

NATIONAL MASTERS NEWS

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

259th Issue

March 2000

\$2.50

Women Masters Set Four Records in Dartmouth Relays

by JERRY WOJCIK

The 31st edition of the Dartmouth Relays opened the East Coast 2000 indoor season on Jan. 7-9 at Leverone Field House, Dartmouth College, Hanover, N.H. One of the oldest continuous indoor meets in the country, the popular three-day affair offers high school, college, open, and masters athletes an opportunity to test themselves early in the indoor season.

Masters world and U.S. age-group records often fall in the meet, and this year two world and two U.S. age-group records were broken.

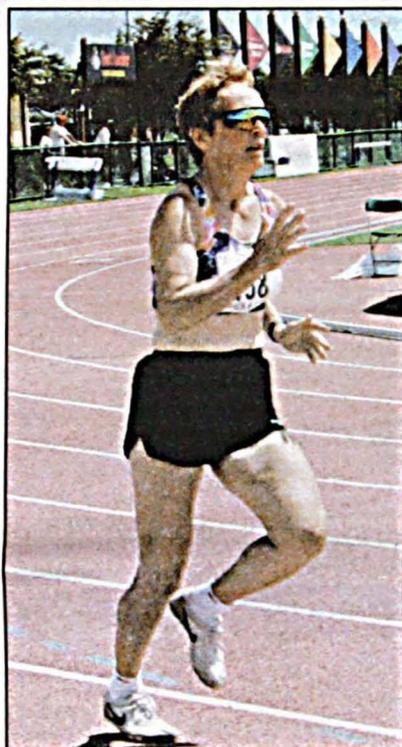
Audrey Lary, 65, Frederick, Md., broke the W65 triple jump world record with an 8.28/27-2. The present record is 7.71/25-3 1/2 by Elsa Enarsson, Sweden, set in 1999. Lary also broke the U.S. 200 record of 35.08 by Pat Peterson in 1993 with a 32.97, an age-graded 86.5%.

In the long jump, Flo Meiler, 65, Sherburne, Vt., added a half inch to the W65 world record with a 3.72/12-2 1/2. Leonore McDaniels, U.S., has the present record of 3.71/12-2, set in 1993.

Denise Houseman, 37, Manchester, N.H., threw the 20-lb. weight 13.46/44-2, an age-graded 94.5%, for a W35 U.S. record. Sarah Boslaugh set the present record of 12.51/41 1/2 in 1995.

Ken Withee, 87, Hanover, N.H., bettered the outdoor single-age record with a 7.44/24-5 for the 4kg shot.

In other action, William DeHorn,



SUZY HESS

Audrey Lary, 1999 W65 Masters Field Athlete of the Year, set two age-group records in the Dartmouth Relays.

52, had the fastest M40+ time for the 55mH with an A-G 86.9% 9.28. Craig Fram, 41, holder of the U.S. Indoor 3000 record (8:33.68), finished the

Continued on page 11

Pozdnyakova Does It Again – Wins Third Houston Marathon Title

by JERRY WOJCIK

Tatiana Pozdnyakova, 44, finished first female overall with a 2:32:25 in the Houston Methodist Health Care Marathon on Jan. 16.

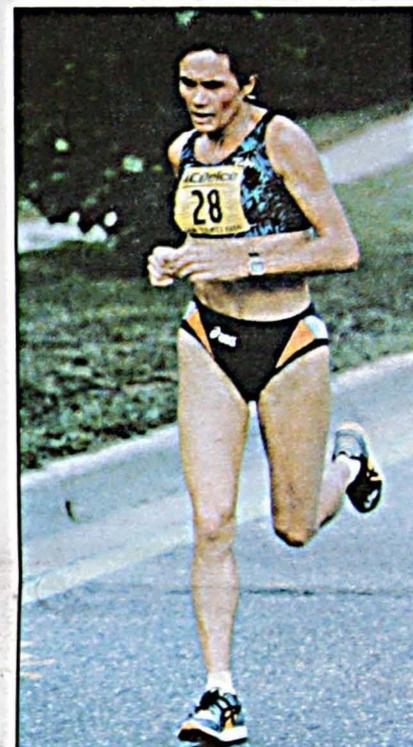
Pozdnyakova, of Ukraine, considered the top masters woman road runner in the world, claimed her third Houston victory, having won previously in 1995 and 1998.

She was also the first female in 1996, but was later disqualified for a failed drug test when she tested positive for pseudoephedrine and ephedrine, substances found in over-the-counter cold medications.

At the 23rd mile, Pozdnyakova broke from a pack of three women and cruised to the victory with a margin of 43 seconds. "I ran faster and faster every mile," she said after the race. "It was very hot. I tried to make the course record, but after only 5K, I understand I can't because it is very humid, very hot." Her time is an age-graded international-class 96.6%.

Breaking the course record (2:27:51 by Ingrid Kristiansen in 1984) would have added a \$50,000 bonus prize to Pozdnyakova's

Continued on page 12



VICTOR SAILER/PHOTO RUN

Tatiana Pozdnyakova, 44, first female overall, Houston Marathon.

Indoor Nationals Return to Boston

For the fourth consecutive year, Boston, Mass., will host the USATF National Masters Indoor T&F Championships at the Reggie Lewis Track & Athletic Center, March 24-26, under the direction of USATF-New England.

Competition is open to all men and women age 30+, including non-U.S. citizens. The only requirement for eligibility for U.S. citizens is USATF membership, which will be available

at the site; however, athletes are urged to register before the meet. Foreign athletes compete as guests and receive duplicate place awards.

The Reggie Lewis Center features a lightly banked 200m Mondo track, with an eight-lane straightaway in the center for the 60m and 60m hurdles. Last year, 841 athletes set 42 world and 23 U.S. age-group records at the Center.

Continued on page 14



Sprint Force America team members at WAVA-Gateshead (l to r): Ed Gonera, M45, Frank Schiro, M45, Bob Bowen, M45, and Bill Collins, M45, with team sponsor, Jim Otis, of Summerland Pictures. Sprint Force America teams won masters relay races in the Adidas D.C. Invitational and Air Force Millrose Games.

Kooymans, Ford Win Hartshorne Mile

by DIANE SHERRER and RICK HOEBEKE

ITHACA, N.Y. – The spirit might be willing, but the flesh sometimes is weak. A calf muscle goes pop; a hamstring goes zing – and the race is over.

That's exactly what happened on Jan. 22 to co-favorites Bob Carroll, Forestville, N.Y., and Nyack's Janice Morra during the men's and women's elite invitational races of the 33rd annual Hartshorne Memorial Masters

Mile at Cornell University's Barton Hall.

National-class milers Carroll and Morra took commanding leads, but both pulled up lame in the second half of their respective heats, and dropped off the track.

Jerry Kooymans, 44, Markham, Ontario, then took control of the men's race, and claimed victory in 4:32.12, followed by 44-year-old Don

Continued on page 7

CONTENTS

DEPARTMENTS

USATF Officers 2
 Letters to the Editor 4
 NMN Sustainers 4
 Five Years Ago 5
 Third Wind 6
 The Foot Beat 8
 Racewalking 10
 T&F Report 11
 Ten Years ago 11
 On the Run 12
 Fifteen Years Ago 13
 Master Scope 15
 Twenty Years Ago 15
 Training Advice 16
 False Start 17
 Word From the Web 21
 International Scene 22
 WAVA/USATF Specs 23
 WAVA Officers 23
 Masters Scene 24
 New Age-Group Athletes 24
 Schedule 25
 All-American Standards 29
 Results 30

FEATURES

Dartmouth Relays 1
 Houston Marathon 1
 Indoor Nationals Preview .. 1
 Hartshorne Mile 1
 Age-Graded 300 5
 Ben Levinson 9
 Adidas Invitational 14
 Age-Graded 200 14
 San Diego Marathon 16
 National 5K 20
 Coaching/Training List ... 20
 WAVA-Valladolid, Spain ... 22
 Drug Test 22
 Millennium Marathon 23

ENTRY FORMS/RACE & PRODUCT INFO

Southeastern Meet 3
 NMN Subscription Form ... 4
 Broad Street Run 5
 Olympic Legends Meet ... 7
 Penn Relay Distance Classic 9
 On Track 11
 Publications Order Form .. 13
 Arizona Classic 14
 Hayward Classic 15
 Track & Field News 17
 New Balance 18
 Ski & Travel 23
 T&F Outdoor Nationals. ... 36



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

Publisher and Editor: Al Sheahan
Senior Editor: Jerry Wojcik
Associate Editor: Angela Egremont
Administrative Editor: Suzy Hess
 PO Box 50098 Eugene, OR 97405
 541-343-7716, Fax: 541-345-2436
 e-mail: natmanews@aol.com
Web site: http://www.nationalmastersnews.com
Assistant Editor: Jane Dods
Schedule: Jerry Wojcik
Marketing Director: Sue Hartman
National Advertising Director:
 Claudia Malley
Sales Representatives:
 Suzy Hess 541-343-7716 (T&F)
 Heidi Shelhamer 610-967-8758
Billing/Production Coordinator: Lisa Binder
Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records:
 Road Running Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
Contributing Editors: Hal Higdon, Dr. John Pagliano, Mike Tynn, Elaine Ward
Correspondents: Ruth Anderson (CA), George Banker (MD), Maury Dean (NY), Bob Fine (FL), Courtland Gray (TX), Paul Heitzman (KS), Carol Langenbach (WA), Ron Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA), Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY), Phil Raschker (GA), Pete Taylor (VA), Mike Tynn (HI), John White (OH).

International Correspondents: Jorge Alzamora (CHI), Ron Bell (GBR), Leo Benning (RSA), Torsten Carius (SWE), Bridget Cushen (GBR), Martin Duff (GBR), Jim Tobin (NZL).
Internet Correspondent: Ken Stone, Web site: http://members.aol.com/trackceo/index.html; e-mail: trackceo@aol.com.
Photographers: George Banker (MD), Suzy Hess (OR), Hank Kiesel (MO), Charlie Kluttz (NC), Vic Sailer (NY), Larry Sillen (NY), Tesh Teshima (HI), Jerry Wojcik (OR).
Creative Art: Eugene Paasincin, Herb Parsons
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.
 The *National Masters News* is an official publication of USA Track & Field and of the World Association of Veteran Athletes. As an independent publication, its editorial policy is not necessarily that of USATF or WAVA.
Executive Officers of USATF: Pat Rico, President; Craig Masback, Executive Director.
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.
NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, 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 a change of address. Please furnish your new address and an old label from a recent issue.

Disclaimer: All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.
Advertising information and rates: Please call 610-967-8896 or 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.
Mailing: The issue is mailed the last week of the month prior to the cover date.
Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.
Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.
 No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.
 National Masters News Copyright © 2000 by National Masters News. All rights reserved.

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

<p>Chairman: Ken Weinbel 4103 Hillcrest Ave., S.W. Seattle, WA 98116 (206) 932-3923 (206) 932-3917 (Fax) kweinbel@aol.com</p> <p>Vice-Chairman: Gary Miller 1740 Grandview Ave. Glendale, CA 91201-1263 (818) 242-8484 gdmiller@hsc.usc.edu</p> <p>Secretary: Suzy Hess P.O. Box 5272 Eugene, OR 97405 (541) 342-8050 (H) (541) 343-7716 (W) (541) 345-2436 (Fax) suzy@nationalmastersnews.com</p> <p>Treasurer: Madeline Bost P.O. Box 458 Ironia, NJ 07845 (973) 584-0679</p> <p>Outdoor Rankings: Jerry Wojcik P.O. Box 50098 Eugene, OR 97405</p>	<p>Championships Sites: George Mathews 5701 6th Av. South, Ste. 418 Seattle, WA 98108 (206) 764-7000 (W) (206) 764-7004 (Fax) georgem@facility-resource.com</p> <p>Championships Committee: Scott Thornsley 512 Spradley Dr. Troy, AL 36079-2937 (334) 807-0371 (H) (334) 670-3755 (W) (334) 670-3753 (Fax)</p> <p>Records: Pete Mundle 4017 Via Marina #C-301 Venice, CA 90291</p> <p>Indoor Rankings: Jerry Wojcik P.O. Box 50098 Eugene, OR 97405</p> <p>Weight Events: Dick Hotchkiss 14005 Meadow Dr. Grass Valley, CA 95945 (530) 273-3660</p>	<p>Multi-Events: Rex Harvey 6744 Connecticut Colony Cir. Mentor, OH 44060 (440) 255-0751 (H) (440) 954-8122 (W) (440) 954-8111 (Fax) rexjh@aol.com</p> <p>Racewalking: Bev LaVeck 6633 N.E. Windemere Seattle, WA 98115 (206) 524-4721</p> <p>Team Manager: Don Austin P.O. Box 39148 San Antonio, TX 78218 (210) 699-0265</p> <p>Rules Coordinator: Gracie Shirley 11212 Via Carroza San Diego, CA 92124 (619) 292-6132</p> <p>Regional Coordinators: Southeast: Bob Fine 3250 Lakeview Blvd. Delray Beach, FL 33445 (561) 499-3370</p>	<p>East: Roz Katz 170-11 65th Ave. Flushing, NY 11365 (718) 358-6233 throwerfa@aol.com</p> <p>Midwest: Gerry Krainik 15124 Hillside Ave. Oak Forest, Illinois 60452 (708) 687-2124 jkraini9@idt.net</p> <p>Southwest: Don Austin P.O. Box 39148 San Antonio, TX 78218 (210) 699-0265</p> <p>Mid-America: Tom Thome 525 Oak Ridge Dr. Neosho, MO 64850 (417) 451-7417</p>	<p>Northwest: Becky Sisley 310 East 48th Eugene, OR 97405 (541) 342-3113 (H) (541) 346-3383 (W) (541) 346-3583 (Fax) bsisley@oregon.uoregon.edu</p> <p>Awards: Don Austin P.O. Box 39148 San Antonio, TX 78218 (210) 699-0265</p> <p>Law Chairman: Tom Light P.O. Box 1550 Chugiak, AK 99567 (907) 694-4623 (H) (907) 786-7431 (W) (907) 786-7401 (Fax)</p> <p>WAVA Delegates: Al Sheahan Rex Harvey Scott Thornsley Alternates: 1) Bob Fine 2) Joan Stratton 3) Barbara Kousky 4) Marilyn Mitchell 5) Pete Mundle</p>
---	---	--	--	--

NATIONAL MASTERS OFFICERS OF LONG DISTANCE RUNNING

<p>Chairman: Jerry Crockett 1124 W. Eskridge Stillwater, OK 74074 (405) 372-4010</p> <p>Vice Chairman Men: John Boyle P.O. Box 1700 DeLand, FL 32721 (904) 736-0002 (904) 740-1047 (Fax) alvis0002@aol.com (e-mail)</p> <p>Vice Chairman Women: Ruth Anderson 1901 Gaspar Drive Oakland, CA 94611 (510) 339-0563 (h)</p> <p>Indy Life Circuit: Charles DesJardins</p>	<p>Secretary: Norm Green 407 Freedom Blvd. West Brandywine, PA 19320-1559 (610) 466-9197 (610) 466-9198 (Fax) runnorm@aol.com (e-mail)</p> <p>Treasurer: Charles DesJardins P.O. Box 2281 Carson City, NV 89702-2281 (775) 884-9448 CRDJ@iqemail.com (e-mail)</p> <p>Awards: Ruth Anderson - Women (address above) John Boyle - Men (address above)</p> <p>Championships: John Boyle (address above)</p> <p>Championship Stats: Norm Green (address above)</p>	<p>Road Records & Rankings: Basil & Linda Honikman Road Running Information Center 5522 Camino Cerralvo Santa Barbara, CA 93111 (805) 683-5868 (805) 967-5958 (Fax) Honikman@silcom.com (e-mail) www.usaldr.org (Web site)</p> <p>Law and Legislation: Mary Rosado 102 West 80th St., Apt. 23 New York, N.Y. 10024-6303 (212) 874-0822 (Home) (212) 758-2104 (Work) (212) 308-8582 Fax)</p> <p>IAAF Veterans Committee: Charles DesJardins (address above)</p>	<p>Rules Coordinator: George Kleeman 5104 Alhambra Valley Rd. Martinez, CA 94553</p> <p>WAVA Delegates: Ruth Anderson, Norm Green Alternate: Charles DesJardins</p> <p>Elite Athlete Representative: Ruth Wysocki Canyon Lake, CA</p> <p>Athlete Information & Publicity Coordinator: Barbara Arveson 3216 Charing Cross Plano, TX 75025 (972) 673-0735 (h) barveson@wtd.net (email)</p>
--	--	--	--

The Southeastern U.S. Masters, Inc. Proudly Presents Our 30th Annual Masters Track and Field Meet May 12, 13, & 14, 2000

Featuring
Throws Clinic with Jeff Gorski, Elite Athlete Throws Coach
and
Sprint Clinic with George Williams, Men's Coach
US World Championship 1999, Olympic Coach



at
**NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA**

SCHEDULE OF EVENTS (Refer to Packet for Final Time Schedule)

FRIDAY, MAY 12: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)		
Event #	Event (Notes 1 & 2)	Start Times
01	WOMEN'S PENTATHLON (100 HH, HJ, Shot, LJ, 800m) (note e)	12:30 pm
02	MEN'S PENTATHLON (9LJ, Javelin, 200m, Discus & 1500m) (note e)	12:30 pm
03	3000m (Sections will start at 30 minute intervals)	4:00 pm
04	ALEX ALMASY 5K RACE WALK	6:45 pm
	"THROWS" CLINIC—at track	6:45 pm
	"SPRINT" CLINIC—at track	6:45 pm

SATURDAY, MAY 13: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Track Events (Notes 1 & 2)	Approx. Time
05	5000 M RUN	8:30 am
06	STRAIGHT HURDLES (Note 3)	9:30 am
07	1500 m RUN	10:30 am
08	CURVED HURDLES	11:30 am
09	TEAM RELAYS (Note d)	11:50 am
	A 4x100 OPEN	
	B 4x400 OPEN	
	C 4x400 (Min. total age 160)	
10	100 m DASH (Note 3)	1:00 pm
11	400 m RUN	2:10 pm
12	STEEPLECHASE	3:10 pm
13	800m RUN	3:40 pm
14	200 m DASH	4:10 pm
	THROWS	
15	WT PENTATHLON (Note 4 & e)	7:00 am
16	HAMMER (Note 5)	7:00 am
17	SHOT PUT	8:15 am
18	DISCUS	9:15 am
19	JAVELIN (Note 6)	10:15 am
20	WEIGHT TOSS	11:15 am
21	HEAVYWEIGHT (Note 7)	2:00 pm
	JUMPS	
22	POLE VAULT (Note 8)	8:00 am
23	LONG JUMP	9:30 am
24	HIGH JUMP (Note 9)	10:30 am
25	TRIPLE JUMP	2:00 pm



NOTES:

- Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined whenever possible.
 - Participants of all ages are to report to the Head Event Official 15 min. prior to the printed starting time of that event.
 - Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.
 - Weight Pentathlon may be entered alone, or in addition to one or more of Events 16-20. Will be flighted by age group, so each group will progress through the five events together, and no participant should be participating in two Wt. Pentathlon events at the same time. First three throws will be scored for Event 15. These three, plus 3 additional throws, also will count toward an individual event, if entered therein.
 - Hammer conducted at Method Field—a bus/van will leave the track beginning at 6:30 am and whenever needed after that.
 - Javelin runway is Martin 2000 surface. Flats throws are not allowed.
 - Heavy Wt. is a separate event and it will start at 2:00 pm.
 - Pole Vault run not by age, but by heights, with 15 cm (6 in.) increments.
 - High Jump run not by age, but by heights with 5 cm (2 in.) increments.
 - Entries in Sunday's 20K Walk close one half hour before race time.
- GENERAL NOTES:**
- Multiple Events running concurrently. Those entered in two or more events that run concurrently, must be there when your turn is called; if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently with any other event.
 - Specifications for all events, including hurdles, shall be according to 2000 USATF Rules if available. (There will be a total of 6 attempts for each competitor in the throws and horizontal jumps, unless there are 10 or more in a scoring age group.)
 - Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
 - Team Relays — Teams may be any 4 people. Enter team name and enclose \$16.00 with captain's entry form; or enter and pay fee by one half hour before first relay.
 - Event will be scored using WAVA Masters age factors and the current IAAF scoring tables.

NC USATF Sanctioned



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 race walks, team relays and all regular track and field events at the NC State University Campus. A "Throws" clinic and "Sprint" clinic will be held on Friday, May 12 at 6:45 pm on the NC State 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, NC 27602. Contact Dale Smith at (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: \$13.00 includes first event in track, field or road events 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 3, 2000.

SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and USATF membership is required for all events (except participants in the Team Relays, foreign athletics 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 the first 3 places for age groups and relays.

LATE ENTRIES: Additional \$3.00 Late fee required for each event if postmarked after April 21, or if received after April 24, 2000. 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 2, 2000. 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 8:00 pm at track
SATURDAY 6:15 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line

EVENTS FOR WOMEN: Numbers must be worn on front (and back in all events 3,000m or longer). 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.

SUNDAY, MAY 14: RALEIGH CITY STREETS (See Map in Packet)

Event #	Event (Note 2)	Start Time
26	ALEX ALMASY 20K REGIONAL CHAMPIONSHIP RACE WALK (Note 10)	7:00 am

	MEET DAY WEATHER CHART					
	1994	1995	1996	1997	1998	1999
Temperature Extremes (°F)	45°-81°	49°-79°	52°-79°	44°-74°	56°-78°	50°-83°
Precipitation (inches)	0.54	0.21	0.19	0.35	0.06	0.00
Average Wind Velocity (MPH)	9.6	7.4	5.3	9.1	4.8	

AIR TRAVEL: Raleigh Durham International Airport (RDU)

MOTEL: Brownstone Hotel (Meet Headquarters) 1707 Hillsborough St., Raleigh, N.C. 27605. Tel. (919) 828-0811, in state 1-800-331-7919 and out of state 1-800-237-0772. (Free shuttle to and from RDU)

RESERVATIONS: *Please inform hotel of Southeastern Masters participation for special rate. Room rates are \$69.00 plus tax for single or \$79.00 plus tax for double. Show your room key from the Brownstone or the Velvet Cloak Inn to YMCA and for \$5.00 fee get a "Day Pass" to YMCA next door which includes all facilities, steam, sauna and whirlpool (massage \$10.00 plus tip extra).

BANQUET: Participant and guest tickets are \$20.00 each if purchased with this application and \$25.00 if purchased at the meet. Participants and guests will need to circle their choice of beef or vegetarian dinner options on the bottom of the entry form. Banquet Saturday evening at the Brownstone will consist of: Social Hour 6:30-7:30 pm; Meal 7:30 pm; followed by awards and general meeting of SEM participants.

T-SHIRTS: 30th Anniversary commemorative T-shirts, Tank Tops, and Golf Shirts will be available at the meet. You may purchase your choice of shirt by referring to the bottom of the entry form for prices and shirt sizes.

DRESSING: Dressing and shower facilities at Reynolds Coliseum on Friday and Saturday. Portolets located on NCSU track (Fri. & Sat.) and on the 20K walk course on Sunday.

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

Street City State Zip Code

USATF Registration No. Daytime Telephone

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 (@ \$20.00 each/include payment with total) Total Amount Enclosed

Dinner options circle: Beef or Vegetarian

Shirts Available Men's Sizes — Circle Your Sizes: Make check or M.O. in US dollars payable to: Southeastern Masters, Inc.

— Number of T-shirts @ \$12.00 S, M, L, XL, XXL Where did you hear about our meet?

— Tank Tops @ \$10.00 S, M, L, XL, XXL Where did you get your entry form?

— Golf Shirts @ \$25.00 S, M, L, XL, XXL

ATHLETIC RELEASE

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the sponsors, promoters, managers and operators of the City of Raleigh and the Southeastern U.S. Masters Track and Field, Inc., USATF and their agents, servants, employees, and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said races to be held on May 12, 13 & 14, 2000, except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants or employees. I specifically acknowledge the nature of the conditioning required for participation in this meet and release the aforementioned organizations and individuals from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. I further agree that if, in the opinion of two (2) or more meet officials and/or medical support staff members, I am determined to be unable to safely complete or compete in any meet event, said officials may physically remove me from any course, track or field and refuse to allow me to compete further in events.

Date Athlete's Signature



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

AGE-GRADING

In doing the 1999 rankings for the 800, 1500, and mile, I've been scrutinizing the results more carefully than ever. Also, I turned 80 last June and have been focusing on M75 and M80 results. I've noticed a trend in those groups, and I'm not sure what it signifies.

In almost every meet, the M75 and M80 sprinters (60m/100/200) have A-G results in the 90-99% world-class range. The middle-distance runners (800/1500) in those age groups are in the 80-89% national class. After some thought, I decided that sprinters must age more gracefully than middle-distance runners. This was refuted in the 1999 Indoor Championships in Boston: Rod Parker, M80, won the 60m in 9.39, a world record, A-G 99.3%; he also won the 800 in 3:13.39, a world record, A-G 84.3%.

At that meet, John McManus, M75, set a world record of 6:42.03 in the mile, A-G 82.3%. At the World Championships at Gateshead, 18 of the M75 and M80 sprinters in the 100 and 200 ran times age-graded at 90% and above. The M75 and M80 runners in the 800 and 1500 had one man over 90%.

What does this mean? Are the M75 and M80 middle-distance runners not running up to our supposed capabilities, or are the standards too high for them and too low for the sprinters? The age-graded tables are among the best things that have happened in the masters program. They were researched and compiled by WAVA after 20 months of work by a dedicated team.

My intent is not to start a conflict between sprinters and middle-distance runners. The masters program includes many brilliant minds, much more capa-

ble than mine of deciding if there is a problem from my small sampling of the standards.

In the wonderful world of running, we should never forget what Walt Kelly's cartoon philosopher Pogo had to say, "The joy of racing is not in the winning, it's in the running."

Bill Benson

Valley Stream, New York

(Your observations are correct. The reasons for this anomaly are too detailed to get into here. Suffice to say the WAVA Age-Grading and Multi-Events committees are expected to revisit the tables in the next two years and perhaps propose changes. — Ed)

JAVELIN SPECS

For several reasons, some practical, some philosophical, I do not believe that the changes in the javelin specifications are desirable. Meet directors will have to supply five different implements instead of three. Athletes will have to buy the 500g and 700g, when they become available.

The main performance limiting factor for the aging javelin thrower is lack of shoulder flexibility, not the lack of strength. The large number of big, strong throwers at weight pentathlons who excel at the SP, DT, HT, WT, but cannot throw the javelin well bears me out on this point.

What will happen to records set with javelins that are no longer specified? The M50 and M55 records by Larry Stuart with the 800g are examples. It is unfair for his records to be phased out when they have not been beaten on the field. Also, younger throwers deserve the opportunity to attempt to break those

records — Mike Brown, Jim Lothrop, and Tom Petranoff come to mind. The one frame of reference that does not change throughout the years is the weight of the open implements.

With this in mind, I propose that USATF masters maintain a separate set of records for each age-group set with open implements in addition to those set with the specified age group implements. Furthermore, I propose that there be some sort of meet to accommodate that group of zealots, men and women, who consider it important enough to have marks not followed by an asterisk denoting reduced implement weights. This could also apply to other events, including the recently modified hurdles.

When sufficient data are available after several years, I can see age factors and All-American standards for open implements/barrier events in addition to those already in existence for WAVA specified implements. With such, an M60 could compete and receive a meaningful score for a decathlon with the open implements and 42" hurdles.

Richard Watson
Yuma, Arizona

EVENT COSTS

I have just finished making out a schedule for the T&F events that I plan on attending in the next six months. I have figured out expenses, such as hotel, car travel, airfares, and registration. When looking at the overall expense picture, it is rather astonishing, and the most astounding part is the cost per event.

I admit I always enter seven to nine events, and am penalized as far as cost per event goes because I do enter so



JOHN WELCH

Soligo Odino, first M70+ (6:29:59), Sunmart Texas Trail 50K, Huntsville, Texas.

many. I think this unfair for those of us who enter a lot of events, and I think it discourages others from entering more events because of the cost.

There should be a cut-off after so many events, perhaps a fee for the first five. Many times I pay for events and then am not allowed to compete if I am late for an event because of participating in another. It's bad enough to pay the extra fee, and worse when I don't get to compete.

Evelyn M. Wright
Annapolis, Maryland

WORLD INDOOR T&F RECORDS

The World Indoor T&F Age-Group records as of Nov. 2, 1999, in the February issue of NMN show that I still have the 800 record for M60-64. This

Continued on page 5

NATIONAL MASTERS NEWS Subscription Form

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

2nd Class rates:

(USA, Canada, Mexico)

6 months \$15
 1 Year \$26
 2 Years \$48
 3 Years \$70

1st Class rates:
(USA, Canada, Mexico)

1 Year \$42
 2 Years \$80
 3 Years \$115

Foreign rates:

(Air mail)

1 Year \$45
 2 Years \$85
 3 Years \$125

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Send to: National Masters News

Subscription Dept.

P.O. Box 16597

North Hollywood, CA 91615-6597

Or Call:

818/760-8983

CZZMN

Fifteen Join NMN Sustainers

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:

Dolf Berle
Jac Doorlay
Ron Forster
Edward Fox
Brad Heisler
Liz Johnson
Jack Lano
Ron Manion
Lanny Meh
Willis Moses
Jack Munnell
Ralph Romain
Avital Schurr
John Shaw
Thom Weddle

Newport Beach, California
Mohnton, Pennsylvania
Beaconsfield, Quebec, Canada
Bayside, New York
Vicksburg, Mississippi
Charlotte, North Carolina
Anaheim, California
Eagleville, Pennsylvania
Leoti, Kansas
Waverly, Ohio
Athens, Georgia
Trinidad & Tobago
La Grange, Kentucky
Davison, Michigan
Burnsville, Minnesota

Age-Graded 300 Held in Iowa

An age-graded 300-meter race for masters men was held during the Iowa State Classic Meet, Feb. 11-12, in Ames, Iowa. The meet consisted of 55 university men's and 33 women's teams from across the USA, with the top NCAA athletes all trying to qualify for the NCAA indoor championships.

There were eight lanes and eight masters athletes, with the oldest running the shortest distance and the youngest running the farthest, based on the WAVA age-graded tables.

Mel Larsen, 75, running 221 meters, won the race in 33.13. Bob Conzemius, 65, running 238 meters, was second in 34.09. Next were Alan Russell (49, 267m, 35.73), Jon Hoogensen (36, 291m, 37.57), Mike Kitchell (50, 265m, 38.06), Mike Bender (59, 249m, 38.13), Mark Twedt (39, 286m, 38.89), and Mike Bird (39, 286m, 41.20).

"According to a few discussions with the college athletes and the general audience," said Larsen, who organized the event, "very little is known about the masters program. But the audience and athletes clapped and hollered during the whole race. It was a great success." □

Write On

Continued from page 4

was broken by Sid Howard in February 1999 in an impressive 2:14.75. Therefore, I do not have three consecutive WRs for the 800.

I do not know why Sid's record was not even mentioned as pending. I do know that Pete Mundle has done a great job for many years keeping these records.

Hopefully, this can get resolved for Sid.

Earl Fee

Mississauga, Ontario, Canada

FIVE YEARS AGO March 1995

- Ken Sparks, 50, Sets Three World M50 Indoor Records in One Night
- Luis Lopez (M40, 2:25:39) and Irina Bondarchouk (W40, 2:48:15) Take Masters Titles in Las Vegas Marathon
- Marcel Philippe, 43, Wins Millrose Games Masters Mile in 4:26.24
- Bob Schlau (47, 32:32) and Alendia Vestal (43, 38:47), First Masters in Nations-Bank 10K

Philadelphia's Premier Spring Road Race Weekend



10 MILER
SUNDAY, MAY 7, 2000
9:00 AM

Health and Fitness Expo:

*Friday, May 5th and Saturday, May 6th
at Memorial Hall with over 50 booths*

Three ways to register:

- For an official entry form, send a self-addressed stamped envelope to:
Blue Cross 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**

- \$15,000 prize money
- 130 age group awards
- Team competition
(Coed teams included)
- T-Shirt pickup at
Memorial Hall Expo
- Free transportation
to start
- Free baggage
transportation to finish
- Two-mile health walk
- Computerized race
results
- Loads of fun for kids
- Enhanced wheelchair
amenities



**Independence
Blue Cross**

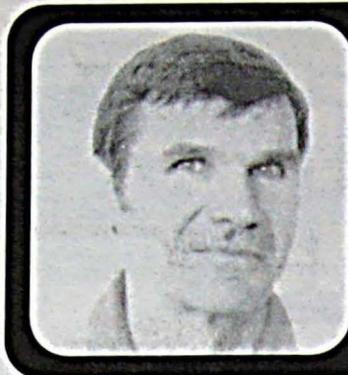
Independent Licensee of
the Blue Cross and
Blue Shield Association



Hope. Progress. Answers.



www.broadstreetrun.com



Third Wind

by MIKE TYMN

Is There Anything to Biorhythms?

While rummaging through some old books recently, I came upon one entitled *Biorhythm Sports Forecasting* by Bernard Gittelsohn. The book contained complete biorhythm charts for the years 1977, 1978, and 1979. Those years, when I was 40-42, happened to be my best years of running and racing. While I had run through my 20s and 30s, I did not get into high-mileage, heavy-duty training until 1975 and then only for marathons. It was not until 1977 that I began putting in 80 to 100 miles a week year-round. Therefore, I thought it would be interesting to go back into my old running logs to see if there is anything to this biorhythm stuff.

If you are not familiar with biorhythms, it is the "science" that studies our built-in natural cycles that powerfully influence our physical, emotional, and intellectual behavior. According to Gittelsohn and others who have made a study of these cycles, we all have a 23-day physical cycle, a 28-day emotional cycle, and a 33-day intellectual cycle.

The pioneers in this field were Dr. Hermann Swoboda, a University of Vienna psychology professor, and Dr. Wilhelm Fleiss, a German medical researcher, both focusing mostly on the physical and emotional rhythms affecting patients. Their works were published in the first decade of the 1900s. During the 1920s, Alfred Teltscher, an Austrian doctor of engineering, developed the intellectual cycle.

Cradle to Grave

These cycles begin at the moment of birth in the positive phase and continue regularly in their ebb and flow until death. Since the three cycles are of different durations, they do not correspond to each other. For example, a person might be having a physical high, an emotional low, and be somewhere in between intellectually. There are times when he or she might be high in all three or low in all three.

According to Gittelsohn, the physical cycle encompasses physical strength, endurance, energy, resistance to disease, and confidence. During the 11 1/2 days in which the cycle is in a positive phase, all systems are charged and giving off energy. During the 11 1/2-day down cycle, the negative days, there is reduced vitality. "Individuals in reasonably good condition should expect no problems during their negative days, but there will simply be a reduction in physical potential," Gittelsohn says. The critical days, according to Gittelsohn, are when there is a change in rhythm from positive to negative or vice versa. This is when extra caution is called for. This is the midline between positive and negative.

The 28-day emotional cycle, which all married men can attest to, governs

sensibility, nerves, feelings, intuition, cheerfulness, moodiness, and creative ability, while the intellectual cycle affects memory, alertness, logic, reasoning power, reaction, and ambition. It apparently applies to men as well as women, although men seem to better adapt to it.

Plotting a Chart

The first step in plotting my chart for the years 1977 through 1979 was relating my birth date, April 2, 1937, to those years. It should be kept in mind that this is not like horoscopes, so if you happen to be born on April 2, 1938 or April 2, 1952, your good days and bad days are not necessarily the same as mine.

I first looked at what I considered my six best races during that three-year period, beginning with the annual King Kamehameha Day run, a 4.4 mile race through the streets of Honolulu, on June 11, 1977. I recall feeling especially good as I shared the lead with two much younger runners over the first four miles. With a little over a quarter mile left, the younger of the other two picked up the pace. I went with him while the third runner dropped back.

With about 200 yards remaining, I reached down, found an extra gear, and outkicked my remaining foe for a three-second victory in 21:37. Looking back, I would have to rate that race as perhaps my most memorable. I was in cruise control all the way and my kick was never stronger. According to the biorhythm charts I was at both a physical and emotional peak that day, but pretty close to an intellectual low.

By Gittelsohn's chart, I had a plus (physical), plus (emotional), minus (intellectual) day. Here's what he says about a "plus-plus-minus" day: "Good cheer and brimming vitality are yours on this excellent day. You should be feeling very good. The only caution might be that, because of your low in intellectual rhythm, you should weigh all decisions with the utmost care."

