

NATIONAL MASTERS NEWS

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

317th Issue

January 2005

\$3.00

Martin, Parker Named Best 2004 T&F Athletes DeReuck, Simonaitis Are Top LDR Choices

T&F Honors Also Go to Meiler, O'Connor, Vail and Clingan

Kathryn Martin, 52, Northport, N.Y., BENGAY Masters Athlete of the Year, and Roderick Parker, 85, Amity, Ark., were selected as the Outstanding Male and Female Masters Athletes by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S. at its annual meeting in Portland, Ore., Dec. 1-5.

They were recognized along with other award winners at the Awards Breakfast Buffet on Saturday, the 4th, at the Grand Ballroom of the Hilton Portland.

Parker also received the Outstanding Single Performance Award for his M85 world record of 34.41 in the 200, an age-graded 98.8% performance, in the USA National Masters T&F Championships in Decatur, Ill.

Nadine O'Connor won the female Outstanding Single Performance Award for her W60 world record 3.05 in the pole vault, an age-graded 100+%, in a Team Thor meet, La Jolla, Calif.

Emil Pawlik, M65, Jackson, Miss., and Flo Meiler, W70, Shelburne, Vt., won the Outstanding Combined-Events Athlete Award. Pawlik took age-division titles in the indoor heptathlon with a world-best 5984; indoor and outdoor pentathlons, and decathlon, with a U.S. record 7729 points. Meiler won the outdoor pentathlon with a U.S. record 3996 points.

Jack Starr, M75, Newark, Del., and Teresa Vail, 43, Pine Plains, N.Y., were voted the Outstanding Racewalkers. Vail won the Olympic 20K Trials (1:35:37) in Sacramento, Calif., and went on to finish 43rd in the 2004

Continued on page 14

Burgasser, Matson, Miller Among 24 Runners Honored by USATF

Colleen DeReuck, 40, and Dennis Simonaitis, 42, were among two of the 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 26th annual meeting in Portland, Ore.

This year's class features ten athletes for whom this honor is new, ten athletes who are repeaters from last year, and four who have recaptured the honor after a hiatus of several or more years.

DeReuck, of Colorado, heads the rookie contingent. She not only was an Olympian, but she also won the National Masters 5K Championships and set pending records in her other races. Simonaitis, of Utah, also was impressive in winning the National Masters 10K and Marathon championships.

Four New Englanders were part of this class, including Craig Fram, M45, New Hampshire, Bill Dixon, M55,

Vermont, Janet Bober, W60 co-winner, Massachusetts, and George Whitney, M85 co-winner, Connecticut.

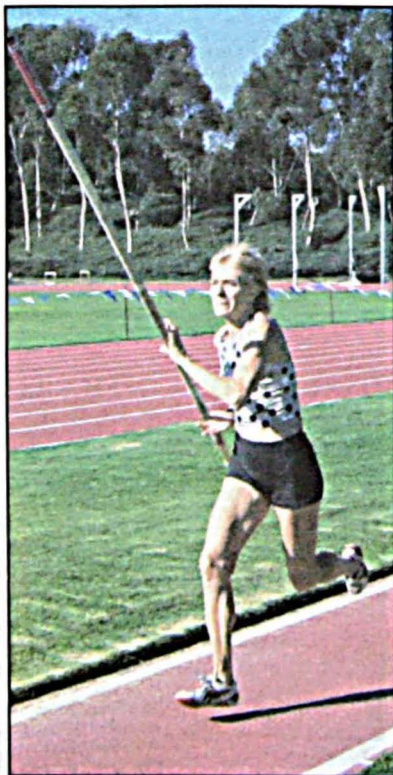
Fellow Easterner Ginette Bedard, W70, New York, and Joe Burgasser, M65, Florida, also joined the winners' circle. Joachim Bechtle, M60, California, was the only rookie from the West Coast, and Max Springer, M90, Tennessee, was the oldest.

The returnees from last year were headed by Shirley Matson, W60 co-winner, California, who emulated Cal Ripken by tying nonpareil Norm Green's record of 13 Athlete of the Year awards. She also was the nation-

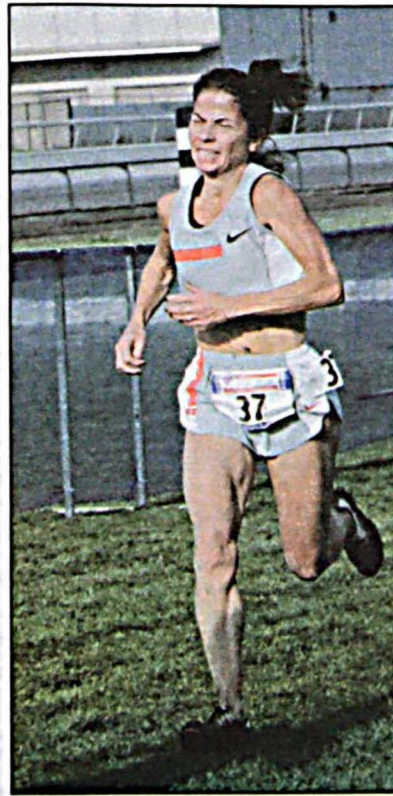
Continued on page 11



Roderick Parker



Nadine O'Connor



Kathryn Martin

INSIDE:

- Hall of Fame Update - p. 15
- Convention Minutes- pp. 16-17
- National 10K XC - p. 18

PERIODICALS
POSTAGE
PAID AT
EUGENE, OR

ALL FOR ADC 90197
SCOTT COLEMAN
PO BOX 2204
VAN NUYS CA 91404-2204

CONTENTS

DEPARTMENTS

USATF Officers	2
LDR Report	3
Letters to the Editor	4
Five Years Ago	4
Track & Field Report	5
Third Wind	6
Health & Fitness	7
The Foot Beat	8
NMN Contacts	8
Masters Scope	9
Ten Years Ago	9
Racewalking	10
On the Run	12
Fifteen Years Ago	12
Twenty Years Ago	13
Twenty-Five Years Ago	18
Book Review	19
Report from Britain	20
WMA/USATF Specs	20
Masters Scene	21
Schedule	22
All-American Athletes	24
Results	25
New Age-Group Athletes	25

FEATURES

Best T&F Athletes	1
Best LDR Athletes	1
National Convention Sites	4
USATF Masters Budget	5
Future Natl. T&F Meets	5
Future Natl. LDR Events	6
Outdoor Rankings Deadline	8
Arthur Lydiard	9
Future Natl. RW Events	10
2004 Best Racewalkers	10
Big Bird 10K	11
Outstanding Racewalkers	11
Best T&F Administrator	11
Best T&F Athletes List	14
Masters Hall of Fame	15
Convention T&F Minutes	16
Convention LDR Minutes	17
Best LDR Athletes List	17
National Clubs XC	18
Hellebuyck Suspended	18
MUT Athletes Honored	19
Mark Springer	20

ENTRY FORMS/RACE & PRODUCT INFO

Mardi Gras Mambo 10K	3
NMN Subscription Form	4
StrejeL	7
Running Encyclopedia	7
Track & Field News	8
How to be a Champion	8
Long & Strong Journal	11
Hawaii Nationals	12
Publications Order Form	13
Nationals - Boise	32

Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call 818-286-3129; fax: 818-760-4490, or write to NMN, P.O. Box 16597, North Hollywood, CA 91615.

NATIONAL MASTERS NEWS

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

Publisher: Suzy Hess

Editor: Jerry Wojcik

Senior Editor: Angela Egremont

Assistant Editors: Susannah Beck, Jane Dods

Consultant: Al Sheehen

SUBSCRIPTION PROBLEMS: 818-286-3129

National Masters News Office (Editorial):

P.O. Box 50098 Eugene, OR 97405

541-343-7716; Fax: 541-345-2436

e-mail: natmanews@aol.com

Masters Web Sites:

www.nationalmastersnews.com

www.usatf.org

www.masterstrack.com

www.runningusa.org

www.world-masters-athletics.org

Schedule: Jerry Wojcik, jerrywoj@aol.com

Advertising Representative:

Suzy Hess, 541-343-7716

Production: Angela Egremont

Printing: Springfield News, Springfield, Oregon

Track & Field Records: Sandy Pashkin

Long Distance Records:

Racewalking Records: Bev LaVeck

Track & Field Rankings: Dave Clingan, Larry Patz

Contributing Editors: Hal Higdon,

Dr. John Pagliano, Mike Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker

(MD), Bob Fine (FL), Paul Heitzman (KS), Bob Koch (CA),

Carol Langenbach (WA), Ron Marinucci (MI), Marilyn

Mitchell (NY), Paul Murray (NY), Jim Oaks (AL), Mike

Polansky (NY), Phil Raschker (GA), Ken Stone (CA),

Pete Taylor (VA), Mike Tymn (OR).

International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carlus (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).

Photographers: George Banker (MD), Suzy Hess (OR), Mike Polansky (NY), Vic Sailer (NY), Douglas Smith (CAN), Tesh Teshima (HI), Thom Weddle (MN), Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, Herb Parsons

The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 2791 Oak Alley, Suite 5, Eugene, OR 97405. Periodicals postage paid at Eugene, OR 97401.

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.

To inquire about a USATF card, call USATF in your area, or 317-261-0500.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed and double-spaced. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired. E-mail to natmanews@aol.com is acceptable.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be

necessarily construed as a recommendation or an endorsement by NMN.

Advertising information and rates: Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Suzy Hess, NMN, P.O. Box 50098, Eugene, OR 97405. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

Postmaster: Send address changes to: National Masters News, 2791 Oak Alley, Suite 5, Eugene, OR 97405.

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.

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

National Masters News Copyright © 2004.

All rights reserved.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

Chair

George Mathews
10861 Canterbury Cove
Hayden Lake, ID 83835
208-772-8686 (H)
208-772-8662 (F)
georgem@nwlinc.com

Vice-Chair

Suzy Hess
P.O. Box 5272
Eugene, OR 97405
541-343-7716 (W)
541-345-2436 (F)
mfvicechair@aol.com

Secretary

Lester Mount
6750 Hillcrest Plaza Dr., #221
Dallas, TX 75230
214-766-2854
lestermount@yahoo.com

Treasurer

Joy MacDonald
1928 No. Sleepy Creek Rd.
Cross Junction, VA 22625
540-888-3110 (H)
540-888-9961 (F)
fildredskin@aol.com

Regional Coordinators

East

Ray Feick
2987 Lutheran Rd.
Gilbertsville, PA 19525
610-754-6007
FFeick@earthlink.com

Southeast

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
561-499-3370
bobfine@bellsouth.net

Mid-America

Christel and Jerry Donley
2354 Wood Ave.
Colorado Springs, CO 80907
719-635-1264
christelshv@hotmail.com

Midwest

Jim O'Neill
1149 Sheldon Road
Grand Haven, MI 49417
616-844-1768
616-743-5920 (F)
jimol149@mac.com

Southwest

Lester Mount (See Secretary)

West

Mark Cleary
18 Charca
Rancho Santa Margarita, CA 92688
949-589-0242
runnermark@cox.net

Northwest

Todd Taylor
1320 Boardwalk Avenue
Molalla, OR 97038
503-829-5395
todd_taylor@siltronic.com

Active Athletes Representative

Becky Sisley
310 E. 48th Ave.
Eugene, OR 97405
541-342-3113
bsisley@darkwing.uoregon.edu

All American Standards

Len Olson
95 Lake Lorain Rd.
Poyntelle, PA 18454
Tedodiscus@aol.com

Awards

Phil Byrne
55 Constellation Wharf
Charlestown, MA 02129
617-242-8822
pmb02129@aol.com

Championships Games

Sandy Pashkin
2525 Willakenzie, Apt. 4
Eugene, OR 97401
spashkin@aol.com

Championships Sites

Ken Weinbel
4103 Hillcrest Ave., S.W.
Seattle, WA 98116
206-938-3895 (H)
Kweinbel@comcast.net

Combined-Events

Jeff Watry
3224 CR 2700E
Penfield, IL 61862
217-367-8438 (W)
jwatry@gillathletics.com

Law Chair

Tom Light
P.O. Box 1550
Chugiak, AK 99567
907-694-4623 (H)
907-786-7431 (W)
907-786-7401 (Fax)

Masters Invitational Program

Mark Cleary (see West above)
Media Subcommittee
Robert Weiner, Chair
301-283-0821
301-283-6056 (F)

Racewalking

Bob Fine (See Southeast)

Rankings (Indoor)

Larry Patz
534 Gould Hill Rd.
Contoocook, NH 03229
indoorrankings@aol.com

Rankings (Outdoor)

Dave Clingan
1849 SE 20th
Portland, OR 97214
503-231-6345
xroads@xro.com

Records (5-Year)

Sandy Pashkin
2525 Willakenzie, Apt. 4
Eugene, OR 97401
spashkin@aol.com

Records (Single-Age)

Pete Mundle
3955 Bentley Avenue
Culver City, CA 90232
pmundle@junio.com

Records - Racewalk

Bev LaVeck
511 Lost River Road
Mazama, WA 98833
bevlaveck@methow.com

Rules Coordinator

Graeme Shirley
11212 Via Carroza
San Diego, CA 92124
858-292-6132

Team Manager

Phil Greenwald
101 W. 81st St., #718
New York, NY 10024-7237
212-595-2486 (H, F)
Greenwald@worldnet.att.net

Chair Appointee

Rex Harvey
6744 Connecticut Colony Cir.
Mentor, OH 44060
440-255-0751
440-954-8122 (W)
440-954-8111 (F)
440-339-5688 (C)
rexjh@aol.com

Weight Events

Dick Hotchkiss
14005 Meadow Dr.
Grass Valley, CA 95945
530-273-3660
ashglaze42@hotmail.com

WMA Delegates

George Mathews
Sandy Pashkin
Frank Lulich
Alternates:
Mark Cleary
Bob Cahners
Marilyn Mitchell
Joanne Petkus
WMA Women:
Christel Donley
Becky Sisley

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair:

Norm Green
407 Freedom Blvd.
West Brandywine, PA 19320-1559
610-466-9197
610-466-9198 (F)
runnorm@aol.com

Secretary:

Lloyd Stephenson
P.O. Box 170266
San Francisco, CA 94117
415-759-6194
fstmrstr@mac.com

Vice Chair:

John Boyle
P.O. Box 1700
DeLand, FL 32721
386-736-0002
386-740-1047 (F)
jboyle@altavistasports.com

Awards:

Don Lein
13 Crosswinds Estates

Pittsboro, NC 27312
919-542-4790; 542-5157 (F)
dmlein@earthlink.net

Road Records & Rankings:

Linda Honikman
Ryan Lampara
Running USA
385 Oak View Ln.
Santa Barbara, CA 93111
805-696-6232
efax 419-818-3931
www.runningusa.org
www.usatf.org

Law and Legislation:

Mary Rosado
102 West 80th St., Apt. 23
New York, N.Y., 10024-6303
212-874-0822 (H)
212-758-2104 (W)
212-308-8582 (F)
mrosadoesq@prodigy.net

WMA Delegates:
Charles DesJardins

Rules Coordinator:

David Katz
P.O. Box 822
Port Washington, NY 11050
516-883-5599
katz@firtt.com

Championships:

John Boyle (See above)

Championship Stats:

Norm Green
407 Freedom Blvd.
West Brandywine, PA 19320-1559
610-466-9197
610-466-9198 (F)
runnorm@aol.com

Marketing Representatives:

Don Lein (address above)
Jack Wing

4038 East 48th St.
Tulsa, OK 74135
918-742-5418 (H, W, F)
918-292-2860 (F)

Cross-Country Representative:

Bill Quinlisk
412 Humboldt St.
Rochester, NY 14610-1113
billq@frontiernet.net
585-482-6371

Mountain, Ultra, Trail

Representatives:

Theresa Daus-Weber (ultra rep)
Ian Seecof (trail rep)
Scott Creel (mountain rep)
Roy Pirrung (vice chair)

Team Manager

Charles DesJardins
P.O. Box 2281
Carson City, NV 89702-2281
775-884-9448
CRDJ@interqwest.com

USATF M

to 2005

Norm Green, Ch
Division, has a
USATF World

The team will compete in the 100K World Championship in Saroma, Japan, on June 12. The venue will be Lake Saroma, which is a venue for the IAU (International Association of Ultrarunners) 100K World Championship. The patronage of IAAF Amateur Athletics Federation the USATF 100K Team against 100K runners from around the world, while masters compete in five-year age groups for gold, silver, and bronze medals.

This race is an opportunity for American women 35+ to compete in a world championship. World Championships for masters ultramarathons have not been scheduled recently, such event being held prior to that in 1999.

Come F

The 7th

Overall 10

Run the Next

and Rec

Collector's Lo

Race T-shirt, M

Beads and Th

Jambal

Free Coca-

Budwe

The Baton Ro

1-mile fun run

Atrium, to the

start this year

Town Mardi

and Maine

LDR Report

By THERESA DAUS-WEBER

Ultra Representative

USATF Mountain/Ultra/Trail Running Council

Team Leader Appointed to 2005 World Masters 100K Team

Norm Green, Chair of USA Track & Field Masters Long Distance Running Division, has appointed Janice Anderson as the team leader of the 2005 USATF World Masters Athletics 100K Team.

The team will compete in the WMA 100K World Championships in Lake Saroma, Japan, on June 26, 2005. The Lake Saroma venue will also host the IAU (International Association of Ultrarunners) 100K World Cup under the patronage of IAAF (International Amateur Athletics Federation) where the USATF 100K Team will compete against 100K runners from around the world, while masters ultrarunners compete in five-year age groups for gold, silver, and bronze WMA 100K World Championship medals.

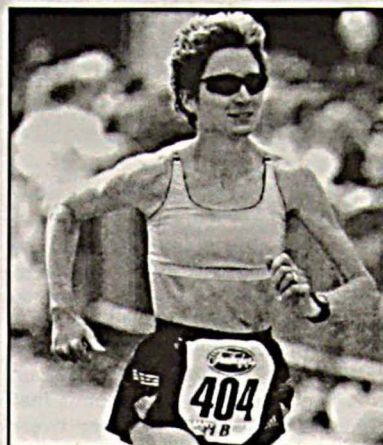
This race is an opportunity for American women 35+ and men age 40+ to compete in a world 100K championships. World 100K championships for masters ultrarunners have not been scheduled regularly, the last such event being held in 2003 and prior to that in 1999.

Strong Credentials

Anderson, an information technology specialist with Home Depot in Atlanta, Ga., has strong organizational and administrative abilities, demonstrated by her leadership roles in both regional and national positions of administration in the sport of ultrarunning.

A USATF Mountain/Ultra/Trail (MUT) Running Council member since 1998, Anderson is an active athlete with numerous ultra records and achievements to her credit, and races on the Montrail/Patagonia Team. As a five-time member of the USATF 100K Team, Anderson is experienced in the protocol of racing at World Cup 100K venues and will participate on the 2005 WMA 100K Team in the 35-39 age group.

"We are fortunate to have an athlete



VICTOR SAILER / PHOTO RUN
Janet Robertz, W45 LDR Runner of the Year.



VICTOR SAILER / PHOTO RUN
Colleen DeReuck, W40 LDR Runner of the Year.

and an administrator of Janice's experience and character to lead our 2005 USATF WMA 100K Team," said Theresa Daus-Weber, Masters Ultra Representative to the MUT Council.

Twofold Goal

The goal of the 2005 team is twofold: to provide a broad American age-group presence at the World Cup 100K, demonstrating American support for the masters 100K world competition, and to compete for individual world age-group medals.

In 2003, the USATF WMA 100K Team contributed to earning two team silver medals and a gold age-group medal. Thirteen ultrarunners have expressed their interest in the 2005

team, up from the four-member team that represented the U.S. at the last championship in 2003.

Masters ultrarunners interested in running on the 2005 team can contact Janice Anderson at jslgl@comcast.net.

Support Welcomed

The USATF WMA 100K Team is self-funded and donations are welcome.

Pledges are tax-exempt contributions through the International Masters Athletics Foundation, Inc. To make a pledge to the USATF WMA 100K Team, contact Katy Cotton at IMAF, Inc. at imaf_inc@yahoo.com; or 307-432-6809. □

Come Run with us Mister

The 7th Annual Nextel Mardi Gras Mambo

10K and 1 mile Fun Run

February 5, 2005

\$\$\$\$\$\$\$ INCREASED \$\$\$\$\$\$

PRIZE MONEY

A \$3,300 total cash purse to be awarded!

Overall 10k Male and Female Champions Receive \$500.00

Run the Nextel Mambo
and Receive:

Collector's Long Sleeve
Race T-shirt, Mardi Gras
Beads and Throws, Free
Jambalaya
Free Coca-Cola and
Budweiser

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.

Registration Information
Cost is \$ 12.00 Pre-registered
(Entries postmarked by 1/29/05)
\$ 15.00 Jan. 31 - Feb. 4
\$ 18.00 Race Day

NEXTEL

MARDI GRAS MAMBO 10K



"Come run with us mister!!"

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 7th 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. Last year the Mambo had runners from all over the United States coming from as far as Washington and Maine. Contact us at 225-382-3596 or visit www.nextelmardigrasmambo10K.net for more info and race form.


**WRITE
ON!**

Address Letters to: National Masters News
P.O. Box 50098, Eugene, OR 97405 or
E-mail: natmanews@aol.com

HEALTH & FITNESS

Phil Campbell's Health & Fitness article (NMN, Nov. and Dec.) refuting the conclusion drawn by various "experts" that stretching was unnecessary for highly intense sprinting activities was right on.

Extrapolating from twentyish military recruits to 40-and-above masters

FIVE YEARS AGO January 2000

- Mel Larsen, 75, and Philippa Raschker, 52, Voted 1999 Outstanding Masters T&F Athletes at USATF Annual Meeting in Los Angeles
- John Tuttle, 41, Joan Ottaway, 55, and Carmen Troncoso, 40, Among 24 Selected by the Masters LDR Committee as 1999 Best Masters Runners by Age-Group
- Jonathan Matthews, 42, and Lyn Brubaker, 42, Racewalkers of the Year, and Suzy Hess, Masters T&F Administrator of the Year Also Honored
- Tim Schmid (41, 16:04) and Janice Morra (41, 19:25) First in Masters National 5K XC, Holmdel, N.J.
- Mark Donahue (40, 31:09) and Sabrina Robinson (41, 36:32) Win Masters National 10K XC, Long Beach, Calif.

track and field athletes was a presumptuous and unjustified leap. As the article aptly pointed out, besides age differences, some recruits were fit, and others who were not were also lumped in with them.

Apparently, the authors thought that 20-year-olds were all, by definition, "fit" because of their youth, that fitness did not matter, or they overlooked the issue entirely. Their conclusion flies in the face of decades of experience of innumerable track and field athletes in addition to being a flawed study.

Enjoy your cranberries!

Richard Watson
Tucson, Arizona

RUNNING HATS

I wish to make a correction to a statement in the interview with me by Mike Tymn (Third Wind, NMN, Dec. 2004).

In talking about wearing hats in the sun in long distance running, the issue of protection of the skin in an attempt to avoid skin cancer was not discussed.

It is important to note that certain strategies trump others in the consideration of clothing and coverings for LDR. The USA women's medallist in the Olympics did have a bout with skin cancer in the past, and that was the main reason that she wore a hat in competition and does so in training — this consideration might trump other (i.e. heat) issues.

Dr. Al Morris
Washington, D.C.



Medal winners in the 10K racewalk include gold medalists Presley Donaldson, M70 (second from right, center row) and Fan Benno-Caris, W85 (third from right, bottom row), 2004 Huntsman World Senior Games.



Thom Weddle (l), 66, Run N Fun, first M65 (48:04), heads down the last of four moguls on the course, USA Masters Club Championships, Portland, Ore., Dec. 4.

NMN Wishes You a Happy and Prosperous 2005

Coaches Who Compete

Announcing a new Web site (www.coacheswhocompete.com) for all those beautiful people who compete at any level, in the sports they coach, instruct or help with.

As a senior athlete, competing in track and field as a weight thrower (M75) and being actively involved, I have long admired those who are so enmeshed and devoted to their jobs and interests in their sports.

After meeting and competing with Carl Wallin of Dartmouth College and Jim Chamberas of Twilight Throwers for many years, and all the other coaches whose names escape me now, I felt a gathering place type Web site would be in order to gain an identity and have "our place" in this realm.

— Samuel Messiter

SITES OF NATIONAL CONVENTIONS

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

USATF		
15	1993	Las Vegas
16	1994	St. Louis
17	1995	Atlanta
18	1996	San Francisco
19	1997	Dallas
20	1998	Orlando
21	1999	Los Angeles
22	2000	Albuquerque
23	2001	Mobile
24	2002	Kansas City
25	2003	Greensboro
26	2004	Portland, Ore.
27	2005	Jacksonville
28	2006	Fresno
29	2007	Honolulu
30	2008	Reno

NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and racewalking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates:

(USA, Canada, Mexico)

- ☐ 6 months \$16
☐ 1 Year \$28
☐ 2 Years \$52
☐ 3 Years \$75

1st Class rates:

- (USA, Canada, Mexico)
☐ 1 Year \$45
☐ 2 Years \$86
☐ 3 Years \$124

Foreign rates:

- (Air mail)
☐ 1 Year \$48
☐ 2 Years \$91
☐ 3 Years \$134

Payment

- ☐ enclosed
☐ Bill me later
☐ \$_____ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or Call:

818-286-3129

CZM


Tr
Ch

Thank Y

I appreciate the trust and organization for the ne we have and bring us support of those who didn't v

Difficult as it was, I election brought out the b pushed me to a higher le to all who participated i cratic process.

A "thank you" to Bob Frank Lulich, who served tion for the last four year will be sorely missed, but can call on you for spe It's great to have Suzy B another four years as Vic

Welcome to Joy Ma new treasurer and Leste new secretary. We all lo working with you.

Two of the biggest iss out of this annual meeti funding and our USA Internet site. Funding biggest challenge.

Budget

We approved our 2 again supplementing activities from the fund Baton Rouge rights fe committee surcharges fr pionships. We expect to 2005 okay but will ha shortfall in 2006 unless sources for funding.

Even in 2005 there are

USATF MAST

Name

Chair
Secretary
Vice-Chair
Treasurer
Site Inspections
Rankings
SE Region
NW Region
West Region
Eastern
Southwest
Mid-America
Midwest
Combined Events
Media
Records
Weights
Awards
Team Manager (also below)
Hall of Fame
Administrative
Masters Invitational Program
Racewalking
NC-WMA (Masters Chair)
Games Committee
Marketing Campaign*
NMN Grant
Age 30-39 Rankings
Demographic Study
Contingencies
Team Manager (WMA)

TOTAL

*Direct Mail — National & Re
Note: An additional \$4500



Track & Field Report

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

Thank You for Four More Years

I appreciate the trust and support you have shown in electing me to lead your organization for the next four years. I promise to build on the solid foundation we have and bring us to new heights. It is my hope to earn the trust and support of those who didn't vote for me as well.

Difficult as it was, I believe this election brought out the best in me and pushed me to a higher level. Thanks to all who participated in this democratic process.

A "thank you" to Bob Cahners and Frank Lulich, who served with distinction for the last four years. You two will be sorely missed, but we hope we can call on you for special projects. It's great to have Suzy Hess working another four years as Vice-Chair.

Welcome to Joy MacDonald, our new treasurer and Lester Mount, our new secretary. We all look forward to working with you.

Two of the biggest issues that came out of this annual meeting concerned funding and our USATF Masters Internet site. Funding presents the biggest challenge.

Budget

We approved our 2005 budget, again supplementing many of our activities from the fund created by the Baton Rouge rights fee and games committee surcharges from our championships. We expect to get through 2005 okay but will have a serious shortfall in 2006 unless we find new sources for funding.

Even in 2005 there are some activi-

ties that we want to accomplish, but have to put off because of lack of funding.

We identified them in the following order of priority:

1. Strategic plan (\$2500).
2. Team managers for San Sebastian (\$2000).
3. Masters Hall of Fame (\$2000).
4. Direct mailing championship entry forms (\$2500).
5. Home town press (\$2000).
6. Hiring a marketing agent (\$2500).

I am happy to report that through appeal to the USATF Budget Committee we were awarded funding (\$4500) for our strategic plan and team managers. We will be applying to the USATF Foundation for funding of the remaining items.

Funding Sources

We have been studying many different additional sources of funding. These include::

- A surcharge on our WMA entries. Many other countries are doing this. We are providing serious additional services with three team managers and entry processing without charge.
- Increasing our membership fee, which is \$20 in the highest association. It has always been the policy of

USATF to charge the same national fee for all sport committees. We understand that the other part of our membership fee is the association content.

For the first time, the Board of Directors has agreed to consider the possibility of allowing different sport committees to charge different fees. I have gone on record that we want to be included in this special task force's consideration.

We all know that almost every other sports organization serving our age group charges a lot more money. Think about what an extra \$10 (7500 x \$10.00 = \$75,000) added to the membership fee could do for your organization.

This couldn't happen until 2006 at the earliest. In the meantime, I challenge all members, in your 2005 renewal, to add \$10 or whatever you want to designate to the Masters T&F Committee.

- Your regional coordinators have agreed to add a \$5 surcharge to their regional championships.

- More funding sponsors like BENGAY.

- Title rights fee for our national championships.

- Donations to The USATF Foundation.

- Charitable remainder trusts.

- The ultimate arbitrage. If you, or someone you, know want to leave behind an extra \$2 to \$4 million to USATF Masters T&F without spending a dime of your own money, please contact me and I will show you how it is done.

Additional Resources

Obviously there are many other resources that need to be considered.

Your Executive Committee is going to create the USATF Masters Track & Field Strategic Plan in the coming year. The budget amount is to defray the cost of one-day retreats before our national championships to focus and create our living Strategic Plan. Everyone's contributions are gratefully accepted.

Web Site

The USATF Masters Web site was another subject that drew significant attention.

Some believe that what we have now is hard to navigate. Craig Masback came into one of our meetings to hear input on this and agreed to work with us to make the site "customer friendly" (my words).

All members are the customers of elected, appointed officers and professional staff. We need your input to design it to best serve your needs.

I am asking all committee chairs to make sure their reports and progress information are submitted to the site just as my monthly reports are.

We want the USATF Masters Web page to be the "GO TO" Web site for all the information our members require.

Hall of Fame

I must comment on the fabulous Jesse Owens Hall of Fame Awards ceremony at the Nike Tiger Woods Auditorium. I don't think it could have been a finer setting for our first BENGAY Masters Athlete of the Year, Kathryn Martin. Congratulations, Kathryn, you surely earned this distinction.

I will address other important aspects of the annual meeting at a later date.

Stay tuned! ☐

USATF MASTERS TRACK AND FIELD COMMITTEE 2005 Budget

Name	Programs	Committee	Surcharge Fund	Total
Chair		\$ 4,700		\$ 4,700
Secretary		\$ 1,500		\$ 1,500
Vice-Chair		\$ 1,500		\$ 1,500
Treasurer		\$ 1,500		\$ 1,500
Site Inspections	\$ 1,000			\$ 1,000
Rankings	\$ 3,000			\$ 3,000
SE Region		\$ 1,300		\$ 1,300
NW Region		\$ 1,300		\$ 1,300
West Region		\$ 1,300		\$ 1,300
Eastern		\$ 1,300		\$ 1,300
Southwest		\$ 1,300		\$ 1,300
Mid-America		\$ 1,300		\$ 1,300
Midwest		\$ 1,300		\$ 1,300
Combined Events		\$ 1,165		\$ 1,165
Media		\$ 420	\$ 1,000	\$ 1,420
Records	\$ 2,065		\$ 935	\$ 3,000
Weights	\$ 750			\$ 750
Awards	\$ 1,000			\$ 1,000
Team Manager (also below)	\$ -			\$ -
Hall of Fame	\$ 1,000			\$ 1,000
Administrative	\$ 1,000			\$ 1,000
Masters Invitational Program	\$ 1,300			\$ 1,300
Racewalking	\$ 1,000			\$ 1,000
NC-WMA (Masters Chair)	\$ -			\$ -
Games Committee			\$ 6,000	\$ 6,000
Marketing Campaign*			\$ 4,000	\$ 4,000
NMN Grant			\$ 5,000	\$ 5,000
Age 30-39 Rankings			\$ 750	\$ 750
Demographic Study			\$ 300	\$ 300
Contingencies			\$ 1,000	\$ 1,000
Team Manager (WMA)	\$	\$	\$ 5,000	\$ 5,000
TOTAL	\$ 12,115	\$ 19,885	\$ 23,985	\$ 55,985

*Direct Mail - National & Regional Championships

Note: An additional \$4500 was allocated by the USATF Budget Committee after this report.

www.nationalmastersnews.com

USATF National Masters T&F Championships

Meet	Site	Date
2005		
Indoor Heptathlon	Kenosha, WI	March 5-6
Indoor & Pentathlon (11th)	Boise, ID	March 11-13
Outdoor & Pentathlon (4th)	Honolulu, HI	August 4-7
Decathlon/Heptathlon	Cleveland, OH	July 2-3
Weight Pentathlon	Arlington, TX	August 13
Weight & Superweight	Seattle, WA	September 10
2006		
Indoor Heptathlon	Kenosha, WI	March 4-5
Indoor & Pentathlon (25th)	Boston, MA	March 25-27
Outdoor & Pentathlon	Charlotte, NC	August 3-6
Decathlon/Heptathlon	Grass Valley, CA	TBA
Weight Pentathlon	Bozeman, MT	TBA
Weight & Superweight	Seattle, WA	September 9
2007		
Indoor Heptathlon	Kenosha, WI	March TBA
Indoor & Pentathlon	New York City	TBA
Decathlon/Heptathlon	Urbana, IL	TBA
Outdoor & Pentathlon	Orono, ME	TBA
Weight Pentathlon	TBA	TBA
Weight & Superweight	Seattle, WA	September TBA



Third Wind

By MIKE TYNN

Let's Go Back to Yards

USA Today recently ran a series of articles on "10 things to change in sports." None of the suggested changes had anything to do with track & field or road racing. When the paper asked readers for their suggestions, I submitted mine; however, the editors ignored it, probably because it had to do with track & field, a sport not many of their readers care much about.

My suggestion was that we go to yards and miles every other year. That is, run metric distances in the Olympic years and two years after the Olympics, while running yards and miles the year after and the year before the Olympics. If not in all running events, it should at least be adopted for the mile run.

Let's face it, the metric system has never really caught on, at least in the United States. I think it has hurt the sport, as many casual observers of the sport can't relate to metric distances. They know what a 4-minute mile is, but most don't have any idea what that equates to at 1500 meters.

I know exactly how far 1500 meters is and I know what the world record is, but still, after many years of following the sport, I immediately do a mental conversion, adding 17 seconds more or less, depending on the race time, to figure out what the mile time is.

Tricky Calculations

Incidentally, I still run into masters competitors who use the 17-second rule of thumb for slower times, not realizing that you have to add more for slower times. For example, a 5:00 effort for 1500 equates to a 5:23.7 mile, not 5:17. Actually, the 17-second rule applies to a 1500 effort of 3:35.

To a 3:30 effort, you would add 16.6 seconds. A 3:42.43 is equal to a 4:00 mile, a difference of 17.57 seconds. (Multiply the 1500 time by 1.079; e.g., 4:00 for 1500 = 240 seconds x 1.079 = 4:18.96; to convert mile to 1500, divide by 1.079.)

When one of those casual observers would hear or read about a big race at two, three or six miles, they knew how

far the event was. For the most part, 3000, 5000, and 10,000 meters is meaningless to them.

I know how far those metric distances are, and I know what the world records are at each distance, but I still find myself figuring out what the "per mile" time was at each distance with some rule-of-thumb mental calculations.

Casual Observers

I can appreciate what the casual observer faces in the running events, because I am a casual observer of the field events. When results are given in feet and inches, I closely examine and scrutinize the efforts in the throws and jumps.

I can appreciate a 70-foot shot put, a 200-foot discus throw, a 7-6 high jump, or a 26-foot long jump, but give me those results in meters and I don't even attempt to convert. When I'm reading the results over a cup of coffee, I don't feel like getting out my calculator for an exact read on the effort.

Some years ago I was in England and watched Jonathan Edwards, the great British triple jumper, break the world record with an effort of 18.29 meters. I was impressed when it was announced that he broke the world record, but I was much more impressed when I realized he had become the first person to exceed 60 feet.

When I see results of throwing and jumping events in National Masters News, I often examine them when they are in feet and inches. When they are in meters, I go to the next page.

No Easy Task

On my college entrance exams 50 years ago, my math aptitude score was



Jeff Fielding (l), 43, Oregon TC Masters, and Mac Allen, 47, DC Capitol T&F Club, head for the finish chute, USA Masters Club Championships, Portland, Ore., Dec. 4.

in the top seven percent of all students, so please don't write and tell me I should brush up on my math. I think I can still mentally calculate as well as 93 percent of the population. It's just not that easy to convert 18.29 meters to feet and inches in one's head.

Of course, I'm sure that the people competing in a particular event come to better grasp the distances than the non-competitor and have a better understanding of their efforts than the non-competitor.

Have races – everything from 100 yards to six miles – in yards every other year and there are more opportu-

nities for records, more variety for runners, more interest and understanding by fans, especially the casual fans. The same can be said for many road races.

