

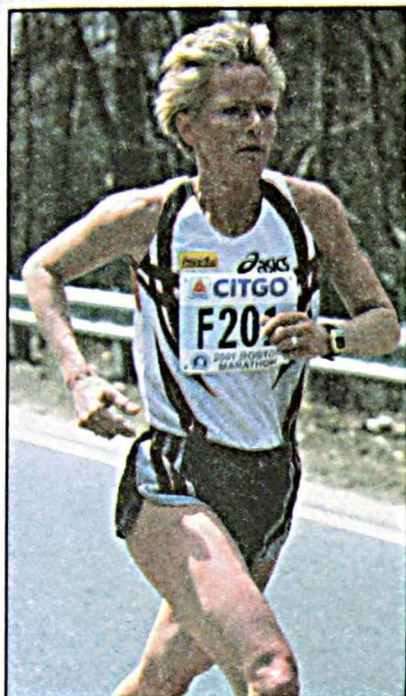
NATIONAL MASTERS NEWS

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

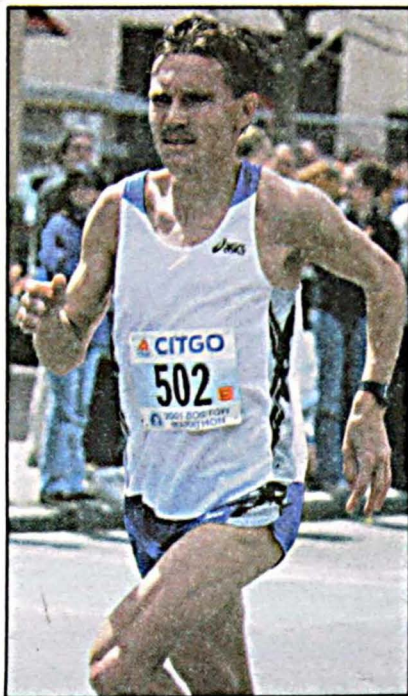
274th Issue

June 2001

\$2.50



VICTOR SAILER / PHOTO RUN
Gitte Karlshoj, 41, first masters woman (2:36:36), Boston Marathon, April 16.



VICTOR SAILER / PHOTO RUN
Fedor Ryjov, 41, masters winner (2:13:54), Boston Marathon, April 16.

Ryjov Wins This Time, Karlshoj Repeats in Boston

By JERRY WOJCIK

Fedor Ryjov, 41, avenged last year's loss to Joshua Kipkemboi, 42, by turning the tables with a masters win in the 105th Boston Marathon, April 16.

Ryjov, a Russian citizen who lives in Portugal with his family, ran an eighth-place 2:13:54. Kipkemboi, 42, Kenya, was 11th-overall, in 2:14:47. Performance times were slowed a bit this year by a slight, but steady, headwind on the famous point-to-point course from bucolic Hopkinton to downtown Boston, and sunny skies that became a bit warm by race's end.

Last year, Kipkemboi finished in

2:17:11, and Ryjov in 2:17:38, in less than ideal conditions with wind chills in the low 20s. Ryjov ran his first marathon in 1982 after running track times of 8:09 for 3000, 14:00 for 5000, and 28:15 for 10,000. Referring to countryman Andrey Kuznetsov's wins in 1998 and 1999, Ryjov said, "Russian masters have a tradition of winning at Boston."

Kipkemboi edged Ryjov for international-class, age-graded performance honors, 97.1% to 97.0%.

Sammy Ngatia, 41, Fort Carson,

Continued on page 6

Times and Temperature Drop at Broad Street 10 Mile

By SUSANNAH BECK

The 22nd Independence Blue Cross Broad Street 10 Mile Run, May 6, was more forgiving this year: the weather was cooler, and the course didn't change. Broad Street habitués mostly ran at least a minute faster than they did the year before, when 80-degree weather turned the street molten.

The race, which traverses Philadelphia north to south in a straight shot on one of the city's liveliest streets,

attracted more than 7000 runners this year, and saw many repeat age-group winners. The race offers masters prize money five-places deep, with \$400 going to the winners.

Veteran Broad-Streeter Brendan Hilliard, 43, Lansdown, Pa., repeated his masters win in 2000, running away with the 40+ race once again, in 52:59, almost a minute in front of his closest 40+ pursuer, and :57 faster than his time the year before. Hilliard is the

Continued on page 7

48,000 Cheer Masters in Penn Relays

By PETER TAYLOR

PHILADELPHIA, April 28 — Michael Johnson and Marion Jones were magnificent in this year's Penn Relays, and high school 4-minute miler Alan Webb lived up to his notices, but how about the athletes age-40-and-over? The crowds were huge (48,922 today, Saturday), and the masters were brilliant. What a perfect lesson for fans of open, college, and high school track: "The masters are the truth."

About 4:45 p.m. today, nine M40+ teams lined up for the 4x400.

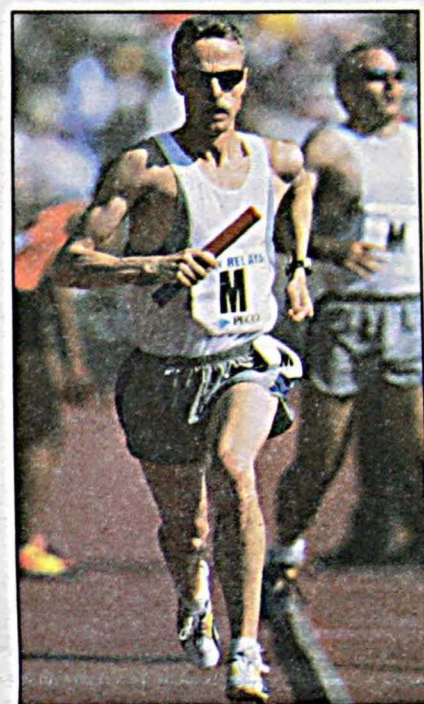
After a brilliant opening 49.1 for Sprint Force America by Sal Allah, 41, there was little doubt about the winner.

Kevin Morning, 45, uncorked a 50.1 leg, followed by a 52.1 by Ed Gonera, 48.

When anchor Ray Blackwell, 42, hit the end of the backstretch, displaying that marvelous Blackwell stride, the crowd roared.

Dr. Blackwell, a cardiothoracic surgeon, clocked 49.5 for his leg, going through the line in 3:20.83, an astonishing 50.2 per man for the team.

Continued on page 9



VICTOR SAILER / PHOTO RUN
Tom Dalton with a 4:21.2 1600 final leg in the medley relay secured a world best 10:23.81 for Team United in the Penn Relays.

Masters Star in Mt. SAC Relays

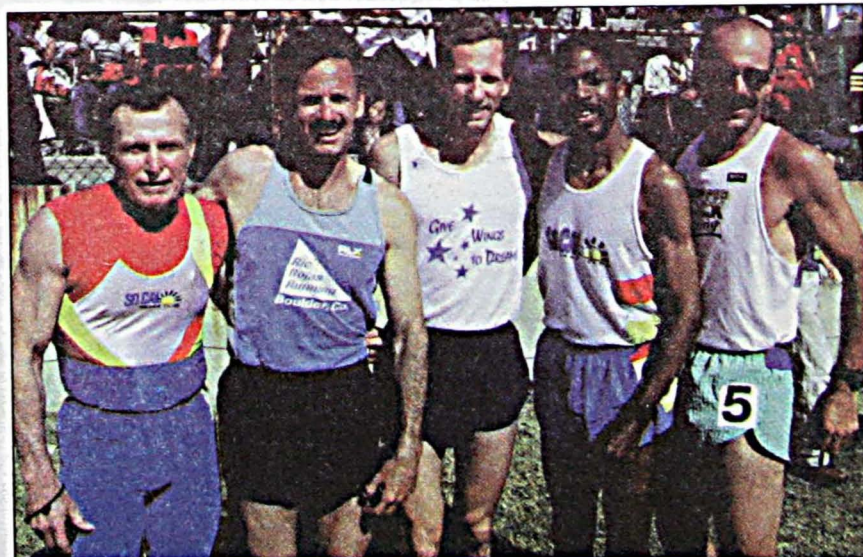
More than 3000 spectators cheered masters runners in three age-graded races at the 43rd annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 22.

The women's age-graded 100m was won by Kathy Bergen, 61, La Canada, Calif., in 11.59. Cindy Steenbergen,

47, Fort Worth, Tex., was second, followed by Pat Peterson, 75, Albany, N.Y.

Each runner got a distance handicap based solely on her age. Bergen ran 80.3 meters, while Peterson, the oldest runner in the field, ran 69.2 meters.

Continued on page 15



KEN STONE / MASTERSTRACK.COM

Runners in the Mt. SAC Masters Men's Age-Graded 800. From left: Jim Selby, 72; Steve Gallegos, 46; Mac Allen, 43; Nolan Shaheed, 51 (winner); and Steve Terrel, 43.

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NATIONAL MASTERS NEWS

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

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Production: Carol Covey, Kim McGill

Printing: American/Foothill Publishing Co.

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Long Distance Records:

Road Running Information Center

Racewalking Records: Bev LaVeck

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The *National Masters News* (ISSN-07442416) is

published monthly, with an annual subscription rate

of \$26.00. Main office address: 14155 Magnolia

Blvd. #338, Sherman Oaks, CA 91423. Periodicals

postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication

of USA Track & Field and of the World Association

of Veteran Athletes. As an independent publication,

its editorial policy is not necessarily that of USATF

or WAVA.

Executive Officers of USATF: Bill Roe, President;

Craig Masback, Executive Director.

To inquire about a USATF card, call USATF in your

area, or 317-261-0500.

NMN welcomes contributions — results, schedule

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Manuscripts should be typed, doubled-spaced, but

legibly handwritten material is also acceptable.

Results should be typed, single-spaced. Please

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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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NAMES FOR "MASTERS"

Regarding the terminology for older runners, in the U.S. we think of a "veteran" as an older man or woman who's been in military service. Nobody outside of the running community knows what a "master" is. They think it's a golfer.

