 42, of Pennsylvania, was first U.S. masters runner and third M40+ in 2:22:52.

Josette Columb-Janin, 46, of France, the women's masters winner, was 14th female in 2:40:36, an age-graded 93.3%. Gillian Horovitz, 43, who lives in NYC but is a British citizen, was second W40+ and 17th in 2:46:31. Lee DiPietro, 41, of Maryland, captured the third place with a 2:51:51.

Yuri Laptev, 50, of Kazakhstan, in

2:42:11, and Judith Hine, 50, of New Zealand, with a 3:01:35, won the Veterans Division (50-59) contests. Two long-time U.S. road racers won the Senior Division (60+) races: Mel Williams, 61, of Virginia, with a 3:03:16, and Carrie Parsi, 60, of Massachusetts, with a 3:55:11.

The much-awaited duel between New Zealand's John Campbell, 50, and Bill Rodgers, 51, of Massachusetts, for a possible new M50-59 record failed to materialize when Campbell dropped out after the 25K mark and Rodgers after 30K.

"I was dehydrated and seeing stars," Rodgers said. "I can run the marathon, but I can't duke it out anymore. I've run 58 hard marathons. Maybe I'm out of gas at 50. But I'll keep running the shorter distances and see how I feel."

Open winners were Joseph Chebet, of Kenya, 2:09:52, and Fatuma Roba, of Ethiopia, 2:23:25.

More coverage and results of the 1999 BAA Boston Marathon will be in the June issue. □

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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:

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## Indoor Nationals

Continued from page 1

### LeBourne Electrifies Crowd

The award for the most courageous performance of the meet has to go to Anselm LeBourne, 39, New Jersey, who was accidentally tripped and flat on his back in the M35 800 with about 180m left in the race. He jumped up quickly, joined the pack, and picked off runners until he had the lead and the victory in 2:01.61. Roger Pierce, 54, Massachusetts, an experienced sprinter and record holder, spoke for everybody who witnessed what happened, "That was the most incredible comeback I've ever seen."

### Top Age-Graded Athletes

In age-grading terms, Earl Fee's record 2:20.45 in the 800 hit the 100% level. His 61.31 400 was a 96.6%. Two hurdlers, Courtland Gray, 55, Louisiana, with a world record 8.73, and Mel Larsen, 74, Illinois, with a 10.39, in the 60H, were also in the 100% range. Hurdler Karl Smith, 39, Maryland, was in the international class with a 97.0% 8.00.

In the M50 60m championship race, all eight finalists were at the 90% or better level, with Charles Allie, 51, Pennsylvania, winning in a 96.2% 7.50, and Joe Johnson, 54, New Jersey,



JERRY WOJCIK

All of the women entrants in the National Masters Indoor Pentathlon, Boston, March 26 (l to r): Denise Jones, W35, Christel Miller, W60, Mary Trotto, W50, Irene Thompson, W40, and Carla Hoppie, W40.

taking second place and age-graded honors with a 96.9% 7.59.

All finishers in the M60 eight-man 60m final also ran 90+% times. Larry Colbert, 62, Maryland, was the gold medalist in a 97.6% 7.97, but Lawrence (Dick) Richards, 64, California, took some consolation with a 99.0% 7.98 silver medal performance.

Cindy Steenberg, 45, Texas, had the best age-graded times in the women's 60m (8.18/92.7%) and 200 (26.62/90.0%).

### Close Calls in the Sprints

In other events, an anticipated world record in the M60 400 didn't materialize, when Fred Sowerby, 50, Nevada, wasn't able to fight off the challenge by Allie, at the far turn. Allie won with 93.7% 53.18 with Sowerby

second in a 92.5% 53.45. After the race, Sowerby, icing his thigh, said that he felt a twinge in his leg and couldn't muster enough speed to overtake Allie.

In the mile, Tim McMullen, 46, New York, edged his brother Charles, 47, New York, for the M45 victory, 4:36.08 to 4:37.96 on Saturday. Allie had won the 3000 on Friday from

Continued on page 18

## From the Announcer's Chair

With more than 150 individual performances at Boston I could safely describe as outstanding, I would be hard-pressed to pick out only one or two (and I might lose some friends in the bargain!).

But let's start with the obvious: What Anselm LeBourne did in the M35 800 was both brilliant and courageous. I don't recall ever before seeing a runner knocked down in such a short race and getting up to win (2:01.61), not to mention prevailing over a strong field. Unfortunately, I did not see the mishap, which is why I didn't announce it on the spot (I may have been looking at my heat sheet). I must also mention the man I call "the great Earl Fee," as his M70 800 performance was breathtaking - he broke Austin Newman's world indoor 2:42.0 by 22 seconds.

We had many exciting finishes at Boston, a few of which were so close that I wouldn't call them. For last-lap battles I will remember a long time I must choose two: Mack Stewart and Sid Howard in the M60 800 and Charles Allie and Fred Sowerby in the M50 400. This was track at its absolute best - superior athletes reaching deep inside themselves.

This was my seventh big meet as masters announcer (the last four National Indoors, the 1995 Worlds at Buffalo, the 1996 North Americans, and the 1998 Outdoor Nationals at Orono).

One of the things I anticipate at a meet like Boston is the opportunity to announce outstanding performers I've read about in NMN who have not competed previously when I was at the microphone. Thus, I enjoyed announcing all-time great Harold Morioka, M55; the awesome Dan Conway, M60; three-time gold medalist at Durban, Jeanne Hoagland, W60; and emerging star Patti Ford, W40.

I've been involved in masters track since 1976, and thus have an excellent historical perspective. Certainly one of the great differences between then and now is the level of performance among the women. At Boston, it was so nice to see such a wealth of talent in the women's races. To cite two of the younger runners, for example: Charlene Landrum, W35, and Patty Blanchard, W40. From the announcer's chair I could see no real difference between these two outstanding competitors and many of the women I've seen performing in big college meets in the last few years, whether the measure was speed, style, or even apparent age.

As my comments indicate, I didn't pay enough attention to the field events at Boston. To do that next year, I will have to have an assistant through all three days to keep me informed of who is pole vaulting, how the shotput is going, who's on the long jump runway, and so forth. □

- Peter Taylor

## THE FOURTEENTH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET SUNDAY JUNE 27, 1999 RANDOLPH NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages.

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1500 Meter RW	10:30 am	Shot Put	10:00 am
High Hurdles	11:00 am	Weight Throw	1:00 pm
Youth Mile	11:30 am		
Mile Run	12:00 am	High Jump	10:30 am
Youth 100 Meter Dash	12:30 am	Long Jump	10:00 am
100 Meter Dash	1:00 pm	Javelin	10:00 am
Youth 400 Meter Dash	2:00 pm	Discus	10:00 am
400 Meter Dash	2:15 pm	Triple Jump	2:00 pm
800 Meter	2:45 pm		
200 Meter Dash	3:15 pm		
Youth 4X400 Relay	3:45 pm		
4X400 Relay	4:00 pm		

Additional Information  
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Divisions: Open (Age 15-29), Submasters (Age 30-39), Masters (Age 40+) in 5 Year Age Groups, Youth (9-10, 11-12, 13-14) Athletes age 14 and under may only compete in Youth Events. All events will be run Youngest to Oldest, Males First. Meet director may combine age divisions if the size of the fields warrant.

Registration Closes 30 Minutes Prior to Each Event. Don't be Shut Out! Pre-enter!

SPIKES ALLOWED - 1/4" or less. HURDLE HEIGHTS & IMPLEMENTS - USATF Open and Masters Rules. STARTING BLOCKS are permitted but not provided by the meet director. USATF MEMBERSHIP REQUIRED! Card must be presented, NO EXCEPTIONS! Can apply at meet \$15.00 - Youth -\$12.00.

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

Pre-registered - Received on or before June 21 - \$ 6.00 per event.

Post-entry (after June 21) - \$ 8.00 per event.

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 6/27 \_\_\_\_\_ 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

\_\_\_\_\_



## Third Wind

by MIKE TYMN

### John Landy: My Runner of the Millennium

There are times when I yearn for those days of running when things were pure and simple. "Where have you gone, John Landy?" I cry out to myself. As we approach the 45th anniversary of the first sub-four minute mile, I think about Landy, the great Australian miler of the 50s. He was my boyhood running idol and now represents to me everything that used to be good about track, as well as sport in general. He was a humble winner, a gracious loser, a gentleman, an athlete who believed in giving his all to the effort while still realizing that other responsibilities must be assumed and balanced. He didn't brag, didn't showboat, wasn't flashy, didn't adorn himself in jewelry, didn't deface his body with tattoos, didn't hold out for an appearance fee, didn't put down his competition.

It was on May 6, 1954, that Roger Bannister, an Oxford medical student, crashed through the four-minute "barrier" with a 3:59.4. Then, just six weeks later, on June 21, Landy further amazed the sports world by clocking 3:57.9 (rounded up to 3:58.0 for world record purposes).

#### Flirting With the Record

As a high-school miler at the time, I closely followed the pursuit of the first sub four-minute mile. The record of 4:01.4 by Gunder Haegg of Sweden had stood since 1945, but Landy and Wes Santee of Kansas were flirting with the record while Bannister was something of a longshot in the pursuit. Landy had become the favorite of many to be the first to break four minutes.

There are only three newsmaking events during the first 30 years of my life for which I can recall exactly where I was and even picture myself hearing the news: the Kennedy assassination, Bobby Thomson's home run off Ralph Branca in the '51 National League playoffs, and the first sub-four mile. I was on the front porch of my home in Alameda, California when the news came over the radio. I recall feeling disappointed that Landy had not done it.

"Landy had made no secret of the fact that the four-minute mile was his goal," Bannister wrote in his autobiography. "That's not true," Landy told me over lunch in 1983 as we sat near the pool of his Waikiki hotel. "I didn't really consider myself capable of breaking four minutes that year. I had been around the 4:02 mark several times and felt I might improve by just a second or so. I was looking more at Haegg's world record."

After Landy shattered Bannister's world record, the stage was set for the "Mile of the Century" in Vancouver on August 7. Although it was the Commonwealth Games and others were entered, it was billed as a two-man duel - Landy vs. Bannister - the smooth striding Australian against the high-flying Englishman, the world record-holder against the barrier-break-



Columnist Mike Tymn with John Landy in Vancouver, 1986.

er. The race was page one news around the world.

#### Closing the Gap

Landy set the pace through the quarter in 58.2 and had eight yards on Bannister as he passed the half in 1:58.2. Bannister closed the gap on the third lap and was running shoulder to shoulder with Landy as the bell rang for the final quarter. "I knew he was a strong finisher, so I started to move away with about 300 (yards) to go," Landy recalled in 1983, using an oval placemat on the table to demonstrate. He was hoping that he would be able to put enough distance between them to nullify Bannister's kick.

As they came off the final turn and into the stretch, the historic moment depicted by a statue later erected outside of Empire Stadium took place. Landy glanced over his left shoulder, hoping to see Bannister still back on the middle of the turn. This would have given Landy the confidence to maintain his rhythm to the finish and not tie himself up in a choppy, perhaps futile sprint.

"On the other side of the track I was able to see his shadow, but because of



The moment at which John Landy glanced over his shoulder as Roger Bannister sprinted by on the other side in the "Mile of the Century" is cast in stone in Vancouver.

the curve I could no longer see it," Landy recalled. "There was no way to hear him over the noise of the crowd, and that's why I looked back."

At the very moment Landy glanced back, Bannister charged around him on the outside and continued on to victory with a 3:58.8 as Landy followed in 3:59.6. Many observers speculated that had Landy not looked back he would have won the race.

#### Completely Spent

"No, it wouldn't have made any difference," Landy said. "It was a look of hope. I was completely spent and couldn't have run any faster. Bannister was the better man. I ran according to my plan and I simply wasn't good enough for him."

Landy added that some people criticized him as having no acceleration and being unable to win a tactical race. "That's not true," he said. "I had fairly good acceleration. I just wasn't that kind of runner. My approach was to run a hard, steady pace from the very start and finish knowing that I had run my absolute fastest."

"Landy had shown me what a race could really be at its greatest,"

Bannister wrote. "He is the sort of runner I could never become. His boldness forced me to abandon my time schedule and lose myself quite completely in the struggle itself."

Bannister said he was "almost hypnotized" by Landy's easy shuffling stride - "the most clipped and economical I have ever seen."

I think it was that stride that really attracted me to running and kept me going after high school. Landy was poetry in motion. He showed many of us that running is an art form. He took us to the core of running.

My meeting with Landy in 1983 came after I wrote to him in 1979, before the 25th anniversary of the first four-minute mile. I was hoping to get a few comments from him that I could work into a story for the Honolulu Advertiser about that momentous mile. I don't think I really expected a reply as there was a certain sanctity about Landy that seemed to place him above answering letters from mere mortals. Within a few weeks, however, Landy responded, expressing surprise that he was still remembered.

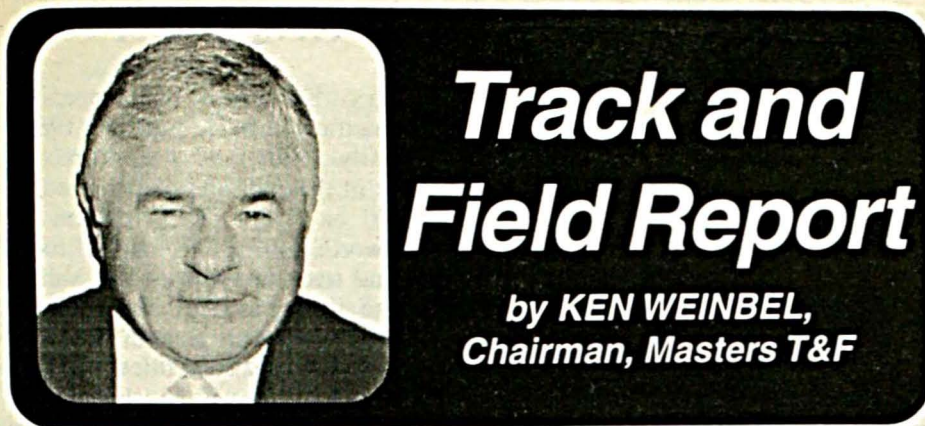
#### Boyhood Hero

I wrote back, thanking him and telling him that if he was ever passing through Hawaii I would very much like to meet him. When, four years later, he called to tell me he was in town for two days, I was in a state of near shock. I was going to have lunch with one of my boyhood heroes. I was going to meet a part of history, a man memorialized in a statue, no less.

An old-time Honolulu reporter told me of a press conference luncheon held for Landy as he stopped over in Hawaii en route to that match with Bannister in 1954. He was introduced to around 25 media representatives and at the end of the conference Landy shook hands with all of them, addressing each one by name.

I asked Landy if would have been able to run 3:57.9 when he did if Bannister had not already broken the





# Track and Field Report

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

## Meets Need More Athlete Support

The 1999 indoor season concluded with a successful National Championship in Boston, just as occurred in the two previous years. Meet management, officials and volunteers at the wonderful Reggie Lewis facility accommodated a record entry with minimum problems and maximum efficiency. Competing athletes responded with excellent performances and enthusiasm. A sincere thanks to TRACS and the Boston Running Club for being excellent hosts.

It is wonderful that we masters support our national championships as well as we do, but it is also important that we become more involved with local meets. Too many athletes have no conception of the amount of hard work and long hours that meet directors must dedicate to host a meet, no matter how large or small it may be. I am writing this to encourage your support and involvement for regional and association meets. These events are run for your benefit and pleasure, mostly by volunteers, whose only compensation is the satisfaction of having done it. I know - I usually run three or four meets a year, and "it ain't easy."

As I read issues of the *National Masters News*, I note the many meets in the schedule and wonder if all meet directors experience similar tribulations in putting on a meet, such as finding willing volunteers, procuring officials, readying facilities, soliciting funds, getting out the entry information and worrying that enough will be returned to at least break even with expenses, etc. With interest, I have queried others and, unhappily, report that running a meet is one big universal hassle.

### A Prime Example

There is one meeting in particular that I would like to single out to make a point. For the past four years, the Silver State Striders have sponsored the Silver State Masters Classic Indoor Track Meet in Reno, Nev. It is a great meet run on the very fine Bill Cosby 200m board track at the Reno Livestock Events Center. The facility is first class with good throwing and jumping event areas and more than adequate spectator seating.

In 1995, the city of Reno hosted our Indoor National Championships. A record entry of 700-plus produced 37 world indoor records, attesting to the quality of the competition and the athlete-friendly facility. Since then, masters have continued to establish record-breaking performances in this friendly atmosphere. Throwers have acclaimed the meet and facility as one of the best indoor U.S. venues available for masters competition.

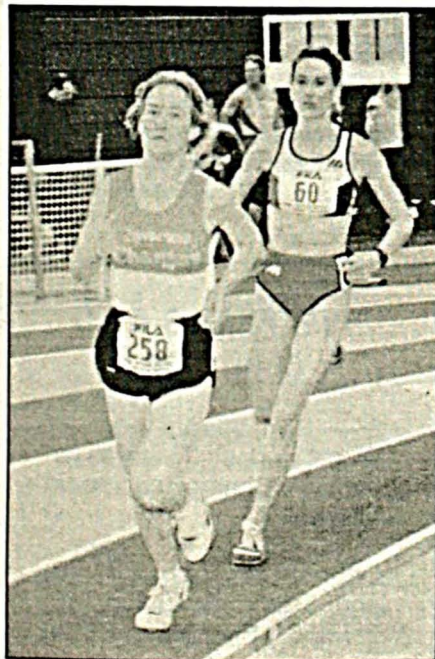
### Lack of Entries

Why am I focusing on this meet to make a point? Would you believe the

Silver States Classic is in jeopardy of having to discontinue the annual February event due to a lack of entries (only 137 in 1999)? That small number does not produce enough revenue to continue operation, what with rental costs, etc. It is astonishing that with the lack of quality indoor meets, especially in the western states, more athletes are not attending the meet.

The Reno folks have worked diligently to provide masters athletes an opportunity to compete under ideal conditions and we are not supporting their efforts. This is not good. The discontinuance of the Reno meet will be a great loss to the masters program.

We should not let it happen to Reno, nor should we allow it to happen to any of the numerous meets being conducted nationwide by hard-working organizers. Masters athletes need to stay involved in as many meets as possible. If circumstances should prohibit participation as an active athlete, validate your support by becoming involved as a volunteer or official. Your efforts will be recognized and appreciated. □



JERRY WOJCIK

Patti Ford in the W40 mile leads Patty Blanchard, of Canada, but Blanchard finished with a world record 4:57.71, and Ford with a U.S. record 5:11.11. National Masters Indoor Championships, Boston.

## Third Wind

Continued from page 6

psychological barrier. "Yes, I would have run the same time," he replied. "I had no aim other than to beat Chris Chataway. I had no more than a vague idea of how fast I was running and was quite surprised that the time was inside four minutes.

"I do not believe the psychological barrier theory. I think the reason that four minutes was not broken earlier was simply that the runners were not well enough trained to run that fast and I am sure they were not influenced by any feeling that four minutes was, as such, impossible."

The legendary coach Percy Cerutti, Landy's occasional mentor, said that he had seen in Landy, "demonstrations of character capable of the greatest kindness, gentleness and thoughtfulness," but Cerutti also saw Landy's "game face," as he witnessed "a ruthlessness, lack of feeling for others, and a ferocity and antagonism, albeit mostly vented on himself, that makes it possible for John Landy to rise to sublime heights of physical endeavor."

### Revolutionary Era

Landy recalled the 1950-55 period as a revolutionary era, kicked off by Emil Zatopek. "Prior to 1950, runners seemed to be afraid to really stress themselves," he said. "Everything was

done in moderation. It was a very conservative approach." Intervals, as popularized by Zatopek, were the essence of Landy's training. He estimates that he ran 40-50 miles a week when in serious training, most of it on the track. Because there were no cushioned running shoes then, he seldom ran on the roads.

When I asked him how much faster he might have run in his heyday, had he the benefit of modern training methods, synthetic tracks, and better shoes, Landy thought for a few seconds and then responded: "I don't think there is any question I could have run faster, but I'm not sure I would want to be a runner under the conditions we have today (1983). Running was an all-embracing hobby for me, but there were other things in my life.

"Today, there is no room for part-time runners. Runners must be supported, and the entire lifestyle must be changed to meet the demands of training and racing. I don't think I'd want that."

I just can't picture John Landy wearing jewelry, punching the sky after a victory, bragging about how great he is, and then refusing to run without proper appearance money. That's why he is my runner of the millennium.

Where have you gone, John Landy? □



## 1999 Southern California Association Masters Track & Field District Championship

### Occidental College

1600 Campus Rd. Los Angeles, CA  
Saturday, June 12, 1999

### Schedule of Events

<b>Divisions:</b> 5 year groups for men and women, age 30+	<b>Field Events:</b>	
<b>Entry Fee:</b> \$12 for first event & \$10 for additional	9:30 am	HT
<b>Sorry, No Refunds</b>	10:00 am	PV JT
<b>Entry Deadlines:</b> All entries must be postmarked June 5	10:30 am	LJ
Late entry is \$15 per space available	11:00 am	SP
<b>Order of Events:</b> Oldest to Youngest, women first, (except HJ & PV)	12:00 pm	HJ JT
<b>Awards:</b> USAT&F District Championship Medals to top 3 residents. There will also medals for non-resident top 3	1:00 pm	DT
<b>Surface:</b> 9mm elements required for track, LJ, TJ, PV, & HJ. 12mm required for JT.		
<b>Miscellaneous:</b> USAT&F Registration Required. Registration forms available at the meet. Membership fee-\$15. (Separate Payment, Please.)	<b>Track Events:</b>	
<b>Send check and entry form to:</b> Christel Miller, 1740 Grandview Av., Glendale, CA 91201	11:00 am	HH
Telephone: (818) 242-8484 (until 9 p.m.)	11:20 am	5 K walk
<b>Please make check payable to: Christel Miller</b>	12:00 pm	300/400 IH
	12:30 pm	100m
	1:30 pm	800m
	2:00 pm	200m
	2:45 pm	1500m
	3:15 pm	400m
	3:45 pm	5 K run

Attention: District Meeting will be held following the last event, everyone is invited !!!

### Southern California Association Masters Track and Field Championship

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ M/F \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_

USAT&F# \_\_\_\_\_ Club Affiliation: \_\_\_\_\_

Events	Best '98 Mark	Entry Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
		<b>Total Fee</b> _____

I waive all rights that I or my heirs or assigns may have against Occidental College, USA Track & Field, and the sponsors of this event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in sufficiently good health to participate in this event.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Age-related Hamstring Syndrome

**Q.** I am an 89-year-old man who recently started running the sprints for the first time since my college days. I have been running long distance until this year. My problem is twofold: First, while working out two months ago, I was running a 320y when a flash of pain hit me in the arch of my left foot to my heel. It continues to hurt, particularly while walking. I have put off seeing my doctor, but may have to do so soon. It felt like a strain, but now it feels like a bone spur. Second, I seem to have a chronic problem with my left hamstring. It's okay until I run all out, then it pulls. Are there any exercises, liniments or other suggestions you may have to improve the situation?

**A.** Your condition is one which is fairly common in the veteran runner attempting to return to the sprint arena. We usually call this "age-related hamstring syndrome."

Obviously, we are not as flexible as we once were. In fact, we become more brittle as we age. Pain is usually incurred by such activities as overstretching and running fast. Most runners who have this problem have a history of recurrent hamstring tears. Structurally, these are usually caused by the tight tendinous structures of the lateral or outside insertion of the hamstring into the ischial tuberosity. We most often hear complaints of pain while assuming the sitting position or while driving.

Usually the pain is relentless and one has to get up and walk around. I have seen people running a marathon, then sitting down for dinner and cramping. It gets a little embarrassing

hopping around a restaurant. Others get the syndrome by overstretching. Still others have pulled or torn their hamstrings while hurdling.

There is very little pain while running slowly or lying down. The long distance runner commonly develops pain while picking up the pace or increasing in speed. The pain can extend up into the ischial tuberosity of the affected side. There is often pain and tenderness along the back of the hamstring area, usually on the outside tendon. The hamstring muscle often feels taught and tight.

Other injuries in this area include sciatica, piriformis syndrome, hip bursitis and compartment syndrome.

Also, pain can result in those athletes who have prior muscle and tendon tears. The pain is usually local but can extend up and down the leg. This is a condition that needs to be addressed immediately. It can prove to be a chronic pathology that can limit your running career.

I recommend the use of physical therapy, initially. This includes diathermy, ultrasound, electrotherapy stretching muscle exercises and heat - anything to reduce scar tissue and to

get blood flowing to the area. Muscle relaxants have proved to be of limited use. Steroid injections are rarely used. Deep tissue massage has proved helpful. If all else fails, surgical correction has proved fairly successful.

I would certainly get the condition looked at and diagnosed. MRIs are helpful in some cases to determine the nature and site of the injury.

Most people respond to light stretching, heat and ultrasound. You will need to reduce the interval training, until the pain and stiffness are resolved. I would switch to longer intervals such as 660s, 880s, and, my favorite, the 110s. □

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

### Lee Todd

Lee Todd, 83, Grant, Nebr., passed away Feb. 8 after suffering a stroke the day before. Unknown to anyone but his immediate family, Todd had leukemia for the past three years.

In high school, Todd scored all of his team's points to win the state track meet in 1932. He attended Hastings College and was a standout in basketball and track. In 1940, he and his wife, Evelyn, moved to Boulder, Colo., so he could work on his master's degree and train for the 1940 Olympics. He qualified in the decathlon, but the Olympics in Finland were cancelled by World War II.

In 1946, the Todds moved to Grant, where he served as superintendent of schools for 36 years, retiring in 1983. The local high school track is named in his honor.

Todd discovered masters track in 1991 and thoroughly enjoyed competing and meeting people. Blessed with unlimited energy, he won hundreds of medals, and set an age-82 U.S. record of 90-1 with the javelin, which he still holds.

Todd leaves his wife, two sons, and four grandchildren, as well as many friends. □

-Harold Kroeker

### George Ker

George Ker, one of the pioneers of masters track & field in the late 1960s and early 1970s, and a world-record holder in the shot and discus, died at age 76 on April 13. A resident of Chatsworth, Calif., Ker coached football and track at Los Angeles Valley College starting in 1958. He took over the cross-country program in 1964 and won three straight state titles in 1968-1970.

The mainstay of Ker's championship cross-country teams was Mark Covert, now coaching in Southern California. Terry Donahue, former UCLA football coach, was one of Ker's football players.

Ker is survived by his wife, two sons, a daughter, and six grandchildren. His son Walt was a very successful volleyball coach at California State University - Northridge.

\* \* \*

George Ker was instrumental in getting me and, I'm sure, others into masters track & field. I taught at Valley College with him from 1966 until we both retired in 1989. Ker was a man of some proportion - large in size, with a booming voice, big ideas about masters track, and vast influence on the nascent masters movement in Southern California.

His all-comers meets at Valley College were proving grounds for beginners and returnees to track, and, although low key, attended by a dozen or more national track and road race champions. He originated the Grandfather Games, which moved to UC-Irvine to become the Anteaters Meet, and now exists as the Dan Aldrich Memorial Meet, to be held this year on May 30, in which I plan to compete.

When I asked him how come the name "Grandfather Games," Ker said that the basis for it came from hearing a youngster in the stands yelling, "C'mon, Grandpa; c'mon, Grandpa."

The Grandfather Games were like a three-ring circus, where, in the throwing events, athletes had one hour to compete in their divisions, so if you competed early, you didn't know if you placed until the last athlete finished because you were at another event. I never heard anybody complain, but no one would have dared to anyway.

Ker was innovative in other respects. The Grandfather Games always had plenty of volunteers because Ker "recruited" students from his health and P.E. classes to make up absences and tardies by working the meets. At one meet, the awards were bookends; after all, we were competing at a college. Today, the Grandfather Games would probably not satisfy present standards, but they were fun and inexpensive.

I've always felt that Ker didn't receive enough recognition for his contributions to the masters movement. It would be a fitting gesture at the Aldrich Meet if we, perhaps, dedicate a moment of silence to Ker or say a few words in his memory. □

-Jerry Wojcik

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

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### FIVE YEARS AGO May 1994

- 600 Participants Set 31 World Indoor Records at USATF Championships in Missouri
- Doug Kurtis (42, 2:15:48) and Emma Scaunich (40, 2:33:36) First Masters in Boston Marathon
- Masters Legend Paul Spangler Dies at Age 95

## Azalea Trail Run

by GARY HENLEY

Andrey Kuznetsov, 41, of Russia, placed fifth overall and first master, recording a 29:24 in the Azalea Trail Run 10K in Mobile, Ala., on March 27.

John Campbell, 50, of New Zealand, logged a 31:02 on the flat course to win the M50 division, besting Bill Rodgers' 32:23. Campbell and Rodgers were both preparing for April's Boston Marathon.

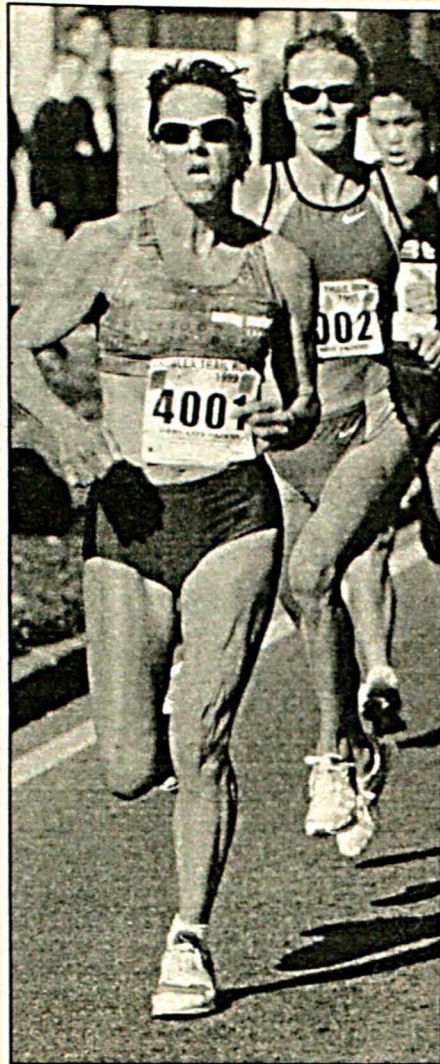
Campbell is also seeking a spot on his country's Olympic team for the 2000 Games in Sydney, Australia.

