

NATIONAL MASTERS NEWS

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

281st Issue

January 2002

\$2.50

Shaheed, Valien Named Best 2001 T&F Athletes; Hellebuyck, Robertz Top LDR Picks

Honors Also go to Hilliard, Pataki, Byrne, Mathews and Johnson

Nolan Shaheed, 51, Pasadena, Calif., and Johnnye Valien, 76, Los Angeles, Calif., were chosen as the outstanding male and female athletes for 2001 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual convention in Mobile, Ala., Nov. 27-Dec. 1. They were honored at the Awards Breakfast.

Lad Pataki, 55, of California, and Vanessa Hilliard, 60, of Florida, were given the Outstanding Single Performance Awards, Pataki for his world record 5366 points in the weight pentathlon at WAVA-Brisbane, and Hilliard for her throw of 57'-1/4/17.38m with the 12# weight.

Valien received three more honors: the award for best female performer in the combined-events and election as the W75 Masters Athlete of the Year in both track and field.

Phil Byrne, 61, Boston, Mass., won the outstanding male combined-event award.

The racewalkers of the year were Gayle Johnson, W50, and Paul

Johnson (not related), M60.

George Mathews, Seattle, Wash., the Masters T&F Chair, who was elected for a four-year term at the 2000 convention, was named the track & field administrator of the year.

Shaheed set world M50 records in the 800 (2:02.88) and 3000 (8:54.73) at the indoor championships in Boston, and the outdoor mile (4:25.04), and won the 800 and 1500 against the best competition in the world at Brisbane.

Valien's accomplishments for the year are best summed up by her eight gold medals – seven individual and one relay – at Brisbane, ranging from

Continued on page 12

Keston, Ottaway, Heitzman Among 24 Runners Honored by USATF

The USATF Masters LDR Committee selected 24 Athletes of the Year, who received recognition at the Awards Breakfast at the USATF Annual Convention in Mobile, Ala.

Several things are axiomatic about age-group award winners. They are typically in the earlier ages of their age group. Athletes who can be competitive with runners two-to-four years younger in their age groups are truly exceptional. Despite this, most award winners have won the award before.

This year it is fitting to honor the new faces in the crowd of winners. Among them were Eddy Hellebuyck, 40, of New Mexico, and Janet Robertz, 41, of Minnesota. Seldom has any runner appeared on the scene with more éclat than Hellebuyck, who won all of our championships, set a couple of records, and defeated John Tuttle, 2000 M40 athlete of the year, three times in head-to-head competition.

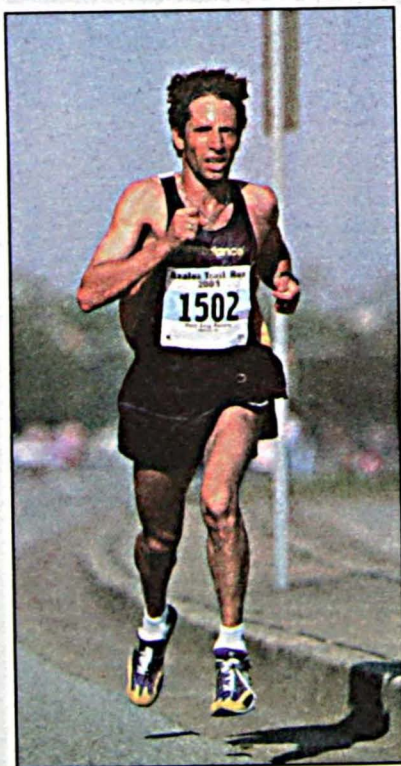
Hellebuyck's only challenge seems to be what he can do for an encore. Robertz won the 15K championship at Tulsa and amassed enough excellent times to edge out 11 other com-

petitors.

Other new honorees were John Barbour, 47, Massachusetts; Frank Ruona, 55, California; Dick Wilson, 69, Kansas; and Muriel Merl, 75, New York. Barbour beat out several previous winners by recording a number of outstanding times in his native New England. Ruona won the Carlsbad 5000 and added quality wins to earn him the title.

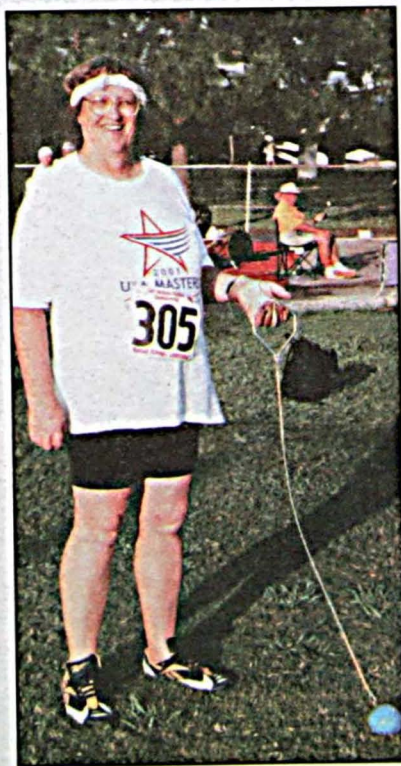
Wilson's performances are even more remarkable, considering he is in the last year of his age group. Unfortunately, in order to defend his newly won crown, he will have to dethrone his neighbor, Paul Heitzman, 70, Kansas, who won the award for the fourth straight year, albeit in a new age

Continued on page 8



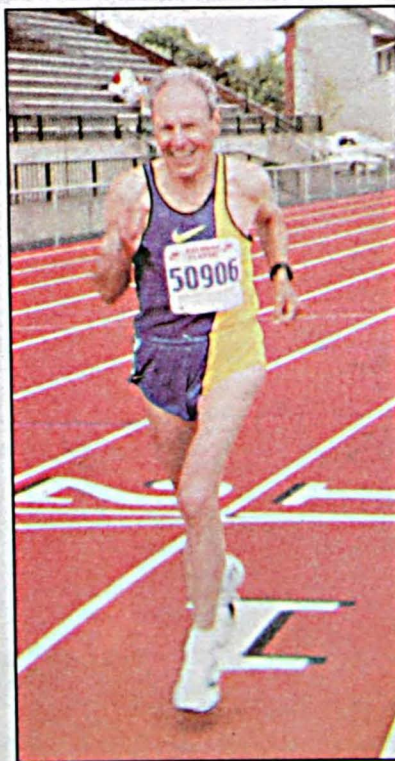
Eddy Hellebuyck

VICTOR SAILER / PHOTO RUN



Vanessa Hilliard

SUZY HESS



John Keston

SUZY HESS



Lad Pataki

SUZY HESS

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MURPHY'S LAW

This is all about *determination* and never, never giving up.

Murphy's Law was in full force. First, I took a tumble on the sidewalk just two weeks before leaving for Brisbane and banged up my left knee a bit.

Then, imagine arriving at L.A. Airport from New York on Saturday hoping to board a plane to Australia only to discover you don't have your passport. There was no one to FedEx it to me. So I found myself on a plane from L.A. to New York on Sunday, returned to L.A. Monday afternoon, and departed for Brisbane Monday night.

After five days and nearly 30 hours of flying, I arrived in Brisbane on Wednesday to learn a hotel room had

never been reserved for me. Less than 24 hours later, I was on the track competing in the WMA 5K racewalk.

I heard Doris Cassels rapidly approaching me in the last 100 yards or so, but determined to finish with dignity. Instead of breaking into a sprint and risking a DQ, I chose to maintain a steady pace. I missed the silver by three seconds.

A few days later in the 10K, I earned two silvers, a W60 individual and a USA W60 team silver.

So don't let a few obstacles stop you. Push them aside, and fight to the bitter end for whatever you want to achieve.

Elton Richardson
New York, New York

POSTAL CHALLENGE

Baylor University Alumni aged 70+ encourage and challenge any and all groups aged 70+ to beat our 5K three-man (Paul Heitzman, 70, class of '53, 20:30; Robert Coffey, 70, '52, 22:59; and Norman Alsobrook, 71, '52, 24:28) team time of 67:57.

We ran on the Baylor track in Waco, Texas, on Nov. 15, and were supervised and timed by coaches Clyde Hart and Todd Harbour. We will repeat this next year with more of our classmates and welcome and encourage any challenge to our record.

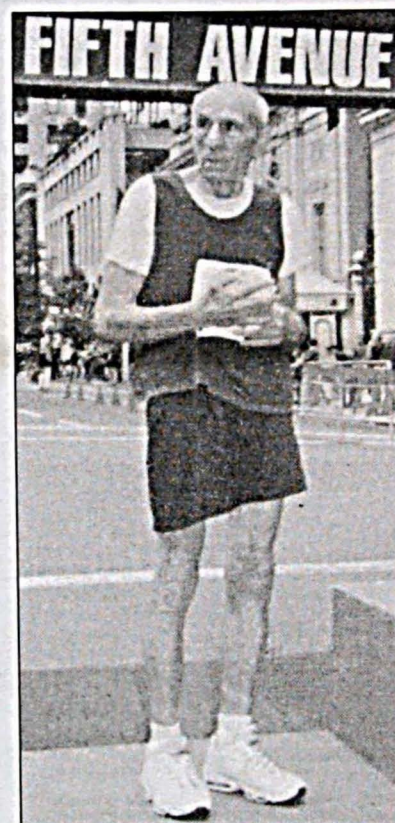
We tried to make this very official, but welcome looser road race challenges if the distance is accurate and the start-finish are reasonably close to each other. What better way to celebrate your 50th anniversary!

Robert Coffey
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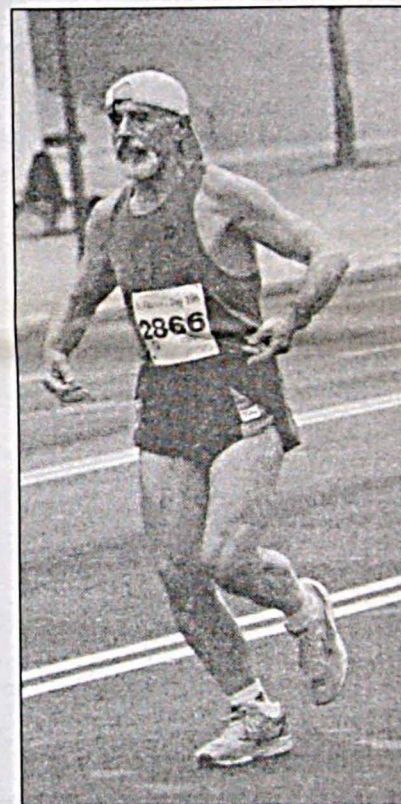
JIM BUCKLEY

John Whittemore, 102, Montecito, Calif., receives the Paul Spangler Award for the Best Athlete 80+ from Beverley Lewis, Club West president, and Gordon McClenathen, vice-president. Whittemore, who established two age-group records (discus, 20-5; javelin, 18-10) in the 2001 Club West Meet, shared the award with Ross Carter, 87, Eugene, Ore.



DON PREVEN

Abraham Weintraub, of New York, M90 Masters
LDR Athlete of the Year.



GEORGE BANKER

George Yannakakis, 69, Sparks, Md., first M65
(45:22), 2001 St. Patrick's Day 10K,
Washington, D.C.

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Special thanks this month go to:

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Ross Carter
Richard Donley
Bill Gentry
Richard Kaku
Will Robinson
Graeme & Joni Shirley
James Stookey
Thom Weddle

Addison, Texas
Eugene, Oregon
Tulsa, Oklahoma
Orlando, Florida
Anaheim, California
Santa Fe, New Mexico
San Diego, California
Dickerson, Maryland
Burnsville, Minnesota



FRIDAY MARCH

9:00 a.m. Pen

Pentathlon

9:30 am A

10:00 am M

10:30 am M

11:00 am M

11:30 am M

Order of Event

Women

60 M Hurdles

High Jump

Shot Put

Long Jump

800 Meters

2:00 p.m. Gene

Track

4:00 pm 3000

4:45 pm 3000

5:05 pm 3000

Throws

3:00 pm Wei

5:00 pm Wei

Jumps

3:00 pm Pole

FinishLynx

new



First Name _____

Last Name _____

Address _____

City _____

State _____

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Event

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2002 NATIONAL MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center - Boston, Massachusetts

March 22 - 24, 2002

Presented by USA Track & Field-New England



SCHEDULE OF EVENTS

FRIDAY MARCH 22

9:00 a.m. Pentathlon Registration

Pentathlon

9:30 am All Women and Men 70+
10:00 am Men 60-69
10:30 am Men 50-59
11:00 am Men 40-49
11:30 am Men 30-39

Order of Events

Women
60 M Hurdles
High Jump
Shot Put
Long Jump
800 Meters

Men
60 M Hurdles
Long Jump
Shot Put
High Jump
1000 Meters

2:00 p.m. General Registration

Track
4:00 pm 3000M Women
4:45 pm 3000M Men 70+
5:05 pm 3000M Men, remaining

Throws
3:00 pm Weight Women
5:00 pm Weight Men 60+
3:00 pm Pole Vault Women AND Men 60+, together

FinishLynx Automatic Timing



SATURDAY MARCH 23

8:00 am Registration

Track

9:00 am 60M Preliminaries and Trials, All
10:30 am 60M Finals, All
11:45 am Mile Women
12:15 pm Mile Men
2:00 pm 400M Timed Finals, All
4:30 pm 4x800M Relays All
5:00 pm 60M Hurdles Trials and Finals, All

Throws

9:00 am Shot Put Women
Shot Put Men 50-59
11:00 am Shot Put Men 40-49
Shot Put Men 70+
1:00 pm Shot Put Men 30-39
2:30 pm Weight Men 50-59
4:30 pm Weight Men 40-49
6:00 pm Weight Men 30-39

Jumps

9:00 am Long Jump Men 30-39
9:30 am Pole Vault Men 50-59
10:00 am Long Jump Men 40-49
Long Jump Men 30-39
High Jump Men 70+
Long Jump Men 50-59
High Jump Men 40-49
High Jump Men 60-69
Pole Vault Men 40-49
Long Jump Men 70+

3:00 pm Long Jump Men 60-69
High Jump Men 50-59
4:30 pm Long Jump Women, All
5:00 pm Pole Vault Men 30-39
5:30 pm GENERAL MEETING

SUNDAY MARCH 24

8:00 a.m. Registration

Track

9:00 am 200M Trials, All
10:30 am 800M Timed Finals, All
12 noon 200M Finals, All
1:00 pm 3000M Racewalk Women
1:45 pm 3000M Racewalk Men
3:00 pm 4x400M Relays All

Throws
10:00 am Superweight Women 60+ to follow
Superweight Women 30-59 to follow
Superweight Men 70+ to follow
11:00 am Superweight Men 60-69 to follow
Superweight Men 50-59 to follow
Superweight Men 30-49 to follow
Superweight Men 30-69 is contested outdoors.

Jumps

10:00 am High Jump Women, All
Triple Jump Men 30-39 AND Men 60+
11:30 am Triple Jump Men 40-49
12:30 pm Triple Jump Men 50-59 AND Women

M-F Athletic Company

COMPETITION ORDER

Women followed by men, oldest to youngest. Age groups may be combined to fill sections. If the number of entrants in an age group does not exceed the number of available lanes, preliminary rounds of the 60 meters, 60 meter hurdles, and 200 meters will be eliminated; finals only will be run as scheduled. The Championships will not be delayed for any reason. NOTE that field event starting times may need to be adjusted due to the size of fields.

FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, eight lane straightaway. Use of starting blocks is restricted to those provided by the facility. All shoes will be checked, with only 1/4" pyramid spikes or flats permitted, no hexagonal elements. Acceptable spike implements will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Soft-shell shot and bag weight implements only, except for the Superweight (men 30-69), which will be contested outdoors.

Starting heights will be determined by facility equipment and meet officials. Minimum High Jump height will be 2' 8"; minimum Pole Vault height will be approx. 5 feet. Polevaulers should bring their own poles.

There will be no 27 inch hurdles.

Please refer to the implement rules that went into effect as of 4/1/2001.

MEET INFORMATION

Meet information will be available at www.usatfne.org

A list of entrants will be posted beginning on March 1st

Call USATF-New England at (617) 566-7600 or

e-mail office@usatfne.org



2002 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS

ENTRY FORM

First Name _____ Male/Female _____ Age (as of 3/22/02) _____
Last Name _____ Date of Birth _____
Address _____ Club/Affiliation _____
City _____ 2002 USATF Number _____
State _____ Zip _____ Citizenship (if not USA) _____
Country (if not USA) _____ e-mail address _____
Telephone _____

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____	_____	(\$60)
1. _____	_____	(\$30)
2. _____	_____	(\$15)
3. _____	_____	(\$15)
4. _____	_____	(\$15)
5. _____	_____	(\$15)
6. _____	_____	(\$15)

Late fee for entries postmarked after 3/8/02, number of events _____ @ \$10 each:

Total Entry Fees: _____

*Masters Committee Surcharge (see note below) \$5.00

T-shirt order (pre-event only)

Total number of shirts _____ @ \$13 each:

S _____ M _____ L _____ XL _____ XXL _____

Friend of the National Masters Championships Contribution (\$250/100/50/25/other): _____

Thursday Night Social (\$20 per person): _____

TOTAL AMOUNT ENCLOSED: \$ _____

*The National Masters Track & Field Committee requires the Committee Surcharge. All such funds are forwarded to the Committee and are used for Committee representatives to attend and assist at Championship meets.

All fees must be paid prior to the meet. Faxed entries will not be accepted.

WAIVER AND RELEASE: In consideration of your accepting this entry into the National Masters Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Reggie Lewis Track and Athletic Center, Roxbury Community College, the sponsors, the volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition and that my date of birth is as stated on this application. I authorize meet personnel and its agents permission to request emergency medical treatment or care as necessary to insure my well being. I agree not to cover or alter my competitor number in any way on pain of disqualification, and I acknowledge that my entry fee is non-refundable, including if the event is canceled.

SIGNATURE _____

DATE _____

ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, relays in 10-year age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2002 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained through local associations or on-site at the meet for \$20.

ENTRY

Entry deadline is March 8, 2002. Entry fee is \$30 for the first event, \$15 for each additional event. Entry fee for the Pentathlon is \$60 (the pentathlon does count as a first event). After March 8th a late fee of \$10 per event will be charged. No entries, additions and/or changes will be accepted after March 18, 2002.

Relay registration will take place on-site only at \$20 per team. In order for a competitor's name to be printed in the meet program and to receive final instructions, applications must be received no later than March 1st.

HEADQUARTERS HOTEL

Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - \$99 single/double, \$109 triple, and \$119 quad occupancy. 1-800-WESTIN-1 or 1-617-262-9600.

To get the special rates reservations must be made by March 7, 2002; mention the National Masters Championships at the time of making your reservation.

AWARDS

USATF Championship medals will be awarded to the top three places in each age group of each event final. Foreign athletes will receive a duplicate award. Championship patches will be presented to winners of individual events. Patches are limited to one per participant.

THURSDAY NIGHT SOCIAL

There will a dinner get-together on Thursday night. Details to follow, \$20 per person (dinner/soft drinks/coffee/tea/gratuity).

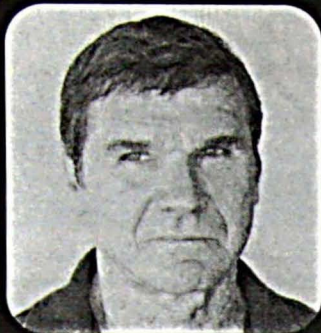
FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

Help ensure the high quality of the Championships and future meets with a donation. All contributors will be listed in the official meet program and on the USATF-NE website. Please consider one of the following:

Platinum - \$250. Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin.
Gold - \$100. Gold level contributors will receive an event polo shirt and pin.
Silver - \$50. Silver level contributors will receive a meet T-shirt and pin.
Bronze - \$25. Bronze level contributors will receive a pin.

PAYMENT: Entry fee for all events must accompany your application. Make checks payable to USATF-NE. US funds only, drawn on a US bank. All fees must be paid prior to the meet.

MAIL TO: National Masters Indoor Championships
USATF-NE, P.O. Box 1905, Brookline, MA 02446.
The street address is: 2001 Beacon Street, Suite 207
Brighton, MA 02135



Third Wind

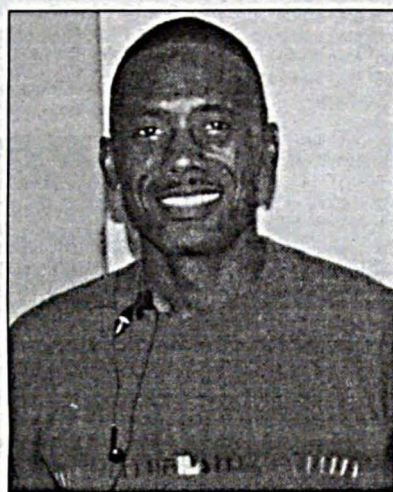
By MIKE TYMN

What Simon Sez, Simon Duz

When Farley Simon told me of his plans to run a sub 2:30 marathon, possibly break the American 45-49 marathon record of 2:25:50, set way back in 1984 by Jim Bowers, and maybe even win the Marine Corps Marathon on October 25, I thought he was being very unrealistic. I would have given 1000-1 odds against him winning, and 100-1 against him going under 2:30.

I knew that Simon, a retired Marine gunnery sergeant now living in Hawaii, had won the 1983 Marine Corps Marathon in 2:17:45 while turning in other impressive times in his younger years, but he was now 46 years old and his recent road times had not been consistent with a sub-2:30 effort.

He had run a 33:49 10K in Hawaii during April, which suggested about a 2:38 marathon. I knew that he had had more than his share of injuries in recent years and was training for the Marine Corps Marathon injury-free for the first time, but I still didn't see him running much faster than 2:35, even after he ran



Farley Simon

GEORGE BANKER

a 15:40 5K a few weeks before the marathon.

I should have known that what Simon says, Simon usually does. Although he didn't break the American record, he still won the race with a 2:28:28 effort.

Thwarted by the Wind

"My goal was 2:23, but the conditions were not conducive to running



Farley Simon

GEORGE BANKER

that kind of time," Simon told me upon returning to his Hawaii home. "The temperature was perfect, but it was just too windy. I really think I could have bettered the record if the wind wasn't what it was."

Born in Grenada, Simon moved with his family to Brooklyn, New York, at age 15. Because of part-time jobs, he didn't participate in sports in high school. After joining the Marine Corps in 1978, Simon became interested in running.

"It was their emphasis on physical fitness that got me started," Simon explained, adding that he "maxed" the annual physical fitness test every year he was in the Corps. That meant doing 20 pull-ups, doing 80 sit-ups in two minutes and running three miles in 18 minutes or faster.

He ran his first road race in 1979 and began winning races and setting records while stationed in Hawaii during the early 1980s. He still holds the Hawaii state records in the half-marathon (1:07:12) and at 30K (1:37:47).

Sideline by Injury

Simon was stationed in San Diego when he entered the masters arena and turned in some outstanding efforts, including a 31:40 for 10K, a 2:25:25 in the Marine Corps Marathon, and a 2:22:42 in the Cal International Marathon in Sacramento. But then injuries began to take their toll. First, it was a stress fracture in his leg and then groin injuries. In September 1999, he underwent foot surgery, which kept him out of action for nearly a year. "I think I started back too soon," Simon said. "I should have been more patient and waited until I had healed completely."

In preparing for the recent Marine Corps Marathon, Simon regularly put in 90-100 miles a week of training. "The

last couple of months of training went very well," he said. "My wife accompanied me on a bike on my tempo runs, and when I started slacking off she would let me know. On my Sunday 24-milers, she would hand me water so that I wouldn't have to stop. I ran injury-free for the first time in a long time. It was really a great feeling."

Focus on Training

Besides the long run on Sunday, Simon focused on a weekly track workout and a quality tempo run once a week. "As long as I had those three workouts in, I didn't worry about the overall mileage," he said. "Everything else was easy mileage, recovery mileage, usually twice a day, but there were days when I'd wake up and was too tired for a morning run. So I'd just roll over and go back to sleep. I didn't worry about it. The main thing was to get those three quality workouts in every week."

Back on Track

His track work usually consisted of doing six to eight 1000-meter repeats in around three minutes with a 300-400 meter jog between. "The last two weeks, I was able to run them in 2:50," Simon said. "That's when I knew the legs were back and I was ready to go."

Being a marine, Simon knows that when you "jerk the trigger," you don't hit the target. He kept that in mind during his training. "There were many times I felt I could have run faster during my workouts," he explained, "but I'd ask myself if that was the wise thing to do and usually decided it wasn't. I took my time and it seems to have paid off."

Simon is now looking ahead to the Boston Marathon next April. □



GEORGE BANKER

Gretchen Triantos, second W40+ (30:35), Outback Steakhouse Corridor Classic 8K, Hyattsville, Md., Nov. 8.