Undone by Thought

According to Gittelsohn, distance running "does not significantly

JUNE 1977		PHYSICAL		JUNE 1977	
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

JUNE 1977		EMOTIONAL		JUNE 1977	
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

JUNE 1977		INTELLECTUAL		JUNE 1977	
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

On June 11, 1977, the day of his best race, Mike Tymn was at a physical peak and near an emotional peak, but was intellectually low.

involve thinking." He says that too much thinking about the pain and strain of the run has been the undoing of many an athlete. That seems to imply that it might be better to have a negative day intellectually if you want to do well in long-distance running.

I next went to October 23, 1977, when I ran a PR 2:31:34 in the New York City Marathon as our Hawaii masters team captured the national masters championship. While not quite at a physical or emotional peak, it was another "plus-plus-minus" day. I recall hitting the half-way mark in that race in just under 1:12, indicating very poor pacing on my part. Could that have been the result of my minus intellectual rating on that day?

I then went to December 11, 1977, when I won the 40-49 division of the Honolulu Marathon in 2:32:21. That was a "plus-minus-plus" day. I was again at a physical peak, but an emotional low. I ran a much more intelligent race that day, my splits being pretty even. Considering the much warmer weather, the effort was probably 3-4 minutes better than my New York race.

By the time I had finished plotting those three races on the biorhythm charts, I was becoming a believer. As I went over 1978, I noted in my log that my left knee began bothering me on July 13. According to the biorhythm charts, this was a "minus-plus-minus" day for me, not a very good one. On August 12, I began to have calf problems. That was a "minus-minus-minus" day.

Seeds of Doubt

On October 17, I had, for me, a strong workout, doing six repeat miles in an average 4:56 with a half-lap jog between. I noted "felt super" in my log. Strangely, however, that was also a "minus-minus-minus" day. In fact, I was at a near physical and intellectual low. Now, I was beginning to question

the validity of biorhythms.

I jumped ahead to March 11, 1979, when I won the Maui Marathon in a PR 2:28:43. That day was a critical one (midway on the chart) for me physically, but I was on an emotional and intellectual high. According to Gittelsohn, it was an accident-prone day for me, but I managed to escape injury.

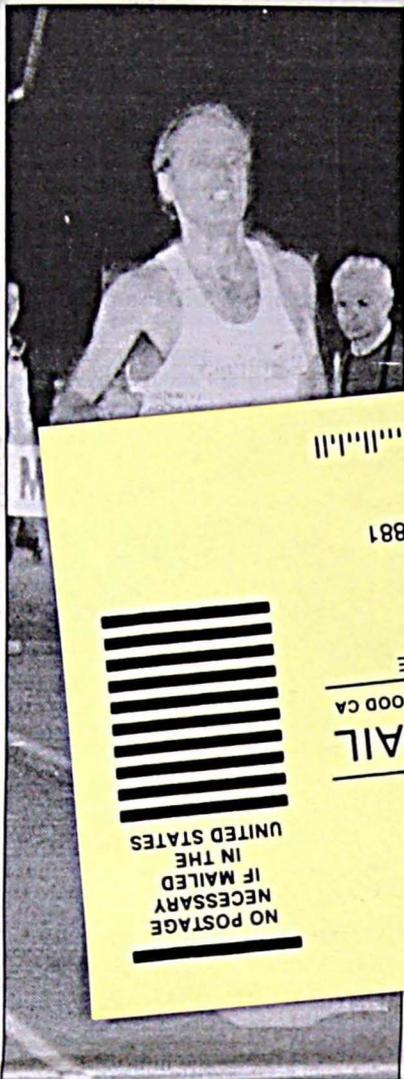
Next, I went to June 10, 1979, when I set my 10K PR of 31:42 in a Boston race. It was a "minus-plus-minus" day. I was just below the midline physically. Finally, I plotted my best one-hour run on the track, an event which I won by covering 11 miles, 524 yards. That day, July 21, was a "minus-minus-plus" day for me. Physically, I was as low as I could get. Intellectually, I was pretty high, but I didn't pace myself very well, as I covered the first two miles in a 5:08 average while covering the 10th and 11th miles in a 5:22 average.

Questionable Correlation

I didn't have any real "bad" races during those three years, so it was difficult to see how those might have plotted. My log does show me "dragging." However, I could find no real correlation between these days and my biorhythmic ups and downs. About half correlated and about half didn't. Some of my best training days were on days I was supposedly physically low while on some of my worst training days I was physically high.

In conclusion, except for the emotional cycle as it relates to women, I remain a skeptic when it comes to biorhythms. I admit, however, I didn't dig all that deep into the subject. Anyone else out there have any experience with biorhythm forecasting? □

(You can e-mail Mike Tymn at METGAT@aol.com or write to him at 1524 Uluhoo St., Kailua, HI 96734.)



BARRY DELIBERO

Jerry Kooymans, 44, Markham, Ontario, winning the men's 33rd annual Hartshorne Memorial Masters Mile (Elite section), Cornell U., Ithaca, N.Y., Jan. 22, in 4:32.12.

Hartshorne Mile

Continued from page 1

DiDonato, Hicksville, N.Y. (4:36.49) and Jim Cuono, 40, Port Carbon, Pa. (4:38.71).

Designated pacesetter Scott Weeks, Groton High School track and cross-country coach, was enlisted to pull the men's field along to a 2:12 half-mile split. At the gun, Weeks and Carroll hit full throttle.

"I felt wonderful, I really did. Scottie, the rabbit, looked around at me and I said, 'Go!' I looked at my splits, and I said to myself, 'I'm going to run a 4:20 today,'" said Carroll, 43, a two-time Upstate New York Cross-Country series champion. "I was just cruising, then the next thing I know, I felt a twinge in my right calf. I hesitated, took one more step, and it knotted."

Kooymans, who runs for the Toronto Olympic TC, knew he'd have to keep an eye on Carroll to steal the race. He moved from fourth to second in the first 800, passing through the half in 2:14.

"The rabbit took it out pretty hard - a little too fast, but I wanted to make

Continued on page 8



OLYMPIC LEGENDS INVITATIONAL TRACK MEET



STACKHOUSE



COLLEGE - OPEN - MASTERS
MT. SAN ANTONIO COLLEGE
Grand • Walnut, Ca. 91789
MAY 27 & 28, 2000

TRACK EVENTS Sat. 5/27/00

10:00-10:45	800 Meters
10:45-11:30	100 Meters
11:30-11:45	Intro of Olympians + Special Guests
11:45-12:30	1500 Meters
12:30-12:45	Celebrity Relay 4x100 Relay
2:00-2:30	5K Run
2:30-3:30	200 Meters
3:30-4:30	400 Meters
5:00-6:00	4x200 Relay

FIELD EVENTS

10:00	Pole Vault High Jump Javelin Hammer
-------	--

TRACK EVENTS

12:00	60 Meter Hurdles
1:00	100 Meter Hurdles
1:45	300/400 Meter Hurdles
2:15	4X400 Meter Relay

FIELD EVENTS

12:00	Discus
	Shot
	Long Jump
	Triple Jump

Tentative Schedule Times subject to change based on number of entries

FOOD/DRINKS: Available on premises.

LATE ENTRIES: Will be accepted at the meet by the clerk of the course, but you must enter and pay at least two hours before your event to ensure entry.

LATE FEE: \$20.00 (ADD IT TO TOTAL).

DEADLINE: Entry must be received no later than May 12, 2000

ACCOMMODATIONS: Embassy Suites Hotel • 1211 E. Garvey Ave. • Covina, Ca. 91724 • For reservations (626) 915-3441
Special Rate: \$85.00 (1-4) Person, \$10.00 Each Additional Guest • Reserve early, rooms limited
Contact Person: Mrs. Pat Stones.

ALL PROCEEDS TO BENEFIT CAL-CASA, COURT ASSIGNED SPECIAL ADVOCATES
(You will be supporting the volunteers who advocate for California's 105,000 most vulnerable foster children)

Make Checks Payable to OLYMPIC LEGENDS. MAIL TO SHEILA NEWTON: 19600 Prospect St., Desert Hot Springs, Ca. 92241

NAME: _____ SEX: M _____ F _____ AGE: _____ DOB: _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 PHONE: () _____ FAX: () _____ E-MAIL: _____
 EVENTS: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____
 USATF# _____ T-SHIRT SIZE S M L XL AMOUNT ENCLOSED \$ _____

(Do not include the cost of USATF registration with your fee.) Athlete's Waiver: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Mt. San Antonio College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature: _____ Date: _____
(Athletes may be required to undergo drug testing in accordance with USATF rules and regulations.)



BARRY DELIBERO

Jerry Kooymans, 44, Markham, Ontario, winning the men's 33rd annual Hartshorne Memorial Masters Mile (Elite section), Cornell U., Ithaca, N.Y., Jan. 22, in 4:32.12.

Hartshorne Mile

Continued from page 1

DiDonato, Hicksville, N.Y. (4:36.49) and Jim Cuono, 40, Port Carbon, Pa. (4:38.71).

Designated pacesetter Scott Weeks, Groton High School track and cross-country coach, was enlisted to pull the men's field along to a 2:12 half-mile split. At the gun, Weeks and Carroll hit full throttle.

"I felt wonderful, I really did. Scottie, the rabbit, looked around at me and I said, 'Go!' I looked at my splits, and I said to myself, 'I'm going to run a 4:20 today,'" said Carroll, 43, a two-time Upstate New York Cross-Country series champion. "I was just cruising, then the next thing I know, I felt a twinge in my right calf. I hesitated, took one more step, and it knotted."

Kooymans, who runs for the Toronto Olympic TC, knew he'd have to keep an eye on Carroll to steal the race. He moved from fourth to second in the first 800, passing through the half in 2:14.

"The rabbit took it out pretty hard - a little too fast, but I wanted to make

Continued on page 8



OLYMPIC LEGENDS INVITATIONAL TRACK MEET



STACKHOUSE



COLLEGE - OPEN - MASTERS
MT. SAN ANTONIO COLLEGE
1100 N. Grand • Walnut, Ca. 91789
MAY 27 & 28, 2000

USATF SANCTIONED Must have 2000 USATF card. They will be available at the meet for \$15.00 (checks only, please)

DIVISIONS: College - Open - Masters younger to older

FACILITIES: 9 Lanes, all weather track, runways & high jump aprons. Restrooms near track. Grandstands on both sides of the track.

TRAINERS/FIRST-AID AREA: Trainers and ice available.

ENTRY FEES: First event \$20.00 (includes "T" shirt), Second Event \$10.00, each additional event \$5.00 each. Relays: \$35.00/Relay Team.

LATE ENTRIES: Will be accepted at the meet by the clerk of the course, but you must enter and pay at least two hours before your event to ensure entry.

LATE FEE: \$20.00 (ADD IT TO TOTAL).

DEADLINE: Entry must be received no later than May 12, 2000

ACCOMMODATIONS: Embassy Suites Hotel • 1211 E. Garvey Ave. • Covina, Ca. 91724 • For reservations (626) 915-3441
Special Rate: \$85.00 (1-4) Person, \$10.00 Each Additional Guest • Reserve early, rooms limited
Contact Person: Mrs. Pat Stones.

ALL PROCEEDS TO BENEFIT CAL-CASA, COURT ASSIGNED SPECIAL ADVOCATES
(You will be supporting the volunteers who advocate for California's 105,000 most vulnerable foster children)

TRACK EVENTS Sat. 5/27/00

10:00-10:45	800 Meters
10:45-11:30	100 Meters
11:30-11:45	Intro of Olympians + Special Guests
11:45-12:30	1500 Meters
12:30-12:45	Celebrity Relay 4x100 Relay
2:00-2:30	5K Run
2:30-3:30	200 Meters
3:30-4:30	400 Meters
5:00-6:00	4x200 Relay

FIELD EVENTS

10:00	Pole Vault High Jump Javelin Hammer
-------	--

TRACK EVENTS

12:00	60 Meter Hurdles
1:00	100 Meter Hurdles
1:45	300/400 Meter Hurdles
2:15	4X400 Meter Relay

FIELD EVENTS

12:00	Discus Shot Long Jump Triple Jump
-------	--

Tentative Schedule Times subject to change based on number of entries

FOOD/DRINKS: Available on premises.

Make Checks Payable to OLYMPIC LEGENDS. MAIL TO SHEILA NEWTON: 19600 Prospect St., Desert Hot Springs, Ca. 92241

NAME: _____ **SEX:** M _____ F _____ **AGE:** _____ **DOB:** _____
ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____
PHONE: () _____ **FAX:** () _____ **E-MAIL:** _____
EVENTS: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____
USATF# _____ **T-SHIRT SIZE** S M L XL **AMOUNT ENCLOSED \$** _____

(Do not include the cost of USATF registration with your fee.) Athlete's Waiver: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Mt. San Antonio College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature: _____ **Date:** _____
(Athletes may be required to undergo drug testing in accordance with USATF rules and regulations.)



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Hamstring Syndrome

One of the more common injuries in masters sprinters and hurdlers is the hamstring strain, better known as hamstring syndrome. This is pain affecting the posterior thigh area. In most cases the pain radiates down the back of the thigh. Commonly, it is brought on by assuming a sitting position, stretching and running fast. Many athletes report a recurring tear of the hamstring.

Before labeling all thigh pain as hamstring syndrome, there are several related pains originating from this area.

The most common is entrapment of the sciatic nerve, better known as sciatica. This is more properly labeled as piriformis syndrome, a pain felt all over the upper part of the buttocks and radiating down the back of the leg.

In some athletes, chronic compartment syndrome of the posterior thigh may be another cause of pain in this area. Hamstring tears and strains will also cause pain in this area.

Hamstring syndrome is characterized by localized pain in the lower gluteal area which radiates down the posterior thigh into the back of the knee. Most complain of pain in the sitting position, such as while driving a car or sitting during lectures. The pain is relentless and the athlete often has to stand for relief. Many state that stretching or running aggravates the condition. In hurdlers, the pain is induced by driving the leg forward. In long distance runners, the pain occurs when the pace is increased.

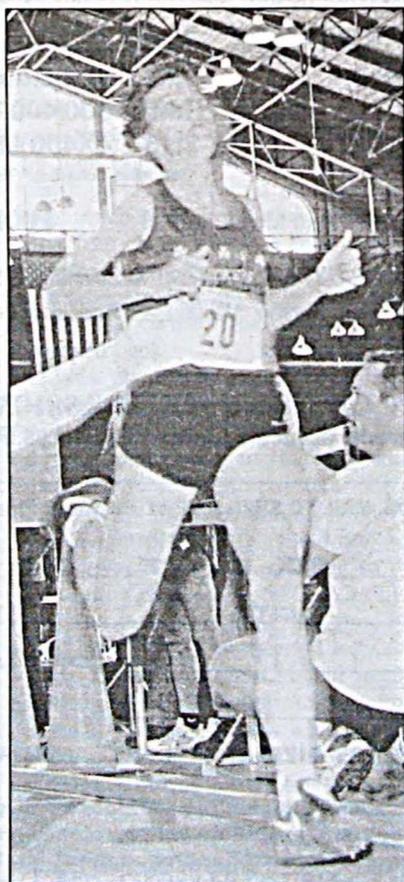
It is easy to find this problem by simply pressing on the hamstring insertion. Stretching also activates the pain.

Once the diagnosis is established, a course of rest and physical therapy is

indicated. The use of heat, ultrasound and tissue manipulation will break up the tissue adhesions and "loosen" the fibrous adhesions. This is usually a long process and the condition becomes asymptomatic. It is not a good idea to "run" through this condition.

The use of oral anti-inflammatories may be beneficial. In acute cases, surgical repair may be indicated. □

(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.)



BARRY DELIBERO
Becky Heuer, 35, Forestville, N.Y., winning the women's 20th anniversary Hartshorne Memorial Masters Mile (Elite section of W30-39 and W40+), Cornell U., Ithaca, N.Y., Jan. 22, in 5:14.15.

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations. Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40+, 50+ or 55+ (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.

Hartshorne Mile

Continued from page 7

sure I was close to Bob, because he was the guy to beat," said Kooymans, a former Canadian national masters cross-country and 5000 champion. "I focused, moved up nicely with a quarter mile to go, and was in good position to attack. That's when Bob pulled up and handed me the race. I knew all of us in the race have little nagging injury problems. But it still shocked me, because Bob went out so hard and felt so good."

DiDonato, primarily a road racer and former New York metropolitan-area masters athlete-of-the-year, shadowed Kooyman's shoulder, and shifted back and forth between third and second position during the eight-lap race.

"My goal was to stay with the rabbit and Bob too, and feel as comfortable as I could," said DiDonato. "But it wasn't coming as easily for me as it should. It's early in the season for me. I had trouble the last half and lost some time, but I'm happy with my placing."

"We had a deep field, but no outstanding guy that would run away with the race," added Kooymans. "I'm not a miler; I'm a distance runner. I'm always worried the last quarter if I have milers on my shoulder, because I don't have a kick. But it's never over until you cross the finish line."

In the women's masters mile, three-time defending champion, Patti Ford, 44, of Pompey, overcame persistent injuries to win the 20th anniversary edition of the women's race in 5:24.82. Kathy Martin, 48, Northport, N.Y., placed second in 5:28.17, and Endicott's Suzanne Myette, 41, finished third in 5:30.75.

Although Ford is the current U.S. record holder for the indoor mile (5:11) and the 3000 (10:19.8) for W40, it was Morra who was expected to win and set a new U.S. mark. It turned out to be a race of slow starts, fast finishes and near-misses for records.

Sub-veteran runner Becky Heuer, 35, of Forestville, was the women's unofficial rabbit and first to break the tape in 5:14.15. She pulled Morra through the half in 2:38, then Morra's hamstring muscle stopped her dead in her tracks on the fifth lap.

"There was a lot of jostling at the start and no one wanted to go out," said Morra, the reigning Fifth Avenue Mile and national masters cross-country 5K champion. "I got a couple of clips from behind and felt my hamstring go zing! So I said, 'If I go slow maybe I can regroup.' It was OK for three laps, then the pace picked up a little. I said, 'I can still do this,' but the hamstring went zing, and if I kept going, it would just completely go."

"But Becky was a great rabbit and she kept all her 39-second (laps) going," said Morra, a physical therapist. "I'm not used to having someone right there; I thought, 'this is going to be good.'" □

"I didn't really want to lead it, but it ended up that way," said Heuer, the Upstate New York Cross-Country series open champion. "I didn't have a specific race strategy. I wanted to run fairly even, and if I won that would be great. And I definitely wanted to help the masters milers because that's why I'm here."

Third-place masters finisher Myette, a world masters duathlon bronze medalist, thought the slow pace and initial fear of leading hurt the overall performance in the women's race.

"My whole problem was I raced their race, and I didn't run my race at all," said Myette, a mile rookie. "The first lap was slow and I needed to go hard. I thought, 'Whoa! I'm ready to go.' I made tactical errors all throughout by waiting too long and being too scared to go. It was like a bike race, where everyone starts out real slow - then boom - they go!"

The slow-paced start probably helped Ford, who expected a hamstring twinge, but not a victory.

"Injury is part of masters running," said Ford, runner-up to Morra at the 5K National Masters Cross-Country Championship. "My race plan was to warm up and find the pace just before my hamstring would start to pull, then back off the pace a half-second the first 500. Then I picked it up the second half, and ran negative splits."

Former Fifth Avenue Mile masters champion, Kathy Martin, finished second master, but fell four seconds short of breaking the world indoor mile record for W45.

"I felt good, but I probably let a gap open too early on. Then it's tough to get it back at the end," said Martin. "This is my first indoor race this year. I was close, but by the time the nationals roll around, I'll nip those seconds off."

The Hartshorne Memorial Masters Mile, co-hosted by the Finger Lakes RC and the High Noon AC, would not exist without its sponsors in the community. Credit goes to the Ithaca Center for Postgraduate Medical Education (Zeserson and Associates) for the men's mile; and friends of the women's mile: Bob Babcock, Herb Engman, Victoria Smith, Cherry Valley Appliance Repair, Ithaca Orthopaedic Group, Tompkins County Trust Company and Best Western University Inn.

"Jim Hartshorne had no idea this mile would last this long with such active participation," said Rick Hoebeke, the Hartshorne Masters Mile race director, now in his 14th year at the helm. "The level of competition and the number of participants are the best testimonial to the quality of our race. This masters mile is for all runners - the elite, those in the middle and at the end of the pack, and for those who just simply enjoy the exhilaration and competition of track and field." □

Ben Levinson

Ben Levinson, the M100 shot-put world record-holder, died peacefully in February after a short illness. He was 104.

The record was set at the 1998 NIKE World Masters Games on Hayward Field, Eugene, Ore. His put of 10-1 broke the previous record of just over nine feet. Two nights later on the Tonight Show with Jay Leno, Ben extended his record (unofficially) to over 12-0.

The experience of the Masters Games competition gave Ben a new sense of purpose to his already long life. The exercise program he had been doing since age 100 allowed him to take on new challenges, like learning to shot put. As a result, the publicity he received allowed him to promote the positive benefits of sport and physical activity throughout life. He actively encouraged vigorous exercise to many

senior audiences as the key to a long, healthy and independent life. He was an inspiration to many people.

In all of his post-competition interviews, Ben remarked how the 1998 NIKE World Masters Games were, except for his marriage of 68 years, the highlight of his life. His gold medal was hanging by his bedside.

As all of us aspire, Ben actually lived up to the creed of "Live Long, Die Fast." Independence was his ultimate goal and he remained living on his own terms, driving his own car, being in charge of his own affairs and paying his own bills until his last few days. His standard salutation, "Good luck and good health," was sincerely given to all who shook his hand or touched his life.

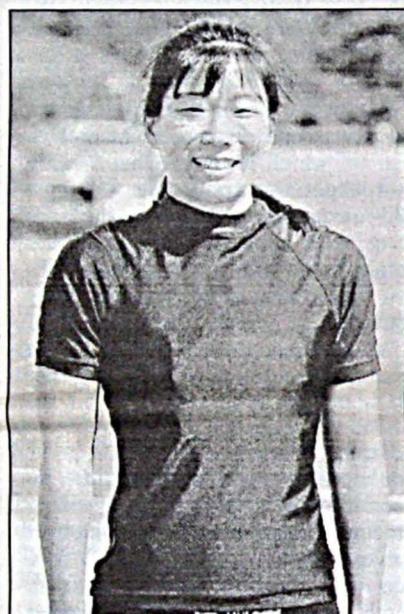
- Dave Crawley

(Dave Crawley was Levinson's coach and trainer for the past few years. - Ed.)



BETH HARWICK

Western Pennsylvania TC runners (l to r): Lisa Cornack, Debra Kunkler, Janice Boyko, and captain Sandy Onofray won the Masters team title in the Pittsylvania Cross-Country Challenge, Pittsburgh, Pa.



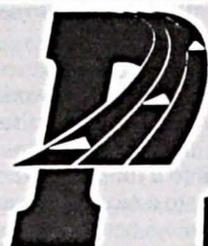
SUZY HESS

Elaine Iba, of California, 1999 W35 Masters Field Athlete of the Year.

DEADLINE

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

Some readers provide additional support to the *National Masters News* by sending contributions of \$25, \$50 or \$100 a year. If you are able, we urge you to join them. All contributors will receive a free copy of the new *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.



PENN RELAY CARNIVAL DISTANCE CLASSIC

Sunday, April 16, 2000
8:30 a.m.



• Race finishes in historic Franklin Field (235 South 33rd Street, Philadelphia)

• Team trophy awarded.

• Gold watches to open and masters winners of the 20K

• Entries must be post-marked by April 7, 2000.

• Race day entries are an additional \$15.00 (20K/5K) \$5.00 (Kids Mile)

PRE-RACE ENTRY FEES

20K	\$15.00
5K	\$15.00
Kids Mile	\$5.00
(14 yrs. or younger)	

PENN RELAYS DISTANCE CLASSIC ENTRY FORM

(MAKE CHECKS PAYABLE TO: PENN RELAYS DISTANCE CLASSIC)

NAME _____
Last Name First Name Middle Initial

ADDRESS _____
Street Address

City State Zip

AGE _____ Date of Birth _____ Shirt Size M L XL

Male ___ Female ___ USATF No. _____ Phone _____

Team Name _____ 20K ___ 5K ___ Kids Mile ___

Signature _____ Date _____

Parents Signature _____ Date _____
(If Under 18)

SEND ENTRY TO:
Runners Advocate
2005 Country Club Drive
Doylestown, Pa. 18901

In consideration of acceptance of this entry, I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and claims for damages I may have against the sponsors, coordinating groups and individuals associated with this event, their representatives, successors and assignees and will hold them harmless for any and all injuries suffered in conjunction with the said event. Also, none of the above are responsible for the loss of personal items and any other form of aggravation in connection with said event. I understand that I must be in good health to participate in the event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.



Masters Racewalking

by ELAINE WARD

10 Walkers Share Goals For 2000

A number of racewalkers were asked the following questions: With the year 2000 here, what are your two major goals for racewalking? They may be health goals; they may be specific races; they may be improvements in your racing times; they may be teaching and promotion of the sport. Also, how do you plan on reaching your goals? Here are some replies; more will be published in a future column - EW

Bobby Baker (Tenn.), M55

I want to continue directing the 5K Masters USATF Championship (October 14, 2000) and make it better than ever. This will be our tenth championship. My second goal is to promote racewalking and see some younger people get interested. My third goal is to get back into my training schedule and be ready to compete more this year.

I plan on teaching a racewalking class this spring and working with our local newspaper to help promote it. I think the town has referred to me as the "pioneer of racewalking in our area," which makes me want to continue bringing racewalking to the highest level. To compete this year, I'm going to stay close to my training with a good schedule of consistent workouts.

Sherry Brosnahan (N. J.), W45

I enjoyed 1999 so much that it's hard to imagine a better 2000. I haven't formalized my goals yet, but I'm pretty sure they will be to win more national championships and set more age-group records than last year. To do that, I will have to walk faster than I have, and my plan to achieve that is very simple: I will just do what my coach, Dave Romansky, tells me to do.

Working so closely with Dave, I don't need to come up with detailed plans or figure out what I should be doing. All I have to do is follow his instructions and work hard. This approach has worked so well that I have allowed myself to dream about qualifying for the Olympic Trials, and the intensity of my training has already increased significantly. I am now doing speed work three times a week, with 200s on Tuesdays, quarters and half miles on Thursdays, and miles or 2K repeats on Saturdays.

I am also trying to make the most of my non-training hours, getting my work done more efficiently, finding ways to recover faster from the tough workouts, and volunteering less, so I can spend more of my dwindling free time with my husband and family.

Carol Ferris (So. Calif.), W60

My number one goal is to stay healthy and injury free, by not over-



JIM FIELDS

Racewalkers in the 3000, 1999 Masters Indoor Championships, Boston. This year's meet is scheduled for March 24-26 in Boston.

training and by listening to what my body is telling me. So many masters don't take time off when they have a minor injury or are overly fatigued, and soon they are dealing with something more serious. Not easy to do, but in the long run a day or two of rest pays off.

My number two goal is to bring my age-graded percent up to 80% and beyond. Finished last year at 78% so I am real close. To accomplish this task I need to be more consistent with speed workouts and weight training.

Bob Fine (Fla.), M65

I have no specific goals for 2000, other than to maintain my conditioning. My goal is to do well in the WAVA Championships in 2001. I will just have turned 70 and have a shot at getting a medal. My training is aimed toward that end.

I'm trying to lose weight. For me that means double workouts and trying not to pig out. I can't stand training, but I enjoy the competition and camaraderie. I look at my contemporaries - who generally are obese - which gives me the motivation to keep on training.

Carmen Jackinsky (Ore.), W35

I plan to finish developing the walk-



JERRY WOJCIK

Hansi Rigney, third W55 (18:06.50), 3000 racewalk, 1999 Masters Indoor Championships, Boston. The 2000 Championships return to Boston on March 24-26.



JERRY WOJCIK

Jackie Reitz, first W50 (16:47.70), 3000 racewalk, 1999 Masters Indoor Championships, Boston. This year's meet is scheduled for March 24-26 in Boston.

ing shoes I've been working on for many years. My goal is to eventually market a shoe that turns the couch potato into a fitness walker; the fitness walker into a racewalker; and the racewalker into a better racewalker.

For the past six years or so, I've been training and racing in prototypes of what I think will be a great shoe. I've got the midsole material and configuration close to perfect, but now I've got to get the right upper.

I'll delegate as much of that project as I can to shoe professionals. I want to focus on training as much as possible, but I'll need those shoes to get where I'm going. So you can bet they will be perfected sooner rather than later.

I'm looking forward to the 2000 race season. My two coaches, Bob Williams and Andres Hermann, have created a lot of momentum for my training, and I'm excited to see what will happen. I plan to compete for a spot on the U.S. Women's Olympic team in July.

Bev LaVeck (Wash.), W60

As I think toward the New Year, I realize I have no particular goals. Instead, I'm thinking about process.

I look forward to exploration and discovery. I'm reflecting on my blessings and what offerings I can make in return. I'm enjoying training again, and looking forward to seeing friends at races and other events.

Training, for me, can be supremely self-assertive. Like the Jack Kerouac segment sent by a friend, I guess I'm "mad to live, mad to talk, mad to be saved, desirous of everything at the same time..."

Joe Light (R. I.), M50

Basically I have just one major goal in 2000: to avoid any new PWs (Personal Worst). To achieve this modest goal, I hope to increase my weekly mileage from 20 to around 30 mpw. One incentive will be training for the 20K at the National Invitational in Virginia on April 2.

I did it for the first time last spring and it was one of the best races I've been to, which leads to what I enjoy most about the sport. The Olympic gold medalist competed in the race along with the very top men and women in the U.S. Everyone enjoyed a post-race pizza party at a nearby restaurant.

What other sport is open to just about anyone where you can literally rub shoulders with the best in the world?

Keith Luoma (Ga.), M35

I hope to lower my 20K time by several minutes, and to do well in something longer than 20K in an effort to eventually race 50K. My only 50K race (last February) was a death march! Right now I'm a sub-master (age 38), so I enjoy competing in both open and masters meets.

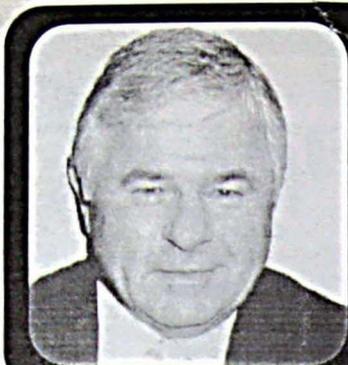
I love the daily business of training - technique drills, threshold work, you name it. I have been walking since 1982, and it's still fun! I've recently reconnected with Frank Alongi. He taught me to racewalk, and I've been using his "Ledge Point" training program for about eight months. It's harder than any other program I've used, but I've already seen positive results from it.

I teach one month of racewalking classes about five times a year. Two of my students won national masters medals in Kingsport, and I found that as rewarding as the medal I won myself.

Stan Sosnowski (R. I.), M45

As the new century begins, I'll be starting the second half-century of my life. To celebrate my arrival into middle aged status, I would like to set PRs for all distances up to and including 20K. To reach this goal I plan on a lot of cross-training to increase speed without putting excessive strain on my body.

My second goal, which won't be so



Track and Field Report

by **KEN WEINBEL**,
Chairman, Masters T&F

Unidirectional Affiliation

At the annual meeting in Los Angeles it was announced that the National Senior Games Association had become an affiliated member of USATF. Since then, there have been some inquiries about the advantages of a relationship between USATF Masters and NSGA.

Since the inception of the masters program, the Senior Games and Masters Track and Field have been running on different railroad tracks, sometimes crossing, but for the most part paralleling. Many athletes participate and support both organizations with equal enthusiasm. However, there are some masters who have felt the Senior Games not worthy of their support for assorted reasons.

The most prevalent "anti-support" centered around the opinion that the organization, officiating and conduct of Senior Games track and field competitions were not of the caliber we strive for with masters competition. Other "anti-support" reasons were linked to the age factor.

The masters program officially serves those 40 years and older and also includes sub-masters 30-39, while the Senior Games limit participation to those 50 years and older. There are also a few skeptics not enamored of the administrative operation of NSGA. These are mostly personal opinions and not reflective of the masters membership per se. From the other side of the street, we need to admit that not all Senior Games members are fans of the masters program.

Ambitious Venture

I have always felt it to be very counter-productive to have a conflicting division between the two organizations. I have publicly stated that both have so much to offer and if we work unidirectionally, we can accomplish positive benefits for both programs. With this in mind, I embarked on an ambitious venture to link the two organizations in a philosophical bond.

After two years of numerous meetings and conversations, I am pleased that a major step has been taken with the induction of NSGA as an affiliate of USATF. This affiliation is an indicator that NSGA is sincere in its efforts to conduct its track and field programs in compliance with IAAF and WAVA Rules of Competition, which includes sanctioning championship meets and adhering to other requirements accordingly. There is still much more to be addressed which will necessarily take time. I encourage patience.

I have scheduled spring meetings with my NSGA counterparts. It is our intention to identify items of common interest beneficial to both programs. It is premature to prioritize items, but suffice to say our discussions will be directed toward positive implementation. I am hopeful that we will be able

to draft an acceptable program to present to both memberships.

Our previous meetings have always been of a constructive nature, and I have no reason to expect anything less of our future discussions. It is important to be aware that neither organization is expecting the other to make concessions that will compromise the operation of their in-place programs. Masters USATF is not intending to integrate with NSGA and lose identity. We look to affiliate with NSGA as a national governing body for masters/senior track and field. We look forward to cooperating with NSGA to improve their programs for our age 50 plus athletes who wish to take part as individuals in the Senior Games.

At the upcoming meetings, I plan to direct discussions toward expanding participation, creating dual membership and benefits, increasing the number of contested events, qualifying procedures for championships, yearly calendars for competitions, meet management, fund raising and the feasibility of conducting elite championships. Perhaps some of you have suggestions for other items you would like me to pursue. I welcome your input.

NSGA took the first step toward unidirectional affiliation by becoming an affiliate of USATF. It is now our turn to take a positive step. I plan to lead the way with your support. □

TEN YEARS AGO March 1990

- Dave Stewart, 41, Lowers Masters Mile Record to 4:15.47 at Millrose Games
- Randy Taylor, 42, Bests Norm Green, 57, in National Masters 5K
- Jane Hutchison, 44, First Age-Graded Runner in Tulsa 8K



SUZY HESS

Finalists in the M70 200, 1999 National Games-Senior Olympics, Orlando, Fla. (l to r): Jack Greenwald, third; Robert Bruce; Andy Anderson; Frank Giaimo; Bill Melville, first (28.53); Rodney Brown, second (28.80); and James Selby.

Dartmouth Relays

Continued from page 1

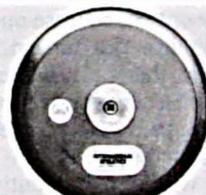
rarely run indoor 5000 with a 15:38.62, a creditable outdoor time.

Neil Steinberg, M45, won the 55m in a field of eight with a 7.11 and the 200 with a 24.44, both masters bests. William DeHorne, M50, had the best

time in the hurdles (9.28).

Carl Wallin, 58, meet director and Dartmouth track coach, won the M55 shot put with a 13.95/45-9/4, an age-graded, solid national-class 89.5%, and tied for second in the high jump (1.37). □

INTERNATIONAL ATHLETICS DISCUS



2 k - \$42.00



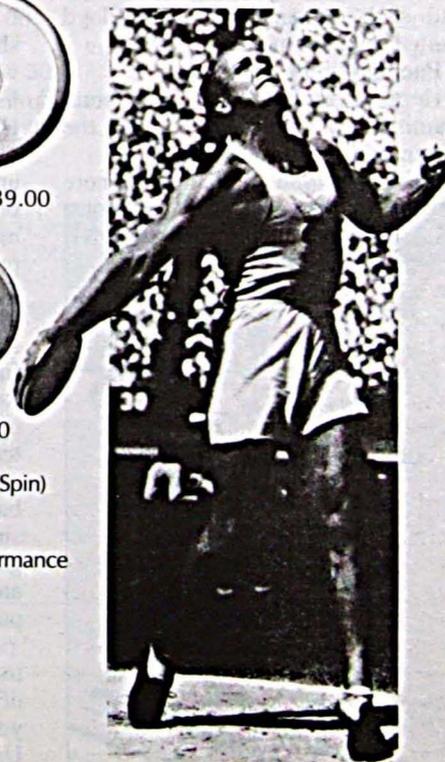
1.6 k - \$39.00



1.5 k - \$39.00



1 k - \$34.00



- * 68% of the weight in the rim. (Lo Spin)
- * POLYMER sideplate technology
- * Unsurpassed durability and performance
- * Economical Price
- * Meets all specifications
- * Great for training or competition

add \$4 Shipping & Handling.
CA residents add \$3 Sales tax.

