



DAVE OJA
Syracuse Chargers W40-49 4x400 team, Verizon Millrose Games, Madison Square Garden, Feb. 7 (from l): Patti Ford (alternate), Karen Vanderwood, Patti DePaulis, Ruth Yanai, and Pat Watson.

Boston to Host 29th Masters Indoor Championships

The 29th USATF National Masters Indoor Championships, March 28-30, is just a few weeks away, with the opening events taking place on Friday, at the Reggie Lewis Track & Athletic Center in Boston. Here are a few last minute details regarding the meet.

The headquarters hotel, the four-star Westin Copley Place, is filling up fast, so be sure to make your reservations as soon as possible (1-800-WESTIN-1 or 617-262-9600 – refer to

National Masters Championships).

Keep in mind, if you're planning on arriving in Boston early or staying late, that the hotel will also provide the same special discount rates for the three days before and after the meet. Current plans are to put any overflow reservations at the nearby Sheraton Boston. Other hotels may also be available, offering more modest rates.

For those seeking a roommate, I

Continued on page 9

LeBourne Defends Title

Blanchard Sets Mark in Hartshorne Mile

By DIANE SHERRER

ITHACA, N.Y. – It was Super Oval Saturday in the men's and women's elite invitational races at the 36th annual Hartshorne Memorial Masters Mile at Cornell University, Jan. 25.

Anselm LeBourne, Maplewood, N.J., proved worthy of his world-class track titles, and Patty Blanchard of Dieppe, New Brunswick, Canada, set a W45 world record in the women's elite mile.

LeBourne, 43, world champion in the M40 800 and 1500, defended his Hartshorne elite men's title in 4:24.46. LeBourne, who was ranked the No. 1 masters miler in the U.S. in 2001, won \$300 for the victory, and another \$400 for breaking the 4:26 mark.

Schenectady's Tom Dalton, 44, placed second among elite milers in 4:25.35. The defending M40 national masters indoor champion in the 3000 meters (8:38.89), Dalton was elected the 2002 masters cross-country runner of the year by USATF. Bob Carroll, 46, Orchard Park, N.Y., finished third in 4:39.02.

Designated pace-setter Scott Weeks, Groton High School track and cross-country coach, led LeBourne and Dalton through the half-mile split in 2:06. Carroll followed in 2:16, with the second-tier pack another five seconds back.

Dalton attacked from the gun and closely shadowed LeBourne for the

Continued on page 4

Boulder RR Takes Six of Seven Team Titles

Olds, Ayala-Troncoso Win in Muddy National 6K Cross Country

By JERRY WOJCIK

David Olds seems to thrive on wet, muddy cross-country courses. Last December, he won the National Masters 10K Championships over a slippery 2K circuit in heavy winds in Rocklin, Calif. On Feb. 15, he followed that up with another first in the USATF National Masters Winter 6K X-C in Houston, Texas.

The course, on a 2K figure-eight loop in Houston's Buffalo Bayou Park, was described as treacherous and soggy. Shortly after the start of the women's race, the light drizzle became a steady rain, ending during the men's race. A relatively small number of masters athletes, 61 men and 34 women, participated in the first of two days of USATF championships.

Olds, 41, Los Angeles, Calif., of the So Cal TC, ran a 21:42 over the course, which measured out at 6113m, to take the race from Robert Winn, 44, Ogunquit, Me., 22:06, who was second to Olds in Rocklin. Last year in the Winter 6K, at Vancouver, Wash., Olds ran a 19:37, finishing second to Eddy

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VICTOR SAILOR / PHOTO RUN
Carmen Ayala-Troncoso, 43, first woman overall (23:49), Masters Winter 6K X-C.

Masters on Indoor Records Rampage

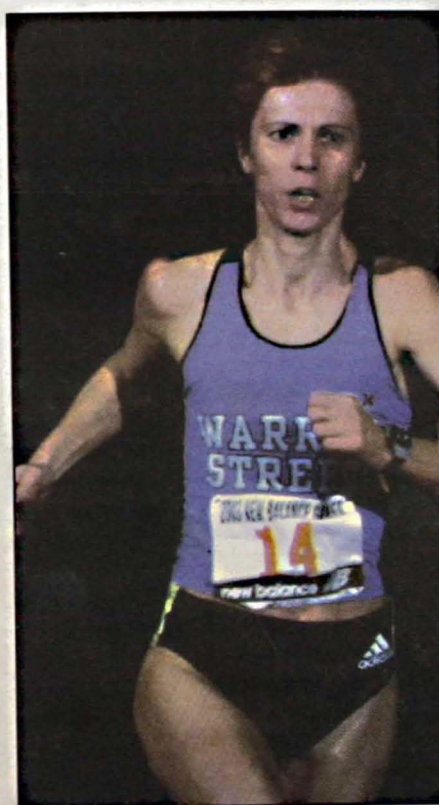
By JERRY WOJCIK

Masters started breaking records in New England over the Jan. 10-12 weekend in the first major meets of the indoor season.

On Friday evening on the 10th, at the Dartmouth Relays, Hanover, N.H., Jeanne Daprano, 66, of Georgia, broke the W65 3000m world record of 13:09.42 with a 13:09.19. The present record, set in March 1994, is held by Joselyn Ross, Great Britain.

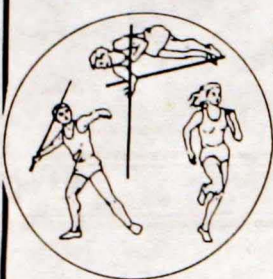
In the weight throw, Carl Wallin, 61, Dartmouth track coach and meet director, hit 18.04/59-2 1/4 with the 20# to up the present M60 U.S. mark of 17.51/57-5 1/2 by Dick Hotchkiss. Ray Feick, 71, Pennsylvania, increased the M70 U.S. record of 14.79/48-6 1/2 for the 16# by Austin Baggett by almost four

Continued on page 8



VICTOR SAILOR / PHOTO RUN
Lyubov Kremlyova, 40, set a new W40 world record of 4:29.72 in the mile, New Balance Games, New York City, Jan. 25.

NC USATF Sanctioned



The Southeastern U.S. Masters, Inc.
Proudly Presents
Our 33rd Annual
Masters and Open Track and Field Meet
Including
Masters NCUSATF Championships
May 2, 3, & 4, 2003



Featuring
Throws Clinic with Jeff Gorski,
Elite Athlete Throws Coach
and
Jumps Clinic with George Williams,
Men's Olympic Coach 2004
at
NORTH CAROLINA STATE UNIVERSITY
RALEIGH, NORTH CAROLINA

The officials and sponsors of the Southeastern Masters invite all athletes 19 years of age and over to participate in one of the premier Masters Meets in the world. Headquarters will be the Holiday Inn Brownstone Hotel. There will be three days of competition featuring men's and women's pentathlons, a weight pentathlon, 5K, 10K & 20K race walks, team relays and all regular track and field events at the NC State University Campus. On Friday, May 2 a "Jumps" clinic will be held at 5:30 pm and a "Throws" clinic will be held at 6:30 pm at the NC State University Track. In case of inclement weather the clinics will move indoors to the Pullen Arts Center at the same times listed.

OPERATED BY: Southeastern United States Masters, Inc., Box 590, Raleigh, NC 27602. Contact Dale Smith at (919) 831-6836 Monday-Friday 9:00 am-5:00 pm, Eastern Time, or by e-mail at dale.smith@ci.raleigh.nc.us.

AGE DIVISIONS: Based upon age on the first day of competition, all events will have a 19 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 plus final results booklet then \$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 23, 2003.**

SANCTION & USATF REGISTRATION: This meet is sanctioned and certified by USATF, and a 2003 USATF membership is required for all events (except participants in the Team Relays, foreign athletes and active military). All other participants must have 2003 USATF cards which will be available at the meet for \$20 or contact Katherine Branch at (919) 772-6119 or kbranch@bellsouth.net for advance USATF membership.

AWARDS: Distinctive, large medallions to the first 3 places for age groups and relays. North Carolina men and women 30 and older will be eligible for NCUSATF Championship medals. No individual may receive two medals for the same event.

LATE ENTRIES: Additional \$5.00 late fee required for each event if postmarked after April 11, or if received after April 14, 2003. 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 25, 2003. Entries in Saturday's Team Relays and in Sunday's 10K and 20K race walks close one half hour before race time.

RUNNING SURFACE: Nine lane 400 meter Martin 2000 track for track events, and asphalt for 10K and 20K race walks.

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

FRIDAY 7:30 am to 8:00 pm at track
SATURDAY 6:30 am to 4:00 pm at track
SUNDAY 6:00 am to 6:30 am starting line

Numbers must be worn on front (and on back for all events 3,000 m or longer).

EVENTS FOR WOMEN: All events are open to women 19 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.

***PARKING:** If you are parking on campus, check at registration for a parking pass.



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 information and results at: <http://www.geocities.com/southeasternmasters>

(Photo Copy If Needed)

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

Street City State Zip Code

2003 USATF Registration No. Daytime Telephone

Area Code

Enter relay teams on captain's entry only. (Event # means MEET Event # from Schedule of Events)

Meet Event #	Event Title and Best Mark	Meet Event #	Event Title and Best Mark	Meet Event #	Event Title and Best Mark

Number of banquet tickets @ \$20.00 each (include payment with total amount enclosed).

Total Amount Enclosed

Shirts Available Men's Sizes — Circle Your Size(s):
Number of 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 money order for US dollars payable to: Southeastern Masters, Inc.

Where did you hear about our meet?

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

FRIDAY, MAY 2:

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)	8:30/11:15 am
01	WOMEN'S PENTATHLON (100 HH, HJ, Shot, LJ, 800 m) (Note e)	12:30 pm
02	MEN'S PENTATHLON (LJ, Javelin, 200 m, Discus & 1500 m) (Note e)	12:30 pm
03	3000 m (Sections will start at 30 minute intervals)	4:00 pm
21	HEAVYWEIGHT THROWS	4:30 pm
04	ALEX ALMASY 5K RACE WALK	6:00 pm
	"THROWS" CLINIC — at track	6:45 pm
	"SPRINT" CLINIC — at track	6:45 pm

SATURDAY, MAY 3:

AT NORTH CAROLINA STATE UNIVERSITY (NCSU)

Event #	Track Events (Notes 1 & 2)	Approx. Time	Event #	Field Events (Notes 1 & 2)	Approx. Time
05	5000 M RUN	8:30 am	16	THROWS (Note f)	
06	STRAIGHT HURDLES (Note 3)	9:30 am	17	HAMMER (Notes 5 & f)	7:15 am/10:00 am
07	1 MILE RUN	10:30 am	18	SHOT PUT (Note f)	8:15 am/11:45 am
08	CURVED HURDLES	11:30 am	19	DISCUS (Note f)	9:15 am/12:15 pm
09	TEAM RELAYS (Note d)	11:50 am	20	JAVELIN (Notes 6 & f)	10:15 am/1:15 pm
	A 4x100 OPEN			WEIGHT TOSS (Note f)	11:15 am/2:15 pm
	B 4x400 OPEN			JUMPS	
	C 4x400 (Min. total age 160)			POLE VAULT (Note 7)	8:00 am
10	100 m DASH (Note 3)	1:00 pm	22	LONG JUMP	9:30 am
11	400 m RUN	2:10 pm	23	HIGH JUMP (Note 8)	10:30 am
12	STEEPLECHASE — Cash Award (Note 10)	3:10 pm	24	TRIPLE JUMP	2:00 pm
13	800 m RUN	3:40 pm			
14	200 m DASH	4:10 pm			

SUNDAY, MAY 4:

RALEIGH CITY STREET (See Map in Packet)

Event #	Event (Note 9)	Start Times
26	ALEX ALMASY 20K RACE WALK (Note 9)	7:00 am
27	ALEX ALMASY 10K RACE WALK (Note 9)	7:00 am

NOTES:

- Both Track and Field events will begin with oldest and work down. All women's divisions will precede men's. Age groups will be combined whenever possible.
- Participants of all ages are to report to the Head Event Official 15 min. prior to the printed starting time of that event.
- Finals for multiple heats of 100 m and straight hurdles, if needed, will be held after last age group heat in that event.
- Weight Pentathlon will be fought by age group, so each group will progress through the five events together, and no participant should be participating in two weight Pentathlon events at the same time. All women competitors and men 60 and over will throw in the morning starting at 8:30 am. Remaining men will start at 11:15 am. 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.
- Hammer conducted at a separate site to be determined — a bus/van will leave the track beginning at 8:00 am on Friday, 7:00 am on Saturday, and whenever needed after that.
- Javelin runway is Martin 2000 surface. Flat throws are not allowed.
- Pole Vault run not by age, but by heights, with 15 cm (6 in.) increments.
- High Jump run not by age, but by heights with 5 cm (2 in.) increments.
- Entries in Sunday's 10K and 20K Race Walk close one half-hour before race time. One or both of these events may be entered as they start and compete concurrently.
- There will be a \$100 cash award for the best age-graded steeplechase performance (Bob Boal Award).

GENERAL NOTES:

- Multiple Events running concurrently. Those entered in two or more events that run concurrently, must be there when your turn is called; if you miss a call, you miss a turn. The pentathlon events are each considered single events, so this rule applies only if these events are running concurrently with any other event.
- Specifications for all events, including hurdles, shall be according to 2003 USATF Rules (available). (There will be a total of 6 attempts for each competitor in the throws and horizontal jumps, unless there are 10 or more in a scoring age group.)
- Proper weight implements will be provided for each sex/age group in each weight event. Personal implements must be inspected and weighed.
- Team Relays — Teams may be any 4 people. Enter team name and enclose \$20.00 with captain's entry form, or enter and pay fee by one half-hour before first relay.
- These events will be scored using WMAA Masters age factors and the current IAAF scoring tables.
- 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.

MEET DAY WEATHER CHART

	1997	1998	1999	2000	2001	2002
Temperature Extremes (°F)	44°-74°	56°-78°	50°-83°	48°-93°	51°-81°	50°-70°
Precipitation (inches)	0.35	0.06	0.00	0.00	0.00	0.74
Average Wind Velocity (MPH)	9.1	4.8	N/A	6.4	4.7	4.5

AIR TRAVEL: Raleigh Durham International Airport (RDU)

MOTEL RESERVATIONS: Holiday Inn Brownstone Hotel (Meet Headquarters) 1707 Hillsborough St., Raleigh, N.C. 27605 Tel. (919) 828-0811 or 1-800-465-4329. (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.

BANQUET: A sit-down meal will be served in a Banquet room at the Holiday Inn Brownstone Hotel at 6:30 pm on Saturday, May 3, 2003 followed by a short business meeting. Tickets cost \$20 if purchased with this application.

T-SHIRTS: 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. Portalets located on NCSU track (Fri. & Sat.) and on the 10K and 20K race walk course on Sunday.

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 2, 3, & 4, 2003, 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

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NATIONAL MASTERS NEWS

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



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 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$28.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication of USA Track & Field and of World Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

Executive Officers of USATF: Bill Roe, President; Craig Masback, Executive Director.

To inquire about a USATF card, call USATF in your area, or 317-261-0500.

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Advertising information and rates: Please call 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

Mailing: The issue is mailed the last week of the month prior to the cover date.

Postmaster: Send address changes to: National Masters News, P.O. Box 16597, No. Hollywood, CA 91615.

Subscriptions: A one-year subscription (12 issues) is \$28.00 (mailed 2nd class). Add \$17 for 1st class (USA & Canada) or \$20 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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George Mathews
 Suzy Hess
 Bob Fine

Alternates:

- 1) Dave Clingan
- 2) Christel Donley
- 3) Jerry Donley
- 4) Mark Cleary
- 5) Marilyn Mitchell
- 6) John Head
- 7) Mary Trotto
- 8) Phil Byrne
- 9) Pete Mundle

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 Christel Donley
 Marilyn Mitchell
 Alternate:
 Mary Trotto

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 Honikman@silcom.com
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 Barbara Leininger (address above)

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Representatives:

Theresa Daus-Weber

Roy Pirrung

Team Manager

Mary Rosado (see address above)


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ON!**

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E-mail: natmanews@aol.com

SENIOR COMPETITION

In his February 2003 "Weight Room" column, Jerry Wojcik wrote

TWENTY YEARS AGO March 1983

- England's Ron Hill, 44, Wins Masters Division in Both Orange Bowl 10K (31:27) and Orange Bowl Marathon (2:27:14) in One Week in Miami
- Bill Stewart, 40, Runs Fastest Ever M40+ Indoor Mile (4:11.0) in Ann Arbor
- Larry Walker, 40, Breaks M40+ Record for Indoor Mile Racewalk (6:22.3)

about Senior Olympic/Games people who compete in large numbers but not so in masters meets. SO athletes are not frightened by so-called "elite" athletes, and many masters athletes compete in SO meets.

One reason that SO athletes do not attend masters meets may be the cost. SO athletes can compete in all events for about \$25-\$35 and make a day of it. In a masters meet, I can pay \$25 to run the 100 in 14.5 seconds, change clothes, and go home or stick around to watch my friends do their thing. If masters meets charged a flat fee for three or more events, they would draw more.

SO competitors would be more competitive if they worked on one event, but they do everything: 100, 200, long and high jumps, shot, discus, hammer, and then "sing and dance."

Don Hudson

Attleboro, Massachusetts

USATF Illinois Masters Indoor Track and Field Championships

Sunday March 16, 2003

Westwood Sports Center - Sterling, IL

All Athletes 30+ 2003 USATF numbers needed

Fees: \$15.00 1st event

\$5.00 each additional before March 11th.

After Tues. March 11, \$20.00/\$5.00

Field Events: 10:00 AM, Running Events: 11:00 AM

Mail Entries to:

Sterling Track Club

PO Box 958, Sterling, IL 61081

<http://www.sterlingparkdistrict.com>

Kevin Braunskill 815-622-6201

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CZZMN

Hartshorne Mile

Continued from page 1

entire eight laps. The duo was running so fast and in such perfect synchronization, that it appeared they were racing on a tandem bicycle.

At his own peril, with 400m to go, Dalton passed LeBourne on the backstretch. But LeBourne, who has run the 800 in 1:54, quickly regained his lead by launching a lethal kick to the finish.

"I knew Dalton was close, but it's a race and sometimes you do well, and sometimes you don't," said LeBourne, an analyst in the New York Stock Exchange. "The race was a little harder than expected, but this is my first race of the season. I felt OK until we passed through 800 meters, so I slacked off the pace a bit to get ready for my kick. When Tom passed me, I thought, 'Let me just tuck in behind him.' I know I can kick, and that's what I was going to do."

"I'd rather have run a 4:18 than a 4:24. But it's early, and I will do much better as time progresses," he said. "I'm going to be OK."

Dalton, the reigning M40 5K and 8K cross-country champion, knew exactly whom he was up against for the title.

"I love running the mile and indoor races, but I'm really a longer distance runner," said Dalton, employed by New York State Higher Education in Albany. "Anselm is an 800, 1000 and mile (track specialist). He's coming up; I'm coming down. But I'm glad I gave him a race. Anselm is a tremendous athlete, whom I've raced many times. I highly respect the guy."

Blanchard, who also owns the W40 indoor mile world record (4:57.71), was primarily concentrating on the clock in her race. The 5-8, lithe Canadian crossed the finish line in 5:08.55, shattering the existing W45 world record of 5:18.10, held by Patti Ford, Lafayette, N.Y.

Gillian Sharp, 41, Ithaca, N.Y., placed second among masters in 5:19.55, and Karen Kennedy, 44, Portland, Ontario, Canada, was third in 5:24.36. An unprecedented total of six masters and W30-39 women broke the 5:30 mark.

Sharp, a lieutenant in the Ithaca Fire Department, ran a personal best performance. She passed Kennedy with three laps to go.

"I was worried our times were beginning to slow down, and I wanted to keep that 5:20 pace," said Sharp, a world-class summer and winter biathlete (run or ski/shoot). "Then I was worried if I could hang on to the end, but I was very pleased with my race."

Blanchard, who holds most Canadian provincial masters records from 800 to 10,000, won \$300 for the victory, a \$400 bonus for the world record and \$200 for breaking the existing Barton Hall W40+ meet record of 5:15.86.

As in the men's race, a pace-setter was enlisted to aid the lead women, especially for the world record assault. Becky Heuer, 38, Orchard Park, N.Y., served as Blanchard's rabbit, and finished second in 5:17.08.



FROM RICK HOEBEKE

Patty Blanchard #54, W45, and Gillian Sharp, W40, before the start of the Hartshorne Mile elite women's race. Blanchard set a W45 world record 5:08.55.

ished second in 5:17.08.

"I was happy to contribute to Patty coming through with a great race, and that was my job," said Heuer, a W35 800 and 1500 gold medallist at the 2002 outdoor masters nationals. "It was hard because I want to do well, and I want Patty to do well. But, I'm not running my own race. I'm running Patty's race, which is a different style than I would run."

Blanchard, who is setting her sights on breaking the record again at the Masters Indoor Championships in Boston in March appreciates the sacrifice.

"Becky came to me, and said, 'Patty, I am here for you. I'll try to go around 2:30 or so for the half,' and we were almost right on," said Blanchard, who teaches French to junior high school students. "Then she said, 'Let me know if you want to go faster or slower.' At that point, I figured I wanted to go faster, so I just went on the fifth lap. My plan was to run a really good final 400 meters, and when it came time to go, it was quite comfortable. My ultimate goals were to come and break the records, and I did."

The top three age-40+ men and women elite milers shared in an equal prize purse of \$300, \$150, and \$50.

Ken Zeserson and Cornell professor emeritus Bob Babcock provided sponsorship for this year's elite event. The 36th Hartshorne Memorial Masters Mile was directed by Rick Hoebeke, in his 17th year as race director, and this year assisted by newly appointed co-director and elite athlete coordinator, Tom Hartshorne, a former elite miler himself and son of the race's namesake, Jim Hartshorne. □



Track & Field Report

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

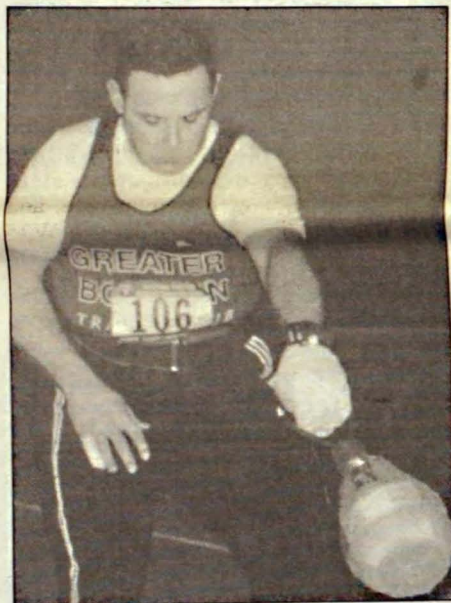
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University of Oregon ~ Eugene

June 21 & 22, 2003



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5K Racewalk	10:15	Javelin M 60+, Hammer All W		10:15	Weight then Super Wt All W
	10:30	High Jump M 30-64		10:30	Discus M 60-69
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3K	3:00				

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1 _____	_____	Late entries accepted until 5PM Thursday, June 19th. T-SHIRT - \$10.00 _small _med _large _x-large _XXL (\$2 EXTRA) Club affiliation _____ MAKE CHECKS PAYABLE TO OTCM	ENTRY TOTAL \$ _____ Late Entry Fee \$ _____ T-Shirt Total \$ _____ Voluntary Contribution to the Officials fund \$ _____ TOTAL ENCLOSED \$ _____
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We Welcome Letters

- Letters submitted to Write-On should include your full name, signature, address, and daytime telephone number. Information other than your name and city in which you live are kept confidential.
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- Keep it short. Concise letters developing a single theme are more likely to be published.
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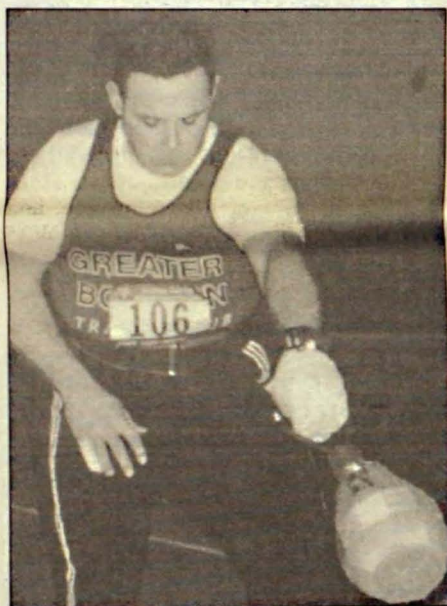
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_small _med _large

_x-large _XXL (\$2 EXTRA)

Club affiliation _____

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TOTAL ENCLOSED \$ _____

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Third Wind

By MIKE TYMN

How Fast Do We Slow Down?

Do we slow down at a constant rate, or at an accelerated rate? To put the question a different way, do we lose the same amount of time each as we age, or do we lose more and more time as we get older? Based on his study of marathon records, Professor Ray Fair of Yale University concludes that the slowdown is constant for a number of years but then it accelerates. In the marathon, the "transition age" is 59.6 years. That is, from ages 35 to 59.6, the slowdown rate is constant – 0.62 percent per year. After that it increases by 0.12 each year. In other words, the downhill slope gets steeper after 59.6 years.

Fair discusses the effects of aging on running performance in his book, *Predicting Presidential Elections and Other Things*, published last year by Stanford Business Books. Beside marathon times and presidential elections, Fair discusses extramarital affairs, wine quality, college grades, interest rates, and inflation.

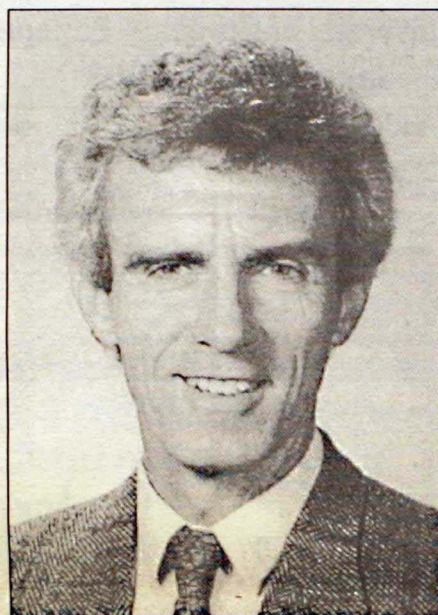
What do all those things have in common? "They can all be explained and analyzed using the tools of the social sciences and statistics," Fair explains in the book's introduction.

Plotting Times

Using marathon age records (as they were a few years ago), beginning with Paul Pilkington's 2:12:13 at age 35, going on up through Norm Green's 2:25:51 at 52, Clive Davies' 2:42:48 at 66, and ending with Ed Benham's 4:17:51 at 84, Fair plots the times on a graph and demonstrates how the slope is constant up to age 59.6, before it begins to slope more upward (or downward, depending on how you view it).

While there are records beyond age 84, Fair did not use them as he felt there have not been enough runners in those age categories to make them statistically reliable. In fact, it may very well be that the accelerated rate after 59.6 is a result of fewer people in the upper age groups.

"Since hundreds of thousands of people age 35 have run a marathon, the world record for that age is probably



Ray C. Fair

close to the best time that could ever be run – the biological minimum," Fair points out. "On the other hand, far fewer people age 84 have run a marathon, so the current world record for that age may not be that close to the best that could ever be done. Think about it this way. If, in the next 20 years, hundreds of thousands of people age 84 run a marathon, the (record) time of 4:17:51 might be lowered considerably."

Some may ask why Fair didn't find a few dozen marathoners who have been running for 25 or more years and chart their slowdown rate. It's because there

is no way to factor in the motivational aspect and other variables. It would be difficult to find people who approach the same race each year with the same intensity, and, of course, weather conditions could vary from year to year and further distort the data.

Initial Improvement

Another problem with individual results is the effect of adaptation and experience. Most runners, even those taking up the sport in their middle or later years, improve for the initial 5-10 years, because they are molding the body to the demands of the sport, while learning how to train harder and harder. In those early years, the improvements from adaptation and experience more than offset the losses to aging. This aspect leads many older runners to falsely assume that they are defying the aging process.

Nevertheless, it seems clear that running and other exercise does retard the aging process. "I am struck by how small the deterioration rates are," Fair comments.

"The age factor for age 75, for example, is 1.499 (using age 35 as 1.00), only 32 percent larger than the age factor of 1.133 for age 55. The deterioration rate is thus only 32 percent over these 20 years. Even someone age 85 is only about twice as slow as he was at 35. Given these numbers, societies may have been too pessimistic about losses from aging for individuals who stay healthy and fit. Societies may have passed laws dealing with older people under incorrect assumptions."

Middle Distances

Fair also determined the transition age for the "middle distances" – 400 through 10,000 meters. It is 59.5 years, almost exactly the same as for the marathon. However, the slowdown rate before the transition age in the shorter distances was 0.81 percent, significantly higher than the 0.62 for the

marathon. But, on the other hand, the increase in the slowdown rate after the transition age was smaller than in the marathon.

In other words, the slowdown rate in the middle distances is larger in the early decline, but not as fast as in the marathon in the later years. "The larger slowdown rates for the early ages may mean that speed deteriorates faster than endurance," Fair offers.

Predicting slowdown rates in running is not too much unlike predicting wine prices by vintage. But you'll have to read Fair's book to get a handle on that. It is available on the Internet through Amazon.com and Barnes & Noble.com. □

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

What Is Running USA?

Running USA, a 501(c)(3) tax-exempt organization, is dedicated to improving the status of road running, raising its awareness among the public and corporate America, and supporting and developing U.S. distance runners through Team USA Distance Running.

Founded in March 1999 with USA Track & Field, its membership includes major U.S. road races, running associations, members of the athletic industry, athlete legends and media.

Its event members represent over 240 races, including some of the leading races in the U.S., with over 1.5 million participants, millions of spectators, and over \$1.9 million in annual prize money.

For more information on Running USA, its objectives and members, visit its Web site: <http://www.runningusa.org>, or call Ryan Lamppa, 805-696-6232. □

Tuttle, Bogacheva Take Masters Firsts in Naples

By SUSANNAH BECK

John Tuttle, 44, Douglasville, Ga., 1:09:33, and Irina Bogacheva, 41, Gainesville, Fla., 1:15:35, topped a terrific masters field at the *Naples Daily News* Half-Marathon, Naples, Fla., Jan. 26.

"It was OK. I was hoping to run a little faster," Tuttle told the *Naples Daily News*. "A few years ago, I did run faster. This time it felt hard. I was with the leaders the first two miles, but I realized that just wasn't going to be. So I backed off and got into a sort of comfort zone. I kept looking at people, and I didn't see anybody very old, except (Gary) Romesser. So I thought I was in good shape."

