

NATIONAL MASTERS NEWS

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

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21 World and 39 U.S. Records Set at 31st Indoor Nationals in Boise



JERRY WOJCIK
Medalists in the M60 and M65 high jump with meet official Mel Hanssen (l to r): Ron Colliver, M60 second, Emil Pawlik, M65 first (1.40), Frank Condon, M60 third, Barry Kline, M60 first (1.45), Ralph Reiche, M65 second, and Bruce Mills, M65 third, National Masters Indoor Championships, Boise, Idaho.

By JERRY WOJCIK

The site was different from last year, as were many of the entrants, but the results were about the same.

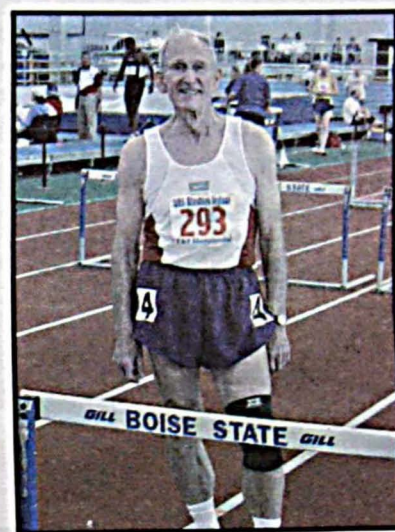
After nine straight years in Boston, the USA National Masters Indoor Championships headed to the Northwest, specifically Boise, Idaho, and more specifically, the Jacksons Track in Nampa, Idaho, on March 11-13.

The meet drew 593 men and women entrants age 30-and-over, who competed in five-year age groups through 90-94. Last year, in Boston, the Championships had 726 entrants.

Some East Coast big names weren't entered, but the change of locale gave others from the Northwest and West Coast who haven't gone to Boston a chance at national titles.

Twenty-one world records and 39 U.S. age-group records were set. In the 2004 Championships, 28 world and 30 national records were revised.

Mel Larsen, M80, led the attack on world records with three, 60m (9.27), 200 (31.86), and 60H (11.10). "I was surprised at my 200 time without being pressed. The 60 hurdles can be tricky, but I was pleased with my time.



JERRY WOJCIK
Mel Larsen set three M80 world records, National Masters Indoor Championships.

"I could have used my competition in the 60 meters, and I didn't get a good start. That'll be a lesson for next time. Overall, I was pleased with the results," he said after the meet.

Continued on page 15

Joyce Outkicks St. Geme Pope Finally Wins at Carlsbad

By SUSANNAH BECK

In the dim early minutes of April 3, Brian Pope, 42, Oxford, Miss., edged Danny Martinez, 43, Alhambra, Calif., 14:57 to 15:01 in the men's masters event at the Carlsbad 5000, Carlsbad, Calif., the first race of nineteen that day.

Pope was fourth in 2003 and second in 2004. 2005 has been a bit of a "slump" for Pope, and Martinez had beaten him twice this spring, so Pope's hopes weren't too high.

"I took some beatings over the past

few months," Pope told the North County Times. "I was able to work some things out. I'm hopefully over my bad slump. I knew I was going to run better, but I didn't think I'd beat him."

Pope took home \$1000 for his win, but pointed out to the San Diego Union Tribune that it cost him \$500 to get there.

In the women's masters race, two-time defending champion and former Irish Olympian Monica Joyce, 46, Plymouth, Mich., held off former track star and uber-mom Ceci St. Geme, 41, Newport Beach, Calif., in a dogged, determined race, 17:07 to 17:14.

Joyce set a single-age record in the process, and called it "my hardest masters race in years." St. Geme, nee Hopp, improved by a minute over her time here last year, 18:04, and, incidentally, still holds the U.S. junior 3000m record (8:57, 1982).

Rich Burns, 50, Saugus, Calif., topped the M50, 16:14, just ahead of Dale Edward Campbell, 51, Fresno, Calif., 16:22. Jim Gorman, 56, Palo Alto, Calif., 17:33, nipped Dave Dooley, 58, Erie, Colo., for the M55 title.

Canadian Herb Phillips, 64, Burnaby, B.C., graced the M60 with an 18:11, while Minnesotan Thom Weddle, 66, Minneapolis, clocked up another M65 win, 19:40.

Jim McCown, 83, San Diego, and Stanley Coombs, 81, Pismo Beach,



VICTOR SAILER / PHOTO RUN
Monica Joyce (l) and Ceci St. Geme, Carlsbad 5000.

Continued on page 21

JUST IN: Joshua Kipkemboi, 46, Kenya, in 2:19:28, and Madina Biktairova, 40, Russia, with a fifth-woman 2:32:41, were the masters winners in the 109th Boston Marathon. Story and results in the June issue.

Loken Tops Robertz at More Marathon

By SUSANNAH BECK

Susan Loken, 41, Phoenix, Ariz., 2:45:35, ran away from Janet Robertz, 45, Shorewood, Minn., 2:48:59, at the seven-mile mark to win the women masters-only More Marathon in hilly Central Park, New York City, April 10.



VICTOR SAILER / PHOTO RUN
Susan Loken, 41, winner, More Marathon.

Loken and Robertz are familiar competitors and hugged at the starting line. Last October they went one-two at the USA Masters Marathon Championships in Minneapolis, with their places reversed. Since then, Loken has been through the wringer, with a complicat-

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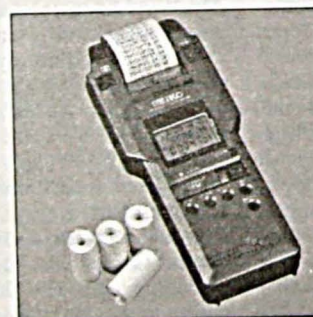
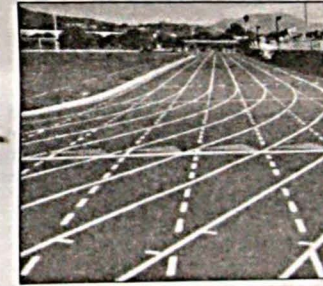
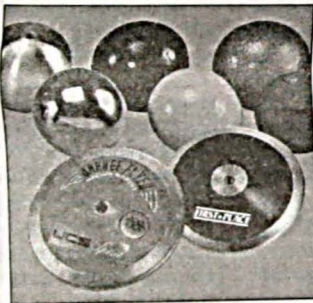
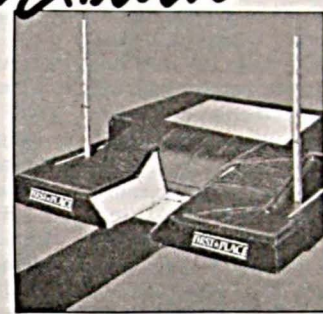
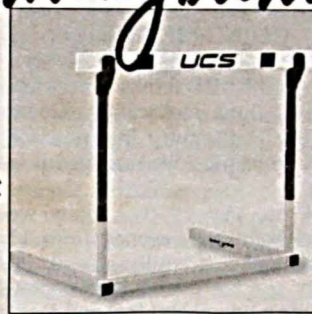
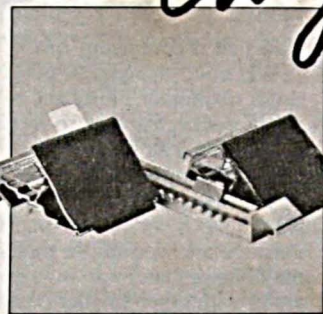
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OUTSTANDING ATHLETE

After being honored as Outstanding Athlete in my age-group for 2004 by the USATF LDR committee, I now think I have earned the right to offer suggestions to other senior runners and here is an example. This concerns a subject I see rarely mentioned in the writings by and to younger athletes ... hyperventilating.

I have found that if I anticipate the conclusion of a race, such as a 5K with a plan to sprint the last 100m or so, I force myself to breathe deeply and more rapidly for the preceding 100m, and the kick becomes not only easier, but faster, and I still have plenty left.

I find that now I hyperventilate at about 300m and sprint the last 200 with nothing to lose but seconds off my times. Perhaps other older runners might like to try that formula and report back.

Incidentally, I enjoy slogans on my shirts, and the latest one (tell Chairman George Mathews) is: No, I'm not on steroids but thanks for asking!

George Whitney
Orange, Connecticut

NATIONALS - BOISE

After recently competing at the Nationals in Boise, I would like to make some generalizations.

Since I live on the East Coast, my original thought process was, "Who wants to go to Boise?" After some soul searching, I thought, "What the heck!"

I've never been to Idaho before, but I must say one thing, I'm glad I made

the decision to attend, and was pleasantly surprised. What an extremely clean city and overall extremely hospitable citizenry.

Regarding the meet, I felt it was well managed. Although there were some glitches in the shuttle system from the hotels to Nampa, I feel that it is something that can be worked out. Also, the medals were some of the finest I have ever seen.

My opinion is that I wouldn't mind seeing the masters alternate every year between Boise and Boston.

Burt Hughes
Shiremanstown, Pennsylvania

GOING METRIC

Am I really reading that Joseph More (April NMN) thinks Americans will never think metrically? Come on, it's the 21st century. It is possible to move to metric. We managed it in Britain.

Back in the 1970s, when we changed both our currency from 12 pennies make a shilling and 20 shillings make a pound to 100 pennies make a pound and feet and inches to metric, it was confusing for a while and, yes, pensioners found it hard at first, but we have mastered it.

Being an insular island race on the fringe of Europe we do things our own way.

We mix and match. We still drive in miles but our petrol (gas) is sold in litres (that is harder). European rules say we must buy butter and cheese, etc., in kilos, but we can still ask for half a pound of cheese at the counter - it is weighed in metric equivalent.

Sustainers for May 2005

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:

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Santa Maria, California
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Portland, Oregon
Frederick, Maryland
Reno, Nevada
Larkspur, California
Metairie, Louisiana

Now that is confusing.

When we changed, I found that for about six months I felt I had to convert distances/heights back to feet & inches, but then it all fell into place. To say it is confusing is really rather feeble.

Those masters who compete outside the U.S. or in National Championships are working in meters. It is only Senior Games, to my knowledge, along with other smaller competitions that use feet and inches.

Some of you say it would be confusing or hard for people to understand. That doesn't say much for American intelligence! I suspect the real reason is laziness.

You are such a large country, you do not have the same need to think metric until you go to Mexico or Canada.

Don't get me wrong, I love coming to compete with you all in the States, and it's not hard to drop back into old-fashioned ways, but I do think you should make the effort to become "bilingual" in measurements!

After all, I think I'm right in saying you are the only country in the world, apart from your doctors, engineers and scientists, still using the old linear measurements. Why not come and join us? You could think about driving on our side of the road!

Margery Swinton
Northern fringes of Scotland
Great Britain

Mike Tymn's column is one of my favorite parts of National Masters News, but on the subject of going metric I have to disagree with him. The metric system is a good thing, as difficult as it may be for our old folks.

If those of us in favor of going metric are to win this war, it won't be at the masters level. Rather it will take place first at the youth level, then among open athletes.

Going metric is a paradigm shift, concerning which the great German scientist Max Planck said: "A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a

new generation grows up that is familiar with it."

Seth D. Bergmann
Glassboro, New Jersey

MASTERS IN TROUBLE

I want to congratulate the NMN for printing the letter from Michael Vaught in the April issue. I myself have been wondering when the "masters movement" is (if ever) going to wake up.

I have participated in masters meets all year long, indoor and outdoor, since 1996. In the last four or five years, I noticed that participation in all of those meets has declined significantly. Am I to believe that no one is aware of this fact?

I read Chairman George Mathews' annual report with disbelief ... things are going good with masters? No one is perfect, but the masters movement is not growing and is far from vital.

We should pay close attention to Mr. Vaught's insightful comments and stop congratulating ourselves. Masters track, based on my experiences in it, is in trouble.

Francis A. Schiro
New York City

In response to Michael Vaught's letter (April NMN) about his experiences in masters meets, I also feel that the Senior Games are just about done. Rhode Island in the '90s had 600-800 participants. Now, we can't get three people in the same age-group to run against and have to combine three age-groups to fill the lanes.

Yes, the same people take home the medals. I've got over a hundred, but I don't even bother to enter meets any more. I'd rather go to the local school with a club we formed and throw. We all save lots of cash, have fun and good exercise, and we buy gear for kids who can't afford it.

The guys who get the medals are hard workers and will help you get better. I've learned a lot from Ray Feick and Bill Garrahan, who I've found to be really great people.

Don Hudson
Attleboro, Massachusetts

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Our 2005 USA M books. I believe the future if the for 2008. I, for one, hope

We had many fantastic es which I will leave for Masters News to report tions to one and all!

Having this meet return after a long absence real utes in this part of the have been unable to trav Coast for various reason first-class venue and exp management to put on meet. Not that it was problems, but, overall, it

Any time you hold a magnitude for the first ti be some kinks. They out, and hopefully every fied. The more times we the same venue, the bett have witnessed this in B years.

Many thanks to Sand the Games Committee doing a tremendous job conduct of the meet.

The event also feat official club scoring. TH be a great amount o between the clubs. We athletes participating a for their clubs in the would include club uni. Congratulations to all v as a club member.

Maybe the most im prior to this meet was t strategic planning me Masters Committee Ex Board members in att Becky Sisley, Suzy J Mathews, Ray Feick, B Cleary, Ken Weinbe Pashkin. The meeting v under the fantastic prof Todd Taylor. Also in at NMN Editor Jerry W Hotchkiss, Masters Coordinator.

This group worked hours behind closed do late the initial strat USATF Masters Track to thank them for all th

I will attempt to pre of this activity. The ment will appear on th of the USATF Web s free to provide any have to this "process."

Strategic Planning Stage One: Crea statement. Our propos statement is as follow and promote safe, competitive opportun



Track & Field Report

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

Boise Meet and Masters Strategic Plan

Our 2005 USA Masters Indoor Championships in Boise, Idaho, is in the books. I believe most competitors had a great experience and will return in the future if the Local Organizing Committee, as they seem inclined, bids for 2008. I, for one, hope they do.

We had many fantastic performances which I will leave for the National Masters News to report. Congratulations to one and all!

Having this meet return to the West after a long absence really helped athletes in this part of the country who have been unable to travel to the East Coast for various reasons. We had a first-class venue and experienced meet management to put on this important meet. Not that it was without some problems, but, overall, it went well.

Any time you hold a meet of this magnitude for the first time, there will be some kinks. They were worked out, and hopefully everyone was satisfied. The more times we have a meet at the same venue, the better it gets. We have witnessed this in Boston over the years.

Many thanks to Sandy Pashkin and the Games Committee for once again doing a tremendous job overseeing the conduct of the meet.

The event also featured our first official club scoring. There seemed to be a great amount of competition between the clubs. We hope to see all athletes participating and competing for their clubs in the future. This would include club uniforms, I hope. Congratulations to all who competed as a club member.

Maybe the most important event prior to this meet was the first of two strategic planning meetings by the Masters Committee Executive Board. Board members in attendance were Becky Sisley, Suzy Hess, George Mathews, Ray Feick, Bob Fine, Mark Cleary, Ken Weinbel, and Sandy Pashkin. The meeting was facilitated under the fantastic professionalism of Todd Taylor. Also in attendance were NMN Editor Jerry Wojcik, and Dick Hotchkiss, Masters Weight Event Coordinator.

This group worked for over seven hours behind closed doors, to formulate the initial strategic plan for USATF Masters Track & Field. I want to thank them for all their hard work.

I will attempt to present a synopsis of this activity. The complete document will appear on the Masters page of the USATF Web site. Please feel free to provide any input you may have to this "process."

Strategic Planning Process

Stage One: Creating a mission statement. Our proposed new mission statement is as follows: To provide and promote safe, quality, lifetime competitive opportunities for masters

athletes at all levels and recognize their accomplishments and practice diversity in all levels of our activities.

Our organizational structure was identified as Governance, Competitions, Recognition and Promotion. Components of each were defined.

An Environmental Scan and SWOT Analysis was developed. The following internal Strengths and Weaknesses within our operating environment were the result of this activity.

Strengths: Lifetime sport-health and wellness recognition; quality of volunteers; service provided by USATF; organizational structure in place for Masters Track & Field; recognition programs for athletes; National Masters News; high quality of national events; support for international competition (WMA).

Weaknesses: Financial dependence on USATF; access to facilities for practice and meets; general public awareness; strong and active marketing; membership growth; utilizing membership resources-skills and finances; cooperation with other organizations (National Senior Games, etc.); grass roots programs (clubs, etc.); alliance with youth programs; variation among associations and regions.

Critical Issues

As the starting point for development of priorities and action plans to move USATF masters forward, several critical issues were isolated that must be addressed to ensure continued survival, market positioning and prominence.

Finances: Be in a position to be financially independent from the internal funding structure of USATF by increasing the amount and number of sources for outside funding of programs and activities. Masters Track & Field must be able to leverage the advantages of its association with USATF, but not be forced to abandon programs and activities desired by masters members due to changing or shifting priorities of USATF.

Marketing: A strong and active marketing program must be developed that creates general public awareness of Masters Track & Field, while also promoting and publicizing our competitions and activities. The program must build a value statement which will cause commercial investment in our mission.

Grass Roots Programs: Encourage local associations and regions to actively promote and recognize oppor-

tunities for Masters Track & Field.

Clubs: Encourage member participation in clubs and promote inter-club championships at the association and regional levels.

Associations: Encourage and provide support resources to associations to ensure that association championships are held.

Goals, Objectives and Strategies

In the limited time frame available, only two critical issues were addressed: finances and marketing. In order to complete the plan, there must be an assigned accountability, or a manager for each strategy with an associated time frame for completion and key tasks or milestones to be achieved.

Finances

Goals: (1) Become financially independent from USATF within one to three years, and (2) increase the number and amount of external funding resources.

Objectives and Strategies: (1) Obtain an additional \$25,000 within one year (FY 2006) to meet the projected budget gap; (2) secure a title sponsor for both indoor and outdoor national championships; (3) generate an additional \$70,000/yr. revenue through a \$10 increase in USATF masters membership fees; (4) solicit the membership for additional funding, especially through the use of endowments and insurance gifting; (5) in

addition to title sponsors for national events, secure corporate sponsors for general funding and specific activities, e.g., BENGAY, masters invitational program, rankings, etc.; (6) solicit the membership for specific contacts within corporations for funding; and (7) leverage USATF national office expertise for financial opportunities.

Marketing

Goals: (1) Increase general public awareness about USATF masters, and (2) increase media publicity about USATF masters at the national, regional and local levels.

Objectives and Strategies: (1) Develop and distribute a masters-specific media kit for local and regional promotion and publicity; (2) position and write articles for national publications in general and masters athlete demographics; (3) cooperative mailing programs with other associations and organizations; e.g., AARP, YMCA, 24-Hour Fitness, etc.; (4) develop a speaker's kit for use by members at service clubs, e.g., Rotary, Kiwanis, etc.; (5) increase exposure at local running stores; (6) appoint an experienced marketing professional member/volunteer to lead this initiative.

This is all we could accomplish in the limited period of time. The Executive Board will be working on what we have so far and will finish the plan at our next meeting in Honolulu on Aug. 3. □

SAN CLEMENTE MASTERS' MEET

Saturday, May 28, 2005, San Clemente High School
San Clemente, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Pico), 30 minutes south of Orange County Airport.
FACILITIES: New all-weather track, runways, high jump apron. SPIKES: 3/16" Needle. AWARDS: Medals to first three.

ACCOMMODATIONS: Many hotels/motels and restaurants within 5 minutes of campus.

ENTRY FEES: \$20 for first event (includes "T" shirt), \$5 for second event and per each additional event.

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to ensure entry.

\$10 Late Fee is additional to other fees. No late fee if entry post marked by May 20, 2005.

NO REFUNDS: All proceeds go to San Clemente H. S. Track and Field Teams and used for new track equipment.

USATF Sanctioned Meet. You must have a valid 2005 USATF Card. Fully Automatic Timing System.

Time	Event	"X" Events	Time	Event	"X" Events	Time	Event	"X" Events
10:00 am	Shot Put	<input type="checkbox"/>	10:00 am	5K Race Walk	<input type="checkbox"/>	3:30 pm	200m	<input type="checkbox"/>
	Pole Vault	<input type="checkbox"/>				4:15 pm	300/400m Hurdles	<input type="checkbox"/>
	High Jump (3' Start)	<input type="checkbox"/>	11:30 am	5K Run	<input type="checkbox"/>	4:30 pm	Family Relay	<input type="checkbox"/>
12:00	Discus	<input type="checkbox"/>	12:30 pm	80/100/110m, Hurdles	<input type="checkbox"/>			
	Long Jump	<input type="checkbox"/>	1:15 pm	100m	<input type="checkbox"/>			
	High Jump (5' Start)	<input type="checkbox"/>	2:00 pm	1500m	<input type="checkbox"/>			
2:00 pm	Triple Jump	<input type="checkbox"/>	2:30 pm	400m	<input type="checkbox"/>			
	Javelin	<input type="checkbox"/>	3:00 pm	800m	<input type="checkbox"/>			

Order of Events: Women then Men, Oldest to Youngest, except 5K, which is combined.

Registration fee: \$20, (includes 1st event and "T" shirt). # of additional events _____ x \$5 = _____
Total Amount Enclosed \$ _____ (CHECK PAYABLE TO: San Clemente High School Track Team)
MAIL ENTRY AND CHECK TO: San Clemente High School Track Team, 700 Avenida Pico, San Clemente, CA 92673 Attention: Coach Dan Johnson (Note: NO REFUNDS)

Complete, sign, date and mail with "Events" checked

NAME _____ SEX: M ___ F ___ AGE _____ DOB _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

PHONE (____) _____ FAX (____) _____ E-MAIL _____

2005 USATF # _____

T-SHIRT SIZE: (Circle size of shirt) M L XL XXL AMOUNT ENCLOSED: \$ _____
PAYABLE AND MAIL TO: San Clemente High School Track Team, 700 Avenida Pico, San Clemente, CA 92673.
Attention: Dan Johnson, Track Coach You may contact Dan Johnson at (949) 492-4165 ext: 2940

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against San Clemente High School, Capistrano Unified School District, coaches, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature _____ Date _____



Third Wind

By MIKE TYMN

298 and Counting....

This column began in August 1980, which means that the July issue will make 25 years and 300 columns for me. I thought I'd take a break for the next few months and draw some selected quotes from past columns. Here are some from 1980-84.

What a crazy idea: "I recognized that I had a lot of pent-up energy that wasn't being expended. I tried swimming, but that didn't work. Then a niece suggested that I try jogging. At first, I thought it was a crazy idea." – **Marion Irvine**, the "flying nun."

Masochism is good: "There were prickly burrs, some with long needles, all over the place (at the Portsea training camp, where they trained bare-foot). When you'd step on one of them, you'd really dance. Mental toughness was something that Percy (Cerutti) stressed and that was one of the ways he had of toughening you up." – **Albert Thomas**, former WR holder at two and three miles.

Take a break: "If there is one aspect where age has affected my training and racing, it is in the recovery from hard workouts and tough races. After both, I take it easy for at least two days, longer after a hard 15K race." – **Ray Hatton**, at age 49.

What might have been: "If I had known 30 years ago what I know now about training, I would have been a lot more successful. Nobody knew how to train back in the '50s and a lot of what I did was trial and error with a lot of error built in." – **Hal Higdon**

Down with the marathon: "My dislike for marathons has grown stronger in recent years. Maybe it's because too much emphasis is placed on marathon times and this results in good performances at other distances being overlooked." – **Ken Mueller**

Getting over the urge: "I had the urge to run one, just to see what it was like, but when you're my age your body won't permit the high mileage training necessary for good performance in the marathon." – **Hal Chapson**, at age 79.

Get the lead out: "Some fast, some moderate, no slow." – **Antonio Villanueva**, 29:52 10,000 at age 40 in the New Zealand world games on his training.

Don't take any chances: "With more and harder practice, I could probably run faster, but would run a good risk of breaking down and not running at all." – **Herb Lorenz**

Thanks, Dad: "I regard life as an exploration, an adventure. Without the proper routes – in my case, high school track, building boats, practicing the violin, painting, combat flying, medical school, medical practice, racing cars – my present running program might be difficult, possibly without pleasure. As my dad said, we learn lit-

tle from what we do right, but much from our mistakes." – **Alex Ratelle**

Settle down: "One thing about training and racing seriously after age 40 is that you don't have the distractions now that you do when you're younger. I've been through 'neon fever' and 'checkers disease' – checking the bars and bright lights – and I know now that is not where it's at for me." – **Dan Conway**

Easy is better: "I was training hard, but kept getting slower. Now I realize that it was because we didn't build a distance base. We did intervals five days a week, which we now know is not the way." – **Cindy Dalrymple**

Not so cool running: "I think the heat here (in Hawaii) costs you 30-45 seconds at 10K and about five minutes in the marathon." – **Jeremy Clark** (May '82)

Make the most of your training time: "The best place to find money is in the gutters around bars." – **Jim Gallup**

Listen to your wife: "I had been away from the booze for about two years, but I was bored and started going back to it. My wife suggested that I take up jogging so that I'd have something to do, but I told her that was for the birds. She kept after me until I finally agreed to give it a try." – **Sal Vasquez**

Don't pound the pavement: "I thought of running on the road as something that one does only when ice, snow, or rain prevents track workouts." – **Norm Green**

Filling the void: "I was happily married, had three lovely girls, and a good job, but something was missing in my life. Running filled the void. I've always loved nature – walking, hiking, that sort of thing, so it was natural." – **Margaret Miller**

Never insult a runner: "I'm annoyed by people who refer to me as a jogger or a marathoner." – **George Cohen**

Where have you gone, Joe DiMaggio?: "Today, there is no room for part-time runners. Runners today must be supported and the entire lifestyle must be changed to meet the demands of training and racing. I don't think I'd want that." – **John Landy**, former WR holder in the mile.

Better to be a poor runner: "There are times when I feel guilty about letting running play such an important part in my life, but then I look around and see all these so-called prosperous people my age getting

divorces, ulcers, heart attacks, pot bellies, and all those other things that go with 'success' and I don't feel so bad. When I used to sell Nikes and Tigers out of my bedroom, I'd have doctors, lawyers, and business executives as customers, and they'd say, 'Faerber, you've really got it made.'" – **Johnny Faerber**

Keep moving: "I had little to do and it was a good way to meet the best people in the world – namely, runners. Movement always appealed to me and 'use it or lose it' is a philosophy I believe in wholeheartedly." – **Pat Dixon**

Avoid the geezers: "I train with young people at the University of Michigan. The secret is with the intelligent youth." – **Bill Stewart**

Think young: "I think most people age mentally and then talk themselves into aging physically. They think they have to act old or what society tells them is old. One ages all right, but barring accidents and disease, I think the human body can function and perform far longer and more efficiently than what is thought of as the present day 'norm' for old. I think I have a little less ambition now, but I find more enjoyment in my running – **Denny Meyer**

Damn watch! "I still have the same dimensions as at age 25 – 5-foot-9, 140 pounds, chest, waist, hip sizes – all the same – and I feel like I could still run a 2:12 marathon or a 47-minute 10 miles, but when I go out and try, although it feels like I'm doing

4:40 miling, the watch shows otherwise." – **Jack Foster**, at 50.

Some people had to work for a living: "But it wasn't like it is now. You didn't go to Colorado Springs and spend all your time training. You had to work back then. I had a job that kept me on the road quite a bit and I didn't have much time to train. After I failed to make the team for the '28 Olympics, I said this is it. I'm too old for this." – **Horatio "Ray" Fitch**, silver medalist to Eric Liddel in the '24 "Chariots of Fire" Olympics.

Save those legs: "Perhaps it's because I haven't had much athletic experience and haven't messed my muscles around. Maybe my legs are still young." – **Priscilla Welch**, on her success.

Times were tougher: "I'd say approximately two-tenths in the 100 and four- or five-tenths in the 200 over the best cinder tracks. Bad tracks were worse on me because I was a 'light' runner, not a 'power' runner." – **Thane Baker**, silver medalist in the '56 Olympic 100, on the difference in tracks then and now.

Level the playing field: "It used to be that our lifters did well because they were Americans. Now, it seems that because they're Americans they do lousy. I think this steroid thing has given our boys an excuse to fall back on." – **Tommy Kono**, three-time Olympic gold-medalist in weightlifting. □

(Mike Tymn can be contacted at METGAT@aol.com)



Marcus Battle (l), M45 triple and Todd Anderson, M35 100 (5:72), National Masters Indoor Boise, Idaho.

FIVE YEARS May 2005

*849 Athletes Set WRs at Masters Ships in Boston

*John Sinclair, Steve Scott, 43:14:57, for Masters

*Six Masters Men Marathon Trials



George Cohen, third M65 (1:00:00) National Masters Indoor Ch. Idaho.

Update Your C

An updated list of clubs will be published in the June issue. Changes and deletions to the list, published in the May issue, should be sent to National Masters, Box 50098, Eugene, OR 97405, by fax: 541-345-2222 or manews@aol.com. May 10 deadline.



A southern tradition for masters continues on
Memorial Day

May 30, 2005

26th Mercedes-Benz Cotton Row Run Huntsville, Alabama

Herb Lorenz, Dan Conway, Shirley Matson, Barry Brown, Nancy Grayson, Wilson Waigwa, Tatyana Pozdnyakova, John Tuttle, Andrew Masai, Brian Pope, and Ramilia Burangulova have won here.
You could be next!

