

NATIONAL MASTERS NEWS

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

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SUZY HESS

Finalists in the M65 200 (from l): Don Cheek; Ronald Rule, 3rd (29:74); James Stookey, 1st (27:50); George Gluppe; William Hufnagel; Earl Fee, 2nd (28:71), and John Poppell, 1998 USATF National Masters Championships, Orono, Me.

Nationals Return to Orono, Maine

"Best ever" was the consensus after the USATF National Masters Championships when it was held in 1998 in Orono, Me. Athletes will get a chance to see if this is true again when the 35th annual championships are staged at U. of Maine's Clarence Beckett Family T&F Center on Aug. 8-11.

In 1998, the meet drew 1061 athletes, which should be surpassed this year, based on the rave reviews and the fact that a lot of masters stayed away from Baton Rouge in 2001 and, consequently, haven't been to an outdoor championships since Eugene, Ore., in 2000.

The meet is open to all men and women, age 30-and-over, who will

compete in as many five-year age groups as are needed, perhaps even to 100-104. Anybody can enter. No qualifying standards are required except for USATF registration, which will be available on site.

Proof of date of birth (photocopy of birth certificate or passport) must be included with the registration form. Deadline without penalty is July 17. Entries postmarked after July 17 will be assessed a \$25 late fee. No entries will be accepted after Aug. 1.

International competitors may enter as guests without USATF registration and will receive equal place awards.

Events on the first day include the

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WZYP Cotton Row 10K Changes, But Not the Winners

By JIM OAKS

HUNTSVILLE, Ala. - There were many changes at the 2002 Memorial Day WZYP Cotton Row Runs. Champion Chip timing was used for the first time. A 5K race (510 finishers) was added to replace the two-mile fun run. The start and finish for the 10K race were moved slightly to bring the two closer together. A single finish line replaced the double finish.

But some things did not change. Mountainwood Hill - near the three-mile mark - is still as steep as ever. The 10K race still had almost 1500 finishers.

And two of the world's top masters returned to take the men's and women's masters titles.

For the third consecutive year, Kenyan Andrew Masai, 42, won the top masters prize of \$500 with a 31:19, particularly impressive after a 1:04:42 on the hilly Ogden Newspaper 20K in Wheeling, W.Va., two days earlier.

After a year's absence, the seemingly tireless Ukrainian, Tatyana Pozdnyakova, returned to Huntsville to win the women's master crown for the fourth time. She, too, had raced on the

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Nesbit-Mabe Outdukes Bakoulis for National Title at Freihofer's 5K

By SUSANNAH BECK

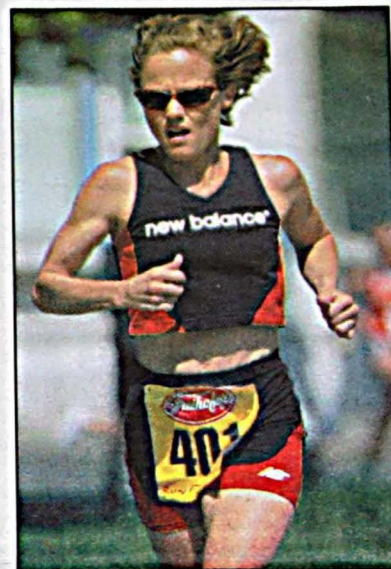
Joan Nesbit-Mabe, 40, Chapel Hill, N.C., won her first National Masters Championship at the 24th Freihofer's Run for Women, Albany, N.Y., June 1, with a burst of gritty speed that propelled her past a late-charging Gordon Bakoulis, 41, New York City, 16:54 to 16:58.

Bakoulis, who had run the Vermont City Marathon in 2:47:50 only six days before, passed Nesbit Mabe with 800m to go on the famous rolling course, but Nesbit Mabe, who had a difficult middle mile, rallied to take back the lead in the final downhill stretch.

Race times at Freihofer's were slow across the field this year, as conditions were variously described from "perfect" to "really hot and difficult." The air was still, with temperatures in the high 70s that were reported to rise five degrees during the course of the race.

In spite of the biggest field in the history of the all-women's race, with 3564

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VICTOR SAILER / PHOTO RUN

Joan Nesbit-Mabe, 40, first master (16:54) Freihofer's 5K for Women/USATF Masters Championships.

Bakoulis, Martin Top Performers

30th NY Mini Marathon Draws 3825

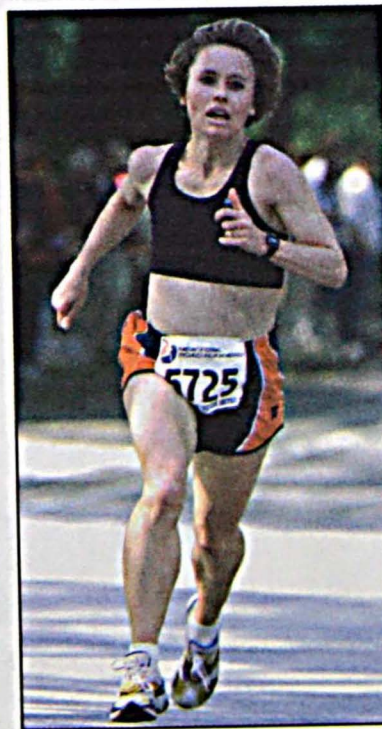
By MARILYN MITCHELL

On June 3, 1972, the New York Road Runners staged the world's first all-women's road race with a total entry of 78, considered large for that time. The race, called the Crazylegs Mini Marathon, was launched by the late Fred Lebow, chairman of the NYRR, and Nina Kuscsik and Kathrine Switzer, women who were themselves running pioneers. Both Kuscsik and Switzer were on hand for this year's race.

The 30th edition, now the NY Mini Marathon 10K, on June 8, in Central Park, had 3825 finishers from ages 12 to 80+. Masters finishers numbered 1052; the largest age-groups were in the W30-39 group with 1517.

Gordon Bakoulis, 41, running for

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ALAYNE WADE / NYRR

Alayne Adams, W40, third masters woman (37:08), NYC Mini Marathon 10K.

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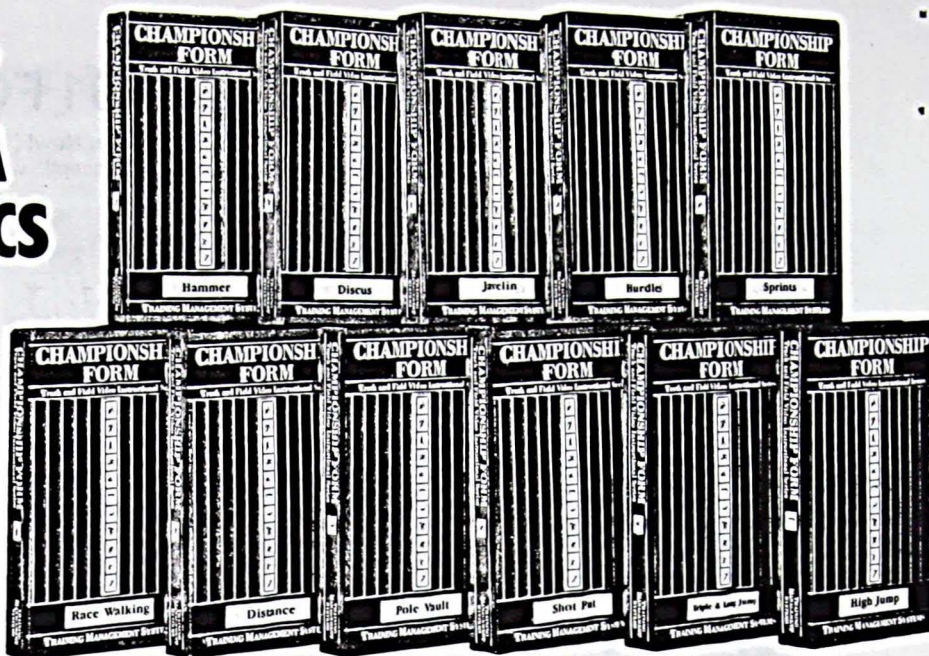


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ON!**

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WMA DECISION ON TEAMS

To the World Masters Athletics Council: I hope that Council members have read the open letter by Bridget Cushen (June NMN). I thought one of WMA's mission statements should be to encourage "a level playing field" for competition as a team or individual. Limiting teams to compete in their own age divisions favors only the host country or large contingents.

Small countries are really put at a disadvantage when not allowed to move competitors into younger age teams. Even the USA missed opportunities to form teams in Brisbane. This was the first time in all 13 prior championships that such a limitation was enforced.

This change of "rules" had not been properly legislated or even brought before the General Assembly for discussion. Cushen has addressed this "failed process" clearly. Not even the team managers were all informed of this change prior to arriving in Brisbane. At that meet, it was stated "that if an older age person moved to form a younger team, he/she could no longer compete for awards in their own age." That added an even meaner approach to "fair competition."

Over the years, I felt team competition in the non-stadia events (including the road race/walk) to be very encouraging for good competition and opportunity to participate as a team member

where this might be the athlete's only chance at a medal.

I seriously hope the original scoring teams can be saved.

Ruth Anderson
Oakland, California

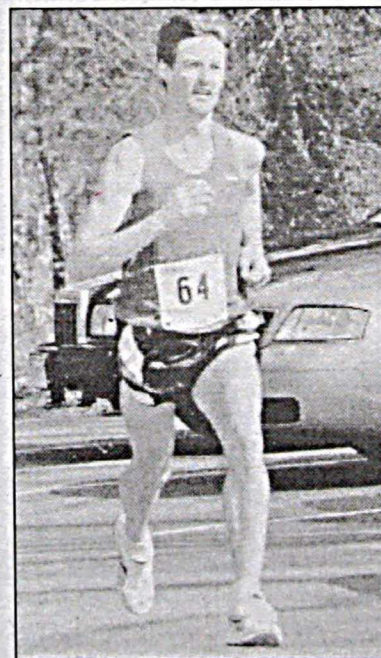
MASTERS ATHLETICS

I'm concerned about the lack of progress in masters athletics. I've been in it for 15 years, and it hasn't gotten any better. For instance, meets are still stacked up on top of each other like they're in competition for entries with surrounding states. It's not as bad as last year, but still stinks.

These are all meets within 400-500 miles of Nashville: June 8, Atlanta TC Masters, Birmingham Track Classic, USATF Mid-America Regionals; June 9, Potomac Valley TC, Indiana Masters, Iowa Senior Games, Minnesota Masters, USATF Southwestern Masters.

What's with all these meet directors and their fixation on the first weekend in June? Can't anybody look beyond their own state borders and realize how many more entrants they'd have if their meets weren't in competition with others close by?

I realize that the first problem is facility access. That can only be solved when the USATF and the NSGA get together, perhaps even with an assist from the AARP, and put pressure on local facilities for a wider range of meet dates. That means those august bodies would have



GEORGE BANKER

Doug Kuderna, 40, first M40+ (28:25),
Springburst 8K, Greenbelt National Park, Md.



TESH TESHIMA

Mary Sele, 40, first woman (39:18), 2002 Ford
Island 10K, Pearl Harbor, Honolulu.

to collaborate, if that's possible. Then adjacent states' meet directors would have to do the same.

The second problem, or excuse, may be the perceived weather in various areas. As one meet director wrote me, "Have you ever been here in August?" My answer is that I have high jumped at 47 degrees in Knoxville in May and thrown the shot at 100 degrees in Orlando. Track junkies adapt.

We can't all afford to hopscotch around the country, but there are many of us who would like a lot more competitions within a day's drive of home.

I live in Tennessee, so I notice this more than others, perhaps. Bordered by eight states and reasonably close to 15, we could get all the action we required if the above problem was reasonably solved.

I have gone to four of the above meets before. I get one this year. How long will the individual meets last if they keep this up?

Lou Vodopya
Nashville, Tennessee

KUDOS

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Lee Englund
Kenosha, Wisconsin

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Train, Th

To be a champion, you must think and live and ambitious and ambitious. How serious are you? Many of the following

Training

Firstly you must have a coach, or, if self-coaching, be fully knowledgeable about your specialty, both the right coach and knowledge.

It is important to schedule based on your season. With no plan, Build a base for two before the speedwork

Base training involves long runs and hills, should be incorporated from the previous conditions. This conditions the body to follow an interval to follow an injury. During the speedwork, more than about marathoners and about (proceed gradually), competition. This phase of race pace intervals

Improvement is racing, but it takes about training effect to set prepare well in advance speed too late in the aerobic run with anaerobic the same workout.

For sprinters and after the major competition further races, reduce some intensity.

Energy Systems

Be familiar with the terms: (1) alactic, (2) for Speed), (3) VO₂ threshold (AT), and (4)

The alactic or phosphocreatine energy system occurs in short bursts of intense effort for sprinters and during the tape.

The anaerobic lactic acid system is the most important mainly for sprinters and is greater than mile pace.

The VO₂ max energy system is developed in running long 10K race pace and is equal to run time.

The AT energy system is developed at about 10K pace and is usually 10K pace are usually

The training energy system is developed in quality sessions, in 5K, 10K runner



Training Advice

By EARL FEE

Train, Think, Live Like a Champion – Part I

To be a champion, you not only have to train like a champion, you have to think and live like one. It is an everyday process. Many excellent talented and ambitious runners are defeating themselves with the wrong approach. How serious are you about your specialty and how knowledgeable? And how many of the following are you doing consistently, if at all?

Training

Firstly you must have an experienced coach, or, if self-coached, you need to be fully knowledgeable about the training for your specialty. Ideally you have both the right coach and the personal knowledge.

It is important to have a training schedule based on your goals for the season. With no plan, you plan to fail. Build a base for two to three months before the speedwork phase.

Base training involves mainly aerobic runs and hills, but some speed should be incorporated and retained from the previous competitive phase. This conditions the body for the intense intervals to follow and helps to avoid injury. During the speedwork phase (no more than about 16 weeks for marathoners and about 12 for other runners), proceed gradually up to the main competition. This phase involves a lot of race pace intervals.

Improvement is rapid in the beginning, but it takes about six weeks for a training effect to set into the body, so prepare well in advance. Don't leave speed too late in the phase. Don't mix an aerobic run with anaerobic intervals in the same workout.

For sprinters and distance runners, after the major competition, if there are further races, reduce volume but retain some intensity.

Energy Systems

Be familiar with the five training systems: (1) alactic, (2) anaerobic lactic (S for Speed), (3) VO₂max, (4) anaerobic threshold (AT), and (5) aerobic.

The alactic or phosphate (creatine) energy system occurs in the first 30 seconds of intense effort and is important for sprinters and during the final kick to the tape.

The anaerobic lactic system is important mainly for sprinters and middle distance runners and is used when pace is greater than mile pace.

The VO₂max energy system is developed in running long intervals at 5K, 10K race pace and sometimes 3K race pace, with rests between approximately equal to run time.

The AT energy system, also called lactic threshold or ventilatory threshold, is developed at about 15 seconds per mile slower than 10K race pace. Runs at AT pace are usually called tempo runs.

The training emphasis for intense quality sessions, in order of importance, is: for marathoners (AT, VO₂max, S); for 5K, 10K runners (VO₂max, AT, S);

and for middle distance (S, VO₂max, AT).

During a typical week in the speed-work phase there is normally about 6% to 20% of total weekly mileage in AT, VO₂max, or S quality workouts. The lower percentages are for inexperienced runners and the higher for experienced/competitive runners, national class, elite, or world class masters.

The remaining percentage of total mileage is spent in the aerobic energy system. The renowned distance coach, Jack Daniels, recommends no more than 10%, 8% and 5% of weekly mileage, respectively, for the AT, VO₂max and S workout.

Training Log

Keep a daily training log to learn what worked, what didn't, and to read before a race to give confidence. Each day should contain details of the workout, weather conditions, and personal feelings.

Strength and Flexibility

To age slower than your rivals, it is important to compensate for the loss of flexibility and strength that occurs with age. There needs to be frequent daily stretching to help retain stride length and suppleness. Fast resistive movements (lifting weights 2-3 times per week, plyometrics, and sprinting) will help reduce atrophy of neural pathways and associated fast twitch fibers due to aging, and help preserve stride frequency.

Recovery

For proper recovery, have hard followed by easy days, practice periodization (an easy week every 3rd or 4th week). For older runners, avoid two hard days in a row and cross-train between running days. Two half-workouts spread out in one day are less stressful than one complete workout.

Allow three to four weeks to taper before major competition for the marathon and one to two weeks for other runners. Between training phases there should be adequate rest of a few weeks involving cross-training. □

(Look for injury prevention and nutrition in Part II next month.)

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- Sat. August 10 Big Band Dance at Fairmont Hotel, 6-10 pm.
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- 5K and 10K Run





Third Wind

By MIKE TYMN

The First Octogenarian Runner?

In a story titled "Athlete at 80" appearing in the July 1938 issue of *Physical Culture* magazine, Graeme Hammond, a New York City physician, tells how five "grinning, expectant, and highly skeptical" reporters showed up on his 80th birthday in 1932 to observe him run 48 laps - four miles - around the track of the New York Athletic Club.

Apparently, it was then difficult to believe that anyone that age could run so far and it was therefore a newsworthy story. If there was anyone 80 or older running for fitness and health before Hammond, I have not heard of him or her. In fact, since Hammond states that he had never stopped running after college, he may have been the first runner in lower age divisions.

One of the five reporters gathered to witness Hammond's four-mile jog, a reporter for the *World Telegram*, was a former college runner and was told by his editor to join Hammond and to "run the shanks off the doctor."

Uneven Contest

Hammond, who stood 6-1, welcomed the competition. "I took him on, licking my chops," Hammond wrote. "It isn't every day after you turn 80 that you get a chance to run with some husky youngster in his twenties and lick him to a frazzle."

When the young reporter started out at a pace that would have "broken all traffic laws," Hammond was concerned that the reporter would collapse with a heart condition and immediately called a halt to the event so he could listen to the reporter's heart. After Hammond concluded that the reporter's heart was sound, they started over again. The reporter maintained a sane pace, but then quit after a dozen laps. "When he did stop, it was reasonably evident that he was fed up, and he was puffing and blowing plenty," Hammond continued the story.

"I, on the other hand, with eighty years in my knapsack for ballast, completed my 48 laps without difficulty. I



Dr. Graeme Hammond

could have done eight miles as easily as four."

Hammond reported that after the run, he followed his usual custom of wrapping up in blankets for an hour's sweat. He followed that with a warm shower and plenty of soap and topped it off with a dash of cold water for the sake of skin reaction. He then went for his dinner of a chop, vegetables, a salad, and a thick slice of apple pie.

All-Around Sportsman

Hammond competed in lacrosse, football, fencing, and track at Columbia University in 1875. In one meet, he won the quarter, the half and the mile. According to the story, one afternoon newspaper said that Hammond's quarter time of 54 seconds would never be beaten.

After he left college, Hammond was a bicycle racer for 10 years. He continued fencing, winning several national championships and representing the U.S. in that sport at the 1912 Olympic Games.

"For any man of 80, or in fact for any man over 40, to undertake such a thing without preparation might well be suicidal," Hammond wrote of his running regimen. "But I am an athlete who has never exercised to excess, and who has never permitted himself to get out of training."

After the story of Hammond's run hit the papers, Artie McGovern, a former boxer who ran a gymnasium, reportedly registered shock and indignation at Hammond's feat. McGovern thought a physician should set a better example for men over 40. "Mr. McGovern couldn't conceive of such folly," Hammond wrote. "Why didn't I stay in bed on my 80th birthday where I belonged, instead of doing a lot of monkey-shines unbecoming to my years!"

Too Young for Golf

Hammond went on to say that he would challenge McGovern to a game of golf, except that he did not yet consider himself old enough for golf.

"One trouble with running as a way of exercise is that the average man can find no place in which to do it without making himself conspicuous," Hammond went on. "I run on an indoor track, at the New York Athletic Club. But if I put on my running togs and got out on the street, the people would stare and the cops would pick me up."

For those who have no place to run,

Hammond recommended skipping rope as a good compromise. Dancing was suggested as another good substitute, assuming the person puts "a little of the spirit of romping into it." Hammond saw the development of the "Big Apple" form of dancing as encouraging, since it did not involve the "snuggle-pup" features that had been typical of ballroom dancing of the day.

"No, it isn't dignified," he wrote, "but who wants to be dignified? Pooh!" □

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

Cotton Row 10K

Continued from page 1

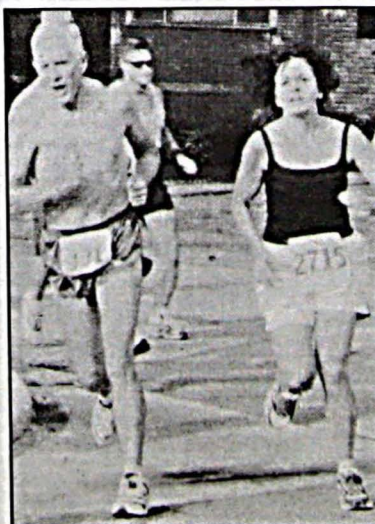
previous Saturday, a 10K in 34:55 in Minneapolis, Minn.

Although Pozdnyakova was seeded first overall, based on superior head-to-head performances against No. 2 seed, Beth Old, 27, from Atlanta, and No. 3 seed, Agnes Ngunjin, a 26-year-old Kenyan, she had to settle for third overall in 36:06 this year. But Pozdnyakova was still far ahead of last year's masters winner, Shannon Reade, Gallatin, Tenn., who ran a respectable sub-40 time of 39:55 for second master and \$400.

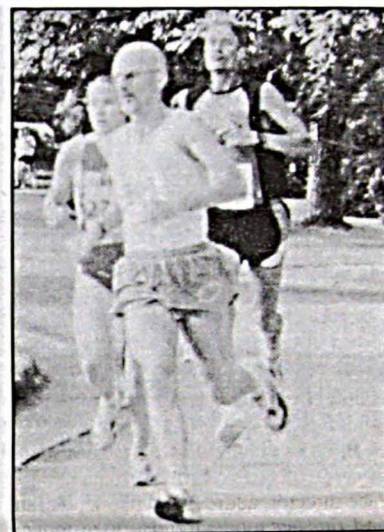
Two local women, Janet Haenisch (45:35) and Jenise Fontenot (45:46), won the \$300 and \$200 offered for third and fourth.

For the past two years, Masai's only serious challenge from other Cotton Row masters had been from former Olympian John Tuttle. This year a nagging groin injury prevented Tuttle from competing at Cotton Row, so Masai was well ahead of second place John Glidewell's 33:47.

Glidewell, 45, a former Ohio State runner who now lives in nearby Athens, Ala., rarely competes, but seems to be able to whip himself into shape quickly for an occasional race. Kevin Mitchell, 40, West Fork, Ark., a small town near Fayetteville, was third in 34:00, followed by Huntsville's Marty Clarke in 34:46.



Two local runners at the two-mile mark, Tim Hopper, first M65 (47:45) and Jenise Fontenot, W45, fourth W40+ (45:46), 2002 WZYP Cotton Row 10K, Huntsville, Ala.



FRITZ GANT

John Glidewell, second M40+ (33:47) leads Van Townsend, fifth M40+ (35:48) at the two-mile mark, 2002 WZYP Cotton Row Run.

Even though the new, flatter, 5K drew some of the runners from the longer and tougher 10K, enough new runners accepted the challenge to give the race 1478 finishers, with Betty Dooley, 74, of nearby Madison, setting an Alabama age record, finishing in 1:15:58.

The best age-graded performance among grandmasters was 64-year-old Fay Bradley's 41:33. Bradley now lives in Huntsville after establishing himself as an outstanding masters runner while living in the Washington, D.C., area.

Susie Kluttz, 65, Winston-Salem, N.C., had the second best W40+ age-graded time after Pozdnyakova, with a 48:43.

Almost half of the 10K finishers were masters this year. There were 585 men and 140 women in the over-40 crowd.

Sixteen runners continued their streak as finishers of all 23 races in the series: Joan Bell and Betty Byrne on the distaff side, and Bill Allbritton, James Carroll, Moody Davis, Gary Deere, Don Hillis, Merrill Jones, Kevin Jose, Jack Kachelman, Bill McDowell, Lon Porch, Carl Senkbeil, Jon Turner, Charlie VanValkenburgh, and Bruce Woody. Carroll had the best time of the group, finishing in 45:29.

The masters winners of the 5K were John Hill, M40, third overall in 19:00, and Donna Cancel, W50, 24:06. □



Road Record

Last month we lo
month we take a

When we process a compile its demograph like number of entrants, females, ages, etc. N whether the course is ce records can only be courses. If the course results are processed for times, and, if there are mances are entered in Then, we check for rec all-comers, age-group, gle-age) and if a recor race application must b

The "race" is notific and if the application with the results, it is als for completion. Until mentation is complete pending.