He won the New Zealand masters cross-country championships last August, and ran a 31:17 in the national



BRIAN J. MYERS/PHOTO RUN

John Campbell, 50, tunes up for the Boston Marathon by winning the M50 division of the Azalea Trail Run on March 27. Campbell's 31:02 was good enough to beat Bill Rodgers' 32:23.



BRIAN J. MYERS/PHOTO RUN

Jane Welzel, 43, holds off Kim Jones to finish as the top female masters runner in the Azalea Trail Run in Mobile, Ala., on March 27. Welzel recorded a 34:58, while Jones, 40, finished in 35:20.

10K road championships in October.

American Jon Sinclair was billed as the top runner to challenge Kuznetsov, but Sinclair took third in the M40 at 32:03, behind Steve Venable, 40, who finished in 30:58. He was the national cross-country champion in 1980, national track 10K champion in 1984, and was an Olympic Trials finalist in the 5K in 1984.

In the women's race, Jane Welzel, 43, a five-time Olympic Marathon Trials qualifier, was the top masters runner, dashing to a 34:58 to finish ahead of Kim Jones, 40, Spokane, Wash., who recorded a 35:20.

Lois Ann Gilmore, 68, Janesville, Wisc., reeled off a 51:57 to highlight the W65 division. □

## USA Heptathlon Held in Chicago

by JERRY WOJCIK

The USATF Midwest Regional Masters Indoor Championships included the National Masters Indoor Heptathlon Championships at Proviso West H.S. at Hillside (Chicago area), Ill., on April 10-12.

Winner of the M60-64 division, Emil Pawlik, 60, was the top scorer in the heptathlon with 6053. Bill Angus, 56, won the M55 contest with the event's second highest total of 5248. Ken Ellis, 41, had the third-best total with 5216. Tom Thorne, Sr., the oldest competitor at age 82, finished with 2032.

In the Regional Championships, Pierre Dobrovolny, 65, won the M65 60m race with an age-graded 95.1% 8.38. The M70 60m finalists all were in the 90% international class level, with Mel Larsen, 70, at a 94.6% 8.80. Chuck Sochor, 70, at a 92.3% 9.02, and Jack Greenwald, 70, at a 92.1% 9.04. Larsen was also the top performer in the 60mH with a 91.4% 10.66.

Leo Vandervlugt, 45, posted the best distance percent, with an 82.1% 9:52.19 in the 3000. William Simmons, 70, high jumped to an 87.3% 4-6 1/4. □

## Flores, 44, Wins Napa Marathon Overall

by RUTH ANDERSON

Richard Flores, 44, Napa, Calif., was the outright winner of the Napa Marathon from Calistoga to Napa, March 7, with a masters course record 2:25:52. This was a third time "charm" for Flores, who had finished second in 1996 and third in 1997. His only close competitors were two younger open runners, already 200m behind at the 14.5-mile aid station.

Marshall Randall, M40, of Napa, 2:37:52, and James Washington, M40, Arcatas, Calif., 2:38:39 were Flores' closest masters competition. Herb Phillips, M55, Burnaby, Canada, was fifth master in 2:49:14.

Suzette Moore, W40, Bellingham, Wash., was the first W40+ in 3:01:39, fourth female overall. Julie Ann Berman, W40, Boulder, Colo., was second in 3:26:11.

Finishers numbered 1593, a new total. They were rewarded with a gorgeous day to run beside beautiful vineyards. The overall winners were presented with cases of wine by the title sponsor, Sutter Home Winery.

The number of cases was determined by an "analytical" type balance matching the winners' weights, which earned them five cases each. Moore, as W40+ winner, received a magnum of wine. □

### TEN YEARS AGO May 1989

- 658 Athletes from 47 States Compete in Indoor Nationals at Columbus, Ohio
- John Campbell (40, 2:14:19) and Priscilla Welch (44, 2:35:00) Win Masters Titles in Boston Marathon
- Wilson Waigwa (40, 14:22) and Laurie Binder (41, 16:54) Set U.S. Masters Records in Carlsbad 5K

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# Masters Racewalking

by ELAINE WARD

## Indoor Championships Yields New Records

**T**he National Indoor Championships held in Boston, Mass., March 26-28, produced so many fine performances in the 3K racewalk. Below are comments from some participants.

**Dave Romansky, M60 (14:34.28)**, is a member of the Shore AC in New Jersey, who set pending American and WAVA records.

**EW:** What did you like particularly about the Indoor Championships this year?

**DR:** The masters program is coming along so well. I remember when I was in the open division there was so much riding on every race you were in that it was hard to enjoy the company of the other athletes. You were so concentrated on what you were doing. In the masters races, you can race against a guy and he will cheer for you when you pass him. That is the way it is.

It is so easy to make friends with the masters. As you know, I will coach anybody or answer any questions anyone has. I began coaching some girls before my race, and all of a sudden, I looked at my watch and it was 15 minutes to the start. I hadn't even warmed up.

I told them, "You guys all have to cheer for me because, if you don't, I am taking you out of my will." And they did. They lined all around the track and cheered. Going into the gun lap, the announcer said I was about 3 seconds under world record pace and the gals erupted. They just screamed. It was just like being a young man again in Madison Square Garden. It was phenomenal.

It is going to be an exciting year. I just look at the difference in the way everybody is training. I love how the women are doing because they are working, and they listen and they try so hard to be good.

The women in the 40-44 age group had a terrific race between Maryanne Torrellas and Lyn Brubaker. Maryanne had worked all day giving massages and helping with the meet, and then goes out and sets an American Record (13:46.73). Lyn, who had been working 60 hours a week, hadn't raced in quite a while. She also goes out and puts on a fabulous performance, finishing less than two seconds behind (13:48.49). Everybody was cheering and cheering. It was great.

**Bill McCann, M65 (5th in 19:57.20)**, belongs to the Greater Springfield Walkers in Massachusetts. Other club members attending the indoor meet were Bob Beaudet, M65 (18:29.99); Rachael Beaudet, W60

(21:47.37); and Chuck Dolecki M65 (20:47.34).

**EW:** What was the highlight of your race this year?

**BMcC:** The competition was great. I think as you get older, you find that the competition gets more intense. There are some superb racewalkers. I am going to be 70 and will be competing with people like Jack Starr and Bill Flick, who just seem ageless. M65-69 has been intensely competitive, and getting more so. I am kind of a neophyte. I have only been at it for 2½ to 3 years, but I think the quality of competition makes a great commentary on the training people are doing. Our sport has become very attractive to older people. And, of course, the ones who have stayed with it over the years, like good wine, seem to get better.

We saw some terrific performances. Number 1 was the great Dave Romansky (M60). I told Dave, "Whenever I am in a race with you, I never have to worry about getting hot, because you come by me so many times." He keeps me cool.

**Jack Starr, M70**, first in his age division with a time of 17:03.33, is a member of the PHAST Club near Philadelphia. He set pending American and WAVA records bettering Bill Flick's time of 17:23.46.

**EW:** You must be feeling pretty good about your race?

**JS:** My race was a surprise to me. As a matter of fact, I sent in my entry blank a long time ago for the Indoors and then Justin Kuo called me. He said there was an entry for the Boston Marathon and would I be interested. It has been a dream of mine to try this marathon, and at 70 I am not going to get many more chances. Even with just a little more than two months to train, I said, "Yes," and immediately started doing long miles. The only reason I even went to the Indoors was that my 92-year-old mother lives in Connecticut, which is on the way. I had just done a 20-mile workout two days before, and hadn't done any speed training since the fall.

When the race began, I was slow; in fact, I was third for the first couple of laps. Bill Flick was ahead of me. As I went along, I felt pretty good so I started to speed up a bit. Although I didn't feel like I had much speed, apparently, I was pretty strong. After the race a



JERRY WOJCIK

Jack Starr broke the M70 world record for the 3000 racewalk with a 17:03.33, USATF National Masters Championships, Boston, March 26-28.

whole lot of people said to me that I looked much smoother than I ever had before.

Everything was very exciting. There were some wonderful races. I just loved the atmosphere. In that closed environment, it felt like there were 10,000 people cheering.

**Dick Donley, M70 (5th in 21:56.27)**, belongs to the Tulsa Walkers.

**EW:** Do you like indoor meets?

**DD:** I was a pole vaulter, and liked indoor meets because there wasn't any wind. With walking, it doesn't make that much difference.

**EW:** How about Boston?

**DD:** I was actually more competitive when I was in the M65-69 group. I have had some trouble staying legal with my right leg. As soon as I speed up to try to pass somebody or to go faster, I am going to get a call. I had two red cards in Boston and my time was obviously not competitive.

**EW:** What do you do to deal with that knee?

**DD:** I just concentrate on it. I don't know how to explain this, but I "feel" my left knee. I know exactly what it is doing. I probably hyper-extend it. But I can't "feel" my right knee. I don't know what I am doing wrong. Ever since the rule to plant your leg straight came in, which I always thought I did, I have had trouble staying legal. I never used to even think about it. I never had a warning. Then all of a sudden, I got disqualified in the 5K in Tucson. Now I worry about my knee every time I go by a judge.

I was glad to see Dick Bennet (M75, 23:21.85) in Boston. He has heart

problems. He used to beat me with regularity, but has slowed up. He told me, "I enter races because I love it. I come just to have fun and to be part of it." I guess that is the way we all ought to be.

**Janet Comi, W45 (first in her age division with a 15:22.71)**. A member of the Niagara Walkers, she broke the American record of 15:56.75 set by Karen Davis on March 12, 1997 in Boston.

**EW:** How was your race?

**JC:** I thought it was crowded on the track. I was number 16 and had to start in the second row which I thought was a little strange. I had never had to do that before. At the start I got behind Lyn Brubaker because I knew she would be out of there fast. It took me a while to work my way forward. Then I was behind Tish Roberts for a long time. I got around her twice and she came back around me.

**EW:** Sounds like you were both helping each other

**JC:** Yes, it was good for me. There was a 35-year-old who was between Tish and me towards the end, so if I wanted to pass one I had to pass both. It wasn't until we were starting the last lap and the 35-year-old was DQ'd that I got around Tish and just went for it.

At the beginning of the race at least four 45-year-olds were ahead of me. I was thinking, "I came all this way and here I'm not even going to get a medal." So I was happy to be in first at the end.

**EW:** In spite of the crowd, you had to hold a pretty good pace to have done so well?

**JC:** I was pretty even. I had some-one timing my laps and I averaged about 1:02. My last lap was my fastest in 57 seconds.

**EW:** What training did you do?

**JC:** Most of my winter training was long distance preparing for the Las Vegas Half-Marathon. I really didn't get the speed work in that I had hoped to do.

**EW:** Jack Starr didn't do speed work for the same reason and he set an American record. Maybe there is something to learn here?

**JC:** I think interval work does help my speed even though I hate them. I did intervals last year, but I didn't get as much overall training in last year. Maybe it's just that I am in better condition generally.

Besides, I find it very inspiring to be on the same track with people like Maryanne Torrellas and Lyn Brubaker. Even watching the older folks is inspiring. Margaret Walker (W75) is a friend of mine. I train with her and I think she does a great job. It is just nice to meet so many people who are so friendly and helpful.

**Janet Higbie, W55 (first American in her age division with a 17:38.19)**. A member of the Indiana Racewalkers, her regular training partner is Tish Roberts, who came in second W45 with a 15:27.06.

**EW:** You had a big PR. What have you been doing to make this break-



# Master Scope

by JOHN ROBERTS

## Long Road to a National Championship

I competed in the 1999 USATF National Indoor Championships in Boston and came home the National Champion in the M40 60H. It may shock everyone to hear that over the past four years this has been a dream I have been chasing. This is because, at one point in my life, winning a national championship, specifically the hurdles, was the only thing that could save my life. In other words, running hurdles ushered me out of the darkest days of my life, injecting hope into a man who had lost his will to live, stemming from a catastrophic injury.

In 1976, I entered the United States Air Force and became a member of the USAF Track and Field Team in 1977. Within the first year I achieved a time of 13.6 in the 110H. In 1980 I was invited to Eugene, Ore., to compete in the 1980 Olympic Trials. I hit several hurdles, coming in last in a preliminary heat.

Even though I choked at the trials, the University of Florida offered me a scholarship to run track. I attended the university and ran the 110H, never going under the 14.0 mark. I became more interested in an education, leaving the U. of Florida with a masters degree in Rehabilitation Counseling and no major championships or titles. In 1987, I left the track and began a business.

### Broken Neck

In 1992, while riding a bike one Sunday morning, I rode off a bridge, falling into a ditch and breaking my neck in several places. I was put in a halo brace and body cast and underwent surgery to place metal plates in my neck, which are holding my neck in place at this time.

Following surgery, I needed to learn to walk again, and was confined to bed rest for well over six months. While in the hospital, my now ex-wife filed for divorce, since I was unable to work, and my business went down the drain. The bottom line is that I lost everything. Life was not much fun and, like many others in this predicament, I began developing an exit plan.

Rehabilitation was difficult and took several years. Once the halo brace was removed, the pain was severe. I found relief in pain medication and became addicted. Medication not only took the pain away, it numbed my feeling toward just about everything in my life. I gave four years of my life to medication and emotional numbness.

### A New Struggle

In the summer of 1997, five years after my accident, I was struggling to overcome my new disability of addiction to painkillers. It seemed too difficult, and I again found myself in that comfortable position of planning an exit from the chaos I had created.

The turning point came when I met

my current wife, Terri, who offered a lot of patience and showed interest in my past accomplishments. She repeatedly urged me to talk about my track and field days. She pushed me back into running and even went so far as to run with me. This is a woman who had never run or competed in her life.

My return to the track began with the 100m in a summer all-comers meet in my hometown of Jacksonville, Fla., in 1997. This was by far the worst race I had ever run. Not only did I come in last, I ran the worst time I had ever run, and it caused so much pain that I was in bed for a day-and-a-half but not back on pain killers. While attending this meet I met another runner, Dan Taylor, who introduced me to masters track and field and talked about the national championships to be held in San Jose, Calif.

### Back on Track

Following an intense four months of training, I traveled to San Jose to compete. I was now 39 years old, and this would be the first time running hurdles in well over 10 years. I ran the race, three stepping the first half and five stepping the remainder of the race, and, yes, I finished last. But what a wonderful feeling. I was back, and when I crossed the finish line I felt as if I'd just completed a race that took five years.

From that moment, I replaced self-doubt with hope and intensive training. In 1998, I continued to seek a national championship. In the indoor championships I placed seventh in the 60m and fourth in the 60H. Through the summer I ran the 110H and won every race from this point forward.

In the 1998 National Masters Outdoor Championships, I ran to a dead heat in the finals of the 110H, leaning to a photo finish with Stacey Price of New Mexico. I placed second with the same electronic time as Stacey of 15.30. I went on to win the long jump and the triple jump in this same meet; however, this was not the championship I wanted. I had a rematch against Stacey Price a month later in the 1998 Nike Games in Eugene. I returned to the same track where I ran in the 1980 Olympic Trials. This time I didn't choke; I won in a very competitive M40 group.



John Roberts (577)

### Overcoming the Past

Last year I finally overcame all of the problems associated with my accident. What I now realize is that my experience may help others in chasing their own dreams.

In July 1999, I will travel to Gateshead, England, to compete in the 1999 WAVA Championships. In my mind I have already won at life and I now understand the true definition of

hope. Running hurdles saved my life.

I write this in hope that someone will read this and push to overcome any barriers that have been tossed in the way. We need to realize that we should push ourselves to our maximum potential and show up at the starting line. We focus on who comes across the finish line first or second; however, every one of us who shows up at the starting line is the true winner in life. □

## Los Gatos Open and Masters Track & Field Classic

### Saturday, June 12, 1999 at Los Gatos High School

SPONSORED BY LOS GATOS ATHLETIC ASSOCIATION and MIZUNO  
Pre-Registration Deadline Thursday, June 3, 1999

**ENTRIES:** All Pre-Registration entries must be accompanied by Signed Waiver, Entry Form and Fee for all the events you wish to enter. No phone or FAX entries accepted. You can enter on the day of the meet but you must pay the late entry fee. If you have questions call (408) 241-6578.

**FEES:** Prior to Thursday, June 3, 1999 ..... \$10 per event - Relays \$20 or Envelope Postmarked  
Late Entry Fee (after June 3, 1999) — \$15 per event - Relays \$25

**TIMING:** Fully automatic timing by Accutrack and Wind Gauge  
Age on June 12, 1999 determines age group

**DIVISION:** Open 19-29; and Masters (30 years old and above in 5 year age groups)

**AWARDS:** Medals to first three places in all events by group

**T-SHIRTS:** For Sale at the meet

**FACILITIES:** All Weather track surface (1/4" spikes only) concrete throwing rings  
Long Jump and Triple Jump will have an open pit in all age group divisions

**HEATS:** We will combine races where we do not have enough runners by specific age group divisions

**HOUSING:** (Special Rates for Track & Field Meet - Ask for the manager Los Gatos Lodge  
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Are available at the meet.

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	Racewalk	Hurdles	100m	800m	200m	1500m	Lunch Break	Int Hurdles	4 x 100 R	400m	500m	4 x 400 R	Pole Vault (women + Men 55+)	Men under 54 years follows	Long Jump	Shot Put	High Jump	Discus	Triple Jump	Javelin	56 lb Throw (25/35 lb throw)	Hammer follows

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Check Division: Open  Masters  Best Recent Mark

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In consideration of your accepting my entry, I intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Los Gatos Athletic Association, Los Gatos High School, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Los Gatos Track and Field Classic held on June 12, 1999 at Los Gatos High School, Los Gatos, CA

Date \_\_\_\_\_ Signature \_\_\_\_\_

Meet Directors: Willie Harmsatz - Rick Milan - Bruce Springbett - Lisa Renteria - Gary Kelmanson  
Mail Entries to: LGAA c/o Lisa Renteria PO Box 1334 Los Gatos, CA 95031



# On The Run

by HAL HIGDON

## For Beginners Only: The 5K

**O**n a sunny morning early this spring, my daughter Laura Sandall and I went running on one of my favorite training routes. An executive with Dayton-Hudson in Minneapolis, Laura is training for a half-marathon this summer. She had an event to attend in Chicago, so spent several days visiting.

As we ran along Lake Shore Drive near my home in Long Beach, first one woman, then another, approached running toward us. I knew instantly they were beginners. That was because they were running on the *wrong* side of the road. Most experienced runners run facing traffic, rather than with traffic behind. (It's safer that way.)

Wanting them to feel welcome in their new sport, we gave each a cheery "Hello!" And the response came back: "Uhhhhhh..." It was all they could do to get out a gasped response.

Yet I knew that, given another month or two, the women will have learned to move to the *right* side of the road and their response will be: "How are you? Nice day to be running."

Beginners learn. They improve. Most readers of *National Masters News* are not beginners. We are a hard core who train hard and race on the track, or participate in field events. Yet

many of us have friends who might like to test themselves in a road race this summer.

For beginners, the goal that gets many out the door is the 5K. Just over three miles in length, the 5K is the most popular race distance in America. Although we are in the midst of a marathon boom, most marathoners taste their first racing experience in 5K events. Many will graduate to the marathon; many will not, happy to remain at the shorter distance.

If that is you or your friend, here are five tips for beginning a running program:

**1. Set your goal:** Perhaps it is a 5K. Perhaps it is losing weight, or feeling better, or shifting some of your life priorities. Or all of the above. You can't get where you're going unless you have a destination.

**2. Start Slow:** Don't go so hard the first day that you're stiff and sore the

second. Make it easy on yourself. Walk before you run. Jog until you're tired; walk again until you're recovered. Combining jogging with walking is a sensible way to start.

**3. Train Sensibly:** A lot of people have gone before you. Don't repeat their beginners' mistakes. Follow a sensible 5K training program, such as the one on my web site: [www.halhigdon.com](http://www.halhigdon.com). If possible, seek coaching help, or join a running club.

**4. Practice Regularly:** You do yourself no good if you train hard one week, then miss the next week because you're "too busy." Schedule a specific time for fitness (even if only 15 minutes a day), then keep that schedule.

**5. Don't Get Discouraged:** If the weight doesn't melt as fast as you had hoped, if you still struggle to stay in running mode, if you still can't say "Hi" when you pass me on the road, don't worry. Think how long it took you to get out of shape. Don't expect instant miracles, but please do persevere.

For many of us who have been running marathons for a long time, the 5K seems like a short and painless distance. But for a beginner, the 5K may seem like its own marathon. Regardless, running a 5K is a worthy goal. I wish you or your friend success in attaining it. □

(Hal Higdon, Training Consultant, The LaSalle Banks Chicago Marathon, is Senior Writer for *Runner's World*.)



JERRY WOJCIK

Dan Conway at the start of the final lap of his M60 world record 5:01.76 in the mile, National Masters Indoor Championships, Boston. Sid Howard finished second.

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## Training for the 5K

How you train for a 5K race depends on your level of fitness when you begin. Here is a beginner's training schedule. The distances might be different, but the pattern would be the same if you're a more experienced runner.

**Sunday:** Walk or bike 30 to 60 minutes.

**Monday:** Rest after a weekend of effort.

**Tuesday:** Run and/or walk for 15 to 30 minutes.

**Wednesday:** Easy activity, whether running, walking or biking.

**Thursday:** Run and/or walk for 15 to 30 minutes.

**Friday:** Rest to get ready for the weekend.

**Saturday:** Make this your hard workout day. Run somewhat farther or faster than you did on Tuesday and Thursday.

Over a period of weeks and months, gradually increase the time and length of your workouts. If fatigued, ease back on your training for a week, then push forward again. You can become a runner if you do it sensibly. □

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# Racewalking

Continued from page 10

through?

**JH:** Tish Roberts and I have been doing extra speed work together. Between the extra speed work and just trying to keep up with Tish, I cut off 40 seconds from my 3000 meter time. The neat thing is that I was 3 seconds off the American record. So I have to work a little harder now, don't I?

**EW:** If you can get that close, you know it's there for you. What kind of speed work helps you the most?

**JH:** On Tuesday nights I'll do short bursts of speed and on Thursday nights the longer intervals. For the longer workouts, I will do maybe 40 minutes of mile intervals in a 10:30 pace and sometimes a 10:00 pace. The short stuff we do varies with the trainer at our club workout. We often do 200s, 400s and 600s and back down. The neat thing about this workout is there are about 20-25 of us going various speeds so you always have someone to chase. We also have two or three people judging us during our speed workouts. They monitor our technique and give us input on what we can do to improve.

**EW:** Perhaps, your judged workouts are the secret to the Indiana Racewalkers' success. You have so many excellent competitors in your club.

**JH:** Many of us like an indoor track. It makes you stay focused and I think you work harder because you can continually see what your times are as you go around.

**EW:** Are you adding anything to your training to help you get the American record next year?

**JH:** Dave Romansky and a few others suggested that I try doing some push-ups and work on strengthening my upper body. They thought it would help my turnover. If you can get your arms to go faster, your legs will go faster. I will be working harder on this

**Margaret Walker, W75.** Margaret is a member of the Niagara Walkers and was the only one in her age division, finishing with a time of 23:06.49.

**EW:** Do you like racing Indoors?

**MW:** I enjoy it. I like the Boston track. It is not too banked. And the race is very well run. The chief lap counter uses a microphone and we can hear him. We always know where we are during the race. I was a little slow because I was just getting back into training. I wasn't sick or anything. Just winter slowdown.

**EW:** How do you approach racing when there is no one else in your age group and you know you are a winner before you start?

**MW:** I always try to do something good for my age group.

**EW:** What would you say to a woman in her 70s wondering whether to do the Indoor Championship for the first time?

**MW:** I would tell her to go out and do the best she can.

**EW:** And that's all any of us can do at any age.

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## The Weight Room

by JERRY WOJCIK

### A View from Second-Last Place at Boston

Seven shot records and one weight record were broken at the National Indoor Championships in Boston (see list on page 18). The top superweight marks will be listed with the other pending marks for the event, and when enough are compiled, the best in each age group will be submitted for approval as national records.

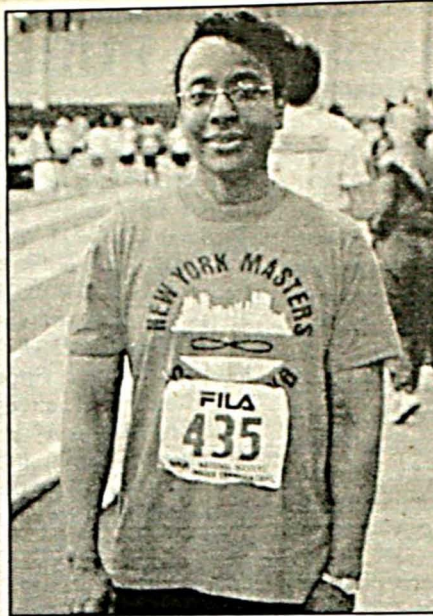
Other aspects of the meet caught my eye. One was the world record, an age-graded 96% 31-9/4, by Ross Carter in the M85 shot. A noteworthy mark, but perhaps almost as significant is the fact that there were four throwers in his division, all age 85. Having talked to Ross on the flight to Boston about the dearth of throwers in his age group, I know that he would be the first to agree. There were no M85s at the 1998 Championships in Maine, and just two in Boston in 1998.

Two more facets of the meet that caught my interest were the large number of M50-54 shot putters (13), just

two less than in that group in the 1998 Championships in Maine, and the number of women weight throwers (21) as compared to last year (10). An increase of over 100% has to be indicative of something.

#### A New Kid in the Ring

I was watching the men weight throwers Friday evening when one of the women's shot officials came over asking for a steel tape and dropped the word "record." I hurried to the shot ring and discovered that the record-breaker, with a 40-7, was a diminutive W35, rather than the larger-than-average female that I had stereotypically



JERRY WOJCIK  
Nina Lewis won the W35 shot put with a U.S. record 40-7, National Masters Indoor Championships.

envisioned on the way there.

Neni (Oneithea in the results) Lewis is 38, a St. John's grad, and quick and strong. She won the shot put overall in an open competition at the '99 Colgate Indoor with 13+ meters but didn't apply for a record because she was unaware that W35s had records. She joined the New York Masters club and became a teammate of Roz Katz, a W55 thrower, both coached by Goran Milanovic. According to Katz, Lewis is already at 125-0 with the hammer after just a couple of sessions under Milanovic's tutelage.

#### Now It Can Be Told

If you've checked the age-graded percents in the results for the weight

and superweight for M50+ and W60+ and found them in absentia, here's why: the Hy-Tek program, used in most masters meets for results, calculates the age-grading percents on the WAVA pentathlon weights specified for men after age 49, and women after age 59, not on the implements used in the U.S. weight throw.

The WAVA weights for M30-49 are 35-lb., M50-59 25-lb., M60-69 20 lb., M70-79 16-lb., and M80+ 12-lb. The WAVA weights for W30-49 are 20-lb., W50-59 16-lb., and W60+ 12-lb. But here in the U.S. the 35-lb. is used by men until age 60 when it becomes the 25-lb. for M60+, and the W60+ use the 16-lb., not the 12-lb.

According to Rex Harvey, the USATF Masters Combined-Events honcho, who was a primary figure in the evolution of age grading, the concept of a superweight doesn't exist outside of the U.S.; consequently, the Hy-Tek program, as far as I know, can't age grade marks for that event, so I don't know what the basis is for the superweight percents.

I had intended to explain this in an earlier column but was reluctant to bring it up until I heard percents bandied about in discussions of weight and superweight performances at Boston. Plus, I feared getting a call from Los Angeles, where final editing is done and the NMN is put together, and being told that nobody there understands what the hell I'm talking about and nor will my readers.

Some befuddlement for awhile until everybody gets the message, is better than to continue working on misinformation. □

## LONG & STRONG THROWERS JOURNAL



The Long & Strong Throwers Journal is a new quarterly publication dedicated to *throws, throws, and throws!* LSTJ is about more than technique and training. LSTJ gives you access to elite athletes and coaches, giving you insight into the keys to their success and people behind the achievements. LSTJ provides throws coverage and photos from selected major competitions that you won't find anywhere else. LSTJ covers preps, collegians, elite athletes, masters competitors,

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JERRY WOJCIK  
Medalists in the W55 weight throw (l to r): Carole Young, gold (33-10/4), Suzy Hess, bronze, and Roslyn Katz, silver, National Masters Indoor Championships, Boston.

## Rankings Report

by JACK LANCE  
USATF Track & Field Rankings  
Coordinator

The 1998 USATF Track & Field Rankings book is now at the printers. It has been improved to provide masters athletes with a better publication of the 1998 outdoor rankings. The last entries for the rankings were taken from the February 1999 *National Masters News*.

All correspondence received prior to February 15 was also included.

The 1998 rankings book will still be priced at \$7 per copy. Additional sponsors are needed to continue selling the book at that price. Individuals or businesses interested in sponsorship should contact me at P.O. Box 276, Long Valley NJ 07853; Fax: 908-876-5856. □



## Tuttle Breezes to Win in Shamrock Shuffle

by GARY HENLEY

It was a record Sunday in Chicago's Grant Park on Mar. 28, as 11,307 participants enjoyed the most successful Shamrock Shuffle 8K ever. The race also served as the USATF National Masters Championships and Indy Life Circuit event.

John Tuttle, 40, a teacher and assistant cross-country coach at Alexander High School in Douglasville, Ga., finished second overall and won the heated masters competition, which featured Craig Young, Dick Buerkle and Bill Rodgers.

Tuttle, who breezed his way to a 23:25, outlasted Young, 42, Colorado Springs, Colo., who finished in 24:12.

Tuttle just missed breaking his own pending U.S. masters record by one second, but still dominated the masters race for his second straight USATF masters title and ILC win.

He ran stride-for-stride with Todd Williams, 30, Knoxville, Tenn., before Williams was able to win by a five-second margin.

