

NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking.

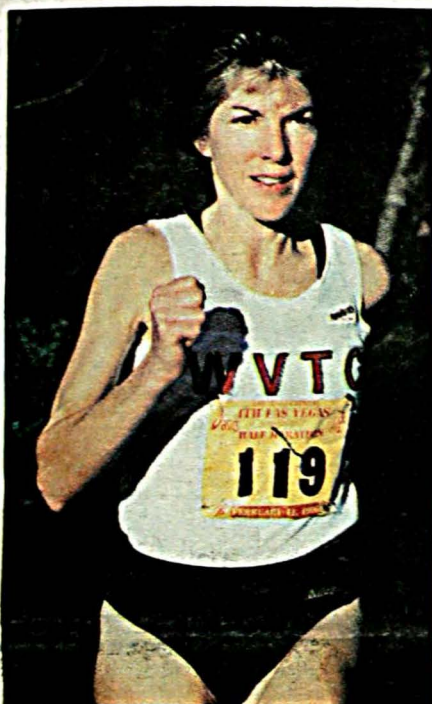
211th Issue

March 1996

\$2.50

National Half-Marathon

Ottaway Sets U.S. W50 Record, Romesser, Kennedy, Levisse Star



Joan Ottaway set new U.S. W50 records of 59:27 for 10 miles and 1:18:42 for the half-marathon in Las Vegas.

The 1996 USATF National Masters Half-Marathon Championships were held Feb. 11 in Las Vegas as part of the annual Las Vegas Half-Marathon/Marathon.

Calm but humid conditions greeted the 4000 runners. Temperatures were unseasonably warm, climbing to above 70°F by the time the marathon finished.

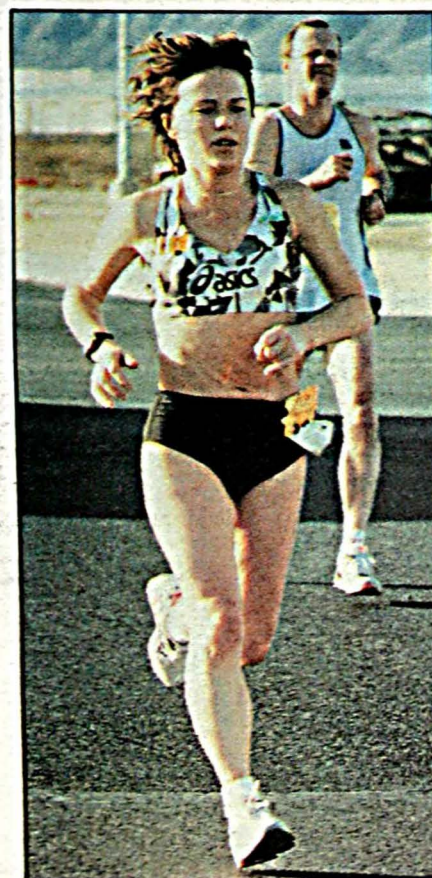
Joan Ottaway, 51, of Sonora, Calif., captured the W50-54 title with a U.S. W50 record of 1:18:42, breaking the old mark of 1:19:40, set by Rae Baymiller in 1993. En route she established a new W50 10-mile mark of 59:27, lowering the old standard of 62:01, set by Baymiller in 1994.

"Half-marathoners had to resist the lure of destroying themselves on the gradual descent during the initial miles," Ottaway told NMN, "but there were still many casualties as a result of an over-zealous early pace before reaching the endless flat stretch to the finish line."

France's Pierre Levisse, 43, was the first 40-plus runner to cross the finish line in 1:05:26, but Gary Romesser, 45, of Indianapolis won \$1000 as the first U.S. master in 1:07:14.

Romesser was in Columbia, S.C., on the 10th, coaching a runner in the U.S. Women's Olympic Marathon Trials. From there, he had to make connections in Atlanta and Salt Lake City and finally arrived in Las Vegas at 11:30 p.m. Saturday night, just 7-1/2 hours before the race.

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Christine Kennedy winning the national W40 half-marathon title in 1:14:13 in Las Vegas, Feb. 11.

1995 T&F Rankings

by JERRY WOJCIK,
Masters T & F Coordinator

The U.S. Masters Track & Field Rankings book for 1995 is in the layout stage and should be ready by the middle of March. The book ranks men and women athletes from age 30-and-up who have competed in a masters meet, the results of which were printed in the *National Masters News*. The ranked events go from the 100m through the walks, and include the mile, 10,000 (track), relays, superweight, and multi-events.

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Eight of the 13 masters women who qualified for the 1996 Women's Olympic Trials Marathon: (l to r) Alice Thureau, Sharlet Gilbert, Honor Fetherston, Kathy Ward, Charlene Soby, Nancy Hinkel, Virginia Egger, and Marina Jones.

Photo from Jim Oaks

Thureau First W40 in Olympic Trials

by JIM OAKS

COLUMBIA, S.C. - There was no masters prize money awarded at the 1996 USA Women's Olympic Trials Marathon. But the honor of being among the 187 elite who had run sub-2:50 qualifying times was incentive enough to draw together perhaps the best U.S. women's field ever assembled.

The Feb. 10 race included a record 13 masters who had bettered the 2:50 standard during the past two years.

Alice Thureau, 40, of Fisher, Pa., led the 40+ contingent with a smashing

2:40:36 on a tough course. She was followed by Honor Fetherston, 41, of Mill Valley, Calif. in 2:46:14. Marina Jones, 43, also from California, edged Colorado's Jane Welzel for the third masters spot, 2:53:36 to 2:53:40.

Finishing 1-2-3 to qualify for the U.S. Olympic team were Jenny Spangler (32, 2:29:54), Linda Somers (34, 2:30:06), and Anne Marie Lauck (26, 2:31:18).

Thureau's performance was no surprise. She had run 2:43:23 at the USA National Masters Championships last

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Greensboro Expects 800 For Indoor Nationals



Mel Larsen, M70 sprinter, at the 1995 Indoor Championships, Reno. This year's championships will be hosted by Greensboro, N.C., March 29-31.

Photo by Suzy Hess

More than 800 athletes from throughout the nation will compete in the 1996 USATF National Masters Indoor Track and Field Championships on March 29-31 in Greensboro, N.C.

The annual event will be in the new Special Events Center of the Greensboro Coliseum Complex. The track, owned and used by the Atlantic Coast Conference, is a banked, six-lane board track with a separate 60-meter, eight-lane dash track.

National championship medals will be awarded to the first three places in each event for each five-year age group for both men and women from

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Etonic
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After 47 years

Bill Rodgers is still running.
Bill Rodgers wears Etonic.

Just coincidence?

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The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition.

Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, double-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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METRICS REVISITED

Mike Tymn's column and Peter Mogg's letter hit every nail on the head except one in their correct appraisal of the English vs. metric systems.

One point not covered is my assumption that meet directors must be measuring and recording results in feet and inches – not in meters. I seriously doubt that long jump competitors hear their mark measured as "6.37 meters." Neither they, nor other competitors, nor spectators would have the slightest idea how far they jumped.

That would mean that someone is converting metric to English for your results. It makes little sense to go to that much trouble to confuse the majority of your readership. And yes, *National Masters News* is actually an international publication, but I would guess that most subscribers live in the U.S.

Therefore, it makes sense to do one of two things: a) publish both English and metric marks with English first and metric in parenthesis after it, or b) refund all subscribers (like myself) 1/3 of their subscription price for the 1/3 of your publication that we skip because it has no meaning to us.

As a track athlete who is contemplating training for field events, your "metrics only" policy is neither informative nor motivational. As a former publisher of a state-wide track and field newspaper, I know the term "unintelligible contents" will neither serve the athletes, nor help your publi-

cation grow in acceptance and circulation.

Yes, the metric system is superior when used in a science lab, but this is track & field.

Scott Anthony

Colorado Springs, Colorado

(Both pro-metric and anti-metric arguments in these pages the past few months have been very persuasive. NMN's policy is to publish results as provided to us by meet directors. Some meets produce field-event results in meters, some in feet/inches. Some meets even print meters for one event and feet/inches for another event within the same meet. Admittedly, it's confusing, but we don't have time to convert results of every meet. For those marks we feature in our stories, we do take the time to convert and publish both measurements. The national masters rankers convert feet/inches to meters, because the former won't fit neatly into a column format. The key to all this is that metric is the USA official measurement. USATF Rule 63 says: "All measurements... must be made with a certified tape... graduated in centimeters. In the case of a record, the measurement must... be made in meters." Clearly, that tilts the process to metric. USATF favors meters for simplicity and to conform to the rest of the world, since this is an international sport, unlike football or baseball, which have strictly U.S. measurements. Some say this is why T&F has become a minor sport in the USA – that it's too confusing to the average

person. Yet T&F News and newspaper and TV reports still convey results in feet/inches. Younger readers seem to have less of a problem with meters than do older readers. Perhaps it will take a generation or more, but USATF clearly hopes to eventually make metric measurements understandable to all T&F fans. – Ed.)

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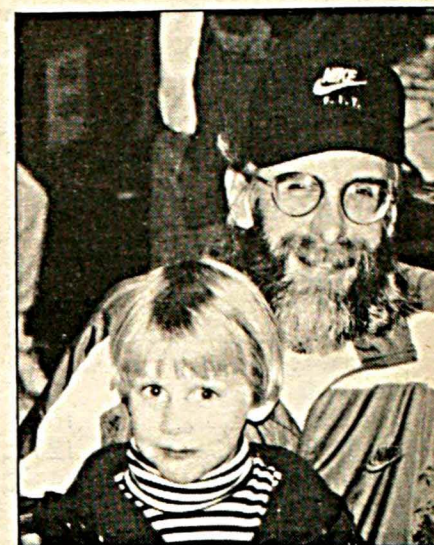
You may be aware that Stewart is serving a 30-month sentence in a federal camp for copying some government maps.

Many are working on his behalf to rectify what they consider a travesty of justice. In the interim, Bill is interested in continuing to coach, using the mail and the telephone.

Write him with your goals and objectives at this address: William Stewart, 40706-083, P.O. Box 8000, Camp McKean, Unit B, Bradford, PA 16701.

Stewart tailors running programs, workouts and schedules on an individual basis. Groups of his athletes meet in the Ann Arbor-Detroit area to do his workouts several times a week.

An 800-meter specialist at Wayne State University in the 1960s, Stewart won the 1975 Motor City Marathon (predecessor of the Free Press) and qualified for the 1976 Olympic Trials.



Lee Fidler and son at the Reedy River 10K, Greenville, S.C., where Fidler was first M45 (34:37). Photo by Charlie Kluttz

In 1983, he set a world masters indoor record in the mile in 4:11, a mark not broken until Eamonn Coghlan ran 4:08 in 1992.

Bill still holds the American masters record for the 15K he ran in 45:57 at the 1983 Gasparilla Classic. For more information, call (810) 437-4302.

M.B. Dillon

Ann Arbor, Michigan

THE WEIGHT ROOM

Jerry Wojcik's February "Weight Room" article on where the women are was appreciated but a bit off the mark. The reason for few women in the younger age-groups is simple. Forty-plus years ago, sports were accepted for women. Many in the 60-and-70 age groups speak of competition in college and high school.

When I was in high school (nearly 30 years ago), that had changed. There was no women's college track, and we were very actively discouraged from competing – both because of school rules and social pressures. We still carry the baggage.

Fortunately, this will change when those women come into the program who attended college after Title IX was enacted and were encouraged to

Continued on page 13

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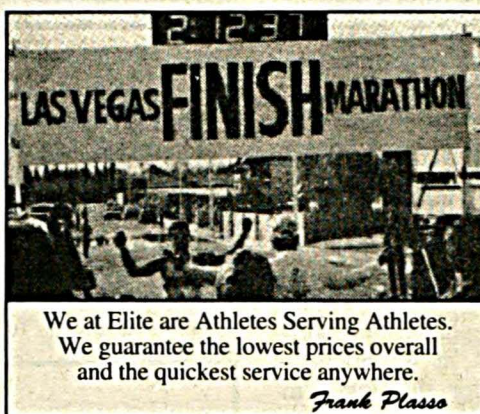
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Active Herbal - 60 Capsules Retail \$12.95 - At Elite \$10.36
4 oz. Retail \$11.95 - At Elite \$9.56
PMS Formula - 60 Capsules Retail \$12.95 - At Elite \$10.36

Universal

Forza Bars - For High Performance Athletes
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Pep Products

Sports Pep Thunder Bars - Chocolate, Tropical
Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each)
Brain Pep - 60 Tablets Retail \$12.95
1-\$10.36, 3-\$28.80 (\$9.60 each)

Quantum

Extra Edge Performance Formula - 60 Tablets
Increases Endurance, Stamina... Extends Peaks
Retail \$16.95 - At Elite \$13.56

Cybergemics

Quick Trim 14 Day Plan - Retail \$49.95
1-\$39.96, 3-\$111.00 (\$37.00 each)

Icopro

Oxy-Blast - 120 Capsules - Retail \$19.95
1-\$15.96, 3-\$44.40 (\$14.80 each)
Wind (21 oz.) - Retail \$19.95
1-\$15.96, 3-\$44.40 (\$14.80 each)

Unipro

Carbo Plex - Orange (2.4 lbs.) - Retail \$17.99
1-\$14.40, 3-\$40.05 (\$13.35 each)
Endura - Lemon (2 lbs.) - Retail \$23.95
1-\$19.16, 3-\$53.31 (\$17.77 each)
Endura Optimizer - Orange (2.8 lbs.) - Retail \$32.95
1-\$26.36, 3-\$73.35 (\$24.45 each)
DMG - 2 oz. Retail \$14.95
1-\$11.96, 3-\$33.30 (\$11.10 each)

Next Nutrition

ProOptibol (2.2 lbs.) - Retail \$26.95
1-\$21.56, 6-\$119.76 (\$19.96 each)
(Chocolate, Vanilla, Very Berry & Original)
2 Gro 2000 (4.55 lbs.) - Retail \$29.95
1-\$23.96, 6-\$133.20 (\$22.20 each)
(Chocolate, Strawberry & Vanilla)
Pro Opti Bar - Chocolate Retail \$1.59/Bar
12-\$16.80, 24-\$30.00 (\$1.25 each)
Hypro Cell Energy Exercise Drink (1.51 lbs.)
Fruit Punch Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)
Ultimate Whey Designer Protein (2 lbs.)
68% Better Than Egg Whites * Absorbs 200% Faster
Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)

Optimum Nutrition

Pro Amino Sports Bar - Retail \$1.50/Bar
24-\$32.40, 36-\$43.20 (\$1.20 each)
(Chocolate, Peanut, Butter Pecan, Burgundy Cherry
& Blueberry Cheesecake)

Strength Systems USA

Ultra Paks - Special 30 Day Multi-Vit/Mineral And More For Runners
And Endurance Athletes - Retail \$26.99, Our Price \$21.60
Gold Paks - Special 44 Day Multi-Vit/Mineral And More For Power
And Strength Athletes - Retail \$37.99, Our Price \$30.40
Yohimbe Bars - Chocolate Raisin Nut
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

Twin Lab

Ultra Fuel Bars (Vanilla & Chocolate)
Retail \$2.69/Bar 12-\$25.99, 24-\$49.99
Ultra Fuel (Powder)
Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)
(Orange, Tropical Fruit, Lemon & Grape)
Carbo Fuel (43 oz - Powder)
Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)
Phosfuel (180 Capsules)
Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)
Metabolift Thermogenic Formula
120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)

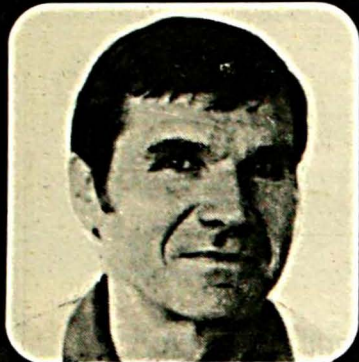
Alacer

Emergen C - 35 Paks \$12.65 - At Elite \$10.00
Emergen C - Lo Cal - 36 Paks \$12.65 - At Elite \$10.00
Emergen C - Lite - 36 Paks \$11.55 - At Elite \$9.20
Super Gram II - 100 Tabs. \$19.25 - At Elite \$15.00
Super Gram III - 100 Tabs. \$20.85 - At Elite \$16.50
Emergen C Sports Pak - Makes 3 gallons \$13.85
1-\$11.08, 3-\$30.75 (\$10.25 each)
Pro Lysine Ascorbates - 90 Tabs. \$17.95 - At Elite \$14.25

Leppin

Apple, Banana, Grape, Lemon-Lime, Peach,
Pineapple, Strawberry & Vanilla
Squeezzy Box of 10 \$7.99 - Regular Price \$10.99
(Used by many world class athletes)
10 carbohydrate concentrate packets can be used
before, during & after training and racing.
Great for Carbo-Loading

ASK FOR YOUR FREE SAMPLES



Third Wind

by MIKE TYMN

The Marathon is 100!

On March 10, the marathon becomes 100 years old. It was on March 10, 1896 that the first official marathon, a prelude to the first Olympic marathon the following month, was held over the Marathon-to-Athens route in Greece. Harilaos Vasilako covered the 40-kilometer (24.85-miles) course in 3 hours, 18 minutes, outrunning 11 other contestants. Unofficially, however, one G. Grigoriou tested the course a month before, recording 3 hours, 45 minutes. He was accompanied by J. Vanoulis, who covered part of the course in a horse-drawn cart.

Another preliminary marathon was held on March 24. Then, on April 10, the first Olympic marathon was staged. Spiridon Louis of Greece, who had finished fifth in the second preliminary, topped a field of 16 runners while covering the 40K in 2:58:50. He was rewarded with free meals and shaves for life and a gift of his choice from the King of Greece. His request was a horse and cart to be used in hauling water from his village to Athens.

No Girls Allowed

A Greek girl named Melpomena is said to have tried to enter the 1896 Olympic Marathon but was refused. She reportedly ran it without a number and finished in around 4:30.

Michel Breal, a French historian, is credited with recommending a long-distance race for the first modern Olympic Games when the International Olympic Congress met in 1894. While no such test of endurance had ever been held in the ancient Olympic Games (the longest being around three miles), Breal cited the legendary ill-fated run of the soldier-messenger Pheidippides from Marathon to Athens in 490 B.C. as appropriate precedent for the event.

Organized foot races in more recent centuries are said to have begun in England some time during the sixteenth or seventeenth century. Contests of 10 miles or more were arranged by English noblemen matching their

"footmen" – servants whose job it was to lead horse teams pulling coaches over rough terrain. Perhaps the first footman to distinguish himself was an Irishman named Langham. He reportedly ran 148 miles in 42 hours – including time out for sleeping – to fetch some medicine for Lady Berkeley.

The institution of sport as we now know it did not really begin to take shape until the latter part of the nineteenth century, and indications are that contests of speed, strength, and agility were much more popular than those calling for physical endurance. It may have been that life in general was considered struggle enough. Leisure and recreation time was best devoted to conserving energy for the necessary labors of life.

Seed Planted

With the seed planted in those first modern Olympic Games, the concept of the marathon returned to the United States with the Olympic team and officials. The first marathon on American soil was the New York Marathon, a 25-mile affair on September 20, 1896. The Boston Marathon was inaugurated on April 19, 1897, covering a distance of 24.7 miles.

Today's standard marathon distance of 26 miles, 385 yards (42.195 kilometers) is derived from the 1908 Olympic marathon in London. The course was arranged so that England's royalty could view both the start and the finish. The event began on the east lawn of Windsor Castle and ended in front of the royal box at White City Stadium. However the distance did not become standard until the 1924 Olympics.

Following the 1908 Olympics, a marathon "craze" gripped the United States. People jammed into such places as Madison Square Garden and paid as much as \$10 for a box seat to watch some of the country's leading marathoners go at it for prize money up to \$10,000, a sizeable purse particularly in those days. The races were run completely on indoor tracks with 10 or 11 laps to the mile.



The Olympic Stadium in Athens, site of the first Olympic marathon.

Photo by Harry Siegmund

Go Fast and Hang On

The usual "strategy" in those early races was to go out fast and just hang on. It was not uncommon for the competitors to cover the first mile in close to five minutes and final mile in 10-12 minutes. Much of the spectator appeal may have come from the fact that

many of the contestants would stagger for some time and then collapse.

The marathon craze died after a few years, but a nucleus had been established from which the marathon could evolve – slowly for the next 60 or so years, but then in leaps and bounds.

Marathon Trivia

- The current world records are 2:06:50 for men by Belayneh Densimo of Ethiopia in 1988 and 2:21:06 for women by Ingrid Kristiansen of Norway in 1985.

- The fastest marathon by anyone 40 or over is 2:11:04 by 41-year-old John Campbell of New Zealand in the 1990 Boston Marathon. However, Boston is considered an "aided" course. The next best is 2:11:18 by Jack Foster, 41, also of New Zealand at age 41 at Christchurch in 1974.

- The fastest marathon by a woman 40 or over is 2:26:51 by 42-year-old Priscilla Welch of Great Britain in the 1987 London Marathon.

- The fastest marathon by a man 50 or over is 2:20:28 by Jack Foster of New Zealand in the 1982 New York City Marathon.

- The fastest marathon by a woman 50 or over is believed to be 2:50:26 by Shirley Matson of California in 1991.

- The first man 40 or over to break 2:20 was Mamo Wolde of Ethiopia while finishing third in the 1972 Olympic Marathon with a 2:15:08. Jack Foster, also 40, followed him in eighth place with a 2:16:56. Those are the two best performances by male masters in the Olympics.

- The first woman 40 or over to break 2:30 was Joyce Smith of Great Britain with a 2:29:57 at age 43 in 1981. She then ran a 2:29:43 at age 44, making her the oldest sub-2:30 woman.

- The best finish in an Olympic marathon by a woman was by Joyce Smith of Great Britain with a 2:32:48 11th place at age 46 in the 1984 Olympics.

- Clarence DeMar won the 1930 Boston Marathon at age 41 in 2:34:48.

- Priscilla Welch won the women's race in the 1987 New York City Marathon at age 42 with a 2:30:17.

- Jack Foster won the 1974 Los Angeles Times Marathon at age 42 with a 2:18:24 and the 1975 Honolulu Marathon at age 43 with a 2:17:24.

- Carla Beurskens of the Netherlands won the women's race in the 1994 Honolulu Marathon at 2:37:06. Beurskens is the only other woman, besides Smith and Welch, to have broken 2:30 as a masters runner.

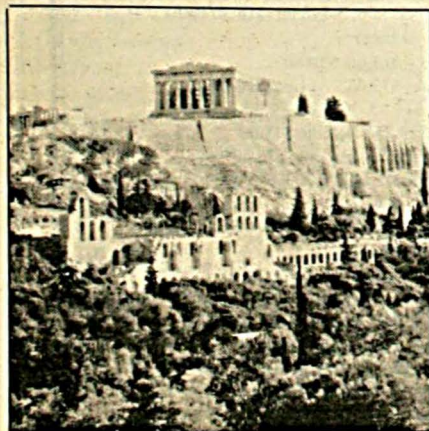
- The oldest man to break 2:30 was Piet Van Alphen of Holland with 2:25:51 at age 56.

- The oldest to break 3:00 was John Keston with 2:58:33 at age 69. However, the oldest on an unaided course was Clive Davies with 2:52:45 at 68.

- The oldest woman to break 3:00 was Marion Irvine with 2:52:02 at 54.

- The oldest person to run in an Olympic marathon is believed to have been Lourdes Klitzkie, an American who represented Guam in the 1988 Games. At age 48, she finished 63rd among 69 starters and 64 finishers with a 3:25:32. □

(Thanks to Tom Peterson of Honolulu for some of the trivia above. Peterson hopes to publish his 500-question marathon trivia book in the near future.)



The Acropolis in Athens.

Photo by Harry Siegmund

1 9 9 6 NATIONAL MASTERS

OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

AUGUST 15-18, 1996

SPOKANE FALLS COMMUNITY COLLEGE • SPOKANE, WASHINGTON



GENERAL INFORMATION

Eligibility is open to all men and women 30 and older. Individual events will be held in five-year age groups, relays in 10-year age groups. Age on August 15, 1996, will determine a competitor's age group. Proof of date of birth will be required.

USATF rules of competition will be used to conduct the meet. You must have a current USATF membership card. USATF championship medals will be awarded to the top three places in each age division.

Declarations must be made four hours prior to every running event. Field events may be scratched at any time. Declaration forms will be available beginning at noon Wednesday, August 14, 1996. Packet pickup will be from 6 to 10 p.m. Wednesday, August 14, 1996, at the meet headquarters in the Ridpath Hotel; and at Spokane Falls Community College Thursday, August 15, 1996 through Sunday, August 18, 1996.

Maximum spike length is 3/16-inch for all surfaces. Starting blocks and throwing event implements will be available. All master outdoor championship events will be included in the meet.

ENTRY INFORMATION

Entry fee is \$25 for the first event which includes a championship meet t-shirt. The second and third event are \$15 each, with each additional event \$10 each. The pentathlon entry fee is \$25 and cannot be counted as your first event. Relays are \$40 per team, payable the day prior to the day of competition.

Entries **must** be received by August 1, 1996.

AIR TRAVEL

Five percent discounts on lowest available discounted fares will be available on Northwest, Southwest, Delta and Horizon airlines through Global Travel. Phone 1-800-735-6363; direct line, 509-891-1234; or Fax, 509-926-8250. Ask for 1996 Masters National Outdoor Championship rates.

ACCOMMODATIONS - HOTEL/MOTEL

Meet headquarters: **Ridpath Hotel**, \$63-\$73 per night for Hotel Tower or East Wing. Call 1-800-426-0670. These rates will be guaranteed through July 14, 1996. Other accommodations:

Cavanaugh's Inn at the Park, \$77-\$97 per night. Call (509) 325-8000.

Cavanaugh's River Inn, \$62 per night. Call (509) 326-5577.

Cavanaugh's Fourth Avenue, \$55 per night. Call (509) 838-6101.

Ramada Inn Airport, \$70 per night. Call (509) 838-5211.

There are many other hotels in the Spokane area, however, blocks of rooms are set aside for the meet at properties listed above. Rates are for up to four people to a room.

VIP PACKAGE

A limited number of rooms have been set aside as VIP rooms at meet headquarters, the Ridpath Hotel. All the VIP rooms will be on the pool deck or overlooking the pool. The cost of \$87.50 per night includes a continental breakfast each morning, a VIP shirt, VIP hat, one bottle of wine per room, plus extras. These rooms may be reserved only through the meet office. Call (509) 533-3644.

For complete meet information and an entry form send the attached form to:

Spokane Sports, Unlimited

MS 3070

3410 West Fort George Wright Drive

Spokane, WA 99204-5288

You may also call (509) 533-3644, or Fax your request to (509) 533-4128.

MASTERS CHAMPIONSHIP INFORMATION FORM

Please send me more information about the Master's Championship and an entry form.

Name _____ Daytime Phone _____

Address _____

City _____ State _____ Zip _____



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Peripheral Neuropathy

Q. I am a 48-year-old runner. Lately, I've been experiencing what seems to be a problem with the blood circulation in my feet. It always happens about midway to three-quarters through my run. The toes on both of my feet begin to tingle, then hurt. What's causing this problem, and what can I do to stop the pain so I can continue to run?

A. It sounds to me as though you're experiencing a disorder known as peripheral neuropathy. This is a fairly common condition in which the nerves of the foot become irritated and cause a tingling-burning sensation that's most often centered in the toes. It has nothing to do with poor blood circulation.

Most likely, the cause is improperly-fitted running shoes. Shoes that are too narrow in the toe box can place an abnormal amount of pressure on the nerves, which results in the tingling sensation you describe. In severe cases, the toes become numb.

Another cause might be running on hard surfaces. This type of exercise traumatizes the nerve endings in the foot and produces a similar reaction.

In other cases, certain anatomical abnormalities may be at fault. To rule out this possibility, you should consult a sports podiatrist for a thorough examination and diagnosis.

Often a change to a shoe with a wider width — especially in the toe box area — solves the problem. Make sure the shoe is well-cushioned and has an extra layer of cushioning in the fore-front. If you've been running on hard

surfaces, switch to grass or dirt.

If the condition persists after these changes, I'd recommend seeing a neurologist to determine if there is any physical evidence of nerve damage that may be causing your discomfort. □

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



Joe Keshmiri M55 shot putter, at the 1995 Masters Indoor Championships, Reno, Nev. Greensboro, N.C., will host the 1996 championships on March 29-31. Photo by Jerry Wojcik



Dee Dee Grafius, of California, and Judy Warwick, of Canada, after the W45 800, won by Grafius (2:26.24), 1995 Indoor Championships, Reno. The 1996 championships will be held March 29-31, Greensboro, N.C.

