

# NATIONAL MASTERS NEWS

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

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## Stookey, Raschker Named Best 2000 T&F Athletes; St. Hilaire, Tuttle Top LDR Picks

### Honors Also Go to Pawlik, Gray, Lewis, Starr, Herazo and Sisley

James Stookey, 70, Dickerson, Md., and Philippa Raschker, 53, Marietta, Ga., were selected as the outstanding male and female athletes for the year 2000 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual convention in Albuquerque, N.M.

Raschker was doubly honored, winning the award for the best female in the multi-events. Her male counterpart was Emil Pawlik, 61, Jackson, Miss.

Johnny Gray, 40, and Oneithe Lewis, 40, were given Outstanding Single Performance Awards, Gray for his 1:52.42 in the 800 at the Prefontaine Classic, and Lewis for her 49-9/16 (15.17m) hurl with the 20# weight in the Masters Weight Pentathlon Championships.

The racewalkers of the year were Jack Starr, 72, Newark, N.J., and Victoria Herazo, 41, Las Vegas, Nev.

Becky Sisley, the Northwest Regional Masters Coordinator for the past four years, was named the track & field administrator of the year.

Stookey, a recipient of the Outstanding Award in 1996 and 1998, included a world record of 9.89 for the 60H in his multi-victories at the 2000 National Indoor Championships, Boston. At the Nationals in Eugene, he won four gold medals. At Kamloops, Canada, in the North American Championships, he won five events, and finished the year with U.S. M70 records in the 80H (13.24) and triple jump (10.18) and another world M70 record in the 300H (50.22).

Raschker won the Outstanding Award for the 12th time, the first in 1982. In the Boston Indoors, she set world records in the pole vault (3.06), pentathlon (4368), and a U.S. record

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### Welzel, Matson, Rodgers, Utes Among 25 Runners Honored by USATF

Judi St. Hilaire, 41, and John Tuttle, 42, were among 25 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 22nd annual convention in Albuquerque, N.M., Nov. 29-Dec. 3.

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

St. Hilaire, Somerset, Mass., second by three seconds to Carmen Troncoso at the Freihofer's 5K in June, had enough quality Road Running Information Center (RRIC) adjusted times to take the nod from Troncoso and nine other nominees in the W40 bracket.

Tuttle, Douglasville, Ga., took the M40 category. This former Olympian set single-age records while winning the Outback 12K in February and the Tulsa Run 15K in October. He had 15 of the 24 performances ranked by RRIC in its 10K equivalencies under 31:00.

Barbara Miller (CA, 61) and Jack Nelson (IL, 60) were repeat winners in the 60-64 age group as were Myra

Rhodes (CA, 68) and Paul Heitzman (KS, 69) in the 65-69 age class. Dudley Healy (NJ, 86) was a repeat winner of his 85-89 age group, while Helene Bedrock (NJ, 65) tied with Rhodes for the W65 honors.

Jane Welzel, 45, Fort Collins, Colo.; Gloria Jansen, 53, Edina, Minn.; and Shirley Matson, 59, Larkspur, Calif., won their respective age groups. Welzel's RRIC 10K equivalencies were much better than the nine others of her age group. Jansen won four national championships, while Matson at the top of her age group had five superior performances to take the nod from Joan Ottaway.

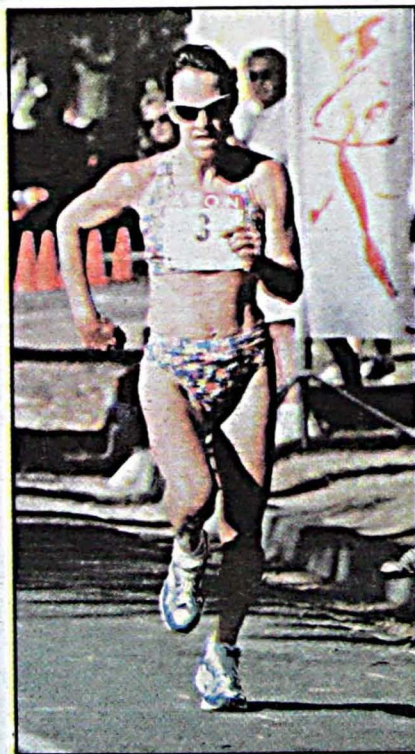
Lloyd Stephenson (CA, 45) had 5

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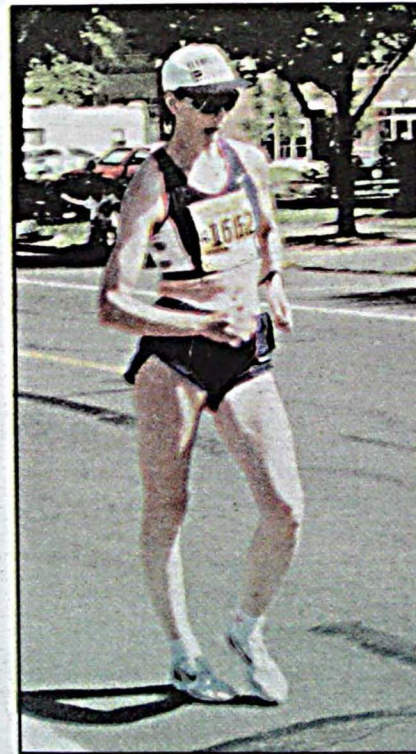
James Stookey

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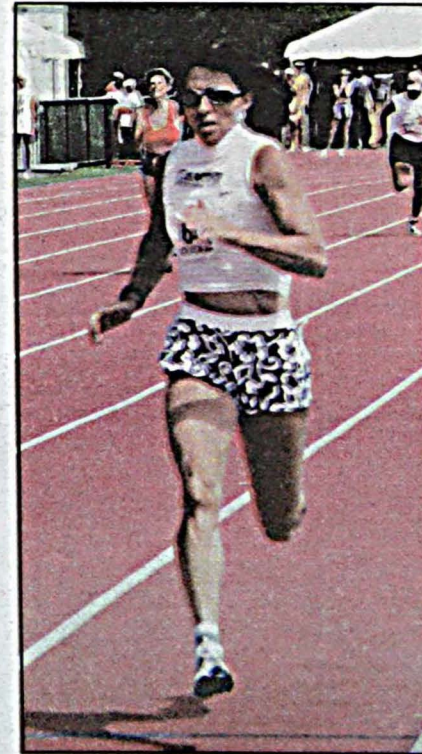
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### SITE OF NATIONALS

Reckon it's true that back in '95 the Masters National Track and Field Championships were held in good old East Lansing, Mich. But for the love of all things fair and just, since then the Nationals have been contested in either California, Oregon, or Maine.

What about us financially strapped Midwest-type folks who, despite having posted marks in our respective events that would challenge for a National title, have not the means nor the time for journeying to such geographical extremes?

What about a central location, on a more frequent basis - Indianapolis, Chicago, Des Moines?

Yes, it is nice for the coastal states to host the meet, but not year after year; it's truly not fair. The meet is not featuring the best athletes - only those who can afford to make the trip, or who live close by.

Please tell me that the meet is coming soon to a city near me.

Charley Greene  
Beavercreek, Ohio

(The good news is the 2001 Nationals won't be on either coast. The bad news is it won't be in the Midwest, either. It'll be in Baton Rouge, La. - the south-central part of the U.S.)

The Masters T&F Committee, which chooses Championship sites each December at the annual USATF convention, has traditionally voted to move the meet around the country. Decatur, Ill., bid for the 2001 and 2002 meets. The committee opted for Baton Rouge in 2001 because it wanted to share the site and dates with the Senior Olympics. The 2002 meet surprisingly went to Orono, Me., over Decatur in a close vote. Neither Decatur nor any other Midwest city chose to bid for the 2003 Championships, which was awarded to

Eugene.

At the 2001 convention in Mobile, Ala., sites will be chosen for both the 2004 and 2005 Nationals. San Diego plans to bid for one of those years. You and other midwesterners should work with Championship Site Coordinator Ken Weinbel (address on page 3) to try to find a Midwest city - possibly Decatur? - that is willing and able to host the event in either 2004 or 2005. Make a proposal to the Committee in Mobile. You'll likely be successful - Ed.)

### USATF CONVENTION

This was my first annual Masters Track & Field Convention at Albuquerque. I'd really like to thank the masters delegates and participating athletes for making me feel welcome. I was a little nervous and concerned at first that some of the less popular opinions I have posted on-line might be held against me.

But that feeling went away pretty quick. It became obvious that the criteria for acceptance, appreciation and respect boiled down to one simple thing...a willingness to contribute something of value to masters track & field. That is something everyone in the room had in common. It didn't take long to realize these people sincerely appreciated anyone who truly shared their desire to support masters track & field.

I came away with many positive impressions and one hope. My hope is that the population of masters athletes who use egroups to share their views about masters t&f and the folks who conduct our business at the national convention can begin to build some bridges.

I felt that the absence of egroups members at the convention was as con-

spicuous as the absence of masters t&f leaders and representatives in the egroups forum. I'm happy to report that these are *not* hostile camps.

To the many dedicated and thoughtful people I met at the convention, I invite you to go on-line at <http://www.egroups.com/group/masterstf> and join in the discussions you'll find there. Eggroups welcomes you!

To the egroups members who express their concerns, suggestions, and creative ideas on-line, I urge you to attend the 2001 convention in Mobile, Ala., to interact with the people who keep our program viable. The Masters T&F Committee will welcome you.

Good things will happen if we work together.

Dave Clingan  
Portland, Oregon

### FOREIGN COMPETITORS

The tone of Dave Ortman's column (Nov. NMN) greatly saddens this runner and, I am certain, many others.

This type of exclusionary rhetoric is less than dignified and not something any true athlete or competitor would subscribe to. We embrace competition because it raises the level of performance in those among us who would rather not roll over. I do agree that if another country is excluding competitors we should act likewise, as this can lead to a change.

I have yet to hear a dedicated athlete at any of the 10 masters championships I've attended, sniveling with regard to foreign athletes filling the lanes.

I am a United States citizen whose wife is Canadian and a permanent resident of this country for 25 years. She pays heavy taxes and can be called to military service if conditions dictate. She may not vote or hold public office, but cannot be excluded from a public venue without a compelling reason. Frankly, I can think of none.

The exclusions in the USATF rules are somewhat disheartening to me. At the National Masters Championships in Eugene, she won three very exciting finals with a combination of fitness and savvy racing, but is not our national champion. How anyone can feel good about obtaining this honor by default is beyond me.

Far from being a deterrent to her, she will reset her goals from U.S. records to world records. I hope we are all world citizens.

Chuck Gross  
Northport, New York

### NATIONAL 5K X-C

I am sending a resounding cheer for the committee that organized the National Masters 5K Cross-Country event at Holmdel Park, N.J.

The race organizers enhanced their chances of holding a successful meet by siting the race at the beautiful Holmdel Park. Add to that: (1) efficient processing of numbers for individual and team entries before the race; (2) races that started on time; (3) a well-marked course; and (4) quick posting of race results and announcement of awards. Voila! You have a wonderful competi-

tion.

As a child, I assisted my father in the 1960s and 70s when he was meet director for numerous open and masters events that he put together in upstate New York. My father's Finger Lakes RC continues to sponsor many running contests in the Ithaca area. He always worked right up until race time and often stayed up the night before to get everything ready for the contestants.

Through hundreds of races and years of work, the image I cherish most is that of exhausted runners holding cups of cocoa they were given at the finish of the October Ithaca to Marathon (NY) marathon.

The National 5K X-C matched that warm memory by providing each runner with a cup of hot chicken noodle soup. The organizers topped off that invigorating experience with a large blazing fire in the park house where the awards were delivered, suggesting that, yes, indeed, Thanksgiving was around the corner.

I give thanks to all the people who worked so hard to make the USATF Masters Cross-Country 5K Championships one of the best events I have attended in my 40 years of racing.

Thomas Hartshorne  
Brooklyn, New York

### OUTGOING CHAIR

It has been an honor to serve as your USATF chairman for the past four years. I was most fortunate to have a very devoted and hard-working slate of officers on whom I could depend for assistance and support. It is most important I thank them publicly.

I want to also thank those masters members who supported me during my tenure. As a group we were diligent as we attempted to make our program better for the whole membership.

The past four years were not easy ones. USATF challenged us with a restructuring program and drastic budget reductions. We persevered and remained steadfast in our resolve to maintain a position of worth in the new structure of USATF. Although our budget is yet to reflect our worth, that will change as USATF becomes more solvent.

We also persevered through the difficult times created by a demographic change in our own membership - a younger faction with their demands for changes versus the older faction with their contentment with the status quo. It was not an easy task to maintain a steady course through the resulting turbulence, but we did the best we could, and the program will be all the better for it.

I take pride in the fact that we explored different avenues of attention during the past four years and have several fine projects under way that will prove very beneficial for masters track and field. I need not expound on them here as they have all been outlined in the past.

Finally, before signing off, I want to thank my many friends and forgive my enemies. It has been a pleasure.

Ken Weinbel  
Seattle, Washington

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CZZMN



## USATF Masters Hall of Fame Adds 14 in Albuquerque

Nine active and five old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame. The actives are Carolyn Cappelletta, Rex Harvey, Mel Larsen, Ed Lukens, Leonore McDaniels, Phil Mulkey, Joan Ottaway, Stan Whitley, and Jerry Wojcik.

The old-timers are Bill Andberg, Ernie Billups, Norm Bright (deceased), Anne Clarke (deceased), and Bill Fitzgerald.

The Hall now contains 20 women and 39 men, of whom 34 represent the discipline of T&F, 22 LDR, and three racewalking.

**Carolyn Cappelletta**, 65, Carlisle, Mass., is a sprinter and middle-distance athlete who still holds two world records and three U.S. records of the 12 she set. Cappelletta has also completed 15 marathons, including 3rd place masters finishes at the Boston Marathon in 1983 (age 47) and 1984. Her recent focus has been indoor track.

**Rex Harvey**, 54, Mentor, Ohio, is an outstanding multi-event athlete with 11 U.S. National Decathlon and eight National Pentathlon Championship titles to his credit. He still holds the M45 decathlon world record. For much of the past decade, Harvey has exercised his administrative skills, serving in 1992-98 as president for the North and Central American and Caribbean region of WAVA, as the regional representative to the WAVA Council, and more recently as WAVA's Information Technology Coordinator and Webmaster.

**Mel Larsen**, a 76-year-old hurdler-jumper from Ames, Iowa, has taken first eight times indoor and seven times outdoor in the long jump at national championships. He also has taken first place 12 times in the past six WAVA championships. He still holds five world and two U.S. records of the 12 he set. The 60m indoor hurdles for M70 and the 80m outdoor hurdles for M75 world records exceed 100% on the age-graded tables.

**Ed Lukens**, 79, Skaneateles, N.Y., currently holds four world and six U.S. records. His major emphasis has been indoor jumps and hurdles. Lukens has taken first in the triple jump at WAVA championships in 1995, '97, and '99. He has had 31 first-place finishes in U.S. Indoor Championships since 1983.

**Leonore McDaniels**, 72, Virginia Beach, Va., is a heptathlete who dominates her age group in jumps and hurdles. She still holds 12 world and nine U.S. records of the 48 she has set. Nine WAVA titles, 24 U.S. Indoor Championship titles, 38 U.S. Outdoor Championship titles, five multi-event national titles, and 10 consecutive years as the Masters Field Age-Group Athlete of the Year testify to McDaniels' dominance in her sport.

**Phil Mulkey**, 67, Marietta, Ga., has had an outstanding decathlon career, winning his age-group national title seven times in eight years, while adding six national indoor pentathlon titles since 1989. Mulkey has six firsts



Carolyn Cappelletta, 65, Carlisle, Mass., one of the nine active and five old-timer masters athletes and administrators added to the USATF Masters Hall of Fame at the USATF annual meeting in Albuquerque.

at WAVA championships, 39 U.S. indoor championships, and 27 U.S. outdoor championships beyond the multi-event titles already mentioned. His 8546-point M60 decathlon in 1993 was the outstanding single t&f performance of the year.

**Joan Ottaway**, 56, Murphys, Calif., has excelled on both the roads and the track and is a three-time (and only) age-graded winner of the Indy Life Circuit. She currently holds nine U.S. records at distances from 1500 to 10,000. Ottaway has won seven events in three WAVA championships, while taking three second places in a fourth championship. She has 17 LDR titles from 5K to the marathon since 1989. She won the Dipsea Race (a handicapped trail event) in 1987 and was fourth in both 1990 and '92.

**Stan Whitley**, 55, Alta Loma, Calif., is a very successful sprinter whose age-graded records are extremely tough. He still holds one world and six U.S. records, five of which exceed 97% on the age-graded tables. From 60m indoors to 400 outdoors, Whitley has dominated his age-group in the past 15 years. He has earned 12 indoor and 29 outdoor titles since 1986, frequently sweeping the 100, 200, and 400 in the same championships.

**Jerry Wojcik**, 70, Eugene, Ore., has placed frequently in the weight categories across the past decade. However, his election was based primarily on his administrative role as Senior Editor of *National Masters News*, a role he has filled since 1982. Wojcik has coordinated USATF Masters T&F rankings since 1988, has contributed "The Weight Room" column to *National Masters News* since 1994, and probably has written more than one-half of every issue of NMN for more than a decade.

**Bill Andberg**, 89, Anoka, Minn., had a 17-year career as a distance runner and still holds the M70 1-hour U.S.

record of 13,909m after 19 years. Andberg set 22 U.S. records from 800 to 30K for M60 through M70.

**Ernie Billups**, 63, Chicago, Ill., was the leading middle distance runner of his era. He set five world and 10 U.S. records from 800 to 30K. He took three firsts in WAVA championships, 10 firsts in U.S. track & field championships, and five indoor championships, all for distances between 800 and 2 miles. He added 15K and 25K road championship titles to his resume.

**Norm Bright**, Seattle, Wash., died at the age of 86, following a career that spanned 1970 to 1984. He still holds

two U.S. distance records of the 15 he set. He won five LDR championships in the early 1980s and the 800 and 1500 at the WAVA championships of 1977. In 1970, at age 60, he was first across the finish line at the Dipsea Race, having previously set the course record that stood for 33 years.

**Anne Clarke**, Carol Stream, Ill., died last March at the age of 90. A long distance runner, Anne dominated her age group for 14 of the past 15 years and was named Masters LDR Runner of the Year from 1985 through 1999 (exclusive of 1987). She still holds eight U.S. records of the 20 she set for

Continued on page 8

### ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappelletta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Corbitt, Ted	Ultra	Athlete	Male	Old-Timer '99
D'Elia, Toshi	LDR	Athlete	Female	Elected '96
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gorman, Miki	LDR	Athlete	Female	Elected '96
Green, Max	RW	Athlete	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96
Greenwood, Jack	T&F	Athlete	Male	Elected '97
Grisson, Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hills, Claude	T&F	Athlete	Male	Elected '99
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jordan, Payton	T&F	Athlete	Male	Elected '96
Klein, Helen	Ultra	Athlete	Female	Elected '99
LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Lukens, Edd	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyk, Edith	T&F	Athlete	Female	Old-Timer '99
Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Miller, Gary	T&F	Athlete	Male	Elected '99
Mimm, Bob	RW	Athlete	Male	Elected '98
Morcom, Boo	T&F	Athlete	Male	Elected '97
Mulkey, Phil	T&F	Athlete	Male	Elected '00
Mundle, Pete	T&F	Athlete/Admin.	Male	Elected '98
O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
Obera, Irene	T&F	Athlete	Female	Elected '96
Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Peterson, Pat	T&F	Athlete	Female	Elected '98
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Sheahan, Al	T&F	Administrator	Male	Elected '98
Sheehen, George	LDR	Administrator	Male	Old-Timer '98
Spangler, Paul	Old-Timer	Athlete	Male	Elected '97
Stuart, Larry	T&F	Athlete	Male	Elected '99
Utes, Warren	LDR	Athlete	Male	Elected '99
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00





## Third Wind

by MIKE TYMN

### A Runner Sees the Light

**I**t is now widely recognized that running is an excellent way to control or manage stress. As the author of seven books on stress management, Dr. Don Morse, a retired Temple University science professor, has long advocated running and other exercise as a means of dealing with excessive or unwanted stress. Although he began studying and writing about stress during the early 1970s, Morse did not develop a holistic, integrative approach to the subject until two things happened to him — one in 1983, and the second in 1995. This approach is especially applicable to those of us struggling through the final miles of the marathon we call life.

"I knew I was dying, but I wasn't afraid," Morse, a 69-year-old resident of Cherry Hill, New Jersey, recalls of the 1983 experience, which happened shortly after he began a run. "The light was incredibly beautiful, and I felt wonderfully calm and secure with a benevolent presence beside me."

#### Is This Death?

Morse was only a few minutes into his workout when things started spinning around in ever widening circles and everything began to slow down. He recalls hearing his heartbeat, first very rapid and loud, so loud that he thought it was going to burst through his chest. Then it began to slow down and seemed to stop completely. He fell to the ground. He remembers wondering if he had died.

"I first saw pitch darkness and then an incredibly bright, white light," Morse continues his story. "It enveloped me so that I could see nothing but this light. I was not afraid. I felt secure, warm, and serene."

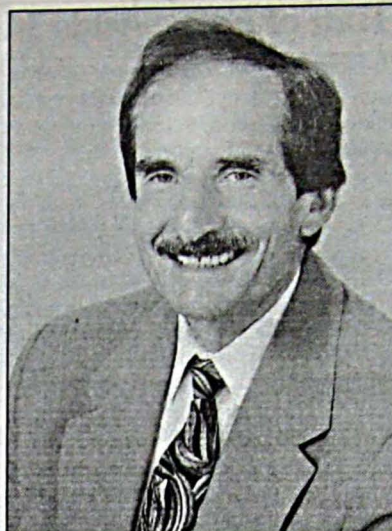
Morse then recalls seeing his whole life flash before him, including temper tantrums as a child, his victory in a dart-throwing contest, a hospital bout with colitis, asthma attacks, family visits, throwing a player out at home

plate, shooting a winning basket, crying when the New York Giants lost a game, seeing his father die from lung cancer, getting married, seeing each of his three children born, doing a surgical procedure on the day President Kennedy was killed, receiving a Temple University research award, as well as other events in his life.

When the life review ended, he remembers leaving his body, flying over the clouds, and arriving at Mt. Eden Cemetery in Valhalla, New York, where he observed his funeral. He recalls reading his obituary in the paper the next day. Shortly thereafter, he felt the sharp pain of an injection and realized he was in the hospital.

#### Near-Death Experience

While Morse now knows that he was having what is commonly referred to as a near-death experience (NDE), he didn't recognize it as such then. "I was a research scientist who was well schooled in evolutionary biology, genetics, microbiology, immunology, and with some knowledge of archaeology, anthropology, cosmology, and quantum physics," explains Morse, who holds graduate degrees in microbiology, dentistry, endodontics, clinical psychology, and clinical nutrition.



Don Morse

"At that time I had never heard of an NDE. I was an agnostic and considered it a hallucination. I pushed it to the back of my mind, although I'd often think about it."

The second "happening" came 12 years later, in 1995, following the death of his sister Ruth, at age 62. This, combined with the deaths of several other friends and relatives, caused Morse to suffer a "general anxiety disorder" relating to his own mortality. He couldn't concentrate, couldn't sleep, couldn't exercise, couldn't enjoy his food, and began experiencing abdominal cramps and neuralgic-like headaches.

#### Searching for Eternity

It was then that he began "Searching for Eternity" (the title of his recently-released book, published by Eagle Wings Books, Inc., available through amazon.com). He read everything he could about near-death experiences, out-of-body experiences, apparitions, visions, dreams, spirit communication, the occult, past-life regressions, psychic phenomena, the paranormal, immortality, spiritual evolution, God and the universe, and found a preponderance of evidence that allowed him to formulate a rational depiction of the afterlife.

It was not until he launched this investigation that he began to make sense out of his own NDE. He came to recognize that he is a spiritual being with a body and that everything physical is ephemeral. "Even though I didn't see the spiritual connection at first, the NDE did trigger a tremendous change in me," Morse says.

#### Most Productive Years

"Those 12 years between the NDE and the death anxiety were the most productive of my life. I could go to a lecture and be writing something on a tablet totally unrelated to what was being discussed, but I'd still know what was being talked about in the lecture. I could deal with all kinds of distractions that previously bothered me. From what I've heard and read, that happens to a lot of people who have had NDEs. There's something going on in the subconscious, both physically and psychologically."

Although some of his scientific col-

leagues may feel that Morse has "abandoned ship," Morse comments that he still believes in the scientific laws and principles he has learned and followed over his 45-year scientific career.

"It is just with the one law that science cannot and might never understand," he offers. "That is the law that explains where we came from. In a nutshell, I cannot comprehend a universe that is intelligent enough to create itself with all of the million-to-one incredibly chance phenomena that eventually resulted in an intelligent human species. In addition, I cannot believe that the approximately 16 million people who have had near-death experiences, which mimic many of the great religions' concepts of the afterlife, could have created it in their brains."

#### Man's Greatest Fear

Morse agrees with the eminent Swiss psychiatrist, Carl Jung, that death is man's greatest fear, especially in the second half of life. "Some people can suppress it, repress it, or deny it better than others," he says. "But we all have it. Some people go through life at a fantastic pace just to block out their thoughts of death."

The holistic, integrative approach to stress management involves cultivating an awareness of death, grasping the fact that the consciousness does survive, and that death is merely a transition to another realm.

"The more you learn about it, the more you understand it and face it without too much stress or anxiety," Morse offers. Raised as an orthodox Jew, Morse says he is not now religious but that he definitely is spiritual.

#### Reaching the Finish Line

To fully understand the holistic, integrative approach, one might compare the marathon foot race and the marathon of life. At first glance, they are opposites. In the foot race, the object is to get to the finish line as soon as possible. In life's marathon, however, most of us want to prolong making it to the finish. But the key to both is remaining in the moment, taking it a step at a time, a day at a time.

The successful marathon runner is one who can focus on his bodily functions stride-by-stride, without being overly anxious to get to the finish line. Getting through life without excessive stress or anxiety means focusing on the present. Once we come to recognize that finishing a well-lived life can be as joyful as finishing a well-run race, there are no fears, no anxiety, no unnecessary stresses.

"It is what we do — how we interact with others and conduct ourselves in every aspect of living — that produces our quality of life, good, bad, or lukewarm," Morse concludes. "Worrying about death, consciously or subconsciously, can generate extreme anxiety and make our remaining years stressful rather than enjoyable."

Having seen the light, Morse is prepared to meet the finish line in the marathon of life in full stride. □

### EASTERN REGIONAL MASTERS INDOOR CHAMPIONSHIP

Saturday March 17, 2001

AT THE PRINCE GEORGE'S COUNTY SPORTS COMPLEX  
LANDOVER, MARYLAND

Hosted by Maryland Elite Athletic Club

USATF Sanctioned

An ideal meet for Athletes preparing for the Masters Nationals in Boston.  
(Located in the Washington DC area)

**Pre-entries must be received by Saturday March 3, 2001.**

Entries received after this date will be subject to additional fee.

Entry form may be downloaded from:

[www.marylandelite.org](http://www.marylandelite.org)

Contact

Sam Caldwell, 301-249-6966 after 4 p.m. Eastern time  
[Marylandelite@aol.com](mailto:Marylandelite@aol.com)



## Bigelow, Whittemore Set Records in Club West Meet

By JERRY WOJCIK

Vicki Bigelow, 65, and John Whittemore, 100, were the meet luminaries in the 27th Club West Meet at Santa Barbara City College, Oct. 7, one of the oldest masters meets in the U.S.

Bigelow, 65, San Lorenzo, Calif., broke the W65 world record for the 1500 with a 6:01.43. The present record of 6:02.42 in 1996 is held by Melitta

won the Vernon Cheadle High Point-Field Trophy with victories in the shot put, discus, and hammer.

More Club West trophy winners were Juan Bustamante, M55, Sherman Oaks, Calif., Jimmie Whitney High Point-T&F; Kio Shik Song, M70, Chula Vista, Calif., Hubbel-Herman Trophy-Best Hammer Thrower Over 70; Ted Hatlen, M85, Montecito, Calif., Paul Spangler



ERICH REED

National W50-59 and 60-69 10K Cross-Country Team Champions Liberty Athletic Club celebrate an early season victory on their home course in Boston. From left: Andrea Hatch, Mardi Reed, Regina Wright, Carolyn Cappetta, Sandy Hayes, and Mary Harada.

## Dalton, LaChance First in National 10K Cross-Country Championships

By SUSANNAH BECK

On a wintry day over an early frozen ground, Thomas Dalton, 42, Schenectady, NY, led a field of 128 masters runners in the USATF National Masters 10K Cross-Country Championships at Boston's Franklin Park, Nov. 25. Running for the Adirondack Athletic Club, Dalton's 30:48 finish was almost a minute up on local road racing king, Craig Fram, 42, 31:40. Tim Minor, 42, 31:48 was a close third, and repeated his third place finish from the 1999 X-C 10K

Championships, Long Beach, Calif., last December.

Led by Minor, the Reebok Aggies repeated as the M40-49 team champions, with Armando Siqueiros, 41, sixth, 32:09; Jeff Shaver, 40, seventh, 32:41; Terence Boynton, 41, ninth, 32:49; and Thomas Cushman, 47, 26th, 33:54, rounding out the scoring quintet. Whirlaway Racing Team placed second, composed of Fram, second; Paul Hammond, 40, fourth, 31:59; Doug Martyn, 40, 18th, 33:30;

Continued on page 9

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The National Masters News is the official world and U.S. publication for Masters track & field, long distance running and race walking. It contains information you can't get anywhere else. It's a bargain at 12 issues a year.

Masters Athletics is booming!

Barbara Department of Parks and Recreation.

The 28th annual meet is scheduled for Oct. 6, 2001, at Santa Barbara City College's Nick Carter Track. □

## Unusual Record Set at Club West Meet

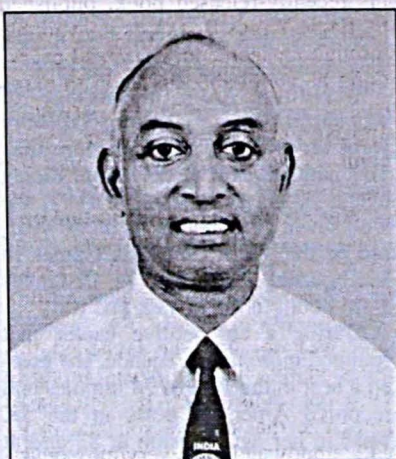
By BEVERLEY LEWIS

Club West's annual meet in Santa Barbara, Calif., has always welcomed athletes from all over North America. However, the club's recent meet, held Oct. 7, set a new record when J.T.S. Dalton, a resident of Chennai, India, flew 11,000 miles to compete in the M60 hammer. A silver medal, which Dalton won that day with a throw of 29.42, accompanied him on his long trip back to India.

Dalton is a retired Air Lanka security officer formerly stationed at Chennai International Airport. He has traveled to several championship meets in both the Southern and Northern Hemispheres over the years, including an appearance at the 1987 Australian Masters Championships, where he won a silver medal in the M45 hammer.

His wins include gold in the M60 hammer at the 1999 Hawaii Senior Olympics and the M55 hammer in the 1997 New Zealand Masters Games. He also took home a bronze from the 1998 World Masters Games in Eugene, Ore., where he competed in the M55 hammer.

At the 2000 Club West meet, Dalton, after traveling all the way to Santa Barbara, nearly missed his event when the Santa Barbara cab driver could not find his way to the UCSB track where the hammer throw was being held. A frantic cell phone



Hammer thrower J.T.S. Dalton, of Chennai, India.

call from the cabbie to Club West personnel at Santa Barbara City College, where coach Robin Paulsen put them on the right track, resulted in Dalton finally being delivered to his destination.

Dalton has already expressed interest in attending the upcoming USATF National Masters Championships in Baton Rouge, La. However, his most important commitment for 2001 is to keep his Club West travel record intact by competing in Santa Barbara next Oct. 6, when the club is scheduled to hold its 28th annual meet on Santa Barbara City College's Nick Carter Track. □



## 2001 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS



WHEN: Sunday, February 4 • 12:00 noon

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 onsite 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 TO: Jerry Baltes, Grand Valley State University, Office 97 - Field House, Allendale, Michigan 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 \_\_\_\_\_

(as of 2-4-01)

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 4, 2001, 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



## Bigelow, Whittemore Set Records in Club West Meet

By JERRY WOJCIK

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Bigelow, 65, San Lorenzo, Calif., broke the W65 world record for the 1500 with a 6:01.43. The present record of 6:02.42 in 1996 is held by Melitta Czarwenka-Nagel of Germany. Earlier, in the Northwest Regional Championships, Bozeman, Mont., in July, Bigelow had broken the U.S. record of 6:12.68 held by Suzi MacLeod.

Whittemore, of nearby Montecito, who was 101 on Nov. 20, established M100-104 world records in the discus (6.43) and javelin (5.98). In last year's meet, Whittemore set age-99 world records for the shot put (4kg), discus (1kg), hammer (4kg), and javelin (600g).

Bigelow was honored with the Nick Carter Trophy for Best Age-Graded 1500.

Other athletes were recognized for their performances on the track and in the field events. Joy Margerum, W35, Berkeley, Calif., earned the Best Woman Athlete Award with victories in the 50m, 100, 200, 100H, and 300H. Jim Selby, M70, Fallbrook, Calif., was the winner of the George Adams High Point-Track Trophy, bolstered by wins in the 400, 800, and 1500. Bob Humphreys, M60, Camarillo, Calif.,

won the Vernon Cheadle High Point-Field Trophy with victories in the shot put, discus, and hammer.

