

NATIONAL MASTERS NEWS

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

271st Issue

March 2001

\$2.50

Boston To Host Its Fifth National Masters Indoor Championships

For the fifth consecutive year, Boston, Mass., will host the USATF National Masters Indoor Championships at the Reggie Lewis Track & Athletic Center, March 23-25, under the direction of TRACS, Inc., assisted by USATF New England.

Last year, a record 849 athletes broke or established 35 world and 33 U.S. age-group records at the Lewis Center, which features a lightly-banked 200 Mondo track, with an

eight-lane straightaway in the center of the oval for the 60m and 60m hurdles.

Competition, in five-year age groups, 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, available at the site; however, athletes are urged to register before the meet. Foreign athletes compete as guests and

Continued on page 11



ANDY LARABEE

Competitors in the W35 shot, 2000 Masters Championships, Boston, (l to r): Annette Doucette, Dana Baumgarten, Oneitha Lewis (first, 12.77m), and Elaine Iba.

Cappetta Sets Two Records in Dartmouth Meet

By JERRY WOJCIK

Carolyn Cappetta, elected to the USATF Masters Hall of Fame with 13 other athletes at the organization's meeting in Albuquerque last December, confirmed her selection with two records at the 32nd Dartmouth Relays, Hanover, N.H., on Jan. 12. Cappetta, Carlisle, Mass., who joined the W65 ranks on December 27, 2000, broke the 400 world record of

76.56 with a 74.31, and the U.S. 200 record of 33.74 with a 32.75.

Audrey Lary, of Maryland, holds both present records, made on the Reggie Lewis Center track in the 2000 Masters Indoor Championships in Boston. Both of Cappetta's marks age-grade in the 87% range.

Mary Roman, 65, Norwalk, Conn., added a U.S. record in the W65 3kg shot put with an 8.78/28-9/4. Bernice Holland has the record at 8.57/28-1 1/2 in 1992.

In the men's sprints, Rogest Charlton, 37, won the M35 55m with an age-graded, international-class 92.6% 6.64, and the 200 with an A-G 89.5% 22.75. Gregory McBride, 45, had the fastest times for all M40+ in the 55m (7.25/89.5%) and 200 (24.84/86.7%).

Timothy Simpson, 60, Lyndonville, Vt., logged the best 800 perfor-

Continued on page 8



JERRY WOJCIK

First three in the USATF National Masters 10K Cross-Country Championships hit the 1800m point in the same positions they finished the race (l to r): Tim Minor, 42, 32:28; Armando Siqueiros, 42, 32:59, and Bruce Ross, 43, 33:26, Vancouver, Wash., Feb. 17.

Minor, Foote Win National 10K X-C

By JERRY WOJCIK

VANCOUVER, Wash. — Running in the last and longest race of the day, Tim Minor, 42, and Denise Foote, 41, were first finishers in the National Masters 10K Cross-Country Championships held along with the USATF 2001 Winter National Cross-Country Championships, Vancouver, Wash., on Feb. 17.

Minor, running for the Reebok Aggies team, took a slight lead early, extended it to about 100m at the 8K point, and finished in 32:28 on a 5:13

Continued on page 13

Gray, Ottey Set WRs in Millrose

It's one thing to break a masters track record. Dozens are broken in national championships every year. But it's something else to do it with the best masters mark ever and in a winning performance in the best known open meet in the U.S.

Johnny Gray and Merlene Ottey did just that in the Millrose Games at Madison Square Garden, Feb. 2.

Gray, 40, won the 800 with a 1:50.40, the fastest M40+ time ever, indoor or outdoor, in a field of six open runners. Second-place Daniel Caulfield, of Ireland, made a strong bid to overtake Gray but was unsuccessful, finishing one-hundredth of a second behind.

Continued on page 8



SUZY HESS

Johnny Gray, 40, ran the fastest 800 (1:50.40) ever by a masters runner at the Millrose Games.

INSIDE:

- Coaching for Masters— page 18
- Caffeine Helps Performance — page 8
- How to Train Indoors— page 12
- How to Racewalk Correctly — page 16

the shortest distance between two points isn't the point.

M854 MEN'S RUNNING SHOE

A high-mileage stability training shoe

- Abzorb® cushioning in the heel and forefoot
- Graphite Rollbar® stability technology
- T.P.U. Medial Post® provides motion control
- Stability Web® offers lightweight midfoot support
- C-Cap® Midsole provides maximum cushioning and flexibility
- N-Durance® heel pad for increased durability
- Available in four widths: B, D, 2E, 4E

achieve new balance



www.newbalance.com 1-800-253-SHOE
© 2001 New Balance Athletic Shoe, Inc.

CONTENTS

DEPARTMENTS

USATF Officers	3
Letters to the Editor	4
NMN Sustainers	4
Third Wind	6
Ten Years Ago	6
Twenty Years Ago	7
The Foot Beat	8
Five Years Ago	8
Rankings Report	8
Profile - Peter Taylor	9
Racewalking	10
Fifteen Years Ago	10
Health & Fitness	11
New Age-Group Athletes	11
On the Run	12
Athlete's Kitchen	15
Training Advice	16
T&F Report	19
Countdown to Brisbane	20
WAVA/USATF Specs	20
International Scene	21
Report from Britain	22
WAVA Officers	22
Masters Scene	23
Schedule	24
NMN Contacts	27
All-American Standards	28
Results	29

FEATURES

Dartmouth Meet	1
National 10K X-C	1
Millrose Games	1
Boston Indoor Preview	1
San Diego Marathon	6
Indoor Racewalk Records	10
Hartshorne Mile	17
Coaching/Training List	18
Indoor Heptathlon	19
Two Europeans Banned	22
Masters Drug Testing	22

ENTRY FORMS/RACE & PRODUCT INFO

New Balance	2
NMN Subscription Form	4
National Outdoor Meet	5
Broad Street Run	7
Arizona Meet	9
Hayward Classic	11
Long Island Senior Games	12
Publications Order Form	13
Larry Stuart Video	15
Winning Books	15
Age Records Book	16
The SmartVest	17
South Pacific Adventures	19
On Track	21
The Master Board	34
Southeastern Meet	35
Muscle Marketing	36



NATIONAL MASTERS NEWS

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 Editors: Susannah Beck, Jane Dods, Erich Reed

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 Tymn, Elaine Ward

Correspondents: Ruth Anderson (CA), George Banker

(MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman

(KS), Bob Koch (CA), Carol Langenbach (WA), Ron

Marrucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA),

Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

Phil Raschker (GA), Pete Taylor (VA), Mike Tymn (HI).

International Correspondents: Jorge Alzamora

(CHI), Ron Bell (GBR), Leo Benning (RSA),

Torsten Carlus (SWE), Bridget Cushen (GBR),

Martin Duff (GBR), Jim Tobin (NZL).

Internet Correspondent: Ken Stone, **Web site:**

www.masterstrack.com; **e-mail:** trackceo@aol.com.

Photographers: George Banker (MD), Suzy Hess

(OR), Mike Polansky (NY), Vic Sailer (NY), Tesh

Teshima (HI), Jerry Wojcik (OR).

Creative Art: Eugene Paasinen, 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: Bill Roe, 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.

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 state

ments 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.

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 to the subscription Dept..

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 © 2001 by National Masters News. All rights reserved.

Chair:

George Mathews
18642 68th Ave. So.
Kent, WA 98032
(425) 251-9700 (P)
(425) 251-5776 (F)

MTFCHAIR@ofanswers.com

Vice-Chair:

Suzy Hess
PO Box 5272
Eugene, OR 97405
(541) 343-7716 (W)
(541) 345-2436 (Fax)
mtfvicechair@aol.com

Secretary:

Bob Cahners
4535 Lighthouse Lane
Naples, FL 34112
(941) 793-4574 (H)
(941) 793-5744 (W)
mtfsec@aol.com

Treasurer:

Frank Lulich
2315 Shields
Eugene, OR 97405
(541) 343-8604 (H)
mtftreas@aol.com

Championships Sites:

Ken Weinbel
4103 Hillcrest Ave., S.W.
Seattle, WA 98116
(206) 938-3895 (H)
KWeinbel@home.com
Championships Games:
Sandy Pashkin

NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

301 Cathedral Pkwy. #6U
New York, NY 10026
(212) 666-8603
spashkin@aol.com

Rankings:

Jerry Wojcik
P.O. Box 50098
Eugene, OR 97405
jerrywoj@aol.com

Records:

Pete Mundle
4017 Via Marina #C-301
Venice, CA 90291
pmundle@juno.com

Racewalking:

Rod Larsen
104 Eleventh Ave.
Windermere, FL 34786
(407) 876-4467 (H)
(407) 876-5843 (Fax)
larsenrod@aol.com

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

Weight Events:

Dick Hotchkiss
14005 Meadow Dr.
Grass Valley, CA 95945

(530) 273-3660

ashglaze42@hotmail.com

Team Manager:

Don Austin
P.O. Box 39148
San Antonio, TX 78218
(210) 699-0265
margdc@aol.com

Rules Coordinator:

Graeme Shirley
11212 Via Carroza
San Diego, CA 92124
(858) 292-6132

Web Site Chair:

Rex Harvey (as above)

Regional Coordinators:

Southwest:

Courtland Gray
801 Legacy Dr., #1414
Plano, TX 75023
(972) 527-9960
cpgray@home.com

Midwest:

Ruth Welding
1212 Old Mill Ln.
Elk Grove Village, IL 60007
(847) 640-8907
ironbody@megsnet.net

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

East:

Roz Katz
170-11 65th Ave.
Flushing, NY 11365
(718) 358-6233
throwercfa@aol.com

Southeast:

Bob Fine
3250 Lakeview Blvd.
Delray Beach, FL 33445
(561) 499-3370
Bobfine@aol.com

Mid-America:

Doug Schneebeck
4250 Aspen Rd., NE
Albuquerque, NM 87110
(505) 255-4222 (H)
dgs@swcp.com

West:

Mark Cleary
18 Charca
Rancho Santa Margarita, CA 92688
(949) 589-0242
runnermark@home.com

Awards:

Phil Mulkey
P.O. Box 71022
Marietta, GA 30007
(770) 977-5242
philroy@cs.com

Law Chair:

Tom Light
P.O. Box 1550
Chugiak, AK 99567
(907) 694-4623 (H)
(907) 786-7431 (W)
(907) 786-7401 (Fax)

WAVA Delegates

George Mathews
Rex Harvey
Al Sheahan

Alternates:

1) Suzy Hess
2) Phil Byrne
3) Don Austin
4) Joan Stratton
5) Marilyn Mitchell
6) Bob Fine
7) Pete Mundle
8) Mary Trotto

WAVA Delegates: Women

Rose Monday
Suzy Hess
Joan Stratton
Alternates:
1) Sandy Pashkin
2) Becky Sisley

Substance Abuse Education & Testing

Rose Monday
P.O. Box 71022
Marietta, GA 30007
(770) 977-5242
rosarita@swbell.net

NATIONAL MASTERS OFFICERS OF USA LONG DISTANCE RUNNING

Chair:

Jerry Crockett
1124 W. Eskridge
Stillwater, OK 74074
(405) 372-4010
(405) 372-3116 (Fax)

Secretary:

Norm Green
407 Freedom Blvd.
West Brandywine, PA 19320-1559
runnorm@aol.com

Vice Chair:

John Boyle
P.O. Box 1700
DeLand, FL 32721
(904) 736-0002
(904) 740-1047 (Fax)

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

www.usaldr.org

Team Manager:

Charles DesJardins
PO Box 2281
Carson City, NV 89702-2281
(775) 884-9448
CRDJ@iqemail.com

Awards:

Ruth Anderson - Women
1901 Gaspar Drive
Oakland, CA 94611
(510) 339-0563 (h)
dogdew@earthlink.net
John Boyle - Men (address above)

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)
mrosadoesq@prodigy.net

Rules Coordinator:

George Kleeman
5104 Alhambra Valley Rd.
Martinez, CA 94553
(925) 229-2927
(925) 229-2940 (Fax)
georgekleee@aol.com

WAVA Delegates:

Norm Green, Mary Rosado

Championships:

John Boyle (address above)

Championship Stats:

Norm Green (address above)

Marketing Representatives:

Don Lein
13 Crosswinds Estates
Pittsboro, NC 27312
(919) 542-4790
(919) 542-5157 (Fax)
dmlein@earthlink.net

Jack Wing
4038 East 48th St.
Tulsa, OK 74135
(918) 742-5418 (H, W, Fax)
(918) 292-2860 (Fax)

IAAF Veterans Committee:

Charles DesJardins (address above)

Athlete Information & Publicity Coordinator:

Barbara Arveson
3216 Charing Cross
Plano, TX 75025
(972) 673-0735 (h)
(972) 673-0094 (Fax)
barveson@wtd.net

Cross-Country Representative:

Carole Langenbach
4261 S. 184 St.
Sea-Tac, WA 98188
(206) 433-8868 (H, Fax)
pnf@wolfnet.com
Mountain, Ultra, Trail Representatives:
Theresa Daus Weber
Douglas Laufer
Jim Garcia



BRISBANE MARATHON

I was very concerned to learn that enquiries have been received from competitors who wish to walk the marathon at the 14th WAVA Championships.

This is an unacceptable practice, which would devalue our championships, and I have taken the following action:

1. Requested from the LOC in Brisbane that any enquiries be politely rejected.

2. Instruct our event safety team to implement the WAVA rules of competition 7.5 to remove an athlete who "improperly performs the event" in the first 10km of the marathon.

In addition to improperly performing the event, walking the marathon course also puts unnecessary time obligations on officials and marshals. Last, but not least, it frequently creates problems with the police authorities and traffic management as roads either have to remain closed for longer periods of time or there are greater numbers of athletes on the road once it has been reopened.

3. Advise all team managers of this decision at the technical meeting in Brisbane.

4. Include this information in the event technical manual.

5. Request that *National Masters News* include this decision in an editorial feature.

The marathon is a running event, and while I appreciate that in the popular large marathons such as New York, Rotterdam and London, competitors walk the entire route, these events are for mass participation and fund raising for charity. WAVA Championships are world championships, not charity races. Should athletes wish to participate in long distance walking events, WAVA offers a 50km walk at the Non-Stadia Championships.

Ron Bell

Vice President, Non-Stadia, World Association of Veteran Athletes England

GEORGIA SENIOR GAMES

I'm writing in response to a recent submission from Joyce Hodges-Hite (Feb. NMN). In her letter she stated several reasons why the Georgia Golden Olympics (GGO) fell below her expectation and, further, suggested that the USATF Georgia Masters Championships should serve as the NSGA qualifying site in the state of Georgia.

I take exception to her comments for one reason. I spoke to the Coordinator of the GGO and found that Ms. Hodges-Hite was asked to conduct the track and field portion of this NSGA State Games and she declined. It seems exceedingly harsh to criticize something after declining the opportunity to make it better.

Having said that, I continue to be optimistic about a more formal relationship with the members of the Masters Committee of USATF. Ms.

Hodges-Hite also reported on other elements of the GGO and it seems clear that she does not understand the mission of the NSGA.

I am confident that, as we work on our partnership, I will become more familiar with USATF programs and initiatives. By the same token, I expect that members of USATF will come to learn more about NSGA programs.

In my opinion, we complement each other well because we do not serve the same constituents or initiatives except in the most important area - health and fitness.

On another matter, Loretta Watson (Feb. NMN) alleges that "...it was obvious there were competitors who were using PEDs..." at the 1999 Summer National Senior Games - The Senior Olympics.

I personally received an almost identical letter from Ms. Watson. I responded to her on January 11, 2001, and requested she send me verification of the use of PEDs in Orlando. I further stated that I would take the appropriate action upon receipt of that information.

To date, I have not received any additional correspondence from Ms. Watson.

Phil Godfrey, Vice President
National Senior Games Association
Baton Rouge, Louisiana

DISCRIMINATORY POLICY

Please allow me to express my displeasure with the Australian requirement that persons 70-and-over must have a physician's letter stating that they are physically able to travel if they want to compete in the World Veterans Games in Brisbane. This is a discriminatory policy. Age has little to do with a person's ability to travel.

A friend who was much younger than 70 had a medical examination during which no problems were found. He died less than a week later. Another athletically active friend died while watching TV. He was in his early 60s. So age should not be the factor of consideration in deciding a person's fitness to travel.

I have traveled to many countries of the world. I know of none other that discriminates on the basis of age like this. I think WAVA should consider these discriminatory policies before

awarding championship meets in the future.

Robert F. Mimm
Willingboro, New Jersey

BUD DEACON

I learned, sadly, in a letter from his daughter, Mary Higgins, that Bud Deacon died on Oct. 19, 1999, of pancreatic cancer in Salem, Ore. In addition to having been a grand friend, Deacon (whose first name was Bernard, but he preferred Bud) was surely one of the gutsiest, most successful masters competitors, and during the early history of our sport, doubtless one of the most colorful.

His devotion as an administrator, primarily in Honolulu, though outstanding, paled in comparison to his great success as a vaulter (NCAA champion in the mid-1930s at Stanford) and decathlete, holding numerous age-group and age records in the 1970s and early 80s.

In 1934, he was ranked second in the world in the pole vault. World War II ended his early career. He served in the Navy and retired as a commander in Hawaii.

In 1970, he resumed his track and field career and was responsible for encouraging the legendary Harold Chapson to substitute racing for his daily Ala Moana runs in Honolulu.

Bud continually competed through painful injuries and was featured in a four-page *Sports Illustrated* article (Feb. 4, 1973).

After leaving Oahu, he and his wife, Didi, established a large llama herd on one of their Oregon farms. Of course, the second floor of the barn had sufficient ceiling clearance and was sturdy enough for pole vault practice, one hurdle, and long and high jump practice, and had a reinforced wall into which one could throw a discus.

Bud and I, by the way, knew just about all of the U.S. vaulters from the invention of the modern art of pole vaulting (by A.C. Gilbert in the very early 1900s) to Ron Morris in the late 50s.

Bud's heritage was good: both his father and uncle were San Diego vaulters, as well as at least one of his sons.

Neil King
Chicago, Illinois

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

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

Nine 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:

Clifford Bedell
Dave Brown
Joseph Carlozzi
Ron Manion
Jerry Reiserer
Ralph Romain
Avital Schurr
Jack Starr
Chet Thompson

Tempe, Arizona
Whittier, California
Gorham, Maine
Eagleville, Pennsylvania
Wichita, Kansas
Trinidad & Tobago
La Grange, Kentucky
Newark, Delaware
Arvada, Colorado



2001 USA National Masters Outdoor Track & Field Championships



Hosted by the

Baton Rouge Area

Athlete Registration Form

First _____ M. I. _____ Last Name _____

State _____ Postal Code _____

Email _____

Birth (MM/DD/YYYY) _____ Age as of July 25th, 2001 _____

Evening Phone _____

U.S. Citizen (Y/N) _____ 2001 USATF # _____



BUSINESS REPLY MAIL

FIRST CLASS MAIL PERMIT NO.136 NO.HOLLYWOOD CA

POSTAGE WILL BE PAID BY ADDRESSEE

NATIONAL MASTERS NEWS

P O BOX 16597

NORTH HOLLYWOOD CA 91615-9881

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

WELA

Now, "L
Field Ch
Southern

ELIG

Compe
determi
be held
Proof o
the com
sendingUSA Tr
schedul

ENTI

The en
is \$30

A photocopy of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment needs to accompany your Athlete Registration Form in order for it to be considered complete. Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 2, 2001 will be mailed a letter of confirmation.

Please make your check or money order payable to: Baton Rouge Sports Foundation. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944 Baton Rouge, LA 70893.

Athlete Registration Forms must be received by July 2, 2001. Entries postmarked after July 2, 2001 will be charged a \$50.00 late fee. Under no circumstance, will any entry be accepted or changes made after July 9, 2001. There are no refunds of entry fees for any reason.

AWARDS

USATF Championship medals will be awarded to the top three Americans in each event in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4th through 6th. Championship patches will be provided to each first place winner. Championship patches are limited to one per participant. All athletes will receive a commemorative Certificate of Participation.

HOUSING/AIR/RENTALS

American World Travel—Your One Stop Travel Store

- Toll Free Calling & Extended Hours:** Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.

- Hotel Bookings:** American World Travel has contracts with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. We require the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms located on the campus of Louisiana State University.

- Airfare Discounts:** We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to make a choice that best fits their plan and budget.

Groups of 10 or more people are eligible for discounts off the lowest price airfares to Baton Rouge. Booking and ticketing 60+ days prior to travel may be eligible for a 10% discount. Booking and ticketing 59-30 days prior to travel may be eligible for a 5% discount. We also offer all travelers 15% discount off any TWA airfare to any city, except St. Louis, which is a 10% discount, at any time. (Currently TWA services New Orleans) In all cases, airline rules pertaining to advance booking, minimum & maximum stay and flight times/specificity must be followed.

- Automobile Rental:** Athletes can receive special rates on AVIS car rental. Discounts are available when no special programs are offered.
- Website Presence:** Visit www.americanworldtravel.com to see how they can service you.

EVENT SCHEDULE

Please note that the order the events are listed are not necessarily the order that they will be scheduled on that day. They will not be changed from the days listed. The exact order of events and starting times will be determined after all completed entries have been received.

Wednesday

July 25, 2001

Shotput W/M All Ages
Pentathlon W All Ages
(HH, HJ, SP, LJ & 800m)
Pentathlon M All Ages
(LJ, JV, 200, DT & 1,500m)
Pole Vault W All Ages & M 60+
5,000m W/M
800m W/M - Prelims
400m W/M - Prelims

Thursday

July 26, 2001

Discus W/M All Ages
Pole Vault M 50-59
High Jump M 30-49
Long Jump W All Ages & M 60+
Race Walk 5,000m W/M All Ages
100m W/M - Prelims
1,500 W/M - Prelims
400m W/M - Finals
High Hurdles W/M - Prelim & Finals
Steeplechase W/M - Finals

Friday

July 27, 2001

Javelin W/M All Ages
Pole Vault M 30-49
High Jump M 50+
Long Jump M 30-59
10,000m W/M - All Ages
100m W/M - Finals
800m W/M All Ages - Finals
200m W/M - Prelims

Saturday

July 28, 2001

Hammer Throw W/M All Ages
High Jump W All Ages
Triple Jump W/M All Ages
Road Walk 10,000m W/M All Ages
200 W/M - Finals
1,500 W/M - Finals
Age Graded 100 W/M*
Int. Hurdles W/M All Ages
Relays W/M - Finals
*Non-Championship Event

Event	Best Mark in 2000	2001	Date & Location	Women's Age Groups	Men's Age Groups
1. 100m Dash				All Age Groups	All Age Groups
2. 200m Dash				All Age Groups	All Age Groups
3. 400m Dash				All Age Groups	All Age Groups
4. 800m Dash				All Age Groups	All Age Groups
5. 1,600m Dash				All Age Groups	All Age Groups
6. 2,000m Steeplechase				All Age Groups	M60 & Older
7. 3,000m Steeplechase				None	M30-M55
8. 5,000m Run				All Age Groups	All Age Groups
9. 10,000m Run				All Age Groups	All Age Groups
10. 50m Hurdles				W40 & Older	M70 & Older
11. 100m Hurdles				W30-W35	M60-M65
12. 110 Hurdles				None	M30-M45
13. 300m Hurdles				W50 & Older	M60 & Older
14. 400m Hurdles				W30-W45	M30-M55
15. 10km Road walk				All Age Groups	All Age Groups
16. 5,000m Walk				All Age Groups	All Age Groups
17. High Jump				All Age Groups	All Age Groups
18. Pole Vault				All Age Groups	All Age Groups
19. Long Jump				All Age Groups	All Age Groups
20. Triple Jump				All Age Groups	All Age Groups
21. Shot Put				All Age Groups	All Age Groups
22. Discus Throw				All Age Groups	All Age Groups
23. Javelin				All Age Groups	All Age Groups
24. Hammer Throw				All Age Groups	All Age Groups
25. Pentathlon				All Age Groups	All Age Groups

REGISTRATION ENTRY FEES

1st Event	\$25.00
2nd & 3rd Event (\$15.00)	
Additional Events (# of Events @ \$10.00)	
Pentathlon (\$30.00)	
Late Registration Fee (\$50.00 for Entries Postmarked after July 2, 2001)	
USATF Masters Committee Surcharge*	\$10.00
Optional Masters Championship Honor Roll** (\$10.00)	
Championship T-Shirt (S_M_L_XL_XXL # of Tees @ \$8.00 Pre-sale)	
Cajun Bayou "Fais Do Do" (Championship Dinner, # of Tickets @ \$14.00)	
Tiger Express Debit Card (# of Cards @ \$75.00 See Entry for Info)	
Grand Total	

* The funds received will be forwarded to the National Masters Track & Field Committee to assist and support Committee members to attend the Championships.

** This is an optional fee. If you choose to be a "Championship Honor Roll" supporter, your name will be listed in the Official Souvenir Program as a supporter of the 2001 National Masters Outdoor Track & Field Championships.

Checks or Money Orders can be made out to the Baton Rouge Sports Foundation.

Please mail full payment and your completed entry to the
Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893
Visit our website at www.brasf.com for more information

TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE
POSTMARKED BY JULY 2, 2001

NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001

In consideration of my participation in the 2001 USA National Masters Outdoor Track & Field Championships, hosted by the Baton Rouge Area Sports Foundation and the Baton Rouge Local Organizing Committee, I agree to assume the risks incidental to such participation (which risks may include, among other things, property damage, bodily injury and death) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions, damages, costs or expenses, including, but not limited to, all attorney's fees and related disbursements.

The released parties are the Baton Rouge Area Sports Foundation (BRASF), the Baton Rouge Local Organizing Committee (BRLOC), USATF, USATF - Southern Association, Louisiana State University, related and affiliated companies, and the officers, directors, employees, agents, representatives, volunteers, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action, inaction or fault of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself, at my cost, if the need arises.

I further grant BRASF, BRLOC, their sponsors and marketing partners as well as the media, the right to photograph, videotape and for otherwise record me and further use my name, face, likeness, voice and appearance for any purpose including, but not limited to, exhibitions, publicity, advertising, and promotional materials without reservation or limitation. Said parties are, however, under no obligation to exercise the rights set forth in this paragraph.

This Agreement shall be governed by the laws of the State of Louisiana, and any legal action relating to or arising out of this Agreement shall only be commenced and maintained in the Nineteenth Judicial District Court, Parish of East Baton Rouge, and State of Louisiana, which court shall have exclusive jurisdiction and venue, the parties hereto consent to the jurisdiction of such court and to service of process outside the State of Louisiana.

Your signature is required in order to complete the registration process and further indicates that all the information on this form is accurate. Any alteration of this form is not permitted.

Print Name _____ Signature _____ Date _____



2001 USA National Masters Outdoor Track & Field Championships



Hosted by the



July 25-28, 2001

Baton Rouge, Louisiana • Bernie Moore Track Stadium
Athlete Registration Information

WELCOME TO BATON ROUGE

Now, "Let the Good Times Roll" We are excited about the opportunity to serve you and your families with not only an excellent Track & Field Championship, but also the "Louisiana Experience". Our culture, music, Cajun/Creole cuisine, festivals, antebellum homes and our Southern Hospitality will make your stay in our capital city a memorable one. For more information, visit us at www.brasf.com.

ELIGIBILITY

Competition is open to all men and women 30 years of age and older with current USATF Membership. Your age as of July 25, 2001 will determine a competitor's age group. Individual competition will be held in age groups of 5-year increments starting at age 30. Relays will be held in age groups of 10-year increments.

Proof of registration with USA Track & Field will be required from all U.S. citizens. Membership registration will be made available at the competition. To expedite your entry, please contact your local association to obtain your USA Track & Field membership card before sending your Athlete Registration Form.

USA Track & Field rules of competition will govern the 2001 Outdoor Championships. The standard masters track & field events will be scheduled for both men and women. Foreign competitors may compete as guests without the required USATF membership.

ENTRY FEES & REGISTRATION

The entry fee for all athletes is \$25 for the first event, \$15 for the second & third event, and \$10 for all additional events. Pentathlon entry is \$30 even if other individual events are also entered. For information on Relays, see "Relays" section below.

A photocopy of a valid passport or birth certificate will be required from all competitors and must be submitted with your Athlete Registration Form. Furthermore, full payment needs to accompany your Athlete Registration Form in order for it to be considered complete. Athletes who submit a complete Athlete Registration Form (entry form and complete payment) by July 2, 2001 will be mailed a letter of confirmation.

Please make your check or money order payable to: **Baton Rouge Sports Foundation**. Entries can be mailed to the Baton Rouge Local Organizing Committee, P.O. Box 18944 Baton Rouge, LA 70893.

Athlete Registration Forms must be received by July 2, 2001. Entries postmarked after July 2, 2001 will be charged a \$50.00 late fee. Under no circumstance, will any entry be accepted or changes made after July 9, 2001. There are no refunds of entry fees for any reason.

AWARDS

USATF Championship medals will be awarded to the top three Americans in each event in each age group. Foreign competitors are eligible to receive an award for the top three non-Americans. Ribbons will be given to finishers who place 4th through 6th. Championship patches will be provided to each first place winner. Championship patches are limited to one per participant. All athletes will receive a commemorative Certificate of Participation.

HOUSING/AIR/RENTALS**American World Travel—Your One Stop Travel Store**

• **Toll Free Calling & Extended Hours:** Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.

• **Hotel Bookings:** American World Travel has contracts with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. We require the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms located on the campus of Louisiana State University.

• **Airfare Discounts:** We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to make a choice that best fits their plan and budget.

Groups of 10 or more people are eligible for discounts off the lowest price airfares to Baton Rouge. Booking and ticketing 60+ days prior to travel may be eligible for a 10% discount. Booking and ticketing 59-30 days prior to travel may be eligible for a 5% discount. We also offer all travelers 15% discount off any TWA airfare to any city, except St. Louis, which is a 10% discount, at any time. (Currently TWA services New Orleans) In all cases, airline rules pertaining to advance booking, minimum & maximum stay and flight times/specificity must be followed.

• **Automobile Rental:** Athletes can receive special rates on AVIS car rental. Discounts are available when no special programs are offered.

• **Website Presence:** Visit www.americanworldtravel.com to see how they can service you.

EVENT SCHEDULE

Please note that the order the events are listed are not necessarily the order that they will be scheduled on that day. They will not be changed from the days listed. The exact order of events and starting times will be determined after all completed entries have been received.

Wednesday**July 25, 2001**

Shotput W/M All Ages
Pentathlon W All Ages
(HH, HJ, SP, LJ & 800m)
Pentathlon M All Ages
(LJ, JV, 200, DT & 1,500m)
Pole Vault W All Ages & M 60+
5,000m W/M
800m W/M - Prelims
400m W/M - Prelims

Thursday**July 26, 2001**

Discus W/M All Ages
Pole Vault M 50-59
High Jump M 30-49
Long Jump W All Ages & M 60+
Race Walk 5,000m W/M All Ages
100m W/M - Prelims
1,500 W/M - Prelims
400m W/M - Finals
High Hurdles W/M - Prelim & Finals
Steeplechase W/M - Finals

Friday**July 27, 2001**

Javelin W/M All Ages
Pole Vault M 30-49
High Jump M 50+
Long Jump M 30-59
10,000m W/M - All Ages
100m W/M - Finals
800m W/M All Ages - Finals
200m W/M - Prelims

Saturday**July 28, 2001**

Hammer Throw W/M All Ages
High Jump W All Ages
Triple Jump W/M All Ages
Road Walk 10,000m W/M All Ages
200 W/M - Finals
1,500 W/M - Finals
Age Graded 100 W/M*
Int. Hurdles W/M All Ages
Relays W/M - Finals
*Non-Championship Event

Athlete Registration Form

First _____ M. I. _____ Last Name _____
Street _____
Address _____
City _____ State _____ Postal Code _____
Country _____ Email _____
Date of Birth (MM/DD/YYYY) _____ Age as of July 25th, 2001 _____
Daytime Phone _____ Evening Phone _____
Male/Female (M/F) _____ U.S. Citizen (Y/N) _____ 2001 USATF # _____

Mark an "X" to Enter	Event	Best Mark in 2000-2001	Date & Location	Women's Age Groups	Men's Age Groups
	1. 100m Dash			All Age Groups	All Age Groups
	2. 200m Dash			All Age Groups	All Age Groups
	3. 400m Dash			All Age Groups	All Age Groups
	4. 800m Dash			All Age Groups	All Age Groups
	5. 1,600m Dash			All Age Groups	All Age Groups
	6. 2,000m Steeplechase			All Age Groups	M60 & Older
	7. 3,000m Steeplechase			None	M30-M65
	8. 5,000m Run			All Age Groups	All Age Groups
	9. 10,000m Run			All Age Groups	All Age Groups
	10. 50m Hurdles			W40 & Older	M70 & Older
	11. 100m Hurdles			W30-W35	M60-M65
	12. 110 Hurdles			None	M30-M45
	13. 300m Hurdles			W50 & Older	M60 & Older
	14. 400m Hurdles			W30-W45	M30-M55
	15. 10km Road walk			All Age Groups	All Age Groups
	16. 5,000m Walk			All Age Groups	All Age Groups
	17. High Jump			All Age Groups	All Age Groups
	18. Pole Vault			All Age Groups	All Age Groups
	19. Long Jump			All Age Groups	All Age Groups
	20. Triple Jump			All Age Groups	All Age Groups
	21. Shot Put			All Age Groups	All Age Groups
	22. Discus Throw			All Age Groups	All Age Groups
	23. Javelin			All Age Groups	All Age Groups
	24. Hammer Throw			All Age Groups	All Age Groups
	25. Pentathlon			All Age Groups	All Age Groups

REGISTRATION ENTRY FEES

1st Event	\$25.00
2nd & 3rd Event (\$15.00)	
Additional Events (# of Events @ \$10.00)	
Pentathlon (\$30.00)	
Late Registration Fee (\$50.00 for Entries Postmarked after July 2, 2001)	
USATF Masters Committee Surcharge*	\$10.00
Optional Masters Championship Honor Roll** (\$10.00)	
Championship T-Shirt (S M L XL XXL # of Tees @ \$8.00 Pre-sale)	
Cajun Bayou "Fais Do Do" (Championship Dinner, # of Tickets @ \$14.00)	
Tiger Express Debit Card (# of Cards @ \$75.00 See Entry for Info)	
Grand Total	

* The funds received will be forwarded to the National Masters Track & Field Committee to assist and support Committee members to attend the Championships.

** This is an optional fee. If you choose to be a "Championship Honor Roll" Supporter, your name will be listed in the Official Souvenir Program as a supporter of the 2001 National Masters Outdoor Track & Field Championships.

Checks or Money Orders can be made out to the **Baton Rouge Sports Foundation**.

Please mail full payment and your completed entry to the
Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893
Visit our website at www.brasf.com for more information

**TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE
POSTMARKED BY JULY 2, 2001**

NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001

In consideration of my participation in the 2001 USA National Masters Outdoor Track & Field Championships, hosted by the Baton Rouge Area Sports Foundation and the Baton Rouge Local Organizing Committee, I agree to assume the risks incidental to such participation (which risks may include, among other things, property damage, bodily injury and death) and on my own behalf, and on behalf of my heirs, executors and administrators, release and forever discharge the released parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my participation in such activity, and further agree to indemnify and hold each of the released parties harmless against any and all such liabilities, claims, actions, damages, costs or expenses, including, but not limited to, all attorney's fees and related disbursements.

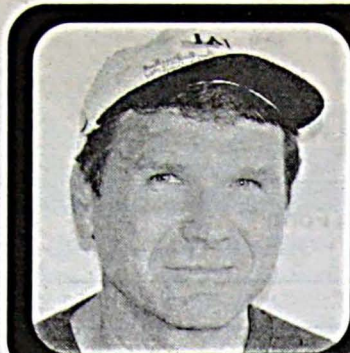
The released parties are the Baton Rouge Area Sports Foundation (BRASF), the Baton Rouge Local Organizing Committee (BRLOC), USATF - Southern Association, Louisiana State University, related and affiliated companies, and the officers, directors, employees, agents, representatives, volunteers, successors and assigns of each of the foregoing entities. I understand that this release and indemnity agreement includes any claims based on the negligence, action, inaction or fault of any of the above released parties and covers bodily injury (including death) and property damage, whether suffered by me before, during or after such participation. I declare that I am physically fit and have the skill level required to participate in this particular event. I further authorize medical treatment for myself, at my cost, if the need arises.

