

# NATIONAL MASTERS NEWS

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

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## Nationals Draw 900 Athletes to Orlando

### Heat Takes a Toll

by JERRY WOJCIK

All of the weather conditions that exemplify Florida in the late summer – heat, humidity, hurricanes – were present during the 32nd annual USATF National Masters Championships on Aug. 26-29.

Fortunately, Hurricane Dennis didn't menace the athletes who showed up at the Disney Wide World of Sports Complex on the outskirts of Orlando.

Unfortunately, the record heat (98 degrees in Miami and 95 in Orlando, one degree below the record) and humidity that hit Florida were factors that influenced the meet, from the number of participants to their performances.

The Championships were open to men and women ages 30-and-above, who competed in five-year age divisions, men through 90-94 and women through 80-84. The roster of competitors listed 863 entrants, with a handful of unlisted late entrants, putting an estimated total at around 900. When the Championships were last held in Florida in 1988 at Winter Park, the draw was 920, then the second-largest ever.

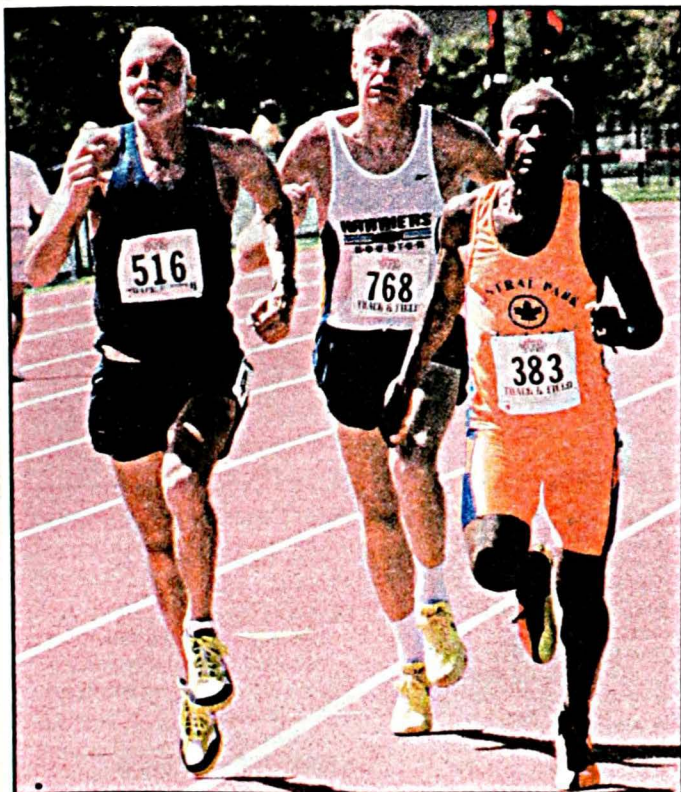
At the 1998 Championships in Orono, Me., held in almost ideal weather, 1061 athletes entered. In 1997 at San Jose, the unofficial number was 1200 given by the meet organizers. The

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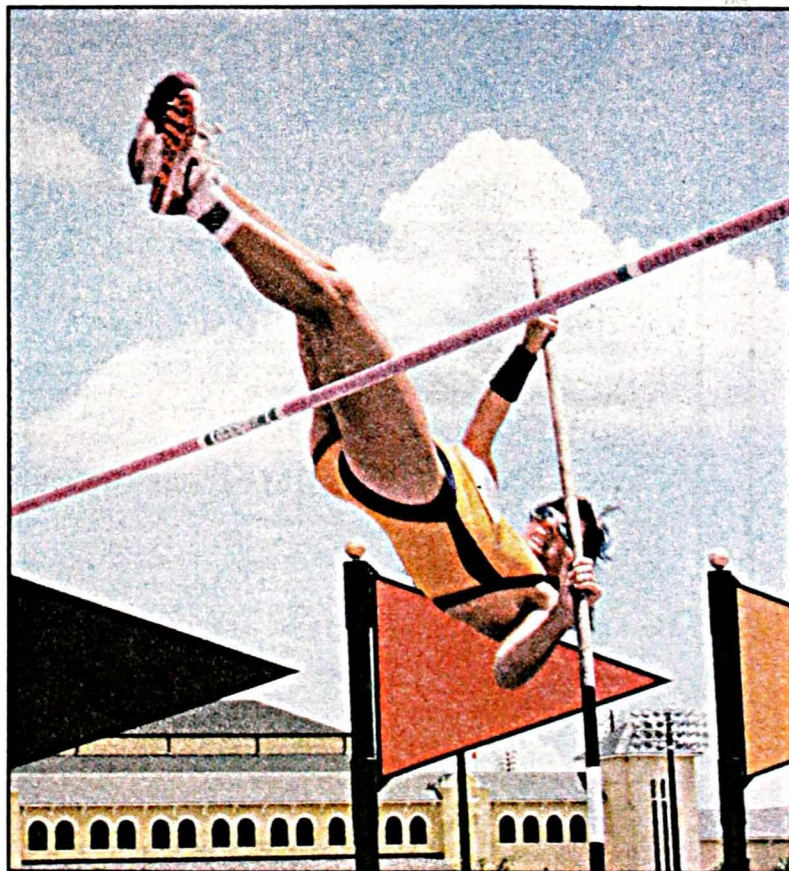
JERRY WOJCIK

Contestants in the Age-Graded 100m race, held on Saturday, Aug. 28, at the USATF National Masters Championships, Orlando, Fla., (l to r): Konrad Slaughter, 80; Val Barnwell, 41; Thomas Jones, 45; Harold Tolson, 61, third (10.39); Mel Larsen, 75, second (10.20); Bill Melville, 72; Charles Allie, 52; and Dick Richards, 65, first (10.19).



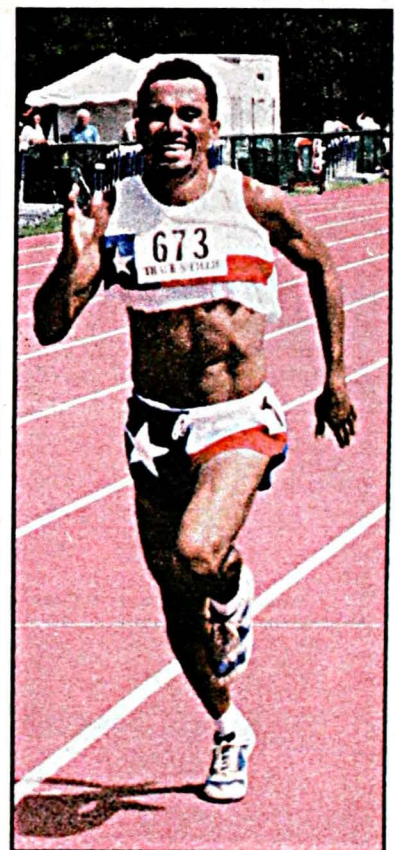
SUZY HESS

Dan McCormack (l), Mack Stewart (c), and Syd Howard in the M60 800, one of the best races in the USATF National Masters Championships, won by McCormack (2:16.01), with Howard second (2:16.31), and Stewart third (2:16.69).



SUZY HESS

Phil Raschker, 52, cleared 2.90 in the pole vault, an age-graded 91.4%.



SUZY HESS

Angel Roman, M35 winner in the 5000 (15:32.51).



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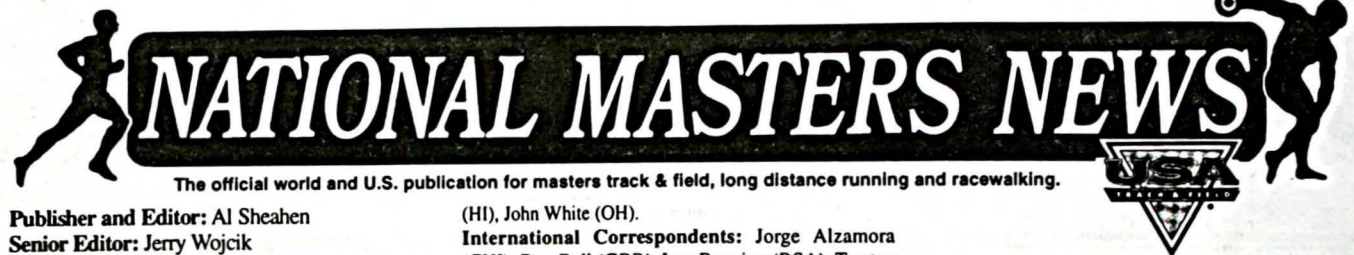
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**Publisher and Editor:** Al Sheahan  
**Senior Editor:** Jerry Wojcik  
**Associate Editor:** Angela Egremont  
**Administrative Editor:** Suzy Hess  
 PO Box 50098 Eugene, OR 97405  
 541-343-7716, Fax: 541-345-2436  
**e-mail:** natmanews@aol.com  
**Web site:** <http://www.nationalmastersnews.com>  
**Assistant Editor:** Jane Dods  
**Schedule:** Jerry Wojcik  
**Marketing Director:** Sue Hartman  
**National Advertising Director:** Claudia Malley  
**Sales Representatives:** Suzy Hess 541-343-7716 (T&F)  
 Lisa Fronti 610-967-8896  
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**Contributing Editors:** Hal Higdon, Dr. John Pagliano, Mike Tymn, Elaine Ward  
**Correspondents:** Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Courtland Gray (TX), Paul Heitzman (KS), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (VA), Mike Tymn

(HI), John White (OH).  
**International Correspondents:** Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).  
**Internet Correspondent:** Ken Stone, **Web site:** <http://members.aol.com/trackceo/index.html>; **e-mail:** trackceo@aol.com.  
**Photographers:** George Banker (MD), Suzy Hess (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI), Jerry Wojcik (OR).  
**Creative Art:** Eugene Paasinen, Herb Parsons  
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## Nationals

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San Jose Championships faced somewhat the same conditions as Orlando – staging a meet a few weeks after a WAVA Championships and heat – without the humidity, however.

The perception by athletes several months prior to Orlando, that the Championships might not happen, may also have discouraged athletes from entering.

### World and U.S. Records

In 1997, the Championships resulted in six world age-group records and 23 U.S. records. At Orono, eight world and 27 U.S. records were submitted, 11 in the racewalks. At Orlando, nine world and 13 U.S. pending marks were bettered, none in the racewalks and none in a race longer than the 800.

All of the world records are noteworthy, but some stand out more than others. Mel Larsen, 75, ran a 13.68 in the 80H, an age-graded 100+%, well below the M75 record of 15.02 by Albertos Van Zyl of South Africa. At the WAVA-Gateshead Championships three weeks earlier, Larsen ran a 14.20, which, at the time, was noted as a record that would probably last for years.

Fred Sowerby, 50, denied an indoor record in the 400 at Boston last March by a hamstring pull, succeeded in breaking Steve Robbins' 51.63 with a 51.39.

Guest athlete, Earl Fee, 70, Canada, better known for his prowess in the 800 rather than in the hurdles, ran the 300H in 49.07 to break another of Van Zyl's records (50.4).

Two relay teams lopped considerable seconds off world record times. A New York M60-69 team decreased the 4x400 record by some 31 seconds with a 3:27.37. The So Cal TC W40-49 squad reduced the 4x800 record by almost 50 seconds with a 9:25.65.

Dick Richards, 65, long jumped to a world-record 5.35 and broke one of the oldest U.S. sprint records – 12.6 by Payton Jordan in 1982 – with a 12.56 in the 100.

Richards was first in the Men's Age-Graded 100m, held on Sunday, in which winners of the Saturday 100m races were invited to run from staggered starts based on their ages, the oldest sprinter having the shortest distance to run. Richards ran a 10.19, with Larsen, 75, a close second in 10.20, and Harold Tolson, 61, third (10.39). Richards scratched from the 200, scheduled an hour before the Age-Graded races, to save his energy for the 100m, possibly denying himself another gold medal.

Phil Raschker, 52, won the Women's Age-Graded 100m with an 11.39. Cindy Steenbergen, 45, was second in 11.69, and Mary Bowermaster, 82, third (11.73).

Besides Richards, other national record setters included Audrey Lary, W65, who accounted for three in the 200, 400, and triple jump. Carol Finsrud, W40, and Larry Colbert, M60, had the distinction of breaking

their own records set two years ago, Finsrud in the shot and discus, and Colbert in the 200 and 400

### Weather Affects Many

The weather had an obvious effect on some races. In the M65 400 on Friday, won by Alexander Johnson in 68.59, five of the nine finalists did not show; three of the six in the M70 400 did not show, perhaps because of the stiff competition rather than the weather. Earl Fee won with a 95.5% 62.00, but Rodney Brown claimed the national championship with a 93.2% 65.11, and Jim Selby took second with a 90.1% 66.55.

By Sunday, the heat really began to take its toll in the older divisions. Six of the 13 entrants in the M65 200, won by James Stookey, with a 91.4% 28.38, did not show or scratched. In the M60 1500, won by Dan McCormack (4:59.67), who had won the 800 earlier, four of the seven finalists did not show. In the M70 1500, won by James Beall (5:31.69), four of the seven finalists did not make it to the start. On the other hand, the younger middle distance fields were well represented.

The triple jump competitions were particularly hard hit by a delay for lack of another wind gauge on Sunday. In the event, 13 of the 26 entrants in the M45 through M60 divisions did not compete. Three of the men's javelin contests slated on Sunday were won uncontested. All of the winners said that they would have preferred competition.

On the other hand, earlier events and age-divisions were filled with contestants. Most of the heat-seeking sprinters and hurdlers had strong if not full fields in their divisions. The long



SUZY HESS

Phil Raschker, W50, winner of seven gold medals, including one for a world-best pentathlon score (4544), USATF National Masters Championships, Orlando.



JERRY WOJCIK

Byron Dyce, #218, and Steven Rook in a tight race for second in the M50 1500, Dyce finishing in 4:43.66, Rook in 4:43.74, USATF National Masters Championships, Orlando.

jumpers were out in good numbers.

### Throwers Unruffled

The throwers, whose ranks at the Championships have grown significantly in the past few years, seemed unfazed by the weather and provided some entertaining clashes for spectators. Unfortunately, there weren't many spectators.

In the M40 discus throw with ten entrants, Michael Hambrick won with a 51.01. In the M50 discus competition

with 11 entrants, Tom Fahey took the championship with a 51.52. In the M65 javelin, where the top four were separated by just over a meter, Larry Horine won with a 39.16.

What the meet may have lacked in numbers was more than balanced by the courage and stamina of all who competed, especially in the distance races and racewalks. Kellie Archuletta, W35, embodied the spirit of those

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### WAVA CHAMPIONSHIPS

I attended the WAVA World Championships in Gateshead, even though I was unable to compete due to recent knee surgery, so I could watch my daughter Kim Smith compete.

It was a very well run meet and the weather while we were there was just beautiful. I congratulate all those who worked so hard in England to make this meet a success.

One thing I must question was why the majority of women's events, including the 100m finals, were run at a lesser stadium where press and photo coverage and spectators were not present in great numbers.

The one cloud that hung over this great event was due to a female sprinter from Australia, who questioned the sex of one of the American female sprinters, causing an uproar in the British press and even the American edition of the *Herald Tribune* in London. Her claims were quickly proven false, but she did a disservice to herself, to her team, and to her country. She also caused enormous embarrassment and hurt to a great and lovely mother of two and grandmother, who is one hell of a runner and won both her races in world record times.

I understand the Australian team captain apologized on behalf of his team, but the lady who caused this incident never did. This is not the kind of publicity that the masters program needs.

Why not run our nationals a week before the WAVA championships in 2001, instead of after?

*Al Guidet  
California City, California*

Our thanks to the organizers and many volunteers at the WAVA Championships in Gateshead, England. What a friendly and helpful bunch! I especially loved trading shirts with the "basket boys and girls" after the relays. Their shirts were just my size.

The meet was one of the best organized I have ever attended. Thanks again for a pleasurable time (and good weather).

*Louise Adams  
Boulder Colorado*

On behalf of myself and all the decathletes and heptathletes at Gateshead, I should like to say how much we appreciated the way in which the event was organized.

Not only from the manner in which the athletes were able to enjoy the event, but also the relationship which we had with all the officials who made this event so special to all of us.

Clearly the event benefited from the lessons that had been learned in past WAVA Championships and the format, now established, should be followed as closely as possible in future championships.

*Jackie and Bruce Charles  
Didcot, England*

I am disappointed with WAVA's lack of assistance for the volunteers at the lap counting table in Gateshead, England; namely, for not having a lap counter coordinator present to help with keeping track of each athlete's laps; for not having a spotter to call out the approaching walkers by their bib

numbers; by not having a split timer to call out the time on the clock so that the volunteers need not have to look up; by not having a lap counter introduced to each assigned walker before the race started. I saw none of this present at our 20K racewalk in Gateshead.

*Carl Acosta  
North Hollywood, California*

### NATIONALS

I found the recent Orlando national championships to be the most "athlete-unfriendly" meet I have ever attended. From a Disney viewpoint, this was a case study in how to completely blow a golden marketing opportunity. For example:

1) Those arriving after noon could not get their registration packets until the next morning. In order to view your upcoming competition site ahead of time the same day, you had to buy an \$8 ticket.

2) Detail schedules were withheld until packets were picked up. They could have been mailed out or posted at the gate. Many people needlessly arrived early and waited around in the heat for many hours.

3) Many athletes waited countless hours for awards to be delivered by pony express, and the people at the award desk were downright rude. My daughter was second in her event and, after waiting two hours in the worst heat of the day, was screamed at by the man at the desk, who said she was a foreign competitor (she is from Derry, NH), and would not be listed as a US meet finisher.

4) With a defined format for recording at the site, a scanner, some simple sorting software, and a cheap printer, all results could have been easily posted within minutes.

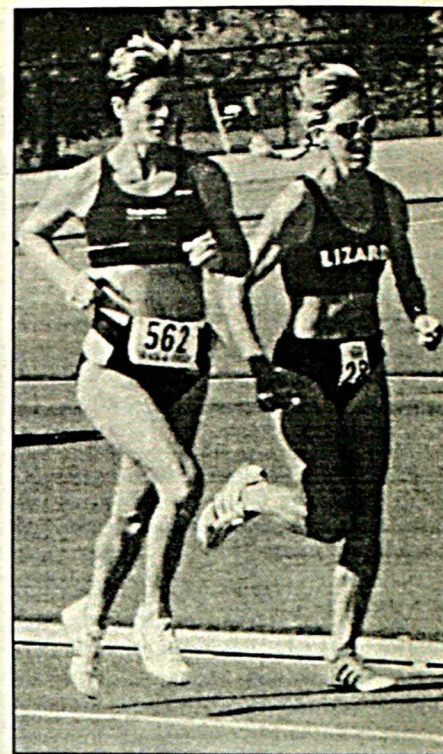
5) There was no planning for ample shade requirements, considering the expected sun conditions at this site.

6) No one could answer the simplest of questions, such as "do the throwers have to sign a declaration sheet and, if so, where?" The only things that appeared well worked out were what gates you couldn't use, where to buy Disney attraction tickets, and how many hundred dollars they were discounted.

I hope the next meet is organized with the athletes in mind. I thought these meets were for them.

*Len Rosen  
Salem, New Hampshire*

In a critical evaluation, I was taught to begin with something positive. The surface of the track in Orlando was good, there was plenty of iced water at all times, and the work of the USATF officials was really great. I thought the



SUZY HESS

Marie Murphy (l), W40, and Kellie Archuletta, W35, in a mixed age-group 1500 final on Sunday, USATF National Masters Championships, Orlando. Murphy was first in her group (4:49.59), and Archuletta was first in the W35 (4:56.29), after having won the 5000 and 10,000 earlier in the meet.

man in charge of handing out medals and patches went above and beyond the call of duty. Also, the T-shirts were really nice, the best design ever.

Now to the negative. The weather in Orlando was a distance runner's worst nightmare come true. It is foolish and very dangerous to run a distance race under those conditions. I feel that charging spectators \$8 to watch a race in the broiling sun was obscene. I witnessed a family of five watching "grandma" run the 400m. It hurt me to think of what that was costing them.

I can't believe that a national championship meet was conducted without a professional announcer. Where was Pete Taylor? He could have added so much to the event. I thought it was "bush league" to not announce participants, give a running commentary on the races, and mention national and world records when applicable. Maybe not much could be done about the weather and Disney's policies, but surely we could have had someone on the PA system who knew something about masters track.

*Paul Heitzman  
Eudora, Kansas*

Craig Young's brilliant 10,000 at the nationals (30:37.94) was a joy to watch and a thrill to announce; his victory lap was a pleasure as well. Young averaged 4:55.8 per mile in setting a new American record for M40. You didn't see Craig at Orlando? You're correct; I'm writing about Orono in 1998. In those championships, every age group from M35 through M50 had at least one runner go under 36 minutes in the 10,000 (M40 had five!).

This year, no one broke 36 minutes. What's more, only 12 men under 60

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CZZMN



# Nationals

Continued from page 3

competitors, running and winning the 1500, 5000, and 10,000.

### Complaints Run High

Generally, there was an air of dissatisfaction about the meet among the athletes who had been at other Championships. They complained about the lack of inexpensive and ready transportation to and from the airport and from the headquarters hotel to the venue, despite the fact that the entry form indicated that individuals were responsible for their own transport. Most were affronted by the \$8 ticket price, each day, for spectators.

"The announcing is terrible. You can't tell what's going on," said Barbara Marbury, one of the few paying spectators.

Bob Bowen, M45 winner in the 200, commented, "This is a world-class facility. Too bad we had organizational problems."

Randall Brady, M50, a sprinter and experienced meet director from Tennessee, noted, "Excellent facility. We can't control the weather, but this should have been an evening meet."

Others criticized the tight restrictions on movement into and at the venue. Chuck Hunter, an M40 sprinter, cooling off at the complex's sports bar Sunday afternoon, summed up their feelings, "If they're going to treat me like a kid, at least give me the hat with the two ears."

### Organizers Make An Effort

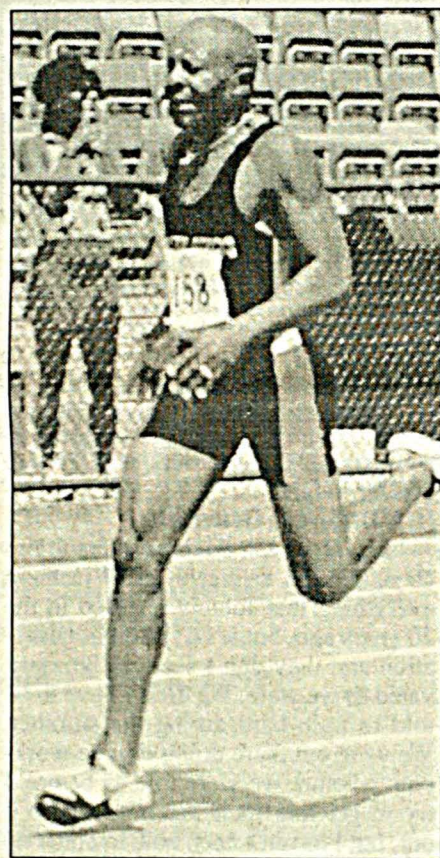
Meet organizers made efforts to ease some of the problems. For example, after the first day, they provided age-division numbers for athletes to identify their opponents in mixed age-group races. Water was available at every event, and athletes were often reminded to hydrate.

Officials were plentiful, experienced,



JERRY WOJCIK

Jsmín Aasum, winning the M40 1500 (4:14.76), and Paul Fragua, second (4:15.64), USATF National Masters Championships, Orlando.



SUZY HESS

Larry Colbert broke M60 U.S. records in the 200 (24.77) and 400 (56.22), USATF National Masters Championships, Orlando.

and helpful. Rod Larson was in charge of officials. The head referee was Bob Burdett. Richard Haines served as the chief official for the running events. Paul Burdine was the head field event official. CPFI supplied the timing system.

Jeff Wentworth was the Senior Events Manager. Jody Burkhart was the Event Manager, and Michelle Kirkman served as the Meet Director.

### Athletes' Meeting

At the athletes' meeting on Saturday evening, held in an air-conditioned temporary tent on the Disney Complex, far from the headquarters hotel, the 1998 Outstanding Athlete Award winners were presented with plaques and certificates. Retiring Regional Coordinators,

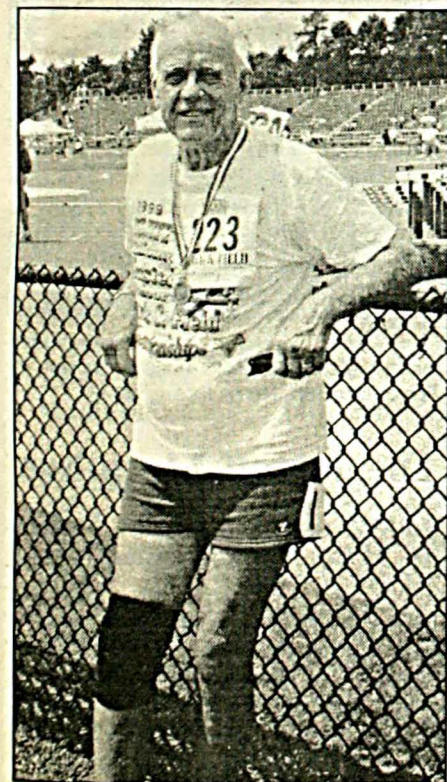


SUZY HESS

Riki Carson, W30 winner in the 100H (14.66), 400H (61.75), and high jump (1.68), USATF National Masters Championships, Orlando.

evenings

The year 2000 Championships will be held on Aug. 10-13 at historic Hayward Field in Eugene, Ore., site of the 1984 and 1994 Championships, and the 1989 WAVA Championships. □



SUZY HESS

James Elliott, M85, won eight firsts, including a U.S. record in the long jump (2.94), USATF National Masters Championships, Orlando.

11th Annual

# SRI CHINMOY MASTERS TRACK & FIELD 40 AND OVER

Sunday, October 17, 1999 CSU Long Beach

<p><b>USATF SANCTIONED</b></p> <p>DATE: Sunday, October 17, 1999</p> <p>LOCATION: California State University (CSU) Long Beach</p> <p>DIRECTIONS: Exit Fwy 405 at Bellflower Blvd. South, east on Atherton, right on Fanwood Dr. (CSULB parking lot), straight ahead to Administration parking lot (don't park at the meters)</p> <p>DIVISION: 5 year age groups</p> <p>FACILITIES: New, 8-lane artificial surface track, 7mm (1/4") spikes, concrete rings</p> <p>ENTRY FEE: First event \$13.00, additional events \$5.00 each. No refunds. Stunning, multi-colored, high-quality t-shirt included. (Availability on race day not guaranteed!)</p> <p>DEADLINE: All entries must be postmarked no later than Oct. 9, or phoned-in no later than Oct. 10. Late/day-of-race entries add \$2.00.</p> <p>AWARDS: Medals to first three men/women in each event/age group.</p> <p>AID: Light refreshments throughout the day to all participants.</p> <p>ACCOMMODATIONS: Ramada Inn, Long Beach, (\$59 plus tax per room), call direct 310/597-1341 for reservations.</p> <p>NOTE: 1999 TAC registration required (available at meet for \$15).</p>	<p><b>TRACK EVENTS</b></p> <p>9:30 am 5000m Race Walk 10:15 am 80/100/110 Hurdles 10:50 am 2000m Steeplechase 11:10 am 3000m Steeplechase 11:40 am 3000m Run 12:10 pm 100m Sprint 1:00 pm 800m Run 1:20 pm 200m Sprint 1:50 pm 1500m Run 2:15 pm 300/400 Hurdles 2:30 pm 400m Sprint 3:00 pm 4 x 100 Team Relay</p> <p><b>FIELD EVENTS</b></p> <p>9:30 am Hammer 9:30 am Pole Vault 9:45 am Long Jump 10:15 am Javelin 11:00 am Triple Jump 11:00 am Discus 11:30 am High Jump 1:00 pm Shot Put</p>
--	---

• Mail Entry To: Sri Chinmoy Marathon Team, 6199 Canterbury Dr. #202, Culver City, CA 90230.  
• Make checks payable to: SCMT. For more information please call (310) 645-0271.

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**ENTRY FORM**

NAME (Last) \_\_\_\_\_ (First) \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USATF # \_\_\_\_\_ TELEPHONE \_\_\_\_\_ T-SHIRT SIZE: S M L XL AMOUNT ENCLOSED \_\_\_\_\_

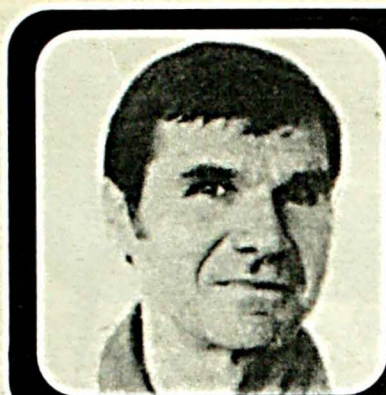
PLEASE ENTER ME: 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against CSU Long Beach, the Sri Chinmoy Marathon Team, field officials, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition and will do so if directed.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## Third Wind

by MIKE TYMIN

### Mental Toughness: The Missing Ingredient

As I watched the runners cross the finish line in a half-marathon recently, I kept wondering what was wrong with the scene. While there were some 900 participants in the event, something was clearly lacking. It was intensity, passion, drive, enthusiasm, or the combination of all of those things. I wondered if it was just me and the fact that I, no longer being a competitor, don't have the same interest in the sport as I did 20 years ago. Perhaps I was reading my own diminished enthusiasm for the sport into the situation.

This was not a new observation on my part. I had been noticing the same thing in many other Hawaii races I had covered for *The Honolulu Advertiser* and pondering the same questions for three or four years: Why isn't it the same? Is it just me or has this sport really changed? Is there enough "sport" left in it that I should even bother to sell the sports editor on giving some coverage to the events? Can I continue to justify covering a half-marathon in which the winner can't break 1:14, or a 10K in which the winner can't break 33 minutes? How long before the sports editor awakens to the fact that these road races have gone from sport to simple recreation and fitness and have no place on the sports pages?

#### Diminished Drive

The fact that the times are so much slower now than 10-20 years ago is one indication that I'm not imagining this change. There was a time when



GEORGE BANKER  
Carla Pastore, 44, second W40+ (41:08), 1999 Avon Running 10K, Baltimore, Md.

we had a dozen guys in Hawaii under 33 minutes for 10K. Now, we might have two or three but they rarely race. We also had a dozen women under 40 minutes for 10K. Now, there are just two or three. Participation has dropped a little, but the intensity has clearly dropped much more.

I gather from talking to friends on the Mainland, and looking at race results, that the same thing has happened there, although perhaps not quite to the extent as in Hawaii.

The Mainland running environment may be masked by the fact that there is more to choose from and the elite runners seek out the better races while the smaller races pack their tents. Certainly, it's clear that the quality of America's elite is not what it was 10-20 years ago. Perhaps it is more noticeable in Hawaii because of the relatively static running population.

#### Overweight Athletes

"It's mental toughness, or lack of it," offers Johnny Faerber, once a top masters runner. As the women's cross-country coach at the University of Hawaii for some 20 years, Faerber has seen an increasing decline in mental toughness among his harriers. "You can't really measure it," he says, "but when your runners show up for school in September 10-pounds overweight and having run only 20 miles a week during the summer, you know there is a lack of desire, dedication and discipline. Those three things go hand in hand with mental toughness. You can't force them on your runners. They are either there or they aren't. The motivation has to come from within."

Nearly all of Faerber's runners are recruited from the Mainland. He admits to the fact that the lack of a track program at the university means that very talented runners are not interested in accepting a scholarship from him. But the university has never had a track program for women and that did not prevent him from recruiting some dedicated runners in the past.

One of Faerber's better runners from two decades ago is Connie Comiso-Fanelli, now his assistant cross-country coach. "When I talk to the cross-country girls I'm coaching



TESH TESHIMA

Glenn Miller, 40, third overall (75:32) in the Tantalus Trek 10 Mile, Makiki, Hawaii, Sept. 4.

with Johnny about how we used to train, they can't conceive of doing 70 to 80 miles a week," says Comiso-Fanelli, who, at 42, can outrun all members of the cross-country team at 10K or longer.

#### A Different Generation

"It's all we can do to get them to run 40 or 50. I'm trying to instill in them everything that Johnny instilled in me 20 years ago, but it's a different generation and they don't seem to be motivated as we were. We didn't have to be told to train hard during the summer. We were out there doing double workouts whether we were told to or not. I try to get into their heads to figure it out, but I haven't been able to come up with any answers."

After those same comments by Comiso-Fanelli appeared in a story I wrote about her for the *Advertiser* a few months ago, several of the runners were apparently insulted and called for a team meeting. Faerber found it necessary to accommodate them.

### Pace, Teran First in San Diego Half-Marathon

by JERRY WOJCIK

Brad Pace, 43, Fort Collins, Colo., and Marcella Teran, 44, San Diego, Calif., took the masters titles in the America's Finest City Half-Marathon, San Diego, Aug. 15.

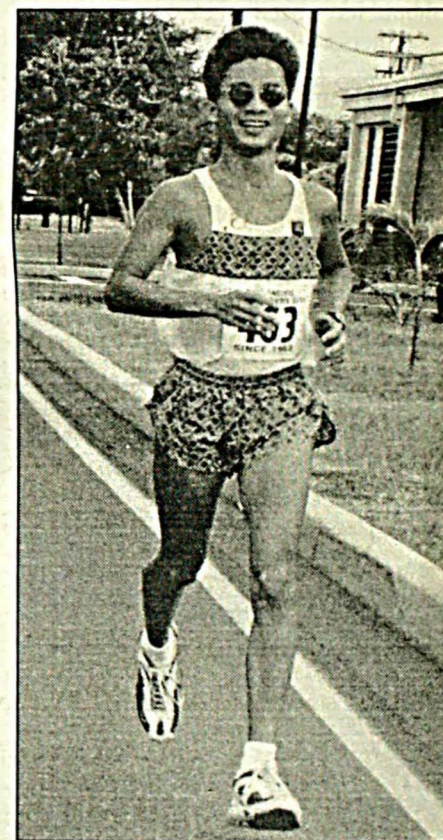
Pace, with an age-graded 86.6%, ran a 1:12:11 to place 18th overall. Second M40+ was Wayne Jewett, 40, Tucson, Ariz., with a 1:15:04. Juan Beza, 55, Torrance, Calif., produced one of the better masters performances with an 84.5% 1:21:17 to win

#### The Tables Have Turned

Twenty years ago, he might have been able to tell them "shape up or ship out," but now he finds himself having to pamper the "athletes," who seem to have the upper hand. Due to much legal red tape, Faerber can't pull a scholarship from a runner who isn't cutting it. On top of that, the runners get to rate Faerber at the end of the season and those ratings go to the athletic director and in his personnel file. If he is too tough on them, it can cost him his job.

