

NATIONAL MASTERS NEWS

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

333rd Issue

May 2006

\$3.00

10th USA Masters Indoor Championships in Boston Draw 761



JERRY WOJCIK
Finalists in the M45 60mH (l to r): Brady Mayer, Jeff Brower, Eugene Anton, second (9.15), Karl Smith, first (WR 8.18), Tim McMahon, third (9.69), and Jim Russ, USA Masters Indoor Championships, Boston, Mass.

U.S. Athletes Are Stellar in Linz

By MARILYN MITCHELL

LINZ, Austria – More than 3000 athletes from approximately 60 countries gathered on the world's stage here to earn the right to call themselves the world's best masters indoor track and field athletes in the 2nd WMA World Championships on March 15-20.

The meet, open to men and women age 35-and-up, also included championships in several outdoor and non-stadia events, including the winter throws, an 8K cross-country, a 10K road walk, and a half-marathon.

U.S. athletes turned in outstanding performances, led by Bill Collins, Houston, Texas, who won the M55 60m, 200, and 400 (54.22), and established, en route, two world records in each of the semi-finals and finals of the M55 200, with 23.70 and 23.36, respectively.

Not satisfied with that, he returned

later in the week to break his own 7.47 60m world record by running 7.46 in the heats and semis and then broke that record by running 7.34 in the finals. His stunning performance earned him the USATF "Athlete of the Week" honors for March 21.

Some of his fellow athletes teased Collins, when he, a man of extensive open and elite experience, admitted that he had not carried his running gear in his hand luggage and that the airlines had sent his running gear into outer space.

Nonetheless, Collins, a natural goodwill ambassador, performed so graciously, without complaining about lost luggage and borrowed shoes, that his competitors commiserated with him even though he beat them.

Spectators who did not know Collins snickered at his first and second races

Continued on page 19



WARREN GRAFF
USA M60 gold medal 4x200 relay team (WR 1:44.99) at the medal ceremonies, WMA Indoor Championships, Linz, Austria (l to r): Steve Robbins, Sam Hall, Roger Pierce, and Paul Edens.

By JERRY WOJCIK

BOSTON, Mass. – A one-year absence from Boston made a difference, but not much, in the outcome by the athletes who entered the 32nd USA Masters Indoor Championships at the Reggie Lewis Track & Athletic Center on March 24-26.

Of course, the fact that many of them had been there on nine previous occasions might have accounted for their feeling right at home.

The entrant figure of 761 this year was a little higher than the 726 of 2004.

This year's meet yielded seven world and 27 national age-group records. The 2004 meet had 28 world and 30 U.S. records.

The number of age-group records at a masters meet is usually determined by the number of entrants who've recently entered new age groups, not necessarily on the quality of the facility or the meet.

In 2005, the Championships were held in Boise/Nampa, Idaho, with fewer than 600 entrants, who recorded 21 world and 39 U.S. records.

Finally, the level of competition was just as high as it has been since the masters have been coming to the Lewis Center.

For the three days, the athletes, ranging in age from 30 to 92, competed in five-year age groups in events



JERRY WOJCIK
Leslie Chaplin-Swann set W45 U.S. records in the 800 and mile, USA Masters Indoor Championships, Boston, Mass.

ranging from the pentathlon on Friday to the mile on Saturday and the super-weight on Sunday.

Paul Heitzman started off the record-breaking on Friday with an M75 U.S.

Continued on page 14

Loken Repeats Win at More Marathon

Susan Loken, 42, successfully defended her title at the women-masters-only More Marathon held in Central Park, New York City, on March 26.

Loken, of Phoenix, Ariz., a single mother of three, ran a slower 2:50:01 than her course-record 2:45:35 last year, but still managed to win the race by two-and-half minutes from Doreen McCoubrie, 44, Malvern, Pa., who did, however, take age-graded honors over Loken, 86.0% to 85.3%.

Stephanie Hodge, 40, Long Island City, N.Y., finished third in 2:57:33.

"I used to run as an excuse to get out



VICTOR SAILER / PHOTO RUN
Susan Loken, 42, winner, More Marathon.

INSIDE:

- Profile – Duane Spitz – p.16
- Results of Nationals – p.26
- Results of Worlds – p.31

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Continued on page 6



25th ANNUAL HAYWARD CLASSIC

JUNE 24 – 25, 2006



Northwest Regional Masters Track & Field Championships

GENERAL INFORMATION

ENTRY FEES: \$15.00 first event; \$7.00 second event; \$4.00 each additional event. **LATE ENTRY FEE:** \$10.00
ENTRY DEADLINES: Postmarked by Friday, June 9th **LATE ENTRY DEADLINE – 5PM TUE, JUNE 20th**
Awards: Northwest Regional medals awarded for 1st, 2nd, 3rd, ribbons for 4th, 5th and 6th. Championship Patches for NW Athletes winners.
Facility: All-weather track and runways (spikes ¼" Max) **Implements:** OTCM will provide throwing implements.
Sanction: USATF. **Divisions:** 5 year divisions for men and women age 30 & up. **Relays:** 10 year age groups; must wear distinguishable tops.
Packet Pickup: Phoenix Inn 6-8 pm, Friday, June 23 or Hayward Field after 7:30 am Saturday, June 24th.
Meet Headquarters: Phoenix Inn, 850 Franklin Blvd, Eugene, OR 97403. Call 1-800-344-0131 for reservations. Special Hayward Classic rate if reserved by June 1st. www.phoenixinnsuites.com/hotels/eugene/
Reception: Sponsored by OTCM, Saturday, June 24, 4:30 – 6 pm at the Phoenix Inn. Light refreshments.
Regional Meeting: following reception. **Contacts:** website: www.haywardclassic.org email: brem@uoregon.edu



TENTATIVE SCHEDULE

Our thanks to the Cities of Eugene and Springfield

SAT TRACK	Time	SAT FIELD
	8:30	Javelin M 70+
10K	9:00	Hammer M 30-59
5K Racewalk	10:15	Long Jump All W
	10:30	Hammer All W, Shot Put M 30-59, Javelin M60-69
*Age Graded Mile	11:00	High Jump M30-64, W30-49
2K Steeplechase	11:20	
3K Steeplechase	11:40	
80 M Hurdles	12:00	Javelin M30-59, Shot Put All W, Long Jump M 65+
100/110 M Hurdles	12:15	Hammer M 60+
100 Meters	12:30	
	1:00	High Jump W 50+, M 65+
	1:30	Long Jump M 30-64, Shot Put M60-69
400 Meters	2:00	Javelin All W
	2:30	Shot Put M 70+
*3,000 Meters	3:00	*non Championship

SUN TRACK	Time	SUN FIELD
	8:30	Discus All W
5K Women	9:00	Weight/Superweight M 30-59
5K Men 2 Heats	9:40	Discus M 70+
	10:00	Pole Vault All M/W 2 Pits
	10:00	Triple Jump M 30-59
	10:30	Weight/Superweight All W
300 M Hurdles	10:45	
400 M Hurdles	11:00	Triple Jump All W, M 60+
800 Meters	11:15	Discus M 60-69
1 Mile Racewalk	11:45	Weight/Superweight M 60+
200 Meters	12:00	
	12:30	Discus M 30-59
1500 Meters	1:00	
Relays	1:20	4x100, 4X400, 4x800

2006 HAYWARD CLASSIC ENTRY BLANK
 Northwest Regional Masters Championships JUNE 24-25, 2006

Last Name _____ First Name _____

Address _____ City _____ ST _____ Zip _____

Tel (H) _____ (W) _____ Email _____

Sex: Male ___ Female ___ Age as of June 24 _____ Birth date (month/day/year) ____/____/____

EVENTS Put an **X** in the boxes of the events that you are entering. Fill in 2005/2006 Seed times for your 100, 200, 400 and 800

100 / _____ 200 / _____ 400 / _____ 800 / _____ 1500 run _____ 3k run/ _____

age graded mile/ _____ 10k run/ _____ 80/100/110 hurdles/ _____ 300/400 hurdles/ _____ racewalk 1 mile/ _____ racewalk 5k/ _____ steeplechase/ _____

long jump/ _____ triple jump/ _____ high jump/ _____ pole vault/ _____ shot put/ _____ discus/ _____ hammer/ _____ javelin/ _____ weight/ _____ superweight/ _____

Yes, I will need ADA accommodation. Documentation must be submitted by May 11, 2006

USATF Association _____ USATF Club _____ USATF Registration number _____
 required (available at www.usatf.org)

ENTRY FEES – DUE BY JUNE 9TH	1ST Event	\$15.00	=	\$15.00
	2nd Event	7.00	=	_____
	Number of additional Events	_____ X 4.00	=	_____
	Number of T shirts	_____ X 15.00	=	_____
	Number of XXL T shirts	_____ X 17.00	=	_____
	Late Fee (after June 9th)	10.00	=	_____
	Voluntary contribution to the Officials' Fund		=	_____
	TOTAL = \$			_____

Make check payable to OTCM and mail to: Oregon Track Club Masters, c/o Ruth BreMiller, 590 W 29th Ave, Eugene, OR 97405

Waiver: In exchange for acceptance of this entry, I for myself, executors, administrators and assigns, do hereby release any rights and claims for damages to me or my property I may have against OTCM, USATF, USATF Oregon, University of Oregon, and any and all sponsors and individuals involved with the presentation and conduct of this meet. I hereby attest that I have full knowledge of the risk involved in competing in this event and am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____

WRITE ON!

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

SCHEDULING

Have any throwers, aged 60-99, had a look at the schedule for the Nationals in Charlotte? We throw the shot on Thursday and then are allowed to stay in town until Sunday to throw the discus. That is unless you want to commute home, 460 miles in my case, after the shot and come back two days later for the discus.

I guess they figure the gas it would cost me to pull that round trip would cost more than to stay and enjoy Charlotte's hospitality and motel prices.

This is exactly the type of treatment it will take to adversely affect the masters, along with scheduling up against each other and the flourishing state Senior Olympics meets.

I've been in the masters for nineteen years and hate to see this happen, but I think I'll skip the discus this year, or maybe the shot, or maybe both.

Lou Vodopya
from e-mail

COLUMNISTS

The columns by both Mike Tymn and Hal Higdon in the April issue were excellent. No place else can you find out stuff like this. I hope they both write more columns that look back over time.

Tom Sheahan
Washington, D.C.

KUDOS

Wayne Hanson, of Shreveport, La., saw my name in NMN and e-mailed your office to get my address, after which he dropped me a note in the mail.

Nothing unusual about this, *except* that Wayne and I were last in contact in

Baltimore in 1956 when I was in the Air Force and he was doing Navy work, and we were both running in local meets, he a distance man, me, a sprinter. That's how we met.

Upon getting his note, I phoned him, and we had a great half-hour talk. So thanks to the power of NMN, a track relationship was renewed after 50 years.

Tom Talbott
Cos Cob, Connecticut

I have been a subscriber to NMN for years. This is the *only* running publication I now read regularly. Thanks!

Bob Anderson
by e-mail

(Anderson is the founder of *Runner's World* and the subject of Hal Higdon's column last month. - ed)

Visit the National Masters News

website at:

www.nationalmastersnews.com

FIVE YEARS AGO May 2001

- 814 Athletes Set 16 Indoor WRs at USA Championships in Boston
- Simon Karori (41, 14:12) Wins USA Masters 5K Championships at Carlsbad 5000
- Fedor Ryjov (41, 2:13:54) and Gitte Karlshoj (41, 2:36:36) First in 105th Boston Marathon

Sustainers for May 2006

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:

Cliff Bedell
M.P. Doc Bennett
Steve Bowles
Eric Braschwitz
Terry Cannon
Al Morris
Jim Noone
Emil Pawlik
Len Rosen

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Santa Maria, California
Washington, D.C.
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Ridgeland, Mississippi
Salem, New Hampshire



JERRY WOJCIK

Finalists in the M60 60m hurdles (l to r): Joe Johnston, second (9.87), John Clifford, third (10.40), James Hollister, first (9.40), and Michael Milove, fourth (10.48), USA Masters Indoor Championships, Boston, Mass.

DEADLINE

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

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

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Track & Field Report

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

March Madness

Many athletic fans are consumed with college basketball during the month of March. I must admit that normally I am, too. This year was an exception. I was totally immersed in masters track and field for more than half of the month, and that doesn't include practices. Of course, I am referring to the two biggest masters championship meets going on in competition with the NCAA college basketball championships.

First was the 2nd WMA World Indoor Championships in Linz, Austria. In order for me to participate in my events I had to start traveling on Saturday, March 11, mainly because of frequent flier flight availability, to get to Linz for the shot put competition starting on Wednesday morning, March 15, at 8:30 a.m.

As those of us who have been to these international meets before know, you must be there at least the day before competition to do your packet pick-up, declaration, and general orientation of the logistics of the venue. This was the beginning of my competitions, which would end on Sunday, the 19th.

Getting Specific

Now to the madness, in particular. Some might perceive this whole agenda that I spell out to be madness.

Austria at that time of year is a winter wonderland. One might ask why

anyone would dare compete in the hammer throw during a snow storm. I guess it's because it's a competition and some of us, or even a lot of us, are competition junkies. There were over one thousand throwers in this meet. The discus and javelin throwers had a heated field. The hammer and weight throwers had a snow field. What a challenge.

To make things interesting, my hammer competition was moved from noon to 5:15 p.m. It gets dark around 6:00 p.m. in that part of the world. To make things more interesting, we threw out of a poor discus cage. I have never seen hammers going in so many different places other than the sector.

Unsafe Conditions

This was very unsafe, and I hope that no world championships, or any other meet or practice, is ever contested in this poor a cage again. As a mat-

ter of fact, I am told that these winter throws will not be world indoor championship events in the future, but there still will be winter throws in conjunction with the meet.

If it wasn't for these throws, the meet probably couldn't make money.

The weight throw was a fun challenge as well. My competition was held on the first sunny day since I had been there. Sunday! The problem was the snow started to melt and flood the circle as we threw. So much for that competition.

I am told that next time the weight throw should be held indoors. The good news for shot putters was that it was held indoors.

All this being said, I must admit that the meet was well done overall and had a very nice slower pace compared to the first indoor championships in Sindelfingen, Germany. Not to say that was a bad meet. It was a good meet as well.

These international competitions teach us to have patience, and give us the opportunity to understand and embrace cultures and friendships from all over the world. Everyone should be lucky enough to participate.

On to Boston

On the way home, I stopped in Boston for another seven days. As usual, this was a wonderful national indoor championships for most competitors. Not perfect by any means. Much effort was expended by many people to provide the best experience possible. Many records and outstand-



JERRY WOJCIK
Sharon Warren, W55, winner of the 60m, 200 and 400, USA Masters Indoor Championships, Boston, Mass.

ing performances were recorded in both meets.

We had an unfortunate situation in Boston, when an athlete at her first National Championships didn't declare for her race and, therefore, couldn't race.

I wrote about this after San Sebastian, and here it happens again in our own National Championships which isn't as complicated as the Worlds. The declaration process was

Continued on page 7

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Third Wind

By MIKE TYMN

The Lessons of Pacing

Many years ago, a feature article in a trade newspaper discussed the results of a scientific study which found that the average worker puts out only about 60 percent of a full effort during the work day. The writer of the article and the executives he quoted saw this as a sad state of affairs, as if the average worker spent 40 percent of his or her work time *goofing off*.

When my boss showed me the article and said something to the effect that he hoped our employees were not so slothful, I commented that 60 percent sounded about right, although 70-percent effort would be a good goal, even if it would be extremely difficult to measure. My boss was shocked by my comment, assuming that no manager would condone anything less than 100-percent effort by subordinates. He anxiously waited for my explanation.

I proceeded to explain my reasoning to him, applying the principles of pacing oneself through a race to pacing oneself through a work day, a work week, or a career. As an example, I hypothesized a miler able to run four quarters in 60 seconds each.

I pointed out that this runner might be capable of running an all-out quarter in 50 seconds and 100 meters in 11.5 seconds, but there is no way he can maintain his all-out 100-meter speed for a full mile. To do so, would mean covering a mile in close to three minutes.

Thus, in pacing himself, the four-minute miler is really putting out at somewhere around 75 percent of an all-out effort. More average runners would likely be in the 50-65 percent range.

Stepping Up the Effort

I pointed out to my boss that whenever I was preparing for a vacation, I would significantly step up the effort in order to get everything cleared off my desk and up to date. At those times, I felt I was putting out well over 90 percent. By the end of the day I was completely exhausted and really in need of a vacation.

There is no way, I told him, that I could maintain that 90 percent effort, even 80 percent, day in and day out. It was too stressful. I'd suffer burnout in a matter of weeks or months. We have to pace ourselves through a work day just as we pace ourselves in a race.

My boss didn't know much about running, but he acted as if he understood what I had said, sort of shrugged, and walked away, apparently thinking there might be something to it.

Early Burnout

This pacing paradigm can be applied to a career. During a 40-plus year work career, I saw a number of hard-charging junior executives, out to climb the corporate ladder in record time, crash and burn on the first or second "quarter" of their careers after putting in long, stressful hours on the job.

The same paradigm can be applied to one's running career. Look at some of the greats of distance running who were putting in 100-plus mile weeks during their 20s and making Olympic teams, only to fizzle in their 30s and perhaps hang it up when it was time to

enter the masters arena.

Those who continued into the masters ranks often did not maintain relative elite status as masters. However, that's not to suggest that what they did was wrong. Had they paced themselves for a lifetime of recreational running or low-key competition, they likely would never have been successful in their younger years, assuming, of course, that "success" means winning races.

Trade-off

It's a trade off - push your limits during your younger years and then lose motivation and perhaps struggle physically a little during your older years, or pace yourself during your younger years and never experience the thrill of victory.

There's something to be said for both approaches, depending on your values and goals.

High school coaches today are reluctant to push promising young runners, because they fear that too much too soon in their lives may result in injury or mental burnout by the time they are ready for college competition.

The coaches are following seemingly sensible long-term pacing guidelines in allowing the boys and girls to slowly adapt to the demands of distance running and peak when physical maturity has been obtained.

However, here also, there is a trade-off. The high school boy or girl who is subjected to some real hard training, as Jim Ryun was many years ago, might well acquire a discipline that helps in other areas of life - a discipline not acquired on the more cautious training regimens of most high school coaches.

Lifelong Benefit

So what if the student never realizes his or her potential as a runner? If lessons concerning dedication and discipline are learned in high school and keep the student out of the trouble so many teenagers get into today, maybe early burnout as a runner is a good thing.

If you think there's nothing wrong with the state of affairs among youth today, you probably won't buy into my suggestion that we should rethink how hard we push high school runners, but if you are turned off, as I am, by the physical and moral decline among young people, it is something to consider.

If it were up to me, I'd bring back the draft and make two years military service mandatory for every high-school graduate, male or female, even before beginning college.

But if we can't put them into the military, I'm all for flogging them on the track. □

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



VICTOR SAILER / PHOTO RUN
Stephanie Hodge, third W40, More Marathon.



VICTOR SAILER / PHOTO RUN
Peggy Jewitt, first W45, More Marathon.

More Marathon

Continued from page 1

of the house, for a bit of a mental break. And now I'm in the best shape of my life," said Loken, who won \$2000 and a trip to Hawaii. "This goes to show that women over 40 can be healthy and vibrant."

The reigning USA Marathon masters champion, she has already run a 2:41:31 marathon this year and is aiming to go under 2:39, the "A" qualifying standard for the 2008 U.S. Olympic Trials.

McCoubrie collected \$1000, and Hodge, \$500, of the race's \$14,000 prize money.

Close to 4000 runners and walkers, all women, most age 40 or over, took part in the third annual event, which consists of four undulating loops, all inside Central Park. Last year's race drew about 3500.

The More Marathon is actually two races: a regular marathon open only to women 40 and over, and a half-marathon, featuring teams of two women, one of whom must be 40 or over.

In the marathon, Ginette Bedard, 72, Howard Beach, N.Y., produced the top performance of the day, with a pending W70 U.S. record of 3:46:03, worth a phenomenal, age-graded 100+%. The time bettered her 3:46:18, also pending, on Nov. 6, 2005.

Billie Moten, 68, NYC, second W65 last year in 5:53:04, improved to a 5:52:35 and won her division race. Bertha McGruder, 77, NYC, repeated her 2005 W75 win, with a 6:04:51.