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TEN YEARS AGO January 1992

- Jack Greenwood, 65, and Betty Vosburgh, 60, Voted Best T&F Athletes of the Year
- Laurie Binder, 44, and Shirley Matson, 50, Among 22 Runners Honored by LDR Committee
- Max Green, 59, and Viisha Sedlak, 42, Named Top Racewalkers
- Roy Pirrung, 43, and Sue Ellen Trapp, 45, First Overall in Masters 24 Hour Championships

As described convention treated us ri will have to work

Mobile was goo ticular. We comple came to take care o everybody who co this convention a kudos go to the Committee who sp conference calls an preparing for this co

The use of the co the year has proven business throughou on more of them even see if we c Committee on a co have a need to dur trying to develop a the delegates so we munication with al that all the delegate information to mtf

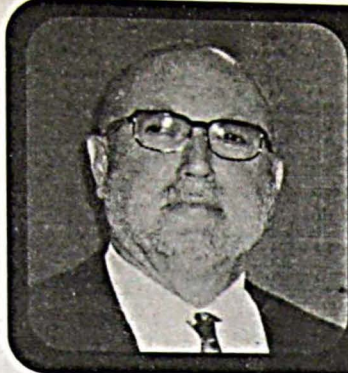
Communication making our organ what I told the C Division at the con probably don't ev General Competiti n't either until I meeting of this gro

Grass Roots

Luckily, Ken W Masters T&F Chai meeting to tell us The important thi for - primarily between Masters Associations comm our activities, prob it serves to promul process of our org

Of course, I meanings to grass who you are. C emerging athletes monly identified roots. That's why important in provi development for

I think of the grass roots for r provide the bas need to be held need to reach o level to make su tion at least Association Ch many masters c ble. We will pr resources, whe make it happen.



T&F Report

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

Mobile Hard to Beat

As described on television, "Mobile hooked the Big Fish." The USATF convention in Mobile, Alabama, was the Big Fish in a small pond. They treated us right and appreciated our being there. Kansas City and Portland will have to work hard to do better.

Mobile was good for masters in particular. We completed the business we came to take care of. Congratulations to everybody who contributed to making this convention a success. Particular kudos go to the Masters Executive Committee who spent many hours in conference calls and doing homework preparing for this convention.

The use of the conference call during the year has proven that we can conduct business throughout the year. We plan on more of them in 2002. We might even see if we can get the Masters Committee on a conference call if we have a need to during the year. We are trying to develop a good e-mail list of all the delegates so we can have great communication with all of them. I would ask that all the delegates send their pertinent information to mtfsec@aol.com.

Communication is paramount in making our organization run. This is what I told the General Competition Division at the convention. Most of you probably don't even know what the General Competition Division is. I didn't either until I went to the second meeting of this group at the convention.

Grass Roots

Luckily, Ken Weinbel, the previous Masters T&F Chair, was at the second meeting to tell us where it came from. The important thing is what it is there for – primarily to serve as a link between Masters, Youth and the Associations committees, to coordinate our activities, problems and plans. Also, it serves to promulgate the "grass roots" process of our organization.

Of course, I think there are two meanings to grass roots, depending on who you are. Obviously youth and emerging athletes are the most commonly identified groups with grass roots. That's why the associations are so important in providing the coaching and development for these groups.

I think of the associations as the grass roots for masters, because they provide the basic competitions that need to be held for our athletes. We need to reach out from our regional level to make sure that every association at least puts on a Masters Association Championships, plus as many masters competitions as possible. We will provide some additional resources, when available, to help make it happen.

Non-elite Athletes

We all agreed that it didn't seem really necessary for a whole division to have this get-together. The real need is serving the group of non-elite athletes from ages 20-29. This is where some emerging and elite athletes may come from. When you consider that the average age of our Olympic athletes and medal winners was 29, we are missing some great potential.

The Masters Committee has told me loud and clear that they don't think it is the Masters Committee's responsibility to merge the 20-29 group into our group. The minutes will give you the details on this matter. Bob Fine, Southeast Regional Coordinator, did get a motion passed that would allow this group into Regional Championships on an optional basis and that no Championship status would be given these athletes.

The General Competition Division has recommended that athletes ages 20-39 be a separate sport committee. This may mean that masters lose the 30-39 age group. I need to hear from all members how you feel about possibly not having the sub-masters 30-39 as part of the masters program. Maybe still allowing them to participate in masters meets, but not in any championship status, as Bob Fine suggests.

There are many other subjects from the convention that I will share with you in the next issue. I wish you all Happy New Year, and look forward to a GREAT 2002. □



JERRY WOJCIK
Bill Borla, of Connecticut, shared M60 Masters Track Athlete of the Year with Paul Edens, of Oregon.

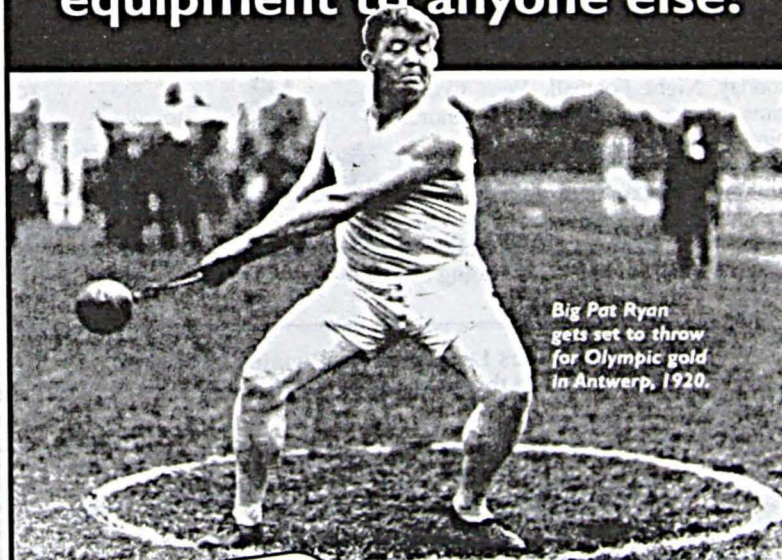


SUZIE HESS
Ted Hatlen, of California, M90 Masters Athlete of the Year in Track and Field.

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Big Pat Ryan
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TWENTY YEARS AGO January 1982

- Jim Burnett and Judy Fox Named Top U.S. T&F Athletes of the Year
- Ed Benham and Marion Irvine Voted Best LDR Performers
- Gordon Wallace and Lori Maynard Picked as Top Racewalkers
- Kirk Randall and Judy Fox Win National Masters 10K X-C



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Mornings More Injurious for Runners

In our study of 4000 injured long distance runners, we noticed that the majority of injuries from running occurred in the morning. A recent study by E.R. Eichner, M.D., involving circadian rhythms, points out that we evolved from a planet that rotates through a day-night cycle. As a result, each one of us has a body clock that follows a day-night cycle. This influences our behavior as well as our sports performance. If so, we are not ready for exercises early in the morning or late at night, when the clock is set for sleep.

This body clock can also set rhythms in metabolism, temperature, heart rate, blood pressure, bronchial caliber and hormone output. All of these things affect our sports performance. For example, from 3 a.m. to 5 a.m., blood pressure is at its lowest, bronchi at their narrowest, and body temperature at its coldest. Why? Because we are supposed to be in our cave, asleep.

Most research suggests that we perform better over the course of the day. Most runners tested were fastest in the p.m. Endurance also peaks in the p.m. Men on a treadmill ran 2% longer in the p.m. Men were also better by 2-3% at stair running and long jumping.

This is, of course, a general hypothesis, but some studies are very interesting. For example, take a West Coast team on Monday Night Football. In the NBA, when teams flew cross-country, visitors scored four points more when they came east versus west. Why? Because a night game is earlier on the body clock of an eastern team. On Monday Night Football, West Coast teams win more often and by more points.

So, take it or leave it. Many of us have great workouts in the afternoon or evening during the week, but when we have to get up and race early on the weekends, we end up not doing as

well. □

(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.)



GEORGE BANKER
Joe Abernethy, 40, first M40+ (56:52), 2001 Annapolis 10 Miler, Annapolis, Md.

USATF Masters Long Distance Running Committee Athletes of the Year-2001

Age Group	Women	State	Men	State
40	Janet Robertz	MN	Eddy Hellebuyck	NM
45	Jane Welzel	CO	John Barbour	MA
50	Carolyn Smith-Hanna	NY	Gary Romesser	IN
55	Joan Ottaway	CA	Frank Ruona	CA
60	Shirley Matson	CA	Jack Nelson	IL
65	Margret Betz	NY	Dick Wilson	KS
70	Toshiko d'Elia	NJ	Paul Heitzman	KS
75	Muriel Merl	NY	John Keston	OR
80	Gerry Davidson	CA	Warren Utes	IL
85	Edith Allen	CA	Dudley Healy	NJ
90	Edith Allen*	CA	Abraham Weintraub*	NY

*Paul Spangler Athlete of the Year Otto Essig Award: Jerry Crockett
X-C Athletes of the Year: C.Smith-Hanna & J. Ottaway; John Dalton, 43, NY
Ultra-Masters of the Year: Rudy Afanador, NY; Sue Ellen Trapp, FL



BILL THEOBALD
First three W40+ (from l): Lori Hewig, W40, 16:56; Susan Munson, W40, 17:51; and Diane Legare, W50, 18:03, Syracuse Festival of Races 5K, 2001, Syracuse, N.Y.

LDR Athletes of the Year

Continued from page 1
group.

Merl posted the six best equivalent times in her age group, among her other accomplishments.

Carolyn Smith-Hanna, 50, New York, and Joan Ottaway, 57, California, were selected age-group winners, as well as the female cross-country athletes of the year. Edith Allen, 90, California, became only the second runner in the history of the awards to garner two (W85, W90) in one year. Norm Green is the other.

Jane Welzel, 46, Colorado, Shirley Matson, 60, California, and Toshiko d'Elia, 71, New Jersey, added to the impressive list of awards they have already received. Gerry Davidson, 80, California, picked up her third straight award, and Margret Betz, 65, New York, returned to the winner's circle after a seven-year absence.

Frequent winners Gary Romesser, 50, Indiana; Jack Nelson, 61, Illinois; Warren Utes, 81, Illinois; and Dudley Healy, 87, New Jersey, were again the class of their age groups.

John Keston, 76, Oregon, won his age group award after a four-year absence. Abraham Weintraub, 91, New York, had outstanding times in distances from the 5K to the marathon.

Ultra-masters winners were Sue



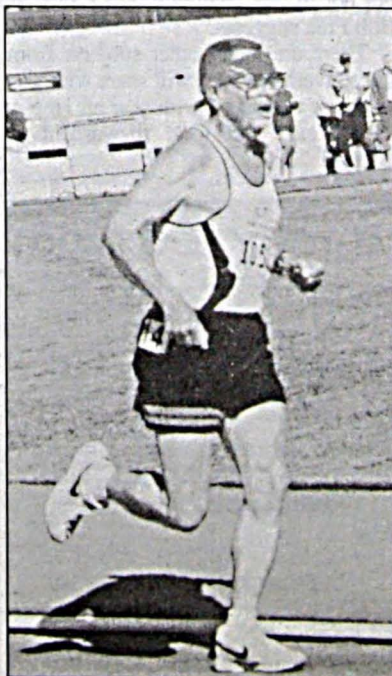
SUZY HESS
Carolyn Smith-Hanna, of New York, W50 Masters Track and LDR Athlete of the Year, and Cross-Country Athlete of the Year.

Ellen Trapp, Florida, and Rudy Afanador, New York. Kari DiStefano, 42, Colorado, was chosen the USATF Mountain Runner of the Year. The Paul Spangler Award is awarded to the athletes of the year in the oldest age groups, and this year went to Allen and Weintraub. The Otto Essig Award for Meritorious Service to Masters LDR was presented to Jerry Crockett for his outstanding leadership, diligence, and contributions to Masters LDR. Crockett has taken the office of USATF LDR Division Chair.

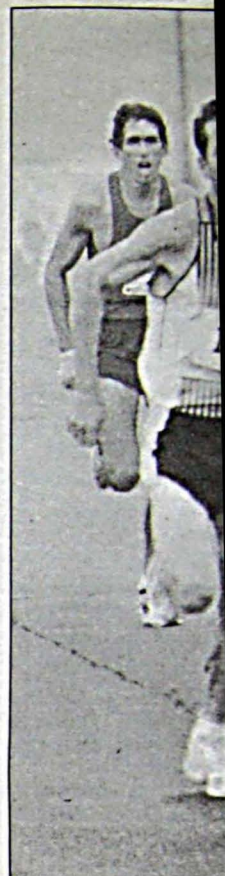
For times to be eligible for award consideration, they must have been properly recorded on a certified course, with results submitted to and accepted by the Road Running Information Center. The RRIC exercises sufficient quality control to assure Masters LDR that all USATF rules have been followed, creating a level playing field for all runners from Maine to California.

Ruth Anderson did her usual outstanding job of coordinating the women's awards for this, her last year. I will be coordinating both men's and women's awards next year. Suggestions and recommendations to improve the awards can be sent to me (see contact info on p. 3). □

— Donald H. Lein



SUZY HESS
Paul Heitzman, of Kansas, M70 Masters LDR Athlete of the Year.



Joe Abernethy, second M40+
Steakhouse Corridor Cl
Md., Nov. 8.



~10K - 8:00

Both races

Packet pick

~ Awards: 10

M&F, Grand

3rd in groups

1 Mile: Over

Best Costume 8

~ Cost: \$12

race day (sul

Checks to

~ Travel: Dis

World Travel

~ Free cajun

race particip



GEORGE BANKER

Joe Abernethy, second M40+ (25:42), Outback Steakhouse Corridor Classic 8K, Hyattsville, Md., Nov. 8.

Masters Cross-Country Annual Meeting Report

By CAROLE LANGENBACH

Masters cross-country running now comes under the jurisdiction of the one-year-old Cross-Country Council of USATF, not the Masters Long Distance Running Committee. At the recent USATF Annual Convention in Mobile, Ala., the following cross-country items were decided:

The Council will encourage and promote Regional Cross-Country Championships for Open and Masters using the seven regions as defined in USATF's Governance Manual.

Bids for these events should be directed to the Council's Executive Committee. As the masters representative to the Council, I will distribute and receive bid applications for all masters cross-country championships. Some regions already hold championships and are requested to contact the Council for scheduling coordination.

By promoting regional events, the Council's goal is to increase and upgrade championships at the association level also. Ideally, a regional meet would be held two to three weeks before the fall national championships; however, the Council did award a regional championship for open and masters to the Colorado Association to be held at Buffalo Ranch in Boulder, Sept. 29, 2002. Contact Tim Dolen at tdolen@com-

puserve.com for more information.

The Council approved the option for meet directors of the Winter and Fall Nationals to charge a higher entry fee for masters runners than for open runners. Since the meet director is responsible for providing masters medals, this will provide additional funds, so that all declared members of masters teams will receive medals, not just the scoring members.

In keeping with the spirit of promoting team competition in cross-country, the custom of not charging a team fee for all age division teams will be continued.

Beginning in 2002, masters men and women will compete at the 6K distance at Winter Nationals and the 10K distance at Fall Nationals in conjunction with the Open Championships. Other distances for masters cross-country events will be awarded separately. Traditional masters cross-country events include, but are not limited to, the 4K, 5K, 8K, 12K, and 15K.

The Masters LDR Committee chose the following athletes as Masters Cross-Country Athletes of the Year: Tom Dalton, 43, Potterdam, N.Y., and dual awardees, Joan Ottaway, 57, Murphys, Calif., and Carolyn Smith-Hanna, 50, Pittsford, N.Y.

Congratulations! □



JERRY WOJCIK

Meghan Arbogast, 40, first woman (19:02) USATF Oregon Open & Masters 5K Cross Country Championships, Sandy, Nov. 17.



Did you miss the Outdoor Championships
in Baton Rouge?

DON'T MISS MARDI GRAS!

Come (back) to Baton Rouge for the

Nextel Mardi Gras Mambo 10K February 9, 2002 Baton Rouge, LA

~10K - 8:00 AM, One Mile Run - 8:10 AM

Both races begin from the Capitol Atrium
Packet pickup February 8 & race day

~ **Awards:** 10K Overall M&F, Masters
M&F, Grandmasters M&F Also, M & F, 1st-
3rd in groups 14&U, 5 yr. 15-79, 80&U
1 Mile: Overall Male & Female

Best Costume & Best Decorated: Wagon & Tricycle

~ **Cost:** \$12 till Feb 4, \$15 Feb 5 - 8, \$18
race day (subtract \$5 for no shirt)

Checks to: BR Area Sports Foundation

~ **Travel:** Discount travel contact American
World Travel (800)866-7686

~ Free cajun food, beer and Coke to paid
race participants. Festival follows race!!

name			
address			
city	state	zip	
phone	sex	age	Shirt Size (S, M, L, XL)

Please read race release on website before signing form. All entry fees are non-refundable.

Mail completed entry forms to:

BR Area Sports Foundation
730 North Boulevard
Baton Rouge, LA 70802

Contact Information:

web: www.nextelmardigrasmambo10k.com
phone: 225/382-3596
e-mail: sports@brasf.com

Signature _____

Date _____



Masters Racewalking

By ELAINE WARD

The Aging Process - Part 2

Last month, Ian Whatley and Wayne Armbrust discussed aging and loss of strength. This month they discuss methods of training to combat strength loss.

Track Training

Ian Whatley: After reading Wayne's comments, I started to experiment at the track. I walked the 100 meter straights fast while using the curves of the track for recovery. I did this workout wearing an 8-pound vest with either my Meridian sports plyometric training-shoes or my regular racing shoes. I noted that the decrease in my strength was most marked at the ends of my range of motion when I was at full speed and wearing the added weight.

Caution must be taken in any sample of one and I was a "biased observer." (I knew what I was looking for.) Having said that, I think masters walkers would be well served to include some short bursts of walking a few seconds per mile faster than 5K race pace on a slight up-slope with added weight or with plyometric training shoes in their weekly workouts.

Wayne Armbrust: I really think the best way to develop the ability to produce force at high rates of contraction is to drag a light weight. This is a more specific form of training for the purpose than a weighted vest or shoes. I made a harness that the walker wears to drag the weight, that allows walking with a minimum of interference. I originally developed this to train sprinters.

I recommend a weight between 8 and 15 pounds, enough to provide some resistance, but not so much that it disturbs the walking technique. I recommend that the walker have two training elements per week dragging this weight during the specific preparation phase, and one per week during the pre-competitive phase with an occasional element during the competitive phase. One workout we use is: 8-2x100m at 95-100% effort with 100m recovery dragging a 4kg (8.8lb) weight.

Velocity and Turnover

IW: Forward velocity (speed in meters per minute) is what you get by multiplying stride length by stride rate.

A runner taking 200 strides per minute of two meters in length will go 400 meters per minute. Maintaining the same pace of 200 strides, but covering 450 meters per minute, the runner must increase his stride length to 2.25 meters. To fly through the air for this longer distance, the runner must push off harder.

What does this mean for racewalkers? Racewalkers can't take legal strides much over 1.2 meters unless you have extraordinarily long legs. Most of us will stride at about 90 cm. to 1.1 meters for each step. Therefore, in order to go faster without breaking the rules, we need to change the other half of our equation's stride rate.

To racewalk faster, you need to increase the number of steps you take in a minute. You need to work on a faster turnover while maintaining legality.

WA: Masters racewalkers can only extend stride length by developing a strong push-off to the rear, pushing off as far to the rear as possible so as to make the angle the force vector makes with the ground as small as possible. This maximizes the horizontal component of force and minimizes the vertical. This requires developing as much force as possible at a high rate of contraction.

At the Goodwill Game on Sept. 6, 2001, in Brisbane, Australia, Olimpiada Ivanova of Russia pushed off extremely far to the rear, producing a large horizontal component of force and a small vertical component, tending to keep her on the ground. She also made contact very close to her center of mass in front, making contact on her heels with her toes up.

This technique virtually eliminated any tendency to "pole vault" off the ground or to generate a bending move-



JERRY WOJCIK
Gayle Johnson, W50, 2001 Female Walker of the Year.

ment about the knee. It also minimized braking forces, allowing her to conserve energy over the 20K distance.

I measured her cadence of 214/min three times on her last lap with a slight flight phase of about 33 millisec. Because her push-off is so flat, the flight is very low and cannot be seen by the naked eye. Her knees were absolutely straight from the point of contact until passing through the vertical. □

(Elaine Ward can be contacted by e-mail at narwf@aol.com.)



SUZY HESS
After completing their walk, U.S. athletes watch the parade of athletes in the opening ceremonies, 14th WAVA Championships.

FIVE YEARS AGO January 1997

- James Stookey, 65, and Mary Libal, 46, Named Outstanding T&F Athletes of the Year by USATF
- John Keston, 71, and Shirley Matson, 56, Included with 27 Honored by LDR Committee
- Ken Weinbel, of Seattle, Elected Masters T&F Chairman
- Steve Scott (40, 32:09) and Chris Kennedy (40, 37:30) Win National 10K X-C at Stanford

Outstanding Racewalkers - 2001

Selected by the Masters Track & Field Committee of USATF
Outstanding Racewalkers: Paul Johnson and Gayle Johnson
Age-Group Awards

Age	Men	Age	Women
35-39	Johathan Matthews	35-39	Cheryl Rellinger
40-44	Ian Whatley	40-44	Victoria Herazo
45-49	—	45-49	Sherry Brosnahan
50-54	Richard McGuire	50-54	Gayle Johnson
55-59	Don DeNoon	55-59	Kathy Frable
60-64	Paul Johnson	60-64	—
65-69	Jack Bray	65-69	Sami Bailey
70-74	Robert Eisner	70-74	Ruth Perraud
75-79	Bob Mimm	75-79	Miriam Gordon
80-84	Herb Appel	80-84	Jane Dana
85-89	Bill Patterson	85-89	Fan Benno-Caris
			Mary Haines

USATF National Masters Racewalking Championships - 2002

Date	Event	Site
March 24	3000 (indoor)	Boston, MA
May 5	30K	Sacramento, CA
June 2	15K	Evansville, IN
August 9	5000	Orono, ME
August 11	10K	Orono, ME
September 1	40K	Fort Monmouth, NJ
September 21	5K	Kingsport, TN
September 28	One-Hour	St. James, NY
October 20	20K	Coconut Creek, FL

By SUSANN
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National 6K Cro
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19:12 to 19:15.

Mike Platt, 40
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John Barbour, 47,
Teams were score
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Masters News su

Winn Wins National 6K XC; Freitas Leads Impala Herd

By SUSANNAH BECK

Native-Mainer Bob Winn, 43, carried the day at the Mobile, Ala., USATF National 6K Cross-Country Championships, Dec. 1, held at Battleship Memorial Park. Surrounded by monumental relics of U.S. war machinery and a crowd of USATF conventioners, the Greater Lowell Road Runners' distance ace went to work on the three-loop 2K criterion-style course, which one participant described as "flat but not fast."

Two hay bales per lap and soft, sometimes muddy, sometimes sandy, footing turned grassy Battleship Park into a grueling, laborious slog. At least it wasn't windy.

Winn led most of the race, ghosted by Tim Minor, 43, Reebok Aggies, who realized too late that he had given Winn too much of an early gap. Minor closed hard in the last half-mile, but Winn held him off by a three-second margin, before collapsing in the finish chute, 19:12 to 19:15.

Mike Platt, 40, Syracuse Chargers, finished a close third in 19:18. The Aggies' tightly-packed five-man team (Minor/Ostenberg/Rios/Shaver/Boyn-ton) was able to outrun Greater Lowell (Winn/Barbour/Bates/Sightier/Goodwin) in the M40-49 team contest, despite the excellent effort of Greater Lowell's coach and number-two man, John Barbour, 47, fifth overall in 19:43. Teams were scored by aggregate times of five runners.

Being away from New England's fertile masters cross-country population, the field was not as sizeable as some regional contests, but Victory A.C. and Genesee Valley brought full teams to the meet, and duelled each other for the M50-59 bragging rights in a division of 19 men. Don Coffman, of Victory A.C., dominated his division with a 21:59 run.

Thom Weddle, 63, and Carl Grimm, 62, waged a close battle in the M60+, replaying their bout at the 8K X-C Nationals in Rochester, NY, last month. It was Weddle in front again, by a scant seven seconds, 23:46 to 23:53. Bill Delph, 60, 24:23, Ray Parrella, 66, 24:33, and Rick Erdmann, 60, 25:21, comprised the three-man Victory A.C. team that won the M60-69. The well-grouped Snohomish (WA) Track Club (Iffrig/O'Hare/Joslin) was second.

Sara Freitas, 43, of the San Francisco-based Impala Racing Team, won a competitive women's race, with a 23:20 to 23:26 win in front of teammate, Carol Keller, 42. Corrine Hlavka, 44, of Wisconsin Runner, was third in 23:31.

The youthful Impala squad had little competition, though the Atlanta Track

Club did present well with four runners spread over numerous age groups. Speedy Carolyn Smith-Hanna, 51, fifth overall in 24:37, ran unattached. Boston's Liberty Track Club was well represented by cross-country maven Andrea Hatch, 58, 31:58, and Mary Harada, 66, 32:37.

—with thanks to Bay Area Running News/Brian McGuire, and Matt Lonergan

BETH HARWICK

Honorary Chair John Brosky presented the first-place award to the Western Pennsylvania TC winning W40+ team, RRCA Women's Distance Festival 5K, Oct. 13, Pittsburgh, Pa. (from l): Lisa Cimbala (21:12); Suzanne Swan (22:08), and Sabine Kane (20:19).