Therein, I believe, is the problem. The younger generation has been pampered and has not been allowed to develop the discipline and mental toughness necessary to do well in a sport that definitely requires those attributes. The discipline and mental toughness must be instilled early in life and are the prerequisites for desire and dedication later on in life.

When I look at the road races, it's the younger runners who are lacking the mental toughness, the intensity, the passion, the drive. The old guys and gals still seem to have it, but that doesn't speak well for the future of the sport. □



TESH TESHIMA

Manuel Dizon, first M45 (62:28), Hickam Air Force Base 15K, Honolulu, Aug. 22.

the M55 race. Pete Petralek, 71, took the M70+ division contest with a 1:45:58.

Teran, with an age-graded 81.9%, was 21st female in 1:25:57. Marina Jones, 47, Rancho Santa Margarita, Calif., ran a 1:28:58 to claim second place. Other division winners included Claudia Piepenburg, 45, Oceanside, Calif., 1:38:11, and Ursula Rains, 58, Chula Vista, Calif., 1:46:28.

Mary Storey, 75, won the W70+ race in 2:18:05. □



# Highlights of the Nationals

Some of the top performers, by division, at the USATF National Masters Championships in Orlando:

**M30:** Danny Peebles, 33, North Carolina, dethroned defending champion Hank Warrington, 34, Hawaii, in both the 100 (10.47/age-graded 94.1% to 10.53/94.3%) and 200 (21.05/93.9% to 21.60/92.2%). Chris Yorges, 33, Oregon, repeated as national champion in the 1500 (4:10.49) and 3000SC (10:07.78).

Kirt Derby, 31, is the champion in the 400, the final of which included ex-Dallas Cowboy and now TV commentator James Lofton, 43, Texas, who ran as an exhibition entrant (49.81). Guest racewalker Vincent Asumang, 31, posted a 1:51:20 in the 20K RW on Sunday morning. Five individual titles went unclaimed.

**M35:** Karl Smith, Maryland, at the top of his age group at 39, flashed to a sensational 97.5% 14.06 in the 110H, pressed by Malcolm Dixon, also 39, California, who flew to a 93.5% 14.67, and Michael Burke, 36, Delaware, third in 14.97. Smith's time bettered his winning 14.21 last year in the Orono, Me., Championships. He also took the 400H (55.24) here. Kettrell Berry, 36, California, doubled in the 200 (22.69) and 400 (48.8/92.0%).

Steve Horton, 36, Texas, and Elijah Al Shabazz, 37, Pennsylvania, started a cycle of close 800 races, a feature of recent Nationals, with Horton, the winner (2:02.34 to 2:02.68). Angel Roman, 37, Texas, won the 1500 (4:03.47) and 5000, with the event's best time of 15:32.51. Gregory Foster, 37, New Jersey, leaped to golds in the LJ (7.11) and TJ (14.82). Steven Albert, 35, Missouri, was the standout with the 16-lb. shot at 19.35.

**M40:** Val Barnwell, 41, New York, and Neville Hodge, 43, Maryland, were 1/100 of a second apart in the 100, won by Barnwell in 10.98 (94.7%); Hodge won

performance laurels with a 95.9%. Barnwell also zipped to a win in the 200 (23.02). Ben James, 42, New York, survived the heat and heats to outleg a tough field in the 400 (50.06/93.3%)

In another close one in the 800, Jeff Lindsay, 40, Oklahoma, won from Brian Martin, 40, Massachusetts (1:58.90/91.1% to 1:59.44/90.7%). Peter Grimes, 40, California, scorched the 110H with a world-class 96.3% 14.37 and did it again in the 400H with a 93.3% 54.35. Dennis Lewis, 40, Michigan, teased the AR of 2.11 with a 96.3% 2.09 HJ.

Monzell Baker, 41, Texas, triumphed in the LJ (6.53) and TJ (14.14). Mike Hambrick, 40, Pennsylvania, prevailed in the DT (51.10). Jim Lothrop, 44, Florida, speared a 91.9% 69.16 in the JT. Reynaldo Carrazana, 41, New York, strode to the best time of the event with a 1:47:30 in the 20K RW.

**M45:** Mike Brown, 45, Florida, stretched the AR in the JT to 66.11. Thomas Jones, 45, Maryland, with a 95.0% 11.24, edged an older Marion McCoy, Jr., 49, Georgia, in a close 100; McCoy was a better performer with a 95.7% 11.46. Bob Bowen, 47, West Virginia, surprised Jones in the 200, winning with a 92.9% 23.50.

Denied the M40 800 gold by 3/100 of a second at Orono, Steve Wulf, 45, California, didn't let this one get away in another close 800, winning with a 2:04.13/90.4% from Dave Clingan, 45, Oregon, 2:04.30/90.3%. He then won in a jammed finish 1500, with a 4:24.66 from Gary Bloome, 45, Florida, 4:25.91, and Clingan, 4:25.99.

Stacey Price, 45, New Mexico, polished off the 110H with a 92.6% 15.64. Long-jumper William Rea, 47, Florida, soared to a 90.1% 6.52. Steve Kemp, 46, California, scored a 3461 in the pentathlon.

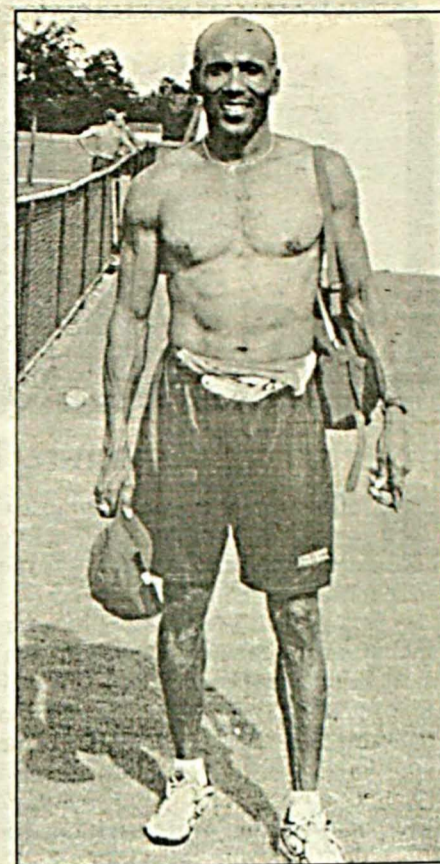
**M50:** Fred Sowerby, 50, Nevada, broke the WR for the 400 with a 96.2% 51.39, pushed by Charles Allie, 52, Pennsylvania, who won the 100 (11.72/95.4%) from Stan Whitley, 53, California (12.04/93.5%), and lost the 200 to Sowerby (24.01 to 24.14) on Sunday.

Richard Green, 51, Pennsylvania, chalked up wins in the 800 (2:13.50) and 1500 (4:39.22). Fred Johnston, 53, California, after a disappointing out-of-the-money finish at WAVA-Gateshead, won the 100H in 15.40. James Sauers, 51, Georgia, went nearly stratospheric in the HJ with a 93.2% 1.80.

**M55:** Courtland Gray, 55, Louisiana, continued his championships string, started at Gateshead, with four wins: 100 (12.21/93.4%), 400 (57.84), 100H (14.53/a torrid 98.1%), and 400H (67.04). New Yorker Hugh Sweeny, 55, fought off the heat and opponents to take the 1500 (4:49.04), 5000, and 3000SC. Bill Johnston, 55, Florida, cleared the PV bar with a 93.0% 4.04.

Shot putters Tom Gage, 56, Louisiana, and Carl Wallin, 57, New Hampshire, duelled, with Gage the winner (14.59 to 14.22). Gage hit a 95.8% 56.65 HT. With a 3728 total, Roger Kroodsma, 55, Tennessee, was the top point man in the pentathlon. Racewalker Don DeNoon, 56, Illinois, steamed through the 5000 with a meet's best 24:07.50 (91.0%). Jim Carmines, 56, Pennsylvania, hot-footed to a 1:58:30 in the 20K RW.

**M60:** Larry Colbert, 62, Maryland, had the distinction of breaking two ARs, even more gratifying because they were his own, made when he was 60, running here a 98.3% 24.77 in the 200 and a 97.1%



JERRY WOJCIK  
Fred Sowerby relaxes after an M50 world-record 51.39 in the 400, USATF National Masters Championships, Orlando.

56.22 in the 400. Harold Tolson, 61, California, won the 100, in which all nine finalists were in 90+% world-class territory, with a blistering 98.5% 12.07.

The 4x400 New York relay team of Charles Hudson, Joe Cordero, Richard

Continued on page 8

## AGE GROUP RECORDS SET AT 32ND USATF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS ORLANDO, FLORIDA; AUGUST 26-29, 1999

### World Records

Event	Age	New Mark	Name	Old Mark	Held By
400	M50	51.39	Frederick Sowerby	51.63	S. Robbins
80H	M75	13.68	Mel Larsen	15.02	A. Van Zyl
300H	M70	49.07	Earl Fee	50.4	A. Van Zyl
2000SC*	M80	10:52.46	Dan Bulkley	---	---
HJ	W80	0.93	Mary Bowermaster	0.90	M. Bowermaster
LJ	M65	5.35	Dick Richards	5.29	T. Patsalis
4x400	M60	3:27.37	New York Team	3:58.43	USA
4x800	W40	9:25.65	So. Calif. TC	10:14.2	USA
Pent	W50	4544	Phil Raschker	---	---

\*World Best

### U.S. Records

100	M65	12.56	Dick Richards	12.6	P. Jordan
200	M60	24.77	Larry Colbert	24.82	L. Colbert
200	W65	32.57	Audrey Lary	33.21	P. Peterson
400	M60	56.22	Larry Colbert	56.58	L. Colbert
400	W65	1:15.32	Audrey Lary	1:19.96	S. Ono/Leonard
800	W40	2:13.33	Rose Monday	2:20.21	Diane Heil
HJ	W60	1.26	Evelyn Wright	1.25	C. Miller
LJ	M85	2.94	James Elliott	2.77	B. Crane
TJ	M70	10.07	Carlos Vera	9.74	E. Lukens
TJ	W65	8.25	Audrey Lary	7.87	L. McDaniels
SP	W40	14.30	Carol Finsrud	13.48	C. Finsrud
DT	W40	53.81	Carol Finsrud	49.26	C. Finsrud
JT	M45	66.11	Mike Brown	64.04	E. Morlund

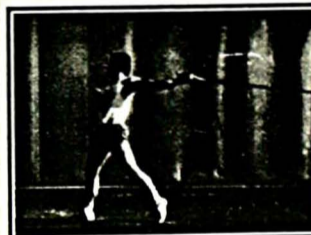
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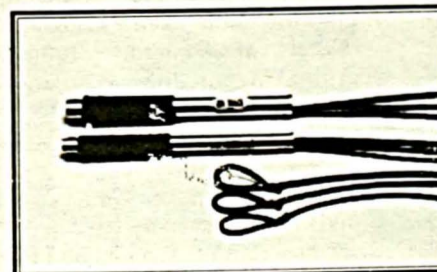
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**PAGLIANO'S PODIATRIC POINTERS**

# The Foot Beat

by **JOHN W. PAGLIANO**  
D.P.M.

## Running A Marathon

Following are guidelines to consider for this marathon season:

- Keep your usual diet. Try to eat normal, balanced meals prior to race day. Protein, carbohydrates, and fats are all essential for your normal athletic metabolism.

- Supplement your diet with carbohydrates the week before the marathon.
- On race day, don't consume heavy foods or milk. Toast with tea or coffee is preferred. Eat approximately two hours prior to race time.

- Use the toilet facilities prior to the start. It is not easy to stop on the run.
- Wear well-fitting clothes that are light weight and light in color. Make sure to wear a cap with a brim to shade your face. Trunks should have a pocket

- to carry extra Vaseline and Band-aids.
- Lubricate your arm pits, crotch and nipples. Make sure your clothing is not abrading your skin. Use Vaseline in liberal amounts.
- Make sure you have the proper shoes. Wear them around for about one hour prior to the race. Vaseline your feet very heavily and wear good cotton socks, preferably not new ones. If you have rubbing problems, turn your socks inside out. Double knot your shoe laces and don't tie them too tight. Remember, your feet are going to swell.
- Jog lightly and loosen up before the race. Work out all the kinks and nervous energy.

- Ignore other runners and start slowly. Don't run above your level. It will pay off later.
- Make sure you have your preferred drink available on the run. On hot days, drink early. Do not take salt tablets. Stop to drink if you are a beginner. Veterans can easily drink on the run, but novices tend to gulp air if they don't stop.

- Use a sponge to cool off. Do not use anti-perspirants or wear makeup. Ice cubes can be placed in the cap to cool off. Don't squirt water on your feet.
- Stop and walk if you feel fatigued. Enjoy your run. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405.)

## Highlights of Nationals

Continued from page 7

Rizzo, and Bruce Marsh smashed the M60-69 WR with a 3:27.37. Dan McCormack, 60, came from the wilds of Oregon to win the Battle of the Coasts in the 800 with Sid Howard, 60, New York - McCormack squeezing out a 2:16.01/93.5% win, with Howard at 2:16.31/93.3%, and Mack Stewart, 61, Texas, at 2:16.60/93.9%. McCormack also took the 1500 (4:59.67).

John Brennand, 63, California, lost his Orono title in the 5000 to Don Ardell but maintained his 10,000 crown. Versatile Terry Cannon, 62, California, won the PV (3.50), and 300H from John Head, 61, Texas, by a narrow 49.44 to 49.49. James Burke, 60, Arizona, scored a SP win by a slim margin (13.89 to 13.74) from Gerald Vaughn, 63, North Carolina, and nailed the DT (45.48).

**M65:** Dick Richards, 65, California, protracted the LJ WR to 5.35 and reduced the AR for the 100 (Payton Jordan, 12.6h) to 12.56/97.6%. James Stookey, 69, Maryland, second (13.32/95.4%) to Richards in the 100 and national outdoor champion in seven events in 1998, retained four titles here: 200 (28.38/91.4%), 100H (16.84/97.0%), 300H (50.24/93.5%), and TJ (9.71).

Double gold medalists in this talented group were Paul Heitzman, 68, Kansas, 800 (2:35.16) and 1500 (5:17.74); Bill Iffrig, 65, Washington, 5000 (20:03.17) and 10,000 (43:08.11); Phil Mulkey, 66, Georgia, who, despite a bad ankle, won the HJ (1.36) and PV (2.89); Wendell Palmer, 67, Texas, SP (13.35/95.0%) and DT (50.73/92.9%); and Alfred DuBois, 67, Wisconsin, 5000RW (30:01.97) and 20K RW (2:20:50).

**M70:** Guest athlete Earl Fee, 70, Canada, broke the WR for the 300H (49.07/97.1%) and was first in the 400 (62.00/95.5%). Carlos Vera, 70, Virginia, earned an AR in the TJ with a 93.1% 10.07, and won the LJ (4.45). Harry Hawke, 70, went back to California with three gold medals in the throws: SP (13.24), DT (41.61), and HT (37.44).

Bill Melville, 72, Wisconsin, impressively defended his 100 and 200 (28.48/94.0%) 1998 titles, winning the 100 with one of the best performances of the meet - a 98.1% 13.34 - from Rodney Brown, 72, Utah, who ran a 14.01/93.4%. Bill Fortune, 71, New York, garnered golds in the 5000 (22:16.64) and 10,000 (50:23.88). Bill Flick, 73, Pennsylvania, was the quickest in the 5000RW (32:56.26) and 20K RW (2:25:00).

**M75:** Mel Larsen, 75, Iowa, performing as if he were still in Gateshead, broke the WR for the 80H with a meet superlative 102.1% 13.68, and won the 100

## 1999 USATF National Masters Track & Field Champions

### Orlando, Florida; August 26 -29, 1999

100	M30	Peebles	M35	Barnwell	M40	Barnwell	M45	Jones	M50	Allie	M55	Gray	100	M60	Tolson	M65	Richards	M70	Melville	M75	Larsen	M80	Slaughter	M85	Elliott
200	Peebles	Berry	Berry	Barnwell	James	Bowen	Easley	Sowbery	Sowbery	Naylor	Gray	200	Colbert	200	Colbert	Stookey	Johnson	Melville	Melville	Larsen	Larsen	Slaughter	Slaughter	Elliott	
400	Beeby	Berry	Berry	James	James	Easley	Easley	Sowbery	Sowbery	Naylor	Gray	400	Colbert	400	Colbert	Stookey	Johnson	Melville	Melville	Larsen	Larsen	Slaughter	Slaughter	Levine	
800	Holme	Horton	Lindsay	Wulf	Green	Baldwin	800	McCormack	Heitzman	Selby	McManus	Bulkley	Levine												
1500	Yorges	Roman	Aasum	Wulf	Green	Sweeney	1500	McCormack	Heitzman	Beall	McManus	Boots	Levine												
5000	Londono	Roman	Decollibus	Rojas	Schlau	Sweeny	5000	Ardell	Iffrig	Fortune	Bryant	Daman	Levine												
10000	---	Pantin	Jennings	McMillan	Poulson	Roy	10,000	Brennand	Iffrig	Fortune	Hammen	Johnson	Massie												
SH	J. Smith	K. Smith	Grimes	Price	Johnston	Gray	SH	Coats	Stookey	Bradberry	Larsen	Bulkley	---												
LH	Gwin	K. Smith	Grimes	Hudson	Lapp	Gray	LH	Cannon	Stookey	Selby	---	Bulkley	---												
SC	Yorges	Wagner	---	McCusker	Taskett	Sweeny	SC	Cordero	Culling	Sanchez	Bryant	Bulkley	---												
HJ	---	Coushay	Lewis	Romanos	Sauers	Armstrong	HJ	Langenfeld	Mulkey	Sempronio	Obye	Heard	Elliott												
PV	---	Sprague	Hunter	Hogan	Wilke	Johnston	PV	Cannon	Mulkey	Fleischman	Johnson	---	---												
LJ	Martin	Foster	Baker	Rea	Lapp	Helton	LJ	Paddle	Richards	Vera	Larsen	Heard	Elliott												
TJ	Weston	Foster	Baker	Skoflanc	Rodenbeck	Kozusko	TJ	Richard	Stookey	Vera	Kennell	Sorlien	Elliott												
SP	Reed	Albert	Taylor	Summers	Shumaker	Gage	SP	Burke	Palmer	Hawke	Bangert	Schlothauer	Elliott												
DT	---	Seifert	Hambrock	Reid	Fahey	Pratt	DT	Burke	Palmer	Hawke	W. Carter	Schlothauer	Elliott												
HT	---	---	Jansson	Reichard	Taylor	Gage	HT	---	Ward	Hawke	Walmroth	Schlothauer	Joslin												
JT	Hall	Draine	Lothrop	Brown	Sander	Quarelli	JT	Sattari	Horine	Brusca	Obye	Heard	Elliott												
Pent	Huben	Sigman	Janusey	Kemp	Lapp	Kroodsm	** M90	DeGroot	SP, DT, HT	---	---	---	---												
4x100	Team Florida	---	East Region	---	Atlanta TC	---	4x100	---	---	Top Guys	---	---	---												
4x400	Southeast Region I	---	East Region I	---	Pennsylvania	---	4x400	New York	---	West Region II	---	---	---												
4x800	Team Texas	---	So Calif TC	---	---	---	4x800	New York	---	West Region II	---	---	---												
5KRW	McGovern	Renard	Vicory	---	Frable	DeNoon	5KRW	Romansky	DuBois	Flick	Noritake	Daman	---												
20KRW	---	Blanchard	Carranzana	Baranco	Frable	Carmines	20KRW	Eiwarner	DuBois	Flick	Noritake	---	---												
100	W30	Rodriguez	W35	Baumgarten	W40	Snell	100	Jordan	W60	Jordan	W70	W75	W80												
200	---	---	---	Landrum	McField	Heil	200	Jordan	---	Lary	Peterson	---	Bowermaster												
400	---	---	---	---	Heil	---	400	---	---	Lary	Peterson	---	---												
800	---	Jefferson	Monday	Dicksn	Taylor	Shirley	800	HodgesHite	Butcher	On'Leonard	---	---	---												
1500	---	Archuletta	Murphy	Willard	Shirley	Moolenaar	1500	HodgesHite	Melehan	---	---	---	---												
5000	---	Archuletta	Barraza	---	Nesbihal	Bocci	5000	HodgesHite	Wilson	---	---	---	---												
10,000	---	Archuletta	---	Pinto	Rogers	Kelley	10,000	HodgesHite	---	---	---	---	---												
SH	Carson	---	Johnson	---	Raschker	Carter	SH	Jordan	---	---	---	---	---												
LH	Carson	Ledbetter	Johnson	---	Trotte	---	LH	Jordan	---	---	---	---	---												
SC	---	Ledbetter	Johnson	---	Nesbihal	Michelson	SC	---	---	---	---	---	---												
HJ	Carson	Harrell	Johnson	Lowery	Raschker	Cleveland	HJ	Wright	Melehan	McDaniels	---	Bowermaster	---												
PV	---	---	---	---	Raschker	Cleveland	PV	Sisley	---	McDaniels	---	---	---												
LJ	---	Baumgarten	Hulse	---	Raschker	Cleveland	LJ	Jordan	Lary	Valien	---	Bowermaster	---												
TJ	---	Iba	---	Lowery	Naylor	---	TJ	Jordan	Lary	Valien	---	---	---												
SP	---	Lewis	Finsrud	Capwill	Hartzler	Hilliard	SP	Grissom	Lary	Valien	---	Bowermaster	---												
DT	---	Lewis	Finsrud	Capwill	Hartzler	Cleveland	DT	Messner	Neal	Snaden	---	Jarvis	---												
HT	---	Lewis	Finsrud	O'Brien	---	Hilliard	HT	Grissom	Lary	Snaden	---	Jarvis	---												
JT	---	Sapko	Finsrud	Capwill	Tucker	Richard	JT	Sisley	Bortell	Snaden	---	Gradick	---												
Pent	---	---	Johnson	O'Brien	Raschker	---	Pent	---	---	Valien	---	---	---												
4x100	Monsoon TC	---	Space Cadets	---	---	---	4x100	---	---	---	---	---	---												
4x400	Las Vegas Lizards	---	Ric Rojas Running	---	---	---	4x400	---	---	---	---	---	---												
4x800	Las Vegas Lizards	---	So Calif TC	---	---	---	4x800	---	---	---	---	---	---												
5KRW	---	Tenan	Herazo	Richards	Reitz	Higbie	5KRW	Bailey	Shepardson	Gordon	---	---	---												
10KRW	Storrs	Sonntag	Chamberlin	Richards	Johnson	Higbie	10KRW	Elliott	Amazeen	Gordon	Walker	---	---												



## Highlights of Nationals

Continued from page 8

(13.84/97.6%), 200 (29.72/93.2%), and LJ (4.40).

Double winners were John McManus, 76, New York, 800 (3:03.33) and 1500 (6:27.45); Avery Bryant, 75, California, 5000 (25:53.92) and 2000SC; William Carter, 76, Oklahoma, who retained his championships from 1998 in the DT and pentathlon; and Masashi Noritake, 75, California, winner of both the 5000RW (34:26.10) and 20K RW (2:26:30).

**M80:** Dan Bulkley, 82, Oregon, cast his spikes in the ring for the 1999 Athlete of-the-Year award with five impressive wins, ranging from the 800 (3:27.46) to the pentathlon, including a world best of 10:52.46 for the 30" barrier 2000SC.

David Schlothauer, 81, Massachusetts, won the SP, DT, and HT (25.18), leaving the JT to Nate Heard, 81, Florida, who added the HJ and LJ; additional multiple winners were Konrad Slaughter, 80, California, 100 (18.15) and 200 (40.50); and Cokey Daman, 80, Virginia, who won the 5000 (26:44.61) and 5000RW (35:21.06).

**M85:** James Elliott, 85, Michigan, took home eight gold medals with wide-range wins from the 100 to the JT, including an AR in the LJ of 2.94. Frank Levine, 85, Pennsylvania, cleaned up on the track with victories in the 400, 800, 1500, and 5000.

**M90:** Bert DeGroot, 92, California, dittoed his 1998 Orono golds in the SP, DT (14.40), and HT.

**W30:** Generally a division with a lesser turnout than the older groups, this year's was particularly scant. There were no competitors from the 200 through the 10,000, nor in any of the throws. Newcomer Riki Carson, 30, Michigan, took three gold medals with solid marks in the 100H (14.66), 400H (61.75), and HJ (1.68).

**W35:** Kellie Archuletta, 37, after going the distance from Nevada to Florida, went the distances, and then some, in Orlando's heat and humidity, winning the 1500 (4:56.29), 5000 (18:22.50), and 10,000 (40:51.54).

Oneithe Lewis, 39, New York, 1999 Boston indoor champion and two-time outdoor champion at Orono in 1998, added more titles to her skein in the SP (11.74), DT (34.29), and HT (36.30). Dana Baumgarten, 37, Florida, sped to firsts in the 100 (12.97) and the LJ (5.06). Gail Ledbetter, 36, Nevada, ran a smart 2000SC (7:58.89) and blazed over the 400H (74.28).

**W40:** Carol Finsrud, 42, Texas, broke her own ARs of 1997 in the SP with a 14.30 and DT with a 53.81, and won the HT (40.90) and JT, keeping all four of her titles of 1998. The W40-49 So Cal TC quartet of Rose Monday, Diane Heil, Marie Murphy, and Sabrina Robinson broke the WR for the 4x800 with a 9:25.65. Monday, 40, California, lowered the 800 AR to 2:13.33.

Liz Johnston, 43, North Carolina, did everything but fill the water coolers, with five firsts, starting with Thursday's pentathlon and continuing in the 80H (18.03), 400H, SC, and HJ. Victoria Herazo, 40, Nevada, W35 double winner in Orono, captured the 5000RW (25:08.25/86.0%) from W40 double winner in Orono, Lyn Brubaker, 42, Pennsylvania, 25:25.80/86.3%, and Donna Chamberlain, 42, Pennsylvania, 25:57.26/84.6%, who, on Sunday, won the 10K RW from Herazo, 52.57.88 to 53:35.69.

**W45:** Texas sprinter Cindy Steenbergen, 45, triple winner in Orono as a W40, who never ran track in high school or college, took all three sprints again, the 100 with a sparkling 94.0% 12.57 (which would have placed seventh in the M45 race), 200 (26.10/91.8%) and 400 (60.82). Jacqueline Board, 46, Arizona, last year's winner of the three sprints, was second to Steenbergen three times here.

April Capwill, 48, Pennsylvania, winner of all four throws and a surprise first in the 1500 in 1998, settled for three wins in the throws. Linda Lowery, 47, Georgia, cleared the HJ bar at 1.34 and hit 9.47 in the TJ. Sally Richards, 46, Colorado, took the 10K RW by five seconds (57:20.45) from Janet Comi, 45, Pennsylvania, and the 5000RW from Comi by nine seconds (27:21.83).

**W50:** Phil Raschker, 52, Georgia, still not at 100% with Achilles' problems, was pretty close to it with seven firsts, her athleticism exemplified by a WR (4544) in the pentathlon. Her other marks: a 94.0%/12.57/100; 91.6%/27.72/200; 93.9%/12.91/80H; 91.4%/2.90/PV; and 90.4%/4.95/LJ.

Susan Nesbihal, 50, New York, tripled in the 5000, 10,000, and SC. Double gold medalists were Joni Shirley, 52, California, 800 (2:41.30) and 1500 (15:33.74), and Mary Hartzler, 50, Ohio, who won the SP (10.74) and DT (32.42) and took silvers in the 800 and 1500.

**W55:** Barbara Cleveland, 59, won the HJ (1.26), PV (2.30), LJ (3.90), and DT. Mary Robinson, 57, Ohio, ruled the sprints, winning the 100 (14.94), 200 (32.08), and 400 (74.37). Vanessa Hilliard, 58, Florida, WR-holder in the HT, after a prolonged absence due to injury and surgery, returned to win the SP (10.38) and HT (39.26/90.4%). Willy Moolenaar, 58, Florida, won the 800 (3:09.67) and 1500. Janet Higbie, 57, Indiana, triumphed in the 5K and 10K RWs (31:07.61/65:10.84).

**W60:** Barbara Jordan, 63, Vermont, another icon of versatility, collected six gold medals, from the 100 (15.52) to the 300H (65.03) to the TJ (7.44). Joyce Hodges-Hite, 62, Georgia, swept the 800, 1500 (6:47.42), 5000, and 10,000, one more than at Orono. Becky Sisley, 60, Oregon, who has a pending WR in the PV, won that (2.20) and the JT (30.64).

Joann Grissom, 61, Indiana, in between spending long days officiating in the heat, managed to win the SP (10.83) and HT. Evelyn Wright, 62, Maryland, winner of five events in Orono, settled for one here - an AR in the HJ (1.26/90.6%). Sami Bailey, 63, Indiana, retained her Orono crown in the 5000RW (32:45.44).

**W65:** The Talented Terrapin from Maryland, Audrey Lary, 65, won six events, three with ARs: 200/32.57, 400/75.32, and TJ (8.25/90.8%). Mary Melehan, 65, Florida, tallied wins in the 1500 (6:59.91) and HJ.

**W70:** Johnnye Valien, 74, California, started with a gold medal in the pentathlon (3465) and kept it going with firsts in the LJ (3.28), TJ (6.74), and SP. Pat Peterson, 73, New York, kept her 1998 titles in the 200 (35.09/89.4%) and 400. Leonore McDaniels, 71, Virginia, a five-time gold medalist in Orono, showed her expertise in the HJ (1.14/91.9%) and PV (1.90). Miriam Gordon, 74, Florida, claimed both RWs (35:35.92/1:14:06).

**W75:** This division wins the meet's award for unclaimed titles - 20 in all -



JERRY WOJCIK

The Southern California TC W40-49 4x800 team, after a world-record 9:25.65 (l to r): Marie Murphy, Rose Monday, Diane Heil, and Sabrina Robinson, USATF National Masters Championships, Orlando.

with the aptly named Margaret Walker, 77, Pennsylvania, the only champion, in the 10K RW (1:26:52).

**W80:** Mary Bowermaster, 82, Ohio, upped her own HJ WR from 0.90 to 0.93

and won three more championships in the 200, LJ, and SP. Betty Jarvis, 84, Oklahoma, dittoed her wins in Orono in the DT (14.82) and HT.

- Jerry Wojcik



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# Masters Racewalking

by ELAINE WARD

## World and National Championships Report

**L**ynn Brubaker and Don DeNoon were the two Americans who made a sweep of the racewalk gold medals in their age groups at the WAVA World Veterans Athletics Championships in Gateshead, England, July 29-August 8.

Brubaker won the W40 5000 track walk (24:05) and 10K road walk (49:24) and led the USA to the W40 10K team gold with Tori Herazo second (49:46).

DeNoon captured the M55 5000 (23:29) and 20K (1:46:48), leading the USA to the team 20K gold medal with Rich Friedlander third (1:48:17) and James Carmines fifth (1:55:55).

### Women's 10K Walk

Forty-nine U.S. women competed in the 10K road racewalk in a field of about 145. There was one sponge station and one water station on the 2.5K course with the temperature in the low 70s at the start. U.S. women won two gold medals, two silvers and three bronze. In team competition, they won gold in W40, W45, W50, W55, W65, and silver in W60.

### Men's 20K Walk

Thirty-eight American men competed in the 20K road racewalk in a field of 207. M40 and M50 were in one group, M60+ in another. Temperatures were in the 70s for the first group; in the 80s for the second. The bottled water was boiling hot from sitting in the sun. The heat, humidity and hot water slowed the competitors. Several men were removed from the course on stretchers by medics. U.S. men won two gold medals, one silver and four bronze. In team competition, they won gold in M55, M65, M70, M80, and silver in M60 and M75.

### Women's 5000 Walk

Held on the Gateshead Stadium track, it was soon obvious the six judges meant business. The DQ board was full of athletes' numbers and red X's. There were 16 DQs out of 137 starters. Temperatures were warm, but not as hot as the 10K race the preceding Sunday. U.S. women won one gold medal, two silver, and three bronze.

### Men's 5000 Walk

The men's 5000 took place at the Monkton Stadium track. The six judges continued their strict judging as 51 DQs were issued to the 292 starters. The weather was cloudy with a breeze which meant cool temperatures. American men won four gold medals, three silver, and six bronze. Two U.S. men were over age 95: Waldo McBurney, gold, and Julius Spielberg, silver.

### Recommendations

The games were well run and enjoyed by all. If problems arose, officials worked hard to immediately cor-

rect them. Suggestions for the future: have iced water for athletes at each event site. When possible, have chairs for the athletes while waiting their turn in field events, jumps and throws. Do not limit the number of athletes who can participate in the opening ceremony. The Gateshead policy of allowing only 20 athletes from any one country to participate, undoubtedly saved time and scored efficiency points, but much of the joy for athletes in the opening ceremony is to march around the stadium to represent their countries.

### Nationals

The basic problems at Orlando had to do with inadequate water, inadequate medical assistance, questionable judging and an omnipresent rule, best

by BOB FINE

USATF Southeast Regional  
Masters T&F Coordinator

When Walt Disney bid for the USATF National Masters T&F Championships, the spokesperson did not indicate when the championships would be held. It was expected that the event would be held just before the World Championships. The physical facilities were good and Disney had the staff to facilitate the event. Their bid looked good at the time.

The procedure for site selection is that a site selection chair and/or committee reviews each bid. A report is then made to the National Masters T&F Committee (usually more than 100 in number). It is the National Committee that votes. The vote is open and democratic. It should be noted that it is the stated policy of Master T&F to shift our championships around our seven regions. The Southeastern Region had not hosted the meet in ten years.

The major problem with the Disney selection was that a definitive contract was not signed. I was the Masters T&F Law Chair at the time and kept pushing for a detailed contract; however, the incumbent chair did not act properly on my requests. Everything was left up in the air.

In January of '99 there was no contract. Things dragged on for months. The result was that a "Disney" con-



JERRY WOJCIK

Steven Renard (l), M35 winner (26:31.37), and guest athlete, Vincent Asumang, 31, who finished in 25:04.19, in the 5000 racewalk, USATF National Masters Championships, Orlando, Fla.

tract was signed. The contract effectively eliminated USATF from having control over the event. In the future, there will be a definitive contract signed by the bidders before a vote is taken on the site selection.

Comments from a couple of other participants:

**Jim Carmines:** In making the selection to go to Orlando, USATF did

not consider the athletes. The temperature and humidity were not suitable for any of the events.

