

NATIONAL MASTERS NEWS

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

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Masters Women Run for First Time at 95th Millrose Games in NYC

By MARY V. ROSADO

For the first time in its 95-year history, six masters women's teams ran in the inaugural W40+ 4x400 on Friday, Feb. 1, 2002, at the Verizon Millrose Games at Madison Square Garden. All of the teams broke the W40 world best time for the event - 5:48.29 - set at the National Indoor Championships, Boston, March 2001.

Four teams broke five minutes. The AURA squad of Louise Clark, Edna Crowley, Irene Thompson, and Jennifer Pinto, was first with a 4:42.18, with the Shore AC (Laurie Clark, Jane Erbe, Theresa Marciani, Christine Murphy) second in 4:47.92.

The Central Park Track Club (Susan Krogstad-Hill, Denise Whitaker-Crain, Mary V. Rosado, Sylvie Kimche) was third (4:50.03), followed by the Syracuse Chargers (Coreen Steinbach, Sarah Falso, Ruth Yanai, Patti DePaulis), 4:51.68; Genesee Valley Harriers (Carolyn Smith-Hanna, Belinda O'Brien, Marie White, Maureen Minavio), 5:04.40; and Northport (Kathy Martin, Mary Connelly, Cathy Oerhleim, Dolores Doman), 5:16.13.

Athletes heralded the addition of the event as beneficial to the masters track and field program as a whole.

Continued on page 9

Boston Will Host Its Sixth National Masters Indoor Championships

This month masters athletes will return to Boston's Reggie Lewis Track & Athletic Center for the sixth consecutive year to compete in the USATF National Masters Indoor Track & Field Championships on the 22nd-24th, under the direction of the USATF New England Association.

In 2001, 814 athletes broke or established 16 world and 28 U.S. age-group records at the Lewis Center, which features a lightly-banked 200m Mondo track, with an eight-lane straightaway in the center for the 60m and hurdles.

Competition, in five-year age groups, is open to all men and women age 30+, including non-U.S. citizens. The only eligibility requirement for U.S. citizens is USATF membership, available at the site. Athletes are urged to register before the meet. Foreign athletes compete as guests, receive duplicate place awards, but do not displace U.S. citizens.

Events start on Friday morning with the women's and men's pentathlon, followed by the weight and pole vault for women and older men at 3:00, and

Continued on page 7



TODD LOVETT

Sprint Force M40-49 4x400 team (from l): Ed Gonera, Sal Allah, Mitchell Lovett, and Ray Blackwell, after setting a Millrose M40 meet record 3:36.93, Madison Square Garden.



SUZY HESS

Members of the winning Oregon Track Club Masters M40-49 team, National Winter 6K Cross-Country Championships (from l): Sean Evans, Dan Neal, Dan Wojcik, John Stolz, and Odis Sanders.

Oregon TC Masters Take M40 Team Championship

Hellebuyck, Ayala-Troncoso

Hasten to Wins in National 6K X-C

By JERRY WOJCIK

Two favorites ran true to form and one fell in the National Masters Winter 6K Cross-Country Championships held at Fort Vancouver Park, Wash., on Feb. 9.

Eddy Hellebuyck, 41, Albuquerque, N.M., the 2001 M40 LDR Male Athlete of the Year, took an early lead and was never pushed, finishing with a 22-second lead in 19:15.

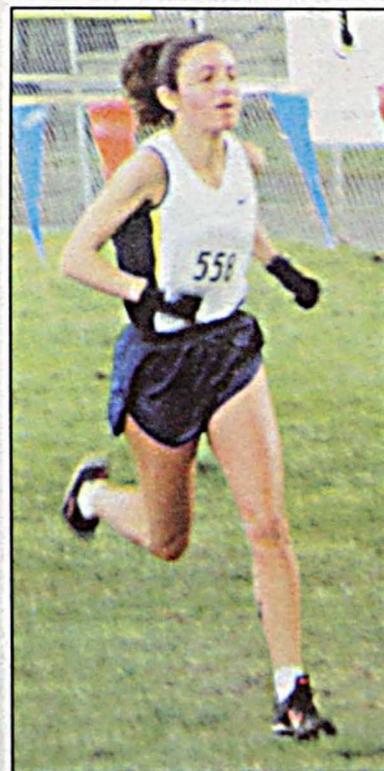
Hellebuyck, after the Awards Ceremony at the Red Lion Hotel Meet Headquarters, Saturday evening, said, "I decided to come only this Wednesday because I've had a bad ankle since December." About the race, he added graciously, "I underestimated the field. I thought I would walk away with it, but they made a race of it."

Hellebuyck, who now runs for New Balance, commented on his success as a masters runner, "Since I've been a master, I've received more fan mail than I ever had before."

Carmen Ayala-Troncoso's margin of victory in the women's race was even larger. Running for Nike Portland

Masters, she finished in 21:49, a minute-and-a-half faster than the closest competitor. Ayala-Troncoso, 42,

Continued on page 4



SUZY HESS

Carmen Ayala-Troncoso, 42, first woman (21:49), USATF National Masters Winter 6K Cross-Country Championships.

INSIDE:

- O'Sullivan Sets World 3000 Mark - page 8
- 10-Year Masters Endurance Study - page 9
- Hartshorne Mile - page 11



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CONTENTS

DEPARTMENTS

- USATF Officers
- Letters to the Editor
- Third Wind
- Fifteen Years Ago
- The Foot Beat
- Health & Fitness
- Racewalking
- Twenty Years Ago
- Track & Field Report
- On the Run
- Ten Years Ago
- The Weight Room
- Rankings Report
- Profile - Jim Martin
- Five Years Ago
- Report From Britain
- Masters Scene
- Schedule
- All-American Stars
- Results
- New Age-Group Awards

FEATURES

- Millrose Games
- National Indoor Meeting
- National 6K X-Country
- O'Sullivan Sets 3000m
- Hartshorne Mile
- Dartmouth Relays
- Awards Procedures

ENTRY FORMS & PRODUCTS

- New Balance
- NMN Subscription
- Southeastern Meeting
- On Track
- Broad Street Run
- National Outdoor Meeting
- Huntsman Games
- Outdoor Ranking
- Huntsman Games
- Oklahoma Marathon
- Oregon Marathon
- Publications Order
- Georgia Meet
- World Games - Mexico
- Ski & Travel
- WMA - Puerto Rico
- WMA/USATF Sprint
- Larry Stuart Video
- Muscle Marketing



CONTENTS

DEPARTMENTS

USATF Officers 3
 Letters to the Editor 4
 Third Wind 6
 Fifteen Years Ago 7
 The Foot Beat 8
 Health & Fitness 9
 Racewalking 10
 Twenty Years Ago 10
 Track & Field Report 11
 On the Run 12
 Ten Years Ago 12
 The Weight Room 14
 Rankings Report 14
 Profile - Jim Manno 15
 Five Years Ago 15
 Report From Britain 16
 Masters Scene 18
 Schedule 19
 All-American Standards 22
 Results 23
 New Age-Group Athletes 27

FEATURES

Millrose Games 1
 National Indoor Meet 1
 National 6K X-C 1
 O'Sullivan Sets 3000 WR 8
 Hartshorne Mile 11
 Dartmouth Relays 13
 Awards Procedure Changes 14

ENTRY FORMS/RACE & PRODUCT INFO

New Balance 2
 NMN Subscription Form 4
 Southeastern Meet 5
 On Track 6
 Broad Street Run 7
 National Outdoor Meet 8
 Huntsman Games 9
 Outdoor Rankings Book 9
 Huntsman Games 10
 Oklahoma Marathon 11
 Oregon Marathon Relay 12
 Publications Order Form 13
 Georgia Meet 15
 World Games - Melbourne 16
 Ski & Travel 17
 WMA - Puerto Rico 17
 WMA/USATF Specs 17
 Larry Stuart Video 27
 Muscle Marketing 28



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JERRY WOJCIK

Seconds before the start of the men's masters race on Feb. 9, USATF National Winter 6K Cross-Country Championships, Vancouver, Wash. The 143 M40+ entrants made up the largest field in the two-day series of races.



**WRITE
ON!**

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APOLOGY

First, I would like to issue an apology to Eddy Hellebuyck and Carmen Ayala-Troncoso. Both these athletes were recent winners at the USATF National Masters 6K Cross-Country Championships, Fort Vancouver, Wash., Feb. 9. Not only did Eddy and Carmen win their respective overall men's and women's championships, but they also were the top male and female age-graded champions. At the Awards Ceremony, the evening after the race, I neglected to mention that fact.

As Masters LDR Chair, I had made the decision not to allow athletes to "double dip" when it came to winning cash awards. I stand by this decision, and I believe that when money is available to masters athletes for both overall and age-graded performances, the more athletes who share the awards, the better it is for the spirit of the competition. However, I made two mistakes.

I did not make it known before the races took place that the winning athletes could not receive payment in both categories, and I did not emphasize at the awards that Eddy and Carmen had, indeed, finished first in both categories.

Second, I would like to apologize to those athletes who did not receive fourth

and fifth place ribbons at the awards ceremony. It was written in the race brochure and on our Web site that individual awards would go five deep. We only handed out awards to the top three. I assure those athletes who didn't receive awards that we are in the process of printing ribbons, and I will get them sent out as soon as I receive them.

Finally, I would like to offer a heartfelt round of applause to all the masters athletes who came to Vancouver to compete. Last year, we had 78 masters athletes compete, and this year 186 ran the race - 134 men and 52 women. We had so many competitors we had to divide the competition into two separate races.

I had optimistically ordered 175 back numbers (never thinking I would need that many) and had to scramble to hand make enough to cover the extra numbers. Readers should also be aware that of those 186 who toed the line, all 186 finished. Thank you for your support of our race, and hopefully we will be allowed the honor of hosting the Championships again.

Alan Beck
Masters LDR Chair
USATF Oregon

6K X-C

Continued from page 1

Austin, Texas, has been a competitive runner in the women's open division as well as a masters champion.

At the awards presentation, she said, "I love running cross-country. It was so much fun today, and the course was beautiful." She affirmed her point of view by running the Open Women's 4K on Saturday morning, taking 20th in 13:59.

Whatever drama the races for individual honors lacked was made up for in the quest for the coveted M40-49 team. That team champion was not made known until 7 o'clock, some two hours after the Awards Ceremony began, when it was announced that the Oregon Track Club Masters had defeated the seemingly unbeatable Reebok Aggies.

Led by Sean Evans, 40, Eagle Creek, Ore., with a fourth-place 20:01, and Odis Sanders, 42, Eugene, Ore., fifth in 20:08, the Oregon club pulled a surprising upset by a mere ten seconds, 102:58 to 103:08, on scoring by time for the team's first five rather than place. Evans, a substitute school teacher, after receiving his championship medal and patch, remarked, "This is one of the most exciting moments in my running career."

The Northern California-based Aggies, winners here in 2001 on a 10K course by six-and-a-half minutes, and the National Masters 6K Cross-Country Championships by about a minute in Mobile, Ala., in December, were unaware that they were being challenged until they heard spectators yelling for the Oregon runners.

The remaining scoring OTCM team members were Patrick Wagner, 40, Eugene, Ore., 11th (20:42); John Stolz, 46, Bend, Ore., second M45 and 12th (20:42); and team captain Dan Wojcik, 46, of Eugene, 27th (21:25).

The Team Oregon trio of Meghan Arbogast, 40, Corvallis, Ore., second in 23:13; Jennifer Teppo, 43, Vancouver, Wash., third, 23:19; and Kelly Kruell, 42, Portland, Ore., seventh, 23:58, won the W40-49 team title with a 70:33 total, Club Northwest taking second (72:09).

In the individual men's race, David

Olds, 40, Los Angeles, Calif., finished second in 19:37, and Tim Minor, 43, Reno, Nev., Reebok Aggies, third in 19:45.

The other division winners were Terry Williams, 47, Vancouver, Wash., Nike Portland, 20:37; Michael Allison, 50, Seattle, Wash., Snohomish TC, 21:59; Chuck MacDonald, 55, Redding, Calif., 22:30; Thom Weddle, 63, Burnsville, Minn., 24:03; Bill Iffrig, 67, Snohomish TC, 27:25; W.R. Smythe, 72, Boulder, Colo., Boulder RR, 31:03; Craig McMicken, 75, Florence, Ore., OTCM, 35:44; and Joseph Mallon, 80, 47:51.

The remaining women's division winners were Sue Grigsby, 45, Everett, Wash., 24:55; Jeanette Groesz, 52, Redmond, Ore., 26:52; Pam Turner, 56, Eugene, Ore., OTCM, 28:00; Shirley Matson, 61, Larkspur, Calif., 26:16; Lois Calhoun, 66, Boulder, Colo., Boulder RR, 33:31; June Machala, 71, Spokane, Wash., 31:22; Nancy Smalley, 75, Boulder, Colo., Boulder RR, 41:47; and Louise Adams, 80, Boulder, Colo., Boulder RR, 43:36.

The top three men and women shared \$800 equally: Hellebuyck and Ayala-Troncoso, \$200 each; Olds and Arbogast, \$135; and Evans and Laura Bruess, 41, Boulder RR, fifth (23:46), \$65.

The five best age-graded men and women performers were awarded a total of \$1200; winners of the top three prizes were not allowed to "double dip," so several of the top three opted for the age-graded awards, which paid out more.

Age-graded award winners were Minor, 84.6%, \$200; Terry Williams, 83.5%, \$150; Sanders, 82.4%, \$110; Weddle, \$80; Dan McCormack, 63, OTCM, second M60 (24:05), \$60; Matson, 85.1%, \$200; Machala, 81.0%, \$150; Teppo, 80.6%, \$110; Kimbell Bender, 43, CNW, fourth (23:35), \$80; and Julie Groo, 44, CNW, sixth (23:54), \$60.

Last year, nine teams were entered in the team competition; this year, 24 squads (16 men/8 women) toed the starting line. Seven M40-49 teams, compared to three in 2001, were entered this year. Nike Portland Masters (104:17) was the third M40-49

Continued on page 8

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FRIDAY, MAY 3:

Event #	Event (N)	WT. PEN
15	WOMEN'S	
01	WOMEN'S	
02	MEN'S PE	
03	3000m (S)	
21	HEAVYW	
04	ALEX ALM	
	"THROW"	
	"JUMPS"	

SATURDAY, MAY 4:

Event #	Track Eve
05	5000 M F
06	STRAIGH
07	1 MILE R
08	CURVED
09	TEAM RE
	A 4x100
	B 4x400
	C 4x400
10	100 m D
11	400 m R
12	STEEPLE
13	800m RL
14	200 m D
	THROWS
16	HAMME
17	SHOT PU
18	DISCUS
19	JAVELIN
20	WEIGHT
	JUMPS
22	POLE VA
23	LONG JU
24	HIGH JU
25	TRIPLE J

SUNDAY, MAY 5:

Event #	Event (N)
26	ALEX ALM
	CHAM

Check

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Average Wind Velocity

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T-SHIRTS:

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RALEIGH, NORTH CAROLINA**



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

FRIDAY, MAY 3: AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Event (Notes 1 & 2)	Start Times
15	WT. PENTATHLON (Implement Order: Hammer, Shot, Discus, Javelin, Weight Toss) (Notes 4, 5 & e)	8:00 am
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 ALMSY 5K RACE WALK "THROWS" CLINIC—at track "JUMPS" CLINIC—at track	6:00 pm 6:45 pm 6:45 pm

SATURDAY, MAY 4: 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 d) A 4x100 OPEN B 4x400 OPEN C 4x400 (Min. total age 160)	11:50 am
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 (Notes 1 & f)	
16	HAMMER (Note 5 & f)	7:00 am/10:00 am
17	SHOT PUT (Note f)	8:15 am/11:45 am
18	DISCUS (Note f)	9:15 am/12:15 pm
19	JAVELIN (Notes 6 & f)	10:15 am/1:15 pm
20	WEIGHT TOSS (Note f)	11:15 am/2:15 pm
	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 5: RALEIGH CITY STREETS (See Map in Packet)

Event #	Event (Note 9)	Start Time
26	ALEX ALMSY 20K REGIONAL CHAMPIONSHIP RACE WALK (Note 9)	7:00 am

Check out website for online registration at:
<http://www.geocities.com/southeasternmasters>

MEET DAY WEATHER CHART						
	1996	1997	1998	1999	2000	2001
Temperature Extremes (°F)	52°-79°	44°-74°	56°-78°	50°-83°	48°-93°	51°-81°
Precipitation (inches)	0.19	0.35	0.06	0.00	0.00	0.00
Average Wind Velocity (MPH)	5.3	9.1	4.8	N/A	6.4	4.7

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

*Please inform hotel of Southeastern Masters participation for special rate. Room rates are \$69.00 plus tax for 1 to 4 persons (Newly renovated rooms).

COOKOUT: A pasta feed will take place at the parking lot across from the track at 7:30 pm on Saturday, May 4, 2002. Tickets will cost \$11 if purchased with this application. Meat and vegetarian dishes will be available.

T-SHIRTS: 32nd 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 "Jumps" clinic will be held on Friday, May 3 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: \$18.00 includes first event in track, field or road events and final results booklet. \$9.00 for each additional event. Relay entries are \$20.00 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 24, 2002.
SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and 2002 USATF membership is required for all events (except participants in the Team Relays, foreign athlete and active military). All other participants must have 2002 USATF cards which will be available at the meet for \$20. Distinctive, large medallions to the first 3 places for age groups and relays.
AWARDS: Additional \$5.00 late fee required for each event if postmarked after April 12, or if received after April 15, 2002. 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 26, 2002. Entries in Saturday's Team Relays and in Sunday's 20K walk close one half hour before race time.
LATE ENTRIES:
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 7:00 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). 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. If you are parking on campus, check at registration for a parking pass.



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 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. All women competitors and men 60 and over will throw in the morning starting at 8 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.
5 Hammer conducted at a separate site to be determined - a bus/van will leave the track beginning at 6:30 am on Saturday, 7:30 am on Friday, 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 (Bob Boal Award).
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 2002 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 \$20.00 with captain's entry form; or enter and pay fee by one half hour before first relay.
e. Event will be scored using WMA Masters age factors and the current IAAF scoring tables.
f. Throws Schedule - All women competitors and men 60 and over will report at the first time listed and the remaining men will report at the second time listed for each event. Adjusted starting times for each event for each age group will be available at registration and will depend upon the number of competitors.

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

Check our website for online registration at: <http://www.geocities.com/southeasternmasters>

(Photo Copy If Needed)

Name: Last First Init. Sex Age Birth Date

Street City State Zip Code

2002 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 (at \$11.00 each/
include payment with total) Lasagna: _____ Beef _____ Vegetarian _____

Total Amount Enclosed _____

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.F. 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 3, 4, & 5, 2002, 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 _____



Third Wind

By MIKE TYMN

Robertz is an Instant Success

Until August 2000, Janet Robertz was a casual "jogger" with no desire to test herself in the competitive arena. Last year, she emerged as the top 40-44 road racer in the country, as evidenced by her selection as the USATF LDR Athlete of the Year in her division. If any other runner has gone from non-competitor to national champion in a year's time, I'm unaware of it.

In 2001, Robertz, 42, turned in times of 16:59 for 5K, 27:34 for 8K, 34:51 for 10K, 53:55 for 15K, 56:32 for 10 miles, and 1:16:10 in the half-marathon.

"I had such a base to start from," Robertz, who lives in Shorewood, Minnesota and works as a credit analyst, explains her quick rise to the top. "I had run trails for 11 years and was active year round with walking, running, and cross-country skiing. I would do speed work without even knowing it. That came when I was in a hurry to get home or in a hurry to get out of a thunderstorm. Or on days I felt good I would just fly. I also believe I must be a natural at the sport."

Although she ran a 59-second quarter at Orono High School in Orono, Minnesota, Robertz quit track in her sophomore year due to a bad case of shin splints. She did not run at Bethel

College in St. Paul, where she earned her B.A. in Psychology. It wasn't until 1990 that she began to do a little jogging. The following year she experienced a personal crisis and found jogging to be her therapy.

"I could go out on the trail and think things through," Robertz muses. "I'd go out and get angry and run harder and faster. Sometimes I'd run with my dogs, but most of the time I'd run alone because I was running eight to 10 miles a day. The sweat from the running would be the tears I couldn't cry."

Solitude

Robertz continued to "jog" over the next seven years, but never really considered racing. "I liked the solitude of my trail," she adds. "I don't like crowds and races are full of people. And, the races were too early and too far away."



Janet Robertz

It was Dave Summers, a co-worker, who convinced Robertz that she should give racing a try. "He had run a few races and really enjoyed them," Robertz recalls. "And he was very knowledgeable about training, shoes, diet, and other things relating to running. I just bought my running shoes from a discount store and didn't subscribe to any running magazines. Dave kept bugging me about entering a race, but I had a lot of excuses why I couldn't."

One day in 1998, Summers told Robertz of a 10K near her home that didn't start too early. "I won the race with a 6:03 pace, but didn't really enjoy it," Robertz says. "I went out too fast, got lost, didn't pace myself, and ended up feeling quite lousy. I decided there would be no more races for me. I went back to the trails where I could run relaxed and back into my own little world."

Problem Shoes

Part of the reason Robertz didn't enjoy her competitive experience may have been the uncomfortable discount store running shoes. When she started having pain in her right foot during the summer of 2000, she went to a podiatrist who concluded that her shoes were the problem.

Robertz then set out to find a good pair of running shoes. "The owner of the running store, Monica Wenmark, spent over an hour with me," Robertz says. "She helped me so much with getting the 'right' shoe and also

encouraged me to try another race."

In August 2000, Robertz, who carries 115-120 pounds on a 5-8 frame, entered the Avon all women's 10K in Minneapolis, finishing third overall and first among the masters with a 38:15. She also won an all-expenses paid trip to Phoenix to run in the national event during December. Competing against a number of national class masters, she finished fourth in her division. "It was a wonderful experience," Robertz offers. "It turned things around for me."

In her first five races during 2001, Robertz broke the Minnesota state records for the 40-44 division. At the Bix 7 miler in Davenport, Iowa, during July, she was the second place American finisher and first master overall, defeating three-time defending champion Colleen De Reuck and former Olympic marathon gold medalist Joan Benoit-Samuelson.

In the Park Forest Scenic 10 miler during September, she defeated nationally ranked masters Mary Knisely and Linda Somer-Smith while setting a new single age (42) national record of 56:32. At the Tulsa 15K during October, she won the national championship and broke another single age record.

"Z" vs "S"

Asked about the "z" in her surname, Robertz smiles and comments that it is a story her father-in-law loves to tell. "His father came over from Sweden with the name of Robert Johanson," she explains.

"There were so many Johansons and he wanted to distinguish himself from the masses of Swedes making their way to the U.S. Robert was an artist and all of his paintings were known as Robert's paintings, because there were so many Johansons at his art school. So he decided to change his last name to Robertz and become Robert Robertz. The 'z' instead of the 's' on the end was in honor of his idol Ander Zorn whom he studied under and is probably the most famous artist from Sweden."

Robertz hopes to run her first marathon this year. "My training was going well over the summer," she says. "I was running once a week with a great track runner, a friend of mine, but once school started and the high school students started using the track we stopped our weekly track workouts."

"I am back to running 9 to 12 miles a day without much speed work. I need to get some variety back into my running. Fall and winter are tough times for me to get motivated, as I don't run fast in the cold weather." □

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*

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Coaching/Training List to be Updated

An updated Masters Coaching/Training list will be published in the April issue. The list contains contact information for individuals and groups who offer coaching and training advice to masters men and women in track & field, long distance running, and racewalking.

Additions and changes should be sent to "Coaches," National Masters News, P.O. Box 50098, Eugene, OR 97405, or to natmanews@aol.com before the March 10 deadline.



VICTOR
Meghan Arbogast, second
Jennifer Teppo, third W40
Masters Winter 6K Cross-
ships.

Indoor Preview

Continued from page 1
the 3000 at 4:00. This year that the lighter World Masters Association will be thrown at an onships. The mile, th on Saturday, starts at

Sunday's events in racewalk, superweight

The deadline with March 8. No entries, changes will be accepted 18. A list of entrants beginning March 1 on

The meet entry for tion on the meet ho schedule, etc., was NMN. Information is www.usatfne.org, by 7600, or e-mail: office

FIFTEEN YEAR March

• Tracy Smith, 4 rose Masters cord 4:20

• Norm Greer 2:34:39) and Swanson (44, National Mast in Georgia

• David Oropez Erna Kozak Top Masters Paramount 10



VICTOR SAILER / PHOTO RUN

Meghan Arbogast, second W40 (23:16) and Jennifer Teppo, third W40 (23:19), National Masters Winter 6K Cross-Country Championships.

Indoor Preview

Continued from page 1

the 3000 at 4:00. This will be the first year that the lighter, newly-adopted World Masters Association weights will be thrown at an indoor championships. The mile, the premier event on Saturday, starts at 11:45 a.m.

Sunday's events include the 3000 racewalk, superweight, and relays.

The deadline without penalty is March 8. No entries, additions, and/or changes will be accepted after March 18. A list of entrants will be posted beginning March 1 on www.usatfne.org.

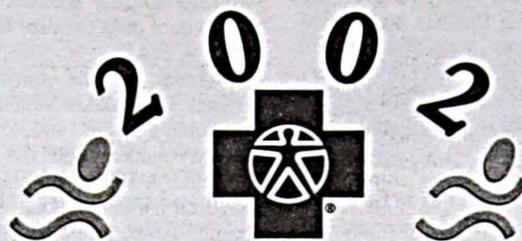
The meet entry form with information on the meet hotel, implements, schedule, etc., was in the January NMN. Information is also available at www.usatfne.org, by phone: 617-566-7600, or e-mail: office@usatfne.org.