USATF MASTERS INDOOR TRACK & FIELD 2002



Illinois Masters Championship

Saturday, February 2, 2002
Westwood Sports Center - Sterling, IL

Entry Information: Theresa DePellegrin
815/622-6201
www.SterlingParkDistrict.com



Midwest Region Championship

Saturday, March 9, 2002
Lincoln-Way H.S. - New Lenox, IL

Entry Information: Mike Davis
815/485-2879
E-mail: MDAVIS@LWHS.WILL.K12.IL.US



North Region Invitational

Saturday, April 6, 2002
Proviso West H.S. - Hillside/Chicago, IL

Entry Information: USATF Illinois
630/953-2052
E-mail: USATFVAN@aol.com
www.USATFillinois.org

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

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/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almborg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johnnye Valien

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 (65.18m)
	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
	Oneithe Lewis, 40	WT, 49-9/16 (15.17m)
2001	Lad Pataki, 55	WP, 5366 pts.
	Vanessa Hilliard, 60	12# WT, 57-1/4 (17.38m)

OUTSTANDING COMBINED-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/Johnnye Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
		2000	Emil Pawlik/Phil Raschker
1999	Emil Pawlik/Phil Raschker		
2001	Phil Byrne/Johnnye Valien		

2001 AGE-GROUP AWARDS

Age	Track	Men State	Field	State
30	Robert Thomas	IN	Art Henson	ME
35	Chris Yorges	OR	Gregory Foster	NJ
40	Karl Smith	MD	Ken Jansson	KS
45	Neville Hodge	MD	Gary Hunter	IN
50	Nolan Shaheed	CA	Joe Greenberg	CA
55	Steve Robbins	WA	Lad Pataki	CA
60	Paul Edens	OR	Glen Johnson	TN
	Bill Borla	CT		
65	Paul Johnson	TX	Gerald Vaughn	NC
70	Harry Brown	IL	Jim Stookey	MD
75	John Keston	OR	Vince Sempronio	OR
80	Jim Manno	NJ	Tom Kennell	FL
85	Vince Malizia	CA	Donald Pellman	AR
90	Ted Hatlen	CA	Ted Hatlen	CA
95	Everett Hosack	OH	Everett Hosack	OH
100			John Whittemore	CA
		Women		
30	Devon Sargent	NY	Misha Gutzler	MO
35	Rebecca Heuer	NY	Alethea Morris	NY
40	Rose Monday	TX	Oneithe Lewis	NY
45	Denise McField	MO	Ruth Welding	IL
50	Carolyn Smith-Hanna	NY	Phil Raschker	GA
55	Joan Ottaway	CA	Linda Douglass	TX
60	Yvette LaVigne	CA	Vanessa Hilliard	FL
65	Carolyn Cappetta	MA	Erika Messner	FL
70	Sumi Onodera-Leonard	CA	Leonore McDaniels	VA
75	Johnnye Valien	CA	Johnnye Valien	CA
80	Gerry Davidson	CA	Melanie Reske	OR
85	Mavis Borthick	TN	Juanita Brookover	NC
90	Eleanor Pease	TN	Eleanor Pease	TN

T&F Athletes of the Year

Continued from page 1

the 400 to both hurdles, three jumps, and the heptathlon. Her marks include three U.S. and five world records.

Byrne's performances in the combined events were impeccable; he was first in the indoor and outdoor pentathlons, the indoor heptathlon, decathlon, and Brisbane decathlon (7607). Valien was almost as spectacular, with wins in the indoor and outdoor pentathlons, heptathlon, and Brisbane heptathlon, with a world record 4939.

Included among the award winners was John Keston, of Oregon, who hit a trifecta when he was selected by both the Masters T&F and LDR committees as M75 Athlete of the Year and was announced as a newly-elected member of the Masters Hall of Fame.

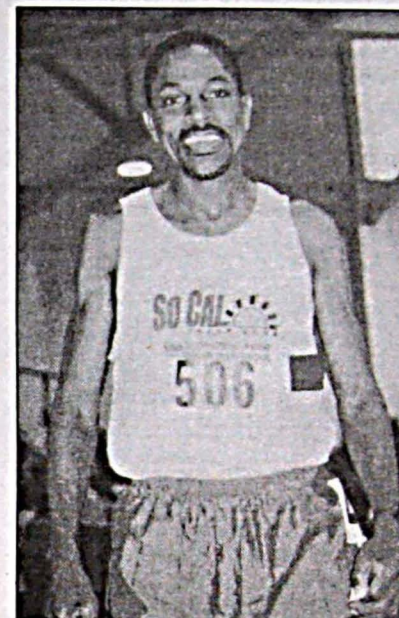
Joan Ottaway, of California, was also selected as W55 Athlete of the Year by both committees.

Mathews, in his first year of office, instituted tele-conferencing for the Masters Executive Committee and constructive retreats for the elected masters board members, and has voiced strong support for U.S. masters at USATF and World Masters Association meetings.

The awards were coordinated by Phil Byrne, who took over the office of

Chair of the Masters Awards Subcommittee just four months ago. The award winners were chosen by vote at the Subcommittee Meeting on Wednesday, the 28th. □

- Jerry Wojcik



SUZY HESS
Nolan Shaheed, 51, of California, winner of the 2001 USATF Athlete of the Year Award.

Texas Tech Indoor Championships

Saturday, February 16, 2002

Lubbock, Texas

8:00am to 12 noon

High Field Events

Long Jump - 4

Shot Put - 3 throws

Masters 3000 Meter Run

11:30 am

Please Check Events You Want to Enter

1:00 pm

60 Meter Hurdles

60 Meter Sprint

200 Meter Sprint

400 Meter Sprint

800 Meter Sprint

1500 Meter Run

4X400 Meter Relay High School only

No blocks for 200 or 400

High School Girls

High School Boys

Masters Women 35+ 5 yr. Divisions

Masters Men 40+ 5 yr. Divisions

Ages grouped to fill the lanes

Top three place winners in each event receive a medal.

Make check payable to: Texas Tech Track & Field

PO Box 43021

Lubbock, Texas 79409

Paul W. Johnson - Masters Coordinator

Phone 806 795-5226

Fax 806 795-0362

email: pjoh128034@aol.com

\$15.00 entry fee - \$5.00 each additional event

YOU CAN ALSO REGISTER AT - WWW.DALLASMASTERS.COM

Waiver Release First Name

Last

Male Female Age (as of 12/1/01)

Date of Birth

Address

City

State

Zip

Telephone

E-mail address

WAIVER AND RELEASE: I know that participating in Masters Track racing is potentially a hazardous activity. In consideration of your accepting this entry into the Texas Tech Indoor Championships, I hereby for myself, my heirs, executors and administrators waive release any and all rights and claims of damages I may have against TTU, Dallas Masters Track Assoc., its employees, agents, officers, and 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 disqualifications, including if the event is cancelled.

Signature

Date



Johnnye Valien, L
Outstanding Comb
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Karl Smith, of Mary
Athlete of the Year.



Chris Yorges, of O
Athlete of the Year.



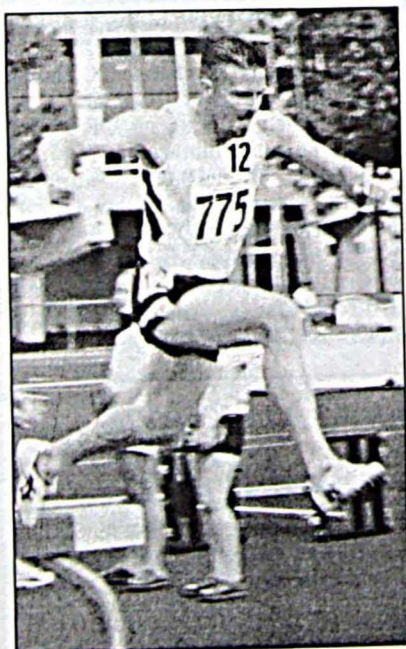
SUZY HESS

Johnnye Valien, Los Angeles, Calif., 2001 Outstanding Combined-Event Athlete of the Year and Outstanding Female Athlete.



SUZY HESS

Karl Smith, of Maryland, M40 Masters Track Athlete of the Year.



JERRY WOJCIK

Chris Yorges, of Oregon, M35 Masters Track Athlete of the Year.

PUBLICATIONS ORDER FORM

Quantity

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Masters Age Records (2001 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

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Masters Track & Field Rankings (2000)

Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

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McMahon Family Trust Masters Track & Field Indoor Rankings (2001)

Indoor rankings for 2001. 4 pages. \$1.50.

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Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

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Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of August 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

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Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

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

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

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How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.

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Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

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Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

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2001 Road Race Management Directory

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Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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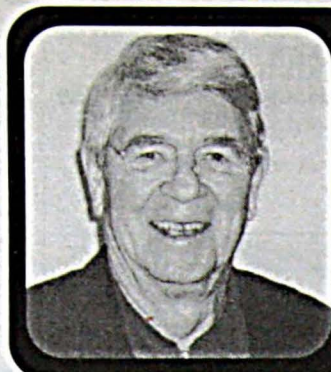
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The Weight Room

By JERRY WOJCIK

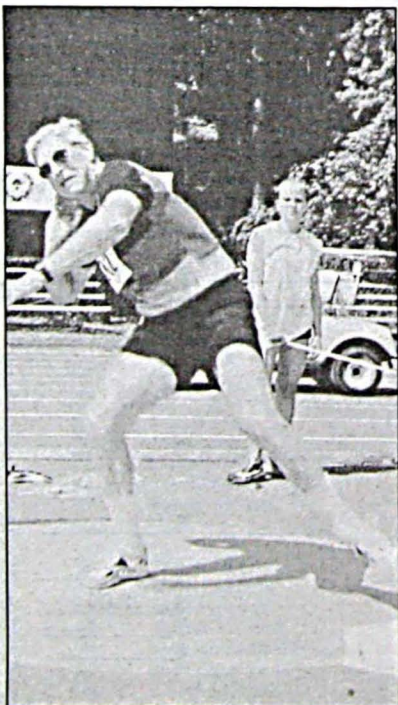
Weight Pentathlon Punkin Pills

Throwers did well in the age-group awards given out at the USATF Convention in Mobile, Ala., with two honored for the outstanding performances of the year: Lad Pataki, 55, was selected for scoring a world record 5366 in the weight pentathlon at the WAVA World Championships in Brisbane; Vanessa Hilliard, 60, for a 57-0 $\frac{1}{4}$ /17.38 mark with the 12# weight age-graded at over 100%.

To put Pataki's performance in perspective, it surpasses the highest total (5334) of all the world records presently listed for the WP, and upped the existing WR of 5152 by Klaus Liedtke by over 200 points. The All-American Standard for M55 is 3000.

Hilliard's mark surpasses the best of 14.09 with the 12# weight thrown in the W60 weight pentathlon at Brisbane by 10 feet-9 inches. This, after she'd been about ready to stop throwing the weight and throw in the towel, plagued by illness, injury and surgery following best single performance honors for her hammer throws in 1996 and 1997.

I competed with Pataki in the weight pentathlon at Dick Hotchkiss' Great Punkin Throws Meet at Grass Valley, Calif., last October. The masters competed along with a large turnout of some 70 high school, college, and open athletes on a glorious Northern California fall day. Pataki scored 5266, using the 800g javelin instead of the 700g, and bettered his



PAUL HRONJAK
Larry Horne, M70 shot put winner, with an age-graded 92.1% 44-6 $\frac{1}{4}$, Southeastern U.S. Masters Meet, Raleigh, N.C.

Brisbane 25# weight throw of 18.60 by over four feet with a 19.34.

I'd come down for the meet from Eugene with Tom Allison, 71, who wanted another WP before the year ended, and Ross Carter, 87, who wanted to test his mettle for the five events after what he considered a less than successful year. He did resoundingly well with single-age records in the total (3928) and individual marks.

My purpose was to erase a somewhat less than glowing Brisbane score of 2826.

Before we started, I mentioned that the Eugene group hadn't made any plans for lunch or snacks in between events. Pataki overheard and handed me about a half-dozen of the supplement pills he sells through his company.

Those and half of a candy bar I shared with Allison were all that I had for sustenance during the five events. By the end of the day, I had bettered my Brisbane mark by over 700 points to 3537, which, if done at Brisbane, would have placed me sixth, increased my all-time PR for a weight pentathlon by over 200 points, and improved my PR with the 16# weight by a whopping 4 feet-4 inches, measured by Hotchkiss no less, the masters weight honcho.

I've never been one for supplements prior to or during a competition, confining my intake to an extra 400g Vitamin E, or a larger dollop of homemade strawberry jam on my toast on days that I compete. I used to stoke up with a platter of fried chicken and large glasses of chocolate milk before the Hayward Meet in Eugene at a local smorgasbord until it went under and was replaced by a Blockbuster, which also described my cholesterol at the time.

I don't know whether my feats were attributable to the salubrious Northern California temperature of about 80 degrees, the competitive atmosphere generated by the other pentathletes and the college kids, the candy bar, or the pills, but I've hinted to friends and family that a supply of Pataki's pills would be a thoughtful and appreciated birthday gift. □



Four of the 19 women in the 2001 Masters Weight Pentathlon Championships, Syracuse, N.Y. (from l): Ruth Welding, W45 first (3607), Sue Hallen, W40 third, Oneithe Lewis, W40 first (4797), and Carol Finsrud, W40 second. Welding and Lewis were honored as Masters Field Athletes of the Year in their age groups at the USATF Convention in Mobile, Ala.

Rankings Report

Rankings Deadline Draws Near

By JERRY WOJCIK
USATF Masters T&F Rankings
Coordinator

The 2001 outdoor season rankers are listed below. If your best marks have not appeared in the NMN results section by this issue, send them with verification (name of meet, date, site, director's name, etc.) to the appropriate compilers. Marks sent to me for events that I am not compiling will not be forwarded.

The deadline for submissions to the compilers is Jan. 31.

Athletes whose best marks were

made in the WAVA-Brisbane Championships (particularly in the combined events) or in the National Senior Games/Senior Olympics and did not appear in the NMN results section should send those marks to the rankers.

100, 200, 4x100, 4x400 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail b6883578@aol.com
400 - Ruth BreMiller, 590 W 29th Ave., Eugene, OR 97405; e-mail: brem@oregon.uoregon.edu

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

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

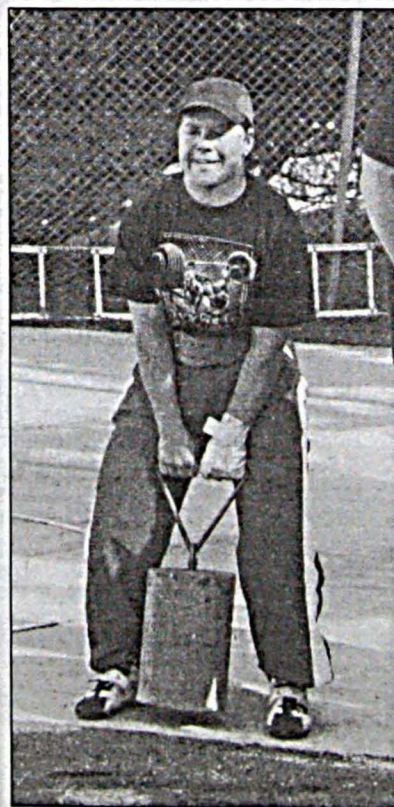
High jump, pole vault - Joy MacDonald, 6721 NE 21st Road, Ft. Lauderdale, FL 33308; e-mail: FTLREDSKIN@aol.com

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

Javelin - Tom Allison, 4925 Hunters Glen Dr., Eugene, OR 97405; e-mail: allisonjavelin@aol.com

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

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



ALLEN RAY
Kathy Wetenhall, W45, of Ohio, broke the meet record for the 300# weight with a 0.79, 2001 Ultra Weight Pentathlon, Seattle.

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

By JERRY Thomas D. N.Y., ran away overall in the Masters 5K Championships in Dalton, one of Yorkers who field, ran a 15:80% grass and the race by almost Steve Gallia, finished Timothy Murphy was third in champions in Pedersen, 53, 18:39, and Burnsville, M (14:32), Gall Weddle (15:42) ed performers. New York's AC's quest to win the team title for the Tim Murphy of Mark Rybinski, 45, Peter Davis, 48, and the M Conrad, 72, Ho

Omeg

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Omeg
6706
Miss

Dalton, Kramer, Syracuse Chargers Reign in Florida 5K X-C

By JERRY WOJCIK

Thomas Dalton, 43, Schenectady, N.Y., ran away from the field to win overall in the USATF National Masters 5K Cross-Country Championships in DeLand, Fla., on Nov. 18. Dalton, one of 14 mostly upstate New Yorkers who made up the 30-male field, ran a 15:42 on the loop course of 80% grass and 20% hard dirt, to take the race by almost a minute.

Steve Gallagher, 45, Winter Park, Fla., finished second with a 16:40. Timothy Murphy, 41, Liverpool, N.Y., was third in 17:33. Other division champions included Sverre Falck-Pedersen, 53, Fish Creek, Wisc., 18:39, and Thom Weddle, 63, Burnsville, Minn., 20:09. Dalton (14:32), Gallagher (15:13), and Weddle (15:42) were the top age-graded performers.

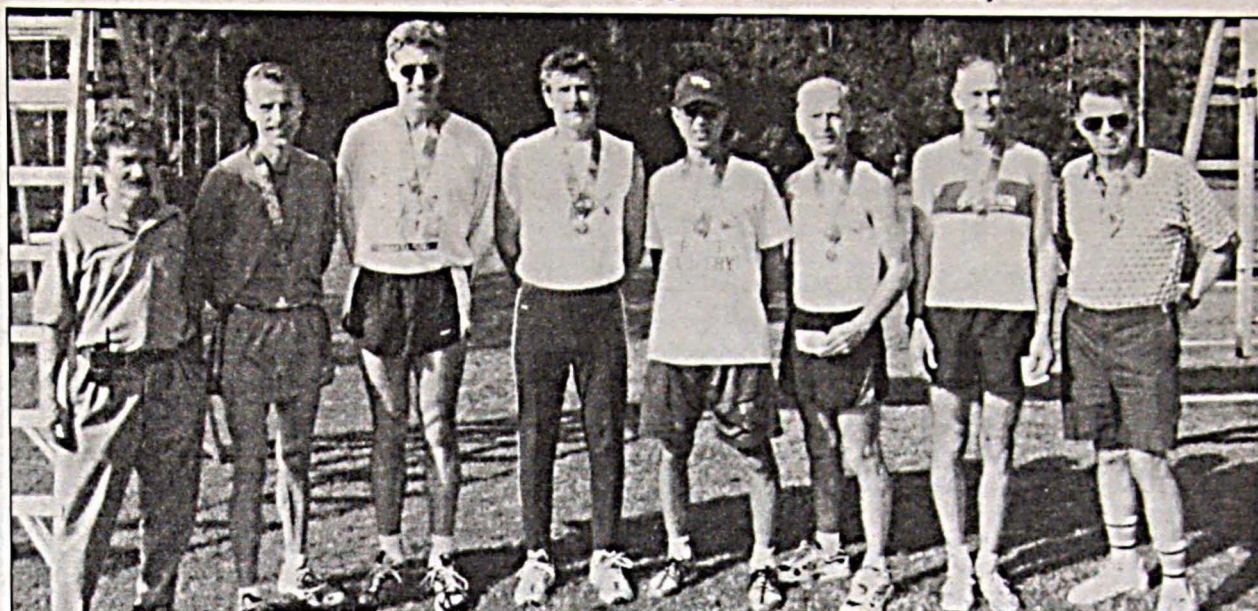
New York's Syracuse Chargers AC's quest to the Sunshine State to win the team titles paid off with wins for the Tim Murphy-led M40-49 squad of Mark Rybinski, 46, Gary Radford, 45, Peter Davis, 42, and Brian Dodge, 48, and the M70-79 trio of Joseph Conrad, 72, Howard Rubin, 73, and

David Rider, 71.

Unlike the men's field, the women's was all-Floridian. Sarah Kramer, 41,

Fort Walton Beach, won the race from Claudia Kasen, 44, Orlando, 19:13 to 19:38. Both were age-graded at 16:07.

Sheila Haire, 46, of DeLand, gave the locals something to cheer about with a W45 victory in 21:45. □



FROM THOM WEDDLE

All of the men's age-group winners, USATF Masters 5K Cross-Country Championships, DeLand, Fla., Nov. 18, with Race Director John Boyle (from l): Boyle, Tom Dalton, M40, first overall in 15:42; Steve Gallagher, M45; Sverre Falck-Pedersen, M50; C.S. Montecarlo, M55; Thom Weddle, M60; Donald Jones, M70; and Tom McDonald, M75.



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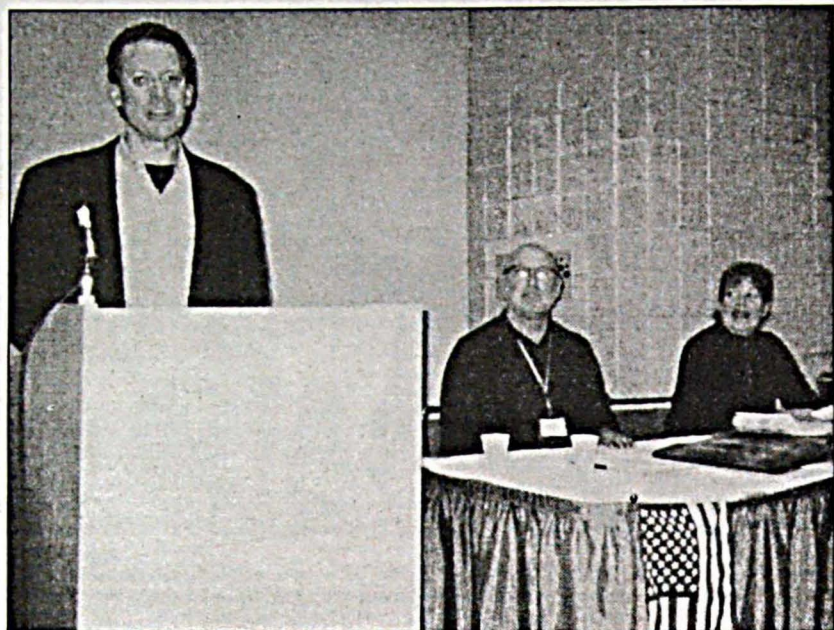
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23rd Annual Convention of USA Track and Field – M

Highlights of Minutes – Masters Track & Field – 2001



JERRY WOJCIK
Craig Masback, USATF Chief Executive Officer, spoke to the Masters T&F Committee, USATF Convention. Masters T&F Chair George Mathews and Vice-Chair Suzy Hess presided over the masters meetings.

Wed., Nov. 28-5:30 p.m.

The roll call of voting delegates was taken, and 14 active athletes were elected. The 2000 Masters Committee Meeting Minutes were approved.

Frank Lulich, Masters T&F Treasurer, gave the budget report. The total budget amount for 2002 is the same as it was for 2001. See the 2002 budget on page 18.

George Mathews said the conference calls, retreats, and face-to-face meetings in 2001 were successful. We need to develop more communication between Masters

Executive Committee members and other committees as we look to the future.

Tom Light, Masters T&F Law & Legislation representative, reported that among the issues to be resolved in L&L was the status of national clubs.

Included in the items and announcements brought before the committee:

The WMA Championships in Puerto Rico has been extended another day, July 2-13.

The weight pentathlon has been moved from the Combined-Event jurisdiction (Jeff Watry) to the Weights Coordinator (Dick Hotchkiss).

Sandy Pashkin was elected by the executive committee to the position of Masters T&F team manager. Pashkin, having served in that office previously, is experienced in the task of working on the inter-

national level.

Authorization was approved to half-fund two assistant team managers for the WMA Championships in 2003.

Mark Cleary assumes John Cosgrove's position as coordinator of the Masters Invitational Program Committee.

Rex Harvey said that the World Masters Association prefers that its initials "WMA" be referred to as "World Masters" or simply "WMA," not "wama." A new logo is expected to be ready in March. He also announced that there will be no declarations (as experienced at past world championships) at the 15th Championships in Puerto Rico, and that IAAF rules will be followed for qualifying for the field events.

Harvey reminded the committee that a USATF Masters Web Site Subcommittee does exist and that it is dedicated to working through the USATF site.

The Masters Games Committee was introduced: Sandy Pashkin, New York; Becky Sisley, Oregon; Rex Harvey, Ohio; and Dick Hotchkiss, California.

Mary Trotto, acting in the place of Records Coordinator Pete Mundle, explained the submitted records and discussed the problems involved in submissions, particularly birth dates.

Thurs., Nov. 29-8:00 a.m.

After roll call and announcements, bids were presented by groups from Decatur, Ill., for the 2004 outdoor championships; from Boston, Mass., for the 2004 indoor championships; from St. Amant, La., for the 2002 weight pentathlon; and from Fort Collins, Colo., for the 2003 weight pentathlon. All bids were voted on and accepted by the committee. Boston has already been awarded the 2002 and 2003 indoor championships.

Ken Weinbel, Championships Sites Coordinator, mentioned, as a matter of interest to the committee, that potential bidders for the 2005 outdoor championships may be Bakersfield, Calif.; Spokane, Wash.; Cleveland, Ohio; Ohio State U.; North Carolina; Hawaii; and Sacramento, Calif. Possible bidders for the 2005 indoor championships include

Purdue U.; Penn State U.; Northern Arizona U.; Baton Rouge, La.; North Carolina (Chapel Hill); and the Prince George's Complex, Landover, Md. Reno, Nev., which hosted the last indoor championships west of the Rockies in 1995, has also been mentioned.

Graeme Shirley, Masters Rules Coordinator, brought up rules that had been tabled in 2000, and explained that the IAAF has adopted what was referred to at the convention as "the swimmers' false start rule," which takes effect on Jan. 1, 2003. The rule, in the event of an individual's false start, attributes it to the field. Any individual who subsequently false starts, is disqualified. USATF is expected to reject it.

Fri., Nov. 30-10:00 a.m.

After roll call and announcements, Dave Clingan, of Oregon, was elected by the Active Athletes as their representative.

Ken Weinbel, who has resumed the task of completing the Meet Manual, stated that he will have a rough draft for distribution at the indoor championships in Boston in March, and that, so far, \$3600 has been spent on the project. He asked for suggestions, giving his e-mail address (kweinbel@attbi.com) for those who have recommendations.

