

# NATIONAL MASTERS NEWS

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

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## 849 Athletes Set 35 World Indoor Records at USA Masters Championships in Boston

by JERRY WOJCIK

BOSTON, Mass. – Feeling right at home on their fourth consecutive visit to the Reggie Lewis Track & Athletic Center, a self-assured, record number 849 entrants broke, equaled, or established 35 pending age-group world and 33 U.S. records in the USATF National Masters Indoor Championships held here, March 24-26. Last year, 841 entrants set 42 world and 23 U.S. records.

The event was open to men and women athletes age 30-and-above who competed in five-year age-groups to M95. No qualifying was necessary, except membership in USATF, the national governing body for athletics. Foreign athletes were allowed to compete and received equal awards but did not displace U.S. citizens.

Two athletes broke four world records each. Mel Larsen, of Iowa, the 1999 USATF Masters Outstanding Male Athlete of the Year, continued down the same record path he took last summer at the WAVA Championships in Gateshead, England, with M75 records here in the 60m (8.67), 200 (28.57), 60H (10.15), and long jump (4.31).

Mary Bowermaster, 82, of Ohio, took up where she left off in the 1999

National Senior Games in Orlando, where she broke the high jump world record (0.94), setting four W80 world

records here in the 60m (11.52/A-G 96.1%), high jump (0.90), long jump (2.49), and shot put (6.30).



SUZY HESS

Members of the Liberty Athletic Club W50-59 4x400 team that set a world best of 5:14.23 (front row, l to r): Mardi Reed, Carolyn Cappetta, Elizabeth Riordan, and Susan Gustafson, with club members (back row, l to r): Joan Burgess, Mary Harada, Coach Lesley Lehane, Joyce Hals, Linda Upton, and Sandra Hayes.

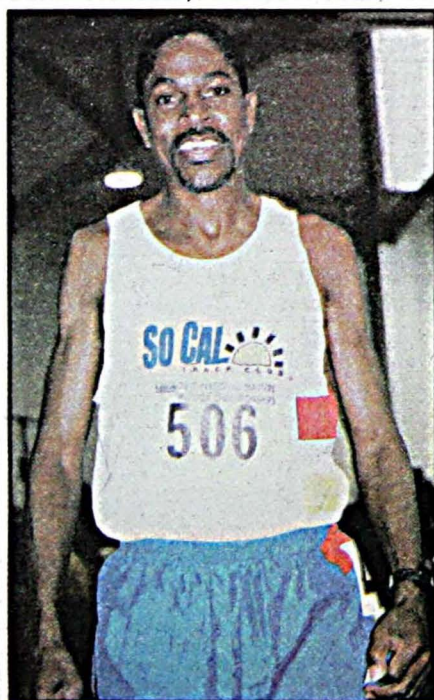
Phil Raschker, 53, of Georgia, after an absence of three years from the indoor championships, won nine national titles in the 60, 200, 400, 60H, high jump, pole vault, long jump, triple jump, and pentathlon with a world-record total of 4368 on Friday, the first day of competition. She also broke her W50 pole vault world record of 3.05 with a 3.06 vault, and took five seconds off the U.S. 400 record with a 66.61.

A dozen other athletes went home with multiple world and U.S. records. Among them were Audrey Lary, W65, of Maryland, and Nolan Shaheed, M50, of California. Lary accounted for two world records in the 400 (76.56) and triple jump (7.82) and three U.S.

Continued on page 18

### INSIDE:

- Entry Forms for National (page 39) and North American (page 23) Championships
- Carlsbad 5000 – page 8
- Fifty-Plus 8K – page 16
- Shamrock 8K – page 16



SUZY HESS

Nolan Shaheed, California, broke M50 world records for the 800 (2:03.55) and mile (4:35.51), and the U.S. record for the 3000 (9:03.82).



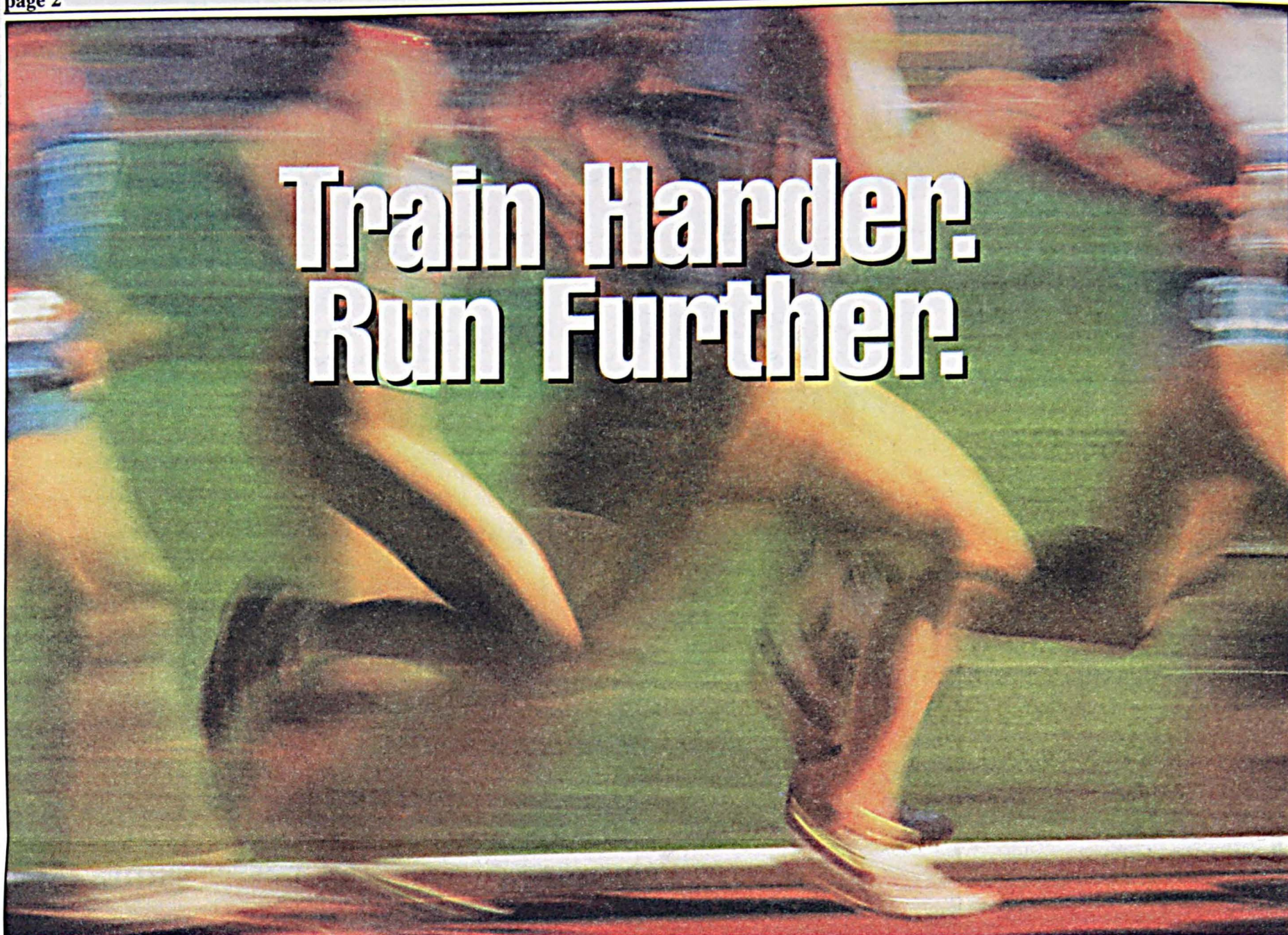
JERRY WOJCIK

In one of the most exciting finishes of the meet, Michael Puckerin (lane 4) ran a 23.24 to win the M40 200 from Brady Crain (#116), 23.28, Val Barnwell (#760), 23.39, and Ben Rosales, 23.50, National Masters Indoor Championships.



JERRY WOJCIK

Roger Pierce, 55, Massachusetts, gold medalist in the M55 400 with an age-graded 90.2% 56.98. Silver medalist Richard Hamner, New York, ran a 57.72.



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CONTENTS

DEPARTMENTS

USATF Officers ..... 3  
 Letters to the Editor ..... 4  
 Third Wind ..... 6  
 The Foot Beat ..... 8  
 Third Wind ..... 6  
 The Foot Beat ..... 8  
 Five Years Ago ..... 8  
 Ten Years Ago ..... 9  
 T&F Report ..... 11  
 Twenty Years Ago ..... 11  
 On the Run ..... 12  
 Fifteen Years Ago ..... 13  
 The Weight Room ..... 14  
 NSGA Report ..... 15  
 Rankings Deadline ..... 16  
 WAVA Officers ..... 21  
 International Scene ..... 21  
 Word from the Web ..... 22  
 WAVA/USATF Specs ..... 22  
 Masters Scene ..... 24  
 Schedule ..... 25  
 All-American Standards .. 29  
 Results ..... 30

FEATURES

Natl. Indoor Championships 1  
 Boston Marathon ..... 4  
 Manfred d'Elia ..... 4  
 National Heptathlon ..... 7  
 Carlsbad 5000 ..... 8  
 Men's Marathon Trials .... 9  
 East Regionals ..... 9  
 Dorothy Robarts ..... 10  
 Fifty-Plus 8K ..... 16  
 Midwest Regionals ..... 16  
 Shamrock Sportsfest 8K .. 16  
 Avon Running Circuit ... 17  
 Pending T&F Age Records 18

ENTRY FORMS/RACE & PRODUCT INFO

Muscle Marketing ..... 2  
 NMN Subscription Form... 4  
 M-F Athletic ..... 5  
 Crown Valley Sr. Olympics . 6  
 Hayward Classic ..... 7  
 Master Board ..... 8  
 No. Calif. Meet ..... 9  
 On Track ..... 10  
 Marathon by the Sea ..... 11  
 S.E. Regional Meet ..... 12  
 Publications Order Form .. 13  
 Javelin Video ..... 14  
 Portland Masters Classic .. 15  
 Spirit of Gettysburg 5K... 17  
 New Balance ..... 19  
 Birmingham TC Classic .. 20  
 Ski & Travel, Intl. .... 22  
 WAVA - Kamloops ..... 23  
 Midwest Regionals ..... 24  
 Outdoor Nationals ..... 39  
 New Balance ..... 40



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**LOS ANGELES MARATHON**

When scanning the preliminary Los Angeles Marathon results, I noticed that the first American finisher (2:22:56) had been disqualified. The next American was a 50-year-old Los Angeles resident, who finished in 2:27:33. Unfortunately, he may be the same runner who was disqualified as the M45 winner of the previous two L.A. Marathons.

The next American was an M45 finisher (2:30:57) from Costa Mesa with a feminine first name. In a 1998 Century City 5K, a woman with the same name finished in the W45 age group with a time of 27:01. At this point, I moved on to the masters results.

In the masters category I found sev-

eral familiar names. The names were familiar because I had written protest letters concerning their performance in previous marathons. The M60 winner and the M55 second place finisher were both disqualified last year. The M40 second place finisher (2:37:22) was the official M55 winner (2:32:19) last year. The fifth place M50 finisher (3:06:33) was the official M65 third place finisher last year.

The fourth place W70 finisher (5:39:11) had a 13.1 mile chip split time of 1:11:03 in the 1996 marathon. To the best of my knowledge, she was never disqualified. A woman with 1996 and 1997 marathon times of 10:04:45 and 8:48:58 posted a 4:17:01 W60 finish this year.

A protest letter was mailed to the

Los Angeles Marathon. It included all of the above runners, plus a few additional ones. Normally I have to wait until the Official Results book is distributed before I know which runners were disqualified.

*Patrick J. Devine  
Rancho Palos Verdes, California*

**INDOOR NATIONALS**

We would like to thank all who entered the 2000 USATF Indoor National Masters Championships in Boston. The 849 entrants were a record number which we hope to surpass in the next two years.

Our appreciation also goes to the volunteers and officials who traveled from throughout New England and around the country.

The sportsmanship and camaraderie that permeated the Reggie Lewis Track & Athletic Center throughout the three days of competition made the meet a success. An extra tip of the cap goes to the Championship Games Committee for its guidance and assistance, most notably in conducting the pentathlon, and to Peter Taylor, who is, for us, "the voice of masters track and field."

After four consecutive years of involvement in the meet, either in a supporting role with TRACS/BRC as we will be next year, or in 2002 when the New England Association returns as your host, we have attempted to learn from each year's experiences. We will continue to improve on the



TESH TESHIMA

Cheryl Brady, 40, LaJolla, Calif., W40+ first and second overall (3:02:43), breaks the tape in the Maui Marathon, Kaanapali, Hawaii, March 19.

quality and conduct of the event.

Have a great outdoor season and we'll see you next year.

*Philip Byrne and Ed Daniels,  
Co-Chairs, Masters Track & Field,  
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**Manfred "Fred" d'Elia**

The Grand Old Man of track & field, Manfred "Fred" d'Elia, died peacefully on March 12. He was 91-years-old. Holder of many national and world sprint records, including the world indoor 200 M80 record of 35.62 in 1989, his most recent honor was the USATF Outstanding Masters 1999 Age-Group Award at age 90.

A man of many diverse talents - concert pianist, hiker, mountain-climber (including the Matterhorn), Navy WWII veteran - he organized the North Jersey Masters T&F Club in 1976. He

was also the founder of the Valley Opera Society and the Ramapo Chapter of the Adirondack Mountain Club.

Fred leaves behind his widow, Toshiko d'Elia, herself a many-time national and world-record-holder, three daughters, a brother, and a host of friends.

The North Jersey Masters permanently retired competitor's #1 for all of its races, in his memory. A memorial hike will take place in Harriman Park, N.Y., this spring.

*-Jim Manno*

**Kipkemboi, Karlshoj Top Masters in Chilly Boston Marathon**

Joshua Kipkemboi, 42, of Kenya, and Gitte Karlshoj, 40, of Denmark, were the masters winners in the 104th Boston Marathon on April 17. Kipkemboi finished in 2:17:11, 17th overall. Karlshoj was 13th woman in 2:35:11.

Runners were hampered by a cold

wind on the course and wind chill temperatures in the low 20s at the finish.

Masters favorites Andrey Kuznetsov and Tatyana Pozdnyakova finished seventh M40+ (2:29:39) and second W40+ (2:35:43).

Results, photographs, and more details in the June issue.



MIKE POLANSKY

Women and men 55-59 age-group winners (l to r): Joan Ackerman, Helma Clavin, Mary Nathan, Alex Flyntz, Chuck Bleifeld, and Jorge Aguilear, Kings Park 15K, Kings Park, Long Island, March 19.

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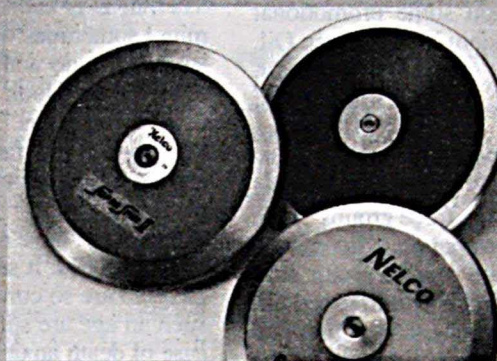


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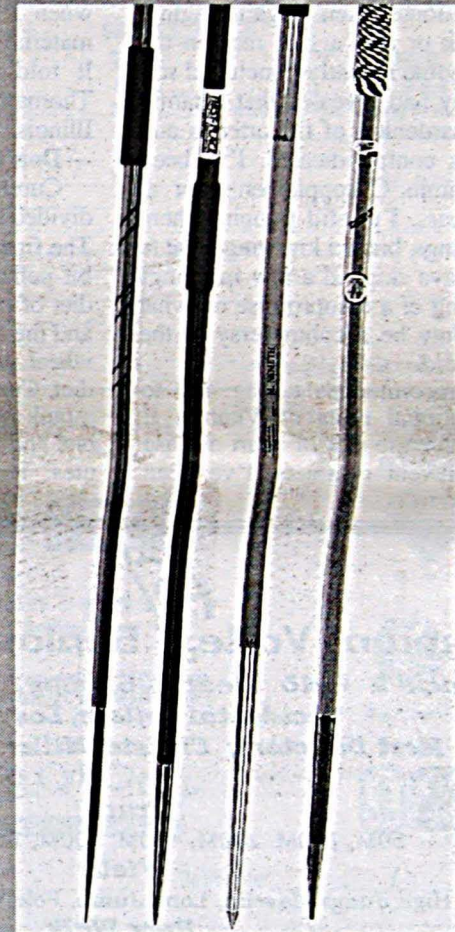
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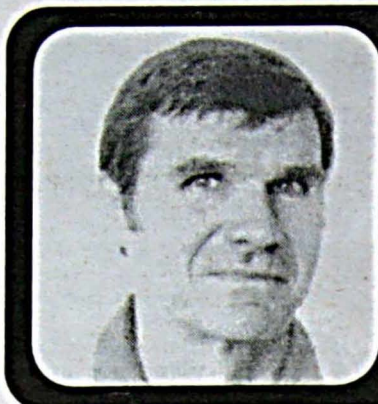
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## Third Wind

by MIKE TYMN

### Longevity Tips

The August 1999 issue of the *Fifty-Plus Fitness Association Bulletin* included an article offering 100 tips on living to be 100. Most of them were pretty common sense things, like not smoking, not drinking and driving, wearing a helmet if you bike, getting the proper exercise, eating the proper foods, having regular physical exams, and so on.

Tip 82 has to do with taking vitamin C as a nutritional defense against aging. Just a week or two ago, I read in the paper that some recently-concluded scientific study had revealed that Vitamin C causes hardening of the arteries and therefore is contraindicated. I've been taking Vitamin C supplements for at least 20 years. I'm still popping them most mornings, but not knowing what to believe I have skipped a few mornings as something of a compromise on what must certainly be a controversy in the scientific field.

Tip 96 recommends taking 400 to 800 international units of Vitamin E daily to reduce the risk of heart disease and help prevent cataracts. I've been

taking Vitamin E regularly since 1956, when I came upon some promotional material about Viobin Wheat Germ Oil. It told about a study done by Dr. Thomas Cureton at the University of Illinois.

#### Don't Do This at Home

Cureton took 30 guinea pigs and divided them up into three groups of 10. The first group was put on a diet of rabbit pellets only, the second group on a diet of rabbit pellets and cottonseed oil, and the third group on rabbit pellets and wheat germ oil. After a month on the diet, Cureton threw the guinea pigs into a tank of water. All of those in groups one and two drowned within three minutes. However, those in group three

were able to keep swimming well beyond three minutes. As I recall, the average was around 30 minutes, with several still swimming close to an hour. It was pointed out that Vitamin E was supposedly the secret ingredient in this concentrated wheat germ oil.

After reading about Dr. Cureton's experiment, I immediately invested in a bottle of wheat germ oil and assumed that within 30 days or so I'd become the first American to break four minutes in the mile (even though I had not broken 4:30 at that time). Of course, it never happened; in fact, I didn't gain more than a few seconds, which more likely was the result of harder training.

#### Anti-Aging Credentials

After a few years of concentrated Wheat Germ Oil I switched to simple Vitamin E supplements. Whether 44 years of Vitamin E has done me any good I have no way of knowing. Since Vitamin E is called an anti-aging vitamin, I sometimes wonder whether it has anything to do with the fact that people often tell me I look 10-15 years younger than my 63 years. Then again, they tell my 91-year-old father the same thing and he has never taken Vitamin E supplements.

Frankly, I have no particular desire to live to be 100. It seems to me that people who are so concerned with living to such an age are suffering from a severe case of death anxiety.

#### Wisdom of Socrates

I subscribe to the words of Socrates: "For let me tell you, gentlemen, that to be afraid of death is only another form of thinking that one is wise when one is not; it is to think that one knows what one does not know. No one knows with regard to death whether it is not really the greatest blessing that can happen to a man; but people dread it as though they were certain that it is the greatest evil; and this ignorance, which thinks that it knows what it does not, must surely be ignorance most culpable."

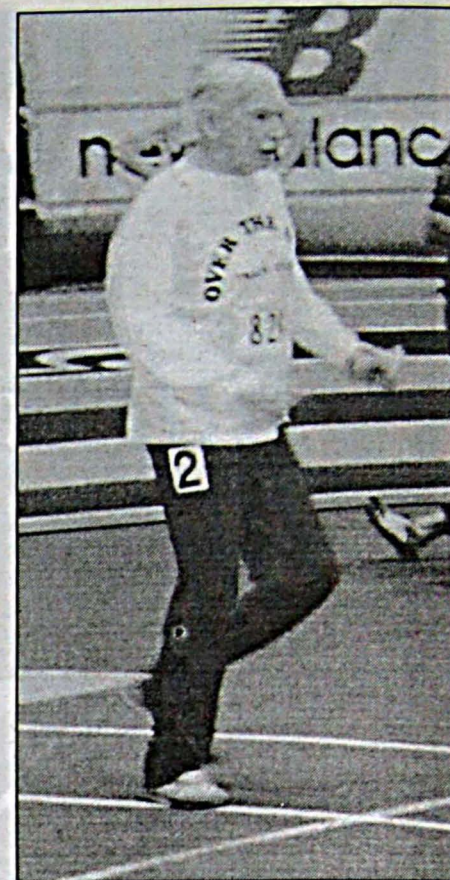
With such Socratic wisdom to support me, I have to question tip 48: "Live, eat, act, sleep, move and breathe as if you want to live to be 100." It seems to me that the person who makes living to 100 a goal is clearly repressing his or her death anxiety, thereby causing internal stresses that may manifest themselves in some form of cancer. In other words, it is a paradoxical self-defeating goal.

#### One Day at a Time

In his 1974 Pulitzer Prize winning book, *The Denial of Death*, Dr. Ernest Becker suggests that we not repress it and that we live with a voluntary consciousness of death. Rather than despair, we should make a Kierkegaardian leap and trust in the cosmos. In so doing, you take each day at a time and not concern yourself with surviving in the worn-out earthly shell for "X" number of years.

Of course, if the objective is to simply live what years you have left in as productive and healthy a manner as possible, that's reason enough to concern oneself with most of the other 100 tips.

Tip 90 is one that I adopted just last year. It says that we should take regular



JERRY WOJCIK

Everett Hosack, 98, Ohio, in the 60m, National Masters Indoor Championships, Boston.

doses of garlic to strengthen the immune system and possibly prevent cancer.

#### Bran vs. Chocolate

Tip 61 is that we should eat plenty of oats, grains, and brans to help reduce blood cholesterol levels. I've done that for many years, but my cholesterol level always seems to hover around 210 and the ratio of good to bad cholesterol isn't any better. I now wonder if all that Vitamin C has countered the oats, grains, and brans. Or could it be my love of chocolate?

Observing that my father has never had a cholesterol reading in all of his 91 years, I sometimes think I should just forget about having my cholesterol level checked every year. No matter what I do or eat, it stays the same. I wouldn't be surprised if, in a few years, the medical field changes its mind and decides an overall reading of 200 is better than one of 150. Maybe it's an individual thing. Maybe I'll have a heart attack before this appears in print. Who knows? All I know is that I have a pretty good diet and that the level stays about the same from year to year.

#### Vitamin O

Coincidentally, as I was in the middle of typing this column, the mailman delivered some literature about Vitamin O. I didn't know such a vitamin existed. According to the booklet, this vitamin provides extra oxygen and will make you "feel like a new man." One person is quoted as saying it has given him back his life. It seems to be a remedy for everything from "fuzzy brain" to impotence.

Based on all the testimonials, there might still be a chance for me to get under four minutes in the mile. I'm placing my order as soon as I get this off to NMN. □

## Crown Valley Senior Olympics

Track & Field Meet - Sunday, June 11, 2000

Occidental College, Los Angeles

Meet Directors: Christel Miller & Jim Hanley



#### Track

50M, 100M, 200M, 400M, 800M, 1,500M, 5,000M

#### Field

Discus, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, SB Throw

#### Race Walk

800M Unjudged, 1,500M and 5,000M Judged

**Entry Fees:** \$25.00 Registration Fee plus \$5.00 per event

**Divisions:** 5 year divisions, for men and women, age 50+

For more information, please call: Cynthia Rosedale - (626) 685-6754

#### Entry Form (please print)

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

Sex: M \_\_\_ F \_\_\_ T-Shirt: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age as of 6/11/00 \_\_\_\_\_ DOB \_\_\_\_\_

Events: 50M \_\_\_ 100M \_\_\_ 200M \_\_\_ 400M \_\_\_ 800M \_\_\_ 1,500M \_\_\_ 5,000M \_\_\_

PV \_\_\_ JT \_\_\_ LJ \_\_\_ SP \_\_\_ HJ \_\_\_ DT \_\_\_ SB \_\_\_ GG Relay (NC) \_\_\_

800M Walk \_\_\_ 1,500M RW \_\_\_ 5,000M RW \_\_\_

Make checks payable & mail by May 25 to:

Pasadena Senior Center, 85 E. Holly, Pasadena, CA. 91103

**WAIVER:** In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of the Crown Valley Senior Olympics, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 11, 2000 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in these Meets.

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

# Three Records Broken in National Heptathlon

by JEFF WATRY

Outstanding individual performances were the highlights of the USATF National Masters Heptathlon Championships held at Proviso West H.S., Hillside, Ill., April 1-2. Emil Pawlik, 61, Jim Stookey, 70, and Phil Raschker, 53, scored world-record totals in the seven-event, two-day measure of indoor track & field event skills.

Pawlik, who broke the pentathlon record (4277) a week before in the National Masters Indoor Championships in Boston, posted a world-record 6109, breaking his record of 6053 in 1999. The heptathlon total is believed to be the best score by any master in an indoor heptathlon. His top scores came in the 60H (9.44/1040) and high jump (1.58/992).

Stookey included a pending world record 9.81 (1152) in the 60H, in amassing the second highest score of 5886 of the meet, bolstered by two more 1000+ point performances in the long jump (4.69/1038) and 60m (8.64/1010). The 60H record is 10.23 by Mel Larsen in 1998. The heptathlon record is 5414 by Denver Smith in 1997.

Raschker, who also broke the pentathlon record the week before in Boston with a 4368, established a heptathlon record of 5451 for W50-54, and just missed a pole vault record when the bar fell as she was watching from the pit.

Bill Angus, 57, was the third-highest scorer, winning the M55 division with a 4871. David Perrin, 46, winner of the M45 division, recorded the fastest time of the day in the 60m, with a 7.66.

The next masters combined-event championships will be the Decathlon/Heptathlon, Lake Geneva, Wisc., June 24-25, and the Pentathlon, held on the first day of the National Masters Championships, Eugene, Ore., Aug. 10-13. □



Contestants in the USATF National Masters Heptathlon Championships, Hillside, Ill., April 1-2. Emil Pawlik (standing, first left, with striped shorts and singlet), M60; James Stookey (standing front row, fifth from left, small USA on singlet), (M70); and Phil Raschker (fourth from left, front row), W50; set event world records. Rex Harvey, Masters Multi-Event Coordinator and Head Official for the Championships is third from the left in the front row. KAREN HUFF



## HAYWARD CLASSIC

"America's Premier Masters Meet"  
Hayward Field ~ University of Oregon  
July 1 & 2, 2000



SATURDAY, July 1		
TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	
	9:00	Long Jump (All, two pits) - Javelin All W & M 60+
5K Racewalk	9:30	Weight Throw M 30-59
Age Graded Mile	10:30	Weight Throw All W & M 60+
Steeplechase	11:00	High Jump M 30-59 - Javelin M 30-59
	12:00	Shot Put (All) two rings
High Hurdles	12:20	(80, 100, 110 Meters)
100 Meters	1:00	High Jump All W & M60+
400 Meters	2:15	
3,000 Meters	3:00	

SUNDAY, July 2		
TRACK	TIME	FIELD
5,000 Meters*	8:30	Discus M 30-59
	9:00	Pole Vault (All) & Hammer All W & M 60+
Intermediate Hurdles (300 and 400 Meters)	10:00	Triple Jump M 30-59
	10:15	
	10:30	Discus All W & M 70+
800 Meters	10:45	
	11:00	Hammer M 30-59
1 Mile Racewalk	11:15	Triple Jump All W & M 60+
200 Meters	11:35	
1500 Meters	12:30	Discus M 60-69
4 x 100 Relay	1:15	
4 x 400 Relay	1:30	
4 x 800 Relay	1:45	

IN GENERAL, WOMEN BEFORE MEN AND OLDER BEFORE YOUNGER.  
ENTRANTS IN RUNNING EVENTS MUST CHECK IN AT LEAST 60 MIN. BEFORE EVENT.  
All implements must meet USA standards and must be checked in at least 30 min before the event

### GENERAL INFORMATION

**DIVISIONS:** 5 year age divisions for men and women age 30 and over.  
**ENTRY FEES:** \$14 first event (no-t-shirt); \$6 second event; \$4 each additional event.  
**ENTRY DEADLINE:** Postmarked by Tuesday, June 20, 2000.  
**LATE ENTRY:** \$10 LATE FEE AFTER JUNE 20. NO ENTRIES AFTER 6 PM THURSDAY, JUNE 29.  
**RELAYS:** Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.  
**AWARDS:** Hayward Classic cloisonné pins awarded for 1st, 2nd, 3rd; ribbons for 4th, 5th and 6th.  
**TEAM COMPETITION:** Team scoring. First Place Traveling Trophies for Men's, Women's and Combined. Team affiliation must be on entry form. No minimum number of members for teams.  
**FACILITY:** All-weather track and runways (max. 1/4 spikes allowed).  
**IMPLEMENTS:** OTCM will have some throwing implements available.  
**CONCESSIONS:** Food concession available and restaurants within 1 block. Long Sleeve shirts-\$12. Hats-\$10  
**MEET HEADQUARTERS:** Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Indicate Hayward Classic for group rate. Register early - space limited.  
**PACKETS:** Available at Phoenix Inn, 6-8 pm, Friday, June 30 and at Hayward Field after 7:30 am, Saturday, July 1.  
**RECEPTION:** Sponsored by OTCM, Saturday, July 1, 5:30 to 7:00 pm at the Phoenix Inn. Light refreshments provided.  
**WEB:** www.haywardclassic.com eMAIL: chuck@haywardclassic.com

USATF SANCTIONED - ALL COMPETITORS MUST BE USATF MEMBERS (applications at registration)

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Real Estate Analysts



Track Town Pizza



First Name \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Last Name \_\_\_\_\_ Age (as of 7/1/00) \_\_\_\_\_

Address \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

USATF # \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Club Affiliation \_\_\_\_\_ (must be submitted for team competition)

EVENT ENTRY	Best 99/00 Mark*
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____



\$10 Late Fee after June 20th.  
Late entries accepted until 8PM  
Thursday, June 29th.  
No Event Changes After Registration

T-SHIRT - \$12.00 (long sleeve)  
 small  med  large  
 x-large  XXL (\$13.00)

<b>ENTRY FEES:</b> 1 Event \$14 - 2 Events \$20 - 3 Events \$24 - 4 Events \$28 - 5 Events \$32 - Etc.
<b>ENTRY TOTAL</b> \$ _____
<b>Late Entry Fee</b> \$ _____
<b>T-Shirt Total</b> \$ _____
<b>Hats (\$10ea)</b> \$ _____
<b>TOTAL ENCLOSED</b> \$ _____

### 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

Will you attend the Saturday night reception? Yes  No  Number attending \_\_\_\_\_

I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate

Signed \_\_\_\_\_

Date \_\_\_\_\_

SEND ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675

Sponsored by the Cities of Eugene and Springfield ~ Presented by Oregon Track Club Masters



PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Fungal Nail Infection

A common malady correlated with increasing age is onychomycosis or fungal nail infection. This is best described as that discolored, thickened and odoriferous toenail that a runner gets after years of trauma to the feet and sweaty running shoes. This is a medium the "mushroom" fungus thrives on and, as a result, we are at high risk for this infection.

Although this is by no means life-threatening, it can cause adjacent skin problems and pain due to the thickening and roughness of the nail. This often rubs against the end of the shoe and becomes very painful.

In the past, this was just something we had to live with. We could vigorously trim the nails and hope they would not rub against the top of the shoe. However, now there are very effective antifungal medicines which can be taken orally. The most common are Sporanox (Itraconazole) and Lotrimin (Terbinafine). These are the only two indicated for onychomycosis in the U.S. Both can eradicate fungal nail infection in three months.

However, as in any medication, there are cautions. One should always consider drug reactions and diabetics should be especially wary. Renal pathology is a considered side effect as are ocular changes and taste disturbances. Liver function tests are a good idea for those who wish to pursue a course of oral antifungal medications.

In an athletic population, we often combine oral and topical nail therapy. Obviously, keeping your nails short and thin is advisable. Topical medications such as Fungoid Tincture and Tineacide can be applied on a daily basis.