Photo by Suzy Hess

Greensboro

Continued from page 1

group for both men and women from age 30-34 to 95+.

There are no qualifying standards for the meet, except to be at least age 30.

Individual entries must be received by March 10 or, with a late fee of \$10, by March 22. Relay teams may be entered at the track registration table.

The entry form was published in the December, January, and February issues of the *National Masters News*. Athletes may call or write Ron Foster for a form (see Schedule for details).

Last year's meet drew more than 700 participants to Reno, Nev.

Meet organizers have lined up low-cost hotel rates at the meet headquarters Holiday Inn/Four Seasons Hotel and at other hotels. For accommodation or travel info, call Laurie at 800-289-9009.

Rules require that all participants be a member of USA Track & Field. Memberships will be sold at the meet for \$15.

Opening ceremonies will commence at 5:30 p.m. on Friday. The masters general meeting will begin at 8:00 p.m. on Saturday at the Holiday Inn. Barbara Kousky, USATF's National Masters T&F Chair, will hold discussions on a number of items important to the masters program. Everyone is invited.

The new 1995 Masters T&F Rankings Book and other books and items will be available at the meet at the *National Masters News*' booth. Senior Editor Jerry Wojcik and Office Manager Suzy Hess will be on hand.

Complete results of the meet, with story and photos, will appear in the May issue of NMN. □

Return to Eugene this Summer!

North & Central American
& Caribbean
WAVA Regional Championships
August 21-24, 1996



We'd love to welcome you back (or invite you if you've never been) to Eugene this summer for the NCCWAVA Championships at historic Hayward Field.

Events for men & women include all of the standard individual track & field events (except the track 10k), 15-kilometer road race, 8-kilometer cross country, 10-kilometer road walk (m&w), pentathlon, and weight pentathlon.

Entry is open to all competitors age 30 and over. NCCWAVA Championships medals will be awarded to the top three eligible Masters (women 35 & over, men 40 & over from the NCC Region only). Non-Championships medals will be awarded to the top three sub-Masters, and to Masters not from the NCCWAVA Region if finishing in the top three overall.

Dormitory and easy-access motel housing is available. Airport shuttle will be provided prior to and following the meet. (Events end on Saturday, allowing full day of travel on Sunday.) Airline discounts (including routing through Spokane for the Nationals) are available from our official travel agency, Wilcox Travel, at 1-800-234-1605. Ask for Vickie at the Masters Desk.

To receive an entry form, housing information, and more details, write to NCCWAVA Championships, Box 10825, Eugene, OR 97440, or check a future issue of the *National Masters News*. (If you attended the 1994 Nationals in Eugene, you will automatically be sent an entry form and information soon.)

Hope to see you in August!

Oregon Track Club Masters

Lake Erie T&F Championships Held

by REX HARVEY

The USATF Lake Erie Association held its annual indoor track and field championships Jan. 6 on the 300-meter oval at the Kent State U. field-house in Kent, Ohio.

The best performance of the day was by Ken Sparks, 50, of Chagrin Falls, with a 9:26.1 3000. Chuck Sochor, 68, of Mich., clocked a good 27.7 200.

Former Olympians Bernice Holland, 68, of Cleveland, won the W65 shot and weight throw, and Ron Laird, 57, of Ashtabula, the M55 3000 race-walk in 17:26.4.

Ann Boyd, 32, of Mich., who has already qualified for this year's USA Olympic marathon trials, tuned up here in shorter races. George Riser, 71, won the 800 and shot just nine months after a quadruple by-pass operation. □

Milner Sets M60 Record in Hartshorne Mile

by LOREN MOONEY

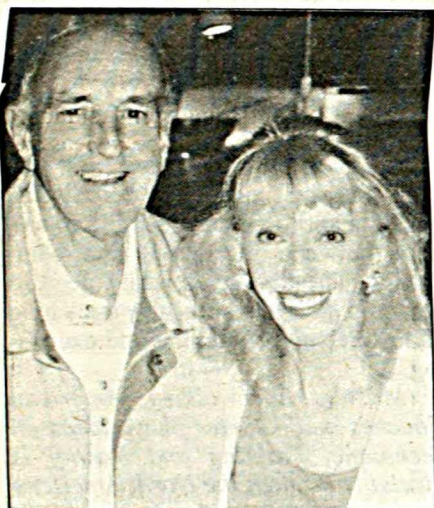
ITHACA, N.Y. – Bob Milner, 60, of Bouckville, N.Y. set a new U.S. indoor M60 mile record of 5:14.15 on Jan. 20 at Cornell U. in the 29th annual Hartshorne Memorial Masters Mile.

The time bettered the old mark of 5:19.9, set by Archie Messenger in 1984. John Conner, 60, who clocked a 5:18.85 mile last year, also ran but did not complete the race.

For a while, nine-year race director Rick Hoebeke wasn't sure the race would happen at all. "Mother nature dealt us severe flooding and freezing in Ithaca and surrounding areas," he said. "Runners braved poor travel conditions, and some didn't make it, but overall we prevailed."

The elite masters race may well be renamed the "McMasters Mile." Either Charlie (44) or Tim (42) McMullen has won four out of the last five elite races. This year they went one-two, with Charlie taking top honors, 4:29.30 to 4:33.22.

Third in the elite race was Bill Lundberg, 41, with a 4:34.09. Lundberg ran for Kansas in the 1970s and rivaled Tim McMullen, then at Missouri.



Professor Thomas Mullins of Sydney, Australia pictured with Club West VP Beverley Lewis in Santa Barbara last Oct. 7. Mullins, on a visit to SB to catch up with the annual Club West meet, was the World M45 Hammer Throw Champion at the inaugural meet held in Toronto in 1975.

Photo by Robert Lewis

Earl Bell's Field of Dreams for Pole Vaulters

by BARBARA STEWART

Earl Bell, 40, three-time Olympian (bronze medalist) and former world pole vault record holder, has opened a "House of Vaulting" in Jonesboro, Ark. (a shuttle ride from the Memphis airport).

The Bell Athletics Training Center is the culmination of years of planning. It's literally the "field of dreams for pole vaulters," only indoors, which makes it even better, because it's all-weather.

The huge facility is a vaulter's fantasy come true – four mondo track

runways, Olympic size pit, with weight lifting and gymnastics areas, throwing circles and long jump pits. In good weather, the ends open up like an airplane hangar. In bad weather, vaulters are enclosed.

Trying out and trading poles is a continuous process. Hundreds of poles – Cata-poles, Pacers, Sky Poles, Spirit Poles, even specially crafted poles for women – are neatly stacked like displays of giant candy sticks.

For more information, contact 501-935-7956. □

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Offered by PacifiCare®



Senior
HIGHLIGHTS

Crown Valley Senior Games

Track & Field - Sunday, April 28, 1996

Occidental College

1600 Campus Road, Los Angeles, CA. - Patterson Field

Meet Director: Christel Miller

Track & Field Coordinator: Pete Clentzos

Race Walk & Assistant Director: Jim Hanley

A Qualifier for the 1996 California State Senior Games Championships, Sacramento

Schedule of Events

Track		Field	
11 a.m.	400M Walk	11 a.m.	Pole Vault
11:10 a.m.	50M Dash	11 a.m.	Javelin
11:50 a.m.	1,500M Run	11:30 a.m.	Long Jump
12:20 p.m.	400M Dash	12:15 p.m.	Shot Put
12:45 p.m.	100M Dash	1 p.m.	High Jump
1:25 p.m.	1,500M Race Walk	1:30 p.m.	Discus
1:45 p.m.	800M Run	2:00 p.m.	Softball Throw
2:10 p.m.	200M Dash		
2:45 p.m.	5,000M Run		
3:25 p.m.	5,000M Race Walk		

Entry Fees:

\$15.00 Registration Fee and \$5.00 per event

Divisions:

5 year age divisions, for men and women, age 50 and above

Entry deadline is April 10, 1996

Miscellaneous:

Competition order - oldest to youngest, women first (except HJ & PV which start at lowest height); Throwing implements **not** provided, except SP; must bring own vaulting pole; PV for **experienced vaulters only**.

Surface:

All-weather track. 9mm elements for Track, LJ, PV, HJ; 12mm for JT

For more information, please call:

Cynthia Vaughan

Crown Valley Senior Games - Pasadena Senior Center

85 East Holly Street, Pasadena, CA. 91103 (818) 397-4062

Entry Form (please print)

Last Name _____ First Name _____ Sex: M ___ F ___
 Address _____
 Phone _____ Age as of 4/28/96 _____ DOB _____ T-Shirt: M ___ L ___ XL ___ XXL ___
 Events: 50M ___ 100M ___ 200M ___ 400M ___ 800M ___ 1,500M ___ 5,000M ___ PV ___ JT ___ LJ ___ SP ___
 HJ ___ DT ___ ST ___ 400M Walk ___ 1,500M RW ___ 5,000M RW ___
Make checks payable & mail to: Pasadena Senior Center, 85 E. Holly St., Pasadena, CA. 91103

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors or administrators, waive and release forever any and all rights, claims or damages I may accrue against the Pasadena Senior Center, Occidental College, the Meet Directors and all sponsors of Crown Valley Senior Games, their successors, representatives and assigns of any and all injuries which I may suffer while traveling to and from and while participating in the Meet held April 28, 1996 at Occidental College. I certify that I have no physical defects or injuries that would prevent me from competing in this Meet.

Signature _____

Date _____

FIFTEEN YEARS AGO MARCH, 1981

- St. Louis TC Wins Nike/Penn Mutual Grand Prix
- Boo Morcom, 59, Vaults 13-2-1/2 To Set New World Single-Age Record
- George Braceland Takes Nine Events in Philadelphia Masters Meet



Masters Racewalking

by ELAINE WARD

Strength and Flexibility Training

As the new competitive season is starting, here's a reminder of a few basics. The importance of strength and flexibility training is generally accepted by athletes of all ages. Such training is a component of being fit and capable of performing at a high level. Simply stated: tight, weak muscles restrict movement, and strong, flexible muscles facilitate movement.

Though it is not necessary to know what is going on when you stretch and strengthen your muscles, some understanding is helpful. Two basic training concepts involve: (1) working a muscle with or against gravity, and (2) working opposing muscle groups equally.

Gravity

When muscles work directly against gravity, a shortening of muscle fibers occurs as well as an acceleration of movement. When muscles lower a body part into gravity, a lengthening of the muscle fibers occurs as well as a deceleration of movement.

A good example is bending the elbow. When you bend your elbow, the biceps contract and work against gravity; when you straighten your elbow, they lengthen and work with gravity.

According to Mari Cypers, RPT, director and co-founder of SPORTEC Physical Therapy Center in Livermore, California, research has shown that approximately 40 percent more tension is developed when the muscles work against gravity than with gravity. For this reason, it is important to include exercises that work weak muscles against gravity to provide progression.

Opposing muscle groups

If you are seated in a chair and extend your leg out parallel to the ground, the quads (the muscles in the front of your thigh) are the prime movers in the straightening process, and the hamstrings (the muscles in the back of the thigh) are the opposing group. When the leg lowers and the knee bends, the relationship reverses, with the hamstrings becoming the prime movers bending the knee and the quads the opposing group.

The importance of balancing muscle strength and flexibility in opposing muscle groups is twofold: (1) it optimizes performance, and (2) it lessens the chance of injury. In racewalking, two areas of frequent discomfort or injury are the shins and hamstrings.

Because of the racewalking rules, considerable emphasis is given to strengthening the tibialis anterior (shin) muscles to facilitate raising the toes (dorsiflexing the foot) for heel contact with a straight knee. Strengthening exercises include heel walking and toe tapping. It is equally important to stretch the opposing muscle group, the calf muscles and Achilles tendon. As the shin muscles contract against gravity to raise the toes, the calf muscles elongate or extend with gravity. If these opposing muscles are tight, they restrict dorsiflexion.

When it comes to the pushing phase of the footwork, the reverse is true. The calf muscles become the prime movers contracting to plantar flex the ankle, and the shin muscles are the opposing group elongating with gravity. Strong calf muscles and supple shin and ankle muscles facilitate a maximum push.

In the new book, *Masters Racewalking*, Bernie Finch, D.C., discusses the importance of balancing the hamstrings and quads.

"Frequently, a hamstring injury is felt below the attachment of the hamstring to the buttocks, right in or just below the fold of the buttocks. The first sign of injury may be behind the

knee, followed by a big 'pain in the butt.'

"Based on what I have observed, the hamstrings are amazingly weak compared to other muscles of similar size. Why this is so, I am not sure. Take a woman and man to a weight room, lay them on their stomachs and have them do some lifts with their hamstrings. Then turn them over and have them do some lifts with their quads. They will be amazed that their hamstrings are so weak. Comparatively, they might be able to lift 20 to 40 percent more with their quads than they can with their hamstrings.

"This seemingly inherent weakness of the hamstrings is often the key to hamstring injuries. It also explains why the body compensates by recruiting the buttock muscles to help the hamstrings perform. To test the strength of the hamstrings, the practitioner must put an arm across the buttocks to prevent any outside assistance from the buttock muscles.

"Racewalking strengthens the hamstrings, but it is necessary to watch for signs of hamstring fatigue. Hamstring fatigue will show up in vague pain and tightness that wander through the hamstrings while an athlete is working out. Sometimes an athlete who has had a hamstring injury will have sensations of tension during a warm-up, a workout or a cool-down. They will have to stop and stretch their hamstrings frequently. Max Green has told me that he stretches his hamstrings before every interval.

"Many racewalkers come from running and their quads are too strong. There is apt to be considerable imbalance between the quads and hamstrings. These athletes really need to work on their hamstrings by stretching and exercising, stretching and exercising." □

(*Masters Racewalking*, American Coaches and Athletes Share Ideas on Technique, Training and Racing is available through the North American Racewalking Foundation (NARF), P.O. Box 50312, Pasadena, CA 91115-0312, \$14.95 plus \$2.00 shipping. Californians add \$1.23. Mastercard/Visa: 800-898-5117.

The 1995 Regional/National 5-year Age-Group rankings and awards will be mailed by February 20 to NARF subscribers. The goal for mailing them was January 31. Hope burns eternal; maybe next year! - EW.)

TEN YEARS AGO MARCH, 1986

- Bruce Mortenson Top Master in Houston-Tenneco Marathon With 2:23:40
- Tracy Smith's M40 31:24 and Harolene Walters' W40 37:09 Win Paramount 10K
- John Poppell's \$25,000 Pledge Helps World Veterans Games Edge Closer to Goal

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National Half-Marathon

Continued from page 1

"I kind of like obstacles," Romesser told Patrick Everson of the *Las Vegas Review-Journal*. "The more challenges, the more I like it. It was kind of a difficult weekend. It was pretty crazy, but I was ready to go."

Colorado's Pablo Vigil, 44, was the third master and first U.S. M40 in 1:07:39, winning \$500. Missouri's Charlie Grey, 41, USATF's 1995 M40 runner-of-the-year, took second M40 (1:07:41, \$400), followed by Arizona's Manuel Pino (44, 1:07:55, \$300).

California's Christine Kennedy, 41, won the women's 40-44 national crown in 1:14:13, winning \$1000. She was chased by Oregon's Laura Caldwell (43, 1:15:54, \$500).

The next three women masters finishers were all in the W50 division. Ottaway won \$400 for her efforts, and was closely followed by Missouri's Jane Hutchison (51, 1:19:34, \$300) and Colorado's Mary Wood (50, 1:20:35, \$200). Sixth masters female overall and third W40 was California's Kathleen Britcliff (40, 1:21:40, \$400).

While national masters titles were awarded in the traditional five-year age groups, masters prize money was awarded on a 10-year basis: six-deep for the 40-49s, four-deep for the 50-59s, and three-deep for the 60+ runners.

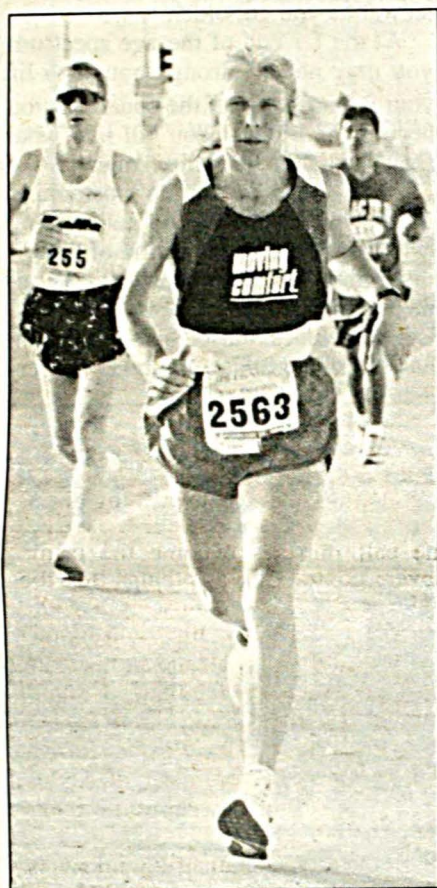
Colorado's Larry Ingram, 51, captured M50 honors in 1:12:35 (\$400), just 18 seconds in front of Nevada's Ewar Gordillo (50, 1:12:53, \$300).

Missouri's Oleg Morozov (61, 1:17:59, \$300) and Nancy Hellyer (1:43:24, \$300) topped the 60+ divisions.

USA Track and Field (USATF) is the national governing body for athletics in the USA. The next national masters road race championships will be the 5K in Carlsbad, Calif., on March 31.

In the concurrent marathon (not a national championship), Mexico's Artemio Navarro, 46, was fourth overall in 2:21:02 (\$1750). Oregon's Leonard Hill (43, 2:26:58, \$600) was ninth overall.

Wisconsin's Kristine Goetz topped the 40+ women in 3:04:40 as 11th overall, followed by Minnesota's Gloria Jansen (3:05:30). USATF's 1995 W60 runner-of-the-year, Wen-Shi Yu of New York, won the W60 title in 3:41:19. □



Mary Wood won the bronze medal for the tough W50 division with a 1:20:35 in the National Masters Half-Marathon in Las Vegas.

Blum, Simon First in Paramount 10K

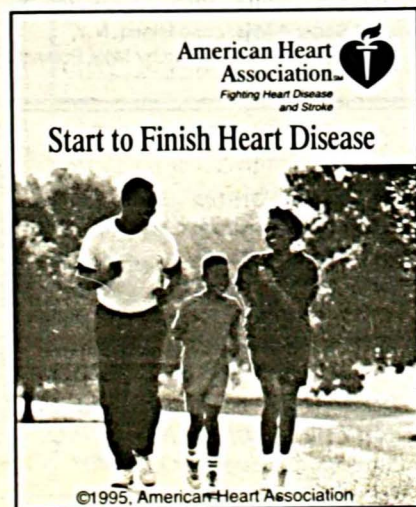
Steve Blum, M40, ran an unchallenged 32:57 to claim the men's title in the special world masters division race in the Paramount 10K, Paramount, Calif., on Jan. 13. Nicholas Hernandez, M40, was second in 33:59.

Gaylon Jorgensen took the M65 contest in the race's largest group of five runners, with a 39:31.

The entire women's field in the world masters race, for which entrants had to meet qualifying standards, consisted of one runner, Judy Simon, 80, who ran a course record of 67:19.

In the open race, Ed Avol, M40, repeated his 1995 masters victory with a 35:18. Lorraine Gersitz, W40, was the W40+ first in 40:27. Atsuko Fujimoto posted one of the better times in winning the W60 race with a 52:48.

Over 400 runners entered the race, sponsored primarily by the City of Paramount and directed by Oscar Rosales of Finish Line International. □



©1995, American Heart Association



Dave Krell, M50, and Anthony Washington, both of U.S. West, and Rudy Houg, M60, of G.E., at the National Corporate Championships, Des Moines, Iowa. Photo by Andy Larabee

Keenan, DeGrazia Lead Hangover Half-Marathon

by PAUL MURRAY

More than 250 Upstate New York distance runners welcomed the New Year by running in the Hudson Mohawk Road Runners Club's Hangover Half-Marathon and Sober-Up 3 Mile Run on Jan. 1.


Dale Keenan and Martha DeGrazia were the masters winners in the half-marathon. Keenan was third overall in 1:16:05. DeGrazia was the fourth woman to finish, with a 1:39:18 clocking.

John Bradley won the M50 age group in 1:33:01. Not far behind was


M60 winner Wade Stockman in 1:33:57. Margaret Ferrara won the W50 division in 1:53:53, just a few steps ahead of W60 winner Anny Stockman (1:54:00). Mike Bartholomew was the oldest finisher and M70 champion in 2:14:02.

Chip Button was the first master and fifth overall in the companion three-mile with a 17:14. Theresa Wuerdeman was the first female master and second woman overall in 21:40.

Bill Hogan was the race director. □




The Plainview Old Bethpage Road Runners Club in conjunction with THE TOWN OF OYSTER BAY Presents the 19th Annual



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USATF NATIONAL 10K MASTERS CHAMPIONSHIP



SATURDAY, APRIL 13, 1996
Mattlin Middle School, Plainview, N.Y.
FUN RUN 8:10 AM • 10K RUN 9:00 AM
10K RACEWALK 9:05 AM

1996 USATF 10K MASTERS CHAMPIONSHIP

The Nationwide Insurance 10K Run for ASPIRE has been selected by USATF as the 1996 National 10 Kilometer Masters Championship.

We will be welcoming elite Masters runners, ages 40-100 years, from all over the country to test their skills against the rolling country roads of Plainview and Old Bethpage. It is your opportunity to see how you can do against the best the nation has to offer.

Our out-of-town guests are cordially invited to join the members of the Plainview Old Bethpage Road Runners Club at their weekly Sunday morning fun run, 8:00 AM at Syosset High School, Syosset, NY.

PASTA PARTY
Friday, April 12, 6:00 PM to 9:00 PM, Mulcahy's Pub, Railroad Avenue/Wantagh Avenue. Wantagh FREE Buffet and complimentary beverage for all entrants!!!! DJ, dancing, and the works!

AMENITIES

- Top quality classic "Run for ASPIRE" long-sleeve T-shirt to all 10K and Fun Run entrants. Special commemorative gift to all 10K and Fun Run entrants.
- Post-race refreshments.
- Free Babysitting service.
- Post-race drawing for dozens of great prizes! (You must be present at the drawing to win.)
- Grand Prize in post race drawing 25" Color television set donated by WFAN radio.
- Police traffic control throughout both races.
- Technical Direction by David Katz, Finish Line Road Race Technicians.
- Metropolitan Athletics Congress Grand Prix Series.
- Metropolitan Athletics Congress 1996 10K Championship Run.

NUMBER PICK-UP
Friday, April 12: 10:00 AM - 3:00 PM at The Runners Edge, 294 Main Street, Farmingdale; 6:00 PM - 9:00 PM at Mulcahy's Pub, Railroad Avenue/Wantagh Avenue. Wantagh Day of Race at Mattlin M.S. 7:15AM-8:45AM.

LOGGING
The official host hotel for the Plainview 10K run for ASPIRE will be the Huntington Hilton. Special Group discount rate of \$89 per room per night (single or double occupancy) 4/12 and/or 4/13. You MUST reserve by 3/12/96 to assure this rate! Call 845-1000 and ask for reservations for ASPIRE Run.

ENTRY FEES

10K Run	1/2-Mile Fun Run
\$12.00 Pre-entry	\$6.00 Pre-entry
\$11.00 Pre-entry POBRRRC Member	\$7.00 Day of Race
\$15.00 Day of Race	

AWARDS (10K)

- The "ASPIRE CUP" to the top male and female finishers overall.
- Top 3 males and females in the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+.
- Special awards for the oldest male finisher and the oldest female finisher.
- Special awards for the top three male and female open and masters teams. (Five runners on male teams, three runners on female teams).
- Special trophies to the top three male and female wheelchair athletes, top three male and female open racewalkers and top three male and female masters racewalkers. (Racewalk judged by USATF rules).
- "Clydesdale" Division: Top three finishers. Men 185 to 199 lbs. and 200 lbs. and over; Women 140 to 159 lbs. and 160 lbs. and over.
- Special medals to all finishers in the Fun Run.

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Grand Prix Series? _____ USATF#? _____ (Grand Prix/USATF Championship eligibility)

Name _____ I wish to make an additional contribution of \$ _____

Address _____ Town _____ State _____ Zip _____ Phone _____

In consideration of your accepting this entry, I the undersigned intending to be legally bound, for myself and my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against NASSAU COUNTY, THE PLAINVIEW OLD BETHPAGE ROAD RUNNERS CLUB, THE TOWN OF OYSTER BAY, RGE INC., NATIONWIDE INSURANCE, THE PLAINVIEW OLD BETHPAGE CENTRAL SCHOOL DISTRICT, MAC, USATF and FINISH LINE ROAD RACE TECHNICIANS, THEIR REPRESENTATIVES, SUCCESSORS AND ASSIGNS for any and all injuries suffered by me in said event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this run, and my physical condition has been verified by a licensed medical doctor.

If signed by a parent, the parent agrees to release and hold the above-named organizations and persons, harmless of any claims and/or rights which may be asserted on behalf of the entrant.

Signature _____
Parent's signature (if under 18 years old) _____
Team Name (if team entry) _____

All entry fees are tax deductible



On The Run

by HAL HIGDON

New Disease is Common to Many Runners

It's the new disease: sarcopenia. A lot of us have sarcopenia without realizing it. William J. Evans, Ph.D., of the U.S. Department of Agriculture's Human Nutrition Research Center, describes sarcopenia as a disease in which the body just wastes away.

If you feel you don't have sarcopenia, if you believe yourself in peak shape because you run, ask: "When was the last time I did a push-up? When was the last time I lifted a weight?"

If you can't remember, if you rarely employ strength training, you're a candidate for sarcopenia, no matter how fast your 10K time.

Evans invented the disease – or at least coined the term in his book *Biomarkers* (Simon & Schuster, 1992), written in collaboration with Irwin H. Rosenberg, M.D.

"Sarco" in Greek refers to the flesh.

"Penia" means a reduction in amount. Sarcopenia thus describes a weakening of the body caused by a change in body composition where fat replaces muscle.

In *Biomarkers*, Evans states: "If you're the average middle-aged person, your problem is not excess weight so much as it is excess body fat coupled with too little muscle."

Many people take pride in maintaining even weight. Some scales are called Health-O-Meters, as though number of pounds determines level of health. That's true to some extent, but measured pounds tells little about

body fat percentage.

in winter, my body fat normally increases as protection against the cold. I'm four pounds above my normal weight now. By mid-summer, when I reach full running form, I will have lost those pounds, and a few more.

I control my weight by training: burning more calories by running more miles. Or I stop eating between meals. Combining exercise with diet is the only proven way to control weight.

But that's not enough for optimum health, claims Evans. "Even though your weight stays the same, your lean body mass (i.e., muscle) declines and is replaced by inert fat. You lose strength." That's one reason you run slower as you get older.

At the far end of the age spectrum, you may not be strong enough to lift your potato body off the couch, so you become bedridden. You fall into what Evans calls the disability zone.

"Our focus is not on postponing death," he writes, "but on maintaining health for the longest period of time."

Among ten biomarkers (measurements of aging) listed in his book, Evans includes: muscle mass, strength, basal metabolic rate, and body fat per-



Faye Bradley, of the Washington, D.C., area, on his way to another M55 10K win (39:29).

Photo by George Banker

centage. Each of those biomarkers can be improved with strength training.

At the Human Nutrition Research Center, Evans has had remarkable success pulling people – even those in their 80s and 90s – off the couch and training them on strength machines. He can double or triple a person's strength and increase their muscle mass while lowering body fat percentage – even if their weight fails to change. Because muscles burn more calories than fat, their basal metabolic rate increases, meaning they can eat more food and hopefully ingest more vitamins, which also can increase health, particularly in older people.

So why don't we all, runners particularly, incorporate more strength training in our exercise regimen?

We're lazy. We'd rather spend our available time outdoors on a sunny day running. But though we maintain aerobic fitness, we gradually lose muscle and strength. We get sarcopenia.

I'm guilty. Each fall, I increase my level of strength training. Coming in from a run, I pump some iron. I work on my upper body to get ready for cross-country skiing. In winter, that sport keeps my upper body in shape.

But in spring, I spend more time running to get ready for summer 10Ks. I pass the weights heading for the shower.

Don't tell me I'm not in shape, but I've allowed my biomarkers to slide. Running helps us live longer, but we also need to maintain strength to stay out of the disability zone.