More Club West trophy winners were Juan Bustamante, M55, Sherman Oaks, Calif., Jimmie Whitney High Point-T&F; Kio Shik Song, M70, Chula Vista, Calif., Hubbel-Herman Trophy-Best Hammer Thrower Over 70; Ted Hatlen, M85, Montecito, Calif., Paul Spangler Award For Best Performance by Athlete Over 80; and John Brennand, M65, Santa Barbara, Calif., Ray Williams Award For Best 5000 Runner Over 60.

Marion Harrison, M60, was the male sprint performance standout for his times in the 50m (6.6) and 100 (12.46). Charlie Rader, M50, with a 1.73, and Phil Fehlen, 1.52, were the best in the high jump. David Quick, M45, triple jumped 13.64, and Matti Kilpelaine, M55, reached the highest height in the pole vault (3.81).

Ralph Fruguglietti, M45, had the longest measurement in the shot put (14.73), and Tom Fahey, M50, the farthest in the discus (50.53). Drew Stevick (51.23) outdistanced Bob Powers (50.09) for the M50 javelin title.

Sponsors were Northern Trust Bank of California, Pane e Vino Restaurant of Montecito, Calif., and the City of Santa Barbara Department of Parks and Recreation.

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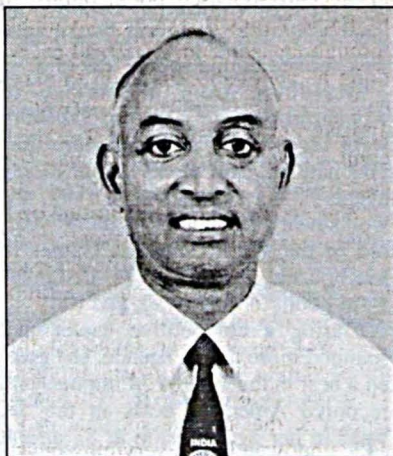
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His wins include gold in the M60 hammer at the 1999 Hawaii Senior Olympics and the M55 hammer in the 1997 New Zealand Masters Games. He also took home a bronze from the 1998 World Masters Games in Eugene, Ore., where he competed in the M55 hammer.

At the 2000 Club West meet, Dalton, after traveling all the way to Santa Barbara, nearly missed his event when the Santa Barbara cab driver could not find his way to the UCSB track where the hammer throw was being held. A frantic cell phone



Hammer thrower J.T.S. Dalton, of Chennai, India.

call from the cabbie to Club West personnel at Santa Barbara City College, where coach Robin Paulsen put them on the right track, resulted in Dalton finally being delivered to his destination.

Dalton has already expressed interest in attending the upcoming USATF National Masters Championships in Baton Rouge, La. However, his most important commitment for 2001 is to keep his Club West travel record intact by competing in Santa Barbara next Oct. 6, when the club is scheduled to hold its 28th annual meet on Santa Barbara City College's Nick Carter Track. □



ERICH REED

National W50-59 and 60-69 10K Cross-Country Team Champions Liberty Athletic Club celebrate an early season victory on their home course in Boston. From left: Andrea Hatch, Mardi Reed, Regina Wright, Carolyn Cappetta, Sandy Hayes, and Mary Harada.

## Dalton, LaChance First in National 10K Cross-Country Championships

By SUSANNAH BECK

On a wintry day over an early frozen ground, Thomas Dalton, 42, Schenectady, NY, led a field of 128 masters runners in the USATF National Masters 10K Cross-Country Championships at Boston's Franklin Park, Nov. 25. Running for the Adirondack Athletic Club, Dalton's 30:48 finish was almost a minute up on local road racing king, Craig Fram, 42, 31:40. Tim Minor, 42, 31:48 was a close third, and repeated his third place finish from the 1999 X-C 10K

Championships, Long Beach, Calif., last December.

Led by Minor, the Reebok Aggies repeated as the M40-49 team champions, with Armando Siqueiros, 41, sixth, 32:09; Jeff Shaver, 40, seventh, 32:41; Terence Boynton, 41, ninth, 32:49; and Thomas Cushman, 47, 26th, 33:54, rounding out the scoring quintet. Whirlaway Racing Team placed second, composed of Fram, second; Paul Hammond, 40, fourth, 31:59; Doug Martyn, 40, 18th, 33:30;

Continued on page 9



## 2001 MICHIGAN ASSOCIATION OPEN AND MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS



WHEN: Sunday, February 4 • 12:00 noon

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 onsite 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 TO: Jerry Baltes, Grand Valley State University, Office 97 - Field House, Allendale, Michigan 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 4, 2001, 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





PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Lower Calf Muscle Pain

**Q** A friend of mine, age 62, has been a weightlifter for years, but has not lifted for the past three because he suffers pain in the lower calf muscles, which feel hard and knotty just above the Achilles. He experiences pain whenever he walks. Massaging results in only temporary relief.

**A** It sounds like your friend has some scar tissue formation where the Achilles tendon enters the calf muscle. This is a very susceptible area to tearing and development of secondary scar formation. This is most common in weightlifters and throwers. It also could be due to some type of vascular problem, but this seems less likely.

I suggest that he try to stretch the area on a daily basis, both with the knee flexed and the knee bent. This will stretch the gastrosoleus complex, and perhaps "loosen" some of the scar tissue formation.

He should also apply moist heat daily to the area for at least 20 minutes. This will bring blood to the area and help stretch the tendon.

A product called Mineral Ice, which

can be massaged into the calf area, may also give some relief. Obviously, tissue massage is good for this condition.

If physical therapy facilities are available, I would recommend stretching with the use of ultrasound. This is very effective in reducing scar tissue formation in this area.

Give this a try and let me know what type of results you get. □

(Dr. Pagliano is a runner and a

podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question,

write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. He can also be reached by e-mail at TheFootBeat@aol.com.)

### Marilla "Sunbonnet Sue" Salisbury

By JACK WILLIAMS, Staff Writer  
The San Diego Union-Tribune

Marilla Salisbury's trademark sunbonnet fit like a crown, symbolizing both her reign in age-group track events and her victory over two constant foes: arthritis and Parkinson's disease.

It was her declining health, in fact, along with a desire to avoid becoming an "old whiner," as she put it, that set her on a world-record course for seniors in running and racewalking.

By the time she stopped competing at 85, she had a house full of medals, marking nearly 15 years in the senior spotlight.

"Sunbonnet Sue," as she was known in racing circles, died Sunday at Grossmont Hospital at age 93. She was a resident of San Diego.

Suffering from circulation problems and hardening arteries in recent months, she had undergone a leg amputation about a month ago, said daughter Beverly Garrett.

Salisbury, a former junior high school math instructor and real estate agent, took up walking at age 70. There were days, she recalled, when her arthritis was so severe that she couldn't tie her shoes or turn her neck.

"I just figured it was due to old age," she told *The San Diego Union-Tribune* in 1992. "I never went to the doctors."

At age 72, she finished her first 10K at San Juan Capistrano, beating all women 60 and over. "From then on, I was hooked on the sport," she said.

Benefiting from a shortage of women in her age division, Salisbury went on to win medals in more than 500 national and international racing events on six continents. In 1987, she won seven gold medals as an 80-year-old in the World Veterans Games in Melbourne, Australia, in distances from 800m to 10K (walk and run).

During a competitive career that spanned more than a decade, she posted a best in the 10K of 74 minutes and recorded American bests in the 5K walk in her age division at 83 and at

84.

Her most memorable event, though, was less than a mile. In 1984, she was selected to take part in the Olympic Torch Relay, a prelude to the Summer Olympics in Los Angeles.

A native of Washington state, she graduated in 1935 from Pasadena College, the Nazarene school that later moved to Point Loma. She worked as a missionary in Guatemala, then married her first husband, Fred Pope, in 1942 in the Panama Canal Zone.

From 1952 until about 1970, Salisbury taught math at Horace Mann Junior High School in San Diego. At age 60, she earned a master's degree in health education at SDSU, where her thesis was on smoking and lung disease.

"I think her interest in health was kind of the spark for the whole thing," Garrett said of her mother's competitive career. "Later, she set goals; she wanted to break world records."

Divorced in 1962 from her first husband, she married Earl Salisbury in 1974. Through her encouragement, he competed in senior events, including the discus, shot put and javelin.

"He was kind of the wind beneath her wings, always there supporting her," said Stella Grubert, 53, who sometimes trained with her. "He framed and mounted hundreds of her medals, so many you couldn't count, in their home." The medals, Salisbury acknowledged, helped keep her going.

"Receiving medals is an elixir that makes my life a never-ending adventure of excitement," she said after the 1992 Senior Olympics in Palm Springs.

"There's no excuse for not exercising. I've even seen the blind run, and if they can do it, anyone can."

Survivors include her husband, a daughter, a son, a sister, five grandchildren, and five great-grandchildren.

Donations are suggested to the education department at College Avenue Baptist Church, San Diego, Calif. □

— Reprinted From  
*The San Diego Tribune*

## 32nd Annual LONGEST DAY

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### Hall of Fame

Continued from page 5

distances from 5K to the marathon.

Bill Fitzgerald, 75, of Palos Verdes, Calif., excelled in the middle distances, beginning in 1972. His M50 800 and one-mile records still stand after 25 years. All 10 of his world and U.S. records exceeded 90% on the age-graded tables.

Norm Green announced the results of this year's balloting on behalf of Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, and Louise Mead Tricard of the Masters Hall of Fame Committee, supplemented by Jerry

Crockett, Al Sheahan, Ken Weinbel, and Evelyn White on the Old-Timers Committee. The announcement was the highlight of the joint meeting of Masters T&F and Masters LDR held Dec. 1 at the annual USATF convention in Albuquerque.

Green reported that 165 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. Ninety-one returned ballots, casting 818 votes. Each person elected received a majority of the votes cast. □

— Norman Green, Jr.





JERRY LE VASSEUR  
First four M60-64 finishers, National 5K Cross-Country Championships, Holmdel, N.J., Nov. 19 (from l): Bill Borla (19:14), Carl Grimm (19:41), Rick Kleyman (20:14), and Thom Weddle (20:33).

## Dalton, Morra Win National 5K X-C in N.J.

By MADELINE BOST

Tom Dalton, 42, Schenectady, N.Y., had the spectators checking the finish line clock in disbelief at the USATF National Masters 5K Cross-Country Championships on Nov. 19 at Holmdel Park, N.J., when he came flying out of the woods in the M40-49 race with no other runners in sight.

His 15:38 equals the fourth fastest time, set by a high school boy, ever run on the same cross-country course. David O'Keeffe, 41, Orchard Park, N.Y., took second in 16:14. Long Island standout, Don Di Donato, 43, Hicksville, N.Y., finished third in 16:33.

Tim McMullen, 47, Churchville, N.Y., kept the M45 division in the family when he won the 2000 edition in 17:07, nine places ahead of the next M45, his brother Charles McMullen, 49, Rochester, N.Y. Charles won the division race in 1999 in 17:24 and placed second in the 2000 edition with the exact same time.

Dalton's Adirondack team took the M40-49 team title (1:24:08), with the McMullens' Genesee Valley Harriers placing second (1:25:42).

Roger Price, 51, Piscataway, N.J., might as well have worn a bull's-eye on his back as he started in the M50-59 race, having notched the win in 1999. Alston Brown, 51, Mt. Vernon, N.Y., raced to the lead at the gun. Price and Harry Nolan, 53, Navesink, N.J., trailed, trading places in the early stages, unable to match Brown's hot pace. But Brown, who had never raced the course before, had underestimated the damage that the infamous steep ascent of what's known as "the Bowl" can do to a runner. He was reeled in with a half mile to go.

Price, who won the 5000 and 10,000 in the Masters Championships in Eugene last August, shook off Nolan as well and cemented his second championship title as he finished in 17:43. Nolan was second in 17:57, and Dale Keenan, Albany, N.Y., third in 17:59.

Last year Terry Delph, Coopersburg, Pa., ran an 18:13 as a 54-year-old to place seventh in the M50 division. In this year's race, he took three seconds off that time and won the M55 division with a fourth overall. Rich Myers, 55, Voorhees, N.J., placed second to Delph in 18:24 and fifth overall. Brown finished in sixth place (18:32).

Price's Raritan Valley Road Runners,

who are now undefeated in five national championships, won the team division in a squeaker over Keenan's Adirondack Club, 1:33:46 to 1:33:53.

All men 60-and-over ran in the last championship race of the meet. Bill Borla, 60, Torrington, Conn., who claimed gold medals in the 5000 and 10,000 in Eugene was the favorite and didn't disappoint, finishing in 19:14 for the win. John Dugdale, 66, Ridgefield, Conn., placed eighth overall and first in the M65 division with a 21:31.

Kenneth Jones, 70, Larchmont, N.Y., won the M70 division in 23:19. Lester Ridings, 76, Cedar Grove, N.J., won the M75 division in 27:11, and the amazing Austin Newman, 84, Westfield, N.J., won the M80 division in 33:25.

The M60-69 team title went to the Wolfpit RC (1:03:01). Millrose AA won the M70+ title (1:14:54).

Janice Morra, 42, Boonton, N.J., who placed first in the championships' combined W40+ in 1999, came back ready to defend her title. She accomplished that and better by taking the lead from the start and finishing in 19:16, a full ten seconds better than her 1999 time. Second-place finisher was Marybeth Evans, 41, Scarsdale, N.Y., in 19:26. Jean Chodnicki-Stemm, 41, New York City, was third in 19:33.

Fifty-year-old Carolyn Smith-Hanna, Pittsford, N.Y., turned in a fine performance, placing fourth overall in the race to win the W50 division with a 19:44. Laurie Kinsella, 46, Rochester, N.Y., won the W45 division in 21:13. Natalie Grabow, 55, Mountain Lakes, N.J., won the W55 in 24:13, and Toshiko d'Elia, 70, Ridgewood, N.J., finished in 29:09 to claim the W70 championship.

The Genesee Valley Harriers (Carolyn Smith-Hanna, Sue Rowley, Laurie Kinsella) won the W40-49 team contest (1:02:07), with Runners Pace/TriAthletics, second (1:02:50). The Runners Pace/TriAthletics trio (Natalie Grabow, Chiara Becchi, Ann Gillespie) took the W50-59 crown (1:16:06).

Forty-nine women and 234 men finished the four races. Slightly fewer runners entered than in 1999, some choosing to go to Boston on Nov. 25 for the Masters 10K Cross-Country Championships. Still, this year's event was one of the best-attended masters LDR championships ever. □

## National X-C Championships

Continued from page 7

Scott Brown, 42, 19th, 33:31; and Kevin Retelle, 44, 21st, 33:41.

Last year's M45 champion, Geary Daniels, 46, 32:52, had to settle for second place this year, finishing six seconds behind M45 winner Kenneth Leinbach, 45, 32:46. John Barbour, 46, finished closely in the mix, 32:56.

The M50 division featured mostly new faces over last year, with Vladimir Krivoy, 50, taking the win easily in 33:50. Larry Ingram, 56, led the M55s in 36:30.

M50+ team honors went to the Central Mass. Striders, whose scoring posse of Jerry Learned, 52, 35:24; Frank Rucki, 51, 36:51; John Boyle, 56, 37:46; Alan Rondo, 50, 37:49; and Mark Hines, 50, 38:10, put paid to the runner-up Raritan Valley Road Runners.

Bill Borla, 60, 36:50, aced the M60s by two-and-a-half minutes, leading the Wolfpit RC to the M60+ title, aided by M65 winner John Dugdale, 66, 40:51, and Jerry Levasseur, 63, 45:35. John McManus, 77, 55:15, of the Millrose AA, the oldest runner in the field by 11 years, crowned the M70+.

The women's race was a northeasterly affair, with a field of 34 runners nearly duplicating the entry list of the New England Championships two weeks earlier. Susan LaChance, 40, a past champion of the New England Mountain Running circuit, put her harrier experience to work to lead the ladies over the frozen turf and Franklin Park's "Wilderness" woods' loops in 37:48.

Carolyn Smith-Hanna, 50, 38:57, was runner-up, the lone female representative of the Genesee Valley Harriers, and the division winner over a talented W50 field. Susan Maslowski, 48, 39:07, was third overall, and W45 winner.

Regina Wright, 58, first W55, 49:09, and Carolyn Cappetta, 64, 48:56, helped to lead the venerable Liberty Athletic Club to team titles at W50+ and 60+ on their home course. Maine's "Run to Win" team beat out their southern neighbors to take the W40+ team title, thanks to Jeanne Hackett, 42, 39:46; Carol Hogan, 50, 40:35; and Ellie Tucker, 46, 40:35.

The meet was hosted by the Boston Athletic Association and adidas. □

# Master The Board

for more information  
contact heidi shelhamer  
(610) 967-8758  
Fax #: (610) 967-8883

### CLASSIFIED

**MARCH 17, 2001 (Saturday) – Shamrock SportsFest**  
Marathon, 8-K, Masters 8-K & 5-K Walk, Virginia Beach, VA. Contact: Shamrock SportsFest, 2308 Maple St., Virginia Beach, VA 23451. (757) 481-5090.  
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## Masters Racewalking

by ELAINE WARD

### Massage and High Performance – Jolene Steigerwalt

**A**t the 2000 Masters Outdoor Championships in Eugene, OR, Jolene Steigerwalt, W55, achieved the following RW marks: 5K (1st), 31:08.12; 10K (1st), 1:03:33. In the National 5K Championship, Kingsport, TN she took 2nd in 31:01. A registered nurse and certified massage therapist, she graduated from the College of William and Mary/Riverside Hospital School of Nursing, VA, 1965; San Diego State University, 1978, B.A. in psychology; San Diego State University, 1985, B.S. in nursing. She earned her certification as a massage therapist from the International Professional School of Bodywork with a specialty in chronic pain and muscle dysfunction. Following are her thoughts on coping with the aches and pains that become an unfortunate and persistent fact of life for many masters athletes.

I got into racewalking because I was injured from running. Many of us have come into the sport this way. It is usually the knee or hip that is causing a problem. Doctors like to tell us that the

cause is a bone problem and that we should never run again. Or they tell us we have thin cartilage and are going to run out of padding if we don't ease up.

#### Recurrent Strain Injury



LEO BENNING

Lindsay Hatz (l), South Africa, and Josette Sommier, France, racewalking in unison in the 5000, 13th World Veterans Championships, Gateshead, England. Hatz went on to win in 29:46.41.

I have discovered that most of the problems racewalkers (or runners) have are due to something called "Recurrent Strain Injuries" (RSI) with underlying structural/functional etiology. What occurs is similar to what happens to the front alignment on a car. You hit a bump, your steering wheel may not wobble at first, but every time you bump against something like a curb when you are parking, the wobble becomes more pronounced. This is when you take your car to the repair shop.

Well, there aren't any "one-stop" handy repair shops for human bodies. What we do is go to a doctor and say, "This hurts or that hurts." Or we ask other athletes for advice. Athletes often



JERRY WOJCIK

Jack Starr, 72, of New Jersey. 2000 Outstanding Masters Male Racewalker.

have good shop talk for ailments. Most importantly, you realize when talking with others, "I am not the only one with this problem." Then you think, "How can that person win a race while I sit crippled on the sidelines?"

Fortunately, I fell into the massage world and discovered all types of remedies for aches and pains. I also discovered that no one need be intimidated by a physician recommending that: 1) you take an extended rest; 2) you give up your sport; or 3) you find another sport. The truth is that doctors and athletes have come full circle now. Athletes are teaching the doctors about sports injuries and most doctors are finally listening.

#### Massage and Aging

Before athletes think they are wearing out because of frequent aches and pains, they need to find out what is going on with their muscles, tendons and ligaments. The muscle attachment

### USATF National Masters Racewalking Championships in 2001

Date	Event	Site
March 25	3000 (indoor)	Boston, MA
June 3	15K	Evansville, IN
July 26	5000	Baton Rouge, LA
July 28	10K (M&W)	Baton Rouge, LA
September 9	40K	Ft. Monmouth, NJ
September 22	5K	Kingsport, TN
October 7	One-Hour	Worcester, MA
October 27	100K Track	Yellow Springs, OH
November 4	20K	Coconut Creek, FL

### Outstanding Racewalkers – 2000

Selected by the Masters Track & Field Committee of USATF  
Outstanding Racewalkers: Jack Starr and Victoria Herazo

#### Age-Group Awards

Age	Men	State	Women	State
35-39	Steve Renard	FL	Kelly Murphy-Glenn	ID
40-44	Rod Craig	MI	Victoria Herazo	NV
45-49	Stanley Sosnowski	RI	Sally Richards	CO
	Mike DeWitt	WI		
50-54	Richard McGuire	IL	Gayle Johnson	MO
55-59	James Carmines	PA	Janet Higbie	IN
	Rich Friedlander	MO		
60-64	Paul Johnson	AR	Elton Richardson	NY
			Bev LaVeck	WA
65-69	Jack Bray	CA	Shirley Dockstader	CA
70-74	Jack Starr	NJ	—	
75-79	Masashi Noritake	CA	Miriam Gordon	FL
	John Nervetti	NJ		
80-84	Bill Talmadge	KY	Fan Benno-Caris	TX
	Bill Dyas	NJ		
	Paul Geyer	MN		
85-89	Bill Patterson	NC	—	

### 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	Beverly LaVeck
1997 Dave Romansky	Jane Dana
1998 Dave Romansky	Lyn Brubaker
1999 Jonathan Matthews	Lyn Brubaker
2000 Jack Starr	Victoria Herazo

Continued on page 11



## Pashkin, McLatchie Receive President's Award

Sandy Pashkin (NY) and Carol McLatchie (TX) – both administrators and athletes in the USA masters program – were among nine recipients of the prestigious USA Track & Field President's Award, bestowed by USATF on Nov. 30 at its annual convention in Albuquerque, N.M.

Pashkin became an official in 1961, the same year she became the U.S. record holder in the 880. She was meet director of the 1986 National Masters T&F Championships, and the co-meet director of the 2000 National Scholastic Indoor Championships. She was the USA team manager for the WAVA World Championships for 10 years. She's the current chair of the Health and Physical Education Dept. and Athletic Director for Hunter College Campus Schools in New York City.

McLatchie was a top collegiate runner at Kansas State. Later, she competed in the 1991 World Cup Marathon. She was named outstanding athlete in her age group by the USATF Masters

LDR Committee. She's the chairperson of USATF's Women's LDR Committee, and one of 29 members of the USATF Board of Directors.

Other convention highlights included the election of Seattle's Bill Roe to the presidency for a four-year term. Roe succeeds outgoing President Patricia Rico.

USATF forecasts 2001 revenues of \$11.6 million, and expenses of \$11.5 million. \$7.3 million in revenues come from sponsorships; \$2.3 million is from the USOC.

USATF membership has dropped 27% since 1998, from 96,765 to 70,359 (see chart on this page).

The three-year restructuring process, chaired by USATF Law and Legislation Chairman, Ed Koch, was completed. The changes cut the number of committees from 25 to 20, reduce the board of directors from 120 to 29, and create a more professional budgetary process. □

—Al Sheehen



JERRY WOJCIK

James Carmines (l), Etters, Pa., and Rich Friedlander, Chesterfield, Mo., were both selected as the 2000 M55 Racewalker of the Year.

## Racewalking

Continued from page 10

sites to the tendons are the most important places to check. So, let's stop for a bit of anatomy.

Skeletal muscles attach to the bones via tendons and they have at least two attachment sites. The most proximal muscle attachment (nearest to the center of the body) is called the origin; and the more distal (distant) attachment is referred to as the insertion. If you look at a musculoskeletal map, you can easily see the origin and insertion points of the different major muscles.

Skeletal muscle can account for as much as 50% of total body weight in men and 40% in women. Each skeletal muscle is composed of thousands of muscle fibers. The muscle fibers are the portion that shorten or contract during exercise. These statistics leave no room for doubt about the importance of keeping muscles healthy and the importance of appropriate treatment planning.

The easiest part of the muscle to feel is its "belly," because the belly is the widest part of the muscle. When you have a massage, the masseuse typically works the belly of the muscle and neglects the origin and insertion points. As a result, the effect of the massage is temporary and the symptoms return.

### Scar Tissue Formation

Visualize muscles tapering down to very narrow spaces as they attach to the bones via tendons. If an athlete is training every day, he or she risks getting microscopic muscle tears from the repeated stress of the muscles lengthening and contracting. If these tears are left unattended, scar tissue is apt to form in these spaces.

Add a residue of lactic acid and carbon dioxide to the scar tissue, from skipping post-exercise activities that flush out the muscles, and the scar tissue may calcify. It may not happen

quickly. It may take as much as 20 years. But hard nodules will eventually form and interfere with athletic performance.

Because calcified muscle fibers feel like little pieces of bone, people commonly mistake them for arthritis. Furthermore, they sometimes hurt when they are touched or pressed, especially if aggravated by inefficient muscle function, and everyone knows that arthritis is painful.

### Scarring vs. Arthritis

It cannot be emphasized enough, however, that calcified muscle fibers may not have anything to do with arthritis. They may be strictly the consequence of scarring and possible calcification from repeated athletic stress. If it is from scarring, then it is realistic to expect that you can return to your normal activity and sport after remedial treatment.

I am a case in point. For a period of four years, I would get to a certain level of training and then get an injury ranging from simple strains/sprains to major multiple fractures. I was totally frustrated and tried everything and anything that promised to help me, including anti-inflammatories for arthritis.

It was during these trials that I started to pay attention to the hard, painful little knots in my hips and legs. I learned that these hard points were injury debris collected in the muscles and they acted like speed bumps when I was exercising. When I tried to go faster and better my race times, these little bumps increased the workload on my muscles and suddenly my body said, "No more!"

### Knotty Problems

Older athletes are more prone to having hard, calcified muscle knots. Some young athletes can get away with ignoring muscle problems, but by the

time they hit 50 or 60, they are "hurting." If they should poke around, they would likely feel tiny, and sometimes not so tiny, solid bumps nested in their muscles.

As older athletes, we need to keep our muscles stretched out or massaged so that lactic acid and carbon dioxide can't build up and trigger calcification. That is what the racewalking team at

the ARCO Olympic Training Center is doing so well. The coach insists on massages, hot and cold showers, and other post-workout modalities that flush the toxins out of the muscles after a hard exercise.

Olympic athletes, particularly in Europe, have been practicing pre- and post-race massage for years! Now it's our turn. □

## USATF MEMBERSHIP TOTALS

ASSOCIATION	COUNT	ASSOCIATION	COUNT
ADIRONDACK	1236	NEBRASKA	1591
ALABAMA	540	NEVADA	197
ALASKA	237	NEW ENGLAND	2850
ARIZONA	1750	NEW JERSEY	3045
ARKANSAS	139	NEW MEXICO	713
BORDER	451	NIAGARA	975
CENTRAL CALIFORNIA	512	NORTH CAROLINA	1434
COLORADO	1631	OHIO	2759
CONNECTICUT	1386	OKLAHOMA	1259
DAKOTAS	191	OREGON	1864
FLORIDA	708	OZARK	1064
GEORGIA	2296	PACIFIC	6720
GULF	1886	PACIFIC NORTHWEST	828
HAWAII	680	POTOMAC VALLEY	2343
ILLINOIS	4010	SAN DIEGO	1193
INDIANA	1228	SNAKE RIVER	304
INLAND NORTHWEST	621	SOUTH CAROLINA	487
IOWA	393	SOUTH TEXAS	339
KENTUCKY	229	SOUTHERN	937
LAKE ERIE	698	SOUTHERN CALIFORNIA	3117
LONG ISLAND	1332	SOUTHWESTERN	2170
MAINE	428	TENNESSEE	282
METROPOLITAN	1544	THREE RIVERS	1520
MICHIGAN	576	UTAH	1333
MID-ATLANTIC	1584	VIRGINIA	766
MINNESOTA	1921	WEST TEXAS	25
MISSOURI VALLEY	496	WEST VIRGINIA	201
MONTANA	392	WISCONSIN	841
NATIONAL CLUBS & DPL	17	WYOMING	69

**TOTAL**

**70,359**





## On The Run

by HAL HIGDON

### The Rocket City Marathon: For Connoisseurs

Standing beside the finish line of the Rocket City Marathon, I listened to the announcers call the names of finishers along with number of marathons each had run: Amy Saarima, fourth marathon; Sammy Morris, 37th marathon; John Geyer, 44th marathon.

Then there was Paul Piplani with 250 marathons run. Rocket City on a Saturday was his 72nd of the year, after which he planned to jump on a plane to run number 73 in Honolulu the next day.

At a lecture the previous evening, I had described this early-December race in Huntsville, Alabama as a "Connoisseur's Marathon," one most appreciated by experienced runners, those who had a few marathon finishes under their drawstrings and who were looking for a uniquely different experience.

#### Ma & Pa Marathon

I also branded Rocket City a "Ma & Pa Marathon," a reference to Harold

and Louise Tinsley who founded and nourished the marathon, although in recent years the leadership has passed to current race director, Malcolm Gillis. Rocket City has a certain "down home" feeling to it, a race small enough so that you almost feel you get to meet all your fellow competitors. "Our parade permit allows 1500 runners," says Gillis. "I think we have a nice size race. Everyone gets a good start, but there are enough runners around you so you're not running alone."

Don't get me wrong. I love The LaSalle Bank Chicago Marathon, which attracted nearly 28,000 finishers this year. Mega-races, such as Chicago, New York, Marine Corps and (of



Jeff Reeves (l), M36, Mobile, Ala., 3:36:24; and Paul Furr (r), M33, Lafayette, Ind., 3:38:32.



HAL HIGDON

course) Boston, deserve their position at the top of the heap. Lately, there has been a rash of "Designer Marathons," such as Rock 'n' Roll and Country Music, which appear out of nowhere and immediately attract mass fields. The Oklahoma City Memorial Marathon in April audaciously has set a 10,000 limit for its first year!

#### Advantage Masters

Meanwhile, Rocket City chugs along, attracting modest fields of about 1000. Despite the presence of prize money, the Kenyans don't show. The male and female winners this year ran 2:21:38 and 2:44:52, respectively, winning \$2000 each. Perhaps a more respectable performance was the one turned in by Gary Romesser, who at age 50 clocked 2:36:04 and earned \$1000 for the best age-graded performance. (Rocket City is among the few races which awards master runners almost as much as the younger ones.)

Look back several decades, however, and Rocket City held its own among much larger cities when it came to numbers and records. Rocket City's peak year was 1981 when 1985 runners finished. The year before, Chicago had only 3624. The men's course record at Rocket City was set in 1980 by Louis Kenny with 2:12:21; Lisa Martin ran 2:32:22 in 1983.

Yet while Huntsville might not be

able to match Chicago's Art Institute or Chicago Symphony Orchestra, the city in Northern Alabama has a passably good art museum just across the street from the headquarters Hilton Hotel. The Nutcracker Suite was playing at the Von Braun Center nearby.

#### Outmaneuvering the Russians

Werner Von Braun, of course, was the German rocket scientist, who helped put Huntsville on the scientific map. At the end of World War II, the United States outmaneuvered the Russians and brought more than a hundred top rocket scientists from Germany to Huntsville. Put to work at the Redstone Arsenal, Von Braun and associates laid the groundwork for NASA's space program. The day before the marathon, I spent the morning touring the Space and Rocket Center, worth a visit to Huntsville with or without a marathon to serve as an excuse.

Many of today's new marathoners may be frightened of Rocket City because of its rolling course. The topographical map pictures a course that seems just one degree of difficulty below that of Pikes Peak. Yet in post-race discussions with marathoners, most opined that the hills were more rolling than steep. Many runners (myself included) believe that rolling courses can be more gentle on the leg muscles than perfectly flat courses. The ups and downs offer the opportunity to utilize different muscles. While your finishing time may be somewhat slower, you're less likely to suffer cramps because of repetitive use of the same muscles, and your recovery may be easier too.

Nevertheless, I still would send first-timers to a mega-race like Chicago where, you are more likely to have company in the closing miles along with more spectators to applaud your efforts. If you're a connoisseur, however, you might want to consider Rocket City. The marathon's 25th anniversary will be celebrated on December 8, 2001, a good reason to put Huntsville, Ala., on your destination list for the year. Although I'm still not sure about running Honolulu the next day. □

(Hal Higdon is a Senior Writer for Runner's World. For training information, visit his website at [www.halhigdon.com](http://www.halhigdon.com).)

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### 24th Annual Huntsville Times Rocket City Marathon

Huntsville, Alabama • December 9, 2000  
Age Graded Results

	Age/Gender	Actual	Age-Graded
1	Gary Romesser 50 M	2:36:04	2:22:29
2	Tom Mayfield 62 M	2:58:26	2:26:38
3	Thys Bax 54 M	2:53:36	2:33:23
4	Brenda Lynch 50 F	3:10:00	2:34:45
5	James Carlton 57 M	3:02:14	2:36:54
6	Jerry Johncock 72 M	3:34:02	2:37:23
7	Carol Hogan 50 F	3:13:24	2:37:31
8	William Walker 52 M	2:57:35	2:39:32
9	Jerry McGath 62 M	3:14:12	2:39:36
10	Paul Jensen 57 M	3:05:43	2:39:54



## Tom McDermott

Masters champion hammer and discus thrower Tom McDermott died at his home in Bradenton, Fla., on Nov. 18 at age 82. He is survived by his wife, Gloria, seven children and 18 grandchildren.

In his early years, McDermott displayed his athletic prowess as a swimmer. As a high school student he was national breast stroke champion. He led the New York Athletic Club 400 relay team to a world record at the National AAU Championships, Columbus, Ohio, in 1939.