Other home remedies include soaking the feet in a solution of one cup apple cider vinegar to one cup water, painting the nails weekly with Clorox and, and to my surprise, a new remedy that popped up recently - wrapping the toenail in a banana peel for 1/2 hour daily. We will let you know on that one.

So, for those with unsightly, thickened, discolored and slightly odoriferous toenails, there is a cure! □

*(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.)*



MIKE POLANSKY

Members of the masters team champions Runner's Edge (l to r): Alan Porter, Don Di Donato (first master in 17:12), and Jim Walsh, 1999 Rob's Run 5K, Syosset, N.Y.

### Sinclair Edges Scott for National Masters 5K Title in Carlsbad 5000

by SUSANNAH BECK

The 2000 Carlsbad 5000 hosted the USATF Men's Masters 5K Championships on March 26, with more than 1200 participants. In an exciting battle of wills, John Sinclair, 42, Fort Collins, Colo., successfully out-dued defending champion Steve Scott, 43, of Santee, Calif.

It was a classic standoff between miler and marathoner. Under cool, overcast skies, the pair made an early break from the pack, cruising through the mile mark in 4:39. After running together through two miles (9:33), Sinclair knew he had to gain an advantage quickly to neutralize the U.S. mile record-holder's awesome finishing speed. Sinclair surged and gained a lead that Scott's blazing kick couldn't erase, ultimately triumphing, 14:54 to 14:57.

Key to Sinclair's victory was visu-

alization: "Down the home stretch, I pretended that my name was Steve." Sinclair won \$1000 for the national title. Joey Gomez, Fullerton, Calif., finished a strong third in 15:23.

Scott did not jog home empty-handed, however. In addition to \$500 for second place, he won the Masters Age-Graded competition, 92.1% to Sinclair's 91.8%, taking home an additional \$300. Scott also had the pleasure of the U.S. single-age record for 43 (Craig Young/14:57/1999).

Thom Weddle, 61, Burnsville, Minn., won the men's grandmasters race in 17:57. He was edged by Santa Barbara's John Brennand, 64, 18:19, however, in the hunt for masters age-graded money, 89.9% to 89.1%. Bill Nice, 84, Newport Beach, Calif., challenged the record books, setting a potential new single-age record of 28:12 (Ernest Van Leeuwen/28:47/1997).

The masters performance of the day actually took place in the open elite race, run hours later. Simon Karori, 40, of Kenya, placed 11th in 13:58, narrowly missing John Campbell's masters world best of 13:55, set in 1991.

The women's masters race was not the 5K national championship, but still attracted a strong regional field. Maria Trujillo de Rios, 40, Los Gatos, Calif., led from start to finish in 17:03. She showed no signs of fatigue from the previous month's Olympic Marathon Trials, where she placed 12th. Sabrina Robinson, Tempe, Ariz., placed second, only six seconds back.

Other notable performers included Barbara Miller, 60, Modesto, Calif., who unleashed a 20:22 (AG 89.5%), and 88-year-old Edith Allen, Laguna Hills, Calif., who ran to a 44:41. □

- Information compiled by Road Running Information Center

## Master The Board

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

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### CLASSIFIEDS

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NATIONAL MASTERS NEWS.

### FIVE YEARS AGO May 1995

- Martin Mondragon (41, 2:16:29), Irina Bondarchouk (42, 2:43:42) First Masters in Boston Marathon
- S. Rae Baymiller, W50 Winner (17:57), Best Performer (92.7%), Masters 5K Championships/Carlsbad 5000
- East Indoor Regionals Draw 200 to Delaware
- Nick Rose, 43, Wins 4th Straight Masters Shamrock 8K



## Records Fall in East Regionals in NYC

by JERRY WOJCIK

Four world and four national pending age-group records were set in the USATF East Regional Masters Championships held at the Armory T&F Center in NYC, March 18.

Audrey Lary, 65, one of three record setters who came up from Maryland, broke the W65 world record for the triple jump with a 7.81/25-7/4, and the U.S. 200 record with 34.16.

Dudley Healy, 85, of New Jersey, established an M85 world record in the 3000 with a 21:18.75 and a U.S. record for the 1500 with a 9:35.22.

Lary's Maryland compatriots, Karl Smith, 40, and James Stookey, 70, broke world records in the 60H, Smith, with an age-graded 96.4% 8.12, and Stookey, with a 98.8% 9.87.

Anne Jennings, 36, of Massachusetts, upped the W35 U.S. high jump record to 1.65/5-5. Oneitha Lewis, 39, of New York, increased her W35 national score in the shot put to 12.82/42-3/4.

The Shore AC M40-49 foursome of Tony Plaster (2:09.48), Rich

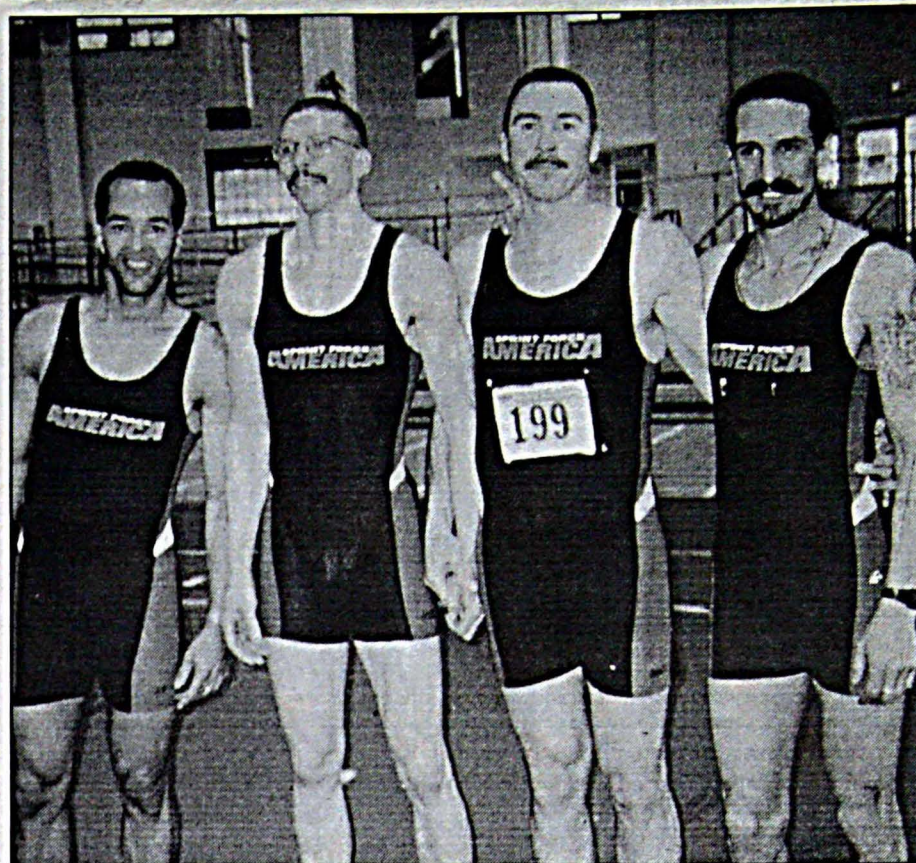
Alexander (2:05.14), Chris Harkins (2:04.52), and Bob Andrews (1:58.62) set a world best for the 4x800 with an 8:18.11.

The Sprint Force America M40-49 4x200 squad of Sal Allah, 40, Ed Gonera, 47, Frank Schiro, 47, and Thomas Jones, 46, ran a national best 1:33.59. The Shore AC M60-69 4x200 team of Frank Haviland, 65, Leon Trout, 65, Irwin Bernstein, 67, and Vince Ruffin, 64, established a U.S. best of 2:01.15.

In other action, Jones, of the SFA team, won in the M45 55m (6.86) and 200 (23.69) from large, competitive fields. Nick Caswell, 50, won a close M50 race from Dick Green, 52, 2:10.79 to 2:10.91, in a field of nine. Al Swenson, 53, took the M50 1500 race, with a 4:25.49 (A-G 91.3%) over Harold Nolan, 52, 4:28.66, and Green, 4:30.65.

Brian Donahue, 37, hit the 51-5 mark with the 16-lb. shot.

Gary Null, 55, recorded the fastest time in the 3000 racewalk, with an age-graded 85.4% 14:46.68. Jim Carmines, 56, was second in 15:05.09. □



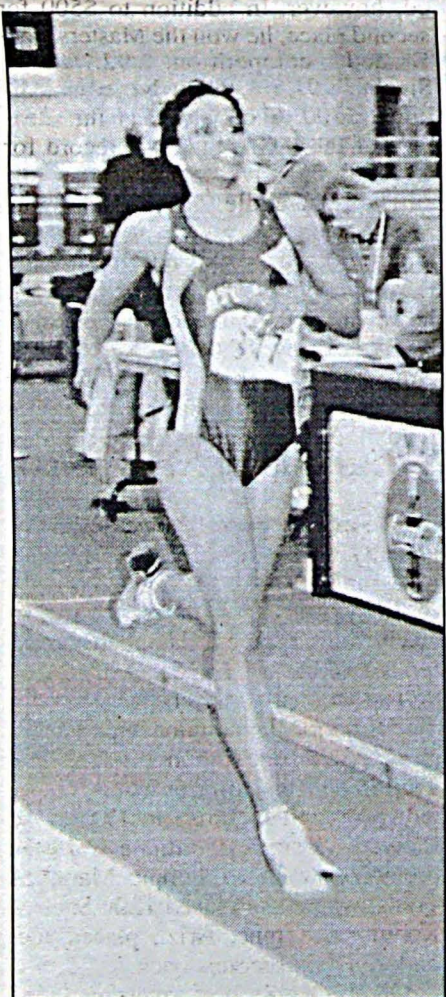
SUZY HESS

The Sprint Force America M40-49 4x400 team that set a world best of 3:31.04 (l to r): Sal Allah, Ray Blackwell, Ed Gonera, and Frank Schiro, National Masters Indoor Championships, Boston.

## Six Masters Qualify for Men's Marathon Trials

Six masters are among the 114 U.S. Olympic Marathon runners who qualified for the Trials to be held with the Pittsburgh Marathon, May 7. The top three masters are Steve Plasencia, 43,

of Minnesota, who qualified with a 2:17:04, Paul Pilkington, 41, of Utah, 2:17:05, and Steve Wilson, 41, of Indiana, 2:18:30. The other three are Brad Hawthorne, 44, of California; Bob Schwelm, 41, of Pennsylvania; and Craig Young, 43, of Colorado. David Morris, 29, of New Mexico, is the top qualifier, with a 2:09:32. □



JERRY WOJCIK

Althea Morris, New York, broke the W35 200 world record with a 25.04, the U.S. 60m record with a 7.87, established a U.S. 400 record of 56.66, and anchored the winning W30-39 Atoms TC in the 4x400 relay, National Masters Indoor Championships, Boston.

### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

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

### TEN YEARS AGO May 1990

- John Campbell, 41, Sets World Masters Marathon Record of 2:11:04
- 565 Compete in Masters Indoor Nationals in Madison, Wisc.
- John Kelley, 83, Completes 59th Boston Marathon
- Larry Alberg, 42, Tops Masters in Carlsbad 5000

## NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 2<sup>ND</sup> MARK GRUBI MEMORIAL CLASSIC, EDWARDS FIELD UNIVERSITY OF CALIFORNIA BERKELEY SUNDAY JUNE 4th 2000

- ENTRY:** MUST BE POSTMARKED BY MONDAY MAY 22nd 2000  
PHONE ENTRIES AVAILABLE AT 415 457-8177
- FEES:** \$15.00 First event (N.C.S.T.C. members get second event free)  
\$10.00 each additional event.  
\$20.00 LATE ENTRIES, RECEIVED AFTER 5/22/00
- CONTACT:** Meet Director Don Rose 43 Mc Allister Ave. Kentfield Ca. 94904  
FAX applications available 415 457-8177
- ELEGIBILITY:** All men and women with current 2000 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:** Edwards Field has just been opened after receiving a face lift.
- HEATS:** 5 year age groups where possible.  
**All athletes are subject to drug testing**  
cut along dotted line

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
City/State/ Zip \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
mo day year

Club Affiliation \_\_\_\_\_ Age as of 6/04/2000 \_\_\_\_\_  
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 University of California at Berkeley, 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 June 4th 2000 at Edwards Field Berkeley California.

Date	Signature	Events entered	Best mark	Amount Enclosed \$
1. _____	_____	_____	_____	(Checks payable to NCSTC)
2. _____	_____	_____	_____	Send to Meet Director Don Rose
3. _____	_____	_____	_____	43 Mc Allister Kentfield Ca.94904
4. _____	_____	_____	_____	Events: (8:30 -12:00) 5K walk & run, Hurdles,100
5. _____	_____	_____	_____	800,400 (12:30-3:00) 200,1500.I.H.Field Events
6. _____	_____	_____	_____	(7:30-12:00): Hammer ,P.V.,Shot, L.J Discus
7. _____	_____	_____	_____	(1200-3:00) H.J. Javelin, T.J. Weight throw. Heats
8. _____	_____	_____	_____	start with oldest and work toward youngest
				when ever possible. Open pit in T.J.L.J.

NOTE: Parking at and around the University is limited. If you intend on parking bring at least \$3.00 in Quarters. There are lots in the area, some are open to the public. Entries limited to 150 participants, which may curtail race day sign ups.



# Masters Racewalking

by ELAINE WARD  
(Will resume in the June issue)



JERRY WOJCIK

Rich Friedlander (#813), 55, Missouri, first M55 in the 3000 racewalk with an age-graded 91.6% 13:46.12, National Masters Indoor Championships. James Carmines, 56, Pennsylvania, was second in 14:13.87.

## Dorothy Robarts

by CAROL FINSRUD

I remember Dorothy...she was my roommate in Buffalo, N.Y., for the World Association of Veteran Athletes Championships in 1995.

She was a racewalker. I was a thrower. She was 85-years-old. I was 38-years-old. She started competing in her 80s. I started competing when I was 8.

It was the first WAVA Championships for both of us. We were both excited and nervous, not knowing what to expect, but we were both there to compete.

The weather was very hot in Buffalo, and the dormitories didn't have air-conditioning. Dorothy's ankles had swollen from the long flight from California; I asked her if she would be able to compete tomorrow. Dorothy said that she had trained too hard and had come too far to give up now. So I helped set her up in the bathroom to soak her feet in the sink with cold water and to elevate her feet. It helped a little, but they were still very swollen.

The next day, after a restless night of sweat-soaked sheets, we wished each other our best and went our own way to compete. When we arrived back at our room, we were both world champions. Dorothy was glowing with pride because she had a gold medal around her neck, but she was just as excited about my success, and wanted to know all of the details of my competition.

We became good friends and kept in touch. We had reunions at each year's masters nationals. When I asked Dorothy if she was going to go to South Africa for the WAVA Championships in 1997 she said no, it was too expensive and too far to travel.

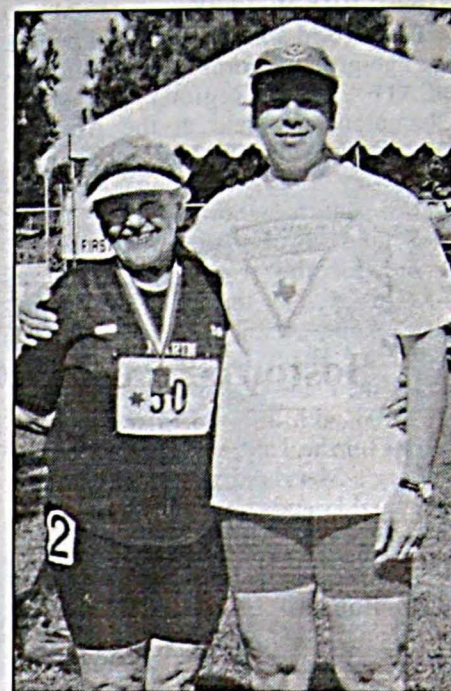
Several months later, she called me. "A friend of mine left me a Certificate of Deposit when she died," she said. "I was saving it for my old age," she told me, "but then I realized, I am already old, so I cashed it in, and I'm going to go to South Africa!"

Dorothy and I went to Durban, where we were both able to repeat our gold medal performances and to enjoy each other's company again; we were masters champions and on top of the world.

A year ago Dorothy had a mild stroke. She was determined to go to Gateshead, England, for the WAVA Championships, so she went through a rigorous rehabilitation program and was able to begin training again.

However, what seemed to be persistent indigestion turned out to be cancer of the pancreas. When Dorothy called to tell me this, she was heartbroken that she would not be able to go to Gateshead, England. She said that she had had such a wonderful time in the sports world.

A week and a half before she died, Dorothy told her son, Donald Jones, that she wanted to go to the track one more time and stand on the finish line. Donald helped Dorothy put on her uni-



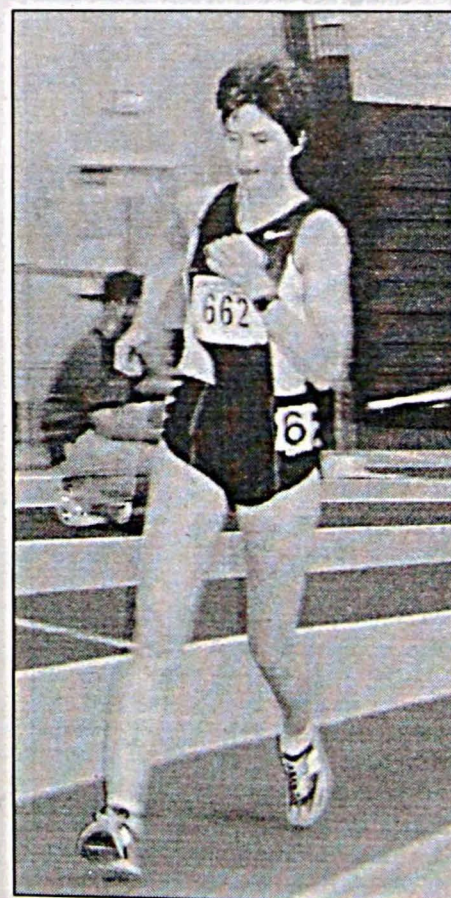
Dorothy Robarts and Carol Finsrud at the 1997 Masters T&F Championships, San Jose, Calif.

form. He escorted her onto the track in a wheelchair with her club coach, Jack Brey, and some of the other club members.

As she stood on the finish line, she decided that she wanted to take a few steps, which she did with support. Donald said, "Dorothy then summoned up strength and started walking in form on her own." She walked all the way around the track.

Dorothy, euphoric and glowing with pride, had made her final victory lap...I will always remember her. □

(Dorothy Robarts, November 23, 1909 - October 21, 1999.)



JERRY WOJCIK

Victoria Herazo, 40, Nevada, W40 winner of the 3000 racewalk with an age-graded 89.6% 13:58.06, National Masters Indoor Championships, Boston.

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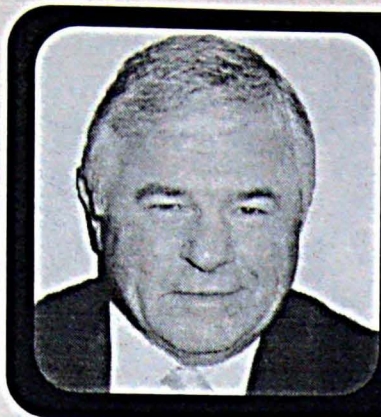


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# Track and Field Report

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

## Boston Shines in 2000 Championships

I am pleased to report that the 2000 National Indoor Championships Meet in Boston was "the best ever." Meet Directors Ed Daniels and Steve Vaitones of the New England Association, utilizing their past experience in hosting such championship events, provided attending athletes an exciting, well-run meet.

Don Austin, chairman of our Championship Events Committee, and appointed committee members contributed greatly to the successful operation. Each member enthusiastically carried out their individual assignments and maintained visibility, assuring the competing athletes that their events would be conducted properly and in a professional manner. This committee will only become better with experience. We can all look forward to a future of well-run championships.

A big thanks to all the New

England and Reggie Lewis facility personnel who were attentive to our needs so that we could attend to our own task of competing. I, for one, look forward to returning to friendly Boston next year.

[masterstf@egroups.com](mailto:masterstf@egroups.com)

It seemed like an eternity of waiting, but masters e-groupers have recently begun participating in some helpful dialogue for aspiring masters athletes. Instead of just devoting time and energy to the politics and finances of masters t&f, a wonderful sharing of training ideas and pro-



SUZY HESS

Finalists in the M35 200 (l to r): Christian Boda, fourth; Orlando Matthews, second (22.78); Mitchell Lovett, first (22.06); Kettrell Berry; and Howard Lindsay, third (23.10), National Masters Indoor Championships.

grams is taking place among the e-group members. If you are not a participant, consider joining the group.

Many of our finest athletes are willing to respond to your inquiries concerning improving performances. The postings make for some very interesting reading. Of course, to be sure, there will still be some political postings, but if you are not interested, you can always use your delete key. □

## TWENTY YEARS AGO May 1980

- Dan Conway (48:47), Sandra Kiddy (59:03) Win National Masters 15K
- 400 Compete in National Masters Indoor Championships, Syracuse, N.Y.
- Survey: Should WAVA Establish Eligibility Standards for World Games?

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# On The Run

by HAL HIGDON

## Running Into the Fog: Workout Turns Into a Surreal Experience

In the early hours before dawn, I ran toward the ocean and found myself entering a charcoal world. I had chosen for my running route Ponte Vedra Beach in northeastern Florida. Because of family commitments on a Sunday morning, I began my run at 5:15 a.m. This meant running in the dark.

On this particular morning, it also meant running in the fog.

Fog rolling off the Atlantic Ocean blanketed the beach. I could barely see the surf rolling across the sand to my right as I ran north. Unlit houses to my left were little more than fuzzy black

shadows against a sky that was the darkest of dark grays. The scene was almost surreal. No other runner graced the beach at this early hour. I was alone – and just a bit frightened!

Fog disorients me. With no viewable horizon, I sometimes have a hard



GEORGE BANKER

Patti Shull, 41, first W40+ and second female overall (37:49) racing with Lorenzo Nelson, #3850, 33, 37:49, and Mark Drosky, 37:51, St. Patrick's Day 10K, Washington, D.C., March 12.

time differentiating down from up. Looking ahead, I tried to focus on the luminescence of the waves to keep me on line, but they offered a moving target. My steps in the wet sand resembled those of a drunken sailor.

### White-Out Conditions

Once on a visit to Arapahoe Basin in Colorado, I challenged my wife Rose to accompany me to the top of that 12,000-foot ski area, somewhat of a legend among skiers because of its difficult runs above the tree line. Rose normally prefers gentler terrain. Explaining that a green ("easiest") trail wound down from the top, I coaxed her onto the chair lift. Skiing off the lift, however, we found ourselves enveloped in fog: white-out conditions similar to the gray-out conditions I later would encounter beside the ocean.

Bravely, I headed downward, telling Rose to follow. But with no horizon, I found myself struggling for balance, tipping one way, then the other. After several falls, I swallowed my male pride and asked Rose to lead so I could see which way was up. Below the tree line and out of the fog bank, I once more regained my balance.

Running through a charcoal world on Ponte Vedra Beach, however, I did not have Rose to guide me. I worried that in my gray daze, I would stumble into the surf and not be able to find my way back to shore. I fantasized myself being carried off to sea on a dolphin's back. I could not read my watch. I could not see any markers indicating my progress.

### Lost Beginners

The day before, I had lectured to a group of runners, part of a class training for a road race, the Gate River Run. Some were advanced runners; others, just novices. All had questions. One beginner asked about shoes; another wanted to know what distances we would run. An experienced runner asked about interval training, and I noticed the eyes of all the beginners glazed over as though in a fog. Was stepping forward into the world of running as frightening to them as step-

ping into that charcoal fog had been for me?

After my talk we went for a 3-mile run. I let the fast runners move ahead, holding back to offer encouragement to some of the slower runners. But I noticed that a few of those who asked questions branding them as beginners had failed to join us.

Those lost beginners haunted my footsteps as I continued my Sunday morning workout. Eventually, I spotted lights ahead on the left, illuminating an oceanfront hotel. Beyond them, I came to a dozen wooden pilings. I walked soon after, uncertain how long or how far I had run, then turned to retrace what steps of mine had survived the surf. The charcoal haze remained, but my confidence increased. By the time I finished, the sky had turned a lighter shade of gray, but there would be no sunrise that morning. After finishing, I discovered I had been out nearly two hours. Who knows how far I ran?

At some point we all get lost in the fog and need guidance. Several days later, I ran on the same beach on a clear and sunny day. The beach was flat, pounded hard by the waves. I ran as smoothly as a dolphin swims, though I still could not forget those lost beginners. I hoped they would find their way through the fog on their own.

### Running Tip

When we start to train – either running for the first time or getting ready for a marathon – we each enter our personal Brave New World. For a total beginner, it means starting a new activity in which you might look foolish.

For persons deciding to run their first marathon, it means committing to an activity that may prove painful and absorb a huge amount of time. For an experienced runner hoping to set a P.R. (Personal Record), it means setting a goal that they may find impossible to achieve. It takes courage to accept new challenges, to set high goals, to risk failure.

Never be afraid to test your courage. □

### SOUTHEASTERN REGIONAL MASTERS TRACK AND FIELD CHAMPIONSHIP & DON BRADY MEMORIAL

Saturday June 24, 2000 Middle Tennessee State University – Murfreesboro, TN  
Open Athletes Olympic Team Trials Qualifier in Four Events  
\*A High Flight Competition\*

#### Morning session

7:30am (w & m) Pentathlon  
7:45 (w) 5000m Run  
(m) 5000m Run  
(w) 5000m RW  
(m) 5000m RW

Note: In order to facilitate the meet we ask that if you participate in several events please report to each in a timely fashion.

#### Mid-morning session (A rolling schedule will be followed)

11:00 (w) Javelin, (m) Javelin, (w) High Jump, (m) High Jump, (w) Pole Vault  
(w) Long Jump, (m) Long Jump, (w) open Long Jump  
(w) Triple Jump (m) Triple Jump, (m) Pole Vault, (w) Shot Put, (m) Shot Put  
(w) Discus, (m) Discus, (m) open Long Jump  
(w) #20 & 16 Weight Throw, (m) #35 & 25 Weight Throw

#### Afternoon and evening sessions (A rolling schedule will be followed)

3:30 pm	80, 100, 110m hurdles	1500m
	100m trials / finals	(w) 3000m
	800m	(m) 3000m Steeplechase
	100 finals (if needed)	400m
	300, 400m hurdles	(w) open 200m
	(w) open 400m h	(m) open 800m
	(m) open 400m h	4 x 100m Relay
	200m	4 x 400m Relay

Fees: \$12.00 first event, \$6.00 each additional event before June 14; June 14 - June 20 \$15.00 first event, \$8.00 each additional event. Relays are free.

No entries accepted after June 20. \$2.00 of the fee is paid to the Southeastern Masters Coordinator. There will be no day-of-meet registration.

Check web site at [www.nashvillestriders.com](http://www.nashvillestriders.com) for entrants.

Awards: Southeastern regional medals to 1st, 2nd, 3rd in each age category. One patch will be given to each registered masters participant. Special USATF medals will be awarded to open athletes and non-regional athletes. Packets: Packets may be picked up at the Shoney's Inn, Friday the 23rd. (6:00 & 9:00pm) and at the track the day of the meet. Events: Some age groups may be combined. In some events, women may be combined with men. Check in with clerk 30 minutes prior to your event. In all events women will precede men. Sanction: The meet is a USATF Regional Championship following USATF and WAVA rules. All US citizens must have a valid 2000 USATF card. USATF cards may be on sale at the meet.

-----tear off and return bottom portion-----

Name: \_\_\_\_\_ Age (day of meet): \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

(Please print clearly)

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Phone number: (\_\_\_\_\_) \_\_\_\_\_ Club Affiliation: \_\_\_\_\_ USATF # \_\_\_\_\_

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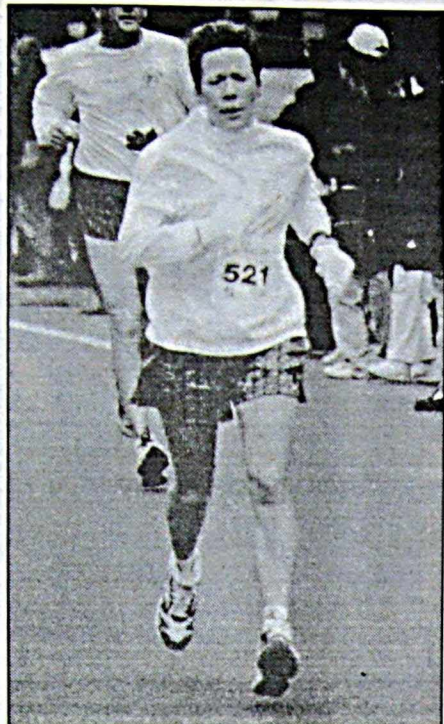
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Waiver: In consideration of the acceptance of my entry into this meet I, hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, employees and the Middle Tennessee State University from any and all claims or damages suffered by me as a result of my participation in or travel to or from events at the meet. I also state that I am physically fit to participate in the meet.

Date: \_\_\_\_\_ Athlete's signature: \_\_\_\_\_

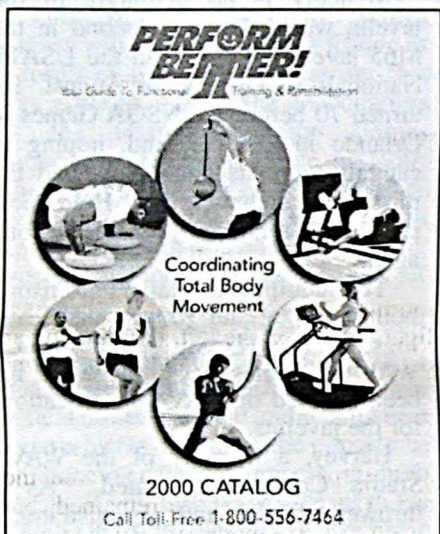
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GEORGE BANKER

Sandra Adams, first W50 (44:46), St. Patrick's Day 10K, Washington, D.C., March 12.



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**FIFTEEN YEARS AGO  
May 1985**

- National Indoor Meet Draws 330 to Sterling, Ill.
- 300 Compete in East Regionals in West Point
- Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record
- Joe McGuire (41, 2:29:34), Miyo Ishigami (50, 3:03:47) Top Masters in Boston Marathon

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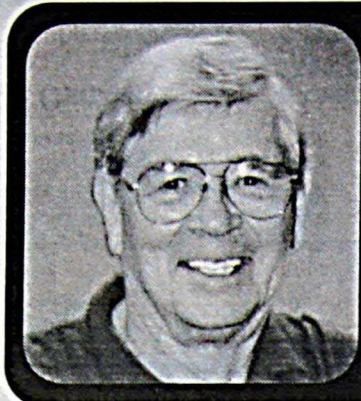
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## The Weight Room

by JERRY WOJCIK

### Revising the Weights – Present and Future

Throwers contributed heavily to the world and U.S. records revised in the Indoor Championships. Mary Bowermaster, 82, of Ohio, who, based on her recent athletic performances, should be the first cloned human, set a W80-84 WR for the 3kg shot put of 6.30 and had three more in the 60m, high jump, and long jump.

Bob Ward, Texas, upped the M65 U.S. records for the 5kg shot from 13.03 to 13.16 and for the 25# weight from 14.89 to 15.46. Oneithea Lewis, New York, increased her W35 U.S. 4kg shot record from 12.37 to 12.77 and added over a meter to the 20# weight record with her 13.63. She is 39; expect a record rampage when she hits 40. Carol Young, W60, Georgia, appended the 16# weight record from 10.05 to 11.16, and the 25# weight record from 6.68 to 7.86, almost four feet.

Other weight records went to Tom Gage, M55, Montana, 35#, 15.76; Betty Jarvis, W80, Oklahoma, 16#, 5.04; and Vernon Spencer, M65, Colorado, 56#, 6.58.

Marks in the superweight, a championship event for at least five years now, will be compared to previous indoor marks and the bests should be approved by the records committee in December 2000 and added to the records listed in the most recent world and U.S. indoor record list, which appeared in the February issue of NMN.

Six throwers were triple winners: Gage, M55; Harry Hawke, M70, California; Lewis, W35; Deborah Ecklund, W40, New York; April Capwill, W45, Pennsylvania; and Roslyn Katz, W55, New York.

### The Future of the Weight

At the Championships, a petition to change the U.S. weights to correspond with the WAVA specified implements (see p. 22 for the WAVA/USATF specs) was circulated among the throwers and signed by 60 of them, the last I heard of it. The signed petition will be included as support in a formal proposal to make the change in the masters rules to be voted on in the 2000 USATF December meeting in Albuquerque.

