

# NATIONAL MASTERS NEWS

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

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January 2000

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## Larsen, Raschker Named Best 1999 T&F Athletes; Tuttle, Ottaway Top LDR Picks

### Honors Also Go To Obera, Pawlik, Matthews, Brubaker and Hess

Mel Larsen, 75, Ames, Iowa, and Philippa Raschker, 52, Marietta, Ga., were honored as the outstanding male and female athletes for 1999 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual convention in Los Angeles.

Both athletes were doubly honored. Larsen was also the male recipient for the best single performance-of-the-year award. Raschker was selected as the best female in the multi-events.

Irene Obera, 65, Fremont, Calif., was Larsen's female counterpart for the best single performance in 1999. Emil Pawlik, 60, Jackson, Miss., was named the best male multi-eventer.

The racewalkers of the year were Jonathan Matthews, 42, Helena, Mont., and Lyn Brubaker, 42, Landisville, Pa.

Suzy Hess, secretary of the Masters T&F Committee, was named track & field administrator of the year.

Larsen, who was the Midwest Regional Masters Coordinator for many years until recently moving to Iowa, started the year as a 74-year-old at the Boston Indoor Championships,

where he ran an age-graded 100% 60H. At the WAVA-Gateshead World Championships, Larsen, now 75, won individual gold medals in the 100 (14.13/A-G95.6%), 80H (98.3%/WR 14.20), and long jump (92.5%/AR4.59) and a bronze in the 200.

As impressive as his performances were, Larsen did not rest on his laurels. At the Masters Nationals at Orlando in August, he ran the 80H in 13.68, which age-graded to a remarkable 101.2%, earning him the 1999 outstanding performance award.

Raschker, despite being less than 100% for much of the year as a result of injury and surgery, exemplified her athleticism at three major championship meets. In the Heptathlon Championships, Grass Valley, Calif., she set a world record of 6469 points.

Continued on page 14

### Buerkle, Troncoso, Romesser, Frisby Among 24 Runners Honored by USATF

John Tuttle, 41, and Joan Ottaway, 55, were among 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 21st annual convention in Los Angeles on Dec. 3.

The LDR Committee offers awards in five-year age-group categories, plus the outstanding male and female ultra runners of the year.

Tuttle, Douglasville, Ga., easily outpaced six other nominees in the M40 category. This former Olympian won both the overall and the age-graded ILC standings this year and achieved 10 of the 12 performances ranked by Road Running Information Center (RRIC) in its 10K equivalencies under 30:00.

Ottaway, 55, Sonoma, Calif., won the Indy Life Circuit age-graded Grand Prix for the third consecutive year, outscoring all female runners in all other age divisions. She won five USA National W55 Championships.

Carmen Troncoso, 40, Austin, Texas, won the Freihofer's 5K in June with a 16:37, beating last year's winner, Ruth Wysocki, and the Run by the River 5K in September with 16:55. Her 53:42 15K at Tulsa led the other 10 nominees for the W40 award. Although 5th in the overall Indy Life Circuit standings, her

late start (turned 40 in April) and three convincing ILC wins were sufficient to give her the nod.

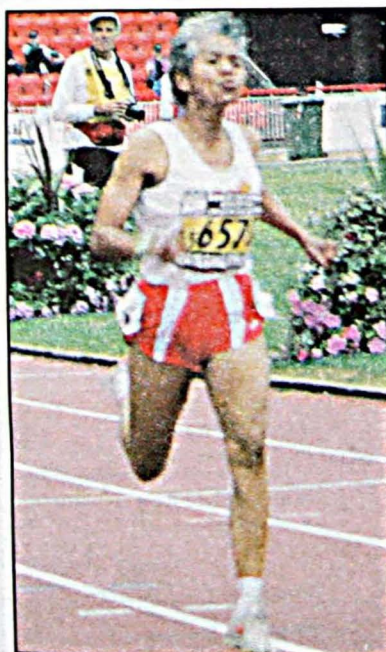
Vicki Crisp (TN, 47) and Gary Romesser (IN, 48) were repeat winners in the 45-49 age group as were Hedy Marque (VA, 81) and Henry Synniewski (NY, 81) in the 80-84 age group.

Gloria Jansen, 52, Edina, won five national championships and was the highest age-graded ILC finisher of her W50 age group.

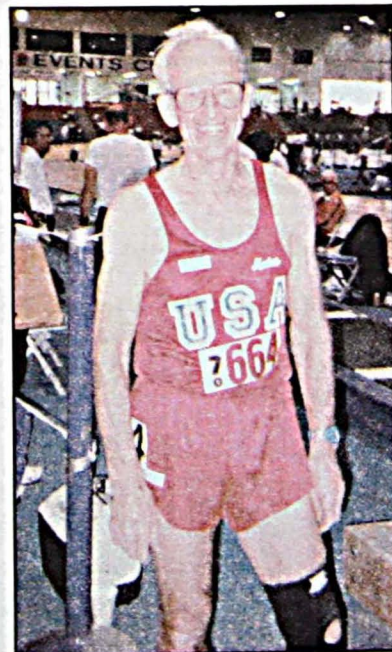
Dick Buerkle, 52, Atlanta, Ga., went head to head in competition with Bill Rodgers, winning both times. His four national championships and top age-graded finish in his age group gave him the M50 win.

Jan Frisby managed the M55 win over Vic Heckler and Jack Nelson, winning four national championships in the

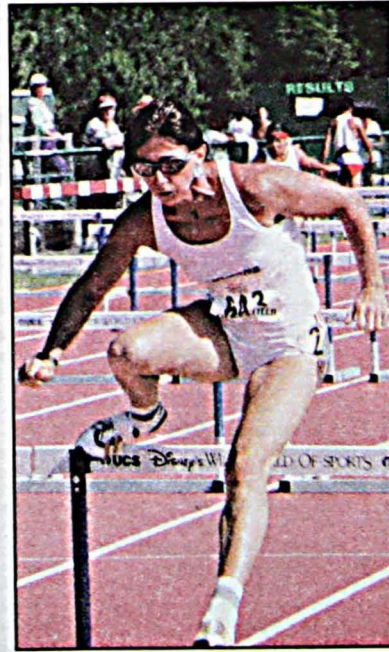
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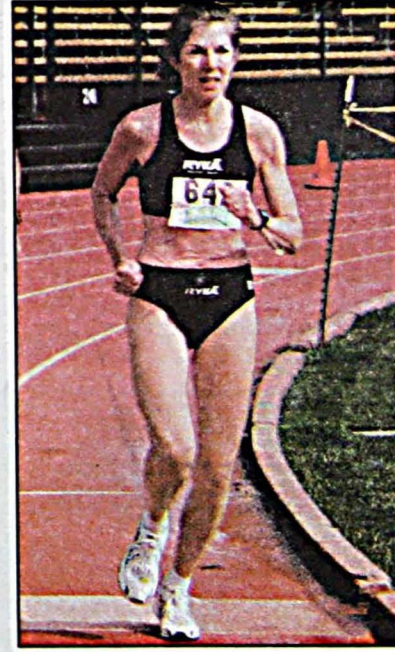
Irene Obera



Mel Larsen



Phil Raschker



Joan Ottaway



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# NATIONAL MASTERS NEWS

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by JERRY WOJCIK

Track and field athletes made up a large portion of the participants in the multi-sport Huntsman Senior Games in St. George, Utah, Oct. 11-22. Besides drawing local and surrounding states' entrants, track and field attracted athletes from Florida, Michigan, and Germany and Malaysia.

Utah's own Rodney Brown, M70, of Cedar City, was the men's standout on the track with wins in the 50m, 100, 200, 400, and 800. Brown, top-ranked

## Senior Athletes Compete in Huntsman Games

in the M70 400 (65.54) in 1998, ran an age-graded 94.3% 65.17 at St. George.

Mary Ann Boe, W70, Sundance, Wyo., was the women's star on the track, posting meet bests of all the women in the 100 (17.30), 200 (36.95), 400 (82.49), and 800 (3:27.28). Her 400 time of 82.49 is better than the first-place 82.52 in the 1998 W70 rankings, and her other times are all probable top three for 1999.

Ingeborg Siegers, W60, of Germany, was first woman in the 1500 (7:28.44) and won the long jump (10-10). Jack England, M55, Sedalia, Colo., cleared an event's best 5-0 in the high jump. Don Gray, M65, Talent, Ore., was the best performer in the pole vault with an 8-8.

Larry Pratt, M55, Newark, Del., topped all other javelin throwers with a 146-10. Leona Shurtliff, W55, Enter-

prise, Utah, won the triple jump (24-4), shot put (27-4/4), and discus (74-2).

Harland Van Blaricum, M55, Dexter, Mich., was the first finisher in the 5000 racewalk (28:21.55).

W70-74 racewalkers Emily Sheffield, LaGrange, Ga., and Annie Barker, Hurricane, Utah, staged the closest contests of the meet, Sheffield winning the 5000, 36:56.75 to 35:56.90, and Barker taking the 1500 from Sheffield by one second, 10:41 to 10:40. □

### DATE & TIME

Saturday, February 26, 2000

3:00pm: 3k Fun Run & Walkabout

3:30pm: 12k Run (7.4 miles)

5:30pm: Joey Run (Kids run distances vary)

### LOCATION

Lake Eola Park - Conveniently located off I-4 in Downtown Orlando. Race start: Central Blvd.

**ENTRY FEE** (Sorry mates, entry fees are non-refundable.)  
\$2 discount for ChampionChip owners.

12k \$17.00 through Sat., Feb. 19

\$20.00 Feb. 20-25

\$25.00 day of race at race site beginning at 1:30pm.

3k \$15.00 through Sat., Feb. 19

\$18.00 February 20-25

\$20.00 day of race at race site beginning at 1:30pm.

### Joey Run:

\$5.00 through February 25

\$7.00 day of race at race site

### YOUR ENTRY FEE INCLUDES:

#### 12k & 3k

- Entry into the race and a 100% cotton T-shirt.
- A rip-roarin' good time featuring that bloomin' good tucker the Outback Steakhouse is famous for!
- Entertainment and activities that'll make this an event like no other.

#### Joey Run

- A T-shirt and a Joey meal after the race!

### REGISTRATION

Walk in or mail completed entry form with entry fee to race headquarters:

Track Shack, 1104 N. Mills Ave. Orlando,  
Florida, 32803  
(407)898-1313

Make checks payable to:

Track Shack Foundation

For more info visit [www.trackshack.com](http://www.trackshack.com)

Closest Accommodations: Four Points Sheraton

Orlando Downtown. One block from starting line:

(407) 841-3220. Room rate: \$109.00



February 26, 2000  
Lake Eola Park  
Downtown Orlando



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### PACKET PICK UP

Pick-up race number, T-shirt, and information at Race Headquarters, Track Shack, Wednesday February 23 through Friday, February 25 from 10am to 7pm. Packets may also be picked up on race day at race site beginning at 1:30pm.

### 12K AGE DIVISIONS

11 - 13	25 - 29	40 - 44	55 - 59	65 - 69 M
14 - 18	30 - 34	45 - 49	60 - 64	70 - over M
19 - 24	35 - 39	50 - 54	65 - over F	Wheelchair

### RACEWALKERS

**Racewalker Age Divisions:** 39 - under, 40 - 49, 50 - 59, 60 - Over.

This is a judged racewalking competition. Those who wish to compete in the racewalking division need to register at the Central Florida Walkers table on race day. (Normal entry fees and registration procedures apply.)

### REFRESHMENTS

Coca Cola, PowerAde, water, fresh fruit, and more will be available at the finish for all participants.

### 12K AWARDS

We'll be awardin' the fastest blokes and sheilas of the day including: the top three overall male and female, top male and female wheelchair athletes, top male and female masters, top three male and female in each age group, overall male and female racewalkers and the top three male and female in each racewalking age division.

**Preems:** Gift certificates to Track Shack and Outback Steakhouse to the bloke and the sheila who lead the pack at the one mile, 5k and seven mile mark.

### THAT BLOOMIN' GOOD TUCKER

After the race, Outback Steakhouse will serve some tucker from down under. Their bonzer Outback Special Steak Dinner (served to perfection) along with Caesar Salad, Chicken on the Barbie and Bushman Rolls all included in your registration, so no worries mate! Your spouse or little Joey can join you for an additional \$5 donation.

### Attention Runners...

#### THE CHAMPIONCHIP

This race will be scored using the ChampionChip. Your entry fee includes use of the ChampionChip for accurate "real time" scoring.

### USATF NATIONAL MASTERS 12K CHAMPIONSHIP

The Outback Steakhouse Distance Classic presented by Home Depot is pleased to host the USATF Masters 12k Championship. Prize money totaling \$5000 will be awarded. Entrants must be USATF members to be eligible for the prize money and must supply USATF number on the entry form.



## OUTBACK STEAKHOUSE DISTANCE CLASSIC OFFICIAL ENTRY FORM

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Method of Payment : Cash ☐ Check ☐ Charge ☐ Card# ☐ Visa ☐ MasterCard ☐ Amer. Exp. ☐

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against Event Marketing and Management International, Outback Steakhouse, The Home Depot, the City of Orlando or any subsidiary or political division thereof, its or their respective officers, agents, representatives, successors, assigns and sponsors from all claims or liabilities of any kind arising out of my participation in the Outback Distance Classic even though that liability may arise out of the negligence or carelessness on the part of the entities or persons named in this waiver. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purposes of the event whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature (If under 18, parents signature is required)





Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### ORLANDO

I attended the Senior Olympics in Orlando at Disney's Wide World of Sports complex last month as a runner in the track events. I must say I was very disappointed in the organization of the track and field events and in how the whole event was handled. I guess the most descriptive phrase I could use would be "bush league."

We athletes worked hundreds of hours training, then spent hundreds, even thousands, of dollars to attend the meet. For it to be so poorly run was inexcusable on the part of both the Disney organization and of the administrators of the Senior Olympics itself. Here are a few examples:

- First, even though they had two years to plan the event, when things weren't going well and I complained to track-and-field manager Michelle Kirkman, all she had to say was, "We are shorthanded."

- On the 19th of October, the digital clock was not working.

- On the same day, two of the women's 100m preliminary races were run with no times, so they had to run again later. That's really poor organization!

- On the same day, no quarter times were given in the men's 800. One runner mentioned that he had no idea what his pace was after the first lap.

- No quarter times were given at any of the 1500 races, either, even though there were people at the starting line who could have given them to the racers.

- The people running the high jump put the bar at what they thought was 4-9 during a preliminary jump, but after

the preliminary was over, it was discovered that the bar was at 4-2.

- The high jumpers were called over for their awards four times before they got it right.

Then there was the "greed factor." Disney seemed to rule over (or consume) everything in the region. They even charged spouses to get into the complex, even though they may have flown or driven hundreds of miles to attend the event with their athlete spouses. That was unthinkable. Charging an elderly spouse \$6 per day to sit in the hot stands, even when their own spouses were just watching other races, is just pure greed.

I have heard that the Nationals at Orlando were also poorly run. I had hoped for better at the Senior Games, but was sorely disappointed. I certainly will not participate in any other games at Disney World in Orlando. I agree with the high jumper who I overheard saying, "I know why things are such a mess - Mickey isn't running the event, Goofy is!"

Dave Budz  
Boulder, Colorado

### HURDLE CHANGES

One of the changes adopted at WAVA-Gateshead mentioned in the September issue concerned lowering the hurdle heights for W60+ and M70+ from 30" to 27". I have some questions regarding the change.

1. Will these new heights be in effect as of Jan. 1, 2000 for all sanctioned USATF masters meets?

2. What will happen to past meet records for those age-groups?

3. Where can I find a hurdle on the

market that is made to be lowered to 27"? I tried to set two different makes of hurdles to 27" by using a mallet but failed - one make lowered to 27 1/4", and the other to 28 1/4".

4. Are meet directors expected to use this method? If so, how can a legitimate world record be set?

Alfred Guidet  
California City, California

(At the USATF Convention in Los Angeles, Masters T&F delegates rejected, 2-34, a motion to adopt 27" hurdle heights for USA national and regional meets. The 27" proposal will be discussed during the year and voted upon again next December, prior to the 2001 WAVA World Championships in Brisbane. - Ed.)

### T&F AGE RECORDS

Why have some record listings been eliminated from The Masters Age-Record Book?

For example, records for the 600g javelin and the 1kg discus in the M50-59 groups have been dropped from the 1999 book.

In 1998, I bettered the M58 600g javelin mark and sent in the required forms. I didn't hear anything, so I wrote a follow-up letter. Again, no reply.

Do we need more people handling records or do we just need those handling records to respond in a reasonable time?

John Long  
Bethlehem, Pennsylvania

(1. The above events were dropped because they are not official events. Through 1999, the M50-59s threw the 800g javelin and 1.5kg discus. Records Chairman Pete Mundle has been trying to streamline the book to include only official events.

2. Yes, we need more people handling records. Even working full-time



SUZY HESS  
Leonore McDaniels, of Virginia, W75 Masters Field Athlete of the Year.

(for no pay, of course) is not enough for Mundle to be able to reply to much of his heavy volume of mail. If you'd like to volunteer, contact Chairman Ken Weinbel (address on page 2) - Ed.)

### KUDOS

Just as in life there is both good and bad, this is also true in masters track & field. I would like to point out two excellent aspects of our sport that it is a pleasure for me to experience.

First is the *National Masters News*, a wonderful, intelligently written publication that provides a wealth of information to those of us involved in track & field, racewalking, and long distance running.

My sincere thanks to Jerry Wojcik, Suzy Hess, and Al Sheahan, and the

Continued on page 13

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### Nine Join NMN Sustainers

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

Special thanks this month go to:

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Willie Gatz  
John Hedges  
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Allen McDaniel  
Walter Rilliet  
Leonard Rosen  
Gordon Siefert

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Eleven active and five old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame.

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The old-timers are Thane Baker, Ted Corbitt, Edith Mendyka, Jerry Wojcik, and Alex Ratelle.

Trail 50 miler.

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retired anesthesiologist was widely sought as a pre-race speaker. In his career, he set 20 national records of which six still stand. A five-time LDR runner-of-the-year for M50, M55, and M60, his name is spread widely in the all-time rankings for 15K through the marathon for M50 through M65 age-groups.

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**MARCH 18 - Shamrock Sportsfest** Marathon, 8-K, Masters 8-K & 5-K Walk, Virginia Beach, VA. Contact: Jerry Bocrie, 2308 Maple St., Virginia Beach, VA 23451. Telephone #: (757) 481-5090. Fax #: (757) 481-2942.

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The Hall now contains 16 women and 29 men, of whom 25 represent the discipline of T&F, 17 LDR, and three race-walking.

**Mary Bowermaster**, 82, Fairfield, OH, is a sprinter, jumper, and thrower who still holds four world records and four American records of the 20 she set. Mary has won numerous championship events since 1983 and was named age-group athlete of the year on six occasions.

**Dan Bulkley**, 82, Phoenix, OR, is a versatile athlete with eight firsts in national decathlons since 1988 and seven current world records. He has 18 wins in WAVA championships and 33 firsts in U.S. national championships.

**Jerry Donley**, a 69-year-old pole vaulter from Colorado Springs, Colo., has dominated his event, winning the Indoor Championship 13 of the past 15 years. He is a six-time WAVA vault champion and as an administrator served the Masters T&F Committee as secretary (1982-83) and chair (1983-89). He led the successful drive that brought the WAVA games to Eugene in 1989.

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**Pearl Mehl**, 85, Boulder, Colo., in her long career has often won five or six events in a single meet. She set 34 American and world records, still holding 11 of them. She is strongest in the middle distances and has had a successful career at both the indoor and outdoor national championships. Pearl is a nine-time age-group track athlete-of-the-year.

**Gary Miller**, 62, Glendale, Calif., still holds three world pentathlon/decaathlon records set a decade or more ago, while three others have now been superseded. He has won 27 national and world titles across the past 21 years. Gary was the first to propose the Masters Hall of Fame concept and originated the All-American standards program featured in *National Masters News*.

**Larry Stuart**, 62, Lake Forest, Calif., has the distinction of being a once-beaten javelin specialist in 21 years as a master. His world records at age 46, 55, 57 and 60 exceeded 100% on the WAVA age-grading tables – the most notable being 65.74 meters at age 57 in 1995 for 111.75%.

**Warren Utes**, 79, Park Forest, Ill., held eight American road records before he burst on the world scene at the WAVA championships in Turku, Finland, winning and breaking the world record in the 10,000 meter event and setting a world record in the 5000 meter semi-final, then sustaining an injury in his next event. He currently holds 12 American road records and has been the LDR runner of the year in seven of the past 10 years for age-groups M70 and M75.

**Thane Baker**, 68, Dallas, Texas, had a 15-year career as a sprinter and still holds the M45 100m world record of 11.0 after 19 years. Thane won seven national sprint titles and three world titles by 1983.

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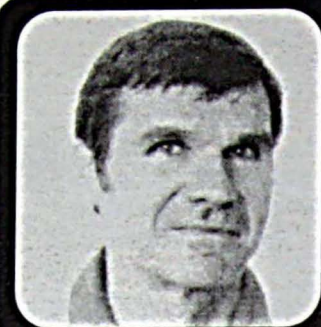
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## Third Wind

by MIKE TYMN

### Distance Running and Transcendence

**M**any who have not experienced a marathon or any other distance running see it as some kind of masochistic physical challenge, one in which the heart, lungs, and legs are abused, taxed to their limits, pushed to the point where they begin to rebel, perhaps even to surrender. The non-experiencer usually is not aware of the mental, and spiritual, aspects that interplay with the physical. It is this *interplay* involving matter (body), intellect (mind), and soul (spirit) that turns what otherwise might be simply exercise or recreation into sport.

Of course, with so many people simply trotting, walking or strolling marathons these days, it is difficult to generalize. That type of participation is exercise or recreation. It is not sport. The true runner is the one who steps to the threshold that separates life from death, whose heart is pumping like pistons on an oceanliner, whose lungs are filled to capacity and crying out in anguish, whose legs are begging him to give up. He or she does not understand anything less than *all-out*.

#### Higher vs. Lower Self

As the pain or discomfort mounts during a race, such a runner is apt to begin a dialogue with his higher self. The lower self will question the wisdom and sanity of what he or she is doing. "What is the point of this ridiculous endeavor?" the lower self may ask. "Think of the relief that can be yours if you stop right now," the lower self may tempt. In the well-conditioned runner, however, the higher self is king, the lower self a mere servant.

vant.

At some point during the dialogue, the mind takes on the role of mediator between the body and the spirit. It weighs the immediate and short term physical gains associated with surrendering — rest, relief and comfort — against the long term mental and spiritual gains — knowledge, achievement, self-confidence, self-esteem, truth, courage, liberation. Quitting, or even backing off to a much slower pace, means victory for the flesh and defeat for the spirit.

Spirit is the manifestation of the soul; will-power is a function of the mind that stems from the spirit. The interplay between these intangibles and the tangible body gives distance running and other sports their meaning and true character.

"If I had to give one single reason for my love of sports it would be this: I love the tests of the human spirit," writes Michael Novak in *The Joy of Sports*. "I love to see defeated teams



Oldest South Shore 4 Mile Sprint winners, Bayshore, N.Y., (l to r): Bill Benson, first M80+, Burt Jablon, first M70, Bill Merz, first M75, and George Dennis, second M75.

refuse to die. I love to see impossible odds confronted. I love to see impossible dares accepted. I love to see incredible grace lavished on simple plays... but even more I love to see the heart that refuses to give in, refuses to panic, seizes opportunity, slips through defenses, exerts itself far beyond capacity, forges momentarily of its bodily habitat an instrument of perfect will."

#### Rigorous Training

As any experienced distance runner knows, such a bodily habitat is not simply a product of genes and good fortune. True, some come into the world better designed than others; some grow up in an environment more appropriate for mental conditioning; some have more freedom and, concomitantly, more opportunity than others, but no person escapes the need to mold the body to the demands of the marathon challenge through long and arduous training. It usually takes five to ten years of such training for the runner to fully adapt to the rigors of the sport.

In our materialistic world, one in which athletes are paid absurd salaries, it is often difficult to tell which ath-

letes are driven by ego, false pride, and riches, by empty, vain and meaningless rewards, and which ones are driven by inner longings, by the desire to learn truths that are unavailable without some physical suffering, by the desire to achieve higher consciousness, by the desire for attainment and attunement of the soul. The motivation is sometimes evident by the degree of pomp and arrogance displayed by the athlete.

No doubt there is a mix of outer and inner motivation among many champion athletes, including distance runners, but the sport of distance running is different than most popular sports in that it is not limited to the elite, to the champions. It is open to the masses. So many do not have the time or the ability to win cash prizes or even to win age-division awards.

#### Inner Rewards

In between the true competitors and the "participants" (the walkers and strollers) are many runners who are motivated by the inner rewards. What else drives them? Whether they realize it or not, they are searching for the latent spirit within themselves. They are looking for the qualities of the soul to continue to grow, to unfold, to develop.

The dedicated runner understands, at least subconsciously, that the soul comes into its own when it is confronted with a challenge, when there are difficulties, hardships, obstacles, frustrations, heartaches, and pains that cannot be shared with the outer world. The runner may not like the adversity as it is being encountered, but he or she can look back and be thankful for the opportunity.

Yes, distance running requires much more than a well-conditioned body. It demands harmony of body, mind, and spirit — a harmony that provides transcendence from the mundane, the ordinary, the material.

Striving for this harmony is what the sport is all about. □

### Boston Marathon Applications Available

Applications are now available for the Boston Marathon 2000 on April 17. To qualify for the race, athletes must meet age-group time standards in a certified marathon run between Oct. 1, 1998 and March 1, 2000.

Entries will be accepted until March 1 or until the maximum

field of 20,000 is reached.

Applications have been posted on the Boston Marathon web site: <http://www.bostonmarathon.org>, and are also available from Boston Athletic Association, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905.

#### Qualifying Standards

Age Group	Men	Women
18-34	3 yrs. 10 min.	3 hrs. 40 min.
35-39	3 hrs. 15 min.	3 hrs. 45 min.
40-44	3 hrs. 20 min.	3 hrs. 50 min.
45-49	3 hrs. 25 min.	3 hrs. 55 min.
50-54	3 hrs. 30 min.	4 hrs. 00 min.
55-59	3 hrs. 35 min.	4 hrs. 05 min.
60-64	3 hrs. 40 min.	4 hrs. 10 min.
65-69	3 hrs. 45 min.	4 hrs. 15 min.
70-over	3 hrs. 50 min.	4 hrs. 20 min.

### TWENTY YEARS AGO January 1980

- Ernie Billups, 42, and Irene Obera, 45, Named 1979 U.S. Masters T&F Athletes
- Herb Lorenz, 40, and Dorothy Stock, 47, Voted Top U.S. LDR Runners
- At Age 64, Olive Davies Runs 2:42:44 in Portland Marathon



## National 5K X-C Held in New Jersey

by MADELINE BOST

Top masters runners from around the country competed at the USATF National Masters 5K Cross-Country Championships at the famous Holmdel Park, N.J., high-school course on Nov. 21.

In the first race, for M60+, Thom Weddle, 61, Burnsville, Minn., had no trouble capturing his division title with an impressive 19:58 on the challenging course. Jim Hilton, 65, Seattle, Wash., made his long journey worth his while by winning his division in 22:16. Bill Fortune, 71, Pearl River, N.J., won his division in 23:42. Lester Ridings, Cedar Grove, N.J., won the M75 in 25:13. Austin Newman, 84, Westfield, N.J., won his division in 31:25. The race had 42 finishers.

Janice Morra, 41, Nyack, N.Y., took the lead in the combined women's race to win in 19:25 over Patti Ford, 44, Lafayette, N.Y., who finished in 19:41.

Winner of the W50 division, Sue Gustafson, 53, Norwell, Mass., age-graded the highest of all women with an 81.6%.

In the M50 race, the lead was formed by New Jerseyans Harry Nolan, 52, of Navesink, Roger Price, 50, of Piscataway, and Rich Myers, 54, of Vorhees.

Nolan had the early lead until Price pulled abreast of him at the top of the first hill. After a quarter of a mile of side-by-side running, Price took over, leading them through the first mile in 5:51 and sailing down into the "Bowl."

Nolan then surged into the lead, but Price sensed that Nolan was slowing the pace and immediately went to the front again. As they rounded the turn for the run up out of the Bowl, Nolan reclaimed the lead, with Price and

Myers trailing.

At the crest, Price passed Nolan, but within a hundred yards Nolan came back at Price with Myers showing him his heels as well.

It was Nolan-Myers-Price as they went single file past the two mile mark in 11:37. Sensing that the pace was slowing again, Price went back into the lead and for the first time, began to pull away.

### Running Scared

"I heard someone shout that I had 20 yards," said Price, "I was shocked. I didn't feel like I was pressing. Then I realized that I had a chance to win and I was running scared. At the first downhill into the woods, I finally had the nerve to look over my shoulder. I saw I was pulling away and I could finally relax and exhale. I knew I just had to stay on my feet and not trip on some root and I was home free."

With Price out of reach, the battle then was for second and third. Myers, who at 54, is at the top of the age group, maintained his pressure and finished second in 17:32, age graded at 85.6%, the highest of all the men. Next in were Al Swenson, 52, Stamford, Conn., and John Serrao, 50, Tobyhanna, Pa., battling to the end. Swenson was clocked at 17:39 and Serrao at 17:40. Nolan took fifth in 17:50 with Reuben Beauchamp, 53, Princess Anne, Md., sixth in 17:51.

Wally Heralla, 55, Ann Arbor, Mich., may have been watching the battle up front in the M50, but he was having a great race of his own, finishing in 9th place overall to take the gold in his division in 18:36.

Tim Schmid, 41, drove in from Kansas City, Mo., and blew away the field in the M40-44 race, finishing in 16:04. An interesting duo raced for second and third. Anselm LeBourne, 40, Maplewood, N.J., who was the 800 and 1500 gold medal winner at the WAVA championship this past summer in England, battled with marathoner Tom Bowmaster, Morris Township, N.J., who had never raced against LeBourne before.

"I had no idea who he was and where he was from," said Bowmaster with a laugh. "I certainly didn't know that he was a 1:54 half miler or I would have expended every ounce of energy I had before the mile stretch!" Then LeBourne unleashed his sprinter's kick to take second in 16:29, Bowmaster, who had run a marathon just the week before, held third in 16:31. Charles McMullen, Rochester, N.Y., won the M45 race in 17:24.

### Strong Team Spirit

With Price and Myers leading their team in, the M50 Raritan Valley Road Runners scored their third national cross-country title. Theirs was the only New Jersey team to capture gold as the Genesee Valley Harriers placed first out of 13 men's M40-49 teams, and the Syracuse Chargers won the M60 team gold out of four teams. The Millrose AA Men's 70 team, with Fortune leading, won their division.



Members of the M50-59 winning Raritan RR team: (back row, l to r) Paul Krentar, Doug Brown, John Nowatowski, Ron York, Roger Price, Gary Rosenberg; (kneeling) Pat Cosgrove, Ed Levy, and Joquim Costa, Masters 5K Cross-Country Championships.

Ford led her Syracuse Chargers to gold in the W40 division. Gustafson had the same role for her Liberty AC (Massachusetts) team.

### Back in 2000

New Jersey will be hosting the championships again in 2000 and in 2001. Chair of the National Championships, John Boyle, Deland,

Fla., had nothing but high praise for the event.

"This is the best cross-country turnout we've had," said Boyle. "You're doing a great job," he said to Andy Martin, the Association Director.

His words were echoed by many of the athletes who praised the Holmdel facility and the quality of the meet. □



ROGER PRICE

Janice Morra, W40, first woman (19:25), USATF National Masters 5K Cross-Country Championships, Holmdel, N.J., Nov. 21.



## 31st Annual LONGEST DAY

Marathon, Half Marathon,  
10K, 5K, and 5K Race Walk

Saturday, April 15, 2000  
Brookings, S.D.

### Contact:

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(605) 692-2334

Kurt Osborne or Jack Youngberg  
First National Bank of Brookings  
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PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Compartment Syndrome of the Lower Leg

One of the lesser-known running injuries is pain and swelling on the outside of the lower leg. It's called *Compartment Syndrome*, or, more specifically, *Anterior Compartment Syndrome*.

The malady is usually caused by increased fluid pressure within a closed space. This causes inflammation, reduced circulation, damage to muscle and nerves, and pain.

Exercise may cause compartment syndrome, especially in the peroneal muscles and tendons of the lower leg. There may be related numbness down into the top of the foot.

Upon resting, the athlete will notice a reduction in pressure. During exercise, pressure will rise.

The initial treatment is a reduction in mileage or complete rest for 6-8 weeks. Anti-inflammatory medication may help.

If the pain persists, see your physician for more treatment. In severe cases, a fasciotomy is recommended to decompress the compartment.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California.)