Tatyana Pozdnyakova, 51, UKR/Gainesville, Fla., was the overall winner of the half-marathon in 1:16:07, another 100+% age-graded time. A week

before, she had finished sixth-female (2:35:46) in the Los Angeles Marathon, and on Saturday was the first masters woman (34:44) in the Azalea 10K, Mobile, Ala.

In the two-person half-marathon relay, a pair of runners from Ohio took top honors. Ann Alyanak, 27, the head cross-country coach at the University of Dayton, joined forces with 1995 USA Marathon champion Debbi Kilpatrick-Morris, 42, to win in a combined time of 2:36:03.

While Sunday dawned damp and chilly in Central Park, the competitors' red, yellow, purple, pink, and blue running jackets were brilliant in contrast with the damp tree trunks and asphalt paths. The runners' spirits shone brightly, too.

"The atmosphere is so relaxed and everyone is having so much fun," said More Marathon spokeswoman Grete Waitz.

In many cases, runners didn't have to look far to find someone with a T-shirt or jacket like their own. A number of women traveled to New York with a training group or running club, such as 90 members of Michigan's Team Playmaker, which has entered close to 100 women in each of the three editions of the race.

Twenty Mercury Masters suited up for the half-marathon; this New York-based group comprises women 50-and-over, who have among them competed in 200 marathons worldwide.

"This race gives us an opportunity to run with like-minded women," said Ilene Kent, 51, NYC.

The event was held under the direction of the NYRR. □

-from reports at www.nyrr.org

Continued from page 5

explained on both booklet available being said, we ne can to avoid this

Positive Outcome

The result of t that the person rience found out ed informing peop of the need to dec clerk again 15 mi of their race. She our athlete advoca the Outdoor Cha doesn't happen to

Congratulations just didn't compla but volunteered to tion to the problem

Another probl concerns the final in our champions that a foreign ath the top six U.S. ath is a problem for fo we run on a six-lan

The Games Co decision to awar based on time for who were displac the finals. Their p by their time in the

I apologize to who were not hap the finals in an e rules.



Track & Field Report

Continued from page 5

explained on both websites and in the booklet available at the meet. That being said, we need to do whatever we can to avoid this in the future.

Positive Outcome

The result of this sad situation was that the person who had the bad experience found out the process and started informing people as they registered of the need to declare and report to the clerk again 15 minutes before the start of their race. She has volunteered to be our athlete advocate on this problem at the Outdoor Championships so this doesn't happen to anyone else.

Congratulations to this person who just didn't complain about a situation, but volunteered to be part of the solution to the problem.

Another problem we are working on concerns the finals for foreign athletes in our championships. Our rules say that a foreign athlete cannot displace the top six U.S. athletes in a final. That is a problem for foreign athletes when we run on a six-lane track.

The Games Committee made the decision to award duplicate medals based on time for the foreign athletes who were displaced by U.S. citizens in the finals. Their place was determined by their time in the previous heat.

I apologize to the foreign athletes who were not happy with running in the finals in an event because of our rules.

We are submitting rule modifications for this year's rule changes to either change the number of U.S. citizens to five in indoor meets or run those problem events as timed finals.

Thanks to Jim Flanik, our new Games Committee Chair, and his team of Carroll DeWeese, Becky Sisley, and Dick Hotchkiss for a fantastic job.

Most throwers enjoyed throwing the 56 lb. weight indoors for the first time with an indoor weight.

March was Mad, but I, for one, am very happy with March. I hope others were as well. □

(George Mathews can be contacted by e-mail at georgemathews@adelphia.net)

TEN YEARS AGO May 1996

- 727 Athletes Set 28 Indoor WRs at Nationals in Greensboro, N.C.
- Herbert Steffny (42, 2:19:33) and Lorraine Moller (40, 2:32:02) Top Masters at 100th Boston Marathon
- Boguslaw Maminski (40, 14:28) and Mary O'Connor (40, 16:45) Set Masters Course Records in Carlsbad 5000/National Masters Championships



JERRY WOJCIK
Jay McKeen, second M50 in the shot put, USA Masters Indoor Championships, Boston, Mass.



JERRY WOJCIK
Mary Harada, on her way to a W70 mile U.S. record, USA Masters Indoor Championships, Boston, Mass.

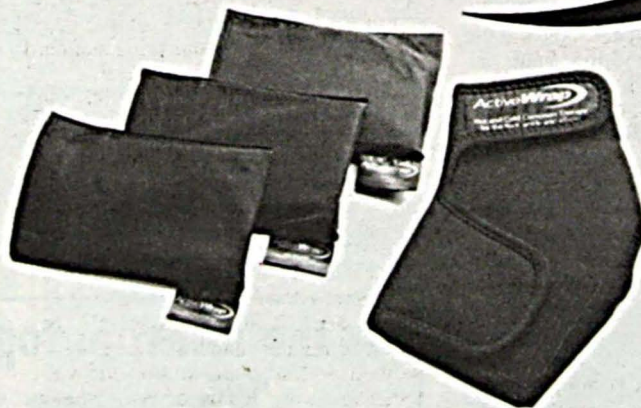
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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
 By JOHN W. PAGLIANO, D.P.M.

Shin Splints, MTSS or TSF?

Shin splints, a common running and jumping injury, is really a catch-all phrase for pain along the anterior shin area. More specifically, from a medical point of view, we are talking about medial tibia stress syndrome (MTSS) and tibial stress fracture (TSF).

MTSS can best be described as a bone stress reaction to repetitive loads to the tibia. The most common overloads are training error, hard running surface, shoe type, and biomechanical deformity. Many studies indicate MTSS to be more common in women athletes. Some researchers consider MTSS a precursor to TSF.

Athletes usually complain of an ache along the anterior shin area associated with running activities. The pain can worsen with increase in activity or distance. The pain tends to occur in the distal one-third of the tibia, although symptoms can extend farther up the leg. Soft tissue swelling may occur in more severe cases.

There are several ways to diagnose MTSS. Probably the most common is a bone scan, which is very specific for MTSS and TSF. An MRI can also be used for diagnosis.

Initial treatment consists of rest and modification of running activities. Usually the rest period extends

between six weeks and three months. Icing has been proven of some help early in the treatment phase. Non-steroidal anti-inflammatories may be used to reduce pain.

During this time, other activities, such as swimming, may be used for conditioning. Upper body conditioning is advised during this rest period. Physical therapy, including muscle massage, electrical stimulation, or iontophoresis may also be used.

Once the condition has resolved itself, a gradual return to running can be started. This should include the use of properly cushioned shoes, orthoses for those with biomechanical foot deformities, and avoidance of hard running surfaces. A good stretching program should also be included.

A two days on, one day off approach should be applied to the running program to allow for rest from repetitive overload as a result of training. □

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

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

Martin, Verrington First Masters in 50K

Kathy Martin and Dan Verrington were the masters firsts in the USATF National 50K Championships held at Caumsett Park, Lloyd's Neck, N.Y., on March 5.

Martin, Northport, N.Y., broke the U.S. W50 record for 50K by 10 minutes with a pending 4:00:22, finishing second female overall. Verrington, M40, Bradford, Mass., was fifth overall with a 3:33:31.

Pat Zervas, W40, Kensington, Md.,

was second W40+ in 4:04:52. Ultra star Roy Pirrung, Sheboygan, Wisc., won the M55 race with a 4:14:48. Tim Kourounis took the M65 race in 4:44:23.

Athletes ran on a 2.61-mile loop course, with temperatures at a windy, cold 32°F. The race, also the Long Island Association Championships, drew 116 starters and had 84 finishers, 50% of whom were 50-and-over.

—from Mary Trotto

Hayward Classic to Celebrate 25th Year

The Hayward Classic, contrary to recent reports, is alive and well and will be held on June 24-25 at historic Hayward Field on the University of Oregon's campus in Eugene, for the 25th time.

Acknowledged as the best masters meet in the country outside of the national championships, the meet offers two days of excellent competition from local masters and athletes who come from all over the U.S. to participate at Hayward Field; abundant and experienced officials; and events not found in the usual masters meet, including an age-graded mile, the superweight, two racewalks, and three relays, plus the meet provides all throwing implements.

Presented by the Oregon TC Masters, the meet will also serve as the USATF Northwest Regional Masters Championships. Northwest Regional medals will be awarded for 1st, 2nd, and 3rd places. USATF Northwest registered athletes who win an event will also be awarded a championship patch. All entrants will receive a 25th anniversary commemorative pin.

The meet organizers are planning to have on display all of the T-shirts and programs from all 25 Hayward meets. They plan, also, to honor the athletes, officials, and volunteers who may have participated in all 24 previous meets, and the athletes who competed in the first Hayward Classic on April 17, 1982.

Anybody who participated in all 24 Hayward meets, or was at the first one in 1982, is urged to notify the meet organizers at Ruth BreMiller's contact numbers below.

Entry deadline is Friday, June 9 postmark, with an added late entry fee of \$10 until 5:00 p.m., June 20.

The Phoenix Inn will again serve as the meet headquarters. A special Hayward Classic rate is available if reserved by June 1: 800-344-0131; www.phoenixinnsuites.com/hotels/eugene. A reception will be held at the Phoenix Inn on Saturday from 4:30 to 6:00 p.m.

For more details, contact OTCM, c/o Ruth BreMiller, 590 W. 29th Ave., Eugene, OR 97405; www.otcmasters.org; e-mail: brem@uoregon.edu. □



KONRAD WOJCIK
 Adele Thompson, W30, in the Hayward Classic. The 2006 Hayward Classic is scheduled for June 24-25 in Eugene, Ore.

We Welcome Letters

- The *National Masters News* welcomes letters on topics of general interest.
- 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.

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USATF National Masters Weight Pentathlon
 Sager Ranch in Wilsall, Montana
 August 19, 2006

Entry forms: www.weightpentathlon.org

Contact: Bob Sager, 406-578-2080



Question: I just finished a Vision Fitness program two hours of

Answer: Great question! Sugar and carbs during a synergy window. I'd refined sugar and fat during the recovery. Researchers show that innocent carbohydrates refined sugar. Also, a lot of variables that can change the rules to maximize growth from exercise.

Research shows insulin is what you want for training, because somatostatin (the hormone that lowers GH).

Glycemic Index

The Glycemic Index is a measure and comparison of how different foods produce a rise in blood sugar. When you look at the burning carbs), the glycemic load carbos surprises - white bread rates higher (70) than

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Health & Fitness

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

Dietary Sugar

Question: I just purchased your *Ready, Set, GO! Synergy Fitness* book and a Vision Fitness treadmill. I need some clarification on eating sugar within two hours of a workout. Is it only refined sugar or any carbohydrate?

AnsWER: Great question concerning sugar and carbs during the two-hour synergy window. I'd really watch the refined sugar and fast-burning carbs during the recovery, because researchers show that some seemingly innocent carbohydrates can act like refined sugar. Also, there are a couple of variables that come into play that can change the rules for adults wanting to maximize growth hormone (GH) from exercise.

Research shows that a spike of insulin is what you want to avoid after training, because this increases somatostatin (the hormone that shuts down GH).

Glycemic Index

The Glycemic Index was created to measure and compare the way individual foods produce an insulin response. When you look at the list of high (fast-burning carbs), moderate, and low glycemic load carbohydrates, there are surprises - white bread, for example, rates higher (70) than a chocolate bar

(49) at producing an insulin response.

Frozen tofu must have a low Glycemic Index number - correct? Not hardly. This is one of the highest insulin-producing carbs and gets a 115 rating.

Not only is it difficult to estimate the glycemic rating of food, but what makes this issue even more complicated is that the insulin-producing process is variable for every adult to some degree. And it depends on where someone is on the Metabolic Syndrome chart.

Metabolic Syndrome

Metabolic Syndrome (relates to insulin resistance and cholesterol levels) just became an official medical condition in 2001, and the research shows that even a few carbs can spike insulin for some people with insulin resistance.

If someone is lean and doesn't need to drop a lot of body fat, then they can probably have some slow-burn, low Glycemic Index rating carbs without spiking insulin, and maybe even some

refined sugar.

When I train young athletes in speed, I explain that the research shows 20 to 25 grams of protein with a 4 to 1 ratio of carbs to protein starts the recovery process quicker. This advice is given to everyone as general advice in most fitness magazines today.

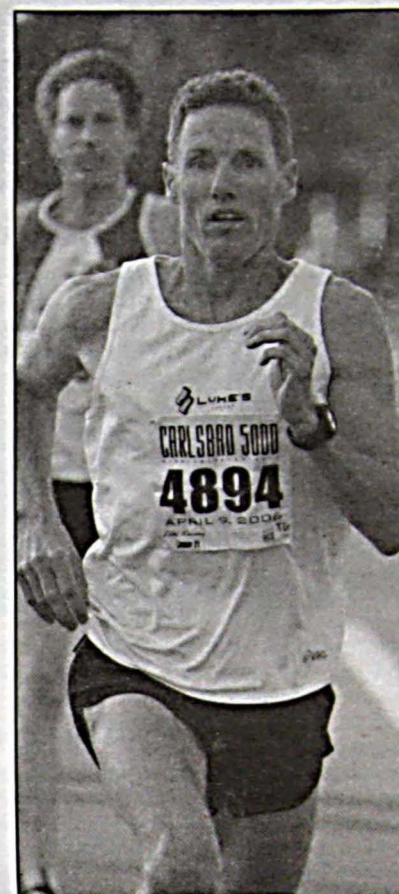
Clearly, young athletes more concerned with fast recovery than maximizing GH release should do this. However, if someone is middle-aged, and keeping GH circulating as long as possible is the goal (like it is for me, personally), this means that protein intake (20 to 25 grams after training) is a great strategy, but the glycemic rating of carbs needs to be monitored because of the variable impact on insulin.

I'm sorry for sounding like a politician running for office with such a long answer. I suggest taking a look at the Glycemic Index for your favorite foods and consider getting some low to medium glycemic rated (slow to medium burning) carbs before training to fuel exercise intensity.

Sprint 8 Getting Results

A few months ago, my doctor told me I had to make changes in my life. My cholesterol was high at 234, triglycerides were extremely high at 415, and as a diabetic, my A-1-C was 7.4. My doctor doubled my medication and informed me that my diabetes was affecting my kidneys. So I read *Ready, Set, GO! Synergy Fitness* and started

Continued on page 10



VICTOR SAILER / PHOTO RUN
Sean Wade, 40, overall winner (14:53),
Carlsbad Masters 5000, Carlsbad, Calif., April
9.

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Masters Racewalking

By ELAINE WARD

Racewalkers Recount Experiences at Championships – Part VIII

This, the eighth column in a series, reflects more comments received from those attending the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. The USA medal count at the World Championships: 8 gold, 7 silver and 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. —ew

Carol Bertino, W55. Worlds: 5K, 8th, 30:57.17; 10K, 8th, 1:05:50.

Although San Sebastian is a beautiful city and I was thrilled to be there for the WMA Championships, I am always nervous before a race, wanting to do my best and not knowing how I'm going to feel once the race starts. Racing in the Worlds just increases my level of anxiety. It is big time!

I kept telling myself there was no reason to be nervous, since I knew I had no chance of getting a medal as I might in a race back home. But the morning of the 5K I was a wreck, having had very little sleep the night before.

My race was at 6 pm so I had all day to fret. I tried relaxing in my room, with little success, so I went to the stadium to watch the W60 5K walk. I saw my friend and training partner, Janet Robinson, do an awesome race – a PR just six seconds over her goal.

I knew I had to do my best as well. So I went back to my room and used some relaxation and visualization techniques we learned from our coach, Jim Coots. By the time I went back to the track for my 5K, I was relatively calm.

A Close Call

At the start line I knew what I had to do – just do my own race at my own pace. But I surprised myself by doing better than my goal pace for the first nine laps. That is why I was stunned when my lap counter showed me a card with a big 4 on it when I knew I only had three laps to go. I told him, "No," as I zipped by and "No" again when he showed me a 3.

When I came around again, they gave me a bell so I figured they must have found the error. When I did my

final lap and crossed the line and was about to celebrate my great time, they yelled, "One more!" This time I think I whimpered, "No," and did one more lap. I had just beat my former PR by 33 seconds, and I was not going to let them take that from me.

I went out to discuss the problem with my lap counter who referred me to the Chief Judge. My Spanish served me well. I kept telling the lap counter to just check my splits to find where he might have made a mistake.

I was finally informed that they weren't taking splits. They were just making checks when we came by. This way, if your lap counter blinks and misses you, be prepared. In my case, I had three friends keeping my splits. The judge made note of that, and then checked the videotape.

Apologies

I guess they counted how many times I came around and in the end I won. My lap counter came over to tell me and clearly felt very bad that it happened. We did the kiss on both cheeks thing and all was forgiven. But this kind of mistake should not happen at the international level!

I should have been doing a cool down, taking photos with the other women in my race, and just rejoicing in my new PR instead of pleading for my correct time.

My training for the World Championships started in January 2005 when I decided to do every race I could during the Southern California racing season – mainly 5K. We started training more seriously in April by adding more days per week and more speed work.

By the end of June, I cut out the long

slow distance walks on Sunday to concentrate on speed. At the end of July, with the weather heating up, we switched from afternoon to early morning workouts on the track. The schedule basically alternated hard days (and they were hard) with easy or rest days.

I also used Pilates and water aerobics as cross-training to build strength, stamina, and flexibility, as well as to maintain a good race weight. A few days before I departed for Spain, my Chinese fortune cookie read, "Your hard work is about to pay off." And it did!

Uniforms

I know some people didn't want any uniform singlet, but I think it is a good idea. However, I wasn't too impressed when I first saw it. We all had the same comment, "Spiderman!" But not everyone had the red bubble pattern on the back, so the uniforms were not uniform. However, they did make it easier to spot our USA teammates on the track from up in the stands.

It was a nice change from South Africa and Australia, where we just wore anything with USA on it. The warmup suits looked good, though I thought they needed more red, white and blue and a bigger USA symbol. I also think more people would consider buying the warmup if USATF would stop changing it all the time.

Other countries look great in their uniforms and there is no question where they are from or that they are proud to represent their countries. It is time for the USA to look more together, too.

Mike Wiggins, M55. Nationals: 5K, 1st, 25:41.53; 10K, 1st, 54:17.0.

Because Honolulu is tourist friendly, I would certainly consider attending another National Championship there. It was wonderful to have the time and opportunity to sightsee when not competing. However, I am sure the distance and cost, as well as the closeness, of the World Championships were deciding factors in the low attendance.

I particularly enjoyed the 10K race on the boulevard near Waikiki Beach. The atmosphere could not be beat. I train year round, but when I know I'm going to do a big event, I start doing more speed work. One day a week is devoted to interval training. The rest of the days, I alternate long and short walks.



JERRY WOJCIK
Racewalkers in the Hayward Classic, Eugene, Ore. This year's meet is scheduled for June 24-25.

When I am at the starting line, I mentally review my form and technique. I also look my competitors over and evaluate their skills. I always prepare my racing strategy in advance, and I had calculated what I wanted my split times to be in the 5K and 10K.

I know that some athletes do well racing without a definite plan, but I find it much easier to feel in control if I do. □

(Next month we finish up this series with comments from Tommy Aunan and Michael Blanchard. Elaine Ward can be contacted by e-mail at narwf@sbcglobal.net)

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FIFTEEN YEARS AGO May 1991

- 450 Compete in Masters Indoor Nationals in Blaine, Minn.
- Ken Judson (2:18:11) and Grazilla Striulli (2:37:01) First Masters in Boston Marathon
- Shirley Matson Sets U.S. W50 10K Mark of 35:57

Health & Fitness

Continued from page 9

the Sprint 8.

After four months on your program, my cholesterol dropped to a normal rate of 141, triglycerides dropped to 276 (a 139 point drop and still dropping), and my A-1-C dropped to 6.4. I look forward to receiving even more amazing results when I return to the doctor after some more Sprint 8 workouts! Your program works! – Mike C.

Update Three Months Later

I just returned from my doctor's office. After seeing my results continue, my doctor wants to know all about your

program so he can do it himself.

My cholesterol dropped even more. It's now down to 127 (down from 234). Even though my moderation diet has not changed at all during the last three months, my triglycerides have continued to drop another 100 points and I'm down to 176 (from 415). – Mike C. □

(Get an autographed copy of *Phil Campbell's NEW Edition, 4th Printing of Ready, Set, GO! Synergy Fitness, 2nd Ed., the comprehensive fitness training guide, 300 photo illustrations, 384 pages, \$19.95. For ordering information call toll free: 866-565-3311. For more info visit his website: www.readyssetgofitness.com)*

California Senior Games Championships

5K & 10K Road Races/5K and 10K Race Walks
The 10K Road Race and the 5K Race Walk are qualifying events for the 2007 National Senior Games – Louisville, KY.