Romesser, 52, Indianapolis, was second M40+, 1:12:51. Ken Gartner, 42, Falmouth, Mass., 1:13:32, cruised in for third. William Riley, 66, Marstons Mills, La., 1:28:32, narrowly outran John Boyle, 61, Deland, Fla., 1:28:56, for the 60+ laurels.

The women's field set up like a

national championship preview, with luminaries in all the age groups. Bogacheva, who ran a 2:29 win at the Twin Cities Marathon last fall, used Naples as a workout for a big spring marathon effort. New master Lisa Vail, 40, Gainesville, 1:16:26, promises to challenge for U.S. women's masters titles this year.

Olympian warhorse Tatyana Pozdnyakova, 47, Gainesville, 1:18:27, made leisurely work of her W40+ third.

Claudia Kasen, 45, Orlando, 1:24:24, showed good form for second W45.

Suzanne Ray, 50, Maplewood, Minn., and Gloria Jansen, 55, Edina, Minn., made the trip south from Minnesota to try their legs in some warmer weather. They topped their age groups in 1:27:18 and 1:37:28, respectively.

Ultra-diva Sue Ellen Trapp, 56, Fort Myers, Fla., did some shorter speed-work with her second W55 1:40:54. Former racewalker Leslie Higgins, 78, Fort Myers, Fla., ran to 2:29:46. □

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VICTOR SAILER / PHOTO RUN
David Olds, 41, first overall (21:42), Masters Winter 6K X-C Championships.

6K X-C Championships

Continued from page 1

Hellebuyck (19:15).

Olds commented on the race, "I was leading from the start, and coming down the first steep downhill, caught a rock with my spikes, fell forward, slid in the mud for 20 meters, felt like I was accelerating, but was able to regain my footing and remain in first place throughout the race."

Ronnie Parks, 41, Tulsa, Okla., finished third overall (22:10). Dave Dooley, 55, Eric, Colo., was the top performer with an M55 victory in 25:34. Thom Weddle, 64, Burnsville, Minn., with a 27:27, was the only male repeating champion from the 2002 Winter 6K in Vancouver.

The Boulder Road Runners swept all four ten-year team divisions, with the M40-49 Boulder quintet the best at 1:09:03.

In the women's race, Carmen Ayala-Troncoso, 43, Austin, Texas, with a 23:49, successfully defended her 2002 victory in Vancouver. Ayala-Troncoso, of Team Run Texas, said after the race, "It was wet and muddy and wonderful out there."

Laura Bruess, 42, Boulder, Colo., was second in 25:29. Kelly Kruell, 43, Portland, Ore., of Team Oregon, took third (25:34) and combined with fourth-place Meghan Arbogast, 41, Corvallis, Ore., 25:34, and fifth-place Jennifer Teppo, 44, Vancouver, Wash., 25:58, to win the W40-49 team title, as they did in the 10K Championships in Rocklin.

Shirley Matson, 62, Larkspur, Calif., won the W60 race in 30:16, good enough to take top performance honors among the women. She joined Ayala-Troncoso, Nancy Smalley, 76, Boulder, Colo., 54:11, and Louise Adams, 81, Boulder, Colo., 55:41, as 2002 repeat winners.

The Boulder Road Runners won both the W50-59 and W60-69 titles, for

Continued on page 9

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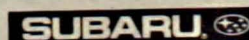
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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO, D.P.M.

Corns and Calluses

Corns and calluses are probably the most common, yet least discussed, problem in the athletic community. Most can be easily treated, but there are certain conditions in which more aggressive therapy is needed. Corns and calluses are really the body's physiologic response to intrinsic or extrinsic pressure and friction.

Intrinsic means foot deformities, such as bunions, hammertoes, dropped metatarsals, high arches, low arches and various abnormal foot biomechanics. Extrinsic factors include improper shoes, ill-fitting shoes, heat, road surface, and moisture.

A corn is a thickening of the external layers of skin due to a local increase in pressure. These are those pesky hard, round lesions that usually occur over the second and fifth toes, and under the ball of the foot. They can be very painful.

A soft corn is a variation of this lesion, often found between the fourth and fifth toes in the interspace. These are usually softer in appearance. They can be quite painful and are aggravated by tight shoes.

Calluses

Calluses, on the other hand, represent a diffuse thickening of the epidermis caused by an increase in direct or repetitive forces across the weight-bearing area of the foot. These are most common under the metatarsal heads and the bottom of the heel. At times,

these growths can protect the underlying soft tissue. However, when the keratin proliferates, these can become painful.

There is another type of lesion called a plantar keratosis. This is somewhere between a corn and callus. It is a small, well-demarcated lesion that usually occurs under the ball of the foot. They can be quite sore at times, and are usually due to a bone prominence under the metatarsal head.

Treatment tends to be conservative. Use a well-cushioned, properly fitted shoe. Leave plenty of room in the toe box, so it will not impinge on the ends or tips of the toes. I prefer a mesh type of shoe upper to allow the foot to "breathe." You may wish to use an over-the-counter insole, which will afford additional cushioning. I always

used Vaseline in the past when running longer mileage, which certainly helped reduce friction to the feet.

Non-medicated pads are often helpful and will keep the shoe from rubbing on the dorsal lesions, especially for those with hammertoe deformities. Crest pads also may help in this area.

Biomechanical Deformity

For those with biomechanical deformities, it may be necessary to use an over-the-counter or custom foot orthosis. This will reduce the excessive pronatory forces and reduce pressure on the affected areas.

If you have some manual dexterity, you may wish to pumice off the callus or pare down the thickened skin. However, if you have marginal eyesight and lack flexibility, a foot specialist can do this for you.

If extremely painful corns are hindering the workout, surgical excision of the underlying bone spur may be recommended. This can reduce the offending portion of bone and eliminate the skin lesion.

Again, when treating calluses, these may be pumiced or reduced down. This should be done on a regular basis. For those with diabetes or circulatory problems, your foot specialist should perform this.

In summary, high levels of activity can cause friction lesions, which may reduce the effectiveness of your training program. By simply changing footwear, using Vaseline and reducing the lesion, you may be able to continue your training program in a pain-free manner. □

(Dr. John Pagliano can be reached by e-mail at thefootbeat@aol.com)

Indoor Records Rampage

Continued from page 1

feet with a 16.00/52-6.

James Crawford, 78, Connecticut, threw an M75 U.S. record 11.60/38-0 $\frac{1}{4}$ with the 16#, about a half-foot more than Vince Sempronio's 11.43/37-6. The present records for those three age groups were made in the 2002 Masters Indoor Championships at Boston.

On Jan. 12, Sunday, in the USATF New England Championships at Brown University, Providence, R.I., Bob Cahners, 60, of Florida, second to Wallin at Dartmouth, with a 17.42/57-2, heaved the 20# 18.19/59-8 $\frac{1}{4}$, six inches better than Wallin's record-breaking effort. Kathy Bergen, of California, high jumped 1.30/4-3 $\frac{1}{4}$, to better Evelyn Wright's W60 U.S. record of 1.27/4-2, set in March 2001.

In other action in the Dartmouth meet, Ed Gonera, 50, with 24.27 and 54.36, and Roger Pierce, 58, with 25.50 and 57.67 in the 200 and 400, were the standouts in the sprints. Colin McArdle, 58, won the M55 1500 with a 4:45.56. Michael Shiaras, 51, was the farthest in the shot (50-11). Hurdles record-holder Barbara Jordan, 67, took five firsts, including the 55mH (12.53).

At the New England Championships at Brown U., Pierce, with a 25.49 200 and 55.30 400, and David Neuman, M40, and Jesse Norman, M55, with three wins each, were the sprint sensations.

Jack Thornhill won the M60 mile and 3000 with a 10:58.04, which should rank him in the first five. Jerry Espinosa, M40, was top man in the high jump at 1.78/5-10. Jordan took five W65 firsts again, improving in the 55mH (12.19). Joe Light, M55, finished the 1500 racewalk in 8:17.38.

Solid early-season marks aside, entries at both meets were down. "Attendance was relatively slim; Dartmouth probably more due to it being a workday. Looks like a lot of runners in the greater Boston area went to the Boston U. All-Comers instead of the Brown meet, and others (non-runners) seemed to simply not

attend," commented Steve Vaitones, USATF New England manager and director of the 2003 Masters Nationals in Boston.

"Too bad, because if the numbers don't increase at Brown in '04, they are going to reconsider hosting the meet. It's a lot of work for little return. Read another way: if masters do not support masters meets instead of open meets which allow masters to run in them, then there may be some folding of masters only meets."

More Masters Records

Joan Nesbit-Mabe, 41, broke the W40 U.S. mile indoor record with a 4:53.91, finishing second in an open field of 11, Tar Heel Classic, Chapel Hill, N.C., Jan. 24. Kimberly Griffin has the present record of 4:59.78, set in the 2002 National Masters Championships.

On Jan. 25 in the New Balance Games, Armory T&F Center, NYC, Lyubov Kremlyova, 40, of Russia, ran a brilliant 4:29.72 mile, well under the W40 world record of 4:57.71 by Patty Blanchard, Canada, in 1999.

Regina Jacobs, who will be 40 in August, broke the open world record for the 1500 with a 3:59.98 on Feb. 1, in the adidas Boston Indoor Games at the Lewis Center. Mary Slaney now holds the W35 record at 4:03.08, set in March 1997. Doina Melinte's open world record was 4:00.27, set in 1990.

In the Millrose Games at Madison Square Garden on Feb. 7, Gail Devers, 36, smashed the W35 world record for the 60H with a 7.78. Yelizaveta Chernyshova, of Russia, has the record at 8.04 in 1993. Jearl Miles-Clark, 36, ran the 400 in 55.08, better than the W35 U.S. record of 56.66 by Alethea Morris in March 2000.

Competing in the open division in the Millrose Games, Oneitha Lewis, 42, broke her W40 national records in the shot put and weight. She won the shot overall with a put of 48-2, demolishing her record of 45-10, and placed fifth in the 20# weight with a record 55-9 $\frac{1}{4}$. Her present record is 55-1. Both were set in January 2002. □



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Indoor Nationals

Continued from page 1

will do my best to make such arrangements. Contact me at pmb02129@aol.com or 561-832-4345.

The Thursday night social/dinner is again set for Bertucci's Restaurant, one block from the Westin at 20 Stanhope St. It is directly behind the Hard Rock Café at 131 Clarendon St. Social starts at 6:30 p.m., dinner 7:30, dress is casual, \$20/person. All athletes, guests, officials, volunteers, and organizers are invited. Please use the entry form in the January NMN, or e-mail or call me to make a reservation.

The Athletes' Meeting will be held on Saturday evening at the track as soon as the competition is completed for the day. At this meeting, the awards for the 2002 Age-Group Winners and the Athletes of the Year will be presented. It saves the Awards Committee a great deal of time and expense and offers honorees more recognition when they are present at the meeting to receive their awards.

Representatives of the Local Organizing Committee from the WMA World Championships, scheduled for

this summer in Puerto Rico, have asked to have a presence here, and we have agreed to accommodate them. We expect they will have a booth and also have a few minutes for an update at the Athletes' Meeting.

The first masters indoor championships, billed as the "Masters Indoor AAU Championships," took place at Peddie School, Hightstown, N.J., on March 8, 1975.

Bob Fine, through the Masters Sports Association in New York City, was listed as the contact. Athletes who participated in the 1975 championships and will be at the 2003 Championships are asked to meet with Jerry Wojcik, of the *National Masters News*, after the Athletes' Meeting on Saturday for inter-

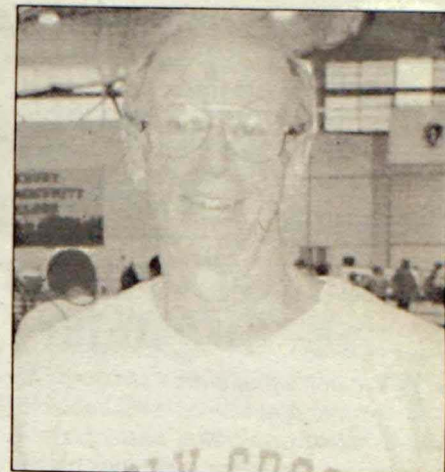
views and a group photograph.

For additional information on the 2003 meet, please check our Web site: www.usatfne.org.

If you have any extra time while in Boston, you might consider getting tickets for the extraordinary Treasures of Egypt exhibit at the Museum of Science, which opened recently to rave reviews (tickets: 617-723-2500), or taking a ride through the famous Big Dig, the first sections of which are opening this winter. (You've already paid for your tickets for this one!)

We look forward to seeing everyone in Boston for another great meet. □

Phil Byrne, Chairman
Masters Track & Field
USATF-New England



JERRY WOJCIK
Phil Byrne, co-director, 2003 National Masters Indoor Championships, Boston.

SADDLEBACK MASTERS MEET

Saturday, March 8, 2003 @ Saddleback College, Mission Viejo, CA

AGE: 30+ for men and women, 5 year age groups

DIRECTIONS: Located between L.A. & San Diego (5 Frwy, Exit Avery). 15 minutes south of Orange County Airport.

FACILITIES: New urethane track, runways, javelin approach, high jump apron. **AWARDS:** Medals to first three.

ACCOMMODATIONS: Many hotels/motels and restaurants within 5 miles of campus.

ENTRY FEES: \$20 for first event (includes "T" shirt), \$5 per each additional event, and Family Relay is free.

LATE ENTRIES: Accepted on the day of the meet, but you must enter at least one hour prior to events to insure entry. \$10 Late Fee is additional to other fees.

NO REFUNDS: All proceeds go to Saddleback College Foundation and used for new track equipment & scholarships.

Time	Event	"X" Events	Time	Event	"X" Events	Time	Event	"X" Events
10:00 am	Javelin	<input type="checkbox"/>	12 noon	5K Run (Men & Women)	<input type="checkbox"/>	2:30 pm	300 Hurdles Women	<input type="checkbox"/>
	Long Jump	<input type="checkbox"/>	1:00 pm	60m Hurdles Women	<input type="checkbox"/>	2:45 pm	300 Hurdles Men	<input type="checkbox"/>
12:00	Shot Put	<input type="checkbox"/>	1:20 pm	60m Hurdles Men	<input type="checkbox"/>	3:00 pm	800 Women	<input type="checkbox"/>
	Pole Vault	<input type="checkbox"/>	1:40 pm	1500 Women	<input type="checkbox"/>	3:10 pm	800 Men	<input type="checkbox"/>
	High Jump (3' Start)	<input type="checkbox"/>	1:50 pm	1500 Men	<input type="checkbox"/>	3:20 pm	60m Women	<input type="checkbox"/>
2:00 pm	Triple Jump	<input type="checkbox"/>	2:00 pm	300 Women	<input type="checkbox"/>	3:40 pm	60m Men	<input type="checkbox"/>
	High Jump (5' Start)	<input type="checkbox"/>	2:15 pm	300 Men	<input type="checkbox"/>	4:00 pm	3K Women & Men	<input type="checkbox"/>
	Discus	<input type="checkbox"/>				4:20 pm	Family Relay	<input type="checkbox"/>

Order of Events: Women then Men, Oldest to Youngest, except 5K and 3K are combined.

Registration fee: \$20, (includes 1st event). # of additional events _____ x \$5 = _____

Total Amount Enclosed \$ _____ (CHECK PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.)

Mail Entry with check: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692

Atten: Mark Blethen Questions? Contact Mark (949) 582-4640

(Note: NO REFUNDS)

ENTRY FORM

NAME _____ SEX: M ___ F ___ AGE _____ DOB _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

PHONE (____) _____ FAX (____) _____ E-MAIL _____

T-SHIRT SIZE: (Circle size of shirt) S M L XL

AMOUNT ENCLOSED: \$ _____

PAYABLE TO: SADDLEBACK COLLEGE FOUNDATION.

MAIL TO: Saddleback College Athletic Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692,

Atten: Mark Blethen

You may contact Mark Blethen at (949) 582-4640

ATHLETE'S WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have, or may hereafter accrue, against Saddleback College, the meet directors, field officials, volunteers, and all other sponsors and sports facilities or their officials or agents. I certify that my level of training is such that I am prepared to compete and recognize the right of any duly authorized members of the medical staff to require my withdrawal from competition, and will do so if directed.

Athlete's Signature _____ Date _____



SUZY HESS

Thomas Dalton #157, winner (8:38.69) and Joe Klejna in the M40 3000 in the 2002 National Masters Indoor Championships.

6K X-C Championships

Continued from page 7

a total, including the four by the men's teams, of six out of seven team victories.

Post-race comments from division winners included this by M65 Ino Cantu, "I loved it. It was a great, true cross-country course. The hills were too short. We don't have hills in this part of Texas." The best comment of the day came from Adams, the W80 winner, "It was the toughest race I ever ran, but it was fun and I smiled all the time." □

— Thom Weddle contributed
to this article



Masters Racewalking

By ELAINE WARD

Treatment Options for Muscle Stress and Injury – Part I

The new competitive season is here. In recent columns, we have introduced you to a new video and book on *Dynamic Self-Massage*, offering you methods of preventing muscular stress and injury so that you do not have to experience downtime from your training. It also offers you methods of accelerating your recovery after injury. The following summarizes some of the many other available treatment modalities. – ew

Acupuncture is an ancient remedy based on the theory that the body is full of energy pathways that have an ideal or optimum state of energy flow. This therapy involves treatment at "trigger points" that relieve areas of stress to restore normal energy flow and, consequently, normal performance.

While acupressure is non-invasive, using pressure applied with fingers, thumbs and the heel of the hand, acupuncture involves the insertion of fine sterile needles to a depth of a few millimeters. Advocates say acupuncture is especially effective in reviving

exhausted and over-stressed muscles.

Anti-Inflammatory Agents suppress the inflammatory process. Aspirin is an effective anti-inflammatory that helps control the pain of athletic injuries. Ibuprofen is another. Acetaminophen is not.

Which anti-inflammatory is best for you is contingent upon the "three Cs": compliance, cost and complications, according to Lowell Lutter, M.D., a marathoner and orthopedist located in St. Paul, MN.

Compliance refers to following a regular, prescribed, intake schedule. Controlling inflammation requires a high dose strategy, not a pill here or there. It often involves taking 10 to 16 aspirin a day or 8-12 ibuprofen a day for a full week, according to Dan Larson, M.D., director of sports medicine at Yale University.

Complications (possible side effects) from aspirin include stomach irritation, abnormal stomach bleeding, heavy menstrual flow in women, dizziness, nausea, tinnitus (ringing in the ears) and hyperventilation. Ibuprofen has a shorter list of side effects including drowsiness, indigestion, nausea and light-headedness.

Consult your doctor about their use.

Aqua Running or Walking is a fairly new alternative for injured athletes. It is usually done in a swimming pool and allows you to keep exercising while avoiding the normal stress of impact. Aqua running or

walking also offers the extra benefit of resistance. Try to move with the same speed you would on land and you will meet 850 times the resistance!

Wear a Wet Vest (a flotation device) or just run or walk in a pool. Devote the same time to warm up, cool down and stretching that you would on dry land.

Arthroscopy is a diagnostic or surgical procedure in which the surgeon examines the inside of a joint. It is less invasive than traditional surgery, requiring just one or two tiny holes in a joint. Through these holes a surgeon inserts an arthroscopic instrument with a system of lights and lenses that allows a view of the inside of a joint. Commonly used on the knee, arthroscopy requires considerably less time for rehabilitation than traditional surgery. Patients are usually walking within two days.

Chiropractic is manual manipulation of the spine to achieve a proper skeletal orientation with regard to the other systems of the body, especially the neural and muscular systems. By relieving pressure on the nerves and connecting these relationships, chiropractic realignment can relieve discomfort and enhance performance.

Cryotherapy provides a local application of cold for therapeutic reasons. Cold is applied with commercial cold packs, ice bags, ice compressors, or ice massage to reduce pain and swelling immediately following an injury. Generally, ice is applied several times a day for a period of 15 minutes. It also may be helpful before workouts and competition.

Electrical Muscle Stimulation (EMS), otherwise known as electrostimulation or electrotherapy, is a treatment to prevent muscular atrophy accompanying the immobilization of a limb. It also may be helpful in reducing swelling and pain around an injured joint and for treating spasms.

Heat Therapy is a treatment involving hot compresses, whirlpools, ultrasound, heat lamps or hot pads. It is generally used after ice



JERRY WOJCIK

Racewalkers Marianne Martino #1385, third W50 (28:26.34) and Liliana Whalen, fourth W50 (28:32.42), 2002 National Masters Championships, Orono, Me. This year's 5000 will be contested on Aug. 8 in the Masters Championships in Eugene, Ore.

therapy that has helped stop fluid accumulation at the point of injury. Heat promotes healing by dilating the small blood vessels in the area, increasing blood circulation and the inflow of healing nutrients. It also helps reduce pain and spasm.

Hydrotherapy is a water treatment that includes everything from whirlpools to underwater therapy. Some devices (whirlpools) mimic a massage effect, others make use of hot or cold water. With acute injuries, hydrotherapy can be used to chill the area to prevent further tissue damage. With some other injuries, heat helps reduce soreness and restore mobility. □

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

FIVE YEARS AGO March 1998

- Steve Scott (41, 4:13) and Ruth Wysocki (40, 4:41) Win National One-Mile Road Championships in California
- Doug Kurtis (45, 2:36:00) and Mary Burns-Prine (40, 2:49:15) First Masters in San Diego Marathon
- Masters Brave Worst New England Ice Storm in Decades to Compete in 29th Dartmouth Relays

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PROFILE

Steve Vaitones – Administrator Extraordinaire

By SUSANNAH BECK

Usually *National Masters News* showcases athletes in our Profile column. But sometimes an administrator comes along whose ongoing contribution to the sport is so enormous, and vital, it's like an athletic performance itself. Such is Steve Vaitones, 46, managing director of USATF New England.

Vaitones is the driving force behind USATF NE, probably the strongest USATF Association in the country. He is the tall, dark, and handsome thin guy you see working every big meet in New England. A long-time contributor to *New England Runner* and a former national caliber racewalker, Vaitones is also the director of this month's USATF National Masters Indoor T&F Championships in Boston. He's everywhere, does everything.

NMN: Where are you from? Are you married?

SV: Gloucester, Mass., will always be home, but I live in Waltham, Mass. I'm really married to my job.

NMN: What are/were your primary athletics events?

SV: In my highly competitive days (1980s-90s), the 50K walk was my primary event, though I competed at all distances. The 50K became harder to train for as work responsibilities increased. I did get away from really competitive walking for a short while and did some running. Now I'll compete at local events, but am not training more than 40 miles a week. I might try to run another marathon. The one event I most enjoy competing in is cross-country.

NMN: Tell us about your racewalking career, how you got started, etc.

SV: As a Bates College freshman, I wasn't a "scholarship level" athlete, but still ran cross-country. When track season came around, I became team manager.

I tried racewalking during the season sort of on a lark – if I couldn't qualify in the running events, then how about the walk? Coach Walt Slovenski gave me the opportunity, and I finished fourth of seven in the Black Bear Relays. Somehow that hooked me. I transferred to U. Maine, and they had had a walker there before me (past USATF Racewalking Chairman Bruce Douglass).

I combined team manager duties there with training for the walk, and the successes I had kept me interested and continuing beyond college.

I took racewalking really seriously in the mid-1980s and went from a career track job to part-time work to train, and did get to the 1988 Olympic Trials. I was the first "non-qualifier" in both 1992 and 1996, and my personal best at 50K is 4:27:28.

It was – and still is – tough to find any local training partners for high caliber racewalking almost anywhere in the country. I did have a regular training partner from the "glory days," Mark Fenton, but he retired and got a "real

life" before I did. Right now, I train mostly alone, given work hours, but I try to run with the Somerville Roadrunners' weekly runs.

NMN: Tell us about your work at USATF NE.

SV: Being the Managing Director of USATF NE, the "Executive Director" so to speak, sounds like there's a big plush office, and I wear a suit. I'm 50% of the staff, and Paul Ryan makes up the other 50%. With such a small office, both people have to know what is going on, and we both do a lot of work hands on and "in the trenches."

As one of only a handful of full-time managers of USATF association offices, I am very fortunate. It's only because of our wide range of programs, huge number of events, and many clubs that we are successful.

Most of my position deals with event directors and clubs on sanctions, events, and the programs we have in the association. I also deal with the national office, and oversee projects that come from our (volunteer) board of officers and sports chairs, since they often can't do the things that need to be done during a business day. Related to that, it's funny when people call and apologize for interrupting and asking a question about the sport – that's our job in the office.

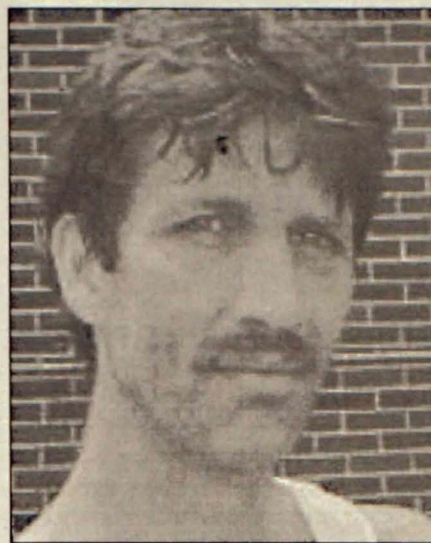
I also serve as director of those association championships we organize and run ourselves, as well as any regional or national championships – like the National Masters Indoor Championships. This is mostly as part of my USATF NE position, though there are plenty of busman's holidays and weekends.

I officiate at cross-country or track events most weekends from September through June, and am then involved with a variety of summer events. I'm also involved with the national racewalking committee, where I am the Junior Team coordinator, and also with the cross-country committee. But I wouldn't do this if I really didn't love the job.

NMN: How does the structure of USATF NE differ from other USATF Associations?

SV: Again, we are very fortunate in the New England association to have a full-time office, not working from a back room in a sports store or from someone's kitchen table. And I emphasize the word fortunate. New England always had an office back through the sport – AAU, TAC, and USATF – mostly because of the rich history and tradition in all sports around here.

There were some shaky days in the



Steve Vaitones

1980s where the office and staff were really cut back, but it has been pretty stable for years, even without the benefit of the major marathons which used to require all runners to be USATF members. We jokingly refer to USATF NE as a "hopelessly non-profit organization." The frugal Yankee in me wants to get as much as possible out of the resources we have.

We also have a tradition of well-rounded and hardworking boards. We try to encourage as much participation as possible by clubs and events. It isn't always perfect; for example we don't have as much participation in some parts of the association – Vermont and western Massachusetts, for example.

Some of that has to do with the provinciality of New England – there's so much here, people don't want to travel to anything if it takes much more than an hour, while most of the country has far larger distances and geographic areas to cover. But we see the room for improvement, and want to meet those challenges.

NMN: Does USATF NE include all six New England states?

SV: The association covers only Massachusetts, New Hampshire, Rhode Island, and Vermont. That goes way back into the AAU days of the sport when that organization ran all sports. I believe Maine broke away in the 1940s because of revenues that came in for boxing events going back to the central

office (in Boston). No one I've talked with really knows why and when Connecticut went off on its own.

NMN: What is your involvement with *New England Runner* magazine?

SV: I'm a contributor, writer, and landlord for it. Well, USATF NE and *New England Runner* share an office suite – conveniently located near the 22-mile mark of the Boston Marathon course – which works for both of us and makes the office a real central resource in the sport. If we don't have the answer, they do, and vice versa. It's a good relationship, and probably unique in the country. I write some short pieces and supply stats.

NMN: USATF NE has a great Web site. Who's responsible?

SV: I gather and write the content with contributions from our board. Our Webmaster, Justin Kuo (who is also our racewalking chair), puts it together in a timely manner. We try to update the headline news at least once a week, and the rest of the site on a regular basis, even if it's only one or two things to keep people aware that we do, in fact, update it. There's nothing more frustrating than seeing sites where "2001" is still a coming attraction, and I don't mean the movie.

Web sites are now often the introduction to the sport for masters, youth, and the athlete who is becoming more competitive. USATF associations in particular have to keep their Web sites up to retain a leading role in their local athletics community.

NMN: Where would you like to see USATF NE in five years? Where would you like to be in five years?

SV: In the long term, I'd like to see the NE Association working more on a state level in each state and then build up to an even more cohesive association.

As for something that sounds less like "we should cure all diseases and have world peace," it would be great to establish one or more track & field training centers around the association, either full track venues, or covering specific field events, which we're working on with Tom Petranoff (throws) and with Air Time Athletics (pole vault).

As for myself in five years, I'd like to be able to go on a real vacation! □

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On The Run

By HAL HIGDON

Reflections On a Space Disaster

I first learned I might ride the space shuttle when I checked my answering machine and encountered 37 messages. It was the summer of 1985. I was in Wisconsin on a magazine assignment, interviewing Norm Green at a church camp for an article in *The Runner* magazine. I pulled off the road to use a phone booth en route home. This was in the era before cell phones.

The messages were requests for interviews: everyone from *Newsweek* to *Newsday* to News Radio. NASA had just released the names of the final candidates to become Journalist-in-Space. Five thousand media members had requested applications. Two thousand actually applied. One hundred journalists made the first cut. Walter Cronkite and myself plus ninety-eight others.

Science wasn't my normal beat, although I enjoyed reading about space exploration, beginning with H.G. Wells as a kid. I was a generalist reporter covering politics, business, celebrities, fitness, anything that sold, including one children's book on space. As running grew in popularity, I shifted more and more of my writing into that arena.

Maybe I didn't have Cronkite's cre-



JERRY WOJCIK

The W50-59 team who ran a record 11:38:14 in the 4x800 (from l): Carolyn Smith-Hanna, Mary Trotto, Kathy Martin, and Marie-Louise Michelsohn, 2002 National Masters Indoor Championships, Boston. The 2003 Masters Championships are scheduled for March 28-30 in Boston.

TEN YEARS AGO March 1993

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

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dentials, but who did?

Disaster Strikes

I spent the next week looking into cameras and talking into microphones. Six months later, the same reporters called again to probe my reactions to Teacher-in-Space Christa McAuliffe's having died when Challenger exploded.

Now, seventeen years after that tragedy, the loss of Columbia rekindles painful memories. Shock. Horror. Tears. Sorrow. Nausea. The realization that it could have been me.

The second cut in 1986 among shuttle candidates was to forty. I traveled to Iowa City for interviews and was chosen, along with Walter Cronkite, to continue. The next cut to five was in Washington with the final decision to be made at the Johnson Space Center in Houston. I figured that if Cronkite and I got into a showdown, I had the edge in fitness. Though age fifty-four, I was still running marathons under three hours and competing in triathlons.

I'll never know if I would have been chosen, because NASA allowed the Journalist-in-Space program to lapse.