**Janet Higbie:** The length of the 20K for an 80+ individual at that temperature is risky. This is why I wonder if the men should do a 10K instead of a 20K. This is perhaps an area where we, as adults, need to look at our age, our own physical condition, and the conditions of the race. Then make a prudent decision on whether to do the 20K or not. □

## Why Orlando in The Summer?

tract was signed. The contract effectively eliminated USATF from having control over the event. In the future, there will be a definitive contract signed by the bidders before a vote is taken on the site selection.

Disney paid a rights fee to USATF. Eugene, Oregon will not be paying a rights fee for the 2000 Championships. There will be a \$10,000 rights fee paid to USATF for the 2001 Championships in Baton Rouge.

It was well known that the weather would be a disaster. The date selected was the worst possible one. I'm sure Disney selected it because it fit into their schedule - the athletes be damned. I recommended to Disney that they split the events so that they would be held in the early morning and late afternoon into the evening. Disney does not have lights. It would have cost them \$2000 to rent them. Disney should be spelled Di\$\$\$\$\$\$ney. They would not spring for the lights. It would also have cost more money to have officials work a split shift.

Disney is the stereotypical corporation. You have difficulty finding out who controls what. The individual workers for Disney were cooperative and polite, but they always referred to their "orders." There were so many screw-ups it was pathetic.

There was much criticism of the officiating. Almost one out of four

men were DQ'd in the 5K walk. This event was held in the middle of the day. All of the times were poor except Don DeNoon's. Figure at least 90 seconds slower than each individual's best.

The road walks were worse. Lynn Brubaker dropped out with a bad back. Don DeNoon dropped out with vertigo. The heat was terrible. The times were abysmal. All of the competitors were experienced. Sami Bailey, Gene Opheim, Paul Johnson, Bob Cella, Dave Romansky were all DQ'd, something that rarely ever happens to any of them. The officials stayed out in the boiling sun (heat index over 100 degrees) for over three hours. They should be commended. However, over one in five competitors either was DQ'd or dropped out. Much too high a percentage in a national class field.

If anything, this fiasco just reinforces the need for USATF to have total control over the event. This is something that the present leadership in Masters T&F recognizes and will be working for.

There was an informal meeting held at Disney for all athletes. About 50 showed up. They were unanimous in their condemnation of Disney. As a practical matter, unless there is a miraculous change in Disney's attitude, there is no chance of any Masters Meet being held at Disney again. □



## Write On

Continued from page 4

competed in the event, and only seven women competed at any age. None of this is surprising – for many distance runners, the prospect of running in Florida during the summer presents a simple choice: run a slow time or don't go.

Reportedly, Orlando had the only bid for 1999, and thus the masters community had little opportunity to make things better for the distance runners (and racewalkers). In 2001, we'll be going to another hot state (Louisiana); as far as I know, 2002 and beyond are unassigned.

In the future, let's ask bidders for details: What are your average daily highs in July and August? What's the humidity at 7 a.m., noon, and 7 p.m.? How many days are 90+ in those two months? Also: How are you going to keep athletes and spectators comfortable if it becomes oppressive, and can you hold races at night?

By the way, for anyone with concerns about the weather in Eugene next year – forget about them. Average total rainfall for July and August combined (in Portland) is only 1.7 inches. Average low-high range in both months is 57-80. Expect beautiful weather and a first-class meet. Hope to see you there.

*Peter L. Taylor  
Fairfax, Virginia*

### RACEWALKING

Please do not allow the questionable incidents at the USATF Masters Nationals, held in Orlando, August 26-29, to discourage or prevent you from participating in future races in South Florida, particularly the upcoming 10K National Masters Men's Championship to be held November 13 in the Fort Lauderdale area.

For one thing, the weather in November is not nearly as hot as it is in August. Additionally, the judging will be professional, competent, consistent, and fair.

The responsibility of the judges is to assist the athletes in their performance and to properly judge according to the rules, not to intimidate the athlete!

We look forward to seeing you in November and are all anxious to show you a competent race.

*Robert Cella, USATF RW Vice Chair  
Alan Ranofsky, Florida Athletic Club  
Dan Koch, Natl. Masters 10K Race  
Director*

### SPONSORSHIP FOR MASTERS T&F

There is strong potential for sponsorship for masters track and field.

First, we should tie into the Senior Olympics, which is well funded. Our selling point is that a large number of participants are at the height of their earning power, or are retired with ample money to spend. We are a target market for advertisers.

Second, we should improve the quality of our national championships by

establishing qualifying standards. Such standards would encourage greater participation in regional and state events in which to obtain qualifying marks.

Third, we should select venues for the Nationals. My first national meet was in 1998 at Orono, Maine, an awesome venue with cool weather and the friendly environment of a college campus. The track facility in Orlando was excellent, but the location had all the charm of the swamp from which it arose. It was the ultimate tourist trap where you practically had to pay to breathe.

I look forward to next year's nationals in Eugene in hopes of recapturing what we had in Maine.

*Arny Ferrando  
Galveston, Texas*

### PERFORMANCE ENHANCING DRUGS

The candid revelation by Stew Thomson (Sept. NMN) that the late Bob Backus used performance enhancing drugs during his later years of competition does not surprise me. Persistent rumors have circulated for years regarding many of the elite throwers' use of such drugs.

Possibly the East Europeans forced athletes around the world to use steroids and HGH in order to compete in world class competition. I suggest that the World Organizing Committees invalidate any record – past, present, or future – set by an athlete proven to have used any such substances, and that the contestant be banned for life.

We certainly do not want masters athletes setting world class age records and then dying only a few months later from what may be complications from drug use. Let's keep it clean.

*Tom Henderson  
New Jersey*

### TORONTO GAMES

In his False Start column (Sept. NMN), David Ortman said he was told that "past World Masters Games left something to be desired in terms of officiating and standards." That was certainly not true of the 1985 event in Toronto.

The Canadian officiating stands out above all others I have experienced. The facilities and timing equipment were first rate. They use an officiating system from which the U.S. would benefit – a five-step system of advancement through documented experience, providing a strong incentive to participate in lower levels of competition.

Publicity was first rate for all sports, although publishing of results was problematic. Results were not published in NMN, possibly due to a feud between WAVA and the Games. And, among other things, the high caliber of medals contributed to a budget overrun.

WAVA's condemnation kept many US athletes away and I discovered a week later that competition at the U.S. Nationals in Indianapolis was much stiffer.



JERRY WOJCIK

James Smith, #743, taking the lead to win the M30 110 H (15.42) from Joe Gwin, Jr., second (15.52), USATF National Masters Championships, Orlando.

All problems aside, I hope to see another masters athletics event to match the organization of that hosted by Toronto in 1985.

*Ronald Kirkpatrick  
Los Alamos, New Mexico*

### EAST REGIONALS

Steve Vaitones, Ed Daniels and the

New England Association stepped up and volunteered to host the East Regionals held on Aug. 14 at Springfield College in Massachusetts. They proved that a quality meet can be presented at a minimal cost to the participants.

The facility was superb: a fine track,

Continued on page 13



## 1999 USATF MASTERS NATIONAL 10K CROSS COUNTRY CHAMPIONSHIPS

**Sunday, December 5**

El Dorado Regional Park East, Long Beach, California

### START TIMES:

Prior to the USATF Men's & Women's Senior Races

### 10:00am USATF MASTERS M&W 10K CHAMPIONSHIP

11:15am USATF Senior Men's 10K championship  
12:00N USATF Senior Women's 6K championship

### RACE SITE:

El Dorado Regional Park East, Long Beach, California. Approximately 25 minutes from the Century Plaza USATF Convention Site. Park Entry Fee is \$5.00 per vehicle.

### COURSE DESCRIPTION:

All-grass multi-loop course around a lake which will accommodate spectator viewing and racing in spikes or racing flats. The course is basically flat with some switch-backs and chicanes built-in to create pace breaks. There is also a shallow water jump and log jump on each lake loop. The 10K course has three 2-lane road crossings plus 150' of asphalt which is traversed on an out-and-back 3rd Mile loop.

### TEAM ENTRIES & ELIGIBILITY:

- Teams must be registered with USA Track & Field and meet the definition of a "USATF Association Club" by having all members entered reside within the boundaries of the same USATF Association.
- All team members entered must be 1999 USATF Members and their names must appear on the club roster which was submitted to their USATF Association with their 1999 USATF club registration.
- Each team is required to submit a separate team entry form which lists all its team members entered.

### TEAM SCORING:

- Teams are in 10-year increments: age 40-49, 50-59, 60-69, 70-79, 80-89, and 90-plus.
- A Masters runner may compete in a younger age-division for his or her team, and in his or her respective age-division for individual awards.
- Men's 40-49 and 50-59 team places are determined by adding the finish times of their top 5 finishers. Men's 60-plus and all women's team places are determined by adding the finish times of their top 3 finishers.

### AWARDS:

USATF Championships Medals to the top 3 men & women individual finishers in All age-divisions from 40-45 to 90-plus, and to the scoring members of winning teams.

### RACE ENTRY FEE:

\$20.00 PER ATHLETE

### ENTRY DEADLINE:

Entries must be received by **TUESDAY, NOVEMBER 30** by mail or FAX.

### HOST HOTEL:

LONG BEACH MARRIOTT HOTEL located just 5-minutes from El Dorado Park. Call (562) 425-5210 by November 8 for reservations and ask for the special USA Track & Field rate of \$80.00 NS single or double.

### Contacts for Entry Materials:

Skip Stolley, Meet Director  
TEL (310) 453-7655 / FAX (310) 829-6926  
E-Mail: sstolley@aol.com

Kevin Galbraith, Meet Manager  
TEL (310) 391-3928 / FAX (310) 391-3978  
E-Mail: CoachKGG@aol.com





# On The Run

by HAL HIGDON

## Cyberdates and Santa Fe

**D**anica Tutush appeared at the doorstep of the Casa del Toro promptly at six in the morning. We were planning to go for a long run on the roads around Santa Fe, New Mexico.

Training for a marathon, I was scheduled to do 13 miles that weekend. But when I suggested that distance to Danica, she said she had planned to do less. An hour was her limit. It was a Friday. She had to be at work after our run. And perhaps she was a bit nervous about running with the Big Bad Gunslinger from out of town who might want to run too fast.

Well, not really, but we hadn't met until this moment. She didn't know my training pace and preferences, and I didn't know hers. I had located Danica through the Internet. My wife Rose and I were in Santa Fe for a weekend

of art and opera with a Carleton College alumni group. But I also wanted to do some running while in town and hoped I could find someone to direct me to an interesting course – and, perhaps, run it with me.

### An On-Line Partner

Getting on-line, I typed in the address for the Road Runners Club of America: [www.rrca.org](http://www.rrca.org). Checking the RRCA list of clubs, I found a listing for the Santa Fe Running Club, complete with email addresses of officers. After several exchanged messages, I located Danica Tutush.

Her name is easier to pronounce than you would think: *Duh-nee-tuh-too-toosh*. She came to Santa Fe from California's Silicon Valley, but before that attended Indiana University. Danica grew up in Hammond, Indiana, same home town as Carey Pinkowski, race director for The LaSalle Banks Chicago Marathon. Small world. I go all the way to Santa Fe and wind up running with a gal from The Region (as in Calumet Region).

Danica selected one of her regular training courses. We started mid-town from the Casa del Toro (my bed & breakfast near the Georgia O'Keefe Museum) and ran past the Plaza and Palace of Governors. Though empty at 6 a.m., the Plaza soon would be teeming with tourists seeking bargains in jewelry.

On a previous visit, Rose, who had chosen to walk while we ran, had bought an elegant silver necklace featuring a green stone. As Danica and I headed up into the hills on winding roads, I soon breathlessly wished I had taken that option. Santa Fe has an elevation of 7000 feet, forcing me to struggle to stay close to my guide.

### The Scenic Route

Arriving at an intersection, Danica announced that if we stayed straight, we could cut the course short. Taking the turn was longer, but more scenic. Having originally lobbied to run 13 miles, I could hardly choose the lesser option. "Let's run long," I said. Fortunately, when we came to even steeper hills, Danica shifted to a walking pace. Overlooks of the valley below and mountains above were enchanting, but I was too aerobically challenged to fully appreciate the scenery.

Nevertheless, I relished the opportunity to see Santa Fe on the run. As a running tourist, I often explore areas

off the beaten tourist path by running before a day of regular sightseeing. The only trick is figuring out where to run – or finding a local willing to run with you. With the advent of the Internet, never before has that been easier.

In addition to the RRCA web site, there are other ways of locating routes and runners. Doug Rennie writes an "On The Road" column for *Runner's World* that features information on different cities. If you don't save back issues, there's an archive of columns on the magazine's website, containing nearly 60 U.S. cities plus several dozen foreign ones. Go to: [www.runnersworld.com](http://www.runnersworld.com). For more leads, go to: [www.runthepplanet.com](http://www.runthepplanet.com).

### Cyber Connections

Or I'll help you connect with a cyberdate. Visit my Virtual Marathon Training on the worldwide web. You can access it either through my website ([www.halhigdon.com](http://www.halhigdon.com)) or the Chicago Marathon website ([www.chicagomarathon.com](http://www.chicagomarathon.com)). The main attraction of the site is my training schedules, which we send you on a daily basis by email, but there are also bulletin boards that allows runners to both ask me training questions and communicate with each other.

One recent query came from a runner looking for a place to run near Naperville. I quickly told her about the Prairie Path, which the CARA training class uses for weekend runs. Runners from St. Louis and San Francisco, to name two cities, have posted messages, recently looking for training partners as they prepare for Chicago.

Coming to another intersection, Danica announced our options: the quicker route back to town or the longer and more scenic one. She already knew what my choice would be. "I'm inspired!" smiled Danica as we took a final turn-off that would lead us through the old section of Santa Fe. What had begun as an hour's run had lasted twice that long. Back again at the Casa del Toro, Danica calculated that we had run perhaps a dozen miles. That was close enough to the planned

Continued on page 13

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69						
70 Plus						
30-39	400m	.762m 30"	45.00m 147'7 1/4"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
50-59						
60-69						
70 plus						
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59						
60-69						
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m	35.00m	40.00m	10
50-59	400m	.840m 33"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
60+	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	
						7
IMPLEMENTS						
AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	
Women					WAVA	USATF
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16#	16#
60 plus					12#	16#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#
50-59	6.00k	1.50k	6.00k	800 gms.	25#	35#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	25#
70-79	4.00k	1.00k	4.00k	600 gms.	16#	25#
80 plus	4.00k	1.00k	4.00k	600 gms.	12#	25#
Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m) Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb. WAVA weights are used for USATF weight pentathlons.						
Note: At the General Assembly in England, WAVA approved changes in some of the above events. We will publish those changes when WAVA declares them official						

## 5K CROSS COUNTRY RUN

SUNDAY, OCTOBER 31, 1999 • (11:30 A.M.)

# SWEETWOOD HALLOWEEN SCAMPER

**Seniors Only, 50 and Older, Men and Women**  
Sweetwood Senior Community • Williamstown, Massachusetts

Gently rolling course through woods and meadows with spectacular views of the Berkshires. Festive decorations – pumpkins, cornstalks, balloons, and the like – in celebration of Halloween. Refreshments. Many cultural and historic attractions nearby. Even better than last year!

**Awards:** Five-Year Age Groups, 50-54 to 90+. Medals for First, Second, Third, M and F, in each age group, and overall Top Three, M and F. T-Shirt for all entrants.

**Registration:**  
To October 15, \$15. To October 25, \$18. Late (on site), \$20.

**For Information and Registration**  
Bob Matteson, Scamper Director  
359 Main Street (Putnam Square) • Bennington, Vermont 05201-2173  
(802) 447-2566



Write On

Continued from page 11

plus multiple throwing and jumping areas. There was more than an adequate number of extremely qualified and knowledgeable officials and volunteers. Everybody working the meet made sure things went smoothly.

After all of the favorable comments I received, I would like publicly to say "thank you" from all of us who participated.

Roz Katz  
East Regional Coordinator  
Flushing, New York

**SIMPLIFY THE HURDLES**

Granted, you can modify the height of the hurdles, the number of hurdles in a race, and the spacing. But does that mean you *should* modify them?

From an official's viewpoint, the current masters hurdle system is absurd. Athletes and spectators have to wait while the modifications are made.

Simplicity should be the goal.

For both the short and long hurdles, the distance, the spacing and the number of hurdles should be kept the same for all age groups. Change the height only.

Hurdlers will appreciate the lower heights, officials will only have to adjust the height, and all will be able to compare performances a bit easier.

Whether we choose 100m or 110m for the short event, or 300m or 400m for the long event doesn't matter. But once we decide, that's it.

The current system is a nightmare to officials and confusing to everyone else.

Jeff Brower  
Austin, Texas

*(This idea was informally proposed in August to the WAVA Stadia Committee in Gateshead, but the Committee approved instead other modifications to the current system which had been formally proposed by affiliates. The Committee suggested that a two-year dialogue on this idea – prior to the next WAVA World Championships in Brisbane in 2001 – might uncover how the world's veteran hurdlers feel about the subject, and whether we should simplify, as Brower suggests, or keep the complexity of the current system. – Ed.)*

On The Run

Continued from page 12

13 miles to keep me right on track, particularly considering the added challenge of hills and altitude.

Over the next several months, I have trips scheduled to Scotland, Alaska, Florida and Hawaii. With the help of the Internet, I shouldn't have trouble finding roads to run and runners to run them with me.

*(Check out Hal's latest book: Leopold & Loeb: The Crime of the Century – <http://www.halhighdon.com/books/crime100.html>)*

**PUBLICATIONS ORDER FORM**

	Quantity	Total (US\$)
<b>Masters Age Records (1999 Edition)</b> Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	_____	\$ _____
<b>Masters Track &amp; Field Rankings (1998)</b> Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 52 pages. 125-deep in some events. All IAAF events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	X	\$ X
<b>McMahon Family Trust Masters Track &amp; Field Indoor Rankings (1999)</b> Indoor rankings for 1999. 4 pages. \$1.50.	_____	\$ _____
<b>Masters Age-Graded Tables</b> Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.	_____	\$ _____
<b>Masters 5-Year Age-Group Records</b> Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.	_____	\$ _____
<b>Masters 5-Year Indoor Age-Group Records</b> Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. \$1.00.	_____	\$ _____
<b>Competition Rules for Athletics (1999 Edition)</b> U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.	_____	\$ _____
<b>USATF Directory (1999/2000)</b> Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.	_____	\$ _____
<b>USATF Governance Handbook (1998)</b> U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.	_____	\$ _____
<b>IAAF Scoring Tables</b> Official world scoring tables for men's and women's combined-event competitions. \$12.00.	_____	\$ _____
<b>IAAF Handbook</b> 1998/1999 rules and regulations handbook. \$15.00.	_____	\$ _____
<b>International Scoring Tables</b> Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.	_____	\$ _____
<b>Masters Racewalking</b> Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	_____	\$ _____
<b>USATF Logo Patch</b> 3 color embroidered 4" x 3". \$4.50.	_____	\$ _____
<b>USATF Race Walking Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
<b>USATF Cross Country Patch.</b> 3-color embroidered 4" x 3" with gold trim. \$5.50.	_____	\$ _____
<b>USATF Lapel Pin.</b> 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.	_____	\$ _____
<b>USATF Decal.</b> 3-color. 3" x 2-1/2". \$2.00.	_____	\$ _____
<b>National Road Race Encyclopedia</b> Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.	_____	\$ _____
<b>Guide to Prize Money Races and Elite Athletes 1999</b> Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.	_____	\$ _____
<b>Running Research News</b> Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	_____	\$ _____
<b>Back Issues of National Masters News</b> _____ Issues: \$2.50 each.	_____	\$ _____
<b>Postage and Handling</b>		\$ 1.50
<b>Overseas Air Mail</b> (add \$5.00 per book)		\$ _____
<b>TOTAL</b>		\$ _____

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# The Weight Room

by JERRY WOJCIK

## Cooling It in Orlando

**Y**ou didn't have to be a keen observer to see that numbers were down at the Orlando Nationals as compared to those in 1998 at Orono. Actually, the difference was about 160 athletes. Participation appeared more scant because athletes bailed out after a couple of days of enduring the heat and what many felt was not an athlete-friendly environment.

Throwers held up pretty well in the heat and humidity. Carol Finsrud, of Texas, who should've received more

notice for accomplishments at WAVA-Gateshead (second in the shot; first in the discus; fifth in the hammer; and first in the weight pentathlon with a world record), won all four throws at Orlando – two with U.S. records in the shot (14.30) and discus (53.81), which broke her own marks of 1997.

Mike Brown, a Floridian, broke the U.S. M45 javelin record with a 66.11.

### Errant Implement

While throwers were able to shake off the sweat and heat, other adverse aspects of the meet weren't as easy to resolve. Here's a goofy (pun intended) incident that never should have happened. As we were warming up for the M65 hammer, Bob Ward, of Texas, discovered that his 5kg. hammer was not among the implements brought over for us to compete with. Certain that his implement was legal, he decided to go hunt it down and left the venue.

Meanwhile, we took our warm-ups and started, finishing the first round. Ward returned with his hammer, which had been taken to another venue, before the second round started. I don't know how it could have strayed, since the 5 kg. hammer is used by M60-69 throwers only, and both groups were scheduled for our site.

Up to this point, I really hadn't paid much attention to what was going on, doing what I do best at the Nationals – schmoozing – in this case with long-time thrower, Carlos Fraundorfer, a Floridian I hadn't seen in eons.

### Hot Reaction

Anyway, the officials allowed Ward three warm-ups with his own hammer, and we went into the second round, at



SUZY HESS

Tom Fahey, M50 gold medalist in the discus (51.52), USATF National Masters Championships, Orlando.



BILL SNADEN

Women's 55+ hammer throw participants at the USATF National Masters Championships, Orlando: (back row) Suzy Hess, 57; Vanessa Hilliard, 58; Erica Messner, 63; Roz Katz, 57; Joann Grissom, 61; (middle row) Audrey Lary, 65; Betty Jarvis, 84; Kay Gradick, 81; (front row) Lillian Snaden, 70; Evelyn Wright, 62.



SUZY HESS

Carl Wallin (l), second (14.22) and Tom Gage, first (14.59), M55 shot put, USATF National Masters Championships, Orlando.

but representative of other episodes on the track as well as in the field events at the meet. Organizers made a genuine effort to correct foul-ups, but it was often a case of too little and too late.

This won't happen at Hayward Field in Eugene, Ore., in 2000. If it does, the end of the world is near.

### Notable Achievements

More observations on the Nationals: Harry Hawke, a recent M70 from California, who has been around since the Punic Wars and also had a good outing at Gateshead, won three golds here in the throws.

Floridian Vanessa Hilliard, W55, was back in action after a two-year absence, with an age-graded 90.4% 39.26 in the hammer. The only one entrant in the M60 hammer was a no-show.

Aren't ties in the throws solved by comparing the second best marks? Then, why the tie for third in the M70 shot?

For how long must younger javelin throwers be the final groups on the last day of the championships? We have been griping about this schedule warp for years. This time, winners Ken Hall, M30, and James Draine, M35, waited for well over an hour in the heat, and no other contestants showed.

Congratulations to Tom Gage, M55, of Montana, presently working in Louisiana, for the best age-graded throw, a 95.8% 56.65 in the hammer.

Some of the best competitions in the meet took place in the M40 through M75 discus. Accolades to these winners for staging entertaining contests: Mike Hambrick, M40; Brad Reid, M45; Tom Fahey, M50; Larry Pratt, M55; Jim Burke, M60; Wendell Palmer, M65; Harry Hawke, M70; and Bill Carter, M75.

And to the athletes, volunteers, officials, spectators, and anybody else who lasted the entire four days: good job and drink lots of water. □

## Positions Open for Rankings Volunteers

by JERRY WOJCIK

Most of the events for the 1999 outdoor track & field season rankings have been assigned. The 400, 5000, long jump, and triple jump are still open. Interested parties can contact me at NMN, P.O. Box 50098, Eugene, OR 97405; 541-343-7716; fax: 345-2436; and e-mail: JerryWoj@aol.com. The complete list of rankers will be published in the November issue. □

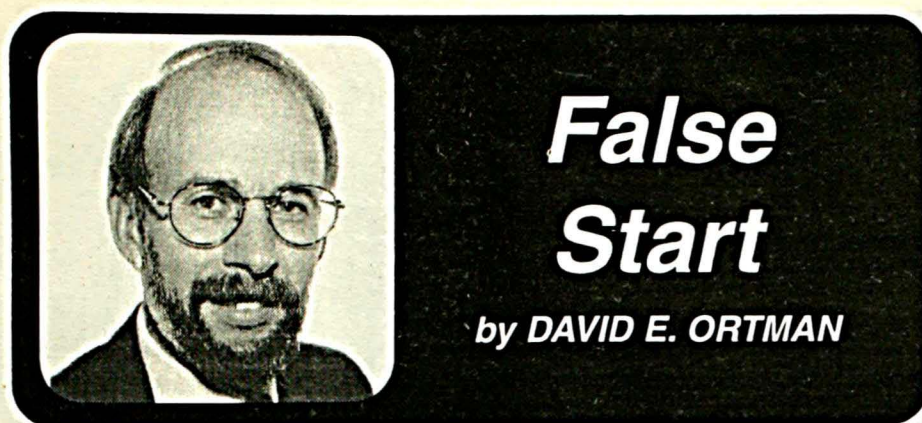
## Additional World Records Set at Gateshead

Paula Schneiderhan, GER, W75, 400, 78.42 (Polly Clarke, 89.62, 1985); Isabel Hofmeyr, RSA, W70, 300H, 68.82 (Leonore McDaniels, 76.50, 1998); and Erik Eriksson, FIN, M75, SP, 13.00 (E. Eriksson, 12.91, 1998) and WP, 4582 (Arthur Dreher, 4478, 1997).

—Pete Mundle

Masters Records Chairman





## False Start

by DAVID E. ORTMAN

### Hey, Buddy Can You Spare the Time?

**T**ime is relative. Someone said the more relatives that visit, the slower time goes. If you invite those same relatives to attend your average sporting event – baseball, basketball, or football – they would be mystified if, hours after the event, they still didn't know the score or when the game was going to end because the powers that be refused to allow the clock to be used. Seems incredible, doesn't it? Well, not when it comes to track & field.

I often attend track & field meets at U. of Washington Husky Stadium in Seattle: high school meets, small college meets, university duel meets, etc. At virtually all of these meets, the scoreboard clock is turned off, deader than a lapped 800 runner, so the crowd (all right, a few milling spectators) has virtually no idea what is going on. And, in many cases, neither do the athletes.

Can you imagine? It's the third inning and the cleanup hitter has just smacked a home run, or maybe not. The results will be released in the seventh inning. Or, it's the third quarter and the field goal kick is up, but no one will put three points on the board until the middle of the fourth quarter. Amazing!

#### No Waiting

Perhaps this is what makes Hayward Field at the U. of Oregon (and site of the 2000 National Masters Track & Field Championships) such a positive experience. Not only is Hayward Field and its scoreboard dedicated to track & field, within seconds of running an event, the names, times and places are posted on "THE BIG BOARD" for the spectators and runners to view.

Immediate feedback is important. In other sports, it is apparent how you did. The basketball goes through the basket – two points. The baseball is caught by the outfielder and you're out. Pretty instant feedback. But for the most part, if you're at a track meet other than Hayward Field, you don't get instant feedback in running events. Back (like way back) in high school days, the timers (old guys with farm caps on) would tell you to come back in your lanes and then they would tell you your place and time.

Now with auto-timing, you would think that this would be done automatically and instantaneously. Not a chance. In fact, in most cases, runners are hustled off the track so fast it makes your head spin, to get ready for the next heat, and forced to file Freedom of Information Act requests to get the results before their next day's event.

#### Crusades Era Methods

The field part of track & field is

even worse. Throw and jump results are written on paper and manually compiled, then taken up to the announcer's room (a place similar to an airport traffic control tower which is never identified or located on any map in order to prohibit access) so that no athlete can somehow find out the results of an event before leaving the meet. These hand results need to be "entered into the system" (I think that's a term borrowed from the Crusades) before it becomes recognized as an official jump, throw, vault, whatever.

Even bowling has a better system than that. You walk up to a bowling lane electronic scorekeeper, touch screen your name in and the machine keeps track of your spares, strikes, gutter balls and turkeys.

Imagine a field event in which your name is already entered into an electronic device and every throw, jump, vault was also immediately recorded. At the end of the event, the results would be compiled, age-graded and instantly available for printout and for display on "THE BIG BOARD."

I think they call these things laptop computers these days. Oops, I've got to go. Say, did anyone get my time in that last event? □

(To view a growing list of Screaming T&F T-Shirts, see [www.geocities.com/ortmanmarchand/](http://www.geocities.com/ortmanmarchand/) and click on the TRACK room.)

### Rankings Book On Hold

The 1998 Masters Track & Field Rankings Book has not yet been delivered to the NMN office from Jack Lance, Masters Outdoor Rankings Coordinator. Orders already sent to us will be filled as soon as the book is received by NMN. However, we ask that readers who have not yet ordered the book hold off until we announce it is in our hands. □

### Club West Gears Up for Oct. 3 Meet

by BEVERLEY LEWIS

Meet Director Gordon McClenathen will be off and running on Oct. 3 in the Club West Masters Meet in Santa Barbara in an attempt to win the M65 5000 as well as the Ray Williams Memorial Trophy for the best 5000 time for M60+. McClenathen scored a third in the 5000 in the recent Orlando Nationals and a second in the 10,000.

Other notable athletes to sign on early include Payton Jordan, 82, world record holder in the sprints, and Mexico City 1968 Olympic track coach, who recently moved to Santa Barbara and has entered the 50m and 100. Becky Sisley, W60 record holder in the pole vault and javelin, and Stew Thomson, M65, past national champion in the hammer and world record holder in the weight throw, are expected to enter.

Local athletes will use the meet to try to win All-American honors and place high in the year's rankings. Eric Durak, M35, has entered the 110H and 400. Rollie Cavaletto, M55, has his sights set on a high-ranked time in the 1500. Ted Hatlen, M85, will try to meet the A-A standard in the 50m, high jump, shot, discus, and javelin. Soon-to-be-centenarian, John Whittemore, M95, who owns a half dozen records, has entered the four throws.

"Down south" athletes include Juan Bustamante, M55, Sherman Oaks,

Calif., with nine events, a contender for the Jimmie Whitney High Point T&F Trophy; Lloyd Higgins, M55, Los Angeles, past national champion, who has entered the hammer and discus; and Charlie Rader, M50 high jumper from Moreno Valley, Calif.

Athletes will also be contending for the George Adams High Point Track and the Vernon Cheadle High Point Field trophies.

The meet, in its 26th year, now incorporates the 15th annual Gold Coast Senior Games. Sponsors of the meet include Northern Trust Bank of California, Pane E Vino Ristorante of Montecito, and the City of Santa Barbara Parks & Recreation Department. □

### TWENTY YEARS AGO October 1979

- South Africans Compete As Rhodesians in World Games in Germany
- WAVA Women's Committee Unanimously Opposes Medal Standards
- "Hannover Diary" Details III World Championships

## TRACK & FIELD NEWS



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## Track and Field Report

by KEN WEINBEL,  
Chairman, Masters T&F

### National Championships Less Than Ideal

**W**e had a track meet in Orlando. What more can I say? It wasn't a disaster, but it certainly was not up to the standards we have experienced at most of our previous championships. One can summarize with the comment that the meet was not "athlete friendly."

Disney World's micro-management policies created a more "don't do" than "do" environment, which tended to impact the entire meet and created negativity. Athletes can rest assured that the 2000 meet in Eugene will definitely not suffer by comparison.

To their credit, on-site Disney meet management attempted to resolve problems as they arose, but it was obvious that insufficient preparation and lack of internal communication had hampered a smooth operation. Had it not been for the continued efforts by Disney's Jeff Wentworth and his staff, co-operating with Masters Committee members, especially Don Austin and Rex Harvey, a total disaster might have been in the offing.

#### Hands-On Involvement Needed

The Orlando experience emphasized the need for a more direct, hands-on involvement by the Masters Committee at all championships. It is imperative that our championships are flawless. This may seem an almost impossible task, but we must make the effort. At the last convention, I appointed an ad hoc championship committee, whose responsibility was to administer guidance to the host meet directors and make certain that everything was in proper order for the conduct of the meet.

Disney World management was difficult to work with, to say the least. We need now to be more attentive and not allow repeat scenarios with future hosts. I will charge the committee to begin a liaison process with the successful bidder, soon after acceptance of their bid, so that everything from contract to scheduling is accomplished in a timely manner. It is also my intention that the championship committee be in attendance at the site prior to the opening day of the meet, to inspect and ascertain that the venue is properly prepared and that meet officials are properly oriented for masters competition.

Assertive action by the championship committee will be taken in the event of any negligent preparation and/or action during the meet. Masters Championship meet manuals will be provided the host meet director and officials to be used for operational guidance continuity.

#### Athletes Deserve Better

Masters athletes train long and hard for their competition at the championships and deserve a well-run meet and proper facilities in their quest for excellence. I guarantee that the masters com-

mittee will continue to exercise cohesive efforts to do what is best for the athletes.

I am concerned that the total number of participants at Orlando was below normal. I can only conclude that several reasons may have contributed to the drop in numbers:

- The close proximity of Gateshead dates to Orlando's. Many athletes may not have been ready for two competitions so close together. When considering travel expenses that one would encounter by attending the Orlando meet in addition to the Gateshead trip, cost became a major factor in making the decision to not attend the national championship.

- The fact that the 1999 National Senior Games are also being held at Disney World in October impacted our championship numbers. Some athletes opted to avoid a double visit to Orlando and elected to attend the Senior Games championship festival.

- Another contributor to the lower number of competitors may have been some negative messages on the Internet and in the *National Masters News* by a few athletes who chose to express discontent at the selection of Florida for an August meet date, especially under Disney World management. There is no actual accounting of how many athletes, if any, may have been influenced to not participate in the championship, but the potential to be a contributing factor existed.

#### Cooperation on Scheduling

These following three items need to be addressed by the Masters Committee:

- Unless we can come to workable agreements with our domestic and international counterparts, we will continue to experience conflicting schedule problems. My early discussions with Senior Games officials have been encouraging. Both organizations are aware of the necessity for cooperation. The international conflicts will be more difficult to solve. WAVA and IMGA consider their schedules top priority and have not expressed concern for conflicts with individual country championship dates.



