

NATIONAL MASTERS NEWS

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

235th Issue

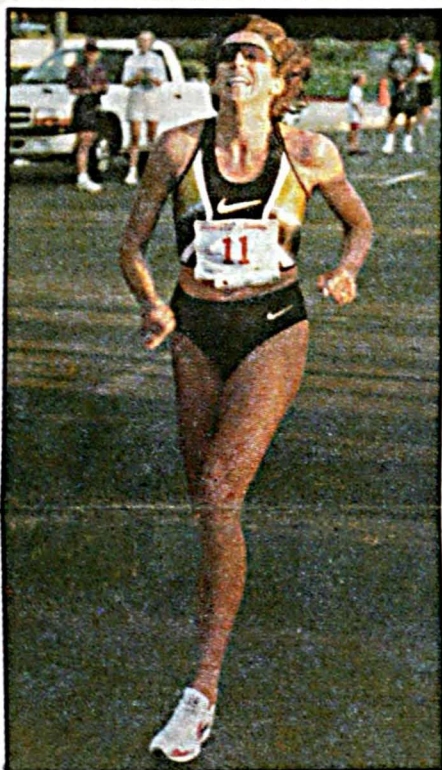
March 1998

\$2.50

Scott, Wysocki Win National One-Mile Road Championships

by JANNA WALKUP

Running legends Steve Scott and Ruth Wysocki sprinted to decisive wins in the USA Track & Field's National Masters Mile Championships,



DICK JONES

Ruth Wysocki, shown here in the 1997 Bastille Day 8K, winner of the masters women's race (4:41), USATF Masters Road Mile Championships, Santee, Calif., Feb. 1.

ships during the Steve Scott Festival of Races held in Santee, Calif., on Feb. 1.

Hometown hero Scott, 41, led from wire-to-wire to defend successfully his national championship. Scott breezed through the course in 4:13, setting a course record for masters runners and crossing the finish line some 15 seconds ahead of runner-up Nolan Shaheed, 48, of Pasadena, Calif. Scott's victory pocketed him \$700 in prize money. Shaheed (4:28) took home \$350. Jeangelan Ruleau, 40, Elk Grove Villa, Ill., grabbed third place (4:30) and \$150.

In the women's masters race, Wysocki, 40, of Sun City, Calif., made the win look easy. Her course record of 4:41 was well ahead of the 5:17 finish of runner-up Kimberlee Campo, 42, the defending champion from San Diego. Marcella Teran, 42, El Cajon, Calif., finished right behind Campo in 5:18. Wysocki, Campo, and Teran, were awarded \$700, \$350, and \$150, respectively, for their efforts.

Sandy Robbinssydney, 46, Truckee, Calif., and Carla Hoppie, 41, Las Vegas, Nev., were the other two masters women to record sub-six-minute times. Robbinssydney's 5:35 was good for the W45 win, while Hoppie's 5:44 placed fourth in W40. Other top finishers included Joni Shirley, 51,

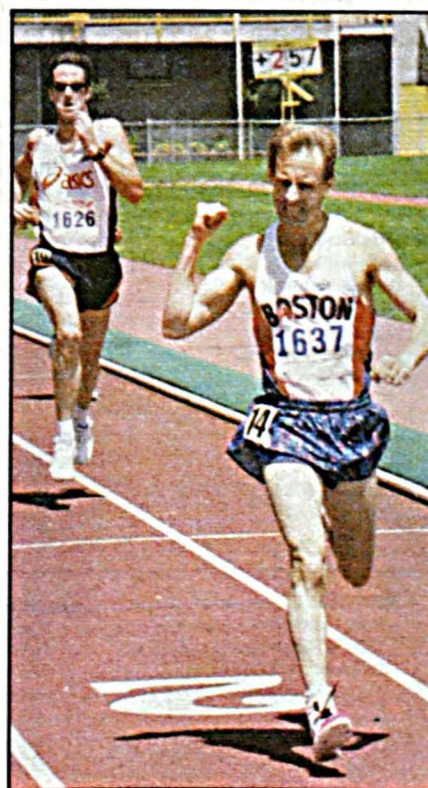
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MURIEL MAHAFFEY

Masters runners who ran for the U.S. in the 1997 U.S.-Canada Cross-Country Challenge, Coquitlam, British Columbia (l to r): Field Ryan, Dave Flowers, Chris Steer, Gwen Robertson, Derek Mahaffey, Bev LaVeck, Mel Preedy, (kneeling) Bob and Carole Langenbach.

800 Expected at National Masters USATF Indoor Championships



JERRY WOJCIK

Steve McChesney, 41, of Massachusetts, finishing first in a mixed age-group 3000 to win the M40-44 race, 1997 Hayward Masters Classic. Dale Londres, 32, of Oregon, won the M30 gold medal. McChesney, a high school track coach in the Boston area, will be competing in the USATF National Masters Indoor Championships.

More than 800 athletes from throughout the nation are expected to compete in the 1998 USATF National Masters Indoor Championships, March 27-29, in Boston. The annual event will be held at the Reggie Lewis Track and Athletic Center, site of the 1997 championships, where 33 world and 18 U.S. records were broken.

There are no qualifying standards for the Championships, except to be at least age 30. 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 age 30-34 to 95+.

March 8 is the deadline for the early entry fee and a guarantee that confirmation of your entry and final instructions will be mailed to you. No entries, additions, or changes will be accepted after March 20. The entry form was published in the December, January, and February issues of NMN. For more information, call USATF-New England at 617-566-7600.

A 1998 USATF membership will be required for all U.S. resident entrants. Membership may be obtained through your local association, or at the meet for \$15.

An athletes' meeting will be held during the National Championships,

Continued on page 5

M85 Shot World Record Falls

Sprinters Hot at Dartmouth in New England Blizzard

by JERRY WOJCIK

Undaunted by one of the worst New England ice storms in decades, a strong contingent of sprinters heated up the confines of Leverone Field House at Dartmouth College, Hanover, N.H., in the 29th Dartmouth Relays on Jan. 9.

And Ken Withee, 85, of Hanover, N.H., broke the M85 world record for the 4kg shot with a pending 7.50/24-7 1/4. Ted Hatlen of the U.S. held the record at 7.08/23-2 1/4. A mark of 8.36/27-5 1/4 by Italian Lamberto Cicconi has been pending since 1991.

In the sprints, Bill Wright, 64, Haverhill, Mass., posted the best performance with an age-graded 96.9% 7.63 in the 55m. Bob Keegan, 65, Newtown, Pa., edged James Stookey, 67, Dickerson, Md., in the M65 55m, via an A-G 96.4% 7.73, with Stookey at 95.8% on a 7.91.

Masters, competing only on Friday in the three-day meet, showed stamina as

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The *National Masters News* is devoted exclusively
 to track & field, long distance running, and race-
 walking for men and women over age 30. Each
 month it delivers 32 to 48 pages of results, sched-
 ules, entry forms, age records, rankings, photos, arti-
 cles, 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 lim-
 ited to age 40 +, 50 + or 55 + (please check the
 schedule for details). Some events require advance
 registration. Some require a current USATF card
 (\$12 to \$15 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 stan-
 dards for most masters athletics events.

NMN welcomes contributions — results, schedule
 info., photos, letters, articles, and opinions.
 Manuscripts should be typed, doubled-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.

Address change: At least four weeks is required for
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Destination: Maine

All of Maine is divided into five parts by the Maine Office of Tourism: York County, the Portland area, Midcoast Maine, Downeast Maine, and the Inland Region. The University of Maine in Orono, site of the 1998 USATF National Masters Championships, July 30-Aug. 2, is located in the Inland Region but on the very edge of the Downeast Maine section, the most visited of the five.

This section of Maine, which begins with the popular sailing waters of Penobscot Bay and stretches all the way to Eastport – the most easterly point on the Eastern seaboard – still retains the feeling of “old Maine,” with its sparse, small towns and rusting fishing fleets. This area also holds some of Maine’s most popular spots – namely, the summer resorts of Deer Isle, Bar Harbor, and Southwest Harbor, as well as Acadia National Park, a 30,000-acre jewel of hiking trails, blueberry fields, mountains, and sea.

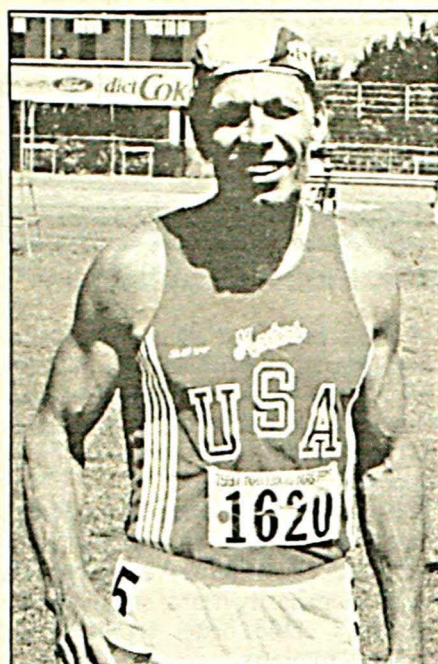


Mountain peaks, remote lakes, sandy beaches, and granite cliffs can all be found at Acadia. It offers 125 miles of foot trails, ranging from lowland paths to rugged mountain routes. Connecting trails give ambitious hikers the opportunity to scale several mountain peaks in one trip. The park service also maintains 44 miles of carriage roads, which are open to hikers, bicyclists, and horse-drawn carriages. Camping is available in the park at two national campgrounds.

Orono is a few miles east of Interstate 95 between Bangor and Milford. Acadia is 47 miles southeast of Bangor.

Northeast of Acadia on U.S. Highway 1, Eastport sits on Cobscook Bay, remote, beautiful, and homeland to Maine's Passamaquoddy tribe whose reservation is open for visitation at various times. Across the border from it is Roosevelt Campobello International Park in Canada.

The entry form for the USATF National Masters T&F Championships will be published in the April issue. Use their telephone, fax, or e-mail numbers listed in the schedule under



JERRY WOJCIK

Dick Richards, 63, Encinitas, Calif., M60 triple gold medalist, 1997 USATF Masters Championships, San Jose, Calif. The 1998 Championships are being held in Orono, Me., July 30-Aug. 2.

Track & Field – National to receive a complete entry form pamphlet by mail, or write USATF National Masters Championships, Willi Gallant, U. of Maine, Memorial Gymnasium, Orono, ME 04469.

The entry form can also be downloaded from their Web site listed in the schedule.

For travel information, contact Donna Druppel, Orono Travel, 800-682-4125, or 207-866-5900. Bangor International Airport is 15 minutes from the campus.

For campus housing and meal plans, contact 207-581-4093. The dormitories are in a scenic area near the pine tree forests and trails, a short walk to the track and to the Penobscot River.

For off-campus hotels, campgrounds, bed and breakfast inns, and general tourist information, contact the Greater Bangor Convention and Visitors Bureau, 800-91-MOOSE, or 207-947-5205.

Outdoor and adventure recreation day trips and canoe and mountain bike rentals are available through Jeff Hunt at 207-581-1794.

For more information on Maine, including maps and a 1998 Maine camping guide, visit the Maine Tourism Web site: <http://www.vmaine.com>. □

National Masters Mile

Continued from page 1

San Diego, first W50 (6:01); Ursula Rains, 56, Chula Vista, Calif., first W55 (6:40) and Nessie Hollicky, 66, Indio, Calif., first W65 (7:15).

Breaking the five-minute mark on the men's side along with Scott, Shaheed, and Ruleau were Charlie Gray, 43, Lee's Summit, Mo., third M40 (4:34) Tim Anderson, 43, Madison, Wisc., fourth M40 (4:41) and Phil Campo, 50, Chula Vista,

Calif., first M50 (4:57). The race also featured octogenarians Vincent Malizia, 83, Northridge, Calif., and Walt Kuetzing, 85, La Jolla, Calif., who conquered the course with respective times of 8:08 and 8:47.

According to race organizers, participation in the five-year-old festival almost doubled this year with more than 2000 walkers and runners competing in the various events. □

The Southeastern U.S. Masters, Inc. Proudly Presents Our 28th Annual Masters Track and Field Meet

NC USA T&F Sanctioned

May 8, 9 & 10, 1998

A Throws Clinic with Coach Jeff Gorski
Friday, May 8, 1998

at

NORTH CAROLINA STATE UNIVERSITY
(State of the Art – 400 Meter Martin 2000 Track)

RALEIGH, NORTH CAROLINA



The officials and sponsors of the Southeastern Masters, invite all athletes 20 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Brownstone Hotel. There will be three days of competition featuring men's and women's pentathlons, a weight pentathlon, 5K & 20K walks, team relays and all regular track and field events at the NCSU Campus. The "Throws" clinic will be held on Friday at 6:45 pm on the NCSU Track. In case of inclement weather the clinic will move indoors to the Brownstone Hotel at 7 pm.

OPERATED BY: Southeastern United States Masters, Inc., Box 590, Raleigh, N.C. 27602. Contact Ray Fulghum or Dale Smith (919) 831-6640 Monday-Friday 9:00 am-5:00 pm, Eastern Time.

AGE DIVISIONS: Based upon age on the first day of competition; all events will have a 20 to 29 age group and 5 year age groups for 30 and older INDIVIDUAL ATHLETES.

ENTRY FEE: \$11.00 includes first event in track, field or road event, and final results booklet. \$6.00 for each additional event. Relay entries are \$16.00 per team. (Enter on captain's form only). Payment in U.S. dollars by check drawn on a U.S. bank or by International Money Order made payable to Southeastern Masters. NO REFUNDS AFTER MAY 2, 1998.

SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and USATF registration is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have USATF cards which will be available at the meet for \$12 to N.C. residents and \$15 if you are an out-of-state resident.

AWARDS: Distinctive, large medallions to first 3 places and ribbons for the next 3 places in each event for each age division. Several special individual awards will be made.

LATE ENTRIES: Additional \$3.00 late fee required for each event if postmarked after April 24, or if received after April 27, 1998. Events may be dropped at any time (no refund). No late entries or changes to track and field events will be accepted after 5 p.m. EDT, Tuesday, MAY 5, 1998. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.

RUNNING SURFACE: Nine lane 400 meter Martin 2000 track for track events, and asphalt for 20K race walk.

PACKET PICKUP: All participants must pick up their packets prior to reporting to the first event.

FRIDAY 11:30 am to 8:30 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line
Numbers must be worn on front (and on back in all events 3,000 m or longer).

EVENTS FOR WOMEN: All events are open to women 20 and over. In some cases, women may compete at the same time as men, but awards will be given in competition with women in the same age group.



DETACH ENTRY FORM BELOW AND MAIL TO: Southeastern Masters c/o Raleigh Parks & Recreation, P.O. Box 590, RALEIGH, NORTH CAROLINA 27602

(Photo Copy If Needed)

Name: Last First Init. Sex Age Birth Date
Mo. Day Yr.

Street City State Zip Code

USATF Registration No. Daytime Telephone

Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from list on page 2)

Meet Event #	Event Title	Meet Event #	Event Title	Meet Event #	Event Title

Number of dinner tickets (@ \$17.00 each)
(include payment with Total)

Total Amount Enclosed

Number of T-shirts @ \$9.00
Mens sizes: S, M, L, XL List sizes ordered:

Make check or M.O. for U.S. dollars payable to: Southeastern Masters, Inc.

Where did you hear about our meet?

Where did you get your entry form?



Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

THIS AND THAT

I have two comments in regard to the January 1998 issue of NMN.

New Age-Groupers: I don't know how other persons use the age changing divisions, but I scan the list for either: "Oh no! I can't compete against that person" Or "Aha! I won't have to throw against this person anymore."

Masters T&F New Rule: Changing the 60m javelins by moving the center of gravity forward by three centimeters probably came about because some throwers do not properly hold the spears in the *palm* of their hand.

This rule will result in a loss of distance. You'll be lucky to get the training javelin past your feet before landing point first. After all, the rules do not state the javelin has to "stick" in the ground, merely hit tip first. With the C.G. moved forward, the javelin will rotate down, will it not? Thanks 'flat throwers' for this unnecessary new rule. (Also, I just bought a great O.T.E. 50m javelin.)

Earl Johnson
Orick, California

RACEWALKING

As a masters racewalker, I take exception to Ron Daniel's allegations in Speaker's Corner (Jan. NMN) that masters racewalkers are belligerent crybabies who unfairly attack judges routinely and that is the reason why "judging quality is eroding." His conclusion, not mine.

My experience and the anecdotal evidence others have related to me convinces me that neither of Daniel's statements is correct. Perhaps he was-

n't prepared for the large number of participants in the Nationals in San Jose and mistook the criticism that meet directors always receive as personal attacks on the judges.

I also don't understand Daniel's explanation of the new judging rules. If one is to believe him, then the lifting rule can't be enforced, since all the judges' attention is directed to observing the adherence to the bent knee rule. Since he says that the judging of the straight leg will actually be done after ground contact, then why did he change the old rule?

Legs that are straight between contact and verticality are always straight at verticality, so why not judge at the vertical straightening only, a much simpler task?

If Ms. Ward and Mr. Daniel, two self-appointed experts, are this confused about the judging of racewalking, there isn't much hope for the rest of us.

Nick Scarfo
Richmond, Virginia

MASTERS ON THE INTERNET

Today's easy access to the Internet and e-mail offers masters a great opportunity to supplement the existing avenues for communication among us. Many other professional and recreational groups use the Internet to exchange views and debate topics in a way that would not otherwise be possible due to scarce print media space and cost of alternative communications.

In the January NMN, events of interest to masters at the 1997 USATF Convention were presented, but lack

of space prevented adequate explanation. Masters Chairman Ken Weinbel referred to "change" essential in masters track & field. Al Sheahen referred to "political infighting" by camps with opposing viewpoints.

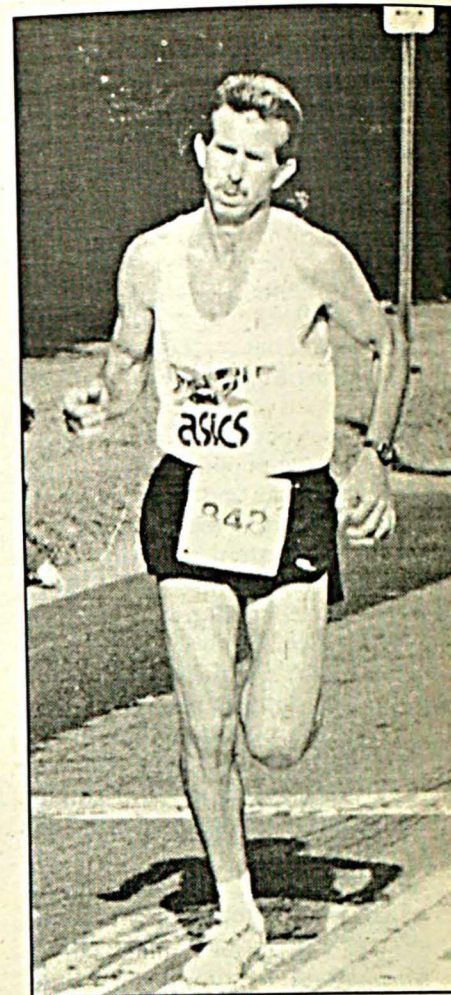
If these matters were to be posted for all to see and respond to, the members would be better served and have a voice more easily heard, so committee members could better represent the athletes' interests.

Phil Raschker made a passionate plea for female recognition in the Masters Hall of Fame in the December NMN. Many of those, myself included, who supported her objectives (if not her boycott) could have been informed in advance of any perceived slight to a specific group of athletes.

A masters e-mail listing/directory would help educate masters about where to find items of interest. Addressees could be sent relevant postings on the Internet and be offered the opportunity to communicate with others on track & field (the Masters T&F Committee jurisdiction also includes racewalking) concerns before the fact and avoid, perhaps, the feeling of isolation from the committee's decision-making processes.

Ken Stone and Gerry Krainik, both active masters runners, have masters Web sites with a somewhat differing focus. Other Web sites, such as the Texas Track & Field masters section, are also available. It is tedious to search sites for interesting topics, and there is little incentive to post unless you feel you will be noticed by enough folks with similar interests.

So, please send your e-mail address along with any suggestions to court



CHARLIE KLUTZ

Phillip Rowan, 42, masters first (54:11), Virginia 10 Miler, Lynchburg, Sept. 27

landp@aol.com. We hope to compile a listing that will enable masters to take a step forward and greatly improve our ability to communicate among participants of all levels.

Anyone without a computer can go to the public library and open an e-mail address at no charge with one of the many e-mail companies. It's free, just ask the librarian.

Courtland Gray
Dallas, Texas

NMN WEB SITE

Great to see the NMN Web site! It looks very professional. Good luck

Continued on page 13

NATIONAL MASTERS NEWS

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

Special thanks this month go to:

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Top Athletes to Compete

by ED DANIELS

Athletes of note who have entered the 1998 National Indoor Championships in Boston, as of Feb. 10, are Joe Keshmiri, M60 shot put; 1997 USATF Masters Male Athlete of the Year Bill Collins, M45 60m and 200; Boo Morcom, M75 pole vault and shot put; Steve Robbins, M55 60m, 200, and 400; Emil Muller, M60 Canadian weight throw record holder; Tom McDermott, M80 shot put, weight, and super-weight; Alfred Guidet, M80 60m, 200, and 60mH; and Louise Clark, W40 60m, 200, and 400.

Leon Coleman, 1968 Olympian, fourth in the 110mH, currently an assistant track coach at U. of Massachusetts-Boston, is a strong possibility in the M50 60mH.

Two individual event sponsors are New Balance for the men's and women's mile, and *Walking Magazine* for the men's and women's racewalks.

Boston television station WCVB-TV Channel 5, which produces a half-hour magazine program called "Chronicles," is interested in doing some coverage of the meet. I will be in touch with the show's producer in the next two weeks.

The Games Committee members are Ken Weinbel, Madeline Bost, Rex Harvey, Suzy Hess, and Scott Thornsley. □

Boston Preview

Continued from page 1

time and place to be announced. Athletes who would like to bring up items for discussion, should have them placed on the agenda by contacting Suzy Hess, Masters T&F Secretary, before March 25.

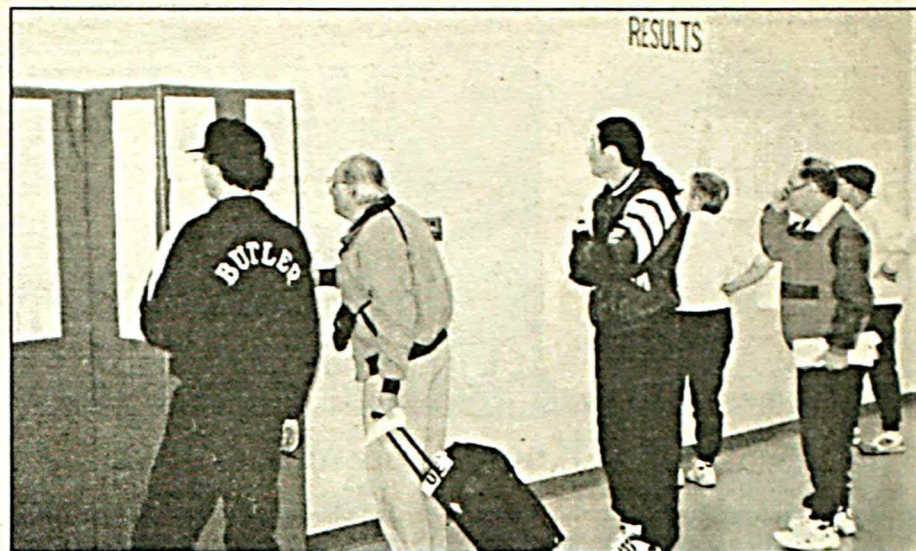
First-time visitors to Boston headed for the Championships will find the city a rich mix of history, intellectual and artistic traditions, Old World ethnic neighborhoods, cutting-edge technology, and business centers. The Fidelity family of mutual funds makes its home there, as does a fund probably more familiar to older masters – the AARP Investment Program from Scudder – and other funds.

Logan International Airport is just three miles from downtown Boston, but rush hour traffic can turn an ordinarily short drive into nearly an hour. The water shuttle (reached by Bus 66) or the subway (reached by Buses 22 and 33) are good options for beating the traffic.

Athletes requiring taxis can find them outside the baggage claim at each terminal. The fare to downtown will be between \$10 and \$15.

The MBTA Subway (the T) is a good alternative, especially during rush hour. Free shuttle buses (Nos. 22 and 33) will take you to the Airport T stop. From there, you can take an inbound subway train to either Government Center or State Street for transfers. Subway fare is 85 cents. The shuttle bus operates daily from 5:30 a.m. – 1:00 a.m., every 8-12 minutes. Phone 800-23-LOGAN for more information.

The meet headquarters hotel Back



JERRY WOJCIK

Athletes check results sheets at the 1997 Masters Indoor Championships, Boston. The Reggie Lewis Center will again be the venue for the 1998 meet in Boston this month on the 27th-29th.