Disappointed, I let the space program slip to the recesses of my mind—as did many Americans. Then several years ago, we bought a condo in Florida, near the ocean east of Jacksonville. My wife and I were com-

ing up from the beach one afternoon and noticed a crowd. I asked why. "Space launch," someone explained.

We were two hours north of Cape Canaveral by car. I didn't expect to see much, but then I spotted the vapor trail of a shuttle shooting into space. A chill gripped me. I recalled lost dreams.

Hand of Fate

Chance often dictates our fates. In the Army, the military transport bound for Europe before mine crashed in a rainstorm. Driving with our kids in the car, we sideswiped a deer that, had it appeared a second earlier might have crashed through our windshield. Three thousand people lost their lives at the World Trade Center, because they arrived for work early.

Few of us can predict our hour of death, but we would like to go with dignity—and maybe go quickly. Riding to the Rome Airport in 1985 after the World Masters Championships, I sat next to Paul Spangler. A runner in his eighties, he had won several gold medals. "My goal is to run until I'm a hundred," Spangler informed me.

He never made it. A few days before his ninety-fifth birthday, Spangler dropped dead of a heart attack while running. A lot of runners who knew Paul Spangler thought, "That's the way to go! Doing what he loved most."

What better can you say about the Columbia astronauts than they died on top of the world, doing what they loved most. Space exploration will continue, but everyone who comes later will stand on their shoulders. If you don't believe me, just ask Walter Cronkite. □

(Hal Higdon is a Senior Writer for *Runner's World* and author of *The Team That Played in the Space Bowl* (for children). Visit his web site at www.halhigdon.com)

The *National Masters News* now takes VISA and MasterCard for subscriptions and gift subscriptions on its Internet Web site:

www.nationalmastersnews.com

This will enable foreign athletes to subscribe without having to convert foreign currency to U.S. currency.

Hellebuyck Gets Spring Fever

If it's springtime, Eddy Hellebuyck, 41, is racing his way into shape again and accumulating frequent flyer miles.

On Jan. 19, the Albuquerquean sprite dropped by the San Diego Marathon's Half-Marathon, Carlsbad, CA, winning the M40, 1:11:54. Kevin McCarey, 48, San Diego, was runner-up, 1:15:15. Sarah Kramer, 42, Ogden, UT, captured the W40, 1:23:55.

Hellebuyck continued his travels with another layover, another M40 win, at the 3M Half-Marathon, Austin, TX, Feb. 2, 1:07:01, just holding off Peter Fleming, 42, Colorado Springs, CO, 1:07:02, and Dennis Simonaitis, 41, Draper, UT, 1:07:06. Robert Fletcher, 70, Fredericksburg, TX, turned in a 1:38:38.

W40+ defending champ Jeanne Lasee-Johnson, 45, struck paydirt again with a 1:17:24 win. Londoner Alison Fletcher, 41, UK, 1:18:27, stayed ahead of Kim Jones, 44, Ft. Collins, CO, 1:20:49, for second. Vonda Lee Adorno, 68, Austin, repeated as W65 titlist, 2:09:49.

Next stop on the Hellebuyck tour: the Mercedes Marathon, Birmingham, AL, Feb. 8, site of the USATF Open Men's Marathon Championship. In the freezing and windy championship weather, heat-loving Hellebuyck runs uncomfortably and never feels good. He dropped out at 16 miles, only to return the following morning to win the Mercedes Half-Marathon outright, 1:10:26, in warmer, windless conditions.

Katharine Edmonds, Birmingham, 1:30:42, galloped to the W40 Half-Marathon garland. In the citizens' Mercedes Marathon, Cheryl Boessow, 42, AL, won the women's race overall, 3:07:01, and Jeff Terry, Homewood, AL, was the only master under three hours 2:39:41. □

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PUBLICATIONS ORDER FORM

Masters Age Records (2002 Edition)

Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 2001. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$6.00.

Masters Track & Field Rankings (2001) CLOSE OUT \$4.00

Masters Track & Field Rankings (2002)

Men's and women's 2002 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

McMahon Family Trust Masters Track & Field Indoor Rankings

Indoor rankings for 2002. 4 pages. \$2.00.

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of Mar. 1, 2002; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$2.00.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of Sept. 15, 2002 (world) and Dec. 7, 2002 (USA). \$2.00.

Competition Rules for Athletics (2002 Edition)

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

USATF Directory (2002)

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

New! WMA Handbook (2001-2003)

Contains 2002 WMA New Age-Factors for All Combined Events, Constitution, By-Laws, Rules of Competition, History of Masters Athletics & More. In English, Spanish, French, German. 170 pages. \$8.00.

USATF Governance Handbook (2002)

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

Running Encyclopedia, The Ultimate Source for Today's Runner

Twenty-six chapters from A to Z of history, facts, personalities, events, terms, and pictures of running by Joe Henderson and Richard Benyo. Chapter W, for example, starts with "waffle sole" and ends with "Wysocki, Ruth." A must for every runner's library. 417 pp. \$24.95.

How to be A Champion from 9 to 90. Earl W. Fee, world-record-holder in the M65 and M70 300H, reveals his secrets that enabled him to achieve over 30 world records in 15 years of running. 420 pages, 25 chapters, 100s of excellent references. US\$19.25/CAN\$28.50, plus postage & handling.

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2002 Road Race Management Directory

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

Running Research News

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

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MASTERS COACHING / TRAINING

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

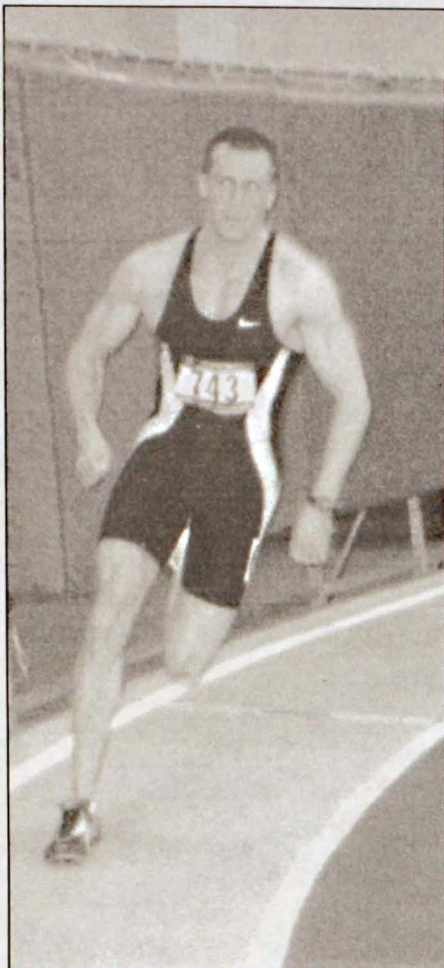
require a membership or training fee. Some are informal gatherings in a supportive group without a professional coach. Often, an individual offers to serve as a

leader without professing any coaching qualifications. Some coaches are very experienced, with Olympic level athletics to their credit. Most programs focus on

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

Name/Organization	Location/Site	Events	Contact	Name/Organization	Location/Site	Events	Contact
Milwaukee Track Club	Tuesday evenings Add'l evenings for training	T&F, S, MD, LD	C-Neal Schuster 414-962-6610 schustnr@wi.rr.com	Mike DeWitt	Parkside Athletic Club Mike DeWitt	RW	Mike DeWitt 414-551-0142
Progressive Training Team	U. of South Florida Tampa, FL	LD	C-Dror Vaknin 813-971-7627	Ken Grace	Chabot College, Hayward, CA		Ken Grace/510-723-6662
AT&T/Lucent NJ Runners	Bernards HS or Morristown HS 5:30 p.m. Hunterdon Central Reg. HS; Flemington, NJ	S	Joe Hehn 908-782-8287 (H) 908-221-7270 (W)	Upper States Athletics	West Jordan, UT	S, F, LD	Van Phillips 801-963-8386 usaclitel@earthlink.net
Terry Jessup	Dallas-S.M.U.	MD, LD	C-214-526-5318	Gulf Coast Racewalkers	Dade City, FL	RW	Susan Heft/352-567-0855
Bob Wallace	Dallas-S.M.U.	MD, LD	C-214-361-6493	Club Vault	Beaverton, OR		Jerry Cash/503-524-5078
Robert Vaughn	Dallas-S.M.U.	MD, LD	C-214-820-7800	American Walking Assoc.	Boulder, CO	RW	Viisha Sedlak 303-938-9531 viisha@americanwalk.org
Kyle Heffner	McKinney, TX	MD, LD	C-972-562-2776	American Walking Assoc.	St. George, UT	RW	Sharon Conland 435-688-1438 sconlan@redrock.net
Leo Davis	West LA College, Culver City, CA	S, H	C-Leo 909-595-9674	American Walking Assoc.	Cardiff, CA	RW	Claudia Lane 760-944-9213 claudiawlk@aol.com
Ross Dunton, SCS	1520 Woodstock Drive Sevierville, TN 37862	S, F, MD, LD	C-Ross Dunton 865-774-0023 coachr880@worldnet.att.net	American Walking Assoc.	Highland, IL	RW	Laurie Plocher/ Kathy Southwick 618-654-3981
Fred Husted, Riverside TC	Riverside, CA	S, PV, F	C-Fred 909-369-0761	American Walking Assoc.	Bluebell, PA	RW	Tami Zylka 215-641-4658
George Mehale	CSU-Long Beach, CA	S, MD, S, F	C-George Mehale 310-498-8405	American Walking Assoc.	Thunder Bay, ONT, Canada	RW	Karl Dahl/807-344-9807 kdahl@baynet.net
Dave Rodda	CSU-Long Beach, CA	S, F, MD, TH	C-Dave 310-866-9771 x 2400 (work)	Team David	Eugene, OR	LD	Dave McJunkin 541-343-6468
Laszlo Tabori SFV TC	Mon, Wed, Sat - Culver City TU, TH - Burbank, CA	MD, LD	C-Laszlo, 818-556-1563 - (work)	Bob Williams	Portland, OR	MD, LD	Bob Williams 503-643-6184 bobw@pacethyself.com
Wilbur "Moose" Thompson	Long Beach, CA	TH	C-Moose 310-596-0360	Miami Valley TC	Yellow Springs, OH	All Events	C-Vince Peters 937-767-7424 mv_tc@erinet.com
Elaine Ward	Pasadena, CA	RW	C-818-577-2264	Gamespeed	Brentwood, CA	S	C-Aaron Thigpen 925-513-8676
Pat Connelly	Birmingham H.S. - Tue Santa Monica HS - Wed	MD, LD	C-818-994-0682 - (home)	"The Track Junkie"	Los Angeles, CA	S	C-Eugene Driver 323-758-6543
Hawaii Masters TC	U of Hawaii-Manoa Sunday - 9 a.m. - 11 a.m.	S, TH, F	C	Points in Motion	Upper Montclair, NJ	MD	C-Joel Pasternack 973-773-2082 joelrun@aol.com
Club West	Santa Barbara, CA	MD, LD	Geoff Bradshaw 805-563-5022	Wings of Moon TC	Pittsburgh, PA	RW	Mary Fowler GoDeacs86@aol.com
St. Louis Masters	Parkway South HS	S, MD, LD, J, F, H	L-Gordon Reiter 314-230-9120	Performax	Canton, MA	S, J	John Oleski 781-575-0255 617-489-9028 jperformax@earthlink.net
J. "Moose" Miller	Southington, CT	TH	C-860-621-3128	Neil Schuster	Milwaukee, WI	T&F, LD	C-414-962-6610
Powerline Sports	YMCA-Central El Paso, TX	MD, LD, S, F	C-David Jackson 915-533-3941	PR Racing Team	Lewiston, ME	S, LD	Scott Brown 207-782-0688 runscott@aol.com
John Tansley	Canyon Del Oro H.S., Tucson, AZ	TH, J	C-520-825-2595	Team Raven	New Orleans, LA	S, MD, LD	Raven Bailey 504-835-7554
So. Cal Track Club	Mission Viejo, CA Trabuco Hills H.S.	S, MD, LD, TH, F	C-Mark Cleary 714-589-0242	All American Coaching	Marblehead, MA	T&F, LDR	WF Newhall 781-639-4346 coachnewhall@yahoo.com
River City Track Club	Sacramento, CA	T&F	C-Mike Holzgang 916-489-7881	Suzanne Cordes	Alamo, CA	MD, LD	Suzanne Cordes 925-838-1000
Tom Craig	Oakland, CA	MD	C-510-633-1161	Anaerobic Management	Fl. Collins, CO	LD	John Sinclair/Kent Oglesby jms@anaerobic.net ko@anaerobic.net 970-493-5659 www.anaerobic.net
Personal Best Program	Reston, VA	LD	703-742-7856 Dr. Ron Kulik; Dr. Neil McLaughlin	High Performance Running Club	Phoenix, AZ	C, LD, MD	Dean Herbert 480-829-7473 runaholic6@aol.com
Eugene RC	Multiple Sites - Eugene, OR	MD, LD	Cathie Twomey Bellamy/541-343-4841	Speed Training	McKinney, TX	S, MD	Glenn Pere 972-548-2223 speed@laperform.com
Racewalking	Kentfield, CA	RW	C-Jack Bray 415-461-6843	Sacramento Women's Sprinters	Sacramento, CA	S, MD	Elmer Haynes Detria Thompson 916-971-1645
SBAA	Santa Barbara, CA	MD, LD	C-Jim Triplett 805-967-1986	Steve "Red" Renard Private and group	Tampa, FL	RW	Steve "Red" Renard 813-978-3730 Renard98@juno.com
Elmer Haynes	Sacramento, CA	All Events	916-845-3080	McMillan Running	San Diego, CA	MD, LD	Greg McMillan 858-759-0646 Greg@mcmillanrunning.com
Bob Schul Racing Team	Dayton, Ohio	MD, LD	Bob Schul 937-293-7935	Running Ltd	Atlanta, GA	MD, LD	Roy Benson 707-457-9866 runnerscoach@earthlink.net
Ladislav Filip	Eugene, OR	Gen. Fitness	C-Ladislav 541-687-1262	Nova Sport	East Lansing, MI	S, H, J, MD	Walt Reynolds 517-347-2171 NovaSport@attbi.com
MC 2 Athletics	Trinity College, Hartford, CT Wed., 4-6 p.m./Sun., 8-10 a.m.	S, MD, LD	C-Sam McClendon 860-985-1170	Noah Hinkson	Oakland/SF	S, MD, LD	Noah Hinkson 510-553-0468 or 997-0503 nhinkson@hotmail.com
Cal Coast Track Club	Irvine, CA	LD, MD, S	C-Bill Sumner / Rick Herr 949-476-7076	Sports Training Program	Orange Cty, CA	S, H, J	Erich Moreno 714-740-4432 or 334-8729 erichmoreno@msn.com
Young At Heart Racing	Colorado Springs, CO	MD, LD	C-Craig Young 719-630-8197 cyoungryn@aol.com	Alfred Morris	Washington, DC	MD, LD	Alfred Morris 202-514-0170 AlfredF.Morris@USDOJ.GOV
Tim Graf	Joliet Jr. College Fri. 4:30 p.m., Joliet, IL	S	Tim Graf tvgraf@msn.com	Drew Sutcliffe	Larkspur, CA	MD, LD	Drew Sutcliffe 415-927-1435 drewsutcliffe@hotmail.com
Ric Rojas Running	Boulder, CO	LD	Ric Rojas 303-444-7276 ricrojas@aol.com www.rirojasrunning.com	Barb Lauff	Sterling, IL	MD, LD	Barb Lauff 815-626-1948 blauff@sterlingschools.org
Judy Heller	Portland, OR	RW	C-Judy Heller 503-282-1677 erofit@aol.com				
Paul Anthony-Schmitz	940 Rutland Dr. #306 Lincoln, NE 68512	MD, LD	C-Paul Anthony-Schmitz 402-423-6895				
Desert Valley Rockets	Cathedral City HS	All T&F	C-Sam Jackson 760-770-0100 #102 pager 833-3420				
Tony Carter	Clearwater, FL	S, F	C-Tony Carter 727-804-2825				
Ink Runs Ltd.	Greensboro, NC	LD/SF	C-Terry VanNatta 336-275-8464 inkruns@usa.net				
Dixon Hemphill	Fairfax, VA	MD, LD	703-250-9277				
Jerry Hiatt	Seabreeze HS, Daytona Beach, FL Tuesdays A.M.	MD, LD	J. Hiatt/904-255-1279 donna@totcon.com				
The "Fast Program"	Boca Raton, FL	S, MD, LD	Bill Welle, Site Director 561-977-9824 fax 561-368-1090 www.FastProgram.com				
San Diego Panthers TC	San Diego, CA	T, F	James King/Randy Thompson 619-475-5252				
Mark Miller	Ruidoso, New Mexico	S, LJ, TJ	Mark Miller/505-258-3921 helishot@trailnet.com				
Training Mng. Systems	Los Gatos, CA	TH	Lad Pataki 1-800-553-2188 science@patakitms.com				

C=Coach; L=Led by experienced athlete or volunteer of informal group; S=sprints (100-400m); MD=middle distance (800-5K); LD=long distance (5K-marathon); TH=throws; J=javelin; F=field events; H=hurdles. NMN would like readers from throughout the USA to let us know what masters training/coaching is available in your area. If you know of a group that's training together, informally or formally, send the info to NMN, P.O. Box 50098, Eugene OR 97405 or e-mail to natmanews@aol.com



SUZY HESS

Marek Wensel, M30, 2002 national champion in the 200 (22.84) and 400 (50.00), 2002 National Masters Championships.

Mid-America Championships Held in Colorado

By JERRY WOJCIK

The USATF Mid-America Regional Masters Indoor Championships was a two-day affair, Feb. 8-9, at Colorado State University, Fort Collins. Shot putters made up the largest field with 19, followed by the 200 with 18 runners.

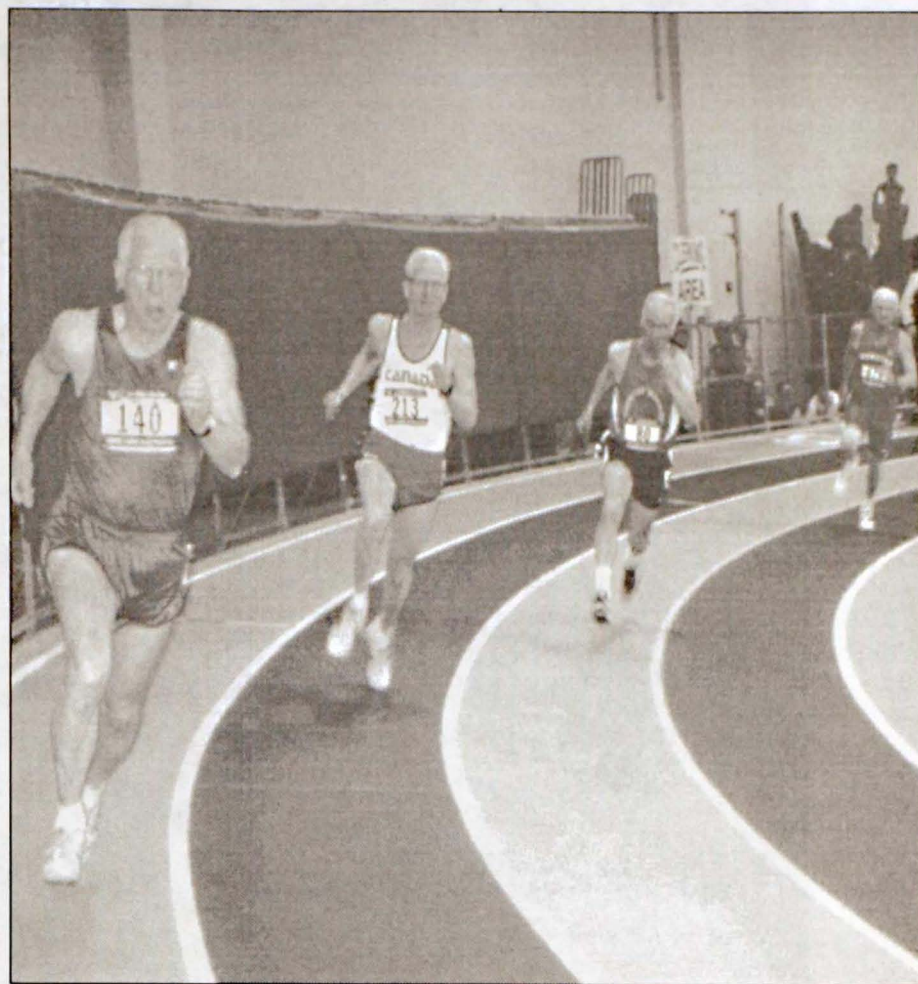
In the sprints, Steve Davis, 42, was the quickest in the 50y (6.09) and 200 (26.79). Teresa Drotar, 48, short hurdles finalist in the 14th World Veterans Championships, Brisbane, Australia, ran the 50y in 7.58 and the 50yH in 9.03. Dick Camp, 66, won the M65 race in a field of five with a 30.32.

Steve Gallegos, 47, ran the meet's fastest 400 (56.80) and 1500 (4:23.3).

Rick Schreiner, 41, won the high jump with a 1.73. Doug Spainhower, 68, finished at 1.37, and Christel Donley, 67, at 1.17.

In the throws, Tom Gage, 59, had the best efforts in the shot (14.53) and weight (18.91), but yielded just barely to a younger Rande Treece, 41, in the 56# superweight, 9.01 to 8.95. Sharon Raham, 56, put the shot 7.88.

Top 3000m racewalkers were Michael Blanchard, 41, 15:58.1, and Marianne Martino, 52, 17:04.1. □



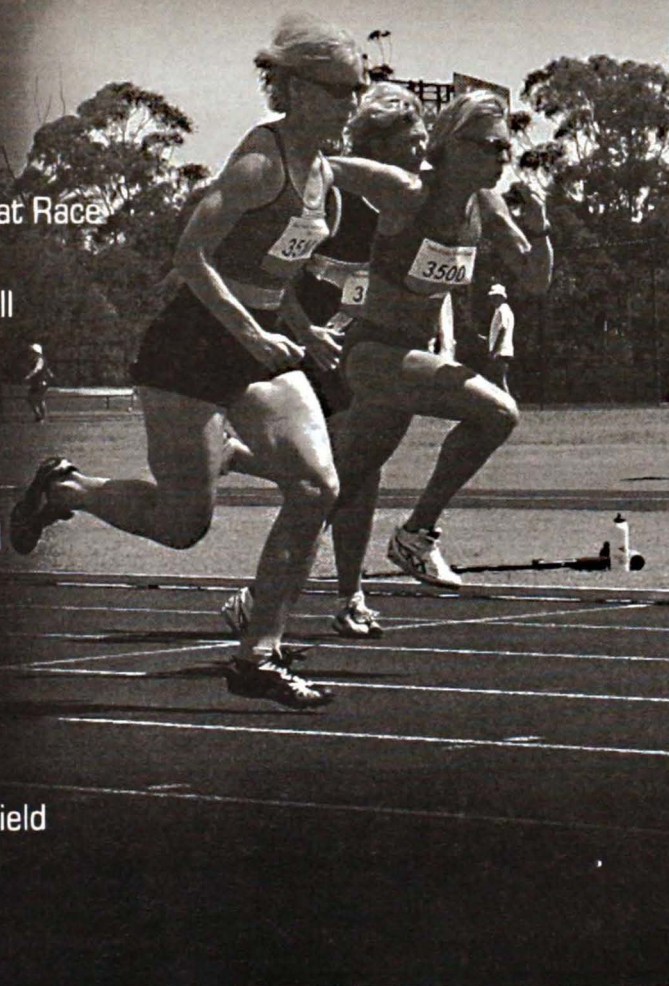
SUZY HESS

Finalists in the 200 (from l): Ed Cox, 74; Earl Fee, 73; Harry Brown, 72, first (28.36); and Joe Summerlin, 70, 2002 National Masters Championships.

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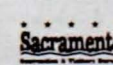
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Baseball
Basketball
Dance
Eppie's Great Race
Fencing
Flag Football
Golf
Handball
Hockey
Netball
Racquetball
Road Race
Rugby
Shooting
Soccer
Softball
Track and Field
Triathlon
Volleyball

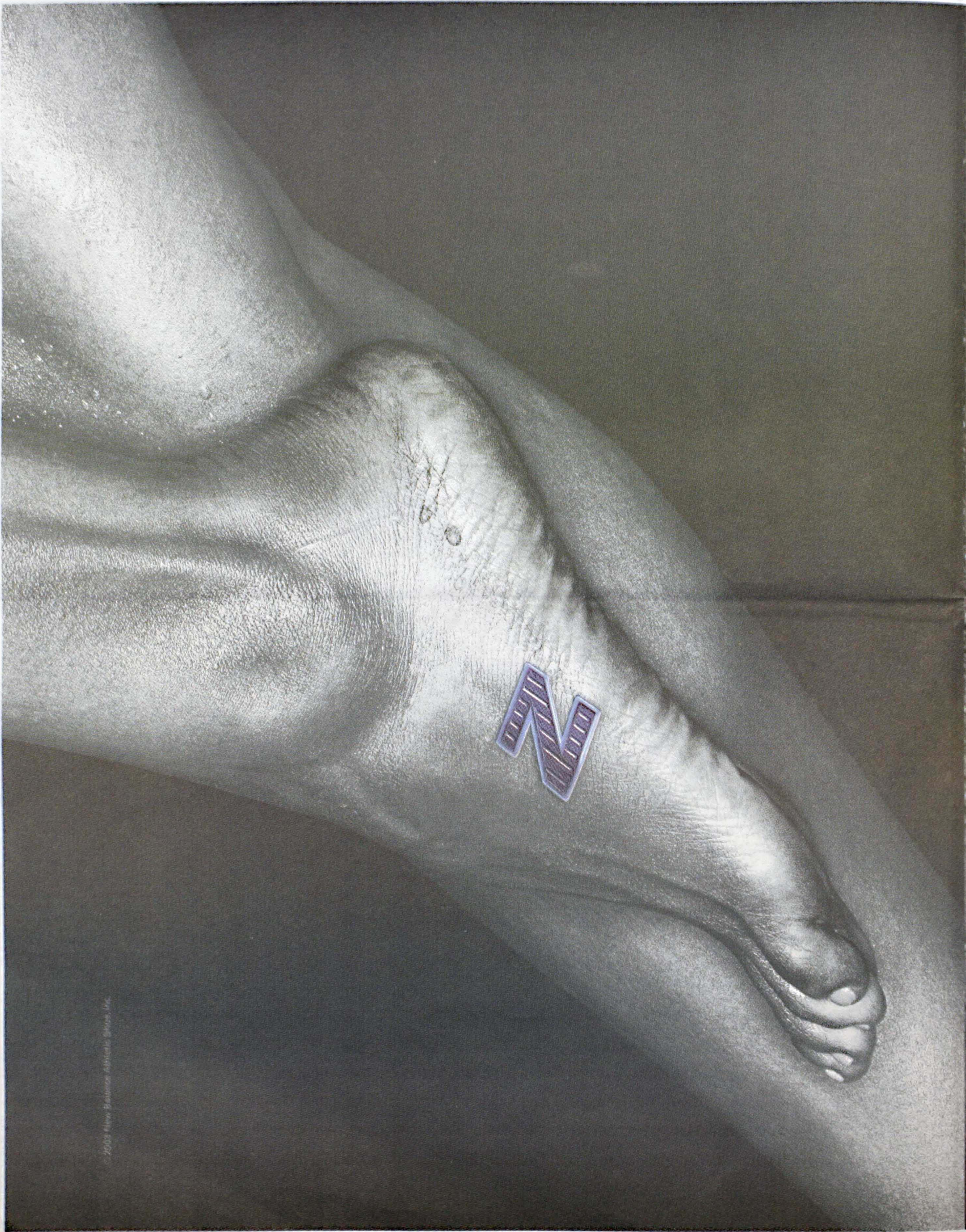


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International Scene

By **TORSTEN CARLIUS**
WMA President

WMA Gearing Up For World Events

I am sure 2003 will be another great year for masters athletics. Looking back on previous years, I can see a steady upward trend showing how our movement has developed and improved. This year should be no exception, but it means continued hard work and dedication.

Ever since the start in Toronto in 1975, odd-numbered years have meant the hosting of WMA World Masters Athletics Championships Stadia. Thus, 2003 will add one more to the long string of successful Stadia Championships. Carolina, Puerto Rico, awaits us!

WMA 100K

This year also brings us something new. The 1st World Masters Athletics Championships 100K will be organized in Zan-wen Dam, Taipei, on Nov. 16. Two years ago, in Brisbane, the WMA General Assembly elected to add this event to our world program and I am anxious to see how many athletes will participate.

These championships are organized by IAU (International Association of Ultrarunners) with whom we, and especially our Non-Stadia Committee, have a very good relationship. These 100K World Championships will be organized every odd-numbered year, and the next event probably will be in The Netherlands, together with an IAU meeting.

You will find valuable information regarding these 1st World Championships on their Web site: www.iau.org.tw.

World Masters Games

The World Masters Games in Melbourne last year was a great success and, for WMA, a greater success as athletics represented the biggest sport with about 2400 participants. This correlates to about 10% of total participants and should be the minimum we have in these Games.

I believe it is known that one athlete was disqualified because, after a drug abuse suspension, he had not undertaken his proper reinstatement tests. But perhaps it is not known that we also did some drug tests in Melbourne. I am happy to say that all tests were negative and that no athlete was found guilty of drug abuse. Let's try to maintain this good record in the future.

The next World Masters Games will be in Edmonton, Canada, in 2005. We initially had a date conflict with Edmonton, as the WMA World Masters Athletics Championships Stadia will be organized on July 7-16 of the same year in San Sebastian, Spain. Edmonton proposed that the World Masters Games start on July 13, which we strongly opposed.

After much discussion, during which we said that WMA will ban the World Masters Games if they do not move their date, we have now reached an agreement that says that the WMG can start on July 21. However, the ath-

letics events will not start until July 27, and will continue through July 31 and even up through August 2, if necessary. This is the best we can do for 2005.

For future World Masters Games, we will avoid these conflicts, as IMGA (International Masters Games Association) will, in 2004, award the 2009 World Masters Games so that dates will be well known to all.

As we have had many questions regarding relations between WMA-IMGA, I would like to say that the relationship between WMA and IMGA is only athletics, one of IMGA's core sports. IAAF is the IMGA affiliate for athletics, but has given WMA the task of representing athletics. Now that I am on the Board of Directors, we are better positioned to influence developments.

