

# NATIONAL MASTERS NEWS

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

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## Scott, Wysocki Repeat Triumphs in Mile Road Championships

by JERRY WOJCIK

Steve Scott, 42, and Ruth Wysocki, 41, handily defended their masters titles in the 1999 USATF National Masters Mile Road Championships, Santee, Calif., on Jan. 24.

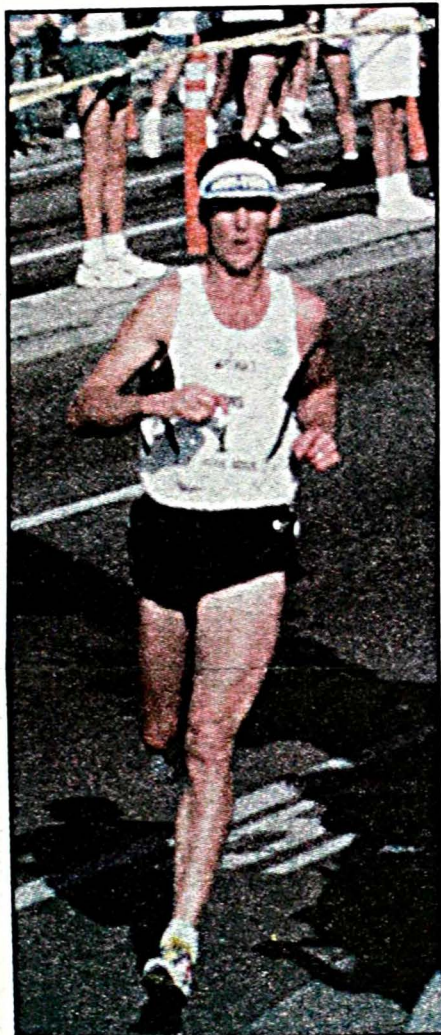
It was Scott's third victory in a row in the event, which is part of a series of 5K and mile races for youth, citizen, and elite open runners, plus team competition, in this city just northeast of San Diego.

Scott, from nearby Leucadia, Calif., ran a 4:11, two seconds faster than his masters course record 4:13 last year, and topped the masters age-graded performances with a 95.6%. Thom Hunt, 40, of San Diego, was second in 4:27. Third-place went to Nolan Shaheed, Pasadena, Calif., who ran a 4:33 at the top of his age group at 49, an age-graded second-place 92.3%. Shaheed's time last year was 4:28.

The third-best masters performer was Fay Bradley, 61, Washington, D.C., the M60 winner, with an A-G 89.8% 5:13.

Wysocki, Canyon Lake, Calif., led the 18 women competitors with a 4:58, well off her 1998 masters course record 4:41, but good enough to top the age-graded chart for W40+, with an 89.7%. Jeanne Lasee Johnson, 41, Chula Vista, Calif., was second to Wysocki both in the race with a 5:04, and age-grading at 87.9%. Kimberlee Campo, 43, San

Continued on page 3



Steve Scott, 42, on his way to a masters course record, USATF Masters 1 Mile Championships.

## USATF Indoor Track & Field Championships Return to Boston

For the third consecutive year, Boston, Mass., will host the USATF National Masters Indoor T&F Championships at the Reggie Lewis Track & Athletic Center, March 26-28. Events will start early Friday with the men's and women's pentathlon, followed by the first running event,

the 3000, at 2:00 p.m., and the weight throw for M60+ and all women at 3:00.

The meet closes on Sunday with the 4x400 relays at about 2:30. In between, men and women, ages 30-and-up, will contest for championship titles in track events ranging from the 60H to the 3000 racewalk, and field events ranging from the high jump to the superweight.

One of the premier events is the mile, scheduled for Saturday at 9:00 a.m. Although considered the highest profile indoor event for masters athletes, the race is rarely scheduled in smaller meets, directors preferring the 1500. Here, milers have an opportuni-

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*Kuznetsov Top Master in 2:19:56*

## At 43, Pozdnyakova Wins Houston Marathon Women's Title

by JERRY WOJCIK

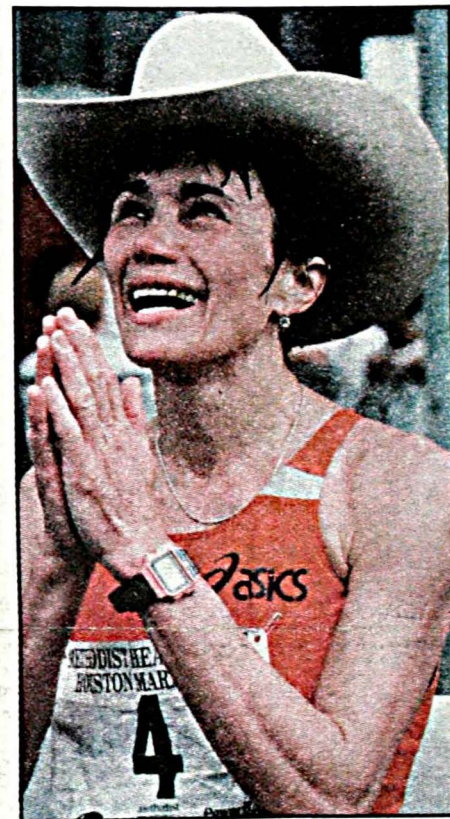
Masters runner Tatiana Pozdnyakova, 43, of Ukraine, won the overall women's title in the Houston Marathon by three minutes with a 2:33:23 on Jan. 17. Her closest rival was Zinaida Semenova, 36, of Russia, who finished in 2:36:33.

Pozdnyakova's effort age-graded to an outstanding 95.1% and was worth \$25,000. She holds the masters women's all-comers' records (non-U.S. citizen) for the 12K (41:14), 20K (70:35), and half-marathon (72:56). In the Houston race, Pozdnyakova was some two minutes over British runner Priscilla Welch's U.S. masters all-comers best of 2:31:14, set in Chicago in 1986.

Pozdnyakova's closest masters competition came from Irina Bondarchouk, 46, of Russia, who ran a 2:49:19, an age-graded 88.5% worth \$3000.

Third-master Lee DiPietro, 40, Ruxton, Md., finished in 2:51:55. DiPietro won the masters race in the 1998 Ocean State Marathon with a 2:51:24. Patty Valadka, 41, Houston, Texas, 2:53:18; Gillian Horovitz, 43,

Continued on page 4



Tatiana Pozdnyakova, 43, first female overall, Houston Marathon.

## Keshmiri Dead of Cancer at Age 60

Masters athletes in the U.S. and the world were stunned to learn of the death of Joe Keshmiri, 60, who passed away of colon cancer in Reno, Nev., his home for 31 years, on Feb. 6.

Throwers were particularly saddened by the news because Keshmiri

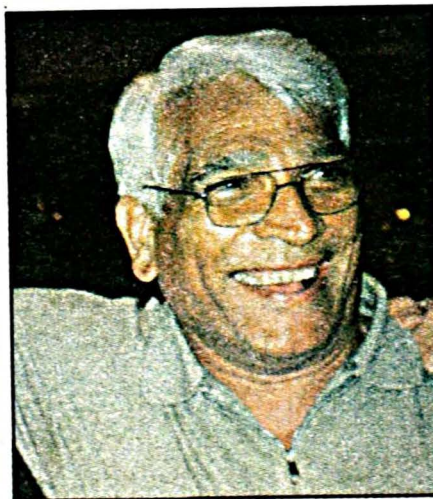
was an affable, gregarious man with many friends, as well as a record setter and one of the top veteran shot and discus throwers in the world.

He was born in Iran on March 25, 1938, the oldest of 11 children in an area he called a slum, comparing it to the Bronx in New York City. But he overcame poverty to become a successful athlete and businessman in a "rags to riches, only in America" chronicle.

Keshmiri competed as an Iranian Olympian in 1960, 1964, and 1968. His best Olympic finish was 17th place. Competing in four Asian Games, he won three gold, seven silver, and two bronze medals in the shot and discus.

He passed up a track scholarship at Abilene Christian College to compete at Allan Hancock Community College in Santa Maria, Calif., under Jack Cook, the coach there, in 1966 and 1967. Cook became the track & field coach at the University of Nevada, Reno, then a Division II

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Joe Keshmiri

SUZY HESS

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# NATIONAL MASTERS NEWS

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## Road Mile

Continued from page 1

Diego, Calif., was third in both time (5:16) and A-G (86.0%).

The women's field featured high profile runners, such as U.S. W60 800 record holder Jeanne Hoagland, 62, of Los Angeles, W60 winner in 6:45, and roadrunner Mary Storey, 74, Riverside, Calif., W70 champion in 8:03, but no entrants in the W45 division.

The oldest competitors were Walt Kuetzing, 86, La Jolla, Calif., and Gerry Davidson, 77, Fallbrook, Calif.

Conditions were ideal, with no wind and the temperature in the low 60s. By the evening, a strong Pacific storm moved into the San Diego area, dumping heavy rains, and closing roads with snow at low elevations.

Santee fully supports the race, with the mayor and city council present. The event is held downtown with two 180-degree turns on the spectator-friendly course, with the start, midway point, and finish all viewed within 100 meters of each other. Winners of the Elite Mile races were Hector Torres (3:58) and Regina Jacobs (4:30).

First masters in the 5K were Keith Whithauer, M40, Apple Valley, Calif., third overall in 16:00, and Ruth Vomund, W40, Ventura, Calif., fourth female in 18:36.

The event, directed by Elite Racing, Inc., honors Scott for his feats as the U.S. premier miler for many years with its title of "The Steve Scott Festival of Races." □

—Charles DesJardins  
contributed to this article

### TWENTY YEARS AGO March 1979

- Occidental Life Insurance Co. to Sponsor Masters Program
- Oscar Moore, 40, Wins National Masters 10K Cross-Country in Madison, WI

### NMN Expands Web Site

National Masters News has expanded our web page and now has a private domain. We now include a home page, both the WAVA and USATF officers, All American Standards charts and applications, a review of back issues, the Publications Order Form, an application for a subscription, coaches list, and links to other sites of interest. People can sign on from the world wide web. The page may be viewed by entering the address: <http://www.national-mastersnews.com>

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  - Co-ed Master Corporate Teams
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**MARATHON WALKER**

As a 67-year-old racewalker who has finished 13 marathons in the 6-hour range, I resent Mike Tymn's remark in the February issue that "it doesn't seem proper to refer to those who walk it as marathoners, even though they consider themselves as such." On the contrary, anybody who finishes a marathon within the prescribed time limit is a marathoner. Remember that the four-, five-, or six-hour marathoner has to show more fortitude in keeping going for so much

longer than the person whose natural-born speed enables them to finish in three hours or less.

*Charles Cohn  
Austell, Georgia*

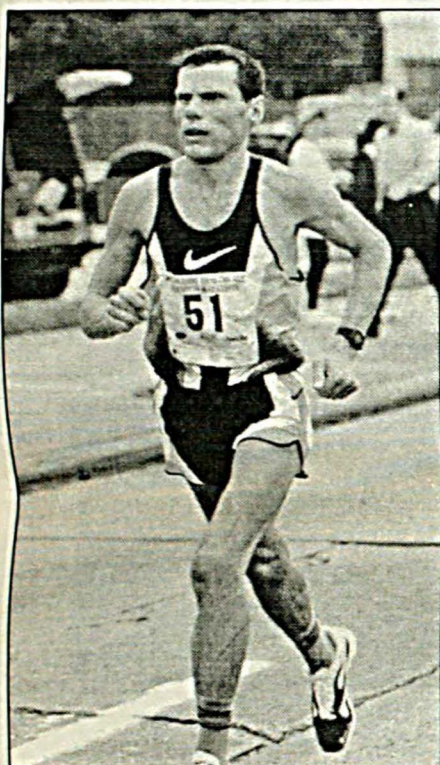
**HALL OF FAME**

I was surprised and delighted to learn I was inducted into the USATF Masters Hall of Fame. It is a true honor to be included with so many other talented athletes who have made impressive contributions to our sport.

When I started running for fun and fitness 22 years ago, I had no idea where the road would lead. I certainly never anticipated winning races, setting records and receiving awards. This award is the most meaningful of all, and I am grateful to all the committee members who voted for me.

Thank you for this most prestigious honor.

*Shirley Matson  
Larkspur, California*



VICTOR SAILER/PHOTO RUN

Andrey Kuznetsov, 41, masters winner (2:19:56), Houston Marathon, Jan. 17.

**Houston Marathon**

Continued from page 1

NYC; Patti Shull, 40, Ashburn, Va.; and Mary Burns Prine, 41, San Diego, Calif., all finished in the women's top 25.

Andrey Kuznetsov, 41, of Russia, also produced a fine masters effort with a 10th-place 2:19:56, worth \$3000, and age-grading to a 92.8%. The masters all-comers' record belongs to John Campbell, of New Zealand, who ran a 2:14:23 in 1991 in Los Angeles.

John Taylor, Jr., 41, Atlanta, Ga., was second M40+ in 2:41:38, followed



JERRY WOJCIK

Mack Stewart, 60, broke the M60 U.S. record for the 800 (2:16.87), 1998 USATF National Masters Championships, Boston. The 1999 Championships return to Boston, March 26-28.



JERRY WOJCIK

Long Island runner, Kathy Martin broke the W45 U.S. record for the 3000 with a 10:43.72 at the 1998 Masters Championships in Boston. She is expected to be at the 1999 Championships, Boston, March 26-28, to defend her titles in the 400, mile, and 3000.

**Boston Preview**

Continued from page 1

ty to run against the best competition in their age groups in hopes of breaking world and U.S. records.

Another event rarely on the schedule at smaller indoor meets, or outdoor

for that matter, is the 56-lb. super-weight thrown by men ages 30-69, scheduled for 10:30 a.m. on Saturday.

In the 1998 championships, over two dozen world and 18 U.S. age-group records were set by 817 athletes, a record turnout. The Reggie Lewis facility features a lightly-banked, six-lane 200m Mondo oval, with eight lanes for the 60m and 60mH. In the 1998 meet, four world records were broken in the 200, and the 400m runners produced a total of eight world and U.S. records.

Competition is open to all men and women age 30+, including non-U.S. citizens. The only requirement for eligibility for U.S. citizens is USATF membership, which will be available at the Center; however, athletes are urged to register before the meet. Foreign athletes compete as guests and need no USATF membership.

The championships is being directed by TRACS, Inc., and hosted by the Boston Running Club in cooperation with USATF New England. Entry deadline without penalty fees is March 1.

The registration form is on p. 28 of this issue. □

by Joe Melanson, 43, Orange, Texas, 2:46:13, and Matthew McMenemy, 43, Sugar Land, Texas, 2:48:48.

Dennis Williams, 53, of England, won the M50 race in 2:53:48, an age-graded 81.9%, with the first four in his division breaking 3:00. D.C. area runner Walt Washburn, 76, Vienna, Va., won the M75 race with a 4:24:56.

The overall men's winner was 1998 champion Stephen Ndungu, 31, in 2:14:56. In its 27th year, the first marathon took place in December 1972 with 113 runners, who feasted on beef stew after the race. Many of those who ran also washed the dishes afterwards.

The title sponsor was Methodist Health Care System, which works with some 50 Houston charities to raise funds. The 1999 goal was \$250,000. □

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

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- Newark, Delaware





# Health & Fitness

spasm and allows muscle and tissue to recover more quickly after an intense workout."

Massage therapy has become an important component of training programs for elite athletes, and many recreational athletes, including cyclists, tennis players and swimmers, are also sold on a regular rubdown.

"Massage helps muscles work more efficiently and become more flexible, two key ingredients in injury prevention," said Brennan.

And athletes aren't the only ones who benefit from massage. Brennan says it is being used in rehabilitation settings to help people regain muscle strength following an operation. □

## Clubs Update

In preparation for publishing an updated list of masters clubs in the May issue, we will be sending each club currently listed a letter verifying the correctness of the information we have in our data base. Be sure to return this letter to us, as any clubs we have not heard from by April 10 will be deleted. Thanks for your help in providing our readers with an accurate listing. □

## New Weight-Training Guidelines

More isn't necessarily better when it comes to lifting weights. Recently released guidelines from the American College of Sports Medicine (ACSM) outline new recommendations for the quantity and quality of exercise for development and maintenance of muscular fitness in healthy adults.

The recommendations state that for many people, working a muscle group with one set of eight to 10 repetitions two to three times a week is beneficial.

"Strength training is an important part of an exercise program," said Dr. Bill Kohl, director of research at the Baylor Sports Medicine Institute at Baylor College of Medicine in Houston. "It targets muscle, something we begin to lose after age 25. By regularly lifting even light weights, the body retains more lean muscle mass, which can keep you fit as you age."

### Stress Fractures

A muscle strain or shinsplints that won't go away could actually be a stress fracture.

"Pain around the shin should respond to ice and a reduction in activity," said Dr. Jon Divine, assistant professor with Baylor Sports Medicine Institute at Baylor College of Medicine in Houston. "If the pain lingers for more than a couple of weeks, the problem could be a stress fracture, a slight break in the bone."

Too much activity, particularly in high-impact sports such as running or basketball, a sudden increase in training and biomechanical deficiencies in the feet are potential causes of a stress fracture.

Symptoms can be similar to shinsplints or a pulled muscle, but a key stress-fracture indicator is the inability to put weight on the leg without experiencing pain. It is likely a sports-medicine specialist can diagnose the problem without an X-ray.

"Active rest and training modification are necessary to heal a stress fracture," said Divine. "This usually takes about three to eight weeks."

During that time, Divine says, stationary cycling, swimming and strength training are good ways to stay fit.

### The Rubdown on Massage

A massage sure feels great, but are there any real health benefits?

"Absolutely," said David Brennan, an exercise physiologist in the Department of Physical Medicine and

Rehabilitation at Baylor College of Medicine in Houston. "Massage increases circulation, decreases muscle

**The Master Board**

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### RACES

**APRIL 10** - 23<sup>rd</sup> Annual Pear Blossom Run, 10-Miles, Contact: Jerry or Zellah Swartsley, P.O. Box 146, Medford, OR 97501. (541) 772-6293 (days), (541) 535-1205 (evenings). 4,000 Participants - Parade - Street Faire - Barbecue. The Rogue Valley's #1 Athletic Event.

**APRIL 25** - OSF Heritage Run, 10-K, Rockford, IL. Contact: Gerrie Gustafson, OSF Saint Anthony Medical Center, 5666 E. State St., Rockford, IL 61108. (815) 395-5342.  
\*Masters Prize Money.

### GREAT BIRTHDAY GIFT:

"STILL DOING IT AT \_\_\_\_" Choose age from following list: 40, 50, 55, 60, 65, 70. T-Shirt has "STILL DOING IT AT AGE" with cartoon character runner crossing finish line. High Quality, 100% pre-shrunk, Color: Ash Gray, Sizes L and XL, Tank \$18.50, SS \$18.99, LS \$23.99 (includes S&H). RunSouth P.O. Box 761 Ft Mill, SC 29715. "Thank You"

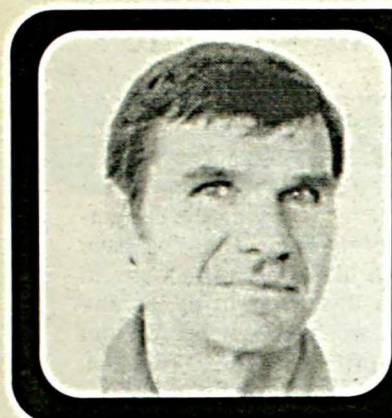
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## Third Wind

by MIKE TYMN

### Measuring Progress in Pounds and Hours

Most runners measure their progress on the race clock. Dave Haugen, a 44-year-old computer programmer from Hopkin, Minnesota, is counted among those runners these days. He's now looking forward to chopping a good hour or so off his first marathon time, a 5 hour, 42 minute effort recorded in the 1998 Honolulu Marathon during December. Until then, however, Haugen's progress gauge was the bathroom scale, at least when he could find one to capture all of the 407 or more pounds hanging from his 5-foot-9 frame.

"Dave has spent his entire life battling obesity," says Gary Westlund, a friend who got Haugen into the Leukemia Society's Team in Training program. "He lost 230 pounds on his way to that marathon. There are a lot of people who have lost hope and confidence in themselves and who find encouragement when they hear about Dave. He's a real hero to many."

#### Inspiration to Others

Haugen, however doesn't see himself as a hero. In fact, he was somewhat reluctant to be interviewed for a story until it was pointed out that it might inspire others.

"It's something I've had to deal with all my life," Haugen said, referring to the obesity. "I was pretty skinny at three or four, but then I broke a leg and was laid up for a long time. I think it started with that, but it was a genetic thing, too. I had an uncle on my father's side who was pretty heavy, right around what I used to be."

At 280 pounds, Haugen played "a

little" football as a guard on his high school team, but that was pretty much the end of any vigorous activity until 1996. He tried different methods and programs to lose weight over the years, some of which he recalls as "really horrible." He did manage to lose around 100 pounds several times, only to gain it back.

It wasn't until his father died in the fall of 1996 that he made up his mind that he had to make a more intelligent and dedicated effort. While Westlund says his weight was up to 407, Haugen recalls that "it might have been a little more than that."

It was at his father's funeral that the turning point came. "I knew some of the relatives were staring at me," he relates. "They didn't say anything, but I could tell what they were thinking."

#### Low Self-Esteem

Haugen then read an ad for the New Day Weight Management Group of Minneapolis that enticed him. Westlund recalls Ira Rosen, founder



David Haugen (before)

and owner of New Day, saying that Haugen's self-esteem was so low that he wasn't able to lift his chin off his chest and make eye contact as they talked.

As part of the medically-supervised, fitness-oriented, behavior modification program, Haugen began to use the old exercise bike and cross-country ski machine that had pretty much sat idle in his basement. He went on a diet and stuck to it. Within a year-and-a-half he was down to 190 pounds. Then in June of 1998 he got involved in the Team in Training program.

#### Run, Don't Walk

Initially, Haugen trained with the racewalkers, but after several months he began mixing in a little running, then more running, until almost all of his aerobic activity was running. Prior to the Honolulu Marathon, he got up to 50 miles of training in one week, although his average was closer to 35.

His longest run prior to the marathon was 21 miles. He ran five days a week, cross-trained one day, and rested one. It was after completing a 25K race that Haugen began to think he could handle a full marathon. "Like anything else, the more you do, the more confident you become," he says.



David Haugen (after)

As for the marathon itself, Haugen had plans to break five hours, but backed off that pace to keep two race-walking friends company. "I did have some doubts about finishing at around mile 23 when my quads tightened, but I think I could have done it faster." He carried a camera and stopped several times to take pictures of the scenery.

#### Looking Ahead

Haugen is now looking forward to Grandma's Marathon this June and has set 4:45 as his goal. The cold weather has forced him on the treadmill and he has found that he can get some good anaerobic work that way, something which he feels should help him. □

(This is the 224th consecutive monthly column written by Mike Tymn in the National Masters News, a period covering more than 18 years. It is perhaps the longest writing streak in the running community. — Ed.)

### Young Breaks Record in Half-Marathon

Craig Young, 42, Colorado Springs, Colo., shattered the U.S. masters record for the half-marathon with a 65:01 in the Pomoco Group Hampton Coliseum Half-Marathon, Hampton, Va., on Feb. 7. The current record is 65:33 by Steve Plasencia in the 1998 Indianapolis Life 500 Festival last May, a race in which Young had a PR of 65:38, placing second to Plasencia, a two-time Olympian.

Jim Hage, 40, Lanham, Md., was second master in 68:47. Bill Rodgers, 51, Sherborn, Mass., the guest speaker and featured runner, was third with a 71:11.

Young, recipient of \$750 (\$500 for first M40+ and \$250 for a race record), was happy with his performance. "It's one thing to break a course record; it's another thing to break the U.S. record when it's so respectable," he commented.

Rodgers wasn't as pleased with his time, saying, "It was my first race in three months, and I haven't done any speedwork." He felt the race was a good preparation, however, for an

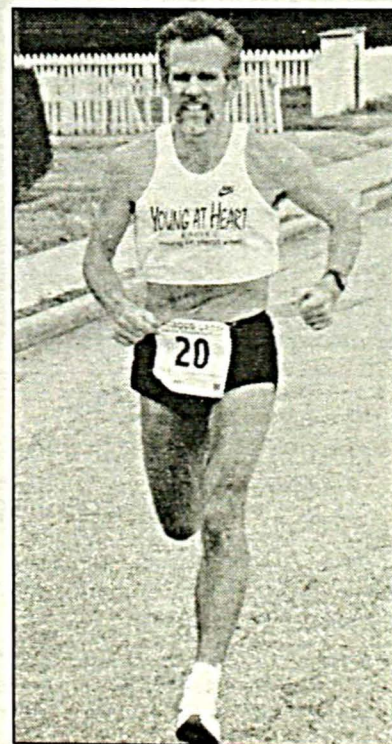
attempt in April at the Boston Marathon M50+ record.

Lee DiPietro, 40, Ruxton, Md., a professional triathlete who has hit the masters road with impact (2:51:55 at the Houston Marathon three weeks earlier), broke the W40+ race record with a 79:40, also collecting \$750. Patti Shull, 40, Ashburn, Md., was second in 80:58.

Young's time age-graded to a world-class 95.4%, with Rodgers' time a few ticks below at 93.4%. Mel Williams, 61, Norfolk, Va., won the M60 race with an A-G 87.6% 82:46. DiPietro's performance came in at national-class 85.5%.

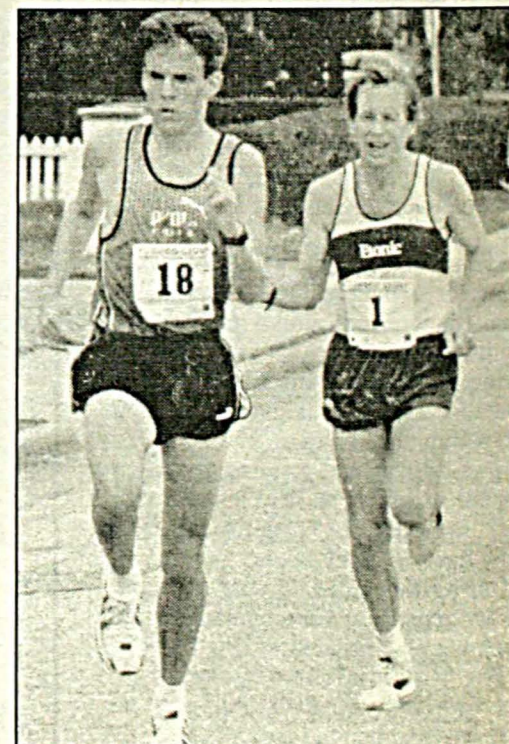
Masters winners in the 8K were Peter Kirk, 42, Rockville, Md., with a 25:54, and Debi Bernardes, 40, King George, Va., with a 30:28. Both earned \$300. In the 5K walk, the first finishers were masters George Fenigsohn, 51, Poquoson, Va., in 30:33, and Carol Pamperin, 41, Sandy Hook, Va., in 34:45. □

—from Rick Platt, Run Fast Promotions



RICK PLATT

Craig Young, 42, winner in 65:01, Pomoco Group Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 7.



RICK PLATT

Bill Rodgers (#1), 51, 1:11:11, and Robert Johnson (#18), 25, Pomoco Group Hampton Coliseum Half-Marathon, Hampton, Va., Feb. 7.





## Speaker's Corner

by GRAEME SHIRLEY

### New Attitude Needed Toward Records

As the Masters Track & Field Rules Coordinator, I frequently get questions about requirements for setting U.S. masters records. In answering those questions, I have become aware of many cases where legitimate marks have gone unrecognized because paperwork was not completed. The attitude seems to be that an athlete wanting a record must get the paperwork done. That attitude is wrong.

