

## Collins, McDaniels Named Best 2003 T&F Athletes; Hellebuyck, Matson Top LDR Picks

### Honors Also Go to Lewis, Ashford, Young, Dockstader, and Patz

Bill Collins, 53, Houston, Texas, and Leonore McDaniels, 75, Virginia Beach, Va., were chosen as the outstanding male and female athletes for 2003 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual meeting in Greensboro, N.C., Dec. 3-7.

They were honored along with other award winners at the Awards Breakfast on Saturday, the 6th, at the Koury Convention Center Sheraton Four Seasons.

The awards for the Outstanding Single Performance were given to weight pentathletes Robert Ward, 70, Carrollton, Texas, and Oneithea Lewis, 43, Bayside, N.Y., for their world-record totals.

Ward, who turned 70 on July 4, thereby missing the golden opportunity to compete as a newborn M70 in the 15th WMA Championships in Puerto Rico (July 1-13), had to wait until the Masters National Weight Pentathlon, Fort Collins, Colo., Aug. 23-24, to score a world record 5291.

Lewis, who won the W40 weight

pentathlon in Puerto Rico, also scored a world record (5261) at Fort Collins. She was also given the award as the Outstanding Female Combined-Event Athlete for her weight pentathlon world record. Her male counterpart for the Combined-Event Athlete was Denver Smith, 75, of Ohio. Smith won his division in the Masters Indoor Heptathlon and WMA Championships, and was the top scorer (7318) in the Masters Decathlon Championships.

Northern Californians Jack Bray, 70, of Greenbrae, and Shirley Dockstader, 70, of Mill Valley, were selected as the top racewalkers for 2003. Bray set one world and three national records, and took two individual golds in Puerto Rico. Dockstader

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### DiPietro, Romesser, Martin Among 29 Runners Honored by USATF

Eddy Hellebuyck, 42, and Shirley Matson, 62, were among 29 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 25th annual meeting in Greensboro, N.C.

All of the awardees had an outstanding year, the men establishing nine new age-group records, and the women, five. Of the male winners, only two of 12 were repeat winners from last year, while seven of the 11 women's winners won the award last year.

Hellebuyck accounted for four new marks in the 10 mile, 5K, 10K, and marathon, the last three, remarkably, in a 30-day period. Henry Sypniewski, M85, set new standards in the 15K, half-marathon and marathon. Ernest Van Leeuwen, M90, set new marks in the 10K and the marathon.

Matson established new W60 standards in the 10 mile and 15K. Lee DiPietro, W45, set a new mark in the half-marathon, as did Kathryn Martin, W50, in the half-marathon, and Helen

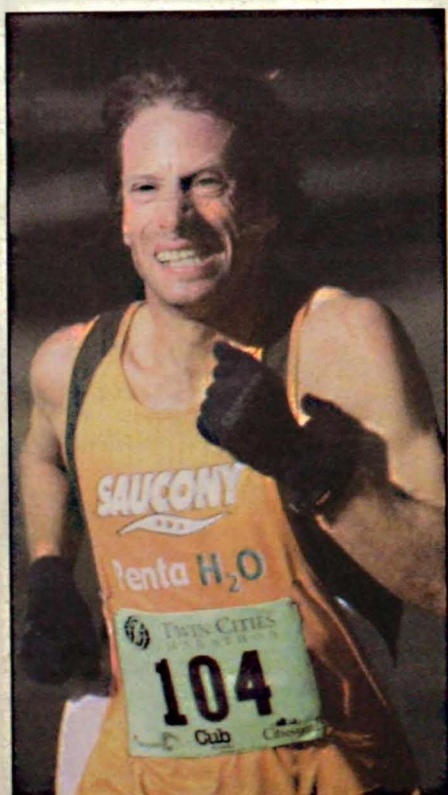
Klein, W80, in the marathon.

Gary Romesser, M50, and Hellebuyck, were the only repeats from 2002 among the men. Margret Betz, W65, Myra Rhodes, W70, Muriel Merl, W75, Hedy Marque, W85, Edith Allen, W90, plus Martin and Matson were repeats for the women.

Di Pietro was the only woman who had not won the award previously, while Janet Robertz, W40, Gloria Jansen, W55, and Klein returned to the winners' fold.

Among the men, Dave Parsel, M45, Bill Borla, M60, Ray Parella, M65, his co-winner Peter Polidori, M65, and Charlie Rose, M70, debuted as award winners, while Bill Rodgers, M55, Jerry Johncock, M75, Lloyd Young,

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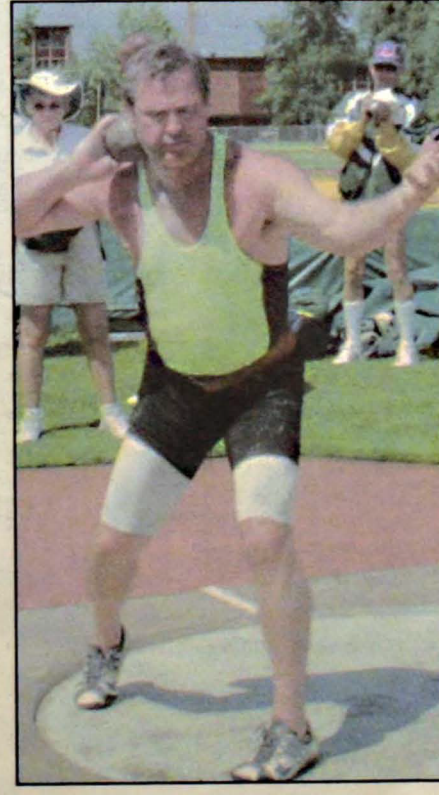
Eddy Hellebuyck



Bill Collins



Leonore McDaniels



Bob Ward

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# NATIONAL MASTERS NEWS

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

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The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

**Executive Officers of USATF:** Bill Roe, President; Craig Masback, Executive Director.

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**Mailing:** The issue is mailed the last week of the month prior to the cover date.

**Postmaster:** Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

**Subscriptions:** A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/286-3129.

**Address change:** At least four weeks is required for a change of address. Please furnish your new address and an old label from a recent issue to the Subscription Dept.

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3) Harry Brooks  
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## Runners Honored

Continued from page 1

M80, Sypniewski and Van Leeuwen returned to the winners' circle.

In the Masters LDR Championships, Robertz won the 25K and the marathon, DiPietro, the 20K, Martin, the 5K and 10K, Jansen, the 5K, 20K and marathon, Betz, the 5K, Rhodes, the 10K, and Merl, the 5K. Hellebuyck won the 10K, half-marathon and marathon, Parsel, the 10K, Rodgers, the 20K, Polidori, the 25K, Johncock, the 25K, and Young, the marathon.

Allen and Van Leeuwen were recipients of the Paul Spangler Award given to the oldest age-group winners.

The Otto Essig Award, for meritorious service to Masters Long Distance Running, was given to George Regan, Race Director of the Freihofer's 5K, which has served as our women's national championships. The



THOM WEDDLE

Janet Robertz, W40 LDR Athlete of the Year.

Freihofer's race has been providing an outstanding venue for our runners for 25 years, and the LDR Committee felt that Regan richly deserved this award.

Last year, the Outstanding Cross-Country Runner award was given to one man and one woman. This year, two men and two women were honored. Martin, a repeat from 2002, and Matson were selected, along with Tom Dalton, M40, New York, and Robert Winn, M40, Maine.

USATF's Mountain/Ultra/Trail (MUT) Running Council selected Pam Reed, 42, Arizona, and John Geesler, 44, New York, as Masters Ultrarunners of the Year. Kari DiStefano, 44, Colorado, repeating her selection of last year, and Bernie Boettcher, 40, Colorado, were honored as Mountain Runners of the Year.

The M/U/T Council named the Morrison Auto Group and Volkswagen of America the Contributor of the Year.

— Don Lein

Masters LDR Awards



GEORGE BANKER

Lee DiPietro, W45 LDR Athlete of the Year.

### USATF Masters Long Distance Running Committee Athletes of the Year 2003

Age Group	Women	State	Men	State
40	Janet Robertz	MN	Eddy Hellebuyck	NM
45	Lee DiPietro	MD	Dave Parsel	CA
50	Kathryn Martin	NY	Gary Romesser	IN
55	Gloria Jansen	MN	Bill Rodgers	MA
60	Shirley Matson	CA	Bill Borla	CT
65	Margret Betz	NY	Ray Parella	IN
			Peter Polidori	MI
70	Myra Rhodes	CA	Charles Rose	NC
75	Muriel Merl	NY	Jerry Johncock	MI
80	Helen Klein	CA	Lloyd Young	MN
85	Hedy Marque	VA	Henry Sypniewski	NY
90	Edith Allen*	CA	Ernest VanLeeuwen*	CA

\*Paul Spangler Athlete of the Year  
 X-C Athletes of the Year: Tom Dalton, 45, NY, and Robert Winn, 44, ME  
 Kathryn Martin, 52, NY, and Shirley Matson, 63, CA  
 Ultrarunners of the Year: John Geesler, 44, NY, and Pam Reed, 42, AZ  
 Mountain Runners of the Year: Bernie Boettcher, 40, CO, and Kari DiStefano, 44, CO

## IDAHO INDOOR MASTERS CLASSIC

March 13-14, 2004

**Boise, Idaho**  
**Jacksons Indoor Track**  
**Idaho Center**  
*(site of the 2005 USA Track & Field  
 National Masters Indoor  
 Championships)*

**Open to men and women  
 ages 30 years and older**  
**age groups: 30-34, 35-39, 40-44, 45-49, etc.**

### Track Events

60 Meters	800 Meters
60 Meter Hurdles	4 x 400 Relay
200 Meters	Mile
4 x 800 Relay	400 Meters
3,000 Meters	3,000 M Racewalk

### Jump Events

Long Jump    High Jump  
 Pole Vault

### Throw Events

Shot Put    Weight  
 Superweight



**For event information:**  
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### NATIONAL A-G GAMES

I would like to plant a seed among our readers in hopes that someone has the desire and ability to take it and make it grow. I believe that the event I will describe would be well attended and might become one of the most popular among masters t&f participants.

**What:** A meet designed around age-graded competition using the tables in the Age-Graded Tables book published by and available from NMN.

**Time:** During January or February, when many of us are looking for competition and still must wait a month or two for most outdoor meets.

**Where:** Somewhere in the West, South or Southwest with reasonable airline access. We need a location with a good chance for winter weather warm enough for outdoor activities.

### TEN YEARS AGO January 1994

- Bill Rodgers, 46, and Carol McLatchie, 41, Chosen Outstanding Masters Long Distance Runners of 1993 at USATF Annual Meeting
- Phil Mulkey, 60, and Philippa (Phil) Raschker, 46, Named Top T&F Athletes
- Don DeNoon, 50, and Sally Richards-Kerr, 41, Selected as Top Racewalkers
- Charles McMullen (M40, 26:08) and Rebecca Stockdale-Wooley (W40, 31:18) First in National 8K Cross-Country

**Competition:** Head-to-head without regard to age or sex. This would require several preliminaries, but could well come down to a sprint containing eight runners both male and female with age ranges from 30-something to 70-something. Only starting stagger positions would provide the equalizer.

**Events:** Limited for the first trial year. Possibly running events ranging from 100 through 1500. Two jumps, three throws, no hurdles.

**Officials:** Certified USATF with electronic timing. Organized so that results would be recognized and respected. Entry fees would need to be adequate to properly show our appreciation for the officials who hopefully are also suffering from "cabin fever" just after the holidays.

**Awards:** Only three per event. Everyone in the 400, for example, will be competing for the same gold or silver or bronze. I predict that the winners will treasure this medal above any they have received, because of the unique nature of the event.

**Entry Deadline:** No on-site entry and more lead time than most, due to

### NATIONAL MASTERS NEWS

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This will enable foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

the complexity of staging.

**Problems:** This would be a bear to organize. I picture a large number of flags or a white tape extending almost half the length of the race. The official, knowing the age of the competitor, would then indicate the on-track position for the start. Races longer than 400 would require participants previously lined up in order and crossing the starting line at a time signaled by the clerk or starter. Throwers and jumpers would have factors added after the completion of the event.

**Rewards:** This could potentially develop much camaraderie and respect among the age groups and be more fun to watch than almost anything we do. And if the A-G tables are accurate and the staggers are correctly applied, we would see some very interesting finishes.

Just a cold winter's day thought that some of you might like to cook in your head and refine a bit.

Jim Leggett  
Levelland, Texas

### MAGNETS

The column about magnets by Dr. Pagliano in *The Foot Beat* (Dec. NMN) brought out the great importance of the placebo effect. This really is a very significant factor in the health of most people.

Far beyond the topic of magnets,

drugs and medicines likewise are often associated with the placebo effect. When clinical trials are done on a new pharmaceutical, comparison with a placebo is routinely done, because the medical community recognizes its significance.

The placebo effect also works in the opposite direction, so your running performance, your health, and your quality of life can be adversely affected by what you think. Even something like the price of a house can change substantially if there is a power line nearby, because some potential buyers erroneously believe they might get cancer from electromagnetic radiation.

Every masters runner needs to be on the lookout for the negative placebo effect. The *National Masters News* helps in several ways, particularly by giving good examples of folks who are still performing well.

By establishing a clear standard for measuring performance, the age-graded tables help you fight against the tendency to say, "Oh well, I'm just getting old," when you turn in a poor time.

As we learned long ago from the children's story, *The Little Engine That Could*, the most helpful racing strategy for a runner may be to use the placebo effect and say, "I think I can."

Thomas P. Sheahan  
Deer Park, Maryland

### SPEAKER'S CORNER

Peter Taylor wrote an excellent column in *Speaker's Corner* (Nov. NMN), and made some very good points about eliminating trials at Nationals.

I strongly agree with him on the 800 and 1500, especially if management accurately seeds the section finals.

Eliminating the 800 and 1500 trials would allow those participants the opportunity to consider adding the 5000 or steeplechase to their agenda, or reducing vacation time and travel expenses by two days.

Randy Taylor  
Little Rock, Arkansas

### KUDOS

I have been a subscriber for 20 years. Excellent source of information. Keep up the good work.

Matti Hannus  
Finland (by e-mail)

### We Welcome Letters

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- E-mail submissions same as above (except, of course, no signature).
- Keep it short. Concise letters developing a single theme are more likely to be published.
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CZZMN

## Sustainers for January 2004

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

We are grateful for the support of masters athletes.

Special thanks this month go to:

Mike Fanelli  
Ralph Hall  
Joy MacDonald  
Masashi Noritake  
John Shaw  
Thomas Talbott  
Clarence Trahan  
James Young

San Anselmo, California  
Evergreen, Colorado  
Cross Junction, Virginia  
Los Angeles, California  
Davison, Michigan  
Cos Cob, Connecticut  
Hemet, California  
Lees Summit, Missouri



## Track & Field Report

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

### Many Thanks In Order at Annual Meeting

I would like to thank all those delegates who gave of their time and expense to participate in our 25th annual meeting in Greensboro, North Carolina.

This year's meeting was overseen by our very able and astute parliamentarian (among other duties), Phil Byrne, who did an excellent job of keeping us on track and making sure everyone's rights were considered.

The Masters Committee voted against national clubs and was in favor of the rule that allows athletes to transfer between associations. Hopefully, athletes will understand the importance of our grass roots approach to trying to build the strength of the local association club.

I believe one of the significant building blocks of our future is the local club. It is the replacement of our past school identities that many of us competed for with *passion*.

#### Club Scoring

The committee's direction to continue club scoring at our national championships on a demonstration basis, and their direction for me to submit a rule submission next year for club scoring to become official, is a step in the right direction.

#### Championship Events

Congratulations to Boston for being

awarded our 2006 Indoor National Championships. We are very lucky to have such a competent local organizing committee for this championship event.

Congratulations to Fort Collins, Colo., for winning the right to represent the U.S. in the bidding to hold the NCCWMA Regional Championships in 2006. I can't imagine a better bid although we need to thank Clermont, Fla., for their fine bid as well.

The Committee reaffirmed that our delegates to WMA assemblies will honor a consensus voting policy. We certainly look better to the world when we agree on positions.

Also, the committee voted a separate set of delegates for the WMA World Indoor Championships in Sindelfingen, Germany, and the NCCWMA Regional Championships, Dorado, Puerto Rico. This was done since different people would probably be going to each meet and we wanted to make sure that the delegates had time to prepare for the important business at these meets.

Since the Sindelfingen assembly is

to select the 2006 indoor championships, the Long Distance Running Committee has agreed that all five delegates will come from the Masters Track and Field Committee. Thank you, LDR Committee, for your support.

#### Team Tops

The joint Masters T&F-LDR Committees voted to include a team uniform (top) in the entry fee for future world championships, beginning with San Sebastian. There will be some choices envisioned at this time: T-shirt, singlet and women's top. Suzy Hess will head up a uniform committee.

#### Dedicated Service

We have much to thank Sandy Pashkin for. What a great job she has done for us as team manager. Sandy decided to step down from the team manager position to devote her energies to other challenges. The Executive Committee elected her able assistant, Phil Greenwald. Congratulations to Phil. We look forward to working with him.

Also thanks to Sandy and her Games Committee for the great job they have done over the years. It's reassuring to know that they are at our national championships helping make sure things run smoothly.

If that's not enough, Sandy has volunteered to take over the Records Committee from legend Pete Mundle. Pete has done this important job since

1970. It's hard to give enough praise for the tremendous job this gentleman has done for us. He is truly an immortal figure in the masters movement. Pete will continue to do the single age records, which are not officially part of USATF.

By singling out these people I want to emphasize that this by no means minimizes all the effort by others who have worked tirelessly to make 2003 a great year.

#### Media Representation

Other really significant happenings include the appointment of Bob Weiner as chair of our newly formed Media Sub-Committee. We are really fortunate to have such a high-powered professional working with our National Office, Local Organizing Committees and athletes in publicizing USATF Masters Track and Field.

#### Rankings

Thanks to Dave Clingan and Larry Patz for the great job they have done in the development of our rankings. I can't say enough about how I appreciate their hard work and willingness to help in our getting more meets sanctioned. The power of the rankings will be a significant aid in this quest.

There were many other important matters covered that I will leave to *National Masters News* and the minutes to convey.

Again, thanks to all of you. Happy Holidays and great success in the coming year. □

### USATF MASTERS TRACK AND FIELD COMMITTEE 2004 Budget

Name	Nat. Office Funds	Surcharge Fund	Total
Chair	\$ 4,700.00		
Secretary	\$ 1,500.00		
Vice-Chair	\$ 1,500.00		
Treasurer	\$ 720.00		
Site Inspections	\$ 1,000.00		
Rankings	\$ 3,000.00		
SE Region	\$ 1,300.00		
NW Region	\$ 1,300.00		
West Region	\$ 1,300.00		
Eastern	\$ 1,300.00		
Southwest	\$ 1,300.00		
Mid-America	\$ 1,300.00		
Midwest	\$ 1,300.00		
Combined Events	\$ 1,165.00		
Records	\$ 2,065.00	\$ 935.00	\$ 3,000.00
Weights	\$ 750.00		
Awards (also below)	\$ 1,000.00		
Team Manager (also below)	\$ 800.00		
Hall of Fame	\$ 1,000.00		
Administrative	\$ 1,000.00		
Masters Invitational Program	\$ 1,300.00		
Racewalking	\$ 400.00		
NC-WMA (Masters Chair)	\$ 1,000.00		
Games Committee		\$ 6,000.00	\$ 6,000.00
Marketing Campaign *		\$ 5,000.00	\$ 5,000.00
NMN Grant		\$ 5,000.00	\$ 5,000.00
Age 30-39 Rankings		\$ 750.00	\$ 750.00
Demographic Study		\$ 300.00	\$ 300.00
Contingencies		\$ 1,000.00	\$ 1,000.00
Team Manager (WMA Champs.)	\$ -	\$ 2,000.00	\$ 2,000.00
<b>TOTAL</b>	<b>\$ 32,000.00</b>	<b>\$ 20,985.00</b>	<b>\$ 52,985.00</b>

\*\*Direct Mail-Nat. & Reg. Championships



### NASHVILLE STRIDERS INDOOR TRACK & FIELD MEET MURPHY CENTER MIDDLE TENNESSEE STATE UNIVERSITY MURFREESBORO, TENNESSEE



SUNDAY, FEBRUARY 8, 2004

- Facility:** 280 yard (256m) oval 1/4" spike maximum. Starting blocks provided.
- Age groups:** Five year age categories 30-34, 35-39 etc, female and male. Open to athletes 19-29.
- Awards:** Top 3 in each age category receive medals, ribbons to places 4-6.  
\$100 to top age graded performance in male and female in field and track events (1 distance, 1 sprint, 1 jump, and 1 throw).
- Sanction:** USATF meet. All participants must have a valid 2004 card & copy of birth certificate  
Card purchased through local association or at USATF.org.  
Non-available at meet site.
- Registration:** Registration prior to meet: \$12.00 1<sup>st</sup> event, \$6.00 each additional before January 30, 2004. Between January 31 and February 5, \$14.00 1<sup>st</sup> event, \$7.00 each additional (relay is free). **ONSITE REGISTRATION: \$ 20.00 1<sup>st</sup> event, \$12.00 each additional event.** No registrations will be taken over the telephone, FAX or email.
- Results:** Finish Lynx timing - NMN, masterstrack.com and www.nashvillestriders.com.

Event order (females followed by males oldest to youngest):	
10:00AM	Weight throw - Pole vault - High jump
10:30	Long jump followed by Triple jump
11:00	Shot put
	★ Break ★
1:00PM	55mH prelims/finals
1:20	55m Dash prelims/finals
1:45	55m H finals
2:00	55m Dash finals
2:15	Mile run
2:30	400m Dash
2:45	Mile Race walk
3:10	800m Run
3:20	3000m Run
3:45	200m Dash
4:00	Mile relay

Send fees and registration to:  
**Nashville Striders**  
PO Box 917  
Madison, TN 37116

—Tear off and send with fees—

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M / F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_ 2004 USATF #: \_\_\_\_\_  
Events entered: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ Shirt size: \_\_\_\_\_ Fees paid: \$ \_\_\_\_\_

Waiver: In consideration of my entry into this meet I, for myself, my heirs, devisees, executors, administrators, and assigns, hereby waive, release and discharge any and all claims against officials, Middle Tennessee State University, the Nashville Striders, and all sponsors for an injury I may receive by participating in the meet. I do further attest that I am physically fit to participate in the meet.

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



## Third Wind

By MIKE TYMN

### Getting to the Heart of the Matter

What exactly does it mean when a television commentator or journalist refers to a competitor having a lot of "heart" or displaying much "courage"? I began pondering this a few months ago when I exchanged e-mail with Bruce Kauffmann, a columnist for *The Sunday Oregonian*. With so much hype resulting from the book and movie on Seabiscuit, Kauffman wondered what would happen in a fantasy race between Seabiscuit and Secretariat. The reader was left to infer that these were the two all-time greats of the sport.

Horse racing and the Brooklyn Dodgers were my first two loves. In fact, I majored in journalism with the intention of becoming a turf reporter or covering the Dodgers for the *Brooklyn Eagle*.

My first published article, which compared the attributes of Citation and Man o' War, was in 1951, at age 14, for *Turf & Sports Digest*. And since I had done a number of biographies for a sports encyclopedia on some of the greats of horse racing a dozen or so years ago, I felt I had enough knowledge of the sport to tell Kauffman that Seabiscuit does not rate in such a lofty comparison.

#### Citation in the Lead

Any fantasy race, I told him, would have to be between Man o' War,

Citation, and Secretariat. Actually, there have been at least three computerized fantasy races, two won by Citation and one by Secretariat. In one non-computerized fantasy race that involved a poll of turf reporters, Citation edged out Secretariat, Kelso, and Man o' War, while Seabiscuit finished 19th out of 20.

Kauffman acknowledged, but said that "heart" must be taken into consideration, implying that Seabiscuit might have had more heart than the others, apparently because he was a relatively small and unattractive horse, at least compared with War Admiral, his rival in the match race featured in the book and film. It was like David taking on Goliath.

#### Competitive Heart

That really got me to thinking about the part played by "heart" and related words in competitive success.

Should a loser with a lot of heart get more credit than a winner with little heart?

How do we know that the winner didn't have heart?

How is heart measured?

How does heart differ from courage or determination?

If heart is something that makes a person want to win and feel victorious, how does it differ from ego?

Wouldn't the person with real heart be concerned about the feelings of the losers and back off to let them win?

Why should being relatively small and unattractive affect a horse's running ability? It doesn't seem to make any difference with humans.

When you are retired from the everyday work force, as I am, there is time to consider such weighty questions.

#### Courage

I don't recall having heard television track & field or road racing announcers and commentators use *heart* much in recent years, but they do seem to use the word *courage* quite a bit. I think *determination* became *heart* and *heart* became *courage* over the years in the lexicon of sports, especially in endurance sports.

The leader in a race puts a surge in on his rival and they now call it a "courageous" move. A miler takes an early lead while setting a fast pace rather than waiting in a pack to make a mad dash for the finish and he is said to be "courageous." A marathoner competes in spite of an injury and then goes on to win. She is called "courageous."



GEORGE BANKER

Winners in the M50-54 division (l to r): Tim Morgan, 52, 5th; Rick Morgan, 62:47, 4th; Mick Slonaker, 54, 2nd (61:56); and James Pryde, Jr., 50, 1st (61:32); 2003 Annapolis 10 Mile.

I have a hard time thinking of courage as a quality associated with fun and games. To me, courage is something that one displays on the real battlefield or in some activity involving a significant risk of death, great harm, or damage to one's reputation.

I like the definition of courage given by Djwhal Khul, a Tibetan philosopher. "It takes courage," he said, "to attack life on behalf of others, and to obliterate your own wishes in the emergency and need."

#### Distorted Reality

In the attempt to sensationalize every story and outdo its competition, the media has really distorted reality. Somehow, actors – people who simply act like real people – are more famous than the people they portray. Athletes – play warriors – are greater "warriors" than men and women in combat.

Consider, for example, before the start of the Iraqi war last year, as our troops assembled in Kuwait, baseball pitching great Roger Clemens visited the troops there. The TV coverage showed the soldiers lined up to get Clemens' autograph. What's wrong with that picture?

Not to demean Clemens' good intentions, but think about it, the real warriors were paying homage to a play warrior. Shouldn't Clemens have been asking for their autographs?

This came to mind again recently as I saw Clemens featured on the Arete Sports Courage Awards on TV, the same day that 15 of our troops were shot down in a helicopter in Iraq. Somehow I missed what it was Clemens did to earn his Arete award. Is throwing a 95 mph fastball at a stationary target an act of courage? What am I missing here?

Five-time Tour de France winner Lance Armstrong has been called courageous for having overcome testicular cancer and achieving as much as he has by pedaling a bicycle. Yet, I recently read in *Parade* that he and his wife are getting a divorce, because they "couldn't endure the demands of his career, training schedule, and travels, which left little time for her and their three children." From that, one might conclude that it was determination based on selfishness, not *heart* or *courage*, which allowed Armstrong to succeed.

If a person fights to overcome a life-threatening disease of any kind because he or she fears the consequences, is that person courageous? It seems to me that the person who has no fear of the consequences is the courageous one.

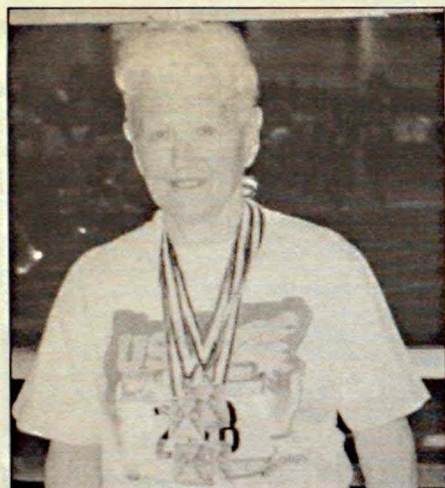
#### Inappropriate Terminology

Twenty years ago, I wouldn't have questioned the appropriateness of such words as *heart* and *courage* for athletes. Nor would I have denied hero status to a few of them. But in our increasingly celebrity-worshipping culture, I find myself shaking my head in disgust when these words are used to describe athletes of any kind.

*Determination*, definitely. *Heart*, hardly. *Courage*, no way.

As I see it, it takes real heart and courage these days to simply patrol the streets of Baghdad or to just board a helicopter in Iraq. □

(Mike Tymn can be contacted by e-mail at metgat@aol.com)



SUZY HESS

Margaret Hinton, W80 Track Athlete of the Year.

### FIVE YEARS AGO January 1999

- James Stookey, 68, and Leonore McDaniels, 70, Named Best T&F Athletes of 1998 at USATF Annual Meeting
- Ruth Wysocki, 41, Joan Ottaway, 54, and Warren Utes, 78, Among 23 Runners Honored by LDR Committee
- Dave Romansky, 60, and Lyn Brubaker, 41, Top Racewalkers
- 15 Added to USATF Masters Hall of Fame



GEORGE BANKER

Bill Rodgers, M55 LDR Athlete of the Year.

## Dalton, Stone-Borkowski Take Firsts in National 5K Cross-Country

By MADELINE BOST

HOLMDEL, N.J. – Masters runners returned to familiar territory to break course records in the USATF National Masters 5K Cross-Country Championships here on Nov. 23. The championships, hosted by the New Jersey Association, were held here in 1999, 2000, and 2002. This year, competition was held with four separate races.

With cash prizes at stake, teams were well represented and not one club took more than one title. The New Jersey Running Company won the M40-49 division, and the Shore AC the W40-49 team honors.

In 2000, Tom Dalton, Pottersdam N.Y., ran the fastest masters time of

15:38 on the course here that is famous in the New Jersey area for its difficulty. Returning this year as an M45 runner, Dalton won the M40-49 race with a record for that age division of 15:57. Scott Brown of Pelham, N.Y., placed second and first in the M40 division in 16:36.

The New Jersey Running Company team took first with a combined time of 1:25:05, with the Genesee Valley Harriers second in 1:27:43, and the Philadelphia AC third, ten seconds back in 1:27:53.

In the M50-59 race, Chris Webber, Sayville, N.Y., placed first and tied the course record of 17:21. Harry Nolan, Navesink, N.J., won the M55 division in 18:35.

The Adirondack AC won the M50 team division with a 1:32:34. The Genesee Valley Harriers team was second in 1:33:46, and the Super RC of New York third in 1:34:49.

The M60+ race saw Bill Borla, Torrington, Conn., who won the race in 2000 and 2002, take first again in 19:37. Thom Weddle, Burnsville, Minn., won the M65 division in 21:28.

George Studzinski, Kinnelon, N.J., was the top runner in the M70 division with a 23:29. Bill Fortune, Pearl River, N.Y., won the M75 division (26:17). Sab Koide, Dobbs Ferry, N.Y., won the M80 division (29:39).

The Wolfpit RC of Connecticut won the M60 team title, with the Shore AC

second, and the Taconic RR third.

The M70 team division was won by the Millrose AA. The Central Jersey Road Runners Club was second, and the Belle Watling AC of New York third.

