Wilson Tops O’Keeffe for Rocket City Title; Rosenblatt Wins

by JIM OAKS
HUNTSVILLE, Ala., Dec. 11 – If the 1999 Huntsville Times Rocket City Marathon had been a three-mile race, three masters would have taken the top three places. David O’Keeffe, Orchard Park, N.Y., Andrey Kuznetsov, Russia, and Steve Wilson, Lafayette, Ind., led a pack of 12-15 runners at that point.

Had it been a half-marathon these three would have still been in contention for the win.

If the race had ended at 20 miles, Wilson or O’Keeffe would have won.

However, the younger legs of 33-year-old Greg Olszowik of Poland, and 32-year-old Sergey Shalomeyev of Russia proved faster at 26.2 miles than either of these two masters. Still, Wilson and O’Keeffe ran two of the top five times ever recorded by male masters on the Rocket City course.

Wilson finished third overall in an Olympic trial qualifying time of 2:21:36, earning $2000 for his efforts. O’Keeffe was fifth overall ($1000) in 2:23:08. Only Kenneth Judson’s U.S. record time of 2:17:01 from 1990 and Englishman Ron Hill’s 2:19:37 from 1978 were faster than Wilson’s effort.

In addition to these times, only Doug Kurtis’ winning 2:22:55 from 1996 is faster than O’Keeffe’s.

Two other masters times under 2:30, Don Norman, Union Town, Pa., 2:28:30 and Yuri Mikhailov, Russia, 2:29:22, gave Rocket City its best finish field in the 23-year history of the race. It was the first time four male masters had broken 2:30 in the same race. Last year’s masters winner, Jeff Martin, Huntington Woods, Mich., took fifth in 2:37:20.

The women’s masters finish field was equally impressive. Although Cheryl Titus Rosenblatt, W40, Pisgah Forest, N.C., won this division by more than two minutes in 2:54:32, three other masters also broke three hours. Patti Shull, Ashburn, Va., was second in 2:56:59; Barbara Saunders, from nearby Harvest, Ala., was third in 2:57:52; and last year’s winner, Jeanne Olash, Louisville, Ky., was fourth in 2:59:10. Canadian Diane Legare just missed a sub-3-hour time, finishing fifth in 3:00:12.

For the first part of the men’s race, all runners – not just the masters – were keying off Kuznetsov, since he had the fastest recent marathon time of any runner in the race. However, the other masters in the pack had good resumés.


“We had a big pack for about the first 10 miles,” O’Keeffe said. “By the half,...

INSIDE:

- World and USA Indoor T&F Records
- 2000 Schedule

Continued on page 6

Hubbard, Seeley Win in 50K

Carlson, Brooking First Masters In Sunmart 50 Mile

by JOHN WELCH
HUNTSVILLE, Texas – Spurred on by ideal weather conditions – temperatures in the low 50s with low humidity and light winds – Valmir Nunes, 35, Santos, Brazil, raced to a new course record 5:38:18 en route to his second consecutive 50-mile title at the Sunmart Texas Trail Endurance Runs at Huntsville State Park on Dec. 11.

But even more important than Nunes’ heroics, some speedy masters runners certainly made their presence felt in the strong field of competitors assembled for the highly popular event, held 60 miles north of Houston.

More than 1000 runners from seven countries and 45 states made the 10th annual Sunmart event the largest ultramarathon in the U.S. Mark Godale, M25, the defending U.S. champion for 24 hours on an oval track, finished second in 5:56:22. Michael Carlson, 40, an electronics consultant from Boise, Idaho, was third in 6:15:31.


Nunes, a professional runner, easily outdistanced all but Godale and Carlson, who were holding on for dear life. “I actually pulled off third place,” Carlson said, following the finish at Lake Raven. “I tend to try to run close to even splits, and today it worked well for me. I did slow down during the fourth lap but not as much as the other guys.”

Continued on page 5
M-F Athletic. Our 40th year and still headquarters for the best track implements, accessories and down-to-earth practical advice.

Our 2000 Year Edition Track & Field Catalog Available FREE. Call or Fax Toll-Free or Request by Mail.

VAULTING POLES
- Pacer, UCS Spirit, Skypole, Rocket, Pacer Max, Site, Lady Rocket
- Poles for All Levels of Vaulting—High School Through College
- Our In-Stock Inventory Is Tremendous. We’ll Ship Today

M-F IS DISCUS HEAVEN
- A Tremendous Selection Including UCS, Pacer, OTE, Nelco, First Place
- Plus Indoor Practice and Rubber Discus as well as Adjustable Weight Discus
- FREE Discus Carrier with Order of 2 or more Discus

SUPER SELECTION OF HAMMERS, SHOTS, THROWING WEIGHTS
- Proven Names: Gill, UCS, Sector, M-F
- Indoor and Outdoor Equipment
- Plus Reliable Professional Advice on Hammer and Shot Selection

STOPWATCHES
- Seiko, Accusplit, Cronus, Robic.
- Models Available with Printer
- Models up to 500 Memory

JAVELIN JAMBOREE
- Complete Selection: Men’s, Ladies’, as well as Boys’, Girls’ High School Javelins
- Best Names. Sandvik, Pacer, Nemeth, First Place® and Petranoff Legend Javelins made by OTE
- In the First Place Line New 500-700 Gram Javelins Approved for Masters’ Competition

Everything Track & Field

M-F Athletic Company 11 Amflex Drive, P.O. Box 8090, Cranston, RI 02920-0090 Fax Toll-Free 1-800-682-6950

1-800-556-7464
e-mail: mfathletic@mfathletic.com
www.mfathletic.com
T&F AWARDS
I'm surprised that Jeanne Dapran (Hoagland) didn't get a year-end 1999 Track & Field award.
At the Boston Indoor Track Meet, she got the mile world record. Then at UC-Irvine she got the record for the outdoor mile. At Gateshead, she got two silvers and a bronze.
In the Senior Olympics at Orlando, she won four gold medals and a silver.
Then, to top it all off, on Oct. 30, the day of her wedding to Bill Dapran, she won a gold in a 5K race and also beat the men in her age group in the morning and married Bill at 1 p.m.
What other woman could, or would, do that?
Javelin throw (Milo Sather)
Westchester, California

FIRST-TIMER
I read with interest the letter from "First-Timer" last month.
In mid-season in 1999, I came back to track & field after 40 years (with the
javelin throw). Much to the amusement of my family, who joke about Dad going out to "throw his stick around," I am really enjoying myself and have competed in Georgia and Florida, where I have met many masters who have impressed me with their fitness and enthusiasm.
I look forward to a full season next year and competing with other "come-back kids."
Jim Turner
Alpharetta, Georgia

BOB AND MARY RICE
Bob and Mary Rice were aboard the EgyptAir plane that crashed Oct. 31. They were racewalkers from the San Diego area. Bob was a retired General Dynamics engineer, who had a taste for fine wine, music and automobiles.
As a member of the Mercedes club, he enjoyed driving his classic, red Mercedes convertible through the streets of San Diego. He and Mary were lifetime members of the San Diego Opera.
Since Bob did not become an athlete until his 70s, he was a bit reluctant to become a competitive walker, but Mary's prodding eventually won him over. He was a problem-solver with a dry sense of humor and quick wit. After he crossed the finish line of his first official race, I asked him whether he had received any warnings on the course. His response was, "I don't know. I turned off my hearing aid."
He went on to compete in many masters races and finished 12th in his age-group in the WAVA Championships — Gateshead. Born on Oct. 20, 1914, he had recently turned 85 and was looking forward to racing the M85s. He is survived by two stepchildren from a previous marriage.
Their trip to Egypt was for pleasure and included a cruise of the Nile.
Mary and Bob were married in the late 1960s. Her first husband was a Navy pilot who died in a training exercise. As a retired home-health nurse, Mary developed her brother, who suffered from the disease.
In 1996, the Alzheimer Association recognized Mary's achievements by nominating her to carry the torch en route to the Atlanta Olympics.
She loved to travel and race in masters meets and went to WAVA —

23 Masters Qualify for Women's Olympic Trials

Kim Jones, 41, Spokane, Wash., leads the masters, with a sixth-ranked
2:35:44. Libby Hickman is the top qualifier (2:28:34). The qualifying time
is 2:50:00. Eight masters women met the qualifying time of 2:42:00 for payment of travel expenses. The oldest qualifier is Marina Jones, 48, Palm Desert, Calif., ranked 78th of the 210, with a 2:45:56.

Prize money at the Carolina Marathon is $250,000, with first place winning $50,000, second $35,000, and third $25,000.

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

Special thanks this month go to:
Ron Downey
Willie Gatza
John Hedges
Glen Johnson
Jack Land
Allen McDaniel
Walter Rilllett
Leonard Rosen
Gordon Siebert

NATIONAL MASTERS NEWS
Subscription Form
The National Masters News is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

2nd Class rates:
(USA, Canada,
Mexico)
- 6 months $15
- 1 Year $26
- 2 Years $48
- 3 Years $70

1st Class rates:
(USA, Canada,
Mexico)
- 6 months $15
- 1 Year $26
- 2 Years $48
- 3 Years $70

Foreign rates:
(Air mail)
- 6 months $24
- 1 Year $42
- 2 Years $80
- 3 Years $115

Payment method:
- Check 
- Bill me later
- Credit card

As a member of the Mercedes club, he enjoyed driving his classic, red
Mercedes convertible through the streets of San Diego. He and Mary were lifetime members of the San Diego Opera.
Since Bob did not become an athlete until his 70s, he was a bit reluctant to become a competitive walker, but Mary's prodding eventually won him over. He was a problem-solver with a dry sense of humor and quick wit. After he crossed the finish line of his first official race, I asked him whether he had received any warnings on the course. His response was, "I don't know. I turned off my hearing aid."

