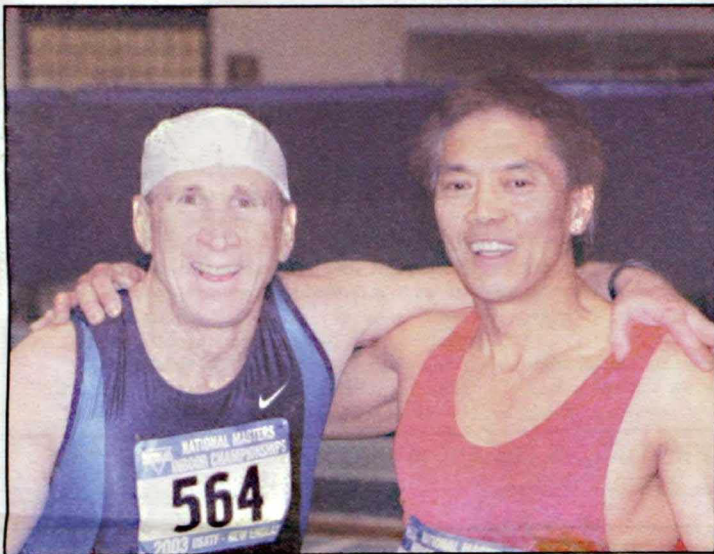


758 Athletes Set 16 World and 30 U.S. Indoor Records at National Championships in Boston

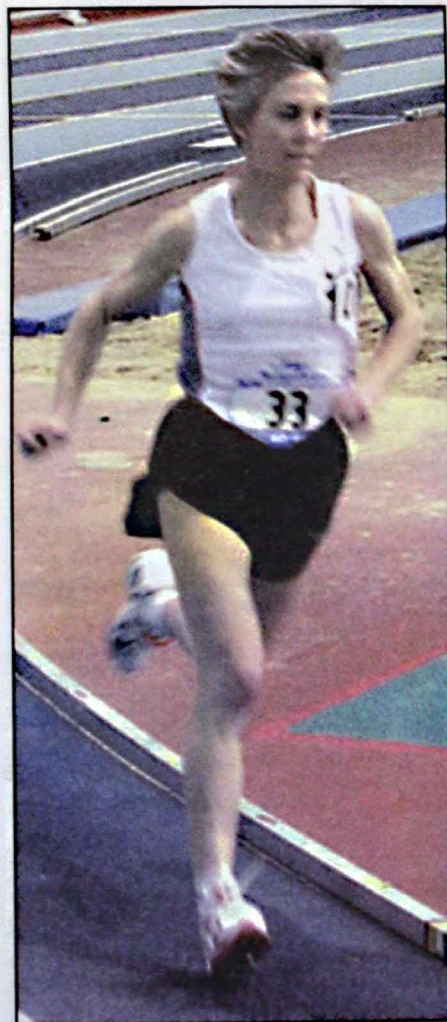


JERRY WOJCIK

SUZY HESS

Stephen Robbins (l) winner of the M60 60m (7.77), with Canada's Harold Morioka, who broke world M60 indoor records in the 400 and 800.

Bill Rodgers (c), after making his masters debut in an indoor championships in the M55 3000, where he was third, with winner Harold Nolan (l), and second-place Colin McArdle.



JERRY WOJCIK

Joan Benoit-Samuels, 45, broke the W45 U.S. 3000 record, with a 10:02.55.

Benoit-Samuels and Rodgers Attract Wide Media Coverage

By JERRY WOJCIK

Athletes who showed up Friday evening at the 29th USATF National Masters Indoor Championships at Boston's Reggie Lewis Center, March 28-30, were greeted with a rarity at a masters meet – four television cameras and a crowd of journalists at the finish line.

They had come to see marathon legends Joan Benoit-Samuels and Bill Rodgers, who were running in the 3000.

Benoit-Samuels, 45, 1984 Olympic marathon gold medalist, lived up to expectations, with a W45 U.S. indoor record 10:02.55.

Rodgers, four-time winner of the Boston and New York marathons, didn't fare as well, coming in third in the M55 race (10:03.57), but nobody seemed disappointed, including Rodgers.

Harold Nolan, 56, New Jersey, won the race in 9:50.66, with Colin McArdle, 58, Massachusetts, second (10:00.51).

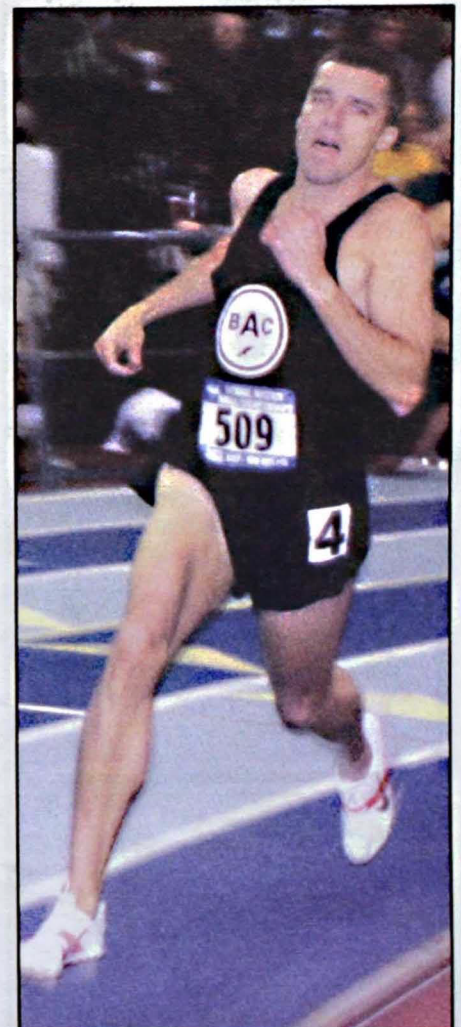
Rodgers, who hadn't run an indoor 3000 since he was a 15-year-old high schooler, quoted on Saturday in both local papers, the *Boston Herald* and *Globe*, said, "These people have a lot of courage. It's great to come out here and see people of all ages competing

in track and field. This is a blast. I'll have to come back."

Benoit-Samuels, competing indoors for the first time in 20 years, took the lead early in a mixed age-group race and built on it to shave over a minute off the present record of 11:06.77 by Joni Shirley, despite a nagging Achilles' tendon problem.

After the race, Benoit-Samuels said that she felt very strong and that all the cross-country skiing she had done in the winter helped her with

Continued on page 8



JERRY WOJCIK

Kevin Paulk, M40 champion in the mile and 800.

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Table with 4 columns: Chair, Midwest, Active Athletes Representative, Law Chair, etc. listing names and contact info for National Masters Officers of USA Track & Field.

Table with 4 columns: Chair, Road Records & Rankings, Rules Coordinator, etc. listing names and contact info for National Masters Officers of USA Long Distance Running.



2003 USA NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 7-10, 2003 • Hayward Field, Eugene, Oregon
Presented by the Oregon Track Club Masters and Oregon Track Club

ELIGIBILITY: Competition is open to all men and women 30 years of age and older. Age on August 7, 2003 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. However, we strongly urge you to obtain your USATF card in advance through your local Association or on-line at USATF.org.

Proof of date of birth will be required from all competitors in advance. A photocopy of your passport or birth certificate must be sent with your entry form to ensure eligibility.

AWARDS: USTAF Championships medals will be awarded to the top three U.S. citizens in each age division of each championships final. Ribbons will be awarded to places 4-6. Individual winners will also receive a Champion's Patch (limit one per athlete). All competitors will receive a Certificate of Participation.

ENTRY FEES AND PROCEDURES: All entries must be RECEIVED BY MONDAY, JULY 21, 2003. Confirmation of entry will be sent to all competitors who have registered by July 21st. Late entries received after July 21st will be assessed a \$50 penalty. Absolutely no entries will be accepted after Monday, July 28, 2003.

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.

On-line registration is available at www.eugenechamps.com. All entry deadlines still apply. Proof of date of birth must be provided before you will receive your athlete's packet.

With the encouragement of the USA Masters Committee, an 8-kilometer road race will be held on Sunday, August 10th, primarily on the bike paths along the Willamette River. This event is not an official Championships event; however, non-Championships medals will be awarded to the top three in each age group.

A commemorative USA National Masters T-shirt may be purchased for \$8.50 in advance, or \$12.00 on site.

AIR TRAVEL: The Championships Organizing Committee has been able to obtain air discounts on United/United Express through Eugene Tour & Travel (1-800-905-4131) of at least five percent on an excursion fare. Travel dates are August 3 through August 14. Air can be ticketed into Eugene or Portland. Tickets are subject to all applicable restrictions imposed by the airlines. When calling ask for the "Masters Desk".

ACCOMMODATIONS - HOTEL/MOTEL: A complete listing of hotels and motels is available at our website (eugenechamps.com), or call 1-800-547-5445.

DORMITORY HOUSING: To reserve dormitory housing at the University of Oregon, contact the University Housing Office directly at 1-800-280-6218 or 1-541-346-4303. Fax: 1-541-346-3545. To register on-line, go to eugenechamps.com and click on dormitory housing. E-mail inquiries may be directed to roomres@darkwing.uoregon.edu. Room rates are \$41 per person per night double occupancy (3 meals included), and \$47 per person per night for a single (3 meals included). Room only rates are \$28.25 per person double occupancy, and \$34.25 single occupancy. **Please Note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.**

SHUTTLE: Free shuttle for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/6 and Thursday 8/7. Free return shuttles to the Eugene airport will be available on Sunday 8/10 and Monday morning 8/11 from the dormitories.

EQUIPMENT: Maximum spike length in 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Meet management will have field event implements (including a range of vaulting poles) and starting blocks available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by weights & measures. Personal implements are exempt from the loss-of-identity rule; i.e., they need not be made available to other competitors.

CHAMPIONSHIPS DINNER: A dinner open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 9. Cost is \$18.50 per person. Pre-purchase of tickets with your entry is encouraged.

Event Schedule

Thursday Track 5000 Finals W/M 800 Prelims M 400 Prelims W/M Thursday Field Pent(M) LJ, JT, 200, DT, 1500 Pent(W) HH, HJ, SP, LJ, 800 Pole Vault W, M70+ Shot Put W/M Friday Track 5000 Race Walk W/M High Hurdle Prelims M 100 prelims W/M 1500 Prelims M 400 Finals W/M High Hurdle Finals W/M Steeplechase W/M	Friday Field Long Jump W/M Discus W Javelin M 70+ Hammer M30-69 Pole Vault M50-69 High Jump M30-49 Saturday Track 10K Run W/M 100 Round 2, if necessary, M Int. Hurdle Prelims M30-64 100 Finals W/M 800 Finals W/M 200 Prelims W/M Saturday Field Pole Vault M30-49 High Jump M50+	Triple Jump W/M Javelin W Discus M Sunday Road 10K Road Walk W/M 8K Road Race W/M (non champs) Sunday Track 200 Round 2, if necessary, M 1500 Finals W/M Int. Hurdles Finals W/M 200 Finals W/M Relays 400, 3200, 1600, W/M Sunday Field High Jump W Hammer W, M70+ Javelin M30-69
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2003 USA National Outdoor Track & Field Championships

Competition Entry Form

All Entries Must Be Received By July 21, 2003

M F Age (as of August 7, 2003) _____
 Date of Birth (M) _____ (D) _____ (Y) _____
 Address _____
 City _____
 State _____ Postal Code _____
 Country _____
 Telephone (Day) (____) _____
 2003 USATF No. _____
 Citizenship _____
 E-Mail Address _____
 Fax No. _____
 Telephone (Eve) (____) _____

Event	Best Performance 02-03	Fee
1. _____	_____	\$35.00
2. _____	_____	\$20.00
3. _____	_____	\$20.00
4. _____	_____	\$15.00
5. _____	_____	\$15.00
6. _____	_____	\$15.00
7. _____	_____	\$15.00
Pentathlon (\$35, regardless of other events entered)	_____	\$35.00
Surcharge for entries received after July 21st	_____	\$50.00
Championships Supporter (Optional)	_____	\$15.00
USATF Masters Committee Fee (Mandatory)	_____	\$10.00
T-Shirt Order S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/> # _____ shirts x \$8.50 each	_____	_____
(Shirts ordered will be available at packet pickup.)	_____	_____
Championships Dinner # _____ x \$18.50 per person	_____	_____
Total Amount \$		_____

Payment for entry fees, t-shirts, and Dinner 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 _____

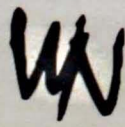
Signature _____

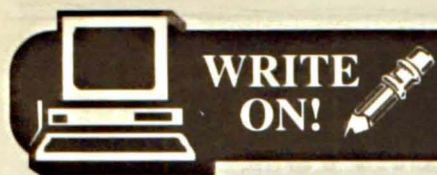
If paying by credit card, you may fax this form to 541-687-1016. If paying by check or money order, mail this form along with payment to the address above.

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 2003 USATF National Masters Outdoor Championships. I also verify that I am registered or will register with USA Track & Field for the year 2003.

Signature _____ Date _____





**WRITE
ON!**

Address Letters to: National Masters News
P.O. Box 50098, Eugene, OR 97405 or
E-mail: natmanews@aol.com

DRUG TESTING

I was glad to read Hal Higdon's article in the NMN (April) on drug testing at the upcoming WMA Championships. However, I'm concerned that athletes with asthma will just fill out the USADA medical notification form and think that is sufficient.

According to a letter dated Jan. 28 from Jill Pilgrim, general counsel for the USATF, IAAF rules require: 1) a written prescription for the banned substance; 2) a letter from the treating physician stating why a banned substance rather than a non-prohibited substance has been prescribed; and 3) clinical documentation supporting the diagnosis of asthma or exercise-induced asthma.

This is a little more complicated than Higdon describes. I spent weeks obtaining this documentation, involving four office visits to two doctors and two days of testing at a local hospital. All to prove what the doctors

have been saying for the last 20 years.

Additionally, sending this documentation to the IAAF in Monaco does not ensure the athlete's eligibility. The athlete is only eligible when he/she receives written notification of eligibility from the IAAF.

An additional note to the asthma medication exemption for the WMA Championships. I just got the explanation of benefits from my health insurance company for the pulmonary function testing that was necessary to prove that I have asthma - the bill from the hospital was over \$8000! Thank God for insurance! If I did not have that great coverage I would not even be thinking about international competition. I wonder if the IAAF considered this aspect?

Gary Arend

Upper Darby, Pennsylvania

SUPERWEIGHT CHANGE

After talking with several masters weight throwers, I wonder if there are others out there who would like to see a change in the superweight. My thought is to change the W70-79 to a 20lb. weight and the W80 to a 16lb. weight. I suggest these because the weights are already manufactured and easily obtained. The M70-79

Update Your Club Info

An updated list of masters clubs will be published in the June issue.

Changes, additions, and deletions to the most recent list should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to natmanews@aol.com before the May 10 deadline.

FIFTEEN YEARS AGO May 1988

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

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CZZMN

Sustainers for May 2003

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

We are grateful for the support of masters athletes.
Special thanks this month go to:

Bill Benson
 Bill Forsyth
 Frank Lulich
 Emil Pawlik
 George Yonge

Valley Stream, New York
 Albuquerque, New Mexico
 Eugene, Oregon
 Ridgeland, Mississippi
 Davis, California

would change to 25lb. and M80+ to the 20lb.

I think we would have more participants, and also it would more fun for them. Perhaps the present weights were set when few or no people in these age brackets participated in masters field events.

If you wish to give input, please write to the "Write On" column, or to me personally: drbearl@bellsouth.net, or my fax: 770-579-1788.

Changing from the present implementations to the ones I've suggested would take signatures on letters from all who favor it. Then these would have to be submitted to Graeme Shirley to be presented at the next convention rules session. First, let's see what masters throwers think about this.

Carol A. Young
 by e-mail

PETER TAYLOR

We would like people to know just how much we appreciate what Peter Taylor brings to the National Masters Indoor Championships. It's amazing to us that we have only known Peter for a few years, yet he already feels like a close friend. Other members of our club think very highly of him as well.

We were shocked to find out that he was battling cancer. It is a testament to his passion for track and field that he decided to come to Boston at all this year. We've run and coached at countless meets including the Drake Relays and NCAA Nationals, but have never heard an announcer call a race like Pete. He is one of those guys who can make the hair stand up on the back of your neck.

He has an uncanny ability to recall information about a runner as the race is progressing. He knows things about us that we didn't even know.

In this time of apathy and criticism, we wanted to acknowledge the efforts of a good man doing a great job.

Marek Wensel
 Storm Lake, Iowa
David Nash
 Sioux City, Iowa

SADDLEBACK MEET

The Saddleback College Masters Meet in Mission Viejo, Calif., on March 8, was one of the best run meets

I have had the pleasure of competing in during all my years in the masters program, which goes back to the mid-1960s.

The weather was beautiful. The track was fast. We had friendly officials and electronic timing, and 27-inch hurdles for W60 and M80! Most important of all - every event was run on schedule.

My congratulations to Saddleback track coach Mark Blethen and all those who donated their services.

Alfred Guidet
 California City, California

PIERCE'S COLUMN

I read with interest Roger Pierce's article, "The Process" (April NMN). I will never forget the time, not so many years ago, at the Dartmouth Relays, when Roger Pierce broke the world record in the 200. I was in the lane next to him. The thing I remember about the world record was how humble Roger was afterwards. He could be the poster person for what's right about masters track & field.

Jim Brady
 Stoneham, Massachusetts

THANKS FOR SUPPORT

I would like to thank everyone for all the encouragement extended to me with cards, phone calls, letters, and prayers during this time while I am dealing with cancer. I am pain-free and still in the nursing center working on strengthening my leg to become more mobile and go home.

For those of you who are unaware of my situation, I started having pain in my leg some time in October. What was to be a hip replacement on Feb. 19, became surgery for a fractured femur due to cancerous tumors that originated from a mass on the lung. Because of the type of cancer, we requested no treatments.

My pastime at the Nursing Center is teaching the staff to tie their shoelaces properly. I am also coach to a lady who is a marathon runner. Several are interested in racewalking, and I have been helping them with information on proper shoes and such.

Keep me in your prayers!

Paul Geyer
 P.O. Box 1816
 Detroit Lakes, MN 56502-181

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Third Wind

By MIKE TYMN

Jim Manno Runs His Age

For Jim Manno, being "in shape" means running his age at 400 meters. "And I consider myself in *terrific shape* if I can run a second or two under," says Manno, an 82-year-old resident of Oradell, New Jersey.

Beginning in 1986, when he was 65, Manno has consistently run under his age for the quarter. That year, he did a 63.27, which bettered the American age record at that time, although it was not submitted for record consideration. Last year, he recorded 81.78. In between, he was consistently under his age. At age 70, he clocked 69.54, at 75, a 72.41, and at 80, a 79.92.

But Manno has doubts about maintaining his quarter time under his age. "It's funny," he explained, "the general thought is that, as you get older you lose speed and most runners then turn to doing longer distances. I can't. I'm losing just more than speed. I might just stick with the 100 and 200 from here on."

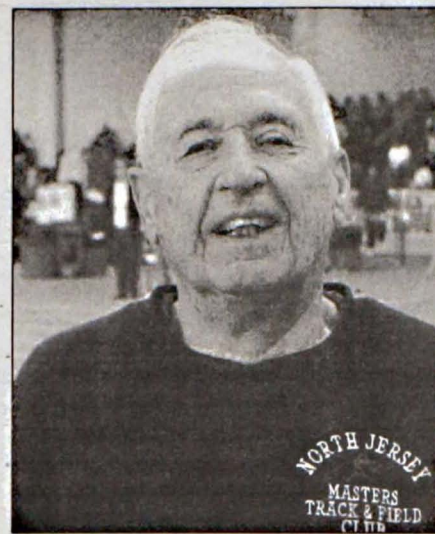
In 2001, Manno, who has captured 19 national titles, mostly in the 300 to 600 range indoors, in nearly 30 years of competition bettered the indoor 200 world record with a 32.85.