### Rankers Appointed for Indoor Lists

by JERRY WOJCIK, Masters T&F Rankings Coordinator

All of the events for the McMahon Family Trust Indoor Rankings for the 2000 season have been assigned to volunteer rankers. If your best marks have not appeared in the results section by the May issue, send them, in meters for field events, with documentation (name of meet, date, site, contact person, etc.) before May 12 to the appropriate rankers below:

**55m/60m/200/400:** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

**800/1500/3000:** William Benson, 6 Eton St., Valley Stream, NY 11581.

**HJ/PV:** David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

**SP/LJ/TJ:** James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

**55mH/60mH/WT/Mile/3000 RW:** Jerry Wojcik, NMN. P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywojcik@aol.com

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.)

The rankers for the 1999 outdoor track & field season are listed below. If your best marks for the 1999 season have not been published in the NMN results section by this issue, and to assure that they are included in the rankings, send those marks with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. The deadline for submissions to the compilers is Jan. 22. If your best marks for 1999 were made at WAVA-Gateshead in an individual event or a combined-event and were not listed in the September issue, which listed just the top eight athletes, send those marks to the rankers. The same applies to the National Senior Games in Orlando in October, the results of which were in the December issue.

Field event marks in feet and inch-

### FIVE YEARS AGO January 1995

- Ross Carter, 80, and Philippa Rashker, 47, Receive Outstanding Masters T&F Athlete Awards for 1994 at USATF Convention in St. Louis, Mo.
- Doug Kurtis, 42, and Rae Baymiller, 50, Among 19 Honored by Masters LDR Committee as 1994 Best Masters Runners by Age-Group
- Don DeNoon, 51, and Elton Richardson, 55, Named Outstanding Racewalkers
- USATF National 8K Cross-Country Championships Teams Share \$2500 Grand Circle Travel Prize in Boston



Jan Mazimarian and Vincent Trinidad, representatives of the group conducting the 2001 Masters Championships in Baton Rouge, spoke at the Masters T&F Committee session on Dec. 2, USATF annual meeting, Los Angeles.

### Deadline Set for 1999 Outdoor Rankings

es that are published in the NMN results have to be converted to metric by the rankers, a time-consuming task with a possibility for error. Meet directors are asked to remind their officials that marks should be recorded in metric measurements for submission to the NMN.

Readers who detect errors in athlete's names, age groups, marks, etc., in the results are urged to contact the compilers with the correct data.

Rankers for the 1999 Outdoor Season:

**100, 200, 4x100, 4x400:** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

**400, 5000:** Alex Johnson, 2 Woodview, Cranbury, NJ 08512-2804.  
**800, 1500, mile:** William Benson, 6

Eton St., Valley Stream, NY 11581.

**Short hurdles, long hurdles, steeplechase, high jump, pole vault:** David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net.

**Long jump, shot put, discus:** James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

**Hammer, javelin:** Clay Hull, 4001 W. Voltaire Ave., Phoenix, AZ 85029-1047.

**Combined events:** Rex Harvey, 6744 Connecticut Colony Cir., Mentor, OH 44060.

**3000, 10,000, triple jump, weight, superweight:** Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jerrywojcik@aol.com. □

- Jerry Wojcik

### First Annual Saddleback Relays Scheduled for February

The first of a hoped-for annual masters relays is scheduled for Feb. 26 at Saddleback College, Mission Viejo, Calif. Doug Smith, meet director, and his board of directors, all current or former athletes, are planning on an athlete-friendly meet.

"The Saddleback Masters Relays is being run for athletes, by athletes. It is our intention to ensure that the meet is as enjoyable an experience as possible for athletes and spectators alike," said Smith. "We want the Relays to become the model in terms of the way to organize, seek sponsorship for, and run a meet, and the standard by which other meets are judged."

The event will feature six relays in addition to a slate of individual events. Besides the 4x100 and 4x400, the meet will stage a 4x100 co-ed relay (two males, two females), a 4x100 relay, where each team has to have a minimum combined-age of 200 years, an age-graded sprint medley (400/100/100/200), and a 200 (4x50m) family relay of grandchild to grand-

child to parent to grandparent.

Since the meet is being held a month before the Masters Indoor Championships in Boston, it will offer a 60m, 300, and 300H as tune-ups. Meet organizer and board member Dan Girling explained these choices: "It's early in the season. We can all use the training, but we thought we'd temper the intensity of the 200 with the agony of the 400. Including the hurdles seemed like a natural fit."

The 5000 racewalk, scheduled for 8:00 a.m., has been designated an SCA Grand Prix event.

Saddleback College's KSBR-FM will conduct remote broadcasts from the meet and air results, interviews, and highlights. Cox TV will also cover the meet.

Entries will be accepted through Feb. 18. The \$10 entry fee includes the first event and a commemorative T-shirt. For entry form and hotel information, send a SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. □





## Word from the Web

by KEN STONE

### Online Records

**Y**ou can start an argument online by asking: "Who's the greatest sprinter of all time?" But nobody disputes that Michael Johnson is the fastest on record. In baseball, football and golf, hundreds of web sites compete to offer the most comprehensive stats on every facet of their sport. In elite track, the IAAF at [www.iaaf.org](http://www.iaaf.org) is one of many web sites offering world records.

And masters track? Pull up a chair. Or use it to throw through the window.

Only in the past three years have masters track records appeared online. But unlike open track, with its rich IAAF connections, masters track suffers a relative poverty of information on the Internet. And the web sites that do exist provoke debate on issues of credibility, validity and inclusiveness.

For example: A Finnish web site associated with the veterans magazine *Perpetuum Mobile* lists all world age-group records (along with Nordic, European and Finnish veterans records). But its listing differs from the official WAVA world records in many instances, and accepts marks from non-WAVA affiliated meets, such as Glen Conley's milestone M40 high jump mark of 2.15 (7-0 $\frac{1}{2}$ ) at the Empire State Games in 1997. (The WAVA record remains Jim Barrineau's 2.11 (6-11) from Buffalo 1995.)

#### Uncertainty Abounds

Another example: Tony Dziepak's site devoted to "absolute" throwing records, shows Finland's Jorma Markus as having a javelin mark at age 41 (78.84) that exceeds anything done lately by American Tom Petranoff, who WAVA recognizes as the M40 record holder. But even Dziepak is unsure of the M40 record, since he lists a 78.94 at age "39 or 40" by Russia's Yuriy Subbotin on May 31, 1998.

What to do? Gather some opinions. I circulated a survey to masters athletes and veterans officials around the world on records sites. Sixteen people replied – and their opinions are all over the map. But agreement was universal on this question: Who should be responsible for posting world masters records online? – WAVA.

Even Georg Dunkel, the 54-year-old webmaster of the Finnish records site, confessed: "I'm ready to end my list at once (if) WAVA...is going to make (a) better list (than) *Perpetuum Mobile*."

WAVA is listening, says its webmaster, Rex Harvey.

"In the past, this official registering of records has been done in the WAVA Handbook, (which) is published every two years and...in NMN, the official WAVA publication," Harvey wrote in late October.

"I assume that will continue...I have

been specifically instructed by the president (Torsten Carlus) and council to put the official records on the [www.wava.org](http://www.wava.org) site. This I intend to do as soon as they are released by Brian Oxley, the newly appointed chair of the WAVA Records Committee. Just a few days ago he wrote that he is close to that."

Some masters observers like the idea of competing record sites, however.

#### Resolution Through Discord

Louisiana's Courtland Gray, the M55 gold medalist of Gateshead, said: "Only if there are some differences pointed out can we sort out the answers." And fellow long hurdler Jess Brewer of Canada – sounding like the scientist he is at the University of

British Columbia – offered: "Conflicting postings...(are) a GOOD thing; otherwise there is low probability of detecting errors or 'differences of opinion.'"

Harvey, who set the M45 decathlon record in 1991, says he admires the efforts of others to list records on the Net, and even admits: "I do plan to look at them occasionally to see where they differ from the 'official list' and ask questions of appropriate people to see why they differ."

Many masters athletes would like to see the single-age records online as well. Pete Mundle's Masters Age Records, which appear annually and unofficially, "shouldn't be too much to have a student typist at an hourly rate convert...to the Web, especially if just the relevant marks are posted," says hurdler Gray, whose name appears in the book several times. "We can clear out a lot of the old obsolete marks that make the task so large."

But WAVA's Harvey says: "With 60 male and 65 female one-year groups (through age 99), that means that well

over 4000 records would have to be maintained. I realize that these don't turn over every day, but sometimes they change several times in one year.

#### A Full-Time Job

"Following up on this many records in a complete and verified manner would be nearly impossible without full-time work. If 20 percent of the records changed each year, that would be 20 full weeks of work if you consider that it only takes one hour of work to verify a record application. Usually it takes much more than that – with follow up messages, calls, letters, etc."

The Internet is still in its infancy. But like masters track, it is growing up fast. As access to computers grows around the world – along with sophistication of automatic database software – records should be easier to collect and maintain. Such a development would be a watershed for masters, with all age records finally accessible to all.

And few could argue against that. ☐  
(Ken Stone is an M45 hurdler and high jumper. He can be reached at [TrackCEO@aol.com](mailto:TrackCEO@aol.com).)

## 2000 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK & FIELD CHAMPIONSHIP SERIES

**WHEN:** January 8 • January 16 • Sunday, February 6, 12:00 noon (Circle Meet)  
**WHERE:** Grand Valley State University, Field House Arena, Allendale, MI; located just 11 miles west of Grand Rapids on M45 (Lake Michigan Drive)

**DIVISIONS:** Open (14-29), Masters 30+ by 5-year age division

**ELIGIBILITY:** All athletes must be registered members of USA Track & Field. Onsite Registration available: \$15.00

**ENTRY FEES:** \$15.00 first event, \$5.00 subsequent events if RECEIVED by Jan. 29. Late registration available on-site from 10:00-11:00, \$20.00 first event, \$12.00 subsequent events. Entry fees are non-refundable.

**AWARDS:** Michigan Association Championship Medals available to top 3 places in each division, limit 3 medals per athlete, additional earned medals for \$3.00 each.

**FACILITIES:** Restrooms, locker rooms, showers and concessions, 200m rubber Mondo track, wooden throwing circle, ample parking.

**ADMISSIONS:** Adults \$4.00, Students \$1.00.

**MAKE CHECKS PAYABLE TO:** Grand Valley State University - T&F.

**MAIL REGISTRATION:** Jerry Baltes, Grand Valley State University, Office 97 - Field House, Allendale, MI 49401, Phone (616) 895-3360. No phone or fax entries accepted.

**ORDER OF EVENTS:** Women, followed by men, oldest to youngest

55MH 55M 3000M Racewalk 800M 200M

Mile Run 400M 3000M LJ HJ PV SP

WT 1600M Relay (semis & finals in 55MH and 55M only)

**\*\*NOTE\*\*** 1/4 inch spike limit, no pin or needle spikes; no field event implements provided.

#### REGISTRATION FORM

Name \_\_\_\_\_ USATF Number \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone No. \_\_\_\_\_ Club/Team \_\_\_\_\_

Events Entered: 1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_

Best Recent Performance \_\_\_\_\_

#### WAIVER

I, \_\_\_\_\_ in consideration of Grand Valley State University and all meet officials allowing me to participate in the USATF Michigan Open/Masters Track & Field Meet activities on February 6, 2000, do, for myself, heirs, executors and administrators, waive and release all rights and claims for damages, demands, and actions whatsoever in any manner, as a result of my participation in these activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

MICHIGAN ASSOCIATION USA TRACK & FIELD

#### Where can you find masters records online?

First stop is Finland, which also features European, Nordic and Finnish Veterans' bests: <http://www.kolumbus.fi/onlemi/records.htm>

Doug Fry provides world (WAVA) and Australian vets records: <http://tip.net.au/~dfry/widerecs.txt>

Canadian vets records also are posted: <http://cadvision.com/rflarush/WebPage/RecordCategories.html>

And German women's vets records are featured at the site of Annette Koop, the W40 middle-distance gold medalist from Gateshead: <http://home.t-online.de/home/05919150080-0001/Annette.SenlBest.html>

Tony Dziepak offers a site for throwers, featuring "absolute" age records, meaning no one older has thrown farther for a given age: <http://www.geocities.com/Colosseum/8682/age.htm>

Official USATF road racing records for single ages as high as 95: <http://www.usaldr.org/recmain.htm>

And Ken Stone's listing of world 40-and-over records, based on Briton Peter Matthews' compilations, is: <http://members.aol.com/trackceo/records.html>





## Masters Racewalking

by ELAINE WARD

### A New Meteor – Sherry Brosnahan

**S**herry Brosnahan W45: American Records: 25K 2:35:23; 30K 3:07:10; 40K 4:14:06; 50K 5:57:43. International accomplishments: 1999 WAVA Games, Gateshead, England: 10K, fourth place in age group, 58:08; 5K, third place (bronze medal), 27:12. Best times: 3K, 16:18, Boston, Indoors, Mar. '99; 10K 56:45, Ron Zinn Memorial, Apr. '99; 15K 1:27:36, Chicago, May '99.

**EW:** You have risen to the top level of national and international competition with the dazzle of a meteor. Exactly, how long have you been racewalking?

**SB:** Not even two years.

**EW:** Did you come from a background of athletics?

**SB:** In high school I was a cheerleader because that was the only sport they had for girls. Then, in my 20s, I moved to Spain to work as a computer programmer. In Spain you get 2½ hours for lunch and my boss, who was a Swedish lady, would go over to the University (of Madrid) and do what she called athletics. I didn't know what that was so I went with her. The next thing I knew I was running and working out with the Spanish National Track team.

**EW:** Were you a pretty good runner?

**SB:** I never thought of myself that way. Every Sunday, we would run from the University to the park and do 16K in an hour. I was running 10 miles in an hour which is a 6-mile-per-hour pace, but I was clueless. I didn't know what I was doing. I just went along for the fun of it. Now I would give my life to run that fast.

**EW:** How much time lapsed between your running in Madrid and your taking up racewalking?

**SB:** Twenty years. I played tennis. I skied. I have always been active. I started walking for exercise eight to ten years before I started racewalking. My husband, Dan, and I were doing so much plain walking that we decided to get a dog to go along.



**JERRY WOJCIK**  
Don DeNoon, of Illinois, M55 Masters Racewalker of the Year.

After taking my dog to obedience classes, I began competing in dog obedience. When my dog had to be retired, a good friend said to me, "Sherry, what are you doing to do with all the competitive urges you have?" I answered, "Maybe I'll try racewalking. It would be a fun thing to try."

**EW:** Had you seen it done?

**SB:** I had only seen it once when I was 15 and they broadcast the 1968 Olympics out of Mexico City. It was a very exciting race and something about the sport appealed to me. After the Olympics I read a little about racewalking and even tried contacting the local club but it was about one hour away. It just seemed too far to go.

When I told my friend I might be interested in racewalking, she sent me an application for a race. I did the race and did okay, but I had no idea what I was doing.

Then in the fall, my friend sent me an application for the state championship. It was a five mile race. I had walked more than five miles, but had never racewalked five miles.

I won my age group, but for all I know I was my age group. I did the 5K in about 37 minutes and the 5 mile in just under an hour. When I crossed the finish line, who was there but Dave Romansky. Dave asked, "Who is your coach?" I replied, "Coach?" He said, "Where did you learn how to do this?" I said, "From a book." And he said, "Well, I can help you do it better."

Dave invited me to one of his speed training sessions. I was terrible and it was awful. I couldn't do 300 meters so he had me doing 100 meters.

**EW:** You say you got into racewalking because of competitive urges. What do you mean by urges?

**SB:** Part of the reason I took up racewalking is that I wanted to be the best in something. I admitted to Dave that my goal was to be the fastest 50-year-old woman.

Another reason I took up racewalking is that I like track and field because it is very clear when you win. You cross the finish line first, you jump the highest, or throw the longest and you have won. I am not dependent on a partner or on special facilities. You can go out and train any time, anywhere.

**EW:** What have been the milestones in your development?

**SB:** The Masters National Championships in Orono, Maine was a big milestone. Up to then I had been competing locally for the most part. In Orono, I competed with the best walkers in my age group.

Rosie Sidelko won both races, but she isn't a US citizen and couldn't

Continued on page 15

### USATF NATIONAL MASTERS RACEWALKING CHAMPIONSHIPS IN 2000

March 26	3000 (Indoor)	Boston, MA
April 16	Men's 30K/Women's 20K	Flushing, MI
May 21	15K	Elk Grove, IL
August 11	5000 (Track)	Eugene, OR
August 13	Men's 20K/Women's 10K	Eugene, OR
September 17	40K	Ft. Monmouth, NJ
October 1	One-Hour	Worcester, MA
October 14	5K	Kingsport, TN

### OUTSTANDING RACEWALKERS – 1999

Selected by the Masters Track & Field Committee of USATF

Age	Men	State	Age	Women	State
35-39	Dave McGovern	AL	35-39	Lisa Sonntag	FL
40-44	Jonathan Matthews	MT	40-44	Lyn Brubaker	PA
45-49	Bill Reed	MI	45-49	Sally Richards	CO
50-54	Bob Keating	NH	50-54	Gayle Johnson	MO
55-59	Don DeNoon	IL	55-59	JoAnn Nedelco	CA
60-64	Dave Romansky	NJ	60-64	Sami Bailey	IN
65-69	Max Green	MI	65-69	Jeanne Shepardson	MA
70-74	Bill Flick	PA			
	Bob Mimm	NJ	70-74	Miriam Gordon	FL
75-79	Masashi Noritake	CA	75-79	Jane Dana	CA
80-84	Herb Appel	PA	80-84	Fan Benno	TX
85-89	Phillip Lawrence	AZ	85-89	Estelle Frendberg	AZ
90-94	Waldo McBurney	KS			

### OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track and Field Committee

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio de Petra	Beverly LaVeck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	JoAnn Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don DeNoon	Sally Richards-Kerr
1994 Don DeNoon	Elton Richardson
1995 Max Green	Elton Richardson
1996 Jonathan Matthews	Bev LaVeck
1997 Dave Romansky	Jane Dana
1998 Dave Romansky	Lyn Brubaker
1999 Jonathan Matthews	Lyn Brubaker

### Frable Grabs National 10K RW Title

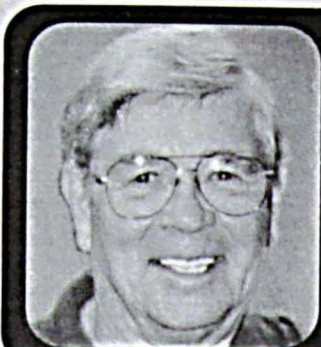
Older masters triumphed at the USATF National Masters 10K Racewalk Championships in Ft. Lauderdale, Fla., Nov. 13. Norman Frable, M50, outdistanced all competitors with a 54:36 to take home the gold. He was followed by Leon Jasionowski, M55, 55:26, and Stanley Sosnowski, M45, 58:37.

M60 honors went to Paul Johnson, 59:18, with Bob Cella, 59:46, in close pursuit.

The M65 division, largest in the race, belonged to Bob Fine, 1:02:40, with Tom White, 1:04:01, and Thomas Cunningham, 1:07:16, rounding out the top three.

Walter Hawrys, M70, won his division in 1:15:13, and Robert Mimm nabbed the M75 title in a strong 1:09:35. The M80 division was represented by Paul Geyer, 1:23:44. □





## The Weight Room

by JERRY WOJCIK

### Javelins and More Games

**A**t the USATF annual meeting in Los Angeles last month, after some mildly heated protestations, masters voted to accept the 500g and 700g javelins as adopted by WAVA last August and effective Oct. 1, 1999. Unlike when the "new" 600g was adopted several years ago, there's no five-year grace period.

Here's the rundown again: M30-49, use the 800g; M50-59, the 700g; M60-69, the 600g; M70-79, the 500g; and M80+, the 400g. Women 30-49 use the 600g; W50-59, the 500g; and W60+ the 400g.

As soon as the WAVA Stadia Committee comes up with specifications, particularly for the 500g, they will go into production. I'm of the opinion that the 500g and 700g will be on the market sooner than we think, all things considered.

#### Senior Games - Then and Now

The first meet I entered that had the word "senior" in its title was the Sixth Annual International Senior Olympics. The track & field portion was held at the U. of California - Irvine on June 28-29, 1975. I managed a second-place in the javelin in the M45-49 division. Phil Conley won the M40 javelin contest with a 225-11. Harold Connolly took the M40 hammer with a 189-9.

My last experience with a "senior" meet was at the seventh biennial National Senior Games - The Senior Olympics in October at Orlando, Fla. I didn't compete, having failed to take the opportunity to qualify, but I did observe.

Things have changed in those 24 years. The present Senior Games didn't offer all of the usual track & field events that were on the schedule at Irvine in 1975. The level of competition in some events was generally below that of the earlier games; and, perhaps the most significant difference, the turnout of some 3000 at the

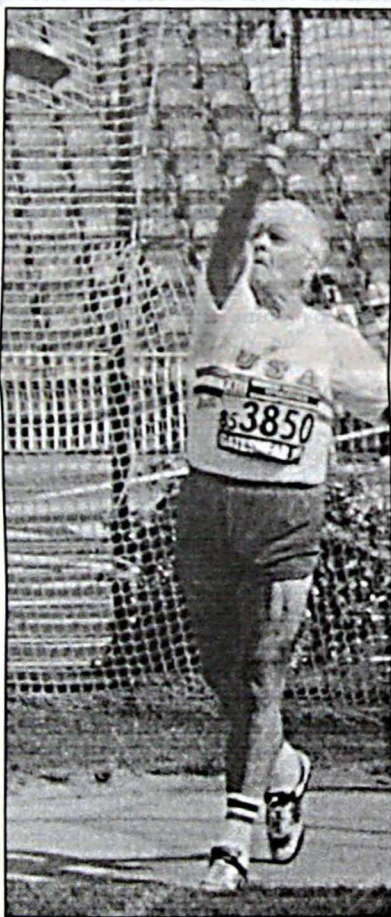
Senior Games was ten times that of 1975, and the age groups at Irvine in 1975 started at age 25!

That was a formidable number at the Senior Games, especially when one considers that the seniors start at age 50 and have to qualify by participation and standards; wherein, masters start at age 30 and don't have to meet any requirements for participation.

#### Many Opportunities

While the relationship between the USATF masters and the National Senior Games Association progresses, athletes should take the opportunity to compete in and become familiar with both masters and seniors meets, and there are scads of the latter.

At the USATF meeting last month in L.A., Don Lein, an M65 runner from North Carolina, handed me the results of the 1999 North Carolina Senior Games. One of the pages listed



JERRY WOJCIK

Ross Carter, of Oregon, 1999 M85 Masters Field Athlete of the Year.



SUZY HESS

Evelyn Wright, of Maryland, W60 Masters Field Athlete of the Year.



JERRY WOJCIK

Arnie Gaynor, of California, M70 Masters Field Athlete of the Year.

local senior games for the state: a whopping 52 of them, ranging from the Alamance/Burlington Senior Games, April 17-20, Betsy Chandler, coordinator, 336-222-5030, to the Yadkin Valley Senior Games, May 15-24, Kim Oberle, coordinator, 336-835-9814.

Just for the heck of it, I think I'll try to qualify this year for the 2001 Senior Games in Baton Rouge. If I don't make it, I've always got the Masters Nationals to fall back on a few days later. □

### TEN YEARS AGO January 1990

- Jack Greenwood, 62, and Philippa Raschker, 42, Voted Top U.S. 1989 Masters T&F Athletes at TAC Convention in Washington, D.C.
- Bob Schlau, 41, and Laurie Binder, 42, Named Best U.S. 1989 Masters LDR Performers
- Awards Also Go to Jim Puckett, Rex Harvey, Larry Walker, and Joann Nedelco
- Top 1989 Masters Prize Money Winners Are John Campbell (\$84,700) and Priscilla Welch (\$29,080)

### Eastern Regional Masters Championship Saturday March 18, 2000



At The Armory Track & Field Center, New York  
(Considered the Fastest Indoor Track in the World)

Hosted by the Metropolitan USATF Association (MAC)

An ideal meet for Athletes preparing for the Masters National in Boston.

Pre-entries must be received by Wednesday March 15th, 2000.  
Entries received after this date will be subject to additional fee.

Entry form may be downloaded from: [www.mactrack.org](http://www.mactrack.org)

or

Send a self-addressed stamped envelope to: Roz Katz

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MAC Office 212-227-0071 (9:00 am-5:00 pm).

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.





## On The Run

by HAL HIGDON

(Hal Higdon's column will resume next month.)

### No Turkey, This Big Bird!

by RON MARINUCCI  
ROSEVILLE, Mich. – Nearly 700 runners came to Roseville to run in the 21st annual Big Bird Runs, on Nov. 14. The marquee 10K attracted more than half of the participants (374); a 4K and one mile were also run.

Runners woke to a promising November morning – sunny and bright with temperatures in the 50s. Some runners – males! – even ran topless. But a stiff breeze blew in before race start and proved to be a challenge.

The Big Bird course has remained the same for a number of years. It's mostly flat; the only "hills" are out-and-back trips across a pedestrian overpass.

As usual, runners came from all over. Two dozen Canadian runners made their annual trip from Windsor, Sarnia, and London. Armande Pieschke, W60+ winner, came from Sault Ste. Marie, Ontario, about seven hours away. Mary Gloster, 37, traveled from Andrews Air Force Base in the Washington, D.C. area.

Runners were treated to special race

amenities, an annual feature of the Big Bird. In addition to customary long-sleeved T-shirts, runners found winter gloves in their pre-race goodie bags. Age-division winners earned both coolers and fleece pullovers. Two dozen turkeys were raffled.

More than half of the 10K finishers (201) were masters athletes. They were paced by Chuck Block, 43, whose 35:34 age-grades to 33:38. Marcy Kossak, W40, 42:41, finished more than a minute ahead of the second masters woman.

Other strong performances were turned in by Stan Polkowski (47, 37:19), Larry Parker (50, 37:58), Victor Barkoski (50, 38:13), Manuel Teodoro (71, 50:00), and Pieschke (61, 51:14).

Annually, the Big Bird is voted one of Michigan's top 50 races. It's easy to see why. As Darrell McKee, 65, who wore race number 21 to signify that he has run all twenty-one Big Birds, said, "It's still fun." □

(Ron Marinucci can be reached by e-mail at [RMarin6424@aol.com](mailto:RMarin6424@aol.com).)

### Boston Preps for Indoor Nationals

Preparations are well under way for the fourth consecutive USATF National Masters Indoor Championships to be held in Boston. The meet will open on Friday, March 24, at 9:30 a.m. with the men's and women's pentathlon and conclude on Sunday afternoon with the 4x400 relay.

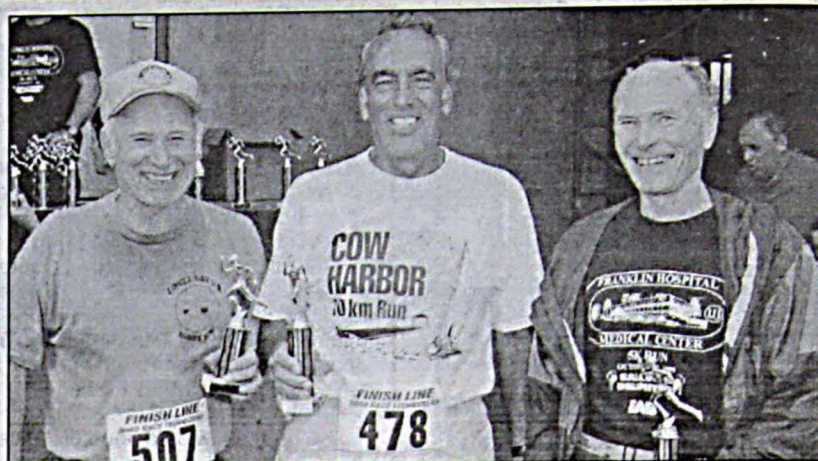
The Reggie Lewis Track and Athletic Center, which has produced more than 100 masters world indoor

records in the past three years, is expected to see many alterations of the record book in 2000, as over 850 competitors are anticipated for the event. The meet will be hosted and managed by the New England Association of USATF, reprising their role from the highly successful 1998 edition of the Indoor Nationals.

Competitors will be asked to assist the New England Association by filling out a survey form they will receive at registration. With the indoor championships remaining in Boston through 2002, the Association hopes to use the information to make further improvements for future years, as well as attract additional corporate support.

Both New Balance and M-F Athletic, who were on board for the 1998 event, are returning as sponsors for the 2000 meet. Athletes are also encouraged to submit with their entry form any recent notable performances or places in national or international competitions for use by the meet announcer and for media disbursement.

Complete information, including a downloadable entry form and event schedule, can be found on the Internet at [usatfne.org](http://usatfne.org) as well as in advertisements in the January and February issues of *National Masters News*. □



MIKE POLANSKY

First three M70-74, all members of the Greater Long Island RC, Franklin Medical Center 5K, Valley Stream, N.Y., Oct. 17 (l to r): Roger Loberto, Andy Riggio, and Odd Sangesland.

### Donahue, Robinson First in National 10K Cross-Country in Long Beach

by JERRY WOJCIK

Mark Donahue, 40, and Sabrina Robinson, 41, were first masters to the finish in the USATF National Masters 10K Cross-Country Championships held in Long Beach, Calif., Dec. 5.

Donahue defeated a large field of 57 M40-44 runners with a 31:09, leaving second place to Ivan Huff, 40, who ran a 31:27. Tim Minor, 41, was third in 32:30.

Geary Daniels, 45, won his division race with a 14th-overall 33:46. Richard O'Brien, 50, ran a 34:35 to take the M50 title from Roger Price, 50, who closed in 35:16.

Jim Gibbons, 55, was the M55 winner in 37:59. Neal Chappell, 60, won the M60 race (39:57), with John Brennan, 64, the 1999 10,000 champion (42:36) at Orlando, second here (40:33).



JERRY WOJCIK

Courtland Gray of Louisiana, 1999 M55 Masters Track Athlete of the Year.

Two veteran Southern California runners/steeplechasers won the remaining division races. Robert Culling, 67, took the M65 race (45:05). Gunnar Linde, 71, M70 world champion in the 2000 steeplechase (8:39.25) at WAVA-Gateshead, won his race by three seconds with a 49:36 over another long-term competitor, Patrick Devine.

Robinson won in an 11-field W40 race by some 2½ minutes with a 36:32. Sue MacDonald, 47, the only W45 entrant, ran a 46:31. Gail Campell, 50, won the W50 race in 47:46. Melody Anne Schultz, 58, had perhaps the best performance of the day, with a 43:49 win in the W55 race.

Eve Pell, 62, was the W60 winner (48:06). The other division winners were Suzi MacLeod, 65, in 53:11, and Ruth Anderson, 70, in 69:17.

Seven squads were in contention for the M40-49 team title. First-place finishes by Donahue and Daniels of the Central Mass Striders were not enough to offset five places in the top ten by the winning quintet of Reebok Aggies: Huff, Minor, Armando Siqueiros (32:36), Daniel Gruber (33:30), and Terrence Boyton (33:35). The Boston AA was third, led by fifth M40 Bob Winn (32:53).

The Raritan Valley fivesome took the M50-59 title on the strength of performances by second-M50 Price and third-M50 Rich Myers (35:29). The M60-69 title went to the West Valley Joggers team of Chappell, Dave Morlawder (43:37), and Ken Noel (43:51).

The W40-49 team winner was the San Diego TC, which had an enviable tight cross-country placement of 2-3-4 by Suzanne Morris (39:08), Marcella Teran (39:30), and Kimberlee Rouse (39:35).

The Tamalpa Runners trio of Schultz, Edda Stickle (51:25), and Madeline Bost (51:45) was the W50-59 team winner.

Many of the participants were attendees at the USATF annual meeting who stayed one more day to run in the championships. Skip Tolley was the meet director. □

### FIFTEEN YEARS AGO January 1985

- Ed Burke, 44, Parry O'Brien, 52, and Irene Obera, 50, Voted Top U.S. 1984 Masters T&F Athletes at TAC Convention in San Diego
- Barry Brown, 40, and Shirley Matson, 43, Named Best U.S. Masters LDR Performers
- Athletes from 21 Nations Run in World Veterans (IGAL) LDR Championships in San Diego





SUZY HESS

Sally Richards, of Colorado, W45 Masters RW Athlete of the Year.