Following wartime service in the Navy from September 1941 to December 1945, Tom attended Rutgers University, earning a bachelor's degree in English. His education continued with a master's degree in history from New York University and a certificate of advanced studies in English at Fairfield University, Conn. He was an associate professor of English and coach at Southern Connecticut State University in New Haven for 20 years.

His athletic focus changed in 1954, when he met Yale University's Coach Frank Ryan, a throws expert who coached Olympic bronze medalist shot putter Jim Fuchs. Ryan introduced McDermott to discus and hammer throws, and he began competing in track & field meets representing the New York Athletic Club. He won the discus competition at a New York open AAU meet at age 37 and continued competing in open meets until 1975.

At the first World Veterans Athletic Championships, Toronto, Canada, in 1975, McDermott won gold medals in the M55 discus and hammer, and silver in shot put, the first of his 42 national and 12 world medals. Throughout the '70s, '80s, and '90s, he set many single-age and age-group records in hammer and discus, and still holds M70 and M75 U.S. hammer throw records.

Not just a competitor, McDermott contributed to the development of masters T&F by promoting and directing meets in Connecticut and Florida, writing articles for throws journals, conducting throws clinics, and coaching Olympic-caliber hammer throwers.

Passing the milestone of age 80 in March 1998, Tom immediately went to the National Indoor Championships in Boston and set new records in the weight and superweight. At the 1998 Masters Championships in Orono, Me., he won gold medals in M80 hammer, shot put, and discus.

Tom McDermott was a smooth and elegant thrower, and he was also a smooth and elegant gentleman, with a literary quote and a witty remark for any occasion. He was indeed a well loved and respected pioneer of masters track & field. □

— From Lorraine Quinn

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## The Weight Room

by JERRY WOJCICK

### Here We Go Again, But Not Right Now

**W**eight throwers who had signed the petition to scrap the U.S. implements and adopt the WAVA weights got what they wanted at the USATF annual meeting in Albuquerque, but the M50+ and W60+ groups that switch to lighter weights will have to wait awhile before they get a chance to play with them. The newly adopted WAVA weights are listed by age group in the WAVA/USATF Hurdles and Implements Specifications Chart (see page 23), but they don't go into effect until April 1, 2001. And that's no joke.

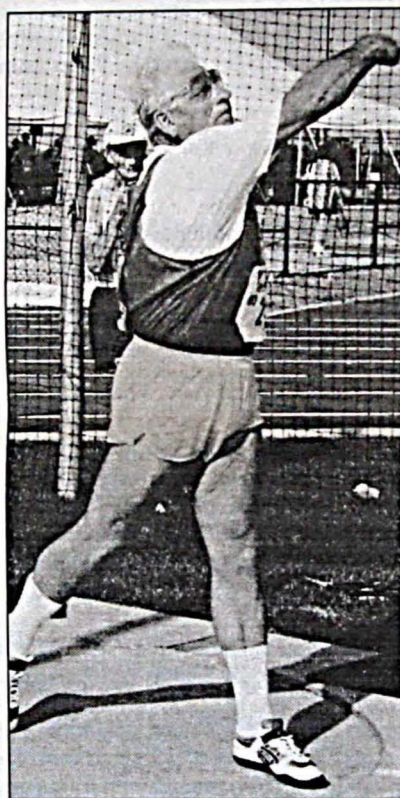
The superweights do not change.

The reason for the four-month delay is to allow t&f equipment retailers, meet directors – particularly of the Boston Indoor Nationals in late March – and athletes who will be using the new weights, to acquire them. There shouldn't be a supply problem with the outdoor 12#, 16#, 20#, 25#, and 35#, because they've been used in U.S. weight pentathlons, and all but the 12# were used when the weight was conducted as an individual event.

#### Implement Availability

I don't know if an indoor 12# is available, but the indoor 16# is. It was the past weight of choice in the individual event for U.S. women ages 50+. If anyone has info on where these are available, let me know. I've checked three catalogs for 2001, and none lists an indoor 12#.

The April 1 opening day for the new specification weights might look good on paper, but I'll bet we get reports of



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

throwers wanting to use the new weights in the first meets of the year, indoor and outdoor.

What happens now in the statistics sector? Just about the same that's happening with the new 500g and 700g javelins. After marks for the new age-group weights are compiled for three years, records and standards of excellence may be established for those age groups affected. Fortunately, WAVA age-grading was based on the WAVA weights; unfortunately, the age-grading percents for the M50+ and W60+ weight throwers in Boston 2001 won't be correct, because we'll be using the old U.S. implements.

#### Old Records

What about the records for the soon-to-be obsolete U.S. weights in the divisions affected? In the past, before other specifications were changed (for example, when we went from yards to

meters on the track, pounds to kilograms in the throws, and the new javelins), I can recall discussions at masters meetings on the possibility of retaining those records in some archival locale, where interested folk could peruse the holders of records for the 220 and the 12# shot. The archive may exist, but I don't know where. I suspect that the "old" weight marks will go the way of the nickel phone call and entertaining programs on Friday and Saturday night television. I won't spoil the New Year by bringing up the status of potential record marks done with the WAVA weights in past U.S. weight pentathlons.

#### Age-Group Awards

Congratulations to all of the throwers who were selected for Masters Age-Group Awards: Ken Hall, M30; Jim Connolly, M35; Tom Petranoff, M40

### Last Chance for 2000 Rankings

by JERRY WOJCICK

Masters T&F Rankings Coordinator

The rankers for the 2000 outdoor track & field season are listed below. If your best marks for the 2000 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.

Rankers for the 2000 Outdoor Season are:

**100, 200, 4x100, 4x400** – Larry Patz, 543 Gould Hill Rd., Contoocook, NH 03229.

**400** – Ruth BreMiller, 590 W. 29th Avenue, Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu

**800, 1500, mile** – Erich Reed, 2260 Kincaid St., Eugene, OR 97405. E-mail: erichreed@yahoo.com

**Short hurdles, long hurdles, steeplechase, 5000** – David Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net

**High jump, pole vault** – Nadine O'Connor, 13367 Caminito Mar Villa, Del Mar, CA 92014. E-mail: fhled@meinet.cc

**Long jump, triple jump, shot put,**

(all three are javelin throwers); Tom Gage, M55; Glen Johnson, M60; Ross Carter, M85; April Capwill, W45; Vanessa Hilliard, W55; and Betty Jarvis, W85.

Oneithea Lewis, NYC, deserves special recognition for her double award as a 39-year-old and as a 40-year-old, and for her Best Performance of the Year Award for an age-graded 100+% 49-9 1/4 toss of the 20# weight in the Weight Pentathlon Championships in Pampa, Texas.

An unmentioned advantage of the changeover to the WAVA weights is that it should make the task of ranking the weights easier for the poor soul who's been stuck with trying to distinguish between marks made with WAVA weights and those made with the U.S. weights for the last five years. □

**discus** – James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

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

**Combined events** – Alan Russell, 1713 Amherst Dr. Ames, IA 50014. E-mail: russell@lastate.edu

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

In the 2000 indoor and outdoor national championships, either in the programs or the results, legal resident athletes were identified by asterisks or by lack of place number as "foreign athletes," because only U.S. citizens can be national champions. In the past, the rankings have included legal residents when identified by the rankers who were familiar with the athletes from past experience with their names.

It is unreasonable to expect the rankers, particularly those new to the program or with new events, to distinguish foreign athletes – from Canada, Great Britain, and Australia for example – who will not be ranked from legal residents, without more resources than meet results. I suggest that legal residents, to assure their being ranked, contact the appropriate rankers. □

### Iba Sprints, Jumps . . . Bobsleds

By KEN STONE

In 1999, Elaine Iba proved herself as a multi-event star by being named W35 USATF women's field event Athlete of the Year. In 2000, she went for multisport stardom.

On Dec. 3, the Dove Canyon, Calif., sprinter-jumper appeared in the sports section of the *Salt Lake Tribune* – as a bobsledder in the America's Cup event the previous day at Utah Olympic Park.

She and teammate Ruth Shuff, 20, of Ohio, took eighth. It was the second bobsled competition for Iba, who turns 40 this month.

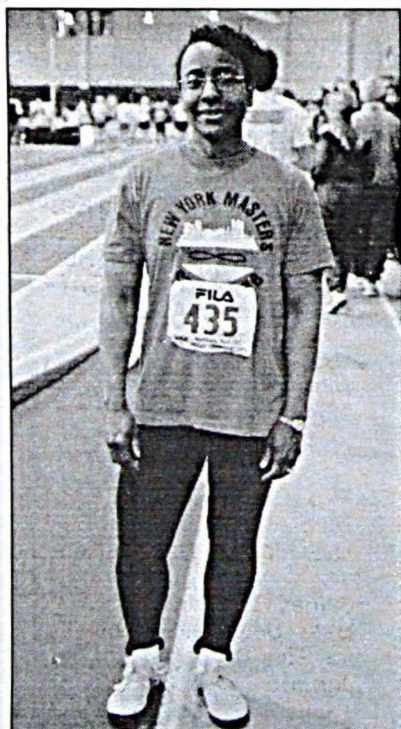
"I think we're going around 75-80 mph," Iba said of a photo in the *Tribune* depicting her sled zooming

around Turn 14 in Bear Hollow, Utah.

Iba acted as pushman/brakeman, while Shuff took the role of driver. "We placed eighth, but I like the article because at first glance you might think that we won the event. I think we just had the most photogenic sled."

"I think it's too late to realistically be in the running for the 2002 Olympic team," said Iba. "We've only done practice runs at the Park City track. The only training I do here in California is what I already do (for track and field)."

Iba said she doubts she will have the time or resources to attend the WAVA Championships in Brisbane, but plans to compete at the Nationals in Baton Rouge in July. □



JERRY WOJCICK  
Oneithea Lewis, of New York, Masters Field Athlete of the Year in both the W35 and W40 divisions.





## T&F Report

by **GEORGE MATHEWS**  
Chair, USATF Masters  
Track & Field

### Let George Do It!

**N**ow that George is "doing it," I want to thank everyone who has helped me become your new chair, USATF Masters T&F. This includes our past chairman, Ken Weinbel, who gave me the courage to campaign for the position. To those who voted for me, "Thank you!" For those who didn't, I hope I can earn your support.

I also want to express sincere appreciation to the officers and committee members who served during the last four years. I don't think we have really shown our appreciation enough. We will work on ways to reward volunteers in the future.

Coming off the USATF Albuquerque Convention, I have added to the goals brought out in my speech. The biggest addition is to have FUN – not just me, but everyone. I wouldn't be chair if I didn't think this was fun. You might think this is crazy, but that's the way I look at it. Hopefully, others will see it that way, too.

Differences need to be worked out so we can function well as a team. I believe we've been too polarized in the past. Not that everyone has to agree, but when we have a consensus, the position should be supported. I will work toward achieving consensus.

#### Updated Goals

My other goals will be to:

- Dramatically increase the number of volunteers at all levels of masters track & field, and provide a reward system for these individuals.
- Increase the number of athletes in our organization. Our primary obligation is to the athlete, and the primary way in which we serve the athlete is to facilitate track & field meets at all levels.
- Communicate more effectively with our membership and the outside world. The Internet and our web site are just a couple of ways we can do this; we will work on other options as well.
- Bring about change in our masters anti-doping policies. I believe we must allow some exceptions for masters athletes and need better information on how to obtain waivers.
- Get the executive officers, executive committee, regional coordinators and association chairs to work more as a team throughout the year. The executive officers will share many of the duties of the chair. The vice-chair and other officers will have much more active roles.
- Find ways to conduct business more frequently than once a year at the convention. This includes conference calls, Internet meetings, and face-to-face meetings.

- Listen and respond to the needs of all people interested in our sport.

#### Sacramento Bid

At a joint meeting of the Masters Track & Field and Masters Long Distance Running committees at the Convention in Albuquerque, the Sacramento Sports Commission and the USATF Pacific Association announced they were seriously considering bidding for the 2005 WAVA World Veterans Championships. No action was taken at that meeting.

The next day at a meeting of the Masters LDR Committee, a motion to support Sacramento's intended bid was unanimously approved.

Later that day, at a meeting of the Masters T&F Committee, Charles DesJardins made a case for the T&F Committee to also support the Sacramento bid. He felt the opportunity to bring the event to the U.S. was so great that we would be injudicious not to approve the bid. The benefits to USA Track & Field would be tremendous. He said Sacramento could comply with WAVA's bid requirements and had the internationally recognized venue to stage a successful event.

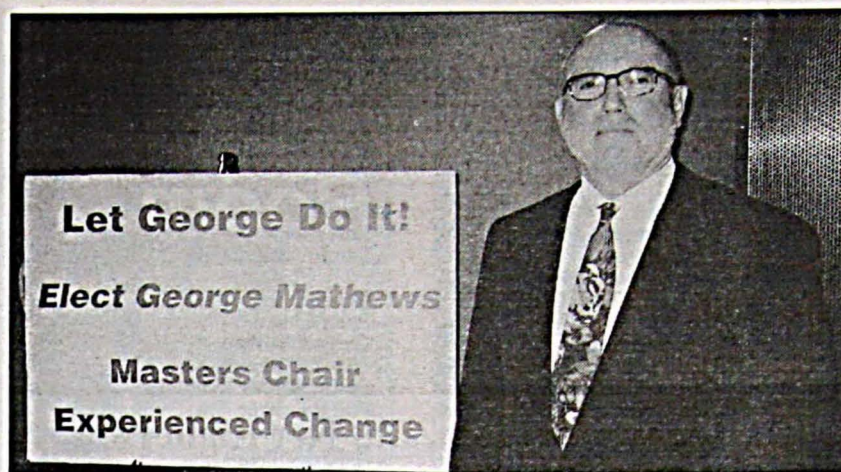
#### Opposition's Case

Opponents of the Sacramento bid felt the proposal had not followed the process the committee developed for the last WAVA Championship bid made by the U.S. – the 1995 Buffalo bid. These procedures included:

1. Solicitation of bids.
2. Site visits to different venues by a special subcommittee.
3. Analysis of all bids from a technical and financial aspect.
4. Presentation of the analyzed bids to the committee.

Other objections included the fact that it would be very difficult to do all the work in a short period of time. Also, there was concern that, since the WAVA 2003 Championships in Kuala Lumpur might be moved to Puerto Rico, the Sacramento bid might be futile, as WAVA may not want to return to the same area of the world for successive Championships.

A motion *not to support* the Sacramento bid at this time carried, 22-8. The Committee would consider an effort to bring the WAVA Championships to the U.S. in 2007 or



JERRY WOJCIK

George Mathews, newly elected USATF Masters T&F Chair, with his campaign slogan outside the room where the voting for the office of Chair took place at the USATF Meeting, Dec. 2. Mathews waged the most extensive publicity campaign ever for the office, passing out pens, badges, and a curriculum vitae.

at some later time.

#### Favorable Reverse

The next day, at the USATF Board of Directors meeting, a motion was made to overrule the Masters T&F Committee and submit a letter of intent to WAVA for the U.S. to host the 2005 Championships.

I presented the concerns of the Masters T&F Committee to the Board. The Board reviewed the USATF regulations on international bids and recognized:

1. A completed bid was not in hand.
2. A technical analysis of Sacramento's proposed venues had not been made.
3. A financial analysis had not been done. (The Board was particularly concerned about the financial liability that may be assumed by USATF.)
4. The Masters T&F Committee had not yet recommended the Sacramento bid and, in fact, had rejected it.
5. A solicitation of potential bidders had not been performed.

After considering all this information, the Board generally felt the missing elements could possibly be accomplished in time and that bringing this meet to the U.S. was too great an opportunity to not explore further.

The Board voted unanimously to submit a letter of intent to WAVA for the U.S. to host the 2005 WAVA World Championships.

#### Action to be Taken

1. The Sacramento Sports Commission and the Pacific Association of USATF will furnish financial and technical plans ASAP.
2. I will provide Pat Rico with the financial WAVA Championship bid

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documents.

3. The Masters T&F Committee is to provide qualified personnel to do a technical evaluation of the proposed Sacramento venue and any other venue that expresses realistic interest in hosting the 2005 event. Rex Harvey and I will form the core of this evaluation sub-committee. Sufficient funds must be identified for this activity.

4. The USATF national office will put out a solicitation to cities and other organizations that might be interested in hosting this championship.

5. I will keep the Board apprised of the situation and will make a summary verbal report to the Jan. 21 Board of Directors conference call meeting.

6. If a proper and viable bid is completed and selected, I will immediately seek approval of the Masters T&F Committee so that a timely submittal can be made to WAVA.

Once again, thank you for the opportunity to lead, manage, and represent the USATF masters over the next four years. □

### FIVE YEARS AGO January 1996

- Warren Utes, 75, John Keston, 70, and Rae Baymiller, 51, Among 25 LDR Runners Honored at USATF Convention in Atlanta
- Steve Robbins, 52, and Phil Raschker, 48, Named Top 1995 U.S. Masters T&F Athletes
- Max Green, 63, and Elton Richardson, 56, Voted Best U.S. Masters Racewalkers
- James Barrineau, 40, Wins Best Single Performance for His 6-11 (2.11) Long Jump
- Sandy Pashkin Named Outstanding T&F Administrator



## 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	Christel Miller/Phil Raschker
1990	Larry Almborg	Betty Vosburgh
1991	Jack Greenwood	Shirley Matson/Phil Raschker
1992	Stan Whitley	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
2000	James Stookey	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 Almborg, 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
2000	Johnny Gray, 40	800, 1:52.42
	Oneitha Lewis, 40	WT, 49-9/4 (15.17m)

### 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

2000 Emil Pawlik/Phil Raschker

### 2000 AGE-GROUP AWARDS

Age	Track	Men State	Field	State
30	George Onyeyonwu	CA	Ken Hall	FL
35	Jack Armour	CA	Jim Connolly	CA
40	Karl Smith	MD	Tom Petranoff	RI
45	Richard Burns	CA	James Barrineau	VA
50	Nolan Shaheed	CA	Steve Hardison	CA
55	Donald Neidig	NM	Tom Gage	MT
60	Harold Tolson	CA	Glen Johnson	TN
65	Dick Richards	CA	Phil Fehlen	CA
70	Harry Brown	IL	Gordon Seifert	AL
75	Mel Larsen	IA	Mel Larsen	IA
80	Milt Silverstein	AZ	Milt Silverstein	AZ
85	Alfred Funk	MT	Ross Carter	OR
90	Anthony Castro	CA		
95	Everett Hosack	OH	Everett Hosack	OH
<b>Women</b>				
30	Patty Murray	CO	Tiffany Smith	CA
35	La Tanya Sheffield	AZ	Oneitha Lewis (39)	NY
40	Rose Monday	TX	Oneitha Lewis (40)	NY
45	Jacqueline Board	MO	April Capwill	PA
50	Phil Raschker	GA	Phil Raschker	GA
55	Shirley Matson	CA	Vanessa Hilliard	FL
60	Diane Palmason	WA	Barbara Cleveland	FL
65	Audrey Lary	MD	Audrey Lary	MD
70	Toshiko d'Elia	NJ	Leonore McDaniels	VA
75	Louise Adams	CO	Johnny Valien	CA
80	Mary Bowermaster	OH	Mary Bowermaster	OH
85			Betty Jarvis	OK

## Track & Field Awards

Continued from page 1

for the 400 (66.61). In Eugene, she won nine individual gold medals, and included a U.S. record in the pentathlon (4252). Raschker also won handicap sprint races for masters women featured at the USATF Open Indoor Championships and the Olympic Trials.

Pawlik and Raschker were mirror-image repeaters, both having won the Multi-Event Athlete Awards in 1999, in essentially the same events. Pawlik won the indoor pentathlon and heptathlon and outdoor pentathlon and decathlon; Raschker won the same events, substituting the women's outdoor heptathlon for the men's decathlon.

Lewis also has the distinct honor of



JERRY WOJCIK  
Alfred Funk, of Montana, M85 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 Thornsley
1997	Don Austin
1998	Ken Weinbel
1999	Suzy Hess
2000	Becky Sisley

being chosen the outstanding athlete in two divisions in the same year, the W35, when she was 39, and the W40, when she was 40.

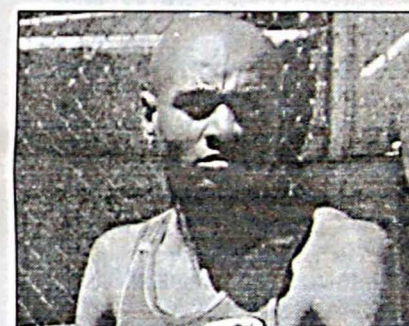
Starr won all USATF Masters Racewalk Championships in 2000: the indoor 3000 in Boston, 5000 and 20K in Eugene, 5K road, 15K, 30K and One-Hour. Herazo won the indoor 3000 in Boston, 5000 and 10K in Eugene, 15K, One-Hour, and WAVA Regional 5000, with records in the One-Hour and 15K, and was an Olympic Trials qualifier.

Sisley, Eugene, Ore., has been the Northwest Regional Masters Coordinator for four years and is a member of the National Championships Games Committee and the Meet Manual Committee.

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

Athletes were also chosen in each five-year age division for men and women in track, field, and racewalking (see chart on this page).

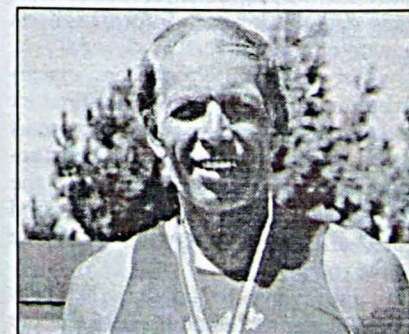
- Jerry Wojcik



SUZY HESS  
Johnny Gray, 40, winner of the 2000 Outstanding Single Performance Award for his 1:52.42 800 in the Prefontaine Classic.



SUZY HESS  
Rose Monday, of Texas, W40 Masters Track Athlete of the Year.

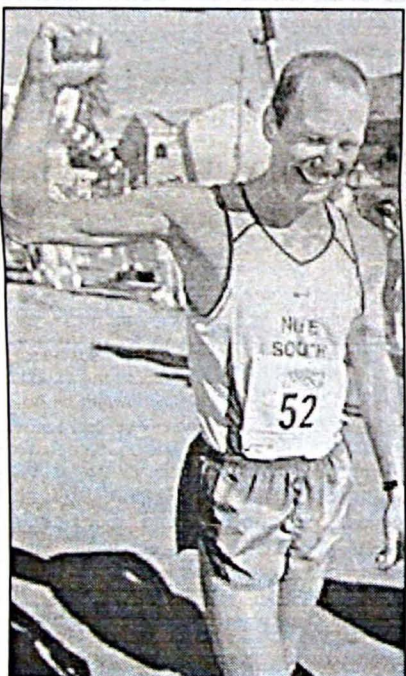


SUZY HESS  
Dick Richards, of California, M65 Masters Track Athlete of the Year.

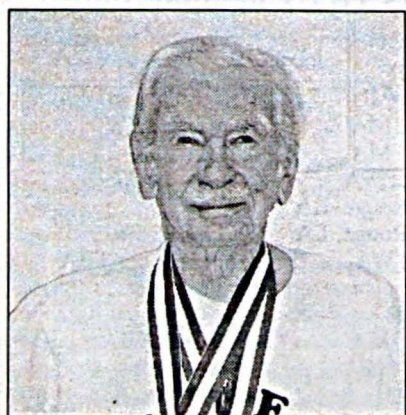




SUZY HESS  
Leonore McDaniels, of Virginia, W70 Masters Field Athlete of the Year.



MICHAEL DOHERTY, UTICA OBSERVER-DISPATCH  
John Tuttle, the M40 LDR Masters Runner of the Year.



SUZY HESS  
Everett Hosack, of Ohio, M95 Masters Track and Field Athlete of the Year.

## LDR Awards

Continued from page 1

performances under RRIC's 33:00 mark to outdistance his competition. Bill Rodgers (MA) at age 52, and Warren Utes (IL) at age 80, won their respective age groups, returning to the Outstanding Athlete of the Year ranks.

The Paul Spangler Award goes to the oldest male and female athletes. Abraham Weintraub, Brooklyn, N.Y., on the strength of six races and a 7:25:12 New York City Marathon, won the M90, while perennial winner Hedy Marque, Alexandria, Va., won the W80 for two 10Ks and a 15K, all of which exceeded the quality of the seven others in her age group.

Other age-group winners included Toshiko d'Elia (NJ, W70) and Mary Storey (CA, W75). Among the men are Sumner Brown (MA, M55), Jerry Johncock (MI, M70) and Lou Lodovico (PA, M75).

The Ultra-Athlete female award was voted to Sue Olsen, 42, Burnsville, Minn., whose accomplishments include being the first woman finisher in a 48-hour and three 24-hour events. The male award went to Jim Garcia, 42, Westford, Mass., who placed first overall in two 100-mile trail runs, first master in a 100K, and was the 100K national champion at Pittsburgh in March.

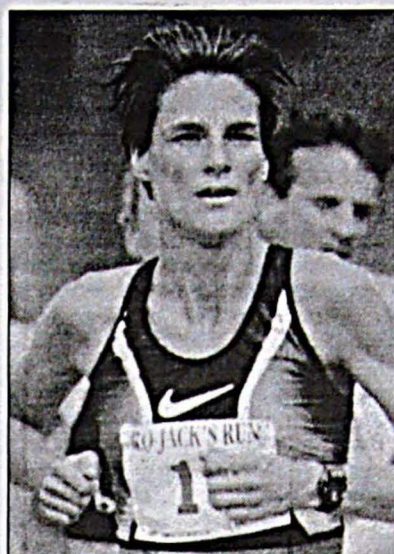
Carolyn Smith-Hanna, 50, of Pittsford, NY, and Tom Dalton, 40 of Schenectady, NY, won the first Cross-Country Athlete awards for their performances at the national 5K X-C and 10K X-C events. Dalton won both events, while Smith-Hanna won W50 in both, with the highest age-graded performance.

The Otto Essig Award for Meritorious Service to Masters LDR was awarded to George Kleeman for his work on the USATF Rules Committee and for authoring the LDR Governance Bylaws and guidelines for athletes who participate in national championships.

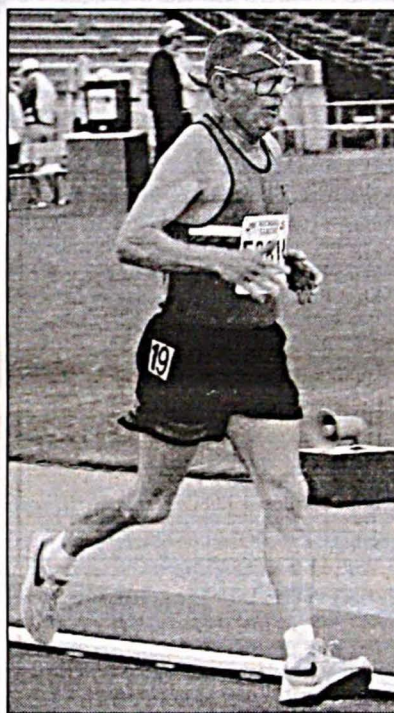
Don Lein (men) and Ruth Anderson (women) coordinated the awards. Each led the Masters LDR Committee in making its final selections. □



JERRY WOJCIK  
Toshiko d'Elia, of New Jersey, W70 Masters LDR Athlete of the Year.



VICTOR SAILER/PHOTO RUN  
Judi St. Hilaire, of Massachusetts, W40 LDR Masters Athlete of the Year.



SUZY HESS  
Paul Heitzman, of Kansas, M65 Masters LDR Athlete of the Year.



KAREN MITCHELL  
Warren Utes, of Illinois, M80 Masters LDR Athlete of the Year.



CLAY SHAW  
Bill Rodgers, of Massachusetts, M50 Masters LDR Athlete of the Year.

## USATF Masters Long Distance Running Committee - Athletes of the Year - 2000

Age Group	Women	State	Men	State
40-44	Judi St. Hilaire	MA	John Tuttle	GA
45-49	Jane Welzel	CO	Lloyd Stephenson	CA
50-54	Gloria Jansen	MN	Bill Rodgers	MA
55-59	Shirley Matson	CA	Sumner Brown	MA
60-64	Barbara Miller	CA	Jack Nelson	IL
65-69	Helene Bedrock	NJ	Paul Heitzman	KS
	Myra Rhodes	CA		
70-74	Toshiko d'Elia	NJ	Jerry Johncock	MI
75-79	Mary Storey	CA	Lou Lodovico	PA
80-84	Hedy Marque*	VA	Warren Utes	IL
85-89	---		Dudley Healy	NJ
90-94	---		Abraham Weintraub*	NY
Ultra	Sue Olsen	MN	Jim Garcia	MA

\*Paul Spangler Athlete of the Year

Otto Essig Award:

X-C Athletes of the Year:

George Kleeman

Carolyn Smith-Hanna, W50, NY

Tom Dalton, M40, NY



# 22nd Annual Convention of USA Track and Field -

## Minutes of Masters Track and Field Committee Meetings

Ken Weinbel, Chair, Presiding  
Thu. Nov. 30 - 5:30 p.m.  
Chairman's Report

Ken Weinbel opened the meeting with about 90 people in attendance. He thanked everyone for the many cards and flowers during his recent surgery.

### Restructuring

Under USATF restructuring, masters T&F was going to lose its identity with only one person from masters T&F and masters LDR to be selected to sit on the Board of Directors. Weinbel proposed to the USATF Executive Committee that the masters T&F chair retain a position on the Board. The motion passed. The Board decided to make LDR and masters T&F single groups with equal voting rights. The Board has been reduced from about 120 members to 29. The Executive Committee has been eliminated.

### Sponsors

Weinbel admitted that getting sponsorship is tough, that he made promises he couldn't keep, and that 1500 participants at the Nationals is not enough to interest a national sponsor. The National Senior Games Association (NSGA) has agreed to help us obtain sponsors in exchange for our helping them officiate their local, state, and national meets. Weinbel has appointed an NSGA liaison committee of Rex Harvey, Suzy Hess, Courtland Gray and himself.

### Web Site

USATF has hired a full-time webmaster, Keith Lively. This looks good for the future of the masters web site. The web site is a project that has been worked on by Dave Clingan, Andy Hecker and George Mathews.



JERRY WOJCIK

USATF Masters T&F Committee officers elected at the 22nd annual meeting, Albuquerque, (from l): Bob Cahners, Secretary; George Mathews, Chair; Suzy Hess, Vice-Chair; and Frank Lulich, Treasurer. The term of office is four years.

### Drug Testing

USATF is not in the drug testing business for masters. USATF addressed the problem of our positive drug test and forwarded the problem to the IAAF, which passed it to WAVA. Rose Monday will act as drug policy liaison with WAVA, and chair a small committee. USATF and USOC are also out of the drug testing business, which has been forwarded to USADA, a private group.

### Contracts

USATF will provide each sports committee with a contract to use for national championships. We should have been using contracts all along. We're lucky there have been no liability problems.

### USATF Budget

USATF has halved its deficit. Its revenues fell 9% short of its target in 2000.

### Meet Manual

Dave Clingan will prepare a meet manual with the help of Rex Harvey, Dick Hotchkiss, Becky Sisley and Don Austin.

### Active Athletes

The committee elected 19 "active athletes" from 24 nominees to vote in the meetings.

### Budget

Treasurer Madeline Bost said our budget for 2001 would be \$30,000 - the same as in 2000. There are some minor revisions, with more money going to our team manager, who will be going to Australia for the World Championships. The Hall of Fame allocation may later be increased from \$500 to \$750. No report of 2000 expenses was submitted, but the budget for 2001 is listed on this page.

### Rules

Graeme Shirley proposed, and the committee agreed, to adopt all WAVA standards for USA competitions, including the 27" hurdle standard and the WAVA weight implements (see WAVA/USATF specs on page 23).

### Rights Fees

Should we charge a "rights fee" to hosts of our national championships? Baton Rouge, the 2001 host, agreed to pay a \$10,000 fee when it solicited the bid in 1998. Orono, Maine (2002) offered no rights fee. Neither did either of the two bidders (Eugene and Spokane) for the 2003

meet. No formal action was taken, but the sentiment seemed to be that we should encourage, but not demand, a rights fee for future championships. A line should be added to the bid form for bidders to fill in or leave blank as they choose.

### Athlete Surcharges

To help our financial situation, surcharges have been charged to athletes in various regional and national meets. The funds have been channeled to the Masters Sports Foundation and used for critical expenses in the last couple of years (no accounting was provided).

### Awards

(See separate story on page 1.)

Fri. Dec. 1 - 8:00 a.m.

### Endowment

Jerry Donley reported ongoing discussions with USATF are being held regarding a planned giving program, whereby athletes would declare bequests to USATF in their wills.

### Regional Reports

Five regional coordinators met briefly to try to act on the bylaw changes affecting masters regions.

**East:** Roslyn Katz said the indoor regionals were held March 18 at the 168th St. Armory in Manhattan, NYC, one week prior to the Nationals, attracting many athletes from outside the region. The great cost of using the Armory was assumed mainly by the host Metropolitan Association (MAC). The outdoor regionals were held July 15 at Springfield College in Springfield, Mass. The 2001 indoor meet is set for March 17 at the Prince George's County Sports Complex in Landover, Md. The outdoor meet will again be held in Springfield, Mass.