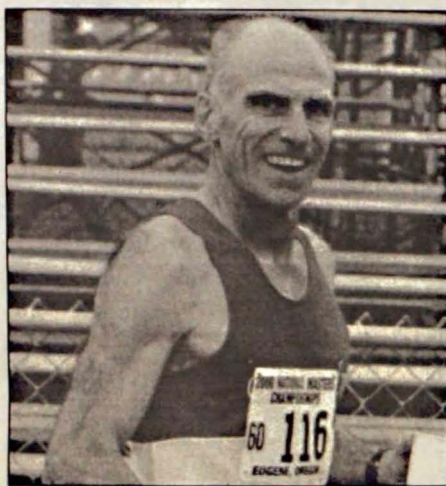
In the separate women's race Catherine Stone-Borkowski, Ringwood, N.J., won overall and the W40 division in 19:14. Janice Morra, Boonton, N.J., set a new course record for the W45 division with a 20:22. Kathryn Martin, Northport, N.Y., won the W50 division and placed second overall with a 19:22, which lowered her own course record 19:38 for that division.

Martin was first woman overall in the National Masters 8K Cross-Country Championships, Rochester, N.Y., Nov. 2.

Marie Louise Michelsohn, Stony Brook, N.Y., lowered her course record of 23:39 set last year in the W60 division to 22:09. Imme Dyson, Princeton, N.J., won the W65 race with a 25:46, better than her 2002 course record 26:13.

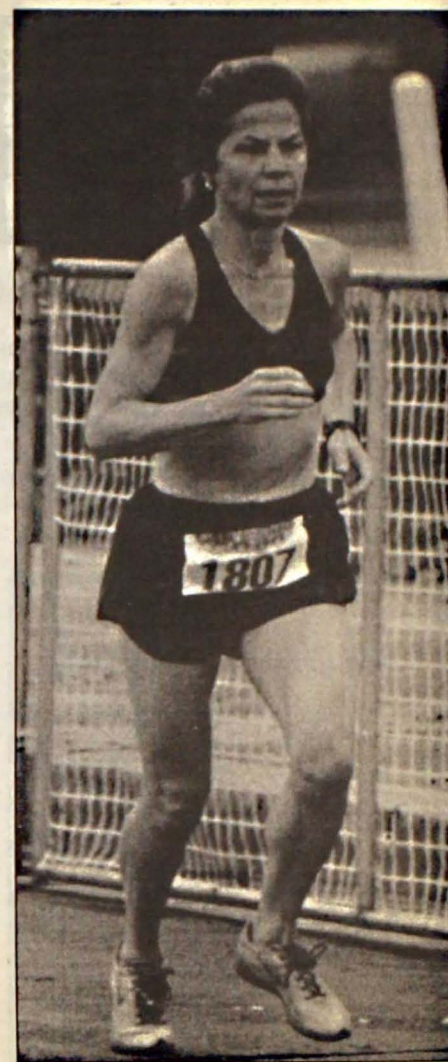
The Shore AC won the W40 team division with the New Jersey Running Company second and the Syracuse Chargers third. The W50 winning team was the Genesee Valley Harriers, with the North Jersey Masters second, and the Bohemia TC of New York third.

The W60 division was won by the Raritan Valley RR of New Jersey with the Shore AC second. □



JERRY WOJCIK

Bill Borla, M60 LDR Athlete of the Year.



THOM WEDDLE

Kathy Martin, W50 LDR, Track, and Cross-Country Athlete of the Year.

# Mardi Gras and Running.

## Who could ask for more?

### The 6<sup>th</sup> Annual Nextel Mardi Gras Mambo 10K and 1 mile Fun Run

### February 21, 2004

### \$\$\$\$\$\$\$\$ PRIZE MONEY \$\$\$\$\$\$\$\$

### A \$2,500 total cash purse to be awarded!

# NEXTEL



BATON ROUGE, LOUISIANA  
10K RUN

Run the Nextel Mambo and Receive:  
Collector's Long Sleeve Race T-shirt  
Mardi Gras Beads and Throws  
Free Jambalaya  
Free Coca-Cola or Budweiser

Cost is \$ 12.00 Pre-registered  
(Entries postmarked by 2/14/04)  
\$ 15.00 February 15<sup>th</sup> – 20<sup>th</sup>  
\$ 18.00 Race Day

Stay at the premier downtown  
headquarter hotel of the Mardi Gras  
Mambo, the Baton Rouge Sheraton  
and receive their special Nextel Mardi  
Gras Mambo Rate! See the website for  
more information.

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 6<sup>th</sup> Annual Nextel Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Sheraton Baton Rouge's Capital City Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. We will start this year's race with a cannon blast from our WWII Destroyer, the USS KIDD. After the race, stay and watch the Spanish Town Mardi Gras Parade. Contact us at 225-382-3596 or visit [www.brasf.com](http://www.brasf.com) for more info and race form.



PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

### Shin Splints

One of the more vexing problems when starting up a new running program or coming back after a long lay off is shin pain. This is better known as shin splints or medial tibial stress syndrome and is an inflammation of the soft tissue in the area of the tibia.

Usually this is due to improper training, poor shoes, hard running surface, or faulty foot biomechanics.

If stress fracture has been ruled out and there is mild-to-moderate pain, there are a few things you can do to reduce the problem prior to initiating your return to a running program.

Conservative treatment includes RICE (rest, ice, immobilization, compression, elevation). All of these things together are quite time-consuming, and most athletes probably will not carry out the proper regimen.

One can rest by cutting back about 60% of the current training program. Reduce running on concrete, no downhill running. One can even introduce cross-training into the mix.

### SITES OF NATIONAL CONVENTIONS

#### TAC

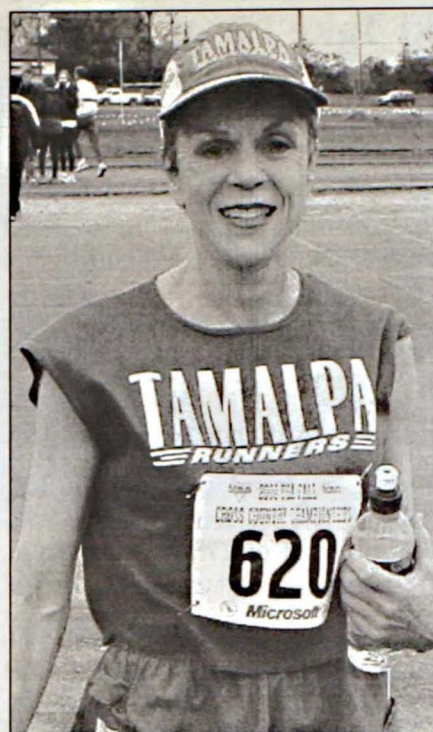
1	1979	Las Vegas
2	1980	Atlanta
3	1981	Reno
4	1982	Philadelphia
5	1983	Indianapolis
6	1984	San Diego
7	1985	Houston
8	1986	Tampa
9	1987	Honolulu
10	1988	Phoenix
11	1989	Washington, D.C.
12	1990	Seattle
13	1991	New Orleans
14	1992	Louisville

#### USATF

15	1993	Las Vegas
16	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas
20	1998	Orlando
21	1999	Los Angeles
22	2000	Mobile
23	2001	Albuquerque
24	2002	Kansas City
25	2003	Greensboro
26	2004	Portland, Ore.
27	2005	Jacksonville, Fla.
28	2006	Fresno, Calif.

### FIFTEEN YEARS AGO January 1989

- Gary Miller, 51, Stan Whitley, 41, and Philippa Raschker, 41, Named Top T&F Athletes for 1988 at TAC Convention
- Laurie Binder, 41, and Bill Rodgers, 41, Chosen Outstanding Masters Long Distance Runners
- Bob Schlau (41, 2:19:48) and Laurie Binder (41, 2:42:29) Win National Masters Marathon Titles in Sacramento



JERRY WOJCIK

Shirley Matson won awards as the Female Cross-Country Runner of the Year and W60 LDR Runner of the Year.

Ice should only be applied after workouts for not more than 10 minutes and only if there is inflammation.

Immobilization, compression and elevation are usually difficult. One may try to elevate in the evening to reduce the inflammatory process.

Other things you might try are NSAID (Ibuprofen, Naproxyn, aspirin, etc.). A short trial of oral steroid is often helpful.

Next, take a look at your shoes and make sure they are not worn down. A well-cushioned training flat is recommended. Stay away from racing flats for the time being. Reduce your running on concrete surface and try a dirt track or grass.

If you have some biomechanical foot deformity, a functional foot orthosis is necessary to reduce stress to the

shin areas. We often find there is a high incidence of forefoot varus in those with shin splints.

So, for mild shin pain, try these conservative measures, but if you feel it is not improving, see your sports specialist to rule out stress fracture. □

(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, e-mail Dr. John Pagliano at the foot-beat@aol.com)



JERRY WOJCIK

Jeanne Daprano, W65 Track Athlete of the Year.

### USATF National Masters T&F Championships

Meet	Site	Date
	<b>2004</b>	
Indoor Heptathlon	Kenosha, WI	March 6-7
Indoor	Boston, MA	March 26-28
Outdoor	Decatur, IL	August 5-8
Decathlon/Heptathlon	Neosho, MO	July 21-22
Weight Pentathlon	Reading, PA	August 14-15
Weight & Superweight	Seattle, WA	September 11
	<b>2005</b>	
Indoor Heptathlon	Kenosha, WI	March TBA
Indoor	Boise, ID	March 25-27
Outdoor	Honolulu, HI	August 4-7
Decathlon/Heptathlon	Cleveland, OH	TBA
Weight Pentathlon	Chico, CA	September TBA
Weight & Superweight	Seattle, WA	September 10
	<b>2006</b>	
Indoor Heptathlon	Kenosha, WI	March TBA
Indoor	Boston, MA	March 25-27
Outdoor	Charlotte, NC	TBA
Decathlon/Heptathlon	Open for bids	---
Weight Pentathlon	Bozeman, MT	September TBA
Weight & Superweight	Seattle, WA	September TBA



JERRY WOJCIK

Ken Weinbel (l), Masters Championships Sites Coordinator, and John Oleski, of USATF New England, holding up the new banner for the 2004 National Masters Indoor Championships in Boston.

## Track & Field Awards

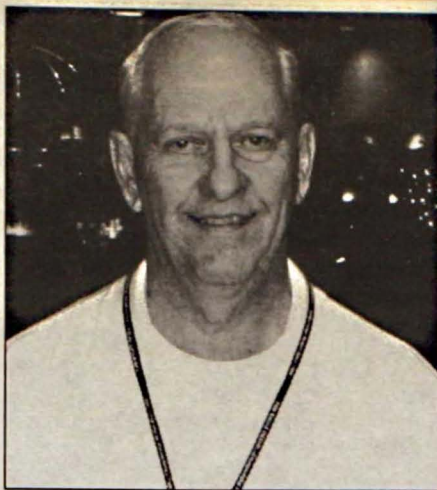
Continued from page 1

broke two U.S. records.

Larry Patz, 71, Contoocook, N.H., a volunteer ranker who started to do the rankings in 1980 and has worked under three Masters T&F Rankings Coordinators since, was the recipient of the Masters T&F Administrator of the Year award.

Several athletes received double honors. Collins was elected to the USATF Masters Hall of Fame, along with Jeanne Daprano, W65, Fayetteville, Ga., and Gerry Davidson, W80, Fallbrook, Calif., who were also age-groups winners for their track performances. Margaret Hinton, 82, Comfort, Texas, was elected to the Hall of Fame and won the W80 Field Award.

Kathy Martin, 52, Northport, N.Y., was just as sensational this year as last, with another trifecta, W50 Track, W50



JERRY WOJCIK

Larry Patz, of New Hampshire, 2003 T&F Administrator of the Year, USATF Annual Meeting, Greensboro, N.C.

LDR, and top Cross-Country Female, which she shares with Shirley Matson, W60.

Three division selections ended in ties. David Ashford, Illinois, and Tony Young, Washington, were both honored in the M40 age-group, Ashford for his world record 13.73 hurdles time, and Young for his world and U.S. records in the 1500 and 3000. Pat Peterson, New York, and Sumi Onodera-Leonard, California, share the W75 track award, for almost comparable performances at the Nationals in Eugene, Ore., and the WMA Championships. Besides residing in North Carolina, Tarheels Juanita Brookover and Betty Jarvis are sharing the W85 field award.

Winners in both track and field were Harold Hoffman, M95, Texas; Waldo McBurney, M100, Kansas; and Phil Raschker, W50, Georgia. McBurney came into the selection process with the most captivating performances: world records in the 100 and shot put in Puerto Rico, where he also scored a U.S. record for the 5000 racewalk.

Although the major masters meets were held in the East (Boston) and Northwest (Eugene), the awards have a South and Texas bent, unlike in 2002, which had a California and Oregon flavor.

The award winners were chosen by

Continued on page 15



JERRY WOJCIK

Terry Cannon, M65 Field Athlete of the Year.

## OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

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

Year	Men	Women
1978	George Ker	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stam Whitley	Phil Raschker
1989	Jack Greenwood	Phil Raschker
1990	Larry Almberg	Christel Miller/Phil Raschker
1991	Jack Greenwood	Betty Vosburgh
1992	Stan Whitley	Shirley Matson/Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Phil Raschker
1996	James Stookey	Mary Libal
1997	Bill Collins	Phil Raschker
1998	James Stookey	Leonore McDaniels
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Phil Raschker
2001	Nolan Shaheed	Johnnie Valien
2002	Larry Colbert	Phil Raschker
2003	Bill Collins	Leonore McDaniels

### OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot Put, 70-3
1986	Jack Greenwood, 60	100m hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almberg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100, 12.91
	Jack Greenwood, 65	300 hurdles, 45.20
	Phil Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100, 13.4
	Shirley Matson, 51	10,000, 37:39
1993	Phil Mulkey, 61	Decathlon, 8546 points
1994	Ross Carter, 80	Shot Put, 12.27 (40-3)
	Phil Raschker, 47	Pentathlon, 4715 points
1995	James Barrineau, 40	High Jump, 6-11 (2.11m)
	Mary Libal, 45	400, 56.82
1996	Walt Butler, 55	100m hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18)
	Leslie Lehane, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m hurdles, 13.68
	Irene Obera, 65	100, 14.29
2000	Johnny Gray, 40	800, 1:52.42
	Oneitha Lewis, 40	WT, 49-9/16 (15.17m)
2001	Lad Pataki, 55	WP, 5366 pts.
	Vanessa Hilliard, 60	12# WT, 57-0/16 (17.38m)
2002	Hal Smith, 65	SP, 49-7/16 (15.12)
	Oneitha Lewis, 42	HT, 182-8 (55.68)
2003	Robert Ward, 70	WP, 5291
	Oneitha Lewis, 43	WP, 5261

### OUTSTANDING COMBINED-EVENTS 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/Johnnie Valien
1997	Stan Vegar/Phil Raschker	1998	Armando Ricciardi/Leonore McDaniels
1999	Emil Pawlik/Phil Raschker	2000	Emil Pawlik/Phil Raschker
2001	Phil Byrne/Johnnie Valien	2002	Emil Pawlik/Phil Raschker
2003	Denver Smith/Oneitha Lewis		

### 2003 AGE-GROUP AWARDS

Age	Track	Men State	Field	State
30	Don Drummond	GA	Rich DeStefano	CT
35	David Nash	IA	Joshua Willis	SC
40	David Ashford	IL	Greg Foster	NJ
	Tony Young	WA		
45	Val Barnwell	NY	Bruce McBarnette	VA
50	Bill Collins	TX	Joseph Greenberg	TX
55	Charles Allie	PA	Jim Sauers	GA
60	Paul Edens	OR	Tom Gage	MT
65	Mack Stewart	TX	Terry Cannon	CA
70	Charles Rose	NC	Robert Ward	TX
75	Bill Melville	WI	Bud Held	CA
80	Archie Messenger	NH	Ed Lukens	NY
85	Bob Matteson	VT	Don Pellmann	CA
90	Bert Morrow	CA	Robert Stewart	VA
95	Harold Hoffman	TX	Harold Hoffman	TX
100	Waldo McBurney	KS	Waldo McBurney	KS
		Women		
30	Sarah Leonard			
35	Alethea Morris	NY	Regina Richardson	NC
40	Lesia Batiste	LA	Oneitha Lewis	NY
45	Cindy Steenbergen	TX	Carol Finsrud	TX
50	Kathryn Martin	NY	Joyce Taylor	OR
55	Phil Raschker	GA	Phil Raschker	GA
60	Marie Louise Michelsohn	NY	Nadine O'Connor	CA
65	Jeanne Daprano	GA	Evelyn Wright	MD
70	June Machala	WA	Gloria Bortell	FL
75	Pat Peterson	NY	Leonore McDaniels	VA
	Sumi Onodera Leonard	CA		
80	Gerry Davidson	CA	Margaret Hinton	TX
85	Mary Bowermaster	OH	Betty Jarvis	NC
			Juanita Brookover	NC
90	Josephine Gregg	OH	Marnie Evans	LA

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## Masters Racewalking

By ELAINE WARD

### Conditioning Versus Deconditioning

The following training recommendations are adapted from an e-mail Ray Sharp posted on the Internet Race Walk list. Ray was nationally prominent in the early to mid-80s along with Tim Lewis. For those who have had bad disqualification experiences, none tops Ray's. During the 20K Olympic Trials held in Los Angeles in 1984, he reentered the stadium with reasonable expectations of being a member of the U.S. Olympic Team. He received a third DQ close to the finish line.

Sometimes when we do the same type of training for a long time, we get a "deconditioning effect." As an example, consider what happens if you racewalk 5K in 30 minutes every day. At first the workout is great and gets your heart rate high. Eventually, as it becomes easier, your heart rate doesn't get up as high. Consequently, you begin to lose fitness because you are no longer challenging yourself. The cure for this deconditioning effect is to do a variety of workouts that target different parts of the aerobic/anaerobic continuum with a focus on the anaerobic threshold and speeds slightly above it.

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#### Anaerobic Threshold

The following workouts were addressed to a walker whose anaerobic threshold is at a pulse rate of 165-170. You can adjust the workouts to your own anaerobic and aerobic thresholds. Remember age is a factor in determining your thresholds.

Let's assume that your anaerobic threshold is 165-170. This is the heart rate you can maintain for 5 to 10Ks. This speed of walking gets you somewhat out of breath and you have to really concentrate. If you are highly trained, you might be able to maintain this rate for a longer distance.

Anaerobic threshold training consists of one, two or three longer-distance repetitions of 15 to 30 minutes at a pulse rate of 165 building to 175. This workout hurts. It may be your hardest session of the week. The idea is to keep good, relaxed technique while working in a zone that is uncomfortable. Tim Lewis did 3 x 5000m in 21:30 once a week at the altitude Olympic Training Center in Colorado Springs in the spring of 1986. By the end of the year, he walked under 1:22 for 20K.



GRACE MOREMEN

Fan Benno-Caris, W85 Racewalker of the Year.

#### VO<sub>2</sub> Training

A shorter, higher intensity workout is called VO<sub>2</sub> training. The idea here is to work for 4-7 minutes at a speed that nearly maxes you out. If you can't get your pulse to move up to 180-190 at the end (slightly above your anaerobic threshold), try walking on a gentle (1-4%) uphill grade. The uphill will make the work harder.

Some people have trouble raising their pulse in these sessions, because they are losing contact. By climbing a gentle hill, you increase the workload and make it hard to lift off the ground.

Try 4-6 x 5 minutes, with a decent recovery (maybe four minutes, or as long as it takes for your pulse to drop down to 120 if you are younger, or 115-105 if you are older). These are real cardiac power boosters. Go as fast as you can and only do this workout once every two weeks.

#### Interval Training

Another type of workout is to do a greater volume of short-duration reps with 90 second recoveries; i.e., 12 x 400 meters. The emphasis here is on maintaining good technique as the lactic acid builds up with successive reps. This is called interval training. Keep the rest interval short and start again as soon as your pulse drops to 120-105, depending on your age.

It is best to do only one to two anaerobic workouts per week (plus a race in the early racing season). The bulk of training should be at a pulse rate consistent with your aerobic range 140-165. Recovery workouts should drop to 120-130. Once or twice a week, include a few short, 50-meter accelerations near the end of your distance workout.

The idea here is to get a little practice walking with good form while tired, but not to go long enough to produce a lot of lactic acid. Try 4-6 x 50 steps at race pace with 50 slow steps in between when there is about one kilometer to go in a distance workout. Don't think more is better and do sprints of 100m because you do not want anaerobic intensity on your aerobic days.

Be sure to finish a workout with 5-15 minutes of easy walking as part of your cool down. □

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

### USATF National Masters Racewalking Championships-2004

Date	Event	Site
January 11	30K	Chula Vista, CA
March 28	3000m (indoor)	Boston, MA
June 13	15K	Lincoln, RI
August 6	5000m	Decatur, IL
August 8	10K	Decatur, IL
September 12	40K	Ocean Township, NJ
October 9	5K	Kingsport, TN
October 31	50K	Hauppauge, NY
November 4	20K	Coconut Creek, FL

### Outstanding Racewalkers - 2003

Selected by the Masters Track & Field Committee of USATF

Age-Group Awards				
Age	Women	State	Men	State
40	Kelly Murphy-Glenn	CA	Joe Nieroski	CA
45	Lynette Heinlein	MI	Rod Craig	MI
50	Cathy Mayfield	IN	Mike Wiggins	IA
55	Kathy Frable	TX	Norm Frable	TX
60	Karen Murphy	ID	Don DeNoon	FL
65	Joanne Elliott	FL	Paul Johnson	AR
70	Shirley Dockstader	CA	Jack Bray	CA
75	Miriam Gordon	FL	Jack Starr	DE
80	Jane Dana	CA	John Levinsohn	CA
85	Fan Benno-Caris	TX	Bill Talmadge	KY

### OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters Track and Field Committee

Men	Women
1978 John Allen	
1979 Ron Laird	Lori Maynard
1980 None	
1981 Gordon Wallace	Lori Maynard
1982 Bob Mimm	Bonnie Dillon
1983 John Knifton	Beverly LaVeck
1984 Larry Walker	Jeanne Bocci
1985 Bob Mimm	Ruth Leff
1986 Giulio de Petra	Beverly LaVeck
1987 Max Green	Ruth Eberle
1988 Bob Mimm	Marie Henry
1989 Larry Walker	JoAnn Nedelco
1990 Eugene Kitts	Viisha Sedlak
1991 Max Green	Viisha Sedlak
1992 Ray Funkhouser	Elton Richardson
1993 Don DeNoon	Sally Richards-Kerr
1994 Don DeNoon	Elton Richardson
1995 Max Green	Elton Richardson
1996 Jonathan Matthews	Bev LaVeck
1997 Dave Romansky	Jane Dana
1998 Dave Romansky	Lyn Brubaker
1999 Jonathan Matthews	Lyn Brubaker
2000 Jack Starr	Victoria Herazo
2001 Paul Johnson	Gayle Johnson
2002 Paul Johnson	Sherry Brosnahan
2003 Jack Bray	Shirley Dockstader



JERRY WOJCIK

Kelly Murphy-Glenn, W40 Racewalker of the Year.

## USATF Masters Hall of Fame Adds 14 in Greensboro

Nine active and five old-timer masters athletes have been elected to the USATF Masters Hall of Fame. The actives are Fay Bradley, Harry Brown, Bill Collins, Jeanne Daprano, Gerry Davidson, Dudley Healy, Margaret Hinton, Carol Johnston, and Elton Richardson.

The old-timers are Konrad Boas, Jaclyn Caselli, Ruth Eberle, Tom Patsalis, and Gordon Wallace (deceased).

The Hall now contains 34 women and 71 men, of whom 65 represent the discipline of track & field, 31 long distance running, and eight racewalking.

**Fay Bradley**, a 65-year-old distance runner from Huntsville, Ala., won 22 U.S. LDR championships and was the LDR Runner of the Year in his age category five times. On the board of American Running & Fitness Association for seven years, he served as president in 1995-96.

**Harry Brown**, 73, Wauconda, Ill., has placed in nine of the last 10 WMA World Championships. This sprinter still holds three of the five U.S. and world records he set. He won 21 indoor and 12 outdoor U.S. sprint titles, plus 10 National Senior Games sprint titles.

**Bill Collins**, 53, Houston, Texas, set 10 world and two U.S. records and still holds seven of them. He has won eight WMA championships titles, and 18 indoor and 15 outdoor U.S. sprint championships. He has been Masters Age-Group Athlete of the Year six times in 12 years of masters competition.

**Jeanne Daprano**, 67, Fayetteville, Ga., is a mid-distance runner, who early in her career ran under the name of Hoagland. She still holds six world and one U.S. records of the nine world and three U.S. records she set. She placed in 15 WMA world and two WMA regional championships. Here at home, she won 19 U.S. championships from 200 to 5000 and 13 National Senior Games titles in a 17-year career.

**Gerry Davidson**, 82, Fallbrook, Calif., still holds 11 of the 15 U.S. and world records she set (W65 through W80). She has excelled from 800 to 30K on road or track. She won 11 LDR, and 22 outdoor U.S. championships and placed in 13 WMA world championships.

**Dudley Healy**, 89, Chatham, N.J., won 36 LDR championships, placed in 42 U.S. t&f outdoor and 27 indoor championships, 19 WMA regional championships, and nine WMA world championships. He chaired the Masters Hall of Fame sub-committee from 1997 to 2001. He is a nine-time LDR runner of the year.

**Margaret Hinton**, 82, Comfort, Texas, still holds three world and five U.S. records of the 18 she set in the vault, jumps and throws. Her bio shows that she placed seven times in WMA world championships, 35 times

in WMA regionals, 36 times in U.S. indoor and 65 times in U.S. outdoor t&f championships. She was injury-free until tearing a rotator cuff while attempting a high jump record in 2003.

**Carol Johnston**, 91, Whittier, Calif., holds three world records of the nine he set in the pole vault. He won 10 outdoor and nine indoor U.S. titles in the vault while also placing at times in the HT, HJ and LJ. He also has three firsts and a second at WMA world championships.

**Elton Richardson**, 65, New York, N.Y., dominates her racewalking age-group. She still holds seven U.S. records of the 13 she set and has won 24 USATF racewalk championship titles from 5K to 40K since 1990. Further, in U.S. t&f championships she has placed in six indoor and 19 outdoor events.

**Konrad Boas**, 100, formerly of White Stone, N.Y., now of Zephyrhills, Fla., ranged from sprints to jumps to throws and once held nine world and three U.S. records. He placed in 27 WMA world and three WMA regional championships. He placed in 40 U.S. indoor and 21 U.S. outdoor championships and won the weight pentathlon M70 title in 1977.

**Jaclyn Caselli**, 82, San Jose, Calif., was a distance runner competing primarily on the track. She still holds seven U.S. records, 17 years after setting them (the 8th was set in 1995). She placed in national and world championships at distances from 100 to 3000 – quite a range – between 1980 and 1997.

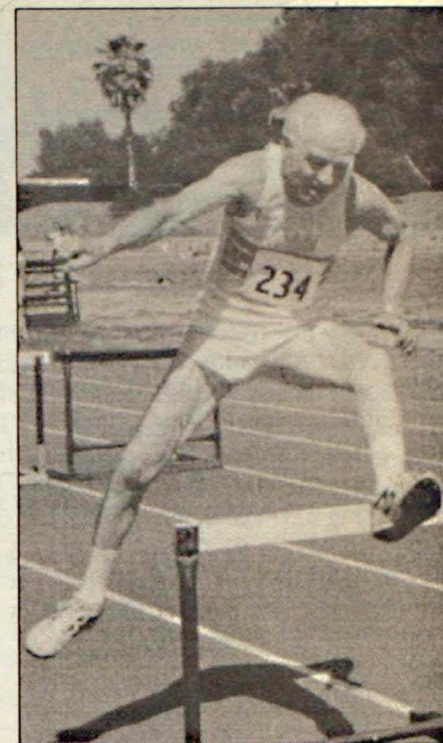
**Ruth Eberle**, 72, St. Charles, Mo., still holds three U.S. and one world

record in racewalking of the 13 she set between 1987 and 1997. She won 14 U.S. t&f outdoor and one indoor titles, two WMA regional and two WMA world titles (plus two seconds at Buffalo). She was named masters age-group RW awardee six times.

**Tom Patsalis**, 81, Alhambra, Calif., competed across 25 years in hurdles and jumps. In that time he set eight world and two U.S. records, while winning 11 WMA world titles and 30 U.S. t&f titles, both indoor and outdoor.

**Gordon Wallace**, Prescott, Ariz., died in 1994 at the age of 84. He dominated the national walking scene in his age-group for almost a decade. He once held records in 10 U.S. and one world RW events. He placed in six WMA world and two WMA regional championships, three U.S. t&f indoor, 16 U.S. t&f outdoor and three racewalk road championships. His Ph.D. dissertation on the history of pedestrianism was published in 1989.

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 held Dec. 5 at the USATF annual



ART SHAHZADE

Bert Morrow, M90 Track Athlete of the Year.

meeting in Greensboro, N.C.

Green reported that 175 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. One hundred and thirteen returned ballots, casting 1007 votes. Each person elected received a majority of the votes cast.

— Norm Green

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## On The Run

By HAL HIGDON

### Thanks for a Real Life

**T**he request came in November from the sports editor of my local newspaper: "I'm writing a Thanksgiving column asking local athletes what they are most thankful for. A few short sentences would do."

I considered several responses. I could express thanks for victories, championships won. I could offer thanks for good health, my ability to compete for nearly six decades. I could thank my wife and family for the support allowing me to do just that. Eventually, I chose a different tack. My response:

"I'm thankful I grew up in an era before prize money, before performance-enhancing drugs, before 35,000-runner fields in marathons, when running was much simpler than it is now. Sure, I trained 100 miles a week, but somehow managed to balance work and family and not let running take over every minute of my day. If you want to succeed at the top levels of my sport today, you can't have a Real Life."

#### Academic Focus

I had dabbled in track in high school, failing to break 5:00 for the mile. No athletic scholarship offers arrived, so I chose a college for its academic excellence: Carleton College, where my times winning conference championships hardly made me an Olympic contender.

My peak performance came in 1964 in the Boston Marathon. Finally, I had figured out the combination of speed and endurance training that could propel me to the top. I led into the second of the four Newton hills, got passed by the eventual winner, but managed to hold on for fifth place, first American. My time was woefully slow by today's standards. To finish fifth at Boston this year would have taken a time ten minutes faster.

More than that, it would have taken total dedication, something I could

hardly afford back in 1964. Without prize money and/or support from shoe companies, I had little motivation to run 24/7.

#### Before Drugs

Move to Boulder or Eugene to seek better training partners? Forget it! I worked a full-time job, running before and after work. I married a beautiful woman and raised three well-mannered children, balancing family activities with my running hobby – and that's all it was. This was in an era before drugs changed the face of our sport. I never was even tempted to cheat, although I like to believe that I would have resisted temptation.

I was thirty-three years old at the time of my peak performance at Boston. I knew that running would remain an important part of my lifestyle as I grew older, whether or not I was winning races, or even competing in them. Then a half dozen years later, the masters movement started by David Pain drew me back into the competitive arena. But even though I sometimes trained intensively for championship events, I never let my running overwhelm what I was doing away from running.