## Write On

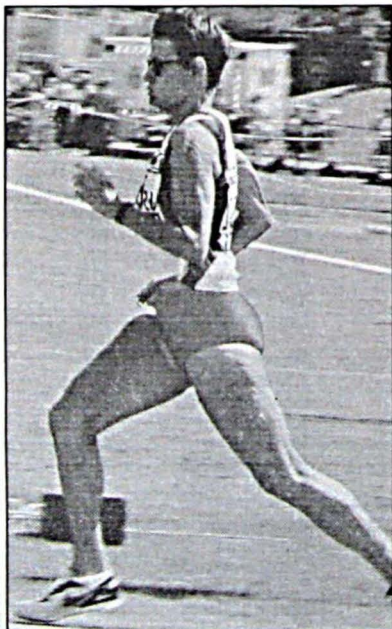
Continued from page 4

entire crew of contributors, Higdon, Tymn, Ortman, Pagliano, Ward, and all of the others who make the NMN an outstanding publication.

Second is the "voice" of masters track & field, Peter Taylor. A true treasure, his articulate announcing, vast knowledge of masters athletes, and enthusiasm make for an unbeatable combination at a meet.

In the years to come, we should focus more on positive aspects of the sport to build a strong future for masters track & field.

Francis A. Schiro  
New York City



SUZY HESS

Suzy MacLeod, USA, silver medalist in the W65 800, where she broke the U.S. record with a 3:01.80, and later set another U.S. record with a 6:13.97 in the 1500, WAVA Championships, Gateshead, England, July 29 - Aug. 8.

# PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

## Masters Age Records (1999 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

## Masters Track & Field Rankings (1998)

Men's and women's 1998 U.S. outdoor track & field 5-year age group rankings, 56 pages, over 100-deep in some events. All T&F events. \$7.00.

## McMahon Family Trust Masters Track & Field Indoor Rankings (1999)

Indoor rankings for 1999. 4 pages. \$1.50.

## Masters Age-Graded Tables

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.

## Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

## Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of January 1, 1999 (world) and December 4, 1998 (USA). 4 pages. \$1.00.

## Competition Rules for Athletics (1999 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

## USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

## USATF Governance Handbook (1999)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

## International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

## Masters Racewalking

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.

## USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

## USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

## USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

## USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

## USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

## National Road Race Encyclopedia

Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.

## Guide to Prize Money Races and Elite Athletes 1999

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.

## Running Research News

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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## Best T&F Athletes

Continued from page 1

At the Masters Nationals - Orlando, she finished with a world record 4544 in the pentathlon and seven firsts, each one over the age-graded international-class level of 90%. In the National Senior Games-Senior Olympics in Orlando in October, she won six events, including the javelin, a rare event for her, and probably would have won at least two more if the short hurdles and the triple jump had been on the schedule. Her pole vault at the NSG meet measured 3.25, erasing her own W50 world record of 3.10.

At Gateshead, Obera won gold medals in the 100, 200 (30.46), and 400 (73.76). Her 14.29 in the 100 age-graded to a 97.2%, meriting the best single performance of the year accolade.

Pawlik won the indoor pentathlon at Boston in late March with 4300 points and two weeks later won the indoor heptathlon, Hillside, Ill., with 6053. He scored 8178 points in the decathlon at Grass Valley, making him the second-best 60-year-old decathlete ever in the world. He became the world champion in the decathlon at Gateshead with a score of 7952. His 1999 record ranks him as one of the most deserving multi-eventers ever to receive the award.

Matthews racewalked 1:24:50 for the 20K in USATF Open T&F Championships in Eugene, which not only was a masters record but also met the 2000 Olympic Games qualifying standard. He also set records in the 10K and 15K, and qualified for the 2000 U.S. Olympic Trials at 50K.

Brubaker won both the 5000 (24:03.23) and 10K (49:24) racewalks at Gateshead and set a masters record in the USATF 15K Championships in Elk Grove, Ill.

Hess, Eugene Ore, has served as Masters T&F secretary for three years. She is also a member of the Masters T&F Awards Sub-Committee and was on the 1999 Indoor and Outdoor Championships Games Committees.

The awards were coordinated by Masters Committee members Don Austin (track & field) and Bev LaVeck (racewalking) and were chosen by members of the respective awards bodies. Winners were announced at the USATF Awards Breakfast at the Westin Century Plaza on Dec. 2.

The Committee also selected athletes in each five-year age division for men and women in track, field, and racewalking (see chart on this page). □

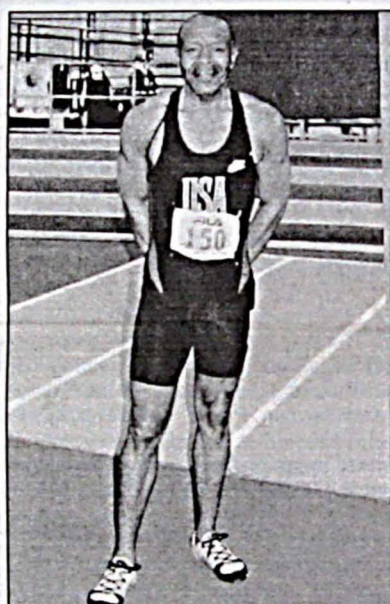
- Jerry Wojcik



Suzy Hess, Eugene, Ore., secretary of the National Masters T&F Committee of USATF, was voted 1999 Masters Administrator of the Year by the Masters Awards Sub-committee at the USATF annual meeting in Los Angeles.



Sid Howard, of New Jersey, M60 Masters Track Athlete of the Year.



Larry Colbert, of Maryland, M60 Masters Track Athlete of the Year.

### MASTERS TRACK & FIELD ADMINISTRATOR OF THE YEAR

1978	Pete Mundle
1979	Al Sheahan
	Kathy Brieger
1980	Bob Fine
	Ruth Anderson
1981	Bruce Springbett
	Fred Mannis
1982	George Hatzfeld
	Jack Kelly
1983	Jim Weed
1984	Jerry Donley
1985	Gary Miller
1986	Pete Mundle
1987	Frank & Dorothy Anderson
1988	David Pain & Chuck Phillips
1989	Jim Puckett
1990	Barbara Kousky
1991	Jerry Wojcik
	Nate & Evelyn White
1992	Rex Harvey
1993	Rex Harvey
1994	Bill Busby
1995	Sandy Pashkin
1996	Scott Thornshley
1997	Don Austin
1998	Ken Weinbel
1999	Suzy Hess

## OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

Presented to the outstanding male and female T&F athletes in the masters program.

Year	Men	Women
1978	George Ker	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stam Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker

### OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot Put, 70-3
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 65	300 hurdles, 45.20
	Philippa Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put, 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump, 6-11 (2.11m)
	Mary Libal, 45	400, 56.82
1996	Walt Butler, 55	100m hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18)
	Leslie Lehane, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m hurdles, 13.68
	Irene Obera, 65	100, 14.29

### OUTSTANDING MULTI-EVENT ATHLETES

1985	Boo Morcom	1986	Gary Miller
1987	Gary Miller	1988	Gary Miller
1989	Rex Harvey	1990	Christel Miller
1991	Rex Harvey/Betty Vosburgh	1992	Boo Morcom/Phil Raschker
1993	Phil Mulkey/Phil Raschker	1994	Phil Mulkey/Phil Raschker
1995	Dale Lance/Phil Raschker	1996	Rex Harvey/Johnny Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker		

### 1999 AGE-GROUP AWARDS

Age	Track	Men	Field	
30	Danny Peebles	NC	Vincent Martin	TN
35	Karl Smith	MD	Steven Albert	MO
40	Anselm LeBourne	NJ	Gary Hunter	IN
45	Bill Collins	TX	William Rea	FL
50	Fred Sowerby	NV	James Sauers	GA
55	Courtland Gray	LA	Tom Gage	MT
60	Larry Colbert	MD	Emil Pawlik	MS
	Sid Howard	NJ		
65	Dick Richards	CA	Wendell Palmer	TX
70	Bill Melville	WI	Arnie Gaynor	CA
75	Mel Larsen	IA	Edwin Lukens	NY
80	Rod Parker	AR	Jerry Siefert	CA
85	Maxwell Springer	TN	Ross Carter	OR
90	Manfred d'Elia	NY	Burt DeGroot	CA
95	Waldo McBurney	KS	Everett Hosack	OH
		Women		
30	Alethea Morris	NY	Riki Carson	MI
35	Charlene Landrum	NY	Elaine Iba	CA
40	Rose Monday	CA	Carol Finsrud	TX
45	Cindy Steenbergen	TX	Linda Lowery	GA
50	Phil Raschker	GA	Phil Raschker	GA
55	Kathy Jager	AZ	Barbara Cleveland	FL
60	Carolyn Cappetta	MA	Evelyn Wright	MD
65	Irene Obera	CA	Audrey Lary	MD
70	Pat Peterson	NY	Leonore McDaniels	VA
75	Mary Holland	MI	Margaret Hinton	TX
80	Mary Bowermaster	OH	Mary Bowermaster	OH
85	Mary Haines	CT		



## LDR Runners of the Year

Continued from page 1

process, while Jack Nelson mid-year moved into the M60 category and received the award over Fay Bradley and Thom Weddle.

The Paul Spangler award goes to the oldest male and female athletes. James Ramsey, of Detroit, on the strength of his 3:00:08 10-miler won the M90, while Anne Clarke, Carol Stream, Ill., perennial winner of her age group, won the W90 for her 52:52 8K.

Other age-group winners included Barbara Miller (CA, W60), Myra Rhodes (CA, W65), Pat Hill (OK, W70), and Mary Storey (CA, W75). Among the men were Paul Heitzman (KS, M65), Jerry Johncock (MI, M70), John Cahill (UT, M75), and Dudley Healy (NJ, M85).

The Ultra Athlete female award was voted to Suzanne Brana, 40, San Diego, Calif., whose accomplishments

include being the first woman finisher in two 100 milers, a 50 miler and a 100K. The male award went to Eric Clifton, 40, Albuquerque, N.M., who placed first in the 50 mile national championships, while breaking the six-hour barrier (5:59:47). Eric added overall wins in a 100 miler and the HiTec Badwater 135 miler (Death Valley to Mt. Whitney).

The Otto Essig Award for Meritorious Service to Masters LDR was awarded to John E. Kelley (the elder), Boston, Mass., in recognition of his long association with the Boston Marathon. He is one of the legends of our sport.

The awards were coordinated by Don Lein (men) and Ruth Anderson (women). Each led the Masters LDR Committee in making its final selections. □

— Norman Green



TIFFANY LANIGAN

Three of the masters selected as age-group award winners by the Masters LDR Committee of USATF (l to r): Carmen Troncoso, W40, Victoria Crisp, W45, and Gloria Jansen, W50.

## Racewalking

Continued from page 10

medal in our nationals. Tish Roberts, Marianne Martino came in one and two in the 5K and Tish and Gayle Johnson came in one and two in the 10K. In both races I had to battle it out with Debbie Topham for third place. I won out, but I had to work hard for it.

EW: What was your strategy in the 5K?

SB: The leaders in my age group all went out in a tight little pack. I was in the second pack. My strategy was to pace myself and not go too fast on the first lap. But it actually screwed me up in this race as I was faced with the daunting job of trying to catch the lead pack. The leaders seemed so far ahead of me. Eventually they started to split up and I was able to pull away from the second pack. It was as though there were two races going on — them and me — and I had to make up the distance.

EW: What was your next milestone?

SB: The 40K. I broke the US record when I had only been racing 10 months. That was exciting. Dave prepared me perfectly for the race, and I just did what I was told.

Dave believes in putting in a lot of mileage in preparation for something like the 40K.

In a 90-mile week, I put in 10-12 miles a day. Whether it's an easy or hard workout depends on what you did the day before. If you have a really hard speed workout, the next day you might go long but you go easy. Dave is really good at reading me. He can tell by the sound of my voice what I should be doing.

EW: How about indoor racing?

SB: I had the race of my life in the national indoors this year and took fourth place. I didn't like taking fourth, but it was a fabulous race.

You can't win every time and you can't let it get you down. You have to

figure out what you gained from the experience. I am always learning. Even when I win, I learn. You can win a race and have a crummy performance and then think about what you could have done better.

EW: I would suspect that you are doing so well so quickly because you mastered a positive approach to racing.

SB: Actually, I like the ups and downs. I know they are going to happen. The trick is to learn how to make them work for you. Last fall, I tore a hamstring. I was lucky that it didn't happen just before a big race, but I still had to heal. Since I couldn't walk, I found other things to do to maintain my fitness. I lifted weights, biked with one leg and did sit-ups and push-ups. The sit-ups and push-ups are now part of my regular routine, and they're something I might not have done if I hadn't torn my hamstring. I know that there might come a time when my positive attitude won't carry me through an injury, but I'm not afraid of the next one because I managed to get some benefit out of this one.

I have always wanted to be an athlete. I'd be lying if I said I enjoyed the ups and downs equally, but it's all part of the life of an athlete. It's a life I dreamed of living but never thought would happen. And the fact that I didn't begin until I was 46 probably makes me appreciate it more. □

### 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



Winning M70-79 team from the Millrose AA, USATF National Masters 5K Cross-Country Championships, Holmdel, N.J., Nov. 21, (l to r): John McManus, Bill Fortune, Al Puma, Tom Gibbons, and Jack Haar.

## USATF MASTERS LONG DISTANCE RUNNING COMMITTEE — 1999 ATHLETES OF THE YEAR

Age Group	Women	State	Men	State
40-44	Carmen Troncoso	TX	John Tuttle	GA
45-49	Vicki Crisp	TN	Gary Romesser	IN
50-54	Gloria Jansen	MN	Dick Buerkle	GA
55-59	Joan Ottaway	CA	Jan Frisby	CO
60-64	Barbara Miller	CA	Jack Nelson	IL
65-69	Myra Rhodes	CA	Paul Heitzman	KS
70-74	Pat Hill	OK	Jerry Johncock	MI
75-79	Mary Storey	CA	John Cahill	UT
80-84	Hedy Marque	VA	Henry Sypniewski	NY
85-89	None		Dudley Healy	NJ
90+	Anne Clarke*	IL	James Ramsey*	MI
Ultra	Suzanne Brana	CA	Eric Clifton	NM

\*Paul Spangler Athlete of the year

Otto Essig Award: John E Kelley (the elder)



# 21st Annual Convention of USA Track and Field

## Minutes of Masters Track and Field Committee Meetings

Ken Weinbel, Chair, Presiding  
Wed., Dec. 1, 5:30 p.m.

Chairman Weinbel opened the meeting with about 60 members in attendance.

### Active Athletes

The committee elected 19 people who agreed to vote in the meetings as "active athletes." Three of those were later rejected because they had not paid the \$195 registration fee.

### Chairman's Report

1) Torsten Carlius, President of the World Association of Veteran Athletes (WAVA) is optimistic about the future of

masters athletics on an international level.

2) Both the Olympic Trials and the Open Indoor T&F Championships have expressed an interest in having a masters competition featured in their meets next year.

3) It is much easier to appeal to potential sponsors using the word "seniors" rather than "masters."

4) The National Senior Games Organization (NSGA) was accepted as a new member of USA Track & Field (USATF) as a national organization. One of NSGA's goals is to have the National Governing Body (NGB) of each of its 25 sports conduct the NSGA regional and national meets. USATF officials and athletes are urged to attend local and state meets in their area to help out and participate to try to improve the level of competition. In return, NSGA, which is very successful in attracting sponsorship, will encourage its sponsors to spin off some funds into the USATF masters program.

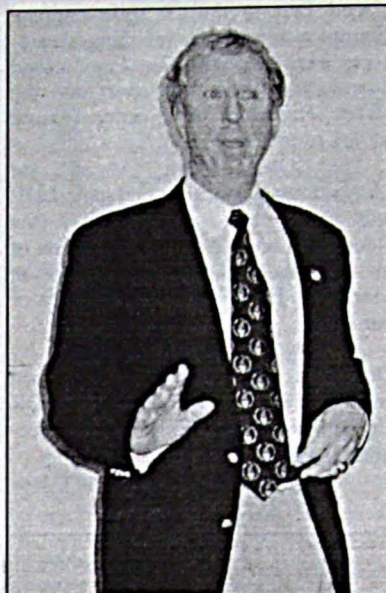
### Regional Reports

**East:** Roslyn Katz assumed the East coordinator post on April 1, 1999. The 1999 Outdoor Regionals in Springfield, Mass. were successful. The 2000 Outdoor Regionals will again be hosted by Springfield; tentative date is July 29. The 2000 Indoor Regionals are set for the Armory in NYC on March 18.

Katz is working to encourage better communication between the various associations/clubs in the region. There's a special need to find groups willing to stage the regionals.

**Southeast:** Bob Fine said over 250 athletes participated in the Regionals at Raleigh, N.C. A pentathlon and 20K road walk were also held in conjunction with the meet. The 2000 Regionals are slated for Tennessee.

**West:** With coordinator Gary Miller's voice disabled by the flu, Ed Oleata, director of the 1999 regionals in San Diego,



JERRY WOJCIK

John Ballinger, University of Maine track & field coach, speaking to the Masters T&F Committee, USATF annual meeting, Los Angeles. The U. of Maine, which put on the 1998 championships, again won the bid for the 2002 USATF National Masters Championships.

said the meet ran from 12:30 p.m. to 5:00 p.m. with a race every five minutes. In 2000 there is a meet scheduled somewhere in the region virtually every weekend.

**Northwest:** Becky Sisley's detailed report of Northwest activities (October NMN) was praised. The 1999 Regionals were held in conjunction with the Seattle Masters Classic and the Seattle Senior Games on July 17-18 with 215 entrants. Ken Weinbel did a fine job as director. Senior Games entrants paid double fees and were eligible for both Regional and Senior Games awards. The meet included a weight throw and super weight throw less the steeplechase which cannot be held at this venue.

The 2000 Regionals are set for Bozeman, Mont., July 29-30. All 24 events are sponsored for \$30 each. The 2001 Regionals will be held in Portland on June 9-10. Salt Lake City will host the 2002 event on a date TBA.

Four issues of the *Blue Streak* newsletter were published in 1999 with 102 subscribers.

### Awards

Don Austin said Hall of Fame plaques were mailed. Plaques or certificates for world records were discussed, but we need sponsorship to implement this. No action taken.

(See page 1 story for 1999 Awards)

### Rankings

Jerry Wojcik has again volunteered to handle the outdoor rankings, as well as the indoor. With the help of Suzy Hess, he completed the work done by Jack Lance on the 1998 outdoor rankings and published the 1998 rankings book in Oct., 1999.

Volunteer rankers for the 1999 outdoor and 2000 indoor season are in place. The

1999 outdoor rankings book will be available in late March. The 2000 indoor rankings, sponsored by the McMahon Family Trust, will be published in the July NMN. Special thanks go to volunteers Larry Patz, Bill Benson, David Ortmann and Jim Gerhardt.

### Records

More than 150 records were approved. Pete Mundle asked the group to consider what to do with athletes who set masters records in open meets. Should the normal forms be filled out? Tom Jordan said WAVA automatically approves world marks if set in an IAAF-sanctioned meet. Graeme Shirley said the responsibility of record forms should be up to the records committee, not the athlete. No action taken.

### Budget

Madeline Bost said our budget for 2000 will be the same (\$30,000) as for 1999. Weinbel said he had requested \$55,000, but his request was cut nearly in half. One member said the overall USATF budget will increase 4% from \$12.2 million in 1999 to \$12.7 million in 2000, but most of that is earmarked for open meets and races by contract. No report of 1999 expenses was submitted, but the budget for 2000 is listed on this page.

### Rules

Graeme Shirley noted that our by-laws say any WAVA changes automatically become USA rules unless specifically rejected by the committee. Three WAVA rule changes were voted upon: 1) to change the weights of the javelin in certain age groups was approved, 26-8. 2) to lower the hurdle heights to 27" for some groups was rejected, 2-34. 3) to change the M60 and M65 hurdle spacing from 8.5m to 8.0m was approved unanimously.

### Racewalking

Bev LaVeck said holding the 10K and 20K walks in dangerously hot conditions is a matter of concern. Should the men's 20K be reduced to 10K, the same as the women? No action taken. (See chart for 2000 championship dates.)

**Thu., Dec. 2, 8:00 a.m.**

### Bid Presentations

Bids for the 2002 outdoor championships were presented by Decatur, Ill.; Orono, Maine; and San Diego, Calif. San Diego offered a \$5000 rights fee. First ballot voting: Orono 23, Decatur 14, San Diego 9. Second ballot: Orono 24, Decatur 19.

Boston was confirmed as the host of the 2002 indoor championships. (See charts of championship sites.)

National site coordinator George Mathews said Hawaii has shown an interest in bidding next year for 2003, when some athletes will be on the way to Kuala Lumpur for the World Veterans Championships. Chapel Hill, N.C., may be interested in staging a future indoor championships.

**Thu., Dec. 2, 2:30 p.m.**

**Joint T&F and LDR Meeting.** (See LDR Minutes)

Continued on page 18

### 2000 BUDGET USATF MASTERS TRACK & FIELD

Chair	5,200.
Vice Chair	600.
National Site Selection	
Coordinator	1,750.
Administration	25.
Awards	650.
Board of Directors Delegate	300.
Hall of Fame	500.
Legends Program	1,600.
Meet Manual	1,000.
Multi-Events Coordinator	1,465.
Racewalking Coordinator	400.
Rankings Coordinator	1,465.
Records Coordinator	1,465.
Regional Coordinators	
(1,300. Each region)	9,100.
Secretary	1,700.
Team Manager	500.
Treasurer	1,130.
Weights Coordinator	450.
Miscellaneous	700.
<b>TOTAL</b>	<b>\$30,000.</b>

### USATF NATIONAL MASTERS T&F CHAMPIONSHIPS

Meet	Site	Date
	<b>2000</b>	
Indoor Pentathlon (M&W)	Boston, MA	March 24
Indoor	Boston, MA	March 24-26
Indoor Heptathlon (M&W)	Chicago, IL	April 1-2
Decathlon/Heptathlon	Lake Geneva, WI	June 24-25
Pentathlon	Eugene, OR	August 10
Outdoor	Eugene, OR	August 10-13
Weight Pentathlon	Pampa, TX	September TBA
Weight & Superweight	Seattle, WA	September TBA
	<b>2001</b>	
Indoor	Boston, MA	March TBA
Outdoor	Baton Rouge, LA	July 26-29
Indoor Heptathlon (M&W)	Chicago, IL	TBA
Decathlon/Heptathlon	Tacoma, WA	TBA
	<b>2002</b>	
Indoor	Boston, MA	March TBA
Outdoor	Orono, ME	August 1-4



# Field - Los Angeles - Nov. 30 - Dec. 4, 1999

## Minutes of Masters LDR Committee Meetings

**Tue., Nov. 30-8:30 p.m.**

Jerry Crockett, Chair Presiding  
**Chairman's Report**

Masters LDR has shown growth in 1999. The circuit, championships, world and U.S. records have been excellent. Some great names of the past have returned to the roads as masters: Dick Buerkle, John Tuttle, Priscilla Welch among them.

Indianapolis Life has stopped its sponsorship of our circuit due to changes in federal life insurance law. USATF is in conversation with two possible sponsors, either of which would provide more support than in the past.

All championship events in 1999 offered a minimum of \$5000 in prize money and expense support for many masters. We staged four good cross-country events and need to develop that part of our sport more fully in the middle part of the nation.

We have thrown three venue sports into a single subcommittee - mountain, ultra, and trail running (MUT) - with three reps each from men's, women's and masters committees.

Crockett introduced Steve and Joy Edwards of RunningUSA. Steve's background is 22 years in motor sports. RunningUSA is now incorporated, thanks to the good work of David Coyce. Its purpose is to make our sport like other sports; our demographics are strong.

Crockett noted the fine work of Charles DesJardins on the Indy Life Circuit, John Boyle on our Championships, Barbara Arveson for athletic bios and media publicity, Norm Green for ideas offered for runners who don't win, and race directors who support us.

### Board of Directors

Bob Hersh said there will be a new style to IAAF following Primo Nebiolo's death. IAAF, USATF, USOC and IOC are all trying to get out of the drug testing business by employing independent firms.

Green noted RunningUSA had been voted membership by the Board, giving it 10 delegates and a seat on the Board. Crockett added the National Senior Games Assoc. (NSGA) was also voted into membership. DesJardins noted NSGA has a policy of no prize money. Don Lein said NSGA held its national games at Disney in 1999 just as USATF did and was likewise victimized by Disney policies.

### Indy Life Circuit

DesJardins said Bob Schnell of Indy Life has been supportive of the circuit and hopes that, following a company merger, Indy Life might return some time in the future to support our sport.

### WAVA

Ruth Anderson stated the women's committee is now an official committee of WAVA and not just an assembly. Our NCCWAVA region has good input from women through our representative, Monica Tang Wing of Trinidad & Tobago.

DesJardins said he was kept busy as co-team manager in Gateshead, since the USA delegation had 560 athletes. He handled the non-stadia events and backed-up the T&F events. He said WAVA's drug testing, which

produced no positive tests at Buffalo or Durban, turned up positives in Gateshead.

### IAAF Veterans Committee

DesJardins said he was re-elected to a new four-year term. Herb McKenley of Jamaica and Danny Daniels of Canada now also represent North America.

### Championship Statistics

Green said copies of his Championship Stats report were available. His full database for 1979-99 now generates a 65-page report and exceeds the capacity of a 1.44mb floppy disk.

### Rule 270 Issues

Crockett said race directors look to our committee for leadership. He appointed DesJardins, Boyle, Mary Rosado and Barbara Leininger as a subcommittee to amend Rule 270 dealing with issues arising among foreign athletes who cannot prove their birth date, and athletes who fail to wear back numbers in our championship/circuit races. A proposed amendment was tabled and remanded to the subcommittee.

**Thu., Dec. 2 - 7:30 a.m.**

During the meeting 18 individuals attended.

### Awards

(See separate story on page 1.)

### Budget

Crockett said we have enough funds to finish 1999. He is engaged in a debate with the Chief Financial Officer and the Budget Committee re surplus Indy Life Circuit funds. We are trying to have such funds carried forward to 2000. We have purchased needed office equipment. Our 2000 budget will be the same as in 1999 (\$30,000). We had requested \$57,000. We do not have a Treasurer's report because we don't have valid accounting from Indianapolis.

### Athletes' Communication Center

Barbara Arveson said she now has about 40% of the Indy Life Athletes in her bio database. She provides circuit races with appropriate bios. We need to coordinate with RRIC a possible web page on Masters LDR.

### Joint Meeting Masters T&F and Masters LDR

**Thu., Dec. 2 - 1:00 p.m.**

Ken Weinbel, Masters T&F Chair, opened the meeting and introduced Jerry Crockett, Masters LDR Chair, and Norm Green, Masters LDR Secretary.

### Masters LDR Business: Otto Essig Award

The LDR committee voted to award its 1999 Otto Essig Award to John E. Kelley (the elder).

### National Masters News

Jerry Wojcik, senior editor of the NMN, the official publication to both USATF and WAVA, noted the NMN receives funding from WAVA, though no longer from USATF. NMN has about 7300 subscriptions. The editorial office is in Eugene, Ore. Layout and printing is done in Tujunga, Calif. Wojcik, Suzy Hess, administrative editor, and Al Sheahen, publisher, were all in Gateshead to cover the WAVA Championships. NMN was also present at the Masters T&F Championship, at the National Senior Games, and at other meets.

On a typical day, Hess gets on the internet early in the morning at home, picks up the mail and comes to the office to assume her other duties, such as answering the phone, filling book orders, preparing All-American certificates, etc. Jerry works primarily at home on the schedule, compiling results, and editing T&F and LDR material and other copy. Jane Dods handles racewalking and shares LDR editing. Each month after the deadline of the 10th, articles, pictures, results, and other columns are forwarded to Angela Egremont, who does the layout, final editing, proofing and advertiser invoicing. Hess requested that advertising inquires be sent to her.

Wojcik said most subscribers are T&F, LDR is next, and walkers at about 20%, and suggested that the proportion of retirees is larger than we think, and baby boomers in their 50s are a large market. Asked what role Rodale Press has in marketing NMN, Wojcik said that it inserts a tear out in each monthly issue of *Runner's World*, and solicits advertisers. Jerry reported that the internet complicates race results because often race data are not sorted into easily accessible categories that fit NMN needs.

### Hall of Fame

Norm Green noted that in the past two years, we elected seven and then 10 honorees. This year, 11 exceeded our 50% minimum, and the committee agreed to suspend its 10-person limit, so all 11 could be elected. (See separate story on p.5).

The following will be Active nominees for 2000, carried over from 1999: Grace Butcher, Carolyn Cappelletta, Anne Clarke, Jane Hutchison, Ruth Leff, Ed Lukens, Roy Pirrung, Bruce Springbett, Ed Stabler, Elaine Ward, and Wen-Shi Yu. The following are being added for 2000 consideration: Dave Romansky, Jim Sutton, Louise Adams, Tom McDermott, Cherie Sherrard, Joan Ottaway, Rex Harvey, Bernice Holland, Shirley Kinsey, Mel Larsen, Leonore McDaniels, Phil Mulkey, Stan Whitley, and Jerry Wojcik. Bill Bangert, Wendell Palmer, and Stew Thomson have been dropped from the ballot for 2000 because they had reached their three-year limit but are eligible for consideration again in the future.

The Old-Timers carried forward for selection by that committee are Dan Aldrich, Bill Andberg, Ernie Billups, George Braceland, Norm Bright, Bill Fitzgerald, James Hartshorne, Bess James, Don Johnson, Dick Lacey, Jay Sponseller, and Bob Watanabe. Bud Deacon, Marcie Trent, Arling Pitcher, and Buell Crane have been added.

Ken Stone reported that David Pain wants to have the Hall of Fame located in San Diego. Norm Green responded that now the hall does not exist anywhere - honorees receive their portrait plaque but no central listing exists. Weinbel added that the "open" Hall of Fame is presently being packed for shipment to an unknown site. Our plan is to "piggy back" on the open site. Weinbel believes there is no funding to support such a hall.

Carole Langenbach expressed appreciation to Green and the committee for its work. Weinbel added after serving on many USATF committees, this was the most satisfying experience. To George Mathews' suggestion that the Master Hall of Fame be located at a major site such as Eugene, Ore. Weinbel replied that the Masters should be with the open site. Graeme Shirley proposed that our Hall might be a series of panels that could be transported to national championships.

### WAVA Report

Sandy Pashkin, team manager for Gateshead, stated that we had 541 entrants, with 494 competitors who won 192 medals. Our teams did well, with all but one female RW team winning gold. Those who supplied age proof for Gateshead are now in the WAVA data base and will not have to submit such information again. The NCCWAVA Championships will be at Kamloops, British Columbia, Aug. 17-20, one week after the U.S. nationals in Eugene.

Pashkin noted that two issues arose in Gateshead. First is the team manager expense reimbursement, which might be covered by a small surcharge on the WAVA championship fee. Arveson proposed that a sponsor be found to cover the expense; athletes should be informed as to how their

Continued on page 18

## USATF NATIONAL MASTERS LDR CHAMPIONSHIPS IN 2000

January 23	One Mile Road	Santee, CA
February 26	12K Road	Orlando, FL
March 25	100K Road	Pittsburg, PA
April 2	5K Road, Men	Carlsbad, CA
May 6	Half-Marathon	Indianapolis, IN
May 13	50 Mile Trail	Whitewater, WI
June 3	5K Road, Women	Albany, NY
August 26 (pending)	10 Mile	Flint, MI
September 16-17	24-Hour	Sylvania, OH
October 8	Marathon	Minneapolis, MN
October 28	15K Road	Tulsa, OK
November 4	8K X-C	Richland, WA
November 19	5K X-C	Holmdel, NJ
November 25	10K X-C	Boston, MA



## LDR Meeting Minutes

Continued from page 17

monies are used.

There was no disagreement with the idea of a surcharge. Second is the issue of some athletes not wanting their names released. On motion and second, it was agreed after extensive discussion that individuals have the right to control whether their names are released.

Rex Harvey said the U.S. had the third-largest contingent and 30 U.S. officials at Gateshead. He added that the timing of some technical rules was ill-conceived to accommodate the Southern Hemisphere. WAVA instituted new javelins (500gr and 700gr) and hurdle height (27") as of Oct. 1 - a date prior to the widespread availability of that equipment.

Tom Jordan, WAVA Executive Vice-President, said that the WAVA Council feels that Gateshead went well and expects the Brisbane Championships, July 5-15, 2001, will be as good.

Bob Fine reported that Torsten Carlus stated in the NMN that IMGA move its games to odd years in 2005, which would coincide with the WAVA cycle of dates. Fine moved that the U.S. does not wish to have WAVA as part of the IMGA Games. Ken Weinbel clarified that conversations with Carlus reveal an intent not to have the World Masters Games take over WAVA but to have WAVA in a position to guarantee that IMGA abides by our rules. Tom Jordan added that he favors more competition opportunities, so is not in favor of a merging of these meets.