I further grant BRASF, BRLOC, their sponsors and marketing partners as well as the media, the right to photograph, videotape and for otherwise record me and further use my name, face, likeness, voice and appearance for any purpose including, but not limited to, exhibitions, publicity, advertising, and promotional materials without reservation or limitation. Said parties are, however, under no obligation to exercise the rights set forth in this paragraph.

This Agreement shall be governed by the laws of the State of Louisiana, and any legal action relating to or arising out of this Agreement shall only be commenced and maintained in the Nineteenth Judicial District Court, Parish of East Baton Rouge, and State of Louisiana, which court shall have exclusive jurisdiction and venue, the parties hereto consent to the jurisdiction of such court and to service of process outside the State of Louisiana.

Your signature is required in order to complete the registration process and further indicates that all the information on this form is accurate. Any alteration of this form is not permitted.

Print Name _____ Signature _____ Date _____



Third Wind

By MIKE TYMN

Ray Hatton: The Forgotten Man

As I glanced down the list of "electees" to the USATF Masters Hall of Fame in the January issue of *National Masters News*, I noticed one name missing – Ray Hatton. He should have been the first distance runner inducted to the Hall.

Throughout the 1970s, Hatton was arguably the best masters runner in the country. To my recollection, Hal Higdon was the only runner in Hatton's age class remotely close to him. Hatton held nearly every masters record on the track from the mile through the one-hour run. Had road records been kept in those days, he certainly would have had a number of those as well. He was the pacesetter on the American masters scene.

Knowing that Hatton is from England, I wondered if perhaps he had not become an American citizen. That was the only explanation I could think of for excluding him from the Hall of Fame. But, no, that's definitely not the reason, as I was to find out when I recently phoned Hatton at his Bend, Oregon, home. He became an American citizen well before he turned 40 on February 4, 1972.

Hatton hung up his racing shoes nine years ago. "I haven't done any serious racing since 1992," Hatton, now 69, said, explaining that he had back surgery in 1993. "I now walk three, four, or five miles nearly every day and usually follow that with a mile swim at the athletic club. I think last year I did 243 miles of swimming."

Impressive Speed

My first awareness of Hatton was at a masters track meet in Honolulu during 1973. Then 41, Hatton lapped the field, including me and several other submasters, in the 10,000. I don't recall what his time was, but it was much faster than I was aware anyone that age could run.

Masters competition was still in its infancy then and anyone 40 or over



Ray Hatton in 1987.

MIKE TYMN

TEN YEARS AGO March 1991

- Wilson Waigwa Wins Millrose Masters Mile in 4:13.05
- Wes Wessely (42, 16:19) and Stephanie Holt (40, 22:57) Win National 5K in DeLand, Fla.
- Domingo Tibaduiza, 41, Runs 68:10 in Redding, Calif., Half-Marathon
- Doug Bell Captures Paramount 10K in 31:02

was pretty much considered "over the hill." I remember being amazed that anyone Hatton's age could run as fast as he did that evening. I wouldn't hear of New Zealand's Jack Foster until a year or so later.

Hatton set American 40-44 records on the track at one mile (4:24.0), two miles (9:17.6), three miles (14:29.2), six miles (29:59.0), 10,000 (30:56.0), and in the one-hour run (11 miles, 718 yards). He continued on setting records in the 45-49 division at 5000m (15:17.4), six miles (30:47), and 10,000m (31:48.0).

In the 50-54 division, he set a world

record of 8:53.8 for 3000m and an American record of 32:10.4 for 10,000. In 1988, at age 56, he recorded a 4:47 mile and a 34:01 for 10K.

Born in Lichfield, England, Hatton took up running in 1943 while in high school. After graduating, he continued competing for the Birchfield Harriers, and in 1956, at age 24, posted a 4:11.2 in the mile, 8:57.4 for two miles, and 29:22 for six miles, all very exceptional times in those days. Those efforts earned him an athletic scholarship to the University of Idaho. In 1957, he helped his school capture the Pacific Coast Conference cross-country championship and in 1959 he won the All-Pacific Coast Conference cross-country championship.

In and Out of Shape

Hatton remained in the United States, earning his masters degree at the University of Oregon and going on to teach geography at Central Oregon Community College in Bend. "When I left Eugene (1966), I was in my worst condition in years," Hatton told me in a 1981 interview. "I couldn't run faster than a 5:22 mile." But by 1971, at age 39, he was fit again, as evidenced by a 4:17 mile on a cinder track.

Hatton rarely ran races longer than 20K. "My training mileage is not conducive to races longer than a half-marathon," he said in that '81 interview, adding that he seldom ran more than 35 miles a week. "I do not have

the time or the desire for high mileage... In addition, I have found that on rare occasions, when I put in over 40 miles a week, I have less energy for races."

As part of that interview I asked Hatton how he had managed to maintain such a high level of performance for so long. "I would say that it's a combination of factors," he responded. "Mainly, I just listen to the body. I have easy days before and after hard workouts and races, and I try not to race too frequently."

From Running to Writing

But Hatton's back eventually got the best of him. He's now retired and spends much of his time writing books on the geography and climate of Oregon and the Pacific Northwest, while continuing to maintain a high level of physical fitness. "I'm still very disciplined in that respect," he said in our recent conversation.

There is absolutely no reason why Hatton should not be in the Hall of Fame. His racing record alone justifies it, but it must also be remembered that Hatton was a pioneer. He really had no one to inspire him or tell him that such efforts were possible for a man his age. I suspect that those people who nominate and select athletes for the Hall simply forgot about him. It's time now to remember him. □

(Mike Tymn can be reached by e-mail at METGAT@aol.com)

Kutznetsov's 2:17 Wins San Diego Marathon

By SUSANNAH BECK

Andrey Kuznetsov, the rushin' Russian and former world-class cross-country skier who came relatively late to running (age 26), won the San Diego Marathon, Jan. 27, in the midst of a racing spree whose pace and number of races run must certainly put him in contention for *Runner's World* Masters Road Runner of the Year, which he won in 1998.

Kuznetsov, 43, Rockville, Md., pulled away from a small lead pack at 18 miles, running to a new race record, 2:17:39, on a windy day that produced six-foot surf along the oceanside course. San Diego adds yet another sub-2:20 notch to Kuznetsov's belt, which wraps several times around his waist. Evan Cook, 50, of Great Britain, breezed to the M50+ title in 2:38:15.

Mary Burns-Prine, 43, Scripps Ranch, Calif., another prolific racer, with more than 100 marathons to her credit, won the W40+ division in 2:57:30, good for second place overall to winner Alina Vinitskaya, 27, 2:49:20. Suzi Morris, 43, Encinitas, Calif., 3:01:49, and Jackie Holloway, 43, Encinitas, 3:03:52, were third and fourth overall, respectively. Patricia Brumalow, 59, Twenty-Nine Palms, Calif., laid down a 3:26:08 to best the W50+ crowd.

Kuznetsov is not wasting a week-end this year. Two weeks after his San Diego win, he nabbed the M40+ title at the Pomoco Group Hampton, Va., Coliseum Half-Marathon, Feb. 3, in

1:05:51, and the M40+ at the Great Gainesville, Fla., Road Race 5K, in a relatively therapeutic 14:56, Feb. 10.

A rough outline of Kuznetsov's training regimen and very specific nutritional program are available at the website of his sponsor, Royal Body Care, www.rbcglobo.net.com. □

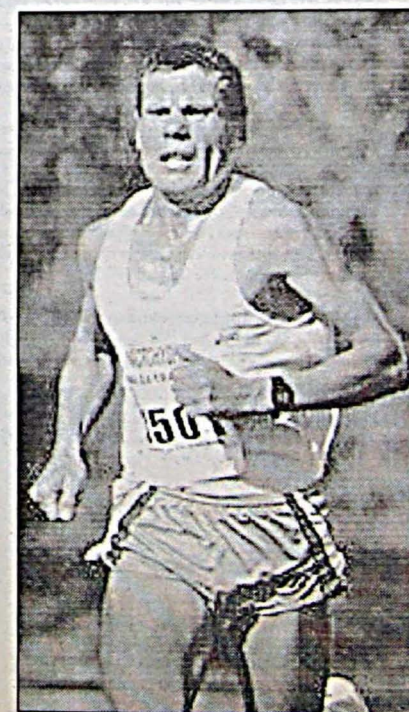
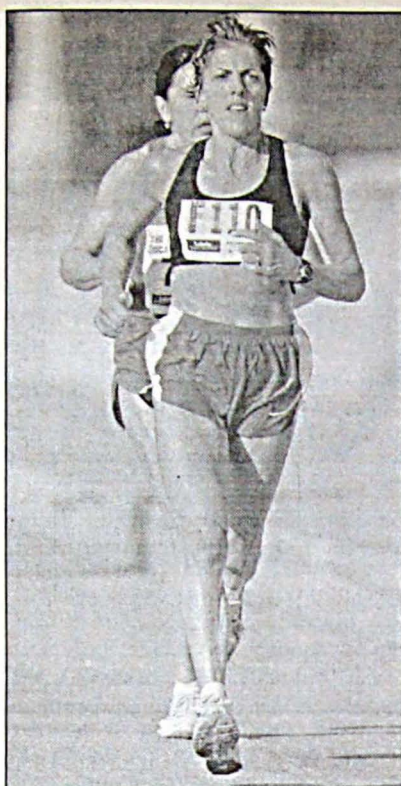
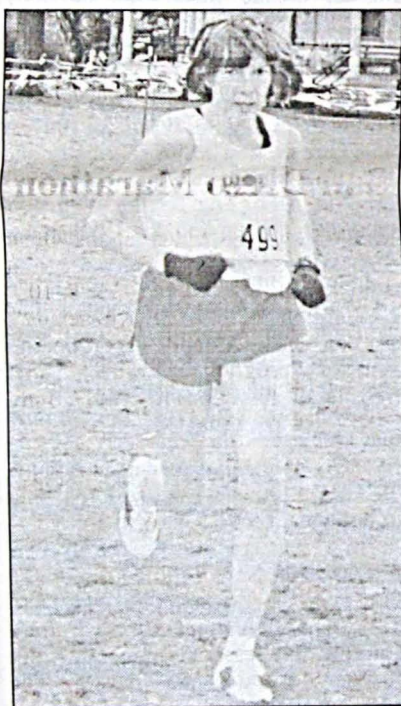


PHOTO COURTESY OF WWW.RBCGLOBENET.COM
Andrey Kuznetsov, 43, Russia, and Rockville, Md., 2:17:39, first overall at the San Diego Marathon, Carlsbad, Calif., Jan. 21.



VICTOR SAILER/PHOTO RUN
Mary Knisely, 41, Naperville, Ill, shows her Olympian form at the 2000 Chicago Marathon.



JERRY WOJCIK
Joan Ottaway, 56, first W55 and eighth overall (43:06), National Masters 10K Cross-Country Championships, Vancouver, Wash., Feb. 17.

TWENTY YEARS AGO March 1981

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

Philadelphia's Premier Spring Road Race Weekend

10 MILER

SUNDAY, MAY 6, 2001

8:30 AM



Health and Fitness Expo:

*Friday, May 4th and Saturday, May 5th
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



**Independence
Blue Cross**

Independent Licensee of the
Blue Cross and Blue Shield Association



Hope. Progress. Answers.



Catherine Ndereba
#1 ranked female runner
in the world
1999 course record 53:07

- \$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 trans-
portation to finish
- Computerized race
results
- Loads of fun for kids
- Enhanced wheelchair
amenities

www.broadstreetrun.com



PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Caffeine Shown to Enhance Performance

Most of us know what caffeine does to us, but a recent study of the effect of caffeine on 2000-meter rowing athletes was very interesting. This was a double-blind study performed on competitive rowers. In short, the injection of caffeine one-hour before exercise resulted in improvement in 2000-meter rowing time in well-trained athletes. The improvement was between one and three per cent.

So, what is going on? Caffeine ingestion increases fat oxidation and spare muscle glycogen stores during moderate to high endurance activities. However, over one hour of intense activity, the effect may be limited by muscle glycogen availability.

On the down side, caffeine could affect the central nervous system and cause it to override fatigue signals during exercise. However the study did not show this effect.

Apparently, the researchers are saying that caffeine is a worthwhile enhancement for performance when highly-trained rowers ingest caffeine prior to endurance activity.

Most of us who train for long distances, have experienced this effect and use it for our mid-distance races. However, higher doses of caffeine can increase urinary caffeine that may exceed the amount permitted by the IOC. A lower dose can also elicit a similar result without exceeding the legal limit. Let this be a warning!

(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. He can also be reached by e-mail at TheFootBeat@aol.com.)

Rankers Appointed for 2001 Indoor Season

All of the events for the 2001 McMahon Family Trust Indoor Rankings have been assigned to volunteer rankers. If your best marks for the indoor season have not appeared in the results sections by the May issue, send them (in meters for field events) with documentation (name of meet, date, site, contact person, etc.) before May 16 to the appropriate rankers below:

55m/60m/200 - Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

400/800 - Ruth BreMiller, 590 W.

29th Ave., Eugene, OR 97405. E-mail: brem@oregon.uoregon.edu.

55mH/60mH/3000 - David Ortman, 7043 22nd Ave. NW, Seattle, WA 98117. E-mail: deom@jps.net.

LJ/TJ/SP - James Gerhardt, 834 Thornvine Lane, Houston, TX 77079.

1500/Mile/PV/HJ/WT/SW/3000 RW - Jerry Wojcik, NMN, P.O. Box 50098, Eugene, OR 97405. E-mail: jer-rywoj@aol.com.

Often during the indoor season, results of masters events (a "Masters Mile" for example) held in open meets, are received by the NMN without ages given for the contestants. The same is true for masters who run in college meets as individuals. Open and college meet directors assume that the exact ages of all masters competitors are readily available or of no consequence. Not quite true, and contacting open meet directors a month or two after a meet is an exercise in futility for all involved; and, too, why should unpaid volunteer rankers have to spend money, energy, and time on long distance phone calls?

There are sources by which the rankers can research names and ages, but it's much simpler, less time-consuming, and probably more accurate, if meet directors, athletes involved, and NMN readers would inform the rankers of un-aged or mis-aged athletes appearing in the results. □

FIVE YEARS AGO March 1996

- Joan Ottaway, 51, Sets W50 Record (78:42) in Las Vegas Half-Marathon
- Bob Milner, 60, Breaks (5:14.15) U.S. Mile Record in Hartshorne Mile
- Alice Thureau, 40, First W40+ (2:40:36) in Olympic Trials Marathon
- Britishers Barrington Williams, M40, and Pat Gallagher, W50, Break Indoor WRs



JOE GUTY

The Aura International M40+ 4x400 winning team, Millrose Games, Feb. 2, New York (l to r): Duane Green, Keith Royster, Jesse Norman, and Darnell Gattling.

Millrose Games

Continued from page 1

"It's a pleasure to come out and perform well at 40," Gray said in an Associated Press report. "When I run, I'm 21."

The present outdoor M40-44 world record is 1:50.69 set by Colm Rothery, Ireland, on Sept. 2, 2000. The indoor record is 1:54.68 by Anselm LeBourne, of New Jersey, on Feb. 15, 2000. Gray's age-graded time is a 98.1% performance, equal to a 1:43.65.

Gray, a four-time Olympian, had announced his retirement after a disappointing performance in the Olympic Trials in July at Sacramento. He renounced his departure from the track scene when he received letters from the U.S. Olympic Committee requesting he sign a paper that he was indeed retired and would not compete for four years, and that he could no longer participate in the USOC's Job Opportunity Program.

He resumed training after the Trials and won (4:13.73) the Invitational Masters Mile in the Champions Run for Children in San Francisco in October from a top field of 14 U.S. and Canadian runners, including LeBourne, Canadian past Olympian

Graeme Fell, and Steve Scott. In the L.A. Invitational, Jan. 20, Gray, leading all of the way, won the 600y (1:12.21).

Ottey, 40, of Jamaica, won the 60m in 7.20, smashing the present W40 world record of 8.01 by Denise Foreman, of Seattle, Wash., in 1997. It was Ottey's first Millrose victory and her first appearance since finishing third in 1986. She set the W35 60m record of 7.01 on Feb. 21, 1999, at age 38.

Ottey, winner of eight Olympic and 14 World Championship medals, had to fight her way on to the 2000 Jamaican Olympic team, after a suspension for allegedly using drugs.

The Associated Press release said that Ottey took the lead early, leaving five Olympic relay medalists behind. "It's never too late," she said, referring to her age. "I love what I'm doing."

In a masters 4x400, the AURA International New York team scored a win over the Boston RC, 3:41.05 to 3:41.72. AURA runners were Darnell Gattling, 41; Jesse Norman, 50; Keith Royster, 44; and Duane Green, 50. The Maryland Masters finished in 3:43.62, followed by the Shore AC of New Jersey in 3:44.84. □

Dartmouth Meet

Continued from page 1

mance with a 91.6% 2:18.79. Craig Fram, 42, M40 U.S. record holder (8:33.68), ran the 3000 in a 90.4% 8:46.04.

Top times in the 55mH came from USATF 2000 Masters Male Athlete of the Year, James Stookey, 70, with a 9.25, the quickest of all masters hurdlers, and Flo Meiler, 66, Shelburne, Vt., with an 88.8% 12.80. Meiler also won the high jump, pole vault (1.83/6-0), and long jump.

Canada's Bill DeHorn, 53, Montreal, finished in the pole vault with a 3.05/10-0. Meet Director Carl Wallin, 59, took shot put performance honors with a 92.1% 14.05/46-1 1/4 with the 6kg. Ken Withee, Hanover, N.H., the oldest competitor at age 88, put the 4kg shot 6.20/20-4 1/4.

Bill Reilly, 53, Brownfield, Me., was first runner to cross the finish in the rarely run indoor 5000, with an 18:09.18. Chip Longmaid, 38, St. Johnsbury, Vt., ran an 18:41.84. □

PROFILE

Peter Taylor – Announcer Extraordinaire

By DICK GREEN

The following is an interview with Peter Taylor (announcer of the 2001 National Masters Indoor Championships in Boston) conducted two months before the Championships.

DG: When did you first become interested in track & field?

PT: I was probably nine or 10. There were several influences – the excitement surrounding 4:00-milers Roger Bannister and John Landy, going to Blair Academy cross-country meets in New Jersey to see my oldest brother run, and my fascination with time and clocks (my parents bought me a stopwatch for Christmas). I was certainly not fast, but I was so interested that I measured our block in Westfield, N.J., as 692 yards around, had a training program, and ran various distances for time. At age 12, I ran a 5:43.5 mile (2.54 laps), and I still remember my block splits: 2:10, 2:20, and 1:13.5 for the remainder.

DG: Did you compete in high school, college, or at the submasters level?

PT: I competed for George School in Newtown, Pa., primarily in the 440 (56.0 sec was my best), 880 (2:13.1), and mile (5:05.8). I never won a race, and we definitely did not know how to train. I ran a few times in college and don't believe I scored a point. As a submaster, I competed many times, beginning with a 1:31.8 at age 31 in the 600y, but I turned out to be a sub-par runner at best. I haven't competed on the roads in four years, or the track in about 8-10, but train six days a week.

Important Attributes

DG: You obviously have a great memory. Are there other factors that might explain your vast knowledge of our sport?

PT: Let's talk about memory first. Numbers jump out at me – when I'm not sure of my lock combination at the fitness club, I think of John Quincy Adams. I didn't look up his presidential years (1825-29); they just came to me as a mnemonic.

All the stars in masters track have their stories (and their numbers). For example, what's Earl Fee's story? He ran 2:14.33 in the 800 at Buffalo at age 66, also took gold in the 400 and the 300 intermediates – a very nice man, analytical, a retired engineer, ran university track, lives in a Toronto suburb with an interesting name – Mississauga.

Kathy Bergen? She's a brilliant W60 sprinter, held the W55 60 mark at 8.98 going into Boston last March, ran a scorching 200 that appeared to be a WR for W60 but now appears not to be. Kathy's from La Canada, Calif. (not far from Altadena, where my mother was raised), and I'm sure she

had no high school or college career (no track for women then).

Larry Colbert and Hal Tolson? Both are mind-boggling M60 sprinters who could score points today at some levels of high school track. Neither Larry nor Hal ran college track, but I know that Hal ran a 25.05 200 at Gateshead. The stories and the numbers go on and on, and many are in my head. When you add my notes in my home computer, I can give a pretty good background when the runners come out to compete.

Role Models

DG: When did you start announcing, and who were your role models?

PT: I started in the '80s. Dave Johnson, who announces the Kentucky Derby, Preakness, etc., on network television, is my model for putting excitement and emotion in a race. Jack O'Reilly (Penn Relays, many other meets) showed me, by example, how to call a race.

Haig Bohigian gave me my first break by having me announce an East Regionals, and Al Sheahen my second break by recommending me for the Worlds at Buffalo in 1995. Thus, I announced a Worlds before I ever announced a Nationals.

DG: What do you try to accomplish each time you announce a race?

PT: Good question. I want to make each race a special event. I try to announce everyone, but much of a race's excitement comes from its stars. If the scintillating Bill Collins or the marvelous Kathy Martin is running, they will get more attention than a middle-of-the-pack competitor.

I make my first call very early (sometimes even in the first second!) and give the leader, running order, laps to go, and sometimes elapsed time. I have self-imposed rules on when to make a call, which involve the configuration and length of a lap (200 at Boston), lead changes, distance to the finish, etc.

Most important is responding to the race appropriately – if great things are happening I will bring as much excitement as I can, trying with my tone and the information I give to match the unfolding drama. I think I've been fairly successful in generating some excitement at the right times.

Preparation

DG: For an event like our indoor championships in Boston, how much do you prepare?

PT: Essentially, I prepare all year round to announce masters track, but some months I do almost nothing.



PENN RELAYS PHOTO

Peter Taylor, with Marne McMillan (l) and Mary Libal, at the 1996 Penn Relays.

Right now, we're 2½ months from Boston, and I'm in the "active preparation" phase.

I just got my January 2001 issue of *National Masters News*, especially important because it lists all the awardees for 2000, which I will enter in my computer. The Internet has made it easier; now I can prepare for actual entrants rather than masters in general. Thus, at some point – perhaps late February – I will switch from masters track, generally, to Boston entrants, specifically.

After *National Masters News*, old track programs (e.g., Penn Relays) are a good source of information. For example, the last time I looked, Leslie Welch was still the stadium record holder at Franklin Field (U. of Pennsylvania) in the 5000 for high school girls. She's now Leslie Lehane, who lapped the entire field at the 1998 Boston Masters in the 3000. The next time I announce Leslie, I may mention that particular record.

DG: What do you try to do in the

Continued on page 14

Ninth Annual Arizona Masters Invitational Track and Field Meet

Saturday, May 5, 2001

Glendale Community College: 6000 W. Olive Ave., Glendale, AZ
Northwest corner of 59th Ave. and Olive (Dunlap)

Sponsored by Arizona Association USA Track and Field

Age divisions: 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 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.

Entry deadline: May 3, 2001

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 Pay Fahy (480) 946-7135.

Schedule of Events

Track Events	Field Events
5:00 3000m walk	5:00 Hammer (see note below)
6:00 4 x 100 relay	5:00 Discus - Flight 1 (MM 50+)
6:10 80/100/110 HH	5:00 Shot put - Flight 1 (OW, SMW, MW, OM, SMM, MM 40-49)
6:35 1500m	5:00 High jump - Flight 1 (OW, SMW, MW, MM 50+)
6:50 400m	5:00 Long jump (open pit)
7:05 100m	6:00 Pole vault
7:30 800m	
7:50 300/400 IH	
8:10 200m	
8:30 3000m (W)	
8:45 5000m (M)	
9:10 4 x 400 relay	

Note: Hammer throwers who are entered in the first flight of the discus or shot put will be permitted to take some or all of their throws in the second flight of those events to prevent conflict with the hammer.

ENTRY FORM

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

Date of Birth _____ USATF# _____ 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 hereafter accrue, against Glendale, Arizona, Arizona USATF 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: _____



Masters Racewalking

By ELAINE WARD

It's More Than Okay to Be Competitive

Walter Hawrys (M75-79) is a member of Gary Westerfield's Walk USA Club on Long Island, New York. He is a 35-minute 5K racewalker and LOVES to compete.

Last spring, Hawrys visited his doctor and was told, "You're in terrific health." The doctor was so impressed with his health, that Hawrys was asked to speak on fitness and walking to a group of elderly people at their October meeting. He agreed to speak but, as fate would have it, by September he was diagnosed with pancreatic cancer (the silent killer).

To my questions, Hawrys answered, "After this diagnosis, my doctor informed me that normally he would never operate on a 75-year-old person since the risks were so high. But since I was in such excellent condition, he wanted me tested to rate my risk for surgery. I passed all tests with flying colors. I was told I was not a risk because I was in A-1 shape.

Complications

"The operation was successfully performed in early September. I came home and complications set in four days later. I was admitted back to the hospital and this time the stay would be two and a half months. During this period, my family was informed, possibly eight times, that my demise was

shortly forthcoming."

Internet communications from Hawrys' wife, Violet, kept his many friends informed. I found myself taking a deep breath as I opened her e-mails. For weeks, he was on the critical list in ICU being kept alive on life support systems. For weeks he did not eat or drink on his own. It was touch-and-go, with his family not knowing whether he would be alive the next hour. Then, he turned the corner and deserted death's door.

A Tough Customer

When his doctor came in to remove the respirator tubes, he said, "You aren't going to be able to talk for a couple of days, since the respirator has been inserted for such a long period. But when you can talk, I want to come back to hear how you did this! You are one tough s.o.b."

Through a very hoarse voice, Hawrys responded, "I'm doing OK."

"My surgeon was great," Hawrys went on. "He came to see me regularly, and when I was on the mend, he started asking me about racewalking. It ended up that I gave him a book on



JERRY WOJCIK
David Baldwin, of Maine, third M55, 3000 racewalk (15:39.83), 2000 Masters Indoor Championships.



JERRY WOJCIK
Debbie Topham, of Michigan, fourth W45, 3000 racewalk (17:00.21), 2000 Masters Indoor Championships.

racewalking because I had sold him on its health benefits. When I see him in March, I'm hoping he has read the book and is doing some exercises."

Recuperation

It is now March and Hawrys is in Florida recuperating.

"I started walking very slowly in the beginning. Now, I am happy to say, I am up to two miles per day at a reasonable, easy pace."

Before we finished talking, I asked, "What kept you hanging in and fighting those miserable weeks? After all, you were so close to dying."

"There is no question about that," he answered. "I think it is the competitive spirit. It's like being in business or racewalking. You try very hard to succeed and you keep at it until you do."

Hawrys also thanked his many friends in the racewalking community for their prayers, cards and best wishes. "Each day in the hospital, I would



JERRY WOJCIK
Susan Mora Fassett, 36, of Michigan, third (18:21.07) in the 3000 racewalk, 2000 Masters Championships, Boston.

get a rundown of the many calls and letters that were sent. This encouragement certainly helped me at this horrific time."

He also mentioned his family and their unflagging support. "They were always there encouraging me on. They spent hours every day giving me the love I so needed." □

(Elaine Ward can be contacted by e-mail at narwf@aol.com)

USA Track & Field Indoor Age-Group Records

Approved by the Records Committee of USA Track & Field as of Dec. 3, 2000

RACEWALK - MEN

3000 meters				
M35-39	11:29.87	Jonathan Matthews	Boston, MA	1/22/94
M40-44	12:25.9	Ray Funkhouser	Princeton, NJ	1/10/93
M45-49	12:38.71	Don DeNoon	Hillside, IL	2/20/93
M50-54	12:34.9	Don DeNoon	Carbondale, IL	2/4/94
M55-59	13:09.0	Don DeNoon	Carbondale, IL	2/13/99
M60-64	14:34.28	Dave Romansky	Boston, MA	3/29/99
M65-69	15:41.41	Jack Bray	Boston, MA	3/29/98
M70-74	17:03.33	Jack Starr	Boston, MA	3/29/99
M75-79	19:45.3i	Bill Tallmadge	Columbia, MO	3/25/94
M80-84	21:39.16	Bill Patterson	Greensboro, NC	3/31/96
5000 meters				
M35-39	20:01.50	Jonathan Matthews	Atlanta, GA	3/5/94
M40-44	20:43.20	Jonathan Matthews	Atlanta, GA	2/28/98
M50-54	21:42.71	Donald DeNoon	Atlanta, GA	3/5/94

RACEWALK - WOMEN

3000 meters				
F35-39	13:09.55	Maryanne Torrellas	Atlanta, GA	3/2/96
F40-44	13:46.73	Maryanne Torrellas	Boston, MA	3/29/99
F45-49	14:43.70	Sally Richards	Boston, MA	3/26/00
F50-54	16:17.84	Tish Roberts	Boston, MA	3/26/00
F55-59	17:35.06	Elton Richardson	Columbia, MO	3/25/94
F60-65	17:15.24	Elton Richardson	New York, NY	2/20/00
F65-69	17:46.25	Ruth Eberle	Carbondale, IL	2/8/97
F70-74	20:35.87	Miriam Gordon	Greensboro, NC	3/31/96
F75-79	22:17.08	Millie Crews	Madison, WI	3/24/90
F85-89	28:47.11	Dorothy Roberts	Reno, NV	2/24/95

FIFTEEN YEARS AGO March 1986

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



Health & Fitness

Exercise Aids in Longevity

According to a new study, an excellent way to promote longevity and avoid the prospect of heart attack is to engage in vigorous exercise. Researcher and cardiologist, Dr. Christine M. Albert, of Brigham and Women's Hospital, said thousands of male physicians were followed over a 12-year period in the Physicians' Health Study, results of which were recently published in the *New England Journal of Medicine*.

Boston to Host Meet

Continued from page 1

receive duplicate place awards.

Action starts Friday at 9:30 a.m. with the men's and women's pentathlon, followed by the first field events, the women's weight and pole vault at 3:00 p.m., and the first running event, the 3000, at 4:00 p.m.

The mile, the premier event on Saturday, starts at 11:45 a.m. In the 2000 championships, five world and two U.S. records were set. The Sunday events include the 3000 racewalk and superweight, two events not usually scheduled at indoor meets other than the championships.

The deadline without penalty is March 9. The meet entry form with more information on the meet hotel, shuttle service, equipment, etc., appeared in the January *National Masters News* and is available at TRACS' website: www.tracs.net. Information is also available from USATF NE Association, 617-566-7600; 332-3919; tracks2@earthlink.net.



VICTOR SAILER/PHOTO RUN
Gillian Horovitz, 44, New York City, seventh W40+ (2:47:49), 2000 Boston Marathon.

Clubs Update

An updated list of masters clubs will be published in the April issue. Changes, additions, and deletions to the list, last published in the December 2000 issue, should be sent to "Clubs," *National Masters News*, P.O. Box 50098, Eugene, OR 97405, or by e-mail to manews@aol.com, no later than March 10.

HAYWARD CLASSIC

"AMERICA'S PREMIER MASTERS MEET"

JUNE 9-10, 2001

Hayward Field, U. of Oregon
Eugene, Oregon



For Information (541) 687-9675

www.haywardclassic.com brem@oregon.uoregon.edu

Each year an estimated 225,000 Americans die of sudden cardiac arrest. However, the study found that those who exercised at least five times a week had a marked decrease in risk of sudden death. The definition of exercise includes a number of activities that work up a sweat, such as gardening or brisk walking.

The majority of past studies have found that exercise decreases the risk of sudden death from heart attack. In the new study, while frequent exercise was not shown to diminish the study participants' overall risk of

sudden death from heart attack, it did appear to diminish the risk during exertion.

In addition to protecting the heart muscle, consistent, regular exercise helps strengthen muscles and skeleton, improves flexibility, and lessens body fat, blood pressure, cholesterol, stress, and stroke risk.

Although the risk of heart failure during or shortly after exercise is very low, strenuous activity still poses short-term danger for those who are sedentary or out of shape.

— Source: Associated Press

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MARCH 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
WINCHESTER JOHNSON (CAN)	3-4-61	40-44
MARILYN SENZ (ASHVILLE, NC)	3-15-61	40-44
LARRY MYRICKS (US)	3-10-56	45-49
WILLY BANKS (CA)	3-11-56	45-49
TESSA SANDERSON (GBR)	3-14-56	45-49
INGRID KRISTIANSEN (NOR)	3-21-56	45-49
PIRJO AILANTO (FIN)	3-27-56	45-49
RODNEY ATHERTON (TALLAHASSEE, FL)	3-29-56	45-49
CHENG ER MEHMEBASICH (CROCKETT, CA)	3-30-56	45-49
SHARLET GILBERT (RICHMOND, CA)	3-2-51	50-54
HARLETTE THOMAS-VALKENBERG (NED)	3-3-51	50-54
NATALIE M. ZOVBKHINA (RUS)	3-4-51	50-54
STEFANIE BADENHORIT (RSA)	3-5-51	50-54
NENAD STEKIC (YUG)	3-7-51	50-54
MANUEL VERA (MEX)	3-19-51	50-54
CRESCENZIO MARCHETTI (ITA)	3-24-51	50-54
ANNA WLODARCZYK (POL)	3-24-51	50-54
JOPIE DANNE-NOUSE (NED)	3-25-51	50-54
ELJU KUBI (RUS)	3-25-51	50-54
ANA EDITH FRANCO ACUNA (CHL)	3-30-51	50-54
MONIKA REINHARDT (GER)	3-1-46	55-59
JAMES VICKS (DALLAS, TX)	3-2-46	55-59
PATRICIA FOGG (WRENTHAM, MA)	3-8-46	55-59
ANTONIA SILVA (BRA)	3-9-46	55-59
MEREDITH WONG (AUS)	3-12-46	55-59
BETTY HITE (NORTH WEBSTER, IN)	3-25-46	55-59
RANDALL HOFFMAN (KALAMAZOO, MI)	3-4-41	60-64
PAUL EDENS (SILVERTON, OR)	3-8-41	60-64
KARIN SCHALLAU (GER)	3-11-41	60-64
JANE KINSEY (AUS)	3-14-41	60-64
RENATE MEDER (GER)	3-15-41	60-64
WALT BUTLER (ALTADENA, CA)	3-21-41	60-64
JIM WILLIAMS (CA)	3-22-41	60-64
JOHN G HUNT (AUS)	3-23-41	60-64
MARILYN OSGOOD KNIGHT (EUGENE, OR)	3-25-41	60-64
PENNY KAISER (US)	3-29-41	60-64
PAT SMITH (GBR)	3-1-36	65-69
JOYCELIN PARKER (NZL)	3-1-36	65-69
BERNIE HOLLANDER (CA)	3-2-36	65-69
CLIFTON BERTRAND (TRINIDAD-BRONX, NY)	3-2-36	65-69
JIM DAVIS (OR)	3-2-36	65-69
KLAUS MAINKA (WG)	3-12-36	65-69
SUSAN HAMMEN (US)	3-15-36	65-69
RALPH POOLE (CA)	3-16-36	65-69
EVA SODERSTROM (SWE)	3-17-36	65-69
EDWARD HOYLE (US)	3-17-36	65-69
ANNE VAN DER VLEUTEN (CAN)	3-29-36	65-69
BOB HUMPHREYS (VAN NUYS, CA)	3-30-36	65-69
LUCIEN RAULT (FRA)	3-30-36	65-69
DODIE FILLER (ROLLING HILLS, CA)	3-0-31	70-74
CHRISTA STOLZE (GER)	3-1-31	70-74
GUY HUSSON (FRA)	3-2-31	70-74
LARRY HORINE (BOONE, NC)	3-4-31	70-74
ED WHITLOCK (CAN)	3-6-31	70-74
HERMANN STRAUSS (WG)	3-6-31	70-74
ROSEMARIE KREISKOTT (GER)	3-14-31	70-74
ESKO SORMUNEN (FIN)	3-20-31	70-74
MAGDALENA KUEHNE (TAJUNGA, CA)	3-20-31	70-74
JOHN CULL (VENICE, CA)	3-23-31	70-74
RAYMOND COLE (SAN DIEGO)	3-24-31	70-74
ANNA CHRIST DUPLOOY (RSA)	3-25-31	70-74
SERGIO AGNOLI (ITA)	3-2-26	75-79
VACLAV BARTL (SWE)	3-5-26	75-79
PAUL EVANS (CANOGA PARK, CA)	3-7-26	75-79
HELMUT KLAFKJ (WG)	3-15-26	75-79
PAAVO KOIVU (FIN)	3-21-26	75-79
JOYCE VARNEY (HONOLULU, HI)	3-21-26	75-79
JEAN CAMPBELL (ALEXANDRIA, VA)	3-25-26	75-79
JEAN UDELL (MARCO IS., FL)	3-25-26	75-79
LYDIA BACKES (GER)	3-27-26	75-79
JIM FORSHEE (ANN ARBOR, MI)	3-31-26	75-79
KAUKO JOUPPILA (FINLAND)	3-3-21	80-84
PHIL DETTNER (PAUL ALTO, CA)	3-7-21	80-84
MELVIN BUSHMAN (E. LANSING, MI)	3-9-21	80-84
GERRY DAVIDSON (FALLBROOK, CA)	3-12-21	80-84
BRADY WALKER (OREM, UT)	3-15-21	80-84
RITA TOMASSINI (AVONDALE EST., GA)	3-16-21	80-84
ELGA MERI (CAN)	3-18-21	80-84
NORMAN HANSEN (SEATTLE, WA)	3-27-21	80-84
JACLYN CASELLI (SAN JOSE, CA)	3-28-21	80-84
MARJORIE SMITH (BROOKLYN, NY)	3-3-16	85-89
CLIFF BOULD (AUS)	3-12-16	85-89
FRIEDGARD LIETKE (GER)	3-12-16	85-89
REG ROLLASON (CAN)	3-20-16	85-89
DON LONGENECKER (SILVER CITY, NM)	3-25-16	85-89
JEFF BLOOMFIELD (WACO, TX)	3-31-16	85-89
ESKIL BERGQUIST (SWE)	3-15-11	90-94
TED HATLEN (S. BARBARA, CA)	3-16-11	90-94
DON PIEROTTI (CA)	3-21-11	90-94
PHILIP PARTRIDGE (NYC, NY)	3-29-11	90-94
OTTO ESSIG (WESTFIELD, MA)	3-8-6	95+
JACOB BISHIN (LOS ANGELES, CA)	3-19-1	95+

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



On The Run

By HAL HIGDON

Undercover Workouts: How to Train Indoors

Worried about the deep freeze that keeps you from your regular exercise trails? Instead of cursing the snow and cold, consider winter as a window of opportunity for both resting overstressed muscles and conditioning those you've ignored, because in summer you'd rather be running than cross-training.