Saturday, June 17, 2006 - 4:00 pm
Rose Bowl, Pasadena
Jim Hanley, Meet Director



For more information or an Entry Application:
Cynthia Rosedale (626) 685-6754
CynthiaR@pasadenaseniocenter.org
Entry Application is also available at:
www.pasadenaseniocenter.org

Masters S

By JERRY WOJCIK
Athletes from the 39 All-American the USATF East Indoor Championships. The meet, the several years, was University, Selinsgrove, Pa. 18.

Among the athletes Oscar Peyton, MSU, had several performances with the meet in the 600 (finals) and 200 (2000) meters. Cheryl Meissner had a third track meet.

Order
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TWENTY May

- Brother-Sister Sargent (M) Fordie (M) 2:00:38) Winton perthon 30K
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- Rosemary Sets Four Veterans In ships

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Masters Score 39 A-A Marks in East Regionals

By JERRY WOJCIK

Athletes from age-30-to-90+ recorded 39 All-American performances in the USATF East Regional Masters Indoor Championships.

The meet, the first East Regional in several years, was held at Susquehanna University, Selinsgrove, Pa., on March 18.

Among the A-A performers were Oscar Peyton, M50, who bolted to A-A performances with the fastest marks of the meet in the 60m (7.29 trials, 7.30 finals) and 200 (24.16).

Cheryl Meissner, W50, in only her third track meet, qualified for A-A

recognition in the 60m (9.34) and 200 (32.63).

Earl Wentz, M90, ran a 12.40 in the 60m. Louis Coppens, M60, is an All-American in the mile (5:41.72) and 3000 (11:18.92).

Tom Rauscher, M55, vaulted 3.05/10-0. In the shot put, Charles Roll, M55, hit 14.04/46-0 3/4 with the 6kg, and Larry Horine, M75, 11.61/38-1 1/4 with the 4kg.

In the weight throw, Terry Shuman, M60, topped the men's field with a 14.92/48-11 1/2, but Brenda Start, W30, was the farthest of the day with a 15.42/50-7 1/4 with the 20#. □



JERRY WOJCIK
Competitors in the M75 60m (l to r): Rodney Brown, Bill Melville, third (9.56), James Stookey, first (8.98), Harry Brown, second (9.00), and Don Cheek, USA Masters Indoor Championships, Boston, Mass.

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www.nationalmastersnews.com

TWENTY YEARS AGO May 1986

- Brother-Sister Team of Lee Sargent (M40, 1:50:39) and Fordie Madera (W40, 2:00:38) Win in Price Chopperthon 30K
- U.S. 1989 World Veterans Games Pledges Top \$100,000
- Rosemary Chrimes, W50, Sets Four WRs in British Veterans Indoor Championships

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Wanna Be In the Indoor Rankings for 2006?

Athletes who want to assure that their best indoor marks are included in the final 2006 rankings have until May 6 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to verify that their performances rank among the top 25 in their age group.

If not listed, athletes can send their marks to Larry Patz at indoorrankings@aol.com. Include athlete's name, date of birth, meet name, date, location, and type of timing system (FAT or hand, if applicable).

The 2006 indoor rankings will be published in the June National Masters News.

Note that this applies to INDOOR marks made in 2006. □

California Senior Games Championships

The California Qualifying Meet for the 2007 National Senior Games - Louisville, KY.

Track & Field Meet - Saturday, June 3, 2006

CalTech - Fox Stanton Track

1200 East California Blvd., Pasadena, CA. 91106

Meet Director: Christel Donley; Race Walk & Assistant Meet Director: Jim Hanley



Schedule of Events

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

Entry Fees: \$30.00 Registration Fee, plus \$6.00 per event

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

Miscellaneous: Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements not provided, except SP; Must bring own vaulting pole; PV for experienced vaulters only. 4 jumps for Long Jump and Triple Jump; 4 throws for Javelin, Shot Put and Discus; 3 throws for Softball Throw.

Surface & Timing: Mondo Track - 1/4" pyramid spikes only; Automatic Timing System

For more information: Cynthia Rosedale - (626) 685-6754; CynthiaR@pasadenaseniorecenter.org; FAX: (626) 577-4235

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ___ F ___ Age as of 6/3/06 ___ DOB _____
 Address _____
 Phone _____ E-Mail _____ T-Shirt: S ___ M ___ L ___ XL ___ XXL ___
 Events: 50M ___ 100M ___ 200M ___ 400M ___ 800M ___ 1500M ___ 5000M ___ PV ___ JT ___ LJ ___ TJ ___ SP ___ HJ ___ DT ___ SB ___
 800M Walk ___ 1,500M Walk ___ 5,000M Walk ___

Make checks payable & mail by **May 24th** to: Pasadena Senior Center, 85 E. Holly, Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, CalTech, the Meet Directors and all sponsors of the California Senior Games Championships, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held June 3, 2006 at CalTech. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature _____

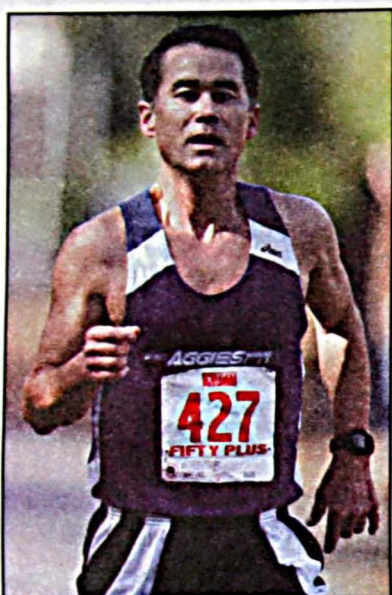
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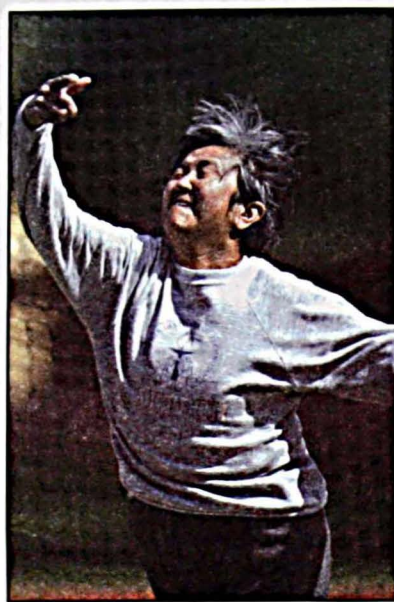
On The Run

By HAL HIGDON

Hal Higdon takes a break this month. Look for him in the June issue. □
(Hal Higdon is author of nearly three dozen books, including *The Complete Diet Guide for Runners and Other Athletes*. Check out his training information at www.hal-higdon.com.)



JOHN TODD
Emil Magallanes, 50, men's winner of the Seniors 8K at the Fifty-Plus Paul Spangler 8K.



DON FERIA
Fei-Mei Chou, 71, winner of six events, Bay Area Senior Games.



Competitors in the W60 discus, won (32.05) by Karen Ilgen, GER, left of reader board, WMA Indoor Championships, Linz, Austria. Karen Huff-Pawlik, USA, is first on the left in the first row.

Fine Marks Cap Fifty-Plus 8K Run and Bay Area Senior Games

By MARK WINTZ
PALO ALTO, Calif. — March 12. The 23rd Annual Fifty-Plus Lifelong Fitness Weekend and its inaugural companion event, the Bay Area Senior Games, concluded today, while showcasing the abilities of hundreds of senior athletes.

Under cool conditions and drippy skies, Emil Magallanes, 50, Boise, Idaho, in 28:18, and Heidi Swan, 52, Larkspur, Calif., in 30:42, scored almost uncontested victories in the Weekend's showcase event, the Paul Spangler Memorial 8K, around the Stanford University campus. The race also served as the USATF Pacific Association 8K Championships, and had 151 finishers age 50+.

"My plan was just to see how the race shaped up and run my own race. I felt confident, since I've been doing a lot of track workouts," said Magallanes, who was planning to compete in the mile and 3000 at the USA Masters Indoor Championships in Boston.

Behind Magallanes, Fletcher Lesley, 50, of San Francisco, and Lloyd Stephenson, 51, also of San Francisco, registered a close race for the runner-up spot. Lesley finished second in 29:06, with Stephenson third in 29:11.

Swan captured the women's crown following impressive age 50+ victories last fall at the USA Masters 10K Championships, and the USATF-Pacific Half-Marathon and 30K championships, making her one of the premier U.S. female runners in the W50 division.

Swan's 30:42 time at today's race puts her among the top half dozen U.S. 8K performers of all time in her division.

Kim Rupert, 51, Hillsborough, Calif., secured second place in 33:09. Karen Kunz, 51, Folsom, Calif., was third in 33:23.

The oldest finishers in the seniors race were Harold Thurston, 87, Los Altos, Calif., 55:01, and Joy Johnson, 79, San Jose, Calif., 52:44.

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.

The winners of the companion 5K racewalk were Jack Bray, 73, Kentfield, Calif., 28:33, and Leslie Sokol, 48, San Jose, Calif., 28:49.

In conjunction with the Weekend, Fifty-Plus Lifelong Fitness also conducted the first-ever Bay Area Senior Games today, which offered a multitude of athletic events including track and field, swimming, tennis, and table tennis — all for senior athletes.

Top performers in the track and field competition included: Nadine O'Connor, 64, 100m, 14.22; Cherrie Sherrard, 68, shot put, 26-4; Larry Lettieri, 58, 100m, 12.43; Roger Tsuda, 71, 100m, 14.00; and Matthew Pruitt, 58 who won both the 200 (26.26) and 400 (59.87) dashes.

Also at the Weekend's festivities, 1968 Olympic figure skating gold medalist Peggy Fleming was honored as the 16th recipient of the Annual Emil Zatopek Award bestowed by Fifty-Plus Lifelong Fitness. 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.

"Through my skating, I've learned so much about myself. My sport taught me what I could do with my talents, whether in the rink or in the rest of my life," said Fleming on accepting the Zatopek Award at the Fifty-Plus Annual Awards Dinner on Saturday. "I think exercise tests us in so many ways, our skills, our hearts, our ability to bounce back after setbacks. This is the inner beauty of sports and competition, and it can serve us all well as adult athletes."

Cheryl Sinclair, Pacifica, Calif., received the 2006 Fifty-Plus Ambassador-of-the-Year Award. Dottie Phillips, Sunnyvale, Calif., was the recipient of the organization's Volunteer-of-the-Year Award.

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.

These major sponsors helped make the Fifty-Plus Fitness Weekend and Bay Area Senior Games possible: City of Palo Alto Recreation, Classic Residences by Hyatt in Palo Alto, Palo Alto Medical Foundation, Palo Alto Weekly, Catholic Healthcare West (CHW)/Sequoia Hospital, and Stanford University Hospital. □



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Vance Jacobson, M50
Masters Indoor Champion

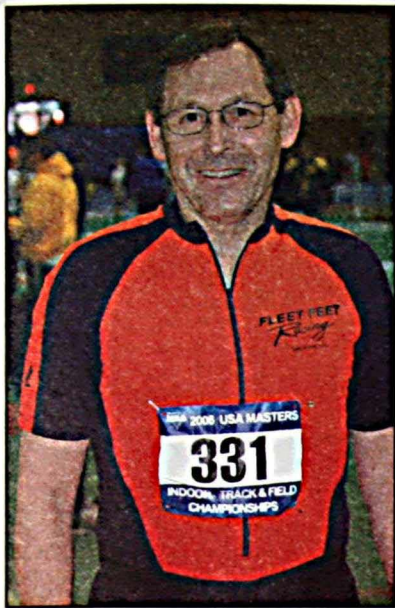
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Nolan Shaheed, winning
Carlsbad Masters 50
Masters Indoor Champion
March 24-26, Shaheed's
record (4:42.89).

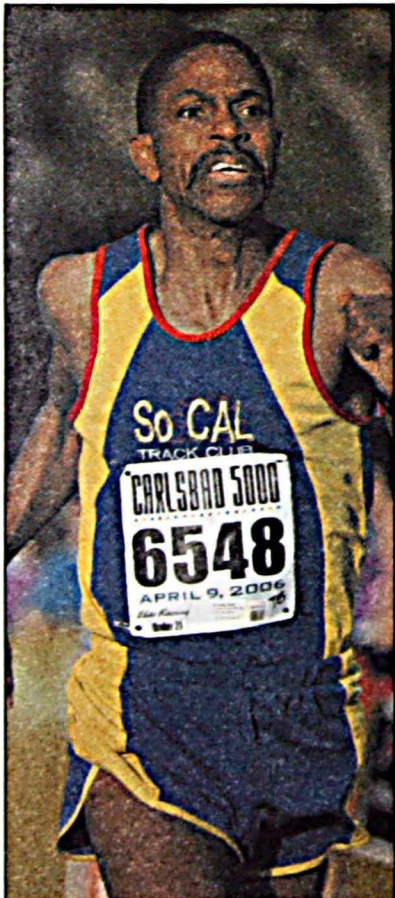


JERRY WOJCIK
Vance Jacobson, M55 pentathlete, USA Masters Indoor Championships, Boston, Mass.

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VICTOR SAILER / PHOTO RUN
Nolan Shaheed, winning the M55 race (16:19), Carlsbad Masters 5000, April 9. In the USA Masters Indoor Championships, Boston, Mass., March 24-26, Shaheed broke the M50 U.S. mile record (4:42.89).

PUBLICATIONS ORDER FORM

	Quantity	Total (US\$)
Masters Single-Age Records Book (2005 Edition) Men's and women's world and U.S. single-age bests for all track & field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms. \$10.00.	_____	\$ _____
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Masters 5-Year Indoor Age-Group Records Same as above, except indoor records (M40+, W35+) as of Dec. 31, 2005 (world) and Dec. 4, 2005 (USA), 4 pages. \$2.00.	_____	\$ _____
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WMA Handbook (2003-2005) Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00	_____	\$ _____
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2006 Road Race Management Directory Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.	_____	\$ _____
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Nationals - Boston

Continued from page 14

Boise/Nampa, he threw 8.40/27-6 3/4, using the metal/outdoor implement in a throwing area that was dirt indoors.

Bob Ward broke his own M70 U.S. record of 10.30/33-9 1/2 with the 35# superweight with a 10.61/34-9 3/4.

Christel Donley, W70, showed a remarkable consistency or a terrific training regimen when she scored 4102 in the pentathlon, one point below her 4103 of last year.

Peter Taylor, who did most of the announcing for the three days, was struck by the large number of quality women sprinters in the lower age brackets, probably caused, he said, by the large number of entrants from the two clubs contending for the club title: the So Cal Track Fleet Feet squad and the Brooks Fleet Feet Racing team. He also pointed out the small number of racewalkers (27) this year, compared to 42 last year in Idaho. In 2004 in Boston, there were 28 racewalkers.

Only three athletes were entered in the W30-34 division.

The So Cal Team successfully defended its club indoor title with a total of 309 (131 points by women/178 by men); Brooks was second with 192 (179 by women/13 by men); and the Southern Calif. Striders TC was third (118 by women/19 by men). Over 90 clubs were represented. Some clubs had no male point-scorers, and others had no women entrants who scored

points.

Despite a dearth of media people, who were out of town covering Boston College in the NCAA Championships or teams of local interest vying to get into college hockey's Frozen Four, Bob Weiner, Chair of the Media Subcommittee, was able to finagle coverage by WBZ CBS TV and in the Boston Globe and Boston Herald.

Leslie Chaplin-Swann, who broke W45 U.S. records in the 800 and mile, commented on the meet, "Boston was an incredibly well-organized meet. The track seemed fast. As I ran my mile on Saturday, much of which is a blur, I do remember Peter Taylor saying that I had become a citizen last October and even mentioned the date! As I ran, I remember thinking, 'Wow, that's pretty neat'. I'm sure a lot of other athletes had the same feeling of pride as Peter announced their accomplishments."

The traditional pre-meet gathering was held at Bertucci's Brick Oven Restaurant, within walking distance of the meet hotel, Marriott Copley, on Thursday, March 23.

The meet was conducted under the auspices of USATF-New England, and directed by Steve Vaitones, with Lee Hess, serving as co-director.

M-F Athletic Company and Shooting Star Media were the primary sponsors.

The Reggie Lewis Center will be site of the USA Masters Indoor Championships in 2007 and 2008. □



JERRY WOJCIK
Finalists in the M55 60m (l to r): Richard Parker, Lee Hess, Robert Davis, Bill Collins, first (7.44), Charles Allie, second (7.87), Thad Wilson, third (8.01), Donn Imrie, and Kenrick Smith, USA Masters Indoor Championships, Boston, Mass.

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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PENDING AGE-GROUP RECORDS

USATF NATIONAL MASTERS INDOOR T&F CHAMPIONSHIPS, BOSTON, MASS., MARCH 24-26

World Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	W65	9.27	Kathy Bergen	9.29	Gertrude Reichert
60m	M70	8.20	Robert Whilden	8.22	Bruno Kimmel
200	M70	27.11	Robert Whilden	27.40	Allan Meddings
60mH	M45	8.18	Karl Smith	8.36	Colin Williams
HJ	W65	1.31	Kathy Bergen	1.28	Rietje Dijkman & Evelyn Wright
PV	M75	2.90	Franklin (Bud) Held	2.82	Carol Johnstons
TJ	W80	5.57	Johnnye Valien	5.15	Margaret Hinton

U.S. Records

Event	Age	New Mark	Name	Old Mark	Held by
60m	M40	6.90	Aaron Thigpen	6.97	Eddie Hart
800	W40	2:08.68	Alisa Harvey	2:16.01	Rose Monday
800	W45	2:22.32	Leslie Chaplin-Swann	2:22.37p	L. Chaplin-Swann
Mile	W45	5:08.81	Leslie Chaplin-Swann	5:18.10	Patti Ford
Mile	W70	7:12.29	Mary Harada	7:19.44	Toshiko d'Elia
Mile	M35	4:35.71	David Buysse	4:37.53	Chris Yorges
Mile	M55	4:42.89	Nolan Shaheed	4:49.33	Aiston Brown
Mile	M75	6:23.95	Paul Heitzman	6:27.16	John Hosner
60mH	W60	10.72	Nadine O'Connor	12.38 (30")	Christel Donley
4x400	W40	4:20.88	Athena Track Club	4:31.15	Bohemia TC
3000RW	W80	23:08.58	Miriam Gordon	---	---
HJ	W80	0.94	Johnnye Valien	0.92	Margaret Hinton
PV	W40	2.82	Pamela Swan	2.60	Donna Schultz
PV	M50	4.40	Gary Hunter	4.32	Vincent Struble
LJ	M35	6.55	George Joachim	5.86	Todd Anderson
TJ	M50	12.92	David Quick	12.38	Dave Jackson
SP	W70	8.15	Christel Donley	7.87	C. Donley
SP	W90	3.71	Betty Jarvis	---	---
WT	W90	5.23	Betty Jarvis	---	---
WT	M75	13.23	William Garrahan	12.88	James Crawford
SW	W75	4.89	Lillian Snaden	4.85	L. Snaden
SW	M70	10.61	Bob Ward	10.30	B. Ward
SW	M85	5.08	David Schlothauer	4.96	Leon Joslin
Pent	W35	1134	Terri Lowe	---	---
Pent	M70	3716	Robert Hewitt	3547	Bill Jankovich
Pent	M80	3606	Denver Smith	1636	Claude Hills

The Birmingham Track Club presents
The Birmingham Track Club
2006 Track and Field Classic
Saturday, June 10, 2006
Hoover High School
Hoover, Alabama

Entry Fees: \$15.00 first event, \$6.00 each additional. \$20/relay. Pre-Register by June 4, 2006. Late fee: \$15.00

Age Divisions: Open and Masters (Age 30+), M&F
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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

Field Events: HJ, LJ, TJ, PV, Shot, Discus, Javelin, Hammer

Schedule of Running Events: (To Be Determined)

Time	HJ	PV	LJ	Shot	Discus	Javelin	Hammer
8:00	open-M45						
8:00	W,M70+	WM70+	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	W,M70+
1:30							

Awards: Medals to top 3 finishers in each age group.
\$100-1st Place: KC100m (Top 8 best 100m may compete in Age-Sex Handicapped 100m)
\$100-1st 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.

