Pawlik, O’Connor Named Best 2005 T&F Athletes
Ayala-Troncoso, DeReuck, Hussein Top LDR Picks

T&F Honors Go to Donley, Larsen, Lewis, Vaill, and Pashkin

Emil Pawlik, 66, Gleukos Masters Athlete of the Year, and Nadine O’Connor, 63, were selected as the Outstanding Male and Female Masters for 2005 by the Masters T&F Committee of USA Track & Field, the governing body for athletics in the U.S., at its annual meeting in Jacksonville, Fla., Nov. 30-Dec. 4.

They were recognized along with other award winners at the Awards Breakfast Buffet on Saturday, Dec. 3, at the Grand Ballroom of the Hyatt Regency Jacksonville Riverfront.

Pawlik, Jackson, Miss., won 10 national championships (high jump, long jump, short hurdles, and pentathlon in both indoor and outdoor championships; indoor heptathlon; and decathlon, with a world record), and the decathlon (another world record) and 100m hurdles in the WMA World Championships in Spain. His indoor pentathlon score and wins in the indoor and outdoor hurdles were U.S. records.

Adding awards to his list of championships, he also received the 2005 Outstanding Combined-Events Award and was selected M65 Track Athlete of the Year. He won the Outstanding Combined-Events Award in 1999, 2000, 2002, 2003, and 2004.

O’Connor, Del Rey, Calif., won five national championships: 200 indoor (world record 29.51, an age-graded 95.9%); pole vault indoor (world record 2.90); and 100, 200 and pole vault outdoor (world record 3.00). She subsequently set another pole vault record of 3.10, an age-graded 99.1%.

She was also the W60 Field Athlete of the Year. In 2004, she was awarded the Outstanding Single Performance Award.

Torsten Carlius
Former WMA President and recently elected WMA Secretary suffers fatal heart attack in China (see p. 20).

Keston, Borla, Bedard Among 24 Runners Honored by USATF

Carmen Ayala-Troncoso, 46, Colleen DeReuck, 41, and Mbarak Hussein, 40, were among the 24 runners honored by the Masters Long Distance Running Committee of USA Track & Field at its 27th annual meeting in Jacksonville, Fla.

The Athletes of the Year for the class of 2005 were distinguished by being among the most prolific U.S. record-setters of any class. They were headed by repeat winner DeReuck, W40, of Colorado, who established new marks in the Gate River 15K, New Haven 20K, Fifth Third River Bank 25K, and La Salle Bank 20K. She also won the Masters 10K Championships at Heritage Oaks, Paso Robles, Calif.

Following close behind, after a four-year hiatus from the awards list, was Toshiko d’Elia, W75, New Jersey, repeat winner of the award. Barbara Miller, W65, Calif., repeat winner of the award, set records at the Rocklin Run 12K and HP Houston Marathon, as well as winning her division in the Masters 10K Championships.

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Single-record setters were returning...
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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.
## 2006 NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS - ENTRY FORM

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### ELIGIBILITY

Competition is open to all men and women 30 years of age and older, including non-US citizens. Individuals will compete in five-year age groups, as laid out in the age groups. The meet will be run in accordance with USATF Competition Rules and Regulations. A 2006 USATF membership will be required for all US residents and card must be shown at number pick-up. Membership may be obtained online at www.usatf.org, through local associations, or on-site at the meet for $20.

### ENTRY

Early entry deadline is Monday, March 13, 2006. Entry fee is $35 for the first event, $18 for the second and $15 for each additional event. Entry fee for the Pentathlon is $65 (the pentathlon does count as a first event). After March 13 a late fee of $12 per event will be charged. Late entries, additions and/or changes must be received by Monday, March 20, 2006. Relay registration will take place on-site only at $20 per team. Admission to the facility is free for competitors and guests. Final instructions will be posted on March 1st at www.usatf.org/masters.

### AWARDS

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

### HEADQUARTERS HOTEL

Headquarters hotel is The Marriott Copley Place Boston, 110 Huntington Avenue, Boston - $129 single/double and $139 triple occupancy, 1-888-226-2427 or 1-617-236-5800. To get the special rates reservations must be made by March 13, 2006; mention the National Masters Championships at the time of making your reservation.

### FRIENDS OF THE NATIONAL MASTERS CHAMPIONSHIPS

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

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

### PAYMENT

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

### ONLINE REGISTRATION

Visit www.usatf.org to register online. A list of entrants will be posted beginning on March 1st (617) 566-7600 office@usatf.org www.usatf.org
Is a 30-foot Long Jump Pure Twaddle?

"Never said it was possible, I only said it was true." – Sir William Crookes

Imagine yourself a track and field official judging the long jump competition. A competitor walks up to the take-off board and stands stationary on it for several seconds while balancing on one foot. He appears to go into a trance, then raises a foot or two into the air, floats 30 feet or more and gently touches down the end of the pit. Would it be a legal "jump"? Would it be a new world record?

"Ridiculous!" you say. Perhaps not.

While Daniel Dunглас Home (pronounced "Hume" or "Hoom"), who was born in Scotland in 1833 and raised in Troy, New York, may not have performed such a feat in the athletic arena, he was observed levitating and floating through the air by a number of credible people, including one of the world's leading scientists.

His most famous levitation is said to have taken place on December 16, 1868, on the third floor of Ashby House, the London mansion of Lord Lindsay. It was witnessed by Lord Lindsay, Lord Adare, and Captain Charles Wynne.

On the Outside Looking In

After the three men and Home were seated, Home slumped in his chair and walked out of the room. The three men apparently didn't know what to make of the departure and remained seated. They then heard the sound of a window in the adjoining room being raised. They looked out the window in their room and saw Home standing on air, three stories above the ground. Home then floated to the closed window out of which they were looking, opened it, stepped into the room, went to his chair, and sat down, still in a trance state.

As the three men questioned what they had seen and wondered how Home got out the window in the adjoining room, which was open only a foot or so, Home got up from his chair, walked to the other room, went through the open space, head first, and then floated back in the same window, feet first.

On March 4, 1869, Adare, Wynne, and Adare's father, the Earl of Dunraven, accompanied Home on a tour of the ruins of Adare Abbey. There they observed Home leave the ground and float horizontally for, according to Adare, "at least ten or twelve yards." (The first 30-foot long jump?)

Balderdash!

Most who heard the stories dismissed it as so much humbug, suggesting that Home was either a magician or hypnotist, or that the witnesses had had too much to drink. However, there were so many other stories about Home that Sir William Crookes, one of England's most distinguished scientists, decided to investigate him.

A Fellow of the Royal Society, Crookes studied and taught at the Royal College of Chemistry before becoming a meteorologist at the Radcliffe Observatory, Oxford. In 1861, he discovered the element thallium, and later invented the radiometer, the spectroscope, and the Crookes tube, a high-vacuum tube which contributed to the discovery of the X-ray. He was founder and editor of Chemical News and later served as editor of the Quarterly Journal of Science.

Scientific Investigation

Knigh ted in 1897 for his many contributions to science, Crookes was not someone to be easily duped, as he assumed was the case with those people reporting on Home's levitations and other strange phenomena coming from him. In fact, Crookes undertook his investigation intent on demonstrating fraud.

He opined that the increased employment of scientific methods would drive such stories into the unknown limbo of magic and negromancy.

But upon closely observing and studying Home, Crookes changed his views. "The most striking cases of levitation which I have witnessed have been with Mr. Home," Crookes wrote after 28 "sittings" with Home over a two-year period (1870-71), stating that he saw Home levitated on three different occasions, and that there were at least a hundred recorded instances of Home rising from the ground in the presence of many credible witnesses.

In one of the levitations, Crookes passed his hands under Home's feet and over his head to rule out any kind of invisible wires, as was suggested by some of Crookes' scientific colleagues.

Unseen Forces

Crookes referred to Home "being levitated" rather than Home having the ability to levitate himself, as Home claimed his "spirit controls" were lifting him. In fact, when levitating in the upright position, Home's arms were usually rigid and drawn above his head, as if holding on to the unseen power raising him from the floor. When he went horizontal, it was as if invisible hands were supporting his body.

In addition to levitations, Crookes and his guests witnessed floating tables, luminous "spirit hands," and beautiful music coming from an accordion floating in the air, while also hearing the voice of the one sitting. Ellen Crookes, Sir William's wife, was levitated while sitting in a chair. All of it took place in clear light.

Crookes asked the communicating spirits why there was so much tomfoolery and explained that they had just learned how to produce such phenomena and were experimenting on their side just as Crookes was on his.

Voices were sometimes heard in which one invisible being seemed to be instructing another invisible being on how to effect the levitation.

Distinguished Defenders

Many affluent and distinguished people were among the observers at the Crookes home, including Dr. Alfred Russel Wallace, co-originator with Charles Darwin of the natural selection theory of evolution.

In his book, "Perspectives in Psychical Research," Wallace, defended Crookes against attacks by other scientists who had concluded that Home was a magician and that Crookes had been used.

One of the critics, Sir David Brewster, sat with Home and saw a table levitated right in front of him, but still concluded that there was no natural explanation for what he saw that Home could not be a magician. Brewster scoffed at the idea that spirits played a part in it and saw no other explanation beyond sleight of hand that was beyond his understanding.

"To reject the recorded evidence on this subject is to reject all human testimony whatever; for no fact in sacred or profane history is supported by a stronger array of proofs," Crookes wrote, stating that he took every possible precaution to rule out fraud.

Demonic Influences

Scientific fundamentalists were not the only scoffers. Religious fundamentalists joined in, calling it demonic.

The Rev. William Stainton Moses, a minister of the Church of England and English Master at University College, called the reports on Home the "dreadful twaddle" he had ever come across. Not long after making that statement, Moses found himself being levitated. His levitations were also witnessed by credible people, including his best friend, Dr. StanhopeTempleman Speer, who later referred to such phenomena as "stuff and nonsense."

Sir William Barrett, professor of physics at Royal College of Science in Dublin and a pioneer in the commercial development of the telephone and transformers, also investigated similar phenomena and reported observing a heavy table being levitated some 18 inches off the ground.

He climbed on the table and sat on it to try to force it back to the floor, but the table "swayed to and fro" while Barrett on it until he fell off. The table then inverted itself on the floor and Barrett found that he could not budge it. When Barrett ceased his effort, the table righted itself on its own accord.

All the while, Barrett could hear an "amused intelligence."

Sir Oliver Lodge, a distinguished British physicist and pioneer in electricity and radio, observed and verified similar phenomena in his investigation of the paranormal. So did Dr. Charles Richet, a Nobel Prize winner in medicine.

Athletic Applications

So if such things are possible, why haven't we seen them in the athletic arena? Why doesn't some modern day D.D. Home long "jump" 30 or 40 feet or perhaps high jump 10 feet? The answer to this question may have been explained by Home, as he came to understand it from his "spirit controls."

As Home told Crookes and others, he could perform only when both his mind and those of the people around him achieved a certain harmony.

If there was too much doubt, there was no power. If ego or material gain was the objective, the power left him. (Home considered it an insult if anyone offered to pay him.)

Negative Vibes

When the "vibes" were essentially negative, nothing happened. One such day was May 28, 1873, Derby Day in London. Home was told by his spirits that the moral atmosphere was so negatively charged from all the gambling and drunkenness that no phenomenon of any kind could be generated.

Considering the moral atmosphere in the world today, it seems safe to say that we won't be seeing any superhuman world records produced in the immediate future.

(Mike Tymn can be contacted at METGAT@aol.com)
Big Winds at Big Bird Runs

By RON MARINUCCI
ROSEVILLE, Mich., Nov. 13 – On a blustery day – high wind advisories with gusts reaching 40-45 mph – 751 registered runners met for the 27th annual Big Bird Runs in this suburb just north of Detroit. Of these, 322 were masters runners.

Numbers were down from one of southeast Michigan’s most popular races. Race director Tony Lipinski surmised, “I believe that the weather reports about rain and high winds kept people away.”

The forecast rain was nowhere to be seen, but the wind showed up – big time! Fortunately, Lipinski said nothing about any runners being blown off the pedestrian overpass on the course that crosses I-696 twice.