#### Tough Choices

Younger runners today have different choices – and, in many respects, the choices are more difficult. As they graduate from college, today's top American runners see classmates accept high-salary offers from corporations, while they scrap for \$500 prizes in races where the Kenyans don't show. They read about designer drugs and wonder what they need to do to become competitive to hang near the leaders into the Newton hills. Does



MIKE POLANSKY

Women's 55-59 age group award winners (l to r): Mary Trotto, Christine Brakel, and Joyce Levenstein with Racing for Recovery CEO Todd Crandell (2nd r), Racing for Recovery 5 Mile, Long Island, N.Y., Nov. 9.

anybody think that sleeping each night in a tent simulating high altitude might be fun?

I missed all that, and as I look back to races lost, it is without regret. Thanks for the memories – but thanks also for a Real Life. □

(Hal Higdon, author of *Marathon*:

*The Ultimate Training Guide and a Senior Writer for Runner's World, has won gold medals four times at the World Masters Championships. For training programs, visit his Web site at: [www.halhigdon.com](http://www.halhigdon.com). He may also be contacted by e-mail at: [halhigdon@comcast.net](mailto:halhigdon@comcast.net)*)

### New Road Running Resource on the Web

USA Track & Field has launched a new section on the [usatf.org](http://usatf.org) web site featuring the following Road Running Resources:

- Find a road race (database that includes 3612 LDR events that can be searched by event type, distance, age categories, location, etc.)
- Find a club
- Find a course (10,722 course maps are available online)
- Long Distance Running News
- Olympic Trials (information on the upcoming Trials events and qualifier lists)
- National Championships
- USA Running Circuit
- Athlete Bios (for track, road running, cross-country and mountain/ultra/trail athletes)
- Records, Rankings, & Lists (in-

cludes national champions, all-time lists, national records and rankings derived from all results submitted to [Results@LDRResults.com](mailto:Results@LDRResults.com))

- For Elite Athletes (helpful information on international competition opportunities, selection procedures for U.S. teams, links for drug testing information, etc.)
- For Race Directors (complete list of available championships, bid forms, application form for road race performance recognition, etc.)
- Long Distance Running Division (links to each LDR Committee and Council with member lists and contact information, USATF Annual Meeting minutes for LDR, Law & Legislation items of interest to LDR, etc.)

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### Whitlock Top Master at Stockade-athon

By PAUL MURRAY

Ed Whitlock, 72, Milton, Ontario, posted the best age-graded time of 42:02, a 96.6% performance, in the 28th Gazette Stockade-athon 15K, Schenectady, N.Y., Nov. 9. Whitlock, 57th overall in a field of 910, obliterated the course record for M70, with a 59:54, nine minutes better than the previous standard.

Only one M70 time for a 15K is faster – Whitlock's age-group world best 58:54 at the 2003 Utica Boilermaker.

Bill Borla, 63, Torrington, Conn., had the second-best age-graded result

of 44:12, 91.9%, with a 27th-overall 56:10, which outdistanced his M60 competition, but fell short of Norm Green's course record 54:47 in 1993.

Anny Stockman, 71, Rensselaer, N.Y., was the best W40+ performer, with an 83:23, an age-graded 48:47, 83.0%.

William Dixon, 56, Brattleboro, Vt., in 55:00, and Kelly Dworak, 41, Fort Drum, N.Y., in 63:41, were first masters. Dworak edged Helen Shekerjian, 43, Niskayuna, N.Y., 63:51, and Nancy Taormina, 44, Albany, N.Y., 63:59, for the W40 division first. □



MITCHELL LOVETT

Alethea Morris, W35 Track Athlete of the Year.

## Get Ranked Right!

The deadline for the 2003 outdoor rankings is Jan. 31. Athletes whose best marks for 2003 did not appear in the NMN by the January 2004 issue can forward them using the proper form by e-mail to Dave Clingan at xroads@xro.com, and regular mail to 1849 SE 20th, Portland, OR 97214.

For the 2003-04 indoor season, Larry Patz will coordinate all of the track events from 55m to 3000m, all of the field events, and the 3000m racewalk. He can be reached by e-mail at B6883578@aol.com, and regular mail at 534 Gould Hill, R., Contoocook, NH 03229.

## TWENTY YEARS AGO January 1984

- Jack Greenwood, 57, and Polly Clarke, 73, Named Top T&F Athletes of 1983 at TAC Convention
- John Knifton, Bev LaVeck Named Top Masters Racewalkers
- At Age 54, Sister Marion Irvine Makes Olympic Trials By Running 2:51:01

# PUBLICATIONS ORDER FORM

## Masters Age Records (2003 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, 2002. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$6.00.

Quantity

Total (US\$)

\_\_\_\_\_ \$ \_\_\_\_\_

## Masters Track & Field Rankings (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

\_\_\_\_\_ \$ \_\_\_\_\_

## McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2003. 4 pages. \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

## Masters Age-Graded Tables

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

\_\_\_\_\_ \$ \_\_\_\_\_

## Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Dec. 7, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

## Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.

\_\_\_\_\_ \$ \_\_\_\_\_

## Competition Rules for Athletics (2003 Edition)

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

\_\_\_\_\_ \$ \_\_\_\_\_

## USATF Directory (2003)

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

\_\_\_\_\_ \$ \_\_\_\_\_

## WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More.

In English, Spanish, French, German. 170 pages. \$8.00

\_\_\_\_\_ \$ \_\_\_\_\_

## USATF Governance Handbook (2003)

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

\_\_\_\_\_ \$ \_\_\_\_\_

## Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95

\_\_\_\_\_ \$ \_\_\_\_\_

## How to be A Champion from 9 to 90. Earl W. Fee, world record holder over 30 times

in masters events from 300H to mile, describes in detail the how and why of running training. Applicable from sprinters to marathoners. 404 pages, 25 chapters, over 300 expert references. US \$19.25/CAN \$28.50, plus postage & handling.

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

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## 2003 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

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## Running Research News

Published 10 times per year. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.

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## The Weight Room

By JERRY WOJCIK

### Awards and Kudos in Greensboro

For those who have never attended a USATF annual meeting and think that delegates spend all their time carousing, shmoozing, and watching semi-nude women dance on table tops, let me tell you that I walked into the Greensboro Sheraton Four Seasons right off the airport shuttle on Wednesday and never left until I boarded the shuttle on Sunday morning. I made one attempt to check out the freezing weather for a few seconds on the way to a meeting and instead opened the door to the indoor swimming pool area where the temperature must have been 85.

At the Masters Awards Sub-Committee meeting that I attended, throwers got a fair share of the 2003 Age-Group Field Awards, plus both Performance-of-the-Year Awards, and an Outstanding Combined-Events honor. The men picked up four age-group awards, two by javelin throwers, M30 Rich DeStefano and M50 Joe Greenberg, and two by throwers who

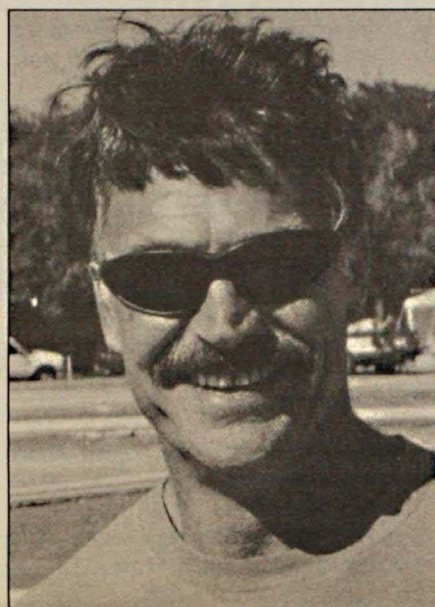
#### DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material, results, schedule items, and advertising is the 10th of the month before date of issue.

Send to: *National Masters News*, P.O. Box 50098, Eugene OR 97405

### 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
- 2002 Phil Byrne
- 2003 Larry Patz



SUZY HESS

Tom Gage, M60 Field Athlete of the Year.

are primarily hammer and weight guys, M60 Tom Gage and M70 Bob Ward.

Five women who are essentially throwers took Field Event Awards: W40 Oneithea Lewis, W45 Carol Finsrud, W50 Joyce Taylor, and Betty Jarvis and Juanita Brookover, who share the W85 award. Lewis and Taylor are hammer and weight experts; Finsrud is a good all-around, but is tops in the discus. Jarvis and Brookover are versatile throwers.

#### Throwers Excel

In what may be a one-time occur-



JERRY WOJCIK

Oneithea Lewis, 43, winner of the Female Masters Outstanding Performance of the Year Award for her world record weight pentathlon.

rence, both Performance-of-the-Year Awards were given for record weight pentathlon achievements by Ward (5291) and Lewis (5261). Lewis also won the Female Combined-Events Award for that mark.

I wonder how soon it'll be before someone starts to grumble about the fact that seven of the last eight OPOTY Awards have gone to throwers.

Included in the indoor marks approved as U.S. records were M45 Jim Wetenhall, 56# SW, 10.84; M60 Carl Wallin, 20# WT, 18.84; and three by W40 Lewis, the SP (14.68), 20# WT (17.12), and 35# SW (10.79). The complete indoor world and U.S. age-group records will be in the February issue.



SUZY HESS

Evelyn Wright, W70 Field Athlete of the Year.

#### Weight Legitimized

Of other items of interest to throwers, Rex Harvey, WMA Stadia V-P, stated that the weight would be a legitimate event, instead of an exhibition, at Sindelfingen World Indoor Championships. National championship weight pentathlons are scheduled for Reading, Pa., in 2004, Chico, Calif., in 2005, and in Bozeman, Mont., in 2006.

Ray Feick, Reading, is an experienced WP competitor and director. Both Richard Hotchkiss, Chico, and Bob Sager, Bozeman, have held WP Championships before. The WT/SW is set for Seattle for the next three years.

Feick, not present at the annual meeting, had requested that the Masters Committee consider the possibility of making a Throw-a-Thon, in which athletes use several different weight implements, a national championships. The matter was tabled after some discussion.

Next year, when the USATF meeting will be held in Portland, Ore., I won't have reason to leave the hotel to check on the weather because the odds are that it'll be raining. □

## Want Press for Your Race??

Too often, at national, regional, even world class masters events, there is zero or next to no major press coverage – despite top quality athletes who break national and world age records in your meet. Bob Weiner, former White House and congressional media coordinator – and a dedicated masters runner who has directed national championship road races and USATF world class track events – has formed a public affairs company and contacted *National Masters News* about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics coordinating press for the World Anti-Doping Agency's drug testing activities before and at the Games – obtaining stories on "Today," "Good Morning America," NBC/CBS/ABC Evening News HBO, AP, *The Washington Post*, *New York Times*, *L.A. Times*, NPR, and all major media. As White House Drug Policy Public Affairs Director, he had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Most recently, he generated 8 TV cameras and widespread national print media for the National Masters Indoor Track and Field Championships in Boston this year, the most ever for a U.S. masters meet, and worked with athletes in the Eugene outdoor National Masters Championships in generating press including *Sports Illustrated*. Bob and his company – Robert Weiner Associates Public Affairs – are part of, believe in, and are eager and ready to help, Masters Running and Track and Field.

Press at your event is a motivational tool for the runners and field athletes, organizers, friends, fundraisers, contributors, advertisers, supporters and the public – before and after your event, a useful magnifier for years as you keep giving out clips. And it's just plain fun to see your event on the eleven o'clock news! Or on the wires of networks if you capitalize on something truly major.

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## Paddon is First Female

## Winn Wins in National 10K X-C

By SUSANNAH BECK

Bob Winn, 45, Ogunquit, Me., added to his list of USATF National Masters Cross-Country Championship crowns, Dec. 7, this time over the 10K distance at Greensboro, N.C.'s Bryan Park Golf Course. Winn held off Peter Magill, 42, South Pasadena, Calif., 33:15 to 33:17, with 2002 10K masters cross-country champion David Olds, 42, Los Angeles, Calif., right behind, 33:20.

Winn was the National Masters Cross-Country champion in 1998 (10K, Orlando, Fla.) and 2001 (6K, Mobile, Ala.). Both Magill and Olds compete for Team Runner's High, based in Long Beach, Calif., which won the M40-49 team category, aided by Angel Roman, 42, Garden Grove, Calif., 7th, 34:39, Bradley Jensen, 42, Altadena, Calif., 15th, 35:35, and Andrew Atkeson, 42, Los Angeles, 25th, 36:25.

Major miler Tim McMullen, 50, Churchville, N.Y., won the M50 division, 36:50, leading his Genesee Valley Harriers to the M50-59 title.

The GVH sent 34 athletes to the championships. James Robinson, 50, Rochester, N.Y., 37:48, Joseph Chimino, 50, Bergen, N.Y., 38:01, William McMullen, 50, Batavia, N.Y., 41:53, and Thomas Lamme, 56, Penfield, N.Y., 41:57, fleshed out the GVH top five. William Dixon, 57, Brattleboro, Vt., of the Greater Lowell RR, topped the M55, 38:38.

Fleet Feet Louisville captured the M60 team title, paced by Bill Delph, 62, Louisville, Ky., 44:12, Rick Erdmann, 62, Richmond, Ky., 44:23,

and Raymond Parrella, 69, Jeffersonville, Ind., 44:09. Delph was the top M60 racer; Thom Weddle, 65, Burnsville, Minn., led the M65, 43:48.

Bill Butler, 71, West Chester, Penn., 50:32, chugged to the M70 title, representing the Philadelphia Masters.

Kate Paddon, 41, New Hartford, Conn., 40:00, won the women's race by a fairway or so, putting some distance between herself and second W40 Kelly Kruell,

44, Portland, Ore., 40:39. Paddon is co-owner of the Sanctuary for Yoga and Health in Torrington, Conn., and the mother of four young boys.

Kruell joined Club Northwest teammates Regina Joyce, 47, Lynwood, Wash., 41:14, Michelle Neal, 42, Seattle, Wash., 41:43, Christina Ashby, 41, Bellingham, Wash., 42:48, and Melissa Nelson, 41, Bellingham, 44:49, in the W40-49 club win.

Greater Springfield Harrier Carol L'Esperance, 54, Holyoke, Mass., 45:30, won the W50 laurels, while the GVH fielded the top W50-59 team, comprised of scorers Belinda O'Brien, 51, Fairport, N.Y., 47:13, Carolyn Smith-Hannah, 53, Pittsford, N.Y., 47:52 (who is coming back from a serious horse-riding injury), and Beth Scott, 51, Rochester, N.Y., 52:51. Alice Kelly, 55, Webster, N.Y., 57:20, was the fastest W55.

GVH's Mary Shaver, 62, Geneva, N.Y., 51:43, was the W60 age-group winner; Joyce Hodges-Hite, 66, Millen, Ga., 64:27, of the Atlanta TC, topped the W65. Ruth Anderson, 74, Eugene, Ore., 82:28, led the W70, while Margaret Hagerty, 80, Concord, N.C., 109:51, Salisbury Rowan Runners, rounded out the women's field of 24 runners.

A few hundred miles north of Greensboro, the first New England snowstorm of the year grounded thousands of travelers the day before the meet, and made for many absences on the starting line, such as the hopeful W60 team from Boston's Liberty TC.

The 10K course was made up of three laps of a two-mile loop, featuring short grass and challenging rolling hills. The Greensboro Pacesetters TC hosted the event. □

## Track &amp; Field Awards

Continued from page 9

vote at the Awards Subcommittee meeting on Dec. 4, chaired by Phil Byrne, who provided committee members with 30 pages of information by e-mail prior to the meeting on which to base their selections. □

(Award winners will be issued certificates and/or plaques. To assure the proper spelling of names and that Byrne has correct addresses, awardees should contact him. Contact information is on p. 2.)

- Jerry Wojcik

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JANUARY 2004

MEN	ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
	EDUARDO ASTOREKA (SPA)	1- 5- 9	95+
	MERV JENKINSON (AUS)	1-18- 9	95+
	J.A. JAMIESON (NZ)	1-31- 9	95+
	EMIL SCHOTTLE (GER)	1- 4-14	90-94
	YRJO LOIKKANEN (FIN)	1-10-14	90-94
	ALBERT CLARK (ORANGE, CA)	1-22-14	90-94
	PAUL BRIDGES (WICHITA, KS)	1-22-14	90-94
	JOHN SATTI (SAN FRANCISCO, CA)	1-29-14	90-94
	WILLI RUMIG (GER)	1-29-14	90-94
	UGO SANSONETTI (ITA)	1-10-19	85-89
	MAX MCKAY (AUS)	1- 2-24	80-84
	GERHARD WINDOLF (GER)	1-13-24	80-84
	BILL BANGERT (ANAHEIM, CA)	1-14-24	80-84
	GERHARD HERBST (GER)	1-14-24	80-84
	CLIFF MCPHERSON (GUY)	1-14-29	75-79
	BILLY SIMMONS (AKRON, OH)	1-17-29	75-79
	ALBERT RIEKE (NEW ORLEANS, LA)	1-25-29	75-79
	SAM NICHOLSON (LA CRESCENTA, CA)	1-30-29	75-79
	ERKKI KNAPP (FIN)	1- 1-34	70-74
	CHARLES WIMBERLY (N. ORLEANS, LA)	1-25-34	70-74
	BOB CREIGHTON (ATWOOD, KS)	1-30-34	70-74
	IVAN KABANOV (URS)	1- 1-39	65-69
	FRANZ RATZER (AUT)	1- 9-39	65-69
	ALEKSANDER SAKOW (POL)	1-10-39	65-69
	EMIL PAWLIK (JACKSON, MS)	1-14-39	65-69
	MANUEL RAMOS CAMBA (SPA)	1-15-39	65-69
	GERALD COUNIHAN (US)	1-20-39	65-69
	JAMES O'HARA (HADDON FIELD, NJ)	1-20-39	65-69
	DAVID WEE (NORTHFIELD, MN)	1-20-39	65-69
	RAY HUGHES (MT. BALDY, CA)	1-26-39	65-69
	DAN CONWAY (CHETEK, WI)	1-28-39	65-69
	JACK KNEBEL (ORINDA, CA)	1-28-39	65-69
	ALAN BRADFORD (AUS)	1-31-39	65-69
	COURTLAND GRAY (Monroe, LA)	1- 7-44	60-64
	TOM ROBINSON (SCARSDALE, NY)	1- 9-44	60-64
	ROGER KROODSMA (OAK RIDGE, TN)	1-23-44	60-64
	JAY GROEN (SALT LAKE CITY, UT)	1-31-44	60-64
	BARRY JAHN (SALEM, OR)	1- 2-49	55-59
	MIKE BOIT (KEN)	1- 6-49	55-59
	PETER MOLLOY (GBR)	1- 8-49	55-59
	THOMAS MALIK (GREEN, SC)	1- 9-49	55-59
	DUNCAN McDONALD (KULA, HI)	1-15-49	55-59
	ALSTON BROWN (MT. VERNON, NY)	1-17-49	55-59
	DUSAN PREZELJ (SLO)	1-25-49	55-59
	INGO SENSBURG (GER)	1-27-49	55-59
	ERROL LEE (BROOKLYN, NY)	1-30-49	55-59
	WOLFGANG SCHMIDT (FRG)	1-16-54	50-54
	WILLIAM RANDALL (CA)	1-31-54	50-54
	GLEN CONLEY (WEST POINT, NY)	1- 9-59	45-49
WOMEN			
	MAE MAYHEW (HONOLULU, HI)	1- 1- 4	95+
	INGEBORG MELLO DE PREISS (ARG)	1- 4-19	85-89
	MARY SCHANZLE (PALATKA, FL)	1- 7-24	80-84
	RAYE JOHNSON (TONOPAH, US)	1-10-24	80-84
	MARIANNE WERNER (GER)	1- 4-24	80-84
	ROSAMUND DASHWOOD (CAN)	1-13-24	80-84
	IDIA MARDONES (CHL)	1-17-24	80-84
	ADA TURCI (ITA)	1-17-24	80-84
	HELGI PEDEL (CAN)	1-21-24	80-84
	BETTY SMITH (NZL)	1-21-24	80-84
	JANET GLASSMAN (ALLENTOWN, PA)	1- 5-29	75-79
	MARCIA SPAETH (CORTLAND, NY)	1-18-29	75-79
	MARCIA PETLEY (NZL)	1-13-29	75-79
	FAY MCCracken (NZL)	1-17-29	75-79
	RUTH UCKEL (GER)	1-24-29	75-79
	MARY ANN MCBRAYER (HOUSTON, TX)	1- 1-34	70-74
	JENNIE MORRIS (NAPLES, FL)	1-15-34	70-74
	GRACE BUTCHER (CHARDON, OH)	1-18-34	70-74
	SALLY GOODHUE (WESTON, MA)	1-26-34	70-74
	SALLY STRAZDINS (NEW MILFORD, PA)	1-26-34	70-74
	EMI SCHUMACHER (GER)	1- 2-34	70-74
	HELLY VISSER (CAN)	1- 9-34	70-74
	ANNEMARIE SCHOLTEN (GER)	1-17-34	70-74
	WILLIE WHITE (US)	1- 1-39	65-69
	NINA KUSCSIK (US)	1- 2-39	65-69
	MARY CULLEN (HOUSTON, TX)	1- 6-39	65-69
	ANN NEELEY (US)	1-21-39	65-69
	KAY PORTER (EUGENE, OR)	1-29-39	65-69
	TOKIKO YAMAGUCHI (JPN)	1- 1-39	65-69
	BRIGITTE SCHMITT (GER)	1- 5-39	65-69
	MIDORI KURATSU (JPN)	1- 8-39	65-69
	VIVIAN BEISTY (AUS)	1-11-39	65-69
	THELMA WHARTON (AUS)	1-23-39	65-69
	ELLEN SWEET (TUCSON, AZ)	1- 5-44	60-64
	WENDY WATSON (US)	1-16-44	60-64
	PATRICIA HEWITT (MA)	1-21-44	60-64
	CONNIE MANLEY (EUGENE, OR)	1-26-44	60-64
	J. BYRNES (AUS)	1- 5-44	60-64
	CHRISTINE BATTERSBY (AUS)	1-14-44	60-64
	GALINA KOVALSKAYA (RUS)	1-14-44	60-64
	TERI VANCOTT (SANTA BARBARA, CA)	1- 1-49	55-59
	HILLEN STUBENDORFF (SILVER SPG, MD)	1-17-49	55-59
	BARBARA PARCINSKI (US)	1-18-49	55-59
	EILEEN HINDLE (AUS)	1- 2-49	55-59
	NADEZHDA GUMEROVA (URS)	1-11-49	55-59
	NADIA LOZKINA (URS)	1-21-49	55-59
	REBECCA MITCHELL (EUGENE, OR)	1-25-54	50-54
	EMMA SULTER (FRA)	1-19-54	50-54
	EDNA CRAWLEY (NEWARK, NJ)	1- 6-59	45-49
	GAIL C. BROWN (GBR)	1-15-59	45-49
	LEONIE LOUWRENS (RSA)	1-30-59	45-49
	ESTHER AUGEE (GBR)	1- 1-64	40-44
	JANE PIDGEON (GBR)	1-23-64	40-44
	GABRIELLA MIHALCEA (ROM)	1-27-64	40-44

Compiled by Pete Mundle, Masters T&amp;F Records Coordinator



Peter Magill, 42, and David Olds, 42, USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.



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# 25th Annual Convention of USA Track and Field

## Highlights of Minutes – Masters Track & Field – 2003

*(The following is an unofficial review by Jerry Wojcik of the Masters T&F Committee sessions, USATF 25th Annual Meeting, Greensboro, N.C. The official minutes by Bob Cahners, secretary, will appear on either the USATF or NMN Web sites.)*

### Wed., Dec. 3

The Masters T&F Executive Committee met from 7:30-10:00 p.m. Fourteen members of the Committee were present, along with a dozen or so guests. George Mathews, MT&F Chair, presided, with the other three elected officers present: Suzy Hess, vice-chair, Bob Cahners, secretary, and Frank Lulich, treasurer.

In the time allotted to the guests to speak prior to the opening of business, Bob Weiner spoke in support of Dave Clingan's motion at the National Championships in Eugene to develop a Masters Media Subcommittee. An agenda for the full Masters Committee meeting was established and included Masters Media Subcommittee, Rankings, Budget, Championships Reports, Records, and Delegates to Puerto Rico and Sindelfingen.

### Thurs., Dec. 4

It was announced that Portland, Ore., will host the meeting in 2004, Jacksonville, Fla., in 2005, and Fresno, Calif., in 2006.

Norm Green, Jr., Masters LDR Committee Chair, was among recipients of the President's Award made by USATF President Bill Roe.

USATF CEO Craig Masback included in his address the wide-ranging promotion of the sport, particularly among youth, and the hope to exceed in the Athens 2004 Olympics the 20 medals earned in Sydney in 2000. He spoke extensively of the steps to be taken by USATF to address the problem of doping, including a lifetime ban on first-time steroid use.

### Masters T&F Committee

5:30-8:00 p.m.

Phil Byrne, the appointed parliamentarian, explained the rules of procedure, which included speeches of no longer than 1½ minutes and just two per speaker from the floor. Nineteen active athletes were given voting status, along with three at-large delegates. A motion, seconded, to adhere to the Committee's rules was approved by a 2/3 vote.

Graeme Shirley presented two issues that would be addressed by the USATF Committee: a movement to allow elite athletes to join any club, and the switching of associations by athletes. Bob Fine's motion that the MT&F Committee make it known that it is against national clubs was approved. Madeline Bost's motion to have masters speak against item R12, which

would not allow athletes to switch associations, was unanimously approved.

Among the items up for Rules and Regulations consideration was the possibility that the USA may adopt the IAAF false start rule of attributing the first false start to the field, and disqualifying athletes who false start thereafter. It was moved and approved that masters should take exception and stand by their "one false start" rule. (The WMA Committee, meeting in Puerto Rico last July, voted to retain the "one false start" rule.)

Delegates passed Rex Harvey's motion that only those U.S. citizens with dual citizenship who have declared for the U.S. or have gone through the IAAF procedures can compete for the U.S. in a multi-international meet.

The budget for 2004 was unanimously approved. (See page 5)

Bob Weiner was elected by the MT&F Committee to head up a Media Subcommittee, which includes Phil Raschker, Marietta, Ga.; Dave Clingan, Portland, Ore.; H. Oldham Brooks, Amherst, Mass.; John Oleski, Welles, Mass.; Elizabeth Johnson, Charlotte, N.C.; Jay Jacob Wind, Arlington, Va.; Andrew Hecker, Ventura, Calif.; and Ivan Black, New York, N.Y.

Phil Greenwald was chosen to replace Sandy Pashkin as Masters T&F Team Manager. Greenwald had assisted Pashkin in the last two Masters World Championships, as did Marilyn Mitchell.

### Fri., Dec. 5

8:00-10:00 a.m.

Dave Clingan was elected Active Athletes Representative.

Barbara Kousky reported on the 2003 National Championships, Eugene, Ore. Items of interest: 1207 entrants, 98 no shows, National Office did mailing of entry forms, on-line entries also offered. Setting up the program for on-line entries was a large investment in time and money (442 entered on-line). An 8K non-championships race was also conducted.

Phil Byrne reported on the 2003 National Indoor Championships, Boston. Items of interest: 750 entrants, 16 WR and 30 AR, no on-line entries, Thursday evening dinner, and Athletes' Meeting on Saturday, slight shortage of officials and volunteers.

Boston's bid to hold the 2006 Indoor Championships was approved, hosted by USATF NE, with Steve Vaitones serving as director.

Bids for the National Masters Weight Pentathlon were approved for 2005, Chico, Calif., and 2006, Bozeman, Mont., and for the 2006 Weight/Superweight, Seattle.

Don Luy, Millikin U., Decatur, Ill., site of the 2004 National Masters Championships, gave information on the facilities, local events, housing, and air transportation. Peter Taylor will be the primary announcer.

Mark Murdock discussed the March 2004 indoor meet and 2005 Indoor Championships to be held in Boise, Ida. Reports on other championships were postponed until the Dec. 6 morning meeting.

1:00-4:00 p.m.

### Joint T&F/LDR Meeting

Norm Green, Masters LDR Committee Chair, presided.

Tom Jackovic, Director of Development, USATF Foundation, explained the program.

A discussion was held on the importance

of the duties of the U.S. delegates to be selected for the NCCWMA meeting in Dorado, Puerto Rico, and the WMA meeting in Sindelfingen, Germany. George Mathews, MT&F Chair, stated that the delegates must assure that they will be in attendance for caucusing and the necessity of consensus voting.

Rex Harvey, WMA Stadia Vice-President, stated that the extraordinary WMA General Assembly in Sindelfingen will be for the sole purpose of choosing the 2006 WMA Indoor World Championships site, so all five U.S. delegates will be from MT&F. The NCCWMA General Assembly in Dorado, Puerto Rico, will have the normal two delegates from LDR and three from MT&F.

In a short summary of the WMA General Assembly in Carolina, Puerto Rico, Harvey noted that the U.S. successfully sought, along with other delegations, to uphold the WMA rules governing the seating of delegates with the result that about 40% of the delegates attending were included in the discussion, but were not allowed to vote.

Also, the U.S. questioned the method by which Sindelfingen was chosen for the inaugural WMA Championships, but, in the end, accepted and look forward to the championships. He added that the weight throw will be a championships event in Sindelfingen and indoors and outdoors hereafter.

Harvey also spoke of the necessity for U.S. delegates to attend the championships and the delegation planning meetings and to vote as a bloc of five votes so that the votes have some influence. Italy and Austria have bid for the 2006 WMA Indoor Championships.

Sandy Pashkin, T&F Team Manager at the 15th WMA Championships, Puerto Rico, introduced Phil Greenwald and Marilyn Mitchell, who assisted her in Puerto Rico. Charles DesJardins and Mary Rosado served as LDR Team Managers in Puerto Rico. After wide-ranging discussion, Pashkin's motion to include the mandatory cost of an approved singlet/top with the entry fee for San Sebastian in 2005 was passed.

Norm Green, Masters LDR Chair and Masters Hall of Fame Committee Chair, reported on the 2003 HOF Class. (See p. 11.)

In the *National Masters News* report, Jerry Wojcik reported on the events covered in 2003, thanked the Committee members for their past contributions of articles, results, schedule information, photos, etc., for many years, and expressed the hope that members and subscribers would continue to do so.

Suzy Hess explained how NMN's revenue has diminished through the loss of several items from its Publications Order Form. She stated the necessity for meet and race directors to advertise as they have in the past. Hess informed the meeting of the credit card subscription and order capability online on the NMN Web site. She thanked the MT&F Committee and the sustainers for their financial support, without which publication of the NMN would be more difficult.

Two U.S. bid presentations for the 2006 NCCWMA Championships to be made at the 2004 Championships, Dorado, Puerto Rico, were presented by Don DeNoon, for Clermont, Fla., and Jerry Bookin-Weiner, for Fort Collins, Colo. Fort Collins was

chosen to represent the U.S. and make its bid in Dorado, along with other bids from the region.

Delegates were informed of the upcoming NCCWMA election in Dorado of all NCCWMA officers and chairs, and potential candidates for those offices were discussed.

### Sat., Dec. 6

9:30-12:00 p.m.