He went on to compete in many masters races and finished 12th in his age-group in the WAVA Championships — Gateshead. Born on Oct. 20, 1914, he had recently turned 85 and was looking forward to racing the M85s. He is survived by two stepchildren from a previous marriage.
Their trip to Egypt was for pleasure and included a cruise of the Nile.
Mary and Bob were married in the late 1960s. Her first husband was a Navy pilot who died in a training exercise. As a retired home-health nurse, Mary developed her brother, who suffered from the disease.
In 1996, the Alzheimer Association recognized Mary's achievements by nominating her to carry the torch en route to the Atlanta Olympics.
She loved to travel and race in masters meets and went to WAVA —
Sunmart 50 Mile

Continued from page 1

Amanda McIntosh, 34, San Antonio, Texas, a personal trainer, started slowly but moved methodically through the field and into an unchallenged women’s victory (7:15:44) by the beginning of the third lap.

Sally Brookings, 43, Buford, Ga., was the women’s masters first in 3:42:40. Frank Bozanic, 46, Overland Park, Kansas, captured the men’s victory in 8:32:25.

June Gessner, 46, Laguna Niguel, Calif., won the W55 race with a 5:50:36. The race director was Norman Klein.

The race director was Norman Klein.

---

SADDLEBACK MASTERS RELAYS
Saturday, February 26, 2000
@ Saddleback College, Mission Viejo, CA

AGE: 30+ — USATF Sanctioned (Cards available at meet for $15.00 - checks only.)

DIRECTIONS: Located between L.A. & San Diego (5 Fwy/Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: All-weather track & runways (javelin approach is grass). AWARDS: Medals to first three finishers.

ACCOMMODATIONS: Many hotels/motels within 5 miles of campus. (Send S.A.S.E. to Doug Smith, see below.)

ENTRY FEES: $10 for first event (includes "T" shirt), $5 per each additional event, $12 per relay.

LATE ENTRIES: Accepted by the Clerk of the Course, but you must enter & pay two hours prior to events to insure entry. $10 Late Fee.

NO REFUNDS: THIS IS A FUND RAISING EVENT FOR THE COLLEGE'S TRACK & FIELD PROGRAM.

---

Time Event ’99 Best
8:00 am 5K Race Walk [officially judged event] [ ]
8:50 am 5K Run [ ]
9:40 am 4X100 Coed Relay - [ ]
10:10 am 60m Hurdles - [ ]
10:45 am 4X100 Relay - [ ]
11:00 am 1500m Run [ ]
11:30 am 300m Dash [ ]
Lunch Break
12:30 pm Intro. of Olympians & Guests

Time Event ’99 Best
12:40 pm 200m Family Relay [ ]
12:55 pm 300m Hurdles [ ]
1:20 pm 60m Dash [ ]
2:10 pm 4X400 Relay [ ]
2:30 pm 4X100 Relay [ ]
2:50 pm 800m Run [ ]
3:15 pm 100m Dash [ ]
3:45 pm 3K Steeplechase [ ]
4:15 pm Sprint Medley Relay [ ]

Registration fee $10, (includes 1st event). # of additional events ______ x $5 = ______

Total Amount Enclosed $ ______ (Check payable to Saddleback College Foundation.)

For additional information send S.A.S.E. to Doug Smith, 26063 Saratoga Av., Laguna Hills, CA 92653.

---

ENTRY FORM

NAME ______ SEX: M F AGE ______ DOB ______
ADDRESS ______ CITY ______ ST ZIP ______
PHONE (_____) ______ FAX (_____) ______ E-MAIL ______

USATF# ______ T-SHIRT SIZE: S M L XL ______ AMOUNT ENCLOSED: $ ______

(Do NOT include the cost of USATF registration with your entry fee.)

PAYABLE TO: Saddleback College Foundation. MAIL TO: Doug Smith, 26063 Saratoga Av., Laguna Hills, CA 92653

ATHLETE’S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter acquire, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete’s Signature ______ Date ______

(Athletes may be required to undergo drug testing in accordance with USATF rules and regulations.)
**Third Wind**

by MIKE TYMN

Earning a Black Belt in Running

Leaders in the sport of distance running – both on the track and on the roads – might learn something by observing the martial arts. Those sports provide individual goals for their participants – goals that motivate and stimulate their participants to higher degrees of achievement. You start out as a white belt, a novice, and then advance to other belts. I'm not sure, but I think it is green, purple, several degrees of brown, and then on to about 10 degrees of black belt.

Distance running is not without its goals, especially for those who can compete successfully, including competition in age groups, but the goals for those who are not highly competitive are not well defined. Sure, more average runners strive to better their personal bests and have goals such as breaking 40 minutes for 10K or 3 hours in the marathon, but I believe that more formal goals which provide degrees of advancement as in judo and karate would be favorably received by the average runner. Instead of belts, we might have patches or some specially designed jacket or T-shirt for proper recognition.

**12-Step Program**

I propose what might be called the “Six-Minute Mile Achievement Ladder.” Here’s the idea: To reach the first rung on the ladder, an individual must be able to run a mile in six minutes or under. He or she advances to the second run by holding a six-minute pace for two miles and the third rung by bettering 18:38 (six-minute pace) for 5K.

The runner continues to advance in rungs on the ladder by maintaining six-minute pace for five miles, 10K, 15K, 10 miles, 20K, the half-marathon, 25K, 30K, and the marathon, the latter calling for a 2:37:19 clocking. That makes for 12 rungs of advancement.

To provide more approachable goals for older runners, consideration might be given to age-grading the standards, or perhaps setting 6:10 as the standard for 40-44 men, 6:20 for 45-49 men, 6:30 for 50-54 men, 40-44 women, and so on up to the higher age groups.

**Upping the Ante**

Carrying the five-minute pace on up to the marathon (2:11:06) would make for 22 rungs on the ladder. The 20K and the half-marathon are fairly close to each other, so we might eliminate one of those and make it an even 20 rungs.

To attract slower runners, the first rung might be a seven-minute mile (for open division runners) with advancement up the ladder to a 12th level of 3:03:32 for the marathon. There are all kinds of possibilities. I don’t see it as costing a heck of a lot.

**Any Ideas?**

We need something to motivate the runners who aren’t pursuing cash prizes or age-division honors. Can you come up with something better?

Actually, that plan was my contribution to a local group discussion on what might be done to promote greater participation by runners in road races. While it seems there are as many people ever running in my home state of Hawaii, they are racing less and less. Many of those who have been racing for a number of years simply aren’t motivated to pay $15 to $20 to race frequently when they have no real goals. Let’s give them some goals.

---

**TEN YEARS AGO**

February, 1990

- Mario Cuevas, 40, and Priscilla Welch, 45, Win ICI/USA National Masters 8K in Florida as $40,000 Goes to Masters
- Bob Schau, 42, and Nancy Mieszczak, 40, Capture Rocket City Marathon Titles
- Kjell-Erik Stahl Wins Fourth Straight Masters Championship in Honolulu Marathon

---

**Rocket City Marathon**

Continued from page 1

it was down to Andrey, Steve, myself and about three younger runners. Somewhere around mile-15, Andrey pulled out with a hamstring problem and that left Steve and me.

"Actually, at that point, I was not sure Steve was also a master," O’Keefe said.

It was the first time the two had been in the same race, and until O’Keefe began to cramp around mile-24, it was shaping up as an exciting finish.

"The eventual top two finishers pulled away from us around mile-20," O’Keefe, a sports medicine doctor who ran in college at Manhattan, continued. "Steve went with them for about a quarter-mile but then dropped back, and I caught him. We ran together for the next four miles and I was still feeling good until I took some 'goop' at an aid station. That's when I began to cramp."

The women's race was not as close.

After what she called "a foolish first mile," Rosenblatt settled into a steady pace, that brought her through the halfway point in 1:23.

"I was thinking about breaking 2:50 at that point," Rosenblatt said. "But it got harder in the last half."

Unlike the men, the women's pack lasted for only a mile as the eventual winner, Elvira Kolpakova, of Russia, opened a lead that grew to more than three minutes.

"I went out too fast," said Rosenblatt. "But I settled down after the first mile and got into a rhythm. There really weren't any other masters around me for most of the race."

Rosenblatt earned $1750 in prize money, $1500 for the masters title and an extra $250 as the fourth woman overall. She is a native of Canada, where she ran in high school, but not in college.

"I started running again when I was 34 and we lived in Jacksonville, Florida," she said. "I ran the River Run in Jacksonville and Gasparilla in Tampa and found I was competitive."

I really enjoy running on trails. We have a trail run in Asheville, the Shut-In 18-Miler, that is one of my favorites. I was second female in that race in November. It was one of my long workouts for Rocket City."

Huntsville Track Club members were excited about the performances of two of their top local masters. Saunders had been the top local woman for six of the past eight years, but had never broken three hours for the marathon. In her first year as a master, the 40-year-old systems analyst ran 2:57.52, which was also a new Alabama state age record.

Michael Allen, the 42-year-old owner of the local running store, First Place, ran 2:39:43, the seventh-best masters time of the day.

While the younger masters were running for the overall prize money, the grandmasters were competing for age-graded awards.

Race director Malcolm GIS, who ran the race himself this year, increased the age-graded prize money, giving a total of $3500, but limiting it to runners 50-and-over. With a top prize of $1000, and awards going 10 deep, this attracted some of the top grandmasters from across the country.