Ray Vandersteen, of USATF Illinois, volunteered to take over the position of Midwest Masters Regional Coordinator.

The IAAF "swimmers' false start rule" was discussed after its rejection by USATF was announced. Rex Harvey, WMA Vice-President, Stadia, stated that WMA will follow the IAAF and marks made outside of that rule will not be considered for world records.

The rule regarding non-members in association and regional championships was affirmed when the committee voted to give duplicate ("the same") medals/awards to non-members.

Becky Sisley, Regional Coordinators Committee Chair, discussed relay teams at national championships, pursuant to allowing exhibition teams and the possibility of awarding medals and their sharing costs. She discussed the possibility of combining association meets with state games and senior meets to assure a championships meet.

Mary Trotto announced acceptance of the submitted records by USATF and called for their approval by the committee, which was done.

Eric Zemper gave a brief report of his Masters Demographics Survey.

Fri., Nov. 30-2:00 p.m.

Mark Cleary discussed masters participation in open events. Masters races will be conducted in the indoor and outdoor championships. The Drake Relays will feature a masters event on Saturday in front of its largest audience.

Craig Masback, USATF Chief Executive Officer, spoke to the committee, admitting that USATF has had success marketing open athletes but not much with youth and masters. He discussed the possibility of masters regional meets allowing emerging elite athletes competitive opportunities in certain events. The average age of a U.S. competitive track & field athlete is 29.

Discussion followed with the tone from

Continued on page 18

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
2001	George Mathews

USATF National Masters T&F Championships

Meet	Site	Date
	2002	
Indoor Heptathlon (M&W)	Milwaukee, WI	March 2-3
Indoor Pentathlon (M&W)	Boston, MA	March 22
Indoor	Boston, MA	March 22-24
Decathlon/Heptathlon	TBA, NJ	July TBA
Pentathlon	Orono, ME	August 8
Outdoor	Orono, ME	August 8-11
Weight & Superweight	Seattle, WA	September 7
Weight Pentathlon	St. Amant, LA	November 9
	2003	
Indoor	Boston, MA	March TBA
Outdoor	Eugene, OR	August 14-17
Weight Pentathlon	Fort Collins, CO	August TBA
Weight & Superweight	Seattle, WA	September TBA
	2004	
Indoor	Boston, MA	March TBA
Outdoor	Decatur, IL	July 29-August 1, or August 5-8

Highl

Tues., Nov. 27-6:30 p.m.

Jerry Crockett, Chair, ing. He announced that disqualified 23 associati supply annual meeting r laws. Joyce Hodges-H Active Athlete, Mary Delegate, and Crockett voting designations.

Athlete of the Year

Ruth Anderson and D their reports, stating ordered the nominees a top marks.

Otto Essig Award

Nominees for the Otto meritorious service to M Jerry Crockett and Bill S Amending the Opera

Amendments to Oper recommended by the mittee were adopted unanions of WMA and IAA for chair, secretary, and coordinators; and adding cover nominations, voting vacancies.

Chair's Report

The 2002 budget rem level of \$30,000; Cross will get \$6000; and Mou (MUT), \$4000. Discussi culties of marketing L sponsors. The Chair, resigned, and the posit and one WMA delegate Member Services states office can be three years.

Nominations for Vac

Norm Green was Masters LDR Chair; Bar retary; and Charles DesJ egate.

WMA Report

Green distributed a v noted the significant he the Indianapolis office i lete entries for Brisbane.

IAAF Veterans Com

DesJardins does not Committee will meet in that foreign athletes "jum to take advantage of p major problem, and the I is working on the matter

Thurs., Nov. 29-7:30

Athletes of the Year Don Lein presented th and Ruth Anderson, the from which the awarde (See LDR Award Winne

Cross-Country Awa

After Bill Quinlisk o tions, the committee sel as male X-C Athlete Carolyn Smith-Hanna ar female X-C Athletes of t

Rules

IAAF Rule 23 was request that the Rules C under T&F rather Competition.

Athlete Information

Barbara Arveson rep lete bio forms are three date. RRIC has a masi Lampapa of RRIC needs tain it.

Budget Report

In addition to the

eld – Mobile, Alabama – Nov. 27-Dec. 1, 2001

Highlights of Minutes – Masters Long Distance Running – 2001

Tues., Nov. 27-6:30 p.m.

Jerry Crockett, Chair, opened the meeting. He announced that Member Services disqualified 23 associations for failure to supply annual meeting minutes and/or by laws. Joyce Hodges-Hite was shifted to Active Athlete, Mary Rosado to WMA Delegate, and Crockett to Chair as their voting designations.

Athlete of the Year Award Nominations

Ruth Anderson and Don Lein submitted their reports, stating that RRIC had ordered the nominees according to their top marks.

Otto Essig Award Nominations

Nominees for the Otto Essig award for meritorious service to Masters LDR were Jerry Crockett and Bill Spencer.

Amending the Operating Procedures

Amendments to Operating Procedures recommended by the Executive Committee were adopted unanimously: redefinitions of WMA and IAAF; adjusting tasks for chair, secretary, and outstanding athlete coordinators; and adding a Section 9 to cover nominations, voting, elections, and vacancies.

Chair's Report

The 2002 budget remains at its present level of \$30,000; Cross-Country Council will get \$6000; and Mountain, Ultra, Trail (MUT), \$4000. Discussion ensued re difficulties of marketing LDR to potential sponsors. The Chair, Crockett, has resigned, and the positions of secretary and one WMA delegate are also vacant. Member Services states that the term of office can be three years.

Nominations for Vacant Offices

Norm Green was nominated for Masters LDR Chair; Barb Leininger, secretary; and Charles DesJardins, WMA delegate.

WMA Report

Green distributed a written report and noted the significant help received from the Indianapolis office in processing athlete entries for Brisbane.

IAAF Veterans Committee Report

DesJardins does not know where the Committee will meet in 2002. He noted that foreign athletes "jumping" age groups to take advantage of prize money is a major problem, and the Indianapolis office is working on the matter.

Thurs., Nov. 29-7:30 a.m.

Athletes of the Year

Don Lein presented the male nominees, and Ruth Anderson, the female nominees, from which the awardees were selected. (See LDR Award Winners chart on p. 8.)

Cross-Country Awards

After Bill Quinlisk offered his nominations, the committee selected Tom Dalton as male X-C Athlete of the Year, and Carolyn Smith-Hanna and Joan Ottaway as female X-C Athletes of the Year.

Rules

IAAF Rule 23 was rejected, with the request that the Rules Committee place it under T&F rather than General Competition.

Athlete Information Center Report

Barbara Arveson reported that the athlete bio forms are three to four years out of date. RRIC has a masters website; Ryan Lamppa of RRIC needs someone to maintain it.

Budget Report

In addition to the \$30,000, Crockett

reported that the committee received a Division budget of \$3750. Some championship events have helped by covering travel, housing, and occasional meals. Future expenses should be couched in terms of programs rather than travel. After recessing, a caucus was called, at which time Jerry Crockett was voted recipient of the Otto Essig Award.

Fri., Nov. 30-9:30 p.m.

Records

Ryan Lamppa, of the RRIC, presented Masters LDR records that had cleared the Records Committee; two were rejected as a short course. On motion and second, the records were ratified.

Championship Bids

John Boyle managed the consideration of championship bids. Bid sites approved by the committee are listed in the LDR Championships chart on this page, and in the schedule with contact information.

Fri., Nov. 30-3:30 p.m.

Mountain, Ultra, Trail Council Report

Theresa Daus-Weber reported that masters were three of the five ultra championships. The mountain team has secured Teva as a sponsor for three years. A world masters mountain run championship will be held in Austria.

Cross-Country Council Report

Carole Langenbach reported that the council is pushing for regional X-C events, prompted by Rocky Mountain. There will be a Sept. 29 X-C regional event in Boulder, Colo. The U.S. vs. Canada X-C Challenge was held in British Columbia, Sept. 15. Next year's Challenge will be held with the 8K X-C Championships in Rochester, N.Y.

L&L Representative Report

Mary Rosado reported, among other items, that L&L ruled that "Senior" will be replaced by "Open" throughout the Governance Book; definitions of IAAF and WMA are changed; minimum number of Association delegates has been increased to 12; event entry fees will remain with the sponsoring organization; grievance appeal period increased to 30 days; and moving from one club to another will still require 90 days in unattached status.

Elections

Nominees Norm Green, Chair; Barbara Leininger, Secretary; and Charles DesJardins, WMA Delegate, were elected by acclamation. Committee members who have been asked to serve and have agreed are Championships Coordinator, Ken Robichaud; Athlete Information Center Coordinator, Barbara Leininger; Championship Statistician, Norm Green; Representative to Rules Committee, George Kleeman; Representative to L&L Committee, Mary Rosado; elected WMA Delegates, Mary Rosado and Charles DesJardins; Outstanding Athlete Awards Coordinator, Don Lein; Masters Hall of Fame Manager, Norm Green; Cross-Country Liaison, Carole Langenbach; Mountain, Ultra, & Trail Running Council Liaison, Theresa Daus-Weber.

The new Executive Committee had a caucus to elect Charles DesJardins as the LDR team manager for the 2002 non-stadia championships, Riccione, Italy, and the NCCWBA regional championships, Leon, Mexico.

Committee Representative Reports

Included in those given: Bob Langenbach, Membership Services, reported that 13 associations are still suspended, pending receipt of required documents; Don Shepan, RRTC, reported that chip timing will offer some rule changes next year that might permit "net" timing for older athletes to set records.

Committee Appointments

Representatives now working with other committees: L&L, Mary Rosado; Sports Medicine & Sports Science, Al Morris; Associations, Don Shepan; Member Services, Bob Langenbach; Records, Basil & Linda Honikman; and Officials, Joyce Hodges-Hite.

New Business

Discussion centered on a possible amendment to make marketing masters LDR a legitimate leadership responsibility, as proposed by Don Lein and Jack Wing. DesJardins announced that a major international issue is the validation of birth dates of foreign athletes, who can obtain passports without proof of age. Our athletes may therefore compete on an uneven playing field against athletes whose age is suspect. Langenbach said that the Cross-Country Council approved allowing meet directors to charge a higher fee for masters, if they choose, to provide team medals.

Highlights of Joint T&F and LDR Meeting, Nov. 29

Jerry Crockett, Masters LDR Chair, opened the meeting and asked for approval of the 2000 meeting minutes in Albuquerque, as published in the NMN and the Convention minutes book; so approved.

WMA Reports

Rex Harvey, WMA Stadia Vice-President, noted that the organization wishes to be referred to as "WMA" or "World Masters," but not as "Wama." The Carolina, Puerto Rico, site for the 15th World Championships is currently not up to standard but may be upgraded. If not, other tracks will substitute. There are 74 synthetic tracks in Puerto Rico, none available to WMA. The event will span a Wednesday through the second Sunday following (one day more than usual) to accommodate a mid-day break in light of the climate.

Charles DesJardins, IAAF Veterans Committee representative, announced that



JERRY WOJCIK

Norman Green, elected Masters LDR Chair, USATF Convention, Mobile, Ala.

the next WMA non-Stadia Championships will be held May 24-26 in Riccione, Italy. Entries are to be sent through the USATF national office as in the past year.

Harvey stated that the WMA Council is concerned about Basque terrorism relative to the 2005 World Championships in San Sebastian, Spain, and is contemplating shifting the event to Helsinki, the second highest bidder. The Council is considering the possibility of a world indoor championships.

The NCCWMA Championships are scheduled for Aug. 22-25 in Leon, Mexico. Harvey reported that American Airlines has a direct flight from Dallas, and Continental from Houston to Leon.

Madeline Bost asked Harvey and Tom Jordan, WMA Executive Vice-President, to propose that local organizers provide ribbons for the fourth through sixth places in the WMA World Championships.

Mary Trotto said that the U.S. uniforms worn at Brisbane were "the pits." George Mathews responded that we might be able to get Bill Roe, USATF President, to support the idea of masters wearing the elite U.S. uniform with an added word "masters" on it. Crockett noted that the first step was for Mathews and Norm Green, incoming Masters LDR Chair, to clear the idea with USATF leadership.

Masters Hall of Fame Report

Green, Masters Hall of Fame Manager, gave his report. (See article on p. 20.)

Continued on page 18

USATF National Masters LDR Championships

Date	Event	Location
	2002	
February 9	6K X-C	Fort Vancouver, WA
March 23	50K	Pittsburgh, PA
June 1	5K, Women	Albany, NY (2003)
July 27	50 Mile Trail	Crystal Mtn, WA
August 24	50K Trail	Sausalito, CA
September 14-15	24-Hour	Sylvania, OH
September 29	Marathon	Minneapolis, MN (2003-05)
October 19	100K	Duluth, MN
October 26	15K	Tulsa, OK
November 3	8K X-C	Rochester, NY
November 24	5K X-C	Holmdel, NJ
December 14	10K X-C	Rocklin, CA

Highlights of LDR Meeting

Continued from page 17

National Masters News Report

Jerry Wojcik and Suzy Hess gave this report. Wojcik explained that production is based in Eugene, Ore., and publishing is done in the Los Angeles area. The Eugene staff includes Jane Dods and Susannah Beck. Al Sheahan, as publisher, heads the L.A. area crew of Angela Egremont, Associate Editor, and the typesetting and production personnel at American-Foothill Publishing. Circulation is over 6500, with over 100 complimentary issues.

Material for publication can be sent by USPS, e-mail, and fax to Eugene. Occasionally, important information is mistakenly sent to the subscription department in North Hollywood, Calif.

Wojcik explained that the process of obtaining results for publication has changed, particularly for road races. Up until a few years ago, results were forwarded to the NMN office upon request.

Now, because most major races have their own Web sites, NMN has to search for data, a sometimes labor-intensive task. Track and field results can be found also at www.masterstrack.com.

Hess said that digital photos sent to NMN are often unreadable when bundled into a compressed file. NMN prefers photos one at a time, jpg format with high resolution, and the subject identified by name, race/meet and date, and photographer credited. NMN uses MSOffice 95-2000, and MAC programs. Hess encouraged having Web sites linked and stated that she handles publicity inquiries from national media (e.g., *Newsweek* and *Sports Illustrated*), which often are requests for photos. NMN maintains a photo library and could use more pictures of LDR.

Madeline Bost asked about missing All-American Standards for some events, such as in the women's steeplechase. Wojcik responded that the All-American Standards Subcommittee is waiting for enough marks in new events (steeplechase, javelin, weights) to generate the critical mass for establishing a standard. The subcommittee may examine data from previous world championships to arrive at reasonable A-A Standards for new events.

Proposed WMA Rule Change

Bob Fine gave the history of why men do the 20K racewalk and women the 10K, and noted that NCCWMA and U.S. Masters T&F have standardized the distance for both sexes at 10K because older walkers have problems with longer walks during summer weather and take longer to recover. Several years ago, a proposal for WMA (then WAVA) to adopt the 10K was defeated by the WAVA General Assembly by one vote. A motion was approved for the U.S. to submit a WMA rule change for men to walk the 10K. □

— Norman Green,
Masters LDR Secretary

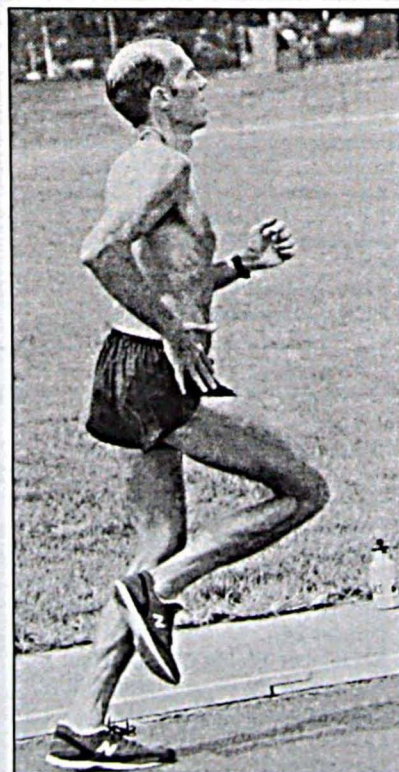


MIKE POLANSKY

Elizabeth Ratner, 41, second W40+ (19:40), Oyster Festival 5K, Oyster Bay, N.Y., Oct. 13.

FIFTEEN YEARS AGO January 1987

- Jack Greenwood, 60, and Christel Miller, 51, Named Top T&F Athletes of the Year
- Web Loudat, 40, and Barbara Filutze, 40, Chosen Best LDR Performers
- Laurence Olson, 40, Defeats Atlaw Beligne, 41, in National 15K X-C, 49:43 to 52:06
- Deon Dekkers, 40, of Houston, Wins National 8K in 25:37



GEORGE BANKER

Ted Poulos, first M35 in the 3000 (10:00.7), Potomac Valley TC Meet.

Highlights of T&F Meeting

Continued from page 16

members of the committee that if we accommodate the USATF in this regard, we should receive something in return. Weinbel suggested to USATF that perhaps aiding masters in the acquisition of team uniforms would be a fair exchange. Bob Fine, Masters Southeast Region Coordinator, stated that the meets he conducts usually have a 19-29 division, so including athletes of that age is not an innovation.

Tom Light, L&L Representative, announced that the term "seniors" would no longer be used in reference to open championships, to take effect Jan. 1, 2002; also that the task force to look at national clubs was tabled, and the sense is that national clubs will be eliminated.

Phil Byrne, Awards Committee Chair, stated that the present award procedures will be examined to improve the process.

Peter Taylor will be the announcer at the 2002 Indoor Championships-Boston. New Balance and M-F Athletics are primary sponsors.

Jerry Donley moved that the Chair appoint a committee to draw up a plan for guidelines to submit to USATF regarding participation of emerging elite athletes in

masters regional meets as non-championship athletes. The motion was seconded and approved.

Bob Fine moved that the Masters Committee provide U.S. record breakers with certificates acknowledging their accomplishments. The motion was seconded and approved. Two volunteers offered to do the work.

An ad hoc committee was appointed to study changing the women's regular pentathlon events to make the event more appealing to competitors.

Mathews, Chair, explained that USATF masters operate under IAAF substance abuse rules, and that being aware of those rules is a continuing education process.

Jeff Stamp, who underwrote the masters events in the 2001 indoor open championships in Atlanta, is Chair of the Masters Marketing Committee.

Mathews introduced the endorsement program concept, by which masters would receive a percentage of sales of a product marketed as endorsed by masters track & field.

A motion to adjourn was seconded and approved. □

— Jerry Wojcik

Masters T&F Treasurer's Report

The Masters T&F Committee has been allocated \$30,000 by the USATF Finance Committee for our year 2002 budget. This amount is unchanged from the past few years and presents us with a challenge in meeting our varied needs and goals with such limited resources.

The Masters T&F Executive Committee approved the budget for submission to the membership at the Annual Meeting in Mobile. Several minor changes from last year's budget were explained and several questions from those in attendance were answered. The budget was then brought to a vote and was unanimous-

ly approved by the voting delegates.

USATF National Office receives just \$5.50 from the annual dues paid by each USATF member. The remaining dues, which vary by Association, go to the local Associations to finance their individual operations.

When Craig Masback spoke to the Masters T&F Committee at the Annual Meeting, he confirmed that the amounts received by National Office from our dues is actually less than the amount given back to the Masters program (budget allocation and indirect costs). □

— Frank Lulich

Masters Track & Field Budget

Name	2001 Budget	2002 Budget
Chairman - G. Matthews	\$ 5,200.00	\$ 4,700.00
Vice-Chairman - S. Hess	\$ 600.00	\$ 1,500.00
Secretary - Bob Cahners	\$ 1,700.00	\$ 1,170.00
Treasurer - F. Lulich	\$ 1,130.00	\$ 1,300.00
Site Inspection - K. Weinbel	\$ 1,750.00	\$ 1,000.00
Rankings - J. Wojcik	\$ 1,465.00	\$ 3,000.00
Bob Fine	\$ 1,300.00	\$ 1,300.00
Becky Sisley	\$ 1,300.00	\$ 1,300.00
Mark Cleary	\$ 1,300.00	\$ 1,300.00
Roz Katz	\$ 1,300.00	\$ 1,300.00
Doug Schneebeck	\$ 1,300.00	\$ 1,300.00
Courtland Gray	\$ 1,300.00	\$ 1,300.00
Ruth Welding	\$ 1,300.00	\$ 1,300.00
Combined Events - J. Watry	\$ 1,465.00	\$ 1,165.00
Records - P. Mundle	\$ 1,465.00	\$ 1,465.00
Weights - D. Hotchkiss	\$ 450.00	\$ 750.00
Awards - P. Byrne	\$ 650.00	\$ 650.00
Team Manager - S. Pashkin	\$ 2,500.00	\$ 500.00
Hall of Fame - Norm Green	\$ 500.00	\$ 1,000.00
Administration	\$ 325.00	\$ 1,000.00
Masters Invitational Program	\$ 800.00	\$ 1,300.00
Meet Manual	\$ 500.00	
Racewalking	\$ 400.00	\$ 400.00
Totals	\$30,000.00	\$30,000.00

Revi

The Master Committee me convention in M winners of this

As usual, were very diffi al outstanding feel comfortable experienced g a carefully co that we condu much expertis ble.

The com expanded from elected officer the Regional schedule perm rankings coo who maintain rankings data in for records six active athl ages, regions, ticipated. Oth present as obs

Before s reviewed our them explicit on the same broke any nev ple of except would be us everyone. Fol of the polici

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Reviewing the Masters Awards Process

The Masters Track & Field Awards Committee met during the USATF convention in Mobile, Ala., to select the winners of this year's awards.

As usual, many of the selections were very difficult, as there were several outstanding candidates, but we do feel comfortable that we had a very experienced group of people reviewing a carefully compiled list of results and that we conducted the process with as much expertise and integrity as possible.

The committee was somewhat expanded from prior years. All four elected officers participated, as did all the Regional Coordinators whose schedule permitted. Jerry Wojcik, our rankings coordinator; Dave Clingan, who maintains an extensive additional rankings data base; Mary Trotto, sitting in for records expert, Pete Mundle; and six active athletes representing different ages, regions, and disciplines also participated. Other active athletes were present as observers.

Before selecting winners, we reviewed our operating policies to make them explicit and to be sure we were all on the same page. I don't believe we broke any new ground here (with a couple of exceptions), but we thought it would be useful to share them with everyone. Following is a brief summary of the policies and the process.

Citizenship

These awards are for U.S. citizens as

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

Open/Elite Athletes

After considerable discussion, we voted to consider for awards only those athletes age-30 and over who compete as masters in masters meets.

Meets

We included results from the indoor and outdoor national championships, the WAVA world championships, the regional championships (indoor and outdoor) and the national decathlon/heptathlon and weight pentathlon championships. We added (for the first time) major meets: National Senior Games, the Dartmouth Relays, the Southeast Masters, the Hayward Classic, Penn Relays, Club West, Visalia Classic, etc. A couple of smaller meets were included for the results of athletes over age-90 where it was their only meet. All meets were USATF-sanctioned, and were known to the committee as well-run meets.

Other Results

Where we were aware of outstanding, verifiable performances in other meets (from our rankings people, records people, nominations we received, NMN stories, etc.), we included them. We believe we had all AR and WR performances included. We also included results from individual events

in combined-event competition where we had the information.

Cut-off Date

We included meets completed by Sept. 30, 2001, if the results were published in NMN by the November issue. We recommended in our report to the full masters group the that same policy be used in the future; this was approved.

Thus, if major meets occur during the last quarter of the year, they will count in the following year, unless they are reported in NMN in the November issue. The World Senior Games in October 2002 will be right on the cusp, and their inclusion will depend on when they are reported.

Nominations

We asked for nominations from the field both in NMN and via the masters egroup. Many were received along with supporting data. Such nominations were not necessary in order to be considered. They were simply a way to try to make sure no deserving candidates were overlooked.

Working Document

The data base that resulted from all of the sources listed above totalled around 1400 lines of data. (One line of data was one event for one athlete in one meet.) This was culled down to about 1000 lines to make the committee's work more efficient.

This typically resulted in 4-8 candidates for each award. The objective was to gather the relevant data in order to pick the winners, not to develop a comprehensive data base of all events for all

athletes in all meets.

Selection Criteria

The actual selection process is an art, not a science. The committee focused on an athlete's place in national and world championships, strength of competition, actual performance number, age-graded performance, records set, consistency, and head-to-head performance. Often a consensus quickly evolved.

In other cases a vote was taken, sometimes more than one. Two factors we tried not to consider were recovery from/dealing with injury, and "it's his/her turn" concept. We simply tried to pick the athletes who had the best year.

Age-Graded Performance

This is a very important discriminator, and is one of the most helpful factors in judging the relative merits of a top sprinter vs. a top distance runner, or a top jumper vs. a top thrower. Unfortunately, these figures are typically published only for national and world championship meets. In addition, the accuracy of these tables is questioned by some.

It is our understanding that new (improved?) tables will be published early in 2002. We hope that will be the case, and we hope we'll see these figures reported more frequently.