Directions: I-65, Take I-459 South to Tuscaloosa. Take AL-150 (exit 10-Hoover Met Stadium), Turn Left off Exit Ramp, Right on Stadium Trace Pkwy, Left on Learning Lane, Left on Buccaneer Dr.

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

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

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Events	Entry Fees:	Cost:
1	First Event \$15.00	\$
2	2 nd Events x \$ 6.00	\$
3	Relays x \$20.00	\$
4	Late Fee \$15.00	\$
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Remit completed application to:
BTC Classic
Frank Newland
234 King Arthur Pl
Alabaster, AL 35007

Please read and sign: I agree that I am physically fit and have sufficiently trained to participate in the 2006 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, Hoover High School, USATF, and the Knights of Columbus, agents or representatives arising from my participation in the 2006 BTC Track and Field Classic.

Signed: _____ **Date:** _____

Profile

by RON MARINUCCI

Duane Spitz – Running Hard, Just Not as Fast

Back in 1973, Duane Spitz won the Motor City Marathon (later the Detroit Free Press Marathon) in a then personal best of 2:23:05. Five years later, with the name change, "I was second in the first Free Press," Spitz recounted, adding, "I finished second by three or four seconds." He also won marathons in Saginaw, Mich., and Athens, Ohio. He posted his marathon PR (2:17) in Miami, Fla.. In all, he ran five sub-2:20s. He finished in the top five in big-time marathons in Dallas, Cleveland, and Chicago, in addition to Detroit.

He was fast, as those who remember Midwest running of 20 or 30 years ago will recall—and still is. Doug Kurtis, marathon legend and Free Press Marathon director, once told me Spitz "was one of the top road racers in the 1970s and early '80s."

If anyone is a historian of Michigan road racing, it's Scott Hubbard. He said of Spitz, "All I know is that he was fast. He was always way up there in the results."

Running for Health

"I run mainly for my health now," Spitz related. "I don't do many races any more, maybe three or four races every couple of years." But, he conceded wryly, "When I'm racing, I'm still pretty competitive." Then, he quipped, "I'm still running as hard, just not as fast." That's a matter of opinion.

Now 57, he still cranked out a 16:34 5K at the age of 52. A couple of years later, he followed that with a 17:14. And he also ran a 28:41 five-miler and 34:13 10K – at 52! A bit self-deprecating, he chuckled, "You feel like you're doing everything like before, but you're not."

Gauging from his current training, it's obvious "I believe in miles. I like to run miles. You're just stronger," he mused. "I like to run 85 to 90 miles a week." He tosses in a form of fartlek for speedwork: "I run hard for 30 seconds, then jog, run hard for up to a minute, then jog..."

Peak Training

At his peak, "I trained at 6:00-6:20 pace. I was pretty comfortable with that." He recalls training with Gordon Minty, another great Midwestern runner of decades past and winner of the Free Press Marathon in 1979. One summer, "We did five times 1600 for a 25:41 workout."

"Doing quarters" also helped lead to a 5K PR of 14:40. Now, a couple of decades or more after his "heyday," he noted "I still run to work at five in the morning. I can still run a 6:45 to 7:15 pace."

Last fall, he was hampered a bit by lower back and hip problems, which he traced to "worn orthotics. They're about three or four years old. It's funny," he remarked, "how a shoe or orthotic can cause injuries." Even with the soreness in his back and hips, "I'm still running, a few miles a day." Then he offered, very matter-of-factly, "about 65 or 70 miles a week."

Fond Memories

Some of his fondest running memories come from the Boston Marathon. As he tells it, it was a Boston a little different than it is today. Spitz is par-

ticularly proud of his 1973 race.

"I won my first medal at Boston in '73. I finished 21st, but not with a real fast time. But it was a real hot day. Only the top 35 finishers got medals then, not 100 like today. It's one of my biggest accomplishments."

The 1980 Boston was memorable, too. "It was real hot then, too." (There's a lesson there: don't run Boston when Spitz runs it!) He finished 25th in 2:21:03, beating U.S. Olympians Jeff Galloway and Kenny Moore, and 1968 Boston champion Amby Burfoot in the process. He shrugged, "I was 11th with four miles to go. But I mentally gave up when Benji Durden (another Olympian) passed me."



Duane Spitz

Spitz began running at Lansing Eastern High School and later became a junior college All-American. After school, he continued to run. "I was mostly a road racer." It seemed a bit odd then, maybe a throwback to the racing of the '70s, when he later spoke of a local 10K as "10,000 meters." By the way, he posted a 29:35 in that race in the '80s; 10K or 10,000 meters, that's pretty fast.

Inspiration to Others

But running has been more than personal success for Spitz. In talking to several other runners, the words "inspiration" and "encouragement" cropped up a lot.

Gordie Schafer ran with him in the early 1970s when they belonged to the Mid-Michigan TC. "We did a lot of training together. Often he would run with a group of us. It was very common for him to either have knocked off ten solo miles before the group formed, or for him to take a five- or ten-mile cooldown after the group run at 2:30 pace."

Spitz was always "willing to go at your slower pace and talk as you ran along." Schafer went on and quipped,

"Everything was fine if you kept your shoulder behind his, but go a half-step ahead and he instinctively picked up the pace. We also found out that you had better keep talking to him, because as soon as it would fall silent, he picked up the pace."

He also remembered humorously, "Our training was LSD (long, slow distance). Well, it was LSD for him, but since we would run sub-seven minutes, it was LFD for me."

Another who trained with Spitz, two and three decades ago, was Dan Fuller. "Duane is the toughest runner I've ever known."

Fair Weather or Foul

Fuller recalls "getting a call from him on a Saturday morning at the height of a blizzard. The weather was horrible and the road was impassable for cars. But we spent over two hours running up and down a main road in Lansing to get our 15-miler in."

Both Schafer and Fuller remember more. At his peak, running sub-2:20 marathons, Spitz was "working 50 hours a week" to provide for his family – wife and two children – as well as taking night classes and putting in 100 miles of training per week. Fuller said, "I don't know many people who could've accomplished what he did."

They remember him for more than his personal running achievements, noteworthy as they are. Schafer noted that "Duane arranged his long runs so that he did the first portion at his speed and would then come run with me..."

Fuller admitted "he inspired me to get back into running.... I owe most of my marathon success to those tough training runs with him and the encouragement he gave me."

As one of the pioneers of Michigan and Midwest road racing, Spitz has seen quite a few changes in running. One, he noted, is the congestion, "the traffic on the roads." Even running to work, "there's all kinds of traffic – at five in the morning!"

Slower Runners

He also thinks "there aren't as many fast runners as there used to be. Oh, some overall winners are better than our times, but there's not the depth of quality there was, especially in the marathon."

He recalls the early Motor City/Free Press Marathons. "Only 120 people would show up, but most were pretty competitive. When I did 2:18, thirty or forty guys broke 2:30."

Although repeating that some winning times are faster than 20 and 30 years ago, Spitz doesn't see as many runners posting the quick results. "In the local races, 10Ks, you had to be under 31:00. There were a lot of guys in the 32:00s."

The soft-spoken Spitz hesitated when I asked if he had any tips, any advice for runners. Then he said, "I think you have to enjoy it. Running, it's a good exercise. There's none better for your health."

After talking with him, I'm convinced he's still doing just that – enjoying it, although a bit faster than most of us. □

(Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net.)



JERRY WOJCIK
Louis Coppens, second M60 in the mile, USA Masters Indoor Championships, Boston, Mass.

TWENTY-FIVE YEARS AGO May 1981

- Snohomish TC Captures Men's Division in Seattle Grand Prix; Falcon TC Takes Women's Title
- Jim Bowers, 42, Wins TAC National Masters 30K in 1:39:29
- Margaret Miller Sets W55 Mark of 40:44 in Malibu 10K



JERRY WOJCIK
Michael Moser, M55, in the 1000m, final event in the pentathlon, USA Masters Indoor Championships, Boston, Mass.

The USATF Foundation will and in the past size. No grants have been made in the past time, due to a lack of funds account, which totals about \$3000.

In the opinion of the foundation director, Tom Jack, the foundation is not yet sufficient to support the foundation.

To help Jackov provide some consistency to the Foundation's making grants to support the foundation.

However, guide value unless the support the foundation.

Gifts to the Foundation of the masters used.

Gifts cannot be of individuals, but they can be designed for the Commission's priorities.

Hopefully, there are many, who can make a gift that will provide masters programs, who do not have assets, small gifts impact, if they can be of help.

Specifically, give donations to the Foundation of those of our community.



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3604 (17)

WWW

USATF Foundation Alive and Well

The USATF Foundation is alive and well and in the process of growing in size. No grants have been made for the benefit of the masters program at this time, due to a lack of funds in the masters account, which has between \$2000 and \$3000.

In the opinion of the Foundation's director, Tom Jackovic, the amount is not yet sufficient to support grants.

To help Jackovic evaluate requests for grants, the Masters Committee will provide some consensus as to priorities the Foundation should consider before making grants to any masters activity.

However, guidelines will be of little value unless the masters individually support the Foundation.

Gifts to the Foundation for the benefit of the masters programs will be so used.

Gifts cannot be made for the benefit of individuals, but programs and activities can be designated. This is one reason for the Committee to set up some priorities.

Hopefully, there will be someone, or many, who can make a very sizeable gift that will provide a huge boost to masters programs. But, for those of us who do not have sizeable estates or assets, small gifts can have a great impact, if they come from a large number of people.

Specifically, give thought to making donations to the Foundation in memory of those of our competitors who have

passed on, or who have had an impact on the masters program in general or on you individually.

For instance, one such person who was killed recently in a tragic air plane crash, Paul Johnson, had a great impact on the masters program and a great number of us individually. Honoring him with a gift to support the track and field activities that he loved so much would be greatly honoring to him and to his surviving family.

For more information, Jackovic can be reached at 412-918-1271, and by e-mail at tom.jackovic@usatf.org. □

—Jerry Donley

NATIONAL MASTERS NEWS

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MARILYN MITCHELL

The indoor track, with outside view, 2nd WMA World Indoor Championships, Linz, Austria.

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Sanctioned Event



21st ANNUAL MEET OF CHAMPIONS

SOUTHERN CALIFORNIA STRIDERS TRACK & FIELD CLUB CALIFORNIA STATE UNIVERSITY AT LONG BEACH SATURDAY, MAY 20, 2006

ENTRY FEES: \$25 first event (includes T-Shirt); additional events \$5. Relay teams free. After deadline, or at meet \$35 first event (includes T-Shirt), \$5 per additional event.

DEADLINE: May 13, 2006

DIVISIONS: Men & Women: Open, Sub-Masters, and Masters (40+) compete in 5-year age groups.

AWARDS: 2" medal with red, white & blue ribbon for 1st, 2nd, & 3rd.

FACILITIES: 8 lane artificial surface track; concrete throwing rings. Electronic Timing

NOTE: This event is sanctioned by USA Track & Field. 2006 registration required (available at meet for \$20).

DIRECTIONS TO CSULB: Exit 405 freeway at Bellflower Blvd. Go south to Atherton. Left (east) to Signal. Right into parking lots. Track is on left behind parking structure. Parking in lot #14 is free. Otherwise, be prepared to pay \$1.75.

Schedule

Track Events

11:00 am 80/100/110 meter hurdles	2:15 pm 200 meters
11:30 am 1500 meters	2:45 pm 800 meters
12:00 pm 100 meters	3:15 pm 4X100 Relay
1:00 pm 300/400 meters hurdles	3:45 pm 400 meters
1:30 pm 3000 meters	

Field Events

11:00 am hammer throw, pole vault & high jump	1:30 pm shot put & triple jump
12:00 pm discus throw & long jump	3:00 pm javelin throw

ENTRY FORM (Please Print)

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Age on 5-20-06 _____ Sex M F Phone _____

USAT&F No. _____ Club? _____

Events _____

Amount Enclosed \$ _____ Make checks payable to So. Calif. Striders and send to Brenda Matthews, 1261 N Mark Lane, Anaheim, CA 92807 714-779-3416. Inquiries may also be directed to Eric Dixon 949-831-1336 Striders web site: www.SCStriders.org

WAIVER - In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators waive and release forever any and all rights, claims or damages I may accrue against California State University at Long Beach, the Southern California Striders, USAT&F, the meet director and all sponsors of the track & field meet, their successors, representatives and assigns for any and all injuries which I may suffer while traveling to and participating in the MEET OF CHAMPIONS to be held May 20, 2006 at California State University at Long Beach. I certify that I am free from hampering injuries or physical defects.

SIGNATURE _____ DATE _____

Masters Science

By AVITAL SCHURR



For Sprinters and Jumpers Only: To Stretch or Not to Stretch?

It is common to observe people engaging in passive stretching prior to their regular physical activity. Stretching is believed to reduce the risk of injury and to promote better performance. Nevertheless, laboratory experiments do not support this belief. Furthermore, these experiments provide evidence that acute muscle stretching might be detrimental to competitive performances where maximal force or torque output is necessary. Thus, it has been shown under laboratory conditions that stretching causes a deficit in strength of concentric muscle actions such as in sprinting.

For instance, it was found that 10 minutes after static stretching of the quadriceps and hamstring muscle groups, the maximal performance for both knee flexion and knee extension one-repetition maximum lifts declined significantly (by 7.3% and 8.1%, respectively).

Similar results were found when static stretching was replaced by ballistic stretching. Scientists found that stretching reduced the height of a standing jump (4.4%) and counter-movement jump (4.3%).

Considering the negative effects of passive stretching in the laboratory setting, Arnold G. Nelson and his colleagues from the Department of Kinesiology and the Athletic Department, Louisiana State University, Baton Rouge, La., decided to test whether or not pre-performance stretching would negatively affect performance of explosive sports such as sprinting.

More specifically, the investigators were interested in determining whether or not pre-event stretching would slow a person's start out of the blocks and thus result in a poor race performance (Acute effects of passive muscle stretching on sprint performance, Journal of Sports Sciences Vol. 23, pp. 449-454, 2005).

Study Participants

The participants were members of the Louisiana State University's nationally ranked track and field team who were all competing at the time (2003) in the NCAA outdoor season. Eleven males and five females completed the study.

All 16 athletes competed in multiple events (sprints, jumps, decathlon) and had practiced sprint starts almost daily for at least two years. The participants were not informed of the results until after the study was completed.

Experimental Procedures

Within 10 minutes after each stretching protocol (there were a total of four such protocols), every participant performed three times 20m sprints. All sprints were performed on an indoor rubberized track to minimize variation in climatic conditions.

Sprints were initiated from standard starting blocks set to individual preferences and were timed with an automatic timer, utilizing a pressure pad placed under the fingers of the sprinter's right hand in the starting position. This timing device starts when the sprinter lifts the fingers off the pressure pad, and stops when the sprinter breaks a single laser light beam projected across the

track 20m from the starting line.

The height of the laser beam above the ground was approximated to the height of the sprinter's waist. Sprint tests were performed as part of each athlete's Monday workout program. Four different stretch protocols were used, each being performed on a different Monday over four weeks.

The four stretching protocols were: no stretching on either leg (NS), both legs stretched (BS), forward leg in starting position stretched (FS) and rear leg in starting position stretched (RS). The order of the different protocols and their assignment to the different athletes were randomized to minimize any potential effect of the order of stretching.

Before being stretched, each athlete performed the following warm-up: jog 800m, forward skips 4 x 30m, side shuffles 4 x 30m, backward skips 4 x 30m. Besides the warm-ups and the stretching protocol, the athletes were not allowed any other activity.

The stretching protocols were composed of three passive (partner-assisted) activities designed to stretch the calf and thigh muscles. These were activities that the athletes used in their daily warm-up routine. Pictures of these stretching activities can be seen in a chapter by M.J. Atler's *Science of Stretching*, in the book *Human Kinetics*, Champaign, IL, 1988.

And the Results are....

The statistical analysis of all the sprint tests revealed that there were no differences between the three stretch conditions (BS, FS, RS), but the times of the three stretch conditions were all significantly slower than the no-stretch (NS) condition. The results are shown in the table below:

Treatment	Effect of stretch treatment on 20m sprint time in seconds			
	NS	BS	FS	RS
Time (s)	3.17*	3.21	3.21	3.22

* Significantly different from the other protocols

Interestingly, when the statistical analysis was performed only on the best time of each trial, nearly identical results were obtained to those shown in the table above.

Conclusions

First, the 20m sprint time is signifi-



JERRY WOJCIK
Tom Patsalis, who set the M65 U.S. record of 10.86 in the triple jump in 1987, returned to competition at the USA Masters Indoor Championships, Boston, Mass., after a long absence.

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cantly increased when sprints are performed after stretching, whether the stretch includes just one leg or both. In other words, it seems that pre-performance stretching exercises could negatively affect skills that require multiple repetitive high power output. This is in addition to those that depend mainly on maximizing a single output of peak force or power such as in high jump, long jump and pole vault.

Second, it is interesting that the decrement in speed occurred without stretching one of the main muscles utilized in sprinting, the quadriceps. Another study found a decrease in jump height after stretching mainly the quadriceps. Thus, it is plausible to assume that stretching the quadriceps could have even more negative effect on sprint speed.

While there are several theories as to the mechanisms involved in the negative effects of stretching on power performance, and we may choose to be cautious about concluding that the stretching effect on 20m sprints carries on to the 100m and 200m sprints, it is reasonable to assume that this is the case.