Several options are open to you. One, you can simply bundle up, slow down, and quit worrying about serious training. Relax. Take a break. When the snow falls, switch to snowshoes or cross-country skis. Or, two, head indoors and try some undercover workouts. Here are some to consider:

Treadmill: When it comes to specificity, no other indoor machine beats the treadmill. No worry about muggers, or dogs nipping at your heels. No scenery, but almost any workout you can run outdoors, you can run indoors. If possible, run in front of a mirror to maintain good form. Running on a

slight incline will lessen the risk of injuries.

Strength Training: Go for the burn. One advantage of strength training is that you can target specific muscle groups and prevent injuries by concentrating on strength imbalances. Or strengthen areas of the body where you had a previous injury. Pick a weight that you can lift for 10 to 15 repetitions. The last one or two reps should be difficult, maybe even impossible to finish.

Cross-country Skiing: Most exercise scientists consider cross-country skiing the best total-body exercise.



JERRY WOJCIK
Bill Iffrig, 66, M65 winner (43:19), Rocky Riviera, #421, 46, and Susie Niedermeyer, 41, sixth woman (42:30) lead a pack of runners up the steepest slope on the course, National Masters 10K Championships, Vancouver, Wash., Feb. 17.



JERRY WOJCIK
Denise Foote, #443, 41, 39:37, and Myra Klettke, #444, 40, 39:55, were first and second women in the National Masters 10K Cross-Country Championships, Vancouver, Wash., Feb. 17.

Third Annual LONG ISLAND SENIOR GAMES

Suffolk Community College, Brentwood NY

May 16 - 20, 2001

Men and Women 50+

PO Box 1024, Smithtown, NY 11787

www.LongIslandSeniorGames.org

All Track & Field Events*

Technical and Non-Technical Racewalking

5K Road Race, 5K Cycling Time Trials

May 19 and May 20, 2001

Medals awarded 1st, 2nd, 3rd place

All competition in 5 year increments!

*No pole vaulting.

Also featuring 16 other major sports! 10 Minor contests!
Our "Games" are patterned after state and national games.

\$25.00 Covers all

Bowling, Billiards, Golf have additional fees!

WRITE, CALL, VISIT OUR WEB SITE

For registration forms or information!

631-265-2966

Indoor machines offer a good substitute at a relatively low cost. The straight-forward movements of ski simulators come close to matching those used in running, but with less impact. The new "elliptical trainers" offer a similar workout and are easier to use, though more expensive.

Water Training: Running in the water – either in the deep or shallow end of the pool – will develop your cardiovascular system, using muscles similar to those used in running. Or, if you decide to simply swim, you'll help strengthen your upper body while relaxing your other muscles. Water training works particularly well if you have an injury and can't run, but it's also good as a cross-training discipline for preventing future injuries.

Exercise Bicycle: Indoor bikes are particularly good for providing active recovery between hard running workouts. You can also strengthen your quadriceps muscles – although don't overdo it by pumping too hard. Keep your revolutions high (between 80 and 90 a minute) and the resistance low for the best aerobic workout.

Stair Climber: Next to the treadmill, you'll get a more specific running workout on a stair climber than on any other machine. Once you pick up the rhythm, you'll almost feel like you're running. Keep the cadence up and maintain an erect posture.

Rowing Machine: Rowing machines exercise the big muscles of both the upper and lower body, but the prime benefits are cardiovascular. Though less specific for developing running muscles, you can get your heart rate up on a rowing machine

while avoiding impact. Keep your back straight, and don't overflex your knees.

Mixing and Matching: For the best fitness benefits, do different workouts on different days – and don't forget to include some running two or three days a week. Here's a sample training program:

Monday: Strength training or rowing machine

Tuesday: Water training or exercise bicycle

Wednesday: Treadmill, elliptical trainer or run outdoors

Thursday: Strength training or rowing machine

Friday: Treadmill or stair climber

Saturday: Exercise bicycle or rest

Sunday: Long aerobic workout outdoors (running, walking or skiing)

Spend a half-hour on each workout, including a warm-up of 5 to 10 minutes at the start and a cool-down of 5 minutes at the end. The core 15 minutes between is when you work out hardest.

If you have more than 30 minutes for your workout, switch to different machines to extend your exercise period to 45 or 60 minutes. In expanding your workout, combine the cool-down from the first workout with the warm-up of the second, then do the next 15-minute core. The same in moving from the second workout to the third. Juggle the time spent in each workout depending on the time available.

The only limit is your own imagination. □

(Hal Higdon can be reached by e-mail at hhigdon@mediaone.net)

National 10K X-C

Continued from page 1

per mile pace. Aggie teammate, Armando Siqueiros, 42, ran a 32:59 for second on the 2000m, five-lap course at historic Fort Vancouver on the banks of the Columbia River, across from Portland, Ore. Bruce Ross, 43, of Club Northwest, was third in 33:26.

Race conditions were chilly with a 40-degree temperature and a wind-chill of 28 degrees from blustery winds coming up the Columbia Gorge. The surface was thick grass with spots of soft mud and some slight elevations. The 77 masters men and women who started had the best of the weather when the sun came out just before their start.

Bill Lawrence, 46, of the Boulder Road Runners, led a strong M45 field (11 of the first 20 masters were M45s) to finish fifth (34:47), followed by Marcial Soto, 48, a non-U.S. runner, sixth (34:57); Mark Billett, 47, Club Northwest, seventh (35:00); Andrew Lyle, 46, Club Northwest, eighth (35:04); and Emil Magallenes, 45, Reebok Aggies, ninth (35:11).

Rick Katz, 52, Boulder Road Runners, was first M50 in 37:30. The first age-60+ runner was Bill Iffrig, 66, of the Snohomish TC, winning his division in 43:19.

Foote also dominated from the gun to finish 39:37 and lead teammates Myra Klettke, 40, second (39:55), and Jennifer Teppo, third (40:06), to a Nike Portland Masters medal sweep. Californian Joan Ottaway, 56, West Valley Track TC, was eighth (43:06) and first woman age-50+ of the 17 finishers.

The team winners were M40-49 Reebok Aggies, with Club Northwest, second, and Boulder Road Runners, third; M50-59 Snohomish TC, with Boulder RR, second; M60+ Snohomish TC; and W40-49 Nike Portland Masters, with West Valley TC, second, and Boulder RR, third.

The masters event was one of a string of races for the day including a 4K fun run, a junior men's 8K, and the open men's 4K and women's 8K championships. In the women's 8K, masters standout, Carmen Ayala-Troncoso, 41, vying for one of the U.S. six spots for the IAAF World Cross-Country Championships, March 24-25, Dublin, Ireland, finished 12th (27:39).

The Winter Nationals were sponsored by USATF of Oregon, Harry Simonis, director. Alan Beck served as coordinator for the masters championships. An award ceremony was held at the race headquarters Red Lion Hotel in Vancouver at 5:00 p.m. ☐



PUBLICATIONS ORDER FORM

Quantity Total (US\$)

Masters Age Records (2000 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1999. 60 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (2000)

Men's and women's 2000 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings (2000)

Indoor rankings for 2000. 4 pages. \$1.50.

Masters Age-Graded Tables

Single-age factors and standards from age 8 to 100 for men and women for every common track & field, long distance running, and racewalking event. Shows how to conduct an age-graded event. Tells how to keep track of your progress over the years. Compares performances of different ages/sexes in different events. 60 pages, including samples and charts. Compiled by the World Association of Veteran Athletes. \$6.00.

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of July 20, 2000 (world) and December 3, 2000 (USA). 4 pages. \$1.50.

Competition Rules for Athletics (2000 Edition)

U.S. rules of competition for men and women for track & field, long distance running and racewalking—youth, open and masters. \$12.00.

USATF Directory (1999/2000)

Names and addresses of national officers and staff, board of directors, sport and administrative committees, association officers and addresses, etc. \$12.00.

USATF Governance Handbook (2000)

U.S. Bylaws and operating regulations, forms for membership, race sanction, records, course measurement, etc. 152 pages. \$12.00.

International Scoring Tables

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

Masters Racewalking

Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.

USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.

USATF Race Walking Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Cross Country Patch. 3-color embroidered 4" x 3" with gold trim. \$5.50.

USATF Lapel Pin. 3-color USATF Logo on 7/8" soft enamel lapel pin (nail pin back with military clutch). \$5.50.

USATF Decal. 3-color. 3" x 2-1/2". \$2.00.

2001 Road Race Management Directory

Published by Road Race Management, this book combines the Guide to Prize Money & Races with the Running Industry Resource Directory – two books in one – listing elite athletes (including masters) with over 1000 addresses and phone numbers, prize money structures for 400 events, Internet services, retailers, publications, TV contacts, and more. \$75.00.

Running Research News

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

Masters Track and Field: A History, by Leonard Olson

Olson, a masters competitor since 1970, traces the development of masters t&f from its start in San Diego in the late 1960s to its expansion into present-day world championships, with emphasis on the personalities and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$65.

Back Issues of National Masters News

Issues: \$2.50 each.

Postage and Handling

Overseas Air Mail (add \$5.00 per book)

TOTAL

Send to:

Name

Address

City

State

Zip

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



The Weight Room

By JERRY WOJCIK

The Weight Room by Jerry Wojcik will return next month.

Profile – Peter Taylor

Continued from page 9

last 24 hours before a meet?

PT: When I announce at Boston, it will be my first big meet since the NCCWAVA in August at Kamloops. Thus, the biggest thing is to calm down and get my wits about me, become used to being an announcer again. It's very important to do well early, even at the very beginning.

Before the meet begins, I may ask someone to go to various places in the arena to hear me give dummy announcements. For my first real announcement, I may write something out, as at that point I will not yet be confident. You can only become confident by doing well.

To keep my voice clear I'll drink perhaps 15-25 cups of water a day and consume 10-30 cough drops. I generally do not eat regular food when I am announcing.

Qualifications

DG: What are the prerequisites of a good announcer?

PT: First, you need courage, as there's not much that's more self-revealing than putting your own spin on events for three or four days straight (in indoor masters meets, the crowd can usually see the announcer,

which might be even more pressure). What if I become confused, start stuttering, say nonsensical things?

The second prerequisite is a pretty good voice, and third might be the ability to categorize, to separate things mentally, so they can be relayed naturally and understandably. Finally, you need to have a degree of arrogance. To think that one is important enough to speak to an audience for three days, that what one has to say simply must be heard, is that not arrogant? But it's a necessary arrogance, I suppose.

Memorable Moments

DG: What have been your top three thrills announcing?

PT: I've had so many, and thus I'll be disobedient and answer your question a different way. At Boston in March 2000 my top four thrills, in no specific order, were as follows:

Watching all-time great Joan Ottaway hug someone (I think it was her husband) out on the track after breaking the world record (almost sure it was right after the mile on Saturday).

"Rocking" with Nolan Shaheed as he got me going, I got the crowd going, the crowd got Nolan going, the crowd made me announce better – hard to say exactly what was happening except that the arena was loud and a record was being set – might have been the 800 on Sunday.

Patti Ford warmly acknowledging me after she went under the listed U.S. W40 mark for the 800.

Impressing Bert Bergen, husband of Kathy, with my knowledge of his wife's background (I had never announced Kathy before). Bert wanted to give me some information about Kathy, apparently unaware that I knew all the stars, at least in the running events. After her brilliant 200, Kathy let me know I was at the top of her list of announcers.

A Great Show

DG: Describe the ideal masters championships.

PT: Suppose some Boston-area residents come to the Reggie Lewis Center in Boston on March 24 by mistake, thinking that, because Reggie Lewis was a basketball player at Northeastern U. and then the Boston Celtics, a basketball game must be scheduled. They find a track meet for those 30+ and are so enthralled they



ANDY LARABEE

Top four in the M65 shot put, 2000 Masters Championships, Boston, (l to r): Len Olson, second; Bob Ward (U.S. record 13.16m); Len Rosen, third; and Ray Feick, fourth.

decide to stay.

Why? Because the mile races are thrilling competitions, the 400s have breathtaking beauty and perfect balance – one lap to get your position, one lap to bring it home. The high jump and pole vault are sources of amazement – how can these men and women go so far up?

The scene is a mixture of sound (spikes hitting the track, both cheers and murmurs from the crowd, the announcer's voice, officials calling laps to go or who's next to jump, the pole vaulter landing on the cushion, the thunder of the shot over in the cage) and brilliant sights – the blue

track, the flashy uniforms, the long jumper hanging in the air. Everyone inside is on the stage, and everyone outside is the participating audience.

Thus, the ideal masters meet resembles a memorable concert, regardless of your music preference. To accomplish this we need a good deal of order and structure, without which the performance collapses.

To answer your question briefly, the best masters meets are those in which the athletes feel they've been part of a wonderful show, and the spectators feel the same way. □

(Dick Green is an M50 middle-distance runner in the Philadelphia area.)



SUZY HESS

Dave Tolson, Massachusetts, M40 triple medalist, 2000 Masters Indoor Championships, Boston.



Everett Hosack (c), 98, after setting a U.S. record for the 35# superweight at the 2000 Masters Championships, Boston with officials (l to r): Ollie Bunch, Gerry Cantor, Pat LaValle, and Ed Daniels.



Athlete's Kitchen

By NANCY CLARK, MS, RD

Protein: Finding the Balance

Confusion abounds regarding the right balance of protein in the sports diet. Rugby players, runners, and skaters alike commonly wonder 1) if a high protein diet is less fattening than a carbohydrate-based sports diet, 2) if protein is best for preventing hypoglycemia, 3) if they need extra protein to support the demands of their exercise program, and 4) if protein supplements are the most effective way to build muscles. The following article is designed to clarify some of this protein confusion and help you find the right balance of protein-rich foods in your sports diet.

Q. I want to lose weight so I'll be a lighter, quicker athlete. I've stopped eating starches like potato, pasta, bread, and other fattening carbohydrates. But I wonder what's the right balance of protein and carbs for weight loss?

A. The current popularity of high protein diets for weight loss stems from protein's ability to curb hunger. That is, an egg-based breakfast takes longer to digest and can be more satisfying than an equal number of calories from a plain bagel. By being satisfied, you'll be able to eat fewer calories, and thereby create the calorie deficit needed to lose weight.

Despite popular belief, carbohydrates are *not* fattening! Rather, *excess calories* are fattening – excess calories of carbs, protein, or fat. As an athlete, you actually need a carbohydrate-based sports diet to fuel your muscles, because only carbs get stored in muscles as glycogen. When your muscle glycogen stores become depleted through repeated days of hard training with too few carbohydrates to replenish the losses, you'll become needlessly fatigued.

Rather than eliminate carbohydrates (which are likely among your favorite foods), I recommend you consult with a sports nutritionist who can design a personalized food plan that will help you lose weight, maintain energy for training, and include your favorite meals. To find a local sports nutritionist, go to www.eatright.org and use the referral network of the American Dietetic Association.

Hypoglycemia

Q. I struggle with hypoglycemia, so I've cut back on carbohydrates to avoid "sugar highs and sugar lows." I'm eating protein with each meal but I am afraid to have potato, rice, and bread. I've heard these foods have a high glycemic index and quickly elevate my blood sugars, only to create an excessive amount of insulin that takes too much sugar out of my blood and makes me "crash." What's the right balance of protein to carbohydrates to keep my blood sugar stable?

A. Of the athletes I counsel who

complain about hypoglycemia, the vast majority simply under-consume calories at breakfast and lunch. They get light-headed in the afternoon not because of a reaction to carbohydrates, but because they failed to put enough fuel in their bodies and are running on fumes. The solution is not to limit carbs but rather to eat heartier breakfasts and lunches. These meals should include both carbs (for energy) and protein (for satiety) – such as milk with cereal, turkey on bread, and meat sauce with pasta.

Quality Protein

Q. I've stopped eating meat, and have chicken or fish about once a week in a restaurant. I eat mostly bagels, salads, pasta and apples. Will this give me enough protein to support my exercise?

A. Likely not. Although bagels and pasta do offer a little protein, the protein is low quality and fails to offer all the amino acids needed to build muscles. Hence, you should complement these grains with a protein-rich plant food at each meal, such as peanut butter on a breakfast bagel, beans on the lunch-time salad, and tofu with pasta at dinner.

I counsel too many athletes who call themselves "vegetarians" but are actually just non-meat eaters who eliminate

meat but fail to add in beans, soy, and other plant proteins. Their bagel and pasta diet is deficient in many nutrients that are essential for health and top performance including not only protein (for building, repairing, protecting muscles) but also iron (for preventing anemia), and zinc (for healing and strengthening the immune system). No wonder these athletes complain about chronic fatigue, poor recovery after exercise, colds they can't shake, and overall lack of energy. They also have visible signs of malnutrition: blotchy facial complexion and grayish coloring – both of which disappear once they balance their diet with adequate protein.

Building Muscle

Q. I want to bulk up, so I've started eating a protein bar and protein shake at breakfast and lunch (instead of cereal and sandwiches). Am I eating too much protein? What's the right balance?

A. To build muscle, you need adequate protein, extra carbohydrates, and, of course, resistance exercise such as lifting weights. Carbs fuel your muscles and give you the energy needed to perform the muscle-building exercise. If you eat too much protein by displacing, let's say, cereal with a protein bar, you'll not only fail to fuel your muscles properly, but also fail to invest in optimal health. Displacing natural foods with engineered foods (protein supplements) limits your intake of the health-protective nutrients Nature puts in whole foods.

I recommend protein supplements only in a few medical situations, such as for malnourished patients with AIDS or cancer, or clients with anorexia who refuse to eat other sources of protein. Few healthy athletes need to spend money on protein supplements; supplements have no magic ingredients. Even vegetarian athletes can get enough protein through plant and dairy foods. Wholesome food works fine. □

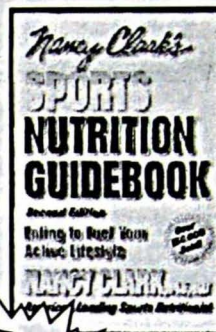
©February 2001: Nancy Clark, MS, RD

(Nancy Clark, MS, RD, counsels both casual exercisers and competitive athletes at Sports Medicine Associates in Brookline, MA. Her popular Nancy

Clark's Sports Nutrition Guidebook, 2nd Edition is available by sending \$20 to Sports Nutrition Services, 830 Boylston St., #205, Brookline MA 02467 or via her website, www.nancyclarkrd.com)

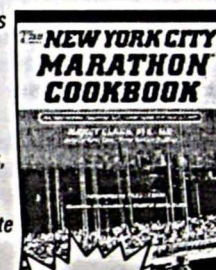
WINNING BOOKS

"If you have a question about nutrition, food, or weight, Nancy Clark's Sports Nutrition Guidebook will give you the answer. It's as simple as that!"



Best Seller

"With 80 pages of nutrition advice and a user-friendly collection of fast, easy, healthy recipes, this book is perfect for me, a hungry athlete who slightly cooks!"



Helpful Gift

ALSO AVAILABLE

- **Audiotape** – Dieting Tips for Active People (\$10.95)
- **Teaching materials** – Sports Nutrition Handouts (\$149)
Sports Nutrition Slide Show (\$139)
Eating Disorders & Exercise Slides (\$139)

ORDER FORM

Enclosed is \$_____ for
 _____ The New York City Marathon Cookbook, \$20
 _____ Nancy Clark's Sports Nutrition Guidebook, \$20
 _____ Both books -- only \$34!
 _____ Weight Loss Audiocassette, \$10.95
 _____ Information about nutrition teaching materials.

Name/Phone _____
 Address _____

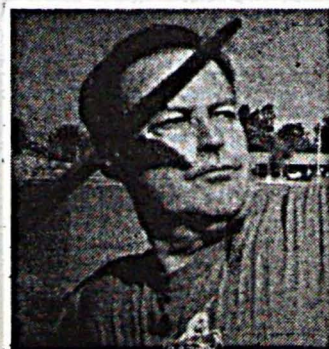
Send check to Sports Nutrition Services
 830 Boylston St., Brookline MA 02467 • 617-795-1875
 Fax: 617-795-1876; E-mail: nclarkrd@rcn.com
 Or visit www.nancyclarkrd.com

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

THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



LARRY STUART
 ON
 JAVELIN
 THROWING

ADD 30' TO YOUR THROWS!

50 minutes. Broadcast quality. \$39.95 plus \$3.00 S&H

Mail your check to Sportsmen on Film
 P.O. Box 1818, Kerrville, Texas 78029

Former AAU National Champion
 World Masters Champion from
 ages 45 to 60

For MasterCard or Visa orders, call Sportsmen on Film at

800-910-4868
 or FAX 830-792-4224



Training Advice

By RON LAIRD

Racewalking Success Lies in Correct Technique

The key to fast and legal racewalking is correct hip and knee action. The hips must perform a rolling and turning motion. This unique hip movement allows your legs to walk their fastest and gives you good stride length.

The leg must be straight, and stay straight, when the heel of the advancing foot touches the ground. There should be a pulling of the ground back and underneath you with your hamstring and hip muscles. Once your leg is directly under or just behind you, it will bend at the knee and quickly swing forward.

Keep your feet close to the ground. Too high a knee swing or any sort of a prancing action can cause loss of contact when racewalking fast. Overstriding while moving quickly is fatiguing and can easily float you up and off the ground enough to be detected by competent racewalk judges. Take steps that are comfortable for your body structure and its present level of fitness.

Your toes and ankles are used to push you straight ahead, not upward. Your feet land along or on top of a straight line with toes pointed directly forward. Keeping your body weight a little to the outside of your foot will help you maintain correct and continuous hip roll.

Your arms are held at a 90-degree angle and pumped vigorously. Swing them across your chest a bit to help turn your hips back and forth. Quick arm pumping helps you achieve and maintain quick leg turnover. Try to keep your neck and face relaxed.

Keep your body and head in an upright position. Forward lean needs to come from your ankles, not your

waist. Bending at the waist can push your hips out behind you so much that it causes you to use a hiking technique, where hip rolling is lost and bent-knee walking replaces correct straight-leg action.

Low Impact Sport

Your workouts are the same as those of distance runners except you do them using correct racewalking technique. Since the low-impact steps of racewalking allow you to move safely, quickly, and efficiently, you'll be taking quality workouts without all the pounding to feet and legs that runners constantly endure.

The different ways your muscles are worked should feel strange at first, but a lot more comfortable after just a few weeks of conscientious training. Flexibility and strengthening exercises for hips, stomach, and hamstring muscles will always be of specific help. It's normal for beginners to feel soreness in their shins and in the back of their knees until those areas get used to their new way of walking.

Beginners may find it easier to develop correct hip motion and knee

straightening by first practicing them with very short steps. It's also helpful during this short step drill to try snapping your knee back as you pull your heel back into the ground.

Whether you are coached or coach yourself, proper technique must always be mastered. Good racing results will require a high level of fitness, efficient and legal technique, and the discipline to push your pace in training and racing.

Perseverance Required

As with all endurance sports you will need to develop concentration and learn to tolerate the discomfort that comes from long hard efforts. Be patient and allow yourself to improve gradually. Perseverance is a must.

To repeat, when the leg speed and stride length of proper hip action are combined with early knee-straightening, you have the basics for fast and legal racewalking. Other requirements are vigorous arm pumping, good balance, flexibility, and lots of effort. Correct technique lets you move your legs quickly, but power and stamina must be developed to maintain this leg turnover for long periods of time.

No Special Equipment

You don't need special equipment, facilities, or training partners to enjoy this beneficial exercise and its cross-training advantages. Even though the unique technique and rules of racewalking may make it seem complicated, it's quite a natural and efficient way to move once you've learned the basics and practiced for a few months. Don't let a feeling of awkwardness discourage you from participating in this challenging Olympic sport.

Since racewalking is a low-impact activity with high fitness benefits, it would be a good addition to high school and college competitive track and physical education programs. These programs would soon be turning out America's future international-class walkers. Racewalking can be used throughout a person's life for fun, fitness, and competition.

Always work on efficient and legal technique no matter how fast or slow you racewalk. This helps time and effort pass quicker and makes you move and look better. Train consistently and wisely and you will achieve satisfying results.

The Purpose of Judging

The purpose of having racewalk judges is to ensure the fairness of the competition for all walkers. There are only two things the judges of race-

walking look for: apparent foot contact with the ground, and straight leg action.

The advancing foot must look like it has contacted the ground before the toes of the rear foot have left the ground. It is during this spread-out, heel-and-toe position that racewalkers break or maintain contact with the ground. When there is loss of contact, the walker illegally gains a few inches through the air with each step.

All judging decisions are made as seen by the unaided (glasses are fine) eye. No camera or video equipment may be used for judging during or after a race. Even though the human eye is not 100 percent perfect to judge a racewalker's contact with the ground, this is the method the sport has decided to use over the years. It has proven to be the most fair and accurate way to control the event.

Straighten Those Legs

Bent-knee(s) racewalking promotes the use of the large quadriceps muscles to help thrust the walker forward and can also cause loss of contact. You want to land with a straight leg, leaving the quadriceps relaxed, and pull the ground back, underneath, and behind you with your hamstring and hip muscles. A strong heel pull as soon as the heel touches should also help to straighten the knee joint.

Bent-leg quadriceps pushing and leaping up and over the ground is what runners do. Racewalkers want to quickly and smoothly pull themselves forward with their large hamstring muscles.

Cautions and Warnings

When a racewalking judge sees a competitor in danger of breaking one or both racewalking rules, they call out the violation to the walker and at the same time show them a white and black sign. On opposite sides of this sign are the symbols for loss of contact and bent knee(s). These "in danger of" calls are known as *cautions*. Cautions never add up to anything that would disqualify a walker from a race.

If a racewalker is obviously losing contact with the ground and/or landing with bent knee(s), the judge will write a disqualification (warning) card on the walker without telling the walker about it. It takes a warning call from three different judges to disqualify a competitor. Only the head judge is allowed to disqualify an illegal walker and he or she does it verbally and with a red sign. When in doubt, the judges are to give the benefit of doubt to the walker.

Racewalking judges are only concerned with knee straightening and what looks like proper contact with the ground. Competitors need to put more mental and physical effort into maintaining correct technique during their fast workouts and races. This will keep them from getting into trouble with the judges. □

(Ron Laird is a former Olympic racewalker. His book, *The Art of Fast Walking*, is available for \$19.95, plus \$2 S&H. Send to Ron Laird, 4706 Diane Drive, Ashtabula, OH 44004.)

Masters Age Records

(2000 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1999.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1999.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 60 pages. Thousands of entries. Lists name, age, state, and date of record.

Send \$5 plus \$2.00 postage (\$5.00 foreign postage) to:

NATIONAL MASTERS NEWS
P.O. Box 50098, Eugene, OR 97405

Name _____

Address _____

City _____ State _____ Zip _____

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.

By I
Wor
tumble
to dom
elite in
al Hart
at Corn
20.

Thre
champi
Tim M
decisiv
in 4:34
41, pla
Cole, 4
in 4:42
Wheele
"I'm
get und
McMul
School

Four
Masters
meet re
45, Laf
straight
ing wo
the W
(10:04
has a p

Card
N.Y., s
ing sec
Hanna
record
Suz
claimed

Tim M
(4:34.2)
Mile, 11r

McMullen, Ford Win Hartshorne Mile; Ford, Smith-Hanna Set World Records

By DIANE SHERRER

World and U.S. age-group records tumbled, while two loyalists continued to dominate the men's and women's elite invitational races of the 34th annual Hartshorne Memorial Masters Mile, at Cornell University, Ithaca, N.Y., Jan. 20.

Three-time Hartshorne Masters Mile champion – and two-time runner-up – Tim McMullen, 47, Churchville, N.Y., decisively won his fourth elite mile title in 4:34.20. Ithaca's Casey Carlstrom, 41, placed second in 4:38.43. Dave Cole, 41, Liverpool, N.Y., finished third in 4:42.20, nipping Syracuse's Robin Wheelless (4:43.00) at the finish.

"I'm pretty fit, and I thought I could get under 4:30 if I really needed it," said McMullen, a tutor in the Rochester City School District.

Four-time defending Hartshorne Masters Mile women's champion and meet record holder (5:15.86) Patti Ford, 45, Lafayette, N.Y., claimed her fifth-straight title in 5:18.10 – a W45 pending world record. Ford currently holds the W40 U.S. record in the 3000 (10:04.93) and the 800 (2:22.67) and has a pending W45 U.S. 3000 record.

Carolyn Smith-Hanna, 50, Pittsford, N.Y., set a W50 world record, by placing second to Ford in 5:27.33. Smith-Hanna also has a pending national record in the 1500 (5:05.2).

Suzanne Myette, 43, Endicott, N.Y., claimed the third masters position in

5:48.40. Myette is a former national masters champion and placed fourth among masters women at the 2000 Philadelphia Marathon, in a personal best 3:05.

Becky Heuer, 36, Forestville, N.Y. (near Buffalo), was enlisted to "rabbit" the women's field. A three-time upstate New York cross-country open champion, Heuer hit the finish line first in 5:16.92, and helped pace Ford and Smith-Hanna to their record-breaking runs. Ford had to break 5:20; Smith-Hanna had to dip below 5:40.

At the gun, Heuer charged to the front and Smith-Hanna jumped in behind her. In the third position, Ford briefly shadowed the pair, then moved to second. Despite some nagging injuries and a flu-like illness, Ford never lost contact with Heuer, at times even running up on her heels.

"I didn't want to go all out today, but I really wanted to run a 5:15. I just couldn't do it," added Ford, a Syracuse Charger club member. "I love the Hartshorne Mile; it's one of my favorite all-time races."

"I'm pretty pleased with her performance, and it's a solid race for Patti," said Vicki Mitchell, University of Buffalo coach who is also coaching Ford.

Although Smith-Hanna, the 2000 USATF W50-54 cross-country runner of the year and the upstate New York cross-country masters co-champion (shared with Myette), didn't have to run Ford's pace, she decided to race aggressively and dip below the W50 age-group record as much as possible.

"I tried to relax, hang on and do the best I could do," said Smith-Hanna, a physical education teacher in the Penfield school district. "I tried to pick it up at the end, but ran out of a little steam. My coach was reading me my splits, and I was doing that and staying ahead of my required pace. I knew I had it, but I kept going hard as I could at the end."

In the men's Section II race, Canada's Earl Fee, Mississauga, Ontario, set an age-71 world best of 5:39.5, a Canadian M70 indoor record. Fee is the world record holder for M70 in his specialty – the 800 (2:20.45).

The top three male and female milers shared in an equal prize purse of \$300, \$150 and \$50, respectively.

Subscription Problems? Moving?

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



FRANK DIMEO

Patti Ford, #17, 45, Lafayette, N.Y., after a world record 5:18.10, with W35 winner, Becky Heuer, 35, Forestville, N.Y., Hartshorne Memorial Masters Mile, Ithaca, N.Y., Jan. 20.

The Wineglass Running Club, of Corning, N.Y., the Ithaca Center for Postgraduate Medical Education, Cornell professor emeritus Bob Babcock, and the Tompkins County

Trust Company provided sponsorship for this year's event.

The Hartshorne Memorial Masters Mile is directed by Rick Hoebeke, entering his 15th year as race director. □



FRANK DIMEO

Tim McMullen, 47, Churchville, N.Y., winner (4:34.20), Hartshorne Memorial Elite Masters Mile, Ithaca, N.Y., Jan. 20.

Master, n: one who rules, directs; skilled craftsman.

Priceless, a: invaluable, a proven concept that is reinvented and updated to take advantage of its inherent benefits.

The SmartVest

A custom sized, weight bearing resistance vest designed to augment athletic movement. Proudly, the SmartVest is currently assisting a cross section of your fellow competitors with their preparation for the upcoming outdoor season. Men and women, different age groups, and events from the 100 to the shot. Within these ranks, we toast and congratulate one world record holder. A great performance.

Unfortunately, they are reluctant spokespeople for the SmartVest. In fact, they are quite tight-lipped. Notice the world record holder's name is suspiciously absent. Quite frankly, they have an edge and want to keep it. We respect their privacy, but.....

Business is business. It is time for you to be introduced to the same opportunity and its possibilities. If you are serious or maybe just curious, please give us a ring. You love what you do—we love the thought that we can help you excel at it.

When you call, please ask for Forest. He's a big fan of Masters T & F.

p.s. We also want to extend our congratulations to a particular 16 year old x-country runner (from a southern state) who was crowned the state champion. He wears his SmartVest during daily activities, speed work, hill repeats, and some longer tempo runs. A nice, young man. A smart one, too.

Training Zone Concepts, Inc.,
2363 N. Linden Rd
Flint, Mi 48504
Toll free 1-888-797-8378
Direct 1-810-732-0849
Fax 1-810-732-4859

SMART VEST



MASTERS COACHING/TRAINING

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

bership or training fee.

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

without professing any coaching qualifications. Some coaches are very experienced, with Olympic level athletics to their credit.