When I tell people I'm going to Brisbane, I say I'm participating in the World Championships for "Seniors."

Milo Sather
Los Angeles, California

ALUMNI TEAMS

I am writing again regarding cross-country teams for alumni celebrating 50 years or more since they attended their favored school. The USATF will not presently recognize us as teams, but hopefully this will change in the near future. We can't imagine why they would object to age-70-and-over groups running for their alma mater with any more regulation than simply being 70+ and paying the USATF dues.

Enthusiasm and participation should go up by leaps and bounds. Baylor alumni have five or more men already for the Tulsa 15K National Championships, and we would like to challenge all M70+ groups for the unofficial championship, whether on a three- or five-man team basis, using added times for the total score. Hopefully, we will also have a three-man team for the Twin Cities Marathon Championships three weeks earlier.

We think we know who's best, but who is second, third, and fourth? Is it Texas A&M, U. of Texas, Notre Dame, UCLA, Oregon, Slippery Rock State...?

FIFTEEN YEARS AGO June 1986

- Barry Brown (41, 51:17) and Carol Lasseter (43, 63:35) Top Masters in Cherry Blossom 10 Mile
- John C. Brown Sets M55 HJ WR (5-7 1/4) in Florida Masters Championships
- Carol Johnston Vaults 9-9 to Establish New M70 WR in Sacramento Relays

If other schools respond like Baylor has, participation should increase tremendously. Our cross-country races in the late '40s and early '50s were all road races of 2.7 miles in the Fort Worth area. We also hope to compete in the USATF Masters X-C races in November and December and State Senior Games.

Robert Coffey
Fort Worth, Texas
817-927-2407

DON TAVOLACCI

We were saddened to learn of the death of Don Tivolacci, for many years

the director of the Montana Senior Olympics. We really enjoyed the Montana games and brought others to enjoy them as well.

We always felt they were consistent with the objectives of senior sports, to encourage those who wanted to compete with other older folks. Some of us did not begin until our later years rather than continuing earlier athletic careers. Granted that there is a place for both, but Don always included many who might have otherwise been left out. He will be missed a great deal.

Paula and Tom Maloy
Albuquerque, New Mexico

Whitlock Sets World M70 Record in Buffalo Half-Marathon

By JEFF JOHN

GRAND ISLAND, NY - Canadian Ed Whitlock shattered the M70 world record in the Greater Buffalo Track Club Half-Marathon, held in this Buffalo suburb on April 21. Whitlock sped over the USATF certified loop course in an astounding 1:22:23, finishing 14th of 285 runners. The present record is 1:27:44 in 1997 by John Keston, then 72.

Whitlock, a retired mining engineer from Milton, Ontario, turned 70 in March and seems poised to set world records in every distance from the 1500 to the marathon. It's likely to happen soon, since he races frequently.

The overall winner of the race was also a master, David O'Keefe, 42, a physician from nearby Orchard Park, who led from start to finish, ending with 1:10:09. He was the 1999 U.S. Masters Champion in the Twin Cities Marathon, with a 2:29:17.

Sue Munson, W40, was the first masters woman, with a 1:30:24. Henry Sypniewski, 82, was the oldest finisher in 2:14:43.

This year's event showed a continuing trend in participation demographics toward older runners. Of the finishers, 65% were 40+, and 25% of all finishers were in the M40-49 age range. □

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6:30 800 METER RUN	AS REGULAR COMPETITION THROW	
7:00 80 / 100 / 110 HURDLES	1:00 PM POLE VAULT	
7:30 200 METER DASH	2:00 LONG JUMP	
8:00 1500 METER RUN	3:00 HIGH JUMP	
8:30 4 X 100 RELAY	4:00 TRIPLE JUMP FOLLOWS LONG JUMP	
8:45 300 / 400 HURDLES	SUPER WEIGHT & MEGA WT. (98#)	
9:00 400 METER DASH	THROWS FOLLOW PENTATHLON	
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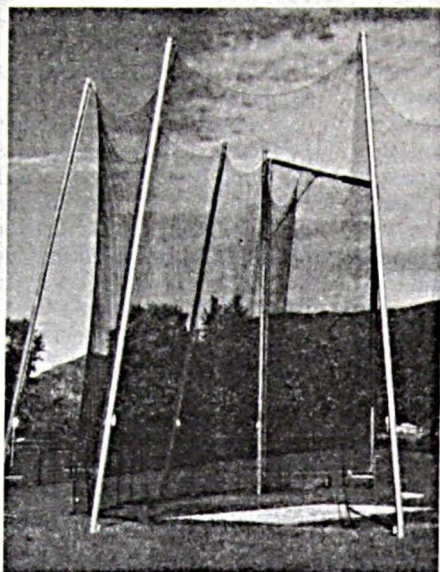
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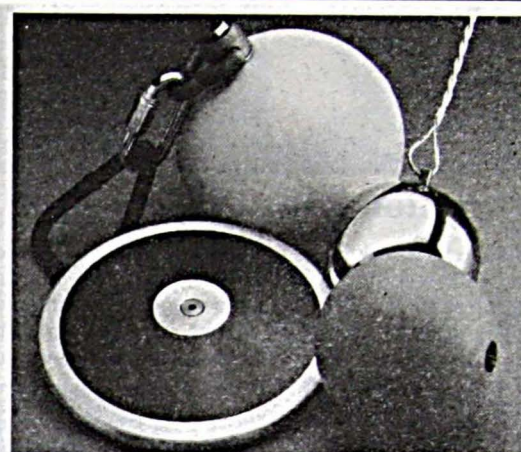
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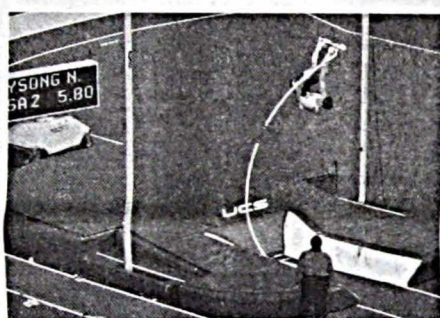
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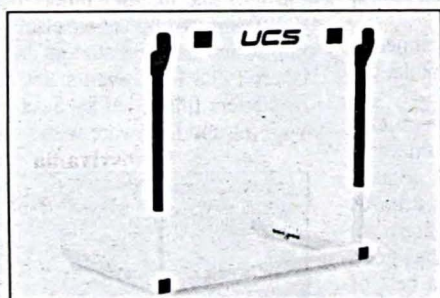
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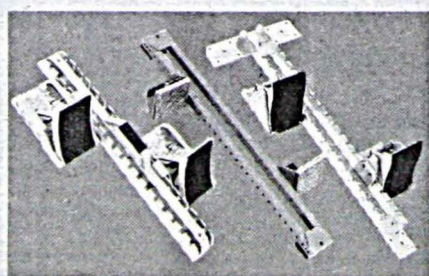
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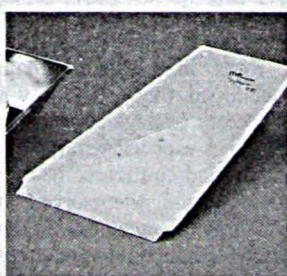
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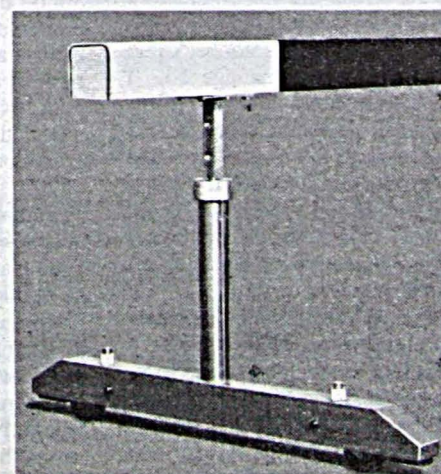
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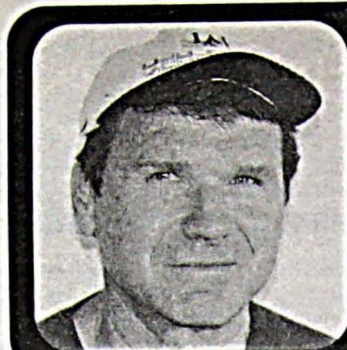
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Third Wind

By MIKE TYMN

Sutton Hits the Comeback Trail

Although he is making no predictions, Jim Sutton is eyeing the American 800 and 1500 records for the 70-74 division. "I'm hopeful, but I don't really go for records," says Sutton, a professor of Education at Alvernia College in Reading, Pa. "I never run from the front. I always come from the back. So there has to be someone there pushing the pace for me to have a chance at a record."

Sutton will enter the 70-74 division on June 30 and return to serious competition at the Nationals in Baton Rouge, July 25-28. He might also compete in the Senior Games at LSU the preceding week. The American records at risk are 2:27.57 and 5:14.97, both by James Lytjen in 1991. Earl Fee has an indoor 800 mark of 2:20.45, while the world mark at 1500 is 4:57.65 by Simon Herlaar of Holland in 1999.

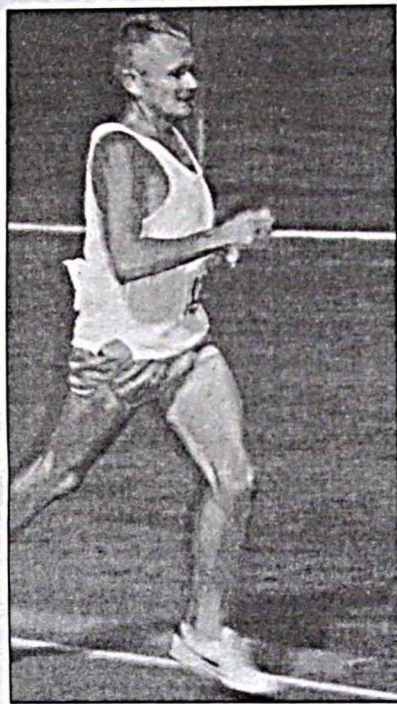
Even though he has never completely stopped running or racing since winning the 60-64 800 (2:13.98) and the 1500 (4:32.09) at the 1991 WAVA World Games in Turku, Finland, Sutton states that he hasn't done much since then. "I just backed off then," he explains. "I can't tell you why I backed off. I've been in a few national championships since then, but I didn't really put in the effort that I could have. It's kind of tough with my schedule. I love indoors, but I have no indoor facilities in which to train."