**FIFTEEN YEARS AGO
March 1987**

- Tracy Smith, 41, Wins Millrose Masters Mile in Record 4:20
- Norm Green, Jr., (54, 2:34:39) and Charlotte Swanson (44, 3:06:44) Win National Masters Marathon in Georgia
- David Oropeza (31:31) and Erna Kozak (34:38) Take Top Masters Honors in Paramount 10K

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- Register on the internet at:
www.broadstreetrun.com

- Pick-up an official entry form at a participating
Modell's Sporting Goods



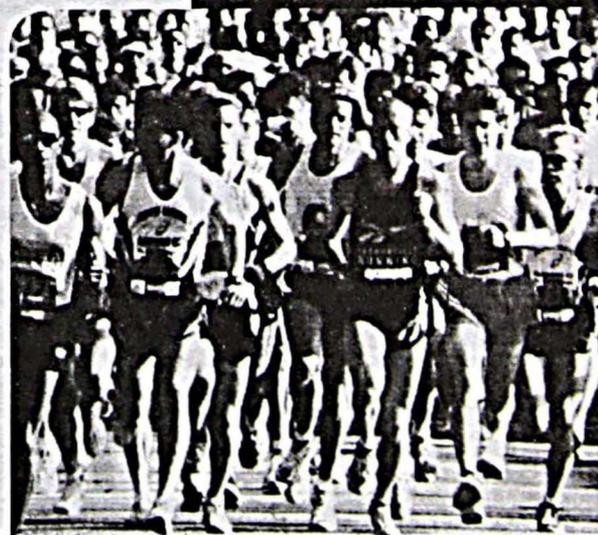
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PAGLIANO'S PODIATRIC POINTERS
The Foot Beat
 By JOHN W. PAGLIANO, D.P.M.

Plantar Fasciitis, Its Causes

Plantar fasciitis is the most common overuse athletic injury seen in runners. As we discussed in earlier issues, it occurs in approximately 15% of all athletes who have lower extremity injuries.

It can best be defined as an inflammation of the fascia and soft tissue at the site of the plantar fascia attachment on the inferior aspect of the calcaneus or heel bone.

The fascia itself is a strong band of collagen tissue and elastic fibers, which run from the bottom of the heel to the toe areas. As we get older, this band becomes less elastic and more brittle and is subject to an increased chance of injury from running. Also, older runners lack fat in the heel pad area, which protects the plantar fascia, thus making it vulnerable to stress forces from running.

There are several causes of plantar fasciitis. Probably the most common is overuse from running on hard surfaces. The fascia becomes overloaded and micro trauma occurs where the fascia inserts into the heel bone. Other traumatic injuries can also occur from running on hard surfaces, stepping on rocks, or striking the edge of a curb.

Another common cause of plantar fasciitis is an over-pronated foot. This type of foot places excessive stress on the medial part of the heel and in the area of the plantar fascial insertion. This would increase as the foot pronates during the running cycle. This excessive or prolonged pronating is probably the most common mechanical cause of plantar fasciitis.

On an anecdotal basis, we feel that inadequate training flats are a causative factor. We find that many athletes train with light weight shoes that provide very little protection to the heel area. These shoes are designed for racing and allow the running to occur on the ball of the foot.

We have also found this to be a gender-related injury. Males account for 87% of those with plantar fasciitis, while females account for the remaining 13%. We would normally expect a 70-to-30% ratio. Further, we have found it more common in those over 39 years of age.

Another interesting factor is weight: those with plantar fasciitis averaged 162 pounds, while those with other running injuries averaged 152 pounds. So it appears that mass carried by the individual may be critical as a causative factor in the development of the plantar fascial syndrome.

There is a higher percentage of plantar fasciitis in those who have a high arch rigid foot. This type of foot is unable to absorb the force of ground contact.

Overtraining is also thought to be a major etiological factor. Chronic repetitive stress will cause irritation and breakdown of the plantar fascia.

In the next issue, I will deal with the examination and treatment of plantar fasciitis. □

(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.)

Coming Next Month

- World and U.S. Outdoor T&F Records
- List of Masters Coaches

Marcus O'Sullivan Sets 3000 Record

By MARILYN J. MITCHELL
 Famous Irish miler, Marcus O'Sullivan, set a world M40+ indoor 3000 meter world record of 8:09.13, at the Penn State U. National Open Meet, breaking the record of 8:20.16, set by Britain's Nigel Gates in 1994.

O'Sullivan, now a coach at Villanova University, was third overall after one of his athletes, Tom Parlapiano, took first in 8:07.49. Afterwards, O'Sullivan said, "I didn't win the race...one of my students won...he actually accused me of letting him win...I didn't realize I had that kind of leg speed."

Winner of the famous Millrose Games' Wanamaker Mile in 1986, 1988-1990 and again in 1992, O'Sullivan was recently inducted into the Millrose Hall of Fame. A 1998 third-place mile finish gave him a career total of 100 sub-4-minute miles, a feat accomplished only by Steve Scott and John Walker. Other open accomplishments included being on the world-renowned Irish relay team consisting of himself, Eamonn Coghlan, Frank O'Mara and Ray Flynn.

In the future, although O'Sullivan may occasionally take a stab at masters records, he made it clear that he would not be a regular fixture on the masters scene. "People are talking to me about coming back to the masters...if I come back to the masters, someone who's

coming up in the masters' program will have to take a second seat. It's time for other people to share the limelight."

On his 3000m record, "I did it as low-key as I possibly could. My team is first and foremost." Because the Penn State track was a 200m banked hydraulic track, "...I thought it would be appropriate."

Having turned 40 in December, he said "I got on the Internet to see the masters records...to see what was available." Now, having the record under his belt, he may give some consideration this spring to an outdoor masters mile record but is not currently making any commitments.

Sharing a physio (trainer) in Florida with Eamonn Coghlan, when he was attempting the masters sub-4:00, O'Sullivan, lying on an adjacent table, personally saw the amount of time and emotional and physical effort involved in training for an M40+ sub-4:00 mile and said to himself at that time, "I don't want to be doing that at 40!"

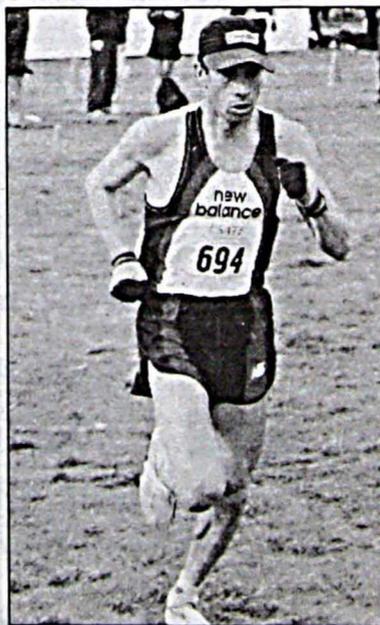
He loves coaching and sees it as an obligation to conscientiousness to do the best that he can for his athletes. Even though he has a business degree and could go into a perhaps more lucrative business career, he has a very firm commitment to coaching and says, "I can't imagine doing anything other than coaching." □

6K X-C

Continued from page 4
 squad.

The remaining men's team titles went to the Snohomish TC in the M50-59 (115:31), and the Oregon TC Masters in both the M60-69 (79:43) and M70+ (97:24).

The Oregon TC Masters women's team won the W50-59 (83:33). The Boulder RR, which brought some 60 runners to the championships, won the W60-69 (101:12) and W70+ (128:54) titles.



JERRY WOJCIK
 Eddy Hellebuyck, 41, first (19:15), National Masters Winter 6K Cross-Country Championships.

The race was held on the historic grounds of Fort Vancouver, across the Columbia River from Portland, Ore. It consisted of three 2000m laps, the last ending in a 100m straightaway to the finishing chutes. Stolz, of the OTCM, evaluated the course, "I thought it was deceptively tough, lots of tight turns, mushy turf, and side hills. A true cross-country course."

Most runners agreed, as did the officials and USATF bigwigs in attendance, including Bill Roe, USATF president, and Jerry Crockett, USATF LDR Chair, so much so that there has been talk of making it a permanent home for the Winter Cross-Country Championships. The 2003 race, already scheduled, will be held in Houston, Texas.

The number of masters entrants (197) was well over twice as large as last year's. On Friday, the masters event, scheduled for 1:30 on Saturday, was separated into two heats to avoid a stampede at the start and to give the women runners more exposure, women starting at 12:45, and men at 1:30. Of the 134 men and 52 women who started, all finished, in sunny conditions, a slight breeze, and temperatures in the high 40s.

Besides the masters events, the two-day affair offered a 4K community run, Junior Women's 6K, Open Men's 4K, and Open Women's 8K on the 9th, and a Junior Men's 8K, Open Women's 4K, and Open Men's 12K on the 10th.

Al Beck, of the USATF Oregon Association, served as meet director, all under the auspices of the Oregon Association. □



Physiologic D

A 10-year study has produced information on endurance performance

Maximal aerobic (VO₂max), the measure of the functional capacity of the respiratory system, declined at the whole as would be expected in those who exercise. This was a normal heart rate.

However, VO₂max is higher at all ages expected in non-exercising.

VO₂max also declined not at all in a sub group that maintained training intensity over the 10-year study.

The loss of VO₂max in those athletes who had a reduction in training intensity.

However, it is unclear how long training intensity is maintained in most people suggested that some years may be the limit of high intensity training for even, regardless of the person, be that reduced is part of the aging process maintaining training intensity become more difficult and increased risk of

The authors also set a threshold, which represents at which lactate begins to rise in the blood and may cause fairly rapid fatigue. This increased with training endurance athletes a higher percentage of VO₂max is commonly used to measure endurance performance.

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mainetrack_field@yahoo.com

Office: 207-581-1077; 207-581-2099 - Leave mailing address for entry form.

Write: 2002 Outdoor National Masters Championships
 Track Office, University of Maine
 Memorial Gymnasium
 Orono, ME 04469



Health & Fitness

By DR. STEVE HAWKINS

Physiologic Decline and Endurance Performance

A 10-year study of masters athletes at the University of Southern California has produced preliminary results. The purpose of the study is to provide information on rates of physiologic decline with age, and factors related to endurance performance, in a large (nearly 200) group of highly active individuals.

Maximal aerobic capacity (VO₂max), the measure of the functional capacity of the aerobic energy system, declined at the same rate in the whole as would be expected in non-exercisers. This was also true for maximal heart rate.

However, VO₂max was significantly higher at all ages than would be expected in non-exercisers.

VO₂max also declined very little or not at all in a sub group that maintained training intensity and duration over the 10-year study.

The loss of VO₂max was greatest in those athletes who had the greatest loss of muscle mass and the greatest reduction in training intensity.

However, it is currently unclear how long training intensity can be maintained in most people. It has been suggested that somewhere around 10 years may be the limit for maintaining high intensity training in the average person, regardless of age, and it may even be that reduced training intensity is part of the aging process. Lastly, maintaining training intensity may become more difficult with age due to the need for increased recovery time and increased risk of injury.

The authors also studied the lactate threshold, which represents the point at which lactate begins to accumulate in the blood and muscle leading to fairly rapid fatigue. Because it can be increased with training, allowing endurance athletes to exercise at a higher percentage of their VO₂max, it is commonly used to predict endurance performance and prescribe

exercise intensity.

However, the authors found that lactate threshold did not accurately predict performance in this group of athletes, and more importantly, that it increased with age rather than with training.

In fact, the best predictor of endurance performance in these athletes was VO₂max. It is thought that alterations in the muscle fiber composition of muscle with age might provide an explanation for the findings. The practical significance of these findings is that lactate threshold may not be a safe and effective means to prescribe exercise intensity in older athletes, as it represents a greater percentage of that individual's maximum capacity due to age rather than training.

Currently, manuscripts are being prepared describing the longitudinal changes in muscle strength, bone density, and cardiovascular disease risk. If you would like reprints of the articles published to date, please contact Dr. Steve Hawkins at shawkin@calstatela.edu or Dr. Bob Wiswell at wiswell@hsc.usc.edu. □

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 *Masters Age Records* book and will be listed in the paper as a *National Masters News* sustainer.



The Central Park TC women's 4x400 relay team, (from l): Mary Rosado, Denise Whitaker-Crain, Susan Krogstad-Hill, and Sylvie Kinche, after running a 4:50.03, Millrose Games, NYC, Feb. 1.

Women at Millrose

Continued from page 1

Masters women had been lobbying for the addition of this event for a number of years, since masters men have had the same event for over 18 years at the Millrose Games.

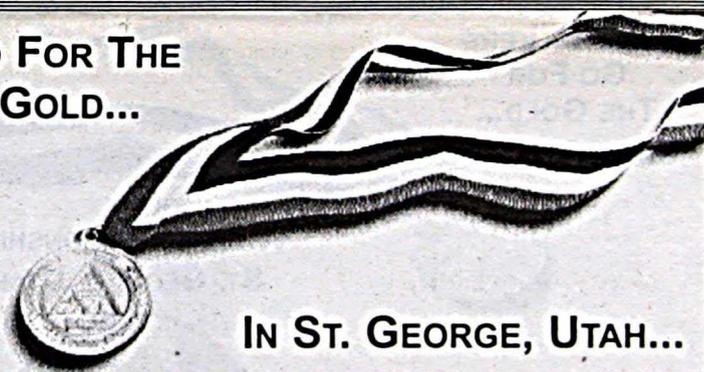
According to spectators, the race was competitive and exciting. Sid Howard, 63, a top masters runner, said, "Having this race at the Millrose Games is the biggest accomplishment

in masters women's track and field that I have seen in my 24 years of running."

The 24 women who ran that night are truly grateful to the owners of the Verizon Millrose Games, USATF, and Howard Schmetz, for the respective roles they played in permitting this historic event to take place.

We'll be back for more next year. □
(Please contact Mary Rosado at mvrosadoesq@prodigy.net if you are interested in having your team compete in the 2003 Millrose Games.)

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Masters Racewalking

By ELAINE WARD

Bernie Finch – Free Radicals and Workouts

The following is taken from an interview with Dr. Bernie Finch, a chiropractor with nutritional expertise. He is trained to read laboratory blood tests not just as a routine medical diagnostic tool to intervene in disease, but to analyze supplementation needed by athletes for their optimum nutrition and performance.

Free radicals are created during normal everyday activity when oxygen molecules are circulating in the blood and become depleted of electrical charges. Physical stress during a hard workout increases this depletion. As a consequence, the oxygen molecules become unusable and unstable. They become what we call free radicals.

A free radical is electrophilic (has an affinity for electrons) which causes it to stick to cells that have a normal charge. As it begins to adhere to a healthy cell, it obstructs the absorption of nutrients into the cell. This process begins to change the cell's metabolism and contributes to aging. The creation of free radicals is found in all living matter and cannot be stopped except by death.

Antioxidants

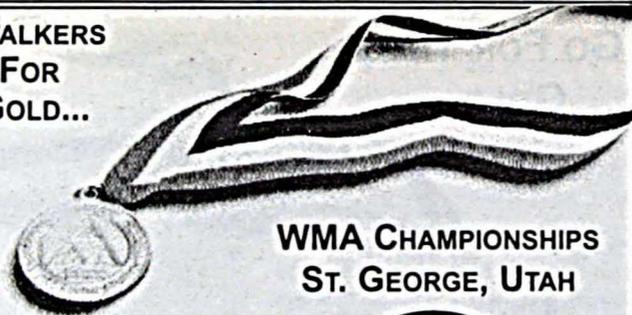
Antioxidants serve to combat the cellular damage caused by free radicals. An antioxidant donates an electron back to the free radical and makes the oxygen molecule usable again.

A common source of antioxidants is plants. For example, plants produce seeds in their fruit for procreation. As the fruit ripens, the seeds inside the fruit are the most vulnerable to oxidative stress or destruction from sunlight.

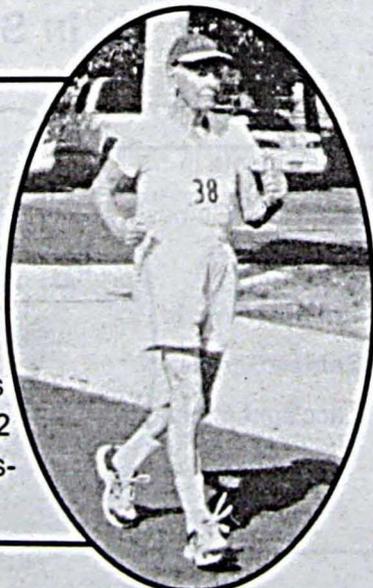
TWENTY YEARS AGO March 1982

- Boo Morcom, 61, Vaults 12-0³/₄ in Philadelphia
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JERRY WOJCIK

Rich Friedlander, of Missouri, winner of the M55 3000 racewalk, with an age-graded 93.5% 13:36.80, 2001 Masters Championships, Boston.

At this stage, the plant produces a tremendous amount of antioxidants to protect its seeds. It is a natural part of ensuring perpetuation of the plant species.

Being higher in the food chain, humans eat ripened fruit and draw the benefits of the plant's immune system. When we take the antioxidants produced by the plant into our bodies, they affect free radicals. This is the natural way to regulate our own systems.

Two Obstacles

However, in our society, we have two problems. First, during normal living we have to deal with an elevation of oxidative stress created by industrialization and pollution in air, water and food. As athletes, we add the additional physical stress of exercising in polluted air.

Secondly, farmers harvest fruits before they become mature in order to ship them to distant markets. There may be several days between harvesting and eating. As they are both immature and no longer fresh, they have diminished amounts of antioxidants. For this reason, many nutritionists stress the need to eat freshly picked, mature fruits and vegetables. However, this is impossible for most of us. The simplest solution in our industrialized, urban society is to supplement with antioxidant formulas.

Best Formulas

Within the last six or seven years, producers of supplements have begun to extract antioxidants from grape seeds and grape bark. One of the most potent antioxidants is known as Pycnogenol. However, Pycnogenol is expensive because it is hard to make in pill form. Another high-powered antioxidant is milk thistle or Silymarin. Fortunately, it is not necessary to use these antioxidants except in

cases of severe illness, as less expensive antioxidants work very well for most people.

Dr. Michael Murray, editor and publisher of the *American Journal of the Natural Medical Association*, published a study about five years ago showing that the old standby antioxidants, vitamin C preferably buffered with potassium, vitamin E, vitamin A in the form of beta carotene, and selenium are perfectly adequate and a lot cheaper. Most people do quite well on formulas containing these antioxidants.

Aid to Recovery

For regular use, antioxidants are best taken with meals when the digestive enzymes are available. They also are helpful to recovery after a stressful workout.

In endurance or demanding sports such as racewalking and basketball, athletes create a large number of free radicals. The quickest way to recover from their creation is to immediately ingest antioxidants to provide the extra electrons needed to turn them into normal oxygen molecules. Being water soluble, antioxidants rapidly absorb into the body, make their contribution and exit. They free up the agglutination that has occurred around healthy cells. This effect is particularly significant in the liver, as the liver is important to maintaining physical endurance, environmental immunity and waste disposal.

In summary, to gain optimum protection from free radicals, non-athletes should take antioxidants with their meals three times a day. Athletes should take them not only with their meals, but directly after strenuous workouts and competition. This habitual usage will counter the cellular damage caused by free radicals. □



JERRY WOJCIK

Sherry Brosnahan, W45 Outstanding Racewalker for 2001.



Competitive

In January, I had snow, rain or cold at Citrus College, age category. There's nothing showing ever at this terrific job by me!

This makes me want to have more meetings as we are in the paradigm. It is true that it is controlled by the available facilities. I wonder how I tried to run more meetings the year. I am sure I will!

Staying in Shape
The argument that

LeB

By ADAM ENGLE

The 35th annual Memorial Masters on Jan. 19 at Cornell University, Ithaca, N.Y., with women's heats. The quickly and turned. Both Katy Gottschalk who raced to a 6:49.05, qualified for Certificate of Excellence Marnell, 40, Locke, with a 6:12.92.

But most impressive, 67, South Wales, 8:52.68, at an age have given up on anything but a walk in

Speaking of walk elite heat of the world thing but that. Ma 32, Manlius, N.Y., pack, but the race. Kathy Martin, 51, Karen MacKenzie, Ontario, and Carol Pittsford, N.Y.

The three remain the first seven laps. Martin took what large enough lead in 5:25.01, with M back in 5:26.25, Hanna third in 5:2

The men's race heats. The first was resilience of the years separating the best, but only 2:26. Andre Goncarov, N.Y., 5:52.33, from O'Sullivan, West

The second he better scripted for Delaney, 45, with 72.0 pace first 4 huge lead through like Wile E. Coy



Track & Field Report

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

Competitive Opportunities Needed Year Round

In January, I had my first opportunity to compete in an outdoor meet without snow, rain or cold. It was at an extremely well organized weight pentathlon at Citrus College, Glendora, Calif. The meet was open to all ages, grouped by age category. There were 15 masters among the 70-100 competitors, the largest showing ever at this meet. It all went smoothly, and everyone had a great time. A terrific job by meet director Lloyd Higgins.

This makes me wonder why we don't have more meets all year long. I think we are in the paradigm of the school calendar. It is true that many meets are controlled by the availability of school facilities. I wonder how hard anyone has tried to run more meets at other times of the year. I am sure many of you will tell me!

Staying in Shape

The argument that we have to get into

shape isn't as applicable as it was when we were younger. I find that if I don't have some sort of a training regimen going all year round, I quickly lose whatever I have gained and it takes twice as long to get it back. I should be ready to compete most of the time, and I find that competition makes me better.

In the colder climates, we need more indoor meets. I know all the reasons why it *can't* be done. We need to find the

reasons why it *can* be done! A perfect example of this is in Lincoln, Nebr., where a gentleman, I believe by the name of Eastes, was wondering why the great facility at the University of Nebraska didn't have a serious elite meet. Through his hard work, he was able to start a meet that is now one of the most popular meets on the Golden Spike Tour. I am not sure if there were any masters in that meet.

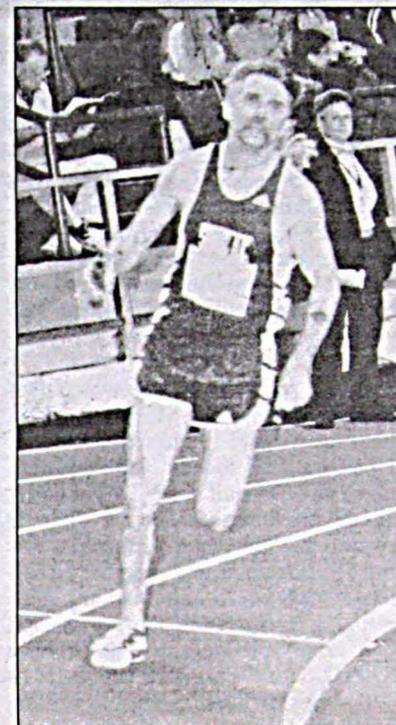
Many times, all we have to do is ask. We are seeing great examples of this all over the country at Millrose, USATF Championships, Drake, etc. Often this is a reward for working with the people who run the meet. It would be even better if it were a masters meet. I think we are making strides in this direction, but obviously we need to do more!

Milder Climates

How about more outdoor meets in mild climate areas during the winter months? Some people in the cold climates might welcome the opportunity, and travel to enjoy the mild weather and competition. I hope to test this theory in San Diego next winter.

And why do we bunch all our meets in June and July? Most of the country has good weather for more than two months.

If we train all year, why can't we compete all year?



JOE GUTY

Tony Plaster, 50, running a leg for the Shore AC in the Masters 4x400 Relay, Millrose Games, NYC.

LeBourne, Martin Master 35th Hartshorne Masters Mile

By ADAM ENGST

The 35th annual Hartshorne Memorial Masters Mile got under way on Jan. 19 at Cornell U.'s Barton Hall, Ithaca, N.Y., with the first of two women's heats. The runners spread out quickly and turned in excellent times. Both Katy Gottschalk, 60, Ithaca, N.Y., who raced to a 7:19.09, and Diane Sherrer, 50, Trumansburg, N.Y., in 6:49.05, qualified for the All-American Certificate of Excellence, with Lorrie Marnell, 40, Locke, N.Y., just missing it with a 6:12.92.

But most impressive was Edna Hyer, 67, South Wales, N.Y., who ran an 8:52.68, at an age when most people have given up on anything more strenuous than a walk in the park.

Speaking of walks in the park, the elite heat of the women's mile was anything but that. Mary Beth Romagnoli, 32, Manlius, N.Y., set the pace for the pack, but the race was clearly between Kathy Martin, 50, Northport, N.Y., Karen MacKenzie, 43, Toronto, Ontario, and Carolyn Smith-Hanna, 51, Pittsford, N.Y.

The three remained bunched through the first seven laps, but in the bell lap, Martin took what turned out to be a large enough lead to hold to the finish in 5:25.01, with MacKenzie one second back in 5:26.25, and Carolyn Smith-Hanna third in 5:28.62.

The men's race broke down into four heats. The first was a testament to the resilience of these runners, with 38 years separating the youngest and oldest, but only 2:26 separating first place Andre Goncarov, 41, Trumansburg, N.Y., 5:52.33, from 73-year-old Jack O'Sullivan, West Seneca, N.Y., 8:18.69.

The second heat couldn't have been better scripted for drama. Ithaca's Terry Delaney, 45, went out at a blistering 72.0 pace first 400 and maintained a huge lead through 800 in 2:35. Then, like Wile E. Coyote realizing that he

has in fact run off the edge of the cliff and is standing on thin air, Delaney dropped like a rock. Tim Ingall, 42, Lansing, N.Y., who'd led the pack, trailing Delaney through the first 800, then took the lead and held it through the bell lap.

But going around the final turn he was clearly tiring, with Tony Plaster, 50, of Neptune, N.J., coming up fast. Ingall pushed hard to the finish in 5:09.31 and managed to eke out the win by only 12-hundredths of a second over Plaster.

The race for third and fourth was almost as tight, with Eric Maki, 40, Cortland, N.Y., clocking a 5:10.12 and beating out Ken Simpson, 40, of Ithaca, by a mere 41-hundredths of a second.

Herb Engman, 56, Newfield, N.Y., running in his 15th Hartshorne Masters Mile, won the M55 age group with a 5:20.03. Before the race, he'd said that anything under 5:30 would make him "deliriously happy."

The third heat lacked the dramatic start and finish of the previous one, showcasing tactical skills backed by a strong kick by winner Mark Rybinski, 46, Manlius, N.Y., who came through the tape in 4:52.18.

The heat started off with the pack tightly clustered through two laps, breaking into two packs after the third lap and spreading out after five, when Dennis O'Brien, 52, St. James, N.Y., had taken the lead, only to lose it to Rybinski in the sixth lap.

With those excellent performances as a preview, the stage was set for the elite men's mile. The clear favorite was Anselm LeBourne, 42, Maplewood, N.J., ranked second M40 in the world in 2001 at 4:19. Also in the race was Tom Dalton, 42, Schenectady, N.Y., ranked fifth in the world in the same age group at 4:23, and Tim McMullen, 48, Churchville, N.Y., ranked first M45 with a 4:32.