Trying Out the Track

Due to having to work after school, Manno did not run in high school. During his sophomore year at NYU, he decided to give track a try, running the half and the mile and initially garnering some thirds and fourths and then a few seconds.

"My teammates were Leslie MacMitchell, who ran a 4:07.4 mile and won the James Sullivan Award in 1942, and Bill Hulse, who ran a 4:05 mile against Gunder Haag in 1943, so there wasn't much chance of my winning anything," Manno says.

"I got down to 1:58 in the half, which was a pretty respectable time back then, but, of course, that's nothing now." When asked about his best mile, Manno hesitates, saying he is embarrassed to mention it. However, with some coaxing, he admits to "only" a 4:28, not a bad time considering the training in those days.



Jim Manno

Training Back Then

"They do more in one day than we did in a week back then," Manno offers when asked about his training. "A typical workout for us was to warm up with three-quarters of a mile to a mile jog, then we'd run three consecutive quarters at about 60 seconds each with a little jog between, and that was it. Can you imagine what guys like MacMitchell and Hulse would have done if they trained like they do today? But they didn't know anything about training back then."

After leaving college in 1942, Manno enlisted in the Coast Guard. He did very little in the way of exercise until he was age 55. "I was busy earning a living and supporting a family, and besides we didn't have masters track then," he continues, mentioning that he advanced to vice-president and eastern sales manager for a company dealing in polyvinyl chloride sheeting.

"I played some badminton and would occasionally go over to the high school track and run a half-mile or a mile. I didn't get into masters track until 1975, when I heard about a meet in Whitestone, New York. Then I heard about one in New Jersey and took my 15-year-old son with me to watch it. I told him, 'I can do that.' He said, 'Yeah, sure, dad.' Anyway, I went out to a meet at Randalls Island shortly after that and won two races, the 440 and the 220. Then I was hooked."

Unexpected Wins

In 1977, Manno entered the indoor nationals, hoping for a third or fourth place, but surprised himself by winning the 300 and breaking the record while also taking second in the 50. But even though he has won many races, his biggest thrill came from a silver medal in a relay.

"That was in 1981, in the World Games in New Zealand," he recalls. "I took sixth, seventh, and fourth in the 100, 200, and 400, respectively, and then the silver in both relays. When the electronic scoreboard flashed my name, followed by USA, I then realized I was representing my country against world competition! I actually sank down on the grass infield and shed tears."

Standing Ovation

Subsequently, Manno won a gold medal in the 1991 World Games in

Turku, Finland, as part of the M70 4x400 relay team. Another memory is that of winning the M75 100 in 15.32 (when he was 80) at the 2001 Penn Relays and getting a standing ovation from 48,000 fans. "I'll never forget that moment," he exclaims.

Initially his wife, Helen, was concerned at the amount of time devoted to training and competing, and its effect on their social life. "But she came to realize how important it had become to me and now wholeheartedly supports me," Manno says. "She frequently travels with me to meets, sitting on a hard bleacher seat for four or five hours, just to watch me run two races, total racing time perhaps 120 seconds."

Manno adds that his three children, ages 51, 49, and 43, have all become somewhat indifferent to his running. "They don't even ask me about my results any more," he says, laughing. "Running-wise, though, I wouldn't change a thing."

Nails in His Shoes

Manno's competitive career has not been without humor. He recalls changing from his warm-up shoes to spikes for a 100 meter race when two little old ladies observed him, one commenting, "Look, Marie, he's got nails in his shoes!"

What motivates him to continue competing at such an advanced age? "It's the excitement and challenge of competition," he concludes the interview. "It's a desire to keep fit, and feeling that I'm doing something very few men my age can do." □

(Mike Tymn can be reached by e-mail at metgat@aol.com)

Oak Forest Midwest Masters Sprint, Mid-Distance, Weight Challenge

Sunday, June 29, 2003

Oak Forest High School • Oak Forest, Illinois

Meet Description:

Sprint, Mid-distance, Weight challenge
Track and Field Competitions:
Men and Women Master Athletes in five year age groups (30-90+)
Open athletes 18 and older (no high school athletes)
To be held at Oak Forest High School on
Sunday, June 29th, 2003
Check in 9:00AM-9:45 AM
Racing and throwing begins at 10:00 AM

There will be no locker or shower facilities.
Entry deadline: June 21, 2003 I'd like to have the meet organized, please advance register!
Late fee: \$15

Make checks payable to: Gerry Krainik
15124 Hillside Ave
Oak Forest, IL 60452-1924
The meet will not be re-scheduled if rained out, no refunds.

Fees: \$20 for non-Midwest Masters Club Team Member
\$25.00 for non-Midwest masters athlete.

Schedule of Events

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

Oldest to youngest, ladies first!

10:00 AM 100 meters dash
10:45 AM 1500 meters run
11:15 AM 400 meters dash
12:15 PM 800 meters run
12:30 PM 200 meters dash
1:15 PM 1000 meters run
1:45 PM 300 meters dash

Weight Events
Weight Throw, Shot Put, Discus, Hammer, Javelin, Possibly a multi weight event.

Awards: Medals for first place in each age-division.
Must compete and complete all events in the selected challenge.

Athletes may participate in one, two, three, or four events
You may run all or any race you'd like Weights, same deal! Hurdles, let me know if I can do something for you! Email me: gkrainik@attbi.com
Scoring: age-graded scoring
Trophies for overall champion. The athlete that has the top age graded point score. In each challenge.

Age Graded Percentage Scoring
Fully Automatic Timing
Results posted at: www.timetf.com

Registration Form

Make Checks Payable to Gerry Krainik

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

Please Print or Type

Name _____ Age (on 6/29/2003) _____
Address _____ DOB _____
City _____ State _____ Zip code _____ USATF Number _____
Phone Number _____ Club _____
Events _____ Total Amount _____

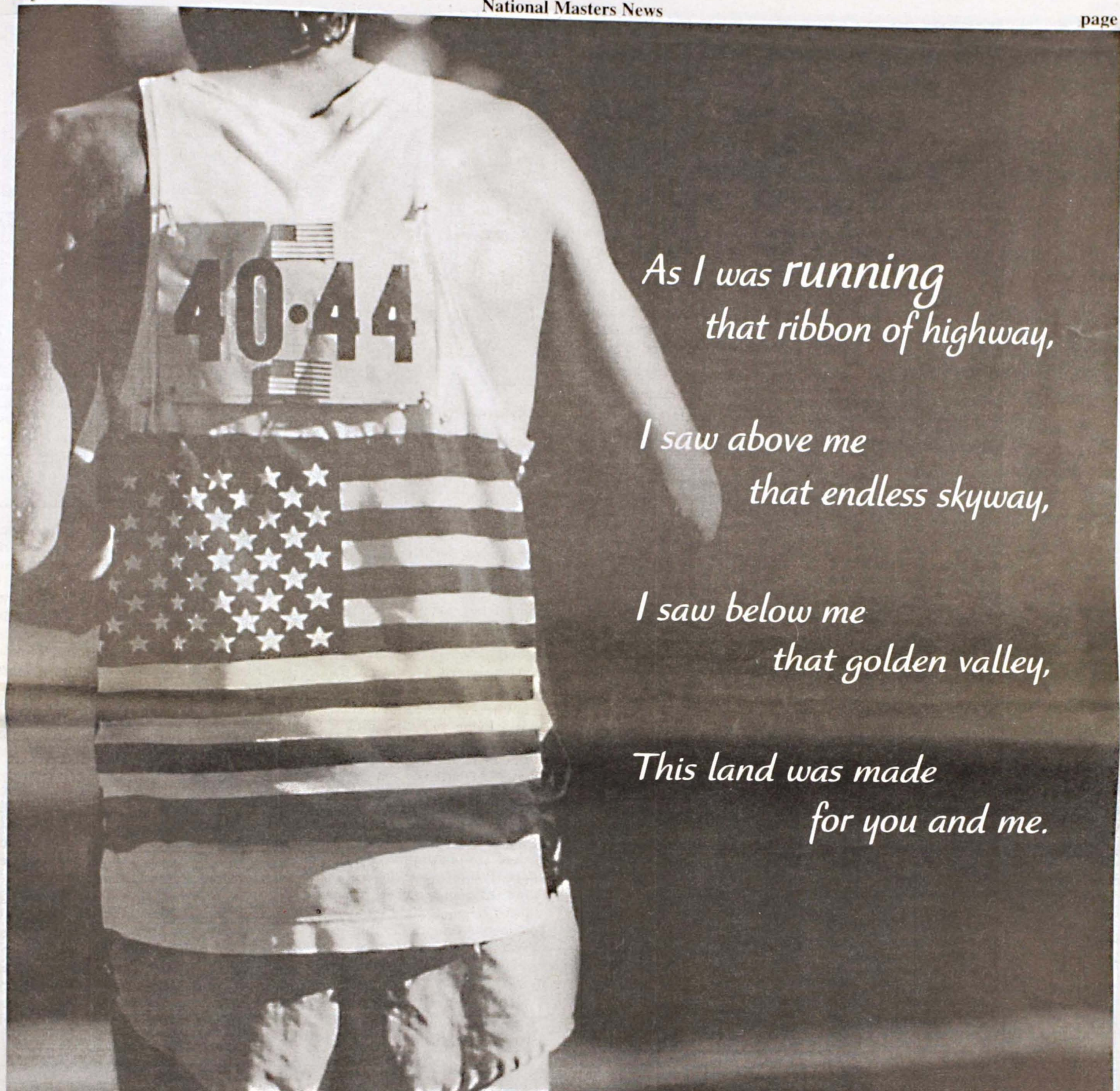
I understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all 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, Oak Forest High School, 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 2003 Oak Forest Sprint-Mid Distance, Weight Challenge. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____



TESH TESHIMA

Erwin Jaskulski, 100, established an M100 world record for the 400 with a 3:40.79, Hawaiian Sunset Meet, Honolulu, March 13.



*As I was running
that ribbon of highway,*

*I saw above me
that endless skyway,*

*I saw below me
that golden valley,*

*This land was made
for you and me.*



Twin Cities Marathon is the official race of the 2003 USA Masters Marathon Championships, and proud sponsor of Team USA Minnesota.

2003 Twin Cities Marathon Weekend—October 3-5
www.twincitiesmarathon.org • 763-287-3888

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TWIN CITIES
MARATHON

THE MOST BEAUTIFUL URBAN MARATHON IN AMERICA™



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Proper Use of Foot Orthoses

One of the more controversial subjects in sports medicine is the use of foot orthoses. There has probably been more *mis*-information than *valid* information generated regarding this type of treatment.

Basically, the foot functions around two major joints, the subtalar joint in the rear foot and midtarsal joint in the forefoot. In most cases, the foot over-pronates from the rear. If the foot over-pronates, the leg excessively rotates inward. This can cause compensatory problems, such as shin splints, knee tendinitis, chondromalacia patella,

Continued on page 11



JERRY WOJCIK

The East Region W50-59 4x400 team after setting a world best 4:45.72 (from l): Carol Smith-Hanna, Sharon Warren, Marie-Louise Michelsohn, and Kathy Martin, 29th National Masters Indoor Championships.

PENDING INDOOR AGE-GROUP RECORDS, USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS, MARCH 28-30

World Records

Event	Age	New Mark	Name	Old Mark	Held By
60	W40	7.96	Lesia Batiste	8.01	Denise Foreman
200	M50	22.99	Bill Collins	23.26	B. Collins
400	M60	55.62	Harold Morioka	56.32	Larry Colbert
400	M85	1:38.25	Bob Matteson	1:40.86	Russell Randall
800	M60	2:14.42	Harold Morioka	2:14.75	Sid Howard
Mile	W60	6:02.49	Marie-Louise Michelsohn	6:05.7	M-L. Michelsohn
60H	W55	9.84p	Phil Raschker	10.08	P. Raschker
HJ	W65	1.24	Evelyn Wright	1.23	C. Happ/E. Enarsson/L. McDaniels
HJ	W75	1.12	Leonore McDaniels	1.00	Margaret Hinton
HJ	M45	1.93	Bruce McBarnette	1.92	Mark Chelnov
PV	W75	1.71	Leonore McDaniels	1.60	Johnnye Valien
TJ	W50	10.69	Anna Wlodarczyk	10.49	Phil Raschker
TJ	W75	6.47	Leonore McDaniels	6.08	Gunni Swensson
TJ	M80	8.65	Ed Lukens	8.30	E. Lukens
3000RW	M70	16:07.46	Jack Bray	17:03.33	Jack Starr
3000RW	M75	18:27.14	Edward Gawinski	18:35.8	Chico Scimone

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held By
60	M65	8.05	Harold Tolson	8.14	Jim Law
200	W40	25.61	Lesia Batiste	25.67	Denise Foreman
400	W40	57.40	Lesia Batiste	57.67	Denise Foreman
400	W50	63.81	Margaret Curtis	65.61	Carolyn Smith-Hanna
400	M55	55.31	Charles Allie	55.40	Roger Pierce
400	M75	70.09	Rodney Brown	71.84	John Alexander
3000	W45	10:02.55	Joan Benoit Samuelson	11:06.77	Joni Shirley
3000	W50	10:42.45	Kathryn Martin	10:44.00	Joan Ottaway
3000	M70	11:09.53	Lloyd Slocum	11:27.6	Scotty Carter
60H	W65	13.05	Barbara Jordan	13.17	B. Jordan
60H	M85	18.26	Alfred Guidet	18.45	James Elliot
HJ	W55	1.46p	Phil Raschker	1.45	P. Raschker
HJ	W60	1.27e	Kathy Bergen	1.27	Evelyn Wright
HJ	W80	0.92	Margaret Hinton	0.91	M. Hinton
LJ	W65	3.87	Audrey Lary	3.72	Flo Meiler
SP	W85	4.56	Katherine Gradick	4.47	Betty Jarvis
WT	W40	17.12	Oneithea Lewis	16.79	O. Lewis
WT	W65	10.45	Evelyn Wright	10.34	Mary Roman.
WT	W70	8.25	Lillian Snaden	7.95	L. Snaden
WT	W85	5.58	Betty Jarvis	4.54	B. Jarvis
WT	M55	18.05	Thomas Gage	17.66	Tim Edwards
WT	M60	18.84	Carl Wallin	17.51	Richard Hotchkiss
WT	M70	16.34	Ray Feick	14.79	Austin Baggett
WT	M75	12.84	Val McGann	11.43	Vince Sempronio
WT	M85	10.14	David Schlothauer	7.96	Leland McPhie
SW	W40	10.79	Oneithea Lewis	8.85	O. Lewis
SW	W80	4.08	Margaret Hinton	3.62	M. Hinton
SW	M45	10.84	Jim Wetenhall	10.72	J. Wetenhall
3000RW	W70	19:08.86	Shirley Dockstader	20:35.87	Miriam Gordon
3000RW	M65	15:30.50	Paul Johnson	15:41.41	Jack Bray

World Bests

Event	Age	New Mark	Name	Old Mark	Held By
Pent	W55	4822	Phil Raschker	---	---
4x400	W35-39	4:38.92	Central Park TC	6:21.80	USA
4x400	W40-49	4:34.23	Bohemia TC	5:48.29	USA
4x400	W50-59	4:45.72	East Region	5:13.44	USA

U.S. Bests

Event	Age	New Mark	Name	Old Mark	Held By
4x400	M35-39	3:50.72	Central Park TC	---	---
4x800	M35-39	8:16.95	The Running Club	---	---

Indoor Championships

Continued from page 1

strength but that she didn't feel too quick. "I would have loved to break 10 minutes, but I'm happy with that," she said.

Willie Gault, 42, former NFL star, was also a media draw on Saturday in the 60m, where he was second to Mitchell Lovett, 41, but had the better age-graded performance, a 95.1% 7.16 to Lovett's 94.8% 7.13.

Everett Hosack, Ohio, now 101, received more coverage this year than he did in 2002 here when he was the first centenarian to compete in a national championships.

Numbers Down, Records Up

Meet organizers' fears that the war in Iraq, the hassles of air travel security, and a worsening economy would adversely affect the number of entrants didn't really materialize. The fact that athletes were returning for the seventh consecutive time to the Reggie Lewis Center didn't seem to matter either. Entrants were down from a record 810 in 2002, but not disastrously, to 758.

Benoit-Samuels's Friday night performance might have been the catalyst that resulted in 16 world and 30

U.S. age-group records by the time the meet ended on Sunday afternoon. In 2002, 44 records were broken, established, or tied.

Leonore McDaniels, 75, of Virginia, who holds five world records in the younger age groups, set three world W75 records: high jump (1.12), pole vault (1.71), and triple jump (6.47).

Canadian guest athlete Harold Morioka, 60, holder of the M50 and M55 400 world records, added the M60 record (55.62) and the 800 (2:14.42).

Lesia Batiste, 41, Louisiana, lowered the W40 60m world record to 7.96, and set U.S. records in the 200 (25.61) and 400 (57.40). All three are presently held by Denise Foreman, set in 1997.

Bill Collins, 52, Texas, became the first master age-50+ to run below 23.0 indoors, breaking his own world record with a 22.99.

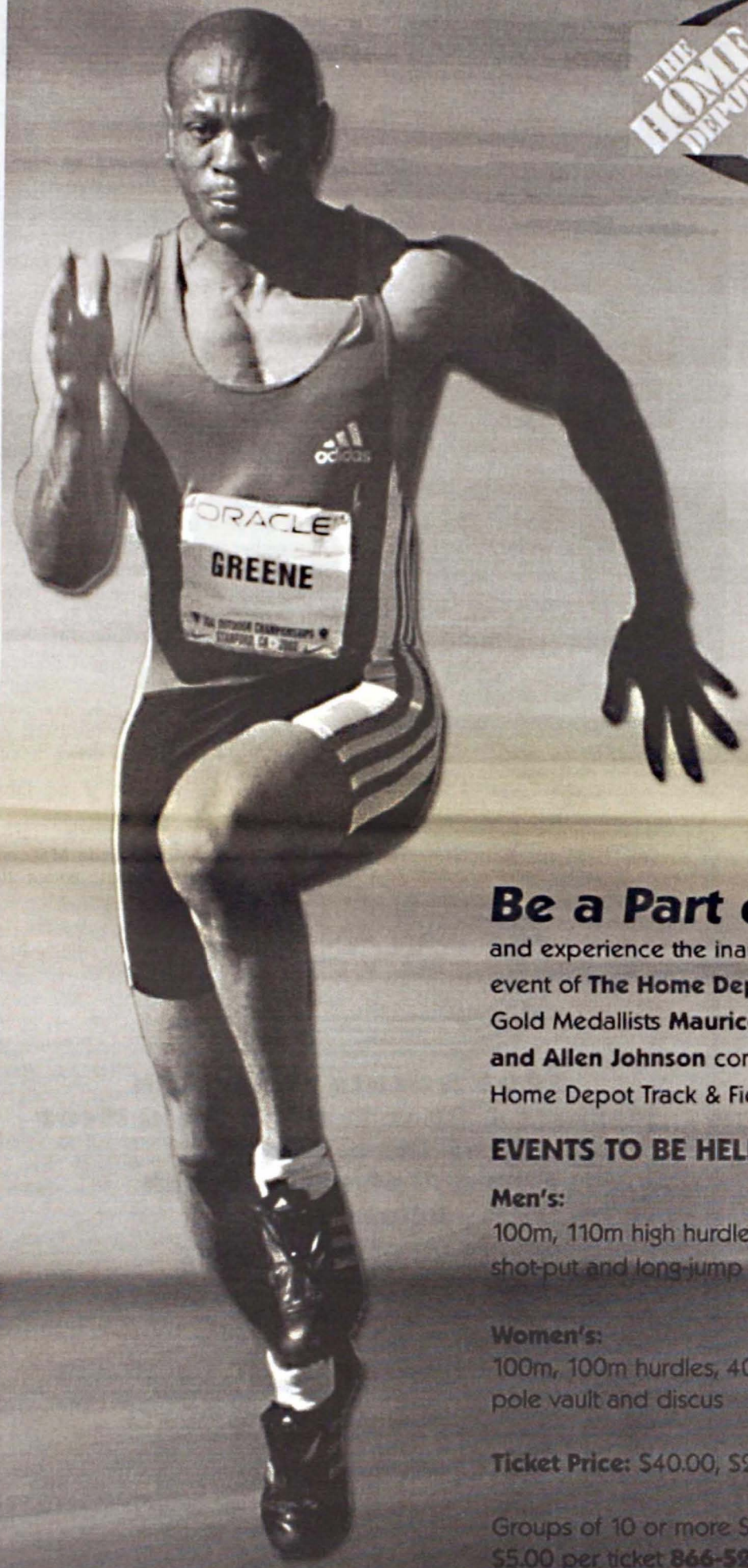
Phil Raschker, 56, Georgia, who seemed on her way to demolish more records after one world record in the 60H (9.84) and a U.S. mark in the high

Continued on page 14



SUZY HESS

Finalists in the M45 400 (from l): Gregory Simons, third; John Dyer; Rick Easley; Archie Glaspy, first (53.64); and Keith Royster, second; 29th National Masters Indoor Championships.