The WAVA Council wants IMGA to demonstrate that it is professional. Ken Stone stated that the IMGA fee structure is an issue. Jordan responded that the Council has not discussed fees because it has not discussed anything about IMGA.

Fine was asked to withdraw the motion so that the matter can be discussed at the NCCWAVA meet next year after the Council has met and explored with Torsten what is being considered. Fine agreed to a straw vote, with 24 in favor of the motion and 16 opposed.

### Team Manager

Weinbel and Crockett said they wanted to resolve the team manager decision. There is nothing that limits a country to one manager, but WAVA likes to deal with only one contact per country at the world championships. The USA is the only nation divided between T&F and LDR.

WAVA also wants entries from a single source. No one objects to that. But when we get to the site, LDR wants its own manager, called a co-team manager, rather than an assistant manager, to handle all LDR matters.

The committee agreed that Masters T&F will select its team manager to handle all entries and those events of its jurisdiction. Masters LDR will handle events of its jurisdiction.

Hy-Tek is the system used by each country to report its entries to the local organizing committee.

**Fri., Dec. 3-9:30 a.m.**

### WAVA Memorabilia

Bob Fine said WAVA has authorized a WAVA Archives. Fine is the depository for North America and invited athletes to send him any memorabilia of previous WAVA championships.

### Championship Bids

(See separate chart of dates and sites.)

#### Rule 270 issue

Charles DesJardins said the U.S. is a victim of its own success in masters competition. Money in our dimension of the sport is now about \$500,000. Many foreign athletes are chasing that money under the management of agents. One test for a master is being at least 40 years of age.

Many third-world athletes lack proof of their age. The U.S. is one of the few countries requiring proof of birth dates before giving a passport. Therefore, passports cannot be used for confirming age.

The third issue is the matter of back numbers for non-championship masters eligible for prize money. Our U.S. athletes need to know who their competition is. DesJardins recommended that the committee approve the following addition to Rule 270 as a Masters LDR Guideline in 2000 and then file it for Rules consideration next year.

(3) Competitors earning prize money of \$150 or more at any individual race must have a valid birth certificate on file with the Road Race Information Center (RRIC). Non-citizens competing for masters prize money also must have a valid birth certificate on file with the RRIC before prize money can be awarded.

(4) If a competitor is unable to produce a birth certificate for reasons beyond his/her control, alternative evidence of a birth date may be submitted to the RRIC not less than fourteen (14) days prior to the event. The RRIC will forward the evidence to the Masters LDR Committee for a decision by race day. Upon verification of birth date by the MLDR Committee, the athletes will sign on agreement of understanding.

(5) In masters' championships and/or circuit races, all masters' competitors including non-citizens must wear the appropriate age group back number.

The committee voted its approval.

**Fri., Dec. 3-3:30 p.m.**

### Drug Testing

Charles DesJardins said drug testing took place at the WAVA Championships in Gateshead, with some positive tests. Some countries are not following through after positive tests are found. WAVA does not have a plan to deal with the issue. Bill Quinisk said we should let the White House Drug Abuse czar know that masters will need some of his funds for our national championships.

### Committee Appointments

Our representatives to other committees are **Rules:** George Kleeman; **L&L:** Mary Rosado; **Coaching Education:** no one volunteered; **Sports Medicine and Sports Science:** Kim Rupert; **Associations:** Don Shepan; **Member Services:** Bob Langenbach; **Women's LDR:** Ruth Anderson; **Officials:** Lonna Lee Williams.

Our five at-large members are Dudley Healy, Carole Langenbach, Evelyn White, Don Lein, and James Garcia.

### Team Manager

The committee agreed to let our Executive Committee select our LDR Team Manager for international competition prior to the 2000 convention.

- Norman Green, Secretary

## T&F Minutes

Continued from page 16

**Fri., Dec. 3, 10:00 a.m.**

### 2000 Championships

Boston will host the 2000 indoor meet on March 24-26 (see entry form on back page). Eugene, Ore., will stage the 2000 outdoor meet on Aug. 10-13, with free shuttle bus service between the airport and university area. Entry forms will be available next month. Low cost dormitory housing and discounted air fares are available.

### 2001 Championships

Boston will host the 2001 indoor meet. Baton Rouge, La., will stage the 2001 outdoor meet on approximately July 26-29 at the same time at site of the biennial National Senior Games. (The meets are two separate events, however.) The Baton Rouge Sports Foundation has arranged for discounted air fares through American World Travel.

### Multi-Events

Rex Harvey reported on 1999 multi-events and announced the schedule of future championships events (see separate chart).

### National Senior Games

Phil Godfrey said people over age 50 control 77% of the nation's assets and have \$300 billion a year in discretionary income. They spend \$1 trillion a year on products and services. There are 76 million baby boomers.

More than 27,000 athletes qualified for the 1999 National Senior Games in Orlando; 11,938 showed up, including 3000 T&F athletes. The Games are getting too big; 10,000 would be a more practical number; 7500 would be ideal. Qualifying standards are under review. The athlete's fee for the 1999 event was \$175, but will be less at Baton Rouge in 2001. Qualifying for the 2001 meet will be held from Jan. 1 to Dec. 31, 2000, at designated sites (see NSGA's website for locations: www.nsga.com).

Godfrey explained the philosophy of the NSGA, which is changing its focus from a sports image to an educational image sent through sport. The social aspects of NSGA events are also important.

There are now 50 state organizations, including Washington, D.C., but excluding Alaska. Most are run by city Park and Recreation Departments, along with a few individuals. Most have local and state meets, e.g., North Carolina hosts 52 local meets; Idaho has only a state games. Local meets serve to introduce people to a fitness lifestyle. NSGA aims for continued growth at the local and state level. Some meets are too-loosely run, which is why NSGA hopes USATF officials can assist with technical expertise at local, regional and state Senior Games. NSGA also is encouraging all its NGBs (national governing bodies, such as USATF) to provide clinics at the sites and to help administer the national meet. In return, NSGA envisions helping USATF in marketing.

NSGA has been accepted as a national member of USATF with full voting rights.

NSGA has doubled in size during the past year, with 17 people on its staff in Baton Rouge, seven of whom are in marketing. It hopes to have paid staff in each state within 12 years.

Two years ago, NSGA moved to Baton Rouge from St. Louis. The city promised financial support for two years. NSGA now supports itself with no government funds, relying on: 1) athletes' entry fees; 2) membership dues; 3) merchandising sales; 4) dues from state organizations; 5) corporate sponsorship. NSGA is producing a two-hour documentary for possible sale to television.

Lake Placid, N.Y., will host the first NSGA Winter Games on Feb. 28-March 2, 2000.

As of now, NSGA has no special relationship with the IMGA (International Masters Games Assoc.).

Godfrey doubts if NSGA will ever lower its minimum age from 50, but sees NSGA and USATF holding joint meets where anyone over age 30 may participate. He foresees a possible joint membership plan with USATF in the future. Perhaps a USATF meet could be a qualifier for the NSGA nationals.

"Your (USATF) people serve as role models for our (NSGA) people," Godfrey concluded.

**Fri., Dec. 3; 2:00 p.m.**

### Planned Giving

Jerry Donley proposed a planned giving program, whereby athletes could provide donations to USATF in their wills. Chairman Weinbel will appoint a committee to study the matter and report back next year. He asked for volunteers. The bank account of the Masters Sports Foundation is available for this purpose.

### Internet

Ken Stone outlined the potential of the Internet. Weinbel will appoint a task force to study and make recommendations at the national indoor meet, March 25 in Boston.

### Hall of Champions

David Pain said San Diego's Hall of Champions has space to display masters memorabilia, Hall-of-Fame plaques, etc. Since the masters program began in San Diego in 1968, the city is a logical spot for the project. Funds would eventually be required to sustain the exhibit. Pain will monitor the situation and report back at a future date.

### Legends

John Cosgrove said the "Legends" program, whereby age-graded masters events are staged in open meets, is proving very successful. Masters events may take place at the USATF National Open Indoor Championships in 2000 in Atlanta, at the 2000 Olympic Trials in Sacramento, and at the Pre Classic in Eugene.

### Schedule

Jeff Schaller suggested changes in the outdoor championships schedule. Discussion followed. No action taken.

### Pole Vault Safety

Eddie Seese said helmets for pole vaulters have been recommended by studies citing safety hazards in pole vaulting.

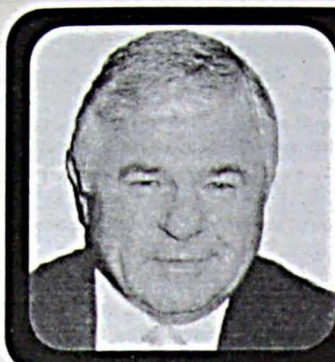
### Law and Legislation

Tom Light reported on new USATF legislation affecting masters.

Motion passed allowing a region to decide if its coordinator shall be elected by the region or appointed by the national chair. No other major action taken. □

- Al Sheehen and Suzy Hess





## Track and Field Report

by KEN WEINBEL,  
Chairman, Masters T&F

### Annual Meetings Reflect Cooperative Attitudes

The 1999 USATF Masters Annual Meetings will be recorded in my memory as the most harmonious of my tenure as Masters Track and Field Chairman. With only a few policy exceptions, the atmosphere of cooperation and a willingness to accomplish prevailed.

I was pleased to announce to the members in attendance that the National Senior Games Association (NSGA) had applied and was approved for membership in USATF. Their membership status is a monumental step toward creating a unidirectional affiliation between NSGA and USATF masters. We have a solid footing upon which to build.

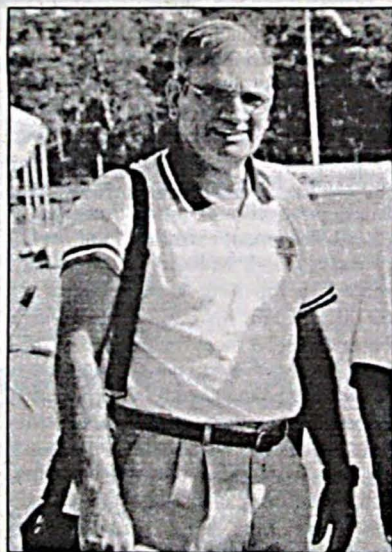
As we conclude 1999 and head for the new millennium, a task force headed by George Mathews will begin developing a masters Web site that has been long in waiting and much in demand.

Jerry Donley will head up another task force to investigate the feasibility and implementation of a trust fund for Masters Track and Field. An up-and-running fund will allow us to pursue members' involvement as we strive to build solid financial status and create independence from budgetary constraints.

Our Championship Operational Committee is under new leadership. Don Austin has been appointed to coordinate that committee's activities. Don's expertise and enthusiasm will

serve us well. Thanks to the efforts of Site Selection Chairman, George Mathews, we have approved bids for our championships through the year 2002 and will be inviting bidders for 2003 sites at the next convention.

On a final note, the delegates at the Joint Meeting of Masters T&F and LDR concluded lengthy discussions and gave final approval to a description of the roles of team managers for WAVA Championships and their respective managerial responsibilities, thus ending a long-standing feud. Now all is well in the world of masters. □



SUZY HESS

Don Austin, of Texas, was elected as Team Manager by the Masters T&F Executive Committee at the USATF annual meeting, Los Angeles.

### Austin Chosen T&F Team Manager

At a meeting of the Executive Committee of the Masters Track & Field Committee of USA Track & Field on Thurs. Dec. 2 in Los Angeles, Don Austin was elected the USA Masters T&F Team Manager by a vote of 5-4 over Sandy Pashkin, who had held the post for 10 years. The selection was conducted by the Executive Committee rather than the full T&F committee because it is so mandated by the Committee's by laws.



JERRY WOJCIK

Representatives from Eugene, Ore., at the Masters T&F Session, 1999 USATF annual meeting, Los Angeles, Dec. 2. (l to r): Frank Lulich, Oregon TC Masters, Tom Jordan, Barbara Kousky, both of Northwest Event Management, and Geoff Hughes, OTCM. The 2000 National Masters Championships are scheduled for Aug. 10-13 in Eugene.

### USATF Meets in Los Angeles

"Together We Will" was the theme of USA Track and Field's 21st annual convention November 30-December 4 in Los Angeles.

USATF President Patricia Rico challenged the nearly 1000 attendees to pull together, "to make the whole greater than the sum of our parts."

She pointed to sellout crowds at the Drake and Texas Relays, the rebirth of the Modesto Relays, and the record crowd of 96,000 people over three days at the Penn Relays as indications that track and field suffers from a half-full or half-empty paradox.

USATF CEO Craig Masback said, "The time has come to let America know that we will not accept their treating us like second-class citizens." Masback pointed out that running is the number one participatory sport among adults and at the junior high and high school levels.

"We have helped raise hundreds of millions of dollars for charity," Masback continued, "and our sport is also the best antidote to the problem of obesity in America today."

Masback noted the average TV rating for track and field in the U.S. was over 2.0 in 1999, which was higher than college basketball, pro hockey, the WNBA, soccer, tennis, and a host of other sports.

"But TV executives don't respect our sport because they never hear from us," he said. "If we want more track coverage, we need to write letters and send e-mails thanking them for what they've done, but saying it's not enough."

The National Track and Field Hall of Fame welcomed four new members with the induction of triple jumper Willie Banks, coach/administrator Larry Ellis, hurdler Charles Moore, and marathoner Bill Rodgers.

Two-time Olympic 100-meter champion Gail Devers was named VISA Humanitarian Athlete-of-the-Year at the Jesse Owens Awards Banquet.

Track coach John Smith was presented with the 1999 Nike Elite Coach-of-the-Year Award. Smith coaches both Maurice Greene and Inger Miller, who each accepted the sport's highest honor as 1999's top male and female athletes of the year.

President's awards for outstanding service went to Richmond Brown (AL), Barbara Chambers (Henderson, NV), John Smith (CA), Mary Bakjian (CA),

Steve Vaitones (MA), and Benita Fitzgerald Mosley.

Ed Koch of New Milford, N.J., the chairman of USATF's Law and Legislation Committee, was the recipient of the prestigious Robert Giegengack Award.

New IAAF President Lamine Diack of Senegal addressed the group, saying the late President Primo Nebiolo always felt "a great need to promote athletics in the U.S. so that our sport might finally rival the more popular sports here."

"It is difficult for us to understand," he continued, "that Edwin Moses, Carl Lewis, Michael Johnson, Jackie Joyner Kersee and Marion Jones be honored and applauded everywhere, but do not receive the same recognition in their own country."

Diack said he knows the leaders of USATF are deeply committed to this objective. "We need your passion, your commitment and your champions. We need a strong audience for athletics in the USA to continue to grow. This is the challenge of the new century and it is one that, together, we must and can win." □

- Al Sheehen



JERRY WOJCIK

Anselm LeBourne, of New Jersey, 1999 M40 Masters Track Athlete of the Year.

### SITES OF NATIONAL CONVENTIONS

#### TAC

- |    |      |                  |
|----|------|------------------|
| 1  | 1979 | Las Vegas        |
| 2  | 1980 | Atlanta          |
| 3  | 1981 | Reno             |
| 4  | 1982 | Philadelphia     |
| 5  | 1983 | Indianapolis     |
| 6  | 1984 | San Diego        |
| 7  | 1985 | Houston          |
| 8  | 1986 | Tampa            |
| 9  | 1987 | Honolulu         |
| 10 | 1988 | Phoenix          |
| 11 | 1989 | Washington, D.C. |
| 12 | 1990 | Seattle          |
| 13 | 1991 | New Orleans      |
| 14 | 1992 | Louisville       |

#### USATF

- |    |      |                |
|----|------|----------------|
| 15 | 1993 | Las Vegas      |
| 16 | 1994 | St. Louis      |
| 17 | 1995 | Atlanta        |
| 18 | 1996 | San Francisco  |
| 19 | 1997 | Dallas         |
| 20 | 1998 | Orlando        |
| 21 | 1999 | Los Angeles    |
| 22 | 2000 | Albuquerque    |
| 23 | 2001 | Mobile         |
| 24 | 2002 | Kansas City    |
| 25 | 2003 | Greensboro     |
| 26 | 2004 | Portland, Ore. |





## International Scene

by **TORSTEN CARLIUS**  
WAVA President

### WAVA Handbook Nearing Completion

**W**AVA Secretary, Monty Hacker, is busy preparing our new WAVA Handbook 1999-2001. The plans are for it to be printed end of January/beginning of February. In Gateshead, the General Assembly, as usual, took decisions that must be inserted in the new Handbook but this job should be completed soon. I would like to point out that all technical amendments take effect from October 1, 1999, while the new road championships program will take effect from our 2002 World Road Championships in Argentina.

WAVA/USATF Hurdles and Implements Specifications						
HURDLES						
WOMEN						
Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
50-59	300m	.686m 27"				
60+	300m	.686m 27"				
MEN						
30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
70-79	80m	.686m 27"				
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"				
70+	300m	.686m 27"				
IMPLEMENTS						
AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
					WAVA	USATF
Women					USATF	
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.	16# 16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12# 16#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25# 35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.*	20# 25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16# 25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12# 25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)  
WAVA weights are used for USATF weight pentathlons.  
Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.  
• New 1999 IAAF specifications.

In the meantime, I feel it is essential to give information on the Committee composition and would like to use this article to present the Stadia and Non-Stadia committees plus our "Historical Group."

#### WAVA Stadia Committee

**Chairman:** Jim Blair, New Zealand.

**Africa:** Basil Carnie, South Africa.

**Asia:** Ranjit Weerasena, Sri Lanka.

**Europe:** Winston Thomas, Great Britain.

**North and Central America & the Caribbean:** Sandy Pashkin, USA.

**Oceania:** Ian Anderson, Norfolk Island.

**South America:** Jorge Manrique, Peru.

Other members: Rex Harvey, USA; Marina Hoernecke-Gil, Spain; Vadim Marshhev, Russia; Arne Saether, Norway.

#### WAVA Non-Stadia Committee

**Chairman:** Ron Bell, Great Britain.

**Africa:** Leo Benning, South Africa.

**Asia:** Kiyoshi Kounoike, Japan.

**Europe:** Karel Matzner, Czech Republic.

**North and Central America & the**

**Caribbean:** Brian Keaveney, Canada.

**Oceania:** Jim Tobin, New Zealand.

**South America:** Juan H. Kulzer, Argentina.

Other members: Ruth Anderson, USA; Josep Maria Antentas, Spain; Barbara Dunsford, Great Britain; One vacant seat.

The WAVA Council has become very aware that our historical records are at risk, i.e., we do not have a complete set of entry booklets, result lists, championships programs, minutes from general assemblies, WAVA Handbooks and more. This is, of course, one of our most important tasks which must be handled immediately. To do so, we have formed a Historical Group consisting of two experienced persons who now must work very quickly to secure copies of all that WAVA has done since the organization was founded in 1977. These two persons are:

Bob Fine, USA (address on page 2).

Wilhelm Koster, Germany, Haydnstrasse 28, D-6103, Griesheim, Germany. Fax: 49-6151-880934.

If you feel that you have historical material of importance to the organization, please contact either of them. □

## Report from Britian

by BRIDGET CUSHEN

Gwen Cunningham, W45, set a British triple jump record of 10.16 during the Kent County Championships at the end of September. She picked up the bronze with a leap of 9.80 at WAVA-Gateshead. She went on to win the Kent County long jump (5.64) for a meet record.

Ray Daniel, M40, also set a meet record in the long hurdles, clocking 60.00 to retain his county title. Barry Ferguson set a meet record in the M50 long hurdles (71.5).

Anne Roden, now 52, has made a remarkable return to top form this year, beating established younger rivals in road races by large margins. Little has been heard of Roden since she won the WAVA marathon in Melbourne. She has successfully beaten her severest challenge, a battle against breast cancer. She won a testing 10K road race in 38:40 earlier this month.

Brian Adams, gold medal winner in the M50 20K road walk in Gateshead,

recorded a fast 9:14 over a 2K handi-cap road walk in the Midlands. Danielle Sanderson, W35, a current British international runner, can now be spotted participating in road walks.

Brilliant autumn sunshine cast long shadows over the 10K course on the grounds of Grenville College, Devon, as world triple gold medalist Nigel Gates, M45, of England, set out to retain his title in the British-Irish Veterans International Cross-Country Races, Nov. 13.

After the first of three circuits, a determined John Rye, M45, England, had to let go of Gates. Rye admitted afterward that it was a tactical error to try to keep pace with Gates, who had focused solely on this event after Gateshead.

Scotland's Colin Donnelly, M40, came through brilliantly on the last lap to take the second spot, some 26 seconds behind Gates.

Ron Riggs, England, tasted a rare defeat in the M65 race, beaten by Michael Ward, England, 42:31 to 44:04.

Ireland's world cross-country champion, Anne Keenan-Buckley, W35, dominated the field, as she did in Gateshead. The unknown Karen Marshall, Northern Ireland, was a popular winner of the W45 race, well clear of Bronwen Cardy-Wise, who had a clean sweep in the 5000, 10,000, and cross-country in Gateshead.

Regional television covered the races, which are now the highlight of the winter season. Top international 400 runner, Iwan Thomas, was very impressed by the standard of fitness and stamina of the competitors. □

### Subscription Problems? Moving?

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# Masters Scene

## NATIONAL

• The time of the winning M60 4x400 team (3:27.37) in the 1999 Masters Nationals-Orlando is obviously an error and has been disregarded for record consideration. Unfortunately, it detracted from the M60 4x400 WR of 3:53.87 (old record 3:58.43) at Gateshead by the USA team of **Martin Adamson**, of California, first leg (60.5), **Mark Stewart**, of Texas, second leg (58.96), **Paul Johnson**, of Texas, third leg (58.18), and **Larry Colbert**, of Maryland, anchor (55.88). The times are supplied by California sprinter/hurdler **Ron Kirkpatrick**: "I was asked to get their splits. The entire race was video-taped and before resetting the watch that I used, the split times were recorded from it onto the same video-tape. The times add up to 3:53.58, which is 0.29 faster than the electronic 3:53.87. This is a reasonable error, considering that I was hand-timing from high in the stands near the 330m mark."

• Running USA is soliciting volunteers to be "Team USA Talent Scouts" who will give reports from time to time on promising local runners who are new to the sport or have a breakthrough performance in long distance running. Running USA has announced a "Rookie of the Year" contest for runners in three categories: 1) 19-and-under; 2) 20+; 3) 40+. Fax: 805-967-5958; or [www.runningusa.org](http://www.runningusa.org).

## EAST

• Long Island Track & Field, Inc., an organization serving athletes who live in Nassau and Suffolk Counties of Long Island, NY, was successful in its petition to USATF at the Los Angeles convention to form those counties into a USATF association, separate from the Metropolitan Athletics Congress (MAC), which serves the five NYC boroughs and Westchester and Rockland counties. The president of LITF is **Sue Polansky**. Their office can be reached at PO Box 504, Old Bethpage, NY 11804. 516-349-9157; [www.litf.org](http://www.litf.org).

• **Tim Mason**, M40, 54:06, and **Beth Gottung**, W40, 61:39, vanquished their masters competition in the Schenectady Stockade-athon 15K, Schenectady, NY, Nov. 14. **William Dixon**, M55, was second M40+ (54:18). **John Pelton**, M60, 62:31, and **Margaret Betz**, W60, 67:46, took solid age-group firsts.

• The United States Air Force has purchased title rights to the Millrose Games, regarded by many as the world's most prestigious indoor t&f meet. This year's Millrose Games are scheduled for Madison Square Garden, NYC, Friday, Feb. 4, and airs on NBC, Feb. 5, at 2:30-3:30 p.m. EST. The United States Air Force Millrose Games is a cornerstone event of the USATF "Golden Spike Tour," an eight-city series of track events.

• **Rick Lapp**, M50, Coram, NY, and **Sulochana Kallai**, W65, Jamaica, NY, were the top performers in the Sri Chinmoy Masters Games, Victory Field, Forest Park, NY, Oct. 2. Lapp won the title for the third time, and Kallai, who was the first women's winner in 1985, won her second. Oldest athletes were **Andrew Neidnig**, 80, Sag Harbor, NY, and **Carmen Alves**, 80, Jamaica, NY. Over 130 athletes from the Greater NY area took part.

• **Jeff Foster**, 43, 2:38:15, and **Carolyn Silvey**, 43, 3:07:21, uncorked masters firsts in the Wineglass Marathon, Coming, NY, Oct. 3. **David Reed**, 52, won the M50-59 clash (2:55:49). Masters teams dominated the relay races. The Merrill Lynch Masters (**Joe Lavelle**/**Gary More**/**Jack Cleland**) finished first overall in 2:38:06. The Chicks Can Do Cartwheels (**Shirley Woodford**/**Diane Sherrer**/**Marie Fitzsimmons**) was the first all-female team to finish (3:16:12). Both times are masters course records.

• **Beth McCann**, 40, Falls Church, VA, flew to a first female overall in 20:15, Air Force Classic 5K, Bolling AF Base, Washington, DC, Oct. 16. **Paul Ryan**, 48, Arlington, VA, was second overall in 16:53. **Robert Weiner**, 52, Accotek, MD, finished

fourth in 20:09. **Marty France**, 40, Burke, VA, 34:38, and **Carol McCarthy**, 52, Washington, DC, 52:19, were first masters in the 10K.

• **Kathy Martin**, 48, Northport, NY, bested the women's field with an overall first in 23:27, South Shore Sprint 4 Mile, Bayshore, NY, Nov. 20. Top M40+ was **Al Oman**, 50, Babylon, NY, with a 22:51. A week earlier, Martin finished second female, with a 30:19, Bohemia TC 5 Mile. **Anabil Rivera**, M40, was first master and sixth overall in 28:34. **Marion Stanjones**, W60, won the W60 race in 38:48. The event is one of 20 races in the Long Island Grand Prix, sponsored by KeySpan Energy, one of the major corporations on L.I. KeySpan provides each race director with a check for \$1000 toward a race charity.

• Prevailing over the entire women's field at the Ocean State Marathon, Warwick to Providence, R.I., Nov. 14, was **Tatyana Pozdnyakova**, W40, 2:31:52. The men's masters title went to **Steve Wilson**, M40, 2:22:07.

## SOUTHEAST

• **Paul Okerberg**, 41, James Island, SC, with a second-place 2:36:50, and **Vickie Johnson**, 51, Atlanta, with a 2:56:20, stormed to masters firsts in the foggy, drizzly Atlanta Marathon, Nov. 25. **Michael Zengel**, 40, Dunwoody, GA, 77:20, and **Karla Ely**, 42, Jasper, GA, 85:44, captured the masters wins in the half-marathon. Standout times in the half-marathon were from **Tom Dooley**, 55, Eastanollee, GA, 79:30, and **Ann Akers**, 62, Fayetteville, GA, 1:44:15. A record 7699 entered the half-marathon, the third largest in the U.S.; another 1102 signed up for the marathon, an increase of 10% over 1998.

• The Piedmont Triad T&F Indoor Series, sponsored by Forsyth County Day School, offers meets from Jan. 8 through March 3 in the Clemmons, NC, area. For info: **Bill Cason**, 336-945-3151, x305; fax: 945-2907; email: [Billcason@fcds.org](mailto:Billcason@fcds.org).

## MID-AMERICA

• Throwers were in excellent form at the Kansas Senior Olympics, Topeka, Sept. 23-26, where **Edwin Morland**, Westmoreland, KS, won the M50 javelin face-off with a 169-0 over **Virgil Graham**, Topeka, 165-3, and **Ron Anderson** notched a probable first-place in the M60 1999 DT rankings with a 166-5.

## SOUTHWEST

• **Rod Parker**, M80, posted a 14.90 in the 100, Arkansas Senior Olympics, Hot Springs, Sept. 18-19. **Frank Hayes** won the M70 200 in 30.23. **Jack Gentry** took the M70 1500 contest with a 5:35.08, a sure top-five in the 1999 rankings. **Henry Bullard** won the M70 HJ with a meet's best 4-7.

## INTERNATIONAL

• Masters winners in the South Africa Veterans Marathon Championships, Queenstown, Nov. 6, went to **Vuyani Maso**, M40, 2:47:43, and **Sharon Eldridge**, W35, 3:12:44. **Graham Kumm**, M45, was second M40+ (2:58:37). First W40+ was **Sabrina Burton**, W40, 3:49:28. Firsts in the Masters Half-Marathon Championships were **Matthews Novokoza**, M40, 81:19, and **Diane Sandford**, W35, 88:16. First W40+ was **Colleen Muller**, W40, 95:23.

• Once again the U.S. media has told us the problem is more interesting than the solution. IOC President **Juan Antonio Samaranch's** appearance before a U.S. Congressional Committee Dec. 15 got all of 23 seconds of air time on NBC's nightly news. Samaranch told the Committee the IOC has solved the problems that led to the front-page bribery scandal last spring. But TV is not noted for its ability to sustain a story for more than a week. The real story was still a good one, even if NBC (owned by General Electric) was not interested. The IOC's alleged "solution" seemed anything but. Nothing in its reform package passed in Lausanne Dec. 12 addressed the main scandal

that bidding cities bestowed lavish gifts on IOC members to solicit their votes. The IOC did indeed, ban members from visiting bid cities, but said nothing about bid cities mailing gifts to members. But money talks. And the powers that be in the U.S., headed by the likes of Republican politicians **Henry Kissinger**, **Ken Duberstein** and **Howard Baker**, assured the Committee that Samaranch was really a fine fellow and that all was well in Olympic land. When

the next scandal begins is anyone's guess.

## CORRECTIONS

The caption for the photograph by John Malicky on p. 18 of the December issue was incorrect. It should have read: First three W45 (l to r): **Dot Javorski** (24:26), **Debi Page** (22:17), and **Lori Cherup** (24:29), Avon/RRCA Women's 5K Mt. Lebanon, Pa., Oct. 16.

## USATF Convention Award Winners 1999 Indy Life Circuit Summary

In the 1999 Twin Cities Marathon results, **Charlie Andrews's** age was erroneously listed as 44; he is 42 (born June 25, 1957). As a result, Andrews moves from first Indy Life Circuit age-graded male at Twin Cities to third and **Craig Young** and **Steve Winchel** move up accordingly. Below please find the corrected age-graded results and the ILC Age-Graded final points that were adjusted for Young and Winchel (their overall places did not change).