There's hope. At least sarcopenia is a disease for which there's a cure. All it takes is a little hard work. □

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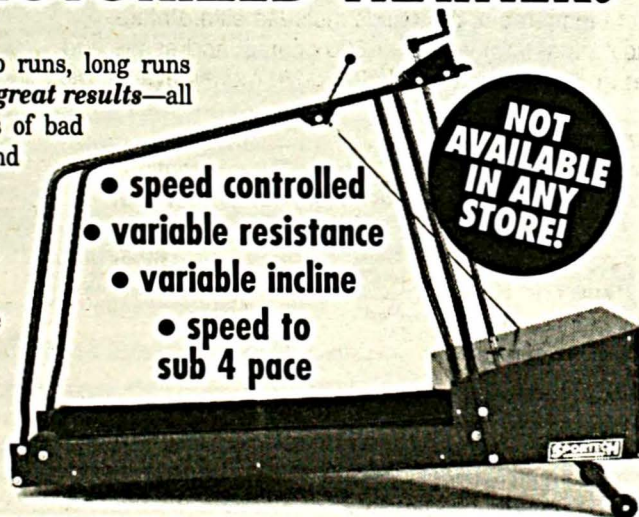
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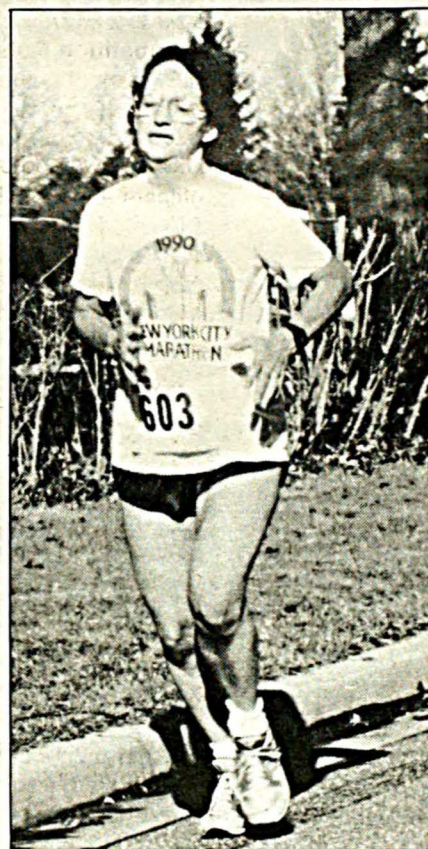
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Melanie Bienvenue, W50 winner (28:53), Syosset Sprint 4 Mile, Long Island, N.Y.

Photo by Mike Polansky

DEADLINE

NMN is written by masters athletes for masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising is the 10th of the month before date of issue. Send to *National Masters News*, P.O. Box 50098, Eugene OR 97405

Write On!

Continued from page 4

participate. In a few years, we'll start to see the 30s groups grow – we need to welcome them!

*Joan Stratton
Carmichael, California*

Enjoyed reading Jerry Wojcik's article a few issues back on the javelin throw. When I started throwing three years ago after a 40-year lapse, I couldn't tie my shoelaces for about a month, so the piece really hit home.

Athletes who have the chance, should think about going to the Naples-on-the-Gulf Meet in early April. It's really well-run and always features top-notch competitors (e.g., Joe Keshmiri, Jim Gillcrist, Bill Duckworth, Tom McDermott).

The *National Masters News* is the periodical I really look forward to receiving every month. You're doing a great job.

*Skip Meneely
Montgomery, Texas*

FOREVER YOUNG

My congratulations to the youthful-looking ladies adorning the front page of the NMN February '96 issue. Who says this sport of running doesn't keep you looking young and fit? There's not one in the group who looks over 45!

*Dixon Hemphill
Fairfax Station, Virginia*

HAM MORNINGSTAR

Ham (Hamilton J.) Morningstar passed away on Nov. 14, 1995, from lymphoma cancer. His son informed me that he battled the disease to the very end.

The last time I saw Ham compete was in June during the National Decathlon at Eugene, Ore. – in the middle of his illness. Although thin, haggard, and bent over, he competed with his usual intensity and humor in the wet and cold conditions.

Ham was a natural athlete, excelling in both masters t&f and swimming. He was well-known for his enthusiastic, exuberant behavior, and he easily revealed his highs and lows.

I would not be surprised to hear that Ham is now head t&f coach of the Women's Reformatory in the great land beyond.

Yes, Ham, I hear you chuckling.

*A.U. (Ric) Ricciardi
Reno, Nevada*

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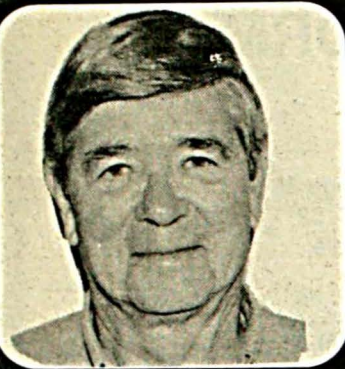
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The Weight Room

by JERRY WOJCIK

The Northwest Message

In addition to being the progenitor of designer coffee, micro-breweries, and grunge, the Northwest, particularly Oregon and Washington, has had a virtual monopoly on national championships. Four of the five most recent outdoor championships will have been held in the "great" Northwest: Spokane, 1992; Provo, 1993; Eugene, 1994; and Spokane again in 1996.

It's convenient for those of us in the region, but I don't know how good it is for the program, which is why I'm glad that the indoors at the end of this month will be held in North Carolina. Greensboro, despite its Southern flavor, encompasses within a 500+ mile (a hard day's drive, except for Californians) radius some hot throwing spots: the Mjolnir club, with Farmer and Vandergriff's bunch, the Florida gang (Olson, Carstensen, Hilliard, McDermott), the Ohio and Illinois throwers, the MAC area (Katz, Boslaugh, Cirulnick), and the Potomac Valley people. The turnout from just those areas could be an interesting mix, and if a few of the West Coast and Northwest throwers show, the place will be jumpin'.

But, back to the Northwest for 1996. A thrower with sufficient time and bucks could probably OD this summer here, starting with the Hayward Classic in Eugene, June 29-30, which will offer for the first time ever a \$25 prize for the best age-graded weight throw, via the generosity of the Seattle Masters Athletic Club (SMAC).

Prior to the Northwest Regionals in

Tacoma, Aug. 3-4, a veritable weight-person's Celestial City – offering the works, from the shot through the superweight – you could be working out by day and competing there at night in low-key, all-comers meets, minus the condor-size mosquitoes that reside east of the Mississippi.

After Tacoma, you can hop up to Victoria, B.C., for a little internationalism at the Canadian Masters Championships on Aug. 9-11.

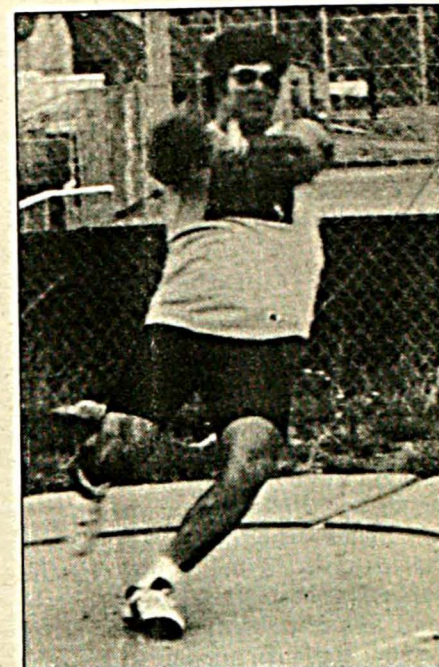
In top shape by now, from Aug. 15-18, you'll be at the Nationals in Spokane competing with – in addition to the same old (meaning here "familiar") faces – athletes from Canada, Mexico, and other nations who have come to Spokane to warm up for the WAVA North American Regionals to be held Aug. 21-24. Here, at what has now become your home field, Hayward in Eugene, you will get an opportunity to compete in a weight pentathlon.

A week later, on the 31st, you can be in Seattle, an easy one-day drive from Eugene, for the national Weight & Superweight Championships, staged by the SMAC folk. The event is followed by the 100-, 200-, and 300-



Donna Rietz, W50, in the 1995 USATF National Masters Weight Pentathlon Championships, to be held this year in Bozeman, Mont., Sept. 4.

Photo by Suzy Hess



Gary Kelmenson, M45, in the USATF 1995 National Masters Weight & Superweight Championships. This year's championships will be held in Seattle, Aug. 31.

Photo by Suzy Hess

1b. Super Sumo Ultra Classic, nothing to toy around with, I can tell you.

Two weeks later, assuming that (a) you haven't run out of shekels, and (b) photocopied posters of your most recent picture haven't started to appear on telephone poles along with the lost dogs and cats in your former neighborhood, it's on to Bozeman, Mont., on Sept. 14, for the National Weight Pentathlon Championships, directed by Bob Sager, a veterinarian/veteran thrower, who will regale you with artificial insemination anecdotes.

This outdoor season in the "great" Northwest should be, as my former students use to say, a fun time, and I'm looking forward to it. If you can't make it out here for the whole bill of fare, at least try to hit Spokane and the WAVA meet. It's rare that we'll see two quality meets so close together in time and locale. □



Ladislav Filip, M65, Eugene, Ore., putting the shot in the weight pentathlon, WAVA Championships, Buffalo, 1995.

Photo by Jerry Wojcik

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1995 T&F Rankings

Continued from page 1

The 1994 edition consisted of 60 pages. The 1995 book will be somewhat larger because many of the age-division lists are longer. For instance, the M40-44 100m is 150 deep as compared to 120 in the 1994 book. The M50-54 1500 is 100 deep, while last year's list was 80 deep. The W55-59 high jump for 1994 listed 12 women; the 1995 list shows 22 jumpers' marks. The 1994 M70-74 javelin ranking was 35 deep; the 1995 list is 50 deep.

The 1995 edition is available for \$6, the same price as last year's, plus \$1.25 for postage/handling, from the NMN, P.O. Box 50098, Eugene, OR 97405.

The 1996 indoor event compilers are listed below. If your best marks in those events have not appeared by the

May issue, forward them with documentation to the compilers not later than May 24.

• 55m/60m/200/400: Larry Patz, 544 Gould Hill Rd., Contoocook, NH 03229

• 800: William Benson, 6 Eton St., Valley Stream, NY 11581

• 3000: John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145

• HT/TJ: Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250

• LJ: Robb Bong, 420 Silver Saddle Rd., Monument, CO 80132

• SP: Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744

• 55mH/60mH/PV: Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905

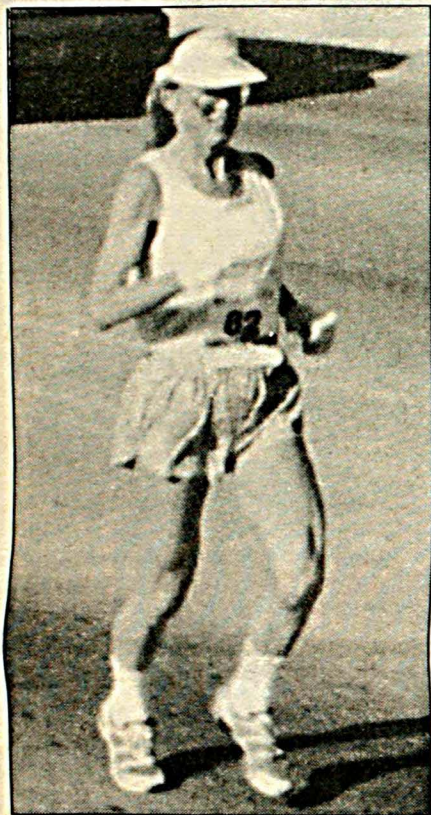
• 1500/mile/3000 RW/WT: Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405 □

Thurau First Master

Continued from page 1

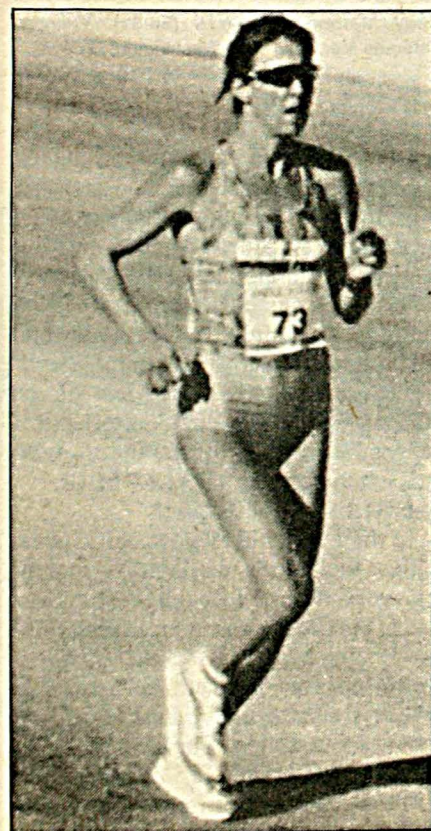
October at Twin Cities. She went out strong in this race and came through the 2-mile mark in 11:42.

"I was going faster than I planned," Thurau said. "I had planned to run about a 6:10 pace, but, boy, we were 5:40 at the first mile. I was running so comfortably, just gliding along. My coach said, 'just go with the flow, let them pull you along.' That lasted about



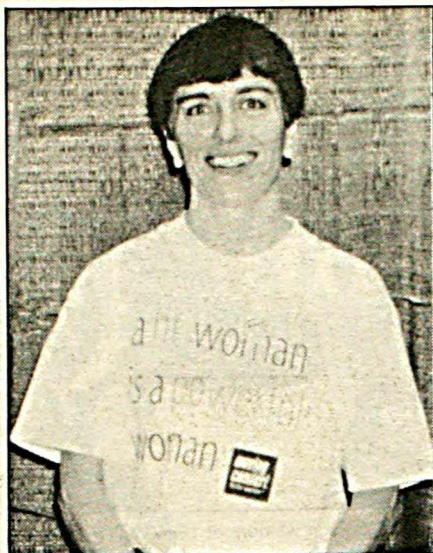
Masters qualifier Sharlet Gilbert near the 7-mile mark of the 1996 Women's Olympic Trials Marathon, Columbia, S.C., Feb. 10.

Photo from Jim Oaks



Jane Welzel, 40, second master, near the 7-mile mark of the 1996 Women's Olympic Trials Marathon.

Photo from Jim Oaks



First masters finisher Alice Thurau (40, 2:40:36), 1996 Women's Olympic Trials Marathon, Columbia, S.C., Feb. 10.

Photo from Jim Oaks

10 miles, then I started to feel it and I had to work harder the rest of the way."

Fetherston, USATF's 1995 W40 long distance runner of the year, was 49th overall. "I'm thrilled to be the third California finisher," the marketing director, who is a triplet, said.

Jones passed Welzel in the final mile for 87th overall. Oregon's Nancy Hinkel, 41, was fourth 40+ in 2:57:18. Chicago's Charlene Soby, 45, was fifth in 2:58:42, and California's Sharlet Gilbert, 43, was sixth (126th overall) in 3:08:19. Of the 160 starters, 129 finished the race.

Soby, an international banker who works in Bulgaria for a Chicago bank, was the oldest qualifier. She has an MBA from Indiana, and is fluent in seven languages. The only language she needed after the race was English. "Hey, I'm happy," she said. "I was first in my age group."

Other masters qualifiers included Alaska's Suzanne Ray, 43, and Denver's Maureen Custy-Roben, 40, who were not able to make the trip to Columbia. Montana's Debbie Raunig, 40, and Houston's Kathy Barton, 42, were injured and only planned to run a short part of the race. Also on hand were qualifiers Kathy Ward, 41, of Sacramento and Colorado's Virginia Egger, 42.

Classes from schools in the Columbia area "adopted" runners as they met the qualifying standard. Barton was paired with Bunny Wessinger's fourth-grade class at Lephart Elementary. Over the past six months the students had written Barton and followed her training progress. The day before the race, Barton and her husband visited the class. Barton brought each of the students a t-shirt from one of the Houston races she helps organize. The kids were excited to meet her in person.

The city of Columbia made an outstanding display of hospitality. It was truly a community effort, under the direction of Russ Pate, a professor at the U. of South Carolina.

Some of the runners will be featured in August's *Runner's World* for a story on masters women. □

Peterson, Kurtis Finish in Olympic Trials

by MARILYN J. MITCHELL

Dave Peterson, 40, of Bend, Ore., finished in 2:34:33 (5:54-per-mile pace, 80th place) in the USA Men's Olympic Marathon Trials, Feb. 17 in Charlotte, N.C.

Michigan's Doug Kurtis, 43, was the only other reported masters finisher, coming in 89th overall in 2:53:20.

Peterson, profiled in NMN (December '95) ran a personal record 2:17:12 in 1991. Kurtis, a five-time visitor to the Trials (1980, '84, '88, '92, and '96), and the oldest of the 187 qualifiers, has run a record 75 sub 2:20 marathons and has a career-best 2:13:34, posted in 1982.

A total of 90 of the 117 starters completed the course under bright sunshine with temperatures ranging from 27°F at the start to 38°F at the end, with 53% humidity and winds up to seven mph.

Steve Plasencia, 39, of Eugene, Ore., placed fourth in 2:14:29 and took home \$20,000. John Barbour (41, Menlo Park, CA) and Ric Sayre (42, Ashland, OR) were the other two masters qualifiers.

Winner Bob Kaimpenen took home \$100,000 for his 2:12:45 win, the richest-ever marathon purse. Both the men's and women's trials had \$250,000 overall purses. The men's committee chose to divide the money 15-deep with a top prize of \$100,000, while the women chose to go 20-deep with a first prize of \$45,000.

For those who saw the race on TV and are curious, Kaimpenen up-chucked five or six times during the last mile, and again after he crossed the finish line. According to Kaimpenen, second-place Mark Coogan and third-place Keith Brantly were well aware of Kaimpenen's distress but were, themselves, so spent that they were unable to take advantage of the situation. Kaimpenen said perhaps the ingestion of Pepto-Bismol prior to the race coated his stomach so that his body did not absorb fluids normally. □

FIVE YEARS AGO MARCH, 1991

- Wilson Waigwa Wins Millrose Masters Mile in 4:13.05
- Wes Wessely (42, 16:19) and Stephanie Holt (40, 22:57) Win National 5K in DeLand, Fla.
- Domingo Tibaduiza, 41, Runs 1:08:10 in Redding, Calif., Half-Marathon
- Doug Bell Captures Paramount 10K in 31:02

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Training Advice

by IAN BABE

A World Class Performance On 5K A Week

A number of people have asked me to explain how I recorded 2:13.8, and came to within 0.8 seconds of the world age-59 800-meter record in March 1995, with land running of no more than 5K per week.

First, a brief medical history is in order. In 1991, I retired from teaching for medical reasons, which include problems with three spinal discs affecting leg and calf function. This chronic and painful condition has progressively worsened since my world championship and record-breaking masters age-graded performances in the 1980s.

Currently, I am able to run on land for no more than six or seven minutes at a stretch due to compartment syndrome in my calves. This means I must space out my runs to one or two every seven to nine days which, even then, I can only do in short bursts. Compartment syndrome is perhaps best explained by comparison to a sausage being boiled to the point of bursting its skin. When I detect developing pressure and soreness — usual-

ly after seven minutes of exercise, ten if I'm lucky — I slow my pace to a walk.

Multi-Training

So, how do I train? In general terms, I multi-train. Always attentive to staying healthy, I have never allowed myself to develop muscle atrophy or wasting. I have always striven to keep myself in top physical condition even though I couldn't run any great distance. The key lies in biking, water



Age 50-54 age winners at 1995 WZYP Rocket City Marathon. (l to r) Ken Sparks, Daryl Keltz, Stuart Matthews.
Photo by Jim Oaks

running, walking, weight training, and a little land running (4-5K of running). All I needed was to focus on these five areas plus determination, commitment and judicious juggling of my health problems. Simply put, this meant building a good aerobic base using these five disciplines.

Over a nine- to ten-day period for eight to ten weeks I did approximately nine hours a week of quality aerobic work, mostly in interval form (i.e., 2-5 minutes of 80%+). This plus some speed bursts in the pool once every seven to nine days; i.e., 8-12 15-second bursts at 100% maximum heart rate (MHR).

Most of the workouts during this period took less than 35 minutes, and were immediately followed by liquid intake plus food for quick recovery. Diet is critical for top performance quality training efforts.

Over the next phase of about six weeks, the same pattern was applied but with increased intensity (two to



Hedy Marque, first W75 (56:31), Vietnam Veterans Memorial 10K, Washington, D.C.
Photo by George Banker



Chan Robbins, Arlington, Va., first M55 (19:23), Olympic Day 5K, Washington, D.C.
Photo by George Banker

three times a week), targeting the event speed or faster (i.e., anaerobic work to adapt the body to lactate tolerance, since 800-meter runners need to be able to tolerate lactate build-up).

In winter this meant quality interval sessions at simulated race pace and faster with correct water running techniques and rest periods. Most of the bike work consisted of controlled 15-degree hill repeats of one to two minutes off the seat at 85-90%+ MHR.

Event Specific Work

In the gym I did event specific work with a total body workout — mostly leg work with a full range of movement. Flexibility and mobility exercises are the keys. I used the walks to warm up for the land run and for recovery enhancement. I walked 20-30 minutes every day. The runs targeted event specific running with quality form repeats — not much of this, but always good form and quality on the rare occasions when my legs were

Continued on page 17

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Training Advice

Continued from page 16

okay — over 100, 200, 400 and 600. On most occasions, after 10 minutes total running, I had to stop and walk or ride the bike for a warm-down. I also did specific drills to develop lower leg power.

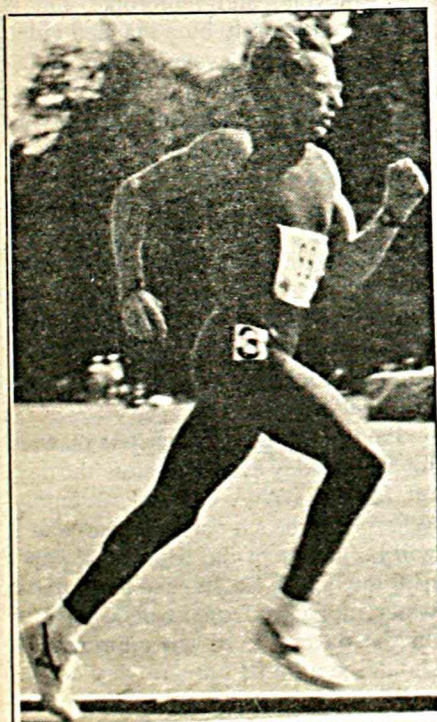
I exercised visualization (always focusing on success) in the water, on the bike, in the gym and when running. This is tremendously important next to the physical and nutrition work.

I chose my races carefully, always having a predetermined goal, knowing (a) that I would not be able to race or train on land until at least four days after the race when my legs had settled down, and (b) that I might not be able to race on a particular day. During this time I did water running (no land running), biking, walking, and gym work to maintain condition and form.

Following are some key points in this training regimen:

- Target the correct energy system.
- Check your pulse every morning to monitor training/recovery.
- Recover in order to train better.
- Take a day off when you need to. (I took a day off every five to nine days, but on this day walked/stretched and enjoyed the luxury.)
- Take an easier week about every third or fourth week.
- Keep off the bike seat when going uphill — don't roll but keep on the toes for full-range movements.
- Do quality biking, water running, walking and gym work.
- Try to eliminate "garbage" workouts unless they represent planned recovery. □

(Reprinted from the New Zealand Veteran Athlete)



Jim Selby, Fallbrook, Calif., 1995 national champion in the M65 800 (2:32.93) on the first turn of the second lap, East Lansing, Mich.

Photo by Herminia Coben

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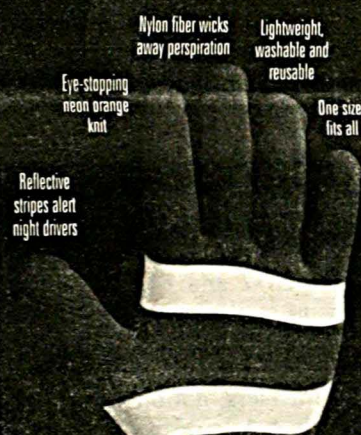
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16 Months To Go



Countdown to Durban

by REX HARVEY, Member:
WAVA Stadia Committee

Early News from Durban

I've recently had the pleasure of making a short visit to Durban, South Africa, site of the 1997 WAVA Championships to be held July 17-27. The occasion was the initial Stadia Committee inspection and consultation visit. These visits were started by Bill Taylor, the late WAVA Vice-President, Stadia and they have proved invaluable for the interests of both the Local Organizing Committee (LOC) and WAVA's competitive athletes.

Four members of the WAVA Stadia Committee attended: WAVA Vice-President, Stadia, Jim Blair of New Zealand; Leo Benning, South Africa; Rex Harvey, United States; and Winston Thomas, Great Britain.

Our schedule was full with technical meetings, site and route inspections, meetings with the various committees and individuals who will be conducting the championships, and "get-acquainted" social gatherings. We spent two days in Johannesburg, five in Durban, and two in Pretoria. All of the following information is current planning. It may change and is, of course, subject to final approval by the WAVA Executive Council which will meet in Durban next month.

Travel: South Africa is seven hours ahead of New York. This didn't seem to be too bad as it took me only a few days in each direction to get my sleep adjusted. This, of course, varies per individual. I sleep fairly well on airplanes and some do not. I flew on a South African Airways flight that went direct and non-stop on a 14-hour flight from New York to Johannesburg, which is more or less in the middle of

the country. The return trip was a little longer as it required a refueling stop, but we did not have to exit the aircraft.

The Stadia Committee sub-group met several times in Johannesburg to clarify the many technical details for the upcoming LOC meetings including the scheduling of the events. We also had the privilege of spending a short, pleasant time with Hannes Booysen, the WAVA Regional President for the



The WAVA African Regional Committee (elected in Buffalo). Back row: Isabel Hofmeyr (RSA), Leo Benning (RSA). Seated: Col. Pascal Mackonguy (Congo), Hannes Booysen, President (RSA), Monty Hacker (RSA), Basil Carnie (RSA), Roy Bellingan (Namibia).

Africa Region who lives in that area. We then traveled by air to Durban itself (about 1-1/4 hours) which is on the Indian Ocean coast of South Africa. The cost of this flight was quite reasonable as part of the overseas flight package. The rand is running about 3.5 to the dollar now and, in general, we found the costs at or below U.S. rates. We stayed at Holiday Inn Hotels and found them excellent.

Weather: Durban is sub-tropical (it's a sugar cane growing area), February is the hottest month of the year and there was an especially hot spell while we were there. The maximum temperatures were 95°F or so and it was humid. But, not to worry, our championships are to be held in July, the middle of the South African winter when the weather in Durban is at its best of the year. The average high and low are 72 and 51. The humidity in July is at its lowest of the year, the winds are relatively calm, it's sunny and rain is rare. I was told by many fellow travelers, not only there, but even before I left New York City, that Durban's wintertime weather is as ideal as any in the world.

It certainly simplifies the scheduling of the meet as even the longer races can be conducted through the day. Being winter, it does get dark about 5:30 in the afternoon, but both stadiums are lit very well. Stadium 1 has television quality 14 lux lighting and Stadium 2 is receiving additional new lighting, bringing it up to 12 lux.

Durban: Durban is a beautiful Indian Ocean coastal city with a large natural harbor, Africa's busiest. We saw as many as a dozen ships at a time waiting out at sea to get into the harbor which forms the southern border of the city. The downtown area is fairly flat but, as one goes inland, large hills rise with lovely residential neighborhoods, beautiful parks and botanical gardens.

Extending north from the harbor inlet are about 3 miles of well developed beachfront. There are parks, pavilions, flea markets, restaurants, nightclubs, and a well marked (and well used) 10K course along the beachfront sidewalks and road (closed to traffic).

Right across the street from this beachfront area are the hotels. Many, many of them. Most are built such that every room has a beautiful panoramic view of the ocean. This is where most people will be staying, as dormitories will not be very available that time of year, and they cost nearly as much as the hotels anyway.

The beach and ocean are beautiful. Medium-size (3-4 feet) waves roll in continually. There are jetties out into the ocean on which to fish or stroll and the areas between these jetties are protected by shark nets. The beach is not too steep and the waves, while good enough to board or body surf, do not seem to pound you like some I've seen. Remember the 60s movie called "The Endless Summer" about surfers going around the world looking for the perfect wave? Well, they found it in Durban. I went into the water a couple of times early in the morning and found it very refreshing.

The entire downtown, hotel and beachfront area is well patrolled by foot, bicycle, and motorbike and is monitored entirely by a manned video camera security system. Concerning crime and security, certain precautions should be taken, but certainly no more than one would take in most big American cities. In fact, I would rather be there than in many of our own cities. There are places and times not to be out and about but, in general, daylight and evening anywhere in the beach/downtown area seemed fine. They have the same problems we do where economic disparity leads to criminal activity.