Manukau/Auckland 2004

We are entering the preparation stage for the WMA World Masters Non-Stadia Championships in Manukau/Auckland in 2004. I had the great pleasure of visiting these two cities last year and was very impressed by the courses and accommodations. These Non-Stadia Championships should be a great success and, for the first time, the expanded Non-Stadia program will continue over a whole week, i.e., April 18-24. A Web site should be available soon with such important information as course maps, etc.

Carolina 2003

We are coming closer to our World Championships in Carolina, Puerto Rico, on July 2-13 with the Opening Ceremony on July 1. The LOC, with Fernando Roman and William Alemán, is doing its best to offer us a wonderful championships meet. The main stadium is now being upgraded and the Mayor of the city of Carolina is very enthusiastic.

The LOC has great expectations for the Opening Ceremony, and I have been privileged to invite the United Nations' Secretary-General, Mr. Kofi A. Annan, to attend. At this ceremony, we will play for the first time the new WMA anthem, written by a German composer. The Council has heard it many times, and we believe it will enhance the atmosphere of the Opening Ceremony.

Future Championships

Europe will organize its 4th Indoor Championships in San Sebastian, Spain, the first weekend of March. During the week thereafter, WMA will inspect Riccione, Italy (candidate for our 2007 Stadia Championships), as



SUZY HESS

Finalists in the W40 800, 14th World Veterans Championships, Brisbane, Australia.

well as Sindelfingen, Germany, and Malmö, Sweden, who, together with New York, USA, are bidders for our 1st WMA Indoor Championships in 2004, subject to approval by our General Assembly in Carolina. I am confident that the Indoor Championships will add another dimension to our movement, and look forward to at least 2000 athletes at the

inaugural championships.

Again, I feel that 2003 will bring more success to the athletics movement and I know that I am not alone in this view. Together we can make the best still better, and even if I have snow and winter in my garden, I trust we will meet in Carolina in full sunshine to enjoy again two wonderful weeks together. □

Report from Britain

Athletes Compete in Defiance of Ice and Snow

By BRIDGET CUSHEN

British 400 record holder, Darrell Maynard, opened his indoor season with a 50.21 clocking at the Welsh Championships on Jan. 12. At the same meet, Sean Power won the M55 triple jump, clearing 12.07, and Julian Kennedy, the M50 shot put, 10.88.

Alison Hurford, W40, ran 2:19.31 for 800, but there were red faces down in Surrey, however, when, at an end-of-term college open competition, Alf Wood, 75, cleared 2.20 in the pole vault, and only one other competitor vaulted higher!

Almost 200 British competitors have entered the IV European Indoor Championships, San Sebastian, Spain, March 6-9.

Fresh from her runaway victory in the recent British & Irish international cross-country race last November, Carol Wolstenholme came perilously close to topping the W55 five-mile road ranking list when she won the Alsager 5 in 31:30. She has a 39:29 mark for the 10K.

With the whole of Britain in the grip of ice and snow during most of January, Trudi Thompson, a W40 international marathon runner, fin-

ished second in the East Scottish Senior Cross-Country, while Tommy Murray, M40, took silver in the West of Scotland race.

Death has claimed five prominent athletes within the last few weeks. Joe Phillips, 68, world silver medalist in Brisbane and current British record holder, died suddenly on Jan. 12, from cardiac arrest.

New Zealand-born hurdler, Ian Steedman, M70, died in December after a long illness.

After spending five years in POW camps in Poland and Germany, Leslie Arthur Batt went on to win medals in the 400 at the first World Championships in Toronto, 1975, and again in Gothenburg, 1977. He passed away in November at age 89.

Marathon and ultra distance international, Alistair Wood, died at age 69.

Inken Lehtonen, voted Veteran Athlete of the Year in her native Finland after winning two gold, one silver, and two bronze medals in the W65 field events at the European Championships in Potsdam last July, succumbed to cancer just before Christmas. □



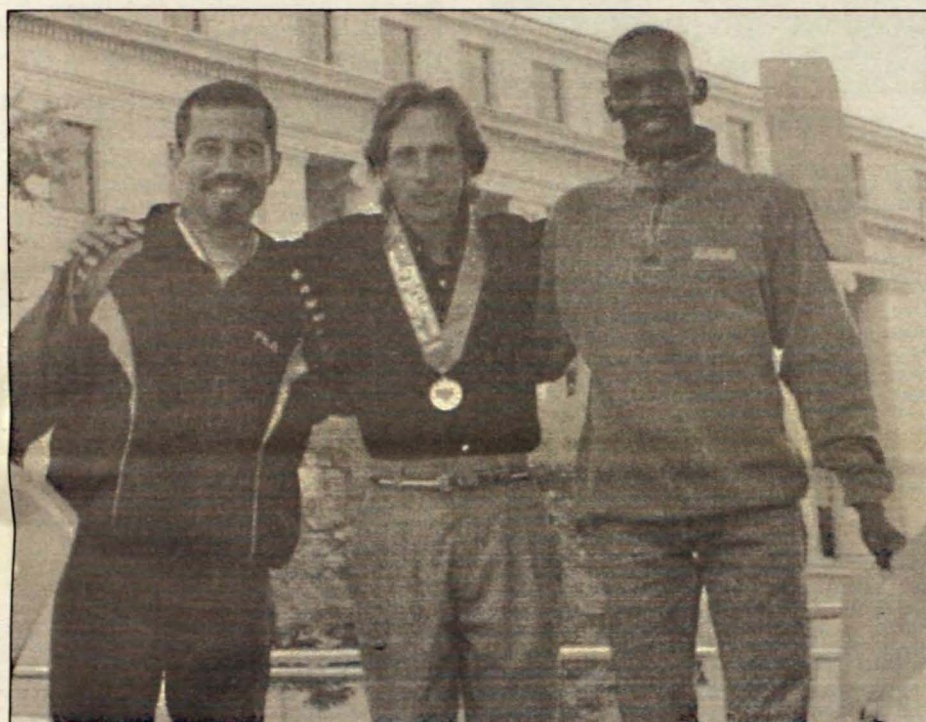
Countdown to Puerto Rico

Entry Deadline Extended

The Organizing Committee of the 15th World Masters Athletics Championships has been authorized to extend the entry date from March 31 to April 30 without penalties. A US\$50 penalty will be charged for entries submitted after April 30 until May 31. No entries will be accepted after May 31.

The entry deadline for U.S. athletes planning on going to Puerto Rico is now April 7. Athletes must acquire an application and send it with the required documentation (2003 USATF membership number and a copy of passport or birth certificate as proof of

age) before the April 7 deadline for processing to USATF, c/o Mark Springer, One RCA Dome, Suite #140, Indianapolis, IN 46225. Mark.Springer@usatf.org; 317-261-0500; fax: 261-0513, attn. Mark Springer.



FRED BECK

2002 Twin Cities Marathon's top three U.S. masters (from l): Danny Martinez, 40, 2:22:09; Eddy Hellebuyck, 41, 2:19:59; and Sammy Ngatia, 43, 2:24:30.

Visit the Official World Masters Athletics Web Site at: <http://www.wava.org>

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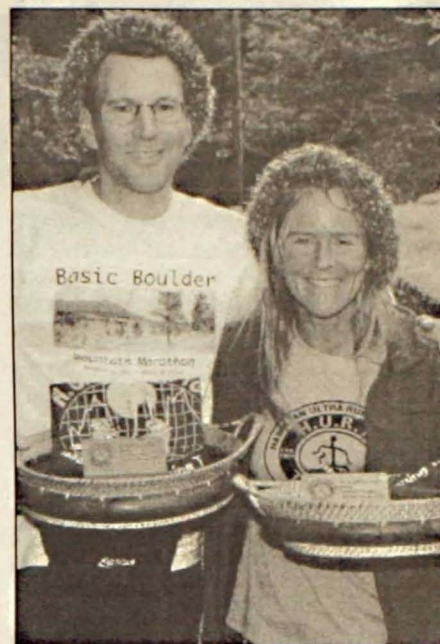
Entry booklets for the World Masters Athletics (WMA) Championships are available from two sources:

1) USATF Indianapolis (see above)

2) Northwest Event Management
Phone: 800-392-1369
Fax: 541-687-1016
nem@nwevent.com

When you receive the entry booklet, please read the insert from the team managers (Sandy Pashkin, USATF Masters T&F; Mary Rosado, USATF masters LDR). It will contain entry, uniform, payment and competition information.

You can expedite the entry process by having your 2003 USATF card number and a copy of your passport or birth certificate as proof of age, ready for inclusion with your entry. ☐



TESH TESHIMA

Peter Bakwin, 40, in 13:36, and Stephanie Ehret, 40, in 15:17, were overall winners in the HURT 100K, Honolulu, Jan. 19-20.

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	100m	.914m 36"	13.00m 42'8"	8.50m 27'10 1/2"	10.50m 34'5"	10
50-59	100m	.840m 33"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	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 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	400m	.840m 33"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 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.

Masters Scene

NATIONAL

• The Web pages for the 2003 masters invitational events administered by **Mark Cleary** have been changed from www.xro.com/Cleary.html to www.usatf.org

• **James Lofton**, former wide receiver for the Green Bay Packers and M45 400 and long jump champion, was one of five ex-NFL players elected to the Pro Football Hall of Fame in January. Lofton, who was selected sixth in the 1978 NFL draft out of Stanford, played for the Packers in 1978-1986, and four other teams, ending his career with the Eagles in 1993.

• A new false start rule went into effect on Jan. 1 for IAAF meets, allowing only one false start (charged to the field, as is done in swimming). Any subsequent false starts will disqualify the culprits. USATF opposes the change and will continue to use the old rule (two false starts) in its domestic meets. Several years ago, masters, under the leadership of **Louise Tricard**, fought successfully to change the "no false start" rule to the present two false starts. Much of the argument against the "NFS" rule was based on what the rest of the world was doing (two false starts) at that time. No word from WMA yet on what will apply in Puerto Rico.

EAST

• Masters runners swept the top three spots in both the male and female age-graded competition in the 2002 Mid-Atlantic Grand Prix consisting of 12 races between March and November in PA, DE, and NJ. The men were **David James**, 50, and tied for second, **Greg Vitali**, 46, and **James Flanagan**, 65. The top women were **Leah Whipple**, 50, **Diane Kukich**, 50, and **Joy Hampton**, 56. They were honored in a banquet at King of Prussia, PA, Jan. 25, when James and Whipple were also named top masters in the LDR category.

• Russian **Lyubov Kremlyova**, 41, dominated the women's field in the NYRR Gridiron Classic 5K, Central Park, NYC, Jan. 26, crossing the line first in 17:06. **Amador Ybanez**, 46, 16:48, led the masters men.

• **Greg Cauler**, 43, York, PA, cruised to a very chilly 56:13, for second overall at the PCSI 10K, Wilmington, DE, Jan. 19.

• The Whirlaway Racing team set an M40-49 4x1600 relay world best with a 17:43.31 in the Boston U. Valentine's Day Meet, Feb. 15. The present best is 17:44.35 in February 2002. The team members who set the new standard at Boston U. — **Mike Cooney**, 4:27.49, **Paul Hammond**, 4:27.61, **Doug Martyn**, 4:24.62, and **Craig Fram**, 4:23.61 — are the same squad who set the previous standard in 2002.

SOUTHEAST

• Masters attendance was up 30% in the SouthTrust Indoor Meet, Jackson, MS, Jan. 19. Decathlete **Robert Baker**, 57, New Orleans, won eight events, with a PR 10-0 in the PV. **Don Drummond**, 34, Georgia, bolted to a 6.88 in the 55m and 7.67 in the 55mH. **Mac Allen**, 45, Austin, TX, turned in a 4:49.24 mile.

• **Lynn Pitson**, 42, Winston-Salem, NC, lapped to a speedy 4:13.43 11th-place overall at the Salem Frosty Fifty 50K, Winston-Salem, Jan. 11. **Allen Glazner**, 48, Chapel Hill, NC, was the overall winner by three minutes, 3:39:11. Experienced **Ed Ayres**, 61, Manassas, VA, trotted to 4:19:58, an 8:23/mile pace.

SOUTHWEST

• **Bryan Smith**, 40, 89:49, and **Fillis Friedman**, 50, 1:58:48, nabbed masters firsts in the USATF LA Championships/Larry Fuselier 25K, Jefferson, LA, Dec. 15. Top grandmasters (50+) were **Bobby Matthews**, 50, 1:50:42, and **Helene Price**, 57, 2:23:05.

• **Ken Schexnayder**, 44, 32:58, and **Fillis Friedman**, 37:15, captured masters wins in the 96th Jackson Day 9K (5.6 miles), New Orleans, Jan. 12. Grandmaster winners were **Kenny Mire** 53, 35:20, and **Helene Price**, 45:06. **John Helm**, 59, 36:14, and **Yvonne Thomas**, 59, 46:07, were solid 55-59 winners.

• **Derrick Lee**, 48, 2:07:30, and **Barb Dutrow**, 46, 2:27:27, raced to masters victories, USATF LA 30K Championships, New Orleans, Jan. 19. **Buster Matthews**, 61, 2:23:31, and **Joan Album**, 51, 2:43:07, were Grandmasters titlists. **Ahmad Noorulhaqq**, 43, won the adjunct 10K overall in 38:44.

• Several dozen of Arizona's top masters athletes gathered for an awards banquet in Phoenix on Feb. 8 to receive honors for their 2002 accomplishments. In addition to a certificate listing their season highlights, athletes received a copy of the souvenir program, listing results from meets at every level, a list of Arizonans (49 men and 20 women) who achieved All-American qualifying standards, and the updated association age-group records. The 11 Arizona masters who competed in the National T&F Indoor Championships, Boston, and the 18 who went to the Nationals, Orono, ME, garnered 54 medals, including 17 golds.

• **Madeline Tormoen**, 41, Colorado Springs, CO, took advantage of perfect conditions to gallop to a 2:45:30 masters win at the hp Houston Marathon in Texas, Jan. 19. She was second woman overall, behind **Albina Gallyamova**, 38, RUS/Las Cruces, N.M., 2:42:37. Tormoen was fourth master of any gender, with only repeat M40 winner **Joe Flores**, 43, Houston, 2:41:10, **David Dunn**, 42, San Antonio, 2:41:48, and M45 winner **Joe Melanson**, 47, Orange, TX, 2:42:58, in front of her. Tormoen took home \$1500 for her efforts, thanks to the return of prize money to the venerable Houston race. The accompanying ep Half-Marathon saw **William Moore**, 41, Dallas, stampede to 1:10:30, and **Carole Smith**, 48, Moss Point, MO, caper to 1:27:53. Both earned \$250. **Loyd Carey**, 60, Cleveland, TX, 1:27:19, and **Usula Spilger**, 62, Bellaire, TX, 1:50:46, capped the 60+ crowd.

• **Sue Ellen Trapp**, 56, Fort Myers, FL, is at it again: wearing out lane one with another 24 hours, another world record. The Ultracentric 24-Hour track race in Addison, TX, Nov. 29, was the opportunity Trapp knocked, topping the W55 WR for 24-hrs. on a cool, breezy day, by covering 133 miles, 308 yards, winning the event outright. *AmericanUltra.org* speculates that Trapp also broke track WRs for 50M to 200K en route, pending review of her lap sheets. She is already the holder of eight W55 WRs: road 100M, 12-hr., and 24-hr.; and track 100M, 200K, 12-hr., 24-hr., and 48-hr. (as of 12/28/02). She is also the Open WR holder for the 48-hr. run, 377,892m at age 51 in 1997.

MID-AMERICA

• **Bobby Williams**, 50, was first M40+ in both the St. Louis TC Frostbite Series 12K (42:22), Dec. 21, and 10 Mile (59:12), Jan. 4. First W40+ in the 12K was **DeeDee Epstein**, 42, 52:03, and in the 10 Mile, **Margie Martens**, 44, 1:41:41, with **Jan Daker**, 55, right behind in 1:14:46.

• **Peter Bakwin**, 40, Boulder, CO, with a course record 13 hours and 36 minutes, and **Stephanie Ehret**, 40, Boulder, with a 15:17, also a record, were first overall in the HURT 100K, Honolulu, Jan. 19-20.

• **Shirley Matson**, 62, Larkspur, CA, set a W62 best for the 5K with a 20:10, Davis Stampede, Davis, CA, Feb. 2. **Sarah Freitas**, 44, Nevada City, CA, with an age-graded 85.3% 18:20, and **Linda Chock**, 40, Roseville, CA, 18:34, were 1-2 women overall. **Frank Thomas**, 44, Roseville, was second overall in 16:29. In the 10K, **Rich Govi**, 50, Sacramento, CA, stormed to the M40+ first with a 37:59. **Steven Chavez**, 45, San Ramon, CA, 77:47, and **Rhonda Holden**, 45,



Sue Ellen Trapp in action.

Rocklin, CA, 98:32, were masters firsts in the half-marathon. **Mary McLean**, 63, Kirkwood, CA, was best W40+ performer, with a 79.3% 1:47:01.

• **Ernest Van Leeuwen**, 90, Encino, CA, recorded a 1:11:24 in the Paramount, CA, 10K, Jan. 11. The M90 record is 1:14:49 by **Paul Spangler** at the same race in 1990. **Dan Arsenault**, M40, 33:11, and **Robert Leonardo**, M40, 33:38, finished 2-3 overall. **Lee Baca** stayed under 40:00 by five seconds to win the M60 race. **Kathy Hoskins**, W40, was first W40+ (43:50). **Julia Dunphy** posted a smart 48:07 to take the W60 gold.

• **Linda Somers-Smith**, 41, bested the entire women's field with an overall first 34:44, 25th Super Bowl Sunday 10K, Redondo Beach, CA, Jan. 16. **David Olds**, 41, took the M40+ contest in 32:10. **Shirley Blush** won the W65 title in 52:14. In the 5K, **Vincent Curry**, M50, 18:40, and **John Combs**, M55, 19:00, were 1-2 masters. **Stacy Tangren**, W40, was first W40+ (19:17). **Chieko Allwein** won the W70 race by 10 minutes with a 27:54. Close to 10,000 participated in five events, including a 10K baby buggy race.

• Throwers who showed up for the King Weekend Weight Pentathlon, Citrus College, Glendora, CA, Jan. 18, were treated to a first-class venue, a spiffy T-shirt, a warm, cloudless day, and four throws per event. **Bob Humphreys**, M65, was top scorer (4294), with **Mike Deller**, M50, 4015, and **Hal Smith**, M65, 4011, also over 4000 points. **Georgia Cutler**, W55, outscored all other women, with a 3092. The meet, directed by **Lloyd Higgins**, also included a large turnout of high school, junior college, and university throwers.

• In an unfortunate deal of the cards, Feb. 2, the Las Vegas Marathon and Half-Marathon drew appalling weather that slowed everyone, but dispirited few. Winds gusted up to 49 mph on the point-to-point all-headwind junket, and flying dust obscured any view of nearby cacti or mountains. Canadian **Michael Lavoie**, 41, Laval, QUE, had come from too far not to finish. Unlike many PR-seekers who cut their losses well before finishing, Lavoie gamely kept running and finished second overall and first master, 2:40:54. **Sayuri Kusutani**, 43, Honolulu, HI, also came from a long way away, and was also second overall and first woman master, 3:04:01. **Alan Scharsu** 1:13:39, and **Karen Gall**, 1:22:40, were top masters in the Half-Marathon. **Barbara Miller** nabbed the W60, 1:39:34, while **Janice Kreuz**, 1:36:38, led the W55. **Lois Edds**, W80+, beat three hours with her 2:59:49. Despite difficulties, many runners maintained a sense of humor while running huddled together for protection. Marathon PR-man **Tim Neverett** thanked and congratulated everyone who voluntarily participated in the race: "When I saw the thousands of runners on the buses unload

in the pitch black and howling wind, I was impressed by your courage to be driven off into the middle of the desert to be dropped off to run back against all the wind and dust. Congratulations!"

• San Luis Obispoan **Linda Somers-Smith**, 41, led the women's field at the Redondo Beach, CA, Superbowl Sunday 10K, Jan. 26, 34:44. **Rosalva Bonilla**, Anaheim, CA, was second W40+, 39:10. NMN's February cover-boy **David Olds**, 41, Los Angeles, touched down for first M40, 32:10, seventh place overall. **Steve Notaro**, 55, Torrance, CA, reached the endzone in 39:54, just ahead of **Ed Kaiser**, 56, Redondo Beach, 40:05, for the M55 ring. **Shirley Blush**, 66, Rancho Palos Verdes, CA, charged to the W65 win, 52:15, with M75-topper **Bob Koch**, 75, Yorba Linda, CA, 52:16, one second back.

• **Jeanne Lasee-Johnson**, 45, Chula Vista, CA, proved herself queen of Southern California at the SC Half-Marathon, Irvine, CA, Jan. 11, winning the distaff division outright, 1:17:52 (watch out Pozdnyakova!). The only masters runner faster than Lasee-Johnson was M40 winner **Danny Reed**, 42, Laguna Niguel, CA, who was fourth overall, 1:10:13. The accompanying 5K saw a 15:48 by **Angel Roman**, 40, Garden Grove, CA, who just held off **Mark Hulme**, 41, Santa Ana, CA, 15:50. **Kathy Larsen**, 43, Irvine, 23:30, paced the masters women.

NORTHWEST

• **Tony Young**, M40, U.S. outdoor mile record holder (4:09.61), chalked up a 4:08.60 mile in the Husky Indoor Preview, U. of W., Seattle, on a 307m track. The USATF and WMA allow records on 200m tracks only. The M40 U.S. record is 4:11.00 by **Bill Stewart**, set 20 years ago in January 1983. On Feb. 1, Young ran a 1:53.89 800 in the U. of W. Husky Track Invitational.

• **Diane Palmason**, W60 distance runner from Blaine, WA, and **Brian McKinley**, M45 hurdler from Boise, ID, have been added to the NW Regional Advisory Group for Masters T&F. Both are national medal winners and regional record holders.

CANADA

• Two sprinters surpassed the A-G 90% mark at the Ontario Masters Meet, York U., Toronto, Jan. 12. Flying across the finish line in the 60m were **Michael Lee Foon**, 42, 7.08 (96.0%) and **Richard Lech**, 54, 7.81 (94.2%).

INTERNATIONAL

• **Fedor Rhyzov** shuffled to a third-overall 2:24:33 at the Bermuda International Race Weekend's Marathon, Jan. 19, in Hamilton. **Zinaida Semenova** cruised to the W40 win, 2:53:20. **Mia Jacobs** doubled her fun with W40 wins in both the 10K and Half-Marathon, 40:09 and 1:27:47, as did **Joe Fernandez**, double M70-topper, 46:12 and 1:42:35.

• The 7th WMA Non-Stadia Championships are scheduled for April 18-24, 2004, in Manukau-Auckland, New Zealand.

OBITUARIES

• **Valery Brumel**, Olympic champion and WR-holder in the high jump for the Soviet Union, died Jan. 26 in a Moscow hospital after a long illness. He was 60. A silver medalist in the 1960 Rome Olympics, Brumel took the gold medal in the 1964 Tokyo Olympics, from his U.S. rival and friend, **John Thomas**, both tying at 7-1. Brumel the winner on fewer misses. Brumel held the WR from 1961-1971 with a best 2.28/7-5/8. In 1965 his right foot was smashed in a motorcycle accident. After six years of rehabilitation, he returned to competition, clearing 6-11. At age 55, he competed for Russia in the WAVA World Championships in Durban, SA, tying for 7th with a 1.50.

• **Mieke Pullen**, The Netherlands, first woman in the marathon (2:46:37) in the 14th World Veterans Championships, Brisbane, is dead, hit by a car on a training run. Pullen started running at age 30, ran her best of 2:36:11 at age 40, and was The Netherlands' open national champion several times in the marathon.

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 8-9. USATF National Masters Indoor Heptathlon Championships, Kenosha, Wisc. Jeff Watry, 24302 77th St., Paddock Lake, WI 53168. 262-843-3367 (h); jwatry@gillathletics

March 28-30. USATF National Masters Indoor Championships, Reggie Lewis Center, Boston, Mass. Pentathlon on 28th. Steve Vaitones, USATF NE Association, 617-566-7600; fax: 734-6322; www.usatfne.org; email: office@usatfne.org

May 27-June 9. Summer National Senior Games/Senior Olympics, Hampton Roads, Va. Must have qualified at an NSGA State Qualifying Games. National Senior Games Association, PO Box 82059, Baton Rouge, LA 70884-2059. 225-766-6316; nsga.com; www.nationalseniorgames.org

June 14-15. USATF National Masters Decathlon/Heptathlon Championships, Charlotte, N.C. Dr. Gordon Edwards, 10029 Withers Rd., Charlotte, NC 28278. 704-588-6885; gedwards@carolina.rr.com

August 7-10. 36th Annual USATF National Masters Championships, Hayward Field, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: nem@nwevent.com; Web site: www.eugenechamps.com

August 23-24. USATF National Masters Weight Pentathlon Championships, Colorado State U., Fort Collins. Jerry Bookin-Weiner, 1920 Navajo Dr., Fort Collins, CO 80525. 970-482-0616. jbbw@lamar.colostate.edu

September 6. USATF National Masters Weight & Superweight Championships, West Seattle Stadium. Ken Weinbel, 4103 Hillcrest Ave. SW, Seattle, WA 98116. 206-932-3923; kweinbel@attbi.com

EAST

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

March 2. USATF Open Indoor Championships, Reggie Lewis Center, Boston. Masters men-3000 (entry standard 9:00)/women-200 (entry standard 28.5). Mark Cleary, 949-589-0242; runnermark@cox.net; www.usatf.org

March 8. MAC O/M Championships, Armory T&F Center, NYC. Ivan Black, 646-591-2620; www.mactrack.org

March 8. Philadelphia Masters Indoor Championships, Haverford College. 3:30 pm. 55H, 55, mile, 400, RW, 800, 200, 3000, LJ, HJ, TJ, SP. No PV. No spikes or shoes that can hold spikes. Age-group awards. Tom Yunker, Phillymasters@com

cast.net; Kyle Mecklenborg, 215-393-1382.

March 17. Maryland Senior Olympics 5th Winter Games, Towson U. Entries close March 1. MSO, Towson U., Unit 1939, Towson, MD 21252. www.towson.edu/solympics

March 22. Front Runners New York Meet, 168th St. Armory, NYC. 12 noon. Martin McElhiney, 212-673-5461; housing: Ed Pyle, 212-534-7527.

March 22-23. Spring Javelin Clinic, Hillhouse HS, New Haven, Conn. 203-785-4394; Richard.destefano@yale.edu

April 5. Legends Mile, Carnegie Mellon U., Pittsburgh, Pa. M&W40+. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

May 4, 18. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

June 1. Garden State AC/Randolph Classic, Randolph, N.J. Open/M&W30+. Madeline Bost, PO Box 458, Ironia, NJ. madeline.bost@att.net. Morton Hahn, 973-625-1764.

June 1, 15, 29. PVTC Meet, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520.

June 7. 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 as a team of two. 9 am: Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

June 8. Superweight & Ultra Weights Meet, Gilbertsville, Pa. See June 7.

June 20-22. Connecticut Senior Games, Trinity College, Hartford. 860-528-4588.

June 28. Pittsylvania Mile, Carnegie Mellon U., Pittsburgh, Pa. 9 am. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

June 29. USATF New Jersey Masters Championships, Monmouth Regional HS, Tinton Falls, N.J. M&W 30+. Isabel Keeley, 31 Breakwater Square, Freehold, NJ, 07728. ikeeley@instires.rutgers.edu

July 8. Colonie Mile, Colonie HS, Albany, N.Y. Ken Skinner, kennyskin@earthlink.net

July 12-13, 17-20. Nutmeg State Games, East Hartford, Conn. 860-528-4588; www.NutmegStateGames.org

SOUTHEAST

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

March 1. Virginia Indoor Masters Championships, VMI Field House, Lexington. SASE to John Tucker, Director, Dept. of Athletics, Washington & Lee U., Lexington, VA 24450. 540-458-8667; http://home.wlu.edu/~tuckerj/

April 5. Carolina Masters Invitational Meet, Johnson C. Smith U., Charlotte,

N.C. No meet day entries. T&F Clinic on the 6th. Dr. Gordon Edwards, 704-588-6885; gedwards@carolina.rr.com

April 6. Florida Meet, Boca Raton HS. Bob Fine, 561-499-3370; BobFine@aol.com

April 6. Southeast Masters Indoor Throwing Championships, Rocky Mount, N.C. John von Rohr, 252-443-9923.

April 18-19. AARP/USATF Georgia Masters T&F Championships and Masters Pentathlon Championships, Savannah State U. Jim Hite, PO Box 717, Millen GA 30442; 478-982-4881; Fax: 478-982-9984; jimjoyce@jeffersonenergy.com

May 2-4. USATF Southeastern Masters T&F Championships, No. Carolina State U., Raleigh, N.C. Doug Smith, Southeastern U.S. Masters, Inc., P.O. Box 590, Raleigh, NC 27602; 919-831-6836; dale.smith@ci.raleigh.nc.us.

May 23. Florida Meet, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

May 24. Florida Meet, Clermont. Bob Fine, 561-499-3370; BobFine@aol.com

May 31. Jacksonville TC Meet, Jacksonville, Fla. Bob Fine, 561-499-3370; BobFine@aol.com

June 14. USATF Florida Championships, Clermont. Bob Fine, 561-499-3370; Bob Fine@aol.com

June 22. Florida Sunshine Games, Tampa. Bob Fine, 561-499-3370; BobFine@aol.com

August TBA. USATF Southeast Regional Masters Championships, Site TBA, South Carolina.

MIDWEST

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

March 16. USATF Illinois Masters/Open Indoor Championships, Sterling. Kevin Braunskill, 815-622-6201.

June 15-20, 22-27. John Powell's Throwing Camp, Denison U., Granville, Ohio. Open to masters. www.johnpowellassociates.com

MID-AMERICA

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

March 1. USATF Minnesota Indoor Championships, U. of Minn. Fieldhouse, Minneapolis. Phil Glover, 612-789-3614; gloverph@aol.com

March 2. USATF Colorado Indoor Championships, USAF Academy Field House, Colorado Springs. M&W30+ in 5-yr. age groups. Jerry Donley, 2354 Wood Ave., Colorado Springs, CO 80907-6775. 719-635-1264; fax: 471-1663. Jim Weed, 303-469-5607; Jerry Bookin-Weiner, 970-491-5917.

March 7 or 8. Masters Events, Buena Vista U. Indoor Meet, Storm Lake, Iowa. Brett Carney, carney@bv.edu; Marek Wensel, WenselM@bv.edu

April 17-20. Kansas Relays/Masters 100, Mile, 800, & Relay, Lawrence. Tim Weaver, Thweaver@falcon.cc.ukans.edu; James Hilliard, 785-841-8237.