The race started fast, thanks to rabbit Scott Weeks, Groton High School cross-country coach, who led them out in about 2:08 for the first 800. LeBourne had tucked in behind Weeks

Continued on page 12



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On The Run

By HAL HIGDON

7-7-70 Quest – Are We There Yet?

Thirteen miles into the Walt Disney World Marathon, part of the field began to peel off toward a Magic Kingdom finish. Many of those running Disney had opted for a half rather than full marathon. "Are we there yet?" I wanted to ask.

That's a question every parent with small children hears when they embark on a long journey. Kids don't comprehend time and distance, but those of us who run marathons know how far we must run: 26 miles, 385 yards.

Can't Quit Now

I was tempted to follow the half marathoners into the Magic Kingdom, but I knew I had 13 more miles to run. I had traveled too far and spent too much time to quit now. This was my 111th marathon since my first at Boston in 1959. More germane, it was my 7th marathon in 7 months, a challenge I chose to celebrate my 70th birthday. To complete the run of 7s, I had also pledged to help raise \$700,000 for 7 separate charities. With 170 miles behind, I was struggling because of cumulative fatigue. Those last miles would not come easy.

Fortunately, I had help. Jon Israel,

an attorney who had run 3:35 a month earlier in the Jacksonville Marathon, had agreed to pace me. That time was several hours faster than my planned time at Disney. I warned him: "Jon, running slow is tougher than you might think."

Jon signaled his readiness and also agreed to carry a cellular phone, so I could communicate with my wife Rose waiting at the finish line. I could assure her at frequent intervals that I was still moving.

Rain With a Sunny Interval

The weather was chilly as we began in pre-dawn darkness. Temperatures would rise into the mid-60s, not bad for Florida in January. A gusty wind both cooled and slowed us. Three hours into the race, it began to rain: light, then heavy, then light, then the rain stopped. The sun peeked through the clouds briefly.

Not everybody saw the weather identically. Late in the race, I overheard a woman behind talking into her cellular phone. "It's windy and has been raining for 8 miles," she grumbled to someone. I held out my palm and felt not a drop of moisture. "It must be raining 50 yards back," I told Jon.

Jon kept up a steady patten of conversation. I mostly grunted one-word replies. He phoned his wife and mine. He even talked to his mother-in-law! Could I have imagined back in 1959 that I would one day run marathons talking into a cellular phone?

Still Alive

Late in the race I became too fatigued for polite conversation. When Rose called around 20 miles, I said: "Just tell her I'm still alive." We had been winding through theme parks accepting high-fives from actors dressed as Mickey, Donald or Goofy,



JERRY WOJCIK

Tim Minor (612), 43, and David Olds, 42, running side by side at the end of 2K, National Masters Winer 6K Cross-Country Championships. Olds finished in 19:37, eight seconds ahead of Minor

but at that point my five wasn't very high. I was walking more than I was running. I didn't care about my time; all I wanted to do was finish.

Jon apparently felt the same. With several miles remaining, I noticed that even at this slow pace, he was beginning to feel the strain. "Are we there yet?" he asked.

Not yet, but soon I spotted a mouse-eared 26-mile marker. Exiting Epcot and turning a corner, I saw the sign that 7 months earlier had seemed only a dream: FINISH. My 7-7-70 journey was near its end. Jon and I clasped hands and even managed a few running steps crossing the line. Rose gave me a hug. We climbed into a van for transport to our hotel.

Still Smiling

My finishing time was 6:32:44, slowest of my 7 marathons; in fact, slowest of my 111, a true Personal Worst. If so, why was I smiling? I placed 7,351st out of 7,950 official marathon finishers, but even with the large number of charity runners at Disney, few could match my numbers. Contributions are continuing, but I estimate I raised \$916,000 for the 7 charities on my list.

Hartshorne Masters Mile

Continued from page 11

from the gun, with Dalton mere steps behind, and they maintained that configuration through the 800.

At that point, Scott Williams, 40, Corning, N.Y., was a good 20 yards back, and the pack, which had stayed close together, started to break up. As the runners went through 1200 meters, LeBourne took the lead as Weeks dropped away on the far turn. Dalton held tight in second, but at the bell lap couldn't catch LeBourne, who breezed through the tape in a smashing 4:22.24.

Dalton finished second in 4:26.27, and Williams, who'd held onto third the entire race, fought off an amazing kick from Tim McMullen to take third in

Reflecting back on what just might be my last marathon, it seems the only thing I forgot to do was cry crossing the finish line. Maybe I was too dehydrated for tears. Decades earlier, I had traveled to the Boston Marathon ready for a peak performance. I trailed the pack for 17 miles, then grasped the lead. For two giddy miles, I pushed the pace to break those behind me. I thought victory was mine. Then going up the second of the four Newton Hills, I was passed by the eventual winner.

I finished fifth in a career best time, but I had cried because I knew I never again would be able to summon the will to train that hard and run that well in a marathon – and I would never win Boston.

In running 7 marathons in 7 months to celebrate my 70th birthday, I now know I have crossed another personal Rubicon, but I do not yet know what lies on the other side. □

(Hal Higdon is a Senior Writer for Runner's World. If you want to support his 7-7-70 efforts, visit the following web site for information on how to donate: <http://www.halhigdon.com/7-7-70/donation.htm>)

4:40.26, with McMullen a mere second behind in 4:41.24, good enough to win the M45 race.

After the race, LeBourne was modest about his win, saying he was pleased because he had been entirely unsure what he could do, this being his first race of the season. It's nice to know that uncertainty exists even at the level he's running, but it sure would be nice to knock off a 4:22 mile after being unsure about what you can do.

The 35th annual Hartshorne Memorial Masters Mile was sponsored again this year by two of Ithaca's most loyal supporters of the masters mile, Ken Zeserson (Zeserson and Associates) and Cornell University emeritus professor Bob Babcock. □

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Sprinters Top Performers at Dartmouth

By JERRY WOJCIK
Speedsters in the optimum form on F Dartmouth Relays, the meet of the season, Leverone Field House, Jan. 1-13.

Dennis Melanson, Mass., took highest graded 97.5% 7.85, the 95% performance 57, Essex, Mass., Stookey, 71, of Maryland, 67, of Maryland, 93.5% 9.04. Gre Dorchester, Mass., with a 91.0% 7.23.

Stookey showed 55H with a 99.5% 9 the meet in the event four other hurdlers in M60. In the W65 67, and Barbara Johnson timed in 13.19, Melanson and the age-graded

Pierce, winner of the 14th World Veterans in Brisbane, stayed performance level 90.5% 25.91.

Barry Harwick, won the M45 150 89.5%. In the race Gordon McFarland was the best of 18:19.75. Paul Ganley won the M55 high jump

Denise Houseman, N.H., beat out M Dartmouth coach C 60, for bragging rights with a 90.5% 12.5 14.76/48-5/4. □



Denise Houseman, New put winner (10.1 Championships, Boston)

Sprinters Dash to Top Performances at Dartmouth

By JERRY WOJCIK

Speedsters in the 55m were close to optimum form on Friday, Jan. 11, in the Dartmouth Relays, the first major indoor meet of the season for masters, held at Leverone Field House, Hanover, N.H., Jan. 1-13.

Dennis Melanson, 68, Westwood, Mass., took highest honors with an age-graded 97.5% 7.85, slightly better than the 95% performances by Roger Pierce, 57, Essex, Mass., 7.40, and James Stookey, 71, of Maryland, 8.30. Audrey Lary, 67, of Maryland, chipped in with a 93.5% 9.04. Gregory McBride, 47, Dorchester, Mass., won the M45 race with a 91.0% 7.23.

Stookey showed his dominance in the 55H with a 99.5% 9.45, the best time of the meet in the event, which included four other hurdlers in age groups M45 to M60. In the W65 hurdles, Flo Meiler, 67, and Barbara Jordan, 66, were both timed in 13.19, Meiler getting the win and the age-graded honor at 87.8%.

Pierce, winner of the 400 (55.38) in the 14th World Veterans Championships in Brisbane, stayed at the world-class performance level in the 200 with a 90.5% 25.91.

Barry Harwick, 46, Hanover, N.H., won the M45 1500 in 4:15.86, A-G 89.5%. In the rarely run indoor 5000, Gordon McFarland, 53, Burlington, Vt., was the best of the field with an 18:19.75. Paul Gansle, 59, Albany, N.Y., won the M55 high jump with a 1.45/4-9.

Denise Houseman, 39, Manchester, N.H., beat out Meet Director and Dartmouth coach Carl Wallin, a recent 60, for bragging rights in the throws, with a 90.5% 12.52/41-1 to his 90.3% 14.76/48-5/4.



SUZY HESS

Denise Houseman, New Hampshire, W35 shot put winner (10.63), 2001 National Championships, Boston.

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The Weight Room

By JERRY WOJCIC

As The Indoor Closes, The Outdoor Opens Wider

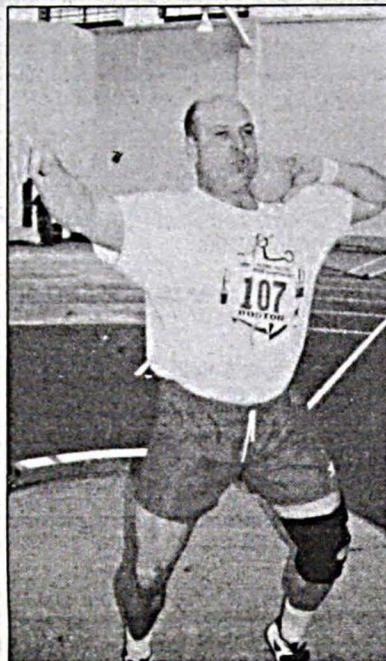
Later this month, many of us will be returning to Boston's Reggie Lewis Center for the sixth time to compete in the Indoor Championships. Although the novelty of the venue may be wearing thin, it's still one of the finest facilities and best conducted indoor meets we've been fortunate enough to participate in.

For some of us, an added incentive to show up is the opportunity to throw the WMA weights in an indoor championships. The WMA weights became official in the U.S. on Jan. 1, 2001, but their employment indoors was postponed until April 1, 2001, to take the pressure off meet directors, who would have had to replace the U.S. indoor weights with the WMA implements, some of which weren't readily available.

Fear of Travel

Some throwers who have to fly to Boston may decide not to participate this year because of the Sept. 11 attacks and subsequent repercussions on air travel. If you decide to forego a national championships this year, use that as a rationale to go to a couple more meets close to home than you did last year.

Most recent national championships have done well in attendance, but regional and association championships and local meets haven't fared as well. Throwers, particularly in the huge 50-59 groups, can turn out in substantial numbers, outnumbering the sprinters in some meets, and make the difference between a meet's losing money or showing a profit.



BOB CARR
Bob Carr, M40, of Tennessee, shot put silver medalist (14.03), 2001 Masters Championships, Boston.

Entry Fees

Most throwers will enter at least two events – the shot and discus – and some may add the hammer, javelin, and weights if on the schedule. Vince Sempronio, USATF M75 Athlete of the Year for 2001, enters all of those, plus the high jump, and does them all very well. With his entry fees, he is a walking, or I should say throwing, profit margin; we throwers should make an effort to follow his example this outdoor season, except for the high jump, in my case.

Can I Have Another Chance?

Before you start competing this spring, remember Rule 90.4(b). At least once a season, I encounter an official at a meet who says that every thrower has to have a qualifying mark in the first three attempts to go on to the finals, even though the competitors number just two or three. The poor individual is probably the meet director's conscripted-in-law who wants to do a good job but is a little vague on the rules.

I've never made an issue of it because if the word has gotten out that I'm with the NMN, the assumption is that I'm a smart-alecky know-it-all, which would be a valid assumption even if I weren't associated with the NMN.

So the frustrated, embarrassed athlete who has fouled his first two throws (very easy to do with the javelin) has to carefully "dump" the implement a couple of yards inside the sector beyond the toe board to assure a fair throw. This makes all of those present uncomfortable, even though it's sometimes good for a laugh, and deprives the thrower of a legitimate throw.

Know the Rules

Here's what Rule 90.4 (b) on p. 88 in the USATF 2001 Competition Rules says: 90.4 "In all field events other than the High Jump and Pole Vault: (b) Where there are eight (8) or fewer competitors (or nine (9) if nine (9) lanes are used around the track), all shall be allowed six trials, even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals."

Awards Committee Makes Changes

By PHIL BYRNE
Chairman, USATF Masters T&F Awards Committee

The awards committee would like to announce two important developments. First, as indicated in the January issue, in which we reported that the combined-events awards process was being reviewed, we will modify the procedure for 2002.

In the past, a mechanical point system, sometimes called a Grand Prix approach, has been used. Points were awarded for finishing in the top three places at the indoor and outdoor pentathlon championships, the indoor heptathlon championships, the national heptathlon/decaathlon championships, the WMA regional or world championships, and the national weight pentathlon championships.

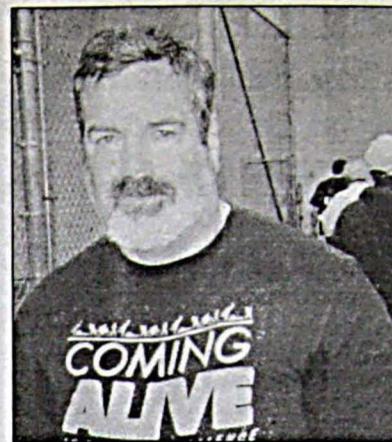
Actual points scored in these meets were not considered, which obviously placed a premium on competing in as many of these meets as possible, and disadvantaged those who could not make all of them.

After discussions with the awards committee, several combined-events athletes, and Jeff Watry, the combined-events chairman, the consensus seems to favor changing this approach. Therefore, beginning this year, we will look at the same meets, but will consider the actual points scored as well as the

Rankers Selected for 2002 Indoor Season

By JERRY WOJCIC
Masters T&F Rankings Coordinator
All of the events for the 2002 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 section by the May issue, send them (in meters for field events) with documentation (name of meet, date, site, contact person, etc.) before May 17 to the rankers below:

55m/60m/200/HJ/PV – Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229; e-mail: B6883578@aol.com



JERRY WOJCIC
Tim Edwards, Colorado, M50 silver medalist in the weight and superweight, 2001 Masters Indoor Championships, Boston.

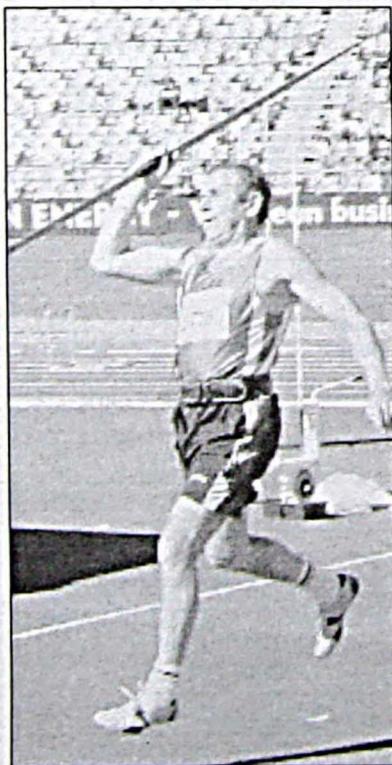
If you're competing on a two- or three-lane track, you're on your own. □

finishing place, records set, etc. In other words, we will use the same approach as is used for all other awards.

It has recently come to light that Denise McField, who was selected as the W45 Track Athlete of the Year, is a citizen of Jamaica, not the U.S. Therefore, she was ineligible for this award, and the committee has selected Jacqueline Board for the award. Denise came to this country at age 6, is married to an American, and, as she explained to me, has always thought of herself as an American. Unfortunately, she has not become one officially. She expressed her disappointment and her apology for the confusion this has caused.

This also means that in those races and meets where Denise was the winner, she should not have displaced U.S. citizens. It is not clear at this date whether the mistake was hers in completing the entry forms, or meet officials' in processing of same. It does, however, reinforce the need for all athletes and meet officials to exercise care in this particular aspect of entry form completion and processing.

Denise and Jackie are both fine athletes, and we wish both of them success in the coming years. We also congratulate Jackie on this award, and on the five national championships she can now rightly claim for 2001. □



JERRY WOJCIC
Javelin thrower Jaroslav Hovorka, 56, CZE, World Championships - Brisbane.

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Jim Manno

By FRANCIS S
One of the m
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Jim Manno of Masters captured incredible time of of the caliber of the have to look at American charts. sion, All-America is 18.0. At 81 years time was an astou better.

I have had the sure of knowing years. In the mid as a counselor in a alcohol treatment running team an Manno was one of North Jersey Ma over 20 resident ment center, both participate in No gious Ridgewood

Perfect Amba

Over the year Manno on and of always appeared "ambassador" to field, always grac most importantly assist another ath him or not.

One of the four North Jersey Ma as treasurer fro Always willing to that he feels has his involvement recognized Ridge years. Although c actively involved remains available advice to the vari

Manno feels runners is essen one of the bright meet is not the but "when we get ly talk to one a masters track at remembers his 1 master at Randal

Since that aus noon 27 years ; 120 indoor and

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To determ your subscri know of you or fax Cir Sonia Avila, fax 818-985 NMN, PO Hollywood C

P·R·O·F·I·L·E

Jim Manno, a Champion On and Off the Track

By FRANCIS SCHIRO

One of the most exciting races contested at the 2001 Penn Relays was not held among the world elite, the open ranks, the incredible collegiate talent assembled, or the formidable high school competition. It was contested by men aged 75+ in the 100m.

Jim Manno of the North Jersey Masters captured the gold with an incredible time of 15.32. To get an idea of the caliber of that performance, we have to look at the Masters All-American charts. In the M80-84 division, All-American status for the 100 is 18.0. At 81 years young, Manno's time was an astounding 2.68 seconds better.

I have had the privilege and pleasure of knowing Manno for several years. In the mid-80s when I worked as a counselor in a residential drug and alcohol treatment center, I started a running team among the patients. Manno was one of the members of the North Jersey Masters who allowed over 20 resident patients of the treatment center, both men and women, to participate in North Jersey's prestigious Ridgewood Run, free of charge.

Perfect Ambassador

Over the years, I have known Manno on and off the track. He has always appeared to be the perfect "ambassador" to masters track and field, always gracious and humble and, most importantly, always willing to assist another athlete whether he knew him or not.

One of the founding members of the North Jersey Masters, Manno served as treasurer from 1976 to 2001. Always willing to give back to a sport that he feels has given him so much, his involvement with the nationally recognized Ridgewood Run spans 27 years. Although currently he is not as actively involved as he once was, he remains available for consultation and advice to the various race committees.

Manno feels that "helping other runners is essential," and states that one of the brightest points in a track meet is not the awards presentation, but "when we get to sit down and really talk to one another." He came to masters track at age 55 and clearly remembers his first track meet as a master at Randalls Island in NYC.

Since that auspicious summer afternoon 27 years ago, Manno has won 120 indoor and outdoor New Jersey



JIM OTIS

Jim Manno and Frank Schiro, 2001 Penn Relays.

state championship titles, 15 national titles in the 200 and 400, and one gold medal as well as four silver medals in the world championships.

Hard Work

The path to these numerous awards and titles is paved with hard, diligent work. He offers this advice to masters athletes: "Train faithfully...stick to your personal schedule and be willing to make the sacrifices necessary for personal success." He strongly feels there are no "shortcuts" and feels that

FIVE YEARS AGO March 1997

- Craig Young (40, 64:39) and Alice Thurau (41, 75:48) First in Masters Half-Marathon Championships, Las Vegas, Nev.
- Steve Gallagher (41, 4:22.06) and Patti Ford (41, 5:19.38) Win Hartshorne Masters Mile, Ithaca, N.Y.
- Jutta Riegel, Canada, Ups W55 PV WR to 2.44; Joan Stratton Breaks Two W45 U.S. Throws Records at Dartmouth Relays
- Jane Welzel, 41, Places Fourth (2:44:55) in USATF Women's Marathon Championships, Columbia, S.C.

masters athletes in particular must be "realistic in their expectations based on progress developed in progressive workouts."

The sense I got from interviewing Manno is that he is incredibly deliberate in his approach to training. With 27 years of masters experience, he brings a tremendous empirical understanding of the dynamics of aging on performance, as well as training, to the starting line: "You can accomplish almost anything you desire within reason, if you are willing to work hard enough and long enough to get it."

Surpassing Expectations

Those words were resonating in my ears at the 2001 Masters Indoor Field Championships in Boston, Mass. As Pete Taylor, the announcer, introduced the field in the M80 200, I knew we were all in for something special, and it happened. Manno won in a pending world record 32.85, which beat the present All-American standard of 40.2 by more than seven seconds.

From his victory in a 1000-yard race at age 21 in 1942 at Madison Square Garden to his gold medal performance at the 2001 Penn Relays at age 81, Manno represents what is good about and so very special to masters athletics. His hard work and dedication continue to this day to bring results. His kindness, dignity and genuine concern for his fellow athletes make Jim Manno a true champion both on and off the track. □



GEORGE BANKER

Dan Lawson, 46, first M40+ (27:04), Jingle Bell Run 8K for Arthritis, Reston, Va., Dec. 1.



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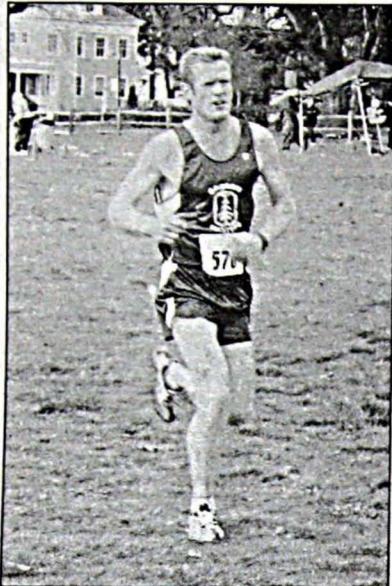
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Report from Britain

Ellmore Posts a W50 Best in the 10K

By BRIDGET CUSHEN

After her brilliant 37:27 in the BVAF 10K in October, Daphne



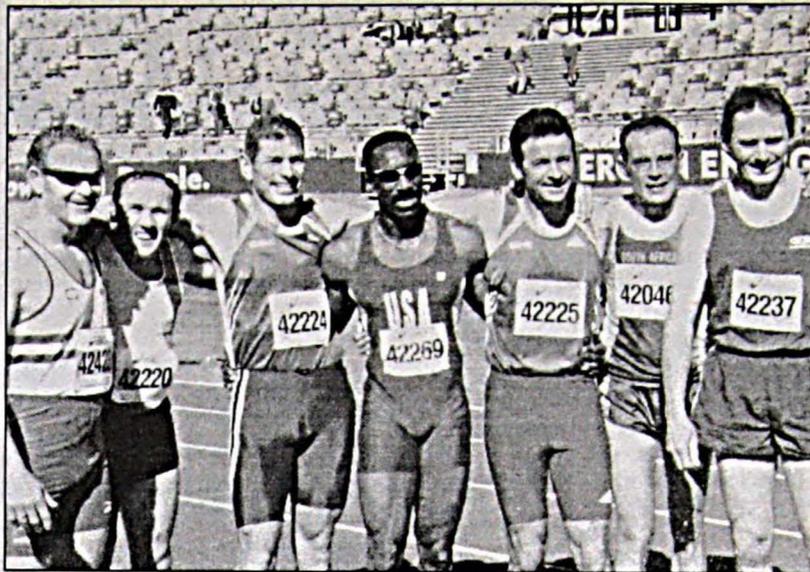
JERRY WOJCIK

Sean Evans, 40, first scoring member (20:01) of the Oregon TC Masters, National Masters Winter 6K Cross-Country Championships, Feb. 9.

Ellmore, 50, has now lowered the British 10K road best to 36:19, running in a large field of 2500 around Leeds' Kirkstall Abbey. She is visually impaired and prefers to run in the back of the pack. In the same race, Laurence Hellawell, England team reserve in the recent international cross-country races, won the M40 title in a personal best 31:15.

The island of Malta promotes a masters 10K road race each January. This offers British athletes a welcome break from the more Arctic weather. There was a great tussle this year between British runners, Mike Barron and Andrew Coleman, and a local Maltese, Martin Agius. After winning the Veterans AC 10 mile in 58:36 over a similar hilly course in November, Barron won in 35:57, with Agius just three seconds behind. Carol Galea, who represented Malta in the NYC Marathon, won the women's title in 36:48.

The Southern Counties VAC held their cross-country championships in a very muddy Lloyds Park, Croydon, Feb. 9. Sue Ogilvie travelled down from Oxford to take the W45 title in



JERRY WOJCIK

Finalists in the M40 100, World Championships-Brisbane, (from l): P. Delbaugh, GBR; B. Dupuys, FRA; S. Kondoszek, FRA; V. Barnwell, USA, 1st, 11.23; J. Mastin, FRA; T. Endrody-Younga, RSA, 3rd, 11.57; and G. O'Keeffe, AUS, 2nd 11.49.

23:25, and Pam Jones, now over-65 and still full of running, won that age group in 27:22.

At the Southern Counties Indoor Championships, Jenny Brown cleared 1.60 in the W40 high jump, Crystal Palace, Feb. 3. Alan Williams soared to 4.41 in the M45 pole vault. Val Parsons, who won the W55 100 and

200 in Brisbane, set a British 60m record with an 8.9.

Two of the oldest clubs in Britain have, for the first time ever, elected female presidents. Veteran runner, Clare Paulzer, is now president of the 112-year-old Herne Hill Harriers, and Anne Roden, W55, takes the chair of the South London Harriers. □

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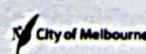


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Age Group	Race Distance
30-39	100m
40-49	80m
50-59	80m
60+	80m
30-39	400m
40-49	300m
50-59	300m
60+	300m

30-39	110m
40-49	
50-59	100m
60-69	100m
70-79	80m
80+	80m
30-49	400m
50-59	400m
60-69	300m
70+	300m

AGE GROUP	SHO
Women	
30-49	4
50-59	3
60+	3
Men	
30-49	7.26
50-59	6
60-69	5
70-79	4
80+	4

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Note: The 5
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WMA/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"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
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	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
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"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

MEN

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

IMPLEMENTS

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

*Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WMA weights are used for USATF weight pentathlons.