ON TRACK Field & Track equipment

Vaulting Poles • Shots • Discus • Javelins • Hammers • Starting Blocks and much, much more!

Call or write for our Catalog:

ON TRACK • P.O. Box 1674 • Burbank, California 91507

1-(800) 697-2999



On The Run

by HAL HIGDON

Tempo Runs:

Defining This Effective Form of Training

One of my most enjoyable activities recently has been my involvement with Virtual Training, an interactive service on the Internet provided by The LaSalle Banks Chicago Marathon. More than 7000 runners signed up for this free service last year, which offered them daily e-mail messages over a period of 18 weeks telling them how to train for that event – or whatever other marathon they were running.

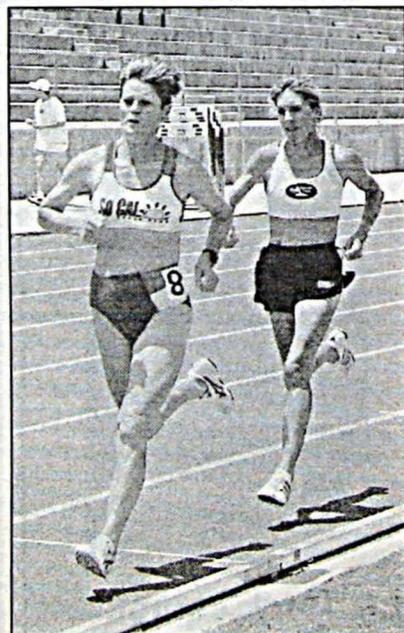
In addition, there were “bulletin boards” where runners could post messages and ask questions, many of which I answered. Beginning in June and leading up to the marathon in October, I answered close to 1000 questions. It was fun interacting with this group of runners – many of them young – for whom running, and particularly running a marathon, had become such an important part of their lives and lifestyles.

One question last September came in from a runner named Floyd Watson. Not for first-timers, but for intermediate and advanced runners, I included tempo runs as an important part of their training. And although I described how to do tempo runs as part of my introduction to the schedules, it's not always easy to surf around and find such explanations. Plus Floyd wanted to know more.

Pacing Query

Here is his question to Virtual Training as it appeared in the Advanced Bulletin Board:

“Hal, Can you explain one more



JERRY WOJCIK

Marie Murphy (l), W40, and Kellie Archuleta, W35, in the mile, 1999 Dan Aldrich Memorial Meet, UC-Irvine. This year's meet is scheduled for May 28.

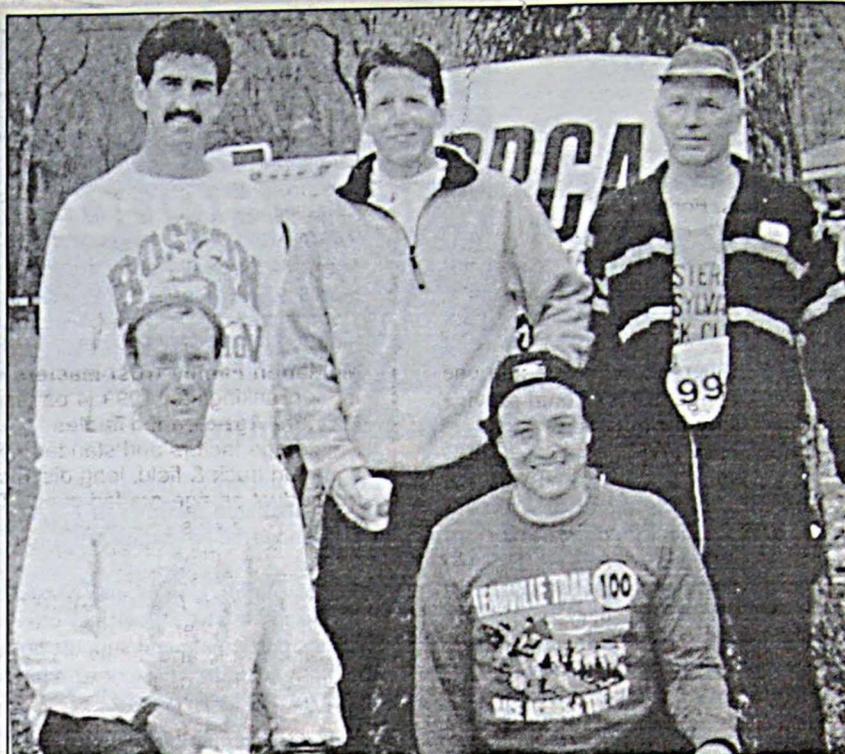
time the proper way to run a tempo run? I thought that the proper way was to start at a moderate pace for the first 10 minutes or so, accelerate to 10K pace and hold for at least 10-15 minutes, and then gradually taper down, finishing at a relaxed pace. However, today's advanced workout calls for a 45-minute tempo run that covers seven miles. That works out to less than 6:30 pace for the entire run, meaning a very large part of the run would need to be done at 10K pace. That doesn't allow for much warm-up or warm-down.”

Open Forum

One of the nice things about Virtual Training is that *everybody* gets a chance to post their own answers and ideas about the subject in question. In fact, I learned to hold back on my answers for a day or two, because once I posted my response that tended to shut off debate. In this case, while I was lurking, another member of our Virtual family named G. Kenneth Haines III posted his response:

“I'm sure Hal will give a definitive answer, but from my humble running position, I'll give it a stab. Forget the mileage listed and go with your interpretation. I don't think I can do a (single) 6:30 mile, let alone 10K at a 6:30 pace. I take the total time suggested, start easy, increase the pace over the first quarter of the run to my 10K pace. Rather than hold this for half the run prior to cooling down in the last quarter, I gradually increase this pace in the center until I am working real hard – but not an all-out dash. I assume that since this is the advanced group, Hal gave distances that would be appropriate for advanced runners; 7:00-mile pace is a long slow run for some.”

Eventually I did post my response to Floyd's question: “Your description of the tempo run is accurate. Where you err is doing that run at 10K pace. Usually when I offer directions in my schedules, I say ‘close to 10K pace,’ meaning you're not quite running that fast a pace for the entire length of time. Thus, if your 10K pace is 6:00 per mile, your tempo pace might be 6:15, or 6:30, or even slower, depending on how good you feel that day.



BETH HARWICK

Western Pennsylvania TC runners (row 1, l to r): Bruce Frey and Sam Berthenthal, and (row 2, l to r): Rich Wright, Joe Como, and Joe Silverio won the Masters team title in the Pittsylvania Cross-Country Challenge, Pittsburgh, Pa.

“Coach Jack Daniels describes maximum pace in a tempo run as about the pace you would run in a race one hour long. He's correct, but I usually prefer to say ‘close to’ or ‘somewhat slower than 10K pace,’ which is about the same thing. But to do a tempo run correctly, you would probably be out in the woods or on an unmeasured course where you don't know exactly how fast you're running. In other words, you operate on perceived exertion, or your own experience in dictating pace that day.

Not for Novices

“You'll never see me prescribe tempo runs for novices, since they don't have the tools. They haven't run long enough to figure this workout out. Also, the middle part of the tempo run is best done not at a steady pace, but rather in accelerating mode. Think of

your typical statistical chart that features a bell curve. The line goes up, reaches a peak, then goes down. But there's no plateau across the top; it's a rounded line. So during the tempo run, you're feeling around the edges of discomfort, gradually pushing yourself to the edge, then allowing yourself to slide down. In some tempo runs, I'll push to near the edge several times, depending on terrain.”

Summarizing, the tempo run might be described as the “Thinking Man's Workout,” although women certainly can benefit from it too. □

Hal Higdon is a Senior Writer for *Runner's World*. To sign up for his Virtual Training, visit either his Web site (www.halhigdon.com) or the Web site for The LaSalle Banks Chicago Marathon (www.chicagomarathon.com).

Houston Marathon

Continued from page 1

\$25,000 first-place award. Temperatures at the start were in the low 60s with humidity in the 70% range under a bright, cloudless sky. The temperature and humidity climbed during the race, taking its toll on the field.

Petr Klimes, 41, of the Czech Republic, was the first masters male, with a 12th-place 2:22:09, age-graded at 91.4%, worth \$3000. Sam Ngatia, 40, was the second M40+, with a 14th-place 2:25:17. Ngatia ran the first half of the race in 1:08:56, Klimes in 1:10:24. Klimes did a 1:11:44 for the second half to Ngatia's 1:16:21. Steve Wilson, 41, took the masters third spot with a 2:25:31. Over 600 M40-44s finished, the last at about 5:30:00.

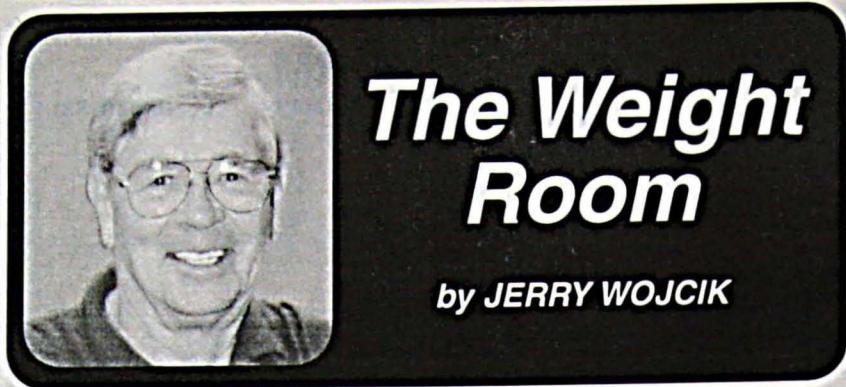
Ruben Hinojosa, 47, won the M45

race with a 17th-overall 2:29:48. Roger Boak, 51, was the only age-50+ runner to break 3:00, with a 2:59:09. Jerzy Kuzakiewicz, 85, the oldest finisher, ran a 5:03:16.

Janice McCaffrey, 40, of Canada, was the second W40+ finisher, with a 2:52:55, also worth \$3000. No other W40+ broke 3:00. McCaffrey moved from 91st overall at the halfway point (1:23:05) to a 54th-place finish. W40-44 finishers numbered 272.

Sharlet Gilbert, 48, won the W45 race in 3:10:10. Julie Gonzales, 71, posted one of the better performances of the day with a 3:47:08, finishing 748th of the 4699 runners who completed the course before the 5:30 cut-off time. □

– The Road Running Information Center contributed to this article



The Weight Room

by JERRY WOJCIK

Weight Room will return next month.

Gray, Jacobs Break Records in Adidas Invitational

Johnny Gray, 39, thinking he'd lost the race when he was in sixth place in the back stretch, kicked past the field on the inside in the home stretch to win the 800 with a 1:49.38 in the Adidas D.C. Invitational, Fairfax, Va., the first of the indoor Gold Spike Tour, on Jan. 29. The time betters his own U.S. M35 record of 1:49.79 in 1996. WAVA age-group world records start at age-40 for men and age-35 for women.

Regina Jacobs, 36, won the 800 in 2:01.71, breaking the 22-year-old W35

world record of 2:03.2 by Ileana Silai, Romania, in 1978.

In the Masters Mile, Chuck Moeser, 48, Sterling, Va., won in a field of 12 with a 4:35.39. James Clelland, 41, Catonsville, Md., was second in 4:36.41.

In the Age vs. Beauty Mile, which pitted W40+ against M50+, Jay Wind, 50, Arlington, Va., was first in 5:20.43. Charles Desenberg, 52, Occoquan, Va., took second in 5:22.91. Gretchen Triantos, 42, Rockville, Md., finished third in 5:23.91. □



SUZY HESS
Gordon Seifert, of Alabama, second M70 (2.56) in the pole vault, 1999 National Senior Games-Senior Olympics, Orlando.



SUZY HESS
Jim Lothrop, 44, M40 winner in the javelin with a 91.9% 60.16, 1999 USATF National Masters Championships, Orlando, Fla.

Masters 200 to be Held During Open Nationals

As age-graded masters 200-meter race will be staged during the USATF National Open Indoor Track and Field Championships, March 3-4, in Atlanta.

Patterned after the successful, crowd-pleasing, age-graded 100-meter races at each USATF National Masters T&F Championships, each of the six

runners will be given a distance handicap based on age and sex.

For the first time, men and women will run together. The group consists of Philippa Raschker, 53; Jeanne Daprano (nee Hoagland), 63; Patricia Peterson, 73; Tom Brewer, 53; Sammy White, 63; and Bill Daprano, 73. All except Peterson live in the Atlanta area.

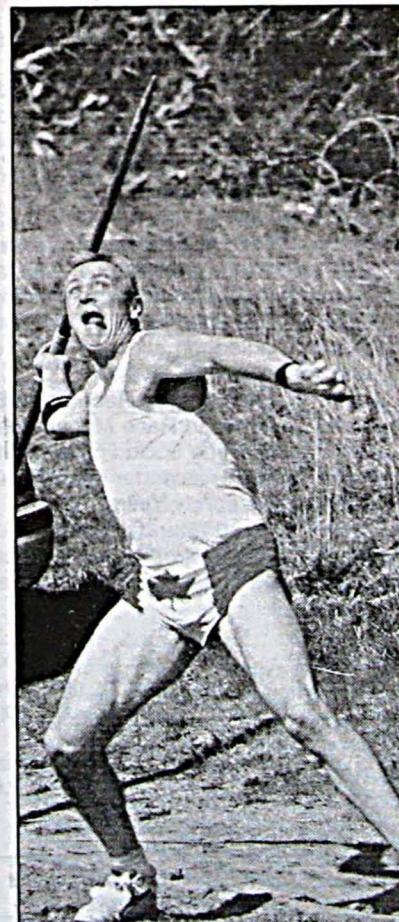
The proper handicap staggers will be set according to the age-graded tables established by the World Association of Veteran Athletes (WAVA). Theoretically, if all the athletes were of equal caliber, all six would come across the finish line in a dead heat. □

Boston Nationals Preview

Continued from page 1

Events start early Friday with the men's and women's pentathlon, followed at 4:00 p.m. by the first running event, the 3000, the pole vault for M60+, and the weight throw for women. The New Balance Mile, the premier event on Saturday, starts at 11:45 a.m. Last year, one U.S. record and seven world records were broken in this event.

Meet entry forms and information were published in the January and February *National Masters News*. The deadline without penalty is March 6. No entries, additions, and/or changes will be accepted after March 17. Information is also available at www.usatfne.org, or by contacting USATF-New England at 617-566-7600 or by e-mail at office@usatfne.org. □



GARY KELMENSEN
Richard Watson, M45, Yuma, Ariz., competing in a 1999 KelField meet, Santa Cruz, Calif.

ARIZONA MASTER INVITATIONAL

TRACK AND FIELD

Glendale Community College, 6000 W. Olive Ave.; Glendale, AZ - Saturday - April 29, 2000 (Northwest Corner of .59th Ave. and Olive (Dunlap))

Sponsored by Arizona Association USA Track and Field

Age Division:	25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 80 and over
Facilities:	Eight lane all weather track
Entry Fee:	\$15 for the first three events chosen. Each additional event \$3. Relays \$15.
Awards:	Custom medals to first three in each age division
Deadline for Entries:	April 29, 2000
Entries:	Make checks payable to Arizona USA Track and Field. Send entry to Bob Flint; 8436 East Hubbell; Scottsdale, AZ 85257; (480) 949-1991 or contact Meet Director Clifton McKenzie (480) 777-8503.

NIGHT TRACK MEET SCHEDULE OF EVENTS

Track Events		Field Events	
5:00 3000 Meter-Walk M - W	7:25 100M - W	5:00 Discus	MM & MW
6:00 3000M - W	7:35 100M - M	5:00 Shot-put	OW-SMW-OM-SMM
6:00 5000M - M	7:45 800M - W	5:00 High Jump	MW & MM
6:25 4 x 100 W	7:55 800M - M	5:00 Long Jump	OW-SMW-OM-SMM
6:30 4 x 100 M	8:05 400 IHV	6:00 Pole Vault	All Men & Women
6:35 80-100 Hurdles W	8:15 400 IHM	6:30 Discus	OW-SMW-OM-SMM
6:40 80-100-110 Hurdles M	8:25 200M - W	6:30 Shot-put	MW & MM
6:45 100H M	8:35 200M - M	7:00 High Jump	OW-SMW-OM-SMM
7:00 1500M - W	8:50 4 x 400 Relay W	7:00 Long Jump	MM & MW
7:05 1500M - M	9:00 4 x 400 Relay M	8:00 Javelin	All Men & Women
7:10 400M - W			(or earlier if discus is done)
7:20 400M - M			Hammer Throw (Time given at check in)

ENTRY FORM

Name (Last) _____ (First) _____ Age _____ Sex _____

Date of Birth _____ USA # _____ Telephone _____

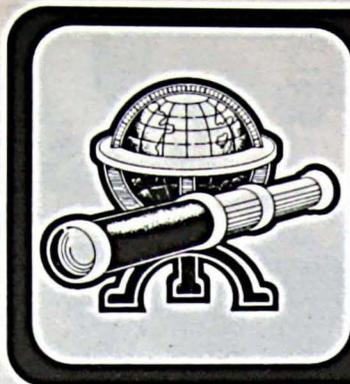
Address _____ City _____ State _____ Zip _____

Please enter event:

1. _____	4. _____
2. _____	5. _____
3. _____	6. _____

Athletic Waiver Release: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Glendale, Arizona, Arizona USA Association, and all other sponsors and sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health and that my level of training is such that I am prepared to compete in this event.

Athlete's Signature: _____ Date: _____



Master Scope

by PAUL HEITZMAN

Heaven on Earth

On the night before a big race, I was having a terrible time trying to sleep. I tossed and turned, and finally dozed off and began dreaming a very strange dream. I dreamed I had died and was standing at the door to Heaven. The sign over the door read, "If you have any questions, don't hesitate to ask." Soon, St. Peter appeared in the doorway, and not being shy, I asked, "What will I spend my time doing here in Heaven?" St. Peter replied, "Well, we run a lot of road races on these streets of gold. In fact, a race is about to start, and you won't want to miss it. Three fellows will run in a pack with you, and they can answer any questions, and give you an orientation."

St. Peter gestured toward the crowd at the starting line, and I joined them. Out of habit, I worked my way up to the third row. The race was about to start. I noticed a fellow named Gabe on a scaffold, who was obviously the starter. He looked pretty normal except for a beautiful pair of wings. He held a trumpet, which he blew, and the race was on.

A few hundred yards into the race, I found myself in the company of three runners in shorts and singlets. One was a Greek called Phy. The other two were Native Americans named Billy and Andy. I said, "Tell me about the racing scene here." Phy said, "All of our courses are metric and are accurately measured. Every race is certified and sanctioned." Billy added, "We always start our races on time and the courses are well marked." Andy chimed in, "The finish line is handled flawlessly, and results are usually available fifteen minutes after we finish."

Meticulous Record-keeping

"Do you keep records?" I asked. Phy piped up, "We sure do. Results of

every race are published in our running magazine. It lists the top 25 overall, and the top three in each age group. There is usually a picture and a story and the top age-graded masters are noted. Every result gets to the record keeper, and he forwards all results to the Road Running Information Center."

Billy said, "You should see our record book. It not only contains the open and age-group leaders, it has the single-age records, and the all-time best performances by age-graded masters." Andy spoke up and said, "You should visit our web site, it contains an up-to-date schedule, and results for every race this year. It even contains a list of the top-50 age-graded times for everyone in each race. We like to make sure that great efforts are rewarded with recognition."

"We even have a Wall of Fame to honor our most revered stars," said Andy. "There are nine of us now, but more are added each year."

Early Arrival

By this time we were approaching the finish line. St. Peter met me at the



PULAK

Sulochana Kallai, W65, and Rick Lapp, M50, top performers in the 1999 Sri Chinmoy Games, Forest Park, N.Y., are applauded by Meet Director Rupantar LaRusso.

back of the chute and I said, "I am really going to like it here. It is even better than I ever imagined." St. Peter looked a little chagrined and eventually said, "There has been a slight mistake. I don't know how it happened, but you got here before your number was up. We are going to have to send you back to Earth. You will become very sleepy and when you awaken you will be in the Midwest, but I can't tell you exactly where. Sorry for our mistake. When you come back for good, remind me to tell you of a race I lost to an older man." (See John, Chapter 20:1-4.)

When I awoke, I was standing at the starting line for the Tulsa Run in Oklahoma. On a scaffold, Jack Wing was holding an air horn, which he pressed, and the race was on.

This was my first race in the Sooner State, but that experience and others that followed revealed a case of déjà vu. I had been here before in a dream, and nothing has changed. For a serious runner, Oklahoma is HEAVEN ON EARTH.

Consistent Professionalism

Even the small races in Oklahoma are something special; they are conducted with as much professionalism as the Tulsa Run. Runners from Kansas, Missouri, Arkansas, and Texas regularly show up for races in the Sooner State.

Much of the credit for such outstanding races should go to Joe McDaniel and Jane Hawkins of the

Oklahoma Runner. Joe is statistics editor, and responsible for the state record book. The other key person is Glen LaFarlette, who has measured over 600 courses. Glen is Vice-President of USATF Oklahoma, and manager of Glen's Road Race Service. His is a full-service operation, specializing in everything from start to finish. The National Masters Long Distance Running Chair for USATF is another Sooner, Jerry Crockett. □

(Jack Wing is race director for the Tulsa Run. Phy must have been Phidippides (died after running the first marathon). Billy refers to Billy Mills who won the Olympic 10,000 in Tokyo in 1964. Andy refers to Andy Payne who won the Trans-Continental race in 1928.)

TWENTY YEARS AGO March 1980

- Herb Lorenz, 40, and Sandra Kiddy, 44, Win National Masters Marathon
- Penn Mutual Proposes \$350,000 for Masters Sports
- Tom Cathcart, 41, Wins Masters Mile at San Francisco Examiner Games



MIKE POLANSKY

Award winners in the 45-49 divisions receive their plaques (l to r): Mike Grussgott of event sponsor On the Brink; Brian Manghan, first M45; Gregorio Rodriguez, second M45; Kathy Martin, W45 winner; Lily Sidorovich of sponsor On the Brink; Miriam Mulvey, second W45; and Catherine Oehrlein, third W45; Ho Ho Ho Holiday Run, Bethpage, N.Y.

HAYWARD CLASSIC

"AMERICA'S PREMIER MASTERS MEET"

JULY 1-2, 2000

Hayward Field, U. of Oregon
Eugene, Oregon



For Information (541) 687-9675 or 687-9361
www.haywardclassic.COM chuck@haywardclassic.com



Training Advice

MORREN J. GREENBURG,
MD

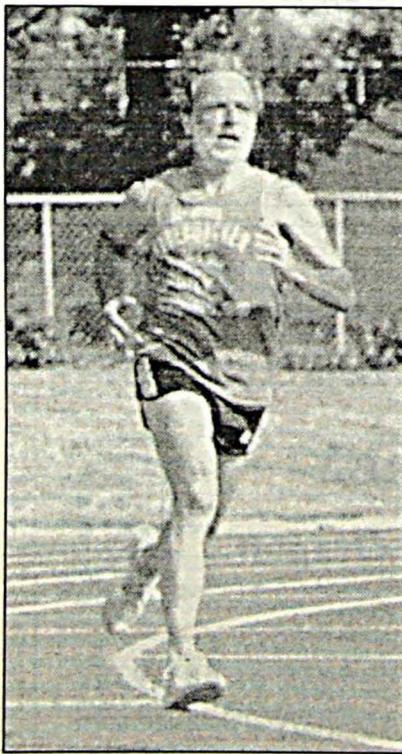
Winning Tips For The Masters Athlete

Morren J. Greenburg, M.D., 67, has been a family practitioner for 40 years in the Pittsburgh area. Last year, he won the M65 100 in the Mercer County, Pa., Senior Games with a hand-timed 12.08. He graduated in 1950 from Farrell High School, Farrell, Pa., where he was a sprinter. He earned his bachelor's degree from Youngstown State University in 1954 and his M.D. from Jefferson Medical College in 1958. He served his internship at St. Vincent's Hospital in 1958, and was a medical resident there in 1959. He has had articles published in *Physicians Fitness*, *AMA News*, and *The Physician and Sports Medicine*.

A resident of Hermitage, Pa., he has been involved in a wide range of community activities, ranging from serving on the American Cancer Society and Pennsylvania Blue Shield Corporation boards of directors to acting as medical doctor and coach for youth sports teams. Presently, he is the head track coach at Hermitage Middle School.

Greenburg's track honors include local, state, and national championships, All-American awards, and induction into the Mercer County Hall of Fame. At the Masters Games in Toronto, Canada, he was a finalist in the 100 and steeplechase. He has also won championships in the indoor hurdles, 400, 800, long jump, shot put, and 5K on the road. He has competed in more than 1000 races on the track and roads and has run, he figures, more than 40,000 miles.

Greenburg is married and has six children. His wife, Sherry, is a regis-



Morren J. Greenburg

tered nurse and teaches at the Sharon Regional Health System School of Nursing. His hobbies are running, skiing, rock collecting, gardening, art collecting, history, and archeology.

Here are his ideas on sprinting:

Pre-Training

My dream was to be a state and national champion before the age of 21. It never happened, due to my schooling and working full-time as a family doctor. I also realized that I was not an exceptional athlete like Payton Jordan, Earl Fee, or Jim Law. So, for those many typical masters athletes like me, here is how I did it over many years.

The Starting Line

It is very important to join either a track or road runners club to train with others. If you can get a track and strength coach to help you, that is even better. I had the best: Ralph White (past head coach at Allegheny College and now at Clemson), who taught me more about training and discipline than anyone else; and Emil Debonis (formerly with the Washington Redskins) and John Kolb (formerly with the Pittsburgh Steelers), who pushed me to maximum effort in the weights.

The Training Season

This starts in the winter with long slow runs of 3-5 miles on the even days, with always a finishing sprint of up to 400m. One of those days is devoted to hill runs. On the odd days, I walk 4-5 miles. I also include daily 30-60 minutes of stretches, sit-ups, and push-ups. My diet consists of at least 6-10 portions of fruits and vegetables daily, along with pasta, minimal meat, lots of fish, fresh garlic and 3-5 ounces of red wine daily. I also take soy supplements, folic acid, vitamins C and E, and calcium. I try to get at least eight hours sleep and get up at 5:00 a.m. seven days a week. Along with my training, I have a very active social life.

Pre-racing Season

This starts in the spring, when I coach track. It gives me the opportuni-



Seven new masters competitors, coached and encouraged by a pregnant Joy Margerum, who made their debuts at the 1999 Los Gatos Meet, Calif. (l to r): Margerum; Joyce Anthony, 46; Cathy Quist, 44; Hillary Loeb, 40; Peggy Bogart, 44; Marilou Cramer, 55; Carol Ruth, 45; and Caye Hursey, 49.

ty to work with young people, and they push me. My track workouts are usually around 60 minutes and no more than three days a week. They consist of:

a) 10-20 minutes of warm-up of 1-2 miles;

b) 10-20 minutes of stretches and plyometric drills;

c) 20-25 minutes of pyramid track workouts on alternate days, consisting of 25-50-100m (starting with two sets and working up to six), 100-200-300m (starting with two sets and working up to six), 200-400-600m (starting with two sets and working up to six); and

d) Five minutes of blocks and an 800 cool-down run.

I try to focus on form, stride, arm movement, and how my body feels. I keep training at 50% to 75% speed, and periodically will test at 90%. I time myself only once in a while - most of my times come from races. I

focus on practice more than times, and I coach the same way. All Sundays are usually spent at Millcreek Park in Ohio, doing a slow 3-5 mile hill run.

Racing Season

This usually starts in May and ends in September. I race on the track and do some two mile and 5K races.

Finish Line

When fall arrives, I switch to all cross-country runs, five miles on the even days and five-mile walks on the odd days. I do a small number of cross-country races but wind the season down with golf, gardening, and planting.

Closure

This is how I mix a happy running life with a full medical and social life. Lastly, for all you sprinters, "Never be afraid to run against the best, because win or lose, you will always be the winner." □

Diago, Morris Prevail in San Diego Marathon

by SUSANNAH BECK

CARLSBAD, Calif. - Oscar Diago, 40, Oceanside, Calif., and Suzy Morris, 42, Encinitas, Calif., toughed out poor conditions to take laurels at the San Diego Marathon, Jan. 16, in 2:42:18 and 2:58:02, respectively. San Diego's namesake marathon actually takes place in Carlsbad, where 7378 intrepid marathoners set out to do battle with gloomy weather and a challenging course.

What would have been beautiful views of the ocean along the Pacific Coast Highway were dimmed by cold drizzle, though many runners were hard-pressed to spare the attention. A day calling for gritty determination, in other words. Among the grittiest were age-group winners Chuck Long, 58, Encinitas, Calif., 3:09:13; Eric Piper, 65, Corona Del Mar, Calif., 3:21:25; and Pete Petrusek, 72, Woodland Hills, Calif., 3:41:12. Morris, an Olympic Marathon Trials qualifier with her 2:44 run at St. George '98, led a strong women's field that included winners Patricia Brumballow, 58, Twentynine Palms, Calif., 3:25:37, and Imme Dyson, 63, Princeton, N.J., 4:06:08.

In spite of delays of up to 45 sec-

onds caused by a passing train, the half-marathon race featured several outstanding performances from the field of 4500 starters. Barry Proctor, 41, Three Rivers, Calif., took the M40 crown in an excellent 1:13:56. Hal Goforth, 55, El Cajon, Calif., ran to an impressive 1:23:13, and George Boyle, 80, Oceanside, Calif., crossed the line with a rollicking 2:08:52.

The women's results starred national caliber performances by Mary Knisely, 40, Naperville, Ill., 1:15:40, and Albuquerque's Marie Boyd, 40, 1:16:46. Both women are preparing for February's Olympic Marathon Trials in South Carolina. Janice Kreuz, 52, showed 'em how they do it back home in Cincinnati, striding to a winning 1:34:43.

No Carlsbad running weekend would be complete without a 5K. Tom Hauser, 41, Vista, Calif., dashed to an M40 win in 17:23, with M45 winner Gordon MacMitchell, 45, Carlsbad, 17:36, not far behind. San Diego's Elizabeth Baker, 41, took the ladies' crown in 18:49. Other bright spots included Carlsbad's own Chuck Boston, 71, 22:17; and San Diego's Martha Walker, 64, 26:02. □



False Start

by DAVID E. ORTMAN

In Your Dreams

Okay. Admit it. You have this masters track and field fantasy about getting in the starting blocks and looking over to see XXX – a former Olympic competitor – in the next lane. “On your mark. Get set.” Whoa. False start. Wake up and smell the Gatorade.

Chances are, it will never happen. Oh, yes, there have been rumors floating around via e-mail (along with other urban legends) that Edwin Moses (who turns 45 on Aug. 31) will come down from the mountain and run a masters 400H. And bless him if he does.

But the fact is that there are virtually no open elite athletes still competing at that level over the age of 40 (Johnny Gray is still a young 39). A review of the IAAF website (www.iaaf.org/index.asp) which lists the 1999 world's top 50 athletes in each t&f event (I've excluded the marathon and racewalking) reveals only four competitors over the age of 40: one men's discus thrower, Svein Valvik (NOR, 42); and three women – two shot putters, Meisu Li (CHN, 40) and Judy Oakes (GBR, 41), and one discus thrower, Zdenka Silhava (CZE, 45). There are only 21 who would be in the M35-39 age group and 28 in the W35-39 age group, but of these only four men and five women are from the United States. So the odds are unlikely that world-class athletes will show up at your local masters t&f meet.

This is not to say that former U.S. or world record holders are not sighted occasionally. Back in 1995, I watched Henry Rono (one-time WR holder in the 3K, 5K, 10K and SC) run the M40 800 and 5000 at the Northwest Regional Masters Championships at Gresham, Ore. He placed second (two out of two) at 2:21.59 in the 800 and second (two out of two) at 17:41.40 in the 5000. But we were all thrilled to see him at a masters meet.

Others may recall watching a great masters (M40) high jump competition at the 1995 WAVA-Buffalo meet between two former Olympians, Dwight Stones and Jim Barrineau, with Barrineau coming out on top.

I recently spoke with Nolan Cromwell, a terrific 400 hurdler from the University of Kansas, against whom I ran at the KU Relays, who is now working for the Seattle Seahawks. He will turn 47 this year. Unfortunately, football injuries mean that he will never get the chance to run masters track & field, which is probably true for many other potential masters athletes.

But it seems that open/elite athletics operates in its own world, far apart from masters track & field. Further proof comes in the form of *Fast Forward*, the official publication of USA Track & Field, which we all help support with our USATF memberships. The winter 1999 issue, which came recently, remains an embarrassment. Perhaps it is just as well that they fail to mention masters track & field in a publication so thin it doesn't even have page numbers.

This is not to say that masters 40+ have not received recognition elsewhere. *Runner's World Online* recently ran Marty Post's list of the top masters long-distance runners of the century (<http://www.runnersworld.com/century/>):

Jan. 31, 1974 – Jack Foster, 41, runs 2:11:19 to win Commonwealth Games marathon silver medal.

Oct. 24, 1976 – Miki Gorman, 41, wins New York City Marathon in 2:39:11.

Dec. 4, 1983 – Marion Irvine, 54, runs 2:51:01 marathon to qualify for 1984 U.S. Olympic trials.

Nov. 1, 1987 – Priscilla Welch, 42, is oldest New York City Marathon winner.

Sept. 16, 1990 – John Campbell, 41, does 1:02:28 at Philadelphia Half-Marathon.

Jul. 20, 1991 – Titus Mambola, 51, becomes oldest sub-2:20 marathoner with a 2:19:29.

Sept. 19, 1993 – Helen Klein, 70, completes 100 miles in less than 24 hours (23:29:34).

Feb. 20, 1994 – Eamonn Coghlan, 41, runs 3:58.15 indoors, the first masters sub-four-minute mile.

July 18, 1994 – Tatyana Podkopyava, 42, breaks four minutes for 1500 meters with a 3:59.78.

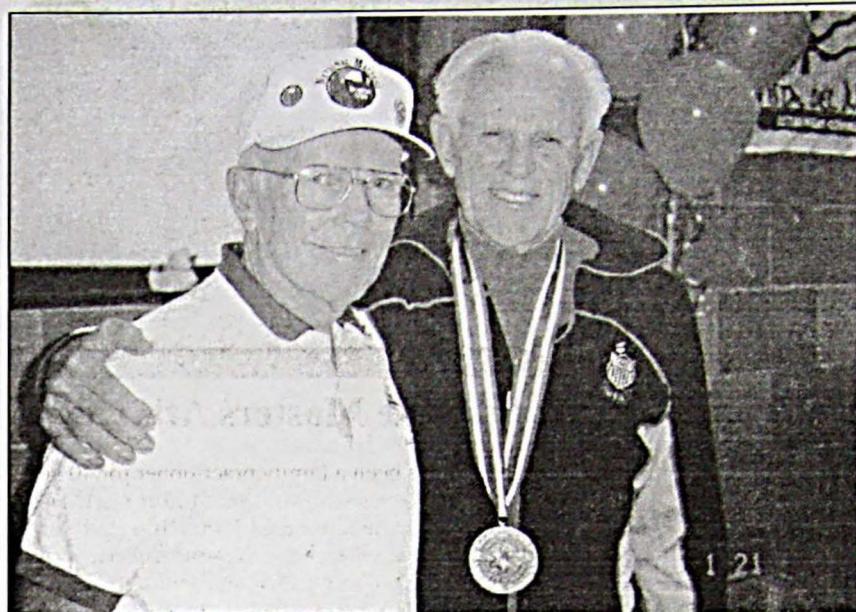
Oct. 5, 1997 – Yiannis Kourous, 41, totals all-time best 188 miles, 1038

Need Back Issues?

Most back issues of the *National Masters News* are available for \$2.50 each, plus \$1.50 postage and handling for each order.

Send to:

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



BEVERLEY LEWIS

Payton Jordan (r), world record holder and 1968 Olympic Games U.S. track coach, of Club West, with club vice-president and runner Gordon McClenathen at a recent awards ceremony in Santa Barbara, Calif. Jordan, winner of the prestigious 1999 Dwight D. Eisenhower Fitness Award, was presented with a medal and plaque commemorating the ceremony by Robert S. Block, current trustee of the U.S. Sports Academy, at Vista Del Monte Retirement Community in Santa Barbara with local dignitaries, including Santa Barbara mayor Harriet Miller and State Assemblywoman Hannah Beth Jackson, in attendance.

yards in 24-hour run.