Track & Field Invitational

Sunday, June 1, 2003

Meet begins at 12:00 pm

The Home Depot Center
CSU Dominguez Hills
Carson, California

Be a Part of History...

and experience the inaugural grand opening event of **The Home Depot Center** as Olympic Gold Medallists **Maurice Greene, Stacy Dragila and Allen Johnson** compete in the first annual Home Depot Track & Field Invitational.

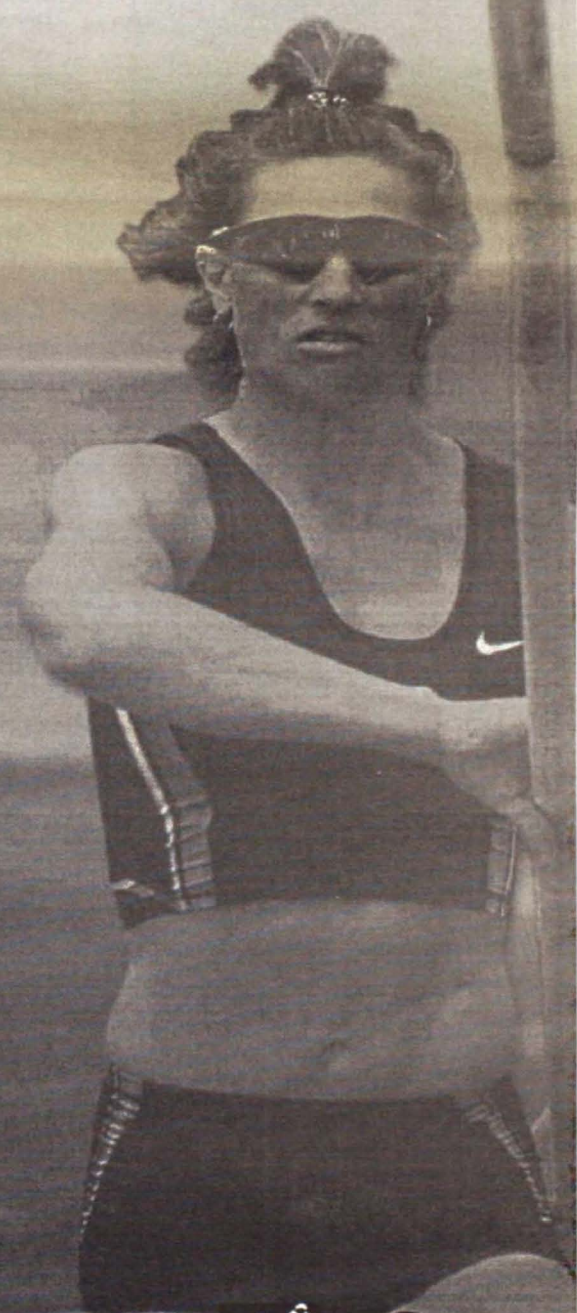
EVENTS TO BE HELD:

Men's:
100m, 110m high hurdles, 400m, 1500m, shot-put and long-jump

Women's:
100m, 100m hurdles, 400m, 1500m, pole vault and discus


Ticket Price: \$40.00, \$23.00, \$17.00

Groups of 10 or more SAVE up to \$5.00 per ticket **866-524-7687**



www.thehomedepotinvitational.com





Masters Racewalking

By ELAINE WARD

Masters Racewalking will resume in June.

2004 Trials Tickets Available to USATF Members

Tickets for the 2004 U.S. Olympic T&F Team Trials are now available to USATF members. The trials will be

held at CSU-Sacramento's Alex G. Spano Sports Complex, July 9-18, to select U.S. representatives to the 2004 Olympic Games, Athens, Greece.

The eight-day 2000 Olympic Trials at the Spanos Complex drew capacity crowds of over 187,000 track fans, who set trials attendance records.

In a special offer to USATF members, tickets are being made available before they go on sale to the general public on May 17, 2003.

Tickets are available in eight-day packages only and are priced from as little as \$140. Single-day and four-day packages will be available in the future. The best seats will be assigned to eight-day ticket package buyers on a first-come, first-served basis.

For more information on the purchase of tickets, a seating chart of the stadium, and an application form, visit www.sacsports.com/usatfmembers.htm, or call the U.S. Olympic T&F Team Trials office at 916-566-6560. □



Ed Gawinski on his way to an M75 world record 18:27.14 in the 3000 racewalk, 29th National Masters Indoor Championships.

Masters Star in Mt. SAC Relays

More than 2000 spectators cheered masters runners in two age-graded races at the 45th annual Mt. San Antonio College Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 19.

The women's age-graded 100m was won by Kathy Bergen, 63, La Canada, Calif., in 11.38. Defending champion Kathy Jager, 59, Glendale, Ariz., was second, followed by Diane Palmason, 65, Blaine, Wash.

Each runner got a distance handicap, based solely on her age. Bergen ran 78.9 meters, while Magdalena Kuehne, 72, the oldest runner in the field, ran 71.8 meters.

The announcer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.

For the first time, men and women ran together in the masters age-graded 800m race. Nolan Shaheed, 53, Los Angeles, won over nine other competitors ranging in age from 38 to 74.

Each entrant ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 74, Huntington Beach, Calif., started with the gun. The next oldest - Palmason, 65 - followed 25 seconds later and so on down to the

Continued on page 30

BTC Classic - USA Track And Field Southeastern Masters Regional Championships

Sponsored by The Birmingham Track Club
May 17, 2003



Samford University, Birmingham, Alabama

Sanctioned by USATF - USATF membership required (Applications available on site.)

Directions to location	Take exit 255 (Lakeshore Drive) off I-65, go two miles East on Lakeshore Drive. Samford University is on the left.
Implement Certification	Booth opens at 7:00 AM
Age Division	Open and Masters (Age 30 and over) men and women
Entry Fees	Postmarked before May 10, 2003 • \$15 first event. \$5 each additional event. \$20 each relay. • Double entry fee Postmarked May 10 through May 17 (up to 1 hour prior to start time), 2003
Awards	Medals to first three in each age group.
Director	Frank Newland, 205-542-3575, btc_classic@birminghamtrackclub.org
Mail entry to	BTC Classic, PO Box 530363, Birmingham, AL 35253
Registration on-line	www.active.com
Web Site	www.birminghamtrackclub.org . Entry forms, entry list, etc.
Special Award	\$100 KC 100m Dash (Top eight age graded times run a distanced handicapped 100m.) \$100 Phil Mulkey Mini decathlon Award. Enter as many decathlon events as you want and the your top five performances will be scored. Age graded.
Schedule of Events	Women run first, followed by men, older to younger.
Track Events	5K, 5Kwalk, Sprint & 4x100 Relay, 80-100-110H, 1500m, 100m, 400m, 800m, KC100m, 200m, 300-400H, 4x400 Relay
Field Events	High Jump, Triple Jump, Long J, Shot, Discus, Javelin, Hammer, Pole Vault

Name _____ DOB / / AGE _____ Sex _____ USATF# _____
 Address _____ City _____ State _____ ZIP _____
 Phone () _____ - _____ E mail address _____

Events	Best 00 mark	Entry Fees	Cost
1		First Event \$15.00	\$
2		Events x \$5.00	\$
3		Relays x \$20.00	\$
4		Pentathlon \$25.00	\$
5		Late Fee \$10.00	\$
6		T-shirts x \$10.00	\$
Make check payable to BTC		Total	\$

PLEASE READ AND SIGN. I certify that I have decided to participate in the USATF SE Regional meet 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, Samford University Hoover HS, Trak Shak, the Knights of Columbus, agents, or representatives arising out of my participation. The Releaser further agrees to abide by all the decisions of the Race Committee regarding rule and eligibility requirements. Releaser further agrees to replace and hold harmless the BTC.

Signed _____ Date / / _____



2003 Atlanta Track Club Masters & Open Track & Field Meet

7 June, 2003
Emory University Track
Atlanta, GA

www.atlantatrackclub.org

TRACK EVENTS

7:30	5000 meter run (ATC-Grand Prix Event), 4 heats: All women, Men 50+, Men 40-49 Men 39 & Under
9:30	800 meter finals
10:30	200 meter finals
11:15	80/100/110 meter hurdles
11:45	4x100 meter relay
12:30	5000 meter racewalk (one heat)
1:30	400 meter finals
2:15	1500 meter finals
3:00	100 meter finals
3:45	400/300 meter hurdles
4:15	4x400 meter relay

FIELD EVENTS**

8:30	High jump
9:00	Long jump
	Shot put
	Triple jump (after Long jump)
	Javelin (follows High jump)
11:00	Pole vault (40+)
	Hammer
1:00	Pole vault (age 20-39)
	Discus

**Height and distance between hurdles and weight of throwing equipment will be in accordance with WMA/USATF hurdle and implement specifications.

AGE DIVISIONS: Masters (age 30 & over) men and women will compete in 5-year age groups through 95+. Open (20-29) men and women will compete in one 10-year age division. Open (19 & under) men and women will compete in 5-year age groups. 19 & under men & women are only allowed to compete in the 5,000 meter run. All entries must be received by Monday, 2 June, 2003. NO LATE ENTRIES.

For more information and registration materials call 404.231.9064 ext. 20 or go to www.atlantatrackclub.org

The Foot Beat

Continued from page 8

plantar fasciitis, and a number of other running injuries.

To a lesser degree, the forefoot is the culprit, causing abnormal rotation and lower leg pathology.

Purpose of Orthosis

The purpose of an orthosis is, therefore, to limit the excessive rotation of the joints of the foot while allowing the foot to progress through its normal range of motion. Clearly, a foot orthosis is much more than just an arch support.

Probably less than 10% of the injuries we see require an orthosis. However, they are effective. Michael L. Gross, M.D., and associates, report that foot orthoses, when properly used, completely resolved the symptoms in 75.5% of long distance runners.

Type of Orthosis

What type of orthosis is the most effective? This depends. There are several very good over-the-counter orthoses, which provide a minimal degree of control and accommodation. These are best for treatment of minor aches and pains.

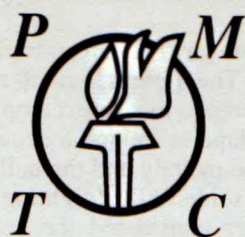
The second type is a partially controlling orthosis. This is made from a cast of the foot, as is the fully controlling type of orthosis.

Most foot orthoses are made from a cast of the foot, but prior to this a complete biomechanical examination must be performed to determine the nature of the foot pathology.

Effective Relief

Judicious use of a foot orthosis is an effective way to reduce and control over-use injuries in runners and jumpers. By adjusting the biomechanical variables associated with the running gait, relief can be brought to athletes. Treatment, of course, must always be based on a proper diagnosis based on biomechanical evaluation. □

(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.)



Portland Masters Classic June 28 & 29, 2003

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 Paul Stepan, 503-666-8950

Tentative Schedule for Saturday, June 28nd

Track Event	Time	Field Event
10,000 m Run-M&W	10:00 am	Pole Vault, Women & M60+ Shot Put, All Men & Women
5000 m Racewalk-M&W	11:15 am	Long Jump, M30-59
2/3 K Steeplechase-M&W	12 noon	Javelin, Women & M60+ Pole Vault, Men 30-59
80 m High Hurdles-M&W	1:00 pm	Weight Throw, All Men & Women
100 m High Hurdles-M&W	1:20 pm	Long Jump, All Women & M60+
110 m High Hurdles-M&W	1:40 pm	Javelin, Men 30-59
100 m Dash, M&W	2:00 pm	
1500 m Run, M&W	2:45 pm	Super Weight Throw, All Men & Women
400 m Dash, M&W	3:45 pm	

Tentative Schedule for Sunday, June 23rd

Track Event	Time	Field Event
5000m Run, M&W	10:00 am	Hammer Throw Women & Men 65+ Discus, Men 30-64
300m IM Hurdles, M & W	11:00 am	High Jump, Women and Men 60+
400m IM Hurdles, Men	11:20 am	
200m Dash, M&W	12 noon	Hammer Throw Men 30-64
1 mile Racewalk, M&W	1:00 pm	High Jump, Men-30 to 59 Discus, Women and Men 65+
800m run, M&W	1:30 pm	
*Age graded 100m Dash	2:30 pm	Triple Jump, Men & Women
4 x 100 m Relay	3:00 pm	
4 x 400 m Relay	3:15 pm	
4 x 800 m Relay	3:30 pm	

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

Instructions:

- Make checks to: Portland Masters Track Club
- Send entry form and check to:
Joe Johnson
5510 SE 117th
Portland, OR 97266
- Entries must be postmarked by June 17, 2002
- Entries Require USAT&F Membership No.

- \$5.00 Late entry fee (based on space availability)
- Entry packets must be picked up prior to competing
- Medals to first 3 places in each event, 5 yr age div.
- Registration closed 1 hour prior to event
- Impliments for field events must be checked in 30 minutes prior to event.

Host Hotels

Gresham Area Hotels



For reservations call
503-907-0676 or
866-288-6800 toll free

\$59/night one bed
\$65/night two beds

Rates are only valid from
June 26-30, 2003. Plus Lodging Tax.

Schedules listed are tentative

USAT&F Membership required to compete

Meet Headquarters: Best Western

Packets: Available at Best Western, 23535 NE Halsey St. I-84 exit 16, Fri. June 27th, 6-8 PM and at Mt. Hood C.C. starting at 9:00 AM both days of meet.

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 to partake by signing up on Entry Form.

Entry Form — Portland Masters Classic - 2003

Please Print

Name _____ Age(6/28/02) _____ Birth Date ___/___/___

Address _____ City _____ State _____ Zip _____

Phone _____ Club Affiliation _____ Male ___ Female ___ USAT&F # _____

Events Best '02-'03 Mark

- _____
- _____
- _____
- _____
- _____
- _____

T-shirt Size
 S
 M
 L
 XL
 XXL

Attend Reception?
 Yes ___
 No ___
 Number of people ___

Entry Fees

1 Event \$15 _____
 Each additional event \$6 ea _____
 T-Shirt \$10 ea _____
 Late fee after 6/13/01 \$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 _____

FIVE YEARS AGO May 1998

- 817 Athletes Set 27 WRs at USA Masters Championships in Boston
- Andre Kuznetsov (40, 2:15:27) and Cindy Barber-Keeler (40, 2:39:49) First Masters in Boston Marathon
- Leonore McDaniels, W70, and Ken Ellis, M40, Star at Indoor Heptathlon Championships



On The Run

By HAL HIGDON

Beat the Drums Slowly

Sun in a clear sky. A light breeze. The sound of surf. Birds in the trees. An alligator sunning himself on the bank of a marsh. Temperatures that day would reach the 80s, warm for the corner of Northern Florida where I now spend winters. I pumped some iron before heading to the pool, then ran 15 minutes in chest-deep water, prelude to a longer run later in the day. I waved at my wife, participating in an aquarobics class nearby.

After my workout, a member of her class came into the dressing room. I greeted him and commented on the

fine weather, usually a safe subject for strangers.

Dropping the Bomb

"A good day to drop the bomb," he said.

I stifled any reply. Is there ever a good day to drop the bomb? Why is this stranger intruding on my space? I don't want to discuss the war. I just want to go run. I picked up my towel and left the dressing room.

As runners, we participate in a safe and often solitary sport. I run to relax, most often running on the beach alone with my thoughts. I don't need a Walkman. Music plays naturally in my mind. Some favorites: In My Solitude, as sung by Billie Holiday. I Want to be Around, as sung by Tony Bennett. They also play on the CD player in my car. Sometimes I'll punch

the replay button to hear them one more time.

Lately, I can't get The Green Fields of France by The Fureys out of my mind. It keeps replaying. I can't stop it. I picked up a tape in Ireland a decade ago. I loved the melody and the ballad about a young soldier killed fighting in France. I never considered the song political, but in the last few weeks, I have been haunted by words in the final verse: ...The sorrows, the suffering, the glory, the pain; the killing and dying....

Don't Listen

No! No! I don't want to hear those words. I don't want to hear them playing in my head during my escape time while I run on the beach. I press the stop button. The music continues: And did they believe when they answered the call; Did they really believe that this war would end war?

I screamed in the night recently. It was a nightmare, not a particularly bad nightmare - not even about the war - but I screamed. I don't usually scream in my sleep. It scared my wife to death. I wonder if our neighbor heard? But mine was only one of many screams sounding that night. If you scream in the dark and nobody hears, does your pain fail to register?

Back in the gym a week later, I overheard someone say: "If the Arabs use chemical weapons on Israel, they'll go nuclear on Baghdad." I've got to

stay out of that gym: Too much testosterone in the air.

Divided by War

I remember Vietnam. I hated that war, not only because it killed so many good American soldiers, but because it divided the country.

I hate this war for the same reason. Too many will die: our people; their people; in-between people. One poll I accessed showed 85 percent believed in our President. I think he made a mistake, but maybe I'm wrong, and the war will end quickly with minimal collateral damage, and I can run again on the beach without that song ringing in my ears. I worry about coming generations as the chorus continues:

Did they beat the drums slowly?

Did they play the fife lowly?

Did they sound the death march as they lowered you down?

Stop the Music

The replay button must be jammed. Stop the music. I want to run alone without those words in my ears. The sun shines from under the clouds. Waves roll onto the beach. Seagulls skitter along the sand. It's warm after a cold winter. Children playing. Such a good day to run, but is it ever a good day to drop the bomb? I don't believe the voices I hear in the gym. Make the drums stop beating! □

(Hal Higdon is a Senior Writer for Runner's World. Visit his Web site at www.halhighdon.com)

TWENTY YEARS AGO May 1983

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

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TRACK EVENTS

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

FIELD EVENTS

Pole Vault	10:00 am
Shot Put, 60 & up	10:00 am
followed by under 60	
Long Jump	10:00 am
Javelin	10:00 am
Discus, under 60	10:00 am
followed by 60 & up	
High Jump	10:30 am
Weight Throw	1:00 pm
Triple Jump	2:00 pm
Note: Some field events may start later than listed.	

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

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

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Stancliffe, Francis Victors in Fifty-Plus 8K

By MARK WINITZ
PALO ALTO, Calif. – Finishing on the track inside Stanford University Stadium, the Fifty-Plus Fitness Association Paul Spangler Memorial 8K is made for exciting, close finishes. Photo finishes will have to wait until next year, however, as men's winner, David Stancliffe, and women's champion, Sue Francis, both won by country miles.

The race, limited to runners 50 years of age and older, celebrated its 20th running under drizzly but mild conditions. Slick asphalt dampened the pace for many runners.

Stancliffe, 52, San Rafael, Calif., claimed his victory in 28:33. Francis, 50, Sunnyvale, Calif., topped the women with a 34:22.

Competing in five-year age divisions through age 90 and above, 155 participants – all models of senior fitness – completed the event. The 8K run is the traditional culminating event for the Fifty-Plus Fitness Association's Annual Fitness Weekend. The weekend is composed of numerous fitness events and activities, plus a health conference geared toward senior adults.

Stancliffe, a first time winner here, put the race away in the very first mile on the USA Track & Field-certified 8K course that loops through the picturesque Stanford University campus.