Combined-Events

For many years, the combined-event awards have been determined by a mechanical formula, which gives "points" to the top three finishers in the

Continued on page 23

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ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Adams, Louise	T&F	Athlete	Female	Elected '01
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
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, 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, Toshiko	LDR	Athlete	Female	Elected '96
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Deacon, Bud	T&F	Athlete	Male	Old-Timer '01
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Druckrey, Stan	T&F	Athlete	Male	Elected '01
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gage, Tom	T&F	Athlete	Male	Elected '01
Gist, Burl	T&F	Athlete	Male	Elected '01
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
Grissom, Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01
Hills, Claude	T&F	Athlete	Male	Elected '99
Holland, Bernice	T&F	Athlete	Female	Elected '01
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jordan, Payton	T&F	Athlete	Male	Elected '96
Keston, John	LDR/T&F	Athlete	Male	Elected '01
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
Law, Jim	T&F	Athlete	Male	Old-Timer '01
Lukens, Ed	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
Messenger, Archie	T&F	Athlete	Male	Elected '01
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
Pirrung, Roy	LDR	Athlete	Male	Elected '01
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Sheahen, Al	T&F	Administrator	Male	Elected '98
Sheehan, George	LDR	Administrator	Male	Old-Timer '98
Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Stuart, Larry	T&F	Athlete	Male	Elected '99
Trent, Marcie	LDR	Athlete	Female	Old-Timer '01
Utes, Warren	LDR	Athlete	Male	Elected '99
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

USATF Masters Hall of Fame Adds 15 in Mobile

Ten active and five old-timer masters athletes and administrators have been elected to the USATF Masters Hall of Fame. The actives are Louise Adams, Stan Druckrey, Tom Gage, Burl Gist, Vanessa Hilliard, Bernice Holland, John Keston, Archie Messenger, Roy Pirrung, and Becky Sisley.

The old-timers are George Braceland, Bud Deacon (deceased), Ray Hatton, Jim Law (deceased), and Marcie Trent (deceased). The Hall now contains 25 women and 49 men, of whom 45 represent the discipline of T&F, 26 LDR, and 3 racewalking.

Louise Adams, 80, Boulder, CO, is a middle distance specialist who still holds four indoor world records of the seven she set. Winner of 44 national or world championships in her age group across a 24-year career, she has been named "Masters Track Age-Group Athlete of the Year" by USATF four times.

Stan Druckrey, 53, South Milwaukee, WI, is an outstanding hurdler, who has set eight age-group records in his specialty and still holds the M40 110H and 400H world records set in 1989. He has 32 first-place finishes to his credit at the national or world level.

Tom Gage, a 58-year-old weight man from Billings, MT, currently holds five of his six records. Of special note is his M55 U.S. hammer throw of 60.88 that age-graded to 100+%. He holds 57 national or world championship titles, and USATF named him "Masters Field Age-Group Athlete of the Year" ten times.

Burl Gist, 81, Anza, CA, has been outstanding in the high jump and hurdles. Across his 30-year career he set seven world and two U.S. records, while finishing first 33 times at national and world championships. His records came between the ages of 60 and 71.

Vanessa Hilliard, 60, St. Petersburg, FL, has dominated her age group in the hammer, shot, and discus. She still holds seven records of the 17 she set along the way to her 55 national or world championship titles. USATF honored her as "Masters Field Age-Group Athlete of the Year" seven times and declared her W55 HT of 47.76 in 1996 and W56 HT of 47.40 in 1997 the outstanding single performances of those years.

Bernice Holland, 74, Cleveland, OH, set 28 age-group records across her 19-year career in the throws and weight pentathlon. From time to time, she displayed skill in the jumps that expanded the range of her 60 championship titles. She also was "Masters Field Age-Group Athlete of the Year" five times.

John Keston, 77, McMinnville, OR, has dominated his age group in distance running for more than a decade. His four records span from one mile to the marathon. He has won 262 of his 280 races since 1986 for events from 200 to several of the most prestigious marathons in the world. A



SUZY HESS

Becky Sisley, 62, Eugene, Ore., one of the ten active and five old-timer masters athletes and administrators added to the USATF Masters Hall of Fame at the USATF convention in Mobile.

broken hip in 1997 from a bike accident and a broken fibula in 1999 were momentary setbacks. In 2001 at the Hayward Classic, he won the M75 1500, mile, 3000, 5000, and 10,000 (the last a pending world record).

Archie Messenger, 78, Waterville Valley, NH, is another middle distance specialist. He participated in seven WAVA championships, though he excelled most indoors. All of his six records were set indoors, with the M65 800 and mile U.S. records still on the books from 1989. He has 46 national titles to his credit.

Roy Pirrung, 53, Sheboygan, WI, is an athlete of whom one can say the longer the event, the better he is. Roy has set 26 U.S. records for ultra events from 50K to 48 hours, and still holds 15 of them. He is a four-time first U.S. finisher in the 250K Spartathlon, Greece. In the 48-hour championships, Surgeres, France, he was second overall in 1997, third in 2000, and again second in 2001. From 1985 to the present, he has been ranked in the top three for USA for distances beyond 100K.

Becky Sisley, 62, Eugene, OR, has dominated the U.S. javelin, currently holding the record for W50, W55, and W60 and has held the world record in the pole vault since she began at age 55. She has displayed administrative competence in many capacities, leading Masters T&F to name her Masters Administrator of the Year in 2000. She has set 19 records and taken 57 national/world championship titles. She has served on the Masters T&F Executive Committee since 1997.

George Braceland, 88, Drexel Hill, PA, has competed from 100m to the Boston Marathon, from decathlons to 20K racewalks. He set 10 records in

Continued on page 21

Masters

Continued from page

the 1970s in the pentathlon and five "records" in USATF's ratification a co-founder of Masters but with macular degeneration.

Bud Deacon, the age of 88, spanned 1968 decathlete special vault, competing the first half of records, seven participated in Veterans meet.

Ray Hatton played excellently through 10K, up to 25K. He holds eight of 10 in the early '70s on both track and road. His early records longer listed (2000).

Jim Law, 60, 1996 at the age of 60 holds four U.S. records. He finished national and world championships and became the National S

Masters Hall of Fame

Continued from page 20

the 1970s in the pole vault, hurdles, pentathlon and decathlon. He also set five "records" in racewalking, prior to USATF's ratification process. He was a co-founder of the Philadelphia Masters but has been hampered by macular degeneration in the past 10 years.

Bud Deacon, Turner, OR, died at the age of 88 following a career that spanned 1968 to 1987. He was a decathlete specializing in the pole vault, competing from Honolulu for the first half of his career. He set 26 records, seven in the decathlon. He participated in the first International Veterans meet of 1972.

Ray Hatton, 69, Bend, OR, displayed excellence from the mile through 10K, with occasional sorties up to 25K. He set 14 records and still holds eight of them. He was a pioneer in the early '70s as a distance runner on both track and road and set numerous early records at distances no longer listed (2 miles, 3 miles, etc.).

Jim Law, Charlotte, NC, died in 1996 at the age of 70. This sprinter still holds four U.S. records of the six he set. He finished first 31 times in national and international championships and became a spokesman for the National Senior Games. USATF



MIKE TYMN

Bud Deacon, now deceased, was one of five old-timer athletes elected to the Masters Hall of Fame at the USATF Convention, Mobile, Ala.

named him "Masters Track Age-Group Athlete of the Year" three times.

Marcie Trent, Anchorage, AK, died at the age of 77 while trail running in Alaska. She had a range from 800m to 50 miles, setting 11 U.S. records along the way. She completed 59 marathons and 11 ultras, finishing first female in two 50-milers after age 60.

Norm Green announced the results of this year's balloting on behalf of

Jerry Donley, Bev LaVeck, Mel Larsen, Shirley Matson, and Joan Ottaway of the Masters Hall of Fame Committee, supplemented by Ruth Anderson, Jerry Crockett, George Mathews, and Len Olson on the Old-Timers Committee. The announcement was the highlight of the joint meeting

of Masters T&F and Masters LDR.

Green reported that 150 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. Ninety-nine returned ballots, casting 897 votes. Each person elected received a majority of the votes cast. □

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JAN. 2002

ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP
JACKIE GILCHRIST(GBR)	1-14-62	40-44
ALEXEI TSVETIKOV(RUS)	1-18-62	40-44
LEONI JANSEN V RENSBG(NAM)	1-18-62	40-44
JOAN NESBIT(US)	1-20-62	40-44
JANA PORTER(SEATTLE,WA)	1-25-62	40-44
REGINA HELFENBEIN(AUT)	1-30-62	40-44
CARLA HOPPIE(LAS VEGAS,NV)	1-7-57	45-49
ALETTA C ELLIS(RSA)	1-23-57	45-49
NATHANIEL PAGE(REX,GA)	1-26-57	45-49
DONNA POPE-GREEN(IN)	1-29-57	45-49
CAROLE SMITH(GBR)	1-29-57	45-49
GLENN GENTLE(NED)	1-5-52	50-54
TOIVO MOORAST(EST)	1-5-52	50-54
JUDY ACE(CA)	1-7-52	50-54
JOSEF CAINES(GBR)	1-9-52	50-54
MACDOLNA PERESA(HUN)	1-9-52	50-54
JOHN WALKER(NZ)	1-12-52	50-54
KEN KRING(PHILADELPHIA,PA)	1-17-52	50-54
KAREN ADAMS(AUS)	1-17-52	50-54
PAM GARVEY(GBR)	1-24-52	50-54
BRONWEN CARDY-WISE(GBR)	1-26-52	50-54
MELINDA MORSE(SAN REMO,CA)	1-30-52	50-54
MELINDA VILLAR(SAN RAMON,CA)	1-30-52	50-54
THOMAS ZACHARAS(GBR)	1-2-47	55-59
FRANCOIS BLOMMAERTS(BEL)	1-13-47	55-59
PAOLA CLO-SAGOT(ITA)	1-13-47	55-59
SEARCY BARNETT(OAKLAND,CA)	1-14-47	55-59
CARL FLOWERS(SANTA MONICA,CA)	1-15-47	55-59
BJORN-ERIK FRANZEN(SWE)	1-17-47	55-59
PRUE TAYLOR(NZL)	1-17-47	55-59
YORDANKA BLAGOEVA(BUL)	1-19-47	55-59
ALBIN SWENSON(WALCOTT,CT)	1-22-47	55-59
CAROL KLITZKE(OSSEO,US)	1-28-47	55-59
MURIEL SIMMONS-MCCORD(WYANDOCHE,NY)	1-31-47	55-59
ANNELISE DAMM OLESON(DEN)	1-2-42	60-64
TOM RANDOLPH(DETROIT,MI)	1-4-42	60-64
NOREEN PARRISH(AUS)	1-15-42	60-64
ANN CARTER(AUGUSTA,GA)	1-16-42	60-64
JOCELYNE RICHARD(CAN)	1-18-42	60-64
IRENE RUDOLF(SAN FRANCISCO,CA)	1-26-42	60-64
SHARON GREINER(CA)	1-29-42	60-64
EVY PALM(SWE)	1-31-42	60-64
YURIKO HOMMA(JPN)	1-32-42	60-64
BRENDA PARKINSON(AUS)	1-4-37	65-69
CHRISTINE SCHMALBRUCH(GBR)	1-8-37	65-69
KNUT SKRAMSTAD(NOR)	1-10-37	65-69
SUE STRICKLIN(SAN FRANCISCO,CA)	1-13-37	65-69
YVONNE LIVETT(LOS ANGELES)	1-22-37	65-69
LYNN FRASER(NZL)	1-22-37	65-69
BIRGITTA LINDSTROM(SWE)	1-23-37	65-69
BRUCE MCPHAIL(NZL)	1-26-37	65-69
CAROL HONEYWELL(GRANADA HILLS,CA)	1-29-37	65-69
INGEBORG PFULLER(ARG)	1-1-32	70-74
NIKKI RYAN(VANCOUVER,WA)	1-4-32	70-74
SPENCER LETCHER(CA)	1-8-32	70-74
WENDY FELDMANIS(GBR)	1-10-32	70-74
WELDON SMITH(WAUKEGAN,ILL)	1-11-32	70-74
ROBERT CULLING(HACIENDA HTS,CA)	1-12-32	70-74
SEPP SCHWANKNER(GBR)	1-13-32	70-74
TAAVI ROIVANEN(FIN)	1-14-32	70-74
DEAN SMITH(WOODLAND HILLS,CA)	1-15-32	70-74
RALPH MILLER(SEATTLE,WA)	1-18-32	70-74
CARLOS FRAUNDORFER(US)	1-21-32	70-74
JIMENEZ MARIE NARANJO(SPA)	1-21-32	70-74
NIKOLAY KARPOV(URSS)	1-24-32	70-74
MARTY ENGEL(CHESTERPORT,NY)	1-25-32	70-74
PEGGY AINSLIE(SEATTLE,WA)	1-26-32	70-74
PARRY O'BRIEN(MISSION HILLS,CA)	1-28-32	70-74
PIET MAYOOR(NED)	1-30-32	70-74
HAROLD WHITE(US)	1-31-32	70-74
JULIA DE NUNEZ(PER)	1-1-27	75-79
JULIA HUAYA MARTINEZ(PER)	1-1-27	75-79
BUCK BRADBURY(AUBURN,AL)	1-3-27	75-79
ELISABETH KODITZ(GBR)	1-8-27	75-79
ALOIS KRUL(CZE)	1-28-27	75-79
CHARLES OBYE(SUN CITY WEST,AZ)	1-3-22	80-84
EDITH CARLISLE(SANTA MONICA,CA)	1-5-22	80-84
BERNIE KLEINSCHMIDT(ANNADALE,VA)	1-12-22	80-84
MARIE HANAKOVA(CZE)	1-22-22	80-84
WANDA GROVES(MEDICINE LODGE,KS)	1-28-22	80-84
ADOLFO CONSOLINI(ITA)	1-5-17	85-89
FREDERICO FISCHER(BRA)	1-6-17	85-89
MASIE STEVENS(AUS)	1-6-17	85-89
ROLF GUSTAVSSON(SWE)	1-7-17	85-89
TAUNO KOSKELA(FIN)	1-11-17	85-89
ENSIO HAMALAINEN(FIN)	1-15-17	85-89
NORMAN ASHCROFT(GBR)	1-20-17	85-89
WAYNE ZOOK(SAN DIEGO,CA)	1-29-17	85-89
JOHN MONTOYA(COLTON,CA)	1-13-12	90-94
HEIKKI SIMOLA(FIN)	1-16-12	90-94
KURT KRISTAHN(GBR)	1-26-7	95-99

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



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Report from Britain

By BRIDGET CUSHEN

Celebrating their centenary this year, Falkirk Harriers were delighted to host the annual British & Irish Veterans international cross-country races, and then witness their local man win the title for Scotland by a whopping 26 seconds.

Tommy Murray reached veteran status last May. In June, he won the BVA half-marathon and was delighted to represent Scotland at Falkirk. He led the 148-strong field over the undulating 10K course from the start to win in 28:45. Colin Donnelly came in third, but Scotland had to wait for Ross Arbuckle, 13th, and Colin Meek, 16th, to complete the scoring four.

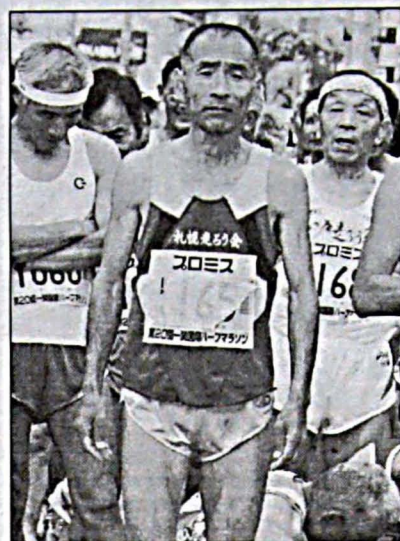
Meanwhile, close packing by Mike Hawkins, second, Bill Foster, fourth, Steve Murdock, fifth, and Mike Boyle, sixth, ensured England retained her

coveted M40 trophy. Scotland was second with 33 points, from Ireland, Wales and Northern Ireland.

Scotland won the M45 team race, but England won the M50, M55, M60 and M65 titles. Individual age group wins went to England's David Neill, M45, Graham Tuck, M50, Graham Wootton, M55, and, just one second behind, the first M60, Robert Toogood. Major Keith Spacie needed all his military tactics to outmaneuver a strong M65 chasing pack.

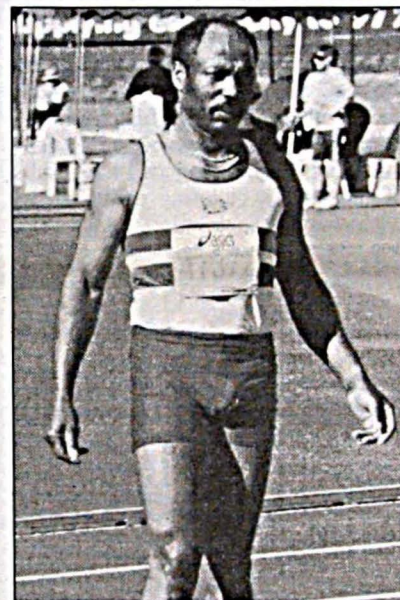
Anne Keenan-Buckley, W35, emphatically retained the individual title she has won for the last two years, and led Ireland to their only team victory of the day. Sheila Allen won the W40 race, while Dr. Karen Marshall, W45, got Northern Ireland's only individual medal. Janette Stevenson, who won the W50 European vet-

erans 10K road race in Malta last May, came home 13th, well ahead of the bulk of the 82-strong field. England won the W40, W45, W50 and W55 team titles. □



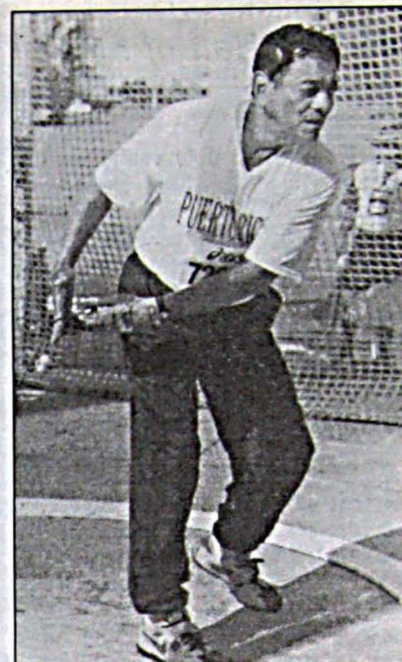
TESH TESHIMA

Tsuneaki Takahashi, 67, first M65 (36:57), Ichinoseki International 10K, Iwate-Ken, Japan, Sept. 30.



SUZY HESS

Walwyn Franklyn, 48, second M45 in the 400 (51.60/A-G 94.5%), 14th WAVA Championships, Brisbane, Australia.



TCS PHOTO GRAPHICS

Luis Velez, M70 hammer thrower from Puerto Rico, will be involved in the planning of the 15th World Masters Championships in Puerto Rico in 2003.



LEO BENNING

Bobie Tlapo (l), M40 200 winner (23.71), and Vincent Lentsoenjane, M50 1500 winner (4:39.76), South Africa Veterans Championships.

WMA/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
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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
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WMA 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.

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• Elliott Denma onships director a Anthology of the (1956) To Sydney be purchased from West Long Branch,

• John Tuttle, 25:12, and Lee Dip fourth-female, mas the Outback Steak Hyattsville, MD, No Abernethy, 42, Co Dave Berardi, 41, 2nd and 3rd M40+ scorched to a W65

• Gordon Bakon ning ways, placing NYRR races in Cer NYC Marathon 5K Deliver 4-Miler, No We Run 4-Miler, D

• Outrunning a Knickerbocker 60K was Kevin Shelton home the women Marino, 40, 5:26: ished in a strong 6

• Andrey Kuz MD, will have to sta pretty soon; he Rockville-Russian Temnikov, 40, 3 Chester, PA, Brian Noe-Schlentz, 41 women's 40+ crow Di Pietro, 43, Rux

• Kevin Krage overall in the Turtl 6. Bill Shaw ran race. Mike Parso Sellers, W45, 21:3 the 5K.

• Oklahoma selected two ma Runners of the Y Tulsa, was chosen Kim Bricker, 4 Oklahoma Memor for Female Runne the runners deem racing, considerin

• At the T Marchetti, 59, T 5K, establishing record.

• Catarino G hastened to an 17:04 for the mas Del Rey, CA, Nov Beach, CA, flew Susumu Niimi, 1 M65 race with Yagisawa, 47, r 10K with a 3r Chatsworth, CA, 42:33.

• David Old an age-graded l Fox 5K, Los An 40, Los Angeles win. Julian Mye ished with a 34:

• USATF 200 Nolan Shaheec

Masters Scene

NATIONAL

• **Elliott Denman**, experienced RW championships director and RW official, has written *Anthology of the Olympic Games, Melbourne (1956) To Sydney (2000)*. Selling for \$25, it can be purchased from Elliott Denman, PO Box 381, West Long Branch, NJ 07764.

EAST

• **John Tuttle**, 43, Douglasville, GA, with a 25:12, and **Lee Di Pietro**, 43, Ruxton, MD, with a fourth-female, masters record 29:45, smoked the Outback Steakhouse Corridor Classic 8K, Hyattsville, MD, Nov. 18, for masters firsts. **Joe Abernethy**, 42, College Park, MD, 25:42, and **Dave Berardi**, 41, Baltimore, MD, 25:44, took 2nd and 3rd M40+. **Tami Graf**, 65, Lusby, MD, scorched to a W65 win in 41:58.

• **Gordon Bakoulis**, W40, continued her winning ways, placing first overall in three recent NYRR races in Central Park at The Not Quite the NYC Marathon 5K, Oct. 28, 17:11; the Race to Deliver 4-Miler, Nov. 18, 22:00; and the United We Run 4-Miler, Dec. 2, 22:13.

• Outrunning all other ultra runners at the Knickerbocker 60K, Central Park, NYC, Nov. 24, was **Kevin Shelton-Smith**, 41, 4:36:02. Taking home the women's masters crown was **Gail Marino**, 40, 5:26:03. **Gunter Erich**, 68, finished in a strong 6:09:40 to win his division.

• **Andrey Kuznetsov**, 44, RUS/Rockville, MD, will have to start working hard for the money pretty soon; he only narrowly beat fellow Rockville-Russian and new master **Gennady Ternikov**, 40, 31:00 to 31:07 at the West Chester, PA, Brian's Run 10K, Dec. 2. **Madeline Noe-Schlentz**, 41, Freehold, NJ, held up the women's 40+ crown, with her 36:22 win over **Lee Di Pietro**, 43, Ruxton, MD, 37:02.

SOUTHWEST

• **Kevin Kragen**, 41, hurried to a 36:50 win overall in the Turtle Creek 10K, Dallas, TX, Oct. 6. **Bill Shaw** ran a fine 39:09 to win the M55 race. **Mike Parsons**, M45, 17:31, and **Teresa Sellers**, W45, 21:32, cracked to masters firsts in the 5K.

• **Oklahoma Runner** magazine recently selected two masters runners as Oklahoma Runners of the Year for 2001. **Ron Wall**, 44, Tulsa, was chosen for Male Runner of the Year. **Kim Bricker**, 41, Edmond, winner of the Oklahoma Memorial Marathon, was the choice for Female Runner of the Year. The awards go to the runners deemed to have had the best year of racing, considering both results and participation.

• At the Tulsa Turkey Trot, **George Marchetti**, 59, Tulsa, ran a blistering 17:57 for 5K, establishing a new Oklahoma single-age record.

WEST

• **Catarino Gonzalez**, 59, Inglewood, CA, hastened to an A-G best 91.9%, third-overall 17:04 for the masters title, Jet to Jetty 5K, Playa Del Rey, CA, Nov. 17. **Sharon Lotesto**, 50, Long Beach, CA, flew to the W40+ first in 21:13. **Susumu Niimi**, Manhattan Beach, CA, won the M65 race with a speedy 21:05. **Takashi Yagisawa**, 47, nabbed the masters win in the 10K with a 36:10. **Patricia Shapiro**, 51, Chatsworth, CA, dashed to the W40+ first with a 42:33.

• **David Olds**, 40, Los Angeles, motored to an age-graded 87.8% 15:21 overall first, Terry Fox 5K, Los Angeles, Nov. 18. **Laura Stovitz**, 40, Los Angeles, let loose a 23:19 for the W40+ win. **Julian Myers**, 83, Marina del Rey, CA, finished with a 34:36.

• USATF 2001 M50 Track Athlete of the Year, **Nolan Shaheed**, 52, Pasadena, CA, zipped to

an age-graded 90.5% 16:19 to win overall the Minnie Riperton 5K, Los Angeles, Nov. 11, where four of the first five finishers were M40+. **Robert Lyons**, 67, Long Beach, CA, won the M65 race in 21:57. First W40+ was **Sharon Lotesto**, 50, with a 21:28. In the 10K, **Willette Page**, 41, Los Angeles, bested the female field with a 41:44 overall win. First M40+ was **Joe Dennis**, 55, Los Angeles, CA, with an A-G 83.6%, third-overall 37:28.

• On Nov. 22nd, **Nolan Shaheed** was even more impressive with an M40+ victory with an age-graded 94.1% 15:41, equal to an open 13:46, in the Dana Point Turkey Trot 5K, Dana Point, CA. **Marcella Teran**, 46, San Diego, was almost as striking with the W40+ win in 18:30. **Debbie Barraza**, 45, San Juan Capistrano, was second in 18:52. **Leon Alexander**, 60, Boca Raton, FL, churned out a 20:02 to finish 50th master. Masters winners in the 10K were **Danny Reed**, 41, Laguna Niguel, CA, with a second-place 31:16, and **Pattie Fasola**, 40, Mission Viejo, CA, 41:00. **Ian Carson**, 50, finished with the top masters in 36:30. The day's events drew over 6300.

• **Diana Fitzpatrick**, 43, Larkspur, CA, "swam" to a 2:59:18 40+ win at Sacramento's California International Marathon, Dec. 2. Forty-five-degree weather combined with pouring rain and stiff headwinds to put a bone-chilling damper on efforts across the board. **Vitas Ezerskis**, 40, San Francisco, 2:36:49, led the M40+ by three minutes.