Most programs focus on specific or select-

ed events/distances, which is noted on the chart. Interested athletes should contact the named individuals at the listed phone numbers. □

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	Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 ricrojas@aol.com www.ric-rojasrunning.com
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)	Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Desert Valley Rockets	Cathedral City HS Cathedral City, CA	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	Western PA Track Club	Moon Township HS Pittsburgh, PA	S, MD, LD	C-Anthony Boerio 412-734-1091
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 865-774-0023 coachr880@worldnet.att.net	Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	Jerry Hiatt	Seabreeze HS Daytona Beach, FL Tuesdays A.M.	MD, LD	Jerry Hiatt 904-255-1279 donna@totcon.com
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George 310-498-8405	The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 fax 561-368-1090 www.FastProgram.com
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x2400 (work)	San Diego Panthers TC	San Diego, CA	T, F	James King Randy Thompson 619-475-5252
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City Tu, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 (work)	Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller 505-258-3921 helishot@trailnet.com
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Mike DeWitt	Parkside Athletic Club Mike DeWitt	RW	Mike DeWitt 414-551-0142
Pat Connelly	Birmingham H.S.-Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 (home)	Ken Grace	Chabot College Hayward, CA		Ken Grace 510-723-6662
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m.-11 a.m.	S, TH, F	C	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaelite1@earthlink.net
Club West	Santa Barbara CC Santa Barbara, CA	MD, LD	C-Drew Sutcliffe 805-687-7863	Gamespeed	Brentwood, CA	S	Aaron Thigpen 925-513-8676
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Gulf Coast Racewalkers	Dade City, FL	RW	Susan Heft 352-567-0855
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Club Vault	Beaverton, OR		Jerry Cash 503-524-5078
Powerline Sports	YMCA-Central El Paso, TX	MD LD, S, F	C-David Jackson 915-533-3941	American Walking Assoc.	Boulder, CO	RW	Viisha Sedlak 303-938-9531 viisha@americanwalk.org
John Tansley	Canyon Del Oro H.S. Tucson, AZ	TH, J	C-520-825-2595	American Walking Assoc.	St. George, UT	RW	Sharon Conland 435-688-1438 sconlan@redrock.net
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	American Walking Assoc.	Cardiff, CA	RW	Claudia Lane 760-944-9213 claudiawlk@aol.com
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	American Walking Assoc.	Highland, IL	RW	Laurie Plocher/ Kathy Southwick 618-654-3981
Tom Craig	Oakland, CA	MD	C-510-633-1161	American Walking Assoc.	Bluebell, PA	RW	Tami Zylka 215-641-4658
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin	American Walking Assoc.	Thunder Bay, ONT, Canada	RW	Karl Dahl 807-344-9807 kdahl@baynet.net
Ft. Steilacoom RC	Tacoma, Wash., Thu 5:30 p.m. Steilacoom HS (April through Oct.)	LD, MD, S	L-Ron Dimmerman 253-582-8188	Team David	Eugene, OR	LD	Dave McJunkin 541-343-6468
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy 541-343-4841	Bob Williams	Portland, OR	MD, LD	Bob Williams 503-643-6184 bobw@pacethyself.com
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843	Miami Valley TC	Yellow Springs, OH	All Events	C-Vince Peters 937-767-7424 mv_tc@erinet.com
SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986				
Elmer Haynes	Sacramento, CA	All Events	916-845-3080				
Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935				
Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262				
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				
Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner Rick Herr 949-476-7076				
Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoung@run@aol.com				
Tim Graf	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tvgraf@msn.com				

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.



T&F Report

By **GEORGE MATHEWS**
Chair, USATF Masters
Track & Field

Volunteers are Essential for Success

I don't need to remind anyone that USATF Masters is made up of volunteers and athletes. Sometimes they are familiar faces, sometimes new. In both cases, we need more of each. I think we must occasionally remind ourselves that our main mission is to serve the masters athlete, primarily by developing arenas of competition; in other words, meets.

We all know this, but what are we doing about it? Participating in a meet as an athlete is great. Criticizing the way a meet is run is not so great.

How do we have more meets in which masters athletes can participate? Volunteer! It's possible to be both an athlete and a volunteer...at the same time.

In my new position, I get the impression that many of our members think the Masters Executive Committee and USATF are the same thing.

We would be much larger than we are if we just had five people working in every one of the 57 associations that make up USATF. If your association

doesn't have a masters committee, then you can start one. If your association gives you a hard time, let us know. We will encourage them to help you.

Have meetings. Plan meets. It is your association's responsibility to help bring meets about. You and the association cannot do it alone. Enlist the cooperation of your local clubs. If you don't have any, start them. Don't do it by yourself or you'll burn out. Many hands make light work, so recruit volunteers.

The goal should be to have at least an

Russell, Watry, Angus Top Indoor Heptathlon Scorers

By **KAREN HUFF**
Co-President, Midwest Masters
T&F Club

Twenty-three "athletic" souls braved the Chicago winter and a snowstorm to compete in the 5th annual USATF National Masters Indoor Heptathlon Championships, hosted by Jeff Watry and the Midwest Masters T&F Club at Lewis University, Romeoville, Ill., Feb. 9-10.

Alan Russell, 50, Ames, Iowa, totaled 5361 points, the highest for the meet and a new M50 world record, bolstered by an age-graded 89.2% 8.04 (816 points) in the 60m, and an 84.6% 1.65 high jump (868).

Meet Director Watry, 45, Paddock Lake, Wisc., had the next best score of 4773, including 868 points for an 84.5% 1.74 high jump. He ran an excellent 1000 (3:09.11) but fell 10 points short of breaking the M45 meet record of Bob Zahn set in 1999.

There were plenty of other exceptional performances and lots of camaraderie. Bill Angus, Salem, Ohio, M55 first, with the third highest score (4757) of the meet, was also the winner of the unofficial "participation" award, having won five national indoor heptathlon titles in a row.

Ken Ellis, 43, Oklahoma City, the current world champion in the pole vault and M40 world record holder in the indoor heptathlon, has now won four of five national titles in the heptathlon. Ellis pole vaulted 14-9, and

high jumped 5-8 1/2.

Other highlights included the following individual event records: **high jump:** Watry, M45, 1.74, breaking Zahn's 1.71 in 1999, and Russell, M50, 1.65, breaking Joe Johnson's 1.61 in 1998; **60mH:** Al Sherif, M35, 8.74, breaking Ellis' 8.82 in 1997; **pole vault:** Kelly Meares, M45, 3.60, breaking 3.50 by Mike Davis in 1997 and D. Webb in 1999; and **1000:** Steve Winkel, M40, 3:03.07, breaking Watry's 3:03.28 in 1997.

The Midwest Masters T&F club appreciated all the athletes who traveled such long distances to compete in this two-day event. Bruce Hedendal gets the "traveled the farthest" award, since he came all the way from Grenada. We also appreciated those athletes who helped us officiate in their "free" time."

Canadian former Olympian John Hawkins traveled from West Vancouver, B.C., to compete as a guest and set an M50 Canadian record of 1.68/5-6 in the high jump.

Congratulations to all, and the Midwest Masters look forward to seeing you next year. It is our hope that more multi-event athletes can join us then, especially women, when we host the USATF National Masters Indoor Heptathlon at Carthage College in Wisconsin (close to Chicago), March 2002, where both the schedule and the facility will be entirely at our disposal. □



JERRY WOJCIK

Gordon Retier (#455), of Missouri, about to pass Doug Watson (#723), of Oregon, to finish in 2:16.41 to Watson's 2:17.45, M50, 800, 2000 Masters Indoor Championships.

outdoor masters track & field championships in each association. Think how we would grow if we did this. Let's start now. Your regional coordinators will help. Your executive committee will help. Just ask.

It would be great to have association indoor championships as well. Maybe we could even have indoor championships outdoors, where the weather allows and there aren't any indoor facilities. Don't let the "indoors" stop us.

We even need help with our regional

and national championships. We need help on our committees. If you can't do it, please help find people who can.

One of the elements missing in our volunteer program is a reward system. I think the athletes should honor the volunteers who make our meets come about. What kind of reward? I would be interested in your suggestions. □

(You can find updates on other activities in which I am involved by viewing the Chairman's Report on the USATF masters web site: www.usatf.org)

South Pacific Adventures Presents

WAVA Championships BRISBANE JULY 4-14, 2001 HURRY!



The Clock is Running!

Seats are going fast so book now
for the best selection

The Competition Core July 1 - 15

15 DAYS / 12 NIGHTS R/T Airfare from LAX,
Welcome Reception, 1/2 Day Sightseeing, 12 nights
4-star lodging, Full Breakfast \$2280.00 Per Person

Or:

The Best of Australia June 30 - July 25

Brisbane, Darwin, Cairns, Sydney - Airfare, Breakfasts,
Tours and More! \$4,710.00 Per Person

Or:

Australia and New Zealand June 30 - July 25

Brisbane, Cairns, Sydney, Auckland, Rotorua,
Overnight Farm Stay, Airfare, Breakfasts, 4WD Tours,
Cruises and More! \$4,655.00 Per Person

We offer The Convenience of Credit Card Payment
For a detailed brochure please call:

South Pacific Adventures at
1-800-968-4345 or email at:
Brisbane@southpacificadventures.com

4 Months to Go



Countdown to Brisbane

Brisbane Planning "Best World Games Ever"

Only four months remain before the start of the 14th WAVA World Veterans' Athletics Championships in Brisbane, Australia, July 4-14. Up to 6000 athletes (men age 40+; women age 35+) from as many as 80 nations will participate in the biennial event. There are no qualifying standards, except to be at least the minimum age on July 4.

The organizers are working frantically to ensure everything is in place for your arrival in Brisbane in July. The new track is being built, equipment is

arriving, officials have registered and entries are coming in. We are confident we will put on a great event for you.

With the New Year, we have added



JERRY WOJCIK

Part of the Australian contingent at the 13th World Veterans' Championships, Gateshead, England. Australia is the host country of the 14th Championships to be held in Brisbane, July 4-14.

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 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"				
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49						
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				

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 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"				
30-49	400m	.914m 36"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59						
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"				

IMPLEMENTS

AGE GROUP	SHOT PUT	DISCUS	HAMMER	JAVELIN	WEIGHT**	SUPER WEIGHT
					WAVA USATF	USATF
Women						
30-49	4.00k	1.00k	4.00k	600 gms.	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: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.

* New 1999 IAAF specifications.

**WAVA weights replace USATF weights on April 1, 2001.

new staff: Gavin Metcalfe as Registrations Manager; Margaret Price as Volunteers Manager; Doug Cadioli as International Relations Coordinator; Donna Spethman in Sports Services; and John Mitchell as Hy-Tek Coordinator.

Equipment Testing

The second (red) layer of PU rubber is being laid this week on the new track at ANZ Stadium and the underground cabling continues apace. The new competition equipment will be tested in two meets (open and junior) this month. The new Daktronics scoreboard at ANZ Stadium is up and working.

Over 340 applications were received for officials' positions at the championships – a fantastic response. All officials will receive confirmation of their application shortly.

We are working with the Brisbane Airport to identify an area for athletes to check in their equipment for transfer to the championships. This will enable athletes to then travel to their hotels and to and from the venues without worrying about transporting equipment each time.

Interpreters and translators will be

provided at all venues for those athletes and accompanying persons who don't speak English.

Friendship Program

The International Friendship Program will be conducted throughout the championships. All athletes, officials, and volunteers will be encouraged to wear the IFP badge, which indicates which language they speak (besides English).

We're pleased to announce the Treasury Casino as a major sponsor. Located in the center of Brisbane, the casino is open 24-hours a day, featuring five restaurants, seven bars and a range of exciting gaming options.

Aussie Lingo

Ankle biter – Small child

Breakky – Breakfast

Damper – Bush bread cooked in the coals of the camp fire

Short arms and long pockets – Someone who will not part with their money

Spit the dummy – Lose your temper

We want to make Brisbane 2001 the best WAVA World Championships ever. See you in Brisbane 2001. □

– Jacey Octigan, Event Manager

U.S. Entry Deadline is March 1

The official entry deadline for the 14th WAVA World Championships is March 30, but U.S. athletes should send their entries to USA Track & Field no later than March 1.

Entry and accommodation forms are available directly from Brisbane (see schedule for details), from any of the masters travel agents hosting low-cost tours (see ads in past issues of NMN), or from either of the USA Team Managers (Don Austin and Charles DesJardins; addresses on page 3).

U.S. entries must be mailed, along with proof of age (a copy of either your birth certificate or passport; driver's license is not proof of age), and a copy of your 2001 USATF membership card to Mark Springer, WAVA Entry, USATF, One RCA Dome, Suite 140, Indianapolis, IN 46225. Entries must include the correct fee payment. Since fees are set in Australian dollars (AUS\$1 = approximately US\$.53), the easiest way to pay is with a credit card; the banks will do the math for you. Entries will be verified and forwarded to Brisbane by March 30.

Also remember all non-Australian citizens must apply for an appropriate visa to gain entry into Australia prior to leaving their own country. Allow plenty of time. Normally, the visa can be obtained through your travel agency or airline, but do not assume someone else is doing this for you.



International Scene

By **TORSTEN CARLIUS**
WAVA President

WAVA Group Visits Puerto Rico

The beginning of March sees the close of the indoor season. In Europe the Indoor European Veterans Championships take place the second weekend of March, but thereafter the outdoor season will come slowly. We now turn our full attention to the World Veterans Championships Stadia in Brisbane from which we expect so much in four months time.

Stadia Championships in 2003

As you read this, it is my sincere hope that the site for our 2003 Stadia Championships will have been finally decided. In the February issue of NMN, I mentioned the problems that arose in Kuala Lumpur, which led to our contacting Puerto Rico to take over. During January and February there were ongoing discussions with both cities, resulting in a WAVA visit to Puerto Rico in the middle of February.

At the time of writing, the visit (planned for February 16-18 or 23-25) had not yet taken place, but you should now be able to access the result on WAVA's website (www.wava.org). Whatever the outcome, I am sure the decision is the best we could make and the 2003 LOC will present their plans at the WAVA General Assembly in Brisbane.

Non-Stadia 2004/Stadia 2005

We can now confirm the bid contenders for our next championships as follows: **2004 Non-Stadia:** Manukau City and Auckland City, New Zealand. **2005 Stadia:** Helsinki, Finland; San Sebastian, Spain; San Juan, Puerto Rico (if not awarded the 2003 Championships); and Sacramento or Baton Rouge, USA.

These cities will present their bids at the General Assembly in Brisbane, but before then the WAVA Council will visit the bidders to check that the requirements can be met.

Drug testing

I feel I must continue my discussion on drug testing. Kathy Jager tested positive in Gateshead, and my hopes that this would be an isolated situation were unfortunately frustrated by two more cases in Europe. Tania Ciuciula, of Italy, tested positive at the Italian Indoor Championships in 2000, as did Frantisek Drab, of Czechoslovakia, at the European Veterans Championships in Jyväskylä, Finland, in July 2000.

Both have been suspended for two years and again I must express my great disappointment that our veterans' movement that is for fun should be stained by cases like these. I do not know what substances were involved, but it must be the duty of all athletes to check that they do not take anything

forbidden.

In this context it might be worth mentioning the new World Anti-Drug Bureau (WADA) that has been established to assume worldwide responsibility for drug testing and information. We will probably not see them testing at our Championships for a few years, but as soon as they have built up an organization I do hope they will show interest in our activities.

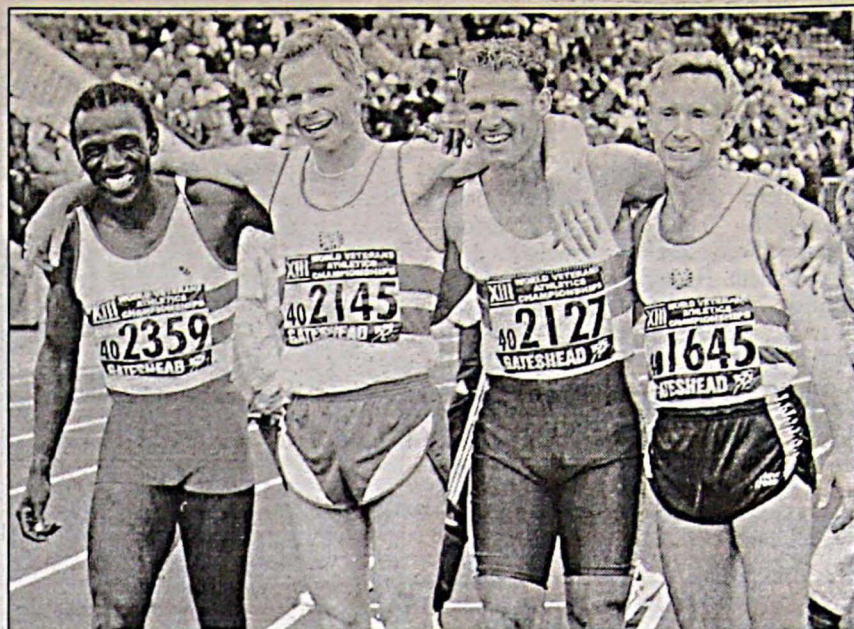
WAVA Development Programs

Like the IAAF, but essentially at a much lesser level, WAVA has started some development programs that we hope will lead forward. Jim Blair, our VP Stadia, is responsible for such a program in Tonga (Oceania) and in Africa. We asked for more ideas and in South America we had the opportunity to organize a seminar on veterans athletics during the South America Championships in November 2000.

Albano Ariza, President of Atletmaster, Colombia, organized this



JERRY WOJCIK
Karin Illgren, of Germany, W55 second (12.62m), 13th World Veterans Athletics Championships, Gateshead, Great Britain.



SUZY HESS
Great Britain's winning 4x400 relay team, 13th World Veterans Athletics Championships, Gateshead, Great Britain, (l to r): Francis Scott, Howard Moscrop, Tony Mitchell, and David Elderfield.

seminar in Mar del Plata, which was directed at knee injuries and nutrition for veteran athletes. The seminar was very well received and we will conduct another at the next Championships in 2002.

In Jyväskylä at the European Championships EVAA also organized a seminar at the General Assembly on veterans training and performance.

These small activities are examples of good initiatives and it is my hope they signify the start of deeper veterans' development projects worldwide. There is no doubt, of course, that much remains to be done.

Brisbane

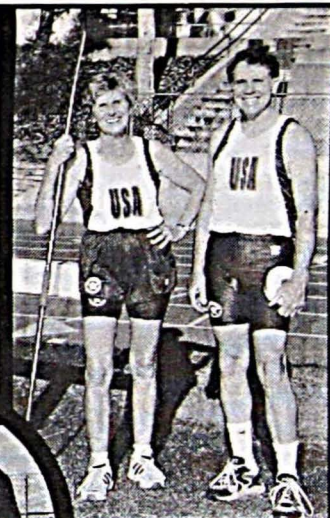
Only four months to go, and I wish you all the best in training and preparation. □

It's never too early to think Brisbane*

...Or any other Masters event in which you plan to compete!

On Track is proud to be the official supplier of USA Masters apparel. We have assembled an outstanding collection of top-quality items and are now offering the full line of...

Uniforms
Warmups
Sweat-shirts
T-shirts
Polos
Hats & Bags



Order through our toll-free number. We accept check, VISA, MasterCard and Discover Card. Call for a free catalog.

ON TRACK

800.697.2999

E-mail: sales@ontrackandfield.com

* WAVA World Veterans' Athletics Championships
July 4-14, 2001
Brisbane, Queensland, Australia



Report from Britain**Meet Records Set in British Events**

By BRIDGET CUSHEN

Athletes who received well-merited awards for their outstanding performances during last season include:

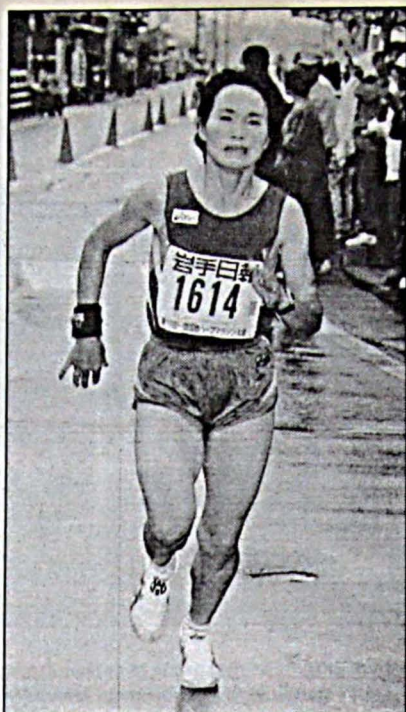
Gwyneth Hueter, W40, who set a British 2000m steeplechase record in 8:16.17; and Brenda Green, W70, who set a meet record in the Southern Championships 100 (20.72) and 200 (46.13).

At the same meet, held in atrocious conditions in Portsmouth, meet records were set by Edna Roe, W45, 200 (28.22) and 400 (63.06); Christine Amede, W35, 400 (58.80) and 400mH (66.96); Diane Clarke, W40, 400 (59.33); and retired teacher, Pam Jones, W60, who won the 5000 in 22:21.38.

Lynne Newton walked to a W50 3000 record (16:58.35) and Teresa May set a W40 meet high jump record of 1.34.

Men's field events took a hammering from Mike Small, M45, who sent the hammer flying out to 48.94, and Jack Key, who set a new M60 meet record (47.72). Small also took the discus (42.56) and the shot (13.36).

Good marks were recorded in the BVAF Pentathlon Championships. Brian Slaughter won the M40 title in the long jump (5.67), javelin (43.19), 200 (25.64), discus (34.53), and 1500 (4:52.30) for a total of 3173 points. Other notable performances came from W. Dubose, M45 (3128 points); John Charlton, M50 (3610); B. Loten, M55 (3037); John Ross, M60 (3727); and J.



TESH SHIMA

Katsuko Soma, 56, first W50-59 (20:44), 2000 Ichinoseki 5K, Iwate-ken, Japan.

Evans, M65 (2565). In the women's pentathlon, the standout was W. Laing, W35, hurdles (15.9), high jump (1.56), shot put (9.87), long jump (5.26), and 800 (2:50.40).

Mark Burnhope won the BVAF half-marathon in 1:07:34. He represented England in the recent international cross-country.

At the first veterans indoor meet this year, two British records were set: Margaret Coombe, W55, pole vault (1.80), and John Robinson, M70, high jump (1.25). □

Two European Veterans Banned for Doping

By KEN STONE

Kathy Jager has company.

The IAAF has identified an M50 Czech Republic javelin thrower and a W50 Italian sprinter/jumper as having been punished by their national federations after testing positive for banned substances – the first European masters to be publicly identified for doping.

Like Jager, the Czech and the Italian have been banned from competition for two years.

The news appeared in IAAF newsletter No. 46, published Dec. 15, 2000. But since the two masters were among 20 athletes listed for doping violations, little attention was paid.

In fact, both the official WAVA and European Veterans Athletics Association web sites were still silent on the subject weeks after the news broke, Feb. 5, on the German masters web site maintained by WAVA champion Annette Koop and her lawyer husband, Robert.

The banned Czech, whom the IAAF identified as Frantisek Drab, tested positive for anabolic steroids, July 18, 2000, at the European Veterans Outdoor Championships in Jyväskylä, Finland, where he had won the silver medal in the javelin with a throw of 62.27m – a little over 204 feet.

That also was the No. 2 mark in his age group worldwide in 2000. Drab (listed as Drap by some sources) also took second in the 1998 Nike World Masters Games in Eugene, Oregon, where he threw 57.54 (188-9) in the M45 age group.

The banned Italian is Tania Ciuciula, who tested positive for a still-unidentified substance at the Italian Indoor Veterans Championships in Naples, Italy, on Feb. 20,

2000. However, she continued to compete that spring and summer, including a long jump competition, April 25, in Rome and the Italian Veterans Outdoor Championships in June in Milan. There she won gold in the long jump and bronze in the 100m (15.65).

Apparently, she was barred from competing a month later in the European Veterans Championships in mid-July in Finland. The Eurovets meet web site shows Ciuciula among the entrants, but the results do not show her as having competed.

Several attempts to reach European veterans officials have been met with silence or suspicion.

European Veterans AA technical manager, Winston Thomas, of Britain, wrote: "Before it is turned into a media circus, which is what you seem to be after . . . therefore your questions regarding this will not be answered through (my office)."

In mid-February, Finnish masters webmaster George Dunkel reported that Drab's silver medal was awarded to bronze winner Erkki Porri of Finland.

The doping news caused a small sensation when reported on Finnish TV, Dunkel says, and the case also was discussed in the biggest Finnish newspaper, *Helisingin Sanomat*. The Czech Republic's veterans track association banned Drab from competition until Sept. 19, 2002.

Dunkel writes: "Doping . . . in veterans athletics is really important to manage seriously, because temptation to use them (drugs) can be even bigger than for young sportsmen. For the young, the money spoils the athlete, but as well for old men/women the obsession to win at last can be a big apple." □

Masters Drug TestingBy ROSE MONDAY
*Chair, Substance Abuse
Education & Testing*

Yes, it does exist, despite the fact that many athletes have never been tested. Kathy Jager's positive test in Gateshead and subsequent two-year suspension is unfortunate for her and a red flag for the rest of us.

Masters athletes fall under the USATF and IAAF governing body rules. Like elite open athletes, masters athletes are subject to urine analysis. Because of the cost, few meets conduct testing. Testing is usually conducted at the World Championships and some road races that offer prize money.

At present, the list of banned substances for masters athletes is the same as that for open athletes. Many masters athletes take up running later in life and have no idea that the

Sudafed, Vicks cough drops, menopause hormone replacement therapy, or even the asthma medication they ingested can cause a positive drug test.

The United States Olympic Committee has a toll free drug reference line (1-800-233-0393). They will mail you a list of banned substances. They will also mail or fax you a form for your doctor to fill out. This form is required to be on file with the USOC, detailing prescriptions and dosages.

I keep a copy in my track bag to give to meet directors in the event that I am tested. There are some substances that are allowed *only* with a written note from your doctor on file with the USOC prior to competition. There are others that are never permitted. If you have any questions feel free to email me at rosarita@swbell.net. □

PRESIDENT:

Torsten Carlus
Smalandsgratan 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: 44-1-824-705250
e-mail: wava@enterprise.net

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

**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

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

DELEGATE OF:

AFRICA
Hannes Booysen
P.O. Box 5180
1403 Delmerville
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
Kammakersstraat 37
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

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

Masters Scene

NATIONAL

• The United States Running Streak Association, Inc. (USRSA) has been organized under Section 501(c)(7) of the Internal Revenue Code to recognize the accomplishments of experienced runners who run or have run on a daily basis, and to promote awareness and appreciation of the commitment of daily runners. Robert C. Ray, Baltimore, Md., is the honorary chairman. He has run every day since April 4, 1967, and has logged well in excess of 111,000 miles. For additional information, contact USRSA, Inc., c/o Dawn N. Strumsky, 294 Chalet Dr., Millersville, MD 21108. 410-987-5215.

• John R. Davis, 60, Glenview, IL, USATF Officials Committee Chair, passed away Feb. 6 in Glenview. About 20 officials representing the Illinois, Indiana, Potomac Valley, Ohio, Kentucky, Utah, and Pacific Associations were among the 400 attendees at his funeral on Feb. 9. Davis taught at Glenview South High School for over 34 years.

EAST

• John Tuttle, 42, Douglasville, GA, with an M40+ course record and first U.S. runner 24:38, and Dianna Golden, 47, York, PA, in 32:54, bested the masters fields in the Smith-Barney York White Rose 5 Mile, York, Nov. 11. Carol Deland, 59, Jacobus, PA, won the W55 race in 44:28.

• Steve Nearman, 40, Alexandria, VA, won the Masters Mile with a 4:38.89, Maryland Elite Grand Prix Invitational, Landover, MD, Jan. 27. James Clelland, 42, Catonsville, MD, was second (4:42.44). Dave Berardi, 40, Baltimore, MD, third (4:47.24). Larry Colbert, 64, scorched a 23.47 to win the M40+ 200 in a field of 11; Melvin Fields, who won the M50+ 60m (7.70), was second (23.82). Brady Crain unleashed a 7:26 to win the M40+ 60m. In the Age vs. Beauty Mile (M50+ vs. W40+), Duane Green, 50, East Meadow, NY, prevailed with a 5:08.87; Jay Wind, 51, Arlington, VA, was second (5:21.24). Nelda Clelland, 42, Catonsville, MD, the only W40+ entrant, ran a 5:59.78.

• Tim Adams, 44, Coshocton, OH, 2:49:57, and Carol Myers, 44, East Berlin, PA, 3:21:20, nailed down masters firsts in the Harrisburg (PA) Marathon, Nov. 5. Second M40+, David Brown, 41, Hummelstown, PA, went under three hours with a 2:55:31.

• James Moreland, 48, Gaithersburg, MD, broke the 40:00 barrier with an M40+ first (39:10) in the cold (20 degrees) and blustery Christmas Caper 10K, Hains Point, Washington, DC, Dec. 23. Tami Graf, 64, Lusby, MD, was top woman performer with a 57:12. First masters in the 5K were Kevin Finnegan, 43, Arlington, VA, 18:19, and Dee Nelson, 57, Gaithersburg, 23:57.

• Gillian Horowitz, 45, aced the overall women's fields at two NYRR races in Central Park, NYC. First Jan. 7, at the Fred Lebow Classic 8K, 30:56, and then the following week at the Alumni 10K, 38:45. Pretty masterful!

• Brian Mangham, 47, Wading River, NY, in 17:48, and Barbara Gubbins, Southampton, NY, in 18:42, dashed to masters firsts in the Ho Ho Ho Holiday 5K, Bethpage, NY, Dec. 17. Daniel Badalament, 57, Glen Cove, NY, 20:15, and John Rau, 55, New Hyde Park, NY, 20:18, staged the closest division race. Patricia Cataldo, 62, Valley Stream, NY, took the W60 race with a 25:35. The race's 13th running drew 840, and raised funds for the ASPIRE Program for the rehabilitation of young amputees and the Bretton Bowl Fund for the needy families of Bethpage.

• Running Times writer, Jim Hage, 42, Lanham, MD, won the Washington DC Jingle Bell Run for Arthritis 10K, Dec. 10, dashing through the field to a 32:55 overall win. Emil

Magallanes, 45, Arlington, VA, finished just two seconds out of the overall win in the 5K, blitzing a 16:35.

• Heading home first at the NYRR Holiday 4-Mile Run, Central Park, NYC, Dec. 17, were masters Jerry Macari, 41, and Stacy Creamer, 41, 26:37. Winning their age-groups decisively were Alfred Finger, 66, 26:30, Sab Koide, 77, 36:44, and Evelyn Davis, 62, 30:48.

SOUTHEAST

• Mary Knisely, 41, Naperville, IL, first W40+ and seventh overall, set a U.S. single-age record of 27:34. USATF Women's Championships/Carolina 8K, Columbia, SC, Feb. 10. Janice Addison, 40, Columbia, was 14th in 28:42. Susannah Beck, 32, Eugene, OR, NMN LDR results editor, finished second overall, 14 seconds out of first, with a 26:33. Knisely won \$950, Addison, \$250, and Beck, \$2500. The Carolina 8K opened the 2001 USA Running Circuit, a USA Track & Field road series. The USARC, seventh edition for men and sixth for women, offers over \$290,000 in prize money, plus a \$25K grand prix purse. All USARC events – six for men and eight for women – are USA Championships. U.S. men open their circuit at the Gate River Run 15K, a joint national championship race in Jacksonville, FL, March 10.

• More masters on top: Stan Trudeau, 42, Toronto, ONT, won the Official Marathon of the NFL Super Bowl, the Florida Gulf Beaches Marathon, Clearwater, FL, Jan. 21, 2:37:11. Second place went to Jeff Delie, 44, Palm Harbor, FL, 2:44:36. Kim Bricker, 40, Edmond, OK, 3:09:09, and Mary Camire, 47, Wakefield, RI, 3:16:17, strode to second and third place overall.

• Belgian-born American Eddy Hellebuyck, 40, Albuquerque, NM, 1:05:18, cash-registered another masters win, this one at the Naples Daily News Half-Marathon, Naples, FL, Jan. 28, finishing fourth overall. Gary Romesser, 50, Indianapolis, churned out a 1:14:22. Ohioan sunbirds Debra Wagner, 49, 1:21:08, and Terry Mahr, 52, 1:23:54, went one-two in the W40+.

MID-AMERICA

• Mel Larsen, 76, Ames, IA, lopped almost a second off the M75 WR for the 60mH with a 10.09, in a special masters race in the Iowa St. U. Open Meet, Jan. 19. Others in the race were Mark Twedt, 39, 9.70, and Alan Russell, 50, 9.93.

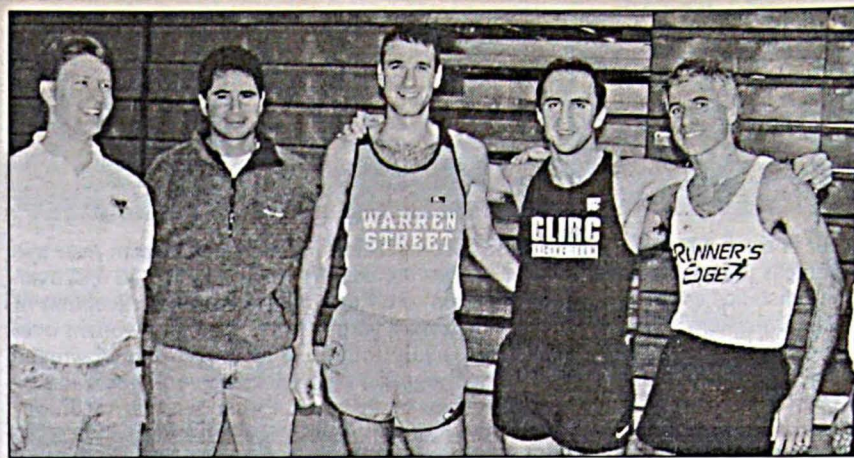
SOUTHWEST

• Impressive early indoor season sprint marks in the AT&T Sooner State Games, Shawnee, OK, Feb. 4, were forged by Rick Easley, M45, 200 (25.86) and 400 (56.84); Courtland Gray, M55, 55m (7.40) and 55mH (8.51); and Bob Lida, M60, 200 (27.39). Jeridan Strong, M40, vaulted 14-0. Rodger Young, M60, high jumped 4-8.

• Rich Friedrich, 43, in 1:51:39, and John Zuilhof, 41, in 1:51:56, were M40+ 1-2 in the AllTel First Colony 30K, Sugar Land, TX, Dec. 3. Regina Schuetze, 43, took the W40+ race with a 2:15:50. Division winners Ann Erickson, 58, 2:25:07, and Ursula Spilger, 60, 2:32:59, were among the leading women.

• John Gonzalez, M45, 1:58:38, and Mary Faria, W45, 2:25:45, captured masters firsts in the Run Tex 30K, Austin, Jan. 14. Don Albee, M65, posted one of the best M40+ times with a 2:33:16.

• Prolific racer and freshly minted master Eddy Hellebuyck, 40, Albuquerque, NM, wasted no time in Austin, TX, Feb. 4, defeating a very strong open field at the 3M Half-Marathon, 1:04:12. M40+ runner-up Peter Flemming, 40,



MIKE POLANSKY

Long Island runners after running a special race on Jan. 14 to qualify for the Metropolitan 3000 at the Millrose Games, Madison Square Garden, Feb. 2: Mike Guastella, 30, Warren Street, Robis DeGirmenci, 31, GLIRC, and Don Di Donato, 42, Runner's Edge, with LITF officials Vice-President Michael Roth (l), Technical Chairman David Katz (2nd l), in the Millrose Meet, Guastella finished third (8:29.36), Di Donato ran a 9:04.52, DeGirmenci did not finish.

Colorado Springs, CO, posted 1:04:52, for third place overall. Carmen Ayala-Troncoso, 41, Austin, preparing for the upcoming USATF Senior X-C Championships in Vancouver, WA, blasted off a 1:14:48, second place overall, and bested a strong W40+ field that included Kim Jones, 42, Ft. Collins, CO, 1:18:01, and Jeanne Lasee-Johnson, 43, Chula Vista, CA, 1:18:47.

WEST

• Club West has announced a change of date for its 2001 meet to Saturday, Sept. 29. The meet, as usual, will be held at Santa Barbara CC, commencing at 9:00 a.m. Due to college football schedules, the club decided to forego a Sunday meet and, instead, hold the meet on a Saturday, which should suit more participants.

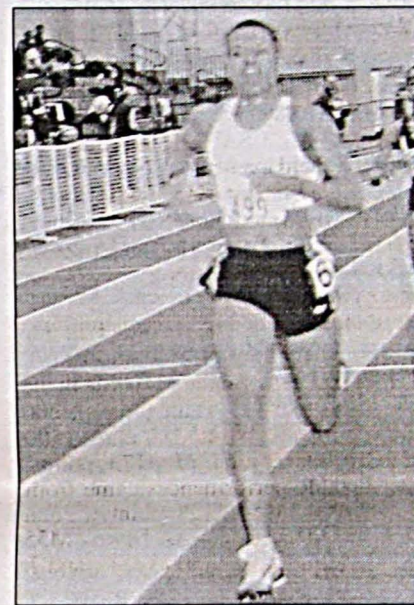
• Masters vaulters turned out in good numbers for the USATF Pole Vault Summit, Reno, NV, Jan. 18-20. Top vaulters in the masters competition were Paul Sinatra, 15-6, and Jennifer Croissant, 10-0. Ron Morris and Don Bragg, this year's inductees into the USATF PV Hall of Fame, joined previous members "Dutch" Warmerdam, Bob Richards, and Bob Seagren. Morris, now associated with the On Track Equipment Co., has the distinction of vaulting at the international level with bamboo, steel, and fiberglass poles. On Friday evening, a standing room crowd of over 2000 watched Olympians Stacey Dragila, Nick Hysong, and Lawrence Johnson compete on two pole vault facilities set up on the large stage at the Hilton Theater.