Williams called Tuttle's effort: "Amazing. I hope I can do that when I'm 40."

Tuttle turned 40 last October, and celebrated that milestone by winning the 15K National Championship in Tulsa,

Okla., with a 45:43.

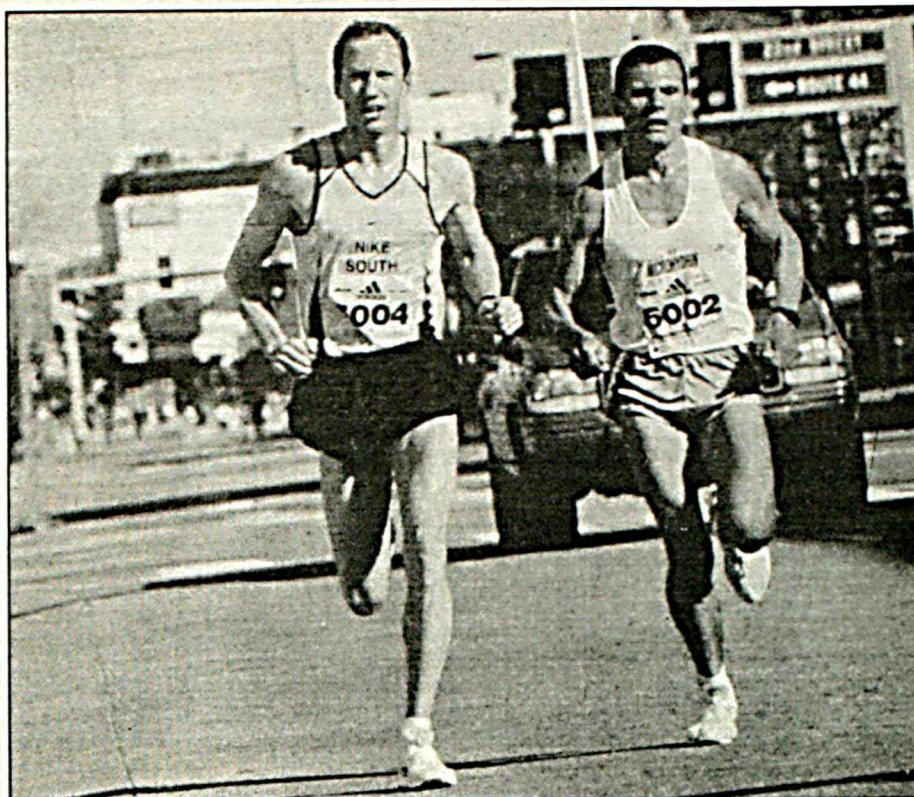
The following month, he set a U.S. 10K record for masters with a 29:44, breaking the old record by 12 seconds.

Pending verification, new masters marks set in the Shamrock Shuffle 8K were Dick Buerkle, 51, Atlanta, and his 25:32, bettering the M50 age-group record of 25:47, while Joan Ottaway, 55, Sonora, Calif., set a W55 record 31:13. Doug Bell, 48, Greeley, Colo., set a men's single-age record 25:37. Fay Bradley, 61, Washington, D.C., set a men's single-age record 28:56.

In the women's race, Irina Bondarchouk was the first W40+ finisher in 28:36, while Jeanne Lasee-Johnson, 41, Chula Vista, Calif., repeated as national masters champion in 28:53, with Bev Docherty second (29:07). Both Johnson and Docherty earned \$500.

As an Indy Life Circuit event, the masters were also ranked based on the 1994 WAVA age-graded tables. For the men, Tuttle again had the top age-graded time (his 23:25 equates to a 22:37 open performance). Ottaway, the two-time ILC Grand Prix age-graded champion, was the best age-graded woman with a 26:07 (31:13 actual).

The race produced the most top quality performances in the Indy Life



CLAY SHAW

John Tuttle (l) battles Andrey Kuznetsov in the Shamrock 8K in Virginia Beach on March 20. Tuttle, 40, outkicked Kuznetsov, 41, down the stretch to win the masters division in 23:24. Kuznetsov finished in 23:28.

Circuit's three-year history as a record 12 masters - 11 men (another record) and one woman - ran world class times (90% or higher on the WAVA age-graded tables).  - RRIC contributed to this article

## Steve Scott, Joan Samuelson Master the Moment at CARLSBAD 5000

Carlsbad, CA - Steve Scott, 42, Santee, Calif., and Joan Benoit-Samuelson, 41, Freeport, Maine, were the top masters finishers in a field loaded with world class runners at the Carlsbad 5000 on March 28.

Scott and Steve Plasencia, 42, Shoreview, Minn., battled right to the finish line, with Scott winning in 14:29 to Plasencia's 14:31.

Scott and Benoit-Samuelson, both American running legends, continue to leave their mark as masters runners. Scott, the U.S. record holder in the mile at 3:47.69, and Benoit-Samuelson, the first women's Olympic marathon gold medalist (Los Angeles 1984), helped to push the pace under cool and breezy conditions.

Scott and Plasencia hit the first mile in 4:31 and two miles in 9:13. With 400 meters left, Scott used his superior speed to pull away from Plasencia to win his third USATF 5K road crown.

Peter Koech, 41, Albuquerque, N.M., was the third M40 runner in 15:17.

"I knew if I stayed with Steve that I could outkick him," said Scott, a local resident.

Plasencia, meanwhile, was pushing Scott to the limit.

"I tried to break Steve several times after two miles, but I couldn't and later my resolve melted," Plasencia said. "I was just testing the American mile record holder to see if he still had it. He still does."

Plasencia, however, is still the U.S. masters 5K record holder, at 14:25.

In the women's masters race, Kim Bender, 41, Seattle, Wash., set the early

pace with the field in tow.

At two miles, with a 10:50 mark, it was Bender and Benoit-Samuelson. A half-mile later, Benoit-Samuelson, the U.S. marathon record holder, surged ahead and continued unchallenged to the tape in 17:06. Bender followed ten seconds later with Michelle Buchicchio, 43, Arcadia, Calif., third in 17:26.

"I had hoped to run 16-something, but I just didn't have any speed," said Benoit-Samuelson.

There were several world- and national-class, age-graded times turned in, as Scott's 14:29 equalled an age-graded 94.5%, while Plasencia's 14:31 is a 94.3%.

Nolan Shaheed, 49, Pasadena, Calif., was 10th among masters runners with a 15:55, and third-best age-graded mark of 90.6%.

Koech's 15:17 was good enough for an age-graded mark of 88.8%, while Benoit-Samuelson's time in the women's race is an age-graded 89.1%.

Other top runners competing were John Brennand, the first M60 runner in 18:27; Robert Culling, first at M65 in 19:49; and Gunnar Linde, the top M70 runner in 20:53.

On the women's side, Marina Jones finished in 18:49 for the top mark at W45; Joni Shirley, W50, was first in that group with a 19:56; Yvette Lavigne took top honors at W55 with a 20:43; and Martha Walker finished first at W60 with a 25:26.

Armando Quintanilla, 30, of Mexico, and Libbie Hickman, 34, Fort Collins, Colo., captured the men's and women's open titles.

- Information compiled by RRIC

## WESTERN REGIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

JUNE 19, 1999  
UCSD LA JOLLA

**ENTRY FEE:** \$20 entry fee plus \$5 per event. Pentathlon and Relays \$20.  
**PRE-REGISTRATION:** All events except relay DEADLINE 12 JUNE. Late entries \$5 if lanes available.  
**FACILITIES:** Artificial Track, Javelin and runways. 1/4" spikes required. Concrete throwing circles.  
**ORDER OF EVENTS:** Women first-oldest to youngest in 5-year age groups starting at 30 years of age. Races may be combined at meet director's discretion. If there are not enough Competitors to run heats, the final will be run at the scheduled time.  
**AWARDS:** Track and field USA championship medals to first three places.  
**DIRECTIONS:** I-5 north or south to Genesee. West on Genesee to North Torrey Pines Road. South to UCSD North Point Drive. Left into Parking area. Free Parking  
**SCHEDULE:**

9:00 Pentathlon	11:00 Javelin	1:15 100 meter final	3:00 High Jump
9:00 5,000 meter walk	12:00 200 meter prelims	1:45 800 meter final	3:00 400 meter final
9:45 5,000 meter run	12:00 Long Jump	2:00 Triple jump	3:15 High hurdles
9:45 Hammer throw	12:30 Intermed Hurdles	2:15 200 meter final	3:30 400 meter relay
10:00 Pole vault	1:00 Shot put	2:30 Discus	3:45 1600 meter relay
10:30 100 meter prelims	1:00 400 meter prelims	2:45 1,500 meter final	

ED OLEATA, ENTRY COORDINATOR, 2870 Glenbrook Way, La Jolla, CA 92037 619-453-4570

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/ZIP \_\_\_\_\_  
 Events Entered \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Club Affiliation \_\_\_\_\_ Track and Field USA Registration Number \_\_\_\_\_  
 Event Performance Level \_\_\_\_\_  
 Tee Shirts by pre-order only \$10 each Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ Extra Large \_\_\_\_\_ \$ \_\_\_\_\_  
 Total enclosed including registration fee, entry fee and Tee Shirt fee. Make checks payable to ED OLEATA \$ \_\_\_\_\_

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights, claims or damages I may accrue against Track and Field USA, UCSD, Ed Oleata and all sponsors of this meet, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from the meet and while competing in the meet.

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



KEN STONE

Runners in the women's age-graded 100. From left: Wanda Snell, Grace Dinkins, Cindy Steenbergen, Phil Raschker, Kemisole Solwazi, Elaine Iba, Sumi Onodera-Leonard, Kathy Bergen.



JOHN COSGROVE

Athletes in the women's age-graded 800 at Mt. SAC Relays, April 19. From left: Jeannie Hoagland, Sumi Onodera-Leonard, Diane Heil, Tracey Cox, Lisa Kealy, Regina Joyce.

## Thousands Cheer Masters at Mt. SAC Relays

More than 3000 spectators cheered female masters runners in two age-graded races at the 41st annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 18.

The age-graded 100 was won by Phil Raschker, 52, the nine-time USA female masters track and field athlete-of-the-year who won 10 gold medals in the World Veterans Championships in South Africa in 1997.

The Marietta, Ga., accountant held off fast-closing Cindy Steenbergen, 45, of Fort Worth, TX, 11.51 to 11.60.

Each runner got a distance handicap based solely on her age. Raschker ran 86 meters while Steenbergen covered 91 meters. The oldest runner in the field was Sumi Onodera-Leonard, 70, of Los Angeles, who ran 73 meters.

"I had a lead-butt in the blocks, but I was comin' at the end," said Steenbergen.

"It was fun," said Onodera-Leonard, who is now being coached by Jackson Steffes.

Raschker, who had achilles surgery earlier this year, came out of the race in one piece.

"This was my first test of the year," she said. "I think I might be able to go to Gateshead (for the 1999 World Championships)."

Announcer Dixon Farmer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

The age-graded 800 was in the prime-time Sunday spot between the open men's 800 and Marion Jones' 400 race.

Regina Joyce, 42, of Lynwood, WA, overtook Jeanne Hoagland, 62, of Los Angeles down the final straight to win by three seconds.

In this "Portsmouth Start" race, each woman ran the full 800 meters. The oldest, Onodera-Leonard, 70,

started with the gun. The next oldest, Hoagland, followed 18 seconds later and so on down to the youngest, Lisa Kealy, 36.

With Farmer again calling the action, the crowd really got into it, especially cheering Onodera-Leonard throughout the entire two laps.

Three U.S. 800 age-group record-holders were in the race: Hoagland (W60, 2:41.01), Diane Heil (W40, 2:20.21), and Onodera-Leonard (W70, 3:20.71). Even the honorary starter, Ruth Wysocki, holds the W35 800 mark (2:02.83).

Joyce, who represented Ireland in the 1984 Olympic marathon in Los Angeles and was the third-ranked masters USA road runner in 1998, started 47 seconds after the gun. Her total time was 3:10, which means her actual running time was 2:23. Hoagland's actual time was 2:55, while Heil, who finished one second behind Hoagland, clocked 2:26.

"With a lap to go, I was still about 80 meters behind Jeannie," Joyce said, "but when we hit the backstretch, I decided to go for it. I ran about 12 seconds faster than I thought I would."

The handicaps for both races were established by the World Association of Veteran Athletes (WAVA) and are listed in the Masters Age-Graded Tables (see page 13).

The race was organized by John Cosgrove, who used his modest USATF budget to fly in Joyce and Steenbergen. Raschker's air fare was sponsored by Hy-Tek.

"The people at Mt. Sac are very supportive and are very happy with the excitement these races generate," Cosgrove said. "That's why they're willing to give us such good prime-time slots. We plan to do it bigger and better next year." □

-Al Sheahan



Running columnist Joe Henderson (l) with winners Mike Dove (27:59) and Joan Ottaway (31:23), 50+ 8K Race, Stanford, Calif., March 21.

## Record Turnout For Fifty-Plus Fitness 8K

by MARK WINITZ

Over 500 participants completed the Fifty-Plus Fitness Association 8K Road Race and 5K Walk at Stanford, Calif., March 21, the largest turnout in the event's 16-year history. Held under partly cloudy conditions, the race served as the 8K championship for the USATF Pacific Association.

The race is historically one of the country's finest examples of senior fitness for the 50-and-over age group population. All ages were invited to compete this year for the first time — with very fast results.

In the featured Paul Spangler Memorial 8K race for the 50-and-over competitors, Mike Dove, 52, Salinas, Calif., topped the men with a 27:59. Joan Ottaway, 55, Sonoma, Calif., emerged victorious among the women in 31:23. Both runners are among the top in their respective age groups.

In the masters contest (40-49 year-olds), Tim Minor, 41, Reno, Nev., ran

a 25:21, while Diana Fitzpatrick, 40, San Francisco, recorded a 28:04 for top honors.

Other fine performances included Ralph Jago, M85, running a 1:13:30, and the 37:46 turned in by Eve Pell, W60.

During the weekend's festivities, Joe Henderson, longtime running author and columnist for *Runner's World* magazine, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association for his outstanding contributions to the sport and senior fitness. At the finish line, Henderson and Bob Anderson, the founder of *Runner's World*, were reunited for the first time in 17 years.

The Fifty-Plus Fitness Association is a non-profit, international organization, with more than 2000 members, committed to showing older adults the rewards and critical importance of an active lifestyle in improving their lives. □

## Records Fall at East Indoor Regionals

by HAIG BOHIGIAN

Two world, two U.S. and 49 meet age-group records were set or tied at the 27th annual USATF East Regional Masters Championships held at the Armory T&F Center in Manhattan on March 14. A total of 222 athletes entered from at least 15 states, including Georgia, Missouri, and Texas.

Manfred d'Elia broke the M90 200 world record of 68.6 with a 62.00. Evelyn Wright increased the W60 triple jump world record from 26-5 1/4 to 28-0.

Phil Mulkey hit an M65 U.S. record of 43-10 in the shot put, erasing the listed 42-9. James Carmines racewalked to an M55 national record of 14:21.8, below the record 14:22.40.

A remarkable aspect of the meet was

the 4x800 relay, run in two sections, with 8 teams, more than have run cumulatively in the last 10 years. Meet records in the 4x800 were set by the M40-49 and M60-69 Shore AC teams and the M50-59 Raritan Valley RR squad. Relay meet records were also broken by the East W50-59 team and the NY Pioneer M60-69 quartet.

Audrey Lary, 64, was outstanding in setting three meet records: 60 (9.66), 200 (34.50), and 400 (78.53). Three men set or tied two meet records each: Val Barnwell, 41, in the 60 (7.1) and 200 (22.7); Derek Holloway, 35, in the 60 (7.0) and 200 (22.3); and Lester Wright, Jr., 76, in the 60 (9.6 tied) and the 400 (75.70).

The athletes represented 57 teams.

Team titles went to the 30-39 Westchester Puma Club (23 points); the 40-49 Shore AC (55); the 50-59 Bohemia TC (27); the 60-69 Maryland Masters (with a whopping 86 points); and the 70+ title to the Syracuse Chargers. The Shore AC won the overall title with 133, and the Maryland

Masters came in second with 129.

The meet marked the region's masters debut at the new, banked track installed in the 168th Street Armory in November 1998. Unfortunately, the new configuration doesn't allow the weight throw to be held. With the addition of a special cage, which I have designed, this problem should be rectified by next year. □

## Last Call for 1999 Indoor Rankings

by JERRY WOJCIK  
USATF Masters T&F Indoor  
Rankings Coordinator

This issue is the last from which marks for the 1999 McMahon Family Trust Indoor Rankings will be taken. If your best marks have not appeared by this issue, send them with documentation (name of meet, date, site, contact person, etc.) before May 15 to the appropriate rankers below:

**55m/60m/200/400/55mH/60mH:**  
Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

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

**HJ/PV:** David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deo@igc.org.

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

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

Title rights to the indoor rankings

have been given to the McMahon Family Trust, which provides funds for their compilation. The McMahon Family Trust was created on January 24, 1990, by Mr. and Mrs. Charles A. McMahon.

Charles (Chuck) McMahon, of San Diego, Calif., was a masters thrower, who, after a successful career in high school and national competition, got back into track & field at age 51 in the early 1970s and continued until he underwent knee surgery and received a hip replacement in 1992. He held eight world and U.S. single-age records in the throws.

McMahon was a construction manager and supervised the building of the 20-story Home Tower in San Diego, the Anheuser-Busch Brewery in Van Nuys, Calif., and an underground garage at Pershing Square in Los Angeles. In 1965, he was named "Outstanding Professional Engineer of the Year." Charles died Sept. 12, 1994; his wife passed away on Jan. 24, 1997. □


### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAY 1999

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WILLIAM BAILLIE (NZ)	28-34	65-69
THADDEUS BELL (N. CHAS, SC)	14-44	55-59
JIM BLOUNT (ORLANDO, FL)	11-29	70-74
VIKTOR BOLSHOV (URS)	23-39	60-64
FRITZ BOSCHEN (WG)	7-24	75-79
FRANK BOZANICH (VISTA, CA)	20-44	55-59
AVERY BRYANT (PALOS VERDES, CA)	28-54	75-79
WILBUR BUCHANAN (PACOIMA, CA)	28-54	75-79
BILL BUSBY (THOMASVILLE, NC)	24-44	55-59
DON FINLAY (GB)	27-49	70-74
DAVID FRAITAG (SAN DIEGO, CA)	17-29	70-74
JOHN GILMOUR (AUS)	3-19	80-84
ALEXANDER GREEN (FORT LAUDERDALE, FL)	31-39	90-94
LEON HACKER (RSA)	26-39	60-64
HEINZ HARRE (AUT)	28-54	75-79
AGNAR HATTELAND (NOR)	28-54	75-79
MIKE HOGAN (LA JOLLA, CA)	1-54	45-49
JAMES KING (SAN DIEGO, CA)	2-49	50-54
VILJO KYIRO (FIN)	24-19	80-84
DON LEE (TX)	29-34	65-69
HARRY LINDELL (SWE)	8-34	65-69
HAVARD LUND (NOR)	20-24	75-79
JANIS LUSIS (URS)	19-39	60-64
BILLY MAGANAS (GRE)	7-54	45-49
ISTVAN MAJOR (HUN)	20-49	50-54
EDWARD MCCOMAS (BALTIMORE, MD)	20-34	65-69
REG MCCRAE (AUS)	7-24	75-79
DAVE MCKENZIE (CA)	10-49	50-54
GEORGE MURRAY (HONOLULU, HI)	1-24	75-79
FIDELIS NDYABAGYE (UGA)	10-49	50-54
KARE OKSAVIK (NOR)	14-29	75-79
AIVARS PAVULINS (AUS)	30-24	75-79
STEVEN PECK (DANVILLE, CA)	31-59	40-44
PAT PORTER (ALAMOSA, CO)	7-44	55-59
JOHN REYNOLDS (AUS)	23-19	80-84
GENE ROCHAMBEAU (SAN DIEGO, CA)	3-4	95-99
EARL SALISBURY (SAN DIEGO, CA)	24-39	60-64
FRED SCHLADEN (WG)	28-54	75-79
HANS SCHOUTEN (HOL)	30-29	70-74
EDWARD STABLER (SYRACUSE, NY)	15-44	55-59
FRANC VIVOD (YUG)	22-24	75-79
TOM WALNUT (DEWITT, NY)	28-19	80-84
NATHANIEL E. WHITE (SYRACUSE, NY)	6-29	90-94
KARL WILMS (WG)	7-29	70-74
DOROTHY ANDERSON (EUGENE, OR)	7-14	85-89
DOROTHY BAVARO (HIGHLAND HILLS, NY)	18-44	55-59
JANET BOBER (MA)	10-39	60-64
SANDRA FOLZER (WYNCOTE, PA)	1-99	90-94
RUBY FOWLER (COOKEVILLE, TN)	14-49	50-54
MARY HARTZLER (GAHANNA, OH)	4-29	70-74
KATIE JOCOY (DEL MAR, CA)	16-54	45-49
LINDA LANKER (SPOKANE, WA)	8-44	55-59
AUDREY LARY (FREDERICK, MD)	8-44	55-59
PATRICIA MCGRATH (WESTCHESTER, PA)	24-54	45-49
CAROL POENISCH (US)	15-44	55-59
RAGNA ROKSVAG-ZANGER (US)	7-99	90-94
FELICITAS SALAZAR (SAN DIEGO, CA)	10-39	60-64
BECKY SISLEY (EUGENE, OR)	14-49	50-54
EMILY STONE (BERKELEY, CA)	4-29	70-74
MARY STOREY RIVERSIDE, CA)	11-24	70-74
PENNY TAYLOR (US)	0-44	45-49
IRENE THOMPSON (SYRACUSE, NY)	30-54	45-49
ROSE THOMSON (MADISON, WI)	20-54	45-49
BRENDA WEBB (AUSTIN, TX)	1-59	45-49
JENNY BROWN (GBR)	21-59	40-44
CLAUDINE DEMBOURG (FRA)	14-39	60-64
NGAIRE DRAKE (NZL)	17-49	50-54
PAMELA HAYES (AUS)	23-49	50-54
RIETJE VAN WALREE-HEYSTEE (HOL)	28-59	75-79
MARGARETA HOLM (SWE)	20-44	50-54
PAMELA IMMELMAN (RSA)	2-54	70-74
JORUN NYGAARD (NOR)	6-29	60-64
ROSEWITHA PANNEKOUCKE (BEL)	31-39	60-64
IMKE PARLEVLIET (HOL)	22-34	65-69
SEVERINA PESANDO (ITA)	7-44	55-59
GILLIAN PLATER (GBR)	26-49	60-64
HEIDI PRATSCH (GER)	28-39	60-64
MARAGRET ELLEN SMITH (AUS)	28-49	60-64
MONICA SNYMAN (RSA)	19-44	55-59
ELAINE STATHAM (GBR)	8-39	60-64
AGNES SERGERS STERCKX (BEL)	30-44	55-59
MARY THOMAS (AUS)	7-49	50-54
CHRISTA VAHLENSIECK (GER)	14-54	45-49
MARYNA VAN NIEKIRK (RSA)	14-54	65-69
MARY WAHREN (AUS)	8-54	45-49
BOZENA WOJCIKIAN (CAN)	8-54	45-49

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

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## Indoor Nationals

Continued from page 5

Geary Daniels, 45, Massachusetts, with a 9:05.11. Craig Fram, 40, New Hampshire, posted the fastest time in the 3000 with a U.S. record 8:33.68.

### How High?

Leonore McDaniels, 71, Virginia, who broke four world records here in 1998, was the best performer in the high jump with a 92.7% 1.15/3-9/4, as was Wayne Lambert, 52, California, in the pole vault with a 91.8%, 4.15/13-7/4.

### How Far?

The top performance in the throws went to Ross Carter, 85, Oregon, with

## AGE GROUP RECORDS SET AT USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 26-28

### World Records

Event	Age	New Mark	Name	Old Mark	Held By
60m	M75	8.92	John O'Neill	8.95	Tim Murphy
60m	M80	9.39	Roderick Parker	9.81	Fred White
60m	M90	13.64	Karl Trei	17.47	Everett Hosack
60m	W75	11.45t	Mary Holland	11.45	Mary Bowermaster
200m	M50	23.76t	Charles Allie	23.76	Harold Morioka
200m	W75	40.59	Mary Holland	41.70	Mary Wixey
200m	W85	76.43	Ivy Granstrom	*	
400m	M55	54.36	Harold Morioka	56.17	James Mathis
400m	M70	61.31	Earl Fee	66.03	John Alexander
400m	M80	75.58	Roderick Parker	79.6	Alek Ernesaks
400m	W85	2:39.23	Ivy Granstrom	*	
800m	M70	2:20.45	Earl Fee	2:42.0	Austin Newman
800m	M80	3:13.39	Roderick Parker	3:20.57	Austin Newman
800m	M85	5:33.18	Harold Massie	5:51.29	Charles Espy
800m	W70	3:36.58	Sumi Onodera	3:39.55	Louise Adams
800m	W85	5:59.98	Ivy Granstrom	*	
Mile	M60	5:01.76	Dan Conway	5:13.38	Henry Hawk
Mile	M75	6:42.03	John McManus	6:54.8	Byron Fike
Mile	M85	12:06.13	Harold Massie	*	
Mile	W40	4:57.71	Patty Blanchard	5:03.6	Erna Kozak
Mile	W60	6:35.55	Jeanne Hoagland	6:55.59	Grace Butcher
Mile	W65	7:13.86	Toshiko d'Elia	7:35.0	Marie Stafford
Mile	W85	13:00.96	Ivy Granstrom	*	
3000m	W85	25:57.92	Ivy Granstrom	*	
60mH	M55	8.73	Courtland Gray	8.91	Emil Pawlik
HJ	M85	1.06m	James Elliott	1.05m	Karl Trei
HJ	M90	0.89	Karl Trei	0.80m	Everett Hosack
HJ	W75	1.80m	Margaret Hinton	0.94m	Katrina Smildzina
PV	W75	1.40m	Margaret Hinton	*	
LJ	W75	2.91m	Mary Holland	2.71m	Mary Wixey
LJ	M90	2.49m	Karl Trei	2.06m	Everett Hosack
TJ	M85	5.48m	James Elliott	4.83m	Konrad Boas
TJ	M90	5.18m	Karl Trei	3.83m	Mikko Salonen
TJ	W75	5.30m	Margaret Hinton	5.17m	Mary Wixey
SP	M70	13.55m	Arnie Gaynor	13.23m	Ross Carter
SP	M85	9.68m	Ross Carter	7.56m	Leon Joslin
SP	M95	4.06m	Everett Hosack	4.01m	Everett Hosack
3000RW	M55	13:51.46	Jim Carmines	14:22.40	Ed Kousky
3000RW	M60	14:34.28	Dave Romansky	14:44.51	Max Green
3000RW	M70	17:03.33	Jack Starr	17:31.6	Pauli Makinen
3000RW	W40	13:46.73	Maryanne Torrellas	14:23.33	Viisha Sedlak
3000RW	W45	15:22.71	Janet Comi	15:52.71	Ann Lewis

### U.S. Records

60m	W35	7.88	Charlene Landrum	8.09	Joy Upshaw-Margerum
200m	W35	25.19	Charlene Landrum	26.91	Denise Foreman
200m	W60	32.50	Carolyn Cappetta	33.25	Betty Vosburgh
400m	M70	65.27	Rodney Brown	66.03	John Alexander
400m	W50	71.93	Debbie Stiles	72.86	Linda Upton
800m	M70	2:38.10	Jim Selby	2:42.0	Austin Newman
800m	M75	2:54.83	Archie Messenger	2:55.5	Austin Newman
800m	W65	3:12.78	Grace Butcher	3:13.74	Toshiko d'Elia
Mile	W40	5:11.11	Patti Ford	5:12.4	Barbara Pike
3000m	M40	8:33.68	Craig Fram	8:43.71	Steve Gallagher
3000m	M60	10:01.96	Dan Conway	10:31.4	James Sutton
3000m	W40	10:05.32	Patti Ford	10:19.8	Barbara Filutze
60mH	M85	18.45	James Elliott	*	
60mH	W35	9.47	Charlene Landrum	9.57	Denise Foreman
HJ	M70	1.37mt	Bill Wambach	1.37m	Burl Gist
LJ	M85	2.77m	James Elliott	2.66m	Russell Randall
SP	M50	16.03m	Ladislav Pataki	15.80m	Carl Wallin
SP	M65	13.62m	Phil Mulkey	13.03m	Len Olson
SP	W35	12.37m	Oneithea Lewis	12.35m	Joan Stratton
SP	W75	6.69m	Margaret Hinton	6.46m	Libby Hagemann
WT	W80	4.69m	Katherine Gradick	4.19m	Ivy Brown
3000RW	W50	16:47.70	Jackie Reitz	17:25.86	Kathleen Frable
3000RW	W55	17:30.58	Ann Marie Rosenitsch	17:35.06	Elton Richardson

\*=establishes/t=ties



JERRY WOJCIK

Roderick Parker ran sensational races to break the M80 world records for the 400 (75.58) and the 800 (3:13.39), National Masters Indoor Championships, Boston.

a 96.3% world record 9.68/31-9/4. Ladislav Pataki, 52, California, won the M50 shot competition in a field of 13 with a U.S. record 16.03/52-7/4. Tim Edwards, 50, Colorado, won the M50 35-lb. weight throw with a 13.86/45-5/4.

### Pawlik Pins the Pentathlon

In the pentathlon held on Friday, Emil Pawlik, 60, Mississippi, earned the day's highest total of 4300. Ken Kring, 47, Pennsylvania, M45 winner, was second-highest at 3901. The top score among the women was 3355 by Irene Thompson, 44, New York.

### Organizers "Meet" the Challenge

The meet was hosted by the Boston Running Club, who provided most of the 60 volunteers, in cooperation with USATF New England. Meet management was organized by Fred Treseler of TRACS, Inc. Allie Pendleton served as meet coordinator. Primary sponsors were FILA; Cisco Systems, presenter of the Cisco Miles; and Mrs. Thorn Pendleton, presenter of the Pendleton 3000m Races. Peter Taylor was the announcer. Timing was done by Lancer Timing.