National Prep Best

Born in Philadelphia, Sutton has lived most of his life in Reading. At Mercersburg Academy, he was a sprinter, recording 10.9 for 100 yards and 21.9 for 220, while also helping his team to a national prep best 41.9 in the 440 relay at the Penn Relays of 1950. At Syracuse, he continued sprinting, improving to 10.8, 21.8, and also clocking a 49.3 for the quarter. He also vaulted 13 feet in those days of the bamboo pole.

Although he ran a little cross-country, intended to give him an endurance base for the quarter, during his sophomore year at Syracuse, Sutton never ran the 800, 1500 or mile until he got back into the sport 17 years ago at age 53. "I thought it was a sound approach to fitness," Sutton responds when asked about his return to the track. "Golf and tennis were not the answers for me. I was fortunate to get back into running condition in a short period of time. I attended a Philadelphia masters meet, and my first mile was in 4:58."

Sutton has a difficult time remembering dates and times, but he must have adapted rapidly to the sport as the masters record book shows him still holding the American record of 4:21.8 for age 53. He also holds the 1500 AR for age 59 (4:30.54) as well as the 60-64 record of 4:32.09 (his Turku performance).



LINDA PAIN
Jim Sutton winning the M55 1500 in 4:42.05 at the National Championships in Orlando.

A Box of Medals

One of his fondest memories, however, is of his 60-64 mile record of 4:58.2, also in 1991 (his 4:32.09 for 1500 that same year converts to a 4:54.60 for the mile). In order to respond to a question as to the number of indoor and outdoor national championships he has won, Sutton had to go searching for a shoebox in the attic. There he found his medals and came up with four championships at 800, 11 at 1500, four in the mile, two at 3000 meters, one at two miles, three at 5000 meters, three at cross-country, and one in a relay, a total of 29.

Perhaps the race that really called attention to Sutton was the 1500 at the 1987 Nationals in Eugene. That's when he outkicked defending champion Ray Hatton, until then undefeated in his age division for some 15 years. "I had heard that Hatton was the best, but that he rarely ran outside of Oregon," says Sutton, recalling his victory. "That was one of the reasons I went there."

Hatton's leisurely 2:30 for the first half played into Sutton's strength, his

blazing kick. Sutton crossed in 4:32.0 to Hatton's 4:32.2 and there was no doubt by the expression on Hatton's face at the finish that he was shocked.

Fast-Twitch Runner

While he considers himself primarily a fast-twitch runner, Sutton has done well at 5000 meters as attested to by his three national championships at that distance. In the 1995 Nationals at Spokane, Sutton found himself some 180 meters behind Paul Heitzman with about a mile remaining. "I thought I should step it up, so on the 10th lap I caught him, then hung on his back until approximately 300 meters from the finish," Sutton remembers that victory.

"I told Paul there was some unknown guy on my shoulder, that I would be kicking with 200 to go, and that he could go whenever he wanted. He kicked immediately, and we took off,

never to hear the likes of the other runner. I felt embarrassed for what I said, but Paul only laughed."

Sutton's training these days calls for approximately 40 miles a week, most of it on trails. He rarely trains on the track and his longest run of the week is 8-9 miles at 7-8 minute mile pace. He does speed work by picking it up on the flats.

No Concessions to Age

As for the effects of aging on his performance, Sutton hesitates before responding. "I do feel the slowdown," he muses. "There's no doubt about it. It's there. You can't deny it, and it's not conditioning or anything like that. Some days you really have it and some days you don't. That's the main thing. When I do have it, I don't feel any different than when I was 60. But I don't concede anything to age. I absolutely refuse to think about it. That's the way I am." □

Boston Marathon

Continued from page 1

Colo., was third in 2:23:07. Paul Zimmerman, 40, Beaverton, Ore., running his first marathon as a master, finished fourth in 2:23:45.

In the older divisions, Vladimir Krivoy, 50, of Ukraine/Halifax, Mass., won the M50-59 race with a 2:39:30 over Dave Roberts, 50, Helena, Mont., who ran a 2:42:16. Alan Oman, 51, Babylon, Mass., last year's winner (2:43:25) was third in 2:42:30.

Joe Burgasser, 62, St. Petersburg, Fla., a long-time masters road runner, bettered his M60+ second-place finish in 2000 (3:03:26) with a victory in a much improved 2:56:49. Joe Hurtado, 60, Sunnyvale, Calif., took second in 3:08:08.

The first age-70-and-over runner in the M60+ race was Keizo Yamada, 73, Japan, 34th overall in 3:39:32.

Gitte Karlshoj, 41, of Denmark, defended her women's masters title with a 13th-place finish in 2:36:36, about a minute slower than last year's time. A part-time physical therapist, Karlshoj started running at age 23, and has good speed for a marathoner, with a best of 8:44 in the 3000.

Gordon Bakoulis, 40, New York City, was second in 2:43:16, followed by Josette Colomb-Janin, 48, of France, in 2:44:39, to give her the top age-graded performance at 92.6%, with Karlshoj at 91.7%.

Oregon native Meghan Arbogast, Corvallis, Ore., celebrated her fortieth birthday on race day with a fourth-place masters finish at her first Boston, running 2:45:52. Typical of fan support at Boston, Arbogast's father drove from Portland, Ore., a five-day trip, to watch her run.

More than half-a-million cheering fans lined the course. As usual, the Wellesley College corridor at mile thirteen was especially, famously, screamingly loud, inflicting hearing loss on runners and themselves alike, and changing the race plans of thousands of runners inspired prematurely by their enthusiasm.

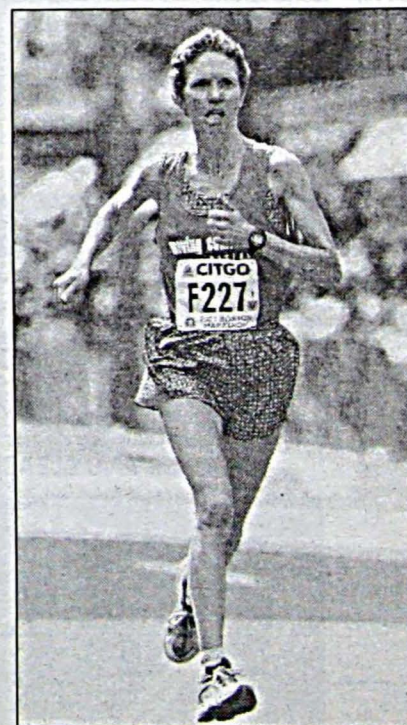
Joan Ellis, 52, Parma, Ohio, won the

W50 division race with a 3:06:45 from Susan Gustafson, 54, Norwell, Mass. Barbara Miller, 61, Modesto, Calif., winner of the W60+ group in 2000 (3:11:57), won again this year (3:29:26).

The overall winners were Lee Bong-Ju, 30, South Korea, 2:09:43, and Catherine Ndereba, 27, Kenya, 2:23:52.

Of the 15,606 entrants (9895 male and 5711 female), the masters age-group breakdown was 40-49: 5002 (3512m/1490w); 50-59: 1845 (1526m/319w); and 60+: 374 (335m/39w), with men and women age-40-and-over making up 46.3% of the total.

After Massachusetts, with 4303 entrants, 3976 starters, and 3819 finishers (96.1%), the largest number of entrants (939) came from — where else? — California, which had 808 starters and 798 finishers (98.8%). Eleven states had all of its starters finish, led by South Carolina with 60, and Delaware with 44. □



VICTOR SAILER / PHOTO RUN
Gordon Bakoulis, 40, second masters woman (2:43:16), Boston Marathon, April 16.

Broad Street 10-Mile

Continued from page 1

40+ course record holder, at 51:28, which he ran in 1998.

Terry Permar, 46, Pineville, Pa., repeated as M45 winner, :50 faster than last year, in 53:50. Gary Fanelli, 50, Bryn Mawr, Pa., ran a speedy 56:19, for the M50 award. Robert Taggart, 60, Newark, Del., 65:47, moved up to the M60 this year, leading that age group as handily as he did M55 the year before, and almost two minutes faster.

Ruben Melendez, 66, Philadelphia, also repeated, at 70:31, for the M65. Oliver Williams, 76, Philadelphia, shaved nearly 30 minutes off his time of last year to repeat at M75 in 1:37:34.

In the women's race, Shirley Geerling, 42, Paoli, Pa., 63:34, kept the W40+ title another year. Leah Whipple, 49, Kimberton, Pa., sped up by four minutes and went from second to first in the W45. Repeaters Joy Hampton, 54, Clarksboro, N.J., won the W50 in 71:02, and Sandra Folzer, 61, Glenside, Pa., took 17:26 off her 2000 time to win the W60 in 76:51. Andrea Gerbstadt, 66, Berwyn, Pa., also repeated, winning the W65 at 92:42.

The 2001 Broad Street Run raised money for the American Cancer

Society, and was sponsored by Independence Blue Cross, the Philadelphia Daily News, and the Philadelphia Recreation department. □

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TEN YEARS AGO June 1991

- Joan Colman, Shirley Matson Set Records in Carlsbad 5K
- Doug Bell, 40, Runs 14:02 in Fontana 5K
- Wilson Waigwa, 42, Wins Penn Relays Masters Mile in 4:08.24

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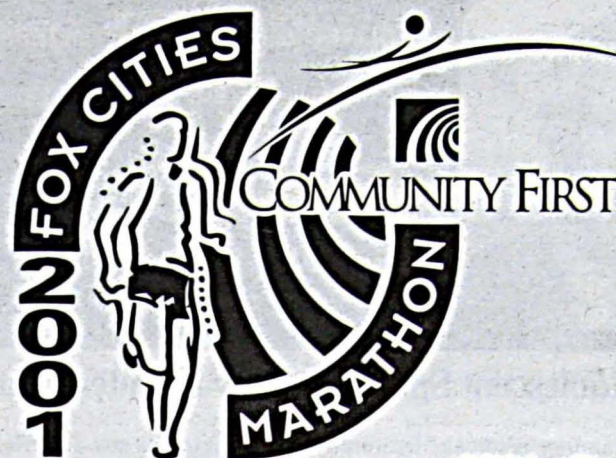
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PAGLIANO'S PODIATRIC POINTERS

The Foot Beat

By JOHN W. PAGLIANO
D.P.M.