• Gregg Horner, 46, Goleta, CA, with a second-place 16:11 (87.0%), and Elaine Triplett, 50, Santa Barbara, CA, in a third-female 19:15 (85.6%), were masters firsts and overall top age-graded performers, Fay Hobbs Memorial 5K, Santa Barbara, Dec. 30. Age-graded runners-up were John Brennand, 65, Santa Barbara, 19:18 (86.2%) and Teri Vancott, 51, Santa Barbara, 19:46 (84.2%). Canadian Gary Hastings, 52, Burlington, Ontario, 39:28, and Cecilia Ramos, 49, Camarillo, 44:08 (top A-G female in 76.4%), celebrated with masters firsts in the companion New Year's Resolution 10K.

• Ken Jansson, 43, Wichita, KS, placed second in the 35# WT with a 62-3 in the Wolf Pack Invitational open meet, Reno, NV, Feb. 3, missing out on first place by a quarter of an inch.

• John Brennand, M65, 38:37, was the brightest sparkler at the Paramount 10K, Paramount, CA, Jan. 13.

• Swiss brothers Markus and Hanspeter Gerber comprised the M40+ floor show at the 35th Las Vegas Marathon, Feb. 4, finishing one-two with 2:29:20 and 2:30:43. Peter Wayte, M55, Maineville, OH, shared the limelight with his spectacular 2:44:00. Joan Ellis, W50, Parma, OH, was the diva of the distaff 40+ performers, with a leading 3:01:10. Mayumi Aihara, W60, Tokyo, JPN, made like a one-woman Ekiden team, and crackled to a 3:27:02. Sammy Ngatia, Fort Carson, CO, gamboled to 1:05:41



SUZY HESS

Angela Scott, New York, W30 gold medalist in the 200 and 400, 2000 Masters Indoor Championships, Boston.

and the masters crown over the infamously speedy Las Vegas Half-Marathon course. Jammin' Jim Hage, Lanham, MD, strolled to 1:09:48 for second M40+. Catriona Dowling, Boulder, CO, captured the W40+ with 1:19:53. Barbara Miller, M60, Modesto, CA, swept to 1:31:00, cleaning up all the women over 50.

NORTHWEST

• Dennis Phillips, 54, vaulted to a pending M50 WR with a 4.32/14-2 at the Clackamas Indoor Meet, Oregon City, OR, Feb. 3. The present record belongs to another Oregonian, Jerry Cash, at 4.29/14-0 1/4.

INTERNATIONAL

• Gary Little, holder of the M55 3000 RW world best (13:00.00), set an age-59 best with a 14:12.36, Northern Regional Championships, Auckland, NZ, Feb. 10. Max Green, USA, holds the present mark at 14:33. Diane Barrett, 41, strode to a 15:31.76 in very warm conditions with a steady breeze.

• Fedor Ryjov, 40, Russia, triumphed at the Bank of Butterfield Bermuda Marathon, Hamilton, BER, Jan. 14, winning outright in 2:21:18.

OPEN

• The USA Olympic Track & Field Trials will return to Sacramento, Calif., in 2004, USA Track and Field (USATF) announced Feb. 22. Dates for the meet will be announced at a later time.

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 23. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60mH/LJ/SP/HJ/1000m; women: 60H/HJ/SP/LJ/800m. See below.

March 23-25. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Steve Vaitones, USATF NE Association, 617-566-7600; 617-332-3919; www.tracs.net; Email: tracks2@earthlink.net

June 16-17. USATF National Masters Decathlon/Heptathlon Championships, Tacoma, Wash. Mark Salzman, mesalzma@aa.net.

July 14-28. National Senior Games, LSU Bernie Moore Stadium, Baton Rouge, La. M&W65-100+, 14th-17th; M&W50-64, 18th-21st. Practice dates: 13th & 17th. National Senior Games Association: www.nationalseniorgamesassociation.org; 225-925-5678; fax: 216-7552.

July 25-28. 34th annual USATF National Masters Championships, Baton Rouge, La. Baton Rouge Sports Foundation, Vince Trinidad, PO Box 4149, 730 North Boulevard, Baton Rouge, LA 70821. 225-334-2437; fax: 382-3588; www.brasf.com

August 10-12. State Games of America, St. Louis, Mo. St. Louis Organizing Committee, 1309 North Highway Dr., Fenton, MO 63099. matt@stategames.org; www.stategames.org

September 8. USATF National Masters Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

EAST

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

March 3. USATF Long Island Masters & Open Indoor Championships, Suffolk CC, Brentwood, N.Y. Field events. 516-349-9157; office@litf.org

March 3. Potomac Valley Association USATF Indoor Championships, Prince George's Sports Complex, Landover, Md. PVTc Hotline: 703-671-2520; www.pvtc.org

March 4. MAC Open & Masters Indoor Championships, 168th St. Armory T&F Center, Manhattan, N.Y. MAC, 212-227-0071 (9-5 pm Eastern); www.mactrack.org; Roz Katz, 718-358-6233 (7-9 pm Eastern).

March 10. Philadelphia Masters Indoor Championships Meet, Haverford College, Haverford, Pa. 3:00 pm. Joel Dubow, 610-

792-3177; Tom Yunker, phillymasters@netreach.net

March 17. 29th annual USATF East Regional Masters Indoor Championships, Prince George's County Sports Complex, Landover, Md. Sam Caldwell, 301-249-6966 (after 4 p.m. Eastern); Maryland elite@aol.com; www.marylandelite.org

April 14. University of Rochester Alumni Invitational, Rochester, N.Y. Masters events TBD. Steve Nearman, Nearman@aol.com.

April 17. West Penn TC Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. 5:30 pm. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

April 26-27. Penn Relays, U. of Pennsylvania, Philadelphia. Masters relays & 100. Phil Felton, 413 Alexander St., Princeton, NJ 08540. 609-685-4115; felton@princeton.edu

April 29. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

May 13 & 27. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

May 19-20. Long Island Senior Games, Suffolk CC, Brentwood, N.Y. M&W50+. Open to all. Eleanor Scott, PO Box 1024, Smithtown, NY 11787. 631-265-2966; eleanors@rascott.zyan.com. Entry form at www.longislandseniorgames.org

June 1-3, 9-10. Connecticut Senior Olympics, Southington. 860-621-7502.

June 2. Philadelphia Masters AC Throw-a-Thon-Fifteen/Tom McDermott Memorial Meet, Albright College, Reading, Pa. 15 implements; individual & team scoring (two per team). Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; rfeick@aol.com

June 3. Philadelphia Masters AC Ultra Weights & Superweight Meet, Albright College, Reading, Pa. See Ray Feick, June 2.

June 3. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845. Mort Hahn, 973-625-1764.

June 8-10. Ocean State Senior Olympics, Providence, R.I. 401-438-3154.

June 10 & 24. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org.

June 11-17. Pennsylvania Senior Games, Shippensburg. 570-823-3164, x7.

June 14-17. Empire State Senior Games, Syracuse, N.Y. 315-492-9654; 212-694-3618.

June 14-17, 23. Massachusetts Senior Games, Springfield & Chicopee. 413-788-2457.

July 8 & 22. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

August 5 & 19. Potomac Valley TC Meet,

T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

September 1-2. Potomac Valley TC Games, T.C. Williams HS, Alexandria, Va. 703-671-2520; www.pvtc.org

SOUTHEAST

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

March 2-3. Masters M&W Mile/USATF National Open Indoor Championships, Georgia Dome, Atlanta. Mark Cleary, 949-589-0242; runnermark@home.com

March 3. Virginia State Masters Indoor Championships, VMI Fieldhouse, Lexington, Va. For entry info send SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-463-8667; http://home.wlu.edu/~tuckerj

March 3. Jacksonville TC 5000 (track), Jacksonville U., Fla. 904-387-0528; ConsultJTB@aol.com

March 23. Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

April 21. USATF Georgia Masters Championships, Savannah St. U., Savannah. Jim Hite, PO Box 717, Millen, GA 30442. Phone/fax: 478-982-4881; jimjoyce@jchs.com

April 27. Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

May 4-6. 31st annual Southeastern U.S. Masters Meet, N.C. St. U., Raleigh. Pentathlon, WP, 5K & 20K RWs, & Relays. Southeastern US Masters, Box 590, Raleigh, NC 27602. Dale Smith, 919-831-6640 (M-F, 9 am-5 pm, Eastern time).

May 12. 12th annual Jacksonville TC Masters Meet, Bolles School, Jacksonville, Fla. 4 pm. 904-388-7860.

May 16-19. South Carolina Senior Sports Classic, Florence. 803-772-0363.

May 25. 26th annual Jacksonville TC Mile Festival, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

May 30-June 2. Virginia Senior Games, Richmond. 804-730-9447.

June 4-9. Mississippi Senior Olympics, Jackson. 601-925-7994.

June 9. USATF Southeast Regional Masters Championships/Police & Fireman Championships, Hoover HS, Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jssc.cc.al.us. Entry form in April NMN.

June 22. Jacksonville TC All-Comers Meet, Bolles School, Jacksonville, Fla. 7 pm. 904-388-7860.

July 14. 23rd annual Jacksonville TC Summer Classic, Bolles School, Jacksonville, Fla. 904-387-0528.

MIDWEST

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

March 10. USATF Midwest Regional Masters Indoor Championships, Lincoln Way HS, Central Campus Field House, Rt. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879.

April 7. Masters & All Comers Open Meet/North Region Youth Championships, Proviso West HS, Hillside/Chicago, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

June 4-9. Indiana Senior Games, Evansville. 812-464-7800.

June 9. USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field,

ON TAP FOR MARCH

TRACK AND FIELD

The USATF National Masters Indoor Championships at the Reggie Lewis Center in Boston opens on the 23rd with the pentathlon and closes out the season on the 25th with the relays. Over 800 are expected. Regional Indoor Championships are set for the Midwest in New Lenox, Ill., on the 10th, and East in Landover, Md., on the 17th. The Long Island, Potomac Valley, and Virginia Associations, and Ontario, Canada, hold their indoor championships on the 3rd, followed by MAC on the 4th and Minnesota on the 10th. The European Veterans Indoor Championships uncorks in Bordeaux, France, on the 8th-12th. The Russian Championships come in out of the cold in Penza on the 24th-25th. The Saddleback Relays start the So. Calif. outdoor season on the 10th in Orange County. The two-day Phoenix, Ariz., Invitational opens on the 31st.

LONG DISTANCE RUNNING

The month's only National Masters Championships is a big one - the 100K in Pittsburgh, Pa., on the 24th. The Hudson, Mohawk Marathon, Albany, N.Y., and City of Los Angeles Marathon on the 4th are alluring openers. Houston again hosts the Bayou City 10K, and Jacksonville, the Gate River 15K on the 10th. A masters 8K is included in the Shamrock Sportfest on the 17th in Virginia Beach. The Fifty-Plus Fitness Association 8K at Stanford on the 18th is also the USATF Pacific Championships. The Azalea Trail 10K, Mobile, Ala., goes off on the 24th. Houlihan's 12K hits San Francisco on the 25th.

RACEWALKING

The Championships Indoor 3000 racewalk will be decided in Boston on the 25th. The Potomac Valley TC hosts the national Invitational Racewalks, Manassas, Va., March 31-April 1.

Lisle, Ill. USATF Illinois, PO Box 7019, Villa Park, IL 60181; 630-953-2052.

June 14-16. West Virginia Senior Sports Classic, Charleston. 304-344-1500.

MID-AMERICA

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

March 10. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. J/O/M. 2:00 pm. MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418. Phil Glover, 612-789-3614; gloverph@aol.com

April 7. Valley Invitational, Des Moines, Iowa. W40+ 1500. John Cosgrove, j.d.cos

Continued on page 25

Continued from page 24

grove@ieec.org

May 25-June 24. New Mexico Games, Albuquerque. NMG, 1903 Avenida, Albuquerque, NM 87106. 505-764-1510; fax: 764-1719; nmgames.com

May 30-June 3. New Mexico Senior Olympics, Las Cruces, 505-623-5777.

June 7-10. Iowa Senior Games, West Des Moines. 515-226-2898.

June 22-23. North Dakota All Sport Senior Games, Fargo. 701-298-6980.

June 23-24. Missouri State Senior Games, Columbia. Jack Miles, U. of Missouri, 11-5 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

June 25-29. Northland Senior Games, Duluth, Minn. 218-723-3724.

September 1-2. Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-2452.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 31. Lions/Waterloo Meet, Austin, Texas. Seth Brower, sethbrower@earthlink.net

May 19. 12th annual Lions/Waterloo Meet, Nelson Field, Austin, Texas. 10 am-6 pm. Seth Brower, sethbrower@earthlink.net

June 2. USATF Southwestern Association Masters & Open Championships, Dallas, Texas. Lester Mount, 13410 Mill Grove Ln., Dallas, TX 75240. 972-661-1551; lestermount@yahoo.com

July 7. Texas Masters Championships, Dallas. Wayne Bennett, 817-274-0448; vwrunner@aol.com

WEST

Arizona, California, Hawaii, Nevada

March 3. KelField Throws Meet #92, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

March 10. Saddleback Relays, Saddleback College, Mission Viejo, Calif. SASE to Doug Smith, 26063 Saratoga Ave., Laguna Hills, CA 92653. E-mail: smitheld@home.com

March 18-25. Drayson Center Senior Games, Loma Linda, Calif. Mikki Medina, 909-558-4399, x82275.

March 31. KelField Throws Meet #93, Santa Cruz, Calif. See March 3.

March 31-April 1. Phoenix Invitational, Glendale CC, Glendale, Ariz. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

April 8. John Ward Masters Games, Rancho Santiago College, Santa Ana, Calif. M&W 25+. Al Siddons, 714-564-6936.

April 21. KelField Throws Meet #94, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

April 22. Mt. SAC Relays, Walnut, Calif. Masters M&W800. John Cosgrove, j.d.cosgrove@ieec.org

May 5. Arizona Masters Invitational, Glendale CC, Glendale. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257; 480-949-1991, or Pat Fahy, 8650 E. Roma, Scottsdale, AZ 85251; 480-946-7135.

May 6. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696.

May 12. KelField Throws Meet #95,

Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

May 18-19. USATF Arizona Championships, Glendale CC, Glendale. See Bob Flint, May 5.

May 19. Visalia Classic, Visalia, Calif. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 26-July 8. Aloha State Games, Honolulu. ASG, 1493 Halekoa Dr., Honolulu, HI 96821. 808-732-8805; aloha.stategames.com

May 27. Dan Aldrich Memorial Meet, UC-Irvine. Mac McCormick, 949-305-2358; cmccormick13@home.com; www.coachr.org/Dan_Aldrich_Track.htm

June 3. Mark Grubi Masters Meet, UC-Berkeley Edwards Field. Don Rose, phone/fax: 415-457-8177; donrose43262@cs.com

June 9. 30th annual Los Gatos Masters & Open Classic Meet, Los Gatos HS, Calif. Los Gatos AA, c/o Lisa Renteria, PO Box 1334, Los Gatos, CA 95031. 408-206-9973.

June 10. Crown Valley Senior Olympics, Pasadena City College, Pasadena, Calif. 50+. Christel Miller, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniocenter.org. Qualifier for 2002 Calif. Sr. Games Championships.

June 16. USATF Pacific Championships, San Francisco St. U. Jerry Colman, 916-567-9690; sactc@aol.com

June 22-23. Arizona Multi-Event Championships, Westwood H.S., Mesa. USATF-AZ, Bob Flint, 8436 E. Hubbell, Scottsdale, AZ 85257. 480-949-1991.

September 29. 28th annual Club West Meet, Santa Barbara, Calif. Gordon McClenathen, 805-964-3005; Beverley Lewis, 805-969-5852.

October 21. Sri Chinmoy Masters Games, CSU-Long Beach, Calif. M&W40+.

NORTHWEST

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

March 4, 11, 18, 25. Oregon TC Masters Clinics, Hayward Field, Eugene, 2:00 pm. Larry or Teresa Pine, 541-895-5420; pine@pond.net

April 28. Seattle Masters Spring Fling, West Seattle Stadium. Throws only. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

May 26. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h).

June 2. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 9-10. Hayward Masters Classic, Eugene, Ore. Oregon TC Masters, 590 W. 29th Ave., Eugene, OR 97405, 541-687-9675; RuthBremiller@oregon.uoregon.edu; www.haywardclassic.com

June 23-24. USATF Northwest Regional Masters Championships, Mt. Hood CC, Oregon (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; Istepan@yahoo.com

June 30. USATF Oregon Masters & Open Championships, McMinnville. Harry Simonis, 39400 Pioneer Blvd., Suite 1, Sandy, OR 97055. 503-668-0998. runjumpthrow@compuserve.com

July 7-8. State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval-T&F, 503-667-7140.

July 20-22. Big Sky Games, Billings, Mont. T&F contact: Karen Sanford Gall, 406-254-7426; www.bigskygames.org. State residents only.

July 21. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbo.net

August 16-18. Wyoming Senior Olympics, Evanston. Steve Liechty, 307-789-1770; www.eprd.net. Open to out-of-state.

August 17-18. Seattle Masters Games, West Seattle Stadium. Some events Fri. evening. Ken Weinbel, 4103 Hillcrest Ave., SW, Seattle, WA 98116. 206-938-3895; kweinbel@home.com

CANADA

March 3. Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, Ontario, M8W 2L9, Canada. masters@sympatico.ca; www3.sympatico.co/ontario.masters

INTERNATIONAL

March 8-12. European Veterans Indoor Championships, Bordeaux, France. Federation Française d'Athlétisme, 38 Avenue Pierre de Coubertin 75640, Paris, France. CEDEX 13; fax: +33 1-45-81-44-66.

March 24-25. Russian Veterans Indoor Championships, Penza. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

April 13-16. Australia Veterans Championships, Sydney. Bob Solomon 02-9516-2139; Fax: 02-9516-1852. www.athletics.org.au/

May 12-15. Russian Veterans Throwing Championships, Toliatty. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

June 2. French Veterans Championships, Aix-les-Bains, France.

June 23-24. Spanish Veterans Championships, Salamanca, Spain.

June 23-24. British Veterans Championships, Windsor, England. BVA F Champs, 71 Hillside Cres., South Harrow, Middlesex, HA2 0QU. www.veteran-athletics.freemove.co.uk

July 4-14. 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.

August 11-12. Russian Open Masters Games (t&f dates), Moscow. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

September 28-30. Russian Veterans Championships, Krasnodar. Vadim Marshev, fax: 7-095-5734150; marshev@cs.msu.su

October 5-14. Australian Masters Games, Newcastle, NSW. AMG, PO Box 1599, Newcastle West, 2302, NSW. www.nh events.com.au

OPEN

Aug. 3-12. IAAF World Championships VIII, Edmonton, Canada.

**LONG DISTANCE
RUNNING****NATIONAL**

March 24. USATF National Masters 100K

Championships, Pittsburgh, Pa. Chris Gibson, 412-824-4508(h).

April 1. USATF National Masters Men's 5K Championships/Carlsbad 5000, Carlsbad, Calif. Tracy Sundlun, 10509 Vista Sorrento Pkwy, #102, San Diego, CA 92121. 619-450-6510.

May 2-6. Road Runners Club of America National Convention, Albuquerque, N.M. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

June 2. USATF National Masters Women's 5K Championships/Freihofers, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

July 28. USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

September 14. National Run to Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

September 15-16. USATF National Masters 24-Hour Championships, Sylvania, Ohio. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613. 419-475-0731.

October 7. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. Dan Finanger, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 27. USATF National Masters 15K Championships/Tulsa Run, Tulsa, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 4. USATF National Masters 8K Cross-Country, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031.

November 18. USATF National Masters 5K Cross-Country, DeLand, Fla. John Boyle, PO Box 1700, DeLand, FL 32721. 904-736-0002.

December 1. USATF National Masters 6K Cross-Country, Mobile, Ala. Steve Schoenwald, 6509 Timbers Dr., Mobile, AL 36695. 334-470-7730.

December 29. USATF National Masters 50K Trail Championships, Huntington, Ind. Mitch Harper, 5207 Hopkinton Dr., Fort Wayne, IN 46814. 219-436-0739.

EAST

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

March 3. Hudson Mohawk Marathon, Albany, N.Y. 518-435-4500; www.hmrc.com

March 10. Runnin' of the Green 4 Mile/USATF Adirondack Masters Championships, Green Island, N.Y. 518-435-4500; www.hmrc.com

March 10. NYRRC Brooklyn Half-Marathon, Brooklyn, N.Y. 212-860-4455; www.nyrrc.org

March 11. Massachusetts Law Enforcement Half-Marathon, Melrose. Tony Pallotta, Runners Edge, 781-662-0091; www.run edge.com

March 17. St. Patrick's Day 10K, Washington, D.C. 301-871-0400.

March 18. New Bedford Half-Marathon, New Bedford, Mass. Jim Ryan or Ed Talbot, 508-998-5068; www.NBHALF.com

March 24. NYRRC PowerBar 20 Mile & Relay, Central Park. See March 10.

March 24. Red Dog Half-Marathon/USATF New Jersey Masters Championships, Seaside Heights. 732-296-0006; usatfnj@aol.com

Continued on next page

Continued from page 25

March 25. Kings Park 15K Challenge/USATF Long Island Championships, Kings Park, N.Y. Mary Ellen Stajk, 516-349-7646.

April 1. NYRR New York Health & Racquet Club Backwards Mile, Washington Square Park, Manhattan. 212-860-4455; www.nyrrc.org

April 1. April Fool's Four-Mile, Salisbury, Mass. 978-462-1423; xenia.unh.edu/wrc

April 1. Run for Aimee 5K/USATF New Jersey W40+ Championships, Montgomery, usatfnj@aol.com

April 7. Nationwide Run for ASPIRE 10K/USATF Long Island Championships, Plainview, N.Y. B. Windorf, or C. Courounis, 516-349-7646.

April 8. Emmaus 4 Miler, Emmaus, Pa. 610-433-9362.

April 8. Nortel Networks Cherry Blossom 10 Mile, Washington, D.C. 6000 entrant limit, usually filled by early January. Cherry Blossom, PO Box 5366, Rockville, MD 20848. www.nortelnetworks.com/cb

April 16. 105th Boston Marathon. Entries accepted to March 1, 2001, or until maximum field of 15,000 is reached. 508-435-6905; www.bostonmarathon.org

April 22. East Northport 10 Miler, East Northport, N.Y. Fred Kraus, 631-724-3523.

April 22. Runner's World Half-Marathon, Allentown, Pa. 610-434-9362.

April 28. USATF Adirondack Masters 10K Championships, Guiderland, N.Y. Jim Tierney, 518-435-4500; hmrrc.com

April 29. New Jersey Shore Marathon, Long Branch. Art Castellano, 732-578-1771; www.njshoremorathon.org

April 29. USATF New England 10K Masters & Open Championships, Dedham, Mass. Steve Vaitones, 617-566-7600; usatfne@ix.netcom.com; www.ramble.org

April 29. JFK Airport 10K, Queens, N.Y. 914-682-0637.

April 29. Sallie Mae 10K, Washington, D.C. SFX Sports Group, Attn: Events, 5335 Wisconsin Ave. NW, Ste. 850, Washington, DC 20015. 202-721-9500.

May 6. Long Island Marathon, East Meadow. LIM, Sports Unit, Eisenhower Park, East Meadow, NY 11554.

May 6. UPMC Health System/City of Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

May 6. Microsoft/USO Defenders 10 Mile, Washington, D.C. 301-871-0400; www.run.washington.com

May 6. 22nd annual Broad Street Run Ten Miler, Philadelphia, Pa. Blue Cross Broad Street Run, P.O. Box 18543, Philadelphia, PA 19129. 215-563-6184; www.broadstreetrun.com

May 27. Vermont City Marathon, Burlington. Andrea Sisino, 800-880-8149; vcm.org

June 4. Merry Heart 5K, Eisenhower Middle School, Roxbury, N.J. Madeline Bost, PO Box 458, Ironia, NJ 07845; 973-584-0679. Hotline: 973-584-9302.

June 16. Saucony Frick Park Cross-Country Series, Frick Park, Pittsburgh. 10:00 am. West Penn TC, John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

SOUTHEAST

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

March 3. Chattahoochee RR 10K/RRCA Southern Region Championships, Atlanta, Ga. Marlene Atwood, 770-497-4208; atfedwood@email.msn.com

March 3. Carolina First Reedy River 10K/USATF South Carolina Championships, Greenville. 864-467-5780; www.

greenvilletrackclub.com

March 4. Knight Trail 50K, Sarasota, Fla. Dave Siegwald, 941-377-1772. siegwald@prodigy.net

March 10. Gate River Run 15K, Jacksonville, Fla. Doug Alred, 904-731-3676; www.1stplacesports.com

March 11. Hope for Children 10K/RRCA Florida Championships, Naples, Fla. Fran Fidler, race director, 941-430-0799; fax: 436-6780; NaplesHope10K@aol.com

March 17. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K Walk, Virginia Beach, Va. SASE to Shamrock Sportsfest, 2308 Maple St., Virginia Beach, VA 23451. www.shamrocksportsfest.com

March 17. Unicorn Classic 5K/RRCA Southern Region Championships, Largo, Fla. Pete Pfannerstill, 727-393-9987; www.runwestflorida.com

March 24. Azalea Trail Run 10K, Mobile Ala. ATR 10K, PO Box 6427, Mobile, AL 36660. www.pcpacers.org

March 24. Ford's Colony 8K Run for Shelter, Williamsburg, Va. Rick Platt, 757-229-7375; rickplatt@juno.com

March 31. Fort Eustis 10K, Fort Eustis, Va. Bill Von Ohlen, 757-878-2097; vonohlenw@eustis.army.mil

March 31. Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.org

April 7. Cooper River Bridge 10K, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 8. 7K Road Race for Sickle Cell/RRCA Southern Region Championships, College Park, Ga. J.T. Franks, 2421 Poole Rd., Atlanta, GA. 404-344-0045.

April 21. Charlotte Observer Half-Marathon, 5K & 10K, Charlotte, N.C. 704-358-5425; racefest@charlotteobserver.com

April 28. Country Music Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

April 28. Carter's Grove Country Road 8 Mile Challenge, Williamsburg, Va. Tom Gillman, 757-887-1500(d); tom@esgi.net

May 27. Wickham Park Marathon, 50, 100, & 200 Mile Fun Runs, Melbourne, Fla. Matt Mahoney, matmahoney@yahoo.com; http://mahoney4.home.netcom.com/scr/wikham.htm

July 4. Peachtree 10K Road Race, Atlanta, Ga. SASE to Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305.

MIDWEST

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

March 24. Food-N-Fitness 5K, Lansing, Mich. Linda Summers, 517-669-5905.

April 1. The LaSalle Bank Shamrock Shuffle 8K, Chicago, Ill. 312-666-9836; www.cararuns.org

April 7. Channel To Channel 20K, Montague, Mich. 231-894-2239; www.channeltochannel.com

April 8. Athens Marathon, Athens, Ohio. 740-594-3825; www.athensohio.com

April 22. Glass City Marathon, Toledo, Ohio. Tom Falvey, 419-475-0731; www.ToledoRoadrunners.org

April 28. Kentucky Derby Fest Mini-Marathon, Louisville. 800-928-3378; www.kdf.org

April 29. CVS/pharmacy Cleveland Marathon & 10K, Cleveland, Ohio. 800-467-3826; fax: 216-378-0143; www.clevelandmarathon.com

April 29. Michigan Trail Marathon, Ann Arbor. Running Fit, 734-769-5016; www.runningfit.com

May 5. Indianapolis Life 500 Festival Mini-Marathon & AmerUS Group 5K. 317-237-3404; www.500festival.com

May 6. Cincinnati Flying Pig Marathon/RRCA Central Region Championships, Cincinnati, Ohio. Rich Williams, 513-721-7447; www.flyingpigmarathon.com

May 26. Ogden Newspapers 20K Classic (formerly Big Boy Classic), Wheeling, W. Va. Hugh Stobbs, 304-242-7322; fax: 242-8941; bigboy20K@aol.com

May 27. Bayshore Marathon, Traverse City, Mich. Dave Taylor, 231-941-8118; www.users.northlink.net/tctc

MID-AMERICA

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

March 18. Human Race 8K/USATF Minnesota Masters & Open Championships, St. Paul. 651-228-1986.

April 21. 32nd Annual Longest Day Marathon, Relay, Half-Marathon, 10K, 5K, & 5K RW, Brookings, S. Dak. Jack Youngberg, 605-696-2433; www.brookings.com/striders

April 27. Arbor Day 5K, Brookings, S.Dak. Steve Britzman, 605-697-9058; www.brookings.com/striders

April 28. Get in Gear 10K, Minneapolis, Minn. 651-722-9004; www.getingear10K.com

May 6. Lincoln Marathon, Lincoln, Nebr. 402-435-3504; www.lincolnrun.org

May 6. Presbyterian/NMZS 10K Run for the Zoo/RRCA 10K National Championships, & 5K, Albuquerque, N.M. Amber Gray-Fenner, 1320 Iron S.W., Albuquerque, NM 87102. 505-764-6280; www.run4zoo.org

May 27. Med-City Relays & Marathon, Rochester, Minn. 507-282-1411; www.medcitymarathon.com

May 28. Bolder Boulder 10K, Boulder, Colo. Cliff Bosley, 303-444-7223; www.bolderboulder.com

June 3. Steamboat Marathon, Steamboat Springs, Colo. 970-879-0880; steamboatmarathon.com

June 16. Grandma's Marathon, Duluth, Minn. GM, PO Box 16234, Duluth, MN. 218-727-0947; www.grandmasmarathon.com

June 24. Green Bay Marathon, Green Bay, Wisc. 800-889-1859; www.greenbaymarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 10. Bayou City Classic 10K, Houston, Texas. Bayou City 10K, 9019 Briar Forest Dr., Houston, TX 77024. www.bayoucityclassic.org

April 1. Statesman Capitol 10,000, Austin, Texas. 512-445-3598; http://cap10k.austin360.com

April 7. Bellaire Trolley Run 5K, Houston, Texas. Al Lawrence RC, 713-622-8280; www.alrcusa.org

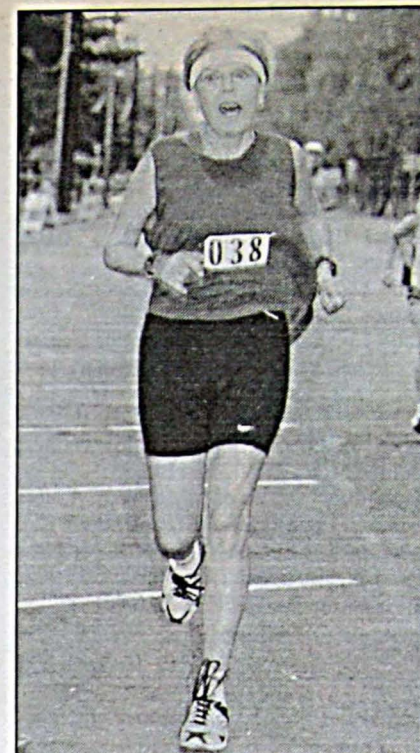
April 8. Red Bud Classic 10K/USATF Oklahoma West Championships, Nichols Hill. 405-842-8295; www.redbud.org

April 28. USATF Arkansas Masters & Open 8K Championships, Little Rock. Bill Torrey, 501-455-2643; btorey@arkansasrunner.com

April 28. Grace Race 5K/USATF Oklahoma East Championships, Tulsa.

April 28. Memorial Hermann Sports Care Bayou Bash Relay, Houston, Texas. 4x2.81 mile. John Lauten, 713-723-5180; www.alrcusa.org

April 29. Oklahoma City Memorial



TESH TESHIMA

Ruth Heidrich, first W65 (27:52), Bob & Ron's 5K, Honolulu, Jan. 14.

Marathon. 405-525-4242; www.okcmarathon.com

May 5. Bricktown Classic 12K/USATF Oklahoma Championships, Oklahoma City. First National Bank of Edmond, PO Box 5450, Edmond, OK 73083. 405-844-0110.

May 12. Route 66 Challenge 8K/USATF Oklahoma East Championships, Davenport. Davenport C of C, PO Box 66, Davenport, OK 74026-0066.

WEST

Arizona, California, Hawaii, Nevada

March 4. City of Los Angeles Marathon. William Burke, 310-444-5544; www.lamarathon.com

March 4. Sutter Home Napa Valley Marathon/RRCA Club Championships, Napa Valley, Calif. Rich Benyo, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; fax: 257-6515; www.napamarathon.com

March 11. Palm Springs Kiwanis 5K & 10K, Palm Springs, Calif. Greg Klein, 760-320-1341.

March 17. Catalina Marathon, Two Harbors, Calif. 714-978-1528; www.pacificsportsllc.com

March 18. Maui Marathon, Hawaii. 3000 limit. 808-871-6441; www.mauimarathon.com

March 18. Fifty-Plus Fitness Association 18th annual 8K/USATF Pacific Association Championships, Stanford U., Palo Alto, Calif. M&W50+. Also 5K Race & Fitness Walk. Mark Winitz, winitz@earthlink.net, or 650-323-6160; fax: 323-6119; fitness@ix.net.com.com; www.50plus.org

March 24. 5K Spring Into Health Run, So. California U. of Health Sciences, Whittier. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648; 714-841-5417; nealand.com/finishline

March 25. KFRC Houlihan's 12K/USATF Pacific Championships, San Francisco. Diane Kotta, 415-759-2690; rhodyco.com

April 7. Uli C. Williams 5K & 10K Run, 5K Walk, Compton, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417.

Continued on next page

Continued from page 26

April 7. Golden Gate Marathon, Sausalito, Calif. Enviro-Sports, 415-868-1829; www.envirosports.com

April 22. Compaq 10K/USATF Pacific Masters & Open Championships, Cupertino, Calif. 415-759-2690; rbodyco.com

April 29. Big Sur International Marathon, Carmel, Calif. Wally Kastner, 831-625-6226; www.bsim.org

April 29. Russian River Marathon/RRCA Western Region Championships, Ukiah, Calif. Dottie Deerwester, PO Box 518, Ukiah, CA 95482. 707-468-8024; rdysetgo@rdysetgo.com

May 6. Avenue of the Giants Marathon, Weott, Calif. Gaylou Gilchrist, 707-443-1226; www.humboldt1.com/~avenue

May 19. Palos Verdes Marathon, Palos Verdes (L.A. suburb), Calif. W2 Promotions, 310-828-4123; www.active.com

May 20. 90th annual Examiner Bay To Breakers 12K, San Francisco. Paulette Stracuzzi, 415-777-8742; www.baytobreakers.com

June 3. Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510; Limited to 20,000. www.nrmrmarathon.com

July 8. Chronicle San Francisco Marathon. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chronicleevents.com

NORTHWEST

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

March 24. USATF Inland NW 10K Masters & Open Championships, Ephrata, Wash. Larry Pittack, 509-754-3541; pittack@CRCWnet.com

April 14. Pear Blossom Run, Medford, Ore. 10-Mile, 5K, 2-Mile, 1-Mile. March 15 deadline. PBR, P.O. Box 146, Medford, OR 97501. Zellah & Jerry Swartsley, 541-535-1205; www.pearblossomrun.com

April 28. USATF Inland NW Masters & Open 8K Championships, Connell, Wash. Ken Sellereite, 509-234-8606; sellersj@bossig.com

April 29. Hood River Spring Relay, Hood River, Ore. 55.8 miles/5 runners. HRSR,



PHIL COX

Honor Fetherston, W40, in the 2000 Run to the Far Side, San Francisco.



RAY SHEPPARD

Jerry Johncock, 72, M70 winner (3:34:02), 2000 Huntsville Times Rocket City Marathon, Huntsville, Ala.