Note: The 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.
For all age-groups indoors, 5 hurdles are run.

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Masters Scene

NATIONAL

• The corrected M40 400H results from the 12th WAVA World Championships, Durban, show **Michael Pannell**, 43, USA, the bronze medalist with a 57.35. **William Cheadle**, 44, USA, was eighth (60.27). **Michael Coker**, 40, GBR, was first (55.60); **David Anderson**, 43, GBR, second (56.80).

EAST

• The M40-49 Whirlaway Racing Team lowered the 4x1600 world indoor best (17:51.3) they'd set in January by seven seconds to 17:44.35, Boston U. Valentine's Meet, Feb. 9. **Mike Cooney** (4:27.33), **Paul Hammond** (also 4:27.33), **Doug Martyn** (4:22.82), and **Craig Fram** (4:26.87) led the whole way over UMass-Lowell and the open Whirlaway team.

• **Ted Poulos**, 40, McLean, VA, 16:46, and **Laura Gaydos-Freix**, 40, Centerville, VA, with a female third-place 19:37, posted masters firsts, MADD Red Ribbon 5K, Alexandria, VA, Dec. 31. Second W40+ was **Betty Blank**, 48, Falls Church, VA, in 20:27. **Mary Ellen Gonyea**, 55, Alexandria, VA, ran a sprightly 23:13.

• **Marie-Louise Michelson**, 60, Stony Brook, NY, lowered her pending W60 WR (5:50.2, Jan. 6) for the 1500 with a 5:42.57, MAC Indoor Meet, 168th St. Armory, NYC, Jan. 18. **Brigitte Eklund**, SWE, owns the present record at 5:54.62.

• **Regina Jacobs**, who will be 39 on March 28, was named USATF's Athlete of the Week for Jan. 28, after setting a U.S. record of 2:35.29 for the 1000 in the adidas Boston Indoor Games, Jan. 27, at the Reggie Lewis Center, site of the 2002 National Masters Indoor Championships this month.

• The Central Park TC quartet of **Norman Goluskin**, **Dan Hammer**, **Jim Aneshansley**, and anchor **Sid Howard** (2:19.6) recorded an M60-69 best for the indoor 4x800 with a 10:15.2 at the NYRR Thursday Night at the Races Meet, 168th St. Armory, Jan. 24. The present best is 10:32.8 by a USA team in 1999.

• **David Baldwin**, M50, Maine RWers, with a second-place 16:04, and **Maryanne Torrellas**, W40, Connecticut RWers, also with a 16:04 for third, were first masters in the 2002 Mal 3K RW Championships, Milford, CT, Feb. 10. Team honors went to the CRW trio of **Torrellas**, **Lee Chase**, W40, 16:27, and **Ann Percival**, W40, 17:44.

• **Jaime Cuitiva**, 42, 16:37, and **Corinna Cortes**, 40, 20:17, were the super masters at the Gridiron Classic 5K, Central Park, NYC, Feb. 3. Age-group stars included **Sid Howard**, 62, 19:52, and **Sylvie Kimche**, 55, 21:26.

• First masters in the Lucky 7-Mile Reversible, Central Park, NYC, Jan. 26, were **James Stemm**, 41, 39:06, and **Yukiko Nishide**, 40, 48:47. **Mary Nathan**, 61, 54:26, and **Daniel Murphy**, 46, 39:57, stood out in their divisions.

SOUTHEAST

• **John Tuttle**, 43, Douglasville, GA, was the top 40+ racer at the Pomoco Group Running Crab Half-Marathon, Hampton, VA, Feb. 2, finishing fifth overall, 1:11:41, earning him the RRCA National Masters Title. **Joan Nesbit Mabe**, 40, Chapel Hill, NC, the '96 U.S. Olympian at 10K and '95 U.S. X-C Champion, made an auspicious debut as a masters runner, after her 40th birthday Jan. 20, with her third-place overall, and national title-winning, 1:21:42. **Chuck Moeser**, 50, Sterling, VA, turned in a solid 1:15:51.

• **Luanne Coulter**, 40, Charlotte, NC, 2:56:59, was the first woman to finish the Charlotte Observer Marathon Run For Peace, Jan. 19.

• It was a women's masters sweep at the

Florida Gulf Beaches Marathon, Clearwater, FL, Jan. 20. The top three women finishers were **Lisa Valentine**, 40, Tierra Verde, FL, 3:02:21; **Ellen Bloome**, 41, Boca Raton, FL, 3:24:03; and **Nancy Cole-Hryciw**, 48, 3:27:07.

• At the 13th Naples Daily News Half-Marathon, Jan. 27, **Ramilia Burangulova**, 40, Gainesville, made the most of her familiarity with the course by winning outright in 1:14:08, defeating a competitive women's pack that included several other tough Russian-Floridians. **Tatyana Pozdnyakova**, 46, also of Gainesville, took a breather from her incredible racing this fall to jog through a leisurely 1:17:53, W45 win. **Debra Wagner**, 50, Fort Myers, FL, ran a 1:20:53 for third W40+. **Volodymyr Buchanov**, 41, Gainesville, tossed off a 1:10:31 to take the M40+ from **Gary Romesser**, 51, Indianapolis, 1:13:57.

MID-AMERICA

• **Ron-Parks**, 40, captured first overall in the longer race with a 72:19, Run Short/Run Long 5K/20K, Tulsa, OK, Jan. 26. **Teri Cassel**, W40, was first W40+ in 84:46. **Tom Lam**, M40, 18:21, and **Marcela Morgan**, W50, 24:24, took masters firsts in the 5K. **Paul Heitzman**, M70 2001 LDR Runner of the Year, won the M70 race in 91:55.

• **Mark Curp**, 43, bested the men's field with a 32:21, Groundhog Run 10K, Kansas City, MO, Feb. 3. **Carol McFall**, W40, was the W40+ counterpart in 41:17. **Ronnie Wilson** won the M55 race in 40:12.

SOUTHWEST

• **Colin Williams** broke **Stan Druckrey's** M45 WR (8.43, 1994) for the 60mH with an 8.36 in the Sooner State Indoor Games, U. of Okla., Norman. **Mary Lou Bradford** upped the W65 PV WR to 2.00, held by **Leone McDaniel**s at 1.99, in 1993. **Courtland Gray**, 58, ran the 60H in an A-G 99.3% 9.12 and 60m in a 95.4% 7.92. **Sheppard Miers**, M60, hit 41-8 $\frac{1}{2}$ with the 5k SP; **David Salazar** won the M50 800 in 2:10.80, better than his third-ranked 2:12.43 in 2001.

• **Tom Kennell**, 80, Santa Rosa Beach, FL, broke the M80 TJ AR with a lengthy 26-1 $\frac{1}{2}$, Jackson Indoor Meet, Jackson, MS, Jan. 20. **Benjamin Fox** (AZ) holds the present record at 22-10 $\frac{1}{2}$ set in 1987. **Mac Allen**, 44, showed some college runners his heels in the mile with a 4:45.4.

• **Paul Zimmerman**, 41, Beaverton, OR, posted a 1:09:07 M40+ win at Austin, TX's 3M Half-Marathon, Feb. 3. **Jeanne Lasee-Johnson**, 44, made quick work of the women's 40+ field with a speedy 1:16:43.

WEST

• **Vitas Ezerskis**, M40, 2:25:44, and **Mary Chute**, W40, 2:48:54, hit the masters jackpot with wins in the Las Vegas Marathon, Feb. 2. **Helen Klein** won the W75 race with a high-ranked 4:51.26. **John Sinclair**, M40, 69:45, and **Marie Boyd**, W40, 76:24, were odds-on with masters wins in the half-marathon. **Brad Pace**, M45, was M40+ runner-up in 70:55. Other high rollers included division winners: **Don Coffman**, M55, 75:35, **Jack Brennand**, M60, 85:24, **Marina Jones**, W45, 83:38, and trackster **Yvette Lavigne**, W60, 96:06.

• **Nolan Shaheed**, M50, in 33:00, and **Anette Cooper-Meyer**, W40, in 40:33, nabbed the masters wins, Paramount 10K, Paramount, CA, Jan. 12.

• **Hal Smith** broke his newly approved M65 SP AR (47-7 $\frac{1}{2}$ /14.52) with a 49-7 $\frac{1}{2}$ /15.12 in the Martin Luther King, Jr. Weight Pentathlon, Citrus College, Glendora, CA, Jan. 19. The mark age-graded to a 22.84, worth a whopping 1278 points in his total of 4329, but not good enough to win the M65 contest, which went to **Bob Ward**, top



SUZY HESS

Pat Wagner, 40, third scoring member of the winning M40-49 Oregon TC Masters finishing in 20:42, National Masters Winter 6K Cross-Country Championships, Feb. 9

scorer with 4474.

• Hawaii Masters TC meets run from March 3 through Dec. 15 at Kaiser HS, Honolulu, and include regular pentathlons, WPs, and decathlons. Contact HMTC president **Kevin Kruszona**, 808-237-8937.

• **Joe Laturnau**, 45, 18:16, and **Rachel Portner**, 48, 19:28, surfed to masters firsts, Bob & Ron's 5K, Honolulu, Jan. 13. **George Murray**, 77, 26:46, and **Mollie Chang**, 69, 26:14, breezed to age-group wins. **Gerry Lindgren**, 53, former Olympian, held off steeplechaser **Ron Pate**, 55, to win the M55 contest by five seconds with an 18:53.

• In the Harold Chapson Memorial 8K, Honolulu, Feb. 3, **Craig Knohl**, 42, in 28:42, and **Sarah Rogers**, 42, in 33:19, cruised to 40+ firsts. **Michael Georgi**, 49, won the M45 race with a second-M40+ 29:10.

• **Linda Somers-Smith**, 40, San Luis Obispo, CA, stamped to a 57:32 for third overall at the Cal Ten Miler, Stockton, CA, Jan. 13. **Maria Trujillo de Rios**, 42, Los Gatos, CA, finished in 62:23 for second W40+. **Shirley Matson**, 61, Larkspur, CA, blazed to a 68:34.

• The International Friendship Run 5K that accompanied the Las Vegas Marathon, Feb. 2, saw some speedy 40+ performances. **Jeff Gardner**, 42, Henderson, NV, pulled a 15:45 third-place overall finish out of his hat. **Tony Grappo**, 50, Las Vegas, topped the M50, 17:31, and **Bill Harding**, 62, Galveston, TX, came up from sea level to turn in a 19:17 M60 win.

• Last year's winner, **Andrey Kuznetsov**, 44, RUS/Rockville, MD, 2:23:23, was third overall this year at the San Diego Marathon, Carlsbad, CA, Jan. 20. **Danny Reed**, 41, Laguna Niguel, CA, ran an 88.5% 1:09:38 for seventh place overall in the half-marathon. **Ramilia Burangulova**, 40, Gainesville, FL, 1:16:14, was fifth overall in the women's 13.1.

• **Kevin Broady**, 40, Brea, CA, won the Pacific Shoreline Half-Marathon outright, Jan. 27, 1:09:53.

INTERNATIONAL

• **Gary Little** broke the M60 world best for the 3000 RW with a 14:04.71, Auckland, NZ, Centennial Championships, Feb. 10. Little is holder of the M45 (12:06), M50 (12:18), and M55 (13:00.00) WBs. The present M60 top time is 14:16.0 by **M. Dickenson** in Melbourne in 1999.

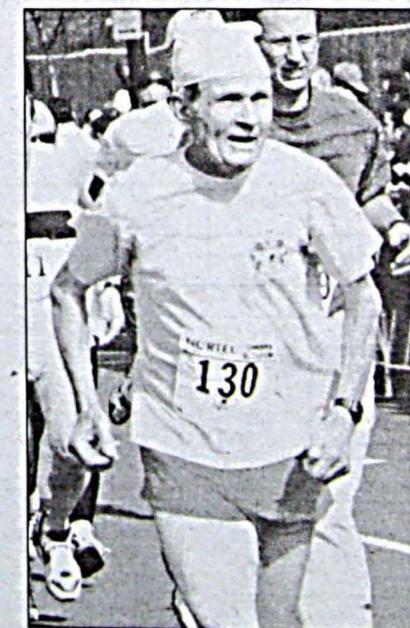
• **Stanley Immelman**, Johannesburg, SA, a recent 55, broke the M55 WR for the 800 with a 2:03.7 on Dec. 1, 2001, reports SA correspondent **Leo Benning**. **Tom Roberts** (AUS) set the present record of 2:05.7 in August 1989.

• **Klaus Liedtke**, M60, of Germany, holder of the present M50 and M55 SP and DT WRs, scored 5642 points in the 2001 World Throwers WP in Tata, Hungary, with big points for his DT of 63.48, which surpasses the WR of 63.26 by **Klaus Albers**, Germany. His 5642 also betters the M60 WR of 5334 by **Wladyslaw Kowalczyk**, Germany, but it may not be acknowledged. Reports are that the WT implements were non-WMA specs, and some throwers used the illegal "one-arm" technique.

OBITUARIES

• **Andy Palmer**, 48, *Running Times* Senior Editor, died while on a long run in Moses Cone State Park, near his home town of Blowing Rock, N.C., from an apparent heart attack on Feb. 2. Palmer, a native of Maine, became a sports psychologist and performance enhancement specialist after receiving his Ph.D. from Florida St. U., and for over 20 years was owner and director of the Maine Running Camp in Bar Harbor. He was a two-time Olympic Trials qualifier in the marathon, and, in 1984, held the U.S. record for the 30K for 29-year-olds and had the 10th fastest U.S. 10-mile time (47:52). Palmer and his wife, Zika, had just finished building their dream project, the ZAP Fitness and Training Center, near Appalachian St. U., scheduled to open this summer offering training camps, corporate retreats, and a full-scale elite-athlete development program. A memorial service for Palmer, held in Cumberland, Me., Feb. 10, was attended by more than 200 friends and family members in the state where the effects of his coaching and running camps were most long lasting.

• **Rev. Hubert Morgan**, Mountain Top, Pa., passed away on Jan. 27, only months short of his 80th birthday. Morgan was a school teacher for 14 years in the Seventh Day Adventist system, after which he became a minister. In 1957, at age 35, he ran his first Pikes Peak Marathon and placed fourth in 5:51:23 (3:32:50 ascent/2:18:33 descent). In 1959 (4:36:05) and 1960 (4:40:53), he was second. At age 53 in 1975, he set what was to be his PR in the marathon, an eighth-overall 2:48 in the Atlantic City Marathon. In order to raise money for a church in Sayre, Pa., he ran across the U.S., starting in February 1982 at age 60. It took 89 days, six days per week, and an average of 40+ miles a day. He considered this the high point of his running career. He still holds the U.S. 10-mile record for age-58 (58:12) and age-63 (61:28), and age-62 records for the 10K (36:41) and 20K (76:55).



GEORGE BANKER

Hubert Morgan, at 74, running the 24th Nortel Cherry Blossom 10 Miler.

USA track and 30 unless otherwise national masters of age 40. International over 35. Entry blank printed in the new or corrections to M

TRACK

NAT

March 1-2. Master USATF National Championships, Armory Center & Men's Mile only Coordinator, 949-5

March 2-3. USA Indoor Heptathlon Carthage College, Watry, 24302 77th

March 22. USA Indoor Pentathlon Men: 60H/LJ/SP/HJ/SP/LJ/800. See

March 22-24. USA Indoor Championship Center, Boston. Ste

Association, 617-5 www.usatfne.org

June 21-23. Master USATF Open Cham Mark Cleary, MA 589-0242; runnem

July TBA. USA Decathlon & He City TBA, NJ. Je Paddock Lake, V son.com

August 8-11. 35th Masters Champi Orono. Rolland Memorial Gymna 207-581-1077; r

September 7. U Weight & Super West Seattle SW Hillcrest Ave. St 932-3923; kwein

November 9. U Weight Pentath Amant, La. Jeff Gonzales, LA 70

Connecticut, Maryland, New Jersey, Pennsylvania

March 1. LITF Brentwood, N.Y. March 3. US Championships 349-9157; Spol

March 3. L Championships, N.Y. 9:00 am. v

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 1-2. Masters Invitational Events at USATF National Open Indoor Championships, Armory Center, NYC. Women's 400 & Men's Mile only. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net; www.xro.com/cleary.html

March 2-3. USATF National Masters Indoor Heptathlon Championships, Carthage College, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

March 22. USATF National Masters Indoor Pentathlon Championships, Boston. Men: 60H/LJ/SP/HJ/1000; women: 60H/HJ/SP/LJ/800. See below.

March 22-24. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

June 21-23. Masters Invitational Events at USATF Open Championships, Stanford U. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net; www.xro.com/cleary.html

July TBA. USATF National Masters Decathlon & Heptathlon Championships, City TBA, NJ. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. jwatry@parkson.com

August 8-11. 35th annual USATF National Masters Championships, U. of Maine, Orono. Rolland Ranson, U. of Maine, Memorial Gymnasium, Orono, ME 04469. 207-581-1077; mainetrack_field@yahoo.com; http://www.ume.maine.edu/~track/trackfield.html

September 7. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

November 9. USATF National Masters Weight Pentathlon Championships, St. Amant, La. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930.

EAST

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

March 1. LITF Indoor Meet, Suffolk CC, Brentwood, N.Y. 6:30 pm. www.litf.org

March 3. USATF Long Island Indoor Championships, Brentwood, N.Y. 516-349-9157; Spolansky@aol.com

March 3. LITF Association Indoor Championships, Suffolk CC, Brentwood, N.Y. 9:00 am. www.litf.org

March 9. USATF Maine Championships, Bowdoin U., Brunswick. M/O. www.meusa.tf.org

March 11. Maryland Senior Olympics Indoor Meet, Towson U. Open to non-state. Phil Adams, Sr. Olympics, Towson U., Unit 1939, Towson, MD 21252. 410-704-4456; www.towson.edu/solympics

March 16. Philadelphia Masters Indoor Championships, Haverford College. 3:00 pm. phillymasters@netreach.net

March 16. Potomac Valley Association Indoor Championships, Episcopal HS, Alexandria, Va. Tim Baker, 301-588-4426; tbake03@attglobal.net

March 17. USATF Connecticut Indoor Championships, New Haven. 203-322-1964; gatewaytc@aol.com

April 6. 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 27. Legends Mile, Washington & Jefferson College, Washington, Pa. M&W40+. 12:00 pm. See April 6.

April 27. USATF Adirondack Masters Championships, Guilderland, N.Y. 518-435-4500.

April 28. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

May 12 & 26. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

May 15-19. Long Island Senior Games, Suffolk Community College, Brentwood, N.Y. LISG, PO Box 1024, Smithtown, NY 11787. 631-265-2966; fax: 265-5239; www.longislandseniorgames.org

June 1. Throw-a-thon, Albright College, Reading, Pa. 15 implements - 3 implements per event, i.e., M60 6k, 5k, 4k HT; W40 600g, 500g, 400g JT. 3 throws per implement. WP scored individually and as team of two. 9:00 am. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

June 2. Superweight & Ultraweight Meet, See Ray Feick, June 1.

June 2. Garden State AC Classic, Randolph, N.J. Open/Submasters/Masters. Madeline Bost, PO Box 458, Ironia, NJ 07845. Morton Hahn, 973-625-1764.

June 9 & 23. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

June 29. West Penn TC Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9:00 a.m. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

July 27. USATF East Regional Masters Championships, Springfield College, Springfield, Mass. www.usatfne.org

August 31-September 1. USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st.

SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; www.pvtc.org

SOUTHEAST

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

March 1-10. Polk Senior Games, Bartow, Fla. Qualifier for Florida Sr. Games Championships. PSG, 515 E. Boulevard St., Bartow, FL 33830. 863-533-0055.

March 2. Virginia Masters Indoor Championships, Virginia Military Institute, Lexington. SASE to John Tucker, Meet Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. http://home.wlu.edu/~tuckerj

April 19-20. AARP/USATF Georgia Masters Championships, Ted Wright Track, Savannah St. U. Includes pentathlon. Open & out-of-state welcome. Jim Hite, director, 478-982-4881; jimjoyce@jeffersonenergy.com

May 3-5. 32nd annual Southeastern U.S. Masters Meet, NC St. U., Raleigh. Pent/WP/5K & 20K RWs/Relays. SE US Masters, Box 590, Raleigh, NC 27602. 919-831-6640; www.geocities.com/southeastermasters

May 4. Jacksonville TC Masters Meet, Jacksonville, Fla. 904-388-7860.

June 1. Furman Track Classic, Furman U., Greenville, S.C. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

June 8. Birmingham TC Classic/Southeast Police & Fireman Championships, Samford U., Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jscc.cc.al.us. Entry form in April NMN.

June 15. Middle Tennessee St. U. Masters Meet, Murfreesboro, 615-851-2630.

MIDWEST

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

March 9. USATF Midwest Regional Masters Indoor Championships, Lincoln-Way Central HS, Central Campus Field House, Rte. 30, New Lenox, Ill. Mike Davis, 605 Lambeth Ln., New Lenox, IL 60451. 815-485-2879 (eve. & weekends).

April 6. USATF North Region Masters Indoor Invitational & All Comers Meet, Proviso West HS, Hillside/Chicago. USATF Illinois, PO Box 7019, Villa Park, IL 60181-7019. 630-953-2052; www.usatfillinois.org

April 13. Grand Valley St. U. Meet, Allendale, Mich. 616-895-3360; baltesj@gvsu.edu

June 9. USATF Indiana Championships, Indiana St. U., Terre Haute. Mark Rodriguez, Arena-Track Office, Indiana St. U., Terre Haute, IN 47809. 812-237-4044; web.indstate.edu/athletic/track/usasch02.html

MID-AMERICA

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

March 9. USATF Minnesota Indoor Championships, Bethel College, Arden Hills. USATF MN Indoor Championships, 1115 20th Ave. NE, Minneapolis, MN 55418.

April 18-20. Kansas U. Relays, Lawrence. Masters mile/800/100. 785-864-3486; kansasrelays@kuathletics.com

April 21. USATF New Mexico Weight Pentathlon, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax:

ON TAP FOR MARCH

TRACK AND FIELD

Three events for you to pick up a USATF Masters Championship patch: Indoor Heptathlon, Kenosha, Wisc., on the 1st-2nd; Indoor Pentathlon, Boston, Mass., on the 22nd; and Indoor Championships, Boston, 22nd-24th. The Midwest Regional Indoor Championships come in between in New Lenox, Ill., on the 9th. Glasgow, Scotland, hosts the BVAF Indoor Championships on the 16th-17th.

LONG DISTANCE RUNNING

The LDR Ultras will turn out for the Masters Championships/GNC 50K, Pittsburgh, Pa., on the 23rd. The remaining slate includes the L.A. Marathon on the 3rd; Gate River Run 15K, Jacksonville, Fla., on the 9th; Shamrock Masters 8K, Virginia Beach, Va., on the 16th; Fifty-Plus 8K, Palo Alto, Calif., on the 17th; and the Martian Marathon, Northville, Mich., on the 23rd.

RACEWALKING

The USATF Masters 3000m Championships go off on Sunday, the 24th, in Boston □

565-8387; email: foneskn@aol.com
April 27. Drake Relays Masters Men's Invitational Mile, Drake U., Iowa. Mark Cleary, runnermark@cox.net. Entry deadline March 31. Travel expenses for top 3 seeds; race purse structure determined in March. Entry standard 4:30 or better. European athletes welcome. Travel expenses will not be covered for foreign athletes among top 3 seeds.

May 18-19. Rocky Mt. Qualifier/USATF New Mexico Masters Championships, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

July 7. USATF New Mexico Masters & Open Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 30. Lions Waterloo Meet, Lake Travis HS (near Austin), Texas. lionswaterloo@earthlink.net.

April 13. USATF Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Plus superweight and ultraweights. Jeff Baty, 321 E. Josephine St., Gonzales, LA 70737. 225-644-6930; louisianatrack_field@hotmail.com

April 13. El Paso Senior Games, El Paso, Texas. Marge Davis, 650 Wallenberg, El Paso, TX 79912. 915-581-9525.

July 27. Texas Masters Championships, site TBA. Wayne Bennett, vwrunner@aol.com; www.dallasmasters.com

Continued from page 19

September 19-22. Arkansas Senior Olympics T&F Events, Hot Springs. Qualifying for 2003 NSGA Championships. AR St. Olympics, PO Box 3377, Hot Springs, AR 71914. 502-321-1441; email: arsolymp@hotsprings.net

WEST

Arizona, California, Hawaii, Nevada

March 2. Grand Canyon State Winter Games, Tempe, Ariz. 480-949-1991; usafaz@worldnet.att.net

March 9. KelField Throws Meet #103, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

March 16. Arizona Regulation Meet, Glendale CC. See March 2.

April 5-7. Palm Desert Senior Games, Palm Desert, Calif. Coachella Valley Recr. & Park District, 45-571 Clinton St., Indio, CA 92201. Chrystal Arceneaux, 760-568-2560; www.cvrpd.org

April 6. KelField Throws Meet #104, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; email: kelfield@aol.com

April 6-7. Phoenix Invitational, Glendale, Ariz. 480-949-1991; email: usafaz@worldnet.att.net

April 20. Arizona Regulation Meet, Chandler HS. See April 6-7.

April 25-May 19. Reno Senior Games, Reno, Nev. Heather Ramsey, 775-334-2262.

April 27. Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; Bob Flint, 480-939-1991. www.azmasters track.com

May 5-6. Sacramento Senior Games, Sacramento, Calif. 916-949-1191; kespos to@cityofsacramento.org

May 11. Southern California Striders Meet of Champions, Long Beach St. U. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

May 17-18. USATF Arizona Championships, Glendale CC, 480-949-1991; usafaz@world.att.net

May 18. USATF Central California Association Championships, Visalia, Calif. Bob Higginbotham, 1036 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 26. Dan Aldrich Memorial Meet, UC-Irvine, Calif. Mac McCormick, 949-305-2358.

June 8. Saddleback Masters Relays, Saddleback College, Mission Viejo, Calif. SASE to SM Relays, 26063 Saratoga Ave., Laguna Hills, CA 92653-6295.

June 15. Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Christel Miller, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniocenter.org

June 27-29. Elko Senior Games, Joyce Mills, 775-777-2292.