Among the reasons offered in support of the proposal is the claim that using different implements in our meets than WAVA does weakens us in international weight pentathlon competition and creates the impression that U.S. athletes are non-conforming outsiders (which, by tradition, we are); that both national and international rankings are suspect unless the weight of the implement is indicated in the results to be ranked; and that having 98-year-old Everett Hosack throw the 25# implement as did the 60-year-olds in Boston is not reasonable in light of the fact that all of the other implements get lighter within those age groups. The same for having Betty Jarvis, 84, throw the 16# weight as did the 50-year-old women.

Age grading for the weights is set up for the WAVA weights used in the



SUZY HESS

Michael Shiaras, Arizona, M45 shot put winner (13.44), National Masters Indoor Championships.



SUZY HESS

Dennis Hansen, New York, M45 silver medalist in the shot (12.52), National Masters Indoor Championships.

weight pentathlon, which means that age grading U.S. marks for the M50+ and W60+ groups is meaningless.

USATF adoption of the change would create complications, as does any alteration in the specifications of an event – witness the recent M60 hurdles and the 500g and 700g javelin adoptions. First, some of the pending records mentioned above, as well as some already in the books, will be eliminated after several years. Second, outstanding M50-59 throwers, who will go from the 35# to the 25#, have concerns about bouncing one off the rear walls or endangering other athletes with longer throws, another reason for directors not to schedule the event or put it outside. The latter solution works when the weather is good as it was in Boston this year, but not when the weather is rainy and cold.

At Boston, Gage, 57, heaved the 35# about 51-8; at the Mardi Gras WP in Lafayette, April 1, he threw the 25# 65-3. In three years, he'll be able to throw the 20# indoors if the change goes through. If the implement for the M80+ is reduced from 25# to 12#, more than a 50% reduction, will they throw it twice as far, or will age take its toll?

Weight throwers can think of more pros and cons than I've listed here and should make their positions known to their USATF representatives and masters officers. The Albuquerque meeting will be upon us sooner than we realize.

### The Javelin Dilemma

At Boston, besides the possible change in the weights, the second most popular topic among throwers was the status of the new javelins and was expressed generally like this, "The outdoor season is here and those #\$\$%^&\* javelins aren't available yet." Yes, they are, according to Skip Meneely of Texas, with whom I talked on the phone recently. He has two 500g implements, and they're both different sizes! One, called the "Aussie" is 7-0 long. The other, made in Poland,

is about three inches shorter.

Meneely is no neophyte in the javelin world. He was second in the M65 javelin at age 69 in the USATF Nationals in Orlando in August. He turned 70 before the NSGA Games in Orlando in October, and, hoping to capitalize on his natal luck, had the misfortune of having Bud Held show up, which rendered Meneely second again.

T&F equipment retailers are listing both the 500g and 700g in their catalogs, but Rex Harvey, one of our U.S. WAVA delegates, says that he has not been notified of WAVA specifications for the javelins.

Harvey, a member of the WAVA Stadia Committee, stated, "As a thrower, official, and administrator, I have worried a lot about this lack of specifications, and it does not seem to be coming to any conclusion. I have collected quite a bit of material on the subject by contacting the U.S. (and Asian) suppliers of this kind of equipment and those in the technical implement specification community all over the world and at all levels.

"I have spent hours and hours in telephone conversations, and exchanged maybe a hundred e-mails on the subject with concerned athletes, and with the even more concerned implement manufacturers and distributors. Many expected an answer from me, but I pointed out that it was not my decision to make, but Jim Blair's, as the WAVA Vice-President-Stadia. I fully expected him to bring the matter up to the WAVA Council in Brisbane for a final decision. However, it appears that he did not. We need some positive action, and we need it quickly, or WAVA will suffer further loss of credibility from this unfortunate state of affairs."

In the days of individual phone calls, mail and fax, international committee work was sluggish. But this is the cyber age. Worldwide communication can be nearly instantaneous, but only if you choose to push the right buttons. □

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# NSGA Report

by **BILL BANKHEAD**  
President & CEO, 2001 Summer  
National Senior Games Local  
Organizing Committee

National  
Senior Games  
Association

## National Senior Games and National Masters Championships To Be Held Back-to-Back at LSU

Louisiana State University (LSU) in Baton Rouge, La., will be the hub of the 2001 Summer National Senior Games – The Senior Olympics, which will take place July 14-28, 2001. LSU will host nearly all the Games' sports, including track & field.

The track & field events will be held the first week of the Games. During the second week of the Games, the newly renovated LSU track will also be the host site of the 34th annual USATF National Masters Championships.

The Summer National Senior Games will be held in Baton Rouge as a result of part of an agreement that was made to relocate the headquarters of the National Senior Games Association to Baton Rouge in 1997. The USATF National Masters Championships will take place in Baton Rouge as a result of a host-city bidding process that occurred at the end of 1998.

The fact that both of the events will take place in Baton Rouge within days of each other will be beneficial to track & field athletes age 50 and older, since these athletes will have the opportunity to conveniently compete in both events. It will also be beneficial to the athletes that both events will take place at a world-class track & field facility.

LSU track & field has been in the spotlight as far back as 1933, when a five-man team, which included Olympians Slat Hardin and Jack Torance, won the national championship. Most recently, under the tutelage of internationally recognized coach, Pat Henry, LSU has produced some of the finest track & field athletes in the nation, including several Olympians, and has won 22 SEC conference and 19 NCAA national titles.

LSU's Bernie Moore Track is unquestionably one of the finest facilities in the United States, having been the host site of numerous invitationals, AAU Championships, NCAA collegiate meets, conference championships and national championship meets. The facility itself is something to see, with every inch of the track and infield completely covered with the latest Martin surface.

The facility encompasses a 400-meter nine-lane track, a 100-meter nine-lane straightaway on the infield, six vaulting and two jumping pits and two high-jump areas. The adjacent area for field events holds multiple shot, discus, hammer and javelin throwing areas.

The running and field events both can be viewed from the same 5500-

seat concrete track stadium. The newly installed, state-of-the-art scoreboard displays results of the Lynx scoring system, names, splits, finals, and all of the amenities expected at a world-class facility.

Because summer temperatures are always a concern south of the Mason-Dixon Line, the organizers have booked the air-conditioned Carl Maddox Field House, which is adjacent to the track and houses a 200-meter indoor Tartan surface track, a spacious infield and surrounding areas for warm-up and cool down. Additionally, this facility will be used for staging, medical services, officials' hospitality and other auxiliary operations.

To further eliminate heat-related problems, the events are being scheduled to begin early in the morning, with down time during the middle of the day and then more events in late afternoon and at night. Water misters will be used on long races, and plenty of ice and water will be available along with track-side medical attention.

Although the USATF National Masters Championships will be hosted by the Baton Rouge Sports Foundation, it will be conducted by many of the same LOC staff, officials and volunteers who will conduct the National Senior Games track & field events the previous week.

A further tie with the National Senior Games will be common use of the same registration and other support services and an invitation to USATF athletes to join in the National Senior Games Celebration of Athletes. This entertainment event will take place Sunday evening, July 24, in the famous Tiger Stadium (known in the football world as Death Valley). The entertainment is scheduled to be an extravaganza capable of filling the 80,000 seats in the stadium.

In order to be capable of hosting and conducting the vast array of first-class meets that have been held at the Bernie Moore Track over the years,

LSU has developed one of the finest groups of volunteer officials in the nation. These officials, supplemented by some USATF stalwarts, will officiate both meets. They will be supported by local volunteers who will provide medical services, communications, and computer services, plus hospitality and all other services required to conduct a world-class event.

When you combine the history of the institution, the amenities of the facility, the capability of the officials, the trained volunteers, the services, and the entertainment offered by hosting the USATF National Masters Championships with the Summer National Senior Games – the Senior Olympics, Baton Rouge should be the place to be in 2001.


As president and CEO of the 2001 Summer National Senior Games Local Organizing Committee and as a former LSU track & field letterman myself, I am delighted that the leadership of USA Track & Field, the Baton Rouge Sports Foundation and the National Senior Games Association have decided to host these events back-to-back at LSU.


The other members of the LOC and I certainly look forward to doing everything possible to ensure the athletes of both organizations that they will have a great meet and the opportunity to "pass a good time in Baton Rouge." □

USATF


NATIONAL MASTERS  
INDOOR CHAMPIONSHIPS

Boston





SUZY HESS  
Vincent Malizia, California, broke M85 world records in the 800 with a 3:46.96 and the mile with an 8:33.41, National Masters Indoor Championships.



## Portland Masters Classic

June 17 & 18, 2000

Sponsored by the Portland Masters Track Club

Held at Mt. Hood Community college 26000 SE Stark, Gresham OR

Ages 30 & over – For more information, contact Jim Puckett, 503-653-1214

Saturday, June 17th			Sunday, June 18th		
Track Event	Time	Field Event	Track Event	Time	Field Event
	10:00 am	Pole Vault - Men & Women Shot Put, Women-North Ring, Men-South Ring	300 IM Hurdles, M&W	10:00 am	Triple Jump, M&W, Hammer Throw Men followed by Women, older to younger
2/3K Stoopelchase Women and Men	11:00 am	Long Jump, Women - older to younger High Jump, Men-30 to 49	400 IM Hurdles, Men	10:20 am	
5000 m Racewalk Women and Men	12 noon	Javelin, Women-older to younger	200 m Dash, M&W	11:00 am	High Jump, women and Men 50+
80 m High Hurdles Women and Men	1:00 pm	Long Jump, Men-older to younger	800 m Dash, M&W	12 noon	Discus Throw Men followed by women, older to younger
100 m High Hurdles Women and Men	1:20 pm		5000 m Run, M&W	1:00 pm	
100 m Dash * Women and Men	1:45 pm	Javelin, Men-older to younger	Age graded 100m Dash All W & M winners from Sat. 100 m Dash	2:30 pm	Weight Throw Men followed by women, older to younger
1500 m Run Women and Men	2:45 pm		4 x 100 m Relay	3:00 pm	
400 m Run Women and Men	3:45 pm		4 x 400 m Relay	3:15 pm	
			4 x 800 m Relay	3:30 pm	

\* Winners of each division are eligible for age-graded 100 m dash on Sunday

Normally, running events begin with women, and are older to younger

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port, hair dryer, coffee maker.

**Meet Headquarters:** Rama Inn & Suites.  
**Packets:** Available at Rama Inn, Fri. June 16th, 6-8 PM and at Mt. Hood C.C. starting at 8:30 AM both days.  
**Concessions:** Food concession available during the meet.  
**Reception:** PMTC invites you to share provided refreshments at the end of the events on Saturday held at the stadium. Please let us know if you plan on partaking by signing up on Entry Form.

### Entry Form – Portland Masters Classic-2000

Please Print

Name \_\_\_\_\_ Age(6/17/00) \_\_\_\_\_ Birth Date / / \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club Affiliation \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Events	Best '99-00 Mark	T-shirt Size	Attend Reception?
1. _____	_____	— S _____	Yes _____
2. _____	_____	— M _____	No _____
3. _____	_____	— L _____	Number of people _____
4. _____	_____	— XL _____	
5. _____	_____	— XXL _____	
6. _____	_____		

#### Entry Fees

1 Event \$10 \_\_\_\_\_

2 Events \$15 \_\_\_\_\_

Each add'l event \$3 ea \_\_\_\_\_

T-Shirt \$10 ea \_\_\_\_\_

Late fee after 6/9/00 \$5 \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

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



**DOUGLAS PECK**  
Barbara Miller, 60, Modesto, Calif., third woman overall, with a W60 U.S. record 33:22, Fifty-Plus Fitness Association 8K, Stanford, Calif., March 19.



**DOUGLAS PECK**  
Michael Dove, 53, Salinas, Calif., winner (27:30) of the Fifty-Plus Fitness Association 8K, Stanford, Calif., March 19.

## Dove, Grafius First in Fifty-Plus 8K

by MARK WINITZ

STANFORD, Calif. – About 500 participants completed the 17th annual Fifty-Plus Fitness Association Road Race and 5K Walk at Stanford University, Mar. 19, the culminating event of a weekend slate of activities for senior adults age-50-and-over.

Mike Dove, 53, Salinas, Calif., won

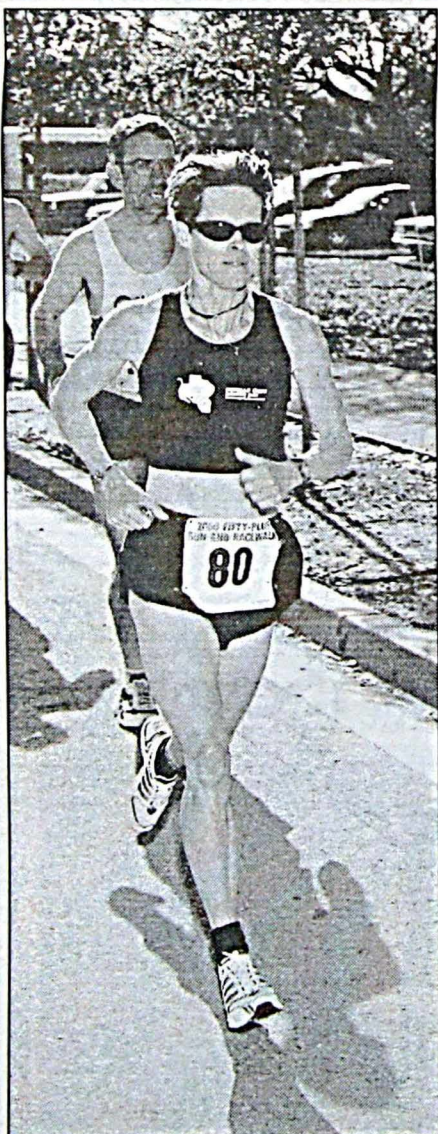
the men's 8K race in 27:30. DeeDee Grafius, 50, Modesto, Calif., topped the women in 31:40. The race, held under sunny and mild conditions, served as the age-50-and-above championship for the Pacific Association of USA Track and Field.

This race is historically one of the world's finest examples of senior fitness for the 50+ age group population. This year was no exception as three women set new U.S. age records. Barbara Miller, 60, of Modesto, who placed third female in 33:22, broke the U.S. standard for W60. Former Fifty-Plus race champion and course record-holder, Shirley Matson, Larkspur, Calif., placed second among women, setting a new U.S. W59 single-age record (32:26). Vicki Bigelow, 64, San Lorenzo, Calif., also set a new U.S. women's single-age record of 37:10.

Dove, who recorded his third consecutive men's win here since turning 50, was followed by Jim Gorman, Palo Alto, Calif., in 27:41, who also placed second last year. This year's oldest 8K finisher was Ralph Jago, 89, who finished in 1:06:47. The 5K racewalk winners were Shoja Torabian, 51, Larkspur, Calif., in 25:20 and Shirley Dockstrader, 67, Mill Valley, Calif., in 31:13.

During the weekend's festivities, Ben Parks, longtime coach at nearby Menlo-Atherton High School, was awarded the annual Emil Zatopek Award by the Fifty-Plus Fitness Association for his outstanding contributions to the sport and senior fitness. Miriam Nelson, Ph.D., of Tufts University, author of *Strong Women, Strong Bones*, was the keynote speaker at the association's annual pre-race banquet.

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. □



**DOUGLAS PECK**  
DeeDee Grafius, 50, first woman (31:40), Fifty-Plus Fitness Association 8K, Stanford, Calif., March 19.

## Simon Karori and Tatyana Pozdnyakova Win Shamrock Sportsfest Masters 8K

by SUSANNAH BECK

The Shamrock Sportsfest Masters 8K, March 18, featured fast performances on a beautiful course through the Virginia Beach resort area. Simon Karori, 40, of Kenya, prevailed, leading 682 finishers in 23:45. Last year's winner, John Tuttle, 41, Douglasville, Ga., 24:36, held off South African David Chawane, 40, for second place.

Crowd favorite Bill Rodgers, 52, Boston, mastered the 50+ field in 27:28, although Steve Ruckert, 50, Woodbine, Md., gave a good fight in 28:19. Amit Neeman, 26:51, helped his team, the Carolina Godivas, to edge the Tidewater Striders, runner-ups again, in a close contest, 142:08 to 142:47 for three-person totals.

Tatyana Pozdnyakova, 45, of Ukraine continued her string of masters victories with 27:51, repeating her 1999 win here. Runner-up Claudia Kasen, 43, San Antonio, Texas, 29:58, led her Colonial Road Runners to the women's team championship (174:35). Local hosts, the Tidewater Striders, were second, in 191:20. Division winners Catherine Wines, 50,

Chapel Hill, N.C., 33:33, and Suzie Kluttz, 63, Winston-Salem, N.C., turned in additional high-quality performances.

The marathon saw 1517 finishers. Charlie Andrews, 42, Rochester, N.Y., stepped lively to a 2:33:15. Jeff Martin, 42, Huntington, Mich., was a nearby second at 2:35:27. Mel Williams, 60, Norfolk, Va., impressed with 3:04:40.

Mary Burns-Prine bested the women's field in 2:53:47, only two minutes off the overall winning time, 2:51:24 by Roxi Erikson, Omaha, Nebr., and third overall.

Sheri Segal, 42, Virginia Beach, Va., was the W40 bridesmaid at 3:05:18. Betty Scott, 52, Graham, N.C., outshone the W50 field in 3:25:33.

The Tidewater Striders won both men's and women's masters team divisions, with three-person totals of 8:23:35 and 9:48:09, respectively.

The race was organized by the Tidewater Striders R.C. as part of their Grand Prix series of road races. Bud Light and Alltel were major supporters. □

## Larsen, Trinkner and Druckrey Star in USATF Midwest Regionals in Illinois

by JERRY WOJCIK

Mel Larsen and hurdlers Clarence Trinkner and Stan Druckrey were the stars in the USATF Midwest Regional Masters Indoor Championships, Glenview, Ill., March 18.

Larsen, 75, the 1999 USATF Masters Male Athlete of the Year, broke the M75-79 long jump world record with a pending 4.39/14-5. The present record is held by Ed Lukens at 4.30/14-1¼ in 1998. Larsen also ran the 55H in an age-graded 100% 9.6 and the 200 in an A-G 90.4% 30.4.

Druckrey, 51, ran the 55H in 7.9, an A-G 96.8%, and Trinkner, 68, ran a 9.7, an A-G 93.4%.

In the distance races, Carl Clark, 36,

was the top performer with an 85.9% 2:02.7 win in the 800 and another victory in the 1500 with an 84.4% 4:12.4.

Ron Summers 47, won the M45 shot put with a meet's best 15.16/49-9, an A-G 84.4%.

Ruth Welding, 44, with an 84.3% 35-6½ with the 20-lb. weight, and Lorna Bauer, 77, with an 82.8% 10.5 in the 50m, were the standout women performers.

To prevent crashes into a wall at Glenbrook South H.S., the meet site, the 50m was run instead of the 55m or national championships 60m distance. The track was a 160m rubberized surface. No spikes were allowed. □

## May 12 is Deadline to Submit Results for 2000 Indoor Rankings

by JERRY WOJCIK  
*Masters T&F Rankings Coordinator*

If your best marks for the 2000 indoor season have not appeared in the results sections of the National Masters News by this issue, send them, in meters for field events, with documentation (name of meet, site, contact person, etc.) before May 12 to the appropriate rankers below. The marks will be included in the McMahan Family Trust Indoor Rankings to be published in the July issue.

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

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

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

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

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





## PENDING AGE GROUP RECORDS, USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 24-26

Pending Age Group Records, USATF National Masters Indoor T&F Championships, Boston, Mass., March 24-26

### World Records

Event	Age	New Mark	Name	Old Mark	Held By
60m	M75	8.67	Mel Larsen	8.92	John O'Neil
60m	W75	11.08	Mary Holland	11.33	Gunni Svensson
60m	W80	11.52	Mary Bowermaster	14.38	Pearl Mehl
200m	M75	29.57	Mel Larsen	29.82	Gerhard Herbst
200m	W35	25.04	Althea Morris	25.29	Jocelyn Kirby
200m	W60	31.03	Kathy Bergen	31.6	Joan Ogden
400m	M40	49.90	Ray Blackwell	50.15	Fred Sowerby
400m	W65	76.56	Audrey Lary	80.38	Toni Borthwick
800m	M50	2:03.55	Nolan Shaheed	2:05.8	Ken Baker
800m	M85	3:46.96	Vince Malizia	5:33.18	Harold Massey
Mile	M50	4:35.51	Nolan Shaheed	4:37.57	Al Swenson
Mile	M75	6:38.54	John Hosner	6:42.03	John McManus
Mile	M85	8:33.41	Vince Malizia	12:06.13	Harold Massey
Mile	W45	5:20.76	Kathy Martin	5:25.4	Marilyn Harbin
Mile	W55	5:49.42	Joan Ottaway	5:51.0	Margaret Miller
3000m	M45	8:46.26	Richard Burns	8:46.80	Renato De Palmas
3000m	M85	18:54.49	Dudley Healy	---	---
3000m	W45	10:34.93	Kathy Martin	10:41.0	Dot Fellows
3000m	W55	11:25.05	Joan Ottaway	11:42.90	Gerda Van Kooten
60mH	M40	7.96	Karl Smith	8.15	Stan Druckrey
60mH	M60	9.41*	Emil Pawlik	---	---
60mH	M65	10.56*	William Clark	---	---
60mH	M70	9.89	James Stookey	10.23	Mel Larsen
60mH	M75	10.15	Mel Larsen	11.05	Ed Lukens
4x400m	M40	3:31.04+	Sprint Force America	3:33.3	USA
4x400m	W30	4:40.16+	Atoms TC	---	---
4x400m	W50	5:14.23+	Liberty AC	---	---
4x400m	W60	6:28.02+	NESO	---	---
4x800m	W30	11:01.44+	Atoms TC	---	---
4x800m	W50	13:04.54+	Bohemia TC	---	---
HJ	W80	0.90m	Mary Bowermaster	0.80m	Margareta Sarbana
PV	W50	3.06m	Phil Raschker	3.05m	P. Rascher
PV	W60	2.50m	Barbara Cleveland	2.44m	Joy McDonald
LJ	M75	4.31m	Mel Larsen	4.30m	Ed Lukens
LJ	M75	3.10m	Mary Holland	2.98m	Mary Holland
LJ	W80	2.49m	Mary Bowermaster	---	---
TJ	M85	6.11m	Clarence Trahan	5.48	James Elliott
TJ	W65	7.82	Audrey Lary	7.71	Elsa Enarsson
SP	W80	6.30m	Mary Bowermaster	5.75	Katherine Gradick
3000mRW	W45	14:43.70	Sally Richards	15:22.71	Janet Comi
Pent	M60	4277	Emil Pawlik	4251	Phil Mulkey
Pent	M75	3033	Ed Lukens	2773	Ham Morningstar
Pent	W50	4368	Phil Raschker	3257	Marlene Sachs

\* Bests; new specification hurdles

+Bests

### U.S. Records

60m	M70	8.41	Harry Brown	8.45	Mel Larsen
60m	M85	11.31	Clarence Trahan	11.33	Russell Randall
60m	W35	7.87	Althea Morris	7.88	Charlene Landrum
60m	W65	9.64	Audrey Lary	10.03	Pat Peterson/Nikki Ryan
200m	M70	27.75	Harry Brown	28.00	Payton Jordan
200m	W65	33.74	Audrey Lary	35.08	Pat Peterson
400m	M70	63.71	Harry Brown	65.27	Rodney Brown
400m	W35	56.66	Althea Morris	---	---
400m	W50	66.61	Phil Raschker	71.93	Debbie Stiles
800m	W35	2:22.09	Rebecca Heuer	---	---
800m	W40	2:22.67	Patti Ford	2:22.7	Barbara Pike
Mile	M65	5:26.58	Ino Cantu	5:27.65	Paul Heitzman
Mile	W40	5:02.56	Christine Gregorek	5:11.11	Patti Ford
3000m	M50	9:03.82	Nolan Shaheed	9:13.40	Harry Nolan
3000m	W40	10:04.93	Patti Ford	10:05.32	P. Ford
60mH	W35	9.43	Anne Jennings	9.47	Charlene Landrum
HJ	W35	1.70m	Anne Jennings	1.62m	Skipper Clark
HJ	W40	1.55m	Kimberly Harrell	1.54m	Phil Raschker
HJ	W60	1.25m	Evelyn Wright	1.25m ties	Leonore McDaniels
HJ	W60	1.25m	Barbara Cleveland	1.25m ties	---
LJ	M85	3.10m	Clarence Trahan	2.77m	James Elliott
LJ	W60	3.92m	Barbara Cleveland	3.84m	Betty Vosburgh
TJ	W60	8.18m	Evelyn Wright	8.07m	Audrey Lary
SP	M65	13.16m	Bob Ward	13.03m	Len Olson
SP	W35	12.77m	Oneitha Lewis	12.37	O. Lewis
WT	M55	15.76m	Tom Gage	14.05m	Dick Hotchkiss
WT	M65	15.46m	Bob Ward	14.89m	Bill Walmroth
WT	W35	13.63m	Oneitha Lewis	12.51m	Sarah Boslaugh
WT	W60	11.16m	Carol Young	10.05m	Bernice Holland
WT	W80	5.04m	Betty Jarvis	4.69m	Katherine Gradick
SW	M35	11.08m*	Troy Herr	---	---
SW	M55	9.86m*	Tom Gage	---	---
SW	M65	6.58m	Vern Spencer	6.49	Austin Baggett
SW	M85	3.18m*	Bob Detweiler	---	---
SW	W35	8.07m*	Oneitha Lewis	---	---
SW	W60	7.86m	Carol Young	6.68m	Evelyn Wright
SW	W65	6.60m*	Audrey Lary	---	---
SW	W70	5.41m*	Lillian Snaden	---	---
3000mRW	W50	16:17.84	Tish Roberts	16:47.70	Jackie Reitz

\*Bests; record to be determined when sufficient data accumulated



SUZY HESS

All six women pentathletes in the National Masters Indoor Championships, Boston (l to r): Liz Johnson, W40 first; Sandra O'Brien, W45 second; Denise Jones, W35 first; Phil Raschker, W50 first; Mary Trotto, W50 second; and Irene Thompson, W45 first.

## National Championships

Continued from page 1

records. Shaheed broke world records in the 800 (2:03.55) and New Balance Mile, 5:02.56 to 5:06.95, both times breaking Ford's record of 5:11.11.

After the meet, Shaheed talked about his performances, "I was going for the 3000 world record but ran the first mile about seven seconds too fast in 4:40 and realized that if I held that pace, it would be difficult to complete the triple, so I backed off."

About his mile and 800 records, he said, "I was confident in the mile Saturday because I was three seconds off the record in my first mile in the 3000 Friday evening and had run a 4:07 1500 a week before. I felt I could go under 2:01 in the 800 on Sunday, but I wasn't sure how much the previous races had taken out of me, so I decided to shoot for 2:04. I wanted to run the first 400 in 60-61 but lost concentration and came by in 62. I almost panicked but picked up the pace and ran negative splits."

Distance records were successfully challenged by other runners. Kathy Martin, W45, of New York, ran world records (10:34.93) in the 3000 and in the New Balance Mile (5:20.76).

After the championships, she said, "The mile was exciting, but the high point was to be in a race with running legend Joan Ottaway. I had hoped to run with the W40. I was not sure I could do it without somebody pushing, but ran consistent times after a too-fast first lap, which I may have paid for in the last part of the race. My husband owes me a trip to Paris for the 3000 record and a trip to Italy for the mile. Who says talk is cheap?"

Ottaway, W55, of California, broke world records in the 3000 (11:25.05) and New Balance Mile (5:49.42).

Patti Ford, of New York, left Boston with W40 U.S. records in the 800 (2:22.67) and 3000 (10:04.93), but may

have paid for them with a loss to Christine Gregorek in the New Balance Mile, 5:02.56 to 5:06.95, both times breaking Ford's record of 5:11.11.

Of her 3000 race, Ford said, "My plan was to go out with a 3:20 for the first 1000 and then try for 6:40 for the second and see what I had left in the last 1000 or 800. I was on pace at 2000, but when I picked up the pace at 800, it was clear that I'd better wait another lap or two to kick."

While some records were erased by a few seconds or centimeters, others were obliterated by minutes or a meter. Vince Malizia, M85, of California, ran a world record 3:46.96 in the 800, for which the standing record is 5:33.18, and an 8:33.41 in the New Balance Mile; the present record is 12:09.13. Tom Gage, M55, of Montana, threw a national record 15.76 with the 35# weight; the record is 14.05. Carol Young, W60, of Georgia, hit the 11.06 mark with the 16# weight; the record is 10.05.

There were some surprises. Donald Neidig, M55, of New Mexico, proved that his win in 7.82 in the 60 was no fluke by winning the 200 in 25.05 from strong fields. Christel Miller, W65, of California, pulled up with a hamstring injury in the 60H in the pentathlon, where she had been planning on a record, but recovered to take the regular shot put with an 8.00.

Anselm LeBourne, the 1999 USATF M40 Track Athlete of the Year, better known as an 800 and 1500 runner with a come-from-behind kick displayed twice at Gateshead, showed up for the 3000 on Friday. Commenting on that race and the 800, he said, "I decided to try the difficult double in the 3000 and 800 because no M40 had ever won both in a championships. The 3000 was tough because I was out of my comfort zone and racing against Craig Fram, the U.S. record holder. I won it in 8:42.76

Continued on page 20



*New Balance Athletic Shoe Company  
congratulates USA Track & Field - New England,  
the officials, volunteers and all participants,  
on the success of the 2000 National  
Masters Indoor Track & Field Championships.*



*We especially recognize all those participants who went faster, higher and farther  
with new World and National records in their events.*

**Faster**

60 meter	W35	Althea Morris	7.87	AR
	W65	Audrey Lary	9.64	AR
	W75	Mary Holland	11.08	WR & AR
	W80	Mary Bowermaster	11.52	WR & AR
60 meter	M70	Harry Brown	8.41	AR
	M75	Melvin Larsen	8.67	WR & AR
	M85	Clarence Trahan	11.31	AR
60m High Hurdles	W35	Anne Jennings	9.43	AR
60m High Hurdles	M40	Karl Smith	7.96	WR & AR
	M70	James Stookey	9.89	WR & AR
200 meter	W35	Althea Morris	25.04	WR & AR
	W60	Kathy Berges	31.03	WR & AR
	W65	Audrey Lary	33.74	AR
200 meter	M70	Harry Brown	27.75	AR
	M75	Melvin Larsen	29.57	WR & AR
400 meter	W35	Althea Morris	56.66	AR
	W50	Phil Raschker	1:06.61	AR
	W65	Audrey Lary	1:16.56	WR & AR
400 meter	M40	Ray Blackwell	49.90	WR & AR
	M70	Harry Brown	1:03.71	AR
800 meter	W35	Rebecca Heuer	2:22.09	AR
	W40	Patricia Ford	2:22.67	AR
800 meter	M50	Nolan Shaheed	2:03.55	WR & AR
	M85	Vincent Malizia	3:46.96	WR & AR
Mile	W40	Christine Gregorek	5:02.56	AR
	W45	Kathryn Martin	5:20.76	WR & AR
	W55	Joan Ottaway	5:49.42	WR & AR
Mile	M50	Nolan Shaheed	4:35.51	WR & AR
	M65	Ino Cantu	5:26.58	AR
	M85	Vincent Malizia	8:33.11	WR & AR
3000 meter	W40	Patricia Ford	10:04.93	AR
	W45	Kathryn Martin	10:34.93	WR & AR
	W55	Joan Ottaway	11:25.05	WR & AR
3000 meter	M50	Nolan Shaheed	9:03.82	AR
	M85	Dudley Healy	18:54.49	AR
3000m Racewalk	W45	Sally Richards	14:43.70	WR & AR
	W50	Tish Roberts	16:17.84	AR
4x400 meter	W30	Atom TC	4:40.16	WR & AR
	W50	Liberty AC	5:14.23	WR & AR
	W60	New England Assn.	6:28.02	WR & AR
4x400 meter	M40	Spring Force America	3:31.04	WR & AR
4x800m	W30	Atoms TC	11:01.44	WR & AR
	W50	Bohemia TC	13:04.54	WR & AR

**Higher**

High Jump	W35	Anne Jennings	1.70 m	AR
	W40	Kimberly Harrell	1.55 m	AR
	W60	Barbara Cleveland	1.25 m	AR
	W60	Evelyn Wright	1.25 m	AR
	W80	Mary Bowermaster	0.90 m	WR & AR
Polevault	W50	Phil Raschker	3.06 m	WR & AR
	W60	Barbara Cleveland	2.50 m	WR & AR

**Farther**

Long Jump	W60	Barbara Cleveland	3.92 m	AR
	W75	Mary Holland	3.10 m	WR & AR
	W80	Mary Bowermaster	4.49 m	WR & AR
Long Jump	M75	Melvin Larsen	4.31 m	WR & AR
	M85	Clarence Trahan	3.10 m	AR
Triple Jump	W60	Evelyn Wright	8.18 m	AR
	W65	Audrey Lary	7.82 m	WR & AR
Triple Jump	M85	Clarence Trahan	6.11 m	WR & AR
Shot Put	W35	Oneithea Lewis	12.77 m	AR
	W80	Mary Bowermaster	6.30 m	AR
Shot Put	M65	Bob Ward	13.16 m	AR
Weight	W35	Oneithea Lewis	13.63 m	AR
	W60	Carol Young	11.16 m	AR
	W80	Betty Jarvis	5.04 m	AR
Weight	M55	Tom Gage	15.76 m	AR
	M65	Bob Ward	15.46 m	AR
Super Weight	W35	Oneithea Lewis	8.07 m	WR & AR
	W60	Carol Young	7.86 m	WR & AR
	W65	Audrey Lary	6.60 m	WR & AR
	W70	Lillian Snaden	5.41 m	WR & AR
Super Weight	M35	Troy Herr	11.08 m	WR & AR
	M55	Tom Gage	9.86 m	WR & AR
	M65	Vern Spencer	6.58 m	WR & AR
	M85	Bob Detweiler	3.18 m	WR & AR

**Faster, Higher, Farther**

Pentathlon	W50	Phil Raschker	4368 pts	WR & AR
Pentathlon	M60	Emil Pawlik	4277 pts	WR & AR
	M75	Edwin Lukins	3033 pts	WR & AR

*Note: All records are pending ratification at the Annual Meeting of USATF in December 2000.*



# National Championships

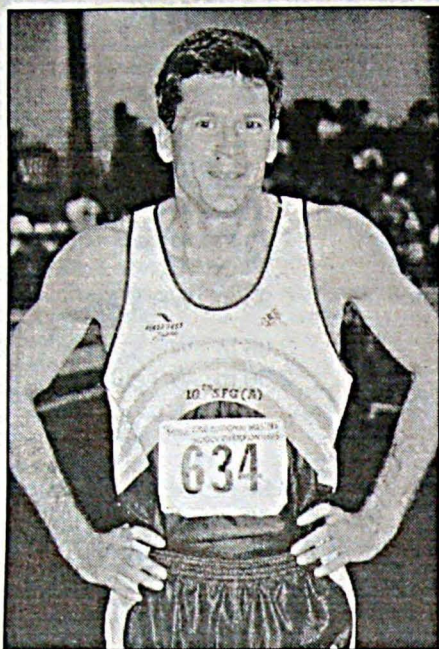
Continued from page 18

with Fram second in 8:43.73, and later took the 800 in 2:00.34 to become the first M40 to win both."