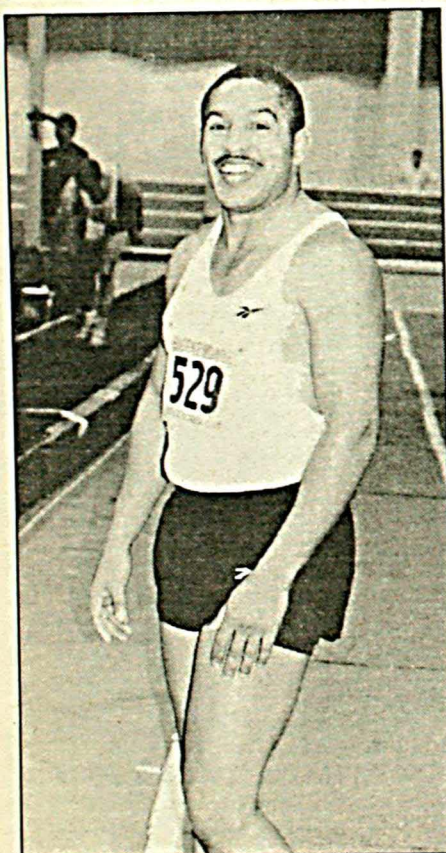
Bay Hilton, the Howard Johnson Kenmore, and the Howard Johnson Fenway, offer shuttles to the track. For commercial shuttles, City Transportation stops at most major downtown hotels for \$7.50 – phone 617-561-9000. Back Bay Coach posts the same rates for a similar service – phone 617-698-6188.

For sports, cultural events, and the weather in Boston on the 27th-29th, check the Internet at Keyword: Boston. More information for the traveler to Boston can be found at <http://www.cnnfn.com> and other Web sites. □



SUZY HESS

Paul Revere Statue near Trinity Church in Boston, site of the USATF National Masters Indoor Championships, March 27-29.



JERRY WOJCIK

Gregory Font, M35, waiting for the start of the triple jump, Eugene Indoor Meet, Eugene, Ore., Feb. 8.



JERRY WOJCIK

Woody Woodsum, M55, in the 400, Eugene Indoor Meet, Eugene, Ore., Feb. 8.

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Third Wind

by MIKE TYMN

Pre Knew No Limits

Steve Prefontaine was in the tunnel under the Olympic stadium in Munich in 1972 when he saw Kenny Moore walking his way after finishing the marathon. Pre, who had run the 5000 final while Moore was out on the roads, asked his friend how he had done. When Moore, looking a little dejected, told him he finished fourth, Pre tried to console him. "That's fourth in the world, fourth out of billions of people. You should be proud. That's spectacular," Moore recalls Prefontaine saying. Then Moore asked Pre how he had done. "F—in' fourth, the worst possible place you can finish," was the reply Moore remembers.

"He was clearly devastated," Moore adds, "but he had the emotional resilience to be a good friend. That's a scene we weren't able to show in the movie."

Moore was referring to the Warner Bros. movie *Without Limits*, scheduled for release on April 17. Moore, a senior writer for *Sports Illustrated*, wrote the script for the film, which was produced by Tom Cruise and directed by Robert Towne. Another movie about Prefontaine was released by Disney last year.

Who was this guy, Steve Prefontaine? What was so special about him that two movies have been made about his life? Sure, he broke many American records, but he never won an Olympic medal, never set a world record. Moreover, he had a reputation of being arrogant, brash, and outspoken — not characteristics that are especially admired by most people. He died at the age of 24, when he flipped his small sports car on his way home from a party. His blood alcohol level was above the legal limit.

Redeeming Features

Certainly, he must have had some redeeming qualities to rate two movies.

"What you saw was a powerful, emotional command," Moore offers.

Sundling-Hunt Winner of 50 Mile Championships

Katrine Sundling-Hunt, Portland, Ore., was the first woman 40-and-over in the USATF National Masters 50 Mile Championships, Huntsville, Texas. In the February article on the event, the first masters woman was identified as Janice Anderson, 41; her correct age is 31. Sundling-Hunt ran a 7:19:10 to win the women's masters race by 15 minutes. □

"That's what was so riveting to the crowd and all of us who watched him suffer. Somehow you were left with the feeling that he went deeper than any of us, whether he did or not. That sort of sustained me in doing the movie. If we could just show that — this ability that Pre had to go as far in as you can go. This is why it's important. We honor this. We celebrate this. This is what it means to do what we do. If you do it well, you go way in there. Nobody went deeper than Pre."

Born in Coos Bay, Oregon, on January 25, 1951, Prefontaine was a high school sensation before going on to the University of Oregon in 1970 to win NCAA titles at 3 miles or 5000 meters in all four of his years there. He set 13 American records on the track, from 3000 to 10,000 meters. His best efforts were 7:42.6 for 3000, 13:21.9 for 5000, and 27:43.6 for 10,000. He also had a 3:54.6 best in the mile.

Olympic Promise

In his last race, on May 29, 1975, the day before his death, he clocked 13:23.8 for 5000, just 1.9 seconds short of his American record. It was his sixth win in six races that year and his 25th consecutive win in Eugene at distances over a mile. The Montreal Olympics were only a year away and all indications were that Pre was going to be a stronger and more mature competitor for Lasse Viren, the Munich winner and the man he wanted so badly to beat.

"He was just coming to realize that he couldn't burn the candle at both ends," says Moore. "He and (Bill) Dellinger had talked about the next phase, the push for Montreal, basically. I thought he could have won the 10,000 in Montreal, the way it turned out, if he could have kept himself from tearing out into the lead on the first 5000. I think Pre would have been much stronger than Viren (the Munich and Montreal winner at both 5000 and 10,000)."

Says 1976 Olympic marathoner Don Kardong, also a fourth placer: "He was perched on the edge of a very, very interesting future, and then he

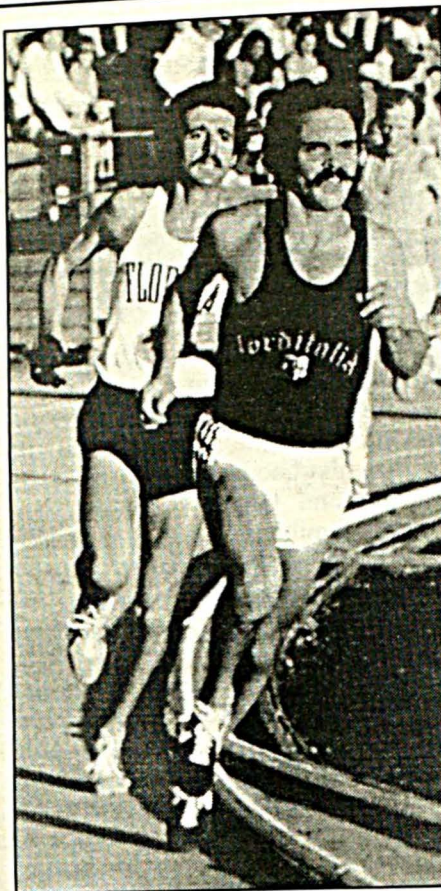


PHOTO FROM KENNY MOORE COLLECTION
Steve Prefontaine on his way to victory over Frank Shorter in a 5000 meter race the day before his death in 1975.

was just...gone. The sport has never really recovered from that loss."

Kardong remembers Pre had "a kind of blue collar brashness" that made him really stand out. "No other runner of that day would make predictions about upcoming races the way Pre would. His willingness to put himself on the line that way, and then to almost always deliver, made him very interesting to fans. It was like a boxer predicting to knock his opponent out in the third round. You couldn't help but watch, wondering if he could pull it off. In Pre's case, he usually did."

Defying Authority

Prefontaine further endeared himself to his fellow elite athletes by defying the all-powerful Amateur Athletic Union (AAU) and speaking out against that organization. "There were two major issues in the sport at that time," recalls Moore. "Money and freedom. We couldn't run against the people we wanted to race. If you ran in races the AAU didn't sanction, they'd kick you in the ass. On top of that, we found out that they were getting our appearance fees. We'd talk to the Italians and the Finns and they'd be getting three-thousand dollars for a race and we'd be getting three bucks a day. Money was a big issue, but freedom was the larger issue."

Moore recalls Prefontaine running in races that he wasn't supposed to, castigating the AAU in the press, and otherwise showing older runners, Moore included, it was possible to stand up to the AAU. "He ultimately shamed us into changing the sport," Moore offers. "He made us feel embarrassed at how little activism we'd been able to muster before."

Prefontaine's part in the movie is played by Billy Crudup, primarily a

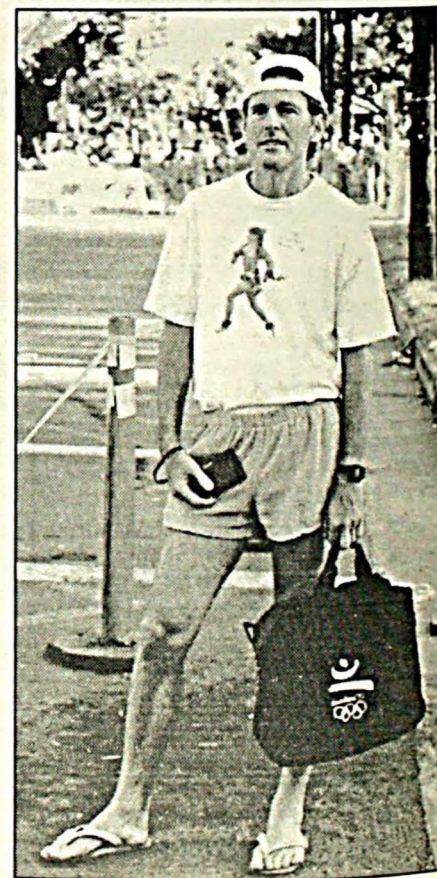
stage actor and a newcomer to Broadway, who had had minor parts in a few other movies. "Technically, he was a better runner than Pre, because Pre stuck his butt out a little," Moore says. "He told us he was a slowpoke, but he was sandbagging us as he left me standing the first time we put him on the track. We knew then that he could run 150 yards over and over again, which is what it took."

The Final Lap

At Prefontaine's memorial service, Frank Shorter, Coach Bill Bowerman, and Moore spoke for 12 minutes and 36 seconds, which Moore explains was the time that Pre had set as his goal in the three-mile run, a standard track distance before the transition to meters. They then observed a moment of silence before standing and applauding for Pre, as if he were on his victory lap. When they filmed that scene, Moore and director Towne had a little surprise for the spectators. They had Crudup, in Pre makeup, run from under the stands and take that victory lap.

"Many of those people knew Pre or had seen him run," says Moore, shaking his head and smiling at the recollection. "They were just absolutely staggered when Billy ran out there."

What is Prefontaine's legacy? "It's a rather mocking one," offers running writer Joe Henderson. "He's standing off in the distant past, his reputation saying, 'Match me if you can.' No American has done that, and maybe that's why we remember Prefontaine so well. He represented not only a brief life and unfulfilled promise, but also the end of a brief era (early 1960s to mid '70s) when the U.S. could run with the best in track races of a mile or more." □



MIKE TYMN PHOTO
Kenny Moore waits for a friend at the finish of a triathlon in Honolulu.



Speaker's Corner

by RON MARINUCCI

Youth Will Overcome

It was bound to happen sooner or later. I guess all masters runners with kids face the possibility. Only I thought it would come later rather than sooner. My 14-year old son, Matthew, beat me in a road race.

Both of my sons, Mike and Matt, are athletic, more so than I was, and I played two sports in college. It was a bit of a shock, but not totally unexpected, when Mike started throwing the ball back to me harder than I did to him when we played catch in the street. And with their steady progression on the driveway basketball court, it wasn't too hard to predict the day when they could both whip me in one-on-one.

But Mike, although quite fast in the sprints, had never shown any real interest in road racing. He ran cross-country in junior high, but only because that was the only sport our school district offered in the fall. In high school, he went for the "ball" sports. In fact, I remember him running only one 5K with me.

Matt, three and a half years younger, took more of a liking to the roads. He, too, ran junior high cross-country, the school district still claiming poverty. But we had done the Great Pizza Challenge, a 5K in Flint, Mich., together for three straight years. It was "our race" and he always managed to talk me out of my free post-race pizza.

Modest Times

On the other hand, I've been running for over 20 years, starting mostly to get rid of the 30 or so pounds I had mysteriously found since my days at Amherst College. I ran my first road race in 1986 and few years later began to take my modest times a bit more seriously.

I was pleased when, a couple of years ago, at age 46, I finally broke 18 minutes for a 5K. I even set a couple of PRs after turning 47, but this year saw fewer races with some inconsistent

times, due in part to a growing spare tire around the midsection.

Last spring, just before Memorial Day, Matt brought up the Pizza Challenge, coming up in August. In passing, I asked him if he'd like to run a couple of other road races I had circled on my race calendar. I had in mind a particular 8K to be run the first week in June. He said he'd think about it, which in teenspeak usually means, "Thanks but no thanks." I dismissed it, but Matt brought it up a few days later, saying he and his friend Ryan wanted to run.

Matt and Ryan had been running track at school, so they had some training under their belts when they joined me for the Run for Your Life 8K in Novi, Mich. I had given Matt the obligatory fatherly advice - "Drink water at each stop," "Don't start out too quickly," etc. - before we toed the starting line.

Faster Than Expected

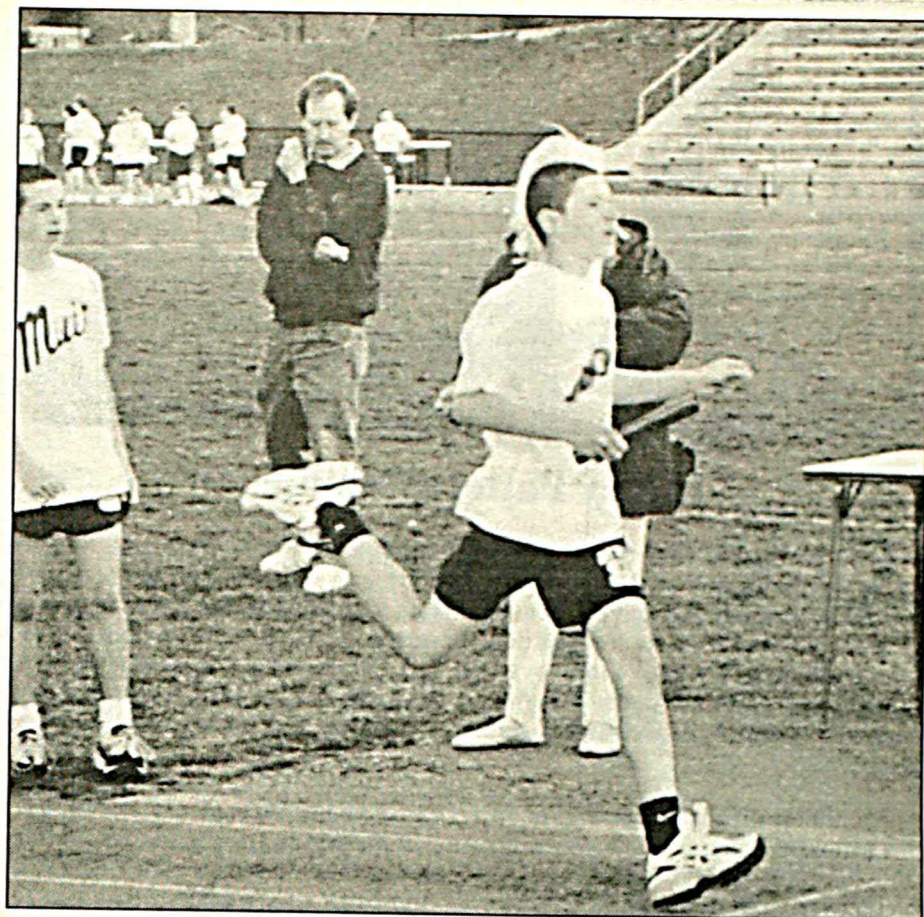
I finished the race, grabbed a quick drink, and headed back out on the course to run in with Matt. I was surprised to find him only a few hundred yards from the finish, much fresher than I. His time was a full four or five minutes faster than I predicted. He took home a third-place age-group trophy, behind a college runner who the year before ran in the Kinney High School Cross-Country Championships and was a local high school track hot-shot.

On the ride home, Matt starting asking about the Crim, the nationally known 10-miler in Flint in August. I just figured he wanted to run the accompanying 5K or 8K, but he wanted the big one.

Surprised but skeptical, I told him he'd need to do some serious training, with one or two runs of seven or eight miles. He stuck with his training, including a couple of ten-milers, and kept badgering me about sending in our entry forms.

Getting Close

Along the way, Matt and I ran a few other races in June and July. After a



Ron Marinucci's son, Matthew.



Ron Marinucci

particularly nasty 10K, with lots of hills and hot, humid weather, I figured he'd have second thoughts about the Crim. Instead, he finished just a couple of minutes behind me, in much better shape, and calmly announced to Mom that he was going to beat me at the Pizza Challenge.

When Karen told me about Matt's plans, I smiled and told her that if he could stay with me until the last quarter mile or so, he could outkick me. But I was pretty sure he couldn't stay with me.

The Pizza Challenge arrived while we were entertaining guests, my aunt and uncle from New York. They were eager to accompany us to Flint, as was Grandpa, who attends as many of his grandchildren's events as he can. Of course, Mom wanted to see this, too.

At the start, I bolted out only to find Matt on my right shoulder at the half-mile mark in about three minutes. No way he can maintain this pace, I thought to myself. We chatted a bit and he matched a couple of surges I tried. At about two miles I said, "Let's try to pass a few people." I passed a couple of other runners and so did Matt.

But at about two and a half miles, I opened a bit of a gap on him, maybe 15 or so yards. I thought I had him. He made a good effort, I thought, but I just had too many training miles on him. I was proud of him.

See Ya Later

We weren't done racing yet, though. With about a quarter mile to go, with the finish line in sight, Matt blew by me and there was nothing I could do about it. He beat me by four seconds and I was even prouder. We went home with a nifty second place age-group winner's mug firmly in Matt's position.

I suppose the anthropologists and sociologists would term this some sort of rite of passage. Earlier civilizations might have marked this something of becoming a man. I don't know about that, but it sure was a moment I will never forget.

A footnote: Matt ran the Crim 10 Mile with me. He finished much faster and fresher than I had expected. As a surprise Christmas present, Mom gave us matching framed photographs of each of us crossing the finish line. Matt's other Grandpa saw them and asked, "Why does Matt look like he's just starting and you look like, well...?"

After the race, when I asked him what was his favorite part of the famous Crim course, he replied in typical teen-age fashion, "The finish." □

Ron Marinucci is a masters long distance runner and school teacher in the Detroit area.

FIVE YEARS AGO March, 1993

- Eamonn Coghlan, 40, of Ireland, Runs M40+ World Best 4:05.95 in Millrose Masters Mile
- Herman Atkins (M40, 16:00) and Laura Caldwell (W40, 19:19) take National Masters 5K X-C Wins in Oregon
- Ron Gee (41, 86:43) and Marina Jones (40, 1:43:44) Score Victories in National Masters 25K in San Diego



The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Injury Patterns Studied

As we move into the new year, I thought it would be interesting to review some of the more common athletic injuries seen in the veteran runner. We have often been told that, as we age, we are more prone to injury. Well, as it turns out, there are probably more similarities in injury patterns between those over 40 and those under 40. Unfortunately, injuries are quite common in runners, but very few of these are disabling and most runners can eventually return to their desired mileage and training programs.

All the statistical information in this article is taken from an on-going study of 4000 runners seen for athletic injuries. The minimum requirements for inclusion in this study are a clinical running injury and basic mileage of three miles daily with a frequency of three days a week. We now have over 8000 runners in our clinical study and hope to publish results in the near future.

Those of us who have been running for many years can take satisfaction in noting that, to date, no study has shown that regular exercise aggravates cardiovascular disease or

causes major musculoskeletal injury.

It is also interesting to note, in this study, that there are gender-related injuries among runners – a point to be dealt with in a future issue.

Analysis of athletes under 40 years of age revealed five major injuries. The most common were plantar fasciitis (15.9%), shin splint syndrome (9.2%), "runners knee" (6.8%), fracture (6.5%) and Achilles tendinitis (6.2%). When we compared this to runners between the ages of 40-72, the most common injury among the veteran runners was, again, plantar fasciitis. However, we did find a higher number of Achilles tendinitis pathologies in the older runner as well as higher incidence of lower back problems.

It is encouraging to note that there are many more similarities than difference between younger and older runners.

The study showed there to be fewer older female runners than male runners. Because the age groups are somewhat confounded by disproportionate genders, the differences in diagnostic categories could be due to gender, not age.

As expected, we found that younger runners ran more miles per week relative to older runners. Younger runners also reported a greater tendency to use combined interval/distance training while older runners reported slightly more distance training.

I find it most interesting to note there are more similarities than differences between younger and older runners. The reliable differences found were quite small. It appears that variables other than age are the major determinants of injury. □

(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.)

Ruth Rothfarb

Ruth Rothfarb, who began running at age 69, died in early January in Cambridge, Mass. Rothfarb, who ran her first marathon while in her 70s and at one time held nearly two dozen age-group world records, was 96. □

Milo Lightfoot

Milo Lightfoot, 83, passed away Jan. 25 in his hometown of Warsaw, Ind. A graduate of Indiana University School of Law, Lightfoot, an attorney, business owner, and former judge, is also remembered as an active participant in masters track & field.

At one time, he held several records, and was competing as recently as last summer. At the WAVA Championships in Durban, he was a silver medalist in the M80 pole vault, and won the pole vault and high jump in the Nationals in San Jose. □



Gold medalist hurdlers at the 1997 Nationals in San Jose pose on the awards platform, which were the same used for the 1994 Los Angeles Olympics (l to r): Courtland Gray, M50, Chuck Miller, M60, and Hugh Adams, M55.

INDY LIFE CIRCUIT

Seven of the eight proposed Indy Life Circuit races for masters men and women have been secured, according to Circuit Coordinator Charles DesJardins. The Circuit starts with the Indianapolis Life 500 Festival Half-Marathon (3 times points), on Friday, May 1.

These races make up the remainder of the Circuit to date: Berwyn 5000 (counts for men only), May 16; Freihofer's Women's 5K, May 30; Bastille Day Celebration 8K, July 18; Crim 10 Mile, Aug. 22; Pacific Sun 10K, Sept. 7; Twin Cities Marathon (1½ times points), Oct. 4; and Tulsa 15K, Oct. 31.

Joanie's 10K, in Portland, Me., Aug. 1, which would have been the eighth race for men and women, has been dropped from the list. DesJardins says that he will continue to look for another race but, at this late date, the Circuit may be forced to go with seven.

These four Circuit races are also USATF National Masters Championships: Indy Life Half-Marathon; Freihofer's Women's 5K; Twin Cities Marathon; and Tulsa 15K. For more information, contacts are listed under "Long Distance Running – National" in the schedule. □

Observer Race Weekend Draws 7000

by JANE DODS

Over 7000 runners and walkers toed the line for the Charlotte Observer Marathon and accompanying events in Charlotte, N.C., Jan. 10, on a sunny, 40-degree morning.

In the marathon, Lon Milliron, 40, Shellby, Ohio, captured the masters men's title in 2:36:14. Runner-up was Robert Stack, 41, in 2:42:01. Gary Julin, M50 winner, finished among the top masters with a 2:56:52.

Pam Tegmeier, 40, Wooster, Ohio, won the masters women's race in 3:24:30. Kathleen Boyce, 41, 3:30:51, and Patti Minton, 40, 3:31:18, were

second and third.

In the NationsBank 10K, Tom Mather, 40, Mt. Pleasant, S.C., in 32:46, and Dian Ford, 42, Piedmont, S.C., in 38:02, took the masters victories. Age-group winners included Tom Dooley, M50, 35:49; Charles Rose, M60, 38:30 and Susie Klutz, W60, 45:12.

Race officials announced that Observer Race Weekend will move from January, where it has been a fixture on the national racing scene since 1980, to April between the Cooper River Bridge Run and the Boston Marathon. □



Track & Field Report

by REX HARVEY
WAVA Combined Events
Sub-Committee Chair

Scoring Tables Completed at Last

Finally, after years of waiting (33 years in my case), there is a single and complete document available for the scoring of combined events (or multi-events as they are known in the U.S.). It is the German publication, *International Scoring Tables for Combined Events* or *Internationale Leichtathletik-Mehrkampfwertung*, which can now be ordered from *National Masters News* (see page 13). It is a handy, almost pocket-sized (4 1/2 x 6 inch) paperback handbook that contains all the information you need to properly score combined events.

The book is done in typical German minimum-adequate style and is written in both German and English. To those of us with only one language, it is interesting to learn translations like pole vault which becomes stabhochsprung (stick high jump).

The main part of the book is the complete lookup IAAF scoring tables for 21 men's and 17 women's individual events. All of the events, and the event orders, in normal indoor and outdoor combined events are included. The decathlon, heptathlon, indoor and outdoor pentathlons, indoor heptathlon, and, importantly, weight pentathlon are covered.

The weight pentathlon is the newest and fastest growing combined event. It is still recognized only by WAVA for veteran (masters) competition, but it is my prediction that it will become a worldwide open (and Olympic) event at some time in the future.