Age-Graded Men	AdjT	Actual	Prize\$
1) Craig Young, 43, Colorado Springs, CO	2:26:13	2:31:53	\$1000
2) Steve Winchel, 43, Janesville, WI	2:26:21	2:32:02	\$750
3) Charlie Andrews, 42, Rochester, NY	2:26:34	2:31:10	\$500

## 1999 Indy Life Circuit Final Standings

Age-Graded Division: Men	Points	Prize\$
1) John Tuttle, 41, Douglasville, GA	397	nc
2) Craig Young, 43, Colorado Springs, CO	387	\$4000
3) Gary Romesser, 48, Indianapolis, IN	345	\$2500
4) Dick Buerkle, 52, Atlanta, GA	344	\$2000
5) Jack Nelson, 60, Winnetka, IL	332	\$1500
6) Steve Winchel, 43, Janesville, WI		

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, DEC. 1999

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
RESI MARZ (GER)	1-15-60	40-44
MARIE KAY (AUS)	1-18-60	40-44
KAREN D. CORSO (US)	1-26-60	40-44
JUTTA SCHOEPE (GER)	1-6-55	45-49
MARIA SANGUOS ESPINA (ESP)	1-8-55	45-49
STANLEY CLARK (US)	1-20-55	45-49
RICHARD BURNS (SAUGUS, CA)	1-21-55	45-49
LOURDES NICOLA (VEN)	1-21-55	45-49
ANGELA MULLINGER (GBR)	1-26-55	45-49
KIMMIE ALLEGRE (KEIZER, OR)	1-29-55	45-49
MIKE DAVIS (NEW LENNOX, IL)	1-7-50	50-54
MAGDA LANDS (BEL)	1-16-50	50-54
JANICE FARRY (GBR)	1-28-50	50-54
JOSEPH JOHNSON (FLORENCE, NJ)	1-7-40	55-59
GRANPAULO URLANDO (ITA)	1-10-40	55-59
MICHAEL MALATIDIS (GRE)	1-15-40	55-59
CAROLYN BILLINGTON (GBR)	1-21-40	55-59
KLAUS WIEFFENBACH (GER)	1-24-40	55-59
JENNIFER YOUNG (TUCSON, AZ)	1-25-40	55-59
KEN SPARKS (CHESA, OH)	1-25-40	55-59
REIDUN RUSHFELDT (NOR)	1-26-40	55-59
JOHN POTTS (GB)	1-30-40	55-59
WOLFGANG LINKMANN (WG-BRENTWOOD, CA)	1-5-40	60-64
BARBARA CLEVELAND (HAWTHORNE, FL)	1-7-40	60-64
ROY TURNER (RICHARDSON, TX)	1-7-40	60-64
ANNE FORWARD (NZL)	1-11-40	60-64
ERIK SAUER (GER)	1-12-40	60-64
ROLAND CORMIER (WESTFIELD, MA)	1-16-40	60-64
RUTH BAUM (GER)	1-24-40	60-64
LARRY BRIDGES (ALBUQUERQUE, NM)	1-27-40	60-64
YVETTE LA VIGNE (LOS ANGELES, CA)	1-30-40	60-64
FEI-MEI LEE CHOU (SUNNYVALE, CA)	1-2-30	65-69
HUGO HARTENSTEIN (BOULDER, CO)	1-1-24	70-74
BOB LAWSON (US)	1-1-24	70-74
HELEN BEDROCK (SWI)	1-1-24	70-74
FRANK HAVILAND (WALL, NJ)	1-1-24	70-74
WILLIAM HOSS (US)	1-1-24	70-74
DAVE BURTON (GBR)	1-1-24	70-74
INGE DUERR (GER)	1-1-24	70-74
NANCY MCCORMICK (OMAHA, NE)	1-1-24	70-74
CHRISTEL MILLER (GLENDALE, CA)	1-1-24	70-74
ILMARI TUOMELA (FIN)	1-1-24	70-74
RAY FITZHUGH (IRVINE, CA)	1-1-24	70-74
IRENE MERJAMAS (FIN)	1-1-24	70-74
CLARE MCKERR (AUS)	1-1-24	70-74
OLGA VYSKOVSKA (CZE)	1-1-24	70-74
TOSHIKO D'ELIA (RIDGEWOOD, NJ)	1-1-24	70-74
ROGER FRENCH (HACIENDA HTS, CA)	1-1-24	70-74
MAURICE TARRANT (CAN)	1-1-24	70-74
MARY BROWN (CA)	1-1-24	70-74
JAMES STOOKEY (DICKERSON, MD)	1-1-24	70-74
FRANS VANDERSHOEVEN (BEL)	1-1-24	70-74
BRENDA GREEN (GBR)	1-1-24	70-74
LOTHAR PLASSMANN (WG)	1-1-24	70-74
GERT EKKMAN (SWE)	1-1-24	70-74
MAVIS GIBBS (AUS)	1-1-24	70-74
JAN MIRAZEK (CZE)	1-1-24	70-74
PAMELA SPIERS (NZL)	1-1-24	70-74
JAN KYSTAD (NOR)	1-1-24	70-74
AMELIO COMPRI (ITA)	1-1-24	70-74
ROSE LAMECH (IND)	1-1-24	70-74
JUDITH KAZDAN (CAN)	1-1-24	70-74
LISBETH KAMMERMEIER (GER)	1-1-24	70-74
PEGGY TAYLOR (GBR)	1-1-24	70-74
CARL MERRITT (SANTA MONICA, CA)	1-1-24	70-74
LENORE MARVIN (CAN)	1-1-24	70-74
GERTRUDE ANTONIJEVIK (US)	1-1-24	70-74
TED CORBITT (NYC, NY)	1-1-24	70-74
IVY BROWN (CA)	1-1-24	70-74
VOITTO ELO (FIN)	1-1-24	70-74
DOYA BOWDREY (NZL)	1-1-24	70-74
AUDREY REID (RSA)	1-1-24	70-74
WOLFGANG MUELLER (WG)	1-1-24	70-74
EUGENE BRADFORD (US)	1-1-24	70-74
HERBERT SCHMIDT (WG)	1-1-24	70-74
KOZO HARAGUCHI (JPN)	1-1-24	70-74
WILHELM DIETRICH (WG)	1-1-24	70-74

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



# 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 24.** USATF National Masters Indoor Pentathlon Championships, Boston, Mass. See below.

**March 24-26.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Stephen Vaitones, PO Box 1905, Brookline, MA 02146. 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com/

**April 1-2.** USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052; fax: 953-2053; email: usatfvan@aol.com/

**June 24-25.** USATF National Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3567 (h), 847-235-1041(w); email: JWatry@hycor.com.

**August 10.** USATF National Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.

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

**September TBA.** USATF National Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Duncan, Pampa, TX 79065. 806-665-1238.

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

**July 14-28, 2001.** National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

**July 26-29, 2001.** 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

### EAST

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

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

**January 9.** Philadelphia Masters Indoor Developmental Meet, Swarthmore

College, Pa. 9 am. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

**January 9.** MAC Open & Masters Meet, Fordham U., Bronx, NYC. Day of meet entry. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mactrack.org

**January 14.** MAC Open & Masters Meet, Armory T&F Center, NYC. Day of meet entry. See Jan. 9.

**January 22.** 33rd Annual Hartshorne Memorial Masters Mile, Cornell University, Ithaca, NY. W30+; M40+. Prize purse for Men's Elite Mile; bonus for sub-4:25. 20th Anniversary Women's Mile, new prize purse for W40+. 10 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530; 387-6431.

**January 23.** GBTC Invitational, Harvard U., Cambridge, Mass. Many running and two indoor weight events for M40+ athletes. GBTC, PO Box 183, Boston, MA 02117. www.gbtc.org. Jim O'Brien, 617-282-5537.

**January 30.** Philadelphia Masters Indoor Developmental Meet, Haverford College, Pa. See Jan. 9.

**February 18.** MAC Open & Masters Association Championships, Armory T&F Center, NYC. Day of meet entry. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mactrack.org

**March 4.** Philadelphia Masters Championships, Haverford College, Pa. 2:30 pm. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

**March 18.** 28th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, NYC. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mactrack.org

### SOUTHEAST

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

**March 4.** Virginia Masters Indoor Championships, Washington & Lee U., Lexington, Va. Out-of-state athletes welcome. SASE to John Tucker, Meet Director, Dept. of Athletics, W&L U., Lexington, VA 24450. Download info/entry: <http://wlu.edu/~tucker/>

### MIDWEST

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

**January 7.** U. of Wisconsin-Milwaukee Indoor Meet. Open & masters. 7 pm.

**January 8.** Midwest Indoor Meet I, Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

**January 8.** Grand Valley State U. Indoor All-Comers, Allendale, Mich. See Feb. 6.

**January 15.** Maine East Masters, Maine East HS, Park Ridge, Ill. Andrew Royce, 847-768-9660(h).

**January 16.** Masters & Open Indoor Meet, Grand Valley State U., Allendale, Mich. Noon. See Feb. 6.

**January 22.** Midwest Indoor Meet II. See Jan. 8.

**January 29.** Midwest Indoor Meet III. See Jan. 8.

**February 5.** Lincoln-Way Masters Meet, Lincoln-Way HS, New Lenox, Ill. Mike Davis, 605 Lambeth Lane, New Lenox, IL 60451. 815-485-2879(h).

**February 6.** USATF Michigan Masters & Open Indoor Championships, Grand Valley State U., Allendale, Mich. Grand Valley State U., Office 97, Allendale, MI 49401. Jerry Baltes, 616-895-3360.

**February 12.** Midwest Indoor Meet IV. Westwood Sports Center, Sterling, Ill. Theresa DePellegrin, 815-622-6201.

**February 26.** Midwest Indoor Meet V. See Feb. 12.

**March 5.** John Tierney Classic Indoor Meet, U. of Wisconsin-Milwaukee. Open & masters. John Mahone, Klotsche Center, UW-Milwaukee, PO Box 413, Milwaukee, WI 53201. 414-229-5287.

**March 18.** USATF Midwest Regional Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Gerry Krainik, 708-687-2124(h).

**April 1-2.** USATF Illinois Youth & Masters Championships, Proviso West HS, Hillside, Ill. See National above, April 1-2.

### MID-AMERICA

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

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

**May 27-28.** Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO Box 22457, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2386.

**June 10.** USATF Mid-America Regional Masters Championships, Wichita State U., Kansas. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

**July 29-30.** International Multi-Events Challenge (USA, Poland, Canada, United Kingdom, Germany), Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 30.** AT&T Sooner State Games, Shawnee Exposition Ctr., Shawnee, Okla. 405-235-4222.

### WEST

Arizona, California, Hawaii, Nevada

**January 8.** KelField Throws Meet Series #80, Santa Cruz, Calif. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com

**January 15.** King Weekend Throwfar Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 323-254-5473.

**January 21-22.** Reno PV Summit, Reno, Nev. 209-278-4098.

## ON TAP FOR JANUARY

### TRACK AND FIELD

Dartmouth hosts its annual indoor relays for the 31st time in Hanover, N.H., on the 7th-9th. Other indoor action can be had in Wisconsin on the 7th, in Illinois and Michigan on the 8th, and in Philadelphia and NYC on the 9th. A MAC meet is set for the 14th at the NYC Armory, and Illinois offers another on the 15th. A weight pentathlon awaits throwers at Citrus College (L.A. area) also on the 15th. Michigan's Grand Valley State U. presents a meet on the 16th. The 33rd annual Hartshorne Masters Mile at Cornell U. is slated for the 22nd, and is another of the Illinois series of indoor meets. The Greater Boston TC Invitational includes running events and two throws for masters in Cambridge, Mass., on the 23rd. The Illinois indoor series provides another meet on the 29th. The AT&T Sooner State indoor Games close out the month on the 30th at the Shawnee Exposition Center, Norfolk Island in the South Pacific will be the site of the 10th WAVA Oceania Championships on the 16th-23rd.

### LONG DISTANCE RUNNING

The Steve Scott Festival, Santee, Calif. (near San Diego) stages the USATF National Masters One Mile Road Championships on the 23rd. The Paramount 10K in the L.A. area gets the spotlight on the 8th, followed by the Walt Disney Marathon on the 9th in Orlando. Marathons are listed in Houston on the 16th; Charlotte, N.C., on the 22nd; and in Clearwater, Fla., on the 23rd. Naples, Fla., offers a half-marathon on the 23rd, as does San Francisco on the 30th.

### RACEWALKING

Many of the meets and road races include a racewalk. □

**February 5.** KelField Throws Meet Series #81, Santa Cruz, Calif. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kelfield@aol.com

**February 20.** Northern Arizona Indoor Classic, Flagstaff. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 480-949-1991.

**February 26.** Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. 30+. 5000 RW. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653.

**April 1-2.** Phoenix Invitational, Glendale Community College, Glendale, Ariz. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 480-949-1991.

Continued on next page



Continued from previous page

**April 29.** Arizona Masters T&F Invitational Meet, Glendale Community College, 6000 W. Olive Ave., Glendale, Ariz. Contact: Clifton McKenzie, 480-777-8503.

**May 20.** Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 27-28.** Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newton, 19600 Prospect St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

**September 16-17.** Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316 (h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

### NORTHWEST

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

**January 15.** Winter Indoor PV Circuit, Clackamas CC (Randall Gym), Oregon City, Ore. 503-762-0861.

**January 22.** Eugene Indoor Meet, Eugene, Ore. Masters in evening. Erin Regali, 541-687-8453; email: eregali@worldnet.att.net/  
**February 5-6.** Great Northwest Indoor Meet, Portland, Ore. Limited masters events. 503-668-0998.

**February 6.** Great Northwest Indoor Meet, Portland, Ore. Harry Simonis, 503-668-0998; email: runjumpthrow@compuserve.com/

**February 12, 19, 26.** Winter Indoor PV Circuit, Clackamas CC (Randall Gym), Oregon City, Ore. 26th @ University HS, Spokane, Wash. 503-762-0861.

**March 4.** Elite PV Indoor Battle Of The Genders, Clackamas CC (Randall Gym), Oregon City, Ore. 6-8 pm. 503-762-0861.

**May 27.** Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

**June 3.** Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

**June 9-10.** Montana Senior Olympics, Helena. Senior Olympics, 465 Freedom Ave., Billings, MT 59105. Don Tavalacci, 406-252-2795.

**June 10 (tent.).** Oregon Association Open & Masters Championships, Linfield College, McMinnville. Harry Simonis, 503-688-0998.

**June 17-18.** Portland Masters Classic, Mt. Hood Community College, Gresham, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

**July 1-2.** Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

**July 7-8.** Seattle Masters Classic, West Seattle Stadium. Some events Fri. night. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-3917.

**July 8-9.** State Games of Oregon, Mt. Hood Community College, Gresham. Keith Maneval, Mt. Hood CC, 503-667-7140.

**July 14-16.** Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. No out-of-state. 406-254-7426.

**July 22.** Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163.

**July 27-30.** Wyoming Senior Olympics,

Laramie. Open to out-of-state. Senior Olympics, PO Box C, Laramie, WY 82070. Paul Harrison, 307-721-5269

**July 29-30.** USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080(w). Entry form in May issue.

### INTERNATIONAL

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

**February 5-13.** New Zealand Veterans Games, Dunedin. NZV Games, PO Box 5845, Dunedin, New Zealand +64 3 474-1429. Fax: 474 1180; infor@nzmastersgames.com; www.nzmastersgames.com/

**June 24-25.** Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jensen and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com

**July 6-16.** WAVA European Veterans Athletics Championships, Jyväskylä, Finland. XII EVACS 2000, PO Box 30, 40701 Jyväskylä, Finland. Fax: +358-14-624 956; email: evaco2000@jkl.fi

**July 14-15.** Caribbean Masters Track Meet, Willemstad, Curacao - The Netherlands Antilles. Dr. Jerry Jensen and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com.

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

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

### OPEN

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

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

**Aug. 3-12, 2001.** IAAF World Championships VIII. Edmonton, Canada.

## LONG DISTANCE RUNNING

### NATIONAL

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

**February 26.** USATF National Masters 12K Championships/Outback Distance Classic, Orlando, Fla. Jon Hughes, 1102 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

**March 25.** USATF National Masters 100K Championships, Pittsburgh, Pa. Pat Joseph, 810 River Blvd., #240, Pittsburgh, PA 15212. 412-321-4422.

**April 2.** USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlin, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

**May 6.** USATF National Masters Half-Marathon Championships, Indianapolis, Ind. Don Carr, 4314 Matrea More Ct., Indianapolis, IN 46254. 317-328-1632.

**May 13.** USATF National Masters 50-Mile Trail Championships/Ice Age Run, Whitewater, Wisc. Holly Neault-Zinzow, W5689 Tamarock Tr., Whitewater, WI 53190. 262-495-8283.

**June 3.** USATF National Masters Women's 5K Championships/Frehofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**August 26 (pending).** USATF National Masters 10 Mile Championships/Crim Festival, Flint, Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

**September 16-17.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

**October 8.** USATF National Masters Marathon Championships/Twin Cities Marathon. Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 28.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

**November 4.** USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Frnaklin, Richland, WA 99352. 509-376-6731.

**November 19.** USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

**November 25.** USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207, Brighton, MA 02135. 617-566-7600.

### EAST

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

**February 20.** Washington's Birthday Marathon, Greenbelt, Md. DCRRC, 703-241-0395; www.dcroadrunners.org

**February 27.** Cape Cod marathon & Half-Marathon, Hyannis, Mass. Sean Doherty, PO Box 565, Centerville, MA 02632. www.capecodmarathon.org.

**March 19.** New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan, PO Box 79546, N. Dartmouth, MA 02747. Phone/fax: 508-998-5069; www.nbhalf@aol.com.

**April 8.** Spring Stampede 5K & Mile Fun Run, Denville, N.J. 11 am. Madeline Bost, Runners Race Service, PO Box 458, Ironia, NJ 07845. Hotline: 973-584-9302.

**April 9.** Cherry Blossom 10 Mile, Washington, D.C. CB 10 Mile, PO Box 5366, Rockville, MD 20848. E-mail: entries@cherryblossom.org

**April 17.** B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hop-

kinton, MA 01748-1897. 508-435-6905. http://www.bostonmarathon.org.

**April 30.** New Jersey Shore Marathon, Long Branch. NJSM, PO Box 198, Oceanport, NJ 07757. 732-542-6090; www.njshoremorathon.org

**May 7.** Long Island Marathon & Half-Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; www.FLRRT.com

**May 7.** Pittsburgh Marathon/Men's 2000 U.S. Olympic Team Trials, Pittsburgh, Pa. 5000 limit. 412-647-7866; 800-533-UPMC; www.UPMC.edu.PGHMarathon

**May 28.** Vermont City Marathon, Burlington, Vt. VCM, 41 Main St., Burlington, VT 05401. 802-863-8412; www.vcm.org

### SOUTHEAST

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

**January 2.** DeLeon Springs Half-Marathon & 5K, DeLeon Springs, Fla. John Boyle, DLS Half, PO Box 1700, DeLand, FL 32721.

**January 8.** Navarre Beach Half-Marathon, Pensacola, Fla. 888-POT-TER2.

**January 9.** Walt Disney World Marathon & Half-Marathon, Orlando. Disney Marathon, PO Box 536547, Orlando, FL 32853-6547.

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

**January 23.** Florida Gulf Beaches Marathon, Clearwater. 888-548-2786.

**January 30.** Naples Half-Marathon. Masters money. Perry Silverman, 224 6th Ave. So., Naples, FL 34102. 941-262-5653; fax: 263-0934; email: PSilverman@aol.com.

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

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

**February 19.** Myrtle Beach Marathon. MBM, PO Box 8780, Myrtle Beach, SC 29578-8780. 843-293-7223.

**February 20.** Colonial Half-Marathon, Williamsburg, Va. CH-M, PO Box 1352, Arlington, VA 23187. 757-221-3362/221-1599.

**February 20.** MetroZoo Jungle Jog 5K, Miami. Entry forms: Dade, 305-255-5551; Broward, 954-384-7521.

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

**February 26.** U.S. Olympic Team Trials Women's Marathon, Columbia, S.C. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29250. 803-929-1996; fax: 929-1926.

**February 26.** Outback Distance Classic 12K, Orlando, Fla. Track Shack, 1104 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

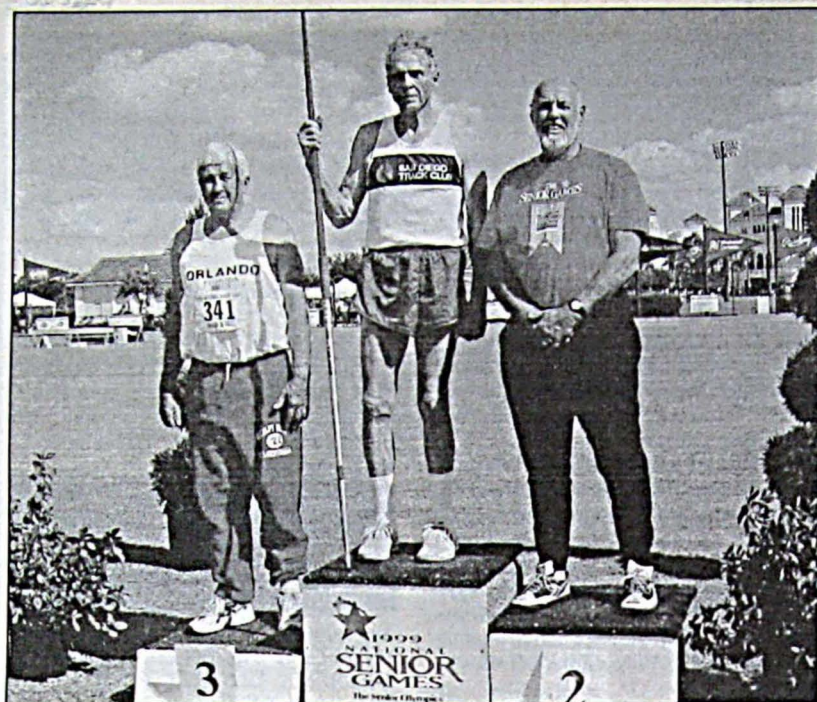
**March 4.** Gate River Run/USATF 15K Open Championships & 5K, Jacksonville, Fla. 904-739-1917.

**March 18.** Rock and Roll 10K, Nashville, Tenn. Downtown YMCA, 615-254-0631.

**March 18.** Shamrock Sportsfest 8K,

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JERRY WOJCIK

Finalists in the M70 javelin (l to r): W.S. Donald, fourth (33.65), Bud Held, first (44.37), and Skip Meneely, second (37.92), National Senior Games, Orlando, Fla., Oct. 19-26.



JERRY WOJCIK

Top three finalists in the W75 shot put: Ruth Seeger (c), first, 6.82, Ann Toya (r), second, 6.67, and Josephine Stewart, third, 6.40, National Senior Games, Orlando, Fla., Oct. 19-26.

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Masters 8K, & Marathon, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. Email: sportsfest@juno.com; www.shamrocksportsfest.com/

**April 15.** Charlotte Marathon Festival Marathon & 10K. CM, Box 30294, Charlotte, NC 28230. 704-358-5425; marathon@charlotte.com

**April 29.** Country Music Marathon, Nashville, Tenn. 20,000 limit. Elite Racing, Inc., 858-450-6510. www.cmmarathon.com

### MIDWEST

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

**April 29.** Kentucky Derby Festival Half-Marathon, Louisville. KDFM, 1001 S. 3rd St., Louisville, KY 40203. 800-928-FEST; www.kdf.org

**May 6.** Indianapolis Life 500 Festival Half-Marathon. 500 Festival, 800-638-4296; www.500festival.com

**May 14.** Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org/

### MID-AMERICA

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

**February 27.** Third Olympiad Memorial Marathon, St. Louis, Mo. 314-434-9577.

**April 15.** 31st annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, 5K RW, Brookings, S. Dak. Kurt Osborne, 605-696-2479; email: kosborne@firstnb.com. Jack Youngberg, 696-2433; email: jack@firstnb.com

**April 28.** Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

**April 29.** Get-In-Gear 10K, Minneapolis, Minn. G-I-G, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004; fax: 722-5414.

**May 7.** Norwest Half-Marathon, Wayzata, Minn. Loretta Docken, 900 E. Wayzata

Bld., Wayzata, MN 55391. 612-316-1441.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

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

**February 6.** Austin Half-Marathon, Austin, Texas. 3MH-M, #M, 6801 River Place Blvd., Austin, TX 78726. 512-984-RACE; www.3m.com/races

**February 20.** Austin Marathon & Relay, Austin, Texas. AM, PO Box 684587, Austin, TX 78768. 512-505-8304; www.MotorolaMarathon.com

**February 26.** Lung Run Half-Marathon, Little Rock, Ark. Phil Perry, American Lung Assn. of Arkansas, 800-880-5864; www.lungark.org

**February 26.** Cowtown Marathon, 10K, & 5K, Fort Worth, Texas. Jim Gilliland, CM, PO Box 9066, Fort Worth, TX 76147. 817-735-2033. www.cowtownmarathon.org

### WEST

Arizona, California, Hawaii, Nevada

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

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

**January 16.** Millennathon 2000 21 Mile/21K/8K, Oakland, Calif. 888-441-2227; www.millennathon.com

**January 30.** San Francisco Half-Marathon. PaMaKid Runners, PO Box 27557, San Francisco, CA 94127. 415-333-4780.

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

**February 6.** San Dieguito Half-Marathon, Rancho Santa Fe, Calif. Kathy Loper Events, 619-298-7400; fax: 298-7448.

**February 12.** Great American Adventure Run, Huntington Beach, Calif. 2.8 Mile & 4.8 Mile Cross-Country. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**March 5.** Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310-444-5544; email:raceinfo@lamarathon.com.

**March 5.** Sutter Home Napa Valley Marathon/RRCA National Championships. NVM, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515.

**April 30.** Big Sur International Marathon, Big Sur-Carmel, Calif. Wally Kastner, BSM, PO Box 22620, Carmel, CA 93922. 831-625-6226; fax: 625-2119; www.bsinorg

### NORTHWEST

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

**April 8.** Pear Blossom 10K & 5 Mile, Medford, Ore. Street Faire, BBQ. 4000 participants. SASE to Pear Blossom, PO Box 146, Medford, OR 97501. March 15 deadline. Zellah & Jerry Swartsley, 541-772-6293(d); 535-1205(e).

### CANADA

**May 7.** Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2928; email: vim@istar.ca

### INTERNATIONAL

**May 13-14.** 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+.

Campeonatos Mundiales Valladolid 2000. c/o Juan Mambilla, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

### RACEWALKING

**February 26.** Grand Prix 5000. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. Elaine Ward, 626-441-5459.

**March 26.** USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

**April 16.** USATF National Masters Men's 20K & Women's 30K RW Championships, Flushing, Mich. Mark O'Donnell, 5214 Olde Gaybrook, Grand Blanc, MI 48439. 810-238-3349.

**April 21 or 28.** USATF Masters Regional 10K RW, Seattle, Wash.

**May 21.** USATF National Masters 15K RW Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493. areaswiss@aol.com

**August 11.** USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.

**August 13.** USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.

**September 17.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**October 1.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com.

**October 14.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@preferred.com.



# RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39				
Harold Pierce	100	11.0	7-31-99	
	200	22.9	7-31-99	
Alan Wells	3000	9.08.5	3-14-99	
	5000	15.48.99	8-26-99	

M40-44				
James Kerman	SP	14.30	6-12-99	
Steve Piersol	110hh	16.67	6-12-99	

M45-49				
Jim Freid	10K	35.51	9-26-99	
Thomas Meyer	HT	40.60	10-17-99	
Chuck Radis	3K SC	12.39.6	8-26, 29-99	

M50-54				
John Davis	400	55.67	10-2-99	

Edward Jones	LJ	19-7.83	5-21, 28-97	
	100	12.41	5-21, 28-97	
	200	24.61	5-21, 28-99	
Ronald Pate	3K SC	12:52.17	8-27-99	
Bill Penner	10K RW	53.59	10-23-99	
Allen Ray	WP	3306	9-12-99	

M55-59			
Mark Chapman	WP	3088	8-14-99
Don Fisher	PV	10-6	11-20-99
Dixon Jordan	800	2:24.48	10-20-99
Ray Kozusko	TJ	11.24	7-17-99
		5.52	7-17-99

M60-64				
Mark Adams	5K RW	28:26	4-17-99	
	3K RW	16:35	3-29-99	
	1500 RW	7:41.9	6-6-99	
Bert Bergen	HJ	1.48	8-21-99	

Rodney Letchworth	DT	42.62	10-24-99	
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M70-74				
Tom Rice	60m	8.9	3-14-99	

M30-34				
Yvonne Ellington	100	13.12	5-99	
	200	27.83	5-99	

M45-49				
Shelley Walsh	10K	47.39	10-10-99	
Debbie Topham	5K	28.18	6-19-99	

M55-59				
Patricia Hunter	HT	22.54	10-17-99	

<u>W60-64</u>			
Audrey Kempf	DT	72.7	9-11-99
Rita Sinkovec	5K RW	30.24	9-25-99
	1500 RW	8:42	10-23-99

## U.S. MASTERS ALL-AMERICAN STANDARDS

### FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1/2	5-9/16	5-6	5-3	4-11	4-9	4-6	4-1 1/2	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 1/2	11-7/8	10-0	8-10/16	8-4/16	7-6/16	6-6/16	5-10/16	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2 1/4	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 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/16	37-8/16	35-5/16	34-1/16	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/2	36-1 1/2	29-6	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	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 1/2	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 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2				19-8 1/2	16-5	13-1 1/2	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-6 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9 1/2	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-5	19-8 1/2	16-5	14-9	13-1 1/2	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 33"; 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. Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

### WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

### MEN

MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:50	56:04	1:10:35	1:43:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37
Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).												



# TRACK & FIELD RESULTS

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

## EAST

### Sir Chinmoy Masters Games Forest Park, NY; Oct. 2

100m	
M40 Errol Meikle	11.79
Richard Fiske	14.12
M45 Jesse Norman	11.82
Virendra Gauthier	14.42
M50 Rick Lapp	11.98
Alston Brown	12.29
Shakshat Flowers	12.62
M55 Bhashwar Hart	12.40
David Rosenthal	15.00
Francis Neller	16.24
M60 K M Thomas	13.71
M65 Giorgio Chiavelli	15.44
M80+Andrew Neidnig	26.43
W40 Antan Locs	17.70
Bhagirathi Savage	18.31
Tatiana Solovei	25.55
W45 Karabi Hart	14.70
W50 Jennifer Pinto	14.64
Gayatri Rocherolle	18.67
Kusumita Pederson	21.25
W60 Badra Pederson	21.25
W65 Sulochana Kallai	21.98
200m	
M40 Adam Daigne	23.20
M45 Jesse Norman	24.21
Virendra Gauthier	29.72
M50 Rick Lapp	24.69
Ronald Johnson	24.92
Alston Brown	25.04
M55 Bhashwar	26.33
Gangadhar Rocherolle	31.93
David Rosenthal	32.33
M60 K M Thomas	30.75
M65 Josephus Wynne	32.00
Giorgio Chiavelli	32.24
Meemo Maasik	36.97
M80+Andrew Neidnig	56.78
W40 Antan Locs	36.89
Bhagirathi Savage	38.87
W45 Karabi Hart	31.44
Barbara Suppona	53.34
W50 Jennifer Pinto	32.25
Gayatri Rocherolle	40.25
Kusumita Pederson	45.95
W65 Sulochana Kallai	50.47
400m	
M40 Adam Daigne	50.90
M45 Graham Smith	1:03.78
Virendra Gauthier	1:06.90
Arpan DeAngelo	1:14.12
M50 Alston Brown	55.73
Rick Lapp	55.77
Shakshat Flowers	1:04.90
M55 Bhashwar Hart	1:00.66
David Rosenthal	1:17.82
Francis Neller	1:21.63
M65 Bruce Marsh	1:08.21
Josephus Wynne	1:24.02
M75 Y M Naci	1:34.00
M80+Andrew Neidnig	2:18.02
W40 Antan Locs	1:21.31
W45 Barbara Suppona	2:18.69
W50 Jennifer Pinto	1:17.62
W65 Sulochana Kallai	2:06.92
Rajeshwari Taylor	2:12.71
800m	
M40 Errol Meikle	2:37.40
M45 Virendra Gauthier	2:21.20
Graham Smith	2:36.11
Arpan DeAngelo	2:39.90
M50 Alston Brown	2:13.01
Rick Lapp	2:23.10
Rudra Tamm	2:44.50
M55 Vaidis Jurenas	2:33.40
Francis Neller	3:52.40
M65 Bruce Marsh	2:51.11
M75 Y M Naci	3:58.90
M80+Andrew Neidnig	5:31.00
W40 L Clark-Feaster	3:00.37

W45 Barbara Suppona	5:28.38
W65 Sulochana Kallai	4:44.03
Rajeshwari Taylor	5:13.93
Mile	
M40 James McFarlane	5:09.70
M45 Arpan DeAngelo	5:37.81
David Mason	5:39.34
Virendra Gauthier	5:48.30
M50 Alston Brown	5:13.29
E Chosak	5:55.70
Rudra Tamm	6:03.63
M55 Rex Gerhardt	6:10.36
Francis Neller	7:59.53
W45 Sutshti Lang	7:26.00
W65 Sulochana Kallai	10:29.00
Rajeshwari Taylor	10:50.00
3000m	
W40 Antan Locs	12:41.00
W45 Nirhari DeLong	13:59.00
Sutushli Lang	14:20.00
Snigda Fitch	14:59.00
W65 Sulochana Kallai	18:04.00
Rajeshwari Taylor	20:51.00
5000m	
M40 Kamalakanta Nieves	26.19
Trishul Chems	27.53
Virendra Gauthier	18.16
Arpan DeAngelo	18.24
Misha Pavlovic	20.32
M50 Rudra Tamm	20.55
Padamrita Bradshaw	21.01
Luis Teran	21.50
M55 Vaidis Jurenas	18.22
Francis Neller	24.28
James Gambino	29.58
M80+Andrew Neidnig	42.58
High Jump	
M45 Arpan DeAngelo	4
M50 Rick Lapp	5
Lee Buster	4-10
Eddie Harris	4-8
M55 Francis Neller	3-6
M60 K M Thomas	3-10
Long Jump	
M45 Arpan DeAngelo	4.00
Virendra Gauthier	3.93
Misha Pavlovic	3.83
M50 Rick Lapp	5.30
Greg MacColl	3.58
Nikolai Butov	3.55
Rudra Tamm	3.51
M55 David Rosenthal	3.73
Francis Neller	2.81
M60 K M Thomas	4.09
M75 Hillar Saareste	2.76
W65 Sulochana Kallai	2.07
Triple Jump	
M40 Kim Bailey	6.50
M45 Misha Pavlovic	8.21
Virendra Gauthier	7.80
Arpan DeAngelo	6.66
M50 Rick Lapp	10.70
Ivan Black	10.45
Nikolai Butov	8.35
M55 David Rosenthal	7.13
Francis Neller	6.06
M60 K M Thomas	7.11
M75 Hillar Saareste	6.14
Shot Put	
M40 Tim Bailey	10.75
Kim Bailey	7.44
M45 Dennis Hansen	12.57
Jeffrey Copland	7.92
Misha Pavlovic	7.40
M50 Rick Lapp	10.29
Rick Lapp	8.15
Adhiratha Keefe	8.02
M55 Gene Camp	11.44
August Kauffman	10.75
Jerry Sullivan	8.70
M60 Frank Illuzzi	8.98
M65 Meemo Maasik	10.28
Pete Barker	9.94
T Pogachar	7.81