The word "mile" comes from the Latin "mille," meaning "thousand." A mile is 1000 Roman strides or 2000 paces (two paces equal one stride). A kilometer, on the other hand, is 1000 meters, with "meter" being defined as 1/299,792,458 of the distance light travels in a vacuum in one second. How much sense does that make? □

(Mike Tynn can be contacted at METGAT@aol.com)

One for the Record Books

At 73, Jerry Smartt may be the oldest person ever to win a championship cross-country race. We're not talking about him just being an age-group or masters winner. He was the overall winner of the Ozark Association open and masters cross-country championships in Ballwin, Mo., a St. Louis suburb, on November 21.

So what if he was the only person who ran? "Can you believe it, I was the only entry?" Smartt, who was featured in my column during July, told me by e-mail.

After finding the race on the Internet, Smartt said he drove 225 miles from his home in Warsaw, Mo., to participate, spending the night in a motel.

When he arrived for the Sunday race on Saturday, he went to the course to check it out. Someone was there lining the course with orange streamers.

"It was a 2K loop that was a runner's nightmare because of all the sharp turns," Smartt continued. "It was terribly slow. Some turns were 90 degrees around trees while other turns were almost a switchback. It's the worst and slowest cross-country course I have ever been on."

With the race scheduled to start at 9 a.m., Smartt showed up at 7:30. As no one was there, he further checked out the course and finished off some coffee. At 8 o'clock, someone showed up with a lawn mower and began dressing the course. At 8:30, another person showed up and began adding some finishing touches to the course.

A few minutes before nine o'clock, Smartt, still warming up, heard someone say that the race was ready to start. Upon arriving at the starting line, Smartt discovered he was the only entry.

"I didn't know what to say, so I didn't say anything," Smartt said. "The guy who had worked all day Saturday and before the race to get the course ready was standing there in his Bermuda shorts and t-shirt. So I asked him if he would run it with me. He agreed and we took off and chatted the whole race."

Although there was no actual racing, Smartt wanted to break an hour for the 10K race and picked it up at 4000 meters, finishing in 56:49.

"The folks there were terrific, though," Smartt said, "and the preparation was thorough."

— Mike Tynn



Truth About

The "Holiday 7" experienced during the holiday season? Well, this is reality for many individuals.

Most people gain weight during the season between Thanksgiving Day, report researchers much less than the pounds that's being to fitness magazines.

However, the research that overweight individuals gain five pounds during the holiday season (Holiday weight gain: 2000, Roberts).

This study should be for those who are overweight it's not quite as bad as the gaining five pounds even the holidays means pounds over the next a fitness improvement implemented.

The Real Culprit

The real culprit in gain is Metabolic Syndrome. Researchers report U.S. adults suffer from "Syndrome X." This is more for someone obese, especially during the season (A major health metabolic syndrome, 2000, Roberts).

While the "Holiday" as bad for most people bodyfat over time can condition "Metabolic Syndrome."

Worsening the Problem
Metabolic Syndrome how the body acts as bodyfat. After-the-holiday diets may temporarily pounds; but these diets can make matters worse.

Symptoms of Metabolic are extra bodyfat, and higher cholesterol, and

RUN

The ultimate

by Rick

A complete Key figure

Highlights of the month

Find virtually all events to run

\$24.95 + \$2(s/s)

P

USATF National Masters LDR Championships

Date	Event	Location
2005		
February 12-13	Winter XC 8K (M&W)	Ft. Vancouver, WA
June 4	Women's 5K	Albany, NY
June 4	TEVA Spring Runoff	Vail, CO
July 30	50 Mile Trail	Crystal Mountain, WA
August 7	8K	Honolulu, HI
August 27	50K Trail	Sausalito, CA
September 25	10K	Paso Robles, CA
October 2	Marathon	Minneapolis, MN
October 15	50 Mile Road	State College, PA
October 16	5K XC (M&W)	Saratoga Springs, NY
November 26	Fall XC (M10K/W6K)	Rochester, NY



Health & Fitness

By Phil Campbell
M.S., M.S.A., FACHE

Truth About the "Holiday 7" Weight Gain

The "Holiday 7" is the title given for the average amount of weight gain experienced during the winter holidays. And it keeps popping up in articles. Is this statement true? Do people gain seven pounds during the holiday season? Well, this isn't true for everyone, but the "Holiday 7" is very close to reality for many individuals.

Most people gain less than one pound during the six-week period between Thanksgiving and New Year's Day, report researchers. And this is much less than the suggested seven pounds that's being tossed around in fitness magazines.

However, the research does show that overweight individuals typically gain five pounds during the holidays. (Holiday weight gain: fact or fiction? 2000, Roberts).

This study should be a real concern for those who are overweight. While it's not quite as bad as the "Holiday 7," gaining five pounds every year during the holidays means 50 additional pounds over the next ten years unless a fitness improvement action plan is implemented.

The Real Culprit

The real culprit in holiday weight gain is Metabolic Syndrome X.

Researchers report that 40 million U.S. adults suffer from "Metabolic Syndrome X." This is the worst nightmare for someone overweight or obese, especially during the holiday season (A major health hazard: the metabolic syndrome, 2003, Isomaa).

While the "Holiday 7" is not quite as bad for most people, small gains in bodyfat over time can contribute to the condition "Metabolic Syndrome."

Worsening the Problem

Metabolic Syndrome has to do with how the body acts as it puts on extra bodyfat. After-the-holidays starvation diets may temporarily pull off a few pounds; but these diets without exercise can make matters worse.

Symptoms of Metabolic Syndrome are extra bodyfat around the waist, higher cholesterol, and insulin resist-

ance.

Insulin resistance means that someone with a lot of bodyfat can eat bread for example, and their body processes it like pecan pie.

This is why someone lean and in shape can eat some traditional holiday meals without too much concern, and someone overweight will gain five pounds during the holidays.

Metabolic Syndrome X was first defined on May 15, 2001, by the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults.

Free Cure

The best part is that there may be a free cure for Metabolic Syndrome.

Extra bodyfat is at the center of this disease, and for most people, there's a simple cure. The cure for Metabolic Syndrome is not going on the current fad starvation diet, which actually tricks the body into adding more bodyfat.

The cure is to consume a consistent, balanced diet – in moderation – and, most importantly, adopt a real commitment to exercise regularly.

Exercise

Individuals should add exercise to build and tone muscle that will raise their resting metabolic rate. This allows the muscle, in essence, to work away on the bodyfat while you're resting.

Men and women clearly need to exercise to tone and build muscle. Walking and increasing activity levels is a great place to start. But lower intensity forms of exercise will not get the best results.

Strength training the large muscle

groups at least once a week and adding an anaerobic exercise program (sprinting types of concentrated cardio exercise) to make the body produce exercise-induced growth hormone (GH) will get results.

Burn Bodyfat

Researchers show that exercise-induced GH will significantly increase bodyfat burning and enhance the muscle toning and building process (Impact of acute exercise intensity on pulsatile GH release in men, 1999, Pritzlaff).

Muscular strength and cardiorespiratory fitness have independent and joint inverse associations with metabolic syndrome prevalence (Associations of muscle strength and fitness with metabolic syndrome in men, Jurca R, *Med Sci Sports Exerc.* 2004 Aug).

Anaerobic Exercise and Strength Training

Anaerobic exercise is not in opposition to cardio. In fact, it can be performed on many types of cardio equipment. Anaerobic sprinting is simply fast, high-intensity cardio performed in very short bursts with an active recovery (equal to casual walking for 1-1/2 minutes) between the sprints.

Look at the muscle development of Olympic sprinters. If you want to tone and add muscle while cutting bodyfat at the same time, well, it's pretty simple. Do what sprinters do....anaerobic sprinting exercise.

Don't worry, this form of training will not make women look like men, but it will cut bodyfat and tone muscle in women like no other form of exercise.

The anaerobic training program recommended to increase exercise-induced GH in my book, *Ready Set Go Synergy Fitness*, is the Sprint 8 Workout. It can be performed in many different ways – running, swimming, cycling, XC skiing, even power walking (if it gets you really winded in 30 seconds or less).

One of my favorite ways to get in a 20-minute Sprint 8 workout is on a Vision Fitness piece of cardio equipment (www.visionfitness.com), which now has my "Sprint 8" program featured in their award-winning cardio equipment.

Just push the "Sprint 8" button, set the intensity level to 1-16 for a 20-minute workout that actually has 16 minutes of active recovery (casual easy exercise equal to slow pace walking) and four of anaerobic training that are programmed in eight 30-second bursts.

Make the commitment today to add strength training and an anaerobic Sprint 8 program to your fitness plan and enjoy meals this holiday season – in moderation, of course. □

(Phil Campbell, M.S., M.A., FACHE, is the author of *Ready, Set Go! Synergy Fitness*; www.readysetgofitness.com)



Joe Beard

StrejeL user Joe Beard, 60, recently took home 13 medals – 3 silver and 10 gold – from the Nevada Senior Olympics, Las Vegas.

From sprinting to jumping to throwing, Beard was a human dynamo, taking golds in the 200 meter dash, high jump, running and standing long jumps, triple jump, javelin, discus, hammer, weight and shot put; and silver in the 50 meter dash, 100 meter dash, and weight pentathlon.

Beard has adopted Olympian training techniques, including re-programming muscle memory so he can walk and run with right hand and right foot or left foot and left hand-moving forward at the same time.

Beard also uses a strigil (S-shaped copper instrument) to scrape off oil, dirt and sweat during post-training massage. Today Beard and his brother, Buddy (also his trainer), are marketing their own brand of strigil under the name of StrejeL. □

StrejeL™



BE STRONGER!

Discover the benefits of the StrejeL™ Method of massage and skin care.

LOOK YOUNGER!

It takes about three weeks to grow healthy new skin. Begin now with the StrejeL™ Master's Kit which includes:

- (1) A full-sized copper strigil (Classical Greek Design)
- (2) One 125ml (4 oz.) bottle of Elixir-C Lotion
- (3) One mini-strigil (a palm-sized massage tool)
- (4) A 12-page historical and instructional booklet

LIVE LONGER!

Yes! Send me the StrejeL™ Master's Kit.

Name: _____

Address: _____

[Please enclose check or money order payment of \$87.50 with your order (Price includes shipping and handling). Nevada residents add 7.35% sales tax.]

StrejeL™ - P.O. BOX 102 - SPARKS, NV 89432

Satisfaction guaranteed. Use the strigils for 30 days and if you are not 100% pleased with the results, simply return the kit for a full refund. No questions, no hassle.

RUNNING ENCYCLOPEDIA

The ultimate resource for today's runner

by Richard Benyo and Joe Henderson

A complete look at the history of running
Key figures, major events, training theories
Over 1000 listings

Highlights of influential runners, coaches, races, training methods, and events shaping the sport

Find virtually any topic on running, from landmark events to running personalities to training philosophies.

\$24.95 + \$2(s/h) from National Masters News Order Dept.
P.O. Box 50098, Eugene, OR 97405



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

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

Vioxx Ban Affects Pain Management Options

As you have all probably heard by now, the anti-inflammatory pain killer Vioxx has been taken off the market. Vioxx, which is a COX-2 inhibitor, was one of the most popular drugs prescribed by sports medicine physicians. Its removal has left a void in pain management options for athletes.

COX-2 inhibitors, used to treat pain and inflammation, are popular as they cause very little gastric upset and provide an attractive option for those at risk for ulcers or gastrointestinal bleeding. The FDA approved the use of Vioxx in 1998, followed by Celebrex and Bextra, which are also COX-2 inhibitors.

It is interesting to note that the use of non-steroidal anti-inflammatory drugs increased 67% since COX-2 inhibitors became available. Annual sales were estimated at \$10 billion.

Why were they withdrawn? Merck & Co. voluntarily withdrew Rofecoxib based on a three-year placebo study to determine the effects on colorectal polyps. The trial included 2600 patients, among whom an increased risk of cardiovascular events was found after 18 months of use.

Garrett A. Fitzgerald from the University of Pennsylvania opined that COX-2 inhibitors suppressed the formation of prostaglandin-12, a product that inhibits platelet aggregation, causes vasodilation, and prevents proliferation of vascular smooth muscle cells in vitro. Some studies showed that the gastrointestinal benefits outweighed the small, but significant, increase in myocardial infarction. Fitzgerald states there is clear evidence of an increase in cardiovascular risk that can extend to all the COX-2 inhibitors.

Jack Taunton, M.D., a sports medicine physician from British Columbia, states that Vioxx was very helpful in the treatment of patients with arthritis, who have now had to switch to other medications. Those who did not respond to Celebrex were placed on Bextra. They were also placed on enteric coated aspirin tablets to reduce the risk of myocardial infarction and stroke.

Taunton states that the cardiovascular risk does not appear to be a class effect, and changes with Vioxx could be specific to that drug. He feels that Celebrex has a longer follow-up at this point, as compared to Bextra. He states that we will need to watch the literature carefully. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)



The *National Masters News* now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

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

How to be a Champion from 9 to 90

Body, Mind & Spirit Training

By Earl Fee

World-class masters runner, Earl Fee, shares his training secrets based on an extensive knowledge of physiology and all aspects of fitness and running. His techniques can make you faster, stronger, more flexible and a healthier athlete overall.

Name _____

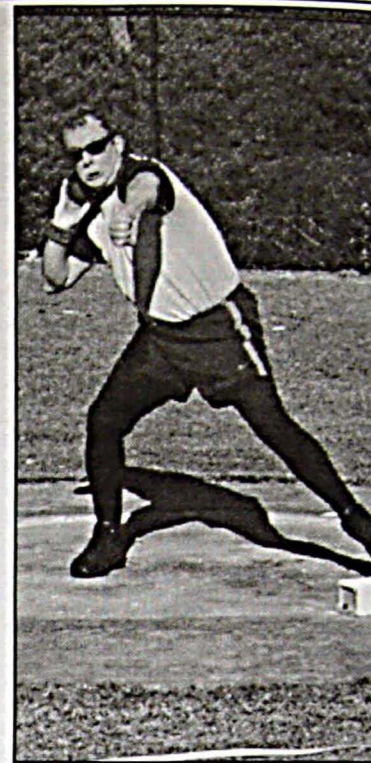
Address _____

City _____ State _____ Zip _____

Send \$19.25 (Can. \$28.50) + \$2 (s/h) to National Masters News
Order Dept., P.O. Box 50098, Eugene, OR 97405

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

- **Results, Schedule, All-American, Letters, Publications, Editorial:**
Phone: 1-541-343-7716
(Jerry Wojcik, Suzy Hess, Angela Egremont, Jane Dods, Susannah Beck)
Fax: 1-541-345-2436
Mail: P.O. Box 50098, Eugene, OR 97405
natmanews@aol.com;
www.nationalmastersnews.com
- **Publisher**
Phone: 1-541-343-7716 (Suzy Hess)
Fax: 1-541-345-2436
Mail: P.O. Box 50098 Eugene, OR 97405
- **Advertising:**
Phone: 1-541-343-7716 (Suzy Hess)
Fax: 1-541-345-2436
Mail: 2791 Oak Alley, Ste. #5 Eugene, OR 97405
- **Subscriptions Only:**
Phone: 1-818-286-3129 (Maryann)
Fax: 1-818-760-4490
Mail: P.O. Box 16597, North Hollywood, CA 91615



Jack Kuhns, 65, Team Thor USA Series, La Jolla, Calif., Nov. 14.

Outdoor Rankings Deadline Nears

Athletes who want to assure that their best outdoor marks are included in the 2004 rankings have until Jan. 21 to submit them.

Athletes should first check the rankings at www.mastersrankings.com to verify that their performances rank among the top 25 in their age group.

If their best marks are not listed, they can use the SUBMIT form to

send those marks to Dave Clingan, Outdoor Rankings Coordinator.

All submissions must include the athlete's name; meet name, date, and location; and type of timing system used (FAT or hand, if applicable).

If necessary, results (with the above information) can be mailed to Dave Clingan, 1849 SE 20th, Portland, OR 97214.

The 2004 rankings will be pub-

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

For the latest in top-level track & field

TRACK & FIELD

The bible of the sport, published monthly since 1952. \$43.95 yr.

TRACK PERIODICALS • TRACK BOOKS • VIDEOS
TOURS TO THE OLYMPICS, TRIALS, WORLDS
www.trackandfieldnews.com

Track & Field News, 2570 El Camino Real, Suite 606
Mountain View, CA 94040 • 650/948-8188 • 650/948-9445 fax

Before t

At in hand, the Mother Ship. Po ment of USATF ters delegation appeared

Shortly after 12:20 Dec. 3, Masters Chair ewe began his remarks, of \$13,500 for six spec recent years, the USATF Committee has taken a b

Despite crying needs marketing, communicat lete programs, USATF meekly accepted a pittan Track & Field. In recent ure has been \$32,000 championships support for committee support.

Fight For More

This year, something Weiner of the Masters Committee and others ur – a world-class M60 thr the hammer down and t funding.

So on Thursday nig with his Executive including outgoing Tr Lulich and incoming MacDonald – and came of must-have monies, tions for how USATF M en short.

In just under 20 min laid out the arguments Treasurer Ed Koch, a member (and Olympic James, Tony Kozy and all sitting around a bc conference table in a tig Portland Hilton.

Growth Warrants I

"We're growing," M "We've done a good job plemental funding (abo USATF's \$32,000). we've reached a point "nest egg" of surcharge entry fees at the 2001 Masters Outdoor Natio or \$25,000) has dwine nothing.

Mathews said that USATF Masters T&F under \$56,000, and tha spent "right down to ze start some initiatives (USATF) doesn't have next year."

Mathews – accompa McDonald, Weiner and representative Dave began ticking off requ later called "seed mon Needs Spelled Out Briefly, they were: • \$2500 to unite l mittee folks for a Str wow.

Masters Scope

By Ken Stone

On Bended Knee Before the Budget Appeals Board

Hat in hand, they made their pitches: We need more money from the Mother Ship. Poker-faced, the USATF budget appeals board sat in judgment of USATF LDR, open track and other committees before the masters delegation appeared for its own audience.

Shortly after 12:20 p.m., Friday, Dec. 3, Masters Chair George Mathews began his remarks, seeking a total of \$13,500 for six specific areas. In recent years, the USATF Masters T&F Committee has taken a budget licking.

Despite crying needs for improved marketing, communications and athlete programs, USATF Masters has meekly accepted a pittance from USA Track & Field. In recent years, the figure has been \$32,000 - \$7000 for championships support and \$25,000 for committee support.

Fight For More

This year, something changed. Bob Weiner of the Masters T&F Media Committee and others urged Mathews - a world-class M60 thrower - to put the hammer down and fight for more funding.

So on Thursday night he huddled with his Executive Committee - including outgoing Treasurer Frank Lulich and incoming Treasurer Joy MacDonald - and came up with a list of must-have monies, and explanations for how USATF Masters has fallen short.

In just under 20 minutes, Mathews laid out the arguments before USATF Treasurer Ed Koch, appeals board member (and Olympic sprinter) Larry James, Tony Kozy and several others, all sitting around a boardroom style conference table in a tight room at the Portland Hilton.

Growth Warrants Increase

"We're growing," Mathews began. "We've done a good job of getting supplemental funding (above and beyond USATF's \$32,000). Unfortunately, we've reached a point here" where a "nest egg" of surcharge revenue from entry fees at the 2001 Baton Rouge Masters Outdoor Nationals (\$20,000 or \$25,000) has dwindled to nearly nothing.

Mathews said that in 2005, the USATF Masters T&F budget is just under \$56,000, and that's going to be spent "right down to zero. We need to start some initiatives this year so (USATF) doesn't have to backfill us next year."

Mathews - accompanied by Lulich, McDonald, Weiner and active athletes representative Dave Clingan - then began ticking off requests for what he later called "seed money."

Needs Spelled Out

Briefly, they were:

- \$2500 to unite Executive Committee folks for a Strategic Plan pow-wow.

- \$2000 to pay for extra team managers at the San Sebastian world meet.

- \$2000 to organize a Masters Track Hall of Fame display at the NYC Armory.

- \$2500 for direct mailing of championships entry forms.

- \$2000 for a hometown press initiative.

- And \$2500 to hire a marketing agent to seek corporate sponsors.

Strategic Plan

Mathews said USATF Masters needs to create a Strategic Plan that would "dovetail" with that of the broader USATF. The \$2500 would be used to bring Executive Committee members together for two days before the national indoor and outdoor championships for a productive round of planning sessions.

He said USATF Masters needed enough money to "send a full complement" of team managers to watch out for U.S. masters interests at the 2005 WMA Championships, San Sebastian, Spain. He said three venues would be used, and one team manager (Phil Greenwald) wasn't enough to monitor all three.

Mathews said USATF Masters needed \$2000 to help gather, prepare and ship exhibits for a Masters Track Hall of Fame at the National Track & Field Hall of Fame, which opened nearly a year ago at the Armory in New York City. "The USATF Hall of Fame is ready for us," he said, "but we're not ready."

Direct mailing of entry forms to national and regional USATF championships "would help us with our growth," Mathews said. "Costs have gotten higher than we thought." He asked for \$2500.

Order of Priority

The appeals board asked him to rank his requests by priority. Mathews did thusly: 1. The San Sebastian team managers. 2. The Strategic Plan session. 3. Entry forms distribution. 4. Hometown press initiative (press releases to athletes' home papers). 5. Masters Hall of Fame chores. 6. Hiring a marketing agent.

About that marketing agent, Mathews said, "We've tried volunteers (to seek corporate funding), and it's not working." He said the marketing agent would work on a fee-contingency basis - netting his money when he landed some big fish.

An appeals board member asked: Why is the current surcharge (an extra amount added to meet entry costs) not

sufficient?

Mathews said USATF Masters has been tapping those annual funds to pay for the Games Committee - the folks who make sure the local organizing committees (meet hosts) are doing a proper job. Other needs go wanting.

"We're pushing the envelope on our surcharges," Mathews told the board, "nickel and diming (athletes) to death."

Awkward Position

Near the beginning and again at the end of his remarks, Mathews clearly looked and sounded contrite, almost embarrassed to be begging for money. "I feel like I'm sticking my neck out to ask for help," he told the board.

A final question from the board: "What is your growth rate?"

"The growth really hasn't been dramatic," Mathews said. But then a budget board member cited some hard numbers, charting the increase in masters membership from 2001 to 2004:

In 2001, USATF had 14,186 masters (over-40) members.

In 2002, it was 14,456.

In 2003, it was 15,696.

In 2004, it was 16,364.

(It's unclear what the masters T&F vs. LDR breakdown is, but masters rankings maintained by Dave Clingan on behalf of USATF Masters suggest about 6000 active masters track and field athletes in the U.S.)

Buoyed by a feeling that the budget panel was seeing things his way,

www.nationalmastersnews.com

Arthur Lydiard (1917-2004)

Arthur Lydiard, who revolutionized distance training, passed away in Houston, Texas, on Saturday night, Dec. 11. The New Zealand native, 87, was in the final weeks of his U.S. lecture tour.

In the 1950s, Lydiard developed a training system based on building a large aerobic base, hill bounding and anaerobic sharpening.

Many so-called experts in the sport scoffed at his principles.

At the Rome Olympics in 1960, three of his charges - Peter Snell, Murray Halberg and Barry Magee - won medals, 800m gold, 5000m gold, and marathon bronze, respectively.

Snell later won two more gold medals (800m and 1500m) at the 1964 Tokyo Olympics, while John Davies - also coached by Lydiard - won the bronze in the 1500m.

The charismatic coach influenced (and will continue to influence) several generations of athletes and coaches throughout the world.

Bill Bowerman, who is given credit for instituting jogging and running for health in the U.S., was influenced by Lydiard after a trip to New Zealand.

In this era of over-hyped athletes and celebrities, Arthur Lydiard was a true Legend with a capital "L."

Thank you, Arthur. □

- Running USA Wire

Mathews concluded: "We're pretty excited about doing a Strategic Plan. We need a road map to see what we want to be - and how to get there."

At 12:41, the USATF Masters delegation left the room, and the budget appeals board later met in closed session to chew things over.

Too Long a Wait

In the hallway outside the meeting suite, Mathews ruminated over why this was the first time since the 1980s (when Al Sheahen and Jerry Donley won some substantial increases) that USATF Masters had aggressively challenged its budget allocation from USATF.

"Nobody complains. Nobody takes the initiative," Mathews told me. He said that until recently, no regional coordinator or committee chairman had come to him and said: "I don't have enough money to operate."

He said the committees have to drop what he calls an "entitlement attitude," and "stop the rhetoric (with) great adjectives.... Give me what your specific needs are."

In fact, Mathews said, "We've had a contentious exchange of ideas in the past few weeks. We have so many ideas. It's forcing us to do a Strategic Plan." Said Weiner of the chairman's performance: "George Mathews did a spectacular job." □

(The USATF Budget Appeals Board awarded Masters Track & Field an additional \$4500.)

NMN Photos Available

Dozens of pictures of the 2004 Hayward Classic, Eugene, Ore., and National Masters Championships, Decatur, Ill., are now on the National Masters News Web site at www.nationalmastersnews.com (Photo Gallery), and are available for purchase.

Contact Jerry Wojcik by e-mail at jerrywoj@comcast.net, or at 541-343-7716.

TEN YEARS AGO January 1995

- Ross Carter, 80, and Philippa Raschker, 47, Receive Outstanding Masters T&F Athlete Awards for 1994 at USATF Annual Meeting, St. Louis, Mo.

- Doug Kurtis, 42, and Rae Baymiller, 50, Among 19 Honored by Masters LDR Committee as 1994 Best Masters Runners by Age Group

- Don DeNoon, 51, and Elton Richardson, 55, Named Outstanding Racewalkers

- USATF National 8K XC Championships Teams Share \$2500 Grand Circle Travel Prize in Boston



Masters Racewalking

By ELAINE WARD

Special Moments in Time – Part I

Cedric Hustace, M70, is a nationally-ranked masters racewalker, a celebrated artist, and an accomplished musician. At the 2004 Southeastern Regional Masters Championships, he placed first in the 5K (33:43) and first in the 20K (2:24:46) – “Not great, but good enough to win.” He recently racewalked to a first (2:33:10) in his hometown half-marathon in Evansville, Ind., beating all the runners in his age group. He also placed fourth (1:07:33) at the National Masters 10K in Decatur, Ill., last August. Hustace describes himself as “a perpetual optimist. I hope my paintings give the viewer an impression of my positive views on life. I like people. I like action. I like competition. And, of course, I welcome the challenge of trying to capture special moments in time on canvas.”

EW: As an artist, not as a judge, how would you describe the gait of racewalking?

CH: First of all, it is a very fluid movement. There is nothing forced about a good racewalk gait. Everything is relaxed. Walkers seem to glide along and that fluid motion makes a very nice subject of a painting.

EW: How do you capture fluidity in painting?

CH: That goes back to the choice of technique you use. Sketching is one technique for capturing any kind of motion. What I prefer is to take a lot of photographs to capture movements I couldn't hope to get by sketching. Between good photographs and my memory, I am able to bring the feeling of action into my paintings.

Remember, as an artist, I am an

impressionist. I am seeking to capture the impression of the whole scene. That is what I aim for – an impression of what is going on. I am not like a realist trying to get detailed, anatomical representations. Such detail fixes the movement of a walker in a specific time and space, much like a statue. The sense of forward energy is lost.

Acrylic Medium

EW: What type of paints do you use?

CH: Virtually all my paintings are acrylic on canvas. The only exception is when I do quick pen/ink/watercolor sketches. The racewalking paintings are acrylic on canvas.

EW: Are there aspects of racewalking that you find especially interesting to portray visually?

CH: I am just so involved in racewalking, I like every aspect of it. The

mirroring of the upper and lower body action is probably the key to its fluid movement. The movement of the arms supports the movement of the legs. The rotation of the hips supports the coordination of the whole body. Everything works together. It is a beautiful thing to see, in my opinion.

EW: How do you like the feeling when you racewalk?

CH: It's exhilarating. When I go out to work out, I train maybe one or two hours each day. I go out on the country roads from our home. When I come back, I feel refreshed, relaxed and ready to paint. It is just wonderful.

Changing Sports

EW: Your racewalking technique must be good. If it was bad and you were working out that long each day, you would feel tired here and there if not all over. When did you start to racewalk?

CH: I had done a lot of running and sprinting and was starting to get sore. It turned out I had an Achilles tendon problem. My doctor said to me, “We can operate on it.” I replied, “Yes, but can the problem come back?” He said it could. I left saying, “Well, I think I will try another sport.” That is when I took up racewalking.

I entered a race in Indianapolis. I didn't know what I was doing and promptly got DQed. After that I really started to study what I was supposed to be doing. I knew things could only improve from being DQed.

EW: You sent me some marvelous T-shirts that you designed for races. I love them. They are a little large for me so I am thinking of having a quilt made of them. When people see the quilt, you are going to find there are lots of people who want your shirts.

CH: That's wonderful. Normally, I don't wear a lot of T-shirts. If I am working out or racing, I wear special athletic stuff. Besides, in cold weather, the T-shirts get cold when they get wet. So I have a lot of them in my closets. You know around here, people enter races just to get my T-shirts.

Racing Highlights

EW: I'm not surprised. I would too. What racing moments remain highlighted in your memory?

CH: One highlight is the National Indoors in Columbia, Mo., in 1994, when I was M60. It was a fantastic race. I won the 3000m race in my age division, and it blew my mind. I remember this race particularly, because I had driven all the way from Evansville that morning. It's like three hours to St. Louis and another two plus hours to Columbia. I got there just in time to do the competition and then won it. That was a wonderful trip back to Evansville.

EW: What races have you painted?

CH: The National Masters 10K in Decatur, IL is one race. The 10K walks were on a Sunday. They were in a beautiful park just outside of Decatur. The weather was fantastic, and I knew right away that I wanted to do some paintings. Carol, my wife, was with me and she is a very good photographer.



JERRY WOJCIK
Don DeNoon, 2004 M60 Racewalker of the Year.

When the women's 10K went off at 7:30 a.m., the temperature was cool. It was unusual to have it that cool in the summer. Anyhow, I took the photographs of the women's 10K and Carol took pictures of the men's 10K, which started at 9:00 a.m. I also took photographs of the officials.

When I got home, I painted scenes of the men's and women's races, as well as one of the officials in pretty quick order. The course was hilly, not killer hills, but it was challenging. I think this is reflected in the paintings.

Unsung Heroes

I wanted to do one of the officials because they are the unsung heroes of our sport. They never really get recognized, and I thought it was appropriate to get the officials at the DQ board. One of the officials in the painting is Ginger Mulanax of St. Louis. I wanted to get her in it, because she is such a neat gal.

Another Evansville race I painted was put on by the USATF Indiana Association. It came out well and was used for T-shirts and posters. Then there's a dandy race, the Lewis & Clark Marathon and Half Marathon in St. Charles, Mo. I've done the T-shirt and poster art for that great event for the last three years and have been commissioned to do the same in 2005.

I like track and field meets so much that my goal some day is to do paintings of as many athletic events as I can – not just racewalking, but running events, discus, shot put and others as well. I find there is great camaraderie at track meets. Racewalkers are very supportive in a tough sport that requires a prescribed form in addition to speed. □

(Look for photos of Hustace's paintings next month in Part II. Elaine Ward can be contacted at narwf@aol.com)

Subscribe to the
National Masters News
on-line at:
www.nationalmastersnews.com

USATF National Masters Racewalking Championships – 2005

Date	Event	Site
January 23	30K Masters/Open	San Diego, CA
February 13	50K Masters/Open	Clermont, FL
March 13	3000m Indoor	Nampa (Boise), ID
May 15	15K	Riverside, CA
August 5	5000m	Honolulu, HI
August 7	10K	Honolulu, HI
September 11	40K Masters/Open	Ocean Township, NJ
October 8	5K Masters/Open	Kingsport, TN
November 13	20K	Clermont, FL
December 4	1-Hour Masters/Open	Jacksonville, FL

Outstanding Racewalkers – 2004

Selected by the Masters Track & Field Committee of USATF

Age-Group Awards		
Age	Women	Men
40	Marcia Gutche-Rutledge	Bill Vayo
45	Maryanne Daniel	Rod Craig
		Mark Green
50	Debbie Topham	Bill Reed
	Lynn Tracy	
55	Kathy Frable	Leon Jasionowski
60	Jolene Steigerwalt	Don DeNoon
65	Rita Sinkovec	Paul Johnson
70	Claire Elkins	Max Green
75	Kate Marrs	Jack Starr
80		Bob Mimm
85	Fan Benno-Caris	

Neal, Murphy

By RON MARINUC
ROSEVILLE, Mich.
ners made a strong show
annual Big Bird Runs (in
this suburb of Detroit) with
781 finishers, 284 were
side of 40 years.

And they ran well, too.
Rosie Marano, 41, women's winner in 16:43, was the first master overall, averaging 5:32/13:44.

The 10K masters women's winner in 11:11 (age-graded 34:00).
Olympic Marathon Teamer Laura Murphy, 41, was second among the women, second female finisher overall. Her 37:35 age-graded.

The first seniors Tarkowski (51, 37:20). Donna Olson (52, 45:00) too, were repeat age-graders both bettering their 2004 by nearly a minute-and-a-half.

Teammates Doug (James Carlton, 61, Malaczynski, 62, had among themselves in the Goodhue snatched the 38:14/30:41, with Carlton 15 seconds behind.

pushed the others; he also seconds back of Carlton. Bill Olsen, 72, 49:54/34:25.

Race bib # 26 was given to old Darrell McKee, who

OUTSTANDING MASTER MALE & FEMALE RACEWALKERS

Selected by the USA Track & Field Co.

Men	Women
1978 John Allen	
1979 Ron Laird	Lori
1980 None	
1981 Gordon Wallace	Lori
1982 Bob Mimm	Bon
1983 John Knifton	Bev
1984 Larry Walker	Jean
1985 Bob Mimm	Ruth
1986 Giulio de Petra	Bev
1987 Max Green	Ruth
1988 Bob Mimm	Mar
1989 Larry Walker	JoA
1990 Eugene Kitts	Viis
1991 Max Green	Viis
1992 Ray Funkhouser	Elto
1993 Don DeNoon	Sal
1994 Don DeNoon	Elto
1995 Max Green	Elto
1996 Jonathan Matthews	Bev
1997 Dave Romansky	Jan
1998 Dave Romansky	Lyn
1999 Jonathan Matthews	Lyn
2000 Jack Starr	Vic
2001 Paul Johnson	Gal
2002 Paul Johnson	Sh
2003 Jack Bray	Sh
2004 Jack Starr	Te

Neal, Murphy Fly to Wins in Big Bird 10K

By RON MARINUCCI

ROSEVILLE, Mich. — Masters runners made a strong showing at the 26th annual Big Bird Runs (10K and 4K) in this suburb of Detroit on Nov. 14. Of 781 finishers, 284 were on the plus side of 40 years.

And they ran well, too. In the 4K, Rosie Marano, 41, was the overall women's winner in 16:33. Todd Kelly, 43, was the first master and fourth overall, averaging 5:32 a mile to post a 13:44.

The 10K masters winner was Mark Neal, 42, with an 11th-overall 35:43 (age-graded 34:00). Several-time Olympic Marathon Trials qualifier, Laura Murphy, 41, was a repeat winner among the women. She was the second female finisher and 23rd overall. Her 37:35 age-graded to 35:43.

The first seniors were John Tarkowski (51, 37:27/33:24) and Donna Olson (52, 45:00/38:49). They, too, were repeat age-group winners, both bettering their 2003 times, Olson by nearly a minute-and-a-half.

Teammates Doug Goodhue, 62, James Carlton, 61, and Gerard Malaczynski, 62, had quite a race among themselves in their age-group. Goodhue snatched the top spot in 38:14/30:41, with Carlton coming in 15 seconds behind. Malaczynski pushed the others; he also was just 10 seconds back of Carlton.

Bill Olsen, 72, clocked a 49:54/34:25.

Race bib # 26 was given to 70-year-old Darrell McKee, who has run all 26

Big Birds. He's very familiar with the course, having run parts of it 50+ years ago as a member of the Roseville High cross-country team.

And, as if the 10K wasn't enough of a challenge, he pointed to a young lad, proudly acknowledging, "That's my grandson. He's six years old. We're running the mile together." He finished that and had enough left to complete the 10K in 57:19.

Race director Tony Lipinski was pleased with the turnout, up some from 2003. That continues the recent trend of slight annual growth. "The numbers are picking up again. We want to keep those going up."

The weather in recent years has been a boon, especially for November in Michigan. This year was a carbon copy of last. Temperatures were in the 40s and rising, with only a slight breeze and plenty of sunshine.

As fickle as Michigan weather is, Big Bird amenities remain a constant attraction. The local high school band serenaded runners, pumping them up for their races. The muzzle loaders may have startled newcomers, but veteran Big Birders eagerly awaited the unique start.

The flat, fast course was welcomed, earmarked by its trademark two "hills" — a pedestrian overpass across and back over I-696. Awards went as much as five deep per age-group. And a few dozen turkeys ("Big Birds") were raffled post-race.