USATF is the governing body of the sport. We establish the conditions for records, approve the best marks which satisfy those conditions, then publish them. We take pride in presenting to the world the best efforts of our athletes.

Think about some of the articles and results which have appeared in issues of *National Masters News* in the last couple of years:

**October 1996:** A cover photo displayed the U.S. W40 1600 relay team which was the first in the world to break four minutes, and which received special recognition by the Masters Awards committee.

**March 1997:** Mary Slaney won the Millrose Mile in 4:26.67, bettering the W35 world mark, as well as the U.S. marks for the indoor mile and 1500 (not en route, but actual time).

**March 1997:** Steve Plasencia shattered the M40 indoor 3000 mark by almost 20 seconds in 8:24.16.

**April 1997:** Mary Slaney twice broke the W35 indoor 1500 mark by over 30 seconds, winning the U.S. Indoor Championships in 4:03.08 and placing second in the World Indoor Championships at 4:05.22.

**June 1997:** Steve Plasencia knocked almost a minute off Hal Higdon's M40 5000 mark with a 14:02.86 at the Drake Relays.

**June 1997:** Mary Slaney broke the W35 mile mark by almost 10 seconds a lap at the Penn Relays with a 4:26:09.

**September 1997:** Betty Vosburgh bettered the U.S. records in three W65 events at the National Championships: 200 (33.06), 400 (77.87), and 300H (62.45).

**September 1997:** Walter Dahlin cleared 1.32m (4-4) to win the M75 high jump at the World Championships.

**October 1997:** The front page "Conley Clears 7-foot High Jump" said it all. Glen Conley accomplished what Barrineau, Nordquist, and Stones could not, the M40 barrier breaker.

**October 1998:** Dave Jackson returned to the Trojan Masters Meet to better the M65 TJ record by 3 inches with a 35-9/4.

**October 1998:** Diane Heil narrowly missed being the first W40 under 2:20 in the 800 with 2:20.05 at the Western Regionals.

And on and on, one great performance after another. We use these marks to inspire and challenge our athletes, to solicit sponsors, to promote meets, to attract news coverage. So what does it say about our sport if we publish marks knowing that some of them are not the best? Look at the list of performances above, recall the stories, photos, and, if you were lucky enough to be a witness, the memories. Now consider what they all have in common.

None is in the record book. None is even listed as pending. What we publish are the best marks by athletes who can get the paperwork done. We need a new attitude toward our records. We have to ensure that what we publish does indeed include the best mark of which we are aware. How might we do this?

First, the officers of the USATF Masters Track & Field Committee need to accept responsibility for what we publish. It is not the athlete's job to bring the form, get signatures on it, and know where to send it. It is our job to properly

document the history of our sport.

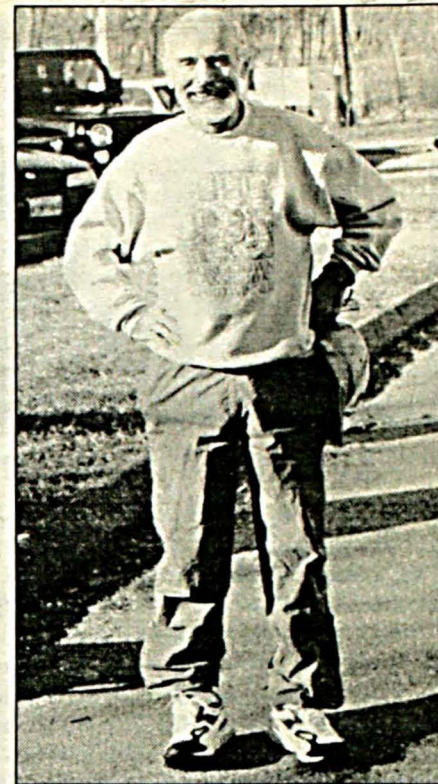
Second, as the governing body, it is our job to enforce Rule 180.2 and Rule 52. "For all athletics meets there shall be included in the list of officials a Recorder of Records." "The Recorder of Records shall see that records are properly applied for. He/she should have at the site of the competition an adequate supply of record forms. He/she should have no other duties."

Third, as an aid to meet management, we should establish a list of conditions for validating records, such as: a Recorder of Records, automatic timing, wind gauges, certification and recertification of implements, metric measurements, three judges measuring records, and other conditions in Rules 180-187.

Fourth, as the awardee of championships, we should require as a part of the bid package that the host incorporate these conditions.

Fifth, we should note the importance the sanction procedure places on records. The second question on the form is "The provisions we have made for the validation of records which may be established during the competition are. . . ." The post-event form asks whether records were set. Every sanction states: "No further sanction shall be given to any organization which has failed to fulfill its obligation to athletes or to give prizes as slated on its entry blank." Our Associations should educate organizations about conditions for validation of records.

Sixth, we should assist our athletes in distinguishing between meets which intend to provide conditions for validation and those that do not. Much like some road races are fun runs and others are truly competitive, some track meets are low-key and others are more formal. There is a place for both in our sport. But we should submit to *National Masters News* a list of meets which



GEORGE BANKER

George Yannakakis, 67, Baltimore, Md., M65 winner (3:42:51), Northern Central Trail Marathon, Sparks, Md.

intend to take responsibility for validating records. In return for their efforts, such meets would draw a greater number of elite masters athletes.

As I look at some of our discrepancies, I keep wondering what the reaction would be in other sports. What if Major League Baseball listed the home run record holder as Sammy Sosa because St. Louis didn't turn in Mark McGwire's stats to the league office?

If that sounds absurd, is it not equally ridiculous that we ignore the four (at least) M40 runners who have run well under Hal Higdon's mark, the first M40 7-foot high jump, and Mary Slaney?

We do need a new attitude. □

## OTTAWA CITIZEN National Capital Race Weekend

**WHEN:** May 8 & 9, 1999

**WHERE:** Ottawa, Canada

**EVENTS:** Running Room Marathon, Scotiabank Half Marathon, MDS Nordion 10k, Sprint Canada 5k, Scotiabank Family 2k, In-Line Skate 10k and Marathon and Wheelchair events

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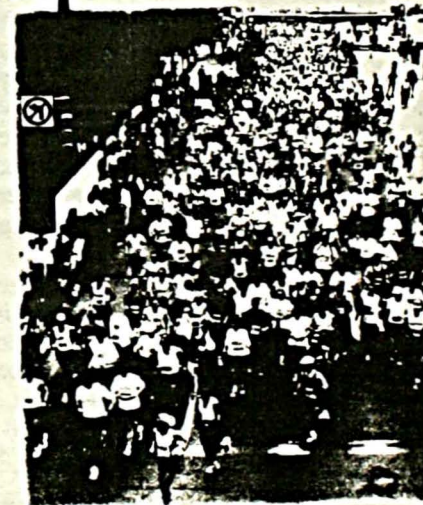
For more info: Visit our Website [www.ncm.ca](http://www.ncm.ca), e-mail us at [ncm@storm.ca](mailto:ncm@storm.ca) or call us at (613) 234-2221

**ACTIVITIES:** Seminars conducted all day Saturday, May 8, 1999. Special Guests include Joe Henderson, Author and Runner's World Columnist, and John Stanton, Owner and President of the Running Room.

**Pasta Dinner:** Friday, May 7, 1999 at 6:00 p.m.

**RACE COURSE:** flat, scenic course that travels along the Historic Rideau Canal and the Canadian Tulip Festival route. Entertainment along the route.

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PAGLIANO'S PODIATRIC POINTERS

# The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

## Achilles – To Stretch Or Not To Stretch

**Q** During the 800 finals in the 1998 championships in Maine, I had a lot of pain in my Achilles. Later, I didn't have a problem until I broke my ankle in September when I hit a depression running on grass. I was in a cast for a month and an air cast for another month.

When I saw the doctor at that time, the Achilles was swollen. I had a small bump just above the heel bone. He didn't know the cause, but told me to stretch it a lot if I was going to run, or it would rupture. I began icing it after I ran and heating with hot water for 20 minutes as you've suggested in your columns. The Achilles gets sore after I run and seems to swell a bit.

Dr. Steven Clark in his book, *The Stark Reality of Stretching*, says that since the Achilles will only stretch a little bit, while the muscles will stretch a lot, it's better not to stretch the Achilles because of possible damage but just to stretch the muscles. Other runners have said to stretch, not to stretch, to lay off entirely, or run easy. I'm in a quandary. Any suggestions? Run – don't stretch; stretch – don't stretch; Ice and heat? If I rested entirely, it seems that the problem would go away, but I didn't run for two months in the cast and still had the problem.

**A** It sounds like you rehabilitated well after the injury. I am not sure what the small bump in the back of the heel is, but it might be arthritic in nature or some scar tissue where the Achilles inserts into the heel area. An x-ray should show this. It may need to be treated by physical therapy.

The ice after running and moist heat is a good idea. I would expect a little swelling after workouts.

I feel the same way as Clark about the Achilles stretching. We are a little brittle and the Achilles is not as flexible. So you might as well stretch the muscle. In fact, stretch not only the gastrosoleus, but the hamstring as well. We have had athletes overstretch and actually tear or re-tear the Achilles.

My feeling would be to first get an MRI or bone scan to determine if the Achilles is in good shape or needs to heal some more. I would suggest a running program. You might try an

alternate-day approach or run 1 1/2 miles the first day, 3 miles the second day and take the third day off. This will give you a quicker tempo run, followed by a longer day run, then a third day to rest to see if things are OK.

Instead of stretching prior to running, take a 1/2-mile walk. This will get blood flowing to the Achilles. Hot water at night is great. I would also go through a 4-5 week period of physical therapy. This would include hot water, ultrasound and light massage. This will help the Achilles considerably.

Rest may make the bump go away, but we are not sure what it is. If it is a bone spur, rest will not help. I again would advise an x-ray to determine the nature of the problem.

So, essentially, run on a modified basis. No intervals or sprint work. All on flat ground with no hills.

You may want to undergo a biomechanical evaluation to see if there is some underlying mechanical cause that may be irritating the tendon. Try this regimen to see if it works. I would certainly get the x-ray as soon as possible. □

(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.)

### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

### FIFTEEN YEARS AGO March 1984

- Bill Stewart, 41, and Cindy Dalrymple, 41, Win National Masters 5K in Clearwater, Fla.
- First Annual Pennsylvania Masters Indoor T&F Meet Draws 125 to Carlisle, Pa.
- Mike Tymn Asks: "Why Give the Women's Open Winner More Space and Money Than the Men's Masters Winner? What Makes Sex More of a Handicap Than Age?"

### Ford Sets Women's Record

## Castillo Wins Hartshorne Mile in Photo Finish

by DIANE SHERRER

ITHACA, N.Y. – National-class runners Tim McMullen and Roberto Castillo broke the tape so close together in the men's elite race at the 32nd annual Hartshorne Memorial Masters Mile, Jan. 23, at Cornell University's Barton Hall, that only a photo of the finish and a judge's ruling could determine the winner.

Castillo, 42, Miami, Fla., claimed the victory in 4:28.93. Defending champion McMullen, Churchville, N.Y., celebrated his 46th birthday by clocking a 4:28:96. McMullen could at least take solace in the fact that his "advanced age" won the respect of his fellow competitors and spectators.

"Seeing him running at 46 gives me motivation to do the same as he's doing. He's a great runner and still has the speed," offered Castillo post-race.

"Castillo and I knew that it would come down to us two," said McMullen. "I knew Roberto is a great runner. I saw him indoors last year in Boston and knew he is good. But I think I've run a little bit faster than he has. Today, it came down to who was on, who had the best race."

Anyone who travels from sunny Florida to snowy New York to run a mile must have some serious credentials. Castillo did, boasting national masters titles, indoors and outdoors, in the mile, 800, and 1500.

Designated rabbit Scott Weeks was enlisted to pull the field along in a 4:20 pace. With rapid-fire leg turnover, Castillo shot to the lead of the pack, with McMullen and Chris Harkins, 40, Mt. Holly, N.J., snug behind Castillo.

The threesome zoomed through the



FRANK DIMEO

Patti Ford, 43, Lafayette, N.Y., establishing a masters record of 5:15.86 with her third straight title in the Hartshorne Masters Mile.

first 400 in about 65 seconds, the half in 2:12+, and 1200 in 3:23. As the final lap bell rang, McMullen made a move to pass Castillo, with Harkins trailing. "We were just waiting for the last lap – actually it turned out to be the last 150m," said McMullen. "I knew I had to jump him at some point in the race."

In full flight, as McMullen rounded the final curve and sprinted for the tape, Castillo cranked it up another level, flew through the finish first, and stole the show. "During the race, I was looking for a good spot to make a move," explained Castillo, who netted \$300 in prize money. "The last 50m, I thought to myself that I didn't come all this way to lose in the last 50m, and said, 'Go for it.'"

Indoor mile rookie Harkins was third in 4:32.75.

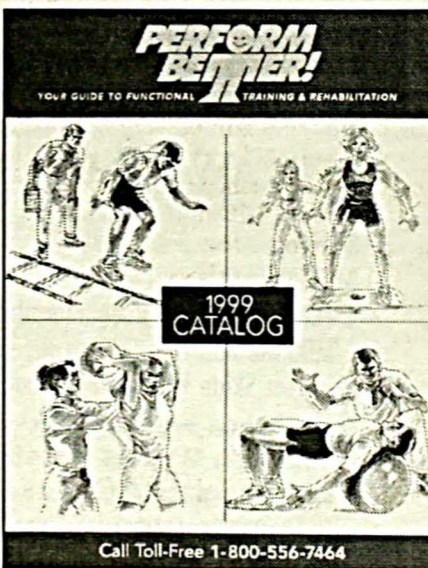
In the men's combined Sections I and II race, Joe Chimino, 45, Bergen, N.Y., was first M40-49 in 4:54.74. Harold Nolan, 51, Havesink, N.J., was the first M50+ in 4:45.22. The fastest M60+ was Don Farley, 65, Ithaca, N.Y., in 5:58.61.

Patti Ford, 43, Lafayette, N.Y., 1998 national masters 5K cross-country champion, easily claimed her third-straight victory, with a 5:15.86. Becky Heuer, 33, Forestville, N.Y., a friend of Ford's and her choice for the unofficial rabbit, claimed second in 5:24.18.

Ford needed two-tenths of a second to break Nancy Oshier's hand-timed meet record 5:15.7 set in 1991. "I thought I was very close, but, of course, with fully automatic timing, you've got to add a little bit. Either way, I feel good about the 5:15.86. I can still do it as a dried up 43-year-old," she joked.

It was decided to let both records stand. Ford's time was officially declared a new FAT/Lynx system timed meet record – a \$200 bonus performance.

The 32nd edition of the Hartshorne Memorial Masters Mile was sponsored by Zeserson & Associates and Cherry Valley Appliance Repair, and orchestrated by Rick Hoebeke, in his 12th year as director. □



Now available, the expanded '99 edition of the Perform Better catalog. It's aimed at therapists, athletic trainers, personal trainers, weight and conditioning specialists and offers a great selection of unusual products for those involved in the rehabilitation work and/or training for improved performance. As always, the underlying theme of the Perform Better catalog is functional training and rehabilitation that emphasizes the entire body rehab or training rather than a single body part. Therapists and trainers use the items included to build strength/power, endurance, balance, speed, agility and quickness. For more information, a free copy of the 1999 Perform Better catalog or to place an order call Toll-Free 1-800-556-7464, Fax 1-800-682-6950 or write Perform Better, P.O. Box 8090, Cranston, RI 02920-0090.





# Track and Field Report

by **KEN WEINBEL**,  
Chairman, Masters T&F

## Masters Committee Restructuring Moves Ahead

**A**s I reported in last month's column, the Masters Committee of USA Track & Field is evaluating "how we do things" and identifying areas that could benefit from constructive attention. Of pressing importance, is the conduct of our championship meets, particularly our two most prominent meets, the indoor and outdoor championships. To many, the success of masters track and field is measured by the success of these two meets. It is therefore important that the Masters Committee does everything it can to guarantee properly conducted events that offer each participating athlete the opportunity to achieve under the best possible conditions.

We are most fortunate to have within our membership qualified individuals with administrative expertise to form a new Championships Operational Committee. I have appointed Scott Thornsley to chair the new eight-person committee. Scott has been ably serving as Coordinator of Championships Site Selection. With their permission, Scott and I are appointing the following persons to the committee: Rex Harvey (combined events), Sandy Pashkin (running events), Christel Miller (jumping events), Dick Hotchkiss (throwing events), Eric Zemper (officials), Jeff Schaller (men's schedule), and Becky Sisley (women's schedule).

Under Scott's coordination and leadership, committee members will be directly responsible for their specific assigned events (before and during the competitions) and officials and schedulers (before, but not during the meet). Scott will define actual responsibilities. Members of the Operational Committee will also be available to serve on the Games Committee as needed.

Currently, masters track and field bylaws provide for a championships subcommittee to: "work with championships organizing committees to ensure the success of the events." Previously, the Coordinator of Championship Site Selection assumed that responsibility, as well as acquiring bids for both the indoor and outdoor championships. The new Championships Operational Committee, as outlined above, splits the responsibilities into two separate and distinct func-

tions: (1) acquisition of sites, and (2) operation of the meets.

The above committee members were selected for their past active involvement and expertise, and will serve at the pleasure of the masters chair and executive committee for a period of two years, concurrent with the chair's term of office. The chair of the Operational Committee will advertise for persons interested in serving on future operational committees.

It is intended that the surcharges assigned to entries for championship events will be used as designated funds to defray additional committee expenses not covered by the annual budget. A separate budget line item will be created for the year 2000 and thereafter.

I am excited at this new direction we are taking. It can do nothing but better our championships operations. The constructive assistance we will be affording local championships organizing committees will be very beneficial. I want to thank Scott Thornsley for his invaluable assistance and input in creating the new Championships Operational Committee.

On a sad note, we mourn the loss of Joe Keshmiri. He was an exceptional athlete, person and friend. He will be missed. □

### TEN YEARS AGO March 1989

- Mike Boit, 40, Lowers World Indoor Masters Mile Mark to 4:15.88
- Australia's Tony Murray, 41, Breaks Ron Bell's World Outdoor Masters Mile Record With a 4:12.58
- Emmett Parker, M60, and Gina Faust, W50, Are Top Age-Graded Runners in Paramount Masters 10K

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.

## Joe Keshmiri

Continued from page 1

school, and Keshmiri, who had offers from several Division I schools, followed Cook and competed for him in 1968 and 1969, developing a close friendship that lasted to the present.

Upon hearing of Keshmiri's death, Cook said, "He was an amazing guy, a great athlete, a great person. He liked to make people happy. He was like my son to me."

As a master, Keshmiri was national champion many times, indoor and outdoor, in the shot and discus. In the 1998 Masters Championships in Boston, he set an M60-64 U.S. indoor record of 51-9 in the shot. In May 1998, he broke the M60 U.S. record with the 1kg discus with a 195-3.

His last major competition was in the 1998 Nike World Masters Games in August, where he was involved in what some observers think was the best masters shot and discus duel they had ever seen. Keshmiri narrowly defeated Peter Speckens, M60 shot world record holder from Germany, in the shot, 50-11 to 50-10<sup>1</sup>/<sub>4</sub>, and

again in the discus, 184-7 to 182-11.

The cancer was diagnosed a month later, but doctors speculate that Keshmiri might have had it for several years. Quoted in the *Reno Gazette-Journal*, Feb. 9, his son Kamy said, "We didn't know. His body was so strong, he didn't have any complications until September. The last couple of years, he broke world records with the cancer. I thought he would live longer than me. He was the epitome of good health."

Keshmiri also rose above the poverty of his childhood in the business world. A popular resident of Reno, he owned the Ponderosa Hotel and had been a contractor and real estate developer. He and his wife, Angela, became U.S. citizens in 1975.

He is survived by his wife, and sons, Kamy and Jamy.

In the throwing community, he will always be remembered for his willingness to share his expertise with fellow throwers, his charisma and sense of humor, reflected in a wide, beaming smile, and his joy in living. □

- Jerry Wojcik

## ARIZONA MASTERS INVITATIONAL TRACK & FIELD



Saturday - May 1, 1999

Sponsored by Arizona Association USA Track and Field

**Age Division:** 25-29; 30-34; 35-39; 40-44; 45-49 50-54, 55-59; 60-64; 65-69; 70-74; 80 and over  
**Facilities:** Eight lane all weather track  
**Entry Fee:** \$15 for the first three events chosen. Each additional event \$3. Relays \$15.  
**Awards:** Custom medals to first three in each age division  
**Deadline for Entries:** April 30, 1999  
**Entries:** Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257; (602) 949-1991 or contact Meet Director Clifton McKenzie (602) 777-8503.

### NIGHT TRACK MEET SCHEDULE OF EVENTS

Track Events				Field Events	
5:00	3000 Meter-Walk M - W	7:25	100M - W	5:00	Discus MM & MW
6:00	3000M - W	7:35	100M - M	5:00	Shot-put OW-SMW-OM-SMM
6:25	4 x 100 W	7:45	800M - W	5:00	High Jump MW & MM
6:30	4 x 100 M	7:55	800M - M	5:00	Long Jump OW-SMW-OM-SMM
6:35	80-100 Hurdles W	8:05	300 IHW	6:00	Pole Vault All Men & Women
6:40	80-100-110 Hurdles M	8:15	300 IHM	6:30	Discus OW-SMW-OM-SMM
6:45	100H M	8:25	200M - W	6:30	Shot-put MW & MM
7:00	1500M - W	8:35	200M - M	7:00	High Jump OW-SMW-OM-SMM
7:05	1500M - M	8:50	4 x 400 Relay W	7:00	Long Jump MM & MW
7:10	400M - W	9:00	4 x 400 Relay M	8:00	Javelin All Men & Women
7:20	400M - M				(or earlier if discus is done)

### ENTRY FORM

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ USA # \_\_\_\_\_ Telephone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please enter event:

1. \_\_\_\_\_ 4. \_\_\_\_\_  
 2. \_\_\_\_\_ 5. \_\_\_\_\_  
 3. \_\_\_\_\_ 6. \_\_\_\_\_

**Athletic Waiver Release:** 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 Tempe, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

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





# Masters Racewalking

by ELAINE WARD

## Feet, Shoes & Inserts

### An Interview with Danny Abshire – Part I

**D**anny Abshire is the owner of Active Imprints in Boulder, Colorado. Danny has a continuing history of extraordinary success providing custom insoles for athletes of all ages ranging from Olympians to masters who enjoy exercise and competition. He has worked with podiatrists, foot specialists, orthopedic surgeons and chiropractors as well as doing pedorthic training at Northwestern University in Chicago. His practical training includes 10 years as a professional ski boot fitter in Aspen plus his own running career. His customers come from all over the world and provide a Who's Who in the amateur and professional Sports World. The racewalking athletes at the ARCO Olympic Training Center all have his custom insoles.

**EW:** What led to your interest in problems of the feet?

**DA:** In my early days of running, I discovered that if I took my own foot supports out, I could only run three to five miles. After that, my arch, my right medial knee and sometimes my right hip began killing me because of too

much pronation. I have a high arch, but I pronate excessively. With foot support, I have been able to stay injury-free and to compete in ultra races up to distances of 100 miles.

Also, as a professional ski boot fitter from 1977-88, I tried to understand why people were having problems

making a particular right or left turn. Working with people with different types of feet, I found if we braced their feet in a neutral position inside the rigid shell of the ski boot, they would perform better and have more balance, comfort, control and enjoyment.

My pedorthic training basically backed up what I was doing in building foot supports. I was not only trying to get the ankle more neutral, I was also looking to see if the ball of the foot affected the injuries people were having. I discovered that some problems came from the ankle and some from the ball of the foot. As most of the devices on the market only extend to the front of the arch, some people need add-ons to the front of the foot. I use firm, but soft materials to fill in those gaps.

Using myself as a guinea pig, I learned that a lot of devices from the medical industry were really too hard for athletes. Basically, instead of trying to make a device that blocks out all the bad movement of the foot, we slow down the rate at which the foot falls to the ground. We fill in the gaps underneath the foot to create a level plane. Our device conforms tightly to the foot with some give to it as opposed to letting the foot drop down onto a hard device.

#### Success Story

Over the years I have listened closely to what athletes want. They'll say, "I don't want something hard. I don't want something heavy. I don't want support at the expense of greater impact, discomfort or weight." These needs are performance issues and we are sensitive to them.

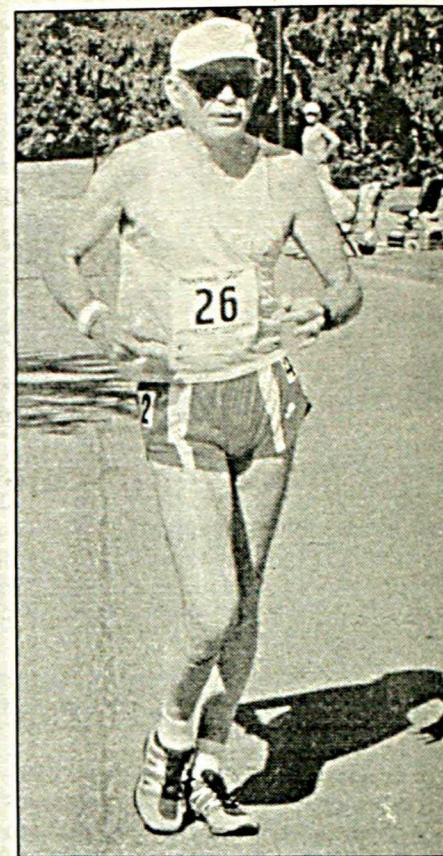
Perhaps our quickest success story comes from Paula Newby-Fraser who has won eight Hawaiian Iron Man Competitions. In 1993, she was basically going to give up her sport. She had used three different foot devices and gone to ten specialists. The specialists all said that she wouldn't race again. I found an imbalance in the ball of her foot that I braced with a small, firm, but soft support. Within eight weeks she had come back from running five minutes with excruciating pain to winning her fourth Hawaiian Iron Man.

#### What Makes the Difference?

**EW:** If you were to encapsulate the difference between your insole and the usual orthotic, what would you say?

**DA:** The main difference is probably in the materials. We want to have a material that can be tightly molded to the foot to keep the foot in an ideal, what we call neutral, position. Then we want to give the foot full contact from heel to toe. For that reason, we have a top liner that molds to your entire footprint. If you look at one of our inserts, you will see that the entire bottom side of the device is ground level to match the level interior of the shoe base.

If you have a traditional insert, they use a hard material throughout and then post the heel which locks underneath the athlete's heel. You actually start to lose your correction on that block in the heel as the block sinks down into the foam. Specifically, you start to lose an amount of ankle and arch support as



JERRY WOJCIK

Bob Barrett, of New York, second M60 (1:58:13) in the 20K racewalk, 1998 National Masters Championships, Orono, Me.

your shoes break in. If your foot has bad mechanics and you just ride on the soft EVA, you can form bad patterns from the inside out.

There are also performance differences. Our inserts are very light. If you stay healthy while training but then get injured during a race because you take your foot device out to remove weight, then you have defeated your purpose.

Most people assume that their device will work in any shoe because it is so rigid. I don't believe in that. I think if you put a foot device in an inadequate shoe, you are not going to get what you need. Our devices are less corrective in that we want you to get a shoe that is proper for your foot so that the shoe does its part and the insert does it part.

#### The Right Shoe

**EW:** What kind of a shoe do you recommend?

**DA:** That's individual. You have to follow the guidelines of your foot. On one extreme, if you have a high-arch, rigid foot type and tend to supinate or roll outward, you need a more cushioned shoe and a little more curve to the last.