In this study the sprints were performed within 10 minutes after stretching and data do not exist as to the effects of stretching on sprints that are performed 30 minutes or 60 minutes later. Nevertheless, data do show that a 9% decrement in maximum isometric plantar flexion torque was present 60 minutes following an aggressive 30 minute stretching of the plantar flexor. □

(Avital Schurr can be contacted by e-mail at a0schu01@louisville.edu)

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH - MAY 2006

ATHLETE NAME (RESIDENCE)	BIRTH DATE	AGE GROUP
JONATHON EDWARDS(GBR)	5-10-66	40-44
ZOLA BUDD-PIERTERZ(RSA)	5-26-66	40-44
VASILY SIDORENKO(RUS)	5-1-61	45-49
MAR HEILIG-DUVENTAESTER(GER)	5-1-61	45-49
HEIDI DENTON(SCOTTSDALE,AZ)	5-8-61	45-49
ANNE LEVARD(FRA)	5-14-61	45-49
ZSUZSANNA PETO(AUT)	5-23-61	45-49
SARAH BOSLAUGH(NEW YORK,NY)	5-4-56	50-54
STEVE SCOTT(LEUCADIA,CA)	5-5-56	50-54
GREET PAPEGAAY(NED)	5-14-56	50-54
JANET TAKAHASHI(CAN)	5-16-56	50-54
DON QUARRIE(JAM)	5-3-51	55-59
NANCY SHAFER(BOWLING GREEN,OH)	5-6-51	55-59
WILLIAM SCHOLL(USA)	5-14-51	55-59
JOSIE HEFFERNAN(GBR)	5-16-51	55-59
YAIR KARNI(ISR)	5-17-51	55-59
PATRICIA OAKES(GBR)	5-2-46	60-64
SUSAN GUSTAFSON(NORWELL,MA)	5-3-46	60-64
CAROLYN DULLAWAY(AUS)	5-8-46	60-64
ALEX HALTER(NED)	5-12-46	60-64
MAGON FRANCKX(BEL)	5-13-46	60-64
MARY ELLEN WILLIAMS(DARNESTOWN,MD)	5-17-46	60-64
DAVE ROBINSON(SAN DIEGO,CA)	5-22-46	60-64
WILLI ZAISER(GER)	5-23-46	60-64
DAPHNE DUNN(US)	5-25-46	60-64
TOM RAUSCHER(US)	5-27-46	60-64
WAYNE LAMBERT(DANA POINT,CA)	5-28-46	60-64
RICHARD SANDER(METAIRIE,LA)	5-28-46	60-64
NANETTE FURGINE(SWI)	5-28-46	60-64
GEOFF BARRATT(GBR)	5-31-46	60-64
L. KORCHAGINA(URS)	5-31-46	60-64
LENA SANDGREN(SWE)	5-3-41	65-69
RALPH ZIMMERMAN(BUFFALO,NY)	5-12-41	65-69
B. GREEN(GBR)	5-15-41	65-69
DAVID THORESON(SANTA BARBARA,CA)	5-16-41	65-69
LETHA FIGG-HOBLYN(PORTLAND,OR)	5-17-41	65-69
BERNADETTE McGRATH(AUS)	5-18-41	65-69
JOHN DOBROTH(VENTURA,CA)	5-19-41	65-69
JON MACPHERSON(CA)	5-19-41	65-69
CHRISTA SEILNACHT(GER)	5-20-41	65-69
URSULA STELLING(GER)	5-23-41	65-69
MIRIAM ST.CLAIR(PALO ALTO,CA)	5-30-41	65-69
MARGARET CARINCI(RICHMOND HILL,NY)	5-2-36	70-74
GERARD VERVOORT(FRANCE)	5-6-36	70-74
TOR HAALAND(NOR)	5-7-36	70-74
PHIL SCUDIERI(US)	5-7-36	70-74
DAVE CADIZ(KAILUA,HI)	5-9-36	70-74
ULRICH SCHIROW(GER)	5-9-36	70-74
HANS JURGEN GASPER(GER)	5-10-36	70-74
HINRICH JOHN(GER)	5-11-36	70-74
PETE STOPOULOS(E.MOLINE,IL)	5-11-36	70-74
JAMES DALEY(NEW IPSWICH,NH)	5-14-36	70-74
SUE BERMAN(CAMBRIDGE,MA)	5-14-36	70-74
MAVIS CARTER(NZL)	5-16-36	70-74
VALERIE ENDRES(SAN LUIS OBISPO,CA)	5-19-36	70-74
LARS LINDHE(SWE)	5-21-36	70-74
FRITZ MUELLER(WG-NY)	5-23-36	70-74
WERNER VON MOLTKE(GER)	5-24-36	70-74
THOMAS BUTTERFIELD(WINDSOR,CT)	5-26-36	70-74
DAWSON PRATT(US)	5-27-36	70-74
HILMA JAGER(GER)	5-30-36	70-74
BUZZ PORTER(DAYTONA BEACH,FL)	5-31-36	70-74
WILLIAM STODDART(GBR)	5-2-31	75-79
ANN E. DERUIG(RSA)	5-4-31	75-79
BETTY NEAL(FAIRFIELD,OH)	5-4-31	75-79
VALBORG OSTBERG(NOR)	5-14-31	75-79
JOE CHADBOURNE(CHAGRIN FALLS,OH)	5-15-31	75-79
CHADWIK BOLENDER(SEATTLE,WA)	5-18-31	75-79
GERD DREWNIAK(GER)	5-21-31	75-79
THOMAS COLSON(GBR)	5-26-31	75-79
MILA KANIA(WARWICK,NY)	5-26-31	75-79
GLORIA BORTELL(FAIRFAX,VA)	5-27-31	75-79
GEZA DORIBAN(HUN)	5-1-26	80-84
DESMOND MARGETSON(US)	5-2-26	80-84
SALVADORE MARTINEZ(SPA)	5-5-26	80-84
JOE KING(ALAMEDA,CA)	5-9-26	80-84
LIDA ASKEW(US)	5-23-26	80-84
SHIRLEY SEGAR(DUNCANS MILLS,CA)	5-27-26	80-84
HEIKKI AHTIANEN(FIN)	5-1-21	85-89
BOO MORCOM(WILMOT FLAT,NH)	5-1-21	85-89
JAMES UPHAM(JUNCTION CITY,KS)	5-12-21	85-89
CAROL PEEBLES(FOND DULAC,WI)	5-14-21	85-89
HARRY LAMPERT(RSA)	5-18-21	85-89
KARL-HEINZ HOYER(GER)	5-22-21	85-89
VALERIE TYSON(AUS)	5-23-21	85-89
ALBERT SALMON(CA)	5-24-21	85-89
JANE DANA(REDLANDS,CA)	5-25-21	85-89
EILA HOGVIST(FIN)	5-27-21	85-89
FRANK BOWLES(GREELEY,CO)	5-31-21	85-89
WILLIAM THOMPSON(BRYANTVILLE,MA)	5-1-16	90-94
COLIN FAIREY(GBR)	5-11-16	90-94
JACK THATCHER(MANHATTAN BEACH,CA)	5-21-16	90-94
FRANCISCO COLON(PUR)	5-25-16	90-94
ALDO AMORETTI(ITA)	5-8-11	95-99
MARGARET LOPEZ(MIDDLETOWN,NJ)	5-18-11	95-99
ROBERT HUNTER(BEAVERTON,OR)	5-20-11	95-99
OIVA LATTU(FIN)	5-22-11	95-99

Compiled by Pete Mundle
pmundle@juno.com

WMA - Linz,

Continued from page 1

with his standing starts was halfway down the other competitors and performances, bemused "shock and awe" and

One of the meet pair of new German Collins borrowed shoes, but he was quick finally received his losses records in his own bought seven years ago was going out of business.

"I've had those shoes situation is I never train only time I wear the meet, so they don't actually half-miler shoe on them. They're

Not to be outdone M45, Norcross, Ga., record performances of 60mH semi-finals (8) breaking his own record an 8.22.

McCloud was so record success with his "I gotta go home and my wife and kids. I e

McCloud continued this morning to get a so many things wrong race was kind of wobbly

In response to the whether or not he was not get the record in the previous attempts, he said were under some try to lost a shoe in an attempt was tired in another New Jersey.

Three other U.S.

R

By BRIDGET C After their very the 2nd WMA World Championships in Linz, Austria won a total of 15 world, six European records, British at high.

Some of those participated in one the country, the European Country Champion approximately six country.

This year, both men's and women master athlete to coach. Greg Hull, scorer for his club from the 1500-stroke

Kate Ramsey, finishing brilliantly for finished eighth in The following were their age-groups British Masters Bournemouth.

In very competitive groups, Mark Har title on what is course. Nigel G

WMA – Linz, Austria

Continued from page 1

with his standing starts, but by the time he was halfway down the track leading the other competitors and on his way to record performances, bemusement turned to "shock and awe" and all smirking ceased.

One of the meet announcers obtained a pair of new German running shorts and Collins borrowed shoes from another runner, but he was quick to point out that he finally received his lost luggage and set the records in his own \$7 Nikes, which he bought seven years ago from a store that was going out of business.

"I've had those shoes ever since. My situation is I never trained in spikes. The only time I wear the spikes is at a track meet, so they don't wear out. They're actually half-miler shoes...they've got a heel on them. They're not sprint shoes."

Not to be outdone, Dexter McCloud, M45, Norcross, Ga., turned in two world-record performances of his own, one in the 60mH semi-finals (8.35), and the other breaking his own record in the finals with an 8.22.

McCloud was so eager to share his record success with his family that he said, "I gotta go home and see my babies...being my wife and kids. I even miss the dog!"

McCloud continued, "I was surprised this morning to get a record, because I did so many things wrong in the race...the race was kind of wobbly."

In response to the question concerning whether or not he was surprised that he did not get the record in the U.S. on his previous attempts, he said, "No, because they were under some trying conditions." He lost a shoe in an attempt in New York, and was tired in another race the next day in New Jersey.

Three other U.S. hurdlers were on the

awards stand. Don Drummond, Fresno, Texas, won the M35 race (8.10), and James Broun, the M50 race (9.12), with Robert Zahn, third (9.37).

Emil Pawlik, Jackson, Miss., 2005 USATF Masters Athlete of the Year, broke the M65 world record for the 60mH with a 10.17 in the pentathlon, which he won with 4246 points.

Equally exciting was the M60-64 4x200m world relay mark of 1:44.99 set by Paul Edens, Sam Hall, Roger Pierce, and Steve Robbins, smashing the old mark of 1:45.24, set by a German team in 2004 in Sindelfingen.

Edens was especially happy with the world-breaking relay performance, because he was a "very unhappy little camper" concerning his individual events.

"I was disappointed...I've been sick...I had the wrong wax on. That's what I think I was doing...I had the wrong wax on," referring to Olympic skier Bode Miller, who failed to medal in the recent Winter Olympics in Torino, Italy.

Robbins also won the 60m (7.87) and 200 (25.49). Joy Upshaw-Margerum, Los Altos Hills, Calif., won the W45 200 (26:21) and was second in the long jump (5.25/17-2 3/4).

New M65 world champion in the 800, Sid Howard, New York City, got his revenge on the field, when this time he did not allow himself to become boxed in as he had done in most of his races in the 2005 WMA Outdoor Championships in San Sebastian, Spain. However, his participation in Linz was doubtful until the last minute.

"The 8's is my race. On February 2 in training, I pulled both hamstrings. I had no speedwork for four weeks. March 4th, I was contemplating not running this meet or the Indoor

Nationals in Boston. March 7th and 9th I had two good training sessions and that gave me the confidence to come and try this race."

Steve Gallegos-Francksen, M50, Golden, Colo., won the 800 (2:06.90) and was second in the 1500 (4:21.96).

The U.S. took three gold medals in the high jump, topped by Patricia Porter's W40 U.S. record 1.66/5-5 1/4. Porter, of Albuquerque, N.M., a 1988 U.S. Olympian, won over Wendy Lain, Great Britain, on fewer misses.

"It was the first time in 17 years that I have jumped indoors...It is an amazing feeling standing on the victory stand, hearing our national anthem, eyes filled with tears and hearing them announce you as the World Champion," said Porter.

Bruce McBarnette, M45, Sterling, Va., with a 1.96/6-5, and James Barrineau, M50, Burke, Va., 1.78/5-10, are the other high jump world champions.

In the pole vault, Johnnye Valien, Los Angeles, Calif., upped the W80 world record to 1.40/4-7. Dan Holton, M35, Burlingame, Calif., won the gold with a 4.40/14-5 1/2. Valien also broke the world record in the triple jump with a 5.27/17-3 1/2.

Not to be forgotten in this meet are what the Europeans call "the winter throws," or what U.S. throwers who don't live in the Sunbelt states call "business as usual"...that is, throwing outside in the snow.

For all of their displeasure, the throwers agreed that they were indeed happy and would not have missed the event. In fact, once the record situation was clarified – that world records achieved in

throwing events outside would be considered outdoor (not indoor) records even though this was an indoor championships – the meet organizers allege to have attracted as many as 1000 additional competitors for these events. More than likely, they meant 1000 event entries, not an additional 1000 athletes.

It was left to George Mathews, USATF Masters Chair, to provide the best performance by the U.S. in the outdoor throws with a third in the hammer (48.97 160-8). In addition, he won a bronze in the weight throw, also contested outdoors, with a 19.08/ 62-7 1/4).

John Starr, M75, Newark, N.J., won the 3000 racewalk (18:59.69). Bob Fine, Delray Beach, Fla., was third M70 (19:14.46).

All in all, a strong U.S. team of 97 athletes garnered over 50 medals, 24 of them gold. Most athletes agreed that the indoor venue was the best they'd ever competed in, and that the meet was handled under excellent direction.

Many of the U.S. non-medallists were just a few steps or centimeters short of making it into that final round or, in some cases, they handily won their heats, but were just a few steps short of medaling in the finals, which bodes well for the upcoming U.S. outdoor season and for the next indoor championships in 2008 in Clermont-Ferrand, France.

While the Linz arena is reputedly one of the most beautiful indoor arenas in Europe, the Clermont-Ferrand site is said to be even more stunning, and athletes are very much looking forward to the 3rd WMA Indoor World Championships. □

(Jerry Wojcik contributed to this article.)

Report from Britain

By BRIDGET CUSHEN

After their very successful foray to the 2nd WMA World Indoor Championships in Linz, Austria, where they won a total of 156 medals, set four world, six European and 26 national records, British athletes remain on a high.

Some of those not running indoors participated in one of the oldest races in the country, the English Senior Cross-Country Championships, run over approximately six miles of undulating country.

This year, both the winning 6-strong men's and women's teams relied on a master athlete to clinch the coveted trophy. Greg Hull, M40, was the final scorer for his club racing home 56th from the 1500-strong field.

Kate Ramsey, W35, has been running brilliantly for some time; here, she finished eighth in the women's race. The following weekend they both won their age-groups decisively at the British Masters Championships in Bournemouth.

In very competitive races in all age groups, Mark Hargreaves took the M45 title on what is virtually his home course. Nigel Gates, M50, and Mike

Hager, M55, who won their 8K XC titles so convincingly in Linz, were equally as emphatic here.

The Scottish Masters XC Championships, postponed March 4 due to blizzards; reconvened on March 25 and were run over 10K. Fiona Matheson added the W40 title to her British masters 10K road race, getting home some 60m clear of the outstanding W55 Janette Stevenson.

At the Commonwealth Games in Melbourne, Tracey Morris, W35, finished fourth in the marathon (2:33:13), running for her native Wales, after a long frustrating period of injuries.

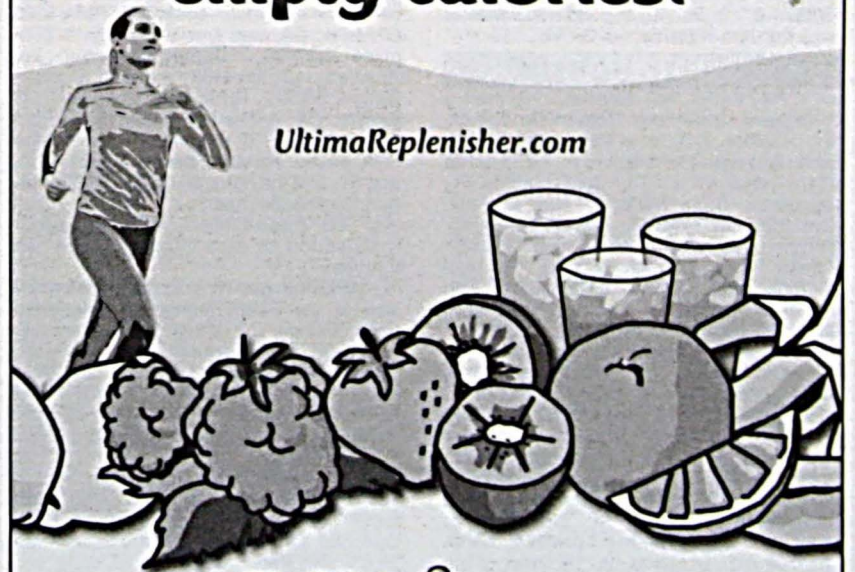
Julie Myatt, who got a silver medal in the European W40 marathon, won the Stafford 20 Mile, March 12, in 2:10:59.

At an indoor meet before Linz, Tony Noel, M40, won the 60m in 6.93. Allan Williams, M50, cleared 4.20 in the pole vault, and Brian Harlick won the M60 with 2.70.

At the first of the season's outdoor meets in Kingston, Chris Melliush, M60, won the discus (33.99) and the hammer (46.79). Peter Gordon, who set several M40 and M45 discus records, has now moved to South Africa. □

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Masters Scene

NATIONAL

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• **Connie Gardner**, 42, was first woman overall in the USA Championships/Rocky Raccoon 100 Mile Trail Run, Huntsville, TX, Feb. 4-5. **David Bursler** is the M40 champion with a 15:57.25. **Susan Johnstow** was second W40+ in 17:18.10. **Herman Richards** won the M50 race with an 18:09.10. **Larry Hall**, 51, was first overall in the adjunct 50 Mile with a 7:38:06. **Michelle Wolpert**, 43, won the W40+ race (9:26:45). **Louis Joline**, 73, was the first finisher 60+ in 13:44:49.

EAST

• **Felipe Vergara**, 41, NYC, in 55:10, and **Karen Cotty**, 42, East Quogue, NY, with a 65:09, were first masters in the Lazer, Aptheker, Rosella, & Yedid 15K, Kings Park, NY, March 11. **Jaime Palacios**, 51, Flushing, NY, 55:23; **Doug Escher**, 61 Garden City, NY, 65:07; and **Mary Nathan**, 65, Far Rockaway, NY, 76:39, were notable age-group winners.

• **Guillermo Fuentes**, 40, Fresh Meadows, NY, in 35:38, and **Karen Cotty**, 42, East Moriches, NY, in 40:53, scampered to masters firsts in the Nationwide Insurance 10K for ASPIRE, Plainview, NY, April 1. Top masters division winners included **Jaime Palacios**, 51, Flushing, NY, five seconds away from the M40+ win with a 35:43; **Doug Escher**, 61, Garden City, NY, 40:54; and **Yoshiko Takahashi**, 70, NYC, 52:19.

• US record holder **Teresa Vail**, 42, was women's runner-up (1:35:41) at the 2006 USA Team 20K Trials for the IAAF World Race Walk Cup, Hauppauge, NY, April 9. She will be a member of the Team USA women's roster for the 2006 IAAF World Cup, Coruna, Spain, May 13-14.

• Leading the entire men's field at the NYRR Police-Fire 8K, Central Park, NYC, April 8, was **Ken Bohan**, 43, 28:27. He was followed by second-place finisher **John Williams**, 49, 29:17. Top women's master was **Patricia Kilbride**, 46, 39:40.

SOUTHEAST

• **Pat Fuller**, 40, Eugene, OR, with a 17th-place 46:49, and **Coleen De Reuck**, 41, Boulder, CO, in a fifth female 51:15, were first age-40+ finishers in the massive Gate River Run 15K, Jacksonville, FL, March 11. **Sean Wade**, 40, New Zealand, was 18th-male in 46:54. **Tatiana Titova**, 40, Russia, was second W40+ in 57:36, with **Lanier Drew**, 47, Jacksonville, FL, third (61:05). **Jack Taylor**, 72, Tampa, FL, won the M70 race (72:38). **Irene Herbertson**, 80, of Jacksonville, finished in 2:11:29.

• **Dantel French**, 42, Brooksville, FL, with a third-male 43:51, and **Kim Bumbul**, 43, St. Petersburg, FL, with a fourth-female 49:20, took masters firsts, Bay to Bay 12K, in St. Petersburg, March 19. **Joe Burgasser**, 67, of St. Petersburg, won the M65 race in 48:37. In an adjunct 5K, masters firsts were both third-place overall when **Michael Coyne**, 55, St. Stephen, FL, pumped out a 16:59, and **Loretta Simeon**, 40, Tampa, FL, was 20:19 among the women.

MIDWEST

• **Paul Aufderberge**, 41, Redford, MI, didn't need any luck of the Irish to win the St. Patrick's Parade Corktown 4 Mile, Detroit, March 12. **Linda Ewing**, 44, Grosse Pointe, MI, won the W40+ contest in 26:48. Division winners included **Jim Matherley**, M70, Burton, MI, 30:35, and **Laura Sophiea**, 50, Pleasant Ridge, MI, 27:22.

• **Debra Wagner**, 54, Perrysburg, OH, registered a first-female with an 89:35, 39th Churchill's Half-Marathon, Monclova, OH,

March 19. **Joe Patrick**, 47, Hilliard, OH, won the M40+ race with a 77:03. **Jim Buerk**, 63, Toledo, OH, was first 60+ (1:43:12).

• **Gary Brimmer**, M40, Swartz Creek, MI, in 22:02, and **Kathy Snyder**, W40, Flushing, MI, in 26:27, uncorked masters firsts, Shillelagh 4 Mile, in Flushing, March 18. **Maggy Zidar**, W55, Pontiac, MI, 29:29; **John Tarkowski**, M50, Northville, MI, 24:01; and **Brian Harris**, M70, Royal Oak, MI, 27:09, had top A-G performance wins.

MID-AMERICA

• **Paul Giannobile**, 46, Minnetonka, MN, in 26:28 and **Bonnie Sons**, 40, Shorewood, MN, in 29:21, were masters victors, Human Race 8K/USATF-MN Championships, St. Paul, March 19. **Jim Graupner**, 61, Lake Elmo, MN, 29:55, and **Judy Cronen**, 65, Lakeville, MN, 40:01, were also division winners.

SOUTHWEST

• **Heidy Lozano**, 43, rocketed to a second-female overall 38:41 in the Bayou City Classic 10K/RRC National Championships, Houston, March 11. **Jon Butler**, 43, took the M40+ first in 34:59. **Mitchell Garner**, 56, broke the 40:00 barrier with a 39:39.

• **Russell Sears**, 43, Edmond, OK, in 91:12 and **Pete Orban**, 50, Claremore, OK, in 91:24, were 1-2 masters in the Beach to Bay 25K/USATF-OK Championships, OKC, March 11. **Laura Clay**, 40, OKC, took the W40+ first with a 1:55:39. In the 5K, **Mike Kelly**, 52, Stillwater, OK, posted a second-overall 17:16, and **Desiree Nowlin**, 43, OKC, won the W40+ race (22:11). **Julie Kelly** won the W50 title in 22:47.