April 23-26. Drake Relay/Masters 800 & Mile, Des Moines, Iowa. Mark Cleary, runnermark@home.com; Mark Kostek, 575-271-2215

June 8. Marysville Jolly Jogathon, Meet, Marysville HS, Kansas. 10-yr. age groups. Field: 10:30 am; track: 3:00 pm. Cleve Walstrom, 785-562-3050 (h); 562-3021(w).

ON TAP FOR MARCH

TRACK AND FIELD

The USATF National Masters Heptathlon Indoor Championships, Kenosha, Wisc., on the 8th-9th, is followed by the National Masters T&F Indoor Championships, Boston, on the 28th-30th. Additional indoor action is available in Lexington, Va., and Minneapolis on the 1st, Colorado Springs on the 2nd, NYC, Philadelphia, and Toronto, Ontario, on the 8th, and in Sterling, Ill., on the 16th. Outdoors, the season opens with the Saddleback Masters Meet in Mission Viejo, Calif., on the 8th.

LONG DISTANCE RUNNING

New Bedford, Mass., hosts the National Masters Half-Marathon Championships on the 16th. A wide range of early spring races includes the Nextel Mardi Gras Mambo 10K, Baton Rouge, La., on the 1st; L.A. Marathon on the 2nd; Gate River Run, Jacksonville, Fla., on the 8th; USATF New England Half-Marathon Championships, Wakefield, Mass., on the 9th; Paul Spangler Memorial 8K, Palo Alto, Calif., and St. Patrick's Corktown 4 Mile, Detroit, Mich., on the 16th; Washington DC Marathon and USATF New Jersey 20K Championships on the 23rd; and Statesman Capitol 10,000, Austin, Texas, on the 30th.

RACEWALKING

USATF National Masters Indoor 3000m Championships titles will be up for grabs in Boston on the 30th. Orlando hosts the South Region/Florida State 10K Championships also on the 30th. □

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 15. Mardi Gras Weight Pentathlon, St. Amant HS, St. Amant, La. Also 56lb/98lb/200lb/300lb. Jeff Baty, 321 E. Josephine St., Gozales, LA 70737. 225-644-6930; email: latrackandfield@yahoo.com

April 12. 12th annual Lions/Waterloo Championships, Lake Travis HS, Austin, Texas. www.waterlootrackandfield.org

WEST

Arizona, California, Hawaii, Nevada, New Mexico

March 1, 15. Arizona Regulation Meets, Phoenix. Tolleson HS. 1st; Tempe HS. 15th. 480-949-1991; USATFAZ@cox.net

March 8. Saddleback Masters Meet, Saddleback College, Mission Viejo, Calif. SASE to Saddleback College, Athletic

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Dept., 28000 Marguerite Pkwy, Mission Viejo, CA 92692. Mark Blethen, 949-582-4640.

March 23. Team Thor USA Throwers Meet, UC SD, La Jolla, Calif. Open to all men and women age groups: Y/O/M/College. HT/WT/SW/DT. 1st event - \$10, 2nd - \$5, 3rd & 4th - \$3 each. George Mathews, 6623 Santa Isabel, #115, Carlsbad, CA 92009. 760-602-9599; email: georgem@newlink.com

April 5-6. Phoenix Invitational, Glendale CC, Ariz. 480-949-1991; USATFAZ@cox.net

April 6. USATF New Mexico Masters & Open Weight Pentathlon, U. of NM, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

April 19. Arizona Regulation Meet, Deer Valley HS, Phoenix. 480-949-1991; USATFAZ@cox.net

April 26. Arizona Masters Invitational, Glendale CC. Pat Fahy, 480-946-7135; jpatfahy@aol.com

May 3. Arizona Regulation Meet, Glendale CC. 480-949-1991; USATF AZ@cox.net

May 10. Southern California Striders Meet of Champions, CSU-Long Beach. Hugh Cobb, 760-436-7696; fax: 439-3476; cobbh@aol.com

May 17. Visalia Classic Meet. Bob Higginbotham, 1026 W. Princeton, Visalia, CA 93277. 559-732-8030.

May 25. Northern California Seniors T&F/5th Annual Mark Grubi Memorial Classic, Edwards Field, Univ. of Calif.

Berkeley. Don Rose, 43 McAllister Ave. Kentfield, CA 94904; 415-457-8177; donrose43262@aol.com; pausatf.org

May 31-June 1. Arizona State Championships, Glendale CC. 480-949-1991; USATFAZ@cox.net

June 14-29. Pasadena Senior Olympics, Pasadena CC, Calif. Cynthia Rosedale, 626-685-6754; fax: 577-4235; www.pasadenaseniorecenter.org

July 6. 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

July 26-August 3. PanPac Masters Games, Sacramento, Calif. www.panpacmastersgames.com; 915-566-6560.

NORTHWEST

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

April 12. U. of Oregon Mini-meet, Hayward Field, Eugene. No entry fee. 9 am. Frank Lulich, freugene@aol.com

April 12. Pear Blossom 10 Mile & 5K, Medford, Ore. 541-535-1205; www.pearblossomrun.com

May 3. Spring Fling Throwers Meet, West Seattle Stadium. Ken Weinbel, 206-938-3895; kweinbel@attbi.com

May 25. Oregon Senior Olympics, Silverton. Amy Castle, 503-873-8577.

June 5-7. Montana Senior Olympic Games, Butte. T&F/5K & 10K RR. Open to out-of-state. Kay Newman, 2200 Bridger Dr., Bozeman, MT 59715. 406-586-5543; kayjn@imt.net

June 7. Seattle Park Dept. Masters Meet, West Seattle Stadium. Dennis Cook, 206-684-7094; dennis.cook@seattle.gov

June 14. Inland Northwest Association Age-Group Championships, Pullman, Wash. Mike Hinz, 509-332-1168; hinz@pullman.co

June 14-15. Oregon Association Y/O/M Championships, Linfield College. 541-504-1077; www.usatf-oregon.org

June 21-22. Hayward Masters Classic/USATF NW Regional Masters Championships, Eugene, Ore. Ruth BreMiller, 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com

June 28-29. Portland Masters Classic, Mt. Hood CC, Gresham, Ore. Paul Stepan, 3011 NE Linden, Gresham, OR. 503-666-8950; lstepan@yahoo.com

July 12-13. State Games of Oregon, Mt. Hood CC (Portland area). Keith Maneval, 503-667-7140.

July 19. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148(h); jeffschaller@turbonet.com

July 24-26. Wyoming Senior Olympics, Cody. Open to out-of-state. Amber Boyson, 307-587-2550; amber@cityofcody.com

July 25-26. Seattle Masters Classic, West Seattle Stadium. Ken Weinbel, 206-932-3923; kweinbel@attbi.com

CANADA

March 8. Inaugural Canadian Masters Indoor Championships/34th Ontario Masters Championships, York U., Toronto. douglasj.smith@sympatico.ca; 416-699-5818; www.3.sympatico.ca/ontario.masters

June 1-May 31. Ontario Masters Association Championships, York U., North York. www.3.sympatico.ca/ontario.masters/events.htm

August 16-17 (tent). Canadian National Masters Championships, Richmond, B.C. douglasj.smith@sympatico.ca

INTERNATIONAL

March 6-9. European Veterans Indoor Championships, San Sebastian, Spain.

June 7-8. BMAF National Championships, Derby, England. www.bvaf.org.uk

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

August 1-3. Pan Pacific Masters Games, Sacramento, Calif. www.panpacmastersgames.com

LONG DISTANCE RUNNING

NATIONAL

March 16. USATF National Masters Half-Marathon Championships/New Bedford Half-Marathon, New Bedford, Mass. 11:00 am. NB Half-Marathon, PO Box 79546, N. Dartmouth, MA 02747-0988. 508-998-5068.

April 2-6. RRCA 46th Annual Convention, Arlington, Va. mrrc.org

May 10. USATF National Masters Championships/River Bank Run 25K, Grand Rapids, Mich. RBR, PO Box 2194, Grand Rapids, MI 49501. 616-771-1590; www.riverbankrun.com

May 24. USATF National Masters Champ-

ionships/Ogden 20K, Wheeling, W. Va. Hugh Stobbs, 31 Oak Park Ave., Wheeling, WV 26003. 304-242-7322; fax: 242-8941; www.ogden20kclassic.com

May 31. USATF National Masters Women's Championships/Freihofers 5K, Albany, N.Y. George Regan, 233 Fourth St., Troy, NY 12180. 518-273-0267.

July 6. USATF National Masters Championships/Vail Hill 8 Mile Mountain Climb. Mike Ortiz, 970-479-2280; mortiz@vailrec.com

August 2. USATF National Masters Championships/White River 50 Mile Trail Race, Crystal Mountain, Wash. Scott McCoubrey, FootZone Capitol Hill, Seattle Running Co., Seattle, WA. 206-325-4800.

August 23. USATF National Masters Championships/Golden Gate Headlands 50K Trail Run, Sausalito, Calif. Peter Franks, PO Box 26052, San Francisco, CA 94126. 415-381-4363(e); 667-4257(d).

September 13. USATF National Masters Championships/Olander Park 100 Mile Run, Sylvania, Ohio. Tom Falvey, 5835 Hideaway Ln., Sylvania, OH 43560. 419-885-7399.

September 28. USATF National Masters Championships/Heritage Oaks Bank 10K, Paso Robles, Calif. Mitch Massey, 1135 Santa Rosa St., San Luis Obispo, CA 93401. 805-544-7200, x105; fax: 546-2750; mmassey@heritageoaksbank.com

October 5. USATF National Masters Championships/Twin Cities Marathon, Minneapolis, Minn. 612-925-3500; www.twincitiesmarathon.org

October 11. USATF National Masters Championships/Akron Marathon Relay, Akron, Ohio. Jim Barnett, 330-657-2224; 877-375-2786; www.akronmarathon.org

November 2. 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 8. USATF National Masters Championships/San Diego 1-Day, 24-Hour Run, San Diego, Calif. John Metz, 1419 S. Pacific St., Oceanside, CA 92054. 760-967-8348.

November 23. 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 7. USATF National Masters 10K Cross-Country Championships, Greensboro, N.C.

EAST

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

March 1. Greater Rochester TC Freezeroo 10K, Churchville, N.Y. 585-467-7331.

March 1. Little Cow Harbor 4 Mile, Greenlawn, N.Y. 631-424-9883.

March 2. Kelley's Pace Frostbite Fire 5 Mile, Mystic, Conn. 860-536-8175.

March 2. Hudson Mohawk RRC Winter Marathon/3-Person Relay, Albany, N.Y. 518-462-1836; www.hmrrc.com

March 8. NYRR Brooklyn Half-Marathon, NYC. NYRR, 9 E. 89th St., New York, NY 10128. 212-860-4455.

March 9. USATF-NE Half-Marathon Championships, Wakefield, Mass. 617-

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AARP/USATF Georgia Masters Track and Field Championships Masters Pentathlon Championships Open Track and Field Competition

Friday and Saturday, April 18-19, 2003

Savannah State University
Ted Wright Track
Skidaway and LaRoche Ave.

For information call:
Jim Hite at (478) 982-4881 or
E-mail: jimjoyce@jeffersonenergy.com
Fax: (478) 982-9984

Entry deadline: April 14
Must be USATF member
(may be purchased on site)

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566-7600; www.usatfne.org

March 16. St. Patrick's Day 10K & 2 Mile, Yorktown Heights, N.Y. Jack Brennan, 914-763-9023; www.runner.org. Only race with a whiskey (Jameson's Irish) stand at the finish.

March 23. USATF NJ Masters & Open Championships/Equinox 20K, Piscataway, 732-296-0006.

March 23. Washington DC Marathon, www.washingtondcmarathon.com

March 30. Frederick Marathon & Relay, Frederick, Md. 301-662-4164; www.fredrickchamber.org

March 30. Ocean Drive Marathon, Cape May County, N.J. 609-523-0880; www.odmarathon.org

April 6. Ocean City Half-Marathon, Ocean City, Md. OCH-M, 2509 Amber Orchard Court W., Ste. 301, Piney Orchard, MD 21113. info@oceancityhalfmarathon.com

April 6. 31st Credit Union Cherry Blossom 10 Mile, Washington, D.C. 7000 limit, usually filled by early January. www.cherryblossom.org

April 6. Suffolk County Half-Marathon, Selden, N.Y. 631-893-5951; www.schalfmarathon.org

April 21. 107th BAA Boston Marathon, Boston, Mass. Qualifying standards. 617-236-1652; www.baa.org

April 26. HMRR Bill Robinson 10K Masters Championships, Gunderland HS, Albany, N.Y. Jim Tierney, runnerjmt@aol.com

April 27. New Jersey Shore Marathon, Long Branch, 732-578-1771; www.njshoremorathon.org

May 4. Runner's World Half-Marathon & 5K, Allentown, Pa. www.runnersworld.com

May 4. Blue Cross Broad Street 10 Mile, Philadelphia, Pa. 215-235-7481; www.broadstreetrun.com

May 4. City of Pittsburgh Marathon, Relays & 5K, Pittsburgh, Pa. 412-647-7866; pittsburghmarathon.org

May 11. Sallie Mae 10K, Washington, D.C. 202-969-2979; www.thesalliemae.fund.org/10K

May 25. Nissan Buffalo Marathon, Half-Marathon, & Relay, Buffalo, N.Y. 716-694-5154; www.buffalomarathon.com

May 25. Keybank Vermont City Marathon & Relay, Burlington, 800-880-8149; www.vcm.org

June 14. Saucony X-C Series, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 1790 Lisa Dr., #4, Indiana, PA 15701. 724-464-2222.

SOUTHEAST

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

March 8. USATF South Carolina Championships/Carolina First Reedy River 10K, Greenville, S.C. RRR, PO Box 10555, Greenville, SC 29603. www.greenvilletrackclub.com

March 8. Gate River Run 15K/USATF Championship, Jacksonville, Fla. Limited to 9000. www.1stplacesports.com

March 9. Richardson Run, Cooper City, Fla. 954-384-7521.

March 9. Friendship 5K & 8K, Tampa, Fla. 813-835-5252.

March 15. Shamrock Run, Lake Worth, Fla. 561-694-8125.

March 15. Shamrock Sportsfest Marathon & 8K, Virginia Beach, Va. 757-496-5183; www.

shamrockmarathon.com

March 22. Azalea Trail Run 10K, Mobile, Ala. Port City Pacers, PO Box 6427, Mobile, AL 36660. 251-473-7223.

March 29. Ukrop's Monument Avenue 10K, Richmond, Va. 804-285-9495; www.sportsbackers.com

April 5. Cooper River Bridge 10K & 7K Walk, Charleston, S.C. 843-792-0345; www.bridgerun.com

April 12. Charlotte South End RaceFest Half-Marathon & 10K, Charlotte, N.C. 704-377-8786; www.charlotteracefest.com

April 26. Country Music Marathon & Half-Marathon, Nashville, Tenn. 800-311-1255; www.cmmarathon.com

April 26. Randolph County 5K Health Run, Asheboro, N.C. 336-625-2044; www.randolphfitnesscouncil.org

April 26. Old Mobile 8K, Mobile, Ala. 251-473-7223; www.pcpacers.org

May 3. USATF North Carolina 15K Championships/City of Medicine Race Festival, Durham. 919-913-2507(w); acrlynn@aol.com

May 3. Sunset Stampede 10 Mile & 4 Mile, Asheville, N.C. 828-253-0052; sunsetstampede.com

MIDWEST

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

March 8. 25th Beer Bottle 4 Mile, Columbus Grove, Ohio. 419-659-5702.

March 16. St. Patrick's Corktown 4 Mile, Old Tiger Stadium, Detroit. 248-544-9099; www.motorcitystriders.com

March 30. Humana Heart 15K, Cincinnati, Ohio. 513-281-4048.

April 13. Ohio Glass City Marathon, Toledo. 419-385-7025; toledoroadrunners.org

April 26. Anthem Derby Festival Marathon & Mini-Marathon, Louisville, Ky. 800-928-3378; www.derbyfestivalmarathon.com

April 27. Cleveland Marathon. 216-378-0140; clevelandmarathon.com

April 27. West Bloomfield Half-Marathon, West Bloomfield, Mich. 248-738-2500; www.runmichigan.com/bloomfield

May 3. Indianapolis Life 500 Festival Half-Marathon, Indianapolis, Ind. 800-638-4296; www.500festival.com

May 4. Flying Pig Marathon, Cincinnati, Ohio. 513-721-7447; flyingpigmarathon.com

May 18. Ferndale Foot Frolic 10K, Ferndale, Mich. 248-544-9099; www.motorcitystriders.com

May 24. Ogden Newspapers 20K Classic, Wheeling, W. Va. Also Ogden Mile. Email: Ogden20K@aol.com/www.Ogden20Kclassic.com

May 25. Lakeshore Marathon, Chicago. www.lakeshoremorathon.com

May 26. The Truth/Bank One/Gaska Tape Great Race Sports Festival XXIII Half-Marathon, 5K, & 10K, 574-296-5890; www.thegreatrace.net

MID-AMERICA

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

March 23. St. Louis Half-Marathon & 3K, St. Louis, Mo. 314-781-3926; stlouistrackclub@juno.com

March 29. Eisenhower Marathon & Half-Marathon, Abilene, Kansas. 785-263-2341; redcross@accessone.com

March 29. Run For Your Life 5K & 10K, Lincoln, Nebr. 402-421-8888

April 6. Fools Five 8K & Mile Road Races & Social Gathering, Lewiston, Minn. 1 pm. Alberto Salazar and Dick Beardsley to speak

at Lewiston-Altura HS at 2:30 pm. Dianne Rislow, Box 237, Lewiston, MN 55952, 507-523-3484; www.foolsfive.com

April 6. Spirit of St. Louis Marathon/USA Women's Championships, Half-Marathon & 5K (on the 5th), St. Louis, Mo. 314-727-0800; www.stlouismarathon.com

April 18. Earth Day Half-Marathon, St. Cloud, Minn. 320-255-3325; clhaukos@stcloudstate.edu

April 26. Longest Day Races, Brookings, S. Dak. 605-696-1358; www.prairiestriders.net

September 6. Dick Beardsley Half-Marathon & 5K, Deteroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

March 1. 5th annual Nextel Mardi Gras Mambo 10K & Mile Fun Run, Baton Rouge, La. 225-382-3596; www.nextelmardigras.mambo10k.com

March 8. Bayou City Classic 10K, Houston, Texas. bayoucityclassic.org

March 8. USATF Oklahoma Championships/Beacon on the Bay 25K, OKC. www.okrunner.com

March 22. Wish Lemons 5K, Tulsa, Okla. 918-494-7799.

March 29. Run For The Sun 5K, Kingwood, Texas. 281-358-4266.

March 30. Statesman Capitol 10,000, Austin, Texas. 512-445-3598; statesman.com/cap10k

April 6. USATF Oklahoma Championships-West/Red Bud 10K Classic, OKC. 405-842-8295; www.okrunner.com

April 19. Crescent City Classic 10K, New

Orleans. R.F. Lusky, PO Box 13587, New Orleans, LA 70185. www.CCC10K.com

April 26. USATF Oklahoma Championships-East/Grace Race 5K, Tulsa. 918-249-9100; www.okrunner.com

April 27. Oklahoma City Memorial Marathon/Relays. 405-525-4242; okcmarathon.com

May 4. Little Rock Marathon, Little Rock, Ark. 501-664-7242; www.littlerockmarathon.com

WEST

Arizona, California, Hawaii, Nevada, New Mexico

March 2. Honda L.A. Marathon XVIII, Los Angeles. 310-444-5544; www.lamarathon.com

March 2. Sutter Home Napa Valley Marathon/RCAA National Championships, Napa Valley, Calif. Dave Hill, PO Box 4307, Napa, CA 94558-0430. 707-255-2609.

March 8. Race to Awareness 5K, San Luis Obispo, Calif. 805-458-0229.

March 9. Valley of the Sun Marathon & Half-Marathon, Phoenix, Ariz. 480-657-5373; www.valleyofthesunmarathon.com

March 9. Leigh & Lucy Steinberg Spirit Run 5K, Newport Beach, Calif. Kinane Events, 760-434-6301; www.kinaneevents.com

March 15. Big Cat 10K, Newbury Park, Calif. 805-498-0624.

March 16. 50+ Paul Spangler Memorial 8K Run/5K Walk, Stanford U., Palo Alto. 650-323-6160; fax: 323-6199; www.50plus.org

March 22. Great Race of Agoura 10K, Agoura Hills, Calif. 818-313-2102.

March 23. Big Island International

Continued on page 24

NORTHERN CALIFORNIA SENIORS TRACK/FIELD CLUB 5TH ANNUAL MARK GRUBI MEMORIAL CLASSIC

EDWARDS FIELD

UNIVERSITY OF CALIFORNIA BERKELEY
SUNDAY MAY 25TH 2003

ENTRY: MUST BE POSTMARKED BY MONDAY MAY 20TH 2003.
PHONE AND FAX ENTRIES AVAILABLE AT 415 457-8177
E-MAIL DONROSE43262@AOL.COM. or PAUSATF.ORG
FOR AN ENTRY FORM.

FEES: \$15.00 First event (N.C.S.T.C. members get second event free)
\$10.00 for each additional event. \$20.00 per event late entries.

CONTACT: Don Rose 43 McAllister Ave. Kentfield, CA 94904

ELEGIBILITY: All men and women with current 2003 USATF registration
Meet day USATF registration available for \$20.00

AGE GROUPS: 30 yrs and above in 5 yr groups. Race day age determines group
Younger participants with approval of meet director.

AWARDS: Medals to first three places in each age group.

FACILITIES: Edward's Field is one of the best facilities on the West Coast.

HEATS: 5 year groups where possible.

Athletes may be subject to drug testing
cut along dotted line

Name _____ Male _____ Female _____ Date of Birth _____ Age _____
Address _____ Phone # () _____
City/State/Zip _____ Club Affiliation _____
USATF # _____ Must show to Meet Director on day of event.

In consideration of your accepting my entry, I intending to be legally bound do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims, damages I may accrue against Northern California Seniors Track Club, USA Track and Field, The University of California at Berkeley, and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from, and while participating in the Northern California Seniors Track and Field Classic held May 25th 2003 at Edwards Field Berkeley California.

Date ____ / ____ / 2003 Signature _____

Event Entered **Amount** **Make Checks payable to NCSTC & Send to:**
1. _____ \$ _____ Don Rose 43 McAllister Ave. Kentfield Ca. 94904 (415) 457-8177
2. _____ Approximate Event times: Track 8:30 - 12:00 5K run, Hurdles
3. _____ 100,400,800. 12:30 - 3:30 200, 1500, IH. Field Events: 7:30 - 12:00
4. _____ Hammer, P.V., Shot, Discus, & L.J. 12:30 - 3:30 H.J. Javelin, T.J.
5. _____ Weight Throws. Heats and Events start with eldest and women first.
Enclosed amount \$ _____ Open pit for L.J. and T.J. for 2 hours. Parking is available on the street
and also at the parking lot on Fulton across from the stadium.

Continued from page 23

Marathon, Half-Marathon, & 3.1 Mile, Hilo, Hawaii. Sharron Joseph, 808-969-7400; www.runhawaii.com

April 5. Santa Anita Derby Day 5K & Masters 5K, Santa Anita Park, Arcadia, Calif. Kinane Events, 760-434-6301; www.kinaneevents.com

April 27. La Jolla Half-Marathon & 5K, La Jolla, Calif. 858-454-0777; www.lajollahalfmarathon.com

April 27. Big Sur International Marathon, Big Sur, Calif. 831-625-6226; www.bsim.org

May 4. Avenue of the Giants Marathon,



SUZY HESS

Lloyd Higgins, meet director of the King Weekend Weight Pentathlon, Glendora, Calif., Jan. 18, takes a nanosecond off from his duties for a quick pic.

FIFTEEN YEARS AGO March 1988

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

Half-Marathon & 10K, Humboldt Redwoods St. Park, Calif. SASE to 6 Rivers RC, 281 Hidden Valley Rd., Bayside, CA 95524. www.theave.org

May 17. Palos Verdes Marathon, Palos Verdes (Los Angeles), Calif. 310-828-4123; www.w2promo.com

May 26. Memorial Half-Marathon, Laguna Hills, Calif. Kinane Events, 949-452-3466; lisa@kinaneevents.com

NORTHWEST

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

March 16. Weinhard's Ale St. Patrick's Day Dash, Seattle, Wash. 800-343-4411; stpatsdash.com

March 22. USATF Inland NW 10K Championships, Ephrata, Wash. Larry Pittack, 508-754-5506.

April 19. Oregon Marathon Relay & Marathon, Eugene, Ore. Oregon Marathon Relay, PO Box 11364, Eugene, OR 97440. Jack Anderson, 541-485-6707; email: jackanderson@ram-mail.com; Dick Weeks, 687-2574.

May 4. Lilac Bloomsday 12K, Spokane, Wash. LB, PO Box 1511, Spokane, WA 99210. www.bloomsdayrun.org

May 18. Capital City Marathon, Half-Marathon, & 5 Miler, Olympia, Wash. 360-786-1786; www.capitalcitymarathon.org

CANADA

May 4. Vancouver International Marathon & Half-Marathon, Vancouver, B.C. 604-872-2928; www.adidasvanmarathon.ca

May 10-11. National Capital Race Weekend Marathon, Half-Marathon, 10K, & 5K, Ottawa, Ontario. 613-234-2221; www.ncm.ca

May 25. Ontario Masters TFA Championships/Down in the Beaches 5K, Toronto. www.3.sympatico.ca/ontario.masters/events.htm

INTERNATIONAL

March 16. Barcelona Marathon, Barcelona, Spain. 617-242-7845; www.marathontour.com

April 6. Paris Marathon. 33 (0) 1 41 33 15 68; www.parismarathon.com

April 12. BMAF Cross-Country Championships, Irvine, Scotland. www.bvaf.org.uk

April 13. London Marathon. 617-242-7845; www.marathontour.com

May 4. BMAF 10K Championships, Chelmsley, England. www.bvaf.org.uk



JERRY WOJCIK

Top three in the M75 800 (from l): John McMahon, third, Harold Johnson, second, and Archie Messenger, first (3:11.94), 2002 National Masters Indoor Championships.

May 24-25. WMA Europe Non-Stadia Championships, Upice, CZE. www.world-masters-athletics.org

May 25. Vienna Marathon, Vienna, Austria. Austrian Tourist Office, 800-965-3342; www.austria-tourism/us

November 16. WMA 100K Championships, Zan-en Dam, Taipei. www.iau.org.tw

RACEWALKING

March 30. USATF National Masters Indoor 3000m RW Championships, Boston, Mass. See National T&F Schedule.

March 30. USATF South Region/Florida 10K RW Championships, Orlando. Pam Betz, 407-876-4467.

March 30. USATF 5K Racewalk Western Regional Championships, Las Vegas HS, Las Vegas, Nev. Phone/fax: 702-256-6938. Roberta Hatfield, email: RobertaRW@aol.com

April 6. USATF National Masters One-Hour RW Championships, Boca Raton, Fla. Bob Cella, 945-921-9190.

April 19. Northwest/PNTF Association 10K RW Championships, West Seattle Stadium. Bev LaVeck, 206-524-4721; bevlaveck@aol.com

June 1. USATF National Masters 15K RW

Championships, Evansville, Ind. Mike Hudson, 1005 Meadowbrook Dr., Evansville, IN 47712. 812-457-0304.

June 15. USATF Florida 5K RW Championships, Clermont. 561-499-3370.

August 7-10. USATF National Masters 5000 (8th) and 10K (10th) RW Championships, Eugene, Ore. See National T&F Schedule.

September 6. Third annual North Central 5K RW Championships, Detroit Lakes, Minn. Detroit Lakes C of C, 800-542-3992.

September 7. USATF Florida 1500/3000 RW Championships, Plantation. 954-921-9190.

September 14. USATF National Masters 40K RW Championships, Ocean Township, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 20. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twin Hill Dr., Kingsport, TN 37660. 423-578-2061.

October 19. USATF National Masters 50K RW Championships, Hauppauge, N.Y. Mike Roth, PO Box 504, Old Bethpage, NY 11787. 631-979-9603.

November 23. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Bob Cella, 954-921-9190.



JERRY WOJCIK

Pole Vaulters in the 2002 Indoor National Championships.

☆☆ ALL NEW ☆☆ 2002 U.S. MASTERS OUTDOOR TRACK & FIELD RANKINGS BOOK

- Men's and women's 2002 U.S. 5-year track & field age-group rankings.
- 48 pages.
- All T&F events.