Party: A big beach party is planned for Wednesday evening before the day-off for the WAVA General Assembly. When I say beach party, I mean that it will be in one of the beach side parks near the hotels. So you can party in the water, in the sand, on the park grass, or on the pavement of the courtyard. It should be a lot of fun and very convenient to the housing areas. The opening ceremony is planned for Saturday evening at the Stadium and is planned to be relatively short and sweet, emphasizing the visiting athletes and

Continued on page 19



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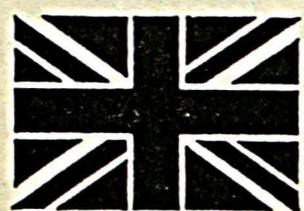
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Report from Britain

by BRIDGET CUSHEN

Williams, Gallagher Set World Indoor Marks

Making her 73rd international appearance for her country, 37-year-old Judy Oakes won the shot put with an 18.13, well inside the Olympic qualifying mark, in an indoor match against Russia on Jan. 27. The following weekend she won her 36th national title in a championships record 18.57. Clova Court, close to her 36th birthday, got pulled to an 8.38 in the 60mH.

At an earlier open meeting, Barrington Williams set a new M40-44 indoor long jump world record of 7.36. The old record was held by Stan Whitley, U.S., at 7.03. At the same meeting, Pat Gallagher, gold medalist in the 1500 and silver in the 800 at Buffalo, broke the W50-54 world record for the 3000, held by Joan Ottaway, U.S., at 10:44.0, with a 10:35.58. Gallagher's mark came on the superb 200m track at the specially built arena which will be the venue for

the first European and Open Indoor Championships next year.

Peter Gordon is now back on top of the M40 discus ranking list with a throw of 49.88 after his successful battle against cancer. The biggest field in the counties' cross-country races was in the Midlands, where Dave Hollis, M40, won the race after being chased all the way by Mike Hager, M45, a previous winner of the annual Home International cross-country. □

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40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
40-49	400m	.762m 30"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
60-69	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7
70 plus	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
50-59	100m	.914m 36"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
60-69	100m	.840m 33"	13.00m 42'8"	8.50m 27'10½"	10.50m 34'5"	10
70 plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11½"	19.0m 62'4"	8
30-49	400m	.914m 36"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
50-59	400m	.840m 33"	45.00m 147'7½"	35.00m 114'9½"	40.00m 131'2½"	10
60 +	300m	.762m 30"	50.00m 164'0½"	35.00m 114'9½"	40.00m 131'2½"	7

IMPLEMENTS

AGE	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT
Women					WAVA USATF
30-49	4.00k	1.00k	4.00k	600gms.	20# 20#
50 plus	3.00k	1.00k	3.00k	400 gms.	16# 16#
60 plus					12# 16#
Men					
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35# 35#
50-59	6.00k	1.50k	6.00k	800 gms.	25# 35#
60-69	5.00k	1.00k	5.00k	600 gms.	20# 25#
70 plus	4.00k	1.00k	4.00k	600 gms.	16# 25#

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.

Countdown to Durban

Continued from page 18

the local culture. The final Sunday, after the relays, a closing ceremony will also be held.

Venues: The main venues are all in a compact area about a mile from the hotel area by the beach. There will be continuous bus service running the loop between the housing and competition area on about a 15-minute cycle, although the distance can be easily walked in 20-30 minutes. Most of the venues are in a single park (King's Park) which contains a very large rugby stadium in addition to the two track stadiums and other cricket and rugby fields.

Stadium 1 is a combination track and soccer field. It is a pleasant surprise, as a rather ordinary looking exterior conceals a beautiful new track as good as any I've seen anywhere in the world. It has nine full-size lanes and 10 on the straightaway. This will allow us to run fewer preliminary rounds, although the preliminary decision has been made to advance only eight to all finals from 400 meters down and in all field events. The South African Olympic team was working out there when we visited, getting used to the heat and humidity for Atlanta.

The stadium has handsome, dual side-by-side, bi-directional long and triple jump runways outside the track directly in front of the main stands and a bi-directional pole vault runway outside the back stretch. Its throwing cages are inside the track at both ends of the back straight with several shot put areas also inside the track itself. There are three javelin runways, two at one end and one at the other end, all of which cross the track. Both ends of the track are filled and there is plenty of room for two or more high jumps at both ends.

Under the main stadium are plenty of rooms and covered open areas that will be used for registration, declaration, reporting, information, results, etc. There is a tunnel under the track from the reporting area into the infield which will reduce congestion. The Stadium is well equipped with locker, training, medical, press, computer and other specialized rooms. A large glassed-in VIP area at the top of the stadium will be used for an athletes' restaurant and gathering area, all with a full view of the track activity. The stadium seats continue completely around the track so one can get very close to whatever event they wish. A special effort is being made by the Stadia Committee and the LOC to schedule as many running, throwing, and jumping finals as possible in Stadium 1.

Stadium 2 is only 200 meters from Stadium 1 and formerly was the city's main track. It has a covered stadium along the final straightaway only. It is an eight-lane track and is in very good shape except for some areas where the surface granules are worn off. Despite

this, it is scheduled for complete resurfacing this spring.

In addition, a four-lane, 80-meter warm-up strip is being laid adjacent to the track. It also will have a long/triple jump pit and pole vault boxes. There is considerable shade at Stadium 2 with trees and grass adjacent to the track. There are two long/triple jump runways, one along the final straightaway and another across one end of the field 90 degrees from the other.

There are two throwing cages although one crosses one of the long/triple jump runways. It has two javelin runways, one at either end, but the javelin areas and the throwing cages cannot be used simultaneously. The throwing circle surfaces in this stadium are currently rather rough and must be refinished.

Distance Running and Walking: Jacques Serruys, WAVA Vice-President Non-Stadia and the WAVA Executive Council, has yet to approve these arrangements but the LOC showed us the tentative plans for the longer races. The cross-country races will be held the very first day of the championships to allow rest time for other races. They will be held on a municipal golf course just a half-mile or so from the main stadium area. The course will be rolling hills along a river next to a bird sanctuary. As we toured the course, some monkeys came down to eat oranges from the Course Director.

The 5K and 10K on the track and the 5K track walks will be held primarily on the newly refinished track in

Continued on page 20

3RD WAVA WORLD VETERANS ROAD RUNNING CHAMPIONSHIPS



BRUGGE BELGIUM 29/30 JUNE 1996

Road : 10 -25 Km

Walk : 20 Km Women
30 Km Men

Entry forms, information and accommodation :

Jacques Serruys

Korte Zilverstraat 5

8000 Brugge - Belgium

Tel. 00 32 50 341 781

Fax : 00 32 50 334 325

PROFILE

William Shinnick

by JAN DUNHAM

In August 1991, 61-year-old William Shinnick received devastating news – he had Alzheimer disease. In the military for 39 years and accustomed to leading an active life, Shinnick and his wife Lorraine were obliged to reassess their lifestyle and consider what changes they might have to make.

As a young man, Shinnick had been an amateur boxer, played handball and lifted weights. Following retirement, he still played handball and lifted weights, and added running to his regimen.

Fighting the desire to isolate themselves from the world, they decided instead to do whatever they could to overcome any obstacles this disease might put in their way. Drawing strength from family, friends, and a local support group, and encouragement from the health care team at the Southern Illinois University Center for Alzheimer Disease and Related Disorders in Springfield, Ill, Shinnick entered a clinical drug trial in early 1992.

The Center's research director, Dr. Robert Becker, encouraged Shinnick to take up competitive running, an activity enjoyed by Becker himself. At his second race, a 5K, Shinnick won first place in his age group for which he was awarded a trophy.

Subsequently, he received a 10K second place, first place in a 2-mile "fun run" and a second place medal for a team run. Of particular note is that the team run was an open age race which pitted Shinnick against competitors in their 30s.

Proud of Shinnick's success, particularly in view of his illness, both he and his wife are the first to encourage others with diseases such as Alzheimer's to keep on doing what they enjoy for as long as possible.

An added benefit to their newfound enjoyment in the sport is the socializing after the race, which boosts the Shinnicks' interest and keeps them involved.

"I see many people with Alzheimer disease," said Dr. Becker. "The popular press emphasize the negative aspect

of this ultimately devastating condition. Shinnick's story is an illustration of a point I try to bring out to patients and families: Alzheimer disease does not mean that an affected person cannot live a happy fulfilling life today and for many tomorrows."

Lorraine and Bill are hopeful that Metrifonate or some other drug will be able to help Bill improve his memory, or at least slow the progression of the



William Shinnick and wife Lorraine proudly show off trophies.

disease. But, even if the drugs don't help, Bill and Lorraine are determined

to stay active for as long as possible. □
(Reprinted from *Advances*.)

Countdown to Durban

Continued from page 19

the adjacent Stadium 2 in groups of 24 maximum. Stadium 1's nine and 10 lanes will be more efficiently used for events requiring preliminaries. The road walks will probably be held on a flat, smooth loop along the beachfront roads (closed to traffic).

The marathon will be held Sunday morning, the last day of the Championships, primarily because of the need to close public roads. It will be a very fast two-loop course starting outside Stadium 1, going along the entire length of the city beachfront, then looping through the city itself along a portion of the world famous Comrades ultra marathon course. However, unlike the Comrades course, this one has very minimal hills. The marathon finish is planned to be within the main stadium which should be exciting.

New Throw Areas: Several new throw areas will be built to handle all the competitors expected. One I anticipate to be especially popular with the throwers, will be built just off one end of Stadium 2 track and will feature a full IAAF cage adjacent to a shady area where they plan to place some seats. The area is ringed with trees and

very pleasant. I understand there is very little wind at that time of year in Durban. In addition to this, two more throwing circles will be built on an existing cricket/rugby field just behind Stadium 2. Just outside of Stadium 1, two additional javelin runways will also be built consisting of synthetic surfacing over an asphalt base.

Technical Matters: The longtime WAVA goals of conducting one event in one day will be scheduled as much as possible except, of course, for those events with preliminary rounds. This will greatly reduce possible conflicts between events. Women before men and oldest to youngest will be followed whenever possible.

Throwing events will be conducted per IAAF rules. Preliminaries of three throws (which do not count in the competition) will be held with groups up to 16. The top 12 will then proceed to the finals where they will receive three more throws, and then the top eight will advance for three more throws.

The horizontal jumping events will be held in seeded flights (best jumpers in last flight) leading to a final all on the same runway. The main stadium will be used much more than ever

before to try to keep activity centralized.

We met with 14 of the top level track and field officials in Durban who were very keen about the championships. They have many hundreds of people on their mailing list but many fewer than that who are actually active in officiating. They would like to conduct the meet mostly with local help, but quickly realized that this will be nearly impossible as something like 600 direct officials and helpers will be required.

The officials will work in shifts to eliminate the long hours that they have seen in previous championships. The LOC is sending out invitations to all the other South African provinces, and all over the world asking for additional officials of all levels. They plan to provide at least lodging, meals, and local transportation for all officials. So if you want to build up your resume of international experience, please step forward.

Jim Blair had set up that we stay an extra two days in South Africa, in the Pretoria area, to observe and talk with the officials at a Provincial Championships and it was time well spent. We found the officials, in general, efficient and knowledgeable. If they have a weakness, it is that they have not yet been exposed to the WAVA rules. Their national governing body does not include veteran rules in their publications and so they are not well known. However, they did hunger for WAVA Handbooks and I'm sure that problems will be addressed before the Championships.

Summary: Durban truly has the potential of being the finest WAVA World Championships yet. It is a beautiful place in an exotic land. Its facilities are excellent and I am not alone in very much looking forward to these Championships. □

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Masters Scene

EAST

• On a 15-degree January 7th, in a heavy snowfall, 913 runners showed up in Central Park to run the NYRR Fred Lebow Classic 8K. Triumphant over the conditions and the entire women's field was **Suzanne Rohr** (45, 34:08). **Steven Schallenkamp** (41, 28:30) aced the masters men (fifth overall).

• The NYRR Holiday 25K, Central Park, Dec. 17, drew some 800 runners. Leading the masters were **Jaime Palacios** (40, 1:28:52) and **Kathy Gribbon** (42, 1:46:37). **Arthur Bowen** (70, 2:04:42) easily snagged his division. In the accompanying 4-mile run, **Wes Byerly** (43, 22:30) topped the masters men (7th overall). **Gillian Horovitz** (40, 23:50) took command on the women's side coming in second overall, and **Janine Maltas** (69, 39:04) won her division decisively.

• Running like the wind in the NYRR Northwind 10K, Central Park, Jan. 21, were masters winners **Luis Tipan** (41, 33:09) and **Gillian Horovitz** (40, 39:45). A nice 50:53 was turned in by **Thelma Wilson** in winning the W60 division, not to mention **John McManus'** 46:32 which won the M70 division.

• Super Stars at the NYRR Super Bowl Sunday 5K, Central Park, Jan. 28, were **Paul Mascali** (43, 16:06) and **Sylvie Kimche** (49, 20:49). Age-group stars included **Samuel Skinner** (53, 17:48), **Patty Parmalee** (55, 23:12), and **Muriel Merl** (70, 27:24).

• The Dartmouth Relays results in this issue show no mark for **Phil Raschker**, 48, who no-heighted on Friday night but stayed over to vault with the open vaulters on Saturday. She cleared 3.21/10-6 1/2 an age-graded 95.9%, to qualify for the USATF National Open Indoor Championships in her hometown of Atlanta, March 1-2. The stay-over resulted in her being stuck at Dartmouth until Tuesday because of flight cancellations caused by the snowstorm that blanketed the East Coast. Outstanding performances not mentioned in last month's coverage of the meet included an A-G 96.9% 7.82 in the 55m by **Ross Mitchell**, 67, and an A-G 89.6% SP of 15.24/50-0 by meet director **Carl Wallin**, 54. On Jan. 20, at a pole vault clinic in Reno, **Raschker** sprained her left (take-off) foot badly but is mending well and hopes to make both the Open and Masters Championships in March.

• In the December Masters Scene, p. 26, **Mary Rosado**, W45, should have been credited with the W40+ first (20:02), not **Wendy Silverstein**, W40, in the NYRR Norway 5K, Oct. 14.

• **Leo Rivera**, an active RW competitor and instructor in the NYC area, succumbed on Jan. 13 to injuries suffered when he was struck by an automobile several months ago, which left him in a coma since that time. In lieu of flowers, memorial donations can be sent to The Leo Rivera Scholarship Fund, c/o Lintz Rivera, 75 Gilcrest Rd., Valley Cottage, NY, NY 10989.

• **Rose Malloy**, 47, Annapolis, MD, bested the female field in the Delaware Marathon, Middletown, Dec. 10, for an overall win in 3:08:56. **Dennis Packard**, M40, took the men's masters title in 2:41:37.

• The MAC banquet, held on Feb. 3 at the Chemical Bank executive dining room in Manhattan, featured a superb cocktail hour and a sumptuous dinner, according to **Roslyn Katz**, a 53-year-old thrower, who was honored as the MAC 1995 Female Masters T&F Athlete of the Year. The 1995 Male Masters T&F Athletes of the Year were runner **Jim Aneshansley**, 60, and 50-year-old racewalker **Gary Null**.

• **Cliff Blair** broke **William Walmroth's** U.S. M65-69 record of 48-10 1/4 of 1989 with a 55-8 for the 25-lb. weight throw in the Brown Masters Meet, Providence, RI, Jan. 14. Poor weather the

prior week lowered the number of entrants compared to previous years, according to **Neil Steinberg**, but performances were very good, resulting in 17 new meet records.

• The Masters Mile was dropped from the 1996 Millrose Games, mainly because there was no sponsor for the race. The only masters event on the program was the 4x400 relay, won by the Central Park team in 3:40.61.

• **Gary Fanelli**, 45, of Philadelphia, has run 100 marathons and plans to run the 100th Boston Marathon, April 15. A colorful, even eccentric, personality who sometimes runs an entire marathon attired as a waiter carrying a tray with a bottle of mineral water, Fanelli will run Boston as "Dr. Power Bar," distributing Power Bars to runners in "obvious nutritional distress."

SOUTHEAST

• **John Fredericks**, 47, 26:17, was first overall in the Race For The Cure 5K RW, West Palm Beach, Jan. 28. **June Ranofsky**, 61, was third female in 33:14. **Bob Fine**, 64, hit an age-graded 82% with a second overall 28:55.

MIDWEST

• The correct phone number for the USATF Illinois Regional Office, Villa Park, is 708-953-2052; fax 708-953-2053.

• The Lincoln-Way Indoor Meet drew a solid field to New Lenox, IL, Jan. 27. **Chuck Sochor**, 68, of Michigan, showed he's ready for the Nationals with an age-graded 90.2% 28.5 ht in the 200. **Bob Zahn**, 41, ran the 55m hurdles in an A-G 90.4% 8.3.

SOUTHWEST

• **Leonard Vergunst**, and **Cathy Johnson**, 42, waltzed to 40+ firsts in the New Orleans Mardi Gras Marathon, Jan. 20. **Vergunst**, Ocean Springs, MS, finished second overall in 2:38:01. **Johnson**, Chicago, IL, was third female in 3:19:23. **Chuck George** of the host New Orleans TC, was the meet director of the race, run in temps of 35-48°F.

• **Tim Murphy**, M70 sprinter from Irving, TX, who underwent by-pass surgery in 1994, writes, "I will not be running too far from home this year. I'll be testing my new stents - five of them - that were placed in my old by-pass in May and July, and saving my money for 1997 and South Africa, when I'll be 75."

• **Rick Easley**, 42, Greenville, TX, pulled away from **Randy Taylor**, 46, Little Rock, AR, to win the Masters Invitational Mile and \$100 by five seconds with a 4:47.74 in the Magnolia Express Indoor Meet, Jackson, MS, Jan. 16. **Emil Pawlik**, M55, of Jackson, took three firsts, including the HJ with a 5-4, a sure top-three spot in the 1996 indoor rankings.

• **Dr. Pat Hambrick**, 46, ran an age-graded 88.5% 50:20 to win overall in the Louisiana State 15K Championships, Abita Springs, LA, Dec. 30, while **Jenni Peters**, 40, was the first woman overall in the Louisiana 30K Championships, same day and place, with an A-G 82.2% 2:00:16. **Roy Roberson**, 44, was first M40+ in 2:04:52.

WEST

• M40+ runners were overall winners in the 5K and 10K in the New Year's Resolution Runs, Santa Barbara, Dec. 30. **Harry Molony**, 44, Oxnard, CA, took the 5K in 15:50, and **Gregg Horner**, 41, Santa Barbara, the 10K, with a 32:40. Both also topped the age-graded lists - Molony at 14:48, and Horner at 31:23 - for all finishers. **Terri Werber**, 43, Ventura, CA, was the W40+ 5K winner in 19:50. **Sharon Smith**, 43, Santa Barbara, cruised to the W40+ 10K first with a 46:10. **Bill Dodson**, 60, Albuquerque, NM, broke the odds big-time by placing seventh on both the 5K (20:08/16:29) and 10K

(42:26/34:56) A-G lists.

• **Stew Thomson**, 62, hit 60-9 with the weight (20#) in the Citrack Weight Pentathlon, Glendora CA, Jan. 13, bolstering his total to 3852, second behind **Dick Hotchkiss**, 57, who scored 4046 on a non-WAVA scoring system.

• **Sal Salmi**, 41, 34:22, Temecula, CA, and **Kim Campo**, 40, 40:22, of San Diego, cruised to 40+ wins in the San Diego TC Mainly Masters 10K, Dec. 16. **Warren Osborn**, 61, La Mesa, CA, nailed down the top handicap spot, with an actual 42:08, minus a 11:04 handicap, for a net 30:54.

• **David Pain**, 73, San Diego, founder of the masters T&F program in 1968 and former WAVA North American Chairman, has turned his talents to cycling, and is a national champion in his 70-74 age group.

• On Sat. March 30, 2:30 p.m., Fifty-Plus Fitness hosts a Health and Fitness Conference at the Elks Lodge, 4249 El Camino Real, Palo Alto, CA., as well as a bike ride, racewalk, fitness walk, family relays and the Paul Spangler Memorial 8K. Speakers include **Ruth Heldrich**, **Marion Irvine** and **Jane Katz**. For info, call 415-323-6119.

• **DeeDee Grafius** lowered the W45 800 indoor WR to 2:22.33 at the Silver State Masters Meet in Reno, Feb. 18. She broke **Judy Warick's** mark of 2:24.87. Complete results next month.

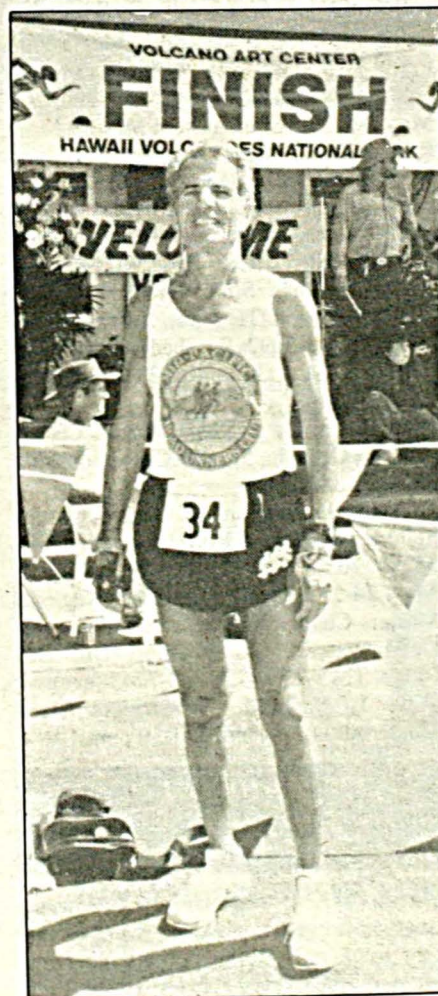
NORTHWEST

• Free, informal runs continue on the second and fourth Saturdays of each month at 9 a.m. in Eugene, OR. Call **Eric Zemper**: 541-485-4360.

• **Ed Kousky**, Eugene, OR, has been selected to carry the Olympic torch in Eugene on May 5 as part of the Olympic flame's nationwide journey to Atlanta. Kousky was an M50-54 silver medalist in the 20K racewalk in the World Championships in Buffalo last year.

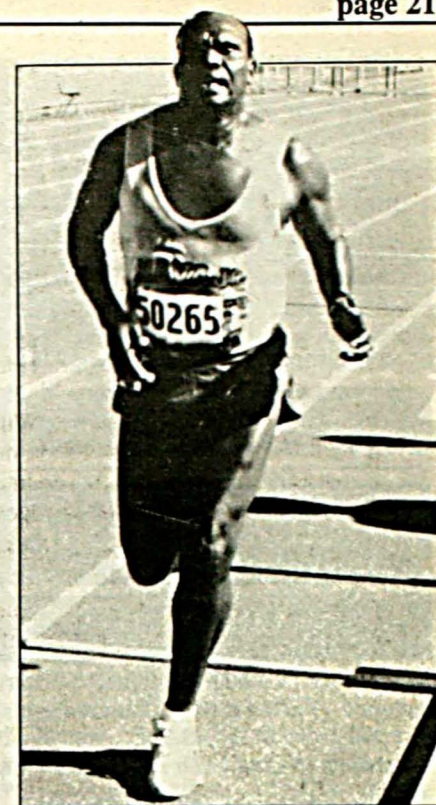
INTERNATIONAL

• **Linda Horowitz**, Ocean Township, NJ, won the W45 division of the AT&T World Triathlon Championships, Cancun Mexico, Nov. 13, with a PR 42:44 10K, after a 1.5K swim and 40K bike stint. About 2500 athletes from over 70 countries competed in heat and humidity in the 90's.



Andre Tocco, M50-59 winner (3:47:47), Kilauea Volcano Marathon, Hilo, Hawaii.

Photo by Tesh Teshima



Henry Rono, second M40 (17:32) in the 5000, 1995 Hayward Masters Classic, Eugene, Ore. This year's meet is set for June 29-30.

Photo by Suzy Hess

OPEN

• Road Race Management, Inc., publisher of *Road Race Management*, a monthly newsletter for race directors and officials, announced the availability of the 1996 *Guide to Prize Money Races and Elite Athletes*. The Guide is a desk-top reference for race directors seeking contact information and bio sketches about top distance runners; elite athletes seeking timely info about race dates, prize money, etc.; sponsors seeking event information; and members of the media. The Guide contains over 1100 athlete phone contacts and addresses. It's available for \$59.50 at: RRMG, 4904 Glen Cove Pkwy., Bethesda MD 20816. Or call 301-320-6865.

• Track athletes ages 14-19, of all skill levels, are invited to join a track team traveling to Holland this summer. For info, call 1-800-TEENAGE.

• On Sunday, April 14, the Learning Channel will present a new mini-series, *Peak Performance*, that examines the physiological and psychological efforts that athletes undergo in striving to be the best. The show features world-class athletes in six sports, including hurdler **Allen Johnson**. The show airs from 8:00-11:00 p.m. (ET) and again from 11 p.m. to 2 a.m. (ET).

• Two movies about the life of **Steve Prefontaine** are in the works, 21 years after his death at age 24. "Pre" is the tentative title of both versions, one from Hollywood Pictures, one from Warner Bros. Two-time Olympic marathoner **Kenny Moore** has completed the screenplay for Warner. Both studios hope to have the film in theaters by July.

• **Rafer Johnson**, 1960 Olympic decathlon champion; **Payton Jordan**, 1968 Olympic track and field coach and masters world sprint record holder; and **Stephen Miller**, renowned UC-Berkeley archaeologist and authority on ancient athletics, will lead a 12-day land and cruise journey to Greece from May 22 to June 4. The tour, designed by Prof. Miller to celebrate the 100th anniversary of the modern Olympic Games (1896-1996), culminates on the ancient track at Nemea, where passengers can participate with amateur runners of all ages from around the world in the revival of the Nemean Games, one of the forerunners of today's Olympic Games. "This is a great opportunity for travelers and sports fans of all ages to see where the Olympic Games began," said Jordan. The tour price, from \$2995 to \$5550 per person, double occupancy, is virtually all-inclusive. For info, call **Peter Voll**, 800-795-5700 or 415-812-7355.

Schedule

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

TRACK & FIELD

NATIONAL

March 29. USATF National Masters Indoor Pentathlon Championships, Greensboro N.C. SASE to Scott Thornsley, 18 Colgate Dr., Camp Hill, PA 17011-7624.

March 29-31. USATF National Masters Indoor Championships, Greensboro, N.C. Ron Foster, meet director, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402. 800-289-9009.

August 15-18. 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

August 31. USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

September 14. USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilfall, MT 59086. 406-578-9870.

EAST

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

March 3. USATF Niagara Association Indoor Championships, Cornell U., Ithaca, N.Y. Featuring Masters Mile for m&w. Andrew Flood, 122 Eastern Heights Dr., Ithaca, NY 14850. 607-255-9067.

March 9. Philadelphia Masters Indoor Games, Haverford College. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215-441-8584. (before 9 pm).

March 10. Greater Rochester TC Indoor Meet, U. of Rochester Fieldhouse, N.Y. 1 p.m. Rick Guido, 6 Timber Lane, Fairport, NY 14450. Meet Hotline: 716-872-6652.

March 17. East Regional Masters Indoor Championships, Brandeis U., Waltham, Mass., (near Boston). Steve Vaitones, USATF New England, 617-566-7600.

April 25-27. Penn Relays, Philadelphia. 25th: 200 (W40+), PV (age-graded). 26th: 4x100 (M40+, M50+ & other), 100 (M40, M50, M60+), 4x400 (M50+ & other). 27th: 4x400 (M40+), 100 (M75+). Deadline April 2. Karl Castor, 44 N. Penn St., Hatboro, PA 19040. 215-441-8584, or Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030. 703-385-4392.

SOUTHEAST

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

March 2. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington. All welcome; Virginia residents compete for medals. SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667.

April 5-6. (tentative.) Weekend In Valhalla Throws Carnival. USATF-Sanctioned Training Camp, Gibsonville, N.C. Invited guests: Janis Lulis, Brian Oldfield, Yuri Syedikh. Peter Farmer, PO Box 8521, Greensboro, NC 27419; or Jeff Gorski, 1130 Hwy 54 W., Chapel Hill, NC 27516.

April 6. Naples-On-The-Gulf Masters Meet, Naples HS, Fla. Weight Pentathlon, Barron Collier HS, Naples. Rudy Vlaardingerbroek, 10311 Windsor Way, Naples, FL 33942. 941-597-6870.

April 12-13. Norfolk Invitational Relays, Norfolk St. U., Va. Joe Mack, Masters Coordinator, 804-482-5558. For pre-entry, contact Steve Riddick or Simon Hodnett, 804-683-8801.