Ron Marinucci can be reached by e-mail at RMarin6424@aol.com. □

LDR Athletes Honored

Continued from page 1

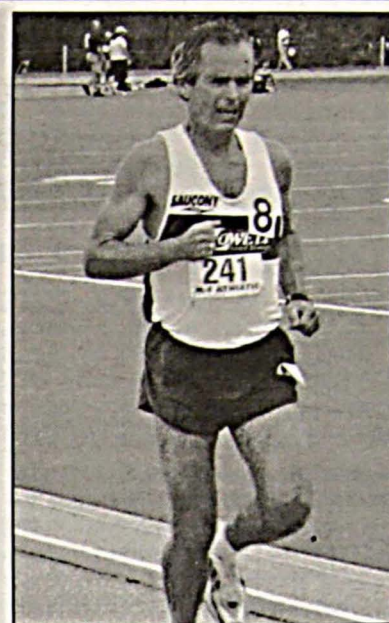
al 10K champion. Not far behind was Hedy Marque, W85, Virginia, who has now won 11 awards.

Gary Romesser, M50, Indiana, the U.S. 10K champion, racked up his seventh award. Edith Allen, W90, California, has won five awards, while Gloria Jansen, W55, Minnesota, the U.S. 5K, 10K, and marathon champion, and Henry Sypniewski, M85 co-winner, New York, have each won four.

Kathryn Martin, W50, New York, the BENGAY Masters Athlete of the Year, won the U.S. 5K and 10K championships and set a pending record for the 20K at New Haven while chalking up her third award.

Helen Klein, W80, California, won the 5K championship and set a pending marathon record in the More Marathon in New York, while garnering her third award. Charles Rose, M70, North Carolina, and Lloyd Young, M80, Minnesota, the U.S. marathon champion, both won their second awards.

Joe Fernandez, M75, Massachusetts, won his fourth award after an absence of eight years. Barbara Miller, M65, California, 10K champion, achieved her third award after a hiatus of four years. Janet Robertz, W45, Minnesota, the marathon champion, returned to the winner's circle



JERRY WOJCIK

Bill Dixon, M50 LDR Runner of the Year.

after three years for her second award. Joy Johnson, W75, California, the U.S. marathon and 5K champion, won her second award after a six-year respite.

The Paul Spangler Award, given to the oldest age group winners, went to Edith Allen and Max Springer. The Otto Essig Award, given for meritorious service to Masters LDR, went to Alan Jones.

— Don Lein

OUTSTANDING MASTERS MALE & FEMALE RACEWALKERS

Selected by the USATF Masters
Track & 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
2004 Jack Starr	Teresa Vail

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
2004 Dave Clingan

TRAIN YOUR BRAIN!

The *Long & Strong Throwers Journal (LSTJ)* is a quarterly publication dedicated to the throwing events. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. Elite athletes and coaches give insight into their keys for success. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. *LSTJ*'s interviews with top throwers such as Adam Nelson, John Godina, Erin Gilreath, Aretha Hill and Breaux Greer are just what you are looking for! Let *LSTJ* help you reach your potential!

Four issues (1 year): \$20 (U.S.) or \$35 for two years (1 issue free); \$24 (foreign, U.S. funds) or \$48 (two years). All available back issues (17) plus future issues through July 2005 for \$100 (2 issues free), \$125 for foreign subscribers (2 issues free); c/o Glenn Thompson, 3604 Green Street, Harrisburg, PA 17110; Thrower60@aol.com

WWW.LONGANDSTRONG.COM





On The Run

By HAL HIGDON

Never on a Sunday

The Boston Athletic Association sent a mighty message to the running community recently with its preemptive bid to host the 2008 Olympic Marathon Trials, not necessarily on its traditional course starting in Hopkinton, but on a multi-loop course downtown on Saturday or Sunday before its Monday marathon. That makes sense, since runners arriving in town could become trials spectators, as was true with the 2004 trials in Birmingham and St. Louis.

But running a marathon on Sunday in Boston? The theme at Boston for six decades has been, "Never On Sunday." The last Boston run on a Sunday was in 1942.

From its first running in 1897, the BAA has held its marathon on Patriot's Day. That holiday, commemorating the battles of Lexington and Concord, originally was April 19. When the date fell on a Sunday, that's when marathoners ran. But in 1969, Patriot's Day shifted to the Monday nearest April 19.

Fine for the two states that celebrate Patriot's Day (Massachusetts and Maine), but the rest of the world

marches to a different drummer, one not playing Yankee Doodle. Live TV coverage of what should be America's signature marathon collides on Mondays with Oprah.

"Sports fans on Sunday see golfers and auto racers, not runners," says TV commentator Toni Reavis.

Tom Derderian, author of Boston Marathon, offers one reason why the race remains on Patriot's Day. "Regional coverage is where the sponsorship comes from."

That's only partially true, says the BAA. Its major sponsor, John Hancock, is based in Boston, yet is an international company. Agreed, 40



Start of the men's 10K, USA Masters Club Championships, Portland, Ore., Dec. 4.

JERRY WOJCIK

percent of the field comes from New England, yet Boston is more than a regional race — or should be.

Politics and Religion

Actually, the reasons for running Boston on a weekday may be more political and religious.

The Hopkinton-to-Boston course encompasses eight towns and passes numerous churches whose ministers might not endorse a Sunday switch.

Yet the BAA organizes a Sunday half-marathon in October with a course including at least two of those towns.

Why not move the Boston Marathon off its traditional Monday, since that tradition only dates back to 1969?

In the best of all worlds, the 2008 Boston Marathon would be combined with the U.S. Trials (men and/or women) and moved to Sunday on the traditional course.

Start the female trials qualifiers at 11:30, the male qualifiers at 11:45, and let everybody else follow at noon. Then keep Sunday permanently as race date. Would national TV coverage materialize? We'll never know until we try.

The BAA claims it attracts more media coverage and provides a greater economic impact for the city because of being on a weekday. Maybe, but the last comparison of Monday vs.

Sunday goes back to 1942. Boston needs to change for the good of the sport.

Slow to Change

Unfortunately, Boston has not always been first to embrace change. Boston was the last major marathon to add aid stations in 1978, the year after winner Jerome Drayton complained about their lack.

Boston was the last major marathon to offer prize money in 1986, the year after winner Geoff Smith crossed the finish line in 2:14:05, five minutes in front, arms spread as if to ask, "Where is everybody?"

The shift to professionalism in the 1980s permitted Boston to avoid slipping off into a backwater among world races. That backwater remains, only it's called Back Bay.

While Boston clings to its tradition, events such as London, Berlin, New York and Chicago seem more in the mainstream of modern marathoning.

Would abandonment of its "Never on Sunday" theme guarantee that Boston would retain its place as Mother of All Marathons? Not necessarily, but it would be a running step in the right direction. □

(Hal Higdon, is author of *Boston: A Century of Running*. He provides *InterActive* versions of all his training programs through www.halhigdon.com)

There is Always Time to Play in Hawaii! Check the Schedule Then book your Hawaii vacation!

Competition Schedule, 2005 National Masters Outdoor
Track & Field Championships, August 4-7, Honolulu, Hawaii.

Age group order and final time schedule to be decided in July after all entries are received.

Thursday — Track

5000 Finals F/M

800 Prelims F/M

400 Prelims F/M

Thursday — Field

Shot Put M50+

Javelin M30-39

Discus F30-59

Pole Vault M60+

Thursday — Multi

Pent (M) LJ, JT, 200,

DT, 1500

Pent (F) HH, HJ, SP,

LJ, 800

Friday — Track

5000 Racewalk F/M

High Hurdle Prelims M

100 Prelims F/M

Steeplechase F/M

Friday Track — Cont.

1500 Prelims M

400 Finals F/M

High Hurdle Finals F/M

Friday — Field

Long Jump F/M

Javelin M40-49, M 70+

Discus M30-69

Shot Put F30+

Pole Vault M30-49

High Jump M50+, F30+

Saturday — Track

10K Run F/M

100 Round 2, if needed, M

Int. Hurdle Prelims M30-64

100 Finals F/M

800 Finals F/M

200 Prelims F/M

Saturday — Field

High Jump M30-49

Javelin M50-69

Discus M70+, F60+

Hammer F30+

Shot Put M30-49

Pole Vault M50-59, F30+

Sunday — Road

10K RoadWalk F/M

Sunday — Track

200 Round 2, if needed, M

1500 Finals F/M

Int. Hurdles Finals F/M

200 Finals F/M

Relays 400, 3200, 1600, F/M

Sunday — Field

Javelin F30+

Hammer M30+

Triple Jump F/M

Make Nationals a family vacation, in
the World's premier vacation destination.

Hawaii Champs

808-732-8805

Log on to www.hawaiichamps.com, or go to USATF.com, then to
events, then click on the National Masters Outdoor Championships.

1493 Halekoa Drive

Honolulu, HI 96821

Subscriber Questions? Call 818-286-3129

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.

FIFTEEN YEARS AGO January 1990

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



Rick Becker, 50, first M50 Club Championships, Portland, Ore., Dec. 4.

TWENTY YEARS AGO January 1985

- Ed Burke, 44, F 52, and Irene Voted Top Masters T&F Athletes at Convention, Calif.
- Barry Brown, 40, Matson, 43, U.S. Masters LDR
- Athletes from Run in World (IGAL) LDR in San Diego



Jim Wetenhall, M45, at the Indoor Classic, warming up at Jacksons Track, Idaho. C National Masters Champi The weight and superwe dirt from this circle. The infield on an artificial surf



JERRY WOJCIK
Rick Becker, 50, first M50 (37:30), USA Masters Club Championships, Portland, Ore., Dec. 4.

TWENTY YEARS AGO

January 1985

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



JERRY WOJCIK
Jim Wetenhall, M45, at the 2004 Idaho Masters Indoor Classic, warms up with the weight at the Jacksons Track, Idaho Center, site of the USA National Masters Championships, March 11-13. The weight and superweight will be thrown on dirt from this circle. The shot put is held in the infield on an artificial surface.

PUBLICATIONS ORDER FORM

Masters Age Records (2003 Edition)

Men's and women's world and U.S. single 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.

Masters Track & Field Rankings Book (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. \$4.00.

Masters Track & Field Rankings (2003)

Men's and women's 2003 U.S. outdoor track & field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events. 8 pages. \$4.00.

Masters Track & Field Indoor Rankings

Indoor rankings for 2004. 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 Outdoor Age-Group Records

Men's and women's official 2003 world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle. \$4.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Oct. 31, 2003 (world) and Dec. 7, 2003 (USA). 4 pages. \$2.00.

Competition Rules for Athletics (2004 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 (2003-2004)

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

WMA Handbook (2003-2005)

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 (2004)

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

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

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

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

2004 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.

Back Issues of National Masters News

Issues: \$3.00 each.

Postage and Handling

Overseas Air Mail (add \$5.00 per book)

TOTAL

Send to:

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

Name _____

Address _____

City _____

State _____

Zip _____

Quantity

Total (US\$)

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ _____

\$ 2.00

\$ _____

\$ _____

OUTSTANDING MASTERS TRACK AND FIELD ATHLETES

Selected by the USATF Masters Track & Field Committee

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

Year	Men	Women
1978	George Ker	Irene Obera
1979	Ernie Billups	Joann Grissom
1980	Al Oerter	Judy Fox
1981	Jim Burnett	Phil Raschker
1982	Al Oerter	Polly Clarke
1983	Jack Greenwood	Irene Obera
1984	Ed Burke/Parry O'Brien	Polly Clarke
1985	Jim Burnett	Christel Miller
1986	Jack Greenwood	Phil Raschker
1987	Tom Patsalis	Phil Raschker
1988	Gary Miller/Stan Whitley	Phil Raschker
1989	Jack Greenwood	Christel Miller/Phil Raschker
1990	Larry Almborg	Betty Vosburgh
1991	Jack Greenwood	Shirley Matson/Phil Raschker
1992	Stan Whitley	Phil Raschker
1993	Phil Mulkey	Phil Raschker
1994	Ross Carter	Phil Raschker
1995	Steve Robbins	Mary Libal
1996	James Stookey	Phil Raschker
1997	Bill Collins	Leonore McDaniels
1998	James Stookey	Phil Raschker
1999	Mel Larsen	Phil Raschker
2000	James Stookey	Johnnie Valien
2001	Nolan Shaheed	Phil Raschker
2002	Larry Colbert	Leonore McDaniels
2003	Bill Collins	Kathryn Martin
2004	Roderick Parker	

OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

1985	Brian Oldfield, 40	Shot Put, 70-3
1986	Jack Greenwood, 60	100m Hurdles, 14.98
1987	John Powell, 40	Discus, 236-6
1988	Larry Stuart, 50	Javelin, 215-9
1989	Al Oerter, 52	Discus, 205-10
1990	Larry Almborg, 43	Mile, 4:06.70
1991	Payton Jordan, 74	100m, 12.91
	Jack Greenwood, 65	300 Hurdles, 45.20
	Phil Raschker, 44	PV, 9-10
1992	Payton Jordan, 75	100m, 13.4
	Shirley Matson, 51	10,000m, 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	400m, 56.82
1996	Walt Butler, 55	100m Hurdles, 14.49
	Vanessa Hilliard, 55	Hammer, 156-8 (47.76m)
1997	Glen Conley, 40	High Jump, 7-0 1/2 (2.15m)
	Vanessa Hilliard, 56	Hammer, 155-6 (47.4m)
1998	Larry Stuart, 60	Javelin, 213-10 (65.18m)
	Leslie Lehan, 35	2000m SC, 6:30.83
1999	Mel Larsen, 75	80m Hurdles, 13.68
	Irene Obera, 65	100m, 14.29
2000	Johnny Gray, 40	800m, 1:52.42
	Oneitha Lewis, 40	WT, 49-9 1/4 (15.17m)
2001	Lad Pataki, 55	WP, 5366 points
	Vanessa Hilliard, 60	12# WT, 57-0 1/4 (17.38m)
2002	Hal Smith, 65	SP, 49-7 1/4 (15.12)
	Oneitha Lewis, 42	HT, 182-8 (55.68)
2003	Robert Ward, 70	WP, 5291 points
	Oneitha Lewis, 43	WP, 5261 points
2004	Roderick Parker, 85	200m, WR 34.41
	Nadine O'Connor, 62	PV, WR 3.05

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	2004	Emil Pawlik/Flo Meiler

2004 AGE-GROUP AWARDS

Age	Men	Field	Track	Women	Field
30	Jeff Culpepper	Chuck Lumio	Susannah Kvasnicka	Brenda Start	
35	Robert Thomas	Pat Manson	Alethea Morris	Regina Richardson	
40	Brian Pope	Paul Babits	Joy Upshaw-Margerum	Oneitha Lewis	
	Tony Young				
45	Steve Gallegos	Willie Banks	Beverly Jephcott	Carol Finsrud	
50	Nolan Shaheed	Michael Brown	Kathryn Martin	Kay Glynn	
	Bill Collins				
55	Charles Allie	Charlie Rader	Nadine Lowenstein	Phil Raschker	
60	Courtland Gray	Tom Gage	Marie Louise Michelson	Nadine O'Connor	
			Nadine O'Connor		
65	Sid Howard	Gerald Vaughn	Barbara Jordan	Becky Sisley	
				Evelyn Wright	
70	Lloyd Williams	Bob Ward	Suzi MacLeod	Audrey Lary	
	James Stookey				
75	Jim Selby	Harvey Llewellyn	Pat Peterson	Leonore McDaniels	
80	Mel Larsen	William Bell	Gerry Davidson	Ruth Seeger	
		Mel Larsen			
85	Roderick Parker	David Schlothauer	Verla Ball	Juanita Brookover	
90	Max Springer	Leland McPhie			
100	Everett Hosack	Everett Hosack			



Suzi MacLeod, 2004 W70 Track Athlete of the Year.



Tony Young, 2004 M40 Track Athlete of the Year.

2004 T&F Athletes Honored

Continued from page 1

Olympics in Athens. Starr broke the M75 world record for the indoor 3000 with a 17:52.74 in the USA National Masters Championships, Boston, and won the 5000 and 10K in the Outdoor Championships, Decatur, Ill.

Dave Clingan, 50, Portland, Ore., was selected as the Masters T&F Administrator of the Year. Clingan, who coordinates the yearly indoor and outdoor U.S. rankings, was instrumental in getting the rankings on the Web, and joins fellow ranker Larry Patz, who was the Administrator of the Year for 2003. Clingan also served as the Active Athletes Representative.

Martin's age-group awards in both track and field and LDR, for breaking W50 U.S. track records and winning two cross-country titles, were crowned by her selection as the inaugural Masters Athlete of the Year, presented by BENGAY at the Saturday evening Jesse Owens Awards and XEROX Hall of Fame Induction Ceremony on the Nike Campus in Beaverton.

O'Connor, W60, Del Mar, Calif.; Mel Larsen, M80, Ames, Iowa; and the late Everett Hosack, M100, won honors in both track and field.

Max Springer, M90, Knoxville, Tenn., was also selected for age-group recognition by Masters T&F and LDR committees.

In the past, the awards have been criticized for favoring sprinters and

throwers because of the seemingly generous age-graded percentages for the sprints and throws.

Among the 2004 age-group award winners, the women's track selections are about evenly divided between sprinters and distance (800m and up) runners; the same is true in the field awards between the throwers and jumpers, including the pole vault.

Some older competitors are bifurcated and do well in both the throws and the jumps. For instance, Becky Sisley, of Oregon, broke records in the javelin and pole vault and tied for the W65 award with Evelyn Wright, of Maryland, who broke records in the high jump and weight throw.

The track awards for the men are also divided equally between the sprinters and the distance runners, with some older individuals competing in events from the 200 to the 3000. The field awards are just about equal for throwers and jumpers, with an older athlete or two competing in both the jumps and throws.

The award winners were chosen by vote of the Awards Subcommittee, chaired by Phil Byrne. 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

Hall

Nine active and retired athletes have USA Track & Field Fame. The active Betty Jarvis, Dale Newton, Wendie Pawlik, Nolan Shaheed, and Sal Vasquez.

The old-timers Michael Heffernan, Rudolph Valentine

The Hall now has 82 men, of which 10 are in the discipline of track and field running, and

Don DeNoon, a walker from Clermont, holds three world records of the 21 he set. 20K racewalk champion, age-50, he won the 10K this year at Masters RW Age-Group Athlete of the Year six times.

Betty Jarvis, 81, set 17 U.S. records of them. This triplets in several events often winning them national outdoor titles. She has been Age-Group Athlete of the Year.

Dale Lance, 67, six-time decathlete, he scored 7374 in the International Mastersathlon Team Challenge. 79 participants. He competes not in a state against the debilitating Parkinson's Disease.

Milton Newton, Springs, Calif., set U.S. records in the jump. In his 22-year outdoor and 10 indoor and finished in the in WMA world championships. He invented the Newton for physically impaired.

Wendell Palm, Texas, set one world record on his way to a featured discus streak in championships (1982-2004) directed the national in 2002.

Emil Pawlik, 65, a jumper who has broken the combined-event national decathlon and five national championship titles. USA outdoor t&f champion while finishing second additional 22 times.

Nolan Shaheed, Calif., set eight world records, still holds one U.S. This mid has been particular where he has taken from 800 to 3000. 10 outdoor t&f titles for selection.

www.nationalmastersnews.com

USATF Masters Hall of Fame Adds 13 in Portland

Nine active and four old-timer masters athletes have been elected to the USA Track & Field Masters Hall of Fame. The actives are Don DeNoon, Betty Jarvis, Dale Lance, Milton Newton, Wendell Palmer, Emil Pawlik, Nolan Shaheed, Sue-Ellen Trapp, and Sal Vasquez.

The old-timers are Philip Conley, Michael Heffernan, Robert Hunt, and Rudolph Valentine.

The Hall now contains 36 women and 82 men, of whom 74 represent the discipline of track & field, 34 long distance running, and nine racewalking.

Don DeNoon, a 61-year-old racewalker from Clermont, Fla., currently holds three world and 14 U.S. records of the 21 he set. The overall WMA 20K racewalk champion twice after age-50, he won the M60 3000, 5000, and 10K this year and has been named Masters RW Age-Group Athlete of the Year six times.

Betty Jarvis, 89, Aberdeen, N.C., set 17 U.S. records and still holds eight of them. This thrower usually competes in several events per meet, most often winning them. She has won 43 national outdoor throwing titles since 1990. She has been Masters Field Age-Group Athlete of the Year nine times.

Dale Lance, 67, Inola, Okla., is a six-time decathlon champion. In 1996 he scored 7374 points in the 2nd International Masters Decathlon/Heptathlon Team Challenge - top among 79 participants. He currently competes not in a stadium, but, rather, against the debilitating effects of Parkinson's Disease.

Milton Newton, 71, Desert Hot Springs, Calif., set four world and two U.S. records in the 200/400 and high jump. In his 22-year career, he won 11 outdoor and 10 indoor championships and finished in the top three 15 times in WMA world championships. He invented the Newton starting blocks for physically impaired athletes.

Wendell Palmer, 72, Pampa, Texas, set one world and seven U.S. records on his way to a 16-year undefeated discus streak in national championships (1982-2003). He hosted and directed the national weight pentathlon in 2002.

Emil Pawlik, 65, Jackson, Miss., is a jumper who has become proficient in the combined-events. He now has six national decathlon championship titles and five national indoor heptathlon championship titles. He has taken 26 USA outdoor t&f championship titles, while finishing second or third an additional 22 times.

Nolan Shaheed, 55, Pasadena, Calif., set eight world and four U.S. records, still holding five worlds and one U.S. This middle-distance runner has been particularly effective indoors where he has taken 19 championships from 800 to 3000. Five LDR titles and 10 outdoor t&f titles add to his credentials for selection.



JERRY WOJCIK
Nolan Shaheed, 2004 Track Athlete of the Year, and newly elected member of the Masters Hall of Fame.

Sue-Ellen Trapp, 58, Fort Myers, Fla., still holds 25 U.S. records in ultra-distance running of the 32 she set. She won seven national open 24-hour championships between 1991 and 2001. The last at age 55 makes her the oldest open national champion. At 48-hours, she holds 1st ('97), 7th ('96), and 9th ('93) places in the all-time female world best rankings.

Sal Vasquez, 64, Sacramento, Calif., has been a frequent handicap winner of the Dipsea Trail race in Marin County, Calif., one of the oldest races in the U.S. He has 10 LDR championship titles in the 8K to 20K range and was Masters LDR Runner of the Year in his age-group six times.

Philip Conley, 70, Stewarts Point, Calif., was a javelin specialist, setting four U.S. records. He also competed in the jumps and pentathlon across a career that spanned 1978 to 1997. Between 1981 and 1983, he wrote monthly columns for the National Masters News.

Michael Heffernan, 64, Portland, Ore., had a one-mile to marathon range across a 20-year career that ended in 1998. A 4:28 mile at age 44 and a 2:24:55 marathon at age 46 stand out among his racing results. He won nine USA t&f championship titles, and eight USA LDR championship titles.

Robert Hunt, 84, Anaheim, Calif., excelled in the long and short hurdles, sprinted, and won three national decathlon titles. His career spanned 1978 to 1997. In that time, he placed 16 times in WMA World Championships and 46 times in USA t&f outdoor championships. He has earned Masters Track Age-Group Athlete of the Year four times.

Rudolph Valentine, 81, Bronx, N.Y., emphasized the middle-distances as a sprinter/hurdler between 1977 and 1990. He set three world and one U.S. records, placed six times in WMA world championships, 17 times in USA indoor t&f championships, and 17 times in USA outdoor t&f championships.

ELECTEES TO THE USATF MASTERS HALL OF FAME

Name	Discipline	Category	Gender	Status
Adams, Louise	T&F	Athlete	Female	Elected '01
Andberg, Bill	LDR	Athlete	Male	Old-Timer '00
Anderson, Herb	T&F	Athlete	Male	Old-Timer '98
Anderson, Ruth	LDR	Athlete/Admin.	Female	Elected '96
Baker, Thane	T&F	Athlete	Male	Old-Timer '99
Benham, Ed	LDR	Athlete	Male	Elected '97
Billups, Ernie	LDR	Athlete	Male	Old-Timer '00
Boal, Bob	LDR	Administrator	Male	Elected '98
Boas, Konrad	T&F	Athlete	Male	Old-Timer '03
Bowermaster, Mary	T&F	Athlete	Female	Elected '99
Braceland, George	LDR/T&F	Athlete	Male	Old-Timer '01
Bradley, Fay	LDR/Admin	Athlete	Male	Elected '03
Bright, Norm	LDR	Athlete	Male	Old-Timer '00
Brobst, Bill	LDR/T&F	Athlete	Male	Old-Timer '02
Brown, Harry	T&F	Athlete	Male	Elected '03
Bulkley, Dan	T&F	Athlete	Male	Elected '99
Cappetta, Carolyn	T&F	Athlete	Female	Elected '00
Carter, Ross	T&F	Athlete	Male	Elected '98
Caselli, Jaclyn	T&F	Athlete	Female	Old-Timer '03
Chapson, Harold	T&F	Athlete	Male	Old-Timer '98
Clarke, Anne	LDR	Athlete	Female	Old-Timer '00
Clarke, Polly	T&F	Athlete	Female	Old-Timer '98
Colbert, Larry	T&F	Athlete	Male	Elected '02
Collins, Bill	T&F	Athlete	Male	Elected '03
Conley, Philip	T&F	Athlete	Male	Old-Timer '04
Corbett, Ted	Ultra	Athlete	Male	Old-Timer '99
Crane, Buell	T&F	Athlete	Male	Old-Timer '02
D'Elia, Toshiko	LDR	Athlete	Female	Elected '90
Daprano, Jeanne	T&F	Athlete	Female	Elected '03
Davidson, Gerry	LDR/T&F	Athlete	Female	Elected '03
Davies, Clive	LDR	Athlete	Male	Old-Timer '98
Deacon, Bud	T&F	Athlete	Male	Old-Timer '01
DeNoon, Don	RW	Athlete	Male	Elected '04
Donley, Jerry	T&F	Athlete/Admin.	Male	Elected '99
Druckrey, Stan	T&F	Athlete	Male	Elected '01
Eberle, Ruth	RW	Athlete	Female	Old-Timer '03
Fine, Robert	RW	Athlete/Admin.	Male	Elected '02
Fitzgerald, Bill	T&F	Athlete	Male	Old-Timer '00
Gage, Tom	T&F	Athlete	Male	Elected '01
Gist, Burl	T&F	Athlete	Male	Elected '01
Gorman, Miki	LDR	Athlete	Female	Elected '96
Green, Max	RW	Athlete	Male	Elected '98
Green, Norman	LDR	Athlete	Male	Elected '96
Greenwood, Jack	T&F	Athlete	Male	Elected '97
Grissom, Joanne	T&F	Athlete	Female	Elected '99
Harvey, Rex	T&F	Athlete/Admin.	Male	Elected '00
Hatton, Ray	LDR/T&F	Athlete	Male	Old-Timer '01
Healy, Dudley	LDR/T&F/Ad.	Athlete	Male	Elected '03
Heffernan, Michael	LDR/T&F	Athlete	Male	Old-Timer '04
Higdon, Hal	LDR	Athlete/Admin.	Male	Elected '99
Hilliard, Vanessa	T&F	Athlete	Female	Elected '01
Hills, Claude	T&F	Athlete	Male	Elected '99
Hinton, Margaret	T&F	Athlete	Female	Elected '03
Holland, Bernice	T&F	Athlete	Female	Elected '01
Hosack, Everett	T&F	Athlete	Male	Elected '02
Hunt, Robert	T&F	Athlete	Male	Old-Timer '04
Irvine, Marion	LDR	Athlete	Female	Elected '98
Jackson, Dave	T&F	Athlete	Male	Old-Timer '02
Jarvis, Betty	T&F	Athlete	Female	Elected '04
Johnston, Carol	T&F	Athlete	Male	Elected '03
Jordan, Payton	T&F	Athlete	Male	Elected '96
Keston, John	LDR/T&F	Athlete	Male	Elected '01
Kiddy, Sandra	Ultra	Athlete	Female	Old-Timer '02
Klein, Helen	Ultra	Athlete	Female	Elected '99
Lance, Dale	T&F	Athlete	Male	Elected '04
LaVeck, Bev	RW/T&F	Athlete/Admin.	Female	Elected '96
Larsen, Mel	T&F	Athlete	Male	Elected '00
Law, Jim	T&F	Athlete	Male	Old-Timer '01
Lukens, Ed	T&F	Athlete	Male	Elected '00
Matson, Shirley	LDR	Athlete	Female	Elected '98
McDaniels, Leonore	T&F	Athlete	Female	Elected '00
McDermott, Tom	T&F	Athlete	Male	Old-Timer '02
Mehl, Pearl	T&F	Athlete	Female	Elected '99
Mendyk, Edith	T&F	Athlete	Female	Old-Timer '99
Messenger, Archie	T&F	Athlete	Male	Elected '01
Miller, Christel	T&F	Athlete/Admin.	Female	Elected '97
Miller, Gary	T&F	Athlete	Male	Elected '99
Mimm, Bob	RW	Athlete	Male	Elected '98
Morcom, Boo	T&F	Athlete	Male	Elected '97
Mulkey, Phil	T&F	Athlete	Male	Elected '00
Mundie, Pete	T&F	Athlete/Admin.	Male	Elected '98
Newton, Milton	T&F	Athlete	Male	Elected '04
O'Neil, Jim	LDR/T&F	Athlete	Male	Elected '98
Obera, Irene	T&F	Athlete	Female	Elected '96
Oerter, Al	T&F	Athlete	Male	Old-Timer '99
Olson, Len	T&F	Athlete/Admin.	Male	Elected '02
Ottaway, Joan	LDR/T&F	Athlete	Female	Elected '00
Pain, David	T&F	Administrator	Male	Elected '97
Palmer, Wendell	T&F	Athlete/Admin.	Male	Elected '04
Patsalis, Tom	T&F	Athlete	Male	Old-Timer '03
Pawlik, Emil	T&F	Athlete	Male	Elected '04
Peterson, Pat	T&F	Athlete	Female	Elected '98
Pirung, Roy	LDR	Athlete	Male	Elected '01
Raschker, Phil	T&F	Athlete	Female	Elected '97
Ratelle, Alex	LDR	Athlete	Male	Old-Timer '99
Richardson, Elton	RW	Athlete	Female	Elected '03
Romansky, Dave	RW	Athlete	Male	Elected '02
Shaheed, Nolan	LDR/T&F	Athlete	Male	Elected '04
Sheahan, Al	T&F	Administrator	Male	Elected '98
Sheehan, George	LDR	Administrator	Male	Old-Timer '98
Sisley, Becky	T&F	Athlete/Admin.	Female	Elected '01
Spangler, Paul	LDR/T&F	Athlete	Male	Elected '97
Stookey, James	T&F	Athlete	Male	Elected '02
Stuart, Larry	T&F	Athlete	Male	Elected '99
Sutton, James	T&F	Athlete	Male	Elected '02
Trapp, Sue-Ellen	LDR	Athlete	Female	Elected '04
Trent, Marcie	LDR	Athlete	Female	Old-Timer '01
Utes, Warren	LDR	Athlete	Male	Elected '99
Valentine, Rudolph	T&F	Athlete	Male	Old-Timer '04
Valien, Johnnye	T&F	Athlete	Female	Elected '02
Vasquez, Sal	LDR	Athlete	Male	Elected '04
Vernon, Jim	T&F	Athlete	Male	Old-Timer '02
Vosburgh, Betty	T&F	Athlete	Female	Elected '02
Wallace, Gordon	RW	Athlete	Male	Old-Timer '03
Weinbel, Ken	T&F	Athlete/Admin.	Male	Elected '02
Whitley, Stan	T&F	Athlete	Male	Elected '00
Wojcik, Jerry	T&F	Athlete/Admin.	Male	Elected '00

Continued on page 19

26th Annual Convention of USA Track & Field

Highlights of Minutes – Masters Track & Field – 2004

(The following is an unofficial review by Jerry Wojcik of the Masters T&F Committee sessions, USATF 26th Annual Meeting, Portland, Ore. The official minutes by Bob Cahners, secretary, will appear on either the USATF or NMN Web sites.)

Tues., Nov. 30, 1:00 p.m.

Regional Coordinators Meeting

Before the opening of the annual meeting, the Regional Coordinators passed a motion to send to the Masters T&F Committee their advocacy for a \$5 surcharge for indoor and outdoor championships entries. They also discussed the establishment of regional Web sites, and examined the list of 22 recommendations presented by the Masters T&F Chair to ensure proper conducting of regional championships.

Dec. 1, 9:00 a.m.

Masters T&F Executive Committee

Thirteen members of the Executive Committee were present, along with a dozen or so observers. Chair George Mathews presided, with two elected officers present: Suzy Hess, vice-chair, and Bob Cahners, secretary. Frank Lulich, treasurer, was not present at this meeting.

The primary purpose of the meeting was to decide on the agenda to be presented to the Masters Committee. Much of the three hours was taken up with budget. Dave Clingan's motion to switch \$1000 from the Marketing Campaign to the Media Committee was passed.

Mathews reminded those present that the cost (\$8000) of support for the Games Committee comes from the surcharge fund and that the fund could face depletion. Jerry Bookin-Weiner's motion to add a \$30 surcharge to athletes going to the WMA Championships in San Sebastian, Spain, received 6 yes and 6 no votes, with Mathews breaking the tie with a yes vote.

Mathews introduced his Strategic Plan for the future of MT&F, for which Clingan's "Vision for Masters Track & Field," published in NMN (Dec 2004) was a catalyst. Todd Taylor was elected as facilitator of the plan.

Dec. 2, 8:30 a.m.

Masters T&F Committee

Chair Mathews introduced Phil Byrne as parliamentarian, who served in that position in 2003. Byrne stated the rules for conducting the meeting.

Cahners confirmed the list of approved voting delegates. Mathews appointed Jerry Bookin-Weiner, Todd Taylor, Mark Cleary, Sandy Pashkin, and Phil Byrne as at-large-delegates.

Nineteen active athletes were elected in a vote conducted by Membership Services. Dave Clingan was elected by the active athletes as their representative, with 10 votes. Becky Sisley received six votes, Joan Stratton, three. (Several days after the annual meeting, Clingan resigned from the position, citing a need to cut back on time devoted to masters duties. He is the Masters T&F Rankings Coordinator for both indoor and outdoor, and also serves on the Media Subcommittee. Sisley was appointed active athletes representative.)

The 2003 minutes and revised agenda were approved.

A lengthy discussion of proposed rules and regulations changes and adoptions, presided over by Graeme Shirley, Rules Coordinator, ensued. Among those approved by submission to the Rules Committee

(with final USATF recommendations):

Item 61 (Rule 190) – Required an enclosure or a cage at hammer, weight, superweight, and discus rings. (Accepted)

Item 68 (Rule 202) – Add the Ultra Weight Pentathlon to the list of masters championships. (Tabled)

Item 76 (Rule 267) – Add the 3000m to outdoor age-group records. (Accepted)

Item 98 (Rule 330.3) – Changed the wording for Association and Regional championships award to "equivalent" from "duplicate" for non-residents. (Accepted as amended)

Item 100 (Rule 332.3(b)) – Allow officials to divide large groups into two sections in the vertical jumps. (Accepted as amended)

Item 102 (Rule 332.2 (e)) – Approved time track trials in events 1500m or longer. Increased the fields per section to 24. (Accepted as amended)

Item 103 (Rule 332.2(f)) – Approved reducing the superweight for women 80+ to 20# and for men 80+ to 25#. (Accepted as amended)

Item 105 (Rule 332.2 (e)) – Elimination of rounds in the 800, failed to receive approval by a vote of 25 no and 17 yes. (Rejected)

Item 115 (Rule 331.2) – Club Championships at the National Indoor and Outdoor Championships with scoring (8-6-4-3-2-1) for six places. Would allow championships at the association and regional levels. (Accepted as amended)

Item 116 (Rule 332.2(f)) – Defined relay teams: a "club" being residents in the association in which the club is registered or meet residency exception of Regulation 7; "national" team representing U.S. in international competition; also defined "association" and "region," and proposed "ad hoc" for any team not meeting one of the preceding definitions. (Accepted as amended)

Item 117 (Rule 332.2(g)) – Stated that there must be at least six U.S. citizens advanced to a final, and the number of finalists shall not be increased to accommodate non-US citizens. (Accepted as amended) Go to www.usatf.org for the USATF Rules Committee Scoreguard, Final Committee Recommendations.

USATF CEO Craig Masback paid a surprise visit to the Committee. Answering questions about funds from the USATF Foundation, he said that it has done nothing with the money yet. He noted that the USATF loses money on memberships and that a different membership fee structure is being examined by the Budget Committee.

Regarding sponsorship, he said, "The scope of what masters do does not lend itself to wide sponsorship. Masters track and field is great for imaging, serving as role models in the Sport for Life concept, but masters numbers are low." He said that additional sponsorship for masters meets is open to other sponsors (other than those already associated with USATF) with limits.

Dec. 2, 1-5 p.m.

Masters T&F Committee

Tom Light, Law & Legislation, told the delegates the redefining of clubs and residency were the primary issues. Andrew Hecker's motion to eliminate association approval for an athlete who wants to change clubs was rejected.