You also need a little guidance to the inside because your foot wants to stray too far out. On the other extreme, a completely flat foot is overly flexible and typically needs a shoe that is a little stiffer and has a straighter last.

The biggest selling types of shoes are semi-curved lasts. They aren't fully curved like a racing flat and they aren't fully straight like a major control shoe. They have a little curve to them and a little support on the arch side of the shoe. That is what most people need these days. Only a small percent of athletes fall into the extremes of a high arch or very flat foot. In the middle you

Continued on page 13



### 11TH ANNUAL AMERICAN WALKING ASSOCIATION COLORADO WALKERS CAMP MAY 28-30 1999



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Lunch break Friday and Saturday noon to 2PM

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# Athlete's Kitchen

by NANCY CLARK, MS, RD

## Carbohydrates and the Glycemic Index: Quick, Slow, or Confusing

Once upon a time, carbohydrates were classified as sugars or starches. Today, carbs such as fruits, vegetables and grains are classified by their glycemic effect – that is, their ability to elevate blood sugar. The glycemic index ranks carbs according to their ability to elevate blood glucose. It was originally developed as a tool to help people with diabetes.

Today, several popular diet books and magazines have expounded upon the virtues of avoiding carbs such as carrots, potatoes, and white bread because they have a high glycemic effect. Supposedly, they quickly elevate blood sugar, stimulate the body to secrete too much insulin, and this, in turn, is said to promote fat storage.

Question: "Should I stop eating bagels and pasta? I've heard they are fattening because they quickly digest into sugar which raises insulin and encourages fat storage. Is that true?"

No. Sounds plausible, but the bottom line is: excess calories promote fat storage, not excess insulin. If you lose weight after you stop eating bread or pasta, you do so because you are eating

fewer calories, not because these foods are inherently fattening.

**The Glycemic Index and Exercise**  
Exercise scientists, fascinated by the way different carbohydrates affect blood glucose, have explored the idea that low glycemic foods might enhance endurance performance by providing a slow release of glucose into the blood.

One of the first studies to look at low glycemic pre-exercise foods reported

cyclists who ate (low glycemic) lentils before they exercised to exhaustion were able to pedal hard for 117 minutes, as compared to only 97 minutes when they ate (high glycemic) potatoes. . . a significant difference!

Question: "Should I eat slowly digesting carbohydrates like lentils before I exercise because they provide sustained energy? If I were to do so, I'd end up with intestinal distress..."

The answer depends on the situation. Choosing foods based on GI is particularly important for endurance athletes who cannot take in fuel – such as sports drinks or gels – during exercise. But if you exercise for more than an hour and can consume energy while exercising, note that is the best way to enhance endurance. Hence, you need not choke down lentils or bran cereal thinking they will help you when they actually might only create problems.

If you cannot take in fuel during exercise, you may benefit from low glycemic pre-exercise carbs. Experiment during training.

High glycemic foods (sugary beverages, bagels, watermelon) are good recovery choices if you exercise hard more than once in a day (such as at a track meet or soccer tournament). High glycemic carbs can most rapidly refuel the glycogen stores depleted during the first exercise bout.

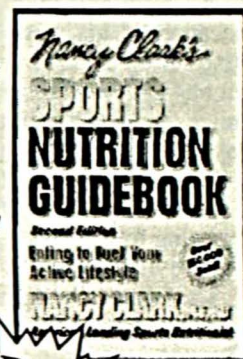
Note: If you are sensitive to sugar and easily experience sugar "lows,"

experiment with eating more low glycemic foods. You may do better after choosing (low glycemic) yogurt as compared to the same amount of calories of (high glycemic) rice cakes. Take heed and make wise food choices! □

(Nancy Clark, MS, RD, is nutrition counselor at Boston-area's SportsMedicine Brookline. For a copy of her popular Sports Nutrition Guidebook, Second Edition (\$20), send a check to Sports Nutrition Materials, 830 Boylston St., Brookline MA 02467 or visit [www.nancyclarkrd.com](http://www.nancyclarkrd.com))

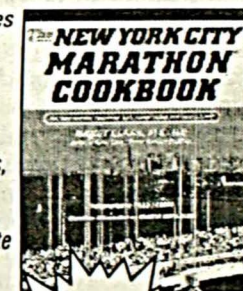
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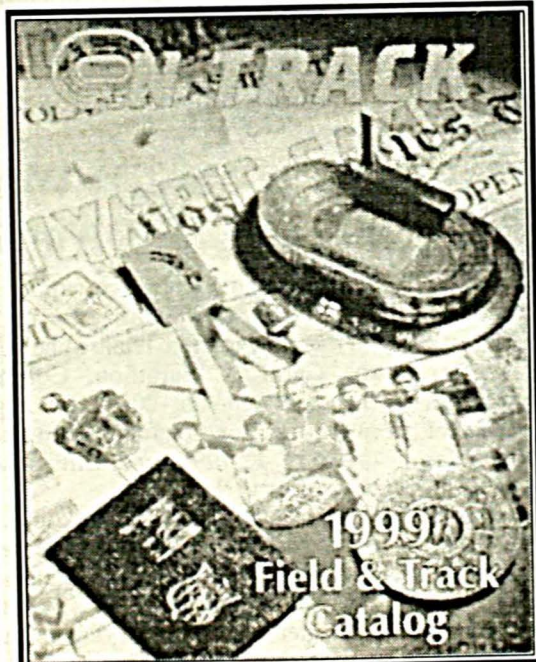
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## On The Run

by HAL HIGDON

### Motivation for the Marathon

**F**ranklin Wefald, M.D., a cardiologist from Elkhart, Indiana, claims he has ten lifetime goals that he hopes to achieve at some point in his life. They include: traveling to China, writing *The Great American Novel* and running a marathon. Since he turned 40 in February, running that marathon is now on Dr. Wefald's agenda for 1999.

A now-and-then runner, who, because of his busy practice, sometimes is up at dawn and home at midnight, Dr. Wefald might run 10-15 miles one week, zero the next. He now says: "I'm going to use the marathon to bring some structure to my life, organize all my activities and put some meaning to my hectic schedule."

#### Rite of Passage

The marathon serves as a rite of passage for many. Eric Zorn, the *Chicago Tribune* columnist, also turned 40 last year and set as his goal losing 30 pounds and running The LaSalle Banks Chicago Marathon, which he did in 4:31:53. Zorn described his achievement in the March issue of *Runner's World*:

"I was not a runner when I got into this. I was 30 pounds overweight. My dietary habits were dismaying, my exercise habits sporadic. I pledged to run 26.2 miles because I needed both a finite goal and the added pressure of potential humiliation should I fail."

Is it the marathon that motivates many people to take up running, or do people need to be motivated first to run a marathon? No matter, people find some motivational excuse or reason.

Mark Greenwald, M.D., an ophthalmologist from Chicago's South Loop neighborhood, decided, at age 48, to run a marathon shortly after he and his wife's child adoption plan took shape. "That decision forced me to consider two related issues," he says. "The energy to raise that child, and the longevity to be around to enjoy her growing up."

#### Motivation

So essential is motivation, that you almost cannot run 26 miles without it. Without motivation, you'll fail to do the necessary training to make it to the starting line. Without motivation, you'll never pass the 20-mile mark, where even well-trained runners start

to hurt. Here are some tips to help you reach both the start and the finish lines of your next marathon:

**Find a reason:** Many individuals today run a marathon to raise money for the Leukemia Society of America; nearly a thousand in the Chicago area alone raised \$2.2 million in 1998. Why do you want to run a marathon? To lose weight? To get fit? Having a reason will help you succeed.

**Commit yourself:** Not everyone can announce their decision, as Eric Zorn did in a newspaper column seen by 700,000 readers, but don't keep your quest secret. Tell family, friends, the garbage collector. They'll become your biggest cheering squad. Not wanting to disappoint them will keep you moving toward your goal.

**Plan your campaign:** Too busy a schedule, like Dr. Wefald? Determine in advance the best time(s) for your workouts, particularly your long runs that can consume two or three hours. Most runners do their long runs on weekends, but find pockets of opportunity mid-week to insert smaller running bites.

**Seek support:** It's tough to train alone, particularly when the miles get long in August and September. Find others to run with. Plan group workouts. This is one of the main advantages of the CARA/LaSalle Banks Chicago Marathon Training Class that had 1000 in its class last summer.

**Use visible cues:** Keep a diary. Create a chart and tape it to the wall near where you keep your running shoes. Record your mileage daily. This will serve as a continuous reminder of how far you've come – and how far you have to go.

**Visualize success:** Olympic athletes often use visualization tools. They imagine themselves succeeding in their events. Focus on the finish line awaiting you on October 24. Imagine yourself running the final mile with thousands cheering. Feel the medal being hung around your neck. You can do it! □

(Hal Higdon is a Senior Writer for *Runner's World* and also a Training Consultant for The La Salle Banks Chicago Marathon. Hal's training schedules can be found on his web site: [www.halhigdon.com](http://www.halhigdon.com))



THE WALT DISNEY COMPANY

Marina Jones, 46, first woman overall (2:54:19) and overall winner, Santiago de Araujo (2:24:29), Disney Marathon, Lake Buena Vista, Fla., Jan. 10.

### Jones First Woman Overall in Disney Marathon

by JERRY WOJCIK

Not only did Marina Jones, 46, win the masters contest, she also took the overall women's title with a 2:54:19 in the Walt Disney Marathon, Lake Buena Vista, Fla., on Jan. 10. Jones, Rancho Santa Margarita, Calif., passed runner-up Kimberly Fagen, 28, at the 23-mile mark to win by a minute.

Jones, who turned 47 in February, ran her first marathon in 1982 to lose weight after the birth of her only child. "I like being an inspiration," she said. "I like doing this for the older women." This was the 60th marathon for Jones, a Northwest Airlines flight attendant.

Catherine Grattan, 47, of Australia, was the second master in 3:18:49. Carrie Parsi, Lexington, Mass., won the W60 race in 3:46:47.

Jeff Delie, 42, Palm Harbor, Fla.,

was the M40+ winner in 2:41:13. Gary Bloome, 45, Boca Raton, Fla., in 2:43:23, and Richard Gay, 48, with a close 2:43:56, were second and third masters.

Bill Pass, 75, Lake Placid, Fla., ran a 5:05:32, to take the M75 race from veteran roadrunner Carl Hammen, 75, Sarasota, Fla., who finished in 5:06:50.

In the half-marathon, Ces Lawton, 47, Oviedo, Fla., was fourth overall with a 74:48, leaving fifth place to Keith Brantly, 36, 75:09. Joan Samuelson, 41, was third female in 80:28.

More than 13,000 runners toed the starting line at 6 a.m., 9000 in the marathon and 4000 in the half-marathon. Temperatures during the gray, cloudy day hovered in the 50s with a wind-chill factor as low as 40 degrees and humidity as high as 97%. □

### 12 Masters Women and 2 Men Qualify for Olympic Marathon Trials

As of Feb. 12, twelve women age-40-and-over had qualified for the U.S. Olympic Marathon Trials to be held in the Carolina Marathon, Columbia, S.C., on Feb. 26, 2000. The regular qualifying window for women opened on April 1, 1998, and will close 30 days prior to the Trials.

The "A" qualifying standard, which entitles qualifiers to full expenses, is 2:42:00 or faster; the "B" standard is 2:42:01 to 2:50:00. Masters qualifiers, with their times, qualifying marathon and date, are: Cindy Keeler, 2:39:49a, Boston, 4/20/98; Joan Samuelson, 2:41:06a, NYC, 11/1/98; Alice Thureau, 2:41:58a, Boston; Bev Docherty, 2:43:24, Twin Cities, 10/4/98; Patty Valadka, 2:44:33, Houston, 1/18/98; Suzi Morris, 2:44:41, St. George, 10/3/98; Jane Welzel, 2:45:44, Boston; Diana Fitzpatrick, 2:46:49, Calif. Inter-

national, 12/6/98; Mary Burns Prine, 2:47:24, Boston; Angela French, 2:49:27, St. George; and Claudia Kasen, 2:49:48, Houston.

Kim Jones qualified on 1/18/98 at age 39 with a 2:35:44 at the Houston Marathon, and also ran 2:43 as a master at Chicago, 10/11/98.

The men's standards for Trials qualification are 2:20:00 or better for "A" status, and 2:20:01 to 2:22:00 for "B". The first opportunity for men to qualify was on May 3, 1998, at the Pittsburgh Marathon, which will also serve as the men's Trials site on May 7, 2000. Masters qualifiers are Brad Hawthorne, 2:19:48, Calif. International, and Craig Young, 2:21:38, Twin Cities.

To date, 115 women and 50 men have qualified. □

– Data provided by the Road Running Information Center

#### Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

Send to:

National Masters News  
P.O. Box 50098 Eugene, OR 97405



## Racewalking

Continued from page 10

have the ideal or neutral foot.

The shoe industry makes shoes for all types of feet, but the biggest problem people encounter is not being able to classify their own foot type so they can get the right shoe. I find so many people go out to run and racewalk for exercise and get an injury right away. Let's say they get a knee injury. Their typical response is to think they need a softer shoe. So they go get a softer shoe and their injury increases. What they need is control. Then they conclude that running or racewalking is not for them as they are worse than before. But if you take the same person, balance out their foot and guide them toward the right shoe purchase, all of a sudden they can do almost anything they want up to their own potential. □

(Active Imprints has been providing custom insoles since 1988 in Boulder, Colo. They also provide a mail order service for specific questions or points of information. Write: Active Imprints, 629-E South Broadway, Boulder, CO 80303. Phone: 303-494-0321, or fax: 303-543-7710. Look for Part II next month.)

## Delbert Bender

Delbert Bender, Mitchell, S. Dak., whose high school track career was thwarted but who found success in the masters program, died on Dec. 21, 1998. He was 83.

Bender took top honors at a high school meet but had no money to continue on to a state championships. The frustrated athlete settled into a life of farming and lived on his family's farm near Fulton, S. Dak., for 72 years.

Suffering from depression after the death of his first wife, Avis, in 1980, Bender began running to get his mind off the loneliness. He discovered the Senior Olympics and from 1984 until 1998, he competed in state, regional, and national competition, winning 184 first-place awards and breaking 19 local and state records.

Although running gave him pleasure, farming gave him the greatest pride, according to his son, Dan, quoting his father, "I want to farm so that the land I leave to the next generation is better than when I got it." □

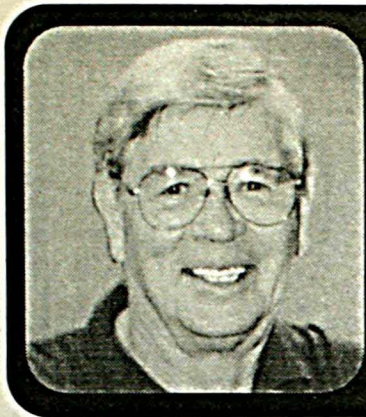
### FIVE YEARS AGO March 1994

- Eamonn Coghlan Runs First Masters Sub-4 Minute Mile (3:58.15)
- Over 500 Compete at Indoor Nationals in Columbia, Mo.
- Stones Sets Masters High Jump Record of 6-10<sup>3</sup>/<sub>4</sub>

# PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	<b>Masters Age Records (1998 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, 1997. 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 (1997)</b> Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	\$ _____
_____	<b>Masters Track &amp; Field Indoor Rankings (1998)</b> Same as above, except indoor rankings for 1998. 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 March 1, 1998; 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 (1998 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 (1998/99)</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> 1996/1997 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 (4½ 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.	\$ _____
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_____	<b>Guide to Prize Money Races and Elite Athletes 1998</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.	\$ _____
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## The Weight Room

by JERRY WOJCIK

### The Other Weight Meets

**B**efore throwers become too immersed in Gateshead, Orlando, and Orlando Redux, a reminder that there are two additional championships for throwers to consider: the Weight Pentathlon and the Weight and Superweight. In all honesty, participation in both of these has been less than multitudinous. Locale and date, of course, influence the number of entrants at any meet, but I think some athletes stay away from these two because they're intimidated by a perception that the weight pentathletes are accomplished practitioners in all five events, and the weight people are colossal hulks, and if you're an average thrower, you'll make a fool of yourself when you show up.

All true, but if you look at the marks in both events, you'll see that the medal contenders are top notch in some divisions, but many of the other competitors are journeymen/women throwers.

Of all the combined events – the decathlon, heptathlon, and weight pentathlon – the last has become the most popular since it was WAVA approved just a few years ago. It consists of five events in this order: the hammer, shot, discus, javelin, and weight. Scoring is done by age-grading and the scoring tables, so, in a sense, you're not competing against the others but against yourself. That may sound a little lofty, but it works for me and other throwers I know who are not usually contenders for top awards.

This year's Weight Pentathlon will be held in Greeley, Colo., on June 12, an early date to avoid conflicts with the biggies and late-date athlete burn-out. Greeley is about 55 miles north of Denver, and home of the University of Northern Colorado, whose head track coach, Scott Hall, an experienced meet director, is staging the event with Tim Edwards and Ian Percy, both well-traveled weight pentathletes, and a host of assistants, local throwers, and qualified officials. With this date, throwers headed for Gateshead and/or Orlando can measure their status early. Edwards avows that the meet will draw a good crowd and send everybody home happy and satisfied.

**Weightless in Seattle – Not  
The Weight and Superweight**



LORRAINE QUINN

Participants in the Len Olson Holiday Weight Pentathlon, Delray Beach, Fla., Dec. 27 (standing, l to r): Jack Hunter, M60; Meet Director Randy Cooper; Jerry Bookin-Weiner, M50; John Burrow, official; Bob Cahners, M55; Pay Carstensen, M65; Jack Stein (hands on knees), M75; and Bruce Hedendal, M50; (kneeling, l to r): Len Olson, M65 (top scorer, 4694) and Reed Quinn, M65.

Championships have found a home in Seattle and appropriately so. West Seattle Stadium, where the meet has been held for the last century or so, is probably the best facility for this event in the country, having been designed by hammer and weight throwers of the Seattle Masters Athletic Club, willingly accommodated by the Seattle Parks and Recreation Department. All of the throwing rings are within a hundred yards range. When you're not throwing, you can be spectating.

Remember that this meet enables throwers to compete for two championships. What with free T-shirts, food,

drinks, and an atmosphere rarely found in regular meets, this is a bargain and throwers' Valhalla.

The functional facility and SMAC's expertise, plus experienced USATF officials (some with Olympic credentials), make for a well-run meet, which is usually over, regardless of the number of entrants, by noon. A lunch break, with comestibles and drinks supplied by the meet directors, is followed by the Ultra Weight Classic – in which younger throwers end up whirling the 300-lb. weight around – a once-in-a-lifetime experience.

This year's meet is scheduled for Sept. 18. □

### Riordan, Lukens Score Records in Dartmouth Relays

by JERRY WOJCIK

Elizabeth Riordan, 50, and Ed Lukens, 76, tallied U.S. indoor records in the 29th Dartmouth Relays at Leverone Field House, Hanover, N.H., Jan. 9. Riordan erased Linda Upton's W50-54 400 record of 72.86 in 1994 with a 70.28. Lukens, M75 Masters Athlete of the Year for 1998, tied his M75 national mark of 4-1 1/4 in the high jump.

In the sprints, Roger Pierce, 53, was the star with M50 wins in the 55m (7.31, age-graded 93.6%), 200 (25.26, A-G 90.2%), and 400 (57.17, A-G 88.5%). James Stookey, 67, 1998 Masters Male Athlete of the Year, won the M65 200 (27.92, A-G 91.2%). Audrey Lary, 63, won the W60 55m with an A-G 89.9% 9.05.

In the 800, Duane Green, 47, M45 winner, barely outperformed Alan Taylor, 50, M50 winner, with an A-G

86.0% 2:12.57 to Taylor's 85.6% 2:16.38. Allen Muir, 42, recorded an A-G 86.9% 4:15.89 in winning the M40 1500.

Stookey posted the best masters performance of the day with a 95.1% 9.73 in the 55H. Marlene Sachs, 54, was the star among the women hurdlers with an A-G 89.9% 9.05.

In good early season form, Lukens missed tying his long jump world record of 14-1 1/4, falling short at 14-1, and triple jumped a 93.1% 30-3.

Meet director Carl Wallin, 56, listed a 92.2% 49-2 1/2 put with the 6kg shot, while Ken Withee, 85, missed the M85 world record of 24-9 1/4 for the 4kg shot by 2 1/2 with a 24-7 1/4.

Craig Fram, 39, was the class of the 3000m runners with an 87.1% 8:54.34. Scott Mosenthal, 45, turned in the fastest time in the rarely run indoor 5000, with a 17:32.08. □



JERRY WOJCIK

Harvey Lewellen, M65 shot put winner (38-6), Eugene Indoor Meet, Eugene, Ore., Jan. 24. Lewellen turned 70 in February and is planning to compete in the 1999 National Masters Decathlon Championships, Grass Valley, Calif.



## Mountain Mist 50K Was More Than Misty

by JIM OAKS

HUNTSVILLE, Ala. — Normally when you see a Huntsville, Ala., date-line in NMN, you assume the article is about either the WZYP Cotton Row 10K or the Rocket City Marathon. However, in the past five years the Huntsville Track Club, under the direction of Dink Taylor, has built a reputation for hosting one of the best "short" ultras in the Southeast.

Taylor started the race, called the Mountain Mist 50K Trail Run, in 1995, primarily to introduce local runners to the many miles of trails that cover Monte Sano State Park and the Huntsville Land Trust. Both lie less than four miles from the center of town. The first year, the race was a 30-mile run and attracted 42 runners with 38 of them making it to the finish on a course that Taylor unabashedly advertised as the "Toughest Trail Run in Alabama."

By the second year, the race began to attract more ultra runners from the Southeast, but Taylor was most pleased that the number of local runners who were finding enjoyment in trail running was also growing. The number of finishers grew to 68 in '96, 113 in '97, and 132 in '98. This year, on Jan. 23, entries grew to 192 with 157 making it to the finish.

The course, extended to a full 50K last year, was extremely muddy for this year's run due to heavy rain the night before the race. However, the biggest obstacle Taylor had to over-

come was clearing fallen trees from the course. An ice storm hit Huntsville during Christmas week, and Taylor and 10-15 volunteers had to spend in excess of 20 hours each clearing the trails of debris during the four weeks leading up to the race.

"If I had not had lots of help, we could not have held the race this year," Taylor said.

Michael Allen, owner of the local running store, First Place, is one of 10 runners who have completed all five races. This year, he was the top masters runner for the second straight year, setting a new masters course record of 4:29:41 in the process. Allen, 41, was overall runner-up in '96 and '97.

This year Allen expected a challenge from David Horton, Lynchburg, Va. However, Horton, who holds the record for running the Appalachian Trail in 52 days and is the race director for the noted Mountain Masochist 50M trail run in Virginia, was training for another ultra and did not mount a serious challenge in this race. He ran 4:57:30 for his first attempt at the race, that he amended to describe as perhaps the "Toughest 50K in the Southeast." David Jones, Eagleville, Tenn., the masters winner here in '97, took third in 5:01:55.

In the women's race, Leslie Hunt Boone, N.C., was the winner in 6:15:44. Local master Janet Haenisch was second in 6:26:03. The cutoff time of 2:30 p.m. at Monte Sano Boulevard forced a few runners to end their race

at that point. The last runner to make the cutoff — she cleared it by less than a minute — was 62-year-old Barbara Meyer, Huntsville, with an 8:55:59.

Taylor thinks he will limit the race to 200 entrants next year. With 178 starters, the supplies at some aid stations were almost depleted. "We have an aid station that is pretty hard to get supplies into," Taylor said. "It would be hard to maintain the quality of the race with many more runners."

One of the funniest quotes heard during the race was reported by an aid station worker, who overheard a runner from Florida comment, "This race is so tough I won't even have to lie about it when I get home."

Observers of the race noticed an out-of-sequence number on Rob Apple, Lewisburg, Ohio. He wore No. 215, representing the number of ultra marathons he was completing with the Mountain Mist race. He has accomplished this feat at the relatively young age of 37. At the rate Apple is going, he may be the man to watch as a challenger to Norm Frank's record of most marathons, which at last count was in the high 600s. □



KEITH YOUNG

Michael Allen, masters winner of the 5th Annual Mountain Mist 50K, on his way to a new course record of 4:29:41.

## Fifth Avenue Speedster Parade

by MAURY DEAN

When Long Island champion Don DiDonato, 41, hammered his fine 32:11 over Central Park's hills in the NYRRC Joe Kleinerman 10K, Dec. 13, and lost to James Kempton, 40, 31:47, sixth overall of 1700 to Don's ninth, he began to realize what we older masters have long known: NYC's Central Park has some of the toughest masters competition in the universe. Whooshing around the long loop of Manhattan's greenest meadows, you discover "in Central Park, you get no easy race." If you're in the running for the NYRRC's Runner of the Year Age-Group Award, you must blast the big hills to the best of your ability.

Regular masters winner Gillian

Horovitz, 43, stepmom of Beastie Boy Adam Horovitz, loosed her fateful lightning and scampered to a 37:02 masters victory on this windless day, with Marie Wickham, 43, second at 39:52. Beating everyone but the W40-44 crew (five of them), Anna Thornhill, 58, in 42:08, was the best master.

James Sammon, at age 57, ran a rare sub-38 among the 55+s with a 37:44, out-romping 55-year-old Ted Haiman's 38:54, while Maury Dean, 55, managed a 36:42 for M55 gold, just behind 50-54 Runner of the Year Nominee, Julio Aguirre, 52, who set a PR 29:15 at the five-mile split, which naturally doesn't count. Bill Fortune, 70, hit the finish in 44:23 for the M70 win. □



RUTH ANDERSON

Jack Nelson (r), 59, M55 winner with a 53:30 (age-graded 44:39), and Patrick Devine, M70 second (70:26), 1998 Tulsa Run 15K/USATF National Masters Championships/Indy Life Circuit Race, Tulsa, Okla.

## Shaheed, Curl Win Paramount 10K

by JANE DODS

The Paramount 10K, which includes a special World Masters division, was contested in Paramount, Calif., Jan. 9. To be eligible for the World Masters division, runners had to meet strict qualifying standards. Speeding home first were Nolan Shaheed, M45, 32:51, and Sherri Curl, W45, 38:11. Age-division standouts included Pat Devine, M70, 46:40, and Jeanne Hoagland, W60, 47:28.

In the regular race, the masters win-

ners were Dean Lofgren, M40, 34:06, and Yayoi Lui, W40, 39:08. Acing their divisions were Yoko Eichel, W50, 42:34, and George Feinstein, M85, who blasted the course in 53:00.

The 10K racewalk starred Carl Acosta, M60, who zapped the entire masters field to capture the men's crown in 58:45, with Florence Brawn, W40, taking home the masters women's title in 1:04:52.

This was the 19th year for this very successful event directed by Oscar Rosales. □

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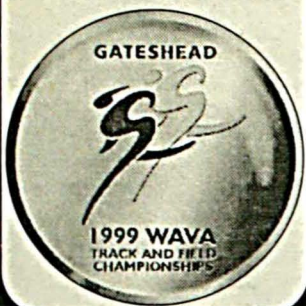


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4 Months to Go



GATESHEAD

1999 WAVA  
TRACK AND FIELD  
CHAMPIONSHIPS

# Countdown to Gateshead

## USA Entry Deadline is April 19

Only four months remain before the start of the XIII WAVA World Veterans Athletics Championships in Gateshead, England, July 29-Aug. 8. Meet organizers predict more than 8000 athletes (men age 40+, women age 35+) from more than 80 nations will participate in the biennial event. There are no qualifying standards, except to be at least the minimum age.