The road race appl parts: (1) general info course, (3) timing and bona fide competition.

Part 1 - General In covers the race name race director, address and finisher totals, tre listing, and race day co

Part 2 - The Cou section summarizes race director provides cate number and sig course was run as certifi all the important cour and finish lines, course and turn-around points appropriate - need to b ble-checked.

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Although at least t are required on the wi ify the subsequent tim tice is to record three the winning man, the the first U.S. man, a woman. Each timer n his/her respective tim tion. A fourth alternat ommended in case o mishap.

The official time first designating the Before the race, the the three official wat the primary timer is



LDR Report

By RYAN LAMPPA
USATF Road Running Information Center

Road Records and Their Upkeep – Part II

Last month we looked at criteria for establishment of road records. This month we take a look at the documentation process.

When we process a race, first we compile its demographic information, like number of entrants, finishers, males, females, ages, etc. Next, we verify whether the course is certified. U.S. road records can only be set on certified courses. If the course is certified, the results are processed for national ranking times, and, if there are any, these performances are entered into the database. Then, we check for records (either open, all-comers, age-group, or national single-age) and if a record is set, the road race application must be completed.

The "race" is notified of the record, and if the application was not included with the results, it is also sent to the race for completion. Until the record documentation is complete, the record is pending.

The road race application has four parts: (1) general information, (2) the course, (3) timing and scoring, and (4) bona fide competition.

Part 1 – General Information: This covers the race name, distance, date, race director, address and phone, entrant and finisher totals, trends, prize money listing, and race day conditions.

Part 2 – The Course: The course section summarizes Rule 185.5. The race director provides the course certificate number and signs-off that the course was run as certified. On race day, all the important course points – start and finish lines, course route markings and turn-around points, and coning, if appropriate – need to be set up and double-checked.

As important, once the race has begun, the runners, particularly the lead ones, must be led on the course properly. Improper course management invalidates the certification unless the course is run long; either scenario is a runner's nightmare.

Part 3 – Timing and Scoring: These two elements represent the linchpin of record-keeping, because they provide a way to ensure timing accuracy. USATF Rule 37 (Timers) explains how to properly time a road race.

Although at least two stopped times are required on the winning time to verify the subsequent times, preferred practice is to record three stopped times for the winning man, the winning woman, the first U.S. man, and the first U.S. woman. Each timer needs to sign-off on his/her respective time on the application. A fourth alternate timer is also recommended in case of timing failure or mishap.

The official time is established by first designating the official watches. Before the race, the chief timer selects the three official watches. In most cases, the primary timer is an electronic print-

er. The official time is the middle of three, or the slower of two readings on the official stop watches. The official time for road races must be converted to the next longer full second. For example, 29:10.95 or 29:10.05 is recorded as 29:11.

If there are three official stopped times (15:10.75, 15:11.15 and 15:10.85), the official time is 15:11 because 15:10.85 is the middle time, and it is rounded-up to 15:11. If only two official stopped times exist (15:11.15 and 15:10.85), the official time is 15:12 because 15:11.15 is the slower of the two times and it is converted to a 15:12.

Selecting timing is another important timing component. As the name implies, it entails "selecting" a runner and recording his/her bib number and time. Usually, a two-person team records the information. One person calls out a runner's bib number and the other either inputs the number and the finishing time into a printer timer or writes it down on a select sheet. Then, these select sheets are matched up with the results to ensure that each runner received the correct time.

Later, the chief scorer and/or race director sign-off on Part 3 verifying the timing and scoring procedures as accurate and proper.

Note: Rule 36.4 covers the use of transponder timing systems (i.e., the chip) and Rule 36.4(h) states that "times for other competitors will be adjusted, based on the official winning time." In other words, "chip" timing cannot be used for national rankings or records unless the "chip" time is properly adjusted (i.e., gun time).

Also, Rule 136.1 states: "The order in which the athletes cross the finish line will be the official finish position." Further, Rule 136.3 – regarding transponder timing – states: "the athlete's time elapsed between the start and finish line can be made known to the athlete, but will not be considered as official time."

To say the least, the timing and scoring is essential for record documentation. In the majority of cases, the main

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reason why a record is not officially recognized is because the race cannot produce proper timing documentation. The establishment of proper timing procedures prior to the race is a must.

When considering a timing company, a race director should ask if the company can meet USATF requirements. Some timing companies provide complete timing services. It is, however, the race's responsibility that "appropriate provisions have been made for the validation of records."

The race and its timing company need to coordinate who will be doing what on race day. Trying to track down timers after the event is not only difficult, but sometimes impossible. In sum, the importance of proper timing and scoring cannot be over-emphasized.

Part 4 – Bona Fide Competition: This section concerns three areas: the start (USATF Rule 60), the course monitoring (Rule 65.7), and fair competition/assistance to athletes (Rule 66). In addition, the duties of the referee are briefly explained (Rule 32).

After the race, the race director or referee signs-off that the race was run properly according to the rules, standards and requirements of USA Track & Field.

Once a race properly documents a pending record, RRIC clears the record, but if it is an open, all-comers, or age-group record, the course needs to be validated. The validation process reviews the course information from the application, and the RRTC validations chair determines whether or not the course will be re-measured. Open records require re-measurement.

If the course passes validation, the final step for an open, all-comers, or age-group record, is ratification at the national convention.

In closing, record-keeping adds credibility and meaning to our sport as well as providing a historical context. In addition, records serve to motivate current athletes to be their best. Their place and importance in road running cannot be denied, and when all parties involved – race directors, timing companies, USATF and others – work to improve our record-keeping capabilities, the sport can only get better. □

Road Running Resources

The USATF Road Running Information Center provides a clearinghouse for the sport. If you need a road race application, our national class time standards, a list of current records, or any other road running related question or concern, don't hesitate to contact us. Also, check out our website (www.runningusa.org and www.usaldr.org) for age-group rankings, race calendars, race results and other information.

We also offer the following:

On the Roads (quarterly newsletter), articles on demographics, records, athlete profiles, sports science and other pertinent LDR information. \$25 per year (check payable to RRIC). Nationally ranked runners, media and race directors are eligible for free subscriptions.

Frameable certificates available for national records and national ranking times. \$12 each or \$10 each for two or more.

Contact Information: USATF Road Running Information Center, 5522 Camino Cerralvo, Santa Barbara, CA 93111. 805-696-6232, fax: 805-696-6252; e-mail: rric@runningusa.org; Web site: www.usaldr.org; USATF RRIC staff: Basil and Linda Honikman, managing trustees; Ryan Lamppa, research and communications.

Road Race Publications: *Competition Rules* (\$12), *Course Measurement and Certification Procedures* (\$4), and (www.runningusa.org and www.usaldr.org) (\$6) plus \$3 shipping/handling. The RRTC Web site (www.rrtc.net) has the course measurement manual on-line.

Order on-line at www.usatf.org, or by snail mail at USATF Book Order Department, Box 120, Indianapolis, IN 46206, 317-261-0500.

WANT PRESS FOR YOUR RACE / MEET??

Too often, at national, regional, even world class events, there is zero or next to no major press coverage - despite top quality athletes who break national age records in your meet. Bob Weiner, former White House press staff and media coordinator for Congressional committees - and a dedicated masters runner who has directed RRCA national championship road races and USATF world class track events - has formed a public affairs company and contacted National Masters News about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics generating press for the World Anti-Doping Agency's drug testing activities before and at the Games - obtaining stories on "Today", "Good Morning America", NBC Evening News, HBO, AP, the Washington Post, New York Times, Los Angeles Times, NPR, and all major media. He had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Bob and his company -- Robert Weiner Associates Public Affairs - are eager and ready to help the Masters Running movement.

Press at your race is a motivational tool for the runners and field athletes, organizers, friends, supporters, and the public - before and after your event, a useful magnifier for years as you keep giving out clips. And it's just plain fun to see your event on the eleven o'clock news! Or in the wires or networks if you capitalize on something truly major.

WANT PRESS AT YOUR RACE/MEET (OR OTHER MAJOR EVENT OR ISSUE!)?

CONTACT: ROBERT WEINER ASSOCIATES PUBLIC AFFAIRS

E-MAIL Weinerpublic@comcast.net

PHONE: 301-283-0821

Website: www.geocities.com/weinerpublic



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Treatment of Plantar Fasciitis

Once the diagnosis of plantar fasciitis has been established, the treatment process needs to be initiated immediately. Many times, short-term rest will reduce the inflammation from other causes, but this is not the case for plantar fasciitis.

If plantar fasciitis has developed within a six-week period, I would suggest a course of physical therapy. This includes hydrotherapy at 105 degrees for 15 minutes, followed by ultrasound, with a 2.5% hydrocortisone cream to the bottom of the foot for 7-10 minutes. Iontophoresis has also proved beneficial.

The purpose of the ultrasound is to reduce pain, increase blood flow and increase the extensibility of the collagen tissue. Ultrasound can also be used to lyse excessive scar tissue. Additional hot water soaks should be performed on a daily basis at home, preferably in the evening, to relax the fascial band overnight and reduce the morning foot pain. Light longitudinal massage may also be tried.

Tape Strapping

I find tape strapping of the affected foot is extremely helpful. This tends to shift the weight to the longitudinal arch area and reduce the stress to the fascial attachment. Low dye strapping is preferred. It is recommended to remove the tape at night to allow the skin to

"breathe."

The use of a night splint is also recommended at this point. This affords a constant stretch on the fascia and will eliminate the morning "rest pain." Studies have showed that this type of overnight treatment is effective.

A study out of California at the Davis School of Medicine has shown that the use of a night splint in combination with a visco-elastic heel pad and stretching program, along with non-steroidal anti-inflammatories, has been shown to provide relief.

I have not had much luck with oral anti-inflammatory medications.

Cortisone

Probably the best and most effective treatment for the long-standing plantar

fasciitis pathology is a short acting local cortisone. I use a combination of Celestone and Lidocaine injected through a medial approach at the level of palpation of the plantar fascial defect. This will lyse the scar tissue and reduce the swelling around the fascia insertion. I have also used ultrasound prior to injection therapy, and this seems to aid in penetration of the solution. I follow this up with low dye strapping and three full days of rest. This is a safe procedure.

Over the long term, the use of foot orthoses is recommended to reduce rear foot overpronation, which aggravates the fascia at its insertion. Pronation overloads the fascia at the insertion into the calcaneus. The overpronated foot and calcaneal valgus certainly place an excessive stress on the medial heel area and the fascia insertion.

Orthosis

A study at the Clinic of Sports Medicine in 1988 pointed out that an excessive or prolonged duration of pronation is the most common mechanical cause of structural strain resulting in plantar fasciitis. So this will need to be addressed prior to the athlete returning to his or her running program. Several studies have shown that plantar fasciitis can be reduced by around 80% with a proper foot orthosis.

If all else fails, a surgical release can be performed at the plantar fascia insertion. Studies have shown 85% relief after fascial surgical procedures.

In the long run, while treating plantar fasciitis with physical therapy, injection therapy or surgical correction, you have a high chance of failure if you do not correct the underlying defect. □

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

NY Mini Marathon

Continued from page 1

Moving Comfort, was the first master, and 19th overall, with a 34:47. Kim Griffin, 40, of the Warren Street Social & Athletic Club, was second master (36:19), and Alayne Adams, 40, Central Park Track Club, third (37:08).

Kathy Martin, 50, Northport RC, ran a sensational 37:41 to win the W50 race and place sixth master overall. Her time age-grades to a 90.3%, second only to Bakoulis' 90.6% among the masters. Joan Ottaway, 58, of California, with a 42:36, took the W55 race from Ann Davies, 55, of New York, who ran a 43:23. Margaret Jones-Bussani was the W80 division winner in 71:04.

Bakoulis has had a phenomenal running career, characterized by consistency and longevity. Her recent masters results include first masters woman at

the November 2001 NYC Marathon (2:41:43, 17th woman overall), and third masters woman at the April 2002 Boston Marathon (2:42:47, 14th woman overall).

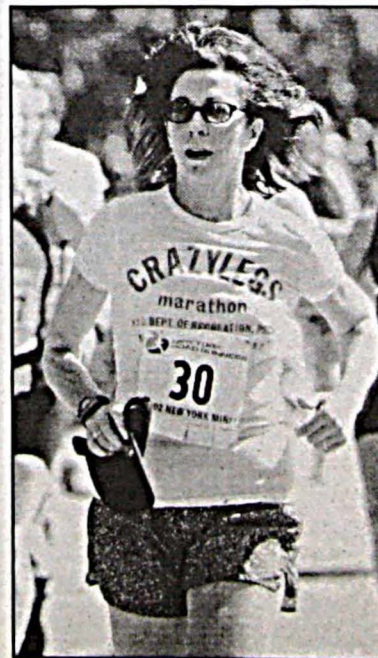
By virtue of her NYC Marathon performance, Bakoulis has qualified for the 2004 Olympic Marathon Trials, because the race was the USATF Marathon Championship and the "Olympic qualifying window" was open.

The original race name, the "Mini Marathon," derived from reference to the then-fashionable and ever-popular mini-skirt at a time when some people... okay, mostly men... thought that women would suffer debilitating physical injuries of various kinds from running long distances.

The advent of this and subsequent all-women's 10K, half-marathon and marathon events with the support of original sponsors L'eggs and Avon, and the support of thousands of women in the U.S. and around the world, helped make it possible to establish the 10K and marathon distances in the women's Olympic program.

Overall winner Asmae Leghazoui, 25, Morocco, smashed both the 30:47 course record set by England's Paula Radcliffe in 2001, and the 13-year-old world best of 30:39 set by Liz McColgan in 1989. Total prize money for the event was \$31,850, excluding money for local awards.

The weather was sunny with 62 degrees, 56% humidity, and a 7mph wind. □



VICTOR SAILER / PHOTO RUN

Kathy Switzer, 55, first woman to run the Boston Marathon, 1967, and Avon Running Series program director, in a 30-year-old T-shirt from the Crazylegs Mini Marathon, running in the NYC Mini Marathon 10K.

It's never too early to think Puerto Rico*

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

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



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You're sitting in... of several... der which rac...

No, indeed, and th... the heading "Caveat... the indicators of a go... first criterion to be e... tude of the race manag... runners - not just the... Jane and Joe Six-pacl...

After 35 years wor... ny that incultated... Individual" into m... ineluctable that I wou... paradigm to race man...

One of the hats I w... the longest running n... in the U.S. (32 years)... our meet pursuant to... recognize athletic p... keep improving our... more "competitor frien... athletes to do their bes... trators should strive t... well.

Read the Brochure

You should carefu... brochure and entry fo... certified by USATF?... else matters - forget... your time, because it's... ified and uncertified... becomes just another... lot of company.

Are the timing pro... fied by USATF - f... again, you're in a fr... against fun runs, but... spent your entry fee fo...

What other indicato... Do they start the race... course well marked?... a marathon and findi... wrong route!

How long after the... ready? Are the result... well as the awards?... the results? Do they... unrecorded history at... they transmitted to lo... as well as to the st... record-keepers of the... out and do your best, y... it would be recorded... subsequent recogniti... times so merit.

You should know... kind of a race you an... fun run - go out and... about times. If it's a... out and perform to... capable of.

Data Source

I am an athlete in... running and track &... trator, as well as in ch... USATF Masters L... Masters LDR choos... year for each of its fi... from 40 to 90+.



Master Scope

By **DON LEIN**,
Masters LDR Awards Chairman

Caveat Cursor

You're sitting in your favorite chair wondering whether you should enter one of several road races near your home. Having decided to enter, you wonder which race. After all, aren't all road races the same?

No, indeed, and that's the reason for the heading "Caveat Cursor." What are the indicators of a good road race? The first criterion to be explored is the attitude of the race management toward the runners – not just the elite runners, but Jane and Joe Six-pack.

After 35 years working for a company that inculcated "Respect for the Individual" into my psyche, it is ineluctable that I would apply that same paradigm to race management.

One of the hats I wear is president of the longest running masters track meet in the U.S. (32 years). We have to run our meet pursuant to the rules, properly recognize athletic performance, and keep improving our meet to make it more "competitor friendly." We ask the athletes to do their best; we as administrators should strive to do our best, as well.

Read the Brochure

You should carefully read the race brochure and entry form. Is the distance certified by USATF? If it is not, nothing else matters – forget keeping track of your time, because it's for some unspecified and uncertified distance. The race becomes just another workout, with a lot of company.

Are the timing protocols – as specified by USATF – followed? If not, again, you're in a fun run. Nothing against fun runs, but is this what you spent your entry fee for?

What other indicators are important? Do they start the race on time? Is the course well marked? Imagine finishing a marathon and finding you took the wrong route!

How long after the finish are results ready? Are the results age-graded, as well as the awards? What happens to the results? Do they disappear into unrecorded history at sundown, or are they transmitted to local media outlets, as well as to the state and national record-keepers of the sport? If you go out and do your best, you'd like to know it would be recorded for posterity and subsequent recognition, should the times so merit.

You should know beforehand what kind of a race you are entering. If it's a fun run – go out and enjoy, and forget about times. If it's a serious race – go out and perform to the level you're capable of.

Data Source

I am an athlete in both long distance running and track & field, and administrator, as well as in charge of awards for USATF Masters LDR. Each year, Masters LDR chooses athletes of the year for each of its five-year age groups from 40 to 90+.

The source of our data is the USATF Road Running Information Center (RRIC), the national record-keeper, because of the quality control they exercise over the results submitted to them. The results are submitted to them by either state record-keepers and/or from race administrators directly, using instructions on-line at www.runningusa.org/index_results.

This year, RRIC is publishing on this Web site the results of all accepted performances. All runners can check on their performances, as well as those of their friends/competitors. RRIC intends to have age-group rankings within each state, and, eventually, by city.

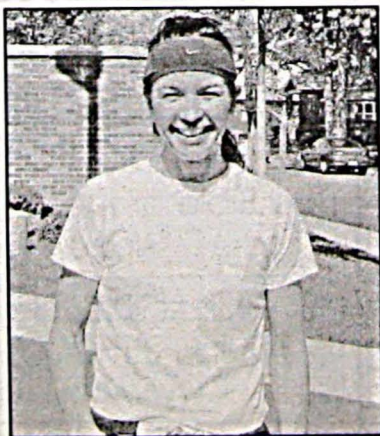
If you have enough quality times listed, you will be considered for athlete-of-the-year in your age group. The election itself is conducted at the USATF Annual Meeting with the members of the Masters LDR Board voting.

Be Insistent

Unfortunately, a great number of race results are not submitted to the RRIC. RRIC is trying to make the submission as easy as possible, within the rules.

One of the ways we can get more results submitted and therefore your times recognized, is for you to insist upon it as a condition of your running the race. Don't just insist on it beforehand, check up afterward. There are entirely too many cases of records being set, or national qualifying times being recorded, that are never recognized because the results are not submitted. If enough runners insist upon it and try to run only in races that submit results, then results will be submitted.

Again, in racing, as in everything you spend your money on, know what you're buying. And in the case of race selection, *caveat cursor*. □



JERRY WOJCIK

Theresa Kopach, 40, Ann Arbor, Mich., first woman overall (40:19), Ferndale Foot Frolic 10K, Ferndale, Mich., May 19.



VICTOR SAILER / PHOTO RUN

W40 finishers in the Freihofer Women's 5K/National Masters Championships, Albany, N.Y., (from l): Carmen Ayala Troncoso, 43, 5th (17:35); Janet Robertz, 42, 4th (17:30); Kim Griffin, 40, 3rd (17:08); and Joan Nesbit-Mabe, 40, first (16:54).

Freihofer's 5K

Continued from page 1

runners competing, Ruth Wysocki's 1997 course record, 16:06, was never in jeopardy.

The top age-graded scorer was Kathryn Martin, 50, Northport, N.Y., whose 18:13 won her \$500. Carolyn Smith-Hanna, 51, Pittsford, N.Y., 19:35, trotted to the W50 runner-up position. Joan Ottaway, 58, Murphys, Calif., 20:10, repeated as the W55 laureate and

was fourth-best A-G performer overall. Marie Michelson, 60, Stonybrook, N.Y., hot-footed it to a strong 21:25, the tenth-best A-G performance.

Margaret Betz, 65, Conklin, N.Y., was eighth-best performer with 22:08 to top the W65. In the W75, Muriel Merl, 76, Pomona, N.Y., ran a superb 27:57, missing the U.S. single-age record set by Gerry Davidson in 1997 by just three seconds. □

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Masters Racewalking

By ELAINE WARD

USATF Masters Racewalking Awards

There has been much discussion about the criteria used to determine the annual Masters Track & Field Awards for Racewalking. The following explanation is from Rod Larsen, Racewalking Representative to the Masters Track and Field Committee - ew.

In order to be consistent with the other Masters Track and Field Awards, the "Racewalker of the Year" criteria are as follows:

Citizenship

These awards are for U.S. citizens. They can be living anywhere. Dual citizens must be competing for the U.S. as indicated on meet entry forms. Resident aliens (green card holders) and foreign nationals are not eligible.

Two Age Groups

An athlete can win an award in two different age groups during the same year if their performance warrants it.

Nominations

1) Athletes will need to be nominated. We are asking for nominations

from athletes, followers and supporters of the sport of racewalking. Self-nominations are not only welcome, but strongly encouraged. We want to make sure no deserving candidate is overlooked.

2) Nominations must be received by Friday, Oct. 25 (the Friday after the National 20K in Coconut Creek, Fla., the last National Masters Championship of the year). Nominations should be sent to Rod Larsen, 104 Eleventh Avenue, Windermere, FL 34786, Fax: (407) 876-5843.

3) The nominations must include results from an independent source: official race results, local newspapers, NMN, the race director, etc.

4) The nominations should include actual "gun time," and age-graded performance figures based on the 2002 tables.

5) The only races to be considered are limited to USATF Association, Regional, National, and WMA championships. Next year the National Senior Games will be included, too. These races need to be USATF-sanctioned and limited to racewalk only events. These events can be on a road course or a track.

Selection

The actual selection will be based on an athlete's place in the various championships, with more weight being given to National and World championships. Other factors will be strength of competition, actual performance, age-graded performance, records set, consistency and head-to-head performance. Two factors that



GERALD ARONSON

Phillip Rabinowitz, 98, in the 5000 racewalk (46:47.12), South Africa Masters Athletics Championships, Bellville, May 3-4.

will not be considered are recovery from/dealing with injury, and the "it's his/her turn" concept. We simply want to pick the athletes who have the best year.

The Committee

The selection committee will comprise one representative from each of the seven Masters Track and Field Regions. Also, there will be five at-large members and Rod Larsen as the Chairman.

(When the names of the selection committee are finalized, they will be published in this column. Rod's e-mail is: Larsenrod@aol.com - ew.)

Orono Preview

Continued from page 1

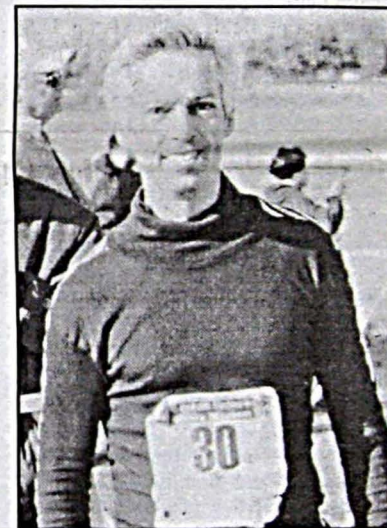
National Masters Pentathlon Championships.

On-campus dormitory housing with meals is available; contact 207-581-4092; e-mail: csd@umit.maine.edu. For information on area hotels, contact the Bangor Convention and Visitors Bureau: 800-91-MOOSE, or 207-947-0101.

For those interested in more than just athletics, Maine offers a vast array of activities in the summer: rafting, camping, biking, canoeing, hiking, the seashore, antiquing, and history. Sights not to be missed, within a couple of hours drive from Orono, include Acadia National Park, Bar Harbor, Bath, Kennebunkport, the 20 or so accessible lighthouses of the 63 that exist in the state, and, above all, a visit to Freeport, the home of L.L. Bean.

The four-day schedule, along with additional information and registration form, is in this and the May issue.

Contact information for the Championships is in the schedule under Track & Field, National. □



GEORGE BANKER

Bennett Beach, 52, Bethesda, Md., has run all 30 Cherry Blossom 10 Mile races. He finished the 2002 race on April 7, in 67:28.