JERRY WOJCIK

Ken Weinbel (l), USATF Masters T&F Chairman, presenting a plaque to Mel Larsen, for his many years of service as the USATF Midwest Region Coordinator, at the Athletes Meeting, Saturday evening, Aug. 28, USATF National Masters Championships, Orlando, Fla. Larsen, who broke the M75 world record for the 80H with a 13.68 in Orlando, relinquished his position after leaving Illinois to live in Iowa. Weinbel appointed Gerry Krainik as the new Midwest Coordinator.

History validates this statement.

- National Senior Games officials are interested in working toward a cooperative arrangement with USATF masters track and field. What direction cooperative action will take is dependent upon the interest and willingness of our masters athletes to investigate and pursue the action.

- Individuals certainly have the right

to express personal opinions via the Internet and the NMN. I have a concern when these two communication vehicles are primarily used to create controversy and disseminate negative messages. Perhaps it's too much to expect that all our members could be of one mind-set and willing to work together to improve the masters track and field program. □

### USATF Masters Hall of Fame Update

by NORMAN GREEN

August 10 - The Masters Hall of Fame Committee today announced its slate of nominees for the Class of 1999. Twelve persons have been carried forward from the balloting of 1997 and/or 1998: the remaining 13 represent persons whose names have been submitted by committee members and current Masters Hall of Fame honorees. The entire slate of 25 nominees has been reviewed by the committee. Each has been validated as meeting our criteria of "10 years minimum of competition or administration as a master."

Current members of the national Masters T&F Committee and the Masters LDR Committee plus Masters Hall of Fame honorees not included on either committee were sent ballots and a data package on the 25 nominees in mid-September. Each elector may vote for as many as 10 individuals without regard to category. In other words, our committee intends that the voters select the ten most worthy individuals from the entire panel.

Each person must receive a majority from those voting by the deadline of November 15.

The results will be announced in Los Angeles at the joint meeting of the Masters T&F/LDR committees during the USATF Convention in December.

The committee is gathering additional names for consideration in 2000. Several persons have already been brought to our attention and will be reviewed when the committee meets in December. The 10-year minimum criterion is delaying consideration of some persons, while current members of our committee cannot be nominated during their tenure.

As the above process is being followed for currently active masters, a par-

allel process, approved in Dallas and reaffirmed in Orlando last December, features a ten-person Old-Timers Committee reviewing a slate of 17 nominees from which five were selected this year. The Old-Timer selections will also be announced at the Los Angeles convention. The old-timer process enables masters to catch up with their history, particularly regarding individuals whose careers were strongest in the 1970s and who are either deceased or stopped competing at least five years ago.

The Masters Hall of Fame Committee includes Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, Louise Mead Tricard, and Norm Green (serving as secretary). The Old-Timers Committee adds Ken Weinbel, Jerry Crockett, Evelyn White, and Al Sheahan to the six of us. You can see immediately the wealth of historical knowledge available to the committee in its deliberations.

May we all look toward Los Angeles and the opportunity to honor more outstanding participants in the U.S. masters program. □

#### NOMINEES, IN ALPHABETICAL ORDER ARE:

Bill Bangert (Field)	Ed Lukens (Field)
Mary Bowermaster (Field)	Pearl Mehl (Track)
Dan Bulkeley (Track)	Gary Miller (T&F)
Grace Butcher (Track)	Wendell Palmer (Field)
Carolyn Cappetta (Track)	Roy Pirung (Ultras)
Anne Clarke (LDR)	Bruce Springbett (Track)
Jerry Donley (Field)	Ed Stabler (LDR)
Joann Grissom (Field)	Larry Stuart (Field)
Hal Higdon (LDR)	Stewart Thomson (Field)
Claude Hills (T&F)	Warren Utes (LDR)
Jane Hutchison (LDR)	Elaine Ward (Administrator)
Helen Klein (Ultras)	Wen-Shi Yu (LDR)
Ruth Leff (Racewalk)	





# Speaker's Corner

by BECKY SISLEY  
USATF NW Regional  
Masters T&F Coordinator

## Northwest Region Makes Progress

Upon being appointed USATF Northwest Regional Masters Track and Field Coordinator in January, 1997, I appointed a five-member advisory group to help in the decision-making process.

One job of the regional coordinator (RC) is to assist with the management of annual regional championships. The Northwest stages a two-day championship meet (most regions do it in one day). We hold all the required events plus the weight and superweight throws.

We list "standards for hosting a regional championships," such as planning, staging, record maintenance, and responsibilities of both the RC and meet director. The standards help meet directors to be accountable.

We have already chosen championship sites for 2001 (Portland) and 2002 (Salt Lake City). Our 2000 meet will be held in Bozeman, Mont.

### Relays

We stage both "official" relays (those which comply with USATF rules) and "pick-up relays" (where anyone may run for fun).

We give championship patches to winners, medals to the first three, and ribbons for 4th through 6th places. We ordered a six-to-seven-year supply of ribbons to cut annual costs.

Records have been kept by a sub-committee for our regional championships since 1980. We no longer allow hand-times for records. Our meets are open to all, but only those living in the region may hold records and receive patches.

### The Blue Streak

Three times a year, we produce a regional newsletter called *The Blue Streak*. We sell subscriptions, but it's free to association chairs and to masters clubs in the region. We encourage input from throughout the region.

We produce a regional directory. We hold semi-annual meetings at the site of our championships and at the USATF convention.

A survey revealed that most of the associations' activities in the region revolve around youths. Masters athletes must be involved in association affairs to make their needs known. Most feel they are not well-served by their associations.

### Bozeman in 2000

Next year in Bozeman will be the first time the meet has been held outside of the I-5 corridor - Seattle, Portland or Eugene. We want to promote competition throughout our broad geographical area.

I conducted a successful fundraising project to assist the Bozeman organizers. Each of the 24 events in the meet have been sponsored for \$30. The contributors will be listed in the meet pro-

gram. The seed money of \$720 has already been sent to the meet director. Masters athletes in Montana and Wyoming will be encouraged to join USATF and to attend the meet.

Another project is a 2K\$ for Y2K campaign. It's a fundraising effort to purchase our newly-designed awards. If you'd like to donate, please send your check to me (address on page 2). Contributors will be acknowledged in the Bozeman meet program.

### 2000 Nationals

The 2000 National Masters T&F Championships will be held in our region - in Eugene from Aug. 10-13 - just 11 days after the Bozeman event. It should be a tremendous meet to kick off the new millennium. Information about the meet can be found on website: [www.eugenechamps.com](http://www.eugenechamps.com).

The WAVA North American Regional Championships will be held in Kamloops, British Columbia the following weekend, Aug. 17-20. Their website is: [www.masters2000.kamloops.com](http://www.masters2000.kamloops.com). Their e-mail address is: [masters2000@kamloops.com](mailto:masters2000@kamloops.com). Kamloops is in central B.C., Canada, about five hours northeast of Vancouver.

Our region has enlisted many volunteers who have assisted with the advancements of the past three years. We look forward to the many challenges in our region in our efforts to better serve our athletes. □

## FIFTEEN YEARS AGO October 1984

- European Championships Draw 3050
- Barry Brown, 40, Sets U.S. Masters 10K Record of 29:57
- 451 Compete in Pan-American Games in Ottawa
- Ken Inglis (43, 51:30) and Tina Hayward (43, 1:02.10) Win in Crim 10 Mile

## Tuttle, Welzel Winners at Crim 10 Mile

FLINT, Michigan - At the 23rd Crim 10 Mile, the USATF Masters Championships, Aug. 28, John Tuttle ran 50:37 to win his fourth consecutive national road title of the year. Overall, however, masters Simon Karori and Andrei Kuznetsov finished 1-2 in 49:33 and 50:20, respectively, but the Kenyan and Russian were not eligible for the USA championship.

Likewise, in the women's masters race, Jane Welzel won the USA crown (her second of the year) in 1:00:30, but overall, she finished third behind Tatyana Pozdnyakova, Ukraine, and Marina Belaeva, Russia, who ran 57:02 and 57:42, respectively. (Note:

as new masters, Karori and Belaeva's ages are being verified.)

In the Indy Life Circuit age-graded competition at Crim, Tuttle, 40, Douglasville, Ga., edged Craig Young, 43, Colorado Springs, by one second as their times (50:37 and 51:45) adjusted to 49:11 and 49:12 open equivalents. By nearly a minute, Welzel, 44, Ft. Collins, Colo., handily secured the top ILC women's age-graded time (56:19). For their top performances, each took home \$1000.

Overall, 37 men and 18 women earned Circuit points by scoring 70% or higher on the 1994 WAVA age-graded tables. Tuttle, Young and Gary Romesser produced the only world class ILC performances (90% or higher).

With his fourth consecutive ILC masters and age-graded win, Tuttle, a 1984 Olympic marathoner, built his lead in both divisions (90 and 300 points, respectively). Young, the 1998 ILC Grand Prix masters and age-graded champion, holds down the second spot in both divisions.

For the women, Patty Valadka, 41, Houston, is the masters division leader with 73 points. Welzel, the 1997 ILC Grand Prix masters champion, is five points back. In the age-graded division, two-time ILC Grand Prix age-graded champion Joan Ottaway, 55, Sonora, Calif., maintains her lead with 326 points.

The third Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races and \$90,600 in race prize money (masters overall and age-graded), plus a \$50,000 grand prize purse. USA Track & Field coordinates and directs the Indy Life Circuit.

There are two more Indy Life Circuit races: Twin Cities Marathon (Oct. 3) and Tulsa run 15K (Oct. 30). □

-From Road Running Information Center



GEORGE BANKER

Betty Blank, 46, first W40+ (20:36), Tommy's American 5K, Washington, D.C., July 3.

# INDY LIFE CIRCUIT

## Men After Four Races:

Name	Age	City	Pts.
1) John Tuttle	40	Douglasville, GA	90
2) Craig Young	43	Colo. Springs, CO	72
3) Mark Curp	40	Lee's Summit, MO	40
4) Steve Winchel	43	Janesville, WI	36
5) Charlie Gray	45	Lee's Summit, MO	31
6) Gary Romesser	48	Indianapolis, IN	29
7) Dick Buerkle	51	Atlanta, GA	23
8) Chris Fox	40	Shepherdstown, WV	10
9) David Gardner	40	Indianapolis, IN	9
10) Tom Stevens	43	Middletown, OH	8
Tim Schmid	41	Kansas City, MO	8

## Age-Graded Standings:

1) John Tuttle	40	Douglasville, GA	300
2) Craig Young	43	Colo. Springs, CO	272
3) Dick Buerkle	51	Atlanta, GA	250
4) Gary Romesser	48	Indianapolis, IN	244
5) Jack Nelson	59	Winnetka, IL	243
6) Jan Frisby	55	Grand Junction, CO	212
7) Fay Bradley	61	Washington, DC	209
8) Steve Winchel	43	Janesville, WI	185
9) Charlie Gray	45	Lee's Summit, MO	180
10) Vic Heckler	56	Chicago, IL	174
11) Thom Weddle	61	Burnsville, MN	171
12) Warren Utes	78	Park Forest, IL	158
13) Michael Dove	52	Salinas, CA	156
14) Jerry Johncock	71	Grand Rapids, MI	145
Mark Curp	40	Lee's Summit, MO	145

## Women After Five Races:

Name	Age	City	Pts.
1) Patty Valadka	41	Houston, TX	73
2) Jane Welzel	44	Ft. Collins, CO	68
3) Bev Docherty	41	St. Paul, MN	54
4) Victoria Crisp	47	Nashville, TN	43
5) J.Lasee-Johnson	42	Chula Vista, CA	30
6) D. Fitzpatrick	41	Larkspur, CA	24
7) Jane Murphy	40	River Forest, IL	15
C. Troncoso	40	Austin, TX	15
9) Joan Ottaway	55	Sonora, CA	14
10) Ruth Wysocki	42	Canyon Lake, CA	12

## Age-Graded Standings:

1) Joan Ottaway	55	Sonora, CA	326
2) Victoria Crisp	47	Nashville, TN	291
3) Patty Valadka	41	Houston, TX	261
4) Gloria Jansen	52	Edina, MN	260
5) Linda Frisby	52	Grand Junction, CO	256
6) Jane Welzel	44	Ft. Collins, CO	244
7) Bev Docherty	41	St. Paul, MN	197
8) Barb. Spannaus	51	Shorewood, MN	189
9) Ellen Nitz	59	Millford, MI	175
10) J.Lasee-Johnson	42	Chula Vista, CA	152
11) Patricia Lerch	51	Des Plaines, IL	143
12) Kathy Ward	44	Carmichael, IL	139
13) Jane Murphy	40	River Forest, IL	134
Kay Schleusener	60	Bettendorf, IA	134
15) D. Fitzpatrick	41	Larkspur, CA	120

(Compiled by Road Running Information Center)





# LDR Report

by JERRY CROCKETT  
USATF Masters LDR Chairman

## Cross-Country Season Strikes Again

Road races are seemingly without season. We simply change venues to accommodate the weather preferences of the majority of our runners. However, cross-country somewhat follows the pattern of track and field – probably because it is dominated by colleges and high schools and must fit into a time niche. At any rate our cross-country season is upon us, and two national masters championships will be conducted in Kentucky and New Jersey in the very near future. These are both scheduled on beautiful courses in Louisville and Holmdel and should be managed very superbly.

Unfortunately, I live in an area where open and masters cross-country is almost non-existent. This great desert separates the eastern and western associations where the excitement of running over hill and dale with less than even footing is really appreciated.

### Special Strategy

From what I observe in the race results, there are very few strict cross-country runners in open or masters categories, but there are certainly specialists who seldom lose on their preferred

venues. Could this be because there is a strategy employed that is foreign to most road races? At any rate, if you have not personally observed the thrill of competition in a first-class cross-country race, I certainly invite you to not miss these events.

By the same token, ultra, mountain and trail runs are generally somewhat seasonal because of climatic restrictions, but unlike cross-country, these sports have a great many completely dedicated or should I say addicted

individuals who run other races purely as training runs.

Interestingly, the masters runners more than hold their own with other runners in these endeavors. However, like cross-country, we have a great inland desert where these sports have not yet caught on – at least not to the point of having regular races supported by a good local base.

### Making a Comeback

An ultra of long-standing, which is regaining some of the popularity it once enjoyed, is the 24-hour run. By the time you read this, the National 24-Hour Championships will have been held in Sylvania, Ohio, and, at this writing, both favorites are masters. Wow!

Also at this writing, there are only two road race championships left in 1999 – the Twin Cities Marathon in Minneapolis-St. Paul and the 15K Tulsa Run in Oklahoma. Both races are also part of the Indy Life Circuit.

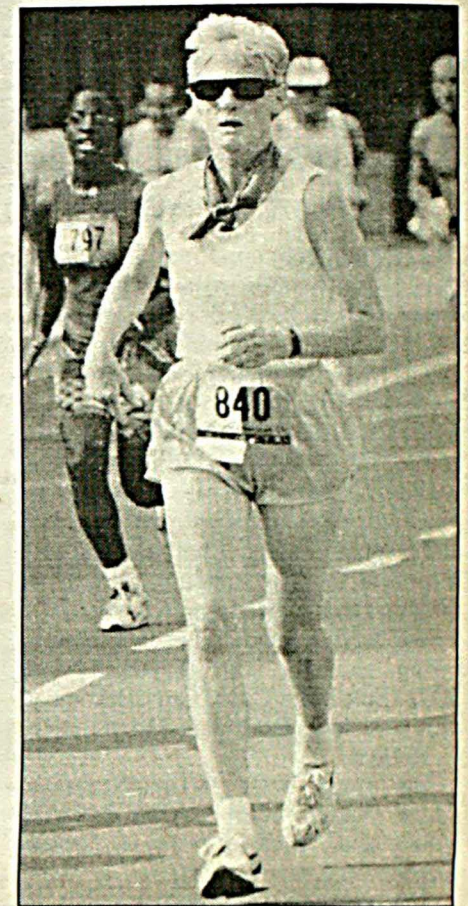
### Advisory Specialists

I have introduced most of the members of our executive advisory board. Our elite runner relations specialist is Ruth Wysocki. This four-time Olympic qualifier, and now holder of at least three masters world records, serves several roles in our group, but most importantly she keeps us advised as to what it takes to keep elite runners competing into their master years.

Our newest member is Mary Rosado, a New York attorney, who is our L and L representative and serves

the Metropolitan Association in several capacities in LDR and track & field. Mary is a good runner in her own right and is really enjoying playing games at this level. I can only assure her it will add two minutes to her 10K. □

(Jerry Crockett can be reached by e-mail at jerrcro@yahoo.com.)



GEORGE BANKER

Tammy Graf, 62, first W60 (25:50), Tommy's American 5K, Washington, D.C.

## 1998 Largest Races in the U.S.

FIN '98	E RACE NAME	DIST	LOCATION	DATE '98	EST. FINISHERS	LOCATION	DATE '98	EST. FINISHERS
1 53120	Examiner Bay to Breakers	12K	San Francisco, CA	05/17/98	52 7410	Spring Lake	05/23/98	5MI
2 51000	Peachtree Road Race	10K	Atlanta, GA	07/04/98	53 7343	Ulica Boilermaker	07/12/98	15K
3 48453	Lilac Bloomsday Run	12K	Spokane, WA	05/03/98	54 7195	Falmouth Road Race	08/16/98	7.1MI
4 37554	Boulder Boulder	10K	Boulder, CO	05/25/98	55 7000	E Chase Corporate Challenge: Long Island	07/28/98	3.5MI
5 35957	Race for the Cure: DC	5K	Washington, DC	06/06/98	56 6975	LaSalle Banks Shamrock Shuffle	03/22/98	8K
6 31539	New York City	MARA	New York, NY	11/01/98	57 6871	Race for the Cure: San Francisco	10/18/98	5K
7 26583	Revlon Run for Women: L.A.	5K	Los Angeles, CA	04/19/98	58 6709	Gale River Run	03/07/98	15K
8 22081	Honolulu	MARA	Honolulu, HI	12/13/98	59 6512	Walt Disney World	01/11/98	MARA
9 21600	E Race for the Cure: Denver (coed+women)	5K	Denver, CO	10/04/98	60 6489	Kentucky Derby Festival	04/25/98	HMAR
10 21000	E Chase Corporate Challenge: NYC #2	3.5MI	New York, NY	06/24/98	61 6486	E Beach to Bay Relay	05/16/98	RMAR
11 20483	Race for the Cure: Portland	5K	Portland, OR	09/27/98	62 6400	E Race for the Cure: Houston	10/03/98	5K
12 20300	E Promina Corporate Challenge	3.5MI	Atlanta, GA	09/10/98	63 6344	Cowtown	02/28/98	10K
13 19500	E Race for the Cure: New York	5K	New York, NY	09/13/98	64 6337	Sound to Narrows	06/13/98	12K
14 18942	Race for the Cure: Peoria	5K	Peoria, IL	05/09/98	65 6242	Jingle Bell Run	12/06/98	5K
15 18700	E Idaho Women's Fitness Celebration	5K	Boise, ID	09/19/98	66 6232	Jefferson Hospital Philadelphia Distance Run	09/27/98	HMAR
16 17846	Indianapolis Life 500 Festival	HMAR	Indianapolis, IN	05/01/98	67 6198	Race for the Cure: Quad Cities	06/13/98	5K
17 17193	LaSalle Banks Chicago	MARA	Chicago, IL	10/11/98	68 6185	Nortel Cherry Blossom	04/05/98	10MI
18 16900	E Office Depot Corporate Run	5K	Miami, FL	05/07/98	69 6101	Atlanta	11/26/98	HMAR
19 15773	Suzuki Rock 'n' Roll (new event)	MARA	San Diego, CA	06/21/98	70 6100	E Chase Corporate Challenge: Syracuse	08/04/98	3.5MI
20 15603	City of Los Angeles	MARA	Los Angeles, CA	03/29/98	71 6000	E United Way Turkey Trot	11/26/99	4MI
21 15061	Race for the Cure: Orange County	5K	Newport Beach, CA	09/27/98	72 5996	Richard S. Caliguiri Great Race	09/27/98	10K
22 15000	E Chase Corporate Challenge: Chicago	3.5MI	Chicago, IL	08/06/98	73 5904	Omaha Corporate Cup	09/20/98	10K
22 15000	E Great Aloha Run	8.15MI	Honolulu, HI	02/17/98	74 5891	Portland	10/04/98	MARA
24 14800	E Crescent City Classic	10K	New Orleans, LA	04/11/98	75 5700	E Crazy Leggs	04/25/98	5MI
25 14750	E Race for the Cure: Dallas	5K	Dallas, TX	10/17/98	76 5691	Grandma's	06/20/98	MARA
26 14402	Briggs & Stratton Run & Walk	8K	Milwaukee, WI	09/26/98	77 5664	Gasparilla Distance Classic	02/14/98	15K
27 14400	E Chase Corporate Challenge: NYC #1	3.5MI	New York, NY	05/07/98	78 5624	Broad Street Run	05/03/98	10MI
28 14200	E Race for the Cure: Detroit	5K	Detroit, MI	04/25/98	79 5556	Get in Gear	04/25/98	10K
29 13830	Quad-City Times Bix 7	7MI	Davenport, IA	07/25/98	80 5526	Twin Cities	10/04/98	MARA
30 13582	Race for the Cure: Pittsburgh	5K	Pittsburgh, PA	05/10/98	81 5500	E Race for the Cure: Dallas	10/17/98	1MI
31 13500	E Chase Corporate Challenge: NYC #3	3.5MI	New York, NY	07/29/98	82 5500	E Race for the Cure: Memphis	10/17/98	5K
32 13261	Marine Corps	MARA	Washington, DC	10/25/98	83 5467	Carlsbad 5000	03/29/98	5K
33 13200	E Race for the Cure: Philadelphia	5K	Philadelphia, PA	05/10/98	84 5459	Healthsource	08/13/98	5K
34 13000	E Austin American-Statesman Capitol 10.000	10K	Austin, TX	04/05/98	85 5439	Crim Festival of Races	08/22/98	10MI
35 12915	Cooper River Bridge Run	10K	Charleston, SC	04/04/98	86 5344	C/S-Cleveland	05/03/98	10K
36 12000	E Chase Corporate Challenge: Buffalo	3.5MI	Buffalo, NY	06/25/98	87 5339	Race for the Cure: Ft. Worth	04/18/98	5K
37 11844	Nationwide Direct Hood to Coast Relay	R195MI	ML Hood-Seaside, OR	08/21/98	88 5304	Nationwide Direct Portland to Coast	08/28/98	R125MI
38 11528	Cooper River Bridge Walk	4.5MI	Charleston, SC	04/04/98	89 5290	Gasparilla Distance Classic	02/14/98	5K
39 11472	Army Ten-Miler	10MI	Washington, DC	10/11/98	90 5200	E Dallas YMCA Turkey Trot	11/26/98	8MI
40 11100	E Chase Corporate Challenge: Boston	3.5MI	Boston, MA	07/30/98	90 5200	E Times Wingding	11/26/98	5K
41 11000	E Race for the Cure: Little Rock	5K	Little Rock, AR	09/26/98	92 5161	Tufts Health Plan for Women	10/12/98	10K
41 11000	E Weinhard's Ale/St. Patrick's Day Das	3.5MI	Seattle, WA	03/15/98	93 5100	E Runner's World/ASICS Midnight Run	01/01/98	5K
43 10900	E Revlon Run for Women: NYC (new event)	5K	New York, NY	05/02/98	94 5091	New Times Phoenix	11/15/98	10K
44 10500	E Wharf to Wharf	6MI	Sanita Cruz/Capitol, CA	07/26/98	95 5064	Cherry Creek Sneak	04/26/98	5MI
45 10289	Boston	MARA	Boston, MA	04/20/98	96 5000	E Race for the Cure: Princeton	10/04/98	5K
46 10200	Race for the Cure: Indy	5K	Indianapolis, IN	04/18/98	96 5000	E Anchorage Daily News Heart Run	04/25/98	5K
47 10000	E Dallas YMCA Turkey Trot	3MI	Dallas, TX	11/26/98	96 5000	E Jr. Bix 7	07/24/98	.7MI
48 8821	Manchester Road Race	4.75MI	Manchester, CT	11/26/98	99 4900	Omaha Corporate Cup	09/20/98	2MI
49 8500	E U.S. 10K Classic	10K	Cobb, GA	09/07/98	100 4811	Mercury News	03/15/98	10K
50 8435	Michael Forbes Trolley Run	4MI	Kansas City, MO	04/26/98				
51 7675	Junior Bloomsday	2MI	Spokane, WA	04/18/98				

E = Estimated number of finishers, complete results unavailable

## Running Continues to Grow

According to the latest American Sports Data survey, there were 10.7 million frequent runners (who ran 100 or more days per year) in 1998 in the U.S.

Their average annual income was \$62,900 compared to the national average of \$30,000.

The top 100 U.S. road races (see chart on this page), compiled by USATF's Road Running Information Center, topped the one million mark with 1,183,779 finishers (9% higher than 1997). In 1980, the top 100 U.S. races had 349,400 finishers.

Of the top 100 races in 1998, 30 were 5Ks. □

## TEN YEARS AGO October 1989

- Dave Stewart (41, 51:12) and Priscilla Welch (44, 55:18) Win in Crim 10 Mile
- Norm Green (57, 33:50) is Best in Asbury Park 10K
- Mario Cuevas (1:06:28) and Laurie Binder (1:18:18) Top Masters in Philadelphia Half-Marathon



# Masters Scene

## NATIONAL

• **John Underwood**, 44, who won a bronze medal in the M40 steeplechase at WAVA-Gateshead with a world-class 93.4% 9:36.80, was omitted from the list of U.S. medal winners in the September issue.

## EAST

• in a field of over 2000 runners at the New Haven 20K, New Haven, CT, Sept. 6, **Paul Pilkington**, 40, dominated the men's masters field, finishing in 1:03:06. **Tatyana Pozdnyakova**, 42, 1:12:38, took the women's masters title.

• The original cast of the first NYC Marathon on Sept. 30, 1970, has been invited to attend a 30th anniversary and reunion at the Panorama Cafe, 1640 Second Ave. (at 85th St.), NYC, on Oct. 30, 1:00 to 4:00 p.m. The volunteers, organizers, and the 55 gutsy finishers, plus friends and supporters of the NYC running community will give special awards to **Ted Corbitt**, **Joe Kleiner**, and **Aldo Scandurra**. For more information contact **Joe Burns**, 212-288-8699.

• In the Potomac Valley TC Meet, Alexandria, VA, July 11, **Larry Colbert**, M60 medalist at WAVA-Gateshead and 1999 indoor and outdoor champion, faced off with **Dr. Delano Meriwether**, who still holds the M35 U.S. record set in 1978 for the 200 at 20.8. "It takes another good athlete to bring out the best in an athlete. I had one (local prep star **Shamika Griffith**) to pull me, and another (Meriwether) to push me," said Colbert. Meriwether, commenting on the race, said, "We are racing and this guy (Colbert) is still talking. I knew I was in trouble. She (Griffith) had early speed; she was rolling. I ran out of ignorance, and now I know what I can do." Griffith ran a 56.2; Colbert, 57.1; and Meriwether, 57.23.

• **John McKim**, 41, in 16:51, and **Eileen Barnes Corley**, 40, 18:25, scorched the course for masters wins in the Brentwood Rotary Cookie 5K, Long Island, NY, Aug. 16. **Joe Cordero** won the M60 race in 19:46. **Mary Anne Goldman** took the W50 contest in 21:49. The event is one in a series of grand prix races run for charity on L.I. from April until November.

**Dan Murphy**, 43, Glen Ridge, NJ, with a sixth-place 27:03, and **Janice Morra**, 41, Nyack, NJ, second female in 31:47, seized masters wins in the Central Jersey RRC Fall Classic 5 Mile, Cranford, Sept. 6. First 50+ were **Richard Myers**, 53, Voorhees, NJ, 28:23, and **Sue Juronics**, 51, Hightstown, NJ, 36:00.

## SOUTHEAST

• **Phil Raschker** 52, of Marietta, GA, nine-time U.S. female masters track & field "athlete-of-the-year," will be sponsored by Customvite vitamins, a nutritional supplement manufactured by NutriLab. Customvite will send Raschker to key meets throughout the year. The product is currently only available through physicians but may be in wider distribution soon.

## MIDWEST

• **Bernice Holland**, 72, of Ohio, with the highest total of 4015 in the Norm Bower Memorial Weight Pentathlon, Kent, OH, Sept. 11, added a pending W70 U.S. record to her W60 and W65 records for the WP. **Elizabeth Hagemann** has the present record at 3171 in 1995. **Mickey Bitsko**, 56, was the men's top scorer, with a 3957.

• **Bill Weinacht**, 82, bolted to the meet's best age-graded performances in the 60m (9.4/99.4%) and 100m (15.7/92.6%), Cleveland Track Classic, Independence, OH, July 11. **Jack Greenwald**, 71, was a 90.6% with a 29.0 200.

• NMN correspondents **Maury Dean**, 56, Long Island, NY, and **Ron Marinucci**, 50, Commerce Township, MI, gained more credibility for their writing in the Somerset 10K & 5K, Troy, MI, Aug. 8.

**Dean**, on vacation in Michigan, was the overall masters winner in the 10K (37:22). **Marinucci** took second in the M50 division (41:53) and was first M50 in the 5K (19:57). **Nancy Cassell**, 49, Northville, MI, was first W40+ in the 10K (41:06). Masters victors in the 5K were **Warren McIntyre**, 44, Troy, in 18:07, and **Donna Olson**, 49, Bloomfield Hills, MI, in 22:07.

## MID-AMERICA

• **Jack Greenwood**, 72, of Aurora, CO, four-time U.S. male masters track & field "athlete-of-the-year" is back running, but at a modest level in local meets in the 100, 200 and 400. "I can't hurdle anymore," the world-record-hurdler said. "I had knee surgery in 1991, but I think they took out too much cartilage. It often gives out after I run 50 yards." Still, Greenwood has managed to post excellent times of 28.4 (200) and 70.2 (400) this year. His plan is to move back soon to his old home town of Medicine Lodge, KS.

## NORTHWEST

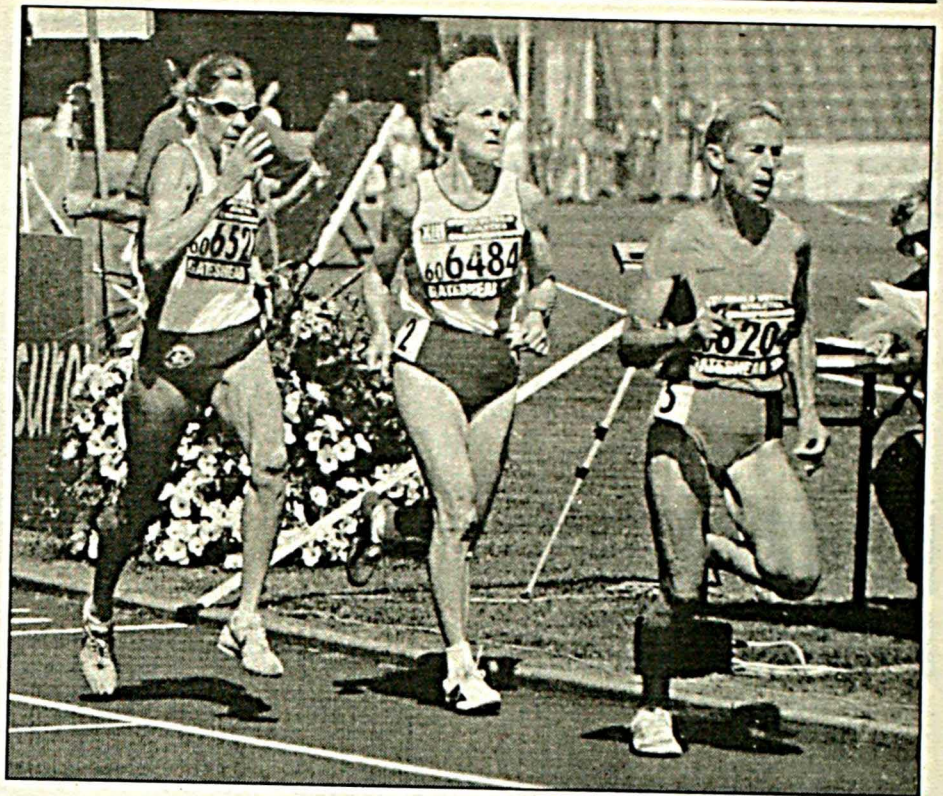
• First masters teams in the Hood To Coast Relay (12-persons/195 miles) from Mt. Hood to Seaside, OR, were the men's **Time Bandits Racing Team**, Fairview, OR, with a 20:17:22, and the women's **Wild Women team**, Sandy, OR, 23:52:39. The Mixed Masters race went to the **No Walkin' Til The Van Passes team**, Champaign, IL, 20:26:08. The winning squad in the Men's & Women's Mixed Masters race was **Intimidating Recycled Athletes**, Eugene, OR, in 24:41:49.

## CANADA

• Six age-group WRs were broken in the Canadian Masters Championships, Sherbrooke, Quebec, July 9-11. **Karl Trei**, M90, accounted for three of them: LJ, 2.55; TJ, 5.57; and JT, 17.74. **Isobel Cunningham**, W85, knocked almost five seconds off the present record of 28.61 for the 100 with a 23.78. **Earl Fee**, M70, took almost as much off the present 2:27.57 800 record with a 2:23.04. **Helgi Pedel**, W75, increased the HJ from 1.01 to 1.11.

## INTERNATIONAL

• Current members of the IAAF Veterans Committee are: Chairman: **Cesar Moreno Bravo** (MEX); Members: **Belaïd Abderrahmane** (ALG), **Albano Ariza** (COL), **Jim Blair** (NZL), **Torsten Carlus** (SWE), **Bridget Cushen** (GBR), **Danny Daniels** (CAN), **Charles Desjardins** (USA), **Marina Hoernecke** (ESP), **Teruji Kogake** (JPN), **Herbert McKenley** (JAM), **Vadim Marhev** (RUS), **Dieter Massin** (GER), **Vittorio Savino** (ITA).



CHUCK SOCHOR  
Gerda Van Hooten (r), Netherlands, won the W60 800 with a world-record 2:36.94, WAVA Championships in Gateshead, England, July 29 - Aug. 8. Carolyn Cappetta (c), USA, was second; Jeanne Hoagland, USA, third.

## Report from Britain

by BRIDGET CUSHEN

### Editor Dies After 3000m Race

British athletes are shocked by the sudden and unexpected death of Geoff Ashby only days after he returned home from competing in the World Championships. Ashby was the editor of *Veterans Athletics*.