In addition to the scoring tables, brief scoring instructions are included as well as all WAVA age factors for the common WAVA combined events. Instructions for hand times and fully automatic times are included. For those who want to get further into the numbers, the IAAF scoring formulas from which the tables are generated are included and instructions given on how to use them. This would have saved me many hundreds of hours about 25 years ago when I took it upon myself to type all of the IAAF scoring tables into the computer by hand.

K. Wilhelm Koster, the European WAVA delegate, has published the book with the help of the IAAF and the WAVA Combined Events Sub-Committee, and the encouragement of then WAVA Secretary General, and now WAVA President, Torsten Carlius.

What specialist will not boast of the strength, skill, endurance, and beauty of his/her own individual event? Well, think of all that strength, skill, endurance, and beauty and multiply it by 5 or 7 or 10 and that is

what combined eventers think of their competitions. □

Dartmouth Relays

Continued from page 1

well as speed. Roger Pierce, 53, Essex, Mass., with three M50 victories, held up well, with a 7.31 (93.6%) in the 55m, 25.26 (90.2%) in the 200, and 57.17 (88.5%) in the 400. Stookey showed endurance and versatility with M65 wins in the 200 (27.92/91.2%), long jump (15-6), triple jump (32-8 1/4), and the 55mH with an outstanding 95.1% 9.73.

Francis Schiro, 45, NYC, was a double winner in the 200 (25.38) and 400 (54.99). Audrey Lary, 63, Frederick, Md., topped the women speedsters with an 89.9% 9.05 in the 55m. Marlene Sachs, 54, Norwich, Vt., also hit the 89% level in the 55mH with a 10.54.

In the longer runs, Allen Taylor, 50, Glenville, N.H., won the M50 800 in 2:16.38. Jennifer Frost, 35, Sanbornton, N.H., logged the women's fastest 1500 with a 5:24.29. Allen Muir, 42, took the M40 1500 with a 4:15.89.

Craig Fram, 39, Plaistow, N.H., ran the 3000 in 8:54.34. In a rare indoor 5000, Scott Mosenthal, 45, New York, posted a 17:32.08, a time good enough to place sixth of 14 finishers in the 1997 Outdoor Nationals in San Jose.

In the field events, Paul Gansle, 55, Albany, N.Y., high jumped 4-11 for the M55 win. Ed Lukens, 76, Skaneateles, N.Y., was in world-class territory with an A-G 93.1% 30-3 in the triple jump.

Meet Director Carl Wallin, 56, was top performer in the shot, with a 92.1% 49-2 1/2. Bob Otrando, 41, Sunderland, Mass., had the best distance in the event, heaving the 16-lb. 50-3 1/4. In the weight throw, Marcia Crooks, 64, Bellingham, Mass., with 22-3/4, and Carl Reichard, 45, Noank, Conn., with a 44-8 1/4, were the standouts.

Steve Vaitones, 42, one of the directors of the 1998 Indoor Championships in Boston, was the speediest in the 3000 racewalk, with a 14:45.65. □

Masters Coaching Update

On this page is a list of masters coaching groups throughout the USA. Sites and individuals listed offer a variety of different programs. Some are free, others require a membership or training fee.

Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to

serve as a leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic-level athletes to their credit.

Most programs focus on specific or selected events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627
AT&T/NJ Runners & Friends	Bernards HS-Mon.&Thurs., 5:30 p.m. Hunterdon Central HS; Sat.& Sun., 9 a.m. Flemington, NJ	S	L-Joe Hehn 908-563-7383
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909- 595-9674
Ross Dunton, SCS	Placentia, CA	S, F, MD	C-Ross 714-524- 9966, CoachR@ pacbell.net
Fred Hustead, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909- 369-0761
LAVAC/SCStriders	UCLA - Sun 8:30 a.m.	S, H, MD	L-George Simon 818-784-0496 or Jackson Steffes
Mac McCormick	UC Irvine, CA	S, H, F, PV, TH	L-Mac 714-586-9942
George Mehale	CSU-Long Beach, CA	S, MD, S,F	C-George 310-498-8405
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866- 9771 x2400 (work)
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818- 556-1563 (work)
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360
Elaine Ward	Pasadena, CA	RW	C-818-577-2264
Stan Whitley	Mt. SAC, Walnut, CA	S	L-909- 945-9800 (home)
Janet Wilson	Orange County, CA	TH	C-310-598-9063
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S,F	C-David Jackson 915-533-3941
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242
Tom Craig	Oakland, CA	MD	C-510-633-1161
Personal Best Program		LD	C-703-250-9277 Dixon Hemphill; Dr. Ron Kulik; Dr. Neil McLaughlin
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events.

NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405.



Masters Racewalking

by ELAINE WARD

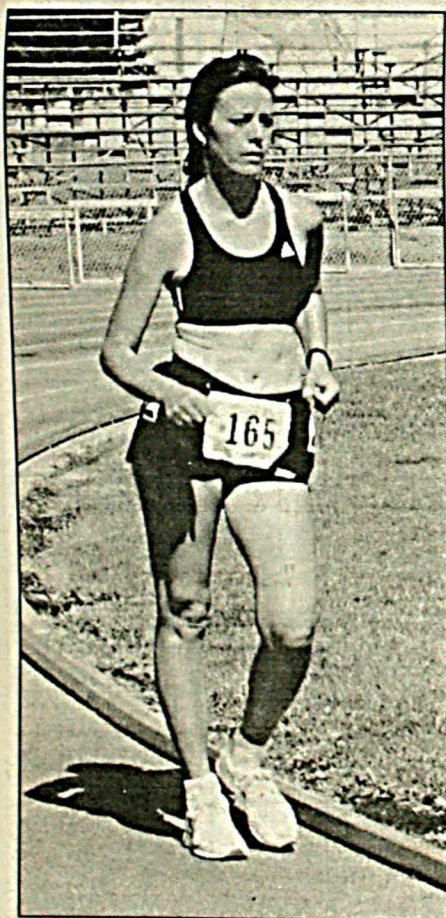
Dave Romansky - Never Lose the Dream

(Recently, the Journal asked questions of Dave Romansky and Jane Dana. Though their backgrounds are very different, their answers revealed an approach to training and competition that clearly explained why they were voted the Outstanding Male and Female Masters Racewalkers for 1997. The following is a portion of Dave's interview. It tells of character, discipline and integrity - qualities that are often referred to as belonging to the "old school.")

On Ron Laird

I am a competitor. I like to race. If I win, great. If I lose, I congratulate the guy who beat me. That is the way Ron Laird and I both felt when we competed with each other. We had some really great races over the years.

One night we were competing at Madison Square Garden. Ron had a way of trying to destroy his competition psychologically. He would warm up where no one could see him. Then, about 40 seconds before the race, he would pop onto the track and blow everybody's mind. I knew what he was doing. That night he came in as usual and I told him, "It won't work this time Ron. I'm on to you." I then proceeded to beat him.



JERRY WOJCIK

Marlene Coe, of California, second W35 (29:41.34), 5000 racewalk, in the 1997 National Masters Championships, San Jose. The 1998 Championships are scheduled for July 30-Aug. 2 in Orono, Me.

On Jessie Owens

I met Jessie Owens in 1968. I went up and introduced myself. The next time I saw Jessie, I was warming up for a race and he came over to me and asked, "Dave, how are you doing?" It just blew my mind that he would remember me. I talked to him and he asked if my wife was with me. I told him she was sitting up with the kids. He said, "Do you mind if I sit with them?" He sat with them the whole meet.

When I got home I asked my wife what they talked about. She said, "Mostly about you." She told me that he was impressed by the fact that I was a world class coach and a world class athlete who had a full-time job and had a family to take care of.

At the time, I was not only competing as a racewalker, I was also coaching running. I coached Beth Bonner who was the first woman to get under 3 hours in a marathon. She won the New York Marathon in 1971. Jessie's recognition of what I was accomplishing was one of the greatest honors I could receive.

When I look back at my scrap books and read what I accomplished, I wonder how I did it all. My week day consisted of getting up at six in the morning to train, going to work, coaching kids for two hours in the late afternoon, and then training for 2 to 3 hours at night. Sometimes, I would come in from training, take a shower, go back out, give a speech to raise money for the track program and get home again at 10 o'clock at night.

On weekends, I would get in the car with the kids and go to New York to a track meet. I spent the whole day at the meet, working with the kids and training on my own. The next morning, I would jump in the car and drive down to Washington or some place to do a race. And then start all over again on Monday.

On Competition

My best year was 1970. I set 12 American records and made 3 world records. I think I won 25 straight races including international competition. I won 7 out of 9 national championships. The two I didn't win, I wasn't

in the country.

Tom Dooley and I went to Europe with the U.S. Track Team to compete. I beat the French in Paris. I did a 1:30 on the track, but had a little trouble. The judges came over and talked to me about my form. They didn't throw me out, but they told me that I needed to do a little work. I then beat the Germans the next weekend.

I am basically a man of principle. Before Dooley and I left for Europe, we were told that the French walks would not count in the American team's scoring, but that they would count in Germany. However, when we got to Germany, the race directors came up to our room and told us that the walks wouldn't count.

They didn't want us in the team scoring, because they knew we were better than the German walkers. I replied, "You're going to count the walks or I'm going home." They said, "What do you mean, you're going home?"

They left us, had a meeting with five or six coaches and called me. They couldn't believe that I was going to go home. I repeated that I would leave unless the walks counted and told them to get me out on the next flight.

They then asked me why. I said, "You guys ought to be ashamed of yourselves. I am married. I have two kids at home. I had to take time off from work without pay to represent our country, and you think so little of me and Tom that you would not count the racewalks in team scoring after you said you would." I added, "If that's the way you guys are, I don't want to have anything to do with you either."

Clearly worried, they said they would see what they could do. They came to me one hour later and said that the racewalks would count.

Another similar situation involved two American runners, Bruce Fisher, who ran for Syracuse, and Dave Waddle best known for his performance in the 1972 Olympics. This situation occurred before Waddle won the gold medal. The Russians were coming to compete with us in Richmond, Virginia. It was the first time they had come over to compete in an indoor meet. There were to be only two Americans per event. Ron Laird and I were the racewalkers.

Waddle didn't compete in the qualifying nationals at Madison Square Garden. Fisher did and was the second place finisher. The Americans wanted to win so badly that they brought in Waddle to take the place of Fisher. I talked to Ron Laird and we went out and started a boycott. We talked to the sprinters, to the high jumpers, to everybody. At first, a lot of them felt they weren't affected and said, "No, it doesn't concern me." I said, "Yes it does. If they switch protocol in this event, they can do it to you next time."

We got the boycott going and they had to bow down to us. The boycott brought the team close together. When I competed against the Russians, Vladimir Golubnichiy and Nikolai



JERRY WOJCIK

Dennis Obert, M50, halfway through the 5000 racewalk, 1997 Hayward Masters Classic, Eugene, Ore.

Smaga, after the second mile they were walking about a 6:16 mile. They had a straightaway on me. The place was filled with athletes around the whole track screaming and hollering for me. There were 10,000 spectators.

I thought to myself, "I can't let these guys beat me. I have to do something." And I just put out everything I had. I came around the last turn and caught the suckers. They beat me, but the difference between Golubnichiy, Smaga and me was about two-tenths of a second. These guys collapsed at the finish. I would have beat Golubnichiy if there had been another 10 yards to go. (Smaga was the world record holder and Golubnichiy was a three-time gold medal Olympic Champion.)

On Not Quitting

In the last decade or so, I have noticed a lot of national team members drop out of national and international races because they hurt. In my time, you didn't do that.

During the 50K walk at the 1968 Olympics, I had a temperature of 102. I was very, very sick. I went out with Larry Young for about 10,000 meters but just couldn't hold it. At the half-way point, it was 90 degrees. I had to put a jacket on because I was so cold.

I almost died, but I wouldn't quit, and I finished the race. I got a letter from Payton Jordan, the Head Olympic Coach, thanking me for having the courage to do that. That letter is hanging on my wall because Payton recognized what I had done and appreciated it.

I just don't understand this new turn of mind of racing when you feel like it and not racing when you don't. □



Training Advice

by HAL HIGDON

Sprinting 102: Speed Drills

In Sprinting 101, I offered readers of this column information on the proper technique necessary for sprint success. My source was Coach Sam Bell, head track & field coach at Indiana University. Here are several drills used by Coach Bell to improve both speed and technique:

Arm Movement Drills: Begin by standing still. Start swinging your arms in a running movement, slowly at first, then gradually increasing the tempo. This shows you the value of correct arm action, since moving the arms will cause you to want to move your legs to maintain rhythm.

High Knee Work: Start to run, picking up speed gradually from a standing start to approximately half speed over 15 meters. At that point, lift your knees so the upper thigh is at least parallel to the ground, higher if possible. As the knee lifts, the lower leg remains in its normal recovery position. Land on the ball of the foot. Avoid the stiff leg motions seen in drum majors. The foot should be dropped slightly, but in front of the knee. The upper body remains completely erect, no back lean. (Lifting should come from the lifter muscles, not from a counter-balancing action of backward lean.) Continue for 50 meters, then float to a stop within the next 15 meters.

Leg Reach Drills: Lift the knees the same as in the previous drill. Then snap the lower leg out in front emphasizing leg reach. As in the previous

drill, land on the ball of the foot.

Fast Leg Drills: Keep your knees up and feet dropped as in the high knee drill. However, the speed should be 7/8 effort. Leg action should be as quick as possible.

Quick Lift and Reach Drills: Utilize the high knee and leg reach action as rapidly as can be accomplished correctly. In this drill caution must be used to not diminish the quality of each effort. It is necessary to improve the speed of the drills so that their action can be translated into a useful commodity in race or top-speed running situations.

Relaxation Drills: Run tall, jaw loose, shoulders relaxed, arms forward and back, knees up where they belong, normal leg reach. Run at about 7/8 effort after a 15-meter build-up. Maintain speed for 50 meters, then float for 15.

Runners frequently fail to do these drills correctly at first. Concentrate on form, particularly as you begin to fatigue. When tired, runners often find that their knees go out and they cannot lift them fully. These drills not only teach correct technique, but they are great conditioners as well. □

U.S. Standards of Excellence Revised

by LEN OLSON

At the end of 1997, review and modification of the existing U.S. Masters Standards of Excellence were completed. In early spring, 1997, Ken Weinbel asked me to take over the job of revising these standards, previously handled by George Woods, who for health reasons, could no longer continue.

Initially, I added missing standards as well as modifications to the men's and women's weight pentathlons, weight, and superweight events. Later in the year, I started the job of revising, where required, all the track & field event standards. The overall goal was to provide a fair but challenging set of standards for every event at five-year intervals starting at age 30 up through 89.

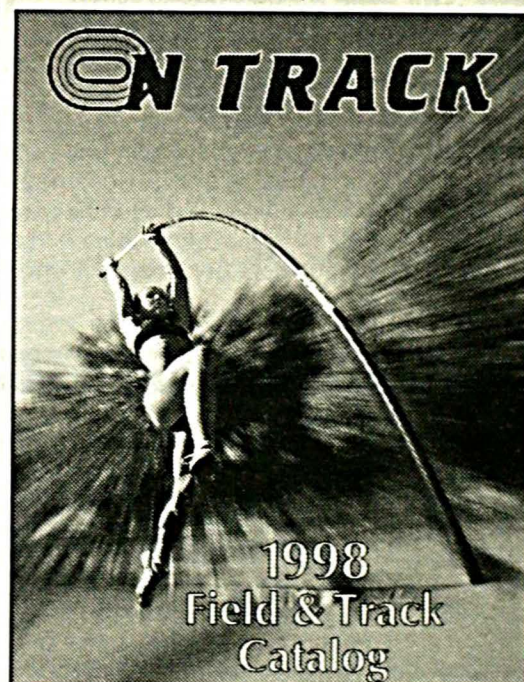
The current revisions (see page 26) were primarily based on all the rankings for 1995 and 1996, as the 1997 rankings were not available. Basically, a statistical approach was utilized for the events which encompassed 20 or more competitive results, involving averages for top 20 and top 10 to establish a fair standard. The events with fewer than 20 involved more interpolation and judgment to arrive at a proper standard.

Some standards remain the same, like those done last spring, because of the same data base, while many standards were changed only slightly, and a few had significant changes. Overall, these revisions resulted in a slight relaxation of the existing standards, which is more fair for almost everyone, but still challenging. □



Robert Culling (l), M65, receiving the 1997 Dr. Robert Watanabe Award for performance and dedication to the masters program, awarded by the L.A.-Valley AC and presented by club president George Simon at the 1997 annual brunch. Culling, who started running in 1982, overcame a serious knee operation six years ago to continue his dominance in his age group, most recently with a gold medal in the steeplechase and a silver in the 1500 at the 1997 Nationals in San Jose.

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On The Run

by HAL HIGDON

Mozart, Motivation and the Marathon

The silvery strains of the bass clarinet filled the air at the United Church of Hyde Park on the South Side of Chicago. Is there any work of music more lyrical than the Mozart Concerto in A Major? Particularly its haunting adagio second movement, especially when played by as gifted a player as Larry Combs, principal clarinetist with the Chicago Symphony Orchestra. At the Hyde Park concert, Combs was playing not with the CSO, but rather was backed by the music of the Baroque Orchestra, Thomas Wikman conductor.

What does Mozart have to do with running? First, I had stopped at the concert en route to the Chicago Area Running Association's annual awards banquet. Second, Larry Combs' wife Gail Williams (horn player for the CSO) is a runner. She participated in the LaSalle Banks Chicago Marathon, her first last fall. Several members of the CSO also run.

Some Day Arrives

I had met Gail and Larry while profiling her for an article in the August 1991 issue of *Runner's World*. Gail believes the endurance she derives

from running makes her a better horn player. She told me she planned to run a marathon — some day. A half-dozen years passed before that "some day" arrived. Then she learned that the daughter of a colleague with the CSO had leukemia, which inspired her to join the Leukemia Society of America's Team in Training (which raises money to cure that disease) and run Chicago last fall.

Gail enjoyed the race so much, she plans to run a half-marathon in Berlin while playing a concert there next spring and maybe run Chicago again in



GEORGE BANKER

Gwen Esdale-Torchia (l), 48, second W45 (68:45) and Karen Erb, 46, fourth (73:37), 1997 Army 10 Miler, Washington, D.C.

the fall. Larry walks, bikes and supports his wife. He watched the marathon from several points along the course, then met Gail after she finished. "Larry was more emotional at the finish line than I was," she recalls. "I was jumping up and down with joy, but he was crying."

But what does Mozart have to do with running? Music at the end of the eighteenth century was all about simplicity. The musical instruments common in today's symphony orchestras were still being invented. Even the clarinet was relatively new during the time of Mozart. The horn did not yet have valves to control the sound. Themes were repeated again and again for audiences who did not yet own CD players. Theme and variation was a familiar symphonic form — then, as now. A rondo describes a theme that keeps coming around, again and again. The sonata allegro form used in the first and last movements of many symphonies states a theme, a sub-theme, repeats both, then there is a bridge of different musical matter, before the theme and sub-theme return, followed by a coda, or ending.

And that's the way you train for a marathon — or a running race of almost any distance for that matter.

Anatomy of a Symphony

At its simplest level, running is running. You head out the door. You run two or three miles. You do this three or four days a week, usually at the same pace. Think of the Gregorian chants, the plain church music that preceded Bach, Haydn and Mozart. Beautiful, but very monotone.

At some point, runners become motivated to do a marathon. Their

schedules change, becoming somewhat more complex. They add a long run on the weekends (principal theme), a medium long or fast run mid-week (secondary theme). Easier runs between the harder workouts serve as bridges. That haunting adagio from the Mozart clarinet concerto comes between two allegro (fast) movements. And all symphonies have rests between movements where players sometimes retune their instruments.

The marathon itself is the coda, but now we have to move past Mozart to Beethoven who really knew how to bang the drums and sound the horns. For symphonies that seem to stretch forever, think Brahms, or Bruckner.

Life isn't one continuous marathon, however. Larry Combs frequently moves away from classical music and plays with the jazz group Ears. Earlier in his career when he played with the New Orleans Philharmonic, he often would hike with his clarinet to Bourbon Street for jam sessions.

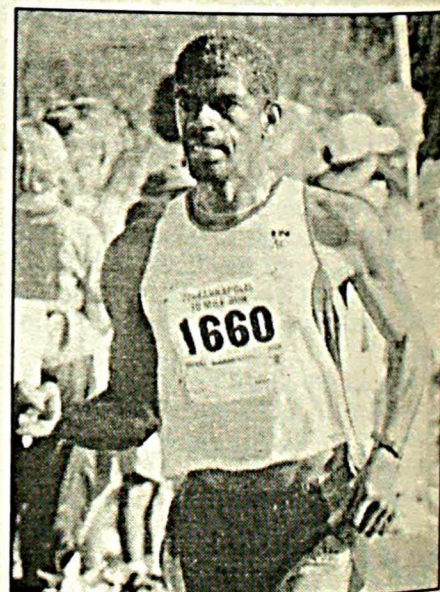
Successful running careers are built on themes and variations. If you want to attain your peak as a runner — whether in the 5K or the marathon — you need to train by doing different workouts: sprints, strides, fartlek, tempo running, interval training, and don't forget repeats. As in most works of classical music, themes are repetitive, but with variations.

Mozart Marathon

Wolfgang Amadeus Mozart died young, at age 36. I often have rued the loss of music he might have produced had he lived a few more decades, and wondered which direction that music might have taken. What sort of music might Mozart have produced had he been living in America at the end of the millennium? Would he have played in a rock band and written musicals like *Rent*?

Then again, Mozart might have been motivated like so many others of us to run a marathon. □

(Hal Higdon is a Senior Writer for *Runner's World* and also a Chicago Symphony Orchestra season ticket holder. For more of his writing, visit his web site at www.halhigdon.com.)



GEORGE BANKER

Bill Moore, 43, Baltimore, Md., fifth master (59:40), 1997 Annapolis 10 Miler, Annapolis, Md.

The Master Board

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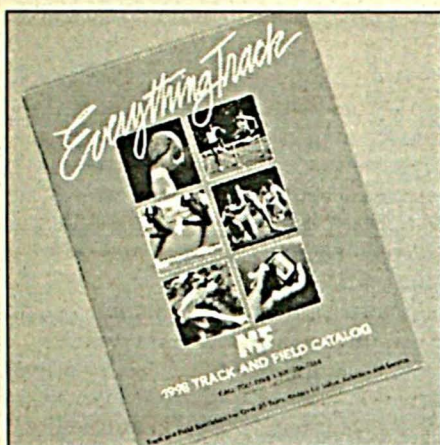
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Write On

Continued from page 4

and thanks for all you do for track & field. I maintain an age/record site for the decathlon at <http://members.aol.com/Tol96/index.html>.

*Dave Tolson
Littleton Massachusetts*

Congratulations. I just got the terrific news that you were going cyber. I am a master from Arizona and am trying to set up a Web page for masters athletes at Clayhull47's Home Page. I am willing to help in raising the awareness of masters track & field in the world, so that those who deserve attention get it. Thanks and best of luck, and if I can be of assistance, please contact me.

*Clay Hull
Arizona*

KUDOS

My wife, Avril, and I really look forward to the arrival of the *National Masters News*. You are doing a fine job; it keeps us in touch and up to date.

*Dave Naylor
Sacramento, California*

TEN YEARS AGO March, 1988

- Web Loudat (41, 4:20.04) Wins Millrose Masters Mile Before 18,000 Spectators at Madison Square Garden
- Bill Rodgers (40, 30:09) Defeats Frank Shorter (40, 33:07) in Phoenix Runner's Den 10K
- Steve Ferraz (40, 31:33) and Gail LaDage (W40, 37:30) Capture "World Masters Division" Titles in Paramount 10K

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Masters Track & Field Rankings (1996)

Men's and women's 1996 U.S. outdoor track & field 5-year age group rankings. 56 pages. 150-deep in some events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$4.00.

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Masters Track & Field Indoor Rankings (1997)

Same as above, except indoor rankings for 1996. 4 pages. \$1.50.

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Masters 5-Year Age-Group Records

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IAAF Handbook

1996/1997 rules and regulations handbook. \$15.00.

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International Scoring Tables

Complete scoring tables for 21 men's and 17 women's individual events. All events, and the event orders, in normal multi-events are included: decathlon, heptathlon, indoor & outdoor pentathlon, indoor heptathlon, and weight pentathlon. Brief scoring instructions, age factors for the common WAVA multi-events, and instructions for hand times and automatic times are included. In English and German. Pocket size (4 1/2 x 6). \$12.00.

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Masters Racewalking

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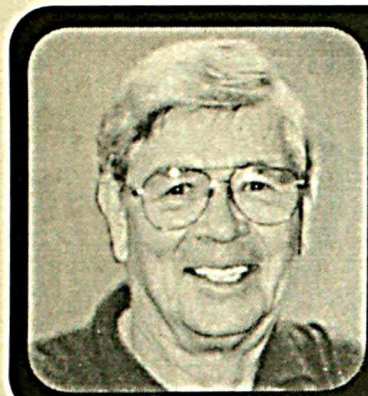
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The Weight Room

by JERRY WOJCIK

Don't Judge a Book by Its Cover (or Its Size)

At the awards presentation at the 1995 National Weight Pentathlon Championships in Grass Valley, Calif., I was asked by Dick Hotchkiss, the meet director, to read an explanation of the Phil Partridge Outstanding Performance Awards, which were being instituted at that meet. Always on the alert to garner a few laughs by poking fun at myself, I prefaced my reading by saying, "Dick has asked me to do this because I'm one of the few throwers around who can read well." This was met with a couple of boos. I then proceeded to read "Dick Hotchkiss" as "Dick Hotkiss" and "Phil Partridge" as "Phil Pheasant."