Register online at www.active.com
Download entry form at www.huntsvilletrackclub.org

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Mercedes-Benz
OF HUNTSVILLE



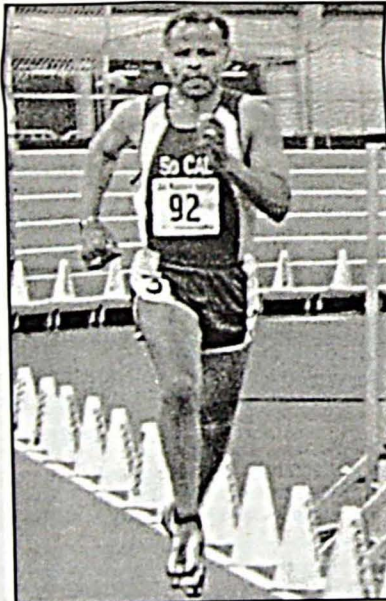
JERRY WOJCIK
 Marcus Battle (l), M45 triple jump winner (12.06) and Todd Anderson, M35 long jump champion (5.72), National Masters Indoor Championships, Boise, Idaho.

**FIVE YEARS AGO
 May 2000**

*849 Athletes Set 35 Indoor WRs at Masters Championships in Boston

*John Sinclair, 42, Edges Steve Scott, 43, 14:54 to 14:57, for Masters 5K Title

*Six Masters Men Qualify for Marathon Trials



JERRY WOJCIK
 George Cohen, third M65 (68.00) in the 400m, National Masters Indoor Championships, Boise, Idaho.

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, published in November, should be sent to "Clubs," National Masters News, P.O. Box 50098, Eugene, OR 97405; by fax: 541-345-2436; or to manews@aol.com before the May 10 deadline.



24th ANNUAL HAYWARD CLASSIC

Oregon Association - USATF Championships
 Eugene, OR - June 18 & 19, 2005



SATURDAY, June 18			SUNDAY, June 19		
TRACK	TIME	FIELD	TRACK	TIME	FIELD
10K	8:30	Javelin All W	5K All Women	8:30	Discus All W & M 70+
5K Racewalk	9:00	Long Jump M 30-59 / Hammer M 30-59	5K All Men (2 seeded heats)	9:00	Weight then Super Wt M 30-59
	10:15	Long Jump W All & M60+		9:40	
	10:30	Javelin M 60+ / Hammer All W		10:00	Pole Vault All / Triple Jump M 30-59
	10:30	High Jump M 30-64 & W30-49		10:15	Weight then Super Wt All W
Age Graded Mile	11:00		300 Meter Hurdles	10:45	Discus M 60-69
2K Steeplechase	11:20		400 Meter Hurdles	11:00	
3K Steeplechase	11:40		800 Meters	11:15	Triple Jump All W & M 60+
80 Meter Hurdles	12:05	Shot Put All W & M 30-59	1 Mile Race-walk	11:45	
100 Meter Hurdles	12:15	Hammer M 60+	200 Meters	12:05	Weight then Super Wt M 60+
110 Meter Hurdles	12:25			12:30	Discus M 30-59
100 Meters	1:00		4 X 1500 Relay	12:45	
	1:15	Javelin M30-59	1500 Meters	1:00	
	1:30	High Jump M60+ & W50+	Relays	1:20	(4X100m ; 4X400m ; 4X800m)
400 Meters	2:10	Shot Put M60+			Weight and Super Weight are separate events
3K	3:00				ENTRANTS IN RUNNING EVENTS MUST CHECK IN AT LEAST 30 MIN. BEFORE EVENT. IMPLEMENTS MUST MEET WMA STANDARDS. MUST BE CHECKED IN 60 MIN. BEFORE THE EVENT.

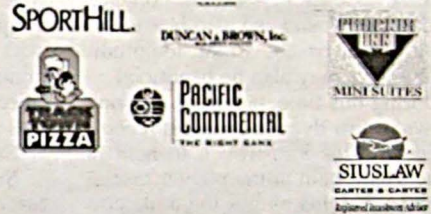
IN GENERAL WOMEN BEFORE MEN, OLDER BEFORE YOUNGER

GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women age 30 and over. Athletes must compete at the time their age group is scheduled.
ENTRY FEES: \$15 first event (no-t-shirt); \$7 second event; \$4 each additional event.
ENTRY DEADLINE: Postmarked by Friday, June 10, 2005.
LATE ENTRY: \$10 LATE FEE AFTER JUNE 10. NO ENTRIES AFTER 5 PM WEDNESDAY, JUNE 15.
RELAYS: Held in 10 year age groups; must wear distinguishable tops. Relay entry fees will be collected day of the race only, no later than 11:00AM Sunday June 19, 2005.
AWARDS: Medals awarded for 1st, 2nd, 3rd. Oregon Association Championship patches for those registered with USATF-Oregon.
FACILITY: All-weather track and runways (max. 1/4" spikes allowed).
IMPLEMENTS: OTCM will have some throwing implements available.
MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Special rate if reserved by June 1 (mention Hayward Classic). Pool and Jacuzzi
PACKET PICKUP: Phoenix Inn, 6-8 pm, Friday, June 17 or Hayward Field after 7:30 am, Saturday, June 18.
RECEPTION: Sponsored by OTCM, Saturday, June 18, 4:30 to 6PM at the Phoenix Inn.
 Light refreshments provided at this free social event.

www.haywardclassic.org eMAIL: johnnyfaerber@hotmail.com

Support our Sponsors:



Oregon Assoc. Member ? Yes No

Club Affiliation _____

Yes, I will need ADA accommodation. Documentation must be submitted by May 4, 2005

First Name _____ Birth Date: ____/____/____
 Last Name _____ Age (as of 6/18/05) _____
 Address _____ Male _____ Female _____
 _____ USATF # _____
 Phone(____) _____ EMAIL _____

EVENT ENTRY Best 04/05 Time (running events only) 1) _____ 2) _____ 3) _____ 4) _____ 5) _____ 6) _____	 \$10 Late Fee after June 10th. Late entries accepted until 5PM Wednesday, June 15th.	ENTRY FEES: 1 Event \$15 - 2 Events \$22 - 3 Events \$26 - 4 Events \$30 - 5 Events \$34 - etc.
		ENTRY TOTAL \$ _____ Late Entry Fee \$ _____ T-Shirt Total \$ _____ Voluntary Contribution to the Officials fund \$ _____ TOTAL ENCLOSED \$ _____

T-SHIRT - \$10.00
 small med large
 x-large XXL (\$2 EXTRA)

MAKE CHECKS PAYABLE TO OTCM

Relay entries and fees will be collected on the day of the race only This is a USATF sanctioned meet. Entrant agrees to abide by all USATF rules

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

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

Signed _____ Date _____

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



PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
By JOHN W. PAGLIANO, D.P.M.

Plantar Fasciitis – Part III

Now that the nature and causes of plantar fasciitis have been discussed (Feb. and Mar. NMN), it's time to address the treatment protocol. Generally, the inflammatory process needs to be reduced. The most obvious and effective first step is rest. Often, this is not an attractive option for the athlete and, based on years of observation, it's not clear that short-term rest will accomplish any great amount of anti-inflammatory response.

If plantar fasciitis has developed within a six-week period, a course of physical therapy is suggested to include hydrotherapy, ultrasound, and hydrocortisone cream three times weekly for six weeks. Home care should include hot water soaks to reduce pain, stimulate blood flow, and increase extensibility of the collagen tissue. Ultrasound can also lyse collagen and scar tissue. Light, longitudinal massage may also be beneficial.

During this time, taping of the foot, known as low dye strapping, is recommended. This has proven to help in reduction of pain at the plantar fascial insertion. It also allows the athlete to perform some "light" workouts. The tape is removed at night.

The use of a night splint is recommended at this point, which will help eliminate morning "rest pain." This can be purchased over the counter. Stretching of the Achilles or gastrosoleus has also proven effective in reducing plantar fascial pain. This is usually performed in the evening hours. Over-the-counter heel pads can be helpful, such as gel or visco-elastic types. While oral anti-inflammatories can be used, their usefulness is questionable.

Cortisone Injection

Probably the least palatable, but most effective, treatment is an injection of short-acting local cortisone. Experience has shown that the use of plain Lidocaine, Celestone, or

Kenalog is very effective. This can be injected through the medial approach at the level of the fascia defect. Ethyl chloride can be sprayed on the skin prior to the injection.

If possible, ultrasound can be applied to the heel area prior to injection therapy. This will aid in penetration of the solution. Again, low dye strapping can be used in conjunction with the injection. There are obvious contraindications to the use of steroid injection, but there is very little risk if it is injected properly.

Surgery

Surgical correction can be used as a last ditch effort when all other modalities have failed. This can be performed through a small medial incision and has met with great success in cases of chronic, unresponsive plantar fasciitis. This can be done under local anesthesia.

As discussed in previous columns, the over-pronated foot and calcaneal valgus can certainly place excessive stress on the plantar fascial insertion. Prolonged duration of pronation is thought to be the most common biomechanical deformity resulting in structural trauma and resultant plantar fascial defect. Other defects, such as tight Achilles tendon, training shoes, and training errors, also are responsible for plantar fasciitis.

Biomechanical Correction

In essence, even if plantar fasciitis is treated with physical therapy, injec-



JERRY WOJCIK

At 200m in the M70 400, National Masters Indoor Championships, Boise, Idaho, James Leggitt #300, Don Kane #265, and James Ware #548. Kane won (70.15), with Ware second, and Leggitt third.

MONTANA SENIOR OLYMPICS

Missoula, Montana • June 9-11

Entry deadline: May 26

Age 50 Plus

No residency requirement

Call 406-586-5543

E-mail: kayjn@imt.net\

tion therapy, or surgery, it is likely to fail in the long term, if the underlying biomechanical defect is not corrected. It is essential that a complete lower extremity and foot biomechanical examination be performed to determine the nature of the foot deformity. Once this is determined, a neutral position cast of the foot can be taken, and the defect balanced in functional running orthoses.

The orthoses also reduce road shock and are effective in treating plantar fasciitis by reducing total rear foot movement and maximum velocity of pronation. Protection is also afforded to the plantar soft tissue structure, which is often damaged by repetitive stress. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



SUZU HESS

Medalists in the M40 800 (l to r): Chris Potter, second (2:00.74), Tony Young, first (1:56.15), and Gladstone Jones, third (2:01.63), National Masters Indoor Championships, Boise, Idaho.

Don't miss the Memorial Day, May 30th celebration!



The Fred d'Elia Ridgewood Run
Ridgewood, NJ
USATF-NJ Masters Women 5K Championship

EVENT SCHEDULE

HHK Wheelchair 10K	8:40am
Park Ave BMW 10K*	8:45am
Park Ave BMW 5K*	10:15am
Valley Hospital Masters Mile*	11:15am
Valley Hospital Elite Mile*	11:40am
Ridgewood YMCA Fun Run	12:00pm

Race Extras: *\$7300 in total prize money!!

- Flat & Fast course • "Chip" Timing • Refreshments • Field Expo • Baggage check
- Massage Tent • Tribute to our Armed Forces • Goody Bags • Photographer • Raffle Tent
- Discount hotel rate • Free Moonwalks & Balloons • Free cake and Ben & Jerry's ice cream • 5-year age group awards • Park Ave BMW mountain bike raffle
- Finisher's medal for the Fun Run • DJ to keep you moving!

INFORMATION: www.NJMasters.com or (201) 447-9750

ORGANIZED BY THE NORTH JERSEY MASTERS TRACK & FIELD CLUB

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Send \$34.95 (Can. \$51.00) + \$2(s/h) to:

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Speaker's Corner

By **BERNY WAGNER**

Payton Jordan – A Champion for Life

I didn't have the privilege of competing for Payton Jordan at Stanford for which I ran, and from which I later graduated in 1949. I first met him in the summer of 1950 at the California Coaches Association Sports Clinic in San Luis Obispo.

I was beginning my high school coaching career that year, and Jordan was presenting his ideas, knowledge and philosophy to "wannabe" track coaches.

John Wooden was the basketball clinician at that clinic. Jordan was at the early part of his fabulous 10-year stint at Occidental College, and Wooden was well on his way to becoming a pretty good basketball coach at UCLA. During that year, and in those clinics in the next few years, my skills and attitudes were being shaped by Coach Jordan, though I didn't realize it at the time.

Three high schools later, in 1956, I landed at San Mateo High School, and Jordan started coaching at Stanford, just 13 miles south of San Mateo.

Blossoming Friendship

Our renewed friendship bloomed through various activities. He let me put on all-comer meets on his track (Angell Field), and we ran cross-country races on the Stanford golf course. Along with Bert Nelson, originator of Track and Field News, and fathers of local high school runners, we held "old man" decathlons, touch football games (Jordan was a fierce competitor in those), and had many, many track and field bull sessions.

In 1961 or '62 I became the starter for Stanford's home meets. One of the greatest experiences of my life was his selecting me to be one of the two starters, along with the late and great Tom Moore, for one of the greatest track meets ever held, the 1962 USA-USSR meet which drew 155,000 spectators over a two-day period to Stanford Stadium.

I was local, so I was able to spend

the week before the meet starting the sprinters and hurdlers of both teams in practice.

Great Example

The meet is described in detail in *Champions for Life*. Jordanesque detail went into planning and producing that competition without a glitch. It was an education for me, which, when I moved on to Oregon State, I was able to use in our meets (and later, as technical director of the Seattle Goodwill Games).

Of course, while I was at O.S.U. (1966-75), our teams competed with each other a number of times in Pac-8 dual and championship meets. Since that time, we have seen each other at various competitions and have been phone-pals. I owe a lot to Jordan.

Champions for Life is a description of Jordan, his beliefs, philosophies, attitudes, and relationships with friends, his athletes, and other coaches (including all of his assistants). I believe it a "must read" for his multitude of friends and all aspiring and, perhaps, current coaches. □

(To order *Champions for Life*, see *Publications Order form*, p. 13).

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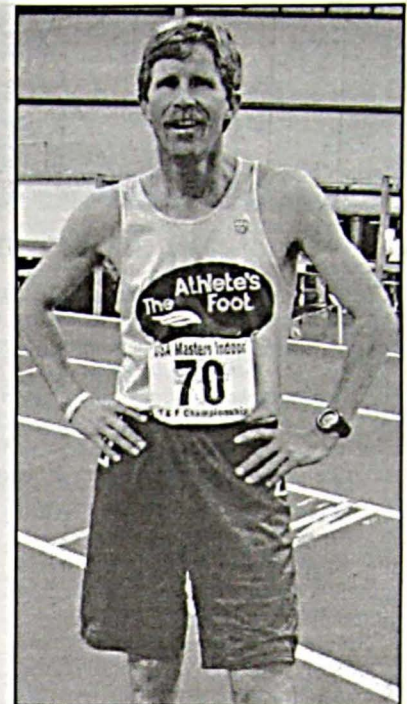
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TEN YEARS AGO May 1995

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



JERRY WOJCIK
Kathy Wetenhall, W50, National Masters Indoor Championships, Boise, Idaho.



JERRY WOJCIK
Michael Carlson, M45 mile winner (4:40.96), National Masters Indoor Championships, Boise, Idaho.


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.

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Masters Racewalking

By ELAINE WARD

When Friends Compete

The National Masters Indoor Championships took place this year in Nampa, Idaho, March 11-13. On Sunday, the 13th, 18 women and 22 men competed (2DQ) in the 3000m on a 200m, six-lane track with a Mondo synthetic surface. The following includes a race report by Chris Rael (M45) and the comments of many competitors. If you didn't receive a questionnaire from me about the indoor race and would like to be included in championship surveys, please e-mail me at narwf@sbcglobal.net. The continuation of my article on Roger Bannister will appear in a future issue of NMN. — ew

Chris Rael, M45, first overall (14:40.23): All three races were exciting, were closely fought, had drama and melodrama, and made the ending of the meet thoroughly entertaining.

Sprinters, throwers, jumpers and relay folks sat up and took notice, because they were witnessing true racing at its best. Everyone loves to see a close race and they were not disappointed.

The women's race came down to the wire in a closely contested battle of wills. The leaders, Kelly Glenn (M40) and Lynn Tracy (W50), did not give an inch, and each raced their hearts out. It was not clear who was going to win until the last few millimeters with Glenn eking out the win by less than a one-second margin in a time of 16:02.

Tracy strained and leaned toward the tape, but missed by the smallest of margins to cross in 16:03. What an incredible finish! To witness these athletes giving their all was truly amazing and memorable. The crowd was on its feet yelling and screaming.

Cathy Henley (W45) walked a very strong, steady pace to finish third in a time of 16:52. Mary Snyder (W50) was next in 17:14. The wise and venerable Dr. Ann Gerhardt (W50), looking in fine racing form and doing double duty as a racewalk judge for the men's races, came through next in a time of 17:14.

In the first men's race, James Carmines (M60) took it out from the start and kept pushing the pace. He took a commanding lead and never relinquished it. Midway through the race everyone in the facility could hear Carmines huffing and puffing, ready to blow the house down as he pushed his body ever faster to racewalking glory.

He finished comfortably in front in a time of 16:05. Ted Moore (M65) and Paul Johnson (M65) waged an impressive duel for second place with Moore coming out on top in 16:05 and Johnson finishing in 16:10. Multi-record holder Jack Bray (M70) held a steady, strong pace to finish fourth overall and first in his division in a time of 17:12.

In the second men's race, Norm Frable (M55), Tommy Aunan (M45), and Michael Blanchard (M40) took the pace out hard from the starting

gun. Frable and Aunan led, and gradually everyone started to settle down after the initial fast start. It was very close racing on the indoor oval with some clipping and elbowing, as it was shoulder-to-shoulder racing the whole way.

Moving up, Blanchard (M45) and I exchanged the lead a few times and increased the pace to 55-second laps. The announcer added to the tension, and the crowd really got into the battle.

With 600 meters to go, Blanchard retook the lead and opened up a 10-meter distance. Responding, I passed Blanchard again and with two laps left, I started my final push to finish in 14:40. Blanchard finished a close 14:48 and Aunan third in 15:23. Frable grabbed the fourth spot in 15:52.

The crowd was great for all three races and the announcer did an amazing job pointing out each and every competitor. The judging was fair and balanced.

Kelly Glenn, W40, first woman overall, 16:02.85: I was the only one entered in my age group. This was a little disappointing, but at the same time it took pressure off. But since all ages were combined in the women's race, spectators (and local officials who have never seen racewalking) were able to see some good competition.

It was the first indoor meet for all of us in Idaho. Even though the track has been here for some time, none of us local walkers had ever been on it. In fact, when my mom (Karen Murphey) and I were doing some warm-up laps on Thursday before the event, I wondered how 15 laps would feel afterwards.

Since I had never been on a 2000-meter track before, I forgot all about calculating split times until the day before the race.

The biggest surprise was how wide I had to go to pass on the curve. I felt like my feet were near the outside edge of lane two, but even then, with the steep bank, I nearly clipped the person I was passing with my shoulder.

I didn't do any special training as life has changed for me. My goals right now are to compete respectably

and enjoy seeing old friends and new. Winning was icing on the cake. Besides, I set all sorts of firsts: first Indoor Nationals, first 3000 meters on an indoor track, first time I could sleep in my own bed the night before a championship, first time having local friends and family see what I do, and first time hosting a "real" racewalk.

I think 'most everyone was pleased with how the racewalk turned out. One person wanted to know if we might consider putting on a 20K racewalk. I will think about it, but I would need lots and lots of help from other clubs that know racewalking. There are only four of us here locally who are racewalk officials, and all but one is a competitor.

Cathy Henley, W45, third woman overall, 16:52.48: The indoor aspect of the race was the most intriguing to me. The moment I walked into the stadium, I was struck with a case of nerves seeing so many incredible athletes competing in various events, a grandstand of spectators, and a track that looked like a hot wheels ramp.

We didn't have the opportunity to warm up on the track, so initiation came during the race itself. In truth, going around the sloped curves was not nearly as bad as I had imagined, though I did find it helpful to pass in the middle of the curve. At the end of the curve, the slope onto the straight-away seemed to require slowing down a bit to avoid a lifting call.

With a 200m track and 18 competitors sharing that small space, the frequent passing on the curves, and the mental fatigue of a higher lap count took more out of me than I thought it would. Looking back, I should have worked more on pacing. I started out shooting for a specific time based on outdoor training and it proved too aggressive for indoor competition, costing me in the latter portion of the race. I was exhausted.

Mary Snyder, W50, fourth woman overall, 17:14.00: This was my first indoor competition and my first 3K. I have spent the better part of the last two years concentrating on marathons, so this proved to be a handicap. I participated because the race was on home ground, which is a rare opportunity for Idaho racewalkers. The crowd support was great!

It was too warm indoors for me and the banked track took a little getting used to, but I always enjoy racing and meeting new people.

Ann Gerhardt, W50, fifth woman overall, 17:24.83: The most interesting part of the race for me was being able to finish while still breathing. The venue normally houses horse shows, so many of us were coughing and sneezing after the race. Lynn Tracy and Mary Snyder were blurs somewhere ahead of me, so my competition was the clock.

That stupid clock kept making it harder and harder to continue even splits. Someone must have stopped it for a few seconds when one of my laps was four seconds slower than the others. I know I didn't stop for a break,



JERRY WOJCIK
James Carmines, M60, lapped the entire field in the M60-79 section to win the 3000 RW with a 16:05.06, National Masters Indoor Championships, Boise, Idaho.

or else I wouldn't have minded the last three laps so much.

I train for the indoor event doing 200m and 600m repeats on a track. Not sure why; I just do. My new training partner beat the @#% out of me the week before the race, so I couldn't bend over to put on my socks. My training didn't get me into the 16-minute range, so maybe I should make a change.

It was nice seeing different racers than those at the Boston indoor meets. Someday, we should have the race in Kansas to see if a third set of competitors show up. The old hands at racing decided to give me advice before the race. Sort of a free, unsolicited clinic. OK, now I know it all. ☐

(Future issues of NMN will carry interviews with MG Baglin, Jolene Steigerwalt, Rita Sinkovec and Bev LaVeck as well as Bob Weeks, Mike Blanchard, Bob Fine and Jack Bray. Anyone have e-mail addresses for the Frables, Jim Carmines, Tommy Aunan, Alfred Dubois and other competitors? — Elaine Ward, narwf@sbcglobal.net)

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Acceleration

There are certain sports enthusiasts in the USA, no one remembers their personal speed is highly correlated to performance shown in 2004 to present there were opinions, I knew which, if any, letes. A new study no

Research Background

The purpose of the study was to examine the relationship among six physical characteristics and three functional measures (U.S.) football players gathered on 46 NCAA college football players. The response variables were (40 yards), 18.3m shuttle run.

The six regression variables were height, weight, percent body fat, hamstring length, and hang clean. A stepwise regression analysis was used to screen for variables that were significantly related to performance. Results revealed that the 36.6m shuttle run.

During recent years, a system of selecting athletes and professional sports has evolved into several tests involving speed, strength given to athletes. These tests are "bines" in the USA.

Having a good data can produce on-the-spot from large universities

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Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

Acceleration Techniques and Speed Development Part I

There are certain numbers that will be remembered for a lifetime. Most sports enthusiasts will never forget their best 100m sprint time, and in the USA, no one forgets their personal best 40-yard sprint. Why do athletes remember their personal best speed time all their lives? It is probably because speed is highly correlated with performance in most sports, and speed has been shown in 2004 to predict athletic performance in U.S. college football. For years, there were opinions about which tests were most valuable because no one really knew which, if any, of the tests would actually predict success for college athletes. A new study now provides the answers.

Research Background

The purpose of this investigation was to examine the relationship among six physical characteristics and three functional measures in college (U.S.) football players. Data were gathered on 46 NCAA Division One college football players. The three response variables were 36.6m sprint (40 yards), 18.3m shuttle run, and vertical jump.

The six regression variables were height, weight, percentage of body fat, hamstring length, bench press and hang clean. A stepwise multiple regression analysis was performed to screen for variables that predict physical performance. Regression analysis revealed clear prediction models for the 36.6m (40 yards) sprint and 18.3m shuttle run.

During recent years in the U.S., a system of selecting athletes for college and professional sports teams has evolved into several major physical tests involving speed, agility and strength given to athletes on the same day. These tests are called the "combines" in the USA.

Having a good day at the combines can produce on-the-spot scholarships from large universities and it can mean

literally millions of dollars in signon bonuses and salaries for athletes entering the professional ranks.

With the results of this new study, future "combines" may focus on two acceleration tests. In the USA, the 40-yard sprint is king for many sports, except baseball, which uses the 60-yard distance required to run bases.

Acceleration Techniques

There are several acceleration techniques that can be taught in a few training sessions that will increase the speed of many athletes. Techniques like ankle dorsiflexion, pocket-chin arm swings, acceleration position, and the grand prize of speed training – the Valsalva acceleration technique.

Dorsiflexion

Most untrained athletes run with their toes pointed downward. They may have fast leg turnover, but just like throwing a ball without using the wrist, the power is missing unless the foot is dorsiflexed (pointing up) and ready to fire off the ground.

Dorsiflexion of the ankle simply means to raise the toes and, in essence, cock the foot before striking the ground. This action engages the ankle and the foot for additional power generation and this can mean additional

stride length for the athlete.

The claw drill and many of the skipping drills teach athletes to dorsiflex their feet.

Pocket-Chin Arm Swings

Without exception, teaching proper arm mechanics for maximizing running speed is the most difficult. Many athletes do not see themselves unless they are taped and they frequently gauge what they are doing with their arms based on their perception of how their arms feel during sprinting. In most cases, arm swings are incorrect and need repositioning.

"Pocket-chin" is a good way of teaching arm mechanics and the butt bumpers drill is the best I have seen for teaching correct arm swing mechanics.

Have your athletes sit on the ground with both legs straight in front (side-by-side) with arms locked at 90 degrees. In slow motion, have athletes swing one arm backward until the hand reaches the pocket, and one arm forward until the hand reaches chin level (approximately 12 inches away from the chin). This is the "pocket-chin level" position.

Performing this drill in slow motion initially is a good idea until the coach sees that the athletes are getting the feeling of the arm positions. Move to

half speed, then to full speed for three sets of 5-10 seconds. If performed correctly, it is easy to see why this drill is called butt bumpers.

In 1970 I was taught to run with arm swings pointed in a straight line forward. Now we know that this instruction slightly restricts the hips during running and therefore makes the athlete run slower. The arm swings should be pointed slightly toward the centre of the body in order to maximize the hips, which can increase stride length.

Too much side-to-side will over-rotate the hips and cause problems. If an athlete points the arms past center of the body, this can make the feet push off the surface in a duckfooted style rather than push the athlete straight toward the target. When you see a problem with the feet, look to the arms first for correction, as there may be an easy fix here.

Challenge them to perform pocket-chin drills with "locked 90 degree arms" at home looking in the mirror, sideways and front-ways. □

(Next month: Acceleration position, technique and strategy. Phil Campbell, MS, MA, FACHE, is a personal trainer and author of Ready, Set, Go! Synergy Fitness; www.readysetgofitness.com)

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On The Run

By HAL HIGDON

Following Fred Funk

Consider the achievement of golfer Fred Funk, age 48. By sinking a five-foot putt on the final hole of the Tournament Players Championships in Ponte Vedra Beach, Fla., at the end of March, Funk earned a victory worth \$1.44 million. Funk winters in Ponte Vedra Beach, as do I. We each live only a few miles from the TPC course. He plays the course; I appear once a year to watch golfers like Funk, Vijay Singh and Tiger Woods play.

Truth be known, I led a misspent youth. I worked night shifts in college, thus had time during daylight hours to play golf. One day on a flat and fast course, improving every lie, giving myself every putt, I shot an 89. Calculating the time it might take to improve my game to the next level, 79, I decided it was time to quit while ahead. Running offered a more likely road to fame, if not fortune.

On the final day of the TPC, My wife Rose and I decided to walk the course backwards, hoping to spot Tiger or Vijay. Instead, at the 13th hole, we encountered Fred Funk, trailed by a hundred or so fans, most of them probably neighbors, like us. But on a gusty day, when power hitters saw their balls flying anywhere and everywhere, Funk kept hitting the

middle of the fairway.

We watched him tap in a gimme putt that moved him two strokes into the lead. "Let's follow him in," I told Rose. And so we became Fred Funk fans.

But on the next two holes, Funk missed embarrassingly short putts, ones - excuse my arrogance - I might have made. Funk retained his lead only because his rivals still were being blown away in the wind. Tiger Woods would finish tied for 59th, his worst finish since 1999. Bob Tway plopped four balls into the water surrounding the 17th hole's infamous island green, setting a record low of 12 for that hole in tournament play. Six-hour marathoners could identify with Tway.

One appeal of golf is that duffers sometimes hit better shots than Tiger

and Vijay. Despite high handicaps, they might hit a single, great shot that makes their day. But they couldn't string together 279 shots over 72 holes, as did Funk, earning in a single weekend more than only the best runners earn in a career. Funk himself has played that well on only a few occasions, his best previous victory in a 1992 PGA tournament in Houston.

One of my better races came at the same age as Funk: 48. I ran 2:30:26 at the 1978 New York City Marathon, good for 78th place and a single-age American record at the time, but nearly 20 minutes behind winner Bill Rodgers. One appeal of running is that we stand on the same starting line as the elites, but few of us could match stride with them for even a fraction of a mile, much less 26. Gimme putts don't exist in marathons.

In the closing minutes of the TPC, with four other players only one stroke behind and with the grandstands surrounding the 18th hole crammed with fans, not all of them Fred Funk's neighbors, he addressed a five-foot putt that, if he missed, might force him into a playoff the next day. He sank that putt and slammed his cap down onto the green in celebration. Yeah, I could have sunk that putt too - but not for \$1.44 million. □

(Hal Higdon is a Contributing Editor for Runner's World. His Web site, halhigdon.com, features training programs for all distances.)

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Bob Giambalvo, 55, first master (35-59), Nationwide Insurance 10K for ASPIRE, Plainview, N.Y., April 2.

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MIKE POLANSKY

First three W40 (l to r): Lisa Gonzalez (45:23), Barbara Cronin-Stagnari (44:14), and Karen Cotty (41:13), Nationwide Insurance 10K for ASPIRE, Plainview, N.Y., April 2.