The official entry deadline is April 30, but USA athletes must send their entries to USA Track & Field for approval no later than April 19. Entry and accommodation forms are available directly from Gateshead (see schedule for details), from any of the masters travel agents hosting low-cost tours (see ads in this section); or from USA team manager Sandy Pashkin (see address in adjacent box).

### Sports Facilities

Three stadiums – Gateshead, Monkton and Riverside – will handle the action in the 11-day extravaganza.

All have first-class, state-of-the-art facilities.

The marathon will run over an almost traffic-free course along the banks of the River Tyne, past Europe's largest indoor shopping and leisure complex – the Metro Center. The race will start and finish next to Gateshead International Stadium.

The walks will be held on a flat course, starting and finishing at a venue only 10 minutes from the main stadium.

The cross-country course follows a scenic river route in the shadow of

Lumley Castle.

### Sleeping Facilities

A free shuttle service will operate between hotels and all competition venues for competitors, partners and officials. The Gateshead area has 19,129 beds within a radius of 25K from the main stadium.

### Everyone Welcome

"The Gateshead organizers are doing everything possible to make the championships memorable," said Britain's Ron Bell, WAVA Non-Stadia Vice-President. "I would urge not to worry about the words *World Championships*. No athletes will be disgraced by their performance as there are no qualifying standards. So everyone is good enough whatever their ability."

Visits to Gateshead have recently been made by New Zealand's Jim Blair, WAVA Stadia Vice-President, who reviewed the technical planning with the organizers, and by USA's Charlie Hodgson, who trained the staff in use of the Hy-Tek computer program. Hodgson will also spend the

first four days of the championships helping out.

"The Championships are the world's largest track and field event," Bell said. "There will be new experiences and friendships, camaraderie with athletes from other countries and, of course, competition with athletes from all over the world. We have even received entries from war-torn Lebanon."

### Entry Procedure

For USA athletes, a completed form, together with a copy of birth certificate or passport and copy of 1999 USATF membership card, plus the appropriate entry fees, must be sent to: Sandy Pashkin, USATF Team Manager, 301 Cathedral Parkway, #6U, New York, NY 10026.

The entry will then receive the official USATF stamp and be forwarded to the organizers in Gateshead. Confirmation of entry will be sent directly to each athlete from Gateshead.

Gateshead is continually updating their website: <http://www.gatesheadmbc.gov.uk> □

<b>What:</b>	The XIII WAVA World Veterans Athletics Championships, a track and field event for men over age 40 and women over age 35.
<b>When:</b>	July 29-August 8, 1999.
<b>Where:</b>	Gateshead, England, close to the Scottish border in north-eastern England.
<b>Events:</b>	All common T&F events, plus cross-country, marathon and racewalks.
<b>Entry Form:</b>	Available from the Gateshead organizers, any of the U.S. masters travel agents, or from the U.S. team manager: Sandy Pashkin, 301 Cathedral Pkwy, #6U, New York, NY 10026. 212-666-8603; spashkin@aol.com
<b>Deadline:</b>	April 19, 1999.

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Fax: 541-687-1016 or E-Mail [nem@dnsi.net](mailto:nem@dnsi.net)

## WAVA General Assembly in Gateshead

Concurrent with technical preparations for this year's WAVA World Veterans Athletics Championships in Gateshead, England, are administrative preparations for the General Assembly to be held on Aug. 5. Due to the decision in Durban in 1997, there will be no elections at the General Assembly in Gateshead but the agenda will have all other items for which certain time limits must be observed:

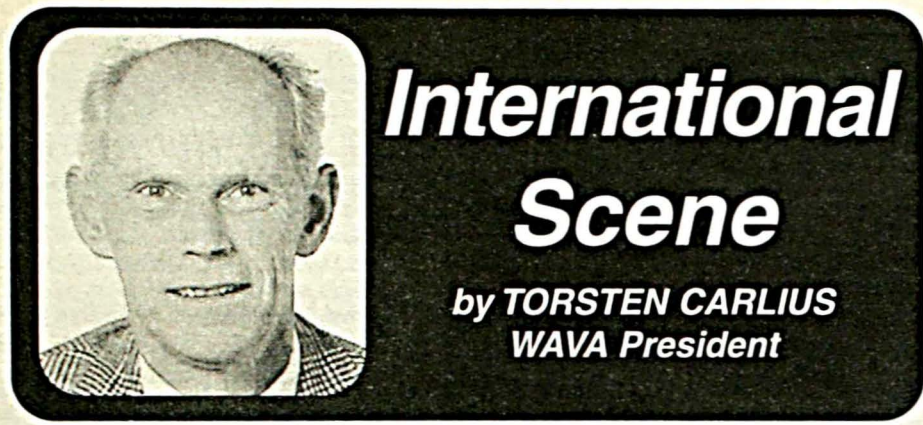
- Assemblies: (1) WAVA General Assembly will be held on Aug. 5; (2) WAVA Women's Assembly will be held on Aug. 2; (3) WAVA open committee meetings will be held on Aug. 2; (4) regional meetings will be held on Aug. 2
- Proposals: Proposals to the General Assembly to amend the WAVA Constitution/By-Laws/Rules of Competition must be in the hands of the Secretary no later than 90 days before the Assembly, which means that the last day to have such proposals on the agenda is May 7. However, WAVA Secretary, Monty Hacker, would be grateful to receive all proposals as soon as possible with regard to his job and all translations. Proposals are to be sent to: WAVA, c/o Monty Hacker, 115 Froome Road Athoi, 2196 Sandton, South Africa or by e-mail: [wavasec@icon.co.za](mailto:wavasec@icon.co.za)

### Bids for Championships

The General Assembly will discuss and vote on the WAVA 2003 Stadia Championships and the 2002 Non-Stadia Championships. All those who want to bid for these championships must contact WAVA no later than 180 days before the General Assembly (either the Secretary, Monty Hacker or the Executive Vice President, Tom Jordan). The address of Tom Jordan is: 2110 Fairmount Blvd., Eugene, OR 97403; e-mail: [tjordan@dnsi.net](mailto:tjordan@dnsi.net) □

–Torsten Carlius, WAVA President





# International Scene

by **TORSTEN CARLIUS**  
WAVA President

## WAVA Best Women Performances in 1998

**I**AAF declared 1998 as the year of the Woman in Athletics and WAVA supported this very readily as a way of acknowledging the many excellent performances by female athletes all around the world. At the WAVA Council meeting in Gateshead last April, the decision was taken to award the best performance in each of the six regions – preferably at the Regional Championships staged during 1998. Unfortunately, this decision came too late for Oceania as they had already held their Championships in January, but the region has considered the whole year and now, in January 1999, made their decision.

When looking at the six awarded women and their performances, one realizes the very high level of our female veterans. I had the opportunity to attend both the Asian and European Championships and was highly impressed by all performances. The juries discussed long to whom to award the trophies and I can only assume that juries in the other four regions had the same hard task. Let the awards be a tribute and appreciation to the performances of those awarded but also to the high level of all our female veterans.

Those awarded the trophies are:

**Africa:** Hella Kuppe, Namibia. Winner at the African Veterans Championships, W55, triple jump, 9.57 m.

**Asia:** Soo Chong Peng, Malaysia. Winner at the Asian Veterans Championships, W35, 100m, 14.53; 400m, 61.34 (new Asian record); 100H, 15.85 (new Asian record); 400H, 64.94 (new Asian record).

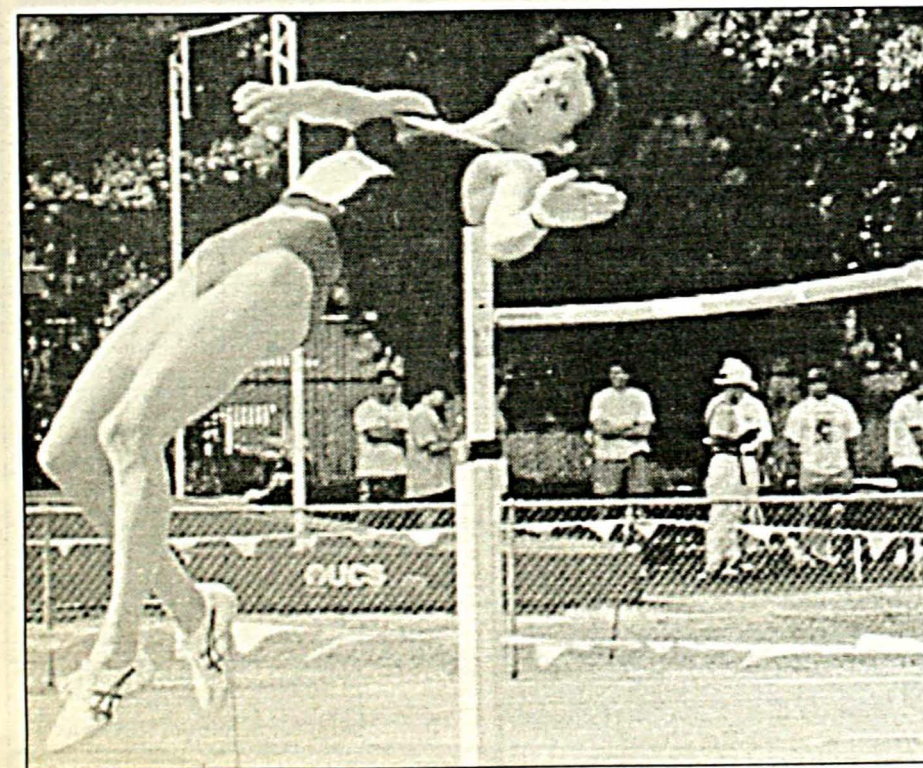
**Europe:** Inge Faldager, Denmark. Winner at the European Veterans Championships, W50, hammer throw, 51.36m (new world record); weight pentathlon, 4.152p (new world record).

**North and Central America & the Caribbean:** Debbie Brill, Canada. Winner at the North and Central American & The Caribbean Championships, W45, high jump, 1.75m.

**Oceania:** Cassandra Kelly, New Zealand. 7th at the Commonwealth Championships, W35, pole vault, 3.90m (new world record).

**South America:** Flavia M. Villar Sepulveda, Chile. Winner at the South American Veterans Championships, W50, 100m, 13.52 (new South American record); 200m, 27.74 (new South American record).

On behalf of WAVA and all Regional Councils, I congratulate all the winners and wish them and all other female athletes the best of luck in future athletic endeavors. □



Debbie Brill, 1998 Year of the Woman in Athletics winner from the North and Central America & The Caribbean Region.



Inge Faldager, of Denmark, 1998 Year of the Woman in Athletics winner from the Europe Region.



Soo Chong Peng, of Malaysia, 1998 Year of the Woman in Athletics winner from the Asia Region.



Flavia M. Villar Sepulveda, of Chile, 1998 Year of the Woman in Athletics winner from the South American Region.

## IAAF Track & Field Meets in Europe

Participants in Gateshead this summer may wish to attend some top open T&F events in Europe prior to or following the WAVA World Veterans Championships:

July 17 (Nice), July 21 (Paris), July 26 (Linz, Austria), July 29 (Barcelona), July 30 (Stockholm), Aug. 4 (Monte Carlo), Aug. 7 (Sheffield, England), Aug. 8 (Cologne), Aug. 11 (Zurich), Sept. 1 (Brussels), Sept. 5 (Rieti, Italy), Sept. 8 (Berlin), Sept. 11 (Munich). □

## Tang-Wing Elected Women's Rep

Monica Tang-Wing of Trinidad and Tobago was elected at the Assembly in Barbados to chair the Women's Committee of WAVA's North American region.

She invites all female readers to write or call her with comments on any issue that affects women participants, and with any suggestions on how to improve women's participation.

Write: Monica Tang-Wing, 21 – 4th Street East, Montague Avenue, Trincity, Tocarigua, Trinidad.

Phone: 1-868-640-0053.

## Report from Britain

by BRIDGET CUSHEN

Four British records were set at the Southern Counties Indoor Championships at Crystal Palace, Jan. 30. Jean Hulls, just into the W60 group, was timed in 11.6 for the 60H. Alf Wood, also into a new age group in M70, vaulted 2.20. The other records were in the shot put: Neil Griffin, M50, 14.82, and Gordon Hickey, M65, 12.26.

At the AAA Championships, Judy Oakes, 40, still a top British international competing against younger rivals, recorded 17.36 in the shot.

Malmö, Sweden, is hosting the

Second European Championships, March 4-7. Entries at closing date reached 900, considerably lower than the inaugural championships in Birmingham in 1997, and fewer than anticipated.

One hundred and five British competitors are traveling to Malmö, including M65 Tony Wells, a favorite in the hurdles, and Nigel Gates, who set an M40 3000 world record some years ago and is currently in top form. He won this year's Sussex County Senior Cross-Country Championships and the British and Irish Veterans International Race last November. □

## XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

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# Masters Scene

## NATIONAL

• **Bob Winn**, M40, in 31:31, and **Kim Rupert**, W40, in 38:29, were the masters firsts in the USATF National Masters 10K Cross-Country Championships, Orlando, FL, Dec. 6. **Matt Yeo**, M40, 31:51, and **Ann Ranglein**, W40, 39:15, were runners-up.

• National Running & Fitness Week, scheduled for May 16-23, will offer races, health fairs, lectures, demonstrations, and other fun and informative activities, provided by recreation centers, hospitals, clubs, large corporations, small businesses, and clinics in hopes of motivating people to start and maintain an exercise program. It is sponsored by the American Medical Athletic Association, American Running & Fitness Association, and the National Recreation & Parks Association. For more information and materials, contact American Running & Fitness Association, 4405 East West Highway, Suite 405, Bethesda, MD 20814. 800-776-ARFA; email: ARFArun@aol.com.

• **George Sheehan's son, Michael**, has released a website dedicated to making available his father's writings on exercise, play, and sport, at [www.GeorgeSheehan.com](http://www.GeorgeSheehan.com). *Running and Being*, George Sheehan's signature book, has been re-issued in a 20th-anniversary edition. Release of some of his audio/video cassettes and out-of-print works is planned. Michael can be reached by e-mail: [mmsheehan@prodigy.net](mailto:mmsheehan@prodigy.net) or by phone: 732-758-1611.

## EAST

• **Chris Fox**, M40, with a 22:54, and **Rebecca Stockdale-Woolley**, W40, in 28:34, outlegged the masters fields in the Manchester Road Race 4.75 Mile, Manchester, CT, Nov. 26.

• **Gillian Horowitz**, 43, was the top masters performer with an 85.5% 61:30, NYRR Hot Chocolate 10 Mile, Central Park, Dec. 5. **Maury Dean**, 55, with an 84.7% 60:55 barely edged **Don DiDonato**, 41, who scored an 84.6% 54:42, for M40+ honors.

• In the USATF-NJ 10 Mile Championships,

Rockaway, Dec. 13, gold medals went to masters **Rick Pingitore**, M40, 55:55, and **Marie Quinn**, W40, 1:08:34. **Lester Ridings**, M70, sped to a 1:22:07 to handily win his division.

• A.U.R.A. (Adams Unified Racing Association) was first (3:44.34) in the Masters Men's 4x400 meter relay on the famed Madison Square Garden 11-lap track for the 92nd running of the annual Chase Millrose Games. Gold-medal winners were **Keith Royster**, **Ron Johnson**, **Jesse Norman** and **Duane Greene**. The coach, **Howard Adams**, asks that the master runners mentor the younger boys/girls and men/women in the club's various programs as a requirement for membership. Central Park Track Club, which was expected to provide keen competition, dropped the baton at the start of the lead-off leg but, nonetheless, managed to finish second in 3:47.05. Garden attendance was 15,800.

## SOUTHWEST

• Grabbing first place at the Sugar Bowl Mardi Gras Marathon, New Orleans, LA, Jan. 30, were masters **Guy Gordon**, 41, 2:52:59, and **Fillis Friedman**, 46, 3:26:14. The half-marathon found **Patrick Hambrick**, 49, 1:18:33, and **Bernadette Samson-Husto**, 42, 1:40:58, at the top of the masters heap. In the accompanying 5K, **Mary**

**Bonetz**, 55, outran the women's masters field in 25:51. **Desmond O'Connor**, 44, claimed the men's title in 17:11.

## WEST

• The Santa Barbara Easter Relays now includes a program of masters events to be held March 20 at Santa Barbara City College. In conjunction with the open and university section of the three-day meet, masters will kick off with the javelin at 11:00 a.m. See T&F-West Schedule for other events and contacts.

• **Lloyd Stephenson**, 44, scampered to the M40+ win with a sixth overall 15:47 over **Doug Bell**, 48, eighth in 15:53, Run To The Far Side 5K, San Francisco, Nov. 28. **Kim Rupert**, 43, was the W40+ winner in 18:52. Masters firsts in the 10K were **Brad Hawthorne**, M40, in 32:40, and **Christine Iwahashi**, W40, in 41:58.

## INTERNATIONAL

• Masters headed for WAVA-Gateshead might consider the BVAF Championships in Edinburgh, July 17-18, for a warm-up meet. Edinburgh, one of the top tourist cities in the U.K., is 100 miles (1:30 minutes by rail) north of Gateshead. Non-British top three will receive medals. Entry deadline is June 19. See T&F-International Schedule.

## MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Tom Craig	Oakland, CA	MD	C-510-633-1161
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat.& Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383	Personal Best Program		LD	C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil McLaughlin
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Bob Schul Racing Team	Dayton, Ohio	MD, LD	C-Rich Davis 937-885-4683 Bob Schul 937-293-7935
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 423-774-0023 coachr880@worldnet.att.net	Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	MC 2 Athletics	Trinity College, Hartford, CT	S, MD, LD	C-Sam McClendon 860-985-1170
LAVAC/SCStriders	UCLA - Sun 8:30 a.m.	S, H, MD	L-George Simon 818-784-0496 or Jackson Steffes	Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076
Mac McCormick	UC Irvine, CA	S, H, F, PV, TH	L-Mac 714-586-9942	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 ricrojas@aol.com www.ricrojasrunning.com
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Desert Valley Rockets Cathedral City, CA		All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091
Stan Whitley	Mt. SAC, Walnut, CA	S	L-909-945-9800 (h)	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
Janet Wilson	Orange County, CA	TH	C-310-598-9063	Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Running Unlimited	Blaine/Bellingham, WA	MD, LD	C-Diane Palmason 360-332-2077 dpalmason@msn.com
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C				
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863				
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120				
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128				
Powerline Sports	YMCA-Central El Paso, TX	MD	C-David Jackson 915-533-3941				
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595				
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242				
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.



# 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

**March 26.** USATF National Masters Indoor Pentathlon Championships (M&W), Boston, Mass. Held in conjunction with the Indoor Championships. See below.

**March 26-28.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, site of the 1997 & '98 Championships. TRACS, Inc., 79 Manet Rd., Chestnut Hill, MA 02467. 617-332-3919; e-mail: tracs@earthlink.net.

**April 10-11.** USATF National Masters Indoor Heptathlon Championships (M&W), Proviso West H.S., Hillside/Chicago. Ray Vandersteen, USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

**June 12.** USATF National Masters Weight Pentathlon Championships, U. of Northern Colorado, Greeley (50 miles n. of Denver). Scott Hall, UNC Head Track Coach, 970-351-1721; fax: 351-2018. Tim Edwards, 6440 Magnolia St., Commerce City, CO 80022. 303-315-9107; email: tedwa851@concentric.net

**July 3-4.** USATF National Masters Decathlon/Heptathlon Championships, Grass Valley, Calif. Richard Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

**August 26-29.** 32nd annual USATF National Masters Championships, Orlando, Fla. Kelly Strong, 407-938-3462; fax: 938-3479. Disney Wide World of Sports, PO Box 692349, Orlando, FL 32869-2349.

**September 18.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**October 20-29.** National Senior Games - Senior Olympics, Orlando, Fla. National Senior Games Association, 445 North Boulevard, Suite 2001, Baton Rouge, LA 70802. 504-379-7337; fax: 379-7343.

### EAST

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

**March 6.** Philadelphia Masters Indoor Development Meet, Haverford College. All events but PV. 9 am. No pre-entry required. Tom Yunker, 610-828-4672(e); Bill Krieger, 215-722-8859(e).

**March 13-14.** World Record Holders Throws Clinic, Hendricken HS, Warwick, R.I. 9-4 pm. Iouri Sedykh (HT) & Tom Petranoff (JT). \$100. Tom Petranoff, 401-823-5803.

**March 14.** 27th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, 168th St. & Fort Washington Ave., Manhattan. 10 am. Haig Bohigian, 225 Hunter Ave., Sleepy Hollow, NY 10591. 914-631-1547 (10 a.m.-8 p.m.).

**April 23-24.** 105th Penn Relays, Philadelphia. 100: M40/M50/M60/M75+/W40+; 4x100 relay: M40+/M50+/W40+; 4x400 relay: M40+/M50+/W40+. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-683-4115; fax: 258-6109; email: felton@princeton.edu. March 31 deadline.

**June 27.** Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

**September 4-5.** Potomac Valley TC Games, Alexandria, Va. PVTC, 3515 Slate Mills Rd., Sperrville, VA 22740. 540-547-4355; corrallo@erols.com

### SOUTHEAST

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

**March 6.** 18th annual Virginia Masters Indoor Championships, Washington & Lee U. Send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667. Download entry/info at <http://madison.wlu.edu/~tuckerj/>

**May 7-9.** 29th annual Southeastern U.S. Masters Meet/USATF Southeast Regional Masters Championships, North Carolina State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

**June 5.** Birmingham TC Classic/Southeast Police & Fireman Championships. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. Email: GESEIF@aol.com. Entry form in April NMN.

**June 6.** Atlanta TC Masters Men's 100xMile Relay. ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

**June 12.** Atlanta TC Masters Meet. See June 6.

**June 26.** Nashville Striders/Nashville TC/Don Brady Memorial Meet, Tenn. Contact Nashville Striders, PO Box 128276, Nashville, TN 37212. 615-331-0111.

### MIDWEST

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

**May 29.** Augustana All-Age-Group Meet, Augustana College, Rock Island, Ill. Frederic Whiteside, Augustana College,

Carver PE Center, Rock Island, IL 61201. 309-794-7524; email: pewhite@augustana.edu.

**June 5.** USATF Illinois Masters State Championships, Wilde Field. USATF Ill. 630-953-2052.

**June 19.** USATF Michigan Open & Masters Championships, Charlevoix HS. Ken & Mary Plude, 3057 Marion Center Rd., Charlevoix, MI 49720. 616-547-4873.

**June 26.** Champaign Masters, Parkland College, Champaign, Ill. Karl Geissler, 217-351-2486.

**July 10.** Libertyville Masters, Libertyville HS, Ill. Craig Dean, 847-367-6347.

**July 17.** USATF Midwest Regional Masters Championships, Millikin U., Decatur, Ill. Don Luy, 217-424-6344.

**July 24.** Byron Masters Meet, Byron HS, Ill.

### MID-AMERICA

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

**May 14-15.** Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-2000; 800-873-0244.

**June 12.** USATF Mid-America Regional Masters Championships, Wichita St. U., Wichita, Kansas. Bill Butterworth, 314 S. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400; Susan Cooper, WSU T&F office, 316-978-3362; fax: 978-3388.

**June 26-27.** Missouri State Senior Games, Columbia. 50+. Out-of-State welcome. Jack Miles, U. of Missouri, 1105 Carrie Franke Dr., Rm 01, Columbia, MO 65211. 573-882-1462.

**September 4-5.** Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055; Tim Edwards, 303-315-9107; Sue Norton, 303-443-2695.

### WEST

Arizona, California, Hawaii, Nevada

**March 13.** KelField Throws Meet #69, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**March 20.** Santa Barbara Easter Relays, Santa Barbara CC. Masters events: JT 11 am/PV 11:15/4x100 1:00/100 2:05/5000 4:10/4x400 4:30/200 tba. All events age-graded with first-place gold medals. Club West: Gordon McClenathen, 805-964-3005, or Beverley Lewis, 805-969-5851; fax: 969-6613; UCSB Meet Director Pete Dolan, 805-893-8276.

**April 10-11.** Phoenix Invitational, Glendale Comm. College, Glendale, Ariz. Bob Flint, 602-949-1991.

**April 11.** John Ward Spring Games, Rancho Santiago College, Santa Ana, Calif. 714-564-6936.

**April 17.** KelField Throws Meet #70, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com.

**May 1.** Arizona Masters Invitational, McClintock HS, Tempe. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991. Clifton McKenzie, meet director, 602-777-8503.

**May 8.** Southern California Striders Meet, Cal State-Long Beach. Jim Selby, 39777 Cathy Dr., Fallbrook, CA 92028. 760-723-2466.

**May 15.** Visalia Classic Masters Meet, Visalia, Calif. Bob Higginbotham, 1026 W.

## ON TAP FOR MARCH TRACK AND FIELD

The month ends with the USATF Masters Indoor Championships returning to the Reggie Lewis Center in Boston on the 26th-28th, with the Indoor Pentathlon Championships contested on the 26th. Tune-up meets are available on the 6th at the Virginia Masters Championships in Lexington, and across the border in Canada at the Ontario Masters Championships; and on the 14th at the East Regional Championships at the Armory T&F Center, NYC. A hammer and javelin clinic is scheduled for the 13th-14th on Rhode Island. Malmo, Sweden, hosts the European Veterans Indoor Championships on the 4th-7th.

**LONG DISTANCE RUNNING**  
The 28th offers two major races: the USATF National Men's 5K Championships, Carlsbad, Calif., and the Shamrock Shuffle 8K, an Indy Life Circuit race, Chicago. Before those, races of interest include the Gate River 15K in Florida on the 6th; the Napa Valley Marathon on the 7th; the L.A. Marathon on the 14th; the Shamrock Masters 8K in Virginia on the 20th; the Fifty-Plus Fitness 8K at Stanford on the 21st; and, on the 27th, the Cooper River Bridge 10K, Charleston, S.C., and the Azalea Trail 10K, Mobile, Ala.

**RACEWALKING**  
The 3000 Indoor Championships will be decided in Boston on the 27th. □

Princeton, Visalia, CA 93277. 209-732-8030.  
**May 30.** Dan Aldrich Memorial Meet, UC Irvine, Calif. Mac McCormick, 949-586-9942.  
**June 5.** Grand Canyon State Games, U. of Arizona, Tucson. GSTG Office, 602-517-9700.

**June 6.** Crown Valley Senior Games, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 626-685-6724. Christel Miller, meet director, 818-242-8484 (until 9 pm).

**June 12.** USATF Southern California Association Championships, Occidental College, Los Angeles. SASE to SCA Championships, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484 (until 9 pm).

**June 12-13.** Masters Mile at Hawaii Youth National Invitational. \$500 to winner. For entries: 800-484-2675, x7946; email: rude.dog@mauigateway.com.

**June 18-20.** Arizona State Championships/Grand Canyon State Games, Arizona St. U., Tempe. Bob Flint, 602-949-1991; GCSG Office, 602-517-9700.

**June 19.** USATF West Regional Championships, UC-San Diego. Ed Oleata, 619-453-4570.

### NORTHWEST

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

**April 24.** SMAC Seattle Spring Fling, West Seattle Stadium. HT/WT/SP/DT/SW. Cash prizes based on age-grading in 3

Continued on next page



Continued from previous page  
groups: M30-59/M60+/W30+. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.  
May 29. Oregon Senior Olympics, Silverton. Amy Castle, Silverton RR, Box 783, Silverton, OR 97381. 503-873-8577(h).

June 5. Seattle Park Dept. Masters Meet, West Seattle Stadium. Patti Petesch, 206-684-7093.