**Southeast:** Bob Fine said more than 300 athletes came to the outdoor regionals in Tennessee. Free championship patches were awarded. The 2001 meet is slated for Birmingham, Ala., in June, as part of the seven-year rotation. The region also hosts regional multi-events and racewalking events. Regional records are being compiled. Current officers were re-elected by the Regional Council. Indoor facilities with reasonable rentals are not readily available. Over 20 full-scale meets were held in Florida in 2000, plus many all-comers meets

Continued on page 20

## USATF Masters Track & Field Budgets

	1993	1994	1995	1996	1997	1998	1999	2000	2001
Chair	4,900	5,500	5,700	5,700	4,970	4,970	5,200	5,200	5,200
Vice Chair			700	900	470	470	600	600	600
National Meet Coordinator	2,000	2,000	2,000	2,700	1,470	1,470	1,750	1,750	1,750
Administration				500	00	20	20	25	325
Awards	500	950	900	1,000	500	500	650	650	650
Board of Directors Delegate	500	500	500	500	170	170	300	300	
Data Base-Membership				300	750				
Games Committee-Indoor		600		500					
Games Committee-Outdoor		650	750	500					
Hall of Fame				500			500	500	500
Legends Program							800	1,600	800
Market Research		1,500	300	500					
Meet Manual	500	500	300	300			1,000	1,000	500
Multi-Events Coordinator	1,900	2,100	2,100	2,100	1,370	1,370	1,530	1,465	1,465
Racewalking Coordinator	500	950	900	900	320	320	400	400	400
Rankings Coordinator	1,900	2,000	2,000	2,000	1,270	1,270	1,435	1,465	1,465
Records Coordinator	2,300	2,000	2,000	2,000	1,270	1,270	1,435	1,465	1,465
Regional Coordinators	7,700	9,100	9,100	9,100	5,950	7,630	9,100	9,800	9,100
Secretary	1,400	2,000	2,000	2,000	1,470	1,470	1,700	1,700	1,700
Substance Abuse Committee			300	100					
Team Manager	2,400	500	2,000	500	2,180	480	2,000	500	2,500
Treasurer	1,000	1,450	1,450	1,450	970	970	1,130	1,130	1,130
Weights Coordinator				300	320	320	450	450	450
By-Laws Preparation		200							
Printing Brochures	250	350							
Site Selection Coordinator	450	700							
Women's Representative	400								
Miscellaneous	100								
Microfilm Records	400								
Site Selection -WAVA '95	900								
<b>TOTAL</b>	<b>\$30,000</b>	<b>\$34,000</b>	<b>\$34,000</b>	<b>\$34,800</b>	<b>\$22,700</b>	<b>\$22,700</b>	<b>\$30,000</b>	<b>\$30,000</b>	<b>\$30,000</b>

## USATF National Masters T&F Championships

Meet	Site	Date
	<b>2001</b>	
Indoor Heptathlon (M&W)	Chicago, IL	February 9-10
Indoor Pentathlon (M&W)	Boston, MA	March 23
Indoor	Boston, MA	March 23-25
Decathlon/Heptathlon	Tacoma, WA	June 16-17
Pentathlon	Baton Rouge, LA	July 25
Outdoor	Baton Rouge, LA	July 25-28
Weight & Superweight	Seattle, WA	September TBA
Weight Pentathlon	TBA	TBA
	<b>2002</b>	
Indoor	Boston, MA	March TBA
Outdoor	Orono, ME	August 1-4
	<b>2003</b>	
Indoor	Boston, MA	March TBA
Outdoor	Eugene, OR	August 14-17



# Albuquerque, New Mexico - Nov. 29-Dec. 3, 2000

## Minutes of Masters LDR Committee Meetings

Jerry Crockett, Chair, Presiding  
Wed. Nov. 29 - 8:30 p.m.

### Chairman's Report

We've moved from a "hip pocket" operation to a structured organization. Soon we'll publish a booklet by George Kleeman on Guidelines for Masters LDR Championships. The quality of our national championships is less than when we had the Indy Life Circuit.

### Procedures

We've reduced the number of officers from four to three - eliminating the position of Treasurer, since there's no longer a function for that position.

### WAVA

Norm Green said the Kuala Lumpur world championships in 2003 will likely be relocated. Charles DesJardins said Puerto Rico may be the new choice. The World LDR Championships in San Ysidro, Argentina, in 2002, will have a 50K walk and run. The 2000 LDR Championships in Spain were mostly attended by Europeans. Only 10 USA athletes, mostly racewalkers, participated. DesJardins went to the North American T&F Championships in Kamloops, where Brian Oxley of Canada was re-elected president and North American representative to the WAVA Council. Sacramento (CA) may bid to host the WAVA meet in 2005.

### IAAF Veterans Committee

DesJardins said the major IAAF veterans' issue is drug testing. He has pushed for WAVA to take control of veterans' drug testing, but WAVA did not want the responsibility. There was a positive drug test at the world championships last year - a USA athlete. DesJardins was given a list of several European athletes who have been suspended by their national federations for drug abuse. Europe is well ahead of the U.S. in drug testing of masters. IAAF has now passed the matter to WAVA. DesJardins will report upcoming developments through *National Masters News*.

### Awards

(See separate story on page 1.)

### Other Items

Crockett invited members to let him know their interest in being assigned to other committees. DesJardins has been elected co-team manager for the WAVA championships next year in Brisbane, Australia. All entry forms are to be sent to Indianapolis for validation. John Boyle asked members to order Championship Guideline Booklets from him.

The committee recessed at 8:57 p.m.

Fri. Dec. 1 - 7:30 a.m.

### Amendments to Rules

George Kleeman reviewed about 14 amendments to USATF rules affecting masters LDR.

### Law and Legislation

Mary Rosado reviewed the work of the joint LDR meeting. She affirmed the conceptual framework that has been developed. A motion was approved that the X-C Council should submit its recommendations for masters X-C championships to this committee for final approval.

### Athlete Information Center

Barbara Arveson distributed the LDR

newsletter, noting that a longer version is coming in January. Her functions include maintaining athlete bios, doing the newsletter, and working with Ryan Lamppa of RRIC on media releases. She wants creation of a masters web site to be a high priority. Crockett said USATF now has a webmaster. Several persons expressed concern about incomplete membership records that hampered verification of USATF membership for national championships.

### Championship Liaisons

Crockett said L&L has agreed that our committee should retain final approval of championships. John Boyle said we want to have a liaison for each championship. Liaisons must see that results contain full data, name, city, state, time, gender, age, and overall finish place. They must also bring a camera and take photos, and phone the race director to "ride herd" on the situation.

### Budget

Our committee has been allocated \$30,000 for 2001, the same as for 2000. Crockett said our committee is having to pick up some of the 2000 Hall of Fame award costs.

### Other Concerns

DesJardins noted several committee members were denied voting status in the masters T&F meetings, even though some, such as Dudley Healy, are regular competitors on the track.

The committee recessed at 10:19 a.m.

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

Fri. Dec. 1 - 1:00 p.m.

Jerry Crockett opened the meeting. He expressed pleasure in working with Ken Weinbel, the retiring masters T&F chair for the past six years. Weinbel reciprocated, noting the two had raised masters' visibility in the executive committee meetings.

### WAVA

Tom Jordan said Brisbane preparations are going well and should result in the best

games ever. Kuala Lumpur is up in the air for 2003. KL's original organizers have all resigned. Unless KL can authenticate a \$1.5 million guarantee, the games will be shifted to Italy or Puerto Rico. A decision will be made within a month.

Jordan said the Kathy Jager drug case has been passed from IAAF to WAVA. Stan Perkins chairs WAVA's doping committee. Currently, WAVA drug policies mirror the IAAF's, but may need adjustment for masters athletes taking prescription drugs.

### Brisbane 2001

Don Austin and Charles DesJardins will serve as co-team managers in Brisbane, July 4 - 14, 2001. Entry books are available. WAVA rules will apply. All USA entry forms must be sent to Indianapolis where they'll be verified - with copies sent to Austin - and forwarded to Brisbane. Fees must be paid by credit card or bank draft. Confirmations will be sent by May 1 from Brisbane. Australia has a strict visa requirement. The USATF web site will have info on WAVA and link to the LOC. Officials who want to work in Brisbane should contact Rex Harvey. Protests must be made through team managers. Athletes should attend daily team meetings.

There will be drug testing. A team uniform is undecided. DesJardins will manage the X-C, road walk, and marathon teams; Austin will handle the relay squads. DesJardins said they are waiting for feedback from Brisbane about the requirement on "no criminal record." Barbara Kousky said all accompanying persons must complete an entry form and order an accompaniment package. The current exchange rate is U.S. 53 cents = Australia \$1.00.

Rex Harvey said he's been to Brisbane twice. There will be some schedule changes: e.g., a field event may be spread out across the week, rather than staged on only one day. The Australians use FinishLynx and plan to use HyTek for non-stadia, as well as stadia, events. Brisbane is rebuilding the main track with 10 lanes

around. No declarations will be required for field events, but the seeding mark you put on your entry will determine your flight/heat.

### Sacramento 2005

DesJardins said the Pacific Association and the Sacramento Sports Commission hope to bring the WAVA championships to Sacramento in 2005. The site will be chosen in Brisbane on July 11, 2001, by the WAVA General Assembly. George Kleeman said the non-stadia venues have not been selected yet, but the stadia choices are strong. Spanos Stadium was used for the USA Olympic Trials this year, seats 22,000, and has a mondo surface. The three tracks are separated by about five miles. Both main stadia have lights.

Kleeman said they want to stage the marathon in the Bay Area, possibly with the San Francisco Marathon, because it will be cooler. Cross-country may be contested in Belmont, south of San Francisco. The road walk could be staged on a 2km closed-loop course as used in the Trials.

John McCassey, Executive Director of the Sacramento Sports Commission, said they can handle transportation and have 2000 volunteers ready to work. If we endorse the bid, they have a lot of work to do by the May 1 deadline. Sacramento has a wide variety of hotels and college dorm rooms. It never rains in July. It's warm in the day but cool at night.

McCassey said the Trials had a financial shortfall, which was covered by the city and county. In the future, the city and county will give the Sports Commission an annual grant. Alex Spanos has offered \$1 million. Kleeman said, because of the timing, if we encourage other U.S. bids at this point, 2005 would be out the window. Any bid must come from a WAVA affiliate

Continued on page 20

## 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.
27	2005	Jacksonville, Fla.

## USATF National Masters LDR Championships

Date	Event	Location
<b>2001</b>		
February 17	10K X-C	Fort Vancouver, VA
March 24	100K	Pittsburgh, PA
April 1	5K Road, Men	Carlsbad, CA
June 2	5K Road, Women	Albany, NY
July 28	50 Mile Trail	White River, WA
September 15-16	24-Hour	Sylvania, OH
October 7	Marathon	Minneapolis, MN
October 27	15K	Tulsa, OK
November 4	8K X-C	Rochester, NY
November 18	5K X-C	DeLand, FL
December 1	6K X-C	Mobile, AL
December 29	50K Trail	Huntington, IN
<b>2002</b>		
October 12	100K	Boston, MA
October 13	Marathon	Minneapolis, MN
October 26	15K	Tulsa, OK
November 3	8K X-C	Rochester, NY



## T&F Minutes

Continued from page 18

and 20 Senior Games. In 2001, additional meets are planned for Gainesville, Melbourne, South Florida, and perhaps Naples.

**Mid-America:** The outdoor regionals were held June 10 at Friends U. in Wichita, Kansas. An international multi-events meet was held July 29-30 in Neosho, Mo. A 4x100 masters relay with six teams was featured for the first time in the Kansas Relays. A 2001 indoor championship meet is still possible in early March at Missouri Southern College in Joplin, Mo. The outdoor meet will again be held in Wichita on June 9.

**Northwest:** Becky Sisley said 115 athletes came to the outdoor meet in Bozeman, Montana on July 29-30, the first time it was held east of the I-5 corridor (Seattle, Portland, Eugene). Bob Sager directed; \$1281 was raised to buy regional medals. The 2001 meet is set for Portland, June 23-24. The 2002 event will be held in Salt Lake City, July 19-20. Three issues of "The Blue Streak" were published. A survey found athletes wanted the regional chair appointed by the National Masters Chair rather than elected by regional members. Athlete meetings were held in Bozeman and at the Hayward Classic in Eugene. Liaison with Senior Games meets was maintained. Regional records are being compiled.

### Weight Events

Dick Hotchkiss reported four national championship meets were held in 2000. A meet manual for throwing events is in the works.

### 2000 Championships

A record 1503 athletes from 50 states and 12 countries took part in the outdoor nationals in Eugene, Ore., Aug. 10-13, 2000. For the first time ever, the meet was featured on television, with a 50-minute highlight program of the meet sponsored by AARP and shown on Fox Sports. Copies of the telecast are available for \$24.95 from Oregon Track Club Masters, PO Box 11364, Eugene, OR 97440.

One-third of the participants entered via the club's web site (eugenechamps.com). All three local television stations and the *Eugene Register-Guard* covered the event, which utilized 269 volunteers and 113 certified officials. The LOC provided room and board to 48 officials. \$2750 was donated by athletes from the entry form. All volunteers and officials were invited to the barbecue. Athletes were offered free Internet access. Sponsorships increased. The meet showed a \$3200 profit.

### 2001 Championships

A progress report was given by Jerry Stovall, Vince Trinidad, and I.J. Raymond. The 2001 Outdoor Championships will take place at Bernie Moore Stadium at LSU in Baton Rouge, La., July 25-28, in conjunction with the biennial National Senior Games - the Senior Olympics.

Because of the anticipated heat, a midday break will be held. Lights are available for evening competition. The entry fee will be \$25 (1st event), \$15 (2nd & 3rd events), and \$10 (subsequent events). There will be a free shuttle to and from the airport, and from the track to the main hotel. An RV campground is nearby.

Officials are needed for the two-a-day sessions; expenses will be paid. The track is only 250 yards from the LSU dorms. Pat

Henry is the meet director. American World Travel is the official travel partner of the meet. To book a hotel, airfare, or car rental, call 800-269-5885. Discounts are available. Visit [www.americanworldtravel.com](http://www.americanworldtravel.com).

For meet info, visit [www.brasf.com](http://www.brasf.com), call 225-334-2437, or fax 225-334-2432. BRASF will publish an entry form in the February issue of NMN. The NSGA meet is set for July 14-28, with T&F action July 14-22. The same organizers are directing both meets.

The 2001 Indoor Championships are set for Boston in March (see entry form on the inside back page).

### Facilities and Equipment

The task force for testing materials showed 60% of pole vault accidents were from overvaulting and going out of the pits, which should be longer and wider. Poles must be standardized. The use of helmets for athletes is being studied.

### Championship Bid Presentations

Bids for the 2003 outdoor championships were presented by Eugene, Ore., and Spokane, Wash. Eugene was selected, 28-17. The meet will be held on August 14-17.

Boston was the only bidder for the 2003 indoor championships. (See chart of championship sites on page 18.)

Championship Site Chair, George Mathews, asked for input on whether we should opt for the best-run meet we can get, or move the meet around the country to different locations.

### Fri. Dec. 1 - 1:00 p.m.

Joint T&F and LDR Meeting (see LDR Minutes, page 19).

### Sat. Dec. 2 - 10:00 a.m.

#### Law and Legislation

Tom Light confirmed passage of USATF's restructuring plan, and said duties of regional coordinators had been clarified.

#### Masters Web Site

George Mathews said we were directed to wait for the enhanced USATF web site that was to come on line in 2000. Not much happened until October when we got the OK to move ahead. Mathews and Dave Clingan demonstrated the possible future web site with a laptop and screen and received approval to move forward. It will link to all related sites.

#### WAVA Web Site

Rex Harvey, webmaster of the WAVA web site, asked for comments on how it could be improved.

#### Multi-Events

Rex Harvey reported on the five national championships - indoor pentathlon, indoor heptathlon, decathlon/heptathlon, outdoor pentathlon, and weight pentathlon. All were successful, drawing 218 total participants. Harvey thanked Jerry Wojcik for recruiting Allen Russell to compile the national combined-events rankings to take the pressure off Harvey. (See chart on page 18 for sites of 2001 Championships.)

#### Elections

Biennial elections were held. Roslyn Katz and Bob Langenbach supervised the voting. Four candidates ran for Chair: John Cosgrove, George Mathews, Doug Schneebeck and Scott Thomsley. Each gave a three-minute speech. First ballot: Mathews 28, Schneebeck 12, Cosgrove 11, Thomsley 6. Second ballot: Mathews 37, Schneebeck 21.

Elected by acclamation were Suzy Hess (Vice-Chair), Bob Cahners (Secretary), and Frank Lulich (Treasurer).

Ten candidates vied for two WAVA-delegate slots (the Chair is an automatic delegate). No speeches were allowed. One ballot was held. Rex Harvey (25) and Al Sheahen

(22) were chosen. Alternates, in order, are: Suzy Hess (13), Phil Byrne (8), Don Austin (7), Marilyn Mitchell and Joan Stratton (5 each), Bob Fine and Pete Mundle (4 each), and Mary Trotto (3).

Five women were nominated for three delegate positions to the WAVA Women's Assembly. No speeches were permitted. Rose Monday (33), Suzy Hess (26), and Joan Stratton (22) were elected. Alternates, in order, are: Sandy Pashkin (19) and Becky Sisley (13).

### Sat. Dec. 2 - 2:00 p.m.

#### Racewalking

Weinbel gave the racewalk report for Bev LaVeck, who was in another meeting. (See chart for championship sites, page 10.)

#### WAVA Championships

Rex Harvey motioned to have our dele-

## LDR Minutes

Continued from page 19

(USATF).

### Hall of Fame

(See separate story on page 5.)

### National Masters News

Al Sheahen, Publisher and Editor for 21 years, introduced Senior Editor Jerry Wojcik and Administrative Editor Suzy Hess. NMN is owned by *Runner's World*, while published independently in Southern California. Its main office is in Eugene, Ore. Subscriptions have declined 5% this year to 6889. The main reason is probably that *Runner's World* discontinued its bind-in NMN card. Subscription revenues are up 10%, while advertising revenues are up 89%.

USATF has not subsidized NMN since 1996, but WAVA continues its \$300 monthly subsidy. NMN mails a complimentary copy to each WAVA affiliate (more than 100). This year total pages have increased 8%, results pages are up 19%, and advertising pages are up 32%.

Volunteers contribute most material. Five regular columnists are Mike Tymn, Dr. John Pagliano, Elaine Ward, Hal Higdon, and Jerry Wojcik. Sheahen expressed appreciation for stories, results, letters and photos contributed by readers.

Wojcik said new web site postings have improved the results situation. Andy Boyajian asked if NMN had thought of putting an advertisement in the AARP bulletin to reach non-runners. Sheahen said no, but it's a good idea.

Hess said she receives many advertisements and photos over the Internet. *Runner's World* does not generally publicize NMN at race expos. Sheahen added that *Runner's World* lets NMN alone, which has both its good and bad sides.

### Other Business

Rex Harvey was nominated and unanimously endorsed as a candidate for WAVA Stadia Vice-President.

The meeting was adjourned at 2:50 p.m.

### Sat. Dec. 2 - 9:30 a.m.

#### Operating Procedures

The committee approved the Operating Procedures with one modification.

#### Championship Bids

(See separate chart of dates and sites.)

#### Sacramento 2005

A motion to approve Sacramento as the USA host city for the 2005 WAVA championships was approved.

The committee recessed at 11:07 a.m.

### Sat. Dec. 2 - 3:49 p.m.

#### Records

The committee approved records pro-

posed by Linda Honikman. gates vote as a bloc in the WAVA General Assembly, with the senior member compiling and reporting the vote, and the recommendation that the two masters LDR representatives join the bloc. The motion passed, 17-10.

Team manager Don Austin confirmed relay-selection procedures. Runners will be chosen based on their times in the 100 (for the 4x100) and 400 (for the 4x400) in Brisbane. Exceptions may be made by Austin to make the teams "competitive."

The address for the processing of applications will be the home office of USATF. "WAVA entry" must be written on the envelope. (See "Countdown to Brisbane" on page 22 for more details.)

Continued on page 28

posed by Linda Honikman.

### Elections.

Jerry Crockett, Chair; John Boyle, Vice-Chair; and Norm Green, Secretary; were elected by acclamation. Ruth Anderson, Norm Green, Mary Rosado, and Charles DesJardins were nominated for the two WAVA delegate positions from Masters LDR. Bob Langenbach of the Membership Services Committee explained a candidate must win by majority vote. Members could vote for two persons. Anderson, Green, and Rosado spoke to their candidacies, with John Boyle speaking for the absent DesJardins. Green was elected on the first round. Anderson and Rosado faced a run-off for the second spot, with Rosado winning.

### MUT

Kevin Setnes reported Mountain, Ultra, and Trail to be doing well. MUT tries to hold its men's, women's and masters' championships in common. The MUT web site is: [www.americanultra.org](http://www.americanultra.org).

### Associations

Don Shepan said the Associations Committee's minimum standards for an association are 600 members, 15 clubs, 50 officials, and 20 sanctions. In a state of less than one million people, the standards are reduced. States with a population of one to two million have standard two-thirds of the top level.

### Law and Legislation

Mary Rosado reported Regulation 11 would be reviewed next year and invited input concerning the regulation. Masters athletes are being considered for drug testing.

### Women Delegates to WAVA

Crockett appointed Anderson and Rosado as USA delegates to the WAVA Women's Assembly.

### Appointments

Our representatives to other committees are: **Rules:** George Kleeman; **L&L:** Mary Rosado; **Coaching Education:** No volunteers; **Sports Medicine and Sports Science:** Al Morris; **Associations:** Don Shepan; **Member Services:** Bob Langenbach; **Records:** Basil and Linda Honikman; **Officials:** Joyce Hodges-Hite.

The five at-large positions will be chosen by the Executive Committee from the following: Carole Langenbach, Bill Quinlisk, Ruth Anderson, Charles DesJardins, Don Lein, Dudley Healy, and Barb Leininger.

The committee adjourned at 4:53 p.m. □

- Norman Green, Secretary





## International Scene

By **TORSTEN CARLIUS**  
WAVA President

### Veterans Movement Strong

**W**ell, another year has passed during which numerous activities took place in the veterans' arena. As in prior even-numbered years, 2000 played host to another WAVA Non-Stadia World Championships. Additionally, the year was abuzz with Regional Stadia Championships worldwide. Now, in 2001, we look forward to our 14th World Stadia championships in Brisbane, Australia, in July.

#### Regional Championships

Five regions staged very well organized stadia championship events:

Oceania – Norfolk Island  
Asia – Bangalore, India  
South America – Mar del Plata, Argentina  
Europe – Jyväskylä, Finland  
North & Central America and the Caribbean – Kamloops, Canada

Each of these championships conducted excellent meets, showing veterans' athletics at their best. This makes it all the more disappointing that Africa was unable to hold their regional championships in 2000. Despite our efforts to promote our sport beyond the familiar southern areas, those in the more northerly cities expressed no interest in hosting the championships. We do, however, hold hopes that 2001 will see a more positive response. It

remains a challenge to us to establish an athletics forum on this vast continent.

#### World Non-Stadia Championships

Our fifth WAVA Non-Stadia Championships were held in Valladolid, Spain, in May 2000. Once again, we enjoyed the hospitality and excellent facilities of this host city.

The next Non-Stadia Championships will be in San Isidro, Argentina, in 2002 where we will implement the new program adopted by the General Assembly in Gateshead, England. This program will encompass five days, with more events than previously. The goal is to raise the Non-Stadia Championships to the level of World Championships. San Isidro will be our test case. We have expectations this change will lead to greater participation at the World Non-Stadia



CHUCK SOCHOR

Turgen Radke, Germany, in lane 4, lunges for the tape to win the M60 100 (12.32), 13th World Veterans Championships, Gateshead, England. Rolf Temme, Germany, lane 3, was second (12.42). Reggie Austin, Australia, lane 5, finished third (12.44); John Cooper, Australia, was fourth (12.51).

#### Championships.

#### 2001 Stadia Championships

Our friends in Brisbane, Australia, are working hard to ensure they offer only the best for the next World Championships. The Olympic Games held last year in Sydney raised the bar to a very high level, which I am sure Brisbane is planning to match for our veterans. Everything so far points to a superb championships event.

In Brisbane, we will hold the General Assembly, as usual. As you read this, proposals for amendments to our Constitution/By-laws/Rules of Competition are accumulating and there is no doubt there will be much to discuss at the General Assembly. I take this as a sign that our movement is very much alive and that our affiliates are

doing their best to promote our sport.

The Assembly will be presenting its recommendations for selecting a host city for the 2004 Non-Stadia Championships and 2005 Stadia Championships. We already know we can expect bidders for each championships and look forward to their presentations.

#### World Masters Games

I know there is great interest in the World Masters Games (WMG) and WAVA's future relationship with this organization. The next WMG will take place in Melbourne, Australia, in 2002. Thereafter, they will shift to odd-numbered years, i.e., 2005, 2009, etc. This change was decided by the IMGA General Assembly in 1999, following a request from the swimmers.

Continued on page 23

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brianoxley@sympatico.ca  
Phone: 705-746-4942  
Fax: 705-746-9748

WAVA web site: <http://www.wava.org>

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6 Months to Go



2001 WORLD VETERANS' ATHLETIC CHAMPIONSHIPS

# Countdown to Brisbane

by DON AUSTIN, USA T&F Team Manager & CHARLES DESJARDINS, USA LDR Team Manager

## USA Entry Procedures Changed

The 14th WAVA World Veterans' Athletics Association Championships will be held in Brisbane, Australia, July 4-14, 2001. There are no qualifying standards to enter except that female entrants must be 35 years or older and male entrants must be 40 years or over by July 4, 2001. More than 6000 athletes are expected to compete and an unknown quantity of supporters will accompany them. Entry booklets may be obtained from Don Austin (margdc@aol.com), phone: 210-699-0265, or Chuck DesJardins (CRJD@iqemail.com), phone: 775-884-9448, or they can be downloaded from the WAVA web site (wavainfo@qldevents.com.au).

Please read the following carefully, as there is a wealth of pertinent information.

### Entry Information

**Method of Payment:** Entries must include the correct fee payment. The current rate of exchange is approximately 1 AUD = .55 USD and floats daily.

A fee must be paid by:

- a) MasterCard or Visa (recommended), or
- b) Australian dollar bank check or

banker's draft. There is usually a substantial bank fee for this service.

**Documentation:** The following must be included with your entry:

- a) Proof of Age – a copy of either your birth certificate or passport (driver's license is not proof of age). All non-Australian citizens must apply for an appropriate visa to gain entry into Australia prior to leaving their own country. You will not gain entry into Australia without an approved visa. It is recommended that applications be

made as early as possible to prevent a delay in departure. The processing time for an application will vary depending on the Australian Mission and the time of year. Normally, the visa can be obtained through your travel agency or airline, but do not assume someone else is doing this function for you.

- b) Copy of your 2001 USATF Membership Card.

Mail entries to: Mark Springer, USATF – WAVA Entry, One RCA Dome, Suite 140, Indianapolis, IN 46225. Entries must be received at the above address by March 1, 2001.

### Competition Information

#### 1. Team Selection:

a) Relays (4x100 and 4x400). The USATF Masters Committee has set guidelines for selection of the team members and the team manager has authority to field a competitive team. Teams will be composed of competitors in the 100 and 400 with some discretion by the team manager. The relays will take place on Saturday, July 14 (most likely in the afternoon).

Those interested in running relays should attend a relay team meeting after the USA morning team meeting on July 12. This is after all of the 100m races and the 400 preliminaries. Most teams can be formed at that time with only minimal changes due to 400 semis and finals on July 12-13. That will allow two days for teams to meet and/or practice exchanges before the relays are held on July 14.

b) Marathon, cross-country, road racewalk: The top three USA finishers in each age group will automatically be scored. If there are less than three USA competitors, the team manager may move competitors down to score in a younger age group for team scoring only. There are some time restrictions on moving individuals around. An individual will still compete as an individual in his/her own age group.

**2. Team Uniforms:** If you are planning to compete in any team event, you must wear a uniform that will identify you as a USA competitor. ON TRACK is the official supplier of USA masters apparel. They can be reached at 800-697-2999 or by e-mail: sales@trackandfield.com. (See ad on page 24.)

**3. Team Meetings and Information Board:** There will be a daily USA team meeting. An information board will be set up at the ANZ Stadium for meeting notices and meet updates.

**4. Protests:** According to IAAF Rule 147, any protest shall, in the first instance, be made orally to the referee by the athlete himself or by someone acting on his behalf. An appeal "must be made within 30 minutes of the official announcement of the decision made by the Referee, must be signed by a responsible official (Team Manager) on behalf of the athlete..." Do not submit it directly to WAVA council members as your appeal will not be acted upon.

**5. Confirmation:** Confirmations will be forwarded direct to your postal address by Brisbane. If you have not received confirmation by May 1, 2001,

please contact the Brisbane Local Organizing Committee at PO Box 7889, Waterfront Place, QLD 4001, Australia, or e-mail: wavainfo@qldevents.com.au.

**6. Rules:** The championships will be conducted in accordance with the technical rules of IAAF, except as modified by the Rules of Competition of WAVA. A safety judge will be appointed by WAVA with authority to withdraw any competitor who is improperly performing an event, or whose continued participation in that competition would, in the opinion of the safety judge, endanger the athlete's health or the progress of other competitors.

Visually impaired competitors requiring attendants may participate in the championships on condition that they make arrangements for their own attendants and must comply with all WAVA competition rules.

WAVA will not drop the drug testing requirements. There are many over-the-counter medicines that are banned so check carefully. Call the USDA Drug Hotline (800-233-0393) or consult their web site (www.usantidoping.org) for clarification on any drugs you may be taking.

**7. Release of Names:** Unless you request that your name not be released, meet entries will be posted on our web sites. (Example: Don Austin, TX, M60 400 meters, 800 meters and 400 hurdles.) Nothing else will be released from this office.

**8. Officials:** Officials from around the world will be officiating. If you are interested in assisting, contact Rex Harvey, USA-WAVA Officials Coordinator at rexjh@aol.com. Competitors who are also registered officials will be considered for selection based on experience, skill levels, and availability.

**9. Applicants Aged 70 Years and Over:** These and other requirements:

- a) A letter providing a statement from a qualified medical practitioner to confirm level of fitness and ability to travel.

- b) Evidence of health insurance for the duration of the stay.

- c) In certain cases: A medical examination and/or x-ray may be required (please check with the Australian Mission processing the application). We have requested clarification on this requirement and will update the information when available.

**10. Tours:** We know of three tour groups, which advertise in the *National Masters News* as going to Australia. They are, not in order of preference:

- a) Ski & Travel International, Inc., e-mail: skiescapes@lakesnet.net, web site: www.ski-escape.com, telephone and fax: 218-847-0410

- b) Northwest Event Management, Inc., e-mail: NEM@nwevent.com, telephone: 800-392-1369

- c) South Pacific Adventures, telephone: 800-968-4345, e-mail: Brisbane@southpacificadventures.com

All offer roundtrip airfare, accommodations, and post-tour opportunities. □

## "BRISBANE DOWN UNDER"



### JOIN US AT THE WORLD VETERANS' CHAMPIONSHIPS

Northwest Event Management, Inc., tour operators to the WAVA Championships since 1991, now has packages available to Australia's "Garden City", one of the world's most beautiful.

Packages include roundtrip non-stop airfare from Los Angeles to Brisbane on Qantas Airlines, 13-nights First Class hotel or dormitory accommodations, all transfer fees/taxes, hospitality program, and post-tour opportunities.

Packages range from \$1775.00 to \$2240.00.

To receive more information about the Brisbane Down Under tour, contact NEM, Inc. at 1-800-392-1369 or e-mail us at NEM@nwevent.com



## International Scene

Continued from page 21

However, this means we now face the fact that in 2005 and every four years thereafter, the WAVA Stadia World Championships and the WMG will hold their events in the same year. It remains to be seen what the consequences will be.

The WAVA Council will submit a report to the General Assembly on the advantages and disadvantages of a closer cooperation with the WMG, together with recommendations on where we go from here. A group within the council (Stan Perkins, Peppo Galfetti, and myself) have engaged in initial talks with the WMG Board of Governors, but more discussion is needed.

During these initial talks, we learned that the International Olympic Committee is prepared to recognize the IMGA as the world body for veterans' sports, putting them in a very strong position. In some ways, this is beneficial for WAVA as future cooperation will become that much more important. However, we still must decide what it might mean to future WAVA-IMGA relations. This will be an important topic in Brisbane.

### European Masters Games

Turning to the European Masters Association (EMA), work to unify Europe continues and, following the last meeting with the present working group in October, all European Sports Federations have been invited to join EMA. Reaction so far has been positive and an informal meeting is being planned for 2002 in connection with the European Veterans Stadia Championships.

It is possible that the first European Masters Games can be organized for 2004. EMA is working closely with IMGA for recognition as the IMGA Regional Association for Europe.

As we start afresh following this past holiday season, my sincerest wishes to you all for a happy New Year and may you meet with great success in 2001. □

## WAVA Non-Stadia Rules Clarified

By RON BELL

WAVA Non-Stadia Vice President

Over the past few years, the Non-Stadia Committee has worked hard to raise the standard of events at both the track & field and non-stadia championships. All affiliate countries should inform their athletes of the following:

### Road Walks

I have been greatly concerned – at both Gateshead and Valladolid – at the continual rule-breaking regarding taking drinks during competition. I have asked my Walks Coordinator (Barbara Dunsford) and Chief Judge (Lamberto Vacchi) to instruct our walks judges in Brisbane to disqualify athletes who break these rules. I clarify for members the rules that will be strictly enforced.

1. **Personal Drinks:** Only a maximum of two nominated personnel per country can issue personal drinks to members of their team. Accreditation will be given to the nominated personnel. Should athletes receive drinks from other personnel, they will be disqualified. I ask all athletes who will use personal drinks to notify their team managers.