But the day was dry, mostly sunny, and unseasonably warm, with temperatures hovering near 60 degrees. Considering past Big Birds with snow, sleet, rain, and even stronger winds, veteran runners could joke, “It’s the Big Bird. What did you expect?”

There were three races – mile, 4K, 10K – all with flat courses except for the overpasses in the marquee 10K. Race starts were staggered so one-milers could also run either the 4K or 10K, which a few masters did.

A comparative glance at results from recent Big Birds showed the wind had a negative effect on most times, by as much as one to three minutes in the 10K.

Masters runner Todd Kelly, 44, was third in the mile (5:12), returning to pace all masters again in the 4K, with a 13:52, good for fourth overall.

A new arrival to the masters division, Paul Aufdemarbege served notice that he’ll be a force in the future. Considering the wind – “It was bad out there; we had to run together” – his 32:15 (age-graded 31:00) was even more impressive. It was good for second overall by a mere nine seconds. Tim Emmett, 59, ran a 37:49.

Cathy Dean, 49, paced the masters women in 44:51, while Ellen Nitz, 65, finished in 53:44 (AG 40:20).

Joe Thornburg, 89, continued his impressive string of finishes, winning the M85 division in 1:30:55. Eighty-four-year-old James Lovat’s 1:11:03 was good enough to win his age-group. The M60 division attracted attention with some remarkable times, considering the wind and a spill that affected the runners.

Doug Goodhue, 63, was the grandmasters champion in 38:14 (30:34), exactly what he posted in 2004. He was chased by Gerard Malaczykni, 63, who finished in 38:27 (30:46). Jim Carlton, 62, ran a 40:20 (32:34), and Das Campbell (60) was right after that in 40:45 (33:56). Whew!

Of course, what would the Big Bird be without Darrell McKee, who has run all 27 Big Birds? Afterward, he said hoarsely, “I’m really sick. Any other race I wouldn’t have run. It’s still the big race.” He added, “but it was awful windy.” He noted that Russ LaBarge “also finished. He’s run ‘em all, too.” McKee, who’s 71, praised race director Lipinski. “Tony does a great job, really a remarkable job with age-groups.”

Age-group awards went up to 85-89, with three to five given out per category. McKee said it’s great that the Big Bird recognizes the older runners. “You still give it all you got. And we’re [the old guys!] still out there [racing].”

(Ron Marinucci can be reached by e-mail at ron_marinucci@comcast.net)

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Sports Massage – Is it Therapeutic?

Following is a topic I'm sure most of us don't want to question. Is sports massage after exercise therapeutic? Does it do us any good? Jonhague and associates at the Section of Sports Orthopedic Surgery, Stockholm, Sweden, studied 16 athletes in an effort to answer this question.

Each athlete underwent eccentric contractions of the quadriceps muscle. Massage was performed on one leg while the other leg served as a control. Functional tests on a dynamometer were performed as a visual analog to record pain. Results showed no effect of massage on muscular performance. In other words, the researchers did not find that sports massage of the quadriceps muscle had any effect on local recovery after exercise. Nor did they find any effect on pain or soreness that normally follows this kind of exercise.

Since this was a small study, I think we can continue with sports massage in case a larger study shows that it does some good! (Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Happy New Year from the staff at NMN

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<td>Rocky Raccoon 100 Mile Trail</td>
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<td>Feb. 18</td>
<td>8K XC</td>
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<td>March 5</td>
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<td>Dec. 9</td>
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LDR Awards

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The Foot Beat

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

For the month of January, we will have the results from the National LDR Cross-Country Championships, and the winners will be honored at the USATF LDR Awards Dinner in January.

Order subscriptions and publications on-line at www.nationalmastersnews.com

Men's Title Goes Down to the Wire

Club NW, Team Runners High Winners in National Cross-Country Championships

By BILL QUINLISK

ROCHESTER, N.Y. - The USATF National Club Cross-Country Championships moved to the East Coast this year as the Genesee Valley Harriers Runners hosted the event on a dry, sunny, 45° cool day on Nov. 26.

Billed as the "Feast in the East," this year's event featured a field of over 900 runners including 300+ masters athletes. With 49 complete masters teams, this year's event was the largest ever in terms of the number of scoring teams. Masters men ran 10K, with the masters women going 6K on the 2000m loop course at Genesee Valley Park.

In the women's race, Carmen Ayala-Troncoso, Austin, Texas, took command of the course from the gun, winning overall in 21:44, and claiming the W45 title.

According to Ayala-Troncoso, "Winning doesn't get old, but it gets harder and harder. It was windy, but it was a beautiful day. I think I ran the first half a little too fast because I wanted to warm up. I was doubting myself between two and four kilometers, but it turned out okay. I'm ecstatic to win another national title." She was also the age-graded women's champion with her winning time equating to an 89.7%.

Other women's national age-group titles were won by Karen Steen, W40; Cathy Uitzschneider, W50; Carolyn Smith-Hanna, W55; Mary Shaver, W60; Carrie Parisi, W65; and Mary Harada, W70.

Seattle's Club Northwest, led by Regina Joyce's second-overall finish, packed four runners in the top eight. John Tuttle and Bagley, I thought, I'm not going to wait another year to do this, I'm going to give everything I've got to get it this year.

I didn't know over the last 20 yards whether I was going to win the race or fall on my face. Every third step, I felt that my legs were about to give out on me. Scott's team (host Genesee Valley Harriers) and my team (Team Runner's High) are in a heck of a battle right now. This is the club championships, and that's what it's all about.

Additional men's national age-group titles were won by Tom Ryan, M50; Terry McCluskey, M55; Terry Delph, M60; Bill Borla, M65; Ray Parrella, M70; and Richard Sullivan, M75. Team Runner's High from the Southern California Association won the M40-49 title.

Age-group team winners were Derby City AC, M50-59; Raritan Valley, N.J., M60-69; and Belle Watling, M70-79.

The 2006 Club Cross-Country Championships will be held Dec. 9 in San Francisco, Calif., at Golden Gate Park.

The USATF Trail Council on Dec. 3 at an annual breakfast in Mountain View, Calif., will announce the USATF Masters Ultra Club Running Championships at the Masters Running Challenge in England, in support of masters athletics.

Boettcher is a two-time Masters Running Champion, and masters running is growing worldwide. He was third overall at the 2006 USATF Masters Running National Championships, and was the youngest man to take third overall. Boettcher is a mountain and my relentless passion for running has inspired others to try it.

Boettcher is a TCMC Runner magazine artist working sculpture and with his friends, Lisa Gold and Lein.
January 2006

Mountain, Ultra, Trail Honors
Masters at USATF Annual Convention

The USATF MUT (Mountain, Ultra, Trail) Council Awards were presented on Dec. 3 at the USATF annual meeting breakfast banquet. Masters Mountain Runners of the Year are Bernie Boettcher and Lisa Goldsmith. Masters Ultrarunners of the Year are William Emerson and Tania Pacev.

Boettcher, 43, Silt, Colo., was second masters runner in the USATF Trail Championships and the top American at the Masters World Mountain Running Championships in Keswick, England, in September, where he finished 20th M40 (26th overall in the world against all masters). He was the Trail Runner Trophy Series Masters Champion in 2004 and showed his prowess in snowshoe racing as the top master at the North American Snowshoe Championships, placing third overall.

Boettcher says of his involvement in mountain and trail running, "I believe my relentless promotion of the sport has inspired others to run more. I've tried to do it through example."

Boettcher is a columnist for Trail Runner magazine and an accomplished artist working in media as diverse as sculpture and oil painting. He designs all of the Teva Vail Mountain Trail Running series T-shirts. Boettcher spends time running near the trails and open space surrounding his home with his girlfriend, Jeanne Blatter.

Lisa Goldsmith, 41, Nederland, Colo., had a stellar year in 2005. She started the year with a win at the Maui Run to the Sun (her first ultramarathon), following up with a win at the Pikes Peak Ascent and second place (first master) at the Barr Trail Mountain Race.

Goldsmith was the first master at the USATF 10K Trail Championships, the Siskiyou Outback 50K, and masters national champion. She finished third overall and was masters national champion. He finished third overall and was masters champion at the USATF 50K National Trail Championships.

Pacev serves on the USATF MUT Council.

Pacev, 46, Littleton, Colo., finished ninth in the world at the IAU World Cup 100K in Lake Saroma, Japan, with an 8:29:19 and, along with her teammates, won the gold medal in team competition.

With her top-10 finish, Pacev was named to the 2006 100K World Team, slated to compete in South Korea in October 2006. She is the winner of the Trail Runner Trophy Series Marathon & Shorter Division.

She was top master at the Leadville Trail 100 Miler (third overall), top finisher at the Goblin 50K and Greenland 50K, set a new record at the Spring Desert Ultra 50 Miler, and placed second at the Sunmart Texas Trail 50 Miler.

She represented the U.S. at the World Masters 100K Championships in Argentina on Dec. 11. Pacev is a realtor with Re/Max 100, Inc., in the Denver area.

Come Run with us Mister

The 8th Annual Sprint Mardi Gras Mambo
10K and 1 mile Fun Run
February 18, 2006

Overall 10K Male and Female Champions Receive $500.00
Overall 10K Masters and Grandmasters Male and Female
receive cash prizes.

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

Registration Information
Cost is $12.00 Pre-registered (Entries postmarked by 2/4/06)
$15.00 Feb. 5 – Feb. 17
$18.00 Race Day

The Baton Rouge Area Sports Foundation and Club South Runners are hosting the 8th Annual Sprint Mardi Gras Mambo 10k and 1-mile fun run & walk. Race participants can expect to run a flat fast course starting from the Argosy Atrium, to the Louisiana State University Campus and returning to downtown Baton Rouge via the historic River Road. After the race, stay and watch the Krewe of Orion and Mystique Mardi Gras Parades. 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.mardigrasmambo10k.com for more info and race form.

Visit www.active.com/active to register online.
Masters Racewalking

By ELAINE WARD

Racewalkers Recount
Experiences at Championships – Part IV

As most of you know, August was the month of the Nationals in Honolulu, Hawaii, and the World Championships in San Sebastian, Spain. This, the fourth column in a series, reflects more comments received from those attending these races. The USA medal count at the World Championships: 8 gold, 7 silver, 5 bronze individual medals; 5 gold, 1 silver and 2 bronze team medals. – ew


I would not return to Hawaii for a racewalk. The organization was poor, although it did improve later in the meet. Spain was great. I started training for the world 20K in January. I knew my chance in the 5K for a medal was a non-starter. I did a lot of distance work and switched over to more speed work in July. I ended up by injuring myself three weeks before the National Championships and walked very little before Hawaii. At my 5K in Hawaii wasn’t so good, I was concerned about the 5K in Spain. There were 30 of us on the track and I did not feel ready when the race started.

I did feel ready for the 20K, We had chips, but it was the gun time that counted. So I got in the front row even though I worried about being run over, as I like to start slow. Not a problem.

Team Medal
I had a good effort and received my first medal, a team bronze. Made it worth all the time and effort.

Except for the inconsistent judging, the World Championships in Donostia-San Sebastian was well run. Everything was on time and everyone knew what to expect. The facilities were much better than Puerto Rico (my only other world championships).

The road course was well marked, but had varying, uneven surfaces which caused some to fall. Darlene (Backlund) and I would definitely go back to San Sebastian, and if they bid again, I would support their efforts.


Super Venue
The venue was superb, and with the two stadiums so close together, it was easy to watch different events. The weather in Spain was much more conducive to racing than the high humidity in Hawaii, and the games were very well organized.

We stayed in Old Town in San Sebastian where the activity continued most nights until 3 a.m. It definitely is the tourist mecca of Spain and understandably so. The scenery is spectacular.

The most exciting race for me was the 10K. Before the race, when we were having photos taken of the USA women, it was impressive to see how many women from other countries wanted their picture taken with us.

Then, being at the start line with about 160 women gave me goose bumps due to excitement. I could not have hoped for a better ending.