One problem, perhaps, is that there are no real age group championships for open/elite t&f athletes who peak out around 30. If WAVA would drop its world championship age groups down to M/W30, perhaps there would be a more natural progression and interest

in keeping active in track & field. After all, according to my compilation of the world's 1998 top three masters times by age group, I had the second best 400H time on the planet. Somehow that just doesn't seem right. □

(See <http://www.geocities.com:80/Heartland/Shores/7081/index.html>)

TRACK & FIELD NEWS



“Everything for Track and Field Athletics”

Since 1948, Track & Field News has been the major source of periodicals, books, films, and other merchandise and equipment to the athletics world.

• **TRACK & FIELD NEWS.** With subscribers in more than 60 countries, T&FN is the standard of accuracy and completeness for reporting of U.S. and worldwide track and field athletics. Published monthly.

• **TRACK COACH.** The official USATF quarterly, one of the sport's major technical journals since 1960.

• **BOOKS.** Our publishing division, Tafnews Press, is the world's major publisher of books on technique and training. Write for free booklet.

• **TOURS.** Popular sports tours since 1952. Write for information about tours to the Olympics, Olympic Trials, World Championships, etc.

TRACK & FIELD NEWS

2570 El Camino Real • Suite 606 • Mountain View, CA 94040 • USA
(415) 948-8188 • Fax (415) 948-9445
E-mail: biz@trackandfieldnews.com
Visit our website: www.trackandfieldnews.com

©2000 New Balance Athletic Shoe, Inc.



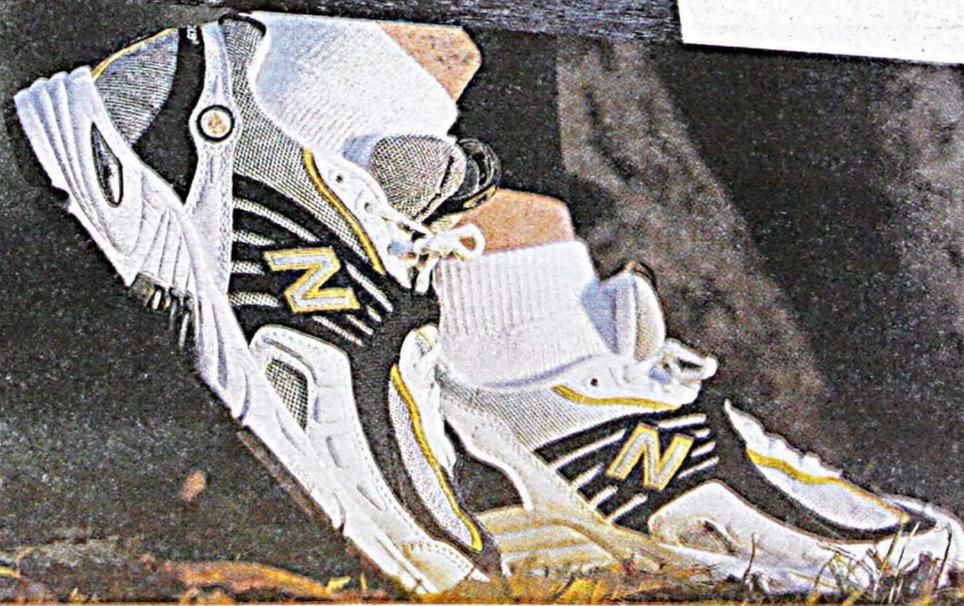
Your computer
has a key labeled
“escape”
Does your life have
one too?



**W762 Women's
Running Shoe**

- < A lightweight stability trainer
 - < Abzorb® cushioning in heel and forefoot
 - < Dual density C-Cap® midsole
 - < Stability Web®
 - < Available in three widths: 2A, B and D
- www.newbalance.com

achieve new balance®



Subscription Problems? Moving?

To determine the status of your subscription, or to let us know of your new address, call or fax Circulation Director Darren Farris, at 818-760-8983; fax 818-985-1213. Or write to NMN, PO Box 16597, North Hollywood CA 91615.



JERRY WOJCIK
Wendell Palmer, of Texas, 1999 M65 Masters Field Athlete of the Year.

Carlsbad Hosts Masters 5K Championships

The Carlsbad 5000 race line-up will include the USATF National Masters 5K Championships on March 26 in the 15th running of the event. Located about 30 miles north of San Diego on the Pacific Ocean, the village of Carlsbad, Calif., will host 10 races, starting with the Masters Championships at 7:00 a.m. and ending with the Men's and Women's Invitationals at noon.

About 10,000 are expected to participate in the races and walks, with 50,000 spectators looking on. The

course is a scenic seaside loop - flat, fast, and fun. A world-class field will compete for \$70,000. ESPN will televise coverage on New Balance Elite Racing.

In the Championships last year, Steve Scott, 42, and Steve Plasencia, 42, battled right to the finish line, with Scott winning in 14:29 to Plasencia's 14:31. Joan Benoit-Samuels, 41, took the women's masters race in 17:06.

The Carlsbad 5000 is presented by State Street Research, an investment and management firm. □

MASTERS COACHING/TRAINING

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m. Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner 949-476-7076
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungun@aol.com
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 ricrojas@aol.com www.ric-rojasrunning.com
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 eroft@aol.com
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 423-774-0023 coachr880@worldnet.att.net	Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	Desert Valley Rockets	Cathedral City, CA	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Running Unlimited	Blaine/Bellingham, WA	MD, LD	C-Diane Palmason 360-332-2077 dpalmason@msn.com
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Jerry Hiatt	Seabreeze HS Daytona Beach, FL Tuesdays A.M.	MD, LD	Jerry Hiatt 904-255-1279 donna@totcon.com
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-982
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863	San Diego Panthers TC	San Diego, CA	T, F	James King Randy Thompson 619-475-5252
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trailnet.com
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Powerline Sports	YMCA-Central El Paso, TX	MD, LD, S, F	C-David Jackson 915-533-3941	Tim Graf	Joliet Jr. College	S	Tim Graf
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595	Graf Speed Enhancement	Fri. 4:30 p.m., Joliet, IL Parkside Athletic Club Mike DeWitt	RW	tvgraf@msn.com Mike DeWitt 414-551-0142
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	Ken Grace	Chabot College Hayward, CA		Ken Grace 510-723-6662
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaelite1@earthlink.net
Tom Craig	Oakland, CA	MD	C-510-633-1161				
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin				
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188				
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841				
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843				
SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986				
Elmer Haynes	Sacramento, CA	All Events	916-845-3080				

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; H=hurdles. 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.



Word from the Web

by KEN STONE

Seasonal World Rankings Online

In spring 1972, the *Omaha World-Herald* was worth its weight in gold to me. Statewide rankings in high school track ran weekly in the sports agate. And I was in heaven.

Who moved up? Who moved down? How did those devils from Grand Island and Scottsbluff do last weekend? How did I compare? I never thought about the hours it took some angel to compile the list. All I knew was I couldn't live without it.

Nearly 30 years later, I'm still looking to see how I rate against hurdlers in my age group. But there's no *Omaha World-Herald* to turn to. *National Masters News* doesn't print seasonal rankings until months after the season is over. And a world list has never been published.

So what's a rankings-ravenous athlete to do? Go online.

For the first time in masters history, world rankings are available. Three independently produced lists – two for the 1999 season and one for 1998 – have been posted on the Web. And one for 2000 is under way. Far from complete and completely unofficial, they still represent milestones in masters track.

Competing Lists

Seattle hurdler Dave Ortman, the NMN columnist, has compiled a 1998 world list, while masters thrower Clay Hull of Arizona and WAVA 800 finalist Dave Clingan of Oregon have produced competing 1999 world seasonal lists (with Clingan confining himself to track events and Hull fielding marks in all events and age groups).

So who's the fastest M70 100-meter sprinter of 1999? Hull lists Alan Meddings of Britain first at 13.46. Clingan lists Wolfgang Reuter of Germany uber alles at 13.27 – and Meddings fourth at 13.35.

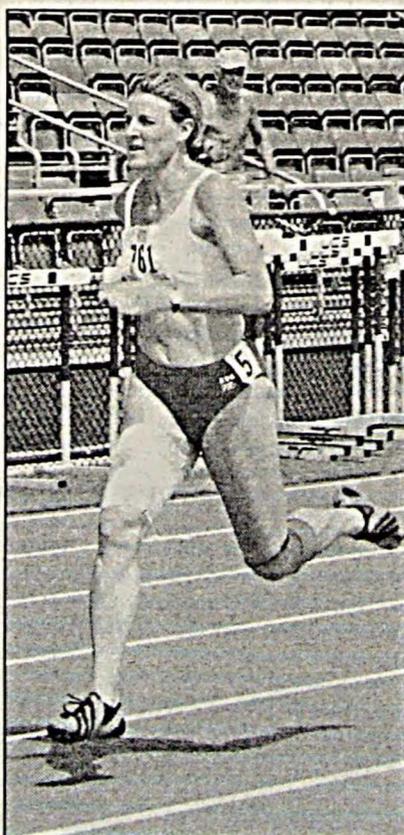
Curiously, Clingan's 2:01.13 finish at Gateshead in M45 ranks fourth on Hull's site – and eighth on the Clingan site. Differences of time and methodology account for many variations. Hull relied on voluntary submissions, while Clingan counted more on published and posted meet results.

In 2000, however, Hull says he will bow out of the rankings game, citing family, business and other track obligations. Still, he thinks a voluntary submissions list is "viable – and the four to five responses I get daily from around the world convinces me so." For his part, Clingan has expanded his rankings site – now merged with my Masters Track & Field Home Page. His unofficial 2000 rankings add field events to track, in all men's and women's age groups.

However, both Hull and Clingan would be happiest if WAVA took the lead in producing and updating a seasonal list online.

Bob Fine of Florida, a WAVA founder and still an active delegate, frets that "you'd have to get some 'dedicated' individual who has plenty of time. I think it would be easier to find an honest politician."

And Rex Harvey of Ohio, another WAVA official, says of the annual U.S. rankings book: "Just for the two pages I volunteer for the 50-page book, I personally rescore 3000 to 5000 performances to make sure that they are calculated correctly as they frequently are not when they are first published. That's a lot of e-mails, calls, letters and legwork to get the data and to verify the scoring."



SUZIE HESS
Cindy Steenbergen, 45, W45 winner in the 200 with a 91.8% 26.10, 1999 USATF National Masters Championships, Orlando, Fla.



JERRY WOJCIK
Vincent Malizia, Northridge, Calif., broke the M85 world record for the indoor 1500 with an 8:16.73, Great Northwest Indoor Meet, Portland, Ore., Feb. 6.

And still he gets complaints, he says.

Can It Be Done?

Hull and Clingan – along with others – think a seasonal list is doable, especially if WAVA mandates cooperation from its 125 member nations. (Motto: Just e-mail it.) And W45 Gateshead silver medalist Wela Reinboud of the Netherlands, a high jumper, strongly recommends a "clear bottom for the list, say above 90 percent of the world records."

For Hull's part, a timely, comprehensive seasonal list is possible "with solid leadership and the world body making it a priority... WAVA must commit to the establishment of such a list and provide the means for the list to be kept."

But Clingan says: "Although rankings can be maintained by an individual working independently of other data processing and publication efforts, I strongly believe that is *not* the best way to approach this task. Instead, I recommend that all available meet results be centrally collected and entered into a prescribed database format."

Doug Schneebeck of New Mexico helped Clingan with the hurdle rankings on the 1999 list but has doubts about the rankings' utility if it comes too late in the year.

A Good Idea

"The concept is good," he says, "but in practice what we got was a very thin reporting of performances up until the WAVA meet, then a list that looked a lot like the WAVA results – a monumental waste of time, in my opinion. The problem is the accessibility to timely results.

"Most folks would be interested in the results *before* nationals or WAVA, but, even with reasonable vigilance, we

had little of substance until the big meets were over."

So what does WAVA have to say on the matter?

Torsten Carlus of Sweden, who plans to run for re-election as WAVA president at the 2001 Brisbane meet, wrote me: "Our resources are unfortunately too small today to have an administration on the same level as IAAF (which has an office producing a regularly updated list of seasonal bests), but it is my and our ambition to improve and give more information and publicity of best performances.

"This might mean that we have to increase support for our Web site, and the WAVA Council will study the issue in March." □



MITCHELL LOVETT
Alethea Morris, of New York, 1999 W30 Masters Track Athlete of the Year.

Where to Find World Rankings Online

For the 1998 season – which included the Nike World Masters Games, Orono nationals and European Veterans Championships in Italy – see Dave Ortman's site at:
<http://www.geocities.com:80/Heartland/Shores/7081/1998wr.html>

For the 1999 season – which includes the Gateshead world WAVA meet and two major U.S. championships – check out Dave Clingan's site at:
<http://www.xro.com/track.shtml>

Also see Clay Hull's site at:
<http://members.aol.com/clayhull47/travel/index.htm>



International Scene

by **TORSTEN CARLIUS**
WAVA President

WAVA Has High Hopes For 2000

A new year brings new challenges. For WAVA and the Council, the New Year will be as busy as the last and, hopefully, we will achieve some old goals and plan for new. In even years we hold the WAVA World Non-Stadia Championships and all our Regional Stadia Championships, and it is my hope that 2000 – the first year of a new millennium – will bring still more successes and good performances to all our athletes worldwide.

Valladolid, Spain, will host the non-stadia championships in May and we are looking forward to excellent organization and great participation in this old city. Oceania has already organized their regional championships on Norfolk Island and we will soon have their report. Next will be Europe in Jyväskylä, Finland, in July.

WAVA Council Meeting

The WAVA Council will meet March 28-31 in Brisbane, Australia, site of our next World Stadia Championships. As usual, there will be many issues to debate and decide. I will comment on a few, starting with the only loss the council suffered in Gateshead. I refer, of course, to the name change from "Veterans" to "Masters" and I am almost certain that the Council will opt once more to bring this proposal to the General Assembly in Brisbane. We have heard so much about the necessity for a name change – now also underlined by our commercial manager – so we look forward to new discussions on this topic in Brisbane.

The Council will also discuss our position on the World Masters Games. In Gateshead, the decision was to closely follow development of the WMG and see how WAVA and other ISFs can be involved in the organization. The next World Masters Games will be staged in Melbourne in 2002; thereafter, they will change to every fourth uneven year, i.e., 2005, 2009, etc. I reported on this decision at the General Assembly last year. Since then it has become increasingly clear that various ISFs view the WMG as a good opportunity for their own veterans championships and other sports meets.

Directly following our meeting in Brisbane, WAVA will meet with the WMG organizing committee in Melbourne to clarify our involvement and how our technical delegate, Jim Blair, will operate. WAVA will be responsible for all track & field events, ensuring adherence to our rules. The WMG organization – the International Masters Games Association (IMGA) – is working strongly to win the long sought recognition of the International Olympic Committee (IOC) as the world body for masters activities.

The first meeting between the IMGA and IOC is scheduled for the end of April. We hope this will lead to a quick decision that will strengthen IMGA, and perhaps our assembly in Brisbane will assign the Council the task of seriously studying the effects of WAVA joining the WMG in 2005 for our World Stadia Championships and other sports. The site for 2005 has not yet been awarded, but Seville, Spain, has been mentioned as a strong candidate.

At the Council Meeting we hope to discuss a proposal to change the election procedure of our committees, which currently comprise six regional representatives and four free members nominated by the committee chairman and appointed by the WAVA president. I would like to see this altered so that the General Assembly elects six committee members. Then, a region that is not represented on the committee be invited to appoint one representative. This would create a much more democratic situation. Also, I believe it would be preferable for a country to be represented by only one individual on a committee.

Kuala Lumpur Inspection Visit

In what proved to be a very thrilling vote in Gateshead, Kuala Lumpur was awarded the honor of hosting the 2003 WAVA World Veterans Stadia Championships. Since that time, contract and other negotiations have been taking place between WAVA and the Kuala Lumpur LOC to ensure fulfillment of all obligations and requirements. The final contract is expected to be signed after a Council inspection, providing the subsequent report is approved by the Council in Brisbane.

It is unfortunate, in the past, that WAVA has found certain Championships organizers have not lived up to their obligations. For example, results and videos have been delayed, and severe financial difficulties have been encountered. This will no longer be tolerated and WAVA will not sign any final contract until it is clear that required financial and other pertinent obligations have been fulfilled in a timely manner beforehand. This may sound somewhat stringent, but the Championships are viewed at the financial level as a business deal between two partners.

From a technical perspective, I



SUZY HESS

The winning W40 4x400 relay team (4:06.62) from the host country, Great Britain (l to r): Alison Brown, Diane McKenzie, Jenny Brown, and Jane Colebrook, 13th WAVA Championships-Gateshead.

believe our procedures have been improved and inspection visits by our technical delegates during the preparations will ensure that the organization can meet WAVA's standards.

WAVA Handbook

I have previously said that the new WAVA handbook would be distributed in February, but this has been postponed until after the Council meeting in March. Experience tells us that certain decisions reached at this meeting should be included in the handbook and it would be beneficial to delay final printing until we can include all the latest pertinent information. Therefore, final printing will take place in April and distribution as soon as possible thereafter.

WAVA Non-Stadia Championships

With respect to our fifth World Non-Stadia Championships, scheduled for May in Valladolid, Spain, I had the opportunity to visit Valladolid last autumn with vice president non-stadia, Ron Bell. Based on our inspection of preparations, we can say with confidence that we expect the best. The whole city is behind the organization of these championships and committed to doing its utmost to give all athletes a memorable event.

The closing date for entries is March 31 and I invite all our long distance runners and walkers to also consider going to Valladolid on May 13 and 14. □

Going to Valladolid?

by CHARLES DESJARDINS

If you are competing in the WAVA Non-Stadia World championships in Valladolid, Spain, time is of the essence. All entry forms must be received in Spain by March 31 for the May 13-14 competition. All entries must be signed by the individual athlete's national governing body (NGB). Therefore, allow sufficient time for USATF processing. The athlete is responsible for providing the following information to USATF:

1) Completed entry form with proper funds; 2) photocopy of your birth certificate or passport; and 3) current USATF card.

Send the above to:
USA Track and Field

Attn: Sherry Quack
P.O. Box 120
Indianapolis, IN 46206-0120

USATF will verify current USATF membership and determine whether or not athlete is under current drug suspension or other sanction. USATF will then stamp the entry form with an approval and transmit to Valladolid. The athlete will receive a postcard indicating that the entry form has been sent.

If there are any questions, please do not call Sherry but call Charles DesJardins at 775-884-9448. A similar procedure will be followed for the WAVA Regional Championships this summer in Canada. More information will follow in a later edition of NMN. □

WAVA Refers Positive Drug Test to IAAF

As reported in the January issue, there was at least one positive drug test at the WAVA World Veterans Championships last year in Gateshead, England.

In response to a query from NMN correspondent Ken Stone, WAVA President Torsten Carlus said:

"The tests in Gateshead gave, as far as we know, one positive test. The athlete concerned has been informed and given the opportunity to respond to the IAAF Drugs Committee. The matter has now been referred to the national association of the athlete's country for

their consideration and sentence. When the final decision has been taken we will, of course, make an official statement and tell who the athlete is."

Carlus said WAVA follows the IAAF rules for drug tests. When a positive test is found, the subsequent administration and confirmation test is handled by the IAAF. Carlus said in this case the IAAF has transferred the case to the athlete's national association.

"We have had some cases in Europe where the athletes have been suspended from participation in European and world championships," Carlus said. □

Millennium Marathoners Greet the Dawn

By JANE DODS

HAMILTON, New Zealand – More than 2000 runners from around the world took part in the first marathon of the new millennium in Hamilton on Jan. 1. The field included 700 Americans, 580 Germans, and 526 New Zealanders. Runners gathered in the drizzly pre-dawn darkness in front of the grandstand of Te Rapa Race Course and got under way at 6 a.m.

The course consisted of two loops – one on each side of the Waikato River, which bisects Hamilton. It took the competitors on an essentially flat tour of both residential and business areas, with a short stretch along the river. Although the temperature was perfect, slippery conditions tended to slow down the runners' times.

Vladimir Pechek, Czech Republic, won the men's masters race in 2:42:17, with Lilac Flay, New Zealand, 3:00:47, dominating the masters women. The overall winners were Mark Hutchinson, New Zealand, 2:21:58, and Anne Buckley, England, 2:43:54. It was an auspicious day for Buckley, who was running her first marathon on this first day of the new millennium.

Race director Andy Galloway did a fine job in orchestrating the event. Shuttle buses ran smoothly, the course was well marked and staffed, and the awards ceremony was held in a timely manner. Another nice touch was having the finish line on the track in front of the grandstand at the Te Rapa com-

plex. This assured that even runners in the back of the pack were cheered enthusiastically as they approached the finish line. And, finally, all competitors were treated to a sumptuous lunch in a well-stocked tent on the grounds. □



Lilac Flay, women's masters champion, Millennium Marathon, Hamilton, New Zealand, Jan. 1.

NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000 WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000

This trip will be set up so you can compete in Eugene only or continue on to Kamloops. Package will cover destinations from USA.

XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA JULY 4-14-2001 (OPTION SIDE TRIP - NEW ZEALAND)

TRAVEL TOGETHER AND SAVE!!!!!!

If you are not on our mailing list and wish to do so, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Package will be to and from all destinations from USA and Canada. Many side trips will be offered.

Ski & Travel International, INC.

PO Box 1816, Detroit Lakes, MN 56502-1816

Telephone & Fax: 218-847-0410

E-Mail: skiescape@lakesnet.net

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m	7.0m	19.00m	8
60+	80m	.686m 27"	39'4"	22'11 1/2"	62'4"	8
30-39	400m	.762m	45.00m	35.00m	40.00m	10
40-49		30"	147'7 1/2"	114'9 1/2"	131'2 1/2"	
50-59	300m	.762m 30"	50.00m	35.00m	40.00m	7
60+	300m	.686m 27"	164'0 1/2"	114'9 1/2"	131'2 1/2"	

MEN

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

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT		SUPER WEIGHT
					WAVA	USATF	
Women							
30-49	4.00k	1.00k	4.00k	600gms.	20#	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	16#	25#
Men							
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.	25#	35#	56#
60-69	5.00k	1.00k	5.00k	600 gms.*	20#	25#	56#
70-79	4.00k	1.00k	4.00k	500 gms.	16#	25#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	25#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WAVA weights are used for USATF weight pentathlons.
Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.
* New 1999 IAAF specifications.

PRESIDENT:

Torsten Carlus
Smalandsgatan 25
S-25276 Helsingborg, Sweden
Fax: 46-42-128-956

EXECUTIVE VICE PRESIDENT:

Tom Jordan
P.O. Box 10825
Eugene OR 97440 USA
Phone: 1-541-687-1989
Fax: 1-541-687-1016

VICE-PRESIDENT:

(Stadia)
Jim Blair
43 Emslie Road
Pinchaven, Upper Hutt
New Zealand
Fax: 64-4-528-2992

VICE-PRESIDENT:

(Non-Stadia)
Ron Bell
25 Llwyn Menlli, Ruthin
Denbighshire LL15 1RG
Great Britain
Phone/Fax: 441-182-470-5250

SECRETARY:

Monty Hacker
PO Box 2277
Houghton 2041, South Africa
Phone: 27-11-444-4011 (h)
27-11-483-3313 (o)
Fax: 27-11-483-3392



DELEGATE OF: AFRICA

Hannes Booysen
P.O. Box 5180
1403 Delmenville
South Africa
Fax: 27-11-827-7590

SOUTH AMERICA

Jose Figueras
Rincon 682 Of. 18
11000 Montevideo, Uruguay
Phone: 598-2 308 17 68
Fax: 598-2 916 34 23
e-mail: josefigueras@yahoo.com

ASIA

Hari Chandra
1300 Opal Circle
Lawrenceville, GA 30043
Fax: 1-770-682-6500

EUROPE

Jacques Serruys
Korte Zilverstraat, 5
B-8000 Brugge, Belgium
Phone: 32-50-341-781
Fax: 32-50-334-325
E-mail: evaa.serruys@skynet.be

OCEANIA

Stan Perkins
106 Silkwood St.
Alger, Queensland
Australia
Phone: 61-7-3222-1021
Fax: 61-7-3221-1684

NORTH AMERICA

Brian Oxley
259 McDougall Road
Parry Sound, Ontario
Canada P2A 2W7
brianoxley@sympatico.ca
Phone: 705-746-4942
Fax: 705-746-9748

TREASURER:

Peppo Galfetti
Bahnhofstrasse 1
CH 8956 Killwangen
Switzerland
Phone: 41-56-401-2311
Fax: 41-56-401-2319

WOMEN'S DELEGATE:

Bridget Cushen
156 Mitcham Rd., West Croydon
Surrey CRO 3JE, England
Phone: 441-181-683-2602 (h)
Bcushen@aol.com.uk

PAST PRESIDENT:

Cesare Beccalli
P.O. Box 76
37010 Assenza di Brenzone
(Vr) Italy
Fax: 39-45-742-0661

IAAF DELEGATE:

Cesar Moreno Bravo
Camino a la Piedra del
Comal No. 24 Col. Tepepan
16020 Xochimilco, D.F., Mexico
Fax: 52-5-653-3159

WAVA web site: <http://www.wava.org>

Masters Scene

EAST

• In the Millrose Games, Madison Square Garden, Feb. 4, **Regina Jacobs** won the mile in 4:24.04. The WR is listed at 4:59.28 by **Carol Urish-McLachie** in 1987. **Joetta Clark Diggs**, 37, won the 800 in 2:04.79. It was Clark's 22nd and final appearance in the Millrose; she ran her first race there when she was 14. In the M40+ 4x400, the Sprint Force America team of **Sal Allah**, **Thomas Jones**, **Frank Schiro**, and **Ray Blackwell**, running in that order, won in 3:38.72, with the Shore AC squad of **Chris Harkins**, **Rick Lapp**, **Rich Alexander**, **Bob Andrews**, second (3:43.79).

• **Shirley Woodford**, 43, **Burdett, NY**, flew to a women's first overall with a 92:23, **Red Baron Half-Marathon**, **Corning, NY**, Nov. 17. First M40+ was **Jeffrey Juran** with an 82:35. **Cal Loomis**, 60, was 19th overall in 88:45.

• Finishing only seconds apart were the top

three women masters at the NYRR Joe Kleinerman 10K, Central Park, NYC, Dec. 12: **Gillian Horovitz**, 44, 37:31; **Stacy Creamer**, 40, 38:01; and **Jean Chodnicki**, 40, 38:20. Top male master was **Jerry Macari**, 40, 32:44.

• **Jose Ramirez**, 40, 52:25, and **Jan Famung-Krause**, 45, 1:01:27, posted masters wins at the NYRR Holiday 15K, Central Park, Dec. 19. Winning their age-groups with ease were **Joseph Burns**, 70, 1:09:56, and **Lisa Praskins**, 65, 1:17:10.

• **Gillian Horovitz**, 44, continues to sweep the field. Her latest overall triumphs were in the NYRR Fred Lebow Classic 5-Miler, Jan. 9, 29:56, and the NYRR Chicken Soup Loop, Jan. 23, 39:17, in Central Park. Starring in the 70-74 age-group, **Joseph Burns**, 70, 36:21, and **Toshiko d'Elia**, 70, 40:41, ran over their competition.

• **Potomac Valley** runners had a triple dipper on Jan. 16 at East Potomac Park,

Washington, DC, with the 36th JFK Memorial 5K & 20K, plus the Last Plane To Boston Marathon. **Jim Hage**, 41, **Lanham, MD**, was first overall in the 5K, 16:35, and **Roberta Leopold**, 41, **Washington, DC**, was first W40+, 23:49. **Rob Peattie**, 43, **West Hartford, CT**, 74:50, and **Sandra Ruprecht**, 43, took masters firsts in the 20K. **Tami Graff**, 63, **Lusby, MD**, finished in 1:51:59. **Linda McDermid**, 45, **Rockville, MD**, jetted to a first female overall with a course record 3:37:58 in the marathon, with **Paul Peterson**, 45, **Bethesda, MD**, first M40+, 2:52:26, second overall.

• **Anselm LeBourne**, 40, **Maplewood, NJ**, set an M40 800 indoor WR with a 1:54.63 at an all-comers meet in Boston, Feb. 13. The present record is 1:54.96 by **William Wuyke** (US) in 1999. At WAVA-Gateshead, **LeBourne** won world championships in the 800 (1:54.60) and 1500 (3:56.05). In the 1999 Indoor Championships in Boston, **LeBourne** won the M35 800 (2:01.61) and mile (4:27.17).

SOUTHEAST

• The Walt Disney World Marathon, Jan. 9, produced some magical experiences for 40+ division winners **David Collins**, **Boca Raton, FL**, 2:40:57, and **Marina Jones**, 47, **Palm Desert, CA**, 2:56:19. **Jones**, who won the women's division outright last year, was second overall this year. Also notable: **Patrick Griffith's** 3:03:29 M55 victory and **Gustave Busch**, of Brazil, zipping to a 3:51:38 M70 win. The half-marathon featured a rare U.S. road appearance by Norwegian favorite **Ingrid Christianson**, 1:17:23, who cruised to the W40+ crown. Kudos also to **Mimi Newcomer's** 1:23:47, good for second W40.

• Holding off the entire women's field by nearly ten minutes, **Judy Maguire**, 41, crossed the finish line in 2:52:38 at the Florida Gulf Beaches Marathon, **Clearwater, FL**, Jan. 23. **Richard Christensen**, 40, 2:42:50, second overall, took the men's masters race.

SOUTHWEST

• **Peter Mayo**, 47, **Tulsa**, in 2:57:03, and **Barbara Luciano**, 49, **Oklahoma City**, in 3:19:56, rushed to overall firsts, **Oklahoma Marathon**, **Tulsa**, Nov. 20.

WEST

• **Alfredo Rosas**, M40, in 31:30, and **Yoyo Liu**, W40, in 39:38, captured masters titles in the **Paramount (CA) 10K**, Jan. 8. **Nolan Shaheed**, M45, was second M40+ with a 32:56. **John Brennan** took the M60 race in 38:58. **Yoko Eichel** raced to the W50 first in 42:25.

• Masters are tough! Braving peak wind gusts of 60 mph at the **Cascade Half-Marathon**, **Turner, OR**, Jan. 16, were the top three overall finishers **Chris Clark**, 40, 1:20:04, **Ed Bomber**, 40, 1:21:48, and **Gerhard Behrens**, 40, 1:23:59. **Gloria Winestorfer**, 45, 1:36:54, blew home first for the women's title.

• Finishing second woman overall, **Angela French**, 41, 18:37, took the masters title at the **Winged Victory 5K**, **Phoenix, AZ**, Dec. 19. Not to be outdone, **Billy Skinner**, 40, 16:52, was second overall and first master in the men's division.

• At **Sacramento's California International Marathon**, Dec. 5, the cool weather and a fast course pleased the crowds, especially **Bruce Harrison**, 44, **Ann Arbor, MI** (2:37:25), who bested the M40 division in a tight race with **Jeff Hildebrandt**, 40, **Roseville, CA**, 2:38:43, and **Clyde Matsumura**, 40, **Santa Monica, CA**, 2:38:52. In a very deep women's field that featured 37 women under 3:00:00, **Robin Cannon**, 41, **Los Gatos, CA**, won the W40+ in a solid 2:52:45. **Kathy Barton**, 45, **Houston**, took the W45 honors, blazing to 2:59:21, just heading off speedsters **Kathy Ward**, 45, 3:02:35, and **Philomena Chandra**, 47, 3:03:11. 2722 runners rounded out the field.

• **Bob Ward**, 66, upped the U.S. M65 WP

record from 4550 to 4865 at the **Citrus College Weight Pentathlon**, **Glendora, CA**, Jan. 15. **Len Olson** set the present record in 1997. **Stew Thomson**, 66, was second highest scorer at Citrus with a 4534. **Johnnye Valien**, 74, totalled 2721 in the W70 group.

NORTHWEST

• First M40+, **Greg Beyerlein**, M45, was ninth-overall with a 16:43 in the 6571-finisher **Arthritis Foundation 5K**, downtown **Seattle**, Dec. 5. **James McGill**, M50, in 17:18, was second M40+. **Kimball Bender**, W40, was second female with a 17:50. **Peggy Ainslee** won the W65 race with a 26:22. **Delores Ockenden** nipped **Helen Bolding**, 54:52 to 54:54, for the W70+ title.

• On Dec. 31, **Kimball Bender**, W40, in 17:02, and **Regina Joyce**, W40, in 17:25, finished 1-2 females overall, **Resolution Run 5K**, **Seattle**. **Gary Gill**, M40, took the M40+ race in 16:50. **Bill Ifrig** (20:12) and **Mel Preedy** (20:19) duelled for the M60-69 title.

• The U. of Oregon Athletic Department recently honored NW Regional Coordinator **Becky Sisley** with the inaugural presentation of the **Becky L. Sisley Award** to be given annually to a former woman athlete for 20 years of achievement and service. The first recipient, **Shelley Briggs**, has been an Oregon TC official for over 20 years, among her many other activities.

• Oregon TC Masters elected **Frank Lulich** to serve a second term as club president. OTCM is hosting this year's National Masters Championships in Eugene in August. Lulich is actively involved in making sure that "Eugene 2000 is the best nationals ever."

• **Vince Sempronio**, M75, **Medford, OR**, past U.S. record holder in the HJ and shot putter, is recovering from injuries after being tossed eight feet in the air by a wave while at the jetty with onlookers in **Crescent City, CA**, while waiting to learn of the fate of his wife's nephew, missing after a fishing boat sank in late December. When the extent of Sempronio's injuries was determined, it was decided to take him to **Medford's Rogue Valley Medical Center**. Air rescue was out because the **Medford airport** was fogged in. "I made the trip to **Medford** by a wild 120-mile ambulance ride. Every swerve of the ambulance made by chest ache," he said afterward. "I spent eight days in ICU and seven days in supportive care with the oxygen tube in my nose, another to my lungs, three IVs, a catheter, etc. Though the official number was never given, I had a minimum of four fractured ribs, left kidney contusion, liver and lung damage, large lacerations on my left forearm, and discoloration areas on chest, back and hip. I'll be out of competition for awhile, having lost 25 pounds."

• **Becky Sisley** broke the W60 WR for the PV with a 2.25 at the **Eugene Indoor Meet**, Jan. 22. The present record is 2.00 by **Dorothy McLennan** (IRE) in 1997.

• Two WRs fell in the **Great Northwest Indoor Meet**, **Portland, OR**, Feb. 6. **Vincent Malizia**, 85, **Northridge, CA**, a long-time member of the **San Fernando Valley TC**, broke the M85 WR for the indoor 1500 with an 8:16.73. The record is 8:41.47 by **John Farrell** (GBR) in 1997. **Jerry Cash**, M50, finished with a 4.29 in the PV. **Larry McIntyre** (USA) holds the present record at 4.27 in 1998.

INTERNATIONAL

• The Board of Directors of the South American Association of Veteran Athletes until November 2002 are president: **Nestor Barbieri**, Argentina; vice-presidents: **Walter Kupper**, Brazil, **Jorge Manrique**, Peru, and **Juan Kulzer**, Argentina; secretary: **Jorge Alzamora**, Chile; treasurer: **Jose Figueras**, Uruguay; and women's delegate: **Iris Menza**, Uruguay.