Send \$8.00 plus \$2.00 postage and handling to:
NATIONAL MASTERS NEWS
P.O. Box 50098, Eugene, OR 97405

Name _____

Address _____

City _____ State _____ Zip _____

RECIPIENTS OF ALL-AMERICAN AWARDS

M30-34

Robert Walter Pent 2899 3-22-02

M40-44

Lovell Butler 55m 6.3 12-15-02
Mike DeMeritt 800m 2:04.1 05-04-02
Jeff Frerks 55m 7.10 12-21-02
Warren Taylor D 48.07 6-2-02
SP 15.46m 7-13-02

M45-49

Hubert Evans 100m 10.85 3-23-02

M50-54

Sergio Angulo 55mhh 9.11 2-1-03
Bob Peters SP 48-1 1/2 10-5-02
Dave Sobal Mile 5:08.4 6-29-02

M55-59

Gerard Dunne PV 10-2 1-18-03
Leon Savenas 400 61.51 7-21-02
Hayden Smith 3000m 11:09.2 1-26-03

M60-64

Lionel Low TJ 9.84 1-14-02
Dec 4793 6-01-02
LJ 15-1 1/2 8-11-02
100mhh 19.9 6-22-02

W55-59

Cindy Smith J 74-2 8-18-02
Nancy Curry 5K 22:52 2-8-03

W65-69

Fran Moravesik D 16.75 11-2, 9-02

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	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/2	6-7/8	5-9/16	5-6	5-3	4-11	4-9	4-6 1/2	4-1 1/2	3-9/16	3-3/4	2-7/8	
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	
	14-5/16	13-5/16	12-11/16	12-1 1/2	11-7/8	10-0	8-10/16	7-10/16	7-6/16	5-10/16	4-3/4	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	20-7/8	19-2/8	18-4/8	17-8/16	16-7/8	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2/16	
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	41-4/8	37-8/16	35-5/16	34-1/16	31-2	29-2/16	26-11	22-10	21-4	19-6	19-5/16	
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	42-11/16	39-4/16	42-0	37-8/16	36-1/16	29-6/16	26-3	19-8/16	
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	72-2/16	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	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	65-7/16	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	
	49-2/16	45-11/16	42-8	39-4/16	32-9/16	29-6/16			19-8/16	16-4/16	13-1/16	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	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	29-6/16	27-10/16	26-3	19-8/16	18-7/16	14-9	11-5/16	9-10	8-2/16	6-6/16		
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"; 70-79: 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: 6k; 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	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	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 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2
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 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18-7/8	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9/16	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-7/8	14-1 1/2
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59-7/8	52-6	45-11 1/2	42-8	36-1 1/2
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59-7/8	45-11 1/2	39-4 1/2	29-6 1/2
20#Wt.	10.00	9.00	8.00	7.01							
	32-9/16	29-6 1/2	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11 1/2	19-8 1/2	18-2	17-0	16-4 1/2	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/2	18-7/8	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2	9-10
Wt. Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 33"; 40-59: 30"; 60+: 27"
Long hurdles: 30-59: 30"; 60+: 27"
3) Shot put: 30-49: 4k; 50+: 3k
4) Javelin: 30-49: 600g; 50-59: 500g; 60+: 400g
5) Hammer: 30-49: 4k; 50+: 3k
6) Metric heights and distances are the standard; feet and inches listed for convenience.
7) Superweight: 30-49: 35-lb; 50+: 25-lb

APPLICATION FOR AN ALL-AMERICAN CERTIFICATE/PATCH

NAME _____ AGE-GROUP _____

ADDRESS _____ SEX: M _____ F _____

CITY _____ STATE _____ ZIP _____

MEET _____ DATE OF MEET _____

MEET SITE _____

EVENT _____ MARK _____

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

Prince George's Sports & Learning Complex Indoor Meet
Landover, MD; Jan. 5

55m	
W35 Regina Richardson	7.49
W65 Alice Lee	9.81
60m	
M30 Anthony Battle	6.64
M35 Don Davis	6.94
M40 Kenny Harris	7.04
M55 Robert Koontz	7.88
M70 Wilton Gordon	10.48
200m	
M30 Anthony Battle	23.29
M40 Eugene Vickers	24.01
M50 Jay Wind	41.59
W30 Adrienne Newude	28.80
W35 Regina Richardson	29.46
400m	
M45 Joe Bruno	1:02.44
M50 Spider Rossiter	1:04.12
W35 Sharon Dailey	1:21.75
800m	
M40 Bill Maloney	2:18.9h
M50 Jay Wind	2:40.3h
Mile	
M40 Ted Poulos	4:59.00
M45 Joe Bruno	5:36.22
M50 Larry Hart	6:01.91
3200m	
M30 Kareem Lanier	9:44.6h
M40 Ted Poulos	10:26.8h
M45 Dannis Coleman	10:30.8h
M50 Jay Wind	12:01.0h
Pole Vault	
M35 Kevin McGorty	15-6
M40 Tod Haire	12-6
M50 Vince Struble	12-0
M55 Tom Rauscher	11-6
Long Jump	
W35 Regina Richardson	17-5.25
Triple Jump	
W35 Regina Richardson	34-8.50
Shot Put	
M40 Nick Agonis	39-5.25
W70 Sharon Good	16-6.50
Weight Throw	
M40 James Brown	45-4
3000m RW	
M45 Steve Pecinovsky	14:33.9h
M55 Jim Carmines	17:26.0h

Dartmouth Relays
Hanover, NH; Jan. 10

55m	
M30 Corbin Lang	7.41
Tom Bruno	7.50
Joe Mulligan	8.04
M35 Barney Borromeo	6.69
Andrew Gamble	7.33
M45 Lou Ronsivalli	7.86
Richard Clark	7.86
M50 Lee Hess	7.52
Peter Hall	7.76
M55 Roger Pierce	7.39
Richard Sealey	7.70
Darryl Decker	7.83
M60 Paul Gansle	7.85
Doug Geertgens	7.86
Jim Kenney	7.96
M65 Hamilton Davis	9.34
Dave Hanlon	9.69
Edward Mezzapelle	9.89
M70 Ross Mitchell	8.78
William Hufnagel	9.32
M75 Bill Daprano	9.11
Frank Brako	9.53
M80 Vern Mattson	14.38
W35 Kisha Carman	7.84
Christine Shaw	9.64
W40 Paula Fortuna	8.73
Cindy Languirand	9.54
Vivian Wise	10.45

W55 Elizabeth Riordan	9.14
W65 Barbara Jordan	9.20
Mary Roman	10.34
Dolores Hufnagel	14.32
W75 Alverta Perkins	14.84
200m	
M30 Joe Mulligan	30.05
M35 Andrew Gamble	27.06
M45 Bob Saul	28.86
M50 Ed Gonera	24.27
Francis Schiro	25.48
Lee Hess	27.48
M55 Roger Pierce	25.50
Richard Sealey	27.39
M60 Doug Geertgens	29.62
M65 Hamilton Davis	34.01
M70 William Hufnagel	32.96
M75 Frank Brako	38.52
M85 Bob Matteson	41.15
W35 Kisha Carman	29.72
Julia Casals	29.81
Christine Shaw	36.12
W40 Paula Fortuna	32.57
Cindy Languirand	37.17
Vivian Wise	39.64
W45 Gail Johns-Rees	32.30
W55 Elizabeth Riordan	33.44
W65 Barbara Jordan	34.98
Mary Roman	41.57
400m	
M30 Tom Bruno	1:00.95
M50 Ed Gonera	54.36
Francis Schiro	55.68
Lee Hess	1:02.47
M55 Roger Pierce	57.67
Warren Graff	1:01.06
M60 Robert Chinchillo	1:08.86
M85 Bob Matteson	1:52.57
W35 Julia Casals	1:06.99
W45 Gail Johns-Rees	1:13.66
W55 Elizabeth Riordan	1:12.09
800m	
M35 Norm Bouthiller	2:09.15
Charlie Kimbell	2:26.62
M40 Doug Chapman	2:21.96
M45 Jim Medeiros	2:17.43
Richard Clark	2:19.85
Bob Hodge	2:26.44
M55 Jeff Parkman	2:40.66
M65 Jerry LaVasseur	3:02.27
John Hurley	3:27.66
W50 Margaret Curtis	2:48.92
1500m	
M35 Norm Bouthiller	4:24.60
M40 Kevin McGovern	4:40.22
Doug Chapman	4:58.73
M45 Allan Muir	4:36.20
Richard Clark	4:50.67
M50 Sid Stark	5:43.75
M55 Colin McArdlaw	4:45.56
Frank Myers	5:22.90
Jeff Parkman	5:24.63
M60 Joe Sinicrope	5:45.50
Eric White	6:00.40
M65 Jerry LaVasseur	6:03.93
M70 Ed Doucette	7:09.85
John Harwick	7:46.37
W35 Julie Burke	6:46.83
W40 Barbara Gubbins	5:08.68
Dorothy Mullaney	6:00.73
3000m	
M40 Chip Langmaid	10:46.66
M45 Bob Saul	12:17.55
M50 Jim Cihak	11:15.18
M55 Breton Gaeten	12:02.78
M60 Eric White	13:02.71
M65 Jerry LaVasseur	12:52.75
W40 Dorothy Mullaney	13:00.13
W65 Jeanne Daprano	WR13:09.19
(Joselyn Ross/13.09.42/1994)	
5000m	
Chip Langmaid	18:48.23
Philip Maia	18:59.17
M60 Sid Stark	21:55.73
M70 Ed Doucette	24:53.52

W40 Kathleen Burley	20:55.09
Short Hurdles	
M55 Bill Dehorn	9.87
M60 Doug Geertgens	9.92
W65 Barbara Jordan	12.53
High Jump	
M40 Tom VanZandt	1.88
M50 James Sauers	1.65
John Oleski	1.30
M60 Paul Gansle	1.36
Jim Kenney	1.39
Doug Geertgens	1.36
M65 John Hurley	1.09
M75 Frank Brako	1.16
Bill Daprano	1.06
Pole Vault	
M30 Corbin Lang	3.36
M35 Duncan Littlefield	4.57
Wayne Lacy	3.97
M40 Marc Fish	3.97
Ambroise Courteau	3.81
M45 Curtis Nerorski	3.05
Mark Fields	2.90
M50 Dick Elkinton	2.90
M55 Bill Dehorn	3.20
Michael Zahner	2.90
Peter Fitcher	2.90
M65 Deke Conklin	2.90
Long Jump	
M45 Bob Saul	4.60
M50 John Oleski	4.83
M55 Darryl Decker	4.52
M60 Doug Geertgens	4.86
Jim Kenney	4.35
M65 Edward Mezzapelle	2.61
John Hurley	1.99
M70 Samuel Messiter	2.40
M75 Frank Brako	3.13
M80 Vern Mattson	1.17
W65 Barbara Jordan	3.07
W75 Alverta Perkins	1.59
Triple Jump	
M45 George Frost	11.20
M60 Doug Geertgens	9.93
Carl Wallin	8.27
M65 John Hurley	4.28
M75 Frank Brako	6.61
W65 Barbara Jordan	7.09
Shot Put	
M45 Don Filkins	11.47
Mike Cabrinha	10.86
M50 Michael Shiaras	15.52
Ed Clark	11.43
M55 Darryl Decker	10.05
M60 Carl Wallin	14.64
Gary Crawford	11.46
Edward Rowan	9.48
M65 Len Rosen	11.26
William Barker	10.32
Stan Chats	10.12
M70 Ray Feick	12.21
Samuel Messiter	9.22
M75 Norman Wakely	8.88
Bill Daprano	7.48
M80 Bob Starks	5.10
Vern Mattson	4.01
W65 Mary Roman	8.02
Marcia Crooks	6.85
Flo Meiler	6.67
W75 Alverta Perkins	5.25
Weight Throw	
M45 William Johnston	13.42
M50 Patrick Lynn	13.52
M55 Richard Sealey	12.25
M60 Carl Wallin	18.04
Bob Cahners	17.42
Gary Crawford	13.50
M65 Emil Muller	16.82
William Barker	11.29
M70 Ray Feick	AR 16.00
(Ken Weinbel/12.70/1998)	
Samuel Messiter	10.65
M75 A James Crawford	AR 11.60
(Manuel White/11.37/1995)	
W65 Marcia Crooks	9.33
Mary Roman	7.31
3000m RW	
M55 David Baldwin	16:59.33

DCRC/PVTC Meet
Alexandria, VA; Jan. 12

Open Mile	
M35 Charles Edmonds	5:52.3
M40 Ted Poulos	5:45.7

M45 Peter Blank	6:15.1
W30 Jennifer Lazio	6:24.9
W40 Verna Van Wert	6:18.3
W45 Christina Caravoulas	9:50.1
Masters Mile	
M40 Ted Poulos	5:12.5
M45 Marcus Mason	5:53.5
M50 Caleb Rossiter	5:15.6
M55 Wayne Vaughn	6:45.3
M70 Don McCarten	7:44.0
3000m	
M35 Ian Clements	10:15.0
M40 Ted Poulos	9:49.2
M45 Jim Darr	12:09.5
M50 J J Wind	11:22.1
W30 Camille Martin	10:26.2
1600m RW	
M45 Peter Blank	10:55.0
3000m RW	
M40 Tim Good	16:28.0
M45 Steve Pecinovsky	13:52.0
M55 Victor Litwinski	19:29.0
M60 Michael Schwed	19:38.0
M65 Roger Webb	20:08.0
W45 Christina Caravoulas	25:25.1
W65 Lois Dicker	21:17.1
USATF New England Masters Championships	
Brown U., Providence, RI; Jan. 12	
55m	
M30 Barney Borromeo	6.75
Michael Lucas	7.19
Will Holland	7.21
M35 Ronald Davy	7.66
Mark Manson	7.66
M40 David Neumann	7.13
Toney Mulhollan	7.38
Craig O'Brien	8.33
M45 Neil Steinberg	7.40
Bob Bateman	7.98
M50 Jesse Norman	7.60
Michael Garrity	8.00
Robert Marchetti	8.18
M55 Dennis Newton	7.67
Rich Jones	7.68
M60 James Kenney	8.09
M65 Richard Hurley	8.78
Michael Patterson	9.27
M70 Donald Hudson	9.01
M80 Vern Mattson	14.72
W50 Hillen Stubendorff	8.89
W60 Kathy Bergen	8.41
W65 Barbara Jordan	9.10
Mary Roman	11.31
W75 Patricia Peterson	11.00
Ann McGowan	12.39
200m	
M30 Michael Lucas	25.87
M35 Mark Manson	26.57
Ronald Davy	27.36
M40 David Neumann	24.98
M50 Jesse Norman	25.35
Lawrence Libow	31.00
M55 Roger Pierce	25.49
Rich Jones	27.48
M65 Richard Hurley	31.71
Spencer Parrish	31.87
W40 Pamela Guneson	32.64
W50 Hillen Stubendorff	32.29
W60 Kathy Bergen	32.31
W65 Barbara Jordan	34.81
W75 Patricia Peterson	44.94
400m	
M70 John Gill	1:03.18
M35 Ronald Davy	1:11.46
M40 David Neumann	55.30
Toney Mulhollan	57.59
M50 Jesse Norman	1:00.48
M55 Roger Pierce	57.89
Ralph Souppa	1:01.13
M60 Robert Chinchillo	1:08.67
800m	
M35 John Barresi	2:07.9h
M40 Thomas Dalton	2:06.6h
Michael DeLuz	2:14.8h
John Okerman	2:16.6h
M50 Carroll Blake	2:18.7h
M55 Brad Johnson	2:35.33
M65 Christopher Rush	2:36.79
Art Conro	2:46.36
M70 Dennis Branham	3:13.60
W40 Alexis Torchio	3:06.33
W65 Mary Harada	3:31.53

Mile	
M40 Thomas Dalton	4:32.24
Martin Tighe	5:03.95
M50 Jerry Learned	5:04.34
M60 Jack Thornhill	5:41.39
Kenneth Skinner, Jr	6:05.17
M65 Christopher Rush	5:59.71
Jerry LeVassar	6:34.04
M70 Dennis Branham	6:56.43
W30 Alexis Torchio	6:46.24
W40 Barbara Gubbins	5:33.92
W45 Marge Bellisle	5:44.18
W65 Mary Harada	7:21.80
3000m	
M35 John Barresi	9:35.56
M40 John Tolbert	9:53.48
Tim Discipio	9:53.56
Martin Tighe	10:10.42
M50 Phillip Riposo	11:32.96
M60 Jack Thornhill	10:58.04
Kenneth Skinner	12:39.34
M65 Jerry LeVassar	12:48.46
M70 Dennis Branham	14:24.73
W30 Claire Gadrow	11:20.32
W35 Patricia Hillery	10:47.17
W45 Tina Varzeas	12:41.54
Short Hurdles	
M45 John Brubaker	11.97
M50 Joe Serdakowski	10.19
Robert Kortman	11.36
W40 Pamela Guneson	10.34
W65 Barbara Jordan	12.19
High Jump	
M35 Mark Fountain	1.47
M40 Jerry Espinosa	1.78
Brian Doherty	1.22
M45 Bob Cedrone	1.32
M50 Kenneth Effci	1.42
Jim Queeney	1.32
Robert Kortman	1.27
M60 James Kenney	1.32
M65 Bert Bergen	1.37
George Cormey	1.07
W40 Pamela Guneson	1.37
W60 Kathy Bergen	AR 1.30
(McDaniels/1.25/1991; Cleveland/1.25/2000; Wright/1.25/2000)	
Pole Vault	
M45 Carlos Freytes	2.74
M55 Gerard Dunne	2.74
Long Jump	
M35 Mark Fountain	4.47
M40 Doug Hanson	3.81
M45 John Brubaker	3.59
M50 John Oleski	4.50
Robert Kortman	4.21
M60 James Kenney	4.43
M65 George Cormey	2.86
M80 Vern Mattson	1.21
W65 Barbara Jordan	2.90
W75 Ann McGowan	1.80
Estelle O'Connor	.69
Triple Jump	
M35 Mark Fountain	9.58
M40 Doug Hanson	7.98
M45 Carlos Freytes	9.31
M50 John Oleski	9.29
M70 Donald Hudson	6.93
A Xanthopoulos	6.69
W65 Barbara Jordan	7.33
W75 Ann McGowan	3.59
Estelle O'Connor	2.25
Shot Put	
M40 Goran Milanovic	12.61
Brian Doherty	9.77
M45 Daniel Wallace	11.78
Bob Cedrone	8.88
M50 Carl Reichard	11.95
Kenneth Effler	11.57
Jim Queeney	10.12
M55 Charles Roll	14.01
Kenneth Rose	13.09
Ed Root	9.33
M60 Doug Renwick	11.18
M65 Leonard Rosen	11.23
George Cormey	9.96
M70 Ray Feick	12.06
A Xanthopoulos	11.79
William Garrahan	11.53
M80 Vern Mattson	4.00
W40 Oneithe Lewis	13.90
W55 Patricia Fogg	8.53
W65 Mary Roman	8.00
Anne Cirulnick	7.19
Marcia Crooks	6.89

W75 Estelle O'Connor	5.44
Ann McGowan	4.16
Weight Throw	
M40 Goran Milanovic	12.56
Brian Doherty	10.97

Continued from previous page

SOUTHEASTSnowbird Meet
Clermont, FL; Jan. 25

100m	
M30 John Burke III	11.51
Nadir Murad	12.14
M40 Bernard Scott	12.60
M45 Steve Palacios	14.20
M50 Derrel Strickland	13.33
M55 Dave Shields	13.06
Bill Benford	13.52
M60 Bill Walker	13.90
Benjamin Jimenez	17.24
M75 Blair McFarlane	16.56
W50 Susan Hill	18.29
Joan Truchelut	19.66

200m	
M30 John Burke III	24.12
Todd Hill	25.66
M45 Steve Palacios	25.21
M55 Bill Benford	28.75
David Shields	28.11
M60 Lionel Bonek	31.00
John Sloan	31.20
M65 Benjamin Jimenez	41.07
M75 Blair McFarlane	36.71
W50 Susan Hill	39.28

400m	
M50 Bobby Terrell	63.05
Eugene Truchelut	76.85
M55 Eric Hill	68.10
John Dourte	69.23
M60 Lionel Bonek	64.46
W50 Susan Hill	93.39

800m	
M30 Brian Hickey	2.10
Lou Musica	2.17
M35 Done Bergeson	2.23
M50 Eugene Truchelut	2.56
W50 Susan Hill	3.38

1500m	
M30 Brian Hickey	4.32.44
Lou Musica	4.53.63

3000m	
M70 James Blount	15.09

Short Hurdles 110m	
M55 Eric Hill	19.09
Robert Norton	21.10
M60 John Sloan	21.78

High Jump	
M50 Dan Pierce	1.55
M55 Lloyd Long	1.29
David Grossman	1.24

Pole Vault	
M30 Bobby Haack	4.24
M40 Lloyd Long	2.77

Long Jump	
M30 Todd Hill	5.25
Steve Bishop	4.67
M45 Jose Ortiz	4.16
M50 David Grassman	4.42
M55 Robert Norton	4.37
M65 Benjamin Jimenez	2.99

Triple Jump	
M30 Todd Hill	9.90
Steve Bishop	9.40
M45 Jose Ortiz	8.10
M60 John Sloan	7.95

Shot Put	
M45 Jose Ortiz	9.60

Discus	
M45 Gary England	42.76
Jose Ortiz	26.42
M50 Robert Hume	42.77
M55 Lloyd Long	32.55
Martin Menkin	30.41
M65 Russ Van Piet	34.31
Benjamin Jimenez	18.42
M70 Frank Bonneville	37.49
Ahmet Ardemian	27.60
M75 Dick Mulhern	30.23
Don Hall	17.68
W30 Michelle O'Dell	33.94
W50 Karen Sapp	19.63
W60 L Jimenez	7.17
W65 Erika Messner	21.80

Hammer	
M45 Gary England	40.78
M55 Bob Lupinacci	28.75
M70 Pay Carstensen	37.88
Ahmet Ardemian	25.32
M75 Dick Mulhern	27.52

Javelin	
M45 Mike Brown	61.49
Jesus Virella	48.53
Jose Ortiz	46.53
M55 Martin Menkin	38.97
Robert Norton	28.08
M60 Benjamin Jimenez	22.39
M70 Frank Bonneville	32.24
Ahmet Ardemian	23.25
M75 Dick Mulhern	24.25
W50 Karen Sapp	23.82
W60 L Jimenez	8.08
W65 Erika Messner	28.04

Weight Throw 16#	
M55 Bob Lupinacci	11.58
M70 Pay Carstensen	14.79
Frank Bonneville	14.13
M75 Dick Mulhern	11.36
W65 Erika Messner	10.98

1500m Racewalk	
M30 Ray Jenkins	8.33
M60 John Elwamer	8.16
M70 Robert Fine	9.34

3000m Racewalk	
M30 Ray Jenkins	17.50
M60 John Elwamer	16.39
M65 Theodore Sager	18.19
M70 Robert Fine	19.09
W55 Mauguerte Muller	23.00
W65 Annaliese Sager	24.32

DCRC/PVTC Meet	
Arlington, VA; Jan. 26	

Open Mile	
M30 Kyle Lanier	4.41.7
M40 Ted Poulos	5:19.9
M45 Peter Blank	6:42.5
W30 Camille Martin	5:07.7

Masters Mile	
M40 Ted Poulos	5:11.8
M45 Kirk Gordon	5:50.2
M50 Caleb Rossiter	5:14.9
M55 Robert Weiner	6:03.4
M70 Don McCarten	7:29.0

Women's Mile	
W30 Jennifer Lazio	6:27.9
W35 Monica Rico	6:00.8
W45 Roxanne Sismandis	7:17.8

3000m	
M35 Doug Kelly	10:47.5
M40 Ted Poulos	9:52.5
M45 Charles Wise	11:20.5
M50 J J Wind	11:07.2
W30 Jennifer Lazio	12:44.5

1600m RW	
M45 Peter Bland	10:37.4

3000m RW	
M30 Alex Major	14:12.6
M55 Victor Litwinski	18:06.6
M60 Michael Schwed	20:06.2
M65 Roger Webb	20:39.7
W35 Laura Niel	18:11.3
W60 Lois Dicker	20:06.3

MIDWESTUSATF Michigan Indoor
Championships,
Grand Valley St. U.
Allendale; Jan. 26

55m	
M30 Dave Bowers	7.05
M40 Paul Zelmanski	7.59
Steve Hieskell	7.14
M45 Bill Cheadle	7.64
Mark Jakubowski	7.99
M50 Jim Woosley	10.26
M55 Larry Steeb	7.75
Gary Krueger	8.39
M60 Tome Seaver	8.12
Avital Schurr	8.16
M70 Leon Berman	9.41
W75 Mary Holland	11.33

200m	
M30 Dave Bowers	24.75
M40 Steve Hieskell	25.63
Rodney Wilson	27.49
M50 Jim Woosley	29.92
Dan Guldenzoph	30.33
M55 Larry Steeb	28.16
Dale Gaide	28.67
M60 Avital Schurr	30.03
M65 Rod Smith	33.65
M70 Leon Berman	35.79
W55 Sharada Sarnaik	38.31
W75 Mary Holland	52.47

400m	
M30 Dave Bowers	56.87
M40 Eric Parker	58.08
Steve Hieskell	60.22
M45 Bill Cheadle	60.53

M50 Turran Harper	61.95
Dan Guldenzoph	70.07
M55 Dale Gaide	62.39
Leon Savenas	66.54
M60 Tom Seaver	72.08
M65 Rod Smith	77.00
W55 Ruth Thelen	86.09
Sharada Sarnaik	89.04

800m	
M45 Kevin Holmes	2:39.83
M50 Turran Harper	2:17.86
Bruce Watson	2:34.98
M55 Dale Gaide	2:21.76
W50 Gail Kantak	3:07.42
W55 Ruth Thelen	3:17.75

Mile	
M50 Bruce Watson	5:46.22
M55 Ronald Harper	5:33.61
W45 Maria Wordelman	6:11.26

3000m	
M50 Bruce Watson	11:22.3h
M55 Ronald Ruffin	10:58.3h
Hayden Smith	11:09.2h

55mH	
M40 Paul Zelmanski	9.44
M45 Mark Jakubowski	9.43
M50 Jim Woosley	10.8.
M55 Chet Dow	11.7h
M60 Tom Seaver	9.55

High Jump	
M45 Mark Jakubowski	1.40
M55 Chet Dow	1.15
Larry Steeb	1.15
Eugene Kester	1.15
Gary Krueger	1.05

Pole Vault	
M30 Michael Fontana	3.80
Douglas Petrosky	2.30
M40 Paul Babits	4.70
M45 Keith Petianek	3.80
M55 Matti Kipelaianen	3.80
Eugene Kester	2.30
Gary Krueger	1.55

Long Jump	
M40 Paul Zelmanski	5.25
M45 Mark Jakubowski	4.56
M55 Chet Dow	4.90
Eugene Kester	3.25
Gary Krueger	3.16
M60 Tom Seaver	4.63
W55 Sharada Sarnaik	3.52
W75 Mary Holland	2.66

Shot Put	
M40 Larry Munski	11.88
M45 Jim Wetenhall	12.44
Paul Walderzak	11.95
M50 Hilary Goerge	12.88
John Partridge	10.19
M55 Gary Krueger	8.83
Eugene Kester	6.79
M60 Stephen Cohen	12.30
Bob Cahners	11.52
Dan LaRose	11.32
Harold Crater	10.59
M65 Gerald Vaughn	13.14
W40 Monica Thornton	6.92

Weight Throw	
M45 Jim Wetenhall	16.39
Paul Walderzak	10.43
M50 John Partridge	12.83
Hilary Goerge	12.30
M55 Gary Krueger	7.10
M60 Bob Cahners	17.28
Harold Crater	10.80
Dan LaRose	9.59

3000m Racewalk	
M50 Bill Reed	15.27
Rick Slack	17.48
M55 Dan Knight	18.51
Eugene Kester	30.38
W35 LoriLynn Lindquist	20.07
W50 Debbie Topham	17.07

MID-AMERICAUSATF-Mid-America Regional
Masters Indoor Championships
Ft. Collins, CO; Feb. 8-9

50y	
M40 Raphael August	5.89
Steve Davis	6.09
Kevin McEachern	6.48
Tim Kellogg	8.02
M45 Mark Chaplin	6.55
M50 Charlie Powell	6.43
M55 Gregg Richards	6.65
Leonard Soleolski	7.01
M65 DickCamp	6.93
Richard McKisson	7.05
George Cairns	7.13
W45 Teresa Drotar	7.58
Karen Pitts	8.90
W50 Rebecca Martin	8.14
W55 Sharon Raham	6.31

200m	
M40 Steve Davis	26.79
Raphael August	26.93
Kevin McEachern	29.21
Bobby Hills	30.12
Tim Kellogg	34.37
M45 Trip Reynolds	26.85
Mark Chaplin	28.25
M50 Charlie Powell	27.81
M55 Gregg Richards	29.78
M65 Dick Camp	30.32
George Cairns	30.70
Richard McKisson	30.75
Ray Franks	32.50
Richard Larkin	34.50
W35 Sherri Barber	32.31
W45 Teresa Drotar	33.17
Karen Pitts	41.72

400m	
M45 Steve Gallegos	56.8
Mark Chaplin	64.9
M50 Gene Iwen	64.6
M60 Peter Johansen	98.0
M65 Richard McKisson	74.8
Ray Franks	77.2
Richard Larkin	80.8

800m	
M40 Brad Joens	2:27.0
Tim Kellogg	2:45.5
M50 Bob Brustad	2:34.8
Mark Brand	2:44.8
Maure Weigel	3:07.7
M55 Jerry Brown	2:55.8
Tom Linnell	2:58.8
M70 Arnold Meardon	3:06.8

1500m	
M40 Tim Jones	4:31.4
Tim Kellogg	5:55.6
M45 Steve Gallegos	4:23.3
M50 Bob Brustad	5:02.9
Kent Oglesby	5:03.2
M55 Jerry Brown	6:05.9

3000m	
M40 Jim Jones	9:51.6
M55 Jerry Brown	12:54.0

50yH	
M40 Bobby Hills	8.61
M45 Bryan Johnson	7.32
M50 Gene Iwen	8.16
M65 Robin Herron	10.43
W45 Teresa Drotar	9.03
W65 Christel Donley	10.92

High Jump	
M40 Rick Schreiner	1.73
M50 John Mann	1.42
Maure Weigel	1.37
Gene Iwen	1.37
M55 Bruce Long	1.37
Leonard Soleolski	1.32
M60 Bob Fulton	1.27
M65 Doug Spainhower	1.37
Ralph Reiche	1.32
Robin Herron	1.22
Richard Larkin	1.06

Pole Vault	
M40 Bobby Hills	2.74
M45 John Carmody	3.35
M50 Maure Weigel	2.13
M60 Bob Fulton	2.90
M70 Jerry Donley	2.89

Long Jump	
M40 Steve Davis	5.53
M50 Gene Iwen	4.90
Maure Weigel	4.70
M55 Jerry Brown	3.18
M65 George Cairns	4.44
Doug Spainhower	4.10
W55 Sharon Raham	3.29
W65 Christel Donley	2.92
W75 Willie Gatz	1.30

Triple Jump	
M40 Steve Davis	10.15
M45 Bryan Johnson	12.71
M50 Maure Weigel	9.92
Gene Iwen	9.55
M65 Doug Spainhower	9.32
George Cairns	8.83
Richard McKisson	8.55
W55 Sharon Raham	6.82
W75 Willie Gatz	3.27

Shot Put	
M30 John Kuemmerlin	12.60
M40 Milton Girouard	14.43
Rande Treece	11.27
M50 John Connell	11.03
Maure Weigel	9.39
Gene Iwen	8.80
M55 Tom Gage	14.53
Ian Percy	12.24
JerryBookinWeiner	11.05

400m	
M40 Michael Blanchard	15.58.1
M45 Richard Harter	23:12.0
M65 Vilmaris Strauten	20:45.6
M70 John Lyle	20:39.5
M75 Klaus Timmerhaus	21:30.6

800m	
M40 Brad Joens	2:27.0
Tim Kellogg	2:45.5
M50 Bob Brustad	2:34.8
Mark Brand	2:44.8
Maure Weigel	3:07.7
M55 Jerry Brown	2:55.8
Tom Linnell	2:58.8
M70 Arnold Meardon	3:06.8

1500m	
M40 Tim Jones	4:31.4
Tim Kellogg	5:55.6
M45 Steve Gallegos	4:23.3
M50 Bob Brustad	5:02.9
Kent Oglesby	5:03.2
M55 Jerry Brown	6:05.9