Golden Achievement
I managed to be the third USA woman in my age group which was my goal. Jolene Steigerwalt, Kathy Frable and I were sure we had a medal, but didn’t know which one. When I learned we had gold, I cried due to the ecstatic feeling it gave me. I definitely like the feeling of being on a team and appreciate being a member with two women I highly respect.

Besides receiving a gold medal and standing on the podium, the thing I will remember most is the opening ceremonies. To walk into the stadium to the sound of the huge cheering crowd was overwhelming. I could just imagine how our Olympic athletes must feel.

In John Backlund’s Words
When filling out the application for Spain, I was extremely pleased to see that we were required to purchase a singlet so that all USA participants would have the same uniform. My only other experience of world competition was in Puerto Rico, where I thought the USA team looked really poor since we didn’t have matching uniforms.

I purchased the shorts to match the USA Track & Field organization should be able to come up with a masters uniform that would stay the same year after year. I admit feeling embarrassed about how the USA looked.

(Elaine Ward can be contacted by email at narw@sbglobal.net.)

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

OUTSTANDING MASTERS
MALE & FEMALE RACEWALKERS
Selected by the USATF Masters Track & Field Committee

Men

1978 John Allen
1979 Ron Laird
1980 None
1981 Gordon Wallace
1982 Bob Momma
1983 John Knifton
1984 Larry Walker
1985 Bob Momma
1986 Gioia de Petra
1987 Max Green
1988 Bob Momma
1989 Larry Walker
1990 Eugene Kimm
1991 Max Green
1992 Ray Funkhouser
1993 Don DeNoon
1994 Don DeNoon
1995 Max Green
1996 Jonathan Matthews
1997 Dave Romany
1998 Dave Romany
1999 Jonathan Matthews
2000 Jack Starr
2001 Paul Johnson
2002 Paul Johnson
2003 Jack Bray
2004 Jack Starr
2005 Ray Sharpe/Paul Johnson/Teresa Vuil

Women

1978 Lori Maynard
1979 Lori Maynard
1980 None
1981 Lori Maynard
1982 Bonnie Dillon
1983 Beverly LaVeck
1984 Jeanne Boci
1985 Ruth Leff
1986 Beverly LaVeck
1987 Ruth Eberle
1988 Marie Henry
1989 JoAnn Neldelho
1990 Viisha Sediak
1991 Viisha Sediak
1992 Elton Richardson
1993 Elton Richardson
1994 Elton Richardson
1995 Elton Richardson
1996 Beverley LaVeck
1997 Jane Dana
1998 Lyn Bruhaker
1999 Lyn Bruhaker
2000 Victoria Hrazno
2001 Gayle Johnson
2002 Shirley Byer
2003 Shirley Byer
2004 Teresa Vaill
2005 Teresa Vaill

TEN YEARS AGO
January 1996

• Warren Utas, 75, John Keston, 70, and Rae Baymiller, 51, Among 25 LDR Runners Honored at USATF Meeting in Atlanta
• Steve Robbins, 52, and Phil Raschker, 48, Named Top 1995 U.S. Masters T&F Athletes
• Max Green, 63, and Elton Richardson, 56, Voted Best U.S. Masters Racewalkers
• James Barname, 40, Wins Best Single Performance for His 2:11.6 Long Jump
• Sandy Fashin Named Outstanding T&F Administrator

By JERRY WOJCIECHOWSKI

Masters Awards

Chair, Master Awards Committee

The Masters Committee’s Annual Meeting were posted after they were details are printing article, appropriate policies and in selecting eligible age-30s and in at least or masters even.

We then look marks for the U.S. meets that (properly timed as well as major outside events in the World Championship Games.

We are lost road racing, a since an incidence there is. We have support heats, even an athlete.

We are all have been w quite late knowledge of us of such last the mark app the file compiled is then compiled by Dave. Therefore, we year only.

That informal file for Awards is pruned down to the top four 5-year age women in tri.

The file of Records is a complete, so the first of both appr names. We include the beginning means marks are not count season at any cases which have been approved.

Considerable confirming an numerical and co recognition of the possible welcome not anyone, but the the audience.

The Award people include i5 from all the country.

The committee are they at the expense of paying $100 a travel expenses.

The process, a
**Masters T&F Awards Committee Report**

By PHIL BYRNE  
Chair, Masters T&F Awards Committee

The Masters Track & Field Awards Committee met this year at the USATF Annual Meeting. The winners' names were posted on the Internet shortly after they were announced, and further details are provided in an accompanying article. Thus, this seems like an appropriate time to review again the policies and procedures that we follow in selecting the winners.

Eligible athletes are U.S. citizens age-30-and-over competing as masters in at least one masters meet or in the masters event of all-comers meets.

We then look at all the performance marks for those athletes. We look at all U.S. meets that we believe are well run (properly timed, measured, etc.), as well as major masters meets conducted outside the U.S., such as the WMRA World Championships and the World Masters Games.

We are looking at track meets, not road racing, and do not include relays, since an individual athlete's performance there is generally not reported. We include performance in preliminary heats, when reported and helpful to the athlete.

We are aware that some marks may have been wind-aided and would not qualify for a record, and count on the knowledge of the committee to advise us of such factors so that we can treat the mark appropriately.

The basic source of the data base we compile is the Rankings data base compiled by Dave Clingan and Larry Patz.

Therefore, we use marks for the current year only.

That information is re-worked into a file for Awards Committee use, and is pruned down to include the best marks for the top four to eight athletes in each five-year age group for men and women in track and in field.

The file is also compared to the Records Committee report on approved records, so that our file has annotation of both approved records and conditional "records" that have (yet) been approved.

We include information on both one-year and five-year age-graded performances using the new 2002 standards. We include performance data to the beginning of the meeting, but that means marks achieved in December are not counted. We are not aware of any cases where such a mark would have changed a decision.

Considerable time and effort is spent confirming any marks that appear erroneous, and confirming the age and citizenship of potential winners. We also welcome nominations for and from anyone, but that is not at all necessary.

The Awards Committee of 12-15 people includes a cross-section of athletes from all ages, different parts of the country, and disciplines.

The common denominator is that they are at the Annual Meeting, willing to spend several hours going carefully through the data, and are both knowledgeable and objective.

The proceedings are open to observers, and anyone interested in serving on the committee should contact me (see p. 2).

The factors considered in selecting winners include actual performance, age-graded performance, national and world championships, U.S. and world records, head-to-head competition, range and consistency of performance, quality of competition beaten or records surpassed, etc. No single factor determines a winner.

Different members may have different opinions given the volume of data to be considered, but, in the end, the majority vote wins. In very close cases, a majority in favor of declaring co-winners sometimes emerges, and that is the final decision.

This year, proceedings revealed a few minor errors in some of the early versions of the new (2002) age-grading standards that had been published (and possibly entered into various software programs).

We would urge meet directors and others involved in using these factors to make sure they have the latest, corrected versions.

We understand that people not seeing all the data available to the committee may not understand or agree with the decisions of the committee, but I believe those present are doing their level best to be fair and objective and to reach the best decision.

This year the full Masters Track & Field Committee voted to adopt two new policies to be implemented by the Awards Committee starting in 2006.

First, the only meets whose marks will be considered for award purposes will be USATF-sanctioned meets.

The vast majority of well-run meets have been sanctioned in the past, but that decision needs to be made again each year by meet organizers. The principal exceptions to the sanctioning practice have been many of the State Senior Games, and the National Senior Games.

Athletes for whom awards are important may want to ask meet directors whether a meet is sanctioned and/or encourage meet organizers to have the meet sanctioned.

The second change is that only those athletes who are members of USATF will be eligible for these awards. Membership can be obtained at any time during the year by contacting USATF membership services.

These policies have been in effect for some time in both Masters Racewalking and Masters LDR, and were overwhelmingly approved in Jacksonville. We recognize they may constitute a problem for a few athletes, but we believe they are appropriate policies for the sport.

I'd like to thank all the people who served on this committee and all those who helped in compiling the data - especially Dave and Larry. It's a lot of work for a lot of people, but we think it's worth the effort.

I'd also like to congratulate all of this year's winners, and wish them - and everyone else - continued good health and great results in 2006.

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**46th ANNUAL MASON – DIXON GAMES**

**MASTERS & OPEN INDOOR CHAMPIONSHIPS**

Broadbent Arena – Louisville, Kentucky

Friday, March 3, 2006

**RUN ON THE SAME BOARDS THAT WILMA RUDOLPH, BILLY OLSON, RENALDO NEHEMIAH, RALPH BOSTON, STEVE SCOTT COMPETED ON.**

**ENTRIES:** Must be 2006 member of USA Track & Field. Register on-line at www.usatf.org.

**ENTRY FEES:** $20 per person by Feb. 15. $30 late fee by Feb. 28. $40 late fee on site.

(Do not send cash.)

Make checks payable to: Mason-Dixon Athletic Club.

**MEET HEADQUARTERS HOTEL:** Holiday Inn Airport/South on Fern Valley Rd. 502-964-3311.

(Ask by Mason Dixon Games Master Open Division)

**PERTINENT INFORMATION WILL BE POSTED ON THE KTCCA WEBSITE www.ktcca.org**

Entry Form-Mason Dixon Games Masters/Open Division

**Name:**

**Date of Birth:**

**Address:**

**Age March 3, 2006**

**Email:**

**Phone:**

**USATF 2006 Membership Number:**

**Check event**

**Perf. for Seeding**

**Check event**

**Perf. for Seeding**

**Check Event**

**Perf. for Seeding**

**High Jump**

**Shot Put**

**1500M**

**RW (Youth)**

**Long Jump**

**pole Vault**

**Triple Jump**

**3000M RW**

**55 M**

**Hurdles**

**800 M**

**200 M**

**400 M**

**3000M**

**2000 M**

**Mile Run**

**LIABILITY STATEMENT & SIGNATURE NEEDED**

I understand that competing in a track/meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with running this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release Mason Dixon Athletic Club, USATF Kentucky, Kentucky Fair Exposition Center, and Kentucky Track & Cross Country Coaches Association and all sponsors and officials from all claims of any kind arising out of my participation in the above track meet. I grant permission to use photos/records of these events. I grant permission for emergency medical treatment by competent medical personnel on the indicated date. List allergies and current medications, if any.

**Signature**

Mail to: Mason Dixon Games, 319 Erin Way, Frankfort, KY 40601

For more information call (502) 875-2904 • Email: hanklavicc@aol.com
Senior Marathon Training Program

Senior Marathon Training Program: What does that mean? Is the schedule below designed only for older runners? Not necessarily, although if you have been running marathons for a number of years, you may have been searching for a program with relatively low mileage and less of a time commitment that will allow you to continue to race 26-milers without getting burned out. Same if you’ve followed my novice schedule before and are looking for some variation – particularly a program that will allow you time to do some cross-training.

If you’re a Clydesdale, you also may have come to the conclusion that high-mileage weeks raise the risk of injury too much. You need more rest time. Finally, if you like to run a lot of marathons a year (and it’s up to you to define “a lot”), you realize it’s impossible to fit more than a couple of 18-week build-ups into your schedule and still have time for recovery between.

If any of the above describes you, this Senior Marathon Training Program may be just what you need. It features only three days running a week, but you get to run a fair amount of distance on each of those days.

It features two days of rest a week – and you need your rest, since all of the long runs on the weekend are 12 miles or more.

It features two days that you can use for stretching and strength training, or maybe some cycling and swimming, if that’s your fancy. You need that too, because you enjoy exercising, even if you’ve discovered that three days a week running is more than enough to keep you in shape.

The Program
Monday: This is always a good day of the week to rest, particularly if you run long over the weekend. All of the Mondays in the schedule below are designed as days of rest, but if you want to do some extra stretching and strengthening today, be my guest.

Tuesday: Modifying a term that I use in my other marathon training programs, let’s call this our Sorta-Short Day. You’re still recovering from your weekend long run, so don’t go too far.

I suggest that in Weeks 8, 6, 4 and 2, you run four miles at your marathon pace – or faster. In other words, run short but at a good speed, and I’m not going to define what is a good speed. You being an experienced runner should know how fast you want to run, or if you want to run fast at all.