Reports on future national championships resumed. Gordon Edwards said that the 2006 Outdoor Championships would be held in the first week of August at the UNC-Charlotte. Ron Pate said that the 2005 Outdoor Championships would be held Aug. 4-7 at Cooke Field, U. of Hawaii, and that the LOC was working on low-cost air travel and hotel accommodation for athletes.

Jerry Donley clarified the Masters Hall of Fame voting procedures and defined "active" and Old Timer athletes.

A report from Law & Legislation said that the problem of national clubs had been tabled: clubs were not a masters problem. The rule for switching of associations by athletes remains the same.

Rex Harvey's motion that NCCWMA and WMA delegates vote as a bloc/consensus was passed.

George Mathews asked that the elected delegates be available for meetings before WMA sessions.

The U.S. will be represented by three MT&F delegates and two MLDR delegates in Dorado, and five MT&F delegates in Sindelfingen. Delegates to Dorado will be Mathews, by virtue of his office, and, in this order of votes received, Bob Cahners, Jerry Bookin-Weiner, with Marilyn Mitchell, Max Hamlin, Tim Edwards, and Harry Brooks, alternates. Delegates to Sindelfingen, in addition to Mathews, will be in this order of votes received, Sandy Pashkin, Bob Cahners, Bob Fine, Joanne Petkus, with Marilyn Mitchell, Max Hamlin, Harry Brooks, and Don Austin, alternates.

Mark Cleary reported on the Regional Coordinators, who are working to clarify eligible meets for records and rankings, develop regional Web sites, and offer help to Senior Games/Olympics directors to improve their meets.

Phil Byrne presented the T&F award winners for 2003 after explaining the award format and procedures (see p. 9).

Pete Mundle announced that he would be stepping down after serving as Masters T&F Records Coordinator since 1970. He received a standing ovation for his contribution to the masters movement. His duties will be assumed by Sandy Pashkin.

Marilyn Mitchell's motion to remove the one-hour track run from the t&f records and give the event to MLDR was approved.

### Sat., Dec. 6

2:00-5:00 p.m.

A motion to limit discussion and debate on a particular motion to 15 minutes was approved.

Pete Mundle's motion to approve the records, with the exceptions and addendum, was passed. Sandy Pashkin's request, on behalf of Bev LaVeck, to approve racewalk records, with exceptions and addendums, was approved.

Pashkin, reporting for the Games

Continued on page 19

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 be listed in the paper as a *National Masters News* sustainer.

# – Greensboro, North Carolina – December 3-7, 2003

## Highlights of Minutes – Masters Long Distance Running – 2003

**Wednesday, Dec. 3, 7:30 p.m.**

The USATF Masters LDR Committee meeting was called to order by Norm Green, Chair.

### Age-Group Awards

Don Lein handed out his thorough summaries to assist in deciding on LDR age-group awards.

### Law & Legislation

Mary Rosado said that the most noteworthy Law & Legislation item was a proposed rewrite of Regulation 11.

### Otto Essig Award

Three nominations were received for the Otto Essig Award: George Regan, the Genesee Valley Harriers, and Norm Green. Nominations recessed until Friday.

### Annual Report

Green appointed a Secretary in November to replace Barb Leininger, who resigned in October. An election on Saturday will confirm an appointment for the rest of the term through the 2004 meeting. Green wished to amend the mission statement, for clarity, by substituting "Masters LDR" for MLDR. E-mail addresses were solicited for those who want Executive Committee minutes. LDR members should be prepared for an energetic meeting with Masters T&F, especially about WMA elections. Ken Robichaud has resigned as Championships Coordinator, and Vice-Chair John Boyle has been appointed as his replacement. Freihofer's 5K results were recently noticed to be

inaccurate, and, for our purposes, incomplete.

### WMA Report

Charles DesJardins gave a report on WMA events and affairs in our region. The meeting was adjourned at 9 p.m.

**Thursday, Dec. 4, 7:30 a.m.**

### Athletes of the Year

Elections for LDR Athlete of the Year in each age group were conducted by Don Lein. Election for Masters Cross-Country Runner of the Year was conducted by Bill Quinlisk. MUT representative Theresa Daus-Weber reported that the Masters Ultrarunners of the Year are Pam Reed and John Geesler. (See LDR Award winners on p. 3.)

### Mission Statement

The mission statement prepared by the Executive Committee was amended and then approved. The final version reads: "The mission of the Masters LDR Committee is to promote and oversee programs which stimulate interest, participation, and excellence in long distance running and USATF, for participants at all levels, potential participants, and the general public; to act as the advocate to the governing bodies of long distance running to represent the interests of our constituency."

### Proposed Budget

A proposed committee budget for 2004 at \$32,000 was presented for information. The meeting was adjourned at 10:15

a.m.

**Friday, Dec. 5, 9:30 a.m.**

### Secretary

An election was held for Secretary. Lloyd Stephenson was subsequently confirmed as Secretary.

### 2004 Championships

Rejected: Bid for Marathon Relay at Road Runner Akron Marathon (included 2005 and 2006).

Rejected: Bid for 15K at Gate River Run (included 2005).

We currently have events scheduled at half-marathon, 20K, 5K (women), 10K, and marathon distances for 2004 (from multi-year contracts). We are interested in a men's 5K bid.

Daus-Weber said the MUT will have five Championships in 2004. MUT website: [www.cerritos.edu/lgersitz/MUT/Home.html](http://www.cerritos.edu/lgersitz/MUT/Home.html)

DesJardins reported on the 100K World Championship in Taiwan.

Lein presented ideas that he and John Boyle (Vice-Chair, absent) generated about planning a sponsored national masters road circuit with rough budget estimates.

Recess at 10:30 a.m.

Green called the Committee to order at 3:45 p.m.

### Pending Records

Linda Honikman of the RRIC presented a list of pending masters LDR records and bests which RRIC considers valid. The list was approved. The Committee voted to accept (before the next meeting) any marks awaiting only birth date validation, when such documentation is received by the RRIC.

### X-C Championships

Cross-Country Council Championships for next fall are: 8K in Boston (Nov. 7, 2004), and 10K in the Portland area (Dec. 11, 2004). Rochester also is approved for a 10K in late November 2005.



JERRY WOJCIK

Norm Green, Masters LDR Chair, winner of one of the President's Awards, 2003 USATF Annual Meeting, Greensboro, N.C.

### Event Transfer

Masters T&F transferred (somehow) a one-hour track event to Masters LDR. This was news to the Committee but acceptable to Green.

### Operating Procedures

Revisions to the operating procedures were adopted.

### Executive Committee

Green described posts and roles on the Executive Committee. Current appointments were confirmed.

Five at-large members of the full Committee were nominated by Green and approved for next year.

The 2003 meeting was adjourned at 4:30 p.m., December 6.

*Respectfully submitted*  
Lloyd Stephenson, Secretary

## Highlights of Minutes - Masters T&F 2003

Continued from page 18

Committee, explained that club scoring is unofficial; a motion to submit a rule for official team scoring was approved. Pashkin's motion to adhere to the present policy of one-hour declaration period passed. Pashkin's motion to "grandfather" in past approved uniforms and others from possible sources for Sindelfingen was approved. A motion to authorize Suzy Hess to look into other uniform makers for tops for San Sebastian with the deadline of the next outdoor championships was approved.

Graeme Shirley reported that the matter of dual citizenship and the false start rule were status quo.

Mark Cleary, Masters Invitational Program, said that masters will run in a 1000 in the 2004 indoor open championships, an event is planned for the outdoor, and a women's event will be added to the 2005 Drake Relays. Mathews spoke of the possibility of an age-graded race with Mary Decker-Slaney, Rose Monday, and others.

Dave Clingan, MT&F Rankings Coordinator, thanked Larry Patz, Jerry Wojcik, Rob Walter, and Tom Higbie for their help with the 2003 rankings. The cut-off for data for the 2003 outdoor rankings is Jan. 31. The 2004 rankings will be a reflection of efforts to distinguish between sanctioned and unsanctioned meets and efforts to get directors to get USATF sanction.

Rod Larsen's motion to allow him the authority to approve further racewalk championships passed.

George Mathews, Chair, discussed communications and the marketing of masters

events, saying that the USATF office has the ability to market masters. He cited examples of how potential sponsors are developed, and said there are positive signs for sponsorship. Regarding sanction, he said that it adds value to a meet and contributes to growth. Insurance coverage of USATF members is not valid at a non-sanctioned meet.

In response to Becky Sisley's question about \$5000 being available to regional coordinators to promote their events, Mathews said that the money is available.

On-line entries for open events is about 75%. Possible software for on-line entry may be available to LOCs. Regional Coordinators can send entry form for their championships to the National Office 120 days before the event, and it will send forms to the athletes in the region.

A Demographic Committee headed by Suzy Hess will make efforts to get a higher response from the surveys passed out at national championships. Phil Byrne will head up a Nominating Committee for the 2004 MT&F officers elections.

A motion for the Committee to consider a throw-a-thon as an exhibition event was tabled.

The meeting was adjourned at 4:45 p.m. □  
(At the XEROX Hall of Fame and Jesse Owens Awards Dinner, Friday, Dec. 5, John Carlos, 58, Mary Decker-Slaney, 45, Larry James, 55, and Mike Larrabee, who died April 22, 2003, at age 69, were inducted into the National T&F Hall of Fame. For more information on the Hall of Fame, visit [www.usatf.org](http://www.usatf.org))

## USATF National Masters LDR Championships

Date	Event	Location
<b>2004</b>		
February 7	6K X-C	Indianapolis, IN
March 21	Half-Marathon	New Bedford, MA
April 4	100K	Kettle Moraine, WI
May 29	20K	Wheeling, WV
June 5	Women's 5K	Albany, NY
June 5	TEVA Spring Runoff	Vail, CO
June 19	Mt. Washington 7.6 Mile	Gorham, NH
July 31	50 Mile	Crystal Mountain, WA
September 11	100 Mile	Sylvania, OH
September 26	10K	Paso Robles, CA
October 3	Marathon	Minneapolis, MN
October 30	1 Day-24 Hour	San Diego, CA
November 7	8K X-C	Boston, MA
November 14	50K	Peachtree City, GA
December 11	10K X-C	Portland, OR
December 18	50K Trail	Huntington, IN
<b>2005</b>		
March 12	15K	Jacksonville, FL
June 5	TEVA Spring Runoff	Vail, CO
July 31	50 Mile	Crystal Mountain, WA
September 26	10K	Paso Robles, CA
October 3	Marathon	Minneapolis, MN



## International Scene

By TORSTEN CARLIUS

### An Eventful Year Lies Ahead

Having turned another page in time, I want first of all to wish you all a happy and successful New Year, which promises to be an eventful one. If 2003 was an active year with our XVth World Masters Championships Stadia in Carolina, Puerto Rico, and our 1st World Masters Championships 100K, I have a feeling that 2004 will be even more eventful. In March, we will have our 1st World Masters Championships Indoors in Sindelfingen, GER; in April we will have our 7th World Masters Championships Non-Stadia with the new enlarged program in Manukau/Auckland, NZL; and, later in the year, we will have all our six Regional Stadia Championships. Moreover, in the fall preparations will start for our next General Assembly in San Sebastian, ESP, in 2005.

#### World Indoor Meet

Sindelfingen, GER, will host our 1st World Masters Indoor Championships on March 10-14, which I am sure will be a great success. The organizers are very experienced, the IAAF World Championships in 1993 having been their biggest event. I attended a LOC meeting in December and observed that preparations are going very well.

These Indoor World Championships will be a great manifestation of masters athletics. The LOC expects 2500-2700 athletes, and there will be competition all day. The additional events (winter throwing, cross-country and 10K racewalk) will add further interest, even if they are not official events. Also, for the first time, we will have the new M35-39 age-group in our championships, though this is not yet official as we are awaiting IAAF congressional approval.

#### 2006 Indoor Meet

To give the organizers of our 2006 World Indoor Masters Meet the best con-

ditions, the WMA General Assembly in Carolina decided to hold a Special General Assembly in Sindelfingen to award these championships. A bid deadline was set at December 1, 2003, and we were happy to receive two good bids from the cities of Ancona, ITA, and Linz, AUT. The Special General Assembly will be held on March 13.

Both cities have large new indoor arenas. The inspection visits will be conducted in late January/early February. The bidders will be invited to present their bids to the WMA Council on March 12, and then to the Special General Assembly on March 13 for final decision.

#### 7th World Non-Stadia

The two cities of Manukau and Auckland, NZL, will host our 7th World Masters Non-Stadia Championships on April 18-24, at which the new expanded non-stadia program will be introduced. The most exciting event will, no doubt, be the Ekiden relay over the marathon distance – a new event to most of us.

These World Masters Non-Stadia Championships will also set another mark, this being the first time WMA has allowed on-line entries to its Championships. The LOC has designed a special program for on-line entries and, if successful, future LOCs will be requested to use the same system.

This will be combined with a WMA data base comprising all athletes who have taken part in our World Championships since Durban in 1997. For our affiliates, essentially it will mean a reduced workload with respect to re-entries, but validation of entries will still be required.

#### Regional Championships Stadia

Even years are also the years for our Regional Championships Stadia. For 2004 we have the following program:

**Africa:** Yaoundé, CMR (July 29-Aug. 1).

**Asia:** Bangkok, THA (Dec. 1-5).

**Europe:** Arhus/Randers, DEN (July 22-Aug. 1).

**North and Central America & the Caribbean:** Dorado, PUR (Aug. 27-29).

**Oceania:** Rarotonga, COK (Oct. 21-27).

**South America:** Montevideo, URU (Nov. 6-13).



LEO BENNING

Medalists in the W60 400 (l to r): Gerda Seibert, GER, 2nd; Magdalena Tomlinson, RSA, 1st (70.73); and Erika Sauer, GER, 3rd, 15th WMA World Championships, Puerto Rico.

Especially satisfying is the site for the African Championships. Our masters movement in Africa has long been concentrated in the southern part of the continent, but now, for the first time, the championships will take place in the middle of Africa, which we hope will attract athletes from many new countries.

#### World Masters Games

The 2009 World Masters Games will be awarded by the Board of Governors at their meeting in Edmonton, CAN, in June this year. There are three serious bids from Copenhagen, DEN; Shiga Prefecture, JPN; and Sydney, AUS. All three have presented very good bids and I am sure that the final voting will be very even, selecting a well qualified winner.

#### New WMA Handbook

Our new WMA Handbook is ready for printing, and will be distributed in the near future. All amendments decided by our General Assembly in Carolina are, of course, registered and the Handbook will be our bible for the next period. If you want a copy it will be available through *National Masters News* or can be ordered from our Secretary, Monty Hacker (contact info on this page).

Again I wish you all a successful New Year, and especially hope we will all meet in Sindelfingen, GER, in March for our inaugural World Masters Indoor Championships. This will be an exciting event and I hope that as many athletes as possible will be there to share in its success. □



TESH TESHIMA

Isamu Sato, 40, setting an M40+ course record 32:46, Ichinoseki 10K, Iwate-Ken, Japan.

### WMA 100K Draws Large Masters Field

The World Masters Athletics 100K Championships were held in Tainan, Taipei, Nov. 16, hosted by the Chinese Taipei Road Running Association. These World Championships were historic in that it was the first time that athletes of all ages competed together in the same World Championships race, but in different age-groups.

Masters made up 167 out of 294 athletes in the 100K (57%). Conditions were hot and humid, though overcast, on the 4x25K out-and-back course.

U.S. runners performed well, with a gold medal for Roy Pirrung, 55, Sheboygan, Wisc., in the M55,

9:43:07; and team silvers for the W35 and W40 teams.

Other masters making the trip included Anne Riddle, 37, Asheville, N.C., 8:55:03; Eric Bindner, 46, Colo., 9:03:39; Connie Gardner, 40, Medina, Ohio, 9:25:57; Anne Heaslett, 37, Madison, Wisc., 9:56:46; Tania Pacev, 44, Littleton, Colo., 10:22:07; Dave Dehart, Wisc., 10:24:34; Laura Nelson, 37, Waynesboro, Va., 11:25:01; Katy Cotton, 37, Wyo., 11:56:13; and Molly Gibb, 42, Colo., 12:58:15.

Top U.S. masters runner Dan Verrington, 41, Bradford, Mass., was forced to drop out with a muscle strain at 50K. □

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## Report from Britain

### Rees, 50, Wins Top International Race

By BRIDGET CUSHEN

One of the most coveted individual titles, normally the prerogative of a 40-year-old ex-international, is the annual British & Irish Masters 10K Cross-Country race. Rotating between the five participating nations, this year it was held in Cardiff, Wales, on Nov. 22. The rain had eased off as the selected six-man teams in five-year age groups from 40 through 59 set off.

Martin Rees, representing his native Wales, became the first man over-50 to win the race outright in the 16-year history of this fiercely competitive international meeting, a decade after he first won it as an M40. In May, Rees broke the M50 5000 world record, held since 1991 by the Mexican Antonio Villanueva, when winning the West Wales Championships in a brilliant 14:53.2, leading all the way in 70° heat.

He describes his working week thus: four 12-hour shifts at a steel works, up to 120 miles training, travel/competition and time for his family. No, he was not waiting for the prize giving and banquet, he had to report for work at 0600 next morning.

Looking ahead, he is likely to tackle the 3000 indoor record in Cardiff in February.

There was a great tussle between M40s Mark Hargreaves and Kevin Lamb for second and third. David Neill, coming in seventh, led England to the M45 trophy, and Londoner Charlie Dickinson led the England M55 team to a 9-point win.

Graham Patton, a former age-group winner, led from the start to win the M60+ 8K race. The Scottish team was packing well at half way with four in the leading 10. Martin Ford closed in behind Patton ahead of the leading Scot, Bob Young, with Colin Bolton and John Firth moving up to take England home by a single point.

Steve James was well on his way early in the M65 race with Fred Gibbs, second. Only James Reid, collecting his and Northern Ireland's second individual medal, prevented a clean sweep for England as Keith Spacie, looking strong throughout, finished fourth.

Brian Ashwell was a convincing winner of the M70s from Hugh Gibson, Scotland, and Northerner Eric Appleby. England won all the men's

team titles. Ted Partridge, the fourth Welshman home, is not the only team bronze medalist in the family. His son Ted, Jr., also got a team bronze in the M40 race.

Another phenomenal age-defying athlete is Ireland's W40 Anne Keenan-Buckley, selected for the Irish senior international team alongside Sonia O'Sullivan. Keenan-Buckley immediately shot into the lead in the women's 6K race to defend her title, followed home by Tracy Morris, W35, having a storming run for Wales, and Kathryn Bailey, England.

Carmel Parnell, W45, Ireland, and defending W50 champion Karen Marshall, N. Ireland, were decisive age-group winners. Jane Davies had another splendid run, leading the England W55 team to victory. Christine Lee did likewise in the W60 race with Pam Jones, now a W65, racing through to silver. The W40 and W45 team awards went to Ireland. □

## London Joggers on Alert

Last February, Margaret Muller, a 27-year-old painter who had come from the USA to London to study at the Slade School of Fine Art in east London, went out for her early morning run in nearby Victoria Park. Hearing screams, other joggers and park users rushed to investigate and found her body. She had been stabbed repeatedly in a motiveless frenzied attack.

Police now believe the same man has struck again when a 39-year-old woman was attacked recently while jogging in a park just a mile-and-a-half away. She fought back and staggered to a children's play area where a doctor was walking her children. Prompt medical attention saved her life, and she is now in hospital on a life support machine.

### 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
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
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 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.  
For all age-groups indoors, 5 hurdles are run.

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# Masters Scene

## NATIONAL

• The first National Conference of the Running Industry will be held at the Scottsdale Radisson on Jan. 9-11 in conjunction with the P.F. Chang's Rock 'n' Roll Arizona Marathon, under the auspices of Running USA and Active.com. The program includes: The Future of the Running Industry, New Products and Emerging Technology; Sports Marketing; and Race Management Innovation. To register or obtain information: [runningusa.org](http://runningusa.org), or [active.com](http://active.com).

## EAST

• 2001 Philadelphia Marathon Champion **Gennady Temnikov**, 42, RUS/Gaithersburg, MD, 2:22:31, was fifth overall and top master at the Philadelphia Marathon, Nov. 23, after running with the race leaders through mile 14. **Judy Cassel**, 40, Lititz, PA, won the W40, 3:00:16. Each won \$1000. **Firaya Sultanova-Zhdanova**, 42, RUS/Gainesville, FL, won the accompanying 8K, 26:09. **Freddie Klevan**, 42, Bryn Mawr, PA, topped the M40, 25:09.

• At New England's granddaddy Thanksgiving run, the Manchester Road Race (4.75M), Manchester, CT, Nov. 27, **Andrey Kuznetsov**, 46, Gaithersburg, MD, 23:56, gobbled to the top masters portion. **Susan Faber**, 41, Oxford, CT, 27:57, topped the distaff masters podium, while **Kathryn Martin**, 52, Northport, NY, 28:11, won the W50-59 category with a course record. Local pilgrim **Elizabeth Hutchison**, 83, Manchester, CT, won the W80+, 63:59, eclipsing her own course record by more than six minutes.

• **Thomas Dalton**, 45, Schenectady, NY, 31:51, won the Troy, NY, Turkey Trot 10K outright, Nov. 27.

• **John Colpeck**, 40, Stow, MA, 53:14, marched to the M40 win at the Army 10-Miler, Washington, DC, Oct. 5. **Martha Merz**, 41, Mystic, CT, 60:36, won the women's 40+ parade.

• **Marie Louise Michelsohn**, 62, Stony Brook, NY, smashed the W60 US 8K record of 33:23 with a 33:07.2 in the LITF 8K Championships, Ronkonkoma, Nov. 11. **Barbara Miller** holds the present record set in 2000. **Keith Field**, 42, Moriches, NY, in 26:59.4, and **Kathy Martin**, 52, Northport, NY, in 29:05.2, took the age-40+ races.

• **Mary Dunn**, 52, 24:47, topped the women's masters field at the NYRR Race to Deliver 4-Miler, Central Park, NYC, Nov. 23, with **Amador Ybanez**, 47, 21:46, leading the masters men.

• **Anna Thornhill**, 63, tamed the 5K course at the NYRR X-C Championships, Van Cortlandt Park, Bronx, Nov. 16, to win her age-group in 23:49. Masters firsts were **Joseph McVeigh**, 40, 16:27, and **Catherine Stone**, 41, 19:06.

## SOUTHEAST

• **Rick Platt**, 53, Williamsburg, VA, 17:27, and **Sharon White**, 47, Langley AFB, 20:16, scored masters firsts in the William and Mary Homecoming 5K, in Williamsburg, Nov. 1. **John Essery**, 67, Williamsburg, took the M65+ race in 22:51. First RWers were **Ray Funkhouser**, 53, White Stone, VA, 24:46, and **Sherle Williamson**, 42, Williamsburg, 38:31. On Nov. 22, Funkhouser again won the RW, this time in the Governor's Land 5K, Williamsburg, with a 25:26. First masters runners **Jim Bates**, 47, Hampton, VA, 16:36, and **Robin Moon**, 44, Yorktown, VA, 19:43, were second-placers overall. **Robert White**, 80, Hampton, VA, ran a course-record 25:48.

• **Ben Leitzel**, 43, Chesapeake, VA, 59:49, and **Barbara Mathewson**, 54, Virginia Beach, VA, 70:58, were masters victors in the Yorktown Battlefield 10 Mile, Yorktown, VA, Nov. 8. **Robert Wright**, 62, Hampton, VA, was M60+ winner (68:50).

• **Colin Ansine**, 43, Miami, FL, with a third-place 62:07, and **Darla Bennett**, 45, Mt. Dora, FL, 72:16, crackled to masters wins, Thanksgiving 10

Miler, DeLand, FL, Nov. 27. **Molly Thayer**, 60, Livingston, TX, won the W60 race in 89:06. In the adjunct 5K, **Paul Holyko**, 43, Port Orange, FL, in a third-finisher 17:12, and **Sharon Lay**, 42, Daytona Beach, FL, 21:55, raced to masters wins.

• **Joel Cardoso**, M40, 16:37, and **Trish Butler**, W40, rang in masters firsts, Jingle Bell Jog 5K, Sunrise, FL, Dec. 6. **Ken Williams** (22:56) and **Chickie O'Toole** (33:26) took the 70+ contests.

• **Terry Mahr**, 55, Oregon, OH, rolled along to a speedy 39:37 at the flat Food World Senior Bowl Charity Run 10K, Mobile, AL, Nov. 8.

• Leading the entire pack at the Peachtree City 50K, Peachtree City, GA, Nov. 9, was **Tim Lee**, 41, 3:25:46. **Valerie Reynolds**, 43, was second female overall in 4:06:45. In an accompanying 50-miler, **Al Barker**, 58, finished in 9:30:54 qualifying him for the Western States 100 Mile.

• **Neil Feather**, 49, floated to an M40+ first (30:20), and **Mary Richards**, 49, took the W40+ race (36:59), USATF GA X-C 4.8 Mile Championships, Millen, Nov. 8. **Dean Goodwin**, 64, finished in a speedy 32:07.

## MID-AMERICA

• **Bernie Boettcher**, 41, 2:18:12, and **Gordon Hyde**, 40, 2:20:49, ran 1-2 overall in the Rim Rock 37K, Grand Junction, CO, Nov. 8. **Ann Kilgore**, 48, clocked a 3:01:21 to take the female masters title.

## WEST

• California's largest Thanksgiving race, the Dana Point, CA, Turkey Trot, saw some fast times at the Masters 5K, Nov. 27. **Danny Reed**, 43, Laguna Niguel, CA, in 16:00, outran **Dan Arsenault**, 41, Santa Ana, CA, putting **Nolan Shaheed**, 54, 16:21, in third-place overall. Stanford grad and U.S. track star **Ceci St. Geme**, Newport Beach, CA, has turned 40, and turned in a 17:41 to beat **Rosalva Bonilla**, 41, Norco, CA, 17:59. **Lynda Armbruster**, 57, Orange, CA, won the W55 in a speedy 20:58. **Alice Ellis**, 80, Rancho Santa Margarita, CA, 41:12, topped the W80.

• At the Tucson (AZ) Marathon, Dec. 7, Canadian ace **Herb Phillips**, 63, burned a 2:51:11. A somewhat dated biography for Herb is available at [www.kajaks.celier.org/Masters/Athletes/Herbphil.htm](http://www.kajaks.celier.org/Masters/Athletes/Herbphil.htm).

• **Alfredo Vigueras**, 40, Woodland, CA, qualified for the U.S. Olympic Trials this February with his 2:20:41 at the California International Marathon, Sacramento, Dec. 7. The Mexican-born Vigueras, who became a U.S. citizen four years ago, placed fourth overall. He told the *Sacramento Bee* that he would celebrate his performance by buying a plane ticket to Mexico to train at altitude until the Trials. **Firaya Sultanova-Zhdanova**, 42, RUS/Gainesville, FL, was the top masters woman, finishing third woman overall, 2:37:27.

## NORTHWEST

• **Carla Hervet**, 44, Eugene, OR, in 20:01, and **Dan Wojcik**, 47, Eugene, in 16:53, featherfooted to masters firsts, Turkey Stuffer 5K, Springfield, OR, Nov. 27. Division winners included Eugenians **Dan McCormack**, 65, 19:59; **Bill McChesney**, 75, 25:48; and **Jackie Manley**, W50, 21:28.

## CANADA

• **David O'Keeffe**, 44, Syracuse Chargers, with a 27:51, and **Christine Lavellee**, 46, Petersborough Legion, with a 35:26, turned in age 40+ wins in the Ontario Masters TFA 8K X-C Championships, Sunnybrook Park, Toronto, Nov. 9. Division winners included **Adri Rowswell**, 63, Scarborough Masters, 46:38; **Jerry Kooymans**, 45, Toronto OC, 28:48, and **George Aitkin**, 51,



Bronze-winning East Regional 4x400 M50-59 Team (l to r): Dave Friedman, Colin McArdle, Roger Price, and Ivan Black, 2003 National Masters Indoor T&F Championships. The 2004 Championships will be held in Boston, Mass., March 26-28.

Cambridge Harriers, 30:20.

• **Vince Friel**, 40, in 16:49, and **Gillian Salter**, 42, in 21:17, were first 40+ runners in the Ontario Provincial 5K X-C Championships, Guelph, Nov. 16. **Bill Shaw**, 52, edged Aitkin for the M50 win, 17:55 to 17:59. **Earl Fee**, 74, took the M70 race in 23:07.

## INTERNATIONAL

• At the prestigious Chiba International Ekiden, Chiba City, Japan, **Janet Robertz**, 44, Shorewood, MN, ran the second leg (17:20/5K) to help the U.S. team place 10th overall, 2:25:01. Team alternate **Carmen Ayala-Troncoso**, 44, Austin, TX, placed sixth in the Alternate's track 5000, 17:22. On the men's side, **Eddy Hellebuyck**, 42, Albuquerque, NM, placed eighth in the Alternate's 5000, 14:45, a pending U.S. M40 age-group track record.

• **Gary Little**, M60, broke his own world record in the 3000 RW at the North Island Masters Racewalk Championships, Hastings, New Zealand, Dec. 6. His 14:00:57 bettered the 14:07.71 he set in 2002.

• On Dec. 8, a ceremony was held at the Marriott Hotel in Sindelfingen, GER, at which the contract was signed between WMA, the LOC, the City of Sindelfingen, and Deutscher Leichtathletikverband und VfL Sindelfingen for the 1st World Masters Athletics Championships Indoors. WMA President **Torsten Carlus** expressed his great pleasure over the preparations at a preceding meeting with the LOC and the LOC Chairman, **Karl-Heinrich Leberherz**, who promised that these inaugural Indoor Championships will be a great success. The plans are for at least 2500-2700 athletes and the first entry has already been received.

## OBITUARIES

Masters Hall of Famer and retired biochemist **Claude Hills** passed away at age 91 on Nov. 22, 2003, in Blue Bell, Pa; he had been diagnosed with cancer in July. His last major competition was the 1997 Worlds at Durban, where he medaled in the high jump and pole vault. As friends and family knew, Claude was a renaissance man who touched young and old alike. Shortly before his death, he completed his autobiography, *My Story*, which paints interesting pictures of the early 20th century, farm life in Missouri, and the struggles of a young man from "a family of five, the poorest in a rural community" to make his way in the world.

Claude earned his Ph.D. from the University of Minnesota at 24 and eventually headed fruit products research at the U.S. Department of Agriculture. For both track fans and history buffs, *My Story* makes very good reading.

Milking cows began at age four, and at six, Claude could harness the horse and hitch it to the carriage. Saturday night was for bathing in a tub, with the whole family using the same water. At his one-room schoolhouse, Claude was "a rather shy, sensitive pupil who tried hard to avoid any punishments." In high school he won a letter "with no coaching and very little practice." At the districts, "...I had one jump of 19-2, which moved me into fourth and won me that coveted letter. I think I was

the first student in the history of our school to be an honor graduate ...and ...earn a varsity letter. In those days one was either a scholar or an athlete, never both."

For the discus he practiced with an old stove lid and finished 15th. As a college freshman, Claude went out for track but with no success, "Apparently walking with muddy boots behind a walking plow ten hours a day did nothing to improve my leg speed and spring." Claude jumped only 17-0 in his first dual meet and turned in his uniform the following Monday. In his second year as a graduate student, however, Claude and his roommate worked out at the university's field house: "In those days the team left their bamboo poles on a rack near the pole vault pit. So we borrowed a pole and practiced for an hour or more....Then we practiced high jump and ended our sessions with a 440 or 880."