The most outstanding of these was 60-year-old Barbara Miller of Modesto, Calif. Miller had already set several U.S. age-60 records during the past year, and chose Rocket City to make her attempt at Helen Dick's 3:15:30 marathon mark that had stood since 1985.

Miller accomplished her mission with a 3:14:50 that converted to a 2:23:48 effort and earned the top age-graded award.

"It was harder than I thought it would be," Miller, a real estate agent, said after the race.

Herb Phillips, Burnaby, British Columbia, at 59 a recent sieeectee to Canada's open men's 100K team, was second age-graded ($750) with a 2:55:38 or converted 2:28:32.

The oldest age-graded winner was 71-year-old Jerry Johncreek of Grand Rapids, Mich., who ran 3:22:35 for a
A Victim of Our Success

At the 1999 USATF annual meeting in Los Angeles, the Masters LDR Committee approved three additional road race guidelines. During the past year, in administering the Indy Life Circuit for masters, I realized that the availability of monies to U.S. and foreign athletes had raised problems regarding correct ages and identification of runners by age-group during races. These guidelines should prevent those problems.

For your reference, here are the guidelines:

1) Competitors earning prize money of $150 or more at any individual race must have on file with the USATF Road Running Information Center (RRIC) a valid birth certificate. Non-U. S. citizens competing for masters prize money also must have a valid birth certificate on file with the RRIC before prize money can be awarded.
2) If a competitor is unable to produce a birth certificate, for reasons beyond his/her control, alternative evidence of a birth date may be submitted to the RRIC not less than fourteen (14) days prior to the event. The RRIC will forward the evidence to the Masters LDR Committee for a decision by race day. Upon verification of a birth date by the MLDR Committee, the athlete will sign an agreement of understanding.
3) In masters championships and/or circuit races, all masters competitors, including non-citizens, must wear the appropriate age-group back number.

Proof of Age

The first guideline is very clear. Any athlete competing as a master must present a valid birth certificate. In many cases, proof of age is not necessary for the issuance of a passport. The $150 criterion was established to minimize work upon a race director, yet provide a race director some teeth to administer his masters prize money purse.

The second guideline was issued to cover a situation in which an athlete does not possess a valid birth certificate. The MLDR has had previous experience in a similar situation.

Rocket City Marathon

Continued from page 6

Gillis’ time of 3:22:10 would have placed sixth among the age-graded performances, but he forfeited his prize money since he was the race director.

There are only two marathons held in the state of Alabama each year, so Rocket City continues to attract many runners who are completing marathons in each state. Yen Nguyen and Curtis Cormier from Houston, Tex., were two such runners. They completed their 50th here and ran with race numbers 50 and 51.

The number 154 was assigned to Richard Worley, Kingwood, Tex., to signify the number of consecutive weeks he had completed a marathon. His Rocket City time was 4:14:33.

Ed Burnham, 80, Kansas City, Mo., set a record for oldest finisher in Rocket City history when he crossed the line in 5:56:24. This was his 100th marathon. He only started running marathons 10 years ago.

Norm Frank, Rochester, N.Y., was assigned a significant number. He wore 700 as he completed his world record 700th marathon in 5:34:00.

Local runner James Foreman, 65, continued his string of consecutive Rocket City Marathons. He completed his 23rd in 4:53:35. Three others have also run them all: Ray Giles (3:50:55), Birmingham, Ala., Garry Elkins (3:57:42), Gadsden, Ala., and Dean Godwin (4:26:10), Aiken, S.C.

For the first time in six years the weather was almost perfect. There was little wind and the temperatures were in the 40s to 50s. Total entries increased to 1202, up by 117 from last year. Among the 754 male finishers, 443 were masters. There were 87 female masters among the 215 women finishers.
Duck-footed vs. Pigeon-toed

Q. Here’s an interesting question that I’ve never seen addressed before, although I think it would be of interest to many runners. My observation is that it is fatal to running excellence to be duck-footed, even slightly. All superior runners seem to be parallel-footed or slightly pigeon-toed. Perhaps it is that the toe-out foot recruits the various leg muscles differently. Perhaps the toe-out foot spends slightly longer on the ground.

You know us toe-out guys. When viewed from behind, the right foot, in the “kick-back” position, will have the heel at 11 o’clock and the toe at five o’clock. When we are standing around watching the awards after the race, we are standing there with the toes at 11 and 1.

Assuming I have something here, has anyone ever attempted to correct this and lived to tell the tale? Now, I’m not stupid enough to actually try Sunlight Park- footed, making an immediate effort at correction while running. Instead, my plan is to stand pigeon-toed while I’m on the phone, brushing my teeth, watching TV, etc. I’ll see what happens. Perhaps I’ll get parallel. If it starts causing problems, I’ll stop. What have I got to lose?

A. For those of us who have suffered from the “duck-footed” running pattern, perhaps the comments from other runners on our style are more injurious than the placement itself. I know as a toe-out runner myself, I was told to run on the “white lines” and get my feet straight.

However, this is probably more of a cosmetic than functional problem. For those of us who run with our feet out, it is probably a joint position problem and there is not much we can do to change it. For those who have a slight duck-footed gait, perhaps concentrating on running with the feet straight ahead may re-train the muscles and tendons. However, the joints will go where they are positioned.

Probably all the energy and effort to straighten the feet is a waste of time. But, you have nothing to lose. You may want to add foot strengthening exercises to your regimen. Strengthening the posterior tibial muscle and tendon would seem logical.

Do we lose time and distance by running in this position? I am not sure. It would seem that the tendons are somehow over-stretched at this point, which would cause some fatigue.

Obviously, the world record holder sprinters have a nice, parallel gait, but if you watch closely as they come out of the blocks, many run with a flat-footed gait. Michael Johnson is another story. Slow motion films of his feet show that he runs the entire race off of the ball of his foot. No duck-footed gait there.

However, didn’t Roger Bannister have a slight toe-out gait? So, this is an interesting question and one that I have pondered over the past 40 years of my running career. However, it did not stop me from running over 100 marathons, 50 mile runs and several AAU championships. So, keep up the running program, and you can laugh as you pass those runners with the “perfect” gait alignment.

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano. The Foot Beat, MNM, Box 50098, Eugene, OR 97405.)

John Damski

“John Damski was a rescuer. He was an ordinary man who did extraordinary things. He was a great hero.”

So said Rabbi Harold Schulweis at the memorial service of John Damski, who died of a heart attack in his home in Van Nuys, Calif., on January 2.

He had just turned 85, and was looking forward to setting M85 U.S. records in the high jump, long jump and triple jump. He still holds U.S. single-age triple-jump marks at age 82 (7.50, 24-7¼) and age 83 (7.18, 23-6¾).

I had spoken to John the day before he died. He was sharp, upbeat, and told me he had just leaped higher than the M85 HJ record in his back-yard practice pit.

His death was unexpected, yet came exactly two months after Christine, his beloved wife of 55 years, passed away.

Schulweis was a guest speaker at the Catholic service at Forest Lawn Cemetery. In 1989, Damski was honored by the Jewish Community with one of Israel’s highest honors: the title of Righteous Among Nations, given to Gentiles who rescued Jews from the Holocaust at the risk of their own lives. Damski received a medal and a certificate of honor at the Jewish consulate. He was invited to Israel. A tree was planted in his name at Yad Vashem, Jerusalem.

Damski was a well-known soccer and track & field athlete in Poland in the 1930s. Following the war, John and Christine moved to Detroit and later to Los Angeles where John worked for Lockheed doing electrical work until 1979 when he retired. He competed in masters track & field meets for more than 25 years, and was an accomplished painter.
As we move into a new year, it is appropriate that we acknowledge and thank our committee officers and chairs for all their hard work. These men and women devote their time and energies to serving masters track & field, so we can all enjoy the program and resultant benefits. Without their selfless contribution, there would be no program. Please join me in expressing sincere thanks to these dedicated individuals.

I am pleased to report that 1999 provided a bountiful schedule of quality domestic and international competition and we have a forecast of more of the same for 2000.

Much has been accomplished by the masters committee in the past few years of which we need to be cognizant. Read this short review, and I think you will agree that we have made, and will continue to make, positive strides for the betterment of future masters T&F.

By interacting with and involving the membership, willing and dependable volunteers have been identified and accepted responsible committee positions, resulting in an infusion of new energy and constructive ideas.

- Lines of communication between the national T&F office, regional coordinators and the chair continue to strengthen.

- The Masters Hall of Fame is firmly established and operative with great leadership.

- We have approved the establishment of an official masters web site. A task force will report to the committee with recommendations, at the indoor championships in Boston. In the meantime, the National Masters News and several personal web sites are available to visit.

- We have established a Championships Meet Committee to assist meet directors with the operation of meets. All operational items, including the schedule of events, are now channeled through this committee chair prior to implementation. The committee is funded by applied surcharges to championship entry fees.

- Our by-laws now reflect that we are in line with the national USATF officers’ terms of office. Masters committee officers will be elected for four-year terms with a consecutive two-term limitation.

- We are investigating additional means of procuring funds. A task force is studying a planned giving program. Donations and sponsorships are still being actively pursued.

- The affiliation with the National Senior Games Association is a major accomplishment. Masters (50 plus) will benefit from the additional competition available to them. Masters T&F involvement will most certainly improve the quality of NSGA meets, which has long been a concern of masters athletes.