Ray Blackwell, 41, of Delaware, who did not compete here last year, won the M40 400 with a world record 49.40,

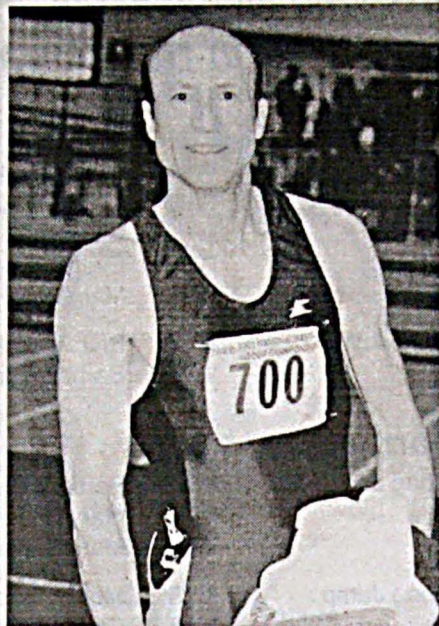
below the 50.15 by Fred Sowerby in 1992.

World bests in the 4x400 relay were set by the Sprint Force America M40-49 team (3:31.04); Atoms TC W30-39 team (4:40.16); Liberty AC W50-59 team (5:14.23); and the NESO W60-69



SUZY HESS

Carl Clark, of Canada, first M35 in the 800 (2:00.79) and mile (4:25.02), National Masters Indoor Championships, Boston.



JERRY WOJCIK

Don Neidig, New Mexico, M55 winner of the 60m with an age-graded 94.7% 7.82 and the 200 with an A-G 92.3% 25.05, National Masters Indoor Championships, Boston.



SUZY HESS

Medalists in the M50 triple jump (l to r): Michael Milove, silver (10.66); Ivan Black, gold (10.66), and Roger Crockett, bronze (10.45), National Masters Indoor Championships. Black's second-best jump was longer than Milove's, so he got the gold.

team (6:28.02). The Atoms TC W30-39 quartet (11:01.44) and Bohemia TC W50-59 squad (13:04.54) ran world bests in the 4x800.

Emil Pawlik, M60, of Mississippi, was the top men's scorer in the pentathlon with a world-record 4277. Ed Lukens, M75, of New York, also hit a record total of 3033.

Sally Richards, of Colorado, lowered the W45 3000 racewalk world record from 15:22.71, by Janet Comi, of Pennsylvania, to 14:43.70. Comi was second in 15:41.78. Tish Roberts, of Indiana, took half a minute off the W50 U.S. record with a 16:17.89.

The top performing racewalker was M55 winner Rich Friedlander, 55, of Missouri, with an age-graded 91.6% 13:46.12.

Some interesting sidelights: 14 world and U.S. bests were recorded in the

60H, superweight, and relays; the only division that had no double winners was the M45; there were no competitors in the women's 60H or pentathlon after W50; the oldest competitor was Everett Hosack, of Ohio, 98; and all eight M60 finalists in the 60 finished with an international-class 90% age-grading, led by winner Harold Tolson, 62, of California, with a 99.7% 7.80, and second-place Larry Colbert, 63, of Maryland, with a 99.6% 7.87.

Peter Taylor did the announcing for the three days. The Championships were hosted and organized by USATF New England.

New Balance, M-F Athletic Company, American Track & Field, and Dunkin' Donuts were the primary sponsors. Next year's Championships will return to the Reggie Lewis Center in late March. □

## BIRMINGHAM TRACK CLUB CLASSIC

(in conjunction with the Southeastern Police and Fire Championship)

DATE June 10, 2000  
 SITE Hoover High School, Birmingham, AL  
 FACILITIES Eight lane Chevron track, Chevron jump and grass runways.  
 AGE DIVISIONS Masters (Age 30 and over) men and women will compete in five year age groups. Open and Youth (18 and under).  
 ENTRY FEES Entries must be postmarked by June 2, 2000  
 • \$10 first event  
 • \$5 each additional event  
 • \$10 each relay  
 • \$25 Mini Decathlon (one medal)  
 Late registration (Including day of meet, one hour prior to running events)  
 • \$10 per event  
 • \$20 each relay

DIRECTOR Gordon Seifert (205) 879-8031 E-Mail GESEIF@AOL.COM  
 BTC Web Site For entry form, entry list, etc. WWW.birminghamtrackclub.org

SPECIAL AWARDS-One per entry  
 \$100 KC 100m DASH - Top eight age graded times run a distanced handicapped 100M  
 \$50 Jim Law 400m DASH - Top age graded 400m time  
 \$50 Joe Keshmiri Award - Top age graded shot put  
 \$50 MINI DECATHLON - Select any five of the ten events  
 TRAK SHAK AWARD (3) Top Age Graded Track and top AG Field performance.  
 • TOP OPEN 4 X 400 RELAY Time

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

09:00am	5000-meters	01:00pm	200-meters	10:00am	H J, Standing
10:00am	4 x 100 relay	01:50pm	KC 100m		LJ, L J, p V,
10:30am	50-meters	02:00pm	800-meters		Shot Discus,
11:00am	80-100 H	02:30pm	3/400 M H		Javelin, Triple J
11:30am	1500-meters	03:00pm	4 x 400 relay		(follows std LJ)
12:00noon	100-meters	FIELD EVENTS			
12:30pm	400-meters	09:00am	Hammer Throw		

NAME \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ TAC \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

PLEASE READ AND SIGN - I certify that I have decided to participate in the BTC Classic with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns and hereby release and discharge any and all claims against BTC-Hoover HS, the TRAK Shak, the Knights of Columbus, agents, or representatives arising out of my participation in the BTC Classic. The Releaser further agrees to abide by all the decisions of the Race Committee regarding rule and eligibility requirements. Releaser further agrees to release and hold harmless the BTC. Athletes who participate in this competition may be subject to formal drug testing in accordance with USA T&F Regulation 10 and IAAF Rule 55. Athletes found positive for banned substances, or refuse to be tested, will be disqualified from this event and future competition. Call USOC at 800-233-0393 for information regarding some over the counter medications containing banned substances.

EVENTS ENTERED	BEST MARK
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

ENTRY FEE  
 1<sup>ST</sup> EVENT \$10.00 \_\_\_\_\_  
 EVENTS X \$5.00 \_\_\_\_\_  
 Mini Decathlon \$25.00 \_\_\_\_\_  
 RELAYS x \$10.00 \_\_\_\_\_  
 TOTAL FEE ENCLOSED \_\_\_\_\_

MAIL TO: BTC - Gordon Seifert  
 1514 Ridge Road  
 Birmingham, AL 35209

MAKE CHECK TO BTC CLASSIC

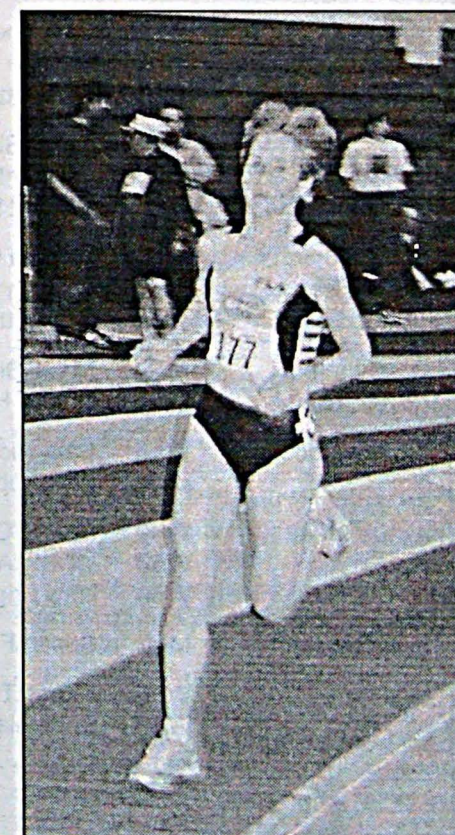
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ON-LINE REGISTRATION— WWW.RACEGATE.COM



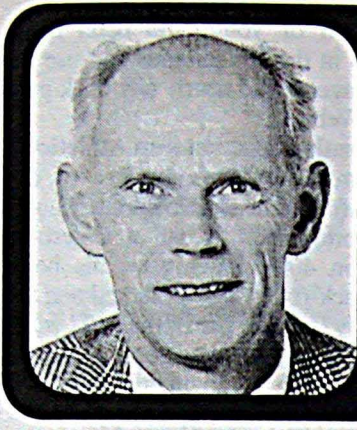
JERRY WOJCIK

Ernest Heimbert, of Massachusetts, in the long jump of the pentathlon, finished third M55 (2780), National Masters Indoor Championships, Boston.



JERRY WOJCIK

Patti Ford, New York, broke the U.S. W40 record for the 800 (2:22.67) and 3000 (10:04.93), National Masters Indoor Championships, Boston.



# International Scene

by **TORSTEN CARLIUS**  
WAVA President

## Contract Signed for Kuala Lumpur 2003

**W**e have completed a hectic period of visits and meetings, including inspection visits to Kuala Lumpur (World Stadia Championships – 2003) and San Isidro (World Non-Stadia Championships – 2002), a council meeting in Brisbane, and a meeting with the LOC for the World Masters Games in Melbourne in 2002.

### Kuala Lumpur

Kuala Lumpur topped the voting at our General Assembly in Gateshead as the site for our WAVA World Veterans' Athletics Championships in 2003, but the Council felt some issues needed clarification before the contract was signed. The LOC worked hard to finalize their bid, and I had the opportunity to offer advice during a short visit to Kuala Lumpur in January.

In March an inspection group met with the LOC to settle all final details and I can just say that the result is outstanding. Kuala Lumpur offers excellent conditions and the report given to the Council was very positive. The Council was very satisfied and the contract between Kuala Lumpur and WAVA has now been signed. Preparations for another success story will start immediately.

### San Isidro

Our Non-Stadia Championships in 2002 were awarded to San Isidro, Brazil, and for the first time WAVA will have its championships in South America. An inspection visit in February showed very fine facilities and courses, and, with the new non-stadia program spanning five days, I am confident these championships will be a great success. The contract between the LOC and WAVA will be signed at the Non-Stadia Championships in Valladolid, Spain.

### Brisbane

The WAVA Council always meets on the site of the Stadia Championships the year before the championships, so the meeting place this year was Brisbane, Australia. The purpose is to get a follow-up of all preparations, approve the entry booklet and medals, discuss and approve the championships' program, and prepare for next year's General Assembly.

Brisbane has come far in its preparations and the Council could only express satisfaction with progress. The entry booklet will now be printed and sent to all WAVA affiliates. Closing date for entries will be March 30, 2001. The ANZ Stadium will offer superb conditions for the athletes and we trust the weather will not be too hot – July is the region's winter period with a comfortable temperature of 20-25 degrees Celsius. The city of Brisbane itself will also be a great experience with its pleas-

ant and welcoming atmosphere.

### Council Meeting

As usual there were many issues on the agenda. Following are the highlights:

The Council discussed proposals to the General Assembly and will forward three:

a) WAVA name change: The Council will forward again the proposal to replace the word "Veterans" in the WAVA name to "Masters." Our Commercial Manager, Ron Bell, stressed repeatedly how hard it is to gain interest in veterans from potential sponsors while the word "masters" attracts much more interest. The Council accepted Ron's suggestion and hopes now that the Assembly will do the same.

b) Election of committees: It has long been felt that the way the WAVA Stadia and Non-Stadia committees are elected today is not structured to secure the best teams. The regional representation is out-of-date and the Council agreed to forward a proposal that the committee chairman nominate six members to be appointed by the president, taking into consideration geographical and male/female representation. The overall good will be to form strong teams with a high level of competence in all areas the committees cover.

c) Women's assembly: The General Assembly in Gateshead instituted an official Women's Committee, whose goal is to operate as all the committees. Consequently, the Council proposes that the Women's Assembly be removed, and that the Women's Committee have an open meeting like all other committees.

The Council suggested a new age-group of 100-104 years for both men and women.

Treasurer Giuseppe Galfetti presented his budget proposal of 2001-2002 which the Council approved after some adjustments. The proposal has a small profit of U.S. \$2300 but, more important, for the first time there are resources for the Stadia and Non-Stadia committees to meet once with all members in even-numbered years. The budget proposal – now approved by the Council – will be sent out to all our Affiliates for their comment (in accordance with the rules in our Constitution) before final approval.

The Council also decided to revise

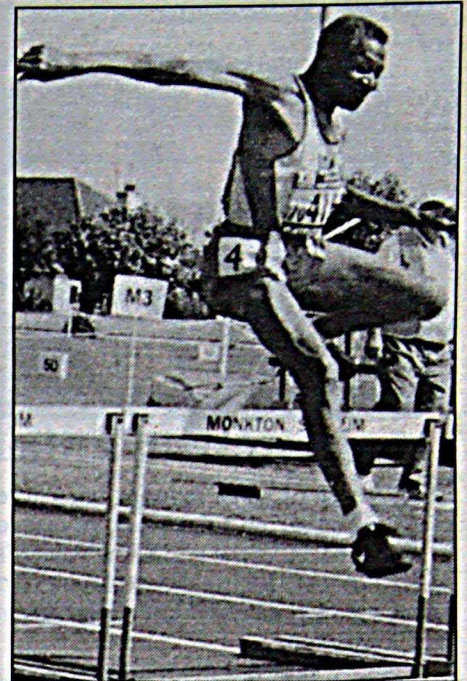
the age-factors/scoring tables. The present factors and tables have been in use since 1996, but performance levels have improved so much that a revision seems inevitable. Wilhelm Koster and Rex Harvey, who worked out the present ones, will be responsible for the revision and present their report to the Council next year. A revision could take effect January 1, 2002.

### World Masters Games

I have, in previous articles, accounted for our relationship and discussions with IMGA (International Masters Games Association). We are now informed they will meet with the IOC to discuss recognition as world body for Masters Games. The WAVA Council feels it is very important that athletics have a great influence on this development; therefore, a working-group was nominated (Torsten Carlus, Giuseppe Galfetti and Stan Perkins) to study and evaluate the advantages and disadvantages of a closer cooperation with IMGA and present this report to the Council and General Assembly in Brisbane. Cooperation is undoubtedly necessary, but the report will show how far this cooperation should go, and how important it is as IMGA has now changed its cycle for the World Masters Games. The next Games will be in Melbourne in 2002, but thereafter will be held in 2005, 2009 and so on, which are also our World Stadia Championships years.

### World Veteran Records

Our Records Committee Chairman, Brian Oxley, presented a program to update and facilitate future records procedures. The Council was in complete



KAREN HUFF

Alfonso Wilson, 74, Cleveland, Ohio, competing in the 80H at the World Championships last year in Gateshead. Wilson suffered a stroke in May 1999 and had to undergo physical therapy and rehabilitation and learn to lead with his right leg after his left side was affected by the stroke.

agreement that this is necessary and the Records Committee was asked to introduce this much needed new procedure.

### WAVA Handbook

The new WAVA Handbook (1999-2001) will be printed immediately and sent out to all WAVA Affiliates.

The above summarizes the most important issues, and anyone who wants to know more, is invited to contact me by fax or mail (see below). □

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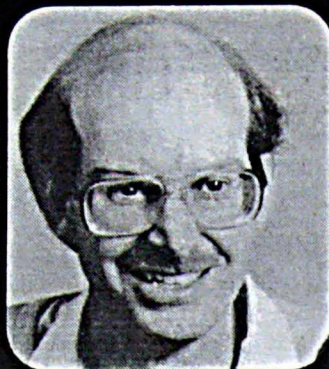
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WAVA web site: <http://www.wava.org>



## Word from the Web

by KEN STONE

### Magellan With a Mouse – Exploring the Web

Think of your favorite bookstore – especially the New Arrivals bin. You browse the titles on a voyage of discovery – sometimes dismayed, often amazed. Now you know what it's like to navigate the Web. You're Magellan with a mouse. But unlike explorers of old, you don't have to leave home to search the globe. Let's launch our clicks this month to some of the best international masters Web sites.

#### British Veterans Athletics Federation

Berthed on the UK's ubiquitous Freeserve Internet service, this site is a

jumping off point for England's many veterans clubs. National results, records and membership information are posted, as well as a list of "fixtures." Among the

benefits of BVAF membership, the site says, are: 30 pounds in vouchers for sporting goods, the quarterly magazine, *Veteran Athletics*, travel discounts and discounted hotel rates.

#### Annette's Site

This is the German brainchild of Annette Koop, the W40 world champion in the 800 at Gateshead. The site's an amazing feat, since she's already raising five sons – born between 1983 and 1990 – with her affable husband, Robert, an English-speaking lawyer. Koop coaches at a private school in Lingen, a town in northwest Germany. The site – packed with records, results and samples of Koop's training regimen since 1997 – occasionally breaks important news, such as the bittersweet retirement announcement of M50 high jumper and record holder (6-6), Thomas Zacharias. If you don't read German, you can paste text from the site into Alta Vista's free translation service and get a reasonable idea of what she's talking about.

#### European Veterans Athletic Association

New to the Web, this site is webmastered by Ake Runnman with information provided by statistician Ivar Soderlind. It lists all member nations from the "Albanian Veterans Athletic Association" to a contact to Yugoslavia. It features Euro vets records and a picture gallery of Gateshead-WAVA moments and promises an EVAA Store.

#### Athletic Veterans of Hong Kong

Hong Kongers couldn't survive without a sense of humor, and this site reflects that sensibility. AVOHK posts a newsletter, with the January edition beginning: "Apologies to readers who were disappointed by the non-arrival of the December newsletter. We could blame it on the millennium bug, but a New Year resolution to try to be more honest forces us to admit that time simply ran out and we couldn't manage to get the damn thing written. Sorry." Other highlights: event calendars and picture galleries. Site also includes veterans swimming.

#### Atletiekvereniging NEA Volharding Purmerend

This is the Net home of a Dutch track club that unself-consciously integrates "dames and heren veteranen" into the

continuum of youth and open track. Masters in the Netherlands can use the Links page to find nearly any track page on the Web.

#### Kwazulu Natal Veteran Athletics

Pictured on the front page of this South African site is M75 sprinter Lucas Nel, world record setter at Gateshead (66.88 in 400), jogging on his home grass track (burnt lanes marked and all) in nearby Durban, site of the 1997 world WAVA meet. Results from provincial meetings are featured on this site as well as an online form to request a newsletter.

#### ACT Veterans Athletics

Another vets club, this Australian site may have been the first masters-only Web site. Created in 1996 by Doug Fry, it was an inspiration for my Masters Track and Field Home Page. Doug and cohorts have built this site into a must-see for Oceania vets, with meet calendars, results, photos and newsletters covering its every-Thursday-night meet program between October and March. "Tea, coffee and milo (are) provided (after the meets)," the site says, and "during the summer track and field season, it is customary for participants to bring a post-competition supper plate." Vets in America can learn a lot from our friends Down Under.

#### Veteránská atletika

The Czech republic has a growing high-tech sector, and it's apparent that someone in that sector threw together this graphically sophisticated site. You don't have to speak Czech to appreciate one of its wonderful features – its own version of WAVA Age-Graded Tables. Under the link called Koeficienty, you'll find columns and rows of age factors for five-year age groups, instead of the year-by-year figures as appears in the booklet sold by *National Masters News*. And if you don't know your prekazky (hurdles) from your poznámka (weights), the site offers translations of common track terms into a half-dozen languages.

#### Jess Brewer's Masters T&F Page

Professor Brewer teaches and studies physics at the University of British Columbia, and his modest site reflects his statistical bent. He offers an Age-Graded Tables performance converter –

Continued on page 38

### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8½"	8.5m 27'10½"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60+	300m	.686m 27"				

##### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49						
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59						
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70+	300m	.686m 27"				

#### IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WAVA weights are used for USATF weight pentathlons.

Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.

\* New 1999 IAAF specifications.

**NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000**

**WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000**

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

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JULY 4-14-2001 (OPTION SIDE TRIP - NEW ZEALAND)**

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# Masters Athletics Kamloops 2000



sponsored by  
**TD Bank Financial Group**

## August 17 - 20, 2000



Kamloops, British Columbia, Canada  
Tel: (250) 828-3550 Fax: (250) 372-1673  
e-mail: kamloopsmasters@telus.net www.masters2000.kamloops.com

### The World Association of Veteran Athletes (WAVA)

### Regional Championships (North and Central America and the Caribbean)

### in conjunction with the Canadian National Masters Track and Field Championships

PLEASE PRINT OR TYPE - one entry per person

★ Entry Deadline -  
Saturday, July 15, 2000 ★

★ Late Deadline -  
Thursday, August 10, 2000 ★

OFFICIAL USE ONLY

Competitor's Number

Last Name	First Name
Street Address	
City	Country
Club	WAVA affiliate CMAA/BCA #
Phone	
Day/Month/Year of Birth	M/F
Postal/Zip Code	Age
Nationality	Languages Spoken

**FEE SCHEDULE**

Payable to: KAMLOOPS MASTERS EVENT SOCIETY

Mail entries to: Master Athletics 2000  
c/o Kamloops Parks and Recreation  
6 Seymour Street West  
Kamloops BC V2C 1E1

**PAY BY VISA:**

Enter Visa #																			
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Expiry Date:   Month/Year

*No entries except for the relays will be accepted on any day of the meet.*

TRACK						FIELD					
Event	X	Performance	Event	X	Performance	Event	X	Performance	Event	X	Performance
100 m			<b>Hurdles</b>			<b>Steeplechase</b>			Pole Vault		
200 m			80 m			2000 m			Long Jump		
400 m			100 m			3000 m			High Jump		
800 m			110 m			<b>Race-Walk</b>			Triple Jump		
1500 m			300 m			5000 m			Shot Put		
5000 m			400 m			<b>RELAYS ENTERED AT MEET.</b>			Discus Throw		
Pentathlon M		LJ, JT, 200 m, DT, 1500 m	<input type="checkbox"/>						Javelin Throw		
Pentathlon W		SP, HJ, 100 m, LJ, 800 m	<input type="checkbox"/>						Hammer Throw		
Pentathlon, WL		HT, SP, DT, JT, WT	<input type="checkbox"/>						Weight Throw		

FEE SCHEDULE		Up to July 15, 2000	Up to Aug 10, 2000	Fees	NON-STADIA EVENTS		
First event (non-Pentathlon)		\$35	\$70		Event	X	Performance
Each extra event		\$10	\$20		10 k Road Race		
Pentathlon		\$40	\$80		8 k X-Country		
WAVA levy		\$10	\$10		10 k Race-Walk		
Non-member fee		\$5	\$5				
Food Ticket: Breakfast/Lunch		x \$12	x \$12				
Breakfast/Lunch/Dinner		x \$20	x \$20				
Banquet Ticket		\$25	\$25				
T-shirt: No. _____	M L XL XXL	\$15	\$15				
				Total Fees: \$			



# Masters Scene

## NATIONALS

- **Kevin Setnes**, 46, of Wisconsin, finished second overall with a 7:11:04 in the USATF Open & Masters 100K Championships, Pittsburgh, PA, March 25, for an automatic selection to the USA Open Team for the World 100K. **Jim Garcia**, 41, of Massachusetts, was fourth overall in 7:15:40 and will join Setnes on the USA Open Team. Setnes' 5:39:42 at the 50-mile split was a U.S. age-group record. **Susan Olsen**, 42, of Minnesota, was the first W40+, with a 9:52:04.
- **Jim Oaks**, of the Huntsville (AL) TC, won the 1999 RRCA Rod Steele Memorial Award as the outstanding volunteer in the nation. Oaks is an NMN correspondent who covers the WZYP Cotton Row 10K, Huntsville, AL, and Huntsville Times Rocket City Marathon, and did the April article on masters in the Olympic Marathon Women's Trials. The award will be presented at the Road Runners Club of America National Convention, Peachtree City, GA, May 11-13. For information on the convention, contact RRCA at 703-836-0558, x14; www.rrca.org.
- The April article, p. 8, on the USATF 12K Championships stated that **Willy Moolenaar**, Indialantic, FL, "took the W55 race again." In fact, **Shirley Matson**, Larkspur, CA, was the W55 winner in 51:43.
- Boston University doctoral candidate **Cathy Utzschneider** is gathering data for her dissertation on national caliber women runners age 40 to 65. The study covers the factors that inspired these women to begin running; those that motivated them to compete; the obstacles

to their success, as well as the factors that contributed to their success; and the effects of success on their personal and professional lives. Utzschneider invites interested female runners to complete a questionnaire and/or interview with her. To participate, please contact her at Utzschneider@dellnet.com or call her at 617-566-2342.

## EAST

- Local runners **Ken Umbarger**, 48, Gaithersburg, MD, fourth in 35:48, and **Linda Votey**, 48, Gaithersburg, in 44:45, took masters firsts in the Montgomery County RRC Piece of Cake 10K, in their hometown, March 18. Second masters were **Mary Horan**, 40, 36:32, and **Sharon Dolan**, 58, 45:20, both also of Gaithersburg.
- **Brian Daugherty**, 40, Annapolis, MD, with a ninth-place 33:24, and **Patti Shull**, 41, Ashburn, VA, defending her title with a second-female overall 37:49, reeled off masters firsts in the St. Patrick's Day 10K, Washington, DC, March 12. Three-time M40+ winner, **Chuck Moeser**, 48, Sterling, VA, was second in 33:53. First 50+s were **David Lowe**, 52, Rockville, MD, 36:46, and **Sandra Adams**, 50, Winchester, VA, 44:46. **Cal Fowler**, 61, Springfield, VA, took the M60 race in 41:42. A record number 4265 registered for the race, sponsored by Home Depot. Proceeds of \$10,000 were donated to Pediatric AIDS/HIV Care.
- The Team United TC quartet of **Tom Dalton**, 42, 2:05.74, **Rocco Serafini**, 40, 2:03.20, **Steve Nearman**, 40, 2:01.65, and

**Anselm LeBourne**, 40, 1:57.00, set a world indoor best of 8:07.59 for the 4x800 at the Front Runners/MAC Meet, Armory T&F Center, April 1, well below the 8:25.8 set in 1996.

- **Dennis O'Brien**, 50, with a sixth-overall 56:04, and **Eileen Barnes Corley**, 40, with a third-female 63:30, were masters firsts in the Kings Park 15K, Kings Park, L.I., NY. The largest 15K ever on L.I., the race is part of the KeySpan/Long Island T&F Grand Prix Series. Proceeds, supplemented by a special \$1000 grant from KeySpan Energy, were turned over to the Children's Brain Tumor Foundation.
- **Al Swenson**, 52, Stamford, CT, placed second overall in the WSSAC St. Patrick's Day Classic 5 Miler, Fairfield, CT, with a world-class 26:47 (A-G 91.0%). **Mindy Struwas**, 47, West Haven, CT, paced all the masters women in 34:42.
- **Glen Guillemette**, 40, West Warwick, RI, with a fifth-overall 1:12:50, and **Susan Barber**, 43, Montpelier, VT, sixth female in 1:24:22, took the whale's share of attention at the 23rd New Bedford Half-Marathon, March 19, winning the masters crowns. Adding luster to the field, **Susan Gustafson**, 53, Norwell, MA, sailed to a 1:29:10, and **William Riley**, 63, Marston Mills, MA, cruised to a 1:24:12.
- **Gillian Horovitz**, 44, 2:10:48, once again led the overall women's field at the NYRR Powerbar 20 Miler, Central Park, Mar. 26. **Alan Ruben**, 43, 1:56:31, claimed the men's masters title, with **Wilfredo Rios**, 83, turning in an impressive 3:16:50.
- The top masters at the NYRR Niketown Run for the Parks 4 Miler, Central Park, April 9, were **Walter Du Pont**, 44, 22:23 and **Barbara Gubbins**, 40, 24:23. Age-group champions included **William Fortune**, 71, 28:50 and **Bertha McGruder**, 71, 46:17.

## SOUTHEAST

- Another world-class field gathered at the Azalea Trail 10K, Mobile, AL, March 25. Unstoppable **Tatyana Pozdnyakova**, 45, of Ukraine, cruised to a 33:45 masters first. **David Chawane**, 40, of South Africa, 29:42, bested **John Tuttle's** 30:44. Four-time open winner **Bill Rodgers**, 52, placed third M40+ overall in 33:46. **Lois Gilmore**, 69, 53:07, defeated all W60+.
- **Simon Karori**, 40, of Kenya, blazed a 29:13 M40+ win in the Cooper River Bridge 10K, Charleston, SC, April 1. Second M40+, **David Chawane**, 40, of South Africa, 30:03, held off **John Tuttle**, 30:40, for the second week in a row. **Marie Boyd**, 40, 35:25, bested the W40+ field. **Terry Mahr**, 51, 38:49, edged speedy **Kiwi**, **Judith Hine**, 50, 39:16. Standouts **Robert Schlaw**, 52, Charleston, SC, 34:25, and **Susie Klutz**, 63, Winston-Salem, NC, 45:07, won their divisions.

## MIDWEST

- **Jack Nelson**, 60, Winnetka, IL, continued his record-setting season by posting a potential new U.S. age-group record of 28:00 for 8K at the LaSalle Bank's Shamrock Shuffle, Chicago, March 26 (Norm Green/28:07/1993). **Mark Donahue**, 40, Newport, RI, reeled off a 24:04, good for eighth-place overall. **Dominique Chauvelier**, 43, of France, was close behind in 24:20. **Gary Romesser**, 49, Indianapolis, turned in a solid 26:18. **Radka Naplatanova**, 42, Chicago, IL, led the women's field in 29:55.

### Subscription Problems? Moving?

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

**Lois Gilmore**, 69, Janesville, WI, made it a two-race weekend (see Azalea Trail 10K) on her way to 42:37 to take the W65. Nearly 14,000 racers toed the line, including **Oprah Winfrey**, 46, Chicago, 51:55, good for 16th in her division.