Afterwards, I was sorry that I hadn't played it straight. First, because my timing was off. My usual lack of patience did me in again. The athletes were milling about, eating and talking. And my opening line was poorly worded and potentially offensive. Some heard the first but not the second; others caught the second part but not the first. I should have waited until I had their attention, and even then, this might have been too subtle, too cute for any crowd.

But, primarily, I felt bad because I think the boos were a response to my hitting a nerve — a sense among throwers that they are perceived by non-throwers as hulking Neanderthals throwing rocks and sticks, while runners and jumpers are seen as sleeker descendants from an advanced evolutionary branch, engaging in physical pursuits indicative of Homo sapiens' cerebral development having surpassed the muscular.

A Matter of Degrees

I don't know much about the backgrounds of younger throwers, but of the ones in my age range of 60-69, and ten years above and below, there are doctors, professors, engineers, attorneys, successful businessmen and women, teachers, sales representatives for major companies, educational administrators, high-ranking government employees, civil servants, and coaches. I know of at least one college librarian, an environmentalist, a financial advisor, a licensed psychologist, and an airline pilot.

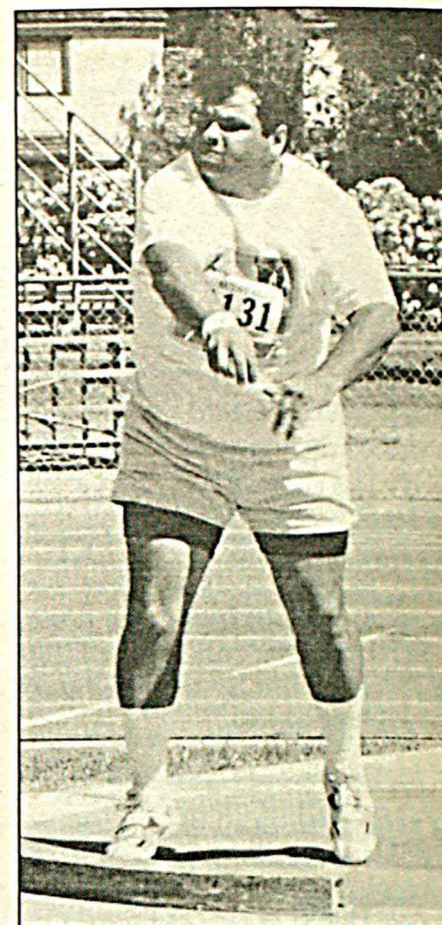
Based on the high level of creativity in our tales of distances reached in workouts, our ranks probably include some inventive types like artists, poets, and writers.

Surveys show that masters athletes are better educated than the general populace in the U.S., and I venture to say that throwers may rank at the top of the educational category in those surveys. Many of them come with at least one diploma from a university. Institutions such as Yale, Dartmouth, Michigan, Illinois, U. of Southern California, and Cal Tech are well-represented among masters throwers.

You don't have to go off to college to learn how to run fast or long, but you'll have to go to Comatose State or Cal State Nowhere to learn how to throw the hammer and javelin because those events are not available in the high school track & field programs in many states.

Just the Facts, Ma'am (or Man)

I hesitate to use names for fear of omitting some and spotlighting others who may not want the attention, but to show that I'm not just talking about men, here goes: Sarah Boslaugh, a national champion in the weights and



JERRY WOJCIK

Marty Martinez, of California, fourth M35 (44-2 1/4), 1997 National Masters Championships, San Jose. This year's championships will be held in Orono, Me., July 30-Aug. 2.

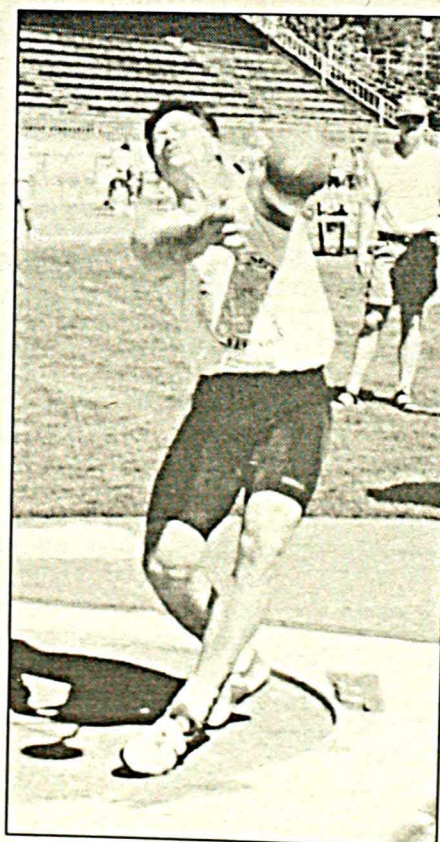
holder of the U.S. W35 records for the hammer and indoor weight, is a Ph.D., who lives in New York City; Vanessa Hilliard, W55, perhaps the most gifted W40+ thrower in the country, whose accomplishments, including world and U.S. records, are too numerous to list, has extensive journalistic experience and teaches at a college in Florida.

So, if you weren't a Rhodes Scholar or didn't go to Smith or Stanford, are you an outcast among the throwers? Not hardly, but that's another column.

A prime example in this pantheon of brainy throwers is Dr. Charles Covino, the inventor of Hi-T-Lube, a lubricant that is listed in the 1998 *Guinness Book of World Records* as a solid that registers the lowest coefficient of static and dynamic friction of any material. It was used for the first trip to the moon and later for trips to Venus and Mars. The Mars Probe had approximately 400 pieces lubricated with the alloy. Covino, an M70 thrower who was ranked high in the shot, discus, weight, and superweight in 1996, is also the founder and CEO of General Magnaplate Corporation.

It'll be interesting to read about the throwers who have listed themselves in the forthcoming USATF Membership Directory, available in May, to see whether I'm overstating their smarts quotient. I think the facts will support my contention that throwers don't have to take an intellectual back seat to the speedsters, leather lungers, flat jumpers, and height-seeking masters.

So, to the weight pentathletes who hooted at Grass Valley, I apologize, but I wish you had waited until after the punch line to call for the hook. □



SUZY HESS

Top ranked M50 weight thrower in 1997, Tom Gage of Montana, hurled the 35-pounder 53-3 1/4 in the Hayward Masters Classic, Eugene, Ore. The 1998 Hayward Meet is set for June 27-28.

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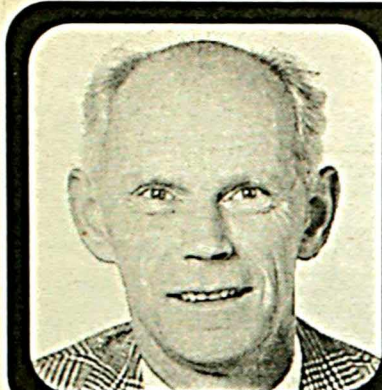
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International Scene

by **TORSTEN CARLIUS**
WAVA President

Year-Round Calendar for WAVA

The month of January passed with some important WAVA activities, and I think of our first Regional Championships for 1998, in Oceania, and the Stadia Committee meeting in Gateshead with discussions by the organizers of the next WAVA Stadia Championships in 1999. Our next big event will be the Road Race Championships in Kobe, which means that now we have WAVA activities all year round.

Seminar Postponed

Unfortunately, the IAAF's planned seminar in Marrakesh has been postponed until October 14-18 (to be confirmed) in connection with the World Calendar Congress in Granada, Spain. We have expressed interest in having a role at the seminar which will be taken into consideration when planning the program.

However, participation in this seminar must not be the only ambition for WAVA this year, so I have asked our Women's Representative, Bridget Cushen, to present some target proposals for WAVA at our next Council meeting in Gateshead in April.

Result Books/Videos From Durban

I regret to report that result books and videos from the Durban OC will be delayed approximately another month. Corrections to the results are

almost completed and distribution is now scheduled for March. I know they are equally frustrated as we are in the WAVA Council, and they are doing their best to speed up the work.

Road Championships in Kobe

The entry deadline for the 4th Road Race Championships has passed and the final number of entrants is 17,000. It is an amazing figure and a record that will be very difficult to surpass in future Road Championships. It will also cause some new problems as the number is so big that start and finish areas must be widened to give all participants a sporting chance.

WAVA Technical Delegates in Kobe will be Joseph Antentas for the running events and Barbara Dunsford for the walking events – both members of our Non-Stadia Championships, experienced and well acquainted with the requirements for World Championships. Our inspection visits give us reason to expect very well organized Championships and I know the OC will do its utmost to handle the record figures in the participants' best interests.

Committee Meeting in Gateshead

The January meeting with the organizers was a success, according to the short report I have had.

In Durban, we promised that WAVA will take a strong role in future WAVA World Championships and we will very closely follow the preparations in Gateshead. Our technical delegates will make follow-up and inspection visits to Gateshead and will be there well in advance of the Championships to ensure better control.

This is especially important, since Gateshead expects a record number of participants. Three stadia of good standard will be used, with Gateshead International Stadium as the main venue. The organizers have promised follow-ups in future issues of NMN to keep us all updated.

Committees

I have one final WAVA Committee to account for, i.e., our new Organizational Advisory Committee which is composed of the following persons:

Chairman: Tom Jordan, USA,



LEO BENNING

Lidia Zentner, of Germany, running second here to Eva Gustafson, of Sweden, won the W40 5000 race, 1997 WAVA Championships-Durban, with a 17:47.21. Gustafson finished in 17:56.43.

Executive Vice President;

Members: Jim Blair, New Zealand, Vice President; Ron Bell, Great Britain, Vice President Non-Stadia; Barbara Kousky, USA; Dieter Massin, Germany; Djoko Slamet, Indonesia; and Valentina Zorina, Russia.

In my presidential campaign I very strongly expressed my wish to see more women as committee members

and more countries represented. I am happy to report that we have more women appointed, plus an unofficial Women's Committee.

This is just the beginning of a necessary development to get women much more involved in our administration and activities. We are all responsible for ensuring the success of this goal. □

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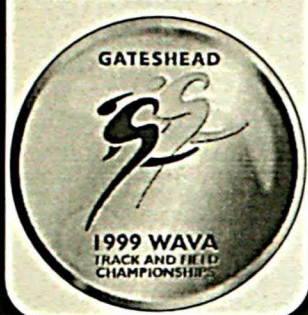
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SUZY HESS

Bridget Cushen, 56, WAVA Women's Delegate, in the 5000, 1997 WAVA Championships, Durban.

16 Months to Go



Countdown to Gateshead

by RON BELL

Timetable Close to Completion

A WAVA technical meeting took place in Gateshead, where the provisional timetable for t&f events was compiled for the L.O.C., under the guidance of Jim Blair, WAVA Vice-President (Stadia); Rex Harvey; Sandy Pashkin; Winston Thomas; and Heinrich Clausen. With a very large entry anticipated, the team worked into the small hours to ensure their task would be completed on time and that the program would cater for all the demands of our competitors.

While the t&f program was being compiled, Bob Gallagher from Gateshead M.B.C. and I were studying the locations and courses for the non-stadia events.

The challenging cross-country course has now been measured and fully examined. Changing facilities will be nearby. A full tented area will be established at the venue for all ancillary requirements. An officials village is being planned at the finish area. Extra toilets will be brought in to solve the problem that seems to exist at every championships.

The marathon course is now established and will soon be measured to IAAF/AIMS standard. We will be using a two lap course, which crosses our famous "swing" bridge and follows the River Tyne for most of the distance. It is impossible to find a flat course in Gateshead. What Bob Gallagher has given us is a course that is fairly flat, but with a major climb of 800-1200m at the 25-mile mark, after which it is downhill to the finish. Both the start and finish are at Gateshead International Stadium.

ATHLETES WHO ENTERED A NEW DIVISION IN NOVEMBER 1997

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ARMANDO ALDEGALEGA (POR)	11-23-37	60-64
OTIS CHANDLER (LOS ANGELES, CA)	11-23-27	70-74
DEREK CLAYTON (AUS)	11-17-42	55-59
EAMONN COGHLIN (IRL)	11-21-52	45-49
BOB CURRAN (SEPULVEDA, CA)	11-26-22	75-79
FELIX BRAUSQUIN (SPA)	11-20-7	90-94
GORDON FARRELL (VAN NUYS, CA)	11-23-17	80-84
AL FEOLA (PLACENTIA, CA)	11-6-32	65-69
BYRON FIKE (TALLMADGE, OH)	11-21-7	90-94
WALTER FREDERICK (PICO RIVERA, CA)	11-3-7	90-94
BILL GILLIGAN (W. ROXBURY, MA)	11-23-17	80-84
JORMA MARKUS (FIN)	11-28-52	45-49
BERT MORROW (CAN-SAN MARCOS, CA)	11-2-12	85-89
JOSEF NECEK (CZE)	11-4-27	70-74
MARK NENOW (US)	11-16-57	40-44
HANS NORDENGEN (NOR)	11-30-17	80-84
GHULAM RAZIK (PAKISTAN)	11-11-32	65-69
TORMOD RESELL (NOR)	11-5-7	90-94
HANNO RHEINECK (WG)	11-17-42	55-59
HARVEY SCHELLENBERG (REEDLEY, CA)	11-10-32	65-69
DAVID SURL (NZ)	11-9-42	55-59
FRITIOF SJOSTRAND (SWE-LA, CA)	11-5-12	85-89
WILSON VIBLE (WILMINGTON, DEL)	11-8-17	80-84
JANIS ZIRNIS (URS)	11-28-47	50-54
SUSIE BARNES (US)	11-18-27	70-74
JAN BUSTAD (PUYALLUP, WA)	11-13-47	50-54
LOUISE CLARK (QUEENS VILLAGE, NY)	11-3-57	40-44
IRENE CRANE (MILWAUKIE, OR)	11-19-17	80-84
MYRHA EBERLY (LOS GATOS, CA)	11-30-32	60-64
MARGARITA EKISS (W. AMHERST, NY)	11-1-47	60-64
LYNN GRAHAM (FRESNO, CA)	11-3-47	60-64
GAIL GUSTAFSON-RODD (SAN FRANCISCO, CA)	11-23-42	50-54
GAIL HOLM (US)	11-15-37	60-64
SUSANNE HUNTER (LINCOLN, MA)	11-30-42	50-54
SUSAN KIEFFER (BEVERLY HILLS, CA)	11-17-42	50-54
HELEN KLEIN (CITRUS HTS, CA)	11-27-22	75-79
FRANCIE LARRIEU-SMITH (TX)	11-23-52	45-49
BARBARA NEUHAUSE (HOUSTON, TX)	11-1-27	70-74
LUCILLE SAMPSON (MIDDLETOWN, OH)	11-19-27	70-74
KATHY SHIPP (TEMPE, AZ)	11-21-42	55-59
CAROL STRAUD (SARATOGA, CA)	11-13-42	55-59
ELIZABETH SZAWLOWSKI (MIDDLESEX, MA)	11-11-32	65-69
MARILYN WALLACH (BURLINGAME, CA)	11-4-52	45-49
ELENA BURGAROVA (SVK)	11-13-52	45-49
MAVIS COLLINS (AUS)	11-19-17	80-84
GWEN DAVIDSON (AUS)	11-28-22	75-79
HEATHER DUCAT (AUS)	11-11-47	50-54
LINDA FINDLEY (CAN)	11-28-47	50-54
JOCELYN HARWOOD (GBR)	11-21-57	40-44
WILFRIEDE HOFFMANN (WG)	11-27-32	65-69
DOROTHY HOLMES (GB)	11-21-47	50-54
JANE HOLMES (GB)	11-21-47	50-54
JOCELYN KIRBY (GBR)	11-21-57	40-44
LIESELOTTE LIESS (WG)	11-2-32	65-69
KUMIKO MISHIUCHI (JPN)	11-17-47	50-54
YOSHIMI MORIMOTO (JPN)	11-23-57	40-44
KUMIKO NISHIUCHI (JPN)	11-17-47	50-54
ELEANOR MARY ROBINSON (GBR)	11-20-47	50-54
GERDA SEIBERT (GER)	11-15-42	55-59
MARIA TIEMANN (GER)	11-20-12	85-89
LISETTE VERBEECK (BEL)	11-1-37	60-64

(See page 27 for March's New Age Groups)

Compiled by Pete Mundle, World and U.S. Masters T&F Records Chairman



LES PAUL

WAVA executives inspecting the facilities in Gateshead, England, in preparation for the 13th WAVA World Veterans Athletics Championships, July 29-August 8, 1999. From left: Ron Bell (GBR), Non-Stadia V-P; Tom Jordan (USA), Executive V-P; Torsten Carlus (SWE), President; Jim Blair (NZL), Stadia V-P; Keith Whittaker (Chairman of British Vets).

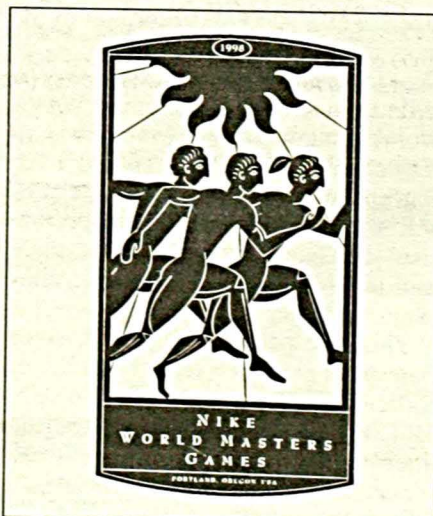
The road walks will take place at the Team Valley Trading Estate, just 10 minutes from Gateshead International Stadium. The course has been designed to offer a good fast race to our walkers. The course is not totally flat, having an incline in the first third

of the lap which is just under 2.5K.

At the time of writing, over 2000 accommodation enquiries have been received, with an anticipated avalanche when the entry booklet appears. My advice is to book early to avoid disappointment. □

World Masters Games Housing Secured

The Valley River Inn, located near Hayward Field in Eugene, Oregon, has been named the "official sport hotel" for track and field during the 1998 World Masters Games, August 10-22. The announcement was made by the Games Housing Manager, Carole DeMar.



Other housing alternatives for t&f athletes include dormitories at the University of Oregon. Final arrangements are being secured that include meals, linens and daily towel service. Most campus accommodations include a clean and comfortable first floor lounge with piano and fireplace. To

obtain housing information, please send your request in writing to Housing Manager, 1998 World Masters Games, 55 SW Yamhill, Portland, OR 97204, or fax your request to ((503) 226-0989. Housing reservations will only be accepted in writing by mail or fax.

Registration requests for the Games continue at an all-time high. Over 30,000 individual requests have been fulfilled by the Games Organizing Committee. Currently, the World Masters Games has registrants from 43 countries. The oldest registrant is a 96-year-old woman from Eugene who is registered in the 100-meter dash. In addition, an 86-year-old man from Eugene is registered to compete in 9 different t&f disciplines. A University of Houston team from the 1960s is reuniting and competing in the Games as well.

The Games website (www.worldmasters.org), continues to be updated with new information. All registration information can be downloaded and most questions answered by browsing the site.

For additional information on the 1998 World Masters Games, please call (503)226-1998.

- Sue Carpenter
Director of Communications

Masters Scene

NATIONAL

• The National Multiple Sclerosis Society is sponsoring its annual spring walk over the April 18-19 weekend to raise funds for research and service programs. Since its inception in 1989, the event has grown to attract over 200,000 walkers in 600 or more locations representing all 50 states that raised some \$20 million last year. For information on the Multiple Sclerosis Walk, call 1-800-FIGHT-MS.

• **Bob Weiner**, M50 middle distance runner and steeplechaser, had to run the gamut of the grand jury investigating President Clinton's alleged improper behavior in the *Monica Lewinski* matter. According to the *N.Y. Times*, Jan. 31, Weiner was subpoenaed to appear before the grand jury to answer questions about a telephone call he made to former neighbor **Wanda Hurt**, an ex-Democrat and now Republican, who lives in Maryland, regarding the legality of Maryland resident **Linda Tripp's** tape-recording telephone calls from Lewinski. Taping phone calls without the caller's permission is a crime in Maryland. After the grand jury appearance, Weiner a spokesman for **Gen. Barry McCaffrey**, President Clinton's director of the Office of Drug Control Policy, is quoted by the *New York Post* as saying, "They asked me if there was any involvement by the White House. It is big brother at its worst." Weiner finished second in the M50 steeplechase (12:15.83) in the 1997 Championships in San Jose.

EAST

• In the DCRRC Indoor Meet, Alexandria, VA, Feb. 8, racewalkers **Warrick Yeager**, 43, Alexandria, VA, and **Steve Pecinovsky**, 43, Fairfax Station, VA, qualified for the USATF National Indoor Championships, Atlanta, GA, on Feb. 28. They finished the 3000 RW almost together in 12:34, beating the qualifying time of 12:35, with Yeager getting the win.

• **Paul Ryan**, 47, Arlington, VA, negotiated the DCRRC Tidal Basin 3K, Washington, DC, Jan. 21, in a second-place 10:06. **Chandler Robbins**, 60, Arlington, VA, slipped by the M50s for a seventh-place 11:2.

• **Sean Doyle**, 43, 17:11, and **Kathryn Martin**, 46, 20:01, scurried to masters firsts over the 5000m RRCA Age-Group Cross-Country course in Van Cortlandt Park, Bronx, NYC, Nov. 16. **John McManus**, 74, showed a large portion of younger runners his heels with a 25:06.

• **Alan Ruben**, 40, 1:09:44, aced the men's masters division and placed second overall at the Holiday 20K, Central Park, NYC, Dec. 21. The W50 division led the way for the masters women with **Mariorie Kos**, 52, 1:36:09, edging out **Melanie Benvenue**, 53, 1:36:43. In an accompanying 4-mile run, **Samuel Skinner**, 55, 23:29, and **Joan Baldassarri**, 43, were first masters across the line.

• Nearly 1500 runners checked in for the Fred Lebow Classic 8K, Central Park, NYC, Jan. 4. Coming out on top were masters **Jaime Palacios**, 42, and **Marie Wickham**, 42, 32:37. Outstanding in their age-groups were **Muriel Merl**, 72, 47:48, and **Don Dixon**, 70, 37:08.

• Flying to wins at the RRCA Eastern Regional Half-Marathon Championships, Hampton, Va., Dec. 7, were **Ed Sheehan**, 40, Washington, DC, 1:12:13, and **Cecil Astrop**, 43, Richmond, VA, 1:26:24. **Jeanne Kruger**, 50, Norfolk VA, 1:33:29, set a new women's seniors record. **Harvey Goldstein**, 50, Chapel Hill, NC, 1:21:53, sped to the men's senior victory. **Rick Platt**, 47, Williamsburg, VA, 16:53, and **Susan Cieslak**, 43, Richmond, VA, 23:10, won the 5K event.

• Central Park Track Club beat five other masters teams in 3:18.13 for masters' 4 x 400 relay bragging rights in the 91st Annual Chase

Millrose Games. **Francis Shiro**, **Jessie Norman**, **Tom Hartshorne** and **Ed Gonera** comprised the winning team.

SOUTHEAST

• **Bill Springer**, 57, Lauderdale, FL, held off four-time Olympic marathon qualifier and 1997 Rocket City Marathon first female (2:44:09), **Cindy Keeler**, 40, Lake Worth, FL, by eight seconds to win the overall title with a 58:10 in the Palm Beach Data 15K, Lake Worth, Jan. 3. Springer has been one of the area's premier masters runners for many years and goes to the Northeast in the summers. Keeler, formerly of Michigan, ran her first marathon as a master in the Rocket City.

• **Bob Boal**, 85, Wake Forest, NC, became the only man in the world age 85 or older to successfully complete the 300H, in an all-comers meet on Oct. 12, 1997, on the Thomasville HS, NC, track where he had shattered the US M85 decathlon record three weeks earlier. Boal, deemed "the father of masters t&f in the Southeast," cleared the eight 30" hurdles without a flaw, finishing in 89:11. For record purposes, the race was automatic-timed and videotaped. His running mates were **Mike Valle**, 57, and **Bill Weldon**, 52. Boal added a 1997 world-best 1.06/3-5 1/4 HJ and a 21.73 in the 80mH as side-lights to his world record.

• **Lynn McFadden**, 41, went to the head of the women's class with an overall female first 38:59 in the Scholarship 10K, Parkland, FL, Jan. 17. **Jorge Ramos**, 42, was the winning M40+, with a 36:55. First 40+s in a shorter 5K were **Robert Cormier**, 45, 18:31, and **Adrienne Silver**, 42, 22:27.

• **Pete Kaplan**, 40, Charlotte, SC, 2:45:59, and **Nancy Anderson**, 47, Spartanburg, SC, 3:52:06, logged masters victories at the Carolina Marathon, Columbia, SC, Feb. 7. 10K winners were **David Geer**, 43, Clemson, SC, 33:14, and **Betty Ryberg**, 50, Aiken, SC, 41:56.