When elected to the chairmanship, I made a commitment to elevate masters T&F to prominent recognition within the athletic and public communities. I believe we are steadily accomplishing this, but we have a way to go. Our Legends program has, thus far, been the prime vehicle to recognition.

I am encouraging the organization of a national pool of our outstanding athletes to represent masters in high profile competitions. The program is still in the infancy stage and thus needs the effort and energy of willing administrators and athletes. The recognition we desire is attainable, but, one and all, we must dedicate the time and energy to “get the job done.”

Rankers Appointed for 2000 Indoor Lists

by JERRY WOJCIK
Masters T&F Rankings Coordinator

All of the events for the McMahon Family Trust Indoor Rankings for the 2000 season have been assigned to volunteer rankers. If your best marks have not appeared in the results sections by the May issue, send them, in meters for field events, with documentation (name of meet, date, site, contact person, etc.) before May 12 to the appropriate rankers below:

55m/60m/200/400: Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.
800/1500/3000: William Benson, 6 Eton St., Valley Stream, NY 11581.
HJ/JPV: David E. Ortman, 7043 22nd Ave. N.W., Seattle, WA 98117. E-mail: deom@jps.net
SP/L/J/TJ: James Gerhardt, 834 Thornvine Lane, Houston, TX 77079. 55mH/60mH/WT/SW/WM/3000 RW: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-Mail: natmanews@aol.com

Warren Blaney

Warren Blaney, founding director of the Senior Olympics, died in Cherry Valley, Calif., Jan. 4. He was 96.

In 1970, Blaney created the Senior Olympics in Los Angeles and directed annual meets until 1985.

He expanded events to include dance, handball and horseshoes. He felt the program was a way to show the importance of exercise for mental and physical health throughout one’s life.

“The health of the nation begins with one individual,” was his philosophy.

In 1985, Blaney stepped aside and turned over administration to the National Senior Games, now headquartered in Baton Rouge, LA.

Don’t Let Your Story Be Forgotten

Share your sports moments with future generations who will appreciate your abilities, dedication, sacrifices, and successes. They will be able to relive these special moments with you. So your special achievements will not be forgotten, BE REMEMBERED forever by becoming a member of the Worldwide Autobiography Society, Inc.
Write P.O. Box 129, Olney, IL 62450 or e-mail support@bremembered.com or visit our website: www.bremembered.com
Masters Racewalking
by ELAINE WARD

Sherry Brosnahan – Part II
Gateshead and Beyond

Last month we looked at Sherry Brosnahan's meteoric career as a racewalker. This month she discusses her experiences at WAVA -- Gateshead and the National Masters – Orlando.

EW: How did you do in Gateshead?
SB: The 10K was first. I did my warm-up on the street not far from the starting line. I knew I was ready, when I started to feel loose and relaxed. I usually feel somewhat clumsy for the first few strides and then settle in and start to feel good.

EW: How long does it take you to get ready?
SB: I need about one hour but not just to warm up. I need to get rid of excess energy. It's not nerves. It will happen in a regular training session. It takes at least one mile to settle down.

I can't say I wasn't nervous when I got on the 10K start line. But I knew I was prepared. And I couldn't wait to get there and perform. I was focusing on myself and was not thinking about the competition.

Wall-to-Wall Women

So when I turned around to look at the line-up, I was astounded. It was overwhelming. The whole street was covered by a structure with the word "Start" in French and English and the WAVA logo. Under it was wall-to-wall women. I had never been in a field that big.

I think 180 ladies had signed up. They didn’t all compete, but it looked like an enormous number of women, much like the start of the New York marathon as far as I was concerned. It was really impressive. I couldn’t elbow my way to the front. I was a little too polite so I ended up in about the fifth row which was fine because I wasn’t supposed to be going out fast.

EW: What was your goal in the 10K?
SB: My goal was to be one of the top Americans, so I could at least get a team medal. I had no idea how I would place in the world. I also wanted to make a new P.R., which I didn’t. (Sherry’s P.R. is 56:45. She walked the 10K in 3:58:08.) My strategy was to take it easy for the first quarter of a mile and then systematically work my way up in any way I could.

EW: Did having as many people in the race affect your time?
SB: I don’t know. It was hot. There were hills. They talk about the course as if it was flat as a pancake. It was not. There were actually two upgrades. One was subtle, but it was still an upgrade. However, I like hills. I used one of them watching my competitors. He saw absolutely nothing. He couldn’t elbow his way to the front. I was a little too polite so I ended up in about the fifth row which was fine because I wasn’t supposed to be going out fast.

EW: What’s your goal in the 10K?
SB: I’m going for the bronze. I have no watch, I didn’t feel good. I think I was going for the bronze because it felt like there were people all around the stadium cheering for me by name. My husband was cheering for me. Dave was a quarter way around the track and at the other end of the track Don DeNoon was cheering for me. It gave me a feeling of having “made it” to have people cheering for me. That probably is my favorite memory.

Another Story

EW: How about the much maligned WAVA logo?
SB: Orlando was hard, because I was so high coming back from Gateshead. It was hard to refocus, and I never did focus on the races properly. I was my own worst enemy.

EW: I wonder if one of the reasons that Orlando hit most people as a downer is because Gateshead was so outstanding.
SB: Maybe. Orlando was my second nationals. I could only compare it to Orono, which was incredibly wonderful. Tom Eastler did a great job in Orono and I just expected that the nationals would always be like that.

Be Prepared

When it comes to the criticism, we have to keep in mind that sometimes it may be our own fault for not being prepared. I can’t generalize, but I can say it of myself. I should have prepared better.

EW: Your start was a racewalking as a master. How do your friends react?
SB: They are so amazed that I can take up a sport at the age of 46 and do so well. I am proof that it is never too late.

When I heard the announcer say that Sally had won the race, I gave a little silent cheer. I was rooting for her to get another gold. But I have to admit when I heard she was DQ’d, my first reaction was to shriek. It meant that I was going to get the bronze.

EW: Is the 5K your favorite memory from Gateshead?
SB: There are so many things. I loved the 5K, because it felt like there were people all around the stadium cheering for me by name. My husband was cheering for me. Dave was a quarter way around the track and at the other end of the track Don DeNoon was cheering for me. It gave me a feeling of having “made it” to have people cheering for me. That probably is my favorite memory.

E-mail us your comments or questions to info@nationalmastersnews.com.
Earl Johnson

Earl Johnson, avid sportsman and gold medalist in both senior and masters games, died Dec. 1, 1999, at the age of 72.

The javelin throw was Earl’s favorite track and field event since high school, when he held the Utah state record. His results as a master have been equally impressive: more than two dozen medals in both javelin and discus, a rating of sixth in the 1989 Nike World Masters Games.

Although Earl will be remembered for his athletic abilities, perhaps even more we will miss his love and dedication to track & field and his encouragement of others to achieve their very best in the sport. I know he would want to express his heartfelt thanks to the masters and senior games for providing such a special and fun competitive environment, and most of all to the sport that gave him so much joy.

Earl is survived by his loving wife, Heidi; and his three children, Kai, Lorin, and Natasha.

—Lorin Johnson

Coaching List

The Masters Coaching/Training List will be updated in the March issue. Changes and additions should be submitted before February 10th.

Earl Johnson

PUBLICATIONS ORDER FORM

<table>
<thead>
<tr>
<th>Masters Age Records (1999 Edition)</th>
<th>Quantity</th>
<th>Total (US$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s and women’s world and U.S. age bests for all track &amp; field events, age 35 and up, and for all racing events, age 40 and up, as of Oct. 31, 1998. 52 pages. Lists name, age, state and date of record.</td>
<td></td>
<td>$12.00</td>
</tr>
<tr>
<td>Masters Track &amp; Field Rankings (1998)</td>
<td></td>
<td>$5.00</td>
</tr>
<tr>
<td>Men’s and women’s 1998 U.S. outdoor track &amp; field 5-year age group rankings, 56 pages, over 100-deep in some events. All T&amp;F events.</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>McMahon Family Trust Masters Track &amp; Field Indoor Record Rankings (1999)</td>
<td></td>
<td>$5.00</td>
</tr>
<tr>
<td>Indoor rankings for 1999. 4 pages.</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>Masters Age-Graded Tables</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<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 racing 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.</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>Masters 5-Year Age-Group Records</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>Men’s and women’s official world and U.S. outdoor 5-year age group records for all track &amp; field and race walking events, age 35 and up, as of January 1, 1999; 8 pages. Lists name, age, state and date of record.</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>Masters 5-Year Indoor Age-Group Records</td>
<td></td>
<td>$1.50</td>
</tr>
<tr>
<td>Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages.</td>
<td></td>
<td>$1.00</td>
</tr>
<tr>
<td>Competition Rules for Athletics (1999 Edition)</td>
<td></td>
<td>$12.00</td>
</tr>
<tr>
<td>U.S. rules of competition for men and women for track &amp; field, long distance running and race walking—youth, open and masters.</td>
<td></td>
<td>$6.00</td>
</tr>
<tr>
<td>Masters Racewalking</td>
<td></td>
<td>$12.00</td>
</tr>
<tr>
<td>Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward.</td>
<td></td>
<td>$15.00</td>
</tr>
<tr>
<td>Masters Racewalking Patch. 3-color embroidered 4&quot; x 3&quot;, $4.50.</td>
<td></td>
<td>$4.50</td>
</tr>
<tr>
<td>USATF Logo Patch 3-color embroidered 4&quot; x 3&quot;, $4.50.</td>
<td></td>
<td>$4.50</td>
</tr>
<tr>
<td>USATF Race Walking Patch. 3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
<td></td>
<td>$5.50</td>
</tr>
<tr>
<td>USATF Cross Country Patch. 3-color embroidered 4&quot; x 3&quot; with gold trim. $5.50.</td>
<td></td>
<td>$5.50</td>
</tr>
<tr>
<td>USATF Lapel Pin. 3-color USATF Logo on 7/8&quot; soft enamel lapel pin (nail pin back with military clutch). $5.50.</td>
<td></td>
<td>$5.50</td>
</tr>
<tr>
<td>USATF Decal. 3-color. 3&quot; x 2-1/2&quot;. $2.00.</td>
<td></td>
<td>$2.00</td>
</tr>
<tr>
<td>National Road Race Encyclopedia</td>
<td></td>
<td>$60.00</td>
</tr>
<tr>
<td>Lists 100 of the nation’s most popular road races, with race entry information, top 100 all-time men &amp; women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington &amp; Barry Perilli. $24.95.</td>
<td></td>
<td>$24.95</td>
</tr>
<tr>
<td>Guide to Prize Money Races and Elite Athletes 1999</td>
<td></td>
<td>$60.00</td>
</tr>
<tr>
<td>Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. $60.00.</td>
<td></td>
<td>$60.00</td>
</tr>
</tbody>
</table>