FIFTEEN YEARS AGO May 1990

•John Campbell, 41, Sets World Masters Marathon Record of 2:11:04

•565 Compete in Masters Indoor Nationals, Madison, WI

•John Kelley, 83, Completes His 59th Boston Marathon

•Larry Almborg, 42, Tops Masters in Carlsbad 5000

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July 17	Coburg Run in the Country 1/2 Marathon	Coburg
September 11	Oregon TC Masters Eugene Celebration 8km	Eugene
October 29	USATF/Willamette XC 8km	Salem
November 12	USATF Grand Prix Finale	Sandy

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William Maier, M50 winner 2004 Hayward Classic. Meet will be held in Eugene

TWENTY YEARS May 1

•National Indoor 330 to Sterling

•Priscilla Welton 32:14 in Azalea World Masters

•Joe McGuire Miyo Ishigami Top Masters Marathon



Don Leis, M70 pentathlon Indoor Championships



KONRAD WOJCIK

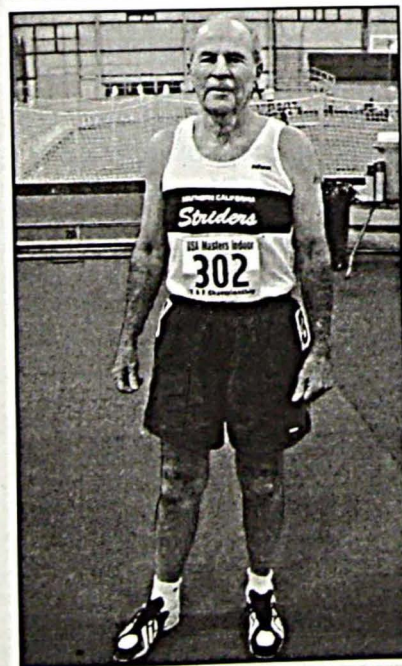
William Maier, M50 winner (57.78) in the 400, 2004 Hayward Classic. The 2005 Hayward Meet will be held in Eugene, Ore., June 18-19.

**TWENTY YEARS AGO
May 1985**

•National Indoor Meet Draws 330 to Sterling, IL

•Priscilla Welch, 40, Runs 32:14 in Azalea Trail 10K for World Masters Record

•Joe McGuire (41, 2:29:34), Miyo Ishigami (50, 3:03:47) Top Masters in Boston Marathon



JERRY WOJCIK

Don Leis, M70 pentathlete, National Masters Indoor Championships, Boise, Idaho.

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Age Records (2003 Edition) Men's and women's world and U.S. single age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.	_____	\$ _____
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The Weight Room

By JERRY WOJCIK

It's Never Too Late

We all know of throwers who, after glittering careers in high school, college and perhaps even in the Olympics, go on to become masters and win national championships and break records. How about a world record holder who did not throw until after college when he was 22? That's Mike Brown, who holds the M45 national record for the 800g javelin (67.55/221-7, set in May 1999), and the M50 world record for the 700g (69.58/228-3, set in April 2004).

Brown was born November 28, 1953, and grew up in Jacksonville, Fla., where he played football and baseball in high school. "I was young for my class and weighed 160 pounds at 6-1. I graduated in 1971, and a year later in college on a partial baseball scholarship, I was 6-3 and weighed 215."

Hopes Dashed

His hopes of playing pro ball were dashed by a shoulder injury in his senior year. But other opportunities cropped up.

"Six months after I graduated, I saw some people at a junior college throwing a javelin. I became curious, and they would let me throw with them a couple days a week. A few months later, the coach said that he would enter me as an unattached athlete in the Florida State University Relays.

"On my first throw, I slipped and slid across the foul line with the javelin still in my hand. Not a good start. My third throw was 223 and I won the meet."

His best throw with the "old" 800g

implement was 251. His best with the "new" 800g was 233. "Injuries and throwing on my own were not the best conditions for improvement," he says.

Training Regimen

Now he trains six days a week. His throwing days include 50-70 throws, standing and steps, medicine ball work, hose drags, and sprints, and usually last about one-and-a-half hours. Hose drags are dragging weights (10-15 lbs) in the throwing hand, keeping the arm back as in an approach.

On lifting days, he does pull-overs, bench, lat pulls, and snatch for an hour. "I never do max lifts any more, but I can still do 15 flat back reps on the bench at 225. In the snatch, I do five reps at 135 lbs."

For competition, he says, "I'm lucky here in Florida. I can go to a meet practically every week." He takes September off to re-group.

On March 18, Brown returned to the site of his first conquest, the FSU Relays, and at age 51, throwing the 800g javelin, he won with a 62.13/203-10. "There were about 20 colleges competing. I was told that I

was the oldest ever to compete, let alone win. I was the oldest competitor by 30 years."

Brown is a social studies teacher and track coach at a high school near Jacksonville. When he isn't competing and training, he surfs, plays golf, and fishes with some old high school buddies.

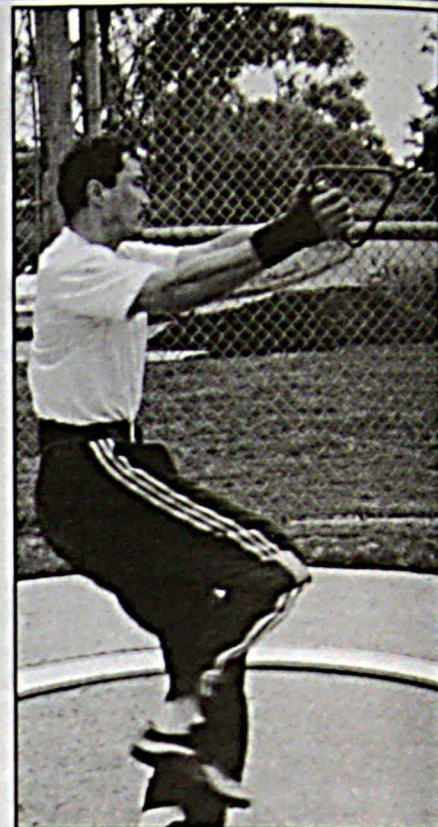
Study the Sport

His advice for athletes, especially those over 40 who are beginners with the javelin, or have let it gather dust, is to get into shape first, read as much as you can about the event, study films on technique, and expect a lot of soreness and minor injuries. "I think the javelin, other than the pole vault, is the most punishing event in track," he says.

A month ago, when asked about the future, Brown said he wasn't as concerned about the M55 record as he was about improving his M50 WR of 69.58.

On April 9, he threw 70.71/231-11 in the USAT-NTC Spring Fling Meet at Clermont, Fla.

For masters, there may be some truth in the trite adage: "Better late than never." □



SUZY HESS

Kyong Song, 42, Team Thor Thunder Series Meet, La Jolla, Calif.

A Happy May Day to all our readers from the staff at NMN

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- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
- Please type and double space.
- Letters are condensed and edited.
- Not all submissions are published.



Mike Brown, M50 javelin world record holder.

Indoor Nationals

Continued from page 1

He added, "We need to be more athlete friendly and still keep the schedule moving. Mature athletes need time to adjust and prepare, not just run them out to the starting line and go!"

Gerry Davidson, W80, lowered the world records in the mile (12:05.93) by over a minute with a 10:54.48, and in the 3000 (23:41.32) by more than a minute and half with a 21:27.04, and set a U.S. 200 record by two and half seconds with a 55.25.

Nadine O'Connor, W60, broke a world record in the 200 (29.51) and upped her world record 2.80 in the pole vault to 3.00/9-10.

John Keston, M80, reduced world records in the mile (7:04.20) and 3000 (14:10.79) to 6:48.02 and 13:30.77.

Audrey Lary, W70, should have won the Versatile Athlete Award for a world record in the long jump (3.60) and U.S. records in the 60m (10.26), triple jump (7.90/25-11), weight throw (10.15/33-3.75), and superweight (6.02/19-9).

Christel Donley, W70, set U.S. records in the 60mH (12.83) and high jump (1.16/3-9.5), after raising the pentathlon mark from 3653 to 4103 on Friday.

Don Neidig, M60, gave the gutsiest performance of the meet. He broke the fifth metatarsal of his right foot while preparing for the start of the 400 when

he turned his foot and landed on its side. He ran anyway and broke the U.S. record with a 55.91.

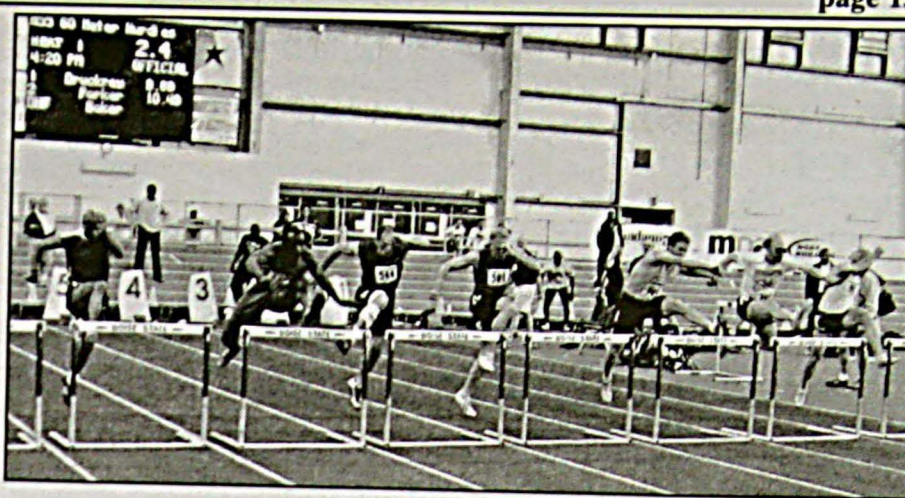
While records fell to recent new age-groupers (Keston, Donley, Larsen, James Stookey), Barbara Jordan, at the top of her age group at 69, broke her U.S. 60H record of 13.01 with a 12.53. Rod Parker, 86, broke U.S. records he set last year in the 60m (9.86/9.81) and 200 (35.74/35.17). Leland McPhie, 91, set four national records, two his own, set in 2004, in the triple jump (5.52/18-1.25), shot (6.91/22-8), weight throw (7.63/25-0.25), and 25# superweight (4.79/15-8.5).

Multiple gold medalists were in abundance. Phil Raschker, W55, scored seven firsts, including a world record in the pole vault (2.76/9-0.5). Liz Johnson, W45, also took home seven golds, ranging from the pentathlon to all four jumps and the shot put.

Lary won six events, Jordan, five. Four other women took four firsts: Davidson; Kay Glynn, W50; Johnnye Valien, W75; and Joy Upshaw-Margerum, W40, who broke the U.S. 60H record (9.08). Guest athlete Olga Kotelko, W85, of Canada, won six events.

James Stookey, M75, and Emil Pawlik, M65, were four-time gold medalists and record setters in the pentathlon. Stookey with 3959, and

Continued on page 16



The M50 60H finals, won by Stacey Price (lane 6) in 8.84, with Brian McKinley (lane 3), second (8.92), and Robert Zahn (lane 4), third (9.20), National Masters Indoor Championships.

JERRY WOJCIK

PENDING AGE-GROUP RECORDS USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOISE, IDAHO, MARCH 11-13

World Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	M80	9.27	Melvin Larsen	9.39	Roderick Parker
200	W60	29.51	Nadine O'Connor	29.93	Christel Franzen
200	M80	31.86	Melvin Larsen	32.49	Göte Lindblat
800	M50	1:59.99	Steve Gallegos	2:02.20	Alistair Dunlop
Mile	W80	10:54.48	Gerry Davidson	12:05.93	Ivy Granstrom
Mile	M80	6:48.02	John Keston	7:04.20	Paul Spangler
Mile	M90	11:23.67	Max Springer	---	---
3000	W80	21:27.04	Gerry Davidson	23:41.32	Ivy Granstrom
3000	M80	13:30.77	John Keston	14:10.79	Gordon Porteous
3000	M90	23:12.34	Frank Levine	23:21.12	Max Springer
60mH	M80	11.10	Melvin Larsen	12.23	Edwin Lukens
HJ	M90	1.06	Leland McPhie	1.05	Leland McPhie
PV	W55	2.76	Hillen von Maltzahn	2.70	Karin Forster
PV	W55	2.76	Phil Raschker	2.70	Karin Forster
PV	W60	3.00	Nadine O'Connor	2.80	Nadine O'Connor
PV	W65	2.05	Becky Sisley	2.00	Mary Bradford
LJ	W70	3.60	Audrey Lary	3.50	Asta Larsson
4x400	W40	4:31.15	USA	4:34.23	USA
4x400	M40	3:30.83	USA	3:31.04	USA
4x400	M60	4:14.76	USA	4:25.55	USA
4x400	M70	4:22.53	USA	---	---
4x800	M50	8:32.95	USA	8:55.30	USA

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	W70	10.26	Audrey Lary	10.36	Mary Bowermaster
60m	M85	9.81	Roderick Parker	9.86	Roderick Parker
200	W55	29.07	Phil Raschker	30.00	Adlin Mair
200	W80	55.25	Gerry Davidson	57.61	Pearl Mehl
200	M35	22.02	Sean Maye	22.04	Mitchell Lovett
200	M85	35.17	Roderick Parker	35.74	Roderick Parker
200	M90	48.24	Max Springer	49.32	Max Springer
400	M60	55.91	Donald Neidig	56.32	Larry Colbert
400	M75	69.10	Harry Brown	70.09	Rodney Brown
800	W50	2:26.69	Kathryn Martin	2:28.07	Kathryn Martin
Mile	M35	4:37.53	Christopher Yorges	---	---
3000	M55	9:30.09	Nolan Shaheed	9:33.04	Victor Heckler
60mH	W40	9.08	Joy Upshaw-Margerum	9.60	Phil Raschker
60mH	W65	12.53	Barbara Jordan	13.01	Barbara Jordan
60mH	W70	12.83	Christel Donley	14.98	Leonore McDaniels
60mH	M65	9.69	Emil Pawlik	9.77	Emil Pawlik
4x400	M30	3:41.73	FIBO	---	---
HJ	W60	1.30 t	Linda Douglass	1.30	Kathy Bergen
HJ	W70	1.16	Christel Donley	1.15	Leonore McDaniels
LJ	M35	5.86	Todd Anderson	---	---
TJ	W70	7.90	Audrey Lary	6.80	Leonore McDaniels
TJ	M85	6.59	Ralph Maxwell	6.31	Clarence Trahan
TJ	M90	5.52	Leland McPhie	5.09	Max Springer
SP	M35	14.48	John Kummerlin	---	---
SP	M90	6.91	Leland McPhie	6.71	Leland McPhie
WT	W70	10.15	Audrey Lary	8.42	Lillian Snaden
WT	M50	20.31	Jim Wetenhall	17.66	Tim Edwards
WT	M65	16.79	Richard Hotchkiss	16.63	Bob Ward
WT	M70	19.64	Bob Ward	19.09	Bob Ward
WT	M90	7.63	Leland McPhie	6.96	Leland McPhie
SW	W70	6.02	Audrey Lary	5.45	Lillian Snaden
SW	M65	7.38	Richard Hotchkiss	7.30	Bob Ward
SW	M75	6.66	Jerry Wojcik	---	---
SW 25#M80		7.40	Richard Mulken	---	---
SW 25#M90		4.79	Leland McPhie	---	---
Pent	W70	4103	Christel Donley	3653	Johnnye Valien
Pent	M65	4401	Emil Pawlik	4329	Emil Pawlik
Pent	M70	3547	Bill Jankovich	3501	Bill Jankovich
Pent	M75	3959	James Stookey	3531	Melvin Larsen

The Birmingham Track Club and USATF present
**The Birmingham Track Club
2005 Track and Field Classic**
Saturday, May 28, 2005
Samford University Track
Samford University, Birmingham, Alabama

Entry Fees: \$15.00 first event, \$6.00 each additional. \$20/relay. Pre-Register by May 21, 2005. Late fee: \$15.00

Age Divisions: Open and Masters (Age 30+), M&F
On-Line Registration: www.active.com
Information: frank@btcclassic.com, www.btcclassic.com
USATF Membership required. Membership forms will be available day of race. You may obtain membership application at www.usatf.org.

Track Events: 50m, 100m, 200m, 400m, 800m, 1500m, 5K, 80H, 100H, 110H, 300H, 400H, 4x400Relay

Schedule of Running Events (approximate):

7:00	5Krun	10:45	1500m	2:15	200m
8:00	5Kracewalk	11:30	100m	3:00	300-400H
9:00	4x100Relay	12:30	400m	3:30	4x400 R
9:30	50m*	1:15	800m		
10:00	80-100-110H	2:00	4x100m		

Women run first, older to younger.

Directions: I-65, Take Exit 255 (Lakeshore Drive), go two miles East on Lakeshore, Samford University is on left.

Awards: Medals to top 3 finishers in each age group.
\$100-1* Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m)
\$100-1* Place: Phil Mulkey Mini-decathlon (Enter as many decathlon events as you want. We will score and age-grade your top five performances.)
Team Competition: Winner based on top 3 age graded performances: 5,3,1 points. Winning Team will receive Bill McClure Award.

Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer
*Hammer Throw at Hoover High School

Schedule of Field Events (approximate):

Implementation Certification: Booth opens at 7:00am Central
Triple Jump: 8:00-11:00am, report to venue when ready to compete.

Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer
8:00	open-m45						
9:00	W,M70+	W,M70+	M50-60	M50-65	Open-M45		All ages M&W
10:30	M50-65	M50-65	Open-M45	W,M70+	Women-M70+		
noon		Open-M45	W,M70+	Open-M45	M50-65	Open-M45	
1:30						W,M70+	

Send Completed form and entry fee to: BTC Classic, Frank Newland, 234 King Arthur Pl, Alabaster AL 35007

Name: _____ **DOB:** / / **Age:** _____ **Sex:** _____ **USATF#** _____

Address: _____ **City:** _____ **St:** _____ **ZIP:** _____

Phone: _____ **E-mail:** _____ **Shirt Size:** S M L XL

Events	Entry Fees:	Cost:
1	First Event: \$15.00	\$
2	2 nd + Events x \$ 6.00	\$
3	Relays x \$20.00	\$
4		\$
5	Late Fee \$15.00	\$
6	T-Shirts x \$10.00	\$
Make Check Payable to: BTC Classic		Total Due: \$

Remit completed application to:
BTC Classic
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Alabaster, AL 35007

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2005 Birmingham Track and Field Classic. I understand that I must be physically fit and sufficiently trained to prevent injury to myself and others. In consideration of the acceptance of my entry, I for myself, my heirs, devisees, executor, administrators and assigns, hereby release and discharge any and all claims against the BTC, Samford University, Hoover High School, and the Knights of Columbus, agents or representatives arising from my participation in the 2005 BTC Track and Field Classic.

Signed: _____ **Date:** _____

Indoor Nationals

Continued from page 15

Pawlik, breaking his U.S. mark of 4329, with a 4401. George Joachim, M30, won the three sprints and the long jump. In the M90 division, McPhie won five events, and Max Springer won four.

Based on age-graded performances, the best athlete of the meet was Nadine O'Connor, 63, who scored a 106.0% for her world record 3.00; a 100.4% 9.04 in the 60m, although she was beaten by Kathy Jager (9.02; 98.7%); and a 98.7% for her 29.51 record in the 200.

Other athletes in the 100% range were Raschker, 58, 60H (10.25, 104.9%); Paul Edens, 64, 60m (7.89, 100.6%); Larsen, 80, 60H (11.10, 101.8%); and Parker, 86, 60m (9.81, 100.7%) and 200 (35.17, 100.0%).

In the 60m preliminaries, Bill Collins, 54, registered a 99.8% 7.44. Steve Gallego's M50 world record 1:59.99 in the 800 was age-graded at 97.2%.

In the throws, Gerald Vaughn, who holds the M65 U.S. indoor record at 14.01/45-11.75 set in 2001 when he was 65, recorded a 13.94/45-9 in the shot, which, for age-69, is worth 102.1%. Bob Ward, 71, increased his M70 national record for the 16# weight of 19.09/ 62-7.75 with a 101.0% 19.64/64-5.25.

The top racewalkers were Lynn Tracy, 52, 16:03.07, 86.0%, and Jack Bray, 72, 17:12.27, 87.0%.

The meet was the first official masters club championships, won by the So Cal Track Club, which outscored second-place Oregon TC Masters, 253.5 to 151.5. The

Potomac Valley TC was a close third (147), Portland Masters, fourth (105), and Dallas Masters T&F Club, fifth (73). Club affiliations were taken from the athletes' USATF registration data. Over 100 clubs were represented, with 94 teams scoring.

The addition of the club championships created a new dimension for competing. Dan West, M50 winner in the pole vault, said, "I won my division, had a chance at the record, and scored eight points for the Oregon TC Masters."

The top scorers for their clubs were Audrey Lary, 70, Potomac Valley TC, and Barbara Jordan, 69, Green Mountain AA, both with 48. Mary Trotto, 57, scored 44 for her Bohemia TC. Liz Johnson, 48, competing unattached, would have scored 59 points for a club. Phil Raschker, 58, also unattached, would have tallied 56.

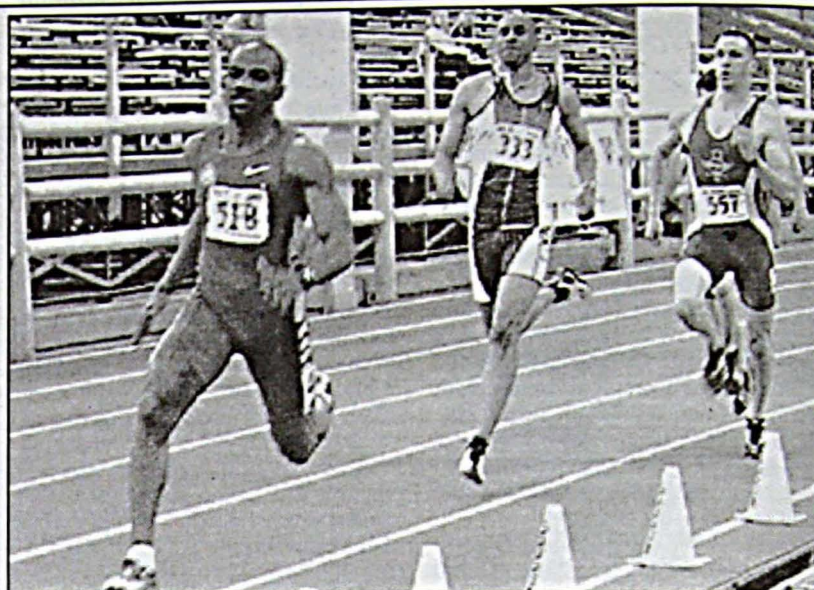
With attendance down, competition in the W30-34 division was almost nonexistent with only two entrants. The M30-34 fared better, with athletes in eight events and both relays.



JERRY WOJCIK
Whose feet with the groovy socks broke a U.S. record in the National Masters Indoor Championships, Boise, Idaho? Answer on p. 19.

The meet was hosted by the USATF Snake River Association, Mark Murdock serving as meet director, and Tim Severa assisting.

Primary sponsors were the Boise



JERRY WOJCIK
Robert Thomas leads after the first 200, but Sean Maye #333, won the M35 400, 49.11 to 49.31. Marek Wensel was third in 50.29, National Masters Indoor Championships, Boise, Idaho.

Visitors and Convention Bureau, St. Luke's-Idaho Elks, and Bandanna Running and Walking.

Peter Taylor, scheduled to be head announcer, withdrew late because of illness. Dusty Black, a local announcer who was to assist Taylor, was pressed into full-time duty, and athletes thought he did a commendable job.

Media coverage was extensive. Before the meet, USATF Communications sent out a release with general meet information and short profiles on masters to watch and Boise-area athletes. During the meet, USATF daily issued e-mail reports on events, record breakers and champions.

The Idaho Press-Tribune featured Nolan Shaheed's M55 U.S. 3000m record (9:30.09) and did a write-up on Nampa resident, pole vaulter Ralph

Hanie, on the sports section front pages with photographs, and gave complete results, a rarity in the print media. The Idaho Statesman also carried articles. Local television affiliate CBS had coverage before the meet; ABC on the first day; NBC on the second day.

Ray Feick, Masters East Regional Coordinator, said of the meet, "I thought the facilities were good. The officials were very courteous, and there were plenty of volunteers to assist with various tasks. Awards could have been better handled."

For the first time ever, the program included National Championships Indoor Records, compiled by Sandy Pashkin, USATF Masters T&F Committee Records Chair.

The Masters Championships return to Boston in late March 2006. □

2005 USATF NATIONAL MASTERS INDOOR CHAMPIONS, BOISE, IDAHO, MARCH 11-13

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
60	Joachim	Drummond	Berry	Krulle	Collins	Whitley	Edens	Dennis	Hewitt	Brown, H	Larsen	Parker	Trahan
200	Joachim	Maye	Berry	James	Collins	Allie	Pierce	Lida	Graves	Brown, H	Larsen	Parker	Springer
400	Joachim	Maye	Brown	James	Glaspoy	Allie	Neidig	Lida	Kane	Brown, H	Wingo	Parker	Springer
800	Lanier	Wensel	Young	Lindsay	Gallegos	Shaheed	Barnum	Howard	Kane	Gray	Englert	---	Springer
Mile	Lanier	Yorges	Young	Carlson	Robinson	Shaheed	McArdle	Howard	McClenathen	Gray	Keston	---	Springer
3000	Lanier	VanCleve	Kimball	Coats	Clingan	Shaheed	McArdle	Weddie	McClenathen	Gray	Keston	---	Levine
60H	---	Drummond	McCloud	Grimes	Price	Druckrey	Gray	Pawlik	Spainhower	Stookey	Larsen	---	---
HJ	---	Mysikov	VanZandt	McBarnette	Snezhko	Gabbard	Kline	Pawlik	Ware	Propst	---	Maxwell	McPhie
PV	---	Wilcox	Casale	Casale	West	Phillips	Johnston	Cannon	Conklin	Donley	Cleveland	---	---
LJ	Joachim	Anderson	Foster	Quick	Wilson	Jacobson	Hollister	Pawlik	Hewitt	Stookey	Larsen	Maxwell	Trahan
TJ	---	Melton	Foster	Battle	Richardson	Rodenbeck	Struna	MacLeod	Hewitt	Stookey	---	Maxwell	McPhie
SP	Lindsay	Kuemmerlin	Girouard	Stewart	Summers	Shumaker	Gage	Vaughn	Ross	Gerhardt	Mulkern	---	McPhie
WT	---	Kuemmerlin	Biggs	Jansson	Wetenhall	Taylor	Gage	Hotchkiss	Ward	Wojcik	Mulkern	---	McPhie
SW	---	Kuemmerlin	Biggs	Jansson	Wetenhall	Taylor	Gage	Hotchkiss	Ward	Wojcik	Mulkern	---	McPhie
PENT	---	Wilcox	Berle	Grimes	Murray	Watson	Colliver	Pawlik	Jankovich	Stookey	---	---	---
3KRW	---	---	Blanchard	Rael	Friedman	Frale	Carmines	Moore	Bray	Hargis	---	---	---
4x400 FIBO	---	---	ADHC	---	ADHC	---	SOCA	---	ADHC	---	---	---	---
4x800 FIBO	---	---	ADHC	---	ADHC(MightyMicros)	---	SOCA	---	ADHC	---	---	---	---
	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80		
60	---	MilliganJacksn	UpshawMargerum	McField	Hanscom	Raschker	Jager	Jordan	Lary	Valien	---	---	---
200	---	MilliganJacksn	UpshawMargerum	McField	Hanscom	Raschker	Jager	Jordan	Lary	Valien	Davidson	---	---
400	Byal	MilliganJacksn	Shook	McField	Bowman	Lowenstein	Condon	Conner	MacLeod	Schley	---	---	---
800	---	Connolly	Sherburne	Hervert	Martin	Groesz	Michelsohn	Daprano	MacLeod	Schley	Davidson	---	---
Mile	---	Olen	Grene	Hervert	Martin	Groesz	Michelsohn	Daprano	Machala	---	Davidson	---	---
3000	---	---	Grene	Marvil	Martin	Groesz	---	Harada	Machala	---	Davidson	---	---
60H	---	---	UpshawMargerum	Johnson	Glynn	Raschker	---	Jordan	Donley	---	---	---	---
HJ	---	---	Ware	Johnson	---	Raschker	Douglass	Sisley	Donley	---	---	---	---
PV	---	---	Rieger	Johnson	Glynn	Raschker	O'Connor	Sisley	---	---	---	---	---
LJ	---	---	UpshawMargerum	Johnson	Glynn	Raschker	Jager	Jordan	Lary	Valien	---	---	---
TJ	---	---	---	Johnson	---	Raschker	Jordan	Jordan	Donley	---	---	---	---
SP	---	Latham	Lewis	Johnson	Stratton	Matthews	Huff	Roman	Lary	Valien	---	---	---
WT	---	Latham	Lewis	Johnson	Stratton	Raham	Huff	Roman	Donley	Valien	---	---	---
SW	---	---	Lewis	Mellenthin	Stratton	Raham	---	Roman	Lary	Valien	---	---	---
PENT	---	---	Ware	Mellenthin	Taylor	Trotto	---	Roman	Lary	Valien	---	---	---
3KRW	---	---	MurpheyGlenn	Johnson	Glynn	Eichel	---	Jordan	Donley	---	---	---	---
4x400	---	---	ADHC	Henley	Tracy	---	Steigerwalt	Jordan	Donley	---	---	---	---
4x800	---	---	SOCA	---	---	---	---	LaVeck	Warberg	Marrs	---	---	---

Rediscover

Often a master to the sport excel. I have ago, I believed I had ken most event rec named national, reg coached a number of iber athletes. Howe where the battery ha

I'm presently t International Spor Kennesaw State Georgia, which carri with the ILO/Univ The ILO is a speciali United Nations, and task force on sport and peace. During Director of the Esale San Francisco and where, among other game of sport conce

Getting the Rust

When a person v with years ago, Swann, told me, th she had discovered ters middle distanc ed me to coach her, if the rust would c long enough to be ambitions.