• **Ruth Wysocki**, 40, Canyon Lake, CA, 27:08, added to her string of masters wins with a first place at the Women's National Championship 8K Road Race, Columbia, SC, Feb. 7. Wysocki's time also placed her in the women's overall top 10. Rounding out the top four masters' places were **Dian Ford**, 42, Piedmont, SC, 30:19; **Alendia Vestal**, 46, Brevard, NC, 31:13; and **Catherine Lempesis**, 46, Columbia, SC, 31:19.

• This year's edition of the Naples (FL) Daily News Half-Marathon, Jan. 25, drew close to 1000 competitors. Fourth overall and first men's master was **Andrei Kuznetsov**, 40, 1:04:53 (AG 95.2%). **Cindy Keeler**, 40, 1:18:34 (AG 86.7%) led the masters women. **Gloria Jansen**, 50, romped over her division in 1:29:20 (AG 83%).

MID-AMERICA

• **Lynn Bjorklund**, a 40-year-old marathoner who witnessed a small plane crash while camping in New Mexico's Pecos Wilderness, ran six miles to a phone and directed rescuers to the scene. Officials credited her with saving the lives of the two male passengers, ages 31 and 48.

SOUTHWEST

• **Andrei Kuznetsov**, 40, San Francisco, CA, 2:16:45, and **Patty Valadka**, 40, Houston, TX, 2:44:33, recorded masters wins at the Methodist Health Care Houston Marathon, Houston, TX, Jan. 18. Valadka's win netted her \$1000 and qualified her for the U.S. Women's Olympic Marathon Trials for the 2000 Games. Runner-up **Claudia Kasen**, 40, San Antonio, TX, 2:49:48, also qualified for the Trials.

• Celebrating masters wins in the Nokia Sugar Bowl Mardi Gras Marathon, New Orleans,

Jan. 17, were **Leonard Vergunst**, 42, Ocean Springs, MS, 2:39:57, and **Kristin Joyner**, 44, Biloxi, MS, 3:39:19. Grandmaster winners were **Budd Bettler**, 54, Newark, DE, 3:04:04, and **Katherine Tharp**, 50, Metairie, LA, 3:59:32.

• First masters in the 3M Half-Marathon, Austin, TX, Feb. 1, were Russians **Yuri Mikhailov**, 44, in 68:38, and **Irina Bondarchuk**, 45, third female in 79:20.

• In the January article on the USATF Masters T&F Awards, **Don Austin**, 1997 Administrator of the Year, was credited with salvaging the Southwest Regionals when the original meet director quit. The actual reason for the cancellation of the original site and date was that the scheduled venue was withdrawn on short notice for no valid reason by a disgruntled school administrator.

WEST

• Hometown favorite **Mary Burns-Prine**, 40, 2:49:15, finished nearly 30 minutes ahead of her competition en route to winning the women's masters title at the San Diego Marathon, Jan. 18. **Doug Kurtis**, 45, 2:36:00, grabbed the men's masters crown, while **Ken Sparks**, 52, 2:41:29 turned in a fast time to top the M50 division. Half-marathon masters wins went to **Joe Schieffer**, M45, 1:16:15, and **Brigitte Scalatter**, W45, 1:33:33.

• **James Willmore**, 41, San Diego, 36:01, and **Mary Burns-Prine**, 40, 36:49, rushed to masters wins at the Mainly Masters 10K, San Diego, CA, Dec. 20. Fellow San Diegans **Fred Small**, 62, 47:03 (30:07 adjusted), and **Marcella Teran**, 42, 37:03 (31:30 adjusted), won the race's age-graded competition.

• **Steve Scott**, (4:10, 8th overall) and **Ruth Wysocki** (4:41, 2nd female) were the top mas-

ters finishers in the annual Super Bowl Sunday one-mile road run, Redondo Beach, CA, Jan. 24.

INTERNATIONAL

• **Jim Dingwall**, M45, Great Britain, with a 35:25, and **Carol Galea**, W35, Malta, with a 35:37, turned in masters firsts in the Malta Veterans 10K, Jan. 17. **Edgard Knockaert**, Belgium, prevailed over a strong M60 group with a day's best age-graded 87.1% 37:37. In a t&f meet the next day, age-graded standouts were **Tony Coker**, M60, Great Britain, 89.2% 13.0 in the 100, and **Ronald Pannell**, M60, Great Britain, 88.7% 17:51 in the 5000. **Tony Chircop**, Malta Amateur Athletic Association, was the events director.

FIFTEEN YEARS AGO March, 1983

• England's **Ron Hill**, 44, Wins Masters Division in Both Orange Bowl 10K (31:27) and Orange Bowl Marathon (2:27:14) in One Week in Miami

• **Bill Stewart**, 40, Runs Fastest Ever M40+ Indoor Mile (4:11.0) in Ann Arbor

• **Larry Walker**, 40, Breaks M40+ Record for Indoor Mile Racewalk (6:22.3)

USATF NATIONAL MASTERS 10K CHAMPIONSHIP



14th Annual Run Old Mesilla
Mesilla, New Mexico
Saturday, March 28, 1998

Flat, "Super Fast" Course.

\$5000 Minimum Masters Prize Money.

Run In Sunny Southern New Mexico.

Predictable Weather: High 70, Low 36, R.H.<15%.

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10K: NM Gran Prix Series / NM Selection Race For Freihofer's.

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Information: Phone / Fax: (505)524-7824.

Mail: MVTC - ROM98

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Las Cruces, NM 88001.

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Las Cruces And Mesilla Are Side-By-Side Communities In Southern New Mexico, USA.

Come / Run / Stay / Play / See Sights! Good Time Of Year!

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

March 27-29. USATF National Masters Indoor Championships, Boston, Mass. Steve Vaitones, New England Association, 2001 Beacon St., Suite 207, Brookline, Mass. 617-566-7600; Fax: 617-734-6322.

April 4-5. USATF National Masters Heptathlon Championships, Proviso West H.S., Hillside/Chicago. SASE to USATF Illinois, P.O. Box 7019, Villa Park, IL 60181-7019. 630-953-2052; fax: 953-2053.

July 25-26. USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

August 29. USATF National Weight & Superweight Championships, Seattle, Wash.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla.



JERRY WOJCIK

Bob Blackburn, M40 long jumper, Eugene Indoor Meet, Eugene, Ore., Feb. 8.

EAST

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

March 8. USATF East Regional Masters Indoor Championships, 168th St. Armory, NYC. USATF registration required. Haig Bohigian, 223 Hunter Ave., Sleepy Hollow, NY 10591-1316. 914-631-1547 (11 am - 8 pm); fax: 914-631-8280.

March 15. Finger Lakes RC Indoor Meet, Barton Hall, Cornell U., Ithaca, N.Y. 12 noon. Limited events. Chris Mansfield, 607-255-2734(w), or Ken Packman, 607-273-5822(h).

April 24-25. 104th Penn Relays, Philadelphia. Masters: 100 (M40/M50/M60/M75+/W40+); 4x100 relay (M40+/M50+/W40+); 4x400 relay (M40+/M50+/W40+). Karl Castor, 44, North Penn St., Hatboro, PA 19040. 215-441-8584. Peter Taylor, 4014 Hallman St., #3, Fairfax, VA 22030. 703-385-4392. Deadline: March 31.

June 12-14. Massachusetts Senior Games, Springfield. Springfield College, 263 Alden St., Springfield, MA 01109-3797. 413-788-2457; fax: 788-2458.

SOUTHEAST

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

March 7. Virginia Indoor Masters Meet, Lexington. SASE to John Tucker, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667.

March 9-15. Sarasota Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

March 22-28. Sunrise Senior Classic, West Broward County, Fla. 55+. Sunrise Sr. Center, 954-746-3670.

April 17. Vanderbilt U. Classic, Nashville, Tenn. Masters allowed. 615-343-2897.

May 8-10. 28th Annual Southeastern U.S. Masters Meet, North Carolina State, Raleigh. Pentathlon & Weight Pentathlon. Alex Almasy 5K & 20K RWs. SE U.S. Masters Inc., Box 590, Raleigh, NC 27602. Ray Fulghum or Dale Smith, 919-831-6640, M-F 9 am-5 pm, Eastern time. (Entry form in March issue.)

May 11-17. Ft. Lauderdale Senior Games, Fla. Florida Sr. Games, 8 Broadway, Kissimmee, FL 34741. 407-943-7992.

June 6. Birmingham TC Classic/Southeast Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; e-mail: GESEIF@aol.com. Entry form in April National Masters News.

June 6. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

June 13. Atlanta TC Masters Meet. ATC, 3097 E. Shadowlawn Ave., Atlanta, GA

30305. 404-231-9064, x17.

June 27. Don Brady Memorial Masters & Open Meet, Vanderbilt U. Nashville Striders/Nashville TC 615-331-0111.

July 11. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

August 15. Nashville Striders Meet, Vanderbilt U. 615-331-0111.

MIDWEST

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

March 7. USATF Midwest Regional Masters Indoor Championships, Indianapolis. Open to all competitors 20+ yrs.; 5-yr. age-groups. Very fast 200, moderately banked MONDO track. The National Institute for Fitness & Sport, Indianapolis, Ind. Vern LaMere, 317-274-3432.

March 15. USATF Illinois Masters Indoor Championships, Westwood Sports Ctr., Sterling. USATF Illinois, 630-953-2052.

April 4-5. Masters Indoor Open Meet, Hillside/Chicago. Same site as Heptathlon Championships.

June 5. (Fri.) Augustana College Masters Meet, Augustana, Ill. Fred Whiteside, 309-794-7524.

MID-AMERICA

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

June 26-27. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 404 Jesse Hall, Columbia, MO 65211. 573-882-1462.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

April 18. El Paso Senior. 50+ Susanne Parsons, 4430 Maxwell, El Paso, TX 79904. 915-757-2523.

WEST

Arizona, California, Hawaii, Nevada

April 8. John Ward Spring Games, Santa Ana College, Santa Ana, Calif. Al Siddons, 714-564-6936.

April 17-19. Mt. SAC Relays, Walnut, Calif. (near L.A.). 100 & 200 for M40+ (800 tentative); 100 & 800 for W40+. Men's Contact: Stan Whitley, 909-945-9880; e-mail: worldclass@aol.com; women's contact: John Cosgrove, 310-823-9448; e-mail: cosgrove@CS.UCLA.EDU.

May 2. Arizona Masters Meet, McClintock HS, Tempe. Entry to USATF Arizona, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1991; Information: Clifton McKenzie, meet director, 777-8503.

May 9. Southern California Striders Meet of Champions, Cal State Long Beach, Calif. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966; fax: 524-9992; e-mail: coachr@pacbell.net.

May 16. Visalia Classic Masters Meet. Bob Higginbotham, Princeton, Visalia, CA 93277. 209-732-8030.

May 23. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 714-

ON TAP FOR MARCH

TRACK AND FIELD

The USATF Masters Indoor Championships return to Boston on the 27th-29th. Entrants looking for a good workout before then can find it at the Midwest Regional Championships in Indianapolis on the 7th, the East Regionals in NYC on the 8th, and the Ontario Championships in Canada on the 14th. Two Senior Games meets are available in Florida.

LONG DISTANCE RUNNING

Masters championships are logjammed toward the end of the month, starting with the 8K in Chicago on the 22nd; followed by the 10K in Mesilla, N.M., and the 100K in Pittsburgh, Pa., both on the 28th; and the 5K in Carlsbad, Calif., on the 29th. Other races of interest include the Gate River Run 15K, Jacksonville, Fla., on the 7th; Shamrock Masters 8K, Virginia Beach, Va., on the 21st; and the L.A. Marathon and Fifty Plus Fitness Association Paul Spangler Memorial 8K, Palo Alto, Calif., both on the 29th.

RACEWALKING

The 3000m Indoor Championships racewalkers start at 9 a.m. on the 29th in Boston. The Lavonne Hottensmith 5K is set for the 7th in Lake Worth, Fla., and NYC's Central Park hosts the St. Patrick's Day 5K on the 8th. □

586-9942.

June 13-14. California State Senior Games Championships, Occidental College, Los Angeles. Cynthia Vaughn, 85 E. Holly St., Pasadena, CA 91103. 818-397-4064; 397-4062.

June 28. Trojan Masters Meet, USC, Los Angeles. Russ Reabold, 626-917-6289.

July 11. USATF Southern California Association Championships, Fullerton College. Ross Dunton, 512 Somerset, Placentia, CA 92870. 714-524-9966 (until 8 pm); fax: 524-9992; e-mail: coachr@pacbell.net.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 11. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

NORTHWEST

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

March 1. Great Northwest Indoor Championships, Portland Exposition

Continued on next page

Continued from previous page

Center. College/Open/Masters. USATF Oregon, Harry Simonis, phone/fax: 503-668-0998; e-mail: runjumpthrow@compuserve.com, or Pam Reynolds, 503-239-4244; e-mail: PamPV@aol.com

May 23. Oregon Senior Olympics & 5 Mile Run, Silverton. 40+. Amy Castle, 6350 Cascade Hwy. N.E., Silverton, OR 97381. 503-873-8577.

June 6. Seattle Parks Dept. Masters Meet, West Seattle Stadium. Paula Petesch, 206-684-7093.

June 13-14. Portland Masters Classic/USATF Oregon Association Championships, Mt. Hood CC. Paul Stepan, 503-666-8950.

June 18-20. Montana Senior Olympics, MSU, Missoula. 50+ Entries: Don F. Tavolacci, 465 Freedom, Billings, MT 59105; 406-252-2795, or Evelyn King, 406-542-1868.

June 25-28. Wyoming Senior Games, Riverton. WSG, PO Box BD, Riverton, WY 82501. 1-800-856-4398.

June 27-28. Hayward Masters Classic/USATF Northwest Regional Championships, Hayward Field, U. of O., Eugene. Ruth BreMiller/Frank Lulich, Co-directors, 590 W. 29th Ave., Eugene, OR 97405.

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

CANADA

March 14. Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047; e-mail: masters@sympatico.ca.

July 3-5. CMAA Championships, Saskatoon, Sask. Judy Warick, 106 Meglund Pl., Saskatoon, SK S7H 4Z7. 306-373-3604.

INTERNATIONAL

March 13-14. Russian Veterans Sports Association Indoor Meet, Penza. Vadim Marhev, 14-6, Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

April 3-5. RVSA Indoor Championships, Moscow. Vadim Marhev, 14-6, Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

May 1-2. South Africa Veteran Championships, Bloemfontein.

June 20-21. International Meet (Holland/France/Belgium/UK), Calais, France.

August (date TBA). African Veterans Athletic Championships, Mauritius.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marhev, 14-6, Pervomaiskaya St., Himki,

Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September 7. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323; e-mail: moriconi@atmos.ifa.rm.cnr.it

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-8. South American Veterans Championships, Porto Alegre, Brazil.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

LONG DISTANCE RUNNING

NATIONAL

March 22. USATF National Masters 8K Championships/Shamrock Shuffle, Chicago. David Patt, 203 N. Wabash, Suite 1104, Chicago, IL 60601. 312-666-9836; fax: 312-781-1736; e-mail: cararuns@aol.com.

March 28. USATF National Masters 10K Championships/Run Old Mesilla, Mesilla, N.M. Don Shepan, 3007 Ronna Dr., Las Cruces, NM 88001. 505-524-7824.



GEORGE BANKER

Doug Pickett, M45, ran a 37:13 in the 1997 Vietnam Veterans Memorial 10K, Washington, D.C.

March 28. USATF National Masters 100K Championships, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406.

March 29. USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tim Murphy, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 1. (Fri.). USATF National Masters Half-Marathon Championships/Indianapolis Life 500 Festival Mini-Marathon, Indianapolis. Indy Life Circuit Race.(3X points). Applications available Feb. 1. \$10,000 masters prize money. SASE to 500 Festival, 201 S. Capitol Ave., Suite 201, Indianapolis, IN 46225. Don Carr, 317-328-1632; 800-638-4296; fax: 317-264-5693.

May 16. Berwyn 5000, Berwyn, Ill. Indy Life Circuit Race (counts for men only). Pat Furgal, 2947 Oak Park Ave., Berwyn, IL 60402. 708-749-0606.

May 30. USATF National Masters Women's 5K Championships/Freihof's 5K, Indy Life Circuit Race. Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

June 18-20. 40th Anniversary RRCA National Convention, Peoria, Ill. RRCA National Office, 703-836-0558; Web site: www.ivs.org

July 18. Pacific Care Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Food Distribution Center, 426 "A", W. Almond, Orange, CA 92866. 714-288-9080.

August 22. Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

EAST

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

March 7. NYRRC Brooklyn Half-Marathon, Brooklyn, N.Y. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

March 15. New Bedford Half-Marathon, New Bedford, Mass. Ed Talbot & Jim Ryan, PO Box 79546, North Dartmouth, MA 02747. 508-998-5068.

March 15. Rodale Press Half-Marathon & Relay, Allentown, Pa. 610-434-9362.

March 21. NYRRC Rites Of Spring 10K, Central Park, NYC. See March 7.

March 22. Caesar Rodney Half-Marathon, Wilmington, Del. 302-655-



MIKE POLANSKY

Alan Porter, 40, first master, 1997 Maccabiah 5K, Plainview, N.Y.

7258.

March 29. Tappan Zee 10K, Orangeburg, N.Y. TZSBC, PO Box 249, Orangeburg, NY 10962. 914-359-5425.

April 5. Cherry Blossom 10 Mile, Washington, D.C. Entry limit - 5800. SASE to PO Box 98, Calloway, VA 24067.

April 18. GDTRFB 5K Run/Walk, Fort Washington, Md. Elizabeth Maguigad, 170 W. 78th St., Apt. AA, New York, NY 10024. 212-875-8029.

April 20. Boston Marathon. SASE to Boston AA, One Ash St., Hopkinton, MA 01748-1897. Qualifying window: Oct. 1, 1997 through March 1, 1998.

April 25. Trevira Twosome 2 Mile & 10K, Central Park, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

April 26. Jersey Shore Marathon, Sandy Hook. Jersey Shore Marathon, PO Box 198, Oceanport, NJ 07757. 908-542-6090.

April 26. Sallie Mae 10K, Washington, D.C. Scott Maker, 1050 Thomas Jefferson St., NW, Washington, DC 20007. 703-810-5855.

May 3. Buffalo Marathon. BM, PO Box 652, Buffalo, NY 14202. 716-837-7223.

May 3. Long Island Marathon, East Meadow. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0251.

May 3. Pittsburgh Marathon. Larry Grollman, UPMC/Pittsburgh Marathon, 200 Lothrop St., Pittsburgh, PA 15213. 412-647-7866.

May 3. Broad Street 10 Mile, Philadelphia. Robert Cameron, PO Box 18543, Philadelphia, PA 19129. 215-563-6184.

May 17. Midland Run 15K, Far Hills, N.J. Mark Zamek, PO Box 5026, North Branch, NY 08876. 908-722-7903.

May 24. Vermont City Marathon, Burlington. VCM, PO Box 152, Burlington, VT 05402-0152. 802-863-

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8412.

June 7. Fairfield Half-Marathon, Fairfield, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Blvd., Branford, CT 06405. 203-481-5933.

June 7. Orange Classic 10K, Middletown, N.Y. Orange Classic, Times Herald Record, 40 Mulberry St., Middletown, NY 10940. 914-343-2181, x1200.

June 20. Mt. Washington 7.6 Mile, Gorham, N.H. Bob Teschek, c/o Granite State Race Services, PO Box 990, Newport, NH 03773. 603-863-2537.

SOUTHEAST

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

March 7. PrimeHealth Red Cross 8K, Mobile, Ala. Kathie Barton, 334-438-2571.

March 7. Keep Newport News Beautiful 5K. Cathlyn McPoland, 757-930-8209(h); 757-591-6259(w); Peninsula TC, PO Box 11116, Newport News, VA 23601.

March 7. Gate River Run 15K, Jacksonville. GRR, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-731-3187.

March 21. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. SASE to Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. 757-481-5090; fax: 757-481-2942.

March 28. Azalea Trail Run 10K, Mobile. SASE to ATR, PO Box 6427, Mobile, AL 36660.

March 28. Ford's Colony 8K Run For Shelter, Williamsburg, Va. Rick Platt, Colonial RR, 113 Anthony Wayne Rd., Williamsburg, Va 23185. 757-229-7375.

April 4. Avon Women's 10K, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064, x17.



SUZY HESS

Pat Peterson, W70, of New York, won gold medals in the 200 and 400, a silver in the 100, and a bronze in the high jump, WAVA Championships-Durban.

April 4. Queens Lake 5K, Williamsburg, Va. Rick Platt, 113 Anthony Wayne Rd., Williamsburg, VA 23185. 757-229-7375.

April 4. Cooper River Bridge 10K, Charleston, S.C. MUSC Harper Center, 45 Courtenay Dr., Charleston, SC 29401. 803-792-2533.

May 9. Gumtree 10K, Tupelo. Johnny

Dye, 1007 Chester Ave., Tupelo, MS 38801. 601-842-2039.

May 23. News-Sentinel Expo 10,000, Knoxville, Tenn. Knoxville TC, 3530 Talahi Dr., Knoxville, TN 37919. 423-673-8020. www.ktc.org.

May 25. Cotton Row 10K, Huntsville, Ala. Lawrence Hills, 600 Ward Ave., Huntsville, AL 35801. 205-533-4757.

July 4. Peachtree 10K, Atlanta. Expect 55,000 runners. Peachtree '98, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065.

MIDWEST

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

March 29. Heart Mini 15K, Cincinnati. AHA, 2936 Vernon Pl., Cincinnati, OH 45219. 513-281-4048.

April 5. Athens Marathon, Athens, Ohio. AM, PO Box 5780, Athens, OH 45701. 800-878-9767.

April 19. Glass City Marathon, Toledo. Pat Wagner, 130 Yale Dr., Toledo, OH 43614. 419-385-7025.

April 25. Kentucky Derby Festival Half-Marathon, Louisville. 800-928-FEST.

April 25. Crazylegs 5 Mile, Madison. Pat Jacobson, U. of Wisconsin Athletic Dept., 1440 Monroe St., Madison, WI 53711. 608-263-7894.

April 26. Michigan Trail Marathon, Ann Arbor. Running Fit, 123 E. Liberty, Ann Arbor, MI 48104. 313-769-5016.

May 3. Cleveland Marathon, Cleveland, Ohio. CVS CM, PO Box 550, Twinsburg, OH 44087. 800-467-38926; 216-487-1402.

May 9. Old Kent River Run 25K, Grand Rapids. OKRR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590.

May 9. Race For The Cure Women's 5K, Peoria, Ill. Race For The Cure, PO Box 9695, Peoria, IL 61612. 309-691-6906.

May 23. Big Boy Classic 20K, Wheeling, W. Va. Hugh Stobbs, PO Box 808, Wheeling, WV 26003. 304-242-7322.

May 24. Madison Marathon. MM, PO Box 5088, Madison, WI 53705-5088. 608-256-9922; fax: 508-241-2591.

May 25. Great Race XVIII 10K & Half-Marathon, Elkhart. Ron Schmanske, 421 S. 2nd St., Elkhart, IN 46516. 219-296-5862; fax: 219-293-8324.

June 14. Park Of Roses Marathon, Columbus, Ohio. Denny Fryman, 7581 Glenhurst Dr., Dayton, OH 45414. 937-898-7015.

June 20. Steamboat Classic 4 Mile, Peoria, Ill. Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378.

MID-AMERICA

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

April 18. 29th Longest Day Marathon/Relay/Half-Marathon/10K/5K/5K Racewalk, Brookings, S. Dak. Brenda Algood, 46731

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(1997 Edition)

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Name _____

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210th St., Brookings, SD 57006-6214. Kurt Osborne, 605-696-2479.

April 25. Get in Gear 10K, Minneapolis. Jeff Winter, PO Box 19009, Minneapolis. MN 55419. 612-722-9004.

April 26. Cherry Creek Sneak 5 Mile. Denver. CCS, Bank of Cherry Creek, 3033 E. First Ave., Denver, CO 80206. 303-394-5170.

April 26. Trolley Run 4 Mile, Kansas City, Mo. Judy Miller, c/o Trolley Run, 400 W. 57th St., Kansas City, MO 64113. 816-361-5749.

May 3. Lincoln Marathon. Race Director, 5309 S. 62nd St., Lincoln NE 68516. 402-423-7223.

May 3. Run For The Zoo 5K, Albuquerque. RFTZ, 1320 Iron SW, Albuquerque, NM 87104. 505-764-6280.

May 3. Nation's Bank River Run 10K, Wichita. Clark Ensz, 2451 Winstead Cir., Wichita, KS 67228. 316-636-1266.

May 9. Avon Women's 10K, Denver, Colo. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

May 24. Med-City Marathon, Rochester, Minn. M-CM, 1417 14th Ave. NE., Rochester, MN 55906. 507-282-1411.

May 25. Bolder Boulder 10K. BB 10K, PO Box 9125, Boulder, CO 80301. 303-444-RACE.

May 31. Hospital Hill Half-Marathon, Kansas City, Mo. HH Run, Crown Ctr., 2405 Grand Ave., Ste. 200, Kansas City, MO 64108. 816-274-8259.