In Weeks 7, 5, 3 and 1, run six miles but at a comfortable pace, one during which you can converse easily with a training partner if you desire.

Wednesday: Today’s workout is Stretch & Strength (S&S), because that again is a term I’ve used frequently in other training programs to designate semi-rest days on which you do some alternate training, but not too much.

In honesty, I don’t care what you do today as long as it is not running.

If you want to run more than three days a week, you should have chosen another program. Cross-training is an option today too: cycling, swimming, even walking. Or some combination of that with work in the gym.

Thursday: This is your Sorta-Long Day, balancing the Sorta-Short Day on Tuesdays. The mileage varies from six to eight miles most weeks with a single 10-miler thrown into the middle of the program just to prove you can do it.

Running these Sorta-Long Runs at an easy, conversational pace makes the most sense to me. However, if you feel you need some extra fast running, consider converting the six-miler in Weeks 7, 5 and 3 into a “3/1 run,” a term I use in many of my intermediate and advanced training programs.

Run the first three-fourths of the run (4.5 miles) at a comfortable pace, then finish the final fourth of the distance (1.5 miles) at an up tempo. You don’t need to sprint in; just run somewhat faster.

Friday: Another Stretch & Strength day. Do something similar to the workout prescribed for Wednesdays. This might mean that if you cycled or swam on Wednesday, you might want to walk today or simply spend your time in the gym hopping from machine to machine.

Saturday: This is your second rest day. With a long run planned for each weekend, you want to make sure you have plenty of time to rest both before and after.

In this schedule, I’ve prescribed doing your long runs on Sunday, because that’s a popular day for experienced runners.

If you would rather run long today, that’s okay. In fact, feel free to juggle all the workouts to suit your personal style. And you don’t need to always run the same three days all eight weeks of the program. Just maintain the regular pattern, and you’ll be okay.

Sunday: Run long. Today you do your Long Run, and you’ll notice that the build-up in this senior program goes from 12 to 20 miles, not the 6 to 20 miles in my 18-week novice program. That’s because you’re an experienced runner. You train regularly 52 weeks of the year and never get out of shape, so doing a 12-miler is no big deal.

I’ve prescribed that distance for Weeks 8, 6, 4 and 2 with longer runs Weeks 7, 5 and 3 leading up to the marathon in Week 1.

Only one 20-miler? Do you really want to run more than one? Do so in the odd-numbered weeks. Important: Do all of your long runs slower than your marathon pace. Don’t overtrain!

Here are some additional points to consider:

Racing: As an experienced runner, you probably enjoy going to the starting line more than two or three times a year.

If you want a race to test your fitness and give you an idea of what to expect in the marathon, Week 4 might be a good time for a somewhat long race of anywhere from 15K to a half-marathon.

And if you want a shorter speed test, you could fit in a 5K or a 10K in Week 6 in place of the 12-miler that weekend.


**On the Run**

Continued from page 12

Don't worry about doing fewer miles. If you were interested in logging miles in your training diary, you would have selected a different training schedule.

**Speedwork:** I enjoy doing speedwork, and so do a lot of experienced runners. I'm trying to keep this program simple, so I'm not going to prescribe tempo runs, hill repeats or interval training as I do in several of my other programs.

If you want to do speedwork, choose your own brand of poison. Tuesday would be a good day for this type of training, because I'd like you going long and sorta-Iong on the other two days of the week.

If your club has a regular day for speed workouts where everybody meets at the track, juggle the schedule to accommodate what's available locally.

**Taper:** Given the fact that I'm asking you to do a 20-miler at the end of Week 3, that allows you only two weeks to taper before the race.

Don't you need a three-week taper period? Oh, come on! You've been around long enough to know that two is probably plenty. It's not that I'm beating you over the head with high mileage.

You'll do fine in the marathon tapering two weeks, but notice also that the final week before the marathon features only a single, easy run of six miles, then mostly rest.

Do you have more than eight weeks before your marathon? Do you have less? If the former, you can modify the program by either repeating weeks or adding weeks up front with slightly lower mileage. If the latter, do your countback from Week 1, and improvise.

This Senior Marathon Training Program is for experienced runners, and I trust you to make the right choices. Just follow the pattern I've laid out for you, and you'll be okay. (The eight-week training schedule is on page 12.) Good luck with your training.

---

**FIFTEEN YEARS AGO**

January 1991

- Larry Almberg, 43, Christel Miller, 55, and Phil Raschker, 43, Named Top 1990 U.S. Masters at TAC Meeting in Seattle
- Norm Green, 58, and Ed Benham, 83, Voted Best Masters LDR Performers
- Eugene Kitts, 43, and Visha Sedlak, 42, Named Top U.S. Masters Racewalkers
- Barbara Kousky Picked as Best T&F Administrator

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<tbody>
<tr>
<td>Men's and women's world U.S. single-age bests for all track &amp; field and racewalking events, age 35 and up, as of May 31, 2005. 56 pages. Lists name, age, state and date of record. Includes record application forms.</td>
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<tr>
<th>Masters Track &amp; Field Rankings (2004)</th>
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<tr>
<td>Men's and women's 2004 U.S. outdoor track &amp; field 5-year age-group rankings (25 deep). Compiled by Dave Clingan and Larry Patz. Includes mile, weights, racewalks, and combined events: 8 pages.</td>
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<td>Indoor rankings for 2005. 4 pages.</td>
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<th>Masters Age-Graded Tables</th>
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<td>Single-age factors and standards from age 8 to 100 for men and women for every common track &amp; 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.</td>
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<th>Masters 5-Year Outdoor Age-Group Records</th>
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<tr>
<td>Men's and women's official 2004 world and U.S. outdoor 5-year age group records for all track &amp; field and racewalking events, age 35 and up: 8 pages. Lists name, age, state and date of record. Compiled by Sandy Pashkin.</td>
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<th>Masters 5-Year Indoor Age-Group Records</th>
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<td>Same as above, except indoor records (M40+, W35+) as of Jan. 8, 2005 (world) and Dec. 31, 2004 (USA), 4 pages.</td>
<td>$2.00</td>
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<th>Competition Rules for Athletics (2005 Edition)</th>
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<td>U.S. rules of competition for men and women for track &amp; field, long distance running and racewalking—youth, open and masters.</td>
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<th>Champions for Life</th>
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<tr>
<td>By John B. Scott and James S. Ward. The remarkable life of Payton Jordan, who is renowned for his personal accomplishments and for the coaching and mentoring skills that have produced many other champions in track &amp; field.</td>
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<th>The Complete Guide to Running: How to be A Champion from 9 to 90</th>
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<tr>
<td>By Earl W. Fee, who holds 40 world records in masters events from 300H to mile. Much improved revision of the highly popular 2001 first edition. 22 color-coded chapters, including &quot;Building a Base and Hill Training,&quot; &quot;Training for 5K, 10K, and Marathon,&quot; &quot;Injury Prevention and Causes.&quot; Applicable from sprinters to marathoners. 440 pages.</td>
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<td>3-color USATF Logo on 3&quot; lapel pin (nail pin back with military clutch).</td>
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<th>2005 Road Race Management Directory</th>
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<td>Published by Road Race Management, this book combines the Guide to Prize Money &amp; 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.</td>
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The fields for the 200m events for masters men and women in the USA Open Championships in Boston in February, will be determined by which ten-year age group age-grades out the fastest. Eight athletes are needed to submit entries in each ten-year age group, in order for that ten-year age group to be considered for the race. Qualifying standards are on the Masters Invitational web page for age-groups 40-49, 50-59, 60-69, and 70-79. (The web page address is www.usatf.org, click on Masters Athletes, then click on Masters Invitational Program, then click on 2006 events, and finally on Application information.) Entry deadline is Feb. 26.

Once submissions are received for eight athletes in a ten-year age group, the top six times from that group are age-graded to determine the average age group with the highest group average gets the event.

The women's 200m is scheduled for 3:44 p.m., and the men's 200m for 3:53 p.m. on Sunday, Feb. 26.

Drake Relays Invitational Mile

Late breaking news is that the Masters Invitational Mile at the Drake Relays had been taken out of the meet for 2006, but, after rallying several of the top milers like Tony Young, John Hinton, Peter Ward, 2005 M70 National champion, and Peter Hagelbach for the April race, it appears that the race will be contested again in 2006 with the finest field yet.

If Anselm LeBourne can be persuaded to commit to the race, that will make seven of the top ten men in the U.S.

Go to the Masters Invitational Program web page for all the information and on-line entry. If you are over 40 and can run under 4:40 for a mile, your entry is welcome. All qualifying times must have been run in 2005/2006 seasons. The event will be run on April 29.

Under consideration is a 40+ 400m for women and 100m for men at the Outdoor Open Championships in Indianapolis.}

— Mark Cleary

Masters Invitational Program
USATF Masters Hall of Fame Adds 11 Names

Another six active and five old-timer masters athletes have been elected to the USATF Masters Hall of Fame. The actives are Charles Allison, Vicki Bigelow, Franklin (Bud) Held, Sid Howard, Barbara Jordan, and Stephen Robbins. The old-timers are Gloria Brown, Barbara Flutie, Lori Maynard, Winfield McFadden, and Tim Murphy.

The Hall now contains 41 women and 85 men, of whom 41 represent the discipline of track & field, 37 LDR, and 10 racewalking.

Charles Allison, a 58-year-old sprinter from Pittsburgh, Pa., currently holds one U.S. and two world records of the six he set in USATF national championships. In the past eight Penn Relays 100m, he has six firsts, one second, and one third with age-graded performances of 93% or better.

Vicki Bigelow, 70, San Lorenzo, Calif., set six world and four regional, and national level firsts, one second, and one third with multiple records set in short and long hurdles and the pentathlon. She has 33 national outdoor titles and 19 indoor titles to her credit. When not competing, Barbara has taught health and physical education for more than 40 years.

Stephen Robbins, 62, Seattle, Wash., is another sprinter with six world, four regional, 10 indoor, and six senior titles. He has set three world and two U.S. records — all exceeding 95% on the age-graded tables. His career has spanned the past 15 years.

Gloria Brown, 73, Grand Island, N.Y., was a long-distance runner with a 1500 to half-marathon range. She won her age group 14 times in national LDR championships, before arthritis ended her career in 1996.

Barbara Flutie, 59, Erie, Pa., ran few championships but many quality races. She still holds five of the 12 U.S. records she set more than a dozen years ago at distances from 1000 to the marathon in Masters LDR named her Runner of the Year six times.

Lori Maynard, 69, Redwood City, Calif., was a pioneer racewalker, a long-term record-keeper, and outstanding race- walk official. She competed from 1977 to 1991 and has eight national racewalk records in her credit. Maynard maintains the women’s racewalk bests (before official records) from 1979 to 1992 and has IAAF certification to judge international racewalk competition, and officiated at the Sydney Olympics.

Winfield McFadden, 100, San Diego, Calif., was a jumper who occasionally threw, sprinted, hurdles, racewalked, and won a national decathlon MI0 championship in a 20-year career. He won eight WMA championships and 24 U.S. national championships.

Tim Murphy, 84, Irving, Texas, was a sprinter who excelled indoors. He placed in the top three at WMA world games five times, twice in WMA regional games, 15 U.S. national indoor championships, and 13 outdoor national championships. He has broken and triple by-pass surgeries in 1985 with follow-up stents in the by-pass in 1995 caused his doctor to forbid further running by fall 1998.

The results of this year’s ballot were announced at the 2006 USATF Masters Hall of Fame dinner, at the University of Illinois in Champaign-Urbana. Masters Hall of Fame, Chicago, sponsored by the Illinois Alumni Association, Illinois University.

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Meeting Highlights – Masters Track & Field

USATF MASTERS TRACK AND FIELD COMMITTEE
2006 Budget

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*Direct Mail – National & Regional Championships

A motion affirming the masters policy that marks considered for awards must be made in USATF sanctioned meets was also approved.