NORTHWEST

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

March 9. Connell Hammer Festival, Connell, Wash. 10:00 am. Ken and Sharon Sellereite, 509-234-8606; sellersj@bossig.com

March 16. Oregon TC Masters Hayward Field Mini-Meet, Eugene, Ore. No pre-reg or fee. Post HS only. 9:00-11:30 am. frleu gene@aol.com

April 13. Oregon TC Masters Hayward Field Mini-Meet, Eugene, Ore. No pre-reg or fee. Post HS only. 9:00-11:30 am. frleu gene@aol.com

May 4. Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

May 25. Oregon Senior Olympics, Silverton. Silverton RC, Box 783, Silverton, OR 97381. Amy Castle, 503-873-8577(h)

June 1. Seattle Parks Department Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094.

June 14-15. Montana Senior Olympics, Bozeman. Open to out-of-state. MSG, 2200 Bridger Dr., Bozeman, MT 59715. Kay Newman, 406-586-5543.

June 22-23. Portland Masters Classic/Oregon Association Championships, Mt. Hood CC (Portland area). Paul Stepan, 3011 NE Linden, Gresham, OR 97030. 503-666-8950; lstepan@yahoo.com

June 29-30. Hayward Masters Classic, Eugene, Ore. Chuck Hammonds, 541-344-3000; info@haywardclassic.com; www.haywardclassic.com

July 13-14. State Games of Oregon, Mt. Hood CC (Portland area). General info: 503-520-1319; t&f: Keith Maneval, 503-667-7140.

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet).

July 19-20. Big Sky Games, Billings, Mont. MT residents only. General info: 406-254-7426; www.bigskygames.org

July 20. Inland Northwest Masters Meet, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 27. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

August 8-11. Wyoming Senior Olympics, Evanston. Open to out-of-state. Steve Liechty, Evanston Parks & Recr., 275 Saddlebridge Rd., Evanston, WY 82930. 307-789-1770; www.eprd.net

October 7-19. Huntsman World Senior Games, St. George, Utah. 10K, 5K, 1500. Contact: 800-562-1268; www.seniorgames.net

CANADA

March 2. 33rd Ontario Masters Indoor Championships, York U., Toronto. Brian Keaveney, 426 Valermo Dr., Etobicoke, ON M8W 2L9, Canada.

INTERNATIONAL

March 16-17. BVAf Indoor Championships/Scottish Championships, Kelvin Hall International Sports Arena, Glasgow, Scotland. www.bvaf.org.uk

March 29-April 1. Australian Masters National Championships, Adelaide, SA. (08) 8258-1969; colinhai@senet.com.au

April 13-14. Argentina Masters of the Americas Meet, Mar del Plata. Confederacion Atletas Veteranos de la Republica Argentina (CAVRA), Los Platanos 773 (7600) Mar del Plata.-Bs.As. Argentina. Tel/fax: 54-223-4819717; veteranos@yahoo.com

May 3-4. South Africa Masters Championships, Bellville Stadium (25K from Cape Town). Includes Deca/Hepta/10K & 20K RW. Basil Carnie, 38 Bolus Rd., Table View, Cape Town, SA 7441. 23-21-5578621.

May 4-5. VIII Elbio D. Porta Meet, Santa Fe, Argentina. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

August 15-25. 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg

e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenberg.de

August 20-24. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico.

October 5-13. World Masters Games, Melbourne, Australia. Multi-sport. WMG, Locked Bag 2002, South Melbourne, VIC 3205, AUST. E-mail: info@2002worldmasters.org; www.2002worldmasters.org

November 3-10. 11th South American Championships, Cochabamba, Bolivia. Pablo Vera, PO Box 24, Cochabamba, Bolivia. 591-4 4263068; fax: 591-4 4119200; anambol2002@yahoo.com

July 2-13, 2003. 15th World Masters Athletics Championships, Carolina, Puerto Rico. www.puertorico2003.org

LONG DISTANCE RUNNING**NATIONAL**

March 23. USATF National Masters Championships/GNC 50K, Pittsburgh, Pa. Chris Gibson, 1475 Laurel Dr., Pittsburgh, PA 15235. 412-560-6406; Chrisgnc50@yahoo.com

May 2-5. RRCA 45th Annual National Convention, Norfolk, Va. RRCA, 703-836-0558; www.rrca.org. Elizabeth River Run 10K/RRCA National Championships, May 4.

June 1. USATF National Masters Women's Championships/Freihofer's 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

July 27. USATF National Masters Championships/White River 50 Mile Trail, Crystal Mountain, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 206-325-4800; www.whiteriver50.org

August 24. USATF National Masters Championships/Headlands 50K Trail Race, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-636-4655; www.headlands50k.org

September 14-15. USATF National Masters 24-Hour Championships, Olander Park, Sylvania, Ohio. Dan Brannen, 4 Strawberry Ln., Morristown, NJ 07960. 973-898-1261; danbrannen@earthlink.net

September 29. USATF National Masters Marathon Championships/Twin Cities, Minneapolis/St. Paul, Minn. TCM, Inc., 2925 Dean Parkway, Ste. 110, Minneapolis, MN 55416. 612-925-3500; fax 925-3532; www.twincitiesmarathon.org

October 19. USATF National Masters Championships/Edmund Fitzgerald 100K, Duluth, Minn. Sue Olson, 157625 Judicial Rd., Burnsville, MN 55306. 952-892-1108; www.edmundfitz.com

October 26. USATF National Masters 15K Championships/Tulsa Run, Okla. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-1939.

November 3. USATF National Masters 8K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620. 716-242-9031; www.gvh.net

November 24. USATF National Masters 5K Cross-Country Championships, Holmdel, N.J. Madeline Bost, PO Box 10120, New Brunswick, NJ 08906. 732-296-0006; www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401.



JERRY WOJCIK

Pam Turner, 56, W55 winner (28:00), National Masters Winter 6K Cross-Country Championships.

joe@venuesports.com; www.resultzone.com/xcnatls

EAST

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

March 2. Little Cow Harbor 4 Mile, Greenlawn, L.I., N.Y. LITF, 516-349-9157; www.litf.org

March 9. Runnin' of the Green 4 Mile, Green Island, N.Y. 518-435-4500; www.hmrrc.com

March 10. Boston Beanery 5K, Uniontown, Pa. 724-437-6050, x239; www.fcaa.org

March 10. Massachusetts Law Enforcement Half-Marathon, Melrose, Mass. 781-662-0091 www.runedge.com/raceboard

March 17. Kings Park 15K, Kings Park, L.I., N.Y. See March 2.

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

March 24. Washington, D.C., Marathon. 703-528-8176; www.washingtondcmara thon.com

April 6. Nationwide Run for Aspire 10K/USATF LI Championships, Plainview, N.Y. LITF, 516-349-7646; www.litf.org

April 7. Nortel Cherry Blossom 10 Mile, Washington, D.C. 301-320-3350; www.cherry blossom.org

April 15. BAA 106th Boston Marathon. www.bostonmarathon.org

April 16. USATF Men's Open 8K Championships, Central Park, NYC. NYRR, 212-860-4455; www.nyrr.com

April 21. Runner's World Half-Marathon & 5K, Allentown, Pa. www.runnersworld.com/halfmarathon

April 21. Penn Relay Carnival Distance Classic 20K & 5K, Philadelphia. Runners Advocate, 2005 Country Club Dr., Doylestown, PA 18901.

April 21. Kingston Classic 10K, Kingston, N.Y. 518-273-5552; info@usatfadir.org

April 27. Tom Robinson Masters 10K, Guilderland HS, Albany, N.Y. 518-435-4500; hmrrc.com

April 27. Triple Crown Trail Races 3.1 Mile, 6.2 Mile, & 13.1 Mile, Newark, Del. 302-453-0859; johnmack@udel.edu

April 28. New Jersey Shore Marathon, Long Branch. 732-578-1771; njshoremara thon.org

Continued on page 21

Continued from page 19

May 5. Canon Meadow, N.Y. S Unit, Eisenhowe 11554. 516-572-412-647-7866; thon

May 5. Blue Philadelphia, Pa. P.O. Box 1854. 215-563-6184; v

May 18. Kennet RW, Kennet \$ www.kennetrun

May 26. Key B Burlington, 800-

May 26. Nissan N.Y. 716-694-5 com

SO
Alabama, Flo
S. Carolina

March 2. Reec South Carolina 864-467-5780; com

March 9. Gat Open Champio Fla. www.1stpla

March 10. Hop Florida Champ 574-3399; fax: children10k.org

March 16. Sha 8K, Masters 8K Va. 866-742-6 fest.com

March 17. U Southern Regio Fla. 727-733- rr.com

March 23. Az Ala. SASE to Box 6427, Me 7223.

March 24. G RRCA Souther Germantown, 17384, Memp 2618.

March 30. W RRCA Souther Brooksville, Fl net

April 6. Coop Walk, Charle www.bridgeru

April 13. Ukr Richmond, Va backers.org

April 27. Cou Marathon, Na www.cmmara

April 27. Old City Pacers, 36660. 251-4

Illinois, Indi
Wi

March 23. Mich. 248-3 thon.com

March 24. L 8K, Chicago.

April 21. W Bloomf balewski@tw

April 21. Spi 630-816-464

April 21. Gla

Continued from page 20

May 5. Canon Long Island Marathon, East Meadow, N.Y. SASE to LI Marathon, Sports Unit, Eisenhower Park, East Meadow, NY 11554. 516-572-0248.

May 5. Pittsburgh Marathon, Pittsburgh, Pa. 412-647-7866; www.upmc.edu/pghmarathon

May 5. Blue Cross Broad Street Run, Philadelphia, Pa. Blue Cross Broad St. Run, P.O. Box 18543, Philadelphia, PA 19129; 215-563-6184; www.broadstreetrun.com

May 18. Kennett Square Run 5K, 10K & 5K RW, Kennett Square, Pa. 610-388-1556; www.kennetrunkennett.net

May 26. Key Bank Vermont City Marathon, Burlington. 800-880-8149; www.vcm.org

May 26. Nissan Buffalo Marathon, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com

SOUTHEAST

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

March 2. Reedy River Run 10K/USATF South Carolina Championships, Greenville. 864-467-5780; www.greenvilletrackclub.com

March 9. Gate River Run 15K/USATF Open Championships & 5K, Jacksonville, Fla. www.1stplacesports.com

March 10. Hope for Children 10K/RRCA Florida Championships, Naples, Fla. 941-574-3399; fax: 436-6780; www.hopeforchildren10k.org

March 16. Shamrock Sportsfest Marathon, 8K, Masters 8K, & 5K RW, Virginia Beach, Va. 866-742-6762; www.shamrocksportsfest.com

March 17. Unicorn Classic 5K/RRCA Southern Regional Championships, Largo, Fla. 727-733-5063; colmike@tapmurphy.com

March 23. Azalea Trail Run 10K, Mobile, Ala. SASE to Azalea 10K-Reg. FN, PO Box 6427, Mobile, AL 36660. 251-473-7223.

March 24. Germantown Half-Marathon/RRCA Southern Regional Championships, Germantown, Tenn. Harry Scott, PO Box 17384, Memphis, TN 38187. 902-212-2618.

March 30. WFYRC 50 Mile Fools Run/RRCA Southern Regional Championships, Brooksville, Fla. 727-535-8468; ediet@gte.net

April 6. Cooper River Bridge 10K & 8K Walk, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 13. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.org

April 27. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

April 27. Old Mobile 8K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

MIDWEST

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

March 23. Martian Marathon, Northville, Mich. 248-347-4568; www.martianmarathon.com

March 24. LaSalle Bank Shamrock Shuffle 8K, Chicago. www.shamrockshuffle.com

April 21. West Bloomfield Half-Marathon, W. Bloomfield, Mich. 248-738-2500; balewski@twp.west-bloomfield.mi.us

April 21. Spring Ahead 5K, Naperville, Ill. 630-816-4642

April 21. Glass City Marathon, Toledo, Ohio.

419-385-7520; www.ToledoRoadrunners.org

April 27. Kentucky Derby Festival Mini-Marathon & Marathon, Louisville. 502-584-6383; kdf.org

April 28. Michigan Trail Marathon, Ann Arbor. 734-769-5016; trailmarathon.com

April 28. Cleveland CVS Marathon, Cleveland, Ohio. 800-467-3826; clevelandmarathon.com

May 4. Indianapolis 500 Festival Mini-Marathon & 5K, Indianapolis, Ind. 800-638-4296; www.500festival.com

May 5. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; www.flyingpigmarathon.com

May 11. Old Kent River Bank Run 25K/Open M&W Championships, Grand Rapids, Mich. Tricia Vandenberg, runinfo@riverbankrun.com

May 25. Ogden Newspapers 20K Classic, Wheeling, W. Va. Ogden Mile on 24th. Ogden20Kclassic.com; email: Ogden20K@aol.com

MID-AMERICA

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

April 20. 33rd annual Longest Day Marathon, Half-Marathon, 5K, 5K RW, & Relays, Brookings, S. Dak. Charles Roberts, 2034 Monarch Ln., Brookings, SD 57006. www.prairiestriders.net

April 27. Get-In-Gear 10K, Minneapolis, Minn. 612-722-9004; www.getingear10k.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 9. Bayou City Classic 10K, Houston, Texas. 713-784-3915; www.bayoucityclassic.org

March 9. Beacon on the Bay 25K, Lake Hefner, Oklahoma City. www.okrunner.com

March 30. The Grasslands Run 10 Mile, 25 Mile, & 50 Mile, Decatur, Texas. 817-410-2401; 4suzi@ix.netcom.com

April 6. Bellaire Trolley Run 5K, Houston, Texas. 713-662-8280; www.alrcusa.org/trolleyrun.htm

April 7. Red Bud Classic 10K, Oklahoma City. www.okrunner.com

April 7. Austin American-Statesman Capitol 10,000, Austin, Texas. 512-445-3598; statesman.com/cap10k

April 21. New Orleans Marathon. 504-443-2400; neworleansmarathon.com

April 28. Oklahoma City Memorial Marathon, Oklahoma City, Okla. Marathon, relays, walks. 405-525-4242; www.okcmarathon.com

May 11. Route 66 Challenge 8K, Davenport, Okla. www.okrunner.com

WEST

Arizona, California, Hawaii, Nevada

March 3. Los Angeles Marathon. 310-444-5544; www.lamarathon.com

March 3. Sutter Home Napa Valley Marathon/RRCA National Championships, Napa, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609; www.napa-marathon.com

March 10. Leigh and Lucy Steinberg Spirit 10K, Newport Beach, Calif. Kinane Events, 949-451-4520; www.kinaneevents.com

March 10. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

March 17. Fifty-Plus 8K, Palo Alto, Calif. Also 5K RW, Fitness Walk, & Generation Relays. Mark Winitz, 50+ Fitness

Association, Box 20230, Stanford, CA 94309. 650-323-6160; www.50plus.org

March 24. Ventura Half-Marathon, Ventura, Calif. Inside Track Running Shop, 1410 E. Main St., Ventura, CA 93001. 805-643-1104.

March 24. Houlihan's Across the Bay 12K, San Francisco. runnrhody@aol.com

April 6. Santa Anita Derby Days 5K, Arcadia, Calif. Masters - 7:45 am. Kinane Events, 760-434-1601; www.kinaneevents.com

April 7. Carlsbad 5000, Carlsbad, Calif. Separate races for M40+ & W40+. Elite Racing, 858-450-6510; www.eliteracing.com

April 21. Jimmy Stewart Relay Marathon, Los Angeles. 310-829-8968; stjohns.org

April 28. Big Sur International Marathon, Carmel, Calif. 831-625-6226; www.bsim.org

May 1. Jacqueline Hansen Tough Topanga 10K, Topanga, Calif. 310-455-8612; jghan sen@aol.com

May 4. Hillsea 7.57 Mile, Huntington Beach, Calif. Staggered start. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline

May 5. Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, Calif. www.humboldt1.com/~avenue

June 16. Platinum Performance State Street Mile, Santa Barbara, Calif. Meghan Reinschild, 805-568-2316; www.sbmile.com

NORTHWEST

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

March 24. Mercer Island Half-Marathon & 8K, Mercer Island, Wash. 206-236-5323, x920; www.RaceCenter.com

April 6. Yakima River Canyon Marathon, Ellensburg, Wash. Bob & Lenore Dolphin, 425-226-1518; www.ontherun.com/yrcom

April 20. Oregon Marathon Relay, Marathon, & Mini-Marathon Walk, Eugene. 8:00 am-Marathoners/Walkers; 9:00 am-Relay Runners. Oregon TC Masters, Jack Anderson, 541-485-6707; jackanderson@ram-mail.com; Dick Weeks, 687-2574.

May 5. Bloomsday 12K, Spokane, Wash. www.bloomsdayrun.org

May 19. Capital City Marathon, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

May 27. Up the Lazy River 10K/Oregon RRC Masters Championships, West Linn (10 miles s. of Portland), Ore. David Cook, 619 N.W. Alpine Terrace, Portland, OR 97210. 503-226-6993; dave-cook@attbi.com; www.orrc.net

CANADA

April 21. Vancouver Sun Run 10K, Vancouver, B.C. 45,000 runners. 604-689-9441; www.sunrun.com

May 5. Vancouver International Marathon & Half-Marathon. 604-872-2928; www.adidasvanmarathon.ca

May 11-12. National Capital Race Weekend, Ottawa, Canada. Marathon, Half-Marathon.

INTERNATIONAL

March 16-17. Argentina National Masters Cross-Country Championships, Olavarria. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

March 23. BVAF Cross-Country Championships, Mansfield, England. www.bvaf.org.uk

March 24. Rome Marathon. 800-444-4097;

www.marathontour.com

March 30. Two Oceans 56K & Half-Marathon, Cape Town, South Africa. www.TwoOceansMarathon.org.za

April 7. Paris Marathon. 800-444-4097; www.marathontour.com

April 14. London Marathon. 800-444-4097; www.marathontour.com

April 28. Maraton Popular de Madrid, Madrid, Spain. www.mapoma.es

May 18. BVAF Road Relays, Sutton Park, Birmingham, England. www.bvaf.org.uk

May 24-26. WMA Non-Stadia Championships, Riccione, Italy (s. of Venice). www.riccione2002wma.org

June 8-9. Argentina National Masters 10K & Marathon Championships, Bahia Blanca. CAVRA, tel/fax: 54-223-4819717; veteranos@yahoo.com

June 23. Brugge Veterans Race, Brugge, Belgium. Jacques Serruys, Kammakerstraat 37, 8000 Brugge, Belgium. 0032-50-341781; fax: 0032-50-334325; email: evaa.serruys@skynet.be

July 27-28. BVAF Championships, Cophall, North London, England. www.bvaf.org.uk

RACEWALKING

March 24. USATF National Masters Indoor RW Championships, Boston. See National T&F Schedule.

April 7. USATF Missouri Valley 5K & 20K RW Championships, Columbia, Mo. 573-6675.

April 14. National Invitational Racewalks, Manassas, Va. Bob Briggs, 703-913-6335 (before 8:00 pm Eastern); www.pvtc.org

April 20. Regional 10K RW Championships, Seattle. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

May 5. USATF National Masters 30K RW Championships, Sacramento, Calif. Ann Gerhardt, Buffalo Chips Club. PO Box 19910, Sacramento, CA 95819. 916-457-3466; fax: 457-0151.

June 2. USATF National Masters 15K RW Championships, Evansville, Ind. Mike Hudson, Southern Indiana RWers, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-477-0304; fax: 477-5836.

June 15. Crown Valley Senior Olympics, Pasadena CC, Pasadena, Calif. Qualifier for 2002 Calif. Sr. Games Championships. Jim Hanley, director. Contact: Cynthia Rosedale, 626-685-6754; fax: 577-4235; email: cpr@pasadenaseniorevents.org

August 8-11. USATF National Masters 5000 (9th) & 10K (11th) RW Championships, Orono, Me. See National T&F Schedule.

September 1. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, Shore AC, 28 N. Locust St., W. Long Branch, NJ 07764. 732-222-9080; elliottden@aol.com

September 21. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-349-6406; bbaker@preferred.com

September 28. USATF National Masters One-Hour RW Championships, St. James, N.Y. Michael Roth, Walk USA, 185 Lake Ave., St. James, NY 11780. 631-584-9824; mjroth@IX.netcom.com

October 7-19. Huntsman World Senior Games, St. George, Utah. Contact: 800-562-1268; www.seniorgames.net

October 20. USATF National Masters 20K Championships, Coconut Creek, Fla. Dan Koch, Florida AC, 3331 N.W. 22nd St., Coconut Creek, FL 33066. 954-970-9634; fax: 970-0382; racewalker@cyberagency.net

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39									
Noah Hinkaton	800	1:59.84	7-25, 28-01						
M40-44									
Eugene Anton	55mH	8.9	1-5-02						
Patrick Clark	3K	9:18	7-3-88						
WF Newhall	3000I	8:20	2-18-01						
Richard Srnka	55m	7.1	1-11-02						
M50-54									
Michael Wiggins	5K RW	24:47	9-22-01						
Valentino Martinez	Discus	152	10-10-01						
	Discus	168-4	9-16-00						

M55-59									
David Golden	200	28.09	8-11-01						
Dale Herring	200	28.09	7-7-01						
James Noone	3000I	11:15.2	1-27-02						
M60-64									
Chuck Bartholomew	100	12.97	8-10-01						
	LJ	4.7m	12-1-01						
	200	27.80	8-25-01						
Raymond Lebowitz	100	13.12	12-1-01						
Terry Simons	D	138-11	7-21-01						

M65-69									
Donald Levesque	SW	5.08	3-5-01						
Paul Robillia	1500	5:43.01	1-5-02						
	1500	5:35.7	1-28-02						
Phil Shipp	SP	39.7	2-17-01						
Vern Spencer	SW	6.78	3-24, 28-01						
	W	12.87	3-24, 28-01						
	H	38.50	9-1, 2-01						
	WP	3668	9-1, 2-01						
KM Thomas	60m I	8.3	12-16-01						

M70-74									
David Wilson	J	105-6	10-12-00						
Jack Gray	10K	48:13	2-2-02						
W35-39									
McLin Anderson	100	13.83	8-28-99						
	200	28.72	8-28-99						
	400	63.49	7-9-00						
W45-49									
Martha Lutz	200	31.37	1-26-02						



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 1/4	6-1/4	5-9/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/4	3-3/4	2-7/4	
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	
	14-5/4	13-5/4	12-11/4	12-1 1/4	11-7/4	10-0	8-10/4	7-10/4	7-6/4	6-6/4	5-10/4	4-3/4	
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	20-1/4	19-2/4	18-4/4	17-8/4	16-1/4	14-9	13-9/4	12-5/4	10-11/4	9-4/4	7-2/4	
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	
	43-3/4	41-4/4	37-8/4	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-6	19-5/4	
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	42-11/4	39-4/4	42-0	37-8/4	36-1/4	29-6/4	26-3	19-8/4	
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	72-2/4	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	65-7/4	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 1/4	45-11/4	42-8	39-4/4	32-9/4	29-6/4				19-8/4	16-4/4	13-1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/4	32-9/4	29-6/4	23-11/4	17-4/4	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	29-6/4	27-10/4	26-3	19-8/4	18-1/4	16-4/4	14-9	11-5/4	9-10	8-2/4	6-6/4	
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: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
 3) Long hurdles: 30-49: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
 4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
 5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
 6) Hammer: 30-49: 7.26k (16#); 50-59: 5k; 60-69: 5k; 70+: 4k
 7) Javelin: 30-49: 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 Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS 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	76.6	80.0	83.0	84.0	86.0	98.0	104.0	
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40	
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10	
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00	
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00	
100H	17.2	18.2										
80H					15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0
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	3-2 1/4	3-0 1/4	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	
	8-10 1/4	7-10 1/4	6-10 1/4	5-10 1/4	4-11	3-11 1/4	3-7 1/4	3-3 1/4	2-11 1/4	2-7 1/4	2-3 1/4	
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	11-1 1/4	10-6	10-2	8-6 1/4				

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 / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

FLRC Indoor Meet Cornell U., Ithaca, NY; Dec. 11

55m	
M40 David Szafran	8.34
M45 Adam Mozeleski	7.58
M55 Buk Nakeed	9.21
M65 Don Farley	9.06
W30 Christine Beach	7.26
W45 Irene Thompson	7.80
200m	
M40 David Szafran	29.55
M45 Adam Mozeleski	28.12
M55 Buk Nakeed	33.72
M80 Verne Rockcastle	41.70
W30 Christine Beach	36.87
W45 Irene Thompson	29.54
800m	
M40 Casey Carlstrom	2:13
M45 Ken Florence	3:03
M50 Joe Daley	2:31
M55 Herb Engman	2:35
W30 Christine Beach	3:06
W45 Irene Thompson	2:51
W50 Diane Sherrer	3:23
3000m	
M45 Mark Rybinski	9:49
Gary Radford	9:49
M50 Leo O'Conner	12:22
M55 Herb Engman	11:04
M65 Don Farley	12:27
W30 Christine Beach	12:56
W45 Audrey Balandier	12:24

FLRC Indoor Meet Cornell U., Ithaca, NY; Jan. 6

55m	
M35 Roger Langley	8.28
M40 David Szafran	8.25
M45 Adam Mozeleski	7.56
M55 Buk Nakeed	8.91
W45 Irene Thompson	7.84
400m	
M35 Ben Cardamone	71.0
M40 David Szafran	67.0
M45 Adam Mozeleski	67.0
M50 Norm Ward	75.0
M55 Buk Nakeed	74.0
M65 Fred Schlereth	67.0
W45 Irene Thompson	65.0
W60 Katy Gottschalk	62.0
1 Mile	
M30 Chris Pszeniczny	4:47
M35 Roger Janeczic	4:55
M40 Casey Carlstrom	4:48
M45 Dave Worden	4:55
M50 Tom Powers	6:01
M55 Herb Engman	5:31
M65 Chuck Collins	6:45
M75 Franklin Moore	7:27
W30 Sarah Hale	5:48
W40 Lorrie Marnell	6:17
W45 Suzanne Aigen	7:55
W50 Diane Sherrer	7:04
Two Mile	
M35 Kevin Bandru	10:44
M40 Tim Ingall	11:15
M45 Tom Ryan	11:16
M50 Tom Powers	11:35
M55 Bob Dattoia	13:00
M65 Don Farley	13:35
W30 Karen Grover	14:18