Claude began masters competition in 1969, finishing third (of three) in the mile. He went on to win the national masters decathlon six times, the outdoor pentathlon seven times, and the indoor pentathlon four times. He won the 75+ 100 at the Penn Relays twice. In "retirement" he turned out to be a terrific teacher, both as a substitute in the public school system and as an assistant coach at Springfield and Cheltenham (Pennsylvania) high schools. Even at 90 he insisted on teaching his granddaughter the "Fosbury flop." Claude had few peers.

— Peter Taylor



JERRY WOJCIK

David Nash, M35 Track Athlete of the Year.

# 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 6-7.** USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(h); jwatry@gillathletics

**March 26-28.** USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 26th. USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org

**July 21-22.** USATF National Masters Decathlon & Heptathlon, Neosho, Mo. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367(h); jwatry@gillathletics

**August 5-8.** 37th Annual USATF National Masters Championships, Decatur, Ill. Don Luy, 1184 W. Main St., Decatur, IL 62522. www.millikin.edu

**August 14-15.** USATF National Masters Weight Pentathlon Championships, Reading, Pa. Ray Feick, 610-754-6007; rfeick@aol.com

**September 11.** USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

### EAST

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

**January 2.** LITF Indoor Meet, Suffolk CC. 5:00 pm. www.litf.org

**January 4.** Philadelphia Masters Indoor Meet, Swarthmore College, Pa. 9:30 am. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

**January 4 & 18.** Indoor All-Comers Meets, Prince George's Sports & LC, Landover, Md. 7:30 am. 301-583-2661

**January 9-11.** Dartmouth Relays, Leverone Field House, Hanover, N.H. Carl Wallin, Dartmouth College Ath. Dept., 6083 Alumni Gym, Hanover, NH 03755-3512. 603-646-3821. Masters on 9th & can compete in open.

**January 11.** New England Association Masters Indoor Championships, Brown U., Providence, R.I. 617-566-7600; www.usatfne.org; usatfne@ix.netcom.com

**January 11 & 25.** DCRRC/Potomac Valley TC Indoor Meets, Jefferson Community Center, Arlington, Va. 703-481-3530; www.pvtc.org

**January 18.** GBTC Invitational, Harvard U. Indoor Track, 220y, banked track. Jim O'Brien, meet director, 617-282-5537;

www.gbtc.org

**January 24.** 37th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, N.Y. W30+ & W40+. Prize purse for M & W Elite Mile; bonus for new record (M & W40+). 10:00 a.m. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530(d); 387-6431(e).

**January 30.** MAC Masters & Open Indoor Meet, NYC. MAC, 718-488-5711.

**February 1.** Indoor All-Comers Meet, Prince George's Sports & LC, Landover, Md. 7:30 am. 301-583-2661.

**February 8.** Long Island Indoor Championships, Suffolk CC. LITF, PO Box 504, Old Bethpage, NY 11804; www.litf.org

**February 8.** DCRRC/Potomac Valley TC Indoor Meet, Jefferson Community Center, Arlington, Va. 703-481-3530; www.pvtc.org

**February 15.** Philadelphia Masters Indoor Meet, Albright College, Pa. 8 am. Includes WT, then SP; bring own implements. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

**February 20-22.** MAC Masters & Open Meets, NYC. MAC, 718-488-5711.

**February 22.** MAC Masters & Open Relay Championships, NYC Armory. MAC, 718-488-5711; mactrack.org

**February 22.** Masters Indoor All-Comers/Sportsflex Masters Championships, Prince George's Sports & LC, Landover, Md. Events for Masters Championships not the same for the Masters All-Comers. Thomas Jones, 301-352-3806(h)

**February 29.** MAC Masters & Open Championships, NYC Armory, MAC 718-488-5711; mactrack.org

**March 13.** Mid-Atlantic USATF Open and Masters Indoor Championships, Haverford College. 4:00 pm. Meet managed by Philadelphia Masters T&F Association. Events: 55H, 55, Mile, 400, 3000RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. Automatic timing. No spikes or spike shoes. Pre-entry available. USATF membership required/available at meet. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com

**July 24-26 (tent).** USATF East Regional Masters Championships.

### SOUTHEAST

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

**January 24.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

**February 7.** Boston Prep Meet, UNC-Charlotte. Masters & M&W20-29. Indoor distances & field events. www.carolinas-trackandfield.org

**February 8.** Nashville Striders Indoor Meet, Middle Tennessee St. U., Murfreesboro. brdyerin@comcast.net



SUZY HESS

Bill Melville, M75 Track Athlete of the Year.

**February 21.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

**February 25-March 14.** Polk Senior Games, Bartow, Fla. 863-533-0055; email: polk.seniorgames@juno.com

**March 6.** Virginia Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. Masters & M&W20-29. www.carolinastrackandfield.org

**March 27.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

**April 3.** Carolina Masters Invitational, Johnson C. Smith U., Charlotte, N.C. Masters & M&W20-29. April 4. T&F clinic. Johnson C. Smith U., Charlotte, N.C. Open to all. Web site for meet entry & clinic after Jan. 31: www.carolinastrackandfield.org

**April 10.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

**April 15-18.** Mississippi Gulf Coast Senior Games. 228-875-9698; email: rderbybailey@aol.com

**May 7-9.** 34th annual Southeastern Masters & Open Meet/USATF North Carolina Masters Championships, & Masters 20K RW South Championships, NC St. U., Raleigh. SE Masters, c/o Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607. www.southeasternmasters.org

**May 22.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

**June 19.** USAT-National Training Center Meet, Clermont, Fla. O/M/U. Don DeNoon, 352-241-7144; x4206.

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## ON TAP FOR JANUARY

### TRACK AND FIELD

Indoor action offers a long slate with meets in Philadelphia; Landover, Md.; Hanover, N.H.; Arlington, Va.; Boston, Mass.; Ithaca, N.Y.; NYC; Long Island; Allendale, Mich.; Minneapolis; Lubbock, Texas; and Sterling, Ill. Outdoor meets include a weight pentathlon in Glendora, Calif., on the 17th, and another throwers meet in La Jolla, Calif.

### LONG DISTANCE RUNNING

A short but wide menu shows the Paramount 10K, near L.A., and Charlotte Observer Marathon, N.C., on the 10th; the Walt Disney Marathon Weekend, Orlando, on the 9th-11th; San Diego Marathon, Carlsbad, Calif., and Houston Marathon, on the 18th; Snowball Series 25K, Chesterfield, Mo., 3M Half-Marathon, Austin, Texas, Las Vegas Marathon, and Louisiana 30K, New Orleans, on the 25th; and the Matanzas 5000, St. Augustine, Fla., on the 31st.

### RACEWALKING

The USATF National Masters 30K Championships strides off in Chula Vista, Calif., on the 11th. Pasadena's Rose Bowl is the site for the WCLA 10 Mile on the 18th. □

### MIDWEST

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

**January 10 & 17.** Midwest Indoor Series, Westwood Sports Center, Sterling, Ill. Sterling TC, 815-622-6201; www.sterlingparkdistrict.com

**January 18.** USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jim O'Neil, PO Box 303, Grand Haven, MI 49417. 616-844-1768; JimOneil@alumni.rutgers.edu; Web site: gvsu.edu

**February 7 & 21.** Midwest Indoor Series, Westwood Sports Center, Sterling, Ill. Sterling TC, 815-622-6201; www.sterlingparkdistrict.com

**February 14.** Midwest Indoor Series/Masters Open Meet, Westwood Sports Center, Sterling, Ill. Sterling TC, 815-622-6201; www.sterlingparkdistrict.com

### MID-AMERICA

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

**January 14.** U. of Minnesota All-Comers Meet, Minneapolis. 612-625-2336.

**February 29.** Colorado Masters & Open Indoor Championships, USATF Academy Track, Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907; Jim Weed, 2003 #149th St., Thornton, CO 80602.

**June 26.** Missouri State Senior Games, Columbia, Mo. Jack Miles, 573-882-1462; smsg.org/senior\_games

Continued on page 24

Continued from page 23

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

**January 31.** Texas Tech Classic/USATF Southwest Indoor Masters Championships, Lubbock. Paul Johnson, 4501 50th St., Lubbock, TX 79414; 806-795-5226; Fax: 806-742-0365, Attn: Wes Kittley. Mail deadline: prior to 1/26/04; fax deadline: 1-26-04 @ 12 noon.

**June 19.** USATF Southwestern Association Championships, Coppell, Texas. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. 214-766-2854; lestermount@yahoo.com

**July 10.** USATF Southwest Regional Championships, site TBA. Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230. lestermount@yahoo.com

**WEST**Arizona, California, Hawaii, Nevada,  
New Mexico

**January 3, 10, 17, 24, 31.** Los Gatos All-Comer Series, Los Gatos HS, Calif. 12:00 noon. Rick Millam, 408-241-6578.

**January 17.** King Weekend Weight Pentathlon, Citrus College, Glendora, Calif. Lloyd Higgins, 323-254-5473; throwfarcoach1@cox.net

**January 18.** Hawaii Masters TC Pentathlon, Kaiser HS, Honolulu. www.i2creality.com/htmc.htm

**January 24.** Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

**January 24 & 31.** Citrus College All Comers, Glendora, Calif. 10 am. 626-914-8652.

**February 7, 14, 21, 28.** Los Gatos All-Comer Series, Los Gatos HS, Calif. 12:00 noon. Rick Millam, 408-241-6578.

**February 14-15.** Hawaii Masters TC Decathlon, Kaiser HS, Honolulu. www.i2creality.com/htmc.htm

**February 21-March 7.** Arizona Senior Olympics, Phoenix. Irene Stillwell, 602-534-3500.

**February 28.** Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

**March 6.** Saddleback Masters Meet, Saddleback College. Mark Blethen, T&F Coach, Saddleback College, Mission Viejo, CA 92692-3635. 949-582-4640; mblethen@saddleback.cc.ca.us

**March 28.** Hawaii Masters TC Weight Pentathlon & SW, Kaiser HS, Honolulu. www.i2creality.com/htmc/htm

**April 4.** Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews, 2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

**April 25.** Vern Wolf Memorial Masters Meet, USC Cromwell Field, Los Angeles. Entry form on Web site, Feb. 1: www.trojanmtc.com; email: www.trojanmtc@aol.com

**April 25.** Hawaii Masters TC Pentathlon, Kaiser HS, Honolulu. www.i2creality.com/htmc/htm

**May 1.** Team Thor USA Throwers Meet, UC-San Diego, La Jolla, Calif. All throws, plus SW. Open to all. George Mathews,

2149 Calle Buena Ventura, Oceanside, CA 92056. 760-757-4550; email: georgemathews@cox.net

**May 14-15.** Sacramento Senior Games, Sacramento, Calif. Qualifier for Calif. State Championships, Pasadena, in June. 916-277-3839; SeniorGames@cityofsacramento.org

**May 30.** Dan Aldrich Memorial Masters Meet, UC-Irvine. 541-318-8513; cmccormick@bendcable.com

**July 10.** California State Games, San Diego. T&F. CSG, 2919 Camino Del Rio South San Diego, CA 92108. 619-682-3436; Fax: 682-3440; calgames@sosinet.net; www.calstategames.org

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

**March 13-14.** Idaho Masters Indoor Classic, Boise. 208-859-9219; idahoclassic@earthlink.net

**May 29.** Oregon Senior Olympics, Silverton, Ore. Amy Castle, 503-873-8577.

**June 5.** Seattle Parks Department Masters Meet, West Seattle, Wash.

**June 12-13.** USATF Oregon Association Y/O/M Championships, Mt. Hood CC, Gresham. www.usatforegon.org

**June 19-20.** Portland Masters Classic, Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

**June 26-27.** Hayward Masters Classic, Eugene, Ore.

**July 3 (tent.).** Bend Masters & Open Classic, Summit HS, Bend, Ore. C. McCormick, 1055 NW Milwaukee Ave., Bend, OR 97701.

**July 10-11.** State Games of Oregon.

**July 17-18.** USATF Northwest Regional Masters Championships, Pullman, Wash.



JERRY WOJCIK

June Machala, W70 Track Athlete of the Year.

**CANADA**

**March 6.** OMTFA Indoor Championships, York U. www3.sympatico.ca/ontario.masters

**July 17-18.** Canadian Masters National Championships, Calgary, Alberta. Also Masters Age-Graded 5K Road Race. www.2004canadianmasters.com

**INTERNATIONAL**

**February 28-29.** German Indoor Championships, Berlin-Potsdam, Hallen.

**March 5-8.** New Zealand Masters Championships, Hamilton. Waikato Masters Athletics, PO Box 1365, Hamilton, New Zealand.

**March 10-14.** 1st World Masters Athletics Indoor Championships, Sindelfingen, Germany. Plus World Throwing Challenge & Cross-Country. www.leichathletik.de; www.sindelfingen2004.de

**July 22-August 1.** Europe Championships, Arhus & Randers, Denmark.

**July 29-August 1 (tent.).** Africa Championships, Yaounde, Cameroon.

**August 27-29.** NCCWMA Championships, Dorado, Puerto Rico.

**October 21-27.** Oceania Championships, Rarotonga, Cook Islands.

**November 6-13.** South America Championships, Montevideo, Uruguay.

**July 6-16, 2005.** 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

**July 22-31, 2005.** World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com



SUZY HESS

Val Barnwell, M45 Track Athlete of the Year.

**LONG DISTANCE  
RUNNING****NATIONAL**

**February 7.** USATF National Masters 6K Cross-Country Championships, Indianapolis, Ind. www.usatf.org

**March 12-16.** RRCA Convention, Lake Tahoe, Calif. www.rrca.org

**March 21.** USATF National Masters Championships/New Bedford Half-Marathon, New Bedford, Mass. 508-998-5068; 617-566-7600; nbhm@gnbtc.org

**April 4.** USATF National Masters 100K Championships, Kettle Moraine, Wisc. 262-495-3229; www.americanultra.org/olander/text.html

**May 29.** USATF National Masters Championships/Ogden Newspapers 20K Classic, Wheeling, W.Va. 304-233-0100, x317.

**June 5.** USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 518-273-5552; www.freihofersrun.com; 5k@friehofersrun.com

**June 5.** USATF National Masters Championships/TEVA Spring Runoff 6.3 Mile, Vail, Colo. 206-325-4800; sports@vailrec.com.

**June 19.** USATF National Masters Championships/Mt. Washington 7.6 Mile, Gorham, N.H. 603-863-7042; www.gsr.com/mwrr

**July 31.** USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. 206-325-4800; www.whiteriver50.org

**September 11.** USATF National Masters Championships/Olander Park 100 Mile,

Sylvania, Ohio. 419-885-7399; www.americanultra.org/olander/text/html

**September 26.** USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 805-544-7200; www.heritageoaksbank.com

**October 3.** USATF National Masters Championships/Twin Cities Marathon, Minneapolis. www.twincitiesmarathon.org

**October 30.** USATF National Masters Championships/San Diego 1 Day-24 Hour Run, San Diego, Calif. 760-967-8348; www.sandiego1dayrace.com/index.html

**November 7.** USATF National Masters 8K Cross-Country Championships, Boston, Mass. Steve Vaitones, office@usatfne.org

**November 14.** USATF National Masters Championships/Peachtree City 50K, Peachtree City, Ga. 770-487-7445; darksiderunningclub@comcast.net

**December 11.** USATF National Masters 10K Cross-Country Championships, Portland, Ore. www.usatf.org

**December 18.** USATF National Masters Championships/HUFF 50K Trail Run, Huntington, Ind. www.huff50k.com

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

**February 1.** Maine TC Mid-Winter 10 Mile Classic, Cape Elizabeth. Don Penta, 207-892-4526; www.mainetrackclub.com

**February 14.** Martha's Vineyard 20 Miler, Vineyard Haven, Mass. 508-696-6205, x300; www.mv20miler.com

**February 21.** NYRR Snowflake 4 Mile, Central Park, NYC. 212-423-2261; nyrrc.org

**February 29.** Hyannis Marathon, Half-

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Marathon & 10K, Hyannis, Mass. 617-625-2140; [www.clydesdale.org/BAEvents/schedule](http://www.clydesdale.org/BAEvents/schedule)

**March 6.** NYRR Brooklyn Half-Marathon, NYC. 212-423-2261; [www.nyrrc.org](http://www.nyrrc.org)

**March 6.** Newark Distance Classic 20K & 5K, Newark, N.J. 973-733-6454; email: [san.tiagom@ci.newark.nj.us](mailto:san.tiagom@ci.newark.nj.us)

**March 21.** MORE Magazine Marathon for Women 40+, Central Park, NYC. [www.moremagazine.com](http://www.moremagazine.com); [www.nyrrc.org](http://www.nyrrc.org)

**April 19.** 108th Boston Marathon. [www.baa.org](http://www.baa.org)

### SOUTHEAST

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

**January 9-11.** Walt Disney World Marathon Weekend, Orlando, Fla. [disneyworldsports.com](http://disneyworldsports.com)

**January 10.** Charlotte Observer Marathon/Relay & 10K, Charlotte, N.C. 704-333-3688; [www.runforpeace.active.com](http://www.runforpeace.active.com)

**January 24-25.** Run Tampa/Bank of America Gasparilla 15K & 5K (24th)/Hops Marathon & Half-Marathon (25th) 813-229-7866; [www.tampabayrun.com](http://www.tampabayrun.com)

**January 25.** Florida Hospital Lady Track Shack 5K, Winter Park, Fla. 407-898-1313; [trackshack.com](http://trackshack.com)

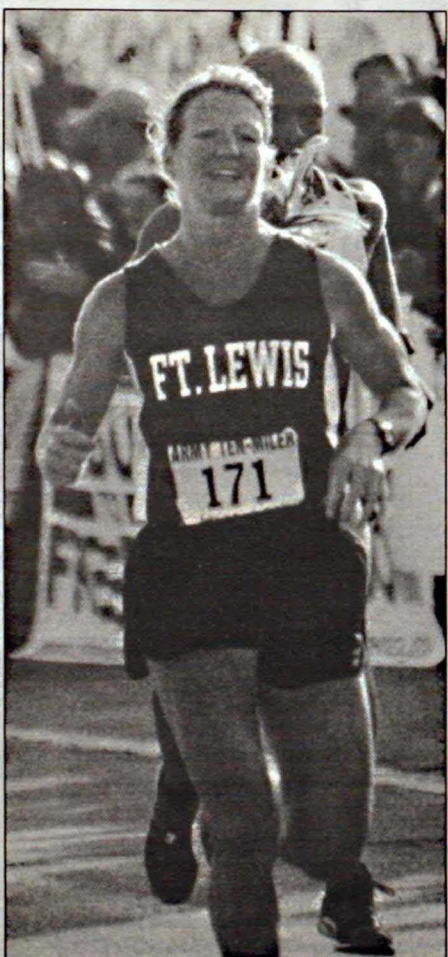
**January 31.** Matanzas 5000, St. Augustine, Fla. 904-797-7575.

**January 31.** Greenville News Run Downtown 5K, Greenville, S.C. 864-982-7772; [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com)

**January 31.** Komen Race for the Cure 5K, W. Palm Beach, Fla. 561-841-0041; [www.raceforthecuresofla.org](http://www.raceforthecuresofla.org)

**February 1.** Miami Tropical Marathon, Miami, Fla. 305-278-8668; [www.miami-tropicalmarathon.com](http://www.miami-tropicalmarathon.com)

**February 7.** US Olympic Team Trials Men's Marathon, Birmingham, Ala.



MAJOR ALVIN BANKER

Major Heidi Grimm, 36, fourth woman (61:14), 2003 Army Ten Miler, Washington, D.C.

205-870-7771; [www.usatf.org](http://www.usatf.org)

**February 8.** Mercedes Marathon & Half-Marathon, Birmingham, Ala. 205-870-7771; [www.mercedesmarathon.com](http://www.mercedesmarathon.com)

**February 21.** Myrtle Beach Marathon/Relay & Half-Marathon, Myrtle Beach, S.C. 843-293-RACE; [www.mbmarathon.com](http://www.mbmarathon.com)

**February 22.** MTC 50K, Sarasota, Fla. 941-955-5495; [manasotatrackclub.org](http://manasotatrackclub.org)

**February 22.** Anheuser-Busch Colonial Half-Marathon, Williamsburg, Va. 757-221-1599; [peninsulatrackclub.com](http://peninsulatrackclub.com)

**February 22.** Florida Gulf Beaches Marathon, Relay, & 10K, Clearwater. 727-347-4440; [www.floridamarathon.com](http://www.floridamarathon.com)

**February 28.** Blue Angel Marathon, NAS, Pensacola, Fla. 850-452-3806, x315; [www.naspensacola.navy.mil/mwr/nas](http://www.naspensacola.navy.mil/mwr/nas)

**February 29.** Nokia Sugar Bowl Mardi Gras Marathon & Half-Marathon, New Orleans, 800-886-5534; [MardiGrasMarathon.com](http://MardiGrasMarathon.com)

**March 7.** Whitestone 30K, Kingston, Tenn. 865-687-4617; [www.ktc.org](http://www.ktc.org)

**March 8.** First Reedy River Run 10K, Greenville, S.C. 864-241-6362(d); [www.greenvilletrackclub.com](http://www.greenvilletrackclub.com)

**March 13.** Gate River Run/USATF 15K Championships, Jacksonville, Fla. 904-731-1900; [www.gaterriverrun.com](http://www.gaterriverrun.com)

**March 20.** Shamrock Sportsfest Marathon/2-Person Relay & 8K, Virginia Beach, Va. [www.shamrockmarathon.com](http://www.shamrockmarathon.com)

### MIDWEST

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

**January 25.** Midwinter Cruise 5K, Park Forest, Ill. 708-672-4007; [www.lincoln.net.net/pfrpc](http://www.lincoln.net.net/pfrpc)

**March 7.** Polar Bear 5 Mile, Indianapolis. 317-884-4001; [www.kenlongassoc.com](http://www.kenlongassoc.com)

### MID-AMERICA

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

**January 1.** Resolution Run 5K, Town & Country, Mo. 636-207-3000.

**January 25.** Snowball Series 25K & 3 Mile, Chesterfield, Mo. 314-434-9577.

**March 14.** Runnin' of the Green! Lucky 7K, Denver, Colo. 303-694-2030; [www.bkbltd.com](http://www.bkbltd.com)

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 18.** hp Houston Marathon & Half-Marathon. 713-957-3453; [www.hphoustonmarathon.com](http://www.hphoustonmarathon.com)

**January 25.** Louisiana 30K Championships, New Orleans. NOTC, 504-482-6682; [runNOTC.org](http://runNOTC.org)

**January 25.** 3M Half-Marathon/Relay, Austin, Texas. 512-984-7223; [www.3M.com/races](http://www.3M.com/races)

**February 1.** 3M Half-Marathon, Austin, Texas. 512-984-1800; [www.3M.com/races](http://www.3M.com/races)

**February 15.** Motorola Marathon, Austin, Texas. [www.motorolamarathon.com](http://www.motorolamarathon.com)

**February 21.** Nextel Mardi Gras Mambo 10K, Baton Rouge, La. 225-382-3596; [www.brasf.com](http://www.brasf.com)

**February 22.** Cowtown 5K & 10K, Fort Worth, Texas. 817-735-2033; [cowtownmarathon.org](http://cowtownmarathon.org)

**February 29.** Mardi Gras Marathon, Half-Marathon, & 5K, New Orleans. 800-886-



GEORGE BANKER

John Sherlock III, 55, 2003 Annapolis 10 Miler, Annapolis, Md.

5534; [www.mardigrasmarathon.org](http://www.mardigrasmarathon.org)

**March 6.** Bayou City Classic 10K, Houston, Texas. 713-784-3915; [bayoucityclassic.org](http://bayoucityclassic.org)

### WEST

Arizona, California, Hawaii, Nevada, New Mexico

**January 10.** Paramount 10K & Racewalk, Paramount, Calif. (L.A. suburb) 714-841-5417; [www.nealand.com/finishline](http://www.nealand.com/finishline)

**January 11.** Rock 'N' Roll Arizona Marathon & Half-Marathon, Phoenix. 800-311-1255; [www.rmraz.com](http://www.rmraz.com)

**January 18.** San Diego Marathon & Half-Marathon, Carlsbad, Calif. 917-626-9623; [www.runday.com](http://www.runday.com)

**January 25.** Las Vegas Marathon & Half-Marathon, Las Vegas, Nev. 702-876-3870; [www.lvmarathon.com](http://www.lvmarathon.com)

**January 25.** Redondo Beach Super Bowl Sunday 10K, Calif. 310-781-2020; [www.redondochamber.org](http://www.redondochamber.org)

**February 1.** San Francisco Half-Marathon. 415-759-2690; [www.Rhodyco.com](http://www.Rhodyco.com)

**February 14.** Great American Adventure Run 2.8 Mile & 4.8 Mile Cross-Country, Huntington Beach, Calif. 714-841-5417; [www.nealand.com/finishline](http://www.nealand.com/finishline)

**February 16.** Great Aloha Run 8.15 Mile, Honolulu, Hawaii. 808-528-7388; [greataloharun.com](http://greataloharun.com)

**March 6.** Santa Ana North Rotary Health Run 5K, Santa Ana, Calif. 714-841-5417; [nealand.com/finishline](http://nealand.com/finishline)

**March 7.** City of Los Angeles Marathon. 310-444-5544; [www.lamarathon.com](http://www.lamarathon.com)

**March 7.** Napa Valley Marathon/RRCA Championships, Napa, Calif. [www.rrca.org](http://www.rrca.org)

**March 14.** Valley of the Sun Marathon & Half-Marathon, Mesa, Ariz. 480-358-0488; [valleyofthesunmarathon.com](http://valleyofthesunmarathon.com)

**March 14.** Paul Spangler Memorial 8K & 5K RW, Stanford, Calif. 50+. Fifty-Plus

Lifelong Fitness, 2483 E. Bayshore Rd., Suite 202, Palo Alto, CA 94303. 650-843-1750; fax: 843-1758.

**March 20.** 5K Spring into Health, Whittier, Calif. 714-841-5417; [www.nealand.com/finishline](http://www.nealand.com/finishline)

**March 21.** Big Island International Marathon, 10.8 Mile & 5K, Hilo, Hawaii. Sharron Joseph, 808-969-7400; [www.runhawaii.com](http://www.runhawaii.com)

### NORTHWEST

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

**January 17.** Nookachamps Winter Half-Marathon, Mt. Vernon, Wash. 360-752-2815; [www.nookachamps.com](http://www.nookachamps.com)

### INTERNATIONAL

**January 11.** Nike Egmond Half-Marathon, Egmond aan Zee, Netherlands. +31-24-3515077.

**February 29.** World's Best 10K, San Juan, Puerto Rico. 787-767-2000; [www.worldbest10k.com](http://www.worldbest10k.com)

**March 21.** Barcelona Marathon, Spain. 800-444-4097; [www.marathonontours.com](http://www.marathonontours.com)

**March 28.** Rome Marathon, Italy. 800-444-4097; [www.marathonontours.com](http://www.marathonontours.com)

**April 18-24.** World Masters Athletics Non-Stadia Championships, Auckland, New Zealand. 10K/10K, 20K, 30K, 50K, RW/Team Cross-Country/Ekiden Relay/Half-Marathon. [www.wma2004.org](http://www.wma2004.org)

**May 8-14, 2006.** World Masters Athletics Non-Stadia Championships, Vancouver, B.C., Canada. [www.wma2006.org](http://www.wma2006.org)

### RACEWALKING

**January 11.** USATF National Masters 30K RW Championships, Chula Vista, Calif. Curt Claussen, 317-261-0500.

**January 18.** WCLA 10 Mile/Richard Oliver 5K Memorial Racewalks, Rose Bowl, Pasadena. Carol Ferris, 818-243-8818; [caferis@earthlink.net](mailto:caferis@earthlink.net)

**February 15.** USA 50K Olympic Trials, Chula Vista, Calif.

**February 27-28.** USA Indoor Championships (5000m & 3000m), Boston, Mass.

**March 28.** USATF National Masters 3000m RW Championships, Boston, Mass. See National T&F schedule.

**May 23.** USATF National One & Two Hour RW Championships, Kenosha, Wisc. Mike DeWitt, 262-551-7600.

**June 13.** USATF National Masters 15K RW Championships, Lincoln, R.I. Steve Vaitones, 617-566-7600.

**July 17-18.** USA 20K Olympic RW Trials, Sacramento, Calif.

**August 5-8.** USATF National Masters 5000m & 10K RW Championships, Decatur, Ill. See National T&F Schedule.

**September 12.** USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 732-222-9080. Also on Sept. 22, 2005.

**October 9.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 423-349-6406.

**October 11-12 (tent.).** NCCWMA 15K Regional RW Championships, Coconut Creek, Fla. Bob Fine, 561-499-3370; [bobfine@aol.com](mailto:bobfine@aol.com)

**October 31.** USATF National Masters & Women's 50K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

**November 4.** USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634.

<b>M30-34</b>					
Marek Wensel	400	49.59	8-7, 10-03		
<b>M35-39</b>					
Greg Hales	800	2:03.21	8-7, 10-03		
Mike Smierciak	J	188-6	9-6-03		
John Strycker	Mile	4:37.12	12-5-03		
<b>M40-44</b>					
Jim Watts	400	52.09	6-15-03		
<b>M45-49</b>					
Stephen Winkel	D	6248	6-14, 15-03		
<b>M50-54</b>					
John Ellison	J	156-4 1/2	9-27-03		
Robert Hahn	100hh	15.06	7-13-02		
Michael Wiggins	5K rw	25.07	8-8-03		

## RECIPIENTS OF ALL-AMERICAN AWARDS

<b>M55-59</b>	10K rw	50.01	8-10-03
Hank Konen	WP	3395	10-4-03
Don Loewe	3K	10:28	11-16-03
Robert Rice	Pent	2679	8-7, 10-03
<b>M60-64</b>			
Phinead Anderson	100hh	19-8	8-1, 2-03
Don Fisher	LJ	14-10	10-20-03
Bob Taylor	LJ	18-2	5-10-03

<b>M65-69</b>	HJ	4-10	4-13-03
Bert Bergren	SP	13.37	6-7-03
James Koch			
<b>M70-74</b>	Pent	2606	3-28-03
Alan Raynor	Mile	6:18	9-7-03
Eric Seiff	10K	48:13	8-30-03
	5K	23:29	10-19-03
	800	3:01.5	7-31-03

<b>M75-79</b>	56# wt	3.06	9-6-03
Jack Morrill			
<b>W30-35</b>	100	13.32	9-20-03
Jennifer Price	200	27.53	9-20-03
	200	28.14	8-7-03
Kelli Wensel	10K	48.17	11-16-03
<b>W50-54</b>			
Kit Doughney			
<b>W60-64</b>	HJ	4-6	4-13-03
Kathy Bergen	10Krw	66:08	10-26-03
Walda Tichy			
<b>W65-69</b>	23'-0"		6-28-03
Francesca Moravcsik	SP		

### 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	4:40	4:50	5:00	5:10	5:30	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- 1/2	5-9/16	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/16	3-3/4	2-7/8	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5/16	13-5/16	12-11/16	12-1 1/2	11-7/8	10-0	8-10/16	7-10/16	7-6/16	5-10/16	4-3/4		
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16- 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
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 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	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#WL	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 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
Weight	15.00	14.00	13.25	12.50	14.25	13.25	14.00	13.25	13.50	11.75	10.00	8.75	6.00
	49-2 1/2	45-11 1/2	43-5 1/2	41-0 1/4	46-9	43-5 1/2	45-11 1/2	43-5 1/2	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
56#WL	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 1/4	27-10 1/4	26-3	19-8 1/4	18- 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.  
 2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"  
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"  
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"  
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;  
 6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k  
 7) Javelin: 30-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g  
 8) Weight: 30-49: 35# 50-59: 25# 60-69: 20# 70-79: 16# 80+: 12#  
 9) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).  
 10) Metric heights and distances are the standard; feet and inches listed for convenience.