206-782-6547; fax: 783-5285; www.ontherun.com/hr

May 6. 25th Lilac Bloomsday 12K, Spokane, Wash. LB 12K, PO Box 1511, Spokane, WA 99210. April 13 deadline. www.bloomsdayrun.org

May 20. Capital City Marathon, Olympia, Wash. 360-786-1786; capitalcitymarathon.org

May 26. Up the Lazy River/ORRC Masters 10K Championships, Mary S. Young Park, West Linn, Ore. ORRC, 4840 SW Western Ave., Beaverton, OR 97005. 530-291-8699; fax: 520-0242; www.active.com

May 27. Wyoming Marathon, Medicine Bow Half-Marathon, & Rocky Mountain Double Marathon 52.4 Miles, Laramie. Brent Weigner, 307-635-3316; www.active.com

May 28. Up the Lazy River ORRC Masters 10K Championships, West Linn, Ore. G. Smith, director, 503-291-8699; fax: 520-0242; www.orrc.net

June 23. Mayor's Midnight Sun Marathon, Half-Marathon, & 5 Mile, Anchorage, Alaska. 907-343-4474.

July 13-14. Mt. Rainier to the Pacific Relay, Ashford-Ocean Shores, Wash. 152.5 miles/11 persons; walk: 100 miles/7 persons. Hotline: 503-671-0202; fax: 206-782-5285; www.ontherun.com/rtp

CANADA

March 25. Around the Bay Road Race 30K & 5K, Hamilton, Ontario. 905-574-8982; info2@aroundthebayroadrace.com

May 6. Vancouver International Marathon, Half-Marathon, & 5 Miler. 604-872-2928; www.vanmarathon.bc.ca

May 13. National Capital Marathon, Ottawa, Ontario. 613-234-2221; www.ncm.ca

INTERNATIONAL

March 11. Kyoto City Half-Marathon, Japan. (81) 75-315-1235; isono@runners.

co.jp

March 24. City Pier Half-Marathon, The Hague, The Netherlands. 31-174-517273; www.cpcloop.nl

March 24. BVAF Cross-Country Championships, Singleton Park, Swansea, Wales. BVAF Cross-Country Championships, 40 Twyni-Teg, Killay, Swansea SA2 7NS, Wales.

March 25. Rome Marathon, Italy. 39 06 40 65 064; www.maratonadiroma

April 1. Berlin Half-Marathon, Germany. (49) 30-302-5370; www.berlinmarathon.com; info@berlinmarathon.com

April 8. Paris International Marathon, France. www.parismarathon.com; info@parismarathon.com

April 22. Flora London Marathon, England. (44) 171-620-4117; www.londonmarathon.co.uk; Marathon Tours, 617-242-7845.

April 28-29. 7th European Veterans Athletics Non-Stadia Championships, Qormi, Malta. 10K RR, 30K Men's RW, 20K Women's RW-28th; Half-Marathon-29th; non-Championships 4x3000 relay-May 1. EVAA Championships, PO Box 36, Qormi, Malta. Tel/fax: (00356) 247675, 487704, 432402; email: maaa@global.net.mt; www.global.net.mt/maaa

May 12. BVAF Road Relay Championships, Sutton Park, Birmingham, England. Denis Withers, 33 Barker Rd., Sutton Coldfield, B74 2NZ, England.

May 18-19. Russian Veterans Non-Stadia Championships, Cheboksari. Vadim Marshhev, fax: 7-095-573-4150; marshhev@cs.msu.su

June 9. Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

August 26. Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshhev, fax: 7-095-573-4150; marshhev@cs.msu.su

October 14. Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

RACEWALKING

March 25. USATF National Masters Indoor

3000 RW Championships, Boston, Mass. See T&F schedule.

March 31-April 1. National Invitational Racewalks (50K, 20K, 10K, 5K) National Championships, Manassas, Va. Potomac Valley TC, Sharon Good, 12521 Eastbourne Dr., Silver Spring, MD 20904. Bob Briggs, inhousebob@att.net

April 22. Northwest Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

June 3. USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

June 10. Crown Valley Senior Olympics 1500 & 5000 Racewalks, Pasadena CC, Pasadena, Calif. Jim Hanley, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniocenter.org. Qualifier for 2002 Calif. Sr. Games Championships.

July 26. USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.

July 28. USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

September 9. USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 22. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

October 7. USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889.

October 27. USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 7199 NW 44th Pl., Ft. Lauderdale, FL 33319. 954-747-9465.

CURRENT NMN PHONE/FAX NUMBERS AND ADDRESSES

• Results, Schedule, All-American, Letters, Publications, Editorial:

Phone: 1-541-343-7716 (Jerry Wojcik, Suzy Hess, Jane Dods, Susannah Beck)
Fax: 1-541-345-2436
Mail: P.O. Box 50098, Eugene, OR 97405
natmanews@aol.com; www.nationalmastersnews.com

• Publisher, International

Phone: 1-818-981-1996 (Al Sheahan)
Fax: 1-818-981-1997
Mail: P.O. Box 2372, Van Nuys, CA 91404

• Advertising:

Phone: 1-541-343-7716 (Suzy Hess)
Fax: 1-541-345-2436
Mail: 1675 Willamette St., Eugene, OR 97401
Phone: 1-610-967-8883 (Heidi Shelhamer)
Fax: 1-610-967-8883

• Subscriptions:

Phone: 1-818-760-8983 (Sonia Avila)
Fax: 1-818-985-1213
Mail: P.O. Box 16597, North Hollywood, CA 91615



RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34
Mike Cleaves D 151-9 6-12-99
Robert Walter 55m HH 8.6 1-3-01

M35-39
Kevin Rinehart D 44.48 10-7-00

M40-44
Larry Reynolds 3000 9:58.9 1-20-01
Rodney Wilson 55m 7.07 1-20-01
55m 7.09 1-21-01

M45-49
Brian Valley P 3214 8-10-00
J 159-8 8-13-00

M50-54
Jerry Amundson SP 43-3 1/2 8-6-00

Jerry Bookin-Weiner W 11.37 3-25-00
SW 8.87 3-26-00
H 41.83 8-11-00
WP 3627 8-20-00
D 143-1 9-2-00

M55-59
Pat Cosgrove 10K 37:12.4 4-12-97
5K 17:49 5-8-97
800 2:24.97 8-24-00

M60-64
Don Denson 100 12.54 8-10, 13-00
200 26.38 8-10, 13-00
LJ 5.17 8-10, 13-00

Jerry Reiserer P 3134 7-13, 16-92
John Sloan PV 2.76 6-10-00
WP 3200 11-18-00

M65-69
Sydney Tate 200 29.19 10-19, 29-99

M70-74
David Wilson J 105-6 10-12-00

M75-79
Robert Reiman SP 9.78 6-10-00
D 28.17 6-10-00

M80-84
George Blyn 3000 17:55.2 10-29-00

W50-54
Tish Roberts 10K RW 57:50 8-12-00

W60-64
Harriet Mair D 65-10 10-1-00

W70-74
Lillian Snaden WP 2525 9-28-00

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	
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
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	6-4 1/2	5-9 1/2	5-6	5-3	4-11	4-9	4-6 1/2	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	10-8 1/2	7-10 1/2	7-6 1/2	6-6 1/2	5-10 1/2	4-3 1/2			
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
21-4	20-4	19-2 1/2	18-4 1/2	17-8 1/2	16-1 1/2	14-9	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	19-5 1/2		
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	42-11 1/2	39-4 1/2	42-0	37-8 1/2	36-1 1/2	29-6 1/2	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	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	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	62-4	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	16-4 1/2	13-1 1/2	9-10	
25#Wt.						11.50	10.00	9.00	7.30	5.30	4.50		
37-8 1/2	32-9 1/2	29-6 1/2	23-11 1/2	17-4 1/2	14-9								
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	26-3	19-8 1/2	18-1 1/2	16-4 1/2	14-9	11-5 1/2	9-10	8-2 1/2	6-6 1/2		
Pent.	2800	2600	2600	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: 30-39: 33"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
3) Long hurdles: 30-39: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g 80+: 400g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt. Pent: 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	5:00:18	6:11:30
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	5:27:35	6:49:28
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

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

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

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR WOMEN

FOR WOMEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
5 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9½	30-7	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11½	19-8½	18-2	17-0	16-4½	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

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 metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

USATF National Masters Indoor Heptathlon Lewis University, Romeoville, IL; Feb. 9-10

Athlete Name	Points	60	LJ	SP	HJ	Day 1	HURDLE	PV	1000
M35									
1 Twedt, Mark M39	3273	8.00	5.30m	9.17m	1.71m		9.87	2.20m 3:53.86	
Rockwell, IA			17'04.75	30'01.00	5'07.25			7'02.50	
2 Sheriff, Al M38	3092	8.37	5.08m	8.74m	1.83m		11.35	3.20m 4:14.21	
Freeport, IL			16'08.00	28'08.25	6'00.00			10'06.00	
M40									
1 Ellis, Ken M43	4598	8.00	5.70m	10.51m	1.74m		11.36	4.50m 3:25.90	
Oklahoma City, OK			18'08.50	34'05.75	5'08.50			14'09.00	
2 Winkler, Steve M43	4420	8.05	5.72m	9.85m	1.53m		10.30	3.60m 3:03.07	
Memphis, TN			18'09.25	32'03.75	5'00.25			11'09.75	
3 Doran, Rob M42	3641	8.23	4.87m	10.01m	1.44m		10.72	2.80m 3:16.92	
Staten Island, NY			15'11.75	32'10.25	4'08.75			9'02.25	
4 Wayda, Brian M40	2841	8.68	4.31m	10.43m	1.50m		11.58	2.80m 4:32.25	
Petersburg, IL			14'01.75	34'02.75	4'11.00			9'02.25	
M45									
1 Watry, Jeff M45	4773	8.44	5.09m	10.87m	1.74m		10.69	3.30m 3:09.11	
Paddock Lake, WI			16'08.50	35'08.00	5'08.50			10'10.00	
2 Meares, Kelly M47	3566	8.77	4.52m	6.35m	1.53m		11.76	3.60m 3:52.05	
Webb City, MO			14'10.00	20'10.00	5'00.25			11'09.75	
3 Watson, Richard M48	3052	9.56	4.35m	9.85m	1.41m		12.08	2.60m 3:55.90	
Tuma, AZ			14'03.25	32'03.75	4'07.50			8'06.25	
M50									
1 Russell, Allen M50	5361	8.04	5.08m	11.45m	1.65m		10.14	3.20m 3:09.37	
Ames, IA			16'08.00	37'06.75	5'05.00			10'06.00	
2 Hawkins, John M51	4809	8.57	5.09m	11.69m	1.68m		11.01	3.40m 3:52.47	
West Vancouver, British Columbia, Canada			16'08.50	38'04.25	5'06.00			11'01.75	
2 Holmes, Carter M51	4128	8.56	4.85m	9.60m	1.44m		11.23	2.20m 3:19.15	
Minneapolis, MN			15'11.00	31'06.00	4'08.75			7'02.50	
3 Tesche, T.W. M53	3349	9.02	4.02m	10.14m	1.32m		11.75	2.50m 4:05.96	
Ft. Wright, KY			13'02.25	33'03.25	4'04.00			8'02.50	
4 Schuster, Neal M53	3132	9.00	4.36m	7.56m	1.26m		11.94	2.00m 3:48.94	
Shorewood, WI			14'03.75	24'09.75	4'01.50			6'06.75	
5 Hedendal, Bruce M53	2680	8.94	4.44m	11.57m	1.35m		14.56	NH 4:34.73	
Durango, CO			14'07.00	37'11.50	4'05.00				
6 Moser, Mike M50	2609	9.72	3.85m	9.74m	1.29m		14.20	1.70m 3:54.27	
Eagan, MN			12'07.75	31'11.50	4'02.75			5'07.00	
7 Davis, Mike M51	2284	9.67	3.98m	8.84m	1.29m		DNF	2.70m DNF	
New Lenox, IL			13'00.75	29'00.00	4'02.75			8'10.25	
M55									
1 Angus, Bill M58	4757	8.66	4.61m	9.81m	1.38m		10.54	2.80m 3:35.36	
Salem, OH			15'01.50	32'02.25	4'06.25			9'02.25	
2 Collier, Ron M56	4376	8.66	4.49m	9.94m	1.41m		12.24	3.00m 3:58.47	
Ro Hominy, OK			14'08.75	32'07.50	4'07.50			9'10.00	
3 Thorne, Tom M56	3946	9.01	4.33m	10.14m	1.44m		11.51	2.80m 5:08.04	
Joplin, MO			14'02.50	33'03.25	4'08.75			9'02.25	
4 Clapper, Henry M57	2740	9.48	3.96m	8.98m	1.50m		13.13	NH DNF	
Monett, MO			13'00.00	29'05.50	4'11.00				
M65									
1 Jankovich, Bill M67	4328	9.16	4.09m	9.34m	1.17m		12.57	2.20m 4:20.64	
Racine, WI			13'05.00	30'07.75	3'10.00			7'02.50	
2 Trinkner, Clarence M69	4271	9.21	3.96m	8.42m	1.35m		11.79	2.10m 4:59.22	
Janesville, WI			13'00.00	27'07.50	4'05.00			6'10.75	

EAST

32nd Dartmouth Relays Hanover, NH; Jan. 12

55m	
M30 Corbin Lang	7.29
M35 Rogest Charlton	6.64
Ronald Content	6.90
Andrew Gamble	7.31
Kevin Turner	7.65
Paul Felix	7.68
M40 Chris Hansen	17.48
Steve Beckwith	17.48
Charlie Carr	7.97
John Allen	8.79
M45 Greg McBride	7.25
Jesse Norman	7.34
Richard Clark	7.72
Tony Newton	8.20
Joe Serdakowski	8.62
M50 Dennis Newton	7.53
Tom Cunningham	8.11
M55 Richard Sealey	7.46
Lincoln Russin	7.70
Paul Gansle	7.76
Roger Pierce	7.95
Doug Geertgens	7.96
Gary Snyder	8.03
James Burke	8.54
M60 Dick Camp	7.92
Phil Byrne	8.27
Richard Hurley	8.42
Mike Costello	11.29
M65 Dennis Melanson	7.82
Cass Curtis	8.63
Dave Hanlon	9.17
Dillon Maier	9.22
M70 James Stookey	8.17
M75 Goerg Steinmeyer	10.82
M80 Vern Mattson NH	13.76
W30 Julia Hautienne	8.9
W40 Dorothy Mullaney	9.55
W60 Hannecore Boerner	9.28

W65 Barbara Jordan	9.05
Mary Roman	10.18
Flo Meiler	10.35
W75 Alverta Perkins	16.02
M35 Rogest Charlton	22.75
Ronald Content	24.68
Alan Bautista	25.22
Mike Wall	26.34
Terrence Haynes	30.55
M40 Gino Card	26.41
Steve Beckwith	26.64
Charlie Carr	27.94
John Allen	32.48
M45 Greg McBride	24.84
Jesse Norman	25.01
Bob Herrin	27.31
Raphael DeValle	28.76
M50 Carroll Blake	26.29
Tom Cunningham	26.53
M55 Richard Sealey	26.81
Rich Hamner	27.29
Warren Graff	27.78
Lincoln Russin	28.09
Gary Snyder	28.72
James Burke	31.07
M60 Dick Camp	28.93
John Hurley	41.81
M65 Dennis Melanson	29.04
William Hugnagel	32.55
Bruce Marsh	32.70
Dave Hanlon	34.77
M80 Bob Matteson VT	41.99
W30 Sherri Garbowski	29.29
W60 Hannecore Boerner	35.53
W65 Carolyn Cappetta AR32.75	
(33.74/Lary/2000)	
Barbara Jordan	34.84
Flo Meiler	40.82
400m	
M35 Alan Bautista	55.75
Jon Ellis	58.18
M40 Gino Card	57.79

M45 Jesse Norman	56.75
Raphael DeValle	62.47
M50 Carroll Blake	57.32
Tom Cunningham	58.16
Ralph Souppa	58.60
Dave Herrington	75.01
M55 Rich Hamner	59.12
Warren Graff	61.91
Gary Snyder	63.57
M60 Chris Rush	67.65
John Hurley	87.07
M65 Phil Schaffer	79.57
M75 Archie Messenger	82.64
M80 Bob Matteson VT	1:44.33
W35 Laurie Waterman	78.26
W65 Carolyn Cappetta WR74.31	
(76.56/Lary/2000)	
800m	
M35 Norm Bouthillier	2:04.99
Jon Ellis	2:14.55
M40 Marco Tremblay CAN2:11.89	
Peter Schmidt	2:15.47
Douglas Brooks	2:25.46
M45 Allen Muir	2:14.87
Richard Clark	2:16.38
Bob Hodge	2:17.07
Dana Waterman	2:32.14
M50 Duane Green	2:24.36
Stephen Viegas	2:26.99
Ralph Moschella	2:28.82
Jeff Parkman	2:36.64
Charlie Russell	2:37.41
Frank Maineri	2:37.88
Richard Murray	2:41.26
M55 Jonathan Tetherly	2:32.25
M60 Tim Simpson	2:18.79
Chris Rush	2:37.86
Ken Skinner	2:46.38
Fred Bertelsen	3:00.74
John Hurley	3:31.80
M65 Phil Schaffer	3:02.91
M70 Edward Doucette	3:19.97
M75 Archie Messenger	3:18.92

W35 Lisa Prince	2:34.67
Laurie Waterman	3:09.25
W65 Mary Harada	3:30.61
1500m	
M35 Norm Bouthillier	4:17.40
Jon Ellis	4:27.12
Rodney Furr	4:28.03
Chip Langmaid	4:32.75
Chris Ummer	5:04.56
M40 Arthur Demers	4:38.41
M45 Allen Muir	4:24.46
Richard Clark	4:38.94
Bob Oates	5:05.14
M50 Duane Green	4:32.26
Jeff Parkman	5:10.63
Frank Maineri	5:10.67
Richard Murray	5:14.71
M55 Colin McArdle	4:38.92
Joseph Sinicropo	5:38.33
M60 Ken Skinner	5:34.58
Eric White	6:01.87
M70 Edward Doucette	6:48.15
M75 Doug Blanchard	6:41.32
W35 Lisa Prince	5:27.13
W65 Mary Harada	6:57.52
3000m	
M30 Richard Smith	9:32.68
M35 Rodney Furr	9:34.86
Keith O'Brien	9:40.39
Harris Hardy	9:49.86
Chip Langmaid	10:18.06
M40 Craig Fram	8:46.04
Arthur Demers	9:58.79
Michael Clark	11:11.59
M45 Randy Waterman	10:25.00
M50 Gaetan Breton CAN11:25.08	
Joseph Burleson	13:32.66
M60 Eric White	12:43.48
M65 Dillon Maier	13:36.72
John Harwick	14:57.28
M75 Doug Blanchard	14:04.86
M80 Dan Geer	20:11.99
W50 Joyce Geroux	14:31.40

5000m	
M35 Chip Langmaid	18:41.84
M40 Charlie Perry	19:04.58
M45 Bob Oates	20:12.17
M50 Bill Reilly	18:09.18
M70 Edward Doucette	23:43.54
W30 MaryB McKenney	20:57.93
W40 Dorothy Mullaney	23:06.18
55mH	
M45 Joe Serdakowski	10.33
M50 Bill DeHorn CAN	9.64
M55 Doug Geertgens	10.63
M60 Phil Byrne	9.86
M65 Cass Curtis	11.61
James Duncan	11.90
M70 James Stookey	9.25
W65 Flo Meiler	12.80
4x200m Relay	
M30+Boston RC	1:45.63
New York City	1:46.77
Athletics East TC	1:54.11
Hanover AC	1:57.43
High Jump	
M40 Garry Preece	1.55
M50 Bill DeHorn CAN	1.55
M55 Paul Gansle	1.45
Carl Wallin	1.35
Doug Geertgens	1.30
M60 Phil Byrne	1.45
John Hurley	1.10
M65 Cass Curtis	1.20
James Duncan	1.15
W65 Flo Meiler	1.12
Pole Vault	
M30 Corbin Lang	3.66
Jon Haehnel	3.51
M35 Alan Haehnel	2.90
Duncan Payne	2.75
M40 Curtis Neroni	3.05
John Allen	2.14
M45 Joseph Reed	2.90
Mark Fields	2.90
Walter Roberts	2.44
M50 Bill DeHorn CAN	3.05
Michael Zahner	12.75
Peter Fichter	12.75
M75 Boo Morcom	2.44
W65 Flo Meiler	1.83
Long Jump	
M30 Corbin Lang	4.75
M35 Ronald Content	6.02
M40 Garry Preece	4.74
M50 John Oleski	5.03
M55 Doug Geertgens	4.76
M60 Phil Byrne	4.51
M65 Dillon Maier	4.17
Cass Curtis	3.93
M70 James Stookey	4.58
M80 Vern Mattson NH	1.89
W60 Hannecore Boerner	3.00
W65 Flo Meiler	3.42
Barbara Jordan	3.30
W75 Alverta Perkins	1.29
Triple Jump	
M35 Ronald Content	13.12
M40 Garry Preece	9.92
M45 George Frost	10.81
M50 John Oleski	9.81
M55 Doug Geertgens	9.83
M60 John Hurley	4.56
M70 James Stookey	9.71
W65 Barbara Jordan	6.89
Flo Meiler	5.81
Shot Put	
M40 Bob Otrando	15.67
Michael Cabrinha	10.98
M45 Don Filkins	11.98
M50 Dave Tousignant	10.17
M55 Carl Wallin	14.05
John Schlosser	10.81
Jim Chambers	10.30
M60 Stan Chatis	10.07
Ed Rowan	9.67
Jerry Jasinski	9.65
Mike Costello	8.17
John Hurley	6.40
M65 Leonard Rosen	12.13
James Duncan	9.49
M70 Norm Wakely	9.36
M75 George Brown	8.21
Goerg Steinmeyer	7.16
M80 Robert Sparks	5.84
Vern Mattson NH	

Continued from previous page

Long Island Track & Field Meet
Brentwood, NY; Jan. 14

60m	
M40 Paul Augello	7.5
M50 Rich Lapp	7.3
Albert Jensen	8.2
David Molloy	8.5
M60 Rich Rizzo	8.5
W50 Nadya Dimitrov	9.3
Mary Trotto	10.0

400m	
M40 James McFarlane	1:00.6
Gary Powder	1:07.5
George Roach	1:11.9
M50 Rich Lapp	57.9
Albert Jensen	1:05.2
David Molloy	1:12.6
M60 Rich Rizzo	1:03.2
M70 Odd Sangesland	1:33.4
M80 Bill Benson	1:47.4

1500m	
M40 Alan Porter	4:11.1
James McFarlane	4:55.7
Chris Cotroneo	5:24.1
M45 Steve Josepher	4:55.9
James McDougall	5:20.5
Jim Underwood	5:38.2
M50 Dennis O'Brien	4:40.2
John Walsh	5:03.4
W40 Barbara Gubbins	5:06.8
Jackie Saunders	6:33.4
W45 Kathy Martin	5:02.7

3000m	
M40 Don DiDonato	9:04.7
Triple Jump	
M50 John Martin	9.96
1 Mile RW	
M60 Jim McGrath	8:24.6
John Shelling	10:03.4
W40 Lee Chase	7:57.7
Susan Reina	9:34.0
Sue Fuestel	10:01.7
W50 Nadya Dimitrov	8:55.1
W55 Donna Ehrenberg	9:54.6
W70 Mary Brierley	12:42.2

MAC Masters Meet Army T&F
Center, Manhattan, NY; Jan. 19

55m	
M30 Grimes, Cortez	7.16
Fulton, Tony	6.95
Tinsley, Shafi	8.42
M45 Cook, C D	7.44
Gritz, David	7.49
Jacuet, Gary	8.60
M50 Norman, Jesse	7.32
Henry, Oscar	7.86
Perlis, Noah	7.98
Friedman, David	8.83
M55 Johnson, Ron	7.18
Ballard, Gene	7.93
Weaver, Roosevelt	8.15

200m	
M30 Elleston, Rohan	23.43
Patterson, Glenn	23.81
M35 Hallman, Gary	26.17
Blackwell, Ray	22.75
Royster, Keith	24.52
Plummer, Craig	26.99
Ballinger, Steve	28.66
Alleyne, R	29.71
M45 Goner, Edward	24.39
Glasby, Archie	24.59
Cook, C D	27.26
M50 Norman, Jesse	24.51
Henry, Oscar	27.86
Perlis, Noah	28.24
Friedman, David	32.49
M55 Johnson, Ron	25.21
Hammer, Richard	26.84
W40 Saunders, Jackie	35.42
W50 Warren, Sharon	30.09

1,000m	
M40 Agnello, Rich	2:44.51
McFarlane, James	2:51.12
Ryan, David	2:51.56
Plummer, Craig	3:00.12
Sterrett, Adrian	3:00.54
Skehan, Kevin	3:00.61
M45 Allen, Tom	3:41.75
M50 Diaz, Victor	3:03.21
Indek, Bill	3:38.10
M65 Aneshansley, Jim	3:38.46
M70 Kernan, Joseph	4:56.91
3,000m	
M55 Lawson, Blaine	12:47.90
M60 Daly, Denis	11:53.30
M55 Michaelson, M-L	12:03.40

55m Hurdles	
M35 Patterson, Glenn	9.49
High Jump	
M50 Friedman, David	1.27
M60 Counihan, Gerald	1.47
W30 Nakatake, Kimiko	1.57
Long Jump	
M40 Castro, Juan	4.64
M50 Friedman, David	4.09
W35 Whitehead, Tina	3.85
Shot Put	
M40 Lanzalotto, Thom	11.99
Ciccone, Tony	11.86
Tinsley, Shafi	6.65

M50 Dunphy, Rich	10.16
Copeland, Jeffrey	9.68
M55 Levine, Carl	8.42
M60 Joyce, ED	10.19
M65 Barker, William	9.88
1,500m Race Walk	
M35 Soucheck, John	14:34.22
M65 Barrett, Bob	16:28.36

34th Annual Hartshorne
Memorial Masters Mile
Ithaca, NY; Jan. 20

M40	
Casey Carlstrom	NY 4:38.43
Dave Cole	NY 4:42.20
Robin Wheelless	NY 4:43.00
Bob Carroll	NY 4:45.87
Jim Cuono	PA 4:48.29
Tony Vodacek	NY 4:51.58
Bob Bolton	NY 4:51.75
Bob Nugent	NY 4:56.02
Doug Kennedy	CAN 4:57.51
Gary Radford	NY 5:04.52
Ron Hulslander	NY 5:06.12
Donald Hughes	NY 5:11.99
Tim Ingall	NY 5:12.79
Kevin Coughlin	NY 5:21.09
Rick Cleary	NY 5:31.82

M45	
Tim McMullen	NY 4:34.20
Jim Robinson	NY 4:51.91
Tom Hartshorne	NY 5:01.09
Mark Rybinski	NY 5:06.02
Joe Chirimo	NY 5:08.18
Charlie McMullen	NY 5:09.31
Fred Robbins	CAN 5:12.99
Caleb Rossiter	DC 5:13.70
Bill McMullen	NY 5:17.39
David Bowen	NY 5:23.09
Graham Upton	NY 5:28.17
Jim Davis	NY 5:33.32
Jim Jones	NY 5:33.59
Anthony Garrow	NY 5:41.52

M50	
Duane Green	NY 4:51.39
Steve Forrestel	NY 5:08.46
Ton Homeyer	NY 5:17.51
Dave DeFavero	NY 5:22.08
Mike Carter	CAN 5:23.16
Jim Miner	NY 5:36.31
Jim Bilik	NY 5:46.88
Harland Bigelow	NY 5:50.42

M55	
Herb Engman	NY 5:28.14
Ken Gordon	NY 5:34.21
Rich Clements	NY 6:04.56
M65	
Don Farley	NY 6:23.25
Chuck Collins	NY 6:42.49
Ted Sullivan	NY 7:31.49

M70	
Earl Fee	CAN 5:39.52
Sandy Bueme	NY 7:20.64
Dick Sullivan	NY 7:37.20
J. O'Sullivan	NY 8:19.33

M75	
Frank Moore	NY 7:20.07
W35	
Becky Heuer	NY 5:16.92
Katie Stettler	NY 5:55.39
Lorrie Marnell	NY 6:01.92

W40	
Suzanne Myette	NY 5:48.40
Ruth Yanal	NY 6:00.07
Donna Lockett	NY 6:12.09

W45	
Patti Ford	NY 5:18.10
Coreen Steinbach	NY 5:59.93
Shirley Woodford	NY 6:02.80
Diane Sardes	NY 6:11.38
Diane McGuire	NY 6:56.92
Kathleen Wiltrout	NY 7:57.90

W50	
Carolyn Smith-Hanna	NY 5:27.33
Sandra Ludwa	NY 7:16.59
Lorraine Desposito	NY 7:35.77
W60	
Lennie Tucker	NY 8:03.81
W65	
Edna Hyer	NY 8:47.67
W70	
Helene Bueme	NY 8:20.33

MAC Masters Multi Events
Championships, Army T&F
Center, Manhattan, NY; Jan. 21

(55m/LJ/SP/BJ/1000) Points	
M40 Rob Doran	1926
10.30/4.70m/9.6m/1.42m/3:23.70	
M50 Ivan Black	2486
9.50/4.81m/7.3m/1.47m/2:33.90	
Joe McMahon	1652
10.00/4.2m/9.52m/1.22m/3:38.30	
Oscar Benry	1614
11.10/4.45m/7.6m/1.52m/3:36.30	
David Friedman	1007
14.20/3.85m/5.63m/1.27m/3:34.40	

Maryland Elite Grand Prix
Invitational
Landover, MD; Jan. 27

Masters Mile (Men 40+)	
Steve Nearman 40	4:38.89
James Clelland 42	4:42.44
Dave Berardi 40	4:47.24

Marty Horan 41	4:47.78
Steven Berry 42	4:59.68
Terry McLaughlin 40	5:00.48
Caleb Rossiter 49	5:06.37
Larry Washington 49	5:09.31
Brenton Ayer 45	5:12.30
Wilhelm Anderson	5:18.06

Masters Mile (Men 50+)(Women 40+)

Duane Green M50	5:08.87
J J Wind M51	5:21.24
Patrick Sullivan M51	5:27.84
Eric Gyaki M52	5:29.84
Chuck Desenberg M53	5:39.81
Bob Weiner M53	5:44.64
Larry Hart M50	5:47.55
Roger Barbee M 54	5:51.21
Steve Schaeffer M 51	5:57.41
Nelda Clelland W42	5:59.78

Masters 200m (Men 40+)

Brady Crain	7.26
Tom Jones	7.36
Tony Fulton	7.44
Bob Bowen	7.57
Sister Griffin	7.59
Steve Coenen	7.91
Jeremiah Lloyd	7.93

Masters 200m (Men 40+)

Larry Colbert	23.47
Melvin Fields	23.82
Jimmy Jones	24.12
Danell Gating	24.18
Paul Allen	25.12
Keith Royster	25.20
Jessie Norman	26.01
Tom Jones	26.06
Tony Fulton	26.50
Brady Crain	26.60
Ricky Flowers	26.67

Syracuse Chargers Meet
Syracuse, NY; Feb. 4

MILE

M35 Michael Boni	4:54.3
David Carroll	5:01.4
Ed Lindo	5:16.9
Hermann Pohl	5:18.6
M40 Bob Carroll	4:37.3
Robin Wheelless	4:41.9
Tim Ingall	5:11.5
Kevin Hanlon	5:15.4
Gerry Woods	5:21.0
Jay Reeder	5:24.7
John Evars	5:40.4
Creig Heddon	5:45.5

M45 Dave Worden	4:50.9
Kevin Morrisroe	5:33.0
Fran Verdoliva	5:33.7
Anthony Garrow	5:34.4
Tom Crowley	5:49.5
Rob Wedlake	5:53.8

M50 Jim Miner	5:34.7
M55 Kenneth Gordon	5:39.0
M60 John Hurley	6:58.5
M65 Jerry Bisson	7:08.8
W35 Becky Heuer	5:19.7
Marie Heddon	9:10.0

W40 Sue Devlin	6:26.6
W45 Diane Sardes	6:12.7
400 METERS	
M30 Torrey Davis	1:02.0
M35 Aston Scott	55.5
Michael Boni	58.9
Bill Ferris	1:03.5
Ed Lindo	1:08.7
M40 Kevin Hanlon	1:02.9
Andri Goncarovs	1:08.0
M45 Horace Hudson	58.5
Dan Swanson	58.8
Dave Worden	59.9
Joe Natalie	1:01.0
Ted Stenuf	1:40.3
M55 Allan Drew	1:06.3
M60 John Allen	1:04.7
Tom Fondy	1:08.0
W30 Angela Scott	1:12.9
W50 Kathy Cirina	1:15.6

200 METERS	
M35 Aston Scott	24.3
Sam Sampere	27.3
Paul Foster	28.3
M45 Horace Hudson	26.2
Dan Swanson	27.1
Joe Natalie	27.7
Paul Citek	28.0
M50 John Hopf	26.9
Bob Davis	27.5
Wayne Spitz	27.8
M55 Dominic Rappazzo	29.1
M70 Howard MacMillan	33.8

W30 Angela Scott	26.8
W50 Kathy Cirina	32.0
W60 Lennie Tucker	36.8
55m HURDLES	
M35 Paul Foster	10.1
M45 Tom Crowley	10.4
HIGH JUMP	
M60 John Hurley	3-10
SHOT PUT	
M35 Hank Pearson	11.01
M60 John Hurley	6.20
M70 Howard MacMillan	7.17

SOUTHEAST

DCRRRC/Potomac Valley TC
Indoor Meet
Arlington, VA; Jan. 14

Masters Mile M40+

1 Marty Horan 41	4:56
2 Terry McLaughlin 40	5:03
3 Steve Berry 42	5:04
4 Larry Washington 49	5:11
5 Caleb Rossiter 49	5:11
6 John Arbab 40	5:15
7 William Greene 40	5:21
8 Dave Walser 42	5:26
9 Doug Eckley 45	5:35
10 Doug Landau 40	5:36
11 Rob Garza 44	5:50
15 Blaine Barham 45	6:40
16 George Gunn 53	6:55

Masters Mile M50+

1 Jay J Wind 51	5:25
2 Eric Gyaki 52	5:39
3 Pat Sullivan 51	5:41
4 Chuck Desenberg 53	5:47
5 Roger Barbee 54	5:52
6 Larry Hart 50	6:01
7 Jim Noone 56	6:03
8 Jim Verdier 58	6:11
9 Bob Weiner 53	6:13
10 Richard Weston 57	6:19
11 Bill Freed 52	6:24
12 Larry Dickerson 69	6:38
13 Ray Blue 76	7:53

Elite Mile

1 Jimmy Blackmon 32	4:42
3 Quenton Cassidy 30	4:48
4 Jim Ehrenhaft 35	4:53
6 Craig Chasse 31	5:00

Women's Mile

1 Emily Weese 21	5:49
W35 Andrea Troupe	6:34
4 Jennifer Lazio 32	6:34

Open Mile

1 Johnny Watkins 15	5:00
6 Jon Coogan 33	5:18
13 Nils Lindenblad 37	5:44
16 Jon Hiratsuka 48	6:12
3000m	
1 Javier Rios 16	10:05.4
2 Craig Chasse 31	10:21.1
4 David Berg 37	10:41.9
5 Jay J Wind 51	11:06.2
6 Alan Lang 36	11:31.5
7 Noel Cyrus 42	11:33.2
8 Bob Garza 44	11:51.9
9 Antoine Parker 41	12:47.6
11 Jennifer Lazio w32	13:43.5
15 George Gunn 53	15:04.3
16 Bill Osburn 77	15:51.7
17 Ray Blue 76	16:39.3
18 Tami Graf w64	16:42.6
19 Ric Franke 53	17:57.0

3000m Racewalk

1 Mark Adams 62	16:33.1
2 Virginia Inglese w40	18:32.0
3 John Gersh 53	18:43.2
4 Vic Litwinski 57	18:53.8
5 Charles Boyle 77	21:37.1
6 Terry Hamilton 72	22:55.4
7 Tami Graf w64	23:00.0