3000m	
M40 Jim Jones	9:51.6
M55 Jerry Brown	12:54.0

50yH	
M40 Bobby Hills	8.61
M45 Bryan Johnson	7.32

Continued from previous page

NORTHWEST**Great Northwest Indoor Classic
Portland, OR; Jan. 25****50m**

M40 Ron Wallace	6.60
M45 Marcus Irving	6.81
M50 Willie Venable	7.30
M55 Ted Pampeyan	7.26
M70 Don Kane	8.38
M75 Carl Orndoff	9.84
W30 Paula Leslie	7.21

300m

M35 Curtis Wilson	37.85
M45 Naim Hasan	40.35
M70 Don Kane	54.42

600m

M35 Curtis Wilson	1:30.91
M40 Niles Smith	1:40.87
M50 Russ Jacquet	1:51.31
W40 Mary Macauley	1:44.98

1500m

M30 John King	4:23.07
M35 Dave Hatfield	4:29.48
M40 Kevin Paulk	4:19.90
M45 Paul Reiner	4:32.57
M50 Jim Jones	4:40.76
W70 Joyce Bahler	9:21.10

3000m

M35 Joe Dudman	9:24.05
M45 Dave Clingan	10:02.88
M65 Jim Davis	12:02.20

50mH

M35 Todd Andersen	8.07
M50 Russ Jacquet	8.84

High Jump

M35 Mike Jaqua	1.67
M50 Walt Waldram	1.21
M60 John Burns	1.47
M70 Ray Propst	1.27
Cully Vaughn	1.21
M75 Carl Orndoff	1.16

Pole Vault

M35 Mike Jaqua	3.65
M40 Dean Cox	3.50
M45 Louis Baucom	3.50
M50 Jose Pfister	3.35
M55 Dennis Phillips	3.50
M60 Larry Holmes	3.50
M65 Don Gray	2.59
W45 Paula Schultz	2.74

Long Jump

M30 Gogo Peters	6.75
M35 Todd Anderson	5.74
M45 Tani Wu	5.19
M65 Norm MacLeod	4.33
M70 Ray Propst	3.32
Cully Vaughn	3.14
W30 Paula Leslie	4.88

Triple Jump

M65 Norm MacLeod	9.27
M70 Ray Propst	7.80

Shot Put

M35 Todd Anderson	9.47
M40 William Tyson	6.85
M70 Cully Vaughn	9.75
W75 Pat Osmon	5.08

Weight Throw

M70 Cully Vaughn 25#	6.19
W75 Pat Osmon 25#	3.81

1500m Racewalk

M45 Doug Vermeer	8:05.47
M50 Rob Frank	7:37.18
M60 George Opsahl	8:17.99
M70 Ron MacPike	9:41.30

CANADA**Ontario Masters Indoor Meets
York U., Toronto; Jan. 12****60**

M35 Brett Kelly	7.46
M40 Michael Lee Foon	7.08
M45 Wayne Gagne	7.91
M50 Richard Lech	7.81
M60 Mike Morris	8.32
M65 Clark Little	9.29
W45 Karla Del Grande	8.45
W70 Doreen Carmichael	11.78

200m

M30 Desmond Allen	23.97
M35 Sean McKinnie	24.84
M40 Michael Lee Foon	23.85
M45 Wayne Gagne	26.77
M50 Richard Lech	27.01
M55 Kingsley Clark	27.62
M60 Mike Morris	29.63
M65 Charles Agnoo	30.25
W45 Karla Del Grande	28.54
W60 Adri Rowswell	36.53

W70 Jean Horne	36.41
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400m

M35 Sean McKinnie	56.79
M40 Steve Williamson	58.37
M45 Kevin Lozano	1:00.99
M50 Mike Carter	1:01.20
M55 Bill Milward	1:06.79
M60 Ted Mitchell	1:18.56
M65 James Pascoe	1:12.01
W70 Jean Horne	1:21.63

1500m

M40 Christie Gord	4:21.1h
M45 Fred Robbins	4:34.2h
M50 Bill Shaw	4:45.3h
M55 Ray Tucker	5:00.4h
M60 Dennis Featherstone	5:10.4h

3000m

M40 Christie Gord	9:24.5h
M45 Fred Robbins	10:02.0h
M50 Bill Shaw	10:16.3h
M55 Ray Tucker	11:08.2h
M60 Robert Moore	11:34.3h
M65 Jack Geddes	11:23.9h
W45 Cathy Tedford	18:26.4h
W60 Joan Christensen	15:22.6h

Pole Vault

M55 Hugo Miller	3.10
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Shot Put

M50 Bill Pearson	11.50
M75 Evalds Viskers	9.69
M80 Garry Bachman	10.05

1500m RW

M45 Guy Paquin	7:24.7
M50 Don Ramsden	8:09.9
M65 Stewart Summerhayes	8:26.7
W40 Kitty Cashman	7:59.9
W45 Nanci Sweazey	7:19.2
W60 Joan Christensen	9:24.3

60m

M30 Tyler Atkinson	8.28
M35 Paul Robinson	7.63
M40 Michael Lee Foon	7.16
M45 Kerry Smith	7.40
M50 Richard Lech	7.78
M55 Tony Powell	8.27
M60 Alan Slater	8.24
W40 Lyn Barrett	8.91
W45 Karla Del Grande	8.42
W60 Adri Rowswell	10.31

200m

M35 Nick Zero	24.84
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Jan. 26

M30 Tyler Atkinson	8.28
M35 Paul Robinson	7.63
M40 Michael Lee Foon	7.16
M45 Kerry Smith	7.40
M50 Richard Lech	7.78
M55 Tony Powell	8.27
M60 Alan Slater	8.24
W40 Lyn Barrett	8.91
W45 Karla Del Grande	8.42
W60 Adri Rowswell	10.31
M35 Nick Zero	24.84

LONG DISTANCE RESULTS**NATIONAL****2003 USATF National Masters 6K
Cross-Country Championships
Houston, TX; Feb. 15**

M40 David Olds	21.42
Robert Winn	22.06
Ronnie Parks	22.10
Lance Denning	22.27
Daniel Skarda	22.57
Kirk Udovich	23.02
Tim Newell	23.15
Rick Bruess	23.15
Hans Funke	23.19
Kenneth Masarie	23.25
R Scharchburg	23.45
Kevin Ostenberg	23.56
Jon Butler	24.10
Clarence Harrison	24.19
M45 Joe Fabris	23.00
Bill Lawrence	23.04
Tim Dolen	23.50
Gregory Mistick	23.53
Emil Magallanes	23.59
Mac Allen	24.12
Steve Boaz	24.24
Brian Davis	25.03
John Weber	25.51
Robert Iles	26.39
M50 Richard Katz	25.26
Carl Mohr	26.28
Donald Ford	29.44
Hersh Levitt	33.26
Paul Lilly	36.08
David Cain	36.55
M55 Dave Dooley	25.34
Fred Martin	28.15
Richard Castro	30.11
Bruce Zimmerman	31.45
M60 Thom Weddle	27.27
Robert Gormley	31.46
Jim Romero	32.53
Gary Zimmerman	33.08
Johnny Chapin	33.54
M65 Ino Cantu	30.56

M40 Michael Lee Roon	23.28
M45 Kerry Smith	24.38
M50 Richard Lech	26.71
M55 Tony Powell	27.53
M60 David Stern	30.49
M65 Dev Sharma	31.82
W40 Lyn Barrett	31.50
W45 Debbie Moore	14:02h
Pole Vault	
M55 Hugh Miller	3.20
Long Jump	
M60 Alan Slater	4.92
W45 Maria Mallia	3.91
Shot Put	
M50 Rudy Boghina	10.75
M55 John Kasperski	12.47
M60 Joseph Berger	8.87
W45 Denise Hogg	33.26
W70 Doreen Carmichael	42.04
800m	
M30 Patrick Menzies	2:04.9h
M40 Chris Kilford	2:22.7h
M55 Ray Tucker	2:23.0h
M60 Paul Yerich	2:49.9h
W70 Jean Horne	3:12.8h

Mile	
M35 Peter Donato	4:49.3
M40 Gord Christie	4:41.5
M50 Bill Shaw	5:00.0
M55 Bill Milward	5:44.2
M60 Robert Moore	5:52.0
W45 Nanci Sweazey	5:57.3
3000m	
M40 Gord Christie	9:54h
M45 Alex Keeting	11:20h
M50 George Itkin	10:25h
M55 David Sheridan	11:12h
M60 Chris Mackie	11:21h
M65 Jim Irons	11:39h
M70 Ed Whitlock	11:58h
W40 Katherine Willis	14:02h
M70 Eric Maimstrom	9.26
M75 Evalds Viskers	9.55
W75 Velta Tomsons	6.55
3000m RW	
M45 Guy Paquin	15.37
W40 Kitty Cashman	16.42
W45 Nanci Sweazey	15.30
W45 Cathy Tedford	27.33
W50 Lily Whalen	17.09
W60 Ann Mar Rosenitsch	19.14

Mack Stewart	34:30
Robert Cozens	35:00
M70 Verne Carlson	33.44
Bill Turley	38.02
William Smythe	40.08

Teams	
M40+ Boulder RR	1:09:03
Reebok Aggies	1:10:49
Finish Line Sp	1:14:04
Team RunTex	1:15:49
M50+ Boulder RR	1:17:28
M60+ Boulder RR	1:39:55
M70+ Boulder RR	1:51:54
W40 Carmen Ayala-Troncoso	23:49
Laura Bruess	25:29
Kelly Kruell	25:34
Meghan Arbogast	25:34
Jennifer Teppo	25:58
Dagny Barrios	27:05
Donna Moore	27:13
Sherrie Keim	27:32
Lynn Doelger	27:39
Karen Murphy	27:50
W45 Martha Buttner	28:33
Carolyn Benson	30:43
Susan Schulte	30:55
Janet deGazia	31:30
W50 Janet Hughes	30:57
Marcella Pauli	31:57
Patricia Castro	37:58
Lorraine Green	41:16
W55 Gloria Jansen	31:00
C Gail Hunter	32:11
W60 Shirley Matson	30:16
W65 Lois Calhoun	37:53
Judith Smythe	40:42
Vici DeHaan	44:07
W70 Betty Skipp	54:56
W75 Nancy Smalley	54:11
W80 Louise Adams	55:41
Teams	
W40+ Team Oregon	1:17:06
Team RunTex	1:18:41
Boulder RR	1:21:52
W50+ Boulder RR	1:41:06
W60+ Boulder RR	---

EAST**NYRR Fred Lebow Classic 8K
Central Park, NYC; Jan. 12****Overall**

Eric Tollefson 29	25:36
Lauren Esposito 23	29:41
M40 Pascal Sauvayre	28:26
M45 Amador Ybanez	27:16
M50 Bob Hermes	30:28
M55 Michael Hudick	30:54
M60 Thomas Maile	33:42
M65 Alfred Finger	34:26
M70 William Fortune	37:40
M75 Sab Koide	45:57
M80 Allen Flagg	1:10:11
M85 Wilfredo Rios	1:08:08
W40 Corinna Cortes	32:26
W45 Gillian Horovitz	31:58
W50 Leah Whipple	34:12
W55 Sylvie Kimche	34:41
W60 Ruth Fairbrother	43:05
W65 Helene Bedrock	39:20
W70 Toshiko D'Elia	47:16
W75 Muriel Merl	49:02

**27th PSCI Icicle 10M
Wilmington, DE; Jan. 19****Overall**

Greg Watson 38	55:33
Vicki Caulier 30	1:04:39
M40 Greg Caulier	56:13
Jeffrey Painter	59:54
Brian Driscoll	1:01:56
M45 Lee Kauffman	1:02:46
Larry Flitz	1:05:54
John Hooper	1:06:55
M50 David James	1:03:43
Peter Mathias	1:05:48
Ivan Avendano	1:08:38
M55 Robert Hempton	1:05:24
Richard Webb	1:08:14
Budd Bettler	1:12:58
M60 Bob Taggart	1:11:40
Dick Hipp	1:15:23
Don Marvel	1:19:57
M65 Len Leshem	1:36:13
Lee Masser	1:41:43
M70+ Patrick Nutt	1:35:36
John Schultz	1:42:18
W40 Gina Buggy	1:14:10
Theresa Cannon	1:17:30
M Kosenkranius	1:18:22
W45 D Di Pangrazio	1:17:20
Joan Potterfield	1:17:37
Leslie Bartoschsky	1:19:53
W50 Ann Foster	1:23:10
Jo-Anne Cullis	1:29:23
Jeanne Jamoska	1:32:38
W55 Beth Tomanelli	1:29:24
Diane Hardies	1:29:56
Sharyn Slick	1:31:45

**NYRR Gridiron Classic 5K
Central Park, NYC; Jan. 26****Overall**

Stuart Maxwell 30	15:36
Lyubov Kremleva 41	17:07
M40 Stanislaw Jaremko	17:22
M45 Amador Ybanez	16:48
M50 Paul Mascali	16:50
M55 Niall Dillane	19:15
M60 Jack Brennan	19:36
M65 Michael Goldman	21:57
M70 William Fortune	22:49
M75 Sab Koide	28:11
M80 William Benson	39:09
M85 Wilfredo Rios	41:10
W40 Lyubov Kremleva	17:07
W45 Asteria Claire	22:13
W50 Judy Harrigan	21:13
W55 Sylvie Kimche	21:26
W60 Mary Zulack	27:16
W65 Helene Bedrock	24:02
W70 Toshiko E'Elia	27:03
W75 Muriel Merl	29:37
W80 Althea Jureidini	54:30

**NYRR Al Gordon 15K
Central Park, NYC; Feb. 1****Overall**

Michael Danahy 24	49:49
Margaret Angell 26	58:09
M40 Jerry Macari	52:29
M45 Amador Ybanez	52:19
M50 Bob Holliday	58:32
M55 Michael Hudick	1:00:09

M60 Thomas Haile	1:04:36
M65 Jim Flanagan	1:08:02
M70 Carlo Digiorio	1:17:30
M75 Sab Koide	1:30:53
M85 Wilfredo Rios	2:12:24
W40 Corinna Cortes	1:01:53
W45 Janice Petrozzo	1:09:04
W50 Kathleen Horton	1:11:33
W55 M Greeley Walsh	1:11:36
W60 Carol Tyler	1:22:53
W65 Naomi Vogel	1:33:50
W70 Toshiko D'Elia	1:23:38

**Thomson 10K Twosome
Central Park, NYC; Feb. 9****Overall**

Jorge Eliecer Real/	1:08:45
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Cor	MAY ROBERTSON	1:56.54
	JOY SCOTT	2:01.47
W60	ALICIA KELLEY	1:54.04
	GLENDIA WALKER	1:57.47
	GINGER HERRING	2:14.41
	FAYE GOLDIN	2:17.37
	ANN TAYLOR	2:18.53
	ESTHER VAN DUZEE	2:20.03
	ANNE C. ALOISE	2:20.16
	BOBBIE SEILER	2:20.31
W65	ANN VELLA	2:00.10
	MARY A. BONNESS	2:11.06
	J-M PROVOST	2:24.36
W70	JOAN ROCHFORD	3:27.26
W75	LESLIE HIGGINS	2:29.46

Lady Track Shack 5K Winter Park, FL; Jan. 26

Overall	Heather Schulz 28	19:01
W40	Sue O'Malley	19:53
	Ginger McKim	20:42
	Patricia Gay	22:13
	Melissa Corp	22:28
	Lisa Jenkins	22:31
W45	Kathy Gagnier	19:45

	Sharon McKeown	21:31
	Carol Ball	22:10
	Karen McClarty	22:35
	Carol Posada	22:38

W50	Jeanie Burgess	24:43
	Maureen Morley	24:53
	Shirley Budd	25:32
	Teri Barbato	26:23
	Joan Nelson	26:41

W55	Rissie Thieler	24:34
	Linn Smith	25:43
	Mary Ramba	26:13
	Wendy Shore	26:40
	Rose Reeves	27:21

W60	Rita Schafer	27:52
	Winnie Tyler	28:04
	Margaret	28:08
	Donna Hiatt	28:41
	Elin De Hoyos	29:26

W65	Pat Dixon	31:03
	Juanette Imhoof	31:04
	Betty Petersen	37:26
	Cathy Davis	44:01
	Satoko	47:39

W70	Ann Kahl	32:02
	A Reidelberger	37:39
	Mary Canty	43:48
	Pepper Davis	44:29
	Alice Mackenzie	45:58

Tidewater Striders Shamrock Tune-Up Series 10K & 30K Fort Story, VA; Feb. 8

10K	Overall	LOUIS PADILLA 28	36:43
		KENDALL TATA 40	42:00

M40	KEITH WINN	36:49
	TOM BLANCHARD	38:39
	PAUL BOYETTE	40:29
	ALLAN CIBERT	41:47
	MICHAEL MITCHELL	42:27

M50	DONALD GREENE	46:12
	ALLAN LESTER	48:46
	TOM WALSH	48:51
	LYNN ROUNTREE	50:13
	TERRY GODFREY	51:34

M60	JOSEPH MATUSKY	56:25
M70	EDWARD RUCKA	65:03
W40	EVIE THOMSON	50:48
	PAMELA HAMACHER	52:38
	JILL STAPLES	55:04

	JANE SEYMOUR	56:13
	PRISCILLA JAFFEE	56:36
W50	MAUREEN OBRIEN	56:14
	SUSAN HALL	58:55
	SHEILA BAILEY	59:40

30K		
<u>Overall</u>		
MICHAEL MANN 34	1:43:19	
TRIMBLE SPITZER 25	2:16:16	

M40	DAI ROBERTS	1:55:33
	RONALD HESS	2:03:42
	CHUCK BREINER	2:05:17
	GREG TUCK	2:07:22
	DAVID STOOT	2:10:19

M45	JAMES BATES	1:58:04
	MICHAEL FULLER	1:58:13
	STEVEN LERNER	2:03:36
	GARY VANDERVEER	2:08:36
	PETE LANDERGAN	2:09:24

M50	BILL HART	2:00:24
	JOHN ROBERTS JR	2:16:09
	JOHN DICARLO	2:16:29
	KENNETH GREENWEL	2:21:51
	JOSEPH VERDIRAME	2:25:03

M55	JOHN LOUGHRAN	2:15:50
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	LAWRENCE DAVIS	2:19:07
	ROD WHIBLEY	2:19:15
	MARK PATTERSON	2:27:21
	IMANTIS CELTNIKS	2:37:17
M60	ED BRINKLEY	2:14:39
	ROBERT WRIGHT	2:16:41
	CLAUDE BELL	2:26:37
	JIMMY WILLIAMSON	2:49:42
	PRESTON FITZGERALD	2:53:14

M65	CHRIS CATOE	2:45:23
	EDWARD JEFFERSON	3:18:47
W40	ELIZ ANDREWS	2:23:27
	CINDA ODELL	2:26:54
	BRENDA HARRIS	2:31:37

	SHEILA ANDERSON	2:41:31
	SABRA O'DONNELL	2:48:51
W45	MB MARSHALL	2:48:17
	TERRI FORSYTH	2:48:19
	JAN SPANGLER	2:50:04

	SHERRY CELESIA	2:51:08
	MARY GIBBONS	2:57:02
W50	BARBARA MATHEWSC	2:18:44
	J KRUGER WILLIAMS	2:31:06
	PEGGY FREDERICK	2:39:14

	BETTY BROTHERS	2:47:12
	BJ DERRING	2:51:45
Pensacola News Journal Double Bridge 5K/15K Run Pensacola Beach, FL; Feb. 8		

Overall	Steven Myers 28	14:34
	Summer Forrester 20	19:28
M40	Larry Wayne	17:23
	M45 Scott Finelli	18:54

M50	Michael McCartan	19:44
	M55 Gary Gambz	22:57
	M60 Horace Ellis	20:44
	M65 Richard Kowalski	22:29

	M70 Fred Hagen	24:03
	M75 Warren Garmeson	35:54
	M80 Oren Mathews	39:20
	W40 Cheryl Wolfe	20:31
	W45 Jan Cox	25:37

	W50 Carol Battles	22:56
	W55 Nancy Mann	25:30
	W60 Joan Forman	28:54
	W65 Carol Leckband	26:47
	W70 Vera Whiteside	34:13

15K	Overall	Everett Whiteside 32	45:33
		Jennifer Hanley 25	59:47
		M40 James Frasier	49:40

	M45 Jim Eastman	54:31
	M50 Glenn Munson	1:02:27
	M55 Rueben Dias	58:36
	M60 Michael Golding	1:01:15
	M65 John Conroy	1:07:43

	M70 Jack Gough	1:16:40
	M75 Paul Wissler	1:20:26
	W40 Lisa Fairbanks	1:06:27
	W45 Coby Smits	1:08:58
	W50 Cath. Lempesis	1:07:14

	W55 Lynn Hayes	1:13:28
	W60 Jean Grabowski	1:26:27
	W65 Helen Corley	1:35:12
Mercedes Marathon & Half-Marathon Birmingham, AL; Feb. 8		

Overall	Chuck Engle	2:36:16
	Cheryl Boessow 42	3:07:01
M40	Jeff Terry	2:39:41
M45	Mike Smith	3:11:12

M50	Barry Ege	3:07:01
M55	Warren Everett	3:30:33
M60	Ken Brewer	3:05:31
M65	Charles Whitley	4:27:58
M70	Charles Cohn	6:06:35

W40	Cheryl Boessow	3:07:01
	Susan Keith	3:20:54
W45	Tnsh Carey	4:10:04
W50	Roseann Jolly	4:27:07
W55	Isabelle Joffron	3:41:57

W60	Karen Connelly	5:32:58
Half-Marathon-Feb. 9		
Overall	Eddy Hellebuyck	1:10:26
	Linda Lisska	1:24:09

M40	Eddy Hellebuyck	1:10:26
	Paul McManus	1:19:56
M45	Thomas Dever	1:16:10
M50	Ben Labelle	1:27:29
M55	Rick Stetson	1:21:02

M60	Charlie Patterson	1:36:24
M65	R Tankersley	1:52:13
M70	Rudolph Bates	1:47:26
W40	Kathanne Edmonds	1:30:43
W45	Athen Naugher	1:33:40

SOUTHWEST

USATF Louisiana Championships/Larry Fuselier 25K & 10K New Orleans; Dec. 15

Overall	Brendan Minihan 27	87:23
	Lisa Pratt 28	1:49:26
M40	Bryan Smith	89:49
	Johnny McBride	1:43:06

M45	Derrick Lee	1:38:00
	Emmitt Lockard	1:52:17
M50	Bobby Matthews	1:50:42
	Terry Puglis	2:03:15

M55	Frank Payne	2:00:02
	Marty Hurley	2:03:00
M60	Buster Matthews	2:00:35
	M65 Dave Clark	2:31:15

W50 Hally McCrea	2:36.50
W55 Fillis Friedman	1:58.48
<u>Racewalkers</u>	
1 Steve Attaya 57	2:57.46
1 Jane Phelps 56	3:21.57
10K	

<u>Overall</u>	
The Viper 17	38:02
Sherri Lien 25	38:39
M40 Felton Suthon	42:02
M45 Geoff Rose	41:15

1 Jane Phelps 56	3:21:57	
--10K--		
Overall	The Viper 17	38:02
	Sherri Lien 25	38:39

M40	Felton Suthon	42:02
	M45 Geoff Rose	41:15
M50	Junius Nixon	40:00
	M55 Larry Schlueter	43:32

M60	John Rincon	52:45
	M65 Steve Leach	55:03
M70+Bill Cohen 71	63:10	
W40 Marianne Garvey	48:48	

W45 Wanda Whitney	62:18	
W50 Marjean Gohd	58:19	
W55 Jackie Wolverson	66:11	
W60 Ruth Baehr	61:38	
Racewalkers		

1 Glen Bodet 41	58:00	
1 Mika Bodet 50	57:14	
96th Jackson Day 9K New Orleans, LA; Jan. 12		

Overall	Kevin Castille 30	28:20
	Amanda Yeates 34	33:40
M40	Ken Schexnayder	32:58
	Phil Seiber	33:37

M45	Leonard Vergunst	33:25
	Emmitt Lockard	35:53
M50	Kenny Mire	35:20
	Bobby Matthews	36:39

M55	John Helm	36:14
	Gerry Crozier	39:49
M60	Tad Jurgens	39:53
	Jay LeBlanc	42:58

M65	Don Santora	40:52
	Dave Clark	51:00
M70	Bill Cohen	55:37
M75+Art Gassen 78	56:16	

W40	Carole Smith	35:54
	Lisa Wood	40:49
W45	Rosa Bischoff	44:51
	Eligius Heap	45:15

W50	Fillis Friedman	37:15
	Ann Pollingue	50:20
W55	Helene Price	45:06
	Yvonne Thomas	46:07

W60	Isabel Rivera	52:29
W65	Judy Kirchoffer	58:35
W70	Lucy Troxler	85:28
Racewalkers		
1 Steve Attaya 54	54:51	

2F Jane Phelps 56	71:00	
hp Houston Marathon & ep Half-Marathon Houston, TX; Jan. 19		

M65	Jim Schleisman	3:29:00
	Jim Braden	3:31:15
	Jesse Galindo	3:50:10
M70	Robert Fletcher	3:36:47

	Thos. Bichkam	3:53:05
	Dan Allensworth	4:18:47
M75	Fred Price	5:33:58
W40	Madeline Tormoen	2:45:30

	Barbara Stoll	3:01:53
	P Nelson-Panzer	3:12:23
W45	Christie Lammers	3:05:04
	Carole Utrecht	3:17:26

	Suzanne Day	3:24:32
W50	Elva Shackelford	3:28:32
	Geri Wood	3:29:58
	Charlotte Lindley	3:44:03

W55	Marilyn Patnick	3:36:30
	Ruth Ripley	4:11:41
	Barbara Nelson	4:19:04
W60	Ann Erickson	3:29:10

	Phyllis Thompson	4:51:25
	Judy Loy	5:06:05
ep Half-Marathon		
Overall	Scott Strand 34	1:05:13

	Beth Old 28	1:17:03
M40	Wilm. Moore	1:10:30
	James Oberst	1:13:47
	Chris Jagers	1:17:20

M45	Joel Richards	1:24:25
	Gary Johnson	1:24:47
	Richard Smith	1:26:01
M50	Miguel Lopez	1:23:02

	Wilm. Witt	1:26:52
	Benji Durden	1:27:16
M55	Charles Rhodes	1:26:41
	Jimmie Jones	1:29:44

	Richard vega	1:29:50
M60	Loyd Carey	1:27:19
	Bill Harding	1:34:16
	Dick Esselborn	1:35:55

M65	Charlie Blalack	1:44:30
	Jay Stabler	1:53:02
	Jean Solcher	2:27:05
M70	Robert Ellis	1:43:23

	Orville Kremmer	1:43:49
	Wilfred Potter	1:53:23
M75	John Cahill 78	1:49:47
	Geo. Bashen 78	2:52:42

	Shannon Cloye	2:58:50
	Bertie Jo Moore	3:30:46
W75	Marcie McCaskill	3:27:12

**USATF Louisiana 30K
Championships**

Continued from previous page

Nicholas Florio	38:33
Roy Clarke	39:23
M50 Hugo Velasquez	39:15
Donald Ocana	41:24
Danny Martinez	43:34
M55 Dennis Mihora	39:05
Ed Zegarac	45:59
Chuck Laine	54:30
M60 Lee Baca	39:55
Jack Bianchi	43:11
Russ Cheney	52:19
M65 John Brennand	40:01
M70 William Wall	45:11
Aurelio Camacho	49:17
M75 Bob Koch	52:14
M80 Dick Greenberg	85:49
M85 George Feinstein	91:39
M90+ErnestvanLeeuwen	71:24
W40 Kathy Hoskins	43:50
Lon Sage	45:44
Elizabeth Stevens	45:59
W45 Debra Tyler	50:13
Guen Gerety	50:37
Sulan Peebles	53:52
W50 Barbara Israel	64:54
W55 Alice DeLeon	62:45
AngieMcCaffrey	63:02
W60 Julia Dunphy	48:07
Judy Stevens	59:00
W65 Kennie Boeckeler	76:35
W70 Chieko Allwein	56:57

25th Super Bowl Sunday Runs Redondo Beach, CA; Jan. 16

-5K-

Overall

Christian Hesch 24	14:50
Tracey Robertson 25	17:00
M40 Daniel Gonzalez	20:04
John Ogar	20:25
Roger Grant	20:54
M45 Denny Nivens	19:28
Gian Starnieri	19:33
Mark Kerper	19:51
M50 Vincent Curry	18:40
Hugo Velasquez	19:12
Nabor Gomez	21:29
M55 John Combs	19:00
John Hunter	19:34
Marty Friedman	20:29
M60 Tom Booker	21:09
Gary Miller	23:32
Robert Lee	24:33
M65 Mike Ishikawa	22:34
Christopher Bourke	22:58
David Saylor	23:07
M70 Leroy Carter	24:29
Bob Horst	28:14
Russell Peltz	29:09
M75 Richard Ryder	27:50
Ralph Chadwick	31:15
Joe Fleischman	31:19
M80 Karlis Smiltens	42:40
Beryl Callahan 83	60:55
W40 Stacy Tangren	19:17
Mike Simizu	23:58
Mimako Inouye	25:25
W45 Marianne Fullove	22:38
Debi Blair	23:32
Lisa Buckley	23:33
W50 Sharon Lotesto	21:32
Anne Dunke	25:43
Ellen Rafferty	27:11
W55 Yoko Eichel	22:40
Setsuko Abe	28:14
Concepcion Rubio	29:03
W60 Susan Stevens	27:53
Sieko Tamura	31:28
Glenra Sparks	33:11
W65 Nancy Miller	37:22
Yacko Busic	37:53
Helen Holt	47:43
W70 Chieko Allwein	27:54
Ruth Cole	37:53
Dora Vallarta	42:56
V75 Ruth Cleland 79	55:35

-10K-

Overall

Gabriel Hernandez 23	30:01
Linda Somers-Smith 41	34:44
M40 David Olds	32:10
Brent Griffiths (A)	34:06
Brent Griffiths (B)	34:52
M45 Dean Logren	37:27
Mark Fish	38:38
Robert Kessler	39:06
M50 Arthur Cookson	39:18
Ed Avol	41:19
Lauren Udden	41:37
M55 Steve Notaro	39:54
Ed Kaiser	40:05
Jesse Rascon	42:17
M60 Lee Baca	40:50
Pat Wickens	41:57
Seppi Poletti	44:57
M65 Arnold Orgolini	48:30
John Rudberg	49:53