• **Volodomir Yashchenko**, 40, died of cirrhosis of the liver, Nov. 30, in Ukraine. In 1978, he set a high jump WR 2.35, using the straddle.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR. 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
VIVIENNE ROSEMARY HILL (NZL)	3- 1-60	40-44
DEAN CROUSER (GRESHAM, OR)	3-16-60	40-44
WENDY DUNSFORD (GBR)	3-22-60	40-44
KIM RUPERT (HILLSBOROUGH, CA)	3- 1-55	45-49
TATYANA POZDNYAKOVA (URS)	3- 4-55	45-49
JOHN UNDERWOOD (CHESTERTOWN, NY)	3- 5-55	45-49
STAN VEGAR (CA)	3-17-55	45-49
WEIA REINBOUD (HOL)	3-11-50	50-54
BARBARA BLURTON (GBR)	3-19-50	50-54
LEEN WUYTS (BEL)	3-20-50	50-54
MARY MCGRAW (US)	3- 6-45	55-59
SYLVIA WIEGAND (LINCOLN, NB)	3- 8-45	55-59
DAISY IRWIN (AUS)	3-12-45	55-59
MARY WOOD (MONTROSE, CO)	3-13-45	55-59
LUISANNA PINNA (ITA)	3-14-45	55-59
TRACY SMITH (BISHOP, CA)	3-15-45	55-59
DORIS GALLEG (GER)	3-18-45	55-59
GABRIELLE ANDERSON (SUN VALLEY, ID)	3-20-45	55-59
RUFUS MORRIS (CA)	3-29-45	55-59
HUGH ADAMS (REEDLEY, CA)	3- 1-40	60-64
ED BURKE (CA)	3- 4-40	60-64
PAT WHITTINGSLOW (OAKLAND, CA)	3- 7-40	60-64
HILDEGARD MOHNEN (GER)	3-11-40	60-64
PATTY LEE PARMALIEE (NEW YORK, NY)	3-18-40	60-64
HARRY TOLLIVER (CINCINNATI, OH)	3-18-40	60-64
DANY NESTORET (FRA)	3-20-40	60-64
KATHLEEN HOLLAND (AUS)	3-21-40	60-64
KATHY KUSNER (W. HOLLYWOOD, CA)	3-21-40	60-64
JUDY WILMOTT (CAN)	3-24-40	60-64
BARRY KLINE (WASHINGTON, PA)	3-26-40	60-64
LIUDMILA KHMELEVSKAYA (URS)	3-30-40	60-64
THELMA MANLEY (AUS)	3- 3-35	65-69
GERALD LEROY (GB)	3-13-35	65-69
AVERIL WILLIAMS (GBR)	3-14-35	65-69
WILLIAM DUCKWORTH (JONESBORO, GA)	3-22-35	65-69
STIG PETERSSON (SWE)	3-26-35	65-69
JOZEF SCHMIDT (POL)	3-28-35	65-69
EDMUND BURG (WG)	3-31-35	65-69
HARRY CARPENTER (PASCAGOULA, MS)	3-31-35	65-69
TOM HILL (NJ)	3- 2-30	70-74
MARCIA MCHESNEY (EUGENE, OR)	3- 7-30	70-74
PENTTI HAKKINEN (FIN)	3-14-30	70-74
PAT MUELLER (LOS ALTOS, CA)	3-16-30	70-74
LAWRENCE FULLINGTON (SAN DIEGO, CA)	3-17-30	70-74
DON CHEEK (CLAREMONT, CA)	3-24-30	70-74
BETTY FORSTER (GBR)	3-28-30	70-74
DAVID COLTON (STATE COLLEGE, PA)	3-29-30	70-74
MILFORD PARKER (TEANECK, NY)	3- 5-25	75-79
DON GROSH (BEND, OR)	3-23-25	75-79
RIET PIJP (HOL)	3-25-25	75-79
KIRSTEN HVEEM (NOR)	3-26-25	75-79
CARLA CONVERY (ALEXANDRIA, VA)	3- 7-20	80-84
FRITZ BAUMANN (WG)	3- 8-20	80-84
PAUL EBERHARDINGER (US)	3- 9-20	80-84
DOROTHY TYLER (GBR)	3-14-20	80-84
URSULA DINNEBIER (GER)	3-18-20	80-84
RUTH OSIEL (HONOLULU)	3-21-20	80-84
VEIKKO POHJONEN (FIN)	3-27-20	80-84
ED MATHEWS (US)	3-28-20	80-84
EDNA BERG (BOZEMAN, MT)	3-17-15	85-89
TEODOR SOLHEIM (NOR)	3-17-15	85-89
WILLIAM KOSKI (CAN)	3-14-10	90-94
WINFIELD MCFADDEN (SAN DIEGO, CA)	3-12- 5	95+
BRAD COSSEL (KOKOMO, IN)	3-18- 5	95+
FRED WRIGHTSON (AUS)	3-19- 5	95+
MIKIO ODA (JAP)	3-30- 5	95+
FRIEDERICH BENDER (WG)	3-13- 0	95+

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

Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are usually limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are usually 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 24. USATF National Masters Indoor Pentathlon Championships, Boston, Mass. See below.

March 24-26. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Stephen Vaitones, PO Box 1905, Brookline, MA 02146. 617-566-7600; fax: 734-6322; email: usatfne@ix.netcom.com; web site: www.usatfne.org/index.shtml/

April 1-2. USATF National Masters Indoor Heptathlon Championships, Proviso West HS, Hillside, Ill. Held along with USATF Illinois Youth & Masters Championships. SASE to USATF Illinois, PO Box 7019, Villa Park, IL 60181. 630-953-2052; fax: 953-2053; email: usatfvan@aol.com/

June 24-25. USATF National Masters Decathlon/Heptathlon Championships, Lake Geneva, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3567 (h), 847-235-1041(w); email: JWatry@hycor.com.

August 10. USATF National Masters Outdoor Pentathlon Championships, Eugene, Ore. See below.

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. Web site: www.eugenechamps.com.

September 9. USATF National Masters Weight & Superweight Championships, Seattle. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116 206-932-3923; fax: 932-3917.

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

July 14-28, 2001. National Senior Games - The Senior Olympics, Baton Rouge, La. M&W 50+.

July 26-29, 2001. 34th annual USATF National Masters Championships, Baton Rouge, La. M&W 30+.

EAST

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

March 4. Philadelphia Masters Championships, Haverford College, Pa. 2:30 pm. Bill Krieger, 215-722-8859(e); Tom Yunker, 610-828-4672(e).

March 18. 28th annual USATF East Regional Masters Indoor Championships, Armory T&F Center, NYC. SASE to Roz

Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm). www.mac.track.org

April 8-9. World Record Holders Throws Clinic (9th) & Meet (8th), U. of Connecticut, Storrs. Tom Petranoff (JT); Iouri Sedykh (HT); Natalia Sedykh (SP); Andy Bloom (SP & DT). Tom Petranoff, 401-823-5803; email: turbojav@aol.com.

April 27-29. Penn Relays, U. of Pennsylvania, Philadelphia. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115. felton@princeton.edu/

April 16 & 30. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

May 9-12. Washington, D.C., Golden Olympics. No-out-of-district. Darnelle Freeland, 202-576-8677.

May 13-14. Long Island Senior Games, Mitchell Athletic Complex, Garden City, N.Y. 5K at Eisenhower Park, Garden City, on 11th, 5:00 pm. Eleanor Scott, PO Box 10214, Smithtown, NY 11787. 631-265-2966; eleanor@ix.netcom.com; entry form at www.longislandseniorgames.com

May 14 & 28. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

June 2-4. Connecticut Senior Olympics, Southington. Will Berger/Florence Millette, 860-621-4661.

June 9-11. Massachusetts Senior Games, Springfield College. Dick Osgood, 413-788-2457.

June 10-13. New Jersey Senior Olympics, Fort Monmouth. Michael Garamella, 732-542-1326.

June 11 & 25. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

June 15-18. Empire State Senior Games, Syracuse, N.Y. John Doherty, 212-694-3618; 315-492-9654.

June 23-25. Ocean State Senior Olympics, Providence, R.I. Mike Lyons, 401-431-5007.

June 24. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

July 9 & 23. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

July 10-15. Pennsylvania Senior Games, Shippensburg. No out-of-state. David Farrand, 570-823-3164, x2.

August 6 & 20. Potomac Valley TC Meets, T.C. Williams HS, Arlington, Va. 703-671-2520. www.pvtc.org/

August 18-20. Granite State Senior Games, Laconia, N.H. Robert Cloutier, 603-622-7921.

September 2-3. Potomac Valley Association Masters Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon; Weight Pentathlon

on the 2nd. 703-671-2520; www.pvtc.org/

September 6-11. Maine Senior Games, Portland. Anita Chandler, 207-775-6503.

September 19-20. Green Mountain Senior Games, Green Mountain College, Vt. Jack Carlock, 802-875-4508.

October 1-8. Delaware Senior Olympics, Dover. Mary Costello, 302-736-5698.

October 5-7. Maryland Senior Olympics, Towson. Phil Adams, 410-830-4456. No out-of-state.

SOUTHEAST

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

March 3-4. Fury Fast Times Indoor Meet, Winston-Salem, N.C. Open/Masters. 178m track. Bill Cason, 336-945-2134; x305; fax: 945-2907; email: cason1403@aol.com/

March 4. Virginia Masters Indoor Championships, Washington & Lee U., Lexington, Va. Out-of-state athletes welcome. SASE to John Tucker, Meet Director, Dept. of Athletics, W&L U., Lexington, VA 24450. Download info/ entry: http://wlu.edu/~tuckerj/

March 5. North Carolina vs. South Carolina Masters Indoor Meet, Forsyth Country Day School, Winston-Salem, N.C. Team scoring. Bill Cason, 336-945-2134, x305; fax: 945-2907; email: RE66866@aol.com

March 10-11. USATF Southeast Regional Masters Indoor Championships, Winston-Salem, N.C. Bill Cason, 2726 Lockwood Dr., Winston-Salem, NC 27103. 336-712-1482; fax: 945-2907.

May 5-7. Alabama Senior Olympics, Montgomery. Ronnie Floyd/Don Camp 334-242-4496.

May 12-14. 30th annual Southeastern U.S. Masters Meet, N.C. State U., Raleigh. Pentathlon, Weight Pentathlon, 5K & 20K RWs, & Relays. SE Masters, Inc., Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 18-20. South Carolina Senior Sports Classic, Florence. No-out-of-state. Carl Hust, 803-772-0363.

May 31-June 3. Virginia Senior Games, U. of Richmond. James Stutts, 804-730-9447.

June 10. Birmingham TC Classic/Police & Fireman Championships, Birmingham, Ala. Gordon Seifert, 1514 Ridge Rd., Birmingham, AL 35209. 205-879-8031; email: GESEIF@aol.com; www.birminghamtrackclub.org. Entry form in April NMN.

June 10. Atlanta TC Masters Meet, Raylynn Hughes, ATC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x17; www.atlantatrackclub.org/

June 24. USATF Southeast Regional Masters Championships, Middle Tennessee State U., Murfreesboro. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; email: Bob Fine@aol.com

July 21-27. Tennessee Senior Games, Nashville. No out-of-state. Christine Dewbre, 615-902-9261; Teresa Prinzo, 931-381-2019.

July 21-29. Georgia Games, Augusta. 770-528-3580; fax: 528-3590; email: ga.games@bellsouth.net.

September 20-23. Georgia Golden Olympics, Robins Air Force Base. Vicki Pilgrim, 404-657-6644.

September 25-30. North Carolina Senior Games, Raleigh. No out-of-state. Call for other dates. Cindy Trumbower, 919-851-5456.

November 28-December 3. Florida Senior Games State Championships, Tallahassee. Mike Sophia, 850-488-8347.

ON TAP FOR MARCH

TRACK AND FIELD

Boston's Reggie Lewis Center will again be the site for the USATF National Masters Indoor Championships on the 24th-26th, including the pentathlon, which starts early on the 24th. Regional championships are set for the Southeast on the 10th-11th, Winston-Salem, N.C.; and in the East in NYC and the Midwest, Glenview, Ill., both on the 18th. More indoor activity is available at the Philadelphia Masters Championships, Haverford College, and Virginia Masters Championships, Washington & Lee U., Lexington, on the 4th. Outdoor action ranges from the Grand Canyon State Games, Phoenix, on the 4th, and the Santa Barbara Relays and USATF Arizona Meet, Phoenix, on the 18th, to the Texas Southern Relays on the 24th. The 31st annual Ontario Masters Championships extends an invitation to U.S. athletes for its meet on the 4th in Toronto.

LONG DISTANCE RUNNING

Road racers get the long and short of it with the National Masters 100K Championships in Pittsburgh, Pa., on the 25th, and the 5K Championships in Carlsbad, Calif., on the 26th. On the 4th, runners go south for the Gate River 15K, Jacksonville, Fla., and Reedy River 10K, Greenville, S.C. The City of Angels hosts the L.A. Marathon on the 5th. The Shamrock Sportsfest on the 18th offers a Masters 8K in addition to a marathon and regular 8K. The New Bedford (Mass.) Half-Marathon, and Rodale Press Half-Marathon, Allentown, Pa., can be had on the 19th. Offerings on the 25th include the Azalea Trail 10K, Mobile, Ala., and the Houlihan's To Houlihan's 12K, San Francisco.

RACEWALKING

The National Indoor 3000 Championships go off at 1:00 p.m. on Sunday, the 26th, in Boston. Racewalks on the 4th and 11th are scheduled in Florida. □

MIDWEST

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

March 5. John Tierney Classic Indoor Meet, U. of Wisconsin-Milwaukee. Open & masters. John Mahone, Klotsche Center, UW-Milwaukee, PO Box 413, Milwaukee, WI 53201. 414-229-5287.

March 18. USATF Midwest Regional

Continued on next page

Continued from previous page
Masters Indoor Championships, Glenbrook South HS, Glenview, Ill. Gerry Krainik, 708-687-2124(h).

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

May 5-7. Peoria Senior Games. Vic Durchholz, 7013 N. Teton Dr., Peoria, IL 61614.

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

June 13-17. Michigan Senior Olympics, Battle Creek. Marye Miller, 248-608-0255.

June 15-18. West Virginia Senior Sports Classic, Charleston. Henry Nearman, 304-344-2840.

July 15-23. Ohio Senior Olympics, Inc. Dayton. Peggy Collins, 937-461-8662.

July 22. Dayton Track Classic, Welcome Stadium. DMTC, Bob Jones, PO Box 17706, Dayton, OH 45417. 937-837-2754.

July 29. Midwest Masters Classic, Marshall U., Huntington, W. Va. Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705. 304-523-6046; fax: 523-1662; tprack@aol.com

July 30. USATF Midwest Regional Masters Championships. Lewis University, Romeoville, Ill. Gerry Krainik 708-687-2124 (h).

September 2 (tent). Wolfpack Throwing Classic, Columbus, Ohio.

September 6-16. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444; fax: 821-4445.

September 7-10, 13-17. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 21-24. Kentucky Senior Games, Elizabethtown. Nancy Addington, 270-769-2393.

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

MID-AMERICA

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

May 12-13. Western Slope Senior Games, Montrose, Colo. 50+. Out-of-state welcome. Evelyn Lawson, PO Box 730, Montrose, CO 81402. 970-249-7705; 800-873-0244.

May 27-28. Memorial Day Track Classic, Kansas City, Mo. Y/O/M. Flyers TC, PO Box 22457, Kansas City, MO 64113-0457. Kenneth Ferguson, 816-235-2386.

June 8-11. Iowa Senior Games, West Des Moines. Cheryl Michael, 515-226-2898.

June 10. USATF Mid-America Regional Masters Championships, Wichita State U., Kansas. WSU T&F Office, Susan Cooper, 316-978-3362; fax: 978-3388. Bill Butterworth, 316-684-2192; fax: 687-9400. Decathlon if enough interest.

June 16-17. Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash St., Rm. #100, Salina, KS 67401. 785-826-7434.

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

June 23-24. North Dakota Senior Games, Fargo. Jeff Heisler, 701-298-6980.

June 22-25. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 011, Columbia, MO 65211. 573-882-1462.

July 26-30. New Mexico Senior Olympics, Las Vegas. No out-of-state.

Cecilia Agosta, 505-623-5777; email: nmsogmes@roswell.net

July 29-30. International Multi-Events Challenge (USA, Poland, Canada, United Kingdom, Germany), Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-7417.

July 29-30. North Dakota Senior Games, Fargo. Jess Heisler, 701-298-6980.

August 1-6. Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

August 17-20. Nebraska Senior Olympics, Kearne. Scott Hayden, 308-233-3228.

September 2-3. 20th annual Rocky Mountain Masters Games, U. of Colorado, Boulder. Jim Weed, PO Box 889, Lake Crystal, MN 56055. 507-726-2452. Sue Norton, 303-443-2695.

September 14-17. South Dakota Senior Games, Sioux Falls. Al Weisbecker, 605-428-3807.

September 21-24. Kansas Senior Olympics, Topeka. M&W50+. No out-of-state. KSO, Topeka Parks & Rec., 1534 SW Clay St., Topeka, KS 66604. Marge Rightmeier, 785-368-3798.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 24-25. Texas Southern Relays, Houston. Masters: 100m/4x100/4x200. M.L. Houston, 713-313-7618; fax: 313-7273.

April 1. Mardi Gras Weight Pentathlon, Lafayette, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

April 8. El Paso Senior Games T&F Meet, U. of Texas-El Paso. Marge Davis, 650 Wallenberg, El Paso, TX 79912. 915-581-9525.

May 23-27. Mississippi Senior Olympics, Jackson. Angela Meeks, 800-748-8514; 601-968-4881.

July 22. USATF Southwest Regional Open and Masters Championships, Trinity University, San Antonio, Texas. Meet Director, David Dunbar, 11063 White Sands, Live Oak, TX 78233. E-mail: bbofficial@aol.com

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

September 14-17. Arkansas Senior Olympics, Hot Springs. Deadline Aug. 25. Gail Ezelle, 501-321-1441; 800-720-7276 (AR only); arsolmp@ipa.net; www.SrSports.org

September 16-17. Louisiana Senior Olympics, Baton Rouge. Butch Gipson, 225-925-1748.

September 21-27. Oklahoma Senior Olympics, Tulsa. Dana Brown, 918-596-7866; danabrown@ci.tulsa.ok.us; www.oksgames.com

WEST

Arizona, California, Hawaii, Nevada

March 4. Grand Canyon State Games, Desert Vista HS, Phoenix, Ariz. USATF Arizona, 480-949-1991.

March 18. Santa Barbara Easter Relays, Santa Barbara CC, Calif. Masters: 100/200/1500/5000/throws. Gordon McClenathen, 805-964-3005; Beverley Lewis, 805-969-5851; 969-5852.

March 18. KelField Throws Meet Series #82, Santa Cruz, Calif. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kelfield@aol.com

March 18. USATF Arizona Meet, Shadow Mountain HS, Phoenix. All ages. USATF AZ, 480-949-1991; fax: 949-1748; email: usatfaz@worldnet.att.net



SUZIE HESS

David Naylor, M55 winner in the 200 with an age-graded 90.6% 25.51, 1999 USATF National Masters Championships, Orlando, Fla.

April 1. Club West All-Comers Meet, San Marcos H.S., Santa Barbara, Calif. 9:00 a.m. Richard Watkins, 805-967-4581.

April 1-2. Phoenix Invitational, Glendale Community College, Glendale, Ariz. USATF Arizona, Bob Flint, 8436 E. Hubbell St., Scottsdale, AZ 85257. 480-949-1991.

April 9. John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. 25+. Al Siddons, 714-564-6936.

April 15. USATF Arizona Meet, tba. Y/O/M.

April 29. Arizona Masters T&F Invitational Meet, Glendale Community College, 6000 W. Olive Ave., Glendale, Ariz. Contact: Clifton McKenzie, 480-777-8503.

May 7. Southern California Striders Meet of Champions, CSU-Long Beach. Jim Selby, 760-723-2466; CoachJimDeeb@earthlink.net

May 19-20. USATF Arizona State Championships, Glendale, Ariz. Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 602-949-1191; usatfaz@worldnet.att.net

May 20. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 20. Vicki's 3000, Santa Barbara City College Track. 8:30 am. Jim Kornell, 805-682-6765.

May 27-28. Olympic Legends Invitational, Mt. SAC, Walnut, Calif. Masters & Open. Sheila Newton, 19600 Prospect St., Desert Hot Springs, CA 92241. Phone & fax: 760-251-6955.

May 28. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-586-9942; cmccormi@uci.edu

June (tba). USATF SCA Championships, Los Angeles.

June 3. Grand Canyon State Games, U. of Arizona, Tucson. All ages. 480-517-9700.

June 10. Los Gatos Masters/Open Classic, Los Gatos, Calif. 8 am. Los Gatos AA, PO Box 1334, Los Gatos, CA 95031. Willie Harmatz, 408-354-7365.

June 11. Crown Valley Senior Games/

Pasadena Senior Olympics, Occidental College. 50+. Christel Miller, director; Cynthia Vaughn, 818-397-4064.

June 16-18. Grand Canyon State Games, Phoenix; Arizona State U., Tempe. Bob Flint, 480-949-1991.

June 24. USATF Arizona Masters All Comers, TBA. Bob Flint, 602-949-1991; usatfaz@worldnet.att.net

July 15-16. USATF West Regional Masters Championships, Occidental College, Los Angeles. G.D. Miller, 1740 Grandview Ave., Glendale, CA 91201-1263. 818-242-8484; gdmiller@hsc.usc.edu

September 16-17. Chuck McMahon Memorial Meet; Arco Olympic Training Center, Chula Vista (San Diego), Calif. Age 40+. David Pain, 619-582-3316 (h); 619-582-5769 (fax); e-mail: DPainTF@aol.com or Graeme Shirley, 858-292-6132 (h).

October 4-14. Nevada Senior Games, Las Vegas. Dr. Roger Owen, 702-242-1590.

October 7. Club West Meet, Santa Barbara CC, Calif. Gordon McClenathen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851; 969-5852; 452-5020(cell); fax: 969-6613.

October 22. Sri Chinmoy Masters Games, CSU-Long Beach. Bigalita Egger, 310-645-0271.

November 10-12, 18-27. Hawaii Senior Olympics, Honolulu. Mark Zeug, 808-732-8805; zeug@lava.net

NORTHWEST

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

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

April 29. Seattle Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917; Kweinbel@aol.com

May 27. Oregon Senior Olympics, Silverton. Silverton TC, Box 783, Silverton, OR 97381. Amy Castle, meet director, 503-873-8577(h).

June 3. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 9-10. Montana Senior Olympics, Helena. Senior Olympics, 465 Freedom Ave., Billings, MT 59105. Don Tivolacci, 406-252-2795.

June 10 (tent). Oregon Association Open & Masters Championships, Linfield College, McMinnville. Harry Simonis, 503-688-0998.

June 17-18. Portland Masters Classic, Mt. Hood Community College, Gresham, Ore. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950(h); 234-4811(w).

July 1-2. Hayward Masters Classic, Eugene, Ore. Entry info: Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405. Chuck Hammond, meet director, 541-687-9361.

July 7-8. Seattle Masters Classic, West Seattle Stadium. Some events Fri. night. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; fax: 932-3917.

July 8-9. State Games of Oregon, Mt. Hood Community College, Gresham. Keith Maneval, Mt. Hood CC, 503-667-7140.

July 14-16. Big Sky Games, Billings, Mont. Karen Sanford Gall, Box 7136, Billings, MT 59103. No out-of-state. 406-254-7426.

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State

Continued on next page

Continued from previous page

St., Pullman, WA 99163.

July 27-30. Wyoming Senior Olympics, Laramie. Open to out-of-state. Senior Olympics, PO Box C, Laramie, WY 82070. Paul Harrison, 307-721-5269

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080(w). Entry form in May issue.

August 10-13. Washington Senior Games, Spokane. Joyce Jones, 206-362-8310.

September 6-10. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324/208-549-2411; aaa3@cyberhighway.net

October 9-21. Huntsman World Senior Games, St. George, Utah. Kathie Thayne/Nancy Colarossi, 435-674-0550/800-562-1268; hwsginfowest.com

CANADA

March 4. 31st annual Ontario Masters Indoor Championships, York U., Toronto. M&W35+. Americans most welcome. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ont. M8W 2L9. 416-252-7047; masters@sympatico.ca

INTERNATIONAL

April 28-29. South African Veterans Championships, Oudtshoorn.

June 24-25. Masters Track Meet, Santo Domingo, Haiti. Dr. Jerry Jensen and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com

July 6-16. WAVA European Veterans Athletics Championships, Jyvaskyla, Finland. XII EVACS 2000, PO Box 30, 40701 Jyvaskyla, Finland. Fax: +358-14-624 956; email: evaco2000@jkl.fi

July 14-15. Caribbean Masters Track Meet, Willemstad, Curacao - The Netherlands Antilles. Dr. Jerry Jensen and C. Ann Jensen, 400 Mona Way, Cave Junction, OR 97523. 541-592-3787. E-mail: Luvu2@cavenet.com.

August 17-20. NCCWAVA Regional Championships/Canadian National Masters Championships, Kamloops, B.C. M40+, W35+. Masters Athletics 2000, c/o Kamloops Parks & Recr., 6 Seymour St. West, Kamloops, BC V2C 1E1. 250-374-0101; 851-1964; email: masters2000@kamloops.com; Website: www.masters2000.kamloops.com.

November 5-12. South American Veterans Championships, Mar Del Plata, Argentina. Luis Gramaccioni, president of Argentinian Confederation of Veteran Athletes, Diaz Velez St. 192, Rosario 2000, Sante Fe, Argentina. Phone/fax: 54-341-438-8062.

July 5-15, 2001. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

OPEN

July 14-23. USA Olympic Trials, Sacramento, Calif. 2000 T&F Trials, PO Box 511, Sacramento, CA 95812. 877-873-9690. www.sacsports.com.

September 15-October 1. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA

90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.
Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

**LONG DISTANCE
RUNNING**

NATIONAL

March 25. USATF National Masters 100K Championships, Pittsburgh, Pa. Pat Joseph, 810 River Blvd., #240, Pittsburgh, PA 15212. 412-321-4422.

March 26. USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlin, 5452 Oberlin Dr., Ste. B, San Diego, CA 92121. 858-450-6510; www.eliteracing.com

May 6. USATF National Masters Half-Marathon Championships, Indianapolis, Ind. Don Carr, 4314 Matria More Ct., Indianapolis, IN 46254. 317-328-1632.

May 11-14. Road Runners Club of America National Convention. Peachtree City, Ga. www.rcca.org

May 13. USATF National Masters 50-Mile Trail Championships/Ice Age Run, Whitewater, Wisc. Holly Neault-Zinzow, W5689 Tamarock Tr., Whitewater, WI 53190. 262-495-8283.

June 3. USATF National Masters Women's 5K Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

August 26 (pending). USATF National Masters 10 Mile Championships/Crim Festival, Flint, Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

September 16-17. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261.

October 8. USATF National Masters Marathon Championships/Twin Cities Marathon. Minneapolis/St. Paul, Minn. Race Director, 708 N. First St. #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 28. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74118. 918-742-5418.

November 4. USATF National Masters 8K Cross-Country Championships/Pasco International, Richland, Wash. Jim Peterson, 520 Franklin, Richland, WA 99352. 509-376-6731.

November 19. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Andy Martin, P.O. Box 10120, New Brunswick, NJ 08906. 732-296-0006.

November 25. USATF National Masters 10K Cross-Country Championships, Boston, Mass. Steve Vaitones, 2001 Beacon St. #207, Brighton, MA 02135. 617-566-7600.

EAST

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

March 4. Little Cow Harbor 4 Mile, Greenlawn, L.I., N.Y. William Fodor, 631-754-0647.

March 12. Massachusetts Law Enforcement Memorial Half-Marathon/USATF New England Championships, Melrose. Runner's Edge, 401 Main St., Melrose, MA 02176.

March 12. St. Patrick's Day 10K, Washington, D.C. 301-871-0400.

March 18. Bancroft NeuroHealth 5K, Haddonfield, N.J. Michelle Kril, Hopkins Lane, Haddonfield, NJ 08033. 856-429-0010 x262.

March 19. New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan, PO Box 79546, N. Dartmouth, MA 02747. Phone/fax: 508-998-5069; www.nhalf@aol.com.

March 19. Kings Park 15K, Kings Park, N.Y. Mary Ellen Stajk, 516-349-7646.

March 19. Rodale Press Half-Marathon, Allentown, Pa. LVRR, PO Box 592, Allentown, PA 18105-0592. 610-433-9362; http://members.aol.com/lvranner

April 8. Nationwide Run For ASPIRE 10K, Plainview, N.Y. B. Windorf/C. Courounis, 516-349-7646.

April 8. Spring Stampede 5K & Mile Fun Run, Denville, N.J. 11 am. Madeline Bost, Runners Race Service, PO Box 458, Ironia, NJ 07845. Hotline: 973-584-9302.

April 9. Cherry Blossom 10 Mile, Washington, D.C. CB 10 Mile, PO Box 5366, Rockville, MD 20848. E-mail: entries@cherryblossom.org

April 9. Hudson Mohawk RRC Delmar Dash 5K, Delmar, N.Y. HMRRRC, 518-4335-4500.

April 16. Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. Runners Advocate, 2005 Country Club Dr., Doylestown, PA 18901.

April 17. B.A.A. Boston Marathon. BAA, "The Starting Line"/One Ash St., Hopkinton, MA 01748-1897. 508-435-6905. http://www.bostonmarathon.org

April 29. Hudson Mohawk RRC Masters 10K, Guilderland, N.Y. HMRRRC, 518-435-4500.

April 30. Rolling Thunder 5K, Babylon, N.Y. Gary O'Rourke, 631-666-5502.

April 30. Sallie Mae 10K, Washington, D.C. Chris Greene, 703-810-5175; www.sallie-mae.com/

April 30. New Jersey Shore Marathon, Long Branch. NJSJ, PO Box 198, Oceanport, NJ 07757. 732-542-6090; www.njshoremara-thon.org

May 7. Long Island Marathon & Half-Marathon, East Meadow, N.Y. Patti Kemler, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248; www.FLRRT.com

May 7. Pittsburgh Marathon/Men's 2000 U.S. Olympic Team Trials, Pittsburgh, Pa. 5000 limit. 412-647-7866; 800-533-UPMC; www.UPMC.edu.PGHMarathon

May 7. Buffalo Marathon. Ford Buffalo Marathon, PO Box 652, Buffalo, NY 14202. 716-816-7223.

May 7. Blue Cross Broad Street 10 Miler, Philadelphia. Broad Street Run, PO Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

May 28. Vermont City Marathon, Burlington, Vt. VCM, 41 Main St., Burlington, VT 05401. 802-863-8412; www.vcm.org

June 17. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

June 25. Fairfield Half-Marathon & 5K, Fairfield, Conn. JB Sports, 203-481-5933; www.jbsports.com

SOUTHEAST

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

March 4. Gate River Run/USATF 15K Open Championships & 5K, Jacksonville,

Fla. 904-739-1917.

March 4. Reedy River Run 10K/USATF South Carolina Championships, Greenville. RRR 10K, PO Box 10555, Greenville, SC 29603. www.greenvilletrackclub.com

March 11. PrimeHealth Red Cross 8K Run, Mobile, Ala. 334-436-7905; www.siteone.com/redcross

March 12. Hope For Children 10K, Naples, Fla. Fran Fidler, PO Box 712, Naples, FL 34106. 941-430-0799; www.racegate.com

March 18. Citrus Classic 10K & 5K, Winter Haven, Fla. Track Shack, 1104 N. Mills Ave., Orlando, FL 32803. 407-898-1313.

March 18. Spring Fever Chase 10K, Fairhope, Ala. Miriam Bailey, 334-621-9300.

March 18. Rock and Roll 10K, Nashville, Tenn. Downtown YMCA, 615-254-0631.

March 18. Shamrock Sportsfest 8K, Masters 8K, & Marathon, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. Email: sportsfest@juno.com; www.shamrocksportsfest.com

March 25. Azalea Trail Run 10K, Mobile, Ala. ATR, PO Box 6427, Mobile, AL 36660. www.pcpacers.org

March 25. G.R.U. 15K Run For Life, Gainesville, FL. Terri Charron, PO Box 147117, Gainesville, FL 32614. 352-334-3400 x1611.

April 1. Cooper River Bridge 10K, Charleston, S.C. SASE to CRBR, PO Box 22089, Charleston, SC 29413. 843-792-0345; www.bridgerun.com

April 1. Atlanta Women's 5K. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; wft@atlantatrackclub.org

April 8. TriStar Health System 5K & 10K, Nashville, Tenn. Nashville Sports Council, 401 Church St., Suite 2700, Nashville, TN 37219. 615-880-1050.

April 15. Charlotte Marathon Festival Marathon & 10K. CM, Box 30294, Charlotte, NC 28230. 704-358-5425; marathon@charlotte.com

April 29. Country Music Marathon, Nashville, Tenn. 20,000 limit. Elite Racing, Inc., 858-450-6510. www.cmrmrathon.com

May 13. Peaches & Pines 8K, Peachtree City, Ga. Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. www.atlantatrackclub.org/

May 21. Biltmore Estate 15K Classic, Asheville, N.C. Asheville Kiwanis 15K, PO Box 147, Skyland, NC 28776. 828-687-9123; www.hometowntv.net

July 4. Peachtree 10K, Atlanta, Ga. SASE before March 1 to Peachtree 2000, Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x11; email:unislaw@atlantatrackclub.org. 55,00 limit.

MIDWEST

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

March 26. Cincinnati Heart Mini-Marathon Weekend 15K & 5K, Cincinnati, Ohio. 513-281-4048. Email: mzenz@heart.org; www.cinheartmini-marathon.org

April 2. Athens Marathon. AM, 7154 Radford Rd., Athens, OH 45701. 800-878-9767.

April 16. Glass City Marathon, Toledo. Tom Falvey, 3743 Woodmoor Rd., Toledo, OH 43613. 419-475-0731. www.ToledoRoadrunners.org

April 29. Kentucky Derby Festival Half-Marathon, Louisville. KDFM, 1001 S. 3rd



KAREN HUFF

Masters athletes at the Maine East Indoor Meet, Park Ridge, Ill., Jan. 15 (l to r): Bob Zahn, 45, Stan Druckery, 50, Clarence Trinkner, 68, and Emil Pawlik, 60.

Continued from previous page

St., Louisville, KY 40203. 800-928-FEST; www.kdf.org

April 30. Cleveland Marathon. CM, 29525 Chagrin Blvd., Suite 316, Pepper Pike, OH 44122. 216-378-0141; 800-467-3826.

April 30. Lake County Races Marathon, Half-Marathon, & 10K, Highland Park, Ill. LCR, 3100 Skokie Valley Rd., #2N, Highland Park, IL 60035. 888-RUN-RUN1; runlakeco@aol.com.

May 14. Flying Pig Marathon, Cincinnati. 513-721-7447. www.cincymarathon.org

May 29. Truth/Bank One Great Race Sports Festival XX, Half-Marathon, 10K, 10K Power Walk, Jim Ryun Mile, & 5K "Millennium Run," Elkhart, Ind. Ron/Cathy Schmanske, PO Box 682, Elkhart, IN 46515. 219-296-5890/296-5862; fax: 293-8324; email: wow@michiana.org; www.elkhartruth.com

June 10. Hoosier Marathon, Fort Wayne. Don Lindley, c/o Ft. Wayne TC, PO Box 11703, Fort Wayne, IN 46860. 219-436-2234. www.fwtc.com

MID-AMERICA

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

March 18. St. Charles Trailhouse Brewery 12 Mile, St. Louis, Mo. St. Louis TC, 314-647-2110; 800-238-3594.

April 8. Forest Park Fieldhouse 20 Mile, St. Louis, Mo. St. Louis TC, 314-647-2110; 800-238-3594.

April 15. 31st annual Longest Day Marathon, Marathon Relay, Half-Marathon, 10K, 5K, 5K RW, Brookings, S. Dak. Kurt Osborne, 605-696-2479; email: kosborne@firstnb.com. Jack Youngberg, 696-2433; email: jack@firstnb.com

April 28. Arbor Day 5K, Brookings, S. Dak. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

April 29. Get-In-Gear 10K, Minneapolis, Minn. G-I-G, PO Box 6727, Minneapolis, MN 55406-0727. 612-722-9004; fax: 722-5414.

May 7. Norwest Half-Marathon, Wayzata, Minn. Loretta Docken, 900 E. Wayzata Blvd., Wayzata, MN 55391. 612-316-1441.

May 7. Lincoln Marathon & Half-Marathon, Lincoln, Nebr. LM, 882 N. Lakeshore Dr., Lincoln, NE 68528. 402-435-3504.

May 28. Med-City Relays & Marathon, Rochester, Minn. Med-City Relays, 1417 14th Ave. NE, Rochester, MN 55906. 507-

282-1411; email: medcitymarathon.com; www.medcitymarathon.com

June 3. High Plains Marathon, Goodland, Kansas. HPM, PO Box 960, Goodland, KS 67735. 785-899-5280.

June 17. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN 55816. 218-727-0947; email: grandmas@grandmasmarathon.com; www.grandmasmarathon.com

August 20. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625; www.pikespeakmarathon.org

August 27. Omaha Marathon. Peak Performance, 519 N. 78th St., Omaha, NE 68114. 402-398-9807; www.omahamarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 11. Schlotsky's St. Patrick's Day 5K, Tulsa, Okla. 918-742-5418; jwing@concentric.net

April 2. Capitol 10,000, Austin, Texas. Capitol 10,000, PO Box 2936, Austin, TX 78768. 512-445-3598.