On Friday, the Boston Commission on the Affairs for the Elderly brought in over 100 senior citizens from area centers to cheer on the competitors and enjoy lunch at the Reggie Lewis track. Many enjoyed the outing so much, they returned on Saturday and Sunday.

Competitors generally had high praise for the meet and the action on the track. Keith Royster, 42, New Jersey, commented, "Performances were a big step up from 1998. The most grueling races were the heats of the 800, specifically the M45 group.

Someone forgot to tell those guys that they were running semi-final sections. Everybody was helpful, even the folks at the display tables, answering athlete's questions about the meet."

### A Long Wait

The chief complaint of the meet came early on Friday evening. Women throwers, because of a change in the schedule from the previous two championships and a resulting conflict with the shot and weight throw, had to wait almost five hours before throwing the weight. Said one thrower, "This is the longest I've ever waited to compete, indoors or outdoors." When the problem was brought up at the athletes' meeting by Ruth Welding, a W40 thrower from Indiana, on Saturday evening, meet management apologized for the inconvenience and assured the women athletes that the problem would be rectified in the future.

### Most Popular Events

The 200m races drew the most entrants with 156 men and 47 women; the 60m had 128 men and 43 women; the 800 had 133 men and 32 women. Thirty-three of the 34 women entrants in the 3000 racewalk did compete. All 21 of the women entrants in the weight throw showed up.

### Play It Again...

The Reggie Lewis Center track is a six-lane, 200m oval constructed with the same technology and material found in the Olympic Stadium in Atlanta. The 60m races are held on a separate eight-lane sprint runway in the middle of the track. Masters planning to attend the Championships in 2000 will have the opportunity to compete here, when the meet, hosted by USATF New England, returns to Boston for the fourth year in a row. □



JERRY WOJCIK

John McManus, after breaking the M75 world record in the mile with a 6:42.03, 1999 National Masters Indoor Championships, Boston.



### Three Cities to Bid for 2003 Championships

**T**om Jordan, the Executive Vice-President of the World Association of Veteran Athletes, said he has received formal bids from three cities to host the XV WAVA World T&F Championships in 2003:

- Moscow, Russia
- Kuala Lumpur, Malaysia
- San Juan, Puerto Rico

Jordan said he also has received a formal bid for the 2002 WAVA Road Race Championships from Auckland, New Zealand.

The sites for both of the above will be determined by delegates to the WAVA General Assembly in Gateshead, England, on Aug. 5.

The XIV WAVA T&F Championships will be held in Brisbane, Australia, in 2001.

#### World Masters Marketing

Ron Bell Associates has been appointed by WAVA to act as its commercial manager and to raise revenue from sponsors. Bell has formed a subsidiary company called World Masters Marketing.

"To manage a contract on a worldwide basis is very difficult," Bell said. "I am therefore offering partnership arrangements in the six WAVA regions to anyone interested in being part of the company, yet simultaneously working independently."

Bell said only one partner would be appointed in each WAVA region and thus would be "an excellent opportunity to earn good financial rewards."

Bell said the opportunity could appeal to an existing marketing/sponsorship company or to individuals with

a love of masters athletics and good contacts within the marketing world.

"A planned program has already been agreed with WAVA," Bell said. Anyone interested should contact Bell (see address on page 20). □

### Gateshead Uniforms Available for USA Participants

by GARY ENGLAND

The National Indoor Championships in Boston served as the launching pad for the new USA Team Uniform and Apparel line. However, due to miscommunication, On Track, the official supplier, was unable to sell uniforms and warm-ups on-site.

The new look is white with royal blue trim. The imprint is a tall condensed royal blue USA with a red drop shadow; very bold, very sharp. There are USA Masters logo imprints on all of the matching blue uniform pieces. Matching pieces are singlet running silks, half tights and bun huggers, all royal blue. If you are interested in a speed suit, you need to contact us by May 21. We will be doing one run of these, to orders only.

The uniforms are from InSport of Beaverton, Ore. To find your correct size, go to a sporting goods store that carries InSport and try on their apparel. The uniforms come in both men's and women's cuts where applicable.

A line of casual wear accompanies the uniform line. Only top quality suppliers were selected for this line. T-shirts are Lofteeze, Fruit of the Loom's finest; heavyweight 11 oz. sweatshirts are LEE Crossgrains. Both are ash color with the USA Masters logo.

For casual dress, there is the embroidered pique knit heavyweight polo shirt, in navy with a left chest logo, and the embroidered denim six-panel hat with a tan suede bill. To carry it all, there is the shoulder bag from Big Guys Bags. Embroidered cordura with two compartments and a front pocket, this bag is tied together with a shoulder strap fastened with heavyweight metal clips. Polos, T-shirts and sweatshirts all are unisex sizing, medium through triple extra large.

Big Guys has designed a special traveling T-shirt that will have the masters logo on the front and a Gateshead design on the back. These T-shirts will sell for \$15 and are terrif-



JERRY WOJCIK

Ron Morris, of the On Track Co., through which masters athletes can purchase USA uniforms for the WAVA Championships in Gateshead, displays a singlet at the athletes' meeting, 1999 National Masters Indoor Championships.

ic for wearing or trading.

All apparel is or will be in stock soon. To order by phone, you should contact On Track at 800-697-2999 or e-mail them at sales@ontrackandfield.com. They can take your order or send you a brochure. On Track takes Visa, MasterCard, Discover, and

checks. No COD please.

Since these now represent the Official National Masters Uniform, On Track will be taking orders through and after the Gateshead meet. We will *not* be taking uniforms to Gateshead, so it is necessary to purchase early if you are attending the Gateshead meet. □



SUZY HESS

Gary England, M40 shot put winner (52-10<sup>1</sup>/<sub>4</sub>), National Masters Indoor Championships.

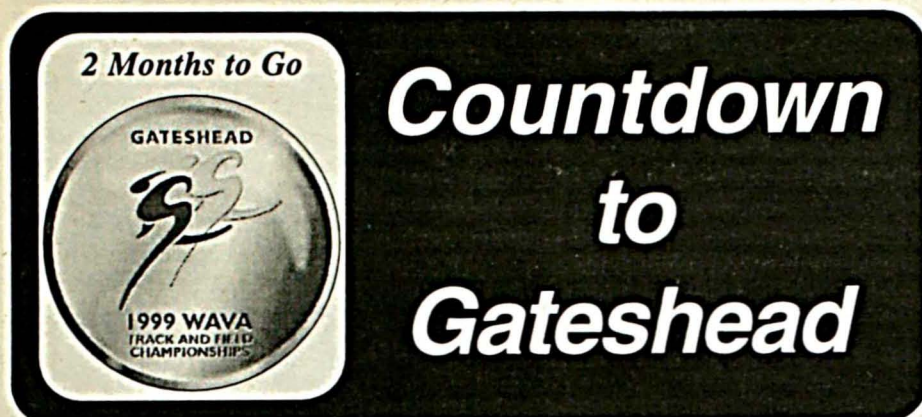


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## Organizers Well Prepared for World Championships

Only two months remain until the XIII WAVA World Veterans Athletics Championships, July 29-August 8, in Gateshead, England. The entry deadline was April 30. Organizers expect that upwards of 7000 athletes from as many as 80 nations will participate in the biennial event.

A total of 536 entrants from the USA have sent their entry forms to Sandy Pashkin, the USA Team Manager. That compares to 335 USA competitors who went to Durban, South Africa in 1997, 312 who went to Miyazaki, Japan in 1993, and 474 who journeyed to Turku, Finland in 1991.

The championships are open to men age 40-and-over and women age 35-and-over. Competition will be held in five-year age groups through 95+.

Recently, Tom Jordan, who lives in Eugene, Ore., and is WAVA's Executive Vice-President and Chair of WAVA's Organizational Advisory Committee, visited Gateshead with

Torsten Carlius, WAVA President; Ron Bell, WAVA Non-Stadia Vice-President; and Keith Whitaker, Chairman of the British Veterans.

Here are excerpts from Jordan's report:

- The Organizing Committee (OC) says a large number of athletes are planning to stay at lodging outside of its block of hotel rooms, e.g., camp sites, guest houses, etc.

- Promotion has been focused on generating entries and recruiting volunteers. Over 900 volunteers have signed up thus far, as well as 200 certified officials. (For any athletes who are also certified officials, and who end up being utilized by the OC, the

OC will pay the lodging for the actual days they officiate at the event.)

- The OC plans a "Partners Package" for accompanying persons, which will largely be an amenities package featuring coupons for discounts and the like. The OC confirmed that accompanying persons will not be charged for riding the athletes' shuttle.

- Translation at the General Assembly will be available in English, French and Spanish.

- The shuttle system will have several bus routes, each stopping at hotels/dormitories where participants are staying. The goal is to have no route take more than 45 minutes to get from the farthest outlying hotel to the Gateshead International Stadium (GIS). Once at the GIS, a shuttle will run every 30- to 60-minutes in one direction to Monkton Stadium and then on to Riverside, before returning to GIS. Another shuttle will go in the opposite direction to Riverside, then to Monkton, before returning to GIS. In addition, 20 mini-buses will be on standby for emergencies. (The ride from GIS to Monkton takes 15 minutes; from Monkton to Riverside is 20 minutes; from Riverside to GIS is 25 minutes. During rush hours, the trips will take longer.)

- Athletes will want to allow plenty of time to get from their hotel to GIS and then to one of the other stadia, and may want to stay at that venue throughout the day. It will be impractical in most cases to return to one's hotel room between competitions on the same day.

- Taxis are a transportation option. These must be booked through a central number (as opposed to flagging one down on the street). The cost is roughly what one would expect to pay

in any major city in the USA or Europe. In other words, not cheap. A list of rental car agencies will be made available. Remember, the British drive on the left.

- The hotels and dormitories are adequate for athletes' needs, but most are too far to walk to the GIS. So the shuttle system will be crucial. The dorm rooms are one-bedded, with washstand. Meal times will cater to the athletes' needs. The U. of Newcastle has 1000 beds set aside.

- Newcastle is the site of the Metro Centre, Europe's largest shopping mall. Several "Geordies" (the term the residents call themselves) said one survey rates Newcastle the 7th best "party city" in the world. A restored section of the waterfront, called Quai Side (pronounced "key-side"), features top restaurants and nightclubs. The pubs close at 11 p.m. (2300 hours). The extensive subway system closes at midnight.

- Confirmation of entry will be sent to each athlete, along with info about competition, maps of the venues, etc.

- A trial competition is planned for the Regional Veterans Championships at GIS on May 8-9.

- The OC has arranged for 50 drug tests as required by WAVA.

- A temporary Championships office is open from 10 a.m. to 4:30 p.m. The phone number is 44-191-443-3301 and 3302. Fax is 44-191-443-3303.

- The staff is making good progress in its preparations. A big plus for the OC is that, as a branch of the city's administrative structure, OC staff members need only go down one flight of stairs to discuss the shuttles with their colleagues in Transport, or down two flights to discuss road closures with Public Works. □

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## Report from Britain

### Gates Holds Off Foster in British Veterans Cross-County Championships

by BRIDGET CUSHEN and MARTIN DUFF

Nigel Gates, 45, held off a late challenge from 10,000 bronze medalist Bill Foster to win the British Vets Cross-County Championships in Norwich on March 27.

Gates, a former world 10K road

champion from Toronto, raced to a 34:22 finish on the course at Earlham Park, 120 miles northeast of London, while Foster took third behind Dave Neill, both M40 runners.

A separate 50+ race was won by Harry Matthews, who finished in 37:04.

Two weeks after placing as top master in the English Senior National event, Viv McConnell was the overall winner in the women's 5K race, romping to a 20:11.

Felicity Garland (22:15) nipped 1997 London Marathon W50 winner Margaret Auerback (22:21) in the W50. Pam Jones and Betty Smith added wins at W55 and W60.

All will be gunning for the WAVA medals in Gateshead this summer, despite the disquiet over high costs of entry and likely even higher hotel bills. □

### 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

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

# 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.

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973-625-1764

Greater Boston TC  
PO Box 183  
Boston, MA 02117-0183  
617-499-4844  
gbtc@crl.dec.com  
www.gbtc.org

Greater Long Island RC  
101-24 Dupont St.  
Plainview, NY 11803  
516-349-7646  
516-349-7647(fax)  
www.pobrrc.org

Greater Rochester TC  
PO Box 92608  
Rochester, NY 14692  
716-872-6652

Hudson Mohawk Road Runners  
PO Box 12304  
Albany, NY 12212  
518-435-4500

Liberty AC  
89 May St., #1  
Needham, MA 02492  
508-462-9552

Maryland Masters TC  
107 Rosewood Av.  
Baltimore, MD 21228-4939  
410-744-2652

Nadia TC  
1500 Sylvan Terrace  
Pittsburgh, PA 15221  
Dorel Watley, Pres.  
412-244-9812

National Capital TC (GNATS)  
c/o Karen Erb  
205 W. Myrtle St.  
Alexandria, VA 22301  
703-549-7779

New England Walkers  
83 Riverside Av.  
Concord, MA 01742  
978-369-7912

New Jersey Striders TC  
PO Box 885  
Maywood, NJ 07607  
201-287-1064

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

North Jersey Masters  
PO Box 56  
Ridgewood, NJ 07451

Potomac Valley TC  
Sal Corrallo  
3515 Slate Mills Rd.  
Sperryville, VA 22740  
540-547-4355

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

Shore AC  
Donna Cetrulo  
274 Bath Av. #14  
Long Branch, NJ 07740  
732-222-1348

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  
14400 Winchester Rd.  
Trafford, PA 15085  
412-372-1986

## SOUTHEAST

All American TC  
20184 Hwy 17  
Hampstead, NC 28443

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

Birmingham TC  
PO Box 530363  
Birmingham, AL 35253  
205-879-5344

Florida AC  
3250 Lakeview Blvd.  
Delray Beach, FL 33445  
561-499-3370

Florida TC  
PO Box 12463  
University Station  
Gainesville, FL 32604  
904-378-8725

Greenville TC  
PO Box 16262  
Greenville, SC 29606-7262  
864-235-8260

Huntsville TC  
c/o Harold Tinsley  
8811 Edgehill Dr.  
Huntsville, AL 35802  
256-881-9077  
harold.tinsley@gte.net  
www.huntsvilletrackclub.org

Miami RC  
Tropical Park  
7920 SW 40th St.  
Miami, FL 33155  
305-227-1500

Nashville RACERS  
421 Valley Trace Dr.  
Nashville, TN 37221  
615-356-4607  
racers@home.com

Nashville TC  
2916 Oakland Av.  
Nashville, TN 37212-5812  
615-383-6733

North Carolina RRC  
PO Box 26761  
Raleigh, NC 27611  
919-231-0714

Pony Express Masters TC  
PO Box 503  
Norfolk, VA 23501  
Attn: Joe Mack  
757-482-5558

Port City Pacers  
PO Box 16907  
Mobile, AL 36616  
334-473-RACE

Richmond T&F Club  
PO Box 6701  
Richmond, VA 23230  
804-266-4785

## MIDWEST

Ann Arbor TC  
PO Box 7551  
Ann Arbor, MI 48107  
734-663-9740  
734-663-0124 (fax)

Columbus Roadrunners  
PO Box 15584  
Columbus, OH 43215-0584  
617-764-9733

Dayton Masters TC  
PO Box 17706  
Dayton, OH 45417-0706  
Bob Jones, Pres.  
513-837-2754

Indiana Racewalkers Club  
3919 N. Vinewood Av  
Indianapolis, IN 46254  
Michael Bird, Pres.  
317-291-7591  
mgbird@aol.com

Midwest Masters T&F Club  
633 Sunset Dr.  
Janesville, WI 53545  
608-756-5260

Motor City Striders  
10144 Lincoln  
Huntington Woods, MI 48070  
248-544-9099  
248-544-4601 (fax)  
racebreak@aol.com  
www.motorcitystriders.com

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

River to River RC  
PO Box 1224  
Marion, IL 62959

Bob Shul Racing Team  
27 E Dixon Av.  
Dayton, OH 45419  
937-293-7935  
BobShul@sprintmail.com

Victory AC  
Marty Gonterman, Pres.  
PO Box 6667  
Louisville, KY 40206  
502-447-3913

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

## MID-AMERICA

American Walking Assoc.  
National Office  
PO Box 4  
Paonia, CO 81428-0004  
970-527-4557  
970-527-4607 (fax)  
walk@online.col.com

Colorado Walking Club  
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

Lawrence TC  
PO Box 3743, Jayhawk Sta.  
Lawrence, KS 66046

Lincoln TC  
3105 Cedar Av.  
Lincoln, NE 68502

Prairie Striders  
Box 267  
Brookings, SD 57006

Running International  
Ric Rojas  
3680 Buckeye Court  
Boulder, CO 80304  
303-444-7267  
Ric@RicRojasRunning.com  
www.RicRojasRunning.com

St. Louis TC  
2385 Hampton Av., #101  
St. Louis, MO 63139-2932  
www.stlouistrackclub.com  
314-781-3926  
314-782-3726 (raceline)

Santa Fe Striders  
PO 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  
wvrunner@aol.com

East Texas T&F Club  
3334 S. SW Loop 323 #125  
Tyler, TX 75701  
Robert Hahn  
903-561-9511  
903-581-6605 (fax)

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 70065-4956  
504-467-1197

Louisiana Lightning TC  
Jaff Bay  
321 E. Josephine St.  
Gonzales, LA 70737

Midnight Sun TC  
PO Box 7141  
New Orleans, LA 70186

New Orleans TC  
PO Box 52003  
New Orleans, LA 70152-2003  
504-482-6682

Oklahoma City RC  
PO Box 18113  
Oklahoma City, OK 73154  
405-752-9097

San Antonio TC  
PO Box 39148  
San Antonio, TX 78218  
Don Austin  
210-699-0265

South Louisiana Masters TC  
PO Box 3125  
Lafayette, LA 70502-3125  
318-984-4934

Team Oklahoma Masters  
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4217 W 91st  
Tulsa, OK 74132-3739  
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Tulsa RC  
PO Box 3304  
Tulsa, OK 74101-3304  
918-496-1939  
www.tulsarunningclub.com

Waterloo T&F Club  
4112 Burnet Rd.  
Austin, TX 78756  
512-458-6010

## WEST

Cal Coast TC  
PO Box 7132  
Newport Beach, CA 92660-7132  
949-476-7076  
Bill Sumner/Rick Herr

Club West  
Gordon McClenathen  
PO Box 99  
Goleta, CA 93116-1099  
805-964-3005

Corona del Mar TC  
19103 S. Andmark Av.  
Carson, CA 90746  
310-638-7125

Elite Health TC  
10738 Jefferson Blvd.  
Culver City, CA 90230  
310-559-9739

Excelsior TC  
311 Lexington Way  
Burlingame, CA 94010  
415-592-8353

Great Strides Honolulu  
1521 Punahou St., #1302  
Honolulu, HI 96822  
808-942-9567

Hawaii Masters TC  
PO Box 15763  
Honolulu, HI 96830-5763

Inland Empire Racewalkers  
PO Box 261  
Riverside, CA 92502  
714-877-3548  
714-824-2336

KEL Club  
Gary Kelmenson  
5601 Empire Grade  
Santa Cruz, CA 95060  
831-458-0300  
kelfield@aol.com

Los Gatos AA  
PO Box 1334  
Los Gatos, CA 95031  
408-354-7333

Marin Race Walkers  
Jack Bray  
PO Box 21  
Kentfield, CA 94914  
415-461-6843  
marinrw@wernet.net  
www.lightways.com/marinrw

No. Calif. Senior TC  
Shirley Dietrich, Pres.  
5 Arcade Av.  
Berkeley, CA 94708  
510-848-5016

Pacific Racewalkers  
Box 513  
Carmichael, CA 95609  
916-483-2917

San Diego TC  
PO Box 371232  
San Diego, CA 92137-1232  
619-270-SDTC

Santa Cruz TC  
PO Box 1803  
Capitola, CA  
831-728-0399

Show Time TC  
8306 Wilshire Blvd., Suite 2  
Beverly Hills, CA 90211  
323-291-7392

Sierra Racewalkers  
PO Box 13203  
Sacramento, CA 95813-3203  
916-722-5039

Southern California TC  
18 Charca  
Rancho Santa Margarita, CA 92688  
Mike Cleary  
949-589-0242

Southern California Striders  
39777 Cathy Dr.  
Fallbrook, CA 92028  
619-436-7698

Tamalpa Runners  
Box 701  
Corte Madera, CA 94976  
415-721-3791

Trojan Masters TC  
1125 N. Stimson  
La Puente, CA 91744  
626-917-6289  
trojanmasters@usctrojans.com

Walkers Club of L.A.  
610 Woodward Blvd.  
Pasadena, CA 91107  
818-985-9854

West Valley Joggers & Striders  
1124 Kennington Av.  
Sunnyvale, CA 94087  
408-246-2651

## NORTHWEST

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Joan Nockels  
PO Box 243362-3362  
Anchorage, AK 99524-3362  
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Barron Park Striders  
3225 Scotch Meadows Ct., S.E.  
Olympia, WA 98501  
360-438-0051

Bigfoot Masters  
c/o Maury Ray  
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 Av., #200  
Beaverton, OR 97005  
503-646-RUNR Susan Perry  
orrc@teleport.com  
www.orrc.net

Oregon TC Masters  
PO Box 11364  
Eugene, OR 97440

Pacific Pacers (Racewalk) -  
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Seattle, WA 98115  
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bevaveck@aol.com

Portland Masters TC  
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Gresham, OR 97030  
503-666-8950  
Paul Stepan, Pres.

Racewalkers Northwest  
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Portland, OR 97208  
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RacewalkNW@aol.com

Seattle Masters AC  
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Snohomish TC  
4261 S. 184th St.  
SeaTac, WA 98188-4569  
206-433-8868

Southern Oregon Sizzlers  
PO Box 665  
Medford, OR 97501

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Chris Waythomas  
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# Masters Scene

## NATIONAL

• A reprint of NMN columnist Hal Higdon's 1976 book, *Leopold & Loeb: The Crime of the Century*, is due out from the U. of Illinois Press on May 21, the 75th anniversary of the murder of a boy by two young men and the sensational trial that followed. An excerpt from the book (first chapter) is available on Higdon's web site: <http://www.halhighdon.com/books/crime100.html>

## EAST

• **Bill Kanarek**, 45, of Pennsylvania, in 13:22, and **Emmy Stocker**, 40, NYC, in 14:25, were first masters to the top in the Empire State Building Run-Up, NYC, Feb. 25. The oldest finishers were **Chico Scimone**, 87, of Italy, 34:21, and **Evelyn Davis**, 61, of New Jersey, 20:02.

• **Roberto Rodriguez**, 43, Arlington, VA, in 1:39:03, and **Sandra Adams**, 49, Winchester, VA, in 1:56:14 chalked up masters firsts, DCRRRC Belle Haven 25K, Alexandria, VA, Feb. 27. **Bill Woodey**, 54, Silver Spring, MD, finished in the top 20 with a 1:48:10.

• Local Long Island master **John Del Maestro**, 43, with a 56:14, and **Patty Zebersky**, 43, in 64:12, both nabbed second places in the Kings Park 15K, L.I., March 21. Oldest of the 639 finishers were **George Dennis**, 75, 1:46:10, and **Marge Smith**, 60, 2:04:07. Proceeds from the race, dubbed "mile for mile, the toughest running race on Long Island" and staged by The Greater LIRC, benefit The Children's Tumor Foundation.

• **Craig Fram**, M40, won the M40+ contest with a 52:09, and **Joanne Scianne**, W45, the W40+ race by six seconds from **Mary Lammi**, W40, with a 64:32, Jones Town/Country 10 Mile, USATF NE Championships, Amherst, MA, Feb. 28. On March 14, Fram was the masters winner with a 67:47, Law Enforcement Half-Marathon/USATF NE Championships, Melrose, MA, with **Rebecca Stockdale-Woolley**, W45, taking the W40+ first with an 84:51.

• **George Buckheit**, 41, Fairfax, VA, chased down a 34:47 as the top masters runner in the Bethesda Chase 10K, Bethesda, MD, March 7. **Jim Whitnah**, 44, Chevy Chase, MD, ran 35:40 to place second in the M40. **Melanie Levin**, 41, Washington, DC, was the top W40 in 45:45.

• **Ed Sheehan**, 42, Washington, DC, braved the cold, wet weather to finish in 32:45 as the top masters runner (7th overall) in the St.

Patrick's Day 10K in Washington, DC, March 14. **Patti Shull**, 40 Ashburn, VA, was third overall and ran an event masters record 37:10 as the top masters female. **Fay Bradley**, 61, Washington, DC, was best in M60 with a 37:03. **Hideo Pirie**, 54, Fairfax, VA, recorded a 43:21 to win the W50.

• **Bill Rodgers**, 51, ran into wet, chilly weather April 10 in Washington, DC, as his attempt to set a new M50 10-mile record fell short. He clocked a 54:03 in the annual Cherry Blossom Run, well off Norm Green's U.S. M50 mark of 52:53. Rodgers stopped twice in the last three miles to fix shoelaces that kept coming untied despite multiple knots. "My hands were so cold, I couldn't tie the laces," Rodgers said. He said he likes to try for age-group marks, and, at Boston, planned to go after the M50 marathon course record (2:27:17), and the U.S. point-to-point M50 best (2:25:46).

• **Johnny Kelly**, 91, who has finished the Boston Marathon 58 times, missed this year's edition, April 19. Kelly is recovering from colon surgery in January and a subsequent bout with pneumonia. Kelly won the race in 1935 and 1945 and was second seven times.

• Cruising in first from Coney Island to Prospect Park at the NYRRC Brooklyn Half-Marathon, March 6, were masters **Alan Ruben**, 41, 1:11:58 and **Kari Proffitt**, 42, 1:23:18. Doing their age groups proud were **Julio Aguirre**, 52, 1:19:46 and **Carol Tyler**, 60, 1:45:06.

• The NYRRC/BUS 50-Miler and the Kurt Steiner 50K were held in Central Park, NYC, Feb. 20. Top masters in the 50-miler were **David Luljak**, 43, 6:21:32, and **Antana Locs**, 40, 7:56:09 (women's overall winner). In the 50K, **Alan Ruben**, 41, 3:22:40, outran the entire men's field, with **Emmy Stocker**, 40, 4:37:42, leading the masters women, (third overall).

• **Gillian Horovitz**, 43, did it again - first overall woman in 49:57 - at the NYRRC Crazy Eight (miles) in Central Park, NYC, Feb. 28. **Daniel Murphy**, 43, 46:00, bested the masters men. Age-group standouts included **Joseph Burns**, 70, 1:00:15, and **Helen Bedrock**, 64, 59:47.

## SOUTHEAST

• **Andrey Kuznetsov**, 41, of Russia, and **Tatyana Pozdnyakova**, 44, of Ukraine, continued their masters dominance on the roads this season with victories in the Great Gainesville,

FL, 5K. Kuznetsov finished third overall with an age-graded 93.2% 14:34. Pozdnyakova was 17th overall (men & women) with a 91.9% 17:00. Second M40+ was **James Rasch**, 45, Gainesville, in 16:23. **Byron Dyce**, 50, Gainesville, captured the M50 win with a 17:43.

• **Linda Kidder**, 42, Williamsburg, VA, bested the women's field with a female course record 32:59, Ford's Colony 8K For Shelter, Williamsburg, March 27. **Eileen Hungerman**, 45, Williamsburg, was second female overall in 34:08. **Jim Goggin**, M45, Williamsburg, was first M40+ in 30:28. Top 50+ performers were **Larry Coley**, M50, Chesapeake, VA, 31:07, and **Joan Coven**, 57, Williamsburg, 37:51.

• Top masters striders at the Lavonne Hottensmith Memorial 5K Racewalk, Lakewood, FL, March 6, were **Juan Yanes**, M45, 27:31, and **Ingrid Crane**, W50, 32:17. Age-group stars included **Miriam Gordon**, W70, 34:58, **Bob Fine**, M65, 30:31, and **Abe Ulanoff**, M80, 36:18.

• **Victor Cuevas**, 44, Las Marias, Puerto Rico, was sixth overall and the top M40 finisher, jettisoning to a 2:45:44 in the Blue Angel Marathon, Feb. 27 in Pensacola, FL. **Ray Workman**, 48, Salt Lake City, was first among the M45 runners and seventh overall in 2:46:21. **Beth Valenzuela**, 41, Cantonment, FL, took top honors at W40 and 66th overall in 3:17:23.

• **Bill Rodgers**, 51, Lincoln, MA, ran a 5:23 pace and sailed to an age-graded 92.3% 50:07 finish as the top masters runner in the Gate River Run 15K, March 6 in Jacksonville, FL. He was 37th overall. **George Altieri**, 41, Columbia, MD, was 52nd overall and first in the M40 division with a 51:55.

• **Guy Gordon**, 41, Newton, NJ, was fourth overall and first among the M40 finishers after darting his way to a 2:33:30 in the Myrtle Beach, SC, Marathon, Feb. 27. **Gary Julian**, 51, Omaha, NE, was 23rd overall and first at M50 in 2:56:45. **Ruth-Marie Milliman**, 41, Greenville, SC, was the top masters female, turning in a 3:06:05 to finish fourth overall.

## MID-AMERICA

• **Mark Curp**, M40, 15:40, and **Jane Lundgren**, W40, 20:27, scored masters wins in the Liberty Memorial 5K, Kansas City, MO, March 6. On March 20, **Dan Lawson**, M40, 20:44, and **Marla Rhoden**, W40, 25:27, flew to masters firsts in the St. Pat's 4 Mile, Wichita, KS. Top 50+ were **Paul Heitzman**, M65, 25:06, and **Trudy Calloway**, W50, 28:08.

## WEST

• **Tom Petranoff**, 41, increased his M40 WR of 76.20/250-0 in the javelin with a pending 76.44/250-9 at the Mt. SAC Relays, Walnut, Calif., April 18.