Jerry Sounds	50:22
M70 John Quinn	50:38
Paul Straub	53:20
David Harper	53:37
M75 Bob Koch	52:15
Robert Frankendorf	77:57
Mc Vague	79:17
M80 Karl Mendoza 80	72:59
Ernest Van Leeuwen 90	78:50
W40 Linda Somers-Smith	34:44
Rosalva Bonilla	39:10
Rikako Takei	43:42
W45 Sonia Nam	47:48
Signe Nam	47:50
Elizabeth Saenz	48:53
W50 Nancy Miller	50:22
Patricia Bates	50:39
Donna Imhoff	53:42
W55 Larue Chalkson	52:54
Cathy Deslauriers	55:24
Darlene Galindo	55:25
W60 Mary Elwell	55:06
Susan Callaway	61:12
Mary Hack	61:21
W65 Shirley Blush	52:14
Anne Allen	74:57
Joyce Woods	87:49
W75 Pat Burschinger 75	70:52

San Diego Marathon & Half-Marathon Carlsbad, CA; Jan 19

Overall

Michael Kamau	1:03:30
Jennifer Rhines	1:11:55
M40 Eddy Hellenbuyck	1:11:54
David Spinler	1:15:18
John Jericau	1:17:48
Stuart Calderwood	1:18:23
Christopher Huy	1:19:59
M45 Kevin Mccarey	1:15:15
Kevin Prochaska	1:20:37
Jerry Fleck	1:21:04
Chris Horton	1:21:06
Kim McDonald	1:21:43
M50 Bernard Mougel	1:25:52
John Klarsky	1:28:05
John Frerichs	1:28:18
Robert Boyce	1:28:52
Bob Thompson	1:29:06
M55 Rick Allan	1:27:57
Bill Sumner	1:29:03
Richard Lewis	1:33:38
Robert Bulster	1:34:55
Neil Browne	1:36:29
M60 Denis Trafecanty	1:31:07
Dennis Muirhead	1:34:53
John Meyer	1:38:11
Carl Kuhn	1:38:57
Malcolm McGawn	1:41:43
M65 Carl Petersen	1:37:11
Art Harris	1:42:58
Paul Shepard	1:45:23
Robert Rebello	1:50:55
Ross Stephens	1:58:14
M70 Arnold Hogarth	1:53:01
Harold Vance	1:54:06
Edward Maher	2:01:09
Herbert Katz	2:09:27
William Albers	2:21:49
M75 Marin Ciobanu	3:11:09
Jim Dacolas	3:41:08
M80 Norton Davey	3:38:18
W40 Sarah Kramer	1:23:55
Debbie Moore	1:24:32
Sandy Meister	1:24:42
D Richardson	1:26:59
Cheryl Sheremta	1:27:28
W45 Sue McCarthy	1:31:46
Tammy Sargeant	1:33:19
Nancy Hunoaker	1:34:32
Arlene Sherreitt	1:38:27
Melissa Savage	1:40:22
W50 Fernandez Mariat	1:35:45
Teri Fitzgibbons	1:36:16
Jan Adams	1:37:23
Christine Young	1:37:25
Donna Duffy	1:42:32
W55 Joni Shirley	1:42:17
Patty Pratt	1:49:55
Fran Smith	1:52:04
Betty Bulich	1:52:07
Carol Beck	1:52:13
W60 Jo Ann Meyer	1:38:35
Eileen Pue	2:00:54
Jane Colovus	2:03:47
Karen Evans	2:07:28
Keiko Young	2:09:46
W65 Elsie Billy	2:08:37
Dina Talbert	2:22:38
Paula Brennock	2:33:27
Linda Burnett	2:45:00
Judy Hogarth	2:47:03
W70 May Musenga	2:52:33
Patricia Woronets	2:57:58
Joyce Duval	2:58:31
Julia Jones	3:16:12
Joan Mullins	3:18:49

W75 Medina	2:42:40
W80 Margaret Davis	2:32:02

Marathon

Overall

Bassirima Soro	2:25:03
Alena Vinitkaya	2:39:41
M40 Mark Barnett	2:56:42
David Lusche	3:08:14
Wayne Riley	3:10:25
Tom Niven	3:12:43
Clay Titus	3:13:04
M45 Sal Salmi	2:43:57
James Willmore	2:45:10
Terry Mattoon	2:48:52
Mark Leduc	2:57:26
Stephen Burch	2:57:41
M50 Steve Yunker	3:09:49
Charles Possin	3:20:28
Jim Rucker	3:24:13
Stephen Bremner	3:24:17
Bill Kissell	3:27:31
M55 Wes Kezar	3:25:45
Vic Birtalan	3:29:11
David Jones	3:33:18
Gene Morris	3:41:59
David Macmillan	3:43:36
M60 Doug Saari	3:15:52
Chuck Long	3:18:02
Wally Burnham	3:32:22
Philo Short	3:56:00
Daniel Oliver	3:56:35
M65 Paul Poffenroth	3:55:35
Stanley Polski	4:02:52
Warren Osborn	4:03:41
Robert Eckenrode	4:33:01
Richard Tamoush	4:33:49
M70 Aloysius Casey	4:07:04
Lew Hankins	4:20:26
Lew Hollander	4:30:37
Richard Gray	4:39:36
Loren Leonard	5:04:05
M75 Walter Woodard	6:20:52
M80 Tom Edwards	7:10:19
W40 Julianne White	2:48:31
Susan Faulkner	3:00:01
Patricia Langum	3:15:10
Ellie Justice	3:16:11
Jenny Moloney	3:23:54
W45 Becky Lowrance	3:17:23
Cathy Agler	3:36:12
Helen Cox	3:41:24
Cynthia Sanchas	3:43:16
Marianne	3:50:31
W50 Marina Jones	3:10:52
Diane Ridgway	3:31:16
Vickie Sanders	3:39:15
Joan Bielinski	3:40:01
Carol Alsdorf	3:43:36
W55 Deborah Fear	3:54:32
Barbara Warren	3:55:50
Barbara Brady	4:03:44
Pamela Galbraith	4:18:48
Karen Oba	4:29:42
W60 Ginger Bryan	4:00:08
Betty Frankum	4:29:26
Carolyn Medlin	5:10:37
Jean Hurley	5:19:54
Sharon Kerson	5:41:48
W65 Imme Dyson	4:32:26
Sally Byram	5:06:05
Virginia Farneman	5:23:43
Joanne Adsett	5:59:28
Marlene Kalish	6:17:00
W70 Patricia Gray	5:24:56

2nd Lost Dutchman Marathon, Half-Marathon, 10K & 8K Apache Junction, AZ; Jan. 19

Overall

Javier Espejel 30	2:45:00
Kristen Schell 26	3:10:58
M40 Eric Clifton	2:47:40
Brian Dunfee	3:10:06
M45 Glenn Vincent	3:02:07
Tom Overwater	3:06:15
M50 Gary Gnierson	3:08:29
Bob Dunfee	3:10:04
M55 Robert Huortari	3:38:36
Bobby Bankston	3:57:22
M60 Andrew Kotulski	3:57:02
Randy Taylor	4:01:34
M65 Will Wright	4:04:18
Bob Meyer	4:10:04
M70 Roger Hauge	4:46:27
W40 Pam Reed	3:14:01
Dot Martin	3:23:33
W45 Patty Hefflin	3:45:27
Debbie Leftwich	3:48:02
W50 Rene Mosely-Smith 4	12:56
Lois Berkowitz	4:30:38
W55 Linda Brewer	4:07:15
Mary Croft	4:10:23
W60 Beverly Schulz	4:22:47
Jovanka Urukalo	6:31:02
W65 Peg Tyler	5:31:16

Half-Marathon

Overall

Enrique Hernandez 35	1:11:48
Stephanie Wenneborg 291	28:37
M40 Charlie Benson	1:21:15
German d Cruz	1:23:59
M45 Steve Greenspan	1:21:06
Bill Wilkey	1:24:06
M50 John Norris	1:29:15
Steve Pulos	1:37:13
M55 Toby Skinner	1:29:19
Sherrif Stenhouse	1:43:58
M60 Elwood Vetos	1:40:38
Robert Dennison	1:50:34
M65 George Baier	1:42:06
Tom Cross	2:12:45
W40 Jean Watson	1:30:30
Kristen Owens	1:36:59
W45 Kim Lorenz	1:46:46
Addy Bhasker	1:48:14
W50 Sue Shafer	1:51:42
Elsa Kinder	1:56:47
W55 Dee Chadwick	1:41:33
Norma Leonti	1:57:21
W60 Jeannie Cooper	2:33:41
Overall	
Gordon Hyde 39	35:52
Julie Bryan 34	40:03
M40 Jay Smelkinson	38:18
M45 Robin Todd	46:35
M50 A Lopetrone	43:41
M55 Lewis Schneider	47:42
M60 Dennis Kruger	44:14
M65 Mort Bloomberg	67:44
M75 Harold Hubbard 76	54:31
W40 N Gale-Begay	52:49
W45 Cathy Oost	56:37
W50 Karen Davis	47:38
W55 Mary Bonetz	57:20
W60 Carol Marola	67:16
W65 De Surwald	66:07
W70 Claire Elkins	85:55
Overall	
Phillip Gonzales 18	28:56
Virginia Kristi Kidwell 42	33:09
M40 Jack Urbanek	34:05
M45 Scott Moomaw	30:57
M50 John Doss	35:38
M55 Frank Wilson	34:03
M60 Don Branaman	37:22
M65 Clarence Chavez	38:56
M70 Dave Hamson	45:00
W40 Virginia K Kidwell	33:09
W45 Evelyn Avery	46:40
W50 Linda v Tilborg	45:00
W55 Bonnie Harvey	43:17
W60 Sue Smith	54:07
W65 Roberta Parker	55:18
W70 Marjorie Reid	76:07

Superbowl Sunday 10K Redondo Beach, CA; Jan. 26

Overall

Gabriel Hernandez 23	30:01
Linda Somers-Smith 41	34:44
M40 DAVID OLDS	32:10
BRENT GRIFFITHS	34:06
JOSE RICARDO	34:53
M45 DEAN LOGREN	37:27
MARK FISH	38:38
ROBERT KESSLER	39:06
IRV DAWSON	40:43
M50 ARTHUR COOKSON	39:18
ED AVOL	41:19
LAUREN UDDEN	41:37
FRED BARTLETT	42:20
M55 STEVE NOTARO	39:54
ED KAISER	40:05
JESSEMM RASCON	42:17
BILL HARMS	45:07
M60 LEE BACA	40:50
PAT WICKENS	41:57
SEPP POLETTI	44:57
JOE BARTLETT	47:12
M65 ARNOLD ORGOLINI	48:30
JOHN RUDBERG	49:53
JERRY SHOURDS	50:22
DAVID MITCHELL	53:00
M70 JOHN QUINN	50:38
PAUL STRAUB	53:24
DAVID HARPER	53:44
DALE KEYSER	55:32
M75 BOB KOCH	52:16
R FRANKENFELD	77:46
MEL VAGUE	78:54
LES GUTHRIE	80:14
M80 KARI MENDOZA	72:46
M90 E VAN LEEUWEN	78:23
W40 LINDA SOMERS SMITH	34:44
ROSALVA BONILLA	39:10
RIKAKO TAKEI	43:42
NOBUKO PETERSON	44:00
W45 SONIA NAM	47:48

SIGNE NAM	47:50
ELIZABETH SAENZ	48:35
KATHY BENDER	49:18
W50 NANCY MILLER	50:22
PATRICIA BATES	50:39
DONNA IMHOFF	53:51
JONI HOGABOAM	54:01
W55 JINNY BLANDFORD	52:03
LARUE CHALEKSON	52:54
CATHY DESLAURIERS	55:24
DARLENE GALINDO	55:26
W60 MARY ELWELL	55:07
CATHIE KANUIT	58:21
SUSAN CALLAWAY	61:16
MARY HACK	61:24
W65 SHIRLEY BLUSH	52:15
ANNE ALLEN	74:42
JOYCE WOODS	86:59
CARMEN WATKINS	89:15
W70 KAZUYO CALLAHAN	79:21
W75 PAT BURSCHINGER	70:45

Davis Stampede 5K, 10K & Half-Marathon Davis, CA; Feb. 2

-5K-

Overall

Jeff Bruins 28	16:04
Sara Freitas 44	18:20
M40 Frank Thomas 2nd	16:29
Elliot Block	18:36
M45 Kai Bergher	18:56
M50 Steve Hall	19:19
M55 Gary Hall	19:16
M60 Tim Jordan	20:53
M65 Jim Moore	23:25
M70 Bob Crussell	34:24
M75+Spido Webb 77	35:56
W40 S Freitas	18:20
Linda Chock 2nd	18:34
W45 Marg Preslik	22:08
W50 Patti Hartnian	25:02
W55 Linda Thomas	27:10
W60 Shirley Matson 62AR	20:10
W65 Nova Poff	28:24
W70 Jean Lafever	34:03
W75+Po Adams 78	37:31
Hana Schram 82	58:08

Continued from previous page

W80+ LOIS EDDS 2:59:49

25th Annual Chinatown
Firecracker 10K/5K
Los Angeles, CA; Feb. 2

Overall

Michael Jackson 28 33:34
Jayme Ambros 17 40:38

M40 JOSE RICARDO 35:32
JOHN JERICIAU 36:59
M45 DAVID LOUKS 38:07
ALLEN CHEN 41:47
M50 RUBEN ORDONEZ 35:01
ED AVOL 38:31
M55 IGNACIO GARCIA 42:06
DREW RUSNAK 50:56
M60 HERIBERTO LANDA 42:43
TOM BOOMER 45:36
M65 ARNOLD ORGOLINI 49:22
STANLEY POLSKI 50:35
M70 AURELIO CAMACHO 51:16
JOHN SADLOUSKOS 55:28
M75+ JULIAN MYERS 1:23:54
GEORGE FEINSTEIN 1:47:32
W40 RIKAKO TAKEI 46:15
FAY NYKERK 46:22
W45 DEBRA TYLER 54:05
NANCY FALVO 54:14
W50 JUDY CHANG 50:44
DIANE FINNELL 54:56
W55 KEI ZEHR 52:29
BECKY PARKER 52:33
W60 MARIA LEWIS 59:11
CONNIE YUEN 1:00:13

5K**Overall**

Marco Ariaga 23 15:39
Sandra Prado 18 19:28
M40 MICHAEL HUNT 20:06
HUGO ITO 21:38
M45 FRANCISCO RUBIO 21:58
DOUG SHAFFER 21:58
M50 RUSTY MILLAR 19:08
CHUCK WOO 22:14
M55 JUAN CABEZA 19:31
JUAN CARDENAS 19:59
M60 GARY RILEY 21:03
RUBEN HUERTA 23:39
M65 JOHN SPIVACK 24:13
R. MICHAEL FENTON 27:06
M70 JOSEPH G. BRUNEY 28:06
PATRICK MULVIHILL 28:46
M75+ ALEX EASTLY 30:23
ROY MURANO 35:20
W40 TRACY THOMAS 21:34
JENNIFER PALMER 25:00
W45 SUSAN BARR 27:43
ALMA FUJIWARA 28:27
W50 JEANNIE CHEUNG 26:02
DR DUNEEN DEBRUHI 26:43
W55 YOKO EICHEL 22:53
MICKEY CRUZ 26:49
W60 HELEN GEOFFRION 32:58
JUDY CHENG-PARIS 35:28
W65 FLORENCE WONG 38:40
JOANN BALLY 38:41
W70 RUTH COLE 36:24
VIDA SLAWSON 38:44
W75+ HELEN PALMER 46:48
ALICE YAMADA 59:05

Pemberton Trail 50K at
McDowell Mountain Park
Fountain Hills, AZ; Feb. 8

Overall

Ian Torrence 30 3:21:57
Julie Bryan 34 4:03:11

M40 Victor Rudolph 3:48:08
Dale Nagel 3:56:24
Chris Fall 4:05:04
M45 Win Van Pelt 4:08:53
Ed Willson 4:09:43
Bob Redwanc 4:24:02
M50 Jerry Riddick 4:08:01
Gordon McHardy 5:20:35
Gabor Kristof 5:27:26
M55 Wayne Coates 5:27:33
Jerry Bartram 5:42:35
Tom Pelsor 6:25:57
M60 Paul Morgan 7:19:19
M70 Bennie Linkhart 6:22:43
W40 Bev Schmal 4:51:13
Robin Faureau 5:01:13
W45 Kathy Tibbets 4:19:32
Kate Parr-McCarville 5:19:18

INTERNATIONAL

Bermuda International 10K,
Marathon & Half-Marathon
Hamilton, BER; Jan. 18-19

10K - Jan. 18**Overall**

Dmitry Maximov 29:59
Katie McGregor 34:04
M40 Ricky Sousa 36:55
Richard Korby 38:42
Calvin Steede 40:27
M50 Elliott Rogers 37:21
Mark Albouy 38:44
Stephen Rowland 41:17
M60 Sid Howard 42:46
David Saul 46:02
Fred Zuleger III 47:52
M70 Joe Fernandez 46:12
Alan Morton 1:06:47
Franco Sfarra 1:13:14
M75 Ludwig Cann 1:31:12
M85 Dudley Healy 1:40:14
W40 Miae Jacobs 40:09
Sonia Rowland 45:29
Zina Jones 46:54
W50 Nancy Laun 49:39
Dawna Ferguson 49:50
Juanita Purin 49:56

Jan. 19**Overall**

Luiz Carlos S. Ramos 2:21:23
Elena Makolova 2:50:22
M40 Fedor Ryzhov 2:24:33
S Jean-Pierre 2:54:00
Dyrone Minors 3:32:41
M50 Antun Duzovic 3:08:49
Ronnie Wong 3:18:59
Jamie Harris 3:31:15
M60 Jim Duguay 3:20:21
Giorgio Zanol 3:47:02
George Jones 5:28:02
M70 Thos Hathaway 4:11:28
Alan Morton 5:48:35
Franco Sfarra 6:33:24

M75 Ludwig Cann 7:52:16
W40 Zinaida Semenova 2:53:20
Glenn Butterfield 3:50:29
Kathleen Graham 3:51:50
W50 Annette Hallett 3:33:04
Cindy McKey 5:36:25
Mary Beth Kvanli 6:00:56

Half-Marathon**Overall**

Dmitry Maximov 1:05:27
Mary Ptikany 26 1:15:21
M40 Martin Nearon 1:25:31
Rodney Caines 1:31:08
David Cowen 1:31:39
M50 Mark P. Albouy 1:24:37
Brian Byrne 1:26:49
Michael Close 1:33:01
M60 Fred Zuleger III 1:46:23
Alec Pendleton 1:48:38
Barry Coupland 1:50:59
M70 Joe Fernandez 1:42:35
W40 Miae Jacobs 1:27:47
Zina Jones 1:44:03
P Butterfield 1:47:42
W50 Peggy Couper 1:42:43
Linda Dillon 2:01:45
Mary Duguay 2:03:14
W60 Nancy Sly 3:28:52
Virginia Hubbard 3:29:01
Elizabeth Willis 3:42:44
W70 Carolyn Hathaway 3:17:33
Martha Clem 3:38:44

RACEWALKING

Paramount 10K Racewalk
Paramount, CA; Jan. 11

Overall

Tim Seaman 41:40
Susan Armenta 56:12
M40 Pedro Santoni 56:24
M50 Rick Campbell 1:02:11
M60 John Backlund 1:02:15
M70+Bill Moremen 1:08:51
W50 Donna Cunningham 1:00:59
W60 Nancy Brinkley 1:10:47
W70+Patti Kennedy 1:22:08

Richard Oliver Memorial 5K
Racewalk
Pasadena, CA; Jan. 19

Overall

Pedro Santoni 26:53
Donna Cunningham 28:48
M30 Deo Jaravata 31:08
M40 Pedro Santoni 26:53
M60 Alan Ede 31:11
M70+George Solis 35:04
W40 Deborah Raymer 32:19
W50 Donna Cunningham 28:48
W60 Tammy Kieran 33:37
W70+Grace Moremen 44:05

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, MARCH, 2003

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
LESLIE LEHANE (BOSTON, MA)	3-12-63	40-44
ANA QUIROT (CUB)	3-23-63	40-44
JAMES WARDE (WARWICK, RI)	3-24-63	40-44
SUE DIMARCO (CA)	3-29-63	40-44
SUE ELIZABETH TAYLOR (NZL)	3- 5-58	45-49
WILLIAM KROHN (US)	3- 9-58	45-49
FRANCOISE GUILLAUME (BEL)	3- 9-58	45-49
TIM MINOR (CA)	3-10-58	45-49
ANNETTE KOOP (GER)	3-14-58	45-49
LUCY MCALLISTER (SAN FRANCISCO, CA)	3-14-58	45-49
THOMAS HUNT (SAN DIEGO, CA)	3-17-58	45-49
HEATHER TOLFORD (TILLAMOOK, OR)	3-27-58	45-49
TERRY HALL (GBR)	3- 5-53	50-54
DEBBIE BRILL (CAN)	3-10-53	50-54
LIDIA ZENTNER (GER)	3-27-53	50-54
DAVE ORTMAN (SEATTLE, WA)	3-28-53	50-54
OLGA MABEL MERCADO (ARG)	3-31-53	50-54
BERTHE CHALON (BEL)	3- 2-48	55-59
MIMI BARANOWSKI (VENTURA, CA)	3- 5-48	55-59
CATHY VANLEUVEN (MODENA, NY)	3- 8-48	55-59
MELINDA CARTER (AUSTIN, TX)	3-17-48	55-59
GRETE RIVENES (NOR)	3-18-48	55-59
SHARON GERL (SPRINGFIELD, OR)	3-19-48	55-59
BARBARA SAUER (MA)	3-22-48	55-59
INGA BUETTNER (GER)	3-25-48	55-59
DAWN WELCH (GRANTS PASS, OR)	3-26-48	55-59
BYRON DYCE (GAINESVILLE, FL)	3-27-48	55-59
CHIKAKO FUJIKAWA (JPN)	3-29-48	55-59
LEONEL CARVALHO (BEL)	3- 7-43	60-64
CAROL FLEXER (BELLEVUE, WA)	3- 8-43	60-64
NIKOLAI LECHTCHENKO (RUS)	3-15-43	60-64
DON COFFMAN (FRANKFORT, US)	3-19-43	60-64
JO MARCHETTI (NEWINGTON, CT)	3-19-43	60-64
SEAN POWER (GBR)	3-20-43	60-64
JANET LEDDER (IRVINE, CA)	3-25-43	60-64
CATHY PRIMER (MUNCIE, IN)	3-26-43	60-64
JEANNE BOCCI (DETROIT, MI)	3-30-43	60-64
RYSZARD KRZESINSKI (POL)	3-31-43	60-64
MARCHE UNNASCH (SUNNYVALE, CA)	3- 0-38	65-69
KENNETH NOEL (CA)	3- 3-38	65-69
JOHN DAVIS (US)	3- 4-38	65-69
ANNI WENTZLEN (GER)	3- 6-38	65-69
JIM BEVINS (SUSANVILLE, CA)	3- 8-38	65-69
STEPHEN JAMES (GBR)	3-10-38	65-69
PATRICIA SCHOLES (NZL)	3-12-38	65-69
LUCYNA KRAWCEWICZ (POL)	3-14-38	65-69
WALTRAUD GRUENEFELD (GER)	3-15-38	65-69
DIANE PALMASON (BLAINE, WA)	3-15-38	65-69
NORM CYPRUS (YONKERS, NY)	3-17-38	65-69
DOERTE NEUMANN (GER)	3-20-38	65-69
HYLKE VANDERWAL (CANADA)	3-21-38	65-69
MARGARET ROBINSON (AUS)	3-22-38	65-69
JIRI CECHAK (CZE)	3-25-38	65-69
MATTI YRJOLA (FIN)	3-26-38	65-69
IDA SPEISS (SWI)	3-27-38	65-69
OSCAR MOORE (GLASSBORO, NJ)	3-31-38	65-69
ANTJE GLEICHFELD (GER)	3-31-38	65-69
TOM GULOMAN (CA)	3- 2-33	70-74
HANS POTSCH (AUT)	3- 2-33	70-74
AKI ITKONEN (FIN)	3- 5-33	70-74
PAVEL TOSNAR (CZE)	3- 7-33	70-74
LOUISE GILCHRIST (GBR)	3- 7-33	70-74
ALETTA KRUGER (RSA)	3- 8-33	70-74
CLINT LEON (KS)	3-10-33	70-74
IRWIN BERNSTEIN (NJ)	3-11-33	70-74
GINGER BALDWIN (LA JOLLA, CA)	3-14-33	70-74
LLOYD SLOCUM (GREENLAND, NH)	3-16-33	70-74
ROBERT MESSERSMITH (VIEJO, CA)	3-21-33	70-74
ANNE YUDELL (CHARLOTTE, NC)	3-24-33	70-74
MARIJA BOROVKOVA (URS)	3-27-33	70-74
DELORES FABER (EATONS NECK, NY)	3-27-33	70-74
CURLIE FABER (EATONS NECK, NY)	3-27-33	70-74
ALICE TURKOWSKI (PORTLAND, OR)	3- 3-28	75-79
JOHN KALMERT (US)	3- 4-28	75-79
LEONORE MCDANIELS (VIRGINIA BCH, VA)	3- 6-28	75-79
MOLLY HOFFMANN (CHL)	3- 7-28	75-79
FRANK GALATA (CANADA)	3-13-28	75-79
LOUISE BAILEY (CAN)	3-15-28	75-79
PHYLLIS KENT (SYRACUSE, NY)	3-15-28	75-79
SHIRLEY KENNEDY (AUS)	3-17-28	75-79
BAB MARKS (US)	3-17-28	75-79
BERT LANCASTER (PHILADELPHIA, PA)	3-19-28	75-79
DON BADINELLI (PHOENIX, AZ)	3-21-28	75-79
NOVICA MILICEVICH (CAN-SCOTTSDALE, AZ)	3-23-28	75-79
PAT THORSEN WHITE (SEATTLE, WA)	3-25-28	75-79
DOUGLAS STEEDMAN (NZ)	3-27-28	75-79
HAROLD COLEN (HUNTINGTON, NY)	3-28-28	75-79
PATRICIA NESLEY (WASHINGTON, DC)	3-29-28	75-79
VIC DEPRE (BEL)	3-30-28	75-79
BRITA BERG (FRA)	3-31-28	75-79
RAYMOND SPENCER (CHULA VISTA, CA)	3- 5-23	80-84
FRANK CUNNINGHAM (CA)	3-10-23	80-84
PHILIP MUNN (GBR)	3-16-23	80-84
EDITH LEIBY (HONOLULU, HI)	3-23-23	80-84
ARNE PETERSSON (SWE)	3-24-23	80-84
MARGARET HAGERTY (CONCORD, NC)	3-25-23	80-84
VLASTA CHLUMSKA (CZE)	3-30-23	80-84
DAVID SCHLOTHAUER (WESTPORT, MA)	3- 3-18	85-89
MARY VARANI (STERLING HTS, MI)	3- 6-18	85-89
OLLE ELVLAND (SWE)	3- 9-18	85-89
ED HALBIN (RIVERSIDE, CA)	3- 9-18	85-89
JOHN GARCIA (GARDEN GROVE, CA)	3- 9-18	85-89
TOM BUCKINGHAM (GBR)	3-11-18	85-89
ALFRED GUIDET (CALIFORNIA CITY, CA)	3-16-18	85-89
BRITTA TIBBLING (SWE)	3-19-18	85-89
JOSEPHINE KOLDA (SAN FRANCISCO, CA)	3-24-18	85-89
ELLEN BEAUDRY (EDINBURG, TX)	3-25-18	85-89
KATHERINE YORK (MODESTO, CA)	3- 2-13	90-94
BURNIS HICKS (ALPINE, TEX)	3- 9-13	90-94
WALTER STUBBINGS (AUS)	3-10-13	90-94
HOWARD WEST (CAN)	3-13-13	90-94
AARNE MIETTINEN (FIN)	3-27-13	90-94

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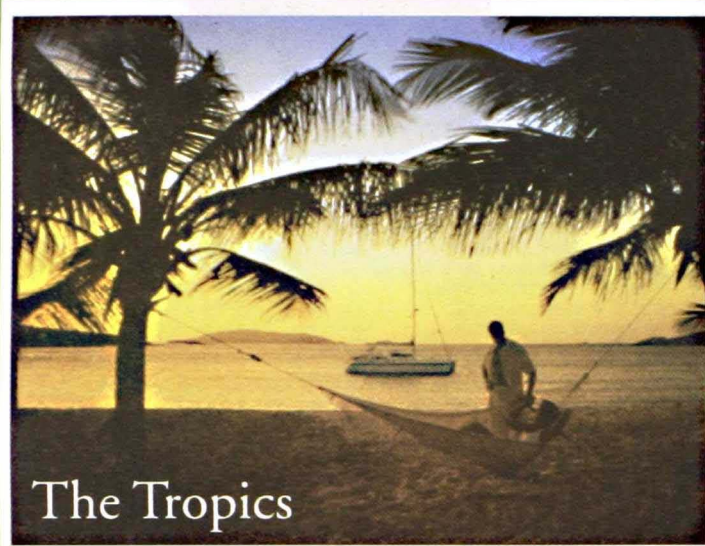
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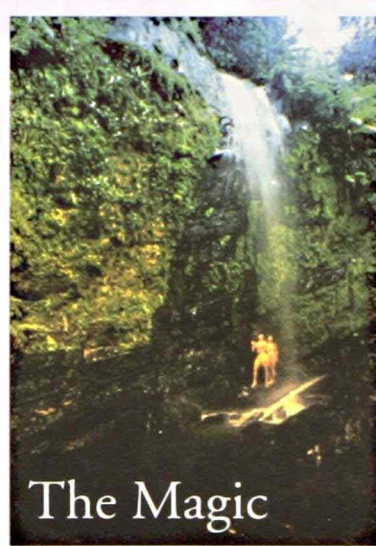


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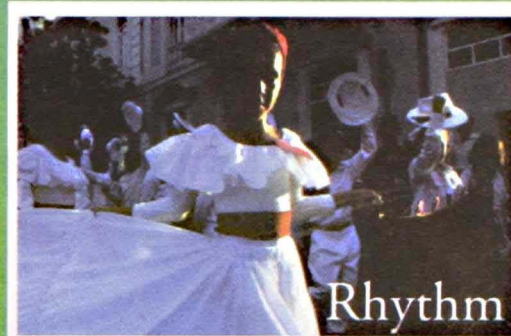
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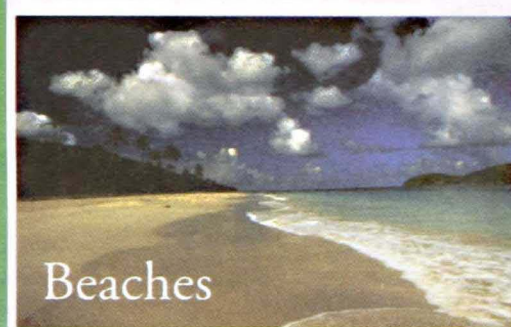
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