Running Research News

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

Back Issues of National Masters News

Issues: $2.50 each.
Postage and Handling $1.50
Overseas Air Mail (add $5.00 per book) $5.00
TOTAL $4.00

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

Name
Address
City State Zip
Running Into The Millennium

Expect the running sport to undergo profound changes in the next 100 and 1000 years - but what will they be?

Seventeen runners appeared for the 1899 Boston Marathon, Blacksmith Larry Brignolia won that 19th Century race in 2:54:38, one of only two runners to break three hours on a course that was only 25 miles long. Boston would attract a record number of 38,000 for its 100th running in 1996, 9,239 of them women. At the end of the 20th Century, marathon fields with more than 50,000 runners have become, well, almost ordinary. Chicago attracted 29,256 entrants this year, nudging past Honolulu as the second largest American marathon behind New York.

As we move into the 21st Century, who knows what profound changes will occur within our sport during the next 100 years, much less next 100 years?

Certainly, standing at the starting line of that 1959 Boston Marathon (one of only three marathons conducted in the United States that year), I could not have predicted changes in running that would occur in my lifetime. In fact, I'm not sure that as recently as 1995 I could have accurately predicted the changes I've just witnessed in the last five years!

Inspired by Weight Loss

The explosion of interest among women is one trend I failed to anticipate. And five years ago I never would have suspected that so many young people would suddenly catch marathon fever. Certainly, the first running boom of the late 1970s was fueled largely by middle-aged men. These baby-boomers of about 35 or so years old-timers remain. As we move into the 21st Century, beginning when the gun sounds. If it takes you ten minutes to cross that line, no problem; that "lost" time will get deducted from your official time, the one you can use to get into the Boston Marathon.

That is, if you care. Most of today's runners have only begun to understand the significance of the Boston Marathon, the fact that you need to post a specific fast time to qualify for that race. Today's nouveaux runners don't yet know names like Clarence DeMar and Emil Zatopek and Frank Shorter. Stick around in the sport long enough and they will learn, but in the meantime they can take advantage of products and procedures and training methods unknown to runners for most of the last century.

Modern Benefits

- Today's runners can utilize gels and energy bars to fuel themselves on the go.
- They can register online, and get the option to choose a charity to donate to.
- Many runners can join one of the many pacers available for long races.
- Electronic race results mean faster turnarounds.
- Those runners can train with me online through my Virtual Training, available through my website: www.halhigdon.com. And if they have a question related to training or an injury, they can post a message on our Virtual Bulletin Boards and I, or some other expert, will answer.

Never before have runners been better served as we enter the 21st Century.

Training advances will continue with the emphasis on improving world records than on making life easier for those in the back of the pack.

The success of Virtual Training is one example of how runners are well served by technology. More than 7000 signed up to receive this free on-line training service. I figure that if I probably trained one-third of the runners who ran Chicago this year, either online or in person.

Speeding Up

As for those runners in the front of the pack, how fast can they get? I can recall an era when the world marathon record was slower than my Personal Record of 2:21:55 and some pundits predicted that the 2:20 barrier would never be cracked. Now the question is not whether someone will crack the two hour barrier in the marathon, but how soon? I'm not certain it a 1:59:59 or faster marathon will occur in my lifetime, but I'm willing to bet that men (and maybe women) will be running that fast well before the end of the century.

I suspect that the first sub-two marathoner will be a native of Peru, born and raised around 14,000 feet, who will find his way down to the lowlands to run times that will awe even the Kenyans and Ethiopians.

But can we predict with any accuracy the nature of our sport in the next 100 or 1000 years? If we could predict the nature of civilization during those time periods, we might be able to make a more educated guess.

What will be the results of the 100th Chicago Marathon in the year 2075? Will there even be a 200th Boston Marathon in the year 2096? Standing at the starting line at the first Boston in 1896, or at the first Chicago in 1977, nobody could have predicted the events of the final year of the 20th Century.

Bill Bowerman

Bill Bowerman, who was influential in the start of the running boom in the U.S. and the shoe company which he founded on it, died in his sleep on Christmas Eve at age 88. Bowerman was living in an assisted-care facility resulting in its secret of eternal life within the next few decades, none of us will be around at the end of the next century or at the end of the next millennium to witness changes in our sport and in civilization. Perhaps that is for the best.

Bill Bowerman was the head track coach at the University of Oregon for 24 years before his retirement in 1973. He won four national titles and coached 24 NCAA champions and 28 Olympians, and refused induction into the National Track & Field Hall of Fame in 1981 because Bill Hayward, his predecessor at Oregon, had not been inducted.

Bowerman's success as a coach, especially with distance runners, exemplified by the charismatic Steve Prefontaine, helped to impact the image of Eugene, Ore., as the "Track Capital of the U.S.," resulting in its Hayward Field being major national and Olympic trials meets. Eugene was the site of the 1987 and 1994 masters championships and the international WAVA championships in 1989, and will host the 2000 masters championships in August.

Bowerman was known as an innovator. He created the summer all-comers meets for youths at Hayward Field 40 years ago. The meets are still popular, and masters meets are published in five-year age groups in the local paper. Bowerman's book on jogging published in the early 1960s sold more than a million copies. He was instrumental in the development of all-weather tracks and lightweight running shoes and teamed up with Phil Knight to form the Nike Co., which made him a multi-millionaire.

Often controversial, Bowerman was generous with his wealth, donating to academic scholarships and U. of Oregon athletic programs. The Bowerman Building on the north end of Hayward Field houses the track & field offices and training facilities. He was known for his sense of humor, often playing tricks and practical jokes on his athletes and friends.

Born in Portland, Ore., and a graduate of the U. of Oregon, Bowerman was a successful high school football and track coach at Medford, Ore., before and after World War II. He was awarded the Bronze Star and earned the rank of major for service in combat.

He is survived by his wife and three sons.

A memorial service has been discussed, perhaps after the Prefontaine Meet in Eugene on June 24, but nothing has been decided.
New Indoor Age-Group Records Compiled

In this issue are the new world and U.S. five-year age-group track and field records for men and women. The world marks are those compiled and approved as of November 2, 1999, by the Records Committee of the World Association of Veteran Athletes (WAVA). The U.S. records are those compiled and approved, as of December 3, 1999, by the Masters Track and Field Records Sub-Committee of USA Track & Field (USATF). Both committees are headed by Peter Mundle.

No hand times recorded after May 1, 1994 (world) or Jan. 1, 1991 (USA) for records of 400 meters or less are considered for five-year age-group records. However, hand times achieved prior to those dates will continue to be included in the lists until broken by a superior time.

The official USATF record form is printed on this page. U.S. athletes and officials should use this form when applying for a U.S. or world record.

Non-U.S. athletes should use the WAVA record form, which is published in the WAVA Handbook and the April 1999 issue of NMN. It will again be printed in the April 2000 NMN along with the new list of outdoor records.

Both the world and USA Records Committees are working to prepare one uniform record form to be used in the future.

JERRY WOJCIEK
Dan Conway broke the M60 U.S. mile record with a 1:10.76, 1999 Masters Championships, Boston.
**World Track & Field Indoor Age-Group Records**

Approved by the Records Committee of the World Association of Veterans Athletes as of December 2, 1999

---

**Men's World Indoor Records**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Country</th>
<th>Age</th>
<th>Meet Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>100 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>200 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>400 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>800 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>1500 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>3000 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
</tbody>
</table>

**Women's World Indoor Records**

<table>
<thead>
<tr>
<th>Distance</th>
<th>Name</th>
<th>Country</th>
<th>Age</th>
<th>Meet Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>100 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>200 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>400 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>800 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>1500 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
<tr>
<td>3000 Meters</td>
<td>Name (Country)</td>
<td>Age</td>
<td>Meet Date</td>
<td></td>
</tr>
</tbody>
</table>

---

**Notes and Legends**

- n = noteworthy mark
- p = pending verification of date of birth, wind velocity, etc.
Women’s U.S. Indoor Records

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME (RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>Best Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>200 Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>400 Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>800 Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1500 Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One Mile</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Three Thousand Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Five Thousand Meters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

National Masters News

February 2000

Masters World Indoor Bests (as of Dec. 19, 1999)

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME (RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>Best Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight Throw</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Masters U.S. Indoor Masters Relay Bests (as of Dec. 19, 1999)

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME (RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>Best Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x200m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x400m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x800m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Masters Women’s Indoor Masters Relay Bests (as of Dec. 19, 1999)

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME (RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>Best Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x200m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x400m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x800m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Masters's Indoor Masters Relay Bests (as of Dec. 19, 1999)

<table>
<thead>
<tr>
<th>Event</th>
<th>NAME (RESIDENCE)</th>
<th>AGE</th>
<th>MEET DATE</th>
<th>Best Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x200m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x400m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4x800m Relay</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

continued from the previous page...
The Weight Room
by JERRY WOJCIK

What’s In and What’s Out

Throwers contribute minimally to the odors of sweat and liniment at most indoor meets, which generally offer only the shot, if that, and rarely the weight throw. Most indoor facilities aren’t set up with protective cages and surfaces that can take the pounding of 25- and 35-lb. weights, even though they’re made of a synthetic/plastic and are encased in protective bags.