April 13. Boca Raton Meet, Boca Raton, Fla. Bob Fine, Florida AC, 407-499-3370.

April 27. Florida AC Meet, Gainesville. Frank Abrams, 528 NW 28th Ave., Gainesville, FL 32609. 904-372-7293.

May 3-5. 26th Southeastern Masters Meet, Raleigh, N.C. Age 20+. Includes pentathlon, weight pentathlon, 5K, 20K walks, jumps and throws clinics. Southeastern Masters, c/o Raleigh Parks and Recreation, P.O. Box 590, Raleigh, NC 27602. Dale Smith: 919-831-6640.

May 11. Atlanta TC Meet, Julia Emmons, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065; fax 404-364-0708.

May 18. Florida AC State Masters Championships, Orlando. 5K RW Championships. 407-321-8854.

May 18. Birmingham TC Classic. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031.

May 24-25. USATF Southeast Regional Masters Championships, Knoxville, Tenn. Dean Waters, 132 Newport Dr., Oak Ridge, TN 37830. 615-483-7743 (eve).

June 1. Nashville TC/Striders Meet, Vanderbilt U., Nashville. 1:30 p.m. 19+.

MIDWEST

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

March 2. Kent State University Masters Championships, Kent, Ohio. Masters and submasters only; 300m indoor track. Doug Molnar, Track Office, Kent State U., Kent, OH 44242. 216-672-3991.

March 3. USATF Midwest Regional Masters Indoor Championships, Glenview,

Ill. Jeff Watry, 24320 77th St., Paddock Lake, WI 53168. 414-843-3567.

March 17. Midwest Masters Meet, Byron HS, Ill. Ray Bielskis, 815-234-8435.

March 23. USATF Michigan Indoor Championships, Macomb County Community College, Warren (Detroit suburb). Y/O/M. Ed Stanton, Macomb County CC, 14500 12 Mile Rd., Warren, MI 48093. 810-445-7613; or Marilyn Morehead, 5250 Yorkshire, Detroit, MI 48224-2139. 313-882-3687.

June 1. The Athlete's Foot Masters Meet, Augustana College, Rock Island, Ill. Pete Stopoulos, 1029 16th Ave., East Moline, IL 61244. 309-755-2655.

June 29. Dayton Track Classic, Welcome Stadium, U. of Dayton. Bob Jones, 513-837-2754.

July 13. Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048.

MID-AMERICA

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

May 23. Denver TC Mile & Two Mile Runs, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

June 27. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

June 29. USATF Mid-America Regional Masters Championships, Harrison HS, Colorado Springs. Jerry Donley, 1715 Alamo Ave., Colorado Springs, CO 80907. 719-471-1650; fax 719-471-1663.

July 25. Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425 (eve).

August 31-Sept. 1. Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St., Aurora, CO 80011. 303-341-7992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 17-23. San Antonio Senior Games, Texas. 50+. Cathy Pottorf, 210-344-3454.

March 21-28. Houston Senior Games, Texas. 50+. Debra Suhl, 713-551-7250.

April 1. El Paso Senior Games, Texas. 50+. Ray Cox, 915-462-4268.

April 13-24. Dallas Senior Games, Texas. 50+. Carol Lucas, 214-670-6265.

May 12. Ambassador University Masters Invitational, Big Sandy, Texas. Rick Sherrod, 903-636-2161; Laura Radtke, 903-636-2090. Ambassador U., 1 Ambassador Way, Big Sandy, TX 75755. Fax: 903-636-2332.

June 1. USATF Southwest Association Open & Masters Meet, Loos Field, Dallas. John Pritchett, PO Box 210496, Dallas, TX 75211-0496. 1-800-30-GO-RUN.

June 7-8. USATF Southern Association Championships, Gonzales, La. Decathlon/heptathlon/weight pent/56-lb. SASE to Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 504-644-6930.

June 15. Hill Country Classic Masters Meet, Mason, Texas. Lee Graham, Box 384, Mason, TX 76856. 915-347-5620.

July 20. USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

ON TAP FOR MARCH

TRACK AND FIELD

This month's main event – the USATF National Masters Indoor Championships, Greensboro, N.C., from the evening of the 29th through the 31st – is preceded by the Masters Indoor Pentathlon Championships at the same venue during the day on the 29th. Masters Regional Championships take place in the Midwest at Glenview, Ill., on the 3rd, and the East at Brandeis U., Waltham, Mass., on the 17th. Pre-Greensboro indoor meets are also available in Virginia on the 2nd; Ohio, the 3rd; Pennsylvania, the 9th; Illinois, the 18th; and Michigan, the 23rd. The Ontario Masters Indoor Championships are set for the 9th in Toronto.

LONG DISTANCE RUNNING

The USATF National Masters 5K Championships return to the accelerating course in Carlsbad, Calif., on the 31st. Jacksonville, Fla., plays host to the River Run 15K on the 2nd. Los Angeles stages its marathon on the 3rd. The Shamrock Masters 8K goes forth in Virginia Beach on the 16th. The Azalea 10K, Mobile, Ala., is slated for the 23rd. The well-established Capitol 10K, Austin, Texas, should attract a large turnout on the 24th, as will the Cooper River Bridge 10K, Charleston, S.C., on the 30th. The list for the 31st includes the Cherry Blossom 10 Mile in D.C., and the 55+ Paul Spangler Memorial 8K at Stanford, Calif.

RACEWALKING

The Indoor 3000 Championships are scheduled for Sunday morning the 31st in Greensboro.

August 3. Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

WEST

Arizona, California, Hawaii, Nevada

March 16. KELfield Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

April 7. Cougars Invitational, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

April 13-14. 32nd annual Phoenix Invitational, Arizona State U. From youth through masters. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 602-949-1991.

April 28. Crown Valley Senior Games (50+), Occidental College, Los Angeles. Christel Miller or Cynthia Vaughan, 818-397-4062.

Continued on next page

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May 4. Arizona Masters Meet, Tempe. 25+. Bob Flint, 8436 East Hubbell, Scottsdale AZ 85257, 602-949-1991, or Cliff McKenzie, 602-777-8503.

May 5. (masters day). Steve Scott Invitational, UC-Irvine. Mac McCormick, 714-586-9942.

May 11. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad, CA 92009. 619-436-7696.

May 18. Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 209-732-8030.

May 25. USATF Pacific Association Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

May 26. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo, CA 92656. 714-586-9942 (eve).

May 30-June 2. California State Senior Games Championships, Sacramento. 50+. Only qualifying site in Calif. for Senior Games Nationals, Tucson, May 1997. Pamela Rhodes, 6005 Folsom Blvd., Sacramento, CA 95819. 916-277-6094; fax 916-277-6074.

June 1. Bruce Jenner Classic, San Jose City College. M40+ 400, 1500/M50+ 200/100 M60+, M70+, women. Bruce Springbett, 408-354-2005; 354-7333.

June 8. USATF Pacific Association Masters Championships, Los Gatos HS, Calif. HT/JT/WT at KELfield, 408-458-0202. SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos, CA 95032. 408-395-9486.

June 30. Trojan Masters Meet, USC. Russ Reabold, 1125 N. Stimson, La Puente, CA 91744. 818-917-6289.

July 6, 20. SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

July 20. USATF West Regional Masters Championships, Cerritos College, near Los Angeles. Marvin Thompson or Doug Wells, 213-380-5409.

August 2. SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

August 3. USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 5. Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 310-805-964-3005.

October 27. Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

May 25. Oregon Senior Olympics, Silverton HS. M&W40+. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 541-873-8577; 873-2818.

June 1-2. USATF Alaska Decathlon/Heptathlon State Championships, Bartlett HS. Team Alaska TC, 907-338-1667.

June 6, 13, 20, 27. Team Alaska Meets, Bartlett HS., 6 p.m. Hotline: 907-338-1667.

June 14-15. Montana Senior Olympics,

Billings. 50+. Don Tavalacci, 465 Freedom, Billings, MT 55105.

June 29-30. Hayward Masters Classic, Eugene, Ore. SASE to Becky Sisley, 310 E. 48th Ave., Eugene, OR 97405. 541-342-3113(h); 346-3383(w). Entry forms available this month.

July 11, 18, 25. Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

August 3-4. USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

August 3-4. USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

CANADA

March 9. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9.

June 2. Harry Jerome Meet (Vancouver, B.C.) Masters 400 & Masters Mile. Western Canada's largest meet. Grant Lamothe, 604-856-7381.

June 8-9. Ontario Masters Championships; York U., Toronto.

June 15-16. British Columbia Masters Championships, Langley, B.C. (suburban Vancouver). US masters invited. Grant Lamothe, 604-856-7381; Steve Odwin, 604-739-9009; fax 604-443-8588.

July 20-21. British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

August 9-11. Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

INTERNATIONAL

March 2. British Veterans Athletics Federation Indoor Championships, Birmingham Arena. Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

March 16-17. Indoor Russian Veterans Sports Association WAVA Cup, Penza. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

April 5-6. Argentina Veterans Championships, Mar del Plata. Organizing Committee, phone 54-23-79-6894; fax 54-23-74-9139.

April 5-7. Russian Indoor Championships, Moscow. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 4124475.

April 13-27. Senior Games, Bermuda. 50+. Also 10K road race. Senior Games, 460 Summer St., Stamford CT 06901. 800-867-5935.

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June 2. Baltics "White Nights" Meet, St. Petersburg. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

June 5-9. Brazilian Veterans Championships, Manaus, Amazonas State. Full schedule for m&w. Organizing Committee, AVAB, fax 048 234-1712.

July 6-13. WAVA Oceania Veteran Games, Papeete, Tahiti. Includes half-marathon/RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

July 19-27. WAVA European Regional Championships, Malmo, Sweden. Europeans only.

August 10-11. BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

August 21-24. WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989.

Sept. 19-21. WAVA Africa Regional Championships, Namibia.

September 20-22. Russian Championships, Sochi. Vadim Marshev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-8123553906.

October 3-6. WAVA Asian Regional Championships, Seoul, Korea. Asians only.

November 19-23. WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

OPEN

June 14-23. USA Olympic Trials, Atlanta.
July 26-August 4. XXVI Olympic Games (T&F dates), Atlanta, Ga.

LONG DISTANCE RUNNING

NATIONAL

March 31. USATF National Masters 5K Championships, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy #102, San Diego, CA 92121. 619-488-9556.

April 13. USATF National Masters 10K Championships, Plainview, N.Y. Michael Polansky, 62 Sylvania Ln., Plainview, NY 11803. 516-433-0919.

May 9-12. 39th Annual RRCA National Convention, Knoxville, Tenn. Knoxville TC, 3530 Talahi Gardens, Knoxville, TN 37919. 423-673-8020.

September 15. USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

October 6. USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 19. USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

Continued on next page

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October 27. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

November 3. USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

December 7. USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. Tim Wason, 4475 23rd St. #4, San Francisco, CA 94114. 415-648-1467.

EAST

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

March 16. NYRRC Rites of Spring 10K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

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

March 31. Cherry Blossom 10 Mile, Washington, D.C. Entry Deadline March 1. SASE to NCB, PO Box 884, Middletown, MD 21769. 301-340-6699.

March 31. NYRRC Power Bar 6K/20K, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

April 6. Run vs. Row 10K/4K RW, Alexandria. SASE to RvR, 611 S. Fairfax St., Alexandria, VA 22314. 703-549-0936. John Bailey, 202-628-7767(w); 703-549-2480(h).

April 15. 100th BAA Boston Marathon. Qualifying by times and application. SASE with 55¢ stamp to Boston AA, PO Box 1996, Hopkinton, MA 01748.

April 20. NYRRC Trevira Twosome 10 Mile/Two Mile, Central Park. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

April 20. Annapolis Gateway Mile. Separate heat for masters w/5-yr. age group awards. SASE to Dan Masterson, 11 King Ct., Annapolis, MD 21401. 410-293-6296.

May 5. Long Island Marathon. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; fax 572-0260.

May 5. Pittsburgh Marathon & 10K. Larry Grollman, Center For Sports Medicine, 4601 Baum Blvd., Pittsburgh, PA 15213. 800-533-UPMC (8762).

May 5. Buffalo Marathon. PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 18. Vintage 5-mile Run & 3-mile Walk, Pittsburgh, Penn. 50+. 412-361-5003.

June 1. Freihofer's 10K Run For Women, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267; fax 518-273-0647.

SOUTHEAST

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

March 2. River Run 15K, Jacksonville. Gate River Run, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917.

March 16. Shamrock Marathon/8K/Masters 8K, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 804-481-5090.

March 23. Azalea Trail Run 10K, Mobile. SASE to Azalea Trail Run, PO Box 6427, Mobile, AL 36660.

March 30. Cooper River Bridge 10K, Charleston, S.C. Masters money 5-deep m&w, \$1500 for 1st. Cooper River Bridge 10K, MUSC Harper Center, 45 Courtenay Dr., Charleston, SC 29401. Hotlines: 803-792-0345; 792-2533.

July 4. Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

MIDWEST

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

April 21. Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-1072.

April 27. Kentucky Derby Festival Half-Marathon, Louisville. Metro Parks TC, PO Box 36452, Louisville, KY 40233. 1-800-928-FEST.

May 5. Revco-Cleveland Marathon/10K. Linda Beveridge, PO Box 550, Twinsburg, OH 44087.

May 11. Arts Fest River Run 12K, Evansville, Ind. Chuck Whobrey, 1409 Olympic Ct., Evansville, IN 47715. 812-473-2850(h); 812-424-6471(w).

May 25. Big Boy Classic 20K, Wheeling. Hugh Stobbs, race director, PO Box 808, Wheeling, WV 26003. 614-633-5000.

May 27. Truth/NBD Great Race XVI, 10K & Half-Marathon, Elkhart, Ind. Ron Schmanske, Box 487, Elkhart IN 46515. 219-294-1661.

MID-AMERICA

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

April 6. YMCA Midwest Masters Classic, Omaha. 8K/2 Mile RW. M&W35+. Stan Shirk, 5019 Parker St., Omaha, NE 68104. 402-554-8645.

April 20. Longest Day Marathon/Relays/10K/5K, Brookings, S. Dak. Dr. C.S. Roberts Jr., 1345 1st St., Brookings, SD 57006. 605-692-2334; fax 697-5396.

April 27. Rite of Spring 10K/2K, Minneapolis. SASE to Get In Gear, P.O. Box 19009, Minneapolis, MN 55419-0009. 612-922-3439.

April 27-28. Kansas City Ekiden Weekend. KCRC, 7201 W. 129th, #300, Overland Park, KS 66213. 913/685-2200(d); 681-8171(e).

May 5. Lincoln Marathon & Half-Marathon. Lincoln TC, 5309 S. 62nd St., Lincoln, NE 68516. 402-423-4519.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 3. Run On The Bayou 10K/2 Mile, Westwego, La. New Orleans TC, P.O. Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

March 10. Lakeside Hospital 5K/Mile, Metairie, La. New Orleans TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

March 24. Capitol 10,000. SASE to Capitol 10,000, PO Box 2936, Austin, TX 78768-2936. 512-445-3596.

April 13. KNOE '96 5K, Monroe, La. \$400 to 1st M&W40+. KNOE 5K, PO Box 4067, Monroe, LA 71211. David Price, 318-3888.

April 28. NOTC 33rd Anniversary 3 Mile/Mile, New Orleans. New Orleans

TC, PO Box 52003, New Orleans, LA 70152-2003. 504-482-6682; 468-1488.

WEST

Arizona, California, Hawaii, Nevada

March 3. Los Angeles Marathon. L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310-444-5544.

March 17. Mobil St. Patrick's Day 10K & 5K. Torrance, Calif. Elite Racing, 714-548-4897.

March 24. Mercury News 10K, San Jose. Mercury News 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.

March 31. Fifty-Plus Paul Spangler Memorial 8K Run/5K RW/Fitness Walk, Stanford, Calif. M&W50+. Fifty-Plus Fitness Assoc., P.O. Box D, Stanford, CA 94309. 415-323-6119; fax 415-929-7981.

April 21. Jimmy Stewart Relay Marathon, Los Angeles. Laurie Andrews, director, 1328 22nd St., Santa Monica, CA 90404. 310-829-8968; fax 315-6167.

April 28. Big Sur Marathon, Carmel. William Burleigh, Box 222620, Carmel, CA 93922. 408-625-6226.

May 5. Avenue Of The Giants Marathon/10K, Weott, Calif. SASE to NMN, 281 Hidden Valley Rd., Bayside, CA 95524.

NORTHWEST

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

March 2. Trail's End Marathon, Seaside, Ore. Gordon Lovie, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.

April 13. Pear Blossom 10 Mile & 5K, Medford, Ore. SASE to Pear Blossom Run, PO Box 146, Medford, OR 97501. Jerry & Zellah Swartsley, 541-535-1205(eve). Medford Visitor's Bureau, 541-772-6293.

May 5. Lilac Bloomsday 12K, Spokane, April 17 deadline. SASE to Bloomsday, PO Box 1511, Spokane, WA 99210. 509-838-1579.

May 26. Rocky Mountain 50 Mile & Wyoming Marathon, Laramie. Brent Weigner, 3204 Reed Ave., Cheyenne, WY 82001. 307-635-3316.

July 12-13. Mt. Rainier To Pacific Relay. 150 miles/11-person teams. Walk teams (100 miles/7 persons) welcome. PO Box 17086, Seattle, WA 98107. 206-782-6547; fax 206-783-5285.

INTERNATIONAL

March 17. British Veterans Athletics Federation Cross-Country Championships, Coventry. Midland Vets, 111 Cooks Lane, Kings Hurst, Solihull, B376NU. Great Britain.

May 5. BVAF 10 Mile Championships, Oswestry, Shropshire. Doug Morris, 011-441-1691-653338.

June 16. BVAF Marathon Championships (with Potteries Marathon, usually 2000+). Don Shelly, 011-441-1782-65734.

June 29-30. 3rd WAVA World Veterans Road Race Championships (10K, 25K) & Roadwalk (20K, 30K), Brugge, Belgium. WVC, Korte Zilverstraat 5, B-8000 Brugge, Belgium.

October 29-November 5. Himalayan 100-Mile Stage Race, from Darjeeling, India, \$1200. Force 10 Expeditions, 1-800-922-1491.

November 5-12. Mt. Everest Marathon Trip, from Darjeeling, India. \$1200. Force 10 Expeditions, 1-800-922-1491.

RACEWALKING

March 17. 8th Annual St. Patrick's Day 5K Racewalk, Central Park, NYC (masters divisions in 10-year age-groups). Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

March 17. Florida 5K Racewalk Championships, Orlando. Central Florida Walkers, 407-876-4467.

March 24. USATF Connecticut Indoor Mile RW, Yale U. Bill Mongovan, 203-322-1964.

March 24. East Regional 20K RW Championships, Washington, D.C. area. Sal Corallo, 1600 N. Oak St., #916, Arlington, VA 22207.

March 29-31. USATF National Masters Indoor 3000 Championships, Greensboro, N.C. See T&F National Schedule.

April 1 - October 1. 5K Racewalk Team Challenge. Each club stages own event on a track or a certified course. Minimum 10 club members, regardless of age, sex, or ability. Scoring by WAVA Age-Graded Tables. No entry fees. FAC, 3250 Lakeview Blvd., Delray Beach, FL 33445. Bob Fine, 407-499-3370; fax: 407-495-5054.

April 14. MAC 14K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

April 19. WAVA North America 10K/ South Regional & Georgia State 10K Championships, La Grange, Ga. Helen Rice, La Grange Sports Authority, PO Box 2162, La Grange, GA 30240. 706-812-9000.

May 5. USATF National Masters Men's 25K/Women's 20K RW Championships, Albany, N.Y. Elaine Humphrey, 7048 Suzanne Lane, Schenectady, NY 12303. 518-473-9117.

May 19. USATF National Masters Men's 10K RW Championships, Niagara Falls, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6341(h), 716-694-7683(w).

May 26. Olympic Trials Qualifier/MAC 20K Racewalk Championships, Central Park, NYC. (Masters divisions in 10-year age-groups.) Park Racewalkers, USA, 320 East 83rd St., Box 18, New York, NY 10028. 212-628-1317, Stella Cashman.

August 15-18. USATF National Masters Outdoor RW Championships, 5000 track (m/w), 20K road (m), 10K road (w), Spokane, Wash. See T&F National Schedule.

September 8. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 908-222-9080.

September 14. USATF National Masters 5K Road RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 615-229-4364(w), 615-349-6406(h).

September 22. USATF National Masters 15K RW Championships, Elk Grove Village, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 312-327-4493.

October 13. USATF National Masters 1-Hour Racewalk Championships, Cambridge, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02146. 617-731-9889(h), 617-821-3000(w).

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34
Michael Valenti Shot Put 15.30 06-11-95

M40-44
Rick Easley 400M 52.39 07-21-95
800M 1:59.9 05-30-95
Mile 4:33 10-21-95
Thom Jones 110H 17.3 07-23-83
Neil Steinberg 100M 11.4 06-28-95
200M 23.5 07-05-95

M45-49
John Von Rohr Shot Put 13.85 02-25-95
Hammer 43.56 05-20-95
35# Weight 12.92 12-30-95

M50-54
Doug Goodhue 1500M 4:44.77 03-26-94

M55-59
Wayne Bennett 100M 12.27 06-17-95
200M 25.91 07-06-95
400M 59.44 07-06-95
Walter Diggs Long Jump 16-3 1/2 05-31-94
Shot Put 37-4 1/2 05-29-91
Discus 128-10 05-29-93



M60-64
Don Shields 100M 13.10 06-24-95
200M 27.24 06-24-95
Don Levesque 25# Weight 37-9 01-21-95
25# Weight 36-11 06-24-95
35# Weight 29-5 06-24-95
56# Weight 20-1 06-24-95

M65-69
Alan Cohen 100M 13.7 01-20-96
William Patrick Discus 37-18 12-09-95
56# Weight 14-2 06-24-95

M70-74
William Flick 20K RW 2:02:31 10-29-95

M75-79
Jim Sullenger Shot Put 8.93 10-29-95
Discus 31-02 10-29-95

M35-39
Margo Braud Mile 5.13 10-15-95

M45-49
Nancy Curry 5K 21:37 10-29-95
Roki McMillian 5K 21:06 07-02-95
10K 41:44 05-28-95

M65-69
Paula Maicy Hammer 20.33 10-01-95
12# Weight 7.62 10-01-95

U.S. MASTERS STANDARDS OF EXCELLENCE FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	11.0	11.33	11.67	12.0	12.5	13.0	13.5	14.0	15.0	16.5	18.0	20.0
200	22.4	23.3	24.2	25.1	26.0	27.2	28.5	29.8	32.4	35.8	39.8	44.0
400	51.0	52.5	54.0	56.0	58.5	61.5	65.0	70.0	76.5	84.5	94.0	105.0
800	2:01	2:04	2:08	2:13	2:19	2:27	2:37	2:49	3:06	3:27	3:54	4:24
1500	4:11	4:15	4:22	4:32	4:45	5:02	5:24	5:47	6:22	7:03	7:59	9:15
Mile	4:31	4:35	4:42	4:53	5:07	5:25	5:49	6:14	6:51	7:38	8:42	10:10
5000	15:30	15:42	16:06	16:44	17:30	18:24	19:36	21:08	23:30	26:00	29:00	32:30
10000	32:11	32:35	33:30	34:45	36:15	38:10	40:30	44:15	48:30	54:30	61:15	69:30
110H	15.3	16.4	17.75	18.75								
100H					18.0	19.0	20.0	21.3				
80H									18.0	21.0	25.0	30.0
400H	57.6	59.7	62.0	64.4	67.2	70.6						
300H					48.0	51.0	55.0	60.0	66.5	74.5	84.0	95.0
3K-SC	10:00	10:20	10:55	11:40	12:30	13:20						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.94	1.85	1.76	1.68	1.59	1.50	1.41	1.32	1.23	1.13	1.02	.92
	6-4 1/2	6-3 3/4	5-9 1/2	5-6	5-2 1/2	4-11	4-7 1/2	4-4	4-3	3-8	3-4	3-1
PV	4.40	4.15	3.90	3.60	3.30	3.05	2.80	2.55	2.30	2.05	1.80	1.50
	14-5 1/2	13-7 1/2	12-9 1/2	11-9 1/2	10-10	10-0	9-2 1/2	8-4 1/2	7-6 1/2	6-8 1/2	5-11	4-11
LJ	6.55	6.20	5.85	5.45	5.10	4.75	4.40	4.00	3.65	3.35	3.00	2.65
	21-6	20-4 1/2	19-2 1/2	17-10 1/2	16-9	15-7	14-5 1/2	13-1 1/2	11-11 1/2	11-0	9-10	8-8 1/2
TJ	13.35	12.65	11.90	11.15	10.40	9.65	8.90	8.20	7.50	6.80	6.10	5.50
	43-9 1/2	41-6	39-1 1/2	36-7	34-1 1/2	31-8	29-2 1/2	26-11	24-7 1/2	22-4	20-1 1/2	18-1 1/2
Shot	15.20	14.10	13.00	12.00	11.20	10.40	9.60	8.80	8.00	7.25	6.50	5.75
	49-10 1/2	46-3 1/2	42-8	39-4 1/2	40-8 1/2	36-9	39-4 1/2	35-5 1/2	33-0	28-10 1/2	25-1 1/2	21-4
Discus	44.80	42.60	40.60	38.00	40.00	36.40	40.00	36.80	31.60	26.40	21.40	16.20
	147-0	139-9	133-2	124-8	131-3	119-5	131-3	120-9	103-8	86-7	70-2 1/2	53-2
Hammer	47.24	44.20	41.14	38.10	38.40	36.00	36.00	33.00	29.00	25.00	22.50	18.00
	155-0	145-0	135-0	125-0	126-0	118-1	118-1	108-3	95-2	82-0	73-10	60-0
Jav	62.00	57.00	52.00	48.00	43.00	38.50	40.00	35.00	29.00	24.00	19.00	15.00
	203-5	187-0	170-7	157-6	141-1	126-4	131-3	114-10	95-2	78-9	62-4	49-2
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.00
25#Wt.							11.00	10.00	9.00	8.00	7.00	6.00
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
Pen	2800	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600	2600
Dec	5500	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250	5250

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

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR MASTERS RACE WALKERS

	1.5K	mile	3k	5k	8k	10k	15k	20k	25k	30k	40k	50k
F30	7:13	7:47	14:50	26:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:16	4:08:46	5:37:30
F35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
F40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:56:48
F45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:26
F50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
F55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
F60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
F65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:26	7:39:46
F70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	5:50:18	8:11:30
F75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:36	8:49:28
F80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
F85	13:13	14:15	27:05	46:45	1:16:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
F90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				
MEN												
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:20	56:04	1:10:35	1:46:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54
M80	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11
M85	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50
M90	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37

Age-graded time/.8 for mid-point of each 5-year interval (e.g. age 32, 37, 42, 47 etc.)