June 20. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 14. St. Patrick's 5K, Tulsa, Okla. Masters money, 918-742-5418 (after 6 pm).

March 29. Austin American Statesman-Capitol 10,000. Capitol 10K, Box 2936, Austin, TX 78768. 512-445-3596.

April 4. Azalea 10K, Tyler, Texas. Integrated Racing Systems, 6616 Springhill Rd., Watuga, TX 76148. 1-800-235-5712.

April 11. Crescent City Classic 10K, New Orleans. 504-861-8686; fax: 861-8686; e-mail: CCC10K@aol.com

May 9. Avon Women's 10K, Dallas, Texas. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. 212-282-6034.

WEST

Arizona, California, Hawaii, Nevada

March 1. Napa Valley Marathon/RRCA National Championships, Calistoga, Calif. James Raia Communications, 2301 J St., #205, Sacramento, CA 95816. 916-448-5122.

March 8. Mercury News 10K, San Jose. MN 10K, 750 Ridder Park Dr., San Jose, CA 95190. 408-920-5755.

March 15. Big Basin Redwoods Marathon, Santa Cruz, Calif. Enviro-Sports, PO Box 1040, Stinson Beach, CA 94970. 415-868-1829.

March 15. 19th annual St. Patrick's Day 10K, Torrance, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

March 22. Houlihan's To Houlihan's 12K, San Francisco. RhodyCo Productions,

Continued on next page

Continued from previous page

1417 Irving St., San Francisco, CA 94122. 415-564-0532.

March 29. Los Angeles Marathon.

March 29. 15th annual Paul Spangler Memorial 8K Run & 5K Racewalk, Palo Alto, Calif. 50+. Fifty-Plus Fitness Association, PO Box D, Stanford, CA 94309. 650-323-6160; fax: 323-6119; e-mail: fitness@ix.netcom.com

April 26. Big Sur Marathon, Carmel. BSM, PO Box 222620, Carmel, CA 93922. 408-625-6226.

April 26. La Jolla Half-Marathon. Jerry Gottlieb, PO Box 1664, La Jolla, CA 92038. 619-755-1775.

May 3. Avenue of the Giants Marathon & 10K, Weott, Calif. SASE to Six Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524.

May 9. Revlon 5K Run/Walk For Women, Century City, Calif. Judy Davis, Davis & Associates, 1132 Ventura Blvd., Suite 414, Studio City, CA 91604. 818-752-4233.

May 9. Southern California Hillsea 7.57 Mile Race, Huntington Beach. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

May 17. Bay To Breakers 12K, San Francisco. BTB, PO Box 429200, San Francisco, CA 94142. 415-808-5000, x2222.

May 24. Strawberry Stampede 5K & 10K, Arroyo Grande, Calif. 805-489-4157.

May 30. Avon Women's 10K, Sacramento, Calif. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

May 31. St. Lucy's 5K & 10K, San Dimas, Calif. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

June 6. Palos Verdes Marathon, Palos Verdes (Los Angeles suburb), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 90405. 310-828-4123.

June 21. Rock 'N' Roll Marathon, San Diego. Limited to 12,000. Elite Racing, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121. 619-450-6510.

June 27-28. Western States 100 Mile Endurance Run, Squaw Valley, Calif. Norm Klein, 11139 Mace River Ct., Rancho Cordova, CA 95670. 916-683-1161.

NORTHWEST

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

March 14. Run For The Shamrock 10K & 5K Fun Run, Eugene, Ore. Roger Herbert, 541-345-0919.

April 4. Trail's End Marathon, Warrenton, Ore. Gordon Love, Oregon RRC, PO Box 549, Beaverton, OR 97075. 503-646-7867.

April 11. Pear Blossom 10 Mile & 5K, Medford. Jerry or Zellah Swartsley, PO Box 146, Medford, OR 97501. 541-772-6293(d).

April 18. Race To Robie Creek Half-Marathon, Boise. Cindy Andrews. PO Box 205, Boise, ID 83701. 208-368-9990.

April 25. Alaska Heart Run 5K, Anchorage. AHA, 1057 W. Fireweed Ln., Anchorage, AK 99503. 907-263-2044.

May 3. Lilac Bloomsday 12K, Spokane. Bloomsday, PO Box 1511, Spokane, WA 99210-1511. 509-838-1579; fax: 838-2922.

May 3. McDonald Forest 50K Ultramarathon, Peavy Arboretum (5 miles north of Corvallis), Ore. Clem LaCava,

541-758-8124(eve); 541-737-2373(days); e-mail: lacavacl@ccmail.orst.edu.

May 17. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786.

May 17. Avon Women's 10K, Portland, Ore. Avon Running, 27th Flr., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

May 24. Wyoming Marathon, Laramie. Brent Weigner, c/o Cheyenne TC, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297.

May 30. Salt Lake City 10K, Greg Reid, 1965 W. 500 South, Salt Lake City, UT 84104. 801-274-8259.

June 6. Governor's Cup Marathon, Helena, Mont. GC Festival, PO Box 451, Helena, MT 59624. 406-447-3414.

June 13. Sound To Narrows 12K, Tacoma, Wash. The News Tribune, PO Box 11000, Tacoma, WA 98411. 206-597-8566; 800-750-7223.

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

INTERNATIONAL

March 15. BVAF 10K Championships, Eastleigh (near Southampton). Contact Road Race Organizer, Civic Offices, Leigh Road, Eastleigh, Hampshire SO50 9YN.

March 28. BVAF Cross-Country Championships, Croydon, Surrey. W35+/M40+. Entry Secretary, 8A Heather Park Parade, Heather Park Dr., Wembley, Middlesex, HAO ISL, England.

March 28-29. IV WAVA World Veterans Road Race Championships, Kobe, Japan. Mercator Travel, 122 E. 42nd St., #3006, New York, NY 10168; 800-294-1650; Fax 212-682-7379; World Veterans Championships, Kaijima Bldg., K-14, Dojima 2-3-4, Kita-Ku, Osaka 530 Japan.

April 11. Two Oceans Ultra-Marathon (56K) & Half-Marathon, Cape Town, South Africa. T-O Marathon, PO Box 2276, Clareinch 7740, Cape Town, South Africa. 27-21-61-9407; e-mail: twooceans@iafrica.com.

June 28. 25th International Veterans Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Korte Zilverstraat 5, 8000 Brugge, Belgium. 00-329(0)50 34 17 81; fax: 00-32(0) 50 33 25.

RACEWALKING

March 7. Lavonne Hottensmith Memorial 5K Racewalk, John Prince Park, Lake Worth, Fla. K. Coburn, 561-969-0677.

March 8. St. Patrick's Day 5K, Central Park, NYC. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

March 29. USATF National Masters Indoor 3000 Championships, Boston, Mass. See National T&F.

April 19. MAC & Open 10K Championships, Central Park, NYC. Jr/O/M. Stella Cashman, Park RWers, USA, 320 W. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

May 3. USATF National Masters Men's 30K & Women's 20K Championships, Albany, N.Y. George Regan, USATF Adirondack, 233 Fourth St., Troy, NY 12180. 518-273-5552.

May 4. BVAF 50K Championships, Burrator, Devon, England.



GEORGE BANKER

Charles Rapper, 55, Rockville, Md., first master (33:18), 1997 Greenbelt 8K For Arthritis, Greenbelt, Md.

May 24. USATF National Masters 15K Championships, Elk Grove, Ill. Diane

Graham-Henry, USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052.

May 24. MAC & Open 20K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

May 24. Art Keay 10K Racewalk, Toronto, Canada. Ontario Racewalkers, 676 Balliol St., Toronto, Ontario, Canada M4S 1E7. Joan Sutherland, 416-489-0561.

June 28. MAC & Open 15K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC 10028. Tel/fax: 212-628-1317.

July 11. USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

July 31. USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.

August 2. USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

29th Annual LONGEST DAY

*Marathon, Half Marathon,
10K, 5K, and 5K Race Walk*



Saturday, April 18, 1998
Brookings, S.D.

Contact:

Brenda Algood

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

M35-39
Frank Strong 100 11.04 7-26-97

M40-44
Mike Fannelli 1500 4:20.9 6-1-96

M45-49
Tim Edwards Weight Pentathlon 3371 10-11-97
Hammer 42.88 10-11-97
Weight 14.28 10-11-97
Discus 38.30 8-30-97
Superweight 8.82 3-23-97

M55-59
Dennis McCraven Shot Put 41-4 2-9-97
Discus 37.48 6-8-97

M65-69
Michael Devlin Weight Pentathlon 3589 1-17-98

W50-54
Nancy Curry 5K 22:13 11-27-97
Gerl Fidler 5K 22.41 10-5-97

W55-59
Joni VanderVeen 10K 46:50 1-17-98

W60-64
Mary Hirst Shot Put 6.93 11-15-97
Joyce Hodges-Hite 10K 52:45 8-7,10-97
5K 25:40 8-7,10-97

W65-69
Gloria Bortell Shot Put 26-2.96 5-23-97

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	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.4	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
PV	6-2 1/4	6-1 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4
LJ	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
TJ	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
Shot	14.50	14.02	13.41	12.62	13.10	12.70	12.80	11.50	11.00	9.70	8.00	6.00
Discus	47-7	46-0	44-0	41-5	43-1	41-8	42-0	37-8 1/4	36-1 1/4	31-10	26-3	19-8 1/4
Hammer	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	30.00	22.00	15.24
Javelin	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
20#Wt.	10.00	9.00	8.00	7.01	6.00	5.54	5.18	5.00	4.75	4.50	4.25	4.00
16#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
Sup.Wt.	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 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/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

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

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

U.S. MASTERS 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	85-89
100	13.8	14.1	14.4	15.0	15.5	16.4	18.6	16.8	18.6	19.0	21.0	
200	28.0	28.8	30.0	31.6	33.0	35.0	36.0	38.0	38.0	40.0	48.0	
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0	
400H	75.0	79.0	84.0	88.0								
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0	
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84	
PV	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/4	3-0 1/4	2-11	2-9	
LJ	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70	
TJ	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4	
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30	
Javelin	33-9 1/4	30-7	27-11	27-8 1/4	26-3	25-6	24-7 1/4	21-8	19-8 1/4	17-4	14-1 1/4	
Discus	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00	
Hammer	114-10	109-11	91-10	82-0	75-5 1/4	72-8	65-7 1/4	55-9 1/4	52-6	49-2 1/4	39-4 1/4	
20#Wt.	10.00	9.00	8.00	7.01								
16#Wt.	32-9 1/4	29-6 1/4	26-3	23-0								
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00	
Wt. Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 33"; 40+: 30"
3) Shot put: 30-49: 4k; 50+: 3k
4) Javelin: 30-49: 600gm; 50+: 400gm
5) Hammer: 30-49: 4k; 50+: 3k
6) Metric heights and distances are the standard; feet and inches listed for convenience.
7) Superweight: 30-49: 35-lb; 50+: 25-lb

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/2" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

MAC Chase Christmas Festival 168th St. Armory, NYC; Dec. 28

60m		
M30	James Reilly	7.58
	Joseph Bencivenga	8.12
M35	Alex Rivera	8.00
M40	John Brooks	7.22
	Sherman Weatherger	7.44
	Paul Allen	7.57
	Neville Hodge	7.88
	Thomas Jones	8.07
	Steve Shaugen	8.08
M45	Jesse Norman	7.56
	Dennis Brown	8.13
M50	Bob Davis	8.32
	Ken Kienzie	8.45
	Eddie Watson	8.53
	Gambaho Saunders	9.11
M60	Larry Colbert	8.24
	Cliff Pauling	8.71
	KM Thomas	8.88
M65	Jim Stookey	8.58
M70	Mort Goldstein	10.42
W30	Aletha Morris	8.28
	Dawn Best	9.13
W60	Audrey Lavy	10.19
200m		
M30	James Reilly	24.46
M35	Alex Rivera	26.33
	Jesse Jackson	26.36
	Tyrone Jackson	26.47
M40	Neville Hodge	24.00
	John Brooks	24.35
	Thomas Jones	24.91
	Paul Allen	25.80
	Steve Shaugen	25.89
	Sherman Weatherger	26.35
	Ken Bakersfield	26.42
	Rockdale Hudson	27.66
M45	Jesse Norman	24.58
	D Brown	27.66
M50	Ken Kienzie	29.96
M55	Edward Smalls	26.55
	John Clifford	28.23
M60	Larry Colbert	25.96
	Cliff Pauling	27.39
M65	Jim Stookey	28.14
	Joseph Kernan	41.96
M70	Mort Goldstein	35.58
W30	Aletha Morris	27.01
	Dawn Best	30.30
	Sabrina Taylor	31.10
W40	Louise Clark	28.86
W60	Audrey Lavy	34.95
400m		
M30	Ken Martin	1:39.96
M35	Doug Miller	1:32.67
	Clarence Fullerton	1:34.89
	Larry Glazer	1:35.52
M40	Thomas Hartshorne	1:30.89
	Adrienne Sterrett	1:31.45
	Keith Royster	1:33.32
	Walter Brown	1:33.38
	Herbie Sr. Medina	1:42.66
M45	Rob Jackson	1:31.02
	Don Hodge	1:35.94
	Tony Plaster	1:42.66
M60	Cliff Pauling	1:42.08
	Jim Aneshansley	1:54.30
M70	John McManus	2:07.06
W35	Renee Sterrett	1:43.72
	Laura Frisch	1:58.14
W40	Paula Dickson-Taylor	1:50.43
	D Whitaker-Crain	1:53.90
	Joan Baldassarri	2:03.08
1500m		
M35	Ken Bohan	4:24.75
	Alex Cuzzo	4:29.69
	Prince Grover	4:43.65
M40	Anthony Watson	4:27.95
	Anibal Rivera	4:28.93
	Patrick Gubbins	4:50.66
	Seth Okrend	4:51.98
	Mechichi Mohsen	4:55.99
M45	Juan Hernandez	5:00.10
M50	Victor Diaz	4:53.64
	Bill Inde	5:21.05
	Tom Byrnes	5:24.03
M55	John Kuhl	5:38.13
	Stan Edelson	5:54.54
5000m		
M30	James Reilly	7.58
	Joseph Bencivenga	8.12
M35	Alex Rivera	8.00
M40	John Brooks	7.22
	Sherman Weatherger	7.44
	Paul Allen	7.57
	Neville Hodge	7.88
	Thomas Jones	8.07
	Steve Shaugen	8.08
M45	Jesse Norman	7.56
	Dennis Brown	8.13
M50	Bob Davis	8.32
	Ken Kienzie	8.45
	Eddie Watson	8.53
	Gambaho Saunders	9.11
M60	Larry Colbert	8.24
	Cliff Pauling	8.71
	KM Thomas	8.88
M65	Jim Stookey	8.58
M70	Mort Goldstein	10.42
W30	Aletha Morris	8.28
	Dawn Best	9.13
W60	Audrey Lavy	10.19
100m		
M30	James Reilly	24.46
M35	Alex Rivera	26.33
	Jesse Jackson	26.36
	Tyrone Jackson	26.47
M40	Neville Hodge	24.00
	John Brooks	24.35
	Thomas Jones	24.91
	Paul Allen	25.80
	Steve Shaugen	25.89
	Sherman Weatherger	26.35
	Ken Bakersfield	26.42
	Rockdale Hudson	27.66
M45	Jesse Norman	24.58
	D Brown	27.66
M50	Ken Kienzie	29.96
M55	Edward Smalls	26.55
	John Clifford	28.23
M60	Larry Colbert	25.96
	Cliff Pauling	27.39
M65	Jim Stookey	28.14
	Joseph Kernan	41.96
M70	Mort Goldstein	35.58
W30	Aletha Morris	27.01
	Dawn Best	30.30
	Sabrina Taylor	31.10
W40	Louise Clark	28.86
W60	Audrey Lavy	34.95
200m		
M30	James Reilly	24.46
M35	Alex Rivera	26.33
	Jesse Jackson	26.36
	Tyrone Jackson	26.47
M40	Neville Hodge	24.00
	John Brooks	24.35
	Thomas Jones	24.91
	Paul Allen	25.80
	Steve Shaugen	25.89
	Sherman Weatherger	26.35
	Ken Bakersfield	26.42
	Rockdale Hudson	27.66
M45	Jesse Norman	24.58
	D Brown	27.66
M50	Ken Kienzie	29.96
M55	Edward Smalls	26.55
	John Clifford	28.23
M60	Larry Colbert	25.96
	Cliff Pauling	27.39
M65	Jim Stookey	28.14
	Joseph Kernan	41.96
M70	Mort Goldstein	35.58
W30	Aletha Morris	27.01
	Dawn Best	30.30
	Sabrina Taylor	31.10
W40	Louise Clark	28.86
W60	Audrey Lavy	34.95
400m		
M30	Ken Martin	1:39.96
M35	Doug Miller	1:32.67
	Clarence Fullerton	1:34.89
	Larry Glazer	1:35.52
M40	Thomas Hartshorne	1:30.89
	Adrienne Sterrett	1:31.45
	Keith Royster	1:33.32
	Walter Brown	1:33.38
	Herbie Sr. Medina	1:42.66
M45	Rob Jackson	1:31.02
	Don Hodge	1:35.94
	Tony Plaster	1:42.66
M60	Cliff Pauling	1:42.08
	Jim Aneshansley	1:54.30
M70	John McManus	2:07.06
W35	Renee Sterrett	1:43.72
	Laura Frisch	1:58.14
W40	Paula Dickson-Taylor	1:50.43
	D Whitaker-Crain	1:53.90
	Joan Baldassarri	2:03.08
1500m		
M35	Ken Bohan	4:24.75
	Alex Cuzzo	4:29.69
	Prince Grover	4:43.65
M40	Anthony Watson	4:27.95
	Anibal Rivera	4:28.93
	Patrick Gubbins	4:50.66
	Seth Okrend	4:51.98
	Mechichi Mohsen	4:55.99
M45	Juan Hernandez	5:00.10
M50	Victor Diaz	4:53.64
	Bill Inde	5:21.05
	Tom Byrnes	5:24.03
M55	John Kuhl	5:38.13
	Stan Edelson	5:54.54

M65	Joseph Kernan	7:14.37
M70	John McManus	6:07.74
W35	Laura Frisch	5:25.62
W40	Paula Dickson-Taylor	5:26.87
W50	Eileen Cox	6:41.13

3000m		
M35	Ken Bohan	9:30.38
M40	Maurice Pointer	9:41.15
	Miles Vaughn	9:41.15
	Patrick Gubbins	10:36.50
	Herbie Sr. Medina	10:49.91
	Seth Okrend	11:04.69
M45	Tony Plaster	10:47.80
M50	Kevin Smith	11:40.00

60m Hurdles		
M45	Ivan Black	10.96
M50	Bill Walsh	11.33
	Michael Dejesus	12.14

High Jump		
M35	Rob Doran	1.37
M45	Ivan Black	1.37
	Dave Friedman	1.22
M50	Michael Dejesus	1.37
	Bill Walsh	1.37
M55	Norm Cyprus	1.27
M60	KM Thomas	1.17
M65	Jim Stookey	1.37
W30	Aletha Morris	1.42
W35	Edna Crawley	1.27

Pole Vault		
M35	Rob Doran	3.05
M40	Don Severn	3.35
M45	Joe McMahon	2.44
M50	Bill Walsh	2.90
M55	Norm Cyprus	2.74

Long Jump		
M40	Dennis Hansen	3.88
M45	Stanley Finney	5.18
	Ivan Black	4.75
	Dave Fardmyn	3.85
M50	Bill Walsh	4.60
M60	KM Thomas	3.50
M65	Jim Stookey	4.56
W30	Dawn Best	3.98
W35	Edna Crawley	4.18
W55	Susanne Magrogan	1.46
W60	Audrey Lavy	3.19

Triple Jump		
M45	Ivan Black	10.25
M50	Bill Walsh	9.94
M65	Jim Stookey	10.05
W55	Susanne Magrogan	5.24
W60	Audrey Lavy	7.26

Shot Put		
M35	Rob Doran	10.76
M40	Dennis Hansen	11.49
M45	Dennis Chandler	11.74
	Rich Dunphy	10.89
M50	Bill Walsh	10.98
	Frank Monroe	10.74
	Carl Levine	9.11
M60	Pete Barker	10.34
W30	Nicole Phillips	10.20
	Virginia Palmer	9.53
W50	Skipper Clark	9.07
W55	Roslyn Katz	7.14
	Susanne Magrogan	5.36
W60	Ann Cirulnick	7.47
	Audrey Lavy	7.15

Weight Throw		
M40	Dennis Hansen	8.56
M45	Dennis Chandler	10.44
M50	Bill Walsh	9.79
	Carl Levine	7.17
M55	Norm Cyprus	11.57
M60	Pete Barker	10.04
W55	Roslyn Katz	9.28
	Susanne Magrogan	5.76
W60	Ann Cirulnick	6.96
	Audrey Lavy	6.56

29th Dartmouth Relays		
Hanover, NH; Jan. 9		
55m		
M30	Andrew Gamble	7.26
M40	Ken Castro	7.62
	Richard Clark	7.77
M45	Pershing Reid	7.27
	Horace Hudson	7.58
	Tom Cunningham	7.69
	John Oleski	7.93
	Jim Pedley	8.19

M50	Roger Pierce	7.31
	Dennis Newton	7.35
	Robert Davis	7.40
	Richard Sealey	7.55
	Frank Musiek	7.58
M55	Paul Gansle	7.69
	Doug Geertgens	7.89
	Edwin Taft	7.91
	George Schweizer	8.27
	Dave Galligani	8.56
M60	Bill Wright	7.63
	Dick Camp	7.90
	Joe Hemler	8.19
	Dillon Maier	8.90
	Dave Hanlon	9.03
M65	Bob Keegan	7.73
	James Stookey	7.91
	Ross Mitchell	8.06
	John Schreiber	8.49
	Bill Bergen	9.32
M70	Frank Brako	8.72
	Stephen Hull	12.15
M75	Angelo Oliver	10.23
	Vern Mattson	13.44
W30	Sherri Grabowski	FS
W35	Penny Richardson	9.18
W50	Marlene Sachs	8.86
W60	Audrey Lary	9.05
W70	Pat Peterson	10.08

200m		
M30	Andrew Gamble	25.83
M35	Rocco Serafini	24.57
M40	Roy Currie	26.21
M45	Francis Schiro	25.38
	Tom Cunningham	25.56
	Horace Hudson	26.06
	Pershing Reid	26.46
	Bob Herrin	27.38
M50	Roger Pierce	25.26
	Warren Graff	26.95
	Richard Sealey	27.05
	Dick Brady	27.47
	Robert Davis	28.16
M55	Edwin Taft	28.59
	Doug Geertgens	29.49
	Richard Caffrey	32.12
M60	Bill Wright	27.86
	Richard Croak	29.65
	Dave Hanlon	34.41
	H O Brooks	35.87
M65	James Stookey	27.92
	Ross Mitchell	30.08
	John Schreiber	32.23
	Bill Hufnagel	32.38
	Bill Bergen	33.98
M70	Frank Brako	33.27
W30	Sherri Grabowski	28.87
	Maryjeane O'Connor	31.74
	Annie Serafini	32.66
W50	Elizabeth Riordan	32.31
	Susan Caccuitto	44.63
W55	Sheila McKenna	39.33
W60	Audrey Lary	35.89
W65	Joan Burgess	38.99
W70	Pat Peterson	38.39
	Bobb Mosenthal	49.61

400m		
M35	Rocco Serafini	53.12
	Gino Caro	61.19
M40	Rick Smith	54.41
	Roy Currie	56.86
	Greg Hanson	62.31
M45	Francis Schiro	54.99
	Horace Hudson	56.31
	Tom Cunningham	56.32
M50	Roger Pierce	57.17
	Warren Graff	60.93
	Bruce Nunziata	67.00
M55	Bob Chinchillo	6

Continued from previous page

M50 John Babington	2:21.38
1 Mile	
M40 Colin Corkery	4:27.75
Andy Rogovin	4:29.54
Alan Muir	4:31.82
Rodney Orand	4:43.89
M50 Richard Murray	4:54.85
Colin McArdle	4:56.69
Two Mile	
M40 Ken Leinbach	9:46.50
John Barbour	9:47.55
Bob Hodge	9:54.24
M45 Ken Brown	10:31.24
S Schellenkamp	10:33.39
Tom Derderian	11:14.11
M50 Larry Olsen	10:00.60
Hugh Sweeney	10:35.27
Shot Put	
M45 Ed Clark	12.30
M50 Jerry Weiner	12.33
Packy Fusco	10.80
W45 Marsha Vale	10.05
Weight	
M50 Jerry Weiner	10.82

Millrose Games Masters 4x400m Relay Madison Square Garden, NYC Feb. 13

1 Central Park TC (F. Shiro, J. Norman, T. Hartshorne, E. Gonera)	3:38.13
2 Maryland Masters	3:40.99
3 Phila Masters	3:41.30
4 Boston RC	3:44.11
5 Touch of Class	3:44.14
6 Shore AC	3:57.60