Taking part in a mid-week league fixture in Worcester on Aug. 18, Ashby broke away from Ron Smith, one of his main rivals, to win the M65 race by almost a lap. He walked off the track, spoke to an official and virtually collapsed. He was resuscitated and rushed to a nearby hospital where he recovered sufficiently to be able to communicate to his wife, Anita. He relapsed on Aug. 21 and died.

\*\*\*\*

Some good post-Gateshead performances were achieved at the Veterans AC Championships, Aug. 29, when

Walwyn Franklin and John Browne clashed in the M45 sprints. Franklin took the 100; both were timed at 11.4. Army Officer Browne set a championships record of 22.9, in the 200 to Franklin's 23.3. Franklin dominated the 400, winning in a swift 57.6.

Val Parsons set two new meet records in the W50 100 (14.2) and 200 (30.3). After running her fastest ever 800 in the World Championships, Lesley Felton took three W40 titles, 200 (28.11), 400 (63.3) and 800 (2:26.5), the latter two setting new meet records.

A British record was set in the M55 hammer by ex-international, Chris Melliush (53.70), and meet records in the M60 by J. Kee (48.57), hammer, and Gordon Hickey, M65 (13.19), shot. □

### East Regionals Serve as Warm-Up for Nationals

by JERRY WOJCIK

This year, the USATF East Regional Masters Championships were hosted by Springfield College, Springfield, Mass., Aug. 14, less than a week after the WAVA Championships in Gateshead, England, and about a week and a half before the National Masters Championships in Orlando, Fla.

**Rick Lapp**, 50, and **Roger Pierce**, 54, were models of consistency in the 100, 200, and 400. Lapp won all three (12.31, 24.75, 54.48) from Pierce (12.68, 25.05, 55.62), but Pierce won the age-graded performance contests in the 200 (91.6% to 90.1%) and 400 (91.7% to 90.8%). Lapp edged Pierce for honors in the 100, 89.6% to 89.4%.

**Bill Wright**, 65, won the M65 100 race with a 91.6% 13.39. **Richard Rizzo**, 60, was also in world-class levels with his 90.5% 26.91 in the 200 and 92.2% 59.21 in the 400. **Irene Thompson**, 45, won the 100 with an 83.7% 14.13. **Adlin Mair**, 57, claimed the M55 titles in the 100 (15.98) and 200 (31.21, 84.8%).

**Brian Martin**, 40, outclassed everybody else in the 800 with a 90.6% 1:59.54. **Ann Sipka**, 51, clocked an 85.7% 5:15:66 for the 1500. The top hurdler was **Tim McMahon**, 40, with an 86.3% 58.72. **Marie-Louise Michelsohn**, 57, won the 2000 SC with a 10:00.03.

**Richard Sobel**, 50, prevailed in a close competition in the high jump with a 1.55. **Brian Donohue**, 37, had a 15.93 shot put

with the 16# to win the M35 division. **Larry Pratt**, 58, won the M55 discus contest with a 43.89. **Antonio Martinez**, 31, hurled the hammer 50.60 to win in the M30 group. **Ron McConnell**, 37, claimed javelin honors with his 60.57.

**Anne Lands**, 58, multiple gold medalist at the 1998 Nationals in Orono, Me., was the winner in the shot (9.45), discus (26.07), hammer (32.78), and javelin (25.38).

**Robert Keating**, 52, was the best performer in the 5000 racewalk with an 88.6% 23:57.23.

**Ed Daniels** and **Steve Vaitones** of the USATF New England Association were the main principals involved in the staging of the meet. □



# 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 generally 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

**October 20-29.** National Senior Games – Senior Olympics, Orlando, Fla. National Senior Games Association, 3032 Old Forge Dr., Baton Rouge, LA 70808. 225-925-5678; fax: 216-7552.

**November 30-December 4.** USATF Annual Convention, Westin Century Plaza Hotel, Los Angeles, Calif. USATF, 1 RCA Dome, Suite 140, Indianapolis, IN 46225. 317-261-0500; fax: 261-4871.

**March 24-26.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass.

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

**August 10-13.** 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440.

### EAST

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

**October 2.** Sri Chinmoy Masters Games, Roy Wilkins Park, South Jamaica, N.Y. Sri Chinmoy, 161-48 Normal Rd.,

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

Jamaica, NY 11432. Tel/fax: 718-523-5188.

**October 2-10.** Delaware Senior Olympics, Dover. No out-of-state. Peggy Yaeger, 302-736-5698.

**October 31.** Philadelphia Masters Throws Triathlon (SP/DT/JT) & Tim Dickens Track Pentathlon (3K/800/400/1500/200), Germantown Academy, Ft. Washington, Pa. 9 am. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

**November 7.** Weight Throw-A-Thon, Germantown Academy, Ft. Washington, Pa. Weight, Superweight & Ultraweights (98#/200#/300#). Ray Feick, 2987 Lutherand Rd., Gilbertsville, PA 19525. 610-754-6007; email: ffeick@aol.com

**January 7-9.** 31st annual Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Meet Director, Dartmouth College Athletic Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-2848.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**November 14.** Space Coast Senior Games, Brevard County, Fla. 50+. Entries: 407-459-0518; popgun47@aol.com. Meet information: Hank Nottingham, 407-773-4362.

**November 30-December 5.** Florida Senior Games State Championships, Kissimmee/St. Cloud. Laura Hallam, 407-943-7992.

### MID-AMERICA

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

**February 6.** 21st Century AGELESS GAMES, Minneapolis. For Y2K Winter Indoor Info, send SASE to Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432. 612-574-9661.

### SOUTHEAST

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

**October 16.** 10th annual Waterloo Relays, Austin, Texas. All events; all ages. For details and registration: <http://www.geocities.com/Colosseum/Midfield/7241>, or contact Jeff Brower, 512-918-0497; hurdle4fun@hotmail.com

### WEST

Arizona, California, Hawaii, Nevada

**October 3.** Club West Meet, Santa Barbara Comm. College, Calif. Gordon McClenthen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851(h); 805-452-5020 (cell); fax: 969-

6613.

**October 9.** KelField Throws Series Meet #77, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**October 11-23.** Huntsman Senior Games, St. George, Utah. Kathie Thayne or Nancy Colarossi, 435-674-0550, 800-562-1268.

**October 17.** Sri Chinmoy Masters Meet, Cal State Long Beach. 40+. Bigalita Egger, 6199 Canterbury Dr., #202, Culver City, CA 90230. 310-645-0271.

**October 23.** Roger's Pole Vault Competition, San Ramon HS, Daville, Calif. USATF card required. 707-645-8555; fax: 645-0550; email: prsport@aol.com.

**October 30.** October Great Punkin' Throw Meet, Nevada Union HS, Grass Valley, Calif. 9 am. Weight Pentathlon & Open Throws. No medals/no fees/no problems. Contributions accepted. Dick Hotchkiss, 530-273-3660.

**November 1-19.** Southland Senior Olympics, Long Beach/Anaheim/Cerritos/Downey, Calif. 50+. Registration deadline Oct. 8. 562-570-3537.

**November 20.** Bruce's Pole Vault Party, Vacaville, Calif. Y/O/M (m&w). USATF Regist. Req. 770-645-8555; fax: 645-0550; email: prsport1@aol.com.

**November 20-29.** Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; email: zeug@lava.net.

### INTERNATIONAL

**November 20-23.** Japan International Masters Championships, Kumamoto. 1-1 Tetorihoncho, Kumamoto City, 860-8601, Japan. Fax: 096-328-2959.

**December 11-12.** RAVA Cup Match – Belarus, Ukraine, Russia, and other countries. Minsk, Russia. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7-095-573-4150.

**January 16-23.** 10th WAVA Oceania Championships, Norfolk Island. Oceania 2000, PO Box 158, Norfolk Island 2899, South Pacific. Fax: +6723-23106. Email: games@worldtraders.nf

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

**September 15-October 1, 2000.** Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

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

## LONG DISTANCE RUNNING

### NATIONAL

**October 3.** USATF National Masters Championships/Twin Cities Marathon/

## ON TAP FOR OCTOBER

### TRACK AND FIELD

The multi-sport National Senior Games-Senior Olympics commence on the 20th and go through the 29th in Orlando, Fla. Before that, Metropolitan area athletes have the Sri Chinmoy Games, NYC, on the 2nd, and Westerners have the Club West Meet, Santa Barbara, Calif., on the 3rd. Another multi-sport event, the Huntsman Senior Games, opens in St. George, Utah, on the 11th, and closes on the 23rd. The rest of the list consists largely of the Waterloo Relays in Texas on the 16th; the Sri Chinmoy Meet, Long Beach, Calif., on the 17th; and two combined-event meets on the 31st: the Punkin' Throws Meet (no fees, no awards), Grass Valley, Calif., and a Throws Triathlon/Track Pentathlon, Fort Washington, Pa.

### LONG DISTANCE RUNNING

USATF National Masters Championships will be up for grabs in the Twin Cities Marathon, Minneapolis-St. Paul, on the 3rd, and the 8K Cross-Country Championships, Louisville, Ky., on the 17th. The Twin Cities is also an Indy Life Circuit event, as is the Tulsa Run 15K in Oklahoma on the 30th. The Avon Running National 10K Championship is set for Cincinnati on the 31st. It's Marathon Madness Month, ranging from the New Hampshire Marathon on the 2nd to at least eight 26.2 milers on the 17th and two biggies on the 24th, the Chicago and the Marine Corps in D.C. On a smaller, but perhaps tangier scale, there is the Tufts 10K For Women, Boston, on the 11th, or the Champions Run For Children Roadrace Mile, San Francisco, on the 24th. More harrier opportunities are available in New Jersey on the 10th and 31st, Minnesota on the 24th, and Massachusetts in the Sweetwood Halloween Scamper on the 31st.

### RACEWALKING

Racewalkers will be on for 60 minutes in the National Masters 1-Hour Championships, Worcester, Mass., on the 3rd. Additional activities include the South Florida 1-Hour Postal, Plantation, on the 9th; Bob Fine International 5K, Coconut Creek, Fla., on the 23rd; and the Jack Blackburn Walks/Ohio 50K & 100K Championships on the 30th. □

Indy Life Circuit Race (1.5 x points), Minneapolis/St. Paul, Minn. Theresa Wynne, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

Continued on next page



Continued from previous page

**October 17.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Rd., Louisville, KY 40205. 502-459-6820.

**October 30.** Tulsa Run 15K/Indy Life Circuit Race, Tulsa, Okla. Jack Wing, PO Box 1319, Tulsa, OK 74101-1319. 918-587-8786. Entry deadline June 19.

**October 31.** Avon Running National 10K Championships, Cincinnati. 212-282-5350; email: avonrunning@avon.com.

**November 21.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. USATF-NJ, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006.

**January 23.** USATF National Masters Road Mile Championships/Steve Scott Festival of Races, Santee, Calif. 619-450-6510.

**EAST**

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

**October 1-2.** Reach The Beach 200 Mile Relay, Lincoln to Hampton, N.H. RTB Relay, 32 Chester Ave., Waltham, MA 02453. 508-881-4505.

**October 2.** New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

**October 3.** Wineglass Marathon, Corning, N.Y. WM, PO Box 117, Corning, NY 14830. 800-3352, x65; email: Bill Tay@aol.com.

**October 3.** Ro-Jacks 8K/USATF NE Championships, Attleboro, Mass. 617-566-7600; email: usatfne@ix.netcom.com.

**October 9.** Greater Hartford Marathon, Half-Marathon, & 5K. GHM, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866; fax: 652-8145.

**October 10.** Army 10 Miler, Washington, D.C. SASE to Army 10 Miler, 103 Third Ave., Bldg. 48, Ft. McNair, DC 20319.

**October 10.** USATF New Jersey Men's 8K & Women's 5K Cross-Country Championships, Deer Path Park, Readington Twp. 732-296-0006; USATFNJ@aol.com.

**October 11.** Tufts 10K for Women/USATF Open Championship, Boston, Mass. 888-767-RACE.

**October 16.** Oyster Festival 5K, Roosevelt Memorial Park, Oyster Bay, N.Y. Mike Polansky, Greater LIRC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646.

**October 16.** Avon RRCA Women's 5K Series, Mt. Lebanon, Pa. RRCA 5K, 348 Morris St., Clymer, PA 15728. John Harwick, 724-254-2369.

**October 17.** Mohawk Hudson River Marathon/USATF Adirondack Championships, Schenectady-Albany, N.Y. MHRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

**October 17.** NYRRC Staten Island Half-Marathon, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**October 17.** Bay State Marathon, Half-Marathon, and Merrimack River 5K, Lowell, Mass. SASE to BayState, 26 Groton St., Pepperell, MA 01463. Email: BayState@empire.net.

**October 24.** Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265; email: marathon@

quantico.usmc.mil

**October 24.** Great Pumpkin 4 Mile/USATF Connecticut Championships, Trumbull. Masters money. Marty Schiavone, 203-374-6433.

**October 30.** Seaside 10 Mile & 5K, Ocean City, Md. Ocean City Special Events: 410-250-0125.

**October 31.** USATF New Jersey Men's 5K & Women's 8K Cross-Country Championships, Deer Path Park, Readington Twp. See October 10.

**October 31.** Cape Cod Marathon/USATF NE Marathon Championships & Marathon Relay, Falmouth, Mass. SASE to CCM, Box 699, West Falmouth, MA 02574. 508-540-6959; email: marathon@cape.com.

**October 31.** Sweetwood Halloween Scamper 5K Cross-Country, Williamstown, Mass. 11:30 am. M&W50+ only. Matteson Associates, 359 Main St., Bennington, VT 05201-2173. 802-447-2566.

**November 7.** New York City Marathon. NYRRC, 9 E. 89th St., New York, NY 10128. 212-860-4455; www.nyrrc.org.

**November 7.** Zoo Run For Wildlife 10K, Philadelphia, PA. Allison Walker, The Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA 19104. 215-243-4375.

**November 13.** Pittsylvania Cross-Challenge, Frick Park, Pittsburg, Pa. O & M-8K. Challenge, 348 Morris St., Clymer, PA 15728. John Harwick, 724-254-2369.

**November 14.** Ocean State Marathon, Warwick to Providence, R.I. SASE to OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; fax: 885-3188.

**November 14.** USATF New England Cross-Country Championships, Boston, Mass. USATF NE, PO Box 1905, Brookline, MA 02446-0016. 617-566-7600; email: usatfne@ix.netcom.com.

**November 21.** Philadelphia Marathon, Pa. 215-685-0054.

**November 25.** Pequot Runners Thanksgiving Day 5 Mile, Southport, Conn. Jeff Palmer, 203-227-9054.

**November 27.** NYRRC Knickerbocker 60K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**November 28.** NYRRC Pete McCardle Cross-Country Classic 15K, Central Park. See Nov. 27.

**December 12.** Joe Kleinerman 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax: 860-9754.

**December 12.** USATF New Jersey 10 Mile Championships, Picitinny Arsenal, Rockaway. 732-296-0006; USATFNJ@aol.com

**December 19.** Ho Ho Ho Holiday 5K, Bethpage, N.Y. 516-349-7646.

**December 31.** Asics/Runner's World Midnight 5 Mile, Central Park. See Dec. 12.

**SOUTHEAST**

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

**October 9.** Phoebus Days 8K, Hampton, Va. 757-766-3323; Peninsula TC Hotline: 757-868-3975.

**October 9.** Run The Reagan Marathon, Marathon Relay, Half-Marathon, 10K, & 5K, Reagan Parkway, Snellville, Ga. 770-979-6336.

**October 16.** Peachtree City Classic 15K & 5K, Peachtree City, Ga. 770-487-5280.

**October 16.** New Smyrna Beach 5000, New Smyrna Beach, Fla. Alta Vista Sports, New Smyrna Beach, POB 1700, DeLand, FL 32721.

**October 16.** Southtrust Running Festival 10



SUZU HESS

Top three M40 high jumpers (l to r): Dennis Lewis, first, (2.09/96.3%); Bruce McBarnette, second; and Mark Williamson, third, USATF National Masters Championships, Orlando. The high jump bar is at the height cleared by Lewis.

Mile & 5K, St. Petersburg, Fla. PO Box 66252, St. Pete Beach, FL 33736. 727-363-7866; fax: 360-9710; email: run\_florida@msn.com.

**October 17.** Atlantic City Marathon, Atlantic City, N.J. 609-601-1786.

**October 23.** Race For The Cure 5K, Atlanta, Ga. 404-459-8700.

**October 30.** Governor's Cup Half-Marathon & 8K Run/Walk, Columbia, S.C. CM, PO Box 5092, Columbia, SC 29250. www.carolinamarathon.org

**November 6.** Coast Guard Semper Paratus 10K, CG Reserve Training Center, Williamsburg, Va. Sandy Hardison, 757-898-2226; Peninsula TC, 757-868-3975.

**November 6-7.** Vulcan Run 5K, 10K, Marathon, & Half-Marathon, Birmingham, Ala. www.vulcanrun.com.

**November 13.** Richmond Marathon & 5 Miler, Richmond, Va. 804-673-RACE.

**November 13.** Strong Legs 10K, Atlanta, Ga. 770-698-9900.

**November 13.** Key Biscayne Lighthouse 10K & 5K, Key Biscayne, Fla. 305-365-8901; 954-384-7521.

**November 13.** Kids-R-Cool 10K, Naples, Fla. Masters money. KRC 10K, PO Box 368, Naples, FL 34106. Fran Fidler, 941-430-0799; email: franfidler@aol.com

**November 20.** Heritage Humane Society 5K, Williamsburg. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 757-229-7375; email: rickplatt@jun o.com

**November 25.** Thanksgiving 10 Mile &

5K, DeLand, Fla. John Boyle, PO Box 1700, DeLand, Fla. 32721. 904-736-0002.

**November 25.** SouthPark 8K Turkey Trot, Charlotte, N.C. Hyatt Charlotte at SouthPark, 5501 Carnegie Blvd., Charlotte, NC 28209. 704-554-1234, x2002.

**November 25.** Atlanta Marathon & Half-Marathon. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064.

**November 25.** Outback Distance Classic Half-Marathon & 5K, Jacksonville. Jacksonville Classic, 3853 Baymeadows Rd., Jacksonville, FL 32217. Hotline: 904-739-1917.

**November 28.** Space Coast Marathon & Half-Marathon, Brevard Community College, Melbourne Campus. 800-417-RACE; fax: 619-551-9987; email: sales@racegate.com

**December 5.** First Tennessee Memphis Marathon. FTM, PO Box 84, MO-8, Memphis, TN 38101. 800-893-RACE.

**December 11.** Rocket City Marathon, Huntsville, Ala. Huntsville, TC, 1001 Opp Reynolds Rd., Toney, AL 35773-7443.

**December 18.** Jacksonville Marathon, Half-Marathon, & 5K. JM, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; fax: 904-731-3187.

**December 31-January 1.** Last Chance-First Chance Marathon, Half-Marathon, & 5K, Daytona Beach, Fla. 407-248-1507.

**January 9.** Walt Disney World Marathon & Half-Marathon, Orlando. Disney Marathon, Continued on next page





JERRY WOJCIK

Ronald Ruffin, second M50 in the 5000 (18:38.62), USATF National Masters Championships, Orlando.

Continued from previous page

PO Box 536547, Orlando, FL 32853-6547.  
**January 22.** Charlotte Marathon. CM, PO Box 222138, Charlotte, NC 28222-2138. 707-367-9696; 365-2880.

**February 5.** Hampton Coliseum Half-Marathon/RRCA National Championships & 5K, Hampton, Va. HC H-M, 757-728-3235; 800-800-2202.

**February 12.** Gasparilla Distance Classic 15K, Tampa, Fla. #10 SASE to GDCA-FN, PO Box 1881, Tampa, FL 33601-1881. 813-229-7866.

**February 26.** Blue Angel Marathon & 5K, NAS, Pensacola, Fla. BAM, Code 22000, Bldg. 632, 190 Radford Blvd., NAS Pensacola, FL 32508-5217. 24-hour registration: www.sign-me-up.com

### MIDWEST

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

**October 2.** Bowling Green 10K, Bowling, Ky. Rick Kelley, 502-782-3660.

**October 10.** Frank Lloyd Wright 5K/USATF Illinois Championships. Greg Evans, 708-383-0002.

### FIVE YEARS AGO October 1994

- Martin Mondragon (40, 49:13) and Suzanne Ray (42, 59:33) First Masters in Crim 10 Mile
- North American Championships Draw Athletes From 13 Countries to Canada
- John Hosner, 69, First in St. Louis Bud Light 10K Handicap Race

**October 17.** Detroit Marathon, Detroit, Mich. DM, James Minella, Book Tower, 1249 Washington Blvd., Ste. 2700, Detroit, MI 48226. 313-393-7749.

**October 24.** Chicago Marathon/USATF Illinois Championships. CM, PO Box 5709, Chicago, IL 60680. 312-243-0003; 888-243-3344.

**November 14.** Columbus Marathon. Joan Riegel, PO Box 26806, Columbus, OH 43226. 614-433-0395.

### MID-AMERICA

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

**October 2.** 37th annual Jackrabbit 15 (15.2 Miles) & Relays, Brookings, S. Dak. Chad Witt, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

**October 16.** Tulsa Zoo 10K & 5K, Tulsa, Okla. 918-669-6635.

**October 17.** Wichita Marathon. Prize money for open & age-graded masters. WM, Box 782050 Wichita, KS 67278.

**October 17.** St. Louis Marathon. SLTR, 2385 Hampton Ave., St. Louis, MO 63139. 314-781-3926.

**October 17.** Omaha Marathon. Peak Performance, 519 N. 78th, Omaha, NE 68114. 402-398-9807.

**October 23.** 4th annual Hobo Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

**October 24.** USATF Minnesota Open & Masters Cross-Country Championships, French Regional Park, Plymouth. 10K-9:30 pm/5K-10:30 am. Minnesota C-C Championships, 5429 Wooddale Ave., Edina, MN 55424. 612-920-0558.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**November 7.** San Antonio Marathon. Marathon, 1123 Navarro, San Antonio, TX 78205. Entry forms: 210-246-9652.



SUZY HESS

Mary Robinson won the W55 100 (14.94), 200 (32.08), and 400 (74.37), USATF National Masters Championships, Orlando.

**January 16.** Houston Marathon. HM, N. Post Oak Rd., Suite 335, Houston, TX 77024. 713-957-3453.

**February 6.** Mardi Gras Marathon, New Orleans. SASE to NOTC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; fax: 469-9268.

### WEST

Arizona, California, Hawaii, Nevada

**October 3.** Sacramento Marathon, Sacramento, Calif. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

**October 9.** South Gate Scholarship 5K & 10K, South Gate, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**October 10.** Lake Tahoe Marathon, Half-Marathon, 10K, & 5K, Lake Tahoe, Calif. 530-544-7095.

**October 16.** Big Sur Trail Marathon, Big Sur, Calif. BSTM, Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

**October 17.** Humboldt Redwoods Marathon, Weott, Calif. HRM, PO Box 4989, Arcata, CA 95518. 707-443-2553.

**October 17.** Race For The Cure 5K, Temecula, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-729-6869; fax: 434-7706.

**October 17.** Arturo Barrios 10K, 5K, & 5K Walk, Chula Vista, Calif. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510.

**October 23.** Balboa 5K Run For The Arts, Newport, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**October 24.** Champions Run For Children Mile, San Francisco, Calif. \$3600 masters money. RhodyCo. Productions, 415-759-2690; email: runrhody2.

**October 29-31.** Silicon Valley Marathon & Y2K Kinetic Festival, San Jose, Calif. 831-477-0965.

**November 6.** Walk, Run, Roll, & Remember 5K & 10K, Seal Beach, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**November 7.** Santa Clarita Marathon and Half-Marathon, Santa Clarita, Calif. 888-823-3455.

**November 13.** Helen Klein 50 Mile, Sacramento, Calif. Greg Soderlund, 916-929-7858.

**November 14.** Race For The Cure 5K, Pasadena, Calif. 818-975-6006.

**November 20.** Jet To Jetty 5K/10K & 5K Walk, Playa del Rey, Calif. 310-670-1410.

**November 28.** Run To The Far Side XV, San Francisco, Calif. 415-759-2690.

**January 8.** Paramount 10K Run & Racewalk, Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**January 16.** San Diego Marathon, Half-Marathon, & 5K, San Diego, Calif. 619-792-2900.

**February 6.** Las Vegas International Marathon & Half-Marathon. LVM, PO Box 81262, Las Vegas, NV 89180. 702-876-3870; email: lvmarathon@aol.com

### NORTHWEST

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

**October 2.** St. George Marathon. Leisure Services, 86 S. Main St., St. George, UT



JERRY WOJCIK

Ed Oleata, winner of the M60 pentathlon (3234), in the final event, the 1500, USATF National Masters Championships, Orlando.

84770. 435-634-5850.

**October 3.** Portland Marathon, Portland, Ore. SASE to PM, PO Box 4040, Beaverton OR 97076. 503-226-1111.

**November 28.** Seattle Marathon, Wash. 404-231-9065.

### INTERNATIONAL

**May 13-14.** 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambriela, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

### RACEWALKING

**October 3.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-566-7600.

**October 9.** South Florida 1-Hour Postal Walk, Plantation City Central Park. FAC Walkers, Kay Cella, 954-572-4392.

**October 23.** Bob Fine International 5K, Tradewinds Park, Coconut Creek, Fla. FAC Walkers, Rosie Sidelko, 954-349-1984.

**October 30.** Annual Jack Blackburn Walks (Ohio 50K & 100K Championships). Vince Peters, 937-767-7424.

**November 13.** USATF National Masters Men's 10K RW Championships, Ft. Lauderdale, Fla. John Fredericks, 10825 Mystic Circle, #303, Orlando, FL 32836. 407-238-9688.

**November 20.** USATF South Region 1-Hour Championships, Coastal Carolina U., Myrtle Beach, S.C. Bill Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.



RECIPIENTS OF ALL-AMERICAN AWARDS

Table listing award recipients for M30-34, M35-39, M40-44, M45-49, M50-54, M55-59, and M60-64 categories.

Table listing award recipients for M70-74, M75-79, M80-84, M85-89, and M90-94 categories.

Table listing award recipients for SP, 55hh, Mile, 1500, 400, 5K, 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K categories.

Table listing award recipients for 10K, 15K, 20K, 25K, 30K, 35K, 40K, 45K, 50K, 55K, 60K, 65K, 70K, 75K, 80K, 85K, 90K, 95K, 100K categories.

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Table of U.S. Masters All-American Standards for Men, listing times for various events from 55 to 90+ years old.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 33"; 50-59: 36"; 60-69: 33"; 70+: 30"...

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Table of U.S. Masters All-American Standards for Women, listing times for various events from 100 to 90+ years old.

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time. 2) Short hurdles: 30-49: 33"; 40+: 30"...

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

Table of U.S. Masters All-American Standards of Excellence for Racewalkers, listing times for men and women across various age groups and distances.

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

Form for application for an All-American Certificate/Patch, including fields for Name, Age-Group, Address, Sex, City, State, ZIP, Meet, Date of Meet, Meet Site, Event, Mark, Hurdle Height, Weight of Implement, and checkboxes for Certificate, Patch, and Patch Tag.

1. If you have equaled or bettered the standard of excellence, please fill out this application, completely. 2. A copy of your results or a note stating in which issue your results appeared MUST accompany this application.



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

NATIONAL

USATF Outdoor Masters Championships; Disney's Wide World of Sports Orlando, FL; Aug. 26-29

Table of track and field results for various events including M30-100m Prelims, M35-100m Prelims, M40-100m Prelims, M45-100m Prelims, M50-100m Prelims, M55-100m Prelims, M60-100m Prelims, M65-100m Prelims, M70-100m Prelims, M75-100m Prelims, M80-100m Prelims, M85-100m Prelims, M90-100m Prelims, M95-100m Prelims, M100-100m Prelims, M30-200m Prelims, M35-200m Prelims, M40-200m Prelims, M45-200m Prelims, M50-200m Prelims, M55-200m Prelims, M60-200m Prelims, M65-200m Prelims, M70-200m Prelims, M75-200m Prelims, M80-200m Prelims, M85-200m Prelims, M90-200m Prelims, M95-200m Prelims, M100-200m Prelims, M30-100m Agegrade, M35-100m Agegrade, M40-100m Agegrade, M45-100m Agegrade, M50-100m Agegrade, M55-100m Agegrade, M60-100m Agegrade, M65-100m Agegrade, M70-100m Agegrade, M75-100m Agegrade, M80-100m Agegrade, M85-100m Agegrade, M90-100m Agegrade, M95-100m Agegrade, M100-100m Agegrade, M30-200m Agegrade, M35-200m Agegrade, M40-200m Agegrade, M45-200m Agegrade, M50-200m Agegrade, M55-200m Agegrade, M60-200m Agegrade, M65-200m Agegrade, M70-200m Agegrade, M75-200m Agegrade, M80-200m Agegrade, M85-200m Agegrade, M90-200m Agegrade, M95-200m Agegrade, M100-200m Agegrade.











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Table with 3 columns: Rank, Name, Age, Time. Includes events like Shot Put, Javelin, and 5K Racewalk.

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M50 -5km WALK-			
1 Norman Frable	54	25:56.56	83.2%
2 Max Walker	52	27:04.55	78.4%
3 Juan Yanes	50	27:56.08	74.7%
4 ED Dunphy	53	28:40.43	74.6%
- Gene Opheim	53	DQ	
M55 -5km WALK-			
1 Donald DeNoon	56	24:07.50	91.0%
2 Jim Carmines	56	26:31.48	82.8%
3 Ronald Shields	56	29:37.91	74.1%
4 Berine Finch	59	31:56.05	70.6%
5 Larry Freeman	58	35:51.22	62.3%
- Daniel Koch	56	DQ	
- Phillip Howell	56	DQ	
M60 -5km WALK-			
1 Dave Romansky	61	27:23.53	83.9%
2 John Elwarner	60	27:40.05	82.3%
3 Paul Johnson	61	29:53.58	76.9%
4 Ray Everson	64	30:12.22	78.4%
5 Robert Cella	62	30:31.77	76.0%
6 Spencer Parrish	63	35:46.22	65.5%
M65 -5km WALK-			
1 Alfred DuBois	67	30:01.97	81.3%
2 Tom White	67	31:53.37	76.6%
3 Robert Fine	68	32:08.27	76.8%
4 Jake Munnell	69	36:30.53	68.4%
5 Richard Shepardson	67	38:41.21	63.1%
- Robert Davis	67	DQ	
- Gerry Gomes	66	DQ	
M70 -5km WALK-			
1 William Flick	73	32:56.26	79.3%
2 Frank Chesek	72	41:51.45	61.7%
- Bill Snaden	73	DQ	
M75 -5km WALK-			
1 Masashi Noritake	75	34:26.10	77.7%
2 Donald Gladding	77	36:28.76	75.3%
3 Paul Geyer	79	38:49.32	72.6%
- B. John Ross	76	DQ	
M80 -5km WALK-			
1 Cokey Daman	80	35:21.06	80.8%
- Herb Appell	80	DQ	
M85 -5km WALK-			
1 Jean Tenan	36	30:55.38	67.9%
2 Gail Brandenburg	38	35:41.18	59.7%
M90 -5km WALK-			
1 Victoria Herazo	40	25:08.25	86.0%
2 Lyn Brubaker	42	25:25.80	86.3%
3 Donna Chamberlain	42	25:57.26	84.6%
4 Monetta Roberts	40	28:40.41	75.4%
M95 -5km WALK-			
1 Sally Richards	46	27:21.83	82.8%
2 Janet Comi	45	27:29.79	81.7%
3 Peggy Miller	45	28:14.98	79.5%
4 Sherry Brosnahan	47	29:13.96	78.1%
5 Debbie Topham	46	29:28.78	76.8%
6 Roswith Sidelks	46	30:15.99	74.8%
M100 -5km WALK-			
1 Jackie Reitz	51	28:48.93	82.0%
2 Kathy Frable	54	30:11.73	80.4%
3 Pat Walker	52	36:33.30	65.2%
M105 -5km WALK-			
1 Janet Higbie	57	31:07.61	80.2%
2 Jeanne Bocci	56	34:06.25	72.5%
3 Majorie Pilla	55	34:47.83	70.4%
4 Kay Cella	59	36:12.93	70.3%
M110 -5km WALK-			
1 Sami Bailey	63	32:45.44	81.1%
2 Joanne Elliott	63	33:29.66	79.3%
3 Ruth Everson	61	34:34.75	75.2%
4 Joy Clingman	64	36:55.97	72.7%
M115 -5km WALK-			
1 Jeanne Shepardson	65	34:06.77	79.6%
2 Helen Amazeen	66	35:27.87	77.4%
M120 -5km WALK-			
1 Miriam Gordon	74	35:35.92	85.0%
2 Joan Rowland	73	35:46.53	83.5%
- Ruth Perraud	70	DQ	
- Margaret Walker	77	DQ	
- 10K Racewalk -			
W30 -10km WALK ROAD-			
1 Helen Storrs	33	1:13:09.41	57.4%
W35 -10km WALK ROAD-			
1 Lisa Sonntag	35	52:12.84	81.5%
2 Jean Tenan	36	1:04:54.77	66.0%
3 Gail Brandenburg	38	1:12:54.20	59.6%