W40 Bhagirathi Savage	5.78
W45 Chetana Hein	6.33
Pranika Baum	6.04
W60 Mary Roman	8.48
W65 Rosalia Gioia	6.47
Sulochana Kallai	4.29
W75 Pearl Auerbach	5.15
Discus	
M45 Thomas Abraham	21.65
Misha Oavkivuc	21.09
Arpan DeAngelo	15.92
M50 Rick Lapp	28.94
Rich Dunphy	27.60
Ivan Black	24.03
M55 Carl Levine	24.49
Jerry Sullivan	24.15
Francis Neller	18.33
M60 Frank Illuzzi	26.01
M65 Meemo Maasik	33.43
Pete Barker	32.73
Nils Parma	25.84
W45 Pranika Baum	18.47
Chetana Hein	17.09
W60 Mary Roman	18.04
W65 Rosalia Gioia	14.72
Sulochana Kallai	11.73
Chameli Herdes	7.25
W75 Pearl Auerbach	12.87
Javelin	
M40 Tim Bradley	24.50
M45 Dennis Hansen	29.96
Virendra Gauthier	27.28
Arpan DeAngelo	23.65
M50 Rick Lapp	30.91
Padamrita Bradshaw	26.97
Adhiratha Keefe	25.87
M55 Jerry Sullivan	26.54
Carl Levine	22.92
Francis Neller	20.62
M60 Frank Illuzzi	40.17
M65 Meemo Maasik	30.33
Nils Parma	27.29
Pete Barker	24.45
M70 Al Puma	24.03
W40 Diksha Arturi	17.90
W45 Chetana Hein	20.10
W60 Mary Roman	13.84
W65 Rosalia Gioia	11.60
Sulochana Kallai	8.00
W75 Pearl Auerbach	12.51
Mile RW	
M45 Utpal Marshall	8:19.20
Misha Pavlovic	8:23.20
Virendra Gauthier	10:25.70
M50 Rudra Tamm	9:32.10
Adhiratha Keefe	10:32.50
M55 Francis Neller	12:58.80
M65 Frank Sullivan	10:34.60
T Pogachar	11:31.70
M70 Philip Fox	11:30.10
W40 Chandra Conte	17:22.20
W45 Sutshti Lang	12:00.30
W65 Sulochana Kallai	11:59.90
Gwen Fox	13:41.50
Rajeshwari Taylor	14:28.03
W80+Carmen Alves	19:12.20

## SOUTHEAST

### North Carolina Senior Games Raleigh; Sept. 28-Oct. 3

100m	
M55 Frank Clark	13.90
M60 Raynah Adams	13.30
M65 John Schreiber	14.20
M70 Larry Greco	15.20
M75 Paul Dziezyc	16.10
M80 Herb Ireland	19.80
M85 Bill Stanford	18.60
M95 Harding Kneedler	79.40
M55 Bobbie Roberts	17.30
W60 Barbara Coxen	17.30
M65 Anne Yudeil	17.30
W70 Julia Manigo	22.50
W75 Cathy Pritchard	21.10
W80 Gladysteen Pait	29.60
W85 Mittie Seawell	28.10
200m	
M55 Felix Dessel	29.30
M60 Raynah Adams	27.70
M65 John Schreiber	30.40
M70 Larry Greco	32.90
M75 Paul Dziezyc	34.40
M80 Herb Ireland	46.30
M85 Bill Stanford	42.60
M95 Harding Kneedler	2:27.50
W55 Angela Staab	44.40

W60 Barbara Coxen	41.10
W65 Anne Yudeil	36.50
W70 Julia Manigo	47.60
W75 Jean Spalding	56.10
400m	
M55 Maxwell Hamlyn	67.90
M60 Raynah Adams	65.70
M65 Don Lein	71.50
M70 Dick Taylor	79.50
M75 Paul Dziezyc	81.60
M80 Herb Ireland	1:45.40
M85 Bob Boal	2:17.70
M90 Harold Hoffman	3:15.50
W55 Angela Staab	1:44.40
W60 Barbara Coxen	1:52.20
W65 Dolores Milner	1:54.10
W70 Mary Crusius	2:01.80
800m	
M55 Maurice McDonald	2:22.20
M60 Sam Smith	2:47.40
M65 Don Lein	2:42.30
M70 George Crouse	3:29.70
M75 Archie Carroll	4:20.60
M80 Woodrow Land	6:02.90
M90 Harold Hoffman	6:46.80
W55 Angela Staab	4:02.40
W60 Marg Surratt	6:08.70
W65 Dolores Milner	4:38.30
W70 Doris Jacobs	5:28.40
W75 Bette Hoffman	8:12.20
1500m	
M55 Philip Contino	5:29.30
M60 David Bertke	5:53.70
M65 Don Lein	5:27.20
M70 Dale Lappin	6:55.90
M75 Archie Carroll	8:37.90
M80 Herb Ireland	9:54.00
M85 Bill Finch	9:24.90
M90 Harold Hoffman	12:51.40
W55 Angela Staab	7:57.20
W60 Erma Thomas	8:24.90
W65 Joan Watson	9:04.00
W75 Bette Hoffman	15:22.30
Long Jump	
M55 Frank Clark	14-6.5
M60 Nate Carter	14-5
M65 John Schreiber	13-4.5
M70 Dick Taylor	12-4.5
M75 Dick Martin	10-11.25
M80 Troy Willis	7-6.75
W55 Bobbie Roberts	9-9.25
W60 Sherrill Jenkins	8-8.75
W65 Joan Watson	8-5
W70 Lonnie Proctor	7-4.75
W75 Jean Spalding	7-6.75
W80 MargBrewington	5-1.25
W85 Viola George	3-11.25
Shot Put	
M55 Pete Fickinger	33-1
M60 Bill Gramley	38-7.75
M65 Wm King	33-7.75
M70 Hank Weiss	29-10
M75 Floyd Simmons	35-4.75
M80 John Baptist	24-11
M85 Tom Mayhew	20-10.5
M90 Harold Hoffman	17-1.75
M95 Harding Kneedler	8-3
W55 Aileen Steeman	29-10.5
W60 Sherrill Jenkins	26-0.75
W65 Nan Johnson	23-1.75
W70 Lonnie Proctor	25-8.75
W75 H T Campbell	20-10
W80 Geneva Gillis	17-10.5
W85 Viola George	14-4.75
Discus	
M55 Tom Henley	119-1
M60 Bill Gramley	132-9
M65 Ken Samuelson	107-9
M70 Bill Smith	81-8
M75 Lloyd Hudnall	104-0
M80 Bill Havens	65-5
M90 Harold Hoffman	42-6
M95 Harding Kneedler	18-3
W55 Aileen Steelman	67-11
W60 Sherrill Jenkins	60-9
W65 Harriet Carter	57-10
W70 Lonnie Proctor	62-2
W75 H T Campbell	49-5
W80 Geneva Gillis	45-0
W85 Lucille Chance	24-6
5K Racewalk	
M55 Larry Seymour	34:20
M60 Philip Veenhuis	34:05
M65 Madho Singh	32:13
M70 Ken Long	34:02
M80 Bill Patterson	40:18
M85 Bill Stewart	53:04
W55 Janet Merritt	38:54
W60 Carol Mitten	40:45
W65 Betty Allgood	35:10
W70 Alice McEntire	39:23
5K Run	
M55 Philip Contino	20:12
M60 Neville Wood	20:21

M65 Don Lein	20:43
M70 Charles Ellis	25:15
M90 Harold Hoffman	43:40
W55 Janet Merritt	26:14
W60 Sharon Roggenbuck	26:08
W65 Mary Turner	37:57
W70 Doris Jacobs	40:15
W75 Bette Hoffman	54:36

### Florence Senior Games Weight Meet Florence, SC; Oct. 13

Shot Put	
M70 Bill Snaden	7.96
W50 Patsy Steen	2.97
W60 Vi Hudson	6.23
W70 Lillian Snaden	5.92
W85 Hattie Singleton	2.71
Discus	
M70 Bill Snaden	20.91
W50 Patsy Steen	6.02
W60 Vi Hudson	13.84
W70 Lillian Snaden	11.49
W85 Hattie Singleton	6.10
Javelin	
M70 Bill Snaden	17.74
W50 Patsy Steen	5.41
W60 Vi Hudson	9.84
W70 Lillian Snaden	8.87
W85 Hattie Singleton	5.31
Weight Throw	
M70 Bill Snaden	6.95
W60 Vi Hudson	6.38
W70 Lillian Snaden	6.92
W85 Hattie Singleton	3.62

### USATF/South Carolina Weight Pentathlon Championships Myrtle Beach; Nov. 20

M40 Ken Jansson	3840
Dave Vandergriff	3058
M45 Carl Reichard	3083
Bob Gunn	2844
M55 Mike Valle	3543
M70 Bill Snaden	2150
W55 Carol Young	3072
W70 Lillian Snaden	2420

## MID-AMERICA

### South Dakota State Senior Games Sioux Falls; Sept. 9-12

100m	
M50 Paul Montgomery	12.39
Dale Paulson	13.34
Lonnie Iverson	13.51
M55 Ray Wellman	13.4h
Bill Regynski	14.5h
Dale Weber	14.7h
M60 Al Brevik	13.34
Merv ArmstrongCAN	13.58
Steve Bowles	13.65
Lowell Thompson	13.66
M65 Lloyd Kempf	14.09
Don Phillips	14.97
Tom Williams	15.34
Daniel Teran	16.41
M70 Claire Harris	16.18
Richard Wiggins	17.93
Gerald Armitage	24.96
M75 Danny Olson	20.56
W50 Diane Tollefson	17.31
W55 Harriet Kaufman	19.15
W60 Leann Fredrickson	21.09
W70 Mary Ann Boe	16.84
Lois Ribbens	nta
Charlotte Acton	26.04
W75 Ginny Anderson	22.81
200m	
M50 D. Paulson	28.23
L Iverson	28.46
J. Hovorka	35.31
M55 Carl Etter	28.58
D. Weber	33.4h
M60 Brevik	28.21
H. Weisser	28.95
M. Armstrong CAN	28.95
L. Thompson	29.28
M65 L. Kempf	30.4h
D. Phillips	31.89
T. Williams	32.84
M70 C. Harris	36.25
Frank Farrar	45.91
M75 D. Olson	46.01
Walter Lewis	55.92
W70 M. Boe	36.56
L. Ribbens	50.01
400m	
M50 L. Iverson	1:11.
Brooks Wettlin	1:20.
M55 C. Etter	1:03.
Rich Crawford	1:23.
D. Weber	1:43.



Continued from previous page

W60 A. Kempf	22' 8.5"
W65 J. Kirsch	21' 10.25"
W70 L. Anthony	20' 6.75"
C. Action	18' 1.5"
W. Gatzka	17' 1"
W80 M. Kay	20' 2.25"
<b>Discus</b>	
M50 Jerry Even	87' 6"
Roy King	75' 3"
Ron Sully	73' 8"
M55 Stan Link	105' 6"
Ray Wellman	102' 8"
Francis Drapeau	96' 3"
M60 M. Armstrong	107' 5"
Armand Zahn	106' 4"
G. LaBelle	102' 7"
M65 Al Weisbecker	99' 11"
Robert Long	98' 6"
Ray Monke	82' 2"
M70 Ken Kessinger	88' 2"
J. Van Lier	84' 5"
Richard Wiggin	50' 4"
M75 Vern Anthony	84' 1"
W. Lewis	70' 7"
M80 Reuben Anderson	45' 0"
W55 Harriet Kaufman	40' 0"
W60 Audrey Kempf	72' 7"
W65 Jeanne Kirsch	34' 8"
W70 Lee Anthony	50' 0"
Charlotte Action	47' 9"
Willie Gatzka	45' 1"
W80 M. Kay	41' 7"
<b>Javelin</b>	
M50 D. Paulson	105' 8"
R. Sully	92' 6"
D. Jacobs	83' 2"
M55 S. Link	110' 7"
F. Drapeau	100' 7"
H. Bich	90' 10"
M60 S. Bowles	112' 8"
G. LaBelle	107' 9"
M. Armstrong	102' 3"
M65 R. Morke	94' 2"
B. Luse	76' 7"
D. Teran	74' 2"
M70 Ken Kessinger	88' 3"
M75 W. Lewis	55' 9"
M80 R. Anderson	38' 8"
W55 Harriet Kaufman	38' 2"
W60 A. Kempf	49' 8"
W65 J. Kirsch	43' 10"
W70 L. Anthony	48' 2"
W. Gatzka	42' 1"
C. Action	37' 5"

**Kansas Senior Olympics  
Topeka; Sept. 23-26**

<b>100m</b>	
M50 Paul Montgomery	12.09
M55 William Selbe	12.97
M60 George LaBelle	13.91
M65 Ray Franks	14.25
M70 Wayne Probasco	22.12
M75 Bill Chivvis	17.93
M80 Ed Carter	16.28
W55 Marg Rankin	20.66
W60 Eileen Schmidt	17.59
W65 Joyce Franks	20.88
W75 Lavina Haelele	19.12
<b>200m</b>	
M50 Paul Montgomery	25.56
M55 William Selbe	26.34
M60 Howard Weisser	28.21
M65 Ray Franks	30.47
M70 Darwin Michaud	41.72
M75 Doc Holladay	44.00
M80 Ed Carter	35.28
W55 Marg Rankin	46.19
W60 Eileen Schmidt	36.91
W65 Joyce Franks	43.53
W75 Lavina Haelele	42.75
<b>400m</b>	
M50 Ike Murphy	58.78
M55 William Selbe	62.32
M60 Howard Weisser	63.29
M65 Ray Franks	70.37
M70 Darwin Michaud	94.16
M75 Doc Holladay	1:46.13
M80 Robert Anthony	1:46.41

W55 Marg Rankin	1:56.12
W60 Myrna Guion	88.47
W65 Joyce Franks	1:47.80
W75 Maxine Anderson	2:03.80
<b>800m</b>	
M50 Larry Law	2:43.89
M55 Mike Hooper	3:08.80
M60 Tony Cribelli	3:20.22
M65 Ray Franks	2:54.69
M70 Darwin Michaud	3:58.65
M75 Doc Holladay	4:49.52
W55 Marg Rankin	4:49.59
W60 Myrna Guion	3:48.97

<b>1500m</b>	
M50 Max Peters	6:16.47
M55 Mike Hooper	6:36.44
M60 Tony Cribelli	7:08.70
M65 Melvin Miller	6:35.62
M70 Darwin Michaud	7:43.00
M75 Doc Holladay	9:35.00
W55 Marg Rankin	9:03.00
W60 Myrna Guion	7:35.22

<b>High Jump</b>	
M50 Larry Law	4-11.75
M55 Jim Graf	3-6
M60 George Labelle	4-0
M65 Chuck Newman	4-7.75
M70 Dick Donley	3-10.75
M75 Bill Chivvis	3-10.75
M80 Scott Herrman	3-10.75
W55 Eliz Thiem	3-3
W60 Eileen Schmidt	3-3
<b>Pole Vault</b>	
M50 Mark Stueve	9-0.25
M60 Leroy Feist	7-6
M65 Carroll Marty	5-7
M75 Bill Chivvis	7-6
W60 Eileen Schmidt	5-1

<b>Long Jump</b>	
M50 Larry Law	13-3.73
M55 Jim Graf	7-2.5
M60 George Labelle	12-7.25
M65 Chuck Newman	15-1
M70 Floyd Jack	7-5.25
M75 Jack Haelele	10-8
M80 Ralph Maxwell	10-2.5
M85 Lee Haun	4-6.75

<b>Triple Jump</b>	
M50 Bob Everoski	25-3.5
M55 Ron Shaffer	21-8
M60 George Labelle	26-7.75
M65 Carroll Marty	27-0.25
M80 Ed Carter	22-10.75
W60 Eileen Schmidt	20-2

<b>Shot Put</b>	
M50 George Peters	40-0
M55 Steve Rogers	37-0
M60 Al Salmon	41-6.5
M65 Tom Wesselowski	35-3.75
M70 Floyd Jack	33-9.5
M75 Jack Haelele	27-10.5
M80 Bill Trimmell	31-2
M85 Dean Patch	20-0.5
W50 Diana Schultz	25-8
W55 Eliz Thiem	21-10.5
W60 Eileen Schmidt	21-8.75
W70 Dorothy Meyer	15-7.5
W80 Maxine King	18-10.75

<b>Discus</b>	
M50 Blaine Welton	120-9
M55 Steve Rogers	128-2
M60 Ron Anderson	166-5
M65 Tom Wesselowski	131-10
M70 Floyd Jack	127-1
M75 Jack Haelele	91-7
M80 Leo Chapman	68-1
M85 Max Bura	52-10
W50 Diana Schultz	54-5
W55 Marg Rankin	35-7
W60 Eileen Schmidt	55-4
W65 Sonda McCoy	46-6
W80 Maxine King	45-3

<b>Javelin</b>	
M50 Edwin Morland	169-0
M55 Ron Shaffer	97-3

M60 George Labelle	101-11
M65 Lyle Pfaff	86-7
M70 Floyd Jack	90-6
M75 Homer Socolofsky	94-1
M80 Leo Chapman	57-10
M85 Max Bura	36-8
W50 Diana Schultz	69-6
W55 Marg Rankin	41-8
W60 Eileen Schmidt	45-10
W65 Sonda McCoy	70-10
W70 Dorothy Meyer	35-5
W80 Maxine King	36-1
<b>5000m Racewalk</b>	
M55 Steve Rogers	34:34
M60 Frank Chenoweth	34:39
M65 Don Swegel	40:32
M70 Jerry Hargis	34:00

W50 Carol Goslin	39:32
W55 Mary Harms	40:42

**SOUTHWEST****Arkansas Senior Olympics  
Hot Springs; Sept. 18-19**

<b>50m</b>	
M50 Dennis Schmitt	6.93
M55 Joe Johnston	7.72
William Ewing	13.00
M60 Phillip Arguello	8.72
M65 Dudley Kruhm	8.16
Rudie Florrelch	8.69
Steve Zobel	8.73
M70 Eugene Mitchell	8.97
William Osterdorf	12.62
M80 Everett Bolton	10.66
W50 Janis Harness	8.36
W55 Carol Stricklin	8.83
Sarah Wood	9.97
Mary Gilbert	10.43
Naomi Smith	10.66
W60 Joyce Arguello	10.45
W80 Lucille Horak	11.20

<b>100m</b>	
M50 David Cotner	12.42
Doug Spencer	12.65
Craig Loiber	13.05
M55 Troy Scoggins	12.92
William Johnston	13.17
Johnnie Hopgood	13.78
M60 James Paddie	12.56
Roy Davis	14.47
Spence Flowers	15.80
Dallas Erdman	16.06
M65 Thomas Phillips	13.74
John Wall	14.31
Cecil Earp	19.82
M70 Frank Hayes	13.91
Floyd Gibbons	14.85
M75 Eldon Crifosi	22.12
M80 Rod Parker	14.90
Don Pellmann	17.53
Robert Anthony	18.60
W50 Normimah Arthur	16.49
W55 Carol Stricklin	18.21
Mary Erdman	19.36
Dee Hunter	26.73
W60 Melba Cook	28.67
W65 Jean Schooler	17.16
Frances Barger	22.82
Bonnie Fite	33.00
W70 Susan Schlemmer	19.26
W85 Era Swetnam	46.39

<b>200m</b>	
M50 David Cotner	25.61
Doug Spencer	26.22
Dan Ursery	28.82
M55 Larry Moorehead	28.25
Johnnie Hopgood	28.30
David Samuels	35.61
M60 James Paddie	26.93
Roy Davis	28.13
Dallas Erdman	34.30
Ernie Yarbrough	34.92
M65 Thomas Phillips	29.78
John Wall	30.97
Cecil Earp	41.74
M70 Frank Hayes	30.23
Floyd Gibbons	33.84
Clint Cusick	50.78
M75 Eldon Crifosi	57.35
M80 Rod Parker	32.38
Don Pellmann	41.19
Robert Anthony	41.71
W50 Normimah Arthur	40.38
W55 Carol Strickland	39.75
Mary Erdman	42.35
W65 Jean Schooler	37.78
Frances Barger	52.97
Bonnie Fite	1:17.68
W80 Frances Smith	1:29.41
W85 Era Swetnam	1:50.56

<b>400m</b>	
M50 Ross Bolding	1:08.35
Joseph Kopecky	1:14.97
M55 Larry Moorehead	1:03.90
Johnnie Hopgood	1:13.15
Tom Drewes	1:14.91
David Samuels	1:21.13
M60 Roy Davis	1:08.81
Mike McGinley	1:14.70
Dallas Erdman	1:15.42
M65 John Wall	1:25.63
Cecil Earp	1:26.96
Robert Hanson	1:31.34
M70 Jack Gentry	1:14.15
Clint Cusick	1:57.91
M80 Rod Parker	1:19.06

M50 Normimah Arthur	1:40.47
W55 Mary Erdman	1:40.22
W65 Jean Schooler	1:32.42
Frances Barger	1:50.12
W70 Shirley Goff	1:45.35
W80 Frances Smith	3:25.90
W85 Era Swetnam	3:48.09
<b>800m</b>	
M50 Ross Bolding	2:28.96
Larry Ausbrooks	2:34.60
Jon Benedict	2:46.24
M55 David Samuels	3:07.18
M60 Mike McGinley	2:58.03
Dallas Erdman	3:14.42
Ernie Yarbrough	3:19.97
M65 Cecil Earp	3:37.21
M70 Jack Gentry	2:46.37
W50 Normimah Arthur	5:03.00
W55 Mary Erdman	4:03.37
W65 Jean Schooler	3:48.85
Frances Barger	4:40.03
W70 Shirley Goff	4:09.99
W80 Frances Smith	8:20.50
W85 Era Swetnam	8:31.00

<b>1500m</b>	
M50 Larry Ausbrooks	5:00.12
Ross Bolding	5:00.63
M55 David Samuels	6:16.81
M60 Henry Hawk	5:03.56
Mike McGinley	5:47.64
Jerry Marchbanks	6:32.02
M65 Cecil Earp	6:58.94
Robert Hanson	7:42.43
M70 Jack Gentry	5:35.08
Clint Cusick	8:50.76
M75 Nash Abrams	7:37.35
W70 Shirley Goff	8:06.77
<b>Long Jump</b>	
M50 Dan Ursery	15'8.00
Dennis Schmitt	15'6.75
Craig Loiber	14'4.50
M55 Ben Lane	14'8.50
Terry McBride	14'2.25
Troy Scoggins	13'7.00
M60 James Paddie	15'4.50
Henry Bullard	13'7.00
Paul Beckman	13'6.00
M65 Thomas Phillips	12'6.50
Rudi Florrelch	10'9.50
Dudley Kruhm	10'8.00
Paul Adams	10'7.50
M70 Frank Hayes	13'3.00
William Stracener	9'3.50
M80 Don Pellmann	10'11.00
Robert Anthony	8'10.75
M85 Don McBride	4'7.75
Paul Vrana	4'6.00
W50 Normimah Arthur	9'2.00
W55 Carol Stricklin	8'4.50
Carolyn Wallace	7'7.00
Gloria Kopecky	5'11.00
Dee Hunter	5'4.25
W65 Jean Schooler	9'0.75
W70 Susan Schlemmer	9'5.75

M50 Gary Hays	4'1"
M55 Johnnie Hopgood	3'9"
M60 Henry Bullard	4'7"
Delmar Ferrell	4'5"
Paul Beckman	4'3"
Louis Vodopya	4'3"
M65 Ross Vrooman	4'5"
Thomas Phillips	4'3"
John Gramlich	3'5"
M70 Frank Hayes	4'3"
M80 Don Pellmann	3'11"

M50 Dennis Schmitt	6.93
M55 Joe Johnston	7.72
William Ewing	13.00
M60 Phillip Arguello	8.72
M65 Dudley Kruhm	8.16
Rudie Florrelch	8.69
Steve Zobel	8.73
M70 Eugene Mitchell	8.97
William Osterdorf	12.62
M80 Everett Bolton	10.66
W50 Janis Harness	8.36
W55 Carol Stricklin	8.83
Sarah Wood	9.97
Mary Gilbert	10.43
Naomi Smith	10.66
W60 Joyce Arguello	10.45
W80 Lucille Horak	11.20

<b>100m</b>	
M50 David Cotner	12.42
Doug Spencer	12.65
Craig Loiber	13.05
M55 Troy Scoggins	12.92
William Johnston	13.17
Johnnie Hopgood	13.78
M60 James Paddie	12.56
Roy Davis	14.47
Spence Flowers	15.80
Dallas Erdman	16.06
M65 Thomas Phillips	13.74
John Wall	14.31
Cecil Earp	19.82
M70 Frank Hayes	13.91
Floyd Gibbons	14.85
M75 Eldon Crifosi	22.12
M80 Rod Parker	14.90
Don Pellmann	17.53
Robert Anthony	18.60
W50 Normimah Arthur	16.49
W55 Carol Stricklin	18.21
Mary Erdman	19.36
Dee Hunter	26.73
W60 Melba Cook	28.67
W65 Jean Schooler	17.16
Frances Barger	22.82
Bonnie Fite	33.00
W70 Susan Schlemmer	19.26
W85 Era Swetnam	46.39

<b>200m</b>	
M50 David Cotner	25.61
Doug Spencer	26.22
Dan Ursery	28.82
M55 Larry Moorehead	28.25
Johnnie Hopgood	28.30
David Samuels	35.61
M60 James Paddie	26.93
Roy Davis	28.13
Dallas Erdman	34.30
Ernie Yarbrough	34.92
M65 Thomas Phillips	29.78
John Wall	30.97
Cecil Earp	41.74
M70 Frank Hayes	30.23
Floyd Gibbons	33.84
Clint Cusick	50.78
M75 Eldon Crifosi	57.35
M80 Rod Parker	32.38
Don Pellmann	41.19
Robert Anthony	41.71
W50 Normimah Arthur	40.38
W55 Carol Strickland	39.75
Mary Erdman	42.35
W65 Jean Schooler	37.78
Frances Barger	52.97
Bonnie Fite	1:17.68
W80 Frances Smith	1:29.41
W85 Era Swetnam	1:50.56

<b>400m</b>	
M50 Ross Bolding	1:08.35
Joseph Kopecky	1:14.97
M55 Larry Moorehead	1:0



Continued from previous page

W55 Linda Pippin	1:35.96
W60 Marion Coffee	1:31.50
Mary Kaplan	1:49.65
W65 Phyllis Provost	1:36.31
Mickey Aguilar	1:39.94
W70 Marie Williams	2:05.00
Lillie Doss	2:41.49
800M	
M50 Donald McKenzie	2:21.96
David Parro	2:25.15
Bobby Clemons	2:27.00
M55 Ken Hodges	2:26.58
Troy Scroggins	2:43.00
Vincent Mejia	3:10.17
M60 Mack Stewart	2:21.88
Don Henderson	2:49.32
Robert Kocot	2:54.97
M65 Orville Kremmer	2:50.50
Dick Doores	2:58.04
Richard Stein	2:59.19
M70 Edward Williams	3:02.45
William Barton	3:19.69
M75 Donald Watson	4:06.36
W55 Linda Pippin	3:30.33
W60 Mary Kaplan	3:48.22
W65 Phyllis Provost	3:37.31
Mickey Aguilar	3:37.46
W70 Marie Williams	4:23.59
Lillie Doss	5:48.88
1500M	
M50 Donald McKenzie	5:20.31
M55 Ken Hodges	5:13.34
Troy Scroggins	6:09.92
M60 Bill Blackburn	6:17.35
M65 Orville Kremmer	5:56.26
Dick Doores	6:11.35
Richard Stein	6:14.41
Harold Franklin	6:17.71
M70 Edward Williams	6:17.35
William Barton	6:48.80
Granville Coggs	7:51.56
M75 Donald Watson	8:31.22
W55 Linda Pippin	7:21.61
W60 Mary Kaplan	7:38.82
W65 Micky Aguilar	7:27.37
Phyllis Provost	7:29.81
W70 Marie Williams	9:04.46
Lillie Doss	11:20.57
High Jump	
M50 John Scott	5-02
James Hensley	5-00
Gregory Brooks	5-00
M55 James Cawley	5-02
Jerry Wright	4-04
Herb Miller	4-04
M60 Richard Grund	3-00
M65 C.R. Crabb	4-08
Ross Vroman	4-04
James Leggett	4-00
M70 Roy Morgan	4-02
Val Smith	3-10
Edward Williams	3-08
M75 Adolph Hoffman	3-10
M80 John Alexander	3-00
M85 Ernest Nero	2-01
W50 D VanderCruyssen	3-08
W55 Linda Douglas	3-08
W60 Margaret Atkinson	3-10
Loretta Watson	3-06
Shelly Whitlock	3-04
W70 Marie Williams	3-00
W75 Ruth Seeger	3-04
Pearl Holloway	3-00
Emma Udovich	3-00
Long Jump	
M50 Ed Jones	18-00.5
Dennis Schmitt	16-03
John Willis	15-05.25
M55 James Cawley	17-05.75
Jerry Wright	15-05
Herb Miller	12-02.75
M60 Robert Kocot	13-03
Roy Eisenbach	13-01
M65 James Leggett	12-07.75
William Wareham	11-05.75
Paul Adams	10-02.75
M70 Roy Morgan	11-06.25
Val Smith	10-00
Robert Hosea	9-07.5
M75 Adolph Hoffman	11-05.75
Keith Tomkins	11-00.5
Donald Watson	6-09.25
M80 Wade Alexander	10-05.5
M85 Ernest Nero	4-04
W50 D VanderCruyssen	10-11
Pamela Monroe	6-05.25
W60 Margaret Atkinson	10-05.5
Loretta Watson	7-11.75
Shelly Whitlock	5-10

W65 Mary Theisen	7-09.5
W70 Maria Williams	8-04.75
Maria Zamarripa	3-08.25
W75 Ruth Seeger	8-04.5
Pearl Holloway	7-03.75
Emma Udovich	6-04
W80 Fannie Garcia	3-00
Maria Garcia	1-11
W85 Idalia Mercedes	2-07.5
Pole Vault	
M50 Dennis Schmitt	10-06
David Middour	8-06
M55 James Cawley	10-00
Jerry Wright	7-00
M60 Mohler Simpson	7-00
M65 Paul Adams	7-00
Don Crook	6-00
Jim Julian	5-04
M70 Roy Morgan	7-00
Edward Williams	6-06
M75 Adolph Hoffman	7-00
Keith Tomkins	7-00
W60 Loretta Watson	4-09
Shelly Whitlock	4-09
Javelin	
M50 Arthur Lawrence	159-5
Jimmy Salazar	109-4
Terrell Schaffer	97-11
M55 Mark Chapman	98-7
M60 Jack Parker	111-9
John Cantrell	104-3
Harold Crater	95-7
Ross Vrooman	93-5
James Leggett	92-7
Charles Berryhill	82-1
M70 Val Smith	87-6
J.D. Gresham	76-4
Robert Hosea	75-1
M75 Adolph Hoffman	70-0
Donald Watson	44-11
Teodulo Gonzalez	35-0
M80 Wade Alexander	48-8
George Meffan	34-4
W50 Nancy Malone	55-3
W60 Williams, Jody	57-3
Loretta Watson	53-7
Sylvia Brooks	53-5
Luaine Quast	47-11
W65 Eda Gore	53-8
Phyllis Provost	45-0
W70 Viola Brainard	41-9
Maria Zamarripa	16-4
W75 Ruth Seeger	67-10
Emma Udovich	42-3
Lidia Forguer	16-7
W80 Maria Garcia	22-10
Fannie Garcia	7-7
W85 Idalia Mercedes	23-11
Discus	
M50 Ted Sanders	122-10
Terrell Schaffer	121-3
Fred Perry	118-11
M55 Mark Chapman	108-2
Ray Lerma	93-4
Herb Miller	88-4
M60 John Cantrell	123-7
Dean Hesse	123-1
Howard Zingg	111-2
M65 Gene Hendrix	106-6
Ross Vrooman	100-4
James Leggett	98-1
M70 Jim Gerhardt	127-3
Roy Morgan	113-9
Val Smith	91-11
M75 Adolph Hoffman	85-6
Keith Tomkins	67-11
Teodulo Gonzalez	41-9
M80 John Alexander	88-5
Wade Alexander	61-10
George Meffan	47-5
M85 Jack Pearce	63-5
Ernest Nero	44-5
W50 Nancy Malone	79-8
Pamela Monroe	38-0
W55 Sally Curtis	60-2
W60 Loretta Watson	63-3
Sylvia Brooks	55-6
Jody Williams	51-6
W65 Phyllis Provost	49-1
Eda Gore	45-11
Mary Theisen	39-0
W70 Juanita Mosley	54-0
Maria Zamarripa	36-3
Viola Brainard	35-4
W75 Ruth Seeger	62-4
Emma Udovich	41-6
Pearl Holloway	38-10
W80 Maria Garcia	23-4
Fannie Garcia	18-10
W85 Idalia DeLise	18-9