WEST

Arizona, California, Hawaii, Nevada

March 5. Los Angeles Marathon. LA Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles, CA 90025-3329. 310-444-5544; email: raceinfo@lamarathon.com

March 5. Sutter Home Napa Valley Marathon/RRCA National Championships. NVM, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515.

March 26. Houlihan's to Houlihan's 12K, San Francisco. 415-759-2690; runrhody@aol.com; www.rhodyco.com

April 1. Uli Williams 5K & 10K, Compton College, Calif. Oscar Rosales, 714-841-5417.

April 30. Big Sur International Marathon, Big Sur-Carmel, Calif. Wally Kastner, BSM, PO Box 222620, Carmel, CA 93922. 831-625-6226; fax: 625-2119; www.bsinorg

April 30. BMW Laguna Beach 5K & 10K, Laguna Beach, Calif. Schoolpower, 949-494-3980. Kathy Kinane, director, 760-434-7706.

May 6. Southern California Hillsea Footrace 7.57 Mile, Huntington Beach, Calif. Oscar Rosales, 714-841-5417.

May 6. Whiskey Row Marathon, Half-

Marathon, 10K Run/Racewalk, & 2 Mile, Prescott, Ariz. Prescott YMCA, Nancy Haladay, 520-445-7221.

May 7. Avenue Of The Giants Marathon, Humboldt Redwoods State Park, Calif. 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.humboldt1.com/~avenue

May 21. Pines To Palms Marathon, Palm Desert, Calif. PMB, 296, 1198 Pacific Coast Hwy., Suite D, Seal Beach, CA 90740. www.pinestopalmsmarathon.com

June 3. Palos Verdes Marathon, Palos Verdes (L.A. area), Calif. W2 Promotions, 1666 Ashland Ave., Santa Monica, CA 310-828-4123; email: w2promo@aol.com; www.racegate.com

June 4. Rock 'N' Roll Marathon. San Diego. Elite Racing, 5452 Oberlin Dr., Suite B, San Diego, CA 92121. 858-450-6510. www.mmarathon.com

June 18. State Street Mile, Santa Barbara, Calif. Megan Riker, 805-568-2316; www.sbmile.com

June 25. Kona Marathon, Half-Marathon, 10K, & 5K, Kona, Hawaii. JTL Timing Systems, 73-4158 Kaala Place, Kailua-Kona, HI 96740; 808-325-0287.

July 9. Chronicle Marathon, San Francisco. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; fax: 909-874-2604; www.sfgate.com/chronicle/events

August 27. Silver State Marathon, Reno, Nev. Ski Pisarski, 2358 Camelot Way, Reno, NV 89509. 775-849-0419; www.silverstatemarathon.com

NORTHWEST

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

April 1. Trail's End Marathon, Warrenton, Ore. Susan Perry, ORRC, 4840 S.W. Western Ave., #200, Beaverton, OR 97005. 503-646-7867. www.orrc.net

April 8. Pear Blossom 10 Mile & 5 Mile, Medford, Ore. Street Faire, BBQ. 4000 participants. SASE to Pear Blossom, PO Box 146, Medford, OR 97501. March 15 deadline. Zellah & Jerry Swartsley, 541-772-6293(d); 535-1205(e).

May 7. Lilac Bloomsday 12K, Spokane. LB 12K, PO Box 1511, Spokane, WA 99210. Deadline April 14. 509-838-8784; www.bloomsdayrun.org

May 21. Capital City Marathon, Olympia. CCM, PO Box 1681, Olympia, WA 98507. 360-786-1786. www.ontherun.com

May 28. Rocky Mountain Double Marathon (52.4 miles), Wyoming Marathon, & Medicine Bow Half-Marathon, Laramie, Wyo. Brent Weigner, 402 W. 31st St., Cheyenne, WY 82001. 307-635-3316; fax: 635-5297; email: RunWyo26point2@compuserve.com.

May 29. Up The Lazy River Masters Oregon RRC 10K Championships, West Linn, Ore. M&W40+. Gary Smith, PO Box 549, Beaverton, OR 97075. 503-646-7868; email: orrc@teleport.com; www.orrc.net/

June 17. Mayor's Midnight Sun Marathon & Half-Marathon, Anchorage, Alas. Anchorage Parks & Rec., PO Box 196650, Anchorage, AK 99519. 907-343-4474; fax: 278-6595; mcclcaji@ci.anchorage.ak.us; www.ci.anchorage.ak.us

July 24. Deseret News Marathon, Salt Lake City. DNM, 30 E. 100 South, Salt Lake City, UT 84111. 801-237-2135; www.deseretnews.com/run

CANADA

May 7. Vancouver International Marathon,

VIM, Box 3213, Vancouver, BC, Canada V6B 3X8. 604-872-2928; email: vim@istar.ca

INTERNATIONAL

March 26. BVAF Cross-Country Championships, Weelsby Woods, Grimsby. BVAF X-C, YMCA, Peaks Lane, Great Grimsby, North East Lincolnshire, DN 332 9ET England.

May 13-14. 5th WAVA World Veterans Long Distance Running Championships, Valladolid, Spain (10K, half-marathon, road walk). Men 40+, women 35+. Campeonatos Mundiales Valladolid 2000. c/o Juan Mambriola, 11 Bajo, C.P. 47003, Valladolid, Spain. Phone: 987-376130. Fax: 983-306596. E-mail: atl.pop@jet.es. Website: http://web.jet.es/atl.pop.

July 2. Veterans Millennium Brugge Grand Prix 10K & 25K, Brugge, Belgium. Jacques Serruys, Kammakersstraat 37, B-8000 Brugge, Belgium. 32.50.341781; fax: 32.50.3374325.

RACEWALKING

March 4. Lavonne Hottensmith 5K RW, John Prince Park, Lake Worth, Fla. Karen Coburn, 561-969-0607.

March 11. Florida State 1500 RW, Tampa. Susan Heft, 352-567-0855.

March 26. USATF National Masters Indoor 3000 RW Championships, Boston, Mass. See T&F schedule.

April 9. USATF Florida 8K RW Championships/South Regional RW Championships/Bill Mathews Memorial, Barnett Park, Orlando. Pam Betz, Central Fla. Striders, 104-11th Ave., Windermere, FL 34786. 407-876-4467.

April 16. USATF National Masters Men's 20K & Women's 10K RW Championships, Flushing, Mich. Mark O'Donnell, 5214 Olde Gaybrook, Grand Blanc, MI 48439. 810-238-3349.

April 22. USATF Northwest Regional Masters 10K RW Championships/West Regional Championships/Pacific Northwest Association Championships, West Seattle Stadium. 10 am. Bev LaVeck, 6633 N.E. Windemere, Seattle, WA 98115. 206-524-4721; Bevlaveck@aol.com.

May 21. USATF National Masters 15K RW Championships, Elk Grove, Ill. Diane Graham-Henry, 442 W. Belden, Chicago, IL 60614. 773-327-4493. areaswiss@aol.com

July 9. FAC-Walkers Mile Track RW, Tropical Park, Miami, Fla. Don Matuszak, 305-252-0276.

August 11. USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.

August 13. USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.

September 17. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 1. USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com.

October 14. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@preferred.com.

RECIPIENTS OF ALL-AMERICAN AWARDS

M40-44			
Lawrence Schrader	HT	40.89	7-17-99
Michael Straubel	3000 I	10:39.14	1-28-00
Daniel Trone	3000 I	10:22.0	1-22-00
Daniel Wojcik	3000 I	9:54.59	1-22-00
M45-49			
Charles Lutz	1500 I	4:33.33	12-30-99
Spider Rossita	3000	10:54.7	9-5-99
Richard Watson	JT	50.27	5-1-99
	WP	33.35	4-25-99
	WT	12.55	4-25-99
	JT	49.02	4-25-99
	WP	33.36	3-13-99
	WT	12.18	3-13-99
	WT	8.20	3-13-99
M50-54			
Carlton Mott	WT	20-2	6-19-99

Jack Romansic		WT	6.20	1-15-00
David Smith		WP	3072	12-11-99
M55-59				
Don Denson		100	11.97	9-25-99
		200	25.44	9-25-99
		LJ	5.13	10-19-99
Kenneth Gordon		3000	11:46.20	12-27-99
Dan Hansman		50m	7.66	1-8-00
M60-64				
Dwaine Horton		JT	129-0	10-9, 10-99
Vern Spencer		SW	5.93	3-26, 28-99
		WT	12.26	3-26, 28-99
		WP	35.00	9-4-99
M65-69				
James Duncan		D	6181	7-29, 30-99
Don Shields		100	13.20	6-19-99
		200	29.10	5-16-99

Loren Swanson		PV	8-6	7-00-99
Jerry Wojcik		WT	34-1	1-22-00
W35-39				
Nancy Flannery		LJ	4.51	6-19-99
Elaine Iba		100	13.44	8-28-99
		HJ	1.37	6-19-99
W40-44				
Martha Lutz		400	107.42	7-17-99
		200	30.0	1-23-99
Karen Vaughn		SP	9.12	10-17-99
		HJ	1.34	7-3, 4-99
W55-59				
Suzy Hess		SW	5.04	1-22-00
Dolores Hinds		LJ	10-10	5-21, 28-97
		HJ	3-10	5-17, 24-99

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	10:20	10:35	10:40	11:00	11:30	12:00	12:30	13:00	14:45	17:00	20:00	23:00	26:00
5000	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6- 1/2	5-9 1/2	5-6	5-3	4-11	4-9	4-6	4-1 1/2	3-9 1/2	3-3 1/2	2-7 1/2	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/2	13-5 1/2	12-11 1/2	12-1 1/2	11-7 1/2	10-0	8-10 1/2	8-4 1/2	7-8 1/2	6-6 1/2	5-10 1/2	4-3 1/2	
LJ	6.50	6.15	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 1/2	19-2 1/2	18-4 1/2	17-8 1/2	16-1	14-9 1/2	13-9 1/2	12-5 1/2	10-11 1/2	9-4 1/2	7-2 1/2	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/2	41-4 1/2	37-8 1/2	35-5 1/2	34-1 1/2	31-2	29-2 1/2	26-11	22-10	21-4	19-6	18-1	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/2	36-1 1/2	29-6	26-3	19-8 1/2	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	145-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/2	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/2	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/2	45-11 1/2	42-8	39-4 1/2	32-9 1/2	29-6 1/2			19-8 1/2	16-5	13-1 1/2	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-6 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9 1/2	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/2	27-10 1/2	26-5	19-8 1/2	16-5	14-9	13-1 1/2	11-5 1/2	9-10	8-2 1/2	6-6 1/2	
Pent.	2800	2600	2000	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

- Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
 2) Short hurdles: 30-49: 33"; 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

	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

	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

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 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

31st Dartmouth Relays Hanover, NH; Jan. 7-9

55m	
M30 Andrew Gamble	7.54
M35 Paul Charron*	7.93
M40 Alvin Millerbis	7.29
Pierre Coulombe*	7.84
Paul Yankowskas	8.89
M45 Neil Steinberg	7.11
Lennox Montrose	7.31
Mike Fortunato	7.52
Tim Beck	7.61
John Oleski	7.75
Richard Clark	7.76
Tony Newton	8.06
Joe Serdakowski	8.56
M50 Richard Sealey	7.44
Mike Steinmetz	7.61
Lee Hess	7.71
Bill Sikorski	7.96
M55 Roger Pierce	7.28
Jerry Belinson	7.53
Ed Taft	7.79
Mike Morris* tie	7.93
Doug Geertgens tie	7.93
Phil Byrne	8.28
M60 Dick Camp	7.85
Dave Hanlon	8.95
M65 Bill Wright	7.68
Dennis Melanson	8.03
Cass Curtis	8.44
M70 Ross Mitchell*	8.30
Bill Bergen	10.18
M75 Stephen Hull	12.80
Vern Mattson	13.09
M80 Robert Sorlien	11.99
W35 Anne Jennings	7.93
W50 Kathy Nary	10.11
W60 Mary Roman	9.98
Cora Parry	11.93
W65 Audrey Lary	8.79
Flo Meiler	9.89
Joan Burgess	10.33
200m	
M35 James Coster	24.92
Alan Bautista	25.28
M40 Alvin Millerbis	25.49
Pierre Coulombe*	27.84
Paul Yankowskas	32.20
M45 Neil Steinberg	24.44
Tom Cunningham	26.30
Robert Herrin	27.15
M50 Richard Sealey	26.51
Warren Graff	26.65
Mike Steinmetz	27.01
Lee Hess	27.63
M55 Roger Pierce	25.25
Mike Morris	29.39
Rich Caffrey	31.76
M60 Dick Camp	28.62
Richard Croak	30.41
Dave Hanlon	33.84
M65 Bill Wright	29.35
Dennis Melanson	29.13
Wm Hufnagel	31.26
M70 Wm Bergen	34.81
M80 Bob Matteson	40.75
W35 Anne Jennings	28.17
W50 Elizabeth Riordan	32.00
Kathy Nary	37.83
W55 Katja Rehm	40.87
W60 Carolyn Cappetta	32.67
Mary Roman	41.20
Cora Parry	50.52
W65 Audrey Lary	AR35.08
(Peterson/35.08/1993)	
Flo Meiler	39.53
Joan Burgess	39.80
400m	
M35 Roger Charlton BAH53.06	
James Coster	54.13
Alan Bautista	55.68
Paul Charron*	65.62
M40 Mike Puckerin	52.69
M45 Carroll Blake	56.59
Tom Cunningham	58.57
Martin Jackson*	61.49
M50 Ralph Souppa	58.22
Warren Graff	60.13
Fran Maineri	67.19
Dave Herrington	75.69

M55 Roger Pierce	58.23
Richard Caffrey	70.15
M60 Chris Rush	65.68
Richard Croak	69.71
M65 Phil Schaffer	77.18
M70 Wm Bergen	82.99
M75 Archie Messenger	78.66
M80 Bob Matteson	98.08
W35 Anne Jennings	63.50
W50 Eliz Riordan	73.21
Kathy Nary	85.66
W55 Sheila McKenna	92.44
W60 Carolyn Cappetta	74.43
Cora Parry	1:58.74
W65 Joan Burgess	1:40.33
800m	
M30 Norm Bouthillier	2:07.90
M35 Marco Tremblay*	2:09.18
Bruce Davie	2:10.94
Tom Nugent	2:17.06
M40 Peter Schmidt	2:16.53
M45 Carroll Blake	2:15.37
Martin Jackson*	2:17.46
M50 Stephen Viegas	2:27.74
Jeff Parkman	2:28.77
Ralph Souppa	2:29.00
M55 Fred Bertelsen	3:01.23
M60 Chris Rush	2:32.98
Paul Rehm	2:41.99
M65 Phil Schaffer	2:58.42
M75 Archie Messenger	3:04.39
1500m	
M30 Peter Gallimore	4:14.91
Norm Bouthillier	4:33.30
M35 Harris Hardy	4:15.25
Bruce Davie	4:23.47
Chip Langmaid	4:28.59
M40 Craig Fram	4:10.82
Barry Harwick	4:10.84
John Mercer	4:46.65
M45 Brad Hurst	4:39.54
Richard Clark	4:43.89
M50 Jeff Parkman	5:02.33
M55 Tim Simpson	4:47.08
Joe Sinicropo	5:28.39
Eric White	5:46.59
Larry Smith	5:31.97
M60 Paul Rehm	5:24.57
M70 Ken Folsom	7:18.55
3000m	
M30 Mike McManus	8:57.19
Rich Smith	9:14.56
Norm Bouthillier	10:04.06
M40 Thomas Dalton	8:59.31
Greg Allan*	10:48.86
M45 Roly McSorley*	9:55.50
Bob Rosen	10:28.81
Jacque Laliberte*	10:46.03
M50 Raymond Dion*	10:34.63
Gaetan Breton*	11:27.01
M55 Colin McArdle	10:04.65
Dennis Rydjeski	12:02.08
Eric White	12:30.79
Jack Vaughn	13:04.18
M60 Dillon Maier	13:27.28
M65 John Harwick	13:56.44
Wayne Nicoll	14:53.10
M70 Ken Folsom	15:11.60
M80 Dan Greer	18:19.18
W40 Barbara Gubbins	10:57.46
Cathy Utzschneider	11:05.93
5000m	
M35 Chip Langmaid	17:43.84
M40 Craig Fram	15:38.62
Bob Hodge	17:16.88
55mH	
M45 Lennox Montrose	9.33
Joe Serdakowski	10.05
M50 William DeHorn	9.28
Mike Milove	9.29
William Sikorski	10.07
M55 Doug Geertgens	10.63
Phil Byrne	10.65
M65 James Duncan	10.92
Cass Curtis	10.95
W50 Phil Raschker	11.21
W65 Flo Meiler	13.28
4x200m Relay	
50+ Unattached	1:42.63
BAA	1:50.20
Unattached *B*	1:50.99
Dollard	1:57.70

High Jump

M40 Jim Henderson	1.57
M50 Wm DeHorn	1.62
M55 Paul Gansle	1.42
Carl Wallin t	1.37
Phil Byrne t	1.37
Doug Geertgens t	1.37
M60 John Hurlley	1.10
M65 Cass Curtis	1.22
W50 Phil Raschker	1.30
W65 Flo Meiler	1.10
Joan Burgess	1.05
Pole Vault	
M30 Corbin Lang	3.20
M40 Courteau Ambroise*	3.81
Jim Henderson	3.20
Curtis Nenonski t	2.90
Mark Fields t	2.90
M50 Wm DeHorn	3.05
Peter Fichter	2.90
Michael Zahner	2.75
M55 Jeff Tindall	3.20
James Duncan	2.14
M75 Boo Morcom	2.34
W50 Phil Raschker	2.90
W65 Flo Meiler	1.57
Long Jump	
M30 Corbin Lang	4.54
M45 John Oleski	5.10
Jim Sciuto	5.05
M50 Mike Milove	4.88
M55 Jerry Belinson	5.55
Doug Geertgens	5.00
Phil Byrne	4.50
Edwin Taft	3.85
M60 Dillon Maier	4.18
M65 Cass Curtis	4.19
James Duncan	4.17
M75 Vern Mattson	1.86
M80 Robert Sorlien	2.33
W65 Flo Meiler	WR3.72
(McDaniels/3.71/1993)	
Audrey Lary	3.55
Triple Jump	
M45 George Frost	10.58
John Oleski	9.42
M50 Mike Milove	10.05
M55 Doug Geertgens	10.10
M60 Dillon Maier	8.54
John Hurlley	5.28
M80 Robert Sorlien	5.40
W65 Audrey Lary	WR8.28
(Enarsson/7.71/1999)	
Flo Meiler	6.47
Shot Put	
M40 Bob Otrando	15.49
M45 Don Filkins	12.20
Carl Reichard	11.39
M50 Luke Hotte	15.00
Mike Grisko	10.66
Dave Tousignant	10.44
Bill Sikorski	10.36
M55 Carl Wallin	13.95
Gary Crawford	11.13
M60 Stan Chatis	9.70
John Hurlley	6.22
M65 Len Rosen	11.93
James Duncan	10.60
Andy Larabee	9.42
Don Levesque	8.16
M70 Wm Bergen	9.55
Norman Wakely	9.52
M75 Vern Mattson	4.04
M85 Ken Withee 87	7.44
(U.S. single-age record)	
W35 Denise Houseman	10.92
W50 Patricia Fogg	8.22
W60 Mary Roman	8.79
W65 Marcia Crooks	7.21
Flo Meiler	6.95
Weight Throw	
M40 Keith Johnston	11.12
M45 Carl Reichard	13.44
Bob Cedrone	13.07
Bill Johnston	12.80
M50 Mike Grisko	12.42
Dewitt Davies	12.31
Dave Tousignant	8.94
M55 Gary Crawford	8.95
M60 Donald Trimble	9.96
M65 Don Levesque	9.53
W35 Denise Houseman AR13.46	
(Boslaugh/12.51/1995)	
W50 Patricia Fogg	7.24
W60 Mary Roman	8.55
W65 Marcia Crooks	6.85
1500m Racewalk	
W40 Debbie Germaine	13:51.62
W50 Margaret DeCotis	10:01.66
3000m Racewalk	
M65 Wayne Nicoll	19:06.52
M75 Stuart Corning	23:05.89
*Canada	

Philadelphia Masters Indoor Meet

Swarthmore College; Jan. 9	
55m	
M35 Kevin Turne	7.3
Terry Williams	7.5
Howard Bolton	7.7
M40 Steve Galetta	7.1
M45 Dave Nicastro	7.6
M55 Ron Shamwell	7.9
M60 W Bittner	7.8
Dave Rosenthal	9.9
M65 Jim Stookey	7.9
M70 Tom Rice	9.9
W40 Renee DiGiacomo	8.7
W65 Audrey Lary	8.7
300m	
M30 Rohan Elleston	37.7
M40 Steve Galetta	39.6
M45 Tony Natale	40.2
M55 Ron Shamwell	48.7
M65 Jim Stookey	46.7
W40 Renee DiGiacomo	53.9
W45 Diane McManus	71.7
W65 Audrey Lary	54.2
500m	
M30 Rohan Elleston	70.0
M40 Bob Hill	82.9
M45 Tony Natale	77.4
800m	
M35 Craig Lowthert	2:13.1
Frank Rowe	2:15.2
M40 Allen Peffer	2:11.0
Chuck Shields	2:13.6
Keith Davies	2:16.5
M45 Clude Lowthert	2:27.9
Don Casey	2:29.7
M50 Dick Green	2:14.0
Steve Rook	2:23.1
Fred Dedrick	2:25.9
M80 George Blyn	4:12.2
1 Mile	
M30 Eric Holte	5:20.4
M35 Frank Rowe	4:49.9
Craig Lowthert	4:58.3
M40 Keith Davies	4:52.2
Tom Yunker	5:35.7
M45 Tony Plaster	5:11.3
Clyde Lowthert	5:24.0
Tom Inzana	5:22.4
M50 Dick Green	5:03.5
Rich Myers	5:05.3
Steve Rook	5:15.3
3000m	
M35 Craig Lowthert	11:24.6
M40 Pete Heesen	10:19.6
M50 Roger Price	9:41.1
Rich Myers	9:55.6
Carl Grossman	12:23.3
M55 Art Brown	11:44.8
M60 Carl Kane	13:52.3
M80 George Blyn	17:42.3
W45 Diane McManus	15:47.0
W60 Madeline Bost	14:20.4
55mH	
M45 Ken Kring	9.4
M60 Nate Byrd	9.4
M65 Jim Stookey	9.1
High Jump	
M35 Jim Sharp	5-8
M40 Dan Goia	5-2
M65 Jim Stookey	4-2
M85 Claude Hills	2-10
W60 Evelyn Wright	4-0
Long Jump	
M35 Jim Sharp	5.70
Terry Williams	5.61
M40 Dan Goia	5.57
M45 Dave Nicastro	5.36
M60 Dave Rosenthal	3.47
M85 Claude Hills	1.94
Triple Jump	
M35 Terry Williams	11.15
M60 Dave Rosenthal	7.23
M65 Jim Stookey	9.29
W60 Evelyn Wright	7.89
Shot Put	
M35 Jim Sharp	11.18
M45 Ken Kring	9.44
M50 Walt Roucken	10.04
M70 Tom Rice	8.89
M85 Claude Hills	4.87
W60 Evelyn Wright	8.19
Mile Racewalk	
M70 Ed Gawinski	10:02.5
W60 Lana Kane	11:24.7
W65 Mary Stookey	12:09.0
Metropolitan Athletics Congress (MAC) Meet	
Fordham U; Bronx, NY; Jan 9	
55m	
M45 Hugh Kelsey	7.5
Michael Garrity	8.1
M65 Tom Talbott	10.9

400M	
M35 Grover Prince	1:00.2
M40 David Cherry	56.6
M45 Hugh Kelsey	57.7
Anthony Baker	1:04.8
M65 Tom Talbott	1:33.4
1 Mile	
M45 Anthony Baker	6:51.6
M50 Michael Wilson	5:41.6
Long Jump	
M45 Michael Garrity	3.89
M50 Joe McMahon	3.98
Shot Put	
M35 Brian Donahue	15.92
Coema Sangeap	4.97
M45 Dennis Hansen	11.46
Michael Garrityh	8.72
M50 Rich Dunphy	10.47
Joe McMahon	9.44
M55 Jerry Sullivan	8.92
Carl Levine	8.58
M65 Pete Barker	9.73
W55 Roslyn Katz	7.94
W65 Ann Cirulnick	7.66
1 Mile Race Walk	
M65 Bob Barrett	8:44.7
Frank Sullivan	10:38.6
M75 John Nervatti	10:27.6
Potomac Valley TC Indoor Meet	
Arlington, VA; Jan. 9	
Masters Mile	
M40 James Clelland	4:45
Marty Horan	5:05
Gordon Smith	5:14
Robert Garza	5:41
M45 Chuck Moeser	4:43
Paul Ryan	4:55
Tom Weber	5:13
David Webster	5:13
M50 Jay Garrick	5:44
Joe Quinta	5:50
Steve Schaeffer	5:51
M60 E R Premo	8:39
M65 Larry Dickerson	6:25
M75 Ray Blue	7:21
Bill Osburn	7:49
W40 Beth McCann	5:55
3000m	
1 Terry McLaughlin39	9:46
3 Ted Poulos 38	9:52
7 David Breg 36	10:51
8 J J Wind 49	11:02
9 David Webster 46	11:05
11 James Moreland 47	11:30
12 Susan Rizzieri w33	11:31
13 Steve Schaeffer 50	11:51
15 Jenniffer Lazio w31	12:21
20 Larry Dickerson 68	13:06
21 Tami Graf w63	15:50
22 Bill Osburn 76	17:41
3000m Racewalk	
1 Kora Bouffert w33	15:39
2 Tim Good 40	16:06
4 Vic Litwinski 56	18:07
5 Janet Adams w47	18:28
6 John Gersh 52	18:47
7 Mike Schwed 58	18:48
8 Lois Dicker w60	18:53
9 Bob Ryan 52	19:58
10 Linda Rodbell w50	19:59
11 Ginny Inglese w40	21:24
12 Nancy Aravanis w47	22:21
13 Terry Hamilton w71	22:22
14 Houra Rais w36	22:23
15 Peter Blank 45	22:48
16 E R Premo 64	22:48
18 Chris Caravoulis w4423:17	
1 DQ	
DCRRC Winter Track Festival	
Georgetown U; Jan. 12	
Elite Mile	
Wayne Cottrell 38	4:56
Paul Ryan 49	4:58
Ted Poulos 38	5:10
Paul Miller 30	5:12
Naoko Ishibe w30	5:15
Jay Wind 50	5:17
3000m	
M30 Paul Miller	9:42
Alden Hall	10:30
Dan Quinn	11:26
M35 Ted Poulos 1stov	9:39
Tom Nowicki	10:25
Ian Clements	11:20
M40 James Scarborough	12:20
Dave Viertels	13:00
M45 Yvon le Dain	11:15
Lennie Carter	11:18
Charlie Divan	

Continued from previous page

Leatha Damron	5:29.78
Gillian Sharp	5:31.48
Sandy Gregorich	5:46.26
Lorrie Marnell	5:58.71
W40 Patti Ford	5:24.82
Suzanne Myette	5:30.75
Ruth Yanai	5:47.54
Shirley Woodford	5:56.10
Diane Sherman	7:37.16
W45 Kathy Martin	5:28.17
Coreen Steinbach	5:52.01
Diane Sardes	6:27.30
Geri Tansey	6:39.94
Diane McGuire	6:52.77
Diane Sherrer	6:53.41
Kathleed Wiltrout	7:20.86
W50 Sandra Ludwa	7:05.00
W60 Lennie Tucker	7:28.69
W65 Edna Hyer	8:38.61

**Adidas D.C. Invitational
Fairfax, VA; Jan. 29**

Masters Mile	
1 Chuck Moeser 48	4:35.39
2 James Cieland 41	4:36.41
3 Ken Umberger 49	4:40.02
4 Mack Allen 42	4:41.32
5 Tony Basile 41	4:42.52
6 Paul Ryan 49	4:45.79
7 Dennis Coleman 42	4:49.37
8 Marty Horan 40	4:53.42
9 Tom Weber 46	4:55.81
10 Jason Sparkowski 40	5:02.40
11 Spider Rossiter 48	5:02.92
12 Bob Costanza 40	5:09.73

Age (M50+) Vs. Beauty Mile	
1 Jay Wind 50	5:20.43
2 Chas Desenberg 52	5:22.91
3 Gretchen Triantos 42	5:23.91
4 Pat Sullivan 50	5:26.83
5 Bob Trost 53	5:30.88
6 Bob Weiner 52	5:35.36
7 Eleanor Simonsick 41	5:38.69
8 Beth McCann 40	5:39.55
9 Steve Schaeffer 50	5:40.35
10 Bob Thurston 55	5:41.30
11 Joe Giunta 51	5:42.99
12 Betty Blank 46	5:47.99
13 Jim Verdier 57	5:48.34

Masters (M&W) 1500m Sprint Relay (200/200/400/800)	
1 Sprint Force America A3	52.91
(Bowen/Colbert/Gonera/Blackwell)	
2 Maryland Masters B	3:55.65
3 Sprint Force America B3	57.27
4 Maryland Masters A	4:15.64

Philadelphia Masters Indoor Meet Haverford College; Jan. 30	
55m	
M35 Howard Bolton	7.2
M40 Tom Yunker	7.9
M45 Karl Castor	7.4
Mark Lacy	7.7
M55 Jay Lutz	8.3
Bob Furhman	8.4
M60 Wm Bittner	7.9
M70 Tom Rice	8.4
W35 Rosalyn Rahman	8.4
200m	
M45 Tony Natale	26.3
Karl Castor	27.1
M50 Phil Felton	27.0
M55 Jay Lutz	30.9
M60 George Blyn	52.3
W35 Octavia Thomas	31.0
Rosalyn Rahman	32.8
400m	
M40 Tim McMahon	58.8
Bob Hill	62.1
M45 Tony Natale	58.3
Karl Castor	59.4
M50 Steve Rook	62.7
Fred Dedrick	65.8
Abe Munabi	69.5
M55 Bob Furhman	69.1
M80 George Blyn	1:59.3
800m	
M30 Dave Brown	2:09.8
Bryant Nix	2:15.3
M35 Greg Green	2:10.1
M40 Chuck Shields	2:14.3
Keith Davies	2:15.0
Bob Hill	2:22.2
M45 Tom Inzana	2:23.7
Kirk Pierret	2:31.2
M50 Dick Green	2:16.4
Rich Meyers	2:20.6
Steve Rook	2:22.8
M80 George Blyn	4:15.9

Mile	
M30 Eric Holte	5:11.4
Dave Brown	5:17.9
M35 Greg Green	4:36.8
M40 Sidney Holzer	5:17.5
Tom Yunker	5:39.4
M Sellers	5:41.9
M45 Bob Crossin	5:31.6
Kirk Pierret	5:43.1
M50 Dick Green	4:58.3
George Sanders	6:07.9
M55 Joel Dubow	5:47.8
M80 George Blyn	9:00.0
3000m	
M35 Andrew Sherer	10:01.8
M40 Keith Davies	9:56.1
Sidney Holzer	10:21.7
Tom Yunker	11:50.6
M45 Kyle Mecklenborg	15:24.6
M50 Carl Grossman	11:55.7
M60 Carl Kane	12:49.3
Don Laackman	13:48.3
M80 George Blyn	18:33.3
55mH	
M40 ----	7.6
Tim McMahon	8.7
M60 Nate Byrd	10.2
High Jump	
M85 George Braceland	3-7
Long Jump	
M40 M Sellers	5.15
Dan Goia	4.89
M65 Jack Lance	3.30
M70 Tom Rice	3.67
M85 George Braceland	2.48
Triple Jump	
M40 M Sellers	10.99
M65 Jack Lance	7.30
M85 George Braceland	4.80
Shot Put	
M35 Brian Donahue	15.51
M40 Goran Milonovic	12.21
M60 Bill Bittner	9.95
M70 Tom Rice	8.93
M85 George Braceland	6.27
W55 Roslyn Katz	7.78

Mile Racewalk	
M30 Eric Litt	8:33.9
M50 John Albert	8:41.1
M65 Frank Sullivan	10:43.1
M85 George Braceland	13:16.4
W35 Eileen Druckenmiller	9:42.2
W60 Lana Kane	11:09.2
Millrose Games Madison Square Garden NYC; Feb. 4	
M40+ 4x400	
1 Sprint Force America 3	38.72
(Allah Jones/Schiro/Blackwell)	
2 Shore AC	3:43.79
(Harkins/Lapp/Alexander/Andrews)	
3 Boston FC	3:44.65
(Puckenn/Blake/Pierce/Steinberg)	
4 AURA	3:46.14
5 Central Park TC	3:48.75
6 Phila Masters	3:49.56

Lincoln-Way Masters Indoor Meet New Lenox, IL; Feb. 5	
60m	
M35 Tim Scanlan	7.4
M40 Joe Schwieterman	8.0
M45 Mike Skoflanc	7.6
Phil Campbell	8.0
Robert Zahn	8.1
M50 Mike Oliver	8.3
Mike Davis	9.6
M60 Don Amery	9.1
Mike Murphy	8.8
M65 Bill Park	9.5
Lou Edelman	10.1
M70 Ken Yahiro	10.5
M75 Mel Buschman	12.3
W30 Kisha Carman	7.1
W75 Lorma Bauer	13.3
200m	
M35 Tim Scanlan	26.2
M40 Joe Schwieterman	27.3
M45 Phil Campbell	28.8
M50 Gordon Reiter	28.2
Mike Oliver	30.5
M60 Mike Murphy	31.2
Don Amery	31.8
M65 Bill Park	36.2
Lou Edelman	37.5
M70 Richard Rucoba	36.2
W30 Kisha Carman	31.2
400m	
M35 Tim Scanlan	60.3
M50 Gordon Reiter	67.3
M65 Alex White	87.1
M70 Richard Rucoba	79.0
800m	
M30 John Becker	2:14.4
M35 John Duffy	2:21.8
Rich Matula	2:28.4
Chris Stockman	2:31.3
M45 Ron Winkler	3:13.2
M50 Gordon Reiter	2:26.0
1500m	
M35 Chris Stockman	5:03.5
Rich Matula	5:12.1
M40 Ron Leonhardt	4:53.4
Karl Clauson	5:24.8
3000m	
M35 David Brehmer	9:43.6
Chris Stockman	10:22.9
M40 Ron Leonhardt	9:57.0
Karl Clauson	11:29.9
M45 Leo Vandervlugt	9:52.6
M55 Paul Perry	10:55.9
M65 Alex White	16:47.8
W40 Mary Knisely	9:55.8
60mH	
M45 Robert Zahn	9.7

MIDWEST	
Maine East Indoor Meet Park Ridge, IL; Jan. 15	
50m	
M30 Andrew Boyce	5.6
M35 Greg Grey	6.1
M40 Gary Lacy	5.7
M45 Robert Zahn	6.2
M55 Chet Dow	7.1
M60 Emil Pawlik	6.4
M65 Harry Brown	6.4
M70 Ken Yahiro	8.2
W30 Emmanuel McGowen	6.1
200m	
M35 Greg Grey	26.5
M40 Gary Lacy	24.8
M60 Don Amery	32.1
M65 Clarence Trinkner	33.2
M70 Richard Rucoba	34.8
W30 Emmanuel McGowen	26.7
W55 Lynne Ingalls	34.1
400m	
M35 Greg Grey	61.7
M40 David Bradley	63.2
M60 John Ratkovich	76.7
M65 Harry Brown	67.9
M70 Richard Rucoba	77.4
W55 Lynne Ingalls	76.8
800m	
M35 Steve Smith	2:44.9
M40 David Bradley	2:09.7
M60 Rodger Goodwin	2:56.9
M65 Alex White	3:27
1600m	
M35 Steve Smith	5:46.4
M40 Mark Boozell	5:36.2

M50 Craig Dean	5:24.3
M60 Rodger Goodwin	6:20
M65 Alex White	7:35
50mH	
M30 Andrew Boyce	6.8
M40 Jeff Watry	7.6
M45 Robert Zahn	7.3
M50 Stan Druckrey	6.6
M55 Chet Dow	8.5
M60 Emil Pawlik	7.2
High Jump	
M30 Andrew Boyce	6-11
M40 Jeff Watry	5-8
M55 Chet Dow	4-2
M60 Emil Pawlik	5-2
M65 Ken Yahiro	4-6
Pole Vault	
M30 Andrew Boyce	12-0
M35 Dave Gilbert	13-6
M50 Carl Grossman	11-5-7
M40 Peter Herd	11-6
Long Jump	
M30 Andrew Boyce	21-4.5
M35 Greg Grey	14-5
M40 Peter Watson	15-9
M45 Jon Cobb	14-2.5
M50 Dennis Kellogg	12-7
M55 Chet Dow	13-7
M60 Emil Pawlik	15-7
M65 Paul Lehmkuhl	14-3
M70 Ken Yahiro	10-5
W40 Margaret Holahan	10-8
Triple Jump	
M35 Greg Grey	29-3.5
M40 Peter Watson	32-7.5
M65 Paul Lehmkuhl	30-1
Shot Put	
M30 Andrew Boyce	38-6.5
M35 Greg Grey	26-2
M40 Grahame Lewis	28-0
M45 John Cobb	24-7.5
M50 Steve Sanner	41-9
M55 Doug Scheffen	32-0
M60 Stephen Cohen	42-9.5
M70 Ken Yahiro	28-9