Effects of Adolescent Sports Activity in Later Years

I am always scanning medical literature to see if there are any significant articles pertaining to masters athletes. I previously discussed a study conducted in Finland that pointed out that exercise has a favorable effect on mobility and may delay the onset of physical disability.

ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 2001

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
ALLISON KAY FLETCHER (GBR)	6-8-61	40-44
GUUDRUN EMMERT (GER)	6-16-56	45-49
TILLY VERHOEF-JACOBS (NED)	6-19-56	45-49
MAGDA VANMOL (BEL)	6-19-56	45-49
HELEN DYBLE (GBR)	6-20-56	45-49
KEVIN MORNING (CITRUS HTS, CA)	6-20-56	45-49
STEPHANIE VAN ROOYEN (RSA)	6-23-51	50-54
CHARLES MCMULLEN (ROCHESTER, NY)	6-23-51	50-54
ANITA MARIA BAYHA (GER)	6-26-51	50-54
BRIGITTE SCHMITT (GER)	6-27-46	55-59
PAT BIELDSHIES (ORLANDO, FL)	6-8-46	55-59
LAURIE OLSON (SAN DIEGO, CA)	6-8-46	55-59
CHRISTINE SUSAN TAYLOR (GBR)	6-9-46	55-59
JANETTE ROSCOE (GBR)	6-10-46	55-59
LADISLAV PATAKI (LOS GATOS, CA)	6-20-46	55-59
GERTRUD HEINRICH (GER)	6-20-46	55-59
JERRY BOOKIN-WEINER (BEDFORD, MA)	6-21-46	55-59
BARBARA FILUTZE (ERIE, PA)	6-21-46	55-59
JUDY DODGE (SEATTLE, WA)	6-21-46	55-59
MARY LIEVERS (SYRACUSE, NY)	6-28-46	55-59
LENA BOSTROM (SWE)	6-29-46	55-59
SKIP SWANNACK (REDWOOD CITY, CA)	6-1-41	60-64
RON ROBERTSON (NZ)	6-3-41	60-64
CARMEN WADE (ORLANDO, FL)	6-6-41	60-64
WALTER BAUER (GER)	6-8-41	60-64
IRENE MITCHELL (AUS)	6-22-41	60-64
LUCILLE LIEB (PHILADELPHIA, PA)	6-23-41	60-64
ELVIRA GARCIA DE LOPEZ (ARG)	6-25-41	60-64
GRANT KROW (US)	6-30-41	60-64
CARINA GRAHAM (GBR)	6-4-36	65-69
BRUCE DERN (SANTA MONICA, CA)	6-4-36	65-69
REGINA SCHIEK (GER)	6-12-36	65-69
KAY KOPPEL (GBR)	6-12-36	65-69
THOMAS B HANCOCK (AUS)	6-17-36	65-69
PAULINE HEWITT (NZL)	6-17-36	65-69
HAROLD TINSLEY (HUNTSVILLE, AL)	6-25-36	65-69
JOHN BURNET (NJ)	6-26-36	65-69
JOHN MACDONALD (NJ)	6-26-36	65-69
MICHAEL NEAL (LAS VEGAS, NV)	6-4-31	70-74
NANCY AMERMILLER (BELLMAR, US)	6-11-31	70-74
GEORGE CONLAN (CA)	6-14-31	70-74
RAY GIBSON (LONG BEACH, CA)	6-14-31	70-74
PIERRE BLANCHOU (FRA)	6-16-31	70-74
HAL HIGDON (MICHIGAN CITY, IND)	6-17-31	70-74
KAZUYO YOKOI (JPN)	6-18-31	70-74
AUSTIN BAGGETT (FORT MYERS, FL)	6-19-31	70-74
JANE CLARKSON (ST. LOUIS, MO)	6-20-31	70-74
CLAY PUCKETT (OLEM, UT)	6-22-31	70-74
JUNE CRISP (NZL)	6-22-31	70-74
TOM STURAK (SANTA MONICA, CA)	6-29-31	70-74
JIM SUTTON (READING, PA)	6-30-31	70-74
JACK GREENWOOD (AURORA, CO)	6-5-26	75-79
MARVIN WOODBURY (ST. GEORGE, UT)	6-6-26	75-79
MARGARETA OHLSSON (SWE)	6-6-26	75-79
HERB CHISHOLM (ALEXANDRIA, VA)	6-7-26	75-79
WILLY WILLEMS (BEL)	6-7-26	75-79
OLAVI KAUHANEN (FINLAND)	6-23-26	75-79
DEAN SMITH (LOMBARD, ILL)	6-25-26	75-79
BO ANDERS BERGLUND (SWE)	6-26-26	75-79
LES COTTEN (AUS)	6-27-26	75-79
MARIJA MOIKINA (URS)	6-28-26	75-79
HELMUTH DUHOLM (DEN)	6-28-26	75-79
JEANNE GLAUB (US)	6-30-26	75-79
KHOTHILDE KNUENZ (AUT)	6-30-26	75-79
YUKIMITSU KOBAYASHI (JPN)	6-1-21	80-84
EVA WISTROM (SWE)	6-10-21	80-84
CARL JUNNER (AUS)	6-16-21	80-84
LEON DREHER (PHILADELPHIA, PA)	6-25-21	80-84
LENNART LINDBLOM (SWE)	6-29-21	80-84
HSIU-HUA TAI CHEN (TAI)	6-9-16	85-89
EVELYN HAVENS (NEW YORK CITY, NY)	6-11-16	85-89
AHLMANN NIELSEN (DEN)	6-22-16	85-89
JOSEPH MCCLUSKEY (REGO PARK, NY)	6-2-11	90-94
WILLIAM ANDBERG (ANOKA, MN)	6-8-11	90-94
NORMAN HAWKE (NZ)	6-9-11	90-94
HANS FRUCHTE (WG)	6-9-11	90-94
STAN NICHOLLS (AUS)	6-16-11	90-94
MIKE ANDORS (LA JOLLA, CA)	6-26-11	90-94
HARRY MCARDLE (REGO PARK, NY)	6-26-6	95+
RUTH ROTHFARB (MIAMI BEACH, FL)	6-18-1	95+
RUDOLPH ZAPP (WG)	6-21-1	95+

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

In a second study, an investigation was performed to determine if sports in adolescence or adulthood can cause disability in older men. The study was performed with 1321 former elite male athletes who had represented Finland in international competition and 800 who were seen as healthy, but non-competitors. The study compared endurance athletes, track and field participants, shooters, and other power sports competitors.

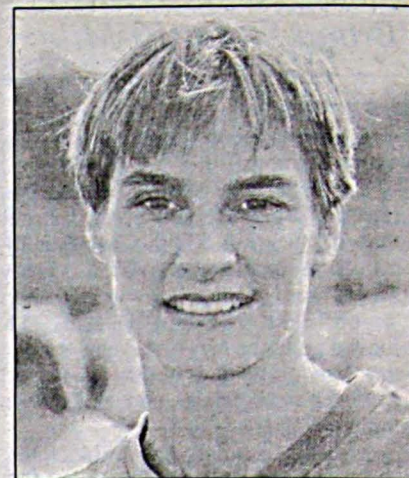
It was interesting to note that knee ligament injuries were rare among long distance runners, shooters and control subjects, but were common among soccer players and wrestlers. Actually, 52 per cent of soccer players reported hospital treatment for knee injuries.

Other studies showed a relationship between running and hip osteoarthritis but, on x-ray, although there were osteoarthritic changes, there was no loss of function. The reports of hip pain were low in these athletes.

It was surmised that lower body mass in endurance athletes may prevent the occurrence of hip problems. It was also found that repetitive loading during adolescence and adulthood has no harmful effects on knee joint function at older ages.

On the other side of the coin, heavy weight training and high body mass index among power sports athletes may predispose them to knee osteoarthritis. This group had higher disability odds for hip and knee disability than those with a lower body mass.

The study pointed out that former elite male endurance and track and



VICTOR SAILER / PHOTO RUN
Judy St. Hilaire, Somerset, Mass., USATF 2000 W40 Master of the Year, and W40+ winner (34:21), James Joyce Ramble 10K, Dedham, Mass., April 29.

field athletes reported less hip disabilities than the control subjects.

Although the role of vigorous athletic activity on knee function in later years is controversial, the authors feel that aerobic activity when younger has a low risk of injury and can be recommended to maintain health and a disability-free life in old age. □

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

Dorothy "Dot" Donley

Dorothy J. Donley, known to masters athletes as "Dot," passed away April 16 at a hospice residence care center in Colorado Springs, Colo., of the brain cancer she had fought since January 1998. She leaves her husband and three sons.

Married to Jerry Donley - USATF Masters T&F Chair from 1983-1989 and world champion pole vaulter - Dot accompanied him on his trips to over 15 countries.

A graduate of Beloit College in Wisconsin, Dot was the consummate liberal arts college graduate, which

nourished her interest in education, the fine arts, and community involvement. She was one of the first women to become a Ruling Elder in the First Presbyterian Church in Colorado Springs and taught Sunday school for over 15 years. She served as the chair of the Colorado Springs Park and Recreation Advisory Committee, participating in the development of a recreational master plan for that city. On the trips with her husband, she took advantage of the opportunity to visit art galleries in every city.