June 11-12. Montana Senior Olympics, Helena. Open to out-of-state. Don Tavolacci, 406-252-2795; Helena Area C of C, 406-422-4120.

June 12-13. Portland Masters Classic, Portland, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

June 19. Inland Northwest Age Group Championships, Pullman, Wash. All ages. Mike Hinz, 509-335-3325; email: mhinz@wsu.edu

June 19-20. Hayward Classic Masters Meet, Eugene, Ore. Geoff Hughes, 1600 Russet Dr., Eugene, OR 97401. 541-484-1275(h); 343-6511(w).

July 10-11. State Games of Oregon, Mt. Hood Community College. Keith Maneval, T&F, Mt. Hood CC, 503-667-7140.

July 16-18. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. 406-254-3923.

July 17-18. USATF Northwest Regional Masters Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave., S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 30-August 1. Wyoming Senior Olympics, Laramie. Open to out-of-state. Paul Harrison, 307-721-5269.

October 2-3. Octoberfest Throws & Weight Pentathlon, Helena, Mont. Manuel White, PO Box 5058, Helena, MT 59604. 406-227-5020.

### CANADA

March 6. Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047. masters@sympatico.ca

June 12-13. Ontario Masters Outdoor Championships, York U., Toronto. Doug Smith, 58 Newmarket Ave., Toronto, Ont. M4C 1V9. 416-699-5818. douglasj.smith@sympatico.ca

### INTERNATIONAL

March 4-7. European Veterans Indoor Championships, Malmo, Sweden.

March 12-15. New Zealand Veterans Championships, Queen Elizabeth 2nd Stadium, Christchurch, New Zealand. Jim Blair, 43 Emslie Rd., Pinchaven, Upper Hutt, New Zealand. Fax: 64-4-528-5250.

March 13-14, 20. New South Wales State Championships, Sydney, Australia. Pent. & 5000 on 20th. Alec Walker, PO Box 3059, Waverley, NSW 2024, Australia.

March 19-21. Western Australia State Championships, Perth. Brian Foley, 8 Habgood, Fremantle, Western Australia 6158.

March 20-21, 27-28. Queensland State Championships, Brisbane, Australia. Pent. & 5000 on 20th/WP on 21st. Judy Cooper, 6 Visser Court, Rochedale, Queensland 4123, Australia.

April 2-4. Russian Veterans Indoor Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6

Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

April 2-5. Australian National Championships, Canberra. Alan Wilson, GPO Box 2356, Canberra, ACT 2601, Australia.

May 15. International Veterans Throwing Cup, Toliatty, Russia. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

July 17-18. British Veterans Championships, Meadowbank Stadium, Edinburgh, Scotland. Ian Steedman, 33 Grange Loan, Edinburgh, Scotland EH9 2ER Tel: 44-131-667-1416.

July 23-25. Russian Veterans Championships, Moscow. Foreign athletes welcome. Vadim Marshev, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7-095-535-3308; fax: 7-095-573-4150.

July 29-August 8. XIII World Veterans Athletics Championships, Gateshead, England. XIII WAVA Championships, PO Box 18, Gateshead NE8 IEA, England.

August 14. Irish Veterans Athletics Association Championships, Tullamore, County Offaly (60 miles west of Dublin). Martin Kelly, 353-1-235-2364; Fax: 353-1-235-2726.

## LONG DISTANCE RUNNING

### NATIONAL

March 28. USATF National Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

March 28. Shamrock Shuffle 8K/Indy Life Circuit Race, Chicago. David Patt, Chicago Area Runners, 203 N. Wabash, #1104, Chicago, IL 60601. 312-666-9836.

April 29-May 1. National RRCA Convention, Spokane, Wash. <http://www.bloomofdayrun.com>

May 1. USATF National Masters Half-Marathon/Indy Life Circuit Race, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632. (3 x points)

June 5. USATF National Masters Women's 5K Championships/Freihofers 5K/Indy Life Circuit Race, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 28. Crim Festival Of Races 10 Mile/Indy Life Circuit Race, Flint, Mich. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 11. Riverfest Run By The River 5K/Indy Life Circuit Race, Clarksville, Tenn. Joe Huber, Events & More, PO Box 3899, Clarksville, TN 37043. 615-647-3855.

October 3. USATF National Masters Championships/Twin Cities Marathon/Indy Life Circuit Race, Minneapolis/St. Paul, Minn. John Carnahan, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778. (1.5 x points)

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.

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

### EAST

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

March 6. NYRRC Brooklyn Half-Marathon. 212-860-4455.

March 14. Warren Street St. Patrick's Day 5 Mile/USATF-Conn. Masters Championships, Fairfield. 203-481-7453.

March 14. Law Enforcement Half-Marathon/USATF-NE Championship, Melrose, Mass. Tony Pallotta, Runners Edge, 401 Main St., Melrose, MA 02176. 781-661-0092; email: runedge@aol.com

March 14. City of Allentown/Rodale Press Half-Marathon. 3-Person Relay, 5M & 5K. Masters money. 9 am. LVRR, PO Box 592, Allentown, PA 18105-0592. 610-433-9362.

March 21. New Bedford Half-Marathon, New Bedford, Mass. NBHM, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068; email: nbhalf@aol.com

March 21. LIRRC Marathon Tune-Up 10 Mile, East Meadow, N.Y. 516-569-4959.

March 28. LIRRC Marathon Tune-Up 20K, East Meadow, N.Y. 516-569-4959.

April 11. Cherry Blossom 10 Mile, Washington, D.C. SASE to Cherry Blossom, PO Box 5366, Rockville, MD 20848. Email: entries@cherryblossom.org.

April 19. 103rd Boston Marathon. SASE to Boston AA, The Starting Line/One Ash St., Hopkinton, MA 01748-1897. <http://www.bostonmarathon.org>

April 24. NYRRC Twosome 10K & 2 Mile, Central Park. 212-860-4455.

May 2. Broad Street 10 Mile Run, Philadelphia. Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 2. Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866.

May 2. Long Island Marathon, East Meadow. SASE to Marathon, Sports Unit Eisenhower Park, East Meadow, NY 11554. 516-572-0248/0249.

May 6. Healthy Heart 5K/USATF NJ Masters Championships, Morristown, N.J. Masters purse money based on WAVA age-grading - NJ only. Madeline Bost, PO Box 458, Ironia, NJ 07845. 973-584-9302.

May 22. Bedford, N.H., Rotary Club 12K/USATF-NE Championships. Bill Gere, 17 Patten Rd., Bedford, NH 03110-6122. 603-669-1329.

May 22. AVON Global Women's Championship - Mini Marathon 10K & 5K, Manhattan, NYC. NYRRC, 212-860-4455.

May 23. Defenders 10 Mile, Washington, D.C. Capital Running Company, 301-871-0005.

May 30. Vermont City Marathon, Burlington. SASE to VCM, PO Box 152, Burlington, VT 05402-0152. 800-880-8149.

June 12. Market Square Day 10K/USATF-NE Championships, Portsmouth, N.H. Kent LaPage, 236 Union St., Portsmouth, NH 03801. 603-431-5388.

### SOUTHEAST

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

March 6. Gate River Run. 15K/USATF Open Championships, Jacksonville. 1st

Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 33601. 904-739-1917.

March 20. Shamrock Sportsfest Marathon, Masters 8K, Open 8K, and 5K Racewalk, Virginia Beach, Va. SASE to Shamrock Sportfest, 2308 Maple St., Virginia Beach, VA 23451.

March 20. Spring Fever Chase 10K, Fairhope, Ala. Miriam Bailey, 334-621-3615; Sherry Sullivan, 334-990-1598.

March 27. Cooper River Bridge 10K & 10K RW, Charleston. MUSC Harper Student Center, 45 Courtenay Dr., Charleston, SC 29401. 803-792-0345.

March 27. Ford's Colony 8K Run For Shelter, Williamsburg, Va. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 757-229-7375; email: rickplatt@juno.com

March 27. Azalea Trail Run 10K, Mobile. SASE to Azalea 10K, PO Box 6427, Mobile, AL 36660.

March 28. Haven Of Youth 10K, Naples, Fla. Masters money. HOY 10K, PO Box 712, Naples, FL 34106.

April 3. Fort Eustis 10K, Fort Eustis, Va. Peninsula TC hotline: 757-868-3975.

April 10. Charlotte Observer Marathon & 10K. Don King, PO Box 30294, Charlotte, NC 28230. 704-358-5425.

May 1. Race For The Cure, Daytona Beach, Fla. Donna Hiatt, Race Director, 904-255-1279, email: donna@totcon.com

May 31. Cotton Row 10K, Huntsville, Ala. Masters money. WZYP Cotton Row, 94 Scenic Dr., Huntsville, AL 35801.

July 4. Peachtree 10K, Atlanta. SASE (before March 1) to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17.

### MIDWEST

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

April 24. Kentucky Derby Festival Mini-Marathon, Louisville. Kentucky Derby Festival, 1001 S. Third St., Louisville, KY 40203. 1-800-928-FEST.

April 25. OSF Heritage Run 10K, Rockford, Ill. Masters prize money. Gerrie Gustafson, OSF Saint Anthony Medical Center, 5666 E. State St., Rockford IL 61108. 815-395-5342.

May 2. Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826.

May 9. Cincinnati Flying Pig Marathon. CFP, 644 Lynn St., Suite 835, Cincinnati, OH 45203. 513-721-7447.

May 30. Madison Marathon, 5K, & 10K. MM, 10 Birchwood Circle, Madison, WI 53704. 608-256-9922.

### MID-AMERICA

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

April 17. 30th annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, and 5K RW, Brookings, S. Dak. Brenda Algood, 46731 210th St., Brookings, SD 57006-6214. 605-692-6294, or Kurt Osborne, 605-696-2479; fax: 696-2330.

April 23. Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

April 24. Get In Gear 10K/USATF Minnesota Championships, St. Paul. SASE to Get In Gear, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004.

May 2. Lincoln Marathon & Half-

Continued on next page



Continued from previous page  
 Marathon. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.  
**May 30.** Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Half-Marathon, Cheyenne. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.  
**June 19.** Grandma's Marathon, Duluth. Marathon, PO Box 16234, Duluth, MN 55816, 218-727-0947. email: grandmas@grandmasmarathon.com

**SOUTHWEST**  
 Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**April 3.** Whirlwind 5K Run/Walk, Tishomingo, Okla. Followed by racewalking clinic. Jim Kennedy, 1210 E. Main, Tishomingo, OK 73460. 580-371-2371, x207; email: jkennedy@msc.cc.ok.us  
**April 11.** Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-445-3598.

**WEST**  
 Arizona, California, Hawaii, Nevada

**March 7.** Napa Valley Marathon, Napa, Calif. NVM, PO Box 4307, Napa, CA 94558-0430. 707-225-2906; fax: 257-6515.  
**March 14.** Los Angeles Marathon. LAM, 11110 W. Ohio Ave., #100, Los Angeles, CA 90025-3329. 310-444-5544.

**March 21.** Fifty-Plus Fitness Paul Spangler Memorial 8K, Stanford U., Palo Alto, Calif. M&W50+/Open 8K. 50+ Fitness Association, Box D, Stanford, CA 94309. 650-323-6160; fax: 323-6119; email: fitness@ix.netcom.com; http://www.50plus.org

**April 3.** Ullis C. Williams 5K & 10K, Compton Community College, Calif. 8 am. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**April 25.** Big Sur International Marathon. BSM, PO Box 222620, Carmel, CA 93922-2620. 831-625-6226.

**May 2.** Avenue Of The Giants Marathon & 10K, Weott, Calif. SASE to R.G., 281 Hidden Valley Rd., Bayside, CA 95524.

**May 8.** Southern California Hillsea (7.57 miles), Huntington Beach, Calif. Overall winner chosen by age/sex time scoring system. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**May 23.** Rock 'n' Roll Marathon, San Diego, Calif. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 619-450-6510; fax: 450-6905.

**May 30.** Strawberry Stampede 10K & 5K, Arroyo Grande, Calif. 805-489-4157.

**June 12.** Crown Valley Senior Olympics 10K, Rose Bowl, Pasadena, Calif. 3 pm. Cynthia Vaughn, 626-685-6724; fax: 626-577-4235; email: cpv@pasadenaseniorentr.com. Director: Jim Hanley.

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

**April 10.** Pear Blossom 10 Mile, Medford, Ore. Jerry & Zella Swartsley, PO Box 146, Medford, OR 97501. 541-772-6293(d); 535-1205(e).

**May 2.** Lilac Bloomsday 12K, Spokane. Lilac Bloomsday Assn., PO Box 1511, Spokane, WA 99210. April 13 deadline.

**May 2.** Eugene Legend Half-Marathon & 10K Run & RW, Eugene, Ore. 7:30 am. Hayward Field. Judy Heller, 503-282-1677.

**August 27-28.** Hood To Coast Relay, Mt.

Hood to Seaside, Ore. 12-person/195 miles. Also shorter Portland To Coast Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; email: htcrelay@teleport.com

**CANADA**

**May 8-9.** Ottawa Citizen National Capital Race Weekend. Marathon, Half-Marathon, 10K, 5K, 2K, In-Line Skate 10K & Marathon, Wheelchair events. Ph: 613-234-2221; email: ncm@storm.ca; web: www.ncm.ca

**INTERNATIONAL**

**April 3.** Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; email: twoceans@iafrica.com

**May 2.** BVAF Half-Marathon Championships. Peter Foglie, Exeter Harriers, Ironbridge Runner, 10 Lower North St., Exeter, Devon EX4 3ET, England.

**May 22.** BVAF Road Relays, Sutton Park, Irene Nichols, MVAC, Rainbow Cottage, 15 Meadow Ln., Alvechurch, Worcs. B48 7LH, England.

**RACEWALKING**

**March 20.** National Invitational Racewalks, Centreville, Va. M&W20K & 5K (open & 3-person relay), Potomac Valley TC, Sharon Good, NIR, 12521 Eastbourne Dr., Silver Spring, MD 20904. Bob Briggs, 703-913-6335; email: inhousebob@worldnet.att.net.

**March 27.** USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See T&F schedule.

**May 23.** USATF National Masters 15K RW Championships, Diane Graham-Henry, 442 W. Beldon, Chicago, IL 60614. 773-327-4493.

**May 28-30.** 11th American Walking Association Colorado Walkers Camp, Louisville. Open to all ages & abilities. Viisha Sedlak, AWA, PO Box 20491, Boulder, CO 80308-3491. 303-938-9531; fax: 938-9536.

**May 30.** BVAF 50K Racewalk Championships/Bradford 50K. John Paddick, Bradford Walking Club, 160 W. Dyke Rd., Redcar, Yorks, T910 1JN England.

**June 6.** Crown Valley Senior Olympics Racewalks, Occidental College, Los Angeles. 800 (unjudged), 1500 & 5000 (judged). See T&F Schedule, West.

**August 27.** USATF National Masters 5000 (track) RW Championships, Orlando, Fla.

**August 29.** USATF National Masters Men's 20K & Women's 10K RW Championships, Orlando, Fla.

**September 19.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 25.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406.

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

**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.

# The Southeastern U.S. Masters, Inc.

## Proudly Presents

### Our 29th Annual

# Masters Track and Field Meet

## May 7, 8 & 9, 1999

NC USA T&F Sanctioned



Featuring



### USATF Southeast Regional Masters Track & Field Championships

at

## NORTH CAROLINA STATE UNIVERSITY

# RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring men's and women's pentathlon, a weight pentathlon, 5K & 20K racewalks, team relays and all regular track & field events at the NC State University Campus. A "Throws" clinic with Jeff Gorsky will be held on Friday at 6:45 pm and a Racewalking clinic will be held following completion of the last 5K racewalk section on the NCSU Track. In case of inclement weather, the clinic will move indoors to the Brownstone Hotel at 7 pm.

**OPERATED BY:** Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602. Contact Dale Smith (919)831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern time.

**AGE DIVISIONS:** Based upon age on the first day of competition, all events will have a 20 to 29 age group and 5-year age groups for 30 and older.

**ENTRY FEE:** \$13 includes first event in track, field or road event, and final results booklet. \$6 for each additional event. Relay entries are \$16 per team (enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. NO REFUNDS AFTER MAY 1, 1999.

**SANCTION & USATF REGISTRATION:** This meet is sanctioned and certified by USATF, and USATF registration is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have USATF cards which will be available at the meet for \$12 to N.C. residents and \$15 if you are an out-of-state resident.

**AWARDS:** Southeastern USATF championship medals will be awarded to first 3 places and one patch per individual champion in age groups 30 and older. Distinctive, large medallions will be awarded to the first 3 places for age group 20-29 and relays. Several special individual awards will be presented at the banquet.

**LATE ENTRIES:** Additional \$3 late fee required for each event if postmarked after April 23, or if received after April 26, 1999. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 pm EDT, Tuesday, MAY 4, 1999. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half-hour before race time.

**RUNNING SURFACE:** Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20K racewalk.

**PACKET PICKUP:** All participants must pick up their packets prior to reporting to the first event.  
 FRIDAY 11:30 am to 8:30 pm at track.  
 SATURDAY 6:15 am to 4:00 pm at track.  
 SUNDAY 6:00 am to 6:30 am starting line.

Numbers must be worn on front (and on back) in all events 3000m or longer.

**EVENTS FOR WOMEN:** All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.

DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Photo Copy If Needed)

Name: Last First Init. Sex Age Birth Date  
 \_\_\_\_\_

Street City State Zip Code  
 \_\_\_\_\_

USATF Registration No. Daytime Telephone  
 \_\_\_\_\_

Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets @ \$17.00 each (include payment with Total)  Total Amount Enclosed \_\_\_\_\_

Number of T-shirts @ \$9.00  Make check or M.O. for U.S. dollars payable to: Southeastern Masters, Inc.

Mens sizes: S, M, L, XL List sizes ordered:  Where did you hear about our meet? \_\_\_\_\_

Where did you get your entry form? \_\_\_\_\_

Athletic Release: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of any participation in or traveling to or from the said races to be held on May 7, 8 & 9, 1999, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

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



# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M35-39</b>				
David Olson	HJ	1.90	7-31-98	
<b>M45-49</b>				
William McMullen	Mile	4:55.1	3-28-98	
	1500	4:31.7	6-25-98	
<b>M50-54</b>				
Tim Edwards	DT	45.00	7-31-98	
	WP	3925	8-9-98	
	HT	50.50	8-9-98	
	WT	15.48	8-29-98	
	SW	10.25	8-29-98	
Warren Gillette	LJ	5.60	6-6-98	
Glen Johnson	SP	14.10	8-7, 10-97	
	DT	48.44	8-7, 10-97	

<b>M55-59</b>				
Allen McDaniel	400	1:00.95	3-29-98	
	800	2:20.49	3-29-98	
Byron Melendy	10K	37:53	2-21-98	
	5K	18:16.72	6-13-98	
	1500	4:59.03	6-14-98	
<b>M60-64</b>				
Wayne Bennett	100	12.48	5-2-98	
	100	12.60	5-23-98	
	200	26.2	5-23-98	
	400	1:02.34	3-29-98	
David Galligant	800	2:29.86	1-24-99	
	Mile	5:50.7	1-16-99	
Don Truex	10K	40:04.14	7-18,19-98	

<b>M70-74</b>				
Phil O'Connell	200	31.15	1-16-99	
<b>M80-84</b>				
Charlie Irwin	HJ	3-6	7-25-98	
	LJ	8-11.5	7-25-98	
	TJ	21-9	7-25-98	
	DT	77-7	7-25-98	
<b>W75-79</b>				
Mary Holland	100	18.5	11-19, 22-98	
	200	39.92	11-19, 22-98	
	LJ	3.18	11-19, 22-98	

The All-American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All-American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data. All-American Standards Committee

### U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-3/4	5-9/16	5-6	5-3	4-11/16	4-9	4-6	4-1/4	3-9/16	3-3/4	2-7/8
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5/16	13-5/16	12-11/16	12-1/8	11-7/16	10-0	8-10/16	8-4/16	7-6/16	6-6/16	5-10/16	4-3/16
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-7/16	19-2/16	18-4/16	17-8/16	16-1	14-9/16	13-9/16	12-5/16	10-11/16	9-4/16	7-2/16
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.95	6.50	5.94	5.51
	43-3/16	41-4/16	37-8/16	35-5/16	34-1/16	31-2	29-2/16	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.82	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8/16	36-1/16	29-6	26-3	19-8/16
Javelin	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2/16	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/16	56-0
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/2	45-11/16	42-8	39-4/16	32-9/16	29-6/16			19-8/16	16-5	13-1/16	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9/16
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6/16	27-10/16	26-5	19-8/16	16-5	14-9	13-1/16	11-5/16	9-10	8-2/16	6-6/16
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 60+: 600g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt.Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

### U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5/16	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10/16	7-10/16	6-7	5-10/16	4-11	3-11/16	3-7/16	3-3/16	2-11/16	2-7/16	2-3/16
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1/16	10-6	10-2	8-6/16	7-6/16	6-10/16	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4/16	19-8/16	18-1/16	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9/16	30-7	27-11	27-8/16	26-3	25-6	24-7/16	21-8	19-8/16	17-1/16	14-1/16
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5/16	72-8	65-7/16	55-9/16	52-6	49-2/16	39-4/16
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3/16	69-0	59-1/16	52-6	45-0	42-8	36-1/16
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5/16	72-2/16	68-0	59-1/16	46-0	39-4/16	39-6/16
20#Wt.	10.00	9.00	8.00	7.01							
	32-9/16	29-6/16	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8/16	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00							



# TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

**NOTICE:** The National Masters News will no longer process results that are submitted handwritten.

## EAST

### Syracuse Chargers Meet Syracuse, NY; Dec. 20

<b>55m</b>	
M30 Mario Russo	6.5
M40 Joe Natlie	7.3
M45 Bill Mathis	7.0
M50 Ben Kennedy	9.0
M55 Paul Stelmazyk	7.6
M60 Tom Fondy	8.0
M70 Bill Townsend	9.0
W30 Angela Scott	8.1
<b>200m</b>	
M30 Mario Russo	22.9
M40 Joe Natali	26.2
M45 Dan Swanson	26.1
M50 Bob Davis	27.9
M55 Paul Stelmazyk	27.3
M60 Tom Fondy	28.2
W30 Angela Scott	29.2
<b>800m</b>	
M30 Mario Russo	2:09.2
M35 Steve Sleight	2:24.6
M40 David Katz	2:27.2
M45 Ken Florence	2:26.9
M50 Bill Camperlino	2:36.9
M60 Tom Fondy	2:44.4
M65 Fred Schlereth	2:40.7
W30 Claudio Malcolm	2:49.3
W40 Irene Thompson	2:39.7
<b>Mile</b>	
M30 Dave Patruno	4:56.2
M35 Bill Street	5:45.9
M40 Gary Burak	5:26.8
M45 Tim McMullen	4:31.1
M50 Bob Davis	5:44.8
M55 Dom Rappazzo	5:51.9
M65 Ed Stabler	6:33.5
M75 Nate White	8:15.7
W30 Jill Vollweiler	5:22.6
W35 Leatha Damron	5:32.8
W40 M Dockwiler	6:48.5
<b>Short Hurdles</b>	
M30 Mario Russo	7.6
M70 Bill Townsend	11.3
<b>Pole Vault</b>	
M40 Peter McGinnis	12-6
M50 Bill Camperlino	6
<b>Long Jump</b>	
M35 Eric Lauber	16-3.75
M45 Jim Kelly	15
M50 Bob Kennedy	12-7.25
<b>Shot Put</b>	
M35 Gary Klein	39-2.50
M40 Mark Driscoll	23-4.50
M50 Jim Alexander	27-1
M55 Gary Crawford	32-2
M60 Chuck Yost	34-10.50
<b>Weight Throw</b>	
M40 Mark Driscoll	19-11
M45 Pat Lynn	33-7
M50 Jim Alexander	22-6
M55 Gary Crawford	26-3
W55 Karen Wright	13-4
<b>MAC Chase Christmas Festival Armory T&amp;F Center Manhattan, NY; Dec. 27</b>	
<b>60m</b>	
M40 Vance Jordan	7.73
M45 Ivan Black	7.80
M50 Dennis Newton	7.81
M55 Gene Ballard	7.86
David Rosenthal	10.20
M65 Jim Stookey	7.87
M70 Manny Herscher	10.46
M75 Lester Wright Sr.	9.76
W35 B Parrish-Hakim	9.20
W50 Skipper Clark	9.00
Mary Trotto	11.30
W60 Audrey Lavy	9.50
<b>200m</b>	
M35 William Vaughn Jr	25.79
Patrick Smith	26.10
Trovato Luga	27.01
M40 Val Barnwell	23.46

Vance Jordan	24.75
Tony Williams	25.22
M45 Thomas Jones	24.28
Jesse Norman	24.45
Edward Genera	24.59
M50 Ron Johnson	25.21
Doug Hawkland	29.90
M55 Rich Jones	26.78
David Rosenthal	34.56
M60 Bob Dobbs	27.15
Richard Rizzo	27.66
M70 Manny Herscher	34.49
M75 Lester Wright Sr	32.75
W30 Dawn Best	30.25
W35 B Parrish-Hakim	31.95
W40 L Clark-Feaster	29.00
W50 Mary Trotto	38.02
<b>600m</b>	
M35 Larry Glazer	1:32.56
William Vaughn Jr	1:39.96
M40 Richard Stewart	1:32.70
Keith Royster	1:32.84
M45 Bob Pertak	1:41.61
Thomas Jones	1:42.73
M50 Victor Diaz	1:40.10
Kevin Smith	1:41.50
M60 Joe Cordero	1:46.55
Jim Aneshansley	1:52.21
W30 Dawn Best	1:50.09
W35 Caryl Senn	1:50.77
W40 Stephanie Vega	1:43.77
Susan Hill	1:51.88
W45 Mary Rosado	2:05.63
W50 Mary Trotto	2:22.23
<b>1500m</b>	
M35 Larry Glazer	4:21.47
Doug Miller	4:26.01
M40 Anthony Watson	4:36.93
Seth Okrend	5:13.05
M45 Thomas Hartshorne	4:21.89
M50 Rich Meyers	4:26.41
Doug Hawkland	5:20.42
W45 Mary Rosado	6:05.59
<b>3000m</b>	
M30 Jud Santos	10:02.91
M50 Hugh Sweeney	9:55.16
M60 Joe Cordero	11:19.27
W50 Mary Trotto	14:35.86
<b>60m Hurdles</b>	
M50 Bill Walsh	10.72
M65 Jim Stookey	10.74
M70 Manny Herscher	12.12
<b>High Jump</b>	
M30 Kevin Ruff	1.62
M40 Vance Jordan	1.52
Rob Doran	1.37
M45 Ivan Black	1.42
M50 Bill Walsh	1.37
Bill Gainey	1.22
M55 Jerry Counihan	1.52
M60 Norm Cyprus	1.27
M65 Jim Stookey	1.32
W25 Caryl Senn	1.42
Edna Crawley	1.27
W50 Mary Trotto	0.82
<b>Pole Vault</b>	
M40 Don Severn	3.81
Rob Doran	2.90
M45 Joe McMahon	2.44
M50 Bill Walsh	2.59
M60 Norm Cyprus	2.74
<b>Long Jump</b>	
M40 Vance Jordan	5.70
M45 Ivan Black	4.69
M50 Bill Walsh	4.69
Doug Hawkland	4.30
M55 David Rosenthal	2.90
M65 Jim Stookey	4.46
W30 Dawn Best	3.85
W50 Mary Trotto	2.45
W60 Audrey Lavy	3.51
<b>Triple Jump</b>	
M40 Vance Jordan	11.62
M45 Ivan Black	10.32
M50 Bill Walsh	9.92
Doug Hawkland	9.12
M65 Jim Stookey	8.58
W35 Edna Crawley	7.74
W60 Audrey Lavy	8.06
<b>Shot Put</b>	
M40 Vance Jordan	8.17
M45 Dennis Hansen	12.67
Ivan Black	6.75
M50 Bill Gainey	11.49
Bill Walsh	11.19
M55 August Kauffmann	11.52
Edward Fox	10.93
W50 Skipper Clark	9.09
Mary Trotto	6.30
W60 Audrey Lavy	8.08
W65 Mary Stookey	4.35
<b>1500m RW</b>	
M65 Robert Barrett	7:55.50
W65 Mary Stookey	11:21.70