WEST

• **Tatyana Pozdnyakova**, 51, UKR, was sixth female overall (2:35:46) in the Los Angeles Marathon, March 19. Before the race, according to the L.A. Times, she announced that it would be her last marathon. In 2003, Pozdnyakova won the women's race in the inaugural challenge format, where the elite women start minutes before the elite men. **Jose Ortiz Pina**, M40, Gardena, CA, was first M40+ with a 25th-place 2:33:23. **James Toyoma**, Los Angeles, won the M65 race with a sensational 2:56:59. **Ernie Van Leeuwen**, 93, Encino, CA, finished in 9:04:11. The race was marred by the deaths of two runners, both retired law enforcement officers, one age 53, and the other 60. Over 25,000 runners started the race.

• The Visalia Classic, Visalia, CA, usually scheduled for early May, will not be held this year.

• **Ed Klasson**, 70, 1:33:46, aced his division at the Palm Springs Half-Marathon, Palm Springs, CA, March 5. Masters winners were **Scott Konnagan**, 42, 84:02, and **Sherri Ellerby**, 41, 91:21. In the accompanying 5K, **Ceci St. Geme**, 42, was the overall women's winner in 17:02, and **Richard Paris**, 42, 16:22 (second overall), grabbed the M40+ title.

• **Carmen Ayala-Troncoso**, 47, in 16:50, and **Sean Wade**, 40, in 14:53, score firsts in the Carlsbad Masters 5000, Carlsbad, CA, April 9. **Dennis Simonaitis**, 15:03, and **Peter Magill**, 15:10, were second and third in the M40 group. **Ceci St Geme**, W40, 17:06, was second W40+. Among the division winners were **Nolan Shaheed**, M55, 16:19, **Herb Phillips**, M65, 18:12, **Barbara Miller**, W65, 22:24, and **Gerry Davidson**, W85, 41:09.

NORTHWEST

• **Joe Dudman**, 41, 55:14, and **Felicia Hazel**, 42, 70:13, were the masters winners in the 30th Pear Blossom 10 Mile, Medford, OR. Setting new course records were **Peter Fish**, M70, 74:41, and **John Keston**, M80, 83:39.

CANADA

• **Ed Whitlock** obliterated the M75 WR for the 3000, held by **James Todd**, GBR, at 12:12.72 in 1997, with an 11:28.28 in the Ontario Masters Indoor Championships, York U., March 11. Ten Canadian and 17 meet records also fell. Top A-G performers included **Kerry Smith**, M50, 60m, 7.38, 99.1%; **Karla Del Grande**, W50, 200, 26.82, 96.9%; **Jean Home**, W70, 800, 3:18.76, 96.5%; **Earl Fee**, M75, 400, 70.32, 94.07%, and 800, 2:40.58, 95.45%; and **Alf Sundin**, M70, WT, 17.63, 93.1%.

• **Jeff Brewer**, Vancouver, BC, broke the M60 Canadian record for the 100H with an 18.12 at a local college meet in April, where the organizer accommodated Brewer and **Grant Lamothe** by letting them run with the women. "With the help of the meet crew, we set up a couple of lanes with the hurdles at the geezer inter-hurdle distances and heights," Lamothe wrote. Brewer was diagnosed with a virulent form of prostate cancer three years ago and given a guarded (at best) prognosis. Lamothe added, "He had radical surgery and an intense regimen of chemotherapy. This was successful in getting rid of all the disease, but was very, very debilitating. Two years ago after all the treatment, Jess could hardly walk, let alone run. Last year he started training again and, within a year's time, got himself back in shape to three-step hurdles. He's an inspiration for us all!"

OBITUARIES

• **Ian Hume**, who dedicated 70 years of his life to Canadian amateur sports as an athlete, administrator, official, and coach, passed away on March 27 at age 91. He was instrumental, along with fellow Canadian **Don Farquharson**, and **Dave Pain** and **Bob Fine** in helping found WAVA in the mid-1970s. Hume was born in Foster, Quebec, in 1914, and graduated from Bishop's University with a BA at age 19. He won his first gold medal at age 15, the beginning of an athletics career that ended in 1999 after he had set dozens of masters records and won 28 medals in international competition in events ranging from the high jump to the pole vault and the decathlon. At the end of his career, he owned over 35 Canadian outdoor and indoor age-group records.

• **Arthur Holland**, Comstock Park, MI, passed away at age 84 on May 10, 2005. He used his experience in the USMC as an aerial photographer in the South Pacific during WWII to become a successful professional photographer, specializing in furniture and machinery. An avid athlete most of his life, playing football in his younger years and softball into his '80s, he participated in the National Senior Olympics in the pole vault, winning national medals. He was the husband of **Mary Holland**, an active masters sprinter on the national level until sidelined by a pulled hamstring.

• **Erwin Jaskulski**, who gained notoriety late in life as a 100-year-old world sprinting champion, died March 10. He was 103. An Austrian, Jaskulski came to Hawaii in 1954 and worked as a controller at KHON-TV. The lifelong fitness aficionado set world records for the 100, 200 and 400 as an M95 and M100. Three of his records still stand. He would often train by doing chin-ups, and running the hallway of his apartment building. Though failing eyesight took him off the track and out of official competition, Jaskulski still did his home workouts up until a couple of months ago. He was known for his fitness discipline, his eccentric eating habits and his love of classical music, which friends could hear blaring in the background when they called him on the phone. A private man, Jaskulski declined when NBC offered to fly him first-class for an appearance on the Tonight Show with Jay Leno. "I've outlived my vanity," he said.

—from the *Star-Bulletin*
 • **Paul Johnson**, 71, was killed in an airplane crash, as was his wife, **Marcia**, and a couple flying with them, when the six-seat Piper Seneca piloted by Johnson went down in Branson, MO, on March 20. All were residents of Lubbock, Texas, where Johnson

ON TAP FOR MAY

TRACK AND FIELD

The Southeastern Masters Meet on the 5th-7th in Raleigh, NC, is also the USATF Southeast Region Masters Championships. The USATF South Texas Association Championships will be held in Elgin on the 6th. On the 13th, the Fountain of Youth Masters Invitational Mile will be held in Canby (Portland), OR. The time-honored Southern California Meet of Champions is set for the 20th in Long Beach, CA, the same date for the Arizona Masters Invitational in Mesa. A newer meet, the San Clemente Masters, will be in its second year at San Clemente HS, CA, on the 27th. In between, there are lots of Senior Games Meets from Chester, VT, to Sacramento, CA.

LONG DISTANCE RUNNING

The Blue Cross Broad Street 10 Mile hits Philadelphia on the 7th, along with the Lilac Bloomsday 12K, Spokane, WA; the Avenue of the Giants Marathon in California's Humboldt Redwoods; and the Women's 5 Mile, Billings, MT. On the 13th, the menu offers the Gumtree 10K, Tupelo, MS; Fifth Third River Bank 25K, Grand Rapids, MI; and Palos Verdes Marathon in Los Angeles. The Shelter Island 10K on the far end of Long Island is listed for the 20th. The Bay to Breakers 12K, San Francisco; Green Bay Marathon; and the Cleveland Marathon show up on the 21st. The Memorial Day weekend starts with the challenging Mt. Wilson Trail Race, Sierra Madre, CA, on the 27th, followed by the Vermont City and Buffalo marathons on the 28th, and closing with the Bolder Boulder 10K and the Mercedes-Benz Cotton Row 10K, Huntsville, AL, on the 29th.

RACEWALKING

Riverside, CA, is the site of the USA National Masters 15K RW Championships on the 7th, and Canada hosts the NCCWMA 5K RW Championships in Toronto on the 28th.

was a dentist. Johnson holds the M65 U.S. records for the outdoor 200 (25:76) and the 400 (58:05), both set in 2001. Recently, he was instrumental in putting on the USATF Southwest Regional Masters Indoor Championships at Texas Tech, after the meet had not been held for several years. A native of Crowell, Texas, Johnson was a 1957 graduate of Abilene Christian U., where he was a part of the legendary Wildcat t&f program, which produced ACU legends **Bobby Morrow**, **James Segrest** and **Bill Woodhouse**. As a junior in 1956, he set then school records in the 800 of 1:49.6 and 3:51.7 in the 1500. He missed joining Morrow on the 1956 Olympic team, when he finished eighth in the 1500 at the Trials in Los Angeles. According to an AP report, the airplane took off from Point Lookout, Mo., at 12:30 p.m., and shortly after takeoff, the pilot radioed that he was having difficulty with the plane and was going to try to return to the airport. Witness reports said that the plane dropped rather quickly below the clouds and crashed into a building housing storage units, and was destroyed on impact. □

USA track and field wise noted. Senior Games open to all age groups open to men and women. Entry blanks for national 60 days prior to the Eugene, OR 97405.

TRACK

NAT.

June 22-25. Masters I TBA, USA Outdoor Championships. **Mark Cleary**; runner. **July 15-16.** USA National & Heptathlon Championships. **www.usatf.org**; **www.usatf.org**; **www.usatf.org**. **August 3-6.** 39th USATF Championships, Charlotte, NC 28278; **gedwards@caro.net**. **August 19.** USA National Pentathlon, Sager Ram MT. **Bob Sager**, 9870(h); **hammerbeef@comcast.net**. **September 9.** USA National Superweight Championships, Weinbel, 4103 Hillcrest, 98116. 206-938-3895;

Connecticut, Delaware, Maryland, Maine, New Jersey, New York, Pennsylvania, Rhode

May 9-12. Washing pictures. **Ben Butler**, 202. **May 11-14.** Virginia Beach. 757-474-8492. **May 14 & 28.** Pottery. **Langley HS, McLean**, 703-3530; **www.pvtc.org**. **May 20.** Vermont Games, Chester, VT. **June 1-4.** Connecticut. **Patrick Fisher**, Reading, PA. Ray feick@peoplepc.com. **June 3-4.** Long Island CC, Brentwood. 631-449-1800. **landseniorgames.org**.

June 4. Superweight Pentathlon, Gilbertville, PA. **June 6, 13, 20, 27.** Comers Meets. Plymouth Meeting, PA. 484-437-9463. **www.comersmeets.com**. **June 6-11.** Empire State Games. **Empire State Games, Inc.**, 212-881-1800. **www.ese-games.org**.

June 11. Ocean State Games, RI. **Mike Lyon**, 401-438-3151. **June 11 & 25.** Langley HS, McLean, VA. 703-3530; **www.pvtc.org**. **June 15-18.** Massachusetts. **Springfield**. 413-239-4400. **www.massgames.org**. **June 25.** Reipas includes Masters. **Fitchburg, MA 01462.** **June 26-July 1.** Shippensburg. 717-353-4400. **www.shippensburggames.org**.

July 8 & 22. Pottery. **Meets, Langley HS, McLean, VA. 703-3530; www.pvtc.org**. **July 11.** HMRRCC Albany, NY. **Kerlink.net**. **July 11.** Philadelphia. **Plymouth Meeting, PA. 610-9463.**

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 22-25. Masters Invitational Program, Event TBA, USA Outdoor Championships, Indianapolis, IN. Mark Cleary; runnermark@cox.net
July 15-16. USA National Masters Decathlon & Heptathlon Championships, Seattle, WA. www.usatf.org; www.decamouse.com
August 3-6. 39th USA National Masters Championships, Charlotte, NC. Pentathlon on 3rd. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278; 704-588-6885 (after 8:00 pm); gedwards@carolina.rr.com; information and entry forms: www.usatf.org/events/2006/USAMastersOutdoorTFChampionships/athleteInfo/
August 19. USA National Masters Weight Pentathlon, Sager Ranch, Wilsall (Bozeman), MT. Bob Sager, 406-578-2080(w); 578-9870(h); hammerbeef@aol.com
September 9. USA National Masters Weight & Superweight Championships, Seattle, WA. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@com cast.net

EAST

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

May 9-12. Washington, DC, Golden Olympics. Ben Butler, 202-282-0748.
May 11-14. Virginia Senior Games, Virginia Beach. 757-474-8492; www.vec.edu
May 14 & 28. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-3530; www.pvctc.org
May 20. Vermont Green Mountain Senior Games, Chester. Ardis Smith, 802-824-6521.
June 1-4. Connecticut Senior Games, Hartford. Patrick Fisher, 860-528-4588.
June 3. Throw-A-Thon, Albright College, Reading, PA. Ray Feick, 610-754-6007; rayfeick@peoplepc.com
June 3-4. Long Island Senior Games, Suffolk CC, Brentwood. 631-261-9114; www.longislandseniorgames.org
June 4. Superweight & Ultra Weight Pentathlon, Gilbertsville, PA. See June 3.
June 6, 13, 20, 27. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow, 484-437-9463. www.pmtf.net
June 6-11. Empire State Senior Games, Cortland, NY. 212-866-2794; www.empirestategames.org
June 11. Ocean State Senior Olympics, Smithfield, RI. Mike Lyons, 41 Dalton St., Rumford, RI 02916. 401-438-3154; mlyons@weei.com
June 11 & 25. Potomac Valley TC Meets, Langley HS, McLean, VA. 7:30 am. 703-481-3530; www.pvctc.org
June 15-18. Massachusetts Senior Games, Springfield. 413-748-3810; www.maseniorgames.org
June 25. Reipas AC Meet, Fitchburg, MA. Includes Masters WP. RAC, PO Box 30, Fitchburg, MA 01420; www.saima-park.org
June 26-July 1. Pennsylvania Senior Games, Shippensburg. 570-823-3164; www.keystonegames.org
July 8 & 22. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org
July 11. HMRR Colonie Mile, Colonie HS, Albany, NY. Ken Skinner, kennyskin@earthlink.net
July 11. Philadelphia Masters All-Comers Meets. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 6:00pm. Joel Dubow 484-437-9463.

www.pmtf.net

July 22. USATF East Regional Masters Championships, Springfield, MA. USATF-NE, 2001 Beacon St., Ste. 207, Brighton, MA 02135-7787; 617-566-7600.
July 23. USATF Mid-Atlantic Open & Masters Championships. Plymouth-Whitemarsh HS, Plymouth Meeting, PA. 9:30 am. Joel Dubow, 484-437-9463. www.mausatf.org
August 5 & 19. Potomac Valley TC All-Comers Meets, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org
September 2-3. Potomac Valley TC Games, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org
September 9. Maine Senior Games, Portland. Anita, 207-396-6500; Jerry, 729-6180.
October 1 & 15. Potomac Valley TC Throwers Meet & Racewalk, Langley HS, McLean, VA. 703-481-3530; www.pvctc.org

SOUTHEAST

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

May 5-7. Alabama Senior Olympic Games, Montgomery. Ronne Floyd, 334-242-4496.
May 5-7. Southeastern U.S. Masters Meet/USATF Southeast Region/NC-USATF Association Masters Championships, Duke U., Durham, NC. 10K/20K RW in Raleigh, NC. www.southeasternmasters.org.
May 7-12. National Veterans Golden Age Games, Hampton Roads, VA. Sherilyn Fails, 405-270-1571.
May 15-17. Mississippi Senior Olympics, Clinton. 601-925-7994; www.msseniolorlym.org
May 17-20. South Carolina Senior Sports Classic, Florence. Carl Hurst, 803-772-0363.
May 21. Atlanta Senior Games, Atlanta, GA. 770-856-8590.
May 27. Florida AC Classic, NTC, Clermont, FL. 352-241-7144, x4206; www.usantc.com
June 9-11. Northwest Classic, Miami-Dade College. 305-836-2409 (after 9:00 pm).
June 10. USATF Florida Championships, Clermont, FL. 352-241-7144, x4206; www.usantc.com
June 10. Birmingham TC Classic, Hoover HS, Hoover, AL. BTC Classic, Frank Newland, 234 King Arthur Pl., Alabaster, AL 35007. 205-621-9912; www.active.com
July 14-20. Tennessee Senior Olympics, Williamson County. 615-902-9261; www.tnseniorympics.com

MIDWEST

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

June 16-18. Indiana Senior Games, Evansville. Steve Paltrow, 812-464-7800; 800-253-2188.
July 16-21. Gay Games, Chicago, IL. www.gaygameschicago.org
June 22-24. West Virginia Senior Sports Classic, Charleston. 304-346-2154; www.wvssc.com
July 8-15. Michigan Senior Olympics, Kalamazoo. 248-608-0250; www.michiganseniolorlympics.org
July 15. Dayton Track Classic, Welcome Stadium, next to U of D area, Dayton, OH. Robert "Bob" Jones, 937-837-2754; e-mail: bjrni@juno.com
July 21-23. Ohio Senior Olympics, Youngstown. 330-746-2938; www.ohioseniorympics.org
July 22. Cleveland Track Classic, Mayfield Village, OH. Paul Williams, 519 Thackeray Trail, Richmond Heights, OH 44143. 440-605-1811.
September 16. Norm Bower Memorial Weight Pentathlon, Kent, OH. Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. 440-954-8122.
November 10-12. National Throws Coaches Association Annual Conference & Clinic,

Dublin, OH. www.nationalthrowscoachesassociation.com; 888-527-6772.

MID-AMERICA

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

May 21. USATF Iowa Masters & Open Championships, West Des Moines. 515-287-0770.
May 27-31. St. Louis Senior Games. 314-442-3217.
June 4. Jolly Jogathon Meet, Marysville, KS. No entry fee. Cleve Walstrom, 1006 Broadway, Marysville, KS 66508. 785-562-3050.
June 8-11. Iowa Senior Olympics, Des Moines. 515-633-5011; iowaseniorolympics.org
June 17-18. Star of the North Games, Rochester, MN. www.starofthenorthgames.org
June 21-25. Colorado Rocky Mountain Senior Games, Greeley. 970-350-9433; www.greeleygov.com
June 22-25. Missouri State Senior Games, U. of Missouri, Columbia. 573-882-1462; www.smsg.org
June 23-24. North Dakota Senior Games, Fargo. 701-298-6980; www.fargoparks.com
June 23-30. Minnesota Northland Senior Games, Duluth. Erin Wenneson, 218-626-4521.
July 30. Blair Open Meet, Blair HS, NE. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 6. USATF South Texas Association/Lions Championships, Elgin. waterlootrackandfield.org
July 8. The Grunt VIII Throwers Meet, Cat Spring, TX. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933. 979-732-5591; k9luvs@intertex.net
July 15. USATF Southwest Region Championships/Lions Relays, Lake Travis HS, Austin, TX. waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 6. HMTCC Meet, Kaiser HS, Honolulu. 735-6366; www.hmtcc.org
May 12-14. Sacramento Sports Classic, Sacramento, CA. Maryjane Ortiz, 916-277-6046.
May 14. Team Thor USA Throws Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
May 20. Southern California Striders Meet of Champions, CSU-Long Beach. Eric Dixon, 949-831-1336; Hugh Cobb, 760-436-7696; http://scstriders.org/meets.htm
May 20. Arizona Masters Invitational, Mesa CC, AZ. Pat Fahy, 480-946-7135; pfahy@cox.net
May 27. 2nd annual San Clemente Masters Meet, San Clemente HS, CA. Dan Johnson, coach, fax: 949-766-1318; www.tritonrunning.com
May 28-29. HMTCC Decathlon, Kaiser HS, Honolulu. 735-6366; www.hmtcc.org
June 3. Grand Canyon State Games, Amphitheater HS, Tucson, AZ. Pat Fahy, 480-946-7135; pfahy@cox.net
June 3-17. California Senior Games Championships, Pasadena. 626-685-6754; www.californiaseniorgames.com
June 4. New Mexico Games, Albuquerque. Fred Hultberg, 505-764-1510.
June 4, 11, & 18. HMTCC Meet, Kaiser HS, Honolulu. 18th-Pent. 735-6366-www.hmtcc.org
June 10. USATF-SCA Championships, Moorpark College (w. of L.A.). Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html
June 10. Team Thor USA Throws Meet, UC-San Diego, LaJolla. Scott Sargeant, 619-920-3469; www.teamthor.com
June 17. California Senior Games Championships, CalTech, 1200 E. California Blvd., Pasadena, CA 91106. Cynthia Rosedale, 626-685-6754; CynthiaR@pasadenaseniorgames.org
June 17-18. USATF-SCA Masters Combined-Events Championships, Santa Barbara CC. Keith Kephart, 805-965-0581, x2275; Kephart@sbcc.edu; Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html
June 24. Grand Canyon State Games, Mesa CC, AZ. Pat Fahy, 480-946-7135; pfahy@cox.net
June 24. San Diego/Imperial USATF Masters Championships/Chuck McMahon Memorial Meet, CSU-San Marcos. www.trackinfo.org/SCmasters.html
June 25. USATF-NM Masters & Open

Pentathlon Championships, Albuquerque. Kathy Fones, 505-865-8612.
June 29. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
July 1. USATF Pacific Masters Championships, Sacramento St. U. Joy Upshaw-Margerum, 650-949-1439; www.ffcac.com
July 2. Trojan Masters Meet, USC Track, Los Angeles. www.trackinfo.org/SCmasters.html
July 6, 13, 20, 27. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
July 16. USATF-NM Masters & Open Championships, Albuquerque. Jamie Woodley, 505-797-7482.
July 22-23. USATF West Regional Masters Championships, Home Depot Center, Carson (L.A.), CA. Mark Cleary, runnermark@cox.net
July 23. HMTCC Meet Weight Pentathlon & SW, Kaiser HS, Honolulu. 735-6366-www.hmtcc.org
July 29. Aloha State Games, Honolulu. www.alohastategames.com
July 29-August 13. Prescott Senior Olympics, Prescott, AZ. 928-778-5981; e-mail: pochanie@hotmail.com
August 3 & 10. LGAA/Mizuno All Comer Meets, Los Gatos, CA. \$4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448; 241-6578.
September 29-October 1. Nevada Senior Games, Las Vegas. 702-242-1590; www.nevaseniorympics.com
October 7. Club West Masters Meet, UC-Santa Barbara. Beverley Lewis, 805-969-5852; fax: 969-6613; Gordon McClenathen, 805-964-3005.
October 22. Self-Transcendence Masters Meet, CSU-Long Beach. 310-645-0271; fax: 645-8618.