## NORTHWEST

• **Mary Slaney**, 40, of Eugene, OR, sued the IAAF and USOC, seeking to halt an arbitration hearing against her and to end the use of a testosterone ratio as proof of doping by female athletes. The lawsuit, filed in Indianapolis, also accuses the IAAF and USOC of negligence and fraud in the handling of her 1996 doping case and seeks unspecified damages. It further accuses the USOC of failing to ensure Slaney's 1996 urine sample was properly stored.

• **George Mathews**, 55, Seattle, WA, was the overall winner with a 157-10 in the open hammer competition at the Spokane Invitational, April 3. Mathews threw the M50-59 6kg hammer, the rest of the eight-man field threw the 7.26kg.

## CANADA

• Tying the world record in the M75 high jump at the Ontario Masters Indoor Championships, Toronto, March 6, was **John O'Neill**. His 8.95 equaled that of **Tim Murphy**'s set in 1997. Breaking the world record in the W75 high jump was **Helgi Pedal**. Her leap of 1.08 erased the 0.94 by **Katrina Smildznina**, set in 1997.

## ON TAP FOR MAY

### TRACK AND FIELD

The Arizona Masters Meet starts it off on the 1st in Tempe. The 29th Southeastern U.S. Masters Meet, Raleigh, N.C., begins a three-day run on the 7th with something for everyone. Californians eager for action can find it in the Southern California Striders Meet in Long Beach on the 8th and the Visalia Meet on the 15th. Augustana College in Illinois hosts an All Age-Group Meet on the 29th. The Dan Aldrich Memorial Meet closes the month on the 30th in Irvine, Calif. Check out the numerous Senior Games/Olympics affairs that include track & field in their multiple-day sessions.

### LONG DISTANCE RUNNING

The USATF Masters Half-Marathon Championships on the 1st in Indianapolis is also an Indy Life Circuit event. The Broad Street 10 Mile in Philadelphia and the Lilac Bloomsday 12K in Spokane are highlight races on the 2nd, the same date that marathons will reign from Long Island, N.Y., to Weott, Calif. The NationsBank River Run 10K flows through Wichita, Kansas, on the 8th. On the 16th, San Francisco will be inundated with participants for the Bay to Breakers 12K. The program for the 23rd includes the Rock 'n' Roll Marathon in San Diego featuring a performance by the rock group "Hootie & The Blowfish." The 29th offers the Big Boy 20K, Wheeling, W. Va. More marathons hit the roads on the 30th in Wisconsin, Vermont, and Minnesota. Memorial Day events include the Bolder Boulder 10K in Colorado, Cotton Row 10K in Alabama, and the Great Race 10K and Half-Marathon in Indiana.

### RACEWALKING

The USATF Masters 15K Championships hit the Windy City on the 23rd. Other action is available in Ontario, Canada, on the 16th, and a racewalk camp in Louisville Ky., on the 28-30th. □

## INTERNATIONAL

• **John Campbell**, of New Zealand, holder of the masters world best in the marathon (2:11:04), reportedly has his sights set on making the New Zealand marathon team for the Sydney Olympics. Campbell, who owns and operates a ski lodge in New Zealand, ran a 31:16 10K last October and will be 51 in the year 2000.

## ADDITIONS

The M75 55m results from the Virginia Masters Indoor Championships were omitted from the April issue: **Paul Derlan** and **Ed Matthews** tied for first place with 9.52.



JERRY WOJCIK

Pentathletes Pat Fahy (l), M45, and John Dyer, M40, in the 1000, National Masters Indoor Pentathlon, Boston. Both were silver medalists in their divisions.



# Schedule

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

## TRACK & FIELD

### NATIONAL

**June 12.** USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwa851@concentric.net

**July 3-4.** USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

**August 26-29.** 32nd annual USATF National Masters Championships, Orlando, Fla. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349. Contact: Elin, Sports Event Coordinator, 407-938-3456.

**September 18.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**October 20-29.** National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

### EAST

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

**May 2, 16, 30.** Potomac Valley TC Meets, Williams HS, Alexandria, VA. Deca/Hepta on 29-30. Mike Kozeliski, 702 4th St. SE, Washington, DC 20003. 202-543-3145 (h); email: mike.kozeliski@mail.house.gov. Sal Corrallo, 302-945-2457.

**May 11-14.** Washington, D.C., Golden Olympics, Washington, D.C. Darnelle Freeland, 202-576-8677. Closed to out-of-state.

**May 16.** Philadelphia Masters Developmental Meet, Swarthmore College. Bill Krieger, 215-722-8859(eve); Tom Yunker, 610-828-4672 (eve).

**June 4-6.** Connecticut Senior Olympics, Southington. Will Berger, 860-621-4661.

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

**June 11-13.** Massachusetts Senior Games, Springfield College. Sahler Smith, 413-788-2457.

**June 13, 27.** Potomac Valley TC Meets, Williams HS, Alexandria, VA. Mike

Kozeliski, 702 4th St. SE, Washington, DC 20003. 202-543-3145(h); email: mike.kozeliski@mail.house.gov. Sal Corrallo, 302-945-2457.

**June 17-20.** Empire State Senior Games, Syracuse, N.Y. Marty Castle, 315-492-9654.

**June 18-20.** Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

**July 12-17.** Pennsylvania Senior Games, Shippensburg. David Farrand, 570-823-3164. Closed to out-of-state.

**June 27.** Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

**August 20-22.** Granite State Senior Games, Laconia, N.H. 50+. Out-of-state welcome. Aug. 1 deadline. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041.

**September 4-5.** Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

### SOUTHEAST

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

**May 7-9.** 29th annual Southeastern U.S. Masters Meet/USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

**May 8.** Jacksonville TC Masters Meet, Bolles School Track. Field Events 4:00 pm; Track Events 6:00 pm. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

**May 26-30.** South Carolina Senior Sports Classic, Florence. Carl Hust, 803-772-0363. Closed to out-of-state.

**May 28.** 24th annual Jacksonville TC Mile Festival, Bolles School Track. See May 8.

**June 2-6.** Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

**June 5.** Birmingham TC Classic/Southeast Police & Fireman Championships. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. Email: GESEIF@aol.com. Entry form in April NMN.

**June 6.** Atlanta TC Masters Men's 100xMile Relay. ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

**June 12.** Atlanta TC Masters Meet. See June 6.

**June 18.** Jacksonville TC All-Comers Meet, Fla. Bolles School Track. 904-384-TRAK.

**June 26.** Nashville Striders/Nashville TC/Don Brady Memorial Meet, Tenn.

Contact Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

**July 23-29.** Tennessee Senior Games, Clarksville. Theresa Prinzo, 931-381-2019. Closed to out-of-state.

**July 31.** Jacksonville TC Summer Track Classic, Bolles School Track. Lamar Strother, JTC, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-388-7860; 384-TRAK.

### MIDWEST

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

**May 23.** North Coast Invitational, Independence HS, Ohio. SASE to Over The Hill TC, Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

**May 29.** Augustana All-Age-Group Meet, Augustana College, Rock Island, Ill. Frederic Whiteside, Augustana College, Carver PE Center, Rock Island, IL 61201. 309-794-7524; email: pewhiteside@augustana.edu.

**June 7-12.** Indiana Senior Games, Evansville. Steve Patrow, 800-253-2188.

**June 12.** USATF Illinois Masters Championships, Wilde Field, Lisle. USATF Illinois, 630-953-2052.

**June 15-20.** Michigan Senior Olympics, Battle Creek. Donna Skylar, 248-608-0265.

**June 17-19.** West Virginia Senior Olympics, Charleston. Charles Entsminger, 304-344-1500.

**June 19.** USATF Michigan Open & Masters Championships, Charlevoix HS. Ken & Mary Plude, 3057 Marion Center Rd., Charlevoix, MI 49720. 616-547-4873.

**June 26.** Parkland College Masters Meet, Champaign, Ill. Karl Geissler, 217-351-2522; email: kgeissler@parkland.cc.il.us.

**July 10.** Libertyville Masters, Libertyville HS, Ill. Craig Dean, 847-367-6347.

**July 17.** USATF Midwest Regional Masters Championships, Millikin U., Decatur, Ill. Don Luy, 217-424-6344.

**July 24.** Byron Masters Meet, Byron HS, Ill. Jeff Watry, 414-843-3567.

**July 24.** Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Dayton Masters TC, 7567 Roselake Dr., Dayton, OH 45414. Bob Jones, 937-837-2754.

### MID-AMERICA

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

**May 14-15.** Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-2000; 800-873-0244.

**May 23.** Boulder Planet 3000 Track Festival, U. of Colorado Potts Field. M&W40+. Ric Rojas, 3680 Buckeye Ct., Boulder, CO 80304. 303-444-7267. email: Ric@RicRojasRunning.com.

**June 6.** Jolly Jogathon Meet, Marysville, Kans. City of Marysville, 209 N. Eighth, Marysville, KS 66508. Cleve Walstrom, 913-562-3021. Limited events. No entry fee.

**June 10-13.** Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

**June 12.** USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400; Susan Cooper,

WSU T&F office, 316-978-3362; fax: 978-3388.

**June 13.** USATF Minnesota Open & Masters Championships, National Sports Center, Blaine (Minneapolis suburb), Minn. MN Championships, 5429 Wooddale Ave., Edina, MN 55424. June 5 deadline.

**June 19-20.** Star Of The North Summer Games, Century HS, Rochester, Minn. Y/O/Masters (M30 in 5-yr. divisions). 507-252-9914; 800-634-8277; email: sgames@citilink.com.

**June 25-26.** North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

**July 12-16.** Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

**August 3-8.** Rocky Mountain Games, Greeley, Colo. Sheri Lobmeyer, 970-453-2461.

**August 19-22.** Nebraska Senior Olympics, Kearney. Scott Hayden, 208-237-4644.

**September 4-5.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

**September 23-26.** Kansas Senior Olympics, Topeka. Limited events. Deadline w/o extra fee, Aug. 20. Kansas SO, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 26-30.** Mississippi Senior Olympics, Jackson. Joyce Anderson, 800-748-8514.

**June 12.** Hill Country Classic, Mason HS. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h); Joey McQueen, 347-5564(h).

**September 16-19.** Arkansas Senior Olympics, Hot Springs. Gail Ezelle, Exec. Director, PO Box 3377, Hot Springs, AR 71913. 501-321-1441; fax: 321-4161.

### WEST

Arizona, California, Hawaii, Nevada

**May 1.** Arizona Masters Invitational, McClintock HS, Tempe. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

**May 8.** Southern California Striders Meet, Cal State-Long Beach. Jim Selby, 39777 Cathy Dr., Fallbrook, CA 92028. 760-723-2466.

**May 8.** Kelfield Throws Meet #71, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**May 15.** Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

**May 29.** Kelfield Throws Meet #72, Santa Cruz. See May 8.

**May 30.** Dan Aldrich Memorial Meet, UC Irvine, Calif. Mac McCormick, 949-586-9942.

**June 5.** Grand Canyon State Games, U. of Arizona, Tucson. GSTG Office, 602-517-9700.

**June 6.** Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6724.

**June 12.** Los Gatos Open and Masters T&F

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Classic, Los Gatos H.S. 408-241-6578.

**June 12.** USATF Southern California Association Championships, Occidental College, Los Angeles. SASE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

**June 12-13.** Masters Mile at Hawaii Youth National Invitational. \$500 to winner. For entries: 800-484-2675, x7946; email: rude.dog@mauigateway.com.

**June 18-20.** Arizona State Championships/Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 602-949-1991; GCSG Office, 602-517-9700.

**June 19.** USATF West Regional Championships, UC-San Diego. Ed Oleata, 619-453-4570.

**June 26.** KelField Throws Meet #73, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**July 3.** Northern California Seniors T&F Club Mark Grubi Memorial Meet, James Logan H S, Union City, Calif. Don Rose, 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177.

**October 17.** Sri Chinmoy Masters Meet, Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

### NORTHWEST

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

**May 29.** Oregon Senior Olympics, Silverton. Amy Castle, Silverton RR, Box 783, Silverton, OR 97381. 503-873-8577(h).

**June 5.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Patti Petesch, 206-684-7093.

**June 11-12.** Montana Senior Olympics, Helena. Open to out-of-state. Don Tavolacci, 406-252-2795; Helena Area C of C, 406-422-4120.

**June 12-13.** Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

**June 19.** Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu

**June 19-20.** Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

**July 4.** Seattle Frontrunners Meet, West Seattle Stadium. Open to out-of-state. Mark Nagan, 607 E. Harrison St., #503, Seattle, WA 98102. 206-324-3166; email: Seattle1997@hotmail.com.

**July 4, 17, 24, 31.** Willamette Striders Pole Vault Club Outdoor Festival Series. Open to all ages. For locales and entry contact Rick Baggett, WSPVC, 503-762-0861.

**July 10-11.** State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

**July 16-18.** Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

**July 17-18.** USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**July 30-31.** Wyoming Senior Olympics, U. of Wyoming, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

**August 12-15.** Washington Senior Games,

Spokane. Lisbeth Naber, 360-438-5458.

**October 2-3.** Octoberfest Throws & Weight Pentathlon, Helena, Mont. Manuel White, PO Box 5058, Helena, MT 59604. 406-227-5020.

### CANADA

**June 12.** Review Kajaks Relays Master Mile, Minuro Park Oval, Richmond, B.C. Carmyn James, 604-822-6453; fax: 822-6011; email: crjames@unixg.ubc.ca.

**June 12-13.** Ontario Masters Outdoor Championships, York U., Toronto. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818. douglasj.smith@sympatico.ca

**July 9-11.** Canadian Masters Championships, Universite de Sherbrooke, Sherbrooke, Quebec. Richard Crevier, 819-821-8000, x2549; fax: 821-7576; Brenda Laliberte, email: brenlaliberte@hotmail.com.

### INTERNATIONAL

**May 15.** International Veterans Throwing Cup, Toliatty, Russia. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

**May 28-29.** South Africa Veterans Championships, Port Elizabeth. Patsy Laubscher, 2 Parkridge Crescent, Millpark, Port Elizabeth 6001, South Africa. 041-333173 (phone & fax).

**July 10.** San Juan Annual Masters T&F Championships, Santurce, Puerto Rico. M&W 30+. Puerto Rico Masters Association, Gregorio Angulo Rivera, P.O. Box 31300, San Juan, PR 00929-0300. 787-724-6157.

**July 17-18.** British Veterans Championships, Meadowbank Stadium, Edinburgh, Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER. Tel: 44-131-667-1416.

**July 23-25.** Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

**July 29-August 8.** XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 1EA, England. Phone: 44-191-443-3301 and 3302; Fax: 44-191-443-3303

**August 14.** Irish Veterans Athletics Championships, Tullamore, County Offaly (60 miles west of Dublin). B.L.E., 11 Prospect Rd., Glasnevin, Dublin 9, Ireland. Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726. (Entry form in April issue.)

**November 20-23.** Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

### LONG DISTANCE RUNNING

### NATIONAL

**May 1.** USATF National Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-

328-1632. (3 x points)

**May 8.** USATF National Masters 50-Mile Trail Championships, La Grange, Wisc. 414-495-3131.

**June 5.** 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.

**August 28.** Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

**September 11.** Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

**September 18-19.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. 973-898-1261.

**October 3.** USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778. (1.5 x points)

**October 17.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

**October 30.** Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19.

**October 31.** Avon Running National 10K Championships, Cincinnati. 212-282-5350; email: avonrunning@avon.com.

**November 21.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

### EAST

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

**May 1.** Revlon 5K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**May 2.** Broad Street 10 Mile Run, Philadelphia. Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

**May 2.** Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866.

**May 2.** Long Island Marathon, East Meadow. SASE to Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-572-0248/0249.

**May 2.** Buffalo Marathon. Marathon, PO Box 652, Buffalo, NY 14202. BuffaloMarathon@doitsports.com.

**May 6.** Healthy Heart 5K/USATF NJ Masters Championships, Morristown, N.J. Masters purse money based on WAVA age-grading - NJ only. Madeline Bost, PO Box 458, Ironia, NJ 07845. 973-584-9302.

**May 15.** Riverwoods Masters 5K Race & 3K Fitness Walk, Exeter, N.H. M&W40+. Noreen Page, 603-772-4700; 800-688-9663.

**May 22.** Bedford, N.H., Rotary Club 12K/USATF-NE Championships. Bill Gere, 17 Patten Rd., Bedford, NH 03110-6122. 603-669-1329.

**May 22.** AVON Global Women's Championship - Mini Marathon 10K & 5K, Manhattan, NYC. NYRRC, 212-860-4455.

**May 23.** Defenders 10 Mile, Washington,

D.C. Capital Running Company, 301-871-0005.

**May 30.** Vermont City Marathon, Burlington. SASE to VCM, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.

**June 3.** Long Island Police Appreciation 5K, Eisenhower Park, East Meadow, N.Y. Ira Eskow, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

**June 5.** Bristol 10 Mile, Bristol, R.I. Bristol 10 Mile, c/o 9 Fairview Circle, Barrington, RI 02806. 401-253-8460.

**June 12.** Shelter Island 10K, Shelter Island, N.Y. SCSO-NYSO, Box 266, Shelter Island, NY 11964. 516-749-RUNS.

**June 12.** Market Square Day 10K/USATF-NE Championships, Portsmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03801. 603-431-5388.

**June 13.** NYRRC Reservoir Run 5 Mile, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

**June 19.** Vestal XX 20K, Vestal, N.Y. 607-797-9215.

**June 20.** Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; email: racetime@gsrs.com.

**July 10.** Long Island Women's 5K, Farmingdale HS, Farmingdale, N.Y. Suzanne Vasata, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

**July 11.** Boilermaker 15K, Utica, N.Y. Limited to first 11,000 entries. SASE to E.C. Reed, Utica Boilermaker, Utica Boilers, Inc., PO Box 512, Utica, NY 13503-0512. 315-797-5838; fax 797-3762.

**July 11.** NYRRC Bronx Half-Marathon, Bronx, N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

**July 17.** Subaru Buffalo 4 Mile Chase. James or Mary Ann Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652.

**August 1.** Green Mountain 10K, Killington, Vt. The Summit Lodge, Box 119, Killington, VT 05751. 802-422-3535; out-of-state: 800-635-6343.

**August 1.** Gold Medal Camp Alumni 8K Cross-Country, California, Pa. Alumni 8K, 48A Morris St., Clymer, PA 15728. 724-254-2369.

**August 7.** Peoples Beach To Beacon 10K, Cape Elizabeth, Me. Entries close at 4000. 888-480-6940.

**August 14.** Bridge Of Flowers 10K & 2 Mile, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411; email: mccusker@crockers.com.

**August 15.** Falmouth 7.1 Mile Road Race, Falmouth, Mass. 508-540-7000; email: falmouth@aol.com.

**September 19.** Harvard Pilgrim 5K, Providence, R.I. HP 5K, PO Box 1940, East Greenwich, RI 02818. 401-331-4034, x43365; fax: 294-9925.

**September 25.** Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**September 26.** Ocean To Sound 50 Mile Relay, Jones Beach State Park, Wantagh, N.Y. 8 runners - 5-7 miles each. Alan End, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7649.

### SOUTHEAST

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

**May 1.** Race For The Cure, Daytona Beach, Fla. Donna Hiatt, Race Director, 904-255-

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1279, email: donna@totcon.com

**May 8.** Run Over Cancer 5K & 10K, Kennesaw, Ga. 770-303-0200; 800-ATC-2345.

**May 16.** Biltmore Estate 15K, Asheville, N.C. 828-687-9814.

**May 29.** News Sentinel Expo 10K/5K, Knoxville, Tenn. 423-673-8020.

**May 31.** Cotton Row 10K, Huntsville, Ala. Masters money. WZYP Cotton Row, 94 Scenic Dr., Huntsville, AL 35801.

**June 12.** GA 400 Road Race 4 Mile, Atlanta. 404-843-2257.

**June 19.** Possum Trot 10K, Roswell, Ga. 770-992-2055, x106.

**June 26.** Gay & Lesbian Pride 5K, Atlanta. 770-621-5007.

**July 4.** Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

**MIDWEST**

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

**May 2.** Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826.

**May 8.** Old Kent River Bank 25K, Grand Rapids, Mich. Masters money. 616-771-1590.

**May 8.** Arts Fest River Run 12K, Evansville, Ind. Masters money. 812-424-7575; fax: 421-5089.

**May 9.** Cincinnati Flying Pig Marathon. CFPM, 644 Lynn St., Suite 835, Cincinnati, OH 45203. 513-721-7447.

**May 15.** Berwyn 5000, Berwyn, Ill. Masters money. Pat Furgal, 708-749-0606; fax: 749-7796.

**May 22.** Bayshore Marathon, Traverse City, Mich. Dave Taylor, 1211 E. Front, Box 116, Traverse City, MI 49684. 616-941-8118.

**May 29.** Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, Director, PO Box 808, Wheeling, WV 26003. 304-242-7322; fax: 242-5045.

**May 30.** Madison Marathon, 5K, & 10K. MM, 10 Birchwood Circle, Madison, WI 53704. 608-256-9922.

**May 31.** Great Race 10K & Half-Marathon, Elkhart, Ind. Great Race, PO Box 682, Elkhart, IN 46515. 219-296-5890; fax: 293-8324; email: wow@michiana.org.

**June 6.** Rocky River Run 5 Mile, Rocky River, Ohio. 216-228-6031.

**June 12.** Hoosier Marathon, Fort Wayne, Ind. Don Lindley, c/o Fort Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234.

**June 19.** Steamboat Classic 4 Mile/USATF Illinois Championships, Peoria. Running Central, 309-676-6378.

**August 14.** State Street Mile/USATF Illinois Championships, Rockford. Bob Sharp, 815-963-2171.

**August 21.** Parkersburg Half-Marathon, Parkersburg, W. Va. 304-424-2786.

**August 22.** Abe's Amble 10K/USATF Illinois Championships, Springfield. John Hartnett, 217-787-4400.

**September 6.** Park Forest 10 Mile/USATF Illinois Championships. 708-748-2005.

**September 12.** Chicago Half-Marathon/USATF Illinois Championships. Dillon Productions, 773-929-5978.

**October 24.** Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

**MID-AMERICA**

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

**May 2.** Lincoln Marathon & Half-Marathon. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

**May 8.** NationsBank River Run 10K, Wichita, Kansas. Hotline: 800-444-4400, x2001.

**May 30.** Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Half-Marathon, Cheyenne. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.

**May 30.** Med-City Marathon, Rochester, Minn. MCM, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411.

**May 31.** Bolder Boulder 10K, Boulder, Colo. 303-444-7223; email: cbosley@bolderboulder.com.

**June 5.** Dam To Dam 20K, Des Moines, Iowa. Masters money. Tom Riley, 515-242-4514.

**June 6.** Steamboat Marathon. Chamber Resort, PO Box 774408, Steamboat Springs, CO 80477. 970-879-0800.

**June 6.** Garden of the Gods 10 Miler, Colorado Springs, Colo. 719-473-2625.

**June 6.** Taos Marathon. Bruce Gomez, PO Box 2245, Taos, NM 87571. 505-776-1860.

**June 19.** Grandma's Marathon, Duluth, MN 55816, 218-727-0947. email: grandmas@grandmasmarathon.com

**July 3.** Hannibal Cannibal 10K Run/5K Walk, Hannibal, Mo. Jayme Connell, PO Box 551, Hannibal, MO 63401. 573-221-0561.

**July 31.** 25th Quad-Cities Bix 7, Davenport, Iowa. SASE to Bix 7, PO Box 4526, Davenport, IA 52808. 319-359-9197.

**August 15.** USATF Minnesota Masters 15K Championships, Minneapolis. Barb Leininger, 5115 Park Ave., Minneapolis, MN 55417. 612-881-3740.

**September 26.** Duke City Marathon, Albuquerque, N.M. 505-880-1414.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 1.** Corinth 10K, Corinth, Miss. 601-286-6051.

**May 8.** Gum Tree 10K, Tupelo, Miss. Masters money. Johnny Dye, 601-680-2411; fax: 680-2203.

**WEST**

Arizona, California, Hawaii, Nevada

**May 2.** Avenue Of The Giants Marathon & 10K, Weott, Calif. SASE to R.G., 281 Hidden Valley Rd., Bayside, CA 95524.

**May 8.** Southern California Hillsea (7.57 miles), Huntington Beach, Calif. Overall winner chosen by age/sex time scoring system. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**May 16.** Bay To Breakers 12K, San Francisco. 415-808-5000, x2222.

**May 23.** Rock 'n' Roll Marathon, San Diego, Calif. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510; fax: 450-6905.

**May 30.** Strawberry Stampede 10K & 5K, Arroyo Grande, Calif. 805-489-4157.

**May 31.** Flo-Jo Memorial Half-Marathon & Leisure World 5K, Laguna Hills, Calif. 949-452-3466.

**June 5.** Fontana Days Half-Marathon & 5K. Fontana Recreation Services, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360.

**June 5.** Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

**June 12.** Crown Valley Senior Olympics 10K, Rose Bowl, Pasadena, Calif. 3 pm. Cynthia Vaughn, 626-685-6724; fax: 626-577-4235; email: cpv@pasadenaseniorentr.org. Director: Jim Hanley. Entry form in April issue.

**June 13.** Valley Of The Flowers Marathon, Lompoc, Calif. VOTFM, YMCA, 201 W. College, Lompoc, CA 93436. 805-736-3483.

**June 26.** Western States 100 Mile Run, Squaw Valley, Calif. 916-638-1161.

**June 27.** Cross-Country Run, 7.4 Mile & 3.2 Mile, Mission Trails Regional Park, San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510.

**July 11.** San Francisco Marathon. SFM, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622; 800-722-3466 (in Calif. only).

**August 15.** America's Finest City Half-Marathon, San Diego, Calif. 619-297-3901.

**NORTHWEST**

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

**May 2.** Lilac Bloomsday 12K, Spokane. Lilac Bloomsday Assn., PO Box 1511, Spokane, WA 99210. April 13 deadline.

**May 2.** Eugene Legend Half-Marathon & 10K Run & RW, Eugene, Ore. 7:30 am. Hayward Field. Judy Heller, 503-282-1677.

**May 16.** Capital City Marathon, Olympia, Wash. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

**June 5.** Governor's Cup Marathon, Helena. GC Festival, P.O. Box 451, Helena, MT 59624. 406-447-3414.

**June 5.** Salt Lake City 10K & 5K. SLC Community Events, 36 E. 200 South, Salt Lake City, UT 84111. 801-532-0459.

**June 12.** Alaska 5 Mile Run For Women, Anchorage. 907-566-3151.

**June 12.** Park City Marathon, Park City, Utah. Utah RR, PO Box 1766, Salt Lake City, UT 84110. 801-451-0517.

**June 19.** Mayor's Midnight Sun Marathon, Anchorage, Alaska. John McLeary, Anchorage Parks & Rec., PO Box 196650, Anchorage, AK 99519. 907-343-4474.

**July 24.** Deseret News Marathon, Salt Lake City. DNM, PO Box 1257, Salt Lake City, UT 84110. 801-237-2135.

**August 27-28.** Hood To Coast Relay, Mt. Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htcrelay@teleport.com

**CANADA**

**May 8-9.** Ottawa Citizen National Capital Race Weekend. Marathon, Half-Marathon, 10K, 5K, 2K, In-Line Skate 10K & Marathon, Wheelchair events. PH: 613-234-2221; email: ncm@storm.ca; web: www.ncm.ca

**INTERNATIONAL**

**May 2.** BVAFF Half-Marathon Championships. Peter Fogle, Exeter Harriers, Ironbridge Runner, 10 Lower North St., Exeter, Devon EX4 3ET, England.



**GEORGE BANKER**  
Sandra Adams (l), 49, first W40+ (1:56:14), and Rosie Schiavone, third W45+ (2:14:08), DCRRC Belle Haven 25K, Alexandria, Va., Feb. 27.

**May 22.** BVAFF Road Relays, Sutton Park. Irene Nichols, MVAC, Rainbow Cottage, 15 Meadow Ln., Alvechurch, Worcs. B48 7LH, England.

**RACEWALKING**

**May 16.** Art Keay Racewalk & Ontario 10K Championships, Toronto Island, Hanlan's Point, Ontario RWers, 676 Balliol St., Toronto, Ontario, Canada M45 1E7. Joan Sutherland, 416-489-0561.

**May 23.** USATF National Masters 15K RW Championships, Diane Graham-Henry, 442 W. Beldon, Chicago, IL 60614. 773-327-4493.

**May 28-30.** 11th American Walking Association Colorado Walkers Camp, Louisville. Open to all ages & abilities. Viisha Sedlak, AWA, PO Box 20491, Boulder, CO 80308-3491. 303-938-9531; fax: 938-9536.

**May 30.** BVAFF 50K Racewalk Championships/Bradford 50K. John Paddick, Bradford Walking Club, 160 W. Dyke Rd., Redcar, Yorks, T910 1JN England.

**June 6.** Crown Valley Senior Olympics Racewalks, Occidental College, Los Angeles. 800 (unjudged), 1500 & 5000 (judged). See T&F Schedule, West.

**June 12.** Hebron Classic 5K Racewalk, Hebron, Ind. Diane Graham-Henry, 773-327-4493.

**June 26.** Lynnette Atkins Memorial/USATF North Region 8K Racewalk Championships, Kalamazoo, Mich. Steve Atkins, 4685 Tropicana, Kalamazoo, MI 49009. 616-372-3533.