### 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	85-89	90-94
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0		
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0		
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0		
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40		
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10		
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45		
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00		
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00		
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00		
100H	17.2	18.2											
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0		
400H	75.0	79.0	84.0	88.0									
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0		
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84		
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9		
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70		
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4		
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50		
	15-1	14-6	13-3	12-6	11-1 1/4	10-6	10-2	8-6 1/4	7-6 1/4	6-10 1/4	4-11		
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89		
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/4	19-8 1/4	18- 1/4	14-9	12-9		
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30		
	33-9 1/4	30-7	27-11	27-6 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17- 1/4	14-1 1/4		
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00		
	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4		
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00		
	105-0	98-5	82-0	78-9	72-2 1/4	68-10 1/4	59- 1/4	52-6	45-11 1/4	42-8	36-1 1/4		
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00		
	114-10	106-7	98-5	82-0	75-5 1/4	72-2 1/4	68-10 1/4	59- 1/4	45-11 1/4	39-4 1/4	29-6 1/4		
Weight	10.00	10.00	9.00	8.00	9.00	8.00	9.50	8.75	7.75	6.50	5.50	4.25	3.50
	32-9 1/4	32-9 1/4	29-6 1/4	26-3	29-6 1/4	26-3	31-2	28-8 1/4	25-5 1/4	21-4	18-0 1/4	15-7	11-5 1/4
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00		
	21-4	19-8 1/4	18- 1/4	16-4 1/4	17-2 1/4	16-4 1/4	15-7	14-9	13-1 1/4	11-5 1/4	9-10		
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300		

# 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

### FLRC Indoor Meet

Cornell U., Ithaca, NY; Dec. 7

55m	
M30 Dave Eaton	6.60
200m	
M40 David Elliott	32.16
M50 Steve Kopp	34.62
W40 Lorie Tily	39.10
W50 Diane Sherrer	41.19
800m	
M30 Gary Hurta	2:09.5
Richard Terpening	2:21.6
M40 Casey Carlstrom	2:08.1
David Carroll	2:18.6
M45 Wayne Mason	2:36.1
M50 Al Wilson	4:44.4
M55 Herb Engman	2:45.9
Ralph Josephson	3:15.5
W30 Mary Bushallow	2:28.5
W40 Lorie Tily	3:10.5
W45 Phyllis Radke	3:38.6
W50 Diane Sherrer	3:39.1
Two Mile	
M30 Richard Terpening	10:44.8
Gary Hurta	10:49.4
M35 Boris Dzikovski	10:57.6
M40 Tim Ingall	10:50.8
Casey Carlstrom	11:14.4
M45 Wayne Mason	12:31.3
M55 John Saylor	12:03.2
Ralph Josephson	14:14.4
M60 Dan Mittler	17:03.1
M70 Don Farley	14:21.3
M80 Frank Moore	15:32.4
W30 Mary Bushallow	12:21.3
Amy Hurta	13:04.0
W40 Lorie Tily	14:33.9
W45 Sue Algen	15:45.9
Cindy Gratton	19:34.1
W50 Charlene Temple	19:37.6

## MID-AMERICA

South Dakota Senior Games  
Brookings, SD; Sept. 8-12

50m	
M50 Jim Dolezel	6.50
M55 Tarry Cory	7.10
M60 Steve Bowles	7.20
M65 Alan Brevik	7.50
M70 Jack Frandsen	9.99
M75 Gerald Armitage	8.90
M80 Danny Olson	11.65
W50 Ann Novotny	10.10
W60 Marion Krueger	9.40
W65 Leann Fredrickson	11.08
W85 Mary Kay	11.65
100m	
M50 Jim Dolezel	12.80
M55 Carl Etter	13.71
M60 Steve Bowles	13.40
M65 Jim Muxen	14.60
M70 Jack Frandsen	19.74
M80 Ralph Maxwell	17.20
W50 Ann Novotny	20.83
W60 Marion Krueger	19.20
W65 Leann Fredrickson	22.73
200m	
M50 Jim Dolezel	26.98
M55 Carl Etter	27.90
M60 Steve Bowles	27.08
M65 Alan Brevik	30.00
M70 Jack Frandsen	44.40
M75 Fred Frost	36.10
M80 Ralph Maxwell	37.11
W50 Ann Novotny	50.34
W65 Roberta Parker	1:02.3h
400m	
M50 Jerry Scriver	58.10
M55 Carl Etter	1:02.50
M60 Steve Bowles	1:03.4h
M65 Denis Wingen	1:41.10
M70 James Thvedt	1:24.30
M75 Fred Frost	1:20.50
M80 Danny Olson	2:15.2h
W65 Roberta Parker	2:15.2h
W70 Edith Weber	1:38.1h
800m	
M50 Monte Sanley	2:19.10
M55 Micheal Cody	2:58.30
M60 John Raderschadt	2:56.10
M70 James Thvedt	3:24.90

M75 Fred Frost	3:05.00
W65 Roberta Parker	4:59.6h
W70 Edith Weber	3:54.3h
1500m	
M50 Monte Sanley	4:53.8h
M55 John Tweeten	6:01.5h
M70 Jack Frandsen	7:57.6h
M75 Fred Frost	6:19.8h
W70 Edith Weber	7:59.5h
High Jump	
M50 Dan Mehlbrech	5-6
M55 Carl Etter	4-10
M65 Armand Zahn	4-4
M70 Roland Kleinschmidt	3-11
M75 Harry Birath	3-6
M80 Ralph Maxwell	3-10
W50 Ann Novotny	2-11
W60 Hamlet Kaufman	3-7
Pole Vault	
M50 Jim Dolezel	9-6
M55 Terry Medjo	9-6
M60 John Tweeten	8-6
M65 Duane Rykhuss	8-0
Long Jump	
M50 Jim Dolezel	16-4
M55 Carl Etter	16-4.50
M60 Alex Meyer	12-4
M65 Alan Brevik	13-7
M70 Jack Frandsen	9-7.50
M80 Ralph Maxwell	10-0.25
W50 Ann Novotny	6-7
W60 Marion Krueger	8-11.75
W65 Leann Fredrickson	7-2
Shot Put	
M50 Tom Appletoft	36-2.50
M55 Dean Isburg	36-9.75
M60 Jack Strong	39-1
M65 Armand Zahn	34-5
M70 Augie Albers	33-3.75
M75 Vern Anthony	22-4.25
M80 Walter Lesiw	23-5
W50 Ann Novotny	23-10.25
W60 Marion Krueger	11-11.50
W65 Leann Fredrickson	17-2
W85 Mary Kay	17-2
Discus	
M50 Dan Mehlbrech	116-11
M55 Tarry Cory	118-7
M60 Alex Meyer	121-7
M65 Otto Welfring	127-6
M70 Al Weisbecker	100-8
M75 John Van Liere	90-1
M80 Walter Lesiw	68-9
M85 Reuben Anderson	38-2
W50 Ann Novotny	44-9
W60 Marion Krueger	65-6
W65 Roberta Parker	31-6
W85 Mary Kay	40-3
Javelin	
M50 Tom Appletoft	118-2
M55 Tarry Cory	117-3
M60 Alex Meyer	107-10
M65 Richard Nankivel	110-3
M70 Buzz Luse	67-10
M80 Walter Lesiw	51-2
W50 Ann Novotny	41-2
W60 Marion Krueger	60-9
W65 Roberta Parker	29-3
W75 Lee Anthony	30-8
WEST	
San Diego Senior Olympics	
San Diego, CA; Sept. 20	
50m	
M45 Robert Rauch	7.57
M50 Ernie Snodgrass	7.01
M55 Oliver Rhodes	7.71
M60 Doug Smith	7.10
M65 Roger Tsuda	7.43
M75 Jim Selby	8.57
W40 J Upshaw-Margerum	6.99
W45 Debbie Selby	8.70
W50 Linda Cohn	7.62
W60 Marilyn Ongley	8.85
W65 Elsbeth Padia	9.05
W70 Magdalena Kuehne	9.47

W75 Frances Styles	9.86
100m	
M40 Kettrell Berry	11.06
M45 Stephen Mancini	13.01
M50 Dixon Moore	12.83
M55 Stan Whitley	12.07
M60 Doug Smith	12.91
M65 Roger Tsuda	13.98
M70 Lawrence Ball	16.22
M75 Jim Selby	16.10
M80 Clyde Jackson	23.82
M90 Albert Morrow	22.81
W40 Lesia Batiste	12.47
W45 Debbie Selby	16.49
W50 Linda Cohn	14.49
W60 Marilyn Ongley	16.70
W65 Elsbeth Padia	16.81
W70 Magdalena Kuehne	18.43
W75 Frances Styles	19.23
200m	
M40 Kettrell Berry	22.26
M50 Steven Hardison	24.92
M55 Stan Whitley	24.19
M60 Doug Smith	26.73
M65 Roger Tsuda	28.91
M75 Jim Selby	34.32
M80 Clyde Jackson	51.58
W40 Lesia Batiste	25.65
W45 Debbie Selby	34.85
W50 Jeanne Bowman	32.17
W55 Reemi Wentzel	32.29
W60 Marilyn Ongley	36.28
W65 Elsbeth Padia	37.60
W70 Magdalena Kuehne	39.37
W75 Frances Styles	47.32
400m	
M50 Herman Castille, Jr	57.81
M55 Larry Barnum	1:03.06
M60 Edward Miller, Jr	1:18.46
M65 Carl Grubbs	1:22.90
M70 Ray Archibald	1:34.14
M75 Jim Selby	1:17.59
M80 Clyde Jackson	2:10.64
W45 Debbie Selby	1:21.18
W50 Beverly Hicks	1:24.17
W55 Reemi Wentzel	1:14.86
W60 Marilyn Ongley	1:30.60
W80 Gerry Davidson	2:11.51
800m	
M50 Herman Castille, Jr	2:28.82
M55 Larry Barnum	2:13.09
M60 Malcolm McGawn	2:54.02
M65 Richard Gardner	3:49.51
M70 Ray Archibald	3:42.52
M75 Jim Selby	3:07.55
M80 Clyde Jackson	4:56.87
W50 Oneida Mayora	3:52.59
1500m	
M50 Greg Wilson	4:39.05
M55 Jack Farnan	5:08.02
M60 Malcolm McGawn	5:55.02
M65 Carl Grubbs	6:59.42
M70 Ray Archibald	7:28.89
M75 Jim Selby	6:19.76
W50 Oneida Mayora	7:55.99
W80 Gerry Davidson	9:24.06
Short Hurdles	
M50 Ross Jones	18.09
M60 Edward Miller, Jr	22.58
M90 Albert Morrow	25.06
W40 J Upshaw-Margerum	12.30
W50 Nancy Cochrane	16.17
Long Hurdles	
M60 Terry Rowan	51.65
M65 Jesse Carrington, Jr	52.77
W50 Nancy Cochrane	1:08.02
High Jump	
M50 John Little	1.68
M70 Ray Archibald	1.05
M75 Herb Wilkinson	1.20
M85 Leland McPhie	1.00
W50 Nancy Cochrane	1.22
W75 Frances Styles	.95
Pole Vault	
M50 Steven Hardison	4.11
M60 John Bohlen	2.43
W60 Nadine O'Connor	2.74
Long Jump	
M50 Dixon Moore	5.30
M55 Oliver Rhodes	4.21
M60 Ron Muranaka	4.28
M65 Roger Tsuda	4.68
M75 Herb Wilkinson	2.81
M85 Leland McPhie	2.18

W40 J Upshaw-Margerum	5.24
W60 Marilyn Ongley	2.93
W70 Louise Martin	1.43
W75 Frances Styles	2.39
Triple Jump	
M50 Frank Taylor	9.36
M60 Terry Rowan	8.61
M85 Leland McPhie	4.47
W70 Magdalena Kuehne	6.82
W75 Frances Styles	5.24
Shot Put	
M50 Richard Watson	11.00
M55 Bruce MacDonald	10.70
M60 George Mathews	13.29
M70 Doug Tomlinson	11.82
M75 Herb Wilkinson	9.46
M85 Leland McPhie	6.25
W50 L Mitchell-Davis	5.99
W55 Ingrid Mancini	8.13
W70 Nina Duncan	5.76
W75 Dolly Scott	4.65
Discus	
M50 Richard Watson	35.99
M60 Riley O'Neil	38.19
M65 Alan Rosen	37.48
M70 Doug Tomlinson	33.97
M75 Herb Wilkinson	26.70
M85 Leland McPhie	15.84
W40 Dori Friedland	15.18
W55 Ingrid Mancini	17.88
W65 Elsbeth Padia	14.88
W70 Nina Duncan	10.70
W75 Dolly Scott	11.10
Hammer	
M50 Thomas Meyer	42.87
M60 George Matthews	52.38
M70 Eugen Staniciu	31.95
M75 Kio Shik Song	30.79
Javelin	
M50 Richard Watson	47.60
M55 George Dumais, Jr	30.91
M60 Jim Lyons	27.13
M65 James Rota	23.44
M70 Edward Martin	37.09
M75 Herb Wilkinson	23.27
M85 Leland McPhie	14.86
W40 Dori Friedland	10.66
W50 Linda Cohn	28.56
W70 Magdalena Kuehne	15.14
1500m RW	
M70 Lloyd McGuire	10:08.62
M75 Ray Crawford	13:10.05
5000m RW	
M55 Daniel Shalit	32:27.5h
Lloyd McGuire	36:08.3h
San Jose Senior Games	
Los Gatos HS, CA; Nov. 2	
50m	
M40 Rand Crippen	6.78
M50 Dave Dettelsen	6.59
M55 Gary Patterson	6.90
M60 Fred Dilleuth	7.33
M65 Abner Greene	7.86
M70 Don Cheek	7.47
M75 Lee Conway	8.36
M80 Konrad Slaughter	10.64
W65 Elsbeth Padia	8.55
W85 Hope Swan	18.68
100m	
M40 Peter Chen	13.25
M50 Ernie Snodgrass	13.04
M55 Dave Dettelsen	12.43
M60 Anthony Craddock	13.27
M70 Don Cheek	14.68
M75 Lee Conway	16.51
M80 Jarnal Singh	18.29
W55 Carol Kernitz	20.50
W65 Elsbeth Padia	16.61
200m	
M40 Roy Michon	25.34
M50 Ernie Snodgrass	26.98
M55 Dave Dettelsen	26.27
W55 Carol Kernitz	44.52
W65 Elsbeth Padia	37.17
400m	
M40 Brent Cottong	56.26
M50 Greg Bunker	1:00.12
M55 Mike Hinton	1:03.44
M60 Dennis Duffy	1:02.01
M65 Jeremy Lys	1:10.04
M70 Don Cheek	1:10.69
W60 Pat Vorreiter	1:55.69
W65 Fei Mei Chou	1:46.37
800m	
M55 Roy Michon	2:31.36

M60 John Weidinger	3:16.14
M70 Gilman Jung	4:27.25
M75 Ira Karp	4:02.77
W65 Barbara Robben	4:11.13
1500m	
M40 Leonard Marrufo	4:55.88
M50 Patrick Buzbee	5:20.67
M55 Greg Burke	5:24.74
M60 Frank James	5:33.17
M65 Jeremy Lys	5:54.83
M70 Gilman Jung	7:46.27
W40 Honor Featherston	5:32.27
W50 Marina Jones	6:01.95
W60 Pat Vorreiter	9:02.64
W65 Barbara Robben	8:14.18
3000m	
M50 Patrick Buzbee	NTA
M55 Greg Burke	NTA
M60 Frank James	NTA
M70 Gilman Jung	NTA
M75 Ira Karp	16:18.66
W40 Honor Featherston	NTA
W50 Marina Jones	12:09.60
W55 Frances Schwab	NTA
W60 Marilou Christina	17:23.49
W65 Barbara Robben	NTA
High Jump	
M40 Rand Crippen	5-2
M50 Edward Baskauskas	4-10
M55 Gary Wuest	3-6
M60 John Burns	4-8
M65 John Steinman	4-2
M70 Don Leis	3-6
M80 Jerry Silsdorf	2-8
W65 Irene Obera	3-6
Pole Vault	
M40 Tom Clabough	10-0
M45 John Steinman	9-0
M50 Steven Hardison	14-6
M55 Dave Dettelsen	9-6
M60 Bruce Hotaling	11-0
M75 Don Grosh	5-6
Long Jump	
M40 Fritz Moga	16-0.50
M55 Gary Mader	15-2.50
M60 Don Dvorak	13-7.25
M65 Jack Parker	8-8
M70 Don Leis	9-3.50
W55 Lorraine Tucker	11-8
M65 Fei Mei Chou	7-8.75
W85 Hope Swan	1-10.75
Shot Put	
M40 Fritz Moga	31-4
M50 Gary Schmidt	40-9.40
M55 Gary Wuest	33-6.50
M60 John Burns	36-1.50
M65 Ken Tronstad	34-1
M70 Robert Jordan	33-4.75
M80 Jerry Silsdorf	21-2.75
W60 Patricia Vorreiter	16-6
W65 Cherrie Sherrard	34-4.25
W85 Hope Swan	8-5
Discus	
M50 Gary Schmidt	37.50
M55 Rich Crowley	29.96
M60 John Burns	39.52
M65 Ken Tronstad	33.40
M70 Del Alaway	28.24
M75 Louie Toscano	16.89
M80 Jerry Silsdorf	15.39
W55 Pauline Timm	13.90
W60 Patricia Vorreiter	11.15
W65 Cherrie Sherrard	20.19
W85 Hope Swan	5.85
Javelin	
M40 Fritz Moga	101-0
M50 Gary Schmidt	129-8
M55 Gary Wuest	112-9
M60 John Burns	132-9
M65 Ken Tronstad	96-3
M70 Del Alaways	106-3
M80 Ed Chynoweth	87-1
W55 Lorraine Tucker	65-5
W60 Pat Vorreiter	45-5
W85 Hope Swan	10-4
Hawaii Master TC Pentathlon	
Honolulu; Nov. 9	
LJ/JT/200/DT/1500	
M50 Allan Nakasone	54 230
--/19.57/--/1.1--/1.1--	
M60 Jack Karbens	62 2724
3.62/34.17/30.50/35.10/6.58.60	
Lionel Low	64 1876
4.18/17.44/33.70/20.84/7.37.00	
M65 Robert Molyneux	65 1081
--/26.04/--/29.24/--	
M70 Bob Husic	72 1207

--/18.92/--/35.71--	
W50 Britta Staub	51 344
--/1.1--/18.10--	
W60 Brenda Andrieu	63 1637
3.24/14.82/41.20/14.82/10.06.60	
<b>Team Thor Throwers Meet</b>	
<b>UCSD-LaJolla, CA; Nov. 15</b>	
<b>Shot Put</b>	
George Mathews	60 12.65
Doug Tomlinson	71 10.85
<b>Discus</b>	
Mathews 60	36.59
Tomlinson 71	31.75
<b>Hammer</b>	
Leslie Coons	30 64.61
Tom Meyer	52 45.03
Mathews 60	52.99
Frank Carl	66 31.93
Tomlinson 71	31.87
<b>Weight Throw</b>	
Mathews 60	20.04
Carl 66	12.85
Tomlinson 71	16.68
<b>Superweight</b>	
Mathews 60	8.43
Tomlinson 71	6.81
<b>Hawaii Senior Olympics</b>	
<b>Cooke Field, U. of Hawaii;</b>	
<b>Nov. 23</b>	
<b>100 Meters</b>	
W50 Lucy McCurdy	20.94
W60 Brenda Andrieu	18.58
W65 Ruth Heidrich	25.10
W80 P. Bailey-McCarthy	34.59
M40 Phillip Oyape	13.16
M50 Vincent Costello	13.60
M55 Robert Larson	14.45
M60 Jack Karbens	15.37
M65 Stanford Kuroda	15.47
M70 Bill Cunningham	17.56
M75 George Butchko	20.02
M80 Naoto Inada	23.49
M85 Lloyd Namihira	24.32
M100 Erwin Jaskulski	36.85
<b>200 Meters</b>	
W50 Britta Staub	35.85
W60 Brenda Andrieu	39.57
W65 Ruth Heidrich	53.64
W80 P. Bailey-McCarthy	1:14.03
M40 Phillip Oyape	26.84
M50 Vincent Costello	27.93
M55 Robert Larson	30.61
M60 Jack Karbens	31.10
M65 Stanford Kuroda	31.71
M70 Bill Cunningham	36.69
M80 Shoichi Tanouye	1:03.16
<b>400 Meters</b>	
W50 Britta Staub	1:21.33
W64 Diane Stowell	1:48.89
W80 P. Bailey-McCarthy	3:10.01
M40 Phillip Oyape	1:01.94
M50 Vincent Costello	1:04.03
M55 George Downham	1:03.86
M65 Stanford Kuroda	1:16.55
M70 Bill Cunningham	1:23.21
M80 Naoto Inada	2:07.55
<b>800 Meters</b>	
W50 Lucy McCurdy	2:53.88
W60 Joan Davis	7:16.67
W65 Diane Stowell	3:46.92
M45 Ashley Dustow	2:31.59
M50 Vincent Costello	2:38.71
M55 Ron Pate	2:31.77
M60 Jack Karbens	3:05.07
M70 Bill Cunningham	3:20.66
M80 Naoto Inada	5:01.92
<b>1500 Meters</b>	
W50 Britta Staub	6:38.53
M45 Ashley Dustow	4:59.15
M50 Gary Marr	6:05.51
M55 Ron Pate	5:25.94
M70 Alex Shkuratoff	7:03.53
M80 Naoto Inada	10:43.43
<b>3000 Meters</b>	
W55 Paula Carroll	17:20.7
W60 Uaare Matsuda	17:06
W65 Diane Stowell	15:31.2
M45 Ashley Dustow	10:32.2
M50 Gary Marr	12:37.0
M55 Ron Pate	11:14.5
M70 Alex Shkuratoff	15:06.7
<b>Long Jump (In Meters)</b>	
W60 Brenda Andrieu	3.26
M40 Grand Muroda	5.17
M50 Vincent Costello	4.75
M60 Lionel Low	4.11
M65 Stanford Kuroda	3.83
M75 George Butchko	2.76
M80 Shoichi Tanouye	1.18
<b>High Jump (In Meters)</b>	
W60 Brenda Andrieu	1.01
M40 Grant Muroda	1.41
M50 Vincent Costello	1.41
M55 Thomas Reppuhn	1.21
M60 Lionel Low	1.26
M65 Stanford Kuroda	1.16
<b>Javelin (In Meters)</b>	
W60 Brenda Andrieu	16.21
Continued on next page	

Continued from previous page

W80 Polly Bailey-McCarthy	7.76
M40 Steve Sakuma	25.09
M50 Vincent Costello	35.81
M55 Thomas Reppuhn	28.18
M60 Jack Karbens	30.64
M65 Jerry Fasteen	35.09
M70 Thomas Lee	21.95
M75 George Butchko	18.25
M80 Shoichi Tanouye	5.65

**Discus (In Meters)**

W60 Brenda Andrieu	16.51
W80 Polly Bailey-McCarthy	8.56
M40 Eric Roth	33.09
M50 Vincent Costello	35.35
M55 Billy Rees	29.98
M60 Jack Karbens	35.51
M65 Jerry Fasteen	35.73
M70 Robert Husic	34.50
M75 George Butchko	21.04
M80 Shoichi Tanouye	9.24

**Shot Put (In Meters)**

W50 Britta Staub	6.41
W60 Brenda Andrieu	5.65
W80 Polly Bailey-McCarthy	3.91
M40 Grant Muroda	8.62
M50 Charles E. Wright, Jr.	10.75
M55 Robert Larson	9.67
M60 Jack Karbens	9.54

M65 Jerry Fasteen	11.01
M70 Robert Husic	8.31
M75 Carl Fennema	7.98
M80 Shoichi Tanouye	5.01

**INTERNATIONAL****North Island Masters  
T&F Championships  
Hastings, NZ; Dec. 6-7**

<b>3000m RW</b>	
M40 Rodney Gillum	15:28.42
Leon McPhillips	15:58.56
M55 Bob Anderson	17:20.25
M60 Gary Little	WR 14:00.57 (Gary Little/14.04.71/2002)
W45 Marcia Soanes	18:06.78
W60 Loloma Foster	21:07.79
W65 Alett Ten Tusscher	22:43.60
<b>10,000m RW</b>	
M55 Peter Baillie	1:02:57.1
M60 Gary Little	50:42.5
W45 Marcia Soanes	1:03:13.7
W55 Carole Bone	1:07:55.8

Joan Bondell	29:01
Patricia Hill	37:16

**Teams:**

M45	
Running Company A (NJ)	1:25:05
Genesee Valley Harriers (NY)	1:27:43
Philadelphia AC (PA)	1:27:53
Westchester TC (NY)	1:28:12
Raritan Valley Road Runners (NJ)	1:28:35
M55	
Adirondack AC (NY)	1:32:34
Genesee Valley Harriers (NY)	1:33:46
Super Runners Club (NY)	1:34:49
Taconic Road Runners (NY)	1:35:21
M60	
Wolfpit Running Club (CT)	1:05:55
Shore Athletic Club (NJ)	1:07:03
Taconic Road Runners (NY)	1:07:44
Bohemia TC (NY)	1:07:50
M70	
Milrose AA (NY)	1:23:44
Central Jersey RRC (NJ)	1:31:10
Belle Watling AC (NY)	1:31:14
W50	
Genesee Valley Harriers (NY)	1:12:27
North Jersey Masters (NJ)	1:13:29
Bohemia Track Club (NY)	1:17:05
W60	
Raritan Valley Road Runners (NJ)	1:26:23
Shore AC (NJ)	1:34:30

**USATF National Masters 10K  
Cross-Country Championships  
Greensboro, NC; Dec. 7**

W40	
Kate Paddon	WRC40:00
Kelly Kruehl	CNW40:39
Michelle Neal	CNW41:43
Christina Ashby	CNW42:48
Melissa Nelson	CNW44:49
Linda Wojcuch	ORR56:31
W45	
Regina Joyce	CNW41:14
Lynn Vocelka	— 45:22
Carol Dodge	SCT47:49
Mickey Piscitelli	SCT54:58
W50	
Carol L'Esperance	GSH45:30
Belinda O'Brien	GVH47:13
C. Smith-Hannah	GVH47:52
Mary Rosado	CPT52:29
Beth Scott	GVH52:51
Jeanne Herrick	GVH53:56
Maclene Atwood	54:32
Irene Herman	IRT55:08
W55	
Alice Kelly	GVH57:20
Mary Trotto	BTC63:01
W60	
Mary Shaver	GVH51:43
W65	
Joyce Hodges-Hite	ATC64:27
W70	
Ruth Anderson	BAU82:28
W80	
Margaret Hagerty	SRR1:49:51
M40	
Peter Magill	TRH33:17
David Olds	TRH33:20
John Hinton	33:45
Dan Verrington	CMS34:15
Tony Young	CNW34:17
Michael Platt	SCT34:33
Angel Roman	TRH34:39
Paul Hammond	WRT34:40
Timothy Ensign	CTC34:56
Brent Griffiths	RAR34:59
Jim Quadros	WRT35:09
Kevin Osterberg	RAR35:13
John Noland	BAA35:14
Lance Winders	CTC35:34
Bradley Jensen	TRH35:35
Alan Evans	GVH35:37

John O'Hearn	CNW35:39
Terence Boynton	RAR35:43
Tom Doody	GLR35:50
David Bischoff	GVH35:51
Andy MacDonald	BAA36:08
Ken Daily	MVT36:19
Robert Collins	BAA36:18
Tony DaRocha	BAA36:18
Andrew Atkinson	TRH36:25

M45	
Robert Winn	GLR33:15
David O'Keefe	SCT34:04
Tim Minor	RAR35:11
Ken Leinbach	BAA35:17
Emil Magallanes	RAR35:48
Matt Yeo	RAR35:58
Chad Varga	CTC36:17
Eric Putnam	CTC36:30
Anthony Vodacek	GVH36:32
Mac Allen	TRT36:57
Mark Rybinski	SCT36:59
Dave Parsel	TRH37:06
Geo Buckheit	37:14
Chas Shields	PAC37:40
Leon Finucane	GVH37:41
Mark Weneker	37:56

M50	
Tim McMullen	GVH36:50
James Robinson	GVH37:48
Joe Chimino	GVH38:01
Phil Riley	GLR38:24
Ron Blackmore	SCT38:49
Brian Dodge	SCT40:04
Neil Feather	ATC41:00
Wm McMullen	GVH41:53
David Bowen	SCT42:24
Jack Todd	TSR42:25

M55	
Wm Dixon	GLR38:38
Jim Gorman	RER39:36
Steve Annan	TSR39:40
Phil Peterson	TSR39:40
Don Brown	ATC41:09
Thomas Lamme	GVH41:57
Jim May	GVH42:06
Sam Benedict	ATC43:39
Ron Pate	43:55
Michael Reif	GVH45:26

M60	
Bill Delph	FFL44:12
Rick Erdmann	FFL44:23
Jeff Martin	SFR44:48
Jerry Harris	CGT47:29

M65	
Thom Weddle	RNF43:48
Ray Parrella	FFL44:09
Joe Cordero	BTC45:55
Edwin Harris	CGT53:24

M70	
Bill Butler	PMT50:32
Robert Coffey	53:33
Ole Holsti	CGT66:28

<b>Team Scores:</b>	
W40-49	Club Northwest 2:03:37
W50-59	Genesee Val Har 2:26:48
M40-49	Team Runns High 2:53:17
	Reebok Aggie RC 2:56:55
	Boston AA 2:59:19
	Club Northwest 3:00:27
	Chattanooga TC 3:01:37
	Genesee Val Har 3:02:51
	Syracuse Charg 3:03:18
	Atlanta TC 3:20:40
M50-59	Genesee Val Har 3:16:31
	Team Strictly Run 3:31:52
M60-69	Fleet Feet ouisvil 2:12:44
	Carolina Godiva TC 2:30:00