Philadelphia Masters Indoor Meet

Swarthmore College, PA; Jan. 6

55m	
M35 Clifton Vassell	7.20
M40 Howard Bolton	7.60
M45 Terry McKechnie	7.20
M50 Gary Arend	7.50
M55 Ron Shamwell	7.70
M60 Bill Bittner	8.10
M80 Dave Hall	11.00
W30 Aimee Louise	8.00
800m	
M40 Chuck Shields	2:14.8
M45 Russ Patton	2:16.2
M50 Frank Schafer	2:48.6
M55 Carl Landis	2:39.7
M80 George Blyn	4:10.3
W40 Lorraine Jasper	2:33.3
W45 Pat Waterhouse	3:21.5

1 Mile	
M40 Jim Cuono	5:02.9
M45 Dave Clelland	7:31.4
M55 Carl Landis	5:50.9
M80 George Blyn	9:43.2
W40 Lorraine Jasper	5:32.4
W45 Pat Waterhouse	6:58.1
W50 Diane McManus	7:47.7
3000m	
M30 Chris Carroll	10:08.6
M40 Keith Davies	9:59.0
M45 Joe Fego	11:52.8
M50 Ron Salvio	12:12.3
M80 George Blyn	19:40.7
W30 Amy Sonstein	13:19.9
W40 Lorraine Jasper	12:26.1
W45 Pat Waterhouse	14:25.4
W50 Diane McManus	15:08.0
High Jump	
M50 Ron Salvio	1.30
M85 George Braceland	1.00
Pole Vault	
M35 Mike Lauryk	3.97
M45 Don Severn	3.36
M50 Mitch Farbstein	2.44
M55 Carl Grossman	1.83
Long Jump	
M80 Dave Hall	2.45
M85 George Braceland	1.92
W30 Aimee Louise	4.30
Shot Put	
M30 Rich Costello	12.42
M50 Mitch Farbstein	10.64
M85 George Braceland	6.01

Dartmouth Relays Hanover, NH; Jan. 11

55m	
M30 Corbin Lang	7.35
M35 Daniel L'Abbe	6.98
Andrew Gamble	7.53
M40 Chris Hansen	7.51
Paul Felix	7.77
M45 Gregory McBride	7.23
Richard Clark	7.71
Mark Fields	7.88
M50 Nathan Robinson	7.24
Peter Hull	7.61
Tom Cunningham	7.73
M55 Roger Pierce	7.40
Richard Sealey	7.63
Doug Geertgens	7.93
M60 Walter Thorne	8.03
Phil Byrne	8.33
M65 Dennis Melanson	7.85
Richard Crook	8.56
Dave Hanlon	9.43
M70 James Stookey	8.30
Burton McIver	14.01
M75 John Meeks	10.10
Georg Steinmeyer	10.56
M80 Vern Mattson	12.68
M50 Margaret Curtis	8.71
Elizabeth Riordan	8.97
W60 Hannelore Boerner	9.40
W65 Audrey Lary	9.04
Barbara Jordan	9.10
Flo Meiler	9.90
W75 Alverta Perkins	15.25
200m	
M35 Daniel L'Abbe	24.90
Alan Bautista	25.19
M40 Chris Hansen	26.70
John Goetz	29.16
M45 Gregory McBride	24.88
M50 Tom Cunningham	26.64
M55 Roger Pierce	25.91
Warren Graff	26.99
Paul Gansle	28.40
M60 Walter Thorne	28.49
John Hurley	39.04
M65 Dennis Melanson	29.28
Richard Croak	31.14
Mike Patterson	34.28
M70 William Bergen	39.18
Burton McIver	1:07.66
M75 John Meeks	38.89
M80 Vern Mattson	58.78

M85 Bob Matteson	41.55
W50 Margaret Curtis	31.28
Elizabeth Riordan	32.15
W60 Hannelore Boerner	36.17
W65 Audrey Lary	34.69
Barbara Jordan	35.20
Mary Roman	38.79
400m	
M30 Tom Bruno	1:00.52
M35 Alan Bautista	55.20
Mike Wall	58.29
M40 John Goetz	1:08.80
M45 Gregory McBride	56.51
M50 Tom Cunningham	59.27
Dave Herrington	1:19.47
M55 Roger Pierce	58.67
Warren Graff	1:01.08
M60 Walter Thorne	1:05.10
John Hurley	1:25.02
M65 Phil Schaffer	1:24.09
M75 John Meeks	1:39.33
M85 Bob Matteson	1:44.44
W35 Julia Casals	1:08.43
W50 Elizabeth Riordan	4:10.47
Margaret Curtis	1:12.76
W60 Hannelore Boerner	1:21.87
800m	
M30 Tom Bruno	2:20.46
M35 Norm Bouthillier	2:06.49
Bruce Goode	2:07.55
Bruce Davie	2:10.25
M40 Douglas Chapman	2:28.59
M45 Alan Muir	2:15.79
Richard Clark	2:17.22
Bob Hodge	2:21.19
M50 Stephen Viegas	2:25.74
Charles Russell	2:42.02
Jeffrey Parkman	2:42.76
M55 Steve Prouty	2:28.66
Jonathan Tetherly	2:34.27
Larry Smith	2:50.56
M60 Fred Bertelsen	3:01.97
John Hurley	3:30.00
M65 Phil Schaffer	3:14.41
W35 Julia Casals	2:43.75
M35 Norm Bouthillier	4:15.56
Bruce Davie	4:16.40
Chip Langmaid	4:40.75
M40 Ron Shaiko	4:25.50
Thomas Greene	4:40.63
Douglas Chapman	5:17.96
M45 Barry Harwick	4:15.86
Alan Muir	4:30.11
Richard Clark	4:50.09
M50 Bob Oates	5:18.46
Jeffrey Parkman	5:27.79
M55 Frank Myers	5:09.30
Joseph Sinicrope	5:49.10
M60 Eric White	5:58.66
M70 Edward Doucette	6:47.41
M75 Kenneth Folsom	7:02.02
3000m	
M30 Paul Miller	9:16.79
Dave Hannon	9:36.18
Jeffrey Townsend	9:36.30
M35 Harris Hardy	9:43.62
M40 Peter Schmidt	10:40.74
M50 Gaetan Breton	12:02.74
M55 Steve Prouty	11:30.98
M60 Eric White	12:51.71
M75 Kenneth Folsom	15:14.30
M80 Dan Geer	17:45.11
W35 Kathy Goetz	12:38.74
W40 Karen Lein	13:31.94
W55 Joyce Geroux	15:05.07
5000m	
M35 Chip Langmaid	18:07.90
M45 Richard Clark	19:19.63
M50 Gordon MacFarland	18:19.75
Bill Reilly	18:46.92
M70 Edward Doucette	24:02.02
Short Hurdles	
M45 Joseph Serdakowsk	10.54
M50 William de Horn	9.74
M55 Doug Geertgens	10.52
M60 Phil Byrne	10.14

M70 James Stookey	9.45
W35 Anne Jennings	9.59
W65 Flo Meiler	13.19
Barbara Jordan	13.19
High Jump	
W35 Anne Jennings	1.55
M35 Mathew Gibbs	1.60
M40 Ambrose Courteau	1.55
M50 John Oleski	1.30
M55 Paul Gansle	1.45
Doug Geertgens	1.40
M60 Phil Byrne	1.40
Carl Wallin	1.35
John Hurley	1.18
W35 Anne Jennings	1.55
W65 Flo Meiler	1.08
Pole Vault	
M30 Corbin Lang	3.36
M40 Ambrose Courteau	3.81
Thomas Greene	3.20
M45 Chris Neronski	3.05
Mark Fields	2.90
M50 William de Horn	2.90
Joe Reed	2.75
Michael Zahner	2.75
M55 Jeff Tindall	3.20
Peter Fichter	2.90
W65 Flo Meiler	1.78
Long Jump	
M40 Chris Hansen	4.64
M50 John Oleski	4.85
M55 Doug Geertgens	4.77
M60 Phil Byrne	4.57
John Hurley	2.00
M70 James Stookey	4.39
Burton MacIver	1.43
M80 Vern Mattson	1.54
W65 Audrey Lary	3.70
Barbara Jordan	3.32
Flo Meiler	3.16
W75 Alverta Perkins	1.03
Triple Jump	
M45 George Frost	10.75
M50 John Oleski	9.44
M55 Doug Geertgens	10.02
M60 Carl Wallin	7.80
John Hurley	4.16
M70 James Stookey	8.74
W65 Audrey Lary	7.63
Barbara Jordan	7.23
Flo Meiler	5.78
Shot Put	
M30 John Schlosser	10.88
M40 Mike Cabrinha	11.24
Brian Doherty	10.29
M45 Bob Otrando	16.43
Carl Reichard	10.90
Ed Clark	9.97
M50 Luke Hotte	14.38
Dave Tousignam	10.32
M55 Jim Chamberas	9.94
M60 Carl Wallin	14.76
Gary Crawford	11.40
Russ Foregjer	10.90
M65 Leonard Rosen	11.64
Andy Larabee	9.23
M70 Ray Feick	12.04
Donald Fenner	8.25
William Bergen	8.22
M75 Norman Wakely	8.85
Georg Steinmeyer	6.86
Dick Colt	6.70
M80 Vern Mattson	4.23
M85 Ken Withee	6.32
W30 Victoria Dolben	9.43
W35 Denise Houseman	10.18
Anne Jennings	8.08
W65 Mary Roman	8.66
Flo Meiler	6.68
Fran Moravcsik	6.18
W75 Alverta Perkins	5.19
Weight Throw	
M40 Brian Doherty	11.28
M45 Bill Johnston	14.04
Bob Otrando	13.04
Carl Reichard	12.28
M50 Patrick Lynn	14.12
Mike Grisko	13.66
Dave Tousignam	12.76
M60 Carl Wallin	16.40
Gary Crawford	14.06
Edward Rowan	12.31
M70 Ray Feick	14.14
Burton MacIver	5.81
M75 James Crawford	12.88

W35 Denise Houseman	12.52
W65 Mary Roman	10.34
1500m RW	
W30 Marisa Militello	8:38.38
Farhat Jillhoboy	8:57.73
W65 Mary Stookey	11:46.88
MAC Indoor Meet 168th St. Armory, NYC; Jan. 18	
300m	
M35 William Matena	43.36
M45 Edward Goner	37.73
Denworth Frederick	41.93
Julio Rodriguez Jr	42.45
M50 Jesse Norman	39.99
M60 Richard Rizzo	44.98
John Hurley	59.85
W35 Charlene Landrum	43.77
600m	
M30 Jim Lescinsky	1:39.09
M35 Larry Glazer	1:34.01
M45 Archie Glasby	1:33.49
Adrian Sterrett	1:35.67
Herbie Medina	1:41.27
M50 William Hart	2:10.32
W40 D Whitaker-Crain	1:58.77
Lynn Johnson	2:02.59
1 Mile	
M40 Adam Licht	5:35.27
Julius Ponticorvo	5:34.57
Seth Okrend	5:45.02
M50 William Hart	6:07.76
M60 Denis Daly	5:57.50
M70 John McManus	7:36.26
High Jump	
M30 Steven Ellis	1.67
M55 Eddie Harris	1.49
M60 John Hurley	1.17
Shot Put	
M40 Thom Lanzalotto	12.08
M50 Rich Dunphy	9.88
MAC Indoor Meet 168th St. Armory, NYC; Jan. 20	
60m	
M45 John Brooks	7.71
Terry McKechnie	7.94
David Gritz	8.05
M50 Bob Davis	8.09
David Friedman	9.49
M55 Gene Ballard	8.69
M65 Tom Talbott	10.06
200m	
M35 Rogest Charlton	22.87
J T Mann	25.29
William Mateu	26.86
M40 Val Barnwell	24.21
M45 Edward Goner	23.97
John Brooks	23.98
Keith Royster	24.29
M50 Jesse Novman	25.01
Errol Lee	25.32
Dennis Brown	26.21
M55 Frank Handelman	28.86
M60 Tom Talbott	34.67
W35 Charlene Landrum	26.89
Kim Manvew	32.32
W45 Mary Diver	36.94
W50 Sharon Warren	29.74
Mary Trotto	39.03
400m	
M35 Howard Lindsay	53.11
David Bynoe	54.73
Alan Bautista	54.87
M40 Val Barnwell	54.71
Nick Mitchell	1:02.72
M45 Denworth Frederick	58.46
M50 Noah Perlis	1:01.66
M55 Richard Hamner	58.59
Frank Handelman	1:02.66
M60 Dan Hamner	1:08.35
Norman Goluskin	1:11.84
Blaine Lawson	1:18.91
W35 Kim Manvew	1:09.13
W40 Lynn Johnson	1:16.31
Mary Diver	1:18.95
W50 Mary Trotto	1:33.94
W55 Sylvie Kimche	1:13.30
1500m	
M35 Larry Glazer	4:40.79
J T Mann	5:06.16
M40 John Down	4:52.68
Bola Awefso	5:14.24
Martin Levine	5:27.99
M45 Seth Okrend	5:20.62
W60 M-L Michelson	5:42.47

4x200m Relay	
M40 Aura	1:37.49
W30 Aura	1:51.14
High Jump	
M30 Steven Ellis	1.83
M40 Nick Matthew	1.53
M50 Ivan Black	1.43
David Friedman	1.22
W50 Mary Trotto	.94
Long Jump	
M50 Ivan Black	4.53
David Friedman	3.69
Shot Put	
M40 Thom Lanzalotto	11.89
M45 Tony Ciccone	12.36
M50 Rich Dunphy	10.00
Michael Garrity	9.05
M55 Carl Levine	8.40
W50 Mary Trotto	8.00
3000m RW	
M65 Bob Barrett	16:33.48
Maryland-PVA Indoor Invitational Landover; Jan. 27	
55m	
M30 Aaron Hayes	6.5
M35 Jeff Gold	6.6
Clifton Vessell	7.2
M40 Glen Whiteley	7.1
Daryl Polk	7.1
M45 Thomas Jones	6.7
Larry Jackson	7.1
M50 Jimmy Jones	7.8
M55 Mel Fields	7.2
Dennis Newton	7.6
M60 Larry Colbert	8.05

Continued from previous page
Triple Jump
 W50 Hillen Stubendorff 26-3.75
 W60 Evelyn Wright 24-9
 W65 Audrey Lary 24-11
Shot Put
 M40 Jim Brown 12.46
 M45 Pat Cannon 9.97
 W30 Jennifer Stephens 10.94
 W60 Evelyn Wright 9.12
Mile Racewalk
 M75 Charles Boyle 10:33.42
 W65 Tami Graf 11:40.76
 MarvAlicStookey11:56.37

Verizon Millrose Games Masters Relays
Madison Square Garden NYC; Feb. 2
M40+ 4x400
 Sprint Force America 3:36.93
 (Mitch Lovett/Sal Allah/Ed Genera/Ray Blackwell)
 AURA International 40s 3:38.02
 Shore AC-NJ 3:51.27
 Central Park TC-NYC 4:01.45
W40+ 4x400m *4:42.18
 AURA
 (Louise Clark/Edna Crowley/Irene Thompson/Jennifer Pinto)
 Shore AC-NJ 4:47.92
 Syracuse Chargers 4:51.68
 Genesee Valley Har 5:04.40
 Northport Team 5:16.13
 *W40-49 World Best is 5:48.29

Potomac Valley Invitational Meet
Landover, MD; Feb. 10
55m
 M35 Jeff Gold 6.97
 M40 Walter Hutto 7.30
 M45 Thomas Jones 7.07
 M55 Mel Fields 7.41
 M65 Larry Colbert 7.87
 M70 Jim Stookey 8.37
 W50 Hillen Stubendorff 8.86
 W60 Evelyn Wright 9.60
400m
 M35 Robert Cousar 1:29.02
 M40 Joe Aukward 68.59
 M55 Don Boyer 65.45
 M65 Larry Colbert 60.62
 W50 Hillen Stubendorff 70.43

Mile
 M35 James Ehrenhaft 4:44.13
 M40 Gerry Clapper 4:36.75
 M50 Steve Shaeffer 6:01.74
 W60 Mane-L. Michelson WR6:12.21
 (Hoagland/6.35.55/1999)
55mH
 M30 Robert Walter 9.71
 M35 Timmie Bell 8.61
 M40 Dexter McCloud 9.21
 M45 Jim Russ 9.61
 M55 Bruce Carson 11.30
 M70 Jim Stookey 10.46
 W60 Evelyn Wright 14.37

High Jump
 M30 Robert Walter 5-0
 M35 Anthony Gay 6-1
 M45 Keith Mathis 5-2
 M60 Jack McDonald 4-2
 M65 John Sellers 3-8
 M70 Jim Stookey 4-2
 W30 Kimiko Nakatake 5-4
 W60 Evelyn Wright 4-2

Pole Vault
 M45 Jim Russ 9-6
 M50 Vince Strubel 13-0
 M55 Tom Rauscher 11-0
 M65 Taylor Goode 10-6
 W50 Hillen Stubendorff 8-2
 W60 Evelyn Wright 6-3.5
Long Jump
 M30 Robert Walter 18-9.5
 M35 Leslie Wright 16-4.75
 M40 Walter Hutto 19-1
 M45 Jim Russ 17-8
 W50 Diana Lasichak 12-2.5
 W60 Evelyn Wright 11-11
Triple Jump
 M30 Robert Walter 39-9.5
 M45 Keith Mathis 30-11.5
 W60 Evelyn Wright 24-9.5

Shot Put
 M60 Jack McDonald 8.70
 M65 Adolf Kuegler 12.29
 M70 Ray Feick 11.77
 W35 Liz Pitsner 7.57
 W50 Hillen Stubendorff 8.48
 W60 Evelyn Wright 8.87
Weight Throw
 M60 Jack McDonald 9.71
 M65 Adolf Kuegler 9.76
 M70 Ray Feick 13.17

Racewalk
 M75 Charles Boyle 10:30.30
 W65 Mary -A Stookey 12:06.89

USATF-LITF Indoor Meet
Brentwood, NY; Feb. 10
55m
 M30 Roieix Sue 7.8
 M35 Jim Reilly 6.8
 M40 Ron Zakary 7.7
 M45 John Davis 7.9
 M50 Rick Lapp 7.5
 M55 David Molloy 8.0
 M60 Thomas LoRusso 9.3
Short Hurdles
 M50 Rick Lapp 9.0
 M55 John Harbulak 10.5
High Jump
 M50 Rick Lapp 1.50
 M55 John Martin 1.40
Pole Vault
 M50 Gerard Dunne 2.89
Long Jump
 M45 John Davis 4.48
 M40 Rick Lapp 4.96
 M55 John Martin 4.42
 M60 Moe Hogan 2.07
Triple Jump
 M55 John Martin 9.45
Shot Put
 M40 Paul Augello 6.68
 M45 John Davis 9.10
 M50 Ron Rempe 8.24
 M55 C J Cuddy 8.61
 M60 Moe Hogan 6.44
 W30 Bridgette Volip 6.21
 W50 Joy Rempe 5.86

FLRC Indoor Meet
Cornell U., Ithaca, NY; Feb. 10
55m
 M40 Dave Brewer 8.61
 M45 Adam Mozeleski 7.62
 M50 Robert Reich 7.41
200m
 M45 Adam Mozeleski 28.24
 M55 Joe Reynolds 37.90
 W50 Diane Sherrer 41.92
 W60 Katy Gottschalk 37.56
1500m
 M30 Dean Derek 4:41
 M35 Tim Wilcox 4:41
 M40 Casey Carlstrom 4:17
 M45 Jim Robinson 4:27
 M50 Bob Huddle 5:15
 M55 Herb Engman 4:59
 M65 Chuck Collins 6:06
 W50 Diane Sherrer 6:16
5000m
 M35 Tim Wilcox 18:16
 M40 Tim Murphy 17:09
 M45 Evan Kurtz 22:51
 M50 Tom Powers 18:53
 M75 Franklin Moore 24:50
 M55 Joe Reynolds 22:09

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
Mile
 M40 Douglas Landau 5:54.4h
 M45 David Foster 6:59.98
 M50 Paul Ryan 5:04.0h
 M55 James Noone 5:42.4h
 M70 Don McCarten 7:47.1h
 M75 William Osburn 7:48.9h
3000m
 M30 Jorge Banales 10:25.61
 M35 Wayne Cottrell 10:13.11
 M40 James Scarborough 12:35.62
 M45 James Darr 12:30.83
 M50 Larry Washington 10:35.51
 M55 James Noone 11:17.80
 M70 Larry Dickerson 13:06.37
 M75 William Osburn 15:46.13
 W45 Pamela Wusthof 16:51.77
 W65 Tammy Graf 15:34.91
3000m RW
 M40 Joe Hurley 22:13.1
 M45 Peter Blank 21:51.7
 M50 John Gersh 18:23.4
 M55 Victor Litwinski 18:28.5
 M60 Michael Schwed 19:45.7

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
55m
 M35 Steven Bunn 6.65
 M40 Jeffrey Siek 7.2h
 M45 Robert Zahn 7.16
 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
 M65 Paul Lehmkuhl 8.09
 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
 W65 Janet Amery 13.03
200m
 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
 M55 Dan Hansman 29.09
 M60 Darrell Huey 30.32
 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
 M40 William Sanford 1:02.5h
 M45 Paul Gorden 56.01
 M50 Stanley Druckery 57.76
 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
 M50 Art Carlson 12.55
 M55 Stanley Druckery 7.94
 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
 M70 Clarence Trinkner 10.12
High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
55m
 M35 Steven Bunn 6.65
 M40 Jeffrey Siek 7.2h
 M45 Robert Zahn 7.16
 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
 M65 Paul Lehmkuhl 8.09
 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
 W65 Janet Amery 13.03
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 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
 M55 Dan Hansman 29.09
 M60 Darrell Huey 30.32
 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
 M40 William Sanford 1:02.5h
 M45 Paul Gorden 56.01
 M50 Stanley Druckery 57.76
 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
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High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
55m
 M35 Steven Bunn 6.65
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 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
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 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
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 W65 Janet Amery 13.03
200m
 M35 Ennis Taylor 25.13
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 M65 Donald Amery 35.7h
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 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
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 M45 Paul Gorden 56.01
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 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
 M50 Art Carlson 12.55
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 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
 M70 Clarence Trinkner 10.12
High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
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 M35 Steven Bunn 6.65
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 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
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 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
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200m
 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
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 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
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 W60 E Joan Greenwood 37.69
400m
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 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
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 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
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High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
55m
 M35 Steven Bunn 6.65
 M40 Jeffrey Siek 7.2h
 M45 Robert Zahn 7.16
 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
 M65 Paul Lehmkuhl 8.09
 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
 W65 Janet Amery 13.03
200m
 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
 M55 Dan Hansman 29.09
 M60 Darrell Huey 30.32
 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
 M40 William Sanford 1:02.5h
 M45 Paul Gorden 56.01
 M50 Stanley Druckery 57.76
 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
 M50 Art Carlson 12.55
 M55 Stanley Druckery 7.94
 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
 M70 Clarence Trinkner 10.12
High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Indoor Meet
Arlington, VA; Jan. 13
55m
 M35 Steven Bunn 6.65
 M40 Jeffrey Siek 7.2h
 M45 Robert Zahn 7.16
 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
 M65 Paul Lehmkuhl 8.09
 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
 W65 Janet Amery 13.03
200m
 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
 M55 Dan Hansman 29.09
 M60 Darrell Huey 30.32
 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
 M40 William Sanford 1:02.5h
 M45 Paul Gorden 56.01
 M50 Stanley Druckery 57.76
 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
 M50 Art Carlson 12.55
 M55 Stanley Druckery 7.94
 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
 M70 Clarence Trinkner 10.12
High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

Potomac Valley TC/DC Road Runners Club Indoor Meet
Arlington, VA; Jan. 27
Masters Mile
 M45 Tim Kelley 5:27.2
 M50 Larry Washington 5:14.5
 M55 Patrick Griffithy 5:31.0
 M70 Don McCarten 7:19.5
 M75 Bill Osburn 7:47.7
Women's Mile
 W30 Jennifer Lazio 6:15.3
 W35 Verna van Wert 6:22.9
 W40 Maureen Lopina 6:53.7
 W45 Christina Caravoulas 8:48.0
 W50 Lynn Salvo 7:24.8
3000m
 M30 N McVay-Finney 10:22.8
 M35 Ian Clements 10:11.1
 M40 Peter de Thier 10:30.6
 M50 Jacob Wind 11:10.3
 M55 Patrick Griffith 11:00.0
 M75 Ray Blue 16:14.3
 W30 Jennifer Lazio 12:36.5
 (ran 16 laps, not 15)
 W35 Verna van Wert 13:31.1
 W40 Sharyn Gordon 18:08.7
 W45 C Caravoulas 18:06.9
3000m RW
 M50 John Gersh 18:29.7
 M55 Victor Litwinski 18:28.6
 W40 Mary Ball 21:28.4
 W45 C Caravoulas 22:59.2
 W60 Lois Dicker 20:05.7

MIDWEST
Illinois Masters Championships
Westwood Sports Center
Sterling; Feb. 2
55m
 M35 Steven Bunn 6.65
 M40 Jeffrey Siek 7.2h
 M45 Robert Zahn 7.16
 M50 Don Reul 7.69
 M55 Dan Hansman 7.41
 M60 Darrell Huey 7.72
 M65 Paul Lehmkuhl 8.09
 M75 Richard Rucoda 9.67
 W55 Lynne Ingalls 8.73
 W60 E Joan Greenwood 9.3h
 W65 Janet Amery 13.03
200m
 M35 Ennis Taylor 25.13
 M40 Jeffrey Siek 28.67
 M45 Paul Gorden 25.59
 M50 Stanley Druckery 25.34
 M55 Dan Hansman 29.09
 M60 Darrell Huey 30.32
 M65 Donald Amery 35.7h
 M70 Clarence Trinkner 34.73
 M75 Richard Rucoda 35.03
 W45 Martha Lutz 32.02
 W55 Lynne Ingalls 32.06
 W60 E Joan Greenwood 37.69
400m
 M40 William Sanford 1:02.5h
 M45 Paul Gorden 56.01
 M50 Stanley Druckery 57.76
 M55 Chuck Danner 1:30.8h
 M60 Herbert Schueler 1:08.9h
 M70 Clarence Trinkner 1:24.0h
 M75 Richard Rucoda 1:20.6h
 W40 Martha Lutz 1:10.8h
 W55 Lynne Ingalls 1:12.7h
800m
 M35 David Schreiner 2:30.9
 M40 Sunder Nix 2:05.8
 W40 Carol Pratt 2:56.5
1500m
 M45 Charles Lutz 4:39.3
 W40 Carol Pratt 5:50.0
3000m
 M30 Dave Attenbury 11:10.1
 M40 Ken Lauff 10:39.3
 W30 Barb Lauff 12:57.1
Short Hurdles
 M45 Robert Zahn 8.44
 M50 Art Carlson 12.55
 M55 Stanley Druckery 7.94
 M60 Scott Tyler 14.57
 M65 Paul Lehmkuhl 10.8h
 M70 Clarence Trinkner 10.12
High Jump
 M40 Gerald Ford 4-8
 M45 Kim Brokaw 4-8
 M50 Art Carlson 4-8
 M55 Chuck Danner 5-0