"I went through the first mile in 5:39, which is really kind of slow," said Stancliffe, who took the lead about 300 yards into the race and never relinquished it. "I think my competition kind of let me go. Once you let someone get away like that, it's very hard to come back. Actually, I was kind of surprised with the win. I really haven't been doing the track or anaerobic type work to run what I consider a real fast race."

Three-time Fifty-Plus 8K winner, Michael Dove, 56, Salinas, Calif., finished second in 29:25. John Hirschberger, 51, San Francisco, placed third in 29:40.

Francis has garnered nothing but wins in her age division since turning 50 last October. At Stanford she was able to enjoy a women's overall victory in a race, one of the world's finest examples of senior fitness.

"I didn't see any other women at all during the race," Francis commented. "The conditions weren't ideal, but I was happy with the way I ran the race. I ran it evenly and consistently."

Eve Pell, 65, Mill Valley, Calif., ran a superb race to garner the runner-up spot to Francis in 36:51. Larry Johnson, 84, 46:23, and June Carroll, 79, 57:09, were the oldest finishers in the race.

The winners of the companion 5K racewalk were Jack Bray, 70, Kentfield, Calif., in 27:53, his seventh victory at Fifty-Plus, and Shirley Dockstader, 70, Mill Valley, Calif., in 32:00. A 5K fitness walk and other fitness activities were also held.

Continued on page 30

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (2002 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.	_____	\$ _____
Masters Track & Field Rankings (2001) CLOSE OUT \$4.00	_____	\$ _____
Masters Track & Field Rankings (2002) Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.	_____	\$ _____
McMahon Family Trust Masters Track & Field Indoor Rankings Indoor rankings for 2002. 4 pages. \$2.00.	_____	\$ _____
Masters Age-Graded Tables Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
Masters 5-Year Age-Group Records Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.	_____	\$ _____
Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.	_____	\$ _____
Competition Rules for Athletics (2003 Edition) U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
USATF Directory (2003) Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
New! WMA Handbook (2001-2003) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00	_____	\$ _____
USATF Governance Handbook (2003) U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
Running Encyclopedia, The Ultimate Source for Today's Runner Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wyssocki, Ruth." A must for every runner's library. 417 pp. \$24.95	_____	\$ _____
How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.	_____	\$ _____
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2003 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
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Indoor Championships

Continued from page 8

jump (1.46) in Friday's pentathlon, when she scored a W50 world best 4822, had to settle for a gold medal in the pole vault after coming up lame on Saturday.

The oldest record broken was by Ed Gawinski, 76, Delaware, whose 18:27.14 in the 3000 racewalk on Sunday betters Italy's Chico Scimone's M75 world record 18:35.8 in February 1987.

Among the many age-graded international-class performances of 90% or better, one was a record performance, that by Oneithea Lewis, 42, New York, a W40 U.S. record 17.12 in the weight.

Nine records fell in the weight throw, some by as much as five feet or more.

More Outstanding Performances

Pre-meet "Battle of the Titans" hype in the sprints included those between M60s Stephen Robbins, 60, of Washington, and Morioka, and M50s Collins and Ed Gonera, 50, New York.

Robbins won the 60m from Morioka, 7.77 to 7.80. The world record for M60 is a hand-timed 7.7. Robbins opted for the 200, which he won in 25.12, while Morioka chose the 400 and 800 and produced records in both. They are expected to meet again in the National Masters Championships, Eugene, Ore., in August.

Collins won the 60m, which Gonera doesn't run, with his 7.25 100% performance. Collins and Gonera clashed in the 200, where Collins, pushed by Gonera, ran the 22.99. Gonera won his



SUZY HESS

Finalists in the M30 400 (from l): Marek Wensel, first (50.56), Michael Jackson, second, and Gary Hurta, third, 29th National Masters Indoor Championships.



SUZY HESS

The Running Club 4x800 team after posting an M35-39 U.S. best 8:16.95 (from l): Brian Hickey, Kerry Sloan, Davis Nash, and Chris Yorges, 29th National Masters Indoor Championships.

specialty, the 400 (53.04), in a race with Alston Brown, 54, second (54.36).

Top scorers in the pentathlon were David Ortman, 50, Washington, 3989, and Raschker. Ortman, primarily a hurdler and out of action for several years with plantar fasciitis, also won the 60H (9.05) and long jump (5.44).

Multiple champions were many. Margaret Hinton, 81, went back to Texas with seven gold medals and U.S. records in the high jump and weight throw. James Stookey, 73, Maryland, is a five-time champion. McDaniels won four events. Audrey Lary, W65, and Evelyn Wright, W65, both of Maryland, also won four events each.

More athletes won three championships in their primary event, the sprints, distances, or weights, while others were more diverse. Gregory Foster, 41, New Jersey, won the M40 pentathlon, and came back later to win

the long jump and triple jump. Joe Johnston, 59, Florida, won the 60H, high jump, and pole vault. Robin Herron, 66, Colorado, took firsts in the triple jump, weight throw, and super-weight.

In the distance races, Kevin Paulk, 42, Oregon, prevailed in two fields of 17 to win the mile (4:28.85) and 800 (2:02.67). In the 3000, Craig Fram, 44, New Hampshire, U.S. M40 record holder (8:32.52), won in 8:46.49, with Thomas Dalton, 44, New York, a close second (8:47.89). Nolan Shaheed, 53, California, won the 800 with an age-graded 95.5% 2:05.23, and the 3000 with a 94.7% 9:06.48.

Several pole vaulters were in the chase for records. Paul Babits, 42, Indiana, was the best performer in the event, with a 90.5% 4.90. Another Hoosier, Gary Hunter, 47, topped out with an 86.9% 4.40.

None of the field events, pentathlon, and 3000 racewalk were contested in the W30-34 division. The only events with entrants in the W70-74 were the shot put, weights, and 3000 racewalk.

USATF New England hosted the Championships, with meet management by Steve Vaitones, meet director, and Phil Byrne, co-director. Jill Geer, USATF Director of Communications, in attendance for the entire meet, published releases of the meet's highlights, and later was instrumental in getting Hosack on the Jay Leno Show.

Peter Taylor handled most of the announcing, as he has in the past, assisted by Bob Gamere, a local sportscaster. Lancer Timing provided the timing and scoring.

The media frenzy on Friday evening was the product of Robert Weiner, a former public relations director for several congressional committees. Weiner, 55, an active miler and steeplechaser, had been contracted by USATF New England to provide Championships publicity. After persuading icons Benoit-Samuels and Rodgers to run in the 3000, Weiner used their appearances as a hook, putting out pre-meet releases that were

Continued on page 15

USATF NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONS, BOSTON, MASS., MARCH 28-30, 2003

M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
60 Drummond	Borromeo	Lovett	Barnwell	Collins	Allie	Robbins	Tolson	Keegan	Larsen	Manno	Guidet
200 Battle	Thomas	Lovett	Barnwell	Collins	Allie	Robbins	Tolson	Brown, H	Melville	Manno	Matteson
400 Wensel	Thomas	Lovett	Glaspy	Gonera	Allie	Ranuga	Stewart	Brown, H	Brown, R	Manno	Matteson
800 Williams	Nash	Paulk	Corkery	Shaheed	Handelman	Hecker	Stewart	Bernstein	McManus	Englert	Healy
Mile Lanier	Nash	Paulk	Waldron	McCusker	Nolan	Hecker	Hawk	Slocum	McManus	Englert	Healy
3000 Slovinski	Villaiva	Fram	Rodiez	Shaheed	Nolan	Thornhill	Spencer	Slocum	Margetson	Englert	Healy
60H Drummond	Golden	Smith	X. Lee	Ortman	Johnston	Clifford	Stinson	Stookey	Larsen	---	Guidet
4x400 FIBO	---	Sprint Force America	---	Sprint Force America	---	East Region	---	---	---	---	---
4x800 The Running Club	---	AE	---	MIDA	---	East Region	---	---	---	---	---
HJ Lofaro	Agave	Reynolds	McBarnette	Sauers	Johnston	Gansle	Langenfeld	Stookey	Holmes	Lukens	---
PV ---	Littlefield	Hunter	Babits	Winter	Johnston	Counihan	Cannon	Donley	Smith	Ricciardi	---
LJ Casey	Johnson	Foster	Smith	Ortman	Crockett	Geertgens	Conklin	Stookey	Larsen	Lukens	---
TJ Casey	Tunstall	Foster	Johnson	Medina	Baker	Geertgens	Herron	Stookey	Brako	Lukens	---
SP Wensel	Adelgren	Thompson	Wetenhall	Summers	Roll	Wallin	Vaughn	Xanthopoulos	Brusca	Nettles	Schlothauer
WT Rains	Palazzo	Hambrick	Wetenhall	Reichard	Gage	Wallin	Herron	Feick	McGann	Ricciardi	Schlothauer
SW Rains	Robertson	Hambrick	Wetenhall	Edwards	Gage	Cahners	Herron	Feick	Brusca	---	Schlothauer
Pent Phillips	McKenzie	Foster	Johnson	Ortman	Baker	Angus	Ware	Stookey	Smith	---	---
3K RW Collier	---	Craig	McElvery	Ullman	Keating	Elwarner	Johnson	Bray	Gawinski	---	---
** M100 60, SP, WT Hosack	---	---	---	---	---	---	---	---	---	---	---
W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85
60 Scott	Landrum	Batiste	Board	Curtis	Naftel	Bergen	Jordan	---	Peterson	Hinton	---
200 Scott	Morris	Batiste	Board	Curtis	Naftel	Ingalls	Jordan	---	Peterson	---	---
400 Scott	Morris	Batiste	Board	Curtis	Lowenstein	Ingalls	Butcher	---	Schley	---	---
800 ---	Geiger	StoneBorkowski	Troy	Martin	Lowenstein	Ingalls	Harada	---	Schley	---	---
Mile Maguire	Ross	Sharp	Letendre	Martin	Kimche	Michelson	Harada	---	---	---	---
3000 Vollweiler	Ross	Vanderwood	BenoitSamuelson	Martin	---	Michelson	Harada	---	---	---	---
60H ---	Landrum	Senn	Thompson	Lowery	Naftel	---	Jordan	---	---	---	---
4x400 Atoms TC	---	Bohemia TC	---	East Region	---	---	---	---	---	---	---
4x800 ---	---	Bohemia TC	---	---	---	---	---	---	---	---	---
HJ ---	---	Senn	---	---	Clark	Bergen	Wright	---	McDaniels	Hinton	---
PV ---	---	---	---	---	Raschker	---	Wright	---	McDaniels	---	---
LJ ---	Best	Thornton	---	---	Clark	---	Lary	---	McDaniels	Hinton	---
TJ ---	---	---	Thompson	Lowery	---	---	Lary	---	McDaniels	Hinton	---
SP ---	Jones	Lewis	Welding	Creel	Clark	Huff	Roman	Hicks	Valien	Hinton	Gradick
WT ---	---	Lewis	Welding	Creel	Fogg	Young	Wright	Snaden	Valien	Hinton	Jarvis
SW ---	---	Lewis	Welding	Creel	---	Young	Lary	Snaden	---	Hinton	---
Pent ---	Jones	Senn	Thompson	---	Raschker	Sisley	Wright	---	---	---	---
3K RW ---	Ajaye	Gutsche	Rawis	Topham	Frable	Harriman	Elliott	Dockstader	---	---	---

Indoor Championships

Continued from page 14

picked up by newspapers nationwide from the *Los Angeles Times* to the two Boston papers.

The end result was more media coverage than ever at a masters championships - front sports page stories in both Boston newspapers, *Runner's World*, *Sports Illustrated*, *Christian Science Monitor*, and Associated Press, plus TV coverage on local affiliates and the New England Sports Network (NESN).

The media spotlight beam was so vast that it shone on other masters. World-record-holder Bill Collins, M50; Catherine Stone-Borkowski, 41, W40 800 winner at her first nationals; Phil Raschker, 56, 2002 Female Masters Athlete of the Year; distance star Nolan Shaheed, M50; Harold Nolan, 56, the "guy who beat Rodgers"; and Everett Hosack, 101, were included in media coverage.

The most memorable event of the meet for many was the singing of the National Anthem by W45 sprinter Louise Clark on Saturday. Singing "a cappella," she had to pause several times to compose herself. She has a son serving in Iraq.

At the Athletes' Meeting, held Saturday evening in the stands on the track and presided over by George Mathews, Masters T&F Committee Chairman, award winners for 2002 were presented with plaques and certificates. Among the topics discussed were the status of uniforms for the XVth WMA Championships in Carolina, Puerto Rico; factors affecting club membership in the U.S.; and the USATF Foundation, presented by Jerry Donley. Representatives from the Carolina, Puerto Rico, Organizing Committee of the WMA Championships were introduced and gave brief reports on the status of the meet.

Primary sponsors were New Balance, M-F Athletic Company, American Track & Field, and Dunkin' Donuts. The Reggie Lewis Center will again be the site of the Masters Championships in 2004. □



SUZY HESS

Margaret Hinton, 81, won seven gold medals in the 29th National Masters Indoor Championships.

Wright Breaks HJ World Record in Virginia Meet

By JERRY WOJCIK

Evelyn Wright, 65, Annapolis, Md., raised the W65 world record for the high jump with a 1.27/4-2 in the Virginia Masters Indoor Championships held at Washington & Lee University in Lexington, March 1. The present record is 1.23/4-0½, held by three athletes.

Wright was awarded Female Athlete of the Meet honors for her performance, an age-graded 94.8%. Her male counterpart for Athlete of the Meet

Award was Dick Camp, 66, Freeport, Me., for his 95.9% 7.6 in the 55m.

Other top sprint performances included a 95.0% 6.5 by Benjamin McLeod, 43, Chesapeake, Va., and an 86.0% 9.6 by Marilyn Fitzgerald, 67, Chesapeake, Va., in the 55m.

Paul Kinney, 46, Charlotte, N.C., had the best age-graded mark in the distance runs with an 85.6% 4:02.55 in the 800. Pole vaulter Tom Rauscher, 56, Ellicott City, Md., topped all jumpers with an 85.0% 3.51/11-6¼.

Glen Allen Johnson, 63, Bristol, Tenn., was the best thrower with an 86.8% 13.29/43-7¼ with the 5kg shot. □

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Pasadena Senior Olympics

Track & Field Meet - Saturday, June 14, 2003

Pasadena City College - Robinson Stadium
1570 East Colorado Blvd., Pasadena, CA.



Meet Director: Christel Donley

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 2004 California Senior Games Championships, Pasadena

Schedule of Events

Track		Field	
9:30	5,000M Walk	9:30	Softball Throw
10:30	5,000M Run	10:30	Pole Vault, Javelin
11:00	800M Walk	11:30	Long Jump
11:45	50M Dash	12:15	Shot Put
12:15	1,500M Run	Concl. of SP	Discus
12:45	1,500M Walk	2:00	High Jump
1:15	Grandparent Relay		
1:40	400M Run		
2:00	100M Dash		
3:00	800M Run		
3:40	200M Dash		

Entry Fees: \$26.00 Registration Fee, plus \$5.00 per event

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

Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided, except SP; Must bring own vaulting pole; PV for **experienced vaulters only**.

Surface & Timing: All weather track; Lynks Timing System

For more information, please call: Cynthia Rosedale - (626) 685-6754; cpr@pasadenaseniorecenter.org

Pasadena Senior Olympics - Pasadena Senior Center

85 East Holly Street, Pasadena, CA. 91103

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ___ F ___

Address _____

Phone _____ Age as of 6/14/03 _____ DOB _____ T-Shirt: M ___ L ___ XL ___ XXL ___

Events: 50M ___ 100M ___ 200M ___ 400M ___ 800M ___ 1,500M ___ 5,000M ___
PV ___ JT ___ LJ ___ SP ___ HJ ___ DT ___ SB ___ Grandparent Relay (NC) ___
800M Walk ___ 1,500M Walk ___ 5,000M Walk ___

Make checks payable & mail by June 2nd 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, Pasadena City 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 14, 2003 at Pasadena City College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature _____

Date _____



Track & Field Report

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

Boston, Champions All

We want to congratulate all the athletes who won National Championships and set 30 U.S. and 16 world records. In my eyes everyone who showed up and participated is a champion. It would have been easy, considering the high alert conditions, and the fact that most airlines were waiving penalties, to just take a pass on these Championships. I think we showed our strong American spirit and heart that we have for our sport by making the Championships one of our best. We salute you all for your participation.

Clubs

Boston was also the first time we started unofficially scoring our club participation. At the athletes' meeting on Saturday night there was a strong positive reaction to the announcement of the clubs' scores. I think many people are starting to realize that the club concept is a significant element of the satisfaction we get from this sport.

Many of us had the great experience of representing a school during our early competitive days. Masters track and field has brought back that competitive experience and probably a greater sense of collegiality, but, if you don't belong to a club, has not given recognition for representing anything other than ourselves. The club provides a second level of competition

that may enhance the experience for many.

There is a strong feeling within USATF that the club is the basic grass roots element for the growth of our sport. I hope this club movement will be embraced by most of our athletes. If we like this activity, the Masters Committee may well wish to make the scoring official in the future and maybe consider a separate champion as they have in the open ranks.

Some athletes have been trying to create a national club format. There has been strong direction away from this within USATF. Mostly because it is felt that it undermines the basic local character of the club and retards growth.

We have recently become aware of



JERRY WOJCIK

Everett Hosack #101, Bill Rodgers #7, Joan Benoit-Samuels, and Bruce McBarnette (top right), with photographers and journalists on Friday evening, March 28, 29th National Masters Indoor Championships.

the process to be followed when an athlete wishes to join another club outside his or her association. Formerly, you could only join clubs in adjoining associations with permission of both associations. Now it is possible to join clubs anywhere in the country as long as permission is approved by the two associations involved. They have made this easier by having all requests go through the Manager of Association Services in Indianapolis, Andy Martin (andy.martin@usatf.org).

It should be understood that when an athlete joins a club in another association in this manner, the athlete then represents the new club for association and regional championships.

Athletes can participate in their resident association but cannot be the resident champion. To be the association or regional champion they must participate in the championships where the club is based.

2004 WMA Indoor Meet

Many thanks to The New York Armory for the fantastic site visit they provided for Torsten Carlius, President



JERRY WOJCIK

David Ortman, 50, winning the M50 60H (9.05), 29th National Masters Indoor Championships.

of WMA, who traveled all the way from Sweden, and Rex Harvey, Vice-President (Stadia), who traveled all the way from Cleveland. Sandy Pashkin, also a member of the WMA Stadia Committee, traveled by subway from Cathedral Parkway in Manhattan. Dr. Norbert Sander, his staff and local dignitaries, did a wonderful job in proving that they are the best site for these first world indoor masters championships. Particularly since New York is the only one of the three bidders (the others are Sindelfingen, Germany, and Malmo, Sweden with four lanes) which has a six-lane track.

The WMA Council will make its decision by the end of April, with (hopefully, if it's the U.S.) ratification by the General Assembly in Puerto Rico. □



JERRY WOJCIK

Robert Walter, 34, third M30 in the long jump, 29th National Masters Indoor Championships.

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*

Midwest Masters Regional Track and Field Meet

Sunday, July 27, 2003

Oak Forest High School • Oak Forest, Illinois

Meet Description:

Track and Field Competitions
Men and Women Master Athletes in five year age groups (30-90+)
Open athletes 18 and older (no high school athletes)
To be held at Oak Forest High School on Sunday, July 27th, 2003
Check in: 9:00AM-9:45 AM
Field begins at 10:00 AM
Racing begins at 11:00 AM

There will be no locker or shower facilities.
Entry deadline: July 21, 2003 I'd like to have the meet organized, please advance register!
Late fee: \$15

Make checks payable to: Gerry Krainik
15124 Hillside Ave
Oak Forest, IL 60452-1924

Fees: \$20.00 for Midwest Masters Club Team Member
\$25.00 for non-Midwest masters athlete.