<b>Team Names:</b>	
WRC-Woodridge Running Co	
CNW-Club Northwest	
ORR-Orlando Road Runners	
SCT-Syracuse Chargers TC	
GSH-Greater Springfield Harriers	
GVH-Genesee Valley Harriers	
CPT-Central Park TC	
IRT-Impala Racing Team	
BHT-Bohemia TC	
ATC-Atlanta TC	
BAU-Bay Area Ultra Runners	
SRR-Salisbury Rowan Runners	
TRH-Team Running High	
CMS-Central Mass Striders	
WRT-Whirlaway Racing Team	
CTC-Chattanooga TC	
RAR-Reebok Aggie RC	
BAA-Boston Athletic Assn	
GLR-Great Lowell RR	
MVT-Miami Valley TC	
TRT-Team Run Texas	
PAC-Philadelphia AC	
TSR-Team Strictly Running	
RER-Roy's Excelsior R	
FFL-Fleet Feet Louisville	
SFR-Sneaker Factory R	
RNF-Run N Fun	
CGT-Carolina Godiva T	

**EAST****Army 10 Miler  
Washington, DC; Oct. 5**

<b>Overall</b>	
John Henwood 31	48:39
Alisa Harvey 38	59:29
M40 John Colpeck	53:14
Jason Barnes	54:31
Christopher Toenfer	54:50
Juan Colunga	56:08
Curtis Southern	56:32
M45 Chris Hawkins	56:35
Mark Melander	57:17
James Bates	57:56
Mike Adams	58:03
John Carper	58:43
M50 Bill Taylor	1:00:39
Bruce Langenkamp	1:01:52
Chuck Moeser	55:18
Bob Dalton	57:37

Rick Platt	59:19
M55 Rick Stetson	1:05:54
Richard Patterson	1:07:48
Roger Kilgore	1:09:11
Joseph O'Gorman	1:10:00
Thomas Waldrop	1:10:01
M60 John Churchman	1:09:52
Michael Golash	1:10:55
Dewey Lafond	1:11:08
Stephen Forman	1:12:19
Malcolm O'Hagan	1:12:49
M65 Richard Williams	1:17:22
Hank Hatch	1:22:06
Leo Wyne	1:28:10
David Funk	1:32:32
John Cummings	1:39:24
M70 Tom Ray	1:12:26
Rich Hause	1:18:08
Kunsik Park	1:27:27
Edward Jefferson	1:31:18
M75 Nianxiang Xie	1:27:37
Dixon Hemphill	2:17:43

W40 Martha Merz	1:00:36
Margo Braud	1:01:57
Jacqueline Chen	1:02:36
Kendall Tata	1:07:12
Anne O'Rourke	1:07:31
W45 Laure Easterson	1:13:34
Beth Thompson	1:14:39
Maureen Rohrs	1:15:02
Christine Newsome	1:15:06
Ofelia Perotti	1:15:59
W50 Betty Blank	1:09:34
Sandra Adams	1:11:05
Karen Erb	1:15:44
Kathy Ward	1:17:24
Kay Denzer	1:17:55
W55 Alice Franks	1:16:05
Joyce Rankin	1:17:04
Priscilla Prunella	1:19:51
Lynn Jamieson	1:23:45
Catherine VanBrooklin	1:29:39
W60 Amelia Wallace	1:18:16
Dee Nelson	1:22:03
Pat Vores	1:36:05
Marcelle Gallucci	1:38:46
Sharon Wright	1:46:43
W65 Jamie Wollard	1:48:49
Mary Berry	1:51:07
Patricia Prickett	2:31:32
W70 Hiroko Hunt	2:03:11
Shirley Simmers	2:39:47

<b>Pittsylvania X-C Challenge Pittsburgh, PA; Nov. 8</b>	
8K	
M40 Larry Van Dyke	29:05
Jim Kaufman	33:57
Steve Goldcamp	34:10
Joe Seiler	34:47
Rick Foster	35:51
Robb Fort	45:21
Jerry Andres	45:58
M45 Carl Hubel	28:32
Eric Wilkins	30:11
Carl Hildebrandt	31:37
Ron Romanoff	33:17
Tom Abbott	33:44
Sam Bertenthal	41:36
Bob Harwick	42:50
M50 Dave Sobal	32:58
Frank Cornell	38:31
Richard Rugos	39:20
Larry Jensen	40:44
Ramesh Jagasia	41:39
Ron Hannon	42:36
M55 Frank Goldcamp	35:22
David Wingenroth	42:56
Bill McIntyre	45:04
M60 Dick Monheim	38:57
Grant Anderson	47:42
M65 Roger Brockenbrough	39:48
M70 John Harwick	48:07
Elmer Gasper	48:30
M75 Marvin Kaufman	97:55

<b>Racing for Recovery 5 Mile Jones Beach St. Park, NY Nov. 9</b>	
Overall	
Jonathan Toro 17	27:59
Kathy Martin 52	30:07
M35 Charles Crowe	31:29
M40 Paul Bonanni	31:34
David Wood	33:27
Juan Perez	34:40
M45 Don DiDonato	28:03
John DelMaestro	28:36
Hugh Donaldson	31:10
M50 Thomas Horan	31:28
Peter Martin	33:10
M55 Arthur Weisberg	32:51
Lutz Hoffman	32:54
M60 Dan Badalament	36:38
M65 Joe Cordero	32:59
M70 Geza Feld	38:11
M75+Bert Jablon 76	45:11
John McManus 80	48:36
W35 Marlene Mignano	31:46
W40 B Cronin Stagnari	35:11
MaryGrace Sauve	36:34

W45 Dolores Doman	35:29
Kathy Prinz	39:19
W50 K Martin	30:07
Miniam Mulvey	37:23
W55 Mary Trotto	43:13
W60 Helma Glavin	43:28
W70 Dolly Finkelstein	56:57

**Marathon in the Parks  
Montgomery County, MD;  
Nov. 9**

<b>Overall</b>	
Michael Wardian 29	2:28:21
Denise Knickman 35	2:56:07
M40 David Haaga	2:51:43
Neville Anderson	2:53:17
Jeffrey Symmes	2:54:55
M45 Oscar Ramirez	2:58:29
Denis McDermid	3:01:34
Prasad Gerard	3:08:20
M50 Mike Buell	3:04:13
Jay Wind	3:19:01
Joseph Zem	3:25:32
M55 Ronnie Wong	3:20:47
Terry Gricher	3:24:23
Steve Farrah	3:28:17
M60 Robert Laskin	3:43:52
David Harrell	3:48:54
Bill Miller	3:51:19
M65 Alvin Marcy	4:31:25
Robert Smith	4:38:41
William Hoss	4:58:36
M70 Charles Rogers	3:59:36
Albert Becken	4:37:05
Lawrence Corley	5:41:18
W40 Ann Sick	3:19:26
Nancy Walsh	3:30:23
Pat Wilkerson	3:32:38
W45 Hosni Haghighian	3:24:53
Deirdre Sugrue	3:38:40
Deborah Lazaroff	3:48:21
W50 Fittis Friedman	3:47:13
Marilyn Nolan	4:04:34
Linda Ridenour	4:24:08
W55 Deborah Gebhardt	3:49:28
Mary Wenck	3:51:18
Carol Lyndell	4:24:47
W60 Sharon Dolan	3:44:28
Yolanda Perez	4:51:49
Betty Smith	5:22:44

**Gazette Stockade-athon 15K  
Schenectady, NY; Nov. 9**

M40 John Colucci	55:43
Chas Smullen	55:54
Russell Lauer	56:01
M45 Mark Warner	55:30
Andrew Campbell	57:26
John Parisella	57:53
M50 Dennis Fillmore	56:21
Tony Maddaloni	59:34
Mike Mason	60:25
M55 William Dixon	55:00
Phil Jensen	57:37
John Camelio	58:11
M60 Bill Borla	56:10
John Pelton	64:09
Stan Westhoff	68:05
M65 Robert Husted	68:47
Wade Stockman	73:35
Howard Maat	81:45
M70 Ed Whitlock	59:54
Ray Bremm	75:05
M80+Joseph Familo	2:10:15
W40 Kelly Dworak	63:41
Helen Shakerjian	63:51
Nancy Taormina	63:59
W45 Helen Lavoie	64:35
Catherine Hartung	66:27
Susan Burns	68:10
W50 Martha Degrazia	68:15
Erika Oesterle	71:25
Kathie Hillard	72:28
W55 Lichu Sloan	80:48
Laura Clark	85:34
W60 Eleanor Hunt	83:11
Sakiko Claus	83:12
W65 Ann Vella	88:51
Eiko Bogue	1:48:49
W70 Anny Stockman	83:23
B J Sotile	2:09:21
W75 Regina Tumidajewicz	2:03:15

Continued from previous page

John Farah	3:23:40
Jim Buck	3:30:06
M65 Robert Glazier	3:12:10
Jerry Gornish	3:39:29
Herb Townsend	3:43:30
Don Jewell	3:47:53
Stephen Chopek	3:51:32
M70+Hiroshi Ogami	3:47:20
Carlo Digiorgio	4:16:07
Kent Mitchell	4:31:25
Marcel Bourgeault	4:47:15
John L. Schultz	4:55:18
W40 Judy Cassel	3:00:16
Ann Tierney	3:03:20
Janice F. Torpey	3:03:26
Deborah Mazzeo	3:10:32
Christa Winslow	3:11:00
W45 Louise Voghel	3:02:16
Mary Hanley	3:18:08
Peggy Jewitt	3:25:50
Kathy Gribbon	3:26:48
Kitty Fair	3:27:38
W50 Terri Martland	3:21:07
Louise Gingras	3:27:56
Tanya Cady	3:28:56
Elaine Noyry	3:41:09
Gail Thomson	3:43:55
W55 Udon Beidler	3:33:01
Betty Shonts	3:37:33
Carole Tracey	3:40:09
Carol Kane	3:44:09
Schweiger Cathy	3:44:16
W60 Carole Lelli	4:05:31
Ingrid Caninarella	4:13:33
Ruth Faisbrother	4:31:57
Elinor Geller	4:42:05
Diane Donato	4:44:32
W65 Shirley Blush	3:50:27
Carol Montgomery	4:53:58
Carolyn Mitchell	5:42:53

**8K****Overall**

Patrick Nthiwa	23:18
Firaya Sultanova-Zhdanova	42:26:09
M40 Freddie Klevan	25:09
Kevin Forde	27:15
Steve Koch	27:24
M45 Andrey Kuznetsov	25:03
Craig Holm	28:16
Maurice Pointer	28:46
M50 Gary Fanelli	26:55
Mick Slonaker	29:42
David James	29:51
M55 Robert Hempton	30:47
Thomas Nevin	34:54
Yves Goulet	36:22
M60 Frank Hopper	32:05
Robert Taggart	32:51
John Waterfield	39:29
M65 Jim Flanagan	33:15
Emory Ellis	36:53
Jerry Fitzpatrick	38:47
M70+Roger Williams	42:11
Frank Oldley	46:40
Joseph Havlick	47:59
W40 Firaya S-Zhdanova	26:09
Lorraine Jasper	31:02
Terry Luzader	31:21
W45 Shirley A. Geerling	32:04
Denise Dipangrazio	33:04
Ilene Simonini	35:33
W50 Diane Kukich	34:08
Susan Spinogatti	39:38
Deborah Devlin	40:51
W55 Joy Hampton	37:11
Annette MacMillan	37:31
Linda Piff	40:06
W60 Ann Warsing	43:09
Cindy Clark	43:43
Barbara Silverman	49:45
W65 Andrea Gerbstadt	48:55
Jeanette Chambers	51:42
Bonnie Kanefsky	1:06:42

**Manchester Road Race 4.75M**

Manchester, CT; Nov. 27

**Overall**

PATRICK NTHIWA	21:37
EMILIE MONDOR	23:59
M40 ANDREY KUZNETSOV	23:56
CHRIS CHISHOLM	24:31
CHRIS SPINNEY	25:57
M50 WILLIAM DIXON	26:25
BOB MCCUSKER	26:39
JAMES SUMLER	29:00
M60 BILL MASTERSON	33:58
JAMES BEST	34:14
RAY PREST	34:27
M70 ROBERT THORP	37:10
WALT GALE	38:26
HAROLD HOLLY	43:02
M80+BILL TRIBOU	46:33
GUY RICCIO	60:30

HUGH HAMILTON	90:47
W40 SUSAN FABER	27:57
CINDY POMEROY	28:45
CARLA THOMPSON	31:11
W50 KATHRYN MARTIN	28:11
BARBARA DEUBEL	33:02
ALLISON LAUDATI	35:31
W60 LYNETTE WALKER	34:49
ZOFIA TUROSZ	37:58
LINDA BEIZER	38:56
W70 SISSY SEADER	64:33
ANNELIESE MONNIERE	64:35
ELIZABETH TRACY	70:04
W80+ELIZ. HUTCHISON	63:59
LOLLY MACLEOD	90:00

**108th Delaware YMCA**

Turkey Trot 8K

Buffalo, NY; Nov. 27

**Overall**

Todd M. Witzleben	24:48
Allison Carr	28:46
M40 Mike Platt	25:59
M45 Dan P. Essler	27:16
M50 Ted W. Paget	28:38
M55 David R. Peterson	30:25
M60 Larry A. LaVoie	32:25
M65 Gerry S. Attrick	36:52
M70 Carl E. Pegels	37:29
M75 Richard D. Sullivan	40:31
M80+Nelson R. Pascoe	44:43
W40 Debra Morris-Allen	31:04
W45 Susan F. Baehre	35:43
W50 Diane Sardes	35:27
W55 Patricia Kunselman	37:37
W60 Dianne Bennett	42:08
W65 Edye Radice	47:19
W70 Helen M. Bueme	51:49
W80+Loretta E. Shehan	1:23:53

**NYRR Pete McArdle Memorial**

15K Cross-Country

Van Cortlandt Park,

Bronx, NYC; Nov. 30

**Overall**

Jorge Real	33	52:07
Stephanie Hodge	38	1:01:59
M40 Michael Henschel		55:59
M45 Joseph Garland		58:11
M50 Jack McShane		58:34
M55 Julio Aguirre		1:02:32
M60 Sidney Howard		1:10:25
M65 Ino Cantu		1:17:36
M70 Jerry Stolls		1:34:58
M80 Sab Koide		1:47:27
W40 Rose Dinican		1:14:32
W45 Debra Kenney		1:10:52
W50 Mary Rosado		1:19:08
W55 Patricia Salussolia		1:42:52
W60 Anna Thomhill		1:15:59
W65 Billie Moten		1:45:15

**SOUTHEAST**

William and Mary

Homecoming 5K

Williamsburg, VA; Nov. 1

**Overall**

Michael Mann	35	16:03
Sonja Friend-Uhl		16:42
M40 Ned Berg		17:53
Neal Hayes		20:30
Rex Hoover		21:03
M45 Jim Bates		16:53
Jim Goggin		17:09
Steve Chantry		17:34
M50 Rick Platt		17:27
Dale Abrahamson		19:08
Wm Louv		19:46
M55 Randy Hawthorne		23:13
Frank Saunders		23:58
M60 Jimmy Williamson		22:57
Michael Jackson		24:26
M65+John Essery	67	22:51
Paul Dansberger	71	44:32
W40 Jennifer Daly		24:11
Lynn Ridinger		25:08
W45 Sharon White		20:16
Linda Kidder		22:41
Lynn Roche		24:08
W50 Brenda Mitchell		24:07
Mary Stebbins		27:55
W55 Ann Him		25:39
W60 Joan Coven		23:12
W65+Pauline Ely	65	30:17
Pat Ewell	70	30:37

**Racewalk**

1 Ray Funkhouser	53	24:46
1 Sherie Abramson	42	38:31

Vulcan Run 10K

Birmingham, AL; Nov. 1

**Overall**

Kiprono Kemei		29:49
Agnes Ngunjiri		34:38
M40 Gordon Sander		32:42
Matthew Curtner-Smith		37:08
Kenneth Phillips		38:28

James Bonner	38:28
Marlon Fleeman	39:13
Roy Duncan	39:36
M45 Charles Reagan	36:33
Peter Neuberger	38:46
Randy Long	40:13
Raul Claudio	40:28
Devon Hind	40:33
M50 John Kennedy	39:41
Jerry Keith	41:08
Tom Warren	42:01
Neil Turner	42:06
Steve Horton	43:14
M55 Wes Wessely	38:11
Donald Brown	38:43
Johnny Montgomery	41:18
Dave Micale	41:36
Dick Franklin	41:57
M60 Morgan Looney	40:18
Ken Brewer	42:52
Edward Sessions	46:37
Ted Hegenbarth	48:27
Adam Robertson	51:12
M65 Ed Gassaway	50:07
Oscar Cook	51:22
Richard Tankersley	52:47
Billy Sexton	56:04
Ninnian McClain	56:05
M70 Tom Ray	45:19
Malcolm Gillis	47:35
Dewayne Morris	50:09
James Lower	1:00:58
Fred Ehrensperger	1:06:14
M75 Herb Johnson	1:08:41
M80 James Howell	1:07:31
Arthur Black	1:22:00
M85 Claudis Hawkin	2:11:24
W40 Lori Goldweber	41:06
Cheryl Boessow	41:45
Susan Keith	43:05
Elizabeth Leeds	44:02
Ingrid Oakley	44:39
W45 Athena Naugher	43:57
Naomi Abe	44:03
Ann Eller	45:53
Karen Monosky	47:57
Toni Leo	49:09
W50 Pam Caldwell	51:28
Jody Coombs	54:41
Patsy Dreher	55:56
Terry Hooks	56:38
Sue Love	56:51
W55 Ann Viles	48:18
Brenda Cooter	53:51
Linda Lazak	55:53
Linda Sledge	56:08
Sue Stark	57:19
W60 Yvonne Waldon	1:09:59
Carolyn Looney	1:15:01
Ruth Crenshaw	1:17:42
Jackie Goldstein	1:18:29
Bobbi Thompson	1:23:38
W65 Susie Klutz	49:27
Yoshiko Setser	56:08
Pat McClain	1:09:41
W70 Jo Morris	1:40:33

**Yorktown Battlefield 10 Mile & 5K**

Yorktown, VA; Nov. 8

M65+Mel Anderson	72	31:53
W40 V Plyler		19:56
Pamela Lovett		20:32
W45 Sharon White		20:00
W50 Kathy Akridge		29:27
W55+Sally Maligas	56	29:41

**Overall**

Robert Hinkle	39	57:50
Kristine Wilson	30	64:37
M40 Ben Letzel		59:49
Matthew Bickley		64:19
M45 David Smith		67:09
Wyatt Cutchins		68:27
M50 Rick Platt		63:08
Mark MacDonald		70:10
M55 Jim Christol		69:32
M60+Robert Wright	62	68:50
Tom Ray	70	73:55
W40 Michele Smith-Harden	76	76:21
Kim Harwig		76:47
W45 Michelle Lybarger		76:27
Linda Kidder		78:08
W50 B J Derrig		83:04
W55+Mary Thibodeaux	56	85:45

**--5K--**

Overall		
Jim Goggin	49	17:42
Valerie Plyler	44	19:56
M40 Nathan Nickerson		22:03
M45 J Goggin		17:42
Harrison Johnson		26:18
M50 Tom Gerhardt		21:37
M55 Dennis Pelley		24:50
M60 Paul O'Sharp		25:27

**USATF Georgia Masters**

Cross-Country Championships

4.8 Mile Millen; Nov. 8

M40 Andy Carr	40	33:39
Jeff Stanfield	42	34:07
Ed Sutcliffe	42	34:19
Steve Newbern	40	36:15
Rahn Hutcheson	40	43:48
M45 Neil Feather	49	30:20
Glen Chamberlain	48	31:08
Jon Martin	48	35:53
Bruce Northrop	47	35:56
Larry Oliff	45	38:51
Jeff Hubright	46	40:00
Richard McCall	48	43:10
Micah Ward	47	48:01
M50 Richard Ham	51	37:00
Tommy Jordan	52	48:43
David Flanders	52	63:27
M55 Jerry Mincey	57	33:21
John Torpy	58	37:40
Steve Hale	55	40:46
M60 Dean Godwin	64	32:07
Benny Wade	64	33:27
M65 Jerry Ban	69	39:34
Jacob Cooter	67	41:52
Stanford Tillman	67	45:19
Ron Staten	68	52:38
M70 Casey Jones	72	37:56
M80 Lukie Orvin	81	62:18
W40 Kathy Ham	44	38:47
W45 Mary Richards	49	36:59
Mary Williams	48	37:50
Debbie Gleason	45	48:00
Donna Meyers	46	54:14
Catherine Ward	47	56:39
W50 Carol Flanders	52	63:28
W55 Brenda Cooter	57	43:18
Joanie Landry	58	47:39
Lynda Tinker	56	68:24

**Food World Senior Bowl**

Charity Run 10K

Mobile, AL; Nov. 8

**Overall**

Bob Kennedy	33	28:35
Elva Dryer	32	32:03
W40 Sarah M. Kramer		37:58
Lynn K. Pittman		43:14
Melanie P. Baker		43:35
W45 Jean Lankford		39:03
Alesia Ryals		45:22
Linda F. Sarpy		48:09
W50 Marita C. Martin		52:04
Sally Greene		52:48
Sandy Steffens		53:59
W55 Terry A. Mahr		39:37
Marian Loftin		48:10
Sara F. Horn		51:57
W60 Carol T. Cowan		1:00:35
Joan H. Black		1:04:25
Miriam A. Turner		1:05:15
W65 Sharon McPherron		55:23
Pat Fossum		59:33
Luise Mitchell		1:04:42
W70 Helen G. Amazeen		1:10:05
Cora Compton		1:35:39
Daphne Dvorak	79	1:45:19
M40 Brian Pope		30:30
James Frazier		32:48
Dave Berardi		33:33
M45 Leonard Vergunst		34:36
John M. Johnson		37:56
Paul J. Stemmer		38:54
M50 Rick J. Walton		39:35
Chris L. Needham		41:29
Mars' ill McMillan		41:43
M55 Reut' B Dias		39:06
Pete' Hunt		40:28
Don' right		41:20
M60 Tad' jrgens		40:36
Davi' Jeffrey		40:50
Mich' el D Sealy		42:22
M65 Will' ight		45:08
Mari' on Matchett		45:46
Oscar Cook		49:28
M70 Jerry L. Parker		46:41
Ray Wade		52:55
Pablo C. Sequio		59:15

**Peachtree City 50K/50 Mile**

Peachtree City, GA; Nov. 9

**50K****Overall**

Tim Lee	41	3:25:46
Kelly Murzynsky	38	3:59:40
M40 Tim Lee		3:25:46
M45 Kirk Van Zee		5:07:51
M50 Eric Huguelet		5:04:59
M55 Richard Westbrook		4:27:00
M60 Paul Morgan		7:15:35
M70 Charles Sabatine		5:37:40

W40 Valerie Reynolds	4:06:45
W50 Paula May	4:32:13
50 Mile	
M55 Al Barker	9:30:54

Continued from previous page

M60 James F Derham	1:37:06
James Thompson	1:37:31
Joe Waters	1:38:26
M65 James Duguay	1:29:23
Charles E Teague	1:46:08
John E Livingston	1:54:34
M70 Richard A Cheney	1:40:21
Walter Teutsch	1:45:29
Morton Silver	2:18:50
M75+Charles G Ross	2:38:45
John D Care	2:44:06
Don Van Slooten	3:32:56
W40 Sue Kelly	1:25:12
Cindy McBride	1:28:26
Ann Tindol	1:28:45
Patricia A Foell	1:29:43
W45 Lynn Pinyerd	1:31:11
Nancy Stewart	1:37:01
Susan H Breeding	1:37:05
W50 Paula May	1:38:55
Phyllis F Gray	1:44:10
Linda J Zollweg	1:44:37
W55 Linda Sledge	1:54:12
Jacqueline Garrett	1:56:22
Bonita R Hunter	2:10:50
W60 Kim Olson	1:52:55
Norma W Ballard	2:06:53
Gloria F Cofer	2:11:27
W65 Ann Akers	1:46:21
Joyce Hodges-Hite	2:04:16
Joyce A Tuttle	2:30:09
W75+Tinha Anderson	2:56:24

### 23rd Annual Tamarac Turkey Trot 5K Tamarac, FL; Nov. 27

<b>Overall</b>	
MASON ELLIOTT 25	16:02
MARLENE PERSSON 33	18:07
M40 HARRIE OLSTHOORN	17:00
JOEL CARDOSO	17:02
DALE RUBY	17:06
M45 GARY BLOOME	17:28
CLEBER SIRIANNI	18:00
PAUL CORGAN	18:11
M50 JOSE CLAVIJO	17:57
ED NORTON	19:37
AMILCAR NOGUERA	19:40
M55 AL SWENSON	17:42
DAN HEALY	18:59
LARRY STARR	19:54
M60 ROBERT HENDRICK	19:31
AL SHAMOUN	20:49
TONY DENIRO	22:48
M65 ANTHONY OROFINO	23:19
HERB COHEN	26:18
WIN SPEARS	27:26
M70 MARTIN QUINN	26:05
HERBERT PERSKY	32:23
CHARLIE DURHAM	33:43
W40 DONNA BUSSIERE	19:51
JANET O'MALLEY	20:17
MARION SMIT	21:04
W45 ADRIENNE SILVER	20:50
JACKIE LOWTHER	21:09
C RAES-BARNARD	21:23
W50 LINDA DICKENS	23:49
RITA MC MANUS	26:15
ELLEN STAHL	26:37
W55 HELGA BRANDENBURG	23:49
BETTY BOPPART	24:50
GAIL BEILEY	25:50
W60 ARLENE MENDELL	33:46
HYDIA KARLIN	47:37
PATRICIA LE MARIER	52:25
W65 BETTY EVANS	45:13

### Outback Steakhouse 13.1M Jacksonville, FL; Nov. 27

<b>Overall</b>	
Augustus Kavutu 26	1:05:34
Firaya Sultanova-Zhdanova 42	1:13:03
M40 John Metzgar	1:14:41
Sean McCormack	1:14:41
Michael Cain	1:18:30
Bruce Geise	1:21:56
M45 Bill Phillips	1:20:14
Alan Sheppard	1:21:33
Pete Putnam	1:24:57
M50 Page Ramezani	1:26:24
Paul Geiger	1:31:12
Ron Krochak	1:31:59
M55 Don Fries	1:33:45
Robert Irvin	1:35:13
Edward Smith	1:39:33
M60 Richard Landsman	1:32:18
Frank Frazier	1:36:04
Thom Henkel	1:38:30
M65 Larry Neider	1:56:25
Larry Penrod	2:05:17
Dan Cook	2:08:15
M70+Arnold Mueller	2:05:12

Robert Moffitt	2:11:35
Elmer Schroer	2:11:37
W40 Firaya S-Zhdanov	1:13:03
Ramilia Burangulova	1:15:31
Lisa Vaill	1:17:01
Patti Stewart-Garbrecht	1:25:06
W45 Kathleen Kaye	1:35:12
Melody Sallette	1:39:11
Holly Turner	1:40:24
W50 Paulette Butler	1:34:54
Donna Baleyko	1:41:56
Sharon Lucie	1:46:23
W55 Marylyn Patrick	1:38:39
Shirley Robben	1:47:14
Patricia Kennedy	2:01:12
W60 Elfrieda Wyner	1:43:29
Judith Daniel	1:59:52
Susan Wallace	2:12:54

### Space Coast Marathon & Half-Marathon Cocoa, FL; Nov. 30

<b>Overall</b>	
Timothy Johnson 38	3:02:43
Tammy Foster 27	3:27:13
M40 Phillip Lawrence	3:13:49
Thomas Crain	3:20:17
Michael Penno	3:21:41
M45 Chuck Ard	3:08:43
Greg Aker	3:20:18
Coleman McCaskey	3:22:25
M50 Alan La	3:13:51
Bob Olenek	3:19:02
Charles Stackley	3:48:14
M55 David Jolly	3:40:05
Cecil Bakalar	3:47:00
Frank Gay	3:58:43
M60 Frank Ouseley	3:58:46
Harry Hoffman	4:39:35
Joe Crane	5:22:33
M65 Dave Egan	4:08:30
Reggie Marion	4:35:34
Jim Reimers	4:43:13
M70 Peter Butler	5:54:53
M75 Wally Herman	6:19:44
W40 Shirley Pratt	3:35:17
Sue Hale	3:36:47
Gloria Dumas	3:45:20
W45 Marlene White	3:56:59
Debra Robinson	3:59:12
Jacqueline B-Reed	4:22:55
W50 Rebecca Keller	4:43:55
Barbara Little	4:51:51
W55 Mary Ramba	4:41:20
Susie Koontz	5:00:21
W65 Pat Dixon	4:53:48

<b>Half-Marathon</b>	
<b>Overall</b>	
Alex Coffin 35	1:15:03
Michelle Lackore 40	1:32:43
M40 Kevin Butler	1:16:31
Rafael Guijarro	1:22:03
Don Gworek	1:24:41
M45 Roger Travis	1:28:23
Jorge Costero	1:28:23
Dan Wilkin	1:30:55
M50 Wolfgang Jensen	1:37:39
Bud Timmons	1:42:34
Gary Bennett	1:49:24
M55 Ray Brown	1:44:43
Gary Castner	1:45:27
David Farrall	1:48:31
M60 Steve Aikenhead	1:49:43
Ron Osler	1:55:16
James Zotter	2:07:28
M65 Jerry Lardinois	1:45:55
Kent Morgan	1:48:13
Jimmie Brown	1:53:38
M70 Don Hawkinson	2:06:21
Hal Higdon	2:51:11
W40 Michelle Lackore	1:32:43
Janet Cody	1:40:06
Dianne Bradley	1:40:18
W45 Carol Ball	1:40:10
Barbara Nawrocki	1:42:50
Robin Lesia	1:54:29
W50 Josie Costero	1:47:43
Lynn Gray	1:49:36
Amy Bugge	1:50:07
W55 Carolyn Golden	2:12:37
Gerda Kalb	2:13:38
Genevieve Messina	2:58:43
W60 Willy Moolenaar	2:13:48
W65 Ann Morgan	2:27:41
Joanne Egan	2:34:03
Della Reimers	2:56:01

### Jingle Bell Jog 5K Sunrise, FL; Dec. 6

<b>Overall</b>	
RONNIE HOLASSIE	15:43
MARY MENTON	17:44
M40 JOEL CARDOSO	16:37
TIM NICHOLLS	17:19
TOM POBSEE	18:20

M45 JORGE RAMOS	17:02
AL BAKARI	18:03
TOM DRUM	18:30
M50 JOSE CLAVIJO	17:42
ROBERT DOZORETZ	19:26
CARLOS VELA	19:28
M55 AL SWENSON	17:20
JOHN CORCORAN	18:50
LARRY STARR	20:15
M60 ROBERT HENDRICK	19:45
AL SHAMOUN	20:56
JOSE SANTIAGO	21:25
DON KEMP	23:18
M65 DICK BARNARD	24:28
HERB COHEN	25:28
M70+KEN WILLIAMS	22:56
ALAN DRUCKMAN	28:20
W40 TRISH BUTLER	18:47
DONNA BUSSIERE	19:51
JANET O'MALLEY	20:17
W45 GAYLE PRESTON	20:19
JACKIE LOWTHER	21:01
Laurie Kruzel	22:18
W50 LINDA DICKENS	23:43
SARAH ANDREU	24:29
RITA MC MANUS	26:22
W55 LINDA STEIN	24:48
BETTY BOPPART	24:58
ANN BACON	27:34
W60 JANET ROSS	27:02
ARLENE MENDELL	32:24
VIVIEN ARGUELLES	33:34
W65 JUNE RANOFSKY	38:44
CAROLE ROBLEDO	39:39
W70+CHICKIE O'TOOLE	33:26
RUTH PERRAUD	43:00