However, it is v well, and after six m together, she is conti her running unde (recently winning the USA National Indoc with a 2:22.78, and, 47, running a seven-y 5K at 18:48).

I realized that I machinations that through when setting schedule. The link workout, the sense o through planned improvements, the learned from legends as Percy Cerutti of A Igloi of Hungary, and of New Zealand, be vibrant again in my r ing what I had trained - coach runners.

Returning to the : So, slowly, I am cc sport and enjoying e edges of the running this, I mean the youn and the masters ra Lesley ran against a 12-year-old male ove and was very evenly and old meeting ea ways is an exciting n ning that is really del I have written si mental and physical

Training Advice

By MIKE SPINO

Rediscovering the Satisfaction of Coaching

Often a masters runner is a person who ran when younger, and now returns to the sport with a new zest for the activity and a renewed yearning to excel. I have discovered that can happen to coaches as well. A few years ago, I believed I had retired from actively coaching runners. My athletes had broken most event records at Life University and Georgia Tech in Atlanta. I was named national, regional and state coach of the year on many occasions, had coached a number of male sub 4-minute milers, as well as a few international caliber athletes. However, I'd lost my stopwatch to the back of my dresser drawer, where the battery had run down.

I'm presently the Director of International Sport Education at Kennesaw State University in Georgia, which carries out an initiative with the ILO/Universitas program. The ILO is a specialized agency of the United Nations, and a member of the task force on sport for development and peace. During the 1970s I was Director of the Esalen Sports Center in San Francisco and Big Sur, Calif., where, among other projects, the inner game of sport concept has its origin.

Getting the Rust Out

When a person who I had worked with years ago, Lesley Chaplin-Swann, told me, that, at 46 years old, she had discovered her talent for masters middle distance running and wanted me to coach her, I was a bit unsure if the rust would come off my brain long enough to be of any help in her ambitions.

However, it is working out very well, and after six months of working together, she is continuing to improve her running under my coaching (recently winning the W45 800 in the USA National Indoor Championships with a 2:22.78, and, having just turned 47, running a seven-year personal best 5K at 18:48).

I realized that I had missed the machinations that a coach goes through when setting out a runner's schedule. The link of workout to workout, the sense of the progression through planned physiological improvements, the lessons I had learned from legendary coaches such as Percy Cerutti of Australia, Mihlay Igloi of Hungary, and Arthur Lydiard of New Zealand, became alive and vibrant again in my mind. I was missing what I had trained all my life to do - coach runners.

Returning to the Sport

So, slowly, I am coming back to the sport and enjoying especially the far edges of the running community. By this, I mean the young age-group kids and the masters racers. Recently, Lesley ran against a nationally ranked 12-year-old male over a mile distance and was very evenly matched! Young and old meeting each other in new ways is an exciting new aspect of running that is really delightful.

I have written six books on the mental and physical aspects of run-

ning, the most successful being *Beyond Jogging: the innerspaces of running* (1976) that laid out my mind/body approach to running. It has been republished many times and translated into three languages.

What I had forgotten about coaching runners is that, through the activity, you discover anew that running has deep merit for living a meaningful life, and that participation keeps our spirit young and imagination vital. It continues to be fun to watch a person achieve self-mastery through their performances, much like teaching or learning a life skill that allows us to be more fully functioning human beings.

Useful Experience

I believe the theories presented in this article and what I have learned in 30 years of coaching can help masters runners of every genre and level of fitness. During my running days in the 1960s and early '70s in the U.S. (I ran 4:09 for the mile and could have done better - another story), our nation underwent a "revolution" in terms of running performance. Not only did we have the great young runners like Steve Prefontaine, Jim Ryun (I had the privilege of training with him for a national championship), and Gerry Lindgren, but theories of training were widely discussed and hotly debated.

In this epoch, every record that was broken seemed to signal a new discovery of a physiological breakthrough (whether Cerutti's "sand dunes," Oregon Bill Bowerman's hard/easy, or Lydiard's periodized LSD), and was followed by athlete/coach duos attempting to duplicate the results.

Enthusiasm Dampened

The emergence in the '80s and afterwards of the East African distance running explosion dulled this training method of personal and group inquiry, as many aspiring runners gave up to the theories of genetic dominance, altitude induced improvement, and even usage or rumored adherence to performance-enhancing drugs.

An age of innocence and youthful exhilaration seemed to dwindle with the death of our compatriot Steve Prefontaine in an ill-fated car accident at the height of his illustrious career.

Our generation of running enthusiasts that hosted dozens of big indoor meets, filled up the L.A. Coliseum



DERRY SWANN

Mike Spino and Lesley Chaplin-Swann at a recent road race

with 60,000 enthusiastic fans when we went head-to-head for a dual meet with the USSR, and invented the "master" athlete, is now the basis for the masters "movement."

Masters runners of today are the children of the "running revolution," and even if many don't remember this heyday, it is interesting to recapture its essence and provide some insights that carry over and can be helpful to the

training preparations of those who are today aspiring to improve their performance day by day as they mature week by week.

Principles of Training and Racing

Over the years, I've found that a little foresight and planning goes a long way in having successful and enjoyable experiences training and racing. The particular Basic Principles suggested in this article are primarily for

Continued on page 22

THE TWENTIETH ANNUAL GSAC/RANDOLPH CLASSIC TRACK & FIELD MEET

SUNDAY, JUNE 12, 2005 • RANDOLPH, NEW JERSEY

The GSAC/Randolph Classic is for Athletes of all ages

TRACK EVENTS		FIELD EVENTS	
5000 Meters	10:00 am	Pole Vault	10:00 am
High Hurdles	10:45 am	Shot Put, 60 & up	10:00 am
Youth Mile	11:15 am	followed by under 60	
Mile Run	11:30 am	Long Jump	10:00 am
Youth 100 M Dash	11:45 am	Javelin	10:00 am
100 Meter Dash	Noon	Discus, under 60	10:00 am
Youth 400 M Dash	1:00 pm	followed by 60 & up	
400 Meter Dash	1:15 pm	High Jump	10:30 am
RW Mile	1:45 pm	Weight Throw	1:00 pm
800 Meter	2:15 pm	Triple Jump	2:00 pm
200 Meter Dash	2:45pm		
4X400 Relay (incl Youth)	3:15 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!

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

FEES: Pre-registered - Received on or before June 8 - \$7 per event.
Post-entry (after June 8) - \$10 per event.
Relay Teams - Open and Masters Teams - \$16. Youth Teams - \$12.

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

For an application send a self-addressed stamped envelope to
M. Bost, P O Box 458, Ironia, NJ 07845
or email request to madeline.bost@att.net • For more information call 973-584-0679
Meet application can be downloaded from www.usatfj.org at the Track & Field page.

Fifty-Plus Honors Bannister with Zatopek Award

Kurtis, Matson Top Runners
at Paul Spangler Memorial 8K Run

PALO ALTO, Calif. – The 22nd Annual Fifty-Plus Lifelong Fitness Weekend came to an inspiring conclusion on March 13 as the featured event, the Paul Spangler Memorial 8K Run, drew some of the top senior distance runners in the nation.

Dennis Kurtis, 51, San Jose, Calif., won the men's race in 29 minutes flat. Shirley Matson, Larkspur, Calif., topped the women in 34:24, bettering the current U.S. single-age record for 64-year-old women. The unique race, held annually at Stanford University, is dedicated to runners aged 50 years and older.

Numerous age-group and single-age records have been set in the event over the years. A separate 8K race for younger runners was also held.

Both winners cruised to almost unchallenged victories on a mild, sunny morning. The incomparable Matson notched her sixth victory in this race – the most ever by a female – and with today's win became the oldest woman ever to win the event outright. Kurtis became a first-time men's winner only a month after winning the senior division at the Freescale Austin (Texas) Marathon.

Matson took control of the women's race early, passed defending champion

Isobel Fox just after the first mile, and then never relinquished the lead over the winding course through the beautiful Stanford campus. Fox, 51, Menlo Park, Calif., held on for second, finishing in 36:09. Marge Winkler, 50, Burlingame, Calif., was third in 39:56.

"I've always liked this course and the weather was great," said Matson, who set the female all-time race record of 28:55 as a 50-year-old in 1991. That mark remains the current U.S. age-group record for women 50-54 years old. "I eased into the lead, and then my goal was just to hold the pace for the distance. I'm really pleased and fortunate, especially since I came here intending to break the [single age] record."

Kurtis turned in a wire-to-wire men's victory, finishing the USA Track & Field certified course, which ends on the Stanford Stadium track, well ahead of the trailing pack. He was followed by Chris Berka, 50, Portola Valley, Calif., who notched the runner-up spot in 30:23. Four-time champion Michael Dove, 58, Salinas, Calif., was third in 30:40.

"I was really surprised that no one went with me in the first quarter mile of the race," Kurtis recapped. "But, on the other hand, I was kind of happy

because I'm not quite yet recovered from my marathon. I didn't want to miss this race this year, though."

Competing in five-year age divisions through age 90 and above, 121 participants – all models of senior fitness – completed the event. The all-time oldest finisher in the race's record book is Dr. Paul Spangler, the veteran, multi-age-group record holder to whom the event serves as a memorial. Spangler last competed at the Fifty-Plus race in 1993 just before his death at the age of 94.

In the separate 8K race for runners under age 50, Shawn Gallagher, 44, headed the men in 28:55. Tori Tyler, 17, topped the women in 29:46.

The age 50-and-over winners of the companion 5K Racewalk were Ed Lane, 68, Mill Valley, Calif., in 31:05 and Ann Lee, 55, Petaluma, Calif., in 32:04. A 4-Mile fitness walk and other fitness activities were also held.

Also at the weekend's festivities, Sir Roger Bannister of Oxford, England, became the 15th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. Bannister made history in 1954 when he became the first person to run under four minutes in the mile. The honor, named after the splendid Czech Olympic distance runner, is awarded to individuals who have attained notable achievements in sports, and, in doing so, have inspired others to live a healthy lifestyle.

"Since I retired from competition to become a doctor, the last section of my life has been devoted to encouraging fitness among all segments of the population," said Bannister, 75, in a pre-taped acceptance speech of the Zatopek Award in Oxford, viewed by attendees at the Fifty-Plus Annual Awards Dinner on Saturday.

"I respect the contributions made by many organizations, including Fifty-Plus Lifelong Fitness, in promoting fitness in the United States. I'm delighted to receive this award."

"Bannister changed our perception of an important barrier and proved that with a dedicated effort we can reach our goals," Don Bowden, 68, the first American to run under four minutes for a mile, told the dinner audience.

"Bannister can serve as the ultimate example, but we can utilize the same path – through perseverance, learning from our disappointments, finding inspiration in our own gifts, and working together with others – to overcome our own personal barriers."

Additional honors awarded at the dinner: Norman Thomas Penney Farms, Fla., received the 2005 Fifty-Plus Ambassador of the Year Award for his implementation of a model Fifty-Plus Fitness program in a senior retirement community. Michael Collins, Palo Alto, Calif., was the recipient of the organization's



TESH TESHIMA

Ron Pate, first M55 (40:19), Johnny Faerber's 10K, March 13, Honolulu, Hi.

Volunteer of the Year Award.

Past recipients of the Emil Zatopek Award: Zatopek ('91), Spangler ('92), Payton Jordan ('93), Fred Lebow ('94), Peter Wood ('95), Bill Toomey ('96), John McCarthy ('97), Bill Rodgers ('98), Joe Henderson ('99), Ben Parks ('00), Kathrine Switzer ('01), Denis Waitley ('02), Anne Warner Cribbs ('03), and Yohiro Uchida ('04).

Fifty-Plus Lifelong Fitness is a non-profit, international organization based in Palo Alto, Calif., with 2000 members, whose mission is to provide a longer and more independent lifestyle for adults by expanding awareness and involvement in health and fitness activities.

Thanks to our major sponsors who help make the Fifty-Plus Fitness Weekend possible: Classic Residences by Hyatt in Palo Alto, Palo Alto Weekly, YMCA of the Mid-Peninsula, Palo Alto Chamber of Commerce, Palo Alto Parks and Recreation, and Palo Alto Medical Foundation. □

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50, or \$100 a year.

If you are able, we urge you to join them.

All contributors will be listed in the paper as a *National Masters News* sustainer.

www.nationalmastersnews.com



Harold Chapson Memorial USA National Masters 8K Championship



Hosted by: Mid-Pacific Road Runners Club

Date: August 7, 2005

Start time: 6 AM

Site: Kapiolani Park, Honolulu, HI.

Entry Information:

Open to all runners, however, eligibility for National Masters Championship awards require current USATF membership. You can join USATF online by going to www.usatf.org.

Timing will be by Timeline using the ChampionChip.

Prize money will be awarded to the top three male and female finishers in five year age divisions starting at age 40 and the top age graded finisher. Proof of age will be required. Only a birth certificate or passport will be acceptable as proof of age.

2005 USATF membership number: _____

Early entry before June 7th: \$17.00; June 8th until July 7th: \$25.00; Entries July 8th thru August 1st: \$30.00; Late entries from August 2nd thru August 6th: \$35.00. No Race Day Entry.

Make check payable to: Timeline Hawaii

And Mail entries to: National Masters 8K Championships
P.O. Box 25566
Honolulu, HI 96825

Information: (808) 589-2646 or go to the race calendar at www.mprcc.com for online entry.

Harold Chapson Memorial USA National Masters 2005

Open _____ Please use ink and print legibly. Fill out form completely
Sex: M F
Date of Birth: _____ Last Name: _____ First Name: _____
Age on Race Day: _____ Address: _____
Fee Enclosed _____ City: _____ State: _____ Zip: _____
\$17 - Before June 7
\$25 - Before July 7
\$30 - Before August 1
\$35 - Before August 6
No Race Day Entries
Phone (day) _____ Phone (eve.) _____
T-SHIRT (Adult Sizes) S M L XL

WAIVER: I know that walking/running in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to complete the race safely. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of weather, including high

heat and humidity, traffic and the conditions of the road, all such risks being known 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 on my behalf, waive and release any and all rights and claims for injuries and damages I may have against and agree to hold harmless the Mid-Pacific Road Runners Club, Road

Runners Club of America, the City and County of Honolulu, USATF, RRCA, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event, including pre- and post-race activities. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature / Signature of parent or guardian if entrant is under 18 _____ Date _____

20
at USA M

HONOLULU, HI – USA Track & Field and Hawaii Track & Field announced the 2005 Master Championships will be held only "Rainbow" at the University of Hawaii. The event may draw nearly 2000 runners and nation's masters.

Competitors at recent championships have included the world's most famous distance superstars Bill Bowerman, Benoit Samuelson, and field greats Will Bowerman, Christiansen, and "Shoes" Johnson, and finalist Philippa Ryan. Thousands of athletes, ages 18 and older, may participate as part of a lifetime program.

"World and recent events are considered equally important," said Meet Director Tommie Smith. The 2005 Hawaii Masters Indoor Championships will be held in Boise, Idaho, March 11-12.

At the recently held Masters Indoor Championships in Boise, Idaho, Mar-

Answer to que

OCEAN

100m • 200m
Discus • Shot

Masters athl

For a

Run

MUSIC

SATURDAY

A Distance-only meet heats for all ages and heat(s). Then watch Peterson, and a Prize Money. USA

2000 T&F Athletes Expected at USA Masters Championships in Honolulu

HONOLULU, Hawaii – USA Track & Field and Hawaii Masters Track & Field announced that the 2005 USA Master Championships, on the world's only "Rainbow" track at the University of Hawaii, Aug. 4-7, 2005, may draw nearly 2000 of the world's and nation's masters athletes.

Competitors at recent USA masters championships have ranged from the world's most famous – including distance superstars Bill Rodgers and Joan Benoit Samuelson, NFL and track and field greats Willie Gault, Todd Christiansen, and Willie "White Shoes" Johnson, and Sullivan Award finalist Philippa Raschker – to thousands of athletes, age 30 to over 100-years-old, making a mark for themselves as part of a lifetime fitness program.

"World and recent personal records are considered equally important," said Meet Director Mark Zeug. "At the 2005 Hawaii National Masters, competitors and their families will enjoy a great meet and have the vacation of a lifetime."

At the recently concluded USA Masters Indoor Championships, Boise, Idaho, March 11-13, athletes

crushed nearly 60 indoor world and U.S. age-group records.

They are expected to break several outdoor records on the University of Hawaii's world class track.

For registration/entry form, more information, and hotel and air travel meet discounts, interested persons may go to <http://www.usatf.org/events/2005/USAMastersOutdoorTFChampionships/> or local organizing committee Web site www.hawaii.champs.com, or call Mark Zeug at 808-732-8805.

Media requesting logistics or interview information should call Bob Weiner, National Masters Media Chair, 301-283-0821; 202-329-1700.

Competitors and their families will enjoy Honolulu's world-famous Waikiki Beach, Diamond Head, and Pearl Harbor, the meet's special luau, island-hopping, and competition on the unique rainbow-colored track.

Zeug urges the many expected out-of-state guests to book as soon as possible because Hawaii air and hotels in August fill up quickly. □

Source: Robert Weiner Associates
301-283-0821; 202-329-1700



MARILYN GAYNOR

Throwers who competed in the Coachella Valley Recreation & Parks Meet, Palm Desert, Calif. (l to r): Tom Allison, M70, Doug Tomlinson, M70, Arnie Gaynor, M75, Mike Castaneda, M80, and Al Rosen, M65.

Subscription Problems? Moving?
To determine the status of your subscription, or to let us know your new address, call 818-286-3129, fax 800-869-0040, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

WMA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-79	3.00k	1.00k	3.00k	500 gms.	16#	25#
80+	3.00k	1.00k	3.00k	400 gms.	12#	20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-9	6.00k	1.50k	6.00k	700 gms.	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) WMA weights are used for USATF weight pentathlons. Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.						

Answer to question on p. 16: Nolan Shaheed, M55 3000 (9:30.09).

OCEAN STATE SENIOR OLYMPICS

PROVIDENCE, RI

Sunday, May 22, 2005 • 9 a.m.

100m • 200m • 400m • 800m • 1500m • 1500m Racewalk
Discus • Shot Put • Javelin • Long Jump • Triple Jump
High Jump • Hammer

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A Distance-only meet under the lights, for all ages. Seeded 800m, 1 mile, and 5,000m heats for all ages and abilities. Male and Female Masters Invitational 5000m. Run your heat(s). Then watch Elite Invitational Races featuring Olympians Robert Gary and Derrick Peterson, and an attempt at the World O-40 outdoor Mile Record by Tony Young. Prize Money. USATF-Sanctioned Meet. Web site: <http://tnrunner.com/MCDC/home.htm>

Rankings Report

by **DAVE CLINGAN**
USATF Masters T&F Rankings Coordinator

Important Info About 2005 Masters Outdoor Rankings

The 2005 outdoor rankings are now on-line at www.mastersrankings.com. They will be updated on a regular basis as the season progresses. Please note the following:

1) We regret that Senior Games/ Olympics results published in National Masters News will NOT automatically be included in the 2005 rankings.

These meets use different age definition (year of birth instead of day of birth) to determine age groups; therefore, the Senior Games results often list athletes in the WRONG age group.

To have your Senior Games results included in the rankings, you must submit them directly to Dave Clingan, and they must include your date of birth along with all the required meet and performance information (see item 3 below).

2) All other meet results published in National Masters News will automatically be included in the masters rankings. You do not need to submit your results to Clingan for these meets.

3) If your results are not printed in Nationals Masters News (or if you compete in Senior Games meets) you may submit them directly to Clingan, and they will be included in the rankings.

The best way to do this is to use the SUBMIT form on the rankings Web site. Please use this submission method if you can.

But, if you must mail results to Clingan, you need to include all of the following information:

Athlete's Competition Name:	_____
Athlete's Age (on day of meet):	_____
Athlete's Date of Birth:	_____
Name of Meet:	_____
Date of Meet:	_____
Location of Meet (City/State):	_____
Events & Performances:	_____
Timing System (hand/or automatic):	_____
Your contact info (phone/e-mail):	_____

4) Hand times will be rounded up to the nearest tenth and listed separately from automatic times for distances under 400m.

5) If you have questions or concerns about rankings, please e-mail Clingan at xroads@xro.com. We cannot guarantee returned phone calls, but we will respond to all e-mails.

6) If you compete in an international meet as an athlete representing a foreign country, your marks in that meet will not be included in the USA masters rankings.

7) Please do not submit results for rankings if they are already included in the rankings. Always check first - this is greatly appreciated!

Best of luck in 2005! □

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Last Call for 2005 Indoor Rankings

Athletes who want their best performances for the 2005 indoor season included in the rankings to be published in the June issue should first check out the rankings on the Web site www.mastersrankings.com to see if they are listed already.

If they aren't, you can use the "Submit Results" device on the Web

site to forward your marks, or send them with the name you compete under, your age group, meet name, site, and date, to Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229, or to indoormrankings@aol.com by May 8.

If you know that the meet was sanctioned, include that also. □

Can Walking Jog Your Memory?

Physicians generally agree that physical exercise keeps the body younger, stronger and healthier. Several studies are suggesting that mental exercise also keeps the mind sharper as the clock ticks on.

Recent research at the University of Illinois and Duke University examined a population of 124 adults with a sedentary lifestyle. Half of this group was assigned to a walking program, and the other half to a stretching and toning program.

After six months, as expected, the walking group demonstrated a signifi-

cant improvement in cardiopulmonary fitness, while the stretchers did not.

However, there was another important difference between the two groups: the walkers demonstrated improved cognitive and memory function. The improvement was most striking for "executive control processes," a function of the brain's frontal lobes. This would predict improved ability to make plans, establish schedules and make and remember choices.

- Oregon Urology Specialists
 April 2005

Visit the National Masters News at
www.nationalmastersnews.com

LeBourne Breaks 800 Record in NYC

By FRANCIS SCHIRO

Anselm LeBourne ran an M45 800 world record 1:56.28 in the Front Runners Meet at the NYC Armory on March 20. The present record is 1:57.32 by Peter Browne, Great Britain, in 1995.

Having set a world record 4:02.62 in the 1500 two weeks previously, LeBourne was confident of a positive result, saying, "I have great confidence in my training. I honestly feel if I am willing to do the very hard work needed, things will work out."

Alston Brown, of Central Park TC, winner of the M55 400 and 800 at the Boise Indoor Nationals this year, agreed to "pull" LeBourne through a 56.0 opening 400. This he did perfectly with LeBourne's first 200 timed in 28.30, and the following 200 in another 28.30, and 400 at 56.60. LeBourne, looking comfortable and in full control, took the lead at 450 meters.

LeBourne was very thankful to Brown for his help and said in the future he would be willing to help Brown in a record attempt. "Masters need to help one another for positive results. We are all in this sport together."

"I have great respect for all the records," LeBourne stated, "but I also have great confidence that is generated in my training." Rodney Wiltshire has been coaching LeBourne for 15 years. "He knows me ... he is essential in developing and setting up my workout



Anselm LeBourne (r), and Alston Brown, M55, after LeBourne broke the M45 800 world record with a 1:56.28.

schedules."

LeBourne said he will "take a few days off and let the records sink in," then return to hard focused training, with the WMA World Championships in Spain this summer as his next target. □

Carlsbad 500

Continued from page 1

Calif., waged a close battle with the women's up crown, 28:33 to 28:56.

In the women's up Heidi Swan, 51, Ross, 18:33 W50 win, while 61, Manhattan Beach shaded event director San Diego, 23:01, for

Barbara Miller, 65, showed up this year to the W65 ranks, and gomery, 74, N. Vancouver won the W70, 24:58.

Po Adams, 80, California moved up an age-group took a narrow win awarding W80 champion, 84, Fallbrook, Calif., 3

Some 15,000 runners this 20th anniversary C

□
 - from reports by Diego Union Tribune, Dan Hayes/ North Coast RunningUSA Wire

W40 15

By SUSANNAH B...
 Colleen De Reuck another W40 U.S. record in Jacksonville, Fla., a Run 15K/USA Championing 49:51 for fourth v

The South-African-Boulder, Colo., crushed (52:22/Laurie Binder) she was off her winning 49:02, when she won onship outright.

This year she Priscilla Welch still world masters 15K best she set at this race in 1

Under sunny but v Reuck ran with the lead through 10K, and held advances of masters record holder and Firaya Sultanova-Z 51:50, who was second Kilpatrick-Morris, 4 Ohio, cruised to third.

In the W50 race, Hanna, 54, Pittsford, won a close battle

More Marath

Continued from page 1

ed hysterectomy half for eight weeks o' Loken has run four since she started runn

The More Marath two-woman show, v minutes behind Rol rest of the field arriv

Two-time nat marathon champion run a marathon nine never felt spry: "Sh legs and I didn't,"

Carlsbad 5000

Continued from page 1

Calif., waged a close battle for the M80 crown, 28:33 to 28:56.

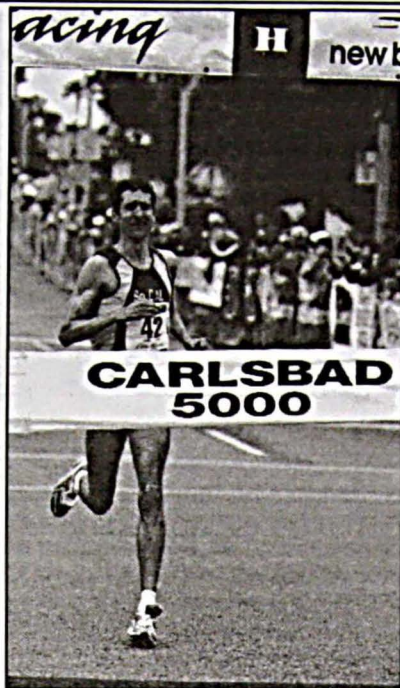
In the women's upper age groups, Heidi Swan, 51, Ross, Calif., flew to an 18:33 W50 win, while Wendy Watson, 61, Manhattan Beach, Calif., 22:57, shaded event director Kathy Loper, 62, San Diego., 23:01, for the W60 title.

Barbara Miller, 65, Modesto, Calif., showed up this year to run 21:45 atop the W65 ranks, and Lenore Montgomery, 74, N. Vancouver, B.C., again won the W70, 24:58.

Po Adams, 80, Carmichael, Calif., moved up an age-group this year and took a narrow win away from defending W80 champion, Gerry Davidson, 84, Fallbrook, Calif., 38:18 to 38:35.

Some 15,000 runners participated in this 20th anniversary Carlsbad festival.

— from reports by Don Norcross/San Diego Union Tribune, Rick Hoff and Dan Hayes/North County Times, and RunningUSA Wire



VICTOR SAILER / PHOTO RUN
Brian Pope, 42, masters winner (14:57), Carlsbad 5000, April 3.

De Reuck Blasts W40 15K Record at Gate River Run

By SUSANNAH BECK

Colleen De Reuck laid waste to another W40 U.S. record on March 12 in Jacksonville, Fla., at the Gate River Run 15K/USA Championships, running 49:51 for fourth woman overall.

The South-African-born citizen of Boulder, Colo., crushed the old record (52:22/Laurie Binder/1989), though she was off her winning pace last year, 49:02, when she won the championship outright.

This year she placed fourth. Priscilla Welch still owns the W40 world masters 15K best (49:35), which she set at this race in 1985.

Under sunny but windy skies, De Reuck ran with the lead women's pack through 10K, and held off the early advances of masters marathon world record holder and local Floridian, Firaya Sultanova-Zhdanova, 43, 51:50, who was second W40. Debbie Kilpatrick-Morris, 41, Strongsville, Ohio, cruised to third, 53:28.

In the W50 race, Carolyn Smith-Hanna, 54, Pittsford, N.Y., 1:07:03, won a close battle with Paulette

Butler, 54, Jacksonville, 1:07:58. Elfrieda Wyner, 62, St. Augustine, Fla., shone at W60 with another course record (she owns four), 1:09:42, while Toshiko d'Elia, 75, Ridgewood, N.J., won by a mile and set a new W75 course record, 1:27:35.

In the men's race, Dennis Simonaitis, 42, Draper, Utah, landed a convincing win over 5K ace Brian Pope, 42, Oxford, Miss., 47:48 to 48:55. Bahamian, Phillip Walkins, 45, ran to a strong third M40+, 49:44. Jacksonvillian, John Metzgar, 42, 49:47, was fourth master overall.

Good quick runs were turned in by Page Ramezani, 55, Jacksonville, 57:52, who ran to his age-group victory, while Gate River Run "streaker" David Ohnsman, 61, Neptune Beach, Fla., 59:30, nailed the M60.

Seventy-eight hundred runners toured Jacksonville's lovely 15K loop, which features a pancake flat course punctuated by the enormous hill called Hart Bridge in the eighth mile. A 5K run for charity accompanied the 15K event. □

More Marathon

Continued from page 1

ed hysterectomy halting her training for eight weeks over the winter. Loken has run four 2:44 marathons since she started running at age 36.

The More Marathon was a virtual two-woman show, with a gap of 18 minutes behind Robertz before the rest of the field arrived.

Two-time national masters marathon champion Robertz, who had run a marathon nine weeks previously, never felt spry: "She just had fresher legs and I didn't," she said after the

race. Corinna Cortes, 44, New York, third in 3:07:44, led her Moving Comfort NY team to the team title, with three runners placing in the top ten.

The race drew 3500 women in only its second year, and consists of four loops, all inside Central Park.