## WEST

- The USATF West Regional Masters Championships, scheduled for Occidental College, July 15-16, has been cancelled. **Gary Miller**, the West Regional Chairman and Meet Director of the Regionals, has resigned from both positions for personal reasons. Andy Hecker may organize the meet if a suitable site can be found in the Santa Barbara area. Stay tuned.
- The initial Olympic Legends Invitational, scheduled for Mt. SAC, May 13-14, has also been cancelled.
- The USATF SCA Championships, as of this issue, has a tentative June date.
- **Steve Scott**, 43, will compete in the San Diego Senior Sports Festival (Senior Olympics) State Championships to be held at the Arco Olympic Training Center in Chula Vista (near San Diego), Calif., Sept. 16-17. Scott will be featured as the scratch starter in a special age-graded mile or 1500 race against those runners age 50-and-over who wish to "Challenge Steve Scott" at that distance. All participants will run the full distance but will receive a timed head start based on their age, sex, and listed performance. Scott recently clocked a 4:22.11 mile at the San Diego Indoor Games. Scott will also be the featured speaker at the annual Senior Sports Festival Award luncheon on Fri., Oct. 27.
- Only two weeks after placing 12th at the U.S. Women's Olympic Trials Marathon, **María Trujillo de Rios**, 40, Los Gatos, CA, rebounded with a 35:25, taking the masters title at the San Jose (CA) Mercury News 10K, March 12. **Armando Sequeiros** pressed to a comfortable win in the M40 division, at 31:49, for sixth place overall.
- **Tim Minor**, 42, Reno, NV, and **Carol Keller**, 40, San Francisco, became the 2000 Masters Champions of the Pacific Association/USATF 12K Championships, run at Houlihan's to Houlihan's 12K, San Francisco, March 26. Rivaling the spectacle of racing across the Golden Gate Bridge was the 50:09 run by **Shirley Matson**, 59, Larkspur, CA.

## NORTHWEST

- **Greg Gustafson**, 44, The Dalles, OR, ran to a 51:31 at the Portland, OR, Shamrock extravaganza, March 12. The newly-added 15K race is run over the challenging former Cascade Run-Off course. **Cheryl Tronson**, 42, Bend, OR, took the women's crown in 58:48, fifth-female overall. In the 8K, **Alan Knoop**, 43, Oregon City, OR, outdistanced **Matt Cato**, 41, Portland, 26:32 to 27:46. **Al Nakata**, 77, Portland, hurried to a respectable 37:04. **Elizabeth Brim-Snodgrass**, 40, West Linn, OR, just edged **Bridget Dawson**, 42, Portland, for the W40 crown, 31:12 to 31:31. **Jim Ney**, 43, Portland, 17:01 and **Dee Ann Dougherty**, 41, Portland, 19:31, shone in the 5K. Overall masters winners were treated to their weight in beer.

## CANADA

- **Judith Kazdan** demolished W80 WRs for the 1500 with a 9:12.97 and the 3000 with a 19:34.94 in the Ontario Masters Indoor Championships, Toronto, March 4. **Pearl Mehl** has the present 1500 record at 12:37.13 in 1995; **Ivy Granstrom** holds the 3000 at 23:41.32 in 1996.

## INTERNATIONAL

- **Rene Cruz Mateo**, 80, San Juan, PR, was the brightest star at the World's Best 10K, San Juan, PR, Feb. 27, with an A-G 93.0% 45:15. The international field produced fast times by many, including speedsters **Cesar Mercado Caraballo**, 40, Sabana Grande, PR, 31:22, and **Angel Vizcarrondo Perez**, 40, Rio Grande, PR, 31:27. **Migdalena Torres Lopez**, 40, Trujillo Alto, PR, captured the women's laurels in 40:19.

## Midwest Masters Regional 2000

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

<p><b>Meet Description:</b> Midwest Regional Championship Track and Field Competitions: Men and Women Master Athletes in five year age groups (30-90+)</p> <p>To be held at Lewis University on Sunday, July 30<sup>th</sup>, 2000 Check in: 8:00 AM til 8:45 AM Racing begins at 9:00 Field Events at 9:00</p> <p>Entries must be postmarked by July 13<sup>th</sup>, 2000 There will be no on site registration. There will be no locker or shower facilities.</p> <p>Make checks payable to: The Midwest Masters Track and Field Club 15124 Hillside Ave Oak Forest, IL 60452-1924</p> <p>Awards: Regional Championship Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></p>	<p><b>Tentative Schedule of Events</b> We may start events before the listed time. We will not run behind time. We will follow the listed order of events.</p> <p><b>Oldest to youngest, ladies first!</b> 9:00 5K race walk 9:50 1500 meters run 10:20 400 meters dash 10:50 Short Hurdles 11:35 100 meters dash 12:35 800 meters run 1:05 Long hurdles 1:35 100 meters dash finals if necessary (more than eight in an age group) 2:00 5000 meters run 2:45 5000 meters run 3:15 200 meters</p> <p><b>Field Events Start at 9:00</b> Pole Vault, High Jump, Long Jump, Shot Put, Discus The triple jump will follow the long jump Hammer, Javelin, Weight Throw will follow the Shot and Discus competitions.</p> <p>Age Graded Percentage Scoring Fully Automatic Timing Results posted at: <a href="http://members.xoom.com/midwest_tf/index.html">http://members.xoom.com/midwest_tf/index.html</a></p>
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**Registration Form**

**Make Checks Payable to Midwest Masters Track and Field Club**

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

Please Print or type

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

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

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

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

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

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

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



# Schedule

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

## TRACK & FIELD

### NATIONAL

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

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

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

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

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

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

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

### EAST

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

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

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

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

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

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

**June 4.** USATF-NJ Masters Championships, Monmouth HS, Tinton Falls. 732-409-7644.

**June 7 & 21.** Philadelphia Masters

Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

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

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

**June 11.** Philadelphia AC 2nd Annual Masters Weight, Superweight & Ultra-Weight Meet, Germantown Academy, Philadelphia, Pa. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

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

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

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

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

**June 24.** Beverly Lions Club Age-Graded All-Comers Meet, Beverly HS, Beverly, Mass. Special distance handicapped 200m, fastest New England sprinter, men & women combined, \$200 to the winner. 978-922-2339; BevLions@aol.com

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

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

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

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

**July 15.** USATF East Regional Masters Championships, Springfield College, Springfield, Mass. Email: office@usatfne.org

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

**August 18-20.** Granite State Senior Games, Laconia, N.H. Charlie Houser, 603-622-9041.

**September 2-3.** Potomac Valley Association Masters Championships, T.C. Williams HS, Arlington, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvtc.org/

**September 6-11.** Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

**September 19-20.** Green Mountain Senior Games, Green Mountain College,

Vt. Jack Carlock, 802-875-4508.

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

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

### SOUTHEAST

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

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

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

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

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

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

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

**June 3.** Track Classic Meet/Open & Masters, Furman U., Greenville, S.C. National Championships for Blind Athletes. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

**June 4.** Atlanta TC 100x1 Mile Relay Grandmasters (M&W50+) Challenge & Masters (40+) Women's Challenge, Emory U. Track. 404-231-9064, x25.

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

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

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

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

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

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

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

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

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

### MIDWEST

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

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

## ON TAP FOR MAY

### TRACK AND FIELD

The venerable Southern California Striders Meet, CSU-Long Beach, starts us off on the 7th. Events in the 30th annual Southeastern U.S. Masters Meet, Raleigh, N.C., on the 12th-14th, include two pentathlons, two RWs, and relays. Out west, the Arizona State Championships open a two-day stint on the 19th in Glendale, while the Visalia Classic in California runs on the 20th. The Georgia Masters Championships is set for Savannah on the 21st. UC-Irvine, home of the Anteaters in Orange County, Calif., stages the Dan Aldrich Memorial Meet on the 28th.

### LONG DISTANCE RUNNING

The USATF National Masters Half-Marathon Championships takes place in Indianapolis on the 6th, followed by the Masters 50 Mile Trail Championships, Whitewater, Wisc., on the 13th. Runners in the mood for loftier surroundings will head for the 5th WAVA World Championships, Valladolid, Spain, offering a 10K, half-marathon, and roadwalk on the 13th-14th. Add the Blue Cross Broad St. 10 Mile, Philadelphia, and the Lilac Bloomsday 12K, Spokane, to the rash of marathons from Long Island to the California Redwoods listed on the 7th. Races on the 13th include the Old Kent River Bank 25K, Grand Rapids, Mich., and the Gum Tree 10K, Tupelo, Miss. The colorful Bay To Breakers 12K assails San Francisco on the 21st. On the Memorial Day Weekend, the Big Boy Classic 20K will motor through Wheeling, W.Va., on the 27th; and the WZYP Cotton Row 10K, Huntsville, Ala.; Truth/Bank One Races, Elkhart, Ind; and Bolder Boulder 10K in Colorado will wrap up the month on the 29th.

### RACEWALKING

The National Masters 15K Championships hits the streets of Elk Grove, Ill., on the 21st, as does the West Regional 15K in Riverside, Calif.

**May 21.** North Coast Invitational, Independence HS, Independence, Ohio. SASE to Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087.

**June 5-10.** Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood, 800-253-2188; 812-464-7800.

**June 10.** USATF Illinois Masters Championships, Wilde Field, Lisle. Includes Weight Pentathlon. USATF IL, 630-953-2052.

**June 13-17.** Michigan Senior Olympics, Battle Creek. Marye Miller, 248-608-0255.

**June 15-18.** West Virginia Senior Sports Classic, Charleston. Henry Nearman, 304-344-2840.

**June 24.** Champaign Masters Meet, Parkland College, Champaign, Ill. Karl

Continued from page 25

Geissler, 217-359-2679.

**July 9.** Oak Forest Midwest Masters Sprint & Middle-Distance Challenge, Oak Forest HS, Ill. Gerry Krainik, 708-687-2124; gkrainik@home.com

**July 15-23.** Ohio Senior Olympics, Inc. Dayton. Peggy Collins, 937-461-8662.

**July 22.** Dayton Track Classic, Welcome Stadium, DMTC, Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754.

**July 29.** Midwest Masters Classic, Marshall U., Huntington, W. Va. Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705. 304-523-6046; fax: 523-1662; tptrack@aol.com

**July 30.** USATF Midwest Regional Masters Championships, Lewis University, Romeoville, Ill. Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452. 708-687-2124(h); gkrainik@home.com

**September 2 (tent).** Wolfpack Throwing Classic, Columbus, Ohio.

**September 6-16.** Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445.

**September 7-10, 13-17.** Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

**September 21-24.** Kentucky Senior Games, Elizabethtown. Nancy Addington, 270-769-2393.

**September 23.** Norm Bower Memorial Weight Pentathlon, Kent, Ohio.

**MID-AMERICA**

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

**May 12-13.** Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-7705; 800-873-0244.

**May 27-28.** Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO Box 22457, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2386.

**June 4.** Jolly Jogathon Meet, Marysville, Kansas. Cleve Walstrom, 785-562-3050(h); City of Marysville, 209 N. Eighth St., Marysville, KS 66508. 785-562-5331.

**June 8-11.** Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

**June 10.** USATF Mid-America Regional Masters Championships, Wichita State U., Kansas. WSU T&F Office, Susan Cooper, 316-978-3362; fax: 978-3388. Bill Butterworth, 316-684-2192; fax: 687-9400. Decathlon if enough interest.

**June 11.** USATF Minnesota Open & Masters Championships, National Sports Center, Blaine, Minn. USATF MN Championships, 5429 Wooddale Ave., Edina, MN 55424 by June 3.

**June 16-17.** Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash St., Rm. #100, Salina, KS 67401. 785-826-7434.

**June 19-23.** Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

**June 23-24.** North Dakota Senior Games, Fargo. Jeff Heisler, 701-298-6980.

**June 22-25.** Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

**July 9.** USATF New Mexico Masters Meet, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387;

email; foneskn@aol.com

**July 26-30.** New Mexico Senior Olympics, Las Vegas. No out-of-state. Cecilia Agosta, 505-623-5777; email: nmsogmes@roswell.net

**July 29-30.** International Multi-Events Challenge (USA, Poland, Canada, United Kingdom, Germany), Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

**July 29-30.** North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

**August 1-6.** Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

**August 17-20.** Nebraska Senior Olympics, Kearne. Scott Hayden, 308-233-3228.

**September 2-3.** 20th annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452. Sue Norton, 303-443-2695.

**September 14-17.** South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807.

**September 21-24.** Kansas Senior Olympics, Topeka. M&W50+. KSO, Topeka Parks & Rec., 1534 SW Clay St., Topeka, KS 66604. Marge Rightmeier, 785-368-3798.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 20.** Lion T&F Series, Austin, Texas. Jeff Brower, 7305 Tanbark Ave., Austin, TX 78759. 512-795-6363; email: hurdle4fun@hotmail.com; www.geocities.com/hurdle4fun

**May 23-27.** Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514; 601-968-4881.

**June 17.** Hill Country Classic Masters & Open Meet, Mason H.S., Mason, Texas. \$6 for 1st event, \$3 per additional until June 12. Lee Graham, Hill Country Classic, P.O. Box 384, Mason, TX 76856. 915-347-5620.

**July 22.** USATF Southwest Regional Open and Masters Championships, Trinity University, San Antonio, Texas. Meet Director, David Dunbar, 11063 White Sands, Live Oak, TX 78233. E-mail: bbofficial@aol.com

**July 29.** Texas Masters Championships, Jesuit HS, Dallas.

**September 14-17.** Arkansas Senior Olympics, Hot Springs. Deadline Aug. 25. Gail Ezelle, 501-321-1441; 800-720-7276 (AR only); arsolmp@ipa.net; www.SrSports.org

**September 16-17.** Louisiana Senior Olympics, Baton Rouge. Butch Gipson, 225-925-1748.

**September 21-27.** Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866; danabrown@ci.tulsa.ok.us; www.oksgames.com

**WEST**

Arizona, California, Hawaii, Nevada

**May 7.** Southern California Striders Meet of Champions, CSU-Long Beach. Jim Selby, 760-723-2466; CoachJimDeeb@earthlink.net

**May 13.** KelField Throws Series #84, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

**May 13-14.** Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newborn, 60146th St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

**May 19-20.** USATF Arizona State Championships, Glendale, Ariz. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1191; usatfaz@worldnet.att.net

**May 20.** Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 20.** Vicki's 3000, Santa Barbara City College Track. 8:30 am. Jim Kornell, 805-682-6765.

**May 28.** Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-586-9942; cmccormi@uci.edu

**June (tba).** USATF SCA Championships, Los Angeles.

**June 2-4.** Sacramento Senior Games, Sacramento, Calif. 916-277-6094.

**June 3.** Grand Canyon State Games, U. of Arizona, Tucson. All ages. 480-517-9700.

**June 3.** KelField Throws Series #85, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

**June 4.** Mark Grubi Memorial Meet, Edwards Field, UC-Berkeley. Don Rose, 415-457-8177.

**June 10.** Los Gatos Masters/Open Classic, Los Gatos, Calif. 8 am. Los Gatos AA, PO Box 1334, Los Gatos, CA 95031. Willie Harmatz, 408-354-7365.

**June 11.** Crown Valley Senior Games/Pasadena Senior Olympics, Occidental College. 50+. Cynthia Vaughn, 626-685-6754.

**June 16-18.** Grand Canyon State Games, Phoenix; Arizona State U., Tempe. Bob Flint, 480-949-1991.

**June 24.** USATF Arizona Masters All Comers, TBA. Bob Flint, 602-949-1991; usatfaz@worldnet.att.net

**July 1.** KelField Throws Series #86, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

**July 14.** California State Games, Balboa Stadium, San Diego. M&W30+. Arnie Robinson, 619-263-7334; Cal State Games, 619-282-1360; www.calstategames.org

**July 15-16.** USATF West Regional Masters Championships, Occidental College, Los Angeles. G. Kelmenson, 5601 Empire Ave., Glendale, CA 91201-1263. 818-242-8484; gdmiller@hsc.usc.edu

**July 22.** KelField Throws Series #87. See July 1.

**September 16-17.** Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316 (h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

**October 4-14.** Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

**October 7.** Club West Meet, Santa Barbara CC, Calif. Gordon McClenathen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851; 969-5852; 452-5020 (cell); fax: 969-6613.

**October 22.** Sri Chinmoy Masters Games, CSU-Long Beach. Bigalita Egger, 310-645-0271.

**November 10-12, 18-27.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; zeug@lava.net

**NORTHWEST**

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

**May 27.** Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

**June 3.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

**June 9-10.** Montana Senior Olympics, Helena. Senior Olympics, 465 Freedom Ave., Billings, MT 59105. Don Tavoracci, 406-252-2795.

**June 10 (tent).** Oregon Association Open & Masters Championships, Linfield College, McMinnville. Harry Simonis, 503-688-0998.

**June 17-18.** Portland Masters Classic, Mt. Hood Community College, Gresham, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

**July 1-2.** Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

**July 7-8.** Seattle Masters Classic, West Seattle Stadium. Some events Fri. night. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**July 8-9.** State Games of Oregon, Mt. Hood Community College, Gresham. Keith Maneval, Mt. Hood CC, 503-667-7140.

**July 14-16.** Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. No out-of-state. 406-254-7426.

**July 22.** Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

**July 27-30.** Wyoming Senior Olympics, Laramie. Open to out-of-state. Senior Olympics, PO Box C, Laramie, WY 82070. Paul Harrison, 307-721-5269

**July 29-30.** USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. SASE to Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080.

**August 10-13.** Washington Senior Games, Spokane. Joyce Jones, 206-362-8310.

**September 6-10.** Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324/208-549-2411; aaa3@cyberhighway.net

**October 9-21.** Huntsman World Senior Games, St. George, Utah. Kathie Thayne/ Nancy Colarossi, 435-674-0550/800-562-1268; hwsginfowest.com

**CANADA**

**June 10-11.** Ontario Masters Championships, York U., Toronto. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9, Canada. 416-699-5818; www3.sympatico.ca/ontario.masters

**INTERNATIONAL**

**June 24-25.** Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com

**July 6-16.** WAVA European Veterans Athletics Championships, Jyväskylä, Finland. XII EVACS 2000, PO Box 30, 40701 Jyväskylä, Finland. Fax: +358-14-624 956; email: evaco2000@jkl.fi

**July 14-15.** Caribbean Masters Track Meet, Willemstad, Curacao - The Netherlands Antilles. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com.

**August 17-20.** NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Rec., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters2000.kamloops.com.

**November 5-12.** South American Veterans Championships, Mar Del Plata, Argentina. Luis Gramaccioni, president of Argentinian

Continued from page 26

Confederation of Veteran Athletes, Diaz Velez St. 192, Rosario 2000, Sante Fe, Argentina. Phone/fax: 54-341-438-8062.

**July 5-15, 2001.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

**OPEN**

**July 14-23.** USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

**September 15-October 1.** Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

**Aug. 3-12, 2001.** IAAF World Championships VIII, Edmonton, Canada.

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

**May 6.** USATF National Masters Half-Marathon Championships, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

**May 11-14.** Road Runners Club of America National Convention, Peachtree City, Ga. www.rca.org

**May 13.** USATF National Masters 50-Mile Trail Championships/Ice Age Run, Whitewater, Wisc. Holly Neault-Zinzow, W5689 Tamarock Tr., Whitewater, WI 53190. 262-495-8283.

**June 3.** USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**August 26.** USATF National Masters 10 Mile Championships/Crim Festival, Flint, Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

**September 15.** RRCA National Run To Work Day, RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rca.org

**September 16-17.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

**October 8.** USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 28.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

**November 4.** USATF National Masters 8K Cross-Country Championships/Passco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

**November 19.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

**November 25.** USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207,

Brighton, MA 02135. 617-566-7600.

**December 10.** Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.co

**EAST**

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

**May 7.** Long Island Marathon & Half-Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; www.FLRRT.com

**May 7.** Pittsburgh Marathon/Men's 2000 U.S. Olympic Team Trials, Pittsburgh, Pa. 5000 limit. 412-647-7866; 800-533-UPMC; www.UPMC.edu.PGHMarathon

**May 7.** Buffalo Marathon, Ford Buffalo Marathon, PO Box 652, Buffalo, NY 14202. 716-816-7223.

**May 7.** Blue Cross Broad Street 10 Miler, Philadelphia, Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

**May 7.** USO Defenders 10 Mile, Washington, D.C. Rick Freedman, 13710 Ashby Rd., Rockville, MD 20853. 301-871-0005; fax 871-0006.

**May 20.** USATF NE Championships/Bedford Memorial 12K, Bedford, N.H. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

**May 21.** USATF-NJ Masters 15K Championships/The Volvo Midland Run, Moorland Farms, Far Hills. 908-722-7903 (pre-entry only).

**May 28.** Vermont City Marathon, Burlington, Vt. VCM, 41 Main St., Burlington, VT 05401. 802-863-8412; www.vcm.org

**May 28.** Johnny Kelley 10 Mile & 5 Mile, Cape Cod, Mass. www.johnnykelleyroadrace.com

**May 28.** Rhody 5K, Lincoln, R.I. 800-720-PARK; www.lincolnparkri.com

**May 29.** USATF-NJ Masters 10K Championships/Ridgewood Run 10K & 5K, Ridgewood. 201-447-9750 (pre-entry only).

**June 2 (Fri).** Comcast Twilight 5K, Western Connecticut St. U., Danbury. 7:00 pm. Danbury Jaycees, PO Box 3351, Danbury, CT 06813. 203-825-5784; Danburyjaycees@hotmail.com; www.danbury.org/jaycees

**June 10.** Shelter Island 10K, Shelter Island, L.I., N.Y. 5:30 pm. Lorraine/Scott Gorman, 631-563-1982.

**June 10.** USATF NE Championships/Market Square Day 10K, Portsmouth, N.H. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

**June 11.** Rose City 10 Mile, Norwich, Conn. www.hitekracing.com/pvolkman@snet.net

**June 11.** Litchfield Hills 7 Mile. Limited to 1300. John Clock, PO Box 1428, Litchfield, CT 06769. 860-567-8504; fax: 567-8470

**June 11.** Orange Classic 10K, Middletown, N.Y. Judy Eurich, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914-346-3144(d); fax: 343-1922; www.th-record.com

**June 17.** Mt. Washington Road Race 7.6 Mile, Gorham, N.H. Robert Teschek, PO Box 990, Newport, NH 03773. 603-863-2537; fax: 863-2537; www.gsr.com

**June 17.** I.O. Silver Capital 5000, Harrisburg, Pa. Henry Klugh, 2389 Stauffer Rd., Mt. Joy, PA 17552. 717-564-2770(d)/653-9105(e).

**June 17.** Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**June 18.** Run For The Arts 5K, Troy, N.Y.

518-273-0552.

**June 25.** Fairfield Half-Marathon & 5K, Fairfield, Conn. JB Sports, 203-481-5933; www.jbsports.com

**June 25.** USATF NE Championships/Lions Sizzler 20K, Bedford, N.H. See June 10.

**July 2.** Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. 5:00 pm. Alex Flyntz, 516-796-1900.

**July 8.** Avon Running Circuit 10K & 5K Walk, Hartford, Conn. 212-282-5350; www.avonrunning.com

**July 8.** Vytra Long Island Women's 5K, Farmingdale, N.Y. Suzanne Vasata, POBR-RC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646(d); fax: 349-7647; www.glirc.org

**July 8.** Spirit of Gettysburg 5K & 1-Mile Fun Run/Walk, Gettysburg, Pa. 717-334-9171; http://users.supernet.com/ywca-gburg

**July 9.** Utica Boilermaker 15K, Utica, N.Y. Dick Mattia, c/o UBRP, PO Box 4729, Utica, NY 13504. 315-732-1949(e); fax: 797-3762; www.boilermaker.com

**July 15.** Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**July 30.** Gold Medal Camp Alumni Race, California, Pa. 8K X-C. See July 15.

**August 5.** Peoples Beach To Beacon 10K, Cape Elizabeth, Me. 888-480-6940.

**August 12.** Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**August 20.** Falmouth 7.1 Mile, Falmouth, Mass. Rich Sherman, PO Box 732, Falmouth, MA 02541. 508-495-0184; FalmouthRoadRace.com

**August 21.** Brentwood 5K Cookie Run, Brentwood, L.I., N.Y. 7 pm. Jay Satenstein, 631-273-7000.

**August 31.** USATF-NJ Masters 5 Mile Championships/Run For Life, Picatinny Arsenal, Rockaway Twp. 908-813-0935.

**September 10.** USATF NE Brewery Exchange 5K, Lowell, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

**September 10.** Avon Running Circuit 10K & 5K, Baltimore, Md. 212-282-5350; www.avonrunning.com

**September 16.** Great Cow Harbor 10K, Northport, L.I. N.Y. Rich Boziwick, 631-754-5064.

**September 30.** New Hampshire Marathon & 10K, Newfound Lake. SASE to NHM, PO Box 6, Bristol, NH 03222. 603-744-2150; nwfndcoc@worldpath.net

**October 14.** Greater Hartford Marathon, Half-Marathon Relay, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

**October 14.** Avon RRCA Women's 5K Series, Pittsburgh, Pa. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**October 15.** Atlantic City Marathon. #10 SASE to AC Marathon, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, director. 609-601-1RUN; fax: 823-7694; www.virtualac.com

**November 5.** New York City Marathon, NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; www.nyrrc.org

**SOUTHEAST**

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

**May 3 (Wed.).** The RACE 5K, Atlanta. Beth Neumann, 770-350-1035.

**May 13.** Peaches & Pines 8K, Peachtree City, Ga. Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. www.atlanta-track-club.org/

**May 21.** Biltmore Estate 15K Classic, Asheville, N.C. Asheville Kiwanis 15K, PO Box 147, Skyland, NC 28776. 828-687-9123; www.hometowntv.net

**May 27.** Blue Crab Festival 4 Mile, Palatka, Fla. 904-328-3945; 328-4178.

**May 29.** WZYP Cotton Row 10K, Huntsville, Ala. Ray Moses, 124 Collins Ln., Meridianville, AL 36759. 256-829-0024.

**June 3.** Virginia-Highlands Summer Fest 5K, Atlanta. Pierce Pape, 404-685-3296.

**July 4.** Peachtree 10K, Atlanta, Ga. SASE before March 1 to Peachtree 2000, Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x11; email:unislaw@atlantictrackclub.org. 55,00 limit.

**November 18.** Avon Running Circuit 10K & 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com

**MIDWEST**

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

**May 13.** Arts Fest River Run 12K, Evansville, Ind. Patrick Shoulders, PO Box 916, Evansville, IN 47706. 812-424-7575(d); fax: 421-5089; email: pas@zsws.com

**May 13.** Old Kent River Bank 25K/USATF Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, PO Box 2194, Grand Rapids, MI 49501. 616-653-4154; fax: 771-3045; www.okriverbankrun.com

**May 14.** Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org

**May 20.** Berwyn 5000, Berwyn, Ill. Pat Furgal, 2947 Oak Park, IL 60402. 708-749-0606; 749-7793.

**May 27.** Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322; fax: 242-8941; bigboy20k@aol.com

**May 27.** National City Run 10K & Half-Marathon, Dexter to Ann Arbor, Mich. Robin Sarris-Hallop, NC10K, PO Box 8615, R-F00-C8, Ann Arbor, MI 48107. 734-995-2752; fax: 995-2510; email: ncrun@aol.com

**May 29.** Truth/Bank One Great Race Sports Festival XX, Half-Marathon, 10K, 10K Power Walk, Jim Ryun Mile, & 5K "Millennium Run," Elkhart, Ind. Ron/Cathy Schmanske, PO Box 682, Elkhart, IN 46515. 219-296-5890/296-5862; fax: 293-8324; email: wow@michiana.org; www.elk harttruth.com

**June 4.** Columbus 10K, Columbus, Ohio. Matt McGowan, 330 Spellman, Granville, OH 43023. 740-587-0376(e); email: runohio@ee.net

**June 10.** Steamboat Classic 4 Mile, Peoria, Ill. Steamboat Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378; fax: 676-RUNN; www.steamboatclassic.org

**June 10.** Sunburst Marathon, South Bend, Ind. Barbara Walsh, Elite Athlete Coordinator, 615 N. Michigan, South Bend, IN 46601. 219-284-3491(d); fax: 284-3675; www.sunburst.org

**June 10.** Hoosier Marathon, Fort Wayne. Don Lindley, c/o Ft. Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234. www.fwtc.com

**June 25.** Cellcom Green Bay Marathon, Half-Marathon, & 5K, Green Bay, Wisc. Jennifer Holzem, 408 E. College Ave., Appleton, WI 54911. 920-954-6757; 800-889-1859; www.greenbaymarathon.com

**July 14.** Arthur Andersen Bastille Day 5K, Chicago. Tom Cooney, PO Box 300477, Chicago, IL 60630. 773-777-9000; fax: 777-7023; email: LASathlete@aol.com

Continued on page 28

Continued from page 27

**July 29.** Greater Clarksburg 10K, Clarksburg, W.Va. Dorsey Cheuvront, Jr., 3207 1/2 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(d); 422-6585; www.clarksburg10k.com  
**August 19.** Parkersburg Half-Marathon/USATF Open M&W National Championships, Parkersburg, W. Va. 304-424-2786; www.ccmh.org  
**September 10.** Eriesistible Marathon, Erie, Pa. Jim Thompson, 814-866-6269; thompson1@erie.net  
**October 15.** Avon Running Circuit 10K & 5K, Cincinnati, Ohio. 212-282-5350; www.avonrunning.com  
**October 15.** Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W. Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon  
**October 22.** Chicago Marathon. CM, PO Box 5709, Chicago, IL 60680-5709. 312-904-9800; 888-243-3344; www.chicagomarathon.com

**MID-AMERICA**

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

**May 7.** Norwest Half-Marathon, Wayzata, Minn. Loretta Docken, 900 E. Wayzata Blvd., Wayzata, MN 55391. 612-316-1441.  
**May 7.** Lincoln Marathon & Half-Marathon, Lincoln, Nebr. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.  
**May 13.** Avon Running Circuit 10K & 5K Walk, Denver, Colo. 212-282-5350; www.avonrunning.com  
**May 13.** Bank Of America River Run 10K, Wichita, Kansas. Clark Ensz, PO Box 782050, Wichita, KS 67278. 316-636-1266(d); fax: 636-1288; email: athleticswichita@hotmail.com  
**May 21.** TimTam 2000 50K, Ames, Iowa. 6:00 a.m. Douglas Bryner, 1501 Summit Ave., Ames, IA 50010-5227. 515-233-8546; email:brynerdouglas@hotmail.com  
**May 28.** Med-City Relays & Marathon, Rochester, Minn. Med-City Relays, 1417 14th Ave. NE, Rochester, MN 55906. 507-282-1411; email:medcitymarathon.com; www.medcitymarathon.com  
**May 29.** Bolder Boulder 10K, Boulder, Colo. Rich Castro. 1695 Linden Ave., Boulder, CO 80304. 303-492-8776(d); fax: 449-0726; email: castro@spot.colorado.edu  
**June 3.** High Plains Marathon, Goodland, Kansas. HPM, PO Box 960, Goodland, KS 67735. 785-899-5280.  
**June 3.** Dam To Dam 20K & 5K, Des Moines, Iowa. Tom Riley, 515-242-4514; www.FitnessSports.com  
**June 4.** Trinity Hospital Hill Half-Marathon, Kansas City, Mo. Mike Lundgren, 5841 Fontana Dr., Fairway, KS 66205. 913-262-9190(e); fax: 498-6111; www.HealthMidwest.org  
**June 17.** Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947; email:grandmas@grandmasmarathon.com; www.grandmasmarathon.com  
**June 24.** Kansas Sunflower Classic 5K, Wichita. Prize money age-graded. Clark Ensz, PO Box 782050, Wichita, KS 67278. 316-636-1266(d); fax: 636-1288.  
**July 2.** Fair Saint Louis 10K. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Suite 101, St. Louis, MO 63139. Phone/fax: 314-781-3926; www.stlouistrackclub.com  
**July 22.** Quad-City Times Bix 7 Mile, Davenport, Iowa. Dan Breidinger, 3003 Eagles Watch Dr., Davenport, IA 52807. 319-

359-9197; fax: 359-0443; DB5569@Deere.com  
**August 12.** Avon Running Circuit 10K & 5K Walk, Minneapolis/St. Paul, Minn. 212-282-5350; www.avonrunning.com  
**August 13.** Avon Running Circuit 10K & 5K Walk, Albuquerque, N.M. See Aug. 12.  
**August 20.** Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625; www.pikespeakmarathon.org  
**August 27.** Omaha Marathon. Peak Performance, 519 N. 78th St., Omaha, NE 68114. 402-398-9807; www.omahamarathon.com  
**September 4.** Heart of America Marathon, Columbia, Mo. Joe Duncan, 573-445-2684; ctc.columbia.missouri.org/hoa  
**September 24.** Quad Cities Marathon, Moline, Ill. Joe Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; moji@firecrackerrun.com; www.qcmarathon.org  
**October 1.** Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**May 6.** Bayou Bash Relay (4x2.81 mile), Houston, Texas. 713-723-5180; www.alr.cusa.org  
**May 13.** Gum Tree 10K, Tupelo, Miss. GT 10K, PO Box 789, Tupelo, MS 38804. 662-842-2039(e)/680-2411(d).