**August 27.** USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

**August 29.** USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

**September 11.** Chicago Walkers/Illinois State Championships. Diane Graham-Henry, 773-327-4493.

**September 19.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 25.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

**October 3.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

## RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>			
William Cocke	1500	4:16.5	6-21-71
<b>M40-44</b>			
Paul Allen	400	52.9	3-14-99
Bob Blackburn	LJ	19-4 1/4	2-14-99
<b>M45-49</b>			
James Pedley	PV	12-2	3-26,27-99
Tom Smith	200	24.6	2-7-99



<b>M50-54</b>			
David Golden	200	25.40	9-27-98
Dale Herring	200	25.3	11-14-98
<b>M55-59</b>			
John Clifford	200	27.2	5-6-98
Gerald Roy	10K	37:42	3-13-99
<b>M70-74</b>			
Lee Anthony	DT	61-1	10-13-98
	SP	22-2	10-13-98
Raymond Maloney	DT	106-3 1/4	9-12-98

<b>M80-84</b>			
Charlie Irwin	HJ	3-8	6-28-98
	JT	62-2	7-25-98
	TJ	21-9	7-25-98
	DT	80-1	9-5,6-98
<b>W45-49</b>			
Debbie Topham	3K RW	16.14	3-27-99
<b>W70-74</b>			
Eliza Dalzell	SP	21-11 1/4	3-6-99
	DT	56-6	3-6-99
	JT	44-6	3-6-99

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 ALL-AMERICAN STANDARDS

FOR MEN												
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
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
	6-2/4	6-3/4	5-9/4	5-6	5-3	4-11	4-9	4-6	4-1/4	3-9/4	3-3/4	2-7/4
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
	14-5/4	13-5/4	12-11/4	12-1/4	11-7/4	10-0	8-10/4	8-4/4	7-6/4	6-6/4	5-10/4	4-3/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1/4	19-2/4	18-4/4	17-8/4	16-1	14-9/4	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4
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	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	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	37-8/4	36-1/4	29-6	26-3	19-8/4
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	72-2/4	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	65-7/4	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
	49-2/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-5	13-1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6/4	32-9/4	29-6/4	23-11/4	17-4/4	14-9/4
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	29-6/4	27-10/4	26-5	19-8/4	16-5	14-9	13-1/4	11-5/4	9-10	8-2/4	6-6/4
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.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

WOMEN													
Event	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	
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30	
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28	
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35	
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15	
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12					
MEN													
Event	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00	
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53	
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49	
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24	
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29	
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22	
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23	
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01	
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51	
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54	
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11	
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50	
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37	

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

### U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN												
Event	30-34	35-39	40-44	45-49								

# 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 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NOTICE:** The National Master News will no longer process results that are submitted handwritten.

## NATIONAL

USA National Masters Indoor Track & Field Championships, Reggie Lewis Track & Athletic Center, Boston, Mass.; March 26-28

**M30**

1 David Barner	34 MD	7.20	89.54
2 Andre Bridgett	32 NJ	7.30	87.88
3 Christian Boda	34 OK	7.30	88.38
4 Eric Goodlow	34 IL	7.86	82.04

**M35 -60M PRELIMS-**

1 Mitchell Lovett	37 NY	7.24	90.88
2 Spencer Johnson	35 OH	7.42	87.48
3 Willie Price	36 NY	7.42	88.18
4 Steven Keyes	38 MA	7.27	91.08
5 Rawle Crichlow	36 AZ	7.29	89.78
6 Donald Hardy	37 LA	7.34	89.68
7 Orlando Matthews	35 FL	7.43	87.38
8 Timmie Bell	36 MD	7.54	86.78
9 Phillippe Neron	36 MA	7.62	85.88
0 Jimson Lee	35 BC	7.66	84.78
1 Michael Burke	36 DE	7.68	85.18
2 Paul Catanoso	38 MA	7.69	86.08

**M40 -60M**

1 Mitchell Lovett	37 NY	7.03	93.68
2 Steven Keyes	38 MA	7.25	91.38
3 Rawle Crichlow	36 AZ	7.27	89.98
4 Donald Hardy	37 LA	7.28	90.38
5 Spencer Johnson	35 OH	7.35	88.38
6 Timmie Bell	36 MD	7.52	86.98
7 Willie Price	36 NY	7.66	85.38

**M40 -60M PRELIMS-**

1 Val Barnwell	41 NY	7.24	93.38
2 Sirlester Griffin	43 MD	7.43	92.18
3 Anthony Fulton	40 PA	7.37	91.08
4 Michael Pukerkin	40 MA	7.44	90.18
5 John Roberts	41 FL	7.55	89.58
6 Val Grose	43 ON	7.57	90.48
7 Barry Stebbins	43 PA	7.74	88.58
8 Kaestner McDonough	42 VA	7.91	85.98
9 Stephan Winkel	41 TN	7.94	85.18
0 Steve Palacios	43 FL	7.97	85.98
1 Sherma Weatherpoon	42 MD	7.98	85.28
2 Daniel Taylor	41 FL	8.06	83.88
3 Joe Natalie	43 NY	8.07	84.88
4 Victor Pricolo	41 RI	8.48	79.78
5 Chuck Johnson	40 NC	8.49	79.08

**M40 -60M**

1 Val Barnwell	41 NY	7.16	94.48
2 Anthony Fulton	40 PA	7.34	91.48
3 Michael Pukerkin	40 MA	7.36	91.18
4 Val Grose	43 ON	7.49	91.48
5 John Roberts	41 FL	7.57	89.38
6 Kaestner McDonough	42 VA	7.68	88.58
7 Barry Stebbins	43 PA	7.70	88.98
8 Sirlester Griffin	43 MD	8.93	76.78

**M45 -60M PRELIMS-**

1 Bill Collins	48 TX	7.24	97.78
2 Willard Thompson	46 TX	7.57	92.28
3 Stacey Price	45 NM	7.69	90.28
4 Michael Skoflanc	45 IL	7.69	90.28
5 Larry Vollmer	46 TX	7.95	87.88
6 Anthony Santos	47 GA	7.96	88.38
7 David Gritz	46 NJ	8.04	86.88
8 Pershing Reid	48 MA	8.05	87.98
9 Bill Cheadle	45 KY	8.06	86.18
0 Jimmie Jones	48 TX	8.08	87.68
1 Jim Dolezal	48 OK	8.14	86.98
2 Lee Hess	49 NH	8.20	86.88
3 Wayne Spitz	49 NY	8.28	85.98
4 Mark Galovic	49 IN	8.29	85.88
5 Doug Baxter	48 GA	8.44	83.88
6 Mike Garrity	48 CT	8.88	79.78

**M45 -60M**

1 Bill Collins	48 TX	7.28	97.28
2 Willard Thompson	46 TX	7.47	93.48
3 Stacey Price	45 NM	7.66	90.68
4 Michael Skoflanc	45 IL	7.67	90.48
5 Larry Vollmer	46 TX	7.97	87.58
6 Pershing Reid	48 MA	8.05	87.98
7 Anthony Santos	47 GA	8.10	86.78
8 David Gritz	46 NJ	8.16	85.58

**M50 -60M PRELIMS-**

1 Charles Allie	51 PA	7.60	95.08
2 Joe Johnson	54 NY	7.70	95.58
3 Robert Mitchell	50 TX	7.72	92.88
4 Roger Pierce	54 MA	7.90	93.18
5 Daniel Thiel	50 LA	7.85	91.38
6 Benny Liles	53 NJ	7.96	91.88
7 Mike Steinmetz	51 OK	7.99	90.38
8 Dennis Newton	54 VA	8.04	90.48
9 Richard Sealey	53 NH	8.16	89.58
0 Lincoln Rassin	54 MA	8.24	89.38
1 Israel Tepper	50 FL	8.64	82.98
2 David Grassman	51 FL	8.94	80.78
3 Jim Woosley	50 KY	9.30	77.18

**M50 -60M**

1 Charles Allie	51 PA	7.50	96.28
2 Joe Johnson	54 NY	7.59	96.98
3 Daniel Thiel	50 LA	7.72	92.88
4 Robert Mitchell	50 TX	7.78	92.18
5 Benny Liles	53 NJ	7.94	92.08
6 Roger Pierce	54 MA	7.95	92.58
7 Mike Steinmetz	51 OK	7.96	90.78
8 Dennis Newton	54 VA	8.05	90.38

**M55 -60M PRELIMS-**

1 Courtland Gray	55 LA	7.79	95.18
2 Bill Knochke	59 CA	8.20	92.98
3 Harold Morioka	56 BC	7.85	95.08
4 Dan Durante	55 CA	8.24	89.98
5 John Clifford	56 NC	8.32	89.48
6 Frank Bonham	56 MI	8.34	89.48
7 Jerry Belinson	55 OH	8.34	88.88
8 Ed Taft	58 NY	8.52	88.78
9 Rab Hagin	55 NY	8.54	86.78
0 Douglas Geertgens	56 NY	8.55	87.28
1 Gary Snyder	55 MA	8.72	84.98
2 Ken Moses	56 NY	8.78	84.98
3 James Brady	55 MA	11.20	66.18

**M55 -60M**

1 Courtland Gray	55 LA	7.76	95.48
2 Harold Morioka	56 BC	7.79	95.78
3 Bill Knochke	59 CA	8.18	93.18
4 Dan Durante	55 CA	8.23	90.08
5 Frank Bonham	56 MI	8.29	88.98
6 Ed Taft	58 NY	8.48	89.18

**M60 -60M**

1 Larry Colbert	62 MD	7.97	97.68
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**M30**

1 Lawrence Richards	64 CA	7.98	99.08
2 Bob Dobbs	64 NY	8.20	96.38
4 Dale Lance	61 OK	8.26	93.58
5 Emil Pawlik	60 MS	8.42	91.08
6 Dick Camp	62 MA	8.51	91.48
7 Wayne Bennett	62 TX	8.61	90.38
8 Alan Brevik	64 SD	8.72	90.68

**M35 -200M**

1 Bill, Dr. Wright	65 MA	8.26	96.48
2 James Stookey	69 MD	8.78	93.98
3 Bill Jankovich	65 WI	8.85	90.08
4 Robert Reid	65 VA	8.87	89.88
5 Vern Scheve	66 MO	9.08	88.58
6 Pat Ferraro	67 RI	9.74	83.28
7 Heracilio Chandeck	66 PM	9.76	82.38

**M40 -200M PRELIMS-**

1 Bill Collins	48 TX	23.16	94.98
2 Willard Thompson	46 TX	24.62	88.08
3 Jesse Norman	48 NY	24.83	88.58
4 Gerry Krainik	46 IL	24.89	87.18
5 Steve Kloch	46 CA	25.71	84.38
6 Jimmie Jones	48 TX	26.15	84.08
7 Dave Ranson	45 PA	25.60	84.18
8 Dennis Brown	48 NY	25.75	85.48
9 Tom Cunningham	49 MA	26.30	84.28
0 Wayne Spitz	49 NY	27.07	81.88
1 Mark Galovic	49 IN	27.66	80.08
2 Robert Hahn	47 TX	27.87	78.38
3 Damian Rowe	45 NH	28.10	76.68
4 Jim Dolezal	48 OK	DQ	

**M45 -200M SEMIS-**

1 Bill Collins	48 TX	24.35	90.38
2 Jesse Norman	48 NY	24.61	89.38
3 Willard Thompson	46 TX	24.75	87.68
4 Gerry Krainik	46 IL	25.11	86.38
5 Dennis Brown	48 NY	25.66	85.78
6 Steve Kloch	46 CA	25.74	84.28
7 Tom Cunningham	49 MA	26.11	84.88
8 Jimmie Jones	48 TX	26.36	83.48
9 Mark Galovic	49 IN	28.33	78.18

**M45 -200M**

1 Bill Collins	48 TX	23.81	92.38
2 Jesse Norman	46 TX	24.48	88.68
3 Willard Thompson	46 TX	24.89	87.18
4 Gerry Krainik	46 IL	25.39	86.48
5 Dennis Brown	48 NY	25.99	83.48
6 Steve Kloch	46 CA	25.99	83.48

**M50 -200M PRELIMS-**

1 Charles Allie	51 PA	24.69	91.08
2 Robert Mitchell	50 TX	24.76	90.18
3 Errol Lee	50 NY	25.30	88.18
4 Roger Pierce	54 MA	25.16	91.28
5 Joe Johnson	54 NJ	25.20	91.08
6 Stan Druckrey	50 NY	25.43	87.78
7 Daniel Thiel	50 LA	25.27	88.28
8 Richard Sealey	53 NH	25.96	87.78
9 Philip Felton	50 NJ	26.03	85.78
0 Mike Steinmetz	51 OK	26.21	85.78
1 Ralph Souppa	51 MA	26.49	84.88
2 Warren Graff	53 MA	26.57	85.78
3 Lincoln Rassin	54 MA	26.83	85.58
4 Gordon Reiter	52 MO	27.37	82.68
5 Jim Woosley	50 KY	30.31	73.68
6 Chip Robinson	52 NJ	DNF	

**M50 -200M SEMIS-**

1 Charles Allie	51 PA	24.08	93.38
2 Robert Mitchell	50 TX	24.68	90.48
3 Stan Druckrey	50 NY	24.78	90.08
4 Roger Pierce	54 MA	24.95	91.98
5 Joe Johnson	54 NJ	25.04	91.68
6 Daniel Thiel	50 LA	25.15	88.78
7 Errol Lee	50 NY	25.24	88.38
8 Philip Felton	50 NJ	25.89	86.18
9 Mike Steinmetz	51 OK	26.18	85.88
0 Richard Sealey	53 NH	26.27	86.78
1 Warren Graff	53 MA	26.78	85.08
2 Ralph Souppa	51 MA	27.18	82.68

**M50 -200M**

1 Charles Allie	51 PA	23.76	94.58
2 Robert Mitchell	50 TX	24.44	91.28
3 Robert Mitchell	50 TX	24.45	91.28
4 Roger Pierce	54 MA	25.06	91.58
5 Daniel Thiel	50 LA	25.90	86.18

**M55 -200M PRELIMS-**

1 Harold Morioka	56 BC	24.94	93.38
2 Roger Phillips	50 WI	26.11	88.58
3 Dan Durante	55 CA	26.60	86.98
4 Bill Knochke	59 CA	26.65	89.38
5 Frank Bonham	56 MI	27.69	84.08
6 Rab Hagin	55 NY	27.72	83.48
7 Lester Wright, Jr.	57 NJ	27.99	83.78
8 Gary Snyder	55 MA	28.23	81.98
9 Ken Moses	56 NY	30.27	76.98
0 Peter Feldman	55 MA	30.30	76.38
1 Davi Rosenthal, Dr.	59 NJ	34.09	69.88

**M55 -200M**

1 Roger Phillips	55 IL	26.24	88.18
2 Bill Knochke	59 CA	26.74	89.08
3 Rab Hagin	55 NY	27.77	83.28
4 Lester Wright, Jr.	57 NJ	27.84	84.28
5 Frank Bonham	56 MI	DNF	

**M60 -200M PRELIMS-**

1 Bob Dobbs	64 NY	26.74	92.68
2 Larry Colbert	62 MD	27.40	88.98
3 Edward Small	60 NY	27.28	87.88
4 Wayne Bennett	62 TX	27.43	88.88
5 Thomas Ranuga	60 MA	27.62	86.78
6 Dick Camp	62 MA	28.03	86.98
7 Lawrence Harvey	60 PA	29.13	81.58
8 Frederick Biederman	61 NY	30.23	79.98
9 Rob Drake	64 NH	31.90	73.08
0 Spence Parrish	62 CT	DNF	

**M60 -200M**

1 Larry Colbert	62 MD	26.46	92.08
2 Margret Hinton	64 NY	26.76	92.58
3 Edward Small	60 NY	27.09	88.48
4 Thomas Ranuga	60 MA	27.75	86.38
5 Dick Camp	62 MA	28.14	86.58
6 James Stookey	69 MD	28.20	92.08
7 Lowell Bonifield	65 TX	28.34	88.18
8 Vern Scheve	66 MO	29.90	84.38
9 William Hufnagel	66 MA	31.24	80.78
0 Heracilio Chandeck	66 PM	33.43	75.48

**M70 -200M PRELIMS-**

1 Bill Melville	71 WI	28.48	93.08
2 Mel Larsen	74 IA	29.68	92.38
3 Earl Fee	70 OH	29.34	89.38
4 Rodney Brown	72 UT	29.78	89.98
5 William Deprano	72 GA	31.05	86.28
6 Phil O'Connell	70 FL	32.58	80.48
7 William Bergen	70 MD	33.06	79.28

**M70 -200M**

1 Bill Melville	71 WI	28.48	93.08
2 Mel Larsen	74 IA	29.68	92.38
3 Earl Fee	70 OH	29.34	89.38
4 Rodney Brown	72 UT	29.78	89.98
5 William Deprano	72 GA	31.05	86.28
6 Phil O'Connell	70 FL	32.58	80.48
7 William Bergen	70 MD	33.06	79.28

**M75**

1 John O'Neill	75 ON	31.64	87.58
2 Lester Wright, Sr.	76 NJ	32.66	85.98
3 Sam Madia	75 PA	33.80	81.98
4 Raymond Bower	75 PA	33.82	81.98
5 Jack Hipple	75 MI	36.36	76.28

**M80**

1 Champion Goldy	82 NJ	36.98	82.48
2 Bob Matteson	82 VT	39.71	76.78
3 James Elliott	85 MI	47.84	66.78
4 Harold Massie	85 NE	1:04.38	49.68
5 Ed Andrysiak	85 MI	1:05.18	49.68

**M85**

1 Alethea Morris	34 NY	25.03	87.68
2 Angela Scott	30 NY	28.41	76.18
3 Dawn Best	34 NY	28.88	75.98
4 Sonia Gongora	32 TX	DNF	

**M90 -200M SEMIS-**

1 Charlene Landrum	35 NY	25.74	85.98
2 Felicia Anderson	39 TX	27.05	84.48
3 Irene Thompson	44 NY	27.74	85.78
4 Stephanie Vega	40 NY	28.00	84.28
5 Denise McField	43 MO	28.01	84.28

**M95**

1 Louis Clark-Feaster	41 NY	28.93	80.28
2 Leash Revoliniski	44 WI	36.61	64.98
3 Debbie Selby	42 CA	36.76	63.68

**M45 -200M**

1 Cindy Steenbergen	45 TX	26.62	90.08
2 Jacqueline Board	45 AZ	28.25	84.88
3 Sharon Warren	48 NY	30.06	81.78

**M50 -200M**

1 Skipper Clark	51 NY	31.19	80.78
2 Norma Jones	53 NJ	35.68	71.78
3 Dr. Mary Trotto	51 NY	36.95	68.18

**M55 -200M**

1 Adlin Mair	57 NY	30.58	86.68

Continued from previous page

Table with 3 columns: Rank, Name, and Time. Includes entries like Mack Stewart (61 TX 2:17.93 93.14), Sid Howard (60 NJ 2:17.96 92.14), Henry Hawk (62 AR 2:25.70 89.04).

Table with 3 columns: Rank, Name, and Time. Includes entries like Bill Fortune (1 Bill Fortune 70 CA 5:59.98 86.14), Jim Selby (2 Jim Selby 70 CA 6:03.80 85.24), Dixon Hemphill (3 Dixon Hemphill 74 VA 6:42.08 81.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like John Roberts (1 John Roberts 41 FL 8.37 94.38), Lloyd Jeremiah (2 Lloyd Jeremiah 41 OK 8.63 91.54), Ken Ellis (3 Ken Ellis 41 OK 8.80 89.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like Bill Wambach (1 Bill Wambach 73 WI 1.37m 89.54), Frank Brako (2 Frank Brako 73 WI 1.26m 82.34), Desmond Margetson (3 Desmond Margetson 72 NY 1.16m 74.88).

Table with 3 columns: Rank, Name, and Time. Includes entries like Emil Pawlik (1 Emil Pawlik 60 MS 4.94m 81.38), Grover Coats (2 Grover Coats 60 OH 4.66m 76.74), Alan Brevik (3 Alan Brevik 64 SD 4.59m 79.88).

Table with 3 columns: Rank, Name, and Time. Includes entries like Earl Fee (1 Earl Fee 70 ON 2:20.45 00.74), Jim Selby (2 Jim Selby 70 CA 2:38.30 89.34), Rodney Brown (3 Rodney Brown 72 UT 2:39.79 90.88).

Table with 3 columns: Rank, Name, and Time. Includes entries like Christine Reaser (1 Christine Reaser 33 ME 5:20.34 78.24), Susannah Landreth (2 Susannah Landreth 30 MA 5:20.46 77.64), Rebecca Heuer (3 Rebecca Heuer 34 NY 5:25.70 77.54).

Table with 3 columns: Rank, Name, and Time. Includes entries like Stan Druckrey (1 Stan Druckrey 50 WI 8.80 94.44), Michael Milove (2 Michael Milove 53 NY 10.01 85.64), Fred Johnston (3 Fred Johnston 53 CA 9.17 93.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Ann Mann (1 Ann Mann 33 MA 1.40m 70.74), Susan MacDougall (2 Susan MacDougall 40 MA 1.40m 76.94), Linda Lowery (3 Linda Lowery 47 GA 1.30m 77.84).

Table with 3 columns: Rank, Name, and Time. Includes entries like James Stookey (1 James Stookey 69 MD 4.83m 89.74), Lowell Bonifield (2 Lowell Bonifield 65 TX 4.75m 83.74), Jack Lance (3 Jack Lance 68 NJ 3.59m 65.84).

Table with 3 columns: Rank, Name, and Time. Includes entries like Archie Messenger (1 Archie Messenger 75 NH 2:54.83 86.34), John McManus (2 John McManus 75 NY 2:58.01 84.84), Roderick Parker (3 Roderick Parker 80 AR 3:13.39 84.34).

Table with 3 columns: Rank, Name, and Time. Includes entries like Kathryn Martin (1 Kathryn Martin 47 NY 5:28.81 85.64), Eileen Troy (2 Eileen Troy 45 CT 5:39.21 81.54), Erika Campbell (3 Erika Campbell 49 NJ 5:56.59 80.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Courtney Gray (1 Courtney Gray 55 LA 8.73 00.34), Theo Viltz (2 Theo Viltz 55 CA 9.52 92.04), William Angus (3 William Angus 56 OH 10.11 87.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Duncan Littlefield (1 Duncan Littlefield 34 NJ 4.40m 75.74), Jerome Tine (2 Jerome Tine 33 NY 3.95m 67.04), Kenneth Van Vorst (3 Kenneth Van Vorst 33 NY 3.50m 59.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Amy Hicks (1 Amy Hicks 66 MA 2.69m 60.14), Lorelei Ruben (2 Lorelei Ruben 66 MA 2.10m 46.94), Leonore McDaniels (3 Leonore McDaniels 71 VA 3.18m 76.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Jeanne Hoagland (1 Jeanne Hoagland 62 CA 3:00.10 83.34), Merion Knight (2 Merion Knight 62 MI 3:13.93 77.34), Joan Bondell (3 Joan Bondell 60 NY 3:23.86 71.94).

Table with 3 columns: Rank, Name, and Time. Includes entries like Mel Gonsalves (1 Mel Gonsalves 35 MA 8:44.98 86.24), James Cuono (2 James Cuono 39 PA 9:16.83 83.64), Keith Davies (3 Keith Davies 39 DE 9:38.17 80.54).

Table with 3 columns: Rank, Name, and Time. Includes entries like Mel Larsen (1 Mel Larsen 74 IL 10.39 00.24), James Elliott (2 James Elliott 85 MI 18.45 72.34), Charlene Landrum (3 Charlene Landrum 37 NY 9.07 85.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Jeff Kingstad (1 Jeff Kingstad 46 PA 4.38m 89.04), Steve Gorman (2 Steve Gorman 47 PA 4.15m 85.54), Steven Hardison (3 Steven Hardison 48 CA 4.00m 83.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Douglas Geertgens (1 Douglas Geertgens 56 NY 10.25m 77.54), Ken Wosess (2 Ken Wosess 56 NY 9.36m 70.84), William DeHorn (3 William DeHorn 58 NY 9.23m 71.84).

Table with 3 columns: Rank, Name, and Time. Includes entries like David Wash (1 David Wash 31 IA 4:21.97 85.64), Chris Yorges (2 Chris Yorges 33 OR 4:23.24 85.54), William Brosnith (3 William Brosnith 34 CT 4:25.22 85.54).

Table with 3 columns: Rank, Name, and Time. Includes entries like Charles McMullen (1 Charles McMullen 47 NY 9:05.11 90.54), Geary Daniels (2 Geary Daniels 45 MA 9:09.45 88.54), Harvey Blonder (3 Harvey Blonder 45 MA 10:00.39 81.04).

Table with 3 columns: Rank, Name, and Time. Includes entries like WETC (1 WETC 8:18.98), ADIR (2 ADIR 8:20.02), TRIA (3 TRIA 8:34.62).

Table with 3 columns: Rank, Name, and Time. Includes entries like Taylor Goode (1 Taylor Goode 63 VA 3.05m 78.64), Norm Cypus (2 Norm Cypus 60 NY 2.75m 68.04), Peter Perkins (3 Peter Perkins 63 MA 2.60m 67.04).

Table with 3 columns: Rank, Name, and Time. Includes entries like Grover Coats (1 Grover Coats 60 OH 9.26m 74.14), James Stookey (2 James Stookey 69 MD 9.75m 88.94), Jack Lance (3 Jack Lance 68 NJ 7.52m 67.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Bob Carroll (1 Bob Carroll 42 NY 4:27.64 89.64), Donald DiDonato (2 Donald DiDonato 41 NY 4:31.40 87.74), Tony Rodiez (3 Tony Rodiez 42 WI 4:33.72 87.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Harold Nolan (1 Harold Nolan 52 NJ 4:48.10 89.94), Paul Perry (2 Paul Perry 54 IL 4:48.69 91.34), Dick Green (3 Dick Green 51 PA 4:52.12 88.04).

Table with 3 columns: Rank, Name, and Time. Includes entries like Andrew Boyce (1 Andrew Boyce 34 IL 2.00m 86.54), Joseph Patrone (2 Joseph Patrone 36 MA 1.89m 83.64), Jeff Helton (3 Jeff Helton 37 AZ 1.74m 77.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Steven Keyes (1 Steven Keyes 38 MA 6.67m 81.74), William Long (2 William Long 39 CA 6.24m 77.54), Willie Price (3 Willie Price 36 NY 6.01m 71.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like Grover Coats (1 Grover Coats 60 OH 9.26m 74.14), James Stookey (2 James Stookey 69 MD 9.75m 88.94), Jack Lance (3 Jack Lance 68 NJ 7.52m 67.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Tim McMullen (1 Tim McMullen 46 NY 4:36.08 89.54), Charles McMullen (2 Charles McMullen 47 NY 4:37.96 89.64), Roly McSorley (3 Roly McSorley 48 NB 4:39.11 89.94).

Table with 3 columns: Rank, Name, and Time. Includes entries like Gordon McClenathen (1 Gordon McClenathen 65 CA 11:50.58 81.54), Don Ross (2 Don Ross 68 MA 12:50.47 77.74), Jim Keat (3 Jim Keat 66 MD 13:07.16 74.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dave Bergstrom (1 Dave Bergstrom 42 ND 1.90m 89.64), Gene McCabe (2 Gene McCabe 41 RI 1.83m 85.14), Ken Ellis (3 Ken Ellis 41 OK 1.73m 80.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like Steven Keyes (1 Steven Keyes 38 MA 6.67m 81.74), William Long (2 William Long 39 CA 6.24m 77.54), Willie Price (3 Willie Price 36 NY 6.01m 71.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like Grover Coats (1 Grover Coats 60 OH 9.26m 74.14), James Stookey (2 James Stookey 69 MD 9.75m 88.94), Jack Lance (3 Jack Lance 68 NJ 7.52m 67.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Bill Fortune (1 Bill Fortune 70 NY 12:04.45 84.64), Jim Selby (2 Jim Selby 70 VA 12:22.52 82.54), Dixon Hemphill (3 Dixon Hemphill 74 CA 13:24.78 80.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Gordon McClenathen (1 Gordon McClenathen 65 CA 11:50.58 81.54), Don Ross (2 Don Ross 68 MA 12:50.47 77.74), Jim Keat (3 Jim Keat 66 MD 13:07.16 74.44).

Table with 3 columns: Rank, Name, and Time. Includes entries like James Sauer (1 James Sauer 50 GA 1.76m 90.24), Gregory Brooks (2 Gregory Brooks 52 TX 1.56m 81.64), Bob Boddy (3 Bob Boddy 51 DE 1.51m 78.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Steven Keyes (1 Steven Keyes 38 MA 6.67m 81.74), William Long (2 William Long 39 CA 6.24m 77.54), Willie Price (3 Willie Price 36 NY 6.01m 71.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like Grover Coats (1 Grover Coats 60 OH 9.26m 74.14), James Stookey (2 James Stookey 69 MD 9.75m 88.94), Jack Lance (3 Jack Lance 68 NJ 7.52m 67.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like John Roberts (1 John Roberts 41 FL 8.37 94.38), Lloyd Jeremiah (2 Lloyd Jeremiah 41 OK 8.63 91.54), Ken Ellis (3 Ken Ellis 41 OK 8.80 89.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like James Sauer (1 James Sauer 50 GA 1.76m 90.24), Gregory Brooks (2 Gregory Brooks 52 TX 1.56m 81.64), Bob Boddy (3 Bob Boddy 51 DE 1.51m 78.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Steven Keyes (1 Steven Keyes 38 MA 6.67m 81.74), William Long (2 William Long 39 CA 6.24m 77.54), Willie Price (3 Willie Price 36 NY 6.01m 71.74).

Table with 3 columns: Rank, Name, and Time. Includes entries like Grover Coats (1 Grover Coats 60 OH 9.26m 74.14), James Stookey (2 James Stookey 69 MD 9.75m 88.94), Jack Lance (3 Jack Lance 68 NJ 7.52m 67.64).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

Table with 3 columns: Rank, Name, and Time. Includes entries like Dan Conway (1 Dan Conway 60 WI 5:01.76 92.24), Sid Howard (2 Sid Howard 60 NJ 5:11.17 89.44), Henry Hawk (3 Henry Hawk 62 AR 5:18.17 89.24).

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Table of athlete names and results for various events, including M55, M60, M65, M70, M75, M80, M85, M90, M95+, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95+.

Table of athlete names and results for various events, including M60, M65, M70, M75, M80, M85, M90, M95+, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95+.

Table of athlete names and results for various events, including M60, M65, M70, M75, M80, M85, M90, M95+, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95+.

Table of athlete names and results for various events, including M60, M65, M70, M75, M80, M85, M90, M95+, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95+.

Table of athlete names and results for various events, including M60, M65, M70, M75, M80, M85, M90, M95+, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95+.

Table titled 'EAST MAC Masters Championships Armory T&F Center Manhattan, NY; Feb. 26' listing results for 55m, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

Table listing results for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

Table listing results for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

Table listing results for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

Table listing results for M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

Table titled 'USATF National Masters Indoor Heptathlon Championships Hillside, IL; April 10-11' listing results for M40, M45, M50, M55, M60, M65, M70, M75, M80.