TWENTY YEARS AGO July 1982

- Southern Calif. Striders M40-49 Relay Team Sets U.S. Record for Distance Medley (11:03.8)
- Mike Heffernan (M40, 31:55) and Shirley Matson (W40, 37:32) Are Top Masters in Viking Classic 10K
- New Zealander Jack Foster Sets M50 World Best of 2:20:28 in Auckland Marathon

Nevada Senior Olympics In Las Vegas

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10 K Road Race	1500 M Run	Pole Vault
50 M Dash	Shotput	Triple Jump
100 M Dash	Javelin	

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Harold Tolson, #443, winning and Jim Crandall, #427, M55.

By BOB HIGGINBO
More than 100 athletes competed in the first day (80 degree field in the Centennial Association Championships May 18, producing in season marks.

The sprint fields featured runners. Kevin Mornin records in the 100 (11.1).



CLARK F

CONTACT: Mr. Courtland G.
Mr. Bert Williams

FEES: First event: \$16.00; \$6.00

DIVISIONS: Masters (30+); Open
AWARDS: Regional champion participants in top

SITE: Fort Worth, TX
Directions: SE part of Fort

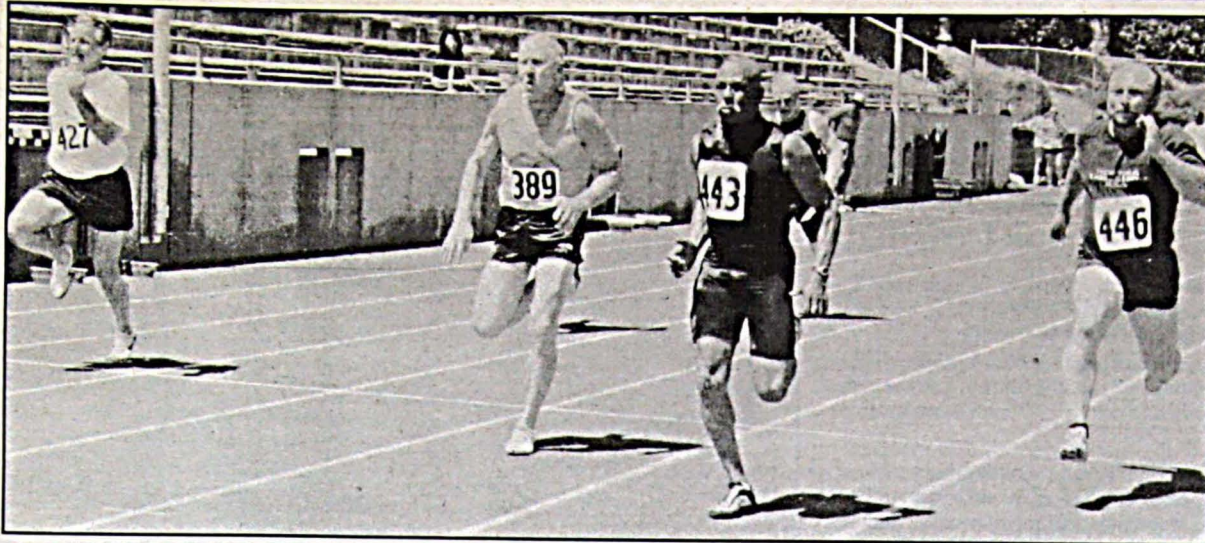
FAT: Wind gauge; certified official
Age groups and sexes may be co

Field Events: All men
Hammer
Women
9:00 AM
10:00
10:00
Running Events: Events run in
8:30

Name _____
Age (on July 13) _____
Phone _____
USATF # _____
Amount Enclosed: _____
Mail Entry Form to: _____

Waiver: In consideration of claims for damages which I Sports facilities or their officials. Certify that I am in good health.

Signature: _____



Harold Tolson, #443, winning (12.5) in a mixed age-group 100. Robert Zimmerman, #389, was first M55 (12.7), with Gary Patterson, #446, M55 second, and Jim Crandall, #427, M55 third, Central Calif. Championships/Visalia Classic, May 18.



Pam Zimmerman, first W55 (15.1), and Magdalena Kuehne, first W70 (17.7), in the 100, Central Calif. Championships/Visalia Classic, May 18.

Sprinters, Throwers Sparkle in Visalia

By BOB HIGGINBOTHAM
More than 100 athletes enjoyed a perfect day (80 degrees) for track & field in the Central California Association Championships, Visalia, May 18, producing impressive early season marks.
The sprint fields featured top U.S. runners. Kevin Morning set M45 meet records in the 100 (11.1) and 200 (22.2).

Harold Tolson dominated the M60 100 (12.5) and 200 (25.4). Tammy Mack, W35, won the 100, 200, and 100H.
David Salazar, M50, traveled from New Mexico, set an 800 meet record (2:06), and left early for Sunday's Bay to Breakers. Rodney Brown, of Utah, won the M75 400 and 800.
In the jumps, Lavel Davenport, M40, enjoyed outstanding marks in the long

(19-3) and triple (45-2 1/2) jumps.
Shot putters James Kerman, M45, 46-6 1/2, and Hal Smith, M65, 45-6 1/2, topped the shot field. Tom Allison, of Oregon, took wins in the shot, discus, and javelin.
Bob Humphries, M65, tossed the discus 143-8, and John Burns, M60, was the best in the large javelin field with a 145-3. □



USATF SOUTHWEST REGION TRACK & FIELD CHAMPIONSHIPS

CLARK FIELD, FORT WORTH, TEXAS

JULY 13, 2002

CONTACT: Mr. Courtland Gray 972 527 9960 cggray@atfb.com
Mr. Bert Williams 972 820 5941 speedbchoices@hotmail.com
FEES: First event: \$16.00; \$6.00 each additional event; Max. \$34 entry- excluding late entry fee \$5.00 after July 10.

DIVISIONS: Masters (30+); Open (19+) No youth division.
AWARDS: Regional championship medals to masters. Medals to top three from southwest region and to guest participants in top three places. Competition open to athletes from all masters regions.

SITE: Fort Worth, TX; FWISD Clark Field.
Directions: SE part of Fort Worth; I-20/I-820 N. @ Wichita exit north; at Tarrant County Junior College campus.

FAT: Wind gauge; certified officials; USATF membership required, available onsite; Age groups and sexes may be combined.

Schedule of Events

Field Events: All men's throws in order of Weight Pentathlon: Hammer, Shot, Discus, Javelin, Weight;
Women's events: Javelin, Discus, Shot, Hammer, and Weight
9:00 A.M. Hammer, Women's Javelin Other events follow
10:00 A.M. HJ, LJ, then TJ
10:00 A.M. Pole Vault
Running Events: Events run in order, not by time. Please allow yourself plenty of time.
8:30 A.M. 1) 5000m 8) 300/400m IH
2) 3000m Race Walk 9) 200m
3) 4 X 100 Relay 10) 1500m
4) 800m 11) 4 X 400 Relay
5) 100m 12) 4 X 800 Relay
6) 80/100/110m Hurdles 13) 2/3K Steeplechase*
7) 400m *Must have minimum of 5 entries by July 10 for SC event to be contested.

Entry Form

Name _____ Address _____
Age (on July 13) _____ Sex _____ E-Mail _____
Phone _____
USATF # _____ Events Entered _____
Amount Enclosed: _____ Checks payable to: Southwest Region Championships
Mail Entry Form to: USATF Southwestern Association, P.O. Box 76376, Dallas, TX 75376

Waiver: In consideration of your acceptance of my entry, I hereby for myself and executor waive, release, and forever discharge any and all claims for damages which I may have or hereafter accrue, against the Fort Worth Independent School District, USATF, and all other sponsors or Sports facilities or their officials or agents, for any damages, which may be suffered by me in conjunction with my participation in this meet. I Certify that I am in good health, recognize the risks of competition, and that my training is such that I am prepared to compete in this event.

Signature: _____ Date _____

TEXAS MASTERS CHAMPIONSHIPS

OPEN & MASTERS CHAMPIONSHIPS

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LATE FEES: \$20.00 FIRST EVENT \$5.00 EACH ADDITIONAL

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SCHEDULE OF EVENTS EVENTS RUN IN ORDER LISTED TIMES ARE APPROXIMATE

6:00 PM	300/400 HURDLES	9:00 AM	WEIGHT PENTATHLON-ALL THROWS
6:15	100 METER DASH		PENTATHLON THROWS WILL COUNT
6:45	1500 METER RUN		AS REGULAR COMPETITION THROW
7:15	80/100/110 HURDLES	1:00 PM	POLE VAULT
7:45	200 METER DASH	2:00	LONG JUMP
8:15	800 METER RUN	3:00	HIGH JUMP
8:45	4 X 100 RELAY	4:00	TRIPLE JUMP FOLLOWS LONG JUMP
8:55	4 X 400 RELAY		
9:05	400 METER DASH		
9:20	5000 METER RUN		SUPER WEIGHT & MEGA WT. (90#)
9:20	3000 METER RACEWALK		THROWS FOLLOW PENTATHLON
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On The Run

By HAL HIGDON

7 Marathons, 7 Months, 7 Lessons Learned

It started with Grandma's Marathon. The 25th anniversary of that race in Duluth, Minn., last June was the same weekend as my 70th birthday. Why not celebrate by running a marathon? Then the idea grew: Why not run seven? A decade earlier, I ran 6 marathons in 6 weeks to celebrate my 60th birthday. That proved too difficult to duplicate. But 7 marathons in 7 months for my 70th seemed doable. Then to expand the string of 7s, I decided to use those 7 marathons to help raise \$700,000 for 7 separate charities.

Including the training leading up to that feat, 7-7-70 motivated me for nearly a year. But, as often happens when I accept a challenge, I learned lessons to help others. Follow me on a running odyssey that covered 183.4 miles:

Grandma's Marathon

Plan family fun around your race. Nobody considered Duluth a party town a quarter century ago. It was blue collar, best known for shipping iron ore south. Then Scott Keenan talked Grandma's Saloon & Deli into linking its name with a marathon to finish next to the popular restaurant. The promise of a fast course attracted early runners; the party atmosphere that developed around the marathon keeps them coming back.

Since my daughter Laura lives in Minnesota, my wife and I planned activities that her family could enjoy. Duluth sightseeing includes tours of the harbor, an ore boat museum, an IMAX theater and boutique shops. Most fun was the ride on race day morning on the North Shore Scenic Railroad, featuring breakfast on the train. Son-in-law Pete and I got out to run, while the others stayed on the train, which tracked the runners for a while before speeding back to the finish.

Waving to my grandkids in the first few miles proved more fun than the last few miles. I had consciously under-trained so I wouldn't get burned out during my multiple marathons. Bad idea. Better preparation might have made Grandma's - and the six marathons that followed - more fun.

Lesson learned: While planning to have fun, mind your training too.

World Masters Championships

Get loose to run fast. International marathons are exciting. Competing with runners of different nationalities adds to their flavor. The World Masters Championships is held every other year, and I never miss it. I've won four gold medals, including one in the marathon. Four weeks after Grandma's, I was on a flight to Australia that lasted most of a day.

Jet lag can be a problem. I arrived Down Under feeling bloated, not quite sure what time of day it was. Fortunately, I had arranged an appointment through an Australian friend with a massage therapist before leaving home. The massage helped remove fluids that had pooled in my legs during the long plane ride and helped me relax.

That contributed to a time 14 minutes faster than Grandma's. A course with multiple out-and-back loops along the

Brisbane River permitted runners and spectators to see each other frequently. I love international races, because they're marked in kilometers. After you've hit the wall, the kilometer marks come at you faster than do mile marks.

Lesson learned: Going abroad can broaden your running experience.

Heart of America Marathon

Grab help whenever you can. Seven weeks training between my second and third races got me in better shape, but Heart of America provided my greatest challenge. This hilly marathon held on Labor Day attracts a few tough runners, who thumb their noses at hot weather.

Running buddy Steve Kearney agreed to pace me and carry a cellular phone. I posted my phone number on the Internet so runners who use my online training programs could offer words of encouragement (and pledge donations for 7-7-70).

Columbia resident Yolanda Merriweather called to say she would meet me at 20 miles with an ice bottle. I rubbed it over the back of my neck. As the ice gradually melted over the next several miles, I sipped the water. Ecstasy! An Internet friend, Holly Campbell of St. Louis, appeared to walk me through the last few miles.

By then, plans to run each marathon faster than the one before had vanished under a boiling sun. In the closing miles with a police car tailing me, I realized I was the last runner. Having won this marathon in 1968, the thought of placing first and last in the same race tantalized me. Alas, with a mile to go, I caught another runner and finished next-to-last.

Lesson learned: It doesn't matter when you finish, only that you finish.

LaSalle Bank Chicago Marathon

Nobody would run Heart of America seeking a Personal Record, but Chicago attracts runners expecting just that. When your course holds the world record for both men and women, you do gain respect. If you can't run fast on a day when the world record is set, you have no excuses.

I had several excuses ready, but didn't need them. I ran 15 seconds faster than Brisbane, fastest of my 7 marathons. The fact that Chicago is my "home course" also helped.

In 1964, I won the Windy City Marathon, a predecessor race. It's not so much home cooking as it is not wasting energy traveling.

There are many fast-course and



GEORGE BANKER

Top finishers in the 75-79 divisions (from l): Bill Morrison, M75 third (1:41:04); Kay Morrison, W75 first (1:51:03); and Walt Washburn, M75 second (1:37:51), 30th Credit Union Cherry Blossom 10 Mile, Washington, D.C., April 7.

good-weather marathons. Pick one if you want that fast finishing time to qualify you for Boston. Marathons with large fields also work best for first-time marathoners. If you finish in five, six or more hours, you won't be alone.

Ironically, one negative event contributed to my success. Traumatized by September 11, I sat comatose before my TV set for five days, unwilling to run. The rest probably did more good than harm.

Lesson learned: To run best, get lots of rest.

Indianapolis Marathon

Small races work well for experienced runners. In contrast to Chicago with its 30,000 runners, Indianapolis, two weeks later, attracted 600 with maybe twice that number in a simultaneous half marathon. No energy wasted getting to the starting line. No slowdown in the early miles. Despite starting near the back, I hit race pace right away.

A woman running the same pace kept me motivated. We passed and re-passed each other as I walked through aid stations, then sped up. Turning into the wind around 11 miles, I let a man weighing near 200 pounds block the wind for me.

Alas, when they turned off at the half marathon, I was on my own. At one turn near 22 miles, I saw no one in front, no one behind. No problem for a seasoned veteran, but tough if it's your first.

Crossing an intersection where a policeman waited to allow a car to cross, I heard him say to the driver, "Follow that old man!" That motivated me for several of the next miles. I missed my Chicago time by only 22 seconds.

Lesson learned: Grab inspiration wherever you can.

Honolulu Marathon

Relax and enjoy the fun. Before embarking on 7-7-70, Rose and I offered to bring children, spouses and grandchildren to one of my marathons. Surprise: They selected Honolulu. All 16 of us gathered on Waikiki Beach one morning to pose for a family Christmas card. (Grandson Jake had 7-7-70 cut in the back of his hair.)

Having everybody together proved to be one of the more enjoyable experi-

ences of my life, but my treasury of Frequent Flyer points is empty.

So why ruin everything by running fast. With son-in-law Pete and two grandsons, I started behind and didn't get disturbed when blocked by walkers. Hot weather? Bright sun? Time to work on my tan. Aloha spirit: I had it. This was my 10th time running Honolulu (out of 111 career marathons), so I knew the routine.

But aloha spirit only carried me 20 miles. The last six were spent mostly walking. Planning 7-7-70, I figured that I would get stronger and faster as I went. Looking back, doing Indy two weeks after Chicago (much too close) dropped my glycogen stores so low, that even a truckload of pasta would not provide recovery.

Lesson learned: Avoid both over-training and overracing.

Walt Disney World Marathon

Don't worry about what you can't control. Like January weather. Late in the Disney Marathon, I overheard a woman grumbling into her cellular phone: "It's windy and has been raining for 8 miles." I held out my palm and felt not a drop of moisture. "It must be raining 50 yards back," I told Jon Israel, a friend who paced me in the last of my seven marathons.

Actually, except for 10 minutes or so, the rain had been light. But if you had been planning Disney as a Boston Qualifier, it could have upset your plans. Similarly, if the weather turns hot or cold, you may need to make pace adjustments to run reasonably well - or even to finish. If you have flexible plans, you never will fail.

I succeeded not only in my plan to finish 7 marathons in 7 months, but I also achieved my fund-raising goal: raising \$914,000 for the charities on my list. To celebrate my 80th birthday, I plan to run 8 marathons in 8 years. I haven't figured out my 90th yet.

Lesson learned: Dream impossible dreams, but pick achievable goals - then reach them! □

(Hal Higdon is a Senior Writer for Runner's World. More about his 7-7-70 Quest can be found on his Web site: www.halhigdon.com.)



Ronnie Wong, 55, fourth, Credit Union Cherry Blossom 10 Mile, Washington, D.C.

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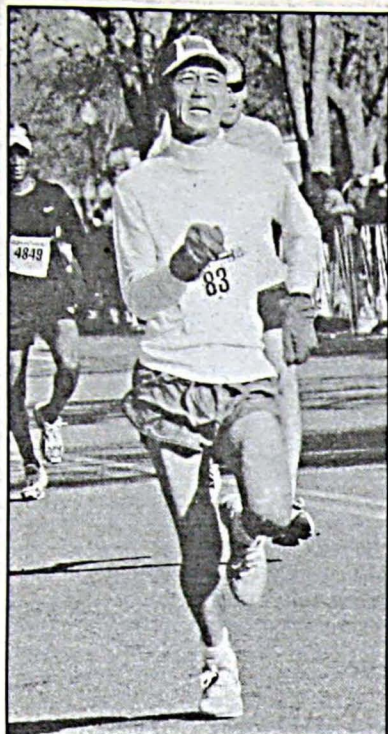
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Ronnie Wong, 55, fourth M55 (64:57), 2002 Credit Union Cherry Blossom 10 Mile, Washington, D.C.

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The Weight Room

By JERRY WOJCIK

The 500g Javelin, A Sticky Situation

Another chapter has been written on the newly adopted javelins saga, if you can call them new after three years. It seems that a WMA (then WAVA) highly positioned officer released what he thought were the official IAAF 500g javelin specifications onto the WAVA (now WMA) Web site early in 2001.

Some manufacturers saw them and started making javelins. Later, IAAF evidently changed its mind and made some further changes to the specs. Other manufacturers now work on those specifications.

Length Discrepancies

The main problem is that the allowable overall lengths for the 500g are different. What happens now is that throwers may show up at a meet to find that their 500g implements are nixed by weights and measures. This is all a result of shoddy work by the people responsible for the adoption of the new javelins.

As of a few weeks ago, the WAVA (now WMA) Web site shows that the minimum overall length for the 500g is 2.00 meters and the maximum is 2.10 meters. The USATF 2002 Rule Book, p.140, gives the minimum for the 500g as 2100 millimeters and the maximum as 2200 millimeters.

Rex Harvey, former USATF Masters Combined-Events Coordinator, now WMA Stadia (fancy Old World, Latin term for track & field) Vice-President, has about 50 pages of javelin correspondence that he's condensing for me. "The whole story, which I am preparing, is a real soap opera," he says. I can't wait.

Not Popular

The javelins that replaced the ones that some age groups had been using for years have not been a big hit from the start. A few throwers have simply given up on them; some have had trouble adjusting to them; and others decry the eventual loss of fine records made with the "old" javelins, especially the 800g and 600g.

A couple of Eugene throwers and I purchased what I think were among the

first 500g javelins produced by Gill Sports Equipment in Eugene. They have passed muster at every meet we've taken them to, including the Hayward Meet, where the weights and measurements guys may be the best in the country, having had experience with Olympic Trials, NCAA Championships, World Veterans Championships, you name it, and are immune to cajoling, sweet talk, flim flam, wheedling, and bamboozling. I know, because I've tried them all when my stuff hasn't passed their scrutiny.

Hold Your Horses

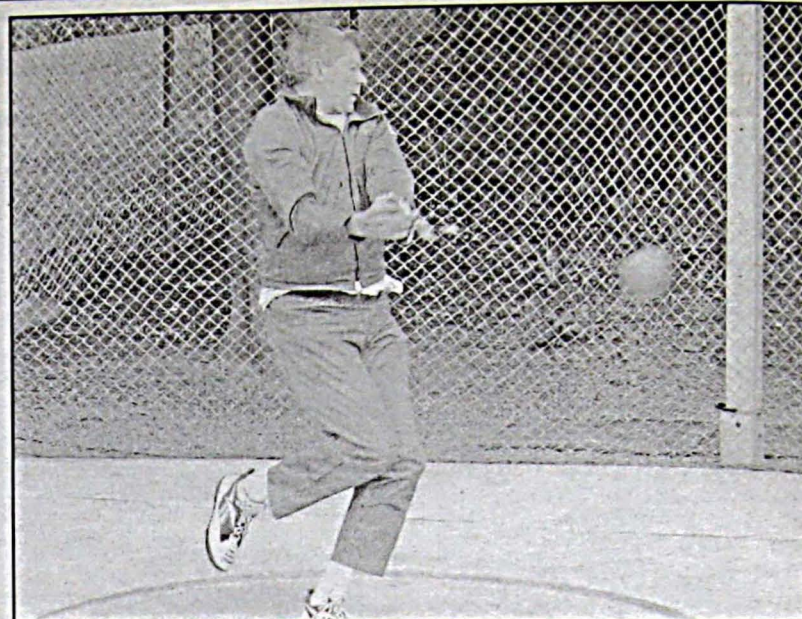
If you're in the market for a 500g, I suggest holding off for awhile until this is clarified. Those who were throwing the 600g before the 500g came into our lives might want to go back to the 600g for fun just to see what it feels like.

Meanwhile, I'm not going to measure my javelin. If it's been okay with all of the weights and measurements officials so far, it's okay with me.

I hope to see you at the Nationals in Orono, Me. □



Arnie Gaynor, 74, M70 world record holder in the shot put (14.77), back in action at the Palm Desert Senior Games in April after a two-year layoff with a torn shoulder muscle.



JERRY WOJCIK

Bob Lawson, 67, top scorer in the Seattle Spring Fling Meet, May 4.

Indoor Rankings Done, Outdoor Rankers Ready

By JERRY WOJCIK
USATF Masters T&F Rankings
Coordinator

This issue contains the 2002 indoor rankings. They were compiled by volunteers, who give freely of their time, effort, and expenses to this task, which has become increasingly significant to the masters movement. We should express our appreciation and thanks to these volunteers: Larry Patz, Ruth BreMiller, David Ortman, and Jim Gerhardt, all of whom also work on the outdoor rankings.

An abbreviated version of the 2002 indoor rankings is on the National Masters News Web site: www.national-mastersnews.com.

One interesting aspect of the rankings is the contrast in the indoor and outdoor 1500 and mile lists. In the indoor lists, the 1500 appears to be obsolescent, while the mile, the most recognized masters indoor event, is thriving; in the outdoor lists, the ratio is about three to one in favor of the 1500. This, despite the fact that Rule 261.3 (Masters Track and Field Championships) says: "The Sports Committee may authorize the substitution of One Mile for 1500 Meters, either indoor or outdoors"; so, why don't outdoor championships' meet directors opt for the mile, an event that has much more meaning for U.S. sports fans than does the 1500?

The outdoor season rankers for 2002 are listed below. If your best marks have not appeared in the NMN results section by the January 2002 issue, send them with documentation or verification (name of meet, date, site, director's name with a phone number or e-mail address) to the appropriate compilers. Marks sent to me for events that I am not compiling will not be forwarded.

100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com

400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

800, 1500 - Erich Reed, 2359 Columbia, Eugene, OR 97403; e-mail: erichreed@yahoo.com

Short hurdles, long hurdles, steeplechase, 5000 - David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117; e-mail: deo@foxinternet.com

High jump, pole vault - Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: FTLREDSKIN@aol.com

Long jump, triple jump, shot put, discus - James Gerhardt, 834 Thornvine Lane., Houston, TX 77079.

Mile, 3000, 10,000, hammer, javelin, weight, superweight - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405; e-mail: jerrywoj@aol.com

Combined events - Alan Russell, 1713 Amherst Dr., Ames, IA 50014; e-mail: russell@iastate.edu

Racewalks: 5000 track/5K road, 10K, 20K - Thomas Higbie, 7851 Admirals Ct., Indianapolis, IN 46236; e-mail: thigbie@indyweb.net

Below are changes to the 2001 Indoor Rankings:

High Jump: M60 Don McCrea, 15th of 19 (1.22).

Below are changes to the 2001 Outdoor Rankings:

100m: M45 Larry Zwick, 58th of 75 (13.26).

200m: M45 Larry Zwick, 55th of 67 (27.56).

400m: M45 Larry Zwick, 37th of 53 (59.96).

800m: M45 Dave Clingan, 3rd with a 2:03.91, not 2:04.0, no change in rank.