Events

Weight Throw, Shot Put, Discus, Hammer, Javelin, Long Jump, Triple Jump, High Jump, Pole Vault
Oldest to youngest, ladies first!
11:00 AM Hurdles
100 Meters
3000 Meters
800 Meters
300 IM Hurdles, HS markings
400 Meters
1500 Meters
200 Meters

Awards: Medals for first, second, third place each age-division. Maximum of three medals, additional medals may be purchased.

The meet will not be re scheduled if rained out, no refunds.

Age Graded Percentage Scoring
Fully Automatic Timing
Results posted at: www.timetf.com

Registration Form

Make Checks Payable to Gerry Krainik
Mail Entries to: Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452-1924

Please Print or Type

Name _____ Age (on 7/27/2003) _____
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, Oak Forest High School, 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 2003, Midwest Masters Region meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____

New Masters Uniforms

The uniforms for masters athletes have been changed to include an updated version. USATF has helped with the project by releasing the overstock from the 1996 Olympics. This means that not all sizes are covered in each style.

The uniforms will be available from *National Masters News*. The list includes warm-ups, rain suits, stretch shorts, T-shirts, polos, hats, and leotards. NMN will not have a total count until the shipment arrives from Indianapolis.

All items will be sold on a first-come, first-served basis. The T-shirts will sell for \$10 each, or 3 for \$25. The polos will sell for \$15 each, or 2 for \$25. These are Nike shirts with an embroidered USA flag on them, and they tend to be on the large side.

Some of the other pieces run small. Unfortunately, the singlet is out of stock, except for a Men's XL, which fits like a Men's L. A prototype in the other sizes will be made to match the Nike singlets that have been sold out.

The June issue of NMN will have a more complete list of items and prices. They will also be listed on the NMN Web site, and sold through the Eugene office. Athletes can print the form from the Web site and just mail it with a check. There will be a \$5 shipping/handling fee for one item, \$6 for two items, \$8 for three, and \$10 for more than three items.

All official uniforms from previous WMA championships are grandfathered in and acceptable for international competition. On Track equipment will sell some of their remaining stock; these uniforms are also acceptable.

The only required piece for WMA championships is the singlet officially approved by the USATF Masters Committee, which will include the grandfathered singlets. All other items are optional. □

Rankings Report

2003 Indoor Season Marks for Rankings

Masters athletes whose best marks for the 2003 indoor season have not been published in the NMN by this issue should send them to the rankers below before May 15. Include the name of the meet, the name of the director with his/her phone number or e-mail address, the date, and site, with field event marks in metric.

55m, 60m, 200, 400, 800, 1500, Mile, 3000, 55mH, 60mH, HJ, PV, LJ,

TJ, SP, and 3000RW: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com.

WT, SW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com.

Athletes are urged to notify rankers of errors in marks, names, and age groups in results already published to assure correct standings in the rankings. □

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World Masters Champion from
ages 45 to 60

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- Baseball
- Basketball
- Dance
- Eppie's Great Race
- Fencing
- Flag Football
- Golf
- Handball
- Hockey
- Netball
- Racquetball
- Road Race
- Rugby
- Shooting
- Soccer
- Softball
- Track and Field
- Triathlon
- Volleyball



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Sub Divisions

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and Top 4 Individuals each age division
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(Near Freeport Boulevard & Sutterville Road)
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www.sacramentomarathon.active.com

INDIVIDUAL ENTRY

Make Check Payable to: SACRAMENTO MARATHON & HALF
745 KELLY DRIVE, INCLINE VILLAGE, NV 89451 (916) 300-4331

EVENT	FULL-\$35	HALF-\$30	SPECIAL DIVISIONS	WHEEL CHAIR	CRANK CHAIR	HEAVY WT 200+ LBS	WALKER	3K?	5K?	5K7-\$20									
AGE			SEX	M	F	SHIRT SIZE	S	M	L	X	BIRTHDAY	/ /							
AGE DIVISIONS: (PLEASE CIRCLE)	9-12 HALF ONLY	13-15	16-18	19-24	25-29	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	95-99
NAME	FIRST LAST																		
ADDRESS																			
CITY	STATE	ZIP																	
PHONE	E-MAIL																		

WAVYER STATEMENT: This is a Waiver of your Rights, I, (undersigned) To Be Legally Bound, for myself, My Heirs, Executors, Administrators, Waive And Release Any And All Rights And Claims I may have against The Sacramento Marathon, The City of Sacramento, It's Agents, Promoters and It's Sponsors, and all persons, Officials and Organizations Affiliated with the Event for any and all injuries suffered by me while traveling to and from and while competing in the Sacramento Marathon. I further agree that I am physically fit and sufficiently trained for this event. I also give my permission for the free use of my name and/or photographs in any broadcast, website, newspaper or any other Accounts of this event. I acknowledge I have read and fully understand my own Liability and do accept the restriction.

Date: _____ Signature: _____ (Parent/Guardian if under 18)

RELAY ENTRY

	NAME	STREET/CITY	STATE	ZIP	DIVISION (SCHOOL)	SEX	AGE	SHIRT SIZE
1.								
2.								
3.								
4.								

EMAIL: _____ SIGNATURE: _____
NAME: _____ TEAM NAME: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

Prices: \$75.00 per team, T-shirts included. Mail Check and Entry to: SACRAMENTO MARATHON, 745 KELLY DR., INCLINE VILLAGE, NV 89451 OR Register on-line at: www.sacramentomarathon.active.com

WAVYER STATEMENT: This is a Waiver of your Rights, I, (undersigned) To Be Legally Bound, for myself, My Heirs, Executors, Administrators, Waive And Release Any And All Rights And Claims I may have against The Sacramento Marathon, The City of Sacramento, It's Agents, Promoters and It's Sponsors, and all persons, Officials and Organizations Affiliated with the Event for any and all injuries suffered by me while traveling to and from and while competing in the Sacramento Marathon. I further agree that I am physically fit and sufficiently trained for this event. I also give my permission for the free use of my name and/or photographs in any broadcast, website, newspaper or any other Accounts of this event. I acknowledge I have read and fully understand my own Liability and do accept the restriction.

Date: _____ Signature: _____ (Parent/Guardian if under 18)



JERRY WOJICK

Puerto Rican representatives of the XV WMA Championships at the Athletes' Meeting, Saturday evening, 29th National Masters Indoor Championships (from l): Fernando Roman, Chimmy Monroy, Luis Velez, Penelope Feliciano, and James Thordsen.

USATF Announces Golden Spike Tour

USA Track & Field's 2003 Golden Spike Tour features four world-class international meets, and the USA Track & Field Championships.

The tour begins May 17 with the adidas Oregon Track Classic, Portland, Ore., and continues with the Prefontaine Classic, Eugene, Ore., May 24; Home Depot T&F Invitational, Carson, Calif., June 1; Oracle U.S. Open, Palo Alto, Calif., June 7; and closes with a return to Palo Alto for the USA T&F Championships, June 19-22.

The live telecast schedule (Eastern time):

- the adidas Oregon Track Classic, ESPN, 5-6 p.m., May 17.
- Home Depot Invitational, ESPN2, 3:30-5 p.m., June 1.
- Oracle U.S. Open, ESPN2, 5-6 p.m. June 7.
- USA Championships, NBC, 4-6 p.m. June 21, and 4-5:30 p.m., June 22.

The Prefontaine Classic will be televised on May 25, NBC, 2-3:30 p.m.

For more information on the Golden Spike Tour, visit the "Events" section of the USATF Web site, www.usatf.org. □



JERRY WOJICK

Catherine Stone-Borkowski, 40, W40 winner in the 800 (2:23.16), 29th National Masters Indoor Championships.



JERRY WOJICK

Everett Hosack, 101, finishing the 60m, 29th National Masters Indoor Championships. Hosack appeared on the Jay Leno Show on April 16.



New Outdoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of September 15, 2002, by the Records Committee of World Masters Athletics (WMA). The U.S. records are those compiled and approved, as of December 7, 2002, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF).

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

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

Non-U.S. athletes should use the WMA record form, published in this section on page 26. The form should be sent to the WMA Records Committee Regional Chairmen (addresses on page 26).

All these records have been carefully scrutinized before approval by the Records Committees. Pete Mundle's single-age record book, however, does not apply the same scrutiny, due to

time constraints. Thus, there is the occasional mark in the book which differs from the five-year age-group mark. Please consider the five-year marks, printed here, as the official records.

Racewalking Records

Also included here are world racewalking "bests" and USA official racewalking records as recognized by the IAAF, for each five-year age group, compiled by Bev LaVeck, USATF Masters Racewalking Records Coordinator. The USATF application form for a racewalking record is printed on page 26.

Long Distance Records

The latest U.S. masters road marks were published in the November 2002, issue of NMN. U.S. road records are compiled by Road Running Information Center, the record-keeping arm of USATF. □

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

APPLICATION FOR RECORDS

Send to:
Pete Mundle, USATF and WMA Records Committee,
3955 Bentley Ave., Culver City, CA 90232, USA.

To THE RECORD COMMITTEE:

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

Description of Record:

World _____ American _____ Association _____ Championship _____ Collegiate _____
Junior _____ Age _____ Group _____ Masters _____
(All applications for Junior, Age Group, or Masters records must be accompanied by copy of birth certificate or other proof of age) (Indicate)

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

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

AUTOMATIC TIMING

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

- A fully automatic timing device, made by _____, was used.
The time recorded was _____, and this was the official time.

(Photo Evaluator)

(Address or USATF Official's Registration Number)

(Chief Timekeeper)

(Address or USATF Official's Registration Number)

TIMEKEEPER'S CERTIFICATES

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

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

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

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

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

(Signature of Referee or Chief Timekeeper)

STARTER'S CERTIFICATE

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

(Signature of Starter)

(Address or USATF Official's Registration Number)

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

- Measurers' Certificate for Track and Field Events (a or b)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

(Signature of Measurer)

(Address or USATF Official's Registration Number)

- Track Events

The above certify that we measured, with a metric steel tape, the course over which the above event was held and that the exact distance was:
_____ meters _____ centimeters, or _____ miles _____ yards _____ feet _____ inches,
the length of one lap was _____ meters _____ centimeters or _____ yards _____ feet _____ inches,
that there was a 2 inch raised border on the inner edge of track, and that the maximum allowance for lateral inclination did not exceed 1:100 and the running direction 1:1000.

- Field Events

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

THROWING EVENT IMPLEMENT CERTIFICATION

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

(Checker of Implements)

(Address or USATF Official's Registration Number)

JUDGES' CERTIFICATE (FIELD EVENT)

- We hereby certify that the measurement stated opposite our respective signatures is exact as measured with a metric tape (Judges and Referee shall read measurement.)
We also certify that the implements used and circle or runway complied with the IAAF specifications.

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

(Distance or Height)

(Signature of Judge)

(Address or USATF Official's Registration Number)

CERTIFICATION OF FORM (Shot, Javelin, Walks)

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

(Event Chief Judge)

(Address or USATF Official's Registration Number)

GUARANTEE BY REFEREE

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

(Signature of Referee)

(Address or USATF Official's Registration Number)

WORLD T&F OUTDOOR AGE-GROUP RECORDS

Compiled by Peter Mundle and the Records Committee of the World Masters Athletics (WMA) through performances verified as of September 15, 2002

Men's World Five-Year Age-Group Records

100 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 100 meters across age groups M35 to M95.

200 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 200 meters across age groups M35 to M95.

400 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 400 meters across age groups M35 to M95.

800 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 800 meters across age groups M35 to M95.

1500 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 1500 meters across age groups M35 to M95.

ONE MILE

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for one mile across age groups M35 to M95.

3000 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 3000 meters across age groups M35 to M95.

5000 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 5000 meters across age groups M35 to M95.

Table with columns: MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for 10,000 METERS across age groups M65 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for ONE-HOUR RUN across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for STEEPLECHASE (3000m: 35-59, 36"; 200m: 60+, 36") across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for STEEPLECHASE (2000m: 60+, 30") across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for HURDLES (110m: 35-39, 42"; 40-49, 39"; 100m: 50-59, 36"; 60-69, 33"; 80m: 70+, 30") across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for LONG HURDLES (400m: 35-49, 36"; 50-59, 33"; 300m: 60+, 30") across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for HIGH JUMP across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for POLE VAULT across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for LONG JUMP across age groups M35 to M95.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for LONG JUMP across age groups M35 to M95.

Table with columns: MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for TRIPLE JUMP across age groups M60 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for SHOT PUT (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg) across age groups M35 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for DISCUS (35-49: 2kg; 50-59: 1.5kg; 60+: 1kg) across age groups M35 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for HAMMER (35-49: 16#; 50-59: 6kg; 60-69: 5kg; 70+: 4kg) across age groups M35 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for JAVELIN (35-59: 800g; 60+: 600g) across age groups M35 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for DECATHLON (1994 WAVA Age-graded Scoring Tables) across age groups M35 to M90.

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists records for PENTATHLON (1994 WAVA Age-graded Scoring Tables) across age groups M35 to M90.



Continued on next page

Continued from previous page

WEIGHT PENTATHLON (1994 WAVA Scoring Tables)

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Ken Janesson (USA) and Vasilis Manganas (GRE).

Women's World Five-Year Age-Group Records

100 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Marlene Ottey (JAM) and Zdenka Hozikova (CZE).

200 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Marlene Ottey (JAM) and Phil Raschker (USA).

400 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Aurelia Penton (CUB) and Sara Montecinos (CHL).

800 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Lyubov Gurina (RUS) and Yekatarina Podkopyayeva (URS).

1500 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Maricica Puica (ROM) and Yekatarina Podkopyayeva (URS).

ONE MILE

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Maricica Puica (ROM) and Yekatarina Podkopyayeva (URS).

3000 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Maricica Puica (ROM) and Joyce Smith (GBR).

Table with columns: MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Berta Hielscher (GER) and Ivy Granstrom (CAN).

5000 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Lynn Jennings (USA) and Nicole Levesque (FRA).

10,000 METERS

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Ingrid Kristiansen (NOR) and Nicole Levesque (FRA).

ONE-HOUR RUN

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Catharina Segers (BEL) and Gerda Marie Dehaes (BEL).

2000 METER STEEPLECHASE (36")

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Veronica Boder (GBR) and Marietjie Cronio (RSA).

2000 METER STEEPLECHASE (30")

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Leslie Lehane (USA) and Elaine Cooper (AUS).

SHORT HURDLES (35-39: 100m, 33"; 40+: 80m, 30")

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Ludmila Engquist (SWE) and Leslie Estwick (CAN).

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Marina Stepanova (URS) and Maria Sangous Espina (ESP).

HIGH JUMP

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Inga Babakova (UKR) and Debbie Brill (CAN).

POLE VAULT

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Gabriella Mihalcea (ROM) and Dawn Hartigan (AUS).

LONG JUMP

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Heike Drechsler (GER) and Franciska Janssen (NED).

Table with columns: MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Karin Von Riewel (GER) and Phil Raschker (USA).

TRIPLE JUMP

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Galina Christyukova (SVK) and Conceicao Geresaur (BRA).

SHOT PUT (35-49: 4kg; 50+: 3kg)

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Helena Fibingerova (CZE) and Larisa Peleshenko (RUS).

DISCUS (1kg)

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Faina Myelink (URS) and Ellina Zvereva (BLR).

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

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Lyubov Karpova (RUS) and Onetha Lewis (USA).

JAVELIN (30-49: 600g; 50+: 400g)

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Tuula Laaksala (FIN) and Tessa Sanderson (GBR).

HEPTATHLON (1994) WAVA Age-graded Scoring Tables

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Jane Frederick (USA) and Marie Kay (AUS).

WEIGHT PENTATHLON (1994) WAVA Age-graded Scoring Tables

Table with columns: DIV, MARK, NAME (COUNTRY), AGE, MEET DATE. Lists athletes like Christine Schultz (AUS) and Onetha Lewis (USA).

Continued on next page

American Heart Association advertisement featuring a silhouette of a person running and the text 'SEE WHAT TAKES SHAPE. EXERCISE.' and 'American Heart Association'.

Volunteers of America advertisement featuring the text 'There is hope' and 'There is Volunteers of America' with a logo.

Continued from previous page

WEIGHT THROW (35-49: 35#; 50-59: 25#; 60-69: 20#;

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Rows include 70-79: 16#; 80+: 12#.

SUPER WEIGHT (35-69: 56#; 70+: 35#)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

DECATHLON (1994 WAVA Age-graded Scoring Tables)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

PENTATHLON (1994 WAVA Age-graded Scoring Tables)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

PENTATHLON (NEW IMPLEMENTS 50-59: 700g; 60-69: 600g;

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

WEIGHT PENTATHLON (1994 WAVA Scoring Tables)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

WEIGHT PENTATHLON (NEW IMPLEMENTS 50-59: 700g;

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

Women's USA Five-Year Age-Group Records

100 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

200 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

400 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

800 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

1500 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

ONE MILE

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

3000 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

5000 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

10,000 METERS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

ONE-HOUR RUN

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

2000 METER-STEEPLECHASE (36" barriers)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

2000 METER STEEPLECHASE (30" barriers)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

SHORT HURDLES (35-39: 100m, 33"; 40+: 80m, 30")

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

LONG HURDLES (400m: 35-49, 30"; 300m: 50+, 30")

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

LONG HURDLES (NEW EVENT 300m: 60+, 27")

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

HIGH JUMP

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

POLE VAULT

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

LONG JUMP

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

TRIPLE JUMP

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

SHOT PUT (30-49: 4kg; 50+: 3kg)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

DISCUS

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

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

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

JAVELIN (30-49: 600g; 50+: 400g)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

JAVELIN (NEW IMPLEMENTS 50-59: 500g; 60+: 400g)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

WEIGHT THROW (35-49: 20#; 50-59: 16#; 60+: 12#)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

SUPER WEIGHT (35-49: 35#; 50+: 25#)

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE.

Continued on next page

Continued from previous page

HEPTATHLON (1994) WAVA Age-graded Scoring Tables

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists heptathlon results for various divisions from W35 to W70.

PENTATHLON (1994) WAVA Age-graded Scoring Tables

Table with columns: DIV, MARK, NAME (RESIDENCE), AGE, MEET DATE. Lists pentathlon results for various divisions from W35 to W75.

W80 2698 Betty Jarvis (NC) 84 8-7-99
W85 2955 Betty Jarvis (NC) 85 8-20-00

Note: track marks recorded in hundredths were timed electronically, those in tenths were hand timed. Key abbreviations are: p = verification pending, h = performance in heat (preliminary round), y = mark recorded at longer English distance (yards, miles)

Men's World Masters Relay Bests (as of March 1, 2003)

Table listing men's world masters relay bests for distances 4x100, 4x200, 4x400, 4x800, 4x1600, and sprint medley. Includes athlete names and club affiliations.

Table listing men's world masters relay bests for distances 80-89, 4x800, 4x1600, sprint medley, and 4x1500. Includes athlete names and club affiliations.

Women's World Masters Relay Bests (as of March 1, 2003)

Table listing women's world masters relay bests for distances 4x100, 4x400, 4x800, 4x1600, and 4x1500. Includes athlete names and club affiliations.

Table listing women's world masters relay bests for distances 4x100, 4x400, 4x800, 4x1600, and sprint medley. Includes athlete names and club affiliations.

Men's U.S. Masters Relay Bests (as of March 1, 2003)

Table listing men's U.S. masters relay bests for distances 4x100, 4x200, 4x400, and 4x800. Includes athlete names and club affiliations.

Women's U.S. Masters Relay Bests (as of March 1, 2003)

Table listing women's U.S. masters relay bests for distances 4x100, 4x400, 4x800, 4x1600, and sprint medley. Includes athlete names and club affiliations.

Compiled by Pete Mundle, WMA and USATF T&F Records Chairman

World Best Performances - Racewalk (as of March 1, 2003)

Large table showing world best performances in racewalking for men and women across various distances (3000m to 5000m) and events (10k, 20k, 30k, 50k). Includes athlete names, dates, and locations.

Continued on next page

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Table with 5 columns: Race Distance, Time, Name, Date, Location. Includes races like 20K, 30K, 50K, 100K, 150K, 200K, 250K, 300K, 350K, 400K, 450K, 500K, 550K, 600K, 650K, 700K, 750K, 800K.