DCRRRC/Potomac Valley TC
Indoor Meet
Arlington, VA; Feb. 11

Masters Mile

1 Brett Schmidt 41	5:13.1
2 Scott Cammer 42	5:28.1
3 Jay J Wind 51	5:33.2
4 Doug Hovland 45	5:34.6
5 Pat Griffith 56	5:36.1
6 Blaine Barham 45	5:58.8
8 Tim Venn 45	6:13.7
10 George Gunn 53	6:51.3
11 J C Hickey 61	7:04.2
12 Don McCarten 71	7:13.1
14 Ray Blue 76	7:59.1

Elite Mile

1 Eric Kweder 23	4:30.8
3 Mondo Tijerina 30	4:38.9
4 Eric Zander 31	4:43.1
6 Paul Ryan 50	5:05.9
7 Tom Nowicki 39	5:09.1

Women's Mile	
1 Liz Speegle 33	5

Continued from previous page

-Feb. 10-

Shot Put

M60 Mike Parker 35-0
Jack Khouns 33-7

Discus

M60 Jack Khouns 110-0
Mike Parker 101-2

Hammer

M40 C O'Hara 8k 130-1
M50 Gary Kelmenson 113-7
M60 Jack Khouns 85-10
Mike Parker 80-5

20# Weight

M60 Jack Khouns 40-1
Raye Girouard 31-0

25# Weight

M40 C O'Hara 45-3
M50 Gary Kelmenson 42-11

35# Weight

M40 C O'Hara 35-10
M50 Gary Kelmenson 32-11
M60 Jack Khouns 25-7
Raye Girouard 18-0

55# Weight

M40 C O'Hara 24-4
M50 Gary Kelmenson 22-5
M60 Jack Khouns 17-5FCI Lompoc Trackfest
Lompoc, CA; Jan. 27

100y

M40 Rafael Romo 11.85
M50 Yong Kim 12.97

220y

M40 Kyle Hutton 27.13
M50 Yong Kim 30.60

440y

M40 Mike Hutton 60.87

880y

M40 Mike Hutton 2:23.83
M50 Frank Felix 2:46.75

Mile

M40 Mike Hutton 5:54.70
M50 Felix Gomez 5:54.64

5000m

M40 Doug Lomow 19:44.50
M50 Jose Parra 31:25.50

5000m Racewalk

M40 Doug Lomow 32:19.50
M50 Jose Parra 31:25.50Hawaii Masters Pentathlon
Honolulu; Feb. 11Kevin Kruszone 45 2198
Tom Reppun 53 1425
Jack Karbens 59 2612
Lionel Low 61 2142

NORTHWEST

Eugene Indoor Meet
Eugene, OR; Jan. 20

50m

M35 Greg Font 7.14
M40 Petty Boatright 8.51
M45 Bob Blackburn 6.78
M55 Eldon Garner 7.61
W45 Rebecca Mitchell 8.63

300m

M30 Royce Nelson 42.15
M40 Fred Mills 40.42
M45 Russ Jacquet Acea 44.38
M50 Robert Sonnenburg 48.15
M55 Woodie Woodsum 53.67
M60 Vince Malizia 81.22
W45 Rebecca Mitchell 56.46

600m

M40 Lance Podolski 96.08
M55 Woodie Woodsum 2:08.85
W35 Marie Macauley 1:47.01

1500m

M45 Jim Jones 4:37.29
M50 Alan Beck 4:48.31
M70 Tom Brinton 6:09.00

3000m

M35 Chris Yorges 9:13.26
M65 Donn Kirk 17:06.36
M70 Bill McChesney 13:52.81
W70 Marcial McChesney 19:00.54

50mH

M45 Bob Blackburn 8.85

High Jump

M30 Cory Swim 2.04
M45 Don Helton 1.38
M50 OzWitt 1.42
M55 Al Phillips 1.50
M60 Ralph Reiche 1.38
M70 Harvey Lewellen 1.27
W45 Anne Lowe 1.09

Pole Vault

M45 Russ Jacquet Acea 2.74
M55 Larry Holmes 3.35
M65 Don Gray 2.74

M70 Harvey Lewellen	2.44
Long Jump	
M35 Greg Font	5.12
M40 Mike Lariza	5.45
M45 Don Helton	4.13
Triple Jump	
M55 K H Troy	10.17
Shot Put	
M55 Chuck Chapin	13.39
M60 Ralph Reiche	9.34
M70 Harvey Lewellen	10.61
W55 Georgia Cutler	8.48
W70 Pat Osmon	5.33
Weight Throw	
M55 Chuck Chapin	13.43
M70 Jerry Wojcik	9.97
W55 Georgia Cutler	9.95
W70 Pat Osmon	5.97

INTERNATIONAL

The Netherlands Indoor National
Veterans Championships
Zuidbroek; Jan. 21

60m	
M30 Pieter Schouten	9.10
M40 Jelle VD Schaaf	8.44
Frans vd Veeren	8.83
M45 Wim de Ronde	7.99
Hans Rodermond	8.20
M50 Ko Florusse	8.09
Jan Huijbers	8.45
M55 Ricardo Hill	7.47
Tudd Helder	7.87
M60 Eric Roeske	7.26
Kay Schaafsma	7.28
W55 Sonja Oost	8.53
Joke Torbijn	8.56
W60 Maria vd Berg	8.70
Jose Duba	9.20
200m	
M30 Pieter Schouten	29.91
Arend Koet	32.25
M40 Jelle vd Schaaf	27.58
M45 Hans Rodermond	27.02
Henk Nordt	27.55
M50 Ko Florusse	26.46
Koos Reiding	27.90
M55 Hennie Rijken	26.30
Erik Endlich	26.88
M60 Michel van Aggelen	28.24
W55 Sonja Oost	27.71
Joke Torbijn	28.08
W60 Maria vd Berg	29.46
Jose Duba	30.18
800m	
M50 Eugene van Kruchten	2:07.75
Cees Meyer	2:10.67

M55 Henk van Eck	2:03.88
W55 Janny Kuper	2:30.83
W60 Maaike Homstra	2:29.96
3000m	
M45 Peter Vlaarkamp	9:49.24
Henk Wieringa	11:33.93
M50 Chris Henet	9:05.42
Auke Postma	10:10.05
M55 Hans Verbaandert	9:01.72
Dick van Zalinge	9:04.52
M60 Paul van Rooijen	9:46.59
Short Hurdles	
M40 Frans van Boven	10.52
M45 Wim de Ronde	9.68
Henk Nordt	10.40
M55 Rob de Weger	8.99
Gert Velthuisen	10.85
M60 Erik Oostwegel	9.33
Hanny Barnhoom	10.20
W55 Evie Roelands	10.20
W60 Hanny Barnhoom	10.20
High Jump	
M30 Arend Koet	1.30
M40 Frans van Boven	1.50
M45 Rob Dekker	1.55
M50 Jan Huijbers	1.66
M55 Kees Meijer	1.40
W50 Weia Reinboud	1.55
Janine Kortbeek	1.40
W60 Patsy Kolthorn	1.60
Monique Seerden	1.55
Long Jump	
M30 Kees van Giezen	3.82
Arend Koet	3.81
M40 Frans van Boven	4.54
Frans vd Veeren	3.82
M45 Rob Dekker	4.70
M50 Wout van Drunen	5.51
Koos Reiding	4.99
M55 Piet Wietzes	5.73
Rob de Weger	5.71
M60 Alje Kuiper	4.39
W50 Janine Kortbeek	4.39
W55 Evie Roelands	4.84
Anja Akkerman	4.52
W60 Hanny Barnhoom	4.67
Monique Seerden	4.30
Shot Put	
M40 Frits Martens	11.88
M45 Martin Regtop	14.53
Jack Dekker	13.41
M50 Ruud van Huizen	9.53
M60 Albert vd Mee	11.92
W50 Rina ten Braak	10.36
W55 Tine Schenkels	12.38
Anneke Hoogenbosch	6.67
W60 Ingrid van Dijk	10.23

David Cain	50:35
James Martin	50:58
M55 William Leahy	40:13
Gary Zimmerman	46:05
Jim Peterson	52:58
M60 Thom Weddle	41:02
Gary Reddaway	43:40
Dennis O'Hare	44:16
Reed Miller	45:40
Ken Ogden	50:45
M65 Bill Iffrig	43:19
Mel Preedy	44:59
Court Jones	54:18
M70 Tom Brinton	50:13
Craig McMicken	63:06
Non-US Marcial Soto	48:34.57
Teams:	
M40-49 Reebok Aggies	2:51:26
(Minor/Siqueiros/Magallanes/ Fabris/Cushman)	
Club Northwest	2:57:01
(Ross/Billet/Lyle/Allison/Harding)	
Boulder RR	3:01:37
(Skarda/Lawrence/Bodine/ Dolan/Chase)	
M50-59 Snohomish TC	3:12:06
(Abraham/Parks/Welch/ McGill/Johnson)	
Boulder RR	3:24:42
(Katz/Halberstadt/Mohr/Castro/ Zimmerman)	
M60+ Snohomish TC	3:12:34
(Iffrig/O'Hare/Preedy)	
W40 Denise Foote	38:56
Myra Klettke	39:25
Jennifer Teppo	40:06
Kelly Kruell	40:30
Cheryl Tronson	42:26
Susie Niedermeyer	42:31
Barbara Wismer	43:09
Lauri Sax	43:35
W45 Laura Caldwell	42:36
Kim Rupert	43:25
Susan Schulte	47:03
Diana Shannon	50:15
Lorraine Green	56:26
W50 Lynn Kleiman	47:02
Jeanette Groesz	50:12
W55 Joan Ottaway	43:06
W65 Suzi MacLeod	58:00
Teams:	
W40-49 Nike Portland	1:58:27
(Foote/Klettke/Teppo)	
West Valley TC	2:09:40
(Ottaway/Wisner/Rupert)	
Boulder RR	2:17:40
(Sax/Kleiman/Schulte)	

EAST

Harrisburg Marathon Harrisburg, PA; Nov. 5	
Overall	
Thomas Stickle 37	2:27:42
Lindell Berg 25	3:19:50
M40 Tim Adams	2:49:57
David Brown	2:55:31
M45 Jay Prensky	3:03:24
Juan Miranda	3:09:02
M50 Larry Anderson	3:16:50
Joseph Tama	3:21:08
M55 Hap Miller	3:27:38
Tom Faruolo	3:29:26
M60 Glenn Ettinger	4:18:18
N65+Dick Green 66	3:53:23
W40 Carol Myers	3:21:20
Rosa Pahl	3:43:14
W45 Gail Thomson	3:46:08
Karen Mitchell	3:47:06
W50 Ruth Hens	4:09:09

Smith Barney York White Rose
5 Mile
York, PA; Nov. 11

Overall	
Mohamed Aryn 22	23:41
Alice Munthi 26	27:37
M40 John Tuttle	24:38
Bob Schwelm	26:09
M45 John Odell	28:41
Courtland Howard	29:31
M50 Tim Ihrig	32:15
Mike Hileman	33:27
M55 Ed LeCates	34:33
Stan Mertzman	35:13
M60 Robert Best 60	38:08
M70+Joseph Reault 77	47:50
W40 Dianna Golden	32:54
Robin Goodwin	35:54
W45 Gretchen Walter	38:24
Kathy Hennes	41:51
W50 Janet Sprengle	45:42
W55 Carol Deland	44:28
W60+Heide Moebius 62	43:00

Jingle Bell Run for Arthritis 10K
Washington, DC; Dec. 10

Overall	
Jim Hage 42	32:55
Desiree Flicker 24	37:52
M40 Jim Hage	32:55
Michael Porter	36:01
Bret Schmidt	36:17
M45 Dan Lawson	33:36
David Webster	35:25
Develand Campbell	36:12
M50 Chris Arey	39:39
James Mort	40:41
William Scott	41:56
M55 James Lavish	44:52
Chuck Raper	44:54
Jim Noone	45:08
M60 Bob Spearing	41:51
John Gluck	45:34
Allan Degen	48:13
M65 Richard Williams	46:54
Teresa McCarthy	50:50
Thomas Jones	55:23
M70 Walt Washburn 78	60:02
Paul Cronin 73	66:40
Oliver Bragg 73	77:17
W40 Catherine Gallagher	43:11
Sarah Buckheit	43:26
Jean Betz	45:57
W45 Betty Blank	41:36
Renee West	44:35
Ellen Wilson	48:20
W50 Sandra Adams	42:32
Jeanine Matte	50:50
Penny Bodine	51:48
W55 Lynn Cunningham	47:50
Jane Metzler	53:12
Pamela Diamond	55:53
W60 Kathleen Guerneri	63:16
Jean Connors	65:21
W70 Doralie Segal	63:58

5K

Overall	
Ted Poulos 39	16:31
Rosalie Parker 26	19:37
M40 Dennis Coleman	17:28
Doug Landau	18:44
Robert Tate	19:51
M45 Emil Magallanes	16:35
Brian Carroll	19:14
Gregory Price	19:32
M50 Jay Wind	19:04
Jeff Busch	21:08
Michael Warlick	23:58
M55 Lee Young	24:47
Don Blue	26:53
Peter Carivati	27:39
M60 Bill Sollers	24:52
Joseph Alexander	30:19
William Meister	33:24
M65 Robert Smith	23:35
W40 Linda Wack	20:26
W Persina	20:57
Nina Trocky	22:35
W45 Pamela Wusthof	27:08
Hannah Phillips	27:58
Sheila Moore	30:09
W50 Mary Cheh	27:02
Sally Reams	29:43
Mary Revell	31:51
W55 Gail Coghlin	28:03
Trudy Gongora	35:07
Freddie Anderson	37:20
W60 Jamie Wollard	30:46
Barbara Molino	31:23
Diana Alexander	33:18
W65 Sheila Craig	29:54
Jacqueline O'Neil	34:17
Lillian Wolf	50:09

Joe Kleiner 10K
Central Park, NYC; Dec. 10

Overall	
Matthew Wilinon 26	30:44
Glades Prieur 35	25:10
M30 Toby Tanser 32	32:03
Rafael Veras Luna 30	32:14
Liam Kinsella 30	32:38
M40 Jerry Macari	33:14
Alan Ruben	33:31
Amador Ybanez	34:35
M45 Steve Calidonna	34:29
Walter Dupont	35:04
Jack McShane	35:42
M50 Alston Brown	35:53
Thomas Hall	36:10
Julio Aguirre	38:48
M55 Samuel Skinner	38:43
John Samsel	39:19
James Hudick	39:34
M60 Sidney Howard	40:19
Eduard Fedossov	42:00
Jose Mendez	42:21

M65 Witold Bialokur	41:31
Alfred Finger	41:50
Eric Seiff	49:31
M70 Leo Schonhaut	52:01
David Jenkins	56:30
Joseph Coco	58:20
M80 Mel Freidel	1:13:32
Wilfredo Rios	1:16:21
M90 Abraham Weintraub	1:28:45
W30 Gordon Bakoulis 39	35:41
Christine Lundy 30	36:25
Kim Griffin 39	36:30
W40 Barbara Gubbins	37:08
Jean Chodnicki-Stem	37:59
Kari Proffitt	38:02
W45 Marie Wickham	41:04
Gillian Horovitz	41:38
Regina Birch Walzer	42:56
W50 Lee Saroken	45:18
Carol Gellman	45:18
Irene Jackson-Schon	45:49
W55 Ann Makoske	45:08
Marilun Greeley	45:18
Barbara Charles	49:32
W60 Patty Parmalee	48:33
Evelyn Davis	49:11
Carol Tyler	52:12
W65 Naomi Vogel	57:22
Rosa Nales	1:00:32
Ingrid Fleischhacker	1:39:19
W70 Bertha McGruder	1:12:10
Janine Maltas	1:22:24
Pearl Jones	1:38:01
W75 Daisy Klein	1:13:56
Jozi Neulinger	1:32:02
Grace Salant	1:44:20

NYRR Holiday 4-Mile Run
Central Park, NYC; Dec. 17

Overall	
Amerigo Rossi 23	20:15
Gordon Bakoulis 39	22:53
M30 Toby Tanser 32	20:18
Justin Reid 31	20:54
Andrey Baranov 34	21:21
M40 Jerry Macari	21:30
Peter Allen	21:33
Amador Ybanez	22:07
M45 Jaime Palacios	22:33
Jan Maliniak	24:24
Ivan Mills	24:50
M50 John Walsh	24:33
Julio Aguirre	24:44
Leo Ciesia	26:26
M55 James Hudick	24:43
John Samsel	24:55
Dave Jacobs	25:28
M60 Eduard Fedossov	26:43
Francis Byrne	27:14
Joseph Salvy	29:07
M65 Alfred Finger	26:30
Don Bergman	32:04
Walter Desind	34:32
M70 Leo Schonhaut	33:05
David Jenkins	36:18
Joseph Coco	37:56
M75 Sab Koide	36:44
Peter Harangozo	46:02
Orlando Gonzalez	54:22
M80 Mal Freidel	47:10
Wilfredo Rios	51:14
W30 Z Wiciorowska 37	23:14
Juana Vazquez 33	24:37
Becki Kriege 34	24:49
W40 Stacy Creamer	26:37
Sarah Sauvayre	27:08
Dominique Jean	27:36
W45 Ann Hyman	28:40
Jean Schmidt	28:50
Jacqueline Setzler	29:56
W50 Judy Harrigan	27:49
Carol Gellman	29:24
Irene Jackson-Schon	29:42
W55 Barbara Charles	32:33
Ruth Fairbrother	32:34
Eileen Holzman	33:58
W60 Evelyn Davis	30:48
Nike Mizelle	37:25
Billie Moten	45:13
W65 Naomi Vogel	37:50
Gloria Merridy	54:09
Ingrid Fleischhacker	1:01:58
W70 Toshiko E'Elia	35:21
Dolly Finkelstein	45:33
W75 Grace Salant	1:24:41

Continued from previous page

Ho Ho Ho Holiday 5K Bethpage, NY; Dec. 17

Overall	
Mike Guastella 30	16:12
Donna McMahon 30	18:26
M35 Martin Knapp	17:48
M40 Ken Ong	18:44
James McFarlane	18:57
Ed Von Bevern	19:18
M45 Brian Manghan	17:58
Greg Rodriguez	18:29
Keith Sullivan	19:09
M50 Jay Hildebrand	20:17
Lutz Hoffman	20:26
Greg Gengo	21:09
M55 Dan Badalament	20:15
John Rau	20:18
Tom Shay	20:43
M60 Hilton Goring	22:25
Martin Radner	22:38
Adolph Rettmer	23:13
M65 Antonio Blanco	24:16
Kevin Connors	25:14
Carlos Morales	27:02
M70 Guy Froehlich	23:46
George Marr	26:45
Bert Jablon	26:48
M75+Sid Young 79	29:49
George Dennis 77	31:48
W35 Kellie Stamm	20:17
W40 Barbara Gubbins	18:42
Elizabeth Ratner	19:55
Dolores Doman	20:11
W45 Linda Ottaviano	21:40
Cathy Oehrlein	21:56
Jane McGraw	23:24
W50 Andrea Otto	23:52
Ellie Gavin	25:56
Haia Cohen	26:46
W55 Helma Clavin	26:18
Irene Robinson	27:24
Sarah Pettinato	28:46
W60 Pat Cataldo	25:35
Emma Blascovich	34:45
W65 Ruth Sturges	33:45
Mildred O'Neill	47:26
W70 Mary Ludemann	47:26
W75+Mildred Costello	57:50

NYRR Fred Lebow Classic 8K Central Park, NYC; Jan. 7

Overall	
Toby Tanser 32	25:19
Gillian Horowitz 45	30:56
M30 Michael Slinsky 31	26:04
Ramon Tavaré 32	26:12
Andrey Baranov 34	26:36
M40 Amador Ybanez	27:50
Pascal Sauvayre	28:07
Noel Comess	28:19
M45 Jaime Palacios	27:44
Tom Phillips	28:04
Daniel Murphy	28:57
M50 Julio Aguirre	31:32
Robert Hansen	32:29
Leo Ciesa	33:29
M55 John Samsel	31:16
Michael Hudick	32:20
Arthur Weissberg	32:34
M60 Marty Linsky	38:25
Joseph Saley	39:25
Joh Power	40:33
M65 Alfred Finger	33:45
Eric Seiff	37:47
George Hirsch	38:36
M70 William Fortune	36:23
Kenneth Jones	37:16
Leo Schonhaut	43:30
M75 John McManus	42:42
Sab Koide	45:23
Thomas Gibbons	53:42
M80 Michael Dwyer	59:09
Wilfredo Rios	1:00:43
Mel Freidel	1:10:58
M90 Abraham Weintraub	1:12:07
W30 Yumi Ogita 39	31:40
Alison Barbo 36	33:01
Joanne Boothby 36	33:18
W40 Sarah Sauvayre	32:32
Talya Nevo-Hacohen	34:50
Sarah Gross	35:28
W45 Cathy Handy	37:23
Brenda Seidner-Reilly	38:49
Denise Sikora	40:30
W50 Mary Rosado	36:12
Deborah Barchat	36:37
Terry Guadi	38:00

W55 Barbara Charles	38:59
Ruth Fairbrother	41:13
Kate Glynn	41:23
W60 Patty Parmalee	40:10
Joan Bondell	42:57
Edith Jones	44:01
W65 Naomi Vogel	45:42
Rosa Nales	48:35
May Chou	50:36
W70 Toshiko D'Elia	45:02
Dolly Finkelstein	54:20
Bertha McGruder	1:03:19
W75 Muriel Merl	50:01
Jozi Neulinger	1:13:44

NYRR Alumni 10K Central Park, NYC; Jan. 14

Overall	
Toby Tanser 32	31:59
Gillian Horowitz 45	38:45
M30 Rafael Veras 31	32:51
Ramon Tavaré 32	32:56
Andrey Baranov 35	32:14
M40 Jerry Macari	33:00
Amador Ybanez	35:22
Pascal Sauvayre	36:04
M45 Jaime Palacios	35:01
Hal Tozer	36:44
Dan Murphy	37:08
M50 Julio Aguirre	39:02
Robert Hansen	41:21
Nicholas Graziano	42:56
M55 John Samsel	39:03
Antonio Conejo	43:24
Gerald Sun	45:54
M60 Mariusz Solariski	45:35
Joseph Saley	47:55
Barry King	49:53
M65 George Hirsch	47:24
Carlo DiGiorgio	48:35
Eric Seiff	48:53
M70 William Fortune	47:19
Leo Schonhaut	52:58
Barrie Hardwick	53:17
M75 Sab Koide	56:27
Wallace Cutler	1:14:19
M80 Wilfredo Rios	1:18:32
W30 Alison Barbi 36	40:28
Denise Ramirez 34	41:38
Inge Peterson 31	44:12
W40 Monika Gross	47:10
Cindy Knoebel	47:40
Annette Racond	47:56
W45 Marie Wickham	43:51
Jacqueline Seltzer	46:10
Vera Stek	48:05
W50 Carol Gellman	45:45
Laurie Harris	50:07
Diane Burnett	51:46
W55 Barbara Charles	49:31
Chuang Chang	49:49
Ruth Fairbrother	51:15
W60 Edith Jones	54:24
Helga Smith	55:59
Lynn Blackstone	1:00:26
W65 Naomi Vogel	57:45
Elizabeth Thomas	1:21:40
Helen Steinman	1:43:36
W70 Toshiko D'Elia	54:58
W75 Muriel Merl	1:01:28
Edith Farias	1:04:49

NYRR Gridiron Classic 5K Central Park, NYC; Jan. 28

Overall	
Toby Tanser 32	15:42
Zofia Wiciorkowska 38	17:27
M30 Martin Armstrong 34	16:05
Andrey Baranov 35	16:19
Ramon Tavaré 32	16:22
M40 Jerry Macari	16:07
Amador Ybanez	17:02
Pascal Sauvayre	17:11
M45 Walter Dupont	17:04
Jaime Palacios	17:09
Paul Mascali	17:18
M50 Victor Diaz	19:07
John Walsh	19:22
Talio Aguirre	19:30
M55 John Samsel	19:12
Dave Jacobs	19:34
Antonio Conejo	20:29
M60 Pat Cosgrove	19:55
James Olson	20:14
Francis Byrne	20:51
M65 Guenter Erich	23:04

David Kenney	23:30
Eric Seiff	23:57
M70 William Fortune	21:55
Kenneth Jones	22:36
Leo Schonhaut	26:32
M75 John McManus	26:42
Sab Koide	27:40
Thomas Gibbons	32:31
M80 Nyunt Aw	30:01
Mel Freidel	37:07
Wilfredo Rios	38:11
M90 Abraham Weintraub	44:33
W30 Kari Bertrand 30	17:51
Catherine Stone 38	19:50
Alison Barbi	20:02
W40 Sarah Sauvayre	19:54
Annette Racond	22:34
Kathy Graef	22:45
W45 Ann Hyman	21:29
Cathy Handy	22:42
Mindy Solkin	23:06
W50 Judy Harigan	21:17
Carol Gellman	22:00
Mary Rosado	22:32
W55 Barbara Charles	23:59
Carol Hansen	24:21
Ruth Fairbrother	25:25
W60 Mary Nathan	24:06
Carol Tyler	25:03
Joan Bondell	26:33
W65 Rosa Nales	28:08
Naomi Vogel	28:22
Elizabeth Thomas	41:11
W70 Toshiko D'Elia	27:47
Dolly Finkelstein	32:16
Pearl Jones	48:21
W75 Muriel Merl	29:31
Daisy Klein	36:49
Marcella Tobias	49:46
W80 Althea Jureidini	1:02:04

Bank Shots Super Bowl 5K Wilmington, DE; Jan. 28

Overall	
Bob Rinkis	17:02
Vicki Boyer	17:59
M40 Guy Gordon	17:31
M45 Dave Janelle	19:12
M50 Stover Wiggins	20:03
M55 Bob Kunz	21:37
M60 Bob Baunchalk	23:09
W40 Kate Call	22:39
W45 Diane Kukich	21:31
W50 Sharyn Slick	24:09
W55 Judy Anttonen	29:49
W60 Sue Hansen	32:27

20th Mid-Winter Classic 10 Mile Cape Elizabeth, ME; Feb. 4

Overall	
Dave Dunham 36	53:51
Susan Barber 44	64:03
M40 Bob Winn	54:43
Barry Ffield	62:00
M45 Robert O'Hara	58:15
John Mollica	61:19
M50 Bill Reilly	63:01
M55 Guy Berthiaume	61:57
M60 Bob Coughlin	71:03
M65 Jim McLaughlin	86:57
M70 Julius Marzul	136:49
M75 Carlton Mendell 79	99:47
W40 Susan Barber	64:03
Nancy Corsaro	65:49
W45 Ellie Tucker	66:42
Pamela Hall	72:09
W50 Carol Hogan	70:37
W55 Wendy Burbank	79:11
W60 Polly Kenniston	88:46

SOUTHEAST

Say No To Drugs Holiday Classic 10K & 5K Clearwater, FL; Dec. 17

Overall	
Mike Donnelly 25	30:36
Ramilia Burangulova 39	35:18
M40 Darrell Edrich	38:19
Derek Froude	38:33
Keith Harrison	45:17
M45 Rick Clark	37:23
John Masterson	39:37
Tom Cook	41:34
M50 Jim Koppeler	40:16
Howard Glazer	43:45
Tom Bedford	44:54
M55 Roger Anderson	40:57
Duncan Cameron	43:14
M60 Jim Larson	45:05
Ralph Rydell	49:37
M65 Bob Palsha	46:14
M70 Alan Downing	50:47

Pat Fitzgerald	50:53
W40 Judy Maguire	36:35
Amy McLenathan	39:32
Barbara Moore	48:03
W45 Maggie Miller	45:22
Shen Bedford	49:14
Nancy Haley	56:24
W50 Pat Hoffman	56:48
Susan Lennon	57:31
W55 Libby Burke	66:01
W60 Annette Frisch	54:34
W65 Shirley Taylor	61:29
W70 Jackie Yost 72	75:30
Overall	
Steve Wilson 41	17:12
Amelia Griffith 24	19:03
M40 Steve Wilson	17:12
David Putnam	18:59
Tim Schneider	22:00
M45 John Putnam	19:32
John Walters	20:09
M50 Royston Dillon	19:08
Ray Bell	20:47
M55 Silky Sullivan	21:58
Gar Flisek	22:33
M60 Don Ardell	19:47
Richard Flint	25:15
M65 Jack Taylor	24:06
Dan Fields	28:17
M70 Howard Rubin	25:19
John Hickey	27:11
M75 Ned Bennett	32:38
Joseph Vatoover	35:20
M80 Jack Parr 83	37:58
W40 Kathleen Kaye	20:00
Lisa Kothe	21:39
W45 Karen Alexeev	22:55
Lynn Gray	23:16
W50 Janice Scott	24:02
Peg McAvaddy	24:13
W55 Beverly Ennis	35:24
Carol Ross	41:34
W65 Ginger McLain	42:25
W70 Phyllis Goodlad	34:12
Ruth Hoskinson	35:55

17th DeLeon Springs Half-Marathon and 5K DeLeon Springs, FL; Dec. 31

Overall	
Matt Ciunciulli 17	1:13:49
Kim Bruce 37	1:32:23
M40 Peter Hopfe	1:19:04
Scott Griffith	1:23:20
Lewis McCorvey	1:33:23
M45 Jim Marshall	1:34:51
John Voohns	1:38:50
M50 Harry Bruner	1:30:57
Luis Farfan	1:39:37
M55 Pete Weishaar	1:32:02
Wayne Boynton	1:41:25
M60 Paul Hargrave	1:37:47
Jim Pollack	1:48:48
M65 Jerry Lardinois	1:42:53
Frank French	2:28:22
M70+Lou Nichols 73	2:12:08
W40 Aja James	1:32:47
Denise Dailey	1:51:18
Lynn Lyon	1:56:01
W45 Sheila Haire	1:34:07
Janet Lavoie	1:38:32
W50 Madeline Schindler	1:49:55
Sara Applebaum	1:51:04
W55 Willy Moolenaar	2:00:41
Lenore Rupert	2:11:44
W60 Marjorie Byron	2:21:46

5K	
Overall	
Kenny Jesensky 17	17:32
Robyn Barnett 33	23:04
M40 Tom Davis	19:46
M45 Virgil Williams	18:29
M50 Joe Guthrie	20:11
M55 Jack Clark	21:46
M65 Donald Nygaard	28:01
M70 Gerald Gilbertson	35:55
W40 Laura Milera	29:54
W45 Cindy Clark	24:17
W50 Linda Kline	25:41

Salem Lake Frosty Fifty 50K Trail Run Winston-Salem, NC; Jan. 6

Overall	
Jim Clabuesch 35	3:24:57
Ann Riddle 34	3:46:11
M40 Maarten van Gelde	3:44:23
M45 Rickie Brittain	4:42:19
M50 Jim Snyder	4:30:16
M55 John Owensby	4:19:39
M60 Lloyd Basten	5:01:39
W40 Joanna Davis	5:15:18
W45 Joann Fafrowicz	5:18:49
W50 Betty Scott	4:24:57
W55 Renate Woodard	7:24:55

Walt Disney World Marathon Orlando, FL; Jan. 7

Overall	
Chris Teague 39	2:26:38
Ida Santos 28	2:46:40
M40	
1 David Collins	2:41:03
2 Perry Small	2:46:35
3 Donald Henderson	2:48:24
4 Armando Cruz	2:49:42
5 Danny Ripka	2:49:57
6 Alan King	2:52:43
7 Jack Van Ginneken	2:53:57
8 Glen Goebel	2:54:26
9 Dennis Wallach	2:55:24
10 Jeffrey Marks	2:55:32
M45	
1 Jorge Ramos	2:43:09
2 Terry Stanley	2:54:08
3 Gary Bloome	2:55:01
4 John Van Valkenburgh	2:58:52
5 Ulli Beermann	2:59:02
6 David Dorais	3:05:32
7 Willie Powers	3:06:33
8 Craig Harrington	3:07:51
9 Craig Davidson	3:08:00
10 Mike Thomas	3:09:01
M50	
1 Michael Menovich	3:00:15
2 Jim Larkin	3:00:42
3 Ludwig Marat	3:09:56
4 Daniel Barnhart	3:12:14
5 Victor Arcia	3:12:41
6 Michael Ryba	3:14:05
7 Barry Roberson	3:15:32
8 Robert Jorstad	3:17:21
9 Donald Sauvageau	3:17:54
10 Francis Hosner	3:18:13
M55	
1 Douglas Schumann	3:01:41
2 Robert Hendrick	3:11:13
3 Mike Toolen	3:17:26
4 Chieko Tanaka	3:24:48
5 Alan Kossow	3:33:57
6 Jerome Mittman	3:34:20
7 Dewey Spence	3:35:32
8 Joseph Lazzaro	3:39:01
9 Fumio Omura	3:43:59
10 Paul Reback	3:45:56
M60	
1 George Lopes	3:14:37
2 Eugene Caufield	3:19:15
3 James Duguay	3:26:50
4 Bernhard Schacke	3:32:24
5 Bert Katzenberger	3:34:53
6 Paul Halbert	3:34:55
7 Will Wright	3:42:40
8 Kenneth Brick	3:48:17
9 Bernardo Fonseca	3:53:01
10 Lee Riley	3:54:16
M65	
1 Thomas Hathaway	3:55:20
2 Helmut Schardt	4:00:50
3 David Vincent	4:02:05
4 Jerry Patton	4:08:34
5 Juan Cruz	4:11:07
6 Joseph Staniewicz	4:16:22
7 Richard Johnson	4:44:46
8 Richard Gonzalez	4:54:59
9 Lee Minicus	5:00:15
10 Don McClellan	5:02:04
M70+	
1 Epifanio Agosto	4:02:07
2 Joseph Musca	4:22:31
3 Don Krueger	4:30:38
4 August Leone	4:35:56
5 Edgar Driver	4:36:21
6 Robert E Carr	5:02:31
7 Chuck Landis	5:28:42
8 Raymond Marshall	5:35:19
9 Bill Briggs	5:44:54
10 Samuel Maxwell	5:53:51
W40	
1 Erica Szilagyi	3:13:50
2 Leisa Ensle	3:15:40
3 Becky Lowrance	3:19:03
4 Lori Mancini	3:20:00

Continued from previous page

2 Maurice Ferrigno	1:50:15
3 Douglas Vassilatos	1:50:38
M70+	
1 Jerry Magoffin	1:52:16
2 Monroe Allen	1:52:54
3 William Hayes	2:03:59
W40	
1 Ingrid Kristiansen	1:19:05
2 Suzanne O'Malley	1:27:31
3 Maria Moulton	1:30:32
4 Claudia Kasen	1:31:11
W45	
1 Brenda Dayton	1:33:51
2 Barbara Leininger	1:34:37
3 Peggy McCann	1:35:53
W50	
1 Patty Dye	1:42:34
2 Rissie Thieler	1:48:19
3 Brenda Cooter	1:48:59
W55	
1 Mayumi Aihara	1:41:21
2 Jan Spitzer	1:50:33
3 Donna Maynard	1:56:15
W60	
1 Mimi Oliveira	1:53:30
2 Annette Frisch	1:56:01
3 Charlene Dewitt	1:56:16
W65	
1 Sylvia Weiner	2:06:54
2 Toshie Sanjo	2:38:00
3 Alberta Tompkins	2:52:19
W70+	
1 Emily Burke	2:50:20
2 Margaret Walker	3:02:23
3 Jackie Yost	3:02:47

Park Avenue 5K Winter Park, FL; Jan. 20

Overall	
Said Din	15:29
Bea Marie Altieri	17:52
M40 Gary Cohen	16:37
Scott Griffith	17:42
Bruce Geise	17:43
M45 Steve Gallagher	16:53
Ken Miller	17:55
M50 Don Ungaro	19:18
Terry Hayden	19:35
M55 Ron Lamed	18:07
Peter Weishaar	19:27
M60 David Dickinson	18:54
Parry Doyle	20:30
M65 Jerry Lardinois	21:53
Steve Smith	23:28
M70 Al Treichel	21:27
Epifanio Agosto	23:53
M75 Bart Ross	26:12
Elo Sexton	27:09
W40 Claudia Kasen	18:21
Sara Flynn-Kramer	18:26
Kim Streit	19:50
W45 Michelle Hamel	20:19
Brenda Dayton	20:28
W50 Rissie Thieler	22:41
Nina Ehmer	23:39
W55 Linn Smith	23:31
Rose Reeves	24:32
W60 Terttu Barsch	26:47
Rita Schafer	27:40
W65 Bernice Joyce	31:14
Ruth Frye	36:22
W70 Yuku Hudak	28:08
Pepper Davis	42:41