A two-person relay marathon (each runner runs a half-marathon) was also contested, featuring appearances by masters road record holders Colleen De Reuck, 40, Boulder, Colo., and Carmen Troncoso, 45, Austin, Texas. □

— from reports by Peter Gambaccini/RunnersWorld, and www.nyrr.org

Santa Barbara Invites All to State Street Mile

Santa Barbara's State Street Mile is the prettiest road mile in California. A beautiful sandstone church, a tile-roofed film theater built for 1920s Hollywood premiers, then you float into the California-Spanish downtown.

Unlike most road miles, the race offers prize money for masters (\$100/\$75/\$50), awarded to both men and women based on the best age-graded performances in the elite masters races.

In recent years, top masters runners like Mike Egle (4:06, masters CR), Steve Scott (age-graded record,

98.3%), and Teri (Van Cott) Fitzgibbons (Western States 100 winner, 5:18 at age 51) have taken victories.

Last year's masters awards were earned by Barry Molony (10th overall at Bay to Breakers at age 45) and Dianna Hall (800m gold at National Masters Championships).

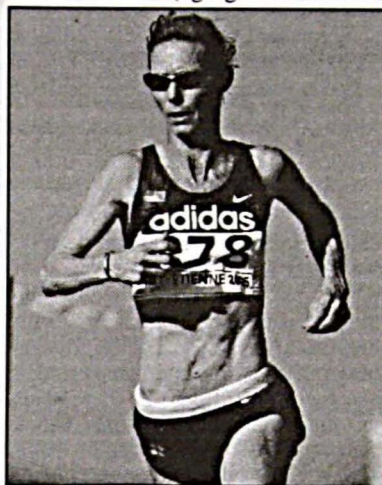
But even if you're not elite, the event and the town offer a great occasion to either explore incredible scenic mountain trails, sun-washed bluffs, and white-sand beaches, or spend all of your money shopping and dining.

Whatever mix you find most pleasant is yours to choose. Because the course is mildly aided (enough to yield nice times, but not so much as to injure your legs), you'll go home with an outstanding time.

The race is scheduled for June 19. Race information is available at www.sbmile.com, or 805-568-2316. Registration is open at www.active.com.

For lodging contact Santa Barbara Hot Spots, 800-793-7666 (and don't put it off); accommodations can easily be found for people who'd prefer to stay with local masters runners, whether for the simple human connection, or because you choose to avoid the expense of area hotels. Dennis Mihora (805-967-5992, dmihora@asme.org) is glad to help. □

— Megan Rheinschild
Race Director



VICTOR SAILER / PHOTO RUN
Colleen De Reuck, first W40+ (49:41), Gate River Run 15K, Jacksonville, Fla., March 12.

PLATINUM State Street Mile

June 19, 2005 in Santa Barbara ...

8:00a.m. State & Pedregosa

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Toyota of Santa Barbara Masters Elite Mile

Platinum Performance Elite Mile

Age Group Miles

Law Enforcement Mile

Three Dog Bakery Dog Mile

Santa Barbara News-Press Family Fun Mile

Pre-register at www.active.com or www.sbmile.com

Race day registration begins at 7:00 a.m.

Call (805)568-2316 for entry form and information

our thanks to...



Training Advice

Continued from page 17

middle and long distance runners from about 800 to 10,000 meters.

I list these principles in the order in which I consider them most important and vital to overall successful and enjoyable training and racing.

Goals

Be specific about what you want to attain. If the secret to great middle and long distance running is ambition and determination, knowing specifically what you want to accomplish physiologically in your training is the most important factor for success.

Every distance race has a unique combination of physiological necessities that need to be mastered to run well in that specific event. In this planning, it is best to think in terms of how much of your training should be aerobic (running with oxygen) and how much should be anaerobic (running with energy that is already stored in your body).

For instance, the mile is 50/50, so your training should reflect this balance. Briefly, the performance ratios are generally as follows:

- 800 meters (40 aerobic/60 anaerobic)
- 1500/mile (50/aerobic/50 anaerobic)
- 5,000 meters (70 aerobic/30 anaerobic)
- 10,000 meters (80 aerobic/20 anaerobic)

When I wanted to peak Lesley to run faster in the 800, I had to give her intervals in which she started the next one in a series of 200s in a slightly anaerobic state.

This was specific to the physiological state she would face in the last 200 of her race. By accomplishing this in practice, she was able to "carry" anaerobic power in the last 200 of a hard race.

The result was a full second improvement from her first to second "big" race of the year and, more importantly, the ability to carry oxygen debt in the final stages of a race without faltering.

Schedule

Lay out your schedule in time frames. Break a season into six-week periods with specific objectives and 10-day cycles that have perhaps two easy days on each side of the cycle.

For instance, a meta season may have 24 weeks of four six-week cycles in a training period that afterwards revert back to the beginning of an endurance phase.

Think about your training as an inverted pyramid, and when you have peaked at the point, go back to the base.

If you are a competing masters runner on the track, "peak" for the indoor season and then go back to a six-week cycle that emphasizes "endurance."

You might say, "Coach, but I just run in road races and have a good time." I would say, still break down your season. Peaking and meshing together of physical and mental energies in a "top form" race is the most satisfying part of being a competitive runner.

Method

Be a student of interval type training. The "variety" in every runner's schedule is what they do on their "interval" day. Whether this is fast/easy running of telephone poles, or timed intervals on the track, know what intervals produce which physiological effect and why you are doing that particular workout on this specific day. Plan at least three or four test sessions during a six-week cycle to see if you are making progress, and your method and theory are being applied correctly. These could be:

- Eight times 400 with a 90-second rest
- One hard trail run followed by a 1200 on the track
- Six times 200 with a 45-second rest period
- Any time trial from 600 to 1.5 miles

Another critical point is, during important interval sessions, time the rest periods. You can't gauge how well you are doing unless the rest period as well as the time of the interval is recorded. I have my runners stand or walk in place after an interval, and time the rest period. I cue them when there is 10 seconds left until the next run. When I look back and see they ran eight times 400s in 76-second average with a 90-second rest period, I know what is exactly comparable from one training to the next.

Strategy

Racing and training are different. You should know from the outset that training and racing are two different skills. All coaches know runners who are great in practice and can't put it together in a race. The best remedy for this is to mentally "practice" the race before you run in it.

Talk over the strategy of the race with a coach or advisor who knows the competition. Think about what will be your best way to approach the race. Make a tape recording of your "perfect race," while still placing segments in your imagination that allow you to "steel" your mind for responding to any eventualities.

Before a big race, play the "mentally perfect" race tape for yourself four or five times in the preceding days leading up to race. This will give you confidence in your race strategy, and on race day it will seem like "you have already" performed the task beforehand and be comfortable with the entire situation.

Guidance

Respect your advisor or coach. If you want to have a coach pull for you in your racing career, treat him/her with respect. If you have an interval training session scheduled for the track, be warmed up and ready to go when he/she arrives at the track. Keep in touch; however, don't be excessive and overly needy for results.

I find the most important time for



JERRY WOJCIK

First three M65 in the weight throw (l to r): Robin Herron (13.94), Richard Hotchkiss (16.79), and Rasal Terhune-Young (14.86), National Masters Indoor Championships, Boise, Idaho.

coaching is when an athlete performs below their expectations. Listening and pointing out that racing is a process, and that everything doesn't always go right exactly when you intended, is one of the most important aspects of coaching concerns. When an athlete does well, they are happy to be with friends and "celebrating." Good, then I can enjoy it too, and think about the next steps.

Now that I am getting back into the swing of professional coaching, I welcome any comments or results from

these brief suggestions. If you're interested in my books, although they are out of print, you can find them used on the Internet if you "Google" my name.

I'm considering making myself available for coaching and instruction, as I realize I can be an asset to middle and long distance runners who would like to improve and enjoy their training and racing.

Anyone who would like to contact me regarding their training can drop me an e-mail to: mspino@bell south.net ☐

Too Much Water Can Be Fatal and Not by Drowning

By JERRY WOJCIK

Masters athletes, especially marathoners and ultra runners, are diligent about hydrating, but a recent study indicates that drinking too much water can be dangerous and even deadly.

A report in the April 14 New England Journal of Medicine of a study of 468 runners in the 2002 Boston Marathon found that 62 of them had abnormally low blood sodium levels from drinking too much water or sports drink, posing serious health risks. The runners in the study had blood taken before and after the race.

The condition, hyponatremia, seems to develop in runners who are slower, taking more than four hours to finish the course, thus giving them more time to drink large amounts of liquid. The runners in the study drank an average of 13 cups of water or sports drink; so much, in fact, that they actually gained weight.

Until recently, the condition was largely unheard of because marathon and triathlon athletes were essentially fast and did not have time to drink too much, but with the advent of the massive, "fun" marathon, populated by entrants who run one marathon just to finish, hyponatremia by finishers became apparent to marathon medics.

Of the study, Dr. Marvin Adler, medical director of the Boston Marathon, said, "Before this study, we suspected there was a problem, but this proves it."

During intense exercise, the kidneys cannot excrete excess water. But

as people keep drinking, the extra water moves into their cells, including brain cells. The engorged brain cells press against the skull and can compress the brain stem, which controls vital functions such as breathing.

Symptoms can begin with confusion and lethargy and progress to twitching, seizures, stupor, coma, and death.

The condition is treatable by feeding a highly concentrated salt solution intravenously, which pulls water out of swollen brain cells, said Dr. Tim Noakes, a hyponatremia expert at the University of Cape Town, South Africa.

But, he said, doctors and emergency workers often assume the problem is dehydration and give intravenous fluids instead, sometimes killing a patient.

Runners can estimate how much they should drink by weighing themselves before and after long training runs to see how much water they lose and thus how much water they should replace.

Athletes should also be careful when the race is over, said Dr. Adner. He advised runners to wait until they start to urinate before drinking any more fluids.

While there haven't been any deaths in the Boston Marathon since 2002, there have been near fatalities there, with seven cases of hyponatremia in 2003 and seven in 2004, and deaths elsewhere. ☐

(The New York Times and the Eugene Register-Guard contributed to this report.)

APPLICANT

Mail to: San

1. Description of F group" _____ applica

Event: _____
Outdoor _____

Competition Name _____

Facility Name: _____

Record Claimed (U _____

Printed Full Name _____
Competitor _____

Competitor's City _____

Relay members in the _____

2. Starter's Certificate with USATF Rules. _____

Printed Name: _____

3. Automatic Timing _____

As Chief Photo Finisher the official time. _____

Printed Name: _____

4. Wind Gauge Certificate _____

Printed Name: _____

5. Surveyor: I certify maximum allowance for inclination did not exceed raised border on the edge of the track _____

Printed Name: _____

APPLICANT

Mail to: San

1. Description of R _____

Event: Pentathlon _____
Outdoor _____

Meet Name: _____

Facility Name: _____
Country _____

Record Claimed (P _____

Printed Full Name _____
Competitor _____

Competitor's City _____

2. Field Judge Certificate in accordance with USATF compliance with WM The official height/distance _____

Shot Put _____
Weight _____

Printed Name: _____
Cert # _____

3. Implement Certificate claimed record in accordance with _____

The weight of the implement _____
Weight _____

Printed Name: _____
Cert # _____

4. Automatic Timing _____

100 _____ 200 _____
dies _____

Printed Name: _____

5. Wind Gauge Certificate _____

100 _____ / _____

APPLICATION FOR TRACK RECORD

Mail to: Sandy Pashkin 2525 Willakenzie Rd #4 Eugene, OR 97401

1. **Description of Record:** World American Male Female age group
 * application must be accompanied by copy of birth certificate or passport

Event: _____ Indoor _____
 Outdoor _____

Competition Name: _____ Date: _____ Time of Day: _____

Facility Name: _____ State: _____ USA City: _____

Record Claimed (time) _____

Printed Full Name and age of Competitor _____

Competitor's City, State and Club _____

Relay members in their running order: _____

2. **Starter's Certificate:** I certify I was the Starter and that the start of this race was in accordance with USATF Rules.

Printed Name: _____ Signature: _____
 USATF Cert # _____

3. **Automatic Timing Certificate:** A fully automatic timing device was used, manufactured by: _____

As Chief Photo Finish Judge, I certify the time recorded was _____, and this was the official time.

Printed Name: _____ Signature: _____
 USATF Cert # _____

4. **Wind Gauge Certificate:** I, as the Wind Gauge Operator, certify the force of the following wind as: _____ m/s

Printed Name: _____ Signature: _____
 USATF Cert # _____

5. **Surveyor:** I certify that the facilities used were in conformity with IAAF or appropriate Rules. The maximum allowance for inclination did not exceed 1:1000 laterally and 1:1000 in the running direction. There was a 5cm raised border on the inner edge of the track and the length of one lap was:

_____ meters _____ centimeters, or _____ yards _____ feet
 _____ inches.
 Printed Name: _____ Signature: _____ USATF

APPLICATION FOR FIELD RECORD

Mail to: Sandy Pashkin 2525 Willakenzie Rd #4 Eugene, OR 97401

1. **Description of Record:** World American Male Female age group
 * application must be accompanied by copy of birth certificate or passport

Event: _____ Indoor _____ Outdoor _____

Meet Name: _____ Date: _____ Time of Day: _____

Facility Name: _____ City: _____ State: _____
 USA

Record Claimed (distance or height) _____ (metric)

Printed Full Name and age of Competitor _____

Competitor's City, State and Club _____

2. **Field Judge Certificate:** We certify that the measurement stated opposite our respective signatures is exact as measured in accordance with USATF or WMA Rules. We also certify that the circle, sector and/or runway is in compliance with WMA or USATF appropriate specifications.

Mark: _____ m Printed Name: _____ Signature: _____
 USATF Cert # _____

Mark: _____ m Printed Name: _____ Signature: _____
 USATF Cert # _____

Mark: _____ m Printed Name: _____ Signature: _____
 USATF Cert # _____

3. **Implement Certification:** I certify that I weighted and measured the implement used for the claimed record in accordance with WMA or USATF Rules and the implement conforms exactly to WMA Rules.

The weight of the implement is: _____

Printed Name: _____ Signature: _____
 USATF Cert # _____

4. **Wind Gauge Certificate:** I, as the Wind Gauge Operator, certify the force of the following wind as: +/- _____ m/s

Printed Name: _____ Signature: _____
 USATF Cert # _____

APPLICATION FOR COMBINED EVENTS

Mail to: Sandy Pashkin 2525 Willakenzie Rd #4 Eugene, OR 97401

1. **Description of Record:** World American Male Female age group
 * application must be accompanied by copy of birth certificate or passport

Event: Pentathlon Weight Pentathlon Decathlon Heptathlon Indoor
 Outdoor

Meet Name: _____ Date(s): _____

Facility Name: _____ City: _____ State: _____
 Country: _____

Record Claimed (POINTS) _____

Printed Full Name and age of Competitor _____

Competitor's City, State, Country and Club _____

2. **Field Judge Certificate:** We certify that the measurement stated below is exactly as measured in accordance with USATF or WMA Rules. We also certify that the circle, sector and/or runway are in compliance with WMA or USATF appropriate specifications.

The official height/distance is: High Jump _____ Pole Vault _____ Long Jump _____

Shot Put _____ Discus _____ Hammer _____ Javelin _____
 Weight _____

Printed Name: _____ Signature: _____ USATF
 Cert # _____

3. **Implement Certification:** I certify that I weighted and measured the implement used for the claimed record in accordance with WMA or USATF Rules and the implement conforms exactly to WMA Rules.

The weight of the implement is: Shot Put _____ Discus _____ Hammer _____ Javelin _____
 Weight _____

Printed Name: _____ Signature: _____ USATF
 Cert # _____

4. **Automatic Timing Certificate:** A fully automatic timing device was used. The Official times are:

100 _____ 200 _____ 400 _____ 800 _____ 1000 _____ 1500 _____ Hur
 dies _____

Printed Name: _____ Signature: _____
 USATF Cert # _____

5. **Wind Gauge Certification:** I certify the force of the following wind as +/- (m/s):

100 _____ / _____ 200 _____ / _____ Hurdles _____ / _____ Long Jump _____ / _____

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

Identify appropriate category: Age-group record (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 #, e-mail _____

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 _____ Include 10ths of seconds (100ths if FAT)
 Hand timed? _____ FAT? _____

USATF Rules require that track records must have a minimum of 5 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. Race must be USATF sanctioned.

List all judges _____ Certification # _____ Level of Certification _____

Judge #1 _____
 Judge #2 _____
 Judge #3 _____
 Judge #4 _____
 Judge #5 _____
 Judge #6 _____

additional judges _____

Course Certification # _____ Track 440y/400m/other _____ 2' high continuous curb? yes ___ no ___
 5K road records must be on circuits no larger than 1250 meters.

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) racewalk-only event (no runners); 8) USATF Sanctioned event.

Signature, address, phone and/or e-mail address of Referee or Meet Director _____

Submit lap times for record applicant and complete race results to:
 Beverly LaVeck, 511 Lost River Rd., Mazama, WA 98833. 509-996-2423; 206-524-4721; bevlaveck@methow.com

Report from Britain

By BRIDGET CUSHEN

Entries in the 5th European Veterans Athletics Indoor Championships, Eskilstuna, Sweden, March 10-13, at just over 1100 were down considerably from the record 1586 in San Sebastian in 2003 and Bordeaux with 1400 in 2001. The program now also incorporates a 5K cross-country and a 10K roadwalk.

Holding these two outdoor races in a Northern European country in winter does, however, raise serious questions. The buses disgorged the cross-country runners at the venue by 10:30 a.m. The temperature had reached only 18 degrees as the M60+ race started at midday.

Back in the arena – a cleverly converted tractor assembly plant large enough to hold the weight throw – the competition was really heating up. Thirteen world, 21 European, and over 60 championship records were established, that is excluding all the new M35-39 events included for the first time and recorded as meet records.

Some of the more intriguing were from Christa Happ, of Germany, who set one world record in the W75 high jump, clearing 1.15, while her daughter, Petra Gregor, was busy breaking the W45 European high jump record at

1.55.

Another women's competitor setting the boards ablaze with three W65 world records was Dutch sprinter Rietja Dijkman, clearing 1.28 in the high jump, 8.68 in the triple jump, and running the 60H in 11.02.

The British W45 quartet of Avril McClelland, Angela Beadnall, Manndy Laing, and Helen Godsell, raced to a new world record 1:51.26 in the 4x200. McClelland ran 26.30, a British indoor 200 record, two weeks earlier, after having to pull out of the European outdoor last July with a torn hamstring.

Two M45 world records fell to the German pair of Reiner Wenk in the long jump (6.97) and Wolfgang Knabe in the triple jump (14.20).

The overall standard was high as only those intent on winning a medal made the expensive trip.

Up to four heats were necessary for the new M35 60m, won in 6.98 after a 6.96 semi by the British champion, Terence Stamp.

With only a four-lane track, fractions separated the finalists and "also rans" in the 200 and 400.

The tall M40 Italian, Enrico Sarencini, who sped to that thrilling 47.82 400 at the European outdoor last

July, might well have lowered the current M40 European indoor record of 49.22 had he been pushed; he won here with a 49.59 clocking. The runner-up, Darrell Maynard, is four years younger and ran in a less favored lane.

After his record-breaking spree at the WMA indoor last March and the European outdoor in Denmark, Guido Muller of Germany had a rather quieter time in Sweden, breaking "only" one meet record in the M65 60H in 9.87. But he did also win the 60m, 200, 400, and a few relay medals!

Another golden oldie is Emiel Pauwels of Belgium, who set an M85 3000 world record in 17:29.09, and won the cross-country in those freezing conditions, a remarkable performance.

The M40 and M45 shot put and weight throw, as expected, attracted large, high caliber fields. □



JERRY WOJCIK
Valentina Krepkina, UKR, W35 long jump winner (5.63), 15th WMA World Championships, Puerto Rico. The 16th WMA Championships will be held in San Sebastian, Spain, Aug. 22-Sept. 3.

World Records Set at the European Indoor Championships

W65 60m hurdles	11.02	Rietja Dijkman, Netherlands
W65 High jump	1.28	" " "
W65 Triple jump	8.68	" " "
W45 High jump	1.15	Christa Happ, Germany
W45 4x 200 relay	1:51.26	Great Britain
M45 Long jump	6.97	Reiner Wenk, Germany
M45 Triple jump	14.20	Wolfgang Knabe, Germany
M75 Shot put	13.66	Leo Saarinen, Finland
M75 3K walk	17:02.20	Toivo Tuomala, Finland
M80 800	3:08.88	Rune Bergman, Sweden
M85 High jump	1.18	Emmerich Zensch, Austria
M85 Triple jump	7.32	Aate Lehtimaki, Finland
M85 3000	17:29.09	Emiel Pauwels, Belgium

Whitlock Beats Ruter in Match Race

By MIKE TYMN

When Dutch marathon champion Joop Ruter challenged Ed Whitlock, the ageless Canadian, to race him in the Rotterdam Marathon on April 10, he was apparently reasonably confident of outrunning Whitlock.

"Joop Ruter expects a great race," race organizer Martine Meiburg was quoted in the Toronto Sun a few days before the race. "Even if he doesn't run 2:54, he still hopes he will beat Mr. Whitlock in his city, in his marathon."

The 2:54 reference was to Whitlock's 2:54:48 M70 world record, set in the Scotiabank Toronto Waterfront Marathon last Sept. 26.

While Whitlock is the only person 70-over to break three hours in the marathon, Ruter did a 3:02:49 in last year's Rotterdam race and felt he could have done better were it not for strong winds.

In addition to having the home course advantage, Ruter, 71, was being spotted more than two years in age by Whitlock, who turned 74 on March 6.

As it turned out, Ruter was no match for Whitlock, who cruised to

victory in 2:58:40 to Ruter's 3:12:22. Whitlock, a resident of Milton, Ontario, extended his record as the oldest man to break three hours to 74 years, 35 days.

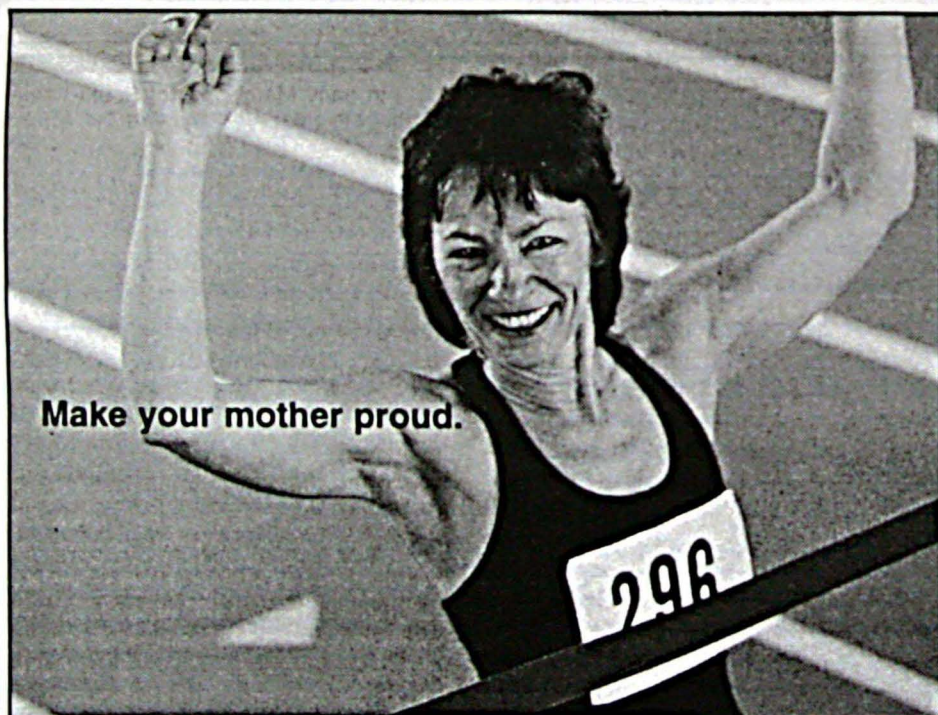
"Joop and I ran more or less together for the first 5K," Whitlock said, noting that he passed by the 5K mark in 21:02, two seconds in front of Ruter. But Whitlock reached 10K in 41:37, 49 seconds ahead of Ruter. For all intents and purposes, the race was over.

"I ran that second 5K too fast," added Whitlock, whose expenses were paid by race organizers, "as my plan was 21:00 per 5K and that hurt me later, but having pulled away a bit I wanted to make it significant."

As it was an out-and-back course, Whitlock realized at 35K that he had a big lead on Ruter and then focused on just finishing.

"The weather conditions were not good, and I was not feeling that great then," he explained.

"With just over a kilo to go, I really began to sag and it was then a struggle. I lost about a minute and a quarter over the last 3K." □



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Rugby Union Shooting Soccer Softball—Fast-pitch Softball—Slo-pitch
Squash Swimming Synchronized Swimming Table Tennis Tennis
Triathlon Beach Volleyball Indoor Volleyball Weightlifting



Masters Scene

NATIONAL

• **Teresa Daus-Weber** resigned her position on the MUT Council and is no longer the MUT Masters Ultra representative. **Norm Green**, USATF LDR Chair, appointed **Lorraine Gersitz** to replace her. Gersitz can be reached at bruceandlo@earthlink.net; 714-526-5340.

EAST

• New York Road Runners announced on March 8 that **Mary Wittenberg** will become the race director of the ING New York City Marathon and the president and CEO of NYRR, succeeding **Allan Steinfeld**. The changes were effective April 1. Steinfeld hired Wittenberg in October 1998 and has worked with her since then on all aspects of the organization and marathon. Wittenberg is the first female president and CEO of NYRR and the first woman to lead one of the world's major marathons. Prior to coming to NYRR, she was a partner at the law firm Hunton & Williams in Richmond, VA, and New York City. Wittenberg won the 1987 Marine Corps Marathon and competed in the 1988 U.S. Women's Olympic Marathon Trials.

• It was a big day for 50-year-olds in the rain at the Nationwide Insurance 10K Run for ASPIRE, Plainview, NY, April 2, when **Bob Giambolvo**, 55, with a fourth-place 35:59, and **Kathy Martin**, 53, with a second-woman 38:01, took masters firsts. This year's race, the 28th, was dedicated to **Stanley Kramberg**, a NI agent, who was involved with the race for many years and lost his battle with cancer in 1997. Proceeds from the race go to the ASPIRE Scholarship Fund to help young amputee graduates of the ASPIRE Program further their educations.

• **Karen Smyers**, 43, outlegged the women's field for first overall in 84:12, Boston's Run to Remember Half-Marathon, March 13. **Bobby Bligh**, M40, was first M40+ (76:28). **Sidney Letendre**, W50, 33:17, and **John Noland**, M40, 27:29, were top masters in the 5 Mile.

• **Heather Gracie-Petty**, W40, was first female overall with 81:07, USATF NJ Masters 20K Championships, Piscataway, March 20. **Oliver Knowlton**, M45, 71:11, nabbed the M40+ first. **Bruce Langenkamp** won the M55 race 80:08.

• **Jerry Macari**, 45, 35:08, and **Sharon Vos**, 50, 40:05, were top masters at the NYRR Scotland Run 10K, Central Park, NYC, April 3. **Jeng Ahn**, M65, and **Ginette Bedard**, W70, 51:25, aced their divisions with ease.

• In the men's NYRR Pfizer Oncology Colon Cancer Challenge Half-Marathon, Central Park, NYC, Mar. 13, **Pieter Bezuidenhout**, 42, 1:19:18, led the masters, followed closely by **Jose Tacuri**, 42, 1:19:51, and **Colin McKay**, 41, 1:21:47.

• As a visitor to the US, **Brian Kirkwood**, M50, from Scotland, lost no time in making himself known in two NYRR road races. He won his division at the Brooklyn Half-Marathon, March 19, 1:14:39, and again at the Randall's Island 5K, March 26, 16:47.

SOUTHEAST

• **Paul Aufdemberge** wasn't phased by masters big name entrants **Dennis Simonaitis** and **Brian Pope** in the Azalea Trail 10K, Mobile, AL, April 9, winning the masters title with a 30:06, with Simonaitis at 31:26, and Pope at 31:36. Aufdemberge, 40, was 10 seconds from 12th overall and first US, after 10 Kenyans and a runner from Belarus. **David Jeffrey** broke 40:00 with an M60 winning 39:04. **Kelly Wild**, W40, was the only W40+ under 40:00 with a 38:09.

• **Lillian Snaden** upped the W75 AR for the 12# WT with a 7.94, South Carolina Indoor Throws Meet, Clemson, Feb. 13. **Johnnye Vallen** holds the record at 5.74 set in 2002. **Glenn Johnson** broke the M65 national SP record with a 14.12, but **Gerald Vaughn**, who holds the record at 14.01 and was second (13.92) to Johnson at Clemson, increased his record to 14.17 a week later at the Potomac Valley Championships, Landover, MD.

• **John Metzgar**, a popular figure on the Jacksonville RR circuit, had in his 42 years never run a race on a track until April 2, when he broke the US record for the 20K by three minutes with a 1:08:21, running the 12.4 miles with 50 laps on the 400m Bolles School track in Jacksonville. **Sean McCormack**, 43, winner of the 2004 Jacksonville Marathon, also bettered the old record of 1:11:36 by **Truman Clark** in 1976, with a 1:10:43. Metzgar did the first 10K in 34:43, the second 10K in 33:38. "I might consider running a few more track meets now," said Metzgar after the race. Masters national track records from 15,000m are available at http://www.usatf.org/statistics/records/masters_trackLDR.asp

• The North Carolina Senior Games is staging 53 local meets in March-June in all 100 counties. Contact: 919-851-5456; www.ncseniorgames.org

• **Megan Burns**, 41, won the women's race in 2:58:28, Shamrock Sportsfest Marathon, Virginia Beach, VA, March 19, with **Dal Roberts**, M40, the first M40+ (2:32:34). **John Tuttle**, M45, in 25:39, and **Tatyana Pozdnyakova**, W50, in 26:41, were first 40+ in the 8K.