Men - Road

Table with 5 columns: Race Distance, Time, Name, Location, Date. Lists various road races for men across different distances and locations.

Women - Track

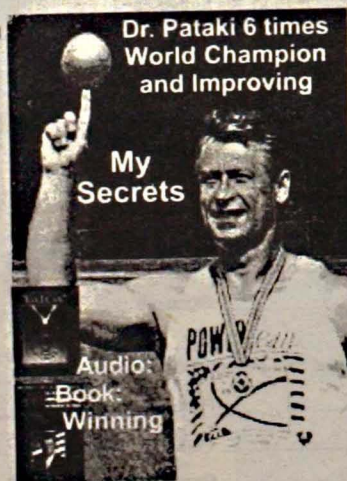
Table with 5 columns: Race Distance, Time, Name, Location, Date. Lists various track races for women across different distances and locations.

U.S. Masters Racewalking Records Outdoor (as of March 1, 2003) Men - Track

Table with 5 columns: Race Distance, Time, Name, Location, Date. Lists U.S. Masters Racewalking Records for men in track events.

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

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Table with 5 columns: Race Distance, Time, Name, Location, Date. Continuation of track race results for women.

WORLD MASTERS ATHLETICS

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IN COOPERATION WITH THE IAAF



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RECORDS
COMMITTEE
2002-2003**



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- Beverly LaVeck 6633 NE Windermere Road, Seattle, WA 98115, USA

WORLD MASTERS ATHLETICS

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

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

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

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

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

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

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

Time _____ Name _____ Signature _____
Time _____ Name _____ Signature _____
Time _____ Name _____ Signature _____

CHIEF TIMEKEEPER
I confirm that the above Timekeepers exhibited their watches to me and that the times were as stated.

(Name of Chief Timekeeper or Referee) _____ (Signature)

ELECTRICAL TIMING
A fully automatic electrical timing device was used. The time recorded was _____ and this was the official time.

(Name of Chief Photo-Finish Judge) _____ (Signature)

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

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

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

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

Verification (to be completed by Event Referee):

Time recorded _____ Name of head timer _____
Watch #1 _____ Watch #2 _____ Watch #3 _____

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

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

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

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

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

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

WORLD MASTERS ATHLETICS

**Application for World Masters Age-Group Record/World Masters Age-Best Performance
FIELD EVENT**

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

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

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

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

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

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

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

Unsteady Track Causes Falls 1586 Compete in European Indoor Championships in Spain

By BRIDGET CUSHEN

The lovely Basque city of San Sebastian, Spain, designated host for the 2005 World Masters Track & Field Championships, held a dress rehearsal March 6-9 when it staged the 4th European Indoor Masters Championships.

The 1586 competitors came from 33 countries and entered 2907 events in the Anoeta Sports City complex, a slight increase over the last Championships in Bordeaux, France, that attracted 1400 from 32 nations.

The pentathlon, with 163 competitors, commenced Thursday at 8:30 a.m., but some athletes missed the first track event, the 3000, which had been brought forward after the closing date.

The perennial problem of lap scoring soon manifested itself. I was stopped by an official after 14 laps. Looking over my shoulder as I walked off the track, I spotted an athlete who had lapped me being sent on to do another lap. I chased after her, but had lost precious seconds. The walkers had an even harder time as their erratic times show.

Another aberration was starting events before the program time and omitting to put the competitors' numbers in the program, making it extremely difficult to identify athletes.

The older fast sprinters who were allocated lanes 5 and 6 in the 200/400, encountered the most serious problem. Describing it as "like a wave," a 55-year-old sprinter showed his badly bruised heel, caused when he totally lost balance before regaining composure in lane 4.

The first to hit the deck when he was at maximum speed was Alan Meddings, 75, a former WMA world 100 champion. Coming off the final bend of the 6-lane bowl, he was challenging Wilhelm Selzer, Germany, when his leading left foot went into a dip and his right foot hit a bump. He lay motionless for a few seconds but bravely got up and jogged over the line.

Describing his physical bruises as not quite as bad as his mental one, when he discovered that Selzer had gone on to break the 2000 world record of 29.57 set by Mel Larsen, USA, with a 29.11, he joked "I could have had him [Selzer] down the straight."

Guido Mueller, Germany, that most experienced of competitors, suffered exactly the same fate. Only then did the officials inspect the lanes, but, as the base is made of concrete, apparently nothing could be done immediately. "If your foot lands in the wrong (dip) place, your balance goes completely," reported some of the younger sprinters who had managed to stay on their feet.

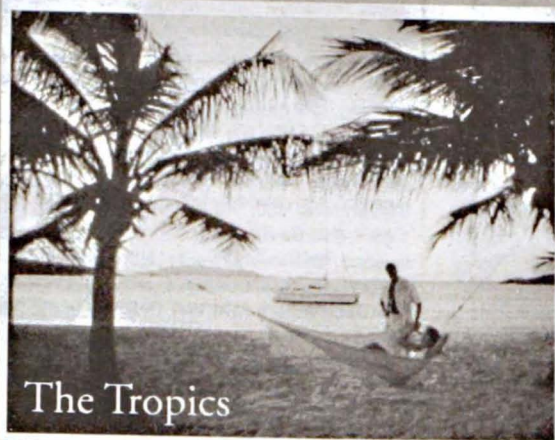
Ester Linaker, Great Britain, broke her W60 world mark for the 60m with an 8.98 after a 9.09 in her heat. She went on to set a new European record

Continued on page 32



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Masters Scene

NATIONAL

• **Lisa Vaill**, 40, Gainesville, FL, 2:43:07, cruised in sixth overall at the USATF National Open Women's Championship Marathon at the Michelob Spirit of St. Louis Marathon, April 5. Cold, windy conditions knocked many runners out of the race that previewed the four-lap course of next year's women's Olympic Marathon Trials. Other masters women in the field of 30 finishers included **Meghan Arbogast**, 41, Corvallis, OR, 2:47:20, 12th; **Carol Legate**, 40, Green Bay, WI, 2:48:45, 13th; **Maureen Burns**, 43, Hampton, MA, 2:58:17, 23rd; **Jeri Garfinkel**, 45, St. Louis, 3:10:54; and **Stephanie Petersen**, 41, St. Louis, 3:26:38, 30th.

EAST

• **Jim Hage**, 45, Kensington, MD, in 33:13, and **Chuck Moeser**, 51, Sterling VA, in 33:30, were 8th and 9th overall, St. Patrick's Day 10K, Washington, DC, March 15. **Pat Wilkerson**, 44, Columbia, MD, got the W40+ title in 40:48. **Sharon Dolan**, 61, Gaithersburg, MD, won the W60 race with a speedy 42:55. **Hedy Marque**, 85, Alexandria, VA, the oldest finisher, ran a 70:22.

• Washington, DC's Credit Union Cherry Blossom 10M always produces fast times and great competition. This year, April 6 saw the first six masters men finish within 43 seconds of one another, fronted by **Chuck Moeser**, 51, Sterling, VA, 56:09, and backed by **Bill Rodgers**, 55, Sherborne, MA, 56:52. **John Haubert**, 60, Alexandria, VA, followed up his Ukrop's 10K title with the M60 here, 1:07:03. **Martha Merz**, 40, Mystic, CT, "capitolized" on the women's field, running first W40+, 1:00:27, 19th overall in an international elite field. **Hideko Pirie**, 58, Leesburg, VA, and **Priscilla Prunella**, 59, Rockville, MD, duked it out for the W55, finishing one-two, a second apart, 1:17:08 to 1:17:09. **Sharon Dolan**, 61, Gaithersburg, MD, ran 1:11:36 to hold on to her W60 title by a mile. **Hedy Marque**, 85, Kingstowne, VA, sauntered to 2:02:27, retaining her W80+ crown.

• World bests were set at the Frontrunners Indoor Track Meet, New York City, March 22, in the relays: 4x200, M50, Sprint Force America (**Schiro/Pierce/Blake/Gonera**), 1:36.8 (USA/1:38.88/2001); and W40, Central Park TC (**Adams/Creamer/Krogstad-Hill/Stone**), 10:16.7 (USA/10:26.5/1994). **Sylvie Kimche**, W55, set an AR in the 800, 2:37.5 (**Arnold**/2:39.54/1996).

• **Carl Rincker**, M80, had a fine day in the park at the NYRR Brooklyn Half-Marathon, Prospect Park, NYC, March 8, coming home in 2:18:17. Top masters were **Alan Ruben**, M45, 1:13:27, and **Alayne Adams**, W40, 1:23:25.

• Continuing her winning ways, **Lyubov Kremleva**, W40, 17:21, was first woman overall at the NYRR Coogan's Salsa, Blues & Shamrocks 5K, Central Park, NYC, March 2. Another perennial winner, **Jerry Macari**, M40, 16:50, topped the masters men.

SOUTHEAST

• **Andrew Masai**, 43, Albuquerque, NM, 30:49, outkicked **Eddy Hellebuyck**, 42, also Albuquerque, 31:06, and **Gennady Temnikov**, 41, Gaithersburg, MD, 31:12, at the Cooper River Bridge Run 10K, Charleston, SC, April 5. **Gary Romesser**, 53, Indianapolis, IN, pulled out a 33:36 for M50 first. **Lyubov Kremleva**, 41, 34:07, defeated fellow Russian-Gainesville, Floridian **Tatyana Pozdnyakova**, 48, 35:21, for the W40+. **Lee Dipietro**, 44, Ruxton, MD, 37:17, was first U.S. masters woman. **Terry Mahr**, 54, Oregon, OH, 40:42, topped the W50, while **Susie Kluttz**, 66, Winston-Salem, NC, was

keeping it real in the W65, 50:33. A record 14,623 runners finished the 10K. Approximately 10,000 walkers also covered the bay-spanning course.

• **Lillian Snaden**, 71, added to her W70 U.S. indoor record (5.41) for the 25# superweight with a 5.45, Southeastern Masters Indoor Throws Championships, Rocky Mount, NC, April 6.

• The fourth Ukrop's Monument Avenue 10K took off March 29 on an overcast, cool Richmond, VA, kind of day, with 8500 runners touring the historic town. **Gennadi Temnikov**, 41, was the classy master of the field, 31:00. **Chris Samley**, 40, Charlottesville, VA, 34:59, was next M40+. **John Haubert**, 60, Alexandria, VA, ran a vigorous 41:01. **Julie Craven**, 41, Richmond, was the first W40+, 39:54. First W50, **Linda Gulick**, 51, Richmond, strode in at 44:19. Title sponsor Ukrop's is a grocery store chain. The race is now the fifth largest 10K in the country. Age groups were offered only through 65+.

• **Don DeNoon**, M55, 25:38, outstrode the entire field at the Henry Laskau Memorial 5K Racewalk, Coconut Creek, FL, Feb. 8. **Carolyn Kealty**, W40, 29:17, went home with the masters women's title.

MIDWEST

• In spite of overcast, 40-degree weather, heat-loving **Eddy Hellebuyck**, 42, Albuquerque, NM, set a pending M40 age-group record for 10 miles (48:20) at the Papa John's 10 Miler, Louisville, KY, Mar. 29 (old record **Pilkington**/49:34/1998). That was good for eighth place overall in the race that was also the U.S. Men's Open 10M Championship. Standout performances were also presented by **John Wellerding**, M45, Louisville, 55:38; **Ray Parella**, M65, Jeffersonville, IN, 65:10; first W40+ **Cheryl McGinnis**, W45, Prospect, KY, 63:05; and, close behind, **Jeanne Olash**, W45, Louisville, 63:18.

• **Tim Emmett**, 47, Royal Oak, MI, in 22:34, and **Gina Morris**, 46, Detroit, MI, in 23:47, were the top masters in the Motor City Striders St. Patrick's Corktown 4 Mile, Detroit, March 16. **John Tarkowski**, 50, Garden City, MI, was first M50+ (23:47) of the flock that turned out to run in 60 degrees at Old Tiger Stadium.

MID-AMERICA

• **Pete Orban**, 47, 16:44, and **Terri Cassel**, 41, 19:17, zipped to overall firsts in the Wish Lemons 5K, Tulsa, OK, March 22. **Paul Heitzman**, M70, 20:27, and **Grace McCoy**, W55, 23:33, were notable division winners. The race's namesake, **Wish Lemons**, M80, finished in 50:39.

• The citizen's race at the Spirit of St. Louis Marathon, April 6, ran a day later and on a different course than the Women's National Championship (see Masters Scene, National). **Ronald Chisolm**, 41, Creve Coeur, MO, won the race outright, 2:45:35. **Jan Daker**, 55, Belleville, IL, first W55, produced a speedy 3:36:45. High-caliber **George Roulett**, 43, Columbus, OH, won the half-marathon outright, 1:05:15, twenty minutes up on his fellow masters. **Cathy Love**, 45, Springfield, MO, cruised to 1:36:19 for first W40+.

SOUTHWEST

• Sprinters in the 55m outnumbered the 800m runners, 28 to 3, but the distance types got notice with prime numbers by **David Salazar**, M50, 2:09.67, and **Rose Monday**, W40, 2:25.16. **Bill Collins**, M50, was the fastest in the 55m with a 6.75. **Bill Carter**, 80, posted a 9.63. **Stacey Price**, 49, was first man in the hurdles at 8.37.

• National Masters Cross-Country champion,

Carmen Ayala-Troncoso, 43, Austin, ran off with the Statesman Capitol 10K, Austin, TX, on a sunny, cold March 30. Her 34:39 placed her first woman overall in a field of 14,000. **Christie Lammers**, 46, Austin, 37:39, was second W40+. **Paul Zimmerman**, 41, Cedar Creek, TX, 31:25, galloped to the M40+ win. **Wayne Chick**, 50, Albuquerque, NM, 35:27, was second male master.

WEST

• The "Masters of L.A." M40-49 team set a distance medley world best with a 10:19.11, at the Northridge Relays, CSU-Northridge, March 22. The present mark is 10:23:81 set by Team United in the 2001 Penn Relays. "We felt lucky to get the mark," said lead-off **Peter Magill**. "We arrived only to discover they'd moved up the start time of our relay. We had 15 minutes to change into our gear and warm up. Since I was opening, that meant no stretching or strides. I literally had to hop the fence in order to make the start. Quite an adrenaline rush." Team members and splits: **Magill**, 1200, 3:10.2; **Cornell Stevenson**, 400, 49.8; **Angel Roman**, 800, 1:59.3; and **David Olds**, 1600, 4:19.1. The team finished first overall, with Northridge second (10:22).

• **Jack Bray's** M70 WR 16:07.46 in the 3000 RW at the 2003 Masters Indoor Championships, Boston, earned him front sports page coverage with a picture in the *Marin Independent Journal*, April 3. "I trained very hard for this," he was quoted. "I've done a 16:30 on the College of Marin track, but I didn't know how much under that I could go. I did surprise myself." Bray, 70, a retired gerontologist, teaches exercise classes and racewalking at the College of Marin and U. of San Francisco.

• **Francisco Sierra**, 85, San Jose, CA, 51:51, made like Mercury to run off with the M70+ at the San Jose Mercury News 10K, San Jose, CA, March 30. **Joy Johnson**, 76, also on home turf, retained her W70+ title, 65:02.

• Thoroughbreds **Denise Ripley**, 41, Diamond Bar, CA, and **Keith Witthauer**, 47, Apple Valley, CA, trotted to the overall wins at the Santa Anita Derby Days Masters 5K, Arcadia, CA, April 5. **Rusty Millar**, 52, Los Angeles, 18:56, was first M50 and fourth overall. **Byron Melendy**, 61, La Crescenta, CA, galloped to 19:35. **Margaret Fulmer**, 71, Sierra Madre, CA, nosed out the W70+ by five minutes, 31:21.

NORTHWEST

• **Ed Bomber**, 43, Corvallis, OR, exploded to an overall first (1:53:28), Oregon RRC, Champoeg, OR, March 3. **Robert Towne**, 50, Prineville, OR, won the M50 race in 2:06:25. **Rose Schatz**, 49, Scio, OR, was W40+ winner (2:29:54). Masters winners in the 10K were **David Baumgarten**, 43, Tigard, OR, second overall in 36:49, and **Carrie Davis**, 41, Portland, OR, 43:50. **Gary Reddaway**, 62, Oregon City, OR, one of the 2002 top ranked M60 javelin throwers in the US, ran a 42:12.

• The Connell TC will be hosting its 2nd Sunday Summer Hammer Series on May 11, June 8, and July 13 at 1:30 pm at the Connell Hammer Facility, Connell HS, WA, USATF-sanctioned/34.92 sector. For people who have had some hammer coaching. **Ken** or **Sharon Sellereite**, sellersj@bossig.com.

• **Dave Clingan**, a masters runner from Portland, has formed a club for masters athletes which is unrestricted. In other words, anyone over 30 is welcome to join, regardless of where they live. The purpose of the club is basically to develop an affiliation with other masters athletes, to make friends, have fun and form relay teams for meets. Because club membership is unrestricted, it cannot compete as an officially sanctioned team, but it can compete in the exhibition team category at the National Masters Championships this summer in Eugene. The club is called the "Mighty Micros" (inspired by the prevalence of world-class micro-brews produced in the Pacific Northwest). There are no dues, membership fees, by-laws or regulations. Just a bunch of athletes who want to have fun

and compete. You are welcome to join, even if you already belong to another club. For more info, check out the web site at www.xro.com/mightymicros. Or contact Clingan at xroads@xro.com. Mighty Micros running singlets (\$10) and T-shirts (\$15) are available.

INTERNATIONAL

• The WMA Newsboard lists the Stadia Regional Championships for 2004: **Asia**, Bangkok, THA, Dec. 1-5; **Europe**, Arhus/Randers, DEN, July 22-Aug. 1; **North & Central America & Caribbean**, Dorado, PUR; and **Oceania**, Raratonga, COK, Oct. 21-27.

OBITUARIES

• **Ron McCarten** died suddenly on March 12, at age 73. He was a long-time Potomac Valley TC member, editor of its newsletter, and had won numerous club service awards for his work. A resident of Falls Church, Va., he ran more than 50 races a year, most recently winning his age-group in the Rudolph's 10K in December.

• **Gerald "Jerry" Horton** died January 20 after suffering congestive heart failure. He and his wife, **Miki**, were avid runners and took part in state and national races after retiring and moving to Hawaii in 1980. At one time, he held every Hawaii state record in his age group, and several national records. After service in the Army Air Corps in World War II, he attended Colorado St. U., graduating in Forestry in 1949. He worked in several ranger districts in Nevada and in 1962 moved to Salt Lake City, where he was Supervisory Forester and head of Recreation and Lands on the Wasatch-Cache National Forest. In 1994, he and his wife moved from Hawaii to Sun City West, Ariz., where he was active in the Sportsmen's Club, and recently supervised construction of a portion of the Arizona Trail. Survivors include his wife, two children, and three grandchildren.



JERRY WOJCIK

Val McGann, 75, broke the M75 U.S. record for the 16# weight (12.84), 29th National Masters Indoor Championships.

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

May 27-June 9. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

June 14-15. USATF National Masters Decathlon/Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278. 704-588-6885; gedwards@carolina.rr.com

August 7-10. 36th Annual USATF National Masters Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nwevent.com; Web site: www.eugenechamps.com

August 23-24. USATF National Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616. jbbw@lamar.colostate.edu

September 6. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@atbi.com

EAST

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

May 3. MAC Development Meet, Red Hook, Brooklyn, N.Y. 10 am. Ivan Black, 646-591-2620; www.mactrack.org

May 4, 18. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

May 17. L.A. Williams Memorial T&F Festival, Columbia U., Baker Field, 218th St. & Broadway, NYC. Field events: 4 pm; track: 6 pm. \$10 all events. Plaques, trophies, and special World Trade Center medals. Free T-shirts. Ivan Black, 646-591-2620.

June 1. Garden State AC/Randolph Classic, Randolph, N.J. Open/M&W30+. Madeline Bost, PO Box 458, Ironia, NJ. madeline.bost@att.net. Morton Hahn, 973-625-1764.