**WEST**

Arizona, California, Hawaii, Nevada

**May 6.** Southern California Hillsea Footrace 7.57 Mile, Huntington Beach, Calif. Oscar Rosales, 714-841-5417.  
**May 6.** Whiskey Row Marathon, Half-Marathon, 10K Run/Racewalk, & 2 Mile, Prescott, Ariz. Prescott YMCA, Nancy Haladay, 520-445-7221.  
**May 7.** Avenue Of The Giants Marathon, Humboldt Redwoods State Park, Calif. 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.humboldt1.com/~avenue  
**May 21.** Pines To Palms Marathon, Palm Desert, Calif. PMB, 296, 1198 Pacific Coast Hwy., Suite D, Seal Beach, CA 90740. www.pinestopalmsmarathon.com  
**May 21.** Examiner Bay to Breakers 12K, San Francisco. Paulette Stracuzzi, EBTB, PO Box 7260, San Francisco, CA 94120. 415-777-8742; fax: 512-7682; email: stracuzzi@examiner.com  
**May 29.** Flo-Jo Memorial Half-Marathon & 5K, Laguna Hills, Calif. Expect 4500 runners/walkers. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-7706; www.flojorun.ocnow.com  
**June 3.** Fontana Days 5K & Half-Marathon, Fontana, Calif. Pat Lahman, c/o City of Fontana, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360; Fax: 428-2546.  
**June 3.** Festival de Primavera "On The Beach Run" 5K, 10K, & 10K RW, Rosarito Beach, Baja California, Mexico (20 miles south of San Diego). Oscar Rosales, 714-841-5417.  
**June 3.** Palos Verdes Marathon, Palos Verdes (L.A. area), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 310-828-4123; email:w2promo@aol.com; www.racegate.com  
**June 4.** Rock 'N' Roll Marathon. San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 858-450-6510. www.mmarathon.com  
**June 17.** Cal-Neva Mile, Reno, Nev. Ray

Cook, Silver State Striders, PO Box 21171, Reno, NV 89515. 775-746-4540(e); www.silverstatestriders.com  
**June 18.** State Street Mile, Santa Barbara, Calif. Megan Riker, 805-568-2316; www.sbmile.com  
**June 25.** Kona Marathon, Half-Marathon, 10K, & 5K, Kona, Hawaii. JTL Timing Systems, 73-4158 Kaala Place, Kailua-Kona, HI 96740; 808-325-0287.  
**July 9.** Chronicle Marathon, San Francisco. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; fax: 909-874-2604; www.sfgate.com/chronicle/events  
**August 13.** America's Finest City Half-Marathon, San Diego. Mike Long, Elite Racing, 5452 Oberlin Dr., Ste. B, San Diego, CA 92121. 858-450-6510(d); www.afchalf.org  
**August 27.** Silver State Marathon, Reno, Nev. Ski Pisarski, 2358 Camelot Way, Reno, NV 89509. 775-849-0419; www.silverstatemarathon.com  
**October 22.** San Joaquin Valley Marathon & Team Relay, Fresno, Calif. Paula Castadio, San Joaquin Valley Marathon, 1544 Van Ness, Fresno, CA 93721. 559-266-1800; fax: 650-1880.

**NORTHWEST**

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

**May 7.** Lilac Bloomsday 12K, Spokane. LB 12K, PO Box 1511, Spokane, WA 99210. Deadline April 14. 509-838-8784; www.bloomsdayrun.org  
**May 21.** Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786. www.ontherun.com  
**May 28.** Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Medicine Bow Half-Marathon, Laramie, Wyo. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297; email: RunWyo26point2@compuserve.com.  
**May 29.** Up The Lazy River Masters Oregon RRC 10K Championships, West Linn, Ore. M&W40+. Gary Smith, PO Box 549, Beaverton, OR 97075. 503-646-7868; email: orrc@teleport.com; www.orrc.net/  
**June 17.** Mayor's Midnight Sun Marathon & Half-Marathon, Anchorage, Alas. Anchorage Parks & Rec., PO Box 196650, Anchorage, AK 99519. 907-343-4474; fax: 278-6595; mccleaji@ci.anchorage.ak.us; www.ci.anchorage.ak.us  
**July 23.** Avon Running Circuit 10K & 5K, 212-282-5350; www.avonrunning.com  
**July 24.** Deseret News Marathon, Salt Lake City. DNM, 30 E. 100 South, Salt Lake City, UT 84111. 801-237-2135; www.deseretnews.com/run  
**October 21.** Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; email: info@portlandmarathon.org; www.portlandmarathon.org

**CANADA**

**May 7.** Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2928; email: vim@istar.ca  
**May 13-14.** National Capital Race Weekend, Ottawa. 10K (13th), Marathon, Half-Marathon, & 5K. NCM, Inc., PO Box 426, Station A, Ottawa, Ont., Canada, K1N 8V5. 613-234-2221; email: ncm@storm.ca  
**August 20.** Marathon by the Sea, Saint John, New Brunswick, Canada. 506-658-

4715; aquatics@nbnet.nb.ca; www.aquatic.nb.ca.

**October 22.** Casino International Marathon & 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; www.niagarafallstourism.com

**INTERNATIONAL**

**May 13-14.** 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambriola, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.  
**May 21.** Avon Running Global 10K Championship, Milan, Italy. 212-282-5350; www.avonrunning.com  
**July 2.** Veterans Millennium Brugge Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, B-8000 Brugge, Belgium. 32.50.341781; fax: 32.50.3374325.  
**October 15.** Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; www.globalinteractions.org

**RACEWALKING**

**May 21.** USATF National Masters 15K RW Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493. areaswiss@aol.com  
**May 21.** USATF West Regional 15K RW, Fairmount Park, Riverside, Calif. M&O. Dave Snyder, 11878 Holly St., Grand Terrace, CA 92313. 909-824-2336(h); lynchdave1@juno.com  
**May 28.** 10th annual Art Keay Memorial RW, Ontario 10K Senior M&W Championships & 10K Age-Graded Race, Toronto, Ontario, Canada. SASE to Joan Sutherland, 676 Balliol St., Toronto, Ont., Canada M4S 1E7. Fax: 416-489-5634; email: amrwrj@aol.com  
**June 11.** Crown Valley Senior Games/Pasadena Senior Olympics 1500 & 5000 RWs, Occidental College, Los Angeles. Jim Hanley, director. Cynthia Vaughn, 626-685-6754.  
**June 24.** Lynette Atkins Memorial/USATF North Region & Michigan 8K RW Championships, Kalamazoo. Also 5K RW. Steve Atkins, 616-372-3533; atkinsmemwalk@yahoo.com  
**July 9.** FAC-Walkers Mile Track RW, Tropical Park, Miami, Fla. Don Matuszak, 305-252-0276.  
**August 11.** USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.  
**August 13.** USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.  
**September 17.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.  
**October 1.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com.  
**October 14.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@preferred.com.

# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>			
Greg Coats	HJ	6-8	7-5-98
Milton Girouard	SP	46-3 1/2	2-5-00
	DT	143-4	2-13-00
Jim Sharp	PI	2983	3-24-00
<b>M40-44</b>			
Jeffrey Endres	3000 I	10:12	3-24, 26-00
Don Severn	PVI	3.96	3-18-00
<b>M45-49</b>			
Paul Baumhoefner	3000 I	10:10.2	1-22-00
Hank Lawson	Mile	4:58.8	1-22-00
Lennox Montrose	100	11.9	4-10-99
	55m I	9.33	1-7, 9-00
<b>M50-54</b>			
Gene Bard	PVI	13-9.25	1-28-00
John Carter Holmes	800 I	2:15.75	3-26-00
	PI	3186	3-24-00

Ian Rodgers	5K	17:28	3-25-00
Jerry Bookin-Weiner	SP I	12.91	3-27-99
	SW I	7.07	3-28-99
	WI	39.0	7-4-99
	DT	138-2	7-7-99
	WP	3420	8-6-99
	HT	42.33	8-26-99
<b>M55-59</b>			
Allan Drew	55m I	7.8	2-11-00
Dan Hansman	55m I	7.66	1-8-00
Ralph Reiche	HJ	4-10	10-14, 25-98
Troy Scoggins	60m I	8-44	3-25-00
<b>M60-64</b>			
Ralph Reiche	HJ	4-8	10-98
Jim Beahm	3000 I	11:50.70	3-02-98
Geoff Howard	3000	11:36.2	2-19-00

Charles Schmidt	5K	19:21	9-26-98
	Mile	5:51	11-22-97
<b>M65-69</b>			
Larry Dickerson	3000	12:57	1-9-00
<b>M70-74</b>			
Grant Twitcheil	200	31.66	9-18-99
	TJ	23-11 1/2	10-11, 22-99
	LJ	13-8	10-11, 22-99
	80hh	17.6	7-3, 4-99
	D	5509	7-3, 4-99
James Wilkie	5K	23:42	3-26-00
Jerry Wojcik	WT	9.98	3-25-00
	SW	7.78	3-26-00
<b>W55-59</b>			
Suzy Hess	WT	7.16	3-25-00
	SW	5.10	3-26-00

## U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	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	27.9	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	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
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	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H								18.0	21.0	25.0	30.0		
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-3/4	5-9/4	5-6	5-3	4-11	4-9	4-6	4-1 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 1/4	13-5 1/4	12-11 1/4	12-11 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
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 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 3/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	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 1/4	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 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-0 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
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; 50-59: 600g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

## U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0	
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45	
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
400H	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9	
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4	
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50	
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11	
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89	
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18-1 1/4	14-9	12-9	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-1/4	14-1 1/4	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4	
Discus	32.00	30.00	25.00	24.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-3 1/4	69-0	59-7 1/4	52-6	45-0	42-8	36-1 1/4	
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00	
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-0	59-7 1/4	46-0	39-4 1/4	39-6 1/4	
20#Wt.	10.00	9.00	8.00	7.01								
	32-9 1/4	29-6 1/4	26-3	23-0								
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75	
					26-3	23-0	19-8 1/4	18-2	17-0	16-5	15-7	
Sup.Wt.												

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.

NATIONAL

National Masters T&F Indoor Championships Reggie Lewis Track & Athletic Center Boston, MA; March 23-26

M30 -60m PRELIMS-

Table listing track and field results for M30 -60m Prelims, including names like George Onyeyonwu, Rod Weston, and Marek Wensel with their respective times and locations.

M30 -60m

Table listing track and field results for M30 -60m, including names like Marek Wensel, George Onyeyonwu, and Vincent Martin.

M35 -60m PRELIMS-

Table listing track and field results for M35 -60m Prelims, including names like Allan Tissenbaum, Kevin Ellis, and Mitchell Lovett.

M35 -60m

Table listing track and field results for M35 -60m, including names like Allan Tissenbaum, Christian Boda, and Kevin Ellis.

M40 -60m PRELIMS-

Table listing track and field results for M40 -60m Prelims, including names like Clifford Wiley, Michael Puckerin, and Val Barnwell.

M40 -60m

Table listing track and field results for M40 -60m, including names like Michael Puckerin, Clifford Wiley, and Val Barnwell.

M45 -60m PRELIMS-

Table listing track and field results for M45 -60m Prelims, including names like Bill Collins, Ed James, and Robert Bowen.

M45 -60m

Table listing track and field results for M45 -60m, including names like Bill Collins, Thomas Jones, and Tom Smith.

M50 -60m PRELIMS-

Table listing track and field results for M50 -60m Prelims, including names like James St. Cyr, Charles Allie, and Marion McCoy.

M50 -60m

Table listing track and field results for M50 -60m, including names like James St. Cyr, Charles Allie, and Marion McCoy.

M55 -60m PRELIMS-

Table listing track and field results for M55 -60m Prelims, including names like Edward Jones, Roger Pierce, and Donald Neidig.

M55 -60m

Table listing track and field results for M55 -60m, including names like Donald Neidig, Edward Jones, and Roger Pierce.

M60 -60m PRELIMS-

Table listing track and field results for M60 -60m Prelims, including names like Harold Tolson, Larry Colbert, and Marion Harrison.

M60 -60m

Table listing track and field results for M60 -60m, including names like Harold Tolson, Larry Colbert, and Marion Harrison.

M65 -60m PRELIMS-

Table listing track and field results for M65 -60m Prelims, including names like Bob Dobbs, Ray Graves, and Dennis Melanson.

M65 -60m

Table listing track and field results for M65 -60m, including names like Bob Dobbs, Ray Graves, and Dennis Melanson.

M70 -60m PRELIMS-

Table listing track and field results for M70 -60m Prelims, including names like Harry Brown, James Stookey, and Don Cheek.

M85

Table listing track and field results for M85, including names like Clarence Trahan, Gilberto Gonzalez, and Ted Hatien.

M95+

Table listing track and field results for M95+, including names like Everett Hosack, Dianne Adkins-Forte, and Elaine Boda.

M40 -200m-

Table listing track and field results for M40 -200m-, including names like Michael Puckerin, Brady Crain, and Val Barnwell.

M45 -200m-

Table listing track and field results for M45 -200m-, including names like Charles Allie, Rick Lapp, and Zbigy Zlobicki.

M50 -200m PRELIMS-

Table listing track and field results for M50 -200m Prelims, including names like Charles Allie, Rick Lapp, and Zbigy Zlobicki.

M50 -200m

Table listing track and field results for M50 -200m, including names like Charles Allie, Rick Lapp, and Zbigy Zlobicki.

M55 -200m PRELIMS-

Table listing track and field results for M55 -200m Prelims, including names like Donald Neidig, Roger Pierce, and Roger Phillips.

M55 -200m

Table listing track and field results for M55 -200m, including names like Donald Neidig, Roger Pierce, and Roger Phillips.

M60 -200m PRELIMS-

Table listing track and field results for M60 -200m Prelims, including names like Larry Colbert, Marion Harrison, and Bob Lida.

M60 -200m

Table listing track and field results for M60 -200m, including names like Larry Colbert, Marion Harrison, and Bob Lida.

M40 -200m-

Table listing track and field results for M40 -200m-, including names like Michael Puckerin, Brady Crain, and Val Barnwell.

M45 -200m PRELIMS-

Table listing track and field results for M45 -200m Prelims, including names like Bill Collins, Archie Glaspy, and Thomas Jones.

M45 -200m

Table listing track and field results for M45 -200m, including names like Bill Collins, Archie Glaspy, and Thomas Jones.

M50 -200m PRELIMS-

Table listing track and field results for M50 -200m Prelims, including names like Charles Allie, Rick Lapp, and Zbigy Zlobicki.

M50 -200m

Table listing track and field results for M50 -200m, including names like Charles Allie, Rick Lapp, and Zbigy Zlobicki.

M55 -200m PRELIMS-

Table listing track and field results for M55 -200m Prelims, including names like Donald Neidig, Roger Pierce, and Roger Phillips.

M55 -200m

Table listing track and field results for M55 -200m, including names like Donald Neidig, Roger Pierce, and Roger Phillips.

M60 -200m PRELIMS-

Table listing track and field results for M60 -200m Prelims, including names like Larry Colbert, Marion Harrison, and Bob Lida.

M60 -200m

Table listing track and field results for M60 -200m, including names like Larry Colbert, Marion Harrison, and Bob Lida.

6 William Bergen

Table listing track and field results for various athletes, including William Bergen, Ev Poe, and William Meanix.

M75+ -200m-

Table listing track and field results for M75+ -200m-, including names like Melvin Larsen, Raymond Bower, and John Naci.

M80

Table listing track and field results for M80, including names like Champion Goldy, Bob Matteson, and Milton Silverstein.

M85

Table listing track and field results for M85, including names like Vincent Malizia, Clarence Trahan, and Everett Hosack.

M90 -200m-

Table listing track and field results for M90 -200m-, including names like Angela Scott, Misha Gutler, and Lillian Avidi.

M95

Table listing track and field results for M95, including names like Althea Morris, Charlene Landrum, and Shemayne Williams.

M100 -200m-

Table listing track and field results for M100 -200m-, including names like Althea Morris, Charlene Landrum, and Shemayne Williams.

M105 -200m-

Table listing track and field results for M105 -200m-, including names like Althea Morris, Charlene Landrum, and Shemayne Williams.

M110 -200m-

Table listing track and field results for M110 -200m-, including names like Althea Morris, Charlene Landrum, and Shemayne Williams.

M115 -200m-

Table listing track and field results for M115 -200m-, including names like Althea Morris, Charlene Landrum, and Shemayne Williams.



Continued from previous page

Table of athletes and their performance statistics, including names like Norman Frable, Bill Mathis, Neal Schuster, Barry Kline, Paul Gansle, Larry Armstrong, etc.

Table of athletes and their performance statistics, including names like Edwin Lukens, Ralph Maxwell, Armando Ricciardi, Ted Yenari, Gilberto Gonzalez, etc.

Table of athletes and their performance statistics, including names like Barbara Cleveland, Evelyn Wright, Arlene Dupuis, Audrey Lary, Fei-Mei Chou, etc.

Table of athletes and their performance statistics, including names like James Nichols, Bruce Hedendal, Tom Gage, George Mathews, James Cahners, etc.

Table of athletes and their performance statistics, including names like James Nichols, Bruce Hedendal, Tom Gage, George Mathews, James Cahners, etc.



Continued from previous page

Table of National Masters News results, including categories like M35, W30+, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90, W95, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, M95, W30+ -INDOOR PENTATHLON-, -3K Racewalk-, M30+ -3km WALK-, M30+ -INDOOR PENTATHLON-, W40 Stephanie Vega, W45 Renee DiGiacomo, W55 Sue Levy, M35 Mitch Lovett, M45 Tony Natale, M55 Bob Fuhman, M60 Dave Rosenthal, M65 Irwin Bernstein, M75 Marv Levy, M80 George Glyn, W35 Althea Morris, Renee Sterett, Latju Jarte, W40 Stephanie Vega, W55 Sue Levy, M40 Allen Peffer, M45 Tony Plaster, M50 Harry Nolan, M55 John Kuhl, M65 Irwin Bernstein, M75 Marv Levy, M80 Bob Matteson, W55 Sue Levy, M60 Madeline Bost, M30 Dave Brown, M40 Dan Swanson, M45 Dan Swanson, M55 Allan Drew, M70 Deol Gurcharan, W30 Angela Scott, W45 Irene Thompson, Longley Jones Mile, M40 Jerry Kooymans, M45 Tim McMullen, Fred Robbins, Dan Littlejohn, M50 Herb Engman, James Miner, M55 Larry Smith, M60 Paul Halbert, W40 Patti Ford, Suzanne Myette, M70 Jack Starr, Ed Gawinski, M80 George Braceland, USATF East Regional Masters Championships, Army T&F Center, NYC, March 18, 55m, M30 Christopher Anojulu, Andre Bridgette, Will Holland, M35 Kevin Ellis, Willie Price, Jim Reilly, Paul Boccard, Ronald Davy, Kyle Peterson, Frank Clark, M40 Tony Fulton, Steve Coenen, Don McNeill, Alvin Milleibis, Paul Augello, Rob Doran, M45 Thomas Jones, Jesse Norman, Charles Lampert, Reid Pershing, CD Cook, Ronald Jackson, Michael Garrity, Mark Lacy, M50 Melvin Fields, Rick Lapp, Dennis Newton, William Sikorsky, M55 Joe Johnson, Gene Ballard, M60 Bill Knocke, Gary Sims, KM Thomas, John Lewis, David Rosenthal, M65 Bill Wright, Leon Trout, Tom Talbott, M70 Jim Stookey, William Bergen, M80 Angelo Oliver, W30 R Robinson-Moore, D Adkins-Forte, Lillian Awdi, W35 Denise Jones, W40 L Carke-Feaster, Laurette Waterton, W45 Sharon Warren, W55 Adin Mair, W65 Audrey Lary, W70 Pat Peterson, W80 Adrienne Salmi, 200m, M30 Andre Birdgett, Dean Kerr, Will Holland, M35 Mitchell Lovett, Wyndell Dickerson, Howard Lindsay, Jim Feilly, Kevin Ellis, Alan Bautista, Ronald Davy, Val Barnwell, Alvin Milleibis, M45 Thomas Jones, Raphael Delvalle, Jesse Norman, Charles Lampert, Dennis Brown, Pershing Reid, CD Cook, David Friedman, Melvin Fields, Errol Lee, Noah Perlis, Graham Smith, Richard Hamner, Gene Ballard, Joe Johnson, Richard Pizzo, Bill Knocke.

USATF Masters National Indoor Heptathlon Championships

Proviso West High School, Hillside, IL; April 1-2

Table of USATF Masters National Indoor Heptathlon Championships results, listing Athlete Name, Points, 60, LJ, SP, HJ, HURDLE, PV, 1000.

EAST

Syracuse Chargers Meet Manley Field House Syracuse U., Feb. 11

Table of Syracuse Chargers Meet results, listing Athlete Name, Points, 55m, 200m, 400m, Pole Vault, Shot Put, 3000m, 3K RW.

Carolyn Eich 5:44.0, W45 Coreen Steinbach 5:50.5, W50 Chary Griffin 7:12.9, W60 Lenhie Tucker 7:25.7, Estelle Hahn 8:32.8

Table of Philadelphia Masters Championships results, listing Athlete Name, Points, 55m, High Jump, Pole Vault, Shot Put, 3000m.

Table of Haverford College results, listing Athlete Name, Points, 55m, High Jump, Pole Vault, Shot Put, 3000m.

Table of National Masters News results, listing Athlete Name, Points, W40 Stephanie Vega, W45 Renee DiGiacomo, W55 Sue Levy, M35 Mitch Lovett, M45 Tony Natale, M55 Bob Fuhman, M60 Dave Rosenthal, M65 Irwin Bernstein, M75 Marv Levy, M80 George Glyn, W35 Althea Morris, Renee Sterett, Latju Jarte, W40 Stephanie Vega, W55 Sue Levy, M40 Allen Peffer, M45 Tony Plaster, M50 Harry Nolan, M55 John Kuhl, M65 Irwin Bernstein, M75 Marv Levy, M80 Bob Matteson, W55 Sue Levy, M60 Madeline Bost, M30 Dave Brown, M40 Dan Swanson, M45 Dan Swanson, M55 Allan Drew, M70 Deol Gurcharan, W30 Angela Scott, W45 Irene Thompson, Longley Jones Mile, M40 Jerry Kooymans, M45 Tim McMullen, Fred Robbins, Dan Littlejohn, M50 Herb Engman, James Miner, M55 Larry Smith, M60 Paul Halbert, W40 Patti Ford, Suzanne Myette, M70 Jack Starr, Ed Gawinski, M80 George Braceland, USATF East Regional Masters Championships, Army T&F Center, NYC, March 18, 55m, M30 Christopher Anojulu, Andre Bridgette, Will Holland, M35 Kevin Ellis, Willie Price, Jim Reilly, Paul Boccard, Ronald Davy, Kyle Peterson, Frank Clark, M40 Tony Fulton, Steve Coenen, Don McNeill, Alvin Milleibis, Paul Augello, Rob Doran, M45 Thomas Jones, Jesse Norman, Charles Lampert, Reid Pershing, CD Cook, Ronald Jackson, Michael Garrity, Mark Lacy, M50 Melvin Fields, Rick Lapp, Dennis Newton, William Sikorsky, M55 Joe Johnson, Gene Ballard, M60 Bill Knocke, Gary Sims, KM Thomas, John Lewis, David Rosenthal, M65 Bill Wright, Leon Trout, Tom Talbott, M70 Jim Stookey, William Bergen, M80 Angelo Oliver, W30 R Robinson-Moore, D Adkins-Forte, Lillian Awdi, W35 Denise Jones, W40 L Carke-Feaster, Laurette Waterton, W45 Sharon Warren, W55 Adin Mair, W65 Audrey Lary, W70 Pat Peterson, W80 Adrienne Salmi, 200m, M30 Andre Birdgett, Dean Kerr, Will Holland, M35 Mitchell Lovett, Wyndell Dickerson, Howard Lindsay, Jim Feilly, Kevin Ellis, Alan Bautista, Ronald Davy, Val Barnwell, Alvin Milleibis, M45 Thomas Jones, Raphael Delvalle, Jesse Norman, Charles Lampert, Dennis Brown, Pershing Reid, CD Cook, David Friedman, Melvin Fields, Errol Lee, Noah Perlis, Graham Smith, Richard Hamner, Gene Ballard, Joe Johnson, Richard Pizzo, Bill Knocke.

Continued on next page

Continued from previous page... Gary Sims 27.12, David Rosenthal 33.58, M65 Bill Wright 27.76, Frank Haviland 29.23, Tom Talbott 26.99, M70 Jim Stookey 28.77, William Bergen 34.40, M75 Lester Wright Sr 32.75, Jim Manno 33.67, John McMannus 35.42, M80 Bob Matteson 41.82, W30 D Adkins-Forte 28.27, Lillian Awdi 29.47, W35 Charlene Landrum 26.10, Shaymayne William 27.74, W40 L Clark-Feaster 28.58, W45 Sharon Warren 29.04, W50 Kathy Nary 36.96, W55 Adlin Mair 21.36, W65 Audrey Lary 34.16 (Peterson/35.08/1993), W70 Pat Peterson 37.41, W80 Adrienne Salmini 1:29.10, M30 Rohan Eleston 52.40, M35 Wyndell Dickerson 50.41, Kevin Ellis 53.92, M40 Sal Allah 51.36, Steve Nearman 52.86, Steve Coenen 53.42, Richard Stewart 57.97, Barry Calder 59.56, M45 Edward Goneru 54.03, Dennis Brown 58.25, Don Hodge 1:01.71, David Friedman 1:15.55, M50 Joe McMahon 1:00.14, Graham Smith 1:03.90, M55 Richard Hamner 58.19, John Kuhl 1:07.43, M60 Richard Rizzo 58.96, David Rosenthal 1:20.83, M65 Frank Haviland 1:04.62, Irwin Bernstein 1:11.01, M70 William Bergen 1:25.18, Joseph Kernan 1:45.35, M75 Lester Wright Sr 1:19.69, M80 Bob Matteson 1:35.37, W35 Adina Valdez 57.19, Charlene Landrum 59.83, Shermayne Williams 1:03.35, Lisa Prince 1:04.50, W40 L Clark-Feaster 1:05.91, W45 P Dickson-Taylor 1:07.85, W50 Mary V Rosado 1:16.02, Kathy Nary 1:21.53, W55 Anna Thornhill 1:18.22, W70 Pat Peterson 1:46.68, M30 Andrew Cleary 2:00.01, Peter Gallimore 2:00.29, Max Crisp 2:02.91, Angelo Harasts 2:13.31, Rich Carlson 2:15.45, M35 Rich Angelo 2:02.99, Larry Glazer 2:05.36, Harris Hardy 2:06.04, Steven Cahn 2:22.51, M40 Fred Kitzrow 2:08.29, Peter Schmidt 2:10.10, Christopher Murphy 2:12.88, Gary Cox 2:19.91, Marc Gigure 2:21.45, M45 Duane Green 2:07.72, Tom Hartshorne 2:08.92, Peter Reinhardt 2:16.06, Rob Jackson 2:17.19, Bob Pertak 2:19.67, Brad Hurst 2:19.99, Raphael DeValle 2:21.72, Kirk Pierret 2:24.22, M50 Nick Caswell 2:10.79, Dick Green 2:10.91, Steven Rook 2:14.51, Steven Viegas 2:18.82, Victor Diaz 2:20.00, Rich Myers 2:20.07, Michael Wilson 2:23.57, Fred Dedrick 2:33.57, Joe Burleson 2:48.08, M55 Johnathan Tetherly 2:29.68, John Kuhl 2:38.82, Joel Dubow 2:43.74, M60 David Galligani 2:26.21, Jim Aneshansley 2:39.39, M65 Frank Haviland 2:38.44, Bruce Marsh 2:43.26, Irwin Bernstein 2:45.00, M70 Joseph Kernan 3:59.81, M75 John McMannus 3:06.02, W30 Devon Sargent 2:27.42, Lisanne Rogers 2:29.35, W35 Adina Valdez 2:24.39, Lisa Prince 2:29.97, Dawn Best 2:30.49, W45 Eileen Troy 2:36.63, P Dickson-Taylor 2:41.94, W50 Mary V Rosado 2:53.71, W60 Madeline Bost 3:14.73, Joan Bondell 3:21.90, 1500m M30 Andrew Cleary 4:00.02, Tom Metz 4:24.24, Angelo Harasts 4:26.45, M40 Anselm Le Bourne 4:00.04, Steve Nearman 4:09.25, Thomas Dalton 4:09.44, Donald DiDonato 4:15.11, Marc Gigure 4:26.45, Bob Hodge 4:34.32, M45 Allan Muir 4:20.16, Brad Hurst 4:20.16, Rob Jackson 4:52.49, Kirk Pierret 5:04.02, Carl Stainagle 5:23.68, M50 Al Swenko 4:25.49, Harold Nolan 4:28.66, Dick Green 4:30.65, Steven Rook 4:34.11, Rich Myers 4:38.06

Victor Diaz 4:43.70, Fred Dedrick 4:58.55, Michael Wilson 5:06.68, M55 Joel Dubow 5:19.08, M60 Sid Howard 4:46.35, Jim Farris 5:16.13, Jerry LeVasseur 5:48.65, M65 Bruce Marsh 5:38.42, M80 William Benson 7:33.00, M85 Dudley Healy AR 9:35.22, W35 Lnda Brown 5:25.60, W40 Karen Lein 5:47.86, W45 Eileen Troy 5:12.01, Sharon Vos 5:13.76, Regina Cahill 5:28.21, W50 Mary V Rosado 5:35.64, W60 Madeline Bost 6:34.85, 3000m M35 Gregory Green 9:00.58, M40 Donald DiDonato 9:19.08, Paul Salemi 10:35.45, M45 Joel Pasternack 11:24.05, M50 Bobby Doyle 9:29.07, Richard Murray 10:53.22, Denis Daly 11:37.70, Joe Cordero 11:55.09, Jerry LeVasseur 12:29.47, M70 Des Margetson 16:36.42, M85 Dudley Healy WR21:18.75, M95 Jorge Hernandez 9:33.57, W40 Karen Lein 12:52.95, W45 Kathryn Martin 10:30.24, W50 Susan Nesbihal 15:34.42, 60mH M30 Robert Walter 9.52, Karl Smith WR8.12 (Druckrey/8.15/1989), M40 Lloyd Jeremiah 8.74, Rob Doran 10.91, M45 Stacey Price 8.78, Al Cestero 10.10, M50 Mike Milove 10.11, Ivan Black 10.37, William Sikorsky 10.41, Joe McMahon 11.36, Bill Walsh 12.19, M60 Bill Knocke 9.79, Nate Byrd 10.58, M65 Leon Trout 10.78, M70 Jim Stookey WR9.87 (Lukens/1.05/1998), W35 Anne Jennings 9.58, Denise Jones 16.00, 4x200m M30-39 MAC 1 Assoc 1:33.66, MAC 2 Assoc 1:49.92, M40-49 SprintForcAme AB1:33.59 (Allah/Goneru/Schiro/Jones), M60-69 Shore AC AB2:01.15 (Haviland/Trout/Bernstein/Ruffin), W30-39 Atoms 1:48.67 (Moms/Adkins/Forte/Vega/Sterrett), 4x400m W30-39 Atoms 4:12.71, 4x800m M40-49 Shore AC WBB:18.11 (Plaster/Alexander/Harkins/Andrews), Shore AC "B" 9:28.01 (Guty/Reinhart/Stainagle/Monroe), M50-59 Shore AC 9:42.95 (Noland/Lapp/MacGowan/Haviland), W30-39 Atoms 1:04.65.7, High Jump M30 Oleg Mysikov 1.80, Robert Walter 1.65, M35 Igor Agavev 2.00, M40 Dan Goia 1.50, M45 Keith W Mathis 1.55, Al Cestero 1.50, David Friedman 1.25, M50 Bob Boddy 1.50, Eddie Harris 1.45, Ivan Black 1.45, Bill Walsh 1.40, M55 Lee Buster 1.35, M60 Gerald Counihan 1.40, Morton Hahn 1.10, M65 Leon Trout 1.25, Ray Feick 1.05, M70 Jim Stookey 1.30, W35 Anne Jennings AR1.65, Dawn Best 1.15, W50 Phil Raschker 1.30, W60 Evelyn Wright 1.25, Pole Vault M30 Dan Bertolami 3.96, M35 Duncan Littlefield 4.60, Paul Boccard 2.74, M40 Don Severn 3.96, Rob Doran 2.89, M45 Steve Gorman 3.96, Dave Gorman 3.36, Bob Reese 2.74, M50 Tom Rauscher 3.36, Bill Walsh 2.74, Joe McMahon 2.44, M55 Jeff Tindall 2.89, M60 Gerald Counihan 3.36, W50 Phil Raschker 3.04, W60 Evelyn Wright 1.25, Long Jump M30 Robert Walter 5.63, Greg Foster 6.77, M35 Willie Price 5.69, Terry Williams 5.34, Joe Crichton 5.31, Frank Clark 3.72, M40 Dan Goia 5.18, Rob Doran 4.94, M45 Al Cestero 5.28, Keith W Mathis 4.68, Ronald Jackson 4.65, John Oleski 4.61, Michael Garrity 4.24, David Friedman 3.89, M50 Bob Boddy 5.13, Mike Milove 5.01, Ivan Black 4.55, Bill Walsh 4.41, William Sikorsky 4.40, M60 Gerald Counihan 4.31