SOUTHWEST
Jackson Indoor Meet
Jackson, MS; Jan. 20
55m
 M30 Todd Ashley 6.92
 M35 Gordon McKey 6.94
 Alan Sims 7.20
 M40 Don Hardy 6.94
 James Fountain 7.53
 M45 Calvin Saulsberry 7.19
 M50 Jimmy Jones 7.39
 Robert Hahn 7.8h
 M55 Bill Lewis 7.63
 M60 Emil Pawlik 7.80
 M70 Sonny Oliphant 9.42
 M80 Tom Kennell 9.52
200m
 M35 Antonio Smith 24.78
 M45 Rick Easley 25.58
 M55 Jack O'Brien 26.8h
 Robert Baker 27.1h
 M80 Tom Kennell 36.9h
400m
 M45 Rick Easley 56.5h
800m
 M40 Mac Allen 2:14.9
Mile
 M40 Mac Allen 4:45.4
 Phil Hull 4:53.1
 M50 Randy Taylor 5:18.8
3000m
 M30 Chuck Engle 9:33.33
55mH
 M35 Gordon McKey nta
 M50 Robert Hahn 9.4h
 M55 Robert Baker 9.13
 M60 Emil Pawlik 8.94
High Jump
 M35 Gordon McKey 5-4
 M45 James Stewart 4-8
 M55 Robert Baker 4-10
 Johnston Ewing 4-6
 M60 Emil Pawlik 5-2
 M70 Gordon Seifert 4-2
 Sonny Oliphant 3-10
Pole Vault
 M35 Jim Perry 9-0
 M40 James Fountain 13-0
 M50 Lyndell Farmer 10-6
 Wayne Garner 9-8
 M55 Johnston Ewing 9-8
 Robert Baker 7-6
 M35 Dave Chassoy 8-6
 M70 Gordon Seifert 9-0
Long Jump
 M30 Allan Sims 5.78
 M35 Gordon McKey 6.40
 M55 Robert Baker 4.95
 M60 Emil Pawlik 4.98
 M80 Tom Kennell 3.55
Triple Jump
 M80 Tom Kennell AR26-1.5
 (Fox/22-10.75/1987)
Shot Put
 M40 Bobby Conn 47-4
 M55 Robert Baker 31-5
 M60 Emil Pawlik 36-0
 W50 D Gutierrez 32-8

SOUTHWEST
Jackson Indoor Meet
Jackson, MS; Jan. 20
55m
 M30 Todd Ashley 6.92
 M35 Gordon McKey 6.94
 Alan Sims 7.20
 M40 Don Hardy 6.94
 James Fountain 7.53
 M45 Calvin Saulsberry 7.19
 M50 Jimmy Jones 7.39
 Robert Hahn 7.8h
 M55 Bill Lewis 7.63
 M60 Emil Pawlik 7.80
 M70 Sonny Oliphant 9.42
 M80 Tom Kennell 9.52
200m
 M35 Antonio Smith 24.78
 M45 Rick Easley 25.58
 M55 Jack O'Brien 26.8h
 Robert Baker 27.1h
 M80 Tom Kennell 36.9h
400m
 M45 Rick Easley 56.5h
800m
 M40 Mac Allen 2:14.9
Mile
 M40 Mac Allen 4:45.4
 Phil Hull 4:53.1
 M50 Randy Taylor 5:18.8
3000m
 M30 Chuck Engle 9:33.33
55mH
 M35 Gordon McKey nta
 M50 Robert Hahn 9.4h
 M55 Robert Baker 9.13
 M60 Emil Pawlik 8.94
High Jump
 M35 Gordon McKey 5-4

Continued from previous page

M50 Mark Lesniak	44.52
M60 Dave Hagfeldt	54.19
M65 Jim Schlewitz	55.60
600m	
M40 Fred Hervert	1:43.35
M45 Dave Clingan	1:34.07
1500m	
M35 Joe Dudman	4:35.92
M40 Steve Grube	5:09.37
M50 Jim Jones	4:42.83
3000m	
M30 Bryan Westby	10:15.22
M35 Chris Yorges	9:05.73
M45 Jim Ney	10:04.97

Short Hurdles

M70 Ray Propst	11.17
High Jump	
M35 Mike Jaqua	1.68
M50 Don Crossfield	1.47
M55 Jay Edwards	1.42
M60 Don McCrea	1.22
M70 Ray Propst	1.32
W40 Barbara Dickson	1.27
Pole Vault	
M35 Mike Jaqua	3.81
M40 Bob McCormick	3.51
M55 Dennis Phillips	4.08
M60 Don McCrea	2.44
M65 Allen Morris	2.44
Long Jump	
M45 Rick Easley	4.81

M70 Ray Propst	3.50
W30 Paula Leslie	4.90
Triple Jump	
M70 Ray Propst	7.63
Shot Put	
M35 Jeff Brink	11.09
M60 Don McCrea	9.42
M65 Bob Lawson	13.21
W40 Barbara Dickson	9.47
Weight Throw	
M65 Bob Lawson	14.53
1500m RW	
M45 Pat Detloff	7:17.91
M65 Ron MacPike	9:58.65
M70 Dick Vaughn	9:59.31
W35 M Mahedy-Sexton	10:16.58

14 Barbara Wismer	Unat	25.58
15 Mary Mathews	Boulder RR	26.15
16 Joanne Leyva	Team Ore	28.10
17 Joanne Johnston	Unat	28.42
18 Eda Leptich	Boulder RR	28.45
19 Hilary Fong	ReebokAggies	34.30
W45		
1 Sue Grigsby	Unat	24.55
2 Sandi Halgren	Club NW	25.16
3 Peggy Neal	Ore TC Mast	25.20
4 Cathy Utzschneider	Liberty AC	25.30
5 Kit Sundling	Ore TC Mast	27.06
6 Diana Shannon	Boulder RR	29.54
7 Lorraine Green	Boulder RR	37.07
W50		
1 Jeanette Groesz	Unat	26.52
2 Sharon Gerl	Ore TC Mast	27.10
3 Laurie Binder	Team Ore	27.30
4 Sue MacDonald	Unat	28.09
5 Marilyn Nippold	Ore TC Mast	28.23
6 Deedee Beard	Boulder RR	29.00
7 Lenore Webber	Unat	31.30
8 Patricia Emigh	Boulder RR	33.56
9 Nina Carroll	Unat	36.01
W55		
1 Pam Turner	Ore TC Mast	28.00
2 C. Gail Hunter	Boulder RR	28.25
3 Freddy Cartip	Unat	35.03
W60		
1 Shirley Matson	Unat	26.16

2 Judy Smythe	Boulder RR	33.42
3 Pat Peterson	Boulder RR	33.59
4 Sharon Connolly	Boulder RR	37.27
5 Suzanne Rodkey	Ore TC Mast	39.19
W65		
1 Lois Calhoun	Boulder RR	33.31
2 Suzy MacLeod	Ore TC Mast	34.36
3 Vici Dehaan	Boulder RR	35.20
4 Jane Dods	Ore TC Mast	37.22
W70		
1 June Machala	Unat	31.22
2 Ruth Anderson	Unat	42.29
3 Betty Skipp	Boulder RR	43.31
W75		
1 Nancy Smalley	Boulder RR	41.47
W80		
1 Louise Adams	Boulder RR	43.36
Teams		
M40-49		
1 Oregon TCM	102.58 (Evans/Sanders/Wagner/Stolz/Wojcik)	
2 Reebok Aggies	103.08 (Minor/Rios/Shaver/Mislick/Palladino)	
3 Nike Portland M	104.17 (Redding/Williams/Little/Conrad/Paulk)	
4 Club NW	105.54 (Reimer/Billet/Kelly/Franklin/Hill)	
5 Oregon RR	107.25 (Coats/Knoop/Browning/Ney/Mahar)	

LONG DISTANCE RESULTS

NATIONAL

USATF Winter Masters 6K Cross-Country Championships Vancouver, WA; Feb. 9

M40		
1 Eddy Hellebuyck	New Balance	19:15
2 David Olds	Unat	19:37
3 Tim Minor	ReebokAggies	19:45
4 Sean Evans	Ore TC Mast	20:01
5 Odis Sanders	Ore TC Mast	20:08
6 Tom Redding	Nike Ptd Mast	20:11
7 Albert Reimer	Club NW	20:14
8 Carmelo Rios	ReebokAggies	20:27
9 Jeff Shaver	ReebokAggies	20:38
10 Patrick Wagner	Ore TC Mast	20:42
11 Conrad Steffens	Unat	20:45
12 Chuck Coats	Ore RR	20:52
13 Brad Little	Nike Ptd Mast	20:55
14 Alan Knoop	Ore RR	20:57
15 Greg Mislick	ReebokAggies	20:59
16 Rick Bruess	Boulder RR	21:09
17 Robert Conrad	Nike Ptd Mast	21:13
18 Arthur Kelly	Club NW	21:15
19 Thom Trimble	Ebs/WVTC Sr	21:16
20 Kevin Paulk	Nike Ptd Mast	21:21
21 Richard Browning	Ore RR	21:29
22 Ken Franklin	Club NW	21:38
23 Tim Keenan	Ebs/WVTC Sr	21:44
24 Chatham Ross	Ebs/WVTC	21:45
25 Ed Hill	Club NW	21:48
26 Mohamad Abdelkadir	Club NW	21:48
27 Tony Fong	Ebs/WVTC	21:55
28 David Harding	Club NW	22:10
29 Clarence Harrison	Boulder RR	22:11
30 Kevin Searls	ReebokAggies	22:22
31 Dave White-Espin	Unat	22:31
32 Matt Cato	Nike Ptd Mast	23:04
33 David Hays	Unat	23:21
34 Patrick Kenworthy	Ore TC	23:39
35 Hal Kyles	Boulder RR	23:39
36 Michael Gorriaran	Ore RR	23:57
37 Jeff Hollister	Ore RR	23:58
38 Bob Ulrich	Unat	24:02
39 Ricardo Troncoso	Unat	24:44
40 Fred Hervert	Ore TC	26:24
41 Woody Green	Boulder RR	27:07
M45		
1 Terry Williams	Nike Ptd Mast	20:37
2 John Stolz	Ore TC	20:42
3 Bill Lawrence	Boulder RR	20:58
4 Mark Billett	Club NW	20:59
5 Steve Palladino	ReebokAggies	21:19
6 Tom Cushman	ReebokAggies	21:24
7 Daniel Wojcik	Ore TC Mast	21:25
8 Charlie Sturman	Ore TC Mast	21:26
9 Ed Spinney	Ore TC Mast	21:49
10 Jim Ney	Ore RR	22:02
11 Timothy Dolen	Boulder RR	22:05
12 James Mahar	Ore RR	22:05
13 Larry Pine	Ore TC	22:54
14 Thomas Hartge	Nike Ptd Mast	23:13
15 Fletcher Lesley	Ebs/WVTC	23:20
16 Bill Mills	Unat	24:06
17 Scott Abrams	Unat	24:13
18 Dan Neal	Ore TC	24:34
19 Kai Bergher	Unat	24:42
20 Hashim Bashiruddin	ReebokAggies	25:34
21 Frank Purdy	Unat	26:21
22 Walter Carter	Unat	26:26
23 Clark McAlpine	Unat	30:14
M50		
1 Michael Allison	Snohomish TC	21:56
2 Judge Jones	Unat	21:59
3 Rick Katz	Boulder RR	22:34
4 Jim Price	Unat	22:36
5 Jim Reynolds	Boulder RR	22:41
6 David Taylor	Unat	22:43
7 Larry Abraham	Snohomish TC	22:49
8 Philip Welch	Snohomish TC	22:55
9 Dave Dooley	Boulder RR	23:02

10 Carl Mohr	Boulder RR	23:27
11 Tom Cotner	Snohomish TC	23:51
12 Ron Ackerman	Ore TC Mast	23:53
13 Terry Parks	Snohomish TC	24:00
14 John Johnson	Snohomish TC	24:11
15 Bob Martin	Unat	24:43
16 James Flanigan	Ebs/WVTC Sr	25:02
17 Tim Goodman	Unat	25:12
18 Jim McGill	Snohomish TC	25:17
19 Jim Granahan	Ebs/WVTC Sr	25:26
20 Richard Castro	Boulder RR	25:40
21 Tom Jefferson	Ore TC Mast	26:06
22 Terry Forrester	Ore TC Mast	26:08
23 William Groesz	Unat	26:47
24 Tim Godsil	Ore TC Mast	27:25
25 Pat Lilly	Boulder RR	28:29
26 Hal Michael	Unat	31:48
M55		
1 Chuck MacDonald	Unat	22:30
2 Doug Butt	Ebs/WVTC	23:54
3 Len Goldman	Ebs/WVTC	24:21
4 Peter O'Neil	Unat	24:53
5 Larry Norris	Ore TC Mast	25:47
6 John Monteverdi	Ebs/WVTC	26:12
7 John Postlethwait	Ore TC Mast	26:13
8 Les Castle	Ore TC Mast	26:48
9 Ed Ford	Unat	27:19
10 Jim Peterson	Unat	28:41
11 David Wilkins	Ore TC Mast	29:30
12 Thomas Bisschoff	Unat	29:58
13 Wayne Moss	Unat	30:42
14 Neal Stoddard	Snohomish TC	33:09
M60		
1 Thom Weddle	Unat	24:03
2 Dan McCormack	Ore TC Mast	24:05
3 Joe Machala	Unat	24:42
4 Dennis O'Hare	Snohomish TC	26:02
5 Richard Leutzinger	Ore TC Mast	26:17
6 Tim Joslin	Snohomish TC	26:30
7 Gary Reddaway	Unat	26:47
8 Michael Gandert	Boulder RR	26:48
9 Gerald Glyde	Unat	27:04
10 Reed Miller	Snohomish TC	27:16
11 Johnny Chapin	Boulder RR	27:31
12 Bill Faulkner	Boulder RR	27:50
13 Gary Zimmerman	Boulder RR	28:12
14 Walter Hensley	Ore TC Mast	29:40
M65		
1 Bill Iffrig	Snohomish TC	27:25
2 Verne Carlson	Boulder RR	27:56
3 Mel Preedy	Snohomish TC	29:04
4 John Hepner	Ore TC Mast	29:21
5 Ken Ogdan	Ore TC Mast	29:25
6 Wallace Stubbs	Boulder RR	29:34
7 Courtney Jones	Unat	33:09
8 Field Ryan	Snohomish TC	37:26
M70		
1 W. Rodman Smythe	Boulder RR	31:03
2 Don Hayes	Boulder RR	32:13
3 Jack Keener	Ore TC	32:28
4 Dave Harrison	Ore TC	32:28
5 Bill McChesney	Ore TC	32:28
6 Kenneth Wright	Boulder RR	34:59
M75		
1 Craig McMicken	Ore TC	35:44
M80		
1 Joseph Mallon	Unat	47:51
W40		
1 Carmen Ayala-Troncoso	Nike Ptd Mast	21:49
2 Meghan Arbogast	Team Ore	23:16
3 Jenniver Teppo	Team Ore	23:19
4 Kimball Bender	Club NW	23:35
5 Laura Bruess	Boulder RR	23:46
6 Julie Groo	Club NW	23:54
7 Kelly Krueil	Team Ore	23:58
8 Shelley Williams	Club NW	24:40
9 Audrey O'Brien	Team Ore	24:51
10 Michelle Olson	Team Ore	25:01
11 Karen King	Club NW	25:21
12 Karen Murphy	Boulder RR	25:35
13 DeeAnn Dougherty	Team Ore	25:37

EAST

Red Ribbon 5K Alexandria, VA; Dec. 31

Overall		
Chris Banks	23	14.54
Emily Fertig	17	19.17
M40 Ted Poulos		16.46
Jim Wadsworth		17.03
Steve Dietz		17.09
M45 David Webster		17.19
Bruce Dalaplane		18.28
Steven Johnson		18.38
M50 Richard Adams		18.07
Larry Washington		18.52
M55 Jim Noone		19.11
Robert Trost		20.35
M60 John Benkert		19.20
Chan Roberts		20.41
M65 Maynard Weyers		21.57
Richard Williams		22.54
M70 Don McCarten		25.06
M75 Bill Osburn		27.03
Ray blue		27.46
W40 Laura GaydosFreix		19.37
Win Persina		20.31
Maureen Cook		21.21
W45 Betty Blank		20.27
M C Yatsko		24.23
W50 Gretchen Schlag		25.51
Dolly Kremers		26.11
W55 MaryEllen Gonyea		23.13
Julie Trapp		26.15
W60 Jamie Wollard		30.51
W65 Tami Graf		25.55
Ann Vella		28.59

35th Hartshorne Memorial Masters Mile Cornell U., Ithaca, NY; Jan. 19

M40		
Anselm LeBourne	NJ	4:22.24
Tom Dalton	NY	4:26.27
Scott Williams	NY	4:40.26
Dave Cole	NY	4:43.20
Casey Carlstrom	NY	4:43.97
Bob Nugent	NY	4:46.32
Doug Kennedy	CAN	4:46.69
Tony Vodacek	NY	4:46.83
Neal Coffey	NY	5:06.70
Eric Maki	NY	5:07.17
Tim Ingall	NY	5:09.31
Ken Simpson	NY	5:10.12
Kevin Coughlin	NY	5:21.30
M45		
Tim McMullen	NY	4:41.24
Mark Rybinski	NY	4:52.18
Fred Kitzrow	NY	4:53.26
Jim Robinson	NY	4:53.31
Fred Robbins	CAN	4:57.32
Bruce Roebal	NY	5:00.47
Tom Harsthorne	NY	5:03.15
Dan Littlejohn	NY	5:04.39
Ron Hulstander	NY	5:08.00
Tom Ryan	NY	5:12.29
Kevin Hanlon	NY	5:15.45
Rick Cleary	MA	5:18.45
Dave Bowen	NY	5:28.86
Graham Upton	NY	5:29.47
M50		
Dennis O'Brien	NY	4:55.60
Larry Krol	NY	5:08.62

Tony Plaster	NJ	5:09.43
Caleb Rossiter	DC	5:13.35
Leo O'Connor	NY	5:40.91
Norm Ward	NY	6:05.85
M65		
Herb Engman	NY	5:20.03
Tom Carr	NY	5:52.95
Harland Bigelow	NY	5:55.39
Ken Gordon	NY	6:08.21
M60-69		
Don Farley	68 NY	6:19.42
Vince Colgan	62 NY	6:26.12
Chuck Collins	68 NY	6:42.27
Ted Sullivan	69 NY	7:29.91
M70+		
Frank Moore	79 NY	7:18.58
Roger Whalley	72 NY	7:28.27
Dick Sullivan	73 NY	7:46.81
Jack O'Sullivan	73 NY	8:18.69
W30-39		
MaryBRomagnoli	32NY	5:22.47
Sarah Hale	34 NY	5:44.61
Karen Grover	31 NY	6:27.25
W40		
Karen McKenzie	CAN	5:26.25
Sue Munson	NY	5:37.94
Ruth Yanai	NY	5:39.18
Sarah Falso	NY	5:41.34
Lorrie Marnell	NY	6:12.92
W45		
Patti Ford	NY	5:55.10
Shirley Woodford	NY	6:10.18
Diane McGuire	NY	6:46.85
W50		
Kathy Martin	NY	5:25.01
CarolynSmithHanna	NY	5:28.62
CoreenSteinbach	NY	5:59.19
Diane Sherrer	NY	6:49.05
W60+		
Lennie Tucker	63 NY	7:15.14
Katy Gottschalk	60 NY	7:19.09
Edna Hyer	67 NY	8:52.68

NYRR Lucky 7-Mile Reversible Central Park, NYC; Jan. 26

Overall		
Jorge Fernandez	38	38.31
Michelle Rossette	27	45.45
M40 James Stemm		39.06
M45 Daniel Murphy		39.57
M50 John Costa		42.30
M55 Julio Aguirre		42.52
M60 Paul Shanahan		51.57
M65 Alfred Finger		47.29
M70 David Jenkins		1:03.38
M75 Sab Koide		1:04.44
M80 Mel Freidel		1:26.30
W40 Jukoko Nishide		48.47
W45 Carol Farrell		50.48
W50 Irene Jackson		51.55
W55 M Greeley Walsh		52.01
W60 Mary Nathan		54.26
W65 Eve Blatt		1:04.46
W75 Muriel Merl		1:09.06

Continued from previous page

Kim Long	3:42.40
W45 Kitty Sokoll	3:24.47
Elizabeth Keating	4:13.47
Lisa Stewart	4:22.38
W50 Ann Scruggs	4:35.44
Janet Keny	4:49.24
Lydia Phillips	5:15.51
W55 Marcia Godwin	5:02.04
Linda Melton	5:09.47
Sharon Knapp	5:50.27
W70 Katherine Marrs	5:50.51

Florida Gulf Beaches Marathon
Clearwater, FL; Jan. 20

Overall	
Scott Colford 31	2:35.58
Lisa Valentine 40	3:02.21
M40 Richard Christiansen	2:48.34
Charles Moseley	3:01.51
Ron Rashid	3:02.23
M45 Kerry Green	3:02.12
Steve Schmidt	3:13.55
Joseph Sullivan	3:19.28
M50 Dean Christiansen	3:29.09
Michael Gimbel	3:29.24
Peter Lewia	3:42.55
M55 Tony Mauro	3:06.49
Jerry Rosa	3:12.12
Arthur Sarakas	3:17.16
M60 Bill Feeney	3:37.44
Roger Little	3:39.23
Chung Yoo	3:53.16
M65 Carl Pegels	3:47.28
Bruce Katter	4:25.59
Denis Derscherl	4:53.53
M70 Patrick Sweeney	4:19.34
Pat Fitzgerald	4:43.27
Peter Butler	5:43.56
M80 Charles Lasley	5:58.33
Ed Burnham	4:42.15
W40 Lisa Valentine	3:02.21
Ellen Bloomer	3:24.03
June Ferguson	3:42.44
W45 Nancy Cole-Hyew	3:27.07
Diane Sweetapple	3:48.11
Sandra Stark	4:02.02
W50 Kathy Dodd	4:01.14
M A Schindler	4:05.48
Barbara Wnek	4:18.17
W55 Amanda Carter	4:30.23
B Felden-Funke	5:06.52
Millie Hamilton	5:14.41
W60 Carol Westerman	5:17.02
Patricia Wells	5:29.25
W65 Angela Craighead	4:49.35
Pat Dixon	4:57.20
Beverly Eggert	5:50.22

Naples Daily News Half-Marathon
Naples, FL; Jan. 27

Overall	
Rodney P DeHaven	35:04.38
Ramila Burangulova	40:14.08
M40 Volodymyr Buchanov	1:10.31
Perry Small	1:14.39
Colin Ansine	1:17.43
M45 Ian Gibbon	1:20.25
Tom Drum	1:24.29
Craig Harrington	1:26.33
M50 Gary Romesser	1:13.57
Robert Dozoretz	1:22.54
Gordon McFarland	1:23.02
M55 Doug Schumann	1:25.01
Manfred Hebert	1:29.10
Jerry Mittman	1:39.52
M60 Joe Burgasser	1:24.10
Bill Springer	1:25.30
Donald Moore	1:38.13
M65 William Riley	1:27.38
Larry Miller	1:36.22
Derek Melven	1:39.41
M70+Al Treichel	1:41.29
Robert Borglund	1:41.59
Alan Dawes	1:48.50
W40 R Burangulova	1:14.08
Grace Wilson	1:27.20
Carol Silvia	1:28.37
W45 Tatyana Pozdnyakova	1:17.53
Kan Proffit	1:28.27
Mary Ann Protz	1:29.58
W50 Debra Wagner	1:20.53
Terry Mahr	1:28.22
Suzanne Neshek	1:38.49
W55 Carol Kane	1:42.45
Brenda Coater	1:50.42
Astnd Soll	1:50.58
W60 Glenda Walker	1:51.08
Patricia Hollett	2:07.22
Faye Goldin	2:18.38
W65 Mary Bonness	2:09.38
Ann Vella	2:23.06
June Marie Provost	2:27.01
W70+Leslie Higgins	2:37.43
Heien Lavelle	2:54.43

RRCA National Half-Marathon
Championship/Pomoco
Group Running Crab
Half-Marathon
Hampton, VA; Feb. 2

Overall	
Julius Gwako 28	1:10.41
Anna Pichrtova 28	1:15.12
M40 John Tuttle	1:11.41
Dai Roberts	1:12.21
Larry Ormerod	1:18.22
M45 James Bates	1:18.25
Michael Fuller	1:18.35
Jeff Douglass	1:19.15
M50 Chuck Moeser	1:15.51
Per Kristansen	1:28.21
Carl Randall	1:27.01
M55 Ben Dyer	1:27.49
Thomas Waldrop	1:28.31
Emmons Welch	1:29.02
M60 Winston Collins	1:28.36
Mel Williams	1:29.51
Skip Mullaney	1:33.57
M65 Tom Ray	1:36.36
Chris Catoe	1:42.59
Richard Williams	1:45.28
M70 Lee Cooper	1:48.59
M75+Cokey Daman	2:12.15
W40 Joan Nesbit Mabe	1:21.42
Sheri Segal	1:31.16
Brenda Averette	1:34.41
W45 Betty Blank	1:33.12
Nancy Ferns	1:34.05
Carol Talley	1:36.47
W50 J Kruger-Williams	1:38.53
Callie Edmundson	1:39.41
Jeanne Bowers	1:44.27
W55 Andrea Hess	1:51.52
Michele McVicker	1:53.19
Betty Brothers	1:54.14
W60 Joyce Hodges-Hite	2:07.55
W65+Tami Graf	1:58.54