NORTHWEST

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

May 13. Fountain of Youth Masters Invitational Mile, Canby HS, Canby, OR. Age 30 and up. Dave Clingan, 503-231-0530, xroads@xro.com; www.xro.com/mile
May 27-28. Salem TC Development Meet, McCulloch Stadium, Salem, Or. www.usatf-oregon.org
June 8-10. Montana Senior Olympics, Bozeman. Kay Newman, 406-586-5543; kayjn@imt.net. Entry deadline May 26.
June 10-11. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC, Gresham, OR 97030; 503-666-8950(h); lste pan@yahoo.com
June 17-18. USATF Oregon Championships, McCulloch Stadium, Salem, OR. Includes pentathlon, decathlon & heptathlon. www.usatf-oregon.org
June 24-25. 25th Hayward Classic/USATF Northwest Regional Masters Championships, Eugene, OR. Dick Lamster, P.O. Box 51532, Eugene, OR 97405; brem@uoregon.edu
July 7-8. Seattle Masters Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com
July 22. Inland NW Masters Classic, Moberry Park, WSU, Pullman, WA. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com
July 28-30. Washington State Senior Games, Olympia. 360-754-4937; www.pugetsoundgames.com
August 12. Bend Masters Meet, Bend, OR. Suzi MacLeod, bendtrackmeet@yahoo.com
August 19. USATF Masters Weight Pentathlon, Sager Ranch, Wilsall, MT. Bob Sager, 406-578-2080; entry form: www.weightpentathlon.org
September 8-9. Ultra Weight Classic, W. Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., SW Seattle, WA 98116. 206-938-3895; ktweinbel@msn.com
October 9-21. Huntsman World Senior Games, St. George, UT. T&F, RW, Road Races, Triathlon. Age 50+. Huntsman WSG, 1070 W. 1600 South, Ste. 103A, St. George, UT 84770. 435-674-0550; 800-562-1268; www.seniorgames.net

CANADA

July 21-23. Canadian Masters Championships, Moncton, New Brunswick. canadianmastersath

letics.com; douglasj.smith@sympatico.ca

INTERNATIONAL

May 21. BMAF 10K Track Walk Championships, Tamworth. www.bmaf.org/uk
May 28. NCCWMA 5K RW Championships, also 10K & 20K (must be able to finish in 2:00 hours), Hanlan's Point Island, Toronto, Ontario. Lily or Stafford Whalen 416-243-5413; stafford.whelen@rogers.com; www.ontarioracewalkers.com
June 18. BMAF Weight Pentathlon Championships, Milton Keynes. www.bmaf.org/uk
July 8-9. BMAF Championships, Birmingham, England. www.bmaf.org
July 19-30. European Veterans Athletics Association Championships, Poznan, POL. www.evacs2006.pl
August 24-27. NCCWMA Stadia Championships, Guatemala City, Guatemala. www.atletismoguate.org
September 3. BMAF Pentathlon Championships, Monkton Stadium, South Tyneside. www.bmaf.org/uk
November 2-12. South America Region Championships, Rio de Janeiro, Brazil. locho_arroyo@hotmail.com
September 4-15, 2007. (Opening ceremonies on the 3rd.) 17th WMA World Championships, Riccione, Italy. www.riccione.wma2007.org
March 12-17, 2008. 3rd WMA World Indoor Championships, Clermont-Ferrand, France.
July-August, 2009. 18th WMA World Championships, Lahti, Finland

LONG DISTANCE RUNNING NATIONAL

May 21. USATF National Marathon Relay Championships/Colfax Marathon, Denver, CO. www.usatf.org/events
June 3. USA National Championships/Teva Mountain Games Spring Runoff 10K Trail, Vail, CO. mortiz@vailrec.com; www.tevamountaingames.com
June 17. USA National Championships/Mt. Washington Hill Climb, Gorham, NH. race.time@grrs.com; www.grrs.com
July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. searunco@aol.com; www.whiteriver50.org
August 26. USA National Championships/Headlands 50K Trail, Sausalito, CA. guypalm@headlands50k.org; www.headlands50k.org
September 23. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org
October 1. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org
October 15. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usafadirect.org
October 15. USA National Championships/DuPont Forest Trail Marathon, Asheville, NC. gregw@mchsi.com; www.ymcahendersoncounty.org
December 9. USA National Masters Club XC Championships, Golden Gate Park, San Francisco. M-10K/W-6K. Bill Quinlisk, billq@frontiernet.net; www.usatf.org

EAST

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

May 6. NYRR 5K for Women (co-ed), Central Park, NYC. 212-860-4455; www.nyrr.org
May 7. Our House 5 Mile/USATF-NJ Masters M&W Championships, Summit. www.usatf.nj.org
May 7. Reckson Long Island Marathon, East Meadow, NY. 516-572-0248; www.theli.marathon.com
May 7. Blue Cross Broad Street Run 10 Mile, Philadelphia. 215-683-3594; www.broadstreet.run.com
May 13. Komen Race for the Cure 5K, Syracuse, NY. komennyc.org
May 13. Newport 10,000, Jersey City, NJ. 732-381-0316; www.oymip.net

May 14. Komen Race for the Cure 5K, Pittsburgh, PA. www.pittsburghraceforthe.cure.org
May 14. Portland Sea Dogs Mother's Day 5K, Portland, ME. 207-741-2084; www.maine.trackclub.com
May 14. NYRR Mother's Day Women's Half-Marathon, Central Park, NYC. 212-866-4455; www.nyrr.org
May 20. Kennett Square 5K & 10K, PA. 610-388-1556; www.kennetttrun.net
May 20. Shelter Island 10K, Shelter Island, NY. 631-749-1200; www.shelterislandrun.com
May 21. Run for Freedom 5 Mile, Newark, NJ. MNM subscribers run free, contact francissch.iro@aol.com; introducing Vincent Carnevale Awards for runners 65+. Integrity, Inc., PO Box 510, Newark, NJ 07101.
May 21. Car-a-mile Marathon, North Branch, NJ. www.caramilemarathon.com
May 21. Delaware Marathon, Wilmington. 302-654-6400; www.races2run.com
May 26. New Balance Moonlight 5K, New Milford, CT. 8:00 pm. www.roadtracksports.com
May 28. Vermont City Marathon, Burlington. 800-880-8149; www.runvermont.org
May 28. Nissan Buffalo Marathon. 716-694-5154; www.buffalomarathon.com
May 29. Fred d'Elia Ridgewood 10K, 5K, & Masters Mile, 201-251-2211; www.njmasters.com
June 3. Freihofer's 5K for Women, Albany, NY. 518-273-5552; www.freihothersrun.com
June 4. George Benjamin-Browning Ross Memorial 5K, Woodbury, NJ. www.woodbury.nj.us
June 4. Rhody 5K, Lincoln, RI. 800-720-PARK, x8364; rhody5k.com
June 10. NYRR Circle of Friends New York Mini 10K, Central Park. 212-860-4455; www.mini10k.org
June 11. Battle of Bunker Hill 8K, Charlestown, MA. 617-242-1775; www.cool.running.com
July 9. Boilermaker 15K, Utica, NY. 315-797-5838; www.boilermaker.com
September 16. George Sheehan 60+ 5th Avenue Mile, Manhattan, NYC. alpuma1@verizon.net; www.NYRR.org

SOUTHEAST

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

May 5-7. Disney's Inaugural Minnie Marathon Weekend 5K & Women Run the World 15K, Walt Disney World, FL. disney.worldsports.com
May 13. Bulldog 2 Miler, UMS Wright School, Mobile, AL. 251-473-7223; www.pcpacers.org
May 20. Freedom Run 6K, Chickasaw, AL. 251-473-7223; www.pcpacers.org
May 21. Biltmore Estate 5K & 15K Classic, Asheville, NC. 232-0613; www.main.nc.us/kiwanisac/race06.htm
May 27. Do It In The Bush 5K, Cottage Hill Park, Mobile, AL. 251-473-7223; www.pcpacers.org
May 29. 27th Mercedes-Benz Cotton Row Run, Huntsville, Alabama. Download entry form: www.huntsvilletrackclub.org; register: www.active.com
June 17. Run With Dad 5K, Municipal Park, Mobile, AL. 251-473-7223; www.pcpacers.org
July 4. Peachtree 10K, Atlanta, GA. 404-231-9064; www.atlantrackclub.org

MIDWEST

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

May 6. Indianapolis 500 Mini-Marathon & Finish Line 5K. 800-638-4296; www.500festival.com
May 6. Capon Valley 50K, Yellow Spring, WV. Lynn Golemon, 304, 856-2987.
May 7. Cincinnati Flying Pig Marathon. 513-721-7447; www.flyingpigmarathon.com
May 14. Y-Me-Race 5K, Chicago. 877-963-7223; www.y-me.org
May 13. Fifth Third River Bank 25K, Grand Rapids, MI. 616-771-1590; www.53river.bankrun.com
May 21. 24th for Women Only 5K, Ann Arbor, MI. 734-827-2792; www.aatrackclub.org/fwo

May 21. 1st Henry Ford Rock and Road 5K & 10K, West Bloomfield, MI. www.westbloomfieldparks.org
May 21. Cleveland Marathon, Half-Marathon & 10K, Cleveland, OH. 800-467-3826; www.clevelandmarathon.com
May 27. Bayshore Marathon, Half-Marathon, & 10K, Traverse City, MI. bayshore.marathon.org
May 27. Ogden Newspapers 20K Classic, Wheeling, WV. www.ogden20kclassic.com
May 27. Mackinaw Bridge Run 5.6 Miles, Mackinaw City, MI. 1400 limit. www.mackinawcity.com
May 27-29. The Great Race Memorial Weekend, Goshen-Elkhart, IN. Half-Marathon, 5K & 10K. 574-296-5890; www.thegreatrace.com
September 24. Over the Hill TC XC Meet, Hunting Valley, OH. Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

MID-AMERICA

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

May 13. Brookings Marathon 7 Half-Marathon, Brookings, SD. www.brookings.marathon.com
May 20. Olathe Marathon/Relay & 5K, Olathe (Kansas City), KS. 800-921-5678; www.ok.olathamarathon.com
May 21. Green Bay Marathon, Green Bay, WI. 920-606-2458; www.cellcomgreenbaymarathon.com
May 29. Bolder Boulder 10K, Boulder, CO. 303-444-7223; www.bolderboulder.com
June 3. Dam to Dam 20K & 5K, Des Moines, IA. 515-440-1960; www.damtodam.com
June 3. Hospital Hill Half-Marathon, Kansas City, MO. 913-485-3254; www.hospitalhill.run.com
June 15-17. Grandma's Marathon, Half-Marathon & 5K, Duluth, MN. 218-727-0947; www.grandmasmarathon.com
June 25. Mac Attack 5K/Star of the North Games, Rochester, MN. www.starofthenorth.games.org

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

May 13. Gumtree 10K, Tupelo, MS. tupelo.runningclubhomestead.org
May 13. Sooner State Games Half-Marathon, 5K & 10K, Oklahoma City. 405-236-5000; www.soonerstategames.org
May 20. Beach to Bay Relay Marathon, Corpus Christi, TX. 6 legs/4.4 milers per leg. www.beachtobayrelay.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

May 6. Bull Canyon Run 5K & 10K, Santa Maria, CA. www.bcrun.org
May 7. Marathon de Mayo, Half-Marathon, 10K, & 5K, Reno, NV. www.MarathonDeMayo.com
May 7. Avenue of the Giants Marathon, Half-Marathon & 5K, Humboldt Redwoods St. Park, CA. www.theave.org
May 13. 5K Spring into Health, Whittier, CA. 714-841-5417; www.nealand.com/finishline
May 13. Palos Verdes Marathon, Palos Verdes (Los Angeles), CA. 310-828-4123; w2promotions.com
May 13. Revlon 5K Run/Walk for Women, Los Angeles. 310-395-6779; www.revlonrun.walk.com
May 14. Girls on the Run SoCal Mother's Day 5K & 10K, Los Angeles. 310-823-8844; www.gotrsocal.org
May 21. ING Bay to Breakers 12K, San Francisco. www.ingbaytobreakers.com
May 27. Mt. Wilson Trail Race 8.6 Mile, Sierra Madre, CA. 626-355-5278; www.ci.sierra-mad.re.ca.us
May 29. Pacific Sun 10K/USATF-PA Championships, Kentfield, CA. 415-924-5976; www.tamalparunners.org
June 3. Fontana Days Half-Marathon & 5K, Fontana, CA. 909-428-6644; www.fontanare.creation.org
June 4. Rock 'N' Roll Marathon, San Diego, CA. 858-450-6510; www.rnrmarathon.com
June 4. Gardena 5000, Gardena, CA. 310-323-7285; www.gardena5000.com

June 10. State Street Mile, Santa Barbara, CA. 805-568-2316; www.sbmile.com

NORTHWEST

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

May 7. 25th Montana Women's 5 Mile, Billings. 406-656-6973; www.womensrun.org
May 7. Lilac Bloomsday 12K, Spokane, WA. www.bloomsdayrun.org
May 20. Fargo Marathon/Relay, Half-Marathon & 5K, Fargo, ND. www.fargo.marathon.com
May 21. Capital City Marathon & Half-Marathon, Olympia, WA. CCMA, PO Box 1681, Olympia, WA 98507.
May 27. USATF-OR Grand Prix/Eugene Challenge Mile, Eugene, OR. 541-535-1205; www.usatf-oregon.org
May 29. Up the Lazy River 10K, West Linn, OR. Jeff Wehrman, 503-705-5313
June 1. 27th Agony of Defeat 5K, Medford, OR. 5:30 pm. Griffin Creek School, 2430 Griffin Creek School Rd., Medford, OR 97501.
June 21. Longest Day 5K, Medford, OR. 7:30 pm. 541-878-3457; e-mail: cwdjh@earthlink.net
August 25-26. Fred Meyer Hood to Coast Relay, Mt. Hood to Seaside, OR. 197 miles/36 legs, average 5 miles/12 team members. www.hoodto.coast.com
July 4. USATF-OR Grand Prix/Foot Traffic Flat Marathon & Half-Marathon, Portland. www.usatf-oregon.org
July 9. USATF-OR Grand Prix/Portland Running Company 10K, Portland. www.usatf-oregon.org
August 27. USATF-OR Grand Prix/Oregon TC Masters 8K, Eugene. www.usatf-oregon.org
September 9. USATF-OR Grand Prix/High Desert Shootout 5K, Crooked River Ranch. www.usatf-oregon.org
September 24. USATF-OR Grand Prix/Bigfoot 10K, Bend. www.usatf-oregon.org
October 28. USATF-OR Grand Prix/Oregon Open/Masters XC, Salem. www.usatf-oregon.org
November 18. USATF-OR Grand Prix/Regional 8K XC, Sandy. www.usatf-oregon.org

CANADA

May 7. Vancouver International Marathon. 604-872-2928; www.vanmarathon.ca
May 27-28. ING Ottawa Marathon, Half-Marathon & 10K. 866-RUN-OTTA; www.runottawa.ca

INTERNATIONAL

May 20. BMAF Road Relay Championships, Sutton Park, Birmingham. www.bmaf.org/uk
June 18. BMAF 5K Road Championships, Horwich, England. www.bmaf.org/uk
July 2. BMAF Half-Marathon Championships, Mansfield, England. www.bmaf.org/uk
September 23-24. WMA/WRMA Mountain Running Championships, Saillon, SUI. www.world-masters-athletics.org
September 24. BMAF 10K Championships, Swansea, Wales. www.bmaf.org/uk
October 1. BMAF 10 Mile Championships, Lytham St. Annes, England. www.bmaf.org/uk
October 15. BMAF Marathon Championships, Abingdon, England. www.bmaf.org/uk

RACEWALKING

May 7. USA National Masters 15K RW Championships, Riverside, CA. Dave Snyder, lyndavel@juno.com
June 17. Pasadena Senior Olympics/California State Championships 5K & 10K RW. www.californiaeniorgames; 626-685-6754.
August 4 & 6. USA National Masters RW Championships, Charlotte, NC. 5000m on 4th/10K on 6th.
August 25-26. Portland to Coast Walk relay. 503-292-4626; www.hoodto.coast.com
September 10. USA National Masters/Open 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080.
October 15. USA National Masters/Open 1-Hour RW Championships, Waltham, MA. Steve Vaitones, office@usafne.org
November 12. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144, x4206; noon.walk_992@yahoo.com Q

Table with names and numbers: M35-39 Shawn Anger, David Buys, M40-44 Kevin Ellis, Trent Hagler, Terrence Hay, Bob Jones, M45-49 Chris Jagger, Douglas Johnson

U.S. MA

Table with columns 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, 95-99

Table with columns 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, 95-99

Table with columns 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, 95-99

Table with columns 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, 95-99

U.S. MASTERS

Table with columns Event, 1.5K, Mile, W30, W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90, Age-graded time/B

RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing recipients of All-American awards across various age groups (M35-39, M40-44, M45-49, M50-55, M55-59, M60-64, M70-74, M75-79, M90-94, W35-39, W45-49, W50-54, W55-59, W60-64) and events (Pentathlon, Mile, 60m, 100m, 200m, 400m, 800m, 1000m, 1500m, 2000m, 3000m, 4000m, 5000m, 6000m, 7000m, 8000m, 9000m, 10000m, 15K, 20K, 25K, 30K, 40K, 50K, 60K, 70K, 80K, 90K, 100K, 150K, 200K, 300K, 400K, 500K, 600K, 700K, 800K, 900K, 1000K, 1500K, 2000K, 3000K, 4000K, 5000K, 6000K, 7000K, 8000K, 9000K, 10000K).

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Table of U.S. Masters All-American Standards for Men, listing event times for age groups 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.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Table of U.S. Masters All-American Standards for Women, listing event times for age groups 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.

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27". 3) Long hurdles: 30-59: 30"; 60+: 27". 4) Shot put: 30-49: 4k; 50+: 3k. 5) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g. 6) Hammer: 30-49: 4k; 50+: 3k. 7) Weight: 30-49: 20#; 50-59: 16#; 60+: 12#. 8) Superweight: 30-49: 35#; 50-79: 25#; 80+: 20#. 9) Metric heights and distances are the standard; feet and inches listed for convenience.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form fields for application: NAME, AGE-GROUP, ADDRESS, SEX (M/F), CITY, STATE, ZIP, MEET, DATE OF MEET, MEET SITE, EVENT, MARK, HURDLE HEIGHT, WEIGHT OF IMPLEMENT. Includes checkboxes for CERTIFICATE, PATCH, and PATCH TAG.