1500m: M45 Dave Clingan, 1st of 39 (4:12.65).

5000m: M45 Thomas Cushman, 3rd of 27 (16:31.42); M45 David Elger, 6th of 28 (16:40.81).

Outdoor Pentathlon: M60 Phil Byrne should have been listed as 1st (3534). The total (3676) for the first-listed M60 was based on single-age age-grading, not five-year, as required in the combined events. □

Over 2500 A Cham

By BRIDGET CUS
Athletes from 41 na
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Hopfner held on for
the M45 (31:03). G
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Italy also won the
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Germany, 34.34, and
GBR, 35.15.

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Kerstin Pressler,
the women home
1300 finished.

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Last Minute Team Scoring Rule Changes Embarrass Host Nation**Over 2500 Athletes in 6th WMA Non-Stadia Championships in Riccione, Italy**

By BRIDGET CUSHEN

Athletes from 41 nations from as far afield as Japan and Australia descended on the lovely Adriatic seaside resort of Riccione, Italy, May 24-26, for the sixth running of the WMA non-stadia races (10K, half-marathon, and 10K, 20K and 30K racewalks). The biggest entry was, of course, from the host nation with 1695, followed by Germany, 189, Great Britain, 131, and Switzerland, 77.

After the first lap of the flat two-lap course in the 10K, the current European M40 champion, Stephane Schweickhardt, Switzerland, had a nine-second lead over a chasing trio of Richard Mulligan, M40, Ireland, Marco Cacciamani, M40, Italy, and Johann Hopfner, M45, Germany. Schweickhardt drew away on the final lap to lead the separate M40-54 record field home by 59 seconds in 29:47 from Mulligan. A brilliant time. Hopfner held on for third place to take the M45 (31:03). Gianni Vello, Italy, 21st overall, took the M50 title in 32:43.

Italy also won the M55 race when Hermann Schaiter led the 419-strong M55+ and women's field home in 33:59, ahead of Alfred Hermes, Germany, 34:34, and Harry Matthews, GBR, 35:15.

Coming in fifth overall, Peter Lessing, Germany, took the M60 race in 35:41 after a tremendous battle up the finish straight with the first W35, Krystyne Pieczulis, Poland, who was credited with the same time.

Not far behind, in 14th and 17th positions, came two German W40s, Marie Luise H-Duventaste, 36:17, and Katharina Kaufmann, 36:40. Janette Stevenson, Great Britain, 18th in the race, easily won the W50 (36:45), ahead of the first W45, Sylviane Marguin Levesque of France (37:12). The Ukraine picked up its first gold medal when Anatoliy Prysahnyuk won the M65 title in 36:56.

The Italian favorite, Luciano Acquarone, M70, added to his considerable collection, coming in 100th in 40:38, over four minutes clear of runner-up, John Roberts, Great Britain. The M75 and M80 titles went as predicted to Sergio Agnoli, Italy, 44:41, and Heinrich Keller, Switzerland, 54:18, but hats off to Clem Green, a founding member of IGAL, the forerunner to WMA, who traveled all the way from New Zealand to win the M85 race.

The half-marathon on Saturday morning saw Schweickhardt lead the field from the gun, winning in 1:07:32 from Mauricio Vagnoli, Italy, 1:10:38, and Jesus Alonso Prieto, Spain, 1:10:50. Albert Rungger, M50, Italy, sixth (1:12:36), got home ahead of the first M45, Hermes Bertuzzi, Italy. Kerstin Pressler, W40, Germany, led the women home in 1:19:37. Over 1300 finished.

The most meritorious medal should

surely go to Vasile Harjoc, 49, who finished 515th (1:35:06) the day after he had cycled in from Romania!

Racewalking fans were treated to the sight of stylish Naomi Menendez, W35, in the 10K, which started at 3:00 p.m. Already selected to represent England in the Commonwealth Games next month, she was hoping to reach the stiff qualifying standard for the European Championships at the end of August. She repeatedly lapped a class field in the 2000m switchback course to win in 47:18 from Nancy Sweazey, Canada, W45, 55:44, and Natali Sapounova, W45, Italy, 56:05.

The M40-54 race was held at 6:00 p.m. Two Italians, Roberto Cervi, M45, 47:33, and Gabriele Caldarelli, M40, 48:31, led home two M40 Irishmen, Patrick Murphy, 48:40 and James Gibbons, 48:58.

The women's 20K and men's 30K started early in the morning on day two with Christine Sarembe Stegmaie, W35, Germany, winning the 20K in 1:49:37, and Graziano Morotti, M50, Italy, winning the 30K in 2:34:46.

At their meeting in Puerto Rico in March, the WMA Council decided to change the rules on team scoring, thus no longer allowing older athletes to score in a younger age group even when competing in the same road race/walk. The consequences became patently clear for the organizers and potential sponsors when the mayor of Riccione was left presenting gold medals in all the men's team walks to Italy; no team qualified for bronze.

No country stepped forward for any awards in the W55-and-over. A random check of the results showed that if the rules as printed in the WAVA handbook had been adhered to, Austria, Spain, Great Britain, and France would all have been on the rostrum. Italy was the only country to field a W35 team in the half-marathon, but what a pity that Poland, in its first ever appearance in these championships, was not allowed to declare one W40 for their W35 team - a silver medal



Brenda Riley, AUS, W60 winner (27:49.83) leads the field in the 5000 racewalk, 14th World Veterans Championships, Brisbane, Australia.

JERRY WOJCIK

went unrepresented.

A supporting cross-country relay (where, curiously, athletes were allowed to score in a younger age-group team) proved a nice finale to the weekend. But, why put the organizers to such trouble? Transportation had to be provided, miles of concrete paths had to be earthed over, and the 4000m zig-zag course in a public park had to be taped off.

The Organizing Committee, headed by Alberto Morini and Lamberto Vacchi, did a very good job indeed. Media interest was local; residents and vacationers cheered the runners through the traffic-free, well-marked streets. Restaurants were numerous, eating out was a pleasure, and the many ice cream parlors were popular with the visitors - no one makes ice cream like the Italians! □

**FIVE YEARS AGO
July 1997**

- Valery Svetogor (M40, 33:00) and Tatyana Pozdnyakova (W40, 35:47) First in WZYP Cotton Row 10K, Huntsville, Ala.
- Ruth Wysocki, 40, Sets W40 U.S. Record (16:06) in Freihofer's 5K, Albany, N.Y.
- Phil Raschker Breaks Three W50 World Records in Senior Olympics, Tucson, Ariz.

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**FIFTEEN YEARS AGO
July 1987**

- Phil Raschker Sets Four U.S. W40 Records in Southeastern Masters Championships
- Michael Hurd (41, 1:05:45) and Gabriele Andersen (41, 1:18:15) Are First Masters in Elby's Distance Race 25K
- L'eggs Mini Marathon 10K Title Goes to Barbara Filutze, 40, in 37:00

WMA web site: <http://www.world-masters-athletics.org>



International Scene

By **TORSTEN CARLIUS**
WMA President

Riccione Hosts Biggest WMA Non-Stadia Event Ever

During June, the sports world has been concentrated on the World Soccer Cup in Korea and Japan. It's been a fantastic spectacle that has bewitched many of us, but behind the scenes there have also been other sports activities, including the WMA developments mentioned below.

Non Stadia Championships

Our 6th WMA Championships Non-Stadia staged in Riccione, ITA, on May 24-26 were our biggest non-stadia championships ever. Without doubt, they were an enormous success, with about 2600 athletes (from about 40 countries) representing South America (Argentina, Chile, Colombia), South Africa, Australia, New Zealand, Asia, and Europe. Together they ensured a fantastic weekend in Riccione.

The LOC and the City of Riccione were exceptionally well organized, with courses running along the seashore and sometimes diverging into the city center. We all owe our friends in Riccione and the FIDAL Comitato Regionale Emilia Romagna a very great "Thank You" for their efforts to give us the very best - which they did.

WMA Web Site

Our new Web site (www.world-masters-athletics.org) is getting its form as we successively add more and more information. We are trying also to offer vital information in many languages, and there is much more to be done in this area.

We hope our new Web site will be the natural information point for all masters worldwide, and it is also my hope that our six regions will find it valuable to use their own subpages in the respective sections for their specific information.

I know very well that Europe has its own Web site and we have a link between the two, but there should be good reason to use our Web site. The other five regions are invited to place their information here, and I believe this

opportunity is slowly being understood. Hopefully, we will soon have a complete masters world-Web site.

Reiterating what I've said in the past, we invite and appreciate receiving reactions and/or comments on the Web site. You can either fax or mail us directly, or use the special "Forum" section to express your ideas.

Future WMA Bids

In Puerto Rico next year we will award the 2006 World Non-Stadia Championships and the 2007 World Stadia Championships. I would like to remind all potential bidders that the bid deadline is September 1 this year. All interested Affiliates are requested to contact our Secretary, Monty Hacker, no later than this date, following which the inspection procedure will begin that leads up to the signing of the preliminary contract.

On our Web site you will find the Rules of Competition. The first paragraph describes the bidding procedure. Moreover, our Executive Vice President, Tom Jordan, has now finalized the guidelines for our Stadia Championships, which are also available on our Web site. If you have problems accessing this information, please contact him directly at P.O. Box 10825, Eugene, OR 97440; 541-687-1989.

2004 Indoor Championships

The council is forwarding to the General Assembly in Puerto Rico a proposal that we add World Indoor Championships to our competition program. On our Web site we ask for interest/bids to be considered, depending on approval in Puerto Rico. To give the



LEO BENNING

Art Schoeman, M45, clearing the water jump barrier barefooted, South Africa Masters Athletics Championships, Bellville, May 3-4.

maximum possible opportunity, the time limit for indoor bids is extended to December 31. We want these inaugural indoor championships to be a great success and look forward to receiving bids.

IAAF Veterans Committee

The IAAF Veterans Committee met in Riccione in connection with our World Non-Stadia Championships. As most of you know, this committee does not have its own activities, but serves as a link between WMA and IAAF. This also gives us and WMA a direct link with IAAF activities, and the Committee Chairman, Cesar Moreno Bravo, MEX, could provide us with important information. For example, the rule of maximum runway for long jump and triple jump of 45 meters that was decided in Edmonton is now abolished by the IAAF Council, and the new rule of the hammer grip (also taken in Edmonton) is likewise abolished by the IAAF Council.

From the above meeting, I can also mention that the committee decided to forward to the IAAF Council and IAAF General Assembly in Paris next year a proposal to lower the masters starting age for men from the present 40 years to 35 years, provided, of course, that the proposal is approved by our WMA General Assembly in Puerto Rico. This procedure is very important to us, since, if approved, it will be possible to apply the new starting age for men in 2004. If we had not had this cooperation, we would have been forced to wait until 2006, due to General Assembly procedures.

Report from Britain

Charlton Sets New M75 5000 World Record

By BRIDGET CUSHEN

The remarkable Steve Charlton continues his total domination of M75 road and track in Britain, smashing James Todd's 5000 world record of 20:00.13 in 1997 with a stunning 19:45.05 after leading and lapping the combined M60+ race. With an automatic-timed finish and back-up manual time-keeping installed on the track, there is no question about accuracy. Charlton won the M75 British cross-country title by seven minutes in

Also on the agenda for the committee meeting were regional reports. These all showed a very wide range of masters activities, with that of Africa perhaps the most interesting (see comments below).

Africa Development Plan

During the last few years we have tried many times to set up a development program for Africa's masters activities. The reality is, that on this vast continent, we have a very good activity level in the southern part with South Africa taking the lead, but in Central and North Africa there is very limited, if any, masters activity. This has been a great concern to us for a long time, as we want to include the whole of Africa in our sports world. I know this is also the wish of the IAAF Regional Africa Federation.

Now there seems to be a slight hope that something could happen. The Africa Representative on the IAAF Veterans' Committee, Mr. A. Belaid, ALG, has presented a realistic plan for an attempt to appoint subregional liaison persons for Africa's five regions. This could be the answer and, with a "joint venture" between IAAF and WMA, there might be an opening at last.

2002 Regional Championships

The autumn will be busy with our Regional Championships. Oceania started traditionally, in January, in Geelong, AUS, but from August to November the other five will be holding their regional events:

Africa: Oct. 18-20, Reduit, MRI

Asia: Sep. 16-21, Dahlian, CHN

Europe: Aug. 15-25, Potsdam, GER

North & Central America and the Caribbean: Aug. 22-25, Leon, MEX

South America: Nov. 3-10, Cochabamba, BOL

All these will provide excellent proof of how big our movement is, and it will be very interesting to study results and comments from each of these Championships.

2003 World Stadia Championships

I will not comment much upon these great Championships to be held next year, except to say that preparations are going well and in accordance with plans agreed upon between WMA and the LOC.

Our Stadia Committee will meet in Carolina, Puerto Rico, at the end of June and the entry booklet will soon be printed. I do suggest you visit their Web site, which has a link from the WMA Web site under "Events." □

55 Meters		55
Compiled by Larry Patz		
55M MEN'S 30-34		
GEORGE JOACHIN	6.83	
TODD ASHLEY	6.92	
ADAM GARDNER	7.19	
CORBIS LANG	7.35	
WILL HOLLAND	6.38	
AARON HAYES	6.58	
JEFF RICHOLS	7.48	
55M MEN'S 35-39		
STEVEN BURN	6.43	
EVERAD SAHVELS	6.82	
GORDON HECRY	6.94	
JEFF GOLD	6.97	
DAVID L'ABBE	6.98	
ROBERT WALTERS	7.14	
EMIS TAYLOR	7.18	
ALAN SING	7.20	
LEON WIDDER	7.39	
ROGER MALONE	7.43	
JEFF GOLD	6.68	
ROBERT BARDING	6.78	
JIM KELLY	7.13	
DERRICK GOLDEN	6.88	
ASTON SCOTT	7.18	
ANTHONY GAY	7.18	
55M MEN'S 40-44		
VAL BARNWELL	6.62	
NICHOLE LOVETT	6.70	
DOUGLAS BARBY	7.13	
ERIC PORTER	6.93	
DAVID NEUMANN	7.06	
WALTER BUTTO	7.30	
KEVIN POWERS	7.38	
ROBERT WILSON	7.44	
DOE MCNEILL	7.45	
CEAS BARNES	7.51	
JAMES POWERS	6.98	
JEFFREY BIEK	7.58	
JOHN BERTOLD	7.59	
BYRON HARR	7.61	
PAUL FELIX	7.77	
NICHOLE LOVETT	6.48	
MICHAEL LEWIS	6.48	
DAVID NEUMANN	6.98	
DAVID PETERSON	6.98	
LOVELL BUTLER	6.98	
RIMLEY BILL	6.98	
RICHARD SHUKA	7.18	
GLAN WHITELY	7.18	
DAVID POLK	7.18	
JEFFREY BIEK	7.28	
STEVE BISHOP	7.28	
JAY FOURNIER	7.28	
55M MEN'S 45-49		
THOMAS JONES	7.07	
ROBERT SAH	7.16	
JOHN BROWN	7.17	
CEAS BARNWELL	7.17	
GREGORY MCLEOD	7.23	
THOMAS BURNER	7.29	
ADAM NOBLESKI	7.36	
DOUGLAS PASSMAN	7.41	
RICHARD CLARK	7.71	
DAVID GRAY	7.71	
ERIK STEPHAN	7.75	
DARREL JAMNIGAN	7.77	
ROCCO DALE HUDSON	7.77	
HARR FIELDS	7.88	
THOMAS JONES	6.68	
DAVID BARSON	6.98	
KARSTEN WOODHOUSE	6.98	
LARRY JACKSON	7.18	
WAYNE FISHER	7.18	
TRAYN MCCRECHIE	7.28	
DOUGLAS PASSMAN	7.28	
STEVEN GALETTA	7.28	
55M MEN'S 50-54		
BILL COLLIER	6.82	
BRYAN ROBINSON	7.24	
JIMMIE JONES	7.39	
ROBERT KEICH	7.41	
PETER SULL	7.41	
DOE SULL	7.49	
GARY AREND	7.71	
THOMAS CUSHINGHAM	7.71	
ROBERT SAH	7.81	
MIKE OLIVER	7.93	
NOAH PERLIS	7.94	
BOB DAVIS	7.48	
GARY AREND	7.58	
RICK LAPP	7.58	
JESSE MORAN	7.58	
ROBERT SAH	7.88	
JIMMIE JONES	7.88	
55M MEN'S 55-59		
ROGER FIRCH	7.40	
HELVIN FIELDS	7.41	
DAN SAMMAN	7.41	
JOSEPH JOHNSON	7.58	
BILL LEWIS	7.63	
RICHARD HALLAT	7.63	
RICK JONES	7.68	
TIM BUTTS	7.80	
DOUG GREENTGENS	7.93	
MICHAEL KILLOVE	7.93	
ROGER TEST	8.23	
HELVIN FIELDS	7.28	
BOB SHANNON	7.28	
JOSEPH JOHNSON	7.38	
MICHAEL KILLOVE	7.48	
DEWIS NEWTON	7.48	
EDDIE MATSON	7.88	
DAVID HOLLAY	8.08	
55M MEN'S 60-64		
DARRELL BURT	7.72	
ROOSEVELT WEAVER	7.74	
MARION HARRISON	7.75	
ERIL PAULIE	7.80	
DOM DENSON	7.81	
JOHN BOYKIE	7.90	
ROY HISHBACH	7.91	
GROVER COATS	8.01	
CHARLES BARTHOLOMEW	8.01	
WALTER THOMAS	8.03	
LAMRENCE COLBERT	8.05	
ERBERT SCHUELER	8.16	
PHIL BYRNE	8.23	
CRAWFORD ELLIOTT	8.47	
LAMRENCE COLBERT	7.48	
THOMAS PONDY	7.78	
ROBERT TAYLOR	7.78	
JIM KEMMET	7.78	
JAY LAFY	7.98	
WILLIAM BITNER	8.18	
KEVIN HURPEY	8.18	

XV WMA INTERNATIONAL CHAMPIONSHIPS
CAROLINA, PUERTO RICO • July 1-14, 2003

XVI WMA INTERNATIONAL CHAMPIONSHIPS
SAN SEBASTIAN, SPAIN • JULY 2005

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2002 McMahon Family Trust U.S. Masters Indoor Track & Field Rankings (Coordinated by Jerry Wojcik)

55 Meters

Compiled by Larry Patz

Table of 55 meters rankings for men's 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 age groups. Includes names and times.

Table of 55 meters rankings for men's 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 age groups. Includes names and times.

Table of 55 meters rankings for men's 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200 meters. Includes names and times.

Table of 55 meters rankings for men's 210, 220, 230, 240, 250, 260, 270, 280, 290, 300 meters. Includes names and times.

Table of 55 meters rankings for men's 310, 320, 330, 340, 350, 360, 370, 380, 390, 400 meters. Includes names and times.

Continued from previous page

Table with 2 columns: Name and Time. Includes names like Erika Campbell, Sharon Warren, Mary Rosado, etc.

800 Meters

Table with 2 columns: Name and Time. Includes names like David Nash, Terrence Armstrong, Rob Van Cleave, etc.

Table with 2 columns: Name and Time. Includes names like Mary Diver, Irene Thompson, Betty Gilmour, etc.

1500 Meters

Table with 2 columns: Name and Time. Includes names like Terrence Armstrong, Mark Gaffney, Gary Rosenberg, etc.

Table with 2 columns: Name and Time. Includes names like M80 Nate White, M45 Steve Gallagher, Ken Leimbach, etc.

3000 Meters

Table with 2 columns: Name and Time. Includes names like Jeffrey Townsend, Rob DeFilippis, Erik Goetze, etc.

Table with 2 columns: Name and Time. Includes names like Roger Whalley, John McManus, John Blason, etc.

5000 Meters

Table with 2 columns: Name and Time. Includes names like Drew Davis, Angelo Decollibus, Don DiDonato, etc.

Table with 2 columns: Name and Time. Includes names like Christi James, Debbie Estelle, Barb Lauff, etc.

10000 Meters

Table with 2 columns: Name and Time. Includes names like Cathy Utzschneider, Audrey Balander, Tawney Mullis, etc.

Table with 2 columns: Name and Time. Includes names like 55m Hurdles M30 Robert Walter, M35 Glenn Patterson, etc.

55m Hurdles

Table with 2 columns: Name and Time. Includes names like M30 Robert Walter, M35 Glenn Patterson, etc.

Table with 2 columns: Name and Time. Includes names like 50m Hurdles M30 Robert Walter, M35 Glenn Patterson, etc.

50m Hurdles

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50m Hurdles

Table with 2 columns: Name and Time. Includes names like M30 Robert Walter, M35 Glenn Patterson, etc.

Continued from previous page. Table with 2 columns: Name and Time. Includes names like John McKenzie, Damon Blakemore, John Skirbat, etc.

Continued on next page

Continued from previous page

Table listing names and times for various events (W40, W45, W50, M60, M65, M70, M75, M80, M85, M90, M100, M105, M110, M115, M120, M125, M130, M135, M140, M145, M150, M155, M160, M165, M170, M175, M180, M185, M190, M195, M200).

Table listing names and times for various events (Allan Neville, Ed Root, M60, Richard Hotchkiss, Carl Wallin, Mike Valle, Gary Crawford, Ed Rowan, Dave Wheeler, John McDonald, Dudley Weider, Jack McDonald, George LaBelle, M65, Bob Ward, Bob Lawson, Vernon Spencer, Robin Herron, Bill Gramley, Frank Bowles, George Cormey, Adolf Kuegler, Chuck Yost, Austin Baggett, Ray Feick, Bill Garrahan, Leonard Olson, Pay Carstensen, Jerry Wojcik, Don Hudson, M75, James Crawford, Vince Sempronio, Jacob Stein, Bill Voegel, Bill Snaden, M80, Robert Horsley, David Schlothauer, Adrien Pronovost, M85, Leland McPhie, Bob Detweiler, M100, Everett Hosack, W35, Denise Houseman, Debbie Lancashire, Kelly Thompson, M70, Oneitha Lewis, Barbara Dickson, Deborah Ecklund, Ruth Welding, Susan Hallen, Christle Donley, Flo Meiler, Amy Hicks, Francesca Moravcsik, Sue Tunnicliff, Jean Cobb, M70, Harriet Patch, Lillian Snaden, W75, Johnnye Valien, Alverta Perkins, Ann McGowan, Willie Gatz, M80, Margaret Hinton, Diane Friedman, Katherine Gradick, W85, Betty Jarvis, Weight Compiled by Jerry Wojcik, M30-49 35# / M50-59 25#, M60-69 20# / M70-79 16#, M80+ 12# / M30-49 20#, W50-59 16# / W60+ 12#, M30, Joe Welch, Tim Fua, John Kuemmerlin, M35, Glenn Thompson, Mike Gaenzle, Robert Palazzo, Mark Stephenson, Milt Girouard, Brian Frazier, M40, Mike Hambrick, James Brown, Randy Treece, Brian Doherty, Jeff Crothers, M45, Jim Wetenhall, William Johnston, Bob Cedrone, Carl Reichard, Bob Otrando, Gary Sutton, Mark Kreaflie, Rich Wreathe, Dennis Hansen, Carmen Letizia, M50, Tim Edwards, Pat Lynn, Bob Sager, Mike Grisko, Dave Touxignant, W30, Janine Dodd, Carlton Mott, Ed Root, M55, Tom Gage, Lad Pataki, George Mathews, Ron Broce, Ian Percy, Tom Russell, Dave Touxignant, M55, Lad Pataki, Tom Gage, Superweight Compiled by Jerry Wojcik, M30-69 56# / M70+ 35#, W30-49 35# / W50+ 25#, M30, John Kuemmerlin, Roy Rains, M35, Mike Gaenzle, Robert Palazzo, Milt Girouard, M40, Mike Hambrick, Rande Treece, Jeff Crothers, M45, Jim Wetenhall, Bob Cedrone, Carl Reichard, Rich Watson, M80, Ed Grawinski, Ed Grawinski, Klaus Timmerhau, M80, Charles Boyle, Bob Sager, Pat Lynn, Dave Touxignant, M55, Lad Pataki, Donna Masters, M80, Paul Johnson, John Elwarner, Thomas Knatt, Mark Adams, Carl Kane, Gustave Davis, Michael Schwed, Geoff Vaughn, Bob Fulton, M65, Bob Barrett, Alan Poinser, Pres Donaldson, John Lyle, Spencer Parrish, M70, Alfred DuBois, Jack Starr, Bill McCann, M75, Ed Grawinski, Klaus Timmerhau, M80, Charles Boyle, Tim Dyas, Paul Geyer, W30, Jean Tenan, Pattie Jones, Donna Masters.