At the urging of several delegates, Mathews agreed to make an appeal to the



Masters T&F Committee officers elected for the next four years at the 26th USATF annual meeting (from l to r): Lester Mount, Secretary; Joy MacDonald, Treasurer; Suzy Hess, Vice-chair; and George Mathews, Chair.

USATF Budget Committee on Friday for more masters funds. (He was successful in raising an additional \$4500.) For more on Mathews' presentation, see Masters Scope by Ken Stone (p. 9). A motion to adopt the present budget passed.

Voting procedures for MT&F office candidates were explained. Vice-chair candidates Suzy Hess and Max Hamlyn had three minutes to make their presentations. Chair candidates Harry Brooks, Mark Cleary, and George Mathews were given five minutes, followed by a question and answer session from delegates, regarding funding, qualifications, first priorities, and obtaining sponsorship.

Hess, the incumbent, was re-elected by a vote of 32 to 28.

Mathews received a majority of 33 votes on the first ballot, Cleary, 17, and Brooks, 10.

Lester Mount, secretary candidate, and Joy MacDonald, treasurer candidate, running unopposed, were approved by acclamation.

Dec. 2, 5:45 p.m.

Masters T&F Committee

Mount, as Southwest Coordinator, reported for the coordinators, who re-affirmed their pledge to better promote championships, investigate Web site establishment, and work for commonality based on the 22 recommendations proposed by Chair Mathews in their Tuesday meeting.

Phil Byrne, Awards Committee Chair, stated that the 2004 awards used the 2002 age-grading standards to help select the awardees. Athletes with dual citizenship who compete for another country are not eligible for awards.

Track & field record submissions were approved.

Dec. 3, 8:00 a.m.

Masters T&F Committee

Lee Hess, of the New England Association, Boston, and Tom Buffolano, of the MAC Association, New York City, presented bids for the 2007 Indoor Championships. New York City won the bid, 38 to 12.

Rolland Ranson and Valerie Foss, representing Orono, Me., the only bidder for the 2007 Outdoor Championships, were successful.

Representatives Mark Murdock, 2005 Indoor Championships, Boise, Idaho; Mark Zeug, 2005 Outdoor Championships, Honolulu; and Gordon Edwards, 2006 Outdoor Championships, Charlotte, N.C., gave out information and answered questions about their meets.

With Vice-Chair Suzy Hess presiding, WMA delegates for San Sebastian were elected. Sandy Pashkin, 23 votes, and Frank Lulich, 17 votes, will serve with George Mathews, an automatic delegate.

Mark Cleary, 16, Bob Cahners, 10, Marilyn Mitchell, 7, and Joanne Petkus, 1, are alternates.

Becky Sisley and Christel Donley were approved as WMA women's delegates.

The Masters T&F Committee was adjourned.

Dec. 3, 2:00 p.m.

Joint Masters T&F & LDR Committees

MT&F Chair Mathews presided. Norm Green, Hall of Fame Committee Chair, announced the Hall of Fame Class of 2004 (see his HOF article on p. 15). He noted that of 186 ballots sent out, 163 were returned.

Mathews reported on the need for the masters committees to pressure the National Track & Field Hall of Fame, 168th St. Armory, NYC, to install masters HOF inductees.

Phil Greenwald, T&F Team Manager, explained the application procedure for San Sebastian through USATF and the requirement of valid birth date proof and a specific uniform/top/singlet available with the application. The deadline for WMA San Sebastian is May 6.

Sandy Pashkin reported that the NCCWMA Regional Championships, Dorado, Puerto Rico, was well run.

Jerry Wojcik, editor, and Suzy Hess, publisher, of the National Masters News presented their report. Wojcik reminded the delegates that much of the content of the NMN comes from information provided voluntarily by athletes, and thanked them, specifically photographers Thom Weddle, George Banker, Tesh Teshima, and Mike Polansky. Wojcik detailed the major events in track & field, LDR, and racewalking covered by the NMN in 2004, plus other yearly information (rankings, championships schedules, coaches and clubs lists, records) to keep masters subscribers informed.

Hess said that the printing and production of the NMN, after over 20 years in Los Angeles, with the move of Senior Editor Angela Egremont from Los Angeles to Eugene, is now done in Springfield, Ore. The change necessitated the purchase of a tabloid size laser printer, several software programs (Quark, Adobe Acrobat, Adobe Photoshop 7) at substantial expense, but that it will pay off in reduced production costs.

She noted that the NMN's income has diminished from the loss of the rankings book, and the low sales of the outdated Age-Graded Tables and Single-Age Records Book. She thanked the Masters T&F Committee for its financial support, essential to continue to publish a quality product.

Continued on next page

– I Highl

Dec. 2, 8:30 a.m.

Call to order by No Agenda approved, announced. Don L compilations of data Athletes of the Year.

Chair's report: RR not renewed), unclear will be replaced by US functions a great de stepchild of USATF. ing year ahead. Nonet a modest cut in our which we should acce Division Chair is conc officer elections. The tee nominated Alan J Essig Award.

Nominations for of George Regan, of Mer siding. Green for Cha Vice-chair, and Lloy Secretary are only non These three are each acclamation to a two- elections are dropped Saturday.

Carole Langenbach rule changes affecting

Vote to reject propos izens right to compet national championship proposal to score by pl masters teams in XC so votes are advisory.

John Boyle presidin bids. Freihofer's awar for 2005. Twin Cities five years, 2006 throug Its current five-year 2005. Consideration Hawaii postponed o Heritage Oaks Bank, I has a five-year contras expires in 2007. Gen

Highlights of

Continued from previous page

Mathews brought up surcharge for WMA e Team Manager expen cussion ensued.

Becky Sisley spol USATF to try to make ier to navigate.

Other items of inte ing, celebrating the t One Dream":

- More than 1500 attendance – the larges
- The USATF B extended CEO Craig through 2009.

- Bill Roe, unoppo to a second four-year t ident.

- Kathy Martin, 5 BENGAY Masters A received the award al orees at the Hall o Ceremony at the Niki evening. On stage, s BENGAY, and her h Chuck Gross.

- Of the 12 2004

– Portland, Oregon – December 1-5, 2004

Highlights of Minutes – Masters Long Distance Running – 2004

Dec. 2, 8:30 a.m.

Call to order by Norm Green, Chair.

Agenda approved, election of officers announced. Don Lein distributed his compilations of data to use in choosing Athletes of the Year.

Chair's report: RRIC defunct (contract not renewed), unclear how its functions will be replaced by USATF. We use those functions a great deal. LDR is still a stepchild of USATF. There is a challenging year ahead. Nonetheless, we had only a modest cut in our proposed budget, which we should accept. Vote for LDR Division Chair is concurrent with USATF officer elections. The executive committee nominated Alan Jones for the Otto Essig Award.

Nominations for officers opened with George Regan, of Member Services, presiding. Green for Chair, John Boyle for Vice-chair, and Lloyd Stephenson for Secretary are only nominations received. These three are each declared elected by acclamation to a two-year term. Thus, elections are dropped from agenda for Saturday.

Carole Langenbach reviewed proposed rule changes affecting masters XC.

Vote to reject proposal to deny non-citizens right to compete in regional and national championships. Vote to support proposal to score by place; current rule is masters teams in XC score by time. These votes are advisory.

John Boyle presiding: Championship bids. Freihofer's awarded 5K for women for 2005. Twin Cities Marathon bid for five years, 2006 through 2010, approved. Its current five-year contract included 2005. Consideration of 8K bid from Hawaii postponed one day. Note: Heritage Oaks Bank, Paso Robles, Calif., has a five-year contract for the 10K that expires in 2007. General agreement that

the championships listings page of the USATF Web site should have a note that certain races have limited entries and, therefore, early entry deadlines. Non-elite runners should be alert to this and plan accordingly.

Charles DesJardins/WMA: Frustrating year. Non-Stadia championships in New Zealand were poorly attended, financial flop. WMA Council has decided to drop non-stadia program, yet no minutes of that meeting are available after many months. Canadian bid for 2006 non-stadia championship withdrawn after acceptance. The Eurocentric leadership seems oblivious to anything but their own agendas. Norm Green reviews LDR history of WMA and its predecessors, esp. IGAL.

Norm Green: New age-graded tables will be published soon. This WMA project is complete for adults, and awaits the final work on youth tables. Rex Harvey, the WMA Stadia Vice-chair, heads the subcommittee, yet the main force behind the work has been Alan Jones. His work has been essential, extensive, and of high quality.

11:45 a.m.

Recess.

Dec. 3, 7:30 a.m.

Call to order.

Lein presided over voting for athletes of the year. Winners are listed in the chart on this page.

Championship bid approved for 8K in Honolulu on Aug. 7 (during Masters T&F Championships), contingent on prize fund confirmation by 1/31/05.

Otto Essig Award approved for Alan Jones; no other nominees.

Proposed 2005 budget of \$32,000 approved; will be voted on by General Session.

10:00 a.m.

Recess

4:30 p.m.

Call to order.

Linda Honikman/Records: Recommendation to Records Committee to list as pending any record set after the date of an officially known positive drug test, A or B sample. The pending status could be removed when drug problem resolved.

Approved following recommended records from list in 2004 Annual Meeting Reports pp. 162-4, by line number: 18-20, 29, 31, 40, 51-53, 56-59, 68-69, 71, 77-78, 88, 91, 96-100. Rejected items 21, 30 and 90. Authorized approval of pending records needing only a successful validation course measurement.

Approved change to wording of operating procedures, by deleting section 2, line A; adding section 2 line 1a "Mountain/ Ultra/Trail Running Council: The unit within LDR division responsible for mountain running, distances beyond the marathon, and trail running (hereinafter referred to as "MUT"); deleting AUA from section 4, line C. These are "house-keeping" items to eliminate ambiguity.

John Boyle/National Circuit: At Boyle's request, Claudia Piepenberg is soliciting sponsors and lining up races for possible inclusion in a 2006 Grand Prix. We hope for a budget of roughly \$300k, with \$100k in year-end prizes.

This project is at an early stage, but shows promise. Piepenberg would have a paid position as administrator if she can get it organized.

Carole Langenbach/XC: Council awarded a 5K masters championship to Adirondack Association for October 2005. Today's Club Championships in Portland were a mixed bag at best.

The logistics were poorly handled, very few course monitors were used, dangerous situations occurred often, and the race fixtures were being removed while the masters race was in progress. We know where we stand with Nike. The scoring of the women's race also raised questions.



JERRY WOJCICK
USA Track & Field CEO Craig Masback answering questions at the Masters T&F Committee Meeting.

Don Shepan: Associations Committee has decided to impose a \$100 late fee on clubs that pay renewal dues after May first.

Approved members of Executive Committee for 2005: Mary Rosado, L&L; Bill Quinlisk, XC; Don Lein, Awards; Theresa Daus-Weber, MUT; David Katz, Rules; Charles DesJardins, WMA; in addition to the three officers. Approved assignments to other committees are: Don Shepan, Associations; Bob Langenbach, Member Services; Joyce Hodges-Hite, Officials.

Approved at-large members of Masters LDR: Jerry Crockett, Dudley Healy, Barb Leninger, Carole Langenbach, Mary Woodruff.

New business: Stephenson will present a team declaration form by next meeting, or to executive committee.

5:50 p.m.

Meeting adjourned.

Submitted by Lloyd Stephenson
Secretary

Highlights of Minutes – Masters T&F 2004

Continued from previous page

Mathews brought up the possibility of a surcharge for WMA entries in 2007 for Team Manager expenditures. Much discussion ensued.

Becky Sisley spoke of contacting USATF to try to make its masters site easier to navigate.

Other items of interest from the meeting, celebrating the theme "One Team, One Dream":

- More than 1500 delegates were in attendance – the largest in its history.

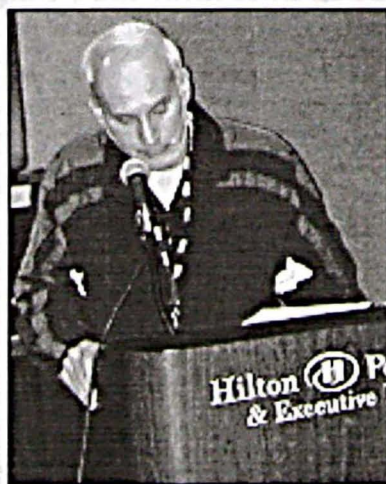
- The USATF Board of Directors extended CEO Craig Masback's contract through 2009.

- Bill Roe, unopposed, was re-elected to a second four-year term as USATF president.

- Kathy Martin, 53, Northport, N.Y., BENGAY Masters Athlete of the Year, received the award along with other honorees at the Hall of Fame Induction Ceremony at the Nike Campus, Saturday evening. On stage, she thanked USATF, BENGAY, and her husband and coach, Chuck Gross.

- Of the 12 2004 President's Award

Winners, several may be familiar to masters athletes: Kathy Fones, New Mexico Association administrator; Mary Rosado, New York City, Masters LDR Law & Legislation; and Harry Simonis, Oregon Association Executive Director. □



JERRY WOJCICK
Jeff Gerson, director, discusses travel and housing for the USA National Masters Decathlon/Heptathlon Championships, Cleveland, Ohio, July 2-3, at the USATF annual meeting.

USATF Masters Long Distance Running Committee Athletes of the Year 2004

Age Group	Women	State	Men	State
40	Colleen DeReuck	CO	Dennis Simonaitis	UT
45	Janet Robertz	MN	Craig Fram	NH
50	Kathryn Martin	NY	Gary Romesser	IN
55	Gloria Jansen	MN	Bill Dixon	VT
60	Shirley Matson	CA	Joachim Bechtle	CA
	Janet Bober	MA		
65	Barbara Miller	CA	Joe Burgasser	FL
70	Ginette Bedard	NY	Charles Rose	NC
75	Joy Johnson	CA	Joe Fernandez	MA
80	Helen Klein	CA	Lloyd Young	MN
85	Hedy Marque	VA	Henry Sypniewski	NY
			George Whitney	CT
90	Edith Allen	CA	Max Springer	TN

Paul Spangler Athlete of the Year: Edith Allen, Max Springer

Otto Essig Award: Alan Jones

X-C Athletes of the Year: Kathryn Martin, 53, NY; Tom Dalton, 46, NY

Ultrarunners of the Year: Ann Heaslett, 40, WI; William Emerson, 40, OR

Mountain Runners of the Year: Anita Ortiz, 40, CO; Andy Ames, 41, CO

Martin, BENGAY Athlete of the Year, Takes Third XC Title**Pope, Ayala-Troncoso Win Again**

By JERRY WOJCIK

Brian Pope pulled a cross-country hat trick and did it as a "mudder" at a race track when he finished as first master in the USA National Club Championships in Portland, Ore., on Dec. 4.

The course here was a five-time 2000m loop on the nine-hole golf course inside the Portland Meadows race track. Essentially flat, the course was slippery and muddy from earlier rains and having been churned up by hordes of runners in four previous races. The masters men ran in the last event of the day at 1:25 p.m. after the men's open race.

Ken Ogden, an experienced M65 on the roads and track, said after the race, "This course was tougher than the Fort Vancouver course a couple of years ago, and as tough as the National 10K at Stanford."

Van Townsend, M45, Chattanooga TC, followed Ogden with, "I ran in England in the eighties, where mud is a national product, and this course was muddier and tougher."

Bill McChesney, M75, Oregon TC Masters, examining his feet, said, "The mud sucked off my shoe in the first lap."

Runners said that those who went out too fast paid a particularly high price and that the course penalized the speed horses. The course designers had added some low hay bales and a man-made roller coaster set of four mounds to create a semblance of — what else? — running in the country.

Running for the So Cal TC, Pope, 42, added to his skein of fall championships in a sloppy 36:03. Taking the lead earlier, he was in command all the way.

The win was his third overall in just over two months, starting with the 5K (14:54) in Saratoga Springs, N.Y., on Oct. 17, and then the 8K (25:08) three weeks later, on Nov. 7, in Boston, Mass.

Daniel Nelson, 40, Excelsior RC, was second master (36:27). Peter Magill, 43, of the M40-49 team winning club Team Runners High, was third (36:28). Magill finished second (15:17) to Pope in the 5K XC.

Thomas Borschel, 47, with a 37:37, won the M45 race by six seconds from Odis Sanders, 45, Oregon TC Masters, with Chuck Coats, 45, Bowerman AC, in 38:01.

Excelsior RC was the second M40-49 club (3:09:10). Asics Aggie RC was third (3:11:26). This year, the club standings were based on time; next year, they'll be based on place.

The first five finishers for each club counted for the M40-49 and M50-59 clubs. The M60+ and the women's teams counted the first three.

Rick Becker, 50, is the M50 champion (37:30). Anthony Sandoval, 50, was second (37:53). Leonard Hill, 52, Oregon TC Masters, was third (38:02).

Nolan Shaheed, 55, So Cal TC, 2004 track champion in the 800 and 1500 in the USA National Masters in Decatur, Ill., took M55 first (39:45).

Roger Price, 55, Raritan Valley, M55 winner in the 5K XC (17:02) and second in the 8K XC (28:50) was second again (41:49).

The Boulder RR M50-59 squad took the club title (3:38:29). The club's first finisher was Benji Durden, 53, with a ninth-place 41:28 in the M50 division.

Don Coffman, 61, Victory AC, won the M60 race by three minutes in 44:01. Thom Weddle, 66, Run N Fun, winner of the 5K XC (19:50), took the M65 race (48:04). Coffman's Victory AC was the M60-69 winner (2:21:09).

First and second M70s Bill Iffrig, 70, with a 50:51, and Ben Grevstad, 70, with a 53:56, led the Snohomish TC to the M70-79 club title (2:40:42).

John Keston, Oregon TC Masters, who had his 80th birthday on Dec. 5, won the M75 race (56:41).

Carmen Ayala-Troncoso, 45, didn't do a Pope, but Kathy Martin, 53, did. Ayala-Troncoso won the masters women's 6K here in 25:10, and was first in the 8K XC (29:17). Her W45 group offered more confrontation than the W40s.

Regina Joyce, 47, Club NW, finished third W40+ overall (25:58), and Monica Joyce, 46, Tortoise & Hare, fourth (26:01).

Karen Steen, 40, Club NW, who broke the W40 U.S. record for the 2000m steeplechase in Decatur, Ill., was second (25:20). Her time helped Club NW win the W40-49 title (1:18:41).

Martin, of the Northport Runners on Long Island, lived up to her selection as the BENGAY Masters Athlete of the Year. She won the W50 race by over two minutes (26:52), despite being up until well after midnight when the Hall of Fame Awards ended late on Saturday night. Earlier this fall, she won the 5K XC (18:23), and the 8K XC (31:15).

The masters women ran in the 6K with the open women before the masters men's race. Both Ayala-Troncoso and Martin finished with the leaders.

Kathleen Slinger, 57, YMCA Team Idaho, won the W55 race (32:33). Gail Hunter, 60, Boulder RR, was first W60 (33:33).

Mary Harada, 69, Victory AC, who finished third in the 5K XC (26:29) and second in the 8K XC (44:27), held off Lois Calhoun, 69, Boulder RR, to win the W65 gold medal, 38:59 to 39:01.

Barbara Macklow, 70, Fairhaven Runners, 39:57; Nancy Smalley, 78, Boulder RR, 55:22; and the indomitable Louise Adams, 82, Boulder RR, 59:09, were the remaining age-group winners. The Boulder RR won the W50-59 (1:40:40), W60-69 (1:49:04), and W70-79 (2:59:12)

club championships.

Runners in the area will have an opportunity to do it again on the other side of the Columbia River when the Winter Nationals 8K for men and women will be held at Fort Vancouver, Wash., Feb. 12. □



JERRY WOJCIK
Van Townsend, 46, Chattanooga TC, after running in the USA Masters Club Championships.

Visit the
National Masters News
Web Site at:
www.nationalmastersnews.com



JERRY WOJCIK
Carmen Ayala-Troncoso, 45, first W40+ (25:10), USA Masters Club Championships.

TWENTY-FIVE YEARS AGO December 1979

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

Fast Eddy Gets Two-Year Ban

By SUSANNAH BECK

After a full evidentiary hearing before a three-member panel of the American Arbitration Association/North American Court of Arbitration for Sport, Dec. 9, the United States Anti-Doping Agency announced that Eddy Hellebuyck, 43, Albuquerque, N.M., would be sentenced to a two-year suspension for testing positive for recombinant human Erythropoietin (r-EPO) at a random, out-of-competition, urine sample drug test, on Jan. 31, 2004.

The suspension is served from the date of the test and bans participation in "sanctioned competition." Thus Hellebuyck's eighth-place finish at the U.S. Olympic Marathon Trials in Birmingham, Ala., this spring, is disqualified, as is his third-place finish at the Masters 10K Championships at the Heritage Oaks 10K, Paso Robles, Calif., in September.

Hellebuyck has been a professional distance runner at the highest level of the sport for the past two decades, and one of the fastest, most prolific masters racers in the world for the past

three years. He was notable for racing well for weeks after a fast marathon effort, contrary to conventional wisdom.

Hellebuyck has been a popular speaker at running events and often credited his speed and durability to his light frame and beer drinking. A native of Belgium, the affable and talkative Hellebuyck became a U.S. citizen in 1999.

Unlike most masters athletes, Hellebuyck has been subject to random drug testing because he is a U.S. citizen and his performances have ranked him as a top "open" performer. USADA, which administers drug-testing for numerous sports, tests those athletes that USA Track & Field (USATF) refers to them.

This typically includes all U.S. athletes ranked in the "open" top 15 in their respective track and field or long distance event. Hellebuyck's 2:12:46 at Twin Cities last fall put him in this category. Non-U.S. citizens living and racing in the U.S. are not subject to out-of-competition drug testing by USADA. □

MUT

Ann Heaslett, 40, and William Emerson Ore., were voted the runners of the Year Mountain, Ultra, Training Council. Heaslett the HUFF 50K (4:15:2003 and the Ice (7:30:00) in May, a 8:40 100Ks in 2004.

Emerson ran 21 ul course records in six ters course records i the course record in Hawaii, Jan. 17, with the masters record (later on the 24th in the 50K, Hawaii. He finished sixth in any race.

The North Texas were honored as Co Year for their supporters Supporting Ultra fund. Since its inception, the club has \$10,000 to the USA and last year donated from the Rockledge R Timbers trail runs to USATF 100K team the World Cup Netherlands.

The USATF ultrarunners are voted for by MU nominees who run performances at USATF Championships, World and other significant Nov. 1, 2003, and Oct who are current USA

Anita Ortiz, 40, E Andy Ames, 41, Bove selected Masters Mountain of the Year. Ortiz was (11th) in the 2004 Running Team champion won her fourth Pike 2004 with a masters runner the only master on

USATF Hall

Continued from page 15

Norm Green announced of this year's ballot. Jerry Donley, Beverly Larsen, Shirley M. Ottaway of the Masters Committee, supplied Anderson, Jerry C. Mathews, and Len C. Timers Committee.

The announcement light of the joint m T&F and Masters L the USATF announced Portland, Ore.

Green reported that been distributed to the two masters committees previous Hall of Fame hundred-and-thirty casting 1196 votes.

Each person eligible majority of the vote

MUT and XC Runners Honored

Ann Heaslett, 40, Madison, Wisc., and William Emerson, 40, Portland, Ore., were voted the 2004 Ultrarunners of the Year by the USATF Mountain, Ultra, Trail (MUT) Running Council. Heaslett won overall the HUFF 50K (4:15:48) in December 2003 and the Ice Age 50 Mile (7:30:00) in May, and ran two sub-8:40 100Ks in 2004.

Emerson ran 21 ultras, setting open course records in six of them and masters course records in nine, including the course record in the HURT 100K, Hawaii, Jan. 17, with a 13:26:00, and the masters record (3:58:00) a week later on the 24th in the Hilo to Volcano 50K, Hawaii. He finished no less than sixth in any race.

The North Texas Trail Runners were honored as Contributor of the Year for their support of the Ultrarunners Supporting Ultrarunners (USU) fund. Since its inception eight years ago, the club has donated over \$10,000 to the USATF 100K team, and last year donated \$1200 raised from the Rockledge Rumble and Cross Timbers trail runs to support the 2004 USATF 100K team that competed at the World Cup 100K in The Netherlands.

The USATF ultrarunners of the year are voted for by MUT members from nominees who run exemplary performances at USATF National Ultra Championships, World Cup venues, and other significant races between Nov. 1, 2003, and Oct. 31, 2004, and who are current USATF members.

Anita Ortiz, 40, Eagle, Colo., and Andy Ames, 41, Boulder, Colo., were selected Masters Mountain Runners of the Year. Ortiz was the top American (11th) in the 2004 World Mountain Running Team championships, and won her fourth Pikes Peak Ascent in 2004 with a masters record. Ames was the only master on the Teva U.S.

Mountain Running Team in 2004. He was the top master at the Mt. Washington Hill Climb and the Teva Vail Hill Climb.

Dalton, Martin Top XC Runners

Kathy Martin, 53, Northport, N.Y., and Tom Dalton, 46, Schenectady, N.Y., were named Masters Cross-Country Athletes of the Year. This is Martin's third XC Award, having won it in 2002 and 2003 as co-winner with Shirley Matson. Dalton has won the XC award every year since it was instituted in 2000, sharing it with Robert Winn in 2003.

The award is based on age-graded performances from December 2003 through November 2004 and did not include the USA 10K XC Championships in Portland on Dec. 4, which will be used for the 2005 award.

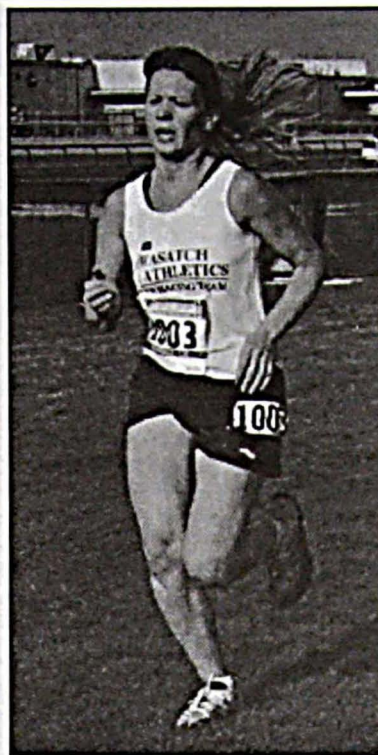
Martin ran an 18:23 in the 5K XC Championships, Saratoga Springs, N.Y. Her time was an A-G 92.2%. Sarah Kramer, 44, was second in the age-grading with an 86.0% 18:10. In the 8K XC Championships in Boston, Martin ran an A-G 88.8% 31:15, with Carmen Ayala-Troncoso, 44, second in an 88.1% 29:17.

Dalton ran an A-G 92.7% 15:12 in the 5K XC, and a 90.7% 25:25 in the 8K XC. Brian Pope, 41, had a second-place 91.1% 14:54 performance in the 5K XC, and John Barbour, 50, was second to Dalton in the 8K XC with an 89.6% 26:32.

Martin and Dalton did not run in the 10K XC, Greensboro, N.C., Dec. 7, 2003, nor the 6K XC, Indianapolis, Feb. 7. The best age-graded performances in those races did not exceed theirs in the 5K and 8K XC.

Retiring Cross-Country Representative Carol Langenbach, SeaTac, Wash., was honored with the Cross-Country Council Award. □

— from USATF MUT, and Bill Quinlisk, XC Representative



JERRY WOJCIK
Kris Erickson, 40, Wasatch Athletics, USA Masters Club Championships, Portland, Ore., Dec. 4.



JERRY WOJCIK
Regina Joyce (l), second W45 (25:58), Club Northwest, battles an open runner to the finish, USA Masters Club Championships, Portland, Ore., Dec. 4.

Book Review

RUN Right Now

After some 50 years of running and nearly 40 years of writing about running, Joe Henderson should be showing signs of burnout. But his new book, *RUN Right Now: What a Half-Century on the Run Has Taught* (Barnes & Noble Books, New York, 2004, 338 pages, \$12.95), suggests that Joe is as fresh as ever, and just as passionate as he was when he authored *Long, Slow Distance* back in 1969.

You'd think that with a subject as simple as running, this book would just be rehashing the things Henderson has said in one of his more than two-dozen other books. He wrote *Running, A to Z* back in 1983 and *Running 101* in 2000.

He's told us how to be fit, how to train, how to run our best race, how to win, and how to run for a lifetime. He's detailed the training programs of top competitors and supplied us with all kinds of running philosophy over the years. What else could he possibly say?

But somehow, Henderson keeps coming up with new ideas and fresh ways of presenting old ideas. The book is divided into three parts: running routines, running races, and running long. In the first part, there are 11 chapters, ranging from teaching and learning through scheduling and moving to fueling and heating.

"If there's a single word that defines good running style, it's prancing," Henderson offers in the chapter

on moving. "Not running like a drum major at halftime during a football game, but running as if you're proud of yourself."

As someone who used to do a lot of barefoot running on synthetic tracks and infields, I found Henderson's treatment of this topic, under dressing, very informative and interesting, something that should be read by those who have never considered barefoot running.

The section on races has 13 chapters, ranging from winning and training on through miling and marathoning to fun-racing. In the chapter on miling, Henderson provides some interesting food for thought as to why today's high school milers are not doing as well as those of yesteryear.

The third section has 11 chapters, ranging from easing through aging to enjoying. Henderson has many thought-provoking stories to tell about his experiences and the experiences of runners he has encountered along the way, all recorded in his daily journal. The "chapter notes" (appendix) of the book has a number of race conversion tables that can be very helpful to runners of all abilities.

Whether novice runner or seasoned veteran, the reader should benefit from this book.

Besides offering much advice, the little stories in the book make it an entertaining read. □

— Mike Tymn

USATF Hall of Fame Honorees

Continued from page 15

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. 3 at the USATF annual meeting in Portland, Ore.

Green reported that 183 ballots had been distributed to listed members of the two masters committees plus previous Hall of Fame honorees. One-hundred-and-thirty returned ballots, casting 1196 votes.

Each person elected received a majority of the votes cast. □

— Norm Green



Betty Jarvis, 85, Class of 2004 USATF Masters Hall of Fame.

Report from Britain

By BRIDGET CUSHEN

Winning the annual British & Irish Masters International cross-country race, held each November and rotated between Northern Ireland, Scotland, Wales, Republic of Ireland and England, is now the prime target of all endurance runners.

It is one of the few meets in which teams, in five-year age groups from 35 through to 70+, are selected to represent their country. England hosted the event this year in my hometown of Croydon. Over a testing 3-1/2 mile course that involved two steep climbs, the women and M70+, with four per team to score, set off in atrocious weather as the first sleet and snow flurries of winter blew over the rolling Surrey hills.

Niamh O'Sullivan, Ireland, who ran

in the IAAF World cross-country in Belgium last March, set a fast pace throughout, coming home to win the individual race and W40 title ahead of Margaret Deasy, who had a storming second circuit for England's W40 team.

Susan Ridley, the current British masters titleholder, was third for Scotland and first W35. Ireland's second win came in the W45 when Carmel Parnell successfully repeated her win. Karen Marshall won the W50 race for N. Ireland, but England fielded one of their strongest ever W55 teams.

All four came in ahead of their international rivals. Elaine Statham, an ex-WMA 5000 and 10,000 gold medalist, got the W60 title while Brian Ashwell of England led the M70 teams home.

The M40-54 and 55-69 races over 4-1/2 miles, with six per team, were a real test of stamina as the ground conditions deteriorated.

Guy Amos, England, came through brilliantly to snatch the title by just one second from a determined Clive Bromhall, England. Nigel Gates, England, a veteran of these races, who looked at one stage to be a serious challenger for overall win at age-50, held on for third and first M50.

Brian Gardner, Scotland, and Brian Lloyd, England, collected gold in the M45 and M55 groups, as did Martin Ford and Steve James, both England, in the M60 and 65.

Alex Rowe, who was fifth M45 in the international cross-country, returned to the road to win his age group in the Preston 10 Mile (54:02). However, it is Dave Taylor, M40, who con-

tinues to be the leading light on the road running circuit. He won the British Masters 10K at Portsmouth in 31:04 in September in blustery conditions.

He returned to the same venue to be first master in the Victory 5 Mile (23:52), having meantime won a hilly half-marathon and completed a three mile relay circuit in 17:37 for his club.

At 75, Eileen Quinton is still well ahead of her younger rivals, setting a British 10K best of 54:13 and five mile in 41:56. Ros Tabor is also in superb form, winning the W55 age group in the Maidstone Half-marathon in 95:40.

Practicing what he preaches, the Minister for Sport, Richard Caborn, is a regular competitor in road races in the North of England. He ran a 10K in 52:20 in his constituency. □

Mark Springer (1957-2004)

USA Track & Field Director of Grass Roots Programs and Planning, Mark Springer, a husband, son, brother and Jimmy Buffet fanatic, died Monday morning, Dec. 13, at Community South Hospital in Greenwood, Ind. He was 47.

Mark sustained severe head injuries in an automobile accident while driving home from work on Sept. 10, 2004, and had been in a coma since the accident.

Born July 31, 1957, Mark was a native of Greenwood. He graduated from Cathedral High School in Indianapolis and Indiana University, Bloomington.

Mark was the longest-tenured member of the USATF National Office Staff, having started with USATF in 1986 as Publications Assistant. He later moved to Publications Manager and Communications Manager before becoming Director of Grass Roots Programs and Planning in 2000.

In that role, Mark worked with USATF volunteer committees to coordinate the Youth Athletic National Championships and Junior Olympic Championships, as well as working with masters groups. His fall and winter seasons were spent planning and overseeing the USA Track & Field Annual Meeting.

In his various roles with USATF, Mark worked with nearly every constituency of the organization. He became one of the most beloved figures in USATF, thanks to his deadpan humor and kind manner.

A fount of USATF information, Mark was the "go-to guy" for any questions about the organization to which other staffers didn't have the answer. Have a question about an obscure governance issue? "Ask Springer." Trying to figure out how to clear out a paper jam, or how to access your voice mail? "Ask Springer." Want to know the president of every USATF Association, or the nearest youth clubs to Kalamazoo, Michigan? "Ask Springer." □

But Mark was perhaps best known for his keen, unique, and often ironic wit. "Springerisms" invariably were droll, deadpan and amusing. Internal calls to his office phone were answered with "Springer Global Headquarters."

As USATF President Bill Roe recounted at the 2004 USATF Annual Meeting Opening Session, conversations with Mark during the work day often concluded with, "Been nice chatting with you, but I've got to get back to my nap."

USATF CEO Craig Masback recounted how Mark's wife, Sandy, told him of watching the 2004 Olympic Games with Mark in August.

"One of Mark and Sandy's last happy moments was watching the Olympics on TV and sharing in the success of athletes who Mark had touched in some way through the years," Masback said.

"Mark's almost two decades of service to our organization helped our great athletes, coaches, officials and other volunteers achieve their potential in our sport.

"His death is a tragic loss for so many people, including his wife, family, and USATF family. In many ways, he was the heart of this organization, and we are devastated by losing him. But memories of Mark must always be accompanied by a smile, because that's what he made us do, on a daily basis."

George Mathews, Masters T&F Committee Chair, said of Mark's death, "Very sad. Mark was a great friend of Masters Track & Field. He worked tirelessly to help us in many areas, particularly our national championships, WMA championships, and our annual meeting. He will be sorely missed. Our condolences go out to his family."

Survivors include his wife; mother, Mary; and brothers, Tom and John. USATF will distribute information regarding arrangements when available. □

— USA Track & Field

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"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
50-59	300m	.686m 27"				
60+	300m	.686m 27"				

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
70-79	80m	.686m 27"				
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"				
70+	300m	.686m 27"				

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-79	3.00k	1.00k	3.00k	500 gms.	16#	25#
80+	3.00k	1.00k	3.00k	400 gms.	12#	20#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-9	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#	25#

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.

M

NATK

• **Gerry Lindgren**, Olympian in '64, inspired runners from high school ranks, and new the Track & Field Hall releasing his book on resident of Honolulu, local races. For www.gerryindgren.co

EA

• **Quebecoise** r Voghel, 50, St. Armand at the Philadelphia after a 1:29:09 first half.

• **Connie Gardner** was the first lady at 1:50 Miler, in Hagerstown 7:31:00. JFK is the country, with 876 f Appalachian Trail r masters maestro Providence, RI, took 6:14:47.

• **Dan Quinn**, 45, P to a first-overall 1 County RRC Little B XC, Clarksburg, MD. Brown, 60, Gaithersburg M60+ in 24:41. B Frederick, MD, finished 24:01. **Priscilla Pru** MD, took the W60 race.

• Two USATF n racewalk champions fall. The 40K race took Park, Ocean Township M40 **Bill Vayo**, Walker W40 **Janine Stua** Walkers, 5:13:12, taking The 50K Champions Hauppauge, NY, O Haluska, 52, 5:17:56, 42, 6:10:20, coming o

• **Zofia Wicliorko**

Andrew Whitney, 4 steps apart as mas Race to Deliver 4- NYC, Nov. 21. Acin were **Jeng Ahn**, 65 **Turosz**, 66, 31:39.

• A hot drink was worth pursuing in 32- NYRR Hot Chocolate NYC, Dec. 4. First r mugs were **Felipe V** **Jean Chodnicki-Ster**

SOUTH

• At the Vulcan Run AL, Nov. 6, cross **Stetson**, 60, Barringer was the top master.