Donations may be made to either the Dorothy J. Donley Memorial Fund of the First Presbyterian Church of Colorado Springs, 219 East Bijou, Colorado Springs, CO 80903, or to Beloit College, 700 College St., Beloit, WI 53511-5595, for the Women's Recreation Program or Women's Athletics. □

TWENTY YEARS AGO June 1981

- Herb Lorenz (41, 47:18) Sets Masters 15K AR in Nike U.S. Road Racing Championships
- Roger Robinson Becomes Second Fastest Masters Marathoner with a 2:18:44 in the Canadian Masters Championships

- 11th Annual Grandfather Games Draws 225 Competitors to Van Nuys, Calif.

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

Penn Relays

Continued from page 1

The time broke the world masters best of 3:21.54, set by a USA team in 1989.

After their magnificent performance, the four gleeful sprinters took a slow, emotional, and well-deserved victory lap. Team United finished second in an excellent 3:27.30 (Ben James, Tyrone Guiden, Anselm LeBourne, and Michael Puckerin).

About an hour earlier, five men went to the line for the M75+ 100 (only last year's winner Ray Bower and Oscar Harris, both 77, were under 80). Bower, in lane 5, and Jim Manno, 80, in 6, went at it "tooth and nail."

Manno is a picturesque, high-stepping sprinter; Bower runs lower to the ground with a resolute style. At the end, it was Manno in 15.32 to Bower's 15.73. Manno waved to the crowd, who in turn warmly showered him with expressions of admiration, as he experienced one of his greatest thrills ever. He first competed at the Relays in 1941, and this was his fourth attempt at winning the 75+ race.

Yesterday evening, the indomitable Charles Allie, now a familiar name to the masters announcer at Penn, once again turned in a clutch relay leg in the 4x400 for M50+ and W40+. With a substantial deficit after taking the stick

from NADIA TC teammate John Aiken, the 53-year-old Allie collared AURA International's Jesse Norman on the far turn, then went on to victory in a U.S. best of 3:43.48. Keith Peterman and Dorel Watley ran the first two legs for NADIA. AURA was second in 3:45.87.

Some three hours earlier, the distance medley relay (1200-400-800-1600) was contested, mostly with open squads but with two masters quartets.

Anselm LeBourne, world 800 and 1500 meter champion, got things off to a fine start with a 3:06.9 1200 (3:53.6 1500 pace) for Team United, with former national indoor 60m champion Barnwell unleashing a 53.2 400. Steve Nearman then ran a 2:02.5 800, and Tom Dalton finished the job in an excellent 4:21.2 (splits from coach Rodney Wiltshire).

Team United finished sixth overall, obliterating the world 40+ standard (10:34.6, set in 1990 by the Boston RC), with a sensational 10:23.81.

Scheduled for 2:45 p.m. was the M40+ 100, the first of six masters 100s that were contested with a twist - no false start, by order of meet director Dave Johnson. At the finish, it was former pro football player Derek Holloway (Washington Redskins, Tampa Bay Buccaneers) who prevailed narrowly over fast-closing Brady Crain, 11.13 to 11.16, with Eugene Vickers and Allan Tissenbaum both right there in 11.19.

The second 100, M45+, brought out Neville Hodge as the top seed. The three-time Olympian, who has an explosive, exciting style, flew to a 10.96 to break Stan Whitley's world record 11.02. Hodge has a much faster time (reportedly 10.60 FAT) that will be submitted from a race in Maryland earlier in the spring. Thomas Jones was second in M45+ (11.36).

In the M50+ 100, Allie prevailed in 11.72. Marion McCoy was second in 11.78, with the versatile Alston Brown (2:03.19 in the 800 at Boston) third in 12.06.

The M55+, M60+, and M65+ races were all close: Melvin Fields won the M55+ in 12.44 over 1964 Olympian Edwin Roberts (12.47); California's Harold Tolson held off Larry Colbert for the M60+ gold (12.68 to 12.79); Donald Beck challenged Bill Wright in the M65+, but Wright won it by a few inches (13.74 to 13.77) with the crowd roaring.

Late Friday morning, the 4x100 relays were contested. In M40+, Sprint Force America had a good-sized lead after three legs, with anchorman Bob Bowen (who ran 11.65, 23.66, and 52.43 at the Nationals in 1998 at age 46) the beneficiary. Maryland Masters, anchored by Holloway, was second at that point. Holloway, who ran 10.86 at Orono at age 37, closed resolutely to win by about a foot - 43.57 to Sprint Force America's 43.61.

In the M50+, it was Norman look-



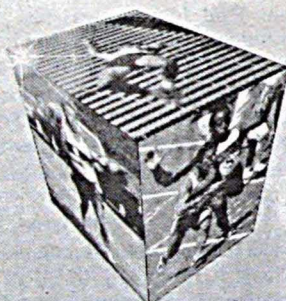
JOHN MALICKY

Ray Bower, M75, receiving the Western Pennsylvania Track Club's Athlete of the Year Award for the second straight year from Mary Harwick. In 2000, Bower won three silver medals in the Masters Indoor and Outdoor Championships, and the M75+ 100 in the Penn Relays.

ing extremely comfortable at the finish as his AURA International squad (Ron Johnson, Errol Lee, and Dennis Brown on the first three legs) was a handy winner - 47.23 over Boston Sprint Force's 48.25. □

DEADLINE

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



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- ♦ Track relay distances 100m - 2 miles
- ♦ 5K and 10K road races
- ♦ Field Events: long jump, high jump, discus, shot

★ FUN

★ FITNESS

★ TEAM-BUILDING

★ HOT COMPETITION



Masters Racewalking

By ELAINE WARD

Indoor Nationals – Competitors' Reflections Part II

Following is Part II of reflections of racewalkers who competed in the Masters Indoor 3K Championships in Boston, Massachusetts, March 25.

Stan Sosnowski, M50, silver medalist, 15:30.80.

This race was just what I needed to jumpstart my comeback. As I crossed the finish line, I felt like I was on the road back. At least that's what everyone was shouting as I was nearing the end. I'm having a hard time getting back into racing since my road accident, but the verbal support from the lap counters, spectators, and fellow athletes really pulled me through.

The facility at Reggie Lewis is very good and the meet well organized. My only regret is that they didn't combine the 50-54 and 55-59 age groups. It would have been an epic battle between Bob Keating (M50 1st, 13:50.20) and Rich Friedlander (M55 1st, 13:36.80). And I think Norm Frable (M55 2nd, 15:32.82) might have liked me on his heels to keep him honest.

Hansi Rigney, W55, silver medalist, 18:21.56.

What is unique for most of us "fair weather" West Coasters (CA) is the 200 meter indoor track. We don't often have the opportunity, or the need, to train indoors. A 3000 meter race is relatively short, and 15 laps with 4x15 turns does require some concentration, especially under the watchful eye of six judges who see you very frequently.

All 50+ women walked in the same race. The leader, Yoko Eichel (W50, 16:57.63) and Kathy Frable (W55, 18:08.30) had excellent starts and put quite a lot of distance between the rest of us right away. Although I was closing in on Frable in the last couple of laps, the race was too short and she finished a good 13 seconds ahead of me. There were a number of good walkers behind me, but I was absolutely determined they were not going to pass, and they didn't!

Longer races suit my style better than short ones. I'm very determined and, given a longer distance, I have the stamina and the strength to eventually overcome my slow starts and catch a good number of walkers who wear themselves out after 5K or 10K.

My feeling after a race is always, "Thank God it's over!" Then in the next few seconds I'm already plotting my strategy for the next race, and how I can improve on my time.

David Baldwin, M55, bronze medalist, 16:28.92.

Even though I managed a bronze medal, I didn't feel that I raced my best. I have no excuses, just simply did not perform up to my own expectations. I've had a couple of slow races this spring even though I feel good. I think I was overly cautious as I picked up a couple of cards early and had to race smart.

In this race, my splits were fairly even, which is not how I like to race. I really prefer to start moderately and race with negative splits to finish very strong. I like being pushed and I also enjoy the chase. Basically, there are two things I really enjoy in a race. One, catching and passing someone I admire and respect on the stretch, and two, winning!

Crossing the finish line I felt good. The last stretch was a bit unusual as I got boxed in through a lack of strategy and concentration on my part. John Elwarner (M60, 16:28.23) keyed on this and used it to push past me. Good for John, he's a gentleman and a good racer.

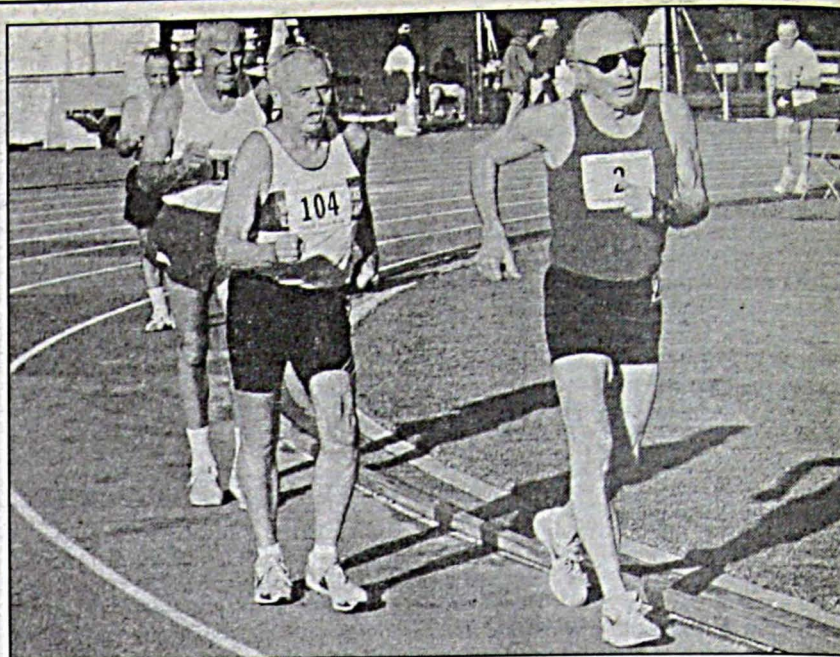
Joanne Elliott, W60, silver medalist, 18:26.50.