MID-AMERICA

Groundhog 5K & 10K
Kansas City, MO; Feb. 3

Overall	
Jamie Moreno	16:18
Marcela Smith	20:23
M40 Mark Morris	17:16
Tim Knott	17:30
K Cruikshank	18:24
M45 Roger Hahn	18:42
Marlin Howe	19:23
Steve Terry	19:56
M50 Stuart Beais	18:03
Gustavo Penazola	18:30
Tim Wigger	20:30
M55 Larry Davison	19:31
Gordon Pleus	19:40
John Jorgensen	22:39
M60 Gary Noble	21:41
Carl Vansant	24:21
M65 Jerry Murphy	25:46
Kent Mitchell	25:47
M70 Chet Wildemuth	29:08
Gerald Whitten	35:09
M80 Tom Young	46:04
W40 Debra Wallace	21:50
Cheri Castor	22:52
Denise Best	22:52
W45 Barbara Schupp	24:03
Glee Peters	24:51
Jane Andrews	25:18
W50 Patricia Cook	24:42
Lana Best	26:55
W55 Suzi Kilbride	25:45
Peggy Zilm	29:52
W60 Ellen Nitz	27:54
W65 J Twillman	35:43
--10K--	
Overall	
MarkCarp 43	32:21
Kim Fritzie	38:14
M40 M Carp	32:21
Craig Kenworthy	35:53
Brian Franke	36:35
Carol Silvia	34:00
M45 Charlie Gray	34:00
Dmitry Voldman	38:06
Bill Church	39:01
M50 Don Turner	40:03
Greg Hartman	41:05
Jeff Behrens	42:18
M55 Ronnie Wilson	40:12
Fich Ayres	44:43
Bill Geiger	45:55
M60 Rich Wootten	43:55
Eugene Wren	44:55
M65 Louis Joline	46:01
Mel Yoder	46:08
M70 Paul Heitzman	43:24
M75 Frank Creason	49:08
M80 Ed Burnham	74:08
W40 Carol McFall	41:17
Julia Frailey	42:23

Jane Lundgren	42:35
W45 Kathy Johnson	42:13
Diana Fitch	46:24
W50 Dee Boeck	49:55
Anne Olshansky	51:40
W55 Suzi Turner	55:02
Carol Mullen	57:00
W60 Donna Murphy	62:53
W65 Ann Nelson	65:08

SOUTHWEST

Compaq Houston Marathon
Houston, TX; Jan. 20

Overall	
Drew Prinsner 29	2:28.43
Becky Sondag 32	2:50.49
M40 Joe Flores	2:34.54
John Zuilhof	2:39.52
Rich Fredrich	2:44.51
M45 Joe Melanson	2:38.58
F Marcenaro	2:58.05
Edward Fry	2:58.19
M50 Bill Bosmann	2:58.07
Felipe Tapia	2:58.22
Dan Dick	2:59.44
M55 Loyd Carey	3:02.39
Richard Vega	3:17.04
James Wiley	3:17.43
M60 Kenneth Ruane	3:12.53
Francis Leik	3:23.42
Charlie Viers	3:30.11
M65 Jim Schleisman	3:21.04
Robert Fletcher	3:39.19
Dan Shuff	3:57.31
M70 Robert Ellis	3:40.32
Dan Allensworth	4:02.05
Jesse Real	4:09.55
M75 Walt Washburn	4:22.25
M80 G Hoogenboezem	5:45.56
W40 Allison Wilber	3:03.19
Barbara Stoll	3:03.40
Suzi Seeley	3:21.37
W45 Carole Smith	3:15.51
Carole Uttecht	3:15.58
Wanda Fontenet	3:34.12
W50 Charlotte Lindley	3:45.45
Susan Magee	3:46.31
Sherill Easterling	3:47.31
W55 Ann Erickson	3:32.54
Marilyn Patrick	3:33.56
Kim Coe	3:59.19
W60 Ursula Spilger	3:50.43
Dipanker Mukherjee	4:15.03
Lee Brown	4:17.44
W65 Phyllis Cross	4:51.09
Josella Faul	5:13.31
Judith Neufeld	5:19.50
W70 Gwendolyn Mills	5:31.21
Christine Stanton	5:45.28
W75 Marcia McCaskill	4:43.35

Run Short/Run Long 5K/20K
Tulsa, OK; Jan. 26

5K	
Overall:	
Marens Hershberger	16:20
Ina Abels	21:16
M40 Tom Lam	18:21
M45 Bill Hardin	21:58
M50 Bill Isaac	22:14
M55 Geo Marchetti	19:06
M60 Jim McFadden	21:21
M65 Larry Miller	24:13
M70 Mike Waller	25:14
M75+Fisher Lewis	33:04
W40 Sara Vaughn	24:59
W45 Dee Dee Fowler	31:24
W50 Marcela Morgan	24:24
W55 Geri Gill	32:23
20K	
Overall:	
Ron Parks 40	1:12:19
M40 Ron Parks	1:12:19
M45 Pete Orban	1:13:15
M50 Curt Long	1:27:14
M55 Ron King	1:26:03
M60 Andy Hogan	1:40:13
M65 Bob Adkins	1:42:56
M70 Paul Heitzman	1:31:55
W40 Teri Cassel	1:24:46
W45 Ann Miracle	1:51:02
W50 Jean McDaniel	1:41:52
W55 Grace McCoy	1:44:15
W60 Kathy Moffitt	2:04:53

3M Half-Marathon
Austin, TX; Feb. 3

Overall	
Karl Rasmussen 28	1:02:11
Sylvia Mosqueda 36	1:10:45
M40 Paul Zimmerman	1:09:08
David Watkins	1:12:53
Bob Jackson	1:13:09

M45 John Gonzales	1:18:14
Al Guevara	1:18:32
Sergio Hernandez	1:20:20
M50 Allen Boyce	1:20:43
Ian Rodger	1:24:34
Ridge Williams	1:24:46
M55 Gregg Evans	1:27:26
Dick Wilkowski	1:29:45
Larry Owens	1:32:26
M60 Steve Vradenburg	1:39:57
Terry Sheldon	1:40:15
Wayne Collins	1:40:24
M65 Jim Braden	1:34:33
Robert Fletcher	1:38:12
Bill Jackobeit	1:58:03
M70 Gene Woodruff	1:44:48
Charles Clinger	2:50:29
W40 J Lasee-Johnson	1:16:45
Kim Jones	1:18:08
Margo Braud	1:24:38
W45 Eva Moldovanyi	1:33:59
Charlene Janiak	1:34:44
Anne Flanagan	1:34:49
W50 Lynda Meuth	1:42:18
Reenie Smith	1:53:42
Susie Kohagen	1:54:06
W55 Josie Bowman	1:45:10
Krstine Williams	1:58:59
Jane Aley	2:13:31
W60 Mary Kennard	1:42:36
Betty Jameson	1:50:01
Jody Kehie	2:14:31
W65 VondaLee Adomo	2:06:21
Mickie Aguilar	2:21:28
BJ Wolf	2:31:35

WEST

Paramount 10K
Paramount, CA; Jan. 12

Overall	
Jaques Salburg	30:49
Teresa Vega	37:36
M40 Clyde Matsumura	34:38
M45 Perry Forrester	37:35
M50 Nolan Shaheed	33:00
M55 Benjamin Caro	37:37
M60 Catarina Gonzales	36:46
M65 John Brennan	40:16
M70 Milo Sather	50:52
M75 Robert Kay	61:45
M80 Dick Greenberg	79:32
M85 Roger McMurry	60:50
W40 Anet Cooper-Meyer	40:33
W45 Debra Tyler	49:35
W50 Yoku Eichel	43:58
W55 Joanie Matheson	56:05
W60 Yvette LaVigne	43:46
W65 Kennie Boeckeler	75:40

Bob & Ron's 5K
Honolulu, HI; Jan. 13

M40 Ron Bodin	18:20
Craig McCarthy	18:24
M45 Joe Latumau	18:16
Francis Mukai	19:35
M50 Greg Wallace	20:22
Robert Sweeney	22:05
M55 Gerry Lindgren	18:48
Ron Pate	18:53
Rich Moeller	20:58
M60 Alberto Rivas	20:23
H D Weisshaar	21:11
M65 Kit Smith	23:52
Kim Jacobson	25:27
M70 John Humphrey	36:51
M75 George Murray	26:46
Alfred Winer	29:00
M80 Bill Beauchamp	44:43
W40 Sarah Rogers	19:45
Tomie Chiaki	22:51
W45 Rachel Portner	19:28
Virginia Shepherd	25:06
W50 Sandra Burgess	23:42
W55 Setsuko Fujise	34:45
W60 Penny Bradley	33:20
Joy Schoenecker	33:35
W65 Mollie Chang	26:14
W70 Ellen Humphrey	28:46
W75 P BaileyMcCarthy	52:30
W80 Bonnie Kolsum	45:31

Cal Ten Mile
Stockton, CA; Jan. 13

Overall	
Peter Gilmore 24	48:58
Margalena Lewy 28	56:22
M40 Jose Aispuro	52:39
Carl Andersen	52:46
Vitas Ezerskis	53:20
M45 Lloyd Stephenson	56:28
Dan Anderson	57:26
Brian Davis	57:31
M50 Don Paul	57:17
Tom Bernhard	58:24
Charles Thompson	58:39

M55 Chuck MacDonald	59:42
Don Porteous	61:13
Frank Ruona	61:17
M60 Robert Gormley	64:25
Robert Seidner	67:18
Russ Kieman	67:24
M65 Bernie Hollander	72:22
William Floodberg	80:52
Dave Creek	81:42
M70 Ed Reyna	83:41
Chris Brodehl	112:16
Jim Hurst	112:35
M75 Vic Lyons 76	184:37
W40 Linda SomersSmith	57:32
Maria TrujillodeRios	62:23
Sara Freitas	63:34
W45 Honor Featherston	67:33
Melinda Morse	68:33
Kim Rupert	69:59
W50 Hazel Wood	77:22
Irene Herman	80:55
Christine Hallen	83:52
W55 Joan Ottaway	71:05
Georgia Riley	84:38
Barbara Elia	86:12
W60 Shirley Matson	68:34
Barbara Mileir	73:35
Edda Stuckle	82:01
W65 Myra Rhodes	83:34
Dina Talbert	99:10

San Diego Marathon & Half-Marathon
Carlsbad, CA; Jan. 20

Overall	
Jenko Bensa 24	2:19:27
Alena Vinitkaya 28	2:46:25
M40 Andrey Kuznetsov	2:23:23
Eoin Fahy	2:44:42
Bruce Wilson	2:53:38
M45 James Willmore	2:49:11
Sal Salmi	2:49:16
Terry Mattoon	2:53:48
M50 Matthew Smith	3:08:34
Duke Hutchinson	3:13:37
Bud Semon	3:14:39
M55 Thomas Hogan	3:25:47
Robert Bulster	3:26:59
Rainer Koschzek	3:27:36</

Continued from previous page

W55 Bron Solyom	34:58
W60 Joy Schoenecker	33:37
W65 Mollie Chang	27:42
W70 Ellen Humphrey	31:14
W80 Bonnie Kolsum	49:37

Las Vegas Marathon & Half-Marathon
Las Vegas, NV; Feb. 2

Overall	
Abebe Yimer 21	2:18:49
Midori Sperandeo 35	2:41:52
M40 Vitas Ezerskis	2:25:44
Tom Zimmerman	2:35:20
Kip Kinn	2:43:59
Larry Gutierrez	2:46:00
John Rohde	2:46:40
Donald Fink	2:48:02
M45 Mark Courtney	2:45:20
Bruce Washko	2:47:41
- Michael Baumann	2:51:01
Dan Murphy	2:55:03
Bruce Jones	2:55:31
Daniel Black	2:56:01
M50 Greg Adams	2:57:03
Sammy Palestine	2:57:27
Timothy Shay	2:59:31
Tom Miller	3:03:36
P Braunschweiler	3:05:01
M55 Wayne Mitchell	2:59:51
Frank Webb	3:01:34
Chuck Cammack	3:06:21
Frank Hamman	3:09:36
John Helm	3:10:24
M60 Jim Madonna	3:19:33
Marvin Rowley	3:34:13
Walter Davin	3:38:36
Anthony Garro	3:41:16
John Kristensen	3:43:12
M65 Gabriel Martinez	3:36:11
John Woolley	3:44:15
Hiroshi Hasegawa	3:50:56
John Jolly	3:58:47
Don Moore	4:14:18
M70 Al Becken	4:00:47
Barnard Lane	4:25:10
Albert Homenchuk	5:11:08
M75 Burt Carlson	5:11:22
W40 Mary Chute	2:48:54
Joan McGrath	2:49:06
Joan Cochran	3:07:47
Patricia Wassik	3:08:56
Zita Mulligan	3:10:32
Beverly Schmal	3:12:07
W45 Dons Windsand	3:02:42
Maria Rhoden	3:12:43
Cheryl McGinnis	3:18:06
Barbara Marriage	3:26:19
Deborah Lazaroff	3:30:15
Loretta Ulibarri	3:31:37
W50 Joan Ellis	3:07:32
Susan Love	3:27:51
Carol Virga	3:31:10
Jane Davey	3:38:08
Honie Kernck	3:48:11
W55 Patti Wilson	3:26:06
Charlotte Hartwig	3:38:51
Carol Shively	3:49:36
Judith Fisher	3:58:44
Merle Hines	4:03:25
W60 Janet Wallen	4:09:13
Catherine Detman	4:10:07
Louise Miklovic	4:13:28
Rose M Walters	4:26:07
Pat Schmidt	4:35:53

W65 Fujiko Yamada	4:19:48
Zelda Blanchard	5:04:36
Ann Chadwick	5:22:53
M Stephenson	7:25:47
Mary Noble	7:54:06
W70 Mary Ehrlich	4:52:09
W75 Helen Klein	4:51:26

--Half-Marathon--

Overall	
Josh Cox 26	64:02
Kelly Cordell 32	73:04
M40 John Sinclair	69:45
Phil Nicholls	72:01
Brian Bergt	73:33
James Holden	74:12
M45 Brad Pace	70:55
Keith Withauer	74:57
Bruce Pifford	76:23
Maurice Ferchici	78:52
M50 David Lowe	80:11
John Straley	82:04
Gary Fryatt	82:42
M55 Don Coffman	75:35
Leslie Davis	77:50
Juan Cabeza	82:22
M60 Jack Brennan	85:24
Jay Cook	95:39
M65 Rich Romero	85:24
Jack Meegan	93:47
William Wall	94:59
M70 Ruben Vigil	1:44:19
B Locatelli	1:51:16
M75 Robert Ulrey	2:30:29
Lionel Ortega	2:35:29
M80 Leonard Stern	2:57:05
W40 Marie Boyd	76:24
Madelyn Schientz	77:20
Linda Lahodny	84:05
W45 Marina Jones	83:38
Liz Sponagle	87:25
Maureen Griffith	89:30
W50 Brenda Lynch	89:32
Susan Humphries	91:57
Janice Kreuz	92:31
W55 Karen Bestul	1:38:32
Joan Brooks	1:45:43
W60 Yvette Lavigne	1:36:06
Ann Warsing	1:59:28
W65 Chieko Allwein	2:06:23
Ann Keable	2:15:37
W70 Dorie Smith	2:21:47
Patti Kennedy	2:58:45
*W80 Lois Edds	2:43:02

Harold Chapson Memorial Diamond Head 8K
Honolulu, HI; Feb. 3

Overall	
Nina Christensen 27	28:20
Christian Madsen 24	25:18
M40 Craig Knohl	28:42
Craig McCarthy	32:04
M45 Michael Georgi	29:10
Francis Mukai	31:59
M50 Dennis Uyehara	36:12
Robert Sweeney	37:01
M55 Ron Pate	31:34
Ray Szanik	37:09
M60 Geoff Howard	34:15
M65 Kit Smith	38:29
M70 Joe Paleczwy	43:11
M75 George Murray	45:38
M80 Naoto Inada	69:48
W40 Sarah Rogers	33:19
Giovanna Aguilera	38:54

W45 Connie Comiso	35:30
W50 Sandra Burgess	37:56
W55 Paula Jech	41:55
W60 Penny Bradley	52:49
W65 Mollie Chang	44:33
W80 Bonnie Kolsum	74:35

Redondo Beach Super Bowl Sunday 10K Run
Redondo Beach, CA; Feb. 3

Overall	
Chad Johnson	29:56
Heather Anderson 23	36:02
M40 Dean Lofgren	35:19
James Reed	35:42
Carl Maravilla	35:44
John Jericiau	36:06
Tim Taylor	36:50
M45 Arthur Cookson	37:07
Patrick Copps	37:20
Irv Dawson	38:48
Ken Varon	38:56
Paul Fyfe	39:08
M50 Patrick Gaughin	40:38
Fred Bartlett	40:53
Pat Saraceno	41:17
Gene Wilson	42:04
Bob Hammond	42:26
M55 Helmut Knuppel	38:09
John Hunter	38:38
Ed Kaiser	39:29
Anthony Mruk	42:44
Don Jennings	43:26
M60 Patrick Wickens	42:35
Gary Kissel	46:23
Russ Lesser	47:13
Jim Malpede	47:53
M65 Arnold Orgolini	46:03
Dino Schwartz	50:30
Paul Cunniff	50:53
Dusty Snyder	51:41
M70 Bob Trujillo	47:59
Dale Keyser	49:30
Ray Munilo	54:12
M75 Richard Scully	65:15
Pablo Zubiate	66:10
Les Guthrie	79:36
W40 Carrie Kissel	38:53
Susan Kimura	44:02
Susan Meistrell	45:31
Debbie McKenna	46:29
Marilyn Moberg	46:53
W45 Charlotte Senseny	41:40
Debi Blair	45:36
V Nixon-Lash	45:44
Pam Aspel	50:45
Nancy Bamett	50:49
W50 Barbara Varon	44:31
Merle Laduke	46:08
Patricia B-Bate	47:54
Sally Simpson	50:19
Ronnie Ruggen	53:23
W55 Marlene Strckstein	51:37
Irene Thomson	53:09
Eileen Cohen	53:24
Cathy Deslauriers	53:32
Keiko Takaoka	58:26
W60 Polly Goodman	52:32
Mariana McMullen	54:48
B Becker	55:52
Eleonor Paly	60:10
W65 Mickie Shapiro	64:09
Anne Allen	70:38
Margaret Roberts	73:54
Dolores Kosmas	83:47
W70 P Bursching	69:54
Kazuyo Callahan	79:17
Harnet Hollis	80:15

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MAR. 2002

ATHLETE(RESIDENCE)	BIRTHDATE	AGE GROUP
JACKIE JOYNER-KERSEE (US)	3- 2-62	40-44
JULIE HILSENTEGER (PORTLAND, OR)	3-16-62	40-44
PATRICIA AMONO LAWLER (IRL)	3-24-62	40-44
BILL HALVERSON (SAN DIEGO, CA)	3- 4-57	45-49
SUE HALLEN (ELK GROVE, IL)	3- 7-57	45-49
RUTH WYSOCKI (LOS ANGELES, CA)	3- 8-57	45-49
CHRISTINA CAHILL (GBR)	3-25-57	45-49
WILLIAM REA (EUSTIS, FL)	3- 2-52	50-54
DIETER KASSNER (GER)	3- 4-52	50-54
BIRGIT SANDER (GER)	3- 9-52	50-54
MAXINE SANTICH (AUS)	3-13-52	50-54
ZOYA IVANOVA (URS)	3-14-52	50-54
BECKY SIMMIE-KESECKER (SANTA ROSA, CA)	3-21-52	50-54
PAULA FUDGE (GBR)	3-30-52	50-54
ANNE FORD (GBR)	3-31-52	50-54
LARRY JESSEE (EL PASO, TX)	3-31-52	50-54
ANITA DE VILLIERS (RSA)	3-31-52	50-54
MARLIS MAGLI (SUI)	3- 2-47	50-54
ELIZABETH WENDL (AUT)	3- 5-47	55-59
LATANYA GLASS (LOS ANGELES, CA)	3- 9-47	55-59
BEATRIX BLANK (GER)	3-13-47	55-59
LORNA IRVING (GBR)	3-13-47	55-59
ANNELI VIRKKALA (FIN)	3-16-47	55-59
KARIN MATTES (GER)	3-21-47	55-59
HAROLD NOLAN (NAVESINK, NJ)	3-22-47	55-59
WILLIAM DEHORN (CAN)	3-22-47	55-59
PETER HALLOP (ANN ARBOR, MI)	3-26-47	55-59
CAROLYN MCCORMICK (AUSTIN, TX)	3-29-47	55-59
RICHARD KATUS (POL-LOS ANGELES, CA)	3- 3-42	60-64
MARIE-LOUISE UYS (RSA)	3- 5-42	60-64
CINDY DALRYMPLE (HONOLULU, HI)	3- 5-42	60-64
NADINE O'CONNOR (TIBURON, CA)	3- 5-42	60-64
KARIN MATHES (GER)	3-15-42	60-64
CORRIE KEIJERS (NED)	3-16-42	60-64
EVETTE HACHMAN (SEATTLE, WA)	3-16-42	60-64
RACHEL E. ROSSOM (RSA)	3-18-42	60-64
REGINA WRIGHT (MA)	3-19-42	60-64
LOLITIA BACHE (SAN DIEGO, CA)	3-22-42	60-64
LESTER WRIGHT (US)	3-22-42	60-64
BRENDA BLOOMFIELD (GREER, SC)	3-22-42	60-64
MARY ROBINSON (GAHANNA, OH)	3-23-42	60-64
K. ROPER (GER)	3-25-42	60-64
TED CAIN (NOVATO, CA)	3-29-42	60-64
NIGEL TOY (NZL)	3-29-42	60-64
ANNE DRAPER (TALLAHASSEE, FL)	3- 1-37	65-69
URS VON WARTBURG (SWI)	3- 1-37	65-69
AIDA MENEZES (BRA)	3- 4-37	65-69
HENRY HAWK (CONWAY, AR)	3- 4-37	65-69
TRUDY RAPP (ALEXANDRIA, VA)	3- 5-37	65-69
TRUDO HEINZ (GER)	3- 5-37	65-69
MANFRED STOLLE (EG)	3- 9-37	65-69
WADYSLAW KOWALCZYK (GER)	3-12-37	65-69
VALENTINA EIDUKA (LAT)	3-14-37	65-69
KARL HISSNER (SAN JOSE, CA)	3-18-37	65-69
ELVYN BLAIR (BERKELEY, CA)	3-18-37	65-69
EGLE T. FUCIELLA (BUL)	3-20-37	65-69
DAVE SEGAL (HERMOSA BEACH, CA)	3-22-37	65-69
FAYE HELDOORN (SAN DIEGO, CA)	3-27-37	65-69
JIM WEED (AURORA, CO)	3-27-37	65-69
EVELYN WRIGHT (ANAPOLIS, MD)	3-28-37	65-69
NILS BORSTAD (NOR)	3-28-37	65-69
MARIE KILLEEN (PEARL RIVER, NY)	3-29-37	65-69
ERNEST BILLUPS (CHICAGO, IL)	3- 1-32	70-74
ED PHILLIPS (LOS ALTOS, CA)	3- 5-32	70-74
JEANNETTE POWELL (SACRAMENTO, CA)	3- 8-32	70-74
DOUGLAS DITTMAR (SOLVANG, CA)	3-14-32	70-74
VLADIMIR POSKOCIL (CZE)	3-15-32	70-74
JIM DIXON (GBR)	3-17-32	70-74
ALASDAIR ROSS (GBR)	3-18-32	70-74
BARBARA CARLSON (ORINDA, CA)	3-20-32	70-74
JEAN IRWIN (EUGENE, OR)	3-24-32	70-74
MARY HELM (SWE)	3-25-32	70-74
HELGA BRAATZ (GER)	3-27-32	70-74
DAVID MATHER (AUS)	3- 2-27	75-79
RICHARD WIDENER (IRVING, TX)	3- 9-27	75-79
DAVID LEECH (NZ)	3-16-27	75-79
ARLENE NOVIELLO (EUGENE, OR)	3-20-27	75-79
OSCAR MALDONADO (HOUSTON, TX)	3-23-27	75-79
JOANITA REED (SAN ANTONIO, TX)	3- 5-22	80-84
JIM MCCOWN (SAN DIEGO, CA)	3- 6-22	80-84
RUDOLF MIKELSONS (CAN)	3-13-22	80-84
HAZEL KLINE (US)	3-19-22	80-84
WILLIAM K. BELL (JONESBORO, AR)	3-20-22	80-84
HUBERT MORGAN (PA)	3- 6-17	85-89
ED PRESTON (SAN FRANCISCO, CA)	3- 9-17	85-89
HANS WARWAS (CAN)	3-10-17	85-89
THOMAS WALSH (HANNIBAL, MO)	3-19-17	85-89
PAYTON JORDAN (LOS ALTOS, CA)	3-20-17	85-89
AMY CASTLE (SILVERTON, OR)	3-27-17	85-89
ADOLF KOCH (GER)	3- 5-12	90-94
WALTRAUD KRETSCHMER (GER)	3-13-12	90-94
MERTON PORTER (MARION, OH)	3-13-12	90-94
LABBE ZAMORANO (CHL)	3-20-12	90-94
BERNARD KAISER (NZ)	3-24-12	90-94
BOB BOAL (WAKE FOREST, NC)	3-27-12	90-94
LEON JOSLIN (SEATTLE, WA)	3-27-12	90-94
RUDOLF NILSON (ARDMORE, PA)	3-27-12	90-94
TADASHI TAU (JPN)	3-29-12	90-94
TED HAYDON (CHICAGO, IL)	3- 7- 7	95-99
MATSUE NASHIYAMA (JPN)	3- 9- 7	95-99
A. REDMOND DOMS (CULVER CITY, CA)	3-11- 7	95-99
RAY SEARS (SHELBYVILLE, IND)	3-20- 7	95-99
VERNON KENNEDY (MENDON, MO)	3-21- 7	95-99
EMERY CURTICE (CALISTOGA, CA)	3-25- 7	95-99
GEORGE SIMPSON (AUS)	3-30- 7	95-99
RON DRUMMOND (CAPISTRANO BEACH, CA)	3-30- 7	95-99
SUSIE HUGHES (TYLER, TX)	3-31- 7	95-99
ALBERT BROSZ (CANADA)		95-99

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