MIDWEST

• Masters wins went to **Mike Egle**, M40, 25:34, and **Jenny Spangler**, W40, 28:09, LaSalle Bank Shamrock Shuffle 8K, Chicago, April 3.

• **Barry Ross**, M50, 57:56, and **JoAnn Jessie**, W40, 68:36, ate up the masters competition with wins in Papa John's 10 Mile, Louisville, KY, April 9. **Ray Parrella**, M70, 66:53, and **Jill Force**, W50, 78:23, were notable division winners.

MID-AMERICA

• **Matt Wegenka**, M40, 20:27, and **Vickie Tucker**, W45, 28:06, scored masters firsts, St. Pat's 4 Mile, Kansas City, MO, March 12. Division winners included **Andy Kozlateck**, M50, 21:32, and **Mary Otte**, W80, 60:02.

SOUTHWEST

• Best age-graded performers in the Bayou City Classic 10K, Houston, March 12, were **Keith Dowland**, 50, 34:06, and first W40+ **Christie Lammers**, 48, 39:29. First master was **Tuan Nguyen**, M40, 36:50.

• **Daniel Martinez**, 43, 30:58, and **Tatyana Pozdnyakova**, 50, 34:32, swamped the masters fields in the Crescent City Classic 10K, New Orleans, March 26.

• **Mack Allen**, M45, 35:17, and **Colleen Forshee**, W40, were first 40+ in the Statesman Capitol 10,000, Austin, TX, April 3. **Andy Wheatley**, M85, finished the course in 80:37.

WEST

• **Shirley Matson**, 64, ran the Sue Krenn 15K, San Diego, CA, March 5, in 67:44 (A-G 88.7%) to break the single-age record of 69:24 by **Margaret Betz**.

• **Ceci St. Geme**, 42, Newport Beach, CA, was first female overall in 17:45, and **Gary Tuttle**, 57, Ventura, CA, took the M40+ race with a 18:01, LA Marathon 5K,

March 6. **Milo Sather**, 77, Los Angeles, won the M75+ race (30:03). **Yoko Eichel**, 57, Woodland Hills, CA, took the W50 contest (22:33). **Vida Slawson**, 76, Studio City, CA, was top W75+ (41:19).

• Californians lose another 1&f opportunity with the cancellation of the masters track portion (youth only) of the California State Games, which took place in San Diego last year in June. Reason: numbers are too low.

• **Paul Economides**, M55, was top scorer in the USATF New Mexico WP Championships, U of NM, April 10, with a 4039, scoring big points in the SP (13.98) and WT (16.66).

• **Brian Spangenberg**, 40, Canyon Country, CA, posted a second-place 1:22:29, and **Dana Kizlaitis**, 41, Torrance, CA, was fifth-female in 1:38:21, to take masters honors in the Great Race of Agoura Half-Marathon, Agoura, CA, March 19. **Joe Dennis**, 58, Los Angeles, was 18th-overall in 1:32:31, and **Dee Dee Grafius**, 55, Independence, CA, won the W55 race (1:49:26). **Dan Goldstein**, 40, Newbury Park, CA, 36:21, and **Rosalva Bonilla**, 42, Big Bear City, CA, 39:59, paced the masters in the 10K. **Arlene Lewis**, 50, Granada Hills, CA, finished in 49:24. In the 5K, **Danny Martinez**, 43, Pasadena, CA, nabbed second place in 15:38, and **Susanne Quick**, 43, Thousand Oaks, CA, was just that with a W40+ first in 21:34, followed closely by **Rita Clark**, 54, Green Bay, WI, in 21:41.

• **Jean Pommier**, 41, Cupertino, CA, with a third-place 34:11, **Daniel Filip**, 42, San Jose, CA, fifth-place in 34:21, **Walterq Paulsen**, 43, Woodside, CA, with a fourth-woman 39:26, and **Julie Rohloff**, 42, Los Gatos, CA, with a fifth-woman 39:43, were top masters in the San Jose Mercury 10K, San Jose, CA, April 10. **Maria Rizzo**, 60, San Jose, won the W60 title (49:51).

• **Steve Bowles**, M65, cranked out a 13.50 100 and a 28.14 200 in the USATF-AZ Meet, Glendale CC, March 19. **Harold Davis** won the M50 400 in 57.08. **Michael Shiaras**, M50, outdistanced all of the shot putters with a 16.66/54-8. **Bob Osterhoudt**, Mr. Arizona Versatility, ran the 100H in 18.43, hit 39.46/129-5 in the DT, and was top man in the HT at 45.26/148-6.

• **Denise Foote**, 46, hurried to the women's title in 18:47, Women Running Wild 5K, Palm Springs, March 20. **Ursula Rains** won the W60 race (24:12). First M40+ was **Jim Jones**, M50, in 18:16.

NORTHWEST

• The Oregon Relays on May 14 will feature the Fountain of Youth Masters Mile as a way to reach out to athletes of all ages and involve them in a fund raising effort. The event hopes to raise over \$2000 for a youth scholarship fund with a "Masters Mile," which will consist of three separate events: a "Men's Masters Invitational Mile," featuring 14 top masters milers ages 30+; an "Age-Graded Masters Mile" for men and women age 30+, which will be a handicapped race giving runners an advantage based on age; and a "Community Mile" fun run at the end of the day for everyone who wants to run, jog or walk four laps around the track in support of the fundraising effort. For more information, see the Web site www.xro.com/mile, or contact **Dave Clingan**, 503-231-0530; e-mail xroads@xro.com.

• **Joe Dudman**, M40, 55:27, and **Rosa Gutierrez**, W40, with a first-female overall 60:51, were first masters in the Pear Blossom 10 Mile, Medford, OR, April 9. **Leonard Hill** sped to the M50 first in 58:40.

INTERNATIONAL

• The 2nd WMA World Masters 100K Championships, Lake Saroma, Japan, June 26, have been cancelled because of



SUZIE HESS

Record breakers **Christel Donley** (l), W70, and **Audrey Lary**, W70, National Masters Indoor Championships, Boise, Idaho.

"... a misunderstanding between the partners involved," according to **Torsten Carlus**, WMA President, who added, "WMA will now have a talk with IAU to see if there is a possibility to find another host later in 2005 or the Championships must simply be cancelled this year. WMA and IAU will discuss how our future cooperation will be organized so that similar misunderstandings are avoided."

OBITUARIES

• In early March, two of South Africa's senior athletes, **Albertus van Zyl**, 82, and **Ben Moodie**, 94, died of cancer. Van Zyl holds over 20 SA age-group records starting at M60. In the WAVA Championships, Buffalo, 1995, he won the M70 80H, was second in the 300H, fourth in the HJ, and eighth in the decathlon, despite scoring no points in the JT and 1500. At the WAVA Championships, Durban, SA, 1997, he won a silver medal in the decathlon, a bronze in the HJ, and placed fourth in the 80H, and fifth in the 300H. He holds several single-age world records. Moodie was a racewalker who started competitive walking late in life. He holds five SA age-group records starting from M80, ranging from the 5000m to the 20K, and has the age-87 WR for the 20K. — **Leo Benning**

• **Max Gould**, one of Canada's best racewalkers, died March 30. He was 87. He holds 18 Canadian records, as well as numerous Ontario and Canadian Meet records, from the indoor 3000 (M65, M70, M75) to the 20K road (M55, M60, M65, and M70).

• **Jim Minah**, passed away Nov. 27, 2004, after an accidental fall. He was born Sept. 5, 1919, in Santa Barbara, CA. Primarily a hammer and weight thrower, Minah began competing when he was 55 and continued for 30 years in local, regional and national meets. He served in the US Army for 37 years and retired as a Warrant 4, seeing duty in WWII and Korea. The highlight of his career was his time as bodyguard to General George Patton. He finished his last years in the Reserves as manager of the Army Reserve Building in Santa Barbara. He leaves his wife, Kay, two daughters and two children by marriage, two grandsons, and four great-grandchildren.

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 open to men and women over age 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene, OR 97405.

TRACK & FIELD

NATIONAL

June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com
July 2-3. USA National Masters Decathlon/Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(ce).
August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiichamps.com; 808-732-8805; zeug@hawaii.rr.com
August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; www.dallasmasters.com; lestermount@yahoo.com
September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:30 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

May 10-13. Washington, DC, Golden Olympics. Ben Butler, 202-282-0753.
May 12 (Thur.). One-Hour Track Run, Arlington, VA. 7pm. www.dcroadrunners.org
May 12-15. Virginia Senior Games, Virginia Beach. 757-474-8492; vvc.edu/vrps/home.htm
May 18. Chester County Games, Downingtown, PA. Dick Fitch, 610-399-0709.
May 19-22. Rhode Island Ocean State Senior Olympics, Providence. Mike Lyons, 401-228-8622.
May 21. Vermont Senior Games, South Burlington HS. Barbara Jordan, 802-658-4486.
May 22. Rhode Island Senior Games, Rhode Island College, Providence, RI. Mike Lyons, 401-438-3154.
May 27-29. Connecticut Senior Games, Hartford. 860-528-4588; seniorgamesct.org
May 31-June 5. Long Island Senior Games, Brentwood, NY. 631-361-6663; fax: 265-5239; www.longislandseniorgames.org
June 4. 5th annual Philadelphia Masters AC Throw-a-Thon, Albright College, Reading, PA. 15 implements. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610 754-6007; rfeick@earthlink.net
June 5. Philadelphia Masters AC-Superweight and Ultra Weight Pentathlon. Gilbertsville, PA. See Ray Feick, June 4.
June 7, 14, 21, 28, and July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krneck@erols.com; www.pmtf.net
June 8-13. New York Empire State Senior Games, Cortland. 212-866-2794; empirestategames.org
June 12. 20th annual GSAC/Randolph Classic Meet, Randolph, NJ. Madeline Bost, 973-584-0679, madeline.bost@att.net; www.usatfnj.org
June 17-20. Massachusetts Senior Games, Springfield. 413-748-3810; maseniorgames.org
June 25-26. USATF Three Rivers Championships, Slippery Rock, PA. 412-242-2333.
June 27-July 3. Pennsylvania Senior Games, Shippensburg. 570-823-3164; keystonegames.com

July 10. USATF New Jersey Masters Championships, Tinton Falls. Isabel Keeley, 732-409-7644.
July 12. Philadelphia Masters Meets. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krneck@erols.com, www.pmtf.net
July 17. USATF East Regional Masters Championships, Cocalico Boosters Club/Long & Strong, at Cocalico HS, Denver, PA. East Regionals, 955 Daniel Dr., Stevens, PA. 17578; 717-484-2696; e-mail: skrall@clemensmkt.com
July 24. USATF Mid-Atlantic USATF Open & Masters Championships. Plymouth Meeting, PA. Kyle Mecklenborg, 215-393-1382; krneck@erols.com; www.pmtf.net

SOUTHEAST

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

May 6-8. 35th Annual Southeastern Masters & Open Meet/NCUSATF Championships/ Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607; southeasternmasters.org
May 7-9. Alabama Senior Olympic Games, Montgomery. Ronnie Floyd, 334-242-4496.
May 12-15. Virginia Senior Games, Virginia Beach. Shannon Moore, 757-474-8492; Jane Jagodzinski, 757-427-2106.
May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
May 15. Atlanta Senior Olympics, Georgia Tech. 12:30 pm. Entries due April 1 postmark. Opening night reception \$3 on May 14 at 8 pm. www.atlantaseniorolympics.com
May 18-21. South Carolina Senior Sports Classic, Francis Marion U., Florence. Carl Hust, 803-772-0363.
May 28. Furman Track Classic, Furman U., Greenville, SC. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.
May 28. Birmingham Track Club Classic, Samford U., Birmingham, AL. Frank Newland, frank@btcclassic.com; www.btcclassic.com
June 4. Music City Distance Carnival, Vanderbilt U., Nashville, TN. Prize money. USATF-sanctioned meet. http://tnrunner.com/MCDC/home/htm
June 10-12. Northwest Classic, Powell Stadium, Miami. NTF Classic, 1310 NW 90th St., Miami, FL 33147; 305-836-2409.
June 11. West Tennessee Masters Meet, Midsouth Fairgrounds, Memphis. 865-774-0023; coachr880@bellsouth.net; www.coachr.org/wtmm.htm
July 15-21. Tennessee Senior Games, Williamson County. 615-902-9261; tnseniorgames.com

MIDWEST

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

June 17-19. West Virginia Senior Sports Classic, Charleston. Open to out-of-state. 304-346-2154; wvssc.co
July 9. Dayton Masters Classic, Welcome Stadium, Dayton, OH. Bob Jones, 937-837-2754; bjrnl1@juno.com
July 9-10. Michigan Senior Olympics, Kalamazoo. 248-608-0250; michiganseniorgames.org
July 16. USATF Midwest Regional Masters Championships, Grand Valley St. U., MI. West Shore AC, PO Box 303, Grand Haven, MI

49417; ww.westshoreac.org; jimoneil@westshoreac.org

MID-AMERICA

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

June 5. Jolly Jogathon Meet, Marysville, KS. 10-yr. divisions, 30+. Cleve Walstrom, 785-562-3050(h); 562-3021(w).
June 9-12. Iowa Senior Olympics, W. Des Moines. 515-633-5011; iowaseniorolympics.org
June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowald, 314-469-0577; www.usatf.org/assoc/ozark
June 12. Minnesota Masters & Open Championships, National Sports Center, Blaine. USATF Championships, 5429 Wooddale Ave., Edina, MN 55424, by June 4.
June 18. Star of the North Games, Sauk Rapids HS, St. Cloud, MN. www.starofthenorthgames.org
June 25. Missouri Senior Games, Columbia. Out-of-state welcome. Jack Miles, 573-882-1462; www.smsg.org/senior_games; email: milesjw@missouri.edu
July 31. Blair TC Meet, Blair HS, NE. 402-426-5955; e-mail: mikedmaryott@hotmail.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 19-21. Mississippi Senior Olympics, Hinds CC, Raymond. 601-925-7994; msseniorolymp.org
May 21. Lions 13th Annual Championships Charity Meet, Leander HS, Austin, TX. www.waterlootrackandfield.org. Meet Director Seth Brower, nalionstrack@sbcglobal.net; 512-694-2037.
June 25. Lions Summer Throws Meet, Lions Fields, Austin, TX. www.waterlootrackandfield.org. Meet Director Seth Brower, nalionstrack@sbcglobal.net; 512-694-2037. Throws clinic on 26th.
July 9. Cat Spring Grunt VII Throwers Meet, Cat Spring, TX. Mark Chapman, 979-732-5591; k9luvr@intertex.net
July 9. USATF Southwest Regional Masters Championships, U. of Tulsa. Oklahoma USATF, PO Box 411, Tulsa, OK 74101; 918-277-3723.

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 7. 20th annual Southern California Striders Meet of Champions, CSU-Long Beach. 11:00 am. Enter by April 30 to avoid penalties. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 760-436-7696; Al



SUZY HESS

Phil Raschker broke the W55 pole vault record with a 2.76, National Masters Indoor Championships, Boise, Idaho.

Escabosa, 714-528-1443.
May 7. Team Thor Thunder Series Throws &

ON TAP FOR MAY

TRACK AND FIELD

The first weekend holds the Southeastern Masters Championships, Durham, NC, on the 6th-8th, and the Southern California Striders Meet of Champions, Long Beach, on the 7th. California also presents the Visalia Classic on the 14th, Pasadena Senior Olympics on the 21st, and the inaugural San Clemente Meet on the 28th. Meets in the Southeast include the Spring Fling, Clermont, FL, on the 14th, and Furman Classic, Greenville, SC, and Birmingham TC Classic, Samford U. on the 28th. Senior Games include the Ocean State Games, Providence, RI, on the 19th-22nd, Vermont Senior Games, South Burlington, on the 21st, and the Long Island Games, starting on the 31st. Northwest milers should head for the Fountain of Youth Masters Mile, Canby, OR, on the 14th.

LONG DISTANCE RUNNING

Things get going early with the Broad Street 10 Miler, Philadelphia; Flying Pig Marathon, Cincinnati; and Bloomsday 12K, Spokane, on the 1st. The Bank of America River Run 10K, Wichita; Revlon 5K for Women, Los Angeles; and the Indianapolis 500 Mini-Marathon go off on the 7th. On the 14th, options include the NYRR Half-Marathon, Queens, and the Gum Tree 10K, Tupelo, MS. The next weekend sees the Shelter Island 10K on L.I.'s eastern tip on the 21st, and the Cleveland Marathon on the 22nd. The Memorial Day weekend is replete with possibilities: the New Balance Moonlight 5K, New Milford, CT, on the 27th; Ogden Newspapers 20K & 5K, Wheeling, WV, and Truth/Bank One Sports Festival, Elkhart, IN, on the 28th; and Med City Marathon, Rochester, MN, on the 29th. Labor Day marches in with the Mercedes Benz Cotton Row 10K, Huntsville, AL; Fred d'Elia/NJ Women's 5K Championships, Ridgewood; Pacific Sun 10K, Kentfield, CA; Lakeshore Marathon, Chicago; and Boulder Boulder 10K.

RACEWALKING

Riverside, CA, will host the USA National Masters 15K Championships on the 15th. The Pasadena Senior Olympics stages a 1500 and 5000 on the track on the 21st, and a 5K and 10K at the Rose Bowl on the 22nd.

PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
May 7. USATF Arizona Throws Champion-

ships (Hammer, Weight, Pentathlon). Mesa CC. 7135; pafahy@cox.net
May 14. California Senior to, CA. 916-277-6046; sacramento.org
May 15. Mesquite Senior Valley High School, M Ferrier, 702-461-4666; games.com
May 14. Visalia Classic. 1026 W. Princeton, Visal 732-8030.
May 21. Pasadena Senior CC, CA. Qualifier for Senior Games Championships. Christel Donley. 626-66 enasiorencenter.org
May 28. San Clemente Clemente HS, San Clemente first-class results board. Coach, 949-492-4165, x2 ousd.org
June 18. Team Thor Thunder PV Meet, UC-San Diego, Tom Meyer, 10323 Ridgewater CA 92131. 858-566-6273; cybertgm@juno.com
June 19. USATF New Mexico Pentathlon. Kathy Fones, Lunas, NM 87031. 505-8387; foneskn@aol.com; /nm
July 10. USATF New Mexico Meet. Kathy Fones, 31 Lunas, NM 87031. 505-8387; foneskn@aol.com; /nm
July 16. Team Thor Thunder PV Meet, UC-San Diego, Tom Meyer, 10323 Ridgewater CA 92131. 858-566-6273; cybertgm@juno.com
July 23-24. USATF West Coast Championships, Home Depot Training Facility, Carson City, NV. Mark Cleary, runnermark@usaf.org

NORTHWEST

Alaska, Idaho, Montana, Utah, Washington

May 14. Fountain of Youth Mile races to benefit Oregon Canby, OR. Dave Cling Portland OR, 97214. 503-xro.com; www.xro.com/mi
June 4. Seattle Parks Stadium. Ken Weinbel, entry forms: weinbel@com
June 9-11. Montana Northwest Regional Masters Mt. Hood CC, Gresham, OR NW Mason Hill Rd., North
July 16. Seattle Masters Stadium. 9:30 am. July Ken Weinbel, 206-938-389 weinbel@comcast.net
July 22-24. Washington Olympia. Open to out-of-state pugetsoundgames.com
July 23. Inland Northwest Mooberry Track (WSU), Schaller, 435 SW State 99163. 509-332-3148; je .com; www.eteamz.com/cc
September 3-4. 25th Rock Games, CSU-Ft. Collins, CO E. 149th Ave., Thornton, CO 8727; e-mail: rockymtn.com
October 3-15. Huntsville Games, St. George, Utah 562-1268; www.seniorgan

CANAL

June 25. 34th Annual Championships, York U.

ships (Hammer, Weight, Superweight, Weight Pentathlon). Mesa CC. Pat Fahy, 480-946-7135; pafahy@cox.net

May 14. California Senior Games, Sacramento, CA. 916-277-6046; seniorgames@cityofsacramento.org

May 15. Mesquite Senior Games, Virgin Valley High School, Mesquite, NV. Bob Ferrier, 702-461-4666; www.mesquiteseniorgames.com

May 14. Visalia Classic. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 21. Pasadena Senior Olympics. Pasadena CC, CA. Qualifier for the 2006 California Senior Games Championships. Meet Director: Christel Donley. 626-685-6754; cpr@pasadenaseniorgames.com

May 28. San Clemente Masters Meet, San Clemente HS, San Clemente, CA. New track/first-class results board. Dan Johnson, Track Coach, 949-492-4165, x2940; drjohnson@capousd.org

June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

June 19. USATF New Mexico Open/Masters Pentathlon. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

July 10. USATF New Mexico Open/Masters Meet. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; foneskn@aol.com; www.usatf.org/assoc/nm

July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

July 23-24. USATF West Regional Masters Championships, Home Depot Center/Olympic Training Facility, Carson (Los Angeles), CA Mark Cleary, runnermark@cox.net; www.sca.usatf.org

NORTHWEST

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

May 14. Fountain of Youth Masters Mile. Mile races to benefit Oregon youth athletes. Canby, OR. Dave Clingan, 1849 SE 20th, Portland OR, 97214. 503-231-0530; xroads@xro.com; www.xro.com/mile

June 4. Seattle Parks Meet, W. Seattle Stadium. Ken Weinbel, 206-938-3895; for entry forms: weinbel@comcast.net

June 9-11. Montana Senior Olympics, Missoula, MT. Entry deadline: May 26. 50+ 406-586-5543; e-mail: kayjn@imt.net

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.

June 18-19. Hayward Classic/OR Association Masters Championships, Eugene. Contact: johnnyfaerber@hotmail.com; www.haywardclassic.org

June 25-26. Portland Masters Classic/USATF Northwest Regional Masters Championships, Mt. Hood CC, Gresham, OR. Don Kane, 14239 NW Mason Hill Rd., North Plains, OR 97133.

July 16. Seattle Masters Classic, W. Seattle Stadium. 9:30 am. July 15, HT at 5:50 pm. Ken Weinbel, 206-938-3895; for entry forms: weinbel@comcast.net

July 22-24. Washington St. Senior Games, Olympia. Open to out-of-state. 360-413-0148; pugetsoundgames.com

July 23. Inland Northwest Masters Classic, Mooberry Track (WSU), Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com; www.eteamz.com/comestcm/news

September 3-4. 25th Rocky Mountain Masters Games, CSU-Ft. Collins, CO. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602; 303-451-8727; e-mail: rockymtmastergames@msn.com

October 3-15. Huntsman World Senior Games, St. George, Utah. M&W 50+. 800-562-1268; www.seniorgames.net

CANADA

June 25. 34th Annual Ontario Masters Championships, York U. Toronto. www3.sym

patico.ca/ontario.masters; douglasj.smith@sympatico.ca

July 9-10. Canadian Masters Championships, York U. Toronto, Ontario. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto, ON. M4C 1V9. canadianmastersathletics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

May 7-8. South Africa Masters Championships, Germiston.

May 28-29. Taiwan Veterans Championships, Taipei. 10K RR/no SC or RW. M35 & W30. shaw0921@yahoo.com.tw

July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com

August 10-12. Masters Athletics GP Meet/IAAF Championships, Lahti, Finland. Hurdles /1500/JT/100/SP/HJ/400/LJ/ WT/XC. Registration deadline: July 1, 2005. Lahden Ahkera Office, Urheilukeskus 15110 Lahit, Finland. www.lahdenahkera.fi

August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

March 15-20, 2006. 2nd WMA World Indoor Championships, Linz, AUT. www.linz2006.com/eng

LONG DISTANCE RUNNING

NATIONAL

May 13-15. RRCA National Convention & Expo, New Orleans, LA. 504-468-1488; www.runnotc.org

June 4. USA National Masters Women's Championships/Freihofers 5K, Albany, NY. George Regan, 518-273-5552; www.freihofersrun.com

June 5. USA National Masters Championships/TEVA Vail 6.3 Spring Runoff, Vail, CO. www.usatf.org

June 18-19. USA National Masters 100 Mile Trail Championships, Loudonville, OH. www.usatf.org

July 30. USA National Masters 50 Mile Championships, Crystal Mountain, WA. www.usatf.org

August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see T&F above).

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org

October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org

November 19. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; www.gvh.net/feast-in-the-east

EAST

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

May 1. Kingston 10K Classic, Kingston, NY. 518-678-3293; PineOrchardAC@aol.com

May 1. Long Island Marathon & Half-Marathon, East Meadow, NY. LI Marathon. Eisenhower Park, East Meadow, NY 11554. www.thelimarathon.com

May 1. Broad Street 10 Miler, Philadelphia. 215-683-3594; www.broadstreetrun.com

May 1. Our House 5 Miler, Summit, NJ. 732-381-0318; www.oym.net

May 1. Rye Derby 5 Mile, Rye, NY. 914-967-6363; www.ryeymca.org

May 8. Portland Sea Dogs Mother's Day 5K, Portland, ME. 207-741-2084; www.MaineTrackClub.com

May 8. Komen Race for the Cure, Philadelphia. 215-238-8900; phillyracefortheure.org

May 11 (Wed.). Women's Run for the Roses 5K, Salisbury, MA. 6:30 pm. 603-382-2147; www.xenia.unh.edu/wrcr

May 14. NYRR Half-Marathon, Queens, NYC. 212-423-2261; www.nyrr.org

May 14. Kennett Run 5K & 10K, Kennett Square, PA. 610-388-1556; www.kennett.run.kennett.net

May 21. USATF-NE 12K Championships, Bedford, NH. 617-283-6349.

May 21. Bedford Rotary Memorial 12K & 5K, Bedford, NH. 617-283-6349; rotarybedfordnh.com

May 21. Shelter Island 19K, Shelter Island, NY. 25th anniversary. 631-749-1200; www.shelterisland-10k.com

May 21. Great Cape May 5K & 10K, Cape May, NJ. 609-884-5508, x104; www.capemaychamber.com

May 22. Medved Lilac 10K & 5K, Rochester, NY. 585-720-9252; www.gvh.net

May 27. New Balance Moonlight Run 5K, New Milford, CT. 860-354-9191; roadtracksports.com

May 28. Spring Lake 5 Mile, Spring Lake, NJ. 732-449-3544; www.springlake5.org

May 29. Vermont City Marathon & Relay, Burlington, VT. 800-880-8149; www.vcm.org

May 29. Nissan Buffalo Marathon. 716-694-5154; www.buffalomarathon.com

May 30. The Fred d'Elia Ridgewood Run/USATF-NJ Women's Masters 5K Championship, Ridgewood, NJ. 5-yr. AG awards. 201-447-9750; www.NJMasters.com

May 30. Memorial Day 10K & 5K Arlington, MA. 781-316-3880; www.town.arlington.ma.us

June 4. Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, PA. John Harwick, 1790 Lisa Dr.



VICTOR SAILER / PHOTO RUN
Ray Parrella, M70 winner (66:33), Papa John's 10 Mile, Louisville, Ky., April 9.

May 15. Biltmore Estate 5K & 15K, Asheville, NC. 828-645-0169; www.main.nc.us/kiwanis.ca/race05.htm

May 21. Freedom Run 6K, Chickasaw, AL. 251-473-7223; www.pcpacers.org

May 30. Mercedes-Benz Cotton Row 10K & 5K, Huntsville, AL. 256-536-1603; www.huntsvilletrackclub.org

July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantatrackclub.org

MIDWEST

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



SUZY HESS
Gerry Davidson broke a W80 U.S. record and two world records, National Masters Indoor Championships.

#4. Indiana, PA 15701. 724-464-2222.

June 5. USATF New England 5K Championships, Lincoln, RI. Mike Thompson, 617-212-2928.

June 11. Komen Race for the Cure, Hartford, CT. 860-728-5500; komenct.org

June 12. Battle of Bunker Hill 8K, Boston, MA. 617-242-1775; www.coolrunning.com

June 19. NYRR Father's Day Fight Against Prostate Cancer 5 Mile, Central Park. 212-423-2261; www.nyrr.org

June 25. Saucony XC Series, 2K/4K/8K, Frick Park, Pittsburgh, PA. 10 am. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

July 10. Boilermaker 15K, Utica, NY. www.boilermaker.com

July 17. USATF New England 8 Mile Championships, Stowe, VT. Tom Foltz, 802-253-4647.

SOUTHEAST

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

May 7. Bulldog 2 Miler, UMS Wright School, Mobile, AL. 251-473-7223; www.pcpacers.org

May 7. Corinth Classic 10K, Corinth, MS. 662-286-6051; www.corinthcoke.com

May 14. Do It in the Bush 5K, Cottage Hill Park, Mobile, AL. 251-473-7223; www.pcpacers.org

May 1. Cincinnati Flying Pig Marathon. 513-721-7447; flyingpigmarathon.com

May 7. Indianapolis Life 500 Festival Mini-Marathon. 800-638-4296; www.500festival.com

May 7. Komen Race for the Cure, Peoria, IL. 309-691-6906; www.komenpeoria.com

May 7. Run for the Buds 5K, St. Joseph, MI. 269-428-9622; www.bhsjymca.org

May 13. APC 5000, Jackson, MI. 517-788-9800.