U.S. MASTERS STANDARDS OF EXCELLENCE FOR WOMEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.2	14.6	15.0	15.6	16.2	16.9	17.8	18.8	20.0	21.2
200	28.0	29.2	30.3	31.4	32.5	34.0	35.7	37.5	40.0	43.5	47.0
400	63.5	65.5	67.5	69.5	71.5	73.5	78.5	83.7	90.0	96.5	103.3
800	2:32	2:35	2:40	2:46	2:54	3:05	3:19	3:36	3:56	4:09	4:35
1500	5:10	5:19	5:29	5:40	5:58	6:20	6:48	7:23	8:04	8:52	9:48
Mile	5:34	5:44	5:55	6:07	6:26	6:49	7:19	7:46	8:47	9:39	10:45
5000	19:45	20:30	21:20	22:16	23:12	24:16	26:08	28:08	30:08	32:21	34:26
10000	41:00	42:40	44:40	47:00	49:30	52:00	56:00	60:00	66:00	76:00	86:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.5	79.9	84.4	88.8							
300H					66.0	72.0	79.0	87.0	96.0		
HJ	1.42	1.35	1.27	1.19	1.12	1.07	1.02	.97	.92	.89	.84
	4-8	4-5½	4-2	3-11	3-8	3-6½	3-4½	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-11	5-11	4-11	3-11	3-7½	3-3½	2-11	2-7½	2-3½
LJ	5.00	4.60	4.25	3.90	3.55	3.20	2.85	2.60	2.35	2.10	2.00
	16-5	15-1	13-11½	12-9½	11-8	10-6	9-4½	8-6½	7-8½	6-11	6-7
TJ	10.00	9.20	8.60	7.80	7.18	6.40	5.70	5.20	4.70	4.20	3.80
	32-10	30-2½	28-2½	25-7½	23-7	21-0	18-8½	17-1	15-5	13-9½	12-5½
Shot	10.30	9.30	8.40	7.70	7.95	7.20	6.50	5.80	5.25	4.70	4.25
	33-9½	30-6½	27-7	25-3½	26-1	23-7½	21-4	19-0½	17-3	15-5	13-11½
Jav	29.50	33.50	27.50	21.50	25.00	19.00	18.00	16.00	15.00	14.00	13.50
	129-7	109-11	93-6	70-6½	82-0	62-4	59-1	52-6	49-2	45-11	44-4
Discus	30.0	27.8	26.0	24.0	22.0	20.0	18.0	16.0	15.0	14.0	13.5
	98-5	91-2	85-4	78-9	72-2	65-8	59-1	52-6	49-2	45-11	44-4
Hammer	35.0	32.5	30.0	25.0	23.0	22.0	20.0	18.0	14.0	12.0	9.0
	131-3	114-10	98-5	82-0	75-6	72-2	65-8	59-1	45-11	39-5	29-7
200Mtc.	10.00	9.00	8.00	7.00	6.00	5.00	4.00	3.50	3.25	3.00	2.75
1600Mtc.					8.00	7.00	6.00	5.50	5.25	5.00	4.75

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Syracuse Chargers Meet Syracuse U., NY; Dec. 9

55m	
M35 Ben James	6.5
M40 Mike Robinson	8.0
M45 Bob Micho	7.3
M45 Ray Panek Sr	7.4
M50 Tim Collins	8.2
M65 Bill Townsend	8.7
M70 Ed Lukens	8.7
M40 Irene Thompson	7.7
200m	
M35 Ben James	23.4
M40 Mike Robinson	29.6
M45 Bob Micho	26.8
M55 Tom Fondy	28.1
John Allen	28.4
M65 Howard MacMillan	33.9
M40 Irene Thompson	28.4
800m	
M30 Michael Boni	2:12.6
Bryan Tenhues	2:15.4
M35 Phil Rougeux	2:13.6
M40 Jim Herr	2:25.2
Tom Crowley	2:25.4
M45 Jim Lawton	2:25.1
M55 John Allen	2:26.4
1 Mile	
M30 David McMillan	4:26.6
M35 Frank St Dennis	4:52.8
Tim Murphy	5:02.8
M40 Dave Worden	4:51.9
M45 Del Faverio	5:05.4
M50 Tim Collins	6:15.8
M55 Sam Graceffo	6:15.8
M60 Bob Milner	5:26.1
M65 Ed Stabler	6:15.4
M75 Nate White	7:39.9
M30 Leatha Damron	5:35.4
M45 Barb Blaszk	5:41.6
55mH	
M30 Paul Foster	9.0
M45 Ray Panek	10.3
M50 Tim Collins	10.5
M65 Bill Townsend	10.5
M70 Ed Lukens	10.4
M35 Kathy McKeever	11.3
Long Jump	
M50 Tim Collins	4.45
M65 Bill Townsend	3.95
M70 Ed Lukens	4.16
Pole Vault	
M40 Peter McGinnis	12-6
Shot Put	
M35 Dan Howe	6.69
M45 Jim Alexander	8.17
Jim Lawton	7.38
M60 Chuck Yost	12.11
M35 Kathy McKeever	8.28
Weight Throw	
M45 Pat Lynn	12.14

MAC "USAIR" N.Y. Indoor Games 168th St, Armory, NYC; Dec. 30

55m	
M30 David Karmar	6.70
M35 Bob Bakerski	7.33
Dave Quier	7.98
M40 Jesse Norman	7.33
Ron Jackson	7.36
M45 Bob David	7.43
M50 Mike Milove	7.69
M55 Robert Smith	8.14
M60 Cliff Pauling	8.56
M30 Betty Whitaker	8.32
Denise Jones	8.39
M35 Louise Clark	7.89
300m	
M30 Mike Mallory	40.15
M35 David Cherry	38.29
M40 Alex Constantino	40.07
Jesse Norman	40.63
Bruce Clark	41.64
M45 Phil Felton	39.37
Ron Johnson	39.95
Wm Caldon	43.14
M55 Robert Smith	48.05
M60 Bob Dobbs	43.83
M30 Sharon Mason	44.07
Betty Whitaker	46.54
Sabrina Johnson	47.02
M45 Cassandra Clark	49.19
600y	
M30 Joe Skelly	1:31.73
M35 Vance Rogers	1:22.93
M40 Bob Gill	1:41.14
M45 Duane Green	1:22.82
Bob Jackson	1:23.56
M60 John Conner	1:35.56
M65 Joe Kerman	2:03.31
M70 John McManus	1:48.85
M30 Sherry Goldman	1:54.09
M35 Laura Frisch	1:46.41
M50 Eileen Cox	2:02.08

1000m	
M30 Cosmo Scriverich	2:56.40
M35 Doug Miller	2:54.05
M40 Zack Levia	2:56.73
M35 Tina Cooper	3:48.26
M40 Paula DicksonTaylor	3:17.35
3000m	
M35 Anthony Watson	9:39.32
M40 Steve Schallenberg	9:22.10
M45 Ron Salvio	11:33.76
1 Mile	
M30 Joe Skelly	4:54.87
M35 Anthony Watson	4:47.31
M40 Wilhelm	4:55.17
M45 Robert Pertak	5:11.53
M50 Jack Brennan	5:22.64
Kevin Smith	5:25.17
M55 Gary Murhcke	5:35.02
M60 John Conner	5:32.50
M65 Don Preven	7:26.22
M70 John McManus	6:16.37
M30 Sherry Goldman	6:07.43
M40 Regina Cahill	5:44.26
Paula DicksonTaylor	5:52.11
M45 Mary Rosado	5:44.25
M50 Eileen Cox	6:36.59
55mH	
M35 Bob Bakerski	8.47
M50 Mike Milove	9.82
High Jump	
M45 Ron Salvio	1.42
Pole Vault	
M35 Rob Doran	2.43
M45 Ron Salvio	2.43
M50 J Tindall	3.20
M55 Norm Cyprus	3.04
Long Jump	
M35 Vance Rogers	5.61
M50 Mike Milove	4.92
Triple Jump	
M40 Bob Richardson	8.15
Shot Put	
M35 Bill Wolverson	12.59
M40 Bob Feeney	9.81
M45 Rich Dunphy	11.55
Dennis Chandler	11.26
M50 Carl Levine	9.80
M60 Pete Barker	10.58
M70 Chas Covino	10.78
M30 H Carter-Range	8.44
M35 Ida James	7.09
M45 Joyce Halls	7.85
M50 Roslyn Katz	7.61
M60 Ann Cirulnick	7.94
Weight Throw	
M45 Ron Salvio	8.10
M50 Carl Levine	6.95
M55 Norm Cyprus	12.28
M60 Pete Barker	10.25
M70 Chas Covino	8.85
M50 Roslyn Katz	9.68
M60 Ann Cirulnick	7.15
1 Mile Racewalk	
M50 Gary Null	7:30.00
M60 Robert Barrett	8:19.27
M70 Len Scheer	11:01.30
M30 H Carter-Range	10:13.52
M60 Rhoda Green	9:54.22
M70 Queenie Thompson	12:36.69

Dartmouth Relays Dartmouth College Hanover, NH; Jan. 5

55m	
M30 Steve Gorriaran	6.75
Andrew Johnson	6.93
Andre Garon	7.59
M35 Phil Meyer	8.20
M40 Pershing Reid	7.21
Wayne Fisher	7.21
Ken Castro	7.39
M45 Jim Dolezel	7.29
Tom Cunningham	7.54
Doug Fredericks	7.83
John Oleski	8.03
M50 Roger Pierce	7.28
Richard Sealy	7.36
Paul Gansle	7.61
M55 Ed Mezzapelle	9.29
Bob Smullens	10.31
M60 Bill Wright	7.79
Bob Cloutier	8.36
Curtis Cass	8.47
M65 Ross Mitchell	7.82
Ed Cox	8.19
Bill Daprano	8.48
M70 Frank Brako	8.85
George Horner	9.86
Don Woods	10.63
M75 Angelo Oliver	10.20
Bob Mulliken	12.25
M35 Sandra FordCentonze	8.02
M40 Carole Solomon	8.46
Nicole Archambault	8.63
M45 Phil Raschker	7.76
Eliz Riordan	9.25
Kathy Nary	10.32
M50 Nina Bryant	9.30

M55 Jutt Riegel	9.27
Nancy Merrill	10.92
M65 Pat Peterson	10.03
200m	
M30 Steven Gorriaran	23.08
Andrew Johnson	23.75
John Hoogasian	27.33
M40 Neil Steinberg	24.50
Wayne Fisher	25.65
Ken Castro	26.25
Bob Herrin	27.04
M45 Jim Dolezel	25.50
Tom Cunningham	26.80
Doug Fredericks	27.64
M50 Bic Stevens	25.32
Roger Pierce	25.68
Lincoln Russin	26.44
Richard Sealy	26.63
M60 Bill Wright	27.63
Robert Cloutier	31.14
Phil Schaffer	33.36
M65 Ross Mitchell	29.63
Ed Cox	30.21
M30 Bill Daprano	31.40
M70 Frank Brako	33.81
George Horner	37.05
M75 Angelo Oliver	42.12
M30 Jennifer Frost	32.00
Sandy Callahan	37.96
M35 S Ford-Centonze	28.61
Jean Hancock	32.56
Vicki Hill	33.61
M40 Paula DicksonTaylor	31.16
Carole Solomon	32.13
M45 Eliz Riordan	32.20
Kathy Nary	38.83
M50 Nina Bryant	36.38
Peg Boyles	37.38
M55 Nancy Merrill	46.42
M60 Sally Strazdins	37.25
Maggie Solomon	37.99
M65 Pat Peterson	38.26
M70 Bobby Mosenthal	50.62
400m	
M35 Peter Bergeron	54.11
M40 Greg Hansen	61.07
Kevin Callahan	67.42
Roger Marcoux	72.40
M45 Phil Felton	55.40
Tom Cunningham	57.31
Ralph Souppa	60.52
Francis Mainieri	64.74
M50 Bic Stevens	54.76
Roger Pierce	57.71
Jon Therlyer	64.74
M60 Bob Cloutier	70.80
Phil Schaffer	74.28
M65 Walter Sanders	79.47
M75 Bob Matteson	91.60
M30 Arlene Mahoney	67.31
Jennifer Frost	68.47
Laura Frisch	72.06
M40 Paula DicksonTaylor	66.94
M45 Sandy Miller	72.49
M50 Peg Boyles	80.17
Eileen Cox	82.64
M60 Carolyn Cappelletta	70.69
Maggie Solomon	83.67
Sally Strazdins	87.30
800m	
M30 Andre Campagnat	2:04.40
Ted Bowen	2:15.80
Andre Garon	2:21.04
M35 Rick Smith	2:02.06
Steve Beckwith	2:09.38
Brian Rhodes	2:12.55
M40 Roy Currie	2:07.84
Richard Clark	2:17.20
George Frost	2:28.58
M45 Rich Puckerin	2:10.42
Jeff Parkman	2:28.55
M50 Larry Smith	2:31.27
M55 Fred Bertelsen	2:44.59
M60 Bob Milner	2:29.10
M75 Bob Matteson	3:44.61
M30 Laura Frisch	2:44.89
Laurie Waterman	2:55.77
M35 Jean Hancock	2:54.70
M45 Eliz Riordan	2:45.72
M50 Eileen Cox	3:11.23
M60 Carolyn Cappelletta	2:48.73
Maggie Solomon	3:16:15
1500m	
M30 Dave Dunham	4:12.51
Jack Burke	4:40.05
M35 Arthur Demers	4:23.63
Brian Rhodes	4:28.47
Karl Hoyt	4:41.70
M40 Francois Martel	4:22.39
Brad Hurst	4:29.06
Richard Clark	4:41.98
M45 Rich Puckerin	4:27.00
Duane Green	4:30.44
Jack Fultz	4:34.97
M50 Frank Myers	4:56.37
John Hancock	5:28.09
Reginald Cook	6:25.06
M55 Tim Simpson	4:41.82
Eric White	5:16.72
John Hurley	6:09.83
M60 Bob Milner	4:57.50
M65 Don Ross	5:45.25
M30 Ellen O'Neil	5:09.80
Laurie Waterman	2:55.77
M35 Anne Ricardelli	5:25.38
M40 Sheila Purvis	4:46.38
Marilyn Bright	5:17.41
Paula DicksonTaylor	5:21.53
M45 Anne Schmitt	5:38.18
Noel Bodwell	5:39.42
M50 Eileen Cox	6:12.23

3000m	
M30 Dave Dunham	8:44.54
John Fiola	8:57.80
Bob O'Brien	9:09.54
M35 Art Demers	9:36.11
M40 Barry Harwick	8:44.82
Ken Leinbach	9:00.28
Allan Muir	9:04.95
Jacques Laliberte	9:50.60
M45 Rich Murray	10:02.16
Les Heron	11:58.91
Ed Dubord	13:03.11
M50 Ray Dion	10:21.48
M55 Vincent Colgan	11:15.01
Eric White	11:30.27
John Hurley	13:26.04
M60 Dillon Maier	13:43.87
M65 Don Ross	12:05.92
M70 Ken Folsom	14:55.93
M75 Bob Matteson	15:47.05
55mH	
M30 Byron Henry	9.01
M35 Geoff Hennessy	9.36
Bill DeHorn	9.64
M50 Paul Gansle	9.59
M70 Frank Brako	12.64
M45 Phil Raschker	9.34
4x200m Relay	
M40+Boston RC	1:43.73
Hanover RC	1:49.39
Club Northeast	1:52.31
White Mt Milers	1:55.78
M40+Club Northeast	2:16.00
Liberty AC	2:16.74
White Mt Milers	2:19.42
High Jump	
M30 Joe Patrone	6-6/1.98
Eric Beaudry	6-2/1.88
John Hoogasian	4-6/1.37
M35 Ambrose Correau	5-4/1.63
M45 Bill DeHorn	5-4/1.63
Jim Dolezel	5-0/1.52
M50 Paul Gansle	5-0/1.52
Carl Wallin	4-8/1.42
Robert Harvey	4-8/1.42
M60 Curtis Cass	4-2/1.27
Dillon Maier	3-10/1.17
M70 Frank Brako	4-2/1.27
M60 Sally Strazdins	3-4/1.02
Joan Burgess	3-4/1.02
Pole Vault	
M30 John Hoogasian	12-0/3.66
Chris Misavage	11-0/3.35
Eric Beaudry	8-0/2.44
M35 Ambrose Correau	13-2/4.01
M45 Bill DeHorn	11-10/3.61
Jim Bell	7-0/2.13
M50 Jan Decker	9-6/2.90
Jim Eshelman	9-0/2.74
M45 Phil Raschker	nh
(vaulted 10-6 1/2 in open competition on Jan. 6)	
Long Jump	
M30 John Hoogasian	13-9 3/4
M35 Don Boggis	15-11
M40 Wayne Fisher	18-5 1/2
Pershing Reid	16-8 1/2
M45 Doug Fredericks	16-9 1/2
Jim Dolezel	16-5 1/2
John Oleski	15-5 3/4
M50 Jan Decker	14-2
M55 Ed Mezzapelle	10-8 3/4
Bob Smullens	9-5 1/2
M60 Curtis Cass	13-6 1/2
Dillon Maier	12-10
M70 Frank Brako	12-3 3/4
M45 Phil Rascher	16-3 1/2
Triple Jump	
M30 John Hoogasian	27-5 3/4
M45 Doug Fredericks	33-7 1/2
Jim Dolezel	33-1 1/2
John Oleski	32-11 3/4
M50 Paul Gansle	30-11
M55 Bob Smullens	20-9 3/4
M65 Bill Daprano	25-4 3/4
M70 Frank Brako	26-1 3/4
M55 Jutt Riegel	24-6 3/4
Shot Put	
M30 John Hoogasian	26-11 1/2
M35 Don Boggis	34-3/4
M40 Don Filkins	40-2
Carl Reichard	37-7 1/2
M45 Joe Wevurski	35-1 1/2
Peter Mitchell	33-10 3/4
Mike Grisko	32-11 3/4
M50 Carl Wallin	50-0
Bob Harvey	40-2
M55 Mike Hoffer	28-2 3/4
M60 Len Rosen	39-8 3/4
M70 George Horner	29-2
M75 Angelo Oliver	25-9 1/2
Bob Sparks	25-4 3/4
M50 Marlene Sachs	29-1
Sally Strazdins	20-7 3/4
Weight Throw	
M40 Carl Reichard	44-8 1/2
Don Filkins	43-9 3/4
M45 Mike Grisko	37-10 3/4
M65 49-9 3/4	
1500m Racewalk	
M40 Nancy Delaney	12:33.86
M60 Joan Burgess	10:34.26

Philadelphia Masters Indoor Meet Swarthmore College; Jan. 7

55m	
M35 Steve Galetta	6.8
M40 Karl Castor	7.1
M40 Renee DiGiacomo	9.5

500m	
M35 Ray Blackwell	68.0
M40 Karl Castor	76.0
M45 Phil Felton	74.

Continued from previous page

Bob Cloutier	29.71
Phil Schaffer	32.75
M65 Walt Sanders	34.14
M70 Frank Brako	35.46
George Horner	37.00
M75 Sparks Sorlien	40.03
Angelo Oliver	42.07
M30 Anne Jennings	27.30
M45 Liza Riordan	32.14
Ann Schmitt	34.77
Kathy Nary	38.90
M55 Nancy Merrill	43.95
M60 Sally Strazdins	36.93
M65 Pat Peterson	37.57

M30 Norm Bouthellier	2:03.29
Bill Newsham	2:05.67
Bill Bromsmith	2:07.08
M35 Rick Smith	2:02.39
Joe Sullivan	2:11.00
Ed Pancoast	2:14.64
Joe Berit	2:24.02
M40 George Frost	2:11.89
Ray Oliver	2:31.68
Andrew Pales	2:39.53
M45 Al Swenson	2:09.76
Brad Johnson	2:22.94
Steve Schmitt	2:34.03
M55 Wesley Foote	2:29.85
Fred Bertelsen	2:48.00
M60 Jack Nyhan	3:07.41
M75 Bob Matteson	3:46.91
M30 Jen Frost	2:50.81
Laurie Waterman	3:01.33
M40 Sheila Purves	2:26.34
M45 Elizabeth Riordan	2:41.39
Ann Schmitt	2:43.58

M30 Bill Newsham	4:37.79
Bill Bromsmith	4:39.71
M35 Joe Sullivan	4:41.50
Ed Pancoast	4:52.38
Scott Brown	4:58.37
M40 Ken Leinbach	4:33.79
Bob Hodge	4:41.97
Richard Orian	4:49.42
M45 Al Swenson	4:38.54
Jack Fultz	4:45.09
Ed Poirier	4:57.03
M50 Dick Ashley	5:40.58
Ed Root	6:27.48
M55 Joe Vaill	5:55.72
M60 John Conner	5:32.15
Jack Nyhan	7:05.87
M65 Dan Ross	6:09.15
M70 Sid Toabe	6:43.02
M70 John Gray	7:21.42
Ken Folsam	7:54.99
M75 Bob Matteson	8:05.01
M30 Laurie Waterman	6:27.32
M35 Karen Boen	5:26.21
Karen Lein	5:49.12
M40 Sheila Purves	5:09.71
Alda Cossi	5:35.25

M30 Rich Marion	8:47.14
Mel Gonzales	8:55.11
Rod Furr	9:10.14
Norm Bouthellier	9:24.44
M35 Van Townsend	9:30.16
Joe Sullivan	9:47.35
Bill Wardyga	9:49.19
M40 Geary Daniels	9:10.84
Harvey Blonder	10:24.11
George Frost	10:40.78
M50 Dick Ashley	11:31.05
M55 Mike Hoffer	14:07.44
M65 Don Ross	12:07.02
M70 Sid Toabe	13:30.51
M75 Bob Matteson	16:18.44
M35 Karen Lein	12:18.97

M50 Mike Milove	9.17
M55 Robert Smith	10.99
M65 Bill Townsend	11.16
M70 Frank Brako	13.24
M75 Armando Ricciardi	14.27
M30-39 NE All Stars	1:37.49
(Watts/Greene/Steinber/	
Corriaran)	
M40-49 BRC	1:44.18
(Pierce/Cunningham/Graf/	
Felton)	
United	1:46.10
(Norman/Fisher/Roberts/	
Sheffield)	

M50 Bob Harvey	4-6
Charles Varnet	4-4
M60 Hank Perry	4-6
M65 Anthony Viveiros	3-8
M70 Frank Brako	3-8
M75 Armando Ricciardi	3-6
M30 Anne Jennings	5-4
M60 Joan Burgess	3-6
Sally Strazdins	3-2
M65 Joyce Finley	3-0
M65 Harold Miller	7-6
Armando Ricciardi	7-0

M30 Jim Wardle	21-11
M40 Wayne Fisher	18-10
Jesse Norman	17-21
M45 Doug Fredericks	17-0
John Oleski	15-10
M50 Mike Milove	16-9 3/4
Charles Varnet	14-6
M55 Ed Kent	14-7
Ed Mezzapelle	10-7

M60 Hank Perry	14-7
M65 Bill Townsend	12-4
Anthony Viveiros	10-9 3/4
M70 Frank Brako	13-2
George Horner	10-8
M75 Armando Ricciardi	10-4
M75 Libby Hagemann	6-8

M30 Jim Wardle	44-2
M40 Robert Richardson	39-8
Kevin Cronan	33-7
M45 Doug Fredericks	34-1
John Oleski	34-0
M50 Mike Milove	33-3
M55 Ed Kent	28-10
M65 Bill Townsend	26-9
M70 Frank Brako	27-3/4
M75 Sparks Sorlien	22-7
M75 Libby Hagemann	13-8

M30 Bill Cotter	41-1
M40 Dennis Hansen	41-3
Carl Reichard	36-9
Wayne Fisher	29-4
M45 Peter Mitchell	35-0
M50 Bob Harvey	41-3
Packy Fusco	34-11
Ed Root	31-5
M60 Len Rose	40-10
George Scott	32-3
M65 Cliff Blair	39-2
Bill Garrahan	36-5
Charles Dolecki	31-4
M70 George Horner	27-7
M75 Angelo Oliver	27-2
Jack Hagemann	25-5
M60 Mary Roman	29-5
M65 Virginia O'Connor	18-5
Joyce Finley	16-3
Ginni Demilia	13-8
M70 Libby Hagemann	21-2
Anne McGowan	16-0

M30 Bill Cotter	44-1
M40 Carl Reichard	41-7 3/4
Dennis Harron	24-1 3/4
M45 Mike Grisko	38-1
M60 George Scott	27-6
M65 Cliff Blair	AR55-8
(Wm Walmoth/48-10/1989)	
Bill Garrahan	38-2
M75 Armando Ricciardi	28-3/4
M45 Roberta Blair	20-6
M60 Mary Roman	23-0
M65 Joyce Finley	17-8
Ginni Demilia	11-4

M40 Steve Vaitones	7:11.66
M45 Brian Savilones	7:21.90
Joe Light	7:24.26
Stan Sosnowski	7:43.02
M50 Bill Purves	7:30.87
M55 Mike Hoffer	9:15.41
M60 George Scott	9:40.61
Bill Banks	10:16.43
M65 Louis Candido	9:31.47
Charles Dobeck	11:07.56
M70 John Gray	9:55.83
Stuart Corning	11:44.82
M40 Sheila Danahey	10:36.06
M45 Meg Ferguson	9:02.45
M60 Jeanne Shepards	10:26.62
Joan Burgess	11:22.78

M30 Bill Cotter	44-1
M40 Carl Reichard	41-7 3/4
Dennis Harron	24-1 3/4
M45 Mike Grisko	38-1
M60 George Scott	27-6
M65 Cliff Blair	AR55-8
(Wm Walmoth/48-10/1989)	
Bill Garrahan	38-2
M75 Armando Ricciardi	28-3/4
M45 Roberta Blair	20-6
M60 Mary Roman	23-0
M65 Joyce Finley	17-8
Ginni Demilia	11-4

M40 Steve Vaitones	7:11.66
M45 Brian Savilones	7:21.90
Joe Light	7:24.26
Stan Sosnowski	7:43.02
M50 Bill Purves	7:30.87
M55 Mike Hoffer	9:15.41
M60 George Scott	9:40.61
Bill Banks	10:16.43
M65 Louis Candido	9:31.47
Charles Dobeck	11:07.56
M70 John Gray	9:55.83
Stuart Corning	11:44.82
M40 Sheila Danahey	10:36.06
M45 Meg Ferguson	9:02.45
M60 Jeanne Shepards	10:26.62
Joan Burgess	11:22.78

Greater Rochester TC Indoor Meet U. of Rochester, NY; Jan. 14

M30 Barry Grimes	5.5
M40 Johnnie Thomas	5.6
B Mathis	6.2
A LaFramboise	6.2
M50 Chuck LaChiusa	6.5
M30 Debbie Szatko	6.9
M Wallace	6.9
M40 Luann VanPeursen	7.1
K Gogolsky	7.1

M30 Mike Boni	2:13.7
M40 Roger Messenger	2:12.1
M50 Jim Palmeri	2:29
M30 Debbie Szatke	2:38.6
M40 Laurie Kinsella	2:49
M30 Dan Rohnke	9:16
G Moore	9:27
D O'Leary	9:36
M40 Roger Messenger	9:50
J Smith	10:57
D Ladd	11:04
M50 Tom Carr	10:33
M30 Beth DeClantis	10:18
M40 Laurie Kinsella	11:36

M30 John Chernak	4-9
M40 Johnnie Thomas	5-6
M30 Becky DeLass	4-4
M Wallace	4-4
M40 Johnnie Thomas	17-0
M50 Fred Gravetter	15-14
M30 Marcia Wallace	13-34
M40 Dick O'Riley	38-5
M30 Marcia Wallace	31-1
M40 Sharon Barley	19-7

M40 Johnnie Thomas	17-0
M50 Fred Gravetter	15-14
M30 Marcia Wallace	13-34
M40 Dick O'Riley	38-5
M30 Marcia Wallace	31-1
M40 Sharon Barley	19-7

MAC Reebok Indoor Championships 168th St. Armory, NYC; Jan. 19

M30 Shawn Carson	7.01
Vince Goodman	7.08
Mike Mallory	7.43
M35 Pat Mangus	7.93
M40 Mel Holley	7.86
M45 Jesse Norman	7.32
Ivan Black	7.75
Ken Kienzie	7.91
M50 Ron Johnson	7.19
Gene Bollor	7.86
M55 Ed Kent	8.38
M65 Joe Kernan	10.98
M30 Tina Cooper	8.23
Betty Whitaker	8.40
Denise Jones	8.60
M40 Angela Gutierrez	12.24

M30 Vince Goodman	38.61
Bill Vaughn Jr	38.61
M35 Pat Mangus	44.47
Dave Guier	49.98
M40 Mark Benjamin	41.10
Bob Gill	44.00
M45 Jesse Norman	39.06
Errol Lee	39.16
M50 Richard Hamner	43.72
M55 Robert Smith	48.74
M60 Bob Dobbs	44.01
Cliff Pauling	45.82
M70 John McManus	53.12
M30 Betty Whitaker	47.19
Denise Jones	52.46

M30 Joe Skelly	1:28.33
M35 Mitchell Lovett	1:19.25
M40 Bill Caidon	1:30.07
Jeff Kisseloff	1:32.18
Bob Gill	1:32.28
M45 Chris Scicure	1:36.76
M50 Kevin Smith	1:32.16
M60 Jim Aneshansley	1:39.02
M65 Joe Kernan	2:03.74
M70 John McManus	1:48.48
M30 Harold Nolan	2:40.05
M35 Pat Mangus	2:58.84
M40 John Roselli	3:13.13
M50 Stan Edelson	3:16.13
M60 Jim Aneshansley	3:00.69
Irwin Bernstein	3:04.40
M30 Kelly Etheridge	3:10.23

M30 Joe Skelly	9:38.64
John Larding	10:26.05
Grover Prince	10:50.53
M35 Doug Miller	9:43.09
M40 Hamant Ardel	9:54.32
Jeff Kisseloff	10:16.60
Tony Plaster	10:42.55
Seth Okrend	11:09.21
M45 Victor Diaz	11:06.79
Victory Medina	11:10.34
Chris Scicurs	11:28.82
M50 Stan Edelson	14:37.96
M55 Stephen Brown	10:42.22
M30 Helen Ward	10:57.30
Laurie Black	12:09.17