• **Dennis Simons** collected \$1000 for h Memphis (TN) Mar 2:23:24 was good f **Jackie Morgan**, 4 3:02:28, was the top

• **Dan Verrington**, 3:16:42, and **Dave D** MA, in 3:27:15, were all, Peachtree 50K, 14. **Patricia Zervas**, with a 3:51:41, was **Marlene Atwood**, 5 fourth W40+ (5:15:08)

• **James Frazier**, 16:01, and **Ava Suy** 21:04, cracked to

Masters Scene

NATIONAL

• **Gerry Lindgren**, high school phenom, Olympian in '64, inspiration to a generation of runners from high school to the professional ranks, and newly-elected member of the Track & Field Hall of Fame, will soon be releasing his book on his running career. A resident of Honolulu, Lindgren still runs in local races. For more information: www.gerrylindgren.com

EAST

• Quebecoise marathoner **Louise Voghel**, 50, St. Armand, PQ, ran a 3:00:50 at the Philadelphia Marathon, Nov. 21, after a 1:29:09 first half split.

• **Connie Gardner**, 41, Medina, OH, was the first lady at the John F. Kennedy 50 Miler, in Hagerstown, MD, Nov. 20, 7:31:00. JFK is the largest ultra in the country, with 876 finishers cruising the Appalachian Trail route this year. Men's masters maestro **Martin Tighe**, 46, Providence, RI, took third place overall, 6:14:47.

• **Dan Quinn**, 45, Potomac, MD, cruised to a first-overall 18:20, Montgomery County RRC Little Bennett's Revenge 5K XC, Clarksburg, MD, Nov. 21. **Walter Brown**, 60, Gaithersburg, MD, was first M60+ in 24:41. **Beverly Black**, 43, Frederick, MD, finished second-female in 24:01. **Priscilla Prunella**, 60, Rockville, MD, took the W60 race (31:32).

• Two USATF national masters ultra racewalk championships were held in the fall. The 40K race took place at Joe Palais Park, Ocean Township, NJ, Sept. 12, with M40 **Bill Vayo**, Walk USA, 3:58:01, and W40 **Janine Stuart**, New England Walkers, 5:13:12, taking home the gold. The 50K Championships were held in Hauppauge, NY, Oct. 31, with **Vlado Haluska**, 52, 5:17:56, and **Dorit Attias**, 42, 6:10:20, coming out on top.

• **Zofia Wiciorowska**, 41, 23:44, and **Andrew Whitney**, 43, 23:30, were only steps apart as masters winners at the Race to Deliver 4-Miler, Central Park, NYC, Nov. 21. Acing the 65-69 division were **Jeng Ahn**, 65, 28:37, and **Zofia Turos**, 66, 31:39.

• A hot drink was definitely something worth pursuing in 32-degree weather at the NYRR Hot Chocolate 15K, Central Park, NYC, Dec. 4. First masters to hoist their mugs were **Felipe Vergara**, 40, 52:28, and **Jean Chodnicki-Stemm**, 45, 1:00:23.

SOUTHEAST

• At the Vulcan Run 10K in Birmingham, AL, Nov. 6, cross-country ace **Rick Stetson**, 60, Barrington Hills, IL, 37:54, was the top master.

• **Dennis Simonaitis**, 42, Draper, UT, collected \$1000 for his masters win at the Memphis (TN) Marathon, Dec. 4. His 2:23:24 was good for fifth place overall. **Jackie Morgan**, 44, Stoughton, WI, 3:02:28, was the top masters woman.

• **Dan Verrington**, 42, Bradford, MA, in 3:16:42, and **Dave Dunham**, 40, Bradford, MA, in 3:27:15, were fourth and fifth overall, Peachtree 50K, Peachtree, GA, Nov. 14. **Patricia Zerfas**, 42, Kensington, MD, with a 3:51:41, was fourth-woman overall. **Marlene Atwood**, 54, Duluth, GA, was fourth W40+ (5:15:08).

• **James Frazier**, 43, Valparaiso, FL, in 16:01, and **Ava Suydan**, 40, Destin, FL, in 21:04, crackled to overall firsts, Hog's

Breath 5K, of Destin, Nov. 13. **Nancy Mann**, 58, of Destin, took the W40+ fourth-overall spot (25:53).

• **Mike Molod**, 40, Sarasota, FL, was first overall in the Paul deBruyn 30K, Ormond Beach, FL, Nov. 20. **Bethany Heslam**, 40, North Port, FL, was third-female in 2:12:17. Top grandmasters (50+) were **Albert Wieringa**, 58, St. Petersburg, FL, 2:41:11, and **Mary Pulaski**, 53, Largo, FL, 2:01:21. **Mike Cain**, 45, Ormond Beach, with a second-place 57:56, and **Ginger Andersen**, 42, Eagle Lake, FL, in 71:52, were masters firsts in the 15K. First grandmasters were **Reagan Rice**, 51, Crystal River, FL, 66:11, and **Pamela Shaw**, 54, New Smyrna, FL, 80:01. **Robert Shaw**, 74, New Smyrna, won the M70+ race in 77:24.

MIDWEST

• **Kirt Goetzke**, 43, Plymouth, MN, with a fourth-overall 2:50:48, and **Peggy Zeeb**, 48, Colon, MI, with a fifth-female 3:23:30, bested the masters fields in the Grand Rapids, MI, Marathon, Oct. 31. **Richard Mangold**, 50, Ottawa, IL, won the M50 race (3:00:17). In the half-marathon, **Henry Hofman**, 40, Grandville, MI, raced to first overall in 80:12. First W40+ was **Nancy Fazio**, 50, Holland, MI, in 96:38.

• **Amy Thomas-Elder**, 41, stormed to first-female overall in 19:11, Chicago's Universal Sole 5K XC, Nov. 5. **David Miller**, 44, was first master (17:45). **Susan Fernandez**, 50, was first 50+ (34:25).

MID-AMERICA

• **Bob Potter**, 65, Manhattan, KS, stamped to a 3:13:45 at the Wichita KS Marathon, Oct. 17. He placed 23rd overall and scored the top age-graded mark. **Steve Riley**, 50, Lawrence, KS, 2:52:02, and **Dallas Smith**, 64, Cookeville, TN, 3:17:35, also added beef to the field with the next two best performances.

SOUTHWEST

• **Tom Lam**, 43, Owasso, OK, 36:01, and **Greg Welden**, 41, Collinsville, OK, 37:21, were third and fourth overall, Turkey Trot 10K, Tulsa, Nov. 20. **Pam Sneed**, 49, Cleveland, OK, gobbled up the mileage with a second-female 40:13, the best women's age-graded performance at 85.2%. In the adjunct 5K, **Terri Cassel**, 43, Tulsa, blazed to the female overall win in 18:47. **Kevin Bender**, 42, Tulsa, was fourth male in 17:52. **Paul Heitzman**, 73, Eudora, KS, out all last season with a non-running injury, was best master with an age-graded 83.7% 21:56.

WEST

• **Hotelier Antoni Niemczak**, 49, Poland/Albuquerque, NM, had a big fall of racing, scoring the overall win at the Duke City Marathon, Albuquerque, NM, Oct. 24, 2:42:02; a masters win at the Food World Senior Bowl Charity Run 10K, Mobile, AL, Nov. 6, 32:29; and the masters win at the Philadelphia Marathon, Nov. 21, 2:28:59. **Niemczak**, who boasts a 2:09 marathon PR, told the Philadelphia Enquirer that he hopes to set M50 world records next year.

• **Tim O'Rourke**, 46, Kings Beach, CA, in 1:49:54, and **Heidi Helvestine**, 51, Ross, CA, with a fifth-place female 2:02:55, posted masters firsts in the Clarksburg Country 30K, Clarksburg, CA,

Nov. 14. Second 40+ were **Vitas Ezerskis**, 43, San Francisco, 1:50:11, and **Maria Trujillo**, 45, Los Gatos, 2:05:49. First masters in the 5K were **Kurt Lua**, 45, Loomis, CA, with a fourth-overall 17:56, and **Nanette Farley**, 42, Elk Grove, CA, 24:28. **Heather Bracken**, 56, Citrus Heights, CA, was second W40+ (24:52).

• **Mauricio Maia**, 43, Fremont, CA, 16:07, and **Maryann Nelson**, 43, Napa, CA, 19:20, feasted on the masters competition with wins in the Turkey Trot 5K, Davis, CA. **Mike Ammon**, 59, Carmichael, CA, featherfooted to the M55 first in 17:33. **Nova Poff**, 67, of Davis, won the W65 contest in 25:22. **Lou Nishimura**, 49, Fair Oaks, CA, 36:53, and **Linda Cassilas**, 42, of Davis, scampered to masters firsts in the 10K. **David Ragsdale**, Pilot Hill, CA, won the M65 race (47:36).

• **Ed Chynoweth**, 81, Indianola, CA, increased **Charles Pistorino's** M80 US record for the 400g javelin of 30.58 in 2003 with a 30.87 in the Self-Transcendence Masters Games, Long Beach, CA, Oct. 17.



JERRY WOJCIK
Barbara Jordan (l), 2004 W65 Track Athlete of the Year, and Audrey Lary, W70 Field Athlete of the Year.

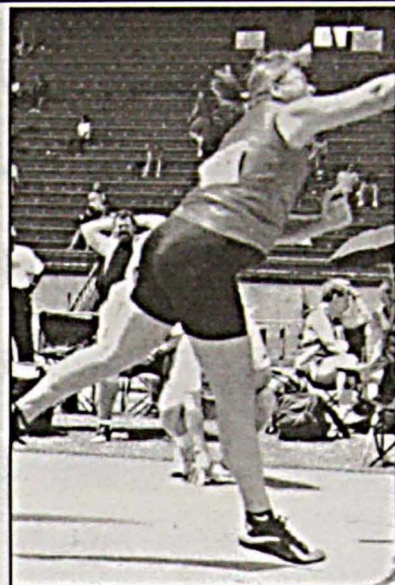
NORTHWEST

• **Tony Young**, 42, in 27:25 (8K) and **Karen Steen**, 40, in 18:56 (5K), scored masters firsts in the USATF NW Regional XC Championships, Portland, OR, Nov. 21. **Chuck Coats**, 45, was second M40+ (27:56). **Regina Joyce**, 47, took the second W40+ spot in 19:08. **Suzi MacLeod**, 71, ran a 28:55.

• **Dale Londos**, 40, Eugene, OR, 16:11, and **Carla Hervet**, 45, Eugene, OR, 19:44, were first masters in the Turkey Stuffer 5K, Springfield, OR, Nov. 25. **Tom Balcom**, 62, Silverton, OR, won the M60 contest in 21:51.

CANADA

• **Dave Lamont**, M40, Toronto Olympic Club, in 26:37, and **Nancy Tinari**, W45, Phoenix AC, in 29:32, sped to firsts in the Canada Masters 8K XC Championships, Sunnybrook Farm, Toronto, Dec. 4. **Maureen de St. Croix**, W50, was second W40+ with an age-graded 90.7% 30:46 and led British Columbia to the Bluenose Trophy, based on age-grading performances, with help from Tinari (88.1%), second master **Rob Lonergan**, M45, Hersher



KONRAD WOJCIK
Carol Finsrud, W45 Field Athlete of the Year.

Harriers, 26:40/87.4%, and **Rory Switzer**, M40, Kelowna RC, 27:35/83.8%.

INTERNATIONAL

• **John Head**, M65, was able to compete while officiating at the WMA South America Championships, Montevideo, Uruguay, Nov. 6-11, and garnered a first in the 300H (57.6) and a fifth in the HJ (1.25). Weather was cool and rainy.

• **Klaus Liedtke**, M60, holder of the M50, M55, M60 SP and M55, M60 DT world records, along with two other German masters were given two-year suspensions for testing positive for banned substances, Liedtke for the anabolic steroid Oxymetholon. The other two athletes were **Josef Muschinski**, M50 middle-distance runner, and **Ralf Prochnau**, M40 sprinter. The three tested positive at the 2004 German Team Masters Championships.

• Top age-graded performances at the Pacific Masters Games, Queensland, Australia, Nov. 6-9, focused on the 60m. Exceeding 95% were **Hugh Coogan**, M65, 8.54 (95.9); **John Wight**, M55, 6.70 (95.4); and **Neville McIntyre**, M60, 6.72 (95.1). □

Need Back Issues?

Most back issues of the *National Masters News* are available for \$3.00 each, plus \$2.00 postage and handling for each order.

Send to:

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

www.nationalmastersnews.com

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 open to men and women over age 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 5-6. USA National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, WI. (s) Jeff Watry, 24302 77th St., Paddock Lake, WI 53168; 262-843-3367(h); jwatry@gillathletics.com
March 11-13. USA National Masters Indoor Championships, Nampa (Boise), Idaho. Mark Murdock, 6127 Portsmouth Ave., Boise, ID 83714. 208-859-9219. email: master schamps@earthlink.net; www.mastertrackandfield.com
June 3-18. National Senior Games, Pittsburgh, PA. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059; www.nsga.com
July 2-3. USA National Masters Decathlon/Heptathlon Championships, Mayfield HS (Cleveland area), OH. (s) Jeff Gerson, 5091 Hickory Dr., Lyndhurst, OH 44124; 440-473-0636; Rex Harvey, 440-339-5688(cel).
August 4-7. 38th Annual USA National Masters Championships, Honolulu, HI. Hawaii LOC, 2005 Hawaii Masters Championships, 1493 Halekoa Dr., Honolulu, HI 968221. www.hawaiihamps.com; 808-732-8805; zeug@hawaii.rr.com
August 13. USA National Masters Weight Pentathlon Championships, Dallas, TX. (s) Lester Mount, 6750 Hillcrest Plaza Dr., #221, Dallas, TX 75230; 214-766-2854.
September 10. USA National Masters Weight & Superweight Championships, Seattle, WA. Hammer, Sept. 9, 5:00 pm. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@comcast.net

EAST

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

January 7-9. 36th Dartmouth Relays, Leverone Field House, Hanover, NH. Carl Wallin, Meet Director, Dartmouth College, Alumni Gym, Hanover, NH 03755. www.lancertiming.com
January 9. Philadelphia Masters Indoor Meet, Swarthmore, PA. (s) Kyle Mecklenborg, 215-393-1382; krmeck@erols.com
January 9 & 23. PVTC/DCRRR Indoor Meets, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVTC.org
January 16. MAC Winter Opener, 168th St. Armory, NYC. 9-5 pm. Ivan Black, 917-679-8448.
January 16 & 30. Prince George's Sports & Learning Complex All-Comers Meets, Landover, MD. 7:30 am. 301-583-2661.
January 22. 38th annual Hartshorne Memorial Masters Mile, Cornell U., Ithaca, NY. W30+; M40+. Prize purse for M&W Elite Mile; bonus for new record (M&W40+). 10 am. Rick Hoebeke, 2706 Agard Rd., Trumansburg, NY 14886. 607-255-6530 (d); 387-6431 (e).
January 23. Greater Boston TC Invitational, Harvard U. (s) 617-282-5537; www.gbtc.org
January 23. University of Delaware, Newark, Indoor All-Comers. 12 pm. Day of meet entry. Jim Fisher, 302-831-8846.
January 28. MAC Masters/Open Meet, 168th St. Armory, NYC. 7-11 pm. Ivan Black, 917-

679-8448.

January 30. Philadelphia Masters Meet, Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com
February 6. PVTC/DCRRR Indoor Meet, Jefferson Community Center, Arlington, VA. 703-218-2726; www.PVTC.org
February 13. Philadelphia Masters Meet, Reading, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com
February 20. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. Masters only. 7:30 am. 301-583-2661.
February 26. Mid-Atlantic USATF Masters & Open Indoor Championships. (s) Collegeville, PA. Kyle Mecklenborg, 215-393-1382; krmeck@erols.com
February 27. Prince George's Sports & Learning Complex All-Comers Meet, Landover, MD. 7:30 am. 301-583-2661.
March 4. MAC Masters Championships, 168th St. Armory, NYC. 6-11 pm. Ivan Black, 917-679-8448.

SOUTHEAST

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

January 22. USAT-NTC Winter Sun Meet #1, Clermont, FL. (s) Also WP. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
February 5. USAT-NTC Winter Sun Meet #2, Clermont, FL. (s) Also indoor pentathlon. 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
February 19. USAT-NTC Winter Sun Meet #3, Clermont, FL. (s) See Feb. 5.
February 26-March 13. Polk Senior Games, Polk Co., FL. 863-533-0055; email: polkse niorgames@juno.com
March 19. USAT-NTC Spring Fling #1, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
April 9. USAT-NTC Spring Fling #2, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com
April 23. USAT-NTC Spring Fling #3, Clermont, FL. (s) See April 9.
May 6-8. 35th annual Southeastern Masters & Open Meet/NCUSATF Championships/Masters 20K RW South Championships, Duke U., Durham, NC. Raleigh Parks & Rec., 2401 Wade Ave., Raleigh, NC 27607; southeasternmasters.org
May 14. USAT-NTC Spring Fling #4, Clermont, FL. (s) 352-241-7144; www.usat-ntc.com; e-mail: noonwalk_99@yahoo.com

MID-AMERICA

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

February 27. USATF Mid-America Regional Indoor Masters Championships/Colorado Championships, USAF Academy, Colorado Springs. Jim Weed, 2203 E. 149th Ave., Thornton, CO 80602. 303-451-8727; 303-520-3088. Jerry Donley, 719-635-1264.
June 11-12. USATF Mid-America Regional Masters Championships/Ozark Association Meet, SIU-Edwardsville. Peggy & Ed Rowold, 314-469-0577; www.usatf.org/assoc/ozark

www.nationalmastersnews.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 29. USATF Southwest Regional Indoor Masters Championships/Wes Kittle Classic & Masters Meet, Texas Tech, Lubbock. Joe Walker, TTU Track Office, Box 43021, Lubbock, TX 79409. 806-742-3355, x249; email: joe.walker@ttu.edu; www.texastech.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 15. King Weekend Throwfar Weight Pentathlon, Citrus College, Glendora, CA. Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652 (w); 323-254-5473 (h).
January 22. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
January 22. Arizona Senior Olympics, Pima Community College (West Campus). Jim Reffkin, 520-791-4896.
February 19-20. Arizona Senior Olympics, ASU, Tempe. Running: 19th; field: 20th. Hugh Morrison, 602-433-9336; www.seniorgames.org
February 26. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
March 19. Santa Barbara Easter Relays, Santa Barbara CC track. Y/O/M Kevin Young, 805-564-3400; kyoung@sbre.com; www.easterrelays.org
March 20. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
April 17. Mt. SAC Relays, Walnut, CA. 909-594-5611, x 4840; http://relays.mtsac.edu
April 2. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
May 7. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
June 18. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com
July 16. Team Thor Thunder Series Throws & PV Meet, UC-San Diego, La Jolla, CA. (s) Tom Meyer, 10323 Ridgewater Ln., San Diego, CA 92131. 858-566-6273; fax: 530-1444; cybertgm@juno.com

NORTHWEST

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

June 11. USATF Inland NW Championships, Pullman, WA. Mike Hinz, 509-332-1168.
June 18-19. Hayward Classic/OR Association Masters Championships, Eugene.
June 25-26. Portland Masters Classic/USATF NW Regional Masters Championships, Mt. Hood CC, Gresham, OR.

CANADA

January 16 & 29. OMTFA Winter Mini-Meet #1 & #2, York U. 416-426-7325; canadianmastersathletics.com
February 13. OMTFA Winter Mini-Meet #3, York U. 416-426-7325; canadianmastersathletics.com
February 26. 36th annual OMTFA Indoor Championships, York U. 416-426-7325; cana-

ON TAP FOR JANUARY

TRACK AND FIELD

The Wes Kittle Indoor Meet at Texas Tech on the 29th is also the Southwest Masters Regional Indoor Championships. The Dartmouth Relays includes masters events on the 7th. Cornell U., Ithaca, NY, will host the 38th Hartshorne Memorial Mile on the 22nd. More indoor action is available in NYC, Boston, Philadelphia, Arlington, VA, and Landover, MD. Outdoor enthusiasts should head for Clermont, FL, or La Jolla, CA, on the 22nd.

LONG DISTANCE RUNNING

An abbreviated, mostly Sun Belt list includes the Walt Disney Marathon, Lake Buena Vista, FL, on the 7th-9th weekend. If you're into tradition, try the 97th Jackson Day 9K, New Orleans, on the 8th. The St. George Marathon in Utah takes off on the 15th, followed on the 16th by the St. Pete Beach Classic 10K, FL; Houston Marathon; Carlsbad, CA, Marathon; and Maui Half-Marathon. More Sunshine State activity can be had in the Naples Half-Marathon on the 23rd. The Las Vegas Marathon rolls into town on the 30th.

RACEWALKING

The USA Masters & Open 30K National Championships is set for San Diego on the 23rd.

dianmastersathletics.com

INTERNATIONAL

February 10-13. New Zealand Masters Games, Wanganui. nzmathletics@xtra.co.nz
March 4-7. New Zealand Masters Association Championships, Dunedin. nzmathletics@xtra.co.nz
July 22-31. World Masters Games, Edmonton, Alberta, Canada. +1 780 822 2005; www.2005worldmasters.com
August 22-September 3. 16th World Masters Athletics Championships, San Sebastian, Spain. www.wma-2005.com

LONG DISTANCE RUNNING

NATIONAL

February 12-13. USA Winter Nationals 8K XC Championships, Ft. Vancouver, WA. Masters: M&W 8K. Enter online at www.usatf.org, or contact Harry Simonis, run-jumpthrow@usatf-oregon.org
June 4. USA National Masters Women's Championships/Freihofers 5K, Albany, NY. George Regan, 518-273-5552; www.freihofersrun.com
June 4. USA National Masters Championships/TEVA Spring Runoff, Vail, CO. Mike Ortiz, 970-279-2280; www.vailrec.com; mo rtiz@vailrec.com.
July 30. USA National Masters 50 Mile Trail Championships/White River 50, Crystal Moun-

tain, WA. Scott McClellan, www.whiteriver50.com;
August 7. USA National Masters Championships, Honolulu, HI. See above.

August 27. USA National Masters Championships/Golden Sausalito, CA. Peter Franks, 667-4257 (d); www.hfranks@attglobal.net.

September 25. USA National Masters Championships/Heritage Robles, CA. www.usatf.org

October 2. USA National Masters Championships/Twin Cities, MN. www.usatf.org

October 15. USA National Masters Road Championships/Tufts, MA. Mike Casper, 617-252-0000; www.mtb50.com

October 16. USA National Masters Championships, Saratoga, NY. George Regan, 518-583-1111; www.usatfadir.org

November 26. USA National Masters Championships, Rochester, NY. Bill Quigley, 716-244-1111; billq@frontiernet.net

EAS

Connecticut, Delaware, Maryland, Maine, New Jersey, New York, Pennsylvania, Rhode Island

January 2. Millenium Marathon, NH. 603-219-8855; www.milleniummarathon.com
January 9. NYRR Fred Leiber Central Park 10K, New York. 212-860-4444
January 23. Banksboro Marathon, VT. 802-253-1111; www.races2run.com
February 6. Maine TC's Cape Elizabeth 10K, ME. 207-891-1111; trackclub.com
February 19. Martha's Vineyard Marathon, MA. 508-696-6203, x300; www.mvmarathon.com
February 27. Jones Town Marathon, MA. 1 pm. 414-244-1111; sugarloafmar.org
February 27. Hudson River Marathon & Relay, NY. 914-244-1111; eneiles@nycap.rr.com; www.hudsonrivermarathon.com
March 13. Boston's Running Marathon & 5 Mile, MA. www.BostonsRunToRemembrance.org
April 18. 109th BAA Nationals, VA. www.baa.org

SOUTHWEST

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

January 7-9. Walt Disney Marathon & 5K, Lake Buena Vista, FL. 407-896-1160; disneyworldmarathon.com
January 8. Charlotte Marathon, NC. www.runcharlotte.com
January 15. Murphy Half-Marathon, AL. 251-473-7777
January 16. St. Pete Beach Marathon, FL. 727-261-1111; beachclassic.com
January 22. Matanzas Marathon, FL. 904-797-7575
January 23. Lady Travers Marathon, FL. 407-898-1313; www.ladytraversmarathon.com
January 23. Naples Marathon, FL. 239-261-1111; www.naplesmarathon.com
January 23. Florida Gulf Coast Marathon & Relay, Clearwater, FL. 727-261-1111; damarathon.com
January 30. Miami Triathlon, FL. 305-278-8668; www.miamitriathlon.com
February 5-6. Gasparilla Marathon, FL. 813-251-1111; www.tampabayrun.org
February 6. Bank of America Marathon, Tampa, FL. 813-251-1111

tain, WA. Scott McCoubrey, 206-325-4800; www.whiteriver50.com; searunco@aol.com.
August 7. USA National Masters 8K Championships, Honolulu, HI. Held in conjunction with the Masters T&F Championships (see above).
August 27. USA National Masters 50K Trail Championships/Golden Headlands 50K, Sausalito, CA. Peter Franks, 415-381-4363 (e); 667-4257 (d); www.headlands50k.org; peterfranks@attglobal.net.

September 25. USA National Masters Championships/Heritage Oaks 10K, Paso Robles, CA. www.heritageoaksbank.com; www.usatf.org
October 2. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 15. USA National Masters 50 Mile Road Championships/Tussey Mountainback 50 Mile, Mike Casper, 814-238-5918; www.nvrn.com/MTB50.html; mccc4@psu.edu
October 16. USA National Masters 5K XC Championships, Saratoga Springs, NY. George Regan, george@usatfadir.org

November 26. USA Fall Nationals XC Championships, Rochester, NY. Masters: M10K & W6K. Bill Quinlisk, 412 Humboldt St., Rochester, NY 14610-1113; 585-482-6371; billq@frontiernet.net

EAST

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

January 2. Millenium Mile, Londonderry, NH. 603-219-8855; www.milleniummile.com
January 9. NYRR Fred Lebow Classic 5 Mile, Central Park. 212-860-4455; www.nyrrc.com
January 23. Bankshots Super Bowl 5K, Wilmington, DE. 11 am. 302-654-6400; www.races2run.com

February 6. Maine TC's Mid-Winter 10 Mile, Cape Elizabeth. 207-892-4526; www.maine trackclub.com

February 19. Martha's Vineyard 20 Miler. 508-696-6203, x300; www.mv20miler.com
February 27. Jones Town & Country 10 Mile, Amherst, MA. 1 pm. 413-259-1469; www.sugarloafmac.org

February 27. Hudson Mohawk RRC Winter Marathon & Relay, Albany, NY. eneils@nycap.rr.com; www.hmrrc.com
March 13. Boston's Run to Remember Half-Marathon & 5 Mile, Boston, MA. www.BostonsRunToRemember.org

April 18. 109th BAA Boston Marathon. www.baa.org

SOUTHEAST

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

January 7-9. Walt Disney World Marathon, Half-Marathon & 5K, Lake Buena Vista, FL. 407-896-1160; disneyworldsports.com

January 8. Charlotte Observer Marathon, Charlotte, NC. www.runcharlotte.com; email: marathoninfo@runforyourlife.com

January 15. Murphy HS Panther Pride 5K, Mobile, AL. 251-473-7223; www.pcpacers.org

January 16. St. Pete Beach Classic 10k & 5K, St. Petersburg, FL. 727-367-RACE; stpete beachclassic.com

January 22. Matanzas 5000, St. Augustine, FL. 904-797-7575.

January 23. Lady Trackshack 5K, Orlando, FL. 407-898-1313; www.trackshack.com

January 23. Naples Daily News Half-Marathon, Naples, FL. 239-434-9786; naplesnews.com

January 23. Florida Gulf Beaches Marathon & Relay, Clearwater, FL. 727-347-4440; floridamarathon.com

January 30. Miami Tropical Marathon. 305-278-8668; www.miamitropicalmarathon.com

February 5-6. Gasparilla Marathon, Half-Marathon, 15K, & 5K, Tampa, FL. 813-254-7866; www.tampabayrun.com

February 6. Bank of America Marathon & Half-Marathon, Tampa, FL. 813-254-7866;

www.tampabayrun.com

February 13. Mercedes Marathon & Half-Marathon, Birmingham, AL. 205-870-7771; mercedesmarathon.com

February 18-20. Myrtle Beach Marathon & Half-Marathon, Myrtle Beach, SC. 843-293-RACE; www.MBMarathon.com

February 19. Outback Distance Classic 12K, Orlando, FL. www.trackshack.com

February 19. Silver Comet Ultra Runs 50K & 100K, Rockmart (Atlanta), GA. jslug1@comcast.net

February 19. Clemmons XC Classic 5K, Clemmons, NC. Jeff Norris, 336-794-3935.

February 20. Tallahassee Marathon & Half-Marathon, FSU. www.gulfwinds.org/marathon

February 26. Blue Angel Marathon, Half-Marathon & 5K, Pensacola, FL. 850-452-3805, x315/340/320; www.naspensacola.navy.mil/mwr/nas.html

February 27. Anheuser-Busch Colonial Half-Marathon, Williamsburg, VA. www.tribeclub.com

March 12. Gate River Run 15K & 5K, Jacksonville, FL. USA 15K Championships. 904-731-1900; www.gate-riverrun.com

March 19. Shamrock Sportsfest Marathon, Relay & 8K, Virginia Beach, VA. Shamrock Sportfest, 2321 Cape Arbor Dr., Virginia Beach, VA 23451-1310. shamrockmarathon.com

March 26. Masters 5K & Mile, Dollywood Theme Park, Pigeon Forge, TN. Ross Dunton, Coachr880@bellsouth.net

MIDWEST

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

January 15. Portland Winter Run 5K, Portland, MI. David Hoort, 517-647-7873.

February 6. 21st Winterfest 5K, Kankakee, IL. 1pm. Charlie Grotevant, 815-949-1551.

MID-AMERICA

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

January 15. 25th Freeze Yer Gizzard Blizzard 5K & 10K, International Falls, MN. 800-325-5766; www.iceboxdays.com

February 5. St. Paul Winter Carnival Frozen Half-Marathon, St. Paul, MN. hermansrun@aol.com; www.winter-carnival.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

January 1. Run for Your Life 8K, Tulsa, OK. 888-580-5680, x123; signmeupsports.com

January 16. HP Houston Marathon & Half-Marathon, Houston, TX. 713-957-3453; www.hphoustonmarathon.com

January 16. 97th Jackson Day 9K, New Orleans. 504-482-6682; runnotc.org

January 30. The Wall-Louisiana Championship, 30K & 10K, New Orleans. 504-482-6682; www.runnotc.org

January 30. 3M Half-Marathon, Austin, TX. 512-984-7223; www.3m.com/races

February 5. 7th Nextel Mardi Gras Mambo 10K, Baton Rouge, LA. 225-382-3596; www.brasf.com

February 12. Battle of Mobile Bay 5K, Dauphin Island, AL. Port City Pacers, 251-473-7223.

February 13. Freescale Marathon & Half-Marathon, Austin, TX. www.freescaleaustinmarathon.com

February 26. Cowtown Marathon, Ft. Worth, TX. cowtownmarathon.org

February 26. ConocoPhillips 10k Rodeo Run, Houston, TX. 281-293-2447; conocophillipsrodeorun.com

February 27. Mardi Gras Marathon, Half-Marathon & 5K, New Orleans. 800-886-5534; www.mardigrasmarathon.com

Subscription Problems?

Call 818-286-3129

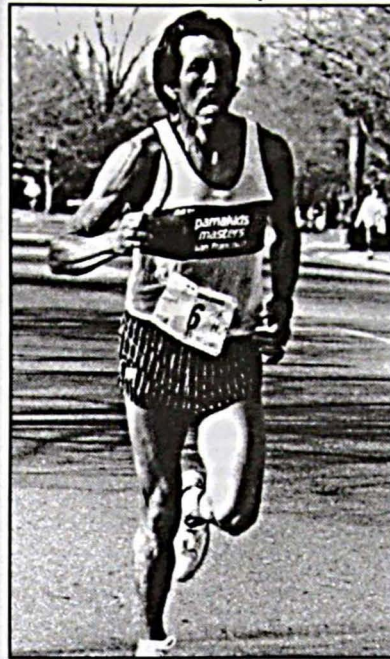
WEST

Arizona, California, Hawaii, Nevada, New Mexico

January 8. P.F. Chang's Rock 'n' Roll Marathon & Half-Marathon, Phoenix, AZ. 800-311-1255; www.mraz.com

January 8. 25th Paramount 10K, Paramount (LA.), CA. 714-841-5417; www.nealand.com/finishline

January 9. 33rd California 10 Mile, Stockton, CA. 209-478-2802; www1.uop.edu



JERRY WOJCIK

Phil Conley, member of the Class of 2004, USATF Masters Hall of Fame.

NORTHWEST

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

January 8. New Balance Winter Grand Prix 3K XC, Woodland Park, Seattle. 800-343-4411; superjocknjill.com

January 15. St. George Half-Marathon, St. George, UT. 435-634-5860; bpeckham@info west.com

January 22. New Balance Winter Grand Prix 2 Mile XC, Emerald Downs, Seattle. 800-343-4411; superjocknjill.com

February 13. Truffle Shuffle 4 Mile, Eugene, OR. 1 pm. 541-344-0833; www.committed partners.com

April 16. USATF Inland NW 8K Championships, Connell, WA. Ken Sellereite, 509-234-8606.

INTERNATIONAL

February 12. British Masters XC Relay Championships, Norwich, East Anglia. BMAF Relays, 6 Hare Close Mulbarton, Norwich, NR14 8QQ, UK. www.bmaf.org.uk

February 27. World's Best 10K, San Juan, Puerto Rico. 787-767-2000; www.wb10k.com

March 12. British Masters XC Championships, Bangor Co. Down, Northern Ireland. BMAF XC/co 1 Wilmont Park, Dunmurray, Belfast, BT17 9JW, UK. www.bmaf.org.uk

RACEWALKING

January 23. USA National Open & Masters 30K RW Championships, San Diego, CA. www.usatf.org

February 13. USA National Masters 50K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usatf-ntc.com; e-mail: noonwalk_99@yahoo.com

March 13. USA National Masters Indoor 3000m Championships, Nampa (Boise), ID. See National T&F above.

May 15. USA National Masters 15K RW Championships, Riverside, CA. www.usatf.org

August 5 & 7. USA National Masters 5000m (5th) and 10K (7th) RW Championships, Honolulu, HI. See National T&F above.

September 11. USA National Open & Masters 40K RW Championships, Ocean Township, NJ. Elliott Denman, 732-222-9080; www.usatf.org

October 8. USA National Open & Masters 5K RW Championships, Kingsport, TN. Bobby Baker, 423-349-6406; www.usatf.org

November 13. USA National Masters 20K RW Championships, Clermont, FL. Don DeNoon, 352-241-7144; www.usatf-ntc.com; email: noonwalk_99@yahoo.com

December 4. USA National Open & Masters One-Hour RW Championships, Jacksonville, FL. www.usatf.org

RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44
Bill Weatherlow PV 4.26 8/8/04

M45-49
James Kerman SP 13.72 10/2/04
James Chinn 55m 6.95 6/12/04
60m 7.56 3/27/04
100m 11.13 7/16/04
200m 22.54 7/16/04
400m 51.73 8/6/04

M50-54
Bill Murray Dec. 7012 8/21-22/04
LJ 5.50 8/5-8/04
Pent 3557 8/5-8/04
HJ 1.69 3/26-28/04
60hh 9.67 3/10-14/04
Pent 4045 3/10-14/04
55hh 8.90 1/31/04
PV 3.80 8/5-8/04

M55-59
Buzz Gagne JT 54.39 8/8/04
Michael Wiggins 5K 24.45 8/6/04
10K 51.35 8/8/04

M60-64
Les Lane LJ 4.64 8/5-8/04
Pent 3251 8/5-8/04
David Wheeler HT 36.06 7/9/04
M65-69
Ted Moore 10K rw 1:00:56 10/31/04
1500 rw 7:51 10/2/04
5K rw 29:40 10/2/04
Wt 14.69 2/29/04
Hammer 37.80 6/29/04
SW 6.18 9/11/04
W. Pent 3231 9/4/04

M70-74
Vern Schewe 200m 31.11 6/26/04

W40-44
Heather Scanlon SP 8.93 11/07/04
W45-49
Yvonne Kirkpatrick SP 9.07 8/5-8/04
D 26.10 8/5-8/04
W50-54
Linda Cohn D 22.90 9/19/04
TJ 30-01 9/05/04
SP 28-02 10/4/04
Ellen Richards 10K 44:20 10/11/04
W70-74
Janice Wolowitz D 46-6 9/18/04

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	14.8
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	3:08	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	28:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	28:00	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	11.8	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 1/4	6-1 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	6-6 1/4	5-10 1/4	4-3 1/4		
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 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1 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 1/4	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	
35Wt	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00			
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4		19-8 1/4	16-4 1/4				
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 1/4	45-11 1/4	43-5 1/4	41-0 1/4	46-9	43-5 1/4	45-11 1/4	43-5 1/4	44-3 1/4	38-6 1/4	32-9 1/4	28-8 1/4	19-8 1/4
Sup.Wt	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
(56#)	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18-1 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) Superweight: 30-69: 56# 70-79: 35# 80+: 25#
10) Pen/Dec/Wt.Pent: 30-39 IAAF pts.; 40+ WMA factoring.
11) Metric heights and distances are the standard; feet and inches listed for convenience.