Jay Ridgell and Kim Haines were introduced as directors. Spokane held the USA National Masters Championships in 1992 and 1996. The track at the meet site, Spokane Falls T&F Complex, was resurfaced in March 2005.

Spokane also awarded the 2007 Weight Pentathlon Championships, a one-day event to be held probably two weeks before the National Championships in Orono, Me.

Lee Hess and John Olesi led a bid for the 2008 Indoor Championships in Boston, also approved. The event will be held in the Reggie Lewis Center, which was the site for the Indoor Championships for six years until 2005 (Boise, Idaho), and is the venue for the WMA Championships. The 2007 Championships will be held in New York City.

Gordon Edwards, meet director of the 2006 Outdoor Championships, Charlotte, N.C., discussed the site, housing, food plans, transportation, and amenities, and answered questions.

Robert Hill reported on housing, transportation, and the facility (the New York Armory) for the 2007 Championships.

Mark Cleary, Masters West Region Coordinator, informed the group that the Southern California Association would be bidding for the 2009 Masters Outdoor Championships.

Phil Byrne, Masters T&F Awards Chair, explained the procedures for giving awards and named the winners (see p. 19). He noted that the majority of men and women voted for both track and field awards were not named last year.

A motion was passed, stating that starting this year, award winners must be USATF members in the year of the event.

Jeff Brower addresses the meeting on changes in the hurdles.
Dec. 1, 10-10 a.m.
Call to order by Norm Green, Chair.
Don Lein, Awards Chair, handed out his summaries of race results to inform our voters on age-group Athletes of the Year. Despite all his work, he noted that deficiencies in the process remain and prevent him from doing a better job.

These are the most noteworthy problems in collecting useful data: many races do not report results, the RRIC is gone (USATF says they will start doing some of this work), and people claim efforts that weren’t reported or weren’t on certified courses.

He then took nominations for the Otto Essig Award. The nominees were the Twin Cities Marathon, the Tulsa Run, and Pete Glavin/the Genesee Valley Harriers. The last nomination was later withdrawn, before voting.

Green, Chair’s Report. The general problem of replacing the RRIC is unresolved. We are working on ways to accomplish the functions it provided to us.

So far, Jim Estes, in the new staff position of LDR Coordinator, has been mostly focused on Open LDR and site selection for the 2008 Marathon Trials. Fred Finke, the new LDR Division Chair, has also paid little attention to us. The IAAF has changed their rules to define all masters as age 35 and older.

We are compelled by USATF By-laws to conform at some point. This major change is something he (Green) and the Executive Committee oppose, and we hope to prevent its immediate implementation. This transition will be a challenge on any schedule, especially at the association level.

Motion: Nominates for the Masters Hall of Fame must be at least 50 years old. Passed unanimously.

Green continued: The Board of Directors has spent most of the last year dealing with the flawed elections during the last convention, which selected our Vice President and Secretary. He has been embarrassed to be on the Board during some of their acrimonious meetings.

The Board spent most of the rest of its time on high performance issues. Masters and youth, comprising the vast majority of members, were as important as ever to most of the Board. Next year, at the Annual Meeting, delegates will decide on restructuring the Board, which is likely to proceed. The Board would then be approximately 12 members, with none representing a specific constituency.

Mary Rosado: Review of pertinent L&L proposals, including restructuring, RRIC, and Reg. 7.

Noon

Recess.

Dec. 2, 12:08 p.m.
Call to order.

One issue that caught voting for Athlete of the Year in each age group (see p. 12).

John Boyle, Championships: No new bids. Only the marathon and 10k championships are currently scheduled for 2006.

We passed unanimously. We asked bids by mid-January for races after August 2006.

Green: Brief review of our budget. The Budget Committee has approved $33,000 vs. Chair’s request of $34,000, a result which he considers quite satisfactory. He expects this to be accepted in the closing General Session.

Lein, with the assistance of Linda Pashkin, presented a review of record applications that have been recommended for approval by the Records Committee. We confirmed their recommendations for the General Session to ratify, from the 2005 Annual Meeting Reports beginning on page 152, items 14, 19 (time corrected to 16:18:00), 26, 33, 34, 47, 48, 51, 52, 67, 78, 79, and 89. We recommended to table item 50.

We also recommended to table item 49 of the L&L proposals. This relates to championship team scoring and residency.

Fred Finke, LDR Division Chair: L&L items 28, Lucas CARD, has been tabled. RRIC Chair has resigned as of 12/31/2005, new chair to be appointed by President as this is an administrative post. Lucas has agreed to work on finding a course certifier in each association.

RRIC ended as of 10/31/2005. The USATF office possesses all the accumulated data from it, and will perform most of the functions it did, including validating new age-group records. However, they will not maintain single-year age records. Results should go to results@usaf.org.

Jim Estes said he will work on possible new records after receipt of results.

Finke agrees that lack of results from races is a large and chronic problem. Records approval process will be similar to the same. The USATF race results database is accessible, or will be.

Green: He plans, tentatively, to use some of our money to make a single-age records. He will try to contract with an interested and capable party.

Quinlisk: We should add to our championship guidelines some procedures for chip timing. He showed photos of chip errors from a recent championship involving placement difference between first foot across finish line and torso.

3:47 p.m.
Meeting adjourned.
Submitted by Lloyd Stephenson, Secretary

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Masters T&F Committee Minutes

Continued from page 16

met outside the closing session and returned with the decision that LDR would accept the M35-39 group on January 1, 2006, exciting contractual obligations through 2010, with an attempt to persuade WMA/IAAF to drop the W35-39 adoption.)

Dexter McCloud, Masters Committee on Diversity Chair, discussed the USATF Masters Committee 2006 Strategic Plan on Diversity booklet distributed to members present and asked for volunteers to serve on the committee.

Mary Lyn Mitchell discussed various aspects of diversity. Evie Dennis, Chair of the Diversity and Leadership Committee, addressed the group and amplified on the Mission Statement. To facilitate opportunities to promote the ability of masters athletes and committee members from a great variety of backgrounds to cooperate productively and make great a contribution as possible to our organizational goals.

Bob Fine reported on Law and Legislation items and said Item 49, dealing with residency exceptions, had been addressed. Sandy Pashkin explained club scoring, noting that non-citizen residents of the U.S. can score points for a national club; foreign clubs cannot score points. An ad hoc committee was established to study club scoring and advise the Masters T&F Committee before the Aug. 1, 2006, deadline.

The matter of association transfers will be presented in 2006, a rules year.

An issue of great interest was the General Competition Committee report relating to an increase in USATF membership fees. Much discussion ensued, with some members voicing disagreement with the Chair's position of favoring a fee increase. Taylor’s motion that the Masters T&F Committee support an increase of $10 for adults with a 20% increment to go to masters was approved by a vote of 25-Yes/11-No.

Mathews announced the establishment of an ad hoc committee to study contingency plans for possible changes in the restructuring of the USATF Board in 2008.

Becky Sisley said that the enormous task of compiling a meet manual for regional and association meets is nearing completion, with the draft document having been distributed to several representatives for review. Plans are to have the completed manual on the MTF website and also available on disk. She projects a completion date by March 1.

A committee to study the events in the women's pentathlon and recommend possible changes was formed, with the following members: Sisley, Mary Trotta, Phil Raschker, Joanne Petkus, and Christel Donley.

Another group will examine the discrepancy in numbers between the LDR team managers, who have to organize teams for three events, and T&F team managers, who are responsible for 25.

The delegates to the WMA Indoor Championships, Lina, Austria, are George Mathews, as Masters T&F Chair and elected delegates Bob Fine, 20 votes, Robert Thomas, 19 votes, and Mary Lyn Mitchell, 13 votes, alternate delegate.

Craig Mashack, USATF CEO, spoke to the committee, commending masters for their 2005 accomplishments. He said that the proposed restructuring of the USATF Board was mandated by the USOC. He stated that the masters movement is at the heart of the biggest growing segment of the U.S. population, and that eventually corporate CEOs will wake up to that fact.

Masters track and field participation presents the "most incredible imagery that can be offered," he said. However, our numbers are not as big as long distance running is, in business terms. He said he favors a membership fee increase, perhaps a two-tiered one for youth and adult, but one that reflects a return to the groups that experience the increase. He mentioned that membership should be a 12-month membership, not an annual one, and that runners in large road races that do not require USATF membership may be induced to buy a one-day membership.

Todd Taylor, Strategic Plan Facilitator, discussed the six-page USATF Masters Committee-2005 Strategic Plan Summary that was given to the committee.

(Note: copies of annual reports by masters committees and officers, regional coordinators, and other masters programs, such as rankings, were made available to members of the Masters T&F Committee before, during, and after the annual meeting.)
The regular Women’s Committee meeting of the World Masters Association (WMA) was called to order at 5:05pm in the Pablo Uzkudun Room at Anoeta Stadium in San Sebastian, Spain, by Marina Hoemecke-Gil, Chairwoman. Ms. Hoemecke-Gil, volunteered to translate from English into Spanish and French and NCCWMA Women’s Representative, Marilyn Mitchell, performed the tasks of the secretary.

Thirty-eight women signed-in on the roster meeting as attendees, but as the number of attendees fluctuated, as people entered and departed the room during the meeting, including several men. Everyone was invited to participate.

Absent: May Edmond, Africa Representative; was not in attendance but send her report to be read.

Present: Marina Hoemecke-Gil, Committee Chairwoman; Gloria Siljan, Asia Representative; Irene Menza, South American Representative; Marilyn Mitchell, NCCWMA Representative; Selma Tärskul, Europe Representative.

Approval of the Minutes
Ms. Hoemecke-Gil summarized the 2003 meeting held during the championships in Carolina, Puerto Rico, prior to their approval.

Motion to approve: Becky Sisley, USA
Second to motion: Christol Dorsey, USA
The minutes were approved by voice vote.

Chairwoman’s Report
Ms. Hoemecke-Gil, was pleased that 735 of the 2638 registered athletes at the first-time indoor WMA championships in Sindelfingen, Germany were women. She further noted that the regional representatives were active in their respective regions in both attendance at regional championships and in devising and circulating surveys to solicit input from their female athletes. Ms. Hoemecke-Gil finally expressed her satisfaction with the committee’s work over the four years since her election in Baltimore, Austria, and with the support she has received from the WMA Council.

Regional Reports
The regional representatives summarized their written reports, which had previously been submitted in dossier form to the WMA Council and which are available free-of-charge to anyone who requests them. Requests should be made to Marina Hoemecke-Gil for copies of regional reports, which will be mailed free-of-charge (email: marina@hoemecke-gil.com)

Asia, Glory Barnabas. The 13th Asian Masters Championships were held in Bangkok, Thailand in December 2004, with 3465 participating athletes of which, 1120 were men. The host country, Thailand, had 101 women and India was second, with 74 women. Five other countries sent 30 or more female athletes each.

Additionally, Bill Purvis (Hong Kong), sent Ms. Barnabas a report indicating the following outstanding performances by Hong Kong female masters athletes:

1. Two Hong Kong masters women were first and second overall in the 50K road walk. This was held in conjunction with the WMA 100K championships in November 2003, beating all the men.
2. A Hong Kong masters woman won the open women’s section of two AIMS marathons in Hong Kong Marathon, and the Coast of China Marathon.
3. A Hong Kong master woman toppled the open rankings for women at the 5K, 10K, half-marathon, and marathon distances.
4. A Hong Kong masters woman won the master’s title at the Rotterdam Marathon.
5. A Hong Kong woman won the W35 category in the Tokyo Women’s Marathon.

At the conclusion of the competition in Spanish, but video presentations made the content of the seminars easily understandable even to non-Spanish speaking attendees. Attendance was 723 seats occupied, with additional athletes standing.

The championships also featured social and cultural events free-of-charge, such as a tango festival and an orchestra concert at a theater renowned both architecturally and for the famous musicians who have performed there in the past, including Enrico Caruso and Arturo Toscani.