Shot put	
M50 Jimmy Salazar	41-11.5
Fred Perry	40-8.25
Ruben Mosley	38-7.25
M55 Mark Chapman	37-11
Ray Lerma	27-8.25
Larry Monroe	26-5.75
M60 Dean Hesse	42-2
John Cantrell	41-5.5
Harold Crater	39-2.5
M65 Gene Hendrix	31-1.25
Ross Vrooman	30-11.8
Kenneth Cordell	27-10
M70 Jim Gerhardt	41-9.5
Val Smith	31-0.75
J.D. Gresham	27-9.5
Robert Hosea	27-5.75
M75 Adolph Hoffman	26-5.75
Teodulo Gonzalez	17-10
M80 John Alexander	27-11.5
Wade Alexander	25-0.25
George Meffan	20-7.5
M85 Jack Pearce	22-7
Ernest Nero	19-7.5
W50 Nancy Malone	25-5.75
Pamela Monroe	19-7
W60 Loretta Watson	26-9.25
Shelly Whitlock	22-0.5
Jody Williams	19-4
W65 Mary Theisen	24-8.25
Eda Gore	22-1.25
Phyllis Provost	18-4
W70 Juanita Mosley	27-3.5
Viola Brainard	17-10.5
Maria Zamarripa	12-3.5
W75 Ruth Seeger	22-6.25
Emma Udovich	17-10.5
Pearl Holloway	17-8
Lidia Forguer	14-5.75
W80 Idalia DeLise	11-2.75
5K RaceWalk	
M50 Frank Johnson	32:16.40
M55 Bertrand Myers	34:14.00
M60 John Knifton	31:00.61
Pete Rometo	35:05.55
Sam Bowman	35:44.07
A.C. Jaime	36:10.00
M65 Robert Walker	32:33.51
Presley Donaldson	32:44.62
Frank Corso	41:02.12
M70 Wilson Petefish	32:37.39
Gene Eastman	38:55.19
M75 Leonard Stern	37:27.28
Robert Zepeda	42:51.56
W50 Bonnie Bledsoe	40:17.19
W55 Carolyn Blakey	39:22.33
W60 Juanita Rogillio	37:31.79
W65 Aldea Brasher	37:29.00
Dalfina Rodriguez	39:02.31
W70 Jane Nightingale	37:26.00
Addie Kephart	41:52.53
W75 Ruth Bolin	46:18.60
W85 Mildred Atkinson	45:51.11

## WEST

Hawaii Masters Decathlon	
Honolulu, Oct. 23-24	
M40 Kevin Kruszona	4360
M45 Vince Costello	2626
M55 Jack Karbens	4510
M60 Lionel Low	4635

## NORTHWEST

Huntsman Senior Games	
St. George, UT; Oct. 11-23	
50m	
M50 Larry Hambleton	7.80
M55 Richard Eyre	7.23
M60 Gary Sims	7.30
M65 A.K. Thomassen	7.98
M70 Rodney Brown	7.88
M75 Wilfred Wright	9.20
M80 Milt Silverstein	8.02
M85 Lloyd Allen	13.68
W55 Pam Frizzell	9.17
W60 Ingeborg Seigers	9.57
W65 Betty Sjogren	11.21
W70 Mary Ann Boe	9.14
W85 Ivy Granstrom	16.64
100m	
M50 Vance Jacobson	113.68
Robert Rice	113.68
T.D. Walton	15.42
M55 Troy Scoggins	13.57
Steve Cottle	14.27
Lyle Johnson	14.41
M60 Gary Sims	13.44
Bill Kelley	14.04
George Cairns	14.07

M65 Ken Christensen	14.37
Jack Coy	14.67
Doug Spainhower	15.67
M70 Rodney Brown	14.63
Lex Marcusen	15.87
Lee Fassbender	18.84
M75 Wilfred Wright CAN	18.07
M80 Milt Silverstein	15.74
Charles Mercurio	18.71
M85 Lloyd Allen	26.88
W55 Pam Frizzell	18.16
W60 Margaret Connor	20.50
W65 Betty Sjogren	22.84
W70 Mary Ann Boe	17.30
Annie Barker	22.28
Flora Wong	23.58
200m	
M50 Paul Myers	27.10
Vance Jacobson	27.53
M55 Steven Cottle	28.78
Richard Eyre	36.49
M60 Gary Sims	27.83
George Cairns	29.43
Darrel Short	29.96
M65 Jack Coy	32.05
M70 Rodney Brown	29.96
Grant Twitchell	32.16
Lex Marcusen	33.06
M75 Wilfred Wright CAN	40.35
M80 Milt Silverstein	32.47
W60 Margaret Connor	43.36
W65 Betty Sjogren	49.46
W70 Mary Ann Boe	36.95
Flora Wong	53.87
400m	
M50 Paul Meyers	63.52
Vance Jacobson	65.62
Paul Mullinger	66.75
M55 Steven Cottle	63.02
Ken Pierce	74.73
Roy Tinney	83.40
M60 B.J. Kuhn	74.07
Lee De La Rosa	77.17
M65 Royd Shumway	69.46
Jerry Jefferson	70.43
Ted Sjogren	77.97
M70 Rodney Brown	65.17
Jim VanTatenHove	70.08
John Wojtowicz	99.74
M85 Phil Lawrence	1:54.79
W55 Pam Ong MAL	90.43
Pam Frizzell	97.68
W60 Ingeborg Seigers GER	91.27
Margaret Connor	96.71
W70 Mary Ann Boe	82.49
Flora Wong	1:57.06
800m	
M50 John Davis	2:28.68
Paul Mullinger	2:37.89
John Bruckner	2:39.45
M55 Ray Kunselman	2:25.25
Steve Cottle	2:27.55
Ken Pierce	2:42.00
M60 Dale Bessey	3:08.35
M65 Jerry Jefferson	2:39.69
Paul Nance	3:12.14
Phil Lewis	3:52.17
M70 Rodney Brown	2:38.64
Jim VanTatenHove	2:44.24
Bob Holmes	3:08.24
W55 Pam Ong MAL	3:37.15
W60 Inge Siegers GER	3:38.62
Margaret Connor	3:51.73
W70 Mary Ann Boe	3:27.28
Flora Wong	4:53.29
W85 Ivy Granstrom	6:18.28
1500m	
M50 John Bruckner	5:20.89
M55 Ray Kunselman	5:10.79
Steven Cottle	5:14.87
Ken Pierce	5:31.99
M60 Lee DeLaRosa	6:30.10
M65 Paul Nance	6:08.54
George Gaines	6:19.80
Royd Shumway	6:24.98
M70 Bob Holmes	6:26.14
Marvin Woodbury	7:05.62
John Wojtowicz	7:23.73
W55 Pam Ong MAL	7:41.72
Sue Herbert	9:10.30
W60 Inge Siegers GER	7:28.44
Margaret Connor	7:42.85
W70 Flora Wong	9:37.35
3200m	
M50 John Bruckner	12:21.9
M55 Ray Kunselman	11:53.8
M65 Paul Nance	14:23.8
M70 Marvin Woodbury	17:00.8
W50 Kate Mullinger	18:28.0
W60 M. Hochstater BRA	14:42.4
W85 Ivy Granstrom CAN	28:13.0
4x100m (Mixed Age Groups)	
M50+Sims/Jacobson/Silverstein/Short	54.51

W50+Siegers/Conner/ Wong/Boe)	80.86
High Jump	
M50 Larry Hambleton	4-6
Ray Poitra	4-4
Dan Goodnight	4-0
M55 Jack England	5-0
HarlanVanBlaricum	4-4
M60 Don Collins	4-6
Dwaine Horton	4-2
Darrel Short	4-0
M65 Royd Shumway	4-8
Doug Spainhower	4-4
Jim Brentz	3-6
M70 Lex Marcusen	4-0
Grant Twitchell	3-10
Bob Voegel	3-8
M75 Brady Walker	4-0
M80 Floyd Waite	3-6
M85 Virgil McIntyre	3-0
W55 Pam Frizzell	3-6
Jeane Hallin	3-2
W70 Annie Barker	3-0
Pole Vault	
M50 Teddy Dean Walton	8-8
M55 Nathan Aiwohi	8-0
Gordon Price	7-6
M60 Don Collins	6-0
M65 Don Gray	8-8
Royd Shumway	7-0
M70 Lex Marcusen	7-6
Bob Holmes	6-6
W50 Jeane Hallin	3-0
Long Jump	
M50 Larry Hambleton	14-5.7
Dan Goodnight	13-8.7
Ray Poitra	13-7.5
M55 John Lawson	15-1.5
Jack England	14-6
Lyle Johnston	13-5.5
M60 Bill Kelley	15-10
George Cairns	15-7
Steve Bowles	15-5.7
M65 Doug Spainhower	13-1.7
Gordon Scheffner	12-1.5
Leon Parrish	11-8
M70 Grant Twitchell	13-6
Marvin Woodbury	11-9
Bob Voegel	10-4
M75 Brady Walker	9-0.5
M80 Milt Silverstein	11-8
Floyd Waite	10-1
M85 Virgil McIntyre	6-3
Lloyd Allen	5-11
W50 SisSteinschulte GER	8-2.5
W55 Pam Frizzell	9-2
Sue Herbert	7-10
W60 Inge Siegers GER	10-10
W70 MaryAnn Boe	10-9.7
Triple Jump	
M55 John Lawson	31-6
Richard Eyre	29-4
Troy Scoggins	29-3
M60 Darrel Short	28-9
Bill Kelley	28-6
M65 Doug Spainhower	28-10
Gordon Scheffner	25-10
M70 Grant Twitchell	23-11
Carlos Martinez	20-6
Bob Voegel	20-5.5
M75 Brady Walker	22-5.5
M80 Charles Mercurio	22-8.7
Floyd Waite	20-5
W50 Jeane Hallin	15-10
W55 Leona Shurtliff	24-4
Shot Put	
M50 Steve Filipski	49-11
Robert Rice	30-4.2
M55 Uldis LebedevsLAT	39-4.5
Roy Tinney	27-5.5
Ken Pierce	25-4
M60 Dean Schmidt	41-8
Riley O'Neil	38-8
Robert Herron	36-2
M65 Don Sharp	34-7
Clint Nielsen	33-1
Jim Brentz	27-6
M70 Carlos Martinez	35-10
Grant Twitchell	35-7
Bob Voegel	29-8
M75 Brady Walker	28-8
John Jensen	25-5
M80 Burns Toolson	25-3
Floyd Waite	24-0
M85 Walter Brooks	17-5
W50 Nancy Cornwall	24-4.5
Ruth Lawson	18-9.5
W55 Leona Shurtliff	27-4.7
W60 IngeSiegers GER	25-1.5
W65 Marilyn Gray	17-1.5
Betty Sjogren	14-1.2
W70 M SmallwoodCAN	18-1.2
Discus	
M50 Steve Filipski	143-3



# LONG DISTANCE RESULTS

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

## NATIONAL

### Avon Running National Championship Cincinnati, OH; Oct. 31

#### 10K

##### Overall

Kelly Keeler 37	34:53
W40 Catriona Dowling	37:38
Beverly Thomas	38:47
Nancy Stewart	38:56
Margo Braud	39:00
Rainey Kay Stolp	39:06
Eleanor Simonsick	39:28
Susan McCabe	39:38
Karen Leavitt	40:40
Cathy Stricker	40:57
Tina Heimdal	41:16
W45 Kathy Ward	39:19
Jean Schmidt	44:09
Joanne Riddell	45:35
Anne Saffi	47:59
Ruth Morley	49:55
Felisa Thompson	50:06
Marilyn Prout	50:17
Florence Bartels	51:35
Rosemary Evans	53:08
W50 Janice Kreuz	43:48
Ellen Scully	46:30
S B Ingerson	49:02
Teri Fox	50:28
Jules Esther	51:35
Kathleen O'Neill	52:40
Carol Meagher	53:31
Charlotte McBrayer	54:53
W55 Merle Hines	46:16
Judith Harmony	48:48
Patricia Mulrony	55:32
Patricia Williams	57:47
Linda Cooper	1:00:18
Joyce Hoffman	1:01:47
Alice Schneider	1:02:13
W60 Elaine Clapp	1:23:39
W65 Ann Schwendener	53:24
Marion Brown	1:07:38

### USATF National Masters 5K Cross-Country Championships Holmdel, NJ; Nov. 21

#### Overall

Tim Schmid 41	16:04
Janice Morra 41	19:25
M40 Tim Schmid	16:04
Anselm Le Boume	16:29
Tom Bowmaster	16:31
James Kempton	16:33
Tom Dalton	16:36
Bob Carroll	16:37
Jerry Macari	16:40
Charlie Andrews	16:44
Michael Scythes	16:48
Lanny Doan	16:52
Stephen Shaklee	16:54
Christophe Anglin	16:56
M45 Charles McMullen	17:24
Richard Gebauer	17:37
Thomas Hartshorne	17:45
Jim Robinson	17:46
Ric Rojas	17:59
Rob Picotte	18:06
William Scholl	18:09
Bruce Frey	18:19
Bob Hermes	18:19
Christophe Farmer	18:25
Brian Dodge	18:32
M50 Roger Price	17:21
Richard Myers	17:32
Al Swenson	17:39
John Serrao	17:40
Harold Nolan	17:50
Rueben Beauchamp	17:51
Terry Delph	18:13
Dennis O'Brien	18:21
J Seymour	18:45
Joseph Porcaro	18:50
M55 Wally Heralla	18:36

Hugh Sweeney	19:26
Vaidis Jurenas	19:50
Pete Shanno	20:09
John Boyle	20:12
Pat Cosgrove	20:13
Jack Brennan	20:32
John Kuhl	21:12
Antonio Cruz	21:33
M60 Thom Weddle	19:58
Carl Grimm	20:21
Sid Howard	20:41
Colman Mooney	20:47
Gene Chase	20:49
Paul Halbert	20:52
Jerry Leavasser	21:07
Jim Filis	21:19
M65 Jim Hilton	22:16
Othmar Freyle	22:30
James Sutton	22:58
Gunter Erich	23:13
William Richardson	24:54
John Harwick	25:09
Joe Labruno	25:44
M70 Bill Fortune	23:42
Howard Rubin	24:09
Joe Burns	25:00
Jack Haar	27:29
Albert Puma	31:01
M75 Lester Ridings	25:13
John McManus	26:26
Ed Buckley	28:40
Thomas Gibbons	34:06
M80 Austin Newman	31:25
Nathaniel White	33:26
Dan Geer	35:18
W40 Janice Morra	19:15
Patti Ford	19:41
Stacy Creamer	19:59
Ruth Yanai	21:09
Chris Murphy	21:13
Judy Rubin	21:20
Debra Kenney	21:33
W45 Carolyn Smith-Hanna	20:38
Laurie Kinsella	21:18
Lena Hollman	22:17
Sandra Olivo	22:35
Judith Christian	23:13
Catherine Groneman	24:59
W50 Sue Gustafson	20:47
Betty Shonts	22:01
Susan Juronics	22:56
Mary Rosado	23:35
Lisa Riordan	23:36
W55 Mary Shaver	23:46
Mardi Reed	26:42
Eileen Holzman	27:19
W60 Madeline Bost	25:52
Tammi Graf	26:49
Joan Bondell	27:49

#### M40 Teams

Genesee Valley Harriers	1:26:56
Adirondack	1:27:22
Syracuse Chargers	1:28:54
Shore Athletic Club	1:29:32
Tidewater Striders	1:29:46
Sneaker Factory	1:31:33
Westchester Puma	1:32:33
Sport Newark Benfica	1:33:54
Central Park TC	1:35:02
Raritan Valley RR	1:35:44

#### M50 Teams

Raritan Valley RR	1:32:20
Philadelphia Master	1:34:58
Shore Athletic Club	1:37:26
Genesee Valley Harriers	1:37:52
Tidewater Striders	1:38:29
Taconic RR	1:38:56

#### M60 Teams

Syracuse Chargers	1:04:34
Westchester Puma TC	1:05:07
Shore AC	1:06:12

#### M70 Teams

Millrose AA	1:15:08
Syracuse Chargers	1:26:15

#### W40 Teams

Syracuse Chargers	1:03:09
Genesee Valley Harriers	1:03:33

Shore AC	1:05:41
Central Park TC	1:06:09
Sneaker Factory	1:07:31
Raritan Valley RR	1:07:45
Taconic RR	1:11:43

#### W50 Teams

Liberty AC	1:11:05
North Jersey Masters	1:31:31

#### USATF National Masters 10K Cross-Country Championships Long Beach, CA; Dec. 5

M40 Mark Donahue	31:09
Ivan Huff	31:27
Tim Minor	32:20
Armando Siqueiros	32:36
Bob Winn	32:53
Jave Parsel	33:13
Barry Harwick	33:27
Daniel Gruber	33:30
Jim Hurley	33:33
10 Terence Boynton	33:35
Tony Bates	33:38
Jim Garcia	33:42
Jeff Townsend	33:43
Ken Leinbach	33:53
Larry Menard	34:24
Chatham Ross	34:46
Kevin Searls	34:47
Arthur Kelly	34:48
20 John Prather	34:51
Steve Boaz	35:03
Brian McGuire	35:03
Oscar Diago	35:05
Joe Fabris	35:08
John Goodwin	35:10
Leo Lenting	35:11
Allan Muir	35:12
Thom Trimble	35:13
Rockwell Moulton	35:14
Bob Hodge	35:16
M45 Geary Daniels	33:46
Tom Cushman	33:58
Robert O'Hara	34:04
Mike Allison	34:27
Sal Salmi	35:15
Mike Morris	36:45
Brad Hurst	37:16
David Stephens	37:32
Frank Hutchinson	37:59
10 Carl Snifen	38:12
Bruce Guter	38:42
Chris Johnson	39:03
Kyle McNeil	39:32
Mike DeWitt	40:25
M50 Richard O'Brien	34:35
Roger Price	35:16
Rich Myers	35:29
Frank Ruona	37:22
Chuck McDonald	37:36
J L Seymore	37:47
Paul Mancel	38:38
Chuck Foote	39:02
Doug Brown	39:15
10 Carl Schulhof	40:28
Jorge Rivera	40:31
Dan Kelly	40:43
John Wiskel	41:12
James Halton	41:15
James Murray	41:30
Rich Murray	41:49
M55 Jim Gibbons	37:59
Juan Cabeza	38:21
Roland Cormier	39:23
Harold Goforth	39:31
Byron Melendy	39:59
John Boyle	39:59
Beauford Greb	40:00
Pat Cosgrove	40:12
Dennis Mihora	40:50
10 Art Roberts	41:04
Vic Birtalan	41:47
Maurice Waters	42:46
M60 Neal Chappell	39:57
John Brennand	40:33
Don Truex	41:36
Sonny Monioz	42:41
Russ Kiernan	42:44
Mike Durrie	43:26
Jim Moore	43:33
Dave Morlawder	43:37
Bernie Hollander	43:47
10 Ken Noel	43:51
M65 Robert Culling	45:05
Jim Hilton	45:48
Gordon McClenathan	47:51
M70 Gunnar Linde	49:36
Patrick Devine	49:39
Efrain Sanchez	55:34
Milo Sather	56:00
W40 Sabrina Robinson	36:32
Suzanne Morris	39:08
Marcella Teran	39:30
Kimberlee Rouse	39:35

Christine Kennedy	39:42
Elizabeth Baker	39:48
Sara Freitas	39:50
Deeann Dougherty	40:46
Suzanne Cordes	41:19
10 Debbie Barraza	43:46
W45 Sue MacDonald	46:33:1
W50 Gail Campell	47:46
Irene Herman	52:28
Bridie Dillon	52:57
W55 Melody Anne Schultz	43:49
Yvette LaVigne	44:01
Edda Stickle	51:25
W60 Eve Pell	48:06
Louise Walters	49:23
Madeline Bost	51:45
W65 Suzi MacLeod	53:11
W70 Ruth Anderson	69:17

#### Teams

M40+Reebok Aggies	2:43:30
Central Mass Strid	2:50:03
Boston AA	2:50:37
Reebok Aggies B	2:55:13
East Bay Striders	2:56:15
San Diego TC	3:00:42
Strapped Jock Rac	3:04:33
M50+Raritan Valley	3:08:19
Santa Barbara AA	3:22:55
Great Springfield	3:23:12
M60+West Valley Jogr	2:07:26
Tamapa Runners	2:09:45
Santa Barbara AA	2:10:01
San Gabriel Valley	2:21:31
W40+San Diego TC	1:58:13
Impala RT	2:13:37
W50+Tamapa Runners	2:29:00
Imoala RT	2:41:28

## EAST

### New Hampshire Marathon Bristol, NH; Oct. 2

#### Overall

Thompson Parker 30	2:55:11
Elizabeth Gaughan 36	3:12:15
M40 Len Hall 46	3:18:12
-49 James Boccia 41	3:18:46
Tom Astolfi 44	3:21:45
Richard Hoopes 47	3:23:21
Klaus Neumann 47	3:27:04
M50 Steve Tredway 51	3:09:58
-59 Newton Baker 57	3:44:48
Thomas Hart 53	3:48:33
Tom Detore 51	3:50:52
Peter Gilman 55	3:51:34
M60+Will Wright 62	3:59:04
Chin Lin 60	4:02:55
Donald Withers 61	4:26:23
Chuck Savage 61	5:22:04
Ray Scharenbrock 66	5:24:59
W40 Doris Hoopes 43	3:47:04
-49 Kathleen Gaughan 40	3:47:29
D Varypatakis 42	4:44:41
W50 Joan Mulvihill 54	3:53:24
-59 Debbie DeLong 50	4:41:28
Patricia Laitalen 57	4:54:53
W60 Cristel Sers 63	3:50:16
-69 Hildy Fosse	5:09:16
Jane Goodman 64	7:55:00

### Wineglass Marathon Corning, NY; Oct. 3

#### Overall

K Gebremichael 35	2:28:44
Naoko Ishibe 30	2:54:12
M40 Jeff Foster	2:38:15
Herman Post	2:46:38
Brad Jones	2:47:46
M45 David Mitchell	2:54:04
Herman Richards	3:01:53
Joseph Sikora	3:07:12
M50 David Reed 52	2:55:49
Ti Shay 52	3:04:17
J K Marroquin 52	3:07:27
John Saylor 52	3:10:14
RogCobbledick	5:53:13:42
M60+Ed Burman 69	3:54:16
P D Boddy 62	4:01:08
Ian Sim 66	4:19:20
George Stump	4:28:23
W40 Carolyn Silvey	3:07:21
Ann Slick	3:14:58
Cathy Barratt	3:16:58
W45 Bonita Neglia	3:15:08
Martha DeGrazia	3:28:16
Cynthia Barr	3:30:58
W50 Donna Hutchinson	5:03:39:46
Mia Overduin 52	3:45:29
Mary Loesch 52	3:51:14
W60+Pillar Sergeant	5:01:40
Anne Galway 62	5:33:19

### Air Force Classic 5K & 10K Bolling AF Base Washington, DC; Oct. 16

#### Overall

Antonio Eppolito 31	16:53
Beth McCann 40	20:15
M40 Paul Ryan 48	16:53
M50 Robert Weiner 52	20:09
M60 Wayne McCaughy	60:24:35
W40 B McCann	20:15
Karen Bryant 43	24:09
W50 Judith Morgan 52	30:59
W60 Jacqueline O'Neil	68:32:02

#### -10K-

#### Overall

Geraldo Romero 28	33:37
Jodi Mlynarski 26	43:04
M40 Marty France 40	34:38
M50 Donald Goff 51	41:38
M60 Joseph Fortuna 61	50:15
M70 Ray Blue 75	53:02
M40 Kathy Hennes 47	52:56
W50 Carol McCarthy 52	52:19

### Pittsylvania 8K Cross-Country Challenge Pittsburgh, PA; Nov. 13

#### Overall

Dan Lesser	26:28
Lauren Shaffer	32:13
M40 Greg Zamule	31:56
Sam Berthenhal	33:15
Mike Portogallo	33:27
M45 Bruce Frey	30:30
Bill Kanarek	31:41
Kip Kehnar	32:05
M50 Art Wiland	36:31
Joe Silverio	37:03
Chris Patanni	39:46
M55 George Carroll	33:02
M65 John Harwick	40:31
Bill Wagner	47:56
M70 Marvin Kaufman	73:36
W40 Sandy Onofray	37:02
Debra Kunkler	47:22
Lisa Cornack	47:35
W45 Janice Boyko	49:08
W50 Leslie Evans	47:05
Maryanne Rice	47:59
Kathy Venturini	51:55
W55 Dara Kline	60:12

### Schenectady Stockade-athon 15K Schenectady, NY; Nov. 14

M40 Tim Mason	54:06
James Jacobs	56:00
Brian Teague	59:00
M45 Robert Colborn	56:10
Carl Matuszek	56:18
Chip Button	57:16
M50 William Dixon	54:18
Gordon Terwilliger	54:56
Pat Glover	56:21
M55 John Laboda	67:50
John Dowley	70:54
Allen Terryberry	71:50
M60 John Pelton	62:31
Dan Cohen	64:08
Paul Halbert	64:22
M65 Ray Bremm	70:55
Lawrence Fisher	72:27
Joe Corrigan	77:29
M70 Howard Rubin	73:17
Robert Gauvreau	76:46
M75 Mike Bartholomew	91:43
W40 Beth Gottung	71:39
S Sivers-Corrigan	62:07
Marcia Myerson	62:50
W45 Marcia Whitney	65:54



Continued from previous page

Mike Speiller	25.52
M50 Alan Oman	22.51
Lutz Hoffman	25.20
Philip Roth	25.35
M55 Patrick Keenan	26.40
Alan Erick	29.04
Arthur Brunelle	29.22
M60 Chris Sweeney	30.24
Carl Grossbard	34.10
M65 Walter McCarthy	31.00
Ira Brotman	36.20
M70 Bert Jablon	32.46
David Onuschak	47.11
M75 Bill Merz	39.24
George Dennis	43.34
M80+Bill Benson	40.43
W40 Dolores Doman	26.07
Lori Harfenes Melnik	26.18
Sharon Donnelly	28.56
W45 K Martin	23.27
Pat Gregory	32.00
Diane Manghan	32.09
Debra McGorry	33.58
W50 Melissa Kennedy	29.04
Jacque Gow	29.12
W55 Helma Clavin	34.02
Mary Beck	37.50
W60 Renate Rhein	33.22
Ellen Duffy	35.56
W65 none	
W70 Josephine Curtin	46.34
1st 40+ Racewalkers	
Thomas Turner 49	39.45
Linda Goldstein 49	44.48

#### Philadelphia Marathon Philadelphia, PA; Nov. 21

<b>Overall</b>	
Tesfaye Beker 28	2:25.46
Ann Marie Lauck 30	2:37.59
M40 Bob Schwell 40	2:28.38
-49 Randy Sightler 40	2:38.22
Peter Campisi 40	2:42.28
G Hutchinson 40	2:43.09
Dale Buist 42	2:45.41
Rucy Afanador 41	2:47.16
Joe Puopolo 41	2:48.58
Stan Trudeau 40	2:49.04
Andrew Bourn 44	2:49.12
Benjamin Huddell 41	2:49.31
Patrick Seanev 44	2:50.37
Richard Paquin 45	2:50.54
Juan Miranda 45	2:51.05
T Estabrook 42	2:51.39
Bill Blough 44	2:51.56
M50 Julian Barrera 57	2:56.15
-50 Benoit Jadoul 50	2:56.47
Gary Julin 52	2:58.58
Richard Webb 55	3:05.53
Arthur Burger 55	3:12.44
Peter Teachout 59	3:13.18
Jeffrey Morgan 50	3:13.45
Richard Reinhardt 51	3:14.52
Kim Palmer 51	3:16.30
Richard Bonifazi 55	3:17.23
Harvey Kunz 53	3:17.25
Robert Eilers 50	3:17.38
Tom Elliott 52	3:18.39
Steve Yurgel 52	3:19.28
M60 Bill Feeney 62	3:27.22
-69 Jose Mendez 61	3:29.45
Carl Olson 61	3:35.33
Dick Green 65	3:38.13
Michael Novak 60	3:39.00
Joseph Puglisi 60	3:39.49
Mark Maloney 63	3:40.38
David Larson 65	3:43.40
Frank Fitzpatrick 60	3:50.54
John Cardoso 65	3:51.56
M70 Eric Buer 73	3:56.25
-79 Harry Chafetz 70	5:14.44
John Teitsch 70	5:30.15
Gene Bandler 70	5:40.35
William Drabik 74	6:27.15
Sheldon Zinn 76	6:36.09
W40 Janice Flynn 40	3:02.18
-49 P Wilkerson 40	3:12.47
Mary Olivieri 40	3:15.58
Diane Calderon 40	3:18.46
Leslie Varrelman 40	3:18.53
Susan Baker 47	3:19.35
Sheryl Eht 45	3:25.00
Emmy Stocker 41	3:27.23
Betty Blank 46	3:28.58
Cheryl Maccaroni 40	3:32.23
Rose Raean 40	3:32.41
W50 Joy Hampton 53	3:22.24

-59 Callie Edmundson 50	3:29.37
Carol Kane 54	3:31.23
M P D'Angelo 51	3:41.41
Tina Duda 50	3:46.06
Heather Regan 50	3:52.51
Betty Spurgeon 53	3:53.39
P MacDonald 50	3:53.48
W60 Elaine Doll-Dunn 62	5:23.18
-69 Mary Tamm 60	6:03.38
W70+Joan Zinn 70	7:44.00

#### SOUTHEAST

#### Vulcan Runs Birmingham, AL; Nov. 5-7

<b>Marathon</b>	
<b>Overall</b>	
Jeff Terry 36	2:36.11
Jennifer Miles 41	3:29.39
M40 Scott Ludwig	3:05.08
Jerrold Dubner	3:15.54
Peter Karpowicz	3:20.38
Steve Dorrough	3:21.35
Peter Neuberger	3:25.57
Donald Towle	3:47.19
Paul Joffron	3:53.31
M45 Joe Wallace	3:12.38
Vernon Scott	3:19.27
Terry Murphy	3:19.44
Edwin Roth	3:19.57
Gary Pyke	3:34.14
Steven Michael	3:46.33
M50 John Johnson	3:37.36
Michael Montgomery	3:42.17
Jon Johnson	3:45.53
Charles Thompson	3:48.11
Joe Ford	3:48.34
M55 Andrew Kotulski	3:34.44
Gordon Graham	3:39.51
Ben Fox	3:40.40
Terry Peters	3:58.52
G Hutchinson 40	4:20.18
Robert Bryant	4:22.07
Clarence Brasfield	4:25.59
M65 Richard Cummins	3:49.43
Bobby Tidwell	4:31.01
W40 Jennifer Miles	3:29.39
Carolyn Dunbar	4:17.27
Jackie Ansell	4:21.18
Ileana Godoy	4:35.00
Cindy Mortensen	4:42.10
W45 Naomi Abe	3:31.10
Janis Anderson	4:22.15
Maureen Higgins	4:27.21
Susan Brawley	4:40.17
W50 Lois Berkowitz	5:02.52
W55 Sharon Kerson	5:39.48
W60 Dot Richter	4:55.04
<b>Half-Marathon</b>	
<b>Overall</b>	
Scott Strand 31	1:09.13
Cheryl Boessow 39	1:27.33
M40 Thomas Bowman	1:30.56
Russ Cuming	1:31.25
David Stiles	1:33.20
Keith Knight	1:33.46
Gary Howell	1:34.03
Samuel Whilding	1:39.11
Doug Poe	1:43.33
M45 Mike Teal	1:34.55
Ken Hester	1:37.14
Michael Jolley	1:38.29
Thomas Eby	1:42.52
Kenneth Harkless	1:43.22
James Durant	1:44.35
M50 Jeffrey Hawkins	1:28.29
Johnny Goode	1:43.07
Michael O'Neal	1:43.55
Jeffrey Cohn	1:45.02
Roger Quick	1:46.33
M55 Sammy Morris	1:35.03
Hilliard Smith	1:42.16
Clarke McLean	1:57.59
Joe Stratton	1:54.50
M65 Harold Apolinsky	2:37.09
M70 Les Longshore	3:05.10
W40 Laura Hinton	1:43.57
Molly Eaton	1:51.29
Trish Carey	1:51.34
Ann Haas	1:52.27
Clarice Chambliss	1:56.21
W45 Mona Fine	1:34.29
Ann Eller	1:49.21
Mary Woodruff	1:50.07
Teresa Moran	1:51.26