Table titled 'Philadelphia Masters Meet Haverford College, PA; March 6' listing results for 55m, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95+.

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M60 Bruce Gilbert	2:43.2
<b>Mile</b>	
M35 Joe Wesolowski	4:46.7
M40 Mark Yellin	4:53.7
Clyde Lowther	5:03.9
M45 Bill Kehner	5:28.2
John Weber	5:32.3
M50 Dick Green	4:54.2
Fred Dedrick	5:07.9
M55 Joel Dubow	5:54.0
M60 Bruce Gilbert	6:02.9
W45 Diane McManus	8:03.4
<b>3000m</b>	
M40 Anthony Hollis	11:59.0
Jim Merrill	12:39.6
M45 Steve Rook	10:44.8
John Weber	11:13.3
M50 Carl Grossman	11:48.9
M55 Brian Salzberg	11:57.3
W45 Diane McManus	15:52.7
<b>55mH</b>	
M40 Lee X	8.3
M45 Ken Kring	9.8
M60 Nate Byrd	12.1
M70 Manny Herscher	12.3
<b>High Jump</b>	
M40 Bill Brown	5-4
M45 Ken Kring	5-4
M60 Jim McGrath	4-6
M70 Tom Delany	3-9
M85 George Braceland	3-3
<b>Long Jump</b>	
M45 Ken Kring	17-7
M55 Dave Rosenthal	9-11
M60 Earl Mege	13-1.5
M70 Tom Delany	12-2.25
Jack Doorlay	9-7.75
M85 George Braceland	7-2.25
<b>Triple Jump</b>	
M50 Dave Rosenthal	41-5
M70 Tom Delany	24-6
M85 George Braceland	16-6.5
<b>Mile Racewalk</b>	
M50 John Albert	8:22.9
M55 Larry Simmons	10:00.3
M70 Ed Gawinski	10:02.9
W35 Eileen Druckenmillr	9:49.1
<b>Shot Put</b>	
M60 Sam Rufford	12.05
M70 Jack Doorlay	7.43
M85 George Braceland	6.14

**Syracuse University Noontime Indoor League**

**Manley Fieldhouse, Syracuse, NY**

--March 12--

<b>200m</b>	
M60 Bob Milner	34.9
<b>400m</b>	
M40 Randy Elder	72.6
<b>800m</b>	
M50 Bill Borgstede	5:55.0
M55 Paul Stelmazyk	2:39.0
M60 Tom Fondy	2:40.1
M65 Marty Fried	3:42.5
<b>Mile</b>	
W35 Betsy Binkowski	7:12.3
<b>3000m</b>	
M30 Dale Davis	22:40
M40 Jeff Carnes	11:56
M55 Larry Abrahamson	11:58
W60 Lennie Tucker	14:49
<b>5000m</b>	
M40 Terry McConnell	19:39
M45 Rick Cleary	19:36
M65 Ed Stabler	23:23
<b>10,000m</b>	
M30 Gary Scott	41:57
M35 Mike Fitzpatrick	39:17
M45 Stan More	47:52
M50 D Robbins	48:34
W35 Karen Connelly	51:15
W40 Patti Ford	37:48
<b>15,000m</b>	
M35 Neal Coffey	57:55
M50 Paul Jewell	68:48
M55 John Allen	65:22
M70 Tom Walnut	89:36
M75 Don Hanlon	90:40
W30 Judelle Barnish	98:30
W35 Ruth Yanai	69:50
<b>--March 19--</b>	
<b>400m</b>	
M55 John Allen	63.0
<b>800m</b>	
M30 Gary Scott	2:31.7
<b>Mile</b>	
M40 Jeff Carnes	5:57.4
M50 Bob Micho	5:51.4
M65 Marty Fried	7:28.7
<b>3000m</b>	
M30 Gary Scott	11:24.4

Sean Kelly	12:46.8
M35 Neal Coffey	10:16.5
Mike Fitzpatrick	10:22.6
Phil Driscoll	11:13.3
Gerry Woods	11:14.5
Joe Connelly	13:16.1
M40 Randy Elder	11:52.2
Don Hughes	12:11.2
Terry McConnell	12:21.8
Phil Griffin	12:21.8
Ron Westbrook	12:25.5
M45 Bruce Bush	10:32.8
Rick Cleary	11:09.7
Stan More	12:10.1
M50 Paul Willsey	12:19.6
D Robbins	12:25.0
M60 Jack Ucci	12:19.2
Tom Fondy	13:00.9
M75 Nate White	16:29.0
Don Hanlon	16:33.1
Russ More	18:18.2
W30 Colleen Zogby	11:55.6
Tracy Crompt	13:53.9
Judelle Barnish	15:39.8
W35 Leatha Damron	10:41.9
Karen Connelly	13:00.2
W40 Patti Ford	10:37.6
Ruth Yanai	12:11.3

--March 26--

<b>200m</b>	
M30 Sean Kelly	28.0
Phil Goodrum	28.1
Sam Sampere	28.4
Dale Davis	31.8
M35 Phil Rougeux	26.5
Mike Fitzpatrick	29.4
M40 Phil Griffin	28.6
Andy Vogel	30.0
Don Hughes	32.0
Kevin Reynolds	32.0
Ron Westbrook	32.4
M45 Stan More	31.7
M50 Bob Micho	26.6
Larry Nafie	29.6
M55 Paul Stelmazyk	27.4
John Allen	28.6
M60 Tom Fondy	27.9
Jack Ucci	33.6
Karl Barth	53.3
M65 Andy Branch	27.7
Ed Stabler	34.1
M70 Howard MacMillan	31.8
M75 Don Hanlon	38.8
Russ More	41.6
W30 Michelle Beretvas	33.2
Tracy Crompt	33.9
W35 Sarah Falso	30.8
Betsy Binkowski	37.8
W40 Mickey Dockwiler	43.3
W45 Karyn Carrino	35.2
<b>800m</b>	
M60 Rene Wilett	3:18.8
M65 Wally McRae	3:19.4
<b>--April 1--</b>	
<b>200m</b>	
M40 Phil Griffin	29.2
M45 Peter McClure	29.5
<b>800m</b>	
M70 Howard MacMillan	3:06.9
<b>Mile</b>	
M30 Sam Sampere	5:28.8
Phil Goodrum	5:55.8
Sean Kelly	6:03.5
Doug Hagerman	6:35.6
M35 Mike Fitzpatrick	5:09.7
Gerry Woods	5:22.5
Phil Driscoll	5:28.2
Joe Connelly	6:33.2
M40 Marty DiBattista	5:03.4
Jack Azevedo	5:25.3
Don Hughes	5:45.7
Jeff Carnes	5:53.8
Phil Griffin	6:16.5
Andy Vogel	6:18.4
M45 Stan More	6:04.7
M50 D Robbins	6:16.0
M55 Larry Abrahamson	5:51.1
Sam Clemence	6:58.6
M60 Bruce Fredriksen	6:36.0
Tom Fondy	6:37.6
M65 Wally McRae	6:50.6
M75 Nate White	7:25.1
Don Hanlon	7:30.2
Russ More	9:27.7
W30 Colleen Zogby	5:46.5
Tracy Crompt	7:04.2
Judelle Barnish	7:57.3
W35 Sarah Falso	5:27.3
Karen Connelly	6:17.4
W40 Ruth Yanai	5:52.3



**Syracuse Chargers Meet Syracuse U., NY; March 13**

<b>55m</b>	
M35 Rich Saxby	8.3
M40 David Clark	7.2
Bill Leberman	7.4
M45 Wayne Spitz	7.4
M50 Bob Micho	7.4
W30 Angela Scott	7.8
<b>400m</b>	
M35 Rich Saxby	65.6
M40 Bill Leberman	65.0
Mark Condolora	65.3
M45 Tim McMullen	59.6
M50 Bob Micho	61.6
<b>800m</b>	
M30 Michael Boni	2:12.49
Torrey Davis	2:16.84
M35 Clyde Ward	2:01.52
Bob Bolton	2:07.01
M40 Bob Carroll	2:04.2--
M45 Joe Chimino	2:11.44
Tim McMullen	2:12.66
Bill McMullen	2:16.22
M50 James Miner	2:37.58
W30 Rebecca Heuer	2:24.65
<b>3000m</b>	
M35 Mike Platt	9:50.7
M40 Bob Carroll	8:54.2
M45 Kevin Morrisroe	11:12
M50 David Delfavero	10:42
M75 Nate White	15:48
M80 Chas Jorgenson	19:12
W30 Rebecca Heuer	11:00
W45 Diane Sardes	12:22
<b>Pole Vault</b>	
M35 Reg Henderson	14-6
<b>Shot Put</b>	
M30 Norm Deep	43-9
M35 Pat Gillette	28-2.5
M50 Jim Nichols	44-5.5
M55 Dick Murphy	29-10
<b>Weight Throw</b>	
M45 Pat Lynn	12.18
M50 Jim Nichols	9.95
M55 Gary Crawford	8.23

**USATF East Regionals NYC; March 14**

<b>60m</b>	
M30	
Andre Bridgett UN	7.2h
Will Holland ATL	7.2h
<b>M35</b>	
Jerek Holloway UN	7.0h
Jim Reilly UN	7.1h
Paul Bocard UN	7.2h
Willie Price BUFP	7.2h
Frank Clark UN	8.8h
<b>M40</b>	
Val Barnwell CPTC	7.1h*
John Roberts JBTR	7.4h
Don McNeill NJS	7.6h
Barry Stebbins UN	7.6h
Lloyd Jeremiah CPTC	7.6h
S Weatherspoon MM	7.6h
<b>M45</b>	
Thomas Jones MM	7.2h*
Stacey Price UN	7.5h
Dennis Brown NYP	7.8h
C D Cook, Sr UN	7.8h
David Gritz UN	7.8h
David Friedman SAC	9.1h
<b>M50</b>	
Joseph Johnson UN	7.3h*
Melvin Fields PVS	7.4h
Roger Pierce BRC	7.6h
Benny Liles UN	7.6h
Michael McDaniel MM	15.6h
<b>M55</b>	
Gene Ballard NYP	8.1h
Phil Byrne BAA	8.3h
David Rosenthal SHSS	10.2h
<b>M60</b>	
Bob Dobbs NYP	7.9h*
Roosevelt Weaver UN	8.2h
John Lewis MA	9.1h
<b>M65</b>	
Bill Wright BRC	7.9h*
James Stookey MM	8.4h
<b>M70</b>	
William Deprano UN	8.5h
Tom Rice PM	8.9h
Howard McMillan SC	9.1h
Tom Delany GSAC	9.1h
William Bergen MM	10.1h
Manny Herscher NYT	10.1h

Frank Brako BRC	10.7h
<b>M75</b>	
Lester Wright, Sr SAC	9.6h*
<b>W35</b>	
Joy Enoch Ohayia UN	8.1h*
Denise Jones TOC	9.9h
<b>W50</b>	
Kathleen Cirina SC	9.0h*
Michael-Marie Hill UN	9.2h
Norma Jones AUI	9.6h
<b>W60</b>	
Audrey Lary MM	9.66*
Phyllis Bradley AUI	10.1h
Mary Roman UN	10.8h
<b>W70</b>	
Patricia Peterson SC	10.8h
<b>200m</b>	
<b>M35</b>	
Derek Holloway UN	22.3h*
Jim Reilly UN	23.1h
Jim Watts CW	24.4h
William Vaughn, Jr UN	25.2h
Alan Bautista CPTC	25.6h
Luca Trovato CPTC	25.8h
Gino Caro HTC	26.8h
<b>M40</b>	
Val Barnwell CPTC	22.7h
Paul Allen MM	24.1h
Steve Shauger UN	25.6h
Richard Stewart CPTC	26.8h
<b>M45</b>	
Thomas Jones MM	23.7h
Francis Schiro SFA	24.8h
Dennis Brown NYP	25.5h
Tom Hartshorne CPTC	26.1h
C D Cook, Sr UN	27.2h
David Friedman SAC	32.5h
<b>M50</b>	
Joseph Johnson UN	24.69
Ron Johnson AURA	24.84
Roger Pierce BRC	24.97
<b>M55</b>	
David Rosenthal SHSS	33.94
<b>M60</b>	
Bob Dobbs NYP	26.54
Lawrence Harvey PM	28.60
Haig Bohigian NYP	28.93
<b>M65</b>	
Bill Wright BRC	27.36*
James Stookey MM	28.34
<b>M70</b>	
Howard MacMillan SC	31.80
William Bergen MM	34.26
John McManus MIL	35.60
<b>M75</b>	
Lester Wright, Sr	33.24
<b>M90</b>	
Manfred D'Elia NJM	1:02.00*
<b>W40</b>	
Stephanie Vega ATOM	29.60
Denise Whitakercraing	30.64
<b>W50</b>	
Kathleen Cirina SC	31.5h
Norma Jones AUI	35.8h
Mary Trotto BTC	37.0h
<b>W55</b>	
Marie Michelsohn BTC	38.6h
<b>W60</b>	
Audrey Lary MM	34.50
Phyllis Bradley AUI	38.82
<b>W70</b>	
Patricia Peterson SC	38.37
<b>400m</b>	
<b>M30</b>	
Rohan Elleston SAC	52.38
<b>M35</b>	
Jim Reilly UN	52.74
Jim Watts CW	54.39
Timothy McMahon SAC	56.16
Rich Agnello SAC	56.37
William Vaughn, Jr	56.38
Alan Bautista CPTC	57.18
Gino Caro HTC	57.20
<b>M40</b>	
Paul Allen MM	52.99
Keith Royster AURA	53.20
Steve Shauger UN	55.82
John Brooks UN	57.04
Richard Brooks CPTC	58.67
<b>M45</b>	
Edward Gonera SFA	54.13
Francis Schiro SFA	54.73
Dennis Brown NYP	59.97
Tony Plaster SAC	1:00.30
David Friedman SAC	1:13.65

<b>M50</b>	
Roger Pierce BRC	55.68
Lee Errol AURA	56.56
Melvin Fields PVS	57.48
Ralph Souppa BRC	57.69
Bob Davis BRC	1:00.59
<b>M55</b>	
Lester Wright, Jr CPTC	1:01.30
David Rosenthal SHSS	1:22.23
<b>M60</b>	
Richard Rizzo NYP	59.72
Lawrence Harvey PM	1:03.40
<b>M65</b>	
Irwin Bernstein SAC	1:09.78
<b>M70</b>	
Howard MacMillan SC	1:15.15
John McManus MIL	1:18.05
William Bergen MM	1:19.60
<b>M75</b>	
Lester Wright, Sr SAC	1:15.70*
<b>W35</b>	
Denise Jones TOC	1:27.3h
<b>W40</b>	
Stephanie Vega ATOM	1:02.71*
D Whitakercraing CPTC	1:07.29*
<b>W50</b>	
Kathleen Cirina SC	1:11.05
Debbie Stiles SLTC	1:11.56
Mary Trotto BTC	1:28.83
<b>W60</b>	
Audrey Lary MM	1:18.53*
<b>800m</b>	
<b>M30</b>	
William Bromsmith HTC	2:02.28
Marc Genovese WP	2:02.65
Rohan Elleston SAC	2:05.63
<b>M35</b>	
A Lebourne NYSE	1:56.24
Michael Lovett CPTC	1:59.09
Conor O'Driscoll WP	2:01.50
John Barresi HYC	2:03.17
Larry Glazer AURA	2:04.80
Kerry Sloan ARMY	2:06.79
Tom Sassi SAC	2:10.18
<b>M40</b>	
Chris Murphy UN	2:12.89
Mark Yellin SJAC	2:15.26
Robert Hill STC	2:18.02
Joe Gonzalez CPTC	2:18.74
Raphael Devalle CPTC	2:25.57
<b>M45</b>	
Tom Hartshorne CPTC	2:06.42
Jim Corridan ADIR	2:21.17
Anthony Baker CPTC	2:34.97
<b>M50</b>	
Dick Green PM	2:09.05t
Frank Handelman CPTC	2:20.03
<b>M55</b>	
Fred Dedrick PM	2:23.28
Stephen Viegas IATC	2:32.87
Bill Indek GSAC	2:36.70
Noah Perlis CPTC	2:38.40
Joe Burleson HTC	2:42.44
<b>M60</b>	
John Saarmann SAC	2:34.21
Joel Dubow PM	2:37.16
Pat Cosgrove RVR	2:37.64
Paul Rehm SHAW	2:37.81
Phil Byrne BAA	2:46.91
<b>M65</b>	
David Gagliani BRC	2:27.87
Lawrence Harvey PM	2:33.01
<b>M70</b>	
Irwin Bernstein SAC	2:57.96
<b>M75</b>	
John McManus MIL	3:10.88
<b>W30</b>	
Dawn Best ATOM	2:35.87
<b>W40</b>	
Susan Hill WP	2:36.24
<b>W45</b>	
Eileen Troy WP	2:32.27
Mary Rosado CPTC	2:48.71
<b>W50</b>	
Ann Makoske MIL	2:56.79
Mary Trotto BTC	3:20.95
Eileen Holzman NJM	3:25.27
<b>W55</b>	
Marie Michelsohn BTC	3:14.34
<b>W60</b>	
Joan Bondell MAA	3:25.37
<b>1500m</b>	
<b>M30</b>	
William Bromsmith HTC	4:03.2
Max Crispi UN	4:12.9
Frederick Benlein GLI	4:36.0



Continued from previous page

Table of results for various events including Pole Vault, High Jump, and Shot Put, listing names and times.

Table of results for various events including Pole Vault, High Jump, and Shot Put, listing names and times.

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Table of results for various events including Pole Vault, High Jump, and Shot Put, listing names and times.

Table of results for Southeast Polk Senior Games, listing names and times.

Table of results for Midwest USATF Midwest Regional Masters Indoor Championships, listing names and times.

Advertisement for American Heart Association featuring a quote: "The family suggests that memorial contributions be made to the American Heart Association." and contact information: 1-800-AHA-USA1.

Continued from previous page
MargeHagerty757:05:49
Anne Yudell 65 7:26:54
Pat Waterfield677:50:38

Blue Angel Marathon
Pensacola, FL; Feb. 27

Overall
Rudolf Jun 27 2:26:36
Sarah Kramer 38 2:56:07
M40 Victor Cuevas 2:45:44
Greg Bilby 2:57:52
John Passwater2:59:57
Paul Brand 3:04:31
Montgomery 3:05:01
John Gaston 3:05:44
John Buttram 3:08:53
Tim Lodzinski 3:09:05
Mike Hall 3:11:12
John Proctor 3:12:23
M45 Ray Workman 2:46:21
J. Arizmendi 2:59:36
Terry Mccullar 3:00:21
J. Santana 3:07:49
Richard Grady 3:16:26
John Aikin 3:16:34
James Remont 3:19:31
Jim Tucker 3:22:13
Steven Loftis 3:28:42
Will Schneider 3:29:54
M50 Morrie Ingalls 3:17:35
J. Badenhoop 3:21:35
Jerry Brumfield 3:21:47
Mike Clemen 3:23:38
Donald Choi 3:28:45
Nick Nichols 3:28:52
John Faine 3:35:49
Paul Baswell 3:36:36
M55 Tom Lillehoff 3:11:18
Robert Pope 3:21:41
Jimmy Spivey 3:39:16
John Mccall 3:47:11
Jim Romero 3:48:32
Jerry Medders 3:50:10
Sam Nelson 3:51:08
Bill Jacobs 3:51:24
M60 Bruce Worley 3:53:51
John De Lorge 3:55:48
Len Morgan 4:00:36
F. Hershberger 4:07:48
Ray Gronski 4:10:48
Donald Withers 4:10:57
M65 Rob Edgerton 4:12:15
Rich Gonzalez 4:40:41
Ted Ruckstuhl 5:07:17
Marc Hays 5:32:43
Johnny Brown 6:01:40
M70+Paul Wissler 73 4:14:42
B. Williams 71 5:12:22
Ause Brown 70 5:14:08
W. Herman 73 5:32:35
W40 B. Valenzuela 3:17:23
Millie Cooke 3:38:51
M. Krasienko 3:41:55
Sandy Mayfield 3:44:11
K. Khodadadi 3:48:53
S. Bertagnoll 3:52:51
Jane Cormier 3:54:35
Tim Murphy 3:55:58
Kathy Holt 3:57:54
Carol Dunbar 4:00:28
W45 Sheila Kirchharr3:54:22
Janet Boylan 3:59:12
Shawn Snow 4:02:36
Patty Seaward 4:18:18
M. Jasperson 4:26:50
Cindy Harris 4:27:43
Jacky Haas 4:28:49
Rita Knipper 4:28:51
Lav. Parsons 4:32:59
Deborah Bone 4:38:26
W50 Mary Croft 4:01:33
Kim Coe 4:01:48
H. Schmidt 4:06:26
Lan Rapinski 4:25:26
Barbara Bird 4:54:32
B. Partridge 4:56:19
Carol Rhodes 4:57:34
DorothyCriswell5:03:47
W55 Dee Aydelott 4:40:29
Terri Woolbright4:46:41
Cary Adams 4:51:33
Sandy Noragon5:01:40
Gwen Sprandel5:01:59
Brenda Norred 5:13:01
Hilde Haynes 5:37:27
W60+Francis Ard 60 4:06:39
Dot Richter 61 4:30:21

Easter Beach 4 Mile
Daytona Beach, FL; March 3

Overall
Mark Kathman 34 21:19
Michelle Kendall 23 24:27

M40 Steve Gallagher 22:47
Bruce Bayliss 23:30
Dirk Elliott 23:51
M45 Glenn Vincent 24:53
Carl Jakob 25:01
Mike Cooper 25:45
M50 Rick Fields 26:14
Herb Taskett 26:36
David Harris 26:42
M55 Peter Kramer 27:55
Ken Bremer 29:16
Bill Coffin 30:04
M60 Jerry Lardinois 31:01
Tom Estes 31:44
Philip Miller 31:47
M65 Rolla Colson 31:13
Don Nygaard 31:42
Steve Smith 32:18
M70+Robert Daveport 29:01
Victor Doig 70 32:38
Louis Nichols 71 39:21
W40 Kitty Sokol 26:54
Brenda Anderson 29:00
Anita Holder 30:09
W45 Susan Gummey 31:26
Jean Burgess 33:51
Gail Akin 35:25
W50 Linn Smith 34:36
Pat Beidelshies 35:52
M Thorhallsson 37:59
W55 Carol Janzen 44:20
Pat Allsteadt 45:09
Sarah Vota 47:07
W60 Ann Rawnsley 44:39
Sheila Place 45:01
W65 Ann Kahl 35:41
Ruth Weber 44:08
W70+Hildy Fosse 70 40:37
CamileDickinson7052:56

Reedy River 10K
Greenville, S.C.; March 6

Overall
Scott Strand 31 29:58
Donna Garcia 30 33:24
M40 Steve Venable 32:11
Dave Geer 33:47
Pete Gibson 33:55
Lanny Doan 33:58
Paul Dawson 34:42
M45 Gordon English 35:37
Ervin Reid 36:37
Jim Freid 37:06
M50 William Walker 37:12
Wes Wessely 37:29
George Rolling 39:03
M55 Dick Ashley 40:25
James Adams 41:15
Jerry Harris 41:48
M60 Theron Cochran 42:42
John Conroy 44:36
Bobby Chandler 45:09
M65 Moe Buccino 44:17
Bob Walton 52:20
M70+Bob Gray 49:43
Dick Lyons 50:16
W40 Judy Walls 38:44
Dian Ford 39:32
Cathy Dwyer 41:20
W45 Alendia Vestal 41:22
Nancy Anderson 47:56
Bea Lutz 50:07
W50 Phyllis Burke 46:27
Gail McCaslin 47:25
Kathy Seavers 48:03
W55 Judy Ewing 55:06
Robin Johnson 59:48
W60 Susie Kluttz 46:14
Pat Grine 80:01
W65 Marge Hoffman 53:46
Ann Trammell 60:31
W70+Lynn Edwards 62:04

Gate River Run 15K
Jacksonville, FL; March 6

Overall
Todd Williams 30 43:59
Lynn Jennings 38 50:05
M40 George Altieri 51:55
Tom Kolb 55:29
Warren Wilson 55:35
Anthony Truitt 55:44
Ray Owens 55:50
Howard White 56:04
William Phillips 56:23
Jim Vancleave 56:26
Alan Sheppard 56:30
Felton Wright 57:04
M45 Paul Hoover 53:36
Rusty Jones 55:20
Charlie Galloway 56:18
David Mauterer 58:00
Robert Fernee 58:27
Lee Bledsoe 58:32

Danny Stevens 59:48
Mike Cooper 59:58
Michael Maixner 60:49
Larry Jones 60:56
M50 Bill Rodgers 50:07
Bernie Candy 57:00
Bruce Holmes 58:36
David Lawson 58:46
Chas. Strickland 59:53
Robert Irvin 62:28
Roger Anderson 62:36
Walter Ogburn 62:38
M55 David Ohnsman 60:37
Roy Clarke 64:03
Barry Clark 64:37
Frank Frazier 64:57
Tom Buchanan 65:35
Lou Alaksin 65:36
Matt Ross 67:44
Ben Holland 69:29
M60 Donald Ardell 57:55
Bob Payne 65:36
Tom Radzikowski 70:39
Fred Fiala 70:56
Everett Crum 71:04
Rex Reed 72:17
M65 Joe Nettles 68:16
Jim Blount 69:04
Tom Depenbrock 75:18
Don Boardman 76:00
Bo Wulbern 76:50
Ed Schelonka 79:29
M70 Robert Moffitt 76:10
Bob Carr 78:46
Richard Mitchell 80:15
Phil Mongillo 81:40
M75+Rob Wilson 78 1:57:06
Clar. Patten 79 2:01:01
Cl. Hawkins 81 2:25:07
Mike Vasilko 84 2:38:51
W40 Kitty Switkes 60:57
Nan. Southerland 61:00
L. Drew-Gibbs 62:18
Michelle Hamel 63:31
D. Vandervelde 66:02
Katie Boudreau 66:50
Barbara Edwards 67:00
Ginger McKim 68:33
Carol Grooters 68:43
Karen Gately 69:25
W45 Carol Virga 62:30
Gwen Torchia 64:53
Brenda Dayton 65:50
Anne Shumaker 67:33
Adrian Crement 69:32
Chack Lockhart 69:38
Jan Taylor 70:39
Carol Fox 71:40
Bonnie Evans 72:06
Gail Rosa 72:31
W50 Susie White 63:38
Patt Sher 68:49
Peggy Martin 70:41
Judie Kean 71:51
Rissie Thieler 74:30
Theresa Coomes 75:03
Mary Ramba 78:40
Cindy Purcell 78:44
W55 C. Meadowcroft 69:24
Elfrieda Wyner 70:34
Judith Daniel 74:10
Annie White 78:35
Willy Moolenaar 78:39
Angela Wannall 79:33
Pam Bohanan 81:00
Barbara Vitsky 82:28
W60 Carol Leckband 86:14
Mary Kuehne 1:43:50
Eileen Demouilly1:43:54
S. Depenbrock 1:45:29
Cheyney Geren 1:47:21
Gery Russ 1:47:39
W65 Joan Potter 1:39:55
Norma Wasson 1:54:03
Peg Lawson 1:58:28
Bj Sotile 1:59:18
Betty Kelly 2:05:38
Ann Beach 2:26:13
W70+I. Herbertson 731:44:23
M. Johnson 71 1:46:38
Betty Mitchell 712:31:53
A. Jacobson 70 2:34:19
Ann Brown 75 2:24:34

Great Gainesville 5K
Gainesville, FL; March 13

Overall
Mark Carroll 27 14:28
Liliya Grigoryeva 25 15:52
M40 Andrey Kuznetsov 14:34
Peter Hopfe 16:48
Robert Thomas 17:24
Paul Oppenheim 18:00
M45 James Rasch 16:23
John Johnston 18:42
Joel Dunphy 20:14
M50 Byron Dyce 17:43
Bruce Kritzler 19:00
Danny Glenn 20:41
M55 Mike Cross 21:24
Pat Fitzgerald 21:39
Farol Tomson 22:09
M60 Tom Radzikowski 21:42
Charles DesRosier 24:11
Leland Shaw 29:29
M65 Lynn Larkin 22:42
Ron Pride 26:58
Johnny Brown 27:48
M70 Tom McDonald 25:13
Joe Conrad 25:41
M80 Cliff Riordan 47:28
W40 TatyanaPozdnyakova17:00
Katie Boudreau 20:53
Donna Howard 22:40
W45 Diane Miller 23:17
Payna Frangi 23:29
Celeste Shitama 23:50
W50 Theresa Jelinek 26:53
Jodee Binks 28:23
W55 Ginny Christie 31:47
Pat McCevers 34:49
W60 Eileen Demouilly 31:16
Kathy Witkowski 37:31
W65 Norma Walsh 31:20
Joan Moxley 32:14

Ford's Colony 8K Run
For Shelter
Williamsburg, VA; March 27

Overall
John Piggott 33 27:30
Linda Kidder 42 32:59
M40 Joseph Ryan 31:33
William Murray 32:20
Mike St Jean 33:43
M45 Jim Goggin 30:28
Seerk Dogger 32:42
Dale Abrahamson 33:02
M50 Larry Coley 31:07
Robert Wilson 33:25
James Journigan 34:41
M55 Bob Spencer 33:08
Ed Sadowski 38:09
Craig Cranston 44:10
M60 John Essery 35:01
Joe Polinski 38:05
Dan Hawley 39:12
M65+Tom Ray 65 34:16
Andy Polansky 71 38:05
John Cholish Jr 69 39:20
W40 L Kidder 32:59
A Spangler-Miller 39:04
Lynn Combs 40:58
W45 Eileen Hungerman 34:08
Roberta Laynor 36:57
Linda Whittaker 38:57
W50 Barbara Ivey 38:59
W55+Joan Coven 57 37:51
Nancy Patron 62 43:12