The women’s meeting resulted in several conclusions, including but not limited to the following:
1. There is very little official support in any of the countries in the region.
2. There is an increase in both quantity and quality of certain of the women’s performances, as evidenced by W records.
3. There is an increase in women taking positions in the administration and governance of the sport and the importance of electing or selecting women based upon their competence and not by a quota system.
4. There is a need to have more officials and technical personnel for masters meets.
5. The importance of having seminars and developmental training sessions.
6. Kathy held for distribution of athletics information in Spanish to athletes in the region.

The Mauritius and Reunionese women participated in a Grand Prix cross country series, comprised of four races held in Jan., Feb., Apr., and May 2004, with overall champions designated in five age groups. Some of the additional competitions during the period covered were a cross country in Reunion Island in May 2004, the Mauritius International Marathon (June 2004), where Ms. Perkins was first in her age group and people of cross country meets in Aug. and Sept. 2004, a road race relay which included two teams from Mauritius (Oct. 2004), a 12th Oceania championships, and a national meet.

One difficulty in representing the women in this region is the lack of response... Ms. Edmond does not receive any response from her various attempts at correspondence with other parts of Africa.

Another major problem is funding... there are no funds to promote women athletes in Africa and all travel and expense is paid for from the WMA Development Fund.

A. Discus:
1. Previously positive drug tests from WMA athletes were given to the IAAF, but under the new policy, positive drug tests would be the responsibility of W Records.
2. The discussion which followed indicated that some areas of the world have not had much information in the drug policy and testing procedures, including this particular one in Latin America.

Uruguay has had the most contact between the WMA and the local association, and this is in an area where there is a strong local presence. Ms. Barnabas indicated that the seminars in Rioncione would not be helpful because the promised and needed support for veterans’ athletics has not materialized.

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5. A Hong Kong woman won the W35 category in the Tokyo Women’s Marathon.

At the conclusion of the competition in Spanish, but video presentations made the content of the seminars easily understandable even to non-Spanish speaking attendees. Attendance was 723 seats occupied, with additional athletes standing.

The championships also featured social and cultural events free-of-charge, such as a tango festival and an orchestra concert at a theater renowned both architecturally and for the famous musicians who have performed there in the past, including Enrico Caruso and Arturo Toscani.

The women’s meeting resulted in several conclusions, including but not limited to the following:
1. There is very little official support in any of the countries in the region.
2. There is an increase in both quantity and quality of certain of the women’s performances, as evidenced by W records.
3. There is an increase in women taking positions in the administration and governance of the sport and the importance of electing or selecting women based upon their competence and not by a quota system.
4. There is a need to have more officials and technical personnel for masters meets.
5. The importance of having seminars and developmental training sessions.
6. Kathy held for distribution of athletics information in Spanish to athletes in the region.

The Mauritius and Reunionese women participated in a Grand Prix cross country series, comprised of four races held in Jan., Feb., Apr., and May 2004, with overall champions designated in five age groups. Some of the additional competitions during the period covered were a cross country in Reunion Island in May 2004, the Mauritius International Marathon (June 2004), where Ms. Perkins was first in her age group and people of cross country meets in Aug. and Sept. 2004, a road race relay which included two teams from Mauritius (Oct. 2004), a 12th Oceania championships, and a national meet.

One difficulty in representing the women in this region is the lack of response... Ms. Edmond does not receive any response from her various attempts at correspondence with other parts of Africa.

Another major problem is funding... there are no funds to promote women athletes in Africa and all travel and expense is paid for from the WMA Development Fund.

A. Discus:
1. Previously positive drug tests from WMA athletes were given to the IAAF, but under the new policy, positive drug tests would be the responsibility of W Records.
2. The discussion which followed indicated that some areas of the world have not had much information in the drug policy and testing procedures, including this particular one in Latin America.

Uruguay has had the most contact between the WMA and the local association, and this is in an area where there is a strong local presence. Ms. Barnabas indicated that the seminars in Rioncione would not be helpful because the promised and needed support for veterans’ athletics has not materialized.

The importance of having seminars and developmental training sessions.

A. Asia, Glory Barnabas. The 13th Asian Masters Championships were held in Bangkok, Thailand in December 2004, with 3465 participating athletes of which, 1120 were men. The host country, Thailand, had 101 women and India was second, with 74 women. Five other countries sent 30 or more female athletes each.

Additionally, Bill Purvis (Hong Kong), sent Ms. Barnabas a report indicating the following outstanding performances by Hong Kong female masters athletes:

1. Two Hong Kong masters women were first and second overall in the 50K road walk. This was held in conjunction with the WMA 100K championships in November 2003, beating all the men.
2. A Hong Kong masters woman won the open women’s section of two AIMS marathons in Hong Kong Marathon, and the Coast of China Marathon.
3. A Hong Kong master woman toppled the open rankings for women at the 5K, 10K, half-marathon, and marathon distances.
4. A Hong Kong masters woman won the master’s title at the Rotterdam Marathon.
5. A Hong Kong woman won the W35 category in the Tokyo Women’s Marathon.
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.

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>1985</td>
<td>Brian Oldfield, 40</td>
<td>Shot Put, 70-3</td>
</tr>
<tr>
<td></td>
<td>Jack Greenwood, 60</td>
<td>1000 Hurdles, 14.98</td>
</tr>
<tr>
<td></td>
<td>John Powell, 40</td>
<td>Javelin, 215.9</td>
</tr>
<tr>
<td></td>
<td>Al Oeter, 52</td>
<td>Duncan, 236-6</td>
</tr>
<tr>
<td></td>
<td>Larry Almberg, 43</td>
<td>Javelin, 205-10</td>
</tr>
<tr>
<td></td>
<td>Payton Jordan, 75</td>
<td>Mile, 4:00.70</td>
</tr>
<tr>
<td>1991</td>
<td>Payton Jordan, 75</td>
<td>100m, 12.91</td>
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<tr>
<td></td>
<td>300 Hurdles, 45.20</td>
<td>PV, 9-10</td>
</tr>
<tr>
<td></td>
<td>Payton Jordan, 75</td>
<td>100m, 13.4</td>
</tr>
<tr>
<td></td>
<td>Shirley Masson, 51</td>
<td>10,000, 37.39</td>
</tr>
<tr>
<td>1993</td>
<td>Phil Mulkey, 61</td>
<td>Decathlon, 8564 points</td>
</tr>
<tr>
<td></td>
<td>Ross Carter, 80</td>
<td>Shot Put, 12.27 (40-3)</td>
</tr>
<tr>
<td></td>
<td>Phil Mulkey, 47</td>
<td>Pentathlon, 4715 points</td>
</tr>
<tr>
<td>1995</td>
<td>James Barretta, 40</td>
<td>High Jump, 6.11 (2.11m)</td>
</tr>
<tr>
<td></td>
<td>Mary Libal, 45</td>
<td>Long Jump, 5.18 (1.69m)</td>
</tr>
<tr>
<td></td>
<td>100m Hurdles, 14.40</td>
<td>Hammer, 156-6 (47.76m)</td>
</tr>
<tr>
<td></td>
<td>Vanessa Hildard, 55</td>
<td>Hammer, 155-6 (47.4m)</td>
</tr>
<tr>
<td></td>
<td>Glor Giesko, 40</td>
<td>Javelin, 215.9 (64.8m)</td>
</tr>
<tr>
<td></td>
<td>Vanessa Hildard, 56</td>
<td>200m SC, 23.00 (68.83)</td>
</tr>
<tr>
<td></td>
<td>Larry Stuart, 60</td>
<td>200m Hurdles, 23.13 (68.83)</td>
</tr>
<tr>
<td></td>
<td>Leslie Lebhan, 35</td>
<td>400m, 52.9 (107.18m)</td>
</tr>
<tr>
<td></td>
<td>Mel Larsen, 75</td>
<td>100m, 14.29</td>
</tr>
<tr>
<td></td>
<td>Irene Obea, 65</td>
<td>800m, 2:45.2</td>
</tr>
<tr>
<td></td>
<td>Johnny Gray, 40</td>
<td>WT, 49.9 1/4 (15.17m)</td>
</tr>
<tr>
<td></td>
<td>Onebhea Lewis, 40</td>
<td>WP, 5369 points</td>
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<tr>
<td></td>
<td>Lad Pataki, 55</td>
<td>120m Hurdles, 10.71 (33.68m)</td>
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<tr>
<td>2002</td>
<td>Vanessa Hildard, 60</td>
<td>SP, 49.7 1/4 (15.12)</td>
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<td></td>
<td>Hal Smith, 65</td>
<td>HT, 182-8 (55.68)</td>
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<tr>
<td></td>
<td>Onebhea Lewis, 42</td>
<td>WP, 5791 points</td>
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<tr>
<td>2003</td>
<td>Robert Ward, 70</td>
<td>WP, 5291 points</td>
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<tr>
<td></td>
<td>Onebhea Lewis, 43</td>
<td>200m, WR 24.41</td>
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<tr>
<td></td>
<td>Roderick Parker, 85</td>
<td>PV, WR 3.05</td>
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<tr>
<td></td>
<td>Nadine O'Connor, 62</td>
<td>800m, 2:13.85</td>
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<tr>
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<td>Mel Larsen, 80</td>
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OUTSTANDING SINGLE PERFORMANCE DURING THE YEAR

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OUTSTANDING COMBINED-EVENTS ATHLETES

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2005 AGE-GROUP AWARDS

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By BRIDGET CUSHEN
Averil McClelland, mother of a young family, and a doctor working three days per week, concludes another track and field season at the top of the W45 ranking list. Her 8:20 for the 60m indoor is only one hundredth of a second slower than the fastest W35/W40 indoor woman over the same distance. Her 25:74 for the 2000m is faster than the best W40. After British outdoor 100/200 and European indoor titles in Sweden in March, and running seemingly endless heats at the World Championships in San Sebastian, Spain, she came home with two individual gold medals, two relay golds and a 400 bronze.

Other notable rankings are those of Carole Ann Powell, topping the W50 200 (27.36) and the 400 (59.87), British and European records.

Ireland was the venue this year for the annual British & Irish Masters International Cross-Country Races held Nov. 12 on the beautiful grounds of the Royal Dublin Yacht Club. The host nation fielded their strongest teams, winning the W35/W40 individual and team age-group races and, surprisingly, also the W50 team title.

Niamh O’Sullivan retained her W40 trophy and evergreen Pat Gallagher led Wales to victory in the W60 race. Karen Marshall, running in the colors of Northern Ireland, won the W50 race, coming in sixth, and continuing her unbeaten sequence in the W45 age-group in one of the most competitive races on the calendar.

Guy Amos also retained his M40 title and led England home. Northern Ireland got another medal when Alan McCullough came in a close second. Mike Hager’s winning time in the M55 race was the best of the day.

Scotland got one gold medal as Bob Young raced away with the M60 title.

The BMAF 10 mile road race was held in freezing early morning fog at Bishop’s Stortford, Nov. 20. The twist-setting course may have slowed times drastically, but it was a good race for each age category title with M40s Matt Flannery and Richard McCormack getting home in under 55 minutes.

Run faster as you get older appears to be the successful motto of Northern Irish Derek Howarth. Better known for his 800/1500 runs in international events, he notched up a British M75 road best here in 74:08, before setting off to Cyprus for more racing and warm weather training.

Sharon Gannon, W40, was first woman (61:43). Sue Carisis continues to achieve remarkably consistent and super fast times on the road over distances from 5K to the marathon. Here she just missed out on another British best, taking the W55 race (64:54).

Torsten Carlus, 66, suffered a fatal heart attack while in Shanghai, China. Carlus, of Sweden, had held the office of WMA President for the last eight years, and had been elected as WMA General Secretary at the 16th WMA General Assembly in San Sebastian, Donostia, Spain, last August.

Carlus was active all his life in athletics and held various offices in the Swedish Athletic Association and its regional association for about 40 years. On the international level, he had been leader for the Swedish youth and junior national teams, and a Swedish delegate at European and World Calendar Congresses and at the European Junior Championships.

At the time of his death, Carlus was a member of the Board of Governors of IMGMA (International Masters Games Association), co-opted member of the Council of EVAA (European Veterans Athletic Association), and member of the IAAF Masters Committee.

His home club was IFK Helsingborg — one of the biggest athletic clubs in Sweden.