W40 -10km WALK ROAD-			
1 Donna Chamberlain	42	52:57.88	84.4%
2 Victoria Herazo	40	53:35.69	82.2%
3 Monetta Roberts	40	1:00:01.49	73.4%
W45 -10km WALK ROAD-			
1 Sally Richards	46	57:20.45	80.5%
2 Janet Comi	45	57:25.66	79.7%
3 Peggy Miller	45	58:44.22	77.9%
4 Debbie Topham	46	1:00:30.16	76.2%
5 Sherry Brosnahan	47	1:01:42.18	75.4%
M50 -10km WALK ROAD-			
1 Gayle Johnson	50	57:31.95	82.9%
2 Jackie Reitz	51	1:00:32.88	79.4%
3 Kathy Frable	54	1:03:20.41	78.0%
4 Pat Walker	52	1:17:21.70	62.7%
M55 -10km WALK ROAD-			
1 Janet Higbie	57	1:05:10.84	78.0%
2 Jeanne Bocci	56	1:11:38.59	70.3%
3 Kay Cella	59	1:17:24.32	66.9%
M60 -10km WALK ROAD-			
1 Joanne Elliott	63	1:10:57.14	76.1%
- Ruth Everson	61	DQ	
- Sami Bailey	63	DQ	
M65 -10km WALK ROAD-			
1 Helen Amazeen	66	1:14:47.30	74.6%
- Jeanne Shepardson	65	DQ	
M70 -10km WALK ROAD-			
1 Miriam Gordon	74	1:14:06.44	83.1%
2 Joan Rowland	73	1:17:56.22	78.0%
3 Ruth Perraud	70	1:21:26.36	71.8%
M75 -10km WALK ROAD-			
1 Margaret Walker	77	1:26:52.82	73.8%
- 20K Racewalk -			
M30 -20km WALK ROAD-			
1 Vincent Asumang	31	1:51.20	
M35 -20km WALK ROAD-			
1 Michael Blanchard	38	2:04.40	
M40 -20km WALK ROAD-			
1 Reynaldo Carrazana	41	1:47.30	
2 Janos Szalas	43	2:09.40	
M45 -20km WALK ROAD-			
1 Ross Barranco	49	2:20.50	
M50 -20km WALK ROAD-			
1 Norman Frable	54	2:01.40	
2 Max Walker	52	2:05.50	
3 Juan Yanes	50	2:08.00	
4 ED Dunphy	53	2:15.10	
- Gene Opheim	53	DQ	
M55 -20km WALK ROAD-			
1 Jim Carmines	56	1:58.30	
2 Ronald Shields	56	2:15.20	
3 Berine Finch	59	2:36.40	
- Larry Freeman	58	DQ	
- Daniel Koch	56	DQ	
M60 -20km WALK ROAD-			
1 John Elwarner	60	2:12.00	
2 Ray Everson	64	2:14.10	
3 Spencer Parrish	63	2:30.50	
- Paul Johnson	61	DQ	
- Robert Cella	62	DQ	
- Dave Romansky	61	DQ	
M65 -20km WALK ROAD-			
1 Alfred DuBois	67	2:20.50	
2 Tom White	67	2:22.10	
3 Robert Fine	68	2:27.00	
- Jake Munnell	69	DQ	
M70 -20km WALK ROAD-			
1 William Flick	73	2:25.00	
2 Frank Chesek	72	2:52.20	
M75 -20km WALK ROAD-			
1 Masashi Noritake	75	2:26.30	
2 Paul Geyer	79	2:46.30	
- Donald Gladding	77	DQ	
M80 -20km WALK ROAD-			
- Herb Appell	80	DQ	

3 Watson, Richard B	M46	1918	3.94m	44.68m	37.61	33.73m	6:47.27	
Yuma, AZ			wi:-0.4	146'07.00	w:	2.2	110'08.00	
----- M50 -----								
1 Lapp, Rick	M50	3681	5.83m	34.80m	24.94	30.19m	5:03.36	
Coram, NY			w:	0.6	114'02.00	w:	0.2	99'00.00
2 Green JR, Robert	M50	3236	4.65m	35.09m	25.92	35.45m	5:25.78	
Seneca, SC			w:	0.7	115'01.00	w:-1.1	116'04.00	
3 Rodenbeck, Larry J	M50	2998	5.13m	34.30m	27.42	25.29m	5:30.04	
West Plains, NY			w:	0.8	112'06.00	w:-1.1	83'00.00	
4 *Hough, Norman	M52	2762	4.49m	37.33m	29.29	35.62m	6:10.96	
Cape Town, South Africa			w:	0.9	122'06.00	w:-1.1	116'10.00	
4 Gray, James	M53	2706	4.75m	40.31m	28.64	29.93m	6:38.92	
New Orleans, LA			w:	0.4	132'03.00	w:	0.2	98'02.00
5 Hedendahl, Bruce	M51	2682	4.69m	42.57m	30.51	47.15m	DNS	
Delray Beach, FL			w:	0.3	139'08.00	w:-1.1	154'08.00	
6 Stephens, Dave	M50	2642	4.84m	35.95m	29.94	35.42m	6:45.02	
Portland, OR			w:	0.9	117'11.00	w:	0.2	116'02.00
7 Decker, Darryl L	M52	2565	4.20m	33.73m	28.51	28.04m	5:56.97	
Cambridge, NY			w:	1.1	110'08.00	w:-1.1	92'00.00	
8 Schuster, Neal R	M51	1081	4.08m	37.92m	DNF	SCR	DNS	
St Francis, WI			w:	0.5	124'05.00			
----- M55 -----								
1 Kroodama, Roger	M55	3728	4.87m	39.89m	26.09	32.28m	5:27.00	
Oak Ridge, TN			w:	0.3	130'10.00	w:-0.6	103'11.00	
2 Angus, Bill	M56	3260	4.89m	35.79m	28.91	28.30m	5:38.30	
Salem, OH			w:	0.4	117'05.00	w:-0.6	92'10.00	
3 Futch, Charles	M57	2587	4.33m	29.26m	29.01	22.89m	6:22.47	
Tallahassee, FL			w:	0.7	96'00.00	w:-0.6	75'01.00	
4 Martinec, Milan B	M58	2565	3.84m	31.82m	30.88	24.64m	5:51.01	
Houston, TX			12'07.25	104'05.00	w:-0.6	80'10.00		
5 Meyer, Alex J	M57	2336	3.14m	35.33m	33.57	30.34m	6:12.94	
Scribner, NE			w:	0.9	115'11.00	w:-0.6	99'06.00	
----- M60 -----								
1 Oleata, Edward A	M62	3234	4.35m	33.13m	27.91	33.76m	6:20.90	
La Jolla, CA			w:-1.0	108'08.00	w:	0.9	110'09.00	
2 Coats, Grover L	M60	2900	4.85m	21.86m	27.49	24.17m	6:35.88	
Warrenville Heights, OH			w:	0.4	71'09.00	w:	0.9	79'03.00
3 Maier, Dillon	M64	2504	4.01m	25.94m	32.59	25.59m	6:08.65	
Oneonta, NY			w:	0.0	85'01.00	w:	0.9	83'11.00
----- M65 -----								
1 Brandt, Arnie H	M65	3449	4.51m	37.02m	29.40	30.90m	7:10.43	
Sioux City, IA			w:-0.3	121'05.00	w:	0.9	101'04.00	
2 Jankovich, William	M65	3160	4.39m	33.87m	33.04	32.06m	6:55.59	
Racine, WA			w:-0.5	111'01.00	w:	0.9	105'02.00	
3 Trout, Leon	M65	2872	4.34m	35.41m	29.82	29.39m	DNF	
Union, NJ			w:-0.3	116'02.00	w:	0.9	96'05.00	
4 Duncan, James O	M67	2600	3.93m	35.34m	34.53	36.65m		
Woodbury, CT			w:	1.1	115'11.00	w:	0.9	120'03.00
5 *Kupczyk, Henryk I	M66	2483	3.04m	28.30m	33.80	34.74m	7:22.49	
Toronto, Canada			w:	0.3	92'10.00	w:	0.9	114'00.00
----- M70 -----								
1 Daprano, William L	M72	2874	4.00m	28.91m	31.83	27.56m	9:13.04	
Riverdale, GA			w:-1.0	94'10.00	w:	0.9	90'05.00	
2 Rudy, Lester	M72	2516	3.85m	29.58m	35.96	24.46m	9:03.74	
Merritt Island, FL			w:-0.5	97'00.00	w:	0.9	80'03.00	
----- M75 -----								
1 Carter, William C	M76	3045	3.30m	27.68m	34.46	25.96m	7:55.57	
Marlow, OK			w:-1.0	90'10.00	w:	0.9	85'02.00	
2 Madia, Sam	M75	2282	3.20m	18.93m	33.10	22.86m	DNF	
W. Brownville, PA			w:-1.1	62'01.00	w:	0.9	75'00.00	
----- M80 -----								
1 Bulkley, Daniel L	M82	2837	3.13m	17.45m	36.33	19.16m	7:49.89	
Phoenix, OR			w:-1.7	57'03.00	w:	0.9	62'10.00	
----- W40 -----								
1 Johnson, Liz A	W43	1637	1.22m	6.17m	3.16m	3:14.02		
Charlotte, NC			w:-0.9	4'00.00	20'03.00	w:	2.5	
----- W45 -----								
1 O'Brien, Sandra M	W46	1027	DNS	0.90m	4.74m	2.61m	3:17.56	
Shorewood, WI				2'11.50	15'06.75	w:	1.1	
----- W50 -----								
1 Raschker, Phil	W52	4544	13.15	1.49m	10.01			



Continued from previous page
W35 Tracy Walters 17:52.00
W50 Linda Rodbell 18:52.80
W55 Lois Dicker 18:21.80
W70 Terry Donahue 23:00.10

100m
M30 Yonco Mermersky 12.27
M35 Jeff Gold 11.10
M40 Lloyd Jeremiah 11.79
M45 Bob Bowen 11.39
M50 D J Bertagnoli 15.37

M60 E R Premo 17.40
M65 Don McCarten 17.20
W35 Margaret Zalenska 15.64
200m
M30 Yonco Mermersky 24.40
M35 George Ridley 22.60
M40 Paul Allen 24.58

M45 Bob Bowen 24.43
M60 Roland Hill 30.75
400m
M30 Yonco Mermersky 54.67
M35 George Ridley 50.44
M40 Willes Lee 59.93

M45 Tony Belchei 53.48
M50 D J Bertagnoli 72.58
M55 J C Shenk 63.89
M60 Joe Broderick 92.10
M65 Don McCarten 81.39

W35 Margaret Zalenska 31.49
W40 Normviki Meriwether 37.74
W75 Carla Convery 54.59
800m
M35 William Greene 2:12.00
M40 Allan Peffer 2:07.40
M45 J J Wind 2:43.20

110mH
M40 Lloyd Jeremiah 16.02
100mH
M65 James Stookey 21.13
300mH
M65 James Stookey 51.35
High Jump
M65 James Stookey 4-6
M70 John Martin 3-8

Long Jump
M30 James Barr 18-4
W65 Audrey Lary 10-4
W75 Carla Convery 5-11
Triple Jump
M55 Vic Litwinski 25-11
W65 Audrey Lary 25-9

Shot Put
M30 James Barr 41-0.5
M45 John Priestley 32-10.5
M50 Joe Destefano 40-6.75
M55 Vic Litwinski 29-6.25
M60 Marty Rademacher 32-2.5
W65 Mary Ann Cusack 12-2.5

Discus
M30 Daemon Dartouzos 116-9
M45 John Priestley 101-0
M50 John Hopkins 108-11
M55 Norm Johnson 110-9
M60 Williams Smith 148-4
M65 Bob O'Connell 85-4
W65 Mary Ann Cusack 23-8
W75 Carla Convery 30-8

Javelin
M30 James Barr 158-7
M35 Mike Rademacher 118-10
M45 John Priestley 102-8
M55 Daniel Folk 69-8
W65 Lee Glassco 57-3
W75 Carla Convery 30-8

Weight
M45 John Priestley 33-1
M55 Vic Litwinski 26-1
M60 Marty Rademacher 21-0
Syracuse Chargers Summer T&F Series
Syracuse, NY; July 12

200m
M40 Bill Liberman 26.8
M45 Horace Hudson 26.6
M50 Bob Micho 27.0
M60 Tom Fondy 27.7
M55 Andy Branch 27.9
M70 Howard MacMillan 33.6
W30 Angela Scott 28.1
W35 Karen Pyle 33.0
W55 Y Rothenberg 40.4

800m
M30 Tracy Crompt 3:17.2
M35 Leslie Sinn 3:28.0
M40 Mark Rybinski 2:27.3
M45 Dave Oja 2:40.2
W45 Irene Thompson 2:58.0
W55 Y Rothenberg 3:15.1

3000m
M30 Dave Patruno 9:49.8
M35 Robin Sheeless 9:22.8
M45 Terry McConnell 10:52.9
M80 Nate White 17:04.0
W35 Leatha Damron 10:49.1

Short Hurdles
W45 Irene Thompson 14.5
Long Jump
W45 Irene Thompson 15-1.50
Syracuse Chargers Summer T&F Series
Syracuse, NY; July 19

100m
M45 Dave Oja 15.1
M50 Bob Micho 13.0
M60 Tom Fondy 13.5
M65 Andy Branch 13.2
M70 Howard MacMillan 15.3

400m
M50 Bob Micho 1:01.2
M60 Tom Fondy 1:11.4
M65 Fred Schlereth 1:06.2
M70 Howard MacMillan 1:21.8
Mile
M30 David Patruno 4:53.4
M35 Robin Wheelless 4:41.7
M40 Dave Cole 4:47.0
M45 Terry McConnell 5:26.8
M55 Allen Drew 7:02.2
M80+Nate White 8:55.0

Empire State Games Albany, NY; July 22-25
100m
M30 James Miller 12.08
M40 Val Barnwell 11.84
M45 William Mathis 12.39
M50 William Overby 13.45
M55 Gene Ballard 13.30
M60 Edward Small 14.39
M65 Bob Dobbs 13.87
M70 Howard MacMillan 15.62
W35 Charlene Landrum 13.19
W60 Norma Schilloff 19.70
W65 Rosalia Gioia 21.17
W75+Helen Allen 21.44

200m
M35 Howard Lindsay 23.22
M40 Archy Gaspy 24.20
M50 Alan Taylor 27.27
M55 Paul Gansle 26.89
M60 Edward Small 28.93
M65 Bob Dobbs 28.47
M70 Howard MacMillan 34.51
M75 Blair McFarlane 33.66
W30 D Adkins-Forte 28.99
W40 L Clark-Feaster 29.68
W45 Sharon Warren 30.00
W50 Kathlee Cirina 30.69
W60 Norma Schilloff 42.33
W65 Rosalia Gioia 58.15
W70 Patricia Peterson 36.09
W75+Helen Allen 46.43

400m
M30 Yonco Mermersky 54.19
M35 Kevin McMahon 63.50
M40 Dion O'Mara 64.70
M45 Bob Bowen 55.32
M60 Larry Colbert 57.10
M65 Don McCarten 87.06

800m
M30 Dextan Dixon 2:11.21
M40 Dion O'Mara 2:26.66
M50 D J Bertagnoli 2:46.70
Mile
M30 Alex Grant 4:55.83
M35 Ted Poulos 4:52.13
M40 Bruce Hamilton 4:46.56
M45 Dan Eddy 5:00.64
M55 Jim Verdier 6:00.28
M60 Roland Hill 5:51.87
M65 Jack McMahon 6:50.98

3000m
M30 Paul Olweny 9:31.70
M35 Ted Poulos 10:20.70
M40 Mac Allen 9:48.90
M45 J J Wind 11:16.60
110mH
M40 Lloyd Jeremiah 16.02
100mH
M65 James Stookey 21.13
300mH
M65 James Stookey 51.35
High Jump
M65 James Stookey 4-6
M70 John Martin 3-8

Long Jump
M30 James Barr 18-4
W65 Audrey Lary 10-4
W75 Carla Convery 5-11
Triple Jump
M55 Vic Litwinski 25-11
W65 Audrey Lary 25-9

Shot Put
M30 James Barr 41-0.5
M45 John Priestley 32-10.5
M50 Joe Destefano 40-6.75
M55 Vic Litwinski 29-6.25
M60 Marty Rademacher 32-2.5
W65 Mary Ann Cusack 12-2.5

Discus
M30 Daemon Dartouzos 116-9
M45 John Priestley 101-0
M50 John Hopkins 108-11
M55 Norm Johnson 110-9
M60 Williams Smith 148-4
M65 Bob O'Connell 85-4
W65 Mary Ann Cusack 23-8
W75 Carla Convery 30-8

Javelin
M30 James Barr 158-7
M35 Mike Rademacher 118-10
M45 John Priestley 102-8
M55 Daniel Folk 69-8
W65 Lee Glassco 57-3
W75 Carla Convery 30-8

Weight
M45 John Priestley 33-1
M55 Vic Litwinski 26-1
M60 Marty Rademacher 21-0
Syracuse Chargers Summer T&F Series
Syracuse, NY; July 12

200m
M40 Bill Liberman 26.8
M45 Horace Hudson 26.6
M50 Bob Micho 27.0
M60 Tom Fondy 27.7
M55 Andy Branch 27.9
M70 Howard MacMillan 33.6
W30 Angela Scott 28.1
W35 Karen Pyle 33.0
W55 Y Rothenberg 40.4

800m
M30 Tracy Crompt 3:17.2
M35 Leslie Sinn 3:28.0
M40 Mark Rybinski 2:27.3
M45 Dave Oja 2:40.2
W45 Irene Thompson 2:58.0
W55 Y Rothenberg 3:15.1

3000m
M30 Dave Patruno 9:49.8
M35 Robin Sheeless 9:22.8
M45 Terry McConnell 10:52.9
M80 Nate White 17:04.0
W35 Leatha Damron 10:49.1

Short Hurdles
W45 Irene Thompson 14.5
Long Jump
W45 Irene Thompson 15-1.50
Syracuse Chargers Summer T&F Series
Syracuse, NY; July 19

100m
M45 Dave Oja 15.1
M50 Bob Micho 13.0
M60 Tom Fondy 13.5
M65 Andy Branch 13.2
M70 Howard MacMillan 15.3

400m
M50 Bob Micho 1:01.2
M60 Tom Fondy 1:11.4
M65 Fred Schlereth 1:06.2
M70 Howard MacMillan 1:21.8
Mile
M30 David Patruno 4:53.4
M35 Robin Wheelless 4:41.7
M40 Dave Cole 4:47.0
M45 Terry McConnell 5:26.8
M55 Allen Drew 7:02.2
M80+Nate White 8:55.0

Empire State Games Albany, NY; July 22-25
100m
M30 James Miller 12.08
M40 Val Barnwell 11.84
M45 William Mathis 12.39
M50 William Overby 13.45
M55 Gene Ballard 13.30
M60 Edward Small 14.39
M65 Bob Dobbs 13.87
M70 Howard MacMillan 15.62
W35 Charlene Landrum 13.19
W60 Norma Schilloff 19.70
W65 Rosalia Gioia 21.17
W75+Helen Allen 21.44

200m
M35 Howard Lindsay 23.22
M40 Archy Gaspy 24.20
M50 Alan Taylor 27.27
M55 Paul Gansle 26.89
M60 Edward Small 28.93
M65 Bob Dobbs 28.47
M70 Howard MacMillan 34.51
M75 Blair McFarlane 33.66
W30 D Adkins-Forte 28.99
W40 L Clark-Feaster 29.68
W45 Sharon Warren 30.00
W50 Kathlee Cirina 30.69
W60 Norma Schilloff 42.33
W65 Rosalia Gioia 58.15
W70 Patricia Peterson 36.09
W75+Helen Allen 46.43

400m
M30 Aston Scott 55.47
M35 Howard Lindsay 50.80
M40 Archie Gaspy 53.16
M45 Francis Schiro 54.45
M50 Ronald Johnson 58.37
M65 Walter McCarthy 1:21.67
M70 Harold Larkin 1:16.77
W30 Dawn Best 1:07.45
W35 Charlene Landrum 1:02.50
W45 Mary Rosado 1:15.73
W40 D Whitaker-Crain 1:10.02
W45 Kathlee Cirina 1:10.85
W55 A Finger 2:01.19
W70 Patricia Peterson 1:27.80
W75+Helen Allen 2:13.52

800m
M30 Otto Reinhardt 2:06.51
M35 Glen Shane 2:27.97
M40 Fred Kitzrow 2:11.20
M45 T Hartshorne 2:09.46
M50 Dick Apazz 2:33.03
M55 Alan Taylor 2:16.59
M65 Walter McCarthy 3:02.50
M70 H MacMillan 3:06.70
M75 J McManus 3:05.50
M80+Sidney Zecher 4:02.51

1500m
M35 Douglas Miller 4:50.46
M40 Fred Kitzrow 4:28.92
M45 T Hartshorne 4:26.17
M50 Victor Diaz 4:49.26
M60 Joe Cordero 5:15.96
M65 Walter McCarthy 6:34.64
M70 Harold Larkin 7:16.71
M75 J McManus 6:36.46

M80+Sidney Zecher 8:00.32
5000m
M40 Marty Seamon 22:57.19
M45 S Schallenkamp 18:04.40
M50 Victor Diaz 19:29.03
M55 Len Putnick 21:19.85
M60 Joe Cordero 20:23.65
M70 William Fortune 21:02.95
W30 Deondra Seamon 28:56.29
W35 Alice Hansen 19:08.69
W40 Debra Kenney 20:19.24
W45 C Oehrlein 20:47.44
W50 Susan Nesbihal 29:07.43
W55 M Michelsohn 24:07.85

10,000m
M40 Paul Salerni 40:47.83
M45 John Walsh 37:15.60
M50 Patrick Glover 37:29.90
M55 Blaine Lawson 45:26.62
M60 Jose Mendez 43:20.88
M65 Tom Povlock 46:02.61
W30 Keana Kane 49:16.00
W35 Lisa Scudera 49:32.00
W40 Suzanne Schoen 46:10.00
W50 Susan Nesbihal 57:04.00
W70 P Peterson 1:17:49.00

Short Hurdles
M50 Rick Lapp 16.69
M55 Charles Markarian 20.17
Long Hurdles
M35 John Light 1:03.10
M45 Jesse Norman 1:13.00
M50 Michael Milove 1:08.08
M55 Paul Gansle 1:16.07
M60 Ed Kent 1:00.15
M65 Austin Farnworth 1:06.45
W50 Mary Trotto 1:14.79

Steeplechase
M35 David Goldberg 11:25.16
M40 Thomas Greene 12:07.03
M55 Michael Service 14:12.50
M60 Joe Cordero 8:39.31
W35 Corrine Malone 14:45.48
W45 C Oehrlein 9:18.22
W50 Susan Nesbihal 12:04.07
W55 M Michelsohn 10:59.34

4x100m Relay
M50 Gansle/Taylor/ Apazz/Decker 47.96
M60 Rizzo/Small/ Lewis/Shane 51.64
4x400m Relay
M30 Martin/Goldberg/ Miller/Mitchell 3:51.74
M40 Corridan/Kitzrow Taylor/Rush 4:03.62
M50 Apazz/Taylor/ Gansle/Decker 4:14.59

4x800m Relay
M30 Crispi/Hernandez/ Reider/Joseph 8:27.50
High Jump
M35 David Olson 1.80
M45 Michael Saafir 1.55
M50 Alan Taylor 1.50
M55 Paul Gansle 1.50
M65 Roger Burke 1.30
W50 Kathlee Cirina 1.17
W65 Rosalia Gioia .95

Pole Vault
M35 Ken Schaumberg 3.35
M40 Jim Henderson 3.81
M60 Norm Cyprus 4.59
M65 David Rider 2.13
M75 Al Palmer 1.22
Long Jump
M35 Willie Price 6.51
M40 Richard Choppa 5.92
M50 Michael Milove 5.36
M55 Norman Chambliss 5.18
M60 Ed Kent 5.68
M65 Ronald Peoples 4.09
M75 Blair McFarlane 3.37
W30 Dawn Best 4.49
W35 Karen Wamelig 4.07
W40 Jodie Grasso 3.56
W50 Kathlee Cirina 4.04
W60 Norma Schilloff 2.72
W65 Rosalia Gioia 2.41

Triple Jump
M40 Leroy Carver 11.74
M45 Henry Goldenberg 10.09
M50 Michael Milove 10.86
M55 Douglas Geertgens 10.42
M65 Ronald Peoples 8.75
W50 Kathlee Cirina 8.07
W65 Rosalia Gioia 5.34

Shot Put
M45 Dennis Hansen 12.97
M50 Bruce Ruot 11.23
M55 Gary Crawford 10.96
M60 Chuck Yost 10.87
M65 Louis Capano 11.50
M70 John Sheridan 8.66
M75 Fred Davies 8.50
W50 Kathlee Cirina 9.30
W55 Annie Lands 8.27
W60 Norma Schilloff 7.60
W65 Rosalia Gioia 6.59

Discus
M35 S Puddington 36.25
M40 James Fruscella 37.65
M45 Michael Fortunato 37.88
M50 Dewitt Davies 40.43
M55 Edward Fox 37.88
M60 Norm Cyprus 38.47
M65 Louis Capano 33.46
M70 John Sheridan 27.29
W30 Lisa Moskowitz 9.15
W35 Mary Doud 30.46
W40 Dornetti Dorn 28.15
W45 Bonnie Cook 20.65
W50 Kathlee Cirina 25.11
W55 Annie Lands 24.35
W60 Norma Schilloff 19.53
W65 Rosalia Gioia 16.17

Hammer
M50 Dewitt Davies 41.02
M55 Edward Fox 30.29
M60 Norm Cyprus 41.06
M65 Louis Capano 23.19
M70 John Sheridan 19.09
W35 Mary Doud 26.67
W45 Barbara McCuen 20.34
W50 Kathlee Cirina 22.87
W55 Annie Lands 29.88
W60 Norma Schilloff 22.22

Javelin
M35 Chris Yatsko 46.98
M40 Thomas Greene 49.59
M50 John Harbulak 41.68
M55 Edward Fox 41.92
M60 Walter Schilloff 35.30
M65 Rich Webber 29.59
M70 John Sheridan 9.90
W35 Mary Doud 32.32
W45 D McEligot 22.45
W50 Kathlee Cirina 25.95
W55 Annie Lands 24.29
W65 Rosalia Gioia 15.43

Pentathlon
M35 Nicholas Mitchell 2710
M40 Bob Doran 2140
M50 Rick Lapp 2548
M55 Steven Kidder 749
M60 Dillon Maier 1077
M65 Marshal Lipton 865
W35 Dawn Best 838
W50 Skipper Clark 1573

Half-Marathon
M35 Glenn McGuire 1:50.01
M40 Arthur Golbert 1:27.01
M45 Robert Festa 1:37.50
M50 Gary Villeneuve 1:30.27
M60 Jose Mendez 1:46.20
M70 Joseph Penabad 2:10.48
W30 Jill Vollweiler 1:40.46
W35 Honour Kane 1:50.38
W55 Helma Clavin 2:02.02

5K RW
M35 Glen Izarry 26:56
M40 Michael Korol 27:10
M45 Joseph Folks 29:28
M55 Robert Lubelski 31:59
M60 James McGrath 27:58
M65 Bob Barrett 28:46
M70 M Eisenstein 34:08
W35 Donna Masters 33:57
W40 Ora Kurland 34:56
W45 S Feustel 36:50
W50 Deloris Hurd 43:29
W55 Donna Ehrenberg 41:00
W60 Maryali Hurley 35:47
W70 Mary Joseph 42:51

10K RW
M40 Michael Korol 57:01
M45 Joseph Folks 1:03:22
M50 Gary Null 54:30
M55 Andrew Tully 1:10:47
M60 James McGrath 58:38

20K Racewalk
M45 Joseph Folks 2:13:26
M55 Robert Lubelski 2:10:10
W45 Nadya Dimitrov 2:23:23

Chelmsford Weight Pentathlon Chelmsford, MA; Aug. 8
(MT/SP/DJ/T/W)
M40 Bob Cedrone 2983
(45.85/11.11/33.33/29.53/14.39)
M45 Paul Phelan 2470
(28.22/9.85/30.08/30.21/9.82)
Jim Queeny 2111
(17.08/9.10/22.53/35.40/8.89)
M50 Dave Tougnart 2459
(29.48/10.31/31.68/17.17/11.48)
Neil Rich 2295
(25.18/10.17/25.87/24.70/9.74)
M55 Carl Wain 4488
(44.80/14.44/38.44/38.33/17.78)
Buster Byrnes -
(32.10/10.34/31.24/28.80/12.41)
Jim Chambers 3046
(29.75/9.87/34.35/29.07/11.15)
W65 Marcia Crooks 2839
(18.72/7.42/21.77/15.60/6.88)

USATF East Region Masters Championships Springfield College, MA; Aug. 14
M30+ -100m-
M30
Tyrone Marshall 11.90
Ted Sorlien 13.33
M35
Donald Hardy 11.64
Willie Price 11.95
Paul Catanoso 12.30
Luca Trovato 13.17
Stephen McCullough 15.00

M40
Reno Biagioni 11.91
Larry Schworer 12.24
Joe Natalie 12.83
Bradley Phillips 13.47
M45
Bill Mathis 12.36
Jesse Norman 12.45
Charles Lampert 12.52
Dennis Brown 12.59
Pershing Reid 13.16
Wayne Spitz 13.29
David Friedman 15.37

M50
Rick Lapp 12.31
Roger Pierce 12.68
Richard Sealey 12.70
Dennis Newton 12.93
M55
Richard Jones 13.03
James Brady 15.09

M60
Thomas Ranuga 13.44
Dick Camp 13.58
K.M. Thomas 14.22
John Lewis 14.29
Georg Schweizer 15.22
Spencer Parrish 15.23
Bob Hassenger 15.69
Dave Hanlon 15.95

M65
Bill Wright 13.39
William Hufnagel 15.04
M70
Robert Bruce 14.73
Tom Rice 15.15
Howard Mac Millan 15.66
Frank Brako 16.76

M75+
Blair McFarlane 15.64
Milton Silverstein 17.00
Roscoe Brown Jr. 20.20
William Stern 20.23
Robert Sorlien 21.26
Manfred D'Elia 25.45

M30+ -200m-
M30
Charles Demirian 26.22
Ted Sorlien 27.25
M35
Donald Hardy 23.42
Phillippe Neron 23.81
Jim Watts 24.34
Willie Price 24.59
Paul Catanoso 25.14
Gino Caro 26.21
Luca Trovato 26.73
Stephen McCullough 30.25

M40
Reno Biagioni 24.23
Keith Royster 24.45
Larry Schworer 24.70
Mark Welch 26.70
Bill Leberman 26.86
Bradley Phillips 27.83

M45
Jesse Norman 24.81
Dennis Brown 25.40
Charles Lampert 25.63
Tom Cunningham 26.47
Michael Garrity 29.78
David Friedman 33.28

M50
Rick Lapp 24.75
Roger Pierce 25.05
Stephen Bates 25.56
Richard Sealey 26.20
Warren Graff 27.13

M55
Richard Jones 26.51
James Brady 33.93

M60
Richard Rizzo 26.91
Dick Camp 28.15
John Lewis 28.70
Spencer Parrish 32.21
Bob Hassenger 32.82
Dave Hanlon 33.73
Dillon Maier 33.83