Table listing names and times for various events (W40, W45, W50, Gail Brandon, W60, Janet Higbie, Lois Dicker, Lana Kane, W70, Terri Hamilton).

WMA/USATF Hurdles and Implements Specifications

HURDLES WOMEN

Table of hurdle specifications for women, including Age Group, Race, Distance, Hurdle Height, To 1st Hurdle, Between Hurdles, To Finish, and No. of Hurdles.

MEN

Table of hurdle specifications for men, including Age Group, Race, Distance, Hurdle Height, To 1st Hurdle, Between Hurdles, To Finish, and No. of Hurdles.

IMPLEMENTS

Table of implement specifications, including AGE GROUP, SHOT PUT, DISCUS, HAMMER, JAVELIN, WEIGHT, and SUPER WEIGHT.

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m). WMA weights are used for USATF weight pentathlons. Note: The 55m and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups. For all age-groups indoors, 5 hurdles are run.

Masters Age Records (2002 Edition)

Compiled by WMA and USATF Masters T&F Records Coordinator Pete Mundle with Rex Harvey, Shirley Dieterich and Beverly LaVeck. Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 2001. U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 2001. Men's U.S. Masters Indoor & Outdoor Championship Records. 56 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$6 plus \$2.00 postage (\$5.00 foreign postage) to: NATIONAL MASTERS NEWS P.O. Box 50098, Eugene, OR 97405

Name _____ Address _____ City _____ State _____ Zip _____



As we move appropriate to race participation this matter. This is we would like. Officials can only trolling activities track. We all enjoy our sport in many c informality is what issues. We see this beginning of meets v hammer, racewalking events take place. and officials often there is nothing goi there is a lot going needs to be vigilan down our guard that

Living Dangerou I personally wat horror at a recent m sauntered casually sector at the 75-f thrower in competit ing her throw. Not en out at this situatio responsibility to sho a case like this, ever standing next to eac ments are being thro situation.

Warm-ups can b time during our m often busy with pap to the athletes to f We need to be very s selves as well as v periods. It's very



Larry Parker, 53, Ea (37:38) and Nancy Mich., second woman Foot Frolic 10K, Fern



Track & Field Report

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

Safety and Sanction

As we move into the busiest time of the year for our sport, I think it appropriate to remind everyone that our Number One priority in the conduct and participation in our track meets is safety. We all have a responsibility in this matter. This is particularly true in meets that don't have as many officials as we would like.

Officials can only do so much in controlling activities on and around the track. We all enjoy the informality of our sport in many cases; unfortunately, informality is what often leads to safety issues. We see this particularly at the beginning of meets when events like the hammer, racewalking, and combined-events take place. Athletes, spectators and officials often walk around like there is nothing going on. Many times there is a lot going on, and everyone needs to be vigilant. It's when we let down our guard that bad things happen.

Living Dangerously

I personally watched and yelled in horror at a recent meet as a racewalker sauntered casually across the hammer sector at the 75-foot mark when a thrower in competition was commencing her throw. Not enough people yelled out at this situation. It is everyone's responsibility to shout out a warning in a case like this, even if it is two officials standing next to each other when implements are being thrown, or any similar situation.

Warm-ups can be a very dangerous time during our meets. Officials are often busy with paperwork and leave it to the athletes to fend for themselves. We need to be very sure we care for ourselves as well as others during these periods. It's very easy to become



JERRY WOJCIK
Mark Neal, 49, in the 2002 Spring Fling Throwers Pentathlon, Seattle.

absorbed in what "I" am doing. We need to be absorbed in what everyone is doing. Just to mention two areas of concern: hammers should not be wound and javelins thrown unless in the appropriate controlled throwing areas.

Other areas of concern exist in the track and field. We all should know them very well. There are plenty of dangerous situations on the track. The worst I see is people wandering onto running surfaces while athletes are in the execution of their event. This conduct has caused much damage, mostly to the athlete, not the wanderer. Nobody deserves to be interrupted like this.

We all need to practice "HEADS UP" conduct before, during, and after our meets. Let's all go out and have a safe and injury-free season.

Meet Sanction Process

It has come to my attention that many people in our organization are not familiar with our meet sanctioning process. I consider this to be one of the most important attributes of our organization. It is the process that gives us credibility and differentiates us from others who may be putting on track & field meets.

I have accepted an explanation of this process provided to me by Andy Martin, Manager of Association Services at USATF headquarters.

By definition, a USATF sanction is an official designation issued by USATF, through a local association

(there are 57 associations throughout the U.S.), that approves and licenses the holding of a competitive track & field, long distance running, or racewalking event in the United States. The sanction is also a contract that evidences the event's commitment to follow the national (USATF) and international (IAAF) rules and regulations of the sport, and to provide a safe environment for the participants and spectators. An event may apply for a USATF sanction from USATF, and must comply with the requirements of obtaining a sanction. Once the event has satisfied the sanction requirements, the event's application for sanction is approved.

Masters meets fall under the General Competition Sanction.

There are many benefits to obtaining a sanction, including:

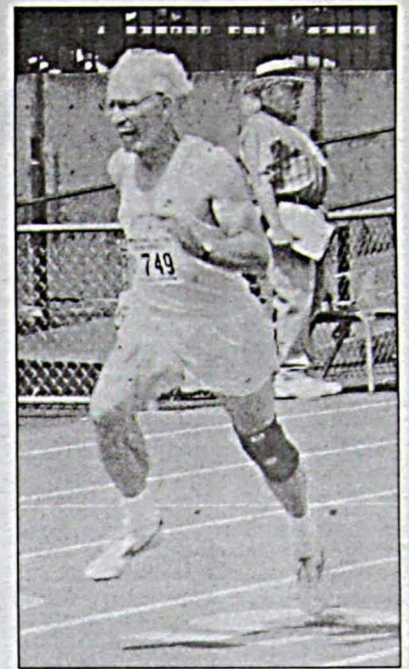
Increased prestige: For many events, the USATF sanction improves the event's public perception. A sanction tells athletes that an event is being run according to defined rules and that they have some recourse if prizes aren't awarded.

Sanctioned events may use the USATF logo (upon signing of the sublicense trademark agreement) to promote the fact that the governing body has sanctioned the event and to evidence affiliation with USATF and its programs.

Liability insurance: Most governmental entities, including cities, counties, state highway departments, parks, and community centers, require general liability insurance for all events conducted within their jurisdiction. The cost of insurance included in the sanction is very inexpensive compared to the prices of most commercially available event insurance policies. It is important to know that events that are already insured may choose to waive the insurance coverage and pay a lower sanction fee.

Medical insurance for athletes: Any athlete who is a USATF member and is injured while participating in a sanctioned event will be eligible for secondary medical coverage for the injury. The insurance not only provides valuable coverage to our members, but it serves as a valuable deterrent to lawsuits.

Records: In general, for non-road



SUZY HESS
Mel Larsen, 2001 top ranked M75 (14.14) in the short hurdles.

events, a sanction is required for an official track & field record to be accepted. There are some exceptions to this rule, however.

Dispute resolution: If requested, USATF will act as mediator in disputes between athletes and sanctioned events.

Promotion: Sanctioned events may be included in calendars published at the local and national levels, as appropriate. Each Association may provide benefits to its sanctioned events.

Rankings: To be considered for ranking in an open event, sanctioning of the event is one of the requirements for consideration.

I would think that all masters athletes would want the benefits of this program. We all work very hard for what we do, and it only makes sense that we demonstrate our skills in meets that are sanctioned. If there are meets in which one would like to participate that are not sanctioned, many times athletes can ask the meet organizers to get the meet sanctioned. Maybe, now that you know, you can tell them how to go about it.

This is one of the best tools we have for the credibility of our sport. □



JERRY WOJCIK
Larry Parker, 53, Eastpoint, Mich., first M50 (37:38) and Nancy Cassell, 52, Northville, Mich., second woman overall (40:36), Ferndale Foot Frolic 10K, Ferndale, Mich., May 19.

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Schedule

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

TRACK & FIELD

NATIONAL

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack_field@yahoo.com; <http://www.ume.maine.edu/track/trackfield.html>
September 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com
November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

EAST

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

July 9. The Colonie Mile, Colonie HS, Albany, N.Y. 6:15 pm. 518-435-4500; hmrrc.com
July 10, 17, 24. Shore AC All-Comers Meet, Ocean Township HS, W. Park Ave., Oakhurst, N.J. 6:15 pm. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. Elliottden@aol.com
July 13. USATF Maine Championships, Bowdoin College, Brunswick. Dave Watson, 207-443-6171; www.meusatf.org
July 13. Long & Strong Throwers Classic, J.P. McKaskey HS, 445 Reservoir St., Lancaster, Pa. 9 am. Contact Glenn Thompson, 717-238-1720/Thrower60@aol.com, or Terry Shuman, 717-285-7943/TGShuman2@aol.com; www.longandstrong.com for entry form.
July 14. USATF Long Island Championships, Uniondale, N.Y. 516-349-1770; www.litf.org
July 26-27. USATF East Regional Masters Championships, Springfield College, Springfield, Mass. www.usatfne.org
July 27-August 4. Connecticut Senior Olympics, site TBA. Open to out-of-state. Bill Mudano, Jr., 860-528-4588; www.nutmegstategames.com
August 4 & 18. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvctc.org
August 7. DC Road Runners Free One Mile & 3K Track Championships, Washington & Lee HS, Arlington, Va. All age groups/open to all. Register on site. Bob Weiner, 301-283-0821.
August 18. New Hampshire, Granite State Senior Games, Memorial HS, Manchester. Open to out-of-state. GSSG, 610 Front St.,

Suite B, Manchester, NH 03102-2610. 603-622-9041; www.nhseniorgames.org
September 4-11. Maine Senior Olympics, Portland. Anita Chandler, 207-775-6503.
September 20-23. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 973-618-1111.

SOUTHEAST

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

July 19-25. Tennessee Senior Games, Nashville. Christine Dewbre, 615-902-9261.
July 20. Jacksonville TC Summer Classic, Bolles School Track, Jacksonville, Fla. Field - 5 pm; track 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-384-TRAK.
July 21. Georgia Games Meet, Burke County HS, Waynesboro. Masters/Open. Jim Hite, 478-982-4881; www.georgia.games.org
August 31-September 1. USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; www.pvctc.org
September 24-28. Georgia Golden Olympics, Robins AF Base. Vicki Pilgrim, 404-657-6644.
September 30-October 6. North Carolina Senior Games, Raleigh. Cindy Trumbower. 919-851-5456; www.ncsenior.games.org

MIDWEST

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

July 6. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, 937-837-2754; BJRun1@Juno.com
July 6. Cleveland Classic Meet, Broadview Heights, Ohio. Robert L. Walters, Jr., 440-526-5635; rlwalters@prodigy.net; www.ohtc.org
July 7. Sprint & Mid-Distance Challenge, Oak Forest, Ill. (100/400/200/300/1500/800/1000) Gerry Krainik, www.midwest.masterstrack.org
July 8-13. Indiana Senior Games, Indianapolis. Open to out-of-state. 800-253-2188; www.swirca.org
July 21. Midwest Masters Meet, Oak Forest, Ill. See July 7; Gerry Krainik.
July 27. Ohio Senior Olympics, Columbus. Maryann Tilley, 614-645-3320.
August 4-8. Michigan Senior Olympics, Midland. Marye Miller, 248-608-0255; www.michiganseniorgames.org
September 3-15. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 262-821-4444; www.execpc.com/~aging
September 18-22. Kentucky Senior



TESH TESHIMA

Uaaree Matsuda, first W60 (28:22), 2002 Race Against Violence 5K, Honolulu.

Olympics, Elizabethtown. Eddie Bowen, 270-358-4321; www.scrctc.com/~wenk4jz
September 20-22. Illinois Senior Olympics, Springfield. Sheila Sheilds, 217-789-2284.

MID-AMERICA

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

July 7. USATF New Mexico Masters & Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com
July 30-August 4. Rocky Mountain Senior Games, Greeley, Colo. Open to out-of-state. Sheri Lobbmeyer, 970-350-9433; www.rmseniorgames.com
August 4. Blair Open Track Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.
August 7-11. New Mexico Senior Olympics, Las Cruces. Cecilia Acosta, 505-623-5777.
August 15-18. Nebraska State Senior Olympics, Kearney. Open to out-of-state. Scott Hayden, 308-237-4644; www.neb.raskaseniorgames.com
August 24. Halstead Masters & Open Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Recr. Commission, 316-835-3366, 835-2286.
August 31-September 1. Rocky Mountain Masters Games, Colorado St. U., Fort Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264; www.denvertrackclub.org/RMMG/RMMG-events.htm
September 5-8. South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807; www.sdseniorgames.atfree.web.com
September 26-29. Kansas Senior Olympics, Topeka. KS Sr. Olympics, 1534 SW Clay, Topeka, KS 66604. 785-368-3798.

ON TAP FOR JULY

Masters Regional Championships are set for the Southwest, Fort Worth, Texas, on the 13th; West, Mission Viejo, Calif., 13th-14th; Northwest, Salt Lake City, 19th-20th; and East, Springfield, Mass., 26th-27th. Association championships are scheduled for New Mexico, on the 7th; Maine, 13th; Long Island, 14th; Inland Northwest, 20th; and Texas, 27th. The BVAF Championships will be held in Cophall, North London, England, on the 27th-28th.

LONG DISTANCE RUNNING

Ultras head for the White River 50 Mile Trail/National Masters Championships, Crystal Mountain, Wash., on the 27th. The month opens with a bang on the 4th with the Peachtree 10K, Atlanta, and the Butte to Butte 10K, Eugene, Ore., followed by the Utica Boilermaker 15K, N.Y., on the 14th; Buffalo 4-Mile Chase, N.Y., and Quad-City Times Bix 7, Davenport, Ia., 20th; and the Wharf to Wharf 6 Mile, Santa Cruz, Calif., 28th.

RACEWALKING

Association championships are on the slate for Maine, on the 13th; MAC, 14th; and Long Island, 14th and 28th. □

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 13. Cat Spring Grunt IV Throwers Meet, Cat Spring, Texas. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933-5306; K9luvr@intertex.net
July 13. USATF Southwest Regional Masters Championships, Clark Stadium, Fort Worth, Texas. Open & Masters Events. Gourtland Gray, 972-527-9960; cgray@attbi.com
July 27. Texas Masters Championships, Coppell HS. Wayne Bennett, vrunner@aol.com; www.dallasmasters.com
August 26 - September 1. Texas Senior Games Championships, Lubbock. Nancy Swallow, 877-747-7572; nancy.swallow@lubbocksports.org
September 19-22. Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolymp@hotsprings.net
September 21-26. Louisiana Senior Olympic Games, Baton Rouge. Butch Gipson, 225-925-1748; www.lisog.net

WEST

Arizona, California, Hawaii, Nevada

July 3, 10, 17, 24. San Ramon Parks & Recr. All-Comers, California HS, San

Continued on page 24



GEORGE BANKER

John Elliott, 63, Columbia, Md., ran a 67:04, MD/DC RRC 10 Mile Club Challenge, Columbia, Md.

Continued from page 23
Ramon, Calif. 6:00 pm. Steve Piersol, 925-973-3208.

July 5, 12, 19, 29. Diablo Valley College All-Comers, Pleasant Hill, Calif. 5:00 pm. Also Aug. 2. Includes SC & HT. Call to confirm July 5. Daniel Cruz, 925-685-1230. x2258.

July 6. California State Games, San Diego. Includes 5000RW and SC. Arnie Robinson, 619-263-7334; www.calstategames.org

July 13-14. USATF West Regional Masters Championships, Saddleback College, Mission Viejo, Calif. Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688. 949-589-0242; e-mail: runnermark@cox.net; web: www.xro.com/entry.pdf

July 20. Kelfield Throws Meet #108, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

July 25-28. Ely Senior Games, Ely, Nev. Holly Wilson, 775-289-3709.

August 2-11. California State Senior Games, San Jose. T&F on 3-4. www.sjseniorgames.com

August 3. California Senior Games, San Jose CC. 408-297-0247; becky.atigedewe@ci.sj.ca.us; www.sjseniorgames.com

September 28-October 6. Nevada State Games, Las Vegas. Vince Adamo, 3890 N. Buffalo Dr., Las Vegas, NV 89129. 702-242-1590. www.nevadaseniorolympics.com

October 5. 29th annual Club West Meet, Santa Barbara, Calif. Beverley Lewis, 805-969-5852, fax: 969-6613; Gordon McClenathen, 805-964-3005.

October 5-6. Nevada Senior Olympics, Las Vegas, Nevada. Nevada Senior Games, Inc., 3890 N. Buffalo Dr., Las Vegas, NV 89129. Contact: 702-242-1590;

e-mail: srgames1@juno.com; web: www.nevadaseniorolympics.com

October 20. Self-Transcendence Masters Games, Long Beach St. U., Calif. 40+. Bigalita Eger, 6220 Bristol Parkway, #315, Culver City, CA 90230. 310-645-0271; fax: 645-8618.

NORTHWEST

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

July 13-14. State Games of Oregon. Mt. Hood CC (Portland area). General info: 503-520-1319; t&f: Keith Maneval, 503-667-7140.

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet). John Kernan, kernj779@alpine.k12.ut.us

July 19-20. Big Sky Games, Billings, Mont. MT residents only. General info: 406-254-7426; www.bigskygames.org

July 20. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 26-27. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-938-3895; email: kweinbel@attbi.com

July 27-28. Washington State Senior Games, Olympia. Open to out-of-state. Dan Donahue, 360-493-5397; www.pugetsoundgames.com

August 8-11. Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Rec., 275 Saddleridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

September 12-15. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324; www.iad-ore.com

October 7-19. Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

CANADA

July 13-14. Canadian Masters AA Championships, York U., Keele & Steeles, Toronto. Doug Smith, douglasj.smith@sympatico.ca; www.canadianmastersathletics.com

INTERNATIONAL

July 13-14. Spanish National Masters Championships, Orense. www.sportec.es/rfea

July 27-28. British Veterans Championships, Copthall, North London. www.bvaf.org.uk

August 15-25. 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de

August 22-25. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico. Enrique Heredia Lozano, FMAVAC, eherediavaca@hotmail.com; www.angelfire.com/la3/fmav

September 20-29. Asia-Pacific Games, Queensland, Australia. www.mastersgames.com.au

October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

November 3-10. 11th South American

Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

July 2-13, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

LONG DISTANCE RUNNING

NATIONAL

July 27. USATF National Masters Championships/White River 50 Mile Trail, Crystal Mountain, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 206-325-4800; www.whiteriver50.org

August 24. USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

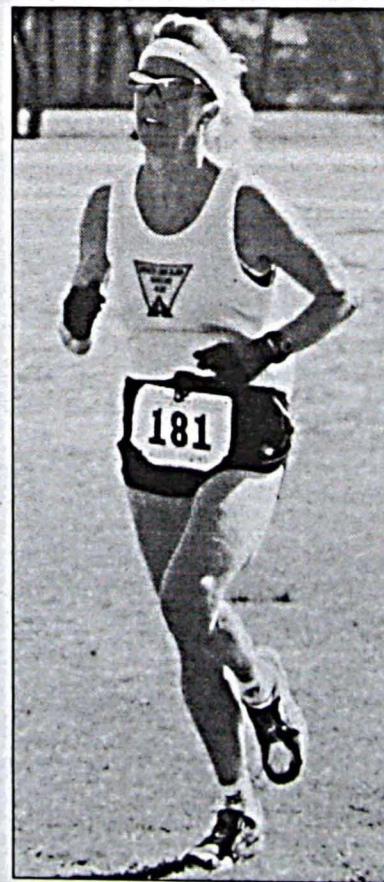
September 14-15. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

September 29. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

October 19. USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

October 26. USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 3. USATF National Masters 8K



MIKE POLANSKY

Jeanette Mitchell, 42, first W40+ (23:33), Vytra Human Race 5K, Islip, N.Y.

Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 24. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnats

EAST

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

July 7. NYRR Bronx Half-Marathon, Bronx, NYC. 212-860-4455; www.nyrrc.org

July 7. Firecracker Run 5K/USATF LI Men's Championships, Massapequa, N.Y. 516-349-9157; www.lif.org

July 13. Hartford Women's 5K, Hartford, Conn. Beth Shluger, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866.

July 13. Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171; www.ywcagettsburg.org

July 13. Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 724-254-2369.

July 13. Vytra Long Island Women's 5K, Farmingdale, N.Y. 516-349-7647; www.glirc.org

July 14. 25th annual Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

July 20. Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. James Nowicki, 697 W. Delavan Ave., Buffalo, NY 14222. 716-881-1652.

July 20. Rockville Rotary Twilight 8K Runfest, Rockville, Md. 301-652-7048; www.mcrrc.org/twilighter

July 21. Stowe 8 Miler, Stowe, Vt. Stowe 8, 400 Upper Hollow Hill Rd., Stowe, VT 05672. www.stowe8miler.org

July 21. Indian Ladder Trail 15K, Thacher State Park, Albany, N.Y. Hudson-Mohawk RRC, 435-4500; hmrrc.com

July 30. JP Morgan Chase Corporate Challenge 3.5 Mile, Jones Beach, L.I., N.Y. 516-349-7649; www.glirc.org

July 30. Yankee Homecoming 10 Mile, Newburyport, Mass. 978-463-3393; www.yankeerace.com

August 3. Beach to Beacon 10K, Cape Elizabeth, Me. Entries close at 5000. 888-480-6940; www.Beach2Beacon.org

August 6. JP Morgan Chase Corporate Challenge 3.5 Mile, Syracuse, N.Y. 315-446-6285; www.jporganchasecc.com

August 10. George Sheehan 5 Mile, Red Bank, N.J. 732-303-7478(d); www.sheehanclassic.org

August 11. SBLI Falmouth 7.05 Miles, Falmouth, Mass. 508-737-7874; Falmouth RoadRace.com

August 17. Merchants Mile, Massapequa Park, L.I., N.Y. 516-349-9157; www.lif.org

August 18. Eamonn Coghlan 5K Classic, Belmont Race Track, N.Y. 212-686-1210; 685-4649.

August 25. Stone Harbor Lions 10K/USATF Mid-Atlantic Championships, Avalon, NJ. 609-368-1440.

September 15. CVS/Pharmacy Downtown 5K, Providence, R.I. Charlie Breagy, c.breagy@worldnet.att.net

September 15. Jefferson Hospital

Continued on page 25



David Webster, RRCA Club Chair

Continued from page 23

Philadelphia Philadelphi, Pa. ladistancerun.org

September 21. 10K/RRCA Chase Cow Harbor 10K

11768. www.cowharbor10k.com

September 21. Weirs, N.H. 8-p

603-234-5452; www.10krrca.com

September 22. Cross-Country 4455; www.nycc.org

September 22. National Chan Stasaitis, 154

13501. 315-79

September 27. Mile Relay, Beach, N.H.

lay.com

September 28. NYC. 212-8

M&W60+ cc 6886; alpuma

September 2. 5K, Philadelp

July 4. Peach Ga. Atlanta T

Atlanta, GA atlantatrackcl

July 13. Crazy 245-9559; ww

July 20. Brid Fla. 904-794 yahoo.com

September 1. Virginia B www.mrhalf.



GEORGE BANKER

David Webster, second M45 (59:30), 2002 RRCA Club Challenge, Columbia, Md.

Continued from page 24

Philadelphia Half-Marathon & 5K, Philadelphia, Pa. 215-564-6499; www.philadistanceclub.org

September 21. The Great Cow Harbor 10K/RRCA Championships, Northport, N.Y. Cow Harbor 10K, PO Box 41, Northport, NY 11768. www.cowharborrace.com

September 21. Lake Winnepesaukee Relay, Weirs, N.H. 8-person teams. Ken Robichaud, 603-234-5452; krobichaud@presstek.com

September 22. NYRR Fred Lebow 5K Cross-Country, Central Park. 212-860-4455; www.nyrrc.org

September 22. Falling Leaves 5K/RRCA National Championships, Utica, N.Y. Jim Stasaitis, 154 Elmwood Place, Utica, NY 13501. 315-797-4949.

September 27-28. Reach the Beach 200 Mile Relay, Bretton Woods-Hampton Beach, N.H. 508-881-4505; www.rtbrelay.com

September 28. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net

September 29. Four Seasons Terry Fox 5K, Philadelphia. 215-963-2737.