Bethesda Chase 10K
Bethesda, MD; March 7

Overall
MerrillHausenflock27 32:36
Bea Marie Altieri 31 37:48
M40 Geo. Buckheit 34:47
Jim Whitnah 35:40
David Luljak 36:48
M45 John Kusek 39:28
Marc Wolfson 40:28
Thomas Skelly 42:21

M50 Henry Danver 40:46
Roger Barbee 43:19
Joel Cohen 44:09
M55 WarrenPrunella 42:14
Tom Willging 45:30
John Bailey 48:12
M60 Chan Robbins 42:28
Kirk Davies 43:53
John Sabel 50:27
M65 Tom Momiyama 47:48
Keith Olson 49:21
Peter Hui 54:28
M70+Paul Lackey74 52:40
Bill Osburn 75 53:54
Alvin Gutttag 80 74:19
W40 Melanie Levin 45:45
San. Ruprecht 46:16
Barb Christen 48:59
W45 Elise Heumann 49:02
Eliza. Sadoff 53:21
Mette Foster 54:43
W50 Mary Kuta 52:45
Penny Bodine 53:18
Diane Lewis 55:32
W55 P. Prunella 49:58
Jane Bryan 68:45
Jean Kreiser 75:44
W60 Tami Graf 54:38

Cooper River Bridge 10K
Charleston, S.C.; March 27

Overall
L.Nyakera 23 28:40
Eunice Sagero 20 33:18
M40 John Tuttle 30:27
David Geer 33:11
Randy Pochel 33:18
Paul Okerberg 33:27
Paul Dawson 34:33
Jim Youngquist 34:29
DaveRenneisen34:37
James Wilhelm 34:50
George Howe 35:29
Lennie Moore 35:58
M45 Jerry Clark 34:45
Sam H Lewis 34:51
Ervin Reid 35:50
Bill Bosmann 37:09
Jim Boyd 37:21
Jack Todd 37:54
Robert Ramser 37:58
Charles Kellner38:08
Gary Ricker 38:37
Ron Hutchison 38:38
M50 Robert Schlau 34:48
Terry Van Natta35:44
Tom O'connor 38:15
John Bernhardt38:33
Marris Johnson 38:48
Ken Shipp 38:46
Sam J Davis 39:07
Porter Reed 39:09
M55 Dick Ashley 40:56
Robert Watson 41:57
Keith Ambrose 43:02
Joe Waters 43:03
Dean Davis 43:10
Tony Donachie 43:21
Bill Clayton 42:58
Johnnie Silon 43:40
M60 Ed Ledford 39:07
TheronCochran41:38
F. Deandrada 42:00
Art Morey 43:12
Fred Motz 43:09
Tom McGorty 43:24
M65 David Duncan 47:09
Dave Anderson49:06
John Thompson50:39
Joseph Imholz 51:05
Ken Walls 52:12
Bob Walton 51:44
M70 Charles Scott 52:46
Bill Kleber 55:44
Franklin Mason 54:33
Don Stovall 57:33
M75+David Mellard 56:22
Bob Wingard 59:34
James Queeny 67:40
E.B. Lloyd 65:58
W40 T. Pozdnyakova33:49
Patty Valadka 35:52
Lee Di Pietro 36:41
Judy Walls 39:36
R. Milliman 39:37
Tami Dennis 41:46
Nancy E Farley 42:50
Mary McGowan 43:47
Barb Edwards 43:23
Peggy Kinney 44:46
W45 Debra Wagner 36:49
Judith Hine 40:10
Therese Killeen44:23
Sallie Driggers 45:40
Jill Force 45:56
Beth Schmid 46:38
Mimi Sturgell 44:47
Giulio Pesca 46:49
Nancy Duffy 47:45
Janice Wilkins 47:33
W50 Terry Mahr 39:24
Betty Ryberg 41:39
Lyn Hammond 44:40
Kathy Jagers 46:07
Nancy Curry 48:58
Kathy Boydston 48:43
Joan Mulvihill 50:45
Kathy Curtis 49:21
W55 Julia Ralston 39:08
Judy Stoller 49:39
Barbara Avant 50:46
Judy Ewing 54:28
Evelyn Sykes 55:50
Barb Lindeman 57:28
Frances Grein 58:43
Brigitte Heiser 55:00
W60 Susie Kluttz 44:50
Patricia Rhode 52:43
E. Tolley-Bees 56:44
Suzanne Foster59:36
Camille Daniel 61:42
Bryan R Carter 58:22
W65 Therese Fanelli63:28

Susie Bishop 70:03
Bobbie May 77:17
Dot Jones 74:43
Ann Beach 78:47
Edith Johnson 86:01
W70 W. Henderson 85:52
Mary Canty 88:00
Lucy Jones 89:00
Ola Moody 90:31
W75+S L Huff 74:51
MargaretWright 89:17

Azalea Trail Run 10K
Mobile, AL; March 27

Overall
Joseph Kimani 27 28:01
Colleen De Reuck 34 32:36
M40 AndreyKuznetsov29:24
Steve Venable 30:58
Jon Sinclair 32:03
Michael Beeson 32:56
Tim Simpkins 33:38
Jeffery Dundas 34:16
Gary Cooke 34:17
Bruce Harrison 34:49
Robin Sanders 35:21
Steve Butler 35:47
M45 Patrick Hambrick 34:22
Leo LaFrance 36:53
Alan Swigler 37:08
Fred Crook 37:29
Carl Jakob 37:35
Fum. Oshimoto 37:59
Irvin Pickett 38:44
Stephen Geeck 38:48
John Cougar 39:10
Mike Neal 39:39
M50 John Campbell 31:02
Bill Rodgers 32:23
Don Henderson 37:04
Don Wright 37:09
Scott Barrow 37:12
Opie Humphrey 38:26
Jerry Armstrong 38:30
Jerry Brumfield 38:45
David Jeffrey 37:52
M55 Bob Dannelley 38:54
Fletcher Ward 40:35
Michael Sealy 40:57
Leon Mattics 41:06
Jimmy Spivey 42:00
Henri Andrews 42:13
Bobby Scott 42:58
M60 Dave Deruiter 41:06
James Peller 41:08
John Pitman 41:26
Marion Matchett 41:47
Blair Bowling 42:06
Will Wright 42:09
M65 John Parker 44:47
Rudolph Bates 45:14
Preston Masters 47:32
Fred Hagen 49:21
Malcolm Sumrall 49:27
William Chesnut 50:14
M70+Paul Wissler Jr 74 56:54
Art Gassen Jr 74 56:54
Jim Matthews 78 57:48
Win Ritchie 73 60:44
W40 Jane Welzel 34:58
Kim Jones 35:20
Jean Lankford 37:34
Amy Barrow 38:19
Beth Valenzuela 42:23
Connie Hembree43:11
Tomie Oshimoto 43:39
Kathy Hill 43:57
Millie Cooke 44:56
Alesa Ryals 45:23
W45 Susann Pierce 42:40
Michie Pitts 43:21
H. Handshaw 43:33
Mart. Jasperson 44:38
Dor. Cain-Sales 46:01
Elaine Evans 46:06
Patty Carey 46:10
Sarty Kirkland 46:46
Susan Jones 48:06
Lynne Armfield 48:51
W50 Grace Harrison 45:11
Linda McDuffie 46:02
Harriet Callahan 49:39
Marian Loftin 49:42
CaroleThompson49:43
Becky Ryder 49:46
Tillie Clark 50:45
Lan Repinski 52:54
W55 Betty Lafferty 49:18
Nina Golub 49:53
Georgette White 51:35
Carol Buckley 52:35
Donna Mehler 53:23
Jean Grabowski 53:53

Continued from previous page

Carol Rice	54:43
Joanne Jordan	55:50
W60 Carol Leckband	52:57
Mary Watson	56:34
Kay Grate	61:52
Judy Kirchoffer	65:19
Joan Shepherd	65:26
Edith Levin	65:29
W65 Lois Ann Gilmore	51:57
Helen Corley	56:59
Ria Ter-Haar	67:01
Vera Whiteside	67:01
Sue Whitney	68:53
Socorro Reed	68:57
W70+F. Eisenacher	72:61:45
Daph. Dvorak	79:32
Kathy Boykin	79:43
A. Gassen	71 1:40:30

**Catfish Run 5K**  
Crescent City, FL; April 3

<b>Overall</b>	
Fernando Morelos	37 17:34
Marie Ciriot	37 19:32
M40 Bill Phillips	17:45
Virgil Williams	18:07
Mike Steinmetz	18:37
M45 Adam Rafalski	20:20
Kevin Donnelly	21:14
Dan Arbuckle	21:16
M50 Peter Wieshaar	21:25
Michael Hill	21:22
Mike Wilhelm	21:39
M55 Ron Allison	22:20
Verlin Sweatt	22:48
Roger Jennings	27:16
M60 Jerry Lardinois	21:51
Jerry Hiatt	25:31
Jim Bowling	29:03
M65 Jim Blount	21:12
Bob Moffitt	22:03
Don Nygaard	23:15
W40 Michelle Hamel	19:56
Kathy Gagnier	20:02
Carol Hansen	22:42
W45 Nina Ehmer	23:00
Linda Kline	23:58
Shirley Budd	25:22
W50 Randi Haas	25:55
Jody Mahonik	27:40
Carol Williams	30:43
W55 Donna Hiatt	25:30
Maggie Dobson	26:29
Lewanda Hill	32:46
W60 Marj Byron	27:02
Betty Morris	45:09

**MID-AMERICA**

<b>Liberty Memorial 5K</b> Kansas City, MO; March 6	
<b>Overall</b>	
Matt Wegenka	15:16
Daria Moberly	18:07
M40 Mark Culp	15:40
Charlie Gray	16:19
M45 Pat Walsh	18:19
Dan Gay	20:10
M50 Rus Gonzalez	19:47
Frank Zilm	21:51
M55 Eldon Long	26:52
Vernon Pumm	29:02
M60 Paul Sorensen	22:23
James Gray	22:37
M65 Paul Heitzman	20:14
Louis Joline	24:36
M70 Ed Burnham	33:24
M85 Aln Blackman	46:47
W40 Jane Lundgren	20:27
Marge Gray	22:41
W45E Fernandez	28:18
Debbie O'Hara	31:24
W50 Donna Romans	24:56
Barbara Pumm	29:29
W55 Donna Murphy	30:22
W60 Lois Riley	44:20
W70 Mary Otte	39:29

**St. Pat's Run 4 Mile**  
Wichita, KS; March 20

<b>Overall</b>	
Wayne Strohmman	19:47
Tammy Allen	24:27
M40 Dan Lawson	20:44
Tony Estes	22:00
Mike Shryock	22:03
M45 Brad Rhoden	23:54
Greg Records	25:01
Gene Rath	25:33
M50 Doug Schumann	24:11
Russ Lundstrom	24:36
Larry McKee	25:14

M55 Wally Brawler	25:25
John Osborne	26:17
Dumont Schmidt	27:37
M60 Don Dirksen	29:51
Dick Drevo	29:58
M65 Paul Heitzman	25:06
Virgil Love	30:13
W40 Marla Rhoden	25:27
Wendy Burton	28:04
Mari Mohr	28:05
W45 Barb Holtzman	26:50
Anke Simpson	30:04
Sandy Zlab	30:57
W50 Trudy Calloway	28:08
Vera Burton	29:27
W55 Rowena Hinshaw	39:57
W60 Eileen Schmidt	39:57

**WEST**

<b>Arizona Senior Olympics</b> 5K & 10K Sun City; March 6	
<b>Overall</b>	
M50 Bruce Manziello	19:28
M55 Robert Giersberg	21:14
M60 Paul Robillia	22:31
M65 Ray Plourde	24:42
M70 Simy Magaway	28:30
M75 Forrest Buck	43:25
M80 Don Fleck	41:17
W50 Udou Beidler	23:37
W55 Barbara Manning	27:16
W60 Edlee Cornell	35:28
W65 Therese Frank	27:47
W70 Adela Joralmon	40:30
W75 Laverne Scribner	49:03
-10K-	
M55 Antonio Desimone	47:07
M60 Arlen Thompson	44:33
M65 Tom Cooka	47:13
M70 John Baird	50:30
M75 Conrad Tvedt	64:36
W50 Udou Beidler	46:06
W55 Cheryl Parmenter	61:53

<b>Napa Marathon</b> Calistoga to Napa, CA; Mar. 7	
<b>Overall</b>	
Richard Flores	44 2:25:52
Ann Trason	38 2:45:39
M40 F Flores	2:25:52
Marshall Randall	2:37:52
Jim Washington	2:38:09
Mike Becher	2:47:00
Lawrence Berg	2:52:56
Russell Trump	2:54:34
Glenn Tachiyama	2:55:19
Craig Whichard	2:56:48
M45 Herb Tanzer	2:54:42
Dave Carlsen	2:55:30
Tommy Dodd	2:57:26
Jim King	2:58:14
Steve Radigan	2:58:56
Bill Volkman	2:59:36
John Straley	3:00:09
M50 Ted Levine	2:51:17
Brian Perkins	3:03:01
Ken Shoop	3:05:59
Helmut Reitmeir	3:07:24
Craig Newport	3:08:01
Brian Koo	3:11:16
Dick Kirkpatrick	3:11:34
M55 Herb Phillips	2:49:14
Robert Honer	3:10:37
Vic Birtalan	3:11:56
Yoshikatsu Inoue	3:16:58
David Kim	3:18:11
M60 Darryl Beardall	3:20:25
David Woody	3:27:10
Larry Barrett	3:39:42
Philo Short	3:42:19
M70+Max Jones	3:42:04
Harry Daniell	4:51:58
Mike Tselentis	5:25:16
W40 Suzette Moore	3:01:39
JulieAnn Berman	3:26:11
Linda Kidd	3:26:22
Sue Osborn	3:26:40
Jane Higdon	3:32:01
W45 Kathy Welch	3:28:34
Hazel Wood	3:32:38
Cheryl Joseph	3:38:17
Donna Troyna	3:44:26
W50 Susan Love	3:29:11
Barbara Ashe	3:34:34
Mary Campbell	3:40:25
Noel Relyea	3:45:38
W55 Judy Shipman	3:51:20
Sue Cooper	4:08:44
Paulette Timmer	4:09:40
W60 Shirley Blush	4:08:30
Dina Fields	4:36:54
W70+Etta Palmer	5:23:51
Gwen Wardwell	5:47:02

<b>Catalina Island Marathon</b> Catalina Island, CA; Mar. 20	
<b>Overall</b>	
Gordon Duff	37 3:09:53
Kay Embry	37 3:54:40
M40 Rob McNair	3:11:26
Doug Spencer	3:22:54
Mark Penn	3:34:17
J Fitzgibbon	3:35:48
Mark Edwards	3:40:37
M45 Bill McDermott	3:20:44
Ken Koestner	3:34:11
Arthur Cookson	3:34:12
C O'Connold	3:39:30
Skip Brown	3:41:08
M50 John McKay	3:59:50
M McCracken	4:00:04
Jim Rucker	4:08:34
David Jones	4:11:16
Bill Braun	4:18:46
M55 George Wright	4:09:50
Ian Malcolm	4:10:76
Russell Moore	4:16:22
Maurice Waters	4:21:31
Ted Anderson	4:22:28
harry Pantelas	4:26:05
Saiz Francisco	4:35:49
Andre Tocco	4:42:22
Norman Miller	4:53:23
Bobby Lopez	5:00:01
M65 Verne Carlson	4:34:54
Bill Price	6:09:14
Dick Billish	6:10:22
Bill Dods	6:17:56
Dwight Moberg	6:44:47
M70 George Border	5:04:35
William Boyles	5:48:34
Jack Perrodin	6:22:40
Leonard Loren	6:28:03
Irwin Baker	6:57:09
M75 Tom Edwards	7:26:13
W40 Jill Wiseman	4:14:57
Audrey Scott	4:49:49
Debbie Wells	4:51:22
C Theiss-Aird	4:52:35
Debi Blair	4:55:03
W45 Sona Ericson	4:10:41
Sue Harmon	4:34:14
Dawn Weisenthal	5:01:16
Debby Jamieson	5:01:43
Elena Sherman	5:05:31
W50 Carol Mortier	4:14:44
G F-Franks	5:24:50
Joanie Matheson	5:26:04
Marvis Friesen	5:44:42
Margo Lazzari	5:44:47
W55 Diane Eastman	5:04:39
Nancy Thweatt	5:14:25
Carmen Connolly	5:50:54
Susan Callaway	5:55:16
Nancy Buchanan	6:18:19
W60 Y Monsauret	5:56:48
Sally Byram	6:03:50
Mary Hack	6:36:59
Jane Dods	6:47:46
Carole Penkner	7:26:00
W65 Bobbi Pollock	6:17:18
W70 Margie Withrow	8:45:54

**Paul Spangler Memorial 8K**  
Palo Alto, CA; March 21

<b>Overall</b>	
Brian Buscay	26 24:22
Katy Spink	24 27:51
M40 Tim Minor	25:21
L. Stephenson	26:11
Dennis Rinde	26:30
Brian Davis	26:37
Antonio Corgas	26:49
M45 Tom Cushman	26:32
Don Paul	27:19
Tom Bernhard	27:24
Dan Anderson	27:31
Dave Stephens	28:02
M50 Michael Dove	27:59
Jim Gorman	28:06
D. Cornwell	28:10
Frank Ruona	28:20
Bob Anderson	28:28
M55 Jim Reitz	29:10
Dan Preston	29:14
J. MacPherson	29:38
Stephen Lyons	30:23
Skip Houk	30:33
M60 K. Griepenburg	31:02
Ralph Poole	32:49
Dick Shorman	32:50
Horst Meyer	33:00

Bob Tarozzi	33:05
M65 Tom Guldman	33:06
Will Flodberg	36:31
Ken Napier	38:20
David Fairless	40:07
Thomas Walsh	40:16
M70 Boyce Jacques	38:52
S. Hirabayashi	39:26
Jim O'Neill	40:31
Donald Pickett	40:42
Mark Ricard	41:22
M75 F. Cunningham	40:11
Larry Johnson	43:19
StanDemartinis	43:50
JackFriedlander	46:21
Ken Crain	49:00
M80+Bill Nice	83 44:54
H.Thurston	80 55:44
M. Marshall	82 63:40
Ralph Jago	88 73:30
W40 Dian Fitzpatrick	28:04
Sara Freitas	30:23
T. Schmidt	30:31
Ellen Lucas	30:56
Kim Rupert	31:07
W45 Steph Freitas	28:19
J. Dahlkoetter	34:14
Margaret Ryan	35:27
Irene Herman	36:22
Gail Campbell	36:41
W50 Jessie Stratton	35:10
Kathy Frank	37:49
Karin Bivens	38:25
Chris Hallen	38:53
Nekla Williams	39:14
W55 Joan Ottoway	31:23
JuttaMcCormick	35:54
Louise Walters	36:37
Suz Franco	37:40
Jean Schwisow	38:38
W60 Eve Pell	37:46
Sylvia Hughes	38:42
Katie Martin	40:40
Muriel Gravina	43:10
Naney Troxa	43:48
W65 Myra Rhodes	38:37
Barb Callison	44:56
Ruth Anderson	49:04
Hanna Szoke	49:08
BobbieLanders	72:46
W70+Joy Johnson	72 44:58
P. Hansen	70 47:22
June Carroll	75 52:48
D. Thomas	74 53:36

**NORTHWEST**

**Run For The Shamrock**  
10K & 5K  
Eugene, OR; March 13

- 10K -	
<b>Overall</b>	
Jerard Osthmeyer	32:04
Karla Nash	40:21
M36-40 Andrew Oken	36:01
M41-45 Daniel Wojcik	36:18
M46-50 Tom Maloney	38:05
M51-55 Dave McJunkin	35:14
M56-60 Tom Balcum	41:29
M66-70 BillMcChesney	46:27
M71+ Don Anhorn	61:39
W36-40 GingerThramer	47:44
W41-45 Jackie Manley	41:45
W46-50 JanetHeinonen	48:06
W51-55 Pam Turner	41:51
W61-65 Jane Dods	51:33
W70+ Dawn Russell	64:12
- 5K -	
<b>Overall</b>	
Mike Pluth	16:22
Susannah Beck	16:41
M36-40 Brian Zehr	20:55
M41-45 Rick Barbero	18:17
M46-50 Bob Smith	23:26
M51-55 Rick Lloyd	20:22
M56-60 Mason Davis	20:13
M61-65 Gary Kepper	23:27
M71+ Tom Brinton	23:04
W36-40 Jean Cordova	26:14
W41-45 Andrea Mason	22:20
W46-50 Paula Arcalett	29:25
W51-55 Terry Setchko	32:34
W56-60 Jeanie Fagle	36:03
W61-65 Peg Peters	36:31
W66-70 Marge Histon	53:14

**INTERNATIONAL**

<b>British Veterans Championships</b> Norwich, England; Mar. 28	
M40-65 8K/M70-65 5K	
- 8K -	
M40 Dave Neill	34:30
Bill Foster	34:42
Peter McDaid	35:23

M45 Nigel Gates	34:22
Mike Girvan	34:59
Mike Hager	35:49
M50 H. Matthews	37:04
Jimmy Bell	37:11
J. Willoughby	37:17
M55 GrahamPatton	39:10
Martin Ford	39:10
Chris Elson	39:36
M60 Steve James	38:56
Fred Gibbs	40:28
Harry Clayton	40:28
M65 Ron Higgs	42:51
Geoff Oliver	44:35
Pascal Morris	45:18
- 5K -	
M70+ Geo. Phipps	24:25
Peter Thomas	25:54
Les Hayward	26:21
M75 Arthur Smith	28:11
Jim Johnston	30:30
W40 Viv McConnell	20:11
Sheila Allen	20:21
Anne Jeeves	21:28
W45 Ann Ford	20:16
Judy Meeten	20:48
Gill Dean	21:06
W50 F. Garland	22:15
M. Auerback	22:21
ElaineStatham	22:42
W55 Chris Lee	24:36
Julie Beckford	24:41
Iris Homsey	25:43
W60 Pam Jones	24:49
Anne Martin	25:30
Jean Hulls	26:32
W65 Betty Smith	30:38
Betty Forster	32:33
Betty Norrish	38:52

**RACEWALKING**

**Titan Invitational Indoor**  
U. of Wisc., Oshkosh; Feb. 13

<b>Mile Racewalk</b>	
M35 Mike Rose	8:09
W30 Sarah Frey	9:52
W45 Lynn Tracy	8:14
<b>3000m Racewalk</b>	
W30 Michelle Rohl	13:37.1

**Ramblin' Rage 20,000m RW**  
Coconut Creek, FL; Feb. 20

<b>Overall</b>	
Rod Vargas	1:57:22
Roswitha Sidelko	2:10:58
<b>Master</b>	
Bob Fine	2:13:30
M40 Mike Felling	2:14:07
M45 Juan Mora	2:15:36
M50 Dana Sanders	2:39:40
M55 Daniel Koch	2:17:07
M65 T Cunningham	2:20:08

**Arizona Senior Olympics 1500**  
Racewalk, Tempe; Feb. 21

M55 Howard Weiner	11:41
M60 Greg Wittig	9:41
M65 Jack Ozment	9:00
Jerard Hargis	9:24
M70 Darrell Stewart	9:29
Calvin Flickinger	9:54
M75 Don Gladding	9:57
George Caron	10:11
M80 Bob Rhodes	

# USATF NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS AUGUST 26-29, 1999



**TRACK & FIELD**

### SCHEDULE\*

\*subject to change

#### GENERAL INFORMATION

##### ELIGIBILITY

Open to all men and women 30 years of age and older, including non-US citizens. Age on Aug. 26 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups. **Proof of birthdate is required (send photocopy with entry form).** 1999 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

**AUGUST 6, 1999** 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 August 16, 1999. Relay Registration and payment of Relay Entry Fees will take place on site.

##### ENTRY FEES

\$25 for first event (includes event T-shirt); \$15 for 2nd event; \$10 for 3rd and each subsequent event. Pentathlon is a separate \$30 fee. All Entry Fees must be paid in advance, with the exception of the Relay Entry Fees. Relay Entry Fee is \$40 per team. Fees must be paid and declared on site by 2:00pm Saturday, August 28, 1999.

##### EQUIPMENT

Meet management will have throwing implements (2), and starting blocks available for use by all competitors. Competitors must provide their own pole vault poles. You may bring your own throwing implements. **Implement weigh-in will be held prior to your age group's competition.** Spike length is 1/4"

##### SCHEDULE

Schedule is subject to change. An event time schedule will be available once all entries have been received.

### DAY 1

#### TRACK

5000M Run  
800M Trials/Semis  
400M Trials/Semis

#### FIELD

Pentathlon (M&W)  
Hammer (M&W)

### DAY 2

#### TRACK

5000M Racewalk  
High Hurdles  
100M Trials

#### FIELD

1500M Semis  
400M Semi/Finals  
3K/2K Steeplechase

#### FIELD

Hammer  
Long Jump (M60; W)  
High Jump (M59-30)  
Pole Vault (M60+; W)  
Discus (M&W)

### DAY 3

#### TRACK

10,000M Run  
400/300M Intermediate  
Hurdles

#### FIELD

800M Finals  
100M Semi/Finals  
200M Trials

#### FIELD

Regional Relays  
Long Jump (M59-30)  
High Jump (M60+; W)  
Pole Vault (M59-40)  
Discus (W&M)  
Shot Put (M)  
Javelin (W; M60+)

### DAY 4

#### TRACK

10K/20K Roadwalk  
1500M Finals  
200M Semi/Finals  
Age Graded 100M

400M Relay  
1600M Relay  
3200M Relay

#### FIELD

Triple Jump (M&W)  
Pole Vault (M 39-30)  
Javelin (M59-30)  
Shot Put (W)

## HOUSING & ENTERTAINMENT



Howard Johnson's  
Maingate West  
1-800-638-7829

Package Rate	\$48
Max. Occupancy	5
Exercise Room	Y
Laundry Facilities	Y
Microwave	N
Refrigerator	R/S
In-Room Safe	Y/S
Security	Y
Hair Dryer In-Room	R
Iron/Ironing Board	R
Dining Facilities	Y
Comp. Breakfast	N
Gift Shop	Y

R-By Request, S-Fee

### 2-DAY OR 3-DAY WALT DISNEY WORLD® THEME PARK VALUE PASSES

The **2-DAY VALUE PASS** entitles you to a choice of **TWO** of the following (none chosen more than once):

- 1 day of admission to the Magic Kingdom® Park,
- 1 day of admission to Epcot®,
- 1 day of admission to Disney-MGM Studios, or
- 1 day of admission to Disney's Animal Kingdom®

**2-DAY VALUE PASS: \$74 (save over \$28\*\*)**

The **3-DAY VALUE PASS** entitles you to a choice of **THREE** of the following (none chosen more than once):

- 1 day of admission to the Magic Kingdom® Park,
- 1 day of admission to Epcot®,
- 1 day of admission to Disney-MGM Studios, or
- 1 day of admission to Disney's Animal Kingdom®

**3-DAY VALUE PASS: \$105 (save over \$15\*\*\*)**

### SPECTATOR LENGTH OF ADMISSION

**ADULT \$18**  
**CHILD \$12**  
(ages 3-9)

### CALL 407-828-FANS

for specially-priced WALT DISNEY WORLD® Theme Park passes for you, your friends & your family.

FOR EVENT HOUSING, CONTACT THE HOST HOTEL:  
Howard Johnson's Maingate West at  
1-800-638-7829

Valid for use only on the specific dates of the event and for a limited period of time before and/or after the event. 1999 Specially Priced Theme Park Tickets prices are tax inclusive. Some admissions may be separately priced. Advance purchase is required for all special ticket offers listed above. Tickets should be purchased 14 days prior to your arrival. Ticket prices are subject to change.

\*\* As compared to price of 2 Adult 1-Day 1-Park Tickets purchased at theme park ticket booths.

\*\*\* As compared to price of 3 Adult 1-Day 1-Park Tickets purchased at theme park ticket booths.

## ENTRY FORM - COMPLETE & MAIL TO: Disney Sports Attractions, Inc. ATTN: USATF Outdoor Masters P.O. Box 470847, Celebration, FL 34747-0847

FIRST NAME \_\_\_\_\_

MI \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ FAX NUMBER \_\_\_\_\_

M/F \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE as of 8/26/99 \_\_\_\_\_

1999 USATF Number \_\_\_\_\_ T-SHIRT SIZE (S, M, L, XL, XXL) \_\_\_\_\_

EVENT	BEST RECENT PERFORMANCE/DATE	COST PER EVENT ENTERED
1.		\$25
2.		\$15
3.		\$10
4.		\$10
5.		\$10
6.		\$10
7. PENTATHLON		\$30

Make checks payable to WALT DISNEY ATTRACTIONS, Inc. ENTRIES POSTMARKED AFTER 8/6/99 \$25  
CREDIT CARDS ACCEPTED: AMEX, VISA, Mastercard

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

CREDIT CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE OF CARD HOLDER \_\_\_\_\_

#### Release and Indemnity (Adults) - WAIVER

##### READ CAREFULLY BEFORE SIGNING

In consideration of my participation in the 1999 USATF Masters National Outdoor Track & Field Championships hosted by Disney's Wide World of Sports, Inc. and the USATF, I agree to assume the risks incidental to such participation and use (which risks may include, among other things, muscle injuries and broken bones) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions,

damages, costs or expenses, including but not limited to, all attorney's fees and disbursements. For this event, and the event that I choose to participate in the NFL Experience at the Sports Complex, the released parties are Walt Disney World Co.; Walt Disney Attractions, Inc., the National Football League Properties, Inc., the National Football League and its thirty-one (31) member professional football clubs, Party Planners West, Inc., their parent, related and affiliated companies, and the officers, directors, employees, agents, representatives, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action or inaction of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me, before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical

treatment for myself, at my cost, if the need arises.

I further grant the released parties the right to photography and/or videotape me and further to use my name, face, likeness, voice and appearance in connection with exhibitions, publicity, advertising and promotional materials without reservation or limitation. The released parties are, however, under no obligation to exercise said rights herein granted.

This Agreement shall be governed by the laws of the state of Florida, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit court of the Ninth Judicial Circuit in and for Orange County, Florida (or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction). I certify I am 18 years of age or older.