Vince Fumin 4.29, KM Thomas 3.80, David Rosenthal 3.43, M65 Leon Trout 4.20, Ray Feick 2.65, M70 Jim Stookey 4.56, Des Margetson 2.82, W35 Dawn Best 4.06, W50 Phil Raschker 4.49, W60 Barbara Cleveland 3.36, W65 Audrey Wright 3.37, Triple Jump M30 Christopher Anojuku 13.09, Robert Walter 12.58, M35 Greg Foster 13.57, Terry Williams 11.28, M45 John Oleski 9.73, Keith W Mathis 9.69, Ronald Jackson 9.68, Donald Friedman 8.05, M50 Ivan Black 10.47, Mike Milove 10.21, Bill Walsh 8.34, M60 David Rosenthal 7.11, KM Thomas 7.04, Morton Hahn 5.00, M65 Ray Feick 5.96, Tom Talbott 5.18, M70 Jim Stookey 9.39, W50 Susan Nesbihal 5.00, W60 Evelyn Wright 7.69, W65 Audrey Lary WR7.81 (Enarsson/7.71/1999), Shot Put M30 Robert Walter 10.96, Antonio Martinez 10.77, M35 Brian Donahue 15.67, Glenn Metcalfe 9.19, M40 Goran Milanovic 12.94, M45 Dennis Hansen 11.83, Michael Garrity 8.45, Jeffrey Copland 7.53, M50 Bill Walsh 10.70, Rich Dunphy 10.67, William Sikorski 10.55, Joe McMahon 9.51, M60 Morton Hahn 8.10, M65 Len Rosen 11.90, Ray Feick 10.67, M65 Pete Barker 9.69, M70 William Bergen 8.80, Des Margetson 7.68, M75 Angelo Covino 9.32, M80 Angelo Oliver 7.20, W35 Onetha Lewis AR 12.82 (Lewis/12.37/1999), Lisa Prince 10.97, Denise Jones 7.21, W40 Laurette Waterton 7.43, Deborah Ecklund 6.91, W50 Patricia Fogg 8.55, Susan Nesbihal 6.70, W55 Roslyn Katz 7.89, W60 Evelyn Wright 9.25, Mary Roman 8.35, W65 Audrey Lary 7.93, Ann Cirulnick 7.63, Marcia Crooks 7.01, 3000m Racewalk M55 Gary Null 14.46.68, Jim Carmines 15.05.09, Ron Shields 17.06.43, Seth Kaminsky 17.25.42, Larry Freeman 20.57.51, M60 Gustave Davis 19.34.83, M65 Bob Barrett 16.30.45, Frank Sullivan 20:17.52, M75 John Nervetti 19:36.96

SOUTHEAST

Polk Senior Games, Polk County, FL; March 6, 50m M50 Duane Peacock 6.80, M55 Terry Kelley 8.03, M60 Buddy Williams 7.14, M65 Ernie Alcocer 7.60, M70 Phillip Carr 8.65, M75 Blair McFarlane 8.25, M80 John Anoka 9.71, W50 Carol Dissinger 11.04, W55 Leadema Radford 9.91, W60 Barbara Cleveland 8.10, W65 Avis Pixley 10.37, W70 Ethel Lehmann 9.51, 100m M50 Jim Gee 13.31, M55 Chuck Richmond 14.13, M60 Darrell Huey 13.12, M65 Ernie Alcocer 14.67, M70 Phillip Carr 16.66, M75 Blair McFarlane 15.71, M80 John Anoka 16.64, M85 Murrell Loy 17.93, W50 Carol Dissinger 20.25, W55 Leadema Radford 20.66, W60 Barbara Cleveland 16.29, W65 Avis Pixley 20.87, W70 Ethel Lehmann 20.27, W75 Sue Osborn 25.07, 200m M50 Roosevelt Owens 29.29, M55 Chuck Richmond 31.58, M60 Darrell Huey 29.72, M65 Ernie Alcocer 29.72, M70 Tyler Sturdevant 32.18

M75 Blair McFarlane 33.46, M80 John Anoka 35.63, M85 Murrell Loy 45.27, W50 Carol Dissinger 1:09.34, W55 Kathleen Temple 1:25.44, W60 Barbara Cleveland 34.90, W65 Avis Pixley 46.97, W70 Ethel Lehmann 38.59, W75 Sue Osborn 1:03.66, 400m M50 Bob Barcia 1:06.15, M55 Will Strouse 1:09.80, M60 Darrell Huey 1:08.01, M65 Herman Lofton 1:11.08, M70 Harvard Warren 1:26.79, M80 John Anoka 1:26.24, W50 Linn Smith 1:27.02, W55 Willy Moolenaar 1:26.47, W60 Joan Boetcher 2:15.16, W65 Avis Pixley 1:49.50, W70 Ethel Lehman 1:28.94, W75 Sue Osborn 2:25.36, 800m M50 Harold Titman 2:32.97, M55 Jarrett Slaven 2:18.13, M60 Bob Payne 2:44.11, M65 Herman Lofton 2:47.62, M70 Bob Smith 3:55.16, Shot Put M50 Michael Foster 34-11, M55 Bob Lupinacci 32-5, M60 Walter Deal 34-2.50, M65 Len Olson 42-5.50, M70 Karlis Ezerins 35-5.75, M75 Dick Mulker 31-4, M80 Cecil Wallace 24-9.50, M86 Wilbur Ott 16, W55 Lorette Faubert 18-2.25, W60 Erika Messner 32-8, W65 Maggi Jarrett 20-7, W70 Audrey Stockdale 19-4.25, Discus M50 Michael Foister 111-5, M55 Bob Lupinacci 88-1, M60 Hank Beacom 106-9, M65 Len Olson 136-1, M70 Karlis Ezerins 101-9, M75 Dick Mulker 98-11, M80 Don Hansen 70-1, M85 Wilbur Ott 46-1, W60 Erika Messner 73-2, W65 Diane Fragos 43-2, W70 Ethel Lehman 58-1, W75 Dorothy Platt 28, W85 Lillian Webb 25-8, Javelin M50 Michael Foster 103-1, M55 Bob Lupinacci 90, M60 Hank Beacom 96-2, M65 William Rothley 126-10, M70 Les Rudy 92-3, M75 Dick Mulker 71-2, M80 Seymour Duckman 56-10, M90 Lee Palmer 34-1, W55 Lorette Faubert 24-4, W60 Erika Messner 88-2, W65 Joan Pendry 31-5, W70 Ethel Lehmann 65-9, High Jump M50 Graham Hockaday 4-7, M55 Gordon Miller 3-10, M60 Robert Steffen 4-7, M65 Herman Lofton 4-2, M70 Karlis Ezerins 4, M80 Seymour Duckman 3-8, W60 Barbara Cleveland 4-2, W65 Helen Wiper 3-2, Long Jump M50 Tim Gallagher 13-6.50, M55 Larry Smucker 7-8.75, M60 Robert Steffen 11-3.50, M65 William Rothley 14-1, M70 Les Rudy 11-3.25, M75 Robert Wagner 7-9, M80 Seymour Duckman 8-10.50, M85 Wilbur Ott 3-4.75, W55 Carol Miller 6-9, W60 Barbara Cleveland 11-9.50, W65 Avis Pixley 7-3.50, W70 Ethel Lehmann 7-4, 5K Road Race M50 Rob Garcia 20:01.83, M55 Jarrett Slaven 19:08.50, M60 Bob Payne 21:10.91, M65 Norman Crittenden 22:04.58

M70 Bob Smith 28:19.36, M75 W H Harward 34:54.62, M80 Gordon Johnson 28:38.55, W50 Carol Dissinger 33:53.27, W55 Judy Ward 26:57.59, W60 Joan Boetcher 30:06.78, W65 Lee Lance 38:24.82, MIDWEST USATF Midwest Regional Masters Indoor Championships, Glenview, IL; March 18, 50m M30 Tim Scanlan 6.9, M40 Gary Lacy 6.2, M45 Mike Skoflanc 6.2, M50 Mike Oliver 7.3, M55 Chet Dow 7.5, M60 Lowell Thompson 7.3, M65 Paul Lehmkuhl 7.0, M70 Harry Brown 7.1, M75 Mel Larson 7.0, W55 Jo'an Greenwood 9.1, W75 Lorla Bauer 10.5, 200m M35 Tim Scanlan 25.1, M40 Gary Lacy 25.4, M45 Thomas Rawolinski 26.0, M50 Mike Oliver 30.8, M60 Lowell Thompson 30.3, M65 Louis Edelman 35.9, M70 Harry Brown 28.8, M75 Mel Larson 30.4, W35 Lynne Ingalls 33.9, W75 Lorla Bauer 48.9, 400m M35 Ulric Graham 54.0, M40 Dave Bradley 57.0, M45 Thomas Rawolinski 57.5, M50 Stan Druckrey 1:01.3, M65 Clarence Trinkner 1:20.0, M70 Harry Brown 1:07.1, W55 Lynne Ingalls 1:16.8, 800m M35 Carl Clark 2:02.7, M40 Dave Bradley 2:12.2, M50 John Albanese 2:24.2, M55 Efen Beltran 2:52.3, 1500m M35 Carl Clark 4:12.4, M40 Mark Boozell 5:24.7, M45 Jim Dickey 6:13.3, 3000m M45 Jim Dickey 13:15.6, M50 John Miller 11:58.5, M65 Alex White 15:43.6, Short Hurdles M40 Jeff Watry 9.0, M45 Robert Zahn 8.5, M50 Stan Druckrey 7.9, M55 Chet Dow 10.3, M60 Bruce Mills 9.3, M65 Clarence Trinkner 9.7, M75 Mel Larson 9.6, High Jump M40 Jeff Watry 1.70, M55 Chet Dow 1.25, M60 Ralph Reiche 1.35, M65 Clarence Trinkner 1.40, M70 Don Sibigroth 1.07, Pole Vault M35 Dave Gilbert 4.15, M40 Jerry Rohn 4.00, M45 Keith Petranek 3.70, M60 Ralph Reiche 1.70, Long Jump M40 Jeff Watry 5.23, M45 Mike Skoflanc 5.82, M50 Mike Oliver 4.45, M55 Chet Dow 4.00, M60 Lowell Thompson 4.17, M65 Paul Lehmkuhl 4.48, M70 Kenneth Yahiro 3.54, M75 Mel Larson WR 4.39 (Ed Lukens/4.30/1998), Triple Jump M45 Mike Skoflanc 11.23, M65 Paul Lehmkuhl 8.50, M70 Don Sibigroth 6.69, Shot Put M40 James Franzen 11.45, M45 Ron Summers 15.16, M50 Steven Saner 13.46, M55 John Hess 10.17

M60 Stephen Cohen 12.32, M65 Clarence Trinkner 9.03, M70 Kenneth Yahiro 8.73, M75 Ernest Bauer 8.85, W40 Ruth Welding 9.68, W50 Linda Romansic 6.11, W75 Lorla Bauer 5.82, Weight Throw M35 Greg Theologos 12.42, M40 James Franzen 8.40, M45 Ron Summers 12.15, M50 Steven Saner 9.63, M60 Don Amery 13.26, W40 Ruth Welding 10.83, W50 Linda Romansic 4.71, 1500m RW M35 Michael Rose 7:36.1, M45 Ronald Winkler 8:12.5, M50 Richard McGuire 7:09.9, W45 Alice Winkler 9:52.6

SOUTHWEST

Mardi Gras Weight Pentathlon, Lafayette, LA; April 1, (HT/SP/DJ/T/WT) M30 Bengt Jansjo 2875 (37.61/13.48/41.74/41.08/11.70), M45 Jeff Baty 3434 (37.36/11.75/39.28/40.06/12.70), M50 Vince Breaux 3135 (33.09/10.96/32.56/39.11/12.82), Harold Bourgeois 2941 (23.25/12.21/34.22/39.78/10.79), Chester Gaudry 2869 (27.36/10.04/36.44/34.92/11.58), Herb Stein 2268 (17.84/9.38/28.43/35.29/8.37), M55 Tom Gage 4995 (55.36/14.02/46.05/33.71/19.89), Mark Chapman 3142 (25.32/11.34/32.90/35.79/10.26), Harold Landry 2588 (24.75/10.12/23.89/28.67/10.04), Butch Gipson 1402 (08.60/26.32/20.56/0), M60 Don North 3500 (32.90/11.07/35.75/37.28/12.62), M65 Pay Carstensen 3747 (36.78/10.56/30.31/27.21/14.77), R Paul Adams 2907 (26.15/8.87/28.53/26.54/9.91), Milton Brady 2904 (24.94/8.87/28.61/24.01/11.19), Charlie Richard 2843 (23.35/8.12/28.64/31.83/8.99), Ward Landry 2238 (22.61/7.99/22.46/18.79/8.32), M70 Jack Haller 2740 (23.58/9.94/24.40/21.49/8.98), M75 Robert Drew 1457 (14.15/5.96/12.75/8.38/5.80), M80 Percy Breaux 1542 (9.51/5.05/12.27/11.34/7.62.3), W35 Sabra Pope 1753 (2.94/8.00/20.00/10.74/8.29), W40 Sherill Mellethin 1639 (18.75/6.50/19.74/16.64/5.91), 35# Weight M50 Vince Breaux 34-7, Herb Stein 17-7, M55 Tom Gage 47-5, Mark Chapman 26-5.5, M60 Don North 28-1, M65 Pay Carstensen 30-0, Ward Landry 17-8, M70 Jack Haller 16-1, M80 Percy Breaux 7-11.5, W40 Sherill Mellethin 12-8.5, 56# Weight M45 Jeff Baty 30-7, M50 Vince Breaux 21-8, Harold Bourgeois 18-1.5, M55 Tom Gage 31-3.5, Mark Chapman 15-9.5, M60 Don North 15-8, M65 Pay Carstensen 20-1.5, Ward Landry 10-8, M70 Jack Haller 11-4, W40 Sherill Mellethin 8-5, 100# Weight M45 Jeff Baty 14-1.5, M50 Vince Breaux 12-2, Harold Bourgeois 11-2, M55 Tom Gage 11-10, Mark Chapman 9-5, M60 Don North 8-9.5, M65 Pay Carstensen 10-3.5, Ward Landry 6-9, M70 Jack Haller 5-6, W40 Sherill Mellethin 3-2, WEST USATF Arizona Indoor Classic, Flagstaff, AZ; Feb. 20, 55m M30 Kane Wilson 6.84, James Smith 6.93

Continued from previous page

Table of race results including events like 200m, 400m, 800m, Mile, Short Hurdles, High Jump, Pole Vault, Long Jump, Shot Put, and 5000m.

Hawaii Masters Sprint Pentathlon Honolulu; March 18

Summary table for Hawaii Masters Sprint Pentathlon with total times for various participants.

Table of race results for Thompson Arizona Throws Meet Mesa; March 18, including Shot Put, Discus, Hammer, Javelin, and Weight events.

36th Phoenix Invitational Glendale Community College Glendale, AZ; April 1-2

Table of race results for 36th Phoenix Invitational, covering events from 100m to 5000m.

Table of race results for James Smith, Algie Mitchell, and other athletes, including events like 100mH, 400mH, 2000m Steeplechase, High Jump, Pole Vault, Triple Jump, Shot Put, Discus, Javelin, and Hammer.

Table of race results for Will Jefferson, Cliff Elkin, Darrel Stewart, and Roy Clark.

INTERNATIONAL

British Veterans Indoor Championships Birmingham, England Feb 26

Table of race results for British Veterans Indoor Championships, including 60m, 200m, and 400m events.

Table of race results for 800m, 1500m, 3000m, 4x200 Relay, and 60m Hurdles events.

Table of race results for Duncan Talbot, Tony Wells, Bryan Shearsmith, Brian Arris, Jim Day, Frans Buys, Wendy Laing, Manndy Laing, Janet Lawson, Jean Fall, and Rietje Dijkman.

High Jump-

Table of race results for High Jump event with participants like Chris Hesketh, Duncan Talbot, Peter Goulding, David Myerscough, Tony Crocker, Colin Shafto, Ajit Kalirai, Wendy Laing, Manndy Laing, Val Rutter, and Rietje Dijkman.

Long Jump-

Table of race results for Long Jump event with participants like Trevor Wade, Bill Redfern, Mike James, Peter Duckers, Anthony Bateman, Gerald Wilkinson, Ajit Kalirai, Wendy Laing, Janice Pryce, Emily McMahon, Jean Fall, Dorothy Fraser, and Mary Wixey.

Triple Jump-

Table of race results for Triple Jump event with participants like Trevor Wade, Dave Folgate, Mike James, Allan Cheers, Tony Crocker, Gerald Wilkinson, Ajit Kalirai, Wendy Laing, Janice Pryce, Pat Oakes, and Rietje Dijkman.

Pole Vault-

Table of race results for Pole Vault event with participants like Kevin McClymont, Allan Williams, Richard Morris, Brian Hatlick, Jim Day, All Woods, Noelle Bradshaw, Christine James, and Anne Wainwright.

Shot Put-

Table of race results for Shot Put event with participants like Ian Lindley, Mike Small, Neil Griffin, David Myerscough, Wm. Gentleman, Cliff Taylor, Janis Gercs, Wendy Laing, Manndy Laing, Jo. Smallwood, Dorothy Fraser, and Marie G.-Stevens.

Pentathlon-

Table of race results for Pentathlon event with participants like Brian Slaughter, Wayne DuBose, David Cowley, Phillip Harris, Cliff Taylor, Norman James, Sue Turley, Jenny Brown, and Jackie Charles.

3000m RW-

Table of race results for 3000m RW event with participants like Colin Bradley, David Henley, John Crahan, Peter Hannel, Brian Gore, William Rawlins, Denis Withers, Len Croc, J. Snelson, George Mitchell, Carolyn Watson, Elain Worth, Jacqueline King, Jill York, Jill Langford, Maureen Spelman, and Beryl Randle.

LONG DISTANCE RESULTS Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL USATF National Masters 100K Championships North Park, Pittsburgh, PA March 25. Table of race results for various distances.

EAST St. Patrick's Day 10K Washington, DC; March 12. Table of race results for various distances. Includes Overall and Continued on next page.



Continued from previous page

**NYRRC Spring Fever 4-Miler  
Central Park, NYC; March 18**

<b>Overall</b>	
Art Gunther 28	20:09
Gordon Bakoulis 39	23:17
M40 Jerry Macan	20:56
Walter DuPont	21:57
Noel Comess	22:48
M45 Theodore Truett	23:34
Leo Ciesa	25:35
Tom Bernhard	26:40
M50 Robert Francis	23:59
Julio Aguirre	24:04
Fran Emmerling	24:18
M55 John Samsel	25:18
Julio Lugo	27:11
Rolando Vihnay	28:10
M60 Eduard Fedossov	25:43
Francis Byrne	27:09
Robert Clarke	28:56
M65 George Hirsch	27:55
Joseph Pascarella	31:33
David Kenney	31:53
M70 Albert Puma	36:59
Leo Schonhaut	42:19
Richard Gordon	42:27
M75 Sab Koide	35:50
Wallace Cutler	41:23
Edward Finkelstein	48:14
M80 Wilfredo Rios	44:24
Albert Goldstein	45:16
Vincent Carnevale	59:04
W40 Gillian Horovitz	23:59
Julie Francis	27:55
Diane Lebowitz	28:08
W45 Jacqueline Seltzer	28:49
Maureen Barry	31:10
Bonnie Bathurst	31:22
W50 Krystyna Turowska	27:43
Carol Gellman	28:14
Judy Harrigan	28:26
W55 Ruth Fairbrother	31:51
Barbara Charles	32:15
Marsha Henkin	33:05
W60 Margaret Carinci	32:39
Naomi Vogel	34:33
Fritzie Paine	38:05
W65 Elaine Breiger	40:49
Lillian Solondz	47:52
Elizabeth Thomas	50:34
W70 Dolly Finkelstein	41:44
Bertha McGruder	44:05
Daisy Klein	46:13
W75 Jozi Neulinger	55:47

**Montgomery County RRC**

**Piece of Cake 10K  
Gaithersburg, MD; March 18**

<b>Overall</b>	
Mark Hoon 35	34:29
Desiree Ficker 23	38:34
M40 Marty Horan	36:32
Scott Langworthy	39:05
Matei Machedon	41:00
Brian Ruberry	41:17
Hal Danoff	41:19
M45 Ken Umbarger	35:48
Bill Lee	37:40
Milan Basta	38:56
Douglas Dunlop	39:29
David Senft	42:37
M50 Marc Wolfson	42:20
Jon Johnson	43:47
Chris Zerby	44:39
Dick Butler	44:40
M55 Roger Kilgore	44:01
Warren Prunella	44:28
Glenn Geelhoed	45:21
Jack Wicks	45:29
M60 John Pack	48:07
Fred Carson	52:31
Terence McCarthy	53:40
M65 Robert Smith	46:56
Jack McMahon	48:39
Peter Hui	53:03
M70 Bill Morrison	56:44
M75 Bill Osburn	59:30
M80 Alvin Gutttag	1:41:21
W35 Jeanne Grillo 39	38:52
W40 Sue Neurath	47:10
Kathy Daragan	48:01
Nancy Karabaic	48:21
Connie Barton	49:18
W45 Linda Votey	44:45
Linda MacDermid	46:18
Carol Encarnacion	47:50
Judith Moran	64:55

W50 Rosalee Connor	45:20
Betty King	47:11
Jane Godfrey	47:38
Danalee Green	48:54
W55 Sharon Dolan	45:20
Dee Nelson	49:04
Priscilla Prunella	50:35
Janet Newburgh	55:59
W60 Anna Berdahl	55:29
W65 Joanne Mallet	57:32

**New Bedford Half-Marathon  
New Bedford, MA; March 19**

<b>Overall</b>	
Peter Whitehead 35	1:08:04
Christine Junkerman 27	1:13:35
M40 Glen Guillemette	1:12:50
Mark Reeder	1:13:39
John Brown	1:14:50
M45 Felix Almeida	1:19:15
Dennis Pepin	1:22:20
James Belanger	1:23:28
M50 Jack Fultz	1:20:19
Brian Bryne	1:24:00
Howie Mackey	1:25:16
M55 Jim Logan	1:29:46
John Duprey	1:30:47
M60 William Riley	1:24:12
Fred Tanner	1:32:49
M65 Don Ross	1:48:06
M70 Joseph Flanders	1:33:03
W40 Susan Barber	1:24:22
Miae Jacobs	1:26:08
Jeanne Hacket	1:29:42
W45 Mary Camire	1:33:50
Louise Brooks	1:36:55
Debra Gabriel	1:39:16
W50 Susan Gustafson	1:29:10
Margie Lee	1:47:56
W55 Marion Yuille	1:51:37
Linda Dewing	1:55:29
W60 Florina Days	1:50:01
W65 Mary McCauley	2:05:43

**Kings Park 15K  
Kings Park, L.I., NY; March 19**

<b>Overall</b>	
Carlos Castro Jr 31	51:47
Donna McMahon 30	59:33
M35 Donald Mackay	57:22
M40 John Delmaestro	56:47
John Di Camillo	56:54
Don Murphy	57:08
M45 John McLaughlin	59:17
Jerry Klein	60:23
Frank Pelligrino	60:34
M50 Dennis O'Brien	56:04
Jack Porzio	59:03
Julio Aguirre	59:41
M55 Chuck Bleifeld	65:25
Jorge Aguilera	65:33
Alex Flyntz	66:00
M60 Jose Mendez	68:07
Bob Mitchell	75:13
Bob Ford	76:00
M65 Kevin Connors	76:38
Jim Scovel	82:48
David Kenney	83:50
M70 Odd Sangesland	91:14
Richard Hollman	1:53:40
M75+Sab Koide 76	91:50
Mel Freidel 79	2:06:34
W35 Elizabeth Ratner	64:58
W40 Eileen Barnes Corley	63:30
Helen Visgauss	67:37
Millie VanTuyl	68:38
W45 Cathy Oehrlein	74:29
Diane O'Donnell	78:16
Geri O'Brien	78:56
W50 Betty Horstmann	73:09
Jacque Gow	76:31
Hilory Boucher	83:34
W55 Mary Nathan	74:20
Helma Clavin	85:18
Joan Ackerman	98:46
W60 Pat Delaney	96:52
Elaine Graham	1:50:08
Daisy Mendez	1:57:58

**NYRRC Powerbar 20-Miler  
Central Park, NYC; March 26**

<b>Overall</b>	
Bryce Lindamood 28	1:49:45
Gillian Horovitz 44	2:10:28
M40 Alan Ruben	1:56:31
Jose Santiago	2:02:05
Dan Murphy	2:06:36
M45 Jaime Palacios	1:58:06
Robert Volpe	2:19:19
Richard Repasky	2:19:34
M50 Robert Briglio	2:12:23
Bob Hermes	2:16:09
Luis Urrea	2:21:54

M55 Samuel Skinner	2:21:07
John Samsel	2:24:16
Russell Stallone	2:31:53
M60 John Phillips	2:30:05
Eduard Fedossov	2:37:22
Jose Mendez	2:40:48
M65 Alfred Finger	2:29:39
Richard Murphy	2:31:20
Frank Dudley	3:11:10
M70 Joseph Burns	2:52:53
David Jenkins	3:29:08
Charles Marti	3:30:57
M75 Sab Koide	3:36:37
Sheldon Zinn	5:11:00
M80 Wilfredo Rios	3:16:50
W40 Gillian Horovitz	2:10:28
Eileen Barnes Corley	2:29:59
Luann Mestre	2:33:10
W45 Joan Baldassarri	2:38:53
Jane McGraw	2:49:14
Admas Belligne	2:52:01
W50 Deborah Barchat	2:36:57
Eija Ayravainen	2:54:36
Rona Appel	3:01:19
W55 Susan Sideman	3:01:39
Marjorie Kos	3:07:08
Ruth Fairbrother	3:08:52
W60 Nike Mizell	3:29:53
Naomi Vogel	3:31:45
W65 Bertha Bellinghausen	2:59:58

**Presidential 5 Miler  
Kennebunkport, ME; April 2**

<b>Overall</b>	
Dan Verrington 37	25:10
Veronica Haskell 32	30:09
M40 Scott Brown	26:16
Russell Wogan	28:25
M50 Steve Reed	28:47
M60 Donald Bell	35:00
M70+Kenneth Folsom 74	41:19
W40 Helen Cheney	35:14
W50 Jane Rau	35:52
W60 Eleanor Whitney	45:19

**NYRRC Niketown Run  
for the Parks 4-Miler  
Central Park, NYC; April 9**

<b>Overall</b>	
Aaron Price 23	20:12
Kim Griffin 38	23:10
M40 Walter DuPont	22:33
Pascal Sauvayre	23:24
Steven Zirinsky	24:17
M45 Robert Anastasio	22:00
Hal Tozer	24:37
John Walsh	24:54
M50 Robert Francis	24:21
Frank Handelman	24:56
Eric Ohlson	25:37
M55 John Samsel	25:39
Julio Lugo	27:24
Richard Siegel	28:57
M60 Mariusz Solarski	29:00
Michael Frankfurt	32:04
Stewart Harris	33:36
M65 Eric Seiff	29:16
Felix Kessler	35:35
Norman Komreich	37:29
M70 William Fortune	28:50
Albert Puma	37:17
David Jenkins	37:20
M75 Sab Koide	35:54
Wallace Cutler	40:23
Howard Irving	1:00:48
M80 Albert Goldstein	46:31
Wilfredo Rios	46:51
W40 Barbara Gubbins	24:23
Talya Nevo-Hacohen	26:48
Anastasia Stekas	27:44
W45 Marie Wickham	26:59
Joan Baldassarri	27:39
Regina Birch Walzer	27:58
W50 Mary Rosado	29:39
Sylvie Kimche	30:52
Chuang Chang	32:30
W55 Marilyn Greeley	30:11
Barbara Charles	30:56
Carol Johnston	30:59
W60 Patty Parmalee	32:16
Nike Mizelle	35:09
Naomi Vogel	36:10
W65 Elizabeth Thomas	52:19
Gloria Meridy	53:40
W70 Bertha McGruder	46:17
Pearl Jones	1:00:01

W75 Jozi Neulinger	55:15
Grace Salant	1:02:40

**SOUTHEAST**

**Unicorn 5K Classic  
Largo, FL; March 11**

<b>Overall</b>	
Raymond Friedman 25	15:25
Kim Bruce 37	17:54
M40 Steve Wilson	15:55
Jeff Delie	16:29
M45 Steve Mikles	17:41
Joe Costas	18:44
M50 Roger Sweeny	18:07
Fernando Escobar	18:52
M55 Jim Bledsoe	19:09
M60 Don Ardell	18:35
M65 Carl Segretto	20:47
M70 Howard Rubin	23:29
M75 Carl Hammen	24:35
M80+Ray Hoover 83	46:21
W40 Amy McClenathan	18:48
Elaine Nicholson	19:13
W45 Mary Hanlon	18:54
Cathy Kalway	19:58
W50 Carol Jean Vosburgh	23:18
Lucia Schteleyln	23:59
W55 Bonnie Theall	23:40
W60 Margaret Menke	28:07
W65 Mary Melehan	26:19
W70+Mary Oppenheimer 72	34:36

**Shamrock Sportstest  
Masters 8K/Marathon  
Virginia Beach, VA; March 18**

<b>Masters 8K Overall</b>	
Simon Karori 40	23:45
Tatyana Pozdnyakova 45	27:51
M40 Simon Karori	23:45
John Tuttle	24:36
David Chawane	25:12
Steve Wilson	25:41
Jim Hage	26:00
David McDonald	27:17
M45 Rick Platt	28:22
John Phillips	28:30
Jim Goggin	28:40
John Zielinski	30:59
Gillie Jenkins	31:18
M50 Bill Rodgers	27:28
Steve Ruckert	28:19
David Lowe	29:07
Steve Frisk	30:29
Paul Steele	30:41
M55 Ben Dyer	30:12
John Haubert	32:22
Bob Spencer	32:27
Larry Turner	32:51
Mickey Lackey	33:41
M60 Dick Pierce	35:04
Joseph Gould	36:10
Charles Ross	36:11
Ramon Ruiz	36:15
Richard Williams	37:15
M65 Larry Dickerson	35:29
Jerry Lewis	37:00
Stanley Witomski	38:13
Arthur Saul	40:52
William Middleton	40:52
M70+Rudi Schuster 73	43:00
Elbert Jones 72	50:26
Carl Stringer 77	51:44
W40 Claudia Kasen	29:58
Patty Valadka	30:19
Shirley Geerling	30:43
Sharon White	33:06
Linda Kidder	34:08
W45 Tatyana Pozdnyakova	27:51
Betty Blank	33:53
Christie Wamsley-Morris	35:27
BJ Samuel	37:00
Roberia Laynor	38:19
W50 Catherine Wines	33:33
Linda Peters	37:53
Helen Schurz	38:11
Barbara Biasi	38:47
Betty Brothers	39:40
W55 Joan Coven	39:04
Hilary West	40:35
Charlene Magee	42:04
Marge Baldwin	44:11
Margaret Broaddus	45:15
W60+Suzie Klutz 63	36:15
Edith Jones 60	42:19
Phyllis Sherrill 61	46:48
Betty Munden 60	47:31
Barbara Guerrieri 63	48:29

**Marathon  
Overall**

Jerry Lawson 33	2:19:33
Roxi Erikson 37	2:51:24

M40 Charlie Andrews	2:33:15
Jeff Martin	2:35:27
Greg Sellers	2:42:07
M45 William Romito	2:54:36
Chuck Lollar	2:58:23
Bill Winters	3:03:15
M50 Bill Hart	2:48:54
Rueben Beauchamp	2:51:57
Thomas Bernard	2:52:58
M55 Tom Fetterman	3:02:44
John Loughran	3:09:15
Robert Wright	3:10:38
M60 Mel Williams	3:04:40
Stan Neumann	3:29:04
Benito Vazquez	3:31:18
M65 Carl Pegels	3:44:46
Lee Cooper	3:45:41
Dan Shuff	3:50:48
M70 Bill Briggs	4:34:34
M75+Cokey Daman 81	5:13:55
W40 Mary Burns-Prine	2:53:47
Sheri Segal	3:05:18
Leisa Enslie	3:16:18
W45 Evie Thomson-Lakey	3:26:33
Karen Call	3:39:59
Peggy Frederick	3:44:16
W50 Betty Scott	3:25:33
BJ Derring	3:48:09
Melissa McLeod	3:51:23
W55 Carol Getsinger	3:54:58
Danyele Graham	4:00:00
Mary Craig	4:08:20
W60+Carol Westerman 61	4:50:14
Elaine Doll-Dunn 62	5:49:53
Jerry Herndon 61	5:54:16

**Azalea Trial 10K  
Mobile, AL; March 25**

<b>Overall</b>	
Dominic Kirui	27:49
Jane Omoro	32:39
M40 David Chewane	29:42
John Tuttle	30:44
Jeff Hathorn	33:52
M45 Carl Jakob	37:37
John Passwater	37:54
Paul Bergman	38:52
M50 Bill Rodgers	33:46
David Williams	36:40
Jerry Ongley	37:34
M55 David Jeffrey	37:30
Bobby Dannelly	39:51
David Bennett	39:52
M60 James Peller	40:04
John Pitman	42:32
John Conroy	43:14
M65 Kelley Stinson	45:47
Preston Masters	46:37
Jerry Parker	46:56
M70+Paul Wissler 74	50:29
Arthur Gassen 75	59:20
W40 Jean Lankford	37:53
June Barron	42:43
Fran McLean	42:59
W45 Tatyana Pozdnyakova	33:46
Susann Pierce	43:17
Kristin Vergunst	44:36
W50 Susan Holcomb	47:41
Elaine Evans	49:20
Helene Price	49:28
W55 Nina Golub	49:25
Becky Ryder	51:35
Betty Lafferty	51:39
W60 Carol Leckband	53:43
Martha Harris	58:12

Continued from previous page

Table listing race results for various events including Joe Arnold, James Kalas, Frank Nicholson, etc.