NORTHWEST

• **Becky Sisley**, Regional Coordinator, reports that the regional Web site is up and running. The site contains: (1) directory of clubs, association, and the regional advisory group, (2) *The Blue Streak* Newsletter, (3) calendars of indoor and outdoor meets, (4) regional meet results and records, (5) links to various resources, and (6) newsworthy items. This site is hosted by the University of Oregon at: <http://nwmasters.uoregon.edu>.

INTERNATIONAL

• **Allan Ryninks**, M40, 2:50:58, and **Malana Vys**, W40, 3:15:45, captured firsts in the South Africa Veterans Marathon, Stellenbosch, Nov. 17. **Tony Riddick** broke through the three-hour buffer with a 2:59:59 for the M50 win. **Fran Pocock** W50, was second W40+ in 3:19:34. In the half-marathon championships, **Albertus Bock**, M55, 1:21:52, and **Tilda Krugman**, W40, 1:32:42, were first 40+. **Lars Nayler** won the M70 race in 1:45:00.

• Three masters women will be heading to Bangkok, Thailand, next November, courtesy of Avon Running. **Gordon Bakoulis**, 40, NYC, 35:02, placed third overall at the Avon Running National Championship 10K, Phoenix, AZ, Dec. 9, earning herself a spot in the open category; **Janet Robertz**, 42, Shorewood, MN, 35:42, will make the trip as the 40+ representative; and 2001 Avon Global 10K masters champion, **Margo Braud**, 43, Austin, TX, 38:57, will represent U.S. Avon Sales Representatives.

IN MEMORIAM

• **Stan Thompson**, of Honolulu, passed away Nov. 11, 2001, at age 91. A masters 1&f athlete since 1971, he was an officer of the Hawaii TC for 25 years, organized Senior Olympics meets, created road races, and encouraged hundreds to get started in masters track. At age 87, he was still training for the pole vault and competing in the sprints and weight pentathlon. In his youth, he returned kickoffs and punts for the U. of Illinois, and quarterbacked Schurz H.S. to the championship game in Soldier Field in Chicago.

Reviewing the Awards Process

Continued from page 19

national and WAVA combined-event competitions, including the weight pentathlons, and for AR/WR performances. This approach was intended to eliminate "the politics" involved, as well as to encourage participation. It has been unique in that no subjective judgment was involved.

One problem with this approach is that, unfortunately, many age-group winners have no competition, especially among women and older men. There is also the question of how many points each meet and each record should count. My sense is that most athletes believe using actual points scored in these major meets should also be a major factor in these awards.

We will have more to say on this within the next couple of months, and may adopt a new approach for 2002.

Best Single Performance/Best Athlete of the Year

These top awards clearly are among the most difficult selections. The committee looked at the various age-group winners, with the principal focus being on national and world championships, age-graded scores and AR/WR performances.

Administrator of the Year

This is more subjective than any other award, as there are few, if any,

quantitative measures that apply. There were several people nominated, and the committee selected the one individual it felt had contributed the most to the masters program in 2001.

We have no illusions that this process is perfect. It has evolved over the years, and we'd like to think that this year we built upon the legacy of the past and moved it a step forward by expanding the data base, broadening the committee, opening up nominations, and making policies more explicit. There is still room for improvement.

We have redundancies in the somewhat parallel efforts to do rankings, records, and awards, and the committee would benefit by having the material in their hands before the convention. The presentation of the awards could be done sooner than the following summer (traditionally at the National Outdoor Championships). These and other ideas are under discussion. We'd welcome suggestions and volunteers to help with this process.

In the meantime, I'd like to thank all those who served on this year's committee, and extend the committee's congratulations to this year's winners. We wish everyone a healthy and successful 2002. □

Phil Byrne, Chair
Masters T&F Awards Committee

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Kurt Osborne—Co-chair
First National Bank of Brookings
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Andy Stockholm—Co-chair
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Schedule

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

TRACK & FIELD

NATIONAL

March 1-2. Masters Invitational Events at USATF National Open Indoor Championships, Armory Center, NYC. Mark Cleary, 949-589-0242; runnermark@home.com

March 2-3. USATF National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

March 22. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

March 22-24. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

July TBA. USATF National Masters Decathlon & Heptathlon Championships, City TBA, NJ. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack_field@yahoo.com; http://www.ume.maine.edu/~track/trackfield.html

September 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

EAST

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

January 5. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. 9 am. Tim Baker, 301-588-4426; Tbak03@attglobal.net

January 6. Philadelphia Masters Developmental Indoor Meet, Swarthmore College. 9:30 am. phillymasters@netreach.net

January 6 & 13. Long Island T&F Indoor Meet, Suffolk Community College, Brentwood, N.Y. 9:00 am. www.litf.org

January 11-13. Dartmouth Relays, Hanover, N.H. Carl Wallin, Dartmouth College Athletic Dept., 6083 Alumni

Gym, Hanover, NH 03755-3512; 603-646-3821.

January 13. Brown University Masters Indoor Invitational, Providence, R.I. Send SASE to Bob Rothenberg, Brown Track Office, Box 1932, Brown U., Providence, RI 02912. 401-863-1041.

January 13. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm E).

January 18. MAC O/M/Y Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Jan. 13.

January 19. 35th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+/M40+. Prize purse for Men's & Women's Elite Mile; bonus for record (M&W40+). 10:00 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

January 20. MAC O&M Indoor Meet, 168th St. Armory, Manhattan, NYC. 9 am. See Jan. 13.

January 27. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. See Jan. 5.

February 3, 10, 23. LITF Indoor Meets, Nassau CC, Garden City, N.Y.; 10th-Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org



KAREN HUFF

Phil Byrne (r), 2001 Masters Combined-Event Athlete of the Year, after his first-place finish in the M60 WAVA-Brisbane decathlon, with Emil Pawlik, USA, who was second.

February 10. U. of Maryland-PVA Indoor Series, Prince George's Complex, Landover, Md. Tim Baker, 301-588-4426; tbake03@attglobal.net

February 10. New Jersey Masters Indoor Championships, Fairleigh Dickinson U., Hackensack. 30+. Out-of-state welcome. SASE to Jim Manno, 792 Schaefer Ave., Oradell, NJ 07649. 201-261-7756.

February 22. MAC Association O&M Championships, 168th St. Armory, Manhattan, NYC. 6 pm. Non-Association competitors welcomed. MAC, 718-488-5711 (9 am-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm E).

March 1. LITF Indoor Meet, Suffolk CC, Brentwood, N.Y. 6:30 pm. www.litf.org

March 3. USATF Long Island Indoor Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com

March 3. LITF Association Indoor Championships, Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org

March 11. Maryland Senior Olympics Indoor Meet, Towson U. Open to non-state. Phil Adams, Sr. Olympics, Towson U., Unit 1939, Towson, MD 21252. 410-704-4456; www.towson.edu/solympics.

March 16. Philadelphia Masters Indoor Championships, Haverford College. 3:00 pm. phillymasters@netreach.net

March 16. Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, Va. Tim Baker, 301-588-4426; tbake03@attglobal.net

May 15-19. Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

SOUTHEAST

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

February 16. Texas Tech Indoor Championships, Lubbock. Joint HS & Masters Meet. M40+/W35+. Paul Johnson, 806-795-5226; fax: 795-5226; www.dallasmasters.com

February 23-March 10. Polk Senior Games, Bartow, Fla. Qualifier for Florida Sr. Games Championships. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

May 3-5. 32nd annual Southeastern U.S. Masters Meet, NC St. U., Raleigh. Pent/WP/5K & 20K RWs/Relays. SE US Masters, Box 590, Raleigh, NC 27602. 919-831-6640; www.geocities.com/southeastermasters

MIDWEST

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

February 2. Illinois Masters Championships, Westwood Sports Center, Sterling, IL. Theresa DePellegrin; 815-622-6201; www.SterlingParkDistrict.com

February 3. USATF Michigan Indoor Championships, Grand Valley St. U., Allendale. Jerry Baltes, GVSU, Office 97-Field House, Allendale, MI 49401. 616-895-3360; Baltes@gvsu.edu

February 24. Ohio Indoor Championships. Findlay. 800-472-9502; arce@mail.findlay.edu

March 9. USATF Midwest Regional Masters Indoor Championships, Lincoln-Way Central HS, Central Campus Field House, Rte. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879 (eve. & weekends).

April 6. USATF North Region Masters

ON TAP FOR JANUARY

TRACK AND FIELD

The first major indoor meet for masters, the Dartmouth Relays, Hanover, N.H., opens the season and month on the 11th-13th. The Brown University Masters Invitational, Providence, R.I., hosts the New England Association Championships on the 13th. For the 35th time, masters in the Hartshorne Memorial Mile will ignite the crowd at Cornell U. on the 19th. More indoor meets are available in Philadelphia; NYC; Landover, Md.; Portland, Ore.; and on Long Island.

LONG DISTANCE RUNNING

Early offerings include the Walt Disney Marathon, Orlando, Fla., on the 6th, and the Paramount 10K, Downey, Calif., on the 12th. The next weekend lists the Charlotte Observer Marathon on the 19th, and the Florida Gulf Beaches Marathon, Clearwater, Fla., Compaq Houston Marathon, and the San Diego Marathon on the 20th. The 27th holds the Naples Daily News Half-Marathon in Florida, and the Pacific Shoreline Marathon, Huntington Beach, Calif.

RACEWALKING

Racewalking opportunities range from the 1500, mile, and 3000 indoors to the 5K, 10K, and marathon outdoors. □

Indoor Invitational & All Comers Meet, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; www.usatfillinois.org
June 9. USATF Indiana Championships, Indiana St. U., Terre Haute. Mark Rodriguez, Arena-Track Office, Indiana St. U., Terre Haute, IN 47809. 812-237-4044; web.indstate.edu/athletic/track/usasch02.html

MID-AMERICA

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

February 23-24. USATF Mid-America Regional Masters Indoor Championships, Colorado St. U., Fort Collins. Jim Weed, 1166 Eagle Rd., Broomfield, CO 80020. 303-469-5607; wleslie9@qwest.net

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 20. Jackson Indoor Meet. Jackson, Miss. Masters compete with college athletes. 10 am. Emil Pawlik, 601-957-9435; Epawlik001@cs.com

February 16. Texas Tech Indoor Meet, Lubbock. Masters/HS. Paul Johnson, 806-795-5226; fax: 795-0362; pjoh128034@aol.com; www.dallasmasters.com

March 30. Lions Waterloo Meet, Lake Travis HS (near Austin), Texas. lionswaterloo@earthlink.net.

Continued on page 25

Continued from page 24
April 13. USATF Pentathlon, St. Ar Plus superweight Baty, 321 E. Josephine St., 70737. 225-644-6930; field@hotmail.com
July 27. Texas Masters, TBA. Wayne Ben www.dallasmasters.com

Arizona, Calif

January 5. Kelfie Santa Cruz, Calif. 458-0300; email: kelfie@comcast.net
February 9. Kelfie Santa Cruz, Calif. 458-0300; email: kelfie@comcast.net
March 2. Saddleback College
March 9. Kelfie Santa Cruz, Calif. 458-0300; email: kelfie@comcast.net
April 6. Kelfie Santa Cruz, Calif. 458-0300; email: kelfie@comcast.net

NOR

Alaska, Idaho, Utah, Wash

January 12 & 13. Comers Meets, E Cheney. Marcia 2426.

January 26-27. Portland Expo Center, Sunday. 503-668-0109

February 22-24. Randall Gym, Clatsop Striders PV Club, Portland, OR 97236

March 9. Connell, Wash. 1030. Sellereite, 509-688-0109

May 4. Spring Flamingo, Seattle Stadium. 3923; kweinbel@attbi.com

May 25. Oregon Silverton. Silverton, OR 97137. 873-8577(h)

June 1. Seattle Pacific Meet, West Seattle. 206-684-7094.

June 14-15. Mo Bozeman. Open to Bridger Dr., Bozeman. Newman, 406-586-1111

June 23-24. Oregon Association Hood CC (Portland) NE Linden, Gresham. 8950; lstepan@ya.com

June 29-30. Ha Eugene, Ore. Chu 3000; info@haywardclassic.com

July 13-14. State Hood CC (Portland) 503-520-1319; t667-7140.

July 19-20. USA Masters Championships, City, Utah. (Fri-Sat) MT residents only. 7426; www.bigsky.com

July 20. Inland Pullman, Wash. J

Continued from page 24

April 13. USATF Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Plus superweight and ultraweights. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; louisianatrackfield@hotmail.com

July 27. Texas Masters Championships, site TBA. Wayne Bennett, vrunner@aol.com; www.dallasmasters.com

WEST

Arizona, California, Hawaii, Nevada

January 5. KelField Throws Meet #101, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

February 9. KelField Throws Meet #102, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

March 2. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif.
March 9. KelField Throws Meet #103, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

April 6. KelField Throws Meet #104, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

NORTHWEST

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

January 12 & 19. Cheney Indoor All Comers Meets, Eastern Washington U., Cheney. Marcia Mecklenburg, 509-359-2426.

January 26-27. Great Northwest Indoor, Portland Expo Center. Masters events on Sunday. 503-668-0998; www.usatf-oregon.org

February 22-24. Northwest PV Festival, Randall Gym, Clackamas CC. Willamette Striders PV Club, 13732 SE Foster, Portland, OR 97236. 503-762-0861.

March 9. Connell Hammer Festival, Connell, Wash. 10:00 am. Ken and Sharon Sellereite, 509-234-8606; sellersj@bossig.com

May 4. Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

May 25. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97338. Amy Castle, 503-873-8577(h)

June 1. Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 14-15. Montana Senior Olympics, Bozeman. Open to out-of-state. MSG, 2200 Bridger Dr., Bozeman, MT 59715. Kay Newman, 406-586-5543.

June 23-24. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

June 29-30. Hayward Masters Classic, Eugene, Ore. Chuck Hammonds, 541-344-3000; info@haywardclassic.com; www.haywardclassic.com

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

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

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

July 20. Inland Northwest Masters Meet, Pullman, Wash. Jeff Schaller, 435 SW State



TESH TESHIMA

John Humphrey, first M70 (98:06), Hickam 15K, Honolulu.

St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 27. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

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

CANADA

March 2. 33rd Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, ON M8W 2L9, Canada.

INTERNATIONAL

January 12-19. 11th Oceania Veterans Athletic Championships, Geelong, Australia. 2002 Oceania Veterans Games, PO Box 1819, Geelong 3220, Australia.

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

August 20-24. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

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

November 3-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

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

LONG DISTANCE RUNNING

NATIONAL

February 9. USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash. Al Beck, 39400 Pioneer Blvd., #11, Sandy, OR 97055. 541-676-9601; karal@centurytel.net; www.USATF-Oregon.org. Masters money.

March 23. USATF National Masters Championships/GNC 50K, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406; Chrisgnc50@yahoo.com

June 1. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

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

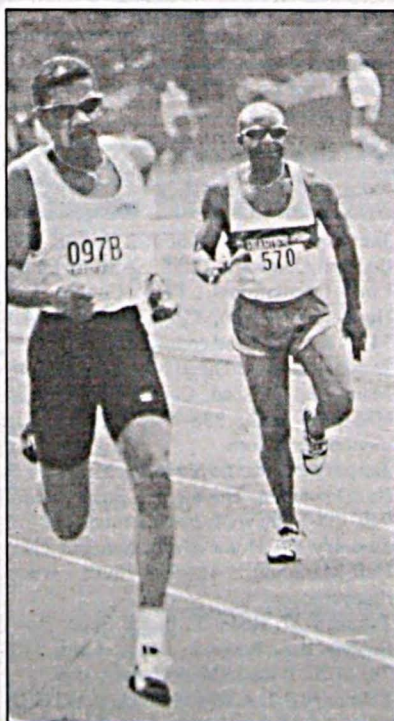
August 24. USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

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

September 29. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

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

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



GEORGE BANKER

Chuck Williams (l), 50, 12:80, and Larry Colbert, 64, 13:10, in the 100, Potomac Valley TC Meet, Alexandria, Va.



ART SHAHZADE

Sheridan Groves, M50 winner in the short and long hurdles, 2001 Visalia Meet.

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

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

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

EAST

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

January 6. NYRR Fred Lebow Classic 5 Miler, Central Park. 212-860-4455; www.nyrrc.org

January 27. NYRR Lucky Seven Reversible, Central Park. See Jan. 6.

February 16. Martha's Vineyard 20 Miler, Martha's Vineyard, Mass. Kathy Sullivan, 508-696-6203; net/org/mvmraces

February 17. Washington's Birthday Marathon, Greenbelt, Md. 703-241-0395; www.dcroadrunners.org/gwmarathon

February 24. Sheraton Hyannis Marathon & Half-Marathon, Hyannis, Mass. 508-775-0143; www.clydesdale.org/onlineapplications/hyannis/index.html

February 24. Hudson Mohawk Winter Marathon, Albany, N.Y. HMRRC, 518-435-4500; www.hmrcc.com

March 10. Massachusetts Law Enforcement Half-Marathon, Melrose, Mass. 781-662-0091 www.runedge.com/raceboard

March 17. New Bedford Half-Marathon, New Bedford, Mass. NBH-M, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

March 24. Washington, D.C., Marathon. 703-528-8176; www.washingtondcmarathon.com

April 15. BAA 106th Boston Marathon. www.bostonmarathon.org

SOUTHEAST

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

January 6. Walt Disney World Marathon & Half-Marathon, Orlando, Fla. 407-939-7810; disneyworldsports.com

January 19. Charlotte Observer Marathon, Charlotte, N.C. 704-367-9696; www.runforpeace.org

January 20. Florida Gulf Beaches

Continued on page 26



GEORGE BANKER
Samantha Kirby, W30 3000 winner (13:28.2), Potomac Valley TC Meet, Alexandria, Va.

Continued from page 25

Marathon & Relay, Clearwater. 727-347-4440; www.floridamarathon.com

January 26. Komen Race for the Cure 5K, West Palm Beach, Fla. 561-655-9800, 655-5352; raceforthecured-sofla.org

January 27. Naples Daily News Half-Marathon, Naples, Fla. 941-262-5653; www.naplesnews.com

February 2. Battle of Mobile Bay 5K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

February 2. Pomoco Group Hampton Coliseum Half-Marathon & 5K, Hampton, Va. 800-800-2202; www.hamptoncoliseum.org

February 2. Uwharrie Trail 40 Mile Adventure Run, Troy, N.C. Bob Boeder, 910-424-8901.

February 9. Myrtle Beach Marathon, Myrtle Beach, S.C. 843-293-7223; www.active.com

February 10. Mercedes Marathon, Birmingham, Ala. 800-266-5426; www.mercedesmarathon.com

February 16. Edison Festival of Light 10K, Fort Myers, Fla. 941-334-2999; edisonfestival.org

February 23. Blue Angel Marathon, Half-Marathon, & 5K, NAS, Pensacola, Fla. 850-452-3806, x313/340; www.mwr-pcola.navy.mil

February 23. Carolina 10K, Columbia, S.C. Jaime G. Lomas, 803-929-1996; www.carolinamarathon.org

February 24. Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-3362; tmspar@wm.edu

March 9. Gate River Run 15K/USATF Open Championships & 5K, Jacksonville, Fla. www.1stplacesports.com

March 10. Hope for Children 5K/RRCA Florida Championships, Naples, Fla. 941-574-3399; fax: 436-6780; www.hopeforchildren10k.org

March 16. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. 866-742-6762; www.shamrocksportsfest.com

MIDWEST

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

January 5. Festival of Lights 5K, Ann Arbor, Mich. 734-482-4388; athleticventures.com

February 10. Valentines 5K Run, Valparaiso, Ind. 219-548-3694.

March 23. Martian Marathon, Northville, Mich. 248-347-4568; www.martianmarathon.com

March 24. LaSalle Bank Shamrock Shuffle 8K, Chicago. www.shamrockshuffle.com

MID-AMERICA

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

February 2. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, Minn. 651-223-4700; www.winter-carnival.com

February 2. Iowa Winter Games 5K, Dubuque. Darrell Zmolek, 824 Southern Ave., Dubuque, IA 52003. 563-582-6838.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 20. Compaq Houston Marathon, Houston, Texas. www.compaqhoustonmarathon.com

February 2. Rocky Raccoon 100 Mile Trail Run, Huntsville State Park, Texas. Mickey Rollins, 198 Country Place, Unit 2, Pipe Creek, TX 77063. 830-535-6492.

February 3. 3M Half-Marathon, Austin, Texas. 512-984-RACE; www.3m.com/races

February 9. Nextel Mardi Gras Mambo 10K/Louisiana Senior Olympics, Baton Rouge, La. BR Area Sports Foundation, 225-382-3596; www.brasf.com

February 17. Nokia Sugar Bowl Mardi Gras Marathon & Relay, Half-Marathon, & 5K, New Orleans. 504-454-8687; www.mardigrasmarathon.com

February 17. Motorola Marathon, Austin, Texas. 877-601-6686; www.MotorolaMarathon.com

February 23. Cowtown Marathon & Relay, 10K, & 5K, Fort Worth, Texas. 817-735-2033; www.cowtownmarathon.org

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

WEST

Arizona, California, Hawaii, Nevada

January 12. Paramount 10K & 10K RW (judged), Downey, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

January 20. San Diego Marathon & Half-Marathon, Carlsbad, Calif. M-3000 limit; HM-5000 limit. 888-792-2900; www.inmotionevents.com

January 27. Pacific Shoreline Marathon & Half-Marathon, Huntington Beach, Calif. 949-766-1428; www.marathonrun.com

January 27. Home Depot San Francisco Half-Marathon. 415-759-2690; www.rhodyco.com

January 27. Redondo Beach Super Bowl Sunday 10K, Redondo Beach, Calif. 310-781-2020; www.redondochamber.org

February 3. Las Vegas Marathon and Half-Marathon, Las Vegas, Nev. Las Vegas Marathon, P.O. Box 81262, Las Vegas, NV 89180. 702-876-3870; web: www.lvmarathon@aol.com; e-mail: lvmarathon@aol.com

com

February 3. Davis Stampede Half-Marathon, Davis, Calif. 530-757-2012; www.changeofpace.com

February 10. Firecracker 5K & 10K, Los Angeles. 323-256-1363; www.firecracker10k.org

February 12. Great American Adventure Run 2.8 Mile & 4.8 Mile Cross-Country, Huntington Park, Calif. 714-841-5417; www.nealand.com/finishline

February 17. Palm Springs Half-Marathon, Palm Springs, Calif. 760-320-1341; greg@kleinclarksports.com

March 3. Los Angeles Marathon. 310-444-5544; www.lamarathon.com

March 3. Sutter Home Napa Valley Marathon/RRCA National Championships, Napa, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; www.napa-marathon.com

March 10. Leigh and Lucy Steinberg Spirit 10K, Newport Beach, Calif. Kinane Events, 949-451-4520; www.kinaneevents.com

March 10. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

March 17. Fifty-Plus 8K, Palo Alto, Calif. Also 5K RW, Fitness Walk, & Generation Relays. Mark Winitz, 50+ Fitness Association, Box 20230, Stanford, CA 94309. 650-323-6160; www.50plus.org

NORTHWEST

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

January 19. Nookachamps Half-Marathon & 10K, Mt. Vernon, Wash. 360-416-7765; george@skagit.ctc.edu

February 2. Super Bowl Dash 10K & 5K, Olympia, Wash. 360-273-9684; www.ontherun.com

INTERNATIONAL

January 18-20. Bermuda Marathon, Half-Marathon, 10K, & Invitational Mile, Bermuda Marathon, PO Box DV 397, Devonshire DV BX, Bermuda. 441-236-6086; www.bermudatracknfield.com

February 17. The World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.worldbest10k.com



MIKE POLANSKY
Howard Bashant ran the first leg of the winning (5:26:54) Taconic RR Seniors (50+) team, Ocean to Sound 50 Mile, 8-Person Relay, Jones Beach-Oyster Bay, Long Island.



SUZIE HESS
Mary Macauley, 38, being interviewed by KEZL-TV, ABC affiliate in Eugene, Ore., after her 2:21.72 in the 800, Hayward Classic.

March 24. Rome Marathon. 800-444-4097; www.marathontour.com

March 30. Two Oceans 56K & Half-Marathon, Cape Town, South Africa. www.TwoOceansMarathon.org.za

April 8. Paris Marathon. 800-444-4097; www.marathontour.com

April 14. London Marathon. 800-444-4097; www.marathontour.com

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice).

June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakerstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

RACEWALKING

February 2. All American City 10K Judged RW, Edinburg, Texas. 956-381-5631.

March 24. USATF National Masters Indoor RW Championships, Boston. See National T&F Schedule.

April 20. Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

May 5. USATF National Masters 30K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club, PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151.

June 2. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; fax: 477-5836.