What a race! I didn't prevail, but I was happy with my performance. In the past, I have always tried to pass my competition and hold the lead. I used a different strategy in Boston. I stayed on the heels of Rita Sinkovec, (W60 1st, 18:26.02) during the race. At what I thought was the final stretch, I gave it all I had, passed Rita and, as I crossed the finish line, felt very proud of myself until I saw Rita continuing on. Then I realized I had another lap to go. I had to make up for the slowdown and caught up to Rita, leaving a couple of yards between us. Once again, at the final stretch I gave it everything I had left, but couldn't duplicate my performance of the 14th lap.

It was an exciting experience and will contribute to my becoming a better athlete. One thing that's for sure, no matter what race Rita and I compete in, no matter which one of us wins the gold, we will always be friends. My next goal is to win the USA team medal with Rita for the 10K at the WAVA Games in Australia.

Paul Johnson, M60, gold medalist, 16:11.47.

I don't prepare specifically for the 3K race because it's so short, it's early in the season and I only do it once. In this race I would have preferred to have the 60-64



JERRY WOJCIK

Racewalkers in the 5000, 1999 National Senior Games, Orlando, Fla. Baton Rouge, La., hosts the 2001 Senior Games, July 14-28.

and 65-69 age groups together. I think it takes away from the race when you have more than two age groups racing on a short, 200-meter course.

I like to follow the leaders and push each kilometer harder. I think it's great when you can have the leaders closely grouped, as the crowd can get into the action. Five walkers were 35 seconds apart in the 60-69 age group. My goal was to break 16:00 and I came close so I feel good about the race.

The Boston group does a great job. This was their fifth indoor championships. I have made most of them. I know some were complaining about the race being in Boston every year, but as there are no comparable bidders, it will likely stay in Boston until they get tired of doing it.

There are many competitors who live within driving distance of Boston who didn't come. When they see Californians flying all day at great expense, it makes you wonder. Track and field in general and racewalking in particular needs all the support it can get. The best way to support our sport is to attend every meet possible.

Jack Bray, M65, gold medalist, 16:03.74.

I did a lot of preparation for this race. I've been doing 40 plus miles a week to compete in the UltraOz, the Virtual Walk around Australia. I've been doing two speed workouts a week.

It's great to have racers ahead of me as well as behind to push me to faster times. I go out too fast (:51 for the first 200-meter lap), my second was 1:03. Rich Friedlander (M55) passed me on lap two and Norm Frable (M55) on lap three. I was on a world record pace for 10 laps chasing Friedlander and Frable. Bob Barrett was 150 meters behind me. When I had to slow down for the last five laps, he almost caught me.

My next goal is to do a good time at the Alongi 5K in Marin. Next comes the WAVA Championships in Brisbane. I would love to do a 25-minute 5K and a 1:54 20K. The first would be a world record; the 20K time, a very good one

for me.

There was a lot of good walking at this indoors. Thanks to all the volunteers for a job well done.

Bob Barrett, M65, silver medalist, 16:05.97.

The competition was great and I was prepared for a tough race. I tried to stay as close to Jack (Bray) throughout the race as possible and then to sprint to the finish to overtake him. I probably stayed a little too far behind before making the final move. Jack knew I was coming and accelerated to the finish just ahead of me. Paul Johnson was just behind me pushing me all the way, so I had the best of both worlds – chasing and being pushed. The only negative was the placing of the M55-59 walkers in our heat. It was somewhat distracting to have Rich Friedlander lapping us 60-69-year-old walkers.

I felt good after the race, somewhat like I felt after the 5K race in Gateshead when I finished 4th after Gerhard Weidner, Jack Bray and Max Green. It's great to be with terrific competition. □

Baton Rouge to Host 34th Nationals

Bernie Moore Track Stadium on the campus of Louisiana State U. will be the site of the 34th annual USATF National Masters T&F Championships in Baton Rouge, La., July 25-28.

The track is home to many National Open Championships and national competitions. The event will be hosted by the Baton Rouge Sports Foundation and will conclude two weeks of senior sporting activity, led off by the National Senior Games biennial championships on July 14-28.

"We are excited about the opportunity to serve you and your families with not only a spectacular athletic event, but also the 'Louisiana Experience,'" said Jerry Stovall of the Sports Foundation. "Our culture, music, Cajun/Creole cuisine, festivals,

Continued on page 13

Masters Athletics is booming!

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T&F Report

GEORGE MATHEWS
USATF Masters
Track & Field

Good and the Bad

As Track & Field I have been a... I look to NMN for all that's... to do a great job in that regard.

Senior Games CEO Resigns

"I realize," Neumann said. "There... some red flags there with regard to... management of the organiza... He wasn't meeting the expecta... of the board. The board decided it... his best interests and the board's... interests for him to resign."

Neumann did not say whether Hull... receive the rest of his \$150,000-a... contract through the budget year... in June.

The NSGA has been under financial... Sponsorships, the major... of revenue for NSGA, are report...

every behind the level of the 1999 Senior Games. Eight of the NSGA's 24 staffers have been laid off in an attempt to cut costs. Last year a state audit discovered poor financial controls had allowed a former employee to steal \$190,000 from the games. The auditors said they had warned Hull about management defects, which apparently were not fixed.

"We don't have enough money to be able to host the games at the level we believe is appropriate," Jay Dardenne, a Louisiana state senator and chairman of the local organizing committee, told the Baton Rouge Advocate. "But the games are not in jeopardy. We have some fundraising work to do, but they are going to be successful."

Dardenne, chairman of the State Senate's Finance Committee, said he might seek money from the state. He said the Senior Games have a significant economic impact that justifies state aid. Four years ago, the state reportedly gave NSGA \$1.25 million to move to Baton Rouge from St. Louis. Holding the games in Baton Rouge this year was a condition of that aid.

A week after Hull's departure, Baton Rouge Mayor Bobby Simpson persuaded the Metro Council to grant \$100,000 in city-parish funds to assist the event.

"We're prepared to turn over everything to the local organizing committee that they need to run the event," said Phil Godfrey, Vice-President of the National Games.

The situation is not expected to affect the USATF National Masters Track and Field Championships, also set for Baton Rouge, on July 25-28.

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hiring the No. 1 condition of the group receiving state aid. The Foster administration later officially dropped that demand, but the association hired Hull a few months later anyway.

A search to name a new President and CEO will begin immediately. Tom Wilkinson, NSGA board member and recently retired assistant executive director of the U.S. Olympic Committee, has been appointed by Neumann to chair the search committee to fill the post. □

— Al Sheahen

USATF Masters is a very democratic organization. The membership elects officers to represent them. These elected officers are responsible for carrying out the business of USATF Masters. Therefore, it makes sense that members make their elected officers aware of the good and the bad they see in the USATF organization. Your officers are listed on p. 3 of NMN. I encourage all members to communicate the good and the bad to these elected representatives.

I can't guarantee that everyone will get direct answers immediately, but your input will definitely be considered. The best way to communicate with us is by e-mail, or snail mail if e-mail is not available.

Most of us still have to make a living and can't always take a call when someone in another part of the country wants to talk. We can deal with e-mail at the best time opportunities we have. I presently get between 20 and 30 e-mails a day, but welcome more.

Your input is very important to us. □

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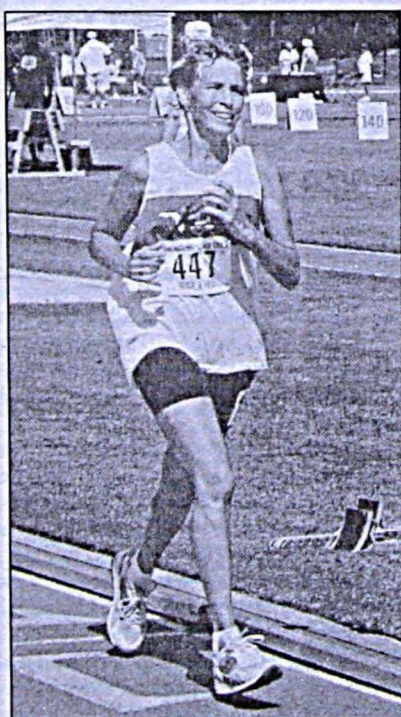
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"Hull had a lot of plans that sounded great, but a lot of those plans did not



JERRY WOJCIK

Annette Frisch, St. Petersburg, Fla., W55 1500 winner, 1999 National Senior Games, Orlando, Fla. The 2001 Games will be held in Baton Rouge, La., in July.



2001 USA NATIONAL MASTERS
WEIGHT PENTATHLON
August 25, 2001 - Syracuse University - Syracuse, NY



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First Name _____ Date of Birth _____ / _____ / _____
Month Day Year

Address _____ 2001 USATF No. _____

City _____ Citizenship _____

State _____ Zip Code _____ E-Mail Address _____

Country _____ Fax No. () _____

Telephone (Day) () _____ Telephone (Eve) _____

EVENT

1. Hammer

2. Shot Put

3. Discus

4. Javelin (Mondo Surface 1/4" spikes maximum)

5. Weight Throw

Pentathlon Fee

Surcharge for entries postmarked after August 3, 2000

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BEST PERFORMANCE 2001

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I also verify that I am registered or will be registered for the year 2001 with the USA Track & Field.

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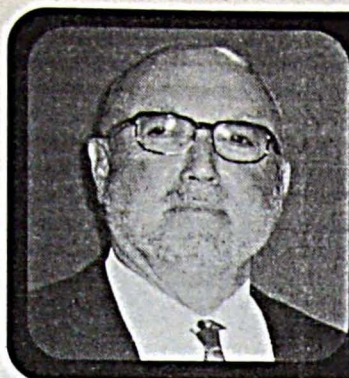
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T&F Report

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

Communications – The Good and the Bad

In all the time I have been involved in Masters Track & Field I have been a very interested reader of *National Masters News*. I look to NMN for all that's going on in our sport. They have and continue to do a great job in that regard.

National Senior Games CEO Resigns

David Hull, who has served as President and CEO of the National Senior Games Association since 1997, turned in his resignation May 5 at the request of the NSGA Board of Directors.