Table listing race results for Jan Vedros, W55 Marja Willis, Bettina Hambrick, etc.

HARRA Bayou City Classic 10K Houston, TX; March 11

Table listing race results for HARRA Bayou City Classic 10K, including Charles Molinga, Katrina Price-Crosby, etc.

Table listing race results for M40 Adalberto Campos, M45 John Quirk, M50 Michael Theiss-Aird, etc.

San Jose Mercury News 10K San Jose, CA; March 12

Table listing race results for San Jose Mercury News 10K, including Simon Sawe, Colleen De Reuck, etc.

Fifty Plus Fitness 8K Stanford U., Palo Alto, CA March 19

Table listing race results for Fifty Plus Fitness 8K, including Mike Dove, Deedee Grafius, etc.

Table listing race results for W60 Barbara Miller, Louise Walters, Vicky Bigelow, etc.

Maui Marathon Kahului, Maui, HI; March 19

Table listing race results for Maui Marathon, including Greg Wenneborg, Erika Csomor, etc.

Houlihan's to Houlihan's 12K San Francisco, CA; March 26

Table listing race results for Houlihan's to Houlihan's 12K, including Chns Schille, Rosa Guimerez, etc.

Table listing race results for W65 Myra Rhodes, Juliane Schebenes, W70 Joy Johnson, etc.

Carlsbad 5K/USATF Men's Masters Championships Carlsbad, CA; March 26

Table listing race results for Carlsbad 5K/USATF Men's Masters Championships, including John Sinclair, Steve Scott, etc.

Earth Week 5K/8K Runs Placentia, CA; April 8

Table listing race results for Earth Week 5K/8K Runs, including Billy Pittman, Denise Ripley, etc.

Table listing race results for Jeanette Groesz, Joni Shirley, Kerry Tabler, etc.

Table listing race results for Earth Week 5K/8K Runs, including Billy Pittman, Denise Ripley, etc.

MID-AMERICA

Table listing race results for Littleton Stride 10K & 5K, Littleton, CO; March 19

SOUTHWEST

Table listing race results for Schlotsky's St. Patrick's Day Bun Run 5K, Tulsa, OK; March 11

WEST

Table listing race results for 32nd San Dieguito Half-Marathon & 5K, Rancho Santa Fe, CA; Feb. 6

Continued on next page

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**NORTHWEST**  
Run For The Shamrock  
10K & 5K  
Eugene, OR; March 11

Overall  
Thomas Shordon 34:30  
Karen White 40:42  
M36 T Shordon 34:30  
M41 Daniel Wojcik 35:37  
M46 Robert Towne 37:55  
M56 Vic Wolfe 41:11  
M66 Joe Brown 57:28  
M71+Bill McChesney 44:42  
W36 K White 40:42  
W41 Peggy Walsh 41:30  
W46 Mary Gabriel 50:53  
W56 Susanne Rodkey 60:35  
W66 Marcia McChesney 62:49  
--5K--  
Overall  
Mike Pluth 16:42  
Lizzie May 20:29  
M36 Kerry Clark 21:25  
M41 Nick Barberg 18:41  
M46 Ed Spinney 17:03  
M56 Cleve Warren 31:22  
M61 Mason Davis 20:22  
M66 Don Thomas 28:52  
M71+Craig McMicken 27:19  
W36 Anita Miles 27:54  
W41 Becky Bellingham 23:57  
W46 Pamela Haas 25:01  
W56 Lorna Eskie 41:33  
W71+Charlene Ewing 47:15

**Shamrock 15K, 8K, & 5K**  
Portland, OR; March 12

Overall  
Phillimon Hanneck 28 45:38  
Tatiana Salazar 31 56:02  
M40 Greg Gustafson 51:31  
Mark Winder 53:00  
M45 Allen Boyce 56:02  
Douglas Hinz 57:57  
M50 Bill Hedges 58:32  
Philip Rossi 59:20  
M55 Erik Sten 61:14  
Eb Engelmann 62:13  
M60 Herm Eerkes 68:19  
M65 Keith Fitch 67:23  
M70+Larry Cannon 71 82:53  
W40 Cheryl Tronson 58:48  
Jennifer Teppo 59:33  
W45 Katey Angel 61:49  
Mary Crum 66:27  
W50 Diane Faist 66:15  
Kate Collison 67:46  
W60+Joyce Brown 1:43:50  
8K  
Overall  
William Raitter 29 24:42  
Deanna O'Neil 35 28:32  
M40 Alan Knoop 26:32  
Matt Cato 27:46  
M45 Jamie Cobb 28:50  
Gabriel Ceja 29:53  
M50 Francis Kessler 29:07  
Scott Taylor 30:54  
M55 Kelley Slayton 33:44  
John Connell 34:28  
M60 Calbin Alskeben 33:31  
Rob Rothery 33:39  
M65 James Cooper 40:26  
M70+Al Nakata 77 37:04  
W40 E. Brim-Snodgrass 31:12  
Bridget Dawson 31:31  
W45 Wanda Kelley 36:54  
Linda Leffler 40:41  
W50 Karen Regel-Inberg 38:27  
Ann Fulton 38:52  
W55 Dell Ann Dyar 42:12  
W60 Marilyn Paul 40:39  
W65 Joyce Bahler 65:55  
W70+Dorine Brusco 74 73:20

5K  
Overall  
Ian Gillespie 29 14:24  
Nikki Rafie 37 18:24  
M40 Jim Ney 17:01  
Peter Spir 18:25  
M45 Jim Jones 17:24  
Brent MacDermot 18:12  
M50 Barry Jahn 17:14  
Joe Graziano 19:42  
M55 Ron Hartwig 21:08  
Michael Muller 22:12  
M60 Ken Ogden 23:18  
M65 Jack Keener 23:54  
M70 John Ferguson 34:36  
W40 Dee Ann Dougherty 19:31

Rebecca Oblatz 20:35  
W45 Laura Caldwell 19:06  
Karen Lewis 25:53  
W50 Sandi Wiebe 20:22  
Charlotte Hartwig 22:45  
W55 Judy Lane 28:53  
W60 Maria Brodigan 33:41  
W65+Barbara McLeod 65 30:48

**Guinness St. Patrick's Day Dash (Approximately 3.5 Miles)**  
Seattle, WA; March 12

Overall  
Buck Jones 32 15:46  
Lyuda Vasilyeva 30 18:06  
M40 Francis Dauncey 19:00  
Andrew Layton 19:22  
Michael Carlson 19:28  
Gary Niegemann 19:42  
Richard LaLonde 20:22  
M45 Dave Reid 17:16  
Andy Lyle 18:46  
James Mahar 19:06  
Douglas Maclean 20:28  
Richard Zirn 20:32  
M50 John Hahn 20:08  
Steve Howe 21:26  
Paul Dalton 21:27  
Earl Fenstermacher 22:01  
M55 Chris Steer 20:24  
James Gaul 21:53  
Dennis O'Hare 21:59  
Timothy Joslin 22:05  
M60 Stephen Odwin 21:37  
Ronald Brinton 22:13  
Peter Marshall 22:30  
M70+Mel Granroos 70 28:48  
Fred Freeman 70 29:20  
Stade Gorton 72 32:31  
W40 Kimball Bender 19:29  
Regina Joyce 20:08  
Trish Hurby 22:22  
Cyndy Holtz 22:44  
Susan Weissner 23:31  
W45 Anne Mitchell 22:57  
Sharon Kane 24:07  
Ki Kilcher 24:34  
Linda O'Neal 24:51  
Ute Cray 25:10  
W50 Marcia Koren 24:31  
Phyllis Nelson 24:41  
Dode Hutchinson 26:57  
Terry Zirn 27:03  
W55 Judy Fisher 26:05  
Julie Stiles 27:44  
Linda Stroud 30:02  
Nadine Rushfeldt 30:27  
W60 Sue Stipe 26:32  
Sandra Siler 29:08  
Wilma Parker 66 30:13

**INTERNATIONAL**

**World's Best 10K Race**  
San Juan, PR; Feb. 27

Overall  
Khalid Kannouchi 29 28:35  
Tegia Laroupe 26 31:30  
M40 C. Mercado Caraballo 31:22  
A. Vizcarrondo Perez 31:27  
R. Ramos Rosario 32:17  
M45 E. Vera Pacheco 34:08  
F. Rosario Otero 35:22  
J. Maldonado Santiago 36:36  
M50 J. Serrano Silver 35:26  
M. Rivera Rivera 36:47  
M55 H. Santiago Jimenez 38:15  
A. Luis Manzano Miranda 38:18  
M60 E. Mangual Leandry 40:46  
A. Lopez Maldonado 41:02  
M65 F. Mercado Caldero 42:28  
P. Villanueva 43:14  
M70 E. Velez 46:42  
J. Alonso Cordero 48:39  
M75 E. Garcia Mendoza 63:18  
M80 Rene Cruz Mateo 80 45:15  
W40 M. Torres Lopez 40:19  
C. Cruz de Jesus 42:54  
M. Irizarry Calderon 44:15  
W45 C. Diaz Burgos 45:07  
M. Rosa Rivera 45:50  
I. Carbo Rodriguez 46:28  
W50 S. Puello Puello 49:46  
N. Rosado Mojica 52:55  
W55 H. Wintersteller Tokarz 53:32  
R. Baez Brito 54:24  
W60 S. Urrutia Morales 54:22  
E. Ruiz 55:12  
W65 C. QuiyonezGonzales, 67 68:46

**RACEWALKING**

**Las Vegas International Half-Marathon Racewalk**  
Las Vegas, NV; Feb. 6

Overall  
Chris Dreher 42 1:57:14  
Janice McCaffrey 40 1:43:38  
M40 Chris Dreher 42 1:57:14  
-49 Lance Hatch 47 2:46:55  
John Wright 48 2:58:35  
M50 Norman Frable 54 1:59:23  
-59 Lonnie Schreiner 56 2:08:56  
George Opsahl 58 2:09:06  
M60 Ronald Walters 61 2:21:17  
-69 Arvid Rolle 66 2:22:22  
William Thomas 64 2:47:49  
M70 Massimo Gatti 72 2:36:37  
-79 Leonard Stem 75 2:43:36  
Robert Romanin 72 2:56:09  
W40 Janice McCaffrey 40 1:43:38  
-40 Victoria Herazo 40 1:44:51  
Mary Snyder 49 2:11:31  
W50 Karen Bartolo 45 2:21:55  
-59 Darlene Backlund 54 2:22:18  
Donna LaFayette 57 2:22:50  
W60 Flora Young 65 2:27:38  
-69 Anne Garrett 2:28:23  
Carol Ferris 64 2:29:38  
W70 Adelpe Gatti 71 2:45:43  
-79

**Ramblin' 20K Racewalks**  
Cooper City, FL; Feb. 26

State Championship  
Overall  
Daniel Koch 56 2:18:05  
Lisa Sonntag 35 1:50:16  
M40 Paul Cajka 2:19:03  
W60 Barbara Grand 2:19:58  
Non-Championship  
Overall  
Dave Romansky 62 1:58:58  
Sherry Brosnahan 2:07:09  
M40 Janos Szalas 1:59:25  
W65 June Marie Provost 2:09:44

**NZAVA National T&F Championships**  
Papakura, New Zealand  
March 3, 5

3000m Track Walk  
M35 Rodney Gilum 14:25.52  
M40 Kevin Burge 14:50.65  
M45 Michael Harte 16:35.04  
M50 John Lambert 17:29.19  
W30 Tania mason 25:54.20  
W35 Gillian MacDougall 15:25.60  
W40 Diane Barrett 14:49.02  
W45 Sharon McDonald 17:17.83  
W50 Barbara Lambert 16:58.42  
W55 Loloma Foster 18:42.25  
W60 Lynn Fraser 21:40.62  
W65 Doris Witteveen 21:37.73  
W70 Doreen Torbit 20:59.77  
10K Road Walk  
M35 Leon McPhillips 51:13  
M40 Kevin Burge 54:07  
M45 Michael Harte 58:08  
M50 Gary Little 48:24  
W35 Gillian MacDougall 56:32  
W40 Diane Barrett 53:03  
W50 Barbara Lambert 59:07  
W55 Laloma Foster 1:05:24  
W60 Lynn Fraser 1:18:17

**Lavonne Hottensmith Memorial 5K Racewalk**  
Lake Worth, FL; March 4

Overall  
Bob Fine 68 30:59.57  
Sarah Perry 30 28:10.86  
M40 Janos Szalas 27:12.83  
M50 Dennis Dunne 35:46.35  
M55 Dan Koch 31:59.47  
M60 Neal Donahue 32:27.20  
M70 Daniel DeMauro 35:37.93  
M75 Jerry Kauffman 37:27.33  
M80 Abe Ulanoff 42:07.63  
W40 Joan Cadmus 42:36.62  
W45 Teri Ferber 39:07.02  
W50 Linda Stein 30:41.85  
W55 Patricia Baran 34:42.53  
W60 Barbara Grand 31:41.22  
W65 June Marie Provost 31:26.32

**Word from the Web**

Continued from page 22

the first online devoted to all track events - and links to one by English professor, Howard Grubb. He prides himself in his Masters Track & Field People Database.

Brewer trains for the long hurdles when he isn't solving the mysteries of the universe.

To visit any of these Web sites - and many others overseas - visit the Masters Track and Field Home Page at <http://www.masterstrack.com> and click on Links. Happy Sailing! ☐



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

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SLAVICA POZNIK (SLV)	5- 7-60	40-44
MARLENE OTTEY (JAM)	5-10-60	40-44
BELINDA MCCOY (CLEVELAND, OH)	5-11-60	40-44
JURGEN SCHULT (GER)	5-11-60	40-44
ANJA AKKERMAN (HOL)	5- 1-55	45-49
BECKY POST (US)	5- 1-55	45-49
BARRY STEBBINS (TEMPLE, PA)	5- 3-55	45-49
JELENA KELDSHTEVSKA (URS)	5- 7-55	45-49
MARIA SAHUQUILLO (SPA)	5- 8-55	45-49
DAN GOLDMAN (US)	5-18-55	45-49
SYLVIA HOSS (ALISO VIESU, CA)	5-18-55	45-49
MARCIA HULSE (BROOKLYN, NY)	5-18-55	45-49
WALTRAUD KNAPP (GER)	5-25-55	45-49
DAVE VANDERGRIF (FLORENCE, SC)	5-26-55	45-49
MARINA STEPANOVA (URS)	5- 1-50	50-54
TADEUSZ SLUSARSKI (POL)	5-19-50	50-54
DAPHNE ELLMORE (GBR)	5-22-50	50-54
GARY KELMENSEN (SANTA CRUZ, CA)	5-30-50	50-54
MADELINE HARMEING (MERRICK, NY)	5- 6-45	55-59
SUSAN COMPTON (BROOKTONDALE, NY)	5- 7-45	55-59
MANDY JOSLEN (US)	5-15-45	55-59
CLARENCE RAY (DETROIT, MI)	5-16-45	55-59
ERNA KOZAK (CAN)	5-17-45	55-59
SALIH TALIB (NEW YORK, NY)	5-19-45	55-59
TAFFY MARTIN (WARMINSTER, PA)	5-23-45	55-59
ARNO HAMERKES (WG)	5- 1-40	60-64
DAN HAMNER (US)	5- 1-40	60-64
MANUEL ULACIO (VEN)	5- 8-40	60-64
EDELSWITHA A. TRINDADE (BRA)	5-13-40	60-64
NANCY BALDWIN (OR)	5-19-40	60-64
DIANE COHEN (HONOLULU, HI)	5-23-40	60-64
GAIL HANNA (SAN DIEGO, CA)	5-25-40	60-64
ANNA MARIE GRUENER (GER)	5-26-40	60-64
MARIANO HARO (SPA)	5-27-40	60-64
ANATOLIY BONDARCHUK (URS)	5-31-40	60-64
SUSANNA KRISTOFF (NOR)	5-31-40	60-64
SUSANNA WOLD (NOR)	5-31-40	60-64
ALMUT BROEMMEL (GER)	5- 5-35	65-69
KAETHI DIENER (GER)	5- 6-35	65-69
ROBERT MILNER (HAMILTON, NY)	5- 7-35	65-69
MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5- 8-35	65-69
PATRICIA MAFFIA (GBR)	5-12-35	65-69
GUY TEXEREAU (FRA)	5-14-35	65-69
MARGARIDA HOGHSTATTER (BRA)	5-15-35	65-69
FLOYD SMITH (CLINTON, IA)	5-17-35	65-69
ASTA SATSI (URS)	5-18-35	65-69
INGO VIERK (WG)	5-20-35	65-69
ROBERT WHILDEN (TX)	5-20-35	65-69
BRIAN HARRIS (ROYAL OAK, MI)	5-21-35	65-69
MYR VANCAEKENBERGHE (BEL)	5-21-35	65-69
BENT LUARIDSEN (DEN)	5-27-35	65-69
LUCY PARKER (US)	5-28-35	65-69
PETER SPECKENS (WG)	5-28-35	65-69
PAUL NORENE (MN)	5-31-35	65-69
BILL GENTRY (ORLANDO, FL)	5- 5-30	70-74
CLYDE BAKER (NORTHBROOK, IA)	5- 6-30	70-74
PHILIP SCHLEGAL (NEWPORT BEACH, CA)	5- 6-30	70-74
MARY HAWKINS (NZL)	5- 8-30	70-74
BENGT JERNHESTER (SWE)	5- 8-30	70-74
HATSUE TANIGAKI (JPN)	5-13-30	70-74
JOHANNE HAGEN-VENAS (NOR)	5-15-30	70-74
MARIE HAUG (NOR)	5-25-30	70-74
GIUSEPPINA GURTNER (SUI)	5- 5-25	75-79
JAMES O'NEIL (SACRAMENTO, CA)	5-14-25	75-79
BILL FITZGERALD (PALOS VERDES, CA)	5-20-25	75-79
BILL KISENBERGER (HONOLULU, HI)	5-20-25	75-79
HARRY TAMPAN (GBR)	5-20-25	75-79
EDNA DEAN (US)	5-28-25	75-79
BILL EPPRIGHT (HOUSTON, TX)	5- 2-20	80-84
HUGH HACKETT (ALBUQUERQUE, NM)	5- 2-20	80-84
MASSAO ISHIDA (BRA)	5- 5-20	80-84
LIESELOTTE SCHULTZ (GER)	5- 7-20	80-84
MARIA PARTRIDGE (AUS)	5-11-20	80-84
SVERRE HIETANEN (CAN)	5-14-20	80-84
ROBERT HUNT (ANAHEIM, CA)	5-18-20	80-84
TIM DYAS (RIDGEWOOD, NJ)	5-25-20	80-84
LINNEA LEHTONEN (FIN)	5-25-20	80-84
INGA SAGRELIUS (SWE)	5-30-20	80-84
ARVI KOSONEN (FIN)	5-31-20	80-84
BETTY JOSLIN (SEATTLE, WA)	5-10-15	85-89
PAUL FANNING (US)	5-14-15	85-89
IDA KEELING (US)	5-15-15	85-89
DENIS SHORE (RSA)	5-24-15	85-89
JOSEPH KELIHER (AUS)	5- 4-10	90-94
ED BOTH (LEONA VALLEY, CA)	5-16-10	90-94
MITSUO KOMURA (BRA)	5-25-10	90-94
ERIC BENNECHE (GB)	5- 1- 5	95+
MASAMI OKAZAKI (JPN)	5-15- 5	95+
FRANTISEK HULAN (CZE)	5-17- 5	95+

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



# 2000 USA NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 10-13, 2000 • Hayward Field, Eugene, Oregon

Presented by Oregon Track Club Masters and Oregon Track Club

**FOR COMPLETE CHAMPIONSHIPS INFORMATION:  
eugenechamps.com**

**ELIGIBILITY:** Open to all men and women 30 years of age and older. Age on August 10, 2000 will determine a competitor's age group. Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. Foreign competitors may compete as guests with no USATF registration required. **Proof of date of birth will be required from all competitors in advance. A photocopy of passport or birth certificate must be sent with your entry form to ensure eligibility.**

**AWARDS:** Championships medals to the top three U.S. citizens in each age division of each final. Foreign guest competitors finishing in the top three will receive non-Championships medals. All competitors will receive a Certificate of Participation.

**ENTRY PROCEDURES:** All entries must be RECEIVED BY MONDAY, JULY 17, 2000. Confirmation of entry will be sent to all competitors who have registered by July 17th. Late entries received after July 17th will be assessed a \$50 penalty. Absolutely no entries will be accepted after Monday, July 24, 2000. No entry will be considered complete unless it is accompanied by full payment of fees. There will be no refunds of entry fees for any reason.

Pentathlon entry is \$30, regardless of whether other events are also entered. Relays are \$40 per team, payable only on-site before the start of the first relay.

Spectator admission will be free on all days.

**AIR TRAVEL:** Discounts on United and United Express of five percent on an excursion fare are available by booking through Eugene Tour & Travel (1-800-905-4131). Travel dates are August 6 through August 17. Air can be ticketed into Eugene or Portland. When calling ask for the "Masters Desk."

**ACCOMMODATIONS - HOTELS/MOTELS:** A complete listing is available at our website <eugenechamps.com>, or contact the Convention and Visitors Association of Lane County at 1-800-547-5445.

**DORMITORY HOUSING:** To reserve dormitory housing, contact the University Housing Office directly at 1-800-883-0402 or 1-541-346-4265. E-mail inquiries may be directed to <houconf@oregon.uoregon.edu>. The fax number is 1-541-346-7080. Room rates are \$39 per person per night double occupancy (3 meals included), and \$45.50 per person per night for a single (3 meals included). **Please Note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.**

**SHUTTLES:** Free shuttles for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/9 and Thursday 8/10. Free return shuttles to the Eugene airport will be available on Sunday 8/13 and Monday morning 8/14 from the dormitories.

**EQUIPMENT:** Maximum spike length is 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Field event implements (including a range of vaulting poles) and starting blocks will be available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures.

**CHAMPIONSHIPS BARBECUE:** A post-meet barbecue open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 12. Cost is \$16.50 per person. To ensure your space at the barbecue, pre-purchase of tickets with your entry is encouraged.

**MEET INFORMATION:** Access the Championships website at <eugenechamps.com> If you have questions, e-mail them to NEM@dnsi.net, or call 541-687-1989 between 9 and 5 Pacific Time.

## EVENT SCHEDULE

NOTE: Events will not necessarily be run in the sequence listed. They will, however, always be run on the day listed for that event.

THURSDAY, AUGUST 10	FRIDAY, AUGUST 11	SATURDAY, AUGUST 12	SUNDAY, AUGUST 13
5000 (W)	5000 Racewalk (W)	10K Run (W)—Finals	10K Road Walk (W)—Finals
5000 (M)	5000 Racewalk (M)	10K Run (M)—Finals	20K Road Walk (M)—Finals
Pole Vault (W, M 70+)	Long Jump (W)—Finals	Discus (M)—Finals	200 (W)—Round 2, if necessary
Pole Vault (M 30-49)	Long Jump (M)—Finals	100 (W)—Round 2, if necessary	200 (M)—Round 2, if necessary
Pentathlon (M)	Discus (W)	100 (M)—Round 2, if necessary	Hammer (W)—Finals
Pentathlon (W)	Hammer (M 30-69)	Intermediate Hurdles (M 40-60)	Hammer (M 70+)—Finals
800 (W)—Prelims	High Hurdles (W)—Prelims	—Prelims, if necessary	Javelin (M)
800 (M)—Prelims	High Hurdles (M)—Prelims	High Jump (M 45+)—Finals	1500 (W)—Finals
400 (W)—Prelims	Pole Vault (M 50-69)	Triple Jump (W)	1500 (M)—Finals
400 (M)—Prelims	High Jump (M 30-44)	Triple Jump (M)	High Jump (W)
Shot Put (W)	100 (W)—Prelims	100 (W)—Finals	Intermed. Hurdles (W)—Finals
Shot Put (M)	100 (M)—Prelims	100 (M)—Finals	Intermed. Hurdles (M)—Finals
	1500 (W)—Prelims	800 (W)—Finals	200 (W)—Finals
	1500 (M)—Prelims	800 (M)—Finals	200 (M)—Finals
	400 (W)—Finals	200 (W)—Prelims	Age-Graded 100 (W)
	400 (M)—Finals	200 (M)—Prelims	Age-Graded 100 (M)
	High Hurdles (W)—Finals	Javelin (W)—Finals	Relays (W)—Finals
	High Hurdles (M)—Finals		Relays (M)—Finals
	Steeplechase (W)—Finals		
	Steeplechase (M)—Finals		



## 2000 USA National Masters Outdoor Track & Field Championships COMPETITION ENTRY FORM

**\*\*ALL ENTRIES MUST BE RECEIVED BY JULY 17, 2000\*\***

Last Name \_\_\_\_\_  M  F Age (as of Aug. 10, 2000) \_\_\_\_\_  
 First Name \_\_\_\_\_ Date of Birth (M) \_\_\_\_\_ (D) \_\_\_\_\_ (Y) \_\_\_\_\_  
 Address \_\_\_\_\_ 2000 USATF No. \_\_\_\_\_  
 City \_\_\_\_\_ Citizenship \_\_\_\_\_  
 State \_\_\_\_\_ Postal Code \_\_\_\_\_ E-Mail Address \_\_\_\_\_  
 Country \_\_\_\_\_ Fax No. (\_\_\_\_\_) \_\_\_\_\_  
 Telephone (Day) (\_\_\_\_\_) \_\_\_\_\_ Telephone (Eve) (\_\_\_\_\_) \_\_\_\_\_

EVENT	BEST PERFORMANCE 99-00	FEE
1. _____	_____	(\$30.00) _____
2. _____	_____	(\$15.00) _____
3. _____	_____	(\$15.00) _____
4. _____	_____	(\$10.00) _____
5. _____	_____	(\$10.00) _____
6. _____	_____	(\$10.00) _____
7. _____	_____	(\$10.00) _____

Pentathlon (\$30, regardless of other events entered) \_\_\_\_\_ (\$30.00) \_\_\_\_\_  
 Surcharge for entries received after July 17th \_\_\_\_\_ (\$50.00) \_\_\_\_\_  
 Championships Supporter (optional) \_\_\_\_\_ (\$15.00) \_\_\_\_\_  
 USATF Masters Committee Supporter (optional) \_\_\_\_\_ (\$10.00) \_\_\_\_\_  
 T-Shirt Order S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ # \_\_\_\_\_ shirts x \$7.50 each \_\_\_\_\_  
 (Shirts ordered may be picked up at packet pickup.)  
 Championships Barbecue # \_\_\_\_\_ x \$16.50 per person \_\_\_\_\_

**TOTAL AMOUNT \$**

Payment for entry fees, t-shirts, and BBQ tickets must accompany your entry form. To pay by check or money order, send full payment made out to the Championships Organizing Committee to Post Office Box 10825, Eugene, OR 97440. To pay by Visa or MasterCard, complete the following:  Visa  MC

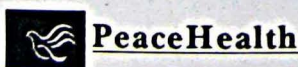
Credit Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_  
 If paying by credit card, you may fax this form to 541-587-1016. If paying by check or money order, mail this form along with payment to the address above.

**WAIVER**

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track and Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 2000 USATF National Masters Outdoor Championships. I also verify that I am registered or will register for the year 2000 with USA Track & Field.

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

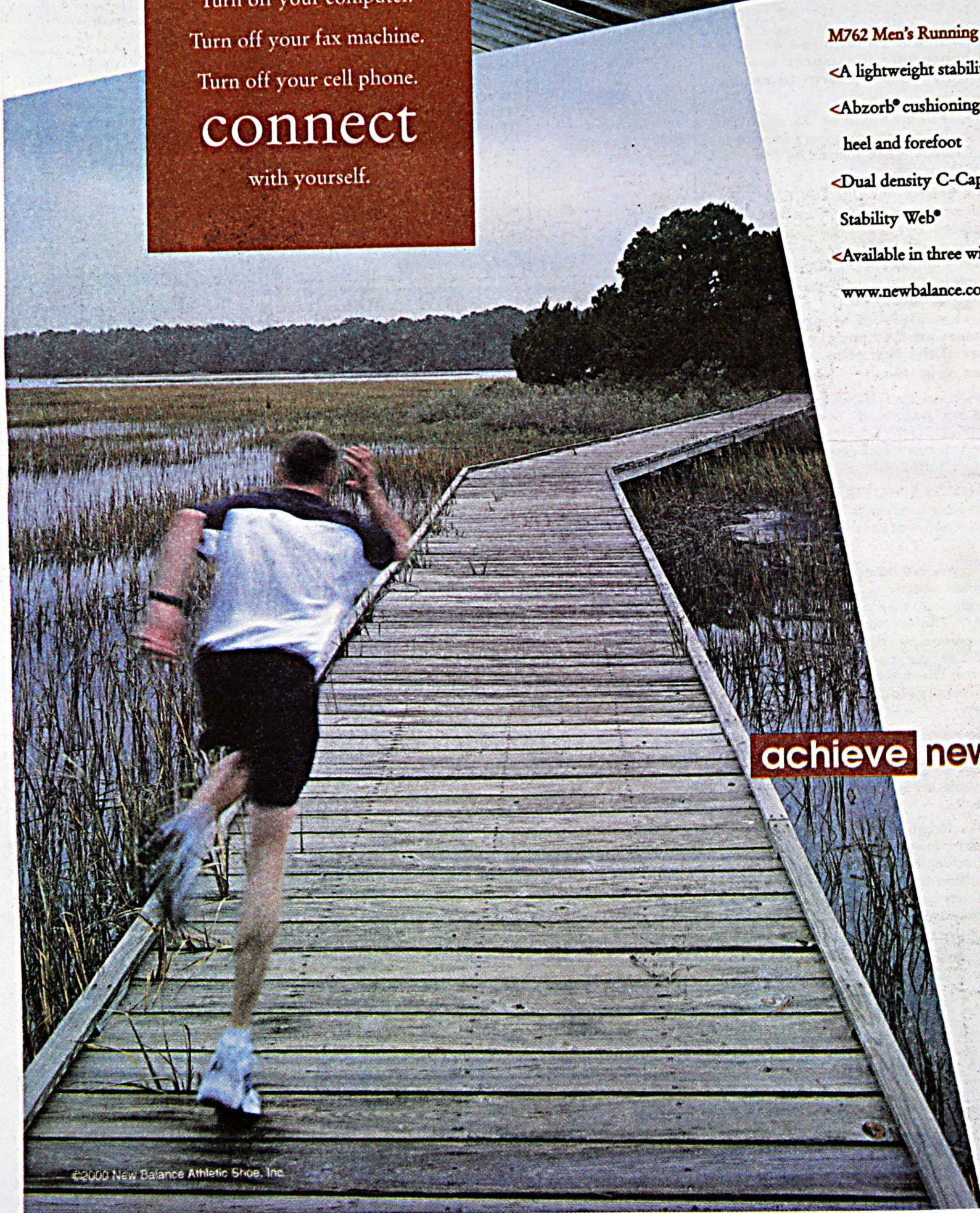




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