SOUTHEAST

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

July 4. Peachtree Road Race 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; www.atlantatrackclub.org

July 13. Crazy 8's 8K, Kingsport, Tenn. 432-245-9559; www.crazy8s.org

July 20. Bridge of Lions 5K, St. Augustine, Fla. 904-794-0222, x4749; spolystjohns@yahoo.com

September 1. Rock 'N' Roll Half-Marathon, Virginia Beach, Va. 800-311-1255; www.mrhalf.com

MIDWEST

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

July 19. Andersen's Bastille Day 5K, Chicago, Ill. 773-868-3010, x228; andersen.com/bastilledayrace

July 20. Standard Federal Bank 10K Series, Grand Rapids, Mich. 877-904-5408; www.standardfederalbank10k.com

July 27. Greater Clarksburg 10K, Clarksburg, W.Va. 304-624-4100; www.Clarksburg10K.com

July 28. Johnnycake Jog 5 Mile, Painesville, Ohio. Jim Murphy, 7085 Mentor Ave., Willoughby, OH 44094. 800-947-2737.

August 8. JP Morgan Chase Corporate Challenge 3.5 Mile, Chicago, Ill. 773-777-9000; www.chasecc.com

August 10. Paavo Nurmi Marathon & Relay, Upton, Wis. 715-561-3290; www.hurleywi.com

August 17. Standard Federal Bank 10K Series, Kalamazoo, Mich. 877-904-5408; www.standardfederalbank10k.com

August 17. Parkersburg Half-Marathon, Parkersburg, W. Va. 304-485-8844; www.parkersburgnewsandsentinel.com

August 24. Crim Festival of Races 10 Mile, Flint, Mich. 810-235-3396; www.crim.org

September 8. Chicago Half-Marathon. 773-929-6072; chicagohalfmarathon.com

September 14. Standard Federal Bank 10K Series, Detroit-Metro, Mich. 877-904-5408; www.standardfederalbank10k.com

September 21. USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. Contact: 937-257-4350; http://afmarathon.wpa.af.mil

September 21. Corn Classic 5000, Morganfield, Ky. 8:30 am. Douglas J. Johnson, 270-389-4684; 389-2323

September 29. Fox Cities Marathon, Appleton, Wis. 5K Run/Walk on 28th. \$10,000 prize money. Contact: 877-230-7223; www.foxcitiesmarathon.org.

October 13. LaSalle Bank Chicago Marathon. 888-243-3344; www.chicago-marathon.com



GEORGE BANKER

Piriya Pinit, M56, 67:16, and Linda Wack, 46, 67:21, 2002 RRCA Club Challenge, Columbia, Md.

MID-AMERICA

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

July 13. Midnight Madness 10K & 5K, Ames, Iowa. Roman Lynch, PO Box 266, Ames, IA 50010. 515-232-6131.

July 20. Quad-City Times Bix 7, Davenport, Iowa. Ed Froehlich, edfroehlich@home.com

September 7. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 1-800-542-3992; www.visitdetroitlakes.com

September 14. Turkey Day 10K, Worthington, Minn. 507-376-6105(d); 376-5610(e).

September 21. Walker North Country Marathon, Relay, & 10K Run/Walk, Walker, Minn. 218-547-3327; www.raceberryjam

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Sportspectrum Firecracker 5K, Shreveport, La. Matt Brown, 7607 Youree Dr., Shreveport, LA 71105. 318-798-1241.

July 4. Bethany 8K Classic, Bethany, Okla. www.okrunner.com

July 27. Mohawk 5000, Tulsa, Okla. Mohawk 5K, 12127 E. 29th Ct., Tulsa, OK 74129. www.signmeup.com/mohawk5000

August 24. Arkansas Senior Olympics 10K, Hot Springs. Qualifier for 2003 NSGA Senior Games. AR Sr. Olympics, PO Box 3377, Hot Springs, AR 71914; 501-321-1441; arsrplym@hotsprings.net

WEST

Arizona, California, Hawaii, Nevada

July 7. Fleet Feet Capitol Mile/USATF PAC Championships, Sacramento, Calif. 916-929-4786; www.rungoldmedal.com

July 14. Eden Medical Center's Run to the Lake 10K & 5K, Castro Valley, Calif. 415-759-2690; www.RhodyCo.com

July 28. Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharftowharf.com

July 28. Chronicle San Francisco Marathon/Relay, Half-Marathon, & 5K. 800-698-8699; www.chroniclemarathon.com

August 18. 24th annual McConnell's Ice Cream 5K & 10K, Santa Barbara, Calif. Kevin Young, 805-564-3400; kyoung@sbr.com

August 18. America's Finest City Half-Marathon & 5K, San Diego, Calif. 858-792-2900; www.afchalf.com

August 22 (Thurs). Sunset in the Park 2.8 & 4.8 Cross-Country Race, Huntington Beach, Calif. 6:00 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

August 24. Summertime Jet to Jetty 5K & 10K, Playa del Rey (Los Angeles), Calif. Airport Marina Counseling Service, 310-670-1410.

NORTHWEST

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

July 3. Club Northwest Firecracker 5000, Seattle. 11:55 pm start. Finishes in Memorial Stadium July 4. 206-729-9972; www.promotionevents.com

July 4. Pacific Continental Bank Butte to Butte 10K, Eugene, Ore. 541-687-1989; buttetobutte.org

July 24. Deseret News/Granite Furniture Marathon & 10K, Salt Lake City. 801-270-7260; www.desnews.com/run

August 23. Nationwide Insurance Hood to Coast Relay 195 Mile, Mt. Hood-Seaside, Ore. 503-292-4626; www.hoodtocoast.com



GEORGE BANKER

John Tuttle, 42, fourth overall (30:22), Sallie Mae 10K, Washington, D.C.

CANADA

July 7. Calgary Herald Stampede 10K, Calgary, Alberta. 403-264-2996; www.stampederodrace.com

RACEWALKING

July 13. USATF Maine RW Championships, Brunswick. Dave Watson, 207-443-6171.

July 14. USATF Long Island 3K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

July 14. USATF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317.

July 28. USATF Long Island 5K RW Championships, East Meadow, N.Y. Gary Westerfield, 631-979-9603.

August 8-11. USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

September 1. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com

September 7. North Central 5K RW Championships, Detroit Lakes, Minn. Paul Geyer, 218-847-0410.

September 21. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; bbaker@preferred.com

September 28. USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

October 7-19. Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

October 20. USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; racewalker@cyberagency.net

RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44	Mile	4:41.52	3-23-02
Mac Allen	Mile	4:49.9	6-30-01
John Anderson	3K	9:58	5-22-02
Kenny Cook	800	2:05.41	4-26-02
Steve Cooper	SP	15.18	8-05-01
Warren Taylor	Discus	47.74	9-01-01
Glen Whiteley	400	52.6	7-25-01
M45-49			
Wilhelm Anderson	3000 l	10:16.76	3-22-02
Bruce Roebal	Mile	5:00.47	1-19-02
M50-54			
Ray Milojevich	J	150-6 1/2	7-7-01
M55-59			
Walter Atcheson	10K	38:30	3-27-82
Hank Konen	D	151-6	4-21-02
Robert Weiner	3K sc	13:12.40	5-4-02

M65-69	55m	7.8	3-16-02
William Bittner	60m	8.3	4-14-02
Norman Ellis	55m	8.0	3-16-02
Kallukkat Thomas	TJ	8.91	3-16-02
M70-74	WP	3251	11-3-01
William Patrick	1500	6:19.19	4-7-02
Dwight Shaeffer			
M75-79	1500	7:02.94	7-21-01
Willis Moses	800	3:22.36	7-21-01
M90-94			
Allan Bjork	D	50-8	10-10-01
	J	51-50	10-10-01
	SP	19-9 1/4	10-10-01

W35-39	HJ	1.35	5-3-02
Liz Pitser			
W40-44	HJ	1.27	3-17-02
Pam Gunneson	Mile	6:04.17	5-19-02
Mary Steppi			
W45-49	HJ	1.27	3-22, 24-02
Nancy Cochrane	3K RW	16.22.92	3-24-02
Debbie Topham			
W60-64	5K	24:23	5-12-02
Suzanne Franco			
W65-69	LJ	8-6	4-27-02
Anne Ydell			

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	5:40	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1/4	5-9/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/4	3-3/4	2-7/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/4	13-5/4	12-11/4	12-11/4	11-7/4	10-0	8-10/4	7-10/4	7-6/4	6-6/4	5-10/4	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2/4	18-4/4	17-8/4	16-1/4	14-9	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-6	19-5/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11/4	39-4/4	42-0	37-8/4	36-1/4	29-6/4	26-3	19-8/4	
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5/4	72-8	65-7/4	55-9/4	52-6	49-2/4	39-4/4		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2/4	68-10/4	59-1/4	52-6	45-11/4	42-8	36-1/4		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5/4	72-2/4	68-10/4	59-1/4	45-11/4	39-4/4	29-6/4		
20#WT.	10.00	9.00	8.00	7.01									
	32-9/4	29-6/4	26-3	23-0									
16#WT.													
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-8/4	18-1/4	16-4/4	17-2/4	16-4/4	15-7	14-9	13-1/4	11-5/4	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

- 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"
 Long hurdles: 30-59: 30"; 60+: 27"
 3) Shot put: 30-49: 4kg; 50+: 3kg
 4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g
 5) Hammer: 30-49: 4kg; 50+: 3kg
 6) Metric heights and distances are the standard; feet and inches listed for convenience.
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA)

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

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

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Potomac Valley TC Meet Alexandria, VA; April 2

100m	
M35 Lorenzo Thomas	12.60
M40 Harold Hunt	12.00
M45 Matt Texier	11.80
M55 Jim Thurman	13.40
W80 Carla Convery	26.70
800m	
M50 James Brooks	2:42.10
Mile	
M40 Ted Poulos	5:06.09
M60 James Verdier	6:52.70
W60 M-L Michelsohn	6:25.24
3000m	
M40 Ted Poulos	10:55.80
M50 Jay Wind	11:50.30
M60 Blaine Lawson	12:28.70
M70 James Keat	14:08.70
W50 Hillen Stubendorff	12:50.40
W60 M-L Michelsohn	12:08.50
High Jump	
M45 Keith Mathis	5-1
Long Jump	
M30 Jamaal Abdullah	17-5
M35 John McKenzie	16-2.50
M40 Harold Hunt	13-6
W55 Sue Phillips	8-9.50
W60 Toni Letaw	7-10
W80 Carla Convery	2-10.50
Triple Jump	
M45 Keith Mathis	29-4.50
Shot Put	
M50 Randy Yohe	24-10
M45 Keith Mathis	15-8.50
W55 Sue Phillips	23-5
W60 Toni Letaw	17-9
W65 Sharon Good	15.50
W80 Carla Convery	12-4.25
Discus	
M45 Keith Mathis	78-7
M50 Randy Yohe	94-4
M60 Norman Johnson	114-10
W55 Sue Phillip	69-3
W60 Toni Letaw	43-7
W65 Sharon Good	36-11
W70 Kate DeAngelis	41-2
W80 Carla Convery	26-7
Javelin	
M50 Randy Yohe	74-10
W55 Sue Phillips	52-5
W60 Toni Letaw	38-6
W65 Sharon Good	25-1
W70 Kate DeAngelis	25-8
W80 Carla Convery	30-5
Mile RW	
M45 Peter Blank	10:39.70
W50 C L Arbelbide	11:13.40
3000m RW	
M45 Jeremy Kilborn	20:48.40
M60 Michael Schwed	19:11.30
M75 Charles Boyle	20:29.20
W40 Carolyn Kilborn	22:09.40
W60 Lois Dicker	18:42.30
W70 Terry Hamilton	24:22.50

Legends Mile

Washington, PA; April 27	
M40 Joe Seiler	5:34.68
Sam Bertainthal	5:44.36
M45 Roy Hetrick	6:53.36
M50 Dave Sobal	5:25.95
M65 John Harwick	8:12.61

Princeton Invitational/Larry Ellis Masters Invitational 1500 NJ; May 5

Dave VanHoughton	43	4:16.3
Don DiDonato	44	4:22.3
Fred Kitzow	46	4:23.0
Harold Nolan	55	4:26.8
Tony Piasta	50	4:46.1

Garden State Athletic Club Classic Randolph, NJ; June 2

100 Meters	
M30 Bryan Pierce	11.59
Cortez Grimes	12.30
M35 Paul Boccard	12.71
Terry Williams	13.14
M40 Jeff Gold	11.83
Rick Evans	12.28
Tim McMahon	12.70
John Rodriguez	13.19
M45 John Brooks	11.92
Joe Hehn	12.93
Rockdale Hudson	13.16
M50 Jesse Norman	12.38
Bob Reese	14.73
M55 Robert Koontz	12.53
Meivin Fields	12.57
Bhashwar Hart	12.85
Jim Burke	14.60
David Gingras	15.61
Bob Edmonds	16.28
M60 David Rosenthal	15.90
Bill Hughes	39.72
M65 Larry Colbert	13.48
K.M. Thomas	13.97
M80 Jim Manno	16.59
W50 Sharon Warren	14.22
Skipper Clark	17.45
110 High Hurdles	
M40 Tim McMahon	18.10
M50 Mark Johnson	19.71
W50 Skipper Clark	18.39
200 Meter Dash	
M30 Bryan Pierce	23.40
M40 Darnell Gatling	23.05
Dave DiMassa	24.78
Luca Trovato	26.95
M45 Thomas Jones	23.50
Archie Glaspy	24.25
John Brooks	24.28
Edward Goera	24.01
Jesse Norman	25.03
Dennis Brown	25.64
Sak Flowers	26.77
Charles Pleasant	28.79
Michael Garrity	29.59
Robert Koontz	25.78
Bhashwar Hart	26.27
Jim Burke	30.88
David Gingras	33.06
M60 David Siegfried	32.41
Nate Byrd	29.22
Gene Ballard	34.55
M65 Larry Colbert	27.74
James Duncan	33.19
M80 Jim Manno	35.91
M85 Bob Matteson	43.20
W35 Shemayne Williams	27.74
W40 Louise Clark	29.35
W45 Paula Dickson-Taylor	30.52
W50 Sharon Warren	28.48
Jennifer Pinto	31.28
400 Meter Dash	
M30 Adam Gardner	55.63
David Cherry	54.98
Dave DiMassa	55.94
Luca Trovato	58.61
M45 Archie Glaspy	54.60
Thomas Jones	55.07
Francis Schiro	56.35
M50 Ed Goera	55.24
Dennis Brown	58.62
Sak Flowers	59.18
Alan Constantino	1:01.15
Charles Pleasant	1:04.96
Michael Garrity	1:08.07
Eddie Harris	1:19.84
M55 Melvin Fields	58.64
Glenn Schmel	1:04.71
Jesse Nitkowski	1:06.36
David Gingras	1:17.94
Bob Edmonds	1:19.66
M60 David Siegfried	1:12.93
David Rosenthal	1:33.94
M65 Larry Colbert	1:01.83
Ken Baker	1:05.35
Irwin Bernstein	1:12.33
David Siegfried	1:12.93
John Leonard	1:15.14
M70 Arthur Kearney	1:23.12
M80 Jim Manno	1:27.98
M85 Bob Matteson	1:47.12
W35 Dawn Best	1:07.30
Julia Casals	1:08.89
W40 Louise Clark	1:10.71
W50 Jennifer Pinto	1:22.22
800 Meter Race	
M35 John Hanlon	2:23.08
M40 Gary Cox	2:21.16

M45 Doug Bogert	2:29.59
Brian Barry	2:43.00
M50 Kirk Pieret	2:25.79
M55 Jonathan Tetherly	2:38.14
John Saarmann	2:41.56
Bill Indek	2:47.55
M65 Frank Haviland	2:36.41
Irwin Bernstein	2:55.72
John Leonard	2:55.84
M75 Ray Cherniak	3:11.62
W45 Paula Dickson Taylor	2:41.49
Mile Run	
M30 Angelo Harasts	5:08.19
M40 Glenn McIsaac	4:51.66
Kevin Higgins	5:09.23
M45 Frank Morton	5:41.66
M50 Roger Pnce	5:16.30
Michael Quinn	6:15.23
M55 Jesse Nitkowski	6:09.20
M65 Frank Haviland	5:53.71
John Leonard	6:15.64
M70 Joe LaBruno	7:54.56
M80 William Benson	8:36.46
5,000 Meter Run	
M30 Angelo Harasts	18:16.26
Joseph King	19:50.05
M40 Randy Miller	18:28.89
M45 James McNamara	18:54.01
M50 Kirk Pierret	19:54.83
Michael Quinn	21:20.11
M70 Joe LaBruno	26:45.16
M85 Dudley Healy	42:21.31
Mile Race Walk	
M40 Randy Miller	9:25.34
M70 Joe LaBruno	11:50.69
M50 Sherry Brosnahan	9:05.13

High Jump	
M40 David Kolakowski	50"
M50 Mark Johnson	48"
Ron Salvio	46"
Tie Bob Reese	40"
Tie Michael Garrity	40"
M55 Eddie Harrison	50"
M60Tie Jerry Sullivan	36"
Tie David Rosenthal	36"
M65 Vince Ruffin	42"
K.M. Thomas	34"
M70 Arthur Kearney	31"0"
Jack Lance	30"
W35 Dawn Best	40"
Long Jump	
M35 Terry Williams	3.38
M40 Rick Choppa	5.52
Glenn Metcalfe	4.29
M50 Mark Johnson	4.52
Bob Reese	4.12
M55 Jesse Nitkowski	4.77
David Gingras	2.53
M60 David Rosenthal	3.08
M65 Vincent Ruffin	4.08
K.M. Thomas	3.94
M70 Jack Lance	3.26
W35 Dawn Best	3.96
Pole Vault	
M35 Duncan Littlefield	4.45
M40 Paul Boccard	2.80
M45 Peter Hirschmann	3.25
M50 Bob Reese	2.80
Mark Johnson	2.05
Triple Jump	
M35 Terry Williams	11.0
M50 Mark Johnson	9.91
Bob Reese	7.54
M60 David Rosenthal	7.30
M65 K.M. Thomas	7.21
M70 Jack Lance	7.02
Discus	
M40 Warren Taylor	48.07
Peter DeStefano	43.17
M45 Herman Pinque	37.33
M50 Dennis Chandler	33.62
Dan Folk	31.20
Ron Salvio	28.77
Mark Johnson	26.57
Mike Garrity	25.72
Bob Palermo	21.10
M55 Walt Roucken	28.96
Carl Levine	25.98
M60 Larry Pratt	51.60
John Bronstein	38.10
Russell Van Put	36.65
Jerry Sullivan	28.54
Tim Miles	24.53
M65 James Duncan	33.17
Pete Barker	31.63
M70 Leonard Olson	34.57
M75 Zelig Strauss	23.88
W35 Jane Decker	28.96

Javelin	
M30 Dan Adams	178"9"
M35 Steve Jochum	186"9"
M50 Greg Geraci	180"
Dennis Chandler	163"5"
Glenn Weaver	129"2"
Michael Garrity	90"5"
Ron Salvio	88"4"
M55 Carl Levine	91"3"
M60 Jerry Sullivan	94"4"
M65 Frank Illuzzi	140"3"
Robert Youngs	130"4"
James Duncan	113"1"
M70 Leonard Olson	98"7"
Sigfried Kewitt	92"

W35 Jane Decker	55"9"
W50 Skipper Clark	61"5"
Shot Put	
M40 Warren Taylor 46"5"	
Peter DeStefano	38"7"
Victor Venna	37"1"
Glenn Metcalfe	30"5"
M50 Dennis Chandler	38"11"
Rich Dunphy	32"7"
Mark Johnson	31"7"
Dan Folk	26"2"
Ron Salvio	25"5"
M55 Charles Roll	44"5"
Walter Roucken	32"1"
Carl Levine	28"10"
David Gingras	24"6"
M60 John Berstein	31"10"
Jerry Sullivan	29"9"
Bill Hughes	29"2"
Tim Miles	23"4"
M65 James Duncan	34"1"
Ed Joyce	30"10"
Pete Barker	31"3"
M70 Leonard Olson	36"2"
M75 Zelig Strauss	26"9"
W35 Jan Decker	33"9"
W50 Linda Smith	20"9"
Weight Throw	
M50 Glenn Weaver	35"5"
Ron Salvio	31"1"
Dan Folk	29"6"
Robert Palermo	19"5"
M55 Carl Levine	26"3"
M60 John Bronstein	42"2"
M65 Pete Barker	35"5"
M75 Zelig Strauss	17"6"

SOUTHEAST

Carolina Masters Meet Charlotte, NC; April 6

100m	
M40 H L Pierce	11.60
M45 Anthony Searles	12.06
M60 Horace Andrews	15.77
M70 Bill Daprano	15.56
W30 Ericka Williams	15.24
W50 Hillen Stubendorff	15.63
W65 Anne Yudell	18.94
200m	
M40 H L Pierce	24.64
M45 Wayne Fisher	27.28
M60 Horace Andrews	36.28
W50 Hillen Stubendorff	33.60
W65 Anne Yudell	44.90
400m	
M35 Robert Cousar	1:02.16
M40 Wes Whitaker	55.54
M45 Wayne Fisher	1:00.56
M60 Maxwell Hamlyn	1:07.44
M70 Jake Whitfield	1:42.00
W35 Bridget Lightner	1:14.36
W50 Hillen Stubendorff	1:12.28
W65 Jeanne Daprano	1:20.70
800m	
M35 Robert Cousar	2:25.56
M40 Wes Whitaker	2:17.51
M60 Maxwell Hamlyn	2:36.63
M70 Jake Whitfield	3:50.65
W35 Liz Pitsler	2:19.14
W40 Brenda McGovern	2:55.80
1500m	
M35 Ellis Williams	5:18.59
M40 Ed Fager	4:55.43
M45 Paul Kinney	4:43.47
M60 Maxwell Hamlyn	5:14.51
M65 Alex Coffin	7:08.74
M70 Jake Whitfield	7:52.39
W65 Jeanne Daprano	6:22.82
3200m	
M40 Alan Sigmon	12:15.20
M45 Paul Kinney	10:38.65
W35 Bridget Lightner	16:00.32
W40 Brenda McGovern	13:18.68
Long Hurdles	
M35 Maury Isley	1:07.99
M40 William Vicory	1:16.56
M45 Jameson Wells	1:25.43
4x100m Relay	
M40 Masters TC "A"	52.32
High Jump	
M35 William Vicory	5-0
M50 Johnnie Dye	5-0
M55 Terry Martin	4-8
M60 Mike Valle	4-2
Pole Vault	
M45 Tim Rhyne	10-0
M50 Johnnie Dye	12-0
W50 Hillen Stubendorff	8-11.75
Long Jump	
M35 Fani Afolayan	19-4
M40 Mike Kayes	17-10.50

M45 Wayne Fisher	17-2
M50 Bob Rockwell	15-6.50
M55 Terry Martin	13-7.25
M70 Bill Daprano	11-10.50
W30 Ericka Williams	12-2.75
W50 Hillen Stubendorff	13-2.75
Triple Jump	
M40 Mike Kayes	36-7.75
M50 Bob Rockwell	35-5.75
W30 Ericka Williams	26-11
Shot Put	
M40 Robert Newman	31-6.50
M60 Mike Valle	38.5.50
M65 Gerald Vaughn	46.50
M70 Ed Secaur	25-8
W35 Liz Pitsler	28-4.25
Discus	
M40 William Vicory	89-1
M45 Geoff Emerson	108-9
M60 Mike Valle	135-8
M65 Bill Gramley	133-7
M70 Ed Secaur	83-5
W35 Liz Pitsler	69-3
Javelin	
M45 Jameson Wells	120-8
M60 Mike Valle	98-0
M70 Bill Daprano	97-2
W35 Liz Pitsler	93-3
3200m RW	
M65 Anne Yudell	12:36.34

Florida AC Meet-Orlando Chapter Kissimmee; May 19

50m	
M40 Steve Palacios	6.95
M55 Wayne Hansen	6.98
M65 Benjamin Jiminez	8.99
M70 Norm Taylor	8.49
W45 Jocelyn Lowther	7.58
100m	
M45 Steve Palacios	12.45
M50 Bobby Terrill	13.01
M55 Wayne Hansen	12.91
M65 Benjamin Jiminez	17.40
M70 Larry Fleischman	15.80
W30 Maria Morris	14.23
W35 Andrea Collier	13.63
W45 Jocelyn Lowther	14.13
200m	
M30 John Burke	24.55
M35 Daren Welborn	24.08
M45 Steve Palacios	25.58
M50 Bobby Terrell	26.98
M55 Wayne Hansen	27.55
M70 Warren Doescher	37.00
M75 Manuel Jiminez	41.91
W45 Jocelyn Lowther	29.09
M30 Nadir Murad	57.90
M35 Kerry Jackson	53.30
M45 Chas Smith	57.28
M55 J C Shenk	66.22
M75 Manuel Jiminez	1:42.59
W45 Jocelyn Lowther	65.56
800m	
M35 Lou Musica	2:18.75
M45 Jose Rosario	3:05.00
M50 Eugene Truchelut	3:06.53
M55 J C Shenk	2:44.58
M70 Ralph Miller	2:40.41
M75 Manuel Jiminez	3:53.15
W45 Celene Peters	3:07.43
W60 Willy Moolenaar	3:40.00
1500m	
M35 Lou Musica	4:56.66
M40 Steve Koski	4:38.53
M45 Jose Rosario	7:35.61
M50 Eugene Truchelut	6:31.01
M75 Manuel Jiminez	8:07.61
W45 Celene Peters	6:25.41
W60 Willy Moolenaar	6:59.82
Short Hurdles	
M35 David Zeiters	16.40
M40 A J Thomas	18.17
M60 John Sloan	21.78
M70 Larry Fleischman	16.78