<b>Dartmouth Relays Hanover, NH; Jan. 9-11</b>	
<b>55m</b>	
M30 Andrew Gamble	7.26
M40 Ken Castro	7.62
Richard Clark	7.77
M45 Pershing Reid	7.27
Horace Hudson	7.58
Tom Cunningham	7.69
John Oleski	7.93
M50 Roger Pierce	7.32
Dennis Newton	7.35
Robert Davis	7.40
Richard Sealey	7.55
M55 Paul Gansle	7.69
Douglas Geertgens	7.89
Edwin Taft	7.91
Georg Schweizer	8.27
M60 Bill Wright	7.63
Dick Camp	7.90
Joe Hemler	8.19
Dillon Maier	8.90
M65 Bob Keegan	7.73
James Stookey	7.91
Ross Mitchell	8.06
M70 Frank Brako	8.72
Steven Hull	12.15
M75 Angelo Oliver	10.23
Very Mattson	13.44
<b>M90+Roosevelt Weaver</b>	
W35 Penny Richardson	9.18
W50 Marlene Sachs	8.86
W60 Audrey Lavy	9.05
W70 Pat Peterson	10.08
<b>200m</b>	
M30 Andrew Gamble	25.83
M35 Rocco Serafini	24.57
M40 Roy Currie	26.21
M45 Francis Schiro	25.38
Tom Cunningham	25.56
Horace Hudson	26.06
Pershing Reid	26.46
M50 Roger Pierce	25.26
Warren Graff	26.95
Richard Sealey	27.05
Dick Brady	27.47
M55 Edwin Taft	28.59
Douglas Geertgens	29.49
Richard Caffrey	32.12
M60 Bill Wright	27.86
Richard Croak	29.65
Dave Hanlon	34.41
H Oldham Brooks	35.87
W65 James Stookey	27.92
Ross Mitchell	30.08
John Schreiber	32.23
William Hufnagel	32.38
W70 Frank Brako	33.27
M30 Sherri Garbowski	28.87
M J O'Connor	31.74
Annie Serafini	32.66
W50 Elizabeth Riordan	32.31
Susan Cacciuoti	44.63
W55 Sheila McKenna	39.33
W60 Audrey Lavy	35.89
W65 Joan Burgess	38.99
W70 Pat Peterson	38.39
Bobby Mosenthal	49.61
<b>400m</b>	
M35 Rocco Serafini	53.12
Gino Caro	1:01.19
M40 Rick Smith	54.41
Roy Currie	56.86
Gregory Hanson	1:02.31
M45 Francis Schiro	54.99
Horace Hudson	56.31
Tom Cunningham	56.32
M50 Roger Pierce	57.17
Warren Graff	1:00.93
Bruce Nunziata	1:07.00
M55 Bob Chinchillo	1:05.26
Richard Caffrey	1:10.17
M60 C Rush	1:05.03
Richard Croak	1:05.93
Phil Schaffer	1:19.02
John Hurley	1:24.64
M65 Jack Nyhan	1:18.93
Bill Bergen	1:19.11
M80 Bob Matteson	1:32.68
W35 Arlene DiLorenzo	1:05.56
Jennifer Frost	1:09.45
W40 Carol Pepin	1:26.32
W50 Elizabeth Riordan	1:10.28
AR (Linda Upton/1:12.85/1994)	

W55 Sheila McKenna	1:30.32
W60 Audrey Lavy	1:25.78
<b>800m</b>	
M30 Jon Ellis	2:05.17
Norm Bouthillier	2:06.45
Bruce Davis	2:10.89
Warren MacPhail	2:16.79
M35 Art O'Brien	2:10.56
Ted Carey	2:16.36
David Sullivan	2:16.67
M40 Steve Beckwith	2:09.18
George Frost	2:11.00
Chris Armen	2:14.65
Bob Hodge	2:16.98
M45 Duane Green	2:12.57
Michael Sargent	2:16.20
Stephen Viegas	2:21.66
Horace Hudson	2:26.70
M50 Alan Taylor	2:16.38
Robert Weiner	2:30.36
Larry Smith	2:32.85
M Boermeester	2:45.62
M55 Kenneth Skinner	2:34.48
David Galligani	2:35.13
Fred Bertelsen	2:51.09
M60 Christopher Rush	2:35.71
M80 Bob Matteson	3:58.19
W35 Catherine Logan	2:49.66
Vanessa Wilson	2:59.67
W55 Sheila McKenna	3:39.44
<b>1500m</b>	
M30 Rodney Furr	4:15.08
Bruce Davie	4:23.25
Chris Misavage	5:17.73
M35 Arthur Demers	4:24.64
M40 Allen Muir	4:15.89
Bob Hodge	4:25.56
Richard Clark	4:45.67
M45 Bob Gillon	4:36.08
Randy Waterman	4:56.26
Richard Danahy	6:15.35
M50 Robert Weiner	5:01.66
Donny Wilcox	5:04.41
Joseph Burleson	5:17.16
Denis Rydjeski	5:31.93
M55 Kenneth Skinner	5:07.92
M60 Bill Spencer	5:24.73
Bruce Marxh	5:32.96
Dillon Maier	5:45.08
Charles Hudson	6:32.57
M70 Kenneth Folsom	6:57.95
W30 M J O'Connor	5:44.92
W35 Jennifer Frost	5:24.29
Catherine Logan	5:38.85
W40 Carol Pepin	6:28.67
<b>3000m</b>	
M30 Rodney Furr	9:08.77
Norm Bouthillier	9:35.18
Rob Dumo	10:11.95
M35 Craig Fram	8:54.34
Todd Sinclair	9:27.90
Arthur Demers	9:40.07
Chip Lkangmaid	9:51.86
M45 Bob Gillon	10:03.75
M50 Rich Murray	10:04.44
Joseph Burleson	12:12.14
M55 T Simpson	12:35.23
Kenneth Skinner	12:04.59
M60 Bill Spencer	11:24.33
John Hurley	13:50.22
M70 Kenneth Folsom	14:35.32
M90 John Cederholm	11:14.49
W50 Betsy Eldridge	14:46.96
<b>5000m</b>	
M30 Adam Herder	17:58.01
Ed Colasacco	18:38.77
Dick Ciolino	10:15.54
M35 Chip Langmaid	17:46.77
M45 Scott Mosenthal	17:32.08
Dan Logan	18:10.84
M50 Robert Weiner	20:54.03
<b>Short Hurdles</b>	
M45 William Sikorsky	9.58
M50 Bill Walsh	10.41
M55 Phil Byrne	12.23
M65 James Stookey	9.73
John Schreiber	10.75
M70 Bill Townsend	11.04
W30 Sherri Garbowski	9.49
W35 Penny Richardson	12.07
W50 Marlene Sachs	10.54
<b>4x200m Relay</b>	
M45 Team Xmen	1:51.39
Boston RC	2:03.29

M50 U*nattached	1:49.84
<b>High Jump</b>	
M35 Joseph Patrone	1.90
Gary Preece	1.70
Ambrose Courteau	1.60
M45 John Fortin	1.45
Steve Dowling	1.40
M50 Alan Taylor	1.50
Michael Zahner	1.25
M55 Paul Gansle	1.50
Carl Wallin	1.40
Douglas Geertgens	1.25
M60 Dillon Maier	1.15
John Hurley	1.10
M65 William Hufnagel	1.20
M70 Frank Brako	1.25
M75 Edwin Lukens	1.25
W50 Marlene Sachs	1.30
W65 Joan Burgess	1.00
<b>Pole Vault</b>	
M30 Adam Harder	3.50
M45 John Hoogasian	3.50
James Pedley	3.04
M50 Dick Brady	3.20
Michael Zahner	2.74
Bill Walsh	2.59
M55 Jeff Tindall	3.35
Buster Byrnes	2.14
<b>Long Jump</b>	
M30 Andrew Gamble	4.96
M45 John Oleski	5.18
John Hoogasian	4.65
William Sikorsky	4.54
M50 Bill Walsh	4.83
Gary Snyder	4.28
M55 Douglas Geertgens	4.90
Georg Schweizer	3.70
Buster Byrnes	2.56
M60 Dillon Maier	4.12
M65 James Stookey	4.72
M70 Frank Brako	4.05
Bill Townsend	3.69
M75 Edwin Lukens	4.29
Vern Mattson	2.09
W30 Sherri Garbowski	4.37
W50 Marlene Sachs	3.81
W55 Susanne Magrogan	2.35
W60 Audrey Lavy	3.43
<b>Triple Jump</b>	
M45 John Oleski	9.96
John Hoogasian	8.96
M50 Bill Walsh	9.95
M55 Douglas Geertgens	9.05
Buster Byrnes	4.10
M60 John Hurley	5.06
M65 James Stookey	9.96
M70 Frank Brako	7.56
Bill Townsend	7.50
M75 Edwin Lukens	9.22
W55 Susanne Magrogan	5.57
W60 Audrey Lavy	7.35
<b>Shot Put</b>	
M30 Jim Driscoll	12.48
M40 Bob Otrando	15.32
W30 Maureen Fallon	11.40
W50 Marlene Sachs	9.22
Patricia Fogg	8.70
W55 Susanne Magrogan	5.60
W60 Marcia Crooks	6.82
<b>Weight Throw</b>	
M40 Don Filsins	13.32
M45 Carl Reichard	13.63
Ed Clark	11.22
M50 Al Neville	10.46
Bill Walsh	9.82
J Bookin-Weiner	9.70
M55 Bob Cahners	11.28
Ed Rowan	9.53
Buster Byrnes	5.57
W50 Patricia Fogg	5.02
W55 Susanne Magrogan	5.95
W60 Marcia Cvrooks	6.72
<b>1500m RW</b>	
W50 Betsy Eldridge	8:50.72
W65 M A Stookey	11:43.36
<b>3000m RW</b>	
M40 Steve Vaitones	14:45.65
M45 Fred Anderson	19:10.40
M50 Denis Ryjeski	21:47.70
M60 Oldham Brooks	19:58.67

<b>MAC Indoor Meet Armory T&amp;F Center Manhattan, NY; Jan. 10</b>	
<b>55m</b>	
M30 Will Holland	7.03
M35 Alex Rivera	7.27
Tyrone Jackson	7.44
M40 Val Barnwell	6.83
John Brooks	6.98
M45 David Gritz	7.61
Rob Jackson	7.72
M50 Bob Davis	7.39
Mike Milove	7.93
M55 Rich Jones	7.74
M60 Bob Dobbs	7.75
Richard Rizzo	7.82
M65 John Darrell	9.17
M75 Lester Wright Jr.	9.08
W50 Skipper Clark	



Continued from previous page

Women's Mile
1 Naoko Ishibe 30 5:15
2 Susan Rizzieri 32 5:53
5 Joyce Adams 45 6:04
6 Sarah Buckheit 38 6:04
8 Verna Van Wert 36 6:07
9 Jennifer Lazio 30 6:11
17 Julie Trapp 54 7:23
18 Tami Graf 62 7:26
3000m
M40 Ed Sheehan 9:49
Ed Grant 11:02
M45 Paul Ryan 10:20
J J Wind 10:59
M50 Eric Gyaki 11:16
Richard Weston 12:21
M60 Joe Broderick 15:45
M65 Jack McMahon 13:21
M75 Bill Osburn 14:40
W30 Naoko Ishibe 10:09
Senoria Clarke 10:55
W35 Patricia Zervas 12:04
W60 Tami Graf 14:48
3000m RW
1 Steve Pecinovsky 44 12:29
2 Warrick Yeager 44 13:04

Philadelphia Masters Meet Swarthmore College; Jan. 10

55m
M30 Andre Bridgett 6.6
M35 Tim McMahon 7.5
M40 Tony Fulton 6.7
Brad Kell 6.8
M50 Jim Shea 7.8
M55 Irv Heath 7.7
M60 Nate Byrd 7.9
M65 Alex Johnson 7.9
M70 Manny Herscher 9.4
M80 B H Wright 10.5
W55 Ely McComas 9.5
300m
M35 Mike Murray 45.8
M40 Brad Kell 39.6
M45 Bill Krieger 39.3
Tony Natale 40.7
M50 Phil Fenton 42.2
M65 Alex Johnson 49.0
W40 Renee DiGiacomo 55.4
W55 Ely McComas 65.2
500m
M35 Mike Murray 80.7
M40 Warren Brown 80.5
M45 Tony Natale 75.0
Bill Krieger 76.1
M50 Phil Fenton 79.0
M55 Irv Heath 89.4
800m
M35 Jim Cuomo 2:09.7
Craig Lowthert 2:10.7
M40 Steve Shaklee 2:12.4
Joel Hoffsmith 2:20.0
M50 Dick Green 2:14.1
Rich Myers 2:17.5
M75 George Blyn 3:43.7
M80 Ed Powers 4:21.6
W30 Norma O'Connell 2:49.1
W35 Kathy Harte 2:50.2
Mile
M35 Craig Lowthert 4:49.3
Keith Davies 4:51.4
M40 Steve Shaklee 4:40.9
Mark Yellin 4:54.8
M45 Gary Comfort 5:08.8
Bob Crossin 5:11.0
M50 Rich Myers 4:51.0
Dick Green 5:02.3
M75 George Blyn 8:58.5
W30 Norma O'Connell 6:03.5
W35 Kathy Harte 6:47.1
3000m
M35 Steve Maslowski 9:05.6
Keith Davies 10:09.2
M40 Dave Hiestand 10:27.7
Clyde Lowthert 10:43.7
M45 Kyle Mecklenborg 14:12.1
M50 Greg Atzer 11:57.2
Carl Grossman 11:59.9
M55 Brian Salzberg 12:13.9
M75 George Blyn 18:20.4
W35 Kathy Harte 13:56.4
55mH
M35 Tim McMahon 9.1
M45 Ken Kring 8.7
M60 Nate Byrd 10.8
M65 Bill Clark 9.8
M70 Manny Herscher 12.1
High Jump
M40 Bill Brown 5-0
M45 Ken Kring 5-2
M50 Bob Boddy 4-10
M55 Fred Riley 4-4

M60 Jim McGrath 4-4
M80 Geo Braceland 3-6
M85 Claude Hills 2-10
Pole Vault
M40 Don Severn 12-0
M45 Jim O'Neil 10-0
M50 Tom Rauscher 11-6
M60 Taylor Goode 10-6
Long Jump
M45 Mark Gershon 5.15
M50 Bob Boddy 4.68
M70 Manny Herscher 3.14
M85 Geo Braceland 2.05
Triple Jump
M45 Mark Gershon 10.91
M50 Bill Walsh 9.94
Jim Shea 9.67
M80 Geo Braceland 4.84
M85 Claude Hills 3.75
Shot Put
M40 Brad Kell 31-3
M45 Ken Kring 36-7.5
M50 Jim Shea 34-10.5
Walt Roucken 34-5.5
M55 Fred Riley 24-1
M85 Geo Braceland 22-4.5
W55 Ely McComas 22-3.5
Mile Racewalk
M60 Dave Romansky 7:41.3
M80 Geo Braceland 11:15.4

MAC Masters Indoor Classic Armory T&F Center Manhattan, NY; Jan. 15

200m
M30 Gary Hallman 25.56
Marc Genovese 25.72
M35 Alex Rivera 25.88
Aubrey Jones 25.89
M40 Val Barnwell 23.09
David Cherry 23.76
Keith Royster 24.17
Vance Jordan 25.27
Steve Shauger 26.00
M45 Bill Collins 23.46
Hugh Kelsey 26.25
M50 Joe Johnson 25.42
Thaddeus Morris 26.64
Eddie Watson 29.81
M55 David Rosenthal 34.76
M60 Edward Smalls 27.82
W30 Dawn Best 26.63
W35 Sharon Mason 27.24
400m
M35 Steve Trembley 56.39
Luca Trovato 59.09
M40 David Cherry 53.41
Keith Royster 54.74
Val Barnwell 54.97
Robert Polchinski 1:02.80
Brian Rapelyea 1:03.47
M45 Jesse Norman 54.38
Edward Goner 55.05
Joe McMahon 1:00.68
John Morrison 1:05.36
M55 David Rosenthal 1:26.43
M60 Richard Rizzo 1:01.11
Edward Smalls 1:02.65
Bob Dobbs 1:03.44
W30 Dawn Best 1:05.23
W40 Stephanie Vega 1:02.64
1500m
M30 Jud Santos 4:47.07
M40 Bill Gaston 4:45.59
Herbie Medina Sr 4:51.93
Seth Okrend 5:01.53
M45 Thomas Hartshorne 4:21.99
Larry Scheid 5:08.86
Harold Nolan 4:22.55
M50 Rich Myers 4:34.63
Hugh Sweeney 4:43.14
Victor Diaz 4:48.52
Mike Wilson 5:07.04
Tom Byrnes 5:43.55
M75 John McManus 6:40.61
High Jump
M40 Vance Jordan 1.62
Pole Vault
M40 Rob Doran 2.90
Long Jump
M40 Vance Jordan 5.62
M45 Edward Goner 4.78
M55 David Rosenthal 2.94
W30 Dawn Best 3.81
Triple Jump
M40 Vance Jordan 11.49
Shot Put
M40 Vance Jordan 8.08
M50 Rich Dunphy 11.19
M55 Carl Levine 9.13
M65 Pete Barker 10.53
Thomas Brooks 9.79
W40 Sarah Boslaugh 10.04
1500m Race Walk
M50 Gary Null 6:54.58
M65 Bob Barrett 7:44.90
Frank Sullivan 7:56.01
Hartshorne Memorial Masters Mile Ithaca, NY; Jan. 23
M40 Roberto Castillo 4:28.93
Chris Harkins 4:32.75
Bob Carroll 4:40.13
Fred Kitzrow 4:44.60
Fred Robbins 4:49.75
Bruce Roebal 4:58.00
Kevin Hankon 5:02.81
Don Littlejohn 5:03.39

Rick Cleary 5:11.00
John Whitman 5:12.29
M45 Tim McMullen 4:28.96
Charlie McMullen 4:38.78
Tom Hartshorne 4:41.06
Joe Chimino 4:54.74
Tim Payne 5:07.37
Caleb Rossiter 5:17.74
Bill McMullen 5:24.41
Ken Florance 5:26.72
M50 Harry Nolan 4:45.22
Herb Engman 5:08.36
John Saylor 5:23.46
Jim Miner 5:34.52
Takis Kanellos 5:41.44
Harland Bigelow 5:46.89
M55 Ken Gordon 5:43.07
Jerry Bergenstock 5:43.71
M65 Don Farley 5:58.32
Roger Whalley 6:58.32
Ted Sullivan 7:32.05
M70 Richard Sullivan 7:22.12
Jack O'Sullivan 7:39.51
Bill Pow 8:03.45
W30 Becky Heuer 5:24.18
Jill Vollweiler 5:24.27
W35 Leatha Damron 5:37.56
W40 Patti Ford 5:15.86
Shirley Woodford 6:13.21
W45 Diane Sardes 6:13.68
W60 Edna Hyer 8:29.17

Greater Boston TC Indoor Invitational Harvard U.; Jan. 24

55m
M40 Chuck Hunter 6.99
M45 Pershing Reid 7.32
Lee Hess 7.54
M50 Roger Pierce 7.27
Dennis Newton 7.32
M65 Bill Wright 7.83
200m
M40 Chuck Hunter 24.83
M45 Ed Goner 24.34
Francis Schiro 24.75
M50 Roger Pierce 25.26
Richrd Sealey 26.60
M55 Phil Byrne 28.69
M65 Bill Hufnagle 32.09
W50 Sandy Miller 35.2
W60 Carolyn Cappetta 32.8
400m
M40 Rick Smith 54.2
Chuck Hunter 71.0
M45 Francis Schiro 54.0
Ed Goner 54.6
Neil Steinberg 54.8
M50 Roger Pierce 53.7
Ralph Souppa 57.3
W50 Aline Kenney 78.30
W60 Carolyn Cappetta 73.00
800m
M40 Miles Vaughn 2:04.4
Rick Smith 2:04.9
M45 Tom Hartshorne 2:07.7
Nick Caswell 2:10.3
M50 Stephen Viegas 2:21.8
Lenny Sheehan 2:24.7
M60 Dave Calligani 2:29.8
Art Conro 2:34.6
Mile
M40 Colin Corkery 4:26.5
Paul Corcoran 4:38.7
Brian Hall 4:41.8
M45 Jack Downing 5:06.6
Harvey Blouder 5:07.2
Wayne Dwyer 5:10.6
M50 Rich Myers 4:50.1
Colin McCardle 5:01.9
Paul Perry 5:15.7
M55 Terrence Kenney 6:41.4
W40 Alda Cossi 5:31.77
Sharon Vos 5:41.61
Eileen Troy 5:41.66
2 Mile
M40 Don DiDonato 9:38.5
Ken Reinbach 9:49.5
Louie Ristano 9:55.1
M50 Hugh Sweeney 10:52.3
Shot Put
M60 Len Rosen 11.29
3000m RW
M55 David Baldwin 15:22
Millrose Games Madison Square Garden NYC; Feb. 5
M40+ 1600m Relay
AURA 3:44.34
Central Park TC 3:47.05
Philadelphia Masters 3:47.11
Boston AC 3:47.52
Shore AC 3:51.34

SOUTHEAST

Manasota TC Meets Sarasota, FL

-Sarasota HS, Dec. 26-
100m
M30 Richard Thompson 12.12
M35 Chris McConnell 12.28
M50 Paul Baran 14.86
M60 Matt Brown 13.87
M65 Bob Barton 17.60
M80 Nat Heard 17.69
200m
M30 Richard Thompson 25.31
M50 Paul Baran 31.00
M60 Matt Brown 28.78
M65 Bob Barton 35.03
M70 Art Androwitz 58.59
M80 Nat Heard 40.03
800m
M50 Paul Baran 2:42
M55 Vic Heckler 2:13
M55 J C Shenk 2:38
M60 Chuck Hill 3:19
M75 Carl Hamman 3:15
Mile
M40 Cliff Bills 5:40
M50 Doug Goodman 5:35
M55 Rich Quevillon 5:55
W35 Mickey Hooke 5:03
2 Mile
M50 Doug Goodman 11:42
M55 Vic Heckler 10:34
M70 Art Androwitz 27:45
W35 Debbie Litz 15:01
Long Jump
M35 Chris McConnell 4.53
-Riverview HS, Jan. 16-
100y
M50 Eric Hill 17.85
M60 Matt Brown 13.87
M80 Nat Heard 18.31
W45 Susan Hill 17.85
220y
M50 Eric Hill 29.56
M55 Rich Jackson 38.12
M80 Nat Heard 40.47
W45 Susan Hill 41.97
440y
M35 Jason Means 61.0
M50 Eric Hill 69.0
M55 J C Shenk 64.0
W45 Susan Hill 98.0
880y
M40 Luis Guzman 2:49
M55 J C Shenk 2:36
Mile
M45 Rusty Earp 6:51
M50 Doug Goodman 5:30
M55 Rich Quevillon 5:37
2 Mile
M50 Doug Goodman 12:07
M55 Rich Quevillon 11:38
W35 Debbie Litz 15:01
W45 Lynn Scott 17:14
Shot Put
M40 Tony Chioccarelli 34-5
M50 Eric Hill 29-11
M55 Rich Jackson 29-1
M65 Pay Carstensen 36-3
M80 Nat Heard 23-1.5
W45 Susan Hill 18-1
Discus
M40 Tony Chioccarelli 113-11
M50 Eric Hill 79-0
M65 Bob Barton 111-4
M80 Nat Heard 74-3
W45 Susan Hill 48-9.5
Weight
M40 Tony Chioccarelli 47-6
M65 Pay Carstensen 42-1

MIDWEST

Michigan USATF Masters Indoor Championships Grand Valley State U.; Feb. 7

55m
M40 Tom Banner 7.1
Rodney Wilson 7.3
Tom Wilkins 7.3
M45 Les Hale 6.8
Tommy Smitt 6.9
Tom Brunner 10.2
M50 Robert Lloyd 7.3
Richard Kanski 7.5
M55 Frank Bonham 7.5
Tom Seaver 7.7
Chet Dow 7.9
M60 Dan Cannon 8.0
Al Matheus 8.3
Frank Ayers 8.7

M70 John O'Neil 8.1
Chuck Sochor 8.2
Jack Greenwald 8.3
Dean Shaw 8.4
M75 Art Holland 10.6
W50 Ruth Thelan 9.0
W55 Dorothea Fields 11.8
W65 Georgia Johnson 9.9
W75 Mary Holland 10.3
200m
M40 Tom Brunner 25.2
Ben Thomas 25.9
Rodney Wilson 26.4
M45 Lester Hale 24.5
Tommy Smitt 24.6
M50 Robert Lloyd 26.3
Don Yeager 28.6
M55 Frank Bonham 27.8
Tom Seaver 29.6
M60 Dan Cannon 31.2
Frank Ayers 33.2
M65 Jim Beall 33.6
M70 Chuck Sochor 29.9
Jack Greenwald 30.1
Dean Shaw 32.4
W40 Tamara Steil 36.3
W50 Ruth Thelan 35.9
W60 Bertha Aldrich 41.9
W65 Georgia Johnson 40.1
W75 Mary Holland 42.5
400m
M50 Robert Lloyd 57.9
Don Yeager 1:03.0
M55 Tom Seaver 1:09.3
M60 Dan Cannon 1:12.1
M65 Earl Fee 1:03.5
James Beal 1:14.9
M70 Jack Greenwald 1:15.2
W40 Sheila Carpenter 1:13.9
Tamara Steil 1:20.3
W65 Georgia Johnson 1:52.5
W75 Mary Holland 2:02.2
800m
M35 Jeffrey Endres 2:23.0
M45 Turran Harper 2:16.5
M50 Ronald Ruffin 2:26.8
Bruce Watson 2:33.6
M55 Neil MacDonald 2:10.7
M65 Earl Fee 2:23.2
James Beal 2:43.5
W40 Tamara Steil 2:55.5
W55 Marilyn Morehead 3:03.1
W60 Merion Knight 3:21.1
Mile
M40 Fred Robbins 4:45.0
David Buist 4:45.1
Kevin Holmes 5:05.0
M45 Tim Paynes 5:01.0
Paul Parg 5:04.9
Turran Harper 6:24.0
M50 Ronald Ruffin 5:29.0
Bruce Watson 5:43.8
M60 Jack Miller 5:41.0
Rod Smith 6:02.7
W40 Sheila Carpenter 5:57.1
Tamara Steil 6:05.2
Maria Wardelman 6:11.6
W60 Merion Knight 7:23.1
3000m
M40 Fred Robbins 10:03
Kevin Holmes 10:57
M50 Ronald Ruffin 10:59
Bruce Watson 11:18
M55 Doug Goodhue 10:42
M60 Bill Parrot 12:10
W40 Tamara Steil 12:06
Deborah Yealin 12:20
Short Hurdles
M40 Mark Jakubowski 9.0
M55 Chet Dow 9.5
Tom Seaver 9.8
M70 Chuck Sochor 10.2
High Jump
M40 Mark Jakubowski 1.50
M50 Richard Kanski 1.40
Kent Hall 1.35
Gary Krueger 1.15
M55 Chet Dow 1.10
M70 Chuck Sochor 1.20
Pole Vault
M40 Thomas Bunner 4.10
M50 Kent Hall 3.00
Gary Krueger 2.10
M55 Tom Seaver 2.85