### St. Jude Memphis Marathon Memphis, TN; Dec. 6

<b>Overall</b>	
Kassahun Kabiso 20	2:26:57
Kay Hartley 26	2:59:04
M40 Richard Banks	2:38:30
Elvis I Parsl	2:48:21
Tim Lee	2:57:21
M45 Jimmy Crossett	3:09:37
Les Jones	3:11:57
M50 Ruben Hinojosa	2:36:26
Barry Ege	3:03:53
M55 Ronnie Wilson	3:26:39
Dwight Dyer	3:28:57
M60 Tony Jones	3:30:55
Kenneth Williams	3:39:24
M65 Art Harris	3:57:18
Tom Joyner	4:23:56
M70+Ethel Busby 72	3:59:39
W40 Valerie Pino	3:04:38
Madeline Tormoen	3:06:28
Michelle Oliver	3:37:15
W45 Brenda Walton	3:10:38
Dona Lee Andrew	3:37:27
W50 Angie Ransom	3:43:26
Julia Couch	4:01:26
W55 Paulette Brickington	4:10:31
Susan Diggon	4:27:07
W60 Mayumi Aihara	3:52:46
Joan Scarlata	4:20:03

### MID-AMERICA

<b>Rim Rock 37K</b>	
<b>Grand Junction, CO; Nov. 8</b>	
Bernie Boettcher 41	2:18:12
Lisa Goldsmith 39	2:40:25
M40 Bernie Boettcher	2:18:12
Gordon Hyde	2:20:49
Dan Nielson	2:31:04
M45 Tek Kilgore	2:35:21
Dick Beardsley	2:37:40
Tom Cole	2:51:41
M50 Bob Evers	2:36:51
Will Pittenger	2:40:40
Dale Heisler	2:53:35
M55 Bob Findlay	3:19:42
Robert Romero	3:21:08
Daniel Williams	3:28:45
M60 Jim Romero	3:11:30
Roy Reisinger	3:16:39
Bill Faulkner	3:33:24
M65 Tom Alford	3:13:58
Carl Schwenk	3:24:26
Allan Nickels	3:27:49
M70 Bill Turley	4:00:37
Paul Wubben	5:10:34
W40 Amy Plummer	3:06:45
Dawn Carlisle	3:21:36
Kjersten Davis	3:24:25
W45 Anne Kilgore	3:01:21
Shelley Doggett	3:06:45
Jeanie Grooms	3:17:50
W50 Melinda Bobell	3:21:14
Shauna Heisler	3:32:38
W55 Judy LaMaitis	4:10:59

Emily Irwin	4:13:33
Jean Histicco	4:26:07

### SOUTHWEST

#### San Antonio Marathon San Antonio, TX; Nov. 9

<b>Overall</b>	
Kibet Cherop 28	2:23:38
Liza Hunter Galvan 34	2:42:40
M40 E Garcia-dunna	2:41:27
FRomo Huerta	2:51:33
Lloyd Swanson	3:02:15
M45 Frank Flores	3:06:13
Rodolfo Perez	3:09:17
Thomas Gaudette	3:11:24
M50 M Lopez Salazar	3:06:22
Denny Weiler	3:09:01
Lupe Rodriguez	3:13:38
M55 Eric Skoglund	3:22:39
Rick Naylor	3:26:08
Dean Ivory	3:32:42
M60 Jimmie Jones	3:27:58
M Verscheiden	3:30:26
Jim Vasil	3:48:00
M65 Ray Ramon	3:54:43
William Hall	4:03:14
John Frederickson	4:49:19
M70 Gil Zarazua	3:45:40
Jesse Real	4:19:50
Ray Boytim	4:39:15
W40 Corinne Morales	3:28:53
Heather Smercina	3:43:28
Nanette Fierro	3:44:24
W45 Julie Anderson	3:40:21
Amanda Aguilar	3:41:55
Nancy Bernacki	3:46:25
W50 Gina Moore	3:59:21
Hortensia Gibbs	4:26:22
Gloria Saenz	4:38:20
W55 Hammie Farrokh	4:20:10
Jenna Vandermey	5:00:28
Juliet Wittwer	5:01:24
W60 Thelma Richardson	5:03:31
W65 Judith Neufeld	7:55:00

### WEST

#### Clarksburg Country Run 30K Clarksburg, CA; Nov. 9

<b>Overall</b>	
Corey Crecy 24	1:39:17
Jennifer Derego 23	1:55:23
M40 Craig Steinmaus	1:43:42
M45 Dennis Rinde	1:47:34
M50 Joe Schieffer	1:58:19
M55 Don Porteous	2:03:40
M60 Joe Hurtado	2:10:01
M65 Russ Kiernan	2:15:40
M80 George Billingsley	4:38:11
W40 Tina Beal	2:08:44
W45 Carolyn McCarter	2:14:24
W50 Heidi Helvestine	2:08:19
W55 Nancy March	2:42:42
W60 MelodyAnnSchultz	2:20:26
W65 Sandy Becker	3:46:58

#### Big Sur Half-Marathon Monterey Bay, CA; Nov. 16

<b>Overall</b>	
Fasil Bizuneh 23	1:06:02
Kristin Chisum 31	1:15:37
M40 Jim Scattini	1:16:15
Keith Hedlund	1:18:06
Jeff Magallanes	1:18:20
John Gillard	1:19:57
Anthony Davitt	1:21:47
M45 Greg Diamond	1:16:00
Dennis Rinde	1:17:15
Cleveland Thayer	1:27:16
Roy Clarke	1:27:33
Jeff Kahler	1:28:29
M50 Jim Kornell	1:19:57
Peter Stanger	1:27:47
Steve Marshall	1:29:39
Joe Storelli	1:29:58
Michael Simons	1:30:30
M55 David Cortez	1:36:39
Tim Propeck	1:38:33
Tom Rolander	1:40:13
Don Way	1:40:13
John Allanson	1:40:19
M60 Ger. Malaczynski	1:26:40
Robert Gormley	1:30:45
Dennis Hartley	1:35:05
Rod Mackinlay	1:38:54
Jay Cook	1:40:04
M65 Arnold Orgolini	1:45:17
C. E. Armstrong	1:48:42
Stan Cassan	1:50:38
Philo Short	1:51:03
Rodney Shaw	1:56:30
M70 Joe Nettles	1:44:51
Nick Vomvolakis	1:58:25
Joe Hadden	2:02:19

Thomas Marrin	2:06:29
Wayne Watson	2:11:12
M75 Hal Chung	2:19:39
W40 Linda Somers Smith	1:16:25
Mania Trujillo De Rios	1:24:42
Kim Bricker	1:27:28
Jennifer Haven	1:29:29
Mary Button	1:29:53
W45 Christine Kennedy	1:25:04
Meredith Mills	1:33:57
Justine Fearnow	1:34:30
Kate Samuelson	1:35:16
Kathy Heaps	1:41:16
W50 Lynne Denley	1:37:50
Karen Gang	1:43:21
Lynn Moncher	1:43:50
Lourdes Bigas	1:44:38
Dee Dee Beard	1:45:56
W55 Consuelo Streett	1:44:53
Susan Cronk	1:45:21
Glynnis Greening	1:47:37
Sharon Bailey	1:49:22
Barbara Brady	1:52:42
W60 Lynda Davoll	2:06:58
Joanne Allen	2:07:24
Jenn Foreman	2:16:29
Joanna Brockway	2:16:46
Sandra Pegram	2:1

Continued from previous page

Teresa Ross	28:16
Elaine Hill	33:02
Delia Fernandez	34:25
Carol Kirkbride	38:16
W65 Marnie Roti	27:40
Anna Mattson	28:52
Pat Herr	31:02
Winnie Rich	32:58
Raffaella Yates	36:47
W70 Amy Goldstein	33:00
Ruth Hertzberg	36:58
Barbara Garner	1:01:44
W75 Mary Jane Brown	41:41
Marise Sisson	43:46
Maria Violette	58:45
W80 Alice Ellis	41:12

### Run to the Farside 10K San Francisco, CA; Nov. 30

<b>Overall</b>	
Brad Hauser	30:27
Mary Coordt	36:45
M40 Dan Stefanisko	34:23
Brian Purcell 47	36:08
Scott Robertson	36:17
M50 Joe Schieffer	36:48
Rick Trachok	38:47
Keven Cottrell	39:17
M60 Robert Gormley	41:28
Jack Burns	41:48
Carlos Zarate	42:01
M70 Tom Guldman	44:51
Matt Norris 75	52:22
W40 Janice Prudhomme	41:14
Kim Rupert 48	41:52
Karen Saxena	42:35
W50 Becky Ballantyne	48:08
Debbie Miller	48:40
Angela Jerman	49:50
W60 Barbara Miller	45:56
Susan Brown	48:51
Judy Shipman	55:54
W70 Barbara Neyens	77:07
Peggy Hansen 75	77:50

<b>5K</b>	
<b>Overall</b>	
Jason Lunn 29	14:33
Sally Hauser 25	16:33
M40 Tim Wallen	16:11
Robert Pickens	16:13
M50 Butch Alexander	17:22
Bruno Gallinelli	19:06
M60 Charles Grant	19:44
Lee Blaine	23:13
M70 Bang La	24:05
Sam Hirabayashi 76	25:40
M80 Ken Crane	35:53
David Cole	45:38
W40 Elizabeth Nast	20:14
Honor Fetherston 49	20:20
W50 Heidi Helvestine	19:11
Kathryn Demas	21:42
W60 Vicki Bigelow 68	25:50
Trudi Hofmann	25:52
W70 Kit Pickles 78	42:35
Margaret Craig	43:45
W80 Ellen Rossi	26:46
Dorothea Cole	45:27

### California International Marathon Sacramento, CA; Dec. 7

<b>Overall</b>	
Michael Bartoszek 33	2:16:21
Tatiana Titova 38	2:33:31
M40 ALFREDO VIGUERAS	2:20:41
DANNY GONZALEZ	2:27:51
CHRIS CLARK	2:40:01
ROBERT SOWERS	2:46:32
ROBERT HURLBUT	2:49:37
M45 TERRY HOWELL	2:45:18
MIKE TONEY	2:50:22
TERRY MATTOON	2:51:57
DENNIS R EARLY	2:53:36
MIKE EVANS	2:59:22
M50 DAVE RICHARD	2:50:37
JOSEPH SCHIEFFER	2:51:33
NEIL GELBLUM	2:54:09
MICHAEL NORTON	2:57:34
STEVEN WATANABE	2:59:41
M55 BENJAMIN CARO	2:57:49
MICHAEL FIENE	3:07:16
CRAIG NEWPORT	3:13:52
WAYNE MILES	3:18:54
K DOUGLAS BROOMS	3:19:21
M60 JAMES SCOTT	2:58:32
JOE HURTADO	3:15:51
DANNY PIUS	3:28:04
JESUS GUERRERO	3:29:35
WARREN MINE	3:38:43
M65 JUAN SOBENES	3:53:03
BRIAN PEACOCK	3:54:16
PHILO SHORT	4:04:21

PHIL FAVRO	4:06:37
DAN B SHUFF	4:14:38
M70 JOHN MILNE	4:29:04
HARRY W DANIELL	4:52:20
MOSES CHRISTIAN	5:19:54
DOUG MOORE	5:59:54
W40 F SULTANOVA-ZHDANOVA	2:37:27
RENA SCHUMANN	3:17:49
LEANN PARKER	3:19:43
THEILINE CRAMER	3:23:13
BARBARA MURRAY	3:23:29
W45 CAROLYN MCCARTER	3:11:28
CELESTE LANGAN	3:13:57
CHRISTINE IWAHASHI	3:18:40
RHONDA D HOLDEN	3:21:51
CINDY L EGGER	3:32:12
W50 BARBARA ASHE	3:37:19
KAREN KNOTT	3:38:21
CARMELA HOFFMAN	3:48:23
CARRIE DION	3:48:24
MISSY LESTRANGE	3:51:24
W55 MARIAN LYONS	3:51:11
SUSAN MADIGAN	3:53:06
JOANNA CORRELL	4:02:14
BARBARA ELIA	4:05:45
CYNCI CALVIN	4:08:57
W60 M MCLENEGHAN	4:00:13
RUSTY BARNETT	4:23:43
SUZANNE FRANCO	4:29:09
PAT BRAYMAN	4:37:26
SARA HERZ	4:45:40
W65 KHARTOON BROWN	4:37:37
HARRIET ANDERSON	4:44:10
GLORIA DAKE	5:15:35
SANDY BECKER	5:20:48
W70 C WILLIAMS	6:05:48
MARY EHRlich	5:09:03
W80 HELEN KLEIN	4:57:08

### Tucson Marathon Tucson, AZ; Dec. 7

<b>Overall</b>	
Brian Spangenberg 39	2:28:18
Michelle Hannaford 33	2:46:30
M40 Miles Baron	2:34:34
Bernie Boettcher	2:42:09
Joe Schafer	2:53:50
Jose B Castillo	2:53:55
Jim Park	2:56:35
M45 Eric Clifton	2:47:30
Ken Ellis	2:53:57
Gilles Cote	2:57:25
John Victoria	3:01:42
Paul Johnson	3:02:28
M50 Gary Grierson	3:03:47
Stephen Arndt	3:09:53
Bob Kovell	3:15:46
George Taylor	3:16:42
Terry Erickson	3:16:45
M55 Ronald Miller	2:57:35
Donald Pierce	3:09:24
Robert Huotari	3:13:37
Tim Butler	3:14:15
Larry Snider	3:14:16
M60 Herb Phillips	2:51:11
Michael Mahler	3:22:47
Doug Saari	3:27:50
Ralph Cripe	3:35:13
Edward Rousseau	3:44:10
M65 Gordon Watson	3:44:58
Jim Grindley	3:55:59
Richard Kibbe	4:11:14
Harvey Hoogstrate 4	4:13:26
Bob Beaton	4:15:23
M70 Frank Chen	4:55:09
Ralph Riddick	5:08:56
Peter Hui	5:14:42
Charles Saltzman	5:17:08
Bill Holmes	5:36:11
M75 Willis Greenaway 4	5:58:09
Jim Sullivan	5:16:01
Walter Woodard	5:58:41
W40 Allison Le Compte	2:51:13
Rosalva Bonilla	2:57:11
Laurie Hanscom	2:58:12
Susan Kaluza	3:14:51
Cathy Pearce	3:18:20
W45 Claudia Kasen	3:04:27
Brenda Reid	3:20:53
Frannie Tennant	3:29:40
Marsha Mccaleb	3:34:04
Jean Watson	3:37:06
W50 Barbara Luciano	3:15:01
Donna Pierson	3:33:33
Marilyn Huot	3:34:25
Debra Schmitt	3:39:06
Sherie Schmidt	3:42:18
W55 Judy Cole	3:44:17
Sue Carnes	3:57:40
Sally Lockyear	4:01:02
Patty Hung	4:08:10
Patricia Bates	4:10:11
W60 Joanne Meier	4:30:39
Susan Brain	4:50:49

Patricia Wolf	4:54:08
Joyce Newman	5:12:24
W65 Joan Maxwell	4:21:54
Trisha Steiner	5:16:54

## NORTHWEST

### Turkey Stuffer 5K Springfield, OR; Nov. 27

<b>Overall</b>	
Chris Schaefer 27	15:43
Jennifer Overlook 28	17:46
M40 Tony Cantwell	18:01
Ramon Estrada	18:34
Jerry Hammitt	19:55
M45 Daniel Wojcik	16:53
Steve DiNatale	17:20
Larry Tracey	19:47
M50 Rick Russell	19:17
Joe Canale	19:57
Ray Hughey	20:29
M55 Ron Ackerman	19:07
Deight Bates	19:52
Kirk Rose	20:39
M60 Dennis Staples	20:41
Barry Solof	20:46
Jack Olson	21:49
M65 Dan McCormack	19:59
Larry Williams	21:01
Jim Davis	21:38
M70 Donn Kirk	30:52
M75+Bill McChesney	25:48
W40 Carla Hervet	20:01
Karen Louis White	21:11
Kirstine Henderson	23:07
W45 Nancy Halter	23:28
Patti Brown	24:29
Kimberly Brophy	25:10
W50 Jackie Manley	21:28
Marilyn Nippold	21:59
Merill Cray	23:09
W55 Sally Stafford	25:23
Kathy Anderson	26:07
G Proudfoot Shoup	26:12
W60 none	
W65 Jane Dods	29:22
(642 runners/119 walkers)	

### Seattle Marathon & Half-Marathon Seattle, WA; Nov. 30

<b>Overall</b>	
Uli Steidle 31	2:32:21
Elizabeth Frame 29	2:57:23
M40 PETRI HUHTALA	2:43:12
CRAIG DEITZ	2:48:33
CLIFFORD BANISTER	2:55:18
JOHN SWEENEY	2:58:51
KEVIN PRENTISS	3:05:11
M45 FRED MOTTELER	2:53:48
RICHARD HANLON	2:56:11
CLARENCE WIENS	3:01:28
KEITH LEVY	3:08:20
BRUCE GREGG	3:08:45
M50 PEKKA TERMONEN	2:54:17
RICHARD ENGEL	3:08:49
MARK HOFFMANN	3:11:16
BOB STAY	3:14:29
DOUGLAS MACLEAN	3:15:34
M55 JOHN EDWARDS	3:09:57
DOUG ARCUS	3:28:51
NEIL WAKELIN	3:29:22
CRAIG MCKIBBEN	3:32:52
JEROME BICKLER	3:36:00
M60 LARRY CARROLL	3:26:45
JAMES ZELLER	3:57:10
BOB BROWN	4:02:14
FRANK BACHMAN	4:09:17
JACK KAPER	4:09:42
M65 LIONEL WILRIDGE	4:05:12
ROD STRODL	4:09:38
JURGEN WENZEL	4:15:48
BOB ECKENRODE	4:34:54
HJ PROHL	5:02:12
M70 BOB DOLPHIN	4:23:04
ROGER HAUGE	4:50:43
MEL PREEDY	4:52:59
DONALD TAYLOR	5:22:38
W40 JOAN MCGRATH	3:01:28
J HARSHBARGER	3:15:43
ALICIA BRITT	3:17:04
HELENA WATLING	3:17:24
CINDY LUNIW-ADSI	3:17:55
W45 BARB BLUMENTHAL	3:36:15
WENDY JONES	3:41:55
HEATHER LEYEN	3:42:46
DEBORAH TAYLOR	3:43:31
LESLIE BROWN	3:45:25
W50 LORINDA ROWLEDGE	4:15:23
VALERIE ALLISON	3:48:53
CHERI GILLIS	4:12:31
SUSAN HAYS	4:19:22
MARGARET WILLIS	4:20:08
W55 JAN SELMAN	3:36:24
GUNHILD SWANSON	3:49:01
JANE WINTERMUTE	3:52:27
JUDY SANDE	4:21:44
MARYLIS FILIPOVICH	4:32:24
W60 SARAH BEER	4:05:20

DARLENE WILCOX	4:08:26
SHARON CARROLL	4:16:45
JEANNIE MURA	4:29:30
KATHY RYAN	4:36:12

### Half-Marathon

<b>Overall</b>	
Chris Ashfield 27	1:11:32
Liz Wilson 35	1:17:51
M40 John Clark	1:18:14
M45 Rick Becker	1:18:30
M50 Bob Murphy	1:21:01
M55 Jack Miller	1:23:13
M60 Wayne Bayer	1:29:59
M65 Bill Iffring	1:35:37
M70 Murray Andrews	1:58:08
M75 Slade Gorton	2:37:39
W40 Nikky Rafie	1:26:44
W45 Mary Steinberg	1:33:57
W50 Janet Green	1:41:48
W55 Phyllis Nelson	1:45:52
W60 Judith Paine	1:53:41
W65 Arlene Arneson	2:03:18
W70 Patricia Johnson	2:03:20
W75 June Curry	2:59:06

## CANADA

### Ontario Masters TFA 8K Cross-Country Championships Toronto; Nov. 9

W35 Cecilia O'Neill	32:27
W40 Gillian Salter	37:09
W45 Christine Lavellee	35:26
Dawn Hamel	37:37
W50 Christine Guy	46:01
W55 Tina de Geus	52:54
W60 Adri Rowswell	46:38
W65 Wendi Hanger	57:50
M40 David O'Keefe	27:51
R DaSilvaJardine	28:52
M45 Jerry Kooymans	28:48
Jonathan Black	31:23
M50 George Aitkin	30:20
Bill Shaw	30:37
M55 Peter Haase	32:11
Mike Bedley	32:59
M60 Bob Moore	34:20
Chris Mackie	35:28
M65 Jack Geddes	35:12
M70 Bob Wild	42:39
<b>Teams</b>	
W40 Oakville Runners	122:01
W60 Scarborough Mastr	93:59
M40 Longboat RR	92:11
M50 Cambridge Harr	99:09
M60 Scarborough Mastr	113:37

### Ontario Provincial 5K Cross- Country Championships Guelph; Nov. 16

W35 Colleen Hopkins	19:38
W40 Gillian Salter	21:17
W45 Dawn Hamel	21:27
Sharon Stewart	22:07
W50 Karla Del Grande	24:31
W55 Linda Findley	22:29
W60 Joan Christensen	27:22
M40 Vince Friel	16:49
Paul Kelly	16:56
M45 Gerry Holliday	18:54
Phil Steel	19:02
M50 Bill Shaw	17:55
George Aitkin	17:59
M55 Ray Tucker	19:17
John Pickard	19:52
M60 Bob Moore	20:41
Glen Norcliffe	20:55
M65 Jim Irons	22:20
M70 Earl Fee	23:07
M75 Chas Felix	34:42

## INTERNATIONAL

### WMA 100K World Championships Tainan Cty., TPE; Nov. 16

<b>Overall</b>	
Mario Fattore 28	7:04:57
Monica Casiraghi	8:04:47
<b>M35</b>	
Michael Sommer GER	7:15:04
Stefano Sartori ITA	7:21:52
Khantonov Oleg RUS	7:22:09
<b>M40</b>	
Walmsley Dennis GBR	7:41:03
Mohamed Magroun FRA	7:43:00
Ardemagni Mario ITA	7:43:29
<b>M45</b>	
Kashapov Ravil RUS	8:08:32
Ulrich Amborn GER	8:21:27
T.F. Hendriks NED	8:56:38
4. Eric Bindner	9:03:39
<b>M50</b>	
Kuo Zun-Chi TPE	8:13:48
Les Michalik CAN	9:59:22
Xu Gin-Sing TPE	10:40:42
<b>M55</b>	
Roy Pirrung USA	9:43:08
Peter Polak SVK	9:46:05
Tomas Rucek CZE	9:49:48

M60		
Lin Shi-Chi TPE	10:35:38	
M70		
Antonio Caponetto	12:52:37	
F35		
Elke Hiebl GER	8:23:21	
Sekiyo Akiko JAP	8:26:24	
Tanja Hooss GER	8:27:50	
4. Anne Riddle	8:55:03	
8. Ann Heaslett	9:56:46	
12. Laura Nelson	11:25:08	
14. Katy Cotton	11:56:13	
F40		
Danielle Sanderson GBR	8:23:21	
Connie Gardner USA	9:25:58	
Giovanna Cavalli ITA	9:32:06	
5. Tania Pacev	10:22:07	
15. Molly Gibb	12:58:15	
F45		
Kazuko Kondo JAP	9:15:31	
Carolynn Tassie NZL	10:08:23	
Chiew Siok Rong open	10:11:52	
F50		
Reutovich Irina RUS	10:07:42	
Hilary Walker GBR	11:46:46	
Tanaka Sumiko JAP	12:27:56	

## SCHEDULE OF EVENTS

Tentative as of December 10, 2003

## FRIDAY MARCH 26

8:00 AM Pentathlon - Registration  
Pentathlon

## Order of Events

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

9:00 AM	M60+
9:15 AM	All Women
10:15 AM	M50-59
11:00 AM	M40-49
12:30 PM	M30-39

## 2:00 PM General Registration

## Track Events Schedule

4:00 PM	3000 Meters	All Women
4:45 PM	3000 Meters	M70+
5:05 PM	3000 Meters	All remaining men

## Throws Schedule

3:00 PM	Weight	Women 50-59
	Weight	Women 60+
4:00 PM	Weight	Women 30-49
4:30 PM	Weight	Men 75+
5:15 PM	Weight	Men 70-74
6:15 PM	Weight	Men 60-69

## Jumps Schedule

3:15 PM	Pole Vault	Men 60+ and All Women, Together
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All times are tentative and may be adjusted after all entries have been received.

Updated schedule will be posted on [www.usatfne.org](http://www.usatfne.org) on March 24, 2004

## SATURDAY MARCH 27

## 7:30 AM Registration

## Track Events Schedule

9:00 AM	60 Meters	Preliminaries and Trials, All
10:00 AM	60 Meters	Finals, All
11:45 AM	Mile	All Women
12:15 PM	Mile	All Men
2:00 PM	400 Meters	Timed Finals, All
4:30 PM	4 x 800m Relay	All
5:00 PM	60 M Hurdles	Trials and Finals, All

## Throws Schedule

9:00 AM	Shot Put	Women 70+
	Shot Put	Men 50-59
10:00 AM	Shot Put	Women 60-69
11:00 AM	Shot Put	Men 40-49
	Shot Put	Women 50-59
12:30 PM	Shot Put	Women 30-49
1:00 PM	Shot Put	Men 30-39
1:45 PM	Shot Put	Men 60-64
2:15 PM	Shot Put	Men 80+
2:30 PM	Weight	Men 50-59
3:15 PM	Shot Put	Men 70-79
4:30 PM	Shot Put	Men 65-69
4:30 PM	Weight	Men 30-49

## Jumps Schedule

9:00 AM	Long Jump	Men 30-39
9:30 AM	Pole Vault	Men 50-59
10:00 AM	Long Jump	Men 40-49
12 noon	High Jump	Men 30-49
	High Jump	Men 70+
	Long Jump	Men 50-59
1:30 PM	Long Jump	Men 70+
1:30 PM	High Jump	Men 60-69
2:00 PM	Pole Vault	Men 30-49
2:00 PM	High Jump	Men 50-59
3:00 PM	Long Jump	Men 60-69
4:30 PM	Long Jump	Women, All

Athletes General Meeting to Follow Last Event



## SUNDAY MARCH 28

## 8:00 AM Registration

## Track Events Schedule

9:00 AM	200 Meters	Trials, All
10:15 AM	800 Meters	Timed Finals All Women
10:30 AM	800 Meters	Timed Finals All Men
11:45 AM	200 Meters	Finals, All
12:45 PM	3000m Racewalk	Women
1:30 PM	3000m Racewalk	Men
	To Follow Walks	4 x 400m Relay All

## Throws Schedule

10:00 AM	Superweight	Women 60+
	to follow	Superweight Women 30-59
	to follow	Superweight Men 70+
11:00 AM	Superweight	Men 60-69
	to follow	Superweight Men 50-59
	to follow	Superweight Men 30-49
	Superweight	Men 30-69 takes place outdoors

## Jumps Schedule

10:00 AM	High Jump	Women, All
10:00 AM	Triple Jump	Men 30-39 AND M60+
11:30 AM	Triple Jump	Men 40-49
12:30 PM	Triple Jump	Men 50-59 AND All Women

## 2004 NATIONAL MASTERS INDOOR TRACK &amp; FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center

Boston, Massachusetts

March 26 - 28, 2004

Presented by USA Track &amp; Field - New England

## FACILITY/IMPLEMENTS

Six lane, lightly banked 200 meter Mondo Track, nine 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 spikes will be available at the meet. There will be one weight and two shot circles, throwing onto a synthetic surface. Only certified soft-shell shot puts and bag weight implements will be allowed for the indoor competitions. Superweight (men 30-69) will be contested outdoors.

Starting heights will be determined by facility equipment limitations and by the Games Committee. Minimum High Jump height will be 2 feet 8 inches; minimum Pole Vault height will be approx. 4 feet. Pole vaulters should bring their own poles.

There will be no 27 inch hurdles

## COMPETITION ORDER

For track events the order is 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: field event starting times may need to be adjusted due to the number of entrants.

## DECLARATIONS

All track athletes, after picking up their number, must check in at the clerks' table prior to their event. Declarations must be completed no less than one hour before the listed starting time for the event. No exceptions! The final seeding will then be done and sections will be drawn.

Field event competitors must check in with the officials at their field event area. Any athlete who has not checked in prior to the first attempt will not be allowed to enter the competition.

## 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 2004 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained on-line at [www.usatf.org](http://www.usatf.org), through local associations, or on-site at the meet for \$20.

## ENTRY

Early entry deadline is **Monday, March 15, 2004**. Entry fee is \$35 for the first event, \$18 for the second and \$15 for each additional event. Entry fee for the Pentathlon is \$60 (the pentathlon does count as a first event). After March 15 a late fee of \$10 per event will be charged. **Late entries, additions and/or changes must be received by Monday, March 22, 2004.**

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 by USATF-NE no later than Friday, March 5th. Admission to the facility is free for competitors and guests.

## 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, with a limit of one patch per participant.

## HEADQUARTERS HOTEL

Headquarters hotel is The Westin Copley Place Boston, 10 Huntington Avenue, Boston - \$116 single/double, \$126 triple, and \$136 quad occupancy, 1-800-WESTIN1. To get the special rates reservations must be made by March 11, 2004; mention the National Masters Championships at the time of making your reservation.

## THURSDAY NIGHT SOCIAL/DINNER

There will a dinner get-together on Thursday night. If you are interested in attending please so note on the application and add a check for \$20 per person. Guests are welcome. Details published on [usatfne.org](http://usatfne.org) after March 1.

## 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 web site. Please consider one of the following:

**Platinum** - \$250 - Platinum level contributors will receive an event bag, polo shirt, t-shirt and pin, and are eligible for upgrading to Junior Suite at the Westin Copley Place (3/26 and 3/27).

**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  
Street: 2001 Beacon Street, Suite 207, Brighton, MA 02135

## MEET INFORMATION

A list of entrants will be posted beginning on March 1st  
(617) 566-7600 office@usatfne.org

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

## 2004 NATIONAL MASTERS INDOOR TRACK &amp; FIELD CHAMPIONSHIPS - ENTRY FORM

Last Name _____	Male/Female _____
First Name _____	Date of Birth _____
Address _____	Age (as of 3/26/04) _____
City _____	Club/Affiliation _____
State _____ Zip _____	Citizenship (if not USA) _____
Country (if not USA) _____	2004 USATF Number _____
Telephone _____	(USATF number is required!)
E-mail address _____	

Event	Best Recent Performance	Fee
Pentathlon (counts as first event) _____		(\$60) _____
1. _____		(\$35) _____
2. _____		(\$18) _____
3. _____		(\$15) _____
4. _____		(\$15) _____
5. _____		(\$15) _____
6. _____		(\$15) _____

Late Fee for entries postmarked after 3/15/04, 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 T-shirts \_\_\_\_\_ @ \$13 each: \_\_\_\_\_  
\_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL

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

Thursday Night Social/Dinner, number of guests \_\_\_\_\_ x \$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 will be used for Games 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: \_\_\_\_\_