Florida Gulf Beaches Marathon Clearwater, FL; Jan. 21

Overall	
Stan Trudeau 42	2:37:11
Melissa Rittenhouse 24	2:59:46
M40 Stan Trudeau	2:37:11
Jeff Delie	2:44:36
Rob Levinsky	2:55:18
Peter Cooper	2:59:05
Jaime Cortes	3:01:51
Darrell Edrich	3:05:21
M45 Gary Bloome	2:56:12
Joe Costas	2:58:53
Louis Molina	3:14:04
Mike Morris	3:14:50
Ricky McRobert	3:16:17
Angel Valentin	3:16:26
M50 Jim Larkin	3:02:27
Dave Hunter	3:05:33
Donald Brabant	3:11:24
Daryl Simon	3:17:51
Dana Peters	3:20:24
M55 Phil Little	3:10:23

Bill Lord	3:12:53
John Wallace	3:28:30
Francesco Criniti	3:30:15
P Deladumataye	3:36:57
M60 Mel Williams	
Rick Wilcox	2:58:51
George Pothier	3:18:30
George Pothier	3:34:12
Chung Yoo	3:43:12
Leo Jones	3:50:11
M65 Walt Wozniak	3:41:13
Larry Larson	4:10:34
Charles Grainger	4:19:43
Bob Ranta	4:19:51
M70 Roger Decoster	3:56:09
Pete Peterson	4:25:09
Pat Fitzgerald	4:25:25
Alan Downing	4:27:32
M75 Wally Herman	4:21:14
Charles Lasley	5:59:43
M80 Ed Bumham 81	6:24:46
W40 Kim Bricker	3:09:09
Mary Delie	3:22:06
L. Varrelman	3:29:04
K. Johnston	3:30:48
Sue Faludi	3:35:11
Kelly Smith	3:45:04
W45 Mary Camire	3:16:17
Joy Watson	3:29:15
Barbara Eckes	3:36:31
Linda Mason	3:39:47
Karen Alexeev	3:40:07
Brenda Ross	3:46:34
W50 Angela Holton	3:25:03
Janet Labuc	3:25:07
JeanneK-Williams	3:29:49
Helga Rinneard	3:42:15
Karen Mitchell	3:47:54
W55 Sigrid Lindo	4:09:19
Jeanne Bocci	4:14:36
Amanda Carter	4:45:38
Millie Hamilton	5:03:53
Clara Wellons	5:09:30
W60 Carol Westerman	4:09:09
Terttu Barsch	4:38:36
LindaLeeSimpson	6:05:58

Naples Daily News Half-Marathon Naples, FL; Jan. 28

Overall	
Elly Rono 30	1:04:56
Ramilia Burgulova 39	1:15:38
M40 Eddy Hellebuyck	1:05:18
Perry Small	1:13:26
Roberto Castillo	1:14:58
Gary Cohen	1:15:17
M45 Steve Allen	1:20:18
Tom Drum	1:23:23
Ian Gibbon	1:23:39
Joel Richards	1:23:45
M50 Gary Romesser	1:14:22
Jeff Hlinka	1:21:31
Robert Dozoretz	1:22:32
M55 Doug Schumann	1:24:45
Manfred Heberle	1:26:25
James Derham	1:35:52
M60 Donald Ardell	1:23:51
William Riley	1:25:03
Bill Springer	1:26:42
M65 Alan Dawes	1:47:12
John Gilliland	1:47:20
Don Brennan	1:48:03
M70+Al Treichel 72	1:37:24
Robert Borglund 72	1:40:37
Jim Lynch 70	1:42:29
W40 Sue O'Malley	1:26:06
Carla Yerkes	1:30:30
CaroleGarczynski	1:37:05
Renee Grant	1:41:37
W45 Debra Wagner	1:21:08
Karen Christie	1:26:14
Tatiana Pozdnyakova	1:27:18
Denise Skinner	1:30:39
W50 Terry Mahr	1:23:54
Gloria Jansen	1:30:44
Debbie White	1:39:04
W55 Mary Thompson	1:53:10
Donna Maynard	1:55:31
Lenore Rupert	1:59:44
W60 Glenda Walker	1:46:16
Betty Lou Tucker	1:54:38
Mary Bonness	1:59:45
W65 June-Marie Provost	2:16:13
Barbara Boutin	2:48:07
W Vee Pickens	3:04:21
W70+Sylvia Weiner 70	2:02:56
MaryLou Mayr 73	2:07:42
Leslie Higgins 76	2:26:26

Pomoco Group Hampton Coliseum Half-Marathon Hampton, VA; Feb. 3

Overall	
Shaun Creighton 33	1:04:39
Elena Paramonova 38	1:14:13

M40 Andrey Kuznetsov	1:05:51
Dave Kannewurf	1:15:02
M45 Rudolph Pekarek	1:20:35
Dean Beatty	1:22:57
M50 R Beachamp	1:18:56
George Neil	1:25:38
M55 Steve Frisk	1:25:10
Len Sowinski	1:26:42
M60 Mel Williams	1:25:09
Bob Spearing	1:33:40
M65 Richard Williams	1:42:04
Chris Catoe	1:44:38
M70 Fred Simmons	2:39:03
W40 Lee Dipietro	1:19:09
Patti Shull	1:25:09
W45 Betty Blank	1:30:57
Michelle Lybarger	1:38:04
W50 Sandra Adams	1:31:55
B Mathewson	1:32:57
W55 Andrea Hess	1:47:17
Michele McVicker	1:50:40
W60 Pauline Ely	2:22:43
W65 Betty Dameron	2:15:15

The Great Gainesville Road Race 5K Gainesville, FL; Feb. 10

Overall	
Darin Shearer	14:54
Tatiana Maslova	17:05
M40 Andrey Kuznetsov	14:56
Luke Burke	17:29
M45 Jim Leary	17:54
Paul Oppenheim	18:46
M50 Gary Romesser	16:04
Danny Glenn	20:07
M55 Peter Weishaar	19:32
Jim Birdsall	20:46
M60 PJ Van Blokland	21:47
Hal Lerch	21:48
M65 Lynn Larkin	23:32
M70 Joe Conrad	27:48
M75 John Carson	34:36
M85+ Clifford Riordan	49:32
W40 Sheila Robertson	21:01
Rhonda Ford	24:31
W45 Tatiana Pozdnyakova	18:28
Monica Cooper	23:10
W50 Celeste Shitana	24:16
Madeline Schindler	26:42
W55 Gay Roberts	24:47
Donis Hargrave	34:28
W60 Eileen Demouilly	31:04
Judy Magyari	42:58
W65 Joan Moxley	34:08
W70 Bonnie Vaughn	34:50
W75 Audrey Quarles	41:49

SOUTHWEST

AllTel First Colony 30K Sugar Land, TX; Dec. 3

Overall	
Gannon White 24	1:44:16
Joy Smith 38	1:58:56
M40 Rich Fredrich	1:51:39
John Zuilhof	1:51:56
Bernie Weber	1:53:58
Larry Tidwell	1:58:35
M45 Ken Yanowski	2:01:32
Robert Alexander	2:03:53
Michael Waldau	2:04:41
Tom Radosevick	2:04:41
M50 Jeff Walker	2:07:28
Fred Barnett	2:11:06
Eddie Burns	2:32:16
M55 Loyd Carey	2:10:34
Mick Midkiff	2:20:17
Fred Ward	2:32:17
M60 Edward Fras	2:16:35
RichardEsselbom	2:23:19
Don Brenner	2:27:10
M65 Charles Blalack	2:31:06
Bill Duer	2:52:11
M70+DanAllensworth	2:48:58
Len Emge 70	3:17:33
W40 Regina Schuetze	2:15:50
Suzanna Day	2:27:00
Margaret Harper	2:27:27
W45 Barbara Rowe	2:25:56
Robin Nilsesfuen	2:35:57
Laurie Lonergan	2:37:20
W50 Gloria Mahoney	2:44:37
Susan Waldau	2:47:46
JoAnn Collier	2:59:11
W55 Ann Erickson	2:25:07
FrancoiseFletcher	3:03:25
W60 Ursula Spilger	2:32:58
Demi Strauman	3:21:33

Run Tex 30K Austin, TX; Jan. 14

Overall	
Ranulfo Arias 20	1:46:48
Lynn Doelger 38	2:13:34

M40 Robert Gibbons	2:03:24
Jeff Lucado	2:04:14
M45 John Gonzalez	1:58:38
Bill Patience	2:03:15
M50 Dan Hernandez	2:01:57
Peter Boulette	2:09:11
M55 Gregg Evans	2:10:03
Ron Herren	2:27:42
M60 Bill Kilmer	2:41:14
M65 Don Albee	2:33:18
M70 Marvin Rivers	4:11:25
M75+John Alvey	4:06:07
W40 Carol Calvin	2:26:43
Amy Miller	2:28:15
W45 Mary Faria	2:25:45
Jan Lebourgeois	2:30:28
W50 Ann Buller	2:43:39
W55 Diane Wiseman	3:45:20
W65 VondaLee Adorno	3:28:07

Compaq Houston Marathon & 5K Houston, TX; Jan. 14

Overall	
Chris Ciamarra 30	2:29:27
Stacie Alboucrek 33	2:43:41
M40 Bernie Weber	2:42:28
John Zuilhof	2:41:26
Rich Fredrich	2:43:16
Kim Winkle	2:46:23
David Dobkowski	2:48:41
Larry Tidwell	2:54:32
M45 Clint Mericle	2:54:02
Miguel Lopez	2:55:03
Michael Waldau	2:56:52
M50 Roger Boak	3:00:21
Ty Schmalz	3:01:08
Jeffrey Walker	3:06:40
M55 Loyd Carey	3:05:22
Kenneth Ruane	3:10:15
Jimmie Jones	3:10:51
M60 Francis Leik	3:18:39
Gunnar Sanden	3:23:28
Edward Fras	3:28:58
M65 Jim Schleisman	3:16:28
Orville Keemer	3:33:41
Dan Shuff	3:47:36
M70 Dan Allensworth	4:07:03
Len Emge	4:56:38
John Stowers	5:10:27
W40 Miyo Chun	3:10:31
Mary Rodrigs	3:13:28
Laura Kulsik	3:25:48
Suzi Seeley	3:26:45
Jeanette Robinson	3:27:00
W45 Carole Uttech	3:15:36
Linda Musil	3:32:05
Gail Sabanosh	3:38:21
Barbara Rowe	3:39:08
W50 Teresa Marzec	3:45:23
Gloria Mahoney	3:47:35
Sandy Padgett	3:49:01
W55 Anne Erickson	3:34:33
Manilyn Patrick	3:44:45
Cathie Harris	3:51:14
W60 Ursula Spilger	3:50:14
Shirley Blush	4:05:09
Carol Arnold	4:17:51
W65 Phyllis Cross	4:21:36
Judith Neufeld	5:23:07
W75 Marcia McCaskill	4:58:59

Overall	
Justin Chaston 32	14:45
Brittany Brockman 15	18:37
M40 Thomas Boone	16:03
M45 Jay Hendrickson	19:11
M50 Jim Darcy	18:42
M55 John Brittain	19:40
M60 Bill Harding	20:00
M65 Don Slocumb	22:57
M70 Duane Peterson	24:24
M75 John Cahill 76	23:40
M80 Olan Langham 84	80:02
W40 Vickie Danielson	19:54
W45 Kathleen Ward	19:37
W50 Gen Henry	27:11
W55 Maria Saucedo	28:51
W60 Sally Reed	28:48
W65 Norma Isler	41:41
W70 Bertie Jo Moore	44:17
W80 Rosario Igl. Rocha 80	47:35

3M Half-Marathon Austin, TX; Feb. 4

Overall	
Eddy Hellebuyck 40	1:04:12
Albina Gallyamova 36	1:14:16
M40 Eddy Hellebuyck	1:04:12
Peter Flemming	1:04:52
Jon Sinclair	1:10:07
Tim Newell	1:10:12
Keith Dowling	1:13:12
M45 Brad Pace	1:10:27
Jesse Sturgeon	1:16:38
John Gonzalez	1:17:51

Sergio Hernandez	1:20:23
M50 Allen Boyce	1:21:28
Jim Morton	1:24:10
Ian Rodger	1:26:08
Peter Boulette	1:26:16
M55 Gerald Roy	1:24:19
James Miller	1:24:28
Dick Wilkowski	1:28:17
M60 Fred Germaine	1:29:50
Garry Elmitt	1:45:55
William Spangler	1:46:47
M65 Dan Shuff	1:36:42
Jim Braden	1:37:22
Eugene Woodruff	1:44:36
M70 Marvin Rivers	2:27:19
Charles Clinger	3:06:25
M75 Ray Marshall	2:36:31
Bob Shannon	2:36:40
W40 C Ayala-Troncoso	1:14:48
Kim Jones	1:18:01
J Lasee-Johnson	1:18:47
Donna Moore	1:25:20
Cindy Samok	1:30:14
W45 Linda Musil	1:33:49
Julie Palmer	1:34:35
Jan Lebourgeois	1:35:34
Mary Faria	1:38:26
W50 Diane Weidner	1:38:12
Ann Buller	1:47:38
Reenie Smith	1:49:45
Linda Russo	1:49:25
W55 Josie Bowman	1:42:44
Barbara Ogletree	1:46:13
Kathryn Miller	1:48:24
W60 Betty Jameson	1:48:33
Jody Kehle	2:11:33
W65 Beverly Avery	2:02:46
VondaLee Adorno	2:12:09
W70 Lillie Doss 75	3:05:58

WEST

Continued from previous page

W50 Kathy Joly	60:09
Laura Castaneda	63:56
Ellen Gervase	64:26
Norma Porter	69:13
Barbara Isreal	69:18
W55 Irene Thompson	52:10
W60 Alexandria De Miranda	54:52
Judy Stevens	56:31
Lorie Rose	65:01
W65 Chieko Allwein	55:27
W70 Yukie Mochida	56:24

Southern California Half-Marathon and 5K Irvine, CA; Jan. 13

Overall	
Matt Capelouto 30	1:08:33
Dolly Ginter 37	1:21:10
M40 Carlos Chacon	1:15:47
Dan Clemens	1:18:39
Leon Laub	1:20:37
M45 Takahashi Yagisawa	1:20:52
Gary Shapiro	1:21:36
David Sheraton	1:23:04
M50 Jose Aponte	1:22:35
Bruce Sutherland	1:30:26
Irving Cohen	1:35:37
M55 Wayne Mitchell	1:23:41
Paul Akiyama	1:28:30
Edward Loh	1:32:33
M60 Don Watson	1:32:12
Mike Hein	1:35:42
M65 William Foulk	1:30:56
M75+Robert Dorren	75:57:07
W40 Lee Savidge	1:33:17
Val Ellis	1:37:54
Loraine Lucero	1:39:40
W45 Elaine Rutkowski	1:34:29
Mary Ryzner	1:35:59
Edys Gauger	1:39:51
W50 Renee Russell	1:52:38
Victoria Murphy	1:54:25
Jeannie Cheung	1:55:39
W55 Betty Spurgeon	1:51:00
Darlene Galindo	1:57:15
Carole Gass	1:58:22
W60 Jessie Rangel	2:25:48
Roberta Rodin	2:29:28
W65 Wilma Maddock	1:57:01
Ruth Herxberg	2:52:55
Laree Miner	3:01:31

5K	
Overall	
Danny Reed 40	15:12
Nancy Wood 24	17:55
M40 Danny Reed	15:12
M45 Steve Lassegard	17:39
M50 Nolan Shaheed	15:58
M55 Ron Salupo	18:47
M60 Jim Clay	23:35
M65 John Harper	22:29
M70 Jerry Withers	26:59
M75+Joe Fleischmann 77	29:29
W40 Laura Watkins	20:56
W45 Caryn O'Brien	25:23
W50 Pat Petersen	27:49
W55 Nancy Ten Berge	23:38
W60 Elaine Hill	28:36
W65 Judy Hogarth	35:45
W75 Mary Storey 76	30:36

ARR Desert Classic 30K/10K/5K Scottsdale, AZ; Jan. 14

Overall	
Romano Scaturro 38	1:58:48
Sandra Yaworski 39	2:05:08
M40 Tracy D. Johnson	2:07:02
Cliff Puckett	2:13:40
M45 Paul Ruckel	2:09:21
Yong Kim	2:13:38
M50 Duane Morse	2:10:49
Hayden Smith	2:12:31
M55 Jack Pierce	2:21:54
Grady McEachern	2:26:31
M60 Bob Dennison	2:27:50
Antonio De Simone	2:43:01
M65 Mel Schmitz	3:12:47
M70 Bud Potter	2:46:16
W40 Sylvia Travaglione	2:29:14
Diana Bibeau	2:40:44
W45 Sue Baaden	2:46:19
Jocelyn Riley	3:13:49
W50 Elise Kinder	2:59:29
W55 Francesca Drozd	3:10:06
Beverly Schulz	3:32:33
W60 Kay Martin	3:35:12

10K
Overall
Ron French 37 34:10
Karolina Szabo 39 37:19
M40 David Edwards 37:49
M45 Mark Nolan 35:47
M50 David Cartwright 36:40
M55 Kenneth Lewis 53:26

M60 Jim Peller	41:58
M65 Cliff Elkins	70:00
M70 George Smith	64:47
W40 Peggy Janik	52:09
W45 Janet Gensler	45:52
W50 Linda Smith	40:57
W55 Nita Bower	58:19
W60 Sandra Sheldon	51:44
W65 R Warshawsky	89:00
W70 Claire Elkins	89:22

5K	
Overall	
Clint Santoro 25	16:38
Joan Krock 34	21:14
M40 Jim Herschberger	19:08
M55 Dixon Jordan	20:39
M60 Don Branaman	20:54
M70 Dave Harrison	23:43
W40 Linda Haigh	25:11
W50 Karen Davis	23:29
W60 Pat Mekker	30:09
W70 Mary Lou Carlson	40:01

San Diego Marathon & Half-Marathon Carlsbad, CA; Jan. 21

Overall	
Andrey Kuznetsov 43	2:17:39
Alena Vinitkaya 27	2:49:20
M40 Andrey Kuznetsov 27	2:17:39
Sergio Sanchez	2:34:16
Art Boileau	2:37:18
Ed Bickley	2:52:39
M45 Matthew Smith	3:02:32
Gerlad Dudacy	3:05:50
William Siegrist	3:09:54
M50 Evan Cook	2:38:15
Dave Minier	3:03:22
Jim Rucker	3:19:29
M55 Doug Saari	3:08:30
Harvey Levine	3:23:41
Vic Birtalan	3:25:19
M60 Gerard Reed	3:21:45
Norm Bornstein	3:22:18
Sonny Monioz	3:27:43
M65 Stanley Polski	3:54:36
Arnold Hogarth	4:24:24
Art Fredericks	4:27:17
M70 Lew Hollander	4:17:02
Keith Wood	4:26:09
Hu Goldstein	4:27:14
M75 Charles Christ	4:35:48
John Taylor	5:39:29
Ray Steiner	5:43:12
M80 Norton Davey	7:12:13
W40 Mary Burns-Prine	2:57:30
Suzanne Morris	3:01:49
Jackie Holloway	3:03:52
W45 Chris Iwashashi	3:16:10
Barbara Leininger	3:25:41
Kathi Long Pace	3:28:46
W50 Amy Fredericks	3:41:11
Linda Klute	4:04:47
Lois Boyd	4:14:23
W55 Pat Brumalaw	3:26:08
Carole Flanigan	3:56:24
Karen Aydelott	4:36:43
W60 Dian Talbert	5:01:30
Margaret Speer	5:09:58
Elsie Billy	5:21:44
W65 Joyce Duval	5:53:21
Marlene Kalish	6:07:20
W70 Mary Ehrlich	6:32:13
Pat Hale	6:46:40

Half-Marathon	
Overall	
Janko Bensa 23	1:03:55
Valentina Egorova 36	1:13:48
M40 Rick Bruess	1:15:57
Marty Horan	1:17:58
Brian Hammons	1:20:49
M45 Kim McDonald	1:23:30
Felix Lopez	1:24:38
Ken Peterson	1:26:14
M50 Ricardo Abril	1:23:22
Jacob Sutter	1:30:47
Gil Partida	1:31:43
M55 Maurice Waters	1:28:27
Peter Stern	1:28:38
Richard Lewis	1:33:44
M60 Don Coordt	1:36:12
Harry Pantelas	1:41:28
Ralph Smith	1:46:04
M65 Warren Osborn	1:44:33
Bob Mangrum	1:46:41
John Nilsson	1:48:11
M70 Dick Robinson	1:48:38
G Wilson	1:52:13
Edward Maher	1:57:05
M75 Toshio Nishida	2:55:14
Art Banta	2:58:19
George Roitsch	3:21:05
W40 Mary Button	1:27:02
Laura Bruess	1:28:09
Nancy Hunsaker	1:32:01

W45 Sue McCarthy	1:34:02
Trish Haskell	1:35:03
Melissa Rondenetti	1:40:13
W50 Christine Young	1:36:23
Sue Empey	1:40:22
Francine LePage	1:44:00
W55 Betty Bulich	1:47:45
Darlene Burns	1:51:20
Sandra Karas	1:52:47
W60 Eileen Pue	1:59:26
Mickie Shapiro	2:11:16
Virginia Lopez	2:11:35
W65 May Musenga	2:45:29
Patricia Woronets	2:54:32
Ruth Mangrum	3:06:22
W70 Betty Willis	2:58:09
Joan Mullins	3:18:12
Teddi Boston	3:31:20
W75 Mary Settle	3:46:30
Gladys Mathes	3:57:10

Super Bowl Run 10K Redondo Beach, CA; Jan. 28

Overall	
Meb Keflezighi 25	29:53
Sylvia Mosqueda	32:21
M40 Danny Reed	31:34
Angelo Decolibus	34:40
John Aruajo	35:48
M45 Ed Avol	35:54
Grant Cobhran	38:13
Arthur Cookson	38:29
M50 Nolan Shaheed	33:25
Harold Jesse	38:38
Ed Kaiser	39:51
M55 Catarina Gonzales	38:02
Anthony Munk	40:49
Patrick Wickens	42:02
M60 Gamma Chavez	42:40
Pat Connelly	45:30
Arnold Orgolini	45:40
M65 William Foulk	41:05
Paul Freidin	47:33
Chas. Kuhnbecker	50:08
M70 Hal Sullivan	49:16
Dale Keyser	50:52
Bob Vitale	51:29
M75 Roy Murano	63:42
Robert Frankenfeld	64:47
Dan Laventine	67:04
M80 Ernest v. Leeuwen 88	65:51
Tom Jones 80	66:10
W40 Marsha Pavick	37:12
Val Ellis	44:09
Corinne Pincus	46:51
W45 Rosalie Becker	36:31
Diana Tracy	43:58
Sharon Plumley	44:34
W50 Sally Simpson	46:26
Christin Campbell	48:06
Patricia Bates	48:35
W55 Wendy Watson	45:37
Irene Thompson	52:26
C. Deslauriers	53:33
W60 Shirley Blush	49:51
Danell Backer	58:37
Mary Hack	60:46
W65 Chieko Allwein	52:28
June Moberg	66:32
Giovanna Schaeffer	67:00
W70 Kazuyo Callahan	64:59
Pat Burschinger	65:06
Kathleen Vento	65:13

Las Vegas Marathon & Half-Marathon & 5K Las Vegas, NV; Feb. 4

Overall	
Mike Dudley	2:18:13
Irina Kazakova	2:41:56
M40 Markus Gerber	2:29:20
Hanspeter Gerber	2:30:43
Michael Carlson	2:34:43
Steve Boaz	2:41:03
Tom Carminati	2:44:00
M45 Hideji Murata	2:39:12
Jose Luiz Diaz	2:42:14
Bruce Paullin	2:45:11
Mark Courtney	2:55:07
Sammy Palestine	2:55:32
M50 Greg Adams	2:51:10
Al Sharp	2:55:18
Herman v. Tongeren	3:01:11
Jim Rucker	3:04:39
M55 Peter Wayne	2:44:00
Chuck Cammack	2:55:37
Frank Hamman	3:03:48
Richard Stotlar	3:04:32
M60 Bill Nielsen	3:02:37
Dick Kirkwood	3:24:23
Edward Rousseau	3:26:55
Roger Daniels	3:27:20
M65 Bill Festa	3:08:44
Jim Smedema	3:23:35
Roger Roufosse	3:44:10
Arthur Bigelow	3:49:23

M70 Patrick Devine	4:01:36
Bemito Salvati	4:06:14
Bill Turley	4:08:09
Keith Wood	4:10:55
M75+Burt Carlson	4:42:50
Sheldon Zinn	6:46:02
W40 Julie Espinosa	3:05:21
Janet Norem	3:11:59
Jean Herbert	3:15:21
Joan Winton	3:26:25
Liane Pancoast	3:32:49
W45 Robin Smith	3:24:09
Judy Morrison	3:27:03
Dawn Long	3:44:31
M Withington	3:45:54
Joni Mackay	3:48:48
W50 Joan Ellis	3:01:10
Betty Scott	3:13:50
Brenda Lynch	3:17:52
Christy St. Clair	3:44:13
W55 Patti Wilson	3:37:17
Eva v. Bromsson	3:39:24
Kei Zehr	3:50:16
Gina Little	3:51:50
W60 Mayumi Aihara	3:27:02
Louise Walters	3:58:29
Delores Horn	4:07:59
Cathy Detman	4:27:23
W65 Bernice Morehead	6:45:03
W70 Joan Zinn	7:28:48

Half-Marathon	
Overall	
Weldon Johnson	1:05:35
Rosa Gutierrez	1:13:17
M40 Sammy Ngatia	1:05:41
Jim Hage	1:09:48
Chris Clark	1:10:51
Vytautas Ezerkis	1:13:17
Richard Bishop	1:13:36
M45 Keith Witthauer	1:13:36
Greg Gustafson	1:14:54
Gustavo Figueroa	1:16:03
Charles Sanchez	1:17:22
Bart Yasso	1:18:08
M50 Tom Burnett	1:14:20
Arturo Rodriguez	1:19:12
Gary Fryatt	1:22:35
Armando Brionez	1:22:55
M55 Frank Ruona	1:17:08
Tom Curry	1:20:42
Perry Hayden	1:22:40
Don Mathieu	1:23:59
M60 Rick Whiting	1:22:53
Gary Reddway	1:26:22
Edward Hernandez	1:26:33

Marvin Rowley	1:29:01
M65 Peter Lambert	1:35:28
William Wall	1:37:41
Frank Gander	1:40:28
Alvin Uecker	1:43:44
M70 Derek Howarth	1:45:25
Arthur Walsham	1:48:55
Richard Sullivan	1:55:35
M75+John Cahill	1:40:07
Vernon Wright	2:47:28
Al Vogel	3:24:11
W40 Catriona Dowling	1:19:53
Mary Button	1:23:31
Jean Lampert	1:24:47
Janet Smith	1:26:57
Suzan Cox	1:27:39
W45 Valerie Pinocci	1:28:21
Jackie Taylor	1:32:33
Susan Wasserman	1:33:42
Mary Peabody	1:36:07
Janet Gensler	1:37:39
W50 Lynn Kleiman	1:38:41
Lorraine Hoyle	1:40:36
Diane Adamson	1:41:57
Susan Humphries	1:42:23
W55 Carol Shively	1:43:28
Lola Ackerman	1:43:36
Monica Lindholm	1:44:14
Betty Spurgeon	1:46:50
W60 Barbara Miller	1:31:00
Carolyn Hickey	1:58:12
Carol Mikkelsen	2:01:42
Freida Reutter	2:06:01
W65 Martha Kinsinger	1:56:48
Genie Saleme	2:12:02
Anne Keable	2:15:25
Patricia Young	2:22:48
W70 June Machala	1:42:18
Dorie Smith	2:17:32
Helen Bueme	2:29:55
W75+Lois Edds	2:31:28

5K
Overall
Dennis Simoniatis 15:10
Kathy Courtney 16:50
M40 Peter Burger 17:33
M45 Hugh Jones 16:32
M50 Keith Happel 18:07
M55 Tony Pryatel 18:41
M60 Neal Chappel 19:18
M65 Frank Gander 23:55
W70+Ed Dobson 29:40
W40 Julie Roberts 16:50
W45 Eyvonne Carter 27:50
W50 Pauline Tarin 21:48
W55 Melinda Dunigan 28:02

W60 Joyce Lambert	30:23
W65 Elizabeth Thomas	38:32
W70 Dorie Smith	30:55

NORTHWEST

Cascade Half-Marathon Turner, OR; Jan. 14

Overall	
Jeffrey Totten 25	1:11:06
Susannah Beck 32	1:15:53
M40 Chris Clark	1:12:14
M45 Robert Towne	1:22:20
M50 Francis Kessler	1:22:41
M55 Chuck Cammack	1:26:04
M60 Bill Fallon	1:28:51
M65 Bill Robbins	1:52:31
M70 Richard Gindrig	2:09:19
W40 Betriz Titus	1:35:17
W45 Carla Loughlin	1:44:44
W50 Phyllis McCall	1:45:48
W55 Carol Connley	1:58:35
W60 Zora Roley	2:12:17

INTERNATIONAL

Bank of Butterfield Bermuda Marathon Hamilton, Bermuda; Jan. 14

Overall	
Fedor Ryzhov 40	2:21:18
L Kortchaguina 25	2:43:17
M40 Fedor Ryzhov	2:21:18
Ken Gartner	2:45:47
Tim Linn	3:20:31
Calvin Steede	3:24:50
Wayne Witt	3

The Southeastern U.S. Masters, Inc.

Proudly Presents

Our 31st Annual Masters Track and Field Meet

May 4, 5, & 6, 2001

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 4:

Event # Event (Notes 1 & 2)

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 (LJ, Javelin, 200m, Discus & 1500m) (note e)	12:30 pm
03	3000m (Sections will start at 30 minute intervals)	4:00 pm
21	HEAVYWEIGHT THROWS	5:30 pm
04	ALEX ALMASY 5K RACE WALK	6:00 pm
	"THROWS" CLINIC—at track	6:45 pm
	"SPRINT" CLINIC—at track	6:45 pm

SATURDAY, MAY 5: 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	1 MILE RUN	10:30 am
08	CURVED HURDLES	11:30 am
09	TEAM RELAYS (Note 4)	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—Cash Award (Note 10)	3:10 pm
13	800m RUN	3:40 pm
14	200 m DASH	4:10 pm
	THROWS	
15	WT PENTATHLON (Note 4 & e)	(See Note f)
16	HAMMER (Note 5)	(See Note f)
17	SHOT PUT	(See Note f)
18	DISCUS	(See Note f)
19	JAVELIN (Note 6)	(See Note f)
20	WEIGHT TOSS	(See Note f)
	JUMPS	
22	POLE VAULT (Note 7)	8:00 am
23	LONG JUMP	9:30 am
24	HIGH JUMP (Note 8)	10:30 am
25	TRIPLE JUMP	2:00 pm

SUNDAY, MAY 6: RALEIGH CITY STREETS (See Map in Packet)

Event #	Event (Note 9)	Start Time
26	ALEX ALMASY 20K REGIONAL CHAMPIONSHIP RACE WALK (Note 9)	7:00 am

MEET DAY WEATHER CHART

	1995	1996	1997	1998	1999	2000
Temperature Extremes (°F)	49°-79°	52°-79°	44°-74°	56°-78°	50°-83°	48°-93°
Precipitation (inches)	0.21	0.19	0.35	0.06	0.00	0.00
Average Wind Velocity (MPH)	7.4	5.3	9.1	4.8	N/A	6.4

AIR TRAVEL:

Raleigh Durham International Airport (RDU)

MOTEL

RESERVATIONS:

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)

*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.

COOKOUT:

A pasta feed will take place at the parking lot across from the track at 7:30 pm on Saturday, May 5, 2001. Tickets will cost \$10 if purchased with this application. Final details are not set at this time but will be soon. Meat and vegetarian dishes will be available.

T-SHIRTS:

31st 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.



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 5 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 APRIL 25, 2001.

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 \$15.

AWARDS:

Distinctive, large medallions to the first 3 places for age groups and relays. Additional \$3.00 late fee required for each event if postmarked after April 13, or if received after April 16, 2001. 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, Friday, APRIL 27, 2001. 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

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

EVENTS FOR WOMEN:

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

NOTES:

1 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.

2 Participants of all ages are to report to the Head Event Official 15 min. prior to the printed starting time of that event.

3 Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.

4 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.

5 Hammer conducted at Method Field—a bus/van will leave the track beginning at 6:30 am and whenever needed after that.

6 Javelin runway is Martin 2000 surface. Flats throws are not allowed.

7 Pole Vault run not by age, but by heights, with 15 cm (6 in.) increments.

8 High Jump run not by age, but by heights with 5 cm (2 in.) increments.

9 Entries in Sunday's 20K Walk close one half hour before race time.

10 There will be a \$100 cash award for the best age-graded steeplechase performance.

GENERAL NOTES:

a. 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.

b. Specifications for all events, including hurdles, shall be according to 2001 [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.)

c. Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.

d. 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.

e. Event will be scored using WAVA Masters age factors and the current IAAF scoring tables.

f. Throws Schedule—All women competitors and men 65 and over will throw in the morning starting at 7 am. Remaining men will start at Noon. Reporting times within this broad schedule will be refined after an entry count is obtained. Check at registration on Friday or report at group starting time.

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

(Photo Copy if Needed)

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

Street City State Zip Code

USATF Registration No. Daytime Telephone

Area Code

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

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

Number of cookout tickets—mark and give number total (@ \$10.00 each)
include payment with total

Lasagna: ☐ Beef ☐ Vegetarian

Shirts Available Men's Sizes—Circle Your Size(s):
Number of T-shirts @ \$12.00 S, M, L, XL, XXL
Tank Tops @ \$10.00 S, M, L, XL, XXL
Golf Shirts @ \$25.00 S, M, L, XL, XXL

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

Where did you hear about our meet?

Where did you get your entry form?

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 4, 5 & 6, 2001, 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

Train Harder. Run Further.

Runners Advantage Creatine Serum

FINALLY, YOU CAN USE CREATINE to improve your training. New Runners Advantage™ Creatine Serum™ is a safe, effective and stable liquid creatine supplement. It's formulated specifically for runners and other endurance athletes.

Runners Advantage delays fatigue by combating lactic acid buildup. It will aid in building muscle to improve sprint times and increasing your long distance endurance. But it won't add bulk to your body.

Traditional creatine powders cause water retention, dehydration and bloating. These are three side effects no endurance athlete needs. However, Creatine Serum is a stabilized liquid, so it's absorbed directly into your bloodstream and from there into your muscles. That means you can finally take full advantage of creatine's energy boosting properties.

Runners Advantage also contains other important ingredients such as magnesium, glucosamine, L-glutamine and L-taurine to help maximize your performance and protect your joints from stress-related injuries. Now available in both male and female formulations and many delicious flavors, it will also aid athletes in sports activities such as swimming, cycling, tennis or soccer.

Just take 5ml once, a few minutes before exercise. You'll go harder. And further.



SERUM VS POWDER

Does not cause water retention, bloating or cramping	Causes water retention resulting in dehydration, bloating and cramping
Stay with your normal water intake	Must consume extra water to counteract dehydration
Convenient and easy-to-use	Inconvenient and time-consuming
Instant absorption	Takes one hour or more to digest
Completely assimilated into the muscles in minutes	Up to 80% wasted during the digestion process
100% stable: 2-year shelf life	Unstable: rapidly degrades into waste product creatinine
No loading: take just minutes before exercise	Loading required: must be taken in large amounts for 5 days prior to exercise
No maintenance: take only on training days	Daily maintenance: must be taken even on non-training days
Delicious flavors	Chalky, unpleasant taste



Inventors of the world's only stabilized creatine liquid.

Call to order: 1-877-488-7433 for 24-hour service and 3-5 day delivery. Retailers and technical information call toll-free: 1-877-MUSCLES (687-2537), 9am-4pm PST. Available at **GNC LiveWell**, **VITAMIN WORLD**, and other selected health food stores and gyms. Order online at: www.creatine.com