Continued from previous page

LONG JUMP	
M50 JOHN BARTON	13.2*
M55 JOHN MYLUS	11.7*
M60 BUFE MORRISON	11.1*
M65 JIM LEGGITT	14.0*
M70 JIM POWELL	14.1*
M75 DOUG COCHRAN	7.1*
M80 RALPH MAXWELL	11.2*
M85 NICK AGUILAR	4.9*
M70 DOROTHY GROSS	6.3*
HIGH JUMP	
M50 JOHN BARTON	4.8*
M55 STEVE MAC INTOSH	4.1*
M60 BUFE MORRISON	3.10*
M65 JIM LEGGITT	4.0*
M70 JIM POWELL	3.10*
M75 BILL BARTON	3.10*
M80 RALPH MAXWELL	3.10*
M85 NICK AGUILAR	2.4*
M55 LAURIE BARTON	3.8*
100M RUN	
M50 BYRON JOHNSON	41.54
M55 GERALD ROY	41.13
M60 BILL HOLMBERG	54.13
M65 PAUL HERNANDEZ	54.11
M70 DON NAVKAL	56.46
M75 FRAN CASTORENA	74.11
M50 NONI HOLMBERG	55.11
SHOT	
M50 JERRY CASWELL	40.3*
M55 GORDON HOFFORD	29.4*
M60 BUFE MORRISON	30.6*
M65 JAKE JACOBS	25.9*
M75 DOUG COCHRAN	25.1*
M85 NICK AGUILAR	23.2*
M70 DOROTHY GROSS	19.9*
DISCUS	
M50 JERRY CASWELL	125.4*
M55 STEVE MAC INTOSH	78.9*
M60 BUFE MORRISON	87.9*
M65 JIM LEGGITT	96.2*
M75 DOUG COCHRAN	75.3*
M85 NICK AGUILAR	35.3*
M60 HARY MORRISON	41.8*
M65 NAUD SNEEL	50.7*
M70 DOROTHY GROSS	46.1*
JAVELIN	
M50 JERRY CASWELL	104.0*
M55 STEVE MAC INTOSH	120.6*
M60 BUFE MORRISON	107.5*
M65 JIM LEGGITT	93.8*
M75 DOUG COCHRAN	88.1*
M85 NICK AGUILAR	30.6*
M50 DIANN KAERHER	69.7*
M65 NAUD SNEEL	35.7*
M70 DOROTHY GROSS	49.1*
1500M FACEWALK	
M50 JERRY CASWELL	10.09
M55 RICHARD ECKERT	9.25
M60 BUFE MORRISON	11.34
M65 FRANK CONNERTON	11.21
M70 DOYLE QUILLIN	13.42
M75 NICK AGUILAR	13.34
M50 EVA CASWELL	11.20
M60 HARY MORRISON	11.15
M65 SHIRLEY HERNANDEZ	12.08
M70 ISABEL MARTINEZ	15.32
M60 BETTIE BERRIE	12.30
50 RACEWALK	
M50 RICHARD RECHY	34.11
M55 RICHARD ECKERT	34.19
M60 NIGUEL GARCIA	37.27
M65 FRANK CONNERTON	41.01
M70 DOYLE QUILLIN	49.06
M75 EVA CASWELL	40.19
M60 HARY MORRISON	39.28
M65 SHIRLEY HERNANDEZ	41.44
M60 BETTIE BERRIE	46.37
Dallas Senior Games	
Dallas, TX; April 13	
50m	
M50 Ken Raggio	7.05
M55 Courtland Gray	6.57
M65 Edward Rison	7.99
M70 Joe Summerlin	7.36
M75 Bob Wingo	9.11
M50 Onela O'Briant	8.49
100m	
M50 Ken Raggio	13.71
M55 Courtland Gray	12.48
M65 Edward Rison	15.07
M70 Joe Summerlin	14.36
M75 Andy Anderson	15.05
M75 Bob Wingo	18.23
M50 Onela O'Briant	15.99
M55 Kathleen Frable	20.83
M65 Marylou Bradford	17.70
M80 Margaret Hinton	26.17
200m	
M50 Ken Raggio	27.70
M55 Courtland Gray	26.25
M65 Edward Rison	31.77
M70 Joe Summerlin	30.62
M75 Bob Wingo	39.99
M50 Onela O'Briant	35.33
M55 Kathleen Frable	46.00
M65 Marylou Bradford	39.02
M80 Margaret Hinton	1:08.82
400m	
M50 Ken Raggio	1:06.53
M55 Bill Lewis	58.90
M65 Marvin Herring	1:23.55
M75 Bob Wingo	1:40.42
M85 Jesse Cummings	2:21.48
M55 Kathleen Frable	1:40.36
800m	
M50 Oza Colley	2:53.50
M55 Frank Crockett	2:47.67
M60 Troy Scroggins	3:04.00
M65 Dick Doores	3:18.00
M70 Jack Gray	3:11.30

M75 Richard Widener	3:25.00
1500m	
M50 Anthony Colon	5:09.90
M55 Frank Crockett	6:00.00
M60 Michael Macaulay	6:23.00
M65 Dick Doores	6:36.25
M70 Jack Gray	6:19.95
M75 Richard Widener	7:09.00
High Jump	
M50 Terrell Schaffer	4-4
M55 Norman Frable	3-8
M60 Lee Powell	3-7
M70 Ross Vrooman	4-0
M85 Jesse Cummings	2-9
M65 Phyllis Provost	3-3
M80 Margaret Hinton	3-1.50
Pole Vault	
M65 Marylou Bradford	5-5
M80 Margaret Hinton	2-11
Long Jump	
M60 Lee Powell	14-10
M70 Val Smith	8-9
M75 Bob Wingo	9-2.50
M80 Margaret Hinton	6-10.50
Triple Jump	
M60 Lee Powell	23-2
M70 Val Smith	20
Shot Put	
M50 Roger Conboy	40-4
M55 Rueben Mosley	31-4
M60 Lee Powell	32-5
M70 Ross Vrooman	29-9
M80 Adrien Pronovost	17-2
M50 Onela O'Briant	25-3
M65 Phyllis Provost	17-3
M80 Margaret Hinton	10-9
Discus	
M50 Brooks West, Jr	129-1
M55 Alan Van Scotter	104-7
M60 Robert Harrell	169-5
M65 Dean Hesse	107-9
M70 Ross Vrooman	97-5
M75 Ed Hooker	96-1
M80 Adrien Pronovost	47-6
M85 Jesse Cummings	56-9
M50 Onela O'Briant	60
M65 Phyllis Provost	48-1
M80 Margaret Hinton	50-3
Javelin	
M50 Roger Conboy	114-8
M60 Lee Powell	87-11
M65 Jack Parker	106-10
M70 Val Smith	88-2
M80 Adrien Pronovost	48-11
M85 Jesse Cummings	41
M50 Onela O'Briant	54-11
M65 Marylou Bradford	56-1
M70 Margaret Hinton	37-11
5K Road Race	
M50 Joseph McKissick	20:55
M55 Norman Frable	22:53
M60 Chock Bailey	20:44
M65 George Rhode	22:59
M70 Jack Gray	22:54
M75 Richard Widener	28:08
M55 Kathleen Frable	27:43
M75 Jan Richards	30:44
1500m RW	
M55 Norman Frable	7:40
M60 David Gordon	9:42
M65 Presley Donaldson	9:27
M55 Kathleen Frable	8:22
M70 Marilyn Olsen	12:17
M75 Jane Nightingale	10:35
M80 Fan Benno-Caris	14:01
M85 Mildred Stapleton	15:00
5000m RW	
M55 Norman Frable	31:21
M60 David Gordon	32:15
M65 Carl Mills	34:14
M55 Patricia Mills	36:13
M70 Marilyn Olsen	NTA
M75 Jane Nightingale	NTA
M80 Fan Benno-Caris	NTA
M85 Mildred Stapleton	NTA
Houston Senior Games	
Houston, TX, April 21	
100 M	
M50 Cliff McBride	11.69
Larry Vollmer	11.75
M55 Randy Smith	12.31
John Hartfield	12.40
Douglas Spencer	12.49
M60 Ray Kozusko	13.72
M65 Wayne Bennett	13.00

M70 Joe Summerlin	14.13
M75 Erling Krosby	14.85
M80 Charles Keenan	18.57
M50 Rita Walker	16.41
M55 Sally Curtis	15.04
M60 Shelly Whitlock	16.62
M65 Mary Lou Bradford	16.75
M70 Georgia Goggin	21.65
200M	
M50 Cliff McBride	24.44
Larry Vollmer	24.85
Jim Jones	25.53
M55 Randy Smith	25.78
Douglas Spencer	25.94
M60 James Procter	27.44
M65 Wayne Bennett	27.59
M70 Joe Summerlin	28.97
M75 Erling Krosby	30.00
M85 Charles Keenan	41.69
M50 Rita Walker	34.59
M55 Sally Curtis	31.56
M60 Marion Coffee-Carney	39.18
400M	
M50 Cliff McBride	58.29
M55 David Parro	1:07.7
M60 James Procter	1:05.0
M65 Mack Stewart	1:02.0
M70 Dell Cobb	1:20.8
M75 Erling Krosby	1:08.9
M80 Charles Keenan	1:56.6
M50 Gari Wood	1:24.5
M55 Bobbie Fisher	1:18.9
M60 Marion Coffee-Carney	1:39.2
M65 Phyllis Provost	1:56.1
800M	
M50 Robert Shaw	2:20.8
M55 David Parro	2:45.8
M60 Ken Hodges	2:44.4
M70 Orville Kremmer	3:06.9
M75 Eugene Nink	3:36.3
M50 Gari Wood	3:13.6
M55 Bobbie Fisher	3:45.5
M60 Ann Erickson	3:13.5
M65 Phyllis Provost	4:18.1
1500M	
M50 Robert Shaw	4:48.0
M60 Loyd Carey	4:52.0
M65 John McInnis	6:50.0
M70 Orville Kremmer	6:50.0
M75 Eugene Nink	6:50.0
M80 Charles Keenan	8:12.1
M50 Gari Wood	6:12.0
M55 Bobbi Fisher	7:32.0
M60 Ann Erickson	6:12.6
1500M RW	
M50 Joseph Schneider	9:21.3
M55 Gary Leinhart	7:48.2
M60 John Knifton	7:52.0
M65 Pete Romero	8:38.8
M70 Richard Massey	11:13.0
M75 Ray Holbrook	10:52.0
M50 Kim Yen	13:12.0
M60 Juanita Rogillio	10:49.2
5000M RW	
M50 Joseph Schneider	33:17.6
M55 Gary Leinhart	31:36.8
M60 John Knifton	31:08.0
M65 Byron Rogillio	36:50.0
M70 Richard Massey	35:29.3
M75 Gene Eastman	36:22.1
High Jump	
M50 Larry Vollmer	5-0
M55 Bill Henderson	4-10
M60 Ray Kozusko	4-6.5
M65 Bill Morris	4-0
M70 John Goggin	3-3
M75 William Buerger	3-3
M80 James Cordell	3-6
M55 Linda Douglas	4-2
M60 Shelly Whitlock	3-6
M65 Phyllis Provost	3-3
M70 Georgia Goggin	2-6
M75 Ruth Seeger	3-3
Long Jump	
M50 Larry Vollmer	19-4
M55 John Hartfield	18-3
M60 Ray Kozusko	15-9
M65 Jilang Yang	13-1.5
M70 Herbert Wolf	10-2.5
M75 Keith Tomkins	9-10
M80 Wade Alexander	9-0
M50 Elisabeth Kennedy	10-8
M55 Jean Vandergruysen	10-0
M60 Mary Conway	5-9
M65 Phyllis Provost	7-1
M70 Georgia Goggin	7-8
M75 Ruth Seeger	8-1
Pole Vault	
M50 Clint Harris	9-0
M55 Dennis Schmitt	10-0

M60 Steven Warr	9-6
M65 Jim Julian	7-7.5
M70 Robert Phillips	6-0
M75 Keith Tomkins	7-7.5
M80 James Cordell	6-0
Paul Coons	5-6
M60 Shelly Whitlock	5-0
M65 Mary Lou Bradford	5-6
Shot Put	
M50 Brooks West	45-1.5
M55 Mark Chapman	36-2
M60 Harold Crater	36-9
M65 Jilang Yang	33-4
M70 Jim Gerhardt	36-10
M75 Robert Woolfolk	23-5
M80 Wade Alexander	25-1.5
M85 Roy Hollingsworth	22-9
M50 Diane Gutierrez	32-11.5
M55 Lynne Werner	27-2.5
M60 Mary Conway	23-10.5
M65 Scottie Scott	21-3
M70 Juanita Mosely	24-9
M75 Ruth Seeger	21-0
Discus	
M50 Brooks West	144-07
M55 Mark Lumkin	154-10
M60 Harold Crater	124-08
M65 William Morris	94-9.5
M70 Jim Gerhardt	130-11
M75 Robert Woolfolk	64-07
M80 Wade Alexander	54-00
M50 Diane Gutierrez	92-10
M55 Sally Curtis	64-1.5
M60 Shelly Whitlock	51-1.5
M65 Mary Lou Bradford	53-02
M70 Juanita Mosely	61-00
M75 Ruth Seeger	57-11
Javelin	
M50 Joseph Greenberg	208-07
M55 Bobby Barnes	155-09
M60 Ben Villalpando	112-01
M65 Jilang Yang	105-04
M70 Jim Gerhardt	102-11
M75 Keith Tomkins	71-08
M80 Lawrence Riggs	48-02
M85 Ward Parker	47-07
M50 Elisabeth Kennedy	55-05
M55 Linda Douglas	59-02
M60 Mary Conway	45-03
M65 Mary Lou Bradford	62-03
M70 Georgia Goggin	41-08
M75 Ruth Seeger	62-11
Kerrville Senior Games	
Kerrville, TX; April 27	
100 M	
M50 Sil Bosch	13.91
M55 Ed Jones	12.49
M60 Don Denson	12.73
M65 Wayne Bennett	12.99
M70 Joe Summerlin	13.63
M75 Sam Patterson	16.62
M80 John Whitwell	20.80
M85 Joe Henderson	20.92
M90 Everett Williams	25.54
M50 Oneatha O'Briant	15.16
M55 Laurie Barton	16.21
M60 Shelly Whitlock	16.81
M65 Joan Sutton	17.89
M80 Nita Henderson	22.39
200M	
M55 Ed Jones	26.55
M60 Don Denson	27.67
M65 Wayne Bennett	27.87
M70 Joe Summerlin	29.89
M75 Sam Patterson	36.63
M85 Joe Henderson	53.58
M90 Everett Williams	67.44
M50 Oneatha O'Briant	34.84
M55 Jo Nicholson	45.20
M60 Marion Coffee-Carney	42.70
M65 Joan Sutton	40.78
M90 Kate Kendrick	3:10.97
400M	
M55 Richard Truhill	1:29.97
M60 Jerry Larson	1:11.23
M65 Walter Swierc	1:11.23
M70 Edward Williams	1:24.21
M90 Harold Haswell	5:24.63
M50 Oneatha O'Briant	1:24.66
M55 Jo Nicholson	1:45.58
M60 Mary Kaplan	1:56.13
M65 Phyllis Provost	1:51.03
800M	
M55 Gerald Roy	2:48.92
M60 Troy Scroggins	2:53.77
M65 Gary Schmidt	3:04.19
M70 Edward Williams	3:26.95
M60 Mary Kaplan	4:01.07
M65 Bev Avery	3:31.07
M90 Kate Kendrick	14:08.10

1500M	
M55 Vincent Mejia	5:34.94
Lloyd Rust	5:34.94
M60 Troy Scroggins	6:06.47
M65 Gary Schmidt	6:14.80
M70 Edward Williams	7:17.63
M75 Bob Barton	8:01.91
M60 Mary Kaplan	8:21.08
M65 Bev Avery	7:11.67
High Jump	
M50 Sil Bosch	5-10
M55 William Henderson	4-8
M60 Herbert Miller	4-6
M65 Bobby Crabb	4-6
M70 Val Smith	3-10
M75 Louis Youngblood	3-8
M80 Paul Coons	3-0
M90 Everett Williams	3-0
M55 Linda Douglas	4-2
Laurie Barton	4-0
M60 Shelly Whitlock	3-4
M65 Phyllis Provost	3-2
M75 Ruth Seeger	3-3
Long Jump	
M50 Sil Bosch	16-6
M55 Ed Jones	18-6.25
M60 Bob Kocot	12-8
M65 Val Mora	10-2.75
M70 Robert Hosea	9-9.25
M75 Adolph Hoffman	7-10.5
M90 Everett Williams	5-0
M50 Patricia St Clair	6-0
M55 Laurie Barton	10-10.5
M65 Phyllis Provost	6-8
M70 Dorothy Gross	6-7.25
M75 Ruth Seeger	7-4
Pole Vault	
M50 Mike Jackson	10-0
Larry McIntyre	10-0
M55 William Henderson	9-6
M60 Bob Nowotny	8-0
M70 Ed Williams	4-0
M75 Adolph Hoffman	6-6
Louis Youngblood	6-6
M80 Paul Coons	4-0
M60 Shelly Whitlock	5-1
Shot Put	
M50 Sil Bosch	35-3.75
M55 Mark Chapman	35-8.75
M60 John Conniff	42-2.25
M65 Dean Hesse	39-7.25
M70 Wendell Palmer	40-10.25
M75 Doug Cochran	26-8.5
M80 Bill Stevens	22-4
M90 Everett Williams	22-8.25
M50 Oneatha O'Briant	29-7
M60 Shelly Whitlock	23-2.5
M65 Phyllis Provost	18-4.5
M70 Dorothy Gross	19-0.5
M75 Ruth Seeger	20-4
M85 Lillian Rudd	12-9