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

WOMEN

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

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

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
55	8.0	8.20	8.50	8.80	9.10	9.40	9.80	10.30	10.80	11.50	12.30	13.40	14.80
60	8.60	8.80	9.10	9.50	9.90	10.20	10.60	11.10	11.70	12.40	13.40	14.40	15.90
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	78.8	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		
1 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		
2K-SC	8:20	8:35	9:00	9:30	10:00	10:25	11:00	11:55	12:50				
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		
	106-0	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			
	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			
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; e-mail: natmanews@aol.com. To keep information current, we generally do not publish results more than 3 months old. Results typed and measuring 2-1/4" wide in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

MIDWEST

Illinois Senior Olympics
Springfield, IL; Sept. 15-19

50m	Larry Ybarra	7.2
M50	James Seiler	7.1
M60	Dan Hansman	7.2
M65	Glenn Brooks	7.3
M75	William Urban	8.4
M80	Bud Braunlich	9.5
M85	Karl Dippong	19.7
M90	Maureen Halloran	8.6
M95	Mary Clark	12.5
M100	Patricia Beam	9.7
M105	Alice Purdes	20.6
M110	Eleanor Rytko	13.5
M115	Lorma Bauer	11.3

100m	Daryl Kemna	13.8
M50	Stuart Radloff	12.7
M55	Dan Hansman	13.7
M60	Glenn Brooks	13.6
M65	Harry Brown	14.4
M70	William Urban	16.3
M75	Bud Braunlich	19.2
M80	Maureen Halloran	16.3
M85	Bonnie Bell	17.9
M90	Patricia Beam	19.3
M95	Eleanor Rytko	24.8
M100	Lorma Bauer	22.7

200m	Daryl Kemna	28.7
M50	Stuart Radloff	26.7
M55	Paul Smith	28.9
M60	Glenn Brooks	29.0
M65	Harry Brown	30.0
M70	William Urban	35.0
M75	Howard Dewell	121.7
M80	Maureen Halloran	36.1
M85	Lillie Kelley	34.8
M90	Patricia Beam	41.3
M95	Eleanor Rytko	104.3
M100	Lorma Bauer	52.9

400m	Rodney Dobson	1:10.0
M50	Stuart Radloff	1:01.2
M55	Peter Lazzari	1:11.2
M60	Michael Davidson	1:11.7
M65	Harry Brown	1:08.5
M70	Richard Rubica	1:14.6
M75	Tab Talkin	3:19.0
M80	Julia McQueen	3:19.9
M85	Margaret Steinman	2:59.2

800m	Richard Hamra	2:38.5
M50	Mathys Bax	2:31.8
M55	Jeff Fults	2:48.2
M60	John McGinty	4:44.7
M65	Alvin Ravenscroft	3:15.1
M70	Tab Talkin	7:14.4
M75	Maxine Sheinin	3:45.3
M80	Julia McQueen	3:43.6

1500m	Timothy Nolan	5:48.6
M50	Mathys Bax	5:19.3
M55	Paul Spinner	6:37.2
M60	Charles Klyber	10:14.0
M65	Alvin Ravenscroft	6:33.2
M70	Karl Muller	10:32.0
M75	Eleanor Rytko	11:32.5

5000m	Mathys Bax	19:40.2
M50	Paul Spinner	25:20.6
M55	John Sanford	29:28.0
M60	Alvin Ravenscroft	23:84.4
M65	Karl Muller	34:48.4
M70	Maxine Sheinin	27:44.6

High Jump	Kenling Chin	4-2
M50	Robert Juett	4-4
M55	John Bourn	4-4
M60	Michael Davidson	4-6 1/2
M65	Gilbert Meyer	3-6
M70	Howard Dewell	3-4
M75	Carol Papenberg	3-3
M80	Mary Clark	3-4
M85	Carol Schemp	3-9
M90	Patricia Beam	3-8

Long Jump	Don Caves	14-4
M50	David Jameson	13-2 1/4
M55	Paul Smith	14-5
M60	Don DeGroot	12-2
M65	Gilbert Meyer	8-7 1/2
M70	Bud Braunlich	9-9 1/2
M75	Karl Dippong	2-1 1/2

Shot Put	Ron Summers	50-9 1/2
M50	Loam Robertson	45-7
M55	John Bourn	39-11
M60	Stephen Cohen	36-2
M65	Jim Krull	32-1 1/2

M75	Karl Ezerins	34-3
M80	Howard Dewell	26-3 1/4
M85	Karl Dippong	10-9
M90	Debra McNabney	28-4
M95	Myrie Mensey	33-3
M100	Alice Tym	22-4
M105	Patricia Beam	25-2 1/4
M110	Alice Purdes	12-8
M115	Josephine Wilke	15-0
M120	Lorma Bauer	17-5

Discus	Ron Summers	149-4
M50	Loam Robertson	139-10
M55	Terry Simons	137-10
M60	Stephen Cohen	127-8
M65	Jim Krull	97-10
M70	Phil Brusca	103-7
M75	Howard Dewell	76-5
M80	Karl Dippong	29-4
M85	Debra McNabney	56-1
M90	Donna Dubblede	78-2

M95	Alice Tym	58-1
M100	Patricia Beam	68-5
M105	Jim Krull	37-6
M110	Betty Kruidenier	38-7
M115	Lorma Bauer	31-1
M120	Bennie Murphy	24-3

Javelin	David Hansen	116-10
M50	Edwards Kopala	126-7
M55	David Hood	92-6
M60	James Walsh	106-0
M65	Jim Krull	85-4
M70	Karl Ezerins	98-8
M75	Bud Braunlich	63-9
M80	Karl Dippong	28-1
M85	Maxine Sheinin	49-9

M90	Myrie Mensey	58-1
M95	Alice Tym	61-4
M100	Patricia Beam	60-7
M105	Alice Purdes	27-0
M110	Josephine Wilke	24-11

800m	Steve Suthers	2:41.14
M40	Gary Denman	2:24.93
M45	Robbie Weatherald	2:30.53
M50	Charlie King	2:39.84

M55	Peter Toyne	2:41.01
M60	Chris Watters	3:19.55
M65	Brian Morling	2:44.63
M70	Edmund Stack	3:35.55
M75	Eddie McLean	3:43.73
M80	Eric Fazackerley	4:51.14

M85	Bill Fenney	5:33.10
M90	Toni Phillips	2:42.99
M95	Melissa Roberts	3:29.54
M100	Anne Kidman	3:02.41
M105	Lyn Crosby	3:16.30
M110	Lesley Perry	4:23.55

M115	Margaret L'Huillier	3:26.79
M120	Margaret Beaumont	5:13.43
M125	Margaret Krause	5:24.16
M130	Monica Osborne	7:25.13

1500m	Steve Suthers	6:09.68
M40	Dave Shields	5:03.76
M45	Stephen Blake	4:43.09
M50	Reg Powell	7:54.33
M55	Piet Crosby	5:58.87

M60	Graeme McGown	7:06.02
M65	Brian Morling	5:41.93
M70	Ian Hassall	6:36.44
M75	Eddie McLean	7:30.09
M80	Eric Fazackerley	9:17.84
M85	Kate Anderson	6:49.87

M90	Jo Warden	5:12.35
M95	Cathy Deans	8:18.53
M100	Anne Kidman	6:06.11
M105	Lyn Crosby	7:05.48
M110	Lesley Perry	8:28.45

M115	Margaret L'Huillier	7:14.63
M120	Margaret Krause	10:57.54
M125	Joanne Greaves	14:30.76

3000m	Steve Suthers	12:23.63
M40	Dave Shields	11:16.52
M45	Stephen Blake	9:45.83

M50	Peter Malinowski	11:52.01
M55	Piet Crosby	12:32.45
M60	Chris Watters	16:39.29

M65	Alan Atkins	11:33.27
M70	Ian Hassall	14:44.19
M75	Eddie McLean	16:02.57

M80	Eric Fazackerley	19:32.70
M85	Bill Fenney	23:44.37
M90	Karen Newberry	18:57.76

M95	Jo Warden	11:01.81
M100	Anne Kidman	12:57.32
M105	Lyn Crosby	15:01.29

M110	Lesley Perry	18:29.59
M115	Margaret L'Huillier	15:55.32
M120	Margaret Krause	23:14.55

M125	Joanne Greaves	29:19.69
------	----------------	----------

High Jump	M35	Thomo Thompson	1.40
M40	Doug Nicholson	1.47	
M45	Steve McGugan	1.40	

M50	Bungy Williams	1.45
M55	Chris Watters	1.35
M60	Don Chambers	1.25

M65	Dennis Peck	1.22
M70	Jim O'Donnell	1.16

M75	Jim O'Donnell	1.16
-----	---------------	------

M80	Don Frearson	17.87
M85+Bill Fenney		26.00
M90	Toni Phillips	13.72
M95	Amanda Dunn	15.81
M100	Joanne Bandiera	15.32
M105	Gaylene Russ	14.76
M110	Lyn Crosby	16.19
M115	Helen Steadman	16.70
M120	Val Chesterton	19.54
M125	Annette Horsnell	16.39
M130	Betty Dobbie	30.55
M135	Monica Osborne	33.72

200m	Mal Munro	28.60
M35	Marty Campbell	25.45
M40	Michael Simpson	25.25
M45	Alan Radford	29.35
M50	Frank Donnelly	30.50
M55	Chris Watters	31.49
M60	Doug Armstrong	29.59
M65	Dennis Peck	32.94
M70	Gordon Medcalf	35.93
M75	Don Frearson	39.48
M80	Bill Fenney	57.29
M85+Toni Phillips		28.71
M90	Amanda Dunn	31.66
M95	Joanne Bandiera	31.31
M100	Gaylene Russ	30.90
M105	Lyn Crosby	33.73
M110	Helen Steadman	35.76
M115	Margaret L'Huillier	38.56
M120	Annette Horsnell	35.73
M125	Monica Osborne	1:21.11

400m	Steve Suthers	1:13.71
M40	Gary Denman	59.55
M45	Michael Simpson	58.45
M50	Alan Radford	1:10.14
M55	Peter Toyne	1:04.48
M60	Doug Armstrong	1:18.81
M65	Dennis Peck	1:24.46
M70	Don Weston	1:18.28
M75	Eric Fazackerley	2:03.35
M80	Bill Fenney	2:28.08
M85	Chris Watters	1:14.99
M90	Toni Phillips	1:06.36
M95	Joanne Bandiera	1:09.86
M100	Gaylene Russ	1:21.60
M105	Lyn Crosby	1:17.40
M110	Helen Steadman	1:22.89
M115	Margaret L'Huillier	1:30.99
M120	Margaret Krause	2:22.56
M125	Monica Osborne	3:39.51

800m	Steve Suthers	2:41.14
M40	Gary Denman	2:24.93
M45	Robbie Weatherald	2:30.53
M50	Charlie King	2:39.84
M55	Peter Toyne	2:41.01
M60	Chris Watters	3:19.55
M65	Brian Morling	2:44.63
M70	Edmund Stack	3:35.55
M75	Eddie McLean	3:43.73
M80	Eric Fazackerley	4:51.14
M85	Bill Fenney	5:33.10
M90	Toni Phillips	2:42.99
M95	Melissa Roberts	3:29.54
M100	Anne Kidman	3:02.41
M105	Lyn Crosby	3:16.30
M110	Lesley Perry	4:23.55
M115	Margaret L'Huillier	3:26.79
M120	Margaret Beaumont	5:13.43
M125	Margaret Krause	5:24.16
M130	Monica Osborne	7:25.13

1500m	Steve Suthers	6:09.68
M40	Dave Shields	5:03.76
M45	Stephen Blake	4:43.09
M50	Reg Powell	7:54.33
M55	Piet Crosby	5:58.87
M60	Graeme McGown	7:06.02
M65	Brian Morling	5:41.93
M70	Ian Hassall	6:36.44
M75	Eddie McLean	7:30.09
M80	Eric Fazackerley	9:17.84
M85	Kate Anderson	6:49.87
M90	Jo Warden	5:12.35
M95	Cathy Deans	8:18.53
M100	Anne Kidman	6:06.11
M105	Lyn Crosby	7:05.48
M110	Lesley Perry	8:28.45
M115	Margaret L'Huillier	7:14.63
M120	Margaret Krause	10:57.54
M125	Joanne Greaves	14:30.76

3000m	Steve Suthers	12:23.63
M40	Dave Shields	11:16.52
M45	Stephen Blake	9:45.83
M50	Peter Malinowski	11:52.01
M55	Piet Crosby	12:32.45
M60	Chris Watters	16:39.29
M65	Alan Atkins	11:33.27
M70	Ian Hassall	14:44.19
M75	Eddie McLean	16:02.57
M80	Eric Fazackerley	19:32.70
M85	Bill Fenney	23:44.37
M90	Karen Newberry	18:57.76
M95	Jo Warden	11:01.81
M100	Anne Kidman	12:57.32
M105	Lyn Crosby	15:01.29
M110	Lesley Perry	18:29.59
M115	Margaret L'Huillier	15:55.32
M120	Margaret Krause	23:14.55
M125	Joanne Greaves	29:19.69

W75	Margaret Krause	23:14.55
W80	Joyce Greaves	29:19.69
High Jump		
M35	Thomo Thompson	1.40
M40	Doug Nicholson	1.47
M50	Steve McGugan	1.40
M55	Bungy Williams	1.45
M60	Chris Watters	1.35
M65	Don Chambers	1.25
M70	Dennis Peck	1.22
M75	Jim O'Donnell	1.16

M75	Jim O'Donnell	1.16
-----	---------------	------

M75	Jim O'Donnell	1.16
-----	---------------	------

M80	Stan Stankovic	0.90
M85	Tammy Lehnert	1.15
M90	Carolyn Kellum	1.10
M95	Maree Taylor	1.00
M100	Alex Lloyd	1.34
M105	Val Chesterton	1.00
M110	Margaret Appleby	1.05
M115	B Wilson-Brooks	0.80

Triple Jump		
M35	Tony Teran	10.09
M40	Johnny Kahn	10.30
M45	Bob Potter	9.58
M50	Don Taylor	9.27
M55	Kevin Murray	8.54
M60	Chris Watters	9.62
M65	Don Chambers	8.63
M70	Lloyd Pierce	6.90
M75	Jim O'Donnell	7.45
M80	Stan Stankovic	4.34
M85-L	Lionel Merritt	2.87
W30	Toni Phillips	9.69
W35	Sheree Higgins	8.39
W40	Jo van Zuytlekom	8.66
W45	Wendy Buttle	6.38
W50	Lyng Guefl	7.47
W55	Margaret Surman	5.48
W60	Val Chesterton	6.14
W65	Margaret Appleby	6.47
W70	B Wilson-Brooks	3.87
W80	Jovna Graaava	3.12

M35	F Curbello VEN	11.36
M40	C Molocznik ARG	11.53
M45	O Parra URU	11.84
M50	G Hecht CHI	12.72
M55	J Naab ARG	12.70
M60	M Rojas COL	13.33
M65	V Goytizolo PER	13.94
M70	J Alvarez CHI	14.94
M75	Y Shimizu BRA	14.79
M80	H Poissot ARG	13.01
W30	C Velasco CHI	13.66
W35	A Cederstrom ARG	13.68
W40	M Raymond ARG	13.94
W45	L Velilla ARG	14.25
W50	M Grun URU	14.05
W55	G Muse BRA	15.19
W60	E Rostagno URU	16.46
W65	C Alves URU	16.69
W70	Maria Lodono COL	18.00
W75	S Madera URU	20.13
W80	Judith Vaca CHI	21.80
W90	J Torrealba CHI	24.87
200m		
M30	R Martinez URU	25.76
M35	R Curbello VEN	22.60
M40	L Carneal ARG	23.03
M45	I Melo BRA	23.81
M50	G Hecht PER	26.37
M55	A Silva BRA	26.01
M60	C Makino BRA	27.43
M65	V Goytizolo PER	28.11
M70	Jorge Alvarez CHI	30.66
M75	Y Shimizu	29.94
M80	F Delgado PER	33.41
M85	F Fischer BRA	38.52
M90	M Zamorano CHI	1:09.78
W30	C Velasco CHI	27.80
W35	F Rodallega COL	26.54
W40	S Pourrat ARG	29.03
W45	N Martin ARG	29.35
W50	M Grun URU	28.70
W55	I Marinovich CHI	32.23
W60	E Rostagno URU	35.04
W65	C Alves URU	36.15
W70	M Lodono COL	38.04
W75	S Madera URU	43.55
W80	J Vaca CHI	52.21
400m		
M35	J Maestre COL	55.48
M40	J Reis BRA	53.91
M45	M Israel BRA	58.12
M50	I Urbina VEN	1:00.05
M55	A Silva BRA	59.27
M60	J de Sousa BRA	1:04.10
M65	J Lemos ARG	1:00.00
M70	M Portocarrero PER	1:10.16
W35	Z Duarte ARG	NTA
W40	A Peraza URU	NTA
W45	A Ortiz ARG	NTA
W50	M Grun URU	1:07.51
W60	B Nunez CHI	NTA
W70	S Sandoval COL	1:26.99
W75	T Saito BRA	1:44.67
800m		
M30	E Mejias SEES	2:08.30
M35	R Arevalo CHI	2:00.67
M40	M Gonzalez ARG	2:02.67
M45	E Sources CHI	2:12.30
M50	V Munoz CHI	2:16.80
M55	E Santoni ARG	2:19.43
M60	O Uribe COL	2:18.70
M65	J Lemos ARG	2:38.30
M70	M Portocarrero PER	2:37.90
M75	E Verdi ARG	2:59.60
M80	F Delgado CHI	3:00.60
M85	E Wachs ARG	6:21.10
1500m		
M30	W Salinas URU	4:13.70
M35	Raul Arevalo CHI	4:07.60
M40	M Gonzalez URU	4:13.60
M45	L Ramallo ARG	4:25.80
M50	O Clok URU	4:32.50
M55	E Santoni ARG	4:52.50
M60	O Uribe COL	4:53.30
M65	J Luna COL	5:33.70
M70	E Araya CHI	6:09.20
M75	E Verdi ARG	6:04.00
M80	F Delgado CHI	6:27.50
M85	E Wachs ARG	5:10.10
W30	M Costantin ARG	5:10.10
W35	L Quevedo ARG	5:05.80
W40	A Goyeneche ARG	4:53.10
W45	R Femia ARG	5:14.60
W50	A Giuffra URU	5:39.80
W55	K Iyda BRA	6:33.90
W60	Z Jofre CHI	6:49.50
W65	E Bustamante CHI	7:26.46
W75	T Saito BRA	8:28.71
5000m		
M30	W Salinas URU	15:34.60
M35	V Hoyos ARG	15:39.90
M40	C Brandoni ARG	15:44.87
M45	N Zamora URU	16:06.10
M50	O Clok URU	16:49.20
M55	C Soler COL	17:45.30
M60	A Vargas COL	17:36.80
M65	J Vargas COL	21:04.90
M70	R Fidel ARG	21:29.00
M75	J Andrade CHI	23:13.70
M80	F Delgado CHI	24:21.00
M85	E Wachs ARG	45:02.00
W30	M Cordoba ARG	18:49.00
W35	S Munoz CHI	18:59.70
W40	A Calvo ARG	18:11.30
W45	M Orduna COL	19:21.70
W50	B Lopez ARG	21:06.80
W55	M Gonzalez COL	21:29.70
W60	M Cruz BRA	21:38.10
W65	D Hochstatter BRA	24:52.50
W70	A Zuniga ARG	27:00.10
W75	T Saito BRA	32:08.00
10,000m		
M30	E Freire URU	36:46.25
M35	R More ARG	33:09.58
M40	C Brandoni ARG	33:11.19

M45	N Zamora URU	32:57.90
M50	L Vera CHI	35:35.04
M55	R Chavez BOL	35:59.92
M60	R Severo BRA	37:43.86
M65	H Barreneche COL	38:06.70
M70	F Carvajal CHI	44:54.20
M75	P Siren ARG	1:15:19.22
M80	J Perez ARG	1:02:11.15
W30	M Cordoba ARG	40:44.00
W35	Susana Munoz CHI	40:47.50
W40	M Regonesi CHI	38:05.30
W45	M Orduna COL	40:20.02
W50	B Lopez ARG	43:48.02
W55	B Baldebenito ARG	45:19.08
W60	S Sarco ARG	47:25.02
W65	C Hochstatter BRA	48:06.01
W70	A Zuniga CHI	56:25.08
Short Hurdles		
M35	J Robert COL	24.00
M40	D Arch BRA	18.55
M45	D Moncaleano COL	21.55
M50	R Martinez BRA	15.96
M55	B Unbe CHI	18.26
M60	R Silva CHI	20.61
M65	C Chavez PER	21.75
M70	J Garbott ARG	22.30
W35	C Gomez BOL	21.51
W40	G Martinez COL	20.80
W45	R Oppermann BRA	14.99
W50	M Diez CHI	15.85
W55	G Musa BRA	18.56
W60	A Nitzke BRA	18.64
W65	S Reina COL	19.18
Long Hurdles		
M30	R Naranjo CHI	1:02.90
M35	J Robert COL	1:11.40
M40	E Fonseca COL	1:03.90
M45	N McFarlane SEES	1:10.90
M50	J Suarez URU	1:05.40
M55	C Normando BRA	1:13.00
M60	M Diez ARG	1:00.80
M65	M Perez CHI	1:08.80
W55	S Reina COL	1:22.40
2000m Steeplechase		
M60	A Vargas COL	7:23.33
M65	Jaime Luna COL	7:52.16
M70	J Cruz ARG	10:22.50
M75	L Towers PER	10:48.73
W30	M Costantin ARG	8:26.14
W40	V Fonseca CHI	9:34.20
W45	S Costa ARG	9:08.56
W50	M Chavarria CHI	10:00.21
3000m Steeplechase		
M30	I Trino SEES	11:24.58
M35	P Acosta ARG	10:06.57
M40	H Conrado BRA	10:28.67
M45	G Arians ARG	11:04.44
M50	O Clok URU	11:07.07
M55	J Prado CHI	12:57.92
4x100m Relay		
M30	Venezuela (White/ Lucareli/Mejias/ Curbello)	47.16
M35	Argentina (Fierdelmondo/Diaz De Vitar/Sgrazutti/ Schelske)	50.30
M40	Brazil (Reyes/Dos Santos/Rego/Melo)	46.61
M45	Chile (Fierro/Canal- Rio/Villacorta/Diaz)	49.82
M50	Brazil (Silva/Sakai/ Vieira/Silva)	50.88
M55	Argentina (Fernan- Dez/Canavero/ Michlig/Naab)	50.73
M60	Chile (Cuelar/Silva/ Pergola/Bastidas)	53.90
M65	Argentina (Girgenti/ Sancho/Guelli/ Cabrero)	55.91
M70	Chile (Sanchez/ Rodriguez/Sepul- veda/Alvarez)	59.42
M75	Chile (Aguayo/ Andrade/Retamar/ Lagos)	1:10.40
M80	Brazil (Fonseca/ Nanta/leiri/Fischer)	1:16.22
W30	Brazil (Conceicao/ Lourenco/Moro/ Oliva)	58.80
W40	Chile (Pourrat/ Riquelme/Donoso/ Troncoso)	58.03
W45	Argentina (Velilla/ Cajas/Oritz/Martin)	59.92
W50	Chile (Montes/ Sierra/Farias/Paris)	59.51
W55	Chile (Ochoa/ Figueroa/Valen- quela/Marinovich)	1:04.66
W60	Colombia (Pinilla/ Archila/Triana/ Avendano)	1:07.32
W70	Brazil (Sakata/ Nakatani/Kukuchi/ Kanegawa)	1:13.53
High Jump		
M35	J Aranedo CHI	1.55
M40	H Acevedo ARG	1.75
M45	H Schaffner URU	1.55
M55	J Gil BOL	1.45
M60	M Recart CHI	1.41
M65	J Veloso CHI	1.40
M70	A Latorre URU	1.25
M75	S Retamar	1.00
M80	E Mejia PER	0.95
W35	C Gomez BOL	1.30
W40	L Aguiro PAIR	1.35
W45	A Iramounho URU	1.32
W50	M Bonfim BRA	1.20
W55	T Baptista URU	1.20
W60	A Nitzke BRA	1.20
W65	N Gonzalez CHI	1.05
W70	W Sakata BRA	1.10

W75	C Minami BRA	0.90
W80	I Mardones CHI	0.85
Pole Vault		
M50	C Sosa ARG	2.80
M55	E Paul ARG	2.70
M60	L Salvarrey URU	3.21
M65	R Diaz URU	2.50
M70	G Veliz CHI	1.70
M80	J Figueras URU	1.91
W35	A Cederstrom ARG	1.80
W40	M Iturralde ARG	2.50
W45	A Iramounho URU	2.70
W50	I Rocha BRA	1.80
Long Jump		
M35	J Aranedo CHI	6.39
M40	D Cintra BRA	5.94
M45	M Sakato ARG	5.52
M50	M Barro BRA	5.54
M55	A Silva BRA	5.70
M60	H Shimizu BRA	4.66
M65	J Sancho ARG	4.30
M70	M Sepulveda CHI	3.61
M75	Y Shimizu BRA	3.99
M80	J Molina CHI	3.14
M90	M Zamorano CHI	2.06
W30	C Velasco CHI	4.90
W35	I da Silva BRA	4.86
W40	M Scheuch PER	4.70
W45	M Rostrolla BRA	4.54
W50	G de Niro ARG	4.42
W55	G Musa BRA	4.19
W60	B Archila COL	3.19
W65	N Gonzalez CHI	2.99
W70	T Kikuchi BRA	2.65
W75	C Minami BRA	2.40
Triple Jump		
M30	J Beltran CHI	10.54
M35	J Aranedo CHI	13.10
M40	D Cintra CHI	12.42
M45	D Fierro CHI	10.76
M50	M Sakai BRA	11.33
M55	R Rossi ARG	10.59
M60	H Shimizu BRA	10.14
M65	J Veloso CHI	8.65
M70	J Giro URU	7.83
M75	Y Shimizu BRA	8.93
M80	E Mejia PER	6.81
W30	M Inchausti ARG	9.41
W35	Daniela Benito ARG	8.57
W40	L Troncoso CHI	9.93
W45	M Rostrolla BRA	9.68
W50	G de Niro ARG	8.78
W55	G Musa BRA	8.60
W60	B Archila COL	7.32
W65	L Avendano COL	6.07
W70	M Arias ARG	6.55
W80	J Vaca CHI	5.03
Shot Put		
M35	C Soragni ARG	11.44
M40	A Pedicino ARG	11.60
M45	A Crocco URU	11.43
M50	P Zamora CHI	11.53
M55	A Montezuma VEN	10.98
M60	Luis Cordoba COL	12.58
M65	G Weitz CHI	11.13
M70	M Dos Santos BRA	12.12
M75	W Flores URU	8.50
M80	R Mora CHI	8.09
M85	F Fischer BRA	8.99
M90	A Fonseca BRA	7.59
Discus		
M35	M Martinez ARG	41.48
M40	F Gomez ARG	40.17
M45	D de Zuano ARG	29.14
M50	E Castillo VEN	36.31
M55	A Montezuma VEN	43.66
M60	I Rosa BRA	37.77
M65	A Escamilla COL	36.04
M70	T Matsushima BRA	37.86
M75	L Lagos COL	28.48
M80	R Moya CHI	20.29
M85	F Fischer BRA	22.08
M90	A Fonseca BRA	20.21
W35	C Munoz CHI	33.28
W40	N Gonzalez CHI	32.67
W45	Y Tenorio COL	35.43
W50	J Moro BRA	26.30
W55	M Finochietti URU	30.38
W60	E Garcia ARG	26.53
W65	D Herrera CHI	20.05
W70	I Pfuller ARG	25.49
W75	M Carrion CHI	19.00
W80	M Pinto COL	13.20
W90	A Rolim BRA	9.48
W95	A Canal COL	10.21
W30	M Inchausti ARG	7.62
W35	C Munoz CHI	10.10
W40	L Aguiro PAR	9.38
W45	Y Tenorio COL	11.16
W50	J Moro BRA	11.94
W55	M Finochietti URU	11.36
W60	E Garcia ARG	9.14
W65	D Herrera CHI	8.63
W75	J Huapaya PER	6.95
W80	M Pinto COL	5.96
W90	A Rolim BRA	3.62
Hammer		
M35	M Martinez ARG	38.98
M40	R Luciani ARG	39.25
M45	D de Zuani ARG	48.86
M50	V Guerrero CHI	52.73
M55	T Tebaldi PER	36.81
M60	M Consiglieri PER	35.30
M65	G Weitz CHI	33.69
M70	M Dos Santos BRA	29.04
M75	L Lopez ARG	34.46
M80	J Molina CHI	21.31
M85	F Hochstatter BRA	10.74
M90	A Fonseca BRA	21.33
W30	M Narducci ARG	27.49
W35	M Bonfim BRA	20.03
W40	L Aguiro PAR	29.11
W45	Z Silva BRA	30.99
W50	J Moro BRA	29.70
W55	J Silva CHI	29.16

W60	E Garcia ARG	32.28
W65	G San Martin CHI	22.19
W70	L Tsinova ARG	24.76
W75	J Huapaya PER	21.11
Javelin		
M35	F Gubellini ARG	54.82
M40	R Sinner ARG	43.16
M45	P Falconi PER	42.61
M50	H Munoz CHI	40.96
M55	A Montezuma VEN	43.20
M60	I Rosa BRA	41.72
M65	G Weitz CHI	38.28
M70	T Matsushima BRA	41.34
M75	W Flores URU	28.29
M80	L Macor ARG	21.75
M85	O Giovagnoli CHI	20.59
M90	A Fonseca BRA	18.15
W40	L Aguiro PAR	36.38
W45	S Ojeda VEN	33.13
W50	M Pretto BRA	28.04
W55	M Diaz CHI	26.77
W60	C Mendez VEN	20.00
W65	D Herrera CHI	23.09
5K RW		
M40	J Anrozeres ARG	29:31.45
M45	U Barriar CHI	24:32.22
M50	J Zanata CHI	26:20.26
M55	J Vinuesa ESP	28:13.87
M60	J Rolim BRA	28:37.21
M65	D Ramirez COL	27:01.98
M70	O Massari ARG	30:07.68
M75	L Towers PUR	32:16.46
M90	M Casas ARG	45:10.89
W30	D Castels ARG	32:31.62
W35	J Acuna SEE	28:27.07
W40	C Camus CHI	31:28.75
W45	F Camargo ARG	27:52.18
W50	G Jaramillo CHI	28:10.25
W55	O Buitrago ARG	30:21.20
W60	S Prada COL	30:54.33
W65	E Cabrera BOL	38:16.63
W70	M Nakatani BRA	38:50.50
10K RW		
M40	G Calderon ARG	52:37.00
M45	U Barriar CHI	50:58.00
M50	F Monna COL	50:20.00
M55	J Vinuesa ESP	54:50.00
M60	J Munoz CHI	54:58.00
M65	H Faundez CHI	56:23.00
M70	D Ramirez COL	51:34.00
M75	S Perez MEX	1:01:27.00
M90	P Gomez CHI	1:04:51.00
M95	M Aguayo CHI	1:06:37.00
W35	J Acuna SEE	58:18.00
W40	C Camus CHI	58:53.00
W45	I Almazan CHI	1:02:25.00
W50	G Jaramillo CHI	54:43.00
W55	O Buitrago ARG	58:30.00
W60	S Prada COL	58:19.00
W65	E Cabrera BOL	1:12:21.00
8K Cross Country		
M30	W Villeda URU	27:05.02
M35	H Quintanilla ARG	27:27.04
M40	N Zamora BRA	27:36.02
M45	N Zamora BRA	27:24.04
M50	O Clok URU	29:10.01
M55	R Chavez BOL	30:00.09
M60	R Severe BRA	31:16.08
M65	E Galvan ARG	33:29.01
M70	F Carvajal CHI	38:05.09
M75	L Towers PUR	48:17.02
M80	R Aranibar PER	56:16.06
M85	F Carvajal CHI	38:05.09
M90	L Towers PUR	48:17.02
M95	J Perez ARG	50:42.07
W30	M Conceicao BRA	36:39.00
W35	S Munoz CHI	35:12.04
W40	C Daza PER	37:33.02
W45	G Perezlindo ARG	35:33.01
W50	M Bulnes ARG	40:06.07
W55	B Baldebenito ARG	38:22.02
W60	M Cruz BRA	37:27.06
W65	M Hochstatter BRA	45:25.03
W70	M Alves BRA	1:01:28.00
Half-Marathon		
M30	J Perera URU	1:16.28
M35	H Quintanilla ARG	1:10.31
M40	H Caporale ARG	1:15.37
M45	L Soria ARG	1:13.52
M50	L Vera CHI	1:15.41
M55	C Soler COL	1:18.14
M60	A Vargas COL	1:18.38
M65	H Barrenechea COL	1:11.19
M70	R Fidel ARG	1:38.44
W30	O Acosta COL	1:30.39
W45	M Orduna COL	1:30.08
W50	L Rivas CHI	1:28.22
W55	M Gonzalez COL	1:40.34
W60	M Cruz BRA	1:38.06
W65	M Restrepo COL	2:03.49
W70	M Nakatani BRA	1:55.53
Pan Pacific Masters Games		
Gold Coast Intl. Athletics Ctr.		
Queensland, Australia		
Nov. 6-9		
60m		
M35	Krzyszto Wardo	7.59
M40	Gregory Potts	7.60
M45	Peter Tuckett	7.91
M50	Martin Lynch	7.94
M55	John Wight	8.00
M60	Neville McIntyre	8.23
M65	Hugh Coogan	8.54
M70	David Wood	10.16
M75	Norm Windred	9.56
M85	Andy Smith	20.69
M75	Norm Windred	9.56
W30	Michelle Shields	8.41
W35	Julie Brims	8.07
W40	Gianna Mogente	8.06
W45	Leanne Smith	8.88
W50	Rowena Allsop	9.38
W55	Wendy Doran	8.86

W35 Julie Brims	9.92
W40 Gianna Mogentale	10.70
W45 Rhonda Guiney	8.21
W50 Yasha Watkins	7.14
W55 Lorraine Baron	6.67
W65 Mavis Carter	6.80
W75 Marcia Petley	5.58

Shot Put	
M35 David Grozde	11.32
M40 Stuart Hyngell	17.11
M45 Mark Feeney	11.57
M50 Avtar Dhillon	13.26
M55 Peter Clark	9.63
M60 Douglas Magin	11.46
M65 Jerry Fasteen	10.44
M70 Arvo Ropelin	11.87
M75 Colin Murraylee	10.04
M80 Feliks Jakabsons	9.31
M30 Tanya Krome	9.61
W35 Lisa Watson	10.11
W40 Lisa Crouch	8.52
W45 Michelle Schafer	10.21
W50 Kathryn Whiting	7.52
W55 Sheryl Gower	6.63
W60 Beryl Titmus	6.67
W65 Eunice Jenkins	6.75
W70 Heather Doherty	7.47
W75 Norma Murdoch	4.94
W80 Pauline Purser	4.65

Discus	
M30 Warren Evans	45.42
M35 David Grozde	33.95
M40 Stuart Gyngell	50.47
M45 Mark Feeney	32.94
M50 Avtar Dhillon	39.11
M55 Peter Clark	30.27
M60 Warwick Selvey	39.87
M65 Graham Richardson	35.97
M70 Doug Tomlinson	35.55
M75 Colin Murraylee	32.22
M80 Feliks Jakabsons	25.16
M85 Andy Smith	8.09
W30 Tanya Krome	25.92
W35 Jennifer Baldwin	26.66
W40 Lisa Crouch	29.97
W45 Michelle Schafer	25.88
W50 Yasha Watkins	21.42
W55 Marion Sohler	14.36
W60 Emily Ward	16.48
W65 Eunice Jenkins	16.63
W70 Heather Doherty	21.61
W75 Norma Murdoch	12.37
W80 Mary Vickers	7.79

Hammer	
M35 David Grozde	34.93
M40 Philip Frkovic	40.39
M45 Bob Wagner	50.53
M50 David Parker	32.85
M55 James Stammers	30.00
M60 Don Quinn	31.06
M65 Graham Richardson	27.38
M70 Greg Tomlinson	33.62
M75 Colin Murraylee	35.25
M80 Feliks Jakabsons	27.61
M85 Andy Smith	8.09
W30 Tanya Krome	25.27
W35 Jo-Anne Plug	36.36
W40 Judy Cook	23.14
W45 Michelle Schafer	18.58
W50 Yasha Watkins	34.19
W55 Wilma Perkins	28.33
W60 Lorraine Birtwell	24.90
W65 Eunice Jenkins	25.02
W70 Heather Doherty	21.56
W75 Norma Murdoch	16.26
W80 Pauline Purser	12.84