The greatest deterrent, however, may be the cost of the indoor implements, which can go as high as $495 for a 35-lb. weight; a recent catalog does offer a 20-lb. for $165 and a 35-lb. for $199. Some shot putters who regularly attend indoor meets have their own indoor implements, few own indoor weights.

By USAF regulation, meet directors of sanctioned meets are obligated to supply implements, indoor as well as outdoor. This means that a director would need an indoor 16-lb. and 20-lb. for women, and a 25-lb. and 35-lb. for men, to the tune of somewhere around $1000 to $1500. Forget the 56-lb. superweight, the shipping cost alone is scary. It is almost never thrown at an indoor meet except in the Nationals.

Putting on the Weight

Results from these meets in 1999 included a weight throw: the Michigan, New Jersey, Virginia, and Colorado championships. The Midwest Regionals, Glenview, Ill., should have the weight and, perhaps, the superweight. Check with Meet Director Gerry Krainik. That area was a hot bed of weight and, perhaps, the superweight.

One of the benefits (besides the opportunities to have fun losing money, catching a show or two, and putting on excess weight at the buffet) of the canceled 2000 Silver State Masters Indoor meet in Reno was the chance to use outdoor implements, from the shot to the superweight, either outside of the facility when the weather was good or inside on a dirt surface when it wasn’t.

It’s unfortunate for Westerners who couldn’t travel outside of the region for indoor competition that the Reno meet bit the dust. It may be revived in the near future, perhaps in 2001. Until then, Californians, Arizonans, and Hawaiians will have to be content with competing in a valid outside meet in the warm sun amid palm trees, cacti, and kukui trees.

Southeastern U.S. Masters

Put us on your schedule for our 30th anniversary meet in Raleigh, NC

May 12, 13, & 14, 2000

If you haven’t experienced our Southern Hospitality at the longest continuously-held masters meet in the U.S., here are some of the highlights of our meet that will make your experience a special one:

- A Saturday night Awards Banquet featuring a sit-down dinner with table service.
- Sprint clinic featuring Olympic coach George Williams and throws clinic featuring coach Jeff Gorski.
- Special awards for best hammer throw, best male and female sprint performances and best female throws performance.
- National and world records are recorded - we do the paperwork and submit the forms.
- USAF Certified officials for all events. Finish Lynx timing. HyTek scoring.
- Results and awards are posted quickly.
- Reasonable entry fees - $13 for the first event and $6 for each additional.
- Men’s and women’s Pentathlon and WEIGHT PENTATHLON.
- Race walks - 5 km on the track and 20 km on the road (2 km loop).
- All track & field events including the hammer throw and steeplechase.

A complete entry form will be in the next issue of National Masters News.

Contact: Dale Smith at Raleigh Parks and Recreation, PO Box 590, Raleigh, NC 27602 (919) 831-6640 for more information or an entry form.
U.S. Isolates Itself in Hurdle Ruling

I
t was a big mistake for this year's USATF Masters T&F Committee to specifically exclude the 27" WAVA hurdles in the U.S. official rules. What we have done is shoot ourselves in the foot with little gained, and we will have to deal with the situation at some future time – maybe over and over again.

I can't defend all that WAVA does, even though I am an active part of the decision-making process. However, once made, I do think WAVA's decisions should be honored until they are changed or deleted by WAVA.

Some believe that the U.S. refusal to go along will perhaps get the specification changed. But, as I pointed out at the convention, we should not exclude the 27" hurdles as we could make the best of the situation by another approach. We could accept the 27" hurdles but use what was available (30") until they could be modified and/or the U.S. manufacturers got up to speed and new hurdles were acquired by normal replacement of equipment at the various tracks.

The hurdles specifications state minimum heights of hurdles, not maximum, so 30" is perfectly acceptable for record purposes for any 27" specification, but not vice versa.

Which Comes First?

What we have done is exclude those U.S. championship sites that could help athletes by furnishing hurdles that will go down to 27" (or be easily modified to do so). I really think it is a "chicken and egg" problem and that, in addition to masters, U.S. youth and school groups would desire 27" hurdles for their younger hurdles also, but could not specify them because they did not exist. At some point someone has to take the plunge.

As I, evidently not very effectively, tried to point out at the convention, we are not serving our U.S. masters athletes well when we legislate that they always have to run different (more difficult) hurdles in the major U.S. meets than does the rest of the world.

The point was made, and I agree, that there is no way we can insist that every U.S. track pay $15,000 for a full set of new hurdles for the few masters meets and hurdlers that we have. However, we should not, by our USATF ruling, have excluded those who could manage to furnish a few 27" hurdles.

Promotional Opportunity

It would have been so simple for us to keep the 27" specification, and run the 30" hurdles when we had to, until we could make reasonable arrangements for the 27". I suggest that possible reasonable arrangements might be a small number of 27" hurdles that would break down and could be shipped from championship to championship. The purchase and shipping could perhaps be entirely by sponsorship. Everyone at a meet – athletes and spectators – will see the names imprinted on the hurdles many times in their comings and goings over several days, in addition to the exposure during the hurdle races themselves. Sponsors know that repeated exposure is good advertisement.

As someone else pointed out, we have the same situation with the water hurdles in the Steeleplease. Many times in the interim, our masters athletes have run the higher hurdles and/or water hurdles because a particular track simply does not yet have the lower or adjustable barriers. It's a reality that athletes do not like at all, but can accept as a practicality in the meantime.

Since our USATF 30" rule is mandatory only for U.S. regional and national meets, we have forced our better hurdlers to seek out international or U.S. local and all-comer meets for world record attempts. Unless, of course, they are athletic enough to set world records with 3" higher hurdles.

Questionable Credibility

In addition, we have put our hurdlers in a situation where they cannot set U.S. records by running the hurdles specified by the recognized world-wide sports authority. Americans can now set world records that would not be U.S. records. That looks (and probably is) ridiculous to the rest of the world and reinforces a negative image of U.S. Track and Field. That is not good for our athletes in general, and especially not for those of us who work very hard every day to maintain U.S. credibility in the world sports community.

This rejection of 27" is as silly as our USATF "extended" adoption of the new IAAF 600 gram javelin specification.

IAAF President Diack made the point very clearly and painfully at his address to the 1999 USATF National Convention opening session. This was that U.S. Track and Field administration must be doing something wrong, because our athletes are better known and appreciated in other countries than they are in their own.

I urge that next year we, in USATF masters administration, eliminate both the USATF hurdle and javelin exceptions to WAVA rules and comply with the world-wide authority to the obvious benefit of our athletes.
World and USA Indoor Records Published

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.

The world and USA indoor records are published in this issue. A few tidbits: The oldest men's WR is Payton Jordan's 7.7 for the M60 60m, set in 1978. The oldest women's AR is Willye White's 6.16 for the W35 long jump, set in 1975.

The late Paul Spangler's M50 mile mark of 7:04.2 has survived 26 years. Boo Morcom's M55 pole vault of 5.02 has lasted 19 years.

Willye White is the oldest woman, with a 6.16 for the W35 long jump, set in 1975.
**Masters Scene**

**EAST**
- Jay Wind, 49, Arlington, VA, 82.45, and Sandra Ruprecht, 43, Kensington, MD. 1:41.03, ran in masters first in the DCRRC Belle Haven Half-Marathon, Alexandria, VA, Dec. 4. Sandra Adams, 50, Winchester, VA, was second M60+ in 1:43.53.
- Alan Moore, 40, St. Lazare, Quebec, with a 2:44:52, and Janet Lebue, 48, of Quebec, with a 2:50:26, galloped the masters fields in the Northern Snowball 10K, St. Paul, MN, Dec. 11.

**SOUTHEAST**
- John Tuttle, 41, Douglasville, GA, posted an age-group 90.90% 30:53 to take the M40 race, Delcamps Senior Bowl 10K, Mobile, AL, Nov. 6. Jean Lankford, 42, Mobile, chugged a W40 first in a 37:22. Grandmasters (50+) winners were Norma Ferris, 50, Columbia, SC, in 34:15, and Herriet Callahan, 51, Mobile, in 46:43. Each won $250. Tuttle's, Lankford's, and Ferris' times were course records. Since its inception in 1989, the race has donated over $1.4 million to area charities.
- Top masters in the Jacksonville Marathon, FL, Dec. 18, were Max Minter, 40, Jacksonville, in 2:51:01, and Karla Ely, 42, Jasper, GA, in 3:08:11. Ken Miller, 45, is M40+ in 2:58:44. Marylynn Patrick was the W55 runner-up in 3:38:56.
- Yuri Mikhailov, 46, with a sixth-overall 2:25:28, and Mary Burns-Priene, 42, with a 2:56:12, were first masters in the First Tennessee Memphis Marathon, Dec. 5. Amit Heideman, 41, was second M40+ in 2:33:53.