June 1, 15, 29. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

June 2-8. Long Island Senior Games, Brentwood, L.I., N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2996; www.longislandseniorgames.org

June 3, 10, 17, 24. Philadelphia Masters

Summer Series Meets, Roxborough HS, Philadelphia, Pa. 6:30 pm. Joel Dubow, 484-437-9463 (7-9 pm); Kyle Mecklenborg, 215-393-1382, krmeck@erols.com

June 7. Throw-a-thon, Albright College, Reading, Pa. 15 implements-3 implements per event, i.e., M60 6k, 5k, 4k HT; W40 600g, 500g, 400g JT. 3 throws per implement. WP scored individually as a team of two. 9 am. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

June 8. Superweight & Ultra Weights Meet, Gilbertsville, Pa. See June 7.

June 10-15. Empire State Senior Games, SUNY-Cortland. 315-492-9654; www.empirestategames.org

June 14. MAC Masters/Open Championships, Astoria Park, Astoria, Queens, NYC. 9 am. Ivan Black, 646-591-2620; www.mactrack.org

June 20-22. Connecticut Senior Games, Trinity College, Hartford. 860-528-4588.

June 21. USATF Adirondack Masters & Open Championships, Averill Park, N.Y. 518-273-5552.

June 22. NY Masters Spring Classic, St. Anthony HS, South Huntington, L.I. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 before 9:30 pm EDT; throwerfa@aol.com

June 28. Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9 am. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

June 28. Vermont Senior Games, Montpelier. George Brown, 802-229-0621.

June 29. USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls, N.J. M&W 30+. Isabel Keeley, 31 Breakwater Square, Freehold, NJ, 07728. ikeeley@instires.rutgers.edu

July 8. Colonie Mile, Colonie HS, Albany, N.Y. Ken Skinner, kennyskin@earthlink.net

July 12-13. PVTC Decathlon, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

July 12-13, 17-20. Nutmeg State Games, East Hartford, Conn. 860-528-4588; www.NutmegStateGames.org

July 12, 26. PVTC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

August 9, 23. PVTC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

August 10. Granite State Senior Games, Manchester, N.H. 50+. 603-622-9041; www.nhseniorgames.org

August 30-31. Potomac Valley Games Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

SOUTHEAST

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

May 2-4. Southeastern Masters Meet/USATF-NC Championships, No.

Carolina State U., Raleigh, N.C. Doug Smith, Southeastern U.S. Masters, Inc., P.O. Box 590, Raleigh, NC 27602; 919-831-6836; dale.smith@ci.raleigh.nc.us.

May 17. Birmingham TC Classic, Samford University, Frank Newland, 205-542-3575; www.birminghamtrackclub.org

May 23. Florida Meet, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

May 24. Florida Meet, Clermont. Bob Fine, 561-499-3370; BobFine@aol.com

May 24. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrien Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

May 31. Jacksonville TC Meet, Jacksonville, Fla. Bob Fine, 561-499-3370; BobFine@aol.com

June 7. Atlanta T.C. Masters & Open T&F Meet, Emory U. Track, Atlanta, Ga. 404-231-9064 x20; www.atlantatrackclub.org

June 14. USATF Florida Championships, Clermont. Bob Fine, 561-499-3370; Bob Fine@aol.com

June 22. Florida Sunshine Games, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

July 12. USATF Tennessee Masters Meet, Vanderbilt U. Randall Brady, 615-383-6733; Frank Schmidt, 615-851-2630.

August TBA. USATF Southeast Regional Masters Championships, Site TBA, South Carolina.

MIDWEST

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

June 7. USATF Illinois Masters/Open Championships, Sterling HS, Sterling. Kevin Braunskill, 815-622-6201.

June 15-20, 22-27. John Powell's Throwing Camp, Denison U., Granville, Ohio. Open to masters. www.johnpowellassociates.com

June 29. Midwest Sprint, Mid-Distance, & Weight Challenges, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, gkrainik@atbi.com

July 19. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754; bjrun1@juno.com

July 27. USATF Midwest Regional Masters Championships, Oak Forest HS, Oak Forest, Ill. Gerry Krainik, gkrainik@atbi.com. Online registration: http://midwestmasterstrack.net

MID-AMERICA

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

June 8. Marysville Jolly Jogathon Meet, Marysville HS, Kansas. 10-yr. age groups. Field: 10:30 am; track: 3:00 pm. Cleve Walstrom, 785-562-3050 (h); 562-3021(w).

June 14. USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; fax: 687-0387.

June 21. Missouri State Games, Columbia. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462; www.smsg.org/senior_games

June 22. Star of the North Games, Century HS, Rochester, Minn. 800-756-STAR; www.starofthenorthgames.org

August 23. Halstead Masters & Open

ON TAP FOR MAY

TRACK AND FIELD

The Southeastern Masters Meet/USATF-NC Championships open the month in Raleigh on the 2nd-4th, followed by the Southern Calif. Striders Meet of Champions in Long Beach on the 10th, and the Birmingham TC Classic in Alabama, Odessa Downtown Lions Club Meet in Texas, and the Visalia Classic in California on the 17th, and the Northern Calif. Seniors/Mark Grubi Memorial, UC-Berkeley, and the Dan Aldrich Memorial Meet, UC-Irvine, both on the 25th. The Arizona State Championships, Glendale CC, and Ontario Masters Championships, Toronto, have two-day runs, starting on the 31st.

LONG DISTANCE RUNNING

Three USATF National Masters Championships to choose from: River Bank Run 25K, Grand Rapids, Mich., on the 10th; Ogden Newspapers 20K, Wheeling, W.Va., on the 24th; and Freihofer's Women's 5K, Albany, N.Y., on the 31st. Other top events include the Blue Cross Broad St. Run 10 Miler, Philadelphia, on the 4th, and the Great Race Weekend, Elkhart, Ind., on the 24th-26th, plus marathons galore: Long Island, Vermont City, Pittsburgh, Buffalo, Flying Pig, Med-City, Little Rock, Avenue of the Giants, Palos Verdes, Lakeshore, and Capital City. Major but shorter races to pick from: Indianapolis Half-Marathon, on the 3rd; Lilac Bloomsday 12K, Spokane, on the 4th; Bay to Breakers 12K, San Francisco, on the 18th; and WZYP Cotton Row 10K, Huntsville, Ala., on the 26th. The WMA European Non-Stadia Championships are set for the 24th-25th in the Czech Republic.

RACEWALKING

All of the above-mentioned track meets, road races and others probably have a racewalk category. □

Mini Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366, 835-2286.

August 30-31. Rocky Mountain Masters Games, Colorado St. U., Ft. Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. 303-469-5607. Jerry Donley, 719-635-1264; rockymtnmastersgames@msn.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 3. El Paso Senior Games, Chapin HS, El Paso, Texas. Entry forms: Julie Belcher, 915-562-4260; fax: 562-1647.

May 17. Odessa Lions Masters & Open

Continued on page 30



JERRY WOJCIK

Bill Stewart #637, and Maxwell Hamlyn in the M60 mile, 29th National Masters Indoor Championships. Stewart is the present holder of the M40 U.S. indoor mile record (4:11.00).

Continued from page 30

Meet, Ratliff Stadium, Odessa, Texas. Includes WP. Don Wright, 915-362-3180; wrightnanapapa@aol.com

June 14. USATF Southwest Association Masters & Open Championships, Coppell HS, Texas. www.dallasmasters.com

June 14-15. USATF Southern Association Championships, Hattiesburg, Miss. Rick Seabrooks, 601-466-8436.

July 12. Cat Spring Grunt V Throwers Meet, Cat Spring, Texas. Mark Chapman, 979-732-5591; email: k9luvs@intertex.net

July 26. Texas Masters Championships, Coppell HS, Dallas, Texas. www.dallasmasters.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 3. Arizona Regulation Meet, Glendale CC. 480-949-1991; USATF AZ@cox.net

May 10. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

May 11, 25, 26. Hawaii Masters TC Meet, Kaiser HS, Hawaii Kai. 808-237-8937.

May 17. Visalia Classic Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 25. Northern California Seniors T&F/5th Annual Mark Grubi Memorial Classic, Edwards Field, Univ. of Calif. Berkeley. Don Rose, 43 McAllister Ave. Kentfield, CA 94904; 415-457-8177; donrose43262@aol.com; pausatf.org

May 25. Dan Aldrich Memorial Meet,

UC-Irvine. Mac McCormick, 12 Solitaire Ln., Aliso Viejo, CA 92656-1769. 949-303-2358 email: cmccormick13@cox.net

May 31-June 1. Arizona State Championships, Glendale CC. 480-949-1991; USATFAZ@cox.net

June 6. USATF Pacific Championships, Sacramento, Calif. 916-983-4715.

June 7-8. Hawaii Masters TC Championships, Kaiser HS, Hawaii Kai. HMTC, PO Box 15763, Honolulu, HI 96830. www.i2crealty.com/hmtc.htm

June 14. Pasadena Senior Olympics, Pasadena CC, Calif. Cynthia Rosedale, 626-685-6754; fax: 577-4235; www.pasadenaseniorecenter.org

June 28. Chuck McMahon Memorial Meet, Poway, Calif. 619-226-1324; www.sdseniorgames.org (See entry form on page 43 of May issue.)

July 6. USATF New Mexico Masters/Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

August 1-3. PanPac Masters Games, Sacramento, Calif. PanPacific Masters Games, PO Box 19278, Sacramento, CA 95819. www.panpacmastersgames.com; 916-566-6560.

October 19. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

May 24. Oregon Senior Olympics, Silverton. Amy Castle, 503-873-8577.

June 5-7. Montana Senior Olympic Games, Butte. T&F/5K & 10K RR. Open to out-of-state. Kay Newman, 2200 Bridger Dr., Bozeman, MT 59715. 406-586-5543; kayjn@imt.net

June 7. Seattle Park Dept. Masters Meet,

West Seattle Stadium. Dennis Cook, 206-684-7094; dennis.cook@seattle.gov

June 9-15. North Idaho Senior Games, Lewiston. 1-800-877-3206; www.cityoflewiston.org/parkrec

June 14. Inland Northwest Association Age-Group Championships, Pullman, Wash. Mike Hinz, 509-332-1168; hinz@pullman.co

June 21-22. Hayward Masters Classic/USATF NW Regional Masters Championships, Eugene, Ore. Ruth BreMiller, 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-8950; lstepan@yahoo.com

July 12-13. State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval, 503-667-7140.

July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 24-26. Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

October 6-8. Huntsman Senior Games, St. George, Utah. 800-562-1268; www.seniorgames.net; hws@infowest.com

CANADA

May 31-June 1. 32nd Annual Ontario Masters Outdoor Championships, York U. Toronto. Doug Smith, 58 Newmarket Ave., Toronto, ON, M4C 1V9. 416-699-5818; douglasj.smith@sympatico.ca; www3.sympatico.ca/ontario.masters

August 16-17. Canadian National Masters Championships, Richmond, B.C. douglas

Continued on page 31

It's never too early to think Puerto Rico*

...Or any other Masters event in which you plan to compete along the way!

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*World Masters Athletic Championships
July 2-12, 2003
Carolina, San Juan, Puerto Rico



Mt. SAC Relays

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youngest man. Shaheed's total time was 3:08. Since he started 67 seconds after the gun, that meant his actual running time was a sensational 2:01, close to his own world M50 record of 1:58.65. Only four seconds behind in 3:12 was Canada's Harold Morioka, 60, whose actual running time was 2:14, close to Alan Bradford's M60 WR of 2:10.42. Two ticks behind Morioka was

Palmason, whose actual time of 2:49 was only five seconds off Jeanne Daprano's world W65 mark of 2:44.43.

The handicaps for the races were established by World Masters Athletics (WMA) and are listed in the Masters Age-Graded Tables book. To order a copy of the book, see page 13 in this issue.

The races were organized by John Cosgrove and Elaine Iba. □

Fifty Plus 8K

Continued from page 13

During the weekend's festivities, Anne Cribbs was awarded the Annual Emil Zatopek Award by the Fifty-Plus Fitness Association. Cribbs, a U.S. Olympian in swimming at the 1960 Games in Rome, was honored for her longtime sports organizing and administrative efforts, among them her oversight of the San Francisco Bay Area's bid for the 2012 Olympic Games. Fifty-Plus created the award in 1991, named after the great Czechoslovakian dis-

tance runner who won three gold medals (5000 meters, 10,000 meters, and marathon) at the 1952 Olympic Games in Helsinki.

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

(See www.50plus.org for complete results.)

Continued from page 30
j.smith@sympatico.ca

INTERNATIONAL

June 7-8. BMAF National Championships, Derby, England. www.bvaf.org.uk
July 2-13. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org
August 1-3. Pan Pacific Masters Games, Sacramento, Calif. www.panpacmastersgames.com. 916-566-6560.

LONG DISTANCE RUNNING

NATIONAL

May 10. USATF National Masters Championships/River Bank Run 25K, Grand Rapids, Mich. RBR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590; www.riverbankrun.com
May 24. USATF National Masters Championships/Ogden 20K, Wheeling, W. Va. Hugh Stobbs, 31 Oak Park Ave., Wheeling, WV 26003. 304-242-7322; fax: 242-8941; www.ogden20kclassic.com
May 31. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.
July 6. USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb. Mike Ortiz, 970-479-2280; mortiz@vailrec.com
August 2. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. Scott McCoubrey, FootZone Capitol Hill, Seattle Running Co., Seattle, WA. 206-325-4800.
August 23. USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-381-4363(e); 667-4257(d).
September 13. USATF National Masters Championships/Olander Park 100 Mile Run, Sylvania, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419-885-7399.
September 28. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com
October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org
October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org
November 2. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvhn.net
November 8. USATF National Masters Championships/San Diego 1-Day. 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 760-967-8348.
November 23. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

EAST

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

May 3. Revlon 5K for Women, New York, N.Y. 310-393-6344; revlonrunwalk.com
May 4. Runner's World Half-Marathon & 5K, Allentown, Pa. www.runnersworld.com
May 4. Canon Long Island Marathon, East Meadow, N.Y. 516-572-0248; www.flrrt.com
May 4. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. 215-235-7481; www.broadstreetrun.com
May 4. City of Pittsburgh Marathon, Relays & 5K, Pittsburgh, Pa. 412-647-7866; pittsburghmarathon.org
May 4. Hazelwood Women's 5K, New Bedford, Mass. 508-998-5068.
May 4. USATF NJ Masters 5K Championships, Newark. Mark Zenobia, 732-381-0318.
May 11. Sallie Mae 10K, Washington, D.C. 202-969-2979; www.thesalliemae.fund.org/10K
May 11. The Women's Race 5K, Buffalo, N.Y. 716-874-9047.
May 11. NYRR Mother's Day Women's Half-Marathon & 5K, Central Park. NYRR, 212-860-4455; www.nyrrc.org
May 15 (Thurs). DCRRC One-Hour Track Run, Arlington, Va. 703-241-0395; dcroadrunners.org
May 17. Kennett 5K & 10K, Kennett Square, Pa. 610-388-1556; www.kennett.run.kennett.net
May 17. Long Island Greenbelt Trail 50K, Plainview, N.Y. 516-349-7646; www.glrnc.org
May 18. National Distance Running Hall of Fame Half-Marathon, Utica, N.Y. 202-543-0805; uticaroadrunners.org
May 20 (Tues.). Carey Wall Street Rat Race 4K, Manhattan, N.Y. 212-860-4455; www.nyrrc.org
May 23. New Balance Moonlight 5K, New Milford, Conn. 860-354-9191; www.plattsys.com
May 25. Nissan Buffalo Marathon, Half-Marathon, & Relay, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com
May 25. Keybank Vermont City Marathon & Relay, Burlington. 800-880-8149; www.vcm.org
May 25. Johnny Kelley 10 Mile & 5 Mile, Hyannis, Cape Cod, Mass. 508-775-8877; www.johnnykelleyroadrace.com
June 1. Riverdale Ramble 10K, Bronx, N.Y. 914-963-9102.
June 7. New York Mini Women Only 10K, Central Park. 212-860-4455; www.nyrrc.org
June 7. USATF NE Association Mountain Running Championships/Northfield Mountain 8.2 Mile, Northfield, Mass. Dave Dunham, 978-373-9118.
June 14. Saucony X-C Series, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.
June 15. Battle of Bunker Hill 8K, Charlestown, Mass. 617-242-1775; www.coolrunning.com
June 21. Mt. Washington 7.6 Mile Road Race, Gorham, N.H. 603-863-2537; race.time@gsrs.com
June 28. Asbury Park 10K Classic,

Asbury Park, N.J. 732-578-1771; www.NJRRRC.org

SOUTHEAST

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

May 3. USATF North Carolina 15K Championships/City of Medicine Race Festival, Durham. 919-913-2507(w); acrlynn@aol.com
May 3. Sunset Stampede 10 Mile & 4 Mile, Asheville, N.C. 828-253-0052; sunsetstampede.com
May 10. Race for the Cure 5K, Richmond, Va. 804-796-RACE; www.richmondrace.com
May 10. Massanutten Mountain Trails 100 Mile Run, Front Royal, Va. 703-524-1320; www.vhtrc.org/mmt
May 18. Biltmore Estate 15K Classic, Asheville, N.C. 828-236-2403; www.capstone-management.com
May 26. WZYP Cotton Row 10K & 5K, Huntsville, Ala. Jim Oaks, 256-536-1603; www.huntsvilletrackclub.org
July 4. Peachtree 10K, Atlanta, Ga. 404-231-9064; www.atlantatrackclub.org
March 1 deadline. 55,000 limit.

MIDWEST

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

May 3. Derby day Run for the Roses 5K, Cleveland, Ohio. 216-623-9933; www.hermescleveland.com



GEORGE BANKER

Dan Lawson, 46, first M40 (16:22), 2002 Kentlands-Lakelands 5K, Gaithersburg, Md.

May 3. Indianapolis Life 500 Festival Half-Marathon, Indianapolis, Ind. 800-638-4296; www.500festival.com

May 3. Run for the Buds 5K, St. Joseph, Mich. 269-428-9622; blossomtimefestival.org

Continued on page 32

קָרָן בֵּאֵר-שֵׁבַע לְפִיתוּחַ

ADVERTISEMENT



Kaye Academic College in Israel Needs YOUR Support

Kaye Academic College of Education is a leading academic institute for teacher training in Israel. It is situated in Be'er-Sheva, Israel's fourth largest metropolis and "Capital of the Negev".

The Physical Education Department of the College offers a diverse range of accredited programs. Among the graduates of the program are exceptional athletes who represent Be'er-Sheva in competitions in Israel and the world, bringing great honor to the College.

The specialized Physical Education department is currently lacking adequate facilities fundamental to ensuring the quality of excellence of the program.

A plan has been drafted to expand the existing department and field facilities, including a modern 200-meter track, 2 jump pits, an area for high jumping and shot putting, and renovate the existing gymnasium facility to a competitive standard.

The government has already invested 50% of the budget. Kaye College needs **your** help to raise \$250,000 via the Be'er-Sheva Foundation.

All donors' names will be appropriately noted at the facility.

We would appreciate any donation to ensure the success of this project.

Please contact: Mr. Larry Goodman – Chairman of the American Friends of the Be'er-Sheva Foundation at: 847-674-8020.

Continued from page 31

May 4. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon.com
May 10. Quad Cities Distance Classic Half-Marathon & 5K, Rock Island, Ill. 563-326-1942; www.combelt.org

May 17. Utica 5K, Utica, Mich. Lee Wolken, 586-731-8310.