Jack Neumann, Chairman of the Board since October, 1999, has been named interim CEO.

"We are appreciative to David Hull for his service and contributions to the NSGA, our Games, and the senior movement," Neumann said. "I will make every effort to ensure that we maintain the momentum that the NSGA has experienced in recent years."

The Baton Rouge-based NSGA promotes local and state games for people over 50 in more than 20 sports in all 50 states. It will host its biennial National Senior Games in Baton Rouge, July 14-28. Organizers have predicted upwards of 10,000 senior athletes, including 1330 in track and field.

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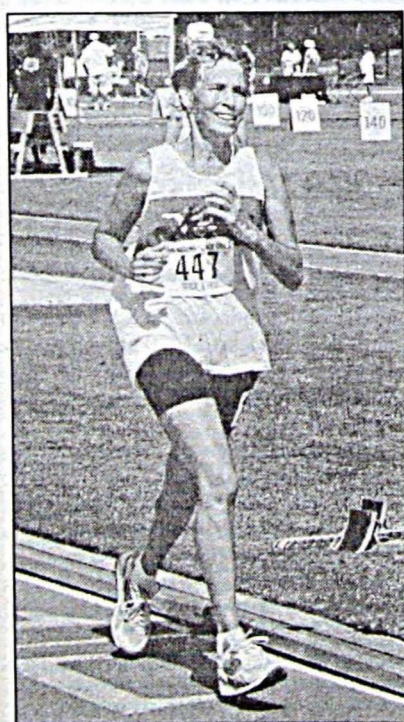
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JERRY WOJCIK

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On The Run

By HAL HIGDON

Guaranteed Improvement: To Run Fast, First Run Slow

As I was heading into the final mile of Tampa's Gasparilla Run, a woman appeared at my shoulder and said, "Mind if I run with you for a while?" Thinking she might be one of my V-Teamers (those who subscribe to my Virtual Training online), I invited her to run along. "Where are you from?" I asked. "Here!" she said – rather abruptly, I thought, for one who seemed so eager to finish that 15K race with me.

I told her my race plans for that day. I was training for Grandma's Marathon in June, using my own Novice training schedule, which dictated a 7-mile run that weekend. Thus, I ran the first 7 miles of the 9.3-mile Gasparilla Run and walked mile 8. I had just resumed running, planning to jog the rest of the way to the finish line as my "cooldown," when she joined me.

We hadn't run for more than a quarter mile together when the woman excused herself, saying she planned to walk. Curious, I thought. Then it dawned on me that she probably was part of Gasparilla's medical crew, assigned to pick out older runners in the final miles and make sure they are not about to collapse. Gee, I didn't think I looked that bad.

Part of the Plan

I finished the race smiling, but with a time about what I used to run at twice the distance in my prime. I should have been embarrassed, but running slow was part of my plan. By running slow I guaranteed my improvement in my next 15K, the Gate Run in

Jacksonville two weeks later.

And that's what happened. On the Gate weekend, my marathon training program had me doing a 9-mile workout. Perfect scheduling. I picked up the pace, ran the full distance, and finished 10 minutes faster than I had two weeks before. A new Personal Record – at least for 15K races run during calendar year 2001. And since I had started in the back row in both races (so I wouldn't be tempted to run too fast and compromise my training), I knew that the next time I stepped to a starting line, another P.R. awaited me.

Motivational Games

Sometimes it's necessary to play games like that to motivate ourselves to success. My long-range goal was finishing Grandma's Marathon three months later. While it's fine to have short-range goals – such as Gasparilla or Gate – you don't want to lose sight of your ultimate goals. And even Grandma's would be merely the first step in my plan to run seven marathons in seven months to celebrate my 70th birthday this year.



DON PREVIN

Wilfredo Rios (l), 82, Al Puman (rear), and Dolly Finkelstein (r), 71, after the NYRR Spring Fling 4 Mile, Central Park, March 17, with young members of the Running Partners, created by the New York Road Runners Foundation to provide middle school urban youth with opportunities for achievement through running, coached by teachers and volunteers trained by the Foundation.

As ambitious as my 7/7/70 plan sounds, even that might be considered subservient to the greater goal of motivating myself to maintain my fitness at a high level as I move into my senior years.

Out Too Fast

A friend of mine had less success at Gate. He called several days later to confess that he had crashed badly. In peak shape, he positioned himself near the front so that he would minimize time lost crossing the line. Alas, that proved his undoing. The faster front runners inspired him to run too fast in the early miles. By the time he realized

it, he was cooked. He had to walk toward the end and actually finished well behind me.

"Look at it this way," I consoled him. "Next year, you're guaranteed improvement, because you ran so slow this year!"

Thus, even our failures become successes. When it comes to running, there is no such thing as a bad race, only less successfully executed good races. Next year I may be able to run both Gasparilla and Gate faster – or maybe not. But if that woman who ran briefly with me at the former joins me again, I hope she at least sticks around to the finish. □

(Hal Higdon is a Senior Writer for *Runner's World*. For training advice, visit his Web site: www.halhigdon.com.)

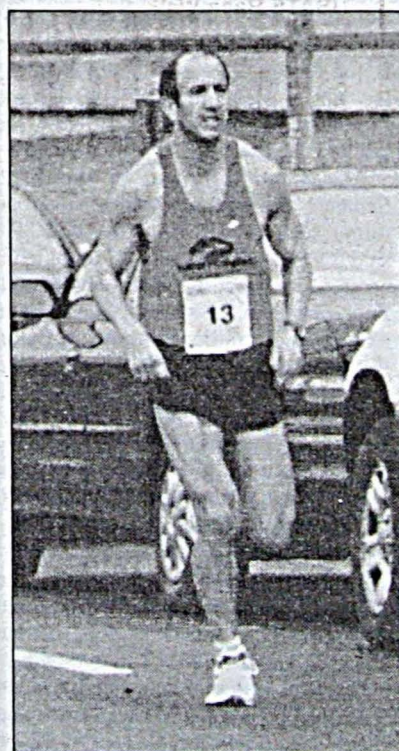
7-7-70

Help Cure Alzheimer's Disease

National Masters News columnist Hal Higdon is running 7 marathons in 7 months to celebrate his 70th birthday and help raise \$700,000 for 7 separate charities. One of those marathons (his second) is the World Veterans Championships in Brisbane, Australia. One of those charities is The Alzheimer's Association, which leads the fight against Alzheimer's Disease, a problem common among older people, maybe among friends of yours.

Help find a cure for Alzheimer's Disease by contributing today. A pledge of \$1 for every mile run by Hal in Australia would result in a donation of \$26. A pledge of \$1 for every mile run by Hal in all of his marathons would result in a donation of \$183. Please decide your own level of commitment, but every dollar counts in this campaign.

Please make out your checks to "The Alzheimer's Association," and identify them as "7-7-70." Mail them to 7-7-70; National Masters News, PO Box 50098; Eugene, OR 97405.



GEORGE BANKER

Jim Hage, 43, on his way to an M40+ course record 32:19, 2001 St. Patrick's Day 10K, Washington, D.C.

Clive Davies

Clive Davies died April 25 in Portland, Ore., from complications after a stroke. He took up running at age 57 and was still breaking records at age 70.

Davies still holds U.S. records in the M60, M65, and M70 age-groups in distances from the 10K to the marathon and many single-age records from 60 to 68.

In 1982, at age 66, Davies ran the Boston Marathon in 2:43:56, despite losing 90 seconds starting at the back of the pack and having to run on grass to pass slower runners. A year later, *Sports Illustrated* wrote that Davies could be called "the world's most gifted distance runner."

He was inducted into the Roadrunners of America Hall of Fame in 1983.

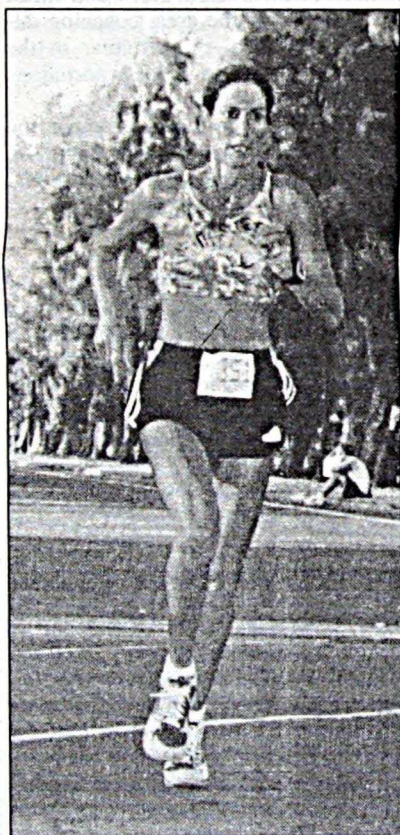
Davies was born in Swansea, Wales, on Aug. 7, 1915, and moved to the U.S. in 1929. He worked as a graphic designer in Portland for many years. □

Fast Times Set at Indy Half-Marathon

The Indy500 Festival Weekend produced some fast half-marathon times in Indianapolis, May 5, with hometown Gary Romesser's 1:11:09 setting a new U.S. M60 single-age record (old record: 1:11:53/Vasquez/1990), and Andrew Masai, 41, Kenya/Albuquerque, running a fabulous 1:05:17 for the M40+.

Tim Mylin, 41, Carmel, Ind., was second M40+ in 1:10:54. Strong age-group wins were registered by Mike Toolen, 56, St. Louis, Mo., 1:24:11; Paul Hamilton, 63, Cincinnati, Ohio, 1:26:33; and Dick Wilson, 69, Lawrence, Kansas, 1:31:33.

The W40+ crown went to Carmen Ayala-Troncoso, 42, Austin, Tex., running a leisurely 1:19:48, good for sixth-place overall. Luella Bogen-schutz, 67, Indianapolis, Ind., ran a strong 2:03:05 to take the W65. □



TESH TESHIMA

Rachel Portner, 47, second overall (60:05),
Tamanaha Memorial 15K, Honolulu, April 8.

Baton Rouge

Continued from page 10

antebellum homes and our Southern hospitality will make your stay in our capital city a memorable one."

The entry form is again published in this issue on page 31. Registration deadline is July 2. For more information, visit the web site at www.brasf.com, or phone 800-269-5885.

PUBLICATIONS ORDER FORM

Masters Age Records (2000 Edition)

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

Masters Track & Field Rankings (2000)

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

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

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

Masters Age-Graded Tables

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

Masters 5-Year Age-Group Records

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

Masters 5-Year Indoor Age-Group Records

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

Competition Rules for Athletics (2001 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 (2000/2001)

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 (2001)

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.

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

2001 Road Race Management Directory

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

Running Research News

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

Masters Track and Field: A History, by Leonard Olson

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

Back Issues of National Masters News

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The Weight Room

By JERRY WOJCICK

North Carolina Site in Sight

Throws-only, sites, often on privately owned land, don't dot the U.S. map with great frequency. Several years ago, Gary Kelmenson established KelField on his property in Santa Cruz, Calif. It attracts a small turnout, often throwers honing their weight pentathlon skills. Readers may have seen his ad for the sale of the property in recent NMN issues.

The late Manuel White, who still holds M75 and M80 U.S. hammer, javelin, and weight records, had a throws site on his property in Helena, Mont., where he conducted meets. I don't believe it is presently in use.

The Seattle Masters Athletic Club has worked successfully with the Seattle Parks & Rec. Dept. to upgrade

the throwing facilities at West Seattle Stadium. Located next to a good track, it is not strictly a throws-only locale but is used for masters training and meets, including the Weight & Superweight Championships in September.

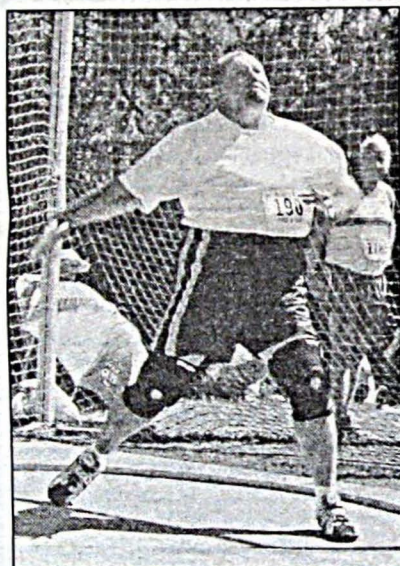
New Heights

A schedule item listing the Southeast Regional Masters Weight Pentathlon on June 23 at the SE Region Masters Throwing Training Center in Rocky Mount, N.C., caught my eye, and I contacted John von Rohr, the sender, and asked what the SERMTTC was all about.

What von Rohr has accomplished takes the throws facility concept to a new level. Here is his reply:

"I have the great pleasure of building a brand new, \$8 million dollar school facility on 34 acres of land across the street from a four-year college. As I am the overall 'planner' for this site, I have specifically designed throwing facilities, to include separate shot and hammer/discus training facilities. This is a custom-designed area, and I am adding some nice personal touches to it, to include an implement storage area and permanent, non-leacher type seating for spectators.

"There is a new gym on the grounds where athletes can change, go to the 'potty' and take showers. I will personally ensure that this facility will offer a unique throwing experience and that it



JERRY WOJCICK

James Burke, Arizona, in the M60 discus, 1999 National Senior Games, Orlando, Fla. The 2001 Senior Games are scheduled for July 14-28, Baton Rouge, La.

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SUZY HESS

Finalists in the W55 javelin, 2000 National Masters Championships, Eugene, Ore., (l to r): Erika Szantos, Margery Swinton, Georgia Cutler, Marg Radcliffe, Linda Douglass, and Roz Katz. The 2001 Championships are scheduled for July in Baton Rouge, La.

will be a place for record-setting efforts.

Shortage of Facilities

"The 'training' idea came to me from one of my throwing buddies, Peter Farmer, an Australian Olympian, who fervently supports this concept. We jointly decided that there was a distinct shortage of both facilities and coaches in the Southeast, at which time we decided to hold clinics here for masters athletes on an ongoing basis, most in conjunction with meets.

"If you check with Peter, Bob Gunn, Dave Vandergriff or Mike Valle, you will be able to determine that the meets I run are always first-class and that record-breaking marks are routine. That is because we do not run 'track meets,' we run 'throws meets' and these athletes take priority. I did the same thing in Florida.

"Next year we plan on having about four to six clinics/meets and offer athletes in the region a place where throwers can come to learn, throw and excel.

"We have some great coaching talent in this area, in particular in the hammer, so we have great expectations for the future.

"Regarding the June 23rd meet, the point of contact is John von Rohr, 305 Mayfair Drive, Rocky Mount, NC 27804, 252-443-9923 (days) or 252-937-0985 (nights). E-mail: bighrows@msn.com."

Most throwers won't ever have the luxury of training and competing at a facility like the one von Rohr has been able to create, so athletes – both new and old – in the region shouldn't need encouragement to show up for the June 23rd weight pentathlon, if only to check out the scene. □

Rankings News for 2001

By JERRY WOJCICK

The list of rankers for the 2001 outdoor season will be published in a future issue, once the rankers have been established. Until then, athletes are asked not to send marks to me, but to wait until the rankers are named.

We need a ranker for the high jump and pole vault. A computer and e-mail are necessities. If you're interested, contact me at 541-343-7716, or jerrywoj@aol.com.

Available since March, the 2000 Masters Track & Field Rankings book includes both automatic and hand-timed marks for the 100, 200, and 400. It also contains rankings for the rarely run 3000 and 10,000, and the combined events, compiled by Alan Russell; and racewalk ladders for the 5K, 10K, and 20K, compiled by Phil Howell.

The 2001 McMahon Family Trust Indoor Rankings will be published in the July issue.

Jim Gerhardt, of Texas, the shot put ranker, forwarded the results of the Houston Senior Olympics, April 1, to the NMN, and a note about them to me. He says that the ages in the meet (and

all Senior Games in Texas and across the country, he assumes) are based on athletes' ages as of Dec. 31, 2001. "This puts a lot of athletes in the next age group," he says. "In a masters meet, the age group is determined by the entrant's age on the day of the meet, or the first day of a multiple-day event."

Referring to the Houston results, Gerhardt pointed out two instances of athletes in the wrong age group. In the M65 javelin, a 64-year-old athlete defeated a 65-year-old (both threw well, Gerhardt notes), and in the M70 shot put, a 69-year-old barely loses to Gerhardt, 72. He then asks, as a ranker, what can be done about this?

It's unlikely that Senior Games/Olympics meet organizers can change the rule to prevent athletes from ending up in the wrong age group or in two groups. We can make the problem known to NMN readers affected by the rule and advise them to contact the rankers of their events if they are placed in the wrong division.

A correction to the 2000 outdoor rankings: M60 javelin, Jim Turner, moves from 53rd to 30th with a 35.31 mark. □

Mt. SAC Relays

Continued from page 1

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

Two age-graded 800s were held – one for women, one for men – in the prime-time Sunday slot preceding Marion Jones' 300m world record attempt.

Lynn Naftel, 56, Escondido, Calif., who played soccer for 22 years before taking up running only three years ago, won over five other women ranging in age from 38 to 72.

Each woman ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 72, Huntington Beach, Calif., started with the gun. The next oldest – Naftel – followed 38 seconds later and so on down to the youngest runner.

Naftel's total time was 3:22.80, which meant her actual running time was 2:44.80. She ran all out to hold off Diane Heil, 43, Santa Monica, Calif., who finished in 3:23.10 (2:25.10 actual time). Mary Macauley, 38, Eugene, Ore., was third.

The first-ever men's 800 age-graded race followed the women's event. Nolan Shaheed, 51, Los Angeles, the M50 800 world record-holder (1:58.65), started 34 seconds behind

the oldest runner, Jim Selby, 72, and finished in a total time of 2:39.11 (2:05.11 actual time). He held off Steve Gallegos, 46, Golden, Colo., who clocked 2:40.96 (2:00.96 actual). Dan McCormack, 62, Eugene, Ore., was third.

The handicaps for the races were established by the World Association of Veterans Athletes (WAVA) and are listed in the Masters Age-Graded Tables book on page 17 (100) and page 19 (800). To order a copy of the book, see page 13 in this issue.

The races were organized by John Cosgrove, Elaine Iba, Diane Heil, and Mark Cleary. □



Runners in the Mt. SAC Masters Women's Age-Graded 800. From left: Mary Macauley, 38; Lynn Naftel, 56 (winner); Sumi Onodera-Leonard, 72; Diane Heil, 43; Tracey Cox, 47; Vicki Ford, 40.

West Regionals to Feature Fast Track, Top Athletes

By JONI SHIRLEY

So, you keep telling yourself you should be able to run faster. Well now, maybe you can at this year's USATF West Regional Masters Track & Field Championships in San Diego, June 23, at the brand new facility at San Diego State University. The track sits on top of a multi-level parking structure that provides a cooling breeze and a larger layout than the previous SDSU track.

Rahn Sheffield, Head Track & Field Coach of SDSU, played a major role in

the design of the facility. It is fast! The nine-lane, state-of-the-art Mondo Starflex is the same material as the Atlanta Olympic track, without the heat and humidity.

The track has curves that are 130-meters in distance, allowing for much faster times. The lanes are 48" and marked for international as well as national and high school competition.

The facility features three shotput rings, four long jump and triple jump pits, four pole vault runways, two high

jump areas, adjustable (height and distance for the water jump) steeplechase barriers, and javelin and discus throwing areas.

The track is laid out to take advantage of wind in either direction for the sprints and jumps. The hammer throws are conducted on a lower field adjacent to the facility.

Jose Barbosa, who turned 40 on May 27, may make an attempt at the M40 800 world record currently held by Peter Browne at 1:51.25. □



USATF SOUTHWEST REGIONAL MASTERS CHAMPIONSHIPS JUNE 23, 2001 • MANDEVILLