

NATIONAL MASTERS NEWS

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

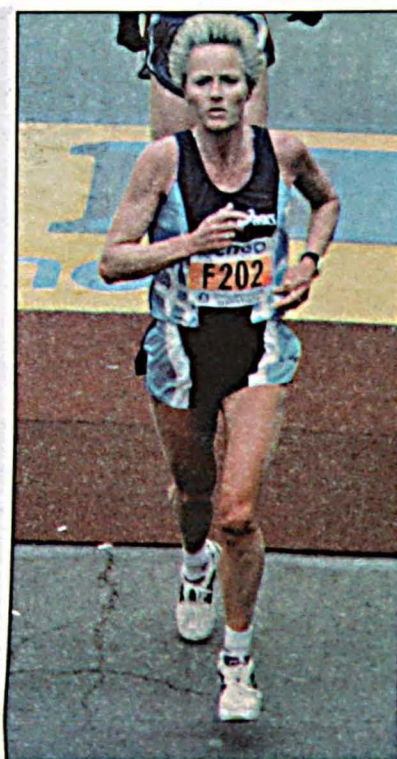
262nd Issue

June 2000

\$2.50



JAMES WOJCIK
Budd Coates, 53, Emmaus, Pa., first U.S. master (2:25:10), 2000 Boston Marathon, April 17.



JAMES WOJCIK
Gitte Karlshoj, 40, of Denmark, winner of the masters women's race in 2:35:11.

Kipkemboi, Karlshoj First Masters in 104th Boston Marathon

by JERRY WOJCIK

BOSTON, Mass., April 17 – Both the winds of fortune and the winds of Boston played roles in the masters contests at the 104th B.A.A. Boston Marathon. The wind-chill temperature at the noon start in Hopkinton was in the low 20s, and 17 in downtown Boston.

In the masters men's race, Joshua Kipkemboi, 41, Kenya, won with a seventh-place 2:17:11. Favorite Andrey Kuznetsov, 42, Russia, touted in pre-race releases as the No. 1 masters marathoner in the world, finished out of the money with a masters seventh place 2:29:39.

Kipkemboi took command early, staying with the elite runners until 30

kilometers. "Then the young guys left me," he said, "but I stayed in the lead of the masters."

"When we started, it wasn't so windy, but then halfway it got bad," he said. "It was hard on my legs going down Heartbreak Hill, and it was very cold in the wind." His time equates to an age-graded 2:13:57, a 94.7% performance.

Fedor Ryjov, 40, Russia, was second master (2:17:38), with Chris Verbeek, 40, Belgium, third (2:22:52). Budd Coates, 43, Emmaus, Pa., finished fourth master (2:25:10) with the distinction of being the second U.S. runner behind the top U.S. finisher, Jamie

Continued on page 8

U.S. Athlete Declared Ineligible

Kathy Jager, a 56-year-old sprinter from Glendale, Ariz., has been declared ineligible for competition for two years after testing positive for "a prohibited substance."

The International Amateur Athletic Federation said Jager tested positive Aug. 1 at the 1999 WAVA World Veterans Athletics Championships in Gateshead, England.

Jager said she was unaware the banned substance "methyltestosterone" was contained in the doctor-prescribed pills she took for hormone regulation.

She said masters competitors should not be judged by the same standards as younger athletes and hopes for an early reinstatement. (See related articles on pages 26-27.) □

102,193 Cheer Masters at Penn Relays

by PETER TAYLOR

PHILADELPHIA, Pa., April 29 –

The 106th Penn Relays demonstrated some familiar truths: 1) track & field under the right conditions can still draw big crowds (102,193 spectators over three days); 2) masters relay teams can put on a superlative show (three 4x400 M40+ teams broke 3:28); and 3) Neville Hodge, who turns 45 in December, is the sprinter for the ages. Yesterday, the three-time Olympian ran 10.96 to become the oldest man ever to run a legal (not wind-aided) automatically timed 100 in less than 11.00.

In the M40+ 4x100, the New England Spiked Shoe TC foursome of Tony Fulton, Michael Puckerin, Brady Cain, and 1999 U.S. M40 100 and 200 champion Val Barnwell took the gold in a whistling 43.79. Sprint Force America was a very close second (43.88). In the M50+/W40+ 4x100, Team USA's M60 squad of Marion Harrison, Bill Knocke, Larry Colbert,

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SUZY HESS
Steve Plasencia, after leading most of the way in a field of 31 university and open 5000m runners, finished second with an M40-44 U.S.-record 14:13.25 in the Oregon Relays, Eugene, April 8.

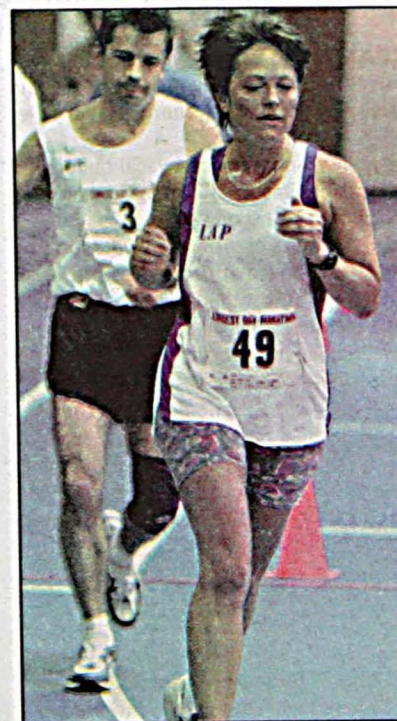
Longest Day Marathon Held Indoors

by CHARLES S. ROBERTS, JR.

The Longest Day Marathon proved to be just that on April 15 in Brookings, S. Dak. The day dawned to freezing rain, sleet and snow, which, along with a north wind, gusting between 20-35 mph in 30-degree temperatures, rendered the course unsafe for runners, volunteers, and spectators alike.

It was decided to cancel the scheduled half-marathon, 10K, 5K, and 5K racewalk, but at the request of runners from all over the U.S., Germany, and Canada, some of whom were "50 Staters" (runners trying to run a marathon in each state), it was decided to run the marathon indoors on the 1/8-mile indoor track at the Health, Physical Education and Recreation Center on the campus of South Dakota

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DAVE EGGEN
Becky Swanson, 46, first woman overall in the Longest Day Marathon, Brookings, S. Dak., April 15, run indoors on a 200m track.

INSIDE:

- Indy Half-Marathon – page 17
- West Regionals Rescued – page 18
- Masters Clubs – page 43

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

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Printing: American/Foothill Publishing Co.
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Long Distance Records:
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Racewalking Records: Bev LaVeck
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Creative Art: Eugene Paasinen, Herb Parsons
 The *National Masters News* (ISSN-07442416) is published monthly, with an annual subscription rate of \$26.00. Main office address: 14155 Magnolia Blvd. #338, Sherman Oaks, CA 91423. Periodicals postage paid at Van Nuys, CA 91409.

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

Executive Officers of USATF: Pat Rico, President; Craig Masback, Executive Director.
 To inquire about a USATF card, call USATF in your area, or 317-261-0500.

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

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

Subscriptions: A one-year subscription (12 issues) is \$26.00 (mailed 2nd class). Add \$16 for 1st class (USA & Canada) or \$19 for foreign air mail. Please send all correspondence on subscriptions to NMN, P.O. Box 16597, No. Hollywood, CA 91615. 818/760-8983.

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DRUG TESTING

In the March issue, WAVA President Torsten Carlius says, in response to the news of a drug positive at the WAVA Championships in Gateshead last year: "The matter has now been referred to the national association of the athlete's country for their consideration and sentence."

As this is the WAVA Games' first such positive, we should remind the IAAF of the following points of detail to which, in its dealings with its sub-master elite athletes in recent years, it has seemed to pay scant attention.

1) With what has the masters athlete been charged? Not with the allegedly positive analysis. That is evidence. It is not the crime. No details of quantities found in the urine sample have been published. There may be vital information there for the defense of an athlete who, let WAVA and the IAAF be reminded, should be judged "innocent unless proven guilty beyond reasonable doubt."

2) Until Jan. 1, 2000, when it changed its rules, the IOC defined doping as taking "any substance foreign to the body, or any physiological substance taken in abnormal quantity with the sole intention of increasing in an abnormal and unfair manner his/her performance in competition."

Long before sentence, this as-yet innocent athlete should challenge the IAAF first to name the charge and then to define the criterion against which it uses the words "abnormal quantity" and "sole intention." If accused of tak-

ing an OTC medication or one prescribed by a medical practitioner, the IAAF must be made to answer two questions.

The first is to name the internationally-recognized medical authority which surrendered to the IOC the Hippocratic right of the medical profession to treat its sick patients as it believes best, including those unfortunate enough to have chosen a hobby which is regulated by medically-illiterate old men based in Monaco and Lausanne.

The second is to prove beyond reasonable doubt, by quoting relevant published research, that the tiny amounts of ephedrine, or whatever, ingested probably did result in a significant improvement in the performance of the athlete.

If the accused is a sprinter, the IAAF should be reminded the IOC-imposed limit for nandrolone is two nanograms per milliliter in the urine. "Nano" means a billionth in metric. A nano-anything is a very, very, very tiny amount. A single crystal of table sugar weighs 150,000 times two nanograms. This is what qualifies as an "abnormal quantity" in IOC-speak.

The tragedy is that, years ago, the IAAF and IOC abandoned all pretense that the anti-drug-cheat policy was in the cause of establishing a level field. Instead, it has been driven by the steadily developing and increasing sensitivity of the testing apparatus used to analyze athletes' urine.

Dr. Frankenstein is alive and well. He works at the IOC HQ in Lausanne.

Max Jones
Leeds, England

MASTERS E-GROUP

Ken Weinbel's last column properly invited all members to check in on the very active and interesting Masters E-Group on the Internet (masterstf@egroups.com). It has been active since last year, and addresses whatever subject participants throw out. He is correct that it has been very helpful in solving problems related to injuries and questions about training for both experienced and aspiring masters.

I disagree with Ken in his comments about "instead of just devoting time and energy to the politics and finances of masters t&f....", and, "... there will still be some political postings, but ... you can always use your delete key."

In my opinion, Ken should be encouraging dialogue and ideas about the "politics" and "finances" of masters track & field. There is a lot going on, and athletes should be interested and involved. As I have told Ken, there are a lot of smart people out here who can contribute, if they know what is happening.

Recent discussions about masters races in open meets, budgets, "unidirectional affiliation" with Senior Games, support from USATF, and masters web page don't solve hamstring problems, but they surely tend to enlighten the masters athletes much more than any other source.

In fact, it is the only real-time, unpolitically correct medium we have, and I encourage all masters to participate and to contribute on all subjects. If you don't have a computer, go to your public library and ask them to show you how to join in.

Courtland Gray
Plano, Texas

GRANSTROM DQ'D

After running track & field meets for 20 years, Ivy Granstrom, the totally blind world champion, was disqualified in the 200 at the USA Indoor National Masters Championships in Boston.

How did it happen?

Ivy, 88, was running in lane three, tethered at the wrist to me, her guide. Adrienne Salmini, 84, was in lane five. At the finish, Ivy almost fell. As a result, the tether tightened and I ran in front of her for a split second, which resulted in the DQ, costing her the world record by two seconds.

Under the WAVA rule that deals with blind athletes, the disqualification was justified.

But is this rule really fair?

The rule says a blind runner cannot have an advantage over another runner; that the guide must be behind the blind runner at all times.

All Ivy's competitors can see and are running freely, using both of their arms to give them the power needed. How often do you hear a coach say: "Pump you arms"? Thus, Ivy is the one with the disadvantage. If she could use both her arms, she could run at least 10% faster.

If you're a coach, try a test on your athletes. Have a slower/shorter athlete run, attached to a tether with the faster/taller athlete. Then compare their time to their normal time. You'll see what a difference it makes. Then write to NMN and report the results.

Should WAVA change the rule?

No, but officials should be more lenient because it's the blind athlete who is at a disadvantage.

As her guide for 20 years, I have always been careful to follow the rule. But sometimes I edge in front of her; it's unavoidable. Most officials know this and are understanding and complimentary. At the WAVA Championships in Rome, the officials gave Ivy a special medal that read: "To a very special inspirational athlete."

Paul Hoeberigs
Vancouver, British Columbia

INDOOR NATIONALS

I think we are getting used to well run track meets and road races. However, when this is the case, we tend to take it for granted, and forget to say "thank you."

Some 20 Syracuse Charger members competed at the National Masters

Continued on page 16

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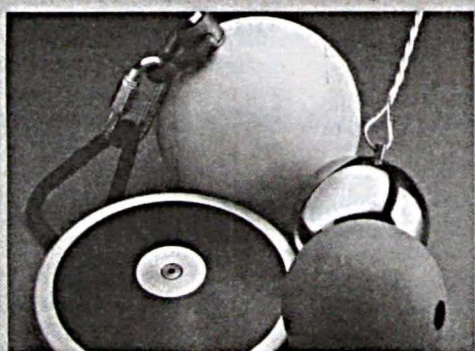
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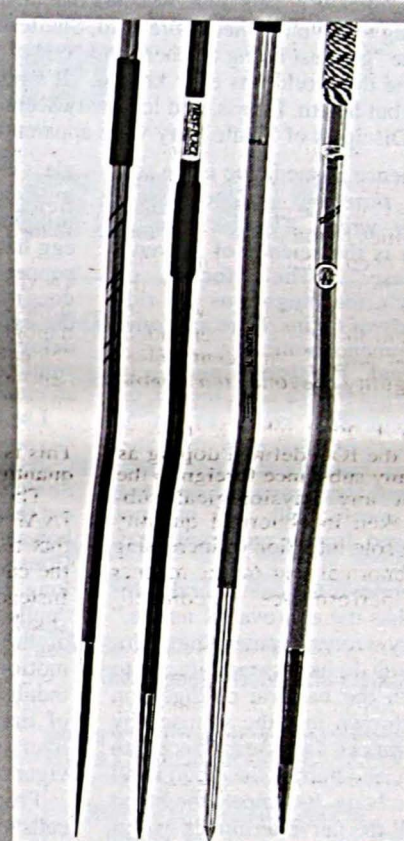
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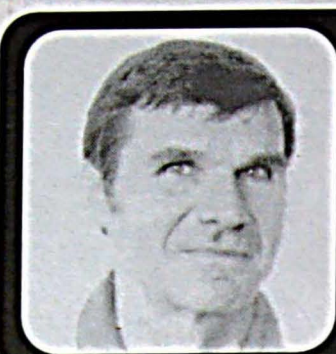
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Third Wind

by MIKE TYMN

Longevity and Fitness Secrets

In last month's column, you got some longevity tips. This month you're going to get some real *secrets*. These secrets are at least 70 years old. I found them contained within a book entitled *Shaftesbury's Secrets*, hidden in a dark corner of the basement in a used-book store in downtown Honolulu. The book was authored by Edmund Shaftesbury and published in 1931 by The Ralston University Press of Meriden, CT. This book was just one in volume in the *Ralston Classics*.

According to the publisher's foreword, Shaftesbury was known throughout the world as the "greatest living teacher" and "one of the most successful teachers of mankind the world has ever known." It's not entirely clear what he was a teacher of, but health, fitness, and longevity seem to have been within his area of expertise. Disciples of Shaftesbury were apparently known as Ralstonites.

"The science of medicine is the science of *throwing off* disease," Shaftesbury wrote. "The science of Ralstonism is the science of preventing disease." The focus of Shaftesbury's teachings was on ridding the body of toxins. Here are some of his recommendations:

The Great Ralston Cure - If you're suffering from a cold, the flu, or are just generally weak or in a depressed state of weakness, then the cure requires some fresh eggs, some raw milk, and some pure red peppers. Raw milk means milk that has not been sterilized. Impure red pepper may be injurious.

"Red pepper is the one natural stimulant that has the approval of nature," Shaftesbury wrote. "It enters into combination with lightning rapidity, so to speak, with the bacteria of digestion which is thrown into the stomach by the gastric juices. It passes at once into circulation, and hurries the blood to all parts of the body. It compels the blood to reach all the nerve-terminals everywhere; and nothing else will do this."

He goes on to say that for an adult red pepper the size of three peas is about right. You put the red pepper in a

glass containing two tablespoonfuls of milk and stir thoroughly. Have ready a full glass of raw milk into which a raw egg has been beaten. Swallow the red pepper as quickly as you can, so that it does not linger in the throat, then drink the egg and milk slowly, but without delay. This treatment should be employed three times a day, always on an empty stomach.

Long Stride Walking - "Experiments prove that short step walking results in great feebleness," Shaftesbury claimed, further pointing out that the peristaltic movement of the bowels is deadened by short steps. Constipation is sure to follow. The long step, according to Shaftesbury, "pulls at the whole muscular structure of the alimentary canal, and sets in motion the natural functions." If indulged in for a considerable length of time, the long stride pulls at the liver and stomach, giving tone and vigor to those organs.

Proper walking, said Shaftesbury, calls for propulsion from the ball of the foot with little weight being put on the heels. Moreover, the center of the neck should be kept over the center of the chest. To walk otherwise is a sign of advancing senility.

Foods to Avoid - "Tomatoes contain nothing whatever that is food, and are also a poison," Shaftesbury wrote, "but they are defended by certain interests for selfish ends." He also stated that squash and pumpkin have such lit-

tle food value that they are "worse than useless." Potatoes that are either too new or too old can be hurtful. "They must not be new enough to be sappy, nor old enough to be lifeless . . . Avoid all potatoes that are otherwise, for each mouthful is an enemy to the health." The skin is the best part of the potato.

Sweating - Shaftesbury warned against opening the pores of the skin by exercise and then shutting them off too suddenly by cooling. It brings the toxins to the surface and then shuts them in the skin. "When you exercise enough to find the skin in a state of perspiration, no matter how slight, throw a heavy covering over you until the body is dry," he recommended.

Neck Development - "Excessive side development of the nape of the neck, which means great width to that part, is always a bar to great physical development," Shaftesbury wrote. "No prominent athlete has ever been found thus constituted. If the habits of physical action become great, the width of the neck is somewhat decreased, and if this change of shape can be encouraged it may shift the sensual individual from his meaner estate to that of the nobler man."

Shaftesbury also mentioned that women criminals are almost always excessively developed at the width of the neck, "and they are always devoid of chastity."

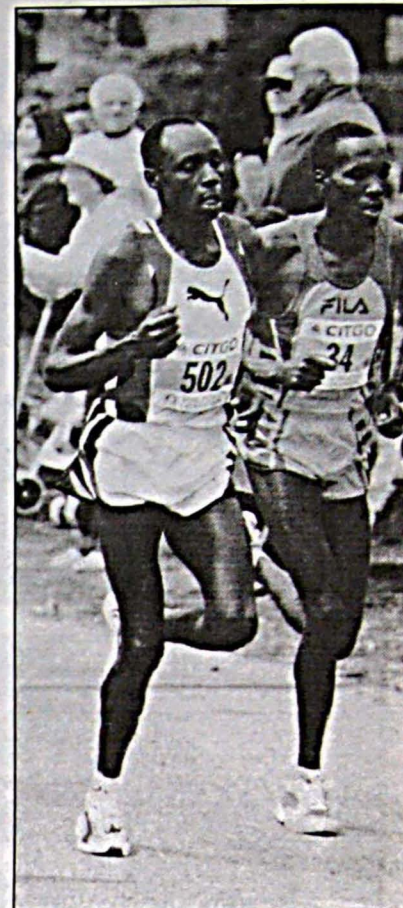
The Perfect Habit - This secret involves keeping the large intestine empty all night. This calls for eating a large, full morning meal and a light evening meal. It also consists of free action of the bowels directly after each breakfast, and never again for 24 hours, thus making for 365 eliminations a year, no more, no less. Shaftesbury said that no person should retire for 10 hours after eating a heavy meal. He recommended periodic flushing of the intestines.

Ice Water - "Ice water, if drunk at the rate of half a glass every ten minutes or one-fourth a glass every five minutes, for an hour after a heavy meal, will aid digestion and especially help in overcoming indigestion," Shaftesbury wrote. He condemned tea and coffee as well as tobacco. "Cancer is on the increase by leaps and bounds as this weed becomes more and more popular," he added.

Bread - Shaftesbury recommended that bread constitute 50 percent of every meal. "If this fact were kept in mind, and if the bread were the kind that is healthful, there would be a complete change in the character of all hygienic conditions of today," he wrote.

"You should resolve never to eat new bread, never to eat bread that is not yeast-raised, and that is known for a certainty to be so made, never to eat bread that has been baked less than two hours, and always to eat it with good butter. So great is this one article of food that is should receive all possible attention."

He goes on to say that the safest and best vitalizing food is old bread, at least two days old, eaten in raw milk.



VICTOR SAILER/PHOTO RUN

Joshua Kipkemboi, #502, 42, Kenya, first master (2:17:11), Boston Marathon, with open runner David Busienei, 25, Kenya, fifth-overall (2:11:26).

Wheat bread is best for weak stomachs, corn bread for those who desire greater power, and old brown bread for the hard worker.

Breathing Exercise - Shaftesbury said that it is important to increase the air bacteria in the body. This is done by enlarging the chest capacity. "Side expansion under the arms is the first step to be taken," he wrote.

"This is accomplished by breathing out all the air you can exhale, holding the wrists hard against the sides of the chest under the arms, and pressing the sides of the chest under the arms, and pressing the sides in as hard as you can all the time; then persistently inhale all the air possible, directing it by the will power to the side of the chest. This should be done 10 times a day, ten trials each time. Always empty the lungs. Free breathing is then to follow, after you have made the chest very flexible, say in one month."

If, however, you try this or any other of Shaftesbury's *secrets*, please don't blame me if there are adverse reactions. I would guess that modern science would agree with most of them but perhaps not all. Then, again, modern science seems to be a long way from having things figured out. I still don't know whether to take Vitamin C supplements or whether to continue eating tofu as the best source of protein. One year they are highly recommended and the next year they are killers.

And my wife and I were so proud of our home-grown tomatoes. □

TEN YEARS AGO June 1990

- Larry Almborg (43, 4:12.24) and Ken Sparks (45, 4:18.83) Set U.S. Masters Mile Marks
- Barbara Filutze (42, 17:07) Wins in Freihofer's Women's 5K
- Philippa Raschker, 43, is First Woman to Ever Pole Vault at Philadelphia's Franklin Field

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The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Exercise and Bone Growth

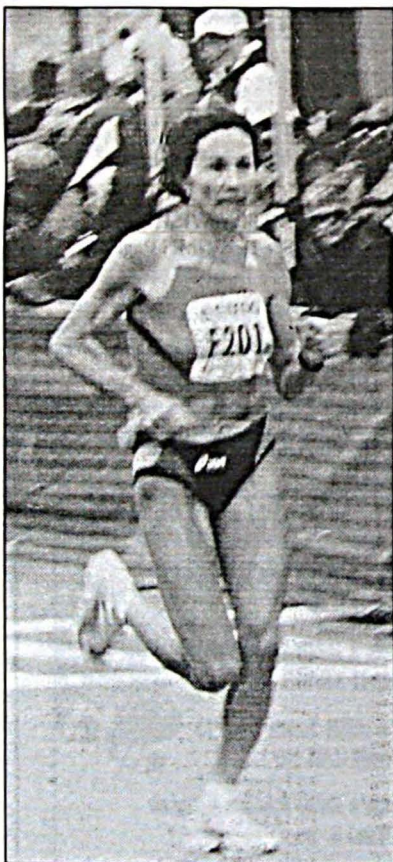
As masters runners, we often question our athletic activities in our youth. Was it worth it and did it do me any good? Some recent studies have shown that exercise has a potent effect on bone growth in young athletes. The question is: Do these benefits extend into old age? One study in particular showed that male soccer players had a higher bone mass than non-athletes but the gains are lost as they age or cease to train. The conclusion is that vigorous exercise during growth and young adulthood does not reduce the risk of fracture in old age.

In the soccer study, it is also interesting to note that retired soccer players had higher bone density in the leg, but not the arm, for up to 25 years after playing. After 35 years, the bone density was insignificant. At the age of 60, soccer players had the same bone density as the control series.

Now, this study is really suggesting that lack of exercise may reduce the early gains made as an athlete. I think it is reasonable to say that continued exercise into old age may help preserve bone gained in youth. Some studies have shown that exercise does protect against hip fracture by 50%.

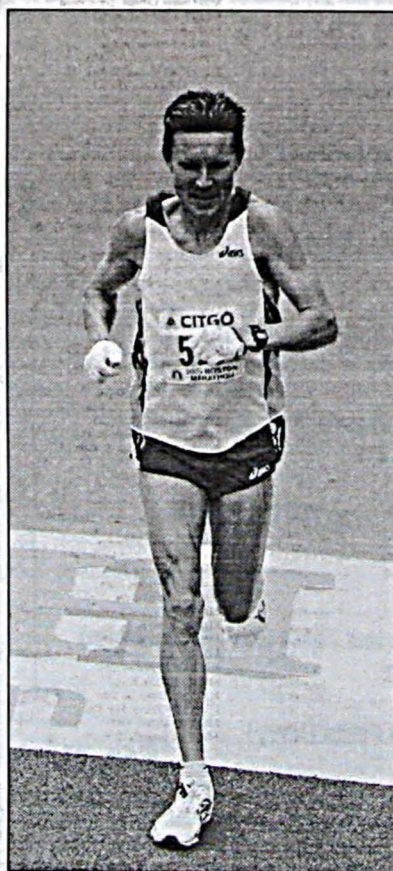
So, the key is vigorous past activity and moderate recent activity. We need to get younger and older people moving. □

(Dr. Pagliano is a runner and a podiatrist in Long Beach, California. He is a member of the American College of Sports Medicine. If you have a foot, ankle or Achilles question, write to Dr. John Pagliano, The Foot Beat, NMN, Box 50098, Eugene, OR 97405. E-mail: JMWPA@aol.com)



SUZY HESS

Tatyana Pozdnyakova, 45, second masters woman (2:35:43), 2000 Boston Marathon



JAMES WOJCIK

Fedor Ryjov, 40, Russia, second master (2:17:38), 2000 Boston Marathon.

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Boston Marathon

Continued from page 1

Hibbell, whom Coates coaches.

Masters prize money was \$40,000, shared equally by men and women, with \$10,000 for first; \$5000, second; \$2500, third; \$1500, fourth; and \$1000, fifth.

Alan Oman, 50, Long Island, N.Y., won the M50-59 race in 2:43:25, an A-G 85.0%. Yuri Laptev, 51, was second (2:45:04). Alston Brown, 51, New York, who was second (54.26) in the M50 200 in the National Masters Indoor Championships in Boston three weeks earlier, showed remarkable range with an 18th-place 2:54:48 in the division.

Tony Caminaro, 63, Pennsylvania, was first in the M60+ race with an A-G 87.5% 2:58:06. Veteran roadrunner Joe Burgasser, 61, Florida, was second (3:03:26). Bill Dodson, 65, New Mexico, was the first M65+ runner to break into the top 10 M60s with a 3:09:58.

The masters women's race was won by Gitte Karlshoj, 40, Denmark, with a 13th-female 2:35:11, an A-G 2:31:13/91.8% performance, worth \$11,800. Karlshoj, a physiotherapist, turned 40 last year and made her debut with an 11th-place, division win at the Chicago Marathon.

Tatyana Pozdnyakova, 45, also listed in Boston as the No. 1 master in the world, finished second in 2:35:43, winning best A-G masters performance honors with a 95.4%. Pozdnyakova came into the race with an eight-marathon overall winning streak and 10 of 11 masters wins.

Karlshoj stayed with the female lead pack for fear of running slower with the masters runners. "I went out with everyone because I knew if you only focus on the masters, you run too slowly," she said. "But then the wind got too much, and I realized that an overall winning time was not possible for me."

Maria Trujillo de Rios, 40, California, was third female master (2:42:24) and first U.S. woman to finish, 18th overall. She had hoped to run under 2:40. "Conditions were not good. But it could have been worse. It could have rained," de Rios said afterward. She was 12th in the U.S. Olympic Trials in February.

Anne Roden, 53, Great Britain, took the W50-59 race with an A-G 91.5% 2:54:21. Joan Ellis, 51, Ohio, was second (3:05:47).

Barbara Miller, 60, California, won the W60+ division with a 3:11:57, an A-G 89.2%. Keiko Shinei, 63, Japan, took second (4:02:13). Katherine Pye, 67, was the first W65+ in the division (4:15:17).

The weather wasn't a factor for all finishers. Bob Butler, 41, NYC, who had run seven marathons, including the NYC, before this, his first Boston, said, "The wind didn't bother me as much as the hills did. I couldn't recover between them. The NYC Marathon is flat. I'll have to do more hill work before I run another Boston."



VICTOR SAILER/PHOTO RUN

Maria Trujillo de Rios, 40, California, third W40+ and first U.S. woman finisher (2:42:24), 2000 Boston Marathon.

Masters team winners were the Reebok Masters Men (8:15:15) and the Atlanta TC Masters Women (9:40:12).

Both open races produced the closest finishes in the race's history. Elijah Lagat, Kenya, outkicked Ethiopia's Gezahenge Abera and Kenya's Moses Tanui, both Lagat and Abera timed in 2:09:47, with Tanui three seconds back. In the women's race, Catherine Ndereba, Kenya, won in 2:26:11. Irina Bogacheva, 38, Kyrgyzstan, nipped three-time Boston winner Fatuma Roba, Ethiopia, at the tape for second place, both timed in 2:26:27. Ndereba's 16-second margin was the closest ever in the women's races.

An estimated crowd of 425,000 spectators, well below the one million who routinely turn out, lined the course from Hopkinton through Wellesley and Brookline to the finish on Boylston Street near the John Hancock Tower in Boston's Copley Square.

At the finish line, middle-of-the-pack runners were treated with almost the same acknowledgement shown the elite runners, as race announcers gave the names and residences of the runners coming across.

The number of entrants was 17,813. Starters numbered 16,127; 15,663 finished the race. It took 12 minutes for all the runners to cross the starting line. Several thousand unofficial runners brought up the rear.

A time of 2:50:00 was good for 444th place; 3:10:00 was 2382nd; 3:30:00 was 5729th; and 4:00:00 was the time of the 11,025th finisher.

The race was televised live on ESPN2 and two local channels. The first 12,922 (4:18:42) finishers were listed in Tuesday's Boston Globe. A pre-race edition listed all of the entrants.

At the Boston Marathon Championships' Breakfast on April 15, the National Distance Running Hall of Fame announced its inductees for the Class of 2000: Clarence DeMar, Steve Prefontaine, Alberto Salazar, and Grete Waitz. They join the Class of 1998: Ted Corbit, Bill Rodgers, Joan Benoit-Samuels, Frank Shorter, and Kathrine Switzer, and the Class of 1999: John A. Kelley, Nina Kusick, Billy Mills, and Francie Larrieu-Smith. □



Masters Racewalking

by BERNIE FINCH
with ELAINE WARD

Mineral Balance and Athletic Performance

This discussion not only pertains to human physiology and homeostasis, but to the athlete who is endeavoring to excel, since mineral balance and imbalance affect athletic performance. Here, we will consider the mineral electrolytes – calcium, potassium, magnesium and phosphorus. The proper functioning of every organ, muscle and cell in the body is dependent upon these minerals. The functioning of muscle is of specific interest to athletes.

Calcium/Potassium Pump

Athletes in training tend to think in terms of single muscle groups such as the gastrocnemius, quadriceps or the hamstrings. For example, an athlete may be having a problem with muscle cramping in the legs at night. Hearing that such cramping may mean a deficiency in calcium, the athlete may hurry out and get some calcium supplements to take. However, the cramping problem may involve a much bigger issue.

Let's start with the muscle cell. A muscle cell has a resting potential of a negative electric charge. When excitation comes from the nervous system for the cell to react, its resting potential starts to rise. When it rises to a

certain level, the muscle cell responds fully.

This is an all or nothing process. The potassium in the muscle cell rushes out into the bloodstream adjacent to the cell. The calcium in the bloodstream rushes in. This exchange, like a pump, causes the muscle to contract. When the contraction of cellular work is complete, the calcium rushes back out and potassium rushes back in. At this point the cell goes back to rest.

If there is inadequate calcium in the blood, cellular action and muscle contraction are also inadequate. If there is inadequate potassium in the blood to return to the cell and replace the calcium after contraction, spasm occurs. In the extreme, death can occur if the heart muscle is involved.

Those who take blood pressure medication are usually aware that the medication depletes blood serum potassium. This depletion can impact cellular health tremendously. In fact, it is said that a certain percentage of cardiovascular accidents can be attributed to electrolyte imbalance rather than to atherosclerotic disease. This percentage can be as high as twenty percent.

Magnesium

There is one more consideration related to optimum muscle contraction – inadequate magnesium. Magnesium is the doorman in the calcium/potassium exchange. In physiological terms, magnesium makes the cell wall permeable and allows the minerals to exchange. It is common when a person has a heart attack to inject magnesium to facilitate muscle contraction as part of the emergency treatment.

To ascertain your interstitial concentration of magnesium, lab technicians use body cells. Red blood cells are commonly used. The cells are ground up, burned, and assayed for magnesium content in the residue. Laboratory statisticians have figured out mathematically how much magnesium will be in the cell at specific serum magnesium levels, and most lab studies are based on serum magnesium. All the accredited laboratories in our country use the same published standards.

Looking at a lab report, you will see a number following the specific tests. These numbers designate low and high magnesium levels found in the blood. A level of 2 is considered normal; however, this level is rarely seen. A level higher than 2 is also rarely seen. Levels of 1.75 or 1.83 are frequent.

Magnesium often tests low because it tends to pass right on through the gut without stopping to be utilized by the cells. On the basis of the frequency of low readings, it is common practice and very likely beneficial to supplement magnesium regularly. □

Penn Relays

Continued from page 1

and Hal Tolson turned in a U.S. record of 48.56 for M60-69 to take third overall. The winner (47.50) was Nadia TC's M50 team, headed by 1999 M50 world champion Charles Allie, with Dorel Watley, John Aiken, and Keith Peterman, sharing the assignment.

In the M45+ 100, Thomas Jones, M45 2000 Indoor 200 champion, edged 1999 M45 world 100 champion Bill Collins, 11.50 to 11.51. The M50+ saw Allie (11.71) take his second of three gold medals. In a loaded M60+ field, Hal Tolson took the gold (12.52). He will be seeking his fourth consecutive national championship in the 100 in August in Eugene.

For the second straight year, the W40+ 100 had only three competitors. Louise Clark-Feaster was the winner in 13.64. This event appears to be in great jeopardy of being withdrawn from the Penn Relays program.

After the short races, nine squads came out for the open 4x800. Reebok Enclave turned in a 7:17.54, but it was the eighth finisher, Team United, that interested the masters fans. Coach Rodney Wiltshire had entered a team of 40+ runners to go against the open athletes, and the move paid off handsomely. Anselm LeBourne, Steve Nearman, Rocco Serafini, and Tom Dalton, averaging a scintillating 2:00.53, obliterated the U.S. M40-49 marks of 8:11.8 (1983) and 8:09.06 (1996) and dropped the standard to 8:02.12.

In the early evening, a bevy of fine masters teams was entered in the M50+/W40+ 4x400. The Team USA M60 squad of Richard Rizzo, Larry Colbert, Tom Ranuga, and Bob Lida came up short in their attempt to better the M60-69 record of 3:53.87 at Gateshead in 1999, with a 3:54.24, finishing third overall. Up front, it was a battle between Nadia TC (Keith Peterman, Dorel Watley, John Aiken, Charles Allie) and the Boston RC team (Roger Pierce, Bic Stevens, Ralph Souppa, Carroll "Butch" Blake).

Nadia took an early lead. Blake locked on to Allie early in the final leg but could not head Allie, despite a strong final straight, who reached within himself for something extra and held Blake off at the finish. Both teams finished well under the U.S. best of



JERRY WOJCIK

Bob Novak, M50 first (26:28.14), 5000 racewalk, 1999 Hayward Masters Classic, Eugene, Ore. This year's meet is scheduled for July 1-2.

3:46.09, set at Penn in 1998, as Nadia ran a 3:44.15, and Boston, 3:44.78.

Saturday's M75+ 100 elicited a huge response from the crowd. Last year's winner, Lester Wright, had the lead late, but Ray Bower proved too much in the closing meters and won, 15.54 to 15.64.

Ten Teams came out for the final masters event, the M40+ 4x400 (U.S. best 3:25.40). Going into the final leg, Team United's Anselm LeBourne had a clear lead, the beneficiary of excellent legs by Tyrone Guiden (50.90), Ben James (51.6), and Steve Nearman (52.2). New England Spike Shoe TC, anchored by Michael Puckerin after strong 400s by Val Barnwell, Archie Glaspy, and Tony Fulton, was next with a lead over Sprint Force America (Frank Schiro, Ed Gonera, Sal Allah) in the first three legs.

As the crowd roared, Sprint Force's anchor, Ray Blackwell, made a huge move early, taking the lead on the backstretch. Unfortunately, his first 200 was too fast, and he "hit the wall" much too early. Puckerin challenged Blackwell for the lead on the final turn, but LeBourne, who had fallen to third, went through on the inside to pass both runners and win it for Team United in 3:25.50 with a 50.8 anchor, a tenth off the U.S. mark. Spiked Shoe was second (3:26.67); Sprint Force third (3:27.52).

To have three teams break 3:28 was remarkable, as this did not happen in the M40 4x400 at Gateshead, Durban, Buffalo, or Miyazaki, the last four WAVA Championships. □



SUZY HESS

Alfred DuBols, M65 second (16:31.74), 3000 racewalk, 2000 Masters Indoor Championships, Boston.



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MacLachlan, as Chairman of NARI, was instrumental in obtaining the services of world renown racewalking coach and trainer, Mr. Enrique Pena of Columbia in 1998. Coach Pena came to prominence when his athlete, Jefferson Perez, won the gold medal in the 20k walk at the Atlanta Olympics.

RWI will further promote the event for competition and fitness purposes in the UNITED STATES by sponsoring four new training centers for young athletes, elite as well as masters.

On the INTERNATIONAL scene RWI will work with representatives of racewalking federations and organizations throughout the world in holding symposiums to advance and expose new techniques and thought regarding training.

RACEWALKING INTERNATIONAL will structure the first of these training symposiums with the aid of ADIDAS INTERNATIONAL (as host) at the site of the 2000 Olympic Games in Sydney, Australia, in September. This gathering will be open to all elite racewalkers, their coaches and trainers plus interested parties. The exact time, date and place will be announced by mid summer. Future symposiums will be held during the 2001 IAAF World Racewalking Cup in Torino, Italy, in April; the World Association of Veteran Athletes competitions scheduled for Brisbane, Australia, in July and the World Track and Field Championships scheduled for Edmonton, Canada in August. These meetings will be chaired by several of the most highly rated racewalking coaches in the world today. They will individually discuss personal interpretations of the preferred training routines used by their athletes. There will be ample time to take questions from the floor.

It is planned that the total conference will be video taped for distribution.

745 Kelly Drive Incline Village, Nevada USA 89451 775-833-2121 fax: 775-833-2122 email: rw-international@msn.com



On The Run

by HAL HIGDON

In the Footsteps of Father Damien: Hiking to Kalaupapa on the Island of Molokai

When, after our visit to the island of Molokai in the Hawaiian Islands, we would tell our friends that we hiked down the mule trail to Kalaupapa, the leper colony, they would show a nodding interest. When we added that the descent was down a 1664-foot cliff that featured 26 switchbacks, they would sound impressed.

Then we'd hit them with the coup de grace: "That's several hundred feet higher than the Sears Tower." (The Chicago skyscraper is tallest in the United States at 1454 feet.)

"Oh!" Suddenly we had their attention.

The more traditional descent to visit Kalaupapa, well known because of the work of Father Damien, is on the backs of mules. Father Damien, born Joseph De Veuster in Belgium, was the Catholic priest who ministered to the people of Kalaupapa. He contracted leprosy (more accurately, "Hansen's Disease") himself and died in 1889.

Hikers and other hardy souls atop mules utilize the trails, but most tourists take the easier routes by air or water. Having once been flipped off the back of a horse, I had long ago forsworn rides aboard four-legged creatures, plus descending and climbing the cliff seemed more a challenge to one accustomed to running the Honolulu Marathon. My wife Rose, also unable to resist the challenge, agreed to accompany me.

Elusive Molokai

Rose and I had been coming to the Hawaiian Islands for two decades, usually because of the marathon. Over this period, we had visited all but one of the major islands. I enjoyed the so-called "Big Island" of Hawaii because of its being an active volcano with smoldering craters and lava flows.

There is no better spot than Kaanapali Beach on Maui for relaxing after a marathon, plus the crater of dormant Haleakala is one of the most haunting places on Earth. The lush tropical rain forests and deep valleys of

Kauai offer, arguably, the best scenery in the islands. Only Molokai had eluded us over the years.

Molokai definitely is off the main tourist track. Except for a few hotels and resorts, it is relatively undeveloped, a throwback to how Honolulu itself might have looked before jet-aided travel inspired a building craze centered on Waikiki Beach. It seemed time to visit Molokai before the developers claimed it, but the main appeal of the island was its famous leper colony.

The story of Kalaupapa, the famous (perhaps infamous) leprosy patient colony as described in the book *The Separating Sickness* by Ted Gugelyk and Milton Bloombaum, is a riveting one. Leprosy is a contagious disease, the pair write, "of the peripheral nerves, but it also affects the skin and other tissues, especially the mucosa of the upper respiratory tract, the eyes, muscles, bones and teeth."

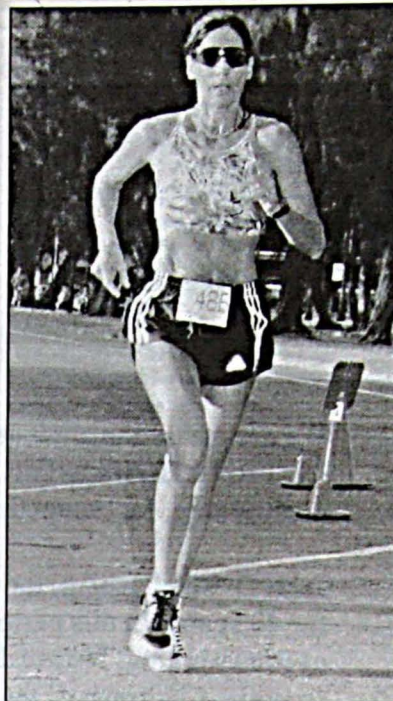
The disease causes lesions to form on the body. Gross disfigurement occurs. Fingers fall off. Clubfeet develop. Throughout history, lepers have been shunned, isolated. Lepers were made social outcasts by people repelled by their looks and who feared catching the disease from them.

Leprosy is referred to in the Bible. Jesus cured the victims of Hansen's Disease. Could anybody who read the book, or saw the movie, *Ben Hur*, forget the scene where Hur, played by Charlton Heston, visits his mother and sister exiled to a leper colony?

Hawaiians rarely got leprosy until increasing numbers of immigrants, particularly from Asia, brought the disease with them in the 19th century. Only then did Hawaiians move to isolate those suffering from this misunderstood disease. Their actions in doing so seem cruel today, and may have been unnecessary, but the isolation of leprosy patients once was considered necessary to prevent the disease from spreading.

Founding Kalaupapa

Kalaupapa was founded as a leprosy patient colony in 1866 because of its



Rachel Portner, 46, first W40+ (60:39), Norman Tamanaha Memorial 15K, Honolulu, April 9.

TESH TESHIMA

physical location. The colony is on a flat peninsula, a lava flow into the ocean. Behind is a steep cliff, almost perpendicular, making access to Kalaupapa difficult. Armed guards at a fence atop the cliff we descended once turned back patients who attempted to return to their families.

"They were sent (to Kalaupapa) involuntarily," write Gugelyk and Bloombaum, "as a public health measure to combat the spread of the leprosy bacillus, and that is where Father Damien served the patients from 1873 to 1889 and brought worldwide attention to the little community. Involuntary confinement lasted in Hawaii until almost 1970, but similar confinement of leprosy patients occurred throughout the world. Before the innovation of sulfone drug therapy in the 1940s, millions of persons were confined or imprisoned. In Hawaii, many thousands were affected. Kalaupapa is filled with the graves of those confined there in the past."

Today, 50 or 60 people voluntarily remain on Kalaupapa. Health organizations (and politicians) now recognize that Hansen's Disease is much less contagious than people once thought. Fleeting contact with a leprosy patient is not enough to catch the disease. It takes close and continuous contact. The disease most often runs in families, as does diabetes. The patients on Kalaupapa now are free to return home, no more are forced to go to the colony, but many have chosen to remain, among friends and fellow outcasts, rather than return to the world that shunned them.

Compared to the other Hawaiian Islands, few tourists visit Molokai. Most of those are golfers, so few of those few bother to visit Kalaupapa. And because visiting by boat is easiest, few of the few of the few descend the cliff into Kalaupapa either by mule or (especially) on foot. So Rose and I were among the few of the few of the few of the few!

Harder Climbing Down

That's a role I often relish. Being a runner once made me stand out from the crowd, but with 25,000 entered in the Honolulu Marathon that weekend, running certainly has lost some of its off-the-wall appeal. Normal people now run marathons. Not all of them have the opportunity to hike down into Kalaupapa, so we seized it.

Ironically, it would be the descent that proved more difficult than the ascent. "It's harder climbing down than climbing up," claimed the desk clerk at our motel. This incongruous warning proved true. We began our descent in rain that turned the trail to mud. The rocks and steps proved slippery, forcing us to concentrate intently on where we placed each foot.

The fact that at some points along the trail we could gaze over an abyss nearly 1000 feet down into the Pacific Ocean added a certain joie de vivre to our descent. In truth, we were under no danger of toppling into the abyss, because walls protected the trail at open points and trees provided a buttress elsewhere, but that didn't calm our nerves.

The views, however, proved spectacular. The vegetation was typically Hawaiian: thick, lush, lavish. Every now and then we'd get a peek through the trees of rock faces soaring high above us, or, far beneath us, the Pacific Ocean. Mammoth waves rolled onto the beach below. The crashing of surf on shore grew louder the farther down we went until finally we clambered across a rock flow to walk on wet sand for the last stretch of our journey.

Within a few minutes we reached a waiting area where a bus would pick us up for a tour of the colony. Two other hikers had preceded us, and two more and three individuals on mules would arrive after we did. Soon, the bus appeared, already containing several dozen other tourists who had arrived on the peninsula by plane, certainly quicker, but less fun.

Since there were only a few miles of road on Kalaupapa, and even four-wheel-drive vehicles couldn't circumvent the cliff, it was surprising to see automobiles parked beside some of the huts where people still lived. The driver warned us about taking photographs of residents, but we saw none anyway. Most of the 50 or so victims of Hansen's Disease, who have chosen to remain on Kalaupapa rather than return to the outside world, are old. Within a decade or two, most will die.

Future generations can ponder the wisdom of banishing so-called lepers to die away from their friends and families rather than providing more humane treatment. Yet despite the ugliness of how leprosy victims once were handled, Kalaupapa is among the most beautiful places on Earth.

Father Damien's Grave

We visited the church built by Father Damien, unique because the wooden flooring contained holes through which the patients could spit, excessive mucous being one of the symptoms of

Continued on page 13

Indoor Championship Results Omitted

Some age-group results for the mile and 3000 from the National Indoor Championships in Boston were omitted in the May issue. The complete results for these two events are in this month's results section on p. 34. □



JERRY WOJCIK

Mike Skoflanc, M45 triple jump gold medalist (11.49), 1999 National Masters Championships, Orlando, Fla. The 2000 championships will be held in Eugene, Ore., Aug. 10-13.

On The Run

Continued from page 12

leprosy. We saw Damien's grave beside the church. Originally, his remains were sent to Belgium, but some have now been returned to Kalaupapa.

After only a few hours, we returned to the trail. As incongruous as it had seemed that an ascent of 1664 feet could prove easier than the descent, the desk clerk was right. There was less danger of slipping. Looking up the trail instead of down, there was less hint of what might be our fate if we did slip. Each switchback was marked with a number, and since there were 26 switchbacks, I played some of the same mental games I use to get through marathons.

At switchback 8, I announced to Rose, "Almost a third done." At 13, it was, "Half way home." At 20: "We're past the wall. Only a half dozen more." Despite several pauses to catch our breath and sip water, we made the ascent almost as fast as the descent. It took us 10 minutes short of two hours to descend to Kalaupapa and only 10 minutes more than two hours to climb back out.

But many of those confined to the leprosy patient colony for their misfortune of contracting so-called "Hansen's Disease" never had the opportunity to make the journey up and out to return to family and friends. Pausing at the top of the trailhead, I couldn't help but reflect on the cruelty that Man sometimes imposes on Man. □

PUBLICATIONS ORDER FORM

Masters Age Records (1999 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, 1998. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (1999)

Men's and women's 1999 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 (1999)

Indoor rankings for 1999. 4 pages. \$1.50.

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

Men's and women's official world and U.S. outdoor 5-year age group records for all track & field and racewalking events, age 35 and up, as of January 1, 2000; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.00.

Competition Rules for Athletics (2000 Edition)

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

USATF Directory (1999/2000)

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

USATF Governance Handbook (2000)

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

International Scoring Tables

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

Masters Racewalking

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

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

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

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

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

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

National Road Race Encyclopedia

Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95.

Guide to Prize Money Races and Elite Athletes 2000

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.

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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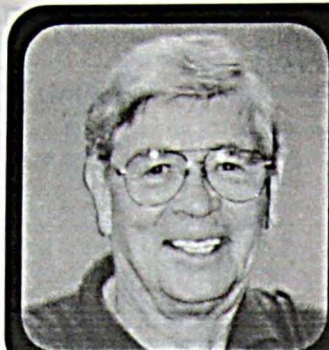
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The Weight Room

by JERRY WOJCIK

And the Blot Thickens

To add to the confusion caused by the WAVA adoption of the "new" javelins, the 2000 USATF Rule Book failed to include those changes as approved by the Masters T&F Committee last December, to wit: the M50-59 will use the 700g; the M70-79, the 500g; the M80+, the 400g; and the W50-59, the 500g. All else stays the same.

Consequently, some meet directors may literally "go by the book" and follow the specifications, or, rather, lack thereof, in the 2000 Rules (pp. 180-81), which means that athletes who show up expecting to throw the new spec javs (at least the 700g because the 500g is not available yet) may find

directors brandishing the Rule Book at them and saying "Here are the rules. Read 'em."

Late in the afternoon on Friday, May 12, George Mathews, an M55 thrower from Seattle, called the *National Masters News* from Raleigh, N.C., where he was competing in the Southeastern U.S. Masters Meet, one of the oldest masters meets in the U.S., to inform us that the officials were having the M50-59s throw the 800g, not the prescribed 700g. What to do? We ended up faxing him a copy of the WAVA/USATF specifications as printed in the NMN, plus the minutes of the December meeting in L.A., and the specifications of the 700g as listed in the IAAF Book, Rule 193.

This may be an imbroglia all season unless something is done to clarify the situation, such as an official notice with the corrections from USATF in Indianapolis sent to directors of masters meets. Do I hear snickering in the background? It may be my own. I applied for USATF Oregon Association membership in January. My check was cashed about ten days after I sent it. To date, I have no membership card, not even a temporary one. I do have my USATF number, supplied by the Oregon Association folks over the phone, who said the problem was in Indianapolis. I'll say.

A more realistic solution, albeit not

Errors in the USATF Rule Book

Unfortunately, the new USATF Rule Book did not include the changes made to comply with WAVA rules which went into effect October 1999.

- **Javelin** – M50-59 will use the 700g; M70-79, the 500g; M80+, the 400g; W50-59, the 500g.

- **Short Hurdles** – For M60-69, the distance between the hurdles has been changed. There is 16m to the first hurdle, 8m between hurdles, and 12m to the finish; the hurdle height remains 33".

- **Combined-Events** – Competitors must attempt each event or be disqualified. The U.S. did have an exception, but it no longer exists.

(At press time we had been unable to reach Graeme Shirley, USATF Masters Rules Coordinator, for clarification.) □



SUZY HESS

Top M70 shot putters: first, Harry Hawke, California, 13.28; second, Arnie Gaynor, California, 13.11; and fourth, Jim Gerhardt, Texas, 12.39, at the 1999 National Senior Games, Orlando, Fla.

an easy one, would be for the regional coordinators to contact meet directors.

The 700g specifications in IAAF Rule 193 are: 1) overall length, 2300 to 2400mm; 2) length of metal head, 250 to 330mm; 3) tip to center of gravity, 860 to 1000mm; 4) diameter at

thickest point, 23 to 28mm; 5) width of cord grip, 150 to 160mm; contour specifications are the same for the men's and women's javelins at the front and back and the tail thickness, and the weight range for new equipment is 705-725g. □

500g Javelin Specs

Here are the preliminary specifications for the 500g javelin. "They require the approval of the IAAF Technical Committee," said WAVA President Torsten Carlus, "but we don't think any amendments will be made."

	500g
Range for supply of equipment	505-525 g
Overall length	min 2.10 m max 2.20 m
Length of metal head	min 220 mm max 300 mm
Distance from tip of metal head to center of gravity	min 0.78m max 0.88 m
Diameter of shaft at thickest point	min 20 mm max 24 mm
Width of cord grip	min 135 mm max 145 mm

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8 mm. □

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Changes to 1999 Outdoor Rankings Book

M45 200 – Rick Sherrod, 49, 25.42 in the 200, 32nd of 71.

M45 400 – Rick Sherrod, 49, 56.52 in the 400, 18th of 60.

M50 200 – Dave Walter ran a 12.02 in a semi-final at Gateshead, which moves him from 13th (12.15) to 10th.

M55 800 – Bill Borla replaces Jerry LeVasseur, mistakenly listed as 13th (2:24.8).

M55 1500 – Bill Borla replaces Jerry LeVasseur, mistakenly listed as 5th (4:47.3).

M55 400H – Courtland Gray bettered his top ranked 61.55 with a 59.67 in a meet at Rice U. in Houston.

M50 4x100 – Members of the fourth-ranked team (48.09) were Johnson, Brinker, Walter, Allie.

M50 4x400 – Members of the first-ranked team (3:39.83) were Grandjean, Brinker, Allie, Walter.

M60 Javelin – Steven Holmes should be ranked 2nd with a 47.36. Frank Illuzzi moves from 7th to 5th (44.40).

W50 Weight – Pauline Thomas was placed in the W55 group, but should have been first in the W50 (11.23).

Indoor Rankings in the July Issue

by JERRY WOJCIK, *Masters T&F Rankings Coordinator*

The 2000 McMahon Family Trust Indoor Rankings will be published in the July issue in a four-page insert format. Athletes will be ranked in the 55m, 60m, 200, 400, 800, 1500, mile, 3000, 55mH, 60mH, pole vault, high jump, long jump, triple jump, shot put, weight, superweight, and 3000 race-walk.

The names and addresses of the volunteer rankers for the 2000 outdoor season will be published in the NMN as soon as they have been selected.

In addition to the traditional track & field events, the 1999 U.S. Masters Track & Field Rankings book, which has been available since March, contains 5K, 10K, and 20K racewalk ladders compiled by Phil Howell, and the rankings for the combined events (pentathlon, weight pentathlon, decathlon, heptathlon) compiled by Rex Harvey, USATF Masters Combined Events Coordinator. ☐



JERRY WOJCIK
Donald Cumley, M75 winner (10.96) in the shot put, 1999 Hayward Masters Classic, Eugene, Ore. The 2000 meet is scheduled for July 1-2.



ORANGE COUNTY SENIOR GAMES TRACK & FIELD REGISTRATION

The Third Annual Orange County Senior Games—August 5 - 13, 2000—is an event for active men and women, 50 years and over, to promote lifelong health and physical fitness. The event features 17 different sports to be held at locations throughout Orange County. The Track & Field events will be held on Saturday, August 12 at Saddleback College in Mission Viejo.

FOR MORE INFORMATION, CALL SOUTH COAST YMCA (949) 495-9622

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National Masters Return to Eugene's Hayward Field

Historic Hayward Field will be the site for the 33rd annual USATF National Masters T&F Championships at Eugene, Ore., on Aug. 10-13. The field is located on the U. of Oregon campus and was the venue for the 1984 and 1994 Masters Championships, the recent Nike Masters Games, and the very successful WAVA World Championships in 1989, plus other major meets, such as the Olympic Trials, the Prefontaine Meet, and USATF, NCAA, and Pac-10 Championships.

Hayward Field is one of a few, if not the only, masters championships sites where you'll find spectators in the stands watching the action. Eugene residents pride themselves on their knowledge of track & field, and turn out in good numbers to watch meets. It is also one of the few major tracks in the U.S. at which the throws, except for the hammer, are held inside the stadium, and the hammer area abuts the track. A well-chosen seat allows you to watch that event and those on the track at the same time.

Because of Eugene's reputation as "Track City USA," interest in the championships is high, according to Barbara Kousky, of Northwest Event

Management, the meet's directors. "We're getting more applications daily, even from overseas," she said.

"I talked to a lot of athletes last year in Orlando and this year in Boston who said they're coming to Eugene. If just half show up, it'll be the biggest and best championships ever. If I didn't already live in Eugene, I'd be making travel plans and accommodations early," said Jerry Wojcik, Senior Editor, NMN.

Al Sheahen is scheduled to do the announcing. His credits include numerous U.S. masters and WAVA World Championships, including Gateshead last year.

A meet registration form with details on eligibility, entry procedures, housing, a tentative schedule, etc., was published in the May issue. Entry deadline without penalty is July 17. Shuttle buses from and to the Eugene airport and the University area will be available. A championships barbecue is planned for Saturday, Aug. 12.

For more information, contact NEM, at 541-687-1989 (9 a.m.-5 p.m. Pacific Time); fax: 687-1016; e-mail: NEM@dnsi.net; or www.eugenechamps.com.



JERRY WOJCICK
Women steeplechasers in the 1994 USATF Masters National Championships in Eugene, Ore. This year, the Championships return to Eugene on Aug. 10-13.

Write On

Continued from page 4

Indoor Meet in Boston, March 24-26. As a club, we came home with lots of gold, silver and bronze, and, perhaps most important, many great memories. So, hats off and many thanks to meet director Steve Vaitones, meet officials, and all others involved in putting on this event.

A special thanks to Pete Taylor, who always does a great job at announcing. For those of us who are spectators, knowledgeable announcers are the frosting on the cake.

We look forward to returning to Boston in March 2001.

*Evelyn White, VP-Administration
Syracuse Chargers Track Club*

My wife and I participated in the National Masters Indoor Championships in Boston, and it was a wonderful experience – the meet was well run, the facility outstanding, the city beautiful, the weather perfect.

In the midst of all that, the outstanding announcing by Peter Taylor should not be overlooked. His call of the running events made each one special and exciting, and his knowledge of the competitors seemed encyclopedic. He made a great meet even better.

*Bert & Kathy Bergen
La Canada, California*

AGE-GRADING

Earl Fee and Hugh Adams are correct in their age-grading analysis (April NMN).

To add another scientific factor, Professor Gary Kamen, a researcher at the U. of Massachusetts, is studying fiber-type and motor-unit firing in older athletes. His findings confirm intensive strength and speed training preserve the functioning of the large

fast-twitch fibers – the key to sprinting, jumping and throwing.

The risk of injury is greater with all-out intensity training. Also, it's not easy to train hard on a regular basis as we age. But we must if we want to preserve those fast-twitch muscles.

*Alfred Morris
Washington, D.C.*



SUZY HESS
Denise McField, W40 200 winner (26.81), 1999 National Masters Championships, Orlando, Fla. This year's championships will be held in Eugene, Ore., Aug. 10-13.

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Risch, Olash First in Indy Life Masters Half-Marathon

by SUSANNAH BECK

The 24th Indy Life 500 Mini-Marathon, the nation's largest half-marathon at 18,275 runners, hosted the USATF National Masters Half-Marathon Championships on May 6 in Indianapolis. In spite of being known as the "Crossroads of America," with more highways intersecting here than any other city in the nation, local runners led the field: Paul Risch, 40, and Gary Romesser, 49, both of Indianapolis, maintained a strong pace together through early portions of the race.

Risch opened a gap on Romesser as the course circled the two-and-a-half mile Indy Motor Speedway oval. Risch motored into downtown Indianapolis, to finish 1:12:21 to Romesser's 1:13:01. Romesser, holder of four U.S. single-age (ages 44, 45, 46, 47) records at the half-marathon set on this course, had the highest masters age-graded performance of the day at 89.5%. Timothy Mylin, 40, Carmel, Ind., finished third in 1:13:55, with George Dewitt, 41, Indianapolis, following in 1:14:36.

Dewitt, a pre-race favorite, had earlier defeated Risch at the Indianapolis Shamrock Run 10K in March. Bill Dodson, 65, Albuquerque, N.M., who

ran a 19:28 5K at Carlsbad in March, cruised to a 1:29:35. Eighty-degree heat and 60% humidity challenged everyone and slowed times.

The women's field outnumbered the men's 9192 to 9083. Jeanne Olash, 43, Louisville, Ky., won the masters women's race with a 1:28:41. Olash, a perennial masters contender at the Rocket City Marathon in Huntsville, Ala., took home the \$1000 first prize. Masters men and women shared equal prizes.

Runner-up Jean Lampert, 41, Indianapolis, 1:29:30, finished with a strong last 5K, but Olash's lead proved unassailable. Carla Yerkes, 40, Crawfordsville, Ind., third at 1:32:11, was shadowed by fourth-place finisher and division winner, Gloria Jansen, 52, Edina, Minn., 1:32:26.

The new AmerUs Group 5K held in conjunction with the half-marathon was invaded by masters competitors. Sue Parks, 44, Muncie, Ind., took overall honors in a speedy 18:56. Gary Dismore, 49, Columbus, Ind., placed second overall, in 16:48.

The field boasted 2288 finishers. Indianapolis Life Insurance, sponsor of both races, donated \$2 to Habitat for Humanity for every entrant. □

Freihofer's 5K Hosts Women's Championships

The USATF National Masters Women's 5K Championships will be contested in the Freihofer's Women's 5K in Albany, N.Y., on June 3. Last year, the race also hosted the masters championships, which was won by Carmen Ayala-Troncoso, 40, Austin, Texas, in 16:37, the top W40+ age-graded performance (15:50).



FELIX SENQUIZ

Jon Sinclair (r), 42, Fort Collins, Colo., first M40+ (14:54), and Steve Scott, 43, Santee, Calif., second (14:57), USATF National Masters 5K Championships/Carlsbad 5000, Carlsbad, Calif., March 26.

She is set to defend her victory again this year and will be joined by Ruth Wysocki, the 1999 runner-up, and world-class marathoner Kim Jones.

Also vying for the \$2500 masters prize money will be Maria Trujillo de Rios, 40; Jane Welzel, 43; Patty Valadka, 42; and Honor Fetherston, 45.

In the 1999 championships, Joan Ottaway, 55, Sonoma, Calif., was the first W50-59 finisher in 19:14 (A-G 16:01). Margaret Betz, 62, was the first W60+ runner, with a 21:02 (A-G 16:14). Toshika d'Elia, 69, Ridgewood, N.J., set a U.S. single-age record with a 24:03. □

—Information provided by USATF Road Running Information Center

TWENTY YEARS AGO June 1980

- Nick Newton Sets M45 400 WR of 51.1
- Herm Wyatt Breaks M45 HJ WR with 6-2 3/4
- Hal Higdon Sets M45 25K AR of 1:23:53

Adirondack Marathon Sunday September 24, 2000 9 AM Schroon Lake, NY

5K & 10K Races

September 23, 2000
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	Marathon	5K	10K
Deadline August 24	\$30.00	\$6.00	\$8.00
Deadline Sept. 15	\$40.00	10.00	12.00
Deadline Sept. 23	\$50.00	12.00	15.00

a) Entry fee\$ _____
 b) _____ Pasta Dinner tickets @ \$7each.....\$ _____
 (Children Under 5 free)

TOTAL REMITTANCE.....\$ _____

Payment Method:

Check or Money Order Payable to Adirondack Marathon

MC/VISA # _____

Exp Date _____ / _____

READ AND SIGN. In consideration of your accepting this entry I, the undersigned do hereby waive and release the Adirondack Marathon Committee, sponsors, officials, and municipalities through which this race is run, from all liabilities and claims arising from my participating in this race. I grant permission to use any photos, videos, or any other records of this race for any legitimate purpose. I understand that the use of headphones during the race is prohibited. I attest that I am physically fit and have sufficiently trained for this race.

Signature: _____

(Participants must be at least 16 years old on race day for the marathon Parent's signature required for those under 18.)

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Circle T-shirt size: S M L XL

Return the Entry Form and Payment to:
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Speaker's Corner

by ANDREW HECKER

West Regional and So. Cal. Meets Rescued

For most of my masters running career, we had the Southern California Association meet hosted by Christel Miller at Occidental College. Year after year, Christel, husband Gary, and their whole family put in a major effort to hold the meet.

I watched her take the complaints and deal with the problems for well over a decade – as if she got paid for her efforts. No, we were guests at her house. Well, thank you, Christel, for your generosity and years of hard work.

Now Christel has decided she doesn't want to keep doing that. So where is someone else to take on the task? Ross Dunton took it for one year, then moved out of town. Should we have expected him to put the meet on again and again? I don't think so. Should the meet just die because one person, the same person year after year, decides not to do it? Aren't we bigger than this?

More Than Participation

This sport depends on all of us doing a little something to make it continue.

Yes, we all support it by coming out and running in the meets; we pay our entry fees; many of us are officials and help out during the meet (and at other meets). But occasionally we should get a little deeper and do some of the serious work that this sport requires.

We have a similar problem with the Western Regional Championships. Gary Miller determined he couldn't do it. So why couldn't he just hand it off to someone else who would? Of the hundreds of participants in Southern California, are the Millers the only



The Bohemia TC women's masters team, third (6:13:48) in the W40+ division, 2000 Ocean to Sound 50 Mile Relay, Long Island, (top row, l to r) Helen Visgauss, Mary Wagner, Diane O'Donnell, Estella Clasen; (bottom row, l to r) Diane Gordon, Laurita Samuels, Phil Esposito (support personnel), Kathy Esposito, Satu Svoboda, and Betty Horstman.

ones who can organize a championship meet?

This year, when I personally have the least amount of time available, I've taken on organizing the Southern California Association (June 24, at Long Beach State University) and Western Regional (July 8 at Cerritos College) meets. Why? Because someone had to.

New People, New Ideas

I don't see a lot of other people stepping forward. Are either of these meets going to die if I don't do them over and over again? Start thinking about it now. Next year, who wants to do it? Maybe someone different can take it the following year. We could go to different locations. Different individuals and organizations do things their way and we can all learn a little from each other to make the meet better or more interesting. That's the way our sport can flourish.

I'm going to use the opportunity to put the meet on to make my political statement – for years I have complained about the BAD HABIT the various organizers of our National Championships have of imposing ridiculous early registration deadlines. Year after year, organizers do the same thing.

I feel these UNNECESSARY early deadlines deny and discourage participation, which is exactly the opposite of our desired intent. At our National Committee meetings I have been dismissed and patronized – they said it couldn't be done.

Early Penalty

Well, I'm going to (hopefully) put on two major meets, organized (relatively) at the last minute and I am advertising a \$5 penalty for EARLY registration. That's my way of saying you are supposed to register on the same day you compete. This shouldn't be a novelty – it should be a policy.

For meet directors who have sent potential competitors home because of late registration – shame on you. For my detractors, I'm putting this out publicly in advance of the meet. Come on out, flood me with registrations, prove me wrong. Or, please, learn from it.

Let's advance from the trivial excuses and make this a mandatory requirement for those who wish to host a championship meet. We shouldn't send anyone home without being allowed their moment on the track or field. □

Southern California Association Masters Age-Group Championship Meet

SATURDAY, JUNE 24TH
LONG BEACH STATE

Same day registration. \$5 penalty for EARLY registration



Western Regional Masters Age-Group Championship Meet

SATURDAY, JULY 8TH
CERRITOS COLLEGE

Registration closes 10 minutes before each event
5 year age groups; age 30 and over. Medals to first three in each division
Non-Championship Open Division for last minute Olympic Trials qualifying
Electronic Timing USATF Membership required

Long Beach Order:

8:30 Pole Vault
10:00 10K, LJ, HJ SP
11:30 Short Hurdles
No 4x100 Relay
schedule 1500
Events 400
to 100
follow Long Hurdles
in 800
order. 200
4x400 Relay
5000
Steeplechase
4x800 Relay
TJ follows LJ
Throws follow
SP, DT HT, JT
5:00 5K Racewalk at
Birmingham High, Van Nuys

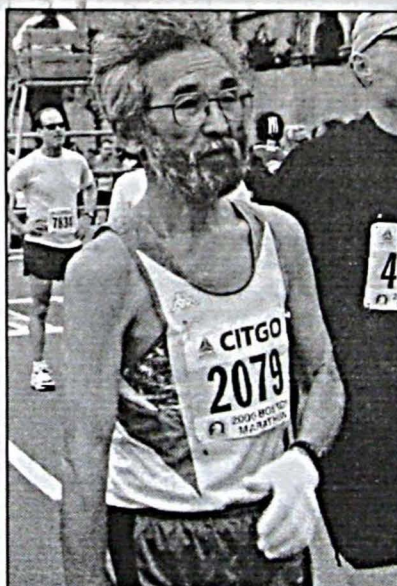
Cerritos Order:

TRACK EVENTS:		FIELD EVENTS:	
1:00	Steeplechase	12:30	Javelin
1:30	Short Hurdles	2:00	Pole Vault
1:50	4x100 Relay	2:00	High Jump
2:00	1500	2:00	Long Jump
2:30	400	2:00	Hammer
3:15	100	3:30	Discus
4:00	800	4:00	Triple Jump
4:45	Long Hurdles	4:00	Shot Put
5:15	200		
6:00	4x400 Relay		
6:10	4x800 Relay		
6:30	5000 Racewalk		
7:30	5000		
8:00	10000		

Long Beach is \$15 for first event, \$6 each additional
Cerritos is \$16 for first event, \$7 each additional

<http://www.creativestuff.com/sca.html> <http://www.creativestuff.com/westernr.html>

Contact: Andrew Hecker, P.O. BOX 7793, Ventura, CA 93006
(805) 484-2656, (805) 484-1004 FAX



SUZY HESS
Tsuneyuki Yamazaki, 60, Japan, third M60+ (3:05:23), 2000 Boston Marathon.

FIFTEEN YEARS AGO June 1985

- 4500 Enter VI World Veterans Games in Rome
- Bruce Mortensen, Sheila Hasham Win Masters National 15K
- Should Masters Join the IAAF Is Debated

Hayward Classic Provides a Preview for Nationals in Eugene

Masters athletes who want to preview the 2000 National Championships site should head for the Hayward Masters Classic in Eugene, Ore., on July 1-2. The Hayward Classic is held at the University of Oregon's historic Hayward Field, the locale for the USATF Masters Championships, August 10-13.

In addition to the usual events, the Hayward Classic offers some not found in many masters track meets: 10,000, 5000 racewalk, steeplechase, weight throw, and an age-graded mile.

Besides the lure of competing at Hayward Field, the meet includes a club competition for men's, women's

and combined team trophies. Last year, the women's trophy was won by the Maryland Masters with just four athletes, led by W60 world-record holder Audrey Lary.

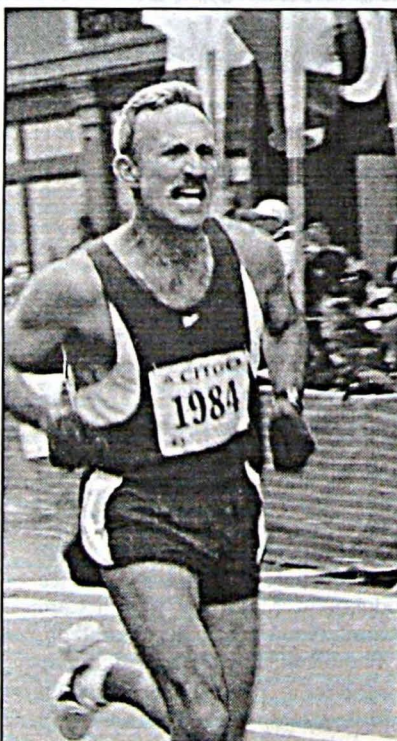
A Saturday night reception is planned at the Phoenix Inn, the meet headquarters hotel. The meet is being presented by the Oregon TC Masters. USATF membership is required; applications will be available at registration at the Phoenix Inn. Late entries will be accepted with a late fee of \$10 until 8 p.m., Thursday, June 29.

Applications with more details for both the Hayward Meet and National Championships in August are in the May issue. □



GEORGE BANKER

W50 and W55 age group runners (l to r): Dee Nelson, 55, 49:04; Priscilla Prunella, 55, 50:35; Sharon Dolan, 58, 45:20; Ruth Criscio, 51, 56:28; Christin Goldman, 50, 52:37; Jane Godfrey, 51, 47:38; Penny Bodine, 52, 50:50; and Julie Trapp, 55, 57:43. Piece of Cake 10K, Gaithersburg, MD.



SUZY HESS

Thomas Hall, 49, Lincroft, N.J., with a 2:45:15 in the 2000 Boston Marathon.



JERRY WOJCIK

Terry Froemming, third M45 in the 10,000, 1999 Hayward Classic, Eugene, Ore. This year's meet is scheduled for July 1-2.

Master

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for more information
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MASTER'S TRACK & FIELD CLINIC: (30+, but all ages welcome). Occidental College (Glendale, CA), June 25, 2000; 8:30am (registration) to 4:30pm; \$50 postmarked before 6/18/2000; \$60 afterwards. Actual Workout, Starts, Race Strategies, Over Speed, Resistance, Warmups, Workouts. THIS YEAR Hurdles and High Jump included!! For more info: Eugene Driver (323) 753-1867. E-Mail: thetrackjunkie@aol.com, P.O. Box 62009, Los Angeles, CA 90062-0009.

RACES

AUGUST 20 - McConnell's Ice Cream of Santa Barbara 22nd Annual Endurance Events, 5-K Run, 5-K Sport Walk, 10-K Run, Biathlon (10-K Run/Mile Swim), 1-Mile Ocean Swim and Kid's Mile (all ages), Goleta Beach County Park, CA. Contact: Endurance Events, 119 Cooper Rd., Santa Barbara, CA 93109. 805-564-3400 (ask for Kevin Young) or 805-685-5272 (ask for Bill Rupp). Email: kyoung@sbre.com. Online Registration: www.racegate.com

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SEATTLE MASTERS CLASSIC

Hosting: PNA Track & Field Championship and Greater Seattle Senior Games
West Seattle Stadium Seattle, Washington July 7-8, 2000

Host Organizations: Seattle Masters A.C., Pacific Northwest Association, Seattle Parks and Recreation, Greater Seattle Senior Games Association

Eligibility: USATF: Open. Masters: ages 30 and older. Senior Games: ages 50 and older. Divisions: Five Year Age Divisions (except Open). Awards: Classic Medals: First, Second, Third Places. Champion Patch for registered Pacific Northwest Association Champions. Senior Games Awards: First, Second, Third Places, for registered Greater Seattle Senior Games athletes.

Entry Fees: \$15.00 First Event. \$5.00 Each Additional Event. Relays \$10.00 per team (payable when declaring). \$5.00 Officials surcharge. Relays: 10 year age groups. Declare one hour prior to event. Teams are requested to wear same tops.

Entry Deadline: Must be postmarked by July 1. Late entry add \$5.00 per event. No entry accepted after July 6. Numbers and Heat Sheets: Available at Track Site one hour prior to first event.

Facility: 400 Meter Polyurethane Track and Runways, 1/4" Spikes. Javelin Runway: Grass

SCHEDULE OF EVENTS

7:00 P.M.

FRIDAY
5K Race Walk
Hammer Throw

All Women and Men
All Women and Men

SATURDAY

TRACK EVENTS

10:00 A.M.	5000 Meter Run	W-M
10:30 A.M.	100 Meter Dash	W-M
11:00 A.M.	800 Meter Run	W-M
11:30 A.M.	1500 M Developmental Walk	W-M
11:45 A.M.	400 Meter Dash	W-M
12:15 P.M.	1500 Meter Run	W-M
12:30 P.M.	200 Meter Dash	W-M
1:00 P.M.	4 X 100 Meter Relay	
	4 X 400 Meter Relay	
	4 X 800 Meter Relay	

FIELD EVENTS

10:00 A.M.	Pole Vault	W-M
	Long Jump	W-M
	Triple Jump follows L.J.	
10:30 A.M.	Shot Put	W-M
	High Jump	W-M
11:00 A.M.	Discus	W-M
11:30 A.M.	Weight Throw	W-M
	SuperWt. follows Weight	
1:00 P.M.	Javelin Throw	W-M

ALL EVENTS ARE FINALS

Implement weigh-in 30 minutes prior to event. Meet implements will be provided by Seattle Masters A.C.

SEATTLE MASTERS CLASSIC ENTRY FORM

USATF REGISTRATION REQUIRED

Name _____ M _____ F _____ Age (7/7/00) _____ 2000 USATF # _____

Address _____ City _____ State _____ Zip _____

Phone _____ Club Affiliation _____ Greater Seattle Senior Games Entered: Yes _____ No _____

Events Entered: Best 99-00 Performance (for seeding purposes)

1 _____ 4 _____

2 _____ 5 _____

3 _____ 6 _____

Relays: 400 M _____ 1600 M _____ 3200 M _____

ENTRY FEE _____ LATE FEE _____ OFFICIALS SURCHARGE (\$5.00) _____ TOTAL _____

Make Checks Payable: Seattle Masters A.C. Mail Entry to: Ken Weinbel, Meet Director, 4183 Hillcrest Ave. SW, Seattle, WA 98116

Information: Tel: 206 932-3923 Fax: 206 932 3917 E-Mail: KWEINBEL@AOL.COM

WAIVER: I waive all rights that I or my assigns may have against the sponsors and hosts of this athletic event arising from injury, illness or accident I may sustain or incur participating in or at this event. Signed _____ Date _____



LDR Report

by JERRY CROCKETT
USATF Masters LDR Chairman

Running USA, Masters Running and Beyond

Over the past year, I have been actively involved with an organization called Running USA. Many masters athletes have asked about its purpose and what it means for masters distance running.

Founded in March 1999, Running USA is a national trade organization of top road races, running associations, members of the athletics industry, athletic legends, and media. USA Track & Field is a founding partner. Its purpose is to promote road racing and raise its awareness among the public and corporate America. Its event members represent over 200 road races in the U.S. with more than 800,000 participants, millions of spectators and \$2.6 million in annual prize money. (Take a look at the impressive list of founding members on this page.)

Running USA has now been in operation for a year; yet Masters LDR still does not have a funded racing circuit. Why in the world would we place our efforts and even USATF monies with an organization such as this? Some naysayers forecast that this

organization would only further split the ranks of road racing.

Great Possibilities

However, I see great possibilities for this organization. It is comprised of some of the sport's most prominent companies and the largest and most financially successful race promoters—as well as some of the extremely committed smaller races which are not organized for the sole purpose of raising funds for worthwhile charities (not that this isn't important, but it does little to enhance our sport).

USATF has a large, diverse constituency (elite, masters and youth athletes from track & field, LDR and racewalking, plus associations, officials, and more), while RRCA caters to clubs and grassroots programs. Both organizations, from a distance running standpoint, are governed or operated by extremely committed runners—most are volunteers and most are not marketers, promoters, entrepreneurs or accountants.

Running USA's emphasis is on road running and improving its status in the United States through collective marketing and promotions, services to runners and events, and the development of U.S. world-class stars. It supplements, not replaces, existing organizations and programs.

What's in it for Masters?

First, we represent almost 50% of those who currently participate in road racing, and, with those who daily run but don't compete, that number would greatly exceed 50%. Second, we have economic clout and exert tremendous influence on societal development. These are very attractive elements to potential sponsors, and large sponsors have great influence on media attitudes. News media understand where their butter is churned.

Running USA members recognize the state of the sport and are showing their concern and commitment by giving their dollars and their time to finding solutions to the problems that our sport faces. By combining their efforts

and working together, Running USA offers potential major sponsors access to an affluent, educated market in the millions and programs like a team tour and a masters circuit that will reach all levels of the running community.

A Daunting Task

However, Rome wasn't built in a day, and Running USA has no such delusions that the tasks ahead will be easy or completed overnight. The work needed to "grow" the sport and improve its status on the U.S. sports

truly want to raise the awareness and scope of the sport. It will require the cooperation and resources of all of us who identify with long distance running. If we win, masters will not be short-changed. The best is yet to come. □

(For more information on Running USA and its objectives and founding members, go to its website (<http://www.runningusa.org>) or call Steve Edwards, 727-363-7872 or Ryan Lamppa, 805-696-6232.)

Running★USA

landscape is daunting, but Running USA is moving in the right direction. For example, the Running USA wire, which goes out to over 500 via email, consistently and regularly distributes information about the sport from national championships to athlete interviews to pre- and post-race releases to demographic information to just news.

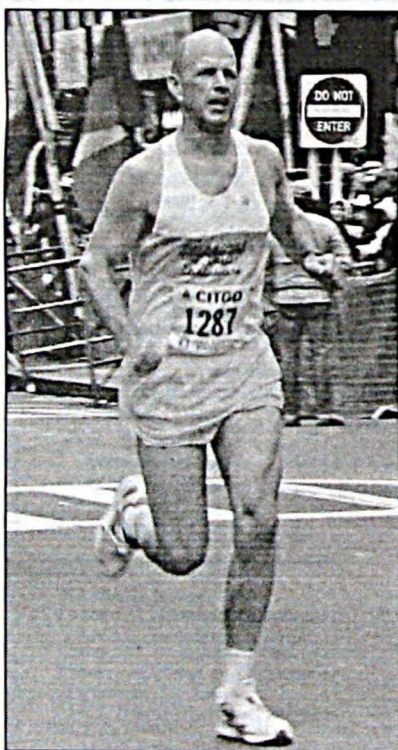
Running USA is not only comprised of full-time professional entrepreneurs, but represents a group that has heretofore not been organized to exert their combined influences and to unify their thinking process for the overall benefit of road racing.

Sure, a few of the extremely impatient current supporters may fall by the wayside, but the really committed visionaries will prevail and not only attract more members but re-attract those whose commitment would not carry them over the first hurdle.

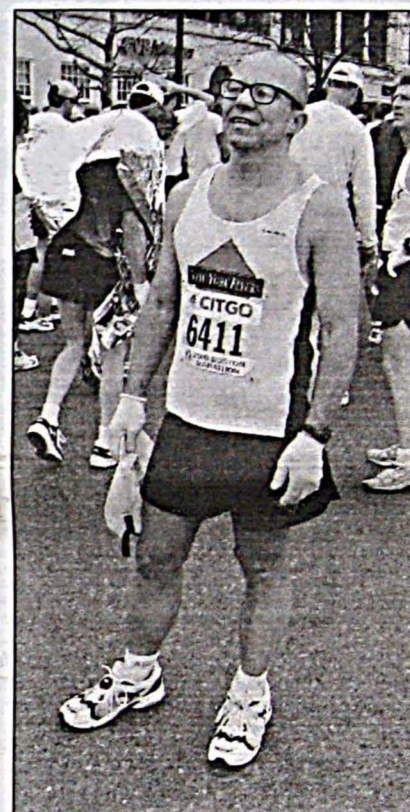
The ultimate answer is to achieve, analyze and organize input from all elements of distance running so it is a stimulus and a potential reward for all who enjoy the diversity in road running.

A Worthwhile War

This is not a battle. It is a war. A war we must win if we, as a group,



SUZY HESS
William Kauffman, 42, Hockessin, DE, ran a 2:44:19 in the 2000 Boston Marathon.



JERRY WOJCIK
Bob Butler, 41, NYC, finished the Boston Marathon in 3:24:25.

The 51 Founding Members of Running USA

USA Track & Field, active.com, adidas, All American Trail Running Association, Alta Peruvian Lodge Downhill Dash 8K, America's Finest City Half-Marathon, American Ultrarunning Association, Army Ten-Miler, ASICS Corporation, Bank of America Gasparilla Distance Classic 15K, Big Sur Int'l Marathon, BKB Ltd., Bolder Boulder 10K, ChampionChip, Cincinnati Flying Pig Marathon, City of Los Angeles Marathon, Columbus Marathon, Crim Festival of Races, Do*It*Sports, Elite Racing, EMMI, Examiner Bay to Breakers, Florida Running Festival, Food Fitness International, Freihofer's Run for Women 5K, Gate River Run 15K, GetFit.com, Gold Medal Event Management, Indian Path Medical Center & SunTrust Bank Crazy 8's 8K, Jefferson Hospital Philadelphia Distance Run, Kinane Events, Marty Liquori Productions, Methodist Health Care Houston Marathon, National Sports Network, New York City Marathon, Nike, Park Forest Scenic 10 Mile Run, PhotoRun, PowerBar, Quad-City Times Bix 7, RhodyCo Productions, Runner's World, The Running Network, Salmini Films Inc., Shooting Star Media, Steamboat Classic 4 Mile, Summit Exhibition Management, Tulsa Run 15K, Twin Cities Marathon, Utica Boilermaker 15K, and Wharf to Wharf Race. □

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



TESH TESHIMA

Dr. Ed Cadman, 54, M50 winner (18:22), 1999 Sam Martz 5K, Honolulu. Since becoming the Dean of the University of Hawaii Medical School recently, Cadman is undefeated and won in the Hawaii Senior Olympics 10K (37:00) and the 1500 (4:58).

Hilliard, Geerling Win in Hot Broad Street

by SUSANNAH BECK

Unseasonably high humidity and temperatures in the 90s turned a famously fast course into a slow, unpleasant trudge at Philadelphia's Blue Cross Broad Street Run 10 Mile, May 7. Laboring under the same heat wave that hamstrung the Men's Olympic Trials Marathon only 400 miles cross-state in Pittsburgh, more than 1000 of 7728 starters decided to cut their losses before reaching the finish line of this straight-line, point-to-point course.

Twenty-five people were reported to have been hospitalized for dehydration. The water stations were overburdened by the general thirst, and some went dry before the last runners had come through.

Excellent runner services ameliorated the swelter (ten water stops, race clocks at every mile, plenty of free Advil), but race times reflected the heat. Overall winners Ben Kimondiu, 22, 49:52, and Anatasia Ndereba, 25, 57:10, both of Kenya, each ran more than two minutes slower than the previous year's winners.

Masters course-record holder Brendan Hilliard, 42, Lansdowne, Pa., returned to recapture the M40 title after his close defeat by Terry Permar, 45, in 1999, winning in a heat-pokey 53:56, but still fast enough for an AG

86.0%, and eighth overall. Permar, 45, Perkasi, Pa., now in a new age group, was the second master in 54:40, good for tenth overall, and an AG 87.0%.

Age-graded performances in the high 70% range were gamely delivered by division winners Seth Bergmann, 50, Glassboro, N.J., 63:41 (78.0%), and returnees Robert Taggart, 59, Newark, Del., 67:41 (79.0%), and James Flanagan, 62, Haddonfield, N.J., 70:09 (78.1%). Ruben Melendez, 65, Philadelphia, and Norman Green, 67, West Brandywine, Pa., tied at the M65 finish in 76:38, though Melendez was given the nod for first.

The women's race featured an AG 80.2% effort by 1999 runner-up Shirley Geerling, 41, Paoli, Pa., whose 64:22 was more than four minutes ahead of the next masters woman. Donna Lewis, 45, Bel Air, Md., won the W45 in 70:26, in a closely contested division that saw second and third places separated by only one second (Leah Whipple, 48, Kimberton, Pa., 71:05, and Beth Howlett, 47, Boothwyn, Pa., 71:06).

Perhaps not coincidentally, Whipple and Howlett also finished one second apart in 1999. Repeat division-winners Joy Hampton, 53, Clarksboro, N.J., 73:55, and Imme Dyson, 63, Princeton, N.J., 84:24, also showed good

heat survival skills.

This was the 21st running of the Broad Street Run, a masters-friendly event, with a dedicated prize structure of \$400-300-200-100-50 for overall masters finishers.

The race director was Jim Marino, and major sponsors include Independence Blue Cross, the Philadelphia Recreation Department, and *The Philadelphia Daily News*. □



SUZY HESS

Sara Flynn-Kramer, 41, Orlando, Fla., after a 3:07:01 in the 2000 Boston Marathon.

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3000 Cheer Masters at Mt. SAC Relays

More than 3000 spectators cheered female masters runners in two age-graded races at the 42nd annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 16.

The age-graded 100 was won for the second straight year by Phil Raschker, 53, the 10-time USA female masters track and field athlete-of-the-year, in 11.50, a tad better than her time of 11.51 last year. Raschker, sponsored by Hy-Tek, flew in from Atlanta for the race.

Kathy Bergen, 60, La Canada, Calif., was second, followed by Cindy Steenburgen, 46, Fort Worth, Texas; and Pat Petersen, 74, Albany, N.Y.

Each runner got a distance handicap based solely on her age. Raschker ran 85.6 meters while Petersen, the oldest runner in the field, ran 70.1 meters.

Announcer Dixon Farmer introduced each runner before the race, extolling their achievements and drawing the crowd into the race.



KEN STONE

Runners come to the finish line in the Mt. SAC Masters Age-Graded 100. From left: Kemisole Solwazi (60, Fresno, CA); Lorraine Tucker (53, San Diego); Phil Raschker (53, Marietta, GA, first in 11.50); Avril Naylor (52, Sacramento); Cindy Steenburgen (46, Fort Worth, TX). Not shown: Elaine Iba, 39; Charissa Dickerson, 36; Kathy Bergen, 60.



KEN STONE

Runners in the Mt. SAC Masters Age-Graded 800, standing from left: Sabrina Robinson (42, Phoenix, AZ, actual time 2:21); Lana Henricks (43, Sherman Oaks, CA, 2:58); Rose Monday (40, San Antonio, TX, 2:14, first); Diane Heil (42, Los Angeles, 2:26); Pat Contreras (42, San Bernardino, CA, 2:35). Front row: Sumi Onodera-Leonard (71, Huntington Beach, CA, 3:40); Duneen DeBruhl (47, Ontario, CA, 3:22).

The age-graded 800 was in the prime-time Sunday slot following Marion Jones' 400-meter race.

Rose Monday, 40, who recently moved from California to San Antonio, Texas, won over six other women ranging in age from 42 to 71.

In this "Portsmouth Start" race,

each woman ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 71, started with the gun. The next oldest followed seconds later and so on down to the youngest, Monday.

With Farmer again calling the action, the crowd really got into it.

Continued on page 23

San Jose Senior Games Track & Field - Sunday, July 30, 2000 San Jose City College

Track Events: 50M, 100M, 200M, 400M, 800M, 1500M, 3000M

Field Events: High Jump, Long Jump, Discus, Shot Put, SB Throw, Pole Vault

Race Walk: 1500M, 3000M

Divisions: 5 year age divisions where possible
For men and women, age 50+

Entry Fees: \$19 Registration Fee plus \$4 per event
(\$25 Registration Fee after July 7)

Awards: Medals to 1st, 2nd and 3rd in each age group

Registration Form - Early Deadline is July 7, 2000

Last Name _____ First Name _____

Please circle Sex: M F T-Shirt Size M L XL XXL

Address _____

Phone _____ Age (as of 7/30/00) _____ DOB _____

Circle Events: 50M 100M 200M 400M 800M 1500M 3000M
HJ LJ D SP SB PV 1500RW 3000RW

All participants must sign waiver of liability at check-in before competition.



Please make checks payable to: **City of San Jose**
Mail before July 7 to San Jose Senior Games
1190 S. Bascom Ave., # 220 San Jose, CA 95128
For more information, contact Pat Maier
(408) 297-0247 or pat.maier@ci.sj.ca.us



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Masters Shine in the Sun at West Bloomfield

by RON MARINUCCI
WEST BLOOMFIELD, Mich., April 30 – Masters runners shone as brightly as the sunshine at the 24th annual West Bloomfield Half-Marathon. With the rather cool early spring, the upper 60-degree temperatures added to the challenge that the hilly, twisting course provided for the 535 finishers.

Tim Emmett, 44, was the masters winner with a second-overall 1:19:47. Second master Don Balkwell, 53, posted a fourth-overall 1:21:34. The first two women masters, Sandie Domagalski, 40, 1:37:14, and Martha Ritchie, 47, 1:37:33, were in the top fifth of the entire field.

In the 5K held earlier in the morning, Chuck Block, 44, was first overall

of 329 finishers in 16:49. Marcy Kossak, 41, was the W40+ first in 21:07. Maggy Zidar, 50, won the W50 race in the 5K and came back for the 12:45 half-marathon start to take an age-division third.

The Michigan Grand Masters team took home some hardware. Paul De Ladurantaye, 54, 17:39, was second master and first among the M50+ crowd. Jim Carlton, 57, 1:26:17, took top honors in the M55 half-marathon, while teammate Bob Cross, 51, 1:27:57, was third in the M50 race. His finish surprised Cross, who, recuperating from surgery just last winter, came planning to run only eight miles.

The oldest finisher in the half-marathon was Clarence Shelton, 79, 2:57:25. □

Mt. SAC Relays

Continued from page 22

especially cheering Onodera-Leonard throughout the entire two laps.

Monday started 59 seconds after the gun. Her total time was 3:13, which means her actual running time was a sensational 2:14, only a second off her own U.S. age 40+ record, set at last year's Nationals in Orlando.

Sabrina Robinson, 42, Phoenix, Ariz., who had run a 2:54:10 in the

Women's Olympic Trials Marathon in Columbia, S.C., on Feb. 26, finished four seconds behind Monday in an actual running time of 2:21.

The handicaps for both races were established by the World Association of Veteran Athletes (WAVA) and are listed in the Masters Age-Graded Tables on page 37 (100) and page 19 (800). □

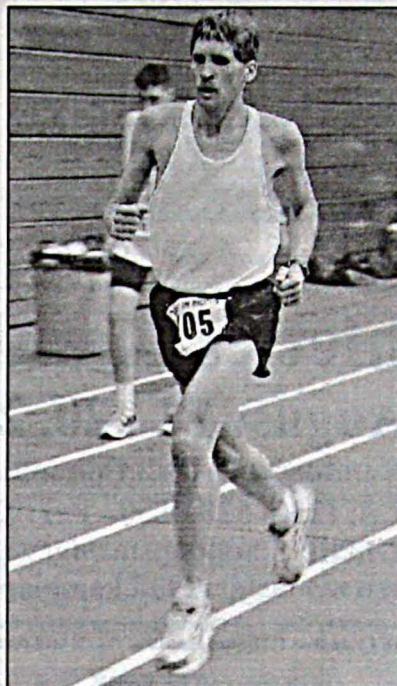
– Al Sheahen

Longest Day Marathon

Continued from page 1

State University.

The 209-3/4 laps were counted by a crew of volunteers who handled three runners each and acted as a



DAVE EGGEN

Keith Hoppel, 36, first overall (2:58:48) in the Longest Day Marathon, Brookings, S. Dak., April 15, run indoors on a 200m track.

cheering section. An aid station was available each eighth of a mile, as well as toilet and medical facilities. Approximately 80 runners started and 64 finished, 49 men and 15 women, along with three relay teams. Some runners chose to run outdoors at their own risk, but their times were not counted, since they could not be confirmed.

Tom Jacobs, 36, a SDSU alumnus from Kansas City, Mo., won in 2:58:48. The masters winners were Keith Hoppel, 51, Valley City, N. Dak., in 3:22:15, and Becky Swanson, 46, Fargo, N. Dak., first female overall, in 4:11:25. □

FIVE YEARS AGO June 1995

- 6000 Expected for XI WAVA World Games in Buffalo
- Jurly Mikhailov (42, 30:56) and Nancy Grayson (45, 35:53) First Masters in Sallie Mae 10K, Washington, D.C.
- Ewar Gordillo (50, 27:30) and Barbara Miller (55, 32:10) Win 50 Plus 8K, Stanford, Calif.

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SUZY HESS

Entrants in the W65 200 at the WAVA World Championships, Gateshead, England.

North American Meet Set for Kamloops

KAMLOOPS, British Columbia – Masters women and men and track and field athletes ages 30 and up are invited to compete and enjoy the hospitality of a city recognized as one of the most progressive sports communities in this Canadian province. The Kamloops Ridge Runners and Kamloops Track & Field Club are joining forces with the City of Kamloops to host Masters Athletics Kamloops 2000 from Aug. 17-20.

While this event caters to W35+ and M40+, it will also incorporate pre-masters events enabling athletes as young as 30 to compete in events such as the 10K road race and 8.2K cross-country.

A solid list of sponsors is in place to help meet costs for hosting an event of this magnitude, headed up by Toronto Dominion Bank Financial Group as the major corporate sponsor.

This event will serve as both the World Association of Veteran Athletes (WAVA) Regional Championships for North America, Central America and the Caribbean, as well as the Canadian National Masters Track and Field Championships.

Organizers expect 500 to 600 entrants, and preparations commenced, a year in advance of the event, to make this a championships to remember. It will incorporate the entire spectrum of Olympic track and field events, with the Hillside Stadium complex at the University College of the Cariboo serving as focal point for most of the action.

Longer distance events including the road race, and 5000 and 10,000 racewalks, will be held in North Kamloops on very flat courses, with the racewalk paralleling the scenic North Thompson River. The road race starts and finishes on McArthur Island.

A demanding 8K cross-country race will also be held over a scenic and hilly forested area in the southeast sector of the city.

With many of the best hotel and motel accommodations located in the southeast sector of the city, the Hillside Stadium complex is ideally located and information on the events and accommodations can be accessed by e-mail at masters2000@kamloops.com, or website www.masters2000.kamloops.com.

A Games office has been established at the Kamloops Parks & Recreation office (see ad on this page). □

— Tony Parker

Shaheed Breaks Fitzgerald's 25-Year-Old M50 800 Record

Nolan Shaheed set a pending U.S. M50 record of 2:00.7 in the John Ward meet in Santa Ana, Calif., April 9.

The existing mark of 2:01.1 was set by Bill Fitzgerald in 1975 and has stood for 25 years. Only two U.S. T&F age-group records are older than Fitzgerald's.

Shaheed's time is the third-fastest ever run by a 50+ athlete. Holland's Ron Mercelina holds the world mark of 1:59.45, set in 1996. Australia's Alan Bradford clocked a 2:00.4 in the 1989 World Veterans Championships in Eugene, Ore. □

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The World Association of Veteran Athletes (WAVA) Regional Championships (North and Central America and the Caribbean)
In conjunction with the Canadian National Masters Track and Field Championships

PLEASE PRINT OR TYPE - one entry per person

OFFICIAL ENTRY FORM

(permission is granted to reproduce this form)

★ Entry Deadline - Saturday, July 15, 2000 ★

★ Late Deadline - Thursday, August 10, 2000 ★

Last Name		First Name		Phone	
Street Address		Day/Month/Year of Birth		M/F	
City		Country		Postal/Zip Code	
Club		WAVA affiliate CMAA/BCA #		Nationality	
				Languages Spoken	

TRACK						FIELD			NON-STADIA EVENTS		
Event	X	Performance	Event	X	Performance	Event	X	Performance	Event	X	Performance
100 m			Hurdles			Pole Vault			10 k Road Race		
200 m			80 m			Long Jump			8 k X-Country		
400 m			100 m			High Jump			10 k Race-Walk		
800 m			110 m			Triple Jump					
1500 m			300 m			Shot Put					
5000 m			400 m			Discus Throw					
Pentathlon	M	LJ, JT, 200 m, DT, 1500 m				Javelin Throw					
	W	SP, HJ, 100 m, LJ, 800 m				Hammer Throw					
Pentathlon, WL		HT, SP, DT, JT, WT				Weight Throw					

FEE SCHEDULE		Up to July 15, 2000	Up to Aug 10, 2000	Fees
First event (non-Pentathlon)		\$35	\$70	
Each extra event		\$10	\$20	
Pentathlon		\$40	\$80	
WAVA levy		\$10	\$10	\$10
Non-member fee		\$5	\$5	
Food Ticket: Breakfast/Lunch		x \$12	x \$12	
Breakfast/Lunch/Dinner		x \$20	x \$20	
Banquet Ticket		\$25	\$25	
T-shirt: No. M L XL XXL		\$15	\$15	
Total Fees:		\$		

FEES ARE NON-REFUNDABLE

Payable to: KAMLOOPS MASTERS EVENT SOCIETY

Mail entries to: Master Athletics 2000
c/o Kamloops Parks and Recreation
6 Seymour Street West
Kamloops BC V2C 1E1

PAY BY VISA:
Enter Visa #

Expiry Date: Month/Year

No entries except for the relay will be accepted on any day of the meet.

MASTERS ATHLETICS KAMLOOPS 2000

EVENT SCHEDULE

Note: Events will run approximately in the sequence listed below, however for starting times, age category and non-stadia events contact our office. Women will always compete first followed by men, oldest age groups first down to youngest.

Thursday, August 17	Friday, August 18	Saturday, August 19	Sunday, August 20
8000m X-Country Race	100m Dash	10000m Race Walk on Road	10000m Road Race
Opening Ceremonies	Shot Put	Hammer	5000m Race Walk
Pentathlon (W30+) - CMAA - SP, HJ, 100m, LJ, 800m	2000m Steeplechase	5000m Run	Weight Pentathlon - HJ, SP, DT, JT, WT
WAVA - Hurdles, HJ, SP, LJ, 800m	3000m Steeplechase	200m Dash	High Jump
Pentathlon (M30+) - LJ, JT, 200m DT, 1500m	80m Hurdles	Pole Vault	400m Dash
	Discus	Weight Throw	1500m Run
	100 Hurdles	Long Jump	Triple Jump
	110 Hurdles	Javelin	4x400 Relays
	800m Run	300m Hurdles	
	4x 100m Relays	400m Hurdles	

13 Months to Go



Countdown to Brisbane

Organizers Expect 6000 in Brisbane

The 14th WAVA World Veterans Athletics Championships will be held in Brisbane, Australia from July 4-14, 2001. The event is open to all men age 40-and-up and all women 35-and-up.

At a corporate and athletics "who's who" event on March 29, the Queensland Minister of Tourism, Merri Rose, ceremoniously launched the Championships. The Minister told the guests, including the full WAVA Council, that, with an expected 6000 international and local competitors, this event will boast the largest number of participants in any IAAF-sanctioned athletic competition - bigger even than the athletics component at the Olympics.

Track and field events will be held at the State Athletics facility and ANZ Stadium with racewalking held at the U. of Queensland. The marathon will start and finish at South Bank. Cross-country runners will wend their way through the

picturesque St. Lucia golf course.

Minister Rose also stressed that the WAVA Championships is not only a prestigious international sporting event, but would be another economic windfall for the state.

Gates, Boleman Win British Vets Cross-Country Championships

by BRIDGET CUSHEN

The Northern fishing town of Grimsby organized the BVA Cross-Country Championships, March 26, this year, attracting approximately 500 competitors. Former international 10,000 runner, Eamonn Martin, in his first race as a registered veteran got a sharp reminder of the depth of British middle distance running as he raced home ninth, some 18 seconds down on the winner.

Nigel Gates, now 46, was again the emphatic overall winner piling on the pace over the twisting course, spreading out the field just as he did last November when he so easily retained the international cross-country title in Devon.

European 10,000 bronze medalist,

Bill Foster, some nine seconds back, tried to stay with Gates in the early stages, but he led home the strong M40 field which included a string of new veterans, Colin Donnelly, Mark Burnhope, Andrew Wetherill, and Bob Atkinson.

Peter Hyde won the M50 age group by 17 seconds from Ahmed Amraoui. Graham Patten was well clear in the M55 race, but there was a great tussle in the M60 race between Phil Lancaster, Fred Gibbs and Steve James, who finished in that order.

Despite a good entry in the W35, it was 40-year-old Margaret Boleman who crossed the finish line just nine seconds ahead of Sarah Heath. Helen Burrell got the W35 silver, and W45 Maggie Statham was fourth overall. □

NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000

WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000

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

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WAVA Council Visit

The WAVA Council conducted its annual general meeting in Brisbane in late March. The Brisbane Organizing Committee informed the council of its progress to date and hosted on-site visits of all venues.

Web Site

The Web site for the 14th WAVA Championships is located at <http://www.worldvac2001.com.au>. The site provides readers with details from venues, program, special events, tourist info and more. Internet users will be able to download a hardcopy of the entry book from late July.

News group

The Championships has set up a newsgroup at www.egroups.com/list/wava2001.

We want to make Brisbane 2001 the best WAVA Championships ever. We will provide much information about Brisbane and Queensland. Feel free to contact us if you have a question. □

- Brisbane Organizing Committee



JERRY WOJCIK

Nico Oud, 47, Netherlands, ran the 2000 Boston Marathon in 3:01:40.

WAVA/USATF Hurdles and Implements Specifications

HURDLES

WOMEN

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

MEN

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

IMPLEMENTS

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

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)

WAVA weights are used for USATF weight pentathlons.

Note: USATF voted not to adopt WAVA's 27" hurdle heights, so those events will be run at 30" heights in USA national and regional meets.

* New 1999 IAAF specifications.



Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Drug Testing

Kathy Jager was tested positive at the 1999 WAVA Championships in Gateshead. In compliance with IAAF rules, USATF has suspended her from competition for two years. This information was made public only after a USATF Doping Appeals Board conducted a procedural hearing for Jager and determined that a doping violation had been committed.

Only after the determination is USATF required by its rules and regulations to release the name of the athlete. Up until that time, every aspect of the process remains confidential. Not even the Masters Chair or the USA member of the IAAF

Veterans Committee is privileged to any information. In the Jager case, we were only notified that a USA masters athlete had tested positive at Gateshead.

Jager had been informed that she was to be sanctioned for two years and consequently was not eligible to compete at the Mt. SAC Relays. She contacted me and, through subsequent conversation, I became aware of the circumstances involved.

Prescribed Medical Treatment

She has been following a prescribed course of medical treatment by her treating physician. Although

the treatment is one commonly prescribed for post-menopausal women, the substance is considered prohibited by the IOC and IAAF.

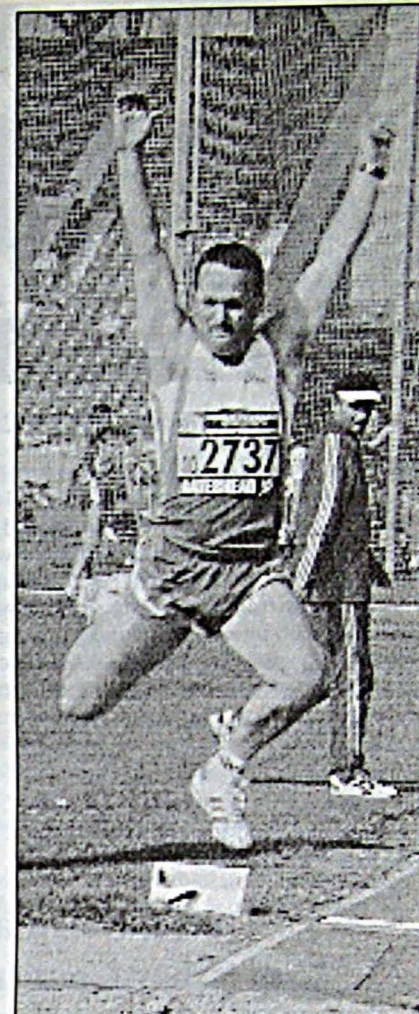
Jager, like most USA masters athletes, was not familiar with international regulations and had applied for an IAAF medical exemption after the positive finding. She was denied and the required disciplinary proceeding were implemented. She is presently attempting to comply with IAAF regulations and has reapplied for an IAAF medical exemption.

Jager's ease could very well be repeated by other women of middle age. I have been advised that most women of masters/veterans age are taking hormone medication due to menopausal symptoms, or other natural supplements to enhance their quality of life.

Doping Tests Questionable

The policies of the IAAF doping tests for women are to be seriously questioned. The lack of a USATF educational and advisement program for all masters/veteran track and field athletes needs to be seriously questioned. I have already taken the initiative to recruit members of the USATF Executive Committee, the IAAF Veterans Committee, IAAF Council, and IAAF Doping Commission to address masters/veterans doping program issues at their future committee meetings. The present system, which is designed for open and elite athletes, is definitely not applicable for senior age athletes and needs to be completely revamped or discarded.

I welcome your comments. □



JERRY WOJCIK

Michael Doherty, M40, of Ireland, in the long jump, at the 1999 World Veterans Championships in England.

COMING NEXT MONTH

- 2000 Indoor Rankings
- Cotton Row 10K
- Mike Tymn's 240th Consecutive Monthly Column - 20 Years of Consistent Excellence

USATF MASTERS EASTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

July 15, 2000

Springfield College Outdoor Track
Springfield, Massachusetts

Open to all men and women 30 years of age and older. Individuals will compete in five-year age groups, relays in 10 year age groups.

Track schedule includes 100, 200, 400, 800, 1500 and 5000 meter runs, 5000 meter racewalk, hurdles, steeplechase, and relays.

Throws include discus, hammer, javelin and shot put.

Jumps include long and triple jumps, high jump and pole vault.

A 2000 USATF membership is required for all US residents.



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E-mail: office@usatfne.org

<http://www.usatfne.org>

Drug Alert for Masters Women

by SUZY HESS

It set off an alarm in me when Kathy Jager tested positive for "doping" from the IAAF tests in Gateshead, England, during the WAVA Championships. If she had "done drugs" I want to see the suspension upheld. If not, and she was a "test case" for masters women, I want to stand by her, give her my support, and try to help her battle the archaic and inappropriate testing for masters women. She tested positive for having "traces" of "methyl-testosterone," was slapped with a two-year suspension, and stripped of her medals from the World Championships.

Why the alarm? I take hormone replacement therapy as do almost all the women I know. A close friend of mine told me the previous week that she had been given a new prescription for hormone replacement therapy that had a little testosterone in it "to make her muscles stronger." I thought nothing about it at the time.

I decided to call my pharmacist to see if I had any methyltestosterone in my Premarin. I was told the drug containing this is not Premarin, but a commonly prescribed drug called

Estratest. My pharmacist, stated that, "This is used periodically for medically legitimate reasons and not used as a performance enhancer." He said, "We fill 400 to 500 prescriptions monthly."

I thought, there must be a lot of masters women with the banned substance in their blood who would get their medals stripped, and be caused stunning embarrassment if caught and tested - for something that was prescribed by their physicians. It is also cause for great alarm for masters women that they are tested on standards for younger, open women who have no need for hormone replacement therapy.

The e-groups on the Internet have had an explosion of interest in this subject and many questions are now being asked regarding proper procedure for testing masters women athletes, which drugs are banned, and how and when these lists will be available.

For access to the IAAF testing process, including banned substances, visit: <http://www.iaaf.org/InsideIAAF/index.asp>. Click on "structure," then "commissions," then "doping." □

Jager's Medication Ruled "Illegal"

by KEN STONE

America's Kathy Jager returned from the World Veterans Athletics Championships in England last August with two golds, three silvers and a bronze medal – the world's fastest woman in her age group.

In her first international competition, Jager had beaten the world record holder in the W55 100 meters by nearly a half-second. She beat the same German legend by three-tenths in the 200.

But her Gateshead triumphs were eclipsed by emotional trauma.

Jager, 56, endured a torrent of media scrutiny after an Australian competitor accused her of being a man. The mother of two and grandmother of four became the "sex row athlete" of the British press.

The laughable charge was swiftly refuted.

But her greatest indignity awaited. Back home in Glendale, Arizona, a week after Gateshead, she was notified by mail that she had tested positive for "a prohibited substance" August 1 at WAVA – making her the oldest track athlete in history to be accused of doping.

"I was shocked," Jager said from her home near Phoenix. "How could I have tested positive?"

Taking Estratest

The answer was to be found in the light-green tablets she'd been taking to regulate her hormones and relieve such postmenopausal symptoms as hot flashes and mood swings. By doctor's orders, she was taking Estratest HS, a widely used product by Solvay Pharmaceuticals.

The generic name for the medication is methyltestosterone and esterified estrogens. Methyltestosterone is listed as an androgenic anabolic steroid in Schedule I, Part I, of the IAAF's Prohibited Substances list.

Ironically, she had been taking Estratest HS (which stands for half-strength, the lowest dosage given) for only two months. Jager says her female physician had switched her medication from the more common Premarin and Provera because that combination had lost its potency through interactions with other medications Jager took to avert a recurrence of kidney stones and high blood pressure.

"So I hadn't even been on it very long and never looked at the chemical name," said Jager (who pronounces her Dutch name JAY-ger).

"You don't look at all your medicine and say, 'Gee, what's it got in it?' Your doctor prescribes it, and it's working and you don't have the symptoms. And you assume that's what you need."

In fact, when Jager was drug-tested at Gateshead, she voluntarily named all her medications.

"I went there unknowing – figuring, well, I'm not taking anything," she said. "I don't hardly drink caffeine . . . I wrote all these medicines down (during the drug test). And I wrote what they were for. So they had a complete list of everything I was taking. Obviously I wasn't trying to hide anything."

"There was no intent (to cheat)."

No Advantage

She strongly objects to any suggestion that she used the tablets to gain an artificial advantage, saying: "I know I won those races fair and square and I ran only with my own womanpower and determination."

The IAAF demanded an explanation within 10 days. Jager and her doctor sent it, and later applied for a medical exemption for Estratest.

Then she waited. And waited. The IAAF didn't respond until December 10 via USATF lawyer Jill Pilgrim – some four months later – leaving Jager in a hellish private limbo. Jager went back to taking her nonperforming hormone replacement instead of the "illegal" one.

"All of sudden I get this letter in the mail . . . (saying) that my explanations were not acceptable (to the IAAF)," she said. "Because a doctor prescribes it, or that you did not take it for any (athletic) enhancement are not reasons that are legitimate."

"I mean, what is a legitimate reason? There is no such legitimate reason (to the IAAF)."

The IAAF handed the case over to USATF, which mandated a hearing – and forced her to find a lawyer. Fortunately, an attorney friend volunteered services pro bono – charging Jager only for phone calls and postage.

Hearing Held

The hearing before the USATF's three-person doping board took place in early March more than 600 miles away – in Denver, Colorado.

There she repeated her case:

- Neither the IAAF nor USATF had ever informed her of the banned drugs or that a medical exemption process exists that allows athletes to take banned drugs out of medical necessity.

- Masters athletes shouldn't be held to drug-test standards geared for Olympic aspirants and national-class athletes in their teens and twenties.

"I'm not a stupid person," said Jager, a registered nurse since 1982, but I was pretty innocent, a novice (who didn't begin masters track until she was 50). It didn't occur to me to check to see if some of these (medications) might be prohibited . . . In essence, I was unprepared.

"If I were 18 years old, and I tested positive for this substance (she'd understand the fuss). But I'm 56, and I legitimately need hormone replacements."

Moreover, Jager says another American sprinter recently told her she also has been taking Estratest by doctor's decree – unaware of its illegal status. Jager says she comprehends the pressures that make cheating more likely among open athletes.

Special Medical Needs

"So I understand . . . the reason for having this law. But we're all lumped into one big group. One-size-fits-all doesn't work when you have special medical needs as masters athletes."

"We're compared equally (with youngsters) – and we can't be compared equally."

USATF ultimately agreed with Jager.



Kathy Jager

SUZY HESS

But two months later – on May 8 – the IAAF opened the wound by posting its monthly newsletter on its Web site.

On Page 8, in its regular "Positive cases in athletics" section, the IAAF listed one Michael Tietz – a 10.5 British sprinter – and Kathleen Jager.

For the first time, her identity was public knowledge. On May 11, the Associated Press distributed worldwide a six-paragraph dispatch that began:

LONDON (AP) – Kathy Jager, a 56-year-old American who set two world sprint records for her age group at last year's World Veterans Championships, has been stripped of her medals and suspended for two years after testing positive for an anabolic steroid.

The report was wrong on several counts. (She hadn't set two world records, for example, and nobody asked for her medals back.) But it finally brought the case into the open.

Early Reinstatement by USATF?

USATF, meanwhile, had been working behind the scenes to give Jager a break. On June 4, Jager says, the USATF Executive Board will meet and follow the recommendations of the doping panel and grant Jager "early reinstatement" for USA competition. Jager says USATF chief executive officer Craig Masback and USATF president Patricia Rico back her full reinstatement.

Jager says she intends to compete at the mid-August USATF Masters National Outdoor Championships in Eugene, Oregon. She also hopes to gain a medical exemption from the IAAF –

so that she can return to taking Estratest and still compete in WAVA international meets, including the 2001 world meet in Brisbane, Australia.

Ken Weinbel, chairman of the USATF Masters Committee, didn't learn that Jager was the American who had tested positive at WAVA until early April – when news releases told of how Jager was set to compete in a handicap women's 100-meter mixed-age race at the Mt. San Antonio College Relays in California – when someone in USATF told Weinbel that Jager was under a competition ban.

Jager – who at first didn't think a special exhibition race qualified under the IAAF ban – quietly withdrew from the race.

System is Clueless

But even if Jager's private problems are resolved, she has become determined to publicly challenge a system she considers clueless about the special needs of masters athletes.

How clueless?

The Times of London quoted an IAAF spokesman as saying: "Why someone of her age would want to use steroids is beyond me. She said she used this substance for hormone problems . . . Maybe she did use it for medication. I don't know. But presumably the doping panel did not accept this as justification."

Kathy and her husband, Carl, further argued: "Beyond the inequity demonstrated in this case, the situation raises serious gender and age discrimination issues."

Jager was feeling better about her predicament after it became public knowledge, and she began getting support from friends. She even can joke about it a bit.

"My daughter said: 'When are they gonna stop picking on you, Mom?'"

It was Mother's Day in America when I last chatted with Jager, a woman of strong Christian faith.

"I want something really positive to come out of this," Jager told me. "I'm a positive person, and there is a purpose for this beyond what we can imagine." □

(Ken Stone is co-webmaster of www.masterstrack.com)

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Masters Scene

NATIONALS

• **Carl Clark**, winner of the M35 800 (2:00.79) and mile (4:24.02) in the Indoor Championships, Boston, was identified as a Canadian in the photo on p. 20, May issue. Clark is a native Texan and a special services soldier stationed in Stuttgart, Germany, and now good-naturedly called "Canuck" by his fellow detachment members.

• The 2nd annual Tommy's American running series races, sponsored by *Runner's World* and presented by Tommy Hilfiger Fragrances and the New York RRC, take place during the July 4th extended weekend: July 1, Oklahoma City, Cleveland, OH; July 2, St. Louis, Washington, DC; July 4, Chicago, Dallas, Huntington Beach, Calif., Jacksonville, FL, NYC, Boston, MA, Portland, OR, Houston, and Sacramento. To register: call 212-423-2284; www.tommyrun.com.

• Eighty-degree heat and humidity waylaid the field at the U.S. Marathon Olympic Trials, Pittsburgh, PA, May 7. Although six masters qualified for the Trials, none finished. **Steve Plasencia**, 43, a contender to make the team, told *Runner's World* that poor training the prior month, and the oppressive conditions factored in his DNF. The UMPC Pittsburgh Marathon followed the Trials. **Joseph Perske**, 44, Satell, MN, 2:46:43, and **Cindy Hatch**, 46, Oakdale, PA, 3:21:35 won the masters divisions.

EAST

• **Don Di Donato**, 42, Hicksville, NY, was second overall for the fifth time in the Nationwide Insurance 10K Run For ASPIRE, Plainview, NY, April 10. Di Donato, who won the race twice, finished in 33:33, two seconds ahead of **Robert Anastasio**, 47, Melville, NY. **Kathy Martin**, 48, Northport, NY, was third female in 37:26. **Maury Dean**, 57, Patchogue, NY, 38:22, and **Bertha Bellinghausen**, 65, Kew Gardens, NY, 47:55, were standout division winners. Proceeds of the race were turned over to the ASPIRE program for the rehabilitation of young amputees, and victims of bone cancer, birth defects, and traumatic amputations. The event was the Long Island T&F 10K Championships and part of the 2000 L.I. Grand Prix of Road Races co-sponsored by KeySpan Energy and LIT&F.

• **Larry Sayers**, 40, Bellows Falls, VT, was edged by the overall winner, both in 25:33, at the 71st Annual Patriots' Day Boys and Girls Club 5 Mile, Portland, ME. **Sarah MacColl**, 44, took the women's masters laurels in 34:51. Strong performances were turned in by **Jane Rau**, W50, 35:19, second master overall, and **Ron Newbury**, 50, Auburn, ME, in 27:17. The oldest competitor, **Elizabeth Irwin**, 72, posted a lively 53:04.

• A superb men's masters turnout enlivened Washington DC's Sallie Mae 10K, April 30. **Andrew Masai**, 40, Kenya, came south from his Ontario, CAN, training base to scorch a 29:57, outdistancing a strong U.S. effort, led by **John Tuttle**, 41, Douglasville, GA, 30:36; **Jon Sinclair**, 42, Ft. Collins, CO, 31:36; **Gerard Donakowski**, 40, Sheperdstown, WA, 31:54; and **Jim Hage**, 42, Lanham, MD, 32:05. **Marina Belyaeva**, 41, Russia, led a solid women's field in 34:48, good for third place overall, and just 45 seconds out of first. Triathlete **Lee DiPietro**, 42, Ruxton, MD, was second W40 in 36:12.

• **Stacy Creamer**, 40, 18:36, took the overall women's title at the NYRR Skaggs-Walsh 5K, Central Park, April 15. Top M40+ was **Robert Anastasio**, 47, 16:30. In the W60 division, **Joan Bondell**, 61, 24:30 and **Margaret Carinci**, 63, 24:32, raced down to the wire.

• **Jerry Macari**, 40, 16:26, led the masters men at the NYRR Run For The Rainforest 5K, Central Park, NYC, April 22, with **Judy Harrigan**, 50, 21:41, outrunning the masters women's field. **Laura Starita**, 80, shone brightly in her division with a 28:32 (AG 87.0%), with **Abraham Weintraub**, 90, 46:59, representing

his division.

• In the Nortel Cherry Blossom 10 Mile, Washington DC, April 9, masters flourished despite high winds. **Charlie Andrews**, 42, a Rochester Nortel Networks employee, placed first, 55:10, with **Robert Marino**, 41, Annapolis, MD, close on his heels, 55:19. **Judy Maguire**, 41, Clearwater, FL, 60:26, wrested victory from defending champion **Patti Shull**, 41, Ashburn, VA, 60:56. Standouts included four-time overall winner, **Bill Rodgers**, 52, Sherborn, MA, 56:01; **Chuck Moeser**, 48, Sterling, VA, 55:33; **Sharon Dolan**, 58, Gaithersburg, MD, 71:43; and **Lou Lodovico**, 76, Elwood City, PA, 73:12.

• **Peter Churchman**, 44, Ardmore, PA, 2:43:53, and **Susan Hess**, 42, Morristown, NJ, 3:26:02, led the masters at the New Jersey Shore Marathon, April 30. **Mel Williams**, 62, Norfolk, VA, 3:06:00, and **Ruth Fairbrother**, 58, Staten Island, NY, 3:52:26, also turned in solid times along the scenic coastal course.

• For those who preferred to stay off the track, the Penn Relays offered the Distance Classic 20K and 5K, April 16, through the streets of Philadelphia. **Dave James**, 48, Newark, DE, 75:55, and **Shirley Geerling**, 41, 82:44, outstripped the masters field. **Seth Bergman**, M50, Glassboro, NJ, 78:27, and **Leah Whipple**, 48, 87:49, placed well. In the 5K, **Dennis Packard**, 45, Lonsdale, PA, was the overall victor in 16:14. **Kahl Schrier**, 44, set the standard for the masters women, 22:11. Also notable were **Helen Perron**, 57, Mt. Holly, PA, who churned out a 24:18, and **Jim Donohue**, 60, Philadelphia, who staked a creditable 20:53.

SOUTHEAST

• **Dave Kannewurf**, 44, Mechanicsville, VA, edged **Rick Platt**, 49, Williamsburg, VA, for the M40+ win by two seconds with a 16:30, 5K, Run For Mental Health, Williamsburg, April 29. **Joan Coven**, 58, Williamsburg, was the W40+ stand-out with a masters first 23:00. **Tom Ray**, 67, Kitty Hawk, NC, won the M65+ race with a 21:25.

• An Atlanta TC M50-59 team of **Tom Brewer**, **Marion McCoy**, **Al Seale**, and **Greg Marshall** will attempt to break the world best (1:40.33) for the 4x200 at the Southeast Regional Championships, Middle Tennessee St. U., June 24, at a special time slot of 1:00. Male or female teams interested in running the relay can contact meet director **Randall Brady**, 615-383-6733. Runners must be members of the same club and must provide proof of age with a driver's license or birth certificate. Entries must be confirmed by June 14. There is no entry fee for the relay.

• **Kevin Higgins**, M40, 2:49:41, Randolph, NJ, and **Elizabeth Scott**, W50, 3:19:30, Graham, NC, won the masters division at the inaugural Country Music Marathon, Nashville, TN, April 29. Second-place finishers were close behind: **Terry Erickson**, M45, East Moline, IL, 2:51:09, and **Laura Wilson**, W40, Buffalo, NY, 3:21:16. Excellent weather and 10,000 runners greeted this first time race.

• **Benny Wade**, M60, with a 20:33, and **Alice Smoot**, W40, with a 19:14, reeled off masters firsts, Leprechaun 5K/USATF Georgia Masters Championships, Dublin, March 11.

MIDWEST

• **Sam Ngatia**, M40, Kenya, 2:24:30 and **Mary Burns-Prine**, W40, San Diego, 2:53:39, won masters titles at the CBS Cleveland Marathon, April 30. Standout **Thomas Haase**, 81, Lakewood, OH, unleashed a 3:43:43. In the 10K, **David Chawane**, 40, 30:53, registered a convincing win. **Ukrainians Tatyana Pozdnyakova**, 45, 33:59, and **Elena Viazova**, 40, 35:03, took first and second W40+. **Frank Lewis**, 52, reeled off an M50 34:18, and **Arnold Turpin**, 69, Willoughby, OH, took the M65 in 45:58.

MID-AMERICA

• **Pete Orban**, 44, Claremore, OK, 17:26, and **Brenda Stuke**, 40, Broken Arrow, OK, hot-footed to masters wins in the chilly Schlitzky's 5K, Tulsa, March 11. Top performers in the event that had a 40-degree temperature at the start were **George Marchetti**, 57, Tulsa, 18:58, and **Donna Spencer**, 48, Tulsa, 21:51.

• **Paul Heitzman**, 69, Eudora, KS, was top age-graded M40+ performer with a 19:41/A-G14:40, Field Of Dreams 5K, Tulsa, OK, May 6. **Brenda Stuke**, 40, Broken Arrow, OK, was first and best W40+, 19:06/18:12. First M40+ was **John Stuke**, M45, Broken Arrow, in 17:25.

• **James Cope**, of Albert Lee, MN, 33:11, and **Bev Docherty**, St. Paul, 36:26, won the masters races, Get in Gear 10K, Minneapolis, April 29. **Thom Weddle**, Burnsville, MN, streaked to 37:40 to capture M60 honors. The W55 division offered the closest race of the day with **Marilyn Schnobrich**, Duluth, just edging **Judy Cronen**, Lakeville, MN, both in 45:41.

SOUTHWEST

• Local favorites **Wanda Hall**, 78, Austin, 1:15:23, and **Sidney Smith**, 89, Austin, 1:45:26, were the oldest finishers in a field of 15,500 at the American Statesman Capitol 10K in Austin, TX, April 2.

• The Crescent City Classic 10K, April 20, lured a top international masters field with a \$1000 first-place prize. Kenyan **Simon Karori** scorched through 29:33 to gain victory over South African **David Chawane**, 30:23, Canadian **Graeme Fell**, 30:46, and top U.S. and defending champion **John Tuttle**, 31:09. Ukrainian **Elena Viazova**, 35:19, dethroned last year's victor **Jane Welzel** Fort Collins, CO, 36:17. **David Jeffrey**, 58, Semmes, AL, recorded a 38:06 through the historic neighborhoods and districts of New Orleans.

WEST

• The USATF SCA Championships are now scheduled for Sat., June 24 at CSU-Long Beach, and the USATF Masters West Regional Championships, cancelled earlier, has been rescheduled for Sat., July 8, at Cerritos College, near Los Angeles. Those venues have been sites for previous masters meets; Cerritos has hosted several masters regionals. Both meets were put together single-handedly on very short notice by **Andrew Hecker**. Check these web sites for more information: www.creativestuff.com/sca.html and www.creativestuff.com/west-ern.html; or the ad on p. 18.

• The Sri Chinmoy Meet, originally scheduled for Oct. 22 at CSU-Long Beach, has been changed to Oct. 1 or 8; both dates are tentative.

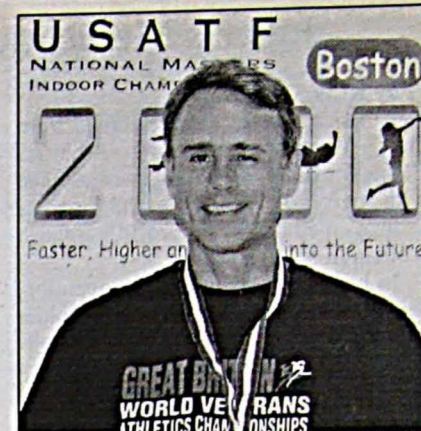
• **Yvette LaVigne**, 60, broke the W60 U.S. record for the 1500 with a pending 5:32.8 in the So. Calif. Striders Meet, Long Beach, CA, May 7. **Vicki Bigelow** holds the record of 5:39.96, set at WAVA-Buffalo in 1995.

• **Kari DiStefano**, 41, Telluride, CO, surfed to a 2:55:02 at the Big Sur Marathon, CA, April 30, to defeat last year's overall winner, **Suzanne Morris**, 42, Encinitas, CA, 2:57:35, and win the masters division. **Chuck Teixeira**, 40, Valencia, CA, finished first M40+, 2:49:27. **Malcolm Gillis**, 66, Toney, AL, cruised to 3:26:56. **Yukie Mochida**, 70, Walnut CA, toured the scenic bluffs in 4:31:05 to pace all W60+. In the 5K, **Armando Siqueiros**, 41, 15:37, and **Barb Acosta**, 42, 17:57, topped the masters field. Highest age-graded performances came from **Barbara Miller**, 60, 20:44, 88.0%, and **Nick Fettes**, 48, 16:01, 89.4%.

• **Steve Scott**, 43, won the Santa Anita Derby Day 5K overall in 15:53, April 8 in Arcadia, CA. **Joann Scott** was first W40+ in 21:11.

NORTHWEST

• **Steve Plasencia**, 43, two-time Olympian in the 10,000, now track and X-C coach in Minnesota, finished second after leading almost all of the way in the 31-runner 5000, with a sensational, pending AR 14:13.25, Oregon Relays,



SUZIE HESS

Dave Clingan, M45 800 national champion (2:05.83), 2000 Masters Indoor Championships, Boston.

Eugene, April 8. **William Krohn** holds the record at 14:45.70, set last year in July at WAVA-Gateshead.

• **Leon Joslin**, Seattle, broke the age-88 WR for the HT (9.56) and U.S. records for the SP (6.80), WT (5.84), and SW (4.39), Seattle Masters Spring Fling, April 29. Competitors did a weight pentathlon, with the SW substituted for the JT. Top scorer was **Bob Lawson**, 65, with 4368. **Pauline Thomas**, 51, was top-scoring woman (4029).

• **Barbara Miller**, 60, Modesto, CA, continued her brilliant year with a new U.S. age-group record at the Lilac Bloomsday 12K, Spokane, WA, May 7, under favorable skies. She surpassed **Joyce Gaskin's** 53:52/1995 with a 50:51. Kenyan **Simon Karori**, 40, 36:14, captured the men's master title, leaving a high-quality field in his wake: Canadian **Graeme Fell**, 41, 37:01; **John Tuttle**, 41, GA, 37:37, and **Jon Sinclair**, 42, CO, 39:25. The women's masters race was won by Ukrainian **Elena Viazova**, 40, 42:26, who was pursued by fast-closing Canadian **Nancy Tinari**, 40, 42:38. Age-group standouts included **Ted Jaleta**, 45, Regina, SK, 39:30; **Tatyana Pozdnyakova**, 45, Ukraine 43:18; **Jeff Corkill**, 56, Spokane, 42:52; **June Machala**, 69, Spokane, 57:16; and **George Boulden**, 83, Spokane, 74:02.

CANADA

• Almost 44,000 finishers competed at the Vancouver Sun Run 10K, April 26, in Vancouver, BC, CAN. **Graeme Fell**, 41, Vancouver, sped through Stanley Park to finish in 30:55, well ahead of a strong Canadian field. **Nancy Tinari**, 40, Coquitlam, BC, 35:05, also cruised to victory. **Nicolas Stark**, M50, 34:44, and **Jan Selman**, W55, 43:01, turned in strong division-winning performances. **Frank Kuracz**, 70, 43:45, and **Betty Jean McHugh**, 72, 49:47, blazed to 70+ victories.

INTERNATIONAL

• **Martin Duff** reports: at the Flora London Marathon April 16, Scotland's **Trudi Thompson**, 40, took the W40 honors with a 2:40:40, good for 22nd overall. **Mary Anstey**, 63, cruised to a victory in the W60 in 3:34:51. **Robin Nash**, 41, the European Veteran's half-marathon silver medalist last year in Bruges, collected the \$1000 masters prize with a modest 2:27:17, just two seconds ahead of **Peter Embleton**, 46. In the over-50s, ultra star **Stephen Moore**, 52, just lost out on collecting his third London title as **Alastair Kean**, 53, scored 2:32:25 to 2:32:56. American **W. Wickham**, took third in the W45 (3:08:28).

• The schedule in the entry form in the May issue for the NCCWAVA Championships, Kamloops, B.C., Canada, Aug. 17-20, mistakenly listed the 100m instead of the WAVA specified hurdles for the women's pentathlon; the WAVA specifications will be followed. The Championships will provide the first opportunity for many to try out the 27" hurdles, according to **Brian Oxley**, NCCWAVA President.

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

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

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

August 10-13. 33rd annual USATF National Masters Championships, Eugene, Ore. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax: 687-1016; email: NEM@dnsi.net; www.eugenechamps.com.

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

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

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

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

EAST

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

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

June 4. USATF-NJ Masters Championships, Monmouth HS, Tinton Falls. 732-409-7644.

June 7 & 21. Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

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

June 11. Philadelphia AC 2nd Annual Masters Weight, Superweight & Ultra-Weight Meet, Germantown Academy, Philadelphia, Pa. Ray Feick, 2987 Lutheran Rd., Gilbertsville, PA 19525. 610-754-6007; ffeick@aol.com

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

June 14 (Wed). Holmdel International

Meet, Bob Roggy Memorial Field, Holmdel, N.J. Masters 100/400/mile/4x800. SASE to Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080; Elliottden@aol.com

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

June 17. Al Saner Open Meet & Shore AC Relays, Point Pleasant Boro HS, Point Pleasant, N.J. Masters 100/400/mile/relay/LJ/SP/DT. See June 14.

June 17. Vermont Senior Games, Montpelier. George Brown, 49 Freedom Dr., Montpelier, VT 05602. 802-229-0621.

June 17. Long & Strong Throwers Classic, Lancaster, Pa. Glenn Thompson, 717-238-1720; Thrower@aol.com, or Terry Shuman, 717-285-7943; TGShuman@aol.com

June 17-18. Decathlon/Heptathlon Challenge, Walter Johnson HS, Bethesda, Md. Daemon Dartouzos, 12611 Saddle Ln., Germantown, MD 20874-5003. 301-540-8518; readytorun@starpower.net

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

June 24. Beverly Lions Club Age-Graded All-Comers Meet, Beverly HS, Beverly, Mass. Special distance handicapped 200m, fastest New England sprinter, men & women combined, \$200 to the winner. 978-922-2339; BevLions@aol.com

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

June 25. MAC Open & Masters Championships, Mitchell Field, Long Island, N.Y. Date of meet entry only. Donnadale Arthur, MAC Office, 212-227-0071, x20, 9 am-5 pm; Roz Katz, 718-358-6233 (7 pm-9 pm); www.mactrack.org

June 28. Shore AC All-Comers Meet, Ocean Township HS, Oakhurst, N.J. 6:15 pm. See June 14.

July 5, 12, 19. Shore AC All-Comers Meets, Ocean Township HS, Oakhurst, N.J. 6:15 pm. Elliott Denman, 732-222-9080; Elliottden@aol.com

July 5 & 19. Philadelphia Masters Developmental Meets, Germantown Academy, Fort Washington, Pa. 6:00 pm. Joel Dubow, 610-792-3177; phillymasters@netreach.net

July 6, 13, 29. Long Island TF Summer Series Meets, Mitchel Field, Uniondale, N.Y. 6:30 pm. LITF, 516-349-9157 (9 am-12 noon).

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

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

July 15. USATF East Regional Masters

Championships, Springfield College, Springfield, Mass. USATF, PO Box 1905, Brookline, MA 02446. 617-566-7600; Fax: 617-734-6322; http://www.usatfne.org. Email: office@usatfne.org

July 22. Garden State Games, Neptune, N.J. No out-of-state. Ray Smith, 908-925-5974.

July 23. Long Island Association Championships, Mitchel Field, Uniondale, N.Y. 10 am. LITF, 516-349-9157 (9 am-12 noon).

August 3, 10, 17. Long Island TF Summer Series Meets, Mitchel Field, Uniondale, N.Y. 10 am. LITF, 516-349-9157 (9 am-12 noon).

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

August 18-20. Granite State Senior Games, Laconia, N.H. Charlie Houser, 603-622-9041.

September 2-3. Potomac Valley Association Masters Championships, T.C. Williams HS, Arlington, Va. Mark Richards Pentathlon; Weight Pentathlon on the 2nd. 703-671-2520; www.pvtc.org/

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

September 16. New Jersey Olympics, Fort Monmouth. Mike Garamella, 973-618-1111.

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

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

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

SOUTHEAST

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

June 3. Track Classic Meet/Open & Masters, Furman U., Greenville, S.C. National Championships for Blind Athletes. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

June 4. Atlanta TC 100x1 Mile Relay Grandmasters (M&W50+) Challenge & Masters (40+) Women's Challenge, Emory U. Track. 404-231-9064, x25.

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

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

June 24. USATF Southeast Regional Masters Championships, Middle Tennessee State U., Murfreesboro. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445. 561-499-3370; email: Bob Fine@aol.com; or Nashville Striders, 615-279-9971; www.nashvillestriders.com

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

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

August 5. Run For Life 5K & 10K, Marietta, Ga. 770-426-2RUN; www.life.edu

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

ON TAP FOR JUNE

TRACK AND FIELD

Multi-eventers head for Lake Geneva, Wisc., on the 24th-25th to compete in the USATF National Masters Decathlon/Heptathlon Championships. The Mid-America Regional Championships are scheduled for the 10th, Wichita St. U., Kansas, and the Southeast Regionals at Middle Tennessee St. U., Murfreesboro, on the 24th. Association championships are on the roster for New Jersey, on the 4th; Illinois and Oregon on the 10th; Minnesota on the 11th; and MAC (NYC area) on the 25th. Other not-to-be-missed meets include the Birmingham, Ala., Track Classic, on the 10th; Mark Gruby Memorial/No. Calif. Seniors Meet and Crown Valley Senior Games, Pasadena, Calif., on the 11th; the Portland Masters Classic, Ore., on the 17th, and the Garden State AC, N.J., Meet, and the rescued So. Calif. Meet in Long Beach on the 24th. Senior Games/Senior Olympics meets, such as the Michigan Senior Olympics on the 13-17th, start to make an appearance. Santo Domingo, Haiti, is the tropical setting for a meet on the 24th-25th.

LONG DISTANCE RUNNING

The USATF Masters Women's 5K Championships will be hosted by Freihofer's Women's 5K, Albany, N.Y., on the 3rd. The month is replete with offerings, starting with the Dam To Dam 20K, Des Moines, Iowa, and the old standby Palos Verdes Marathon, in L.A., on the 3rd; and the Rock 'N' Roll Marathon, San Diego, on the 4th. The Steamboat Classic 4 Mile plays in Peoria, Ill., on the 10th, as does the Shelter Island 10K on the tip of Long Island, and the USATF NE 10K Championships in New Hampshire. On the 17th, runners can opt for the Mt. Washington 7.6 Mile in N.H.; Grandma's Marathon, Duluth; the Mayor's Midnight Sun Marathon, Anchorage; or the Cal-Neva Mile, Reno.

RACEWALKING

The Crown Valley Games on the 11th lists a 1500 and 5000. Kalamazoo hosts the Lynette Atkins Memorial/North Region Championships/Michigan 8K Championships on the 24th. □

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

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

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Continued from page 29

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

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

June 10. USATF Illinois Masters Championships, Wilde Field, Lisle. Includes Weight Pentathlon. USATF IL, 630-953-2052.

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

June 15-18. West Virginia Senior Sports Classic, Charleston. Henry Nearman, 304-344-1500.

June 16-17. USATF Wisconsin Open & Masters Championships, U. of Wisconsin track, Madison. Multiple-events, 16th; T&F, RW, 17th. Out-of-state welcome. Mary Byers, 414-352-2258; email: morgbyrs@execpc.com

June 24. Champaign Masters Meet, Parkland College, Champaign, Ill. Karl Geissler, 217-359-2679.

July 6-8. Gator BIG GUYS Masters Throws Camp, U. of Florida, Gainesville. GBG Camp, Attn: John Frazier, University Athletic Assoc., Inc., PO Box 14485, Gainesville, FL 32604. 352-375-4683, x5548; johnf@gators.ufl.edu

July 9. Oak Forest Midwest Masters Sprint & Middle-Distance Challenge, Oak Forest HS, Ill. Gerry Krainik, 708-687-2124; gkrainik@home.com

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

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

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

July 30. USATF Midwest Regional Masters Championships, Lewis University, Romeoville, Ill. Gerry Krainik, 15124 Hillside Ave., Oak Forest, IL 60452. 708-687-2124(h); gkrainik@home.com

September 3. Wolfpack Throwing Classic, Ohio St. U., Columbus. All throws, plus SW and WP scoring. John White, 4865 Arthur Place, Columbus, OH 43220. 614-459-2547.

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

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

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

MID-AMERICAColorado, Iowa, Kansas, Minnesota,
Missouri, New Mexico, N. Dakota, Nebraska,
S. Dakota

June 4. Jolly Jogathon Meet, Marysville, Kansas. Cleve Walstrom, 785-562-3050(h); City of Marysville, 209 N. Eighth St., Marysville, KS 66508. 785-562-5331.

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

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

June 11. USATF Minnesota Open & Masters Championships, National Sports Center, Blaine, Minn. USATF MN Championships, 5429 Wooddale Ave., Edina, MN 55424 by June 3.

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

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

June 22-25. Missouri State Senior Games, Columbia. 50+. Out-of-state welcome. Jack Miles, U. of Missouri, 1105 Carrie Francke Dr., Rm. 01, Columbia, MO 65211. 573-882-1462.

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

June 24. BDTC Meet, Urbandale HS, Urbandale, Iowa. John Anderson, 55803 Oak Blvd., Huxley, IA 50124. 515-597-3929.

July 9. USATF New Mexico Masters Meet, U. of New Mexico, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612; fax: 565-8387; email: foneskn@aol.com

July 26-30. New Mexico Senior Olympics, Las Vegas. No out-of-state. Cecilia Agosta, 505-623-5777; email: nmsogmes@roswell.net

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

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

July 30. Blair Open Meet, Blair, NE. Mike Maryott, 402-426-5955.

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

August 6. 21st Century Ageless Games, U. of Minnesota. Rachel Lyga, 122-NE 63 1/2 Way, Twin Cities, MN 55432.

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

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

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

September 21-24. Kansas Senior Olympics, Topeka. M&W50+. KSO, Topeka Parks & Rec., 1534 SW Clay St., Topeka, KS 66604. Marge Rightmeier, 785-368-3798.

SOUTHWESTArkansas, Louisiana, Mississippi,
Oklahoma, Texas

June 17. Hill Country Classic Masters & Open Meet, Mason H.S., Mason, Texas. \$6 for 1st event, \$3 per additional until June 12. Lee Graham, Hill Country Classic, P.O. Box 384, Mason, TX 76856. 915-347-5620.

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

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

August 26. Cat Spring Grunt Throwers Meet, Cat Spring, Texas, 70 miles NW of Houston. Mark Chapman & Cheryl Mellenthin, Rt. 1, Box 65, Cat Spring, TX 78933-9602. 979-

732-5591; k9luvr@industry.net

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

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

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

WEST

Arizona, California, Hawaii, Nevada

June 2-4. Sacramento Senior Games, Sacramento, Calif. 916-277-6094.

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

June 3. KelField Throws Series #85, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kel.field@aol.com

June 4. Mark Grubi Memorial Meet, Edwards Field, UC-Berkeley. Don Rose, 415-457-8177.

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

June 11. Crown Valley Senior Games/Pasadena Senior Olympics, Occidental College. 50+. Cynthia Vaughn, 626-685-6754.

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

June 24. USATF/SCA Masters Championships, CSU-Long Beach. Same day registration. Electronic timing. Non-championships open division for Olympic Trials qualifying. Andrew Hecker, PO Box 7793, Ventura, CA 93006. 805-484-2656; fax: 484-1004; www.creativestuff.com/sca.html

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

July 1. KelField Throws Series #86, Santa Cruz. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kel.field@aol.com

July 8. USATF West Regional Championships, Cerritos College, Norwalk, Calif. (an eastern suburb of L.A.). Same day registration. Medals to first 3 in each division. Andrew Hecker, PO Box 7793, Ventura, CA 93006. 805-484-2656; fax: 484-1004; www.creativestuff.com/western.html

July 14. California State Games, Balboa Stadium, San Diego. M&W30+. Arnie Robinson, 619-263-7334; Cal State Games, 619-282-1360; www.calstategames.org

July 22. KelField Throws Series #87. See July 1.

July 30. San Jose Senior Games, San Jose City College, Calif. 50+. Pat Maier, 408-297-0247; Pat.maier@ci.sj.ca.us; www.sjsenior.games.com

August 12. Orange County Senior Games, Saddleback College, Mission Viejo, Calif. OC Senior Games, South Coast YMCA, 29831 Crown Valley Parkway, Laguna Niguel, CA 92677. 949-495-9622. (Entry form on page 15, June issue.)

September 16. KelField Throws Series #88 (Annual), Santa Cruz. WP scoring. G. Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 831-458-0300; kel.field@aol.com

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

September 28-October 8. Nevada Senior Games, Las Vegas. Roger Owen, 702-242-1590.

October 1 or 8. Sri Chinmoy Masters Games, CSU-Long Beach. Date Tentative. Bigalita Egger, 310-645-0271.

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

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

NORTHWESTAlaska, Idaho, Montana, Oregon,
Utah, Washington, Wyoming

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

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

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

June 17. Inland Northwest Age-Group Championships, Pullman, Wash. Restricted to Assoc. members. Mike Hinz, 509-335-3325; mhinz@wsu.edu

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

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

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

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

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

July 22. Inland Northwest Masters Classic, Pullman, Wash. Jeff Schaller, 435 SW State St., Pullman, WA 99163. 509-332-3148; jeffschaller@turbonet.com; www.eteamz.com/cometstcm

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

July 29-30. USATF Northwest Regional Masters Championships, Montana St. U., Bozeman. SASE to Bob Sager, PO Box 1321, Wilsall, MT 59086. 406-578-2080.

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

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

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

CANADA

June 10-11. Ontario Masters Championships, York U., Toronto. Foreign athletes welcome. Doug Smith, 58 Newmarket Ave., Toronto M4C 1V9, Canada. 416-699-5818; www3.sympatico.ca/ontario.masters

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INTERNATIONAL

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

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

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

July 29. National Athletics Championship Masters Invitational Meet, Central Park, San Juan, Puerto Rico. M&W 30+. Gregorio Angulo Rivera, Puerto Rico Masters Association, PO Box 31300, San Juan, PR 00929-2300; 787-723-1662.

July 29-30. BVAFF Championships, Barkers Lane, Bedford. Entry Secretary, 71 Hillside Crescent, South Harrow, Middx HA2 0QU, Great Britain.

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

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

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

OPEN

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

September 15-October 1. Olympic Games, Sydney, Australia. Cartan Tours, 1334 Parkview Ave., #210, Manhattan Beach, CA 90266. 800-818-1998; fax: 310-546-8433. www.cartan.com.

Aug. 3-12, 2001. IAAF World Championships VIII. Edmonton, Canada.

LONG DISTANCE
RUNNING

NATIONAL

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

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

September 15. RRCA National Run To Work Day. RRCA, 1150 S. Washington St., Suite 250, Alexandria, VA 22314. 703-836-0558; www.rrca.org

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

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

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

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

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

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

December 10. Avon Running Circuit National 10K Championship, Phoenix, Ariz. 212-282-5350; www.avonrunning.com

EAST

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

June 2 (Fri.). Comcast Twilight 5K, Western Connecticut St. U., Danbury. 7:00 pm. Danbury Jaycees, PO Box 3351, Danbury, CT 06813. 203-825-5784; Danburyjaycees@hotmail.com; www.danbury.org/jaycees

June 10. Shelter Island 10K, Shelter Island, L.I., N.Y. 5:30 pm. Lorraine/Scott Gorman, 631-563-1982.

June 10. USATF NE Championships/Market Square Day 10K, Portsmouth, N.H. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

June 11. Rose City 10 Mile, Norwich, Conn. www.hitekracing.com/pvolkman@snet.net

June 11. Litchfield Hills 7 Mile. Limited to 1300. John Clock, PO Box 1428, Litchfield, CT 06769. 860-567-8504; fax: 567-8470

June 11. Orange Classic 10K, Middletown, N.Y. Judy Eurich, Times Herald-Record, 40 Mulberry St., Middletown, NY 10940. 914-346-3144(d); fax: 343-1922; www.th-record.com

June 12. Shore AC Summer Race Series, Long Branch, N.J., Oceanfront Promenade. 5K, 6:30 pm/5K RW, 6:32 pm. Each Monday thru Aug. Elliott Denman, 732-222-9080; Elliottden@aol.com

June 17. Mt. Washington Road Race 7.6 Mile, Gorham, N.H. Robert Teschek, PO Box 990, Newport, NH 03773. 603-863-2537; fax: 863-2537; www.gsr.com

June 17. I.O. Silver Capital 5000, Harrisburg, Pa. Henry Klugh, 2389 Stauffer Rd., Mt. Joy, PA 17552. 717-564-2770(d)/653-9105(e).

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

June 17. Vestal XX 20K, Vestal, N.Y. 607-797-9215.

June 18. Run For The Arts 5K, Troy, N.Y. 518-273-0552.

June 24. FRNY Lesbian & Gay Pride 5 Mile, Central Park, NYC. NYRRRC, 212-

860-4555; www.nyrrc.org

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

June 25. USATF NE Championships/Lions Sizzler 20K, Bedford, N.H. See June 10.

July 2. Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. 5:00 pm. Alex Flyntz, 516-796-1900.

July 8. Avon Running Circuit 10K & 5K Walk, Hartford, Conn. 212-282-5350; www.avonrunning.com

July 8. Vytra Long Island Women's 5K, Farmingdale, N.Y. Suzanne Vasata, POBR-RC, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646(d); fax: 349-7647; www.glirc.org

July 8. Spirit of Gettysburg 5K & 1-Mile Fun Run/Walk, Gettysburg, Pa. 717-334-9171; http://users.supernet.com/ywca-gburg

July 9. Utica Boilermaker 15K, Utica, N.Y. Dick Mattia, c/o UBRP, PO Box 4729, Utica, NY 13504. 315-732-1949(e); fax: 797-3762; www.boilermaker.com

July 9. NYRRRC Bronx Half-Marathon, NYC. NYRRRC, 212-860-4455; www.nyrrc.org

July 15. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

July 19. Smith Barney Harrisburg Mile, Harrisburg, Pa. 6:00 pm. 717-232-9631.

July 29. New Milford 8 Mile, New Milford, Conn. 860-355-6050.

July 30. Gold Medal Camp Alumni Race, California, Pa. 8K X-C. See July 15.

August 5. Peoples Beach To Beacon 10K, Cape Elizabeth, Me. 888-480-6940.

August 5. NYRRRC Manhattan Half-Marathon, Central Park. NYRRRC, 212-860-4455; www.nyrrc.org

August 12. Frick Park Cross-Country Series, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

August 20. Falmouth 7.1 Mile, Falmouth, Mass. Rich Sherman, PO Box 732, Falmouth, MA 02541. 508-495-0184; FalmouthRoadRace.com

August 20. Eamonn Coghlan 5K Classic, Belmont Race Track, NYC. 718-460-5370.

August 21. Brentwood 5K Cookie Run, Brentwood, L.I., N.Y. 7 pm. Jay Satenstein, 631-273-7000.

August 27. NYRRRC Marathon Tune-Up 18 Mile, Central Park. See August 5.

August 27. Annapolis 10 Mile, Annapolis, Md. 410-268-1165.

August 31. USATF-NJ Masters 5 Mile Championships/Run For Life, Picatinny Arsenal, Rockaway Twp. 908-813-0935.

September 4. New Haven 20K/USATF Open Men's Championships, New Haven, Conn. John Bysiewicz, 203-481-5933; jbsports@javanet.com

September 9. NYRRRC Fifth Avenue Mile, Manhattan, NYC. NYRRRC, 212-860-4455; fax: 212-860-9754; www.nyrrc.org

September 10. Dutchess County Marathon, Poughkeepsie, N.Y. Pat DeHaven, 203 Cherry Hill Dr., Poughkeepsie, NY 12603. 914-473-3204; www.pojonews.com/dcclassic

September 10. USATF NE Championships/Brewery Exchange 5K, Lowell, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

September 10. Avon Running Circuit 10K & 5K, Baltimore, Md. 212-282-5350; www.avonrunning.com

September 16. Great Cow Harbor 10K, Northport, L.I. N.Y. Rich Boziwick, 631-754-5064.

September 17. Jefferson Hospital

Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 215-864-8225; www.philadistancerun.org

September 24. Adirondack Marathon, Schroon Lake, N.Y. (5K & 10K Races on Sept. 23 in Chesterstown.) Adirondack Marathon, PO Box 583, Schroon Lake, NY 12870. 888-724-7666. www.adirondackmarathon.org. (Entry form on p. 17, June issue).

September 24. Nationwide Ocean To Sound Relay, Jones Beach, L.I., N.Y. 8 am. Alan End, 516-349-7646.

September 30. New Hampshire Marathon & 10K, Newfound Lake. SASE to NHM, PO Box 6, Bristol, NH 03222. 603-744-2150; nwfndcoc@worldpath.net

October 1. Maine Marathon, Relay & Half-Marathon, Portland. 207-741-2084; email: marathon@maine.rr.com

October 1. USATF NE Championships/Ro-Jacks Run 5 Mile, Attleboro, Mass. USATF NE, PO Box 1905, Brookline, MA 02446. 617-566-7600; www.usatfne.org

October 1. Jersey Shore Half-Marathon, Gateway National Recr. Area Park, Sandy Hook, N.J. 732-222-1348.

October 14. Greater Hartford Marathon, Half-Marathon Relay, & 5K, Hartford, Conn. 860-652-8866; www.hartfordmarathon.com

October 14. Avon RRCA Women's 5K Series, Pittsburgh, Pa. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

October 14. Oysterfest Supervisors 5K, Oyster Bay, N.Y. 9 am. Mike Polansky, 516-349-7646.

October 15. Atlantic City Marathon. #10 SASE to AC Marathon, PO Box 2181, Ventnor, NJ 08406-0181. Barbara Altman, director. 609-601-1RUN; fax: 823-7694; www.virtualac.com

October 22. BayState Marathon & Half-Marathon, Tyngsboro, Mass. BayState Marathon, 26 Groton St., Pepperell, MA 01463. www.baystatemarathon.com

November 5. New York City Marathon, NYRRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455; www.nyrrc.org

SOUTHEAST

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

June 3. Virginia-Highlands Summer Fest 5K, Atlanta. Pierce Pape, 404-685-3296.

July 4. Peachtree 10K, Atlanta, Ga. SASE before March 1 to Peachtree 2000, Atlanta TC, 3097 E. Shadowland Ave., Atlanta, GA 30305. 404-231-9064, x11; email: unislaw@atlantictrackclub.org. 55,000 limit.

August 26. Maggie Valley Moonlight 8K, Maggie Valley, N.C. 828-926-1686.

November 18. Avon Running Circuit 10K & 5K, Tampa, Fla. 212-282-5350; www.avonrunning.com

December 9. Huntsville Times Rocket City Marathon, Huntsville, Ala. RRCA Southern Region Championships. Malcolm Gillis, 1001 Opp Reynolds Rd., Toney, AL 35773. 256-828-6207; www.HuntsvilleTrackClub.org

MIDWEST

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

June 4. Columbus 10K, Columbus, Ohio. Matt McGowan, 330 Spellman, Granville,

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OH 43023. 740-587-0376(e); email: runohio@ee.net

June 10. Steamboat Classic 4 Mile, Peoria, Ill. Steamboat, Running Central, 700 W. Main St., Peoria, IL 61606. 309-676-6378; fax: 676-RUNN; www.steamboatclassic.org

June 10. Sunburst Marathon, South Bend, Ind. Barbara Walsh, Elite Athlete Coordinator, 615 N. Michigan, South Bend, IN 46601. 219-284-3491(d); fax: 284-3675; www.sunburst.org

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

June 25. Cellcom Green Bay Marathon, Half-Marathon, & 5K, Green Bay, Wisc. Jennifer Holzem, 408 E. College Ave., Appleton, WI 54911. 920-954-6757; 800-889-1859; www.greenbaymarathon.com

July 14. Arthur Andersen Bastille Day 5K, Chicago. Tom Cooney, PO Box 300477, Chicago, IL 60630. 773-777-9000; fax: 777-7023; email: LASathlete@aol.com

July 29. Greater Clarksburg 10K, Clarksburg, W.Va. Dorsey Cheuvront, Jr., 3207 1/2 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(d); 422-6585; www.clarksburg10k.com

August 19. Parkersburg Half-Marathon/USATF Open M&W National Championships, Parkersburg, W. Va. 304-424-2786; www.ccmh.org

September 10. Eriesistible Marathon, Erie, Pa. Jim Thompson, 814-866-6269; thompson1@erie.net

September 16. Fourth Annual U.S. Air Force Marathon, Wright-Patterson Air Force Base, Dayton, Ohio. 800-467-1823; 937-257-4350. http://afmarathon.wpafb.af.mil

October 1. 10th Annual Fox Cities Marathon, Appleton, Wisc. PO Box 1315, Appleton, WI 54912-1315. 877-230-7223.

October 15. Avon Running Circuit 10K & 5K, Cincinnati, Ohio. 212-282-5350; www.avonrunning.com

October 15. Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W. Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon

October 22. Chicago Marathon. CM, PO Box 5709, Chicago, IL 60680-5709. 312-904-9800; 888-243-3344; www.chicago-marathon.com

October 22. Louisville Marathon, Half-Marathon & 10K. Phil Jones, 7910 Albrecht Circle, Louisville, KY 40241. Email: pjones3@bellsouth.net; cherokeeoadrunners.org

MID-AMERICA

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

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

June 3. Dam To Dam 20K & 5K, Des Moines, Iowa. Tom Riley, 515-242-4514; www.FitnessSports.com

June 4. Trinity Hospital Hill Half-Marathon, Kansas City, Mo. Mike Lundgren, 5841 Fontana Dr., Fairway, KS 66205. 913-262-9190(e); fax: 498-6111; www.HealthMidwest.org

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

June 24. Kansas Sunflower Classic 5K, Wichita. Prize money age-graded. Clark Ens, PO Box 782050, Wichita, KS 67278. 316-636-1266(d); fax: 636-1288.

July 2. Fair Saint Louis 10K. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Suite 101, St. Louis, MO 63139. Phone/fax: 314-781-3926; www.stlouistrackclub.com

July 22. Quad-City Times Bix 7 Mile, Davenport, Iowa. Dan Breidinger, 3003 Eagles Watch Dr., Davenport, IA 52807. 319-359-9197; fax: 359-0443; DB5569@Deere.com

August 12. Avon Running Circuit 10K & 5K Walk, Minneapolis/St. Paul, Minn. 212-282-5350; www.avonrunning.com

August 13. Avon Running Circuit 10K & 5K Walk, Albuquerque, N.M. See Aug. 12.

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

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

September 4. Heart of America Marathon, Columbia, Mo. Joe Duncan, 573-445-2684; ctc.columbia.missouri.org/hoa

September 10. Prostate Awareness Trot For Health (PATH) 10K & 5K, Camp Dodge, Johnston, Iowa. 515-241-6838.

September 24. Quad Cities Marathon, Moline, Ill. Joe Moreno, 2617 4th St., East Moline, IL 61244. 309-755-6176; moji@firecrackerrun.com; www.qcmarathon.org

October 1. Avon Running Circuit 10K & 5K Walk, Kansas City, Mo. 212-282-5350; www.avonrunning.com

October 1. Sun Healthcare Duke City Marathon, Half-Marathon, & 5K, Albuquerque. Matt Segura, 1815 Solano N.E., Albuquerque, NM 87110. 505-265-4580; www.dukecitymarathon.com

October 7. Hobo Day 5K, Brookings. Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058; www.brookings.com/striders

October 14. 38th Annual Jackrabbit 15 (15.202 miles) & Jackrabbit Relays, Brookings. Shari Landmark, Wellness Director, SDSU, PO Box 2820, Brookings, SD 57007. 605-688-5386.

October 14-15. Spirit Of St. Louis Marathon, Relay & 5K (14th), St. Louis, Mo. 314-725-9880; www.stlouismarathon.com

WEST

Arizona, California, Hawaii, Nevada

June 3. Fontana Days 5K & Half-Marathon, Fontana, Calif. Pat Lahman, c/o City of Fontana, 9460 Sierra Ave., Fontana, CA 92335. 909-428-8360; Fax: 428-2546.

June 3. Festival de Primavera "On The Beach Run" 5K, 10K, & 10K RW, Rosarito Beach, Baja California, Mexico (20 miles south of San Diego). Oscar Rosales, 714-841-5417.

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

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

June 10. DeCelle Memorial Lake Tahoe 72 Mile/7 Person Relay, Lake Tahoe, Calif. 530-877-9731.

June 17. Cal-Neva Mile, Reno, Nev. Ray Cook, Silver State Striders, PO Box 21171, Reno, NV 89515. 775-746-4540(e); www.silverstatestriders.com

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

June 21 (Wed). Longest Day 5 Mile, San Mateo, Calif. 7:30 pm. 510-223-5778.

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

July 4. 46th annual Semana Nautica 15K, Santa Barbara, Calif. John Brennand, 805-964-2591; brennand1@mindspring.com

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

August 13. America's Finest City Half-Marathon, San Diego. Mike Long, Elite Racing, 5452 Oberlin Dr., Ste. B, San Diego, CA 92121. 858-450-6510(d); www.afchalf.org

August 20. McConnell's Ice Cream of Santa Barbara 22nd Annual Endurance Events, 5K, 10K, 5K Run, Goleta Beach County Park, Calif. Endurance Events, 119 Cooper Rd., Santa Barbara, CA 93109. Kevin Young: 805-564-3400; Bill Rupp: 805-685-5272.

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

September 10. Cross City 10K, Fresno, Calif. Sheri Durham, 1121 S. Chance Ave., Fresno, CA 93702. 559-650-3228; www.fresnofair.com

October 1. Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. starlite99@aol.com

October 22. San Joaquin Valley Marathon & Team Relay, Fresno, Calif. Paula Castadio, San Joaquin Valley Marathon, 1544 Van Ness, Fresno, CA 93721. 559-266-1800; fax: 650-1880.

NORTHWEST

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

June 10. Alaska 5 Mile Run For Women, Anchorage. 907-566-3151.

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

July 4. Butte To Butte 10K & 4.5 Mile Fitness Walk, Eugene, Ore. Northwest Event Management, 541-687-1989; register online at www.buttetobutte.org

July 23. Avon Running Circuit 10K & 5K, 212-282-5350; www.avonrunning.com

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

July 29. 1st annual Uptime Masters Mile, Clover Park HS, Lakewood, Wash. Cash prizes. Washington Ultra-Distance Running, Walking, & Duathlon Club, PO Box 39623, Tacoma, WA 98439. 253-376-0092; fax: 582-8995; www.humansports2001.org

October 21. Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; email:info@portlandmarathon.org; www.portlandmarathon.org

CANADA

August 20. Marathon by the Sea, Saint John, New Brunswick, Canada. 506-658-4715; aquatics@nbnet.nb.ca; www.aquatic.nb.ca

October 22. Casino International Marathon & 4-Person Relay, Niagara Falls, Canada.

Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; www.niagarafallstourism.com

INTERNATIONAL

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

August 13. BVAFF Marathon Championships/Isle Of Man Marathon/Half-Marathon. Peter Cooper, phone/fax: 01624 842477; www.woodheights.freeserve.co.uk

October 15. Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; www.globalinteractions.org

RACEWALKING

June 11. Crown Valley Senior Games/Pasadena Senior Olympics 1500 & 5000 RWs, Occidental College, Los Angeles. Jim Hanley, director. Cynthia Vaughn, 626-685-6754.

June 24. Lynette Atkins Memorial/USATF North Region & Michigan 8K RW Championships, Kalamazoo. Also 5K RW. Steve Atkins, 616-372-3533; atkinsmemwalk@yahoo.com

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

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

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

September 10. Florida 3K State Racewalk, Tropical Park, Miami. Don Matuszak, 305-252-0276.

September 16. 2nd Annual Chuck McMahon Memorial Masters Track Meet and Senior Olympics State Championships, Chula Vista (San Diego), California. 1500m, 3000m, 5000m on track - Novice and Expert. San Diego Senior Sports Festival, PO Box 84202, San Diego, CA 92138-4202. 619-226-1324. email: SueLoveall@aol.com.

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

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

October 7. One-Hour National Postal Walk, Central Park, Plantation, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

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

October 21. Bob Fine International 15K Florida State RW Championships/North American WAVA Championships/South Region Championships, Tradewinds Park, Coconut Creek, Fla. See Oct. 7.

November 5. Alan Ranofsky 10K Florida State Championships & 5K RW, Tradewinds Park, Coconut Creek, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39

Mark Twedt 55hh 8.34 2-6-00

M40-44

Mac Allen Mile 4:41.32 1-29-00
Jerry Rohn PV 4.00 3-18-00

M45-49

Matt Heathco D 5365 6-4, 5-00
Lennox Montrose 55hh 9.33 1-7, 9-00
Dave Nicastro TJ 11.41 3-26-00

M50-54

Seth Bergmann 3000I 10:30.61 3-24-00
Buzz Gagne JT 158 9-98
Jerry Ransdell JT 152-1 10-11, 22-99
Dennis Schmitt 55I 7.34 1-30-00
Terry Shuman DT 47.72 1999
HT 44.34 1999
WT 12.81 1999
SW 8.21 1999
WP 3671 1999

M60-64

Dick Dow DT 42.42 3-18-00

M65-69

Chuck Collins 5K 21:26 4-24-99

M70-74

Jack Gray 1500 6:26 4-8-00
Jack Haller WP 2740 4-1-00

W40-44

Pam Hanson-Peterson 5K 20:28 4-15-00
Carol Whipple 10K 41:38 4-22-00



U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
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	16:00	16:20	16:20	17:10	17:30	19:00	20:00	21:30	24:30	27:30	31:00	34:00	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6- 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16- 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	15-5 1/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18- 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-49: 39"; 50-59: 36"; 60-69: 33"; 70+: 30"
3) Long hurdles: 30-49: 36"; 50-59: 33"; 60+: 30"
4) Shot put: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
5) Discus throw: 30-49: 2kg; 50-59: 1.5kg; 60+: 1.0kg
6) Hammer: 30-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-49: 800g; 60+: 600g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt. Pen: 30-39 IAAF pts.; 40+ WAVA factoring (new WAVA).

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

WOMEN

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

MEN

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

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

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
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9½	30-7	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11½	19-8½	18-2	17-0	16-4½	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

National Masters Indoor T&F Championships Boston, MA; March 23-26

M30+ -1 MILE-

1 David Nash	32 IA	4:17.64
2 Andrew Cleary	30 NY	4:19.37
3 Jason Porter	30 VT	4:22.40
4 Rob VanCleve	32 NC	4:24.24
5 Peter Gallimore	31 MA	4:32.36
6 Stephen Putnam	34 MA	4:41.61
7 Thomas Metz	34 NY	4:50.78
8 Sean McLaughlin	34 MA	4:58.47
9 Angelo Harasts	32 NJ	4:59.25
- Marc Reider	33 NY	DNS

M35

1 Carl Clark *	36	4:25.02
2 Conor O'Driscoll *	38 NY	4:27.41
3 Yvan Lachance *	36 QU	4:28.27
4 Mel Gonsalves	36 MA	4:30.99
5 Gregory Green	35 PA	4:32.68
6 Bruce Davie *	36 MA	4:40.20
7 Richard Scharchburg	37 TX	4:44.97
8 Scott Bernard	37 MA	4:50.55
9 Bryan Carr	38 DE	5:05.61
- Jorge Hernandez	39 NY	DNS

M40

1 Paul Hammond	40 MA	4:31.83
2 Steve Nearman	40 VA	4:32.64
3 Donald DiDonato	42 NY	4:34.17
4 David Van Houten	41 PA	4:42.32
5 Fred Kitzrow	44 NY	4:43.02
6 Jacques Bourgeois *	41 QU	4:47.68
7 Don Salamone	44 MA	4:48.05
8 Kevin McCusker	42 MA	4:48.81
9 Peter Schmidt	41 MA	4:52.32
0 Paul Powell	40 MA	4:52.73
1 James Hebert	41 MA	4:52.91
2 Mickey McCauley	43 SC	5:13.55
3 Tom Kolb	44 NH	5:13.98
4 Jeffrey Endres	40 MI	5:14.60
5 Jeffrey Mader	44 MA	5:21.14
- Miguel Diez	40 FL	DQ
- Steven Keating *	40	DNS
- George Buckheit	42 VA	DNS
- Brad Stayton	43 MA	DNS
- Mortimer Sellers	40 MD	DNS
- Heriberto Medina	43 NY	DNS
- Steve Burgess *	40 BU	DNS
- Bob Carroll	43 NY	SCR

M45

1 Timothy McMullen	48 NY	4:33.90
2 Roly McSorley *	49 NB	4:36.19
3 Allan Muir	45 ME	4:37.56
4 Dave Clingan	45 OR	4:37.71
5 Charles McMullen	48 NY	4:43.17
6 Fred Robbins *	45 ON	4:44.69
7 Matt Pile	45 OK	4:48.46
8 Jim Robinson	46 NY	4:49.98
9 David Ozug	47 MA	4:51.31
0 David Tree *	45 NB	4:59.86
1 Wayne Dwyer	46 MA	5:00.03
2 Harvey Blonder	46 MA	5:01.37
3 Bill Linehan	49 MA	5:13.72
4 Bob Pertak	49 NY	5:14.86
5 Anthony Baker	46 NY	5:56.41
- Paul Chase	49 CT	DNF
- Justin Sills	46 NY	DNF
- Bob Rosen	49 MA	DQ
- Steve Ottaway	47 CA	DNS
- Tim Payne *	49	DNS
- Robert O'Hara *	45 MA	DNS
- Vladimir Krivoy *	49 MA	DNS
- Brad Hurst	47 MA	DNS

M50

1 Nolan Shaheed	50 CA	4:35.51
2 AL Swenson	53 CT	4:46.73
3 Harold Nolan	53 NJ	4:50.80
4 Dick Green	52 PA	4:52.77
5 Steven Rook	50 PA	4:54.34
6 Roger Price	51 NJ	4:57.02
7 Jerry Learned	51 MA	4:58.15
8 Vitor Diaz	52 NY	5:09.62
9 Craig Runyan *	52 MA	5:13.55
0 George Hitt	50 MA	5:15.63
1 Don McKenzie *	51 TX	5:19.84
2 Ronald Ruffin	52 MI	5:21.27
3 Gaetan Breton *	52	5:43.03
- Rich Myers	54 NJ	DNF
- Jose Solorzano	51 MA	DNS
- Paul Murphy	53 IL	DNS

M55

1 Paul Perry	55 IL	4:57.31
2 Colin McArdle	55 MA	4:59.65
3 Wally Herrala	55 MI	5:03.34
4 Dale Gaide	56 MI	5:08.75
5 John Brittain	56 TX	5:10.09
6 Ramsay Thomas	56 CA	5:12.22
7 Kent Blair	56 NM	5:17.16
8 Gerard Malaczynski	57 MI	5:17.17
9 Vaidis Jurenas	57 NY	5:24.48
0 Kenneth Gordon	58 NY	5:33.21
1 Maxwell Hamlyn	58 NC	5:35.46
2 Joe Dragan	56 MA	5:39.24
3 Pat Cosgrove	59 NJ	5:47.57
4 Joel Dunbow	57 PA	5:54.55
- Blaine Lawson	58 NY	DNS
- Larry Smith	55 NY	DNS
- Timothy Simpson	59 VT	DNS

M60

1 Edoardo Duchini	56 MA	SCR
M60		
1 Sid Howard	61 NJ	5:11.91
2 Rich Kleyman	60 MN	5:24.02
3 Denis Daly	61 NY	5:44.75
4 Joe Cordero	62 NY	5:53.98
5 Jerry Levasseur	62 CT	6:03.78
6 Michael Vail	61 MA	6:07.10
- James Aneshansley	64 NY	DNS
- Press Whelan	62 GA	SCR
M65		
1 Ino Cantu	66 TX	5:26.58
2 Frank Haviland	65 NJ	5:47.26
3 Bruce Marsh	65 NY	6:16.85
4 Don Murray	65 MA	6:31.94
- Don Ross	69 MA	DNS
- Raymond Pickell	69 MA	DNS
M70		
1 Jim Selby	71 CA	6:19.89
2 Edward Doucette	70 VT	6:38.02
- Arnold Meardon	70 NM	DNS
- Earl Fee *	71 ON	DNS
M75		
1 John Hosner	75 VA	6:38.54
2 Roy Englert	77 VA	8:47.65
M80		
1 William Benson	80 NY	8:16.20
2 Bob Matteson	83 VT	9:24.39
3 Dan Geer	80 VT	9:46.43
- Nathaniel White	80 NY	SCR
M85		
1 Vincent Malizia	85 CA	8:33.11
2 Dudley Healy	85 NJ	9:45.94
3 Harold Massie	86 NE	14:16.92
W30+ -1 MILE-		
W30		
1 Cathleen Allen	33 NH	5:18.73
2 Meredith Green	33 MA	5:24.66
3 Lisanne Rogers *	32 NY	5:39.78
W35		
1 Rebecca Heuer	35 NY	5:16.67
2 Susan Menz	38 NY	5:36.14
3 Nancy Morales	35 NY	5:48.13
4 Mary Broadbent	35 MA	6:07.67
- Kelly Archuletta	38 NV	DNS
W40		
1 Christine Gregorek	40 MA	5:02.56
2 Patricia Ford	44 NY	5:06.95
3 Barbara Gubbins	40 NY	5:16.88
4 Hannah Towle	41 NH	5:44.46
5 Karen Lein	41 MA	6:13.14
6 Elaine Rancatore	41 FL	6:25.13
W45		
1 Kathryn Martin	48 NY	5:20.76
2 Carolyn Smith-Hanna	49 NY	5:32.09
3 Eileen Troy	46 CT	5:38.84
4 Sharon Vos	45 CT	5:48.02
5 Regina Cahill	46 NY	5:54.98
6 April Capwill	49 PA	7:14.99
W50		
1 Erika Cambell	50 NJ	6:06.82
2 Mary Rosado	50 NY	6:12.87
3 Geri Wood	51 TX	6:32.16
- Mary Trotto	52 NY	DNS
- Mary Hartzler	50 OH	SCR
W55		
1 Joan Ottaway	56 CA	5:49.42
2 Mardi Reed	56 MA	7:24.21
- Eleanor Dennis	55 NY	DNS
- Marie-Lo Michelson	58 NY	DNS
W60		
1 Zofia Turos	61 CT	6:48.19
2 Madeline Bost	60 NJ	6:59.21
3 Mary Harada	64 MA	7:16.68
- Joan Bondell	61 NY	DNS
W65		
1 Mary Melehan	66 FL	7:37.84
- Grace Butcher	66 OH	SCR
W70		
1 Helen Schley	72 MD	8:54.23
W85		
1 Ivy Granstrom *	88 BC	14:11.61
M30+ -3km-		
M30		
1 Andrew Cleary	30 NY	8:40.32
2 Rob VanCleve	32 NC	8:42.99
3 Eric Beauchesne	30 MA	8:46.23
4 Marc Reider	33 NY	9:00.92
5 Gregory Putnam	30 MA	9:04.38
6 Andreas Stitz *	32	9:34.80
7 Jamie Aubuchon	32 MA	9:49.96
8 Dave Menard	34 MA	10:30.23
M35		
1 Yvan Lachance *	36 QU	8:58.73
2 Harris Hardy	37 MA	9:02.29
3 Gregory Green	35 PA	9:08.36
4 Scott Bernard	37 MA	9:44.09
5 Bryan Carr	38 DE	9:53.20
6 Stephen McCullough	38 CT	11:09.63
- Jon Ellis	36 MA	DNS
M40		
1 Anselm LeBourne	40 NJ	8:42.76
2 Craig Farm	41 NH	8:43.73
3 Paul Hammond	40 MA	8:49.72
4 Thomas Dalton	41 NY	8:51.07
5 Donald DiDonato	42 NY	8:58.74
6 Gilles Gautreau *	40 NB	9:01.01
7 Mark Reeder	40 MA	9:02.91
8 Jacques Bourgeois *	41 QU	9:30.29
9 Joseph Sullivan	44 RI	9:37.15
0 Jim McVeigh	41 NY	9:48.41

1 Jeffrey Endres	40 MI	10:12.43
2 Jeffrey Mader	44 MA	10:16.93
3 Tom Kolb	44 NH	10:18.29
- Miguel Diez	40 FL	DNS
- Bob Hodge	44 MA	DNS
- Steven Keating *	40	SCR
- David Van Houten	41 PA	SCR

1 Richard Burns	45 CA	8:46.26
2 Ken Leinbach	45 MA	9:01.37
3 Robert O'Hara *	45 MA	9:12.91
4 Geary Daniels	46 MA	9:19.89
5 Charles McMullen	48 NY	9:25.15
6 Stephen Podgajny	49 ME	9:31.85
7 Jim Robinson	46 NY	9:38.19
8 Vladimir Krivoy *	49 MA	9:47.87
9 Harvey Blonder	46 MA	9:59.63
0 Judge Jones	49 NH	10:13.05
1 Richard Clark	46 MA	10:17.32
2 Kevin Petrovek	49 MA	10:51.31
- Timothy McMullen	48 NY	DNS
- Steve Ottaway	47 CA	SCR
- Leo Dunn	46 MA	SCR

1 Nolan Shaheed	50 CA	9:03.82
2 Bobby Doyle	51 RI	9:27.85
3 Harold Nolan	53 NJ	9:32.04
4 Roger Price	51 NJ	9:32.37
5 Rich Myers	54 NJ	9:47.74
6 George Hitt	50 MA	10:20.75
7 Seth Bergmann	50 NJ	10:30.61
8 Ronald Ruffin	52 MI	10:33.17
9 Rich Murray	54 MA	10:51.24
0 Steve Prouty	54 MA	11:02.93
1 Gaetan Breton *	52	11:15.27
- David Narlee	53 NH	DNF
- Don McKenzie *	51 TX	DNS
- Dane Freeman	54 NC	DNS
- Jose Solorzano *	51 MA	SCR
M55		
1 Colin McArdle	55 MA	9:54.34
2 Wally Herrala	55 MI	10:01.75
3 Dale Gaide	56 MI	10:26.33
4 Rich Friedlander	55 MO	10:40.76
5 Vaidis Jurenas	57 NY	10:49.95
6 Maxwell Hamlyn	58 NC	11:01.08
7 John Cederholm	57 MA	11:13.54
8 Pat Cosgrove	59 NY	11:22.51
9 Larry Smith	55 NY	11:45.06
- Blaine Lawson	58 NY	SCR
M60		
1 Bill Spencer	64 NH	11:10.78

1 Joe Cordero	62 NY	11:31.38
2 Denis Daly	61 NY	11:33.60
3 Jerry Levasseur	62 CT	12:08.05
4 Adrian Craven	63 SC	12:42.56
M65		
1 Ino Cantu	66 TX	11:31.27
2 Don Murray	65 MA	13:06.48
3 Bernie Swansey	65 MA	13:50.50
- Don Ross	69 MA	SCR
- John Harwick	67 PA	SCR
- Raymond Pickell	69 MA	SCR
M70		
1 Jim Selby	71 CA	12:43.17
2 Edward Doucette	70 VT	13:00.52
- Arnold Meardon	70 NM	SCR
M75		
1 Roy Englert	77 VA	17:11.98
M80		
1 Nathaniel White	80 NY	16:18.21
2 William Benson	80 NY	17:01.51
3 Dan Geer	80 VT	17:57.45
- Troy Grove	80 CA	DNS
M85		
1 Dudley Healy	85 NJ	18:54.49
2 Harold Massie	86 NE	27:59.61
W30+ -3km-		
W35		
1 Nancy Morales	35 NY	11:47.44
- Kelly Archuletta	38 NV	SCR
W40		
1 Patricia Ford	44 NY	10:04.93
2 Karen Lein	41 MA	12:30.14
3 Elaine Rancatore	41 FL	12:50.56
W45		
1 Kathryn Martin	48 NY	10:34.93
2 Carolyn Smith-Hanna	49 NY	11:08.78
3 Sharon Vos	45 CT	11:18.29
4 April Capwill	49 PA	14:19.37
W50		
1 Geri Wood	51 TX	12:37.83
2 Mary Trotto	52 NY	14:27.67
3 Susan Nesbital	50 NY	15:39.85
W55		
1 Joan Ottaway	56 CA	11:25.05
W60		
1 Zofia Turos	61 CT	12:57.28
2 Sara Urrutia *	62 PR	14:02.60
3 Madeline Bost	60 NJ	14:27.13
4 Mary Harada	64 MA	14:30.62
- Joan Bondell	61 NY	SCR
W85		
1 Ivy Granstrom *	88 BC	28:27.59

EAST

Potomac Valley Track Club Meet Alexandria, VA; April 16

100m		
M30 Tom Green	11.50	
M35 Lorenzo Thomas	12.90	
M40 Matt Texier	12.40	
M45 Anthony Markley	13.70	
M50 Melvin Fields	12.20	
W80 Carla Convery	24.10	

200m		
M35 David Barner Sr	23.50	
M40 C Chisley	23.30	
M50 Melvin Fields	25.10	
M55 Del Meriwether	26.20	
M70 James Stookey	29.00	
W80 Carla Convery	55.60	

400m		
M35 David Barner Sr	52.40	
M40 C Chisley	52.60	
M45 Anthony Markley	1:08.20	
M55 Del Meriwether	59.50	
800m		
M35 Lorenzo Nelson	2:19.20	

1 Mile		
M30 Craig Chasse	4:53.90	
M35 Tom Winkert	5:04.80	
M45 Peter Blank	6:43.20	
M50 Bob Weiner	5:47.80	
M55 Jim Verdier	6:13.50	

3000m		
M30 Craig Chasse	9:56.60	
M35 Ted Poulos	9:45.00	
W65 M A Stookey	13:52.80	
Short Hurdles		
M70 James Stookey	13.30	
Long Hurdles		
M70 James Stookey	53.20	

Long Hurdles		
M70 James Stookey	53.20	
High Jump		
M70 James Stookey	4-4	
Long Jump		
M40 Paul Sigur	14-11	
M45 Anthony Markley	12-11	
Shot Put		
M45 John Priestley	35-4	
M55 Victor Litwinski		

Continued from previous page

AURA International	3:38.22
Maryland Elite AC	3:39.26
Western PA TC	3:41.40
Shore AC	3:42.82
Media Striders	3:44.63
Philadelphia Masters	3:46.81
Central Park TC	3:48.83
4 x 400 M50+, W40+*	
NADIA TC	3:44.15**
(K. Peterman, D. Watley, J. Aiken, C. Allie)	
Boston RC	3:44.78**
(R. Pierce, B. Stevens, R. Souppa, C. Blake)	
Team USA M60+	3:54.24
Central Park TC	3:59.63
Shore AC	4:02.03
Boston RC B	4:05.65
Philadelphia Masters	4:13.53
Garden State AC	4:14.02
Shore AC	4:26.10

* No women's teams competed
 ** Breaks US M50-59 mark

Masters 5000 racewalk (women)*

Donna Chamberlain	25:26.47
Gloria Rawls	26:49.63
Jan Adams	29:54.41

* held on track.

Masters 10k racewalk (men)*

Jim Carmines	54:34.76
Vince Peters	55:23.32
Jack Lach	55:47.81

* held on track.

SOUTHEAST**Florida AC Throws Meet
Tampa; April 15**

Weight Pentathlon (HT/SP/DJ/TJ/TWT)	
M50 Mike Foster	2308
(26.36/9.42/26.67/28.97/8.99)	
M55 Bob Cahners	2847
(34.32/9.96/27.82/12.66/14.10)	
Bob Lupinacci	2556
(26.44/9.02/27.80/26.52/9.01)	
M65 Pay Carstensen	3633
(34.60/10.49/32.33/24.48/14.34)	
M70 Reed Quinn	3510
(31.54/10.02/31.30/24.78/13.01)	
M75 John Gamble	3654
(28.36/9.32/34.27/23.33/10.53)	
W50 Lorraine Quinn	1450
(18.40/5.50/14.44/12.88/5.06)	
W55 Vanessa Hilliard	3796
(34.64/9.83/24.56/23.17/12.51)	
Weight Throw	
M50 Mike Foster	7.97
M55 Bob Cahners	9.58
Bob Lupinacci	7.75
M65 Pay Carstensen	11.91
Carlos Fraundorfer	9.04
M70 Reed Quinn	9.68
M75 John Gamble	7.17
W55 Vanessa Hilliard	13.67
Superweight	
M50 Mike Foster	5.19
M55 Bob Cahners	7.25
Bob Lupinacci	4.74
M65 Pay Carstensen	5.34
Carlos Fraundorfer	4.79
M70 Reed Quinn	7.78
98# Weight	
M50 Mike Foster	2.91
M55 Bob Cahners	3.14
Bob Lupinacci	2.25
M65 Pay Carstensen	3.61
Carlos Fraundorfer	2.74
M70 Reed Quinn	2.71
W55 Vanessa Hilliard	2.68

WEST**USATF Masters Winter
Championships
Honolulu, HI; Feb. 19**

50m	
M50 Allen Ng	7.1
M55 Jack Karbens	7.8
M65 Hesley DeBow	7.6
M70 Bob Voegel	9.1
W65 Mollie Chang	10.5
200m	
M40 Phil Oyate	27.1
M50 Allen Ng	29.5
M55 Jack Karbens	29.9
M65 Hesley DeBow	31.5
M70 Bob Voegel	39.9
300m	
M30 Farand Scott	42.3
M40 Bob Gill	42.6
M55 Jack Karbens	46.9
M70 Brooks Kakiuchi	1:09.8
600m	
M40 Bob Gill	1:44.8
M70 Brooks Kakiuchi	2:44.0
W65 Mollie Chang	2:44.1
800m	
M50 Ron Pate	2:29.4

Mile	
M70 Brooks Kakiuchi	9:16.9
3000m	
M50 Ron Pate	11:08.4
M60 Geoff Howard	11:36.2
W65 Mollie Chang	15:58.2
Short Hurdles	
M45 Derek Goudge	13.0
M50 M Unnikrishnan	12.4
High Jump	
M40 Bob DiBenedetto	4-8
M45 Derek Goudge	3-10
M50 M Unnikrishnan	4-2
M60 Lionel Low	4-2
Long Jump	
M50 M Unnikrishnan	13-4
M60 Lionel Low	13-4
M70 Bob Voegel	10-2
Triple Jump	
M50 M Unnikrishnan	28-10
M60 Lionel Low	28-9
M70 Bob Voegel	20-7
Shot Put	
M45 Derek Goudge	21-7
M50 Tom Reppuhn	26-11
M55 Mark Merlin	35-7
M60 Bob Molyneux	27-4
M70 Carl Fennema	31-3
Weight Throw	
M40 Bob DiBenedetto	30-7
M45 Derek Goudge	18-8
M50 Tom Reppuhn	19-3
M55 Jack Karbens	30-4
M60 Bob Molyneux	24-3
M70 Bob Voegel	25-6
Superweight Throw	
M40 Bob DiBenedetto	18-1
M55 Jack Karbens	17-1
M70 Bob Voegel	11-1

John Ward Games**Santa Ana College, CA; April 9**

100m	
M30 George Onyenyeonwa	10.8
M35 Bob Peralta Jr.	12.2
M40 Michael Shea	12.3
M45 Robert Richardson	12.5
M50 Ron Beadle	10.8
M55 Diethart Reicardt	12.6
M60 Gary Sims	12.6
M65 Frank Kishi	14.7
M70 James Bierman	22.6
W25 Kateena Bugg	11.8
W35 Elaine Iba	13.5
W40 Karen Vaughn	16.1
W45 Michelle Freeman	14.7
200m	
M30 George Onyenyeonwa	22.3
M35 Karel Berry	22.1
M40 Dave Dimassa	24.2
M45 William Stamper	25.4
M50 Nolan Shaheed	24.3
M55 Diethart Reicardt	26.1
M60 Gary Sims	25.6
M65 Frank Kishi	33.0
M70 Louis Beadle	30.1
M80 Chas Mercurio	39.9
W25 Kateena Bugg	24.4
W35 Elaine Iba	29.5
W40 Debbie Selby	36.0
W45 Tina Bowman	30.2

400m

M35 Karel Berry	50.5
M40 Dave Dimassa	55.4
M45 William Stamper	59.5
M50 Philip Gnesin	1:03.2
M55 Simeon Baldwin	1:02.0
M65 Samuel Flery	1:22.5
M70 Jim Selby	1:11.46
M75 Avery Bryant	1:22.0
W25 Debra Malone	59.73
W40 Debbie Selby	1:24.9

800m

M30 Brian Gore	2:05.5
M40 Angelo Decollibus	2:09.8
M45 Gregory Lash	2:17.0
M50 Nolan Shaheed	2:00.7
M55 Ronald Salupo	2:28.9
M60 Jon Barkman	2:57.2
M70 Jim Selby	2:42.8
M75 Avery Bryant	3:16.2
W40 Debbie Barraza	2:40.8

1500m

M40 Angelo Decollibus	4:22.7
M45 Mike Tipping	4:36.3
M50 Bill Summer	4:55.8
M55 Ronald Salupo	5:07.0
M70 Jim Selby	5:23.7
M75 Avery Bryant	6:51.3
W40 Debbie Barraza	5:51.8
3K	
M70 Jim Selby	15:55.5

M75 Avery Bryant	15:55.5
W30 Kathy Smith	10:18.0
60m Hurdles	
M45 David Pemin	8.7
M50 Sheridan Groves	9.5
M55 Walt Butler	9.5
M60 Bill Knocke	9.3
300m Hurdles	
M50 Sheridan Groves	51.5
M60 Bill Knocke	47.3
W40 Karen Vaughn	69.4
W45 Tina Bowman	57.0
1600m Relay	
M Brian Gore	356.0
High Jump	
M45 David Pemin	4-8
M50 Jorge Birnbaum	4-8
M55 James Brennan	4-0
Duane Holman	4-0
M60 Davis Perry	5-0
M75 Donald Roser	3-6
W40 Karen Vaughn	4-2
Pole Vault	
M40 John Arbogast	8-0
M45 Murray Mead	13-0
William Stamper	13-0
M50 Wayne Lambert	14-0
M60 John Steinman	9-6
M75 Donald Roser	6-9
Long Jump	
M40 Ken Holder	16-7 3/4
M50 Carl Flowers	18-4 3/4
M55 Terry Rowan	14-9
M60 Roger Isuda	18-0 1/4
W35 Amarasekara	18-6 1/2
Triple Jump	
M55 Terry Rowan	29-4
M80 Chas Mercurio	21-10
W35 Elaine Iba	28-9
Shot Put	
M40 James Kerman	44-11
M45 Bill Gardner	44-7 1/2
M50 Angelo Rinaldi	40-8 1/2
M55 Dave Archambault	33-1
M60 Hal Smith	44-7
M65 Orlyn North	29-7
M70 Don Hegberg	37-2
M75 John McGinn	25-2 1/2
W35 Veronica Amarasekara	30-6
W55 Pat Hunter	24-0
Discus	
M50 Angelo Rinaldi	108-0
M55 Cornelius McCormick	111-2
M60 Joe Martin	149-4
M65 Orlyn North	111-4
M70 Don Hegberg	123-7
M75 Donald Roser	85-2
Javelin	
M40 Hal Halpern	112-5
M45 David Pemin	146-6
M50 Sy Silverstein	123-2
M55 Dwane Holmes	127-8
M60 Larry Stuart	174-0
M70 Doug Richardson	91-2
M75 Donald Poser	98-1
W40 Ali Mc Cormick	81-4
W55 Pat Hunter	56-8

USATF Spring Pentathlon**Honolulu, HI; April 9**

M40 Kevin Kruszone	2218
M45 Derek Goudge	1426
M50 Tom Reppuhn	1465*
M55 Jack Karbens	2559
M70 Bob Voegel	1721*

4 events*Masters Women's 800****Mt. SAC Relays****Walnut, CA; April 16**

	Total	Actual
	Time	Time
1 Rose Monday	3:13	2:14
2 Sabrina Robinson	3:17	2:21
3 Diane Heil	3:22	2:25
4 Pat Contreras	3:31	2:35
5 Sumi Ono-Leonard	3:40	3:40
6 Lana Hendricks	3:53	2:58
7 Duneen De Bruhl	4:12	3:22

USATF Track and Field Meet**Honolulu, HI; April 19**

100m	
M30 Hank Warrington	10.8
M35 Kent Untermann	12.0
M50 Allen Ng	13.2
M55 Jack Karbens	14.3
M70 Bob Voegel	17.9
W55 Joan Davis	27.7
200m	
M40 Bob Gill	25.76
M50 Allen Ng	28.70
M55 Jack Karbens	30.37
M70 Brooks Kakiuchi	44.96

400m	
M35 Kent Untermann	56.1
M40 Bob Gill	59.8
M50 Ron Pate	1:01.8
W55 Bobbi Staphenhorst	1:33.4
800m	
M30 Pete Boksanski	2:12.9
M35 Jonathan Lyau	2:08.5
M45 Gary Fanelli	2:15.8
M50 Ron Pate	2:30.8
M60 Geoff Howard	3:26.7
1500m	
M40 Steve Jenness	4:29.1
M45 Gary Fanelli	4:30.0
M50 Rich Moeller	5:33.5
M60 Geoff Howard	5:35.3
W30 Rachel Graybill	5:04.8
W40 Connie Comiso	5:51.2
W45 Loma Erisman	6:41.7
W50 Vivian Murray	6:58.7
W55 Bobbi Staphenhorst	6:59.3
3000m	
M30 Eric Stabb	8:49.1
M35 Jonathan Lyau	8:51.6
M50 Rich Moeller	11:57.3
M60 Geoff Howard	11:42.5
Short Hurdles	
M60 Lionel Low	22.5
High Jump	

M60 Lionel Low	4-2
M70 Bob Voegel	3-10
Long Jump	
M60 Lionel Low	14-12
M70 Bob Voegel	10
Triple Jump	
M60 Lionel Low	30-5
M70 Bob Voegel	20-8

Kelfield Throws Meet #83**Santa Cruz, CA; April 22**

Shot Put	
M45 Rich Watson	11.02
Gary Kelmenson	10.56
M55 Mike Parker	10.81
M60 Jack Kuhns	10.97
M65 Stew Thomson	11.43
Discus	
M45 Rich Watson	34.18
Gary Kelmenson	31.82
M55 Mike Parker	29.82
M60 Jack Kuhns	34.60
M65 Stew Thomson	45.30
Hammer	
M45 Gary Kelmenson	38.85
Rich Watson	35.11
M55 Mike Parker	26.85
M60 Jack Kuhns	26.20
M65 Stew Thomson	43.42
Javelin	
M45 Rich Watson	48.36

Gary Kelmenson	30.12
M55 Mike Parker	21.33
M60 Jack Kuhns	31.16
Weight Throw	
M45 Gary Kelmenson	35# 12.86
Rich Watson	35# 12.68
M60 Jack Kuhns	20# 11.26
55# Weight Throw	
M45 Rich Watson	8.06
Gary Kelmenson	7.63
M60 Jack Kuhns	4.30
M65 Don Hughes	6.28
Weight Pentathlon	
(marks above)	
Rich Watson	47 3383
Gary Kelmenson	3034
Jack Kuhns	3080
Mike Parker	2145

Hawaii Masters TC Weight**Pentathlon****Honolulu; May 7**

Lionel Low	60	1677
(14.14/6.29/22.83/22.79/8.69)		
Bob Voegel	73	2404
(20.46/8.65/24.38/18.36/8.22)		
(HT/SP/DJ/TJ/TWT)		
Kevin Kruszone	42	2122
(18.68/9.05/30.99/39.98/8.50)		
Tom Reppuhn	52	1903
(14.21/8.26/22.79/31.58/8.08)		
Jack Karbens	58	2809
(27.19/8.92/29.54/28.34/11.39)		
Bob Molyneux	62	2241
(19.16/7.96/30.71/23.21/8.80)		

NORTHWEST**Seattle Masters Spring Fling****West Seattle Stadium, April 29**

Men	HT	SP	DT	WT	SW	Score
Bob Lawson 65	34.62(731)	12.02(984)	44.10(973)	13.15(878)	6.27(802)	4368
Ken Jansson 42	52.60(858)	12.86(744)	44.74(760)	18.78(952)	12.45(1042)	4286
Steve James 52	47.12(859)	11.35(770)	36.98(793)	12.59(757)	7.76(737)	3916
Bob Sager 52	41.82(746)	11.82(776)	31.16(644)	12.15(726)	8.08(771)	3663
Leon Joslin 88	19.56(693)	6.80(957)	18.84(514)	5.84(742)	4.39(682)	3588
Matt Burks 31	43.56(570)	15.91(846)	44.74(760)	13.72(661)	9.42(690)	3527
George Mathews56	49.02(991)	---	---	13.64(910)	8.71(920)	2821
Jim Minah 80	23.18(577)	7.55(735)	16.04(419)	---	---	1731
Bill Dow 55	16.10(226)	9.52(648)	---	---	---	874
Women						
Pauline Thomas 51	34.10(733)	10.21(713)	25.88(837)	11.53(829)	8.46(917)	4029
Georgia Cutler 57	30.88(752)	7.09(585)	20.48(518)	10.01(868)	6.61(828)	3551
Laurie Jenkins 35	29.08(478)	8.52(433)	23.62(344)	9.75(608)	5.95(608)	2471
C EdmanSurina 41	22.76(439)	9.28(543)	26.70(444)	7.24(455)	4.46(438)	2319

Continued from previous page

W45 Maggie Dawkins	6.97
W55 Adri Rowswell	7.89
W65 Lida Sawdyk	6.07
W70 Vaita Tomsons	7.31
Weight Throw	
M35 Richard Parkinson	12.94
M55 Gary Crawford	10.41
M60 Emil Muller	15.96
M65 Max Woerle	13.94
M70 Peder Nielsen	11.33
3000m RW	
M40 Rod Craig	14:54.40
M55 Mike Freeman	19:15.17
M65 Stuart Summerhays	16:58.60
M70 Sal Brancaccio	19:31.50
M75 Peter Fellowes	20:28.90
W35 Joni Bender	14:27.60
W45 Sherry Watts	17:36.00
W50 Nancy Leo	19:06.60
W55 A Rosenitsch	18:29.00
W60 Jeannie McKeigan	21:39.10

INTERNATIONALS. African Veterans Meet
Pretoria, S. Africa; March 18**100m-**

M30 Hennie Prinsloo	11.00
M35 Johannes Pukeng	11.70
M40 Thomas Andrody	12.00
M45 Len Claassen	11.30
M50 Ockle Smit	12.50
M55 William Young	13.70
M60 Tobie de Vos	13.80
M65 Monty Hacker	13.20
M70 Johannes Schoeman	15.80
W35 M. v Rooyen	13.1
W40 Leonie Louwrens	13.2
W45 Eunice Brits	14.9
W50 Gail v Niekirk	14.1
W55 Elsa Jordaan	14.8
W65 V. Welgemoed	16.5

200m-

M30 Johannes Pukeng	25.03
M35 Roelof Swanepoel	23.54
M40 Simon Higgins	24.96
M45 Gerhard Bester	24.18
M50 Ockle Smit	26.04
M55 Derek Brown	25.46
M60 Tobie de Vos	28.91
M65 Monty Hacker	27.41
M70 Mike Eksteen	32.90
W35 Elaine Pretorius	26.83
W40 Leonie Louwrens	26.34
W45 Eunice Brits	31.84
W50 Gail v Niekirk	29.15
W55 Elsa Jordaan	31.14
W65 V. Welgemoed	34.41

400m-

M40 J.P. de Klerk	54.90
M45 Len Claassen	55.10
M50 Hans Silep	58.00
W30 C. Peenz	57.90
W35 Elaine Pretorius	60.90
W40 Leonie Louwrens	63.40
W45 S. v Rooyen	67.40
W55 M. Tomlinson	73.00

800m-

M40 Charles Cook	2:03.36
M45 Len Claassen	2:05.05
M50 V. Lentoonyane	2:08.98
M65 Norman Goodes	3:17.84
W35 Renee Odendaal	2:28.92
W45 Stefanie v Rooyen	2:39.92

1500m-

M30 Chirs Erasmus	4:37.88
M35 Johannes Theron	5:12.41
M40 Derek Brentano	5:36.58
M45 Johan Windt	4:48.37
M50 V. Lentoonyane	4:41.60
W35 Lydia Bridger	5:09.04
W40 Leonie Greyling	5:24.25
W45 Susan Swart	6:57.13
W50 Corrie v Zyl	5:44.65
W55 Willemien smuts	6:39.64

5000m-

M40 Pieter vd Merwe	18:05.90
M50 Jan Greyling	18:06.20
M55 Fred Liebenberg	21:22.40
W35 Lettie Saalman	19:08.30
W45 Marga vd Heever	22:18.00
W55 Willemien Smuts	21:58.40
W65 Allet Ten	28:26.20

10000m-

M35 Seve Tevaris	34:13.78
M40 Anton Vd Heever	37:59.38
M45 Petrus Tselanyane	1:31.15
M55 Fred Liebenberg	44:39.46
M70 Daniel Van Graan	48:48.19

W35 Elmien Teubes	43:48.35
W45 Marletjie Ceronio	40:42.40
W50 Ingrid Wieland	47:53.78

100m Hurdles-

M50 Creswell v Onseles	20.87
M60 Peter Foulds	20.84
M65 Ronald Cross	17.84
W35 M. v Rooyen	15.27
W40 Leonie Louwrens	12.43
W55 M. Tomlinson	16.28

110m Hurdles-

M35 Jannie du Plessis	19.37
M45 Henry Campher	20.44

300m Hurdles-

M65 Hans Mlekhauch	51.72
W55 M. Tomlinson	60.55

400m Hurdles-

M35 Martin Corbitt	66.17
M45 Henry Campher	72.58
M50 Gideon Swart	75.40
W35 M. v Rooyen	64.84
W40 Esca Taljaard	72.14

2000m Steeple-

M60 Everhard Skea	10:33.28
W65 Alet Ten	12:21.97

3000m Steeple-

M40 At Schoeman	12:03.62
M45 Andries de Jager	15:43.04
M50 Creswell v Onseles	20:18.10

High Jump-

M35 Martin Corbitt	1.68
M40 Thomas Andrody	1.78
M45 Henry Campher	1.55
M50 Gerhard Joubert	1.25
M65 Leo Benning	1.45
M70 J. Schoeman	1.25
W35 Gerda Jacobsen	1.40
W55 M. Tomlinson	1.11
W65 Gerlie Theron	1.05

Pole Vault-

M45 Kallie Joubert	3.40
W55 Petra Pietersen	2.00

Long Jump-

M35 Rufus Slabbert	6.03
M45 Basil Camie	5.25
M65 Andy Heine	4.42
W40 Miranda Erasmus	4.04
W55 M. Tomlinson	3.88
W65 Gerlie Theron	2.86

Triple Jump-

M35 Rufus Slabbert	11.10
M65 Andy Heine	8.83

Shot Put-

M40 B. Watermeyer	10.03
M45 Henwill Storm	12.99
M55 Paulos Maulaudzi	12.14
M60 Andrzej Rcepecki	12.42
M65 Dries Liebenberg	11.09
M70 Johannes Jordaan	7.91
M75 Hannes Visser	9.07
M80 Louis Botha	7.86
W35 Lizette Schoeman	11.08
W40 Cathrina Ellis	8.37
W50 Hester Schoonwinkel	0.94
W55 Anette Grobler	8.46
W60 Lenie White	7.88
W65 Christina Stander	7.45
W70 Nella Engelbrecht	5.70
W75 Lena Grobler	7.83

Discus-

M40 B. Watermeyer	28.12
M45 Henwill Storm	32.36
M50 Jan Williams	30.80
M55 Wilfred Mwalwanda	32.41
M60 Don Roos	29.03
M65 Dries Liebenberg	32.92
M70 B. Borman	22.98
M75 Hannes Visser	25.90
M80 Louis Botha	27.47
M85 Claude Sterley	16.17
W35 Lizette Schoeman	43.69
W40 Cathrina Ellis	25.22
W50 H. Schoonwinkel	29.17
W55 Petra Pietersen	20.40
W60 Lenie White	17.26
W65 Christina Stander	18.61
W70 Nella Engelbrecht	13.17
W75 Lena Grobler	16.19

Hammer-

M40 B. Watermeyer	24.65
M55 Rudi Bosch	25.19
M60 Andrzej Rcepecki	39.64
M65 Dries Liebenberg	32.21
M75 Hannes Visser	33.22
M80 Louis Botha	22.61
M85 Claude Sterley	18.92
W35 Ansie Henop	33.94
W40 Cathrine Ellis	28.47
W50 H. Schoonwinkel	34.55
W55 Anette Grobler	28.25

W60 Lenie White	23.88
W65 Christina Stander	23.88
W75 Lena Grobler	18.12

Javelin-

M40 Frederik Stander	47.95
M50 John Solms	39.90
M55 Wilfred Mwalwanda	51.25
M60 Dries Liebenberg	30.19
M65 Leo Benning	31.13
M75 Hannes Visser	26.80
M80 Louis Botha	18.46
M85 Claude Sterley	11.00
W35 Ansie Henop	26.72
W40 Petronella Basson	35.88
W50 H. Schoonwinkel	26.63
W55 M. Tomlinson	19.02
W65 Christina Stander	13.26

5000m RW-

M35 Chris Brits	22:09.40
M40 Hannes Thirion	26:42.50
M45 Coenraad Klopper	25:47.90
M55 Jurgens Spencer	26:09.40
M65 Norman Goodes	29:51.10
M70 Harry Mallett-Neal	31:38.00
M80 Joe Rogers	46:01.60
W45 Barbara Nell	26:01.71
W50 Daphne du Preez	29:01.60
W55 F. Kanichowsky	35:24.38
W60 Wilma Strydom	36:04.65
W65 Marletjie Landmar	46:15.00

Finland National Indoor Championships

Rovaniemi; March 18-19

60m-

M35 Jukka Ruhberg	7.1
M40 Jouko Hassi	7.24
M45 Raimo Koskela	7.59
M50 Erkki Talvasalo	7.93
M55 Toivo Hietanen	8.13
M60 Jorma Ehrstrom	8.02
M65 Pauli Vehkajarvi	8.37
M70 Terho Valimäki	8.53
M75 Aarne Karhu	9.16
M80 Aate Lehtimäki	10.0
W35 Sari Keinänen	8.94
W40 Anne Vakkala	8.58
W45 M-L. Laakkonen	10.01
W50 Anna-Maija Kukka	9.12
W55 Mirja Mantyla	9.47
W60 Eila Laapotti	9.97
W65 Lea Vilpas	10.13
W70 Anja Laiho	12.77
W80 Linnea Lehtonen	15.35

200m-

M35 Martti Salonen	25.16
M40 Jouko Hassi	23.90
M45 J. Lappalainen	25.97
M50 Pekka Kolvisto	26.41
M55 Toivo Hietanen	27.11
M60 Jorma Ehrstrom	27.14
M65 Pauli Vehkajarvi	28.09
M70 Terho Valimäki	29.07
M75 Arvo Heininen	32.57
M80 Viljo Tuovinen	35.81
M90 E. Haapalainen	61.08
W35 Riitta Kallio-Kokko	29.50
W40 Siv Karlstrom	30.99
W45 Anne Lehto	34.17
W50 Anna-Maija Kukka	31.61
W55 Mirja Mantyla	32.41
W60 Eila Laapotti	34.01
W65 Lea Vilpas	35.67
W70 Irja Sokero	54.93

400m-

M35 Mauno Leskela	53.07
M40 Ilkka Porrasalmi	57.46
M45 Timo Virtanen	57.84
M50 Heikki Vakkuri	62.48
M55 Lauri Intovuori	61.28
M60 Paavo Kinnunen	61.36
M65 Pauli Vehkajarvi	65.66
M70 Unto Mattsson	70.25
M75 Yrjo Torikka	74.46
M80 Viljo Tuovinen	1:24.28
M90 E. Haapalainen	2:42.33
W35 Riitta Kallio-Kokko	2:19.48

800m-

M35 Tero Ikonen	2:02.56
M40 Ari Ketola	2:08.34
M45 Timo Virtanen	2:15.66
M50 Heikki Vakkuri	2:18.27
M55 Lauri Intovuori	2:28.85
M60 Paavo Kinnunen	2:27.79
M65 Esa Paldanius	2:35.88
M70 Unto Mattsson	2:42.61
M75 Yrjo Torikka	3:11.00
M80 Almo Virolainen	4:05.98
W40 A. Mora-Leino	2:43.16
W45 H. rantakari	2:38.07
W50 T. Lahdenpera	2:45.82
W55 Sirpa Marttila	3:15.66

W60 Ritva Tuulimäki	3:38.97
W65 Kirsti Kyllönen	3:43.25

1500m-

M35 J. Mahlamäki	4:10.61
M40 Ari Ketola	4:21.20
M45 Seppo Nuolilahti	4:28.89
M50 Heikki Vakkuri	4:32.25
M55 Stig Haglund	4:33.61
M60 V. Hassinen	5:01.41
M65 Eino Manninen	5:28.32
M70 Unto Mattsson	6:00.1
M75 Yrjo Torikka	6:01.2
M80 Almo Virolainen	8:15.0

3000m-

M35 Tuomo Keskiöja	8:57.90
M40 Viljo Kirjavainen	9:17.85
M45 Seppo Nuolilahti	9:35.62
M50 Lauri Ollervo	9:48.64
M55 Stig Haglund	9:38.25
M60 V. Hassinen	10:18.21
M65 Eino Manninen	12:21.40
M70 Aaro Partanen	13:08.10
M75 Taavi Hokkanen	14:34.87
M80 Almo Virolainen	16:52.89
W35 Riitta Kallio-Kokko	10:48.4
W40 E-T. Hallikainen	11:33.0
W45 H. Rantakari	11:06.0
W50 T. Lahdenpera	11:58.01
W55 Hely Hietanen	16:56.05
W60 Ritva Tuulimäki	15:33.00

60m Hurdles-

M35 Esa Järnval	9.92
M40 Reijo Hayrinen	9.75
M45 Jouko Nikula	9.27
M50 Harri Suominen	9.73
M55 Kalevi Partti	11.33
M60 Kyösti Marila	10.23
M65 Ilpo Sopanen	10.28
M75 Knut Byggmaster	13.42
M80 Ilmari Koppinen	13.42
W35 Sari Ailus	11.37
W40 Anne Vakkala	9.92
W55 Terttu Rissanen	12.23
W60 Inkeri Fall	13.40

High Jump-

M35 Esa Haapaniemi	1.65
M40 Keijo Kononen	1.80
M45 Jorma Lilka	1.60
M50 Harri Suominen	1.55
M55 Asko Pesonen	1.81
M60 Antti Hautamäki	1.55
M65 Reino Kataja	1.44
M70 Kauko Uitti	1.32
M75 Jaakko Liljeroos	1.18
M80 Helmer Heinonen	1.16
W35 Sari Ailus	1.34
W40 Kovari Anneli	1.34
W45 M-L. Laakkonen	1.19
W50 Marketta Vasti	1.22
W55 Helina Pihlaja	1.22
W60 Inkeri Fall	1.19
W80 Linnea Lehtonen	.80

Pole Vault-

M35 Esa Järnval	3.70
M40 Olavi Rönkä	3.30
M45 Jorma Nyyssönen	2.00
M50 Seppo Taivassalo	3.70
M55 Veikko Tarkko	2.90
M60 Tauno Jokinen	2.90
M65 Pentti Alajärvi	3.15
M70 Pentti Saavalainen	2.10
M75 Jukka Isto	2.20
M80 Ilmari Koppinen	1.70
W35 Sari Ailus	2.40
W40 Hell Kenttämää	2.71
W45 Eila Toivanen	1.60
W50 Marketta Vasti	2.00
W55 Pirkko Pitkanen	2.39
W60 Inkeri Fall	1.90

Long Jump-

M35 Reijo Erkkila	5.70
M40 Tapio Alasalmi	5.81
M45 Jouko Nikula	6.16
M50 Pekka Koivisto	5.70
M55 Toivo Hietanen	5.25
M60 Aulis Suominen	4.84
M65 Antti Kanerva	4.82
M70 Matti Jarvinen	4.12
M75 Aatos Sainio	4.17
M80 Aate Lehtimäki	4.18
M85 Bruno Sileekoski	1.66
M90 E. Haapalainen	1.79
W35 Sari Allus	4.43
W40 Anne Vakkals	4.67
W45 Anne Lehto	3.46
W50 Anna-Majja Kukka	4.02
W55 Anja Aaltonen	3.88
W60 Inkeri Falt	3.40
W70 Anja Laiho	2.61

Continued from previous page

M70 Stan Lockwood	48:16.78
M75 Randall Hughes	43:05.41
W35 Jan Lynch	47:03.41
W45 C. Montalto	44:16.68
W50 Janet Upcher	41:05.51
W55 E. Marquardt	42:32.77
W70 Shirley Young	49:30.43

80m Hurdles-

M70 Gordon Gourlay	17.28
M75 Fred O'Connor	20.54
W40 Salli-Ann Lee	13.50
W50 Margaret Taylor	14.00
W65 Anna Zeitzen	20.04

100m Hurdles-

M50 Grahame Taylor	16.64
M55 Michael Stevenson	16.13
M60 Ken Priestley	19.21
M65 Ron Johnson	22.51
W35 Olivia Steward	17.52

110m Hurdles-

M35 Darren Smith	16.97
M40 Greg Varigos	19.75

300m Hurdles-

M60 Mike Hall	50.93
M65 Ron Johnson	60.41
M70 Alexander Harris	65.15
M75 Fred O'Connor	63.45
W50 Margaret Taylor	55.13
W55 Susan Hanek	59.24

400m Hurdles-

M35 Ian Smith	69.60
M40 Greg Varigos	70.93
M50 Michael Carins	78.92
W35 Olivia Steward	76.56
W45 Susan Guthrie	78.66

2000m Steeple-

M60 Alan Bradford	7:16.41
M65 David Simmonds	8:12.28
M70 Tom Cumming	11:37.65
M75 Max McKay	11:27.83
W40 Jenny Fawkes	9:13.91
W55 Lynne Schickert	13:45.79
W65 Dawn Cumming	11:15.69
W70 Shirley Brasher	11:24.90

3000m Steeple-

M40 Allan Long	10:34.27
M50 Geoff Byham	12:43.38
M55 Bob Schickert	12:17.59

High Jump-

M40 Greg Varigos	1.60
M50 Bob Banens	1.40
M55 Jim Poulter	1.20
M60 Eric Lockett	1.40
M65 Ron Johnson	1.25
M70 Gordon Gourlay	1.35
M75 Fred O'Connor	1.20
W40 Salli-Ann Lee	1.40
W50 Margaret Taylor	1.37
W55 Susan Hanek	1.28
W65 Anna Zeitzen	1.00

Pole Vault-

M40 John Browning	3.00
M45 Bruce Arnold	3.70
M50 Nelson Viney	3.40
M55 Jim Poulter	2.80
M60 Ken Priestley	2.70
M65 Ron Johnson	2.40
M70 Rudi Hochreiter	2.00
M75 Fred O'Connor	1.80
W40 Dawn Hartigan	3.00
W50 Wilma Perkins	2.50

Long Jump-

M35 Darren Smith	6.02
M40 Kirith Perera	5.73
M50 Alan Coleman	5.43
M55 Greg Mamalis	5.11
M60 Graeme Noden	5.01
M65 John Sturzaker	4.03
M70 Rudi Hochreiter	4.08
M75 Fred O'Connor	3.81
W35 Rosemary Clarke	4.67
W40 Salli-Ann Lee	4.60
W45 Adele Lucas	3.78
W50 Margaret Taylor	4.74
W55 Susan Hanek	3.94
W65 Patricia Carr	3.57

Triple Jump-

M35 Ian Smith	12.64
M40 Kirith Perera	11.09
M50 Noel Peters	11.08
M55 Greg Mamalis	9.95
M65 John Sturzaker	9.07
M70 Rudi Hochreiter	8.34
M75 Fred O'Connor	8.92
M85 Andy Smith	3.92
W35 Rosemary Clarke	9.64
W40 Salli-Ann Lee	9.41
W45 Petita Abblitt	7.36
W50 Margaret Taylor	10.45
W55 Nyala Millar	7.92
W65 Patricia Carr	7.85

Shot Put-

M30 Alistair Davey	13.66
M35 Stuart Gynell	15.63
M40 Philip Causon	9.02
M45 Russ Haines	9.75
M50 Alex Turbin	12.56
M55 Graeme Rose	13.08
M60 Nye Evans	12.21
M65 James Davis	10.86
M70 Rudi Hochreiter	11.84
M75 Felix Jakobsons	10.23
M85 Andy Smith	3.72
W30 Jacqueline Gregory	8.38
W35 Jayne Hardy	10.46
W40 Sharon Gibbins	9.28
W45 Christine Shultz	12.29
W50 Wilma Perkins	9.79
W55 Mary Thomas	10.29
W60 Helen Searle	12.05
W65 Valerie Worrell	7.18
W70 Shirley Brasher	5.01
W75 Marion Skarratt	6.25
W90 Ruth Frith	5.24

Discus-

M30 Alistair Davey	39.82
M35 Guy Adamson	45.23
M40 John Kay	23.99
M45 Mark Johnson	33.88
M50 Alex Turbin	41.50
M55 Ray Green	41.16
M60 Nye Evans	38.21
M65 James Davis	35.38
M70 Helmut Duholm	39.87
M75 Felix Jakobsons	31.52
W35 Jayne Hardy	37.99
W40 Sharon Gibbins	32.46
W45 Christine Schultz	40.45
W50 Judy Coram	25.32
W55 M. Parvainen	31.81
W60 Helen Searle	30.00
W65 Valerie Worrell	21.11
W70 Jean O'Neill	11.52
W75 Gwen Davidson	16.44
W90 Ruth Frith	12.10

Hammer-

M30 Alistair Davey	24.10
M35 Stuart Gynell	32.05
M40 Peter Podolak	22.81
M45 Mark Johnson	40.39
M50 Alex Turbin	41.41
M55 Graeme Rose	44.80
M60 Ken Priestley	40.05
M65 James Davis	38.17
M70 Helmut Duholm	38.14
M75 Felix Jakobsons	34.75
W30 Jacqueline Gregory	21.33
W35 Jayne Hardy	38.15
W40 Sharon Gibbins	40.38
W45 Lisa Kirsch	39.55
W50 Wilma Perkins	28.16
W55 M. Parvainen	49.17
W60 Helen Searle	42.67
W65 Valerie Worrell	27.11
W70 Shirley Brasher	16.99
W75 Gwen Davidson	21.32
W90 Ruth Frith	12.59

Javelin-

M35 Stuart Gynell	44.69
M40 John Kay	60.20
M45 Russ Haines	32.09
M50 Bob Banens	57.83
M55 Graeme Rose	48.41
M60 Gregor Nicol	38.51
M65 Ron Johnson	35.58
M70 Rudi Hochreiter	37.00
M75 Fred O'Connor	25.32
M85 Andy Smith	8.84
W35 Jayne Hardy	41.28
W40 Dawn Hartigan	27.60
W45 Christine Schultz	31.37
W50 Kaye Smythe	26.90
W55 Mary Thomas	35.20
W60 Helen Searle	27.02
W65 Valerie Worrell	18.21
W70 Jean O'Neill	11.70
W75 Gwen Davidson	13.85

Weight Throw-

M30 Alistair Davey	8.02
M35 Stuart Gynell	11.97
M40 Peter Podolak	6.80
M45 Mark Johnson	11.38
M50 Alex Turbin	16.12
M55 Graeme Rose	16.60
M60 Ken Priestley	15.23
M65 James Davis	13.86
M70 Helmut Duholm	14.81
M75 Felix Jakobsons	12.69
W35 Jayne Hardy	12.35
W40 Sharon Gibbins	10.67
W45 Lisa Kirsch	13.10
W50 Judy Coram	9.14
W55 M. Parvainen	14.35
W60 Helen Searle	17.52

W65 Valerie Worrell	10.15
W75 Gwen Davidson	8.50
W90 Ruth Frith	5.33

Weight Pentathlon-

M35 Stuart Gynell	3009
M40 Peter Podolak	1706
M45 Mark Johnson	3017
M50 Bob Banens	3777
M55 Graeme Rose	4482
M60 Brian Senior	3340
M65 James Davis	3648
M70 Helmut Duholm	2909
M75 Felix Jakobsons	3630
W35 Jayne Hardy	3323
W40 Sharon Gibbins	2365
W45 Christine Schultz	3965
W50 Wilma Perkins	2832
W55 Mary Thomas	4260
W60 Helen Searle	5022
W65 Valerie Worrell	3534
W70 Shirley Brasher	2329
W75 Gwen Davidson	3636
W90 Ruth Frith	4339

5000m RW-

M40 Robert Osbourne	26:14.77
M50 George White	24:38.63
M60 Murray Dickinson	25:10.55
M65 Colin Silcock	32:02.93
M70 Colin Hainsworth	30:53.52
M85 Andy Smith	46:20.09
W35 Annette Major	26:48.76
W40 Lynette Ventris	24:26.73
W45 Jillian Coyte	26:36.57
W50 Celia Johnson	29:16.67
W55 Gwen Steed	27:57.54
W60 Brenda Riley	27:45.54
W65 Chris Dauphin	33:37.12
W70 Jean Albury	29:42.75
W80 Grace Smith	56:01.23

10K Road Walk-

W35 Annette Major	55.09
W40 Lynette Ventris	51.19
W45 Janet Holmes	57.27
W50 Celia Johnson	1:00.51
W55 Gwen Steed	58.33
W60 Brenda Riley	57.13
W65 Chris Dauphin	1:08.46
W70 Jean Albury	1:02.31
W80 Grace Smith	1:55.00

10K X-Country

M30 Dean Campbell	42:12
M35 Chris French	33:02
M40 Stephen Fenton	35:39
M45 Peter Lyden	35:16
M50 Geoffrey Clark	37:12
M55 Bob Schickert	39:39
M60 Colin McLeod	37:31
M65 Mike McAvoy	43:21
M70 Stan Lockwood	47:41
M75 Randall Hughes	43:04
W45 C. Montalto	47:11
W50 Janet Upcher	42:01
W55 E. Marquardt	43:17
W65 Dawn Cumming	58:50
W70 Shirley Young	51:08

20K Road Walk-

M40 Robert Osbourne	2:03.08
M50 George White	1:49.39
M55 Tony Johnson	1:52.11
M60 Murray Dickinson	1:49.39
M65 Colin Silcock	2:17.33
M70 Colin Hainsworth	2:13.29

Mercosul Masters Championships

Sao Leopoldo, Brazil; Apr. 27-30

100m	
M40 G Trindade dos Santos	11.34
M45 Takeo Tsumanuma	12.03
M50 Luiz Felipe Pereira	12.76
M55 Zildo Bueno	12.53
M60 Tsutomu Kikuti	13.06
M65 Samuel de Soares	13.86
M70 Yoshiyuki Shimizu	13.61
M75 Yasutaka Fukui	16.02
M80 Hiroaki Emori	18.07
M85 Mitsuo Komura	21.01
W35 Marlene Lourenco	13.4h
W40 Massue Nakamura	14.82
W45 Naomi Morioka	15.83
W50 Zeila Rafael	15.68
W55 Tsuioco Uru	15.36
W60 Izaura Fukumori	16.83
W65 Mitsui Shimizu	16.69
W70 Melania Luz dos Santos	17.15
W75 Shizue Matsumoto	24.31
200m	
M40 G Trindade dos Santos	22.7h
M45 Milton Murata	24.7h
M50 Luiz Felipe Pereira	25.9h
M55 Zildo Bueno	24.6h

M60 Tsutomu Kikuti	26.9h
M65 Samuel de Soares	28.5h
M70 Yoshiyuki Shimizu	27.5h
M75 Massai Ishida	31.7h
M80 Kanji Sato	38.8h
M85 Mitsuo Komura	47.7h
W35 Geni Maeda	30.11
W40 Massue Nakamura	31.1h
W50 Zeila Rafael	33.1h
W55 Maria Regina Fabre	37.1h
W60 Izaura Fukumori	38.6h
W65 Mitsui Shimizu	34.9h
W70 Melania Luz dos Santos	36.1h
W75 Shizue Matsumoto	46.5h
400m	
M40 Carlos A G Praca	54.1h
M45 Milton V de Araujo	55.7h
M50 Luiz Isoda	57.4h
M55 Zildo Bueno	59.46
M60 Porfirio Orenha	1:04.71
M65 Samuel de Soares	1:07.53
M70 Yoshiyuki Shimizu	1:05.43
M75 Massao Ishida	1:17.38
M80 Antonio Fonesca	1:29.1h
M90 Takejiro Tanaka	2:59.01
W35 Akimi Miyamoto	1:09.9h
W40 Harue Kishishe	1:13.6h
W45 Yoshiko Suenaga	1:11.5h
W50 Sueko Nakaharada	1:14.39
W55 Ryoko Shorahata	1:24.6h
W60 Elisa Tanoue	1:24.6h
W65 Yae Natsumi	1:35.3h
W70 Tomiko Saito	1:36.9h
W75 Shizue Matsumoto	1:41.6h
800m	
M40 Valmir Santana	2:03.6
M45 E T da Silva	2:10.1
M50 Jose Luiz de Souza	2:12.9
M55 Roque Manoel	2:21.5
M60 Lucio Morita	2:30.3
M65 Kazumi Hara	2:53.2
M70 M Masatsugi	3:08.6
M75 Massao Ishida	3:13.8
M80 Antonio Fonesca	3:59.0
M90 Takejiro Tanaka	6:22.9
W35 Marta Terumi Xibuta	2:47.5
W40 Z H Kawazaki	2:49.8
W45 R M de Aguiar Gomes	2:44.7
W55 Eunice dos S laizzo	3:54.2
W60 Margarida Hochstatter	3:09.7
W65 Fude Shijiki	4:01.9
W70 Tomiko More Saito	3:44.5
1500m	
M40 G Lavandowski	4:31.2
M45 Ismael Souza	4:27.3
M50 Doda Santos	4:56.1
M55 Roque Manoel	4:52.6
M60 Francisco Penha	5:12.5
M65 Jose Souza	6:13.9
M70 M Matsuba	6:23.4
M75 Tsugio Shiki	6:57.3
M80 Antonio Fonseca	8:56.2
W35 Kazue Tateoka	5:47.2
W40 Z H Kawazaki	5:47.5
W45 R M de Aguiar Gomes	5:46.6
W50 Sueko Nakaharada	5:42.9
W55 Harumi Hashimoto	6:51.7
W60 Margarida Hochstatter	6:20.9
W65 Mitiko Nakatani	7:17.2
W70 Tomiko Mori Saito	7:51.7
W75 Eiko Takinami	10:36.0
3000m	
M40 Henrique Shitsuka	10:44.2
M45 Luiz Kimura	12:08.3
M50 Tadayuki Hoota	12:13.7
M55 Isoroku Kagohara	14:21.2
M60 Lucio Morita	12:01.0
M65 Hideyoshi Yamahiro	14:50.2
M70 Seijun Maedo	15:03.0
M75 Tsugio Shiki	15:16.9
M85 Kazue Tateoka	13:09.9
W35 Kazue Tateoka	12:32.1
W40 Z H Kawazaki	12:30.9
W45 R M de Aguiar Gomes	12:30.9
W50 Vera Alice Silva	12:40.6
W55 Mario Carmo Ortiz	17:32.1
W60 Margarida Hochstatter	13:28.6
W65 Mitiko Nakatani	15:27.1
5000m	
M40 G Lavandowski	16:12.9
M45 Edison Bergara	16:28.1
M50 Herol Fung	17:13.2
M55 E G Pessoa	18:57.5
M60 Francisco Penha	19:33.4
M65 Antonio Seabra	21:25.5
M70 Maedo Seijun	23:54.3

M75 Tsugio Shiki	25:53.4
M80 Ruy B Silva	27:15.9
W45 Claudia Audi	29:45.5
W55 K H Harumi	27:35.8
W70 Fude Shiki	29:36.1
10,000m	
M40 G Lavandowski	33:56.9
M45 Edison Bergara	34:02.4
M50 Jose Carlos Pedrosa	37:54.9
M55 Jose Rocha Pinto	37:47.0
M60 Valdomiro Minihoni	44:42.5
M65 Job F Moraes	44:39.1
M70 Seijun Maedo	47:29.8
M80 Ruy B Silva	55:33.5
Short Hurdles	
M40 Jose C A Filho	16.7
M45 Luiz Antonio Fabra	18.4
M50 Alcides F da Silva	16.4
M55 Karlheinz Bluttmuller	15.9
M60 Tamotsu Nishida	

Continued from previous page

M45 Jorge Luiz Peixoto	33.56
M50 Mario Hirakuri	27.12
M55 Dino Bizzoto	28.30
M60 Joao Bizzoto	40.12
M65 Ryoji Baba	40.13
M70 Shigueru Yamamoto	28.61
M75 M Takatoshi	29.42
M80 Takeru Ussami	22.72
W35 Zenaide S da Silva	35.63
W40 Marcia Matsunaga	21.78
W45 Juraci Bronzatto	36.30
W50 Kiyomi Nakagawa	29.07
W55 Clara Muronaga	20.28
W60 O V Domingos	32.15
W65 Wanda dos Santos	15.53
W70 Eiko Kishi	15.20
W75 Sadae Adachi	14.38
W80 Angela Basso Rolim	11.19

LONG DISTANCE 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 our format receive preference. Deadline is the 10th of the month prior to issue date.

NATIONAL

Indy Life 500 Mini-Marathon
USATF National Masters Half-Marathon Championships
Indianapolis, IN; May 6

Overall	
Philip Kemei 22	1:04:17
Lidia Grigoryeva 26	1:12:20
M40 Paul Risch	1:12:21
Timothy Mylin	1:13:55
George Dewitt	1:14:36
Steve Maves	1:18:09
Mark Diveley	1:18:36
Leo Turchyn	1:18:39
Marcus Phelps	1:19:51
John Bamdt	1:20:56
Randall Stephens	1:21:06
Mark Penn	1:21:43
M45 Gary Romesser	1:13:01
David Gavin	1:20:35
Tom Simpson	1:22:15
Roger Steffen	1:22:42
Daniel Niles	1:23:46
Fred Kile	1:24:43
Bill Gavaghan	1:24:53
Vincent Garcia	1:26:49
Harry Cannon	1:27:39
M50 Robert Meier	1:24:10
Douglas Newton	1:28:45
Bill Deal	1:28:47
Wayne Beaver	1:28:57
John Buhler	1:29:14
Jeff McQueen	1:29:55
James Leffler	1:34:29
Bruce Gilbert	1:34:55
M55 Jan Frisby	1:28:16
Harry Purdy	1:33:40
Jeff Lazo	1:34:46
Paul Wilson	1:36:59
Fred Fulcher	1:37:03
David Mathew	1:37:17
Ralph Zarse	1:38:55
M60 Evans David	1:31:54
Fay Bradley	1:35:16
Glen Davis	1:48:34
Frank Delisle	1:49:53

Hammer	
M40 Takao Hirakuri	25.74
M45 Mario Hirakuri	19.76
M55 Dino Bizzoto	20.70
M60 Jose de Almeida	27.63
M65 Japyassu Vaz Vidal	17.91
M70 Leonidas M L Osorio	30.35
M75 Walter Arnaldo Kupper	33.22
M80 Shitii Naito	17.21
W35 Zenaide S da Silva	32.67
W40 Nair Akemi Sirano	21.37
W45 Maria Leda A Ferreira	24.10
W50 Marly Velardo	21.58
W55 Clara Muronaga	27.05
W60 Creuza Andrade	19.51
W65 Eiko Kishi	17.00
W70 Maria Jose F Mello	13.84
W80 Angela Basso Rolim	10.49
Half-Marathon	
M40 Luiz Takara	1:36.57
W65 Mitiko Nakatani	2:03.41
3000m RW	
W45 Julieta P de Freitas	21:31.1
W50 Vera Lucia Araujo	20:41.8
W55 Miyoko Kohigashi	23:05.1
W60 Iracema Ariga	24:14.2
W65 Mitiko Nakatani	24:03.3
W70 Chieko Minami	22:54.6
5000m RW	
W55 K Kiyoko	40:42.7
W65 Mitiko Nakatani	39:11.5
W70 S M Chieko	38:18.5
M40 Claudio dos Santos	29:14.6
M45 Jose Odorico Rolim	29:34.3
M55 N G de Silva	32:25.2
M60 Ovidio Montanher	29:59.1
M65 Job Moraes	38:46.6
M70 Jose O Roldao	35:47.9
M75 Ichtvan Vamoch	35:39.9
M80 Ruy B Silva	38:46.9

Annette Johnson	2:08.54
Merle Hines	2:14.05
Sally Squier	2:14.54
Patricia Miller	2:16.11
W60 Ruth Everson	2:08.38
Rena Brown	2:16.24
Merrill Ritter	2:17.14
Evelyn Darrah	2:33.56
Mary-Margaret Lewis	2:40.42
Sara Robinson	2:46.56
Carol Legg	2:51.16
W65 Luella Bogenschutz	2:15.43
Marge Ferris	2:20.22
Gloria Nold	2:45.51
Lunilla Hiday	2:55.13
June Brumley	2:55.54
W70 Bernice Roberts	3:07.35
Jo Presser	3:14.30
Anita Bacon	3:20.03
W75 Linda Terry	3:18.17
Leona Tessier	3:40.03

EAST

17th Rodale Half-Marathon	
Allentown, PA; March 19	
Overall	
Jamie Hibell	1:06.09
Jenae Strader	1:21.23
M40 Budd Coates	1:09.15
Bart Yasso	1:16.18
M45 Terry Permar	1:12.41
Thomas Hall	1:15.35
M50 Terry Delph	1:18.37
Thomas Davis	1:24.20
M55 Len Sowinski	1:26.15
Art Burger	1:27.00
M60 Tony Cermiano	1:24.46
Herb Townsend	1:33.51
M65 Rich Hause	1:42.55
M70 Chuck Marti	2:05.52
W40 Beth Guerin	1:24.21
Ann Sick	1:28.47
W45 Nancy Wethmuller	1:42.48
Sherry Schrammel	1:47.01
W50 Eileen Portz-Shovli	1:46.18
Lea Stabinski	1:51.31
W55 Judith Gilbert	1:55.15
Chris Torchia	2:01.37
W60 Nancy Des Garennes	2:09.55
Bernadine Pongraccz	2:14.28

Rye Derby 5 Miler

Rye, NY; April 9	
Overall	
John Njeru 18	24:16
Margaret Kagiri 31	27:50
M40 Nelson Rocha	25:21
Paul Fendler	27:56
M50 Fred Pazona	32:19
John Samsel	32:58
M60 Donald Davis	33:27
Denis Daly	33:34
M70 John Bates 76	42:53
Jerry Olitt 71	47:11
W40 Terri Sonenclar	34:27
Cindy Fox	35:46
W50 Kathy Kellogg	43:50
W60 Barbara Protass	51:48

Nortel Networks Cherry Blossom 10 Mile

Washington, D.C.; April 9	
Overall	
Reuben Cheruiyot 26	46:07
Teresa Wanjiku 25	55:53
M40 Charlie Andrews	55:10
Robert Marino	55:19
Gary Moore	56:24
Anthony Basile	56:31
George Buckheit	56:44
Tom Bowmaster	57:00
Jim Clelland	57:05
Mark Malander	57:20
M45 Chuck Moeser	55:33
James Pryde	56:23
Michael McHale	58:34
Steven Giorgis	59:59
David Webster	60:45
Gary Presuhn	61:17
Bob Burns	62:00
Joe Como	63:10
M50 Bill Rodgers	56:01
Rick Katz	58:47
David Lowe	59:32
Jay Jacob Wind	61:58
Robert Dozoretz	62:20

Bennett Beach	63:40
John Lonsdale	64:14
M55 Patrick Griffith	62:44
Ben Dyer	64:02
Jerry Solomon	66:18
Robert Stephens	66:22
John Houbert	66:28
M60 Robert McAndrews	65:55
Cal Fowler	67:14
Chan Robbins	68:59
Antonio Panizza	69:08
John Pelton	69:27
M65 George Yannakakis	73:13
Larry Dickerson	75:02
Robert Smith	76:59
Jerry Lewis	77:11
Tom Momiyama	78:16
M70 Nianxiang Xie	79:37
Donald McCarten	82:50
Bill Morrison	91:29
M75 Lou Lodovico	73:12
Bill Osburn	1:44:46
W40 Judy Maguire	60:26
Patti Shull	60:56
Debi Bernardes	65:34
Amy McClenathan	65:52
Colleen Cohle	66:19
Katherine Merra	67:15
Fiona Branton	67:17
Joan Fowler	67:52
W45 Margaret Starnes	67:05
Donna Lewis	68:09
Betty Blank	68:18
Karen Erb	68:40
Barbara Holzman	71:03
Linda Votey	74:22
Marion Dilegge	75:46
W50 Carol Gellman	74:55
Linda Mills	77:03
Ellen Voss	78:17
Barbara Isom	79:12
Laura Cantrell	79:12
W55 Sharon Dolan	71:43
Wendy Watson	75:23
Dee Nelson	80:25
Judith Harmony	81:00
W60 Tami Graf	85:51
Edith Jones	90:08
Lucinda Clark	94:53
W65 Jeanette Chambers	1:43:09
Nancy Ammermuller	1:46:01
Hiroko Hunt	1:52:28
W70 Edith Farias 76	1:48:00

Nationwide Insurance 10K Run

For ASPIRE	
Plainview, L.I., NY; April 10	
Overall	
Brian Quinn 25	32:49
Yvonne Brito 27	35:43
M35 Mike Hudzik	35:07
M40 Don Di Donato	33:33
John Williams	33:42
Richard De La Sota	35:29
Allan Kilfoyle	35:33
M45 Robert Anastasio	33:35
Ted Truet	36:23
Brian Manghan	37:37
M50 Bob Hermes	36:26
Jack Porzio	36:50
Bob Moritz	37:14
M55 Maury Dean	38:22
Jorge Aguilera	41:44
Dan Badalament	41:57
M60 Jose Mendez	41:58
Bob Mitchell	45:42
Pat Skelly	46:22
M65 Geza Feld	47:59
Jum Soovel	48:41
Jack Dwyer	55:19
M70 Guy Froelig	49:08
John Corrigan	49:48
George Marr	52:48
M75 John McManus	52:21
Sab Koide	54:25
George Dennis	74:06
W35 Deborah Gaebler	38:15
W40 Helen Visgauss	42:41
L HarfenesMelnik	42:47
Millie Van Tuyl	44:29
W45 Kathy Martin	37:26
Catherine Oehrlein	45:51
Diane Gordon	46:25
W50 Melissa Kennedy	45:53
Betty Horstmann	46:12
Estella Clasen	47:42
W55 Erica Gassen	54:58
Hilda Smagorinsky	62:58
Jean Ackerman	63:21

W60 Marion Stanjones	51:37
Pat Cataldo	52:04
Margaret Carinci	52:21
W65 Bertha Bellinghaus	47:55
Thelma Wilson	53:48
Alexandra Finger	66:42
W70 Vera Allen	70:19

NYRR Skaggs-Walsh 5K

Central Park, NYC; April 15

Overall	
Guillermo Pineda 27	15:52
Stacy Creamer 40	18:36
M30 Alfonso Eugenio 33	16:38
Tony Parrado 30	17:43
Eric Friedman 34	18:10
M40 Peter Williams	17:57
Robert Toomey	19:35
Pave Grancaric	20:21
M45 Robert Anastasio	16:30
paul Mascali	16:48
Luis Chalco Fernandez	18:25
M50 Luis Urrea	18:59
Hector Vargas	19:29
Ahmed Mead	20:18
M55 Lloyd Moore	24:46
James Mehmet	29:18
Michael Lonergan	30:01
M60 Francis Byrne	20:35
Adolph Rettmer	23:19
Michael Frankfurt	23:51
M65 Emil Sofsky	23:54
Peter Theodosario	30:52
Ernest Frank	36:20
M70 Albert Puma	28:25
M75 John McManus	24:19
Wallace Cutler	29:03
Thomas Gibbons	30:33
M80 Albert Goldstein	33:16
W30 Mary Wittenberg 37	20:37
Beth Shields 37	20:50
Gail Campbell 35	22:44
W40 Betsy Brown	28:41
Eileen D'Aversa	32:44
Dora Silvera	32:53
W45 Jeannie White	28:56
Frances Libascl	30:52
Miriam Teran	32:55
W50 Ann Moore	23:10
Chuang Chang	24:58
Suzanne Held	26:21
W55 Anna Thornhill	22:20
Dilia Theodosakis	28:13
Carol Hart	33:08
W60 Joan Bondell	24:30
Margaret Carinci	24:32
Billie Moten	28:54
W70 Dolly Finkelstein	31:10
Rosalie Ames	52:29

Penn Relays Distance Classic

20K & 5K

Philadelphia, PA; April 16

Overall	
Jerry Lawson 33	64:26
Jenae Strader 23	77:22
M40 Sidney Holzer	77:54
Justin Whittington	80:23
Timothy Feeman	81:55
M45 David James	75:55
Chad Pearce	78:58
Bob Clowry	81:56
M50 Seth Bergmann	78:27
Craig Conover	87:33
M55 Richard Webb	83:51
Robert Taggart	84:26
M60 James Flanagan	88:03
M65 Norman Green	88:54
M70 Paul Ahrens	1:45:21
M75 Oliver Williams	2:14:16
M80 George Blyn	2:55:35
W40 Shirley Geerling	82:44
Amy Snyder	88:46
W45 Leah Whipple	87:49
W50 Linda Trout	94:45
Mary Jane Terpeluk	1:59:32
W55 Ingrid Cantarellafox	1:42:41
Mary McCoy	1:54:11
W60 Rita Alles	1:47:40
W65 Carol Montgomery	2:14:21
Overall	
Dennis Packard 45	16:14
Anne Burke 34	20:54
M40 Donald Paniconi	19:24
Stephen Harvey	22:00

M45 Dennis Packard	16:14
Bob O'Brien	20:05
M50 Stephen Young	21:21
Jim Peasco	24:24
M60 Jim Donohue	20:53
M65 Phil Steel	22:53
M70 Jerry Nolan	32:51
M75 Marvin Levy	46:30
W40 Kahi Schrier	22:11
D Giandonato	22:41
W45 Cathy Papp	38:12
W50 Marjorie Morris	25:12
W55 Helen Perron	24:18

Patriots' Day Boys and Girls Club 5 Miler

Portland, ME; April 17

Overall	
Byrne Decker 33	25:33
Kirstin Pierce 26	29:28
M40 Larry Sayers	25:33
M45 Steve Podgany	27:35
M50 Ron Newbury	27:17
M55 Michael Beaudoin	34:57
M60 Douglas Hodgkins	35:43
M65 John Howe	39:32
M70 William Hamilton 70	49:17
W40 Sarah MacColl	34:51
W45 Helen Cheney	35:45
W50 Jane Rau	35:19
W55 Annette Elowitch	44:33
W60 Polly Kenniston	41:18
W65 Nancy Wilson	54:18
W70 Elizabeth Irwin 72	53:04

104th BAA Boston Marathon

Boston, MA; April 17

Elijah Lagat 33		2:09:47
Catherine Ndebera 26		2:26:11
M40-49		
Joshua Kipkemboi 41	KEN	2:17:11
Fedor Rytov 40	RUS	2:17:38
Chris Verbeek 40	BEL	2:22:52
Bud Coates 43	PA	2:25:10
Bob Schwellm 41	PA	2:26:59
Paul Hammond 40	MA	2:29:10
Andrey Kuznetsov 42	RUS	2:29:39
Jerry Henley 41	UT	2:31:19
Tim Newell 40	NM	2:31:56
Mark Reeder 40	MA	2:33:22
Zachariah Mosala 40	FL	2:34:45
Guy Gordon 42	NJ	2:34:59
Gavin Stevens 44	NZL	2:37:34
Steven Anderson 43	VA	2:38:09
Claudio Ongaro 43	ITA	2:38:11
Glenn Baldwin 41	WV	2:38:40
Jonathan Black 42	CAN	2:39:55
Jeffrey Delle 43	FL	2:40:55
Richard Miller 46	ME	2:41:05
Charlie Andrews 42	NY	2:41:50
Leonard Vergunst 44	MS	2:41:57
Pete Kaplan 43	NC	2:42:12
James Garcia 41	MA	2:42:19
O Ramirez Arancada 42	MD	2:42:22
Eric Pierskalla 40	MN	2:42:38
Jose Guzman 41	MEX	2:43:20
Robert Julian 41	CAN	2:43:48
Bill Kauffman 42	DE	2:44:19
Stephen Jayson 47	TX	2:44:24
Tim Blouin 43	MA	2:44:32
M50-59		
Alan Orman 50	NY	2:43:25
Yuri Laptiev 51	MA	2:45:04
Reuben Beauchamp 53	MD	2:45:34
Duane Dombek 51	WV	2:46:52
Byrle Smallen 52	CA	2:47:48
Don Coffman 57	KY	2:48:03
Thomas Powers 50	NY	2:48:39
Dennis O'Brien 50	NY	2:49:47
Francis Kessler 50	OR	2:50:17
Michael Dove 53	CA	2:51:46
Carlos Sotomno 50	CA	2:52:10
Monserrate Burgos 55	MA	2:52:20
Fred Shuffelbarger 51	CA	2:52:40
Robert McNaught 51	WA	2:53:28
Pierre Gauthier 53	CAN	2:53:44
Jerry Learned 51	MA	2:54:07
Aiston Brown 51	NY	2:54:48
Uesugi Yoshitaka 55	JAP	2:54:56
Stephen Reed 52	ME	2:55:18
M60+		
Fred Cammarino 63	PA	2:58:06
Joe Burgessar 61	FL	3:03:26
Tsuneyuki Yamazaki 60	JAP	3:05:23
Bill Riley 63	MA	3:06:13
Brent Pfnder 60	AZ	3:07:59
Corrado Poltronieri 61	ITA	3:09:52
Katsuhiko Mimori 60	JAP	3:09:56
Bill Dodson 65	NM	3:09:58
Leon Chiappini 60	MA	3:10:28
Malcolm Gillis 66	AL	3:10:47
Peter Polidori 62	MI	3:12:45
Fred Tanner 62	RI	3:16:38
Gerald Glass 61	MO	3:16:47
Norm Barwin 61	CAN	3:17:44
James Schleisman 66	IA	3:18:56
Sammy Morris 60	AL	3:19:14
Charles Kellogg 60	MA	3:20:55
W40-49		
Gitte Karshoj 40	DEN	2:35:11
TatyapaPodnyakov 45	UKR	2:35:43
Mana Trujillo-deRios 40	CA	2:42:24
Marie Boyd 40	NM	2:45:58
Sandra Branney 45	SCO	2:46:32
Lee DiPietro 42	MD	2:47:00
Gillian Horowitz 44	NY	2:47:49
Dorian Meyer 40	NJ	2:47:54
Mary Chute 40	CT	2:58:02
Claudia Kasen 43	TX	2:56:33

Continued from previous page

Mary Button 40	CA	2:56.52
Marcella Teran 45	CA	2:58.07
Donna Turley 42	ME	3:04.02
Sharon Vos 45	CT	3:05.53
R Ransom Ferguson 45	MA	3:06.58
W50-59		
Anne Roden 53	GBR	2:54.21
Joan Ellis 51	OH	3:05.47
Setsuko Ogata 50	JAP	3:07.56
Judith Hine 51	GA	3:08.10
Susan Gustafson 53	MA	3:09.59
Mary Ryzek 54	MA	3:19.40
Betty Scott 52	NC	3:24.15
Joy Hampton 53	NJ	3:26.13
Dee Chadwick 53	AZ	3:27.00
Sally King 50	WA	3:27.08
Susan Petch 51	CAN	3:28.27
Sandra Adams 50	VA	3:29.47
Julie Lister 53	CA	3:32.36
Jo Marchetti 57	CT	3:34.14
Carol Kane 54	CT	3:35.02
W60+		
Barbara Miller 60	CA	3:11.57
Keiko Shinel 63	JAP	4:02.13
Shirley Blush 64	CA	4:08.13
Gillian Palejo 62	CAN	4:08.30
Joan Maxwell 62	CA	4:09.25
Imme Dyson 63	NJ	4:11.06
Carol Mikkelsen 61	CA	4:13.05
Katherine Pye 67	GBR	4:15.17
Rhoda Clapperton 61	OR	4:16.20
Juniko Morimoto 61	JAP	4:18.25
Jean Poodlack 60	CT	4:19.29
Andrea Gerbstadt 65	PA	4:23.28
Ethel MacDonald 62	MT	4:27.21
Sandray Hayes 62	MA	4:30.00
JoyceHodgesHite60	GA	4:40.54

NYRR Run for the Rainforest 5K Central Park, NYC; April 22

Overall		
Toby Tanser 31		15:34
Zofia Wiciorowska 37		17:18
M30 Matt Chaston 32		16:30
Froylan Garcia 32		16:42
Paul Stuart-Smith 38		16:47
M40 Jerry Marcar 16:26		
David Glass		18:22
Andrzej Ryszewski		18:47
M45 Hal Tozar		19:08
Vincent Shaw		20:16
Tom Bernhard		20:44
M50 Julio Aguirre		18:38
Luis Urrea		18:58
Robert Hansen		20:03
M55 John Samsel		19:22
Rolando Vihnay		21:15
Richard Siegel		22:07
M60 Ramon Ruiz		21:48
Michael Frankfurt		24:17
Frederic Fornisano		24:43
M65 Felix Kessler		27:28
Carlos Morales		27:47
John Cioffi		28:33
M70 Albert Puma		28:57
Richard Gordon		33:14
Jerome Solin		45:41
M75 John McManus		25:38
Sab Koide		27:07
Wallace Cutler		30:55
M80 Albert Goldstein		33:58
Wilfredo Rios		35:09
W90 Abraham Weintraub		46:59
W30 Kim Griffin 38		17:28
Kerry Rodgers 31		20:20
Diane Kenna 35		20:27
W40 Diane Lebowitz		22:38
Pamela Valeri		22:57
Jane Gillham		24:31
W45 Jacqueline Seltzer		22:34
Cathy Handy		22:44
Cynthia Tompkins		23:41
W50 Judy Harrigan		21:41
Ann Makoske		22:41
Chuang Chang		25:39
W55 Barbara Charles		23:25
Laurie Baker		24:38
Ruth Fairbrother		24:40
W60 Joan Bondell		25:14
Margaret Carinci		25:20
Edith Jones		26:38
W65 Rosa Nales		30:04
Elizabeth Thomas		40:07
Gloria Merridy		41:50
W70 Bertha McGruder		35:33
Pearl Jones		47:13
W75 Edith Farias		31:30
W80 Laura Starita		28:32

New Jersey Shore Marathon Oceanport, NJ; April 30

Overall		
Michael Harrison 33		2:41:02
Laurie Part Corbin 32		2:59:55

M40 Peter Churchman		2:43:53
Guy Gordon		2:45:40
Justin Whittington		3:05:53
M45 Thomas Fitzgerald		2:55:32
Bill Bosman		3:02:14
Frank Deleo		3:15:24
M50 Antonip Grazina		3:02:43
Bob Hermes		3:07:55
Robert Francis		3:10:35
M55 Joe Rushen		3:30:23
Julio Lugo		3:32:14
Robert Lomonico		3:33:53
M60 Mel Williams		3:06:00
Andrew Kotulski		3:28:33
Stephen Chopek		3:49:15
M65 W Duane Kennedy		4:01:08
Norm Frank		4:08:01
M70 Harry Chafetz 70		4:29:44
W40 Susan Hess		3:26:02
Jane Erbe		3:30:37
Monica Cullen		3:35:12
W45 Wendy Zimmerman		3:47:51
Alicja Barahona		3:51:25
Marianne Moore		3:51:47
W50 Robin Azzolini		4:05:50
Tair Chen		4:10:36
Marjorie Morris		4:27:55
W55 Ruth Fairbrother		3:52:26
Vander Horn		4:31:40
W60 Kathleen Nitschelm		4:04:53
Delores Horn		4:09:48
W65 Marilyn Stevens 67		6:35:00

Sallie Mae 10K Washington, D.C.; April 30

Overall		
Kibet Cherop 25		29:21
Grace Momanyi 19		34:03
M40 Andrew Masai		29:57
John Tuttle		30:36
Jon Sinclair		31:36
Gerard Donakowski		31:54
Jim Hage		32:05
M50 Jay Wind		37:24
Larry Frederick		38:41
Juhn Hubert		40:17
M60 Harald Stier		42:46
Ramon Ruiz		44:22
Ken Quincy		46:46
M70+Bill Morrison		53:27
Ray Blue		57:29
Marcel Bitoun		57:42
W40 Marina Belyaeva		34:48
Lee Dipietro		36:12
Patti Shull		36:35
Diane Legare		37:35
Cris Carpi		41:20
W50 Laura Cantrell		48:04
Mary Ellen Gonya		48:24
Dee Nelson		48:55
W60 Tami Graf		50:27
Edith Jones		53:00
Betsy Levin		59:14
W70+Hedy Marque		65:16

UMPC Pittsburgh Marathon Pittsburgh, PA; May 7

Overall		
Kevin Taylor 24		2:37:53
Tammy Slusser 35		2:53:29
M40 Joseph Perske		2:46:43
Gary Sauer		2:58:49
Ronald Ross		3:00:57
David Tooke		3:04:01
David Dwornick		3:04:02
M45 Jeffrey Brandt		2:54:01
Tim Hewitt		3:01:34
John Pfeil		3:03:09
Scott McCloskey		3:05:22
Richard Hosey		3:05:59
M50 Michael Campbell		3:15:10
Bernard Neiderer		3:15:47
Richard Weiss		3:17:26
Curt Grimm		3:20:17
M55 John Loughran		3:15:46
William Hillison		3:19:06
Paul Marraccini		3:23:03
Denny Wintheiser		3:30:04
M60 Ray English		3:37:06
Robert Werner		3:53:01
Robert Bright		3:55:15
M65 William Maraney		3:51:54
Dick Green		4:15:40
M70 Regis Costello 70		4:37:00
Ezio Rongaro 73		5:12:19
W40 Mariann Butela		3:32:35
Robin Smith		3:33:08

Janet Jones		3:33:37
Sabine Kane		3:36:13
Christine Gardner		3:51:59
W45 Cindy Hatch		3:21:47
Cindy Grimm		3:27:47
Debra Cully		3:42:52
Peggy Wise		3:49:19
Georgianne Welde		3:51:01
W50 Charlotte Hartwig		4:07:58
Bonnie McCaffrey		4:27:42
Denise Schiller		4:32:42
Georgia Nakovich		4:34:13
W55 Patricia Koester		4:29:07
Joyce Geroux		4:38:08
Donna Czarny		4:46:54
W60 Helen Botti		5:10:41
W70 Margretta Lutz 71		4:40:48

Canon Long Island Marathon Nassau, NY; May 7

Overall		
Peter Heimgartner 31		2:39:24
Donna McMahon 30		3:05:44
M40 Rudy Afanador		2:53:01
Cesar Estevez		3:07:48
Steve Lerner		3:12:23
M45 Jaime Palacios		2:47:30
Charles Bifulco		3:21:58
Bill Tooker		3:22:16
M50 Brown Yoo		3:11:02
Anibal Barrero		3:31:44
Robert Nordman		3:37:22
M55 Dennis Howe		3:49:05
Zygmunt Juraczko		3:58:07
M60 Erwin Klein		4:58:36
Paul Heller		4:59:16
M65 Alan Stern		5:01:58
M70 Odd Sangelsland 70		5:26:17
W40 Gina Buggy		3:30:08
Helen Visgauss		3:33:33
Eileen Barnes-Corley		3:39:41
W45 Carole Schaul		4:07:16
Jacqueline Seltzer		4:13:54
Gloria Linares		4:16:18
W50 Steffi Joerg		4:38:45
Kazimiera Juraczko		5:04:01
Kyung Ja Yoo		5:08:42
W55 Ruth Fairbrother		4:29:07
Carolyn Ciccone		5:40:45

Blue Cross Broad Street Run 10 Mile Philadelphia, PA; May 7

Overall		
Ben Kimondiu 22		49:52
Anastasia Ndereba 25		57:10
M40 Brendan Hilliard		53:56
Robert Marino		55:25
Bob Schwelm		55:51
Benjamin Huddel		57:24
Jeffrey Hayes		57:49
M45 Terry Permar		54:40
David James		61:50
Juan Miranda		62:11
Jon Cohen		63:54
Ali Houshmand		64:12
M50 Seth Bergmann		63:41
Hal Katen		63:50
Stuart Madres		66:02
Dan Tantino		66:12
M55 Robert Taggart		67:41
Richard Webb		68:37
Daniel McAlee		68:42
Frank Hopper		69:35
M60 James Flanagan		70:09
David Cartwright		71:41
Jim Donahue		73:50
M65 Ruben Melendez		76:38
Norman Green		76:38
Vincent Criniti		78:01
M70 Paul Ahrens		88:45
Patrick Nutt		88:52
M75 Oliver Williams		2:01:25
Walter Small		2:08:51
M80+Albert Booth		1:56:35
W40 Shirley Geer ng		64:22
Colleen Wai ht		68:36
Denise DiPa igrizio		70:35
Susan Reicl		72:00
Leslie Varrelman		73:01
W45 Donna Lewis		70:26
Leah Whipple		71:05
Beth Howlett		71:06
Michelle Hamel		72:05
Joan Potterfield		77:33
W50 Joy Hampton		73:55
Joan Osborne		78:19
Charleen Vandemark		84:18
Sue Goodman		88:50

W55 Carole Lelli		82:48
Carolyn DiGiambattista		85:22
Ingrid C-Fox		87:16
Sandi Roberts		91:17
W60 Imme Dyson		84:24
Edith Jones		93:29
Sandra Folzer		94:17
W65 Andrea Gerbstadt		95:03
Carol Montgomery		1:47:35
Zandra Mobrg		2:02:25
W70 Vivian Lanberg		1:43:34
Anne Kaufmann		2:00:51
W80+Becky Yencharis		2:45:49

SOUTHEAST Leprechaun 5K/USATF Georgia 5K Championships Dublin, March 11

M40 Michael Leachman		22:12
Buster Evans		28:48
M50 Rick Umpleby		24:06
John Torpy		24:50
M60 Benny Wade		20:33
M65 Jim Hite		24:23
M75 Lukie Orvin		29:25
W40 Alice Smoot		19:14
W45 Michie Pitts		22:00
W60 Nancy Carswell		33:51

Atlanta Women's 5K Atlanta, GA; April 1

Overall		
Donna Garcia 32		17:02
W40 Laura Brewer		18:54
Susan Adams		19:07
Karen Kennington		19:54
W45 Trenice Mullis		22:01
Michie Pitts		22:50
Julie Corley		23:40
W50 Carolyn Spillman		23:40
Jan Bowen		23:47
W55 Misy Rodey		24:35
Holly York		24:43
W60 Jeanne Daprano		23:45
Nancy Parker		23:57
W65 Kathryn Welden		34:00
Eva Petrolina		38:12
W70 Marian Moon		58:22
W75+Christine Camp		51:40

Tri Star Health System 10K Nashville, TN; April 8

Overall		
Jared Seger 23		29:58
Valerie Young 33		35:34
M40 Joe Babilon		36:34
Jim Sampson		38:08
M45 Jim Freid		37:27
Larry Jackson		40:15
M50 Gordon Terwilliger		35:34
M55 Russ Brown		40:53
M60 Jerry McGath		41:59
M65+Dave McKim 65		44:10
W40 Shannon Reade		40:26
Amy Barrow		40:33
W45 Victoria Crisp		42:55
Teresa Trammel		52:50
W50 Cathy Raines		55:56
W55 Mary Thompson		53:26
W65+Pat McClain 65		56:10
Joann Long 70		58:20

Charlotte Observer Race Festival Half-Marathon & 10K Charlotte, NC; April 15

Overall		
Kevin Odiome 27		1:05:12
Michelle Laffeur 28		1:18:07
M40 Gerald Hutchison		1:15:52
M45 James Pannabecker		1:25:09
M50 Donald Pierce		1:26:31
M55 John Clancey		1:32:16
M60 Michael Morgan		1:32:56
M65 Bob Bussey		1:53:13
M70 Ernest Morton		1:59:51
M75 E.B. Lloyd		2:51:08
W40 Janice Addison		1:22:31
W45 Mary Gail Murphy		1:42:03
W50 Linda Simmons		1:56:04
W55 Patricia Guthrie		1:48:08
W60 Melba Fritz		2:37:32
W65 Clara Bennett		3:07:10
10K		
Overall		
Joseph Gibson 23		30:37
Joan Nesbit 38		33:57
M40 Lanny Doan		33:44
M45 David Couper		35:17

M50 Randall Mendat		37:52
M55 Bill Fitch		40:40
M60 Charles Gray		41:26

Continued from previous page

M60 Bill Catanese	41:30
Jinyu Irei	47:21
Jack Larson	47:30
M65 Arnold Turpin	45:58
Paul Reddix	46:43
Dennis Burgess	55:54
M70+Marvin Warren 70	51:20
Ralph Rodriguez 77	58:38
Peter Hlinka 81	75:14
W40 Elena Viazova	35:03
Michelle Rupe	38:32
Joanne Collins	40:25
Susie Palmer	41:21
W45 Tatyana Pozdnyakova	33:59
Joan Pellegrin	42:50
Pat Young	46:44
W50 Jeannie Rice	44:22
Eileen Gressock	45:34
Paulette Ziegfeld	49:57
W55 Sue Ellen Andrish	58:01
Sherry Frye	60:48
W60 Marilyn Olsen	55:47
Jane Nottage	61:50
W65 Carolyn Huntsberger	54:59
Shirley Doyle	61:47
W70+Denise Cohn 72	75:54

West Bloomfield Half-Marathon & 5K

West Bloomfield, MI; April 30

Overall	
Bill Jack	75:48
Mara Isser	90:23
M40 Tim Emmett	79:47
M45 John Tarkowski	85:09
M50 Don Balkwell	81:34
M55 Jim Carlton	86:17
M60 Pete Polidori	95:14
M65 Ralph Palmer	1:44:04
M70+Clarence Shelton 79:57	57:25
W40 Sandie Domagalski	97:14
W45 Martha Ritchie	97:33
W50 Donna Olson	1:40:22
W55 Judy Gottlieb	2:24:25
W60 Cathy Detman	2:00:25
-5K-	
Overall	
Chuck Block 44	16:49
Kelly Sampson 12	19:57
M40 C Block 18	16:49
George Geck 18	19:55
M45 Rick Straub	18:53
M50 Paul DeLadurantaye 17	39:39
M55 Paul Wheeler	20:49
M60 Larry Kolasa	27:40
M65 Harrison Hensley	29:27
M70+Joseph Yurich	31:54
W40 Marcy Kossak	21:07
W45 Sally Oswald	26:17
W50 Maggy Zidar	22:15
W55 Ellen Nitz	24:07
W60 Eleanor Alper	49:43
W65 Mary Dominick	66:41

Lake County Races Marathon, Half-Marathon & 10K

Zion-Highland Park, IL; April 30

Overall	
Chris Toepfer	2:33:33
Patricia Soumoff	3:04:56
M40 David Basak	2:59:16
M45 Ben LaBelle	3:08:06
M50 Roy Pirrung	2:58:53
M55 Dale Laabs	3:39:55
M60 Ken Burman	3:42:20
M65 Warren Moulds	3:43:46
M70 Henry Hart	5:55:28
W40 Mary-Beth O'Donnell	3:33:31
W45 Mary Schumann	3:39:08
W50 Dee Budeier	3:46:25
W55 Dorothy Tanner	3:42:33

Half-Marathon

Overall	
Mark Manz 26	1:11:51
Jenny Spangler 36	1:24:26
M40 Eric Fowler	1:24:20
M45 David Ahner	1:17:44
M50 Mike Thackeray	1:29:22
M55 James Kubic	1:30:35
M60 George Wilkins	1:43:26
M65 Jack Taylor	1:39:39
M70 Gerry Hopkins	1:51:02
M75 Charles Flitman	2:10:51
W40 Judy Springer	1:31:40
W45 Sue Lydon	1:43:00
W50 Cheryl Campbell	1:48:41
W55 Kris McKinnon	1:57:29
W60 Eva Kalio	2:06:43

W70 Eusebia Mendez	2:22:26
10K	
Overall	
Ed Hickey 31	34:21
Janeth Salazar-Ohst 32	38:08
M40 Curt Peters	41:44
M45 Rod Lance	41:18
M50 Charles Brasher	43:56
M55 Karl Zwolfer	48:05
M60 Fred Dahl	55:18
M65 Delbert Camp	48:59
M70 Bill Lindenmeyer	53:28
M75+Jonathan DeGrave	59:25
W40 Antoinetta Simonian	47:51
W45 Peg Cronin	49:32
W50 Ann Regan	51:27
W55 Barbara Kennedy	53:09
W60 Mary Lou Decker	64:15
W65 Betsy Blacklock	82:12
W70 Peggy Gudbrandsen	81:48

MID-AMERICALongest Day Marathon (run indoors on 200m track)
South Dakota State U.
Brookings; April 15

Overall	
Tom Jacobs 36	2:58:48
Becky Swanson 46	4:11:25
M40 Bill Dahlin	3:32:41
Richard Thowig	3:48:08
M45 Larry Thompson	3:25:15
Edwin Roth	3:35:53
M50 Keith Hoppel	3:33:14
Ken Sirois	3:55:08
M55 Mike Fleming	3:49:14
Rick Worley	4:48:03
W35 Beth Goodwill	4:50:51
W40 Mary Alice Purcell	4:54:37
Suzanne Haigh	5:38:11
W45 Becky Swanson	4:11:36
Teresa Perschanga 18	44:44
W50 Shirley Sirois	5:20:24
Doris Cail	5:42:55
W55 Janet Newburgh	4:36:18
Betty Mae Burrell	7:55:55 (racewalker)

Easter Sun Run 10K

Wichita, KS; April 22

Overall	
David Keller	32:09
Deb Tormeden	37:05
M40 Dan Lawson	33:58
Bob McAnany	35:11
James Smith	38:04
M45 Jim Gifford	37:36
Steve Palmer	38:33
Bob Ream	38:41
M50 Jeff Berven	35:33
Paul Shimon	40:28
Terry Pollock	42:07
M55 Bill Jones	43:19
Roger Wilson	45:06
Deryl Denman	47:42
M60 Dick Drevo	48:42
Don Dirksen	48:54
M65 Paul Heitzman	40:22
David Arst	49:02
W40 Eileen Yates	46:08
Cindy Presnell	46:14
Cindi Ward	49:03
W45 Barb Holzman	42:57
Bonnie Fetrow	44:50
Sherry Kent	54:13
W50 Trudy Calloway	46:23
Vera Burton	46:46
W55 Sheryl Drevo	46:09
Bev Parker	55:03
Beth Rogers	57:39
W60 C Buckner	49:37

Get In Gear 10K

Minneapolis, MN; April 29

Overall	
Julius Mwangi	29:36
Kelly Keeler	34:42
M40 James Cope	33:11
Gival Bradley	33:56
David Kleingarn	33:58
Bobby Paxton	34:15
Dennis Henseler	34:31
Chip Cheaney	34:53
Mike Setter	35:01
M45 Allen Zetterlund	34:22
Michael Seaman	34:46

Dan Morse	35:00
Norm Champ	35:35
Mark Leduc	36:14
Jack Ankrum	36:28
M50 John Cretzmeyer	37:43
Terry Hakola	38:26
Keith Palmer	38:52
Don Mathieu	38:59
Art Mugalian	39:24
M55 Norm Purrington	38:59
Stanley Horstmann	39:30
John Brown	39:54
Jared Mondry	40:09
Roe Erlandson	41:27
M60 Thom Weddle	37:40
Ron Bole	40:39
Paul Paine	41:27
Rich Trochman	44:39
Larry Junkermeier	45:39
M65 Dale Soderbeck	46:57
Lloyd Nietling	48:33
Dick Olson	52:36
Roger Regimbal	53:34
M70 Lloyd Young	49:01
Roger Anderson	50:23
John Burton	57:17
W40 Bev Docherty	36:26
Pam Weier	37:55
Meg Schissel	38:58
Kristi Larson	39:51
Nancy Marquette	41:29
Karen Lading	41:39
Kathleen Miller	41:55
W45 Lynae Larson	40:48
Julie Virkus	41:01
Ann Haugejord	42:37
Nancy Camp	42:59
Barbara Leninger	44:20
Connie Foster	45:35
W50 Barb Jacobson	40:49
Gloria Jansen	41:05
Ann Day	44:29
Sara Olson	46:06
Mary Hiatt	46:49
W55 Marilyn Schnobrich	45:41
Judy Cronen	45:41
Marge Rolseth	50:29
Karen Grossman	50:40
Lee Zurek	53:18
W60 Charlotte Frampton	47:38
Marge Nielson	55:23
Sandra Sheldon	55:30
Dorothy Marden	59:26
W65 Carol Sankey	51:17
Dee Slotness	98:38
W70 Cahow Marcy	56:51
Diane Goulett	65:55

SOUTHWEST

Scholtzky's Deli St. Patrick's Day 5K

Tulsa, OK; March 11

Overall	
Rene Carlsen 25	15:19
Kamila Gradus 32	18:13
M35 Ron Parks	16:41
M40 Pete Orban	17:26
Britt Edwards	18:24
Forrest Simpson	18:37
Ronald Wall	18:48
Darryl Stillson	18:50
M45 John Stuke	17:45
Don Burnett	17:53
Doug Vaughn	19:04
Peter Mayo	19:11
M50 Tom Lloyd	18:03
Larry Krutka	19:04
Mike Budnik	19:24
M55 George Marchetti	18:58
Richard Martin	20:16
Ron Barrick	21:42
M60 Andy Hogan	20:56
Jose Herrera	22:31
Dick Estes	27:31
M65 Sidney Hughes	25:45
Ed Adams	26:11
Alle Klein	28:36
M70 Mike Walter	24:47
Laddie Ondracek	30:59
M75+Tom O'Connell 76	34:47
Eugene Blais 78	39:29
Wish Lemons 82	49:26
W35 Sherri Duke	20:04
W40 Brenda Stuke	20:33
Roxanne Meyer	21:07
Peggy Adams	22:11
W45 Donna Spencer	21:51
Jana Harrington	24:47

Yoko Pepera	24:49
W50 Grace McCoy	24:57
Jan Vedros	25:26
Nancy Fuhart	25:52
W55 Marja Willis	26:16
Bettina Hambrick	29:00
Pat Hogan	30:05
W60 Marilyn Cunningham 30	13
Linda Hancock	33:24
Peggy Loop	35:10
W65 Betty Turner	31:58
Sue Neill	33:28
W70 Opal Alexander	40:33
Wanda Lemons	43:25

Racewalkers

1M Mick Champion 56 35:50

1F Christine Jackson 40 32:11

Uptown 5 Mile & 5K

Dallas, TX; March 18

Overall	
Lazarus Nyakeranka 23	23:08
Michelle Byrne 27	27:20
M40 Juan Sena Palacios	25:58
Michael Mullen	26:45
Rick Christensen	26:58
Bob Smeby	29:29
Dave Emerson	30:15
Michael Delmore	32:17
M45 Mike Parsons	28:32
Steve Hegreness	30:13
Scott Graham	30:46
Wally Manaugh	30:52
Al Guevara	31:10
David Black	31:53
James Darakshan	31:55
Lee Dukes	32:23
M50 Ian Rodger	30:12
James Widman	30:18
Mike Fountoulakis	30:55
Robert Benson	31:21
John Ross	34:36
M55 Bill Shaw	30:27
Charles Jackson	33:56
Doug Gilpin	34:04
Ken Pipkin	36:31
M60 Will Ferson	33:43
Bill Blackburn	34:13
Fred Hurd	35:10
M65 Norm Alsobrook	37:42
Dick Doores	38:24
M70 Richard Widener	41:59
Garth Nix	58:42
W40 Margo Braud	31:22
Julie Buron	33:17
Kerry Little	33:19
Sandy Lovejoy	33:54
W45 Brenda Heaney	38:27
Janet Cromer	38:35
Pamela Dealey	38:40
Mary Alcock	41:03
W50 Christine Bugala	41:24
Dianne Barnett	45:44
Linda Branfield	48:27
W55 Marilyn Patrick	34:58
Barbara Bernstein	41:48
Mary Salter	45:57
W60 Mary Kennard	41:28
Maria Johnston	45:03
W65 Phyllis Provost	48:36
Virginia Kay	56:23
W70 Jan Richards	46:44
W75 Joyce Rhines	66:00
-5K-	
Overall	
Matt Albertson 18	16:34
Lauri Durham 31	18:24
M40 Thomas Munyan	17:15
Jeff Horton	19:08
Ron Isbell	19:16
Tom Jardine	19:18
George Moussa	19:29
M45 Scott Graham	17:44
J J Jenkins	18:28
Mark Roman	18:34
Ernie Ozuna	18:46
Chuck Roberts	19:03
Joe Luna	20:38
M50 Jim Carter	18:50
David Cromer	19:31
Lorenzo Martinez	19:33
Bill Shipley	20:34
Cruz Romero	20:48
M55 George Kempston	21:12
Jim Horton	21:39
Tommy Farrar	22:09
Danny Monts	22:46
M60 Bill Johnson	21:42
Clyde Deloach	21:47
Tony Chavez	22:58
M65 Bud Mantz	35:46
H C Ward	39:32
M70 Paul Verver	37:39
John Hickey	39:17

Jack Anderson	40:26
W40 Lori Romeo	23:09
Cynthia Syas	23:16
Bronda Starling	23:20
Heidi Leowinsohn	24:00
W45 Jacquie Baldelli	21:49
Candace Fountoulakis	22:21
Susan Wallis	24:09
Cathy Gaberdiel	24:22
W50 Susan Sams	24:50
Terry Davis	24:59
Marcia Godwin	25:59
W55 Corey Binder	26:23
Sandra Lu	30:36
Annette Lobdell	31:30
W60 Emily McAdams	26:53
Joan Gissel	36:30
Patricia Gober	36:44
W65 Maryann Cotten	34:57
Khorshed Balchandani	50:57
W70 Audrey Melvin	33:58
Rosemary Baker	42:12
W75 Ruth McKnight	50:20

American-Statesman Capitol 10K

Austin, TX; April 2

Overall	
James Menze 25	31:51
Jennifer McNutt 30	37:37
M40 Joe Flores	32:51
Brian Murphy	36:49
M45 Keith Dowland	32:20
John Gonzales	36:25
M50 Ian Rodger	37:30
Jim Carter	38:01
M55 Michael Chicksa	40:09
Dick Wilkowski	40:30
M60 Roy Dwyer	40:47
Bill Blackburn	41:33
M65 Dan Shuff	45:38
Robert Fletcher	47:00
M70 Glen Hellenga	54:04
Jack Caldwell	55:18
M75 Jim Southard	62:03
Elmer Hixson	72:48
M80 Eberhardt Niemeyer	72:39
John Calverese	92:27
M85+Jerzy Kuszakiewicz 85	55:25
Sidney Smith 89	1:45:26
W40 Margo Braud	38:22
Carol Calvin	44:02
W45 Kathy Barton	38:54
Julie Palmer	44:05
W50 Janet Scholl	45:53
Alice Spooris	46:22
W55 Sandra Baran	48:15
Ann Ferguson	48:36
W60 Diana Hersey	58:15
Ann Herrera	65:23
W65 Bev Avery	56:42
Mickie Aguilar	62:19
W70 Lillie Doss	67:35
Marie Tennison	1:41:34
W75+Wanda Hall 78	75:23
Elizabeth Kennard 77	1:41:50

Susan G. Komen Race For the Cure 5K

San Antonio, TX; April 8

Overall	
Ismael Leon 26	15:17
Jenny Breuer 26	1

Continued from previous page

Andy Hogan	20:41
Bob Rush	26:19
M65 Paul Heitzman	19:12
Bob Adkins	21:47
Sidney Hughes	25:03
M70 Rich Mitchell	28:17
Tom O'Connell	32:56
W40 Brenda Stuke	18:40
Adele Baker	22:24
Pam Hughes	26:14
W45 Yoko Pepera	23:13
Jana Harrington	23:26
Rebecca Hunt	25:36
W50 Grace McCoy	23:32
Helen Sage	27:46
Brenda Nowlin	27:51
W55 Kay Tedford	29:22
W60 Phyllis Durham	27:55

Field of Dreams 5K
Tulsa, OK; May 6

Overall:	
Jason Larabee	15:54
Priscilla Godi	18:57
M40 Doug Welch	17:44
Britt Edwards	17:51
D. Stillson	18:34
M45 John Stuke	17:25
Matt Pile	17:29
Dahl Cox	18:40
M50 Mike Budnik	19:32
Robert Maddy	20:51
Dennis Calkins	20:56
M55 N R Parker	20:07
Lynn Moore	22:26
Emery Crain	22:51
M60 Andy Hogan	21:03
Win Spears	25:43
Gary Elam	27:19
M65 Paul Heitzman	19:41
Bob Adkins	22:27
Allen Klein	29:00
M70 Mike Waller	25:11
L Ondracek	25:54
Rich Mitchell	28:23
M75 Eugene Blais	40:26
W40 Brenda Stuke	19:06
Roxanne Meyer	19:56
M Gelsthorpe	21:22
W45 Yoko Pepera	23:54
J Harrington	24:10
Marilyn Weir	25:09
W50 Grace McCoy	24:17
S Corey-Wing	27:33
Janet Ellsbury	28:19
W55 Karen Frye	49:25
W 60 Dru Young	26:27
Pat Brennan	31:12
M Cunningham	32:16
W65 M Thompson	33:29
Mary Furr	44:00

WEST

Classic Runs 5K/10K
Los Angeles, CA; March 25

Overall	
Tim Stitzel 29	15:41
Kelley Taylor 36	19:28
M40 Holger Kleinberg	17:53
Rigoberto Vega	18:03
Brian King	18:40
M45 Neil Manfield	17:32
Eddie Knapp	19:19
Michael Avon	20:16
M50 Juan Cardenas	20:04
Rick Joly	20:17
Vazgen Vartanian	20:32
M55 Gary Riley	19:44
John Miller	22:44
Robert Lizakowski	24:21
M60 Tom Fletcher	21:37
Mike Ishikawa	22:09
Paul Freidin	23:04
M65 Ryoji Akiyama	23:47
Bob Gold	26:03
Don Valentine	27:34
M70 Bob Koch	23:35
Jerry Withers	27:02
Leo Prado	28:04
M75 Mel Schewe 78	35:28
Richard Sommers 75	37:22
Lew Silverman 79	59:24
M80 George Feinstein 86	39:59
W40 Dianne O'Rourke	22:48
Linda Narney	23:52

Nancy Miner	23:54
W45 Sharon Lotesto	20:17
Rachelle Katz	22:51
Barbara Wampler	25:59
W50 Mikey Finnigan	21:18
Yoko Eichel	21:26
Becky Parker	23:45
W55 Fran Smith	23:24
Kathy Vigil	29:00
Irene Vass	30:10
W60 Peliza Perez	29:01
Beth Summers	32:15
Rita Murphy	33:45
W65 Nancy Malhotra	33:35
Helen Porter	41:43
Joan Koves	45:58
W70 Louise Martin 70	43:21
Helen Miller 71	43:53
Judy Godsey 72	46:15
W80 Shelina Heath 89	59:54
Overall	
Rafael Ramos 33	33:06
Phyllis Pastre	42:31
M40 Rigoberto Vega	34:29
Jim Morehart	38:03
David Fisher	39:00
M45 James Stephan	37:15
Scott Rosenlieb	37:42
Adam Maslanka	40:33
M50 Chris Jesseman	40:00
Dick Held	46:52
Mike Silka	48:24
M55 Tom Boomer	41:52
Bruce Geddes	42:52
John Moore	47:40
M60 John Williams	49:25
Robert Demiranda	50:13
Emile Bareng	52:39
M65 Ruben Esqueda	52:00
Frank Zamora	52:52
Dick Ramirez	53:41
M70 Ellis Revnes	51:02
Milo Sather	51:30
Richard Hawley	64:56
M75 Roy Murano 75	64:37
Dick Greenberg 79	84:30
M80 Fred Suto 81	82:01
W40 Catherine Molina	46:43
Diane Hatori	48:57
Susan Slater	52:18
W45 Leslie King	43:10
Susie Villanueva	58:07
Terry Hensley	58:09
W50 Ronnie Ruger	54:17
Angie McCaffery	56:33
Karen Nawrocki	58:45
W55 Bonnie Jones	50:18
Christie Edinger	53:10
Irene Thomson	54:07
W60 Ursula Krummel 64	67:30
Linda Munson 60	73:46