W50 Isabelle Joffron	1:43.07
Martha Dawson	1:57.37
Jill Meyer	2:17.39
<b>10K</b>	
<b>Overall</b>	
Deanna McDonald 29	38.44
Nicholas Cutchens 20	34.57
M40 James Sampson	38.39
John Rynnion	38.52
Jim Floyd	39.25
Tony Robbins	39.56
Michael Buchanan	40.47
Michael Hood	41.43
Michael White	42.05
M45 Robert Roche	40.19
Terry Rayburn	41.48
Norman Giangrosso	42.03
Tom Warren	42.22
Don Cleveland	42.54
Tom Stewart	42.57
M50 Jeffrey Hawkins	39.47
Dave Micale	41.37
David Tosch	41.55
Ralph Usrey	42.20
John Carchedi	43.44
M55 Ken Dreon	40.35
Jimmy Spivey	43.04
Mack Vaughn	43.48
Larry Duke	45.38
M60 John Conroy	43.33
Richard Tankersley	48.50
John Bland	49.59
M65 Fred Ehrensperger	59.32
James Lower	59.52
M70 Donald Brown	58.18
M75 Arthur Black	1:04.42
M80 Claudis Hawkins	1:31.32
W40 Kathy Hill	45.55
Karen Monosky	46.15
Theresa Burst	47.11
Pat Hoffman	49.17
Debbie Drake	49.57
W45 Cindy Ferlito	48.35
Mary Creel	49.07
Terry Hooks	49.49
Ginger Morris	52.22
W50 Linda McDuffie	45.57
Susan Pappas	54.55
Vivian Hammond	55.02
W55 Inge Harper	54.04
Brenda Cummings	56.49
W60 Pat McClain	56.57
W65 Joann Long	57.25
<b>Richmond Marathon</b>	
<b>Richmond, VA; Nov. 13</b>	
<b>Overall</b>	
Davis Kamau 34	2:48.28
Mindy Sawtelle 26	2:46.13
M40 Tom Bowmaster	2:37.06
Fesshaye Haile	2:49.11
Marty France	2:45.24
Peter Worford	2:53.39
Gregory Sellers	2:46.26
Brent Phillips	2:57.24
Stephen Ryan Jr	2:57.53
Miki Tosic	2:58.35
Daniel Welch	2:58.49
Greg Guinther	2:59.15
Bill McCorey	3:02.44
Alex Guslistov	3:02.47
Mike Lehman	3:05.49
Patrick Hinderdael	3:06.31
Jim Barnes	3:09.37
M45 Curt Sandberg	3:03.31
Gary Stroud	3:03.51
Marlin Yoder	3:04.25
Earl Swartzendruber	3:04.28
Tony Vasselli	3:06.28
Roland Parson	3:07.34
Dennis Atchison	3:10.16
David Horton	3:11.43
Mark Whisler	3:12.28
David Root	3:13.27
Rob Astrop	3:14.41
Donald Sult	3:14.50
Dan Richardson	3:17.00
Carl Randall	3:17.01
M50 Dennis Holman	2:54.18
Don Rich	3:09.24
Leo Villano	3:10.38
Philip Girball	3:13.34
Tim Heath	3:16.52
James Wetherington	3:17.43
Donald Hynek	3:20.30

James Thomas	3:20.46
Danny Keatley	3:22.50
Per Kristiansen	3:25.43
Ron Magee	3:25.53
Philip Roberson	3:26.46
Steve Bozeman	3:27.01
M55 John Loughran	3:03.23
Budd Bittler	3:12.19
Robert Wright	3:12.58
Joel Feldman	3:13.13
Bobby Bruce	3:17.49
Philip Anderson	3:31.59
John Deeter	3:32.33
David Hurley	3:38.31
Vernon Kousky	3:39.25
Lawrence Diggs	3:40.30
Cliff Pleasants	3:44.53
Don Marvel	3:46.15
M60 Bernie Davis	3:28.35
Patrick Gibral	3:44.39
Ron Findley	3:48.06
Wallace Goode	3:58.17
Tommy Harris	3:59.24
Wayne Elliot	4:04.11
George Stump	4:09.44
Robert Slingerland	4:09.48
M65+Phillip Carroll 66	3:28.51
Quang Nguyen 66	3:39.56
Chris Catoe 65	3:46.52
An Duong 66	3:56.35
Wheeler Stanfield 70	4:02.36
William Graham 66	4:04.43
W40 Debi Bernades	3:08.36
Michelle Lybarger	3:27.57
Mariann Butela	3:12.34
Ellen Guinther	3:37.21
Susan Sheppard	3:37.21
Ruth Hopke	3:43.12
Susan Webb	3:44.08
Kim Richardson	3:44.10
Linda Posey	3:44.36
Patricia Brennan	3:44.47
W45 Cecil Astrop	3:24.04
Therese Willis	3:36.16
Jeanne Bowers	3:38.09
Susan Elderbrook	3:40.35
Aleka Campbell	3:46.01
Lyn Almon	3:49.41
Christine Huts	3:51.39
Marianne Rains	3:52.13
Linda Scandore	3:53.29
W50 Linda Peters	3:52.19
Shari Philmeck	3:54.22
Betty Scott	3:19.34
Christine Hamilton	3:59.35
Linda Willett	4:02.44
Judy Campbell	4:09.04
Carole Lofin	4:11.32
W55 Kathy Lewis	3:49.22
Janice Hicks	4:23.39
Linda Cooke	5:10.53
Charlotte Smith	5:11.56

#### Outback Distance Classic Jacksonville, FL; Nov. 25

<b>Half-Marathon</b>	
<b>Overall</b>	
Joseph Kaniuki 29	1:05.02
Lidia Grigoryeva 25	1:15.27
M40 Steve Wilson	1:13.02
Max Minter	1:14.52
George Altieri	1:16.20
Michael Cain	1:20.01
Brian Pate	1:23.02
Frank Sutman	1:23.39
Mark Archer	1:23.48
Alan Sheppard	1:23.59
Michael Nichols	1:24.26
Anthony Truitt	1:24.53
Jay Herring	1:27.21
Don Molnar	1:28.52
Gregory Umberger	1:29.44
Michael O'Brien	1:29.48
Pete Putman	1:31.09
M45 Jack Lunsford	1:23.56
Bob Fernie	1:29.41
Danny Stevens	1:31.28
Ron Kroochak	1:32.10
David Hatten	1:32.59
Charles Lechner	1:33.21
Kenneth Perkins	1:35.03
Patrick McKeffery	1:35.56
Keith Daveline	1:38.15
Steve Witham	1:38.37
Charles Mann	1:39.03

David Courtwright	1:41.51
Dale Ferguson	1:41.45
M50 Bruce Holmes	1:23.15
Bernie Candy	1:24.46
Patrick Gaughan	1:30.27
Robert Irvin	1:31.07
Jim Tully	1:34.32
Edward Smith	1:38.36
Richard Horton	1:40.24
David Kelley	1:41.05
Jackson Badenhop	1:42.21
Fred Gaudios	1:42.55
Paul Hibel	1:43.03
M55 John Stephens	1:39.10
Roy Clarke	1:35.30
Tom Hoffman	1:36.31
Frank Frazier	1:40.02
Steve Evans	1:40.20
Dan MacDonald	1:42.53
John DeAntonis	1:43.44
Eugene Suprun	1:44.24
Harvey Warnock	1:46.00
M60 Joe Beams	1:41.42
Ky Nystrom	1:47.25
Ken Bendy	1:56.01
Bill Walker	1:59.32
Jerry Hartly Sr	1:59.38
Larry Neider	1:59.56
Charles Desrosier	2:00.21
M65 Bo Holob	1:56.48
Paul Stackpole	2:15.54
Herbert Peyton	2:18.09
Elmer Schroer	2:18.15
Al Saffer	2:23.12
M70+Robert Moffitt 71	1:52.11
Bob Carr 71	1:53.49
Joe Connolly 75	2:12.04
W40 Maria TrujilloDelRios	1:20.09
Barbara Edwards	1:39.15
Donna Vanderveide	1:39.35
Laura Dobbs	1:39.57
Jamie Rood	1:40.33
Katie Boudreau	1:42.13
Carol Grooters	1:42.23
Lori Lucey	1:45.32
Kathy King-Truitt	1:46.25
Linda Dupuis	1:46.35
W45 Michelle Hamel	1:33.10
Laura Vanderveide	1:34.33
Stephanie Griffith	1:43.56
Paulette Butler	1:45.42
Susan Wallis	1:45.48
Joan Pradella	1:48.06
Diana McWhite	1:49.27
Maryjean Last	1:50.23
W50 Pat Sher	1:38.43
Barbara Ebers	1:42.17
G Esdale-Torchia	1:43.36
Delma Bartelme	1:50.36
Theresa Coomes	1:51.57
Kwanhai Supapan	1:53.26
W55 Elfrieda Wyner	1:45.15
Wily Moolenaar	1:53.57
Barbara Vitsky	1:58.39
Judith Daniel	2:00.31
W60 Barbara Probst	2:25.27
W70 Maryruth Johnson	2:50.59
<b>6K</b>	
<b>Overall</b>	
Chris Mutai 23	18.00
Maryjo Saunders 25	20.43
M40 Brian McCue	24.30
Victor Davenport	24.56
Victor Corrales	26.05
Michael Bak	26.08
Dennis Maltan	26.11
Eric Lovelett	26.32
Paul Berna	27.24
Douglas Hanes	27.29
Jeffrey Desmond	30.03
Larry Branz	30.3



Continued from previous page

Mariusz Solarski	3:52:01
William Madaus	3:52:59
Larry Pitt	3:56:28
Norman Brokaw	3:58:09
M60 Paul Hargrave	3:30:28
Fred Motz	3:41:39
Marcos Alegre	3:46:41
Jesus Romero	4:00:13
George Stump	4:11:35
Joe Myrick	4:26:06
Terry Carswell	4:31:06
M65 Dick Green	3:42:29
Peter Butler	4:41:58
Bill Landel	4:51:44
John Bittinger	4:53:45
M70 Lee Shelton	4:44:21
W40 Charlotte Johnson	3:30:05
Melissa White	3:41:10
Ruth Bowmes	3:46:03
Paula Zaragoza	3:55:07
Xiomara Rincones	3:55:48
Rise Hawley	3:55:59
Jane McCurdy	3:57:28
Robin Ernestes	4:08:44
W45 Carmen Moore	3:38:59
Donna Olson	3:49:31
J Young-Powers	3:53:42
Marsha Raebber	3:58:44
Sharon Morris	4:09:03
Rosemary Evan	4:31:02
W50 Vickie Johnson	3:16:37
Jan Bowen	4:20:38
Brenda McKelvey	4:35:17
D Blase-Laudani	4:36:32
Half-Marathon	
Overall	
Jesse Blanton 22	1:10:14
Janeth Caisalitin 25	1:15:48
M40 Michael Zengel	1:17:20
Barry Halligan	1:18:28
Malcolm Adams	1:20:36
Clark Walker	1:20:43
Kenneth Youngers	1:21:25
Paul Furbish	1:21:31
Nicholas Valerio	1:21:55
William Wood	1:24:15
Chris Bennett	1:24:53
Neal Stubblefield	1:25:13
Nicholas Brantley	1:25:22
Makki Elbasher	1:26:09
Steve Feltman	1:26:32
M45 Larry Gordon	1:23:55
David Mauterer	1:24:15
Richard Franklin	1:24:32
Robert Wilson	1:24:37
George Taylor	1:25:24
Gregory Rucker	1:25:36
Michael Macchione	1:26:54
Thomas Millen	1:27:22
Andrew Boskoff	1:28:26
Jerry Marcec	1:28:33
Alan Smith	1:30:49
Peter Ryan	1:33:20
M50 Jim Struve	1:23:10
Robert Aby	1:28:42
James Walker	1:29:25
Fred Marano	1:30:10
Alan Abramowitz	1:31:35
William McNelly	1:32:24
Cliff Depass	1:32:31
Jim Knight	1:33:08
Dan Greene	1:33:18
Kit Sealock	1:33:37
Mark Cocker	1:33:59
M55 Tom Dooley	1:19:30
Bruce Buchanan	1:29:35
James Thompson	1:35:08
Philip Limonciello	1:39:20
Ken Powell	1:39:54
Wallace Carr	1:40:10
Alfred Enloe	1:42:59
Bert Broadfoot	1:43:17
Peter Thompson	1:43:20
John Toole	1:44:04
M60 Jim Duguay	1:34:57
Jon Adamson	1:42:00
Richard Daniels	1:47:13
Richard Langway	1:49:46
Enc Jacobsen	1:49:51
Doug Reineke	1:51:31
Don Richey	1:52:46
Charles Teague	1:54:11
Jay Cullen	1:56:12

M65 Casey Jones	1:36:45
John Livingston	1:50:57
Lloyd Chambers	1:52:01
Ben Gross	1:57:50
Joseph Filippo	2:09:55
Harold Gravitt	2:10:38
George Logan	2:13:08
M70 Charles Scott	1:59:55
Randy Seckman	2:03:05
Jack Cox	2:04:39
Robert Hakes	2:13:38
M75 George Billingsley	3:36:41
Charles Ross	2:40:21
William Partin Sr	3:35:35
W40 Karla Ely	1:25:44
Nancy Stewart	1:26:03
Susan Adams	1:28:14
Lynn Pinyard	1:32:28
Shelia Haire	1:33:38
Debbie Davis	1:34:12
Betsy Frick	1:36:44
Suzie Geyer	1:37:34
Patti Patterson	1:38:16
Sandy Mayfield	1:38:24
Sandra Legath	1:39:06
W45 Trish Vlastnik	1:34:13
Barbara Honwitz	1:35:20
Michie Pitts	1:36:08
Brenda Moore	1:38:55
Susan Ganit	1:43:08
Lynn Massey	1:43:44
Julie Corley	1:45:17
Susan Colquitt	1:46:00
Sandra Stark	1:47:45
W50 Jo Adamson	1:42:25
Gail Sharber	1:51:18
Vicki Piedmont	1:51:45
Betsy Reese	1:52:48
Meg Emery	1:54:45
Carolyn Sullivan	1:56:24
Holly York	1:59:40
Dianne Etheridge	2:00:00
W55 Gloria Cofer	1:51:32
Kim Ashworth	1:55:43
Denise Best	1:59:13
Mary Rodeberg	2:04:00
Fran Entekin	2:04:54
Lorraine Spaulding	2:07:13
Mary Jane Kennedy	2:07:35
W60 Ann Akers	1:44:15
Beverly Powell	1:54:24
Shirley Carter	2:00:55
Alpha Bennett	2:09:00
Ima Winters	2:10:58
Selma Ridgway	2:16:15
W65 Penny Finfer	2:25:17
Ann Sanderson	3:42:31
W75 Rita Tomassini	2:23:42

## MIDWEST

Big Bird 10K  
Roseville, MI; Nov. 14

Overall	
Keith Stopen 33	31:28
Jenny Goodpaster 33	37:33
M40 Chuck Block	35:34
M45 Stan Polkowski	37:19
M50 Larry Parker	37:48
M55 James Carlton	38:35
M60 Peter Polidori	41:32
M65 Darrell McKee	48:13
M70 Manuel Teodoro	50:00
M80 Joe Thornburg	63:09
W40 Marcy Kossak	42:41
W45 Joan McDonald	45:51
W50 Sue Madden	49:21
W55 Nancy Teel	57:08
W60 Armande Pieschke	51:14

## SOUTHWEST

Juke Joint Jog 5K  
Stillwater, OK; Oct. 16

Overall	
John Cross 27	15:32
Shelly Strohman 26	18:06
M35 Bill Richardson	19:59
M40 Trevor Fieldsend	16:58
Mark Bravo	17:52
M45 Al Rosenberger	19:03
M50 Rick Brower	20:55
M55 Ron Barrick	20:10
M60 Ray Nelson	21:27
M65 Jim Phillips	25:49
M70 Robert Harding	32:32
W35 JoAnn Patterson	21:23
W40 Marlene Gelsthorpe	19:46

W45 Martha O'Rourke	20:40
W50 Jill Clark	25:02
W55 Mary Fletcher	25:31
W60 Jane Eggen	43:51
W65 Sylvia Simank	48:48
W70 Lora Woodall	43:27

San Antonio Marathon  
San Antonio, TX; Nov. 7

Overall	
Rene Guillen	2:27:36
Ana Maria Wilcox	3:04:21
M40 E Garcia-Dunna	2:38:59
Randall Misteard	2:49:54
Gary Stansifer	2:57:40
Tim Albrecht	2:59:33
Michael Vordenbaum	3:06:52
Loren Simpson	3:07:28
Ken Conner	3:07:28
Greg Floyd	3:08:09
Richard Smith	3:08:11
Omar Escobar	3:11:12
M45 Richard Pennington	3:00:58
Mike Schlorholtz	3:07:55
Lupe Rodriguez	3:09:06
Carl Shepard	3:20:01
Paul Paese	3:20:15
Rafael Martinez	3:21:29
Corky Saenz	3:22:13
Randall Bell	3:24:13
Greg Losey	3:28:32
M50 Greg Evans	3:00:22
Javier Gallegos	3:21:40
Alex Villarreal	3:22:53
Greg Taylor	3:29:28
Eric Swanson	3:29:52
William Turrentine	3:37:49
Mick Midkiff	3:48:20
Rick Naylor	3:49:07
M55 Jimmie Jones	3:21:06
Don Tarasiewicz	3:29:17
Luis Cobo	3:38:32
Tom Tudor	3:39:46
Glenn Geelhoed	3:40:26
William Hallack Jr	3:45:05
Juan Quintana	3:47:04
M60 Josef Fodor	3:19:29
Martin Houg	3:27:37
Robert Foster	3:48:08
Don Winkley	3:49:14
Dan Shuff	4:02:32
Chin Lin	4:05:48
M65 C Redepening	3:20:27
Joe McGlothlin	3:45:42
Ray Boytim	4:12:27
Albert Burrier	4:14:51
Jim Fancher	4:30:40
M70 Alfredo Limon	5:06:49
Omer Allard	5:10:02
Thomas Cullen	5:22:05
W40 Alice Pruitt	3:21:05
Linda Musil	3:28:40
Hosni Haghighian	3:29:55
Inez Rosales	3:31:58
Suzie Seeley	3:40:35
Lesa Hasan	3:42:23
Mitzi Talley	3:42:25
Yolanda Estala	3:45:05
W45 Pamela Richardson	3:52:07
Debra Hanson	3:54:59
E Damian-Aluizo	4:07:42
Olivia Kirchmann	4:11:20
Susan Diamond	4:11:57
Carolyn Poh	4:12:03
W50 Judy Cole	3:52:31
A Buchanan-Kadri	4:17:58
Celia Carreno	4:18:26
Diana Clark	4:32:30
W55 Kim Coe	4:06:44
Thelma Richardson	4:46:06

## WEST

Santa Clarita Marathon/Half-Marathon  
Santa Clarita, CA; Nov. 7

Overall	
Jaime Ortiz 38	2:36:40
Ruth Vomund	2:58:36
M40 Chuck Teixeira	2:41:15
Jose Luis Diaz	2:41:29
Paul Aird	2:57:48
John Gower	2:58:06
Gary Cohen	2:59:02
Joe Trubacz	2:59:16
Michael Stephens	3:03:37

Bruce Falk	3:05:25
Koichi Komoriya	3:13:04
M45 Steven Watanabe	2:59:19
Barry Molony	3:01:02
Barry Wallman	3:17:07
Abel Ibarra	3:21:27
Tim Lynch	3:30:58
Carl Pantoja	3:31:21
Gerard Pitschmann	3:36:36
David Dassey	3:38:19
M50 Jim Rucker	3:05:28
Bill Braun	3:12:24
Don McLean	3:21:56
Mel Sanovig	3:23:45
Javier Rodriguez	3:29:42
Daniel Mergil	3:29:45
Patrick Sireta	3:31:33
M55 Fred Perez	3:30:13
Anthony Teske	3:33:00
Carl Eckberg	3:42:13
Bill Halsworth	3:49:50
Regis Theriault	4:03:08
M60 Philo Short	3:49:26
John Rous	4:36:30
Roger Meyerstein	4:37:46
M65 Ron Strout	4:14:15
Michael Chinae	4:18:58
M70+Kenneth Butts 76	5:16:00
W40 Ruth Vomund	2:58:36
Donna Watts	3:17:22
Heidi Tisovic	3:22:49
Jane Lanford	3:40:15
Denise Sprague	3:54:33
Denise Janssen	3:55:19
W45 Victoria De Vita	3:40:12
Mary Moore	3:47:38
Carol Klechner	3:49:26
Terry Heintz	4:08:55
Gloria Touza	4:16:14
W50 Joanne Fagani	4:39:27
Carol Roy	5:57:46
Diane Furney	6:09:12
Sandra Webb	6:12:37
W55 Christie Eddinger	3:59:53
Lisa Clapsaddle	4:46:01
Marcia Balthazor	4:57:14
W60 Evelyn Tapia	6:15:01
W65 Kathleen Callaway	5:15:25
Half-Marathon	
Overall	
Stephen Lockridge 31	1:21:56
Pattie Fasola 38	1:29:11
M40 Jim Van Hoesen	1:23:16
Antonio Arreola	1:23:19
Phillip Wright	1:23:31
Bob Caro	1:25:02
David Philbrick	1:32:32
Michael Endler	1:32:46
Jesse Rodriguez	1:33:12
Charles Best	1:33:48
Brian Frank	1:34:19
Howard Roth	1:34:19
M45 Herbie Yee	1:23:25
Steve Neale	1:29:14
David Clark	1:38:04
Neil Harrington	1:39:33
Dennis Lootens	1:39:46
Stuart Supowit	1:41:44
Dan Boyle	1:41:45
Jorge Fabres	1:41:49
Geoff Smith	1:42:50
M50 Jesus Diaz	1:27:51
Eugene Spindler	1:31:14
Arthur Byrne	1:34:11
Bill Read	1:34:26
Paul Brown	1:34:56
Caz Scislowicz	1:35:42
Vince McGrath	1:37:30
Craig Weber	1:40:22
M55 Fred Blasetti	1:30:11
Raymond Cuevas	1:31:12
Sal Torres	1:35:57
Arthur Hansmire	1:37:56
Ken Kochakji	1:52:05
Robert Good	1:53:11
Mel Bond	1:54:29
M60 Larry Dervin	1:33:08
Claude Bruni	1:34:28
Mac Ortega	1:45:22
Paul Freidin	1:49:38
David Mitchell	1:54:01
Richard Woolfe	2:05:25
M65 Mike McKane	1:48:08
Jack Eberly	1:55:56
Mich Yoshii	1:58:30

Frank Zamora	1:59:11
Barry Truex	2:01:09
M70+Jack Perrodin 70	2:02:56
Robert Dorren 75	2:49:21
W40 Sam Phillips	1:30:13
Susan Enlow	1:35:35
Tracy Kierce	1:36:55
Debbie Roesinger	1:43:01
Monika Rye	1:46:04
Christi Harrison	1:46:38
Donna Urban	1:48:19
Wendy Delfel	1:49:53
W45 Carol Richardson	1:32:23
Dora Lopez	1:39:06
Lupe Eberly	1:40:26
Leslie Whitmore	1:43:40
Iris Weitzman	1:54:14
Tanya Pool	1:54:21
W50 Patricia Bates	1:42:07
Candice Mitchell	2:01:16
Carol Weston	2:05:11
Joyce Haggard	2:13:50
W55 Sharon Dolin	1:42:35
Judy Kewley	1:46:47
Amy Galbraith	2:10:06
W60 Carolyn Hickey	1:59:21
Jo Ellen Sander	2:03:14
W65 Beth Petersen	2:43:35
W70 Agnes Goodman	3:54:39

## NORTHWEST

Dawg Dash 5K  
Seattle, WA; Oct. 24

Overall	
Greg Crowther	18:33
Deeja Youngquist	21:34
M40 Brian Keller	19:43
Doug Morlan	21:23
M50 James McGill	21:36
Chris Steer	22:13
M60 Lee Parker	25:23
M70+Fred Freeman	29:09
W40 Julene Davidson	26:45
Norva Osborn	27:49
W50 Phyllis Nelson	27:07
W60 Wilma Parker	31:14
W70+Dorothy Saunders	63:36

## INTERNATIONAL

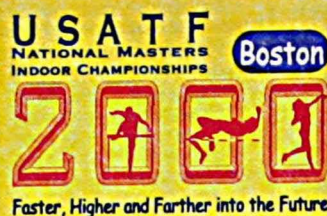
South Africa Veterans  
Marathon & Half-Marathon  
Championships

Queenstown; Nov. 6	
M35 Sizwe Ngoetane	2:37:10
M40 Vuyani Maso	2:47:43
Mulungisa Nomwa	3:02:19
M45 Graham Kumm	2:58:37
Tempa Tengo	3:21:32
M50 Arthur Brindley	3:04:20
Gavin Kashula	3:11:24
M65 V van Rensburg	4:53:41
W35 Sharon Eldridge	3:12:44
Hester Westley	3:33:12
W40 Sabrina Burton	3:49:28
Nokwanda Mtana	4:00:54
W45 Rusty Milton	4:23:45
--Half-Marathon--	
M40 Matthews Novokoza	81:19
Chris Sandford	81:48
M50 Brian Breetzke	93:49
M65 Leo Benning	1:43:22
M70 Glynn Williams	1:49:19
W35 Diane Sandford	88:16
W40 Colleen Muller	95:23
W45 Marilyn Page	1:56:27
W50 Anja Pienaar	2:13:53
W65 Peggy Kensley	2:05:29

Athletic South Africa  
10K Championships  
Port Elizabeth; Nov. 11

<b>Overall</b>	
Shadrack Hoff	28:20
Elana Meyer	32:01
M40 David Chawana	29:33
Ezekiel Moholola	30:25
Steven Seema	30:58
M50 Paulius Masilela	33:10
Jurgens Zwigelaar	34:38
Sipho Mthumkulu	35:31
M60+Harold Dobson	37:06
Danie Nel	40:37
W40 Sonja Laxton	36:54
Marjetie Montgomery	38:16
Koba Bellingan	38:57
W50 Sonja Laxton	36:54
Jenny Allebone	41:22
W60+Marina Odendaal	50:59





## 2000 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center  
Boston, Massachusetts  
March 24 - 26, 2000



Presented by  
USA Track & Field-New England

### SCHEDULE OF EVENTS

**FRIDAY MARCH 24**  
8:00 am Pentathlon Registration  
Pentathlon Women Men  
9:30 am 60 M Hurdles 60 M Hurdles  
Order of High Jump Long Jump  
events Shot Put Shot Put  
Long Jump High Jump  
800 Meters 1000 Meters  
2:00 pm General Registration  
Track  
4:00 pm 3000 Meters All  
Throws  
4:00 pm Weight Women  
6:00 pm Weight Men 60+  
Jumps  
4:00 pm Pole Vault Men 60+  
to follow Pole Vault Women  
Triple Jump Women  
6:00 pm Triple Jump Men 60+  
**SATURDAY MARCH 25**  
8:00 am Registration  
Track  
9:00 am 60 Meters Preliminaries  
and Trials, All  
11:00 am 60 Meters Finals, All  
11:45 am New Balance Mile All  
2:00 pm 400 Meters Timed Finals, All  
4:00 pm 60 M Hurdles Trials and  
Finals, All  
5:00 pm 4x800 M Relays All

Throws  
9:00 am Shot Put Women  
Shot Put Men 50-59  
11:00 am Shot Put Men 40-49  
Shot Put Men 70+  
1:00 pm Shot Put Men 60-69  
Shot Put Men 30-39  
2:30 pm Weight Men 50-59  
4:30 pm Weight Men 40-49  
6:00 pm Weight Men 30-39  
Jumps  
9:00 am Long Jump Men 30-39  
10:00 pm Pole Vault Men 40-49  
Long Jump Men 50-69  
12 noon High Jump Men 30-39  
High Jump Men 70+  
Pole Vault Men 50-59  
Long Jump Men 40-49  
1:30 pm High Jump Men 40-49  
High Jump Men 60-69  
Long Jump Men 70+  
2:30 pm Pole Vault Men 30-39  
Long Jump Men 60-69  
3:00 pm High Jump Men 50-59  
4:30 pm Long Jump Women, All  
TBA General Meeting

M-F Athletic Company

**SUNDAY MARCH 26**  
8:00 am Registration  
Track  
9:00 am 200 Meters Trials, All  
11:00 am 800 Meters Timed Finals, All  
12:30 pm 200 Meters Finals, All  
1:00 pm 3000 M Racewalk All  
3:00 pm 4x400 M Relays All  
Throws  
10:00 am Superweight Women 60+  
to follow Superweight Women 30-59  
to follow Superweight Men 70+  
11:00 am Superweight Men 60-69  
to follow Superweight Men 50-59  
to follow Superweight Men 30-49  
Superweight men 30-69 is  
contested outdoors!  
Jumps  
10:00 am Triple Jump Men 30-39  
High Jump Women, All  
11:30 am Triple Jump Men 40-49  
1:00 pm Triple Jump Men 50-59

FinishLynx Automatic Timing



### FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available for sale at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Soft-shell shot and bag weight implements only, except for the Superweight (men 30-69), which will be contested outdoors. Pole vaulters should bring their own poles.

### COMPETITION ORDER - TRACK EVENTS

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason.

**FIELD EVENT NOTES:** Starting heights will be determined by facility equipment. Field event starting times may need to be adjusted due to the size of fields.

### MEET INFORMATION

Meet information will be available at [www.usatfne.org](http://www.usatfne.org)  
A complete list of entrants will be posted on March 15<sup>th</sup>

Call USATF-New England at (617) 566-7600 or  
e-mail [office@usatfne.org](mailto:office@usatfne.org)



## 2000 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

First Name \_\_\_\_\_ Male/Female \_\_\_\_\_ Age (as of 3/24/00) \_\_\_\_\_  
Last Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
City \_\_\_\_\_ 2000 USATF Number \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Citizenship (if not USA) \_\_\_\_\_  
Country (if not USA) \_\_\_\_\_ Resident Alien (if not US citizen)? \_\_\_\_\_  
Telephone \_\_\_\_\_ e-mail address \_\_\_\_\_

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____		(\$50)
1. _____		(\$25)
2. _____		(\$15)
3. _____		(\$15)
4. _____		(\$15)
5. _____		(\$15)
6. _____		(\$15)

Late fee for entries after 3/6/00, # \_\_\_\_\_ events @ \$10 each:

Total Entry Fees: \_\_\_\_\_

Masters Committee Surcharge (optional \$5.00, see note\*) \_\_\_\_\_

T-shirt order (pre-event only) Total # \_\_\_\_\_ shirts @ \$12: \_\_\_\_\_

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ Friends' Contribution: \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

\*The National Masters Track & Field Committee requests the Committee Surcharge. All such funds are forwarded to the Committee and are used for Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

### ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2000 USATF membership will be required for all US residents and your card must be shown at number pick-up. Membership may be obtained through local associations or on-site at the meet for \$15.

### ENTRY

Entry deadline is March 6, 2000. Entry fee is \$25 for the first event, \$15 for each additional event. Entry fee for the Pentathlon is \$50 (the pentathlon does count as a first event). After March 6 a late fee of \$10 per event will be charged. No entries, additions and/or changes will be accepted after March 17, 2000. The fee includes admission for two to the Championships. Additional tickets will be available at \$5 per day, children under 12 free. Relay registration will take place on-site only at \$20 per team.

### AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award.

### HOTELS

Headquarters hotel is the Radisson Hotel Boston (617) 482-1800, 200 Stuart Street, Boston - \$129, located conveniently within Boston's Theatre District. A limited number of rooms is available at the Howard Johnson Fenway, (617) 267-8300, 1271 Boylston Street, and the Howard Johnson Kenmore, (617) 267-3100, 575 Commonwealth Avenue - \$99.

To get the special rates reservations must be made by February 22, 2000, mention the National Masters Championships at the time of making your reservation. Complimentary shuttle transportation to the Reggie Lewis Facility will be provided courtesy of USATF-NE.

### FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and receive a full set of meet results. Please consider one of these three levels:

**GOLD \$100** Gold level contributors will receive an event polo shirt and pin.

**SILVER \$50** Silver level contributors will receive a meet T-shirt and pin.

**BRONZE \$25** Bronze level contributors will receive a pin.

**PAYMENT:** Entry fee for all events must accompany your application. Make checks payable to USATF-NE. US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships  
USATF-NE, P.O. Box 1905, Brookline, MA 02446.  
The street address is: 2001 Beacon Street, Suite 207  
Brighton, MA 02135