SOUTHEAST

Collier County Senior Games Naples, FL; Jan. 17

100 m	
M55 Jo Oxx	20.72
M60 Gary Schultz	16.69
M65 Bud Vogel	18.81
M70 Les Rudy	15.08
W50 MA Wallace	16.51
W55 Judy Brehmer	24.13
W60 Beverly Arthur	20.66
W65 Betty Neal	18.49
200m	
M55 Ed Del Gizzi	32.21
Jo Oxx	47.28
M70 Les Rudy	31.06
M75 G Schneider	38.56
W50 MA Wallace	44.30
W60 Beverly Arthur	44.50
400 m	
M50 Joe Wallen	1:27.31
M55 Ed Del Gizzi	1:27.24
Miro Mitusina	1:36.53
Jo Oxx	1:46.62
Howard Glick	2:00.38
M65 Bud Vogel	1:37.72
M70 Bob Arthur	1:31.14
M75 Gene Schneider	1:48.16
W50 MA Wallace	1:38.72
800m	
M55 Ed Del Gizzi	3:12.59
Miro Mitusina	3:28.12
M70 Bob Arthur	3:16.64
Ernie McDonald	3:30.14
W50 MA Wallace	3:32.64
1500m	
M50 Joe Wallen	6:30.26
M55 Miro Mitusina	6:31.38
Ed Del Gizzi	6:47.00
M60 Gary Schultz	6:36.00
M70 Bob Arthur	6:40.47
M75 Bill Schmitt	7:35.15
Gene Schneider	8:18.62
W50 MA Wallace	7:04.42
5000m	
M50 Joe Wallen	26:07.04
M55 Jo Oxx	26:48.06
M65 Bud Vogel	26:17.28
M75 Bill Schmitt	27:06.92
W50 MA Wallace	28:25.84
Shot Put	
M50 Vlaardingerbroek	12.70
Bruce Hedendal	12.69
John von Rohr	12.64
M55 Bob Cahners	9.57
Len Grabinski	8.11
Jo Oxx	7.69
M60 Esse Sattari	13.05
M65 Len Olson	12.36
P Carstensen	10.96

Reed Quinn	10.67
Austin Baggett	10.05
M70 Les Rudy	8.55
M75 Gene Schneider	6.75
W65 Betty Neal	7.59
W70 Anita Zetts	4.96
Discus	
M50 Bruce Hedendal	42.56
Vlaardingerbroek	40.17
M55 Monty Andrews	27.95
Len Grabinski	23.78
Bob Cahners	23.56
M60 Esse Sattari	44.49
Russell Van Put	32.73
M65 Len Olson	42.34
Austin Baggett	37.37
Reed Quinn	34.95
Pay Carstensen	30.60
M70 Les Rudy	24.43
M75 Gene Schneider	18.90
W55 Judy Brehmer	10.96
W65 Betty Neal	19.47
W70 Anita Zetts	11.05

Javelin	
M50 Vlaardingerbroek	43.21
Bruce Hedendal	34.60
M55 Monty Andrews	26.65
Len Grabinski	22.85
Bob Cahners	21.29
M60 Russell Van Put	26.06
M65 Len Olson	36.41
Austin Baggett	34.62
Reed Quinn	29.76
Pay Carstensen	25.32
M70 Les Rudy	31.47
M75 Gene Schneider	19.12
W55 Judy Brehmer	14.24
W65 Betty Neal	22.91
W70 Anita Zetts	11.00
1500m Racewalk	
M55 Miro Mitusina	10:01.78
Howard Glick	10:51.26
M60 Larry Mullins	10:09.78
W55 Judy Brehmer	12:53.11
W60 June M Provost	09:06.12
W65 Bonnie Vaughan	10:14.87
5000m Racewalk	
M55 Miro Mitusina	38:16.00
Howard Glick	39:20.19
M60 Larry Mullins	35:35.26
W60 June M Provost	32:11.66
W65 Bonnie Vaughan	35:35.44
Weight Pentathlon	
(HT/SP/DT/JT/WT)	Points
M50 Bruce Hedendal	3838
(44.39/12.69/42.56/34.60/16.30)	
Vlaardingerbroek	3695
(39.73/12.70/40.17/43.21/13.50)	
M55 Bob Cahners	2899
(35.68/9.57/23.56/21.29/13.53)	
M65 Len Olson	4483
(38.87/12.36/42.34/36.41/14.28)	
Austin Baggett	4272
(39.78/10.05/37.37/34.62/16.45)	
Pay Carstensen	3793
(37.99/10.96/30.60/25.32/15.04)	
Reed Quinn	3669
(31.73/10.67/34.95/29.76/12.82)	
98# WT	
M50 John von Rohr	3.63

Florida Throws Meet Plantation; Feb. 7

(SP/DT/HT)	
M35 Bill Truesdale(10.36/30.35/29.35)	
M40 Ed Garcia(9.27/26.67/25.32); Ed Lufkin(10.02/29.54/28.46)	
M50 John VonRohr(13.05/40.80/45.32); Dave Swan(8.35/21.78/30.10)	

FAC All Comers WP #1 Plantation, FL; Feb. 7

Weight Pentathlon	
(HT/SP/DT/JT/WT)	Points
M65 Pay Carstensen	3907
37.13/11.24/31.71/26.86/15.63	
Reed Quinn	3776
32.49/10.83/36.85/30.00/13.07	
M55 Bob Cahners	3136
36.68/10.28/27.94/22.50/13.91	
M50 Bruce Hedendal	3982
44.27/12.91/44.49/37.76/16.61	
John von Rohr	3689
44.78/12.76/39.69/32.06/15.58	
98# Weight Throw	
M65 Pay Carstensen	3.06
Reed Quinn	2.84
M55 Bob Cahners	2.73
M50 John von Rohr	3.67
Bruce Hedendal	3.63

DCRRC Indoor Meet Arlington, VA; Feb. 8

Men's Masters Mile	
1 Paul Ryan 47	4:56
2 Jack Barrar 46	5:00
3 Tim Doescher 47	5:01
4 J J Wind 48	5:06
5 Dane Ciotli 42	5:10
6 Bill Weaver 44	5:23
7 Bob Wiener 50	5:41
8 Gary Guenther 45	5:44
9 Todd Hagadone 40	5:56
10 Fred Gedrich 55	5:56
11 Greg Prescott -	5:58
12 Don McCarten 68	6:58
13 Ray Blue 73	7:03
14 Peter Gould 56	7:56
3000m Racewalk	
1 Warrick Yeager 43	12:34
2 Steve Pecinovsky 43	12:34
3 Will Navarro 21	13:53
4 MaryKirkCunningham32	15:40
5 Vanessa McLoughlin23	16:27
6 Patricia Zerfas 35	17:36
7 Victor Litwinski 54	17:40
8 Sal Corrallo 67	18:25
9 Nelson Oertel 66	20:22
10 Bob Parillo 51	20:54
11 Deb Ross 47	26:05
12 Judy Kririt 63	29:51

MIDWEST

Lincoln-Way Masters Meet New Lenox, IL; Jan. 24

60m	
M30 M Gallimore	7.6
M35 J Schwieterman	8.1
M40 Michael Skoflanc	7.2
M45 Gerry Krainik	7.5
M50 Bob Lloyd	7.9
M60 Mike Murphy	8.7
M65 Harry Brown	8.5
M70 Mel Larsen	8.6
M75 Mel Buschman	10.9
M80 Mel Flachs	11.3
W40 Maureen Snider	10.8
W60 Janet Amery	13.3
800m	
M35 Ben Gorecki	2:16.6
M40 Scott Caldwell	2:20.8
M65 Harry Brown	2:48.4
W40 Maureen Snider	3:19.1
3000m	
M30 Gil Aguilar	9:03.6
M35 Mike Yuhasz	9:03.9
M40 Ron Leonhardt	10:10.6
M50 Pete Mathis	11:04.5
Short Hurdles	
M35 J Schwieterman	9.1
M40 Jeff Watry	10.2
M50 Chet Dow	10.4
M55 Bruce Mills	11.6
M65 Clarence Trinkner	10.7
M70 Chuck Sochor	11.3
M75 Mel Buschman	15.5
Pole Vault	
M35 Terry Christopher	12
M40 Jeff Watry	10
M50 Don Anglen	9
M65 Jerry Welbourn	7-6
M80 Milo Lightfoot	4
Long Jump	
M70 Chuck Sochor	14-1
M75 Mel Buschman	9-11
Shot Put	
M40 Jeff Watry	36-5
M45 Larry Readman	35
M50 R Woosencraft	38-10.50
M60 Don Amery	34-9
M65 Bob Simpson	35-7
M70 Mel Larson	34-5
M75 Mel Buschman	30-8.50
M80 Milo Lightfoot	24-1
W60 Janet Amery	14-6.50
3000m RW	
W40 J Moureau	22:11.5
W45 Alice Winkler	20:02.0
W65 R Bingham	21:48.8

MID-AMERICA

Lincoln TC Indoor Meet Lincoln, NE; Jan. 10

60y	
M30 Tyler Kalinski	7.2
M40 Reginald Gunter	6.9
M45 Larry Payne	8.9
M55 George LaBelle	9.9

M60 Dale Lance	8.4
M65 Glenn Edwards	8.6
M70+Robert Thomas	9.6
W40 Patty Wilson	8.4
W50 Sandy Maryott	9.5
220y	
M30 Curtis Chung	24.6
M45 Jim Dolezal	26.7
M50 Tom Bassett	26.5
M55 Thornton Shelton	29.7
M60 Jim Muxen	31.2
M65 Glenn Edwards	32.5
M70+Byron Winter	38.6
W40 Cindy Payne	34.2
W55 Nina Bryant	36.6
440y	
M30 Matt Musiel	56.0
M40 Bob Garcia	1:00.6
M45 Jim Dolezal	1:01.2
M55 Howard Weisser	1:04.3
M60 John Ryan	1:26.1
880y	
M30 Matt Musiel	2:05.8
M40 Dwight Peterson	2:44.9
M45 Lou Soukup	2:41.9
M55 Howard Weisser	2:31.0
M60 John Ryan	2:58.1
Mile	
M35 Dale Nielsen	5:07.8
Alan Higley	5:07.9
M40 Bob Garcia	4:47.8
Hector Sanchez	4:59.1
M45 Lou Soukup	5:40.0
M55 Wally Brawner	5:36.8
Joe Strumpf	5:37.3
Dan Withers	7:58.3
M60 Jim Culver	6:06.2
John Ryan	6:09.0
2 Mile	
M35 Alan Higley	11:17.3
M40 Bob Garcia	10:44.8
M45 Lou Soukup	11:54.2
M50 Robert Webb	13:29.6
M55 Alex Meyer	14:49.5
M60 Bobby Kincaid	12:38.5
M65 Paul Heitzman	12:10.6
Short Hurdles	
M45 James Kneip	9.2
M55 George LaBelle	9.9
M60 Dale Lance	8.4
M65 Richard Weiland	10.7
M70+Byron Winter	12.2
High Jump	
M30 Larry White	6-2
M40 D Peterson	5-8
M45 Kevin Carper	5-6
M50 Bob Everoski	4
M55 Roger Williams	4-4
M60 Jim Peterson	4-4
M65 Bill Butterworth	4-6
M70+Scott Herrman	4
Pole Vault	
M45 Jim Dolezal	10
Long Jump	
M30 Tyler Kalinski	17-8.25
M40 Mike Maryott	17-2.50
M45 Jim Dolezal	17-2
M55 Roger Williams	13-5
M60 Dale Lance	17-6
M65 Glenn Edwards	13-7.25
M70 Robert Thomas	11-2
W40 Patty Wilson	13-4.50
W50 Sandy Maryott	11-2.25
Shot Put	
M45 Michael Jacobson	22-1
M55 Alex Meyer	35-6
M60 Tom Wesselsowski	33-11
M70+Jim Hayes	24
W45 Debbie Yost	22-1
W50 Sandy Maryott	23-7
W55 Audrey Kempf	23-1
W70+Noreen Crawford	22-6

21st Century Ageless Indoor Games Minneapolis, MN; Feb. 1

55m	
M45 Mike Sharratt	7.09
Alan Raymond	8.06
Grant Peterson	8.66
M60 Don Amery	8.06
Jerry Anderson	8.59
Jim Peterson	12.25
M65 Emmett Edwards	9.91
W60 Rachel Lyga	10.69
Janet Amery	12.19
200m	
M50 Pat O'Regan	31.97

M60 Don Amery	31.13
Jerry Anderson	34.22
M65 Emmett Edwards	42.88
W60 Rachel Lyga	56.47
Janet Amery	56.72
400m	
W60 Rachel Lyga	2:10.65
800m	
M45 Rick Recker	2:39.11
M55 Rick Kleyman	2:24.41
Mile	
M45 Alan Raymond	7:32.22
M50 Pat O'Regan	6:15.53
55mH	
M45 Grant Peterson	10.57
M60 Don Amery	9.59
Jim Peterson	10.84
W60 Rachel Lyga	12.72
High Jump	
M40 Kevin McLaughlin	5-5
M45 Grant Peterson	4-1
M60 Tom Langenfeld	5-0
Jim Peterson	4-2
Gene Lohman	3-10
M65 Emmett Edwards	3-10
W60 Rachel Lyga	3-8
Pole Vault	
M45 Mike Sharratt	11-0
Grant Peterson	7-0
M60 Jim Peterson	7-0
Long Jump	
M45 Mike Sharratt	14-0
M60 Jim Peterson	14-1.50
Gene Lohman	10-7.5
W60 Rachel Lyga	10-2
Triple Jump	
M60 Jim Peterson	29-10
Gene Lohman	23-0
W60 Rachel Lyga	22-5
Shot Put	
M60 Don Amery	35-6.50
Gene Lohman	34-2.50
Jim Peterson	33-9.50
M65 Emmett Edwards	30-1
Ed Luse	28-3
M75 Ray Skotte	24-0
W60 Janet Amery	14-10
W65 Barb Thorgrimson	23-8
W75 Helen Johnson	13-2.50
Weight	
M40 Kevin McLaughlin	29-5
M60 Don Amery	27-7
M65 Emmett Edwards	27-7
M75 Ray Skotte	15-7
W60 Janet Amery	11-7.50
W65 Barb Thorgrimson	18-4
W75 Helen Johnson	9-9

NORTHWEST

Seattle Masters AC Mini Meet Seattle, WA; Nov. 16

<u>Hammer</u>	
Gary Zasimovich 40	30.03
Bill Galler 45	20.02
Todd Taylor 51	52.20
John White 56	40.38
Ken Weinbel 70	38.70
Leon Joslin 85	18.71
<u>Weight</u>	
Gary Zasimovich 40	10.32
Todd Taylor 51	12.90
John White 56	9.86
Ken Weinbel 70	10.92
Leon Joslin 85	6.74

Continued from previous page

Rae Clark	5:57:18
Joe Schieffer	6:06:09
Danny Dreyer	6:26:49
Raul Flores	7:00:54
John Travers	7:28:00
Mike Palmer	7:38:24
Earl Looney	7:38:24
M50 Wayne Miles	6:47:16
John Montgomery	7:23:53
David Kim	7:32:28
Jeff Vieyra	7:36:06
Jim Drake	7:54:41
Chris Page	8:52:27
M60 Roger Daniels	7:19:09
Gard Leighton	7:23:39
Bill Dodson	8:43:28
Wayne Kocher	8:46:05
Ron Vertrees	9:11:26
M70+Ray Piva	8:03:30
Bob Edwards	10:03:31
Link Lindquist	---
Frank Rodriguez	11:55:21
W40 Lorraine Gersitz	7:38:22
Kathy Welch	7:41:45
Christine Flaherty	7:50:00
Janice Levett	8:07:18
Patricia Dunnels	8:25:30
Toni Miller	8:39:24
W50 Linda Elam	8:27:06
Barbara Elia	8:56:42
Diane Eastman	9:24:52
W60 Dixie Madsen	9:09:34
Juli Scheberies	10:36:47
(128 starters/95 finishers)	

USATF National Masters One-Mile Championships Steve Scott Festival of Races Santee, CA; Feb. 1

Overall	
Terrance Herrington 31	3:57
Leah Pells 33	4:28
M40 Steve Scott	4:13
Jeanne Ruleau	4:30
Charlie Gray	4:34
Tim Anderson	4:41
M45 Nolan Shaheed	4:28
David Dunbar	5:10
Jeremiah Reid	5:14
Bob Boyce	5:14
M50 Phil Camp	4:57
Richard Green	5:13
John Davis	5:21
Lee Fitzgerald	5:21
M55 Alan Olson	5:22
Robert Seldner	5:31
John Hafer	6:20
M60 John Brennan	5:31
Ed Karas	6:53
M65 Robert Culling	5:34
Jim Selby	6:02
Ollie Olivares	6:21
Bob Holmes	6:40
M70 William Nyhan	7:00
M75 Okross Waltzer	7:19
Vincent Malizia	8:08
Walt Kuetzing	8:47
W40 Ruth Wysocki	4:42
Kimberlee Campo	5:17
Marcella Teran	5:18
Carla Hoppie	5:44
W45 Sandy Robbinssnyder	5:35
Sharon Smith	6:51
Katy Hammack	7:34
W50 Joni Shirley	6:01
W55 Ursula Rains	6:40
Loretta Roper	8:09
W60 Donna Gookin	7:20
W65 Nessie Hollicky	7:15
Dorothy Stock	8:13
W70 Mary Storey	7:50
W75 Gerry Davidson	8:12

EAST

RRCA Age-Group Cross-Country, Van Cortlandt Park, Bronx, NYC; Nov. 16

M40 Sean Doyle 43	17:11
John Kenney 41	17:15
Tom Hartshorne 43	17:30
M50 Rich Myers 52	17:31
Hugh Sweeney 53	18:41
Anthony Galifano 50	18:58
M60 James Fillis 60	21:10
Phil Brewer 60	21:15
Eric Seiff 64	23:14
M70+John McManus 74	25:06
Tom Gibbons 76	29:30
W40 Kathryn Martin 46	20:01
Kathy Gribbon 43	20:59
W50 Sylvie Kimche 50	21:39
Marily Greeley 54	23:47
W60 Jane Benbow 61	30:31

Teams	
M40+Taconic RR	87
(13/14/19/20/21)	
Central Park TC	97
(2/3/15/35/42)	
W40+Millrose AA	61

Holiday 20K/4 Mile Run Central Park, NYC; Dec. 21

Overall	
Karl Amundson 36	1:08:24
Una Broderick 3	1:24:10
M30 O'Driscoll 35	1:10:22
K McAllister 35	1:12:17
R Granados 39	1:13:54
M40 Alan Ruben	1:09:44
Leonardo Tovan	1:14:50
Mario Reyes	1:14:59
M45 Jack McShane	1:13:08
John Trifoi	1:18:48
Robert Francis	1:10:05
M50 Hugh Sweeny	1:19:28
Julio Aguirre	1:20:12
W Sander	1:25:01
M55 Pat Cosgrove	1:21:46
Hector Rivera	1:21:56
Julio Lugo	1:23:59
M60 Joe Roche	1:32:54
Alfred Finger	1:33:55
George Reilly	1:37:40
M65 Joseph Burns	1:30:48
Philip Winterer	1:42:46
Joseph Simone	1:53:12
M70 Torcuato Flores	1:30:26
Phil Mongillo	1:44:04
Arthur Bowen	1:44:31
M75+W Rios 81	2:14:55
W30 C Powers 34	1:26:45
M B Mullen 31	1:33:02
Heather Dick 31	1:36:19
W40 N Thomas	1:40:04
L Shafritz	1:40:06
S Mypaulsingh	1:42:42
W45 Gloria Linares	1:37:16
D Barchat	1:40:19
Roseanne Russo	1:42:40
W50 Marjorie Kos	1:36:09
M Benvenue	1:36:43
Carol Johnston	1:40:29
W55 Patty Parmalee	1:38:57
R Fairbrother	1:49:00
Karin Minguez	1:55:36
W60 Rosa Nales	1:55:25
Naomi Vogel	1:56:06

473M/260W 31 deg/clear

4 Mile

Overall	
Michael Going 25	20:21
Susan Yang 33	24:52
M30 Jerry Macari 38	20:45
J Cunningham 32	20:51
Alan Wells 34	21:34
M40 Jeff Kisseloff	24:19
Heriberto Medina	24:25
Patrick Gaughan	24:33
M45 Douglas Broder	24:40
Richard Shaver	24:55
Pedro Lugo	25:23
M50 Victor Diaz	24:23
David Jacobs	25:19
Richard Siegel	27:40
M55 Samuel Skinner	23:29
E Fedosov	24:50
J O'Connor	26:12
M60 Daniel Jacobs	31:16
Stuart Witt	31:29
Joseph Foerst	31:37
M65 F Wheeler Jr	33:24
Donald Preven	38:54
Albert Puma	44:38
M70 Bill O'Brien	41:12
M75 Peter Harangozo	38:21
Albert Goldstein	39:49
E Finkelstein	44:41
M80 V Carnevale	45:35
W30 Suja Thomas 31	26:16
G Bakoulis 36	25:40
Eudair Palman 39	26:23
W40 Joan Baldassarri	27:17
Ann Hyman	27:24
Meryl Hornstein	27:52
W45 Nancy Segal	30:24
Maureen Barry	31:38
Janet Fischlein	34:38
W50 Barbara Trazino	32:13

Rita LaBar	3:27
Marsha Henkin	33:27
W55 Joan Bondell	31:18
Wendy Burns	32:02
Joan Price	36:14
W60 Billie Moten	37:10
May Chou	38:56
T Tevnan	1:08:18
W65 D Finkelstein	39:06
Elizabeth Thomas	51:42
Gloria Merridy	53:07
W70 Muriel Merl	39:28
Jozi Neulinger	51:01
Betsy Frew	1:01:45
W75 Althea Jureidini	57:09
W80 A Salmini	1:07:58

Fred Lebow Classic 8K Central Park, NYC; Jan. 4

Overall	
Michael Anderson 26	24:59
Barbara Remmers 34	29:26
M30 K Amundson 36	25:47
Jerry Macari 38	25:53
Prisco Huerta 30	26:17
M40 Jaime Palacios	27:43
Rimas Jakelaitis	28:54
David Glass	29:17
M45 Jack Porzio	28:58
Robert Francis	29:41
Jay Hildebrand	30:17
M50 Julio Aguirre	30:42
Jim Salerno	30:55
Marvin Zeman	31:09
M55 J O'Connor	31:42
Julio Lugo	31:50
Richard Creditor	24:14
M60 Michael Goldman	32:32
James Fillis	33:15
Joe Roche	35:30
M65 Joseph Burns	35:01
Ari Babakhanian	37:05
Sherwin Berger	38:52
M70 Don Dixon	37:08
John McManus	38:51
Sab Koide	41:32
M75 Thomas Gibbons	46:32
Mel Freidel	49:58
E Finkelstein	53:29
M80+W Rios 81	50:36
V Carnevale 81	58:01
A Weingraub 87	1:05:07
W30 A Babkhanian 31	29:33
A Landry 34	29:54
A Remmers 36	30:38
W40 Marie Wickham	32:37
Sarah Gross	33:19
Joan Baldassarri	33:55
W45 Barbara Anderson	33:40
Elsa Gonzalez	35:21
Susan Dantus	37:25
W50 Sylvie Kimche	34:22
K Turowska	36:37
M Benvenue	37:07
W55 Zofia Turosz	36:14
Patty Parmalee	37:25
Joan Bondell	39:48
W60 Helen Bedrock	36:55
Rosa Nales	42:25
Naomi Vogel	42:38
W65 Toshiko d'Elia	39:48
D Finkelstein	48:24
Bertha McGruder	57:31
W70 Muriel Merl	47:48
Jozi Neulinger	1:03:39
M Tobias	1:11:27
W75 Juanita Goldman	56:18
A Wetherbee	1:08:11
A Jureidini	1:09:24

748M/545W High 50s/clear

SOUTHEAST

Hampton Coliseum Half-Marathon & 5K Hampton, VA; Dec. 7

Overall	
L'Houssine Siba 24	1:06:12
Jennifer Stearns 29	1:19:02
M40 Ed Sheehan	1:12:13
Bill Bustin	1:17:01
Jeff Douglas	1:17:29
Christopher Papile	1:18:42
Frank Schreier	1:22:24
Finn Pincus	1:23:59
Mike Brooks	1:24:23