M70 Chuck Sochor 1.65
M75 Art Holland 1.65
Long Jump
M35 Kenneth Plude 6.20
M40 Ben Thomas 6.16
Mark Jakubowski 4.58
M45 Lester Hale 4.86
M50 Eugene Kester 2.95
M55 Tom Sever 4.79
Chet Dow 4.77
M60 Al Matheus 4.21
M70 Chuck Sochor 4.26
M75 Art Holland 3.16
Mel Buschman 3.10
W75 Mary Holland 2.94
Shot Put
M35 Ken Plude 37-1
M50 Hilary Geoge 44-11.50
Gary Bowersox 36-7
Gary Krueger 31-4
M55 Larry Logsdon 32
M60 Robt Verbanack 37-1
Bill Rykrus 36-10
Al Mathias 31-6
M70 Chuck Sochor 32-6.50
M75 Art Holland 29-9.50
W60 Bertha Aldrich 24-10.50
W65 G Johnson 20-11.50
Weight Throw
M50 Hilary Geoge 40-8.50
G Bowersox 36-3
Gary Krueger 28-7
M60 Robt Verbanack 37-1
Bill Rykrus 34-9
M75 Art Holland 27-3.50
W65 Mary Holland 18-8
3000m RW
M30 Michael Close 16:22
M45 Bill Reed 15:22
Chris LeReau 16:40
Ross Barranco 17:20
M50 William Gardner 18:21
M70 Hugh Acton 19:30
W45 Sue Haroldson 20:06
W50 Sherry Hughes 23:50
W60 Bertha Aldrich 20:23
W65 Carolyn Selby 22:29
W70 Thelma Fallows 32:42
David Harper 50:25
Dusty Snyder 51:02
M70 Milo Sather 50:31
Bud Switzer 1:00.19
Mel Vague 1:04.01
M75 Tom Jones 1:08.51
Kino Mitzier 1:11.07
Al Levinson 1:27.24
W40 Debbie Wells 45:11
Coleen Fitzgerald 45:38
Laura Lee Williams 47:39
W45 Sherri Hall Curl 38:42
Janis Skllar 38:53
Charlotte Robinette 44:29
W50 Patricia Bates 47:11
Robin Charin 49:45
Eiko Petty NTA
W55 Wendy Watson 44:28
Sharon Fietveld 53:25
M Houghtaling 55:38
W60 Shirley Blush 52:41
Gil Sora 1:01:29
Mary Hack 1:18:01
W65 Chieko Allwein 53:24
Bill Holt 1:01:54
Barbara Shaw 1:34:49
W70 Miyhoko O'Hara 1:04:14
Catherine Moore 1:04:39
P Burshinger 1:08:30
MID-AMERICA
Bethel College Indoor Meets St. Paul, MN
-Dec. 26-
1500m Open
1 Larry McDonough 43 4:59
1500m Masters
1 Rick Kleyman 58 5:00
1500m RW Open
1 Gary Westlund 47 7:13
1 Jodie Olson 48 8:48
1500m RW Masters
1 Tom Hinds 55 9:25
1 Jeanne DeMartino 46 9:05
-Jan. 9-
Mile Open
1 Larry McDonough 43 5:20
Continued on next page



Continued from previous page

Mile Masters

1 Eric Peterson 50 5:53

Mile RW Open

1 Gary Westlund 47 7:44

1 Jodie Olson 48 9:20

Mile RW Masters

1 Tom Hinds 55 10:01

2 Bob Lindsey 61 11:34

1 Jeanne DeMartino 46 9:50

Lincoln TC Meet

Lincoln, NE; Jan. 10

60m

M30 Vincent Cummings 7.4

M40 Reginald Gunter 6.6

M50 John Crook 7.6

M55 Steve Bowles 7.7

M65 Richard Wieland 8.7

M70 Robert Thomas 9.7

W50 Sandy Maryott 9.6

200m

M30 Vincent Cummings 27.7

M55 Steve Bowles 28.0

M65 Richard Wieland 36.0

M70 Byron Winter 41.7

400m

M40 Bob Garcia 1:07.1

M50 Bob Franzese 1:06.4

M55 Wally Brawner 1:07.8

M60 Ross Breathouse 1:08.3

M65 Paul Heitzman 1:13.1

800m

M40 John Shorey 2:27.0

M45 Greg Carlberg 2:32.7

M55 Wally Brawner 2:40.3

Mile

M40 Bob Garcia 4:46.1

M45 H Vandenberg 5:25.5

M50 Robert Webb 6:44.7

M55 Wally Brawner 5:42.2

M60 Jim Culver 6:14.2

M65 Paul Heitzman 6:07.1

W40 Cindy Springer 5:48.4

Two-Mile

M40 Alan Higley 11:21.6

M45 H Vandenberg 11:45.9

M50 Robert Webb 14:01.2

M60 Jim Culver 13:07.4

Short Hurdles

M55 Roger Williams 8.1

M65 Richard Wieland 11.4

M70 Byron Winter 14.6

High Jump

M45 Kevin Carper 5-5

M50 Bob Everski 4

M55 Roger Williams 4-8

M65 Bill Butterworth 4-4

M70 Scott Herrmann 4

Long Jump

M30 V Cummings 15-11.75

M55 Steve Bowles 15-2.50

M60 Al Salmon 12-1.25

M65 R Wieland 12-10

M70 Robert Thomas 11-10

W50 Sandy Maryott 11-4.75

Triple Jump

M50 Bob Everski 24-5.75

M65 R Wieland 26-10.50

Shot Put

M30 Todd Davis 47-8.50

M35 Dan Gushard 50-3.50

M50 Bob Maltby 31-1

M55 Alex Meyer 36-4

M60 Al Salmon 37-2.50

M70 Jim Hayes 26

W50 Sandy Maryott 30.50

W70 N Crawford 26-3

WEST

Southland Senior Olympics

Long Beach, CA; Nov. 14

50m

M50 Ron Beadle 6.4

M55 Diethart Reichardt 6.6

M60 John Carr 7.6

M65 Sam Flory 7.2

M70 Jim Selby 7.3

M75 Ray Crawford 8.7

M80+Bill Morales 8.5

W50 Avril Naylor 7.5

W55 Kathy Bergen 7.5

W60 Mildred Harrison 8.9

W65 Ruth Hudgeon 12.0

100m

M50 Ron Beadle 11.9

M55 Diethart Reichardt 12.4

M60 Gary Sims 12.9

M65 Sam Flory 13.7

Ron Jones 13.7

Cliff McPherson 13.7

M70 Jim Selby 14.0

M75 Ray Crawford 16.8

M80+Bill Morales 16.9

W50 Avril Naylor 14.1

W55 Kathy Bergen 14.1

W60 Dee Yox 17.9

W65 Louise Martin 24.1

200m

M50 David Naylor 25.0

M55 Diethart Reichardt 26.1

M60 Frank Hollier 27.8

M65 Sam Flory 28.9

M70 Jim Selby 29.2

M75 Ray Crawford 37.4

W50 Avril Naylor 30.2

W55 Kathy Bergen 32.1

400m

M50 Ron Beadle 60.7

M55 John Allen 97.8

M60 Joe Ellis 93.3

M65 Jerry Jefferson 68.4

M70 Jim Selby 66.5

M80+John Boller 2:32.7

W50 Gloria Lockhart 80.8

W60 Mildred Harrison 1:44.8

800m

M50 StefanHalgrimsson2:14.7

M55 John Allen 4:06.3

M60 Joe Ellis 3:43.9

M65 Jerry Jefferson 2:39.3

M70 Jim Selby 2:46.9

M80+John Boller 5:45.8

1500m

M50 Rob Russell 5:06.9

M55 Richard Jones 5:35.5

M60 Ken Purucker 7:51.8

M65 Bob Culling 5:36.6

M70 Jim Selby 6:08.8

W60 Mildred Harrison 8:12.9

5000m

M60 Ken Purucker 23:56.4

M65 Bob Culling 23:28.0

M70 Jim Hinton 26:16.4

High Jump

M50 Charlie Rader 5-8

M55 Davie Perry 5-0

M60 Larry Tiffin 3-8

M65 Ray Archibald 3-10

M70 Don Roser 3-10

W55 Kathy Bergen 4-0

Long Jump

M50 Oscar Delgado 4.55

M55 Roy Cordova 3.47

M60 Bob Sherman 3.81

M70 Lee Goldstein 2.87

W50 Avril Naylor 3.92

W65 Louise Martin 1.68

Shot Put

M50 John Casler 13.07

M55 Dennis McCraven12.26

M60 Alan Rosen 10.24

M65 Fred Lochner 9.31

M70 Charlie Sarver 11.36

M75 Thomas Pico 8.95

M80+Ron Ortmyer 7.03

W55 Pat Hunter 8.74

Discus

M50 John Casler 48.43

M55 David Pena 34.96

M60 Alan Rosen 38.54

M65 Fred Lochner 28.91

M70 Don Hegberg 42.13

M75 Ray Crawford 20.52

M80+Bill Morales 23.01

W65 Ellen Brannigan 19.47

Javelin

M55 David Pena 38.20

M60 Fred Hunter 33.98

M65 Grant Cotter 17.68

M70 Don Roser 30.32

M80+Bill Morales 31.75

W55 Pat Hunter 20.83

W60 Shirley Bailey 21.27

W65 Ellen Brannigan 15.82

1500m Racewalk

M50 Mike Blakeman 10:09.9

M55 Ray Stuart 9:04.1

M60 Gene Connor 11:00.7

M75 Ray Crawford 12:08.0

M80+Harley Priddy 15:56.4

W55 Gloria Lockhart 10:08.9

W60 Doris Helwig 14:34.8

W65 Louise Martin 12:01.9

W70 MadelinReynolds13:41.4

5000m Racewalk

M50 Tim Staats 29:11.0

M55 Ray Stuart 31:15.5

M60 Leon Glazeman 31:38.8

M65 Walt DeRothney 40:56.0

M70 Al Hodson 38:39.0

M75 Jewett Pattee 40:34.6

W55 Barbara Rathbun 38:16.4

W60 Ena Dubnoff 37:21.9

W65 Louise Martin 41:37.7

Hawaii Masters TC Pentathlon

Honolulu; Nov. 15

(LJ/JT/200/DT/1500)

M40 Kevin Kruszona 40 2109

(5.09/38.00/28.2/30.42/6.54.2)

M45 Vince Costello 45 2910

(5.23/38.98/26.3/29.06/5.41.2)

M45 Brian Berquist 45 2744

(5.15/36.74/25.4/30.20/6.26.0)

M45 Derek Goudge 48 1818

(3.62/25.54/31.7/25.54/6.42.1)

M55 Jack Karbens 57 2903

(4.17/34.18/29.8/32.56/6.02.6)

M55 Lionel Low 59 2018

(4.58/16.84/32.8/19.64/19.64)

M60 Robert Molyneux 60 1280

(2.94/19.22/37.3/28.88/---)

M70 Robert Voegel 72 1416

(3.14/16.54/42.1/22.82/---)

Hawaii Masters TC Weight

Pentathlon

Honolulu; Dec. 27

(HT/SP/DT/JT/WT)

M40 Kevin Kruszona 40 2368

(22.82/10.15/32.56/40.68/9.57)

M50 Bob Larson 53 745

(16.80/9.11/---/---)

M55 Jack Karbens 57 3063

(27.08/9.42/32.08/34.06/11.85)

M55 Lionel Low 59 1323

(9.80/6.06/21.40/17.18/4.97)

M60 Bob Molyneux 60 2222

(20.90/8.46/30.42/19.30/8.89)

M75 Tim Craine 78 2019

(19.88/6.07/17.84/15.12/6.59)

Citrac Weight Pentathlon

Citrus College

Glendora, CA; Jan. 16

(HT/SP/DT/JT/WT)

Mike Deller 50 4060

(50.39/13.12/43.45/35.08/16.86)

Hal Smith 62 3943

(34.63/14.33/40.27/31.60/15.04)

Bob Humphries 62 3870

(43.20/11.59/45.74/24.45/15.00)

Andy Miller 41 3724

(45.22/13.43/46.49/46.89/14.93)

Mike Devlin 66 3450

(29.50/10.50/33.00/30.37/11.23)

Richard Watson 46 3294

(35.71/10.65/33.24/47.78/12.09)

Dave Nuttall 57 3173

(29.99/9.56/33.94/35.73/10.97)

Jim Hart 62 3155

(38.46/12.52/40.31/---/11.02)

Clay Hull 48 2776

(31.51/9.94/27.98/36.08/11.48)

Steve Barba 37 2646

(32.25/11.29/35.65/49.57/10.15)

NORTHWEST

Eugene Indoor Meet

Eugene, OR; Jan. 24

50m

M40 Wm Maier 7.19

M50 Ted Pampeyan 7.15

Geoff Hughes 7.44

M55 Woodie Woodsum 7.93



Continued from previous page

**Manchester Road Race**  
(4.75 Mile)  
Manchester, CT; Nov. 26

**Overall**

Mark Carroll	21:49
Deena Drossin	24:27
M40 Chris Fox	22:54
Don DiDonato	24:27
John Martin	25:23
M50 Mark Wigler	28:08
M60 Bill Masterson	31:29
M70+Joe Fernandez	32:04
W40 RStockdale-Wooley	28:34
Gail Breslow	30:57
W50 Mary Ryzek	33:26
W60 Ann Gillis	41:52
W70+Adeline Kerney	51:58

**NYRR Hot Chocolate 10 Mile**  
Central Park, NYC; Dec. 5

**Overall**

Trevor Murray	33	50:54
Laurie Corbin	30	58:45
M40 Don DiDonato		54:42
Alan Ruben		55:51
Dan Murphy		58:00
M45 Jack McShane		58:30
George Towle		60:37
H Ricks		62:10
M50 Julio Aguirre		61:28
James Hudick		62:39
Brown Yoo		63:44
M55 Maury Dean		60:55
Sid Howard		63:46
Lawson Noyes		66:17
M60 Roland Ratmeyer		68:53
Alfred Finger		69:59
Otis Matthews		70:11
M65 Joe Burns		78:29
Mark Lannigan		80:02
George Marr		84:47
M70 Charles Marti		89:17
Charles Poole	1:43:21	
Joe Simonte	1:44:48	
M75+Sab Koide	75	91:39
Wilfredo Rios	82	1:54:10
Frank Lamorte	77	2:03:22
W40 Gillian Horovitz		61:30
Nora Serna		70:10
Mary Moloney		71:24
W45 Sandra Powers		70:17
Carol Gellman		76:17
Joyce Vastola		80:34
W50 Betty Conover		73:25
Irene Jackson		74:26
Arlene Decker		80:36
W55 Patty Parmalee		77:58
Diane Sudakoff		85:13
Ruth Fairbrother		85:55
W60 Helene Bedrock		76:59
Carol Tyler		80:04
Wen-Shi Yu		88:56
W65 Rosa Nales		86:40
Toshiko d'Elia		86:41
Ethel Autorino		99:57
W70+Edith Farias	74	1:41:25
Janine Maltas	72	1:51:41
Daisy Klein	73	1:55:18
Finishers:	935m/825w	
Weather:	56degrees/occasrain	

**Joe Kleinerman 10K**  
Central Park, NYC; Dec. 13

**Overall**

Rachid Razgaoui	30	30:44
Jennifer Latham	30	35:41
M40 James Kempton		31:47
Don DiDonato		32:11
Steve Calidonna		34:10
M45 Ted Trust		35:39
James Davis		36:23
Peter Petre		37:50
M50 Julio Aguirre		36:40
Dariusz Luniewski		38:17
James Hudick		38:26
M55 Maury Dean		36:43
James Sammon		37:44
Ted Haiman		38:54
M60 Witold Bialokur		41:58
James Fillis		42:56
Joe Roche		44:05
M65 Joe Burns		46:10
Bob Kahn		47:49
Mark Lannigan		49:00
M70 Bill Fortune		44:23
Jack Haar		51:30
Dave Fastovsky		56:37
M75+Tom Gibbons	77	61:19
Wilfredo Rios	82	65:58
Abraham Weintraub		83:36
W40 Gillian Horovitz		37:02
Marie Wickham		39:52
Kristine O'Shea		41:06

W45 Sandra Powers	42:42
Mary Rosado	44:53
Eileen Sheehan	45:01
W50 Deborah Barchat	46:24
Susan Siderman	49:02
Marsha Henkin	51:22
W55 Anna Thornhill	42:08
Janell Paganelli	49:26
Laurie Baker	49:38
W60 Imme Dyson	47:33
Carol Tyler	47:54
Wen-Shi Yu	50:54
W65 Ethel Autorino	60:01
Eliz Thomas	76:53
Ingrid Fleischhacker	97:24
W70 Janine Maltas	66:18
Bertha McGruder	70:24
Althea Jureidini	89:43

**USATF 10-Mile Championships**  
Rockaway, NJ; Dec. 13

**Overall**

Ryan Grote	24	51:35
Sherry Jenkins	26	1:00:37
M40 Rick Pingitore		55:55
Dan Murphyl		56:50
Barry Nelson		57:35
M45 Roger Price		57:00
Steve Kohorst		58:17
Larry Graham		58:23
M50 M Monchinski		1:03:16
Feliciano Pereira		1:03:58
John Kellenyi		1:06:56
M55 Ron Ayre		1:04:46
Pat Cosgrove		1:05:19
Butch Pivano		1:08:07
M60 Fred Loozen		1:13:45
A Craveiro		1:14:13
Eric Nutter		1:15:05
M65 Don Bergman		1:18:58
Joe La Bruno		1:21:27
Rogello Vianzon		1:22:10
M70 Lester Ridings		1:22:07
Bill O'Brien		2:11:31
W40 Marie Quinn		1:08:34
Trink Poynter		1:10:00
Joyce Hayes		1:10:29
W45 Jane Parks		1:10:43
Gloria Averbuch		1:12:24
Nancy Grabow		1:16:00
W50 Sue Juronics		1:10:02
Chiara Becchi		1:17:38
Janet Brosshard		1:23:51
W55 Patricia Hanlon		1:20:50
Madeline Bost		1:31:58
Alexandra Bru		1:36:44
W60 Sheila Herman		1:40:39
Elle Levenson		1:41:11
W65 Diane Stone		1:46:06

**Red Ribbon 5K**  
Alexandria, VA; Dec. 31

**Overall**

Naoko Ishibe	30	17:23
Phillipe Rolly		15:02
M40 Jim Hage		15:59
M45 Dan Eddy		18:09
M50 Patrick Griffith		18:16
M55 John Haubert		19:19
M60 Chan Robbins		21:07
M65 Ray Campbell		26:54
M70 Ray Blue		24:27
M75 Bill Osburn		24:44
W40 Debi Bernardes		18:34
W45 Susan Humphries		20:40
W50 Julie Trapp		24:26
W55 Susan Brita		29:50
W60 Tami Graf		25:21
W70 Sister Maria		50:08

**SOUTHWEST**

**Walt Disney World Marathon & Half-Marathon**  
Lake Buena Vista, FL; Jan. 10

**Overall**

Santiago de Araujo	342	24:29
Marina Jones	46	2:54:19
M40 Jeff Delie		2:41:12
Bruce Bayliss		2:46:13
James Rasch		2:47:37
Paul Aird		2:49:36
R Happersberger		2:49:50
Jeff Marks		2:51:30
Rich Meigh		2:55:06
Kevin Walker		2:59:03
Budd Coates		2:59:25
Jim Clark		3:00:20
M45 Gary Bloome		2:43:23

Richard Gay	2:43:56
Earnest Mitchell	2:54:23
Eberhard Frixe	3:00:15
Paul Picarski	3:00:31
Gary St Onge	3:00:43
Emilio Royo	3:00:43
Art Paterson	3:03:15
M50 David Cabeceiras	2:59:58
Pat Griffith	3:00:21
Louis Rodriguez	3:04:41
Robert Reeves	3:10:00
Ken Reglin Jr	3:12:46
Milt Schumacher	3:13:14
M55 George Lopes	3:08:43
Bob Hendrick	3:11:01
Fernando Soeiro	3:11:05
Paul Reback	3:19:36
Louis Dwyer Jr	3:22:11
M60 Luis Varga	3:15:48
Leo Tomasetti	3:23:58
Bert Katzenberger	3:30:58
C DeSimone	3:35:10
M65 Joe Staniewicz	3:46:47
Jim Lynch	3:47:16
Pat Fitzgerald	4:03:19
M70 Don Krueger	4:13:51
Emery Jewell Jr	4:17:48
M75 Bill Pass	5:05:32
Carl Hammen	5:06:47
W40 Beth Valenzuela	3:20:32
Larry Anne Mills	3:20:47
Frances Cooke	3:21:14
Julie Rathbone	3:22:42
Noora Alidina	3:26:15
W45 Marina Jones	2:54:21
Cathy Grattan	3:18:49
Eliz Miller	3:24:27
Keriman Gunaydn	3:33:54
Karen Alexeev	3:40:23
W50 Nancy Rollins	3:25:24
Yassuko Fairchild	3:40:15
Judy Cole	3:46:57
Dee Bays	3:49:39
W55 Kathy Sager	4:02:27
Shirley Hester	4:02:34
Carol Leavitt	4:12:21
W60 Carole Parsi	3:46:47
Terttu Barsch	4:25:39
Tomiko Ishihara	4:49:01
W65 Yuku Hudak	4:46:16
Therese Fanelli	5:45:20

**Mountain Mist 50K Trail Run**  
Huntsville, AL; Jan. 23

**Overall**

Dewayne Satterfield	34	4:08:46
Kathy Faulkner	24	5:14:03
M40 Michael Allen		4:29:41
Davy Kennamer		5:06:46
Dave Welsh		5:34:13
Mike Yoder		5:37:25
Henri Richard		5:51:16
Albert Ordway		5:55:15
Andy Keegan		5:59:54
D Vanderboegh		6:02:08
Johnny Buice		6:05:55
Mike Gallen		6:08:15
M45 David Horton		4:57:30
David Jones		5:01:55
David Feinauer		5:18:00
Joe Wallace		5:20:14
Steve Underwood		5:22:15
Barry Ege		5:44:58
Wade Lewis		6:00:06
Gary Griffin		6:06:27
William Kuntz		6:18:10
Jim Call		6:33:37
M50 Tim Yanacheck		6:18:14
Al Dimicco		6:20:10
Tom Armstrong		6:26:21
Craig Kelly		6:38:33
Bill Turrenune		6:40:05
Thomas Ibarra		7:07:41
Andrew Colee		7:11:13
Frank Harrison		7:11:14
Larry Duke		7:13:00
M55 Javier Cendejas		6:45:10
Don Lindley		7:41:26
M60 Jim Barnes		7:43:11
W40 Leslie Hunt		6:15:44
Janet Haensch		6:26:03
Sarah Bowen		7:50:52
Cathy Henry		8:14:43
W45 Nancy Nail		6:53:45
Cheryl Ibarra		7:21:42
Pamela Gowen		7:59:40
Caroline Donnelly		8:04:35
Diann Tolbert		8:14:43
Ellen Cannon		8:29:06
W60 Barbara Meyer		8:55:59

**Hampton Coliseum Half-Marathon & 8K**  
Hampton, VA; Feb. 7

**Overall**

Andrew Letherby	24	63:36
Suzana Ciric	29	76:00
M40 Craig Young	AR65:01	
(Plasencia/65:33/1997)		

Jim Hage	68:47	
George Altieri	74:16	
Kevin Nickodem	75:47	
Dave Kannewurf	76:32	
Mike Fuller	77:00	
M45 Chuck Moeser	74:20	
Larry Miller	77:30	
Rudolph Pekarek	78:54	
Bill Hart	79:14	
M50 Bill Rodgers	71:11	
Reuben Beauchamp	78:24	
Larry Coley	83:21	
Henry Danver	86:12	
M55 Ben Dyer	83:20	
Skip Mullaney	88:00	
John Haubert	88:02	
M60 Mel Williams	82:46	
John Essery	94:02	
M65 Tom Ray	1:31:07	
Frank Dudley	1:45:10	
M70 Andy Polansky	1:40:28	
Dixon Hemphill	1:50:41	
M75+Robert White	75	1:50:02
W40 Lee DiPietro		79:40
Patti Shull		80:58
Sheri Segal		86:14
Nancy Ferris		92:47
W45 Barbara Mathewson	91:43	
Cathy Wides		92:06
Linda Gulick		95:10
W50 Jeanne Kruger		1:33:32
Melissa McLeod		1:46:34
B J Derring		1:48:51
W55 Kathy Lewis		1:45:50
Linda Cooke		1:55:38
W60 Tami Graf		1:55:11
Jeanett Chambers		2:15:31

**Overall**

Henno Haava	26	24:03
Breed Denney Willis	28	26:23
M40 Peter Kirk		25:54
Lanny Doan		26:34
M45 Develand Campbell		27:30
Rick Platt		28:04
M50 David Lowe		31:28
Ron Magee		34:12
M55 Cecil Davis		34:07
Doug Berry		36:16
M60 Chan Robbins		33:10
M65+John Choliash	69	38:32
Jim Bo Lyons	65	40:55
W40 Debi Bernardes		30:28
Sharon White		31:51
W45 Eileen Hungerman		34:14
W50 Andrea Hess		39:07
W55 Charlene Magee		41:00
W60+Nancy Patron	62	43:00
-5K Walk-		
Overall		
George Fenigsohn	51	30:33
Carol Pamperin	41	34:45

**SOUTHWEST**

**Houston Marathon**  
Houston, TX; Jan. 17

**Overall**

Stephen Ndungu	31	2:14:56
Tatiana Pozdnyakova	432	33:23
M40 Andrey Kuznetsov	2	19:56
John Taylor Jr		2:41:38
Joe Melanson		2:46:13
Matt McMenemy		2:48:48
James Dykes		2:56:12
Bob Briggs		2:58:04
Sergio Alarcon		2:58:31
Larry Tidwell		3:06:04
Bill Butzner		3:06:10
Ron Mueller		3:07:07
M45 Ruben Santoyo		2:51:55
Stephen Costello		2:59:01
Mike Waldau		2:59:34
Cura Andres		3:01:03
John Gonzalez		3:03:23
Milburn Breazeale		3:04:20
Darell Sterns		3:04:42
Jeff Walker		3:06:27
Ted Bidwell		3:08:35
Robert Botto		3:10:18
M50 Dennis Williams		2:53:48
Ty Schmalz		2:54:13
Gary Julin		2:58:29
Roger Boak		2:59:20
Mike Duhs		3:12:50
John Swann		3:17:51
Dan Dick		3:18:04
Mick Midkiff		3:18:30
M55 Ken Ruane		3:13:20
Jimmie Jones		3:13:55
Ted Anderson		3:19:06
Gunnar Sanden		3:22:55
Loyd Carey		3:24:51
Ignacio Ybarra		3:29:08

Larry Lindeen	3:29:23
Ed Fras	3:30:41
M60 Francis Leik	3:23:32
Jave Stephens	3:24:25
Don Winkley	3:32:06
Jaime Llaguno	3:38:12
Jack Henney	3:42:12
Ranulfo Castillo	3:51:48
M65 Jim Schleisman	3:31:49
Orville Kremmer	3:33:11
Ray Boytim	3:54:49
Tom Bickham	4:01:57
M70 Phil Hall	4:48:05
Fred Price	5:03:26
M75 Walt Washburn	4:24:56
Bill Hogan	4:53:53
W40 T Pozdnyakova	2:33:2