West	
Citrus Weight Pentathlon Glendora, CA; Jan. 15	
(HT/SPDT/JTWT)	
Kyon Song 37	731
(53.30/-/-/-/-)	
Richard Watson 47	3192
(31.92/10.07/32.40/50.23/11.87)	
James Kerman 42	753
(-/-/13.60/-/-/-)	
Tom Meyer 48	702
(41.88/-/-/-/-)	
Mike Deller 51	4186
(51.48/12.88/43.04/39.74/17.35)	
Larry Lloyd 52	2279
(23.12/8.35/26.40/32.02/9.88)	
Dan Bryant 50	1425
(41.96/-/39.36/-/-)	
Dave Nuttall 58	3231
(31.76/10.06/34.88/33.61/11.00)	
Hal Smith 64	3578
(33.36/13.81/38.56/28.36/12.36)	
Frank Karl 62	2795
(33.88/10.33/40.40/-/11.91)	
Bob Humphreys 63	2330
(44.54/10.54/37.58/-/-)	
Bob Ward 66	AR4865
(42.38/12.92/44.10/35.11/17.43)	
Stew Thomson 66	4534
(44.16/11.67/45.82/23.96/17.21)	
Mike Devlin 67	3318
(28.44/10.47/31.30/29.47/10.74)	
Orlyn North 67	1464
(-/9.85/32.82/-/-)	
Don Hegberg 71	3674
(29.84/10.98/34.54/26.82/12.54)	
Arnie Gaynor 71	3573
(34.30/12.53/37.18/22.98/7.74)	
Kio Song 73	-----
(38.38/-/-/-/-)	
Latonya Glass 52	2216
(19.01/9.64/16.28/16.20/8.72)	
Johnny Valien 74	2721
(14.61/6.82/13.85/15.12/6.33)	

WEST	
Citrus Weight Pentathlon Glendora, CA; Jan. 15	
(HT/SPDT/JTWT)	
Kyon Song 37	731
(53.30/-/-/-/-)	
Richard Watson 47	3192
(31.92/10.07/32.40/50.23/11.87)	
James Kerman 42	753
(-/-/13.60/-/-/-)	
Tom Meyer 48	702
(41.88/-/-/-/-)	
Mike Deller 51	4186
(51.48/12.88/43.04/39.74/17.35)	
Larry Lloyd 52	2279
(23.12/8.35/26.40/32.02/9.88)	
Dan Bryant 50	1425
(41.96/-/39.36/-/-)	
Dave Nuttall 58	3231
(31.76/10.06/34.88/33.61/11.00)	
Hal Smith 64	3578
(33.36/13.81/38.56/28.36/12.36)	
Frank Karl 62	2795
(33.88/10.33/40.40/-/11.91)	
Bob Humphreys 63	2330
(44.54/10.54/37.58/-/-)	
Bob Ward 66	AR4865
(42.38/12.92/44.10/35.11/17.43)	
Stew Thomson 66	4534
(44.16/11.67/45.82/23.96/17.21)	
Mike Devlin 67	3318
(28.44/10.47/31.30/29.47/10.74)	
Orlyn North 67	1464
(-/9.85/32.82/-/-)	
Don Hegberg 71	3674
(29.84/10.98/34.54/26.82/12.54)	
Arnie Gaynor 71	3573
(34.30/12.53/37.18/22.98/7.74)	
Kio Song 73	-----
(38.38/-/-/-/-)	
Latonya Glass 52	2216
(19.01/9.64/16.28/16.20/8.72)	
Johnny Valien 74	2721
(14.61/6.82/13.85/15.12/6.33)	

NORTHWEST	
Eugene Indoor Meet Eugene, OR; Jan. 22	
50m	
M30 Tobey Hay	6.69
M35 Lyle Dudley	7.85
M40 Bob Blackburn	6.88
M45 Russ JacquetAcea	6.88
John Setser	7.79
M50 Geoff Hughes	7.56
M55 Dennis Duffy	7.26
Don Dvorak	7.41
Eldon Garner	7.86
M60 Bumper Emerson	7.35
W60 Becky Sisley	9.34

M50 Mike Davis	12.3
M60 Bruce Mills	10.5
High Jump	
M35 Chris Stockman	3-6
M40 John Valiska	5-5
M50 Gordon Reiter	4-4
Mike Davis	4-0
M60 Bruce Mills	4-2
Mike Murphy	3-10
M65 Bill Park	3-10
Lou Edelman	3-6
M75 Mel Buschman	3-4
Pole Vault	
M45 Terry Christopher	12-0
Mark Criscione	10-0
M45 Keith Petranek	11-1
M65 Jerry Weibourn	7-6
Long Jump	
M35 Chris Stockman	14-5.5
M45 Mike Skoflanc	18-3
M50 Mike Oliver	14-0.25
M55 Doug Scheffen	13-3.5
M65 Bill Park	12-1
Lou Edelman	11-0.5
M70 Ken Yahiro	10-8.75
M75 Mel Buschman	8-10.75
Triple Jump	
M45 Mike Skoflanc	35-7
M65 Lou Edelman	20-11
Shot Put	
M45 Ron Summers	50-0.5
Phil Campbell	30-7.75
M50 Steven Saner	43-4.5
Rich Woosencraft	40-6.5
Jack Romansic	34-0
M55 Doug Scheffen	31-1
M60 Stephen Cohen	40-8.25
Don Amery	32-7.5
M65 Bill Park	27-9.75
M70 Ken Yahiro	27-11.25
M75 Ernest Bauer	29-5.75
Mel Buschman	26-3.5
W50 Linda Romansic	20-11.75
W75 Lorma Bauer	18-8

WEST	
Citrus Weight Pentathlon Glendora, CA; Jan. 15	
(HT/SPDT/JTWT)	
Kyon Song 37	731
(53.30/-/-/-/-)	
Richard Watson 47	3192
(31.92/10.07/32.40/50.23/11.87)	
James Kerman 42	753
(-/-/13.60/-/-/-)	
Tom Meyer 48	702
(41.88/-/-/-/-)	
Mike Deller 51	4186
(51.48/	

Continued from previous page

M65 Peter Gatti NSW	1:06.17
M70 Norm Windred NSW	1:11.64
M75 Max McKay NSW	1:29.86
M80 Andy Smith Vic	2:27.99
W30 Anita Rank Vic	1:03.26
W35 Pam Roach SA	1:02.34
W40 Debbie Allen SA	1:05.64
W45 Elisabeth Posavec WA	1:11.58
W50 Judy Casey NSW	1:10.10
W55 Noreen Parrish NSW	1:12.69
W60 Miriam Cudmore SA	1:18.73
W65 Jean Sinkinson SA	1:44.80
W70 Helen Agostini SA	1:41.90
W75 Monica Osborne SA	2:22.15
W85 Margaret Russell Qld	2:54.15
800m	
M30 Tony Symons SA	2:01.44
M35 John Selga SA	2:04.60
M40 John Wilson Vic	2:12.83
M45 Peter Tippett SA	2:13.12
M50 Paul Critchley NSW	2:18.79
M55 Terry Burgess Vic	2:42.92
M60 Brian Morling Qld	2:26.43
M70 Norm Windred NSW	3:03.39
M75 Charlie Doyle Qld	3:37.22
M80 Andy Smith Vic	5:59.98
M85 Allan Sherriff NSW	4:24.84
W30 Jackie Lewis SA	2:27.53
W35 Sally Taylor NSW	3:06.49
W40 Cris Penn NSW	2:25.52
W45 E Posavec WA	2:57.72
W50 Sue Tyson SA	3:04.09
W55 Anne Lang SA	2:50.11
W60 Barbara Dalglish Vic	3:08.57
W65 Jean Sinkinson SA	3:51.36
W70 Helen Agostini SA	4:19.03
W75 Joyce Greaves SA	5:59.75
W85 Margaret Russell	6:24.73
1500m	
M30 Dylan Forbes NSW	4:11.99
M35 M Bertelsmeier SA	4:15.09
M40 David Barber SA	4:18.76
M45 Trevor Jacobs ACT	4:29.10
M50 Jim Box NSW	4:36.15
M55 Peter Sandery SA	4:41.94
M60 Brian Morling Qld	5:20.12
M65 David Trembath SA	5:30.32
M70 Norm Windred NSW	6:10.84
M75 Charlie Doyle Qld	7:11.82
M85 Allan Sherriff NSW	8:45.67
W30 Amanda Coombe Tas	5:06.96
W35 E Slattery SA	5:16.99
W40 Cris Penn NSW	5:05.76
W45 Bev Lucas SA	5:08.24
W50 Robyn Brown SA	5:48.34
W55 Anne Lang SA	5:50.36
W60 B Dalglish Vic	6:12.68
W65 Jean Sinkinson SA	7:41.22
W70 Helen Agostini SA	8:56.04
W75 Joyce Greaves SA	11:22.36
Masters Mile	
M30 Tony Symons SA	4:31
M35 Mike Bertlesmeier SA	4:34
M40 David Barber SA	4:47
M45 Russell Johnson Vic	4:42
M50 Peter Tippett SA	4:54
M55 Peter Sandery SA	5:05
M60 Brian Northey NSW	6:58
M65 David Trembath SA	6:00
M70 Roger Churchward Vic	7:38
M75 Charlie Doyle Qld	7:34
M80 Tom Barry SA	10:40
W30 Francine Stanley NSW	9:06
W35 Karen Blay NSW	5:23
W40 Cris Penn NSW	5:31
W45 Gail Mantel SA	6:11
W50 Bev Lucas SA	5:41
W55 Margaret L'Hullier Vic	6:42
W60 Ann Young ACT	7:07
W65 Anna Zeiten Tas	10:02
W75 Monica Osborne SA	11:34
W85 Margaret Russell Qld	13:08
W90 Katie DuPlessis SA	15:29
5000m	
M30 Paul Micale NSW	15:46.52
M35 M Bertelsmeier SA	15:44.66
M40 Kevin Fergusson SA	16:26.99
M45 Trevor Jacobs ACT	16:57.08
M50 Geoff Clark Vic	17:04.66
M55 Peter Sandery SA	17:37.03
M60 Frank Rogers SA	21:35.00
M65 David Trembath SA	21:26.18
M70 Bill Honeywell Qld	24:58.50

M75 Charlie Doyle Qld	27:18.68
M85 George Michell SA	36:28.10
W30 Robyn Lister SA	20:53.99
W45 Gail Mantel SA	20:56.79
W50 Bev Lucas SA	18:58.08
W55 S Counsen ACT	23:38.77
W60 B Dalglish Vic	22:30.33
W65 Jean Sinkinson SA	29:05.79
W70 Helen Agostini SA	30:53.16
W75 Joyce Greaves SA	43:48.32
W85 M Russell Qld	51:22.89
Short Hurdles	
M30 Terry Proctor SA	22.00
M35 Paul Courtney NSW	18.94
M40 Darryl Nettleton Vic	18.35
M45 G Weerasinghe SriLan	19.84
M55 Greg Mamalis NSW	20.90
M60 Roy Cunliffe Vic	20.38
M75 Stan Stanovic Vic	19.94
W30 Sue McRae SA	18.56
W40 Teresa Gurney SA	18.40
W45 E Posavec WA	16.52
W55 Beryl Titmuss NSW	27.56
W60 B Parkinson SA	17.34
W65 A VanDerZeiten Tas	25.56
Long Hurdles	
M30 Kris Wolszczak SA	1:01.74
M35 Glenn White Vic	1:05.96
M40 Geoff Capon NZ	1:13.88
M45 G Weerasinghe SriLan	1:04.53
M60 Roy Cunliffe Vic	55.56
M65 Tom Morgan SA	1:02.80
M70 Alex Harris Vic	1:08.39
M75 Stan Stankovic Vic	1:23.34
M35 Sue McRae SA	1:20.48
W40 Lyn Muller SA	1:27.10
W45 E Posavec WA	1:27.55
W60 Margaret Appleby SA	1:13.54
W65 A VanDerZeiten Tas	1:25.67
Steeplechase	
M30 Tony Symons SA	10:05.61
M35 M Bertelsmeier SA	10:29.62
M40 Victor Tags NSW	11:25.00
M45 Trevor Jacobs ACT	10:40.31
M50 Geoff Capon NZ	11:25.05
M55 Paul Hilbig SA	13:39.31
M70 Jan Brownie NZ	10:00.24
M75 Max McKay NSW	12:40.66
W35 Sally Taylor SA	9:52.95
W65 Pam Mews Vic	12:44.52
4x100m Relay	
M40 Australia	51.49
M50 Australia	46.76
M55 Australia	47.98
M60 Australia	51.56
M75 Australia	1:02.09
W35 Australia	51.59
W35 Australia	51.91
W50 Australia	56.03
W55 Australia	58.29
W60 Australia	1:03.68
4x400m Relay	
M40 Australia	3:57.76
M50 Australia	3:51.40
M55 Australia	3:57.46
M60 Australia	4:32.86
M75 Australia	5:16.77
W35 Australia	4:12.06
W45 Australia	4:19.68
W50 Australia	4:42.18
W55 Australia	4:41.43
High Jump	
M30 Kym Miller SA	1.65
M35 Wayne Edwards SA	1.55
M40 James Bruce SA	1.60
M45 G Weerasinghe SriLan	1.60
M50 Peter Young Vic	1.35
M55 Chris Watters SA	1.40
M60 Bryan Slattery NZ	1.21
M65 Dennis Peck SA	1.32
M70 Wesley Heywood Vic	1.16
M75 Stan Stankovic Vic	1.01
M85 Vic Younger Qld	1.10
W35 Helen Giersch SA	1.44
W40 Debbie Allen SA	1.39
W55 Val Chesterton ACT	1.09
W60 Brenda Parkinson SA	1.09
W65 A VanDerZeiten Tas	1.09
W75 Gwen Davidson Vic	1.12
Pole Vault	
W35 Susan Manuel SA	1.10
W55 Val Chesterton ACT	1.30
M60 Kevin Blewitt ACT	2.40
M70 Bill Honeywell Qld	1.50
M75 Max McKay NSW	1.00

M85 Vic Younger Qld	1.50
Long Jump	
M30 Matt Lovell SA	6.06
M35 Greg Ensor SA	5.35
M40 Noel Pearson SA	6.12
M45 Lalith Talagala SriLan	4.76
M50 Bob Banens ACT	4.87
M55 Mihaly Pasztor HUN	5.37
M60 Don Fraser ACT	5.35
M65 Jim O'Donnell Qld	3.92
M70 Peter Gatti NSW	4.25
M75 Stan Stankovic Vic	3.07
M85 Vic Younger Qld	2.70
W30 Anita Rank Vic	4.39
W35 Marie Kay NSW	5.20
W40 Debbie Allen SA	4.39
W45 Glenda Hollis SA	4.16
W50 Alice Scott ACT	3.48
W55 Nyala Millar Vic	3.76
W60 Joan Wilshire Qld	2.97
W65 Z VanDerZeiten Tas	2.67
W70 Gwen Davidson Vic	2.54
Triple Jump	
M35 Paul Vaughan Qld	11.32
M45 G Weerasinghe SriLan	11.61
M50 Mihaly Pasztor HUN	10.94
M55 John Hore SA	8.95
M60 Don Fraser ACT	10.51
M65 Fred Brooks Vic	6.89
M70 Jim O'Donnell Qld	8.22
M75 Stan Stankovic Vic	6.22
M80 Andy Smith Vic	3.56
M85 Nyala Millar Vic	9.13
W40 Debbie Allen SA	9.66
W45 Louise Schramer SA	9.26
W55 Nyala Millar Vic	7.76
W60 Joan Wilshire Qld	6.74
W65 Jean Sinkinson SA	5.71
W75 Gwen Davidson Vic	6.13
Shot Put	
M30 Matt Lovell SA	8.93
M35 Jeffrey Hailey NSW	14.28
M40 John Kay NSW	12.74
M45 Russ Haines Vic	10.64
M50 Robert Main NZ	13.58
M55 John Reynolds Vic	10.10
M60 Nick Birks SA	11.84
M65 James Davis NSW	10.32
M70 Ken Bock SA	8.86
M75 Ken Knox Vic	9.47
M85 Vic Younger Qld	6.20
W30 Kathie O'Brien ACT	6.42
W35 Jenny Ware Qld	10.26
W40 Beverley Virgin SA	8.95
W45 Christine Schultz Vic	11.83
W50 Sharon Reynolds Vic	7.36
W55 Mary Thomas NSW	11.62
W60 Valerie Worrell Vic	4.33
W65 Sister Val Green NSW	7.33
W75 Joyce Greaves SA	4.24
W60 Valerie Worrell Vic	7.33
W65 Sister Val Green NSW	4.89
W75 Joyce Greaves SA	4.24
Discus	
M30 Kym Miller SA	32.26
M35 Jeffrey Hailey NSW	38.98
M40 John Kay NSW	41.92
M45 Mark Johnston NSW	34.40
M50 Roger Main NZ	44.17
M55 Kevin Blewitt ACT	32.46
M60 John Reynolds Vic	34.39
M65 James Davis NSW	34.05
M70 John Lambert SA	24.67
M75 Ken Knox Vic	27.48
M85 Vic Younger Qld	18.40
W30 Kathie O'Brien ACT	21.62
W35 Jenny Ware Qld	36.30
W40 Jeny Tregoning SA	28.35
W45 Christine Schultz Vic	38.66
W50 Sharon Reynolds Vic	18.83
W55 Mary Thomas NSW	29.89
W60 Valerie Worrell Vic	22.95
W65 Sister Val Green NSW	11.21
W75 Gwen Davidson Vic	17.50
Hammer	
M30 Benjamin Hodgson SA	33.89
M35 Jeffrey Hailey NSW	34.74
M40 Rob Keynes SA	38.89
M45 Mark Johnston NSW	39.40
M50 Bob Banens ACT	39.88
M55 Ken Readwin Vic	40.49
M60 Kana Nathan SA	21.96
M65 James Davis NSW	37.75
M70 Ken Bock SA	20.30
M75 Stan Stankovic Vic	28.20

M85 Vic Younger Qld	14.75
W30 Kathie O'Brien ACT	17.47
W35 Sandra Howorth Vic	26.95
W40 Wendy Ryan Vic	17.32
W45 Christine Schultz Vic	32.38
W50 Sharon Reynolds Vic	26.36
W55 M-L Parviainen NSW	46.57
W60 Valerie Worrell Vic	27.06
W70 Gwen Davidson Vic	22.82
Javelin	
M30 Jeffrey Hailey NSW	52.76
M35 Kym Miller SA	43.49
M40 John Kay NSW	57.86
M45 Russ Haines Vic	40.01
M50 Bob Banens ACT	51.74
M55 Peter Crombie NSW	40.39
M60 Don Fraser ACT	44.12
M65 James Davis NSW	32.89
M70 John Higham SA	28.83
M75 Ken Knox Vic	21.09
M85 Vic Younger Qld	16.53
W30 Cathy Vaughan Qld	19.52
W35 Marie Kay NSW	31.50
W40 Wendy Ryan Vic	29.39
W45 Glenda Hollis SA	30.73
W50 Kath Crilly SA	25.28
W55 Mary Thomas NSW	37.20
W60 Joan Wilshire Qld	20.98
W65 Sister Val Green NSW	7.81
W75 Joyce Greaves SA	8.66
Heptathlon	
W35 Marie Kay	5134
W50 Kaye Smyth	5222
Decathlon	
M50 Robert Banens	2165
M60 Terence Dunn	4552
M75 Frederick O'Connor	7245
Weight Pentathlon	
M40 Barry Mullins	2287
M50 Ray Green	3551
M55 Graeme Rose	4553
M75 Kenneth Knox	3123
M80 Royce Foley	1981
W35 Jayne Hardy	3265
W45 Christine Schultz	4092
W50 Sharon Reynolds	1888
W55 Mary Thomas	4515
W60 Helen Searle	4752
W65 Lorna Lauchlan	2307
8K Cross-Country	
M30 Tony Symonds SA	27:19
M35 Mike Bertlesmeier SA	27:36
M40 Kevin Fergusson SA	29:03
M45 Trevor Jacobs ACT	28:31
M50 Geoff Clark Vic	29:46
M55 Peter Sandery SA	30:24
M60 Frank Rogers SA	37:56
M65 Dave Padgett SA	37:13
M70 Bill Honeywell Qld	45:39
M75 Eric Fazackerley SA	47:54
M85 Allan Sherriff ACT	1:03:34
W30 Francine Stanley NSW	57:56
W35 Helen Grimshaw SA	33:57
W40 C O'Halloran SA	34:58
W45 Robyn Brown SA	39:19
W50 Trish Wallace Vic	36:39
W55 Suzanne Counsel ACT	41:33
W60 Anne Young ACT	42:02
W65 Jean Sinkinson SA	48:54
W70 Brenda Every NSW	52:13
W75 Joyce Greaves SA	1:23:05
W85 Margaret Russell Qld	1:38:55
10K Cross-Country	
M40 Trevor Scott	31:37
M45 Robert Gunn	40:15
M50 Trevor Hawksworth	39:54
M55 Albert Carse	36:20
M60 Robert Hayes	44:23
M65 Michael McAvo	41:31
M70 Bruce Campbell	53:27
M75 Geraldo Riviello	1:33:51
W45 Susan Vetter	50:02
W50 Georgina Cullen	43:36
W55 Diana Southern	54:16
W60 Anne Callaghan	57:06
W65 Joan Stubbings	57:39
W70 Shirley Brasher	58:52
Half-Marathon	
M30 Tony Simons	1:13:09
M35 Mark Readett SA	1:20:30
M40 Holger Tandler SA	1:18:04
M45 Russell Johnson Vic	1:14:55
M50 Geoff Clark Vic	1:18:20
M55 Peter Nery SA	1:20:55

M60 Roger Barber SA	1:43.48
M65 David Padgett SA	1:35.49
M70 Roger Churchward Vic	2:12.07
M75 Eric Fazackerley SA	2:03.11
W30 Leanne Duffield SA	1:19.43
W35 Merran Finnis SA	1:30:10
W40 Nancy Cullen SA	1:37:53
W45 Gail Mantel SA	1:38:08
W50 Bev Lucas SA	1:24.46
W55 S Counsel ACT	1:54.54
W60 Anne Young ACT	1:50:51
W65 Jean Sinkinson SA	2:13:31
W70 Helen Agostini SA	2:16:55
W75 Monica Osborne SA	3:44:35
Marathon	
M45 John McPherson	4:49:00
M50 Robert Waters	3:27:38
M55 Stanley Belcher	3:27:27
M60 Kevin Browne	3:56:09
M65 Colin Silcock	4:29:14
M70 Bruce Campbell	4:43:21
W45 Susan Vetter	4:08:51
W50 Georgina Cullen	4:00:57
W55 Lavina Petrie	3:14:46
W60 Judy Wines	4:22:44
1500m RW	
M30 Cris McKinnon Vic	8:42.76
M35 Daniel McGurgan SA	11:56.83
M40 Stuart McPherson SA	7:38.55
M45 Phillip Gommers SA	8:50.15
M50 Noel Heinrich SA	8:49.95
M55 Peter Fullager SA	7:30.67
M60 Murray Marker SA	7:16.99
M65 Robert Chapman ACT	8:09.61
M70 Colin Hainsworth SA	8:48.07
M75 Dick Kearing NSW	9:45.69
M80 Tom Barry SA	10:27.13
M85 Alan Crilly SA	11:52.41
M90 John Alroy Qld	12:56.85
W30 Cathy Vaughan Qld	10:01.21

W35 Sandra Howorth Vic	8:35.42
W40 Joanne Bruhn SA	11:54.99
W45 Helen Surridge SA	8:51.27
W50 Sandra Kramer SA	7:14.74
W55 Bev Edmonds SA	8:58.65
W60 Christine Mahe NSW	10:14.49
W65 C Dauphinet Qld	10:11.84
W70 Jean Knox Vic	9:43.65
W75 Laures Warman NT	12:28.40
W85 Margaret Russell	13:21.18
W90 Katie DuPlessis SA	14:31.31
5000 RW	
M40 Mark Donahoo	21:56.45
M45 John Stenhouse	24:22.20
M50 Andrew Jamieson	22:52.20
M55 Anthony Johnson	25:24.07
M60 Terence Dunn	28:54.00
M65 Kenneth Walters	28:52.26
W40 Lynette Ventris	25:36.26
W45 Heather McDonald	27:27.46
W50 Celia Johnson	28:53.83
W55 Joan Purcell	33:11.14
W60 Dorothy Whittam	34:35.68
W65 Lorna Lauchlan	35:27.35
W70 Jean Knox	33:11.15
10K Road Walk	
W40 Lynette Ventris	54:50
W45 Heather McDonald	56:35
W50 Celia Johnson	1:00:47
W55 Gwen Steed	1:03:34
W60 Dorothy Whittam	1:12:41
W65 Lorna Lauchlan	1:13:43
W70 Jean Knox	

Continued from previous page
NYRRC Hot Chocolate 10-Mile
Central Park, NYC; Dec. 4

Overall
Tommy Nohilly 33 51:30
Kari Bertrand 29 58:04
M40 Jerry Macari 54:22
Alan Ruben 55:14
Jose Ramirez 56:03
M45 Steve Calidonna 56:30
Jack McShane 58:52
Brian Manghan 59:20
M50 Bob Moritz 59:55
Jack Porzio 1:01:03
Julio Aguirre 1:02:04
M55 Hugh Sweeny 1:01:58
Samuel Skinner 1:02:31
Arthur Weisberg 1:06:05
M60 Sidney Howard 1:07:01
Witold Bialokur 1:08:19
James Fillis 1:09:40
M65 Alfred Finger 1:11:10
Guenther Erich 1:16:15
Kenneth Jones 1:18:00
M70 Joseph Burns 1:15:30
William Fortune 1:18:58
Leo Schonhaut 1:27:02
M75 Sab Koide 1:35:33
Wallace Cutler 1:42:26
Wilfredo Rios 1:59:32
W40 Jean Chodnicki 1:04:51
Terri Sonenciar 1:10:54
Millie Vantuyll 1:11:27
W45 Sandra Powers 1:12:02
Chihiro Yamauchi 1:15:20
Reginna Birch Walzer 1:15:26
W50 Irene Jackson 1:15:58
Roslyn Schloss 1:16:33
Carol Hansen 1:20:01
W55 Ruth Fairbrother 1:22:07
Cynthia Portella 1:23:57
Janell Paganelli 1:26:10
W60 Helene Bedrock 1:17:04
Carol Tyler 1:22:16
Nike Mizelle 1:31:17
W65 Bertha Bellinghausen 1:25:16
Toshiko D'Elia 1:25:59
Lisa Praskins 1:27:05
W70 Bertha McGruder 2:00:07
W75 Edith Farias 1:44:28

NYRRC Joe Kleinerman 10K
Central Park, NYC; Dec. 12

Overall
Elijah Kitar 27 30:38
Jennifer Latham 31 35:24
M40 Jerry Macari 32:44
Alan Ruben 33:24
Jose Ramirez 33:29
M45 Steve Calidonna 34:14
James Davis 36:23
Luis Chalco Fernandez 36:45
M50 Jim Struve 37:37
Julio Aguirre 37:38
Robert Francis 37:56
M55 Hugh Sweeny 37:25
Jack Brennan 40:07
Arthur Weisberg 40:23
M60 Edouard Fedossov 40:48
Witold Bialokur 40:54
James Fillis 42:09
M65 Geza Feld 45:37
Max Schindler 46:29
Frank Dudley 47:38
M70 Joseph Burns 46:16
John Corrigan 49:08
Jack Haar 51:14
M75 Wallace Cutler 1:02:31
Wilfredo Rios 1:09:28
Mel Freidel 1:12:19
W40 Gillian Horovitz 37:31
Stacy Creamer 38:01
Jean Chodnicki 38:20
W45 Mary Moloney 42:36
Regina Birch Walzer 43:32
Chihiro Yamauchi 43:55
W50 Carol Gellman 44:54
Mary Rosado 45:31
Kathleen Horton 46:33
W55 Marilyn Greeley 46:50
Bonnie Dietrich 50:21
Melanie Benvenue 50:46
W60 Zofia Turos 48:27
Evelyn Davis 48:37
Carol Tyler 50:16
W65 Lisa Praskins 49:53

Thelma Wilson 53:38
Joy Rose 57:29
W70 Bertha McGruder 1:10:15
Janine Maltas 1:10:49
Pearl Jones 1:32:36
W75+Althea Jureidini 81 1:31:28

NYRRC Holiday 15K
Central Park, NYC; Dec. 19

Overall
Prisco Huerta 32 49:54
Carol Yoon 24 1:00:56
M40 Jose Ramirez 52:25
Fitzgerald Lee 54:08
Noel Comess 56:07
M45 Peter Petre 58:54
Robert Hermesch 59:40
Neil Feldman 1:01:07
M50 Julio Aguirre 57:29
Arthur Nager 1:01:10
Nicholas Graziano 1:02:15
M55 Hector Ortiz 1:09:30
Aleksander Ilijin 1:09:38
Leonidas Hernandez 1:10:34
M60 Eduard Fedossov 1:03:29
Jose Mendez 1:05:44
Joseph Puglisi 1:14:13
M65 Alfred Finger 1:05:56
Frank Duplix 1:14:44
Joseph La Bruno 1:14:44
M70 Joseph Burns 1:09:56
Leo Schonhaut 1:17:30
Charles Marti 1:22:49
M75 Phil Mongillo 1:23:06
Sab Koide 1:32:33
Peter Harangozo 1:40:30
W40 Susan Gold 1:02:22
Luann Mestre 1:08:57
Ann Hyman 1:10:10
W45 Jan Famung-Krause 1:01:27
Chihiro Yamauchi 1:07:49
Regina Birch Walzer 1:08:21
W50 Deborah Barchat 1:07:53
Roslyn Schloss 1:10:10
Kathleen Horton 1:11:02
W55 Carol Johnston 1:14:49
Eva Borsody-Das 1:17:46
Ruth Fairbrother 1:17:55
W60 Evelyn Davis 1:17:50
Naomi Vogel 1:25:29
Carol Decker 1:40:01
W65 Lisa Praskins 1:17:10
W70 Janine Maltas 1:49:06
Pearl Jones 2:05:18
W75 Edith Farias 1:34:00

NYRRC Fred Lebow Classic 8K
Central Park, NYC; Jan. 9

Overall
Ryan Grote 25 24:29
Gillian Horovitz 44 29:56
M40 Alan Ruben 27:03
Amador Ybanez 27:21
Fitzgerald Lee 28:27
M45 Richard Shaver 30:00
Hal Tozer 30:15
Paul Richter 32:06
M50 William Dixon 28:52
Jack Porzio 29:26
Robert Francis 30:05
M55 Arthur Weisberg 31:54
John Samsel 32:39
Jeremiah O'Connor 34:18
M60 Michael Goldman 34:10
Mariusz Solarski 37:29
John Power 39:10
M65 Kenneth Jones 36:38
George Hirsch 36:55
Carlo DiGiorgio 37:35
M70 Joseph Burns 36:21
F Wheeler Jr 45:03
Francis Downey 45:39
M75 John McManus 42:14
Sab Koide 44:19
Wallace Cutler 48:34
W80 Wilfredo Rios 56:00
Vincent Carnevale 1:12:00
W40 Sara Gross 33:23
Ann Hyman 36:14
Margaret Marzell 38:27
W45 Regina Birch Walzer 35:00
Vera Stek 35:48
Cathy Handy 36:34
W50 Krystyna Turowska 36:34
Roslyn Schloss 36:43
Carol Hansen 38:32

W55 Carol Johnston 38:47
Bonnie Dietrich 40:16
Laurie Baker 40:20
W60 Carol Tyler 39:47
Joan Bondell 43:57
Naomi Vogel 44:17
W65 Helene Bedrock 37:24
Thelma Wilson 43:33
Elizabeth Thomas 1:07:45
W70 Toshiko D'Elia 40:41
Bertha McGruder 54:53
Marcella Tobias 1:15:34
W75 Edith Farias 48:20
Jozi Neulinger 1:09:44

NYRRC Frostbite 10-Miler
Central Park, NYC; Jan. 15

Overall
Jose Silva 33 54:42
Gordon Bakoulis 38 1:01:59
M40 Jerry Macari 54:43
Guy Gordon 56:52
Amador Ybanez 59:12
M45 Richard Shaver 1:02:52
Bob Hermesch 1:04:23
Hoken Uchiyama 1:04:31
M50 Jack Porzio 1:00:21
Robert Francis 1:03:11
Bill Backe 1:08:59
M55 John Samsel 1:07:16
Theodore Haiman 1:07:53
Hector Rivera 1:08:34
M60 Jose Mendez 1:11:19
Mariusz Solarski 1:19:14
Michael Frankfurt 1:23:47
M65 Alfred Finger 1:11:47
George Hirsch 1:16:06
Carlo DeGiorgio 1:29:49
M70 Leo Schonhaut 1:27:21
Jerome Oitt 1:49:47
Charles Ganoe 2:02:42
M75+Sab Koide 1:36:37
Wilfredo Rios 2:05:42
W40 Gillian Horovitz 1:05:33
Sarah Gross 1:12:24
Maria Anthony 1:20:46
W45 Leah Whipple 1:11:57
Regina Birch Walzer 1:15:19
Lily Kosaka 1:21:38
W50 Betty Conover 1:10:33
Deborah Barchat 1:15:17
Krystyna Turowska 1:18:43
W55 Cynthia Portella 1:21:56
Ruth Fairbrother 1:22:08
Melanie Benvenue 1:28:47
W60 Carol Tyler 1:21:25
Christiane Garino 1:23:49
Edith Jones 1:29:35
W70 Bertha McGruder 2:00:40
W75 Edith Farias 1:47:11

Last Plane To Boston
Marathon
Washington, DC; Jan. 16

Overall
Ted Poulos 38 2:50:07
Linda McDermid 45 3:37:58
M40 Jack Harbaugh 2:59:01
Steve Comber 3:07:26
Steven Zaharoff 3:32:54
M45 Paul Peterson 2:52:26
Ian Lienert 3:05:45
Joe Brannan 3:15:40
M50 Leo Villano 3:19:46
George Banker 3:30:50
M55 David Harrell 3:35:15
M60 Eugene DeFronzo 5:27:14
M65 George Morris 4:23:29
Ray Scharenbrock 5:26:58
W40 Dalila Frei 3:51:15
Debbie Margraff 3:58:47
W45 Linda McDermid 3:37:58
Lydia Phillips 4:30:37
W50 Marjorie Morris 4:37:40
Caren Damien 7:58:17

36th JFK Memorial 5K & 20K
Washington, DC; Jan. 16

Overall
Jim Hage 41 16:35
Sarah Buckheit 39 21:07
M40 J Hage 41 16:35
Paul Ryan 49 17:05
Pete Blank 45 22:31
M50 Bob Thurston 55 20:12
Ricard Soland 59 24:54
Mike Curran 52 21:6:39
M60 Robert Smith 65 22:21
Jim Turner 65 26:20

Mike Sanders 61 27:37
W40 Roberta Leopold 41:23:49
ChrisCaravoulis 44:28:02
W50 Julie Trapp 55 24:59
--20K--
Overall
Rob Thomas 38 74:15
Beth Miller 30 85:45
M40 Rob Peattie 43 74:50
Chris Bissey 42 84:08
James Moreland 47:84:30
M50 Jay Wind 50 82:17
Ken Shipp 51 84:52
Bill Wooden 55 85:59
M60 Norm Miller 63 1:44:03
Larry Dickerson 68 1:47:14
Ray Campbell 67 2:30:20
W40 Sandra Ruprecht 43 96:02
Stephanie Shipp 46 1:46:07
W50 Gail Savage 53 2:21:37
W60 Tami Graf 63 1:51:59