2. **On-course Drinks:** All athletes can only receive drinks at the official nominated drinks station on the course. Taking drinks at other points will lead to disqualification.

### Team Scoring For All Non-Stadia Events

Following several appeals regarding team composition in non-stadia events at past championships, it is necessary to clearly define the rules for age-group changes in multiple races on the same day:

1. The official age-group changes form must be used.

2. The form will be available at registration and at the non-stadia venue and must be completed in duplicate and signed by the team manager. All alterations must be signed by the team manager. It must show only the person changing to the younger age-group, and be handed in at the venue registration 30 minutes before the start of competition.

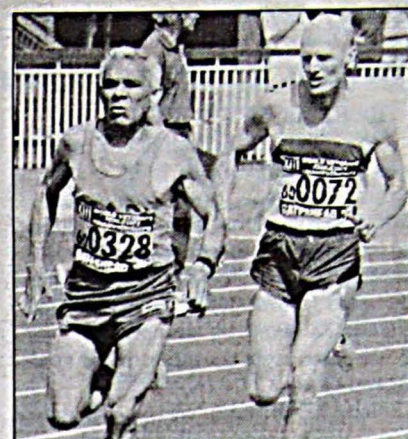
3. Both copies will be signed or stamped by members of the administra-

tion team at the venue registration, with one copy returned to the team manager.

4. A maximum of two athletes can be moved down to a younger age-group.

5. An athlete can only move to a younger age-group when the younger age-group is in the same race, e.g., 10:00 a.m.: W35-39, 40-44, 45-49 11:00 a.m.: W50-54, 55-59. An athlete may change from the 55-59 team to 50-54; this is allowed as the races are held at the same time. An athlete may not change from the 50-54 team to 45-49; this is not allowed as the races are held at different times.

Hopefully, affiliates will appreciate the tightening of our rules. Should any region strongly disagree, I suggest they contact the WAVA secretary, requesting their objection be discussed at the WAVA council meeting to be held in Brisbane prior to the championships. To further reinforce the tightening of rules, I will arrange to give a full explanation



LEO BENNING

Alan Bradford (r), Australia, about to pass Francisco Souza, Brazil, en route to an M60 800 world record of 2:10.42, 13th World Veterans Championships, Gateshead, England. Souza, second (2:11.29), also broke Earl Fee's record of 2:12.9.

at the team managers' meetings in Brisbane with interpreters present for translation. □

## 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"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
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	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
60-69	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
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"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

### IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT**	SUPER WEIGHT
					WAVA USATF	USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	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: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

\* New 1999 IAAF specifications. \*\*WAVA weights replace USATF weights on April 1, 2001.

## XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA

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## Report from Britain

## British Veterans to Join Up with UK Athletics?

By BRIDGET CUSHEN

When the IAAF Veterans Committee was first established in 1985, one of its terms of reference was to reconcile veterans' associations with their national governing body. It has largely been successful. To date, of the 128 countries affiliated to WAVA, 82 are totally integrated, 38 work in co-operation with WAVA, and eight countries report no co-operation.

Here, in Britain, we have enjoyed good working relations with UK Athletics, but no financial support and little public recognition of some outstanding achievements by British veteran athletes. All that is now about to change.

The Chief Executive, Dave Moorcroft, ex-world record holder for the 5000 and a three-time Olympian, found time in his 56-hour working week to come to Gateshead to watch the World Championships. He also sent his Development Officer, Adam Walker, to address the BVAF Annual General Meeting last July. Walker got a warm reception. Since then, meetings have taken place, a strategy has been drafted, and assurances given.

Cynics have, of course, pointed out that up to 80% of the total entries in some road races are veterans; that counties and areas have incorporated separate veterans' races within their championships only to make them financially

viable; and that there is widespread concern about the lack of interest in athletics, or, indeed, any competitive sport, from the younger generation.

## International Cross-Country

The immensely popular annual British and Irish Veterans International Cross-Country event took place in County Meath, Ireland, Nov. 18. Sean Cooney and his team did an excellent job hosting English, N. Ireland, Scottish, and Welsh teams. With autumn rainfall over the whole of western Europe exceeding all previous records, the ground was a test of stamina.

Nigel Gates, now 47, yet again

### TWENTY YEARS AGO January 1981

- U.S. Masters Divide into T&F and LDR at TAC Convention in Atlanta
- Jim Weed Voted New Masters T&F Chairman
- Ken Bernard Re-elected Masters LDR Chairman
- Jim Bowers Sets M40 25K AR of 1:22:39 in Brooks Masters Run
- Herb Lorenz Wins National Masters 15K X-C

defended his title brilliantly, winning by 16 seconds from Bob Atkinson and Colin Donnelly, last year's runner-up.

Anne Keenan-Buckley, Ireland, was equally as impressive in defending the title she won last year by 53 seconds, this time extending her lead by over a minute.

Ireland won the W35 title, but England took the other four team awards. The men's team awards were well distributed, with England getting the M40, M45, M60 and M65. Ireland took the M50, with Scotland and England scoring 28 points each for silver and bronze. Scotland won the M55.

## Cross-Country Relays

The BVAF cross-country relays were held Nov. 11 in the grounds of Princethorpe College, Rugby. Fifteen clubs fielded six M40 each for the 4.5K race. Swansea Harriers from Wales won in 86:44 from Brighton AC.

In the M50, with four runners per team, Trentham Running Club beat 11 other clubs for its first BVAF title. Swansea also won the 3 x 4.5K M60 title.

No fewer than 19 clubs tackled the women's 3 x 4.5K race, with Elaine Statham running a superb 18:12 in the W55 category. □

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CHRISTINE HESSLER (GER)	1-8-61	40-44
SANDRA MYERS (SPA)	1-9-61	40-44
VERONICA AMARASEKARA (CUCAMONGA, CA)	1-16-61	40-44
ELAINE IBA (DOVE CANYON, CA)	1-21-61	40-44
MIKE VALENTI (PEMBROKE PINES, FL)	1-23-61	40-44
ANTHEA JAMES (RSA)	1-23-61	40-44
LEVINA THERON (NAM)	1-24-61	40-44
RUTH WELDING (CULVER, IN)	1-4-56	45-49
STEPHEN GALLAGHER (WINTER PARK, FL)	1-5-56	45-49
INGRID THYSEN (GER)	1-9-56	45-49
JOZEF BYCKMANS (NED)	1-10-56	45-49
MARIA LEAUT-REBELO (FRA)	1-24-56	45-49
DARLENE AULENBACH (CAN)	1-3-51	50-54
NIKOLAI SAVKIN (URS)	1-5-51	50-54
KARIN FUNKE (GER)	1-5-51	50-54
BETTY CLAIR-SEARCY (BRONX, NY)	1-6-51	50-54
MARJA METSANKYLA (FIN)	1-6-51	50-54
CHRISTINE SCHULTZ (AUS)	1-9-51	50-54
ED LIPSCOMB (PORTLAND, OR)	1-11-51	50-54
FITA LOVIN (ROM)	1-14-51	50-54
UNNUR STEFANSOTTIR (IRL)	1-18-51	50-54
JARMILA KRATOCHVILLOVA (CZE)	1-26-51	50-54
NICOLE LEVEQUE (FRA)	1-27-51	50-54
SINIKKA KESRITALO (FIN)	1-29-51	50-54
INGELA BLUHM (DEN)	1-5-46	55-59
BRIGITTE PAULS (GER)	1-6-46	55-59
MARGARET AUGUST (NZL)	1-10-46	55-59
BEV SAVAGE (NZL)	1-19-46	55-59
MARY LOU PLATIS (MUNSTER, IN)	1-21-46	55-59
EVELYN MCNELIS (IRL)	1-30-46	55-59
KLAUS LIEDTKE (WG)	1-5-41	60-64
GENE ZUBRINSKI (CA)	1-8-41	60-64
TIMOTHY JOSLIN (SEATTLE, WA)	1-10-41	60-64
KURT SCHMITTENHEIM (WG)	1-12-41	60-64
TOM RICHARDS (SANTA ANA, CA)	1-17-41	60-64
JOYCE KAMMER (US)	1-21-41	60-64
JIM STEPHENS (TALLAHASSEE, FL)	1-23-41	60-64
KHRISTOS PAPANIKOLAOU (GRE)	1-24-41	60-64
JOY MACDONALD (FT. LAUDERDALE, FL)	1-25-41	60-64
SHARON MARTIN (EVERGREEN, CO)	1-26-41	60-64
LILLIAN LEVINE (NY)	1-28-41	60-64
LUIGINA ANGELI (ITA)	1-28-41	60-64
SIBYLLA MEILI (SUI)	1-29-41	60-64
ROSI O'NEIL (NEWPORT BEACH, CA)	1-30-41	60-64
MAL SPENCE (JAM)	1-2-36	65-69
SUMITHRAMA VIJAYALAKS (IND)	1-2-36	65-69
ANN SMITH (TORRANCE, CA)	1-3-36	65-69
PORKY GADIENT (BETTENDORF, IA)	1-6-36	65-69
DORTOTHY CARLIN (US)	1-6-36	65-69
HORST MANDL (AUT)	1-8-36	65-69
NANCY HELYER (WA)	1-9-36	65-69
TAISIJA TCHENTCHIK (RUS)	1-10-36	65-69
ASTRID NILSSON (SWE)	1-14-36	65-69
TAISIJA TSENTSIK (URS)	1-15-36	65-69
POOCHI PARTHASARATHY (IND)	1-16-36	65-69
KAY WILLOUGHBY (MILL VALLEY, CA)	1-20-36	65-69
FRANK HOLLIER (CA)	1-23-36	65-69
MARY BELLING (WAUKESHA, WI)	1-30-36	65-69
BRUNA MINIOITI (ITA)	1-30-36	65-69
JUNE MACHALA (SPOKANE, WA)	1-1-31	70-74
SHIRLEY HARRIS (AUS)	1-1-31	70-74
YURI NIKULIN (URS)	1-8-31	70-74
CASEY JONES (ATLANTA, GA)	1-12-31	70-74
NICKI HOBSON (SAN DIEGO, CA)	1-16-31	70-74
FRAN STEVENSON (LOS ALTOS, CA)	1-20-31	70-74
GALINA ZIBINA (URS)	1-22-31	70-74
VASSILI R MATVEEV (RUS)	1-5-26	75-79
KATSUMI HORIUCHI (JPN)	1-8-26	75-79
PENTTI SAARIKOSKI (FIN)	1-13-26	75-79
JEAN CLEATOR (CAN)	1-21-26	75-79
HILDE RUTKOWSKI (DAYTON, OH)	1-24-26	75-79
ALAIN MIMOUN (FRANCE)	1-1-21	80-84
RICHARD PARKINSON (INDIO, CA)	1-2-21	80-84
HANS R SIEDER (GER)	1-4-21	80-84
VIOLET LEONARD (MORGANTOWN, WV)	1-16-21	80-84
ROBERT FOUTZ (PHOENIX, AZ)	1-20-21	80-84
WALTER DAHLIN (CHICO, CA)	1-20-21	80-84
MARIO MINAFRA (YORKTOWN HTS., NY)	1-20-21	80-84
MAURI MERTAKIVI (FIN)	1-21-21	80-84
MARY WIXEY (GBR)	1-23-21	80-84
ERIK OSTBYE (SWE)	1-25-21	80-84
JONATHAN SHARP (MORRISON, CO)	1-25-21	80-84
PAUL SCHMITZ (WG)	1-29-21	80-84
MELANIE RESKE (SPRINGFIELD, OR)	1-31-21	80-84
GEORGINA DESCHAMPS (BEL)	1-31-21	80-84
ED LOWELL (TARZANA, CA)	1-1-16	85-89
BILL PACHECO (HONOLULU, HI)	1-2-16	85-89
EMILIO FERRERO (ITA)	1-14-16	85-89
ENAR FLYDAHL (NOR)	1-16-16	85-89
REINO TASKINEN (FIN)	1-18-16	85-89
BOB KROGER (RIVERSIDE, CA)	1-22-16	85-89
FRIEDRICH MEYER (WG)	1-26-16	85-89
SAJIAN SINGH (IND)	1-15-11	90-94
VIRGIL MCINTYRE (PRESCOTT, AZ)	1-20-11	90-94
EDWIN MALAN (RSA)	1-27-11	90-94
VERNER ANDERSSON (SWE)	1-7-6	95+
ALBERT REISER (WG)	1-24-6	95+

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

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# Masters Scene

## NATIONAL

• Road Race Management named **Dave McGillivray**, director of People's Beach to Beacon 10K, Cape Elizabeth, ME, the Boston Marathon, and many other events, as its 2000 Race Director of the Year at the RRM Race Directors' Meeting and Trade Show, Washington, DC, Nov. 11.

• The USATF Road Running Information Center has posted preliminary lists of the top masters performances by age group at [http://www.runningusa.org/media/rank\\_mast.shtm](http://www.runningusa.org/media/rank_mast.shtm).

• **Susannah Beck**, NMN Assistant Editor, was featured in the *Runner's World Daily News* chat with **Peter Gambaccini**, Nov. 27. Beck, a resident of Eugene, OR, was fourth in the U.S. Olympic Trials Marathon (2:36:46).

• Omitted from the November article on the Masters Weight Pentathlon, Pampa, Texas, was the extraordinary performance by **Erika Messner**, 65, Clermont, FL, who smashed U.S. W65 records in the HT, with a 28.80, SP, with a 9.09, and JT, with a 28.80. Her 12.37 with the 12# weight will be entered as a best for consideration as a record now that the implement has become a U.S. event. She was also the top woman scorer with 4439, which surpassed the present W65 U.S. record of 4111 by 328 points.

## EAST

• **Judi St. Hilaire**, 41, Somerset, MA, 25:41, garnished a high-quality open field and won the masters title plus \$500 at the 64th running of the Manchester Road Race 4.75 Miles, Thanksgiving Day, Nov. 23, Manchester, CT. **Andrey Kuznetsov**, 42, Rockville, MD, 23:13, cruised to the men's first. **Jo Marchetti**, 57, Newington, CT, first W55, ran a 32:44, while **Lynette Walker**, 60, Simsbury, CT, set a new CR for W60-69, 34:10. **Charles Robbins**, 80, Middletown, CT, set a new M80+ CR with his 48:20.

## SOUTHEAST

• An exotic mix of racewalkers and weight pentathletes competed at Coastal Carolina U. in the USATF South Region 1-Hour RW Championships and South Carolina Weight Pentathlon Championships, Myrtle Beach, SC, Nov. 18. **Ian Whatley**, 41, Greenville, SC, with 13,367 meters, and **Kathie Goodwin**, 56, Orangeburg, SC, with 8349m, were first overall in the racewalk. National age-group records were set in the WP by **Carol Young**, W60, Marietta, GA, with 3871 points, and **John Gamble**, M75, Gainesville, FL, with 3846. Entrants in the WP came from throughout the U.S., including Connecticut, Oregon, and Kansas.

## MID-AMERICA

• A British team of masters decathletes and heptathletes topped the U.S. by a narrow margin in the Biennial Multi-Events Challenge last July in Neosho, MO. The meet was held in a

"match play" format with a U.S. athlete paired against a British athlete of similar age, with the higher scoring athlete earning one point. Britain outscored the U.S. 6-5 and also tallied a higher total point score, 56,794 to 55,369. The 37 athletes who competed included former Olympians and WAVA world champions. As they had done in 1996 and 1998, the residents of Neosho matched the quality of the competition with gracious hospitality. The visitors enjoyed a rodeo, dinner, a live band dance party, a patio BBQ, and toured the Neosho-Branson area with spouses and families.

• **Michael Seaman**, 50, with a second overall 16:40, and **Jan Gnenther**, 41, with a third-female 20:03, roasted their masters competition with wins in the Marsh Turkey Trot 5K, Minnetonka, MN, Nov. 4.

## WEST

• **Wendy Watson**, 56, breezed through the Jet to Jetty 10K with a 44:32 for a third female overall at Playa del Rey, CA, Nov. 18. **Dan Clemens**, 44, took the M40+ race in 36:16. In the 5K, **Harold Ketling**, 46, sailed to the M40+ first with a 16:31. **Milo Sather**, 73, flew to the M70 first in 25:10; **Sharon Lotesto**, 50, was the W40+ winner in 20:13. **Chieko Allwein**, 67, won the W65 contest with a 25:23.

• **Nolan Shaheed**, 50, Pasadena, CA, flew to an 89.7% 16:12 5K at the Dana Point Turkey Trot 10K/5K, Dana Point, CA, Nov. 23. **Sally Adam**, 58, Huntington Beach, CA, ran to an 85.3% 43:10 in the 10K. **Danny Reed**, 40, Laguna Niguel, CA, outdid the competition by winning the M40 in 30:59, for an age-graded 90.0%.

## NORTHWEST

• Local runner **L. Lindsey Merrill**, 42, St. George, UT, won the masters title at the St. George Marathon, Oct. 7, in 2:20:37. **Carlos Valle**, 65, San Bernardino, CA, 2:58:56, and **J. Garn McBride**, 68, Salt Lake City, 2:59:30 lambasted the competition with their excellent M60+ marks. **Julie Godderidge**, 42, Smithfield, UT, 3:00:28, won the women's masters title.

## CANADA

• **John Kasperski**, 56, with a 4045, was top scorer in the 25th Stouffville Weight Pentathlon, last fall in Stouffville, Ontario. **Jackson Tovell**,

who passed away last summer at age 69, had directed the event since the early 1980s. Throwers had traveled from the U.S., Germany, Great Britain, and Australia to compete in past meets.

## INTERNATIONAL

• **Alan Bradford**, 62, Queensland, Australia, was named 2000 Masters Athlete of the Year at the recent Australian Sport Awards. Bradford won three gold medals (800, 1500, 2000 SC) in the WAVA-Gateshead Championships, with WRs in the 800 (2:10.42) and 2000 SC (6:54.31). His victory in the 1500 maintained his record as the only masters 1500 runner to have won the event at the Veterans Championships through every age group from M40. He is expected to defend his title in Brisbane, especially because it's his home town. The Australian Masters Team of the Year Award went to the W55-59 4X400 relay team of **Noreen Parish**, **Peggy McLivor**, **Anne Long**, and **Anne Stobaus**, the only Australian relay team to win (4:41.43) a gold at Gateshead.

• **Prochy N. Mehta**, 46, Calcutta, India, entered six W45 individual events (the maximum allowable) in the Asian Veterans Championships, Bangalore, India, Nov. 6-10, and achieved a personal best with six gold

medals and two more for the 4X100 and 4X400 relays. A former national-level basketball and field hockey player, she has won about 40 medals in Asian competitions in the last decade.

• World veteran M65 gold medallist **Marion Sanchez** is trying to arrange a seniors (ages 55-70) t&f meet in Cuba. He envisions about 21 U.S. athletes (7 per age group) in friendly individual competition with 21 Cubans. Events would include 100, 200, 400, 1000, 1500, 100H, 300H, HJ, SP, and LJ. If you'd like to participate – probably in May 2000 – contact Sanchez at 24558 Long Court, Hayward, CA 94545. Phone 510-786-1858.

## TEN YEARS AGO January 1991

• **Larry Almborg**, 43, **Christel Miller**, 55, and **Phil Raschker**, 43, Named Top 1990 U.S. Masters T&F Athletes at TAC Convention in Seattle

• **Norm Green**, 58, and **Ed Benham**, 83, Voted Best Masters LDR Performers

• **Eugene Kitts**, 43, and **Viisha Sedlak**, 42, Named Top U.S. Masters Racewalkers

• **Barbara Kousky** Picked as Best T&F Administrator

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• Training Advice by Glenn Thompson

• Rocket City Marathon

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## FIFTEEN YEARS AGO January 1986

• **Jim Burnett**, 45, and **Polly Clarke**, 75, Named Top 1985 U.S. Masters T&F Athletes at TAC Convention in Houston

• **Barry Brown**, 41, and **Gabriele Andersen**, 40, Voted Best U.S. Masters LDR Performers

• **Bob Mimm**, 61, and **Ruth Leff**, 55, Named Top U.S. Masters Racewalkers

• **Gary Miller** Named Best T&F Administrator

• **Boo Morcom** Tops Multi-Event Performers



# Schedule

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

## TRACK & FIELD

### NATIONAL

**February 9-10.** USATF National Masters Indoor Heptathlon Championships, Lewis College, Romeoville (just south of Chicago on I-55), Ill. 1st day: 60m/LJ/SP/HJ; 2nd day: 60mH/PV/1000. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. E-mail: JWatry@hycor.com

**March 23.** USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HT/1000m; women: 60H/HJ/SP/LJ/800m. See below.

**March 23-25.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones. USATF NE Association, 617-566-7600; 617-332-3919; www.tracs.net; Email: tracks2@earthlink.net

**June 16-17.** USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash.

**July 14-28.** National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

**July 25-28.** 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

**September TBA.** USATF National Masters Weight & Superweight Championships, Seattle, Wash.

### EAST

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

**January 12-14.** Dartmouth Relays, Leverone Field House, Hanover, New Hampshire. Carl Wallin, Meet Dir., Dartmouth College, Alumni Gym, Hanover, NH 03755. E-mail: Barry Harwick@Dartmouth.edu.

**January 14.** Philadelphia Masters Indoor Developmental Meet, Swarthmore College, Pa. 9:15 am. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**January 14 & 28.** Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC Hotline: 703-671-2520.

**January 19.** MAC Masters, Open, & Youth Boys Indoor Meet, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-220-0071 (9-5 pm, Eastern);

www.mactrack.org; Roz Katz, 718-358-6233. (7-9 pm Eastern).

**January 20.** 34th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. 10 am. W30+/M40+. Prize purse for men's & women's Elite Mile; bonus for new record (M&W40+). Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

**January 21.** Greater Boston TC Invitational Indoor Meet, Harvard U. 220 banked track. M40 & W40 various running and weight events. Jim O'Brien, 617-282-5537; jobrien@cambridgetrust.com; www.gbtc.org

**January 21.** MAC Open & Masters Indoor Pentathlon Championships, 168th St. Armory T&F Center, Manhattan, N.Y. See Jan. 19.

**January 27.** Adidas Invitational Indoor Meet, M40 & M50+ Mile, Prince George's Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966; Marylandelite@aol.com; www.marylandelite.org

**January 28.** Albright College Masters Indoor Pentathlon, Reading, Pa. Don Gottshall, Track Coach; Albright College, PO Box 15234, Reading, PA 19612-5234. 610-921-7535; athletics@alb.edu

**February 2.** Millrose Games, NYC. Masters 4x400 relay.

**February 4.** New Balance Invitational, Reggie Lewis Arena, Boston. Masters mile.

**February 11.** New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. Open mile. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649-2429. 201-261-7756.

**February 11.** Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 7:45 am. PVTC hotline: 703-671-2520.

**February 23.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

**March 3.** USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

**March 4.** MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern).

**March 10.** Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-792-3177; Tom Yunker, phillymasters@netreach.net

**March 17.** 29th annual USATF East Regional Masters Indoor Championships, Prince George County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

### SOUTHEAST

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

Championships, Atlanta, Ga. Masters exhibition events. Phil Raschker, stabhoch@aol.com

**March 3.** Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. For entry info send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667; http://home.wlu.edu/~tuckerj

**May 4-6.** 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

### MIDWEST

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

**January 6, 19, 26.** Grand Valley St. U. Indoor Meets, Allendale, Mich. www.gvsu.edu

**February 4.** USATF Michigan Association Masters & Open Indoor Championships, Grand Valley St. U., Allendale (11 miles west of Grand Rapids). Schedule includes mile, 3000 RW, and WT. Jerry Baltes, GVSU, Office 97, Allendale, MI 49401. 616-895-3360.

**February 9 & 16.** Grand Valley St. U. Indoor Meets, Allendale, Mich. www.gvsu.edu

**February 25.** USATF Ohio M/O/J Indoor Championships, U. of Findlay. 1-800-472-9502, x4674; arce@mail.findlay.edu

**March 10.** USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

**April 6-7.** Northwest Ohio Classic, Bowling Green St. U. 1-800-472-9502, x4674; arce@mail.findlay.edu

### MID-AMERICA

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

**February 25.** USATF Colorado Masters & Open Indoor Championships, USAF Academy, Colorado Springs. SASE to Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302; 303-443-2695, or Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907; 719-635-1264.

**March 10.** USATF Minnesota Indoor Championships, Bethel College, Arden Hills. J/O/M. 2:00 pm. MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. Phil Glover, 612-789-3614; gloverph@aol.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 21.** Mississippi Coliseum Indoor Meet, Jackson. Emil Pawlik, 601-957-9435, or Coach Lamb, 601-924-1006.

**February 10.** U. of Houston/Runsport All-Comers Indoor Meet, UH Athletics/Alumni Center, 3100 Cullen Blvd., UH Campus. 11:00 a.m. deadline/entry fee \$10. Masters sections if enough interest. WT. Mike Takaha, 713-743-9466.

**March 24 or 31.** Lions/Waterloo Meet, Austin, Texas. Seth Brower, sethbrower@earthlink.net

**May 19.** 12th annual Lions/Waterloo

## ON TAP FOR JANUARY

### TRACK AND FIELD

The 32nd annual Dartmouth Relays kicks off the year's indoor season on the 12th-13th in Hanover, N.H. Another golden oldie, the 34th Hartshorne Memorial Masters Mile at Cornell U., Ithaca, N.Y., is set for the 20th. For more indoor action, try the Philadelphia Meet, on the 14th; MAC Meet at the 168th St. T&F Center, on the 19th; Eugene Indoor, on the 20th; the meets in Boston and Mississippi on the 21st; and Great Northwest Indoor, Portland, on the 27th. Multi-eventers have a choice between the MAC Indoor Pentathlon on the 21st or the Albright College Pentathlon, Reading, Pa., on the 28th.

### LONG DISTANCE RUNNING

New Year's Eve celebrants can test their mettle in the Hangover Classic 10 Mile, Louisville, Ky., on New Year's Day. The Florida snowbird running season opens with the Walt Disney World Marathon on the 7th. On the 13th, the L.A. suburb of Paramount hosts a 10K, and New Orleans hosts a 30K and 15K. The Houston Marathon goes off the next day. The roster on the 21st includes the Gulf Beaches Marathon, Clearwater, Fla., and the San Diego Marathon and Half-Marathon, Carlsbad, Calif. The Charlotte, N.C., Marathon runs on the 27th. Naples, Fla., puts on a half-marathon on the 28th.

### RACEWALKING

Potential events stretch from the 1500, mile, or 3000 indoors to the marathon outdoors. □

### WEST

Arizona, California, Hawaii, Nevada

**January 13.** King Weekend Throwfar Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 6529 Marie Ave., Los Angeles, CA 90042. 323-254-5473.

**January 20.** KelField Throws Meet #90, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**February 10.** KelField Throws Meet #91, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**February 18.** USATF Arizona M/O/Y Indoor Championships, Flagstaff. 480-949-1991; usatfaz@worldnet.att.net

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**March 3.** KelField Throws Meet #92, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

**March 10.** Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smithheld@home.com

**March 31.** KelField Throws Meet #93, Santa Cruz, Calif. See March 3.

**April 8.** John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. M&W 25+. Al Siddons, 714-564-6936.

**May 6.** Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.

**May 19.** Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

**May 27.** Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com

**October 6.** 28th annual Club West Meet, Santa Barbara, Calif.

**October 21.** Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

### NORTHWEST

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

**January 7, 14, 21, 28.** Oregon TC Masters Clinics, 2:00 pm. 7th & 14th, Stretching, Southside Athletics, Eugene; 21st & 28th, Middle & Distance Running, Hayward Field. Larry or Teresa Pine, 541-895-5420; pine@pond.net

**January 20.** Eugene Indoor Meet, Eugene, Ore. Masters in evening. WT outdoors. Erin Regali, 541-687-8453; eregali@worldnet.att.net

**January 27-28.** Great Northwest Indoor Meet, Portland, Ore. Masters-28th. USATF Oregon; runjumpthrow@compuserve.com

**February 10.** Kirby Nagelhout High Desert Indoor Meet, Deschutes County Expo Center, Redmond, Ore. USATF Oregon; runjumpthrow@compuserve.com

**February 10.** Inland Northwest Association Indoor Meet, Eastern Washington U., Cheney. Ruth Van Kuren, 509-235-4762.

**June 9-10.** Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405, 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com

**June 16.** USATF Oregon Masters & Open Championships, McMinnville.

**June 23-24.** USATF Northwest Regional Masters Championships, Portland, Ore.

### INTERNATIONAL

**February 2-11.** International MasterAthlete Winter Games, Barrie & Orilla, Toronto, Canada. Limited t&f indoor events, 2nd-4th. 2001 International Master Athlete Winter Games, Barrie City Hall, PO Box 400, Barrie, Ontario L4M 4T5, Canada. 877-371-2001; www.masterathlete.wintergames2001.com

**February 17-18.** British Veterans Indoor Championships, Cardiff. Sue Hooper, 150 Woodland Ave., Pencoed, Mid Glam., CF35 6UP, Wales. Entries close Jan. 27.

**February 19-March 5.** Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

**March 8-12.** European Veterans Indoor Championships, Bordeaux, France.

Federation Francais d'Athletisme, 38 Avenue Pierre de Coubertin 75640, Paris, France. CEDEX 13; fax: +33 1-45-81-44-66.

**July 4-14.** 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.

### CANADA

**March 3.** Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9, Canada. masters@sympatico.ca; www3.sympatico.co/ontario.masters

### OPEN

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

## LONG DISTANCE RUNNING

### NATIONAL

**February 17.** USATF National Masters 10K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd. #11, Sandy, OR 97055. 541-676-9601.

**March 24.** USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 412-824-4508(h).

**April 1.** USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sudlun, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-450-6510.

**May 2-6.** Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

**June 2.** USATF National Masters Women's 5K Championships/Freihofers, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

**July 28.** USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

**September 15-16.** USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

**October 7.** USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 27.** USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

**November 4.** USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

**November 18.** USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

**December 1.** USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

**December 29.** USATF National Masters 50K-Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton, Dr., Fort Wayne, IN 46814. 219-436-0739.

### EAST

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

**February 18.** Washington's Birthday Marathon & Relay, Greenbelt, Md. Patrick Brown, 703-241-0395/DCRRC; PBrown@mitretek.org

**February 24.** Last Train to Boston Marathon, Edgewood, Md. Brad Roberts, 410-638-1091; lasttrain@ieeee.org

**February 25.** Cape Cod Times Marathon, Half-Marathon, & 5K, Hyannis, Mass. Kevin Petrovek, 508-775-8877; www.capecodtimesmarathon.org

**March 3.** Hudson Mohawk Marathon, Albany, N.Y. 518-435-4500; www.hmrc.com

**March 11.** Massachusetts Law Enforcement Half-Marathon, Melrose. Tony Pallotta, Runners Edge, 781-662-0091; www.runedge.com

**March 18.** New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan or Ed Talbot, 508-998-5068; www.NBHALF.com

**April 8.** Nortel Networks Cherry Blossom 10 Mile, Washington, D.C. 6000 entrant limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.nortelnetworks.com/cb

**April 16.** 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

**April 29.** New Jersey Shore Marathon, Long Branch. Art Castellano, 732-578-1771; www.njshoremarchathon.org

**May 6.** Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

**May 6.** UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

### SOUTHEAST

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

**January 6.** Navarre Beach Run Half-Marathon, 5K & 10K, Pensacola, Fla. Gary Bunde, 850-476-7434; www.pensacolarunners.com

**January 7.** Walt Disney World Marathon & Half-Marathon, Orlando. Register online at runningnetwork.com or disneyworldsports.com

**January 21.** Florida Gulf Beaches Marathon & Relay, 727-347-4440; 888-LIV-2RUN; www.floridamarathon.com

**January 27.** 21st annual Matanzas 5000, St. Augustine, Fla. 1st Place Sports, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-797-7575.

**January 27.** Charlotte Marathon Run For Peace Relay, Charlotte, N.C. 704-367-9696; www.runforpeace.org

**January 28.** Naples Daily News Half-Marathon, Naples, Fla. Perry Silverman, 941-434-YRUN; fax: 263-0934; www.naplesnews.com

**February 3.** Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 757-728-3235; www.hampton.va.us/coliseum

**February 3.** Gulf Winds TC 30K, Tallahassee, Fla. David & Judy Waters, 850-421-0469; dwaters@mailers.fsu.edu

**February 10.** Pensacola News Journal Double Bridge Run 15K & 5K, Pensacola, Fla. 850-434-2800; www.pensacolasports.com/running/bridge.htm

**February 10.** Carolina Marathon, Columbia, S.C. Donna DesPortes, 803-929-1996; fax: 929-1926; www.carolina-marathon.org

**February 17.** Myrtle Beach Marathon,

Myrtle Beach, S.C. 843-293-7223; www.coastal.edu/mbmarathon

**February 17.** Outback Steakhouse Distance Classic 12K, Orlando, Fla. 407-898-1313; www.trackshack.com

**February 18.** Miami Tropical Marathon, Miami, Fla. 305-252-3235; www.sbr-mul-tisport.com

**February 24.** Bank of America Gasparilla Distance Classic 15K & 5K, Tampa, Fla. Susan Harmeling, 813-229-7866; www.doitsports.com/gasparilla

**February 24.** Blue Angel Marathon, Half-Marathon, & 5K, Pensacola, Fla. 850-452-4391; www.signmeupsports.com

**February 25.** Anheuser Busch Colonial Half-Marathon, Williamsburg. Colonial H-M, PO Box 399, Williamsburg, VA 23187. 757-221-3363; 221-1599.