M45 Ivan Black	1.47
M30 Duncan Littlefield	4.11
Ron Hubst	3.51
M50 Jeff Tindall	3.20
M35 Vance Rogers	5.30
M40 Troy Frank	5.95
M45 Ivan Black	4.53
M55 Ed Kent	4.18
M40 Bob Richardson	11.30
M45 Ivan Black	10.36
M55 Ed Kent	9.02
M40 Dennis Hansey	12.55
Jeff Copland	10.10
M45 Rich Dunphy	11.95
Ivan Black	6.95
M50 Ed Fox	11.53
Carl Levine	9.48
M30 Virginia Palmer	9.56
H Carter-Range	9.22
M35 Sarah Boslaugh	10.53
M45 Marie Beretey	8.10
M50 Roslyn Katz	7.58
M60 Ann Cirulnick	8.47

M40 Dennis Hansey	9.19
M50 Ed Fox	9.73
Carl Levine	6.59
M35 Sarah Boslaugh	7.30
M50 Roslyn Katz	9.56
M60 Ann Cirulnick	7.18
M60 Bob Barrett	7:47.86
M35 Kathryn Davis	11:30.36
M70 Queenie Thompson	13:38.59

M40 Dennis Hansey	9.19
M50 Ed Fox	9.73
Carl Levine	6.59
M35 Sarah Boslaugh	7.30
M50 Roslyn Katz	9.56
M60 Ann Cirulnick	7.18
M60 Bob Barrett	7:47.86
M35 Kathryn Davis	11:30.36
M70 Queenie Thompson	13:38.59

M40 Dennis Hansey	9.19
M50 Ed Fox	9.73
Carl Levine	6.59
M35 Sarah Boslaugh	7.30
M50 Roslyn Katz	9.56
M60 Ann Cirulnick	7.18
M60 Bob Barrett	7:47.86
M35 Kathryn Davis	11:30.36
M70 Queenie Thompson	13:38.59

M40 Dennis Hansey	9.19
M50 Ed Fox	9.73
Carl Levine	6.59
M35 Sarah Boslaugh	7.30
M50 Roslyn Katz	9.56
M60 Ann Cirulnick	7.18
M60 Bob Barrett	7:47.86
M35 Kathryn Davis	11:30.36
M70 Queenie Thompson	13:38.59

Tom Hartshorne	4:45.27
Dave Worden	4:50.86
Kevin Kelly	4:52.60
Bill McMullen	4:55.50
Tom Knapp	5:05.75
John Capoccia	5:14.96
Jim Herr	5:32.55
J J O'Malley	6:14.31
M45 Reinhold Wotawa	5:00.50
Tom Homeyer	5:03.89
Tim Payne	5:10.17
Ken Zeserson	5:11.79
Rick Cleary	5:12.97
Butch Bigelow	5:25.88
Don Kirt	6:20.62
M50 Herb Engman	5:07.75
Jim Bisogni	5:11.41
Tom Carr	5:26.48
Dave Sanders	5:38.71
M55 Vince Colgan	5:28.47
Sam Graceffo	5:30.26
Tom Simpson	6:32.38
M60 Bob Milner	5:14.15
Don Farley	5:56.84
Ted Sullivan	6:52.44
M65 Jack Garrity	6:26.18
Roger Whalley	6:47.72
Dick Sullivan	6:56.94
M30 Beth DeClantis	5:14.95
Lorrie Marnell	5:53.18
M35 Sue O'Malley	6:03.62
M40 Patti Ford	5:23.40
Shirley Woodford	6:00.07
Phyllis Radke	6:35.18
Diane McGuire	7:25.10

M40 Angela Gutierrez	12.24
M30 Vince Goodman	38.61
Bill Vaughn Jr	38.61
M35 Pat Mangus	44.47
Dave Guier	49.98
M40 Mark Benjamin	41.10
Bob Gill	44.00
M45 Jesse Norman	39.06
Errol Lee	39.16
M50 Richard Hamner	43.72
M55 Robert Smith	48.74
M60 Bob Dobbs	44.01
Cliff Pauling	45.82
M70 John McManus	53.12
M30 Betty Whitaker	47.19
Denise Jones	52.46

M30 Joe Skelly	1:28.33
M35 Mitchell Lovett	1:19.25
M40 Bill Caidon	1:30.07
Jeff Kisseloff	1:32.18
Bob Gill	1:32.28
M45 Chris Scicure	1:36.76
M50 Kevin Smith	1:32.16
M60 Jim Aneshansley	1:39.02
M65 Joe Kernan	2:03.74
M70 John McManus	1:48.48
M30 Harold Nolan	2:40.05
M35 Pat Mangus	2:58.84
M40 John Roselli	3:13.13
M50 Stan Edelson	3:16.13
M60 Jim Aneshansley	3:00.69
Irwin Bernstein	3:04.40
M30 Kelly Etheridge	3:10.23

M30 Joe Skelly	9:38.64
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Continued from previous page

M55 Pete Stopoulos	16-2.75
Don Amery	12-5
Joe Griffin	11-4
M60 Norman Robinson	14-10.50
Clarence Trinkner	14-1.50
Bill Park	12-3.50
M65 Curt Trevor	12-7.75
Ed Failor	12-1
Don Sibigroth	11-6
M70 Mel Larsen	15-8
Mel Buschman	10-7.75
Aime Adams	9-2.50
M75 George Rajcevic	10-3.75
M80 Mel Flachs	9-3.50
W35 Boguslaw Langner	14-2.50
W45 Pam Miller	11-10
W50 Penny Danielson	12-8
W55 Janet Amery	7-2
W60 Dee Robinson	6-10.50
W70 Florence Berry	3-7
Triple Jump	
M40 Mike Skoflanc	37
M50 John Meisner	33
Dave Eidahl	32
M55 Ken Clark	21-1.50
M60 Lou Edelman	23-2
Bill Park	21-5.50
M65 Curt Trevor	29-7
Ed Failor	24-7.25
Don Sibigroth	24-7
M75 George Rajcevic	22-4.25
Shot Put	
M40 Bill Leffler	44-9
Jeff Watry	37-1.50
Larry Readman	35-7.50
M45 Jerry Sinters	39-8.25
M50 John Hess	37-1.50
M55 Ed Schmidt	37-7.50
Don Amery	32-3
M60 Him Hamer	35-3
Floyd Smith	34-4
Clarence Trinkner	31-9
M65 Phil Brusca	38-7
Don Sibigroth	25-10
Ben McAdams	24-10.50
M70 Mel Larsen	35-6
Mel Buschman	30-2
Aime Adams	25-2.25
M75 Keith Bare	26-4
George Rajcevic	25-5
M80 Milo Lightfoot	24-8.50
W45 Pam Miller	25-0.50
W55 Janet Amery	12-4
W70 Florence Berry	14-4.50
1500m RW	
M45 Ron Winkler	7:54.2
M50 Dave Eidahl	7:51.5
Frank Weibel	8:47.4
M60 Frank Brown	7:59.0
M75 Tom Kirley	9:46.8
W45 Alice Walker	9:40.3
W55 Rachel Norton	9:17.1
W70 Elsie Kirley	12:49.9

USATF Lake Erie Association
Indoor Championships,
Kent State University,
Kent, Ohio; Jan. 6

60m	
M35 Lawrence Finley	7.7
M40 Les Hale	7.5
M45 Norman Thomas	8.7
M50 Tim Butts	8.0
M55 Jack Brunner	8.8
M60 Tom Labbe	9.2
M65 Chuck Sochor	8.6
M70 Jack Hipple	9.3
M80 Ed Andrasek	14.3
W30 Rhonda Pope	7.9
W35 Patricia Finley	9.1
W50 Patrice Thomas	11.2
200m	
M30 Spencer Johnson	23.4
M35 Lawrence Finley	24.6
M40 Les Hale	24.8
M50 Tim Butts	26.7
M55 Jack Brunner	29.3
M60 Tom Labbe	54.4
M65 Chuck Sochor	27.7
M70 Jack Hipple	32.3
M75 John Means	35.4
M80 Ed Andrasek	52.3
W35 Belinda McCoy	28.5
400m	
M30 Spencer Johnson	51.4
M35 Lawrence Finley	55.1
M40 Mike Gallagher	1:00.7
M45 Norman Thomas	1:02.9
M50 Garry Cox	1:08.1
M60 Tom Labbe	1:18.0
M65 Chuck Sochor	1:04.1
M70 Jack Hipple	1:15.2
M75 John Means	1:25.0

W30 Debbie Yurth	1:07.3
W35 Belinda McCoy	1:04.5
800m	
M30 Nick DePinto	2:04.7
M35 Brian Jones	2:23.5
M40 Bob Thomas	2:03.7
M45 Glenn Andrews	2:08.1
M50 Bill Angus	2:30.6
M70 George Riser	3:18.7
W30 Ann Boyd	2:23.3
W40 Patricia Pernell	3:28.5
W55 Marilyn Morehead	3:04.4
W60 Grace Butcher	3:12.2
1500m	
M35 Willie Speight	4:50.7
M40 Ricky Pope	5:09.0
M45 David Blankenship	4:22.8
M50 Carroll DeWeese	5:12.2
M55 Frank Parks	5:35.2
W35 Kitty Consolo	5:39.7
W60 Grace Butcher	6:37.6
3000m	
M30 Doug Molnar	9:12.0
M35 Steve Holecko	10:17.7
M40 Mike Gallagher	10:47.7
M45 Jeff Hlinka	9:57.0
M50 Ken Sparks	9:26.1
M55 Frank Parks	10:50.9
W30 Ann Boyd	10:06.0
W35 Kitty Consolo	11:43.9
60m Hurdles	
M35 Kelly Lycan	8.7
M50 Bill Angus	9.1
M55 John Sloan	12.7
M65 Billy Simmons	11.2
4x400 Relay	
M40-49 Over the Hill TC	4:10.8
4x800 Relay	
M40-49 Over the Hill TC	11:31.7
4x1600 Medley Relay	
M40-49 Over the Hill TC	3:43.6
High Jump	
M45 Eric Bray	4-8
M50 Bill Angus	4-10
M65 Billy Simmons	4-6
M70 Fred Hirsimaki	4
W30 Debbie Yurth	4
Pole Vault	
M35 Mike Berkey	11-6
M55 Norman Downing	9-6
M70 Fred Hirsimaki	8
Long Jump	
M40 Les Hale	15-4
M50 Jerry Belinson	17-8.50
M55 Jack Brunner	13-11.75
M60 Tom Labbe	11-10.25
M65 Billy Simmons	11-5.25
Triple Jump	
M35 Kelly Lycan	42-10.50
M45 Allen Ray	31-7.50
M70 Fred Hirsimaki	25-9.75
Weight Throw	
M35 Mike Hambrick	47-6
M50 Jim Pauli	44-8.25
W55 Audrey Gasdorf	23-8.50
W60 Phyllis Shunn	15-5.50
W65 Bernice Holland	20-3
3000m RW	
M40 Michael Sprinker	21:58.3
M55 Ron Laird	17:26.4
M70 Gunter Sprockhoff	21:49.6
M75 Anthony Silvini	20:57.4
W40 Daryl Ann Kidder	16:07.9

Lincoln-Way Indoor
Masters Meet
New Lenox, IL; Jan. 27

55m	
M30 Scot Thomas	7.0
Glenn Jackson	7.1
M35 Joe Schwieterman	7.3
Don Stewart	7.4
Jeff Garfield	8.3
M40 Gerry Krainik	6.9
Mike Skoflanc	6.9
Tom Bunner	7.2
M45 Kent Hall	8.1
Larry Kokinda	8.2
Mike McNamara	8.2
M50 Robert Lloyd	7.5
Lynn Smith	7.7
Chet Dow	7.7
M55 David Laterneau	8.5
M60 Lou Edelman	8.8
M65 Chuck Sochor	7.6
Harry Brown	7.8
M70 Ken Yairo	8.9
Mel Buschman	9.9
W30 Karen Johnson	8.1
W50 Penny Danielson	9.0
Mary Lou Platis	10.1
Karen Huff	10.5
W55 Janet Amery	12.1
200m	
M30 Glenn Jackson	27.6
M35 Terry Christopher	28.2
Nick Coppolillo	28.9
M40 Gerry Krainik	23.9
M45 Larry Kokinda	30.4

M50 Robert Lloyd	27.8
John Hess	30.3
M55 Don Amery	30.3
David Laterneau	30.3
Mike Murphy	31.6
M60 Alfred DuBois	32.9
Lou Edelman	34.5
M65 Chuck Sochor	28.5
Harry Brown	28.9
M80 Milo Lightfoot	40.4
W50 Penny Danielson	34.6
W55 Janet Amery	50.5
400m	
M30 Joe Butler	58.8
Mitchell Davis	65.2
M35 Don Stewart	64.8
Nick Coppolillo	68.0
M40 Gerry Krainik	53.4
M45 Gordon Reiter	60.8
M50 Robert Lloyd	60.1
Lynn Smith	64.4
M60 Alfred DuBois	73.7
Alex White	81.5
M65 Chuck Sochor	69.4
Harry Brown	72.1
M80 Milo Lightfoot	1:42.2
800m	
M30 Steve Katz	2:17.4
Tim Crawford	2:30.5
M35 Anthony Rodiez	2:13.4
Ben Gorecki	2:15.1
John Mulligan	2:25.2
M40 Mike Klafehn	2:18.2
Jeff Watry	2:18.7
M50 John Kenton	2:22.4
M55 David Laterneau	2:42.5
M60 Jim Barry	2:59.7
Alex White	3:10.0
M65 Chuck Sochor	2:43.0
Harry Brown	2:44.4
W30 Monica Dawson	2:41.0
W50 Mary Lou Platis	3:48.7
W60 Jean Otto	3:26.7
1500m	
M30 Steve Simons	4:48.8
Barry Lee	4:58.6
M40 Mike Klafehn	4:55.8
Don Lafferty	5:04.6
M45 Ron Winkler	5:40.8
Gordon Reiter	5:43.9
M50 Harold Lange	5:53.6
M60 Alex White	7:19.0
W50 Becky Criscione	6:24.8
W60 Jean Otto	6:42.7
3000m	
M30 Chris Connelly	9:45.0
Barry Lee	10:18.1
M35 Mike Yuhas	9:02.2
Anthony Rodiez	9:30.0
William Flynn	9:35.8
M40 Don Lafferty	10:40.8
Mark Bowman	11:05.4
M45 Rich Steder	11:29.2
M50 Paul Perry	9:56.8
Pete Mathis	10:42.0
M60 Alex White	13:59.2
M65 Bernie Keeler	18:22.5
W50 Becky Criscione	13:03.9
55mH	
M30 Scott Thomas	8.1
Joe Butler	8.3
M35 Joe Schwieterman	8.3
M40 Bob Zahn	8.3
Jeff Watry	9.1
M50 Chet Dow	9.5
Tom Thorne	9.6
M55 Bruce Mills	10.4
M65 Chuck Sochor	10.8
M70 Mel Buschman	12.5
W50 Mary Lou Platis	13.7
High Jump	
M40 Jeff Watry	5-8
John Valiska	5-4
M45 Kent Hall	4-2
M50 Lynn Smith	5-2
Henry Clapper	5-2
Tom Thorne	4-8
M55 Bruce Mills	4-6
Mike Murphy	4-4
M60 Lou Edelman	3-10
M65 Chuck Sochor	4-0
Bernie Keeler	3-4
M70 Mel Buschman	3-8
M80 Milo Lightfoot	3-8
W50 Mary Lou Platis	3-4
Pole Vault	
M35 Terry Christopher	12-0
Mark Criscione	11-0
M40 Tom Bunner	13-6
Keith Petranek	13-0
M45 Kent Hall	9-0
M80 Milo Lightfoot	5-6
Long Jump	
M45 Jeff Watry	17-4½
Mike Skoflanc	16-6
M45 Mike McNamara	14-3½
M50 Tom Thorne	15-5
Henry Clapper	14-2½
M55 Bruce Mills	13-8
Don Amery	13-6½
M60 Lou Edelman	10-8½
M65 Chuck Sochor	14-11
Don Sibigroth	10-11½
M70 Ken Yairo	12-9½
Mel Buschman	10-7½
W50 Penny Danielson	12-3½
Mary Lou Platis	9-1½
W55 Janet Amery	8-½
Triple Jump	
M40 Mike Skoflanc	37-9 3/4
M50 Lynn Smith	30-1
M60 Lou Edelman	21-8½

M65 Don Sibigroth	23-4
M70 Mel Buschman	19-9½
W50 Mary Lou Platis	18-3
Shot Put	
M35 Jeff Garfield	35-2
M40 Jeff Watry	35-6
Larry Readman	34-8
M45 Mike McNamara	32-7½
M50 John Hess	37-5
Tom Thorne	34-2
Henry Clapper	34-0
M55 Don Amery	34-3
Dave Laterneau	30-3
M60 Lou Edelman	22-3½
M65 Lou Pollay	34-2
Don Sibigroth	29-8
M70 Ken Yairo	31-5
Mel Buschman	28-4
M80 Milo Lightfoot	25-4
W30 Robin Baumgardner	20-7
W50 Karen Huff	32-7
Mary Lou Platis	21-2½
W55 Jane Amery	14-11
35# Weight	
M40 Larry Readman	36-3
56# Weight	
M40 Larry Readman	20-9½
3000m Racewalk	
M60 Alfred DuBois	16:45.5
M65 Lou Pollay	19:01.1
Don Sibigroth	20:48.3
W45 Alice Winkler	20:00.0

MID-AMERICA

Early Morning "R" Meet
Twin Cities, MN; Feb. 4

55m	
M30 Doug Weimerskirch	6.94
M35 Bill Jahner	7.56
M45 Neil Bonstrom	8.45
M50 Larry Morrisette	7.78
M55 George LaBelle	8.16
M60 Fred Biederman	7.0
Alan Brevik	8.05
Jim Peterson	8.37
M65 Emmett Edwards	9.19
M75 Ben Bjergo	38.30
W60 Rachel Lyga	9.24
200m	
M45 Neil Bonstrom	30.56
M50 Larry Morrisette	30.63
M60 Fred Biederman	29.84
Alan Brevik	32.28
M75 Ben Bjergo	2:30.00
W60 Rachel Lyga	41.62
400m	
M45 Neil Bonstrom	69.88
M50 Larry Morrisette	67.31
M60 Larry Brant	97.78
W60 Rachel Lyga	1:45.09
1 Mile	
M35 Leon Rodriguez	7:02.30
M40 Larry McDonough	5:24.46
M60 Larry Brant	7:48.94
55mH	
M55 George LaBelle	10.53
M60 Alan Brevik	10.40
Jim Peterson	11.16
M65 Emmett Edwards	14.22
W60 Rachel Lyga	12.16
High Jump	
M35 Bill Jahner	5-2
M55 G LaBelle	4-½
M60 Tom Langenfeld	5-1
M65 Emmett Edwards	4-½
W60 Rachel Lyga	3-8
Long Jump	
M30 Doug Weimerskirch	20-2
M35 Bill Jahner	17-2
M50 Larry Morrisette	15-4
M60 Jim Peterson	14-6
Alan Brevik	14-2
W60 Rachel Lyga	11-3
Triple Jump	
M30 Doug Weimerskirch	37-8
M35 Bill Jahner	36-5
M50 George LaBelle	23-8
M60 Alan Brevik	29-0
Jim Peterson	28-7
W60 Rachel Lyga	23-9
Shot Put	
M30 Doug Weimerskirch	34-3
M35 Mike Keller	29-4
M55 George LaBelle	36-4
M60 Jim Peterson	34-0
Gene Lohman	33-10
M65 Emmett Edwards	32-10
W65 Barb Thorgrimson	23-0
Rachel Lyga	20-4
Weight	
M30 Doug Weimerskirch	27-6
M55 George LaBelle	29-9
M60 Larry Brant	22-3
M65 Emmett Edwards	30-7
M75 Ben Bjergo	12-4
W60 Rachel Lyga	18-7

Senior Games Festival
Tucson, AZ; Jan. 21

50m	
M50 Larry Armstrong	7.27
M55 Fred Kier	6.7
M60 Richard Glasgow	7.0
M65 Paul Wilson	8.8
M70 Johnny Gibson	8.2
M75 Milt Silverstein	7.6
M80 Paul Hall	9.7
M85 Lloyd Allen	10.4
W55 Vera Shury	8.6
W60 Erika Goldstein	8.7
W65 Bette Shulkin	12.1
W70 Janice Waldron	16.0

Continued from previous page

M60 Harold Cresson	111-2
Floyd Riddle	109-2
M65 Arthur Brandt	94-6
M70 Charles Obye	94-5
Doug Cochran	92-7
M75 Bob Crawford	65-3
M80 Charles Roloff	65-10
M85 Lloyd Allen	45-5
M90+John Hedges	32-0
W50 Helen Gutierrez	37-0
M55 Maggie Dembrowski	45-11
Karen Bergfeldt	44-9
W60 Nancy Filiatrault	40-3
W65 Barbara Brandt	70-10
W70 Adele McCormick	63-9
Renee Roloff	50-9
W80 Beulah Cowan	16-1
1500m Racewalk	
M55 Joe Almeida	9:55.7
M60 David Malkin	9:15.2
M65 William Conger	10:22.8
Jack Stoltz	10:33.3
M70 Don Gladding	9:15.1
Les Shoemaker	10:52.1
M75 Richard Stark	10:30.8
Roy Clark	11:29.5
M80 Vinton Clarke	11:29.7
M85 Lou Cowan	12:36.9
W50 Mary Morrison	11:19.4
W55 Sally Bolar	10:53.2
W60 Marie Foreman	10:16.4

So. Cal. Striders Desert Classic Palm Desert, CA; Jan. 27

60m	
M40 David Perrin	7.36
M45 Sheridan Groves	8.03
M55 Lee Gillespie	9.00
M60 Darwin Grimm	8.38
M70 Lawry Herbert	12.44
W40 Kathryn Herring	10.55
W50 Rita Rowan	10.85
200m	
M40 Jim Stephens	27.56
M45 Sheridan Groves	26.89
M50 Levi Patterson	27.93
M55 Lee Gillespie	30.75
M60 Darwin Grimm	29.00
M75 Pete Ganahl	45.67
300m	
M30 Jesse Cota	40.10
M40 Jim Stephens	42.22
M45 Walter Fus	42.15
M50 Walt Butler	42.20
M55 Fred Hartman	48.00
M75 Pete Ganahl	1:11.90
600m	
M30 Carlos Cota	1:33.69
M40 Jim Stephens	1:41.74
M55 George DeCottles	1:52.57
M30	
M30 Carlos Cota	4:28.62
M40 Jim Stephens	4:54.48
M45 John Davis	5:06.65
M55 George DeCottles	5:27.19
1500m	
M30 Carlos Cota	4:28.62
M40 Jim Stephens	4:54.48
M45 John Davis	5:06.64
M55 George DeCottles	5:27.17
60m Hurdles	
M40 David Perrin	8.91
M45 Sheridan Groves	9.56
M50 Walt Butler	9.20
300m Hurdles	
M45 Sheridan Groves	46.70
M55 Bill Knacke	46.80
High Jump	
M40 Richard Watson	4-10
M45 Roberto Pozzi	5-6
M55 John Steinman	4-8
M60 Darwin Grimm	4-6
M75 Pete Ganahl	3-6
Long Jump	
M40 Richard Watson	15-2.50
M45 Leroy Clippis	14-9.50
M55 Terry Rowan	14-4
M60 Darwin Grimm	14-4
M70 Herbert Lawry	11-2
M80 Clarence Trahan	11-2
Triple Jump	
M55 Terry Rowan	32-3
M60 Darwin Grimm	28-9.25
M75 Clarence Trahan	24-6
Shot Put	
M40 Dennis Greene	35-2
M55 Ron Wade	35-6
M65 Arnie Gaynor	39-0.50
M75 Jim Sullinger	31-11
Discus	
M40 Gabe Garza	116-6
M50 Dave Nuttall	112-1
M55 Bob Humphries	153-7
M60 Alan Rosen	122-1
M65 Arnie Gaynor	136
M75 Jim Sullinger	102-6
M80 Clarence Trahan	67-3

Hammer

M40 Richard Watson	94-2
M50 Dave Nuttall	102-6
M55 Bob Humphries	143-1
M65 Arnie Gaynor	99-7

Javelin

M40 David Perrin	155-7
M50 Dave Nuttall	125-5
M60 Leon Barrette	75
M65 Del Pickarts	140-9

LONG DISTANCE RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Half-Marathon Championships Las Vegas, NV; Feb. 11

OVERALL				
Grzegorz Gatdus, 29	POL	1:01:03	\$ 600	
Animo Sun, 28	CO	1:11:05	\$ 600	
M40				
Pierre Levisse, 43	FRA	1:05:26		
Pablo Vigil, 44	CO	1:07:39	\$ 500	
Charlie Gray, 41	MO	1:07:41	\$ 400	
Manuel Pino, 44	AZ	1:07:55	\$ 300	
Keith Witthauer, 40	CA	1:09:03	\$ 200	
M45				
Gary Romesser, 45	IN	1:07:14	\$1000	
Jack Fultz	MA	1:10:56		
Rick Reimer	CO	1:12:16		
Dave Dooley	CO	1:12:49		
M50				
Larry Ingram, 51	CO	1:12:35	\$ 400	
Ewar Gordillo, 50	NV	1:12:53	\$ 300	
Alphonso Jackson, 50	CA	1:15:28	\$ 200	
Robert Lindsey, 51	CA	1:15:37	\$ 100	
M55				
Roy Reisinger	AR	1:18:38		
Ronn Baker	NE	1:20:04		
Thom Weddle	MN	1:20:12		
M60				
Oleg Morozov, 61	MO	1:17:59	\$ 300	
Carl Ellsworth		1:29:05	\$ 100	
Al Schuster	CAN	1:25:36		
Edward Klassen	CAN	1:28:34		
John Rudberg		1:30:04		
M65				
Ruben Vigil, 68	NM	1:27:46	\$ 200	
William McChesney		1:31:42		
William Potter		1:34:37		
M70				
John Cahill		1:33:28		
Al Vogel		1:56:47		
Roy Murano		1:59:25		
M75				
George Boulden		1:56:48		
Denman Stanfield		2:39:30		
M80				
Dudley Healy		2:02:34		
W40				
Christine Kennedy, 41	CA	1:14:13	\$1000	
Laura Caldwell, 43	OR	1:15:54	\$ 500	
Kathleen Britcliff, 40	CA	1:21:40	\$ 400	
Joann Dahlkoetter, 42	CA	1:23:31	\$ 300	
W45				
Alfreda Iglehart	CA	1:27:14		
Merle La Duke	CA	1:29:17		
Cheryl Mazur	CA	1:33:54		
Amy Fredericks		1:37:35		
W50				
Joan Ottaway, 51	CA	1:18:42	\$ 400	
Jane Hutchison, 50	MO	1:19:34	\$ 300	
Mary Wood, 50	CO	1:20:35	\$ 200	
Melody Schultz, 54	CA	1:24:07	\$ 100	
W55				
Barbara Miller	CA	1:25:08		
Yvette Lavigne	CA	1:30:51		
Shirley Blush	CA	1:49:01		
W60				
Nancy Hellyer		1:43:24	\$ 300	
Thelma Wilson		1:46:25	\$ 200	
Ruth Heidrich		1:49:19	\$ 100	
W65				
Marcia McChesney		1:49:52		
Janine Maltas		2:03:39		
Monique Vredevel		2:38:47		
W70				
Betty Halsen		2:32:42		

EAST

REEBOK/USATF New England Cross-Country Championships, Nov. 12

Men's 8K		
M40 Bob O'Hara	26:49	
Geary Daniels	26:58	
Bob Hodge	27:02	
M45 Larry Olsen	27:54	
Jerry Learned	28:05	
Hike McCusker	28:33	
M50 Doug MacGregor	29:32	
Jim Laurent	30:52	
Ray Beaudin	31:20	
M55 Gabriel Bernal	31:06	
Ken Mueller	31:47	
Bill Aitken	38:11	
M60 Jim O'Toole	34:38	
Ted Kuhne	34:56	
Dana Sumner	36:36	
Teams		
M40 Central Mass Str	2:18:35	
TriValley FrRun	2:19:32	
Gr. Lowell RR	2:23:33	

M50 Boston R.C.	2:57:27
Women's 6K	
1. Kate Fonshell	20:22
W40 Rita Cecil	23:06
Sheila Purves	23:35
Sidney Letendre	25:19
W45 Deb Bullerjahn	24:05
Linda McLane	29:31
W50 Jan Bober	27:00
Charlene Francis	28:32
Mardi Reed	28:33
W55 Carrie Parel LAC	26:44
W60 Liz Szawlowski	31:36
Mary Harada	33:03
Teams	
W40 Liberty AC	1:13:09
Cambridge SpUn	1:16:37
Boston RC	1:27:08
W50 Liberty AC	1:25:08
Boston RC	1:27:08
Same course as national 8K	