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

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

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

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

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

M35-39
Mark Kathman

M40-44
Thomas Taylor

M45-49
Mark Smith
Mark Gershon
Bob Spacie
Joseph Wells

M50-54
Buzz Gagne
Barry Smarz

U.S. M

Event	30-34
55	6.8
60	7.4
100	11.0
200	22.4
400	51.5
800	2:02
1500	4:20
1 Mile	4:40
3000	9:25
5000	15:45
10000	32:30
55H	8.6
60H	9.0
110H	15.4
100H	
80H	
400H	58.0
300H	
3K-SC	10:10
2K-SC	
HJ	1.90
	6-2 1/4
PV	4.40
	14-5 1/4
LJ	6.50
	21-4
TJ	13.20
	43-3 1/4
Shot	14.50
	47-7
Discus	44.80
	147-0
Hammer	47.24
	155-0
Javelin	62.00
	203-5
35#WT	15.00
	49-2 1/4
25#WT	
56#WT	9.50
	31-2
Pent.	2800
Decath.	5500
WT. Pent.	2800

U.S. MASTE

	1.5K	Mile
W30	7:13	7:41
W35	7:22	8:03
W40	7:37	8:2
W45	8:03	8:4
W50	8:25	9:0
W55	8:55	9:3
W60	9:17	10:0
W65	9:48	10:3
W70	10:26	11:1
W75	11:10	12:0
W80	12:03	12:5
W85	13:13	14:1
W90	14:56	16:0
M30	6:31	7:0
M35	6:43	7:1
M40	6:58	7:2
M45	7:13	7:4
M50	7:33	8:0
M55	7:50	8:2
M60	8:13	8:5
M65	8:38	9:1
M70	9:08	9:5
M75	9:43	10:3
M80	10:26	11:1
M85	11:21	12:1
M90	12:41	13:3
Age-graded time		

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
 Mark Kathman 10K 32:02 11-10-01

M40-44
 Thomas Taylor Mile 4:41 8-18-01

M45-49
 Mark Smith D 132-7 7-22-01
 Mark Gershon TJ 35-5 1/2 6-3-01
 Bob Spaciel 110hh 18:39 6-16-01
 Joseph Wells 10K 35:34 11-22-01

M50-54
 Buzz Gagne J 169-9 7-21-01
 Barry Smanz 800 2:12.3 9-8-01

M55-59
 Bill Lewis 200 25.9 9-15-01
 400 60.46 9-15-01
 David Golden 100 12.46 8-10-01

M60-64
 Steve Bowles 100 13.12 9-15-01
 200 27.50 9-15-01
 Peter Fickinger W 14.13 5-4-01
 H 42.98 7-6-01
 WP 3607 11-4-01
 Lionel Low LJ 15-3 1/2 6-20-01
 100HH 19.5 6-30-01
 TJ 32-6 1/2 7-7-01

Robert McAlpine 800 2:29.74 8-4-01

M65-69
 Wtold Blabkur 5K 19:51 10-28-01
 Miri Gratton J 115-7 10-8-01
 George Hirsch 5K 20:59 10-28-01
 James Koch SP 41-04 5-30-01

M80-84
 John McCarthy D 91-1 8-19-01
 200 39.1 10-9-01

W40-44
 Mary Anne Hredzak 10K 40:20 9-30-01

W50-54
 Suzanne Franco 5K 25:52 11-25-01
 Shirley Lambert J 24.52 7-25-01


U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-1	5-9 1/2	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
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 1/2	13-5 1/2	12-11 1/2	12-11 1/2	11-7 1/2	10-8	8-10 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1/2	14-9	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
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 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	19-5 1/2	
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 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/2	50-0	
Hammer	47.40	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	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 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2			19-8 1/2	16-4 1/2	13-1 1/2	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	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 1/2	27-10 1/2	26-3	19-8 1/2	18-1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	3000	2600	2700	3000	3000

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-39: 33"; 40-49: 30"; 50-59: 27"
 3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60-69: 27"
 4) Shot put: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70-79: 27"
 5) Discus throw: 30-39: 2kg; 40-49: 1.5kg; 50-59: 1.5kg; 60-69: 1.0kg; 70-79: 4k
 6) Hammer: 30-39: 7.26k (16#); 40-49: 6k; 50-59: 5k; 60-69: 5k; 70-79: 4k
 7) Javelin: 30-39: 800g; 40-49: 700g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
 8) Metric heights and distances are the standard; feet and inches listed for convenience.
 9) Pen/Dec/Wt Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS 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

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
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	1:26:58	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.).

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	

TRACK & FIELD RESULTS

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

EAST

Maryland-PVA USATF Masters Invitational Landover, MD; Dec. 8

55m	
M30 Will Hollan	6.3h
M40 David Peterson	6.9h
M45 Thomas Jones	6.6h
M55 Melvin Fields	7.2h
M60 Larry Colbert	7.4h
M70 Jim Stookey	8.1h
W45 Donna Barrett	9.82
W50 Hillen Stubendorff	8.89
W60 Audrey Lary	9.26
200m	
M30 Will Holland	25.75
M40 David Peterson	24.25
M45 Thomas Jones	24.33
M50 John Thornton	28.33
M55 Melvin Fields	26.70
M60 Larry Colbert	27.03
M70 Jim Stookey	30.27
W50 Hillen Stubendorff	32.06
W65 Audrey Lary	34.73
800m	
M55 Jim Noone	2:41.5h
Mile	
M40 Ted Poulos	4:57.50
M45 Brent Ager	5:19.24
M55 Jim Noone	5:40.71
Short Hurdles	
M45 Anthony Markley	13.09
M70 Jim Stookey	10.42
High Jump	
M45 Keith Mathis	1.57
M70 Jim Stookey	1.33
W50 Hillen Stubendorff	1.18
M60 Evie Wright	1.18
Pole Vault	
M50 Tom Rauscher	3.35
M65 John Gracey	2.13
W50 Evie Wright	1.83
Long Jump	
M45 Keith Mathis	15-2.50
M60 Jim Kenney	14-10.50
W50 Hillen Stubendorff	12-9.50
W60 Evie Wright	12-4
Triple Jump	
M45 Anthony Markley	26-8.50
M70 Jim Stookey	30
W50 Evie Wright	25-4.50
W60 Audrey Lary	24-5.50
Shot Put	
M55 Victor Litwinski	10.84
M65 John Gracey	7.94
W50 Hillen Stubendorff	7.77

WEST

Hawaii Senior Olympics Honolulu; Nov. 10-25

100m	
M40 Bill Blair	12.96
M50 Mike Suenaga	13.72
M55 Wayne Williams	16.09
M65 Austin Whiting	14.64
M70 Pat Brown	16.98
M75 George Butchko	18.5h
M80 Shoichi Tanouye	26.08
M95 Erwin Jaskulski	31.68
W50 Calei Ewing	21.4h
W55 Margaret Radcliffe	16.33
W60 Brenda Andrieu	19.4h
W65 Dorothy Huston	25.4h
W75 Doreen McLeod-Smith	22.1h
200m	
M40 Bill Blair	26.58
M50 Mike Suenaga	29.31
M60 Mel Brooks	27.18
M65 Austin Whiting	29.85
M75 George Butchko	43.96
M80 Shoichi Tanouye	1:00.80
M95 Erwin Jaskulski	1:12.34
W50 Calei Ewing	44.97
W55 Margaret Radcliffe	33.77
W60 Brenda Andrieu	44.99
W75 Doreen McLeod-Smith	48.86
400m	
M50 Mike Suenaga	1:14.03
M60 Mel Brooks	1:01.85

M65 Austin Whiting	1:16.1h
M75 George Ishiki	1:47.75
M80 Naoto Inada	2:38.06
W50 Calei Ewing	1:55.82
W55 Margaret Radcliffe	1:22.49
800m	
M40 Bryan Galloway	2:18.71
M50 Vernon Knight	3:16.60
M80 Naoto Inada	5:23.30
W50 Calei Ewing	4:22.20
W60 Brenda Andrieu	4:41.40
1500m	
M50 Gary Marr	5:52.09
M65 Clifford Youth	7:34.47
M80 Naoto Inada	12:10.40
W50 Calei Ewing	9:33.37
W60 Brenda Andrieu	11:20.76
3000m	
M50 Gary Marr	12:20.4h
M55 Richard Mieller	12:09.3h
M65 Clifford Youth	15:51.4h
W55 Paula Carroll	16:31.6h
High Jump	
M50 Thomas Reppuhn	3-10
M60 Lionel Low	4-4
M65 Gerald Fasten	3-9
W55 Margaret Radcliffe	3-11.25
W60 Brenda Andrieu	2-6
W75 Doreen M-Smith	2-8
Long Jump	
M50 Alan Nakasone	13-1
M55 Wayne Williams	11-7.50
M60 Lionel Low	13-9.25
M65 Gerald Fasten	9-2
M70 Pat Brown	10-10
M75 George Butchko	9-7.5
W55 Margaret Radcliffe	10-9.25
W60 Brenda Andrieu	8-7.75
Shot Put	
M50 Billy Rees	27-1.50
M60 Jack Karbens	31-9.75
M65 Gerald Fasten	35-50
M70 Ahmet Ardaman	22-8
M75 Carl Fennema	30-11.75
M85 Muji Masuko	16-50
W50 Calei Ewing	16-50
W60 Brenda Andrieu	18-4.75
W75 Doreen M-Smith	18-75
Discus	
M50 Billy Rees	93-1
M60 Jack Karbens	122-5
M65 Edward van Pelt	129-11
M70 Ahmet Ardaman	94-3
M75 Carl Fennema	93-8
M85 Muji Masuko	47-3
W50 Calei Ewing	44-8
W60 Brenda Andrieu	48-1
W75 Willie Gatza	39-7
Javelin	
M55 Thomas Reppuhn	89-1
M60 Jack Karbens	112-5
M65 Gerald Fasten	106-5
M70 Ahmet Ardaman	87-11
M75 Carl Fennema	91-6
M85 Muji Masuko	37-2
W50 Calei Ewing	29-9
W55 Margaret Radcliffe	83-6
W60 Brenda Andrieu	33-8
W75 Willie Gatza	39-2
10K Road Race	
M50 Gary Marr	46:27
M55 Richard Moeller	43:42
M60 Bob Anderson	48:11
M65 Tom Knoll	1:03:00
M70 John Humphrey	1:04:49
M75 Bob Henninger	1:02:05
M80 Bill Beauchamp	1:51:29
W40 Ernestine Murata	1:15:52
W50 Kheng See Ang	46:49
W55 Paula Carroll	1:00:11
W60 Lyn Anderson	1:09:16
W65 Ruth Heidrich	1:03:35
W70 Ellen Humphrey	1:01:09
Cactus Weight Pentathlon Mesa, AZ; Nov. 17 (HT/SP/D/T/J/T/W)	
M45 Jim Lothrop	3141 (20/80/12/10/38/44/50/16/10/30)

M50 Clay Hull	3674 (44/40/12/10/37/60/38/56/14/80)
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M65 Ben McGrady	3801 (25/44/12/47/37/43/38/88/10/30)
M70 Dave Douglass	3423 (34/92/9/57/30/15/21/40/12/96)
M80 Bob Chase	2733 (30/90/6/00/17/81/11/62/10/62)
W50 Lorraine Tucker	2662 (20/97/9/39/25/25/23/22/8/68)
W55 Kathy Jager	2706 (20/82/8/80/24/15/17/25/7/87)
KelField Throws Meet #100 Santa Cruz, CA; Dec. 8	
Shot	
M50 Gary Kelmenson	11.00

M60 Mike Parker	12.41
M70 Tom Allison	11.31
Hammer	
M50 G Kelmenson	41.30
M60 M Parker	27.74
M70 T Allison	29.33
Discus	
M50 G Kelmenson	36.64
M60 M Parker	35.10
M70 T Allison	34.35
Javelin	
M50 G Kelmenson	25.37

M60 M Parker	26.58
M70 T Allison	31.85
Weight Throw	
M50 G Kelmenson	14.18
M70 T Allison	12.79
56# Weight	
M50 G Kelmenson	7.81
M70 T Allison	3.79
Weight Pentathlon	
M50 G Kelmenson	3193
M70 T Allison	3848
(marks above, done in WP order)	

LONG DISTANCE RESULTS

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NATIONAL

USATF National Masters 5K Cross-Country Championships DeLand, FL; Nov. 18

M40	
Thomas Dalton	NY 15:42
Tim Murphy	NY 17:33
Jim Warmowski	FL 18:14
Peter Davis	NY 18:19
Bob Brush	NY 19:07
Michael Campbell	GA 19:48
M45	
Steve Gallagher	FL 16:40

Tim McMullen	NY 17:41
Mark Rybinski	NY 18:05
Gary Radford	NY 18:12
Brian Dodge	NY 18:22
David Worden	NY 18:25
Rich Picotte	NY 18:33
Kevin McKenna	GA 21:08
John O'Malley	FL 21:52
A J Hart	FL 21:55
M50	
Sverre Falck Pedersen	WI 18:39
Herbert Taskett	FL 20:26
Joe Guthrie	FL 21:14
Bill Quinlisk	NY 23:37
Bruce Rand	FL 26:32

M55	
C S Montecarlo	FL 27:50
M60	
Thom Weddle	MN 20:09
M65 none	
M70	
Donald Jones	GA 23:15
Joseph Conrad	FL 26:26
Howard Rubin	NY 26:38
David Rider	NY 27:07
M75	
Tom McDonald	FL 28:10
Carl Hammen	FL 28:29
W40	
Sarah Kramer	FL 19:13

Claudia Kasen	FL 19:36
Sue O'Malley	FL 20:10
Elaine Rancatore	FL 22:33
Jo-Anne Miller	FL 26:03
W45	
Sheila Haire	FL 21:45
W50	
Nina Ehmer	FL 25:17
W55	
Alicia Kelley	FL 26:02
Teams:	
M40 Syracuse Chargers	1:30:31
(Murphy/Rybinski/Radford/Davis/Dodge/Worden)	
M70 Syracuse Chargers	1:20:11
(Conrad/Rubin/Rider)	

EAST

RRCA Women's Distance Festival 5K Pittsburgh, PA; Oct. 13

W40 Sabine Kane	20:19
Lisa Cimbala	21:12
Karen DiFiore	21:32
Suzanne Swan	22:08
Lisa Cornack	25:14
Pam Best	25:37
W45 Paula Bossart	21:42
Pat Neubert	23:08
Joyce Sallis	25:56
Janice Boyko	26:28
W50 Rita Catalano	28:23
Penny Murray	31:09
Kathy Hickey	31:43
W55 Joyce Geroux	26:49
Marcia Semple	26:58
W60 Jane Donnelly	31:41
W65 Toni Farah	42:03
W70 Margretta Lutz	27:22

NYRR Kurt Steiner 5K X-C Central Park, NYC; Oct. 14

Overall	
Art Gunther 30	15:55
Christine Gentile 31	19:04
M40 Jerry Marcani	17:22
M45 Americo Ceballos	19:40
M50 Bob Pertak	20:59
M55 Hal Lieberman	23:36
M60 Sidney Howard	20:23
M65 Eric Seiff	26:46
M75 Wallace Cutler	45:19
W40 Barbara Gubbins	19:37
W45 Regina Cahill	23:55
W50 Sylvie Kimhe	23:30
W55 Barbara Charles	27:13
W60 Carol Tyler	28:28

Shore Athletic Club Cross-Country Meet Lakewood, NJ; Oct. 28

Masters 5K	
M40 Henry Mercer	18:37
M50 Roger Price	17:37
M60 Bill Richardson	24:04
M70 Hal Smith	33:26
W60 Madeline Bost	26:35

NYRR Not Quite the NYC Marathon 5K Central Park, NYC; Oct. 28

Overall	
Stuart Maxwell 28	15:41
Gordon Bakoulis 40	17:11
M40 Conor O'Driscoll	15:55
M45 Luis Chagla	17:37
M50 Alston Brown	16:56
M55 John Samsel	19:10
M60 Sidney Howard	19:06
M65 Witold Bialokur	19:51
M70 Kenneth Jones	21:15

Continued on next page

Continued from	
M75 Sab Koide	
M80 Mel Freidel	
M85 Wilfredo R	
M90 Abraham W	
W40 Gordon Ba	
Diana Fitzpa	
Carrie Barra	
W45 Gillian Horv	
Cathy Hand	
Mindy Solkin	
W50 Judy Harrig	
W55 Susan Sider	
W60 Evelyn Davs	
W65 Helene Bedr	
W70 Toshiko E'E	
W75 Muriel Merl	
W80 Kendra Kem	
W85 Adrienne Sa	
NYRR Cro	
Champ	
Van Cortlandt P	
Overall	
Art Gunther 30	
Christine Gentile	
M40 James Ste	
M45 Paul Masca	
M50 Alston Brow	
M55 John Kuhl	
M60 Sidney How	
M65 Eric Seiff	
M75 Sab Koide	
M85 Wilfredo R	
W40 Katharine v	
W45 Lynn McFad	
W50 Mary Rocad	
W55 Eileen Holz	
M60 Wendy Burr	
M85 Adrienne Sa	
Outback Steak	
Class	
Hyattsville,	
Overall	
Sammy Ng'eno	
Heather Hansco	
M40 John Tuttle	
Joe Aberrn	
Dave Bera	
M45 Peter Kirk	
Jim Adams	
Tim Holtz	
M50 Paul Ryan	
Mick Slone	
Wm Englis	
M55 Pat Griffith	
Jim Noone	
John Haut	
M60 Bob Leabe	
Bill Soliers	
Mike Sanc	
M65 Richard M	
Jim Keat	
Rich Scra	
M70 Larry Dick	
M75 Ray Blue	
W40 Lee DiPie	
Gretchen	
Vanessa	
W45 Linda Wa	
Betty Bian	
Carol Bric	
W50 Eliz Sado	
Mary Wad	
Kathrine M	
W55 Janet Reg	
W60 Anna Bra	
W65 Tami Gra	
NYRR Race to	
Central Park,	
Overall	
Paul Mwangi 34	
Gordon Bakoulis	
M40 Jerry Maca	
M45 Amador Yt	
M50 John Costi	
M55 Michael H	
M60 Jim Muldo	
M65 George Hi	
M70 Walter Des	
M75 Sab Koide	
M80 Mel Freide	
M85 Wilfredo R	
W40 Gordon Ba	
W45 Luanne M	
W50 Mary Rosa	
W55 Ann Mak	
W60 Evelyn Da	
W65 Naomi Vo	

Continued from previous page

M75 Sab Koide	26:56
M80 Mel Freidel	34:31
M85 Wilfredo Rios	37:23
M90 Abraham Weintraub	45:43
W40 Gordon Bakoulis	17:11
Diana Fitzpatrick	18:39
Carrie Barratt	19:42
W45 Gillian Horowitz	18:42
Cathy Handy	22:06
Mindy Solkin	22:49
W50 Judy Harrigan	21:16
W55 Susan Sideman	24:33
W60 Evelyn Davis	24:36
W65 Helene Bedrock	22:40
W70 Toshiko E'Elia	25:57
W75 Muriel Merl	28:32
W80 Kendra Kempson	35:12
W85 Adrienne Salmini	1:02:36

NYRR Cross-Country Championships

Van Cortlandt Park, NYC; Nov. 11

Overall	
Art Gunther 30	15:46
Christine Gentile 31	18:58
M40 James Stemm	16:56
M45 Paul Mascali	17:24
M50 Alston Brown	18:19
M55 John Kuhl	22:13
M60 Sidney Howard	20:19
M65 Eric Seiff	25:27
M75 Sab Koide	28:57
M85 Wilfredo Rios	44:05
W40 Katharine van Itallie	22:36
W45 Lynn McFadden	22:28
W50 Mary Rozado	23:01
W55 Eileen Holzman	26:39
M60 Wendy Burns	28:12
M85 Adrienne Salmini	1:06:23

Outback Steakhouse Corridor Classic 8K

Hyattsville, MD; Nov. 18

Overall	
Sammy Ng'eno 27	23:34
Heather Hanscom 23	28:03
M40 John Tuttle	25:12
Joe Abernethy	25:42
Dave Berardi	25:44
M45 Peter Kirk	28:20
Jim Adams	29:54
Tim Holtz	34:15
M50 Paul Ryan	28:23
Mick Slonaker	29:56
Wm English	32:12
M55 Pat Griffin	30:46
Jim Noone	31:40
John Haubert	31:56
M60 Bob Leaberry	35:18
Bill Solters	40:22
Mike Sanders	46:11
M65 Richard Miller	41:04
Jim Keat	41:14
Rich Scradar	42:07
M70 Larry Dickerson	37:34
M75 Ray Blue	45:07
W40 Lee DiPietro	29:45
Gretchen Triantos	30:35
Vanessa Cox	31:38
W45 Linda Wack	31:29
Betty Blank	33:37
Carol Brice	40:51
W50 Eliz Sadoff	40:58
Mary Wade	47:21
Kathrine Malfa	51:01
W55 Janet Regier	51:50
W60 Anna Berdahl	42:56
W65 Tami Graf	41:58

NYRR Race to Deliver 4 Miles

Central Park, NYC; Nov. 18

Overall	
Paul Mwangi 34	19:25
Gordon Bakoulis 40	22:00
M40 Jerry Macari	21:17
M45 Amador Ybanez	21:41
M50 John Costa	23:25
M55 Michael Hudick	25:28
M60 Jim Muldoon	26:11
M65 George Hirsch	27:29
M70 Walter Desind	31:53
M75 Sab Koide	36:14
M80 Mel Freidel	48:23
M85 Wilfredo Rios	50:08
W40 Gordon Bakoulis	22:00
W45 Luanne Mestre	28:29
W50 Mary Rosado	28:07
W55 Ann Makoske	28:59
W60 Evelyn Davis	31:56
W65 Naomi Vogel	40:15

W70 Toshiko D'Elia	34:23
W75 Muriel Merl	36:37
W80 Kendra Kempson	48:03

Manchester 4.748M Road Race

Manchester, CT; Nov. 22

Overall	
Leonard Mucheru 23	21:40
Svetlana Zakharova 33	24:22
M40 Andrew Kuznetsov	23:31
M45 Bob McCusker	28:10
M50 Clair Hasselton	25:23
M55 Mike Groff	29:43
M60 Bill Masterson	34:27
M65 David Sontroem	31:22
M70 Warren Elmslie	46:38
M75 Russell Marth	52:05
M80 Chas Robbins	55:23
M85 Hugh Hamilton	71:03
W40 Judi St. Hilaire	25:23
W45 Elizabeth Knapp	32:40
W50 Barbara Deubel	32:21
W55 Mary Ryzek	34:20
W60 Lynette Walker	34:45
W65 Ann Gillis	47:39
W70 Elizabeth Tracy	72:47
W75 Jane Grappone	87:08
W80 E Hutchinson	70:16

NYRR Knickerbocker 60K

Central Park, NYC; Nov. 24

Overall	
Kevin Shelton-Smith 41	4:36:02
Ellen McCurtin 34	4:41:22
M40 Kevin Shelton-Smith	4:36:02
M45 Andrei Aroneanu	5:10:19
M50 Grant McKown	5:46:36
M55 Tim Ryan	5:53:26
M60 Bruce Boyd	5:56:45
M65 Guenter Erich	6:07:10
W40 Gail Marino	5:26:03
W45 Admas Belligne	5:40:36
W50 Helma Clavin	6:58:00

NYRR United We Run 4 Miles

Central Park, NYC; Dec. 2

Overall	
Stuart Maxwell 29	20:15
Gordon Bakoulis 40	22:13
M40 Conor O'Driscoll	21:01
M45 Amador Ybanez	21:26
M50 John Costa	23:05
M55 Julio Aguirre	23:25
M60 Eduard Fedossov	26:16
M65 Witold Bialokur	26:03
M70 Kenneth Jones	27:57
M75 John Mc Manus	35:27
M85 Wilfredo Rios	51:09
W40 Gordon Bakoulis	22:13
W45 Gillian Horowitz	23:48
W50 Sylvie Kimche	27:27
W55 Susan Siderman	31:11
W60 Anna Thornhill	28:30
W65 Margaret Carinci	39:50
W70 Thelma Wilson	36:08
W75 Grace Salant	1:08:31
W80 Evelyn Heinback	46:18

Brian's Run 10K

West Chester, PA; Dec. 2

Overall	
Aurelio Handaga 28	29:25
Ann Marie Lauck 32	33:33
M40 Andrew Kuznetsov	31:00
Gennady Temnikov 31	31:07
Greg Caulter	32:23
M45 David Anderson	35:49
David James	36:53
Greg Vitali	37:41
M50 Mike Clarke	39:04
Denny Snyder	39:09
Thomas Brazill	40:35
M55 Art Burger	39:31
Art Brown	42:53
Frank Hopper	44:04
M60 Warren Taylor	43:57
Rod Hostetler	45:31
Roberto Carrara	48:38
M65 Bob Dobie	51:23
Frank Dudley	51:45
Larry Dangelo	52:59
M70 Patrick Nutt	51:08
Mort Bauer	56:03
Joseph Havlick	58:11
M75 Paul Wissler	55:07
M80 George Blyn	69:00
W40 Madeline Noe-Schientz	36:22
Lee DiPietro	37:02
Lori Walker	39:03
W45 Beth Howlett	42:33
Raechel Hackney	46:03
Connie Epperson	46:59
W50 Sharon Lachallo	47:35

Allison Page	47:39
Barbara Zeske	47:44
W55 Sandy Roberts	51:50
Barbara Burger	53:29
Mary McCoy	54:49
W60 Gail McCahon	62:31
W70 Lorraine Cephus	75:15

NYRR American Heart Assoc. 4 Miles

Central Park, NYC; Dec. 5

Overall	
Michael Anderson 30	21:26
Amy Fredericks 35	23:54
M40 Kevin Skehan	22:31
M50 Vincent Gaines	26:19
M60 Frank McCabe	32:29
W40 Claire Mazzola	28:40
W50 Kathleen Condon	33:08
W60 Nike Mizelle	36:35