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M65	Bill Wright	28.06	Brian Savilonis	26:18.40	M80+	Dillon Maier	25.38m	Irene Thompson	1.35m	W75	Wally Dashiell	12.74m	
M70	William Hufnagel	31.16	Fred Anderson	32:10.25	M80+	M65	M50	M50	M50	SP	Scott Bull	11.51m	
M70	Bruce Marsh	32.41	Robert Keating	23:57.23	M80+	M30+ -TJ-	William Barker	25.22m	Mary Trotto	1.00m	M40	Pete Collins	9.88m
M70	Phil Schaffer	33.01	Larry Titus	26:11.82	M80+	M40	B70	M70	M60	M45	John Priestly	10.37m	
M70	Robert Bruce	30.98	Robert Ullman	28:19.70	M80+	M45	Leroy Garrahan	31.34m	M30+ -LJ-	M30	Gary Crago	10.07m	
M70	Howard Mac Millan	32.92	Bill Harriman	28:20.84	M80+	M45	John Neumann	24.54m	W30	M70	Terry Schuman	12.57m	
M75+	Blair McFarlane	33.27	Charles Mansbach	31:19.55	M80+	M45	Bob Doran	11.12m	W50	M50	Bill Gayney	12.13m	
M75+	Y.M. Naci	37.12	Charles Mayers	33:49.90	M80+	M45	John Oleski	9.90m	W75	M50	Bill Walsh	11.91m	
M75+	Roscoe Brown Jr.	44.91	David Baldwin	27:45.60	M80+	M45	Jennott Berkeley	9.40m	M30+ -TJ-	M55	Dan Folk	8.56m	
M75+	Robert Sorlien	46.91	Gerald Patrick	32:47.55	M80+	M45	David Friedman	8.65m	W30+	M60	Bob Lupinacci	9.22m	
M75+	William Stern	50.93	Spencer Parrish	34:08.38	M80+	M45	Rick Lapp	11.39m	W75	M60	Jack Hoppenstein	11.53m	
M30+ -400m-			Gustave Davis	34:16.83	M80+	M45	Ivan Black	10.55m	M30+	M60	Gerald Snyder	10.48m	
M30	Charles Demirgian	1:02.28	Bob Beaudet	32:12.23	M80+	M45	Michael Milove	10.46m	W30+	M60	John Sellers	9.54m	
M35	Philippe Neron	52.10	Louis Free	33:51.51	M80+	M45	Norman Chambliss	10.45m	W35	M70	Bill Bergen	8.65m	
M35	Jim Watts	52.95	Charles Dolecki	34:42.03	M80+	M45	Buster Byrnes	7.93m	M55	M70	Bob Leishear	8.18m	
M35	Gino Caro	56.94	Dean Kavanaugh	DQ	M80+	M45	Joel Stinson	8.75m	M60	M75	Charles McGarvey	7.53m	
M40	Joe Natalie	58.32	M70		M80+	M45	Morton Hahn	5.57m	M65	M85	Bob Detweiler	4.79m	
M45	Carroll Blake	55.46	M70		M80+	M45	Tom Delany	8.39m	M70	M60	Evelyn Wright	8.57m	
M45	Tom Cunningham	57.67	M70		M80+	M45	Frank Brako	8.25m	M75	M65	Audrey Lary	7.41m	
M50	Rick Lapp	54.48	M70		M80+	M45	Tom Rice	7.71m	M75	M65	Sharon Good	5.03m	
M50	Roger Pierce	55.62	M70		M80+	M45	Robert Sorlien	5.99m	M70	M70	Alma McGarvey	4.81m	
M50	Warren Graff	58.75	M70		M80+	M45	M30+ -DT-	M30	M75	Wally Dashiell	4.47m		
M60	Richard Rizzo	59.21	M70		M80+	M45	Desmond Washington	41.29m	DISCUS	M40	Scott Bull	37.17m	
M60	Thomas Ranuga	DNF	M70		M80+	M45	Antonio Martinez	40.93m	M40	M45	Pete Collins	20.56m	
M65	Bruce Marsh	1:09.44	M70		M80+	M45	M35	M55	M45	John Priestly	31.52m		
M65	Phil Schaffer	1:14.47	M70		M80+	M45	Brian Donahue	41.10m	M65	M50	Gary Crago	30.15m	
M65	Howard Mac Millan	1:19.91	M70		M80+	M45	M40	M60	M50	Terry Schuman	45.93m		
M65	Tim Sugrue	1:51.53	M70		M80+	M45	Dennis VonLinden	42.84m	M65	M50	Bill Walsh	37.71m	
M75	Y.M. Naci	1:30.66	M70		M80+	M45	Patrick Morris	36.56m	M70	M50	Bill Gayney	37.15m	
M80+	William Stern	1:59.97	M70		M80+	M45	Goran Milanovic	34.57m	M75	M50	Dan Folk	32.15m	
M30+ -800m-			M70		M80+	M45	Don Boggis	31.55m	M75	M50	Gary Clark	30.19m	
M30	Desmond English	1:57.17	M70		M80+	M45	Mark Kreaflie	24.17m	M75	M50	Bob Lupinacci	27.62m	
M35	Alex Gordeuk	2:43.23	M70		M80+	M45	Michael Fortunato	36.57m	M75	M60	Jack Hoppenstein	36.90m	
M40	Brian Martin	1:59.54	M70		M80+	M45	T. Carl Reichard	27.82m	M75	M65	Gerald Snyder	34.33m	
M40	Bob Carroll	2:07.08	M70		M80+	M45	Jim Mazza	24.92m	M75	M65	Ed Rosenberg	23.98m	
M40	Allan Muir	2:12.81	M70		M80+	M45	Mike Sherrill	19.21m	M75	M65	Herman Blinckhoff	30.83m	
M40	Kevin McCusker	2:12.84	M70		M80+	M45	David Friedman	11.54m	M75	M65	Jim Eyer	30.02m	
M45	Wayne Dwyer	2:15.05	M70		M80+	M45	M50	M40	M70	Bill Bergen	27.83m		
M45	Carroll Blake	2:15.10	M70		M80+	M45	James Nichols	43.01m	M75	M75	Charles McGarvey	21.66m	
M45	Tony Plaster	2:17.16	M70		M80+	M45	Craig Shumaker	42.21m	M85	M60	Bob Detweiler	14.27m	
M45	Jim Corridan	2:17.42	M70		M80+	M45	Robert Warrington	40.46m	M65	M65	Evelyn Wright	21.08m	
M50	Alan Taylor	2:15.11	M70		M80+	M45	Geoffrey Brown	39.87m	M75	M65	Audrey Lary	22.25m	
M50	Frank Handelman	2:17.53	M70		M80+	M45	Dennis Chandler	36.82m	M75	M65	Sharon Good	10.87m	
M50	Victor Diaz	2:18.51	M70		M80+	M45	Neil Rich	28.32m	M75	M65	Alma McGarvey	11.47m	
M50	George Smith	2:18.88	M70		M80+	M45	M55	M50	M75	Wally Dashiell	13.27m		
M50	Stephen Viegas	2:22.70	M70		M80+	M45	Larry Pratt	43.89m	M75	M75	JAVELIN		
M50	Jonathan Tetherly	2:31.50	M70		M80+	M45	David MacMillan	38.95m	M75	M75	M40	Scott Bull	46.91m
M55	Beuford Greb	2:29.50	M70		M80+	M45	Robert Harvey	38.71m	M75	M75	Pete Collins	23.53m	
M55	James Evans	2:32.81	M70		M80+	M45	Edward Fox	34.41m	M75	M75	John Priestly	31.21m	
M55	Kenneth Gordon	2:34.88	M70		M80+	M45	Norman Chambliss	34.09m	M75	M75	Gary Clark	36.82m	
M60	Charles Hudson	3:02.58	M70		M80+	M45	Jim Chamberas	32.38m	M75	M75	Terry Schuman	28.15m	
M60	Irwin Bernstein	2:46.07	M70		M80+	M45	Buster Byrnes	32.08m	M75	M75	Bill Walsh	43.28m	
M60	Morton Hahn	1:10m	M70		M80+	M45	Jerry Sullivan	26.21m	M75	M75	Bill Gayney	29.06m	
M60	Gustave Davis	NH	M70		M80+	M45	M60	M60	M75	M65	Dan Folk	20.83m	
M60	Tom Delany	1:20m	M70		M80+	M45	Stephen Holmes	45.03m	M75	M65	Bob Lupinacci	25.16m	
M60	Frank Brako	1:20m	M70		M80+	M45	Dick Camp	41.65m	M75	M65	John Sellers	25.93m	
M60	M30+ -PJ-		M70		M80+	M45	Noel Certain	38.22m	M75	M65	Gerald Snyder	25.45m	
M60	Kenneth VanVorst	2.89m	M70		M80+	M45	Norm Cyprus	37.90m	M75	M65	Jim Eyer	30.02m	
M60	Desmond English	3:58.75	M70		M80+	M45	Chuck Yost	36.85m	M75	M65	Bob Leishear	24.23m	
M60	Daniel O'Connell	4:21.14	M70		M80+	M45	Russell VanPut	35.81m	M75	M65	Bill Bergen	20.15m	
M60	Bob Carroll	4:11.01	M70		M80+	M45	Dillon Maier	26.37m	M75	M65	Charles McGarvey	26.84m	
M60	Allan Muir	4:18.05	M70		M80+	M45	Leonard Rosen	40.22m	M75	M65	Bob Detweiler	9.43m	
M60	Abraham Golub	4:46.52	M70		M80+	M45	William Barker	31.53m	M75	M65	Evelyn Wright	19.32m	
M60	Bob Pertak	4:55.44	M70		M80+	M45	Bill Garrahan	38.52m	M75	M65	Audrey Lary	16.73m	
M60	M55		M70		M80+	M45	Raymond Maloney	27.75m	M75	M65	Sharon Good	8.48m	
M60	Arthur Roberts	5:13.00	M70		M80+	M45	Tom Rice	27.66m	M75	M65	Alma McGarvey	13.35m	
M60	Kenneth Gordon	5:15.99	M70		M80+	M45	John Neumann	23.95m	M75	M65	Wally Dashiell	10.65m	
M60	Jerry LeVasseur	5:32.35	M70		M80+	M45	M30+ -HT-	M30	M75	WT THROW (Pent)			
M60	Charles Hudson	6:06.44	M70		M80+	M45	Antonio Martinez	50.60m	M75	M40	Scott Bull	11.42m	
M60	Paul Favreau	7:03.71	M70		M80+	M45	Brian Doherty	42.41m	M75	M40	Pete Collins	9.44m	
M65	Bruce Marsh	5:34.70	M70		M80+	M45	Peter McCutcheon	41.70m	M75	M45	John Priestly	11.22m	
M70	Tim Sugrue	8:35.90	M70		M80+	M45	Bob Cedrone	44.19m	M75	M50	Terry Schuman	15.51m	
M35	Keith O'Brien	17:36.81	M70		M80+	M45	Mark Kreaflie	31.55m	M75	M50	Bill Walsh	13.74m	
M50	Winston Nunes	20:39.63	M70		M80+	M45	M45	M45	M75	M50	Bill Gayney	12.94m	
M55	Beuford Greb	18:53.24	M70		M80+	M45	T. Carl Reichard	44.71m	M75	M50	Dan Folk	10.24m	
M55	Arthur Roberts	18:57.09	M70		M80+	M45	Mike Sherrill	20.45m	M75	M50	Bob Lupinacci	9.31m	
M60	Jerry LeVasseur	20:21.49	M70		M80+	M45	M50	M50	M75	M60	Gerald Snyder	9.07m	
M65	Arthur Conro	21:22.90	M70		M80+	M45	Geoffrey Brown	32.16m	M75	M60	Ed Rosenberg	6.88m	
M65	Ray Pickell	26:15.14	M70		M80+	M45	M55	M55	M70	M60	Bill Bergen	8.77m	
M70	Douglas Blanchard	24:14.89	M70		M80+	M45	Edward Fox	35.36m	M75	M60	Bill Bergen	6.07m	
M30+ -3km SC-			M70		M80+	M45	Buster Byrnes	33.07m	M75	M60	Charles McGarvey	5.50m	
M30	Briann Hickey	13:27.82	M70		M80+	M45	Jim Chamberas	26.60m	M75	M60	Bob Detweiler	4.12m	
M35	Martin Devine	10:58.38	M70		M80+	M45	M60	M60	M75	M60	Evelyn Wright	9.21m	
M45	Randy Miller	11:21.92	M70		M80+	M45	Norm Cyprus	42.72m	M75	M60	Audrey Lary	9.49m	
M45	Richard Clark	12:32.33	M70		M80+	M45	Charles Stevenson	27.29m	M75	M60	Sharon Good	5.51m	
M45	Blaine Lawson	14:40.36	M70		M80+	M45	William Barker	25.16m	M75	M60	Alma McGarvey	4.44m	
M40	M30+ -5km WALK-		M70		M80+	M45	M70	M70	M75	M60	Wally Dashiell	4.71m	
M40	Randall Stafford	29:50.72	M70		M80+	M45	Bill Garrahan	32.48m	M75	M60			
M45			M70		M80+	M45	John Neumann	22.76m	M75	M60			
			M70		M80+	M45	M30+ -JT-	M30	M75	M60			
			M70		M80+	M45	Daniel Alonzo	60.28m	M75	M60			
			M70		M80+	M45	Harry Seanor	45.49m	M75	M60			
			M70		M80+	M45	Antonio Martinez	35.55m	M75	M60			
			M70		M80+	M45	M35	M35	M75	M60			
			M70		M80+	M45	Ron McConnell	60.57m	M75	M60			
			M70		M80+	M45	M40	M40	M75	M60			
			M70		M80+	M45	Don Boggis	40.53m	M75	M60			
			M70		M80+	M45	Rob Doran	39.09m	M75	M60			
			M70		M80+	M45	Goran Milanovic	36.40m	M75	M60			
			M70		M80+	M45	M45	M45	M75	M60			
			M70		M80+	M45	Thomas Nielsen	52.53m	M75	M60			
			M70		M80+	M45	David Friedman	15.68m	M75	M60			
			M70										



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SCORING	Pts	A-G Pts
Terry Schuman (53)	3001	3662
Bill Walsh (54)	2812	3518
Bob Leishear (70)	1875	3036
Bill Gainey (52)	2452	3028
Scott Bull (40)	2609	2911
Bud McGarvey (76)	1449	2793
Gerald Snyder (63)	1990	2748
John Priestly (48)	2154	2702
Bill Bergen (71)	1569	2589
Bob Lupinacci (55)	1784	2542
Dan Folk (50)	1771	2194
Pete Collins (42)	1828	2052
Bob Detweiler (85)	688	1914

Evelyn Wright (62)	1995	3365
Audrey Lary (65)	1716	3345
Wally Dashiell (76)	814	2320
Alma McGarvey (70)	730	1918
Sharon Good (66)	666	1470

**Dartmouth Weight Meet**  
Hanover, NH; Aug. 15

Shot Put 10#	
Carl Wallin 57	44-7
Luke Hotte 52	42-11
Don Filkins 45	39-3.5
Bob Harvey 56	37-1

Shot Put 6k	
Carl Wallin	48-1
Luke Hotte	45-11
Bob Harvey	40-5.5
Packy Fusco 56	30-11.5
Ken Withee 86 4k	24-11.5

(US age record)

Discus	
Steve Holmes 63 1k	155-7
Luke Hotte 1.5k	127-1
Bob Harvey 1.5k	120-2
Packy Fusco 1.5k	109-11
Don Filkins 2k	108-1

Hammer	
Carl Wallin 6k	148-10
Don Filkins 16#	133-2
Bob Harvey 6k	100-0

Weight Throw	
Carl Wallin 25#	57-0
Don Filkins 35#	42-9.5

**Philadelphia Masters T&F Championships**  
Philadelphia, PA; Aug. 22

100m	
M30 Tahir Birch	12.4
M35 Don Hardy	11.7
M40 Remo Biagioni	11.9
M45 Charles Lampert	12.3
M50 Burt Heisinger	12.7
M55 Dave Rosenthal	15.4
M60 Dick Ocker	13.0
M65 Tony Marrone	14.0
M70 Tom Rice	15.1
M75 Oscar Harris	15.6
W40 Renee DiGiacomo	15.4
W55 Sue Levy	26.4

200m	
M30 Tahir Birch	25.3
M35 Don Hardy	23.4
M40 Keith Royster	23.8
M45 Charles Lampert	24.9
M50 Phil Felton	26.7
M55 Glenn Schmehl	27.0
M60 Nate Byrd	28.2
M65 Tony Morrone	29.5
M70 Tom Rice	32.9
M80 George Blyn	58.0
M85 Frank Levine	58.0
W40 Renee DiGiacomo	32.8

400m	
M35 Hassan Hameed	59.3
M40 Tim McMahon	55.1
M45 Tony Natale	56.7
M50 Ron Shamwell	1:05.6
M55 Glenn Schmehl	1:01.4
M60 Walt Palmer	1:14.9
M65 Irwin Bernstein	1:08.8
M70 Bob Parsons	2:10.6
M75 Marv Levy	4:09.5
M80 George Blyn	1:51.2
M85 Frank Levine	2:08.7
W55 Sue Sevy	1:54.1

800m	
M35 Eli Al-Shabazz	2:08.4
M40 Bill Brown	2:14.0
M45 Bill Bixler	2:14.3
M50 Dick Green	2:14.3
M55 John Kuhl	2:15.9
M65 Irwin Bernstein	2:44.8
M80 Ed Powers	4:07.0
W30 Debbie Marshall	2:06.2

Mile	
M35 Curtis Nelson	5:01.2
M45 Juan Miranda	5:25.5
M50 Dick Green	4:58.2
M55 Joel Dubow	5:53.4
M70 Bob Parsons	9:12.6
M75 Marvin Levy	16:18.7
M80 George Blyn	8:30.8
W55 Sue Levy	9:22.0

3-Mile	
M35 Ted Trocky	16:05.4
M40 Tom Yunker	19:00.1
M45 Juan Miranda	17:48.1
M55 Lou Coppens	19:43.8
M70 Bob Parson	30:06.3
M85 Frank Levine	34:06.7

Short Hurdles	
M40 Tim McMahon	16.7
M70 Tom Delany	16.0
M50 Burt Heisinger	17.4

High Jump	
M40 Bill Brown	5-4
M50 Bill Walsh	4-6
M55 Jerry Sullivan	3-10
M60 Jim McGrath	4-4
M70 Tom Delany	3-8

Pole Vault	
M45 Jim O'Neil	12
M50 Tom Rauscher	12-6
M70 Jack Doorlay	6-6

Long Jump	
M30 Jim Cooper	5.69
M35 Bob McIntosh	5.80
M50 Bill Walsh	4.67
M55 Dave Rosenthal	3.59
M60 K M Thomas	4.00
M65 Earl Mege	3.89
M70 Tom Rice	4.02
M75 Oscar Harris	3.64
W60 Evie Wright	3.49

Triple Jump	
M35 Don Hardy	13.19
M50 Bill Walsh	9.88
M55 Dave Rosenthal	7.37
M60 Mort Hahn	5.34
M70 Tom Rice	7.54
W60 Evie Wright	7.83

Shot Put	
M30 Rich Costello	13.05
M40 Tom Talbott	8.42
M45 Stew Beltz	11.95
M50 Terry Shuman	13.68
M55 Jerry Sullivan	9.14
M60 John Boykin	11.87
M65 Ray Feick	11.43
M70 Jack Doorlay	7.97
M75 Charles Corvino	9.83
M85 Bob Detweiler	5.65
W35 Greta Long	11.31
W60 Evie Wright	8.69

Discus	
M35 Herb Rodriguez	149-2
M40 Hernan Pinque	132-3
M50 Terry Shuman	154-2
M55 Larry Pratt	148-2
M60 Tom McNaney	119
M65 Ray Barker	114-3
M70 Manny Herscher	82-2
M75 Charles Corvino	78
M85 Bob Detweiler	45-11
W35 Greta Long	92-2
W40 Renee DiGiacomo	58-3
W60 Evie Wright	76-4

**Granite State Senior Games**  
Laconia, NH; Aug. 22

50m	
M50 Richard Sealey	6.7
M55 John Cox	7.5
M60 Richard Camp	7.2
M65 William Wright	6.8
M70 Robert Bruce	7.8
M75 Joseph Sciaraffa	8.3
M80 Susan Maquire	8.8
W55 Judy Scott	10.1
W65 Joan Burquess	9.4
W75 Anne McGowan	10.6

100m	
M50 Richard Sealey	12.5
M55 Richard Damery	14.2
M60 Richard Camp	13.2
M65 William Wright	13.3
M70 Robert Bruce	15.0
M75 Joseph Sciaraffa	16.0
W50 June Fichter	18.3
W55 Jody Scott	19.9
W60 Arlene Dupuis	18.4

W65 Joan Burquess	17.7
W75 Anne McGowan	21.6

**200m**

M50 Richard Sealey	25.9
M55 Richard Damery	30.4
M60 Richard Camp	28.4
M65 William Wright	28.5
M70 Robert Bruce	31.4
M75 Joseph Sciaraffa	35.4
W55 Judy Scott	43.1
W60 Arlene Dupuis	42.6
W65 Joan Burquess	38.5

**400m**

M50 Warren Graff	59.0
M55 Bob Aucoin	1:15.6
M60 Richard Croak	1:08.3
M65 Arthur Kearney	1:24.0
M70 George Lothrop	1:25.9
W55 Sheila McKenna	1:30.0
W65 Brigitte Langer	2:00.3

**800m**

M50 Kenneth Houle	2:30.0
M55 Sam Baumgarten	2:35.4
M60 Robert Trevor	3:02.7
M70 Horst Langer	4:18.4
W55 Sheila McKenna	3:43.3
W65 Brigitte Langer	4:50.9

**1500m**

M50 Kenneth House	5:08.9
M55 Bob Aucoin	6:05.1
M60 Geo Chamberas	7:29.8
W55 Sheila McKenna	7:24.5
W75 Minna Charles	12:14.2

**High Jump**

M50 John Fortin	4-10
M55 James Brady	4-10
M60 Joel Stinson	4-6
M65 Ken Perkins	4-2
M70 Frank Brako	4
M80 Bruno Maki	3-2
M85 Ian Hume	3-2

**Pole Vault**

M50 Angel Nieves	9-6
M55 Richard Damery	7
M60 Dwight Conklin	9
M75 Boo Morcom	7-6
W60 Arlene Dupuis	4-6
W65 Flo Meiler	5-3

**Long Jump**

M50 Angel Nieves	13-7
M55 Richard Damery	14-11
M60 Joel Stinson	13-3
M65 Ken Perkins	12-2
M70 Frank Brako	12-3
M75 Joseph Sciaraffa	11-7
M85 Ian Hume	6-3
W50 Susan Maquire	7-9
W55 M Oppenheimer	8-5
W60 Arlene Dupuis	8-7
W65 Flo Meiler	10-3
W75 Anne McGowan	7-2

**Shot Put**

M50 Angel Nieves	39-3
M60 Chuck Yost	38-5
M65 Leonard Rosen	40-1
M70 Frank Brako	26-5
M75 George Brown	27-9
M80 Bruno Maki	24-9
M85 Ian Hume	24-9
W50 Patricia Fogg	27-5
W55 Kathl Heitzman	23-1
W60 Arlene Dupuis	19-7
W65 Marcia Crooks	25-5
W70 Estelle O'Connor	18
W75 Jean Berlepsch	16-7

**Discus**

M50 Geoffrey Brown	121
M60 Richard Camp	135-4
M65 Leonard Rosen	144-3
M70 Ted Fachada	66-11
M75 George Brown	81-3
M80 Bruno Maki	80-5
M85 Ian Hume	66-10
W50 Patricia Fogg	69-5
W55 Kathl Heitzman	55-10
W60 Joan Youngs	62-8
W65 Marcia Crooks	65-10
W75 Anne McGowan	36-2

W50 Patricia Fogg	56-9
W55 M Oppenheimer	41-7
W60 Joan Youngs	58-5
W65 Marcia Crooks	49-5
W70 V O'Connor	30-4
W75 Jean Berlepsch	41-1

**1500m RW**

M50 Larry Flint	10:19.0
M55 Bob Aucoin	8:56.6
M70 Horst Langer	10:40.2
M75 Jay Charles	12:03.6
W50 Susan Maquire	10:39.4
W55 Marsha Hartz	10:30.2
W75 Minna Charles	13:40.0

**SOUTHEAST**

**Jacksonville TC Summer Classic**  
Jacksonville, FL; July 31

**50m**

M40 Kevin Marbury	6.2
M50 Gary McClendon	7.1
M55 Mike Cross	7.4
M60 Keith Brown	8.0
W40 Jane Felicie	8.8

**100m**

M30 Darin Merritt	11.8
M35 Harold Pierce	11.0
M40 Kevin Marbury	11.6
M50 Gary McClendon	13.0
W40 Janet Felicie	16.3

**200m**

M35 Harold Pierce	22.9
M40 Kevin Marbury	24.1
M45 Rick Hartje	29.7
M55 Lionel Bonck	28.6
M60 Michael Boudreaux	27.0

**400m**

M35 Karry Jackson	57.1
M40 Ted O'Donnell	67.0
M55 J C Shenk	62.9
M60 Keith Brown	69.2

**800m**

M30 Robin Hays	2:21
M35 Maurice Herrerros	2:44
M40 Steve O'Brien	2:47
M45 Bob Femeie	2:30

**Mile**

M30 Peyton Godwin	6:02
M35 Mike Nichols	4:59
M40 C Kidder	5:28
M45 Rick Hartje	5:47
M50 Bruce Kritzler	5:36
M55 J C Shenk	6:25

**Two Mile**

M30 Peyton Godwin	14:36
M35 Mike Nichols	12:33
M40 Brian Gallagher	13:22
M45 David Courtwright	13:58

**High Jump**

M30 Carey Merritt	6-0
M60 Keith Brown	4-2

**Long Jump**

M30 Darin Merritt	19-0
M40 Gary Schumacher	15-0
W35 Dana Baumgarten	17-5

**Discus**

M40 Mary Holsneck	111-4
M50 Bob Hume	138-10
M70 Jack Gamble	105-4

**Javelin**

M40 Gary Schumacher	106-0
M70 Francis MacNutt	62-4
W35 Dana Baumgarten	93-5

**MIDWEST**

**Cleveland Track Classic**  
Independence, OH; July 11

**60m**

M30 Paul Summers	6.9
M35 Byron Harris	7.1
M40 Rodney Wilson	7.7
M45 Paul Devore	8.9
M60 Grover Coats	8.3
M70 Ev Poe	9.3
M80 Bill Weinacht	9.4
W30 Kisha Carman	7.9
W35 Karen Pyle	9.3
W50 Charlotte Jarvis	9.9
W55 Mary Robinson	9.6
W75 Diane Friedman	14.0

**100m**

M30 Paul Summers	11.3
David Poplar	12.6
M35 Spencer Johnson	11.5
Willie Price	11.5
M40 Rodney Wilson	12.3
M45 Paul Devore	14.2
M55 Malachi McGruder	13.7
Jack Brunner	13.7
M60 Grover Coats	13.1

M70 Jack Greenwald	14.2
M75 Richard Cavicchi	21.5
M80 Bill Weinacht	15.7
W30 Kisha Carman	12.7
Linda Carty	12.9
W35 Karen Pyle	15.9
W50 Charlotte Jarvis	16.6
W55 Mary Robinson	15.7
W75 Diane Friedman	23.4

**200m**

M30 Kenny Jones	22.7
Paul Summers	23.8
M35 Willie Price	24.1
M40 Larry Finley	25.5
Walt Hawkins	26.2
M55 Jack Brunner	29.7
M60 Grover Coats	27.9
M70 Jack Greenwald	29.0
Wm Bergen	34.5
W30 Linda Carty	26.7
Kisha Carman	26.9
W35 Belinda McCoy	27.0
W50 Charlotte Jarvis	36.9
W55 Mary Robinson	33.1
W65 Grace Butcher	39.6
W70 Dale Wilson	49.5
W75 Diane Friedman	53.9

**400m**

M30 Kenny Jones	50.9
David Poplar	57.8
M35 Pat Sullivan	55.6
Doug Molnar	55.7
M40 Walter Hawkins	54.8
Bob Thomas	57.0
M45 John Roebuck	54.4
Horace Hudson	56.5
M70 Jack Greenwald	71.4
Wm Bergen	83.3
M95 Everett Hosack	3:54.4
W35 Belinda McCoy	62.8
Debbie Thomas	64.2
W50 Mary Hartzler	75.8
W55 Mary Robinson	75.1
W65 Grace Butcher	89.0

**800m**

M35 Doug Molnar	2:07.6
Paul Heyse	2:17.3
M40 Bob Thomas	2:10.7
Walter Hawkins	2:20.0
M45 Turran Harper	2:12.3
M50 Ronald Ruffin	2:25.4
W30 Sheri Liebschner	2:41.2
Richee Kennedy	2:48.9
W35 Debbie Thomas	2:35.5
W50 Mary Hartzler	2:58.8
W65 Grace Butcher	3:26.7
MaryAnne Cavicchi	4:44.0

**1500m**

M30 Adi Orfi	4:49.3
M35 Frank Mathias	5:11.2
M45 Norman Thomas	5:18.5
M50 Ronald Ruffin	4:56.0
W30 Sheri Liebschner	5:34.6

**3000m**



Continued from previous page

**Short Hurdles**

M30 Richard Fox 18.74  
M35 Kelly Lycan 16.51

**High Jump**

M30 Richard Fox 5-2  
M35 David Turner 4-8  
M40 David White 5-4  
M45 Irvin Taylor 4-10

**Pole Vault**

M30 Richard Fox 14  
M35 Jeffrey Sprague 12  
M40 Kevin Hill 11-6

**Long Jump**

M30 Richard Fox 17-9  
M45 Michael Daniels 16-11.75  
M60-69 Grover Coats 15.50

**Shot Put**

M30 John Wirtz 55-10.50  
M35 Donald Trumbull 41-11  
M40 Jeffrey Kraner 37-8.25  
M45 Mickey Bitsko 40-5.50  
M60-69 Len Baran 34-3  
M70+George Riser 36.9.75

**Discus**

M30 John Wirtz 181  
M35 Donald Trumbull 130-9  
M40 Michael Smith 95-7  
M45 Doug Weikert 126-7  
M60-69 Thomas Phillips 115-6  
M70+George Riser 120-3

**5000m RW**

M35 Edward Fitch 28:33.20  
M40 Thomas Passero 32:07.40  
M45 Ronald Laird 31:17.90

**Oak Forest Sprint Pentathlon**  
Oak Forest, IL; Aug. 15

(50m/100/400/200/300) Total

M35 Tim Scanlan 139.78  
(6.70/12.02/56.46/24.50/40.10)  
M40 Tim Graf 141.38  
(6.42/11.49/61.21/23.43/38.83)  
M45 Stan Vinson 271.05  
(6.63/21.20/124.1/48.80/70.32)  
M50 Paul Skubic 164.96  
(7.65/14.20/69.66/28.07/45.38)  
M55 Kingsley Clarke 169.88  
(7.87/14.48/69.44/30.08/48.01)  
M60 Don Amery 198.38  
(8.32/15.68/82.34/33.11/58.930)  
M70 Howard Byers 187.36  
(8.35/15.71/76.24/32.62/54.44)  
W45 Sandra O'Brien 218.86  
(10.11/18.89/86.91/39.22/63.73)  
W55 Lynne Ingalls 193.84  
(9.20/17.35/76.64/35.08/55.57)

**Norm Bower Memorial Weight Pentathlon**  
Kent State U., OH; Sept. 11

(HT/SP/D/T/W/T)

M30 John Wirtz 30 3623  
(43.94/16.34/54.78/44.44/14.33)  
M35 Glenn Thompson 35 1827  
(-16.88/52.45/-/-/-)  
John Torman 39 1068  
(40.02/-/-/-/11.40)  
M40 Mike Hambrick 40 3567  
(46.29/13.29/48.82/42.41/14.09)  
Frank Makozy 40 1457  
(-19.13/30.66/38.00/-/-)  
Charlie Green 41 934  
(-/-/-/61.64/-)  
Warren Taylor 40 794  
(-/-/-/46.33/-)  
M50 Allen Ray 52 3306  
(33.82/11.14/36.73/38.05/14.00)  
Doug Welkert 53 2969  
(32.60/9.82/37.23/34.27/11.67)  
Don Ragon 52 2570  
(23.45/9.81/32.02/29.25/11.75)  
M55 Mickey Bitsko 56 3957  
(46.54/12.40/37.87/29.81/14.10)  
John Sloan 59 2838  
(25.48/9.15/31.20/32.51/10.06)  
Abe Sheinker 59 1854  
(26.81/8.88/25.06/10.74/7.19)  
M65 Pay Carstensen 67 3632  
(34.80/9.69/31.29/27.83/14.46)  
M65 Everett Hosack 97 613  
(-19.74/-/-/-)  
W40 Sue Bower 40 733  
(7.22/4.44/12.81/8.09/3.90)  
W50 Charlotte Jarvis 50 2268  
(24.30/8.74/19.62/18.19/6.84)  
W70 Bernice Holland 72 4015  
(24.51/7.56/22.26/20.89/8.52)

**MID-AMERICA**

**St. Louis TC Summer Series**  
Clayton, MO

**1 Mile, June 1**

M30 Juan Arias 4:57.6

John Brenner 5:34.7  
Craig Huff 5:57.5  
M35 Doug Pohlman 4:31.6  
Christian Brewer 5:39.3  
M40 Howard Jones 5:03.3  
Joel Wright 5:32.0  
John McDonald 6:01.3  
M45 Bill Wagner 5:15.7  
Bernie Violand 5:21.7  
Dan Sebben 5:32.8  
M50 Mike Toolen 5:30.6  
Tom Wolfe 5:54.9  
James Faulkner 6:30.8  
M55 Orlyn Skrien 6:18.1  
M60 John Munch 6:24.3  
M70 Bob Logue 8:09.4  
W35 Helen Alexander 5:55.9  
Mimi Zielinski 6:21.3  
Jill Akins 7:33.9  
W40 Carol Keller 6:20.7  
Debbie Repp 6:33.8  
W50 Barbara Pumm 8:47.0  
Donna Springer 8:49.0

**1500m, June 8**

M30 Juan Arias 4:38.0  
John Christian 4:57.4  
John Brenner 5:00.7  
M35 Doug Pohlman 4:14.0  
Dave Hester 5:03.2  
Christian Brewer 5:14.2  
M40 Tim Biscan 4:53.4  
Joel Wright 4:56.3  
Paul Whitely 5:08.6  
M45 Bernie Violand 4:53.5  
Bill Wagner 4:54.5  
Dan Sebben 5:00.2  
M50 Mike Toolen 4:58.3  
James Faulkner 5:30.5  
M55 Orlyn Skrien 5:24.1  
M60 John Munch 5:52.4  
Bill Stewart 6:01.1  
M70 Joseph Bell 6:16.8  
Jack Frohlichstein 11:25.3  
M75 Paul Schmitt 7:10.6  
W35 Helen Alexander 5:22.2  
Donna Huebner 5:26.8  
Ellen Franzel 5:57.9  
W40 Debbie Repp 5:49.1  
Carol Keller 5:58.1  
W50 Debbie Stiles 5:51.6  
Donna Springer 7:48.9  
Barbara Pumm 7:54.6  
W55 Carol Peluso 7:32.9  
W65 Audrey Sullivan 7:44.7  
W70 Dottie Gray 8:51.7

**800m, June 15**

M30 John Christian 2:17.6  
Craig Huff 2:36.4  
M35 Doug Pohlman 2:03.6  
Christian Brewer 2:32.0  
M45 Bill Wagner 2:25.5  
John Reeves 2:27.5  
Dan Sebben 2:31.5  
M50 Mike Toolen 2:26.1  
James Faulkner 2:48.5  
M70 Joseph Bell 3:02.4  
Bob Logue 3:33.6  
W35 Mimi Zielinski 2:59.1  
Jill Akins 3:22.9  
W40 Debbie Repp 2:50.7  
Carol Keller 2:53.5  
W50 Donna Springer 3:52.3  
Barbara Pumm 4:00.4  
W55 Carol Peluso 3:34.4  
W65 Audrey Sullivan 3:36.8  
W70 Dottie Gray 4:21.9

**400m, June 22**

M30 John Christian 59.6  
John Brenner 64.4  
Craig Huff 66.6  
M45 Dick Bouton 62.0  
John Reeves 63.5  
Dan Sebben 67.6  
M50 Mike Toolen 64.6  
James Faulkner 75.0  
M55 Orlyn Skrien 68.9  
M70 Joseph Bell 80.7  
Bob Logue 97.1  
W35 Mimi Zielinski 82.9  
Jill Akins 88.8  
W40 Debbie Repp 80.7  
Carol Keller 84.4  
W50 Donna Springer 1:44.6  
W55 Carol Peluso 1:41.2  
W65 Audrey Sullivan 95.9  
W70 Dottie Gray 1:53.3

**Fall Classic Track Meet**  
Lincoln, NE; Aug. 8

**100m**

M35 Barney Zimmerman 12.4  
M45 Scott Marshall 12.9  
M50 Tom Bassett 12.6  
M55 Roger Williams 14.2

M60 Jim Muxen 13.7  
M70+Robert Thomas 16.7  
W70+Dorothy Ekblad 23.8

**200m**

M35 Brian Roth 24.3  
M40 Scott Marshall 26.1  
M50 Tom Bassett 25.6  
M60 Howard Weisser 27.9  
M70+Byron Winter 42.9

**400m**

M40 Mark Chaplin 1:00.4  
M50 Bob Franzee 1:02.1  
M60 Howard Weisser 1:02.2

**800m**

M45 Jerry Hoescher 2:13.3

**1500m**

M30 Tom Styrbicki 4:57.2  
M45 Jerry Hoescher 5:17.0  
M55 Alex Meyer 6:18.4

**Short Hurdles**

M45 Gene Iwen 1:04.68

**High Jump**

M40 Dwight Peterson 6-9.75  
M45 Kevin Carper 5-2  
M55 Roger Williams 4-9  
M60 Jay Knepper 4-2  
M70+Charles Obey 3-10

**Long Jump**

M35 Terry Kovar 18.25  
M45 Gene Iwen 17  
M55 Roger Williams 15-6.50  
M60 Jay Knepper 14  
M70+Charles Obey 13-2  
W50 Sandy Maryott 12-1  
W70+Dorothy Ekblad 6-2

**Triple Jump**

M35 Terry Kovar 36-5  
M70+Charles Obey 26-11.50

**Shot Put**

M30 Todd Davis 47-4  
M35 M Hajik-Jones 33-2.50  
M40 Dick Weers 32-2  
M50 Bob Maltby 34-5.50  
M55 LaVan Johnson 38-1.50  
M70+Robert Thomas 32-1.50  
W70+N Crawford 22-6

**Discus**

M30 Todd Davis 168  
M35 M Hajik-Jones 100  
M40 Dick Weers 101-8  
M50 Bob Maltby 109-11  
M55 Alex Meyer 106-2  
M70+Robert Thomas 102-6  
W50 Sandy Maryott 72-8  
M70 Dorothy Ekblad 50

**Javelin**

M30 Darwin Gushard 121-5  
M35 M Hajik-Jones 100-4  
M50 Bob Maltby 88-1  
M55 Alex Meyer 111-7  
M70+Jim Hayes 89-9  
W50 Sandy Maryott 92-5  
W70+Dorothy Ekblad 36-8