Brian's Run 10K West Chester, PA; Dec. 3

Overall		
P Githuka 26	28:55	
J Bowers 32	35:03	
M40 D Packard	32:43	
M Will-Weber	33:23	
D Patterson	34:37	
D Anderson	35:07	
M45 S Madres	35:43	
S Bergmann	36:38	
W Young Jr	37:12	
M50 R Myers	35:25	
R Webb	35:57	
T Gerrity	36:29	
M55 H Townsend	38:59	
J Flanagan	40:10	
W Kriebel	41:33	
M60 R Melendez 61	42:14	
P Steel Jr 61	43:45	
W40 S Packard	44:39	
J Myers	44:57	
A Gaffney	45:35	
W45 J Hampton	42:48	
S Lachall	46:30	
C Cooper	47:14	
W50 C DiGiambatis	47:12	
Linda Ottaviano	55:57	
W55 J Kellogg	51:57	
M60 V Langberg 67	58:58	
B Kerchner 60	75:49	

Delaware Marathon Middletown; Dec. 10

Overall		
Timothy Wunsch 33	2:36:02	
Rose Malloy 47	3:08:56	
M40 Dennis Packard	2:41:37	
Ronald Roop	2:50:04	
Farley Spector	2:59:33	
M45 Bernard Neiderer	2:48:22	
Stuart Madres	2:50:11	
John Dercoole	3:14:59	
M50 Richard Webb	2:45:50	
Bill Vogler	3:04:42	
M55 Glenn Collins	3:24:36	
Wolfgang Mohaupt	3:33:58	
M60 Ray Berube	3:37:23	
M70 Ben Moore	4:35:15	
W40 Susan Briers	3:44:07	
Jan Biber	3:49:19	
W45 Sue Davis	4:10:55	
Deborah Delong	4:38:14	
W50 Rachel Oren	4:16:36	
W55 Lois Johnson	4:56:26	

NYRR Holiday Four Mile Run Central Park, NYC; Dec. 17

Overall		
Jerry Macari 36	20:51	
Candace Strobach 37	23:11	
M40 Wes Byerly	22:30	
Richard Shaver	23:18	
Paul McCavitt	24:17	
M45 Larry Dippolito	23:31	
Emil Barbosa	23:46	
Marc Hildenburg	23:49	
M50 David Jacobs	25:23	
Jeremiah O'Connor	25:31	
Doug Strohl	27:37	
M55 James Fillis	25:59	
Tony Igan	28:13	
Jerry Kirschner	28:18	
M60 George Hirsch	26:50	
Alfred Finger	26:50	
Gera Feld	27:17	
M65 Ari Badakhanian	28:37	
Joseph Burns	28:43	
Jack Haar	29:27	
M70 George Thompson	31:08	
Donald Simon	46:16	
M75 Albert Goldstrin	36:19	
William Benson	38:34	
W40 Gillian Horowitz	23:50	
Mary DiNardo	25:38	
Wendy Silverstein	26:54	
W45 Irene Jackson	27:58	
Judy Harrigan	28:07	
Roberta Brill	28:58	
W50 Ann Makoske	27:54	
Marsha Henkin	32:21	
Ruth Gutman	33:18	
W55 Billie Moten	35:42	
Susan Kossowsky	37:39	
Phyllis Roth	42:14	
W60 Adele Stroh	40:32	
Melva Murray	42:59	
Annie Zinker	46:36	
W65 Janine Maltas	39:04	
Arlene Kernis	43:50	
Betsy Frew	59:42	
W70 Jozi Neulinger	47:55	
Marcella Tobias	55:28	

NYRR Holiday 25K Central Park, NYC; Dec. 17

Overall		
Alem Khasay 23	1:23:25	
Gordon Bakoulis 34	1:33:03	
M40 Jaime Placios	1:28:52	

Steve Calidonna	1:33:02
Jerry Miller	1:33:22
M45 Robert Briglio	1:32:39
Nicholas Casell	1:33:36
Andy Burek	1:36:13
M50 Thomas McGee	1:43:22
Jack Brennn	1:43:29
Bob Pike	1:45:26
M55 Sidney Howard	1:38:00
Alberto Ocampo	1:52:00
Martin Radner	1:58:49
M60 Thomas Frawley	2:07:25
Anthony Celetano	2:12:20
Edward Diamond	2:19:13
M65 Dom Lucca	2:21:51
Joseph Simonte	2:21:57
Leo Schonhaut	2:28:35
M70 Arthur Bowen	2:04:42
Phil Mongillo	2:14:45
Peter Harangozo	2:23:51
M75 Wilfredo Rios	2:42:33
W40 Kathy Gribbon	1:46:37
Barbara Anderson	1:46:46
Linda Ottaviano	1:56:09
W45 Suzanne Rohr	1:50:09
Jenny Kennedy	2:00:51
Flora Flores	2:09:58
W50 S Rae Baymiller	1:41:39
Marjorie Kos	1:56:53
Betty Horstmann	1:58:50
W55 Patty Parmalee	2:11:14
Celeste Fondaco	2:31:30
Gail Moss	2:43:06
W60 Rosa Nales	2:17:07
Thelma Wilson	2:19:48
Naomi Vogel	2:38:24

Sober-Up Three Mile Hanger Half-Marathon Albany, NY; Jan. 1

M40	Dale Keenan	1:16:05
	Rob Picotte	1:18:51
M50	John Bradley	1:33:01
	Joe Cargioli	1:33:30
M60	Wade Stockman	1:33:57
	Gerald Barney	1:37:33
M70+Mike Bartholomew		2:14:02
W40	Martha DeGrazia	1:39:18
	Ginny Moore	1:47:20
W50	Margaret Ferrara	1:53:53
W60	Anny Stockman	1:54:00
--Three Mile--		
M40	Chip Button	17:14
	Alan Taylor	18:42
M50	Bill Drake	20:32
	Bruck Beck	22:14
M60	Jim Tierney	22:03
	Jim Holland	25:30
M70	Bob Hennig	24:31
	Bob Knowlton	26:40
W40	Theresa Wuerdeman	21:40
	Jill Mehan	22:38
W50	Gerri Moore	30:07

Continued from previous page

Ruth Kassanga	27:32
W65 Dolly Finkelstein	30:24
Bertha McGruder	33:27
W70 Muriel Merl	27:24
Jozi Neulinger	37:38
Queenie Thompson	37:43
W75 Althea Jureidini	41:09

SOUTHEAST

Carolina Marathon
(Women's U.S. Olympic Trials)
Columbia, SC; Feb. 10

1 Jenny Spangler	32:29:54
2 Linda Somers	34:23:06
3 AnneMarie Lauck	2:31:18
25 Alice Thurau	40:24:36
49 Honor Fetherstn	41:46:14
87 Marina Jones	44:25:36
88 Jane Welzel	40:25:34
102 Nancy Hinkel	41:25:18
111 Charlene Soby	45:25:42
126 Sharlet Gilbert	44:30:19

SOUTHWEST

Larry Fuselier 25K
Abita Springs, LA; Dec. 2

Overall	
Jeff Hartlage	34:1:30:22
Lynn McDougall	31:1:39:10
Masters	
Derrick Lee	41:1:35:56
Ruthie Conn	41:1:59:30
Grandmasters (50+)	
Larry Schlueter	50:1:42:56
Brenda Hopkins	52:2:50:45
M35 Tom Cendrowski	1:38:54
Laurence Cohen	1:39:24
M40 Roy Roberson	1:38:25
Chris DesMarreau	1:44:42
M45 Gary Stein	1:53:10
Manuel Gardberg	1:54:50
M50 Ira Pennison	1:57:03
Jamie Avila	1:57:58
M55 Joe McCaffrey	1:55:00
Stan Taylor	1:55:02
M60 Don Lee	1:55:15
M65 Arlen Frank	2:36:01
W35 Julie McGee	1:43:16
W40 Dorothy Cain	2:02:59
Peggy Glanders	2:08:40
W45 Judy Salvaggio	2:10:48
W50 Doty Klyce	2:55:10

Louisiana State 15K
Championships
Abita Springs, LA; Dec. 30

Overall	
Dr. Pat Hambrick	46:50:20
Jennifer Lakas	19:70:30
Masters	
Al Quevara	42:54:15
Yvonne Lee	67:55
Grandmasters (50+)	
Bill Leach	52:59:51
Patty Ray	52:87:11
M35 relton Suthon	59:50
Jonathan Bracy	60:04
M40 Elmit Lockard	65:38
Dave White	65:48
M45 J R Brown	54:52
J B Baron	63:15
M50 Herman Domangue	65:05
Ira Pennison	66:22
M55 John Rincon	73:50
M60+Larry Fuselier	74:55
W35 Margo Brand	62:01
W40 Harriet Handshaw	71:43
Rosa CanessaBischoff	74:40
W45 Ramah Marshall	84:49
W50 Muriel Dauterive	87:18
Cheryl Creswell	88:00
W55 Gayle Beebower	90:21

Louisiana State 30K
Championships (RRCA
Southern Region
Championships); Abita
Springs LA; Dec. 30

Overall	
John Ivic	34:1:49:51
Jenni Peters	40:2:00:16
Masters	
Roy Roberson	44:2:04:52
Ruthie Conn	45:2:24:02
Grandmasters (50+)	
Larry Schlueter	50:2:12:16
Shannon Lyons	51:2:56:35
M35 Len Gerlowski	1:56:56
Barry Canzoneri	2:04:10
M40 Dan Grant	2:04:52
Chris DesMarreau	2:10:40
M45 Boom Belkhouche	2:06:30
Gary Stein	2:14:13
M50 David Wise	2:14:18
Buster Matthews	2:18:58
M55 Jamie Olivo	2:40:29
Bill Jennings	2:40:50
M60 Don Lee	2:22:07
M65 Roger Williams	2:22:23
W35 Janel Munne	2:27:00
Barb Marquer	2:36:18
W40 Patty Carey	2:34:41
Dorothy Cain	2:39:22
W45 Connie Carson	2:36:13
W50 Brenda Hopkins	3:27:45

New Orleans Mardi Gras
Marathon
New Orleans; Jan. 20

Overall	
John Viitanen	30:2:32:07
Lisa Herman	29:2:57:12
M40 Leonard Vergunst	40:2:38:01
Gary Julin	48:2:53:18
Mike Simpson	43:2:54:15
John Hixon	41:2:56:00
M50 Larry Schlueter	50:3:11:00
M60 R B Worley	61:3:58:05
W40 Cathy Johnson	42:3:19:23
Cathy Tibbets	41:3:25:50
Lesley Marley	41:3:26:47
W50 Ruth Baehr	55:5:13:07

WEST

SDTC 12th Mainly Masters
10K
San Diego, CA; Dec. 16

Overall	
James Sheremeta	31:32:57
Jacqueline Haynes	31:39:39
M40 Sal Salmi	34:34:22
Carroll Pope	36:14
Kim Ulle	36:39
M45 Don Irvine	37:01
Gary Manson	38:35
Steve Carlson	39:47
M50 Carl Johnson	41:55
Michael Wilkes	43:43
Pete Kane	43:46
M55 Carl Petersen	41:33
Jerry Albert	41:57
M60 Warren Osborn	42:08
Ed Gookin	44:15
M65 Dick Robinson	45:44
M70 Jim McCown	47:24
W40 Kim Campo	40:22
JoAnn Behm	40:41
Vickie Roberts	41:13
W45 Joni Shirley	41:57
Sharon Kambest	49:47
W50 Mary McAlister	53:49
Sandra Brown	58:18
W55 Eileen Pue	47:11
W60 Caroline Murray	51:17
Dorothy Stock	54:32
W70 Gerry Davidson	58:33

Handicap Results			
Name	Age	Time	HCP
Warren Osborne	61	42:08	11:1
Caroline Murray	61	51:17	20:1
Edwin Gookin	61	44:15	12:5
Scott Hovda	40	40:20	8:4
Carl Petersen	58	41:33	9:5
Joe Crosswhite	38	37:58	6:1
James Willmore	39	35:44	3:2
Steve Carlson	46	39:47	7:2
Jay Stacy	61	51:02	18:3
Joni Shirley	49	41:57	9:1

New Years Resolution
5K/10K
Santa Barbara, CA; Dec. 30

--5K--	
Overall	
Barry Molony	44:15:50
Ruth Vomund	37:19:01
M40 Barry Molony	15:50
Harold Ketting	16:05
Jose Castellanos	17:44
Mike Dungan	18:58
M45 Steven MacIntosh	17:53
Steven Johnson	18:25
Mike Rouhas	19:38
M50 Robert Davison	19:24
Gerry Winant	20:28
M55 Don Truex	19:21
M60 Bill Dodson	20:08
M65 Gene Welch	28:01
M70+Bob Herman	70:28:02
W40 Terri Werber	19:50
Sara Cobb	23:26
W45 Ann Sanders	22:51
W50 Judy Kewley	22:18
W55 Shirley Saunders	25:21
W60 Helene Birnbaum	24:25

--10K--	
Overall	
Gregg Horner	41:32:40
Angela Orefice	21:37:02
M40 Gregg Horner	32:40
Donald Faith	35:58
John Hernandez	40:52
Bill Mason	40:58
M45 Wally Marintette	39:57
Lauren Udden	41:07
Lynn Spier	43:22
M50 Vic Birtalan	39:14
John Graff	44:01
M55 Tim McCollum	44:22
M60 Bill Dodson	42:26
M65 none	
M70+Bob Herman	70:53:53
W40 Sharon Smith	46:10
Mary Monaghan	50:30
W45 Stephanie Welch	49:32
W50 Katherine Patton	54:48
M65 Margie Withrow	62:30
W70+Helga Carden	70:69:53



Paramount 10K
Paramount, CA; Jan. 13

Special World Masters Race	
M40 Steve Blum	32:57
Nicolas Hernandez	33:59
M50 Garry Kryszak	36:59
M55 Charles Burton	37:31
M60 Andre Tocco	39:08
M65 Gaylon Jorgensen	39:31
Gunnar Linde	42:38
Patrick Devine	42:42
Curt Brownfield	44:58
Walt Keller	46:05
M80 Ernest VanLeeuwen	58:40
George Feinstein	62:49
W80 Judy Simon	67:19
Open Division	
Overall	
Oscar Gonzalez	31:06
Annetta Luevano	34:12
M40 Ed Avol	35:18
Scott Rosenlieb	35:47
Robert Kessler	36:16
Takashi Yagisawa	36:17
M45 Bill Sampson	36:58
Don Chadez	37:27
Gilbert Varela	37:37
Faustino Campos	37:44
M50 Ray Parker	37:22
Peter Scott	37:39
Lee Baca	38:19
M55 Luis Gorordo	39:37
Andy Anderson	40:07
Bryan McIntosh	40:32
M60 William Wall	40:21
Robert Lyons	42:11
Lee Kim	42:39
M65 Hal Sullivan	44:55
Lew Hankins	45:44
Bob Vitale	46:44
M70+Ray Murano	53:03
Gil Cisneros	56:27
W40 Lorraine Gersitz	40:27
Jeannie Cole	43:51
Marlene Beringer	49:32
W45 Debby Jamieson	41:57
Julie Lister	42:14
Becky Parker	44:11
W50 Teresa Ross	51:59
Sachiko Lim	52:05
W55 Dolores Vega	60:32
Annette Rogers	61:18
W60 Atsuko Fujimoto	52:48
W65 Louise Martin	83:38



Senior Games Festival
5K/10K
Sun City, Tucson; Jan. 21

--5K--	
M50 Earl Evans	19:41
Dick Upton	21:50
M55 Joel Gonzalez	20:00
Joe Johnson	20:05
M60 Chris Noble	20:45
M65 Ole Veseth	25:58
M70 Bill Young	33:10
M75 Bob Martin	29:49
W50 Sue FletcherHaines	24:53
Carrie Calvert	25:52
W55 Donna Woolridge	26:22
W60 Kathy McIntyre	27:38
M65 Dorothy Wilhelmsen	28:36
W75 Sis Warnke	43:24
--10K--	
M50 Ear Evans	40:24
M55 Don Branan	43:50
M60 Leo George	51:38
M65 Ole Veseth	52:56
M70 Robert Whitaker	55:52
W50 Sue FletcherHaines	49:40
W55 Donna Woolridge	52:39
W60 Meredith Little	55:34
W65 Dorothy Wilhelmsen	58:10
W75 Sis Warnke	89:36

Las Vegas Marathon
Las Vegas, NV; Feb. 11

OVERALL	
Zoltan Hoba	HUN 2:17:11
Elena Makolova	RUS 2:40:17
M40	
Artemio Navarro	MEX 2:21:02
Leonard Hill	OR 2:26:58
Klaus Goldammer	GER 2:32:36
Lloyd Stephenson	CA 2:34:00
John Stoltz	OR 2:38:26
M45	
Terry McCluskey	OH 2:38:48
Peter Holubar	CAN 2:53:43
Hayden Smith	AZ 2:54:01
Virgil Koski	NM 2:54:03
John Dove	MA 2:59:02
M50	
Chuck Cammack	OR 2:54:23
Don Mathieu	MN 2:55:03
Don McClean	CA 2:58:53
Rob Grant	CAN 2:59:51
Dale Johnson	MI 3:00:55

M55	
R Lengacher	SUI 2:56:25
Joe Hurtado	CA 3:02:12
Don Kinney	CO 3:03:22
Jim Way	WY 3:08:22
Gamma Chavez	CA 3:12:34
M60	
Roy Svenningsen	CAN 3:08:25
Jim Schleisman	IA 3:14:03
Jim Smedema	IA 3:14:28
Frank Vasquez	CA 3:34:04
Raymond Coliver	CAN 3:37:41
M65	
Yamada Keizo	JAP 3:20:24
Patrick Devine	CA 3:21:18
Kenneth Karcher	ID 3:38:58
W40	
Kristine Goetz	WI 3:04:40
Gloria Jansen	MN 3:05:30
Lorraine Gersitz	CA 3:11:12
W45	
Not available	
W50	
Not available	
W55	
Louise Walters	CA 3:29:24
Mae Palm	CAN 3:48:27

W60
Wen-Shi Yu NY 3:41:19

RACEWALKING

Race for the Cure
5K Racewalk
West Palm Beach, FL;
Jan. 28

Overall	
John Fredericks	47:26:17
Sarah Perry	27:29:46
M40 Carey Litkov	31:36
Alan Koletsky	39:34
Lindsey Morgan	39:42
M45 Dana Sanders	32:47
Chuck Conlon	33:04
John Thomas	40:05
M50 Daniel Koch	32:47
Tony Smith	37:40
M55 Neal Donahue	31:38
John Timmons	34:24

M60 Bob Fine	2nd:28:55
Gerry Gomes	3rd:29:35
M65 Chuck Doerer	29:52
Marv Goldenberg	31:22
Jerome Kauffman	34:09
Morris Schwartz	38:15
M75+Bill Weinacht	42:36
Murray Peek	45:28
W40 Judy Wardel	33:43
Shellie Portnoy	34:45
Gayle Paul	35:30
W45 Marilyn Whipple	34:28
Andrea Wise	35:39
Cecilia McKay	37:02
Ginger Altork	34:05
Andrea Coburn	35:04
W55 Anne Dann	38:10
Margaret Phillips	38:19
W60 June Ranofsky	3rd:33:14
Lou Ann Berkley	37:50
M65 Anne Russo	39:23
Jane Redfield	40:23
W70 Gloria Chalfon	38:23
Blanche Waldman	41:15
W75+Anne Mason	45:17
Natalie Libby	48:15

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**American
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Exercise

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MAR. 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SERGIO AGNOLI (ITA)	3-2-26	70-74
RODNEY ATHERTON (TALLAHASSEE, FL)	3-29-56	40-44
WILLY BANKS (CA)	3-11-56	40-44
VACLAV BARTL (SWE)	3-5-26	70-74
ESKIL BERGQUIST (SWE)	3-15-11	85-89
CLIFTON BERTRAND (TRINIDAD-BRONX, NY)	3-2-36	60-64
JACOB BISHIN (LOS ANGELES, CA)	3-19-1	95-99
JEFF BLOOMFIELD (WACO, TX)	3-31-16	80-84
CLIFF BOULD (AUS)	3-12-16	80-84
MELVIN BUSHMAN (E. LANSING, MICH)	3-9-21	75-79
WALT BUTLER (ALTADENA, CA)	3-21-41	55-59
RAYMOND COLE (SAN DIEGO)	3-24-31	65-69
JOHN CULL (VENICE, CA)	3-23-31	65-69
JIM DAVIS (OR)	3-2-36	60-64
PAUL EDENS (SILVERTON, OR)	3-8-41	55-59
OTTO ESSIG (WESTFIELD, MASS)	3-8-6	90-94
PAUL EVANS (CANOGA PARK, CA)	3-7-26	70-74
JIM FORSHEE (ANN ARBOR, MICH)	3-31-26	70-74
NORMAN HANSEN (SEATTLE, WASH)	3-27-21	75-79
TED HATLEN (S. BARBARA, CA)	3-16-11	85-89
RANDALL HOFFMAN (KALAMAZOO, MI)	3-4-41	55-59
EDWARD HOYLE (US)	3-17-36	60-64
BOB HUMPHREYS (VAN NUYS, CA)	3-30-36	60-64
GUY HUSSON (FRA)	3-2-31	65-69
KAUKO JOUPPILA (FINLAND)	3-3-21	75-79
HELMUT KLAFFJ (WG)	3-15-26	70-74
DON LONGENECKER (SILVER CITY, NM)	3-25-16	80-84
KLAUS MAINKA (WG)	3-12-36	60-64
CRESCENZIO MARCHETTI (ITA)	3-24-51	45-49
LARRY MYRICKS (US)	3-10-56	40-44
PHILIP PARTRIDGE (NYC, NY)	3-29-11	85-89
DON PIEROTTI (CA)	3-21-11	85-89
LUCIEN RAULT (FRANCE)	3-30-36	60-64
REG ROLLASON (CAN)	3-20-16	80-84
ESKO SORMUNEN (FIN)	3-20-31	65-69
NENAD STEKIC (YUG)	3-7-51	45-49
HERMANN STRAUSS (WG)	3-6-31	65-69
MANUEL VERA (MEX)	3-19-51	45-49
JAMES VICKS (DALLAS, TX)	3-2-46	50-54
BRADY WALKER (OREM, UT)	3-15-21	75-79
ED WHITLOCK (CAN)	3-6-31	65-69
JEAN CAMPBELL (ALEXANDRIA, VA)	3-25-26	70-74
JACLYN CASELLI (SAN JOSE, CA)	3-28-21	75-79
GERRY DAVIDSON (FALLBROOK, CA)	3-12-21	75-79
DODIE FILLER (ROLLING HILLS, CA)	3-0-31	65-69
SHARLET GILBERT (RICHMOND, CA)	3-2-51	45-49
SUSAN HAMMEN (US)	3-15-36	60-64
BETTY HITE (NORTH WEBSTER, IN)	3-25-46	50-54
PENNY KAISER (US)	3-29-41	55-59
MARILYN OSGOOD KNIGHT (EUGENE, OR)	3-25-41	55-59
MAGDALENA KUEHNE (TAJUNGA, CA)	3-20-31	65-69
CHENG'ER MEHMEDBASICH (CROCKETT, CA)	3-30-56	40-44
MARJORIE SMITH (BROOKLYN, NY)	3-3-16	80-84
RITA TOMASSINI (AVONDALE EST., GA)	3-16-21	75-79
JEAN UDELL (MARCO IS. FL)	3-25-26	70-74
JOYCE VARNEY (HONOLULU, HI)	3-21-26	70-74
PIRJO ATLANTO (FIN)	3-27-56	40-44
LYDIA BACKES (WG)	3-27-26	70-74
ANNA CHRIST DUPLOOY (RSA)	3-25-31	65-69
JANE KINSEY (AUS)	3-14-41	55-59
ROSEMARIE KREISKOTT (WG)	3-14-31	65-69
INGRID KRISTIANSEN (NOR)	3-21-56	40-44
ELJU KUBI (URS)	3-25-51	45-49
RENATE MEDER (WG)	3-15-41	55-59
ELGA MERI (CAN)	3-18-21	75-79
JOPIE DANNE-NOUSE (HOL)	3-25-51	45-49
JOYCELIN PARKER (NZ)	3-1-36	60-64
MONIKA REINHARDT (GER)	3-1-46	50-54
TESSA SANDERSON (GBR)	3-14-56	40-44
KARIN SCHALLAU (WG)	3-11-41	55-59
PAT SMITH (GBR)	3-1-36	60-64
EVA SODERSTROM (SWE)	3-17-36	60-64
CHRISTA STOLZE (WG)	3-1-31	65-69
HARIETTE THOMAS-VALKENBERG (HOL)	3-3-51	45-49
ANNE VAN DER VLEUTEN (CAN)	3-29-36	60-64
ANNA WLODARCZYK (POL)	3-24-51	45-49
MEREDITH WONG (AUS)	3-12-46	50-54

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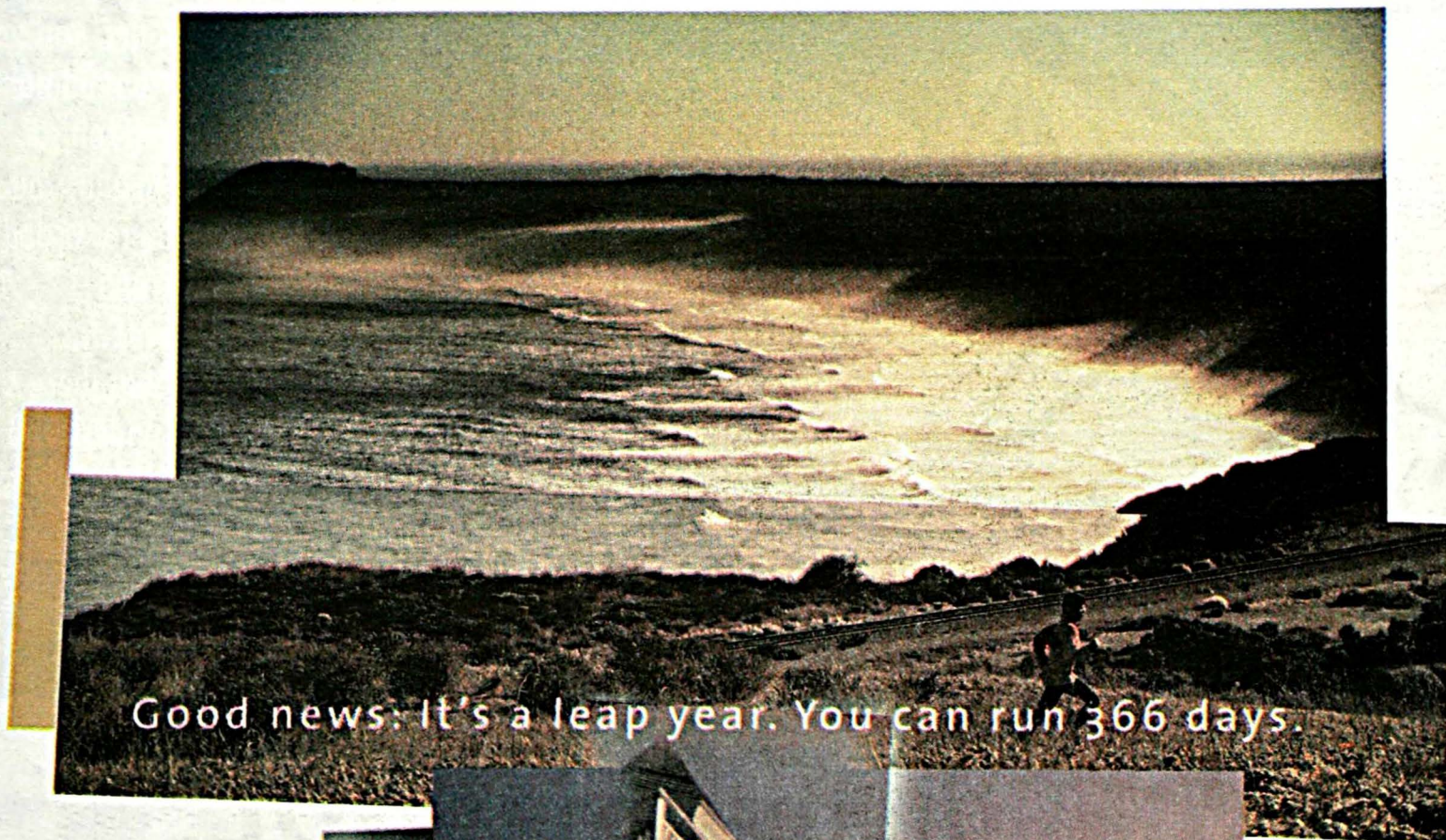
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