SOUTHEAST

Atlanta Marathon & Half-Marathon

Atlanta, GA; Oct. 14

Overall	
John Bartlett 36	2:33:27
Laura Drake 33	2:55:57
M40 Drew Rogers	2:56:49
Tom Minnor	2:58:26
Jeff Keady	3:01:17
Bill Hintze	3:05:52
Jerrold Dubner	3:10:03
Daniel Levitas	3:13:23
Michael Yoder	3:15:39
M45 Sam Norman	3:06:58
Patrick Bininda	3:13:11
John Anderson	3:15:08
Ole Levring	3:16:31
Keon Lee	3:16:53
John Hawley	3:21:24
M50 Robert Harper	3:14:47
Thomas Bernard	3:15:52
Michael Popick	3:16:51
Iman Majid	3:17:22
Kevin Corrigan	3:17:57
M55 Frank Webb	3:06:52
Larry Anderson	3:20:30
Albert Barker	3:23:01
Joseph Lenahan	3:30:02
Ed Bligh	3:33:00
M60 William Sayle	3:44:35
Chas M Bickhart	3:45:43
Ken Powell	3:56:33
M65 Robert Anderson	4:10:31
Kyoichi Watanabe	4:19:38
C M Brasfield	4:28:31
M70 Orin Scandrett	4:48:26
W40 Charlotte Johnson	3:22:47
Patti Minton	3:34:51
Ginny Crumley	3:35:40
Valerie Reynolds	3:40:07
W45 Susan Breeding	3:29:56
Sally Brookings	3:31:07
Kay McVey	3:53:49
W50 Vickie Johnson	3:17:34
Carmen Moore	3:49:31
Susan Diggins	4:10:46

--Half-Marathon--

Overall	
Fidel Hernandez 36	67:19
Donna Garcia 33	67:01
M40 Federico Ramos	67:03
Jim Bitsko	79:09
Robert Whetten	80:50
Pau Furbish	80:55
Tom Guzikowski	81:58
Marlow Fleeman	83:28
Nicholas Valerio	84:21
Preston Bernhardt	84:34
M45 Ronald Sims	76:40
Alfie Cronin	82:25
George Taylor	85:09
Charles Heinz	85:47
Richard Franklin	86:29
Andy Wilkes	87:41
Richard Yanacek	87:54
David Poteet	88:59
M50 Doc Weiss	83:37
Curtis Richardson	83:55
Thomas Williams	87:08
Andrew Scantbury	89:57
Steve McEwen	90:39
Alon Stewart	90:39
M55 Tom Dooley	80:53
Wallace Carr	91:52
Mickey Lackey	95:45
Lou Marjon	96:21
James Derham	96:30
Jim Thompson	97:23
M60 Jon Adamson	94:42
Mack Hale	99:05
Fred Motz	1:41:10

Steve O'Brien	1:43:30
M65 Chas M Williams	95:33
Paul Wojnowiak	1:44:19
Chas E Teague	1:46:09
John Eurtion	1:56:52
M70 Frank Moelich	2:05:36
Harold Gravitt	2:15:20
Ben Gross	2:17:49
M75+Charles Scott	2:03:03
Jack Cox	2:22:11
Chas G Ross	2:41:46
W40 Victoria Mills	84:08
Sue Kelly	87:07
Mary Sweeney	87:32
Lynn Elam	90:33
D Schaller	90:47
Pam Crockett	91:07
W45 Trish Vlastnik	90:11
K GuderyonGoetz	95:39
C J Weaver	96:38
Nancy Jackson	97:46
Maggie Dimon	97:51
Gerry Gardner	98:24
W50 Jo Adamson	1:45:31
Susan Gantt	1:46:32
Jodie Skorecki	1:49:35
Jan Bowen	1:50:50
Donna Bramlett	1:52:03
W55 Kim Olson	1:47:10
Gloria Cofer	1:53:31
Letha Griffin	1:55:12
Fran Ontrekin	1:59:02
Karen Lester	1:59:35
W60 Yvette Lavigne	96:21
Ann Akers	1:43:40
MayJaneKennedy	2:03:35
W65 JoyceHodgesHite	2:05:55
again	
Joan Loewenthal	3:21:40
Ann Sanderson	4:12:05
W70 Tina Anderson	2:33:55
W75+LorinRichtmeyer	2:36:20
(www.atlantatrackclub.org)	

Outback Steakhouse Half-Marathon

Jacksonville, FL; Nov. 22

Overall	
Gabriel Muchiru 27	1:03:15
Ramila Burangulova	401:12:56
M40 Rafael Guizarro	1:18:02
Brian Daugherty	1:18:28
Alan Sheppard	1:18:57
M45 Jeffrey Delie	1:16:33
Doctor Radical	1:19:57
Lars Leader	1:27:39
M50 Bernie Candy	1:23:45
Robert Torchia	1:24:14
Bruce Holmes	1:25:38
M55 Rod Hill	1:29:17
Frank Frazier	1:30:53
Thom Henkel	1:33:42
M60 Harvey Wamock	1:42:20
Roy Clarke	1:44:32
Dan MacDonald	1:45:28
M65 Charles Desrosiers	1:57:13
Al Crites	2:06:08
Bill Walker	2:15:59
M70+Arnold Mueller	1:54:27
Bo Holub	1:57:57
Robert Moffit	1:58:44
W40 Monica Joyce	1:21:19
Bunny Cannon	1:31:52
Mary Delie	1:32:47
W45 Janet Lavoie	1:35:44
Laura VanCleave	1:37:29
Kathy King-Truitt	1:39:54
W50 Sharon Lucie	1:42:27
Jan Taylor	1:47:25
Kwanchai Supapan	1:47:55
W55 Elnedra Wyner	1:42:08
Theresa Coomes	1:50:30
Angela Wannall	1:59:16
W60 Judith Daniel	1:51:41
Manlynn Koubek	2:04:44
Nancy Pullo	2:11:28
W65 Kathy Witkowski	2:52:33
W70+Irene Herbertson	76:24:13

Thanksgiving 10 Miler

DeLand, FL; Nov. 22

Overall	
Bryon Fiscus 18	58:52
Mellisa Munoz 28	67:11
M40 Colin Ansine	60:16
Tom Michaud	62:03
Jeff Cuddeback	62:27
M45 Glenn Vincent	62:43
Dave Dunn	64:12
James Mayer	68:43
M50 Kevin O'Connor	72:52
Eui Soo Lee	74:23
M55 Pete Pipkin	69:20
Bob Bowen	72:45

M60 Bob Buzzetti	77:22
M65 Jim Elzinga	81:39
M70 David Long	83:23
M75 Elo Sexton	1:40:25
W40 Joann Ott	71:59
SusanLynn Walters	74:57
W45 Char Davidson	73:44
Mary Ann Denes	78:56
W50 Jeanie Burgess	83:44
W60 Willy Moolenaar	85:31

Raleigh Marathon

Raleigh, NC; Dec. 2

(SHORT COURSE)

Overall	
Scott Wolfe 28	2:29:23
Heather Kempinger	282:46:52
M40 Donny Lake	2:36:22
M45 Alan Tulip	2:42:08
M50 Don Slusser	2:50:40
M55 Rick Brown	3:17:36
M60 Neville Frederick	3:14:18
M70 Lee Cooper	3:59:22
W40 Renee Idone	3:17:08
W45 Judy Hinderliter	3:43:40
W50 Kathi Peck	3:54:50
W55 Patricia O'Hanlon	3:59:07
W60 Janet Pecci	5:35:28
W70 Mary Grace Ritter	6:40:51

Hops Marathon by Tampa Bay

Tampa, FL; Dec. 2

Overall	
Jeffrey Delie 45	2:44:54
Corinna Morales 39	3:10:46
M40 Donald Fink	2:52:27
Rob Levinsky	2:57:56
M45 Jeffrey Delie	2:44:54
Gary Bloomer	2:54:42
M50 Martin McCarthy	2:55:30
John Jerome	3:10:56
M55 Arthur Sarakas	3:18:53
Jim Tully	3:24:17
M60 Robert Pope	3:13:40
Chung Yoo	3:37:52
M65 Albert Miclette	3:29:21
Robert Wuthrich	

Continued from previous page

Sam Hirabayashi	2:49:05
Edward Powers	3:31:15
W40 Diana Fitzpatrick	2:04:10
Kathleen Atkins	2:11:09
Barbara Wismer	2:16:13
W50 Hazel Wood	2:32:49
Jessie Stratton	2:33:31
Bobbie Garcia	2:44:29
W60 Barbara Miller	2:24:10
Myra Rhodes	2:45:38
Judy Shipman	2:58:07

Minnie Riperton 10K & 5K
Los Angeles, CA; Nov. 11

Overall	
Jorge Marquez 37	35:09
Willette Page 41	41:44
M40 Marcos Cortez	37:52
M45 Reginald Thornton	42:27
M50 Michael Smith	42:31
M55 Dennis Joe	37:28
M60 Eugene Storey	65:31
M65 Louis Simms	59:35
M70+Milton Bassett 78	43:32
this	
W40 W Page	41:44
Margherita Suin	50:22
W45 Bonne Brown	51:14
W50 Kathryn Balogun	47:40
W55 Darlene Galindo	56:36
W60 Annette James	69:08
W65 Mary Moore	1:42:51

Overall	
Noian Shaheed 52	16:19
Cayla Hernandez 14	20:13
M40 Lance Wylie 2nd	17:56
M45 Landgon Soares	20:48
M50 N Shaheed	16:19
Elias Garcia 4th	19:26
M55 Alan Romansky	23:21
M60 George Cohen	22:13
M65 Robert Lyons	21:57
M70+Tony Yarbough 73	24:33
W40 Shirley Smith	25:39
W45 Ozella Anderson	28:08
W50 Sharon Lotesto	21:28
W55 Frankie Gragg	27:38
W60 Joyce Woods	36:42
W65 Trudy Williams	43:00

Long Beach International City
Marathon & Half-Marathon
Long Beach, CA; Nov. 11

Overall	
Joseph Kamau	2:18:51
Lyubov Denisova	2:34:12
M40 C Kundrotas	2:28:48
Rigoberto Vega	2:39:00
Tim Yacada	2:54:24
M45 Carroll Pope	2:57:01
Rob Rinehart	3:09:04
M50 Jose Aponte	3:00:12
Phil Pope	3:24:48
M55 William Benn	2:54:24
Wayne Mitchell	2:59:17
M60 Joseph Wojcik	3:52:29
Fred Pollard	3:53:05
M65 Paul Weber	3:58:38
Bobby Lopez	3:59:23
M70 George Border	4:18:02
Bob Kohler	4:53:29
M75 Robert Kohagura	5:33:08
John Taylor	6:09:17
W40 Tina Escobar	3:03:53
Cheryl Prior	3:05:16
Joan Cochrane	3:13:05
W45 Kathryn Johnson	3:41:00
Irene Orr	3:49:12
W50 Romana Niblack	3:42:20
Carol Richardson	3:43:33
W55 Marilyn Michales	4:15:49
Uta Robinson	4:47:08
W60 Hwa-Bong Kim	4:27:45
Lou Ann Carey	5:54:59
W65 Mary Dugan	4:47:19
Marlene Alper	6:03:49
W75 Antoinette Hill	5:15:35

Overall	
Nbarak Hussein	1:05:01
Sylvia Mosqueda	1:13:30
M40 Alfredo Rosas	1:15:28
Gary Niegemann	1:17:47
M45 Mike Morris	1:20:31
M50 Oscar Fricke	1:26:51
M55 Juan Cabeza	1:24:04
M60 Juan Guzman	1:33:10
M65 William Wall	1:39:16
M70 Patrick Devine	1:50:38
M75 Robert Herman	3:25:11
M80 Rusty Hunter	2:12:20
W40 Jill Ireland	1:29:49

W45 T Pozdnyakova	1:17:48
W50 Peggy Enriquez	1:47:38
W55 Patty Giebel	1:49:10
W60 Roberta Rodin	2:07:11
W65 Elsie Billy	2:18:01
W70 Yukie Mochida	2:05:41
W75 Byung Ye Kim	2:46:01

Jet to Jetty 5K & 10K
Playa del Rey, CA; Nov. 17

Overall	
Manuel Aguayo 17	16:09
Tania Fischer 35	17:29
M40 Brett Darrington	17:14
M45 Agustin Lopez	19:05
M50 Jon Hutner	19:47
M55 Catarino Gonzalez	17:04
M60 Susumu Niimi	21:05
M65 John Spivack	23:23
M70 Milo Sather	24:43
M75 Richard Scully	31:04
M80+Charles Waugh 82	38:25
W40 Jeanne Sather	21:46
W45 Laurie Rasmussen	28:20
W50 Sharon Lotesto	21:13
W55 Patty Fogerson	30:17
W60 Judith Miller	33:34
W65 Atsuko Fujimoto	28:27
W70 Dora Vallarta	40:18
W75 Ruth Cleland	50:48

Overall	
Gilbert Salazar 28	32:01
Mary Akor 25	38:19
M40 Chuck Fieland	37:58
M45TakashiYagisawa3rd	36:10
M50 Bill Read	42:12
M55 Dan Crosser	45:38
M60 Richard Franco	41:35
M65 Jerry Shourds	49:54
M70 Loren Leonard	59:13
M75 Steve Bathias	73:12
W40 Christine Lange	44:45
W45 BonnieBrownBates	56:42
W50 Patricia Shapiro	42:33
W55 Mahin Rezapour	54:49
W60 Maria Weekes	66:21
W70 Bee-Jay Keel	86:37

Terry Fox 5K
Los Angeles, CA; Nov. 18

Overall	
David Olds 40	15:21
Ronit Akoren 31	20:02
M40 D Olds 40	15:21
Jose Lopez 41	18:48
M50 Jose-Luis Olvera51	19:26
Chas Castelli 55	21:03
M60 Mike Ishikawa 64	21:48
Ron Giesinger 62	29:07
M70+Leonard Walts 72	24:47
Norm Gottlieb 75	31:36
Julian Myers 83	34:36
W40 Laura Stovitz 40	23:19
Jodie Greger 42	23:28
W50 Fran Smith 57	24:37
Bernice Balson 59	28:25
W60 Gudrun Naschak67	31:42
W70+Grace Davidson79	43:22

Dana Point Turkey Trot
Masters 5K
Dana Point, CA; Nov. 22

M40 Chris Jagers	16:05
Angelo Decolibus	16:13
Eobn Fahy	16:27
Larry Holland	16:36
Mark Cleary	16:41
Bryan Wilkins	16:49
Franco Goss	17:10
Rex Taylor	17:21
M45 Dave Parsel	16:35
Gary Nitti	17:18
Mike Tipping	17:32
Steve Lassegard	17:40
Bob Morris	17:46
Kevin Dempsey	17:52
Irv Dawson	18:02
David Smith	18:27
M50 Nolan Shaheed	15:41
Don Irvine	17:30
Ian Carson	17:49
John McAndrew	17:54
Mike McNeas	18:00
Bill Summer	18:07
M55 Richard Hall	18:11
Bill Sokol	19:57
Jim Gulaskey	21:34
Paul Pratt	21:35
Mike Harrison	22:02
M60 Leon Alexander	20:02
Jim Malpede	21:48
Luis Varga	22:03
Don Hufstader	22:04

M65 Chris Bourke	21:47
Stanley Polski	23:45
Jim Clay	24:05
M70 Link Lindquist	24:13
Gil Nielsen	27:28
Eugene Langworthy27	41
M75 Robert Kay	28:43
James Brown	33:15
M85 Bill Nice	28:25
W40 Yayoi Liu	18:56
CarolineMcAndrew19	53
Debbie Filby	20:52
Cathy Shargay	21:15
W45 Marcella Teran	18:30
Debbie Barraza	18:52
Beverly Andrew	21:53
Valery McAndrew	23:03
W50 Patricia Tisone	23:53
Jodie Kinney	23:54
Pamela Fisher	24:21
W55 Shari Smith	27:31
Marilyn Whisenand	27:36
Maggie MacDonald27	50
W60 Ursula Rains	24:25
Marnie Roti	27:04
Pat Herr	28:05
W65 Winnie Rich	28:33
Anna Mattson	30:04
W70 Dorie Smith	30:16
Dorothy Bardsley	45:16
W75 Alice Ellis	37:48
MaryJane Brown	39:33
W80 Lois Edds	34:07
W90 Edith Allen	43:33

Overall	
(www.turkeytrot.com)	

Run to the Far Side 10K
San Francisco, CA; Nov. 25

Overall	
Brian Richter 32	32:25
Maggie Visser 28	38:09
M40 Clyde Matsumura	35:12
Scott Robertson	36:32
M50 Charlie Thompson	36:28
Frank Ruona	36:48
M60 Robert Gormley	39:05
Bernie Hollander	44:27
M70 Matt Norris	49:32
Tom Walsh	57:28
M80+Dana Snider 93	58:34
W40 April Powers	39:14
Walter Paulsen	39:44
W50 Sharlet Gilbert	43:55
Loreli Trippel	44:30
W60 Trudi Hofmann	50:22
Judy Shipman	53:03
W70 Lorraine Sharman	67:55

Western Hemisphere Marathon
Culver City, CA; Dec. 2

Overall	
James Maynard 33	2:33:03
Mary Akor 25	3:03:54
M40 Danny Westergaard	2:58:50
M45 Takashi Yagisawa2	52:25
M50 Dean Goodman	3:33:42
M55 Juan Cabeza	3:28:10
M60+Michael Archuleta3	53:18
W40 Pauline Mojewicz	4:24:15
W45 Reiko Miratsu	3:12:19
W50 Diane Finell	4:19:45
W55 Rita Price	4:31:11
W70 Mary Ehrlich	4:56:23

California International
Marathon
Sacramento, CA; Dec. 2

Overall	
Bruce Deacon 34	2:22:12
Inna Safarova 32	2:36:36
M40 Vitas Ezerskis	2:36:49
Jesus Garcia	2:39:20
Dennis Rinde	2:39:50
M45 Pete Kaplan	2:45:34
Bruce Harrison	2:48:57
Lloyd Stephenson2	54:31
M50 Mike Norton	2:57:04
Don Paul	2:59:07
Jim Gorman	3:10:10
M55 Franklin Ruona	2:54:42
Don Porteous	2:57:56
Wally Herrala	3:07:36
M60 Jerome Wirz	3:28:07
Joe Hurtado	3:28:41
Floyd Whiting	3:30:15
M65 Bernie Hollander	3:42:45
Don James	3:43:23
Roger Daniels	3:47:33
M70+John Milne 70	4:41:09
Sam Hirabayashi 74	4:56:08
Harry Daniell 73	5:20:21
W40 Diana Fitzpatrick	2:59:18
Kathleen Atkins	3:12:00
Kim Rouse	3:17:49
W45 Christine Iwahashi3	16:48

Ilze Rupners	3:22:06
Kim Meegison	3:22:34
W50 Katherin Frank	3:34:47
Rhonda Provost	3:42:41
Hazel Wood	3:43:49
W55 Nancy March	3:43:56
Jessie Stratton	3:53:57
Rusty Barnett	4:08:34
W60 Barbara Miller	3:36:03
Trudi Hofmann	3:58:48
Judy Shipman	4:29:43
W65 Myra Rhodes	4:04:00
W70+Helen Klein 79	5:13:11

NORTHWEST**Pumpkin Push 10K & 5K**
Seattle, WA; Oct. 27

Overall	
Tony Young	32:12
Erica Koenig	37:18
M40 Paul Abdalla	33:27
Gary Niegemann	35:23
M50 John Johnson	37:08
Doug Beyerlein	39:51
M60 Lee Parker	43:25
W40 Devine Cash	44:26
WendyHekeJones	44:39
W50 Sandra Noel	51:10
W60 Bev La Veck	54:23

Turkey Stuffer 5K
Springfield, OR; Nov. 22

Overall	
Oliver Twist 21	15:35
Liz Wilson 33	17:10
M40 Dan Wojcik 45	16:52
Steve Kretsinger 42	17:05
Larry Pine 49	17:43
M50 John Olsen 50	18:54
Ron Ackerman 54	19:03
M60 Dan McCormack 63	19:25
M70 Donn Kirk	29:08
W40 Jackie Manley 48	21:31
W50 Pam Turner	21:31
W60 Jane Dods	28:01

**Seattle Marathon & Half-Marathon**
Seattle, WA; Nov. 25

Overall	
Uli Steidl 29	2:24:38
Joan McGrath 39	2:49:25
M40 Perry Grunenberg2	48:30
Cliff Richards	2:50:01
M45 Daniel Menard	2:51:41
Harvey Wing	2:59:47
M50 Ken Grunenberg	3:07:00
Kenneth Farmer	3:07:37
M55 Jim Boyd	3:34:11
Herb Allen	3:36:59
M60 Larry Carroll	3:21:25
George Kreminka	3:45:21
M65 Neil Preedy	4:00:23
Nester Sliwka	4:19:56
M70+Keith Wood	3:49:40
Bob Dolphin	4:47:21
W40 Gail Hall	3:17:01
Eliz. Jones	3:28:14
W45 Janet Green	3:28:20
Judy Morrison	3:41:47
W50 Akiko Kitada	3:55:37
Christina Ralph	4:01:53
W55 Patti Wilson	3:36:20
Gunhilde Swanson	3:39:41
W60 Mae Palm	3:49:51
Kathy Ryan	4:23:00

Half-Marathon
Overall

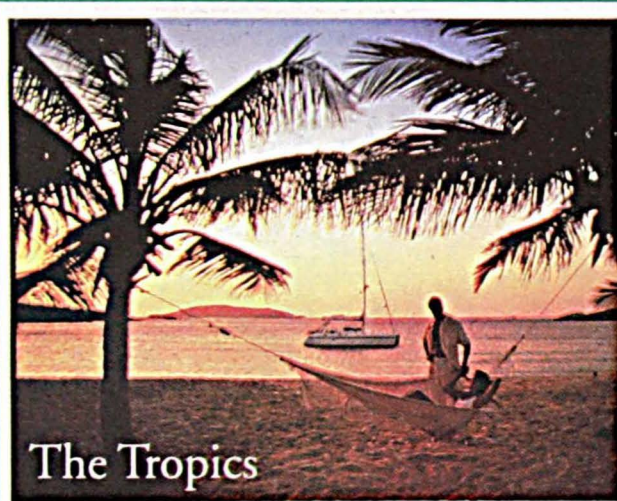
Todd List 23	1:11:52
Kristi Way Thomas 32	1:25:43
M40 Paul Hopkins	1:22:20
Scott Wray	1:23:24
M45 Bob Murphy	1:19:24
Larry Trachtenberg	1:20:54
M50 Rob Benedetti	1:18:53
Hajo Brumund	1:25:55
M55 Jeff Corkhill	1:22:09
Ron Barker	1:30:35
M60 Kelley Slayton	1:38:05
Jim Jones	1:38:45
M65 Bill Iffrig	1:37:18
Lee Parker	1:43:42
M70+France Cokan	1:45:07
Philip Buckner	2:20:40
W40 Jill Banister	1:28:48
Susan Vasquez	1:34:16
W45 Mary Steinberg	1:36:28
Cotah Rose	1:37:27
W50 Susan Havens	1:41:56
Vicki Hart	1:44:13
W55 Judith Paine	1:53:35
Karan Goodman	1:56:34
W60 Belinda LeBlanc	1:55:53
Sarah Beer	2:00:26
W65 Arlene Ameson	1:58:37
Patricia Johnson	2:00:22

INTERNATIONAL**South Africa Veterans**
Marathon & Half-Marathon
Championships
Stellenbosch; Nov. 17

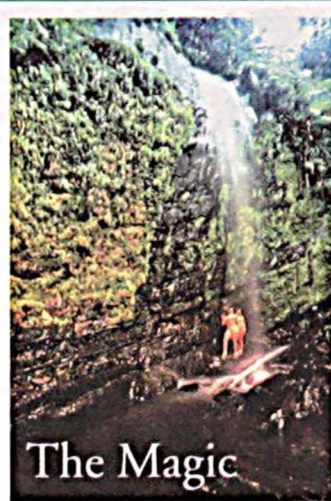
M40 Allan Ryninks	2:50:58
Max Ruppert	2:52:55
M45 Ronnie Muhl	3:22:58
M50 Danie Nienaber	2:59:59
M55 Tony Riddick	3:09:09
M60 John Weston	3:41:20
M65 Caspar Greeff	3:38:39
M70 Gert Swanepoel	4:05:48
W35 Penny Corbett	3:25:45
W40 Malana Vys	3:15:45
W45 Nancy Will	3:53:10
W50 Fran Pocock	3:19:34
W55 Marietha Herbert	3:49:22
--Half-Marathon--	
M40 Guy Howes	82:56
M45 Frans Kotze	86:56
M55 Albertus Bock	81:52
M60 W van der Merwe	1:44:03
M65 B Evans	98:49
M70 Lars Nayler	1:45:00
W35 Vanda Amos	1:45:32
W40 Tilda Krugman	92:42
Elzette Gibson	95:10
W45 Charmaine Cupido	93:31
W50 Zonia Barnard	1:51:32
W55 Pixie Sparg	1:43:10
W60 Val Lumb	2:05:57
W65 Maggie Johnson	2:18:14

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CAROLINA, PUERTO RICO



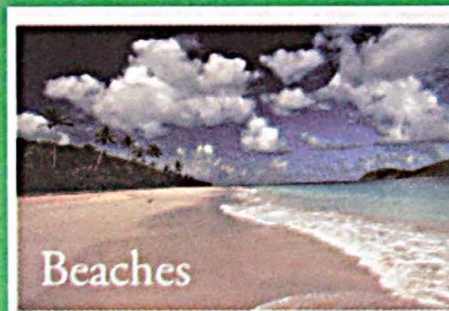
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master ['mæstər, B 'mɑ:stə] "He or she who can run, jump, throw, sprint, and dance in the tropics for 12 straight days"



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