**Rocky Mountain Masters Games**  
Boulder, CO; Sept. 4-5

**50m**

M30 Lydell Peterson 6.73  
Robert Whitaker 6.74  
M40 Steve Galetta 6.62  
M45 Paul Blankenship 6.92  
Kelly Greimor 7.09  
M50 James St Cyr 6.37  
Mac Azogu 6.75  
John Stiehl 7.38  
M55 Lee Gillespie 7.48  
Roger Smith 8.04  
M60 George Cairns 7.37  
Jim Muxen 7.43  
Larry Carter 7.71  
M65 Paul Loopo 9.71  
M75 Ed Carter 8.65  
William Lizut 9.70  
W30 Karen Hood 7.53  
W35 Robin Galloway 8.05  
W40 Sue Norton 7.33  
Mileah Loeb 8.99  
W50 Jane Harrington 8.98  
De-De Scoville 9.09  
W65 Shirley Pope 10.55  
W70 Marilyn Olen 12.01  
Charlotte Acton 12.84

**100m**

M30 Gerald Owens 11.33  
Lydell Peterson 13.03  
M35 Dale Lesuer 11.70  
M40 Steve Galetta 11.98

Kevin Jordan 12.77  
Calvin Evans 13.06  
M45 Paul Blankenship 13.06  
M50 James St Cyr 11.58  
John Stiehl 13.81  
M55 Lee Gillespie 13.40  
Jim Francis 13.97  
M60 R Kirkpatrick 13.67  
Richard McKisson 13.70  
Jim Muxon 13.93  
M65 Paul Loopo 18.99  
M70 Charley Salsman 16.05  
M75 Ed Carter 16.52  
William Lizut 18.46  
W30 Karen Hood 14.14  
W35 Robin Galloway 15.16  
Lynn Chance 15.50  
W40 Sue Norton 13.54  
Teresa Drotar 14.40  
Mileah Loeb 17.62  
W50 Jane Harrington 17.54  
De-De Scoville 18.03  
W65 Joyce Franks 20.86  
Shirley Pope 21.24  
W70 Marilyn Olen 24.12  
Charlotte Acton 25.58

**200m**

M30 Robert Whitaker 25.33  
Lydell Peterson 27.23  
M35 Dale Lesuer 23.90  
M40 Bryan Johnson 25.78  
Calvin Evans 26.21  
M45 Trip Reynolds 25.20  
Paul Blankenship 27.56  
Victor Pearn 30.40  
M50 James St Cyr 23.86  
John Stiehl 28.15  
Dave Simons 28.25  
M55 Lee Gillespie 28.25  
Jim Francis 29.12  
Paul Svare 29.46  
M60 R Kirkpatrick 27.47  
R McKisson 28.66  
Jim Muxon 29.16  
M70 Charley Salsman 34.67  
M75 Ed Carter 36.57  
William Lizut 43.47  
W35 Lynn Chance 32.35  
Robin Galloway 33.24  
W40 Sue Norton 27.84  
Teresa Drotar 29.76  
Mileah Loeb 37.69  
W50 Jane Harrington 37.71  
De-De Scoville 37.90  
W55 Mary Althausen 41.35  
W60 Lois Calhoun 40.40  
W65 Joyce Franks 50.82  
W70 Marilyn Olen 58.08

**400m**

M40 Dave Albo 59.02  
M45 Trip Reynolds 57.32  
David Salazar 57.55  
Peter Copeland 1:00.39  
Victor Pearn 1:09.47  
M50 Joel Hughes 1:05.90  
Steven Thomas 1:23.65  
M55 Jim Francis 1:05.42  
M60 Richard McKisson 1:07.63  
Ray Franks 1:11.76  
M70 Stan Hayes 1:14.69  
W35 Lynn Chance 1:16.12  
Robin Galloway 1:22.37  
W40 Sue Norton 1:03.83  
Mileah Loeb 1:32.72  
W50 De-De Scoville 1:29.99  
W55 Mary Althausen 1:47.74

**800m**

M35 Jim Bogus 2:20.81  
M45 David Salazar 2:09.85  
David Whiteing 2:40.69  
M55 Bobby Fischer 2:43.12  
M60 Ray Franks 3:01.97  
Paul Todd 3:08.65  
M70 Stan Hayes 3:10.94  
Ernie MacDonald 3:43.94  
W40 Teresa Drotar 2:36.61  
W55 Mary Althausen 3:55.06  
W70 Marilyn Olen 5:10.38

**1500m**

M35 Jim Bogus 4:40.22  
M40 Tim Dolen 4:39.26  
M45 Mark Brand 5:39.27  
M70 Stan Hayes 6:38.42  
W60 Lois Calhoun 7:03.00  
W70 Marilyn Olen 10:06.05  
W75 Louise Adams 8:48.28

**3000m**

M35 Jim Bogus 10:09.8  
M40 Tim Dolen 9:56.2  
Scott Schafer 10:22.3  
M45 Ric Rojas 9:46.6  
Mark Brand 10:45.8  
Barry King 12:49.0  
M55 D Kavanaugh 13:02.0  
Jack Wackwitz 13:35.0  
M60 Ray Franks 13:43.0  
M70 Stan Hayes 13:43.0  
W40 Susan Bennett 14:15.0  
W55 M A Casick 15:14.0  
W60 Lois Calhoun 15:10.0  
W75 Louise Adams 18:21.0

**Short Hurdles**

M40 Bryan Johnson 16.96  
M55 Roger Smith 21.05  
M60 Merv Armstrong 23.22  
W30 Karen Hood 17.57

**Long Hurdles**

M55 Jack England 53.31  
Paul Svare 53.43  
M60 R Kirkpatrick 47.76

**High Jump**

M55 Jack England 4-10  
M60 Larry Carter 4-5.50  
Don Breese 4-5.50  
Rich White 4  
M65 Ross Vrooman 4-5.50  
Jerry Donley 4  
M75 Bill Chivvis 3-10  
W65 Shirley Pope 2-8  
W70 Marilyn Olen 3-2  
Willie Gatza 2-8

**Pole Vault**

M40 John Weigel 12-6  
M65 Jerry Donley 8-6  
M75 Bill Shvvis 7

**Long Jump**

M30 Marvin Williams 6.80  
Robert Whitaker 4.65  
M35 Chris Turner 4.80  
M40 Bryan Johnson 6.27  
M50 Larry Myers 3.01  
M55 Jack England 4.15  
M60 George Cairns 4.27  
Merv Armstrong 3.86  
Ed Arnold 3.63  
M65 Paul Loopo 2.41  
M70 Charley Salsman 3.77  
M75 William Lizut 2.52  
W45 Deb Vestal 2.53  
W65 Shirley Pope 2.23  
W70 Marilyn Olen 2.24  
W70 Willie Gatza 1.64

**Triple Jump**

M30 Robert Whitaker 10.05  
M40 Bryan Johnson 13.60  
Mike Lariza 12.77  
M45 Keith Johnson 11.53  
M50 Larry Myers 5.84  
M60 Ed Arnold 7.46  
M75 Ed Carter 7.25  
W45 Deb Vestal 5.63  
W65 Shirley Pope 4.39  
W70 Willie Gatza 3.66  
Robert Whitaker 3.42

**Shot Put**

M30 Kevin Morgan 13.30  
M45 Tim Fuehrer 9.45  
M50 Ian Percy 12.73  
Bob Sager 12.41  
Ron Broce 12.34  
M55 George Soule 11.00  
Roger Corliss 10.59  
M60 Tom Wesselowski 11.17  
Robert Herron 11.16  
Jay Stinson 9.54  
M65 Ross Brooman 9.30  
Al Clowser 9.13  
Jim Barnhart 8.87  
M70 Star Hayes 10.19  
Harold Kroeker 9.09  
M75 Don Cumley 10.57  
Frank Bowles 9.02  
W65 Shirley Pope 5.71  
W70 Charlotte Acton 5.54  
W70 Willie Gatza 5.15

**Discus**

M30 Kevin Morgan 41.12  
M50 Ian Percy 45.81  
Tim Edwards 42.66  
Ron Broce 41.62  
M55 Terry Krankota 33.48  
George Soule 33.32

Roger Corliss 27.22  
M60 Vern Spencer 37.52  
George Cairns 37.49  
Tom Wesselowski 36.36  
M65 Ross Vrooman 32.05  
Al Clowser 29.64  
Jim Barnhart 24.28  
M70 Stan Hayes 33.22  
Harold Kroeker 31.54  
M75 William Lizut 33.72  
Don Cumley 29.34  
Frank Bowles 25.54  
W60 Joy Kaylor 22.06  
W65 Shirley Pope 13.56  
W70 Charlotte Acton 15.85  
Willie Gatza 13.87  
Marilyn Olen 9.22

**Hammer**

M35 T Matsumoto 38.01  
M50 Tim Edwards 48.91  
Ron Broce 45.16  
Ian Percy 43.96  
M60 Vern Spencer 35.42  
M65 Jim Barnhart 19.17  
M70 Harold Kroeker 30.53  
M75 Don Cumley 23.98  
Roger Lee 21.36  
Frank Bowles 20.30  
W60 Joy Kaylor 26.48  
W70 Charlotte Acton 16.34  
Willie Gatza 12.19

**Javelin**

M50 Jim Ogan 44.55  
Ian Percy 43.11  
Ron Broce 37.63  
M60 George Cairns 33.51  
Merv Armstrong 29.13  
Robert Harron 23.58  
M65 Ross Vrooman 26.10  
Stan Hayes 31.70  
Harold Kroeker 21.76  
M75 Frank Bowles 27.94  
Don Cumley 20.07  
Roger Lee 14.15  
W70 Willie Gatza 12.13  
Charlotte Acton 11.06

**Pentathlon**

M40 Bryan Johnson 2801  
M45 Paul Fields 1444  
M45 Ken Brenner 2490  
Mike Hill 3387  
M60 Merv Armstrong 2469

**Weight Pentathlon**

M50 Ian Percy 4583  
Ron Broce 4281  
Tim Edwards 4060  
M60 Vern Spencer 3510  
M65 Jim Barnhart 2476  
M70 Harold Kroeker 3389  
M75 Frank Bowles 3519  
Don Cumley 3503  
Roger Lee 3096  
W70 Charlotte Acton 2805  
Willie Gatza 2422

**SOUTHWEST**

**Cat Spring Grunt**  
Cat Spring, TX; Aug. 14

**Shot Put**

M50 Vince Breaux 34-9.5  
M55 John Conniff 42-8  
M60 Harold Crater 38-11  
M65 Skip Meneely 33-5.50  
M70 Jim Gerhardt 41-10  
W40 Cheryl Mellenthin 22-1.50

**16# Shot Put**

M50 Vince Breaux 33-3  
M55 John Conniff 36-11  
M60 Harold Crater 30-6  
M70 Jim Gerhardt 30-2

**Discus**

M50 Vince Breaux 105-2  
M55 John Conniff 140-3  
M60 Harold Crater 117-3  
M65 Skip Meneely 71-7  
M70 Jim Gerhardt 140-3  
W40 Cheryl Mellenthin 61-1

**Hammer**

M50 Vince Breaux 89-7  
M55 John Conniff 90-8  
M60 Harold Crater 65-10

Continued on next page



Continued from previous page

Table of athletic results including 16# Weight Throw, 25# Weight Throw, 56# Weight Throw, 100# Weight Throw, and 100m, 200m, 400m, 800m, 1500m, 3000m events.

WEST

San Jose Senior Games San Jose, CA; July 11

Table of athletic results for San Jose Senior Games, listing events like 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Discus, Javelin, and Triple Jump.

Table of athletic results for Nevada Masters Classic, listing events like Shot Put, Discus, Javelin, and Triple Jump.

Nevada Masters Classic Las Vegas, NV; Aug. 14

Table of athletic results for Nevada Masters Classic, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Discus, Javelin, and Triple Jump.

Table of athletic results for KelField Throws Series #75, listing Shot Put, Discus, Hammer, Javelin, and Weight Throw events.

KelField Throws Series #75 Santa Cruz, CA; Aug. 21

Table of athletic results for KelField Throws Series #75, listing Shot Put, Discus, Hammer, Javelin, and Weight Throw events.

CANADA

Canadian Masters Championships Sherbrooke, Quebec; July 9-11

Table of athletic results for Canadian Masters Championships, listing events like 100m, 200m, 400m, 800m, 1500m, 3000m, Shot Put, Discus, Javelin, and Triple Jump.

Table of athletic results for Adri Rowswell, listing events like Shot Put, Discus, Javelin, and Triple Jump.

Table of athletic results for Morgyn Paterson, listing events like Shot Put, Discus, Javelin, and Triple Jump.

Table of athletic results for Jean-Pierre Mayer, listing events like Shot Put, Discus, Javelin, and Triple Jump.

Continued on next page



Continued from previous page

Table of race results including M50 Fred Judson, M55 Malachi McGruder, M60 Bill Eisenhart, etc.

Table of race results including M80 Aleks Upmalis, M50 Don Ramsden, M55 Mike Freeman, etc.

Table of race results including Russell Blatt, D DiDonato, Jim Letts, etc.

Table of race results including W50 Sue Juronics, Linda Ferrara, Inge Weissaupt, etc.

SOUTHEAST

Table of race results for Southeast region including Yorktown Freedom Run, Overall, Tom Jeffrey, etc.

Table of race results including James Carlton, Paul Wheeler, M60 Brian Peacock, etc.

Overall

Table of overall race results including Matt Schroeder, Jenny Hampton, M35 Kevin Sherwood, etc.

Table of race results including M40 Edward Goetz, Paul Mullen, Jocko Vertin, etc.

Coors Freedom Run 10K

Table of race results for Coors Freedom Run including Overall, Ryan Bickerstaff, Janet Connell, etc.

Nike Open 5K

Table of race results for Nike Open 5K including Overall, Wayne Strohman, Shelly Strohman, etc.

Ladies First 5K

Table of race results for Ladies First 5K including Overall, Josh Mourer, Karen Lutzke, etc.

MID-AMERICA

Table of race results for Mid-America including Komen St. Louis Race, Overall, Mike Farrell, etc.

SOUTHWEST

Table of race results for Southwest region including Mohawk 5000, Overall, John Cross, etc.

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene, OR 97405. To keep information current, we generally do not publish results more than 3 months old.

NATIONAL

Crim 10 Mile/Indy Life Circuit Race

Table of race results for Crim 10 Mile/Indy Life Circuit Race including M40 John Tuttle, Craig Young, etc.

Table of race results including W30 Ana Ingram, W40 Jean Chodnicki, W45 Leah Whipple, etc.

Brentwood Rotary 5K

Table of race results for Brentwood Rotary 5K including Overall, Keith Field, Regina Ronan, etc.

Table of race results including M70 G Etherington, Chuck Marti, Ted Holly, etc.

Central New Jersey RRC Fall Classic 5 Mile

Table of race results for Central New Jersey RRC Fall Classic 5 Mile including Overall, Carlos Martins, Jess King, etc.

Hemingway Days 5K

Table of race results for Hemingway Days 5K including Overall, Christopher Miller, Sue Cooper, etc.

MIDWEST

Ohio/Michigan Run 8K

Table of race results for Ohio/Michigan Run 8K including Overall, Mike Wisniewski, Lori Larick, etc.

Somerses Classic 10K & 5K

Table of race results for Somerses Classic 10K & 5K including Overall, Nate Clay, Katie Ryan, etc.

EAST

NYRR Bronx Half-Marathon

Table of race results for NYRR Bronx Half-Marathon including Overall, Testfaye Bekele, Yvonne Callan, etc.

New Haven Road Race 20K

Table of race results for New Haven Road Race 20K including Overall, Joseph Kamau, Teresa Wanjiku, etc.

Ladies First 5K

Table of race results for Ladies First 5K including Overall, Josh Mourer, Karen Lutzke, etc.

MID-AMERICA

Komen St. Louis Race For The Cure 5K

Table of race results for Komen St. Louis Race For The Cure 5K including Overall, Mike Farrell, Colleen Casey, etc.

Firecracker 10K

Table of race results for Firecracker 10K including Overall, Andy Kummer, Eve Rukavina, etc.

Continued on next page



Continued from previous page

M50 Ron Kuykendall	19:25
Ed Gustavson	19:38
M55 Ray Lattanzia	19:52
Gary Parker	20:39
M60 Jim McFadden	20:48
M65 Steve Blanchard	19:56
M70 Jack Gentry	20:15
M75+ Eugene Blais	37:03
W40 Cherrie Lewallen	21:50
Kathy Fleig	22:00
W45 Barbara Luciana	19:35
W50 Michele Donahue	23:52
W55 Judy Bomer	25:15
W60 Sue Neil	32:34
W65+ Marilyn Thompson	29:45

**WEST**

America's Finest City  
Half-Marathon  
San Diego, CA; Aug. 15

**Overall**

Simon Sawe	30	63:22
Tina Connelly	28	74:02
M40 Brad Pace		72:11
Wayne Jewett		75:04
Ralph Havens		76:02
Benito Gonzalez		76:59
Enrique Chio		77:00
Martin Ellison		77:40
Jose Luis Diaz		77:52
Rodrigo Casas		78:57
M45 Bruce Minard		77:33
Phil Donnelly		85:54
Jose Aponte		87:20
Fred Morales		88:13
Richard Franklin		88:44
Darryl Graham		89:19
M50 Mike Griffith		82:49
Vicente Romero		83:22
Hal Goforth		84:24
Wayne Mitchell		85:07
Ron Enos		85:31
Jacob Sutter		88:41
Mike Spangler		88:51
M55 Juan Beza		81:17
Mike Sanchez		88:50
Arjang Miremadi		88:56
Chuck Sorensen		89:37
JeanPierreChenard		95:50
Richard Kutzner		95:52
M60 Carl Petersen		95:01
James Peller		95:17
Jerry Albert		95:43
Wayne Taber		99:26
M65 Stanley Polski		1:42:21
Cyril Jones		1:49:39
Terrence Smith		1:50:02
Wayne Myers		1:50:27
M70+Pete Petralek		71 1:46:52
Charles Christ		74 2:09:35
John Tanski		70 2:16:58
W40 Marcella Teran		85:57
Maria L Madueno		89:30
Honey Albrecht		90:04
Christine Iwahashi		92:18
Colleen Alton		92:28
Debbie Christensen		94:34

W45 Marina Jones	88:58
Mariat Fernandez	91:58
Carol Richardson	94:06
Trish Vlastnik	96:31
Sandra Stark	98:47
Susan Shafer	98:57
W50 ClaudiaPiepenburg	98:11
Patricia Bates	1:46:30
Gloria McCoy	1:47:45
Barbara Aguado	1:48:11
W55 Ursula Rains	1:46:28
Eileen Pue	1:55:34
Josie Chalmers	1:59:55
Inge Harper	2:03:47
W60 Barbara Camp	2:03:11
Carolyn Hickey	2:04:33
Sally Eyrum	2:09:05
W65 Faith Ramirez	2:12:30
Hazel Phillips	2:19:58
Joyce Duval	2:46:41
W70+Mary Storey	75 2:18:05
Doris Gordon	78 2:33:09

**NORTHWEST**

Seafair Sprint PCS  
Torchlight 8K  
Seattle, WA, July 31

**Overall**

Miguel Galeana	24:23
Anna Aoki	28:19
M40 Rockwell Moulton	27:47
Rick Wagner	28:04
M45 Mark Billett	27:23
Michael Allison	27:41
Bob Murphy	27:45
M50 Jim McGill	28:00
Phil Welch	28:32
Bob Dahl	32:12
M55 Joe Reichlin	37:04
Ron Micholl	37:06
M60 Ronald Brinton	33:40
Lionel Wilridge	38:00
M65 Bill Iffrig	33:51
John Brazier	34:49
Mel Preedy	35:49
M70+Irv Steinberg	52:23
Sam Mitsui	58:21
W40 Jane Cleavenger	31:37
Kim Cooper	35:10
Barb Blomenthal	36:36
W45 Sandi Halgren	33:10
Bobbie Busch	37:19
W50 Janet Jordan	34:38
Diane Kukull	40:26
W55 Dorie Quam	36:08
Judith Fisher	39:01
Judith Paine	39:35
W60 Lyn Rawlinson	46:38
W65 Wilma Parker	46:40

Hood To Coast Relay  
(12 persons/195 miles)  
Mt. Hood-Seaside, OR; Aug. 27-28

**Overall**

Bucknell Alumni Team	
Medfield, MA	17:02:05

Baba Yaga-Saucony	
Monticello, MN	21:24:51
<b>Men's Submasters</b>	
Santini Extra Virgins	
San Francisco, CA	18:31:34
<b>Elite Feet</b>	
Hermiston, OR	19:15:49
Dead On Arrival	
Salem, OR	19:31:46
<b>Women's Submasters</b>	
Femme Fatale	
Eugene, OR	22:55:28
Old Wives Tails	
Tacoma, WA	23:41:27
Haulin' Angels	
Salem, OR	24:08:23
<b>Men's Masters</b>	
Time Bandits Racing Team	
Fairview, OR	20:17:22
Nike Masters-Limp Swooshes	
Beaverton, OR	21:21:27
Dead Jocks In A Box	
Portland, OR	21:29:12

**Women's Masters**

Wild Women	
Sandy, OR	23:52:39
Bookin' Betty's	
Portland, OR	29:54:40
The Estrogenarians	
Warren, OR	28:20:36

**Mixed Submasters**

Team Turtle	
Portland, OR	20:26:04

**Mixed Masters**

No Walkin' Til The Van Passes	
Champaign, IL	20:26:08

**Mixed Supermasters**

Aging Heroes	
Eugene, OR	21:41:36
Aged To Perfection	
Portland, OR	22:43:54

**126 Mile Portland Walk Relay**

<b>Overall</b>	
Eagle Striders OR Air Nat	
Gresham, OR	23:17:18
8 Is Enough	
Newberg, OR	21:51:37

**Men's & Women's Masters**

Intimidating Recycled Masters	
Eugene, OR	24:41:49
The Feet Accomplices	
Rogue River, OR	25:38:09

**Men's Mixed Masters**

Paul's Bunions	
Fair Oaks, CA	23:02:20

**Men's Supermasters**

CD Rumbled Old Men	
Junction City, OR	25:12:41

**Women's Supermasters**

Nike Supremes Reunion	
Beaverton, OR	28:15:06

**Men's Mixed Supermasters**

Racewalkers Northwest	
Portland, OR	23:09:37

**Masters Age-Graded Tables**

- Keep track of your progress over the years.
- Compare performances of older and younger individuals in the same or different events.
- Select the best performance in an event among all age groups.
- Score multi-events.
- See how much your performance should decline with age.
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Send \$6.00 plus \$1.50 postage and handling to:

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Name \_\_\_\_\_

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**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, OCT. 1999**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
NORIO AIBE (JPN)	10-06-34	65	-69
ED AUSTIN (REDONDO BEACH, CA)	10-02-31	70	-74
STIG BACKLUND (FIN)	10-02-30	69	-73
NORBERT BARTH (GER)	10-16-19	80	-84
MILTON BASS (RICHMOND, VA)	10-18-19	80	-84
RUNE BERGMAN (SWE)	10-08-24	75	-79
CLIFF BLAIR (HOLBROOK, MA)	10-20-29	70	-74
TOM BOWMAN (AUBURNDALE, FLA)	10-05-24	75	-79
CHUCK CHAPIN (ALBANY, NY)	10-13-14	85	-89
TORBJORN DAHL (SWE)	10-29-29	70	-74
JOHN DAMSKI (VAN NUYS, CA)	10-11-14	85	-89
PERCY DUNCAN (CAN)	10-19-14	85	-89
BILL DYER (PRARIE VILLAGE, KS)	10-31-14	85	-89
WILLIAM FRASER (EDINA, MN)	10-30-24	75	-79
IRAOLA GARIN (SPA)	10-12-49	50	-54
GILBERT GAUTHIER (FRA)	10-30-34	65	-69
KEN JUSDON (PITTSBURGH, PA)	10-12-49	50	-54
KOSAKU KANAMORI (JPN)	10-15-14	85	-89
JOHN KELLY (SANTA MONICA, CA)	10-26-29	70	-74
MARTI LAIHO (FIN)	10-05-19	80	-84
MARIO LANZI (ITALY)	10-10-14	85	-89
TERRY MANNERS (NZ)	10-19-39	60	-64
UNTO MATSSON (FIN)	10-29-39	60	-64
HOWARD MCNIECE (LAKEWOOD, CA)	10-06-54	45	-49
PETER MOGG (MOORPARK, CA)	10-17-54	45	-49
RALPH MOUREAU (WINSTON SALEM, NC)	10-06-4	95	-99
CHARLES OLIVER (US)	10-28-54	45	-49
WALTER PALMER (PHILADELPHIA, PA)	10-07-34	65	-69
ROGER PIERCE (ESSEX, MA)	10-04-44	55	-59
GEORGE PUTERBAUGH (LAKE OSWEGO, OR)	10-24-24	75	-79
LINCOLN RUSSEN (NORTHAMPTON, MA)	10-26-44	55	-59
RICHARD RZEHA (WG)	10-13-29	70	-74
DAVE SCRATTON (NZL)	10-12-19	80	-84
JACK SHIELDS (ATLANTA, GA)	10-27-29	70	-74
DOUG WORLING (AUS)	10-11-34	65	-69
DEBORAH ECKLUND (ROCHESTER, NY)	10-14-59	40	-44
GLORIA FINE (BROOKLYN, NY)	10-07-29	70	-74
KAREN FRANK (CA)	10-15-39	60	-64
NORMA HARGER (MUNSING, MICH)	10-24-29	70	-74
MARY HIRST (CA)	10-24-34	65	-69
MARION IRVINE (SAN RAFAEL, CA)	10-12-29	70	-74
ANITA JOHNSTON (ASTORIA, OR)	10-07-29	70	-74
KATHY KELLOGG (CARROLLTON, TX)	10-11-49	50	-54
KAREN KING (GLENDALE, CA)	10-00-39	60	-64
LYNN LATORIA (WARRENVILLE, IL)	10-05-54	45	-49
ADRIAN LILBURN (PONTE VERDE BCH, US)	10-07-49	50	-54
MARY E. NORCKAUER (BATON ROUGE, LA)	10-23-24	75	-79
GERI OWENS (NEW PAITZ, NY)	10-19-34	65	-69
PADDY REDDWAY (WEST LINN, OR)	10-01-44	55	-59
MARY V. ROSADO (NEW YORK, NY)	10-30-49	50	-54
KATE SHARPLES (NORTH BEND, OR)	10-24-49	50	-54
KEMISOLE SOLWAZI (FRESNO, CA)	10-20-39	60	-64
MARYLIN WHITE (CA)	10-17-44	55	-59
KARIN BORKENHAGEN (GER)	10-07-39	60	-64
HELGA BORNER (GER)	10-16-39	60	-64
SUSANNA CRONJE (RSA)	10-17-44	55	-59
MARIANNE DAHINDEN (SUI)	10-20-24	75	-79
ELISABETH FAHRNHOLZ (GER)	10-29-49	50	-54
DIANNE HUGHES (NZL)	10-29-49	50	-54
MARJATTA JARVINEN (FIN)	10-18-39	60	-64
LEILI KAAS (RUS)	10-04-34	65	-69
SIV LARSSON (SWE)	10-23-39	60	-64
KAPITOLINA LOTOVA (RUS)	10-27-49	50	-54
MARIA MARCIBALOVA (CZE)	10-23-34	65	-69
VIVI MARKUSSEN (DEN)	10-24-39	60	-64
URSULA ODERMATT (SUI)	10-10-39	60	-64
ELVIRA OZOLINA (LAT)	10-08-39	60	-64

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

**CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES**

**Results, Schedule, All-American, Letters, Publications, Editorial:**

Phone: 1-541-343-7716 (Jerry Wojcik, Suzy Hess, Jane Dods, Janna Walkup)

Fax: 1-541-345-2436

Mail: P.O. Box 50098, Eugene, OR 97405

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Fax: 1-818-981-1997

Mail: P.O. Box 2372, Van Nuys, CA 91404

**Advertising:**

Phone: 1-610-967-8896 (Lisa Fronti)

Fax: 1-610-967-8883

Mail: 33 E. Minor St., Emmaus, PA 18098

Phone: 1-541-343-7716 (Suzy Hess)

Fax: 1-541-345-2436

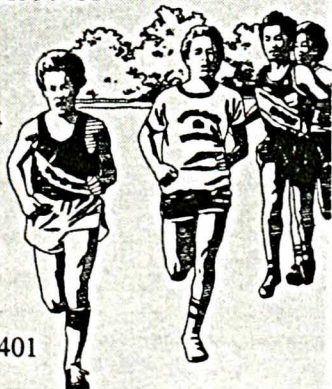
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# The New Jersey Association of USA Track & Field presents the: 1999 USATF NATIONAL MASTERS 5km CROSS COUNTRY CHAMPIONSHIPS



Plus

**Sunday, November 21, 1999**  
**Holmdel Park - Holmdel New Jersey**

Sponsored by:



**The Holmdel Park Alumni Open 5km  
Cross Country Shootout**

**Meet Schedule:**

The schedule is designed to allow male runners to compete in their true age division and to drop down to run for their team in a younger division. Men who run in more than one race must register (& pay) separately for each race and wear the bib number assigned to them for that race.

- 10:00am...Men 60 & Over
- 10:45am...Women 40 & Over
- 11:30am...Men 50-59
- 12:05pm...Holmdel Park Alumni Open 5km Shootout
- 12:50pm...Men 40-49

**Eligibility:**

→All men and women 40 years or older on race day are eligible to compete in the Championship races. Race director may require proof of age.

→USATF membership is required. Membership is also required for the non-championship open race.

→Foreign athletes may participate as individuals (not on a team) and are eligible for (non-USATF) commemorative awards.

→Resident aliens (green card holders) are eligible for individual and team competition and may win USATF awards.

**Age Divisions/Awards:**

The top 5 athletes in each 5 year age group will receive National Championships medals.

**Team Entries:**

→Only USATF Association clubs are eligible to compete for team titles. Association or National Teams are not allowed under USATF Masters rules.

→Team entries must be submitted (mailed) together. Add-ins and scratches are allowed up until race day.

→Proof of team (club) membership is required in the form of a USATF club certificate or a letter from the local USATF association. Please mail this documentation with team entries.

→The following will constitute teams:

- Men 40-49 & 50-59 — 5 score, declare upto 8
- Men 60-69, Men 70+ — 3 score, declare upto 5
- All women's teams — 3 score, declare upto 5

**Team Prize Money & Awards:**

Gold, Silver and Bronze medals will be awarded to all declared athletes on 1st, 2nd and 3rd place teams.

\$2700 in team prize money will be available as follows:

Men	1st	2nd	3rd	Women	1st	2nd
M40-49	\$400	\$200	\$100	W40-49	\$200	\$100
M50-59	\$400	\$200	\$100	W50-59	\$200	\$100
M60-69	\$200	\$100		W60-69	\$200	
M70-79	\$200					

**Entry Fees:**

**Masters National Championships: (no day of race entry)**  
**Early Pre-entry:** (postmarked by November 1st): \$15.00 (include a SASE and Bib # and information will be mailed back)

**Pre-entry:** (received by November 16th): \$20.00  
**Late Registration:** (on 11/20) at Holiday Inn/Tinton Falls: \$35.00

*Notes: Long Sleeve Championship T-Shirt and Pre-Event Dinner Buffet available at an additional charge.*

**Open 5km Cross Country Shootout: (no day of race entry)**

**Pre-entry:** (postmarked by November 1st): \$7.00 (include a SASE and Bib # and information will be mailed back)

**Post entry:** (received by November 16th): \$10.00  
**Late Registration:** (on 11/20) at Holiday Inn/Tinton Falls: \$15.00

*Notes: 1) USATF Membership is required to compete in this event. 2) T-shirts not available for this event.*

**Lodging:**

Mention "USATF Masters XC" when calling any of the below:  
Holiday Inn (Tinton Falls) 732-544-9300 (Meet Headquarters)  
Red Roof Inn (Tinton Falls) 800-843-7663

Courtyard by Marriott (Red Bank) 732-530-5552

*Must call prior to 11/1/99 to ensure discounted rates.*

**Travel Arrangments:**

Clinton Travel - (908) 730-8800 (ask for Chris Zimmerman)

**Information:**

(phone): 732-296-0006 (web): <http://www.usatf.org/assoc/nj>  
(email): USATFNJ@aol.com

**Holmdel Park Alumni Open Cross Country Shootout Info:** provides post-collegiate and collegiate athletes the opportunity to compete on the prestigious Holmdel Cross Country course for the first time since their High School days. Just how good are Jason DiJoseph's (15:16) and Janet Smith's (17:35) course records. For the first time non high school runners will be given the opportunity to see for themselves. HS Alumni Team Competition: top 3 (alumni from each High School) to score...male and female divisions.

May be photocopied

**INDIVIDUAL REGISTRATION FORM**

One form/person

Checks Payable and Mail to: USATF Masters XC, PO Box 10120, New Brunswick, NJ 08906

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Age (on Race Day): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Team Affiliation: \_\_\_\_\_

- 1) Only fill this in if you are representing a team at this event.
- 2) reminder all team applications should be received as a package.
- 3) Athletes in the Open 5km Cross Country Shootout indicate the High School you graduated from.

Team Age Division: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

'99 or '00 USATF #: \_\_\_\_\_  
Required to compete call 732-296-0006 to receive a membership application.

In consideration of your accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against race officials, Holmdel Park, USATF-NJ, volunteers, sponsors and any representatives for any and all injuries by me in this event.

(Signature) \_\_\_\_\_ (Date) \_\_\_\_\_

**Check Appropriate Fees and Quantities**

Masters XC Championships	Open 5km Cross Country Shootout
\$ _____ Early Pre-Entry (\$15)	\$ _____ Early Pre-Entry (\$7)
\$ _____ Pre-Entry (\$20)	\$ _____ Pre-Entry (\$10)
\$ _____ Late Registration (\$35)	\$ _____ Late Registration (\$15)
\$ _____ Long Sleeve T-Shirt (\$10) <small>shirts sold at the event will be \$15.</small>	\$ _____ Saturday Night Buffet (\$15)
<small>Size (Circle) S M L XL</small>	\$ _____ Event Program (\$3)
\$ _____ Saturday Night Buffet (\$15)	\$ _____ Results Book Mailed (\$5)
\$ _____ Event Program (\$3)	
\$ _____ Results Book Mailed (\$5)	
\$ _____ Total Enclosed	\$ _____ Total Enclosed