May 14. Komen Race for the Cure, Columbus, OH. 614-297-8155; www.komencolumbus.org

May 14. Fifth Third River Bank 25K, Grand Rapids, MI. 616-771-1590; www.53riverbankrun.com

May 22. Main Course 10K, Chicago, IL. 312-580-5405; www.restaurant.org/show/events

May 22. Cleveland Marathon, Half-Marathon & 5K, Cleveland, OH. 800-467-3826; www.clevelandmarathon.com

May 22. Green Bay Marathon, Green Bay, WI. 1-800-889-1859; www.cellcomgreenbaymarathon.com

May 28. Ogden Newspapers 20k & 5K, Wheeling, WV. 800-456-5344; ogden20kclassic.com

May 28. Truth/Bank One Great Race Sports Festival XXV, Elkhart, IN. 574-296-5862; www.thegreatrace.net

May 30. Chicago Lakeshore Marathon. 773-765-9030; lakeshoremaramathon.com

May 30. Memorial Mile, Boardman, OH. 330-726-8407; www.jockstop.com

MID-AMERICA

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

May 7. Bank of America River Run 10K, Wichita, KS. 316-708-0808; wichitafestivals.com/riverrun

May 29. Med City Marathon & Relays, Rochester, MN. 507-282-1411; wally@medcitymarathon.com

May 30. Amy Thompson Run to Daylight 8K, Kansas City, MO. 816-228-3842; www.kctrack.org

May 30. Melpomene 5K, St. Paul, MN. 651-783-2476

688-9143; info@andersonraces.com
 May 30. Bolder Boulder 10K, Boulder, CO. 303-444-7223; www.bolderboulder.com
 June 4. Hospital Hill Half-Marathon/USA Men's Championships, Kansas City, MO. 816-274-3635; www.hospitalhillrun.com
 June 4. Dam to Dam 20K & 5K, Des Moines, IA. 515-247-5864; www.damtodam.com
 June 16-18. Grandma's Marathon Weekend, Duluth, MN. Marathon, Half-Marathon & 5K. 218-727-0947; www.grandmasmarathon.com
 June 18. Star of the North Games 5K Trail Run, St. Cloud, MN. www.starofthenorthgames.org
 June 24 (Fri.). Star of the North Games 5K, St. Cloud St. U., MN. www.starofthenorthgames.org
 July 14. M&I Bank Storm the Bastille 5K, Milwaukee, WI. 414-271-1416; www.easttown.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 14. OG & E Sooner State Games Half-Marathon, 10K & 5K, Lake Overholser, OK. 405-236-5000; www.soonerstategames.org
 May 14. Gum Tree 10K, Tupelo, MS. E-mail: tupelorumclub@yahoo.com; tupelorumclub.homestead.com
 May 21. Beach to Bay Relay Marathon, Corpus Christi, TX. 361-443-5337; beachto bayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

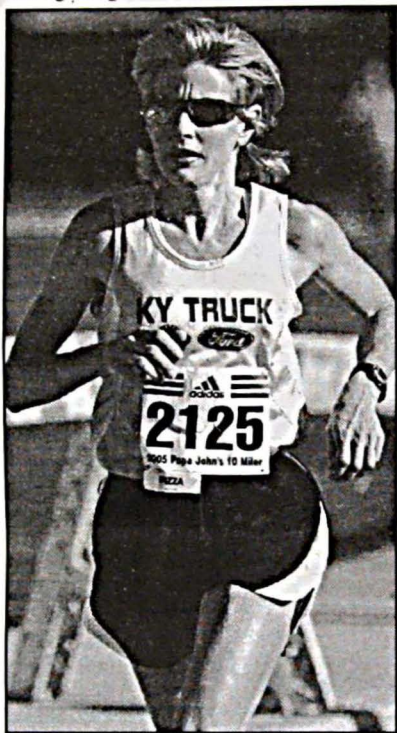
May 1. Run for the Zoo 5K & 10K/New Mexico Association Championships, Albuquerque. 505-764-6227; www.run4zoo.org
 May 1. Avenue of the Giants Marathon, Half-Marathon & 10K, Humboldt Redwoods St. Park, CA. www.theave.org
 May 7. Revlon 5K for Women, Los Angeles. 310-395-6779; www.revlonrunwalk.com
 May 8. Union Tribune Race for Literacy 8K, San Diego, CA. 760-692-2900; www.inmotionevents.com
 May 14. Palos Verdes Marathon & Half-Marathon, Palos Verdes, CA. 310-828-4123; www.w2promotions.com
 May 15. Bay to Breakers 12K, San Francisco. 415-651-1816; www.baytobreakers.com
 May 21. Law Day 5K, Ventura, CA. 805-650-7599; www.vcba.org
 May 22. Pasadena Senior Olympics. Rose Bowl, Pasadena, CA. 5000m & 10,000m. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc
 May 28. Strawberry Stampede 10K, Arroyo Grande, CA. www.strawberrystampede.com
 May 30. Pacific Sun 10K, Kentfield, CA. 415-721-3791; tamalparunners.org
 May 30. Saddleback Memorial Half-Marathon & 5K, Laguna Hills, CA. 760-43406301; memorialhalfmarathon.com
 June 4. Fontana Days Half-Marathon & 5K, Fontana, CA. 909-428-6644; www.fontana.org
 June 5. Rock 'N' Roll Marathon, San Diego, CA. www.nrmarathon.com
 June 19. State Street Mile, Santa Barbara, CA. 805-568-2316; www.active.com or www.sb mile.com
 July 24. Wharf to Wharf 6 Mile, Santa Cruz, CA. 831-475-2196; wharftowharf.com

NORTHWEST

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

May 1. Bloomsday 12K/USATF Inland NW Championships, Spokane, WA. 509-838-1579; www.bloomsdayrun.org
 May 1. Cinco de Mayo 5K & 10K, Portland, OR. www.t-events.com
 May 7. Montana Women's Run 5 Mile, Billings. 406-656-6973; www.womensrun.org
 May 7. Roseburg 10K, Roseburg, OR. 541-673-2706; www.southernoregonsizzlerclub.org
 May 14. McDonald Forest 50K, Corvallis, OR. 541-758-8124; www.proaxis.com/~lacava/
 May 15. Capital City Marathon, Half-Marathon, & 5 Mile, Olympia, WA. 360-786-1786; www.capitalcitymarathon.org

May 22. Rhody Run 12K, Port Townsend, WA. 877-463-9786; www.rhodyrun.com
 May 22. Nordstrom Beat the Bridge 8K, Seattle. E-mail: hamiltonevents@aol.com; www.ontherun.com
 May 28. Azalea Festival 10K, Brookings, OR. 800-535-9469; www.southernoregonsizzlerclub.org
 June 2. Agony of Defeat 5K, Medford, OR. 541-535-7212; www.southernoregonsizzlerclub.org
 June 3. Oregon Grand Prix Series Street Mile, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
 July 4. Oregon Grand Prix Series Foot Traffic Marathon/Half-Marathon, Portland, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
 July 10. Seattle Summer Marathon, Half-Marathon & 5K. www.seafairmarathon.com
 July 17. Oregon Grand Prix Series Coburg Run in the Country Half-Marathon, Coburg, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org



VICTOR SAILER / PHOTO RUN
 Joann Jessie, W40 winner (68:36), Papa John's 10 Mile, Louisville, Ky., April 9.

September 11. Oregon Grand Prix Series - Oregon TC Masters Eugene Celebration 8K, Eugene, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
 October 29. Oregon Grand Prix Series - USATF/Willamette XC 8K, Salem, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org
 November 12. Oregon Grand Prix Series - USATF Grand Prix Finale, Sandy, OR. Harry Simonis, 541-504-1077; www.usatf-oregon.org

**TWENTY-FIVE YEARS AGO
 May 1980**

•Dan Conway (48:47), Sandra Kiddy (59:03) Win National Masters 15K

•400 Compete in National Masters Indoor Championships, Syracuse, NY

•Survey: Should WAVA Establish Eligibility Standards for World Championships?



VICTOR SAILER / PHOTO RUN
 Carol Miles, W40 third (69:54), Papa John's 10 Mile, Louisville, Ky., April 9.

CANADA

May 8. OMTFA Championships/Forest City 10K, London, Ont. www3.sympatico.ca/onario.masters; douglasj.smith@sympatico.ca
 May 28-29. ING Ottawa Marathon, Half-Marathon & 10K, Ottawa, Canada.

RACEWALKING

May 15. USA National Masters 15K RW Championships, Riveside, CA. www.usatf.org
 May 21. Pasadena Senior Olympics, Pasadena CC, CA. 1500m & 5000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1825, jim@hanley.cc
 May 22. Pasadena Senior Olympics, Rose Bowl, Pasadena, CA. 5000m & 10,000m RWs. Qualifier for the 2006 California Senior Games Championships. Meet Director: Jim Hanley. 805-496-1829, jim@hanley.cc
 May 28. NCCWMA 5K & 10K RW Championships/Art Keay Memorial Age-Graded 10K RW, Toronto, Ont. Lily or Stafford Whalen, 416-243-5413; staffordwhalen@rogers.com
 June 18. MAC Association 10K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol.com
 July 17. USATF MAC 5K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol.com
 August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.
 August 28. USATF MAC 3K RW Championships, Central Park, NYC. Stella Cashman, 212-628-1317; Francicash@aol.com
 September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org
 September 18. USATF Long Island 5K RW Championships, Long Beach, NY. Peter Lopes, 516-771-7761.
 October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org
 November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usatf-ntc.com; e-mail: noonwalk_99@yahoo.com
 December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

Visit the National Masters News Web Site at:

www.nationalmastersnews.com

**ATHLETES WHO ENTER A NEW DIVISION
 THIS MONTH - MAY 2005**

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
ROBIN MOORE (EGG HARBOR, NJ)	5-24-65	40-44
SLAVICA POZNIK (SLV)	5-7-60	45-49
MARLENE OTTEY (JAM)	5-10-60	45-49
JURGEN SCHULTZ (GER)	5-11-60	45-49
BELINDA MCCOY (CLEVELAND, OH)	5-11-60	45-49
BECKY POST (US)	5-1-55	50-54
ANJA AKKERMANN (NED)	5-1-55	50-54
BARRY STEBBINS (TEMPLE, PA)	5-3-55	50-54
INEKE STOFMEEL (NED)	5-4-55	50-54
JELENA KELDSHTEVSKA (URS)	5-7-55	50-54
MARIA SAHUQUILLO (SPA)	5-8-55	50-54
DAN GOLDMAN (US)	5-18-55	50-54
SYLVIA HOSS (ALISO VIEJU, CA)	5-18-55	50-54
MARCIA HULSE (BROOKLYN, NY)	5-18-55	50-54
JOANIE PRICE (US)	5-23-55	50-54
HELEN VISGAUSS (US)	5-24-55	50-54
WALTRAUD KNAPP (GER)	5-25-55	50-54
DAVE VANDERGRIFF (FLORENCE, SC)	5-26-55	50-54
MARINA STEPANOVA (URS)	5-1-50	55-59
JOE GREENBERG (BEVERLY HILLS, CA)	5-9-50	55-59
AGNES HITCHMOUGH (GBR)	5-15-50	55-59
TADEUSZ SLUSARSKI (POL)	5-19-50	55-59
DAPHNE ELLMORE (GBR)	5-22-50	55-59
CAROL WRIGHT (BEL)	5-27-50	55-59
GARY KEMMONSON (SANTA CRUZ, CA)	5-30-50	55-59
MADELINE HARMELING (MERRICK, NY)	5-6-45	60-64
SUSAN COMPTON (BROOKTONDAL, NY)	5-7-45	60-64
GISELA RABICH (GER)	5-13-45	60-64
MANDY JOSLEN (US)	5-15-45	60-64
CLARENCE RAY (DETROIT, MI)	5-16-45	60-64
ERINA KOZAK (CAN)	5-17-45	60-64
SALIH TALIB (NEW YORK, NY)	5-19-45	60-64
TAFFY MARTIN (WARMINSTER, PA)	5-23-45	60-64
TAFFY MARTIN (FRA)	5-27-45	60-64
DAN HAMNER (NY)	5-1-40	65-69
ARNO HAMERKES (GER)	5-1-40	65-69
MANUEL ULACI (VEN)	5-8-40	65-69
EDELSWITHA A. TRINDADE (BRA)	5-13-40	65-69
NANCY BALDWIN (OR)	5-19-40	65-69
DIANE COHEN (HONOLULU, HI)	5-23-40	65-69
GAIL HANNA (SAN DIEGO, CA)	5-25-40	65-69
ANNA MARIE GRUENNER (GER)	5-26-40	65-69
MARIANO HARO (SPA)	5-27-40	65-69
ANATOLIY BONDARCHUK (URS)	5-31-40	65-69
SUSANNA KRISTOFF (NOR)	5-31-40	65-69
SUSANNA WOLD (NOR)	5-31-40	65-69
ALMUT BROEMMEL (GER)	5-5-35	70-74
KAETHI DIENER (GER)	5-6-35	70-74
ROBERT MILNER (HAMILTON, NY)	5-7-35	70-74
MARYLIN FITZGERALD (OLD BRIDGE, NJ)	5-8-35	70-74
PATRICIA MAFFIA (GBR)	5-12-35	70-74
GUY TEXEREAU (FRA)	5-14-35	70-74
MARGARIDA HOCHSTATTER (BRA)	5-15-35	70-74
FLOYD SMITH (CLINTON, IA)	5-17-35	70-74
ASTA SATSI (URS)	5-18-35	70-74
ROBERT WHILDEN (TX)	5-20-35	70-74
INGO VIERK (GER)	5-20-35	70-74
BRIAN HARRIS (ROYAL OAK, MI)	5-21-35	70-74
MYR VANCAEKENBERGHE (BEL)	5-21-35	70-74
BENT LUARIDSEN (DEN)	5-27-35	70-74
PETER SPECKENS (GER)	5-28-35	70-74
LUCY PARKER (US)	5-28-35	70-74
PAUL NORENE (MN)	5-31-35	70-74
MARIA LONDONODE ABONDA (CAN)	5-1-30	75-79
BILL GENTRY (ORLANDO, FL)	5-5-30	75-79
CLYDE BAKER (NORTHBROOK, IA)	5-6-30	75-79
PHILIP SCHLEGAL (NEWPORT BEACH, CA)	5-6-30	75-79
BENGT JERNHESTER (SWE)	5-8-30	75-79
MARY HAWKINS (NZL)	5-8-30	75-79
GANNA BANIKOVA (UKR)	5-10-30	75-79
HATSUE TANIGAKI (JPN)	5-13-30	75-79
JOHANN HAGEN-VEHNS (NOR)	5-15-30	75-79
MARIE HAUG (NOR)	5-25-30	75-79
GIUSEPPINA GURTNER (SUI)	5-5-25	80-84
JAMES O'NEIL (SACRAMENTO, CA)	5-14-25	80-84
BILL FITZGERALD (PALOS VERDES, CA)	5-20-25	80-84
HILY KISSENBERGER (HONOLULU, HI)	5-20-25	80-84
HARRY TAMPAN (GBR)	5-20-25	80-84
HILDEGARD RIEDLE (GER)	5-21-25	80-84
EDNA DEAN (US)	5-28-25	80-84
BILL EPPRIGHT (HOUSTON, TX)	5-2-20	85-89
HUGH HACKETT (ALBUQUERQUE, NM)	5-2-20	85-89
MASSAO ISHIDA (BRA)	5-5-20	85-89
GEORGE RAJCEVIC (CLINTON, IA)	5-7-20	85-89
LIESELOTTE SCHULTZ (GER)	5-11-20	85-89
MARIA PARTRIDGE (AUS)	5-11-20	85-89
SVERRE HIETANEN (CAN)	5-14-20	85-89
ROBERT HUNT (ANAHEIM, CA)	5-18-20	85-89
TIM DYAS (RIDGEMOOD, NJ)	5-25-20	85-89
UNNEA LEHTONEN (FIN)	5-25-20	85-89
INGA SAGRELIUS (SWE)	5-30-20	85-89
ARVI KOSONEN (FIN)	5-31-20	85-89
BETTY JOSLIN (SEATTLE, WA)	5-10-15	90-94
PAUL FANNING (US)	5-14-15	90-94
IDA KEELING (US)	5-15-15	90-94
DENIS SHORE (RSA)	5-24-15	90-94
ED GAMBLE (AUS)	5-26-15	90-94
JOSEPH KELHER (AUS)	5-4-10	95+
ED BOTH (LEONA VALLEY, CA)	5-16-10	95+
MITSUO KOMURA (BRA)	5-25-10	95+
ERIC BENNECHE (GBR)	5-1-5	95+
MERT GAMBITO (US)	5-8-5	95+
MASAMI OKAZAKI (JPN)	5-15-5	95+
FRANTISEK HULAN (CZE)	5-17-5	95+

Compiled by Pete Mundle

M30-34	Abe Sauer	800
M35-39	David Buysse	1500
M40-44	Michael Kountze	60m
M50-54	Ralph Cilevitz	Pent.
	Rockdale Hudson	55m
	Paul Moyse	3000m
	Mike Trexler	60m

U.S. MAS

Event	30-34	35-39
55	6.8	6.9
60	7.4	7.55
100	11.0	11.3
200	22.4	23.2
400	51.5	52.5
800	2.02	2.04
1500	4.20	4.22
Mile	4.40	4.40
3000	9.25	9.40
5000	15.45	16.00
10000	32.30	32.50
55H	8.6	8.7
60H	9.0	9.3
110H	15.4	16.5
100H		
80H		
400H	58.0	60.0
300H		
3K-5C	10:10	10:30
2K-5C		
HJ	1.90	1.85
	6.2%	6.4%
PV	4.40	4.10
	14.5%	13.5%
LJ	6.50	6.10
	21.4	20.4
TJ	13.20	12.60
	43.3%	41.4%
Shot	14.50	14.02
	47.7	46.0
Discus	44.80	42.80
	147.0	140.5
Hammer	47.24	44.20
	155.0	145.0
Javelin	62.00	56.00
	203.5	183.9
35W/L	15.00	14.00
	49.2%	45.11%
Weight	15.00	14.00
	49.2%	45.11%
Sup. Wt.	9.50	9.00
(56#)	31.2	29.6%
Pent.	2800	2600
Decath.	5500	5250
Wt. Pent.	2800	2700

Notes: 1) 100 standards
 2) Short hurdles:
 3) Long hurdles:
 4) Shot put:
 5) Discus throw:
 6) Hammer:
 7) Javelin:
 8) Weight:
 9) Superweight:
 10) Pen/Dec/Wt. Pen
 11) Metric heights

U.S. MASTERS ALL

	1.5K	Mile	3K
W30	7:13	7:47	14:50
W35	7:22	8:03	15:18
W40	7:37	8:21	15:53
W45	8:03	8:41	16:32
W50	8:25	9:05	17:15
W55	8:55	9:31	18:05
W60	9:17	10:01	19:01
W65	9:48	10:35	20:06
W70	10:26	11:15	21:22
W75	11:10	12:01	22:51
W80	12:03	12:58	24:41
W85	13:13	14:15	27:05
W90	14:56	16:06	30:36
M30	6:31	7:01	13:21
M35	6:43	7:14	13:47
M40	6:58	7:29	14:14
M45	7:13	7:46	14:41
M50	7:33	8:05	15:21
M55	7:50	8:26	16:01
M60	8:13	8:51	16:51
M65	8:38	9:19	17:41
M70	9:08	9:50	18:41
M75	9:43	10:28	19:51
M80	10:26	11:14	21:21
M85	11:21	12:13	23:11
M90	12:41	13:39	25:51

Age-graded time/8 for n

M30-34	Abe Sauer	800	2:01.77	3/12/05
M35-39	David Buysse	1500	4:21.20	2/19/05
M40-44	Michael Kountze	60m	7.66	3/12/05
M50-54	Ralph Cilevitz	Pent.	2673	3/11-14/05
	Rockdale Hudson	55m	7.4	2/20/05
	Paul Moyse	3000m	10:31	3/21/04
	Mike Trexler	60m	7.73	3/11-13/05

RECIPIENTS OF ALL-AMERICAN AWARDS

M55-59	Gerard Dunne	PV	3.05	2/26/05
	Phil Parker	60mH	10.49	3/12/05
	Bob Peters	SP	45-4	6/26/04
M60-64	Howard Booth	PV	8-11	8/8/04

M65-69	Raymond Lebowitz	100m	13.74	2/5/05
		200m	29.07	2/5/05
		LJ	4.57	2/12/05
	Ted Moore	3000RW	17:05.66	3/11-13/05

M75-79	Charles Blaspala	SP	30-3	5-30-04
W45-49	Joan Affleck	1 Mile	6:26.80	2/26/05
W50-54	Claudia Simpson	LJ	3.42	9/04
W60-64	Janet Robinson	5KRW	32:15	1/16/05

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	14.8
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
1 Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6-1	5-9/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/4	3-3/4	2-7/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/4	13-5/4	12-11/4	12-1 1/4	11-7/4	10-4	8-10/4	7-10/4	7-6 1/4	6-6 1/4	5-10/4	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2/4	18-4/4	17-8/4	16-1/4	14-9	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4	
TJ	13.20	12.80	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	28-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11/4	39-4/4	42-0	37-8/4	36-1/4	29-6/4	26-3	19-8/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#WT	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	49-2 1/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4			19-8/4	16-4/4			
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/4	45-11/4	43-5/4	41-0/4	46-9	43-5/4	45-11/4	43-5/4	44-3/4	38-6/4	32-9/4	28-8/4	19-8/4
Sup.Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
(56#)	31-2	29-6/4	27-10/4	26-3	19-8/4	18-1/4	16-4/4	14-9	11-5/4	9-10	8-2/4	6-6/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2400	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
WT Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#
 9) Superweight: 30-69: 56# 70-79: 35# 80+: 25#
 10) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WMA factoring.
 11) Metric heights and distances are the standard; feet and inches listed for convenience.

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10/4	7-10/4	6-10/4	5-10/4	4-11	3-11 1/4	3-7/4	3-3/4	2-11 1/4	2-7/4	2-3/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10/4	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4/4	19-8/4	18-1/4	14-9	12-9		
Shot	10.30	9.32	8.51										

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USA National Masters Indoor T&F Championships, Jacksons Track Nampa / Boise, ID; March 11-13

(* = non-U.S. athlete)

60m

Table of 60m race results with columns for athlete name, club, and time. Includes athletes like Milligan Jackson, Upshaw-Margerum, Lawson, Sarah, Shook, Kathleen, Willard, Denise, etc.

100m

Table of 100m race results with columns for athlete name, club, and time. Includes athletes like Lesniak, Mark, Picorelli, Wilfred, Venable, William, etc.

200m

Table of 200m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

400m

Table of 400m race results with columns for athlete name, club, and time. Includes athletes like Lanier, Kyle, Benzon, Hilario, Gardner, Jr., Adam, etc.

800m

Table of 800m race results with columns for athlete name, club, and time. Includes athletes like Jones, Jim, Plaster, Tony, King, Trevor, etc.

1500m

Table of 1500m race results with columns for athlete name, club, and time. Includes athletes like Bisson, Jerry, Gray, Jack, Selby, Jim, etc.

300m

Table of 300m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

500m

Table of 500m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

1000m

Table of 1000m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

1500m

Table of 1500m race results with columns for athlete name, club, and time. Includes athletes like Jones, Jim, Plaster, Tony, King, Trevor, etc.

3000m

Table of 3000m race results with columns for athlete name, club, and time. Includes athletes like Grene, Mary, Jasper, Lorraine, Marvil, Rebecca, etc.

5000m

Table of 5000m race results with columns for athlete name, club, and time. Includes athletes like Bisson, Jerry, Gray, Jack, Selby, Jim, etc.

10000m

Table of 10000m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

15000m

Table of 15000m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

20000m

Table of 20000m race results with columns for athlete name, club, and time. Includes athletes like Berry, Kettrell, Travis, Ken, Faulkner, Chris, etc.

30000m

Table of 30000m race results with columns for athlete name, club, and time. Includes athletes like Jones, Jim, Plaster, Tony, King, Trevor, etc.

40000m

Table of 40000m race results with columns for athlete name, club, and time. Includes athletes like Grene, Mary, Jasper, Lorraine, Marvil, Rebecca, etc.

50000m

Table of 50000m race results with columns for athlete name, club, and time. Includes athletes like Bisson, Jerry, Gray, Jack, Selby, Jim, etc.

Table with 2 columns: Name and Time. Includes entries for Bisson, Jerry (SYC 7:43.29), Gray, Jack (BEAR 7:04.64), Selby, Jim (UNA 7:48.43), etc.

3000m

Table with 2 columns: Name and Time. Includes entries for Grene, Mary (SOCA 10:59.05), Jasper, Lorraine (SOCA 10:59.73), Marvil, Rebecca (HOUH 11:44.00), etc.

4x400 Relay

Table with 2 columns: Name and Time. Includes entries for ADHC (4:31.15), FIBO (3:41.73), etc.

4x800m Relay

Table with 2 columns: Name and Time. Includes entries for SOCA (10:31.32), FIBO (9:01.69), etc.

High Jump

Table with 2 columns: Name and Height. Includes entries for Nakatake, Kimiko (UNA 1.50m), Ware, Caren (SOCA 1.15m), etc.

60m Hurdles

Table with 2 columns: Name and Time. Includes entries for Upshaw-Margerum, Jo (UNA 9.08), Willard, Denise (AZTC 10.21), etc.

Pole Vault

Table with 2 columns: Name and Height. Includes entries for Rieger, Karen (UNA 2.25m), Lewis, Belyn (UNA 1.25m), etc.

Table with 2 columns: Name and Time. Includes entries for Pawlik, Emil (UNA 9.86), Doerrier, Dave (UNA 11.23), etc.

4x400 Relay

Table with 2 columns: Name and Time. Includes entries for ADHC (4:31.15), FIBO (3:41.73), etc.

4x800m Relay

Table with 2 columns: Name and Time. Includes entries for SOCA (10:31.32), FIBO (9:01.69), etc.

High Jump

Table with 2 columns: Name and Height. Includes entries for Nakatake, Kimiko (UNA 1.50m), Ware, Caren (SOCA 1.15m), etc.

60m Hurdles

Table with 2 columns: Name and Time. Includes entries for Upshaw-Margerum, Jo (UNA 9.08), Willard, Denise (AZTC 10.21), etc.

Pole Vault

Table with 2 columns: Name and Height. Includes entries for Rieger, Karen (UNA 2.25m), Lewis, Belyn (UNA 1.25m), etc.

Table with 2 columns: Name and Time. Includes entries for Berle, Dolf (TM 3.80m), Jaqua, Michael (WS NH), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.

Long Jump

Table with 2 columns: Name and Distance. Includes entries for Nakatake, Kimiko (UNA 4.68m), Upshaw-Margerum, Jo (UNA 5.38m), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.

Table with 2 columns: Name and Time. Includes entries for Raschker, Phil (UNA 8.97m), von Maltzahn, Hill (UNA 8.04m), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.

Long Jump

Table with 2 columns: Name and Distance. Includes entries for Nakatake, Kimiko (UNA 4.68m), Upshaw-Margerum, Jo (UNA 5.38m), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.

Table with 2 columns: Name and Time. Includes entries for Lary, Audrey (PVTC 10.15m), Kuermerlin, John (UNA 12.69m), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.

Long Jump

Table with 2 columns: Name and Distance. Includes entries for Nakatake, Kimiko (UNA 4.68m), Upshaw-Margerum, Jo (UNA 5.38m), etc.

Shot Put

Table with 2 columns: Name and Distance. Includes entries for Latham, Cindy (UNA 6.63m), Lewis, Oneitha (UNA 13.76m), etc.



Indoor Pentathlon

Table of Indoor Pentathlon results for Men and Women, listing points, 60H, LJ, SP, HJ, and 1000m times.

Table of individual results for W55, W65, W70, and W75 categories.

Combined Club Scores

Table of Combined Club Scores listing club names, points, and various event results.

Key to Club Names:

Key to Club Names table mapping abbreviations to full club names.

EAST

MAC Masters Indoor Championships, 168th St. Armory, NYC; March 4

Table of MAC Masters Indoor Championships results for 60m, M40, M45, M50, M55, and 200m categories.

Table of MAC Masters Indoor Championships results for W55, M30, M40, M45, M50, M55, and 400m categories.

Table of MAC Masters Indoor Championships results for M45, M50, M55, M60, M65, M70, M75, W40, W45, W50, W55, and 1500m categories.

Table of MAC Masters Indoor Championships results for Shot Put, M40, M45, M50, M55, M60, W40, W45, W50, W55, and 400m categories.

USAT-NTC Spring Fling #1

Clermont, FL; March 19

Table of USAT-NTC Spring Fling #1 results for 100m, 200m, 400m, 800m, 1500m, 3000m, and 5000m categories.

SOUTHEAST

South Carolina Indoor Throws Meet, Clemson Feb. 13

Table of South Carolina Indoor Throws Meet results for Shot Put, M60, M65, M70, M75, W45, W50, W55, and 400m categories.

Table of results for various events including Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Javelin, and 55m, 100m, 200m, 400m, 800m, 1000m, 1500m, 3000m, 5000m, and 100m categories.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like Pole Vault, Long Jump, Triple Jump, Shot Put, Discus, Javelin, and Weight Throw.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 200m, 400m, 800m, 1500m, High Jump, and Shot Put.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 200m, 400m, 800m, 1500m, High Jump, and Shot Put.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 50m, 100m, 200m, 400m, 800m, 1500m, and Shot Put.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 1500m, 3000m, 5000m, and Shot Put.

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like Discus, Hammer, Javelin, and Shot Put.

MIDWEST

Mason-Dixon Indoor Games Louisville, KY; March 6

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 55m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

WEST

Palm Desert Senior Games Palm Desert, CA; Feb. 10-13

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

USATF Arizona Regulation Meet, Glendale CC; March 19

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

Henderson Senior Games Henderson, NV; March 4-13

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

Team Thor Thunder Series UC-San Diego, La Jolla March 20

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

Phoenix Invitational Phoenix, AZ; April 1

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

SOUTHWEST

Greater New Orleans District Sr. Olympics, Kings Grant Playground, LA; March 20

Table with 3 columns: Event Name, Athlete Name, Score. Includes events like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Pole Vault, High Jump, Triple Jump, and Shot Put.

Table with 3 columns: Name, Age, Time. Includes events like M60 Duane Thompson, M65 David Bickel, M70 Dave Douglas, etc.