Javelin	
M30 Warren Evans	51.65
M35 David Grozde	41.94
M40 Micael Ball	42.98
M45 Mark Feeney	40.88
M50 David Parker	45.51
M55 Nelson Viney	31.37
M60 Warwick Selvey	28.85
M65 Ken Daniels	31.16
M70 Arvo Ropelin	29.76
M75 Colin Murraylee	32.14
M80 Ken Knox	19.58
W30 Tanya Krome	27.33
W35 Jennifer Baldwin	26.77
W40 Lisa Crouch	26.90
W45 Michelle Schafer	28.06
W50 Yasha Watkins	32.07
W55 Wilma Perkins	24.72
W60 Lesley Hamilton	19.89
W65 Yvonne Hines	14.84
W70 Heather Doherty	23.16
W75 Norma Murdoch	13.20
W80 Pauline Purser	9.58

Weight Throw	
M35 David Grozde	11.79
M40 Stuart Gyngell	14.13
M45 Bob Wagner	15.74
M50 David Parker	13.84
M55 James Stammers	11.82
M60 Warwick Selvey	12.80
M65 Graham Richardson	11.04
M70 Doug Tomlinson	13.90
M75 Colin Murraylee	13.48
M80 Feliks Jakabsons	11.33
W30 Tanya Krome	9.54
W35 Kim Jones	6.55
W40 Judy Cook	8.63
W45 Michelle Schafer	8.38
W50 Yasha Watkins	9.97
W60 Beryl Titmus	6.59
W65 Eunice Jenkins	8.56
W70 Heather Doherty	9.52
W75 Norma Murdoch	6.88
W80 Pauline Purser	5.10

Weight Pentathlon	
M35 Brendan Fleetwood	2075
M40 Stuart Gyngell	3586
M45 Rod Ford	1435
M50 David Parker	3268

M55 James Stammers	2512
M60 Warwick Selvey	3371
M65 Graham Richardson	3140
M70 Doug Tomlinson	3915
M75 Colin Murraylee	4606
M80 Feliks Jakabsons	3757
W35 Kim Jones	1459
W40 Judy Cook	1893
W45 Michelle Schafer	2749
W50 Yasha Watkins	3136
W65 Eunice Jenkins	2786
W70 Heather Doherty	4160
W75 Norma Murdoch	2796
W80 Pauline Purser	2661

1500m RW	
M30 Andrew Ludwig	6:51.34
M40 Michael Blanchard	7:31.99
M60 Peter McWilliams	12:11.82
M65 Patrick Sela	9:03.01
M70 Colin Hainsworth	10:10.20
M75 Richard Lynch	9:18.56
M80 Dick Keatinge	10:34.56
M30 Nicole Nilon	11:45.69
W35 Kim Jones	9:11.66
W40 C Pendlebury	9:03.20
W50 Judy Moller	8:28.86
W65 Elizabeth Feldman	8:02.45
W70 Sally Lynch	9:04.01
W65 Anne Marshall	11:12.48
W75 Jean Knox	10:36.74
W80 Alison Worrall	12:59.71
W30 Christine Suffolk	44:24.74
W40 Marie Stokes	47:09.47

3000m RW	
M35 Andrew Ludwig	14:11.27
M40 Andrew Leggett	16:00.88
M45 Peter Bennett	14:44.64
M50 John Nilon	21:30.37
M55 Alan Lucas	16:26.18
M60 Peter McWilliams	25:13.53
M65 Patrick Sela	18:59.30
M70 Colin Hainsworth	19:19.93
M75 Richard Lynch	19:33.75

LONG DISTANCE RUNNING

NATIONAL

National Masters Club Championships (M-10K, W-6K), Portland, OR, Dec. 4

10K	
M40 Brian Pope	SCT 36:03
Daniel Nelson	ERC 36:27
Peter Magill	TRH 36:28
Daniel Gonzalez	AAR 36:39
Kevin Kelly	UNA 36:45
Oscar Gonzalez	TRH 36:50
Tony Reyes	SCT 36:57
Andrew Ames	BRR 37:03
Brian Spangenberg	ERC 37:19
Andy DiConti	TRH 37:26
Kevin Osterberg	AAR 37:35
Craig Steinmaus	ERC 37:41
Lance Winders	CTC 37:43
Michael Platt	GVH 37:45
Chris Toepfer	USR 37:46
Angel Roman	TRH 37:49
Tony Bonovich	YRR 37:57
Sean Evans	BAC 38:10
Timothy Ensign	CTC 38:11
John O'Hearn	CNW 38:12
Andrew Atkeson	TRH 38:13
James Sapienza	CNW 38:21
Ralph Garibaldi	SCT 38:25
Michael Ruggio	USR 38:26
Brent Griffiths	AAR 38:39
Dale London	OTC 38:40
Dan Mancini	ERC 38:42
Hans Gouwens	ERC 38:47
Joseph Dudman	OTC 38:48
Kevin Paulk	BAC 38:49
Charlie Case	BAC 38:53
Michael Kinter	AAR 38:57
David Bischoff	GVH 39:01
Iain Mickle	RCR 39:03
Patrick Wagner	OTC 39:13
Jeff Fielding	OTC 39:25
Thomas Borschel	UNA 39:37
Odis Sanders	OTC 39:43
Chuck Coats	BAC 38:01
Bob Schwelm	UNA 38:36
Eric Putnam	CTC 38:38
Dave Parsel	TRH 38:50
Michael Slavin	ERC 38:59
Michael Smith	CNW 39:01
Chad Varga	CNW 39:07
Jamin AARsum	BAC 39:11
Mac Allen	DCC 39:25
Emil Magallanes	AAR 39:35
Paul Giannobello	RNF 39:44
Bobby Paxton	RNF 39:48
Mike Mead	ATC 40:00
Rich Burns	TRH 40:02
Rich Becker	UNA 37:30
Anthony Sandoval	UNA 37:53
Leonard Hill	OTC 38:02
John Barbour	GLR 38:23
James Robinson	GVH 39:31
Thomas Cushman	AAR 39:58
Lloyd Stephenson	ERC 41:21
Dave Clingan	SCT 41:25
Benji Durden	BRR 41:28
Thomas Wheeler	TRH 41:34
Larry Litscher	FFT 41:38
Bob Ray	UNA 31:59
Nolan Shaheed	SCT 39:45
Roger Price	RVR 41:29

M80 Dick Keatinge	22:09.88
W30 Nicole Nilon	24:56.68
W35 Kim Jones	19:35.03
W40 C Pendlebury	19:01.69
W45 Deidre Manski	20:50.82
W50 Judy Moller	17:24.18
W55 Elizabeth Feldman	17:24.05
W60 Sally Lynch	10:00.34
W65 Anne Marshall	23:56.84
W75 Lorna Thompson	22:35.23

5000m RW	
M35 Andrew Ludwig	24:18.54
M40 Michael Blanchard	27:42.62
M45 Peter Bennett	25:46.31
M50 John Nilon	37:02.00
M55 Alan Lucas	28:06.21
M65 Patrick Sela	31:40.19
M70 Colin Hainsworth	32:50.42
M75 Richard Lynch	33:14.15
M80 Dick Keatinge	36:54.37
W30 Kim Jones	37:34.24
W40 C Pendlebury	32:32.75
W50 Judy Moller	31:09.51
W55 Elizabeth Feldman	30:48.02
W60 Sally Lynch	33:04.27
W65 Anne Marshall	42:42.03
W70 Christi Dauphinet	37:30.02

10,000m Road RW	
M35 Andrew Ludwig	50:58
M40 Michael Blanchard	57:07
M45 Peter Bennett	54:42
M50 John Nilon	1:14:08
M55 Alan Lucas	58:37
M65 Patrick Sela	1:05:48
M70 Colin Hainsworth	1:08:14
M75 Richard Lynch	1:09:46
M80 Dick Keatinge	1:13:57
W35 Kim Jones	1:13:54
W45 Jenny Lingley	1:24:42
W50 Judy Moller	1:04:48
W55 Elizabeth Feldman	1:03:28
W60 Sally Lynch	1:07:24
W70 Christi Dauphinet	1:15:58

6K	
M40 Karen Steen	CNW 25:20
Kate Paddon	AWR 26:08
Patricia Bellan	YTI 26:18
Heleine Hutchinson	BAC 26:56
Sarah Kramer	UNA 27:21
Michelle Neal	CNW 27:22
Julie Rohloff	AAR 27:56
Wanda Toro Scheib	UNA 28:09
Sheri Wright	RBR 28:11
Mary Hanna	SRG 28:48
Karen Murphy	RBR 28:49
Becky Redding	BAC 28:51
Missella Nelson	FHR 28:57
Marcia Price-Miller	YTI 29:06
Karen Jeffers	FFS 29:10
M45 Carmen Ayala-Troncoso	UNA 25:10
Regina Joyce	CNW 25:58
Monica Joyce	T&H 26:01
Jennifer Teppo	BAC 26:20
Sara Freitas	IRT 26:58
Denise Foote	BAC 27:43
Audrey O'Brien	BAC 28:09
Kelly Krueer	CNW 28:27
Carol Sevel	YTI 28:37
Catrina Dowling	BRR 28:45
Mo Bartley	IRT 28:46
Martha Buttnr	BRR 29:46
Suzanne Cordes	IRT 30:23
Lynn Voelke	UNA 30:34
Cheryl Zimmerman	FHR 30:51
Debbie Barraza-Lee	SCT 30:58
W50 Kathryn Martin	NRC 26:52
Sandi Halgren	FHR 29:11
Catherine Nicoletti	BRR 31:33
Janet Hughes	BRR 31:43
Denise Janneck	SCT 32:00
Marcia Koren	YTI 32:33
Kathleen Slinger	YTI 32:33
Phyllis Nelson	STC 32:40
Mary Trotto	UNA 34:30
Linda Page	STC 41:25
W60 C. Gal Hunter	BRR 33:33
Judith Moir	BRR 36:29

Vicki Griffiths	FHR 37:27
Regina Wright	LAC 38:13
M55 Mairi Hando	LAC 38:59
Lois Calhoun	BRR 39:01
Judith Smythe	BRR 39:16
W70 Barbara Macklow	FHR 39:57
Sue Sherman	BRR 44:41
W75 Nancy Smalley	BRR 55:22
W80 Louise Adams	BRR 59:09

Team Scores	
M40-49 Team Runners High	3:06.48
Excelsior R.C.	3:09.10
Asics Aggie R.C.	3:11.26
Oregon T.C. Masters	3:12.29
So. Cal. T.C.	3:12.37
Bowman A.C.	3:13.06
Chattanooga T.C.	3:14.27
Club Northwest	3:14.54
Boulder Road Runners	3:18.54
Genesee Valley Harriers	3:19.14
M50-59 Boulder Road Runners	3:38.29
Excelsior R.C.	3:39.11
Fast Feet T.C.	3:41.13
M60-69 Victory A.C.	2:21.09
Fast Feet T.C.	2:29.18
Boulder Road Runners	2:29.52
Snohomish T.C.	2:40.42
Oregon T.C. Masters	2:57.45
Boulder Road Runners	3:31.11
W40-49 Club Northwest	1:18.41
Bowman A.C.	1:21.00
YMCA Team Idaho	1:24.02
Impala Racing Team	1:25.24
Running Rep. of Boulder	1:26.13
Fairhaven Runners	1:27.44
M50-59 Boulder Road Runners	1:40.40
Snohomish T.C.	1:49.08
M60-69 Boulder Road Runners	1:49.04
Liberty A.C.	2:00.14
W70-79 Boulder Road Runners	2:59.12

AAR = Asics Aggie Running Club	
ATC = Atlanta Track Club	
AWR = Adidas Woodridge Running Co.	
Racing Team	
BAC = Bowman Athletic Club	
BRR = Boulder Road Runners	
BTCL = Bohemia Track Club	
CNW = Club Northwest	
CTC = Chattanooga Track Club	
DCC = D.C. Capitol T&F Club & CC	
Team	
ERC = Excelsior Running Club	
FFS = Fleet Feet Sports Sacramento	
FFT = Fast Feet Track Club	
FHR = Fairhaven Runners	
GLR = Greater Lowell Road Runners	
GVH = Genesee Valley Harriers	
IRT = Impala Racing Team	
LAC = Liberty Athletic Club	
NRC = Northport Running Club	
OTC = Oregon Track Club Masters	
RCR = River City Rebels	
RNF = Run N Fun	
RRB = Running Republic of Boulder	
RVR = Ranitan Valley Road Runners	
SCT = So Cal Track Club	
SR = Seattle Running	
STC = Snohomish Track Club	
T&H = Tortoise & Hare Running Club	
TRH = Team Runners High	
UNA = Unattached	
USR = Universal Sole-Reebok	
VAC = Victory Athletic Club	
YRR = Yellowstone Rim Runners	
YTI = YMCA Team Idaho	

Dave Dooley	BRR 41:47
Jim Gorman	ERC 42:59
Richard Katz	BRR 43:38
Jim May	GVH 44:46
Randy Taylor	UNA 45:57
Robert Kulwiski	GV 45:59
M60 Dan Colman	VAC 44:01
Byron Melendy	UNA 47:02
William Hagman	RVR 47:14
Tom LeMire	BRR 48:02
William Delph	VAC 48:09
Jim Pearson	STC 48:13
Arthur Roberts	FFT 48:27
William Lord	FFT 48:38
Rick Erdmann	VAC 48:58
Pat Cosgrove	RVR 49:17
M65 Thom Weddle	RNF 48:04
Joe Cordero	BTC 49:48
Dan McCormack	UNA 51:18
Charles Towse	FFT 51:12
Bill Ilffing	STC 50:51
Ben Grevstad	STC 53:56
IRVIR Faria	FFS 55:05
James Hilton	STC 55:54
John Hepler	OTC 56:16
Paul Flanagan	FFS 56:44
John Keston	OTC 56:41
William McChesney	OTC 64:48
Craig McMicken	OTC 69:06

FHR	= Fairhaven Runners
GLR	= Greater Lowell Road Runners
GVH	= Genesee Valley Hamers
IRT	= Impala Racing Team
LAC	= Liberty Athletic Club
NRC	= Northport Running Club
OTC	= Oregon Track Club Masters
RCR	= River City Rebels
RNF	= Run N Fun
RVR	= Running Republic of Boulder
RVB	= Raritan Valley Road Runners
SC	= So Cal Track Club
SR	= Seattle Running
ST	= Sonomahom Track Club
T&H	= Tortoise & Hare Running Club
TRH	= Team Runners High
UNA	= Unattached
USR	= Universal Solo-Reebok
VAC	= Victory Athletic Club
YRR	= Yellowstone Rim Runners

Race to Deliver 4 Miles	
Central Park, NYC; Nov. 21	
Overall	
Anthony Famiglietti 26	18:58
Alemtsehay Nmisganaw 24	22:38
M40 Andrew Whitney	23:30
M45 Mojciech Joskowski	24:28
M50 John Shostrom	23:51
M55 Douglas Broder	26:06
M60 Pat Cosgrove	27:09
M65 Jeng Ahn	28:37
M70 Jerry Stolls	34:34
M75 Leo Schonhaut	36:44
M80 Sab Koide	38:45
M40 Zofia Wiciorkowska	23:44
M45 L Branch	26:46
M50 Barbara Byrne	26:30
M55 Roslyn Schloss	30:20
M60 Anna Thornhill	29:41
M65 Zofia Turosz	31:39
M70 Jeanne Shiff	46:07
M75 Joan Rowland	44:44
M80 Grace Salant	1:11:45
M95 Claudia Sibni	1:05:27

MCRRC Little Bennett's Revenge 5K XC Clarksburg, MD; Nov. 21

Overall	
Dan Quinn 45	18:20
Michele Levy 15	20:47
M40 Marty Horan	20:13
Graham Anderson	20:44
John Barker	20:56
M45 D Quinn	18:20
John Stepek	22:56
Jim French	24:55
M50 Tim Morgan	20:39
Robert Jones	23:34
Ken Umbarger	23:46
Larry Levy	23:47
M55 Imants Celtnieks	25:35
Rich Bokansky	28:15
M60 Walter Brown	24:41
David Johnson	26:46
M65 Joseph White	30:26
Roger Burkhardt	31:58
M70 Robert Smith	29:31
W40 Beverly Black	24:01
Megan Carroll	37:54
W45 Eliz Snyderwine	24:58
Jessican French	26:01
Lili Wang	29:12
W50+none	
W60 Priscilla Prunella	31:32
Pat Rich	47:43

Manchester Road Race 4.748M Manchester, CT; Nov. 25

Overall	
Patrick Nthiwa 21	22:16
Kim Smith 23	24:47
M40 Steve Boyd	23:39
Christopher Chisholm	25:00
Chris Spinney	26:29
William Bromsmith	26:33
Kenneth Gartner	26:46
M50 Michael Rowe	26:22
Bob McCusker	27:23
Gary Desjardins	28:23
Douglas Flaminio	29:05
Steven Morse	29:24
M60 Lance Magnuson	31:37
Mark Turkington	31:44
Donald Vogel	33:26
James Best	34:04
M70 Robert Thorp	36:51
Walt Gale	40:04
Wilhelm Frederich	41:12
Joseph Riccio	41:57
M80 Bill Tribou	46:20
Robert Franklin	75:47
Hugh Hamilton	101:2
W40 Karen Smyers	28:19
Cindy Pomeroy	29:24
Carla Thompson	30:40
Nancy Muller	32:20
W50 Barbara Deubel	33:54
Pat Swim	34:21
Sharon Mendes	34:33
Gail Ladage	35:52
W60 Lynette Walker	35:14
Zofia Turosz	38:25
Linda Beizer	38:57
Nicki Hall	40:55
W70 Ann Gillis	47:49
Jeannette Cyr	49:13
Joan Powers	56:04
W80 Betty Hutchinson	64:14
Ivy Wenham	98:45
W90 Mary Haines 90	90:59

NYRR Peter McArdle Memorial XC 15K Van Cortlandt Park Bronx, NYC; Nov. 28

Overall	
Atila Sabahoglu 28	53:03
Stephanie Hodge 39	1:01:51
M40 Michael Henschel	57:48
M45 James McFarlane	1:10:17
M50 Jack McShane	1:01:01
M55 Tim Hassall	1:06:11

M60 Pat Cosgrove	1:11:58
M65 Jeng Ahn	1:15:14
M70 Jerry Stolls	1:56:15
M40 Margaret Nolan	1:17:14
M45 Linda Glowacki	1:21:42
M50 Marjorie Oliver	1:27:44
M55 Susan Fabiano	1:39:44
M60 Susan Epstein	1:49:07

NYRR Hot Chocolate 15K Central Park, NYC; Dec. 4

Overall	
Ramon Tavares 36	50:28
Katarina Janosikova 24	56:09
M40 Felipe Vergara	52:28
M45 Peter Coy	56:45
M50 John Shostrom	58:14
M55 Alston Brown	57:21
M60 John Samsel	1:01:43
M65 Jeng Ahn	1:08:39
M70 William Gutman	1:21:47
M75 Edward Lasso	1:35:52
M80 Sab Koide	1:36:19
W40 Corinna Cortez	1:01:27
W45 J Chodnicki-Stemm	1:00:23
M50 Melinda Struass	1:08:51
M55 Roslyn Schloss	1:13:31
M60 M Greeley Walsh	1:11:02
M65 Zofia Turosz	1:18:14
W70 Joy Rose	1:36:40
W75 Joan Rowland	1:52:11

SOUTHEAST

PVI Runfest 5K Fairfax, VA; Sept. 19

Overall	
Valentine Orare 21	14:13
Atalech Ketma 21	16:21
M35 Dexter Dixon	16:42
M40 Chris Chattin	16:27
M45 John Tuttle	16:40
M50 Chuck Moeser	16:43
M55 Pat Griffith	19:29
M60 Mike Fitzgerald	23:22
M65 Phil Hager	23:59
M70 Jim Hufford	27:29
W35 Susan GrahamGray	18:03
W40 Maria Spinnler	18:53
W45 Liza Recto	22:53
W50 Betty Blank	21:27
W55 Eileen Collins	27:03

Food World Senior Bowl Charity Run 10K Mobile, AL; Nov. 6

Overall	
Chad Pearson 23	28:33
Collette Liss 31	33:04
M40 James Frazier	33:14
Joey Warner	34:02
Mike E Baker	39:03
M45 Antoni Niemczak	32:29
Brian McMahon	38:15
Alan Goudzwaard	38:58
M50 Chris Neal	38:21
Chris Needham	39:44
Paul Bergman	40:25
M55 Rick Walton	40:02
Peter Hunt	40:56
Don Wright	43:04
M60 David Jeffrey	38:38
Larry Christensen	46:55
Winston Howell	46:59
M65 Neil Hall	44:23
Ben Harris	53:50
Hugh Long	54:23
M70 Harold L Russell	56:21
Pablo Sequio	1:05:46
Dale D Roth	1:06:13
W40 Sarah M Kramer	37:43
Kristin Babington	40:26
Melanie P Baker	42:00
W45 Jean Lankford	40:10
Ales Ryals	45:40
Robin Roberts	46:16
W50 Susann Pierce	45:13
Susan G Jones	47:37
Sally Greene	51:28
W55 Anne Wall	52:38
Terry Mahr	39:48
Manan Loftin	48:24
W60 Miriam Turner	1:05:36
Jane Givens	1:07:09
Peggy Black	1:08:35
W65 Judy Kirchoffer	1:00:34
Luisse Mitchell	1:04:07
Martha Harris	1:08:22
W80 Daphne Dvorak	1:37:40

Vulcan Run 10K Birmingham, AL; Nov. 6

Overall	
Edwin Maranga 33	30:07
Tatiana Tilova 39	35:29
M40 Tim Lee	38:11
John Cobbs	38:53
Tim Wameke	39:58
M45 James Bonner	38:17
Charles Reagan	38:47
Jim Floyd	38:59
M50 John Kennedy	38:48
Ray Stanfield	40:19
Jerry Keith	40:41

M55 Donald Brown	38:13
John Rinker	38:17
Dale Parfitt	38:58
M60 Rick Stelson	37:54
Joe Carter	41:20
M65 Richard Tankersley	51:59
Stan Neuhaus	53:20
M70 Malcolm Gillis	47:40
Dwayne Morris	51:01
M75 Joe Conrad	1:00:50
Les Longshore	1:38:25
M80 Arthur Black	1:31:10
M85 Claudis Hawkins	2:22:45
W40 Connie Robertson	39:17
Lori Goldweber	41:59
Susan Keith	43:48
W45 Amy Weber	46:14
Mary Adams	47:30
Toni Leo	47:31
W50 Pelha Iler	43:25
Naomi Abe	46:05
W55 Brenda Cooter	53:28
Linda Lazar	54:58
W60 Grace Gwin	1:13:54
Carolyn Beard	1:14:48
E Ruth Crenshaw	1:16:19
Jackie Goldstein	1:22:37
W65 Yo Setser	57:14

USATF-GA XC 4.8 Mile Championships Millen, Nov. 13

M40 Rich Garcia	31:20
Rex Hodges	42:25
M45 Danny Gleason	31:43
M55 Jim Knight	30:49
Rick Umpleby	36:21
John Torpy	41:43
M70 Casey Jones	37:39
W40 JudyGrahamGarcia	47:44
W50 May Richards	35:01
W55 Judith Hine	34:07
W60 Arlene Dahlberg	50:23

SunTrust Richmond Marathon & Nteos 8K Richmond, VA; Nov. 13

Overall	
ELLY RONO 34	2:17:55
TAMMY SLUSSER 39	2:56:40
M40 JOHN ANDERSON	2:46:16
JERRY NEVUS	2:46:32
MICHAEL HIRSCH	2:46:56
M45 BILL GIBBS	2:45:36
GREG SELLERS	2:50:15
GENNARO CONTE	2:53:01
M50 JAMES RHYNE	2:45:43
DAVID COUPER	2:51:19
WILLIAM BATES	3:01:12
M55 RICH EDWARDS	3:02:48
EMMONS WELCH	3:18:57
PETER SIM	3:21:19
M60 LEWIS JONES	3:23:04
DON OWENS	3:26:30
DENNIS DOBBINS	3:38:01
M65 RODNEY JOHNSON	3:59:13
BILL HARRIS	4:11:40
BOBBY BOX	4:34:09
M70+ARMAND ZAMBARDI	4:16:10
WHEELERSTANFIELD	5:00:41
VICTOR HADDAD	5:56:32
W40 KIM DONALDSON	3:04:41
JEANIE TRENT	3:07:58
ANNE GULLICKSON	3:13:16
W45 SHELLEY RALSTON	3:19:46
DONNA CUTLER	3:23:17
JULIE GARRETT	3:29:07
W50 CECIL ASTROP	3:26:25
MARY WINSTON	3:37:56
PATRICIA GILLEY	3:41:37
W55 SANDI LUDWA	3:59:32
BETTY BROTHERS	4:00:45
ESTHER BUCHSER	4:08:09
W60 KATHY LEWIS	4:18:40
W65 ERIKA ABRAHAM	4:50:32

Overall	
IAN CONNOR 25	23:24
TERESA WANJIKU 30	26:22
M40 JOHN HINTON	25:05
CHRIS SAMLEY	27:25
BRENDAN VASHER	27:52
M45 RUSSELL BOWLES	28:34
MATT ROBINS	28:55
KEVIN LOUNSBURY	28:58
M50 RICK PLATT	29:00
STEVE THOMPSON	29:35
JIMMY GOGGIN	29:50
M55 DAN MURRAY	30:08
TIMOTHY HEATH	31:06
JIM BELL	32:57
M60 BOB SPENCER	33:57
GEORGE NIXON	34:21
WAYNE DEMENTI	35:49
M65 CAL FOWLER	32:47
RON FANCHER	39:23
J.C. HICKEY	43:48
M70 RICHARD MAY	46:27
FRANCIS BUSH	46:09
GRADY WHITEHORNE	50:52
M75 THOMAS HARLOW	1:01:43

WILLIAM MARTIN, JR	1:07:02
W40 JOAN NESBIT MABE	29:05
THERESA KOLISH	33:35
ANNIE WILLIAMS	36:24
W45 VALERIE PLYLER	31:37
LISA DELOACH	32:41
DEBORAH ROMIG	34:03
W50 LINDA GULICK	35:03
MARY PULASKI	37:57
DIANA BEST	38:35
W55 RUTHIE NIEDERRITER	41:00
SUSANNE SMITH	42:51
SALLY TIRS	42:27
W60 SUZANNE SMALL	50:22
DIANE BEASLEY	50:12
W65 SHIRLEY WAMPLER	46:28
JUDY KIRCHOFFER	48:03
W70 JANET LAKEY	45:52
NANCY WELKER	54:15

Marion DuPont Scott Colonial Cup 10K Camden, SC; Nov. 13

Overall	
MICHAEL BRIZAN 43	36:00
AMBER HINES 17	40:10
M40 DAN WELLBAUM	39:01
ANTHONY PUTNAM	42:35
RICK GIBBONS	42:53
M45 TIM BASKIN	38:54
KEVIN SYNAN	40:18
GEORGE SYKES	40:22
M50 GEORGE HINES	37:24
JIM WHITE	42:03
BOB SANDERS	44:02
M55 LANSING BREWER	41:36
ALBERT ANDERSON	41:38
EARL JACKSON	41:57
M60 GERRY CARNER	40:16
TERRY WILLIAMS	52:28
BONDY LONG	53:02
M65 HAL LEFFERTS	1:09:10
M75 FRANKLIN MASON	1:09:52
W40 TORILL NELSON	49:41
MICHELE HINSON	51:26
SANDRA ROHRER	55:51
W45 SUE PORTER	48:55
DEBORAH BREWER	50:28
ANNETTE PUTNAM	50:29
W50 CATHERINE LEMPESIS	45:06
TERESA CAREY	47:22
NANCY THORNTON	1:01:41
W55 VICKI CORIVETT	50:43
BRIGITTE SMITH	1:04:55
SUSAN PRETTYMAN	1:06:45
W60 MARY THOMPSON	52:13
SUSAN SASSANI	1:08:33
W65 E.K. TOLLEY-BEESON	1:00:22
W75 MARGE HOFFMAN	1:05:02

Marathon of the Palm Beaches, West Palm Beach, FL; Nov. 14

Overall	
CHARLES KIBIWOT 30	2:19:18
OLGA BYLINKINA 31	2:43:18
M40 PAUL MARMARO	2:54:48
JOEL CARDOSO	3:02:38
M45 JOHN O'CONNELL	3:00:50
RUSSELL WOGAN	3:04:49
M50 WERNER HAUSER	3:04:38
DIETER HANNIG	3:26:11
M55 MAUEL L T MCCOWN	3:28:03
ARTHUR SAKAKAS	3:28:15
M60 ROBERT HENDRICK	3:27:05
ROBERT POPE	3:31:32
M65 THOMAS BOLAND	4:11:19
CHUCK VAN DUZEE	4:27:58
M70 CHARLES POWELL	4:44:50
PETER BUTLER	5:45:03
W40 ANNE VON SCHUPPEN	2:46:14
C MAYER-DOLDER	3:16:06
W45 SANDY FONTAN	3:25:25
JANET O'MALLEY	3:31:17
W50 CAROL HASSELL	3:53:24
KIM SATTERLEE	4:18:30
W55 ESSIE WILLIAMS	4:26:47
LOUISE HEINECK	4:31:31
W60 KAY CHERNOFF	4:17:31

Paul deBruyn Memorial 30K & 15K Ormond Beach, FL; Nov. 20

Overall	
Mike Mollod 40	1:54:18
Michelle Krueger 29	2:09:09
M40 M Mollod	1:54:18
Paul Holyko	2:02:21
Bernard Borbely	2:03:49
M45 Ken Steckert	2:09:40
Reggie Moore	2:10:51
Paul Hextell	2:12:58
M50 David Luckhardt	2:13:36
James Teryl	2:14:32
Ron Krochak	2:24:50
M55 Albert Wieringa	2:08:26
Wm Smith	2:26:40
David Smith	2:31:12
M60 Jos Fournier	2:47:05
Tommy Dugger	2:59:11

M65 Chuck Vanduzee	3:04:40
W40 Bethany Heslam	2:12:17
Teresa Williams	2:30:21
Candi Ashley	2:42:03
W45 Kim Streit	2:30:20
Kathy Hatfield	2:52:20
Laura Tolley	2:53:53
W50 Mary Pulaski	2:41:11
Lynn Gray	2:45:23
W55 Sarah Kapoor	3:15:12
Linda Tameris	3:31:51
W60 Gay Roberts	2:48:39</

Claudia French	26:47
Donna Rettini	27:16
W55 Kathy Klein	29:59
Susan Cervantes	31:53
Sharon Robbins	33:58
W60 Susan Wallace	29:21
Phoebe Kaiser	30:15
Arlene Olson	34:22
W65 Patricia Gooding	57:47
Jackie Jost	59:11
W75 Kathleen Kostick	50:20
Margery Beck	52:39

Thanksgiving Day Races 10M Deland, FL; Nov. 25

Overall	
Graham White 41	1:01:53
Yvonne Gnirss 36	1:05:42
M40 Graham White 41	1:01:53
Jeff Souliere	1:03:13
Todd Graff	1:05:16
M45 Jeff Cuddeback	1:04:33
Robert Weatherwak	1:06:11
Gary Cohen	1:06:18
M50 Dennis West	1:12:30
James Mayer	1:13:28
Dan Tracy	1:16:24
M55 Alan Kossow	1:14:02
Jon Davis	1:31:44
Timothy Chatterley	1:32:55
M60 Silky Sullivan	1:17:51
Chulhan Yoon	1:33:26
Terry Bangs	1:33:44
M65 Horace Brannon	1:43:24
Stuart Olson	1:48:39
Paul Kunz	1:51:17
M70 Frank French	1:59:40
Robert Shaw	1:24:06
W40 Karen Blamick	1:19:32
Lynda Koerber	1:20:54
Sharon Lay	1:22:27
W45 Deborah Milford	1:28:32
Bonnie Welter	1:33:13
Bridget Gallagher	1:35:44
W50 Kathleen Doughney	1:23:11
Rosemary Naas	1:25:14
Peggy Smith	1:27:27
W55 Frances Brown	1:45:59
W60 Sonia Ryker	1:42:22

St. Jude Memphis Marathon & Half-Marathon Memphis, TN; Dec. 4

Overall	
Sammy Nyamongo 28	2:20:52
Marina Bychkova 28	2:42:40
M40 Dennis Simonaitis	2:23:25
Greg Hill	2:42:39
Richard McGary	2:49:56
M45 Sam Ngatia	2:47:05
Allen Smith	3:06:43
Billy Simpson	3:07:30
M50 John Walker	3:05:44
David Mackenzie	3:11:22
James Peltz	3:14:16
M55 Jeffrey Hawkins	3:24:07
Willard Whitaker III	3:28:39
Charles Ross	3:31:15
M60 Larry Grow	3:39:00
Bill Hardesty	3:41:40
Kenneth Williams	3:46:39
M65 Hugh Webb	3:39:35
Art Harris	3:54:49
Steven Schoenherr	4:11:45
M70 Jim Yamanaka	4:09:42
Tom Briggs	4:37:52
Norman Smith	5:24:52
W40 Jackie Morgan	3:02:28
Laurie Decker	3:08:31
Kristine Huff	3:21:53
W45 Brenda Walton	3:16:02
Ana Breaux	3:40:56
Deborah Lazaroff	3:45:41
W50 Filis Friedman	3:37:03
Bernita Lovelace	3:52:43
Jane Rebholz	4:02:27
W55 Joy Hampton	3:25:09
Ingrid Honzak	3:59:42
Susan Diggonis	4:18:26
W60 Mayumi Aihara	4:05:47
Joanne Meier	4:47:43
Hilde Haynes	4:49:07
Half-Marathon	
Overall	
Patrick Nthiwa 21	1:05:09
Kelly Keane 32	1:12:47
M40 Tim Schuler	1:13:18
Michael Kelly	1:17:47
Scott King	1:21:23
M45 Greg Cauler	1:13:29
Thomas Dever	1:13:35
Dave Johnson	1:14:48
M50 Charles Cantrell	1:34:57
Sam White	1:35:13
Paul Heady	1:37:19
M55 David Williams	1:23:31
Thys Bax	1:26:12
Donald Williams	1:36:59

M60 Marshall Jones	1:38:38
Charlie Dunn	1:38:39
Glen Stewart, Jr.	1:39:52
M65 Henry Hawk	1:34:04
Bill Springer	1:36:08
Jim Kee	1:49:55
M70 Oscar Cook	1:48:48
Ethan Busby	1:48:54
Fred Steltemeier	1:51:39
W40 Janice Addison	1:28:15
Terri Cassel	1:29:46
Helen Alexander	1:31:51
W45 Mary Snipes	1:35:54
Pamella Campbell	1:38:18
Merlynn Kassing	1:41:45
W50 Deborah Holliday	1:40:18
Barbara Fanelli	1:51:05
Boni Wagers	1:52:10
W55 Kristin C-Stash	1:53:13
Sandy Brewer	1:58:08
Linda Kennedy	2:01:57
W60 Marie Thredgill	1:47:37
Martha Young	2:01:00
Helga Maneschi	2:10:38
W65 Jean Joyce	2:34:40
Earline Duncan	3:00:52
Betty Williams	3:06:24
W70 Joan Ingle	2:43:05

MIDWEST

Indianapolis Marathon & Half-Marathon Lawrence, IN; Oct. 16

Overall	
MICHAEL SMITH 43	1:13:31
NICOLE SHEPLER	1:27:09
M40 MICHAEL SMITH	1:13:31
M45 GEORGE DEWITT	1:15:13
M50 BYRON BATTEIGER	1:26:48
M55 PATRICK BOURDILLON	1:32:46
M60 DARREL CROUTER	1:47:01
M65 BUD STIFFLER	2:01:23
M70-KENNETH RYAN	1:56:25
W40 CARLA YERKES	1:34:06
W45 JEAN LAMPERT	1:31:50
W50 JUDY HENSLEY	1:51:21
W55 CAROL MCVEIGH	1:56:59
W60 CHRISTINE JONES	2:43:28
W65 RUDY MORALES	2:01:10
W70-MARGE FERRIS	2:11:27
Half-Marathon	
Overall	
RICK SICA	2:41:34
TRACY STEWART	3:01:32
M40 JEFFREY HOFFMANN	2:49:35
M45 CHRIS MCMAHON	2:56:18
M50 TIMOTHY RYAN	3:13:32
M55 MIKE KOZEL	3:29:39
M60 ERIC SCHLEEF	3:53:37
M65 ED FILLENWARTH	4:45:25
W40 SHELLEY KOENIG	3:21:53
W45 LINDA CULLISON	3:26:27
W50 KATHLEEN OSULLIVAN	4:14:22
W55 CAROL LYNDELL	4:12:52
W60 JUDY SMITH	5:04:43