- 1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application. 3. Please send \$10 for a certificate, \$10 for a patch, and \$10 for a patch tag showing event and year. The cost for both a certificate and patch ordered at the same time is \$15. 4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 3" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.

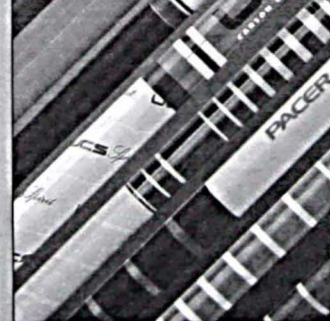
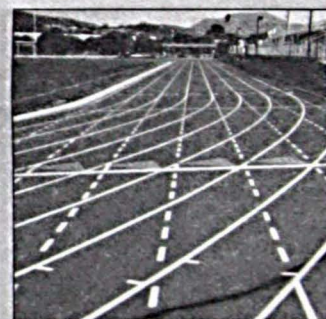
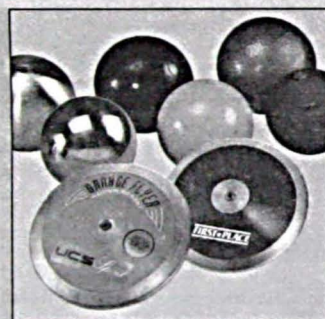
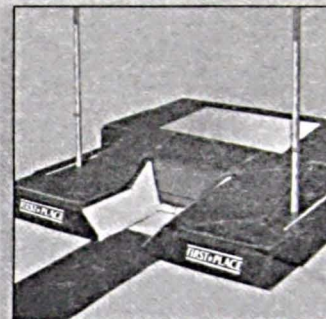
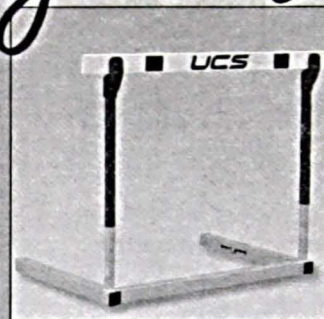
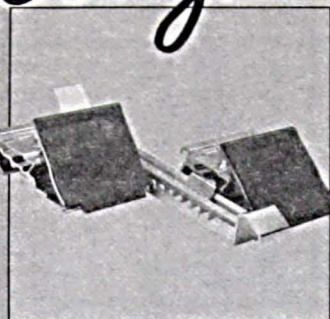
U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

Table of U.S. Masters All-American Standards of Excellence for Racewalkers, listing times for women (W30-W90) and men (M30-M90) across various distances (1.5K, Mile, 3K, 5K, 8K, 10K, 15K, 20K, 25K, 30K, 40K, 50K).

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MEDTRONIC TWIN CITIES MARATHON SUNDAY, OCTOBER 1, 2006

MARATHON WEEKEND SEPT 29 - OCT 1



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

National Masters Indoor Championships, Boston, MA; March 24-26

*Non-U.S. citizen (does not displace U.S. citizen)

60 METERS

Table listing 60 meters race results with columns for race number, name, age, gender, and time. Includes sub-sections W35, W40, W45, W50, W55, W60, W65, W70, W75, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table listing 60 meters race results (continued) with columns for race number, name, age, gender, and time. Includes sub-sections M95, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190.

Table listing 100 meters race results with columns for race number, name, age, gender, and time. Includes sub-sections W35, W40, W45, W50, W55, W60, W65, W70, W75, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table listing 200 meters race results with columns for race number, name, age, gender, and time. Includes sub-sections W35, W40, W45, W50, W55, W60, W65, W70, W75, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table listing 400 meters race results with columns for race number, name, age, gender, and time. Includes sub-sections W35, W40, W45, W50, W55, W60, W65, W70, W75, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table listing 800 meters race results with columns for race number, name, age, gender, and time. Includes sub-sections W35, W40, W45, W50, W55, W60, W65, W70, W75, M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90.

Table of track and field results for various events including 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Snaden, Lillian, Valen, Johnny, etc.

Table of track and field results for various events including 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Augsburger, Peter, Wojcik, Gerald, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Maltby, Bob, Rich, Edwin, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Brown, James, Stewart, Bryan, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Anton, Eugene, Nroumand, Mahmoud, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like W50 Phyllis Yester, Mile, M35 Peter Gonzalez, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like So Cal Track - Fleet Fee, Brooks - Fleet Feet Racing, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Knoxville Track Club, Opti MSM World Elite Track Club, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Above The Bar Track Club, Asics Aggie Running Club, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like San Diego Track Club, Moose Milers & Marathoners, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Rick Evans, Tony DiSalvo, Oscar Peyton, etc.

Table of track and field results for various events including 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like M30 Moe LaLonde, M45 Darrall Fogus, etc.

Table of track and field results for MAC Masters Indoor Championships, NYC March 3. Includes 60m, 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like Marlon-Andrew Ellis, Dan Murdoch, etc.

Table of track and field results for MAC Masters Indoor Championships, NYC March 3. Includes 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like W35 Amy Laub, W40 Loraine Jasper, etc.

Table of track and field results for MAC Masters Indoor Championships, NYC March 3. Includes 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like William Marshal, Bruce McBarrette, etc.

Table of track and field results for MAC Masters Indoor Championships, NYC March 3. Includes 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like W40 Julia Dihova, W50 Hillen von Maltzahn, etc.

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Table of track and field results for MAC Masters Indoor Championships, NYC March 3. Includes 100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 10000m, 20000m, 3000m Racewalk, and Mile. Includes names like W35 Amy Laub, W40 Loraine Jasper, etc.

Saskatoon Kinsmen Indoor Championships Saskatoon, Sask. March 31-April 1

50m, 800m, Pole Vault, Long Jump, Shot Put, Weight Throw

60m, 100m, 200m, 400m

60m, 100m, 200m, 400m

60m, 100m, 200m, 400m

60m, 100m, 200m, 400m

60 METERS, M35 1 Wijmeersch Erik BEL 6.82

200 METERS, M35 1 Dunwell Mark GBR 22.66

800 METERS, M35 1 Williams Edward GBR 1:57.78

1500 METERS, M35 1 Hehn German GER 4:05.41

60m HURDLES, M35 1 Drummond Don USA 8.10

3 Sarukhanyan S. ARM 8:44.89

Table with 2 columns: Rank and Name. Lists athletes from Seddon Peter GBR to Lehtovuori Anna-Liisa FIN.

Table with 2 columns: Rank and Name. Lists athletes from Kandeaydi Hikmet TUR to Störling Ingrid GER.

Table with 2 columns: Rank and Name. Lists athletes from Sarembe-Stegmaier C. GER to Lapina Nellija LAT.

Table with 2 columns: Rank and Name. Lists athletes from Poncet Sabine FRA to Lapina Nellija LAT.

Table with 2 columns: Rank and Name. Lists athletes from NIXDORF Birgit GER to DAHINDEN Marianne SUI.

Table with 2 columns: Rank and Name. Lists athletes under PENTATHLON from M35 1 Valette Patrick FRA to M70 1 Tosnar Pavel CZE.

Table with 2 columns: Rank and Name. Lists athletes under 3000M RACEWALK from M35 1 Bilek Roman CZE to M70 1 Best Nicole GER.

Table with 2 columns: Rank and Name. Lists athletes under 10K ROAD RACEWALK from M35 1 Franke Denis GER to W50 1 Maggiore Yvonne FRA.

Table with 2 columns: Rank and Name. Lists athletes under 10K RACEWALK TEAMS from M35 1 Sweden to W65 1 Germany.

Table with 2 columns: Rank and Name. Lists athletes under 8K XC COUNTRY SCORES from M35 1 Germany to W65 1 Germany.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from M35 1 Klein Worc to M45 F Gillion Whalers.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from M55 L Hanna Whalers to M70 L Benning Whalers.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from W35 K de Bruyn Whalers to M70 Edwin Demoney.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from W40 C Gardner to W50 Kathy Tibbetts.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from W55 Sherry Bellovin to W60 Marjorie Kos.

Table with 2 columns: Rank and Name. Lists athletes under Whalers Athletic Club Championships from M55 Paul Geiger to W70 Yoshiko Takahashi.

LONG DISTANCE RUNNING NATIONAL

Table with 2 columns: Rank and Name. Lists athletes under USATF National 100 Mile Trail Championships from M35 Ahy Jones-Witkins to M70 Edwin Demoney.

Table with 2 columns: Rank and Name. Lists athletes under USATF National 50K Championships from M45 Scott Ferrari to W50 Kathryn Martin.

Table with 2 columns: Rank and Name. Lists athletes under St. Patrick's Day 8K from Overall Shad Miller to Overall Gurmessa Kumssa.

Table with 2 columns: Rank and Name. Lists athletes under St. Patrick's Day 8K from Overall Gurmessa Kumssa to Overall Dan Lawson.

Table with 2 columns: Name and Time. Includes entries like M55 Rick J Walton 39:11, M60 David C Jeffrey 40:01, M65 Neil W Hall 43:58, etc.

Atlanta Women's 5K Atlanta, GA; March 25

Table with 2 columns: Name and Time. Includes Overall Donna Garcia 37 17:03, W40 Tina Klein 21:08, etc.

Ukrop's Monument Ave. 10K; Richmond, VA April 1

Table with 2 columns: Name and Time. Includes Overall NICODEMUS MALAKWEN 24 28:31, M35 DUNCAN SHEILS 35:14, etc.

Charlotte RaceFest Half-Marathon/10K Charlotte, NC; April 8

Table with 2 columns: Name and Time. Includes Half-Marathon Overall Tommy Boles 38 1:18:12, M40 David Bornhuetter 1:22:48, etc.

Table with 2 columns: Name and Time. Includes M55 Gene McGrady 1:29:24, M60 Charlie Mattox 1:57:36, M65 David Pike 1:52:45, etc.

Churchill's Half-Marathon Monclova, OH; March 19

Table with 2 columns: Name and Time. Includes Overall Ryan DesGrange 26 68:32, M40 Joe Patrick 47 77:03, etc.

Platte River Trail 13.8 Mile Run, Littleton to Denver CO; April 2

Table with 2 columns: Name and Time. Includes M40 Andy Ames 1:18:42, M45 Hans Funke 1:21:38, etc.

St. Patrick's Parade Corktown 4 Mile Detroit, MI; March 12

Table with 2 columns: Name and Time. Includes Overall Paul Aufdemberge 41 20:13, M35 David Hoffman 21:45, etc.

Table with 2 columns: Name and Time. Includes W55 Maggy Zidar 29:50, W60 Cora Hill 38:59, etc.

Beacon on the Bay 25K/USATF-OK Championships & 5K Oklahoma City, OK March 11

Table with 2 columns: Name and Time. Includes Overall Jerry Faulkner 24 1:29:34, M35 John Oseland 1:45:47, etc.

MID-AMERICA

Bayou City Classic 10K/RCCA Championships Houston, TX; March 11

Table with 2 columns: Name and Time. Includes Overall John Hedengren 28 31:57, M35 Rudy Rocha 33:07, etc.

SOUTHWEST

The Big D Texas Marathon; Dallas, TX April 2

Table with 2 columns: Name and Time. Includes Overall Andrew Smith, 19 2:49:18, M35 Eric Etheridge 3:16:54, etc.

WEST

Students Run L.A. 18 Mile, Los Angeles, CA Feb. 25

Table with 2 columns: Name and Time. Includes Overall Fermin Sequen 37 1:43:33, M40 Roberto Leonardo 1:53:45, etc.

Table with 2 columns: Name and Time. Includes W35 Mary Coordt 38:58, W40 Heidy Lozano 2nd 38:41, etc.

Beacon on the Bay 25K/USATF-OK Championships & 5K Oklahoma City, OK March 11

Table with 2 columns: Name and Time. Includes Overall Jerry Faulkner 24 1:29:34, M35 John Oseland 1:45:47, etc.

Palm Springs Half-Marathon/5K, Palm Springs, CA; March 5

Table with 2 columns: Name and Time. Includes Overall Paul Wellman 27 1:10:01, M40 Scott Konnagan 1:24:02, etc.

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Students Run L.A. 18 Mile, Los Angeles, CA Feb. 25

Table with 2 columns: Name and Time. Includes Overall Fermin Sequen 37 1:43:33, M40 Roberto Leonardo 1:53:45, etc.

Table with 2 columns: Name and Time. Includes M50 Antonio Devaldo 2:03:12, M55 Donald Ocana 2:17:10, etc.

Old Agoura 10K Agoura Hills, CA; March 4

Table with 2 columns: Name and Time. Includes Overall Ibrahim Limo, 28 30:41, M35 Doug Turner 39:33, etc.

Palm Springs Half-Marathon/5K, Palm Springs, CA; March 5

Table with 2 columns: Name and Time. Includes Overall Paul Wellman 27 1:10:01, M40 Scott Konnagan 1:24:02, etc.

WEST

Students Run L.A. 18 Mile, Los Angeles, CA Feb. 25

Table with 2 columns: Name and Time. Includes Overall Fermin Sequen 37 1:43:33, M40 Roberto Leonardo 1:53:45, etc.

Table with 2 columns: Name and Time. Includes W70 Nessie Hollicky 2:27:21, Overall Daniel Rosales 38 16:11, etc.

Fifty-Plus Paul Spangler Memorial 8K Run Palo Alto, CA, March 12

Table with 2 columns: Name and Time. Includes Overall Kevin Pierpoint 25:15, M35 Ben Turman 25:26, etc.

Palm Springs Half-Marathon/5K, Palm Springs, CA; March 5

Table with 2 columns: Name and Time. Includes Overall Paul Wellman 27 1:10:01, M40 Scott Konnagan 1:24:02, etc.

WEST

Students Run L.A. 18 Mile, Los Angeles, CA Feb. 25

Table with 2 columns: Name and Time. Includes Overall Fermin Sequen 37 1:43:33, M40 Roberto Leonardo 1:53:45, etc.

Table with 2 columns: Name and Time. Entries include Nova Poff (44:41), Sylvia Hughes (47:41), W70 Joyce Hanna (48:27), Barbara Robben (50:04), Hanna Szoke (68:12), W75 Joy Johnson (52:44).

L.A. Emerald Nuts 5K Los Angeles, CA March 19

Overall list for L.A. Emerald Nuts 5K. Top entries: Benjamin Gutierrez (16:05), Ceci St. Geme (17:36), M35 Polomb Lsie (18:36), M40 David Pauwelyn (18:56).

Women Running Wild 5K Palm Springs, CA March 19

Overall list for Women Running Wild 5K. Top entries: Aaron Olswanger (15:48), Paula Findlay (19:11), M35 Daniel Rosales (15:56), M40 Al Valdez (17:25).

Emerald Nuts Across the Bay 12K, San Francisco CA; March 19

Overall list for Emerald Nuts Across the Bay 12K. Top entries: Miguel Nuci (38:05), Caroline Annis (43:48), M35 Ben Turman (39:08), Chris Knorz (39:40).

Table with 2 columns: Name and Time. Entries include W65 Barbara Miller (59:02), Eve Pell (1:02:28), Mary Walsh (1:15:31), W70 Barbara Robben (1:16:45).

Los Angeles Marathon Los Angeles, CA March 19

Overall list for Los Angeles Marathon. Top entries: Benson Cheronon (2:08:40), Lidiya Grigoryeva (2:25:10), M35 JOHN KAGWE (2:15:32), ODILON ROJAS (2:16:44).

Continuation of Los Angeles Marathon results. Top entries: M50 HERIBERT PRANG (2:48:05), PERRY FORRESTER (2:51:01), ARTURO MARTINEZ (3:01:42), JOHN HIRSCHBERGER (3:02:45).

Continuation of Los Angeles Marathon results. Top entries: M45 ALFREDA IGLEHART (3:45:11), MARLENY HERNANDEZ (3:58:02), CHU YOUNG SHIN (4:04:18), MYUNG KIM (4:03:17).

Continuation of Los Angeles Marathon results. Top entries: W70 VIRGINIA LESPRON (5:54:09), URSULA KRUMME (6:05:42), KATHLEEN CALLAWAY (6:05:44), W75 BYUNGYE KIM (6:21:59).

Mercury News 10K & 5K San Jose, CA; March 26

10K Overall list for Mercury News. Top entries: Tom McGlynn (31:59), Heather Hanscom (35:01), M30 Tom McGlynn (31:58), Jose Pina (34:58).

Table with 2 columns: Name and Time. Entries include Carl Petersen (45:22), M70+Bob Swan (1:01:09), Leno Franco (1:08:25), Tom Jow (1:17:00).

Continuation of results. Top entries: W30 Dina Rosenthal (37:10), Jennifer Miller (42:04), Dawn Stephenson (43:40), W40 Liz Gordon-Stoll (43:22).

Continuation of results. Top entries: W50 Honor Fetherston (42:39), Martha Seaver (46:22), Maron Wang (50:52), W60 Susan Brown (47:59).

Continuation of results. Top entries: W70+Katherine Beiers (57:36), J Colbath-Stewart (1:06:51), Joy Johnson (1:07:19), Kevin Pierpoint (15:41), Nicole Ellis (20:39).

Carlsbad Masters 5000 Carlsbad, CA; April 9

Overall list for Carlsbad Masters 5000. Top entries: Sean Wade (14:53), Carmen Ayala-Trancoso (16:50), M40 Sean Wade (14:53), Dennis Simonaitis (15:03).

Continuation of Carlsbad Masters 5000 results. Top entries: M70 John Brennan (20:23), Carlos Valle (22:19), Frank Greene (22:49), M75 Gunar Linde (25:23).

Continuation of Carlsbad Masters 5000 results. Top entries: W45 Carmen A-Trancoso (16:50), Lesley Chaplin-Swann (18:28), Elizabeth Baker (19:26), W50 Marcella Teran (19:22).



Medalists in the M40 60mH (l to r): John McKenzie, third (9.77), David Ashford, first (8.26), and Michael Burke, second (9.76), USA Masters Indoor Championships, Boston, Mass.

Table with 2 columns: Name and Time. Entries include Lois Gilmore (26:45), Stella Floyd (40:59), W80 Po Adams (41:21), W85 Gerry Davidson (41:09), W90 Marjorie Easton (54:46).

NORTHWEST

Red Lizard 5-Miler, Lake Oswego, OR; March 5

Overall list for Red Lizard 5-Miler. Top entries: Chris Clancy (25:16), Deanna O'Neil (29:48), M40 Joe Dudman (26:47), Paul Gronke (29:27).

Continuation of Red Lizard 5-Miler results. Top entries: M60 John Kaiser (52:14), Lyle Boell (1:31:58), M65 R C Peterson (50:13), Lyle Boell (1:31:58).

Henry Weinhard's St. Patrick's Day Dash (5K) Seattle, WA; March 12

Overall list for Henry Weinhard's St. Patrick's Day Dash. Top entries: Jerry Ziak (15:20), Kelly Strong (17:29), M35 Emmet Hogan (16:39), Ben Sauvage (17:12).

Table with 2 columns: Name and Time. Entries include M80 Michael Greenwood (60:04), W35 Gwen Greiner (18:02), Alysun Deckert (18:44), Heidi Washenberger (20:28).

Pear Blossom 10-Mile Medford, OR; April 8

Overall list for Pear Blossom 10-Mile. Top entries: Sopanga Eap (1:00:03), Max King (49:28), M40 Joe Dudman (55:14), Carl Hanson (58:27).

Continuation of Pear Blossom 10-Mile results. Top entries: W40 Felicia Hazel (1:10:13), Susan Waugh (1:12:57), Deanne Kuehl (1:19:42), W45 Kathy Ward (1:12:17).

RACEWALKING

New Zealand Masters Athletics Championships Wanganui; March 5-6

3K RW Overall list. Top entries: M35 Andrus Lei (16:48.01), M50 Eric Kemsley (14:47.24), Ian Bailey (16:33.93), M55 Peter Baillie (15:48.62).

NYC 5K Racewalk Central Park, NYC March 19

Overall list for NYC 5K Racewalk. Top entries: Leo Romero (22:40), Solomiya Login (25:19), M30 Jussi Koski (25:35), M40 Bruce Logan (27:53).

Bill Mathews 10K Racewalk Championships/USATF-FL Assn/USATF-SE 10K Racewalk Championships Orlando, FL; April 2

Overall list for Bill Mathews 10K Racewalk. Top entries: John Fredericks (57:46), Sandra De Noon (1:05:40), M30 Juan Moscoso (59:56), M35 Jay Jenkins (1:06:10).