Carlus graduated from the School of Economics at the University of Lund and had been the chief financial officer at the municipal housing company in Helsingborg since 1985.

“It is with great sorrow that we hear this news,” said Svante Poulsen, 15000m winner at the 2005 IAAF World Championships in Helsinki.

The funeral for Carlus was held in Helsingborg on Dec. 15. His family requested that people contribute to the Carlus Foundation, started by his father, Nils, to support young talented athletes in Helsingborg.

Contributions can be made to: Carlus Foundation, Skanlan Provis Banks, Sweden, Account No. 1207-14-07199, IBAN: SE471200000012071407199.

Canadian Masters Take Back Fleischmann Cup

By CAROLE LANGENBACH
On Nov. 13, the U.S. masters men made a great showing against the Canadians on their home turf in the Annual Cross-Country Challenge, but the Canadians took back the perpetual trophy Fleischmann Cup by winning the women’s division overwhelmingly and scoring the least amount of points overall.

Ten men and two women represented the U.S. in White Rock, B.C., under semiclear skies on a wet and muddy course through Crescent Park. The men ran an 8K and the women a 6K.

The race was won by American Kevin Olsen, of Bellingham, Washington’s Fairhaven Runners, in 28:30. Teammate Jay Slone finished behind Olsen in the M40 division, giving the U.S. a three to seven victory.

In cross-country, low score wins, and in the challenge, each five-year division is scored separately.

The M45 division was a clean sweep by Americans Chuck Dooley, John Rowley and Patrick Kenworthy, giving the U.S. six points and the Canadians 15.

Newly welcomed into masters ranks was the M35 division, won by Lance Docken, Edgewood, Wash. Third place went to American Turtle Van Dalen. The U.S. had no runners in the M50, so we had to score two ghost runners behind two Canadians. The U.S. was represented by Peter O’Neil in the M55, so the Canadians could only score one runner also, and since he placed second, they beat us only one to three.

Roger Dean, U.S., placed fifth in the M65, and Ben Grevelsdan was second in M70+, enabling the U.S. to tie with the Canadians at 33 each.

It was a satisfying outcome, but despite the success of Sue Grigsby winning the W45, and Patricia Rowley placing third in that division, the rest of the women’s divisions were won by the Canadians, giving them the overall victory.

The annual challenge began in 1977 and has missed only one year, 2000, the year founder Don Farqharson passed away. Next year, the challenge will be back on the East Coast.

For more information, contact Carole Langenbach at pmf@wolfenet.com
**Masters Scene**

**NATIONAL**
- The 2007 Summer National Senior Games - The Olympics will be held June 22-July 8 in Louisville, KY. To participate, athletes must qualify at an NSGA State Games during calendar year 2006. A complete list of state organizations with their contact information is available by sending a request for "State Games" tab on the left-hand menu on the NSGA website: www.nsga.com.
- Allen Jones, 550, measured off 2,024m for top M40+, USA 1-Hour RW Championships, Jacksonville, FL, Dec. 3. Lida Jajnusowski, 503, M60, finished with 11,550m. Dorit Attias, W40, accounted for 10,925m for best W40+.

**EAST**
- Terry McKechnie, M50, blazed to 5,535m wins in the (55-64) 1:59:44; 16:37:28 (29:28); Chuck Shields, M45, ran a 4:47.9 mile; 5:46:34, and Terri Shuman, M55, hit 13:28 with the 2005 National Masters Games in Championship, the World Masters Games, Edmonton, Canada.
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**WINNERS**
- The championships, the Masters Games, Edmonton, Canada.
- The record is placed at 8.72/28.1-mile in the (55-64) 1:59:44; 16:37:28 (29:28); Chuck Shields, M45, ran a 4:47.9 mile; 5:46:34, and Terri Shuman, M55, hit 13:28 with the 2005 National Masters Games in Championship, the World Masters Games, Edmonton, Canada.
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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 track events generally are open to all ages. These events are sponsored by the National Association of Masters Athletes, 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 provided prior to the event. Please send any additions or corrections to NMM, P.O. Box 50098, Eugene, OR 97405.

**MIDWEST**

**January 7 & 8.** U of Michigan Indoor Meet. Ann Arbor, David Kaiser, 734-615-3364; kaiser@umich.edu

**January 13 & 20.** Oakton RC All-Comers Meet, Chris Vinyon, 626-287-1212; chrisv@niles-k12.il.us

**January 14 & 21 & 28.** Midwest All-Comers Meet, Sterling, IL; Michael Nechut, usatfcom@ictron.com

**January 17 & 18.** Mid-America Development Meet, Neal Schuster, schusterusr@comcast.net

**February 11 & 12.** Midwest indoor Meet, Plainfield, IL; Michael Nechut, usatfcom@ictron.com

**February 18.** U of Michigan Indoor Meet. Ann Arbor, David Kaiser, 734-615-3364; kaiser@umich.edu

**February 19.** Illinois Indoor Championships, Sterling. Dale Smith, 612-622-6201; westwood@co.com

**March 3.** Mason-Dixon Games Masters & Open Championships, Broadmoor Arena, Louisville, KY. 502-875-2904; mailcfc@md.com. Application in January.


**NORTHWEST**

**January 29.** BTC Indoor All-Comers Meet, Connell, Bret Seelke, 509-342-7922; billboard@frontiem.net

**February 19.** U of Washington, Seattle, WA. 206-227-9450; www.usatf.org/nw

**March 15.** Mid-Atlantic Masters Meet, Richmond, VA. 212-471-1562; www.usatf.org/central

**April 23.** Pacific Northwest Masters Meet, Beaverton, OR. 503-522-8877; www.usatf.org/west

**NORTHEAST**

**January 29-30.** Yuma Senior Games, Yuma, AZ. 520-759-2451; www.azseniorgames.com

**February 14.** Lake Michigan Junior Indoor Games, Madison, WI. 608-230-9000; www.usatf.org/west3

**February 24.** The Outside in Arena Throws Meet, Connell (between Tri-Cities & Spokane).

**ON FAT FOR JANUARY**

**TRACK AND FIELD**

The indoor season swings into action with the Dartmouth Relays, Hanover, NH, on the 6th-8th, followed by the USATF SW Regional Masters Indoor Championships, Lubbock, TX, on the 19th. The 19th Regional Masters Meet will be run on the 21st at Cornell. Additional action is available in NY; Syracuse, Ithaca and Albany, NY; and on Long Island. For outdoor meets, head for Florida, Arizona and California.

**LONG DISTANCE RUNNING**

Marathons in the Sun Belt start early with the Disney World Marathon, Orlando, FL, and OC Marathon, Newport Beach, CA, on the 8th. The Paramount 10K near Los Angeles takes off on the 14th. The 15th includes the Maui; Carlsbad, CA; and Palm Desert Rock 'N' Roll Marathon, CA. The Gulf Beaches Marathon, Clearwater, FL; Naples Daily News Half-Marathon, FL; NYRR Frostbite 7 Mile; and the号线 50K Championships, New Orleans, take up the 22nd. Boulder, CO, offers the Best XC Race on the Planet 5K on the 28th, with the Miami Marathon, Miami, FL; and Half-Marathon, Austin, TX, on the books for the 29th.

**MID-AMERICA**

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

**January 11.** Colorado School of Mines All-Comers, Golden. Al. Siemers, asiemers@mines.edu

February 26. USATF Mid-America Regional Masters Indoor Championships/Colorado Regional Masters Meet. Colorado Springs, CO. Steve Donley, 719-635-1264; Buddy Ablon, adelon@usa.net; Jim Weed, 303-451-8727.

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**January 14.** USATF Southwest Regional Masters Meet, Lubbock. 806-742-3350 X249; joe.walker@tu.edu

March 12 & 19. New Mexico Indoor All-Comers Meet, Albuquerque. Steve Scott, 505-836-3565

February 18-19. Arizona Senior Olympics Games Meet, Tucson. Oldsmobile, Jim Rose, 815-657-0108; johnrosenb@usa.net

**January 7.** Sierra Arizona Senior Games, 9am. 520-844-7822


July 14, 21 & 28. LAGAA/Mizuho All Comers Meet, Los Gatos, CA. $4 entry fee, unlimited events. All ages. Rick Milam, 408-275-9448, 241-6578

**January 14 & 22.** New Mexico Indoor All-Comers Meet, Albuquerque. Scott Steffan, 505-826-3073

**January 18 & 25.** UC-Riverside Indoor Meet, Riverside, CA. 11:30 a.m. registration; $5.00 unlimited events. http://www.ramathletics.com/trackfield/ff.html

March 12. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargent, 858-246-4417; ssar@cox.com

March 13. (Mon.) Green Valley Senior Meet, Green Valley, AZ. Karen Rens, 520-625-3440, x216

April 9. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargent, 858-246-4417; ssar@cox.com

May 14. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargent, 858-246-4417; ssar@cox.com

June 10. Team Thor USA Throws & PV Meet, UC-San Diego, LaJolla. Scott Sargent, 858-246-4417; ssar@cox.com

**SOUTHEAST**

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

**January 21.** Winter Sun Meet #1, NTCLC, Clermont, FL. Javelin clinic. 520-241-7144, x4200; www.usatf.org

February 25-March 12. Polk Senior Games, Polk Senior Games, F. 603-334-0005; www.polk seniorgames.org

February 18. Winter Sun Meet #2, NTCLC, Clermont, FL. 520-241-7144, x4200; www.usatf.org

March 18. Spring Flying #1, NTCLC, Clermont, FL. 520-241-7144, x4200; www.usatf.org

May 27. Florida AC Classic, NTCLC, Clermont, FL. 352-241-7144, x4200; www.usatf.org

**SCHELUDE**

February 4-5. USA National Championships/Rocky Raccoon 100 Mile Trail, Huntsville, TX. www.tevatrailrunners.com

February 18-19. USA National XC Championships, Portland, OR. Masters 8k on the 18th. usatf.org; Andrea Haver, 212-860-4455

July 29. USA National Championships/White River 50 Mile Trail, Crystal Mountain, WA. raceentry.com; www.whiteriver50.com

August 26. USA National Championships/Headlands 50K Trail, Saulsboro, GA. guylp.com; www.headlands50k.org

September 23. USA National Masters Championships/Twin Cities Marathon, Minneapolis, MN. www.twincitiesmarathon.org; www.usatf.org

October 15. USA National Masters Championships/Women’s 10K, Carlbad, CA. raceentry.com; www.womens10k.com

### U.S. MASTERS ALL-AMERICAN STANDARDS

**Event** | **For Men** | **For Women**
--- | --- | ---
400 | 52.9 | 60.8
800 | 2:00.0 | 2:18.0
1500 | 4:35.0 | 5:35.0
3000 | 9:30.0 | 10:30.0
5000 | 20:00.0 | 22:00.0
10000 | 45:00.0 | 51:00.0
15000 | 1:15:00.0 | 1:20:00.0
Marathon | 2:22:00.0 | 2:30:00.0
Long jump | 7.50 | 8.00
Shot put | 14.0 | 15.0
Discus throw | 45.7 | 50.0
Javelin throw | 140.0 | 150.0
Hammer throw | 30.0 | 35.0
Weight throw | 15.0 | 16.0
Sup.Wt. | 6.0 | 6.5
**Notes:**
1. All standards are for automatic time; use standard conversion for hand time.
2. Short hurdles: 30-39; 30-39; 30-39
4. Discuss throw: 30-39; 30-39; 30-39
7. Sup.Wt: 30-39; 30-39; 30-39

### Application for an All-American Certificate/Patch

**Name:**

**Age-Group:**

**Address:**

**City:**

**State:**

**Zip:**

**Meet Date:**

**Meet Site:**

**Event:**

**Mark:**

**Hurdle Height:**

**Weight of Implements:**

**Certificate:**

1. If you have equaled or bettered the standard of excellence, please fill out this application completely.

2. A copy of your results or a note stating in which issue your results appeared must accompany this application.

3. Please send $10 for a certificate, $10 for a patch, and $10 for a patch showing event and year. The cost for both a certificate and patch at the same time is $15.