**March 10.** Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.lstplacesports.com

**March 17.** Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksportsfest.com

**April 21.** Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com

**April 28.** Country Music Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

**May 27.** Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo.com; http://mahoney4.home.netcom.com/scr/wikham.htm

### MIDWEST

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

**January 1.** 20th annual Hangover Classic 10 Miler, Louisville, Ky. Donna Preher, 502-454-0519.

**April 1.** The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www.cararuns.org

**April 8.** Athens Marathon, Athens, Ohio. 740-594-3825; www.athensohio.com

**April 22.** Glass City Marathon, Toledo, Ohio. Tom Falvey, 419-475-0731; www.ToledoRoadrunners.org

**April 28.** Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

**April 29.** CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.clevelandmarathon.com

**April 29.** Michigan Trail Marathon, Ann Arbor. Running Fit, 734-769-5016; www.runningfit.com

**May 5.** Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

**May 6.** Cincinnati Flying Pig Marathon/RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

**May 26.** Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

### MID-AMERICA

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

**February 17.** Third Olympia Memorial Marathon, St. Louis, Mo. Marathon Sports, 13453 Chesterfield Plaza., Chesterfield, MO 63017. 314-434-9577.

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**April 21.** Longest Day Marathon, Half-Marathon, 5K, & 10K, Brookings, S. Dak. 605-696-2433; fax: 696-2333; www.brookings.com/striders

**April 28.** Get in Gear 10K, Minneapolis, Minn. 651-722-9004; www.getingear10K.com

**May 6.** Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrn.org

**May 27.** Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

**May 28.** Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolderboulder.com

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 13.** The Wall 30K & 15K State Championships, New Orleans. Chuck George. NOTC, 504-482-6682; www.runNOTC.org

**January 13.** Mississippi Marathon & 10K, Clinton. Jim Myrick, 601-856-9884.

**January 14.** Houston Marathon, Houston, Texas. David Hannah, 713-957-3453; www.houstonmarathon.com

**February 3.** White Rock Mountain Classic 25K & 50K, Fayetteville, Ark. Joe Fennel, director, 501-521-0337, or Brad Wimberly, 501-667-3641.

**February 4.** Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. NOTC, 504-482-6682; www.runNOTC.org

**February 4.** 3M Half-Marathon & 5K, Austin, Texas. 512-984-RACE; www.3m.com/races

**February 10.** Conoco 10K Rodeo Run, Houston, Texas. 713-293-4395; www.rodeo.run.conoco.com

**February 18.** Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

**February 24.** Cowtown Marathon, Fort Worth, Texas. Beverly Weiss, 817-735-2033; www.cowtownmarathon.org

**April 1.** Statesman Capitol 10,000, Austin, Texas. 512-445-3598; http://cap10k.austin360.com

**April 29.** Oklahoma City Memorial Marathon. 405-525-4242; www.okcmarathon.com

### WEST

Arizona, California, Hawaii, Nevada

**January 13.** Paramount 10K Run & Racewalk (judged), Paramount (L.A. suburb), Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nea.land.com/finishline

**January 21.** Highland YMCA Half-Marathon, 5K & 10K, San Bernardino, Calif. Highland H-M, 808 E. 21st St., San Bernardino, CA 92404. 909-886-4661.

**January 21.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. Motion, Inc., Dept. RT, 511 S. Cedros Ave., Solana Beach, CA 92075. 858-792-2900; imisd@aol.com

**January 28.** Pacific Shoreline Marathon, Half-Marathon 5K, & 8K, Huntington Beach, Calif. 714-536-3525; www.marathonrun.com

**February 4.** 35th Las Vegas Marathon & Half-Marathon. 5K Friendship Run on Feb. 3. Las Vegas Marathon, PO Box 81262, Las Vegas, NV 89180. Phone/fax: 702-876-3870; www.lvmarathon.com

**February 4.** San Dieguito Half-Marathon & 5K, Rancho Santa Fe, Calif. 619-298-7400; fax: 298-7448; www.kathylopevents.com

**February 10.** The Great American Adventure 2.8 Mile & 4.8 Mile Cross-Country Runs, Huntington Beach, Calif. SASE to Finish

Line, 7846 Connie Dr., Huntington Beach, Calif. 92648. 714-841-5417.

**February 18.** Valley of the Sun Marathon, Queen Creek, Ariz. www.valleyofthesunmarathon.com

**February 18.** Desert Classic Marathon, Scottsdale, Ariz. Arizona RR, 602-954-8341; www.arizonaroadracers.com

**March 4.** City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamarathon.com

**March 4.** Sutter Home Napa Valley Marathon/RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com

**March 17.** Catalina Marathon, Two Harbors, Calif. 714-978-1528; www.pacificsportsllc.com

**March 18.** Maui Marathon, Hawaii. 3000 limit. 808-871-6441; www.mauimarathon.com

**March 18.** Fifty-Plus Fitness Association 18th annual 8K/USATF Pacific Association Championships, Stanford U., Palo Alto, Calif. M&W50+. Also 5K Race & Fitness Walk. Mark Winitz, winitz@earthlink.net, or 650-323-6160; fax: 323-6119; fitness@ix.net.com; www.50plus.org

**April 7.** Uli C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

**April 7.** Golden Gate Marathon, Sausalito, Calif. Enviro-Sports, 415-868-1829; www.envirosports.com

**April 29.** Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

**May 6.** Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt1.com/~avenue

**May 19.** Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com

**May 20.** 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreakers.com

### CANADA

**February 11.** First Half Half-Marathon, Vancouver, B.C. Pacific RR, 604-515-2488; www.wi.be.edu/firsthalf

**March 25.** Around the Bay Road Race 30K & 5K, Hamilton, Ontario. 905-574-8982; info2@aroundthebayroadrace.com

**May 6.** Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

**May 13.** National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca

### INTERNATIONAL

**January 21.** 50th Mitcham 25K, Sutton Arena. SAE to Mitcham 25K, 6 Tyers House, Aldington Rd., London SW16 1TJ, England.

**January 28.** Millennium Marathon, Hampton City, New Zealand. +2-person marathon relay, 10K funrun/funwalk. www.active.com

**March 11.** Kyoto City Half-Marathon, Japan. (81) 75-315-1235; isono@runners.co.jp

**March 24.** City Pier Half-Marathon, The Hague, The Netherlands. 31-174-517273; www.cpcloop.nl

**March 25.** Rome Marathon, Italy. 39 06 40 65 064; www.maratonadiroma

**April 1.** Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlin-marathon.com; info@berlinmarathon.com

**April 8.** Paris International Marathon, France. www.parismarathon.com; info@

parismarathon.com

**April 22.** Flora London Marathon, England. (44) 171-620-4117; www.londonmarathon.co.uk; Marathon Tours, 617-242-7845.

**April 28-29.** 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa

**June 9.** Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

### RACEWALKING

**March 25.** USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

**June 3.** USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

**July 26.** USATF National Masters 5000 RW

## Track & Field Minutes

Continued from page 20

### North American Championships

The 2000 meet in Kamloops was successful. The 2002 meet will be held in Mexico.

### Records

Pete Mundle reviewed approved records. Mundle asked for volunteers to help him next year. Mary Trotto and Sandy Pashkin volunteered.

### Rankings

Jerry Wojcik thanked the volunteer rankers for their contribution to the masters program: Larry Patz, Bill Benson, Dave Ortman, and James Gerhardt worked on both the indoor and outdoor rankings. Clay Hull, Rex Harvey, Alex Johnson, and Phil Howell helped on the 2000 outdoor rankings. Rankers for the 2000 outdoor season have been appointed, and the book should be ready in March. The 2001 indoor rankings, sponsored by the McMahon Family Trust, will be published in the July 2001 NMN. Rankers will be selected soon. Wojcik also praised Suzy Hess and Pete Mundle for their help, and thanked the committee for its financial support.

### Demographics

Eric Zemper said a demographics report will be published shortly.

### Legends

John Cosgrove said the "legends" program, whereby masters events are staged in open meets, is very successful. In 2000, a 200-meter, mixed-gender, age-graded race was held at the USATF Indoor Nationals in Atlanta.

Women's age-graded 100 and 800 races were staged at the Outdoor Nationals (Olympic Trials) in Sacramento. A women's 40+ 800 was run at the Pre Classic in Eugene. And women's age-graded 100 and 800 races were held at the Mt. San Antonio College Relays near Los Angeles.

Hopefully, the same races will take place in 2001, along with some men's events, possibly a mile featuring Johnny Gray.

The internal problems within the Legends Committee were explained by Cosgrove and Dave Clingan. Clingan said he resigned from the committee after he and others put together a proposal which was rejected by Cosgrove. Cosgrove said he turned down the committee's idea because it proposed three men's mile races and did not

Championships, Baton Rouge, La. See T&F schedule.

**July 28.** USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

**September 9.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**September 22.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

**October 7.** USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

**October 27.** USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 7199 NW 44th Pl., Ft. Lauderdale, FL 33319. 954-747-9465.

feature both men's and women's and short and long events, and thus was not representative of our program.

### Same-Day Registration

Andy Hecker took over as the West Regional Coordinator after the resignation of Gary Miller. He ran two big meets – the West Regionals and the So. Calif. Association meet – using same-day registration. He said it was not difficult and encouraged other meet directors to do the same, rather than close entries weeks in advance.

### Sacramento 2005

Some members questioned whether the proposed bid by Sacramento to host the 2005 WAVA World Championships was properly made. The committee voted, 22-8, not to accept the bid. (However, see Chairman George Mathews' report on page 15 for subsequent developments.)

### National Clubs

Mark Cleary outlined his vision for National Clubs: pool talent together to create excitement, gain corporate sponsorships, gain public attention and interest, gain more competitors, increase membership in T&F, gain credibility with elite athletes approaching 40, stimulate relay participation. With three to five strong national teams at the Nationals, title sponsorship would be easier to attract and the level of professionalism in Masters T&F would be elevated. No action taken.

### Championship Bids

A motion to pick sites of National Championships four years out instead of the current three passed by voice vote (not unanimous). Thus, at the 2001 convention, bids for the indoor and outdoor nationals will be awarded for both 2004 and 2005.

### E-mail

Andy Hecker said athletes who cannot attend the annual convention sometimes feel left out. Some athletes feel we should drop out of USATF, raise our own funds, and hold our meetings at the national championships. Voting by e-mail might bring more participation. No action taken.

### Past Chairs

Barbara Kousky welcomed Ken Weinbel to the ranks of the few past masters chairs. Weinbel gave thanks to those helpful to him and turned the gavel over to George Mathews. □

– Al Sheahan and Suzy Hess



# RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M30-34</b>					
Kirt Beeby	400	50.01	6-3-00		
<b>M40-44</b>					
Charles Greene	J	62.50	5-20-00		
Fred Kitzrow	1500	4:17.5	5-6-00		
	800	2:05.8	6-20-00		
Dennis Morris	J	54.03	5-12, 14-00		
Bryan Stewart	WP	2977	10-16-00		
<b>M45-49</b>					
Rick Kushman	800	2:05.66	8-10, 13-00		
Michael Shlars	SP	13.43	3-25-00		
<b>M50-54</b>					
Ron Pate	3K SC	12:34.92	8-11-00		

<b>M55-59</b>					
Walter Atcheson	5K	18:18	1-15-83		
David Golden	100	12.40	9-23-00		
<b>M60-64</b>					
Charles Bartholomew	100	13.13	5-30-00		
	LJ	15-4 1/2	5-3-00		
William Eisenhart	J	147-02	7-12-00		
Ron Rohrer	5k	19:22	5-29-00		
	10k	40:18	10-1-00		
<b>M65-69</b>					
Dick Glasgow	200	29.37	1-2000		
	100	13.08	10-21-00		
<b>M70-74</b>					
Bob Voegel	SW	3.78	5-7-00		

<b>M75-79</b>					
Nash Abrams	5K RW	34:19	9-16-00		
Sam Madia	55m	9.0	3-4-00		
	100	15.5	5-21-00		
	200	33.3	9-2-00		
	400	80.04	7-22-00		
	1500	7:12	9-2-00		
	5k	8:05	7-8-00		
	P	2786	9-2-00		
Roland Rosalip	400	1:23.20	6-13, 17-00		
<b>W45-49</b>					
Ellen Richards	10K	44:38	7-18-00		
<b>W50-54</b>					
Colleen Burns	100	14.97	7-9-00		
	200	30.79	7-9-00		
	1500	5:52	7-6-00		
	LJ	3.91	7-8-00		

## 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	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2%	6-4%	5-9%	5-6	5-3	4-11	4-9	4-6%	4-1%	3-9%	3-3%	2-7%	
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%	13-5%	12-11%	12-1%	11-7%	10-0	8-10%	7-10%	7-6%	5-10%	4-3%		
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	20-4%	19-2%	18-4%	17-8%	16-4%	14-9	13-9%	12-5%	10-11%	9-4%	7-2%	
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%	41-4%	37-8%	35-5%	34-1%	31-2	29-2%	26-11	22-10	21-4	19-6	19-5%	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11%	39-4%	42-0	37-8%	36-1%	29-6%	26-3	19-8%	
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	85-4	72-2%	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%	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	62-4	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%	45-11%	42-8	39-4%	32-9%	29-6%			19-8%	16-4%	13-1%	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
						37-8%	32-9%	29-6%	23-11%	17-4%	14-9		
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%	27-10%	26-3	19-8%	18-1%	16-4%	14-9	11-5%	9-10	8-2%	6-6%	
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: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 60+: 600g  
 8) Metric heights and distances are the standard; feet and inches listed for convenience.  
 9) Pen/Dec/Wt.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	5:50:18	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

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	34:20	56:04	1:10:35	1:48:13	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 / 2 1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

## EAST

### Dartmouth Weight Meet Hanover, NH; Sept. 23

Shot Put 16#	
Carl Wallin 58	43-11
(WR, age 58)	
Don Filkins 46	41-5
Carmen Letizia 47	36-9
Mike Grisko 53	30-3
Ed Rowan 60	27-1.5
Shot Put 6k	
C Wallin 58	48-9
D Filkins 46	44-2.5
C Letizia 47	40-8
E Rowan 60	29-7.5
Hammer	
C Wallin 58 6k	149-9
D Filkins 46 16#	134-3
M Grisko 53 16#	112-2
C Letizia 47 16#	104-0
E Rowan 60 5k	100-5
C Wallin 58 16#	132-7
Discus	
D Filkins 46 2k	111-10
C Letizia 47 2k	97-0
E Rowan 60 1k	96-6
Weight Throw 35#	
C Wallin 58	41-11
D Filkins 46	41-3
M Grisko 53	36-11
C Letizia 47	32-9.5
E Rowan 60	27-0

## SOUTHEAST

### North Carolina Senior Games Raleigh; Oct. 1-3

100m	
M55 John Clifford	13.46
M60 Raynah Adams	13.53
M65 Willie McLeod	14.20
M70 Hershey Hipps	15.86
M75 Paul Dziezyc	17.81
M80 Marlen McWilliams	16.84
M85 Bob Boal	22.66
M90 Harold Hoffman	34.48
M95 Bert Moses	38.52
W55 Blandine Tate	16.23
W60 Louise Guardino	18.27
W65 Fran Allison	18.78
W70 Tassie Kendall	20.48
W75 Cathy Pritchard	21.53
W80 Gladysteen Pait	26.72
W85 Mittie Seawell	25.89
200m	
M55 John Clifford	28.03
M60 Raynah Adams	29.10
M65 John Schreiber	30.93
M70 Dick Taylor	33.64
M75 Paul Dziezyc	35.83
M80 Marlen McWilliams	39.38
M85 Bob Boal	55.69
M90 Harold Hoffman	86.27
W55 Blandine Tate	34.50
W60 Sherrill Jenkins	43.78
W65 Fran Allison	46.98
W70 Laura Blount	49.53
W75 Marg Hagerty	57.67
W80 RosaBelle Miller	82.65
W85 Laverna Soiset	69.90
400m	
M55 Maurice McDonald	63.01
M60 Raynah Adams	66.33
M65 Sam Smith	73.65
M70 Dick Taylor	80.37
M75 Paul Dziezyc	96.69
M80 Cecil Shearhart	2:03.26
M85 Bob Boal	2:11.80
M90 Harold Hoffman	3:22.38
W55 Blandine Tate	80.15
W60 Judy DeFrancis	2:04.83
W65 Fran Allison	2:16.75
W70 Mary Crusius	2:05.35
W75 Marg Hagerty	2:24.72
W85 Laverna Soiset	3:11.20
800m	
M55 Maurice McDonald	2:25.51
M60 Bill Jackson	2:42.40
M65 Don Lein	2:43.23
M70 Bill Hottinger	3:11.01
M80 Cecil Shearhart	4:46.24
M85 Bill Finch	5:06.11
M90 Harold Hoffman	6:54.71
W55 Pauline Nilend	3:21.76
W60 Judy DeFrancis	4:27.68
W70 Mary Turner	4:51.30
W75 Marg Hagerty	5:17.28
W80 Bette Hoffman	8:40.04

## 1500m

M55 Maurice McDonald	5:08
M60 Bill Jackson	5:58
M65 Don Lein	5:40
M70 Casper Holroyd	6:48
M75 Rich Hamilton	11:59.70
M80 Cecil Shearhart	9:04.90
M90 Harold Hoffman	13:13.30
W55 Blandine Tate	6:24.40
W70 Mary Turner	9:48.20
W75 Marg Hagerty	10:28.40
W80 Bette Hoffman	16:52.70

## Long Jump

M55 Felix Dessel	14-5.5
M60 Bob Rowland	13-10
M65 Willie McLeod	15-3.5
M70 Dick Taylor	11-10.5
M75 Dick Martin	10-9.5
M80 William Willis	7-5.5
M85 Fred Dickerson	7-5
M90 Harold Hoffman	4-2.5
M95 Bert Moses	2-8
W55 Blandine Tate	10-11
W60 Judith Moss	8-10
W65 Joan Watson	8-5.5
W70 Martha Barker	6-9.5
W75 H Trexler Campbell	5-8.5
W80 Marg Brewington	4-2
W85 Viola George	3-9.5

## Shot Put

M55 Mike Valle	36-9.5
M60 Gerald Vaughn	45-9.25
M65 Larry Horine	40-11.5
M70 Bill Wunder	32-7.5
M75 Walt Evick	32-1.25

## Discus

M80 Francis Mebane	23-8
M85 Harold Slaugh	24-8.5
M90 Harold Hoffman	16-9.5
M95 Bert Moses	11-6.25
W55 Aileen Steelman	29-10.75
W60 Charlotte Miller	25-9.5
W65 Beth Carrin	24-2.5
W70 Lonnie Proctor	23-7
W75 H Trexler Campbell	20-1.25
W80 Geneva Gillis	18-1.5
W85 J Brookover	15-9.5

## 100m

M55 Mike Valle	118-11
M60 Bill Gramley	140-0
M65 Larry Horine	127-2
M70 Bill Hottinger	93-11
M75 Floyd Simmons	91-8
M80 Richard Parker	57-10
M85 Harold Slaugh	58-11
W55 Aileen Steelman	67-4
W60 Sherrill Jenkins	63-1
W65 Penny Weaver	61-10
W70 Lonnie Proctor	61-0
W75 H Trexler Campbell	47-10
W80 Geneva Gillis	43-9
W85 Juanita Brookover	39-6

## 1500m Racewalk

M55 Larry Seymour	9:35
M60 William Walker	11:45
M65 Mike Michel	9:21
M70 Ken Long	9:24
M75 Jack Coriell	11:58
M80 Richard Parker	11:58
M85 Woodrow Land	13:00
M95 Bert Moses	16:40
W55 Pauline Nilend	10:10.20
W60 Gayle Sink	10:55
W65 Betty Allgood	10:30
W70 Bonnie Vaughan	11:13
W75 Marg Hagerty	12:49
W80 Daisy Cotton	14:09
W85 Laverna Soiset	13:35
W90 Dessie Gilmore	14:53

## 5K Racewalk

M55 Larry Seymour	35:10.70
M60 Phil Veenhuis	36:44.89
M65 Ole Holsti	33:26.47
M70 Ken Long	33:53.86
M75 Donald Brown	38:35.57
M80 Rafe Lovelace	48:19.38
M85 Woodrow Land	45:17.93
W55 Martha Allen	36:14.30
W60 Gayle Sink	37:02.00
W65 Betty Allgood	36:34.70
W70 Mary Turner	43:05.30
W75 Marg Hagerty	48:05.30
5K	
M55 Philip Contino	19:31
M65 Don Lein	20:43
M70 Dale Lappin	25:50
M75 Richard Hamilton	42:11

## M80 Cecil Shearhart

M80 Cecil Shearhart	32.44
M90 Harold Hoffman	45.23
W55 Ann Viles	23.24
W65 Ruth Webber	36.18
W70 Mary Turner	35.58
W75 Marg Hagerty	39.00
W80 Bette Hoffman	59.19

## USATF South Carolina Weight

### Pentathlon Championships

#### Myrtle Beach; Nov. 18

M40 Kenneth Janson	42	3568
Andre Minor	40	1633
Frank Makozzy	41	1414
M45 Dave Vandergriff	45	3397
Carl Reichard	48	3101
Peter Farmer	48	2809
Bob Gunn	47	2783
M50 Carleton Mott	53	2643
M55 Tom Russell	56	3203
M60 Mike Valle	60	3549
John Sloan	60	3200
Robin Herron	63	3001
Jack Hunter	62	2882
M65 Bob Lawson	65	3895
M70 Tom Allison	70	3550
Reed Quinn	70	3417
William Patrick	70	3083
John Snaden	74	1947
M75 John Gamble	76	AR3846
(Ricciardi/3302/1997)		
W60 Carol Young		AR3871
(Holland/3714/1987)		
W70 Lillian Snaden	71	2405

## SOUTHWEST

### Arkansas Senior Olympics Hot Springs; Sept. 15-16

#### 100m

M50 David Cotner	11.96
M55 Leonard Hill	13.83
M60 Don Denson	12.37
M65 Paul Johnson	12.77
M70 William Wareham	14.68
M75 John Pickering Jr	23.37
M80 Roderick Parker	15.24
M85 Donald Pellman	18.09
W50 Corry Meijer	14.99
W55 Dorothy Weems	16.77
W60 Mary Lou Bradford	17.64
W65 Jean Schooler	17.09
W70 Carlotta Barnhill	22.33
W75 Velma Morris	38.10
W80 Lorraine Douglass	29.33

#### 200m

M50 David Cotner	24.85
M55 Leonard Hill	28.64
M60 Don Denson	26.59
M65 Paul Johnson	25.84
M70 William Wareham	32.35
M75 Robert Jantz	49.15
M80 Roderick Parker	33.00
M85 Rudy Loeffler	47.25
W50 Andrea Foley	38.69
W55 Dorothy Weems	36.43
W60 Melba Cook	39.60
W65 Jean Schooler	38.55
W70 Carlotta Barnhill	50.99
W75 Velma Morris	94.74
W80 Frances Smith	91.10

#### 400m

M50 Randy Taylor	58.63
M55 Leonard Hill	69.40
M60 Henry Hawk	63.20
M65 Paul Johnson	59.62
M70 William Wareham	75.93
M80 Roderick Parker	77.20
M85 Murphy Domingues	1:44.92
W50 Angie Ransom	83.39
W55 Dorothy Weems	86.13
W60 Melba Cook	3:57.92
W65 Jean Schooler	96.48
W70 Shirley Goff	1:49.42
W80 Frances Smith	3:14.73

#### 800m

M50 Randy Taylor	2:19.05
M55 David Samuel	3:07.33
M60 Henry Hawk	2:33.44
M65 Ethan Busby	3:08.03
M70 Jack Gentry	2:49.29
W50 Angie Ransom	3:07.14
W65 Jean Schooler	3:51.67
W70 Shirley Goff	4:17.51
W80 Frances Smith	7:45.74
1500m	
M50 Randy Taylor	4:44.92

M55 David Samuel	6:12.67
M60 Henry Hawk	5:03.10
M65 Ethan Busby	6:16.52
M70 Jack Gentry	5:37.60
M75 Robert Jantz	8:20.93
W65 Jean Schooler	7:39.55
W70 Shirley Goff	8:10.09

## Long Jump

M50 Dan Ursery	15-10.25
M55 Joe Johnston	11-5.5
M60 Don Denson	16-3.5
M65 Paul Beckman	14-6
M70 William Wareham	11-0
M75 Harold Jones	4-11
M80 Everett Bolton	7-1
M85 Don Pellman	7-9.5
W50 Corry Meijer	11-8
W55 Dorothy Weems	8-5.25
W60 Gloria Kopecky	6-9
W65 Jean Schooler	9-5.5
W70 Susan Schlemmer	8-3
W75 Mary Lewis	4-8.25

## High Jump

M50 Terrell Schoffer	5-0
M55 Johnston Ewing	4-10
M60 Henry Bullard	4-8
M65 Paul Beckman	4-2
M70 D W Willey	3-10
M85 Donald Pellman	4-0
W55 Dorothy Weems	3-7
W60 MaryLou Bradford	3-4
W70 Carlotta Barnhill	3-4
W80 Frances Loibner	2-6
Pole Vault	
M55 Joe Johnston	12-2
M60 Jerry McBride	9-6
M65 Harold Herrington	7-6
M70 Bill Noonan	5-10
M75 William Bell	9-4
M85 Donald Pellman	4-3
W60 MaryLou Bradford	4-6
W75 Sarah Overton	3-4

## Shot Put

M50 Edward Forester	39-9
M55 Vincent Breaux	32-3.5
M60 Jimmy Duckett	35-5
M65 David Bower	37-5
M70 Donald Gates	30-8.5
M75 Robert Jantz	27-3.5
M80 Elgie Posey	26-2
M85 Donald Pellmann	33-3
W50 Kathy Martin	21-7
W55 Glenda Byrd	22-5
W60 Madeline Smith	21-11
W65 Norma Stotts	18-4.5
W70 Carlotta Barnhill	20-6.5
W75 Dot Taylor	15-11
W80 Jose Humphrey	9-11
W85 Marie Hunt	10-2.5

## Discus

M50 Edward Forester	134-10
M55 Swayne McCauley	129-8
M60 Francis McEvoy	125-7
M65 Paul Beckman	110-1
M70 Lyndie Taylor	84-9
M75 Robert Jantz	69-7
M80 Elgie Posey	70-4
M85 Donald Pellman	80-7
W50 Joyce Hoppood	52-8
W55 Carol Stricklin	57-7
W60 MaryLou Bradford	47-9
W65 Norma Stotts	46-4
W70 Carlotta Barnhill	45-10
W75 Dot Taylor	41-7
W85 Marie Hunt	20-7

## Javelin

M50 Johnny Yates	131-11
M55 Vincent Breaux	125-10
M60 Jerry McBride	111-11
M65 Paul Beckman	98-7
M70 Jack Haller	85-4
M75 Richard Bledsoe	72-9
M80 Elgie Posey	69-7
M85 Donald Pellman	78-9
W50 Joyce Hoppood	41-9
W55 Carol Stricklin	62-3
W60 Mary Lou Bradford	55-0
W65 Norma Stotts	46-11
W70 Carlotta Barnhill	34-10
W75 Dot Taylor	30-4

## 1500m Racewalk

M50 Bill Richardson	8:34
M55 David Samuel	10:16
M60 Anthony Reding	9:01
M65 James Weaver	9:56
M70 Billy Simpkins	9:48
M75 Nash Abrams	10:13
M80 Bernard Alberts	13:58
W55 Dorothy Weems	10:18
W65 Jean Schooler	9:55
W70 Shirley Goff	10:39

## 5K Racewalk

M50 Bill Richardson	29:47
M55 David Samuel	33:22

M60 Anthony Reding	31:51
M65 Ethan Busby	31:58
M75 Nash Abrams	34:19
5K Road Race	
M50 Andy Bryant	18:50
M55 David Samuel	24:53
M60 Tom Mayfield	19:19
M65 Orville Kremmer	22:48
M70 Jack Gentry	21:24
M80 Albert Davis	29:18
W50 Angie Ransom	22:18



Continued from previous page

M45 Ralph Fruguglietti	14.73
M55 Mike Deller	12.41
Juan Bustamante	8.76
M60 Bob Humphreys	12.20
Doug Cronin	10.11
M65 Hal Smith	13.36
Bob Ward	12.05
Stew Thomson	11.72
Don Sharp	9.66
Tommy Kuenster	8.12
M70 Don Hegberg	10.72
Al Norris	7.98
M75 Ed Chynoweth	11.22
Jerry Silsdorf	7.69
M80 Jim Minah	7.50
M85 Ted Hatlen	6.87
M100 John Whittemore	3.00
W50 Annelie Steeklenberg	6.99
W65 Christel Miller	7.82
Mary Hirst	6.11

M35 Paul Quirke	46.98
Kevin Rinehart	44.48
M40 Jame Kerman	38.22
James Barry	34.94
M45 Ralph Fruguglietti	48.58
M50 Tom Fahey	50.53
Mike Deller	42.11
John Gallen	24.20
M55 Lloyd Higgins	48.75
Dave Nuttall	35.37
Juan Bustamante	22.86
M60 Bob Humphreys	45.38
Chuck Po	41.39
Alan Rosen	39.94
Doug Cronin	37.82
M65 Stew Thomson	46.65
Bob Ward	43.94
Hal Smith	40.19
Ahmet Ardaman	29.10
M70 Don Hegberg	39.97
Lou Mozzini	32.96
Allen Norris	19.46
M75 Jerry Silsdorf	16.77
M85 Ted Hatlen	16.51
M100 John Whittemore	WR6.43
W60 Kathy Bergen	14.42
W65 Fei-Mei Chou	16.49
W70 Shirley Dietderich	15.84

M55 Lloyd Higgins	43.00
Dave Nuttall	30.80
M60 Bob Humphreys	43.76
J T Dalton	29.42
M65 Stew Thomson	45.44
Bob Ward	42.64
Ahmet Ardaman	25.36
M70 Kio Shik Song	32.26
Allen Norris	21.66
M75 Jerry Silsdorf	19.15
M80 Jim Minah	26.22
W65 Mary Hirst	17.55

M35 Eric Schad	46.15
M45 Vern McGarry	36.70
M50 Drew Stevick	51.23
Bob Powers	50.09
Ed Baskauskas	39.92
John Gallen	25.20
M55 Dave Nuttall	33.03
James Brennan	32.44
M60 Chuck Po	46.60
Steve Wordell	40.05
Bob Humphreys	29.44
M65 Bob Ward	34.01
Ahmet Ardaman	24.79
M75 Ed Chynoweth	31.96
M85 Ted Hatlen	15.33
M100 John Whittemore	WR5.98
W35 Tammy Nolan Mack	22.15
W60 Kathy Bergen	23.38
W65 Christel Miller	21.85
W70 Shirley Dietderich	15.22

Hawaii Senior Olympics  
Honolulu; Nov. 18-26

M50 Allen Ng	13.18
M55 Walter Rittie	12.86
M60 Lionel Low	14.56
M65 Roger Tsuda	13.22
M70 Pat Brown	16.33
M75 George Murray	17.44
M80 Masaru Morikawa	20.37
M95 Erwin Jaskulski	26.17
W50 Calei Ewing	20.25
W60 Kathy Bergen	14.52
W75 Edith Leiby	26.29

M50 Allen Ng	28.72
M55 Walter Rittie	26.50
M60 James Fuller	30.62
M65 Roger Tsuda	27.80
M70 Don Sibigroth	40.80
M75 George Murray	40.49
M80 Masaru Morikawa	44.55
M95 Erwin Jaskulski	59.87
W50 Calei Ewing	47.11
W75 Edith Leiby	75.13

M50 Allen Ng	76.70
M55 Sai Ching	61.22
M60 Geoff Howard	76.23
M65 Roger Tsuda	72.15
M75 George Murray	92.17
M80 Masaru Morikawa	1:44.83
M95 Erwin Jaskulski	WR2:35.37
W50 Calei Ewing	1:51.12

M40 Mark Elwell	2:18.67
M50 Richard Moeller	2:54.47
M55 Sai Ching	2:24.37
M60 Kenneth Mohica	2:41.70
M65 Bill Cunningham	3:03.68
M75 George Murray	3:29.40
M80 Masaru Morikawa	3:54.58
W50 Calei Ewing	4:10.70

M40 Bryan Galloway	4:48.90
M50 Richard Moeller	5:53.41
M55 Ed Cadman	4:54.50
M60 Geoff Howard	5:38.09
M65 Clifford Youth	7:01.22
M75 Naoto Inada	10:44.65
W50 Calei Ewing	8:53.67

M50 M Unnikrishnan	4-0
M55 Puna Chillingworth	4-2
M60 Bert Bergen	4-7
M65 Floyd Smith	4-5
M70 Sheldon Varney	4-0
M80 Ken Wheeler	3-4

M50 M Unnikrishnan	13-5.5
M55 Robert Larson	13-2
M60 Lionel Low	14-7
M65 Roger Tsuda	16-5.5
M70 Pat Brown	11-0.75

M50 Billy Rees	29-11
M55 Robert Lawson	30-7
M60 Gerald Fasten	35-2.5
M65 Floyd Smith	31-5
M70 Don Sibigroth	28-2.5
M80 Ken Wheeler	24-11
W60 Joan Davis	17-4
W70 Lisbeth Naber	14-1

M50 Billy Rees	128-1
M55 Jack Karbens	104-5
M60 Gerald Fasten	121-6
M65 Ed Van Pelt	137-0
M70 Eugene Levin	80-5
M80 Ken Wheeler	76-3
W50 Calei Ewing	44-0
W60 Kathy Bergen	61-0