David Smith	1:28:23
Steven Hulbert	1:31:03
John Price	1:31:33
Greg Lewis	1:32:43
Brian Demeyere	1:32:50
George Nelsen	1:33:33
Stephen Cyrus	1:33:51
Gregory Shaffer	1:33:54
James Dille	1:33:55
Randy Turner	1:35:33
Mike Ware	1:35:46
Barry Kreisa	1:36:06
Michael St Jean	1:36:43
M45 Don Kardong	1:22:15
Per Kristiansen	1:25:49
Joseph Verdrame	1:30:54
Anthony Ellis	1:33:04
Art Wardell	1:34:44
Steve Stroud	1:35:23
Robert Ring	1:35:42
Gil Forbes	1:36:20
Joseph Gorkowski	1:37:28
Richard Pyle	1:38:05
Anthony Fitzwater	1:38:45
Guy Bartolin	1:40:16
William Hovland	1:40:53
John Hanawalt	1:44:48
Rick Gray	1:44:54
M50 Harvey Goldstein	1:21:53
Ben Dyer	1:24:16
Daniel Turner	1:24:49
Larry Turner	1:28:41
Steve Tyndall	1:28:41
Michael Collins	1:34:19
Calvin Hanrahan	1:35:40
Cliff Pleasants	1:36:15
Wayne Marshall	1:37:25
Mark Patterson	1:40:20
Jim Coleman	1:40:25
Jim Sheeran	1:41:04
M55 John Haubert	1:27:58
Michael Brownley	1:30:24
Robert Bruce	1:32:20
Matt Husson	1:35:02
Dick Pierce	1:36:39
Earl Arrowood	1:37:35
Earl Lienemann	1:41:09
Preston Fitzgerald	1:44:59
Terrence Conway	1:45:46
Louis West	1:48:32
M60 Tom Ray	1:36:22
Bill Spruill	1:38:07
Richard Williams	1:40:56
Edward Jefferson	1:49:10
James West	1:50:29
Charles Wright	1:51:18
M65 Lee Cooper	1:47:27
M70 Dixon Hemphill	1:45:28
W40 Marlene Walker	1:33:53
Connie Lewis	1:37:31
Rona Altschuler	1:39:52
Elenor Sloane	1:42:05
Jane Seymour	1:44:36
Karen Perkins	1:44:47
Molly Stewart	1:47:02
Dalia Frei	1:48:29
Mary Gibbons	1:48:37
W45 Barb Mathewson	1:30:51
Linda Gulick	1:33:09
Peggy Frederick	1:39:26
Sheryl Fahey	1:47:55
W50 Jeanne Kruger	1:33:29
Barbara Biasi	1:44:53
Barbara Ivey	1:46:16
Hilary West	1:53:07
Michele McVicker	1:56:10
W55 Kathy Lewis	1:47:28
W60 Tami Graf	1:54:28

5K

Overall	
Daniel Tepovich 18	16:11
Julia Smith 29	19:49
M40 James Goggin	18:18
Jerry Schenck	20:29
Wesley Sheppard	20:57
Ray Johnson	21:47
Paul Thomasson	22:29
Tony Talbert	24:00
M45 Rick Platt	16:53
Rob Astrop	18:51
David Cutler	20:24
Karl Gunther	20:38
Charles Winner	22:03
Jesse Peele	22:24
M50 Ken Clark	20:49
Cecil Davis	20:59
George Fenigsohn	21:28
James Jankiewicz	23:40
W40 Susan Cieslak	23:10
Nanette Phillips	26:08
Angela Cooper	26:12
Nancy Ware	26:33
Patricia Barto	27:01
W45 Ginny Maxwell	24:39
Leslie White	29:11
Jane Doley	29:14
W50 Margaret Halley	32:54
W60 Mitzi Humphrey	41:39

Charlotte Observer Marathon/10K Charlotte, NC; Jan. 10

Marathon	
Overall	
Peter Sell 32	2:29:06
Jenny Crain 29	2:45:26
M40 Lou Milliron	2:36:14
Robert Stack	2:42:01
Steven Kovach	2:50:20
Terry Jones	2:53:18
Don Burckhardt	2:54:14
M Sweeney	2:57:28
T Barringer	2:57:36
Richard Hoopes	2:58:16
Michael Primm	3:07:15
M Murphy	3:07:46
Ricky Reeves	3:09:06
Daryl Knuth	3:09:08
Marcus Putnam	3:12:28
Sammy Cox	3:12:55
Dan Wiley	3:13:14
M45 Roger Roark	2:59:26
Ken Stockin	3:03:55
Grant O'Neal	3:04:03
Juan Moreno	3:08:14
Daniel Laird	3:08:41
Richard Smith	3:13:57
Juan Pina	3:14:38
Bob Milan	3:17:52
Myron Sidloski	3:30:20
Richard Wharff	3:20:22
Jim White	3:20:40
Jim Boyd	3:20:44
Steve Kruse	3:24:32
Michael George	3:25:20
Charlie Robbins	3:26:26
M50 Gary Julin	2:56:52
Jimmy Miller	3:05:04
John Loughran	3:08:49
Harvey Kunz	3:18:02
Sam Davis	3:18:19
Jacks Wicks	3:18:51
James Shelton	3:20:47
Peter Jones	3:21:45
David King	3:26:57
Stanley Bunston	3:28:17
John Owensby	3:28:36
Tom Shuey	3:30:59
M55 Bill Zehner	3:04:28
Kermit Cadrette	3:36:03
Bob Boeder	3:37:18
Bobby Griffen	3:37:56
Pete Stringer	3:41:24
Philip Anderson	3:41:44
Doug Ferriss	3:42:36
Mike Bazia	3:43:09
Robert Maydole	3:45:58
Larry Pitt	3:47:38
R Blaskiewicz	3:49:22
Kenneth Kagan	3:53:44
M60 Rich Hause	3:35:24
John Cavan	3:37:02
Al Thurston	3:39:45
Dick Green	3:41:58
Philip Carroll	3:45:55
C Brasfield	3:54:06
William Graham	4:01:30
Robert Josey	4:12:50
Ted Curtis	4:13:46
M65 Lee Cooper	4:01:05
Skip Crandall	4:22:07
Robert Shimmel	5:03:52
Don Taylor	5:15:01
M70 Ernest Morton	4:16:00
F Simmons	5:02:25
E B Lloyd	5:19:17
M75 Arnold Hecht	6:22:01
W40 Pam Tegtmeier	3:24:20
Kathleen Boyce	3:30:51
Patti Minton	3:31:18
Doris Hoopes	3:37:40
Martha Floyd	3:39:50
Leann Myhre	3:44:06
Jill Smith	3:44:58
Jane Seymour	3:47:28
Colette Fauteux	3:56:48
L McSpadden	3:57:21
W45 Peggy Frederick	3:34:54
Nonie Hudnall	3:35:51
Ann Scruggs	3:53:09
Mary Hamrick	4:24:19
Lyn Boulter	4:38:32
Merrie Dawkins	4:48:21
Marie Tedesco	4:50:11

Continued from previous page

Gary Manson	39:10
Barry Dancher	44:13
M50 Hal Goforth	36:50
Dennis Pinkard	40:19
Ron McCain	40:53
Wayne Pfeiffer	42:55
Carl Johnson	44:01
M55 Steve Pierce	46:42
Ken Gerard	50:33
Robert Garland	51:26
M60 Carl Peterson	41:53
Warren Osborn	42:28
Fred Small	47:03
M65 Dick Robinson	44:45
Patrick Devine	45:44
James Hinton	51:09
M70 John Cross	1:00:30
W40 Mary Burns-Price	36:49
Marcella Teran	37:03
Suzan Cox	43:42
W50 Joni Shirley	44:07
W55 Ursula Rains	46:14
W60 Donna Gookin	52:31
W65 Dorothy Stock	1:02:17
W70 Mary Storey	55:42

San Diego Marathon and Half-Marathon San Diego, CA; Jan. 18

Marathon	
Overall	
Pavel Similenko 28	2:19:13
Lena Simyonova 34	2:42:21
M40 Sammy Rotich	2:40:27
Kurt Madden	2:47:05
James Willmore	2:49:21
Neal Leen	3:00:40
Scott Toth	3:02:29
Thom Narita	3:02:57
Kurt Hallock	3:04:13
Joe Hildebrand	3:05:56
Stevens Wallace	3:07:20
Bruce Guter	3:08:16
Steven Trumbo	3:08:50
Rick Nelson	3:08:56
Martin Wildgoose	3:09:38
Patrick Kingsbury	3:10:57
Toby Green	3:12:15
James Maxwell	3:13:50
Andrew Estrada	3:14:00
Dennis Labiak	3:15:33
Kevin Lutz	3:15:55
Kenneth Myers	3:16:21
M45 Doug Kurtis	2:36:00
Joseph Nzau	2:40:24
Greg Szklarz	3:06:31
Keith Ellsworth	3:10:50
Alan Woodruff	3:18:20
Mogens Lorentzen	3:18:34
Greg Norman	3:18:44
Bill Olsen	3:18:55
Raouf Mallouh	3:19:33
John Towart	3:19:44
Pat Stewart	3:22:53
Robert Johnstone	3:23:42
David Luce	3:24:04
Francisco Fabian	3:24:37
Tim Reynolds	3:26:11
M50 Ken Sparks	2:41:29
Ruben Sandoval	3:02:42
Bill Sampson	3:03:37
David Large	3:12:40
Mel Sandvig	3:18:25
Jerry Brown	3:23:04
Michael Suter	3:23:30
Tom Waddell	3:23:38
Bill Sumner	3:25:17
Larry McQuail	3:26:04
Glenn McKeever	3:27:57
Charles Alvord	3:30:10
M55 Chuck Long	3:08:32
Dennis Hartley	3:21:42
Ralph Cripe	3:29:04
Jim Boyd	3:31:34
Don Hans	3:38:55
Norm Bernstien	3:39:08
Philo Short	3:39:25
Denny Seaholm	3:40:36
Ken Roush	3:43:33
James Kalas	3:44:12
M60 Warren Osborn	3:28:06
Robert Wuthrich	3:36:54
Stanley Polski	3:51:35
John Marshall	3:52:23
Bill Ekan	4:02:25
Gerlad Wirtz	4:05:10
Ron Vertrees	4:09:57
Jack Swanson	4:27:54
M65 Edward Salkin	3:40:51
Aloysius Casey	4:24:29
Fred Lorentsen	4:30:17
Allen Craft	4:47:22
William Stevens	4:49:12
M70 Bill Galbrecht	3:44:34
M75 Tom Edwards	6:18:57

W40 Mary Burns Prine	2:49:15
Elizabeth Edwards	3:16:04
Gina Catania	3:19:18
Jan McDowell	3:19:20
Paula Brierton	3:26:20
Loral Priest	3:38:10
Debbie Negrinelli	3:38:34
Lorraine Gersitz	3:39:06
Teresa Barnhill	3:44:34
Melinda Bender	3:44:39
Nancy Eastman	3:44:51
Leslie Peariso	3:45:09
Cynthia Bolker	3:46:14
Linda Rocha	3:46:24
Alicia Danielson	3:46:31
W45 Wanda Kelly	3:23:46
Mary Lou Lackey	3:46:11
Judy Cannon	3:47:59
Nancy Stover	3:50:46
Amina Giles	3:54:29
Trudy Lawrence	3:56:07
Sandy Padgett	3:56:59
Tove Shere	4:01:28
Cindy Evans	4:02:39
Helene Blaustein	4:04:20
Cynthia Relp	4:05:57
Pat Jackson	4:10:15
W50 Mary Leivers	3:27:03
Gunhild Swanson	3:34:10
Renee Vettorello	3:36:41
Cindy Van Stralen	3:52:42
Joanie Matheson	4:01:57
Amy Fredericks	4:07:42
Marino Lyons	4:09:43
Tony Mauldin	4:13:14
Carol Jones	4:17:34
Lynne Sliwa	4:19:04
W55 Patricia Brumbalow	4:12:06
Cathie Jetton	4:19:01
Carole Felker	4:36:06
Harriet Arita	4:45:51
Carrie Mahoney	4:59:10
W60 Patricia Herr	3:57:32
Imme Dyson	4:24:29
Dixie Madsen	4:13:28
Margaret Speer	4:31:42
Evelyn Carlson	4:36:02

Half-Marathon	
Overall	
Tom McGlynn 25	1:06:53
Betsy Diaz 32	1:20:10
M40 Jefferson Seay	1:18:38
Mike Miller	1:19:20
Ed Casey	1:19:23
Karl Watanabe	1:21:03
John Gatts	1:21:44
Bernard Martin	1:23:36
Romell Hamlin	1:24:10
Archie King	1:24:18
Greg Magani	1:24:19
Frank Noto	1:24:24
Tom Johnson	1:24:55
David Cervone	1:25:29
James Mayville	1:25:57
Robert Stevens	1:26:00
Kenneth Chism	1:26:25
Rod Pasion	1:26:42
Tim O'Connell	1:27:38
Robert Montuori	1:28:06
Douglas Closson	1:28:31
Rich Lavallee	1:28:49
M45 Joe Schieffer	1:16:15
John Hirschberger	1:17:32
Dan Anderson	1:17:37
Ronald Kubokawa	1:17:47
Charles Lombard	1:19:10
Robert Darling	1:19:28
Dan Ramos	1:19:52
Norm Gould	1:21:59
Antonio Garcia	1:23:33
Frank Williams	1:24:42
Jim Flanagan	1:25:58
Mark Goldman	1:26:22
Britton Chang	1:27:50
John Burch	1:28:00
Richard Powers	1:28:15
Greg Nicoll	1:28:25
Herman Escajadillo	1:28:36
John Singleton	1:28:56
M50 Michael Dove	1:17:07
Ian Reid	1:22:15
Brian Perkins	1:23:31
Martin Jones	1:25:39
Tim Quinn	1:25:40
Walter Radloff	1:26:26
Fred Martin	1:26:57
John Allanson	1:27:09
Douglas Brooms	1:27:13
Richard St. John	1:29:23
Carl Stoffel	1:29:54
Mike Rosner	1:33:03
Gene Bath	1:33:27
Donald Maynor	1:35:00
Jimmy Fields	1:35:05
M55 Mike Tarvio	1:24:09
Jim Buck	1:27:20

Richard Leutzinger	1:27:51
David Hobler	1:28:22
George Baptista	1:28:52
George Nye	1:29:39
Robert Honer	1:30:33
Rolf Nebelung	1:33:07
Paul Mosel	1:36:56
Ricardo Guidolin	1:37:11
Dale Bodtke	1:39:37
Chuck Osborn	1:39:50
M60 Gard Leighton	1:28:14
Jim Allen	1:34:08
Philip Hager	1:35:42
Robert Hudson	1:36:21
Ron Weston	1:41:25
Gerry Heinz	1:47:53
Richard Wade	1:59:01
John Cheever	2:02:07
Mort Weisberg	2:02:46
Bill O'Brien	2:04:48
M65 Lee Jones	1:43:24
Dick Yaeger	1:47:30
Joseph Paleczny	1:50:54
Bob Marty	1:53:50
Abraham Szoke	2:02:46
Richard Couvillion	2:03:18
Fred Martin	2:04:19
Jim Kambur	2:10:15
M70 Gary Toji	2:05:36
Warren Pait	2:05:48
W40 Elisabeth Brumley	1:33:47
Alisa Casiano	1:35:42
Donna Troyna	1:37:19
Cathy Agler	1:38:33
Carrie Dion	1:39:10
Kyong Martin	1:40:01
Linda Rapposelli	1:40:18
Michael Berge	1:40:48
Claudia Harrison	1:40:57
Jane Brethauer	1:41:04
Yee Mei Kwong	1:41:23
Nanci Hacker	1:41:47
Sandy Carpenter	1:42:23
Connie Gillespie	1:42:41
Jennifer Peters	1:44:09
W45 Brigitte Scalatter	1:33:33
Kaye Provini	1:33:35
Marijane Maples	1:38:30
Charmon Ashby	1:38:31
Nancy Markey	1:40:03
Sue Chen	1:40:21
Lynne Madison	1:43:40
Christel Stippich	1:44:30
Emily Toy	1:45:21
Vickie Lames	1:45:32
Margie Kensit	1:45:52
Melanie Mociun	1:46:17
W50 Kate Spencer	1:44:15
Christina Dong	1:45:06
Noel Relyea	1:45:19
Marian Lyons	1:46:24
Peter Webb	1:47:48
Judy May	1:47:56
Ann Von Hoene	1:48:20
Karin Bivens	1:55:30
Kitty Yee	1:56:05
Pat Terek	1:56:32
W55 Susan Brown	1:37:18
Carolyn Samuels	1:40:00
Ann Grove	1:55:09
Trudi Hofmann	1:59:28
Ila Chale	2:00:09
Marian Davidson	2:06:40
Lynne Rosser	2:08:16
Gaye Frisby	2:09:20
W60 Harriet Anderson	1:56:53
Joanne Kambur	2:03:57
Peggy Hansen	2:12:57
W65 Bobbie Berkman	2:02:32
Hanna Szoke	2:09:18
W70 Joy Johnson	2:03:45
Ulrike Krimphove	2:04:22

INTERNATIONAL

Malta 10K	
Malta; Jan. 17	
M40 E Camilleri	MLT 35:44
Ray Mitsud	MLT 35:48
Ron Benjamin	GBR 36:08
M45 Jim Dingwall	GBR 35:25
Al Camilleri	MLT 35:53
Geo Farrugia	MLT 37:40
M50 Dave Cordwell	GBR 35:47
Stan Collie	GBR 36:42
Clive Evans	GBR 37:33
M55 Alan Fowle	GBR 39:08
Eric Hughes	GBR 40:47
Al Smallwood	GBR 41:13
M60 Ed Knockaert	BEL 37:37
Ron Pannell	GBR 38:41
Jim Irvine	GBR 40:22
M65 R Pitcairn	Knowl 41:35
Doug Morris	GBR 44:26
Art Walsham	GBR 45:30
M70 Ray Dare	GBR 45:41

Ron Franklin	GBR 46:27
Hal Mills	ISR 57:44
M75 Jim Purcell	GBR 60:35
Bill Robinson	GBR 68:06
M80 Geo Scutts	GBR 62:21
W35 Carol Galea	MLT 35:37
Cecilia Fenech	MLT 39:50
Liz Craig	GBR 40:10
W40 Sonia Rowland	GBR 42:56
Jos Cutajar	MLT 44:56
Anna Bugeja	MLT 46:30
W45 Monica Piscopo	MLT 44:08
Mary Falzon	MLT 47:16
M T Cassar	MLT 47:46
W55 DTSakarisianos	GBR 44:43
Eva Osborne	GBR 45:02
Bridget Cushen	GBR 52:34
W60 Shiela Mocortie	GBR 67:27
W65 Benita DePrater	BEL 52:07
W70 LBorg Costanzi	MLT 85:34

RACEWALKING

Walt Disney World	
Marathon/Half-Marathon	
Racewalk	
Orlando, FL; Jan. 11	
Marathon	
Overall	
John Fredericks	4:40:38

Patricia Hopkins	4:55:50
M30 Philip Gura	5:06:57
Stan Porter	5:39:40
M40 Juan Mora	4:54:29
Dave Lawrence	4:55:22
Phil Brown	5:14:40
M50 Dana Sanders	5:38:05
Joseph Wascura	5:44:42
Bob McCaffrey	5:50:53
M60 Neal Donahue	5:22:03
George Kruck	5:38:18
Bill Braceland	5:56:37
Sigmund Kurz	6:28:59
M70+Jason Grossman	6:01:39
W40 Lucinda Eggert	5:05:52
Edna Marshall	5:14:27
Donna Dawson	5:25:38
W50 S Rademaker	5:14:16
Maureen Roberts	5:59:41
Jan Reker	5:59:47
W60+Joan Berman	5:28:45
June Atkinson	5:57:52
Half-Marathon	
Overall	
Josh Ginsberg	2:08:52
Roswitha Sidelko	2:10:13
M40 Bo Allen	2:42:35
Ron Stein	3:00:00

M50 Karl Barsch	2:50:52
Tom DeMouly	3:11:53
Neal Boortz	3:22:34
M60 Robert Cella	2:22:02
C Worischek	3:14:38
M70+Frank Cantry	3:27:18
W40 Sonja Renzi	2:27:58
Donna Pape	2:46:38
Marsha Huston	2:56:00
W50 Carolyn Stewart	2:39:23
Kay Cella	3:00:51
Donna Bortz	3:22:42
W60+M Shafmaster	2:56:45
Miriam Gordon	3:00:51
G Annunziata	3:07:17

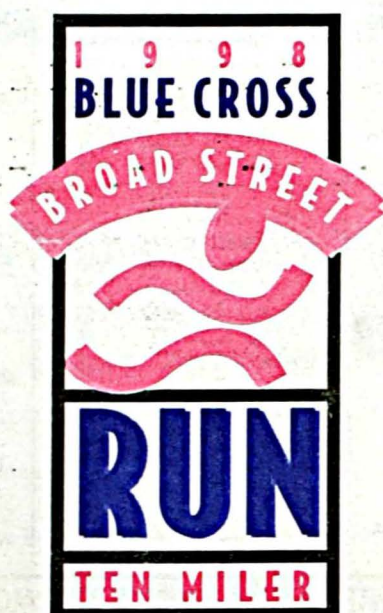
Silicon Valley Cup 50K Racewalk, Palo Alto, CA; Feb. 8

M30 Tim Berrett	3:33:08
Curt Clausen	3:57:24
M35 Marco Evoniuk	4:20:13
Doug Johnson	5:06:01
M40 Mark Green	4:24:52
-All Corners 30K-	
M40 Art Klein	3:16:47
W60 Bev LaVeck	3:24:08

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH MARCH 1998

ATHLETE (RESIDENCE)	BIRTHDATE	AGE	GROUP
DON BADINELLI (PHOENIX, AZ)	3-21-28	70	74
JIM BEVINS (SUSANVILLE, CA)	3-8-38	60	64
LEONEL CARVALHO (BEL)	3-7-43	55	59
JIRI CECHAR (CZE)	3-25-38	60	64
DON COFFMAN (FRANKFORT, US)	3-19-43	55	59
HAROLD COLEN (HUNTINGTON, NY)	3-28-28	70	74
FRANK CUNNINGHAM (CA)	3-10-23	75	79
NORM CYPRUS (YONKERS, NY)	3-17-38	60	64
JOHN DAVIS (US)	3-4-38	60	64
VIC DEPRE (BEL)	3-30-28	70	74
BYRON DYCE (GAINESVILLE, FL)	3-27-48	50	54
OLLE ELVLAND (SWE)	3-9-18	80	84
FRANK GALATA (CANADA)	3-13-28	70	74
JOHN GARCIA (GARDEN GROVE, CA)	3-9-18	80	84
ALFRED GUIDET (CALIFORNIA CITY, CA)	3-16-18	80	84
TOM GULDMAN (CA)	3-2-33	65	69
ED HALPIN (RIVERSIDE, CA)	3-9-18	80	84
STEPHEN JAMES (GB)	3-10-38	60	64
JOHN KALMERT (US)	3-4-28	70	74
JOE KESHMIRI (RENO, NV)	3-25-38	60	64
BERT LANCASTER (PHILADELPHIA, PA)	3-19-28	70	74
THOMAS MCDERMOTT (BRADENTON, FL)	3-15-18	80	84
ROBERT MESSERSMITH (VIEJO, CA)	3-21-33	65	69
AARNE MIETTINEN (FIN)	3-27-13	85	89
NOVICA MILICEVICH (CAN-SCOTTSDALE, AZ)	3-23-28	70	74
OSCAR MOORE (GLASSBORO, NJ)	3-31-38	60	64
PHILIP MUNN (GB)	3-16-23	75	79
DAVE ORTMAN (SEATTLE, WA)	3-28-53	45	49
ARNE PETTERSSON (SWE)	3-24-23	75	79
HANS POTSCH (AUT)	3-2-33	65	69
SEAN POWER (GB)	3-20-43	55	59

19th Annual



Philadelphia Recreation
Department



Independence
Blue Cross

Independent Licensee of the
Blue Cross and Blue Shield Association



Three ways to register:

- For an official entry form, send a self-addressed stamped envelope to:
Broad Street Run
P.O. Box 18543
Philadelphia, PA 19129
or call 215-563-6184
- Register on the internet at:
www.broadstreetrun.com
- Pick-up an official entry form at a participating
Modell's Sporting Goods

ATTENTION MASTER RUNNERS

Philadelphia's Premier Spring Road Race Weekend

10 MILER

SUNDAY, MAY 3, 1998

8:30 A.M.

Health and Fitness Expo—
Friday, May 1st and Saturday, May 2nd at
Memorial Hall with over 50 booths

Conte Luna Pasta Dinner—
Saturday, May 2nd

- \$10,500 prize money
- 130 age group awards
- Team competition
Co-ed teams now included
- Results booklet
- T-Shirt pickup at Memorial Hall Expo
- "Kids Fun Miler"
- "Kids Fun at the Broad Street Run"
- Free transportation to start
- Free baggage transportation to finish
- Post-race celebration
- Two-mile health walk
- Computerized race results

Masters Open and Masters Wheelchair Competition for 1998:

Over \$4,200 individual prize money to be awarded with additional course bonuses!!

Individual prize money awarded as follows:

- 1st Place Male and Female \$400 and Trophy
- 2nd Place Male and Female \$300 and Trophy
- 3rd Place Male and Female \$200 and Trophy
- 4th Place Male and Female \$100 and Trophy
- 5th Place Male and Female \$ 50 and Trophy

There will be a \$300 course records bonus to the male and female winner if they better the course records.

Masters Team Competition for 1998:

- All Male and Female teams will consist of 5 members with the fastest three members scoring
- Club Masters male and female teams
- Corporate Master male and female teams

And new in 1998:

- Co-ed Master Club Teams
 - Co-ed Master Corporate Teams
- All Co-ed teams will consist of 5 members with the fastest three members scoring (one must be a woman)

Fees:

Corporate \$125 if postmarked by April 13
Late fee \$150 if postmarked after April 13
Club Teams \$100 if postmarked by April 13
Late fee \$125 if postmarked after April 13

Call (215) 563-6184 for Team Entry Forms