NYRRC Chicken Soup Loop 10K
Central Park, NYC; Jan. 23

Overall
Joseph Straub 35 32:18
Gillian Horovitz 44 39:17
M40 Jerry Macari 33:12
Amador Ybanez 35:45
Edmundo Bemudez 38:45
M45 Bill Bosmann 37:07
Bob Hermesch 38:14
Hal Tozer 38:53
M50 Robert Francis 38:27
Julio Aguirre 39:03
Adolf Lawrowski 39:06
W55 John Samsel 40:33
Gerald Sun 46:03
Marty Linsky 47:37
W60 Mariusz Solarski 46:46
Stephen Chopek 47:24
Daniel Jacobs 49:17
M65 Alfred Finger 43:06
Eric Seiff 47:39
Carlo DiGiorgio 48:58
M70 Joseph Burns 48:36
David Fastovsky 59:08
Albert Puma 1:00:54
M75+Sab Koide 76 57:58
Wilfredo Rios 83 1:11:25
Edward Finkelstein 1:15:57
W40 Antana Locs 47:27
Pamela Valeri 48:25
Anne Katzenbach 49:25
W45 Regina Birch Walzer 44:49
Vera Stek 45:52
Jacqueline Seltzer 47:06
W50 Krystyna Turowska 48:08
Barbara Charles 50:52
Susan Sideman 53:08
W55 Ruth Fairbrother 50:30
Laurie Baker 50:43
Bonnie Dietrich 53:32
W60 Christiane Garino 50:09
Nike Mizelle 55:42
Joan Bondell 57:02
W65 Thelma Wilson 56:34
Elizabeth Thomas 1:24:20
W70 Dolly Finkelstein 1:05:37
Bertha McGruder 1:12:33
W75 Jozi Neulinger 1:32:46

SOUTHEAST

Walt Disney World Marathon
& Half-Marathon
Orlando, FL; Jan. 9

Overall
Jose Silva 2:25:39
Jennifer Uwins 2:54:49
M40 David Collins 2:40:57
Jeff Delie 2:44:05
Michael Scythes 2:45:55
Greg Diamond 2:46:35
Leonard Vergunst 2:46:56
John Martin 2:48:18
John O'Connell 2:48:33
Elodoro Guerrero 2:51:13
Khamleua Haleudeth 2:56:15
Douglas Day 2:57:14
M45 Gary Bloomer 2:47:59
Gary St. Onge 2:57:05
J Van Valkenburgh 3:03:00
Mark McGarity 3:03:33
Charles Sullivan 3:04:42
Craig Davidson 3:04:57
Duane Morse 3:05:46
Don Wituski 3:06:15
Rod Skaggs 3:07:20
Bob Olenek 3:10:05

M50 Drake Stockert 2:57:22
Jim Larkin 2:59:48
Edward Bugarin 3:06:37
Michael Ryba 3:11:10
Robert Jorstad 3:17:15
Andrew Laybourn 3:18:35
Peter Clegg 3:22:12
Mark Vanderstelt 3:22:16
Franz Hoher 3:22:51
M55 Patrick Griffith 3:03:34
Charlie Farrington 3:15:18
Leo Zehnder 3:20:59
Lou Alaksin 3:25:05
Robert Pope 3:26:11
Jim Cummings 3:29:11
Sven Jutz 3:32:45
Edward Bown 3:36:09
M60 Richard Starnes 3:11:54
George Lopes 3:17:24
Dan Cook 3:27:52
Leo Tomasetti 3:36:42
Arnoldo Levy 3:43:18
Tony Deniro 3:50:19
Fred Fiala 3:54:42
Joachim Grigull 3:57:30
M65 Joseph Staniewicz 3:56:01
Epifanio Agosto 3:58:30
Richard Gonzalez 4:19:35
Arnold Mueller 4:24:05
Roswell Chamberlin 4:27:27
Jack Mowry 4:32:41
George Mack 4:34:42
M70 Gustave Busch 3:51:38
Robert Carr 4:10:26
Don Krueger 4:27:56
John Mezacapa 4:49:03
August Leone 5:04:45
Raymond Marshall 5:18:09
W40 Marina Jones 2:56:19
Renee Idone 3:12:13
Nancy Drach 3:14:46
Liz McCullough 3:19:36
Noora Alidina 3:21:03
Karen Lui 3:24:41
Michelle Haller 3:27:34
Sheila Hodges 3:31:16
Ginger McKim 3:31:47
Laurie Copeland 3:31:53
W45 Catherine Grattan 3:13:21
Toby Sisson 3:19:58
Sandra Sullivan 3:31:35
Carol Virga 3:33:53
Phyllis Yester 3:35:44
Karen Alexeev 3:38:24
Margaret Drew 3:38:29
Becky Ballantyne 3:39:19
Marilyn Hintz 3:39:57
Susan Wallis 3:41:15
W50 Kirsten Jensen 3:43:00
Sue Branley 3:43:50
Dee Bays 3:57:12
Barbara McKinley 4:00:19
Mary Ramba 4:00:27
Jo May 4:02:38
Carol Winger 4:05:22
Theresa Coomes 4:10:26
W55 Mayumi Ahara 3:58:50
Muffet Chatterton 4:06:48
Carol Leavitt 4:21:57
Bonnie Foster 4:27:47
Teresa Matrician 4:29:28
Catherine Dehaan 4:37:28
Willy Moolenaar 4:42:52
Daphne Stroup 4:44:53
W60 Mimi Oliveira 4:25:15
Helen James 4:42:38
Nancy Spencer 4:47:39
Sue Fay King 5:03:33
Dixie Zacherl 5:25:56
Joan Berman 5:35:04
Dorothy Gray 5:36:45
W65 Wendy Williams 4:40:25
Mary Purvis 4:54:43
Billie Schwartz 5:26:13
Lillian Miller 5:40:04
June Atkinson 5:56:07

Charlotte Marathon
Charlotte, NC; Jan. 22

Overall
Stephen Spada 34 2:38:33
Donna Anderson 33 2:59:33
M40 Greg Leblanc 2:48:50
Chuck Bynum 2:57:56
James Bates 2:59:04
M45 David Couper 2:48:01
Tom Barringer 2:58:59
Joe Schlereth 3:03:12
M50 Peter Muggleston 3:02:10
Clint Davis 3:16:18
Don Rogerso 3:27:46
M55 Larry Pitt 3:45:33
Reg Hom 3:56:28
Tom Schumacher 3:58:26
M60 David Zehner 3:27:16
Jerry Guy 3:36:00
Dick Burchett 3:36:18
M70 Joseph Familo 7:15:13
W40 Brenda Matthews 3:54:00
Jennie Rhyme 3:59:04
K McBride 4:03:40
W45 Linda Ball 4:03:41
Bea Lutz 4:23:49
Trish Mulloy 5:02:51
W50 Lyn Boulter 4:24:30
Patricia Kelly 5:04:25
W55 Marcia Godwin 4:41:22
W60 Delores Horn 4:05:55
W75 Margaret Hagerty 6:59:59

Florida Gulf Beaches Marathon
Clearwater, FL; Jan. 23

Overall
Reinaldo Garcia 28 2:41:26
Judy Maguire 44 2:52:38
M40 R Christensen 2:42:50
Barry Delagrang 3:11:05
John Thee 3:12:52
Darrell Edrich 3:14:07
Paul Stancati 3:14:09
Kenny Bright 3:24:35
Bob Finn 3:25:37
Dan DeWitt 3:31:03
Tom Snyder 3:34:58
M45 Steve Grande 3:16:26
Ralph Fortson 3:21:38
Mike Gimbel 3:24:00
Tom Wells 3:28:00
Marlin Howe 3:28:45
R Mallouh 3:28:58

Michael Tuohy 1:38:34
Russel Brown 1:32:56
Anthony Cesario 1:33:05
Robert Ward 1:33:42
Keith Ambrose 1:33:54
Louis Fisher 1:37:26
M60 Roger Redman 1:44:17
Robert Bright 1:45:01
Richard Cherry 1:50:58
William Ward 1:57:17
M65 Moe Buccino 1:47:32
Douglas Vassiliatos 1:51:13
Monroe Allen 1:53:39
Dan Darrow 1:54:33
M70 Jerry Magoffin 1:48:39
Thomas McDonald 2:04:05
Benjamin Frederick 2:05:49
W40 Ingrid Christianson 1:17:23
Mimi Newcomer 1:23:47
Adrienne Silver 1:35:22
Carrie Burke 1:35:50
Becky Lowrance 1:36:45
W45 Sheila Haire 1:35:32
Brenda Dayton 1:36:20
Cindy Perret 1:37:33
Mira Bedo 1:38:10
Barb Leininger 1:41:00
W50 Judi Frank 1:48:23
Carol-Jean Vosburgh 1:48:39
Cindy Krager 1:49:10
Yvonne Richardson 1:49:48
Astrid Soll 1:50:22
W55 Helen Perron 1:52:19
Betsey D'andrea 1:56:56
Annette Frisch 1:59:14
Betty Duteau 2:00:16
Judith Daniel 2:00:45
W60 Charlene Dewitt 1:58:14
Jane Adams 2:09:04
Sally Molina 2:09:46
Patricia Hollett 2:09:48
W65 Sylvia Weiner 2:02:00
Betty Kelly 2:04:00
Carolyn Wilson 2:18:02

Charlotte Marathon
Charlotte, NC; Jan. 22

Overall
Stephen Spada 34 2:38:33
Donna Anderson 33 2:59:33
M40 Greg Leblanc 2:48:50
Chuck Bynum 2:57:56
James Bates 2:59:04
M45 David Couper 2:48:01
Tom Barringer 2:58:59
Joe Schlereth 3:03:12
M50 Peter Muggleston 3:02:10
Clint Davis 3:16:18
Don Rogerso 3:27:46
M55 Larry Pitt 3:45:33
Reg Hom 3:56:28
Tom Schumacher 3:58:26
M60 David Zehner 3:27:16
Jerry Guy 3:36:00
Dick Burchett 3:36:18
M70 Joseph Familo 7:15:13
W40 Brenda Matthews 3:54:00
Jennie Rhyme 3:59:04
K McBride 4:03:40
W45 Linda Ball 4:03:41
Bea Lutz 4:23:49
Trish Mulloy 5:02:51
W50 Lyn Boulter 4:24:30
Patricia Kelly 5:04:25
W55 Marcia Godwin 4:41:22
W60 Delores Horn 4:05:55
W75 Margaret Hagerty 6:59:59

Florida Gulf Beaches Marathon
Clearwater, FL; Jan. 23

Overall
Reinaldo Garcia 28 2:41:26
Judy Maguire 44 2:52:38
M40 R Christensen 2:42:50
Barry Delagrang 3:11:05
John Thee 3:12:52
Darrell Edrich 3:14:07
Paul Stancati 3:14:09
Kenny Bright 3:24:35
Bob Finn 3:25:37
Dan DeWitt 3:31:03
Tom Snyder 3:34:58
M45 Steve Grande 3:16:26
Ralph Fortson 3:21:38
Mike Gimbel 3:24:00
Tom Wells 3:28:00
Marlin Howe 3:28:45
R Mallouh 3:28:58

Continued from previous page

Table of race results for various events including Joe Glikman, Joe Ruddy, M50 Michael Ward, etc.

Naples Daily News Half-Marathon Naples, FL; Jan. 30

Table of race results for the Naples Daily News Half-Marathon, listing names and times.

Table of race results for W55 Jo Ann Daacon, Janet Ross, Ginger Herring, etc.

Pomoco Group Hampton Half-Marathon & 5K Hampton, VA; Feb. 5

Table of race results for the Pomoco Group Hampton Half-Marathon & 5K.

Table of race results for W55 Linda Crismond, Fran Gaberino, Millie Hamilton, etc.

MIDWEST Huntington Ultra Frigid 50K Huntington, IN; Dec. 18

Table of race results for the Huntington Ultra Frigid 50K.



MID-AMERICA

St. Louis TC Frostbite Series 10 Mile

Table of race results for the St. Louis TC Frostbite Series 10 Mile.

Super Bowl 5K Denver, CO; Jan. 30

Table of race results for the Super Bowl 5K.

SOUTHWEST

Run Short/Run Long 5K & 20K Tulsa, OK; Jan. 15

Table of race results for the Run Short/Run Long 5K & 20K.

Houston Methodist Marathon Houston, TX; Jan. 16

Overall

Table of race results for the Houston Methodist Marathon.

YMCA Chili Day 5K Oklahoma City, OK; Jan. 23

Table of race results for the YMCA Chili Day 5K.

WEST

California International Marathon Sacramento, CA; Dec. 5

Table of race results for the California International Marathon.

Table of race results for Gene Woodruff, Robert Ellis, Robert Fletcher, etc.

Winged Victory 5K Phoenix, AZ; Dec. 19

Table of race results for the Winged Victory 5K.

WEST

California International Marathon Sacramento, CA; Dec. 5

Table of race results for the California International Marathon.

Table of race results for Bill Volkman, Rae Clark, Eric Reich, etc.

Winged Victory 5K Phoenix, AZ; Dec. 19

Table of race results for the Winged Victory 5K.

Paramount 10K Paramount, CA; Jan. 8

Table of race results for the Paramount 10K.

Continued on next page

Continued from previous page

Clyde Matsumura	34:16
Salvador Garcis	38:41
M45 Leonard Aguilar	35:37
Ed Avol	36:01
Felix Lopez	38:16
M50 Nolan Shaheed	32:56
Don Irvine	36:44
Bill Summer	37:49
M55 Catarino Gonzalez	38:01
Lee Baca	39:55
Jack Bianchi	41:14
M60 John Brennan	38:58
Bob Blum	51:10
Bud Harlan	52:36
M65 William Wall	41:00
Robert Lyons	42:55
M70 Bill Fortune	48:46
Patrick Devine	50:44
Milo Sather	51:40
M75 Kick Greenberg	80:25
M85 Vincent Malizia	1:03:54
Ernest VanLeeuwen	1:05:46
George Feinstrin	1:19:48
W40 Yayoi Liu	39:38
Valery McAndrew	49:40
Susan Devens	59:13
W45 J Sackett	49:13
Mary Brack	51:22
Debra Tyler	51:23
W50 Yoko Eickel	42:25
Mitsuye Morrissey	52:14
Barbie Spatz	54:19
W55 Wendy Watson	47:52
Judy Stevens	56:01
W70 Yuykie Mochida	55:39

San Diego Marathon/Half-Marathon/5K
San Diego, CA; Jan. 16

Overall	
Andri Hardzeyeu 26	2:18:21
Halina Karnatsevich 30	2:44:04
M40 Oscar Diago	2:42:18
Tom Nielson	2:46:05
James Willmore	2:49:40
James Christopher	2:50:02
John Tuttle	2:52:59
M45 Sal Salmi	2:52:51
Takashi Yaggisawa	2:57:22
Abel Lerma	3:05:34
Farley Spector	3:09:02
Jim Berka	3:09:05
M50 Dennis Kasischke	3:06:18
Michael Griffith	3:09:02
Edward Buganin	3:10:45
Jim Rucker	3:10:54
Wayne Christopherson	3:17:31
M55 Chuck Long	3:09:20
Vic Birtalan	3:13:30
Norm Bornstein	3:30:10
Harvey Levine	3:35:51
Don Haas	3:41:47
M60 Dennis Hartley	3:42:06
Philo Short	3:47:57
Alex Alexander	3:52:57
Trevor Kaye	3:55:25
M65 Eric Piper	3:21:25
William Wall	3:28:10
Warren Osborn	3:39:36
Aloysius Casey	3:57:44
M70 Pete Petracek	3:41:12
Jon Borset	5:56:59
Jack Taylor	6:05:57
Charles Rector	7:03:31
M75 Charles Christ	4:47:04
-79 Tom Edwards	6:34:57
Harry Seifert	6:56:38
W40 Suzi Morris	2:58:02
Sue McCarthy	3:16:19
Sue Lauer	3:22:55
Mary Holleman	3:25:14
Kie Soohoo	3:27:05
W45 Janet Green	3:32:56
Mary Lou Lackey	3:38:39
Kathi Pace	3:40:15
Paula Brinton	3:44:48
Jan Adams	3:45:04
W50 Sandra Marshall	3:43:22
Amy Fredericks	3:49:37
Suzanne Krantz	4:18:11
Manuela Smith	4:28:53
Susan Zagorsky	4:29:22
W55 Patricia Brumbalow	3:25:37
Gunhild Swanson	3:36:01
Judi Richardson	4:15:38
Patricia Halderman	4:39:37
Irene Thompson	4:53:34
W60 Imme Dyson	4:06:08
Joan Maxwell	4:17:07

Dixie Madsen	4:24:12
Dina Talbert	4:40:46
Margaret Speer	4:53:36
W65 Kathleen Callaway	5:44:30
Rosemary Ennis	5:55:01
Marlene Kalish	6:13:52
W70 Mary Erlich	6:39:36
-74 Pat Hale	6:58:43

Half-Marathon

Overall	
Jenko Bensa 22	1:02:38
Deena Drossin 26	1:13:16
M40 Barry Proctor	1:13:56
Stuart Calderwood	1:15:51
Ed Harris	1:16:43
Tim Servera	1:17:14
Michael Haber	1:22:16
M45 Bradley Cox	1:23:33
Bill Olsen	1:27:23
Robert Boyce	1:28:41
Steve Neale	1:29:14
Steve Zeis	1:29:26
M50 Ron Enos	1:23:10
Donald Ocana	1:25:16
Bill Sumner	1:25:20
Pete Boisineau	1:26:05
Joe Keating	1:26:35
M55 Hal Goforth	1:23:13
Peter Stern	1:27:06
Maurice Waters	1:31:34
Stan Kotanan	1:32:43
John Meyer	1:34:04
M60 Richard Jackson	1:35:20
Larry Stone	1:36:41
Hans Dieban	1:36:51
Robert Foster	1:39:35
JP Rivera	1:40:36
M65 Buddy Belshe	1:41:24
Bob Rice	1:45:42
Jack Sizer	1:52:16
Kendall Webb	1:53:09
Dick Robinson	1:53:37
M70 Patrick Devine	1:44:59
Edward Maher	1:51:40
Lew Hankins	1:56:47
Jim Selby	2:05:09
M75 Jack Garrett	2:59:20
Victor Stone	3:09:27
Arthur Kravitz	3:47:47
M80 George Boyle	2:08:52
-84 Davey Norton	2:40:31
W40 Mary Knisely	1:15:40
Marie Boyd	1:16:46
Cheryl Brady	1:23:52
Mary Button	1:26:26
Carol Severa	1:32:05
W45 Vickie Alexander	1:32:27
Trish Haskell	1:34:09
Susan Shafer	1:37:27
Neddie Legg	1:38:38
Susan Hogan	1:38:53
W50 Janice Kreuz	1:34:43
Christine Young	1:39:46
Kathryn Balogun	1:44:57
Jeanne Hjelt	1:48:25
Gwen Gordon	1:49:17
W55 Wendy Watson	1:39:25
Judith Harmony	1:43:21
Ursula Rains	1:43:24
Greta Camiger	1:45:27
Fran Smith	1:47:18
W60 Carolyn Hickey	1:58:32
Mickie Shapiro	2:08:36
Dolores Harmon	2:14:23
Irene Jiru	2:16:34
W65 Jean Greene	2:25:55
May Musenga	2:45:17
Elaine Herfert	2:44:40
Brenda Stafford	2:53:09
Beth Petersen	2:53:58
W70 Julia Jones	3:07:18
Betty Roberts	3:08:54
M Alejia Davalos	3:17:43
Ragnhild Amble	3:22:00
Teddi Boston	3:30:54
W75 Mary Storey	2:24:14
-79 Marjorie Lawson	2:45:54
Gladys Matthes	3:28:05
Overall SK	
Steve Clark 26	15:51
Milena Glusac 24	16:48
M40 Tom Hauser	17:23
Larry Longo	18:15
Robert Kersey	19:00
Carl Serafim	19:06
Matt Jones	19:15
M45 Gordon Macmitchell	17:36
Rudy Novotny	18:41
Angel Lao	21:00
Doug Thorne	21:18
Richard Noer	22:05
M50 Jim Pool	19:10
Lewis Rawlins	20:24
Joseph Ciapanitaro	21:01

Bob Stagner	21:36
Gerry Rahill	21:37
M55 Jerry Harber	20:13
Dan MacCaskill	20:20
Bob Hill	21:28
Jerry Smith	22:39
Philip Zehe	25:47
M60 John Nilsson	22:02
Cliff Bedell	22:36
Mel Miles	23:33
Lindsay Skinner	23:41
Lawrence Stone	23:55
M65 Jim Standridge	21:39
Jim Buckley	24:00
Henderson Cleaves	25:07
Carl Grubbs	27:39
Myron Hunt	28:15
M70 Chuck Boston	22:17
Stan Hayes	23:20
Bob Holmes	24:08
Sam DeLuca	25:12
Peter Corona	31:30
M75 Edward Pierce	25:49
Robert Katz	30:04
Ray Steiner	31:22
Richard Harris	32:41
Dale Sutton	36:43
M80 Donald Dilworth	44:29
-84 James Morrill	52:55
W40 Elizabeth Baker	18:49
Patrice Malloy	19:29
Colleen Soto	22:30
Julie Kramer	22:52
Liz Ali	24:45
W45 Cheryl Tyler	23:37
Carol MacLaren	24:47
Linda Shrivania	25:13
Renae Bock	28:26
Eve C-Shapiro	28:27
W50 Kathleen Williams	26:35
Carol Schertzer	26:46
Susan Shanahan	27:08
Ginny Mugg	29:01
Chris Moody	29:51
W55 Barbara Whiteman	29:27
Jant Caniss	31:58
Barbara Zehe	32:00
Patte Musich	35:20
Aurora Ortiz	36:21
W60 Martha Walker	26:02
Mollyann Ball	30:09
Verjean Lawson	48:49
Joanna Jackman	49:09
Karen Polk	52:42
W65 Cordia Wade	51:07
Sue Reeves	51:10
Pat Hansen	57:01
W70 Sumi Onodera-Leonard	29:22
Doris Gordon	31:29
Dot Cole	48:32
Catherine Cullom	60:06
W75 Leonor Flores	36:25

NORTHWEST

Jingle Bell Run/Arthritis Foundation 5K
Seattle, WA; Dec. 5

Overall	
Mark Vaneycke	15:44
Deeja Youngquist	17:40
M40 Bruce Lamb	17:28
Andrew Layton	17:30
John Martin	17:50
Frank Dauncey	18:12
Steve Angell	18:18
Tom Riley	18:22
Steven Wood	18:27
Jerry Reese	18:59
Bob Anderson	19:28
Steven Yee	19:29
M45 Greg Beyerlein	16:43
Tom Hayes	18:00
Jake Collins	18:18
Douglas Maclean	18:30
Brent Turner	18:39
Ed Verschoor	18:43
Jim Berka	18:45
David Harris	18:47
Jay Gainer	19:07
Jay Lindbergh	19:19
Karl Kunkle	19:25
Chip Kiel	19:34
M50 James McGill	17:18
Philip Welch	18:43
Paul Muto	19:09
David Jones	19:43
Ted Coulson	19:49
EarlFenstermacher	19:55
Jim Merrill	20:47
Ken Young	20:58
M55 Chris Steer	18:36
Gary Spidahl	20:23
Brian Fitzpatrick	20:30

Herb Allen	24:02
Steve Ferkovich	24:04
Larry Connors	24:08
M60 Ronald Brinton	20:31
Peter Konis	21:23
Lee Parker	21:35
Francisco Lara Sr	23:50
Richard VanSaun	25:39
M65 Mel Preedy	21:25
Neil McReynolds	27:23
M70+Bob Hayes	24:41
Fred Freeman	25:20
Robert Coan	26:21
Roeliff Laughlin	31:43
W40 Kimball Bender	17:50
Cyndy Holtz	21:25
Lisa Thomas	21:36
Anne McClure	21:42
Barb Blumenthal	21:46
Susan Weisser	21:49
W45 Sharon Kane	21:49
Jane Houmes	22:39
Ki Kilcher	22:44
Bobbie Busch	23:06
Robin Jenkinson	24:00
W50 Theres Gallant	22:53
Linda Barton	24:22
Dode Hutchison	24:57
Marg Hinderliter	24:59
W55 Dorie Quam	22:14
Judith Fisher	23:33
JeanBrockenbrough	24:57
Sally Jerome	25:39
W60 Sally Krie	27:08
Sandra Siler	27:29
Karen Bolin	28:35
W65 Peggy Ainslie	26:22
Wilma Parker	27:34
Lotus Luengen	31:20
W70+Delores Ockenden	54:52
Helen Bolding	54:54

Resolution Run 5K
Seattle, WA; Dec. 31

Overall	
Dave Martin	14:54
Kimball Bender	17:02
M40 Gary Gill	16:50
Gary Hiegemann	16:56
John Martin	17:28
Jake Collins	17:40
Mike Shaw	18:13
M50 Philip Welch	17:13
John Johnson	17:37
John Hahn	17:56
Ted Coulson	18:54
M60 Bill Iffrig	20:12
Mel Preedy	20:19
Lee Parker	20:46
M70+Mel Granhoos	25:54
Roeliff Laughlin	29:46
W40 Regina Joyce	17:25
Barb Blumenthal	20:41
Michelle Delatorre	21:16
W50 Judy Fisher	22:45
Sandy Burr	24:50
W60 Wilma Parker	26:09
Aj Tra	28:58

Cascade Half-Marathon
Turner, OR; Jan. 16

Overall	
Chris Clark 40	1:20:04
Nikki Rafie 37	1:31:40
M40 Chris Clark	1:20:04
Ed Bomber	1:21:48
Gerhard Behrens	1:23:59
M45 Bill McCall	1:31:37
Craig Snider	1:35:54
Tom Engleson	1:39:01
M50 Dave McJunkin	1:27:05
Chuck Cammack	1:31:38
David Cook	1:35:16
M55 Bill Fallon	1:36:52
Vern Lee	1:45:29
James Lofgren	1:46:48
M60 Raymond Wold	1:59:22
Pete Dawson	2:05:46
Larry Brown	2:34:54
M65 Richard Aingnid	2:14:20
James McHan	2:29:22
W40 Jane Higdon	1:46:16
Debbie Eide	1:46:17
Gail Edwards	1:51:07
W45 Georgia Winestorfer	1:36:54
Bonnie Martin	1:54:52
W50 Andreeanne Rode	1:59:29
Nina Sullivan	2:06:13
Barbara Raible	2:08:19
W55 Ruth Baker	2:08:23
W65 Joyce Brown	2:42:27

Vancouver Lake Half-Marathon
Vancouver, WA; Jan. 23

Overall	
Michael Bilyeu 34	1:07:50
Alysun Deckea 33	1:18:14
M40 Bruce Lamb	1:16:52
Bruce Pallin	1:19:26
Mark Juji	1:22:38
M45 Clayton Bastian	1:15:50
Douglas Hinz	1:18:19
Russell Trump	1:23:02
M50 Philip Rossi	1:24:19
Bernie Blazek	1:25:42
David Cook	1:29:28
M55 Eb Englemann	1:27:26
M60 George Wiebe	1:37:38
Nathan Cogan	1:43:18
W40 Jenny Teppo	1:24:24
Mollie Starr	1:24:30
W45 Bernadette Langdon	1:41:15
Sally Ann Booth	1:52:04
W50 Sandy Wiebe	1:34:49
Katie Collison	1:43:48
W55 Ruth Baker	1:53:54
Kathy Ryan	1:58:41
Carol Shotman	2:09:09
W60 Ruth Kauttman	2:19:34
Marva Brodigan	2:47:10

Frosty 4-Miler
Yakima, WA; Feb. 5

Overall	
Tom Gaschk 20	21:38
Krissi Mathers 20	26:56
M40 Terry Cliett	26:46
Dan Schneider	27:02
George Gilhuly	30:25
M45 Mark Krueger	23:26
Tom Feil	26:05
Dana Carl Ward	26:10
M50 Ron Fleming	26:43
Tom Wamsley	27:00
Roy Montelongo	32:11
M55 Tony Mills	30:15
Dennis Higbee	31:00
Stan Helmka	43:20
M60 Wiley Hurst	32:32
J R Phillips	33:43
M65 Bill Kerr	30:18
Floyd Copeland	35:52
Charles Amstutz	48:58
M70 Bob Dolphin	34:08
W40 Nancy Hess	29:40
Juliette Berube	35:50
Joan Arms	36:40
W45 Tracy Gaskell	31:47
Margaret Hansen	36:13
Janice Pittman	59:07
W50 Camille Rimmer	34:10
Barbara Heinzen	39:12

INTERNATIONAL

Millennium Marathon
Hamilton, New Zealand; Jan. 7

Overall	
Mark Hutchinson NZ	2:21:58
Anne Buckley ENG	2:43:54
M40 Vladimir Pechek CZE	2:42:17
Vaughan New NZ	2:49:09
Mark Courtney USA	2:52:16
Guido Joerg GER	2:56:26
John Myatt CHI	2:57:24



2000 USA NATIONAL MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

August 10-13, 2000 • Hayward Field, Eugene, Oregon
Presented by Oregon Track Club Masters and Oregon Track Club

EVENT SCHEDULE

NOTE: Events will not necessarily be run in the sequence listed. They will, however, always be run on the day listed for that event.

THURSDAY, AUGUST 10	FRIDAY, AUGUST 11	SATURDAY, AUGUST 12	SUNDAY, AUGUST 13
5000 (W)	5000 Racewalk (W)	10K Run (W)—Finals	10K Road Walk (W)—Finals
5000 (M)	5000 Racewalk (M)	10K Run (M)—Finals	20K Road Walk (M)—Finals
Pole Vault (W, M 70+)	Long Jump (W)—Finals	Discus (M)—Finals	200 (W)—Round 2, if necessary
Pole Vault (M 30-49)	Long Jump (M)—Finals	100 (W)—Round 2, if necessary	200 (M)—Round 2, if necessary
Pentathlon (M)	Discus (W)	100 (M)—Round 2, if necessary	Hammer (W)—Finals
Pentathlon (W)	Hammer (M 30-69)	Intermediate Hurdles (M 40-60)	Hammer (M 70+)—Finals
800 (W)—Prelims	High Hurdles (W)—Prelims	—Prelims, if necessary	Javelin (M)
800 (M)—Prelims	High Hurdles (M)—Prelims	High Jump (M 45+)—Finals	1500 (W)—Finals
400 (W)—Prelims	Pole Vault (M 50-69)	Triple Jump (W)	1500 (M)—Finals
400 (M)—Prelims	High Jump (M 30-44)	Triple Jump (M)	High Jump (W)
Shot Put (W)	100 (W)—Prelims	100 (W)—Finals	Intermed. Hurdles (W)—Finals
Shot Put (M)	100 (M)—Prelims	100 (M)—Finals	Intermed. Hurdles (M)—Finals
	1500 (W)—Prelims	800 (W)—Finals	200 (W)—Finals
	1500 (M)—Prelims	800 (M)—Finals	200 (M)—Finals
	400 (W)—Finals	200 (W)—Prelims	Age-Graded 100 (W)
	400 (M)—Finals	200 (M)—Prelims	Age-Graded 100 (M)
	High Hurdles (W)—Finals	Javelin (W)—Finals	Relays (W)—Finals
	High Hurdles (M)—Finals		Relays (M)—Finals
	Steeplechase (W)—Finals		
	Steeplechase (M)—Finals		

FOR COMPLETE CHAMPIONSHIPS INFORMATION:
eugenechamps.com

ELIGIBILITY: Open to all men and women 30 years of age and older. Age on August 10, 2000 will determine a competitor's age group. Proof of registration with USA Track & Field will be required from all U.S. citizens. On-site registration will be available. Foreign competitors may compete as guests with no USATF registration required. **Proof of date of birth will be required from all competitors in advance. A photocopy of passport or birth certificate must be sent with your entry form to ensure eligibility.**

AWARDS: Championships medals to the top three U.S. citizens in each age division of each final. Foreign guest competitors finishing in the top three will receive non-Championships medals. All competitors will receive a Certificate of Participation.

ENTRY PROCEDURES: All entries must be RECEIVED BY MONDAY, JULY 17, 2000. Confirmation of entry will be sent to all competitors who have registered by July 17th. Late entries received after July 17th will be assessed a \$50 penalty. Absolutely no entries will be accepted after Monday, July 24, 2000. No entry will be considered complete unless it is accompanied by full payment of fees. *There will be no refunds of entry fees for any reason.*

Pentathlon entry is \$30, regardless of whether other events are also entered. Relays are \$40 per team, payable only on-site before the start of the first relay.

Spectator admission will be free on all days.

AIR TRAVEL: Discounts on United and United Express of five percent on an excursion fare are available by booking through Eugene Tour & Travel (1-800-905-4131). Travel dates are August 6 through August 17. Air can be ticketed into Eugene or Portland. When calling ask for the "Masters Desk"

ACCOMMODATIONS - HOTELS/MOTELS: A complete listing is available at our website <eugenechamps.com>, or contact the Convention and Visitors Association of Lane County at 1-800-547-5445.

DORMITORY HOUSING: To reserve dormitory housing, contact the University Housing Office directly at 1-800-883-0402 or 1-541-346-4265. E-mail inquiries may be directed to <houconf@oregon.uoregon.edu>. The fax number is 1-541-346-7080. Room rates are \$39 per person per night double occupancy (3 meals included), and \$45.50 per person per night for a single (3 meals included). **Please Note: Dormitory housing must be arranged directly with the University Housing Office, not with the Championships organizers.**

SHUTTLES: Free shuttles for athletes and accompanying persons will be available from the Eugene airport to the University area on Wednesday 8/9 and Thursday 8/10. Free return shuttles to the Eugene airport will be available on Sunday 8/13 and Monday morning 8/14 from the dormitories.

EQUIPMENT: Maximum spike length is 1/4" for all surfaces except the high jump and javelin runways, which may take 3/8" spikes. Field event implements (including a range of vaulting poles) and starting blocks will be available for use by all competitors. Personal implements and blocks may be used by a competitor, subject to approval by Weights & Measures.

CHAMPIONSHIPS BARBECUE: A post-meet barbecue open to all athletes and accompanying persons will be held at the end of competition on Saturday, August 12. Cost is \$16.50 per person. To ensure your space at the barbecue, pre-purchase of tickets with your entry is encouraged.

MEET INFORMATION: Access the Championships website at <eugenechamps.com> If you have questions, e-mail them to NEM@dnsi.net, or call 541-687-1989 between 9 and 5 Pacific Time.

2000 USA National Masters Outdoor Track & Field Championships COMPETITION ENTRY FORM

****ALL ENTRIES MUST BE RECEIVED BY JULY 17, 2000****

Last Name _____ M F Age (as of Aug. 10, 2000) _____
 First Name _____ Date of Birth (M) _____ (D) _____ (Y) _____
 Address _____ 2000 USATF No. _____
 City _____ Citizenship _____
 State _____ Postal Code _____ E-Mail Address _____
 Country _____ Fax No. (_____) _____
 Telephone (Day) (_____) _____ Telephone (Eve) (_____) _____

EVENT	BEST PERFORMANCE 99-00	FEE
1. _____	_____	(\$30.00) _____
2. _____	_____	(\$15.00) _____
3. _____	_____	(\$15.00) _____
4. _____	_____	(\$10.00) _____
5. _____	_____	(\$10.00) _____
6. _____	_____	(\$10.00) _____
7. _____	_____	(\$10.00) _____
Pentathlon (\$30, regardless of other events entered)	_____	(\$30.00) _____
Surcharge for entries received after July 17th	_____	(\$50.00) _____
Championships Supporter (optional)	_____	(\$15.00) _____
USATF Masters Committee Supporter (optional)	_____	(\$10.00) _____
T-Shirt Order S _____ M _____ L _____ XL _____ XXL _____ # _____ shirts x \$7.50 each (Shirts ordered may be picked up at packet pickup.)	_____	_____

TOTAL AMOUNT \$ _____

Payment for entry fees, t-shirts, and BBQ tickets must accompany your entry form. To pay by check or money order, send full payment made out to the Championships Organizing Committee to Post Office Box 10825, Eugene, OR 97440. To pay by Visa or MasterCard, complete the following: Visa MC

Credit Card No. _____ Expiration Date _____

Signature _____

If paying by credit card, you may fax this form to 541-587-1016. If paying by check or money order, mail this form along with payment to the address above.

WAIVER

I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of the stated age on this application. I absolutely relieve Northwest Event Management, Inc., Oregon Track Club, USA Track and Field, USATF Oregon, the corporate sponsors, and the University of Oregon of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the 2000 USATF National Masters Outdoor Championships. I also verify that I am registered or will register for the year 2000 with USA Track & Field.

Signature _____ Date _____