M50 Thomas Repphuhn	98-3
M55 Jack Karbens	96-10
M60 Gerald Fasten	102-10
M65 Floyd Smith	58-10
M70 Don Sibigroth	45-4
M80 Ken Wheeler	54-0
W50 Calei Ewing	33-3
W60 Kathy Bergen	68-6

M50C Andrade	10:06.54
M70 David Naber	11:45.81
W60 R Albrecht	13:15.77
W70 Lisbeth Naber	13:45.97

M65 Clarence Andrade	35:03
M70 David Naber	51:06
W60 Roswitha Albrecht	46:02
W70 Lisbeth Naber	51:43

## CANADA

25th Stouffville Weight Pentathlon Stouffville, Ontario, Canada Oct. 2000	
John Kasperski 56	4045
Garry Bachman 78	3847
Helmut Lange 72	3757
Max Woerle 70	3740
M55 Roger Tsuda	3578
Arvids Zakis 80	3276
Lembit Saar 81	3098
Aleks Upmalis 82	3056
Peter Nielsen 76	2887
James Findlay 39	2418
John Olivier 36	2086
Peter St. Pierre 42	2026

## 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 / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

USATF National Masters 5K  
Cross-Country Championships  
Holmdel, NJ; Nov. 19

M40 Tom Dalton	15:38
David O'Keefe	16:14
Don Di Donato	16:33
Bob Carroll	16:36
Greg Domantay	16:43
Jamie Kempton	16:44
Michael Scythes	16:47
David Mullan	16:49
Rich Coughlin	16:51
Christopher Ankin	16:54
Charlie Andrews	16:54
Bob Underwood	17:03
Gary Moore	17:04
Kevin Williams	17:06
Jeremy Stratton	17:10
Chris Hackins	17:11
Bob Nugent	17:13
Paul Noe	17:15
Rick Pingitore	17:19
Jay Duggan	17:19
John Papp	17:20
James Vanblunk	17:24
Alan Ruben	17:23
David Cole	17:27
Van Townsend	17:27
Jose Luis De Oliveira	17:29
Doug Fitzhenry	17:33
Jose Guzman	17:34
Jim Cuono	17:35
Carl Hubel	17:44
Stuart Caldenwood	17:48
John Noonan	17:49
Fred Kitzrow	17:51
Keith Davies	17:55
Tony Vodacek	17:56
Chuck Shields	17:57
Michael Humiston	17:58
Marty Horan	18:07
Andy Zucaro	18:16
Bob Andrews	18:33
Brian O'Dowd	18:34
Brendan Jackson	18:38
Victor Osayi	18:44
Gary Radford	18:46
Paul Leary	18:52
Tim Jones	18:53
Mario Bastos	18:56
James Dill	18:56
Jerry O'Connor	18:58
Abraham Golub	18:59
Rich Agnello	19:03
Pedro Adelino	19:09
Douglas Prindle	19:10
Paul Varga	19:15
Don Seitz	19:21
Matthew Farand	19:25
Jack Anderson	19:28
Gene Gugliotta	19:29
Tom Zarra	19:43
Dennis Bierbower	19:44
Spook Handy	19:46
Chris Murphy	19:53
Donald Kelly	20:11
Tim McMullen	17:07
Charlie McMullen	17:24
John Underwood	17:30
Jim Robinson	17:40
Mark Rybinski	17:46
Tom Hartshorne	17:49
Randall White	18:02
Rob Picotte	18:10
Chris Burns	18:42
Mark Yellin	18:48
Brian Dodge	18:54
Rob Haithcock	19:13
Helio Teixeira	19:20
David Worden	19:34
Henry John-Alder	19:56
Robert Bazley	19:58
Tony Plaster	20:09
Richard Evans	20:14
Fillmore Corpus	20:16
Robert Schwartz	20:24
John Megaw	20:24
Ray Schick	20:57
Kirk Pierret	21:07
Dave Hoch	21:12
Tom Cusimano	21:15
Richard Romero	21:32
Bob Hahn	21:41
Bruce Lavner	23:49

## M40-49 Teams

1 Adirondack	1:24.08
2 Genesee Valley Har	1:25.42
3 Syracuse Chargers	1:27.58
4 Westchester Puma TC	1:29.31
5 North Jersey Masters	1:30.33
6 Shore AC	1:31.22
7 Central Park TC	1:32.18
8 Fleet Feet	1:32.55
9 Raritan Valley RR	1:35.59
M50 Roger Price	17:43
Harold Nolan	17:57
Dale Keenan	17:59
Alston Brown	18:32
Pat Glover	18:34
Steve Rook	18:38
Ken Briell	18:43
Judge Jones	18:47
Dick Green	19:05
10 William Bosmann	19:06
Phil Jessen	19:07
Scott Abercrombie	19:11
Gary Wallace	19:17
Scott York	19:18
Antonio Grazina	19:21
Bob Cross	19:23
Fred Dedrick	19:24
Mark Sepkowski	19:28
Ron Bagnoli	19:30
20 Frank Goldcamp	19:30
Dennis Snyder	19:36
Peter Lovett	19:52
Joseph Porcaro	19:53
David Kanners	19:56
Chas Schneekloth	19:57
Tom Yannon	19:59
Peter Reinhart	20:00
Gary Rosenberg	20:02
David Blake	20:02
30 Christophe Lehman	20:04
Rick Wozner	20:07
Bob Pertak	20:09
Jim Boyle	20:11
Ron Ruffin	20:12
Larry Zygo	20:26
Tom Resch	20:32
John Piccoli	20:39
Gaetan Breton CAN	20:54
John Kellenyi	20:56
Ron Olson	21:09
John Shavel	21:20
Walter MacGowan	22:16
Peter Coleman	22:20
Ed Powers	23:01
Frank Werner	23:21
Joe Silverio	23:40
Chas Ruthman	23:41
Carl Etainagle	23:49
Dean Shonts	24:22
50 Bill Inde	24:46
M55 Terry Delph	18:10
Richard Myers	18:24
Doug Goodhue	19:00
Wally Herrala	19:10
J L Seymour	19:16
Douglas Brown	19:41
Edward Smith	19:43
Hugh Sweeny	20:04
Pete Shanno	20:16
10 Bill Hagman	20:46
Pat Cosgrove	20:49
John Boyle	20:51
John Nowatowski	21:07
David Sauls	21:17
John Ruhi	21:25
Jerry Augustine	21:30
Armando Oliveira	22:13
George McIntyre	22:14
Jeff Martin	22:39
Howard Brown	22:48
Thomas Kelly	22:57
Gilberto Soto	23:04
Ron York	23:45
Paul Krentar	23:50
Jack Lach	23:59
Joseph Cozzi	24:12
Thomas Carr	25:13
Andrew Boyajian	26:19

## M60-69 Teams

1 Wolfpit RC	1:03.01
2 Shore AC	1:05.02
3 Westchester Puma TC	1:05.49
M70 Kenneth Jones	23:19
Bill Fortune	23:40
Jerry Magoffin	26:04
Richard Sullivan	26:15
Roger Whalley	26:25
James McFee	27:00
Santo Bueme	29:31
Jack O'Sullivan	30:32
Jack Haar	31:15
M75 Lester Ridings	27:11
John McManus	27:55
Wallace Cutler	33:37
Tom Gibbons	36:15
M80 Austin Newman	33:25

## M70+ Teams

1 Millrose AA	1:14.54
2 Belle Watling Team A	1:18.44
3 Belle Watling Team B	1:29.36
4 Millrose AA	1:41.07
W40 Janice Morra	19:16
Marybeth Evans	19:26
Jean Chodnicki	10:33
Stacy Cramer	21:03
Sue Rowley	21:10
Marie Quinn	21:39
Judy Rubin	21:48
Ruth Yanai	21:48
Debra Kenney	21:52
Barbara Ende	22:03
Trink Poynter	22:13
Patricia Rosen	22:33
Susan Krogstad Hill	22:38
Jane Erbe	22:49
Carol Dodge	22:51
Kimberly Daley	23:02
Karen Lein	24:04
Margaret De Luca	24:07
Joannie Padginton	24:18
Ginny Farrell	25:04
Mickey Piscitelli	25:15
Lois Eder	25:50
Cori Haveson	26:17
W45 Laurie Kinsella	21:13
Jane Parks	21:55
Diane Sardes	21:58
Tina Marie Varzeas	23:01
Mary Conry	23:38
Debi Page	24:00
Cathy Groneman	24:02
Diane McGuire	25:26
Inge Buchert	28:24

## W40-49 Teams

1 Genesee Valley Har	nta
2 Runnerspace/TriAthle	1:02:50
3 Central Park TC	1:07:33
4 Taconic RR	1:07:57
5 Shore AC	1:09:29

W50 Carolyn Smith	19:44
Betty Shonts	22:29
Erika Campbell	23:10
Mary Rosado	23:52
Deborah McNish	24:06
Lee Saroken	24:24
Chiara Becchi	24:56
Peggy Hilton	27:05
Lynda Boynton	28:45
W55 Natalie Grabow	24:13
Eileen Holzman	26:25
Joyce Geroux	28:33
Ann Gillespie	26:57

## W50-59 Teams

1 Runnerspace/TriAthle	1:16:06
2 North Jersey Masters	1:18:44
W60 & W65 divisions	none
W70 Toshiko d'Elia	29:09

USATF National Masters 10K  
X-C Championships  
Boston, MA; Nov. 25

X-C Championships	
Boston, MA; Nov. 25	
At Franklin Park, 9.855K	
M40 Thomas Dalton	30:48
Craig Fram	31:40
Tim Minor	31:48
Paul Hammond	31:59
Bob Winn	32:03
Armando Siqueiros	32:09
Jeff Shaver	32:41
Terence Boynton	32:49
Michael Bruhn	32:50
Rich Coughlin	32:55
M45 Kenneth Leinbach	32:48
Geary Daniels	32:52
John Barbour	32:56
Charles McMullen	33:40
Thomas Cushman	33:54
John Goodwin	34:06
Emil Magellanes	34:24
Phil Riley	34:30
Donald Salamone	34:48
Jim Robinson	34:54
M50 Vladimir Krivoy	33:50



Continued from previous page

W50 Carolyn Smith-Hanna	38:57
Susan Gustafson	40:33
Carol Hogan	40:35
Deborah Bullerjahn	42:05
Elizabeth Riordan	46:07
Ann Igoe	50:43
Lee Kraft	51:05
W55 Regina Wright	49:09
Mardi Reed	49:40
Andrea Hatch	51:54
Dotty Fine	52:02
W60 Carolyn Capetta	48:56
Tami Graf	51:18
Molly Johnson	61:39
W65 Mary Harada	56:51
Team	
40+ 1.Run to Win (Maine)	
2.Central Mass. Striders	
3.Greater Boston TC	
50+ 1.Liberty AC	
60+ 1.Liberty AC	

**EAST**Leaf Peepers Half-Marathon & 5K  
Waterbury, VT; Oct. 1

Overall	
Aaron Moody	70:08
Elisabeth Ruel	82:53
M40 Tim Mason	82:04
Kevin Higgins	82:31
Dennis Hall	83:32
M50 Mike Mason	87:49
John Morton	90:51
Bill Miles	92:13
M60+Chris Brookhouse	1:54:36
Don Lacharite	2:15:39
W40 Gayle Porcelli	42:87:49
Catherine D'Armour	58:41
W50 Karen Henning	1:51:57
Ginny Bailey	2:05:23
W60+Carol Sundman	1:53:52
Ann Rawnley	2:04:18
-5K-	
Overall	
Dan Licata	17:46
Jessie Holmes	19:54
M40 Randy Waterman	18:12
M50 Ted McKnight	20:00
M60+Rich Watson	20:10
W40 Kim Walsh	20:37
W50 Pam Kane	24:54
W60+Maureen Murphy	26:21

Montgomery County Marathon  
in the Parks  
Rockville, MD; Nov. 5

Overall	
Mark Hoon	36 2:34:47
Hilary Cairns	30 3:00:21
M40 Oscar Ramirez	2:47:15
M45 Michael Cunningham	2:56:52
M50 Reuben Beauchamp	2:44:53
M55 Jack Rafferty	3:18:12
M60 Bob Carpenter	4:16:24
M65 Denis Dirscherl	4:18:14
W40 D.Windsand-Dausman	3:15:41
W45 Lynn Geisert	3:46:31
W50 Barbara Connor	4:04:28
W55 Sharon Dolan	3:40:41
W60 Kathleen Guernier	4:56:21

Great Osprey Ocean Run 10K  
Freeport, ME; Nov. 11

Overall	
Kyle Rhoads	31 33:44
Joan Samuelson	43 36:02
M40 John Gleason	37:00
M45 Gordon Scannell	37:40
M50 Ken Cotton	39:47
M55 Lawson Noyes	40:37
M60 Lloyd Slocum	42:30
W40 Joan Samuelson	36:02
Beth Rand	44:39
W50 Marjorie Adams	51:32
W55 Kathy Engle	57:27

Bergenfield Community Ctr. 5K  
Bergenfield, NJ; Nov. 12

Overall	
Shawn Gallagher	40 17:18
Mary Chenyanak	32 20:00
M40 Shawn Gallagher	17:18
Manuel Romero	18:20
M45 Michael Hadley	21:19
John Difers	21:22
M50 Tom Monahan	19:45
Charles Redmond	21:49
M55 Bernard Ward	25:31
James Hyer	32:17
M60 Michael Goldman	21:46
Joe Saley	22:26
M65 Walter Desind	23:52
Joseph LeMay	32:47
M70 Joe Burns	24:42

Len Cheringal	72 31:41
W40 Judy Aronsen	24:43
Dell Carroll	26:13
W45 Gail Warshaw	27:08
Kathy Nessenbaum	34:47
W50 Shirley Sullivan	28:17
Susan Payne	36:47
W55 Antje Hennings	26:38
W60 Sachiko Kawamura	26:53

USATF New England 8K X-C  
Championships  
Franklin Park, Boston, MA  
Nov. 12

M40 Craig Fram	26:19
Bob Winn	26:24
Larry Sayers	26:42
Paul Hammond	26:49
Doug Martin	27:09
Scott Brown	27:30
Michael Bruhn	27:42
Jim Garcia	27:44
Mark Reeder	27:59
WF Newhall	28:02
M45 Ken Leinbach	26:54
Geary Daniels	27:00
Robert O'Hara	27:40
John Barbour	27:46
Vladimir Krivoy	27:53
Bob Ruel	28:02
John Goodwin	28:31
Jon Didrickson	29:04
Phil Riley	29:04
Bob Hodge	29:20
M50 Jerry Learned	28:53
Frank Ruki	30:33
Wayner Alukonis	31:06
Mark Hines	31:26
John Boyle	31:35
Alan Rondeau	31:47
Brad Kron	32:19
Kerry Cameron	32:32
Richard Puckerin	32:48
Richard Murray	33:40
M55 John Babington	33:19
M60 Harold Hatch	36:08
Fred Wellman	37:48
Tom Wright	40:52

Women - 6.017K

Overall	
Sarah Dupre	24 20:42
W40 Susan LaChance	23:24
Judy Copley	24:15
Cynthia Gaudere	24:57
Claire McManus	25:04
Jeanne Hackett	25:35
W45 Sue Maslowski	24:33
Carol Hogan	24:49
Patricia Robinson	26:23
Elizabeth Duquette	26:43
Lisa Doucette	26:52
W50 Susan Gustafson	25:12
Deborah Bullerjahn	26:24
Ann Igoe	30:52
Lee Kraft	31:37
W55 Regina Wright	30:17
Mardi Reed	31:09
Andrea Hatch	31:59
Dotty Fine	32:50
W60 Mary Harada	34:16

Brooks Pharmacy Ocean State  
Marathon  
Warwick, RI; Nov. 12

Overall	
Igor Osmak	35 2:14:24
Olga Kovpotina	29 2:37:53
M40 Andrey Kuznetsov	2:16:49
Brian McLaughlin	2:50:21
Khamfusa Haleudeth	2:50:38
Sam Eid	2:51:15
Tom Hahn	2:51:52
M45 Vincent Hey	3:00:28
Bob Lamothe	3:04:02
Paul Days-Merrill	3:04:17
David Walecka	3:05:52
Robert Payne	3:08:00
M50 Luis Lopez	2:41:51
Joseph Mansolillo	3:10:30
Michael Del Prete	3:15:00
Brown In Kul Yoo	3:15:07
Donald Moore	3:15:40
M55 Paul Jensen	3:09:53
Howard McRae	3:19:33
Jim Laurent	3:20:42
Bill Boardman	3:20:50
Dean Pendleton	3:25:53
M60 Tony Cerminaro	3:02:26
Andrew Kotulski	3:20:46
Leo Tomasetti	3:30:16
Paul Hargrave	3:35:21
M65 Dan Shuff	3:45:49
Louis Joline	3:57:09
Ben Burd	3:58:19

Charles Kielkopf	4:04:10
M70 Carlton Mendell	79 4:43:52
W40 Mary Burns-Prine	2:52:40
Beth Mayek	3:18:43
Cheryl Theodore	3:28:59
Kate Meyers	3:31:45
Nancy Flaherty	3:33:37
W45 Mary Dunn	3:08:35
Maria Casas	3:40:21
Gail Delaney-Woolford	3:43:04
Meg Kerr	3:44:38
Pamela Roberts	3:47:20
W50 Joan Ellis	3:10:39
Rosalyn Randall	3:56:29
Andi Goodman	3:56:46
Barbara McKinley	3:57:06
W55 Joan Mulvihill	4:07:09
Dorothy Campbell	4:58:22
Kathleen Scotti	5:39:00
W60 Noreen Hendley	4:10:08
Astrid Georges	5:05:39
Elaine Doll-Dunn	5:54:40
W65 Jeannette Cyr	4:59:39

NASDAQ Veteran's Day 10K  
Washington, DC; Nov. 12

Overall	
John Tuttle	42 30:50
Svetlana Zakharova	30 32:53
M40 John Tuttle	30:50
Terry McLaughlin	35:10
Bret Erwin	35:21
Edward Ramos	35:25
Craig Fishman	35:26
Steve Comber	38:30
Ted Howard	39:43
Jay Marts	40:01
Shippin Howe	40:19
Peter Hemphill	40:28
M45 David Webster	34:28
Develand Cleveland	36:22
Lionel Scatliffe	37:36
Jon Thoren	39:06
Roland Rust	39:08
Edward Hom	39:19
Rusty Unknown	39:29
Kerry Lanham	39:48
David Brewer	39:52
Steve Boward	40:32
M50 Reuben Beauchamp	35:51
Mike Hurley	36:35
Mick Slonaker	36:50
Jay Wind	38:30
Fred Ronkema	38:50
Doug Pickett	39:47
Roger Mingo	40:24
Rick Kelsey	41:23
William Scott	41:51
William Knowlton	41:57
M55 Patrick Griffith	38:41
John Haubert	40:30
John Churchman	40:46
Michael Golash	41:09
Richard Lewis	42:20
Henry Sierka	43:19
Norm Coleman	44:10
Chuck Raper	44:37
Michael Kelly	45:03
Mike Baziz	45:08
M60 Antonio Panizza	42:12
Stephen Forman	43:36
Carl Cox	44:15
Robert Leaberry	44:16
Maynard Weyers	44:49
Bill Sollers	51:39
John Hunt	53:39
Richard Boys	54:29
M65 George Yannakakis	44:24
Larry Dickerson	46:35
Hank Hatch	48:14
John Huddleston	50:30
Terence McCarthy	51:10
Keith Olson	51:37
Amie Schifferdecker	55:42
John Hunting	62:24
M70 Donald McCarten	48:20
Lo Yin	54:36
Marcel Bitoun	56:42
Philip Zenchoff	66:27
Oliver Bragg	66:52
M75 Ray Blue	56:28
Bill Osburn	57:22
Dixon Hemphill	62:05
W40 Donna Moore	37:51
Paulette Dow	42:41
Karen Everest	43:54
Elizabeth Rogers	44:47
Sarah Buckheit	45:09
Joan Nugent	45:35
Robert Leopold	47:30
Joyce Campbell	47:40
Barbara Haywood	47:42
W45 Betty Blank	41:11
Cathy Renkiewicz	44:12
Joyce Adams	44:15
Maruie Marque	48:11

Nancy Specht	48:52
MC Yatsko	49:37
Roxane Sismanidis	52:31
Kathy Hennes	53:29
W50 Sandra Adams	42:50
Sally Dommer	47:00
Dana Scheurer	47:40
Olivia Carolin	50:15
Penny Bodine	51:18
Mary Kuta	52:33
W55 Jan Metzler	51:59
Karen Chin	53:31
Donija Buchanan	54:05
Gudhilo Habib	55:29
Paula Diamond	56:07
W60 Tami Graf	49:36
Barbara Parker	1:40:20
W65 Lee Glassco	65:24
W70 Hedy Marque	83 70:36

Philadelphia Marathon & 8K  
Philadelphia, PA; Nov. 20

Overall	
Brian Clas	28 2:18:03
Elvira Kolpakova	28 2:41:56
M40	
Brendan Hillard	43 2:27:16
John Kelly	40 2:31:38
Burt Prokop	40 2:39:10
Barry Lewis	41 2:40:49
Jose Santiago	44 2:43:41
Rudy Afanador	42 2:44:09
Tim Hewitt	46 2:44:17
Ronald Roop	49 2:44:57
Alan Moore	41 2:46:12
Paul Marzan	43 2:47:55
M50	
Thomas Powers	51 2:57:53
John De Finney	50 2:58:01
Julio Aguirre	54 3:00:00
Robert Eilers	51 3:08:14
Arthur Nager	51 3:08:59
Louis Rodriguez	54 3:09:34
Arthur Burger	56 3:12:48
John West	53 3:13:32
David Lowe	53 3:13:37
Miguel DeLeon	52 3:13:44
M60	
James Flanagan	63 3:27:27
David Johnson	60 3:29:36
Nick Panaccio	60 3:30:04
Richard Murphy	66 3:34:22
Vincent Criniti	65 3:35:07
Donald Fessman	61 3:36:50
Fred Bostrom	63 3:43:25
Malcolm O'Hagan	60 3:45:30
Lawrence Corley	67 3:50:00
Hans Hartman	65 3:55:47
M70+	
Mort Bauer	70 4:45:36
Rick Galinta	72 5:00:51
Gene Bandler	71 5:52:15
David Weber	71 5:53:56
W40	
Renee Head	42 2:58:47
Sharon Vos	46 3:03:23
Faith Nesdoly	40 3:04:02
Suzanne S Myette	43 3:05:59
Mary Hanley	46 3:09:57
Kimberley Layman	42 3:10:57
Anastasia Stokes	43 3:13:36
Maureen Shields	40 3:19:59
Sue Barrett	43 3:22:24
Vicki Bryant	42 3:25:50
W50	
Betty Horstmann	55 3:33:30
Megan Goldstein	51 3:35:53
Sue Juronics	53 3:38:36
Makiko Suehiro	51 3:38:58
Joy Hampton	54 3:41:56
Kathryn Esposito	52 3:45:41
Lynn Packer	51 3:56:06
Marjorie Kos	55 3:58:43
Mary Wenck	52 4:12:20
Carol Hilson	53 4:13:39
W60	
Patty Lee Parmalee	60 3:43:29
Marg. Schmuckler	63 4:48:31
Susan Currie	60 5:08:05
Rosemary McCloskey	60 5:30:02
Elaine Doll-Dunn	63 5:44:09
Dorie Smith	69 5:49:10
Sheila Noonan	64 6:37:05
Nancy Pugh	61 6:38:07
8K	
Gabriel Muchini	22 23:13
Svetlana Zakharova	30 26:12
M40	
Andrey Kuznetsov	42 0:24:14
Bob Schwelm	41 0:25:17

Dennis Packard	45 0:26:31
William Kauffman	42 0:27:37
Paul Hines	46 0:27:50
Joseph Breslin	40 0:28:06
Hugh Biggin	45 0:29:07
Robert Curci	43 0:29:13
Paul Oparowsky	44 0:29:25
Ira Meyers	40 0:29:42
M50	
Robert Taggart	59 0:31:48
Frank Hopper	57 0:32:41
Brian R Campbell	54 0:32:50
Stephen Goodman	56 0:33:16
Jerry Devlin	50 0:33:35
Ted Hardies	56 0:34:42
Russell Stallone	56 0:35:34
Michael Tuohy	53 0:36:03
Michael Kolymych	54 0:36:13
Jonathan Clayman	51 0:36:36
M60	
Warren Taylor	60 0:33:29
Jim Donohue	61 0:34:49
George Evinski	65 0:37:21
Michael Farinacci	61 0:37:47
Leroy Speller	60 0:37:47
Len Taylor	63 0:37:50
Jerry Fitzpatrick	63 0:38:18
Sheldon Chamberlain	60 0:42:17
Albert Gentil	64 0:44:38
Don Bovais	60 0:45:45
Joseph Havlick	73 0:43:42
Chuck Marti	72 0:46:19
Gene Martenson	72 0:48:14
George Blyn	81 0:49:30
Walter J Small	78 0:55:11
George Carl	72 0:58:11
Gerard Nolan	73 0:58:24
Frank Levine	86 1:04:11
W40	
Arlene Adao	40 0:30:10
Shirley A Geerling	42 0:30:13
Doris W-Dausman	44 0:32:44
Barbara Dean	41 0:33:01
Cheryl Bellaire	41 0:33:14
Amy Snyder	42 0:34:14
Melinda Struwas	47 0:34:52
Ellen Dykstra-Wilcox	45 0:35:06
Joan Potterfield	47 0:36:00
Jeanette Hoff	40 0:37:27
W50	
Carolyn DiGiambattista	59 0:38:03
Carole Lelli	57 0:39:55
Bonnie Dietrich	56 0:41:10
Susan Goodman	55 0:41:15
Susan Spinogatti	50 0:41:24
Nancy LaBare	50 0:41:29
Mary Bonetz	57 0:42:22
Janet F Grossman	50 0:42:23
Barbara Burger	55 0:42:34
Ann Warsing	58 0:44:04
W60	
Rita Alles	63 0:41:59
Andrea Gerbstadt	65 0:43:59
Shirley Duckenfield	60 0:



Continued from previous page

M40 Mark Pierret	17:22
Glen Sulski	19:10
M45 Randie Arnold	18:51
Dennis DeYoung	18:54
M50 Jeff Themm	21:11
Arthur Newman	21:21
M55 Steve Cobb	22:33
Peter Pressman	23:24
M60 Roger Chalkley	22:24
Ted Wilson	22:30
M65 Jack Williams	38:47
Edmund Nance	55:31
M70 Isaac Garner	56:19
W40 Shannon Reace	18:27
Kathleen Johnston	20:36
Mary Snipes	21:18
Susan Lambreth	21:32
W45 Katie Benson	23:54
Deb Berzsenyi	24:16
Nancy Roberts	25:19
W50 Yoko Pepera	23:14
Kathleen Weill	27:15
Linda Null	31:17
W55 Wale Smith	24:56
Bonnie Webb	29:29
Babara Felch	29:56
W60 Mickey Ely	31:09
Gloria Harrison	35:25
Edie Howell	35:54
W65 Evelyn Zerfoss	31:44
Jan Campbell	41:45
W70 Barbara Wehnt	49:51
Louise Bradford	55:48

### 28th Paul deBruyn Memorial 30K/15K Ormond Beach, FL; Nov. 18

<b>Overall</b>	
Steve Wilson 41	1:49:57
Cindy Keeler 42	1:57:39
M40 Steve Wilson	1:49:57
Christopher Cooper	1:50:56
Frank Suttman	1:59:25
M45 Paul Hextell	2:11:35
James Teryl	2:14:13
Michael Thomas	2:14:28
M50 Arthur Sarakas	2:13:14
Danny Rudd	2:14:18
Bob Femee	2:16:08
M55 Jon Wilson	2:24:07
Bill Castleman	2:31:25
Anthony Lombardo	2:31:40
M60 Bob Buzzetti	2:22:32
William Alborg	2:42:34
Chuck van Duzee	2:45:34
M65 Larry Penrod	2:48:25
Larry Larson	2:55:47
Frank French	3:38:06
M70+Bob Carr 72	3:21:26
W40 Cindy Keeler	1:57:39
Kim Streit	2:15:13
Susan Lynn Walters	2:22:12
W45 Michelle Hamel	2:20:42
Janet LaVoie	2:25:07
Josie Costero	2:35:17
W50 Theresa Coomes	2:51:16
Maureen Barrett	2:51:34
Shirley Budd	2:58:50
W55 Willy Moolenaar	2:55:38
Ginger Herring	3:08:59
Nancy Pullo	3:10:21
W60 Glenda Walker	2:47:17
W70+Hilde Fosse 72	3:56:04

<b>15K</b>	
<b>Overall</b>	
Mike Cain 41	53:10
Kim Ball 40	1:04:15
M40 Mike Cain	53:10
Colin Ansine	56:38
Alan Sheppard	58:47
M45 James Mayer	1:02:07
Howard Vann	1:02:43
Thomas Dunkle	1:07:54
M50 Patrick Gaughan	1:03:18
John Siwek	1:03:55
Adam Rafalski	1:06:34
M55 Ronald Lamed	57:33
Tom Hoffman	1:06:42
Frank Frazier	1:09:19
M60 Hugh Wilson	1:06:27
Jim Pollock	1:19:47
Tom Sullivan	1:20:56
M65 John Revilock	1:39:46
M70+Alex Murchie 71	1:41:42
John Carson 78	1:52:25
W40 Kim Ball	1:04:15
Bonnie Brooks	1:06:55
Gail Casey	1:08:17
W45 Christy Calderon	1:15:57
Luanne Rienzo	1:18:43
Nancy Toth	1:21:14
W50 Elena Etter	1:22:47
Joan Hyde	1:23:27
Deborah Roberts	1:26:51

W55 Barbara Miller	1:32:38
Kathryn Koontz	1:39:09
Marie Bandy	1:45:42
W60 Elin De Hoyos	1:27:43
Anne Jennings	1:38:05
Patt McEvers	1:45:40
W65 Maisie Cromie	2:12:33

### Avon/Tampa 10K Tampa, FL; Nov. 18

<b>Overall</b>	
Judy Maguire 41	36:45
W40 Judy Maguire	36:45
Elaine Nicholson	40:54
Lisa Kothe	43:23
Piedad Pinski	47:12
Suzanne Cortina	47:44
W45 Barbie Hildebrand	41:05
Linda Musante	42:09
Maggie Miller	45:05
Laura Russell	48:22
Susan Kosko	50:47
W50 Sara Appelbaum	50:02
Peggy McAvaddy	50:14
Etsuko Teshima	54:30
Cindi Vance	55:34
Louise Nicosia	56:39
W55 Vivian Johnson	47:39
Yvonne Rodgers	50:36
Rosalee Traina	55:03
Carol Peluso	55:26
Catherine Dehaan	56:13
W60 Annette Frisch	51:29
Karen Morin	60:46
Terri Sullivan	61:12
Toni Martinazzi	62:23
Chris Hearn	65:12
W65 Maureen Murphy	54:56
Ida Herb	65:21
Michelle Juristo	68:10
Renata Honig	68:50
Anna Babyak	80:28
W70 Betty Dolen	79:37
W75 Elaine Geyer 79	65:36

### Richmond Marathon & Ntelos 8K Richmond, VA; Nov. 18

<b>Overall</b>	
Michael Harrison 33	2:31:00
Inna Suvarova 29	2:31:25
M40 Paul Oberberg	2:34:41
H T Page	2:47:38
Bret Boman	2:50:26
M45 Dan Rindfleisch	2:52:23
M60 Bob Buzzetti	2:52:45
William Alborg	2:42:34
Chuck van Duzee	2:45:34
M65 Larry Penrod	2:48:25
Larry Larson	2:55:47
Frank French	3:38:06
M70+Bob Carr 72	3:21:26
W40 Cindy Keeler	1:57:39
Kim Streit	2:15:13
Susan Lynn Walters	2:22:12
W45 Michelle Hamel	2:20:42
Janet LaVoie	2:25:07
Josie Costero	2:35:17
W50 Theresa Coomes	2:51:16
Maureen Barrett	2:51:34
Shirley Budd	2:58:50
W55 Willy Moolenaar	2:55:38
Ginger Herring	3:08:59
Nancy Pullo	3:10:21
W60 Glenda Walker	2:47:17
W70+Hilde Fosse 72	3:56:04

<b>15K</b>	
<b>Overall</b>	
Mike Cain 41	53:10
Kim Ball 40	1:04:15
M40 Mike Cain	53:10
Colin Ansine	56:38
Alan Sheppard	58:47
M45 James Mayer	1:02:07
Howard Vann	1:02:43
Thomas Dunkle	1:07:54
M50 Patrick Gaughan	1:03:18
John Siwek	1:03:55
Adam Rafalski	1:06:34
M55 Ronald Lamed	57:33
Tom Hoffman	1:06:42
Frank Frazier	1:09:19
M60 Hugh Wilson	1:06:27
Jim Pollock	1:19:47
Tom Sullivan	1:20:56
M65 John Revilock	1:39:46
M70+Alex Murchie 71	1:41:42
John Carson 78	1:52:25
W40 Kim Ball	1:04:15
Bonnie Brooks	1:06:55
Gail Casey	1:08:17
W45 Christy Calderon	1:15:57
Luanne Rienzo	1:18:43
Nancy Toth	1:21:14
W50 Elena Etter	1:22:47
Joan Hyde	1:23:27
Deborah Roberts	1:26:51