Louisville Marathon & Half-Marathon Louisville, KY; Oct. 17

Overall	
Robert Preston	2:41:05
Jennifer Brinati	3:22:36
M40 Matthew Curtner-Smith	2:52:58
Jeff Driver	3:05:39
Rusty Blalock	3:18:26
M45 Tim Pemberton	3:04:51
Dannis Hughbanks	3:05:35
Bruce Tanksley	3:21:25
M50 Joe Paul Wuerth	3:20:08
John Ziegler	3:26:58
Mike Howard	3:27:34
M55 Linny Moore	3:32:56
Wayne Manord	3:44:30
Thomas Skinner	3:50:23
M60 Paul Meadows	4:06:50
Larry Pitt	4:12:23
M65 Ray Langton	3:45:26
Kenneth Thompson	4:44:36
W40 Meg Berry	3:29:11
Barbara White	3:56:47
Amy Peacock	4:14:34
W45 Karen Griffin	3:46:33
Margaret Harper	3:48:45
Kathy Hill	3:52:17
W50 Kay McVey	4:06:31
W55 Judy Campbell	5:32:06
W60 Janice Hicks	5:32:04
W65 Carol Westerman	5:47:33
Half-Marathon	
Overall	
Alan Tobin	1:16:04
Carol Miles	1:31:33
M40 Steve Blake	1:25:25
M45 Bill Valenzano	1:17:25
M50 Guy Spalding	1:31:12
M55 Jozsef Szilagyi	1:30:49
M60 Glenn Leach	1:43:45
Rick Morrissey	1:59:20
W40 Cynthia Heady	1:34:27
W45 Debbie Yealin	1:41:50
W50 Maria Mackey	1:53:02

W55 Dorothy Frank	2:29:10
W60 Joanne Meier	2:19:04

Grand Rapids Marathon & Half-Marathon Grand Rapids, MI; Oct. 31

Overall	
Erik Bush 36	2:34:11
Debra Gormley 38	2:58:39
M40 Kurt Goetzke	2:50:48
Jeff Pritchard	2:56:40
Marco Balestrin	3:01:42
Kurt Stunek	3:16:34
R Linnemanstons	3:17:54
Herman Post	3:18:46
M50 Richard Mangold	3:00:17
Mike Yarbrough	3:14:12
John Durham	3:16:39
M55 Larry Lichnovsky	3:22:11
Richard Havenga	3:28:10
Henry Osier	3:30:21
M60 Denny Wintheiser	3:29:49
John Farah	3:41:27
M65 Ken Thompson	4:16:29
Donald Andree	4:28:13
M70 Harold Plaisier	4:49:24
W40 Ruth Lara	3:35:05
Julie McCarthy	3:39:41
Kathy Wallis	3:42:06
W45 Peggy Zeeb	3:23:30
Maria Wordelman	3:31:30
Diane Legate	3:49:41
W50 Maggy Zidar	3:37:14
Louis Gingras	3:45:06
W55 Maren Knowles	3:56:11
Jan Valade	4:13:21
W60 Janet Wallen	4:56:16
W65 Nancy Klees	5:29:45
--Half-Marathon--	
Overall	
Henry Hofman 40	80:12
Andrea Hutchins 28	83:55
M40 H Hofman	80:12
Dennis Barber	89:36
Ed Gilde	94:19
M45 Kevin Holmes	89:14
Mark Dedow	91:54
Gary Kowalczyk	99:06
M50 Bruce Behnke	90:22
Ken Deback	93:57
Robert Dorr	1:42:41
M55 Don Correll	94:36
Pat O'Rourke	96:29
Don Huizinga	96:35
M60 Tim Morrow	1:47:03
David Dvorak	1:47:25
M65 Willis Worick	2:14:18
M70 Ray Jensen	3:09:31
M40 Claire Dedow	1:40:46
Tracy Spring	1:41:37
W45 Deb Lazaroff	1:41:48
Julie Frayer	1:43:07
W50 Nancy Fazio	96:38
Tamara Steil	1:41:57
W55 Paula Emmons	2:02:56
Anne Hemingway	2:11:18
W60 Alice Hoban	3:06:19
W65 Eliz Lancaster	2:05:28
Freddie Angus	2:17:47

95th Thanksgiving Day Race Cincinnati, OH; Nov. 25

Overall	
CHRISTOPHER REIS 23	30:48
KATHIE AERNI 23	37:08
M40 RICH HIEBER	37:23
CRAIG FELTNER	37:50
MANFRED MAURER	37:53
M45 PILL VALENZANO	34:55
PETE BECKMAN	35:39
EUGENE RUTZ	36:22
M50 DAVID LENAHA	38:29
DAVID BEACH	39:01
DAVID WILSON	39:08
M55 PATRICK BRADFORD	39:46
JOHN GEE	39:49
G MICHAEL FOWLER	40:15
M60 PETER WAYTE	39:21
DAVID STEWART	42:47
GARY MILLER	45:06
M65 B PRICE	46:24
GARY CRAWFORD	46:47
DUANE CORRELL	49:45
M70 JERRY HOFFMAN	53:25
JOHN GROH	53:29
LINDEN OGDEN	53:41
M75 EDWARD HALL	1:00:38
RICHARD SOLLER	1:15:11
M80 BENTON STANSEL	56:24
WENDALL SULLIVAN	1:12:06
CLIFF DORNETTE	1:28:08
W40 GRETCHEN BUMPUS	42:29
JENNIFER SUMME	42:51
LISA VENEZIANO	43:16
W45 CATHY STRICKER	42:07
KATHLEEN JOHNSON	42:11
ROBYN WILLIAMS	43:44
M50 MIMI RANSICK	47:16
JEAN SCHMIDT	48:51
KATHLEEN WILKINS	49:00
M55 MB PRICE	46:24
TERI FOX	49:56
LYNNE HAYS	51:52
W60 JUDITH HARMONY	53:20
JUDY SHIPMAN	55:45
W65 LAURA BOOKE	1:01:53
ANN RHODA	1:03:47
W70 HAZEL SPENCER	1:26:19
W75 BETTY RE	1:49:16
W80 HELEN VATH	1:20:50

Universal Sole 5K XC Chicago, IL; Nov. 5

Overall	
Peter Derby 22	17:15
Amy Thomas-Elder 41	19:11
M35 Craig Yoder	21:01
M40 David Miller 44	17:45
Mike Turk 42	19:06
Mark McNeill 45	19:24
M50 Megan Lewis 52	35:40
W40 A Thomas-Elder 41	19:11
Emily MacDonald 45	22:17
W50 Susan Fernandez 50	34:25
(hills/sandy/windy/54deg)	

Outback Scramble 4.95 Mile XC Indianapolis, IN; Nov. 6

Overall	
Michael Disher 16	31:58
Kristy Lippencott 38	37:41
M40 Mark Hiskes 41	33:28
Bob Cacy 43	34:58
Gordon Elston 43	35:30
M50 Wayne Ramsey 57	43:43
Eric Palmer 54	43:51
M60 David Whicker 62	47:13
Glen Davis 65	50:40
W40 Darlene Dietrich	47:42
Linda Firenze 40	45:34
W50 Dena Lukasik 51	47:54
Jacquelin Ramsey 57	62:35

Roseville Big Bird 10K Roseville, MI; Nov. 14

Overall	
Clint Verran 29	30:19
Carly Graylock 26	35:52
M35 John Brabbs	36:28
Kraig Schmittlach	40:27
Mark Hodges	41:02
M40 Mark Neal	35:43
John Springer	36:57
Russell Rohde	37:03
Scott Fiske	37:50
Jerry Carroll	38:31
M45 Kurt Schneider	37:28

Joe Lasher	38:36
Duane Stewart	39:38
John Tarantino	41:49
Michael Hendren	41:59
M50 John Tarkowski	37:27
Gary Rizzo	39:12
Darryl Stanbrough	40:43
M55 Larry Parker	38:24
Ken Rowe	40:31
Marty Povirk	41:23
M60 Doug Goodhue	38:14
James Carlton	38:29
Gerard Malaczynski	38:40
M65 Jim Fitch Sr	42:15
Ken Isherwood	53:41
Ed Torrance	54:02
M70 Bill Olsen	49:54
Hugh Sweeney	56:48
Darrell McKee	57:49
M75+Fred Hagen 75	56:55
James Lovat 80	62:28
W35 Sonja Hanson	42:54
Liz Hendershott	44:07
Kim Sanner	46:25
M70 Laura Murphy	37:35
Debbie Solem	47:00
Pamela Sharpley	48:25
Mary Smith	48:27
W45 Marcy Kossak	44:55
Sandy Schubert	47:35
Maria Libeck	50:04
Maria Rivard	50:40
W50 Donna Olson	45:00
Maggy Zidar	47:22
Sandra Grzyh	53:53
W55 Cindy Goodhue	53:58
Shirley Torrance	58:37
Sheila Pegg	59:00
W60+Chris Swanson 69	60:12
Mary Roche 63	61:03

Des Moines Marathon Des Moines, IA; Oct. 17

Overall	
CHRISTOPHER REIS 23	30.48
KATIE AERNI 23	37.08
M40 RICH HIEBER	37.23
CRAIG FELTNER	37.50
MANFRED MAURER	37.53
M45 BILL VALENZANO	34.55
PETE BECKMAN	35.39
EUGENE RUTZ	36.29
M50 DAVE LENAHAN	38.29
DAVID BEACH	39.01
DAVID WILSON	39.08
M55 PATRICK BRADFORD	39.46
JOHN GEE	39.49
G MICHAEL FOWLER	40.15
M60 PETER WAYTE	39.21
DAVID STEWART	42.47
GARY MILLER	45.06
M65 B PRICE	46.24
GARY CRAWFORD	46.47
DUANE CORRELL	49.45
M70 JERRY HOFFMAN	53.25
JOHN GROH	53.29
LINDEN OGDEN	53.48
M75 EDWARD HALL	1:00.38
RICHARD SOLLER	1:15.11
M80 BENTON STANSEL	56.24
WENDALL SULLIVAN	1:12.06
CLIFF DORNETTE	1:28.08
W40 GRETCHEN BUMPUS	42.29
JENNIFER SUMME	42.51
LISA VENEZIANO	43.16
W45 CATHY STRICKER	42.07
KATHLEEN JOHNSON	42.11
ROBYN WILLIAMS	43.44
W50 MIMI RANSICK	47.16
JEAN SCHMIDT	48.51
KATHLEEN WILKINS	49.00
W55 MB PRICE	46.24
TERI FOX	49.56
LYNNE HAYS	51.52
W60 JUDITH HARMONY	53.20
JUDY SHIPMAN	55.45
W65 LAURA BOOKE	1:01.53
ANN RHODA	1:03.47
W70 HAZEL SPENCER	1:26.19
W75 BETTY RE	1:49.16
W80 HELEN VATH	1:20.50

Omer Allard	5:49.35
W40 Rose Rhoton	3:30.27
Melanie Hennis	3:34.41
Kathy Cleary	3:45.24
W45 Suzy Seeley	3:22.24
Tammy Hovik	3:35.43
Yong Collins	3:39.04
W50 Antoinette Haitas	4:01.59
Sherill Easterling	4:02.46
Yolanda Gonzales	4:16.22
W55 Marjory Schmidt	4:04.29
Andrena Mulligan	4:31.47
Lana Best	4:37.55
W60 Bonnie McElwee	3:50.49
Juliet Wittwer	5:30.39
Janet Alvarado	5:46.43

Half-Marathon

Overall

Angel Martinez 28	1:10.32
Uessoca Giakardp 28	1:27.16
M40 Asdrubal Paz	1:16.49
Dale Londo	1:17.10
Jesus Arturo Utrilla	1:20.14
M45 Jim Faucett	1:33.41
Scott Zarley	1:34.07
Christopher O'Connor	1:36.40

M50 Clent Mericle

Rafael Martinez

Roby Freeman

M55 David Lowe

Rick Naylor

Tony Munoz

M60 Juan Delgado

William Fenton

Andres Ayuda

M65 Carlos Saucedo

William Hall

Don Smith

M70+Luciano Garcia

Alfredo Limon

Don Helmer

W40 Deanna Savo

Manbel Garcia

Donna Powell

W45 Cyndie Wineland

Meredith Patterson

Beth Erhardt

W50 Millie Dupnik

Gloria Mahoney

Rose Marie Hagman

W55 Susan Magher

Nouza Swimelar

Ann Cloutier

W60 Mary McCord

Gayle Reed

Barbara Hedge

W65 Kay Duplichan

Barbara Schneider

Mickie Aguilar

Tulsa Turkey Trot 10K & 5K

Tulsa, OK; Nov. 20

Overall

Tim Surface 26

Fride Vullum 28

M35 Keith Winn

M40 Tom Lam

Greg Welden

M45 Donnie Harris

Tom Linihan

M50 Wayne Conway

M55 Dick Green

M60 Jim Madison

M75+Tom O'Connell 79

W35 Tammy Winn

W40 Rhonda Olsen

W45 Pam Sneed

Lilia Ureta

W50 Amy Adams

W60 Janice Niclas

W70+Faith Walkwitz

--5K--

Overall

Kendall Robbins 15

Terri Cassel 43

M35 Pat Thomas

M40 Kevin Bender

Phil Kizzia

M45 Trani Matthews

Donnie Harris

M50 Darrell Collie

M55 Mike Bada

M60 Dick Cauton

M65 Jim McFadden

M70 Paul Heitzman

M75+Rich Thompson 75

W35 Rhonda Deininger

W40 Terri Cassel

W45 Melinda Obal

W50 Sarah Savage

W55 Grace McCoy

W65+Dru Young 69

Marly Thompson 73

Daniel Kovacs	3:15.02
Joel Everett	3:18.31
M50 Stanley Hup	3:20.13
James Baker	3:21.53
John Garrison	3:24.18
M55 Bob Milan	3:23.10
Terry McConnell	3:30.23
Donald Carley	3:50.50
M60 Greg Prugh	3:32.32
Sam Williams	3:59.34
Terry Jensen	3:59.36
M65 Tom Podruchny	4:48.35
Ed Brettel	4:54.35
M70 Norm Frank	6:27.40
W40 Laura Nelson	3:25.37
Jane Megoran	4:12.43
Kathy Everett	4:15.02
W45 Sheryl Crawford	3:34.57
Becky Lowrance	3:53.18
Kimberly Hebert	3:54.04
W50 Liz Shanks	3:53.23
Claire Eagan	4:00.33
W55 Barbara McKinley	4:12.13
Karen Cummins	4:14.46
W60 Judy Koob	5:39.47

Total International
Friendship Run 10K
McAllen, TX; Nov. 21

Overall

Jose Miguel Luna Mata

Liza Hunter-Galvan

M40 Antonio Gutierrez Hdz.

Valentino Almaraz

Pablo Rubio Quinones

M45 Mac Allen

Raymundo V Hernandez

Juan Del Real

M50 Hilario Lopez

Emilio Robledo

Mauricio Morado

M55 Diogenes Sanchez

Amelio Marquez Castillo

M60 Jim Cooke

Guadalupe Espinoza

M65 Don Winkley

Carlos Saucedo

M70 Alberto Chavez

Dean Padavon

M75 Ignacio Romero

Elena Jaimes Corona

Nancy Mendoza Rosa

Maria Avilez

W45 Margo Braud

Barbara Kuhlmeier

W50 Serai Abraham

Nancy Jobe

W55 Maria Martinez

Victoria Infante

W60 Linda Stock

Choly Devera

W65 Maria de L. Orta Luna

Emilia Mena Amador

WEST

Long Beach International

City Marathon

Long Beach, CA; Oct. 10

Overall

Fermin Sequen 35

Amy Skiersz-Wilson 27

M40 Dan Goldstein

Tyrone Black

Clyde Matsumura

M45 Rigoberto Ovega

Jose Luis Diaz

Gary Cohen

M50 Robert Eilek Jr

Takashi Yagisawa

Dan Menard

M55 Wayne Mitchell

Moo Lim

Albert Martinez

M60 Dr Suresh Iyengar

Sylvan Addink

Shiv Shankar

M65 Roberto Vargas

Gordon Watson

Gote Ivarsson

M70 Wayne Fong

David Puncker

Moses Christian

M75 George Border

Carlos Mora

Jong Sung Kim

W40 Margaret Jones-Bricker

Dolores Valencia

Joan Stepler

W45 Charmella Secrest

Sheila Hill

Sena Hoodman

W50 Grzenia Redcross

Donna Botkin

Marcia Noyes

W55 Evelyn Ramond

Sandra Baek

Myung Kim

W60 Pat Meyers	4:24.15
Janet Omer	4:24.23
Joanne Kaeding	4:31.34
W65 Cindy Raymond	5:26.05
Virginia Lespron	5:56.37

Half-Marathon

Overall

Chokri Ben Hedi 32

Laura Knight 35

M40 Angel Roman

John Clark

Ezequiel Hernandez

Jackie Briland

M45 Leon Laub

Gonzalo Samaniego

Ruben Acuna

James Goltra

M50 Mario Tamayo

Barry Schaeffer

Nabor Gomez

M55 Mike Schneider

Ray Parker

Roberto Perez

M60 Mike Lopez

Juan Cabeza

Trini Espinoza

Gene Bricker

Gamma Chavez

James Morris

M70 Alberto Chavez

William Wall

Stanley Olski

M75 Rao Paladugu

Orville Bingley III

Jae Yang

M80 Peter Lang

Jodean Sparling

W40 Sue Zihlmann

Talya Nevo-Hacohen

Sherril Elery

W45 Laura Weissert

Julie Payn

Olga Reyes

W50 Irma Reynoso

Peggy Enriquez

Kathi Guiney

W55 Romy Niblack

Chu Young Shim

Aileen Hardesty

W60 Sharon Dolin

Joyce Ashimine

Pamela Quinn

W65 Marilyn Clark

Mary Dugan

Alberta Stewart

W70 Elaine Herfert

Beth Petersen

Patti Kennedy

W75 Carmelita De Haven

Marie Horowitz

W80 Fenyia Crown

Big Sur Half-Marathon

Monterey Bay, CA; Oct. 17

Overall

Michael Aish 28

Nicole Aish 28

M40 Jeff Magallanes

Carl Clark

David Gagnon

M45 Dwight Smith

Ignacio Perez

Phil Williams

M50 Fred Wedam

Peter Stanger

Bob Sease

M55 Michael Dove

Ron Smith

Ron Kiyono

M60 Chuck Butler

Douglas Stevens

George Nye

M65 Rod Mackinlay

Dennis Hartley

Arnold Orgolini

M70 Nick Vomvolakis

Thomas Marrin

Lee Minicus

M75 Hai Chung

W40 Maria Trujillo de Rios

Angela Matthews

Mariann Thomas

W45 Christine Kennedy

Lesley Chaplin-Swann

Holly Whisenand

Honora Fetherston

W50 Jan Farmung-Krause

Lynn Moncher

Elizabeth Torreblanca

W55 Angela Jerman

Consuelo Streett

Glynis Greening

W60 Susan Brown

Hansi Rigney

Jan Halner

W65 Khartoon Brown

Pamela McKenzie

Kay Duplichan

Katherine Beiers

Whiskeytown 50K/30K/8M
Trail Runs, Whiskeytown
Lake NRA, Redding, CA
Oct. 23

50K

Overall

Trevor Nelson 24

Bev Anderson-Abbs 40

M40 Brian Hildebrandt

M45 Ken Hoffman

Mark Sherbow

M50 John Catts

Clyde Aker

David Williams

Paul Rink

Jeff Jones

Hollis Lenderking

Duane Grigg

M55 Dana Gard

Rod Dickson

Jeff Vieyra

Wayne Farrar

Jack Edmonds

M60 Wally Hesselstine

Ian Maddison

Jim Clover

Duane Baker

Lee Jebian

W40 Bev Anderson-Abbs

W45 Jeri Howland

W60 Wini Jebian

30K

Overall

M75+ Walter Woodard	87.55	W45 LESLIE SHARP	26.09
W40 Linda Casillas	42.49	KUMOK SCHMIDT	31.49
Kim Kortz	43.55	BARBARA HENRY	32.44
Debbie Devine	47.04	W50 KELLY HELLER	30.01
W45 Trinakoushmaro	46.33	MARY HARRIS	30.20
Kim DeYoung	47.29	DELLA JESUS	33.04
Lori Eden	47.50	W55 KAREN DAVIS	21.57
W50 Linda Belton	45.45	BEV WILSON	31.24
Diane Goettlicher	45.48	W60 CHERYL PARMENTER	31.50
Carmela Hoffman	46.23	SUE SMITH	36.51
W55 Jessie Stratton	45.53		
Jeanne English	55.25		
W60 Joan Kramer	56.31		
Linda Hall	58.22		
W65 Nadine Davis	62.51		
Dinar Talbert	63.55		

OC Marathon Newport Beach, CA; Dec. 5

Overall			
Andrew Masuva 40	2:23.23		
Cheryl Smith 24	2:50.39		
M40 Andrew Masuva	2:23.23		
Chris Clark	2:39.31		
Tyrene Black	2:50.38		
Ted Cotti	2:53.34		
Mauro DosSantos	2:56.59		
M45 Leon Laub	2:55.16		
Nicholas Florio	3:01.25		
Franco Forlini	3:03.05		
Greg Wagner	3:15.18		
Ted Salazar	3:15.35		
M50 Barry Wallman	3:03.24		
Richard Bouton	3:13.41		
Ken Koestner	3:22.46		
M55 Jim Rucker	3:20.45		
Jim Bechtold	3:28.40		
Fred Pichay	3:30.37		
M60 Tom Glenn	3:15.23		
Wayne Mitchell	3:18.22		
Leo Rutten	3:40.57		
M65 Robert Glazier	3:19.36		
Gamma Chavez	3:40.17		
Dale Headley	4:01.43		
M70 Jerry Jefferson	4:28.05		
Joseph Bruney	4:33.13		
Stanley Polski	4:39.28		
W40 Michelle Kobrin	3:28.36		
Carista Strickland	3:30.48		
Kathryn Gushue	3:33.08		
W45 Laura Weissert	3:33.10		
Jennifer Buckley	3:34.35		
Patty Peck	3:39.56		
W50 Cecilia Ramos	3:48.42		
Olivia Kirchmann	4:25.48		
Lisa Gibson	4:35.23		
W55 Willie Mundt	3:43.32		
Anne Luerken	4:08.29		
Kathy Sanchez	4:30.45		
W60 Penny Tyree	4:04.26		
Ria Rugg	4:25.21		
W65 Dorothy Strand	5:32.48		
Virginia Lespron	5:36.39		
W70 Marlene Kalish	6:09.31		
Kathleen Callaway	6:12.03		

California International Marathon, Sacramento, CA Dec. 5

Overall			
Oleg Bolhovets 27	2:13.22		
Lyudmyla Pushkina 39	2:37.22		
M40 VITAS EZERSKIS	2:38.13		
JOSE AISPURO	2:44.07		
ROMANO SCATURRO	2:45.05		
TIM SHEEPER	2:45.41		
TIM PARSONS	2:47.17		
M45 MIKE TONEY	2:44.35		
THOM TRIMBLE	2:49.32		
CRAIG WHICHARD	2:57.13		
MIKE HOUAR	2:57.21		
CRAIG JOHNSTON	2:57.52		
M50 MARTIN ELLISON	2:41.49		
KEN GREBENSTEIN	2:51.10		
MICHAEL NORTON	2:56.41		
NEIL GELBLUM	2:57.33		
M55 BENJAMIN CARO	2:57.49		
DANIEL BARNHART	3:07.42		
RON SMITH	3:09.06		
JOHN PETERSON	3:18.02		
M60 RICHARD HILLESTAD	3:07.26		
JOE HURTADO	3:16.03		
JESUS GUERRERO	3:23.28		
M65 JOHN PIUS	3:29.19		
GLENN FRICK	3:29.23		
DOUG BRAASCH	3:31.37		
M70 DON JAMES	4:05.42		
THOMAS MARRIN	4:28.00		
LEE RHODES	4:28.42		
M75 SAM HIRABAYASHI	4:20.52		
HARRY DANIELL	5:20.25		
W40 GAYLE JACKLIN	2:47.00		
LESLIE BLACK	2:59.03		
RITA IVANUSKAS	3:00.16		
UTAHNA CLIGNY	3:08.27		
W45 MARIA TRUJILLO DE RIOS	2:55.30		
CHERYL TRONSON	3:00.37		
KATHY ATKINS	3:06.06		
CAROLYN MCCARTER	3:11.44		
W50 GAYLE EGGLESTON	3:30.15		
LILIAN WONG	3:37.49		
LINDA BELTON	3:48.43		
W55 SUSAN MADIGAN	3:49.20		
JESSIE STRATTON	3:49.32		
MARCI ROSCHKE	3:54.49		
W60 M. MCLENEGHAN	4:00.38		

Fiesta of Light 5K Phoenix, AZ; Dec. 4

Overall			
BEN EID 20	16:25		
KIMBERLY BOSEN 25	18:23		
M40 PAUL SADORF	19:48		
GIL GRADILLAS	21:36		
MARK GREEN	22:08		
M45 RANDY BAUM	20:31		
COREY REBER	20:56		
FRANK FISCHER	23:18		
M50 TURQUOISE BUCK	19:31		
AL BUNDY	21:01		
DAVID PARNELL	23:46		
M55 ROBERT BURR	21:07		
JOHN ELLIS	22:04		
EARL CHARLES	24:15		
M60 HAL EASTIN	24:51		
PHIL DAVIS	29:38		
DON BRANAMAN	22:33		
M65 ANTONIO DE SIMONE	24:04		
LARRY WRIGHT	24:39		
M70 BODO DIEHN	28:37		
W40 ALIKA VICTOR	26:07		
MEG COPPERSMITH	28:12		
RACHEL BARREDETTE	29:30		

BARBARA ELIA	4:11:26
RUSTY BARNETT	4:18:00
W65 TRUDI HOFMANN	4:07:05
GLORIA DAKE	5:15:20
W70 MYRA RHODES	3:55:44
KATHERINE BEIERS	4:35:37
W80 HELEN KLEIN	5:08:33

NORTHWEST

Fit Right NW XC Series #2 4.5 Mile, Portland, OR Oct. 31

Overall			
Zach Botelho 25	23:24		
Tara Crowley 26	27:14		
M40 Danny Gonzalez	23:25		
Chas Case	25:10		
M45 Chuck Coates	24:37		
Richard Punched	26:04		
M50 Dave Clingan	27:39		
Rick Ohlson	29:59		
M55 Dave Lowe	30:29		
Patrick Cross	33:46		
W40 Meghan Arbogast	28:31		
HeleneHutchinson	29:40		
W45 Jennifer Teppo	28:21		
Denise Foote	29:54		

City of Trees Marathon & Half-Marathon Boise, ID; Nov. 7

Overall			
Michael Carlson 45	2:41:24		
Juli Morse-Stump 28	3:15:25		
M40 William Mandler	3:10:48		
Gordon Bennett	3:12:15		
Bryce Wilcox	3:15:23		
M45 Michael Carlson	2:41:24		
Kennard Black	3:04:35		
Richard Christensen	3:05:40		
M50 Rob Sargent	3:12:13		
Ruben Contreras	3:12:21		
Gary Thornton	3:13:22		
M55 Donald Hill	3:06:37		
Ian Place	3:15:36		
Brian Grant	3:24:44		
M60 Andrew Kotulski	3:51:17		
Jim Reavy	3:52:48		
Jim Shurts	3:57:39		
M65 Paul Hargrave	3:40:53		
Ron Dunlap	4:06:52		
Don Klinghammer	4:13:18		
M70 Jack Swanson	4:38:58		
Tom Briggs	4:39:35		
M75 Bob Dolphin	5:56:31		
W40 Katrina Mealey	3:16:51		
Joni Fehrenbacher	3:30:40		
Kathryn Jennings	3:47:09		
W45 Nancy Hatfield	3:27:28		
Dalila Frei	3:55:32		
W50 Robin Cain	3:59:14		
Kathleen Keliher	4:19:55		
W55 Judy Eaton	3:49:20		
Carol McLaughlin	4:34:19		
W60 Gunhild Swanson	3:40:31		
Judy Mulcahy	5:20:28		

Half-Marathon

Overall			
Kyle Hummel 23	1:17:12		
Amy Hooks 25	1:31:10		
M40 Bob Daniel	1:26:16		
Tim Thorson	1:31:00		
Chip Keyes	1:32:48		
M45 Mark Hummel	1:40:05		
Ed Morente	1:42:22		
Kevin O'Reilly	1:46:13		
M50 David Schoenfeld	1:31:25		
Tim Roney	1:33:24		
Steve Hodges	1:39:25		
M55 Andrew Maser	1:39:41		
Lester Soule	1:42:38		
Bob Eldredge	1:51:17		
M60 Don Mick	1:47:29		
Jim Stiltz	1:52:26		
Tony Kraft	1:54:59		
M65 Harry Geist	2:04:17		
Nick Johnson	2:14:23		
M70 Raymond Scharenbrock	2:47:01		
W40 Maureen Thomas	1:39:36		
Kelly Landle	1:40:27		
Stacy Schoenborn	1:40:55		
W45 Marilyn Koob	1:45:38		
Bridget Creed	1:45:57		
Susi Macconnel	1:59:02		
W50 Lindsay Norman	1:59:53		
Cecilia Weber-Morgan	2:02:36		
Maureen Ridenour	2:06:31		
W55 Ann Dallas	2:02:19		
Signe Blackman	2:20:16		
W60 Vicki Mitchell	2:15:17		
W65 Priscilla Dolan	2:32:22		
W70 Jane Damell	2:24:29		

USATF Oregon XC Championship 4 Miles Portland, OR; Nov. 14

Overall			
Greg Mitchell 31	21:05		
Tara Crowley 26	25:00		
M40 Joe Dudman	22:58		

Charles Case	23:16
M45 Chuck Coates	22:34
Richard Punched	24:11
M50 Dave Clingan	24:43
Rick Ohlson	27:17
M55 David Lowe	27:56
Patrick Cross	30:52
W40 HelenHutchinson	27:28
Audrey O'Brien	27:51
W45 Jennifer Teppo	25:50
Denise Foote	28:51
W70 Suzi MacLeod	39:07

USATF NW Regional XC Championships M8K/W5K Portland, OR; Nov. 21

Overall			
Max King 25	25:14		
Ashley Vincent 21	18:25		
M40 Tony Young	27:25		
Jim Sapienza	28:19		
Ian Brown	28:30		
Paul Abdalla	28:50		
M45 Chuck Coates	27:56		
Richard Punched	29:48		
David Cannon	30:34		
M50 Dave Clingan	30:24		
Mark Mochon	33:23		
M55 Dave Lowe	34:51		
Jim McGill	36:39		
M60 Joe Kregal	38:33		
W40 Karen Steen	18:56		
Shelly Neal	20:07		
HeleneHutchinson	20:20		
W45 Regina Joyce	19:08		
Jennifer Teppo	19:11		
Denise Foote	21:03		
W70 Suzi MacLeod	28:55		

Turkey Stuffer 5K Springfield, OR; Nov. 25

Overall			
Chad Schacht 34	15:51		
Tiffany Beechy 27	17:42		
M35 Craig Godwin	15:59		
Chris Yorges	16:50		
M40 Dale Londres	16:11		
Pat Wagner	17:18		
Jeff Knowlton	18:06		
M45 Dan Wojcik	16:49		
Jamin Aasum	16:53		
K C Taylor	18:23		
M50 Rick Russell	19:13		
Broce Minard	19:50		
M55 Tom Enderby	22:58		
Al Coddington	23:13		
M60 Tom Balcum	21:51		
Tom Giesen	22:56		
M65 Jim Davis	22:15		
M70 John Hepner	22:47		
W35+Bill McChesney 76	25:45		
M75 L LaMena-Coll	19:15		
Stephanie Snyder	19:54		
W40 Mary Johnson	21:19		
Leah Jeske	22:17		
W45 Carla Hvert	19:44		
Kit Sundling	22:04		
W50 Marilyn Nippold	22:30		
W55 Sally Stafford	25:41		
W65 Jane Dods	30:13		

Seattle Marathon & Half-Marathon Seattle, WA; Nov. 28

Overall	
ULI STEIDL 32	2:29:36
KAMI SEMICK 38	2:53:11
M40 JIM ELWELL	2:44:55
SCOTT MCLELLAN	2:49:21
CLIFF RICHARDS	2:50:47
M45 JOSE MORENO	2:56:40
CLARENCE WIENS	2:56:41
MARK SHORTER	2:58:09
M50 JOHN MOE	2:52:56
STEVE ISRAEL	3:04:56
RUBEN CONTRERAS	3:06:55
M55 CHARLES CROMPTON	3:17:02
NEIL WAKELIN	3:22:19
JEROME BICKLER	3:29:05
M60 BELLA ROSA	2:57:47
KENNETH BONNER	3:29:42
ROBERT SCHOTTMAN	3:45:14
M65 RICHARD LEUTZINGER	3:52:54
PHIL DAMON	4:07:59
HERSCHEL BACKUES	4:08:03
M70 ROGER ROUFOSSE	4:18:51
DONALD JAMES	4:23:21
PAUL FOUCH	4:25:38
M75 KEITH WOOD	3:52:56
STANLEY GAWLER	4:22:36
W40 JOAN MCGRATH	2:54:12
CINDY LUNIW-ADSIT	3:25:21
TERESA RODRIGUEZ	3:27:25
W45 JILL BANISTER	3:20:23
SHELLY CAPELOTO	3:27:34
TRISH HRUBY	3:40:58
W50 JANET GREEN	3:35:16
AMY YANNI	3:36:41
M VONBECKMANN	3:54:11
W55 SUSAN HAYS	3:46:23
UN HA LEE	3:59:53
DEB REINEMANN	4:34:55
W60 GUNHILD SWANSON	4:39:03
JUDY FISHER	3:53:11

USATF NATIONAL INDOOR MASTERS CHAMPIONSHIPS

March 11-13, 2005

Jacksons Indoor Track - Idaho Center Boise, Idaho

2005 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS ENTRY FORM

Last Name _____ Male _____ Female _____
 First Name _____ Date of Birth _____
 Address _____ Age (as of 3/11/05) _____
 City _____ Club/Affiliation/Unattached _____
 State _____ Zip _____ Citizenship (if not USA) _____
 Country (if not USA) _____ 2005 USATF Number _____
 Telephone _____ (USATF number is required)
 E-mail address _____

Event	Best Recent Performance	Fee
Pentathlon (does not count as first event) _____	_____	(\$35)
1. _____	_____	(\$35)
2. _____	_____	(\$18)
3. _____	_____	(\$15)
4. _____	_____	(\$15)
5. _____	_____	(\$15)
6. _____	_____	(\$15)
		(\$50)

Late Fee for entries received after February 23, 2005 is \$50.

No entries accepted (received) after March 1, 2005.

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

T-shirt Order (pre-event only) Total number of T-shirts _____ @ \$15 each:

____ S ____ M ____ L ____ XL ____ XXL

Friend of the National Masters Championships Contribution: _____

Saturday Night "Taste of Idaho" 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-Snake River, its employees, agents, officers, the Idaho Center, Boise State University, 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: _____

Prior to sealing the envelope and sending in your application, please make sure that you have:

- Completed all information.
- Signed the application.
- Enclosed your check for the total entry fee (\$35 for the first event, \$18 for the second event, \$15 for each additional event, \$35 for the pentathlon) and Masters Committee Surcharge of \$5. After February 23 a late fee of \$50 must be added. There will be no refunds of entry fees for any reason. No entries, additions or changes will be accepted after March 1, 2005!
- Make your check payable to USATF-Snake River, US funds only and drawn on a US bank.
- Mail application with entry fee to: Mark D. Murdock, Team Idaho, Combined Events Coach, USATF Snake River Assoc., 6127 N. Portsmouth Ave., Boise, ID 83714

Event Information

masterschamps@earthlink.net * 208-859-9219

Online registration: www.usatf.org/assoc/sr/ or www.masterstrackandfield.com



2005 BOISE INDOOR SCHEDULE
(TENTATIVE - Age/gender order, and final times, to be decided after entries are received)

FRIDAY, MARCH 11
 Pentathlon (W) HH, HJ, SP, LJ, 800 (M) HH, LJ, SP, HJ, 1000
 Starting times to be staggered throughout day, starting at 9:00 AM

Track Events (PM)
 3000 Meters Finals W/M

Field Events (PM)
 Weight Throw Finals W 30+, M 50-59
 Shot Put Finals M 60+
 Pole Vault Finals M 30-49
 High Jump Finals W 30+

SATURDAY, MARCH 12

Track Events
 60 Meters Prelims/Finals M/W
 Mile Finals M/W
 400 Meters Finals M/W
 4X800 M Relays Finals M/W
 60 M Hurdles Prelims/Finals M/W

Field Events
 Weight Throw Finals M 30-49, M 60+
 Shot Put Finals W 30+, M 30-59
 High Jump Finals M 30+
 Long Jump Finals M/W
 Pole Vault Finals W 30+, M 50+

TBA Athlete Meeting

SUNDAY, MARCH 13

Track Events
 200 Meters Prelims W/M
 800 Meters Finals W/M
 200 Meters Finals W/M
 3000 M Race Walk Finals W/M
 4X400 M Relays Finals W/M

Field Events
 Superweight Finals W/M
 Triple Jump Finals W/M

Call for Hotel Reservations

Headquarters Hotel
 The Grove Hotel
 1-888-961-5000

Additional hotels with room blocks:
 Courtyard by Marriott 208-331-2700
 DoubleTree Riverside 208-343-1871
 Holiday Inn 208-344-8365

Room Blocks are under USATF.

Daily shuttle service will be provided between the hotels listed above and the Idaho Center.



Visitor Information
www.boise.org
 800-635-5240