Ulis C. Williams' "Run for
Education" 5K/10K
Compton, CA; April 1

Overall	
Jaime Padilla	15:31
Teresa Vega	18:24
M40 Angelo DeCollibus	16:24
Michael Schutt	18:42
M45 Ric Rojas	17:43
Augustin Lopez	19:49
M50 Salvador Gonzalez	19:01
Albert Alten	24:03
M55 Catarina Gonzalez	18:23
M60 Jim Clay	23:24
Terry Clow	24:07
M65 Leroy Carter	22:49
Ray Archibald	25:57
M70 Milo Sather	24:04
Jerry Withers	27:16
M75 Frank Endo	31:10
M80 George Feinstein	38:02
W40 Janice Collins	30:50
Jackie Jewells	42:17
W45 Sharon Lotesto	20:26
Marsha Harris	27:16
W50 Shyrea Mills	45:30
W55 Mary Jane McMaster	33:06
W65 Donie Smith	29:53
W70 Lois Edds	33:57
Overall	
Carlos Goldamez	35:37
Charlene Cameon	51:54
M40 Kim Hipsher	39:37
Mike Schutt	51:46
M45 Danny Castro	42:31
Joaquin Arviza	42:59
M50 Jose Jalomo	44:28
Joe Munillo	45:23
M55 Bruce Geddes	42:37
Anthony Mruk	42:40
M60 Harlan Williams	53:54
M65 Aurelio Camacho	45:24
Ruben Esqueda	52:10
M75 Roy Murano	65:00
W40 Charlene Cameon	51:54

W45 Bonnie Killedrew	55:26
Sarah Lifsey	60:52
W50 Karine Brooks	64:43
W55 Roberta Rodin	64:24

RRCA / Avon Women's 5K
Santa Clarita, CA; April 8

Overall	
Anissa Seguin	20:02
W40 Janet Whitmore	24:05
Mary Neipp	24:16
W45 Patricia Shapiro	22:06
Darcel Pertusati	25:56
W50 Yoko Eichel	21:25
Marilyn Noble	26:12
W55 Donna Canales	32:48
Linda Franklin	33:32
W60 Jean Varden 60	32:02
Karen Kroning 60	39:25

Santa Anita Derby Day 5K
Arcadia, CA; April 8

Overall	
Steve Scott 43	15:53
Torie Moran 33	20:19
M40 Steve Scott	15:53
Jim Morehart	18:29
M45 Neil Manfield	18:55
Stelonioln Gonc	19:12
M50 Don Ocana	18:37
Javier Rodriguez	19:47
M55 Lee Baca	19:55
Mauro Rodriguez	20:09
M60 Raymond Maranda	21:27
Tom Fletcher	22:18
M65 William Wall	22:06
Leroy Carter	24:04
M70 Milo Sather	25:30
M75 Larry Banuelos	25:41
M80 Bill Dietrich 80	37:03
George Feinstein 86	39:57
W40 Jeanne Kawashima	21:28
Deborah Yealin	22:05
W45 Joann Scott	21:11
Elizabeth Saenz	22:05
W50 Becky Parker	24:01
Terry-Lee George	24:40
W55 Penny Tyree	24:52
Sally Tyree	25:22
W60 Alexandra Demira	27:18
W65 Elaine Herfert	35:35
Nancy Tuey	35:57
W70 Emily Hernandez	37:54
W75 Margaret Davis	33:13
W80 Kay Neuman 88	38:53

Big Sur Marathon & 5K
Big Sur, CA; April 30

Overall	
Esterban Vangeas 29	2:27:06
Natalia Solominskia 38	2:46:53
M40 Jean-Marc Seguy	2:44:23
Chuck Teixeira	2:49:27
Kevin Haas	2:53:47
Greg Diamond	2:57:02
Robert Gerrity	2:57:29
M45 Steve Butler	2:56:09
Kerry Green	2:59:53
Jefferson Seay	3:00:07
Bradley Cox	3:09:15
Michael Sweeney	3:11:00
M50 Chuck MacDonald	2:58:52
Marc Lieberman	3:07:25
John Schulte	3:12:37
Robert Davies	3:13:31
Gary Hanson	3:14:18
M55 Bob Bebermeyer	3:35:28
Floyd Redmond	3:39:55
Pierre Bourassa	3:43:40
John Karon	3:45:41
David Cowee	3:46:35
M60 Peter O Stork	3:33:34
Robert Hudson	3:35:21
Albert Milette	3:36:33
Paul Browne	3:45:00
Dennis Hartley	3:47:53
M65 Malcolm Gillis	3:26:56
Johannes Pieper	3:42:57
Bob Rice	3:55:26
Richard Deguzman	3:57:16
Aloysius Casey	4:08:22
M70 Richard Laine 70	4:29:36
Paul Bender 73	4:50:18
W40 Karl DiStefano	2:55:02
Suzanne Morris	2:57:35
Kim Bricker	3:19:42
Christine Iwahashi	3:23:47

Elizabeth Kelly	3:29:26
W45 Susan Gold	3:13:38
Alfreda Iglehart	3:19:00
Debbie Melnikoff	3:24:48
Judy Cannon	3:37:26
Kyong Martin	3:40:20
W50 Diane Ridgway	3:25:30
Francine Lanciault	3:36:31
Christi Heine	3:43:14
Susan Humphries	3:47:31
Glynis Greening	3:59:17
W55 Helga Brandenburg	3:44:09
Ann Grove	4:07:51
Consuelo Streett	4:18:40
Anitra Seitamo	4:28:08
W60 Kharlton Brown	4:39:37
Bev Peterson	4:42:40
D Fields-Talbert	5:01:41
W65 Vici De Haan	4:59:28
Judith Bullough	5:07:04
W70 Yukie Mochida 70	4:31:05

Overall	
Ben Turman 30	15:08
Katy Spink 25	17:35
M40 Armando Siqueiros	15:37
Tim Minor	15:48
Terrence Boynton	16:02
M45 Lloyd Stephenson	15:43
Nick Fettes	16:01
Don Paul	16:58
M50 Jim Gorman	17:16
Michael Dove	17:22
Frank Ruona	17:37
M55 James Gibbons	18:11
Dick Chimenti	19:01
Joe Hurtado	20:47
M60 Jim Moore	20:22
Rob Mackinlay	20:28
Bob Tarozzi	20:35
M65 Tom Guldman	21:31
Glynn Wood	23:30
Ken Napier	23:51
M70 Sam Hirabayashi	23:46
Boyce Jacques	24:47
Dick Yaeger	28:20
M75 Howard Powers	26:12
Stan Demartins	29:18
Ray Rice	30:01
M80-Bjorn Lenck 80	45:47
Pierre Delfausse 83	57:56
W40 Barb Acosta	17:57
Carol Keller	18:06
Karen Steele	19:10
W45 Kim Rupert	20:23
Donna Hinshaw	20:48
Katie Scott	21:22
W50 Dee Dee Grafins	19:34
Irene Herman	23:47
Trudy Shapiro	24:55
W55 Jutta McCormick	22:58
Edda Stickle	23:02
Suzanne Franco	24:55
W60 Barbara Miller	20:44
Louise Walters	25:25
Patty Hopper	36:11
W65 Myra Rhodes	24:32
Diane McCann	46:22
Ursula Hedenbauer	51:37
W70 Barbara Larsh	39:03
Diane Davenport	48:36
W75 Helen Klinger	78:34
W80-Martha Craig 81	48:28
Hazel Trapp 81	50:04

NORTHWEST

Pear Blossom Run 10 Mile
Medford, OR; April 8

Overall	
Ian Solof 28	50:48
Deanna O'Neil 35	60:32
M40 Jeff O'Neil	58:31
K.C. Taylor	60:54
M45 Leonard Hill	56:42
Gregory Christiansen	58:35
M50 Art Coolidge	61:09
Richard Booth	63:35
M55 Don Miller	67:32
Jim Sims	69:37
M60 Marv Rexius	70:43
Tom Burnham	71:31
M65 Lee Dycus	89:19
Ted Demeritt	91:48
M70 Ken Oliver	85:26
M75 Alfred Acord	92:40
M80 Bill Hutchison 80	97:57

W40 Cheryl Tronson	61:36
Tonya Geers	69:54
W45 Becky Hoppe	75:20
Shelley Briggs	78:32
W50 Sandi Whittle	71:31
Jessie Stratton	75:55
W55 Judy Ziemer	89:08
Geneva Tullis	94:10
W60 Lyn Cole	91:00
Shannon McMahon	97:11
W65 Laverne Morgan	97:12
Daisy Roberts	101:33
W70 Betty Gillette	102:30

Cherry Festival 5K & 10K
The Dalles, OR; April 29

Overall	
Tracy Hollister	15:34
Heather Fitz-Gustafson	20:23
M40 Dave Long	21:16
Hector Osuna Jr	21:29
M50 Bill Wright	26:57
Skip Baker	28:09
W40 Kathy Wickman	30:49
Eva Bryant	32:05
-10K-	
Overall	
Greg Gustafson	33:54
Heidi Tutt	40:42
M40 G Gustafson	33:54
John Iremonger	41:22
M50 Walt Nottor	40:47
Mike DeBolt	47:20
M60+David Neitling	48:53
Gary Nichols	51:56
W40 Heidi Gustafson	50:42
Penny Hunting	53:09
W50 Ruth Baker	55:50

Lilac Bloomsday 12K
Spokane, WA; May 7

Overall	
Rueben Cheruyiot 26	34:10
Jane Omoro 28	40:08
M40 Simon Karori	36:14
Graeme Fell	37:01
John Tuttle	37:37
Jon Sinclair	39:25
Michael Alan Brady	40:04
Ed Bickley	41:42
Jeffrey Rahn	41:44
Ray Matteson	42:06
Bob Boland	42:22
Graham Hutchinson	42:25
M45 Ted Jaleta	39:30
Bob Benedetti	42:10
Bob Murphy	42:50
Dick Leland	43:32
Don Sundberg	43:38
Greg Gustafson	44:23
Jamie Cob	44:31
Mike Halverson	44:35
Brad Vanwert	45:03
John Erickson	45:32
M50 Paul Johnson	44:27
John Hahn	45:15
James Nicholson	45:25
John Peglan	45:26
Steve Weiler	46:21
Tom Carper	46:30
Donald Hill	46:40
Scott Melville	47:00
Stuart Arguile	47:17
M55 Jeff Corkill	42:52
Ole Bergset	46:12
Kenneth Hinds	47:33
Daniel Bonogofski	48:42
Hal Westberg	49:25
Joe Machala	51:06
Jerry Graham	51:07
Terry Danzer	51:45
M60 Rich Olin	50:35
Larry Carroll	51:17
Ron Kelling	52:16
Grant Smith	53:02

Continued from previous page

Robert Browne	42:39
M65 Thomas Chisholm	43:56
Harvey Nelsen	45:41
Charlie King	45:51
Bernie Lotzkop	46:17
M70 Frank Kuracz	43:45
Ron Keller	51:48
Benet Logevall	54:33
W40 Nancy Tinari	35:05
Ulla Marquette	36:45
Cindy Rhodes	37:21
Adele Wilson	39:32
Margaret Hill	41:58
W45 Ilze Rupners	39:22
Lauralee Welder	42:40
Sandy Pemin	43:44
Cecelia Bay	47:34
W50 Rose Pals	42:42
Brenda Glover	44:52
Judy Wamk	45:32
Vicky Hart	45:37
W55 Jan Selman	43:01
Barbara Cross	48:24
Geraldine Whelan	48:51
Rosemary Lawrence	49:43
W60 Ivy Blacquire	49:08
Mary Ann Carter	51:19
Sonia Ward	51:53
Aileen Hollifield	54:48
W65 Gwen McFarlan	48:26
Hordis Stormorken	51:25
Ruth Heidrich	57:07
W70 Bettyjean McHugh	49:47

INTERNATIONAL**BVAF Cross-Country Championships**
Grimsby, England; March 26

W35	
Sarah Heath	20:13
Helen Burrell	20:17
Wendy Roethenburgh	20:33
W40	
Margaret Boleman	20:04
Karen Slater	20:30
Gail Brown	21:09
W45	
Maggie Statham	20:24
Ann Ford	20:35
Jackie Jackson	21:05
W50	
Linda White	22:11
Margaret Moody	22:58
Judith Wittenck	23:04
W55	
Dot Fellows	22:37
Valerie Naylor	23:03
Val Hancock	23:48
W60	
Eve Osborne	25:04
Mary Gartrell	27:32
Dorothy Fraser	29:49
W65	
Betty Smith	30:13
Jasmine Powell	31:42
Betty Foster	32:55
M40	
Bill Foster	32:49
Colin Donnelly	33:07
Mark Burnhope	33:11
Andrew Wetherill	33:12
Bob Atkinson	33:49
Steve Robinson	33:52
M45	
Nigel Gates	32:40
Brian Kirkwood	33:56
Stanley Owen	34:14
Michael Girvan	34:28
Owen Lewis	34:30
Michael McDevitt	35:10
M50	
Peter Hyde	34:59
Ahmed Amraoui	35:16
John Kerr	35:34
Peter Witcombe	35:37
Duncan Overton	35:38
Charles Dickinson	35:43
M55	
Graham Patten	37:08
Leslie Hayne	38:16
John Potts	38:44
Tony Weston	39:10
Michael Dixon	39:12
Vincent Hancock	39:16
M60	
Phil Lancaster	38:00
Fred Gibbs	38:28
Steve James	39:05
Tony Hawkins	40:12
M65	
Barry Swindells	40:39
Mick Ward	42:23

L. Vaughan-Hodkinson	42:50
M70	
Laurie Foster	24:01
Ted Cooper	24:24
Alan Sutcliffe	24:48
M75	
James Caddy	28:01
Edgar Nichols	28:09
Frank Copping	30:00
M80	
David Blyth	38:11

Fortis Rotterdam Marathon
Rotterdam, Holland; April 16

Overall	
Kenneth Cheruiyot	2:08:22
Ana Isabel Alonso	2:30:21
M40 J Duparait	2:25:22
M Bouchemit	2:26:14
P Chatelard	2:26:49
M45 M Wilmer	2:28:59
D Chiappalone	2:35:11
G Kragten	2:36:44
M50 P Hopmans	2:38:32
G Siebenga	2:39:57
J Serres	2:44:59
M55 R v d Putte	2:49:42
H v d Bilt	2:54:04
M Koorn	2:57:03
M60 J de Vries	2:57:44
D Lewington	3:02:23
K Leeuwaugh	3:05:22
W40 C Ophorst	2:51:42
S v d Kroonenberg	3:09:01
J v d Burgt	3:10:35
W45 M Wittendorp-Schaper	3:11:20
D van Weelden	3:15:14
H Bauters	3:16:03

Flora London Marathon
London, England; April 16

Overall	
Antonio Pinto	3:42:36
Tegla Loroupe	2:24:33
M40 Robin Nash	2:27:17
David Thompson	2:29:28
Steve Payne	2:29:36
M45 Peter Embleton	2:27:19
Rob Gay	2:31:36
Paul Smith	2:38:34
M50 Alastair Kean	2:32:25
Steve Moore	2:32:56
John Kerr	2:33:56
M55 George Smith	2:40:52
Anton Graz	2:40:59
Dave Lacy	2:44:20
M60 Manuel Touza	2:50:37
John Caragher	2:58:25
Pat Dobbs	3:03:42
M65 Geoff Overall	3:10:48
Bob Emmerson	3:16:10
David Forman	3:19:16
M70 Bob Peart	3:20:21
Nigel Gardener	3:21:13
Terry Kelly	3:37:43
M75 Peter Addis	4:32:30
William Housego	4:32:30
Edward Mountford	4:39:19
W40 Trudi Thompson	2:40:40
Jane Boulton	2:56:57
Janice Moorekate	3:01:01
W45 Chris Naylor	3:03:06
Bonnie Appleby	3:07:48
W. Wickham (USA)	3:08:28
W50 Marion Raynor	3:06:24
Chris Hargrave	3:07:31
Sue Cariss	3:12:52
W55 Alison Dyett	3:35:49
Barbara Law	3:46:37
Chris Debiere	3:49:19
W60 Mary Anstey	3:34:51
Cath O'Reagan	3:46:50
Sue Pickering	3:47:04
W70 Iva Barr	5:45:48
W75 Marjorie Dalton	6:03:45

RACEWALKING**L.A. Marathon Racewalk**
Los Angeles, CA; March 5

Overall	
Judy Fierro	4:54:55
Dave McGovern	3:55:00
M40 Dave McGovern	3:55:00
-49 Steve Collins	5:47:33
Peter Doggett	6:02:49
M50 Lou Briones	5:03:31
-59 Tim Staats	5:21:58
M60 Arvid Rolle	5:07:44

-69 Charles Cutting	62	5:06:56
W40 Judy Fierro	42	4:54:55
-49 Lucinda Eggert	43	5:39:42
P Jacoby-Leavitt	43	5:58:11
W50 Daphne Sullivan	57	5:34:02
-59 Maria Fernandez	52	6:09:22
Frieda Singleton	50	6:32:38
W60 Yvonne Weber	63	6:02:51
-69 Ena Dubnoff	61	6:30:56
Patti Kennedy	69	6:37:13

USATF 1500m Racewalk Championships
Tampa, FL; March 11

Overall		
Steven "Red" Renard	31	6:52
Sarah Perry	30	7:48
M40 Phil Gura		7:58
M50 Steve Feith		8:49
M55 Daniel Koch		8:21
M60 Harold Heft		10:16
M65 Bob Fine		8:36
M70 Danny DeMauro		9:50
M75 Tulio Carrillo		9:58
W40 Theresa Hellings		8:52
W45 Edna Ramsey		9:08
W50 Alba Campbell		10:06
W55 Marge Pilla		9:46
W60 Sperry Rademaker		8:33
W70 Pepper Davis		11:17

National Invitational Racewalks
Manassas, VA; April 2

Men's 5K	
Overall	
George Fenigsohn 52	28:16
M40 Jerry Goodwin 44	29:01
M50 George Fenigsohn	28:16
M55 Michael Schwed	31:57
M65 Sal Corrallo	33:24
M70 Dick Cherry	37:43
M75 Charles Boyle	34:58

Women's 5K	
Overall	
Maryanne Torrellas 41	27:02
W40 Maryanne Torrellas	27:02
W45 Jan Schoenbauer	35:32
W50 Joan Venslavsky	34:00
W55 Pat Yingling	37:41
W60 Marsha Hartz	36:31
W70 Terry Hamilton	38:45
W75 Margaret Walker	40:42

Men's 10K	
Overall	
Jeff Savage 32	51:21
M40 David Lawrence	51:27
M55 David Balgwin	56:30
M60 Robert Dawson	1:01:00
M70 John Starr	1:02:07
Women's 10K	
Overall	
Eileen Lawrence 46	1:04:03
W40 Lori Ann Yohe	1:04:14
W50 Linda Rodbell	1:06:26
W55 Fran Emanuel	1:09:00

20K	
<u>Overall</u>	
Francisco Pantoja 23	1:28:55
Teresa Vaill 37	1:35:45
M40 Ian Whatley	1:33:18
M55 James Carmines	1:48:09
M60 James McGrath	1:58:34
M65 Bob Barrett	2:09:19
M75 Robert Mimm	2:15:38
W40 Victoria Herazo	1:44:15
W45 Nadya Dimitrov	2:19:57
W50 Kathy Frable	2:26:11

USATF West Regional/NW Masters Regional 10K Racewalks
Seattle, WA; April 22

Overall		
Ric Holt	CA	48:23.5
Kelly Murphy	Glenn ID	54:03.2
M45 Gerry Dragomir	BC	50:50.0
Rob Frank	OR	53:48.9
M50 Stan Chraminski	WA	54:53.9
Bob Novak	WA	55:31.6
S Thompson	WA	1:06:06.7
M55 George Opsahl	OR	1:02:20.2
M60 John Backlund	OR	1:01:41.6
W45 Mary Snyder	ID	56:33.7
W50 D Backlund	OR	1:06:50.9
W55 Karen Murphy	ID	1:09:10.8
W60 Bev LaVeck	WA	59:26.1

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American Heart Association
Fighting Heart Disease and Stroke

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ONEITHEA LEWIS (BAYSIDE, NY)	6-11-60	40-44
JOHNNY GRAY (SANTA MONICA, CA)	6-19-60	40-44
LYUDMILA NINOVA (AUT)	6-25-60	40-44
YURLY SYEDIKH (URS)	6-1-55	45-49
MARIE CLAIRE LEJEUNE (FRA)	6-11-55	45-49
MARY THERESA O'CONNOR (NZL)	6-19-55	45-49
JEFFREY WATRY (US)	6-23-55	45-49
JIM BARRINEAU (BURKE, VA)	6-25-55	45-49
JIM LOTHROP (PHOENIX, AZ)	6-27-55	45-49
TOM STRUTHARD (US)	6-28-55	45-49
JAMI LITTLEJOHN (MI)	6-4-50	50-54
EUGENE DRIVER (LOS ANGELES, CA)	6-19-50	50-54
ED BASKASKAS (US)	6-28-50	50-54
MARY LIBAL (CORVALLIS, OR)	6-28-50	50-54
ASHLEY SUMMER (EASTON, MD)	6-30-50	50-54
SANDRA FORREST (GBR)	6-1-45	55-59
BRIAN OLDFIELD (ELGIN, IL)	6-1-45	55-59
TRISH CONNELL (AUS)	6-3-45	55-59
NADINE LOWENSTEIN (BEL-CLINTON, NY)	6-8-45	55-59
FAINA MELNIK (RUS)	6-9-45	55-59
JOE KOPKA (REHOBOTH, MA)	6-11-45	55-59
ANN MAKOSKE (MELBOURNE, FL)	6-12-45	55-59
PATRICIA CONNELL (AUS)	6-13-45	55-59
MARIA FERREIRA FLORES (POR)	6-4-40	60-64
RICHARD LUKE BROWN (MEDFORD, OR)	6-11-40	60-64
HERBERT CORDWENER (WG)	6-11-40	60-64
WLADYSLAW KOMAR (POL)	6-11-40	60-64
MARYLIN MOREHEAD (DETROIT, MI)	6-24-40	60-64
JUDY POLLOCK (AUSTRALIA)	6-25-40	60-64
TOM LARIS (CA)	6-26-40	60-64
HELLA KUPPE (NAM)	6-27-40	60-64
BERTIL WISTAM (SWE)	6-28-40	60-64
BETTY DAMERON (FREDERICKSBURG, VA)	6-3-35	65-69
MARTHA KLOPPER (DURHAM, NC)	6-3-35	65-69
JUNE PREECE (AUS)	6-3-35	65-69
SUE MEDAGLIA (BRONX, NY)	6-4-35	65-69
MARY CZARAPATA (NEW BERLIN, WISC)	6-7-35	65-69
DON ROSE (KENTFIELD, CA)	6-9-35	65-69
ADOLPH BLONNER (ITA)	6-10-35	65-69
MARGARET TIPPING (GBR)	6-12-35	65-69
URSULA ASTFALK (GER)	6-13-35	65-69
BOBBY THOMAS (SACRAMENTO, CA)	6-13-35	65-69
DONNA WRIGHT (BARTLESVILLE, OK)	6-15-35	65-69
MARY HARADA (WEST NEWBURY, US)	6-17-35	65-69
CARLOS VALLE (DOWNEY, CA)	6-18-35	65-69
WINFRED MORGAN (GB)	6-19-35	65-69
EDITH ARNOLD (GER)	6-21-35	65-69
HAROLD DEMOSS (MOUNTAIN VIEW, CA)	6-21-35	65-69
INGRID JUNGE (GER)	6-22-35	65-69
BRAYTON NORTON (LAGUNA BEACH, CA)	6-1-30	70-74
MARIA MATULESSY (INA)	6-5-30	70-74
MANUEL ALONSO (SPAIN)	6-11-30	70-74
MARY ANN CAVICCHI (OH)	6-17-30	70-74
LOYD SMITH (LAWRENCEBURG, IN)	6-17-30	70-74
KARL-HEINZ WENDEL (GER)	6-17-30	70-74
HELEN BUENE (LACKAWANNA, NY)	6-18-30	70-74
ELIZABETH BURT (ANN ARBOR, MI)	6-18-30	70-74
COLLEENA BLAIR (NZL)	6-19-30	70-74
MARY SPECKING (US)	6-22-30	70-74
ARTHUR WALSHAM (GB)	6-22-30	70-74
DICK MARLIN (MODESTO, CA)	6-24-30	70-74
MARYLIN WASTE (SAN FRANCISCO, CA)	6-30-30	70-74
KAUKO VILLANEN (FIN)	6-4-25	75-79
FRITZ HECKER (WG)	6-9-25	75-79
ERLING KROSBY (HOUSTON, TX)	6-10-25	75-79
BOB ROEMER (EL DORADO HILLS, CA)	6-12-25	75-79
MARY ISOM (SAN DIEGO, CA)	6-13-25	75-79
DOTTIE GRAY (KIRKWOOD, MO)	6-14-25	75-79
JOHN ECCLES (NZ)	6-20-25	75-79
DONALD CUMLEY (RENO, NV)	6-3-20	80-84
GRACE BULGER (GBR)	6-6-20	80-84
JIM CRAINE (HONOLULU, HI)	6-6-20	80-84
MARGARETA LAMBERT (DILLON, CO)	6-6-20	80-84
EVELYN LERCHER (AUBURN, WA)	6-6-20	80-84
HANS GILLI (SWE)	6-9-20	80-84
BOB STONE (KENSINGTON, CA)	6-12-20	80-84
VIRGINIA LANDUYT (CA)	6-13-20	80-84
ERWIN LUDWIG (WG)	6-17-20	80-84
ALOYSIUS SIBIDOL (MAL)	6-20-20	80-84
SANDY PATTERSON (BOSTON, MA)	6-21-20	80-84
STEVE RICHARDSON (CT)	6-24-20	80-84
WARREN UTES (PARK FOREST, IL)	6-25-20	80-84
VADINE KOENIG (HAMILTON, OH)	6-30-20	80-84
FRITZ ASSMY (WG)	6-11-15	85-89
GERDA MUELLER (GER)	6-16-15	85-89
DUTCH WARNERDAM (FRESNO, CA)	6-22-15	85-89
RUDOLPH WANECK (WG)	6-28-15	85-89
GERTRUD KNYZ (AUT)	6-30-15	85-89
CHARLES ESPY (DUNEDIN, FL)	6-18-10	90-94
HANS MOHR (WG)	6-18-10	90-94
WARREN PIKE (GREENLAND, NH)	6-25-10	90-94
ZORA LUX (ANACORTES, WA)	6-3-5	95+
BENJAMIN FOX (PHOENIX, AZ)	6-20-5	95+

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

MASTERS CLUBS

Below is a list of masters track & field, long distance running, and racewalking clubs arranged alphabetically by region. Some offer workout facilities. Most have social programs and annual awards. If you'd like to find out more about what's going on in your area, contact one. To have your club listed, please send the necessary information to National Masters News, P.O. Box 50098, Eugene OR 97405.

EAST

All Unique Individuals
Women's Masters Track Team
PO Box 2831
Elizabeth, NJ 07207-2831
973-736-3312

Bohemia Track Club
Mary Trotto
3 Eden Dr.
Smithtown, NY 11787
516-979-8445

Boston Athletic Assoc.
131 Clarendon St., 8th Floor
Boston, MA 02116
617-236-1652
www.bostonmarathon.org

Boston RC
79 Manet Rd.
Chestnut Hill, MA 02467
617-964-7802

Capitol Hill Road Runners Club
1104 Sanford Lane
Accokeek, MD 20607
Robert S. Weiner

Finger Lakes RC
PO Box 321
Newfield, NY 14867
607-564-9516

Garden State AC
19 Bedminster Rd.
Randolph, NJ 07869
973-625-1764

Greater Boston TC
PO Box 183
Boston, MA 02117-0183
617-499-4844
gbtc@crl.dec.com
www.gbtc.org

Greater Long Island RC
101-24 Dupont St.
Plainville, NY 11803
516-349-7646
516-349-7647 (fax)
www.pobtrc.org

Greater Rochester TC
PO Box 92608
Rochester, NY 14692
716-872-6652

Hudson Mohawk Road Runners
PO Box 12304
Albany, NY 12212
518-435-4500

Liberty AC
89 May St., #1
Needham, MA 02492
508-462-9552

Maryland Masters Track Club
107 Rosewood Ave.
Baltimore, MD 21228-4939
410-744-2652

Nadia Track Club
1500 Sylvan Terrace
Pittsburgh, PA 15221
Dorel Watley, Pres.
412-244-9812

National Capital Track Club (GNATS)
c/o Karen Erb
205 W. Myrtle St.
Alexandria, VA 22301
703-549-7779

New England Walkers
83 Riverside Av.
Concord, MA 01742
978-369-7912

New Jersey Striders TC
P.O. Box 885
Maywood, NJ 07607
201-287-1064

North Jersey Masters
PO Box 56
Ridgewood, NJ 07451

NY Masters Club
Rose Ann Gaeta
75-32 199th Street
Fresh Meadows, NY 11366

NYRRC
9 E. 89th St.
New York, NY 10128
212-860-4455

Potomac Valley Track Club
c/o Bobby Briggs
6207 Duntley Ct.
Springfield, VA 22152
703-913-6335
email: corrallo@erols.com

Run to Win Ladies - Maine
Coach Brian Gillespie
36 Colonial Rd.
Portland, ME 04102
207-772-2753

Shore AC
Donna Cetruolo
274 Bath Av #14
Long Branch, NJ 07740
732-222-1348

Sugarloaf Mt. AC
Box 659
Amherst, MA 01004
413-586-7411

Syracuse Chargers TC
118 Foxcroft Lane
Fayetteville, NY 13066
315-637-6211

Tri-State TC
Wayne Vaughn
18619 Preston Rd.
Hagerstown, MD 21742

Western Pennsylvania Track Club
Joe Silverio
14400 Winchester Rd.
Trafford, PA 15085
412-372-1986

SOUTHEAST

All American TC
20184 Hwy 17
Hampstead, NC 28443

Atlanta TC
3097 E. Shadowlawn Av. NE
Atlanta, GA 30305
www.atlantatrackclub.org

Birmingham TC
P.O. Box 530363
Birmingham, AL 35253
205-879-5344

Florida AC
3250 Lakeview Blvd.
Delray Beach, FL 33445
561-499-3370

Florida TC
P.O. Box 12463
University Station
Gainesville, FL 32604
904-378-8725

Greenville TC
P.O. Box 16262
Greenville, SC 29606-7262
864-235-8260

Huntsville TC
c/o Harold Tinsley
8811 Edgemoor Dr.
Huntsville, AL 35802
256-881-9077
harold.tinsley@gte.net
www.huntsvilletrackclub.org

Miami RC
Tropical Park
7920 SW 40th St.
Miami, FL 33155
305-227-1500

Nashville RACERS
421 Valley Trace Dr.
Nashville, TN 37221
615-356-4607
racers@home.com

Nashville TC
2916 Oakland Av.
Nashville, TN 37212-5812
615-383-6733

North Carolina RRC
PO Box 26761
Raleigh, NC 27611
919-231-0714

Pony Express Masters TC
PO Box 503
Norfolk, VA 23501
Attn: Joe Mack
757-482-5558

Port City Pacers
PO Box 16907
Mobile, AL 36616
334-473-RACE

Richmond T&F Club
PO Box 6701
Richmond, VA 23230
804-266-4785

MIDWEST

Ann Arbor TC
PO Box 7551
Ann Arbor, MI 48107
734-663-9740
734-663-0124 (fax)

Columbus Roadrunners
PO Box 15584
Columbus, OH 43215-0584
617-764-9733

Dayton Masters TC
PO Box 17706
Dayton, OH 45417-0706
Bob Jones, Pres.
513-837-2754

Indiana Racewalkers Club
3919 N. Vinewood Av.
Indianapolis, IN 46254
Michael Bird, Pres.
317-291-7591
mgbird@aol.com

Midwest Masters T&F Club
633 Sunset Dr.
Janesville, WI 53545
608-756-5260

Motor City Striders
10144 Lincoln
Huntington Woods, MI 48070
248-544-9099
248-544-4601 (fax)
racebreak@aol.com
www.motorcitystriders.com

Over the Hill TC
9065 Gettysburg Dr.
Twinsburg, OH 44087

Parkside Athletic Club
(Racewalk)
Mike DeWitt
Kenosha, WI
414-551-0142

PUMA Team Jock Shop
7373 Market Street
Youngstown, Ohio 44512
330-726-8407

River to River RC
PO Box 1224
Marion, IL 62959

Bob Shul Racing Team
27 E Dixon Av.
Dayton, OH 45419
937-293-7935
BobShul@sprintmail.com

Victory AC
Marty Gonterman, Pres.
PO Box 6667
Louisville, KY 40206
502-447-3913

Wolfpack TC
4865 Arthur Pl.
Columbus, OH 43220
614-459-2547

MID-AMERICA

American Walking Assoc.
National Office
PO Box 4

Paonia, CO 81428-0004
970-527-4557
970-527-4607 (fax)
walk@online.col.com

Colorado Walking Club
Rocky Mountain Region
9853 Zephyr Dr.
Broomfield, CO 80021
303-422-5468

Denver TC
Jim Bogus
1818 S. Quebec Way #10-1
Denver, CO 80231
303-696-0436

Lawrence TC
PO Box 3743, Jayhawk Sta.
Lawrence, KS 66046

Lincoln TC
3105 Cedar Av.
Lincoln, NE 68502

Prairie Striders
Box 267
Brookings, SD 57006

Running International
Ric Rojas
3680 Buckeye Court
Boulder, CO 80304
303-444-7267
Ric@RicRojasRunning.com
www.RicRojasRunning.com

Run, Racewalk, Row, Ride and Roll
Gary Westlund, Coach
Minneapolis & St. Paul, Minnesota
612-782-9620

St. Louis TC
2385 Hampton Av., #101
St. Louis, MO 63139-2932
www.stlouistrackclub.com
314-781-3926
314-782-3726 (raceline)

Santa Fe Striders
PO Box 1818
Santa Fe, NM 87504
505-983-2144

SOUTHWEST

Dallas Masters T&F Club
1501 W. Lavender Lane
Arlington, TX 76013
817-274-0448
vwrunner@aol.com

East Texas T&F Club
3334 S. SW Loop 323 #125
Tyler, TX 75701
Robert Hahn
903-561-9511
903-581-6605 (fax)

Houston Masters Sports Assoc.
4021 Montrose Blvd.
Houston, TX 77006-4956
713-523-5679

King of the Hill TC
48 Chateau Haut Brion
Kenner, LA 70065-4956
504-467-1197

Louisiana Lightning TC
Jeff Baty
321 E. Josephine St.
Gonzales, LA 70737

Midnight Sun TC
PO Box 7141
New Orleans, LA 70186

New Orleans TC
PO Box 52003
New Orleans, LA 70152-2003
504-482-6682

Oklahoma City RC
PO Box 18113
Oklahoma City, OK 73154
405-752-9097

San Antonio TC
PO Box 39148
San Antonio, TX 78218
Don Austin
210-699-0265

South Louisiana Masters TC
PO Box 3125
Lafayette, LA 70502-3125
318-984-4934

Team Oklahoma Masters
George Hall
4217 W 91st
Tulsa, OK 74132-3739
TEAM_OKLAHOMA@bigfoot.com

Tulsa RC
PO Box 3304
Tulsa, OK 74101-3304
918-496-1939
www.tulsarunningclub.com

Waterloo T&F Club
4112 Burnet Rd.
Austin, TX 78756
512-458-6010

WEST

Cal Coast TC
PO Box 7132
Newport Beach, CA 92660-7132
949-476-7076
Bill Sumner/Rick Herr

Club West
Beverly Lewis
PO Box 5730
Santa Barbara, CA 93150
805-969-5852

Club West
Gordon McClenathen
PO Box 99
Goleta, CA 93116-1099
805-964-3005

Corona del Mar TC
19103 S. Andmark Av.
Carson, CA 90746
310-638-7125

Elite Health TC
10738 Jefferson Blvd.
Culver City, CA 90230
310-559-9739

Excelsior TC
311 Lexington Way
Burlingame, CA 94010
415-592-8353

Great Strides Honolulu
1521 Punahou St., #1302
Honolulu, HI 96822
808-942-9567

Hawaii Masters TC
PO Box 15763
Honolulu, HI 96830-5763

Inland Empire Racewalkers
PO Box 261
Riverside, CA 92502
714-877-3548
714-824-2336

KEL Club
Gary Kelmenson
5601 Empire Grade
Santa Cruz, CA 95060
831-458-0300
kelfield@aol.com

Los Gatos AA
PO Box 1334
Los Gatos, CA 95031
408-354-7333

Marin Race Walkers
Jack Bray
PO Box 21
Kentfield, CA 94914
415-461-6843
marinrw@webnet.net
www.lightways.com/marinrw

No. Calif. Senior TC
Shirley Dietrich, Pres.
5 Arcade Av.
Berkeley, CA 94708
510-848-5016

Pacific Racewalkers
Box 513
Carmichael, CA 95609
916-483-2917

Quest Club
Fred Moore
3022 N 32nd St. #54
Phoenix, AZ 85018
602-954-4605

San Diego TC
PO Box 371232
San Diego, CA 92137-1232
619-270-SDTC

Santa Cruz TC
P.O. Box 1803
Capitola, CA
831-728-0399

Show Time TC
8306 Wilshire Blvd., Suite 2
Beverly Hills, CA 90211
323-291-7392

Sierra Racewalkers
PO Box 13203
Sacramento, CA 95813-3203
916-722-5039

Southern California Striders
39777 Cathy Dr.
Fallbrook, CA 92028
619-436-7698

Southern California TC
18 Charca
Rancho Santa Margarita, CA 92688
Mike Cleary
949-589-0242

Tamalpa Runners
Box 701
Corte Madera, CA 94976
415-721-3791

Trojan Masters TC
1125 N. Stimson
La Puente, CA 91744
626-917-6289
trojanmasters@usctrojans.com

Walkers Club of L.A.
610 Woodward Blvd.
Pasadena, CA 91107
626-985-9854

West Valley Joggers & Striders
1124 Kennington Av.
Sunnyvale, CA 94087
408-246-2651

NORTHWEST

Anchorage RC
Joan Nockels
PO Box 243362-3362
Anchorage, AK 99524-3362
jnockels@pobox.alaska.net

Barron Park Striders
Drew Stevick
3225 Scotch Meadow Ct. SE
Olympia, WA 98501
360-438-0051

Big Foot Masters
Maury Ray
N1810 Green St. MS-2050
Spokane, WA 99207-5399

Club Vault
Jerry Cash
12900 SW Tarpan Dr.
Beaverton, OR 97008
503-524-5078

Eugene Running Club
351 Ransom Ct.
Eugene, OR 97401
Cathie Twomey Bellamy
541-343-4841

Oregon Road Runners Club
4840 S.W. Western Av., #200
Beaverton, OR 97005
503-646-RUNR Susan Perry
orrc@teleport.com
www.orrc.net

Oregon Track Club Masters
PO Box 11364
Eugene, OR 97440
541-343-7247
www.oregontackclub.org

Pacific Pacers (Racewalk)
6633 N.E. Windermere Rd.
Seattle, WA 98115
206-524-4721
bevaveck@aol.com

Portland Masters Track Club
3011 NE Linden Av
Gresham, OR 97030
503-666-8950
Paul Stepan, Pres.

Racewalkers Northwest
PO Box 3914
Portland, OR 97208
503-256-2916
RacewalkNW@aol.com

Re-Treads
Neal Stoddard
16016 9th Ave. SW
Burien, WA 98146
206-245-0516

River City Track Club
Jim Stevens
9043 N. Tioga Av
Portland, OR 97203
503-735-0290
rivercitytc@aol.com

Seattle Masters AC
4103 Hillcrest Av. SW
Seattle, WA 98116
206-932-3923
kweinbel@aol.com

Snohomish Track Club
4261 S. 184th St.
SeaTac, WA 98188-4569
206-433-8868

Southern Oregon Sizzlers
Mike Barrett
PO Box 665
Medford, OR 97501
541-779-1214

Team Alaska Track Club
Chris Waythomas
6351 Far Point Cir.
Anchorage, AK 99507
chris@maildakanc.wr.usgs.gov

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