Table with 3 columns: Name, Age, Time. Includes events like M65 Bruce McPhail, M70 Max Wood, M75 Ian Brownie, etc.

Table with 3 columns: Name, Age, Time. Includes events like W55 Lois Anderson, W60 Glenys Jones, W65 Marie Slattery, etc.

Table with 3 columns: Name, Age, Time. Includes events like W50 Jo Hurring, W55 Veronica Gould, W60 Glen Watts, etc.

Table with 3 columns: Name, Age, Time. Includes events like W45 Anette Koop, W50 Lidia Zentner, W55 A-Beriksson, etc.

Table with 3 columns: Name, Age, Time. Includes events like M45 Manfred Knipper, M50 K-P Neudorfer, M55 Stefan Hallgrimsson, etc.

Table with 3 columns: Name, Age, Time. Includes events like M55 Stuart Hayward, M60 Peter Crombie, M65 John Cooper, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 David Bickel, M45 Jeff Crothers, M60 Bob Osterhoudt, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Conor Delahunty, M40 Joe Ford, M45 Geoff Anderson, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 John Adams, M35 Deon Wagner, M40 Wayne Doyle, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 John Adams, M35 Deon Wagner, M40 Wayne Doyle, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Michael Schieck, M40 Sven Martin, M45 Herbert Kreiner, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Martin Gleinker, M40 Tibor Gecsek, M45 Karl-Jorgen Hoff, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 Brendan Whelan, M35 Shawn Claydon, M40 Andrew Clowes, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 Doug Dunagan, M65 Jack Kuhns, M70 Ernie Smith, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Conor Delahunty, M40 David Drummond, M45 Murray Hart, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 John Adams, M35 Deon Wagner, M40 Wayne Doyle, etc.

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Table with 3 columns: Name, Age, Time. Includes events like M35 Adam Domicz, M40 Marco Segat, M45 Ari Lisanantii, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Martin Gleinker, M40 Tibor Gecsek, M45 Karl-Jorgen Hoff, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 Brendan Whelan, M35 Steven Suthers, M40 David Gwynne, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Richard Kinley, M40 Stephen Te Whaiti, M45 Gary Rawson, etc.

Table with 3 columns: Name, Age, Time. Includes events like M40 Paul Daborn, M45 Gary Rawson, M50 Fanny Campkin, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 John Adams, M35 Deon Wagner, M40 Wayne Doyle, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 John Adams, M35 Deon Wagner, M40 Wayne Doyle, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Michael Osunsami, M40 Enrico Saraceni, M45 Ingemar Zlorn, etc.

Table with 3 columns: Name, Age, Time. Includes events like M35 Pasquale Veschio, M40 Chas Barclay, M45 Tokunbo Olabinni, etc.

Table with 3 columns: Name, Age, Time. Includes events like M30 Brendan Whelan, M35 Steven Suthers, M40 David Gwynne, etc.

Table with 3 columns: Name, Age, Time. Includes entries like M55 Stuart Hayward 55.11, M60 Peter Crombie 56.85, M65 John Cooper 1:00.78.

Table with 3 columns: Name, Age, Time. Includes entries like M30 Brendan Whelan 2:11.06, M35 David Hill 1:59.85, M40 Barry Moore 2:02.16.

Table with 3 columns: Name, Age, Time. Includes entries like M45 John Morton 2:07.22, M50 Terry Hicks 2:04.51, M55 Stuart Hayward 2:11.08.

Table with 3 columns: Name, Age, Time. Includes entries like M60 Richard Trembath 2:26.46, M65 Alan Bradford 2:49.17, M70 David Carr 2:31.66.

Table with 3 columns: Name, Age, Time. Includes entries like M75 Rad Leovic 3:20.16, M80 Max McKay 3:58.00, M90 Andy Smith 8:59.78.

Table with 3 columns: Name, Age, Time. Includes entries like W30 Alison Rothwell 2:21.42, W35 Jenny Brichacek 2:17.18, W40 Karen Lakin 2:38.47.

Table with 3 columns: Name, Age, Time. Includes entries like W45 Jill Pryor 2:18.17, W50 Jeanette Flynn 2:18.07, W55 Barbara Blurton 2:31.66.

Table with 3 columns: Name, Age, Time. Includes entries like W60 Betty Menzies 2:47.73, W75 Lorna Thompson 4:25.41, M30 Brendan Whelan 4:11.98.

Table with 3 columns: Name, Age, Time. Includes entries like M35 David Hill 4:13.44, M40 Barry Moore 4:15.74, M45 John Morton 4:27.15.

Table with 3 columns: Name, Age, Time. Includes entries like M50 Terry Hicks 4:27.15, M55 Kevin Solomon 4:47.01, M60 Alan Galbraith 4:46.68.

Table with 3 columns: Name, Age, Time. Includes entries like M65 Alan Bradford 5:16.73, M70 Doug Worling 5:58.65, M75 Rad Leovic 7:15.76.

Table with 3 columns: Name, Age, Time. Includes entries like M80 Max McKay 8:39.20, M90 Andy Smith 8:59.78, W30 Alison Rothwell 8:14.48.

Table with 3 columns: Name, Age, Time. Includes entries like W35 Jenny Brichacek 8:14.48, W40 Karen Lakin 7:59.12, W45 John Morton 9:07.56.

Table with 3 columns: Name, Age, Time. Includes entries like W45 Jill Pryor 10:08.18, W50 Jeanette Flynn 7:41.34, W55 Barbara Blurton 10:08.18.

Table with 3 columns: Name, Age, Time. Includes entries like W60 Betty Menzies 9:40.92, W75 Lorna Thompson 11:31.79, M30 Stephen Chapmas 1:55.

Table with 3 columns: Name, Age, Time. Includes entries like M35 David Hill 1:59.85, M40 Barry Moore 2:02.16, M45 John Morton 2:07.22.

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LONG DISTANCE RUNNING EAST

Pfizer Oncology Colon Cancer Men's Half-Marathon & 4 Mile Central Park, NYC March 13

Table with 3 columns: Name, Age, Time. Includes entries like Half-Marathon Overall Rob Zand 35 1:12.05, M40 Pieter Beuzendhout 1:19.18.

Boston's Run to Remember Half-Marathon & 5M Boston, MA; March 13

Table with 3 columns: Name, Age, Time. Includes entries like Overall Ian Nurse 27 1:11.21, Karen Smyers 43 1:24.12.

5 Mile Overall Douglas Momanly 24 24.04

Table with 3 columns: Name, Age, Time. Includes entries like M35 Robert Laplante 26.49, M40 John Nolan 27.29.

NYRR Brooklyn Half-Mara. Coney Island to Prospect Park, Brooklyn, NY; March 19

Table with 3 columns: Name, Age, Time. Includes entries like Overall Ivan Marionda 29 1:10.37, Michelle Bleakley 37 1:20.58.

Equinox 20K / USATF NJ Masters Championships Piscataway, NJ March 20

Table with 3 columns: Name, Age, Time. Includes entries like Overall Tom Yakowenko 1:05.16, Heather Gracie-Petty 1:21.07.

NYRR Randall's Island 5K Randall's Island, NYC March 26

Table with 3 columns: Name, Age, Time. Includes entries like Overall James Thie 26 15.07, Kate Irvin 26 17.49.

Nationwide Insurance 10K for ASPIRE Plainview, NY; April 2

Table with 3 columns: Name, Age, Time. Includes entries like Overall Brenda Dagan 23 34.49, Donna McMahon 35 37.52.

NYRR Scotland Run 10K Central Park, NYC; April 3

Table with 3 columns: Name, Age, Time. Includes entries like Overall Robert Russell 22 31.09, Julia Stamps 26 35.31.

Cherry Blossom 10M Washington DC; April 3

Table with 3 columns: Name, Age, Time. Includes entries like Overall John K Korir 29 46.55, Nuta Olaru 34 52.01.

New Bedford Half-Marathon New Bedford, MA; March 20

Table with 3 columns: Name, Age, Time. Includes entries like Overall Kassahun Kasibo 21 1:06.45, Alem Misganaw 22 1:18.48.

M55	Marvin Pace	1:03:38
	Gordon Terwilliger	1:00:36
	Mick Slonaker	1:04:36
	Paul Warren	1:05:53
	James Wright	1:06:11
	Ken Shipp	1:06:21
M60	Patrick Griffith	1:04:23
	Len Goldman	1:04:48
	Jim Noone	1:07:58
M65	Malcolm O'hagan	1:13:04
	Benito Vazquez	1:19:08
	Art Morey	1:19:19
M70	Jerry Lewis	1:19:00
	Tom Ray	1:19:36
	Bill Riecke	1:21:01
M75	Nianxiang Xie	1:30:10
	Paul Crum	1:43:59
M80	Walt Washburn	1:46:30
W35	Aurica Buia	54:57
W40	Kate Paddon	1:03:12
	Kelly Dworak	1:04:19
	Monica Grillo	1:04:27
	Laura Freix	1:04:44
	Leslie Minnix-Wolfe	1:04:56
W45	Mia Jacobs	1:03:44
	Sharon Marks	1:08:56
	Janice Ware	1:10:19
	Deborah Flynn	1:10:37
	Shelley Ralston	1:11:09
W50	Naomi Stanford	1:12:27
	Betty Blank	1:12:43
	Linell Smith	1:14:15
W55	Sandra Adams	1:11:10
	Alice Franks	1:14:24
	Joan Lavin	1:18:26
W60	Priscila Prunella	1:24:32
	Marcia Puryear	1:27:07
	Karolynn Coleman	1:28:53
W65	Imme Doyle	1:25:11
	Carrie Parsi	1:26:52
	Tami Graf	1:35:15
W70	Anny Stockman	1:34:40
	Jacqueline O'neil	2:03:21
W75	Shirley Simmers	2:42:06
W80	Hedy Marque	1:57:38

NYRR More Marathon
New York, NY; April 10

Overall	Susan Loken 41	2:45:35
W40	Susan Loken	2:45:35
	Corinna Cortes	3:07:44
	Christina Bilsky	3:12:21
	Monica Lukas	3:13:59
	Doretha Levine	3:19:04
W45	Janet Robertz	2:48:59
	Emmy Stocker	3:24:06
	Carol Farrell	3:37:55
	Lief Sannen	3:51:17
	Lorna Sauer	3:52:39
W50	Louise Perkowski	4:05:00
	Manilyn Preece	4:08:00
	C. Van Emburgh	4:13:45
W55	Daisy Pearce	4:17:52
	Sherrel Harmon	4:25:27
W60	Ruth Fairbrother	4:17:05
	Brohman Job	4:24:04
	Penny McMorris	4:57:03
W65	Roberta Elliott	4:45:17
	Billie Moten	5:53:04
	Elaine Doll-Dunn	5:53:17
W70	Dorothy Wall	6:24:08
W75	Bertha McGruder	5:49:34

SOUTHEAST

Gate River Run
Jacksonville, FL; March 12

Overall	Ryan Shay 25	43:52
	Jen Rhines 30	49:21
M35	Paul Deaton	51:51
M40	Dennis Simonaitis	47:48
	Brian Pope	48:55
	John Metzgar	49:47
	Lance Denning	50:08
	Paul Marmaro	50:46
	Eliud Khisa	51:48
	Sean McCormack	51:58
	Sean Odonnell	52:18
	Paul Holyko	54:18
	Bart Rainey	54:59
M45	Phillip Walkins	49:44
	Greg Caulter	51:32
	Mike Cain	54:31
	Luke Burke	55:10
	Tim Unger	55:17
	Jim Shields	55:21
	Colin Ansine	56:07
	Neal McGrail	56:14
	Frank Sutman	57:08
	Bill Dunn	57:19
M50	Bill Phillips	56:13
	James Rasch	57:21
	Tom Perona	57:44
	Larry Sassa	59:32
	William Pine	59:58
	Robert Colborn	1:00:26
	Ken Junjins	1:00:20
	John Johnston	1:01:36
M55	Page Ramezani	57:52
	Albert Wieringa	59:00
	Kem McQuig	59:54
	Jeff Hinka	1:00:06
	Terry Presnell	1:01:31
	Bernie Candy	1:02:41
	Jerry Ongley	1:03:02
	Bruce Holmes	1:03:00
M60	David Ohnsman	59:30
	Void	1:00:03
	Paul Jensen	1:03:34
	John Boyd	1:05:48
	Edward Packel	1:05:48
	Barry Clark	1:09:03
M65	Matt Ross	1:10:49
	Roy Clarke	1:13:00
	Pat Adams	1:16:13

M70	James Moore	1:16:56
	Charles Kramer	1:19:37
	John Hopkins	1:22:56
	Joe Nettles	1:22:16
	John Ciolfi	1:27:53
	Bert Russell	1:30:08
	Robert Meister	1:31:19
	Bo Holub	1:35:41
	Marion Quinn	1:36:42
M75	August Leone	1:23:10
	John Almone	1:33:29
	Robert Moffitt	1:34:01
	Bob Carr	1:34:59
	Ause Brown	1:38:33
M80+	William Campbell	2:06:46
	Joe Connolly	2:12:12
	Robert Wilson	2:53:29
W35	Kim Fitchen	50:46
W40	Colleen De Reuck	49:51
	Franya Zhdanova	51:50
	Debbie Kilpatrick	53:28
	Christy Phillips	57:59
	Barb Jarnagin	58:33
	P. Stewart-Garbrecht	59:00
	Trish Butler	59:21
	Janet Murphy	1:01:47
	Jenny Lindley	1:04:48
	Mary Lele Menton	1:04:51
W45	Mary Ann Protz	57:52
	Drew Lanier	1:01:59
	Denise Skinner	1:03:47
	Caroline Geiken	1:08:52
	Susan Briers	1:08:59
	Fran McLean	1:09:26
	Joan Lavin	1:10:08
	Lisa Cimbala	1:11:13
	Carla Myers	1:12:10
	Donna Vandervelde	1:12:41
W50	Carolyn Smith-Hanna	1:07:03
	Paulette Butler	1:07:58
	Stephane Griffith	1:08:20
	Deborah Holliday	1:10:59
	Sharon Lucie	1:11:19
	Rebecca Darnell	1:12:19
W55	Susie White	1:09:19
	Adrian Eisler	1:13:56
	Shirley Robben	1:14:33
	Kwan Supapan-McCall	1:18:02
	Judie Kean	1:18:45
	Dottie Foster	1:19:41
W60	Elfreda Wyner	1:09:42
	Eileen Nitz	1:23:21
	Ginny Christie	1:28:05
	Kay Chandler	1:26:36
	Stephanie Van Rees	1:28:03
W65	Yvonne Leonard	1:29:32
	Sharon Blount	1:33:04
	Betty Langevin	1:37:03
	Patt McEvers	2:02:32
	Dot Mitchell	2:10:25
W70	Helen Ramos	1:41:16
	Joan Potter	1:56:47
	Norma Wasson	2:13:08
	Diane Stewart	2:14:44
	Betty Kelly	3:12:29
W75	Toshiko D'Elia	1:27:35
	Diane Almone	2:11:25
	Marie Gier	2:18:10
W80+	Nancy Grokett	2:41:30

Shamrock Sportsfest Marathon & 8K, Virginia Beach, VA; March 19

Overall	Matt Bozong 27	2:31:37
	Megan Burns 41	2:58:28
M35	Howard Nippert	2:38:34
M40	Dai Roberts	2:32:34
	Wes Kessenich	2:51:37
	Craig Olson	2:52:42
	Benjamin Leitzel	2:53:14
	David Bursler	2:56:45
M45	Kris Warszawski	2:39:34
	Bryan Alfonso	2:49:37
	Greg Sellers	2:53:26
	James Bates	2:56:34
	Jeff Douglass	2:57:50
M50	Lionel Scalliffe S	3:12:33
	Tom Murphy	3:20:57
	Bob Eno	3:21:02
	Joon Lee	3:25:15
	John Price	3:26:05
M55	John Peterson	3:14:28
	Raymond Willard	3:19:11
	Michael Gallogly	3:20:47
	Thomas Round	3:34:34
	Kenneth Greenwell	3:36:02
	Lewis Jones	3:28:18
	Greg Prugh Sr.	3:31:14
	Francesco Criniti	3:35:28
	Dennis Dobbins	3:36:08
	Dan Miller	3:45:06
M65	Mel Williams	3:19:25
	Benito Vazquez	3:50:26
	Duane Lougee	4:14:08
	Joseph Polinski	4:27:59
	John Hoover	5:01:37
M70	Jerry Lewis	4:19:34
	Daniel Taylor	4:19:44
	Brad Chapman	5:19:48
	Nova Demoney	5:25:09
	Lee Hoffman	5:56:51
M75+	Wheeler Stanfield	5:45:07
	Fred Simmons	6:28:02
W35	Anne Spillane	3:06:25
W40	Megan Burns	2:58:28
	Missy Foy	3:01:55
	Melissa Edeburn	3:19:09
	Cinda Hart	3:21:44
	Elizabeth Ware	3:27:31
W45	Kari Proffitt	3:29:06
	Carol Farrell	3:29:26
	Hosni Haghghian	3:30:26
	Susan Rothermel	3:35:17
	Rannveig Fredheim	3:39:38
	Patricia Gilley	3:38:24
	Michelle Lybarger	3:55:07

W55	Sandra Yerkes	4:11:03
	Debra Sommer	4:15:24
	Rita Trimarchi	4:15:25
	Bj Derring	3:48:27
	Karen Cummins	4:05:28
	Marion Thompson	4:36:18
	Nancy Jones	4:42:41
	Linda Kunkel	5:06:34
W60	Jo Ann Fiandaca	4:35:40
	Patricia Smith	4:43:04
	Julia Froble	4:59:36
	Muriam Wassin	5:45:51
	Giona Walsh	5:55:22

8K Overall	Eric Chirchir 21	23:37
	Tetyama Hladry 29	25:49
	Tom Purcell	27:14
M35	Tom Purcell	25:55
M40	Mike Egle	26:33
	Rob Hinkle	27:14
	Rodney Timpson	27:23
	Steven Menzies	27:44
	Dave Berardi	25:39
M45	John Tuttle	26:36
	Trish Caulter	26:42
	Mark Malander	29:34
	David McDonald	29:51
	Kevin Lounsbury	27:57
M50	Stephen Chantry	29:07
	Rick Engel	29:37
	Rick Platt	29:39
	Bill Alto	31:12
M55	A.k. Kruger	30:39
	Bill Hart	30:43
	Larry Coley	30:56
	Bill Horwich	31:11
	Peter Rodenbaugh	32:10
	Kenny Mire	30:06
M60	Dan Murray	32:41
	Bob Hartless	32:53
	Ed Brinkley	34:19
	Larry Turner	35:15
	Lee Lynch	38:00
M65	Tom Markley	43:06
	Kenneth Lyons	44:20
	John Millard	46:03
	Peter Salmon-Cox	46:11
	Harry Neeson	38:23
M70	Tom Ray	42:44
	Joseph Labruno	46:00
	Richard May	48:15
	Mike Kelly	50:54
	John Hamilton	44:15
M75	Bill Briggs	1:00:15
	Paul Madden	1:03:38
	James Smith	1:03:47
	Larry McGovern	1:12:48
	Robert Huntington	26:33
W35	Breeda Dennehy	29:55
W40	Maria Spinnier	31:24
	Maureen Hall	32:50
	Leslie Fedon	33:16
	Donna Elder	33:49
	Kendall Tata	30:52
W45	Janice Addison	33:14
	Valerie Plyler	34:02
	Carole Rosasco	37:24
	Maureen Lopina	38:35
	Michelle Kuhlman	26:41
W50	Tatyana Pozdnyakova	38:05
	Gay Borum	38:42
	Martha Morrissey	42:10
	Jean Bone	43:52
	Joan Gustafson	33:52
W55	Barbara Mathewson	37:34
	Rose Malloy	41:31
	Laura Cantrell	42:21
	Patty Obrien-Dorne	43:05
	Roberta Theis	38:50
W60	Joan Coven	43:14
	Joanne Markley	44:13
	April Hubbard	46:10
	Merrilyn Kessler	48:47
	Patt Houser	47:39
W65	Donna Mehler	53:10
	Judy Kirchoffer	57:45
	Rosemary Taylor	58:32
	Berta Presby	1:05:28
W70	Betty Wolfe	55:44
	Mary Mccauley	56:01
	Georgie Doan	1:24:52
	Patricia Ward	1:29:35
	Mary Harhan	1:57:02
W75	Bette Schintzel	1:57:02
	Elizabeth Leonard	2:13:10

Overall	Leila Hand	34:56
	Elaine McCorn	37:30
	Jeanne Smith	41:25
W70	Kathryn Welden	37:58
	Diane Wender	41:18

Cooper River Bridge Run 10K, Charleston, SC; April 2

Overall	Linus Maiyo	29:30
	Olga Romanova	34:04
Overall masters - no ages given:	M40+ Paul Aufdemberg	31:32
	Dennis Simonaitis	32:36
	Selwyn Blake	32:48
	Tom Mather	32:53
	David Matherne	34:38
M50+	Gary Romesser	37:25
	John Clark	39:13
	Wes Wessely	39:13
W40+	Valentina Egorova	36:12
	Lee DiPietro	38:06
	Maria Spinnier	39:03
	Janice Reilly	39:10
W50+	Tatyana Pozdnyakova	35:34
	Debra Wagner	40:43
	Catherine Wides	43:58
M40	Angel Roman	35:08
	John Anderson	36:56
	Paul N Holyck	37:12
M45	Mark Friedrich	37:24
	Mike Hart	37:36
	Tim Dunlap	37:42
M50	Jack Todd	39:29
	Larry Forrest	39:30
	Larry Milner	39:53
M55	John Rinker	40:01
	Donald Brown	41:30
	James Horne	43:52
M60	Russ Brown	44:08
	Dick Ashley	46:49
	Don Perkins	47:56
M65	George M Luke	42:35
	Norman E Hankins	45:20
	Harvey McCormick	47:04
M70	Gordon E Peoples	50:50
	Jim A. Wilson	59:59
	Ken Walls	1:00:47
M75	William Boulter	51:50
	Lonnie Collins	55:58
	Dick Mandell	1:04:18
M80+	David Mellard	1:23:00
	Franklin Mason	1:37:46
	Leroy Miller	2:29:55
W40	Sheila Wakeman	39:24
	Laura Vroon	40:37
	Mary Dore	40:52
W45	Janice Addison	39:50
	Darla Bennett	45:21
	Kathy Abernethy	45:44
W50	Sarah J. Ball	45:22
	Catherine Lempesis	45:37
	Toni Cruz	45:53
W55	Lyn Hammond	49:45
	Kathy Seavers	49:47
	Valerie Ryberg	51:12
W60	Sissy Logan	53:48
	Joan Mulvihill</	

Table with 2 columns: Name and Time. Includes entries like W50 Melissa Savage 33:56, W55 Nancy Collins 34:38, W60 Joanne Kaeding 41:38, W65 Doris Schertz 43:14.

Table with 2 columns: Name and Time. Includes entries like M75 HONG COOK 5:06.56, W35 PAULA RICKERD 3:32.40, W40 CONNIE GARDNER 3:14.05.

Table with 2 columns: Name and Time. Includes entries like W55 DONNA BOTKIN 1:49.49, W60 KATHY MATTHEWS 1:46.35, W65 NORMA SCHECHTER 2:01.21.

Table with 2 columns: Name and Time. Includes entries like W40 Helen Grant 40:30, W45 Suzie Seeley 44:16, W50 Billie-Kay Melanson 44:44.

Table with 2 columns: Name and Time. Includes entries like W60 Lynda Meuth 48:37, W65 Sandra Baran 49:40, W70 Nancy Zimmerman 56:56.

Table with 2 columns: Name and Time. Includes entries like GERALDINE WEBER 52:53, BRENDA BOYD 1:03.39, ROBIN BROWN 1:05.51.

Spirit of St. Louis Marathon & Half-Marathon, St. Louis, MO April 10

Table with 2 columns: Name and Time. Includes Overall Aaron Hoover 23 2:33.45, M35 Erik Bush 2:33.52, M40 Dan Elbert 3:03.31.

Redbud Classic Half-Marathon, 10K, & 5K, Oklahoma City, OK April 9-10

Table with 2 columns: Name and Time. Includes Overall BRADY SCHMIEDEBERG 1:11.15, SHELLEY STROHMAN 1:29.31, M35 SEAN MARCHAL 1:35.32.

Crescent City Classic 10K New Orleans, LA; March 26

Table with 2 columns: Name and Time. Includes Overall Sammy Kipketer 23 27:47, M40+ Isabella Ochichi 25 30:27, M40+ Brian Pope 42 32:04.

LA Marathon 5K Los Angeles, CA; March 6

Table with 2 columns: Name and Time. Includes Overall Juan Valencia 25 16:07, Ceci St Geme 42 17:45, M35 Daniel Rosales 17:02.

Papa John's 10M Louisville, KY; April 9

Table with 2 columns: Name and Time. Includes Overall Abdi Abdibrahim 28 47:27, Bonita Paul 35 57:59, M35 DAVID BUISSE 58:54.

MID-AMERICA

St. Pat's 4M Kansas City, KS; March 12

Table with 2 columns: Name and Time. Includes Overall DIMITRY DROSOV 31 19:45, MELISSA TODD 30 24:18, M35 KEN MORAN 25:17.

Half-Marathon Overall

Table with 2 columns: Name and Time. Includes Chris Juarez 34 1:11:50, Eileen Pettio 35 1:27:47, M35 Robert Davidson 1:23:15.

Statesman Capital 10,000m Austin, TX; April 3

Table with 2 columns: Name and Time. Includes Overall Bernard Manirakiza 25 30:06, Cassandra Henkiel 34 35:27, M35 Greg McMillan 32:33.

10K Overall

Table with 2 columns: Name and Time. Includes SAM DECH 25 33:14, KATHERINE DALEY 27 42:10, M35 JORGE RANGEL 36:28.

Paul Spangler Memorial 8K Stanford U., CA; March 13

Table with 2 columns: Name and Time. Includes Overall Dennis Kurtis 51 29:00, Shirley Matson 64 29:24, M50 D Kurtis 34:20.

Glass City Marathon Toledo, OH; April 10

Table with 2 columns: Name and Time. Includes Overall OSKAR MARTIN 30 2:31.33, CONNIE GARDNER 44 3:14.05, M35 STEVE BAUGH 2:41.34.

St. Louis Half-Marathon St. Louis, MO; April 3

Table with 2 columns: Name and Time. Includes Overall ALAN HEINCKER 23 1:08.42, STEPHANIE DUERINGER 29 1:21.13, M35 STEPHEN K BRADY 1:30.25.

SOUTHWEST

Bayou City Classic 10K Houston, TX; March 12

Table with 2 columns: Name and Time. Includes Overall Sean Wade 39 31:47, Desiree Skinner 30 36:40, M35 Rudy Rocha 33:02.

Overall

Table with 2 columns: Name and Time. Includes M60 Jim Brooks 44:15, Gene Stewart 45:08, Dick Wilkowski 45:31.

Overall

Table with 2 columns: Name and Time. Includes M60 RON KUYKENDALL 43:55, CHUCK BUTLER 47:36, EARL JACKSON 48:09.

Valley of the Sun Mar. & Half-Mar., Phoenix, AZ; March 13

Table with 2 columns: Name and Time. Includes Overall Javier Espejel 33 2:49:00, Lisa Javerick 31 3:06:16, M35 Tom Deleagar 3:00:19.

Table with columns for runner name, age, and time. Includes runners like Dan Kasper, Kevin Prochaska, Steven Fusco, etc.

Table with columns for runner name, age, and time. Includes runners like M65 Arnold Orgolini, M70+David Jolliff 72, etc.

Table with columns for runner name, age, and time. Includes runners like Kim McDonald, Bob Morris, Hugo Velazquez, etc.

Table with columns for runner name, age, and time. Includes runners like Mary Jane Brown, Po Adams, Gerry Davidson, etc.

Table with columns for runner name, age, and time. Includes runners like Steven Chavez, Shawn Gallagher, Bob Anders, etc.

Table with columns for runner name, age, and time. Includes runners like M40 Joe Dudman, David Hatfield, Time Hyde, etc.

Table with columns for runner name, age, and time. Includes runners like Wesley Ochoro, Tamara Lave, Matt Kelly, etc.

Table with columns for runner name, age, and time. Includes runners like Ramon Serratos, Melissa McBain, Billy Logue, etc.

Table with columns for runner name, age, and time. Includes runners like James Wikie, Edward Maher, Ollie Olivares, etc.

Table with columns for runner name, age, and time. Includes runners like Sean O'Brien, Silvestre Serrano, Felipe Olmedo, etc.

Table with columns for runner name, age, and time. Includes runners like Julie Godwin, Terri Wilson, Steve DiNatale, etc.

Table with columns for runner name, age, and time. Includes runners like M40 Steve DiNatale, Todd Bosworth, Mike Logan, etc.

Table with columns for runner name, age, and time. Includes runners like Great Race of Agoura, Agoura Hills, CA, March 19, etc.

Table with columns for runner name, age, and time. Includes runners like Santa Clarita Runners, Women's 5K, Newhall, CA, April 2, etc.

Table with columns for runner name, age, and time. Includes runners like Carlsbad 5K, Carlsbad, CA, April 3, etc.

Table with columns for runner name, age, and time. Includes runners like San Jose Mercury 10K, San Jose, CA, April 10, etc.

Table with columns for runner name, age, and time. Includes runners like Bridge to Bridge 10K/5K, Portland, OR, April 3, etc.

Table with columns for runner name, age, and time. Includes runners like Pear Blossom 10M, Medford, OR, April 9, etc.

NORTHWEST

Canyonlands Half-Marathon & 5M, Moab, UT; March 12

Table with columns for runner name, age, and time. Includes runners like Joseph Wilson, Julie Thomas, Michael Kirk, etc.



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TWIN CITIES
 M A R A T H O N

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