**MIDWEST**

**SOUTHWEST**
- Steve Hicks, M40, Claremore, OK, 16:32, and Peggy Adams, W40, Tulsa, 21:11, were first masters overall.
- Brenda Stukely, W40, Broken Arrow, OK, was the overall female winner with an 18:24 in the Sand Springs 5K, Tulsa, Nov. 7. First M40+ was Doug Clark, in 15:40. Stukely was recently named Oklahoma's Female Runner of the Year.

**MALE RUNNER OF THE YEAR**
Male Runner of the Year was Pete Orban, 44, Claremore, OK. This marked the second year in a row that both awards went to masters runners. The 1998 winners were the husband and wife duo of Barbara Luciano, 48, and Norman Roper, 41, of Oklahoma City. Roper had won the award in 1993 at age 36, making him the only repeat winner of the award.

**WEST**
- Erwin Jaskulske, 3T, Honolulau, who set the WR for the 100 with a 24:01 on May 1, 1999, established a pending WR for the 400, with a 2:38:64 in the Hawaii Senior Olympics, Honolulu, in Dec. 10. It was one of the 240 seniors from Hawaii, USA, the mainland, Japan, and India, who participated in the annual multi-sport event. When asked what was next on his track record agenda, Jaskulske raised his fist and shouted, "The 800!"
- Lad Patalia (CA) broke the WR for the M50 weight pentathlon with a pending 4719 at the Great Pumpkin Weight Pentathlon, Grass Valley, CA, Dec. 18. Patalia was over 100 points in the SP (54/40/19) and DT (52/54/1006). The present record is 4712 by Tom Gage (US).
- At the San Diego Indoor T&F Meet, Jan. 22, Steve Scott, 42, ran a masters mile in 4:22.11 to defeat Thom Hunt (4:25.52). Former Olympian Henry Thomas, 40, in 4:25.77, lopped 200 pounds, got a one-lap (160 meter) handicap and finished (10 laps) in a credible 5:17. Johnny Gray, who finished 3rd in 1996, with the open 890 in 1:53.24, Gray told NRR correspondent Ken Stone he's looking forward to running in this year's national masters championships in Eugene and next year at the WAC in Birmingham.
- David Pain, Graeme Shirley and other San Diego hondocho wish to try to put together a masters indoor meet next year as a "warm-up" for the WP Meet and site as the open meet, either the day before or day after.

**NORTHWEST**
- First masters racerswalkers in the Portland, OR, Marathon, Oct. 3, were Ronald Babcock, 42, Portland, with a third-place 4:14:10, and Mary Snyder, 48, Boise, ID, first female overall in 5:48:02. Stephen was the 2nd woman, overall runner-up, and the fourth male in 5:19:02. First W50+ was Kari Stuhmer, 52, Beaverton, OR, in 5:57:05.
- Mary Stanley, of Austin and Benton, OK, who was in the field when she was kicked in the thigh by a man on a bicycle while she was running in the Eugene bike path. D Carl Blanchard was a 46-year-old who was injured in the week in preparation for the Olympic Trials, doubtless that the assailant knew she was a famous runner or that he was provoked because she was wearing Nike gear.

**OPEN**
- TV viewing should be better for the 2000 Olympics in Sydney, Australia, which begin Sept. 15. NBC said it will farm out 172 hours of Olympic programming to CNN, and MSNBC. Jim Lampley and Pat O'Brien will be studio hosts.

**CORRECTIONS**
- Phil Raschker was omitted from the Outstanding Single Performance During The Year list on page 14 of the January issue for his 10-3/4 pole vault in 1993.
- Madeline Bost, W60, was mistakenly identified at the post-race award presentation at the Masters 10K 2K Championships, Long Branch, NJ, as a member of the California-based Tampa Runners, which also appeared in the results in the Masters 10K report. Masters T&F Committee Treasurer, is a resident of New Jersey and runs for the Morris County Striders.
- The photograph caption on p. 4 of the December 1999 issue should have read "Astele Hoffman, of Texas, M75 first in the pole vault and second in the high and long jumps, National Senior Games, Orlando, FL.
- In the Masters T&F Minutes (Jan.), we reported no action was taken re a proposed national outdoor schedule. However, the official minutes by Secretary Susie Hess state: "Motion that we adopt 2a (the schedule change) for consideration by the Games Committee was passed."
### SOUTHEAST
- **Alabama**, Florida, Georgia, North Carolina, South Carolina, Tennessee, Texas, Virginia

**National Masters Championships, Baton Rouge, La.**

**SOUTHEAST**
- **Alabama**, Florida, Georgia, North Carolina, South Carolina, Tennessee, Texas, Virginia

**National Masters Championships, Baton Rouge, La.**

### EAST
- **Connecticut, Delaware, Massachusetts, Maryland, Maine, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont**

**February 6**, Potomac Valley TC Indoor Meet, Thomas Jefferson Community Center, Arlington, Va. 7:45-11:30 am. 703-671-2520. www.pvc.org

**February 12**, Update New York Indoor Mile Championships, U. of Rochester. Peter Glavin, 716-242-9031; ghy@fron-tier.net


**February 25**, Long Island Winter Wind-Up Indoor Meet, Farmingdale U. 1600 track. No spikes. 7 p.m. LITF, 516-349-9157.


**April (tba)**. Penn Relays, U. of Pennsylvania, Philadelphia. Phil. 609-485-1173, elizabeth.potter@usaol.com

**August 10**, USATF Masters Outdoor Pentathlon Championships, Eugene, Ore. See above.


**September 16**, USATF Masters Weight Pentathlon Championships, Pampa, Texas. Wendell Palmer, 2239 N. Dampa, Pampa, TX 79065. 806-665-1238.


### MIDWEST
- **Illinois, Indiana, Kentucky, Michigan, Ohio, Wisconsin, West Virginia**

**February 5**, Lincoln-Way Masters Meet, Lincoln-Way HS, New Lenox, Ill. Mike Davis, 605 Lambeth Lane, New Lenox, IL 60451. 815-483-2879(h).


**February 26**, Midwest Indoor Meet V, See Feb. 12.


**March 18**, USATF Midwest Regional Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Ken Weinbel, 708-687-2124(d).

**April 1-2**, USATF Illinois Youth & Masters Championships, Proviso West HS, Hillside, Ill. See National above, April 1-2.

**June 5-10**, Indiana Senior Games, Evansville. Steve Patrow/Kristin Hood, 800-253-2188; 812-464-7800.

**June 13-17**, Michigan Senior Olympics, Bay City. Mike Miller, 248-605-2385; email: cason103@cable.com.


**September 21** (tent). Wolf Pack Throwing Classic, Columbus, Ohio.

**September 23**, Norm Bower Memorial Weight Pentathlon, Kent, Ohio.

### MID-AMERICA
- **Colorado, Iowa, Kansas, Minnesota, Missouri, Nebraska, South Dakota**

**February 6**, 21st Century AGELESS GAMES, Minneapolis. For Y2K Winter Indoor info, send SASE to Rachel Lyga, 122 NE 63rd St., Minneapolis, MN 55432. 612-574-9661.

**February 27**, USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Championships, 115 Ridge Way, Mahtomedi, MN 55115. Feb. 15 deadline.

**February 27**, USATF Colorado Indoor Championships, USATF Academy, Colorado Springs, CO 80907-7307. 719-635-1264.

**July 1-13**, Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-7705; 800-873-0244.


**June 19-23**, Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.


SOUTHWEST
Arkansas, Louisiana, Mississippi, Oklahoma, Texas


June 3. USASTF Southwest Regional Masters Championships, Dallas, Texas (tent.)

July 29. Texas Masters Championships, Jesus HS, Dallas.

WEST
Arizona, California, Hawaii, Nevada

February 5. KellField Throws Meet Series #8; Santa Cruz, Calif. G. Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kellfield@ aol.com.


February 20. Masters T&F Clinic, Occidental College, Glendale, Calif. 9 am - 430 pm. Eugene Driver, 323-753-1867; email: RetreatJunkie@aol.com.

February 26. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. 4 pm. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653.


March 18. KellField Throws Meet Series #8, Santa Cruz, Calif. G. Kellemson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; email: kellfield@ aol.com.


April 15. USASTF Arizona Meet, yom.


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


February 12. 19, 26. Winter Indoor PV Circuit, Clackamas CC (Randall Gym), Oregon City, Ore. 26th @ University HS, Spokane, Wash. 503-762-0861.

March 4. Elite PV Indoor Battle Of The Genders, Clackamas CC (Randall Gym), Oregon City, Ore. 6-8 pm. 503-762-0861.


July 29-30. USASTF Northwest Regional Masters Championships, Mt. St. U., Boxeman, Boxer NW, PO Box 1321, Wills, MT 59068. 406-578-2080(w). Entry form in May issue.


NATIONAL

INTERNATIONAL

February 5-13. New Zealand Veterans Games, Dunedin. NZV Games, PO Box 5845, Dunedin, New Zealand +64 3 474-1429. Fax: 474-1180; infornzmasters games.com; www.nzmastersgames.com.


February 26. Masters Track Meet, Sant Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-992-3787. E-mail: Luv2@cavenet.com.

July 6-16. WA, VUP, American Masters Track Meet, Sant Domingo, Haiti. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-992-3787. E-mail: Luv2@cavenet.com.

July 14-15. Caribbean Masters Track Meet, Willemstad, Curacao - The Netherlands Antilles. Dr. Jerry Jenson and C. Ann Jenson, 400 Mona Way, Cave Junction, OR 97523. 541-992-3787. E-mail: Luv2@cavenet.com.