Continued from previous page

W55 Yvonne Lee	1:47:47
Patricia Guidry	2:11:05
Brenda Hopkins	2:15:28
Brenda Malone	2:29:05
Brenda Norred	2:29:42
Lois Anne Rodan	2:42:45
W60 Gayle Beebower	2:27:37
Martha Wright	2:35:43
B Waguespack	3:36:37
W65 Helen Amazeen	2:50:09

**5K Overall**

Paul Ryan 26	16:47
Trish Portuese 35	21:14
M40 Desmond O'Connor	17:11
J J Waguespack	19:19
Don Sniff	19:20

M45 Junius Nixon	17:14
Gary Townsend	18:36
Harold Gauthier	19:26
M50 J Roger Brown	18:11
Brendan Minihan	18:37
Joseph Tosterud	22:54

M55 Keith Drale	25:48
Terp Ward	28:02
Roy Sellers	28:50
M60 Don Lee	22:41
John Johnson	25:23
Charles Bond	30:45

M65 Kenneth Blanchard	25:28
Charles LeBlanc	30:40
Chuck Piekarski	36:23
M70+Mark Coffin	29:24
Vincent Greco	44:24
Robert Newburth	58:55

W40 Sarah Bagby	27:32
Grace Russell	29:02
Karolyn Ovia	29:32
W45 Alice Smith	26:32
M Finkelstein	29:11
Maggie Woodruff	29:56

W50 Helene Price	27:05
Sandy Giannoble	29:03
Anne Swenson	30:04
W55 Mary Bonetz	25:51
Ruth Baehr	31:11
Agnes Bates	32:24

W60 Joanne Gates	31:58
Patricia Johnson	41:18
W65 Marilyn McConnell	37:06
Lucy Troxler	47:09
Elba Pagoaga	1:03:08
W70 Shirley Nowalsky	1:02:23
Molly Penner	1:02:23

**WEST**

**Run To The Far Side 5K & 10K San Francisco, CA; Nov. 28**

**-5K- Overall**

Richie Boulet	14:50
Lisa Lopez	16:52
M40 Lloyd Stephenson	15:47
Doug Bell	15:53
Sylvester Franklin	17:05
M50 Alphonzo Jackson	18:35
M60 Tom Guldman	20:48
M70+Kiyoshi Sugawara	23:44
W40 Kim Rupert	18:52
Ellen Lucas	19:05
W50 Carolyn Mather	21:41
W60 C Herman	29:18
W70+Dorothea Cole	44:22

<b>-10K- Overall</b>	
Julius Gidabuday	30:43
Linda Somers Smith	35:14
M40 Brad Hawthorne	32:40
Steven Chavez	34:54
Larry Hyde	35:38
M50 Jim Reitz	37:57
M60 C S Hall	49:51
M70+Warrener Pait	62:41
W40 Christy Iwahashi	41:58
Maria Briones	41:59
W50 JoAnne Rowland	45:43
W60 Peggy Kang	53:53
W70+Peggy Hansen	61:31

**California International Marathon Sacramento; Dec. 6**

**Overall**

Abderazzak Haki	2:15:41
Elena Vinitzskaya	2:32:41
M40 Brad Hawthorne	2:19:48
Tim Minor	2:35:19
Dave Purcell	2:37:19
M50 Kim Layton	2:48:51
M60 Bard Leighton	3:12:16
M70+Pat Devine	3:41:55
W40 Diana Fitzpatrick	2:46:49
Joyce Switzer	2:47:14
Elizabeth Baker	2:56:32
W50 Dianne Brox	3:31:40
W60 Gloria Drake	3:31:40
W70+Bettv Hill	4:58:38

**Paramount 10K Run/10K World Masters Run/10K Racewalk Paramount, CA; Jan. 9**

**10K Run Overall**

Dan Arsenault	31:29
Kathy Smith	35:43
M40 Dean Lofgren	34:06
Jeff Press	35:25
A DeCollibus	35:38
M45 Don Irvine	37:08
John McAndrew	37:55
Feliz Lopez	38:19
M50 Miguel Mendez	38:17
Dennis Mihora	38:54
S Gonzalez	39:04
M55 Luis Gorordo	41:22
Ron Zappen	46:35
Bob Blum	47:38
M60 John Williams	49:04
Phil Johnson	56:20
M65 Robert Lyons	43:29
Hugh McHugh	52:16
Dan Blodget	53:11
M70 Gunnar Linde	43:37
Ellis Revness	50:28
Loren Leonard	53:51
M75 Dick Greenberg	1:17:51
M85 George Feinstein	53:00
W40 Yayoi Liu	39:08
Y Alvidrez	55:20
Tani Leung	1:00:17
W45 Merle LaDuke	43:10
Karen Blagmon	54:57
J K Decker	55:52
W50 Yoko Eichel	42:34
Judith Fisher	45:39
Barbara Spatz	52:55
W55 Kim Sachiko	53:11
Judy Stevens	55:41
Maria Lewis	56:00
W60 Elaine Murphy	50:51

W65 Chieko Allwein	52:37
W70 Miyoko O'Hara	1:02:59
<b>10K World Masters Division</b>	
M45 Noland Shaheed	32:51
Ed Avol	34:35
M60 John Brennand	39:08
Sonny Munioz	41:18
M65 William Wall	42:32
M70 Pat Devine	46:40
Milo Sather	49:32
M75 Bill Nice	55:07
M85 E VanLeeuwen	1:09:23
W45 Sherri Curl	38:11
Elaine Triplett	40:51
W50 Wendy Watson	43:32
W60 Jeanne Hoagland	47:28
W70 Mary Storey	56:41

**10K Racewalk Overall**

M40 Jerry Welti	1:06:54
M50 Bob McMillan	1:00:24
Stuart Ray	1:04:08
John Blacklund	1:07:03
M60 Carl Acosta	58:45
Robert Mimm	1:03:53
Richard Oliver	1:05:35
W40 Florence Brawn	1:04:52
Terese McKinney	1:16:44
Linda Cruz	1:20:29
W50 Darlene Backlund	1:11:15
Betty Cauley	NTA
W60 Carol Ferris	1:10:02
Joann Beers	1:16:46
Patricia Willis	1:16:49

**Super Bowl 10K Redondo Beach, CA; Jan. 31**

**Overall**

M Kenflezighi	29:25
Sylvia Mosqueda	33:33
M40 Juan Naraujo	34:19
Mike Delgado	35:49
Jerry Fleck	35:58
M45 Barry Schaeffer	36:06
Arthur Cookson	38:22
Irv Dawson	39:13
M50 John Bateman	38:51
Adolfo Padilla	39:26
Salvador Urquiza	40:39
M55 Juan Cabeza	37:45
Don McCarthy	38:49
Catarino Gonzalez	39:14
M60 Sonny Monioz	40:42
John Rudberg	43:29
Dino Schwartz	48:45
M65 Dave Thomas	50:12

**RACEWALKING**

**USATF Michigan 3K Indoor RW Championships Grand Valley St. U.; Feb. 7**

**Overall**

Bill Reed M45	15:22
Sue Haroldson W45	20:06
M30 Michael Close	16:22
M45 B Reed	15:22
Chris LaReau	16:48
Ross Barranco	17:20
Al Kaiser	18:21
M50 Bill Gardner	18:21
Eugene Kester	23:04
W45S Haroldson	20:06
W50 Sherry Hughes	23:50
W60 Berthe Aldrich	20:23
W65 Carolyn Selby	22:29
W70 Thelma Fallows	23:42

**ADDITIONS TO THE INDOOR RECORDS PUBLISHED IN THE FEBRUARY 1999 ISSUE:**

**USATF Masters Men's and Women's Racewalking Records**

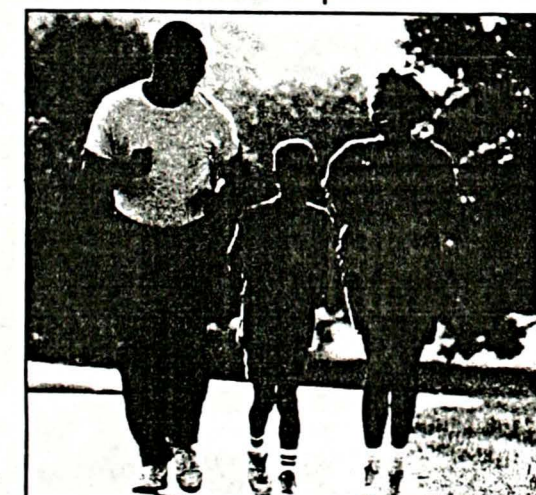
<b>Men's Indoor Records</b>			
3000 meters			
M35-39	11:29.87	Jonathan Matthews	Boston, MA 1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ 1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL 2/20/93
M50-54	12:34.9	Don DeNoon	Carbondale, IL 2/4/94
M55-59	14:22.40	Ed Kousky	Greensboro, NC 3/31/96
M60-64	14:44.51	Max Green	Columbus, OH 4/4/92
M65-69	15:41.41	Jack Bray	Boston, MA 3/29/98
M70-74	17:23.46	William Flick	Greensboro, NC 3/31/96
M75-79	19:45.3	Bill Tallmadge	Columbia, MO 3/25/94
M80-84	21:39.16	Bill Patterson	Greensboro, NC 3/31/96

<b>Women's Indoor Records</b>			
3000 meters			
F35-39	13:09.55	Maryanne Torrellas	Atlanta, GA 3/2/96
F40-44	14:23.33	Viisha Sedlak	Columbus, OH 4/4/92
F45-49	15:56.75	Karen Davis	Boston, MA 3/12/97
F50-54	17:25.86	Kathleen Frable	Greensboro, NC 3/31/96
F55-59	17:35.06	Elton Richardson	Columbia, MO 3/25/94
F60-64	17:31.83	Ruth Eberle	Columbia, MO 3/25/94
F65-69	17:46.25	Ruth Eberle	Carbondale, IL 2/8/97
F70-74	20:35.87	Miriam Gordon	Greensboro, NC 3/31/96
F75-79	22:17.08	Millie Crews	Madison, WI 3/24/90
F85-89	28:47.11	Dorothy Robarts	Reno, NV 2/24/95

**ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MARCH 1999**

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
ART BARNARD (LA JOLLA, CA)	1-10-29	70	74
JOHN BOOTS (SLIDELL, LA)	1-20-19	80	84
MICHAEL BOUDREAU (METAIRI, LA)	1-1-19	80	84
ROSS CARTER (EUGENE, OR)	1-1-19	80	84
GEORGE R. CHARRON (NEW ORLEANS, LA)	1-1-19	80	84
LEON DEFRANCO (FRA)	1-1-19	80	84
DENNIS DYCE (IL)	1-1-19	80	84
OLEG FATUN (RUS)	1-1-19	80	84
EARL FEE (CAN)	1-1-19	80	84
GRAEME FELL (CAN)	1-1-19	80	84
ROY FOWLER (GB)	1-1-19	80	84
MARK GELNOV (URS)	1-1-19	80	84
RAB HAGIN (PA)	1-1-19	80	84
KARL HASLER (SWI)	1-1-19	80	84
RIZA ISMAN (TURKEY)	1-1-19	80	84
HEINRICH KILLING (WG)	1-1-19	80	84
ESKO KOLHONEN (FIN)	1-1-19	80	84
GERGELY KULCSAR (HUN)	1-1-19	80	84
JURGENS LAMP (URS)	1-1-19	80	84
FRANK LEVINE (US)	1-1-19	80	84
GEORGE MAJOR (CAMP SPRINGS, MD)	1-1-19	80	84
LEOPOLD MARIEN (BEL)	1-1-19	80	84
KAREL MATZNER (CZE)	1-1-19	80	84
DELMAR MITCHELSON (ENCINO, CA)	1-1-19	80	84
BOB NEUTZLING (JACKSONVILLE, FL)	1-1-19	80	84
GORDON NORDGREN (COVINGTON, LA)	1-1-19	80	84
JEAN ONSELEN (BEL)	1-1-19	80	84
THEO ORR (AUS)	1-1-19	80	84
ED POOL (SAN GABRIEL, CA)	1-1-19	80	84
MEL SHINE (LAFAYETTE, CA)	1-1-19	80	84
DON SLOCOMB (HOUSTON, TX)	1-1-19	80	84
JACKSON STEFFES (PALISADES, CA)	1-1-19	80	84
ED STOTSENBERG (MALIBU, CA)	1-1-19	80	84
KARL TREI (CAN)	1-1-19	80	84
YOSHIOHARU VEDA (JPN)	1-1-19	80	84
ALBERT WHITE (CAN)	1-1-19	80	84
GRAHAM WISE (AUS)	1-1-19	80	84
BETTY BASKIN (MD)	1-1-19	80	84
BETTY BENKERT (KIRKWOOD, MO)	1-1-19	80	84
AUDREY BERGENBACK (CHATTANOOGA, TN)	1-1-19	80	84
ANNE BING (FRANKLIN LAKES, NJ)	1-1-19	80	84
JOAN COLMAN-OTTAWAY (SAUSALITO, CA)	1-1-19	80	84
HELEN DARNALL (MELBOURNE PK, AK)	1-1-19	80	84
SALLY DAVIS (MA)	1-1-19	80	84
RONNIE GRIESE (CA)	1-1-19	80	84
CARLA HENVERT (CHICAGO, IL)	1-1-19	80	84
MAE HORNS (EDINA, MN)	1-1-19	80	84
CAROLE MAWSON (WOODSIDE, CA)	1-1-19	80	84
PEARL MEHL (BOULDER, CO)	1-1-19	80	84
JOAN OTTAWAY (SAUSALITO, CA)	1-1-19	80	84
CINDY REINHARDT (BROCTON, NY)	1-1-19	80	84
JUDI RICHARDSON (CT)	1-1-19	80	84
CHRISTA ROMPPANEN (MALIBU, CA)	1-1-19	80	84
BERYL SKELTON (FAIRPORT, NY)	1-1-19	80	84
CINDY STEENBERGEN (FORT WORTH, TX)	1-1-19	80	84
DEBBIE STILES (ST LOUIS, MO)	1-1-19	80	84
CHRIS STOCKDALE (GB-TAKOMA PARK, MD)	1-1-19	80	84
PAT STOREY (BEVERLY HILLS, CA)	1-1-19	80	84
ALTHEA WETHERBEE (HUNTINGTON, NY)	1-1-19	80	84
ERNESTINE YEOMANS (CAN-CINCINNATI, OH)	1-1-19	80	84
VAL BABE (NZL)	1-1-19	80	84
RUTH BREINSBERGER (AUS)	1-1-19	80	84
HAZEL CAMERON (CAN)	1-1-19	80	84
JOSTANE CAVET (FRA)	1-1-19	80	84
FRANCOISE DUVAL (FRA)	1-1-19	80	84
EVA ESCHNER (GER)	1-1-19	80	84
ANNIKA FOLCHE (SWE)	1-1-19	80	84
HELENE GLET (FRA)	1-1-19	80	84
LIESL HUBER (GER)	1-1-19	80	84
NIHOKO KANEGAWA (BRA)	1-1-19	80	84
JENNY L. KINGWILL (RSA)	1-1-19	80	84
WALBURGA KLOCKERS (GER)	1-1-19	80	84
SARA MONTECINOS (CHL)	1-1-19	80	84
ANNE MORITZ (GER)	1-1-19	80	84
ISABELLA OKENDHAL (RSA)	1-1-19	80	84
VERA OLENCHENKO (RUS)	1-1-19	80	84
SIGRID SCHWARZ (GER)	1-1-19	80	84
EDELTRAUD STRASDAS (GER)	1-1-19	80	84

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman

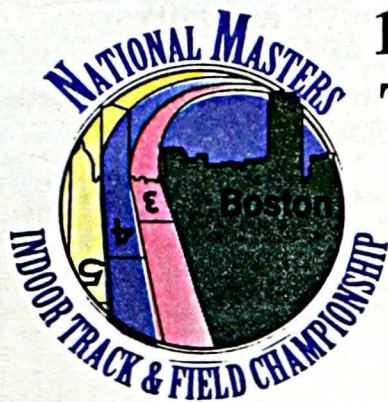


**American Heart Association**  
Fighting Heart Disease and Stroke

**Start to Finish Heart Disease**

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# 1999 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

March 26 - 28, 1999 at the Reggie Lewis Track & Athletic Center, Boston, MA



Directed by TRACS, Inc.

Hosted by the Boston Running Club

In cooperation with USATF-New England



## FRIDAY, MARCH 26 MEN'S PENTATHLON

- Order of Events
- Hurdles
- High Jump
- Shot Put
- Long Jump
- 1000 Meter Run

## WOMEN'S PENTATHLON

- Order of Events
- Hurdles
- Long Jump
- Shot Put
- High Jump
- 800 Meter Run

## FIELD EVENTS

- 3:00 Weight (M60+, all W)
- 3:30 Shot Put (W60+, M65+)
- 3:30 Pole Vault (W, M70+)
- 3:30 Long Jump (M60+, all W)
- 3:30 High Jump (M50-59)

## TRACK EVENTS

- 2:00 3K Run
- 6:30 60m Trials
- 7:30 60m Semifinals
- 8:00 400m Prelims

## SATURDAY, MARCH 27 FIELD EVENTS

- 9:00 Shot Put (W30-59)
- 9:00 Shot Put (M60-64)
- 9:00 Long Jump (M50-59)
- 9:30 High Jump (all W)
- 9:30 Pole Vault (M60-69)
- 10:00 Long Jump (M40-49)
- 10:00 Shot Put (M50-59)
- 11:00 Long Jump (M30-39)
- 12:00 High Jump (M70+)
- 12:00 Shot Put (M40-49)
- 12:30 Pole Vault (M50-59)
- 1:30 High Jump (M60-69)
- 2:00 Triple Jump (W)
- 2:00 Shot Put (M30-39)
- 3:30 Weight (M30-59)
- 4:00 Pole Vault (M40-49)
- 4:30 High Jump (M30-39)

## SATURDAY, MARCH 27 TRACK EVENTS

- 9:00 Mile
- 11:30 60m High Hurdles Semifinals and Finals
- 12:45 60m Finals
- 2:15 400m Finals
- 3:30 3K Racewalk
- 6:00 800m Prelims
- 7:00 200m Trials

## SUNDAY, MARCH 28 FIELD EVENTS

- 9:00 Triple Jump (M60+)
- 10:30 Super Weight (all)
- 10:30 Triple Jump (M50-59)
- 11:00 High Jump (M40-49)
- 11:00 Pole Vault (M30-39)
- 12:00 Triple Jump (M40-49)
- 1:30 Triple Jump (M30-39)

## TRACK EVENTS

- 10:00 200m Semifinals
- 11:30 800m Finals
- 1:00 200m Finals
- 2:30 4x800m Relay
- 3:00 4x400m Relay

### GENERAL INFORMATION

**ELIGIBILITY** Competition is open to ALL men & women 30 years of age & older, including non-US citizens. Age on March 26, 1999 will determine a competitors age group. Individuals will compete in 5-year age groups starting at age 30, relays in 10-year age groups. Proof of date of birth is required from all competitors in advance of the competition. Please include a photocopy of your birth certificate or passport with your completed entry form. All U.S. Citizen competitors must have a valid 1999 membership in USA Track & Field. 1999 USATF memberships will be available at the meet for \$15. We encourage you to obtain this membership in advance of the meet, through your local association. USATF cards must be presented at packet pick up. Athletes from other countries may compete as guests with no USATF membership.

**ENTRY** Deadline is March 1, 1999. Fees: PENTATHLETES: \$35 for the Pentathlon, \$30 for the 1st additional event, \$15 for subsequent events. ALL OTHER ATHLETES: \$30 for the first event, \$15 for each additional event. RELAYS: \$40 per team, payable on-site only, by 7:00 p.m. the day before the competition. LATE FEE: is \$25 for all entries received after March 1st. No entries accepted after March 19. Relays register on-site only (\$40). Entry fees are non-refundable and must be included with entry application. Fee includes: admission for 2 to the Championships, additional tickets \$5/day, children under 12 free. No additions/changes after entry deadline. Please make checks payable to TRACS, Inc. Entry packet pick up information will be available on our web site (www.tracs.net) as the event approaches. Confirmed entrants names will be posted on the website upon receipt. One week prior to the event, a list of competitors by event can be found on the website.

**AWARDS** USATF Championship medals will be awarded to the top three (3) U.S. Citizens in each age division of each championship final event. Foreign guest competitors finishing in the top three (3) will receive a non-championship medal. Awards will be presented in a timely fashion once the event has been completed and all results have been tabulated and verified.

**FACILITY & IMPLEMENTS** Reggie Lewis Track and Athletic Center features a 6 lane, lightly banked 200 meter Mondo track, with 8 lanes on the straight-aways. Starting blocks will be provided, but pole vaulters must bring their own pole. There will be two shot/weight circles throwing onto a synthetic surface, three high jump pits, and two long jump runways. Only soft shell shot and bag weight implements will be used for throws, except for 56 # Superweight, which will be contested outdoors.

The High Jump will begin at 2'8" and will be raised in increments published prior to the event. Only 1/4" pyramid spikes or flats permitted, no hexagonal elements. All shoes will be checked, and acceptable spike implements will be available at the meet (\$3 per set). The track must remain clear at all times during the competition. Only athletes actually competing at that time will be allowed on the track/ infield. USATF competition rules will apply.

**RELAYS** Relay teams must consist of members of a single club/team or region. All members of U.S. relay teams must have a valid 1999 USATF membership card. All relay participants must have proof of age in the form of a photocopy of a birth certificate or passport. Relays will be contested in 10-year age groups. Registration for all relay events will take place at on-site registration only. Entry fee for all relays is \$40 per team, to be paid at registration by 7:00 p.m. the evening prior to the event.

**COMPETITION ORDER** Competition will proceed as follows: women followed by men, oldest to youngest, unless otherwise indicated in the schedule. Preliminary rounds of the 60M Hurdles, 60M & 200M will NOT be run if the number of entrants in an age group does not exceed the number of available lanes; the event will be run as a Final at the designated time. The Championships will not be delayed due to accidents, late wake-ups or any other unforeseen reasons.

### DIRECTIONS

**BY CAR:** Take I-95 to Rte 128 South to I-93 North to Mass Ave/Roxbury Exit; go straight off ramp through lights (Mass Ave) on to Melnea Cass Blvd; follow 1 mile to Tremont St; go left & follow 1/2 mile to the Reggie Lewis Track & Athletic Center. For more information call (617) 541-3535.

### PUBLIC TRANSPORTATION:

Take the Orange line of the MBTA, get off at the Roxbury Crossing station. Reggie Lewis Track and Athletic Center is located across Tremont Street from the station.

### SHUTTLE BUS SERVICE:

A complimentary shuttle bus service will be provided between the meet hotel and the event on competition days. On Sunday, March 28th, a shuttle bus service will be provided at a nominal fee between the competition site and Boston Logan Airport. Registration for this service will occur at packet pick up.

**RESULTS** Official results will be mailed to all competitors following the competition. Results may also be obtained on-line at <http://www.tracs.net>. At the competition, fully automated timing with electronic scoreboard results will be used.

**SOUVENIRS** A wide variety of meet apparel & memorabilia will be available, including event shirts, pins, and meet booklets.

**MEET HOTEL:** The official meet hotel of the 1999 National Masters Indoor Track & Field Championships is the Seaport Hotel, (888) 982-4683, One Seaport Lane, Boston 02210. The Seaport Hotel is a brand new world class hotel located on Boston's vibrant and historic waterfront. Amenities include free shuttle service to and from meet facilities, as well as to various points in downtown Boston. TRACS has secured rooms at an incredibly discounted rate of 50% off the regular room charge. To take advantage of this offer, call the Seaport Hotel and mention your affiliation with National Masters Indoor Track & Field Championships. Reservations must be made by February 25, 1999 to take advantage of this special rate. The Seaport Hotel is a \$15 - \$20 cab ride from Logan Airport.

**FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS** Help ensure the high quality of this Championship and future meets with a donation. There are three levels from which to choose: PLATINUM \$250, GOLD \$100, SILVER \$50, BRONZE, \$25. PLATINUM level contributors will receive a warm up suit, a polo shirt, a meet tee shirt, and a lapel pin. GOLD level contributors will receive an event polo shirt and pin. SILVER level contributors receive a meet T-shirt and lapel pin. BRONZE level contributors receive a pin. All contributors will be listed in the official meet program and receive a full set of meet results.

For additional information, call (617) 332-3919, E-mail us at [tracs@earthlink.net](mailto:tracs@earthlink.net), or fax us at (617)-964-8356.

## MEET SCHEDULE

### ENTRY APPLICATION

Name:(last, then first) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country \_\_\_\_\_  
 Ph(W): \_\_\_\_\_ Ph(H): \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email: \_\_\_\_\_ Male / Female: \_\_\_\_\_ Age (as of 3/26/99): \_\_\_\_\_  
 Date of Birth: \_\_\_/\_\_\_/\_\_\_ 1999 USATF# \_\_\_\_\_ Team / Club: \_\_\_\_\_  
 US Citizen Yes No If No, Country of Citizenship \_\_\_\_\_ Resident Alien \_\_\_\_\_  
 Please enclose a copy of your birth certificate or passport with this entry form

### EVENT FEES

Pentathlon - \$35, 1st Event - \$30, Subsequent Events - \$15  
 Pentathlon (Note this does not count as your 1st event).....\$35 \_\_\_\_\_  
 1st Event.....\$30 \_\_\_\_\_  
 Subsequent Events.....# \_\_\_\_\_ @ \$15 each \$ \_\_\_\_\_  
 1<sup>st</sup> Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 2<sup>nd</sup>Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 3<sup>rd</sup>Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 4<sup>th</sup>Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 5<sup>th</sup>Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 6<sup>th</sup>Event Name \_\_\_\_\_ Recent Performance \_\_\_\_\_  
 Late fee (For entries after 3/1/99).....\$25 \_\_\_\_\_  
 Championship Tee Shirt.....# \_\_\_\_\_ @ \$12 each \$ \_\_\_\_\_  
 Please indicate size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Friends of the National Masters Championships**  
 Platinum Donation.....\$250 \_\_\_\_\_  
 Gold Donation.....\$100 \_\_\_\_\_  
 Silver Donation.....\$50 \_\_\_\_\_  
 Bronze Donation.....\$25 \_\_\_\_\_  
 Masters Committee Surcharge (mandatory\*).....\$5 \_\_\_\_\_  
 TOTAL DUE.....\$ \_\_\_\_\_

\*National Masters Committee Surcharge: This new mandatory fee will supplement the budget allocated to the National Masters Committee by USATF. These monies will be used by the National Masters Committee to support regional programs.

(Clip and mail this completed entry form along with a check for payment in full for entry fees to TRACS, Inc., 79 Munet Road, Chestnut Hill, MA 02467. All entries must be received by March 1, 1999, or must be accompanied by a late fee of \$25. No entries will be accepted after March 19, 1999. Entry must include full payment to be valid.

**Assumption of Risk**  
 I hereby declare that I am in good health and properly conditioned for the competitions and that I am the stated age on this application. I also verify that I am a member of USATF. In consideration of my entry in the National Masters Indoor Track & Field Championship in Boston, MA, I do hereby, for myself and anyone entitled to act in my behalf, waive and release TRACS, Inc., BRC, Fila, Seaport Hotel, USATF-NE, Reggie Lewis T&A C, Roxbury Community College and all sponsors, volunteers and their representatives and successors for all claims and or liabilities of any kind which may arise or be occasioned as a result of my travel and participation in this competition. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being.  
 Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_