M65+Jack Schmid	38:10
Salvador Santory	40:05
Joe Cuddy	41:46
W40 Debi Bernardes	31:34
Sharon White	32:52
Valerie Plyer	34:16
W45 Betty Blank	32:43
Katherine Calveard	38:23
Lea Kapsch	38:23
W50 Joan Gustafson	36:57
Kathy Luby	37:20
Beth Schmid	39:04
W55 Mary Kate Berglund	42:41
Charlene Magee	42:43
Margaret Broadbudd	43:54
W60 Arlene Walker	51:10
Mary Gutman	61:00
Ildefonso Monteiro	66:25
W65+Janet Lakey	46:10
Betty Dameron	47:58
Mary Coleman	53:29

### Outback Distance Classic Half-Marathon & 6K Jacksonville, FL; Nov. 23

<b>Overall</b>	
Gabriel Muchini 22	1:04:52
Lucia Subano 33	1:14:04
M40 Jim Vancleave	1:19:11
Brian Pate	1:21:10
Alan Sheppard	1:21:58
Anthony Truitt	1:23:25
Rick Snyder	1:24:13
Jay Herring	1:25:32
M45 Bill Phillips	1:17:37
Doctor Radical	1:18:51
Lars Leader	1:26:19
Charles Lechner	1:27:28
Kenneth Perkins	1:28:02
Jack Lunsford	1:29:19
M50 Alan Pover	1:20:07
Bernie Candy	1:22:02
Bruce Holmes	1:23:43
Randy Barnett	1:26:56
Craig Hams	1:28:08
Bob Femee	1:29:03
M55 Russ Brown	1:27:33
John Stephens	1:28:27
Steve Evans	1:32:44
Tom Hoffman	1:33:10
Frank Frazier	1:35:44
M60 Matt Ross	1:33:56
Roy Clarke	1:34:18
Joe Beams	1:38:33
John Kam	1:43:22
Joseph Founier	1:48:51
M65 Arnold Mueller	1:48:41
Al Crites	1:57:54
Bill Walker	2:02:18
Elmer Schroer	2:07:38
M70 John Aimore	1:55:09
Bob Carr	2:09:54
Moreland Perkins	2:21:24
M75 Joe Connolly 76	1:55:50
Dennis Lane 75	2:00:28
W40 Mary Delie	1:31:43
Kim Ball	1:31:59
Caroline Lee	1:33:56
Bonnie Brooks	1:35:05
Sharon Smith	1:40:33
Janet Daniel	1:42:47
W45 Janet Lavoie	1:34:25
Donna Vandervelde	1:35:43
Paulette Butler	1:38:39
Stephanie Griffith	1:43:58
Susan Wallis	1:44:30
Claudia Eliopoulos	1:44:39
W50 Patt Sher	1:36:15
Barb Ebers	1:38:31
Alix Dieter	1:48:56
Marjane Last	1:48:58
Kwanchai Sunanan	1:49:24
W55 Elfrieda Wyner	1:47:00
Annie White	1:55:12
Judith Daniel	1:59:15
Angela Wannall	1:59:46
W60 Marilyn Koubek	1:59:53
Joyce Hodges-Hite	2:00:37
Patt McEvers	2:50:11
W65 Willa Owen 69	2:41:53

**Overall**  
Jerry Lawson 34 17:21  
Fallon Heffernan 14 23:38  
M40 Victor Corrales 24:49  
Brian McCue 26:41  
Gordon Simms 27:04  
M45 Ed Velasco 24:41  
Brian Benwick 25:47  
Dan Calderera 27:29  
M50 Rob Duffy 24:45  
Paul Hibell 25:14  
William Jones 27:05  
Jim Nilon 27:32  
M55 George Hoskins 28:28  
Paul Gardner 30:49  
Paul Rushing 31:28

M60 Lance Clark	31:22
Doc Pratt	31:46
Thomas Koubek	32:38
M65 Norb Leckband	29:27
Harry Milliron	34:48
George Bowers	45:42
M70 George Lacharite	38:22
George Obi	39:45
M75 Rudy Lenczyk 78	53:12
W40 Susan Harms	26:36
Beverly Leach	28:08
Bobbie Russell	29:12
W45 Laura Vancleave	25:40
Janice Levy	29:59
Shannon Henderson	30:27
W50 Holly Hosch	32:33
Carol Palmer	33:43
Sandy Allen	33:47
W55 Barbara Vitsky	31:07
Shirley Buzzee	34:31
W60 Carolyn Leckband	30:40
Kathy Witowski	46:39
W80 Flo Schwarz 86	66:14

### Atlanta Marathon & Half-Marathon Atlanta, GA; Nov. 23

<b>Overall</b>	
Paul Deaton 31	2:34:00
Laura Drake 32	2:54:01
M40 John Black	2:47:00
Jeff Keady	2:53:48
Michael Yoder	3:03:50
M45 Steve Bremner	2:43:18
Patrick Binienda	3:02:48
Sam Norman	3:17:34
M50 Michael Popick	3:13:41
Richard Schick	3:19:39
Frank Madonia	3:23:12
M55 Albert Barker	3:24:42
A W Anthony	3:45:54
Bill Sieck	3:46:53
M60 Mariusz Solarski	3:38:05
Kg Nystrom	4:06:39
Abner Oldham	4:16:38
M65 Dick Green	3:55:11
Kyoichi Watanabe	4:08:55
Charles Teague	4:19:17
M70+Wally Herman 75	4:01:53
W40 Kathy Waldron	4:13:15:37
Charlotte Johnson	3:22:58
Valene Reed	3:24:42
W45 Cheryl McGinnis	3:20:41
Sharon Morris	3:43:46
Marla Buechner	3:51:39
W50 Carmen Moore	3:35:53
Mary Woodruff	3:54:51
Michele Young	4:11:52
W55 Soon Williams	4:35:19
Nancy Gilmore	4:38:25
W60 Carol Westerman	4:15:33

### Half-Marathon

<b>Overall</b>	
Fidel Hernandez 32	1:07:34
Valene Young 34	1:14:45
M40 Michael Beeson	1:15:18
Jim Bitsko	1:17:40
Barry Halligan	1:19:38
M45 Bob Dalton	1:15:38
Ronald Sims	1:20:48
Larry Gordon	1:22:03
M50 Gene McGrady	1:22:56
Jim Struve	1:26:31
Dan Hardy	1:28:08
M55 Tom Clelland	1:28:53
Doug Mathews	1:32:50
Joe Carter	1:34:56
M60 Gerald Friedman	1:31:55
Roy Lamm	1:32:39
Jerry Gohs	1:43:26
M65 Richard Cheney	1:44:48
Lee Hackworth	1:57:31
Robert Kushner	2:11:21
M70 Charles Scott	2:00:47
Randy Seckman	2:04:17
Frank Kemp	2:46:16
M75+Jack Cox 75	2:07:35
Charles Ross 77	2:26:47
George Billingsley 78	2:31:56
W40 Mary Sweeney	1:24:25
Amy McClenathan	1:27:11
Karen Kennington	1:30:39
W45 Trish Vlastnik	1:28:59
Sheila Haire	1:31:45
Brenda Moore	1:34:14
W50 Jodie Skorecki	1:42:14
Jo Adamson	1:43:55
Jan Bowen	1:49:08
W55 Birgit Horn	1:42:47
Letha Griffin	1:48:02
Kim Olson	1:48:27
W60 Susan Mendivil	1:36:21
Yvette Lavigne	1:38:45
Ann Akers	1:42:47
W65 Bernice Martin	2:04:10
Joan Loewenthal	3:16:29

Ann Sanderson	3:57:56
W75+Katherine Snyder	1:52:13

### Kudzu Run 5K Birmingham, AL; Sept. 23

<b>Overall</b>	
Brian Dickens 24	16:28
Lori King 36	19:34
M40 James Bonner	18:33
Peter Neuberger	18:52
Robert Dancy	18:57
Logan Cook	19:22
Carl Robinson	20:15
M45 John Bennett	22:03
Danny Gunganus	22:04
Randy Adams	22:23
Garry Williams	22:28
David White	22:46
M50 Fred Cook	19:02
Robert Roche	19:17
James Bramlett	22:09
Anthony Warren	22:58
John Lintine	24:16
M55 Morgan Looney	19:12
Darrell Murphy	22:06
Ben Fox	22:08
Spencer Haugh	23:14
Jerry Sturm	23:15
M60 Sammy Morris	21:10
Wayne Hassenbein	25:06
Donnie Adams	26:22
Robert Fairweather	28:37
Choice Roberts	31:33
M65 Dwayne Morris	23:25
Joe Ross	25:38
Fred Ehrensperger	27:25
Vance Braswell	27:54
Peter Kenny	28:08
W40 Mary Adams	22:06
Lisa Baldone	24:12
Carolynne Blackney	24:39
Laura Woodruff	25:59
Lucy Wall	28:21
W45 Margaret Riser	22:39
Maureen Higgins	23:46
Susan Walls	25:17
Pat Hamilton	28:40
Carol Bradley	33:07
W50 Ruth Radbill	27:28
Adelaide Booth	28:58
W55 Yo Setser	27:31
W60 Carolyn Looney	28:58

### Space Coast Marathon Melbourne, FL; Nov. 26



Continued from previous page

**SOUTHWEST****Arkansas Traveler 100 Miler**  
Perryville, AR; Oct. 7

<b>Overall</b>	
Scott Eppelman 33	17:34.34
Janice Anderson 34	17:47.50
M40 Joe Hildebrand	17:53.00
David Kennamer 20:06.34	
Jim Musselman 20:11.38	
M45 Butch Allmon	20:29.00
David Feinauer	20:48.18
M50 Tim Crawford	21:43.11
Mule Martin	23:07.07
M55 Frank Probst	21:53.30
Richard Smith	25:46.28
M60 Jay Norman	22:43.60
Hans-D. Weisshaar	24:01.35
M65 Norman Carlson	27:36.28
Ed Demoney	27:45.08
W40 Teresa Taylor	23:42.54
Angela Weatherill	27:33.35
Patty Groth	28:01.05
W45 Cheri Gillis	28:21.30
Lynne Werner	28:21.30
W50 Angie Ransom	25:27.11
Kathy Harshburger	29:04.34
W55 Lou Peyton	27:42.53

**White Rock Half-Marathon & 5K**  
Dallas, TX; Nov. 4

<b>Overall</b>	
Paul Stoneham 29	1:08.43
Jennifer Prim 26	1:23.25
M40 Mike Mullan	1:14.40
Jeff Roth	1:15.00
Tim Godfrey	1:15.48
Samuel Pacheco	1:20.50
M45 Jorge Solorzano Ravez	1:17.45
Thomas Munyan	1:21.05
Howard Richardson	1:21.22
M50 Terry Ziegler	1:24.11
Tony Collins	1:25.15
Robert Benson	1:28.11
M55 Bill Shaw	1:28.45
JC Sanford	1:32.32
Frank Moore	1:34.52
M60 Will Ferson	1:30.54
Bill Blackburn	1:32.33
Tom McLaughlin	1:35.09
M65 Harold Wilson	1:33.58
Bill Toy	1:43.06
Robert Coffey	1:45.15
M70 Ed Jackson	1:45.04
CT Cadenhead	1:59.17
W40 Margo Braud	1:26.39
Patty Smith	1:35.35
Annebell Lee	1:35.35
Tammy Rooney	1:39.34
Rena Fenner	1:40.09
W45 Susie Willard	1:33.40
Linda Musil	1:34.47
Kim Dennis	1:40.45
Tami Torres	1:44.52
W50 Tamara Cathey	1:50.04
Kathy Redfen	1:54.31
Anell Kem	1:54.42
W55 Emily Speaker	2:06.50
Joyce Hightower	2:07.22
Susan George	2:16.35
W60 Mary Kennard	1:54.39
Mary Ann Miller	2:18.13
W65 Betty Forsvall	3:09.16
W70 Jan Richards	2:22.36
Audrey Melvin	2:46.22

**5K**

<b>Overall</b>	
Shad Marshall	17:00
Michele Hawkes	19:07
M40 Bradley Gardner	17:15
Randall Turner	17:16
M45 Elio Ortega	18:45
Jimmy Parker	19:50
M50 John Nance	20:28
John Laws	25:23
M55 Mike Koskan	21:39
Bob Wilmot	22:15
M60 Bob Kennedy	23:06
M65 Gene Wallace	26:40
M70 Rex Minton	30:31
W40 Bronda Starling	22:17
Cynthia Samilton	23:12
W45 Diane Proud	22:25
Laura Kearns	22:32
W50 Sunniva Russell	24:21
Susan Sams	24:42
W55 Peggy Tibbits	30:12
W60 Maria Johnson	27:01
W65 Mary Ellen Marquardt	33:26
W70 Elaine Hildeman	23:21

**San Antonio Marathon**  
San Antonio, TX; Nov. 5

<b>Overall</b>	
Filmeno Apodaca	2:27:00
Machalle Cochran	3:08:15
M40 Eduardo Garcia-Dunna	2:41:38
Arturo Utrills*	2:44:29
Jorge Rico	2:47:20
Joel Landin	3:00:24
Kenneth Hausmann	3:08:31
M45 Robert Yara	2:38:07
Ronney Lovelace	3:08:03
Roland Reyes	3:16:14
Garry Lyon	3:18:24
M50 Chester Kennedy	2:57:07
Robert Crawford	3:27:41
Alex Villareal	3:33:12
M55 Jimmie Jones	3:11:29
Hector Z. Sanchez	3:31:39
Richard Teitz	3:32:38
M60 Martin Houg	3:39:36
Tomas Rodriguez	3:49:48
Wayne Knowles	3:49:58
M65 Robert Fletcher	3:48:02
Dan Shuff	3:50:32
Jesse Real	4:54:51
M70+Jim Fancher	4:20:02
Alfredo Limon	5:11:31
W40 Alice Pruitt	3:24:39
Kristie Kurtenbach	3:30:27
Suzi Seeley	3:31:56
W45 Barbara Rowe	3:41:05
Nitsa Calas	3:46:32
Lesia Hasan	4:03:30
W50 Lynda Meuth	4:13:27
Jenna Scott	4:32:17
Mary Iwabuchi	4:37:40
W55 Jean Marmoreo	4:27:29
Thelma Richardson	4:56:02
Carole Cook	4:57:58
W60 Donna Arbuckle	5:27:36
W65 Raquel Mariscal	5:32:40
*M40+, age unknown	

**WEST****Santa Barbara News-Press**  
Half-Marathon  
Santa Barbara, CA; Nov. 4

<b>Overall</b>	
Jeff Jacobs 33	1:12:12
Mariann Thomas 37	1:26:23
M40 Terry Howell	1:19:45
Jim Kruidenier	1:26:44
Matthew Fisher	1:27:40
M45 Greg Horner	1:13:30
Jim Komell	1:19:50
Mark Bradbury	1:25:39
M50 Joe Banach	1:32:08
Lauren Udden	1:33:49
Michael Bandt	1:33:53
M55 Vic Birtalan	1:27:07
Warren Mullisen	1:46:30
Jeff Saley	1:48:23
M60 Ron Thurston	1:36:42
Henry Pantelas	1:38:20
M65 Lee Dycus	2:03:43
Ben Landeros	2:16:40
M75 John Taylor	2:05:37
Stanley Coombs	2:09:13
W40 Elizabeth Kelly	1:36:34
Patti Wiessner	1:37:50
Donna Beigel	1:44:48
W45 Elaine Triplett	1:32:40
Deborah Flores	1:42:41
Elaine Altemus	1:48:31
W50 Susan Empey	1:39:32
Wendy Bronson	1:52:03
Sherry Wheeler	1:58:30
W55 Jean Amidon	2:05:44
Jodi Brockaway	2:13:42
Patsy Dorsey	2:23:15
W60 Mary Plazoni	2:50:24
W65 Lisa Norcutt	2:24:24
Ann Chadwick	2:31:50

**Santa Clarita Marathon, Half-Marathon, & 5K**  
Santa Clarita, CA; Nov. 5

<b>Marathon</b>	
<b>Overall</b>	
Temoc Mercado 25	2:37:35
Anissa Seguin 28	3:01:25
M40 Chuck Teixeira	2:40:41
Christopher Fourie	2:59:49
Brian King	2:59:49
M45 Jose Luis Diaz	2:42:52
Antonia Arevalo	2:59:41
Barry Molony	3:00:29
M50 Jim Rucker	3:05:14
Leo Arellanes	3:12:13
Bill Braun	3:12:31
M55 Don MacLean	3:18:09
James Bitgood	3:34:32

M60 Philo Short	3:51:18
Stephen Martin	3:51:29
Arthur Hansmire	3:59:22
M65 Loring Johnson	5:10:58
Richard Woolfe	5:51:59
M70+Keith Wood 71	4:46:33
Kenneth Butler 76	5:01:34
W40 Helen Cox (tie)	3:18:56
Leslie Oliver	3:18:56
Elizabeth Chait	3:30:11
W45 Blyth Matsuoka	3:37:43
Tannaz Ramezani	3:49:05
Victoria Devita	3:53:10
W50 Drina Hirst	4:34:38
Lorraine Westhafer	4:39:42
Kwi Ok Ko	5:15:27
W55 Barbara Brady	4:06:29
Christie Edinger	4:11:54
Nancy Augustus	5:32:26
W60 Karen Evans	4:57:32
W65 Pat Devita	5:15:24
Kathleen Callaway	5:38:43

**Half-Marathon**

<b>Overall</b>	
Robert Leonardo 38	1:13:24
Maria Hawthorne 29	1:29:18
M40 Gary Cohen	1:17:24
Ray Sikes	1:21:41
Lou Bernal	1:23:52
M45 Herbie Yee	1:19:53
Steve Neale	1:28:10
David Philbrick	1:31:12
M50 Michael Ketcher	1:33:38
Gil Partida	1:35:13
Joe Ogata	1:41:51
M55 Fred Blasetti	1:30:54
Charles McGagg	1:36:22
Mercury Burns	1:37:30
M60 Larry Dervin	1:36:29
Louie Martinez	1:39:19
Mac Ortega	1:56:02
M65 Dick Wilson	1:33:23
Rex May	1:51:30
Miguel Chinea	1:53:24
M70+Robert Dorren	2:46:50
Ki Lee	3:08:03
Sam Ranshaw	3:32:06
W40 Tracy Kierce	1:29:37
Darlene Kitajima	1:30:18
Karen Callahan	1:43:24
W45 Leslie Whitmore	1:45:21
Colleen Carlton	1:55:26
Iris Weitzman	1:57:27
W50 Julie Lister	1:37:21
Patricia Bates	1:44:20
Nancy Shura	1:51:59
W55 Lynn Walton	2:09:35
Kathy Vigil	2:23:06
Julia Lester	2:26:07
W60 Barbara Valastro	1:59:15
Judith Miller	2:32:00
Maureen Brockstein	2:36:01
W65 Sandra Hayes	2:34:16
Beth Petersen	2:44:48

**5K**

<b>Overall</b>	
John Getskow 21	16:50
Bara Skuladottir 28	18:28
M40 Tim Lee	19:47
Nick Trozzi	19:56
Barry Kierce	20:35
M45 Ray Davies	22:02
James Yannotta	22:29
Niles Sorensen	23:03
M50 Tim Lynch	19:59
Ron Butler	20:52
James Harris	26:03
M55 Trini Espinoza	18:56
Jim Sydnor	20:16
George Ekins	20:50
M60 George Caravallho	28:09
Bruce Loudon	50:19
Richard Doody	54:26
M65 James Render	25:47
Arthur Freilich	26:50
Mac Fout	27:30
M70 Al Friedman 70	30:22
W40 Lisa Vernier	21:12
Sharon Kent	23:02
Meaghan Roth	23:11
W45 Sandy Sydnor	19:16
Marie Edstron	24:04
Leda Whitmer	24:43
W50 Mariko Buccola	29:51
Marsha Ekins	36:17
Karen Williams	38:25
W55 Judy Haus	41:04
Mila Jaramilla	49:24
W60 Lorie Rose	32:43
Barbara Koehler	35:47
Judy Voshal	37:36
W65 Helen Brock	27:17
Angela Roberto	45:51
Milly Concepcion	51:15
W70+Kyu Lee 84	60:30

**ARR Just Another Mad Dog**  
50M/50K/25K**Scottsdale, AZ; Nov. 11**

<b>50M</b>	
<b>Overall</b>	
Rich Boston 52	7:53:30
Vince Devlin 63	10:19:20
Melody Vamer 50	11:50:26

**50K**

<b>Overall</b>	
Josh Miller 34	4:34:05
Debbie Leftwich 46	4:40:51
M40 Kirk McCarville	4:41:59
Ron Nimmer	5:23:32
Gary Smith	5:38:45
M45 Kirk McCarville	4:41:59
Jerry Wright	5:53:08
Curtis Cormier	6:10:05
M50 Ron Harding	4:44:04
M55 Lynn Newton	6:42:00
M60 Karsten Solheim	4:58:55
M65 Michael G Allen	6:10:39
W40 Darla Demlong	5:16:31
W45 Debbie Leftwich	4:40:51
W50 Patricia Young	6:10:21

**25K**

<b>Overall</b>	
Jerry Marsh 37	1:30:04
Mary Cox	2:50:51
M45 Pete Campbell	2:12:24
Jim Farnley	2:18:44
M50 Jerry Ward	2:20:10
M55 Michael Leary	2:03:37
James George	2:12:16
M60 Adelio Percic	2:21:15
Tom Chabot	3:34:33
W40 Anita Hreha	2:52:21
W45 Lois Pepino	2:52:02

**Lowe's Long Beach Marathon**  
Long Beach, CA; Nov. 12

<b>Overall</b>	
James Bungei 23	2:16:49
Inna Safarova 31	2:37:40
M40 Doug Sims	2:48:42
Mike Filipow	2:49:47
Graham Sly	3:03:11
M45 Rigoberto Vega	2:42:23
Patrick Copps	2:53:02
Harold Ketting	2:54:50
M50 Burle Smallen	2:48:37
Ming Quon	3:04:16
Paul Brown	3:12:05
M55 Jesse Rascon	2:53:28
Wayne Mitchell	3:00:27
Hal Orshall	3:15:12
M60 Ken McIntire	3:35:11
Eric Molinari	3:58:13
Dino Schwartz	3:58:53
M65 Donald Boyd	3:36:52
Stanley Polski	3:53:08
Goron Watson	3:53:26
M70 Robert Kohagura	5:10:40
Carlos Mora	5:32:02
Dick Windishar	5:49:05
W40 Wendy Pethick	3:27:02
Margaret Menzel	3:28:04
Sena Hoodman	3:30:45
W45 June Gessner	3:38:10
Joan Altfillisch	3:43:43
Irene Orr	3:50:36
W50 Jeanie Leitner	3:46:31
Margaret Lazzari	3:56:51
Sue Carnes	3:58:06
W55 Patricia Brumalow	3:27:49
Kei Zehr	4:03:00
Ann Tack	4:13:20
W60 Marilyn Clark	4:17:35
Patti Ploesser	4:25:03
Jean Barkman	4:37:19
W65 Audrey Hauth	5:33:31
Marlene Alper	6:30:43
W70 Yukie Mochida	4:28:11

**New Times 10K**  
Phoenix, AZ; Nov. 12

<b>Overall</b>	
Aurelio Miti	28:58
Gladys Asiba	33:20
M40 Benito Gonzales	33:47
Wayne Jewett	35:40
Pete Ambruster	37:07
Tracy Johnson	37:41
William Galindo	37:57
M45 Gary Stansifer	36:36
Ross Dowland	36:38
Buck Lentzer	39:24
Eck Zimmerman	39:33
M50 Gary Grierson	37:52
Duane Morse	38:45
Franklin Smith	40:28
M55 Andrew Hertneky	45:21
Peter Haase	45:38
Sam Corso	45:39
M60 Tommy Brauneis	42:34
Andy Forman	45:15

Arlen Thompson	46:01
M65 Charlie Brown	51:09
Jack Lsizer	51:42
Dennis Swain	56:36
M70+Bud Potter	48:17
Rafael Gaspar	57:35
Walt Jordan	60:31
W40 Corinne Hlavka	37:31
Angela French	38:25
Connie Garrity	45:02
Jane Seamans	46:04
Sylvia Travaglione	46:13
W45 Karen Kunz	40:56
Marsha McCaleb	44:52
Linda Rasmussen	47:00
Kathryn Schomack	48:29
W50 Susan Schwatz	45:42
Susan Williams	48:59
Toby Reif	52:19
W55 Diane Shaw	50:37
Judi Hurk	53:55
Michelle Lipschultz	55:46
W60 Helen Silversmith	66:36
Roberta Delaney	88:25
W65 Loann Bell	78:35
R. Warshawsky	84:05

**Jet To Jetty 5K**  
Los Angeles, CA; Nov. 18

<b>Overall</b>	
Wilhelm Gidabuday 26	15:4
Mary Akor 24	18:0
M35 Angel Roman	15:4
M40 Doug Shaffer	19:4
Toshi Tsugawa	20:3
Bob McGinness	22:0
M45 Harold Ketting	16:3
Hugo Velazquez	18:2
Dan Yamazaki	18:4
M50 Jon Sloey	20:1
Bob Stagner	21:3
Chuck Hill	24:5
M55 Dan Ashimine	19:3
John Gonzalez	20:1
Jerry Harber	21:1
M60 Brad Terpak	24:2
James Forte	25:5
Paul Dorr	32:4
M65 Donald Tietjen	30:1
James Workman	33:3
M70 Milo Sather	25:1
Richard Ryder	26:4
M75 Steve Bathas	30:0
Monroe Weinstock	47:1
W35 Minako Inoue	23:5
W40 Susan Kimura	20:4
Bev Jephcott	21:5
Cynthia Rohrer	22:3
W45 Tani Leung	28:5
Linda Peterson	29:5
Leslie Higgins	31:5
W50 Sharon Lotesto	20:1
Patricia Bates	23:3
Brooke Lauter	36:5
W55 Maryann Davern	29:1
Pj Carmen	30:5
Kate Budlong	40:2
W60 Phyllis Farrell	32:1
Patricia Downing	34:3
Mildred Harrison	42:5
W65 Chieko Allwein	25:2
June MacArthur	42:4
W70 Vallarta	40:3



# 2001 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS



at the Reggie Lewis Athletic Center in Boston, MA

## Entry Form

First Name \_\_\_\_\_ Male/Female \_\_\_\_\_ Age (as of 3/22/01) \_\_\_\_\_  
 Last Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_ Club/Affiliation \_\_\_\_\_  
 City \_\_\_\_\_ 2001 USATF Number \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Citizenship (if not USA) \_\_\_\_\_  
 Resident Alien (if not US citizen) – yes/no \_\_\_\_\_ Telephone \_\_\_\_\_  
 E-mail address \_\_\_\_\_

Check here if you **DO NOT** want your name listed on the entrant list on the internet: ☐

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$50) _____
1. _____	_____	(\$30) _____
2. _____	_____	(\$15) _____
3. _____	_____	(\$15) _____
4. _____	_____	(\$15) _____
5. _____	_____	(\$15) _____
6. _____	_____	(\$15) _____

Late fee for entries postmarked after 3/9/01, # events \_\_\_\_\_ @ \$15 each: \_\_\_\_\_

## TOTAL ENTRY FEES:

Masters Committee Surcharge (\$5.00\*, see note) **\$5.00**

T-shirt Order (pre-event only) Total # of shirts \_\_\_\_\_ @ \$12 each: \_\_\_\_\_

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Friends of the National Masters Championships (\$250 - \$100 - \$50 - \$25) \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED**..... \_\_\_\_\_

\*The National Masters Track and 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.

**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, TRACS, Inc., 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 cancelled.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PLEASE MAKE ALL CHECKS PAYABLE TO NMIC 2001 AND MAIL COMPLETED ENTRIES WITH CHECKS TO: NMIC, 79 MANET RD, CHESTNUT HILL, MA 02467

**MEET HOTEL:** The official meet hotel will be the Sheraton Boston, located in the heart of Boston in the Prudential Center. Meet management has reserved special rates at this hotel especially for the Championships. To take advantage of these rates, simply call the Sheraton at 1-800-325-3535 and mention that you are with the National Masters Indoor T&F Championships. In order to receive the special rate, you must make your reservations by 5pm EST March 1<sup>st</sup>, 2001.

**FOR MORE INFORMATION CHECK OUT THE NATIONAL MASTERS INDOOR CHAMPIONSHIPS LINK AT WWW.TRACS.NET**

**ALL FEES MUST BE PAID PRIOR TO THE MEET**

## 2001 SCHEDULE OF EVENTS

### FRIDAY – MARCH 23

9:00am Pentathlon Registration

9:30am Women, Men 70+

10:00am Men 60, 50

10:30am Men 40, 30

### Order of Events

Women	Men
60M Hurdles	60M Hurdles
High Jump	Long Jump
Shot Put	Shot Put
Long Jump	High Jump
800 Meters	1000 Meters

2:00pm General Registration

### Track Events

4:00pm 3000M Women

4:45pm 3000M Men 70+

5:05pm 3000M Men – remaining oldest to youngest

### Field Events

3:00pm Weight Throw Women

3:00pm Pole Vault Women AND

Men 60+ Together

5:00pm Weight Throw Men 60+

### SATURDAY – MARCH 24

8:00am Registration

### Track Events

9:00am 60M Prelims/Trials ALL

11:00am 60M Finals, ALL

11:45am Mile Women

12:15pm Mile Men

1:30pm High Jump Men 50-59

1:30pm High Jump Men 60-69

1:30pm Long Jump Men 70+

2:00pm 400M Timed Finals, ALL

4:30pm 4x800M Relay, ALL

5:00pm 60M Hurdles Trials and Finals ALL

### Field Events

9:00am Shot Put Women

9:00am Shot Put Men 50-59

9:00am Long Jump Men 30-39

9:30am Pole Vault Men 50-59

10:00am Long Jump Men 40-49

11:00am Shot Put Men 40-49

11:00am Shot Put Men 70+

12:00pm High Jump Men 30-39

12:00pm High Jump Men 70+

12:00pm Pole Vault Men 40-49

12:00pm Long Jump Men 50-59

1:00pm Shot Put Men 60-69

1:00pm Shot Put Men 30-39

2:30pm Weight Men 50-59

3:00pm Pole Vault Men 30-39

3:00pm Long Jump Men 60-69

3:00pm High Jump Men 50-59

4:30pm Weight Men 40-49

4:30pm Long Jump Women, ALL

6:00pm Weight Men 30-39

### SUNDAY – MARCH 25

8:00am Registration

### Track Events

9:00am 200M Trials, ALL

10:30am 800M Timed Finals, ALL

12:00pm 200M Finals, ALL

1:00pm 3000m Racewalk Women

1:45pm 3000m Racewalk Men

3:00pm 4x400m relay ALL

### Field Events

10:00am High Jump Women, ALL

10:00am Superweight Women 60+

- Women 30-50 immediately to follow

- Men 70+ immediately to follow

10:00am Triple Jump Men 30-39

and Men 60+

11:00am Superweight Men 60-69

(outdoors)

- Men 50-59 (outdoors)

immediately to follow

- Men 40-49 (outdoors)

immediately to follow

11:30am Triple Jump Men 40-49

12:30pm Triple Jump Men 50-59

and women

## 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 ten-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2001 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. Any athlete setting age group records, proof of Date of Birth will be required.

## Presented By



## Friends of National Masters Championships

This charitable program, started in 1997, helps to ensure the high quality of this, and future Championships. All contributors will be listed in the official meet program as a "Friend of the National Masters Championships". Please consider donating at one of the following levels:

**Platinum \$250+**  
Platinum level donors will receive warm up suit, event polo shirt, Timex watch, meet t-shirt and lapel pin.

**Gold \$100.** Gold level donors will receive event polo shirt and lapel pin.

**Silver \$50.** Silver level donors will receive meet t-shirt and lapel pin.

**Bronze \$25.** Bronze level donors will receive a lapel pin.



**6,000 athletes from around  
the world, 10 days of  
international competition.**

**Brisbane, Queensland AUSTRALIA**

**4-14 July 2001 [www.worldvac2001.com.au](http://www.worldvac2001.com.au)**



**For further information on the 14th WAVA World Veterans' Athletics Championships contact:**

PO Box 7889  
WATERFRONT PLACE, QLD 4001  
AUSTRALIA

Telephone: +61 7 3222 1000  
Facsimile: +61 7 3221 1684  
Email: [wavainfo@qldevents.com.au](mailto:wavainfo@qldevents.com.au)

**Accommodation Information: General Travel Australia**

Telephone: +61 7 3217 7456  
Facsimile: +61 7 3221 8024  
Email: [gtbne@ozemail.com.au](mailto:gtbne@ozemail.com.au)

#### **Athletics:**

**Track and Field - QEII Sports Complex  
(1982 Commonwealth Games and 1994 World Masters Games)  
and the University of Queensland**

- Marathon - South Bank and Inner City
- Road Race Walks - Brisbane River Course
- Cross Country - St Lucia Golf Course

#### **Special Events:**

- 5km Fun Run/Walk
- "Taste of Australia" Party Night
- Opening Ceremony - ANZ Stadium
- Closing Ceremony Fireworks
- Spectacular - South Bank Parklands

**No qualifying standards**

**Open to women 35+ and men 40+**

**Invite a friend to join all the fun and action of veteran athletics. Be part of the 14th WAVA World Veterans' Athletics Championships and march together into ANZ Stadium in Brisbane 2001.**



Brisbane City



Tangalooma Resort



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Stroll amongst living history



**14th WAVA World Veterans' Athletics Championships  
Entry Books available from your local Association of Veterans/Masters Athletics from late July 2000.  
Entries close 30 March 2001.**

[www.worldvac2001.com.au](http://www.worldvac2001.com.au)