Continued from previous page

M50 T Scott 12.5	M45 M Tipping 4.33.6	M55 T Abatzoglou 36.71	M40 Alan Tucker 54.5	W40 Brenda Trobaugh 31-9	M60 R McAlpine 69.76
J Tomaschke 13.1	S Lassegard 4.47.7	M60 J Marino 46.00	Ted Jeung 63.9	Karen Vaughn 28-8	M65 H Tolson 60.29
M Washington 13.6	R Duncanson 4.59.5	F Caris 38.80	M50 David Salazar 56.2	W45 Tina Bowman 24-3.5	C Kirkby 63.70
M55 H Tolson 12.6	M50 D Irvine 4.41.2	D McCraven 35.16	Parker White 59.5	W55 Lorraine Tucker 33-8	M70 J Selby 72.97
D Reichardt 13.0	G Shapiro 4.46.5	M65 B Humphreys 46.52	M55 Dennis Duffy 58.8	Kathy Noble 22-8.5	B Holmes 81.58
D Girling 14.1	M55 R Salupo 4.54.1	H Smith 41.78	M60 Harold Tolson 60.8	Discus	W40 E Mondoy 76.16
M60 L Gillespie 13.3	M60 R McAlpine 5.27.1	R Eldridge 29.29	Wm McMillen 62.8	M40 Allen Eggman 86-10	W45 D Barraza 70.10
S Ryan 15.5	M65 W Wall 5.50.3	M75 D Roser 26.63	M75 Rodney Brown 74.0	M45 Dan Dwight 82-10	C Hoppie 70.25
M65 F Hollier 13.5	R Archibald 6.56.0	W Atcheson 22.19	W40 Mary Woo 70.5	M50 Scott Wolfe 101-11	T Cox 81.01
R Tsuda 13.9	M70 M Sather 6.49.0	M85 P Allen 24.80	Theresa Brown 75.3	M55 David Smith 107-0	W55 J Shirley 74.24
S Flory 14.5	M75 A Bryant 7.18.6	W60 K Bergen 18.60	W45 Valerie St James 70.9	M60 John Burns 128-5	800m
M70 D Cheek 14.3	W Atcheson 7.51.8	W75 J Valien 14.06	Karen Blackmore 83.2	Gene Thacker 122-1	M30 A Saxon 2 05.22
B Phillips 15.3	W40 P Contreras 5.27.8	Hammer	800m	Richard Noble 103-10	R Williams 2 10.07
F Kishi 15.8	L Fisher 5.47.2	M45 R Watson 33.32	M30 Richard Nunez 2:29.0	M65 Bob Humphreys 143-8	M35 S Bishop 2 05.30
M75 J Bilyeu 16.2	W45 T Cox 6.27.6	M50 T Meyer 48.87	M35 Jack Butler 2:30.0	Hal Smith 133-1	B Crouch 2 08.64
W Atcheson 19.5	W55 Y Eichel 6:09.8	M Deller 47.54	M50 David Salazar 2:06.0	John Steinman 102-3	T Hickok 2:18.42
J Welch 20.2	3000m	M55 G Mathews 45.24	Luis Panarale 2:23.8	M70 Tom Allinson 106-10	M40 K McCarthy 2:08.27
M80 A Guidet 18.8	M35 S Bishop 9:13.2	M60 F Caris 32.42	Wayne Morris 2:40.2	Orlyn North 105-7	F Boegeman 2:17.46
M85 B Morrow 21.3	J Casey 10:12.9	J Marino 30.00	M55 Dennis Duffy 2:19.8	Jack Morrill 57-6	R Barrios 2:22.32
P Allen 21.7	M40 B Jensen 9:09.8	M65 B Humphries 41.27	Gary Hall 2:23.7	M75 Louie Toscano 64-11	M45 D Goldman 2:11.56
W30 L D'Angelo 14.6	M50 B Fitzpatrick 11:03.5	Javelin	M75 Rodney Brown 3:03.7	Jerry Silsdorf 55-11	M50 S Lassegard 2:16.80
W45 C Wilson 15.6	M55 M Blakeman 16:08.1	M35 J Gonzales 44.66	W40 Mary Woo 2:43.9	Jerry Lyerla 51-0	J Castle 2:26.04
N Cochran 16.3	M65 W Wall 12:32.1	M40 S Barba 47.53	Theresa Brown 2:44.9	W40 Brenda Trobaugh 83-7	M55 G Shirley 2:31.81
D Selby 16.3	W40 L Fisher 12:30.4	M45 R Watson 45.74	W45 Sarah LinAamodt 3:05.6	Javelin	M70 J Selby 2:54.06
W50 A Wlodarczyk 13.0	W45 D Barraza 11:32.8	T Bowman 34.03	1500m	M40 Dennis Mulgannon 147-0	W45 C Hoppie 2:50.02
W55 L Naftel 14.2	W55 Y Eichel 13:21.8	V McGarry 31.15	M30 Ron Ryan 4:44.5	M45 Tom Bowman 106-3	Mile
W60 K Bergen 14.1	80mH	M50 R Rook 37.91	M35 Jack Butler 5:34.4	M50 Scott Wolfe 129-6	M35 F Cowles 4:47.85
W70 M Kuehne 17.7	M85 B Morrow 26.8	M55 J Brennan 29.99	M50 Wayne Morris 5:42.0	M55 Gary Wuest 110-1	M40 B Jensen 4:42.38
200m	W45 E Mondoy 17.4	M60 J Marino 34.65	M55 Gary Hall 5:01.8	David Smith 99-11	S Terrill 4:49.06
M35 K Berry 22.0	W50 A Wlodarczyk 12.9	D Holmes 32.66	Bobby Powell 5:58.8	M60 John Burns 145-3	M45 M Tipping 4:50.70
F Turnage 24.3	W55 L Naftel 15.5	L Tiffin 23.90	3000m	Ken Lott 114-3	B Morris 5:04.30
J Gonzales 27.6	110mH	M70 D Richardson 25.23	M45 Bruce Deeter 10:12.6	Fred Dilleth 113-2	P Torres 5:43.66
M40 M Sullivan 23.3	M40 G Hayrapetyan 15.9	M75 D Roser 26.32	Scott Rosenlieb 10:16.6	M65 Bob Humphries 101-1	M50 B Fitzpatrick 5:18.81
A Hargrove 23.8	E Anton 17.6	W35 T Nolen-Mack 22.84	Craig Weinmann 11:10.2	M70 Tom Allison 107-11	R Muth 5:37.74
E Dixon 24.2	300mH	W40 A McCormick 25.24	M50 Randy Sturgeon 10:22.9	Jack Morrill 55-11	M55 R Salugo 5:18.81
M45 V Calloway 24.4	M40 E Anton 49.6	W45 T Bowman 28.45	M55 Bobby Powell 12:53.2	M75 Jerry Lyerla 40-11	J Montgomery 5:27.58
S Cummings 24.9	M45 S Cummings 44.4	N Cochran 10.75	W45 Sarah LinAamodt 13:24.9	Joe Benintende 30-4	M Manell 6:11.32
R Richardson 25.4	M55 S Groves 49.8	W50 A Steekelenburg 18.18	Short Hurdles	W40 Brenda Trobaugh 104-10	M60 R McAlpine 5:54.55
M50 H Castille 26.6	W35 T Nolen-Mack 56.6	W60 K Bergen 22.84	M40 B J Duhon 15.2	Karen Vaughn 74-0	M65 D Truex 5:55.49
M Washington 27.3	W40 E Mondoy 60.0	W75 J Valien 14.93	Roger Drummond 18.3	W45 Tina Bowman 75-4	W45 D Barraza 5:45.11
J Tomaschke 29.2	W45 N Cochran 64.2	Visalia Classic/Central California Association Championships	M45 Craig Weinmann 25.1	W50 Nancy Oliviera 79-11	T Cox 6:45.37
M55 H Tolson 25.4	W55 L Naftel 55.9	Visalia, CA; May 18	M50 Ben Del Villar 19.4	W70 MagdalenaKuehne 47-3	W55 J Shirley 5:53.21
L Barnum 26.4	High Jump	50m	M60 Fred Dilleth 17.0	Dan Aldrich Memorial Meet	5000m
D Reichardt 27.6	M40 G Hayrapetyan 1.73	M30 Harold Lyles 6.2	M35 Tammy Mack 23.7	UC-Irvine, CA; May 26	M40 J Marguez 18:21.04
M60 L Gillespie 27.5	A Eggman 1.63	M40 B J Duhon 6.3	100m	100m	M45 D Cook 18:28.41
S Ryan 31.2	M45 R Goodreau 1.42	M45 Hubert Evans 6.2	M40 Roger Drummond 43.8	M35 D Totnage 11.65	Short Hurdles
M65 F Hollier 28.5	M55 J Woodreau 1.52	M50 Raymond Yeck 6.7	M45 Murray Mead 47.5	M Atkins 13.58	M30 D Rocherolle 16.19
M Morris 30.6	M60 D Perry 1.47	M55 Gary Wuest 7.1	Ben Del Villar 53.2	M40 L Cooper 11.72	M40 G Hayrapetyan 15.93
S Villa 31.6	B Bergen 1.37	M60 Fred Dilleth 7.4	M55 Sheridan Graves 49.9	A Millebis 12.68	E Anton 17.73
M70 D Cheek 30.0	D Holmes 1.32	M65 David Hall 8.3	M60 Fred Dilleth 58.9	E Anton 12.73	M85 A P Morrow 26.71
L Beadle 31.0	M65 M Newton 1.42	M70 Don Cheek 7.3	High Jump	M45 D Hargrove 11.54	W40 J Margerum 12.11
J Selby 33.1	H Smith 1.32	M75 Lee Conway 8.4	M40 Allen Eggman 5-2	V Calloway 12.07	V Amarasekara 15.41
M75 R Brown 33.8	M70 B Phillips 1.12	W30 Trishun Espinosa 6.7	M45 Keith Nelson 6-2	S Cummings 12.16	W50 A Wlodarczyk 12.94
J Bilyeu 35.3	W30 L Martin 1.27	W35 Tammy Mack 7.5	Steve Stafford 5-2	M50 T Scott 12.62	Long Hurdles
J Welch 45.7	W40 K Vaughn 1.32	100m	M50 Ben Del Villar 5-3	G Wong 13.60	M40 E Anton 72.84
M85 P Allen 50.4	W45 N Cochran 1.27	M30 Harold Lyles 11.5	M55 Roberto Pozzi 5-3	M55 R Stock 14.69	M45 S Cummings 68.66
B Morrow 50.4	W50 A Steekelenburg 1.37	Martin Mondia 12.4	M60 John Burns 4-6	W Roberson 14.74	M55 S Groves 50.39
W30 L D'Angelo 30.2	W60 K Bergen AR1.31	Fred Dilleth 4-0	Fred Dilleth 4-0	M60 L Gillespie 13.38	W40 J Margerum 48.14
W35 T Nolen-Mack 29.1	(Wright/1.29/2001)	M35 Alan Williams 11.7	M65 John Steinman 4-4	E Mondoy 59.48	E Mondoy 59.48
W45 M Freeman 30.8	M40 G Charles 3.75	M40 Tommy Baker 11.4	Hal Smith 4-4	4x1500m Relay	M45 Cal Coast 19:12.67
N Cochran 34.0	M45 C Brown 4.65	Alan Tucker 11.8	David Hall 4-0	M50 Cal Coast AR19:12.19	High Jump
D Selby 36.9	B Halverson 4.50	Ted Jeung 12.8	M75 Jerry Silsdorf 3-4	M40 G Hayrapetyan 1.73	M45 J Meisler 1.58
W55 L Naftel 30.1	M Hogan 4.05	M45 Kevin Morning 11.1	W40 Karen Vaughn 4-2	M55 D Girling 1.27	D Schuessler 1.52
W70 M Kuehne 37.7	M50 S Morris 3.90	Hubert Evans 11.7	Pole Vault	M60 D Perry 1.52	B Bergen 1.37
M35 K Berry 49.4	B McNeal 3.00	Ron Walter 11.7	M45 Murray Mead 13-0	M65 H Smith 1.37	W35 N Ranta Bagdasa 1.52
F Turnage 60.0	M65 H Smith 2.15	M50 Raymond Yeck 12.8	M50 Steve Hardison 13-0	W40 K Vaughn 1.32	W50 A Wlodarczyk 1.42
G Doud 61.8	M75 D Roser 2.00	M55 Rob Zimmerman 12.7	Jim Andrunj 10-0	W50 A Wlodarczyk 1.42	A Steekelenburg 1.37
M40 F Lipscomb 52.4	Long Jump	Gary Patterson 13.1	M55 Gary Wuest 9-0	B Matthews 14.60	W60 K Bergen AR1.34
R Hicks 53.2	M40 G Hayrapetyan 6.14	Jim Crandall 13.3	M60 Fred Dilleth 7-0	200m	(Wright/1.20/2001)
D DiMassa 55.7	M45 R Watson 4.48	M60 Harold Tolson 12.5	M65 John Steinman 9-0	M30 R Williams 25.96	Pole Vault
M45 V Calloway 55.2	M60 D Holmes 4.08	Fred Dilleth 14.2	Hal Smith 7-0	M35 K Berry 21.87	M35 D Berle 4.27
S Cummings 55.3	M65 R Tsuda 4.18	M70 Don Cheek 14.1	Long Jump	D Totnage 24.39	M40 G Charles 3.66
M55 L Barnum 57.7	M70 B Phillips 3.07	John Poppell 14.4	M40 Lavell Davenport 19-3	M45 A Hecker 29.97	M45 B Halverson 4.74
M65 W Wall 82.6	B Frier 2.06	M75 Lee Conway 17.7	M45 Steve Stafford 15-4.5	M50 D Hargrove 23.47	C Brown 4.74
R Archibald 92.0	W35 T Wilson 4.43	M80 K K Slaughter 20.8	Don Dwight 15-4.25	V Calloway 24.40	M Ramoska 3.20
M70 J Selby 74.0	W40 E Mondoy 3.55	W35 Tammy Mack 13.8	M50 James Manor 15-3	S Cummings 24.48	M50 S Morris 3.81
M75 R Brown 74.1	W50 A Wlodarczyk 5.24	Kathy Green 16.1	M55 David Smith 11-2	W40 J Margerum 12.81	M60 T Cannon 3.51
W Atcheson 1:40.8	W70 M Kuehne 3.01	W40 Detria Thompson 14.9	M60 Rich Imperale 14-7	K Vaughn 16.26	G Miller 3.36
M35 T Nolen-Mack 76.3	Triple Jump	Cynthia Robinson 15.0	W30 Trishun Espinosa 16-11	W45 M Freeman 14.34	M65 H Smith 2.29
M40 L Fisher 78.1	M45 R Richardson 11.28	W55 Pam Zimmerman 15.1	W70 Magdalena Kuehne 9-8	D Selby 16.43	M70 B Holmes 2.14
E Mondoy 79.4	W50 A Wlodarczyk 11.12	W70 Magdalena Kuehn 17.7	Triple Jump	W50 A Wlodarczyk 13.40	M75 D Roser 2.14
M45 D Barraza 71.8	A Steekelenburg 8.48	200m	M40 Lavell Davenport 45-2.5	B Matthews 14.60	Long Jump
M55 L Naftel 70.9	Shot Put	M35 Alan Williams 24.2	M45 Rob Richardson 35-8.5	M30 R Williams 25.96	M40 G Hayrapetyan 6.21
800m	M40 J Barry 11.48	M40 Alan Tucker 23.7	Steve Stafford 33-9.5	M35 K Berry 21.87	W Henry 5.07
M35 S Bishop 2:09.1	A Eggman 9.33	B J Duhon 24.5	Dan Dwight 33-3.25	D Totnage 24.39	M45 R Duncanson 5.36
C James 2:25.1	M45 J Kerman 14.27	M45 Kevin Morning 22.2	M50 James Manor 31-5.5	M45 A Hecker 29.97	M Tipping 4.92
M40 K McCarthy 2:09.9	W Gardner 13.04	Robert Richardson 25.3	Scott Wolfe 29-10	M50 D Hargrove 23.47	W40 V Amarasekara 5.42
B Jensen 2:10.3	M50 M Shiaras 14.52	M50 Steve Hardison 25.1	M60 Rich Imperale 28-6	V Calloway 24.40	J Margerum 5.24
R Barrios 2:28.4	A Rinaldi 10.93	Parker White 25.5	W70 Magdalena Kuehne 23-4	S Cummings 24.48	E Mondoy 3.69
M45 D Goldman 2:14.9	M55 G Mathews 11.18	Raymond Yeck 27.3	Shot Put	W45 M Freeman 30.75	W50 A Wlodarczyk 5.05
M50 H Castille 2:30.2	M60 D McCraven 11.11	M60 Harold Tolson 25.4	M40 Allen Eggman 29-8	D Selby 37.06	A Steekelenburg 3.68
R Muth 2:36.0	M65 H Smith 13.92	M70 John Poppell 32.1	M45 James Kerman 46-6.5	W50 A Wlodarczyk 28.25	B Matthews 3.62
M65 W Wall 3:05.4	R Eldridge 9.58	M80 K K Slaughter 46.9	M55 David Smith 37-4	400m	Triple Jump
R Archibald 3:28.6	M70 B Phillips 7.65	W35 Tammy Mack 29.0	Gary Wuest 35-3	M30 D Rocherolle 54.27	M40 W Henry 11.44
M70 J Selby 3:04.7	M80 K K Slaughter 46.9	W40 Cynthia Robinson 30.9	M60 Gene Thacker 41-4	R Williams 57.49	M45 A Hecker 9.93
H Willis 3:59.1	W35 Tammy Mack 29.0	Detria Thompson 33.0	Richard Noble 37-7.5	M35 K Berry 49.45	
M75 R Brown 3:08.7	M85 P Allen 5.29	Mary Woo 33.4	John Burns 36-4	T Hickok 58.16	
W40 L Fisher 2:57.5	W40 K Vaughn 8.60	W45 Valerie St. James 30.9	M65 Hal Smith 45-6.5	G Doud 60.54	
1500m	W55 H Perry 6.40	W55 Pam Zimmerman 31.1	Bob Humphreys 36-2	M40 C Amado 50.48	
M30 B Gore 4:25.9	W75 J Valien 5.96	W70 Magdalena Kuehne 39.1	M70 Tom Allison 36-10	J Gilboy 63.70	
M40 F Boegeman 4:44.9	Discus	M30 Richard Nunez 62.5	Orlyn Smith 31-1.5	M45 S Cummings 55.45	
	M35 J Gonzales 40.10	M35 Alan Williams 56.8	M75 Jerry Silsdorf 25-2.5	V Calloway 56.59	
	M40 J Barry 38.00		Jerry Lyerla 20-0	R Duncanson 56.78	
	M45 R Watson 31.18			M55 S Baldwin 60.89	
	M50 M Deller 42.39				

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Table with 2 columns: Name and Score. Includes Shot Put, Discus, Javelin, and Hammer events.

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Table with 2 columns: Name and Score. Includes Ultra Weights and Age Graded Partridge Tables.

Table with 2 columns: Name and Score. Includes Hammer event.

Table with 2 columns: Name and Score. Includes Weight Throw event.

Table with 2 columns: Name and Score. Includes Superweight event.

Table with 2 columns: Name and Score. Includes Hawaii Masters Decathlon event.

Table with 2 columns: Name and Score. Includes Mark Grubi Memorial Meet event.

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NORTHWEST

Oregon Senior Olympics

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Table of race results for Southeast region, including names like AnaAdelia Rios, Marilyn Caulfield, Carmen Jimenez, etc.

SOUTHEAST

Table of race results for Southeast region, including WZYP Cotton Row Run, 10K, and various 5K/10K/15K/20K/30K/40K/50K/60K/70K/80K/90K/100K races.

--5K--

Table of race results for Midwest region, including Overall, Mark Ulloa 18, Wendy Hall 32, M40John Hill, etc.

MIDWEST

Table of race results for Midwest region, including Ferndale Foot Frolic 10K, Overall, Ferndale Foot Frolic 10K, etc.

MID-AMERICA

Table of race results for Mid-America region, including Fools Five Miles, Overall, Run Wichita Memorial Day 15K, etc.

SOUTHWEST

Table of race results for Southwest region, including Saint Francis Corporate Challenge 5K, Race for Victory 5K, etc.

Table of race results for West region, including 47th Fontana Half-Marathon/5K, Overall, etc.

Table of race results for Northwest region, including Wings of Gold Marathon, Capital City Marathon, etc.

Table of race results for International region, including World Masters, etc.



Continued on next page

MAINE



**University of Maine
Clearence Beckett Family
Track & Field Facility**

Orono, Maine

For those wishing to experience the natural outdoor beauty of "Vacationland," a variety of activities including rafting trips, hiking, biking and area outings were organized. From the beautiful nearby coastal villages to inland attractions, Maine offers exceptional state parks and recreational areas.

For more information contact:
Rolland Ranson, Executive Board,

Maine USATF and UMaine Track & Field Coach or call 207-581-1077

<http://www.ume.maine.edu/~track/trackfield.html>

**Host Site of the USATF National Masters Track & Field
2002 Championships**

Welcome to the University of Maine



MASTERS TRACK & FIELD CHAMPIONSHIPS 2002

**COMPETITION ENTRY FORM
2002 USA Track & Field National Masters Outdoor Championships
University of Maine, Orono, ME**

Please use this form (or make a photocopy) complete it, and mail with a check for entry fees to:
Willi Gallant, National Masters Entry
University of Maine,
5747 Memorial Gymnasium
Orono, ME, 04469

***send on-campus housing form
in separate envelope to their office.***

All entries must be received by July 17 to be guaranteed a confirmation reply.

PLEASE PRINT CLEARLY : proof of date of birth is required of all competitors in advance
A photocopy of birth certificate, or passport, or driver's licence must be mailed with entry form.

Last Name _____ First name _____ M.I. _____
Mailing Address _____, City _____
State _____, Zip code _____, country _____
Phone: [home] _____, office _____
e-mail _____
2002 USATF registration number: _____ Club/team _____
U.S. citizen [circle one]: Yes / No
Resident Alien: [circle one]: Yes / No. Country of Citizenship: _____

[circle one] Female / Male: Date of Birth: Month _____ Day _____ Year _____
AGE as of August 8, 2002 _____

EVENT NAME	Best recent performance	FEE
1. Pentathlon (this does not count as your first event)		[Fee \$30]
2.		[Fee \$35]
3.		[Fee \$15]
4.		[Fee \$15]
5.		[Fee \$10]
6.		[Fee \$10]
7.		[Fee \$10]
2002 Championship Program & performance list		[Fee \$3]

FREE Athlete Championship T-Shirt— [Circle size] S M L XL XXL
Additional T-Shirts with commemorative Moose Logo
Number per size: # _____ S; # _____ M; # _____ L; # _____ XL; # _____ XXL @ \$10 each _____

Championship Cookout & Downeast Entertainment on Sat. Aug. 10
Number attending the cookout _____ @ \$18 each _____ total fee _____
Place number of people selecting each entrée before the selection below:
_____ Lobster; # _____ Steak; # _____ Chicken; # _____ Vegetarian Lasagna

Late fee for entries postmarked after July 17, 2002 _____ [Fee \$25]
***USATF NATIONAL MASTERS COMMITTEE SURCHARGE FEE [\$10] _____ \$10

Mandatory USATF National Masters Committee Surcharge Fee is forwarded to the National committee to assist them in operations and expenses.

TOTAL AMOUNT DUE _____ \$ _____
Write check payable to the University of Maine.

**USATF NATIONAL MASTERS CHAMPIONSHIPS AUGUST 8 - 11, 2002
SCHEDULE OF EVENTS**

Thursday August 8, 2002

5000m. Run W/M - finals
400m. W/M - prelims
800m. W/M - prelims, as needed
Pentathlon - Women [HH, HJ, SP, LJ, 800]
Pentathlon - Men [LJ, JT, 200, DT, 1500]
Shotput W/M - all ages - 2 throw areas
Pole Vault - W all ages & M 60+

Friday August 9, 2002

5000m. Racewalk W/M - Finals, on the track
100m. W/M - prelims
Steeplechase W/M - finals
400m. W/M - finals
High Hurdles W/M - prelims and finals
1500m. W/M prelims, as needed
100m. W/M - round 2 if necessary
Discus W/M - all ages - 2 throw areas
Pole Vault M 50 - 59
High Jump M 30 - 49
Long Jump W - all ages & M 60+

Saturday August 10, 2002

10000m. W/M - Finals - on track
100m. W/M - Finals
800m. W/M - Finals
200m. W/M - prelims
Javelin W/M - all ages - Synthetic surfaces.
Pole Vault M 30 - 49
High Jump W - all ages & M 50+
Long Jump M 30 - 59

6 pm - Fabulous Championship Cookout Feast

Sunday August 11, 2002

Road Walk 10k W / M
200m. W/M round 2, if necessary
1500m. W/M - Finals
300/400m. Hurdles W/M - Finals
200 W/M - Final
Relays
Hammer W/M - all ages - 2 throw areas
Triple Jump W/M - all ages

***THE DAY OF THE EVENT WILL NOT CHANGE**
** Specific times will be set once all entries are in.

**Oldest to youngest and women first unless otherwise stated.

WELCOME !! to the Orono, Old Town, Bangor region of Maine ! You will discover yourselves surrounded by friends as you enjoy these USATF National Masters Track & Field Championships.

Travel Arrangements: The Bangor Bangor Travel Services again is eagerly awaiting your calls for travel arrangements. They will assist you in finding the best discounts and in meeting your needs. Contact Jill Bradford 207-866-5900 or 800-682-4125

ON CAMPUS Housing and Meals: Call 207 - 581-4092; e-mail csd@umit.maine.edu for information on convenient campus dorms, and meal packages. Those staying off campus may also enjoy meals and meal packages on campus - great variety, special needs, and convenient. Campus living and dining at its best.

Areas Hotels/ Bed & Breakfast / camping/ tourist questions/day trips:
CONTACT : the Bangor Convention and Visitors Bureau at 800 - 91 - MOOSE; or 207-947-5205. They are enthusiastically willing to assist you
Selected Hotels: Best Western Black Bear Inn - Orono 207 - 866 - 7120, 800-528-1234—2 miles to campus, a sponsor.
Best Inn - Main St. Bangor 207 - 947 - 0566; Holiday Inn Odlin Road - Bangor 207 - 947 - 0101;
Holiday Inn Civic Center 207 - 947 - 8651; Days Inn - Bangor 207 - 942 - 8272; Four Points Sheraton 207 - 947 - 6721;
Howard Johnson Inn 207 - 942 - 5251; Motel 6 - Bangor 207 - 947 - 6921; Fairfield Inn by Marriott 207 - 990 - 0001
Best Western Whitehouse Inn - 207 - 862 - 3737; Country Inn at the Mall - 207 - 941 - 0200; Hampton Inn 207-990-4400;
Econo Lodge 207-945-0111; Comfort Inn 207 - 942-7899; Super 8 Motel 207-947-3800; Ramada Inn 207-947-6961;
University Inn Orono - walk to campus 207-866-4921 or 800-321-4921; The Lucerne Inn - overlooking a lake 207-843-5123.
Bar Harbor is 50 minutes away on the ocean, with many wonderful scenic hotels and campsites.

CONTACT FOR FURTHER INFORMATION: Willi Gallant - Assistant Director 207 - 581 - 2099; willi_gallant@umit.maine.edu
Rolland Ranson - Director 207 - 581 - 1077; e-mail mainetrack_field@yahoo.com
University of Maine, Memorial Gymnasium, Orono, ME 04469

WEB SITE IN DEPTH INFORMATION: www.ume.maine.edu/~track/trackfield.html (~ sign is a squiggle or tilde sign)

USATF National Masters Outdoor Track and Field Championships Aug. 8 - 11, 2002 @ University of Maine in Orono Maine.

Eligibility
Competition is open to all men and women 30 years of age and older. Age on August 8, 2002 will determine a competitor's age group. Individual competitions will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of Registration with USATF will be required of all U.S. Citizens. USATF registration cards will be available on site, at U. Maine. We strongly urge you to obtain your USATF card in advance through your local organization. Competitors must present their USATF card when picking up their packets. International competitors may compete as guests with no USATF registration required.

****Proof of date of birth is required of all competitors in advance. You must send a photocopy of your birth certificate or passport with your entry form to ensure eligibility.**

Entry Fees and Procedures
Entry fee is \$35 for the first event, \$15 for the second event, \$15 for the third event, and \$10 for each subsequent event. There is a \$10 surcharge fee which goes to the USATF National Masters Committee. Pentathlon entry fee is \$30 and cannot be counted as your first event. Relays are \$40 per team, payable the day prior to the relay competition. Each competitor receives a free commemorative T-shirt as part of the entry fee. Additional T-shirts may be purchased for \$10 each. MAKE CHECKS PAYABLE TO: UNIVERSITY OF MAINE.

Relays
Teams will be divided into 10-year age groups. Entries will be taken on site only and must be declared and paid the day prior to the actual relay competition. If any relay team member has not entered an open event they will be required to provide proof of date of birth and USATF registration card.

Awards
USATF Championship medals will be awarded to the top three (3) U.S. citizens in each age group division of each championship final. International guest competitors finishing in the top three will receive a medal. Awards will be given as soon as possible after the event is completed and results verified. A photographer will be available for photos of you competing at a reasonable cost.

Packet pick-up
Competitors may pick up their packets on Wednesday August 7th from 1:30pm - 11:00pm, and then daily from 7:00am at the Track facility complex in the white building.

Declarations
Declarations must be made at least thirty minutes before the scheduled start of all running events. Field events may declare scratches at any time. Declarations sheets will be available at the track facility complex in the white building beginning Wed. afternoon.

Equipment
Maximum spike length is 1/4" for all events, including the javelin throw. Throwing event implements and starting blocks will be available for use by all competitors. Individuals may use their own implements, provided they comply with rule specifications. Throwing event implement weight will be at the throwing areas. All javelin runways are synthetic surfaces.

The Fabulous Championship Cookout Feast
Saturday, August 10 at 6:00pm, in the Fieldhouse with Downeast hospitality and entertainment you'll joyously remember. Serving begins at 7:00pm.

- *Maine lobster, chicken, steak, vegetarian lasagna an all the "Downeast fixins".
- *Downeast entertainers will add lots of fun.
- *To top the evening off bring one of your favorite T-shirts from your part of the country and we will have a T-shirt swap !!
- *Tickets are \$18 per person, and must be purchased in advance.

No entry will be considered complete unless it is accompanied by full payment of fees.
There will be no refund of entry fees for any reason.

Shuttle Buses
There will be shuttle buses from hotels - to and from the track stadium, and to and from the Bangor International Airport, at selected times which will be posted.

Entry Deadline : Confirmation of entry will be sent to all competitors who have registered by July 17, 2002. Late entries postmarked after July 17 will be assessed a \$25 late fee.
NO ENTRIES ACCEPTED AFTER Aug. 1