4. Send to: All-American, National Masters News, P.O. Box 50098, Eugene OR 97405. 110.3

5. A 3-color, 8" by 10" certificate, suitable for framing, and/or a 3-color, 4" by 4" patch will be mailed to you within six weeks. Allow eight weeks for a patch tag.
SOUTHEAST

The Carolinas Throwers Convention, UNC Chapel Hill, NC, Dec. 19

**Wrestling**

700 lb - 1st Place:
- Tim Martin
- Tony Ward
- Billy Martin
- Kyle Sivalls
- John Franklin
- John Evans

700 lb - 2nd Place:
- Jason Jones
- Mark Johnson
- Dwayne Green
- Antron Payton
- Kevin Evans

700 lb - 3rd Place:
- Mike Miller
- Marco Martinez
- James Thomas
- Kyle Evans
- Derek Payton

700 lb - 4th Place:
- John Thomas
- Mark Johnson
- Tim Martin
- Dwayne Green
- Antron Payton

700 lb - 5th Place:
- James Thomas
- John Franklin
- Mark Johnson
- Dwayne Green
- Antron Payton

**Track & Field**

60m Hurdles
- Michael Jones - 8.45
- Kevin Reed - 8.46
- Tim Martin - 8.48
- John Franklin - 8.49

200m
- John Franklin - 22.43
- Tim Martin - 22.44
- Michael Jones - 22.45
- Kevin Reed - 22.46

400m
- John Franklin - 48.22
- Michael Jones - 48.23
- Tim Martin - 48.24
- Kevin Reed - 48.25

800m
- John Franklin - 1:33.22
- Michael Jones - 1:33.23
- Tim Martin - 1:33.24
- Kevin Reed - 1:33.25

1500m
- Michael Jones - 3:34.22
- Tim Martin - 3:34.23
- John Franklin - 3:34.24
- Kevin Reed - 3:34.25

**SOUTHWEST**

Texas State Senior Games, Austin, Sept. 14-25 (Corrections)

50m
- John Pekin - 8.01
- Judy Craft - 8.02
- Mary Pan - 8.03
- Toby Thomas - 8.04

80m
- Bob Wingo - 9.80
- Bill Haas - 9.81
- Tim Lee - 9.82
- John Odom - 9.83

100m
- John Pekin - 11.01
- Judy Craft - 11.02
- Mary Pan - 11.03
- Toby Thomas - 11.04

200m
- Bill Haas - 21.01
- Bill Haas - 21.02
- Tim Lee - 21.03
- John Odom - 21.04

400m
- John Pekin - 44.24
- Judy Craft - 44.25
- Mary Pan - 44.26
- Toby Thomas - 44.27

800m
- John Odom - 1:40.34
- Bill Haas - 1:40.35
- Tim Lee - 1:40.36
- Judy Craft - 1:40.37

1500m
- John Pekin - 3:50.45
- Judy Craft - 3:50.46
- Mary Pan - 3:50.47
- Toby Thomas - 3:50.48

**Lions Throw**

Meet/Weight Pentathlon, Austin, TX, Nov. 19

Shot Put
- John Franklin - 54.25
- Michael Jones - 54.26
- Tim Martin - 54.27
- Kevin Reed - 54.28

Discus
- John Franklin - 144.25
- Michael Jones - 144.26
- Tim Martin - 144.27
- Kevin Reed - 144.28

Long Jump
- John Franklin - 23.25
- Michael Jones - 23.26
- Tim Martin - 23.27
- Kevin Reed - 23.28

High Jump
- John Franklin - 6.25
- Michael Jones - 6.26
- Tim Martin - 6.27
- Kevin Reed - 6.28

**Wa hington Senior Olympics Field Meet, Nov. 19**

100m
- John Franklin - 11.01
- Michael Jones - 11.02
- Tim Martin - 11.03
- Kevin Reed - 11.04

200m
- John Franklin - 22.43
- Michael Jones - 22.44
- Tim Martin - 22.45
- Kevin Reed - 22.46

400m
- John Franklin - 48.22
- Michael Jones - 48.23
- Tim Martin - 48.24
- Kevin Reed - 48.25

800m
- John Franklin - 1:33.22
- Michael Jones - 1:33.23
- Tim Martin - 1:33.24
- Kevin Reed - 1:33.25

1500m
- John Franklin - 3:34.22
- Michael Jones - 3:34.23
- Tim Martin - 3:34.24
- Kevin Reed - 3:34.25

**Huntington Beach Invitational**

100m
- John Franklin - 11.01
- Michael Jones - 11.02
- Tim Martin - 11.03
- Kevin Reed - 11.04

200m
- John Franklin - 22.43
- Michael Jones - 22.44
- Tim Martin - 22.45
- Kevin Reed - 22.46

400m
- John Franklin - 48.22
- Michael Jones - 48.23
- Tim Martin - 48.24
- Kevin Reed - 48.25

800m
- John Franklin - 1:33.22
- Michael Jones - 1:33.23
- Tim Martin - 1:33.24
- Kevin Reed - 1:33.25

1500m
- John Franklin - 3:34.22
- Michael Jones - 3:34.23
- Tim Martin - 3:34.24
- Kevin Reed - 3:34.25
### Masters National News

**January 2006**

**West**

- **Cecily Dexter**
- **W60 & W65**
- **Linda Stowe**
- **Sasha Fassett**
- **Linda Keiley**
- **W65 Sally Ruby**
- **Beth Eikoge**
- **W70 Amy Stockton**
- **W75 Mary Schlamon**
- **W75 D Schlamon**

**Midwest**

- **LIT F8 Champ Elite**
- **Ronaldonka, Lenin**

**East**

- **Michael Scott**
- **Lindy Marts**
- **Lindamour**
- **Mary Bennett**
- **Susan Coffman**
- **John Bickman**
- **David Rees**
- **Linda Keiley**
- **W65 Sally Ruby**
- **Beth Eikoge**
- **W70 Amy Stockton**
- **W75 Mary Schlamon**

**National Club XC Championships, Rochester, NY, Nov. 19**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M40 Peter Magill</td>
<td>54</td>
<td>18:24</td>
</tr>
<tr>
<td>M35 Scott Bayley</td>
<td>45</td>
<td>20:10</td>
</tr>
<tr>
<td>M40 Michael Parfitt</td>
<td>40</td>
<td>20:21</td>
</tr>
<tr>
<td>M45 Ray Foster</td>
<td>55</td>
<td>22:08</td>
</tr>
<tr>
<td>M55 Linda Parfitt</td>
<td>65</td>
<td>26:37</td>
</tr>
</tbody>
</table>

**USATF-NE Masters 8K XC Championships, Boston Nov. 2**

<table>
<thead>
<tr>
<th>Name</th>
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<th>Time</th>
</tr>
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<tbody>
<tr>
<td>M40 Chris Mercer</td>
<td>45</td>
<td>24:49</td>
</tr>
<tr>
<td>M35 Doug Martin WRT</td>
<td>35</td>
<td>26:49</td>
</tr>
<tr>
<td>M45 John Caudill</td>
<td>45</td>
<td>27:00</td>
</tr>
<tr>
<td>M55 Robert Collins BAA</td>
<td>55</td>
<td>31:49</td>
</tr>
<tr>
<td>M65 Ken O'Brien</td>
<td>65</td>
<td>34:06</td>
</tr>
</tbody>
</table>

**Team Awards**

- **M40**
  - **Rich Bums**
  - **Mike McCarthy/Bobbi/Becky**
  - **Bobbi/Becky/Rich Bums**
- **M45**
  - **Bill Ronk**
  - **Bill Ronk/Rich Bums/Mike McCarthy**
- **M50**
  - **Ken O'Brien**
  - **Ken O'Brien/Mike McCarthy**
- **M60**
  - **Mike McCarthy**
  - **Mike McCarthy/Ken O'Brien**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
- **M70**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky**

**Gazette Stock-and-Stock**

- **15K, Schenectady, NY, Nov. 13**

**Overall**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kevin Collins</td>
<td>36</td>
<td>42:29</td>
</tr>
<tr>
<td>Jessica Massan</td>
<td>26</td>
<td>42:32</td>
</tr>
<tr>
<td>M40 David Heitner</td>
<td>45</td>
<td>42:37</td>
</tr>
<tr>
<td>M35 Bob Frey</td>
<td>35</td>
<td>42:40</td>
</tr>
<tr>
<td>M40 John Caudill</td>
<td>45</td>
<td>42:46</td>
</tr>
<tr>
<td>M35 Scott Bayley</td>
<td>40</td>
<td>42:49</td>
</tr>
<tr>
<td>M40 Michael Parfitt</td>
<td>40</td>
<td>42:50</td>
</tr>
<tr>
<td>M55 Linda Parfitt</td>
<td>65</td>
<td>43:00</td>
</tr>
<tr>
<td>M45 Ray Foster</td>
<td>55</td>
<td>43:11</td>
</tr>
<tr>
<td>M55 Linda Parfitt</td>
<td>65</td>
<td>43:18</td>
</tr>
</tbody>
</table>

**NYRR Cross-C Country Championships, Van Cortlandt Park, Nov. 13**

- **M40**
  - **Ken O'Brien**
  - **Ken O'Brien/Rich Bums/Mike McCarthy**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky/Rich Bums**
- **M45**
  - **Bill Ronk**
  - **Bill Ronk/Rich Bums/Mike McCarthy**
  - **Bobbi/Becky/Rich Bums**
  - **Bobbi/Becky/Rich Bums/Bobbi/Becky**
- **M50**
  - **Mike McCarthy**
  - **Mike McCarthy/Ken O'Brien**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky/Rich Bums**
- **M60**
  - **Mike McCarthy**
  - **Mike McCarthy/Ken O'Brien**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky/Rich Bums**
- **M70**
  - **Mike McCarthy**
  - **Mike McCarthy/Ken O'Brien**
  - **Mike McCarthy/Ken O'Brien/Rich Bums**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky**
  - **Mike McCarthy/Ken O'Brien/Rich Bums/Bobbi/Becky/Rich Bums**

**JFK 50 Mile**

- **Hagerstown, MD**
  - **Overall**
    - **Howard Nippert**
    - **Anne Lippert**
    - **M40 Howard Nippert**
    - **M35 Tom Howland**
    - **M50 Tim Hewitt**
    - **Les Michaelak**
    - **M60 Bob Knoblock**
  - **Nerest**
  - **M40 Tad Fugere**
  - **M35 Tom Howland**
  - **M50 Tim Hewitt**
  - **Les Michaelak**
  - **M60 Bob Knoblock**
  - **Nerest**
  - **M40 Tad Fugere**
  - **M35 Tom Howland**
  - **M50 Tim Hewitt**
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  - **Nerest**
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  - **Les Michaelak**
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  - **Nerest**
  - **M40 Tad Fugere**
  - **M35 Tom Howland**
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  - **Les Michaelak**
  - **M60 Bob Knoblock**

**Masters National News Report**

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  - **Cecily Dexter**
  - **W60 X Clyde Stowe**
  - **Linda Stowe**
  - **Sasha Fassett**
  - **Linda Keiley**
  - **W65 Sally Ruby**
  - **Beth Eikoge**
  - **W70 Amy Stockton**
  - **W75 Mary Schlamon**
  - **W75 D Schlamon**

**LET F8 Champ**

- **East**
  - **Lindy Marts**
  - **Lindamour**
  - **Mary Bennett**
  - **Susan Coffman**
  - **John Bickman**
  - **David Rees**
  - **Linda Keiley**
  - **W65 Sally Ruby**
  - **Beth Eikoge**
  - **W70 Amy Stockton**
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  - **Beth Eikoge**
  - **W70 Amy Stockton**
  - **W75 Mary Schlamon**
  - **W75 D Schlamon**
Join More magazine on March 26th 2006, for the 3rd Annual More marathon and half-marathon for women.

Prizes
- Special hotel package
- Gift bags
- Health and wellness expo
- Runners' T-shirts
- Finisher's medal

presented by
- NIVEA
- Poise

www.nyrr.org/moremarathon