October 17-20. SCCWAVA Regional Championship, National Masters Championships, Kamloops, B.C. M40+, W53+, Masters Athletics 2000, c/o Kamloops Parks & Rec, 6 Seymour St., Kamloops, BC V2C 1E1. 250-347-2874; Fax: 250-347-2874. E-mail: masterstof2000@kamloops.com; Website: www.masters 2000;kamloops.com.

EAST

Weight Throw-A-Thon
FT. Washington, PA; Nov. 7
M40 & 50: Mike Sullivan 24.9 (349/3) & 25.0 (349/3)
M45: Mark Vickers 24.6 (349/3)
M50 & 60: Mike Hughes 23.8 (349/3)

SOUTHWEST

Louisiana Lightning Christmas Weight Pentathlon
Lafayette; Dec. 11
Beng Jarilojo 33 2996
1000# Weight Pentathlon
Dale Fye 114.4 (9.111)

WEST

Great Pumpkin Weight Pentathlon
Grass Valley, CA; Oct. 30
(MTS/POTW/TUTV)

Keilfield Throws Meet #78
Santa Cruz, CA; Nov. 13
Shot Put
Michael Watson 35-5 95
Eli Hughes 30-8
Discus
John Bailey 14-7.5

Philadelphia Masters
Haverford College, Dec. 12
5000m
35:02.2 25:57.2
M40 & 50: John Bacon 15:13 (9/50)
M45 & 50: Mike Sullivan 24.9 (349/3)
M50 & 60: Mike Hughes 23.8 (349/3)

SOUTHWEST

Louisiana Lightning Christmas Weight Pentathlon
Lafayette; Dec. 11
Beng Jarilojo 33 2996
1000# Weight Pentathlon
Dale Fye 114.4 (9.111)

WEST

Great Pumpkin Weight Pentathlon
Grass Valley, CA; Oct. 30
(MTS/POTW/TUTV)

Keilfield Throws Meet #78
Santa Cruz, CA; Nov. 13
Shot Put
Michael Watson 35-5 95
Eli Hughes 30-8
Discus
John Bailey 14-7.5

Philadelphia Masters
Haverford College, Dec. 12
5000m
35:02.2 25:57.2
M40 & 50: John Bacon 15:13 (9/50)
M45 & 50: Mike Sullivan 24.9 (349/3)
M50 & 60: Mike Hughes 23.8 (349/3)
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donna Mikell</td>
<td>27</td>
<td>2:45</td>
</tr>
<tr>
<td>Mike Mckinsey</td>
<td>30</td>
<td>1:20</td>
</tr>
<tr>
<td>Walter Blake</td>
<td>33</td>
<td>1:48:45</td>
</tr>
<tr>
<td>Scott Schrader</td>
<td>34</td>
<td>1:49:24</td>
</tr>
<tr>
<td>Jelena Bureeva</td>
<td>35</td>
<td>1:50:03</td>
</tr>
<tr>
<td>John Johnson</td>
<td>36</td>
<td>1:51:06</td>
</tr>
<tr>
<td>Tony Kosaka</td>
<td>37</td>
<td>1:52:06</td>
</tr>
<tr>
<td>Bill Bellamy</td>
<td>38</td>
<td>1:53:07</td>
</tr>
<tr>
<td>Alan Pegues</td>
<td>39</td>
<td>1:54:08</td>
</tr>
</tbody>
</table>

**Windsor**

- **Edwards**
- **Smith**
- **Jackson**
- **Brown**
- **White**
- **Green**
- **Keller**

**Grand Rapids**

- **Miller**
- **McRae**
- **Greene**
- **Brown**
- **Johnson**
- **Williams**
- **Jackson**

**Columbus**

- **Evans**
- **Taylor**
- **Brown**
- **White**
- **Green**
- **Keller**

**Dallas**

- **Davis**
- **Martin**
- **Brown**
- **White**
- **Green**
- **Keller**

**Barbados**

- **Evans**
- **Taylor**
- **Brown**
- **White**
- **Green**
- **Keller**

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tony Kosaka</td>
<td>37</td>
<td>1:52:06</td>
</tr>
<tr>
<td>Bill Bellamy</td>
<td>38</td>
<td>1:53:07</td>
</tr>
<tr>
<td>Alan Pegues</td>
<td>39</td>
<td>1:54:08</td>
</tr>
<tr>
<td>John Johnson</td>
<td>36</td>
<td>1:51:06</td>
</tr>
<tr>
<td>Tony Kosaka</td>
<td>37</td>
<td>1:52:06</td>
</tr>
<tr>
<td>Bill Bellamy</td>
<td>38</td>
<td>1:53:07</td>
</tr>
<tr>
<td>Alan Pegues</td>
<td>39</td>
<td>1:54:08</td>
</tr>
<tr>
<td>John Johnson</td>
<td>36</td>
<td>1:51:06</td>
</tr>
<tr>
<td>Tony Kosaka</td>
<td>37</td>
<td>1:52:06</td>
</tr>
<tr>
<td>Bill Bellamy</td>
<td>38</td>
<td>1:53:07</td>
</tr>
<tr>
<td>Alan Pegues</td>
<td>39</td>
<td>1:54:08</td>
</tr>
<tr>
<td>John Johnson</td>
<td>36</td>
<td>1:51:06</td>
</tr>
</tbody>
</table>
Championships, Connecticut
Oregon
Cheyenne, WY
July 2. Veterans Millennium Brugge Grand Mambrila,
VIM, Box
May
Valladolid,
North East Lincolnshire, DN 332 9ET

M40 Peter Vrol ijk 3 :52 :04
W55EdlthBogenhuber 9 :09 :48
ThelmaRich•dson10 :44 :54 Ray
Kevin
Doug
Oml1ry
Mark Kamenish
Kat ieWix 10 :37 :05 M60 Martin
Nancy Dav is W55Gayle
Beagle 4 :21 :00 U..D "Angelo 5 :04 :03
Aguine
Kinder
39
am. Gus Davis,
RunWyo26point2@com­

10 :28 :12
4 :29 :18 Rich Davidson 19:38
4 :33 :48
Gary

11.
USAlF

307-635-3316; fax: 635-5297; email: RunWyo26point2@com­p­

561-969-0607.

JW

130-252-8765.

July 9. FAC-Walkers Mile Track RW, Tropical Park, Miami, Fla. Don Matuszak,
305-229-0276.
August 11. USATF National Masters 5000
(track) RW Championships, Eugene, Ore. See T&F schedule.

2000
February
Continued from previous page
Carol Duncombe 9:40:23
Gary Davis 9:51:35
W50Rennie Farron6:30:18
Katie West 10:00:27
W55thdolphinbugeender 9:09:48
Ellen Vito 10:29:12
Theresa Holland 4:44:54
50K
Cordial
Charles Hubbard 38 3:16:11
Luann Park 39 3:54:14
M40 Peter Voit 4:25:36
Tim Mote 3:55:28
Molly Kline 4:01:32
David Kinder 4:01:34
Paul Kamenish 4:01:35
Richard Reid 4:01:36
GermanCollazo 4:15:03
M45 Timothy Volden 4:20:40
Doug Beagle 4:15:01
Glen Hume 4:26:51
Vctor Aguirre 4:29:12
Kevin Brooks 4:33:48
M50 Roger Book 4:34:34
Charles Crompton 4:04:46
John Wiser 4:17:10
Wayne Miles 4:18:21
Mike Quinn 4:29:22
M55 Frank Bozianchi 3:53:08
Edward Pars 4:19:54
Conny Var 4:29:19
Tom Bold 4:36:27
John Routte 4:43:16
M50 Mario Alles 5:03:30
Kenneth Burns 5:03:36
Don Vanden 5:07:41
Ray Prigentz 5:50:42
Edward Andersons 5:50:50
M65 Kendal Wicks 5:53:06
Jared Wicks 5:53:26
Ray Boyton 5:54:10
Charles Sabatini 5:55:50
Conrad Vann 6:00:20
M70+Cirolo Soligo 7:16:59
Ronald Wall 18:16
F Simpson 18:19
John Starks 18:20
WallaceFaporozza18:46:25
Don Burdon 18:27
M40 Steve Hicks 6:12:32
Ryan Adams 16:20
Donna Schrier 16:23
David Glick 16:25
M45 Geo Marchetti 18:43
Richard Martin 19:49
Ken Immel 19:53
Judy Keller 20:10
W55 Suezy Szeley 20:31
Karen Hagen 4:53:41
Lisa O'Angelo 4:54:03
Kitty Fowler 5:04:43
Judy Parker 5:05:17
M45 June Gonsawer 5:40:58
Leslie Peterson 5:06:06
Donald Clapppher勉 5:06:38
Kathy Thompson 5:06:52
Cathy Jolly 6:00:17
Wayne Ireland 6:01:10
Kathleen Kenny 6:17:55
Wayne Morgan 6:18:02
M55 Paul Heitman 19:06
Suzanne Krantz 5:53:35
W55 Gayle Godfrey 7:20:32
Judy Sutcliffe 7:23:55
Judy Christians 7:29:38

2000
February
Continued from page 23
May 29. Up The Lazy River Masters Oregon RRC 10K Championships, West Linn, Ore. M40-44= Gary Smith, PO Box 544, Beaverton, OR 97075. 503-646-7686; email: orr@teleport.com; www.orrr.com/

May 7. Vancouver International Marathon. VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2982; email: vim@istar.ca