May 18. Ferndale Foot Frolic 10K, Ferndale, Mich. 248-544-9099; www.motorcitystriders.com

May 18. Cellcom Green Bay Marathon & Half-Marathon, Appleton, Wisc. 800-889-1859; greenbaymarathon.com

May 25. Lakeshore Marathon, Chicago. www.lakeshoremarathon.com

May 26. The Truth/Bank One/Gaska Tape Great Race Sports Festival XXIII Half-Marathon, 5K, & 10K, 574-296-5890; www.thegreatrace.net

June 1. Dexter-Ann Arbor Half-Marathon, 10K & 5K, Ann Arbor, Mich. 734-662-1000; dexterannarborryn.com

June 28. Fit for Life Run, Elkhorn, Wisc. Lee Zubrod, 262-723-8010; email: lzubrod@zubrodconstruction.com

MID-AMERICA

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

May 3. Melpomene Races 5K, St. Paul, Minn. 651-642-1951; www.melpomene.org

May 3. Run Around the Woman Plus 30K & 5 Mile, Longville, Minn. 800-756-7853; www.longville.com

May 10. Bank of America River Run 10K, Wichita, Kansas. 316-267-2817; wichita festivals.com

May 10. USATF Minnesota Half-Marathon Championships, New Prague. Kim Gassnor, 952-758-4360.

May 25. Med-City Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

May 26. Celestial Seasonings Bolder

Boulder 10K, Boulder, Colo. www.bolderboulder.com

May 31. Dam to Dam 20K & 5K, Des Moines, Iowa. 515-247-5864; www.damtodam.com

June 1. Steamboat Marathon, Half-Marathon, & 10K, Steamboat Springs, Colo. 970-879-0882; steamboatmarathon.com

June 2. UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; www.mararunning.org

June 21. Grandma's Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

June 28. Star of the North Games 5K, Rochester, Minn. 800-756-STAR; www.starofthenorthgames.org

September 6. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 4. Little Rock Marathon, Little Rock, Ark. 501-664-7242; www.littlerockmarathon.com

May 10. Gum Tree 10K, Tupelo, Miss. 662-842-8811; tupelorunningclub.homestead.com

May 17. Sooner State Games 5K, Oklahoma City. 405-236-5000; www.dgroadracing.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 3. Whiskey Row Marathon & Half-Marathon, Prescott, Ariz. 928-445-7221; prescottymca.org

May 3. Santa Barbara Law Day 15K & Relay, Santa Barbara, Calif. 805-962-0467.

May 4. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, Calif. SASE to 6 Rivers RC, 281

Hidden Valley Rd., Bayside, CA 95524. www.theave.org

May 7. Nite Moves 5K Summer Series, Santa Barbara, Calif. runsantabarbara.com

May 10. Revlon Run 5K for Women, Los Angeles, Calif. 310-393-6344; revlonrunwalk.com

May 10. Bull Canyon 5K & 10K, Santa Maria, Calif. 805-928-3781, x453.

May 17. Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. 310-828-4123; www.w2promo.com

May 18. Examiner Bay to Breakers 12K, San Francisco. www.baytobreakers.com

May 24. Modesto Classic 5K, Modesto, Calif. 209-575-4040.

May 24. Mt. Wilson Trail Run 8.6K, Sierra Madre, Calif. 626-355-5278, x730.

May 25. Strawberry Stampede 10K & 5K, Arroyo Grande, Calif. 805-878-3212; strawberrystampede.com

May 26. Memorial Half-Marathon, Laguna Hills, Calif. Kinane Events, 949-452-3466; lisa@kinanevents.com

June 1. Suzuki Rock N' Roll Marathon, San Diego. 800-311-1255; www.mrmrmarathon.com

June 1. Acton Leo Club 5K, Agua Dulce, Calif. Laura Steibel, 661-269-1277; Fred Fate, fredfate@yahoo.com

June 1. Gardena 5000, Gardena (Los Angeles), Calif. 310-323-7285; gardena5000.com

June 1. Golden Gate Games 10K & 5K, San Francisco. 415-450-6510; www.guardsmen.org

June 7. Fontana Days Half-Marathon & 5K, Fontana, Calif. 909-428-8360; www.active.com

June 8. Liberty 4 Mile/Freedom from Domestic Violence, San Diego, Calif. Kinane Events, 949-452-3466; lisa@kinanevents.com

June 15. Platinum Performance State Street Mile, Santa Barbara, Calif. Separate masters races. Benefits D.A.'s Victim Witness Assistance Program. Prize money. sbmile.com; 805-568-2316.

June 21. USATF Pacific Championships/Shriners Challenge 8K, Sacramento, Calif. 916-974-0786.

July 27. San Francisco Marathon, Half-Marathon, & Relay. chroniclemarathon.com

July 27. Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharftowharf.com

August 17. America's Finest City Half-Marathon & 5K, San Diego. 858-792-2900; www.afchalf.com

October 5. Sacramento Marathon & Half-Marathon, Sacramento, Calif. www.sacramentomarathon.net

NORTHWEST

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

May 4. Lilac Bloomsday 12K, Spokane, Wash. LB, PO Box 1511, Spokane, WA 99210. www.bloomsdayrun.org

May 10. Lake Run 12K, Lake Oswego, Ore. 503-644-6822; ontherun.com/lakerun

May 18. Capital City Marathon, Half-Marathon, & 5 Miler, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

May 26. Up the Lazy River 10K, West Linn, Ore. 503-226-6993; www.orrc.net

May 31. Salt Lake City Classic 10K & 5K. 801-535-6137; gallivanevents.com

May 31. Keybank Starlight 5K, Portland, Ore. 8:00 pm. 503-203-9166; www.ontherun.com/starlight

June 28. Walk With Me Marathon & Half-

Marathon, Eugene, Ore. WWMM, 795 Willamette, #305, Eugene, OR 97401. 541-684-4951; www.walk-with-me.com. No mail entry after May 30.

July 24. Deseret News & KJZZ Salt Lake Marathon & 10K, Salt Lake City, Utah. 801-816-2500; www.SaltLakeMarathon.com

CANADA

May 4. Vancouver International Marathon & Half-Marathon, Vancouver, B.C. 604-872-2928; www.adidasvanmarathon.ca

May 10-11. National Capital Race Weekend Marathon, Half-Marathon, 10K, & 5K, Ottawa, Ontario. 613-234-2221; www.ncm.ca

May 25. Ontario Masters TFA Championships/Down in the Beaches 5K, Toronto. www.3.sympatico.ca/ontario.masters/events.htm

July 6. Calgary Herald Stampede Marathon, Relay, & Half-Marathon, Calgary, Alberta. 403-264-2996; www.stampederoadrace.com

August 24. Marathon Des Deux Rives, Quebec City. Also New Balance Half-Marathon & 10K. 418-694-4442; marathonquebec.com

INTERNATIONAL

May 4. BMAF 10K Championships, Chelmsley, England. www.bvaf.org.uk

May 24-25. WMA Europe Non-Stadia Championships, Uipice, CZE. www.world-masters-athletics.org

May 25. Vienna Marathon, Vienna, Austria. Austrian Tourist Office, 800-965-3342; www.austria-tourism/us

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

RACEWALKING

June 1. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304.

June 15. USATF Florida 5K RW Championships, Clermont. 561-499-3370.

June 15. USATF Indiana Association 5000 RW Championships, Indianapolis. Cheryl Sunman, 317-935-0161.

July 13. USATF Indiana Association 5K RW Championships, Indianapolis. Cheryl Sunman, 317-835-0161.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

September 6. Third annual North Central 5K RW Championships, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

September 7. USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.

September 14. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 20. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

October 19. USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.

European Championships

Continued from page 27

in the 200 two days later, and now holds all major titles simultaneously after her victory in Brisbane in 2001 and at the European Championships in Potsdam last July.

The versatile Asta Larsson, Sweden, stood head and shoulders above her opponents, increasing the W70 triple jump record from 7.83 to 7.99, and winning gold in the 60m, 200 and long jump. Another world record went to Ingrid Lorenz, Germany, for the W75 200 in 40.13.

There were two world records in the men's events: Wolfgang Ritte, M50, Germany, soared over the bar to clear 4.41 in the pole vault, and Selzer took the M75 200.

A European record fell to Viv Oliver, Great Britain, in the M50 200 (24.05), who also ran a championships best of 53.62 in the 400. Nine other records were erased from the European books and a total of 65 championships records set during the four days.

Darrell Maynard, Great Britain, broke arch rival Eric Roeske's championships record of 50.42 in the 400 with

a 50.06 after a tough battle around the two circuits. Dr. Hikmet Kandeyoi, Germany, ran an M70 60mH in 10.38 for a European record, pulling the next four inside the existing championship record.

The German M60 4x200 relay team obliterated the championships record of 1:51.22 with a slick 1:49.39. Heats and semis were necessary in the sprints; there were three races in the M40 3000; 27 men contested the M40 pentathlon.

Claudia Wiederkehr, W35, Switzerland, set two meet records in the 60m heats and final. Linda Jackson, Great Britain, won the W35 1500 (4:40.35) and 3000 (10:00.67) with a display of brave front running.

What can you expect in 2005? The facilities are there, two good tracks side-by-side, transport operates from early morning until late at night and is very reasonable. There are lots of restaurants and pavement cafés, English is widely spoken, and no doubt the Organizing Committee will have learned from their mistakes at the Indoors. □

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 metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Indoor Track & Field Championships Reggie Lewis Track & Athletic Center Boston MA; March 28-30

60 METERS

*Indicates non-U.S. citizen

Table of 60 meters race results, including names, states, and times for various age groups (M30 60m, M35 60m, M40 60m, M45 60m, M50 60m, M55 60m, M60 60m).

Table of 200 meters race results, including names, states, and times for various age groups (M30 200m, M35 200m, M40 200m, M45 200m, M50 200m, M55 200m, M60 200m).

Table of 400 meters race results, including names, states, and times for various age groups (M30 400m, M35 400m, M40 400m, M45 400m, M50 400m, M55 400m, M60 400m).

Table of 800 meters race results, including names, states, and times for various age groups (M30 800m, M35 800m, M40 800m, M45 800m, M50 800m, M55 800m, M60 800m).

Table of 1 mile race results, including names, states, and times for various age groups (M30 1 Mile, M35 1 Mile, M40 1 Mile, M45 1 Mile, M50 1 Mile, M55 1 Mile, M60 1 Mile).

Table with columns for name, age, sex, and time. Includes entries like Timothy Wakeland, John Londono, John Barresi, etc.

Table with columns for name, age, sex, and time. Includes entries like Angelo DeCotillibus, Paul Kinny, Randall White, etc.

Table with columns for name, age, sex, and time. Includes entries like EARE 4:31.76, M50-59 4x400m Relay, SFA 3:47.83, etc.

Table with columns for name, age, sex, and time. Includes entries like Ron Colliver, Bill Angus, Norm Cyprus, etc.

Table with columns for name, age, sex, and time. Includes entries like M30 SP, M30 3000m, M30 400m, etc.

Table with columns for name, age, sex, and time. Includes entries like Sebastian Villalva, Bruce Davie, Daniel Feder, etc.

Table with columns for name, age, sex, and time. Includes entries like M30 3000m, M30 400m, M30 800m, etc.

Table with columns for name, age, sex, and time. Includes entries like M30 3000m, M30 400m, M30 800m, etc.

Table with columns for name, age, sex, and time. Includes entries like M30 3000m, M30 400m, M30 800m, etc.

Table with columns for name, age, sex, and time. Includes entries like M30 3000m, M30 400m, M30 800m, etc.

Continued from previous page

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like William Garrahan, Angel Valez, Val McGann, Phillip Brusca, Ken Weinbel, Jacob Stein, Bill Snaden, Armando Ricciardi, Charles Pistorino, David Schlothauer, Everett Hosack, Roy Rains, William Robertson, Robert Palazzo, Michael Hambrick, James Brown, Glenn Thompson, Jeff Crothers, Jim Wetenhall, Bob Cedrone, Dennis Hansen, Tim Edwards, Carl Reichard, Richard Watson, Patrick Lynn, Daniel Polk.

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Audrey Lary, Marcia Crooks, Lillian Snaden, Amy Hicks, Johnnie Valien, Margaret Binton, Doris Berlepech, Betty Jarvis, Katherine Gradick.

SUPER WEIGHT

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Roy Rains, William Robertson, Robert Palazzo, Michael Hambrick, James Brown, Glenn Thompson, Jeff Crothers, Jim Wetenhall, Bob Cedrone, Dennis Hansen, Tim Edwards, Carl Reichard, Richard Watson, Patrick Lynn, Daniel Polk.

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Thomas Gage, George Mathews, Jerry Bookin-Weiner, Bob Cahners, Richard Hotchkiss, Gary Crawford, Robin Herron, Ray Feick, Pay Carstensen, Phillip Brusca, Ken Weinbel, Jacob Stein, David Schlothauer, Oneitha Lewis, Denise Houseman, Deborah Ecklund, Ruth Welding, Sue Hallen, Joanne Creel, Ingrid Miller, Carol Young, Suzy Hess, Evelyn Wright, Mary Roman.

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Marcia Crooks, Lillian Snaden, Amy Hicks, Margaret Binton, Patrick Collier, Rod Craig, Douglas Johnson, Richard McElvery, Robert Ullman, Bob Keating, Donald DeNoon, Gary Null, Norman Frable, James Carmine, Bill Harriman, Charles Mansbach, Marcus Kantz, John Elwarner, Thomas Knatt, Carl Kane, David Baldwin, Paul Johnson, Bob Barrett, Ed Lane, Don Murray, Spencer Parrish, Jack Bray.

3000 RACEWALK

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Patrick Collier, Rod Craig, Douglas Johnson, Richard McElvery, Robert Ullman, Bob Keating, Donald DeNoon, Gary Null, Norman Frable, James Carmine, Bill Harriman, Charles Mansbach, Marcus Kantz, John Elwarner, Thomas Knatt, Carl Kane, David Baldwin, Paul Johnson, Bob Barrett, Ed Lane, Don Murray, Spencer Parrish, Jack Bray.

Table with 4 columns: Rank, Name, Age, Sex, State, Time. Lists athletes like Dick Petruzzi, Alfred DuBois, Jack Starr, Edward Gawinski, Kai Ajaye, Marcia Guteche, Maryanne Torrellas, Nancy Patten Sweaz, Gloria Rawls, Luanne Pennesi, Lynette Heinlein, Deb Topham, Ann Gerhardt, Susan Knepp, Kathy Frable, Joanne Harriman, Lana Kane, Doris Cassels, Joanne Elliott, Shirley Dockett, Kate Marrs, Mary Alice Stookey.



INDOOR PENTATHLON

Table with 7 columns: Rank, Name, Age, Sex, State, Points, 60H, HJ, SP, LJ, 800. Lists athletes like Chris Phillips, Robert Walter, John McKenzie, Gregory Foster, Roy Birsch, Dolph Berle, Kerry Sloan, Frank Makozy, Nicholas Mitchell, Rick Schultz, Bryan Johnson, Jim Russ, John Dyer, Michael Janusey, James Ware, Terry Pliner.

Table with 7 columns: Rank, Name, Age, Sex, State, Points, 60H, HJ, SP, LJ, 800. Lists athletes like Bill Murray, Bob Doran, Philip Mulkey, David Ortman, Pat Fahy, Gene Iwen, Elizabeth, Michael Garity, David Friedman, Robert Baker, Bill Angus, Ron Colliver, John Head, Bruce Mills, James Ware, Terry Pliner.

Table with 7 columns: Rank, Name, Age, Sex, State, Points, 60H, HJ, SP, LJ, 800. Lists athletes like M65 Team Points, Joel Stinson, James Stookey, Alan Raynor, Denver Smith, Denise Jones, Richard Watson, Caryl Senn, Joanne Petkus, Irene Thompson, Rhona Trott, Phil Raschker, Barbara Jordan, Becky Sisley, Evelyn Wright.

Continued on next page

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Table of race results for various events including 800m, 1500m, 3000m, 5000m, 60mH, 300mH, and 400m. Lists names and times for participants like Vaughn Kastor, Tim Hickok, and Scott Capifoni.

Table of race results for various events including 5000m, 60mH, 300mH, and 400m. Lists names and times for participants like Elizabeth Monday, W55 Lynn Naftel, and M35 Ronald Lee.

Table of race results for Mt SAC Relays and Women Masters Age-Graded 100. Includes a section for International European Veterans Indoor Championships. Lists names and times for participants like Tina Bowman, E Mazzenga, and Brenda Green.

Table of race results for various events including 800m, 1500m, 3000m, 4x200m Relay, and 400m. Lists names and times for participants like E Mazzenga, Brenda Green, and D Maynard.

Table of race results for various events including 210.91, 2:09.64, 2:17.18, and 1:21.07. Lists names and times for participants like Great Britain and N. Ireland, Germany, and Marco Segatel.

Table of race results for various events including Shot Put, Pole Vault, Long Jump, and 3000m RW. Lists names and times for participants like Vladimir Roytman, Maris Petrasko, and Georg Werthner.

LONG DISTANCE RESULTS

Table of long distance results for NYRR Coogan's Salsa, Blues & Shamrocks 5K and NYRR Brooklyn Half-Marathon. Lists names and times for participants like Theima Wilson and Joan Rowland.

Continued on next page

Chuck McMahon Memorial Masters Track & Field Meet

Westview High School; Poway, California

Brand-new, all weather track

June 28, 2003



USATF
Sanctioned and officiated event



Westview High School Track
Brand new, all weather track
Located at
13500 Camino Ruiz

Directions from San Diego
I-15 north, exit Rancho Penasquitos Blvd/Poway Rd. Go west (left) on Rancho Penasquitos past 56 Freeway becomes Carmel Mtn. Blvd. Turn rt. on Black Mtn. Rd. Left on Carmel Valley Rd. Left on Camino Del Sur/Camino Ruiz. Track is in south corner of parking lot.

Medals given to top three winners in each age group. Free fruit and water will be available...Concession stand benefits Westview High School Youth Athletics
HOW TO ENTER: Choose the appropriate EVENT CODE(S) & Description(s) from the list below and complete the Entry Form found to the right. Each athlete must submit an entry form and signed waiver with the registration and event fee.

EVENT CODE	EVENT DESCRIPTIONS	Approximate Start Times
RA - 01	Race walking 5000m	7:00am
TR - 01	5000m run	↓
RA - 02	Race walking 1500m (Expert)	
RA - 03	Race walking 1500m (Novice)	
TR - 02	80/100/110m hurdles	10:00am
TR - 03	1500m run	↓
TR - 04	400m dash	
TR - 05	100m dash	
LUNCH BREAK		1:00pm-1:30pm
TR - 06	300/400m hurdles	1:30 pm
TR - 07	50m dash	↓
TR - 08	800m run	
TR - 09	200m dash	
FIELD EVENTS		
FD - 01	Pole Vault	9:00am
FD - 02	High Jump	9:00am
FD - 03	Discuss Throw	9:00am
FD - 04	Long Jump	10:00am
FD - 05	Shot Put	1:00pm
FD - 06	Javelin Throw	After Discuss Throw
FD - 07	Hammer Throw	TBA (Maybe conducted offsite)
FD - 08	Triple Jump	After Long Jump

Rules: USATF Masters Rules apply

RELEASE OF LIABILITY

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Olympics.

LIABILITY WAIVER: I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival, City of Poway Unified School District and all sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent to the organizers that I have prepared myself for the event(s), which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print Name: _____

Signature: _____

2003 Individual Registration Form

Name: _____ Circle One: M/F
 Address: _____
 City/State/Zip: _____
 Phone Number/ (Evening): _____
 Email: _____
 B-day: _____
 Person to contact In case of emergency:
 Name: _____
 Phone: (____) _____

Entry Information- List Event Code(s)- Found on left side of page

Event Code	Event Descriptions
<input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/>	_____
<input type="checkbox"/> <input type="checkbox"/>	_____

PAYMENT INFORMATION

- 1) Registration Fee (\$20.00) _____
 - 2) After 6/20 (Postmarked by) Add \$10.00/person _____
 - 3) Day of event add another \$5 _____
 - 4) Total Event Fees: # of Events x \$5 _____
 - 5) Donation to SDSSF tax-deductible _____
- Total Amount Enclosed** _____

Make check payable to: SDSSF, P.O. Box 84202, San Diego, CA 92138

A portion of the proceeds benefits the Westview High School Athletic Department

For Additional Information
SDSSF 619.226.1324
info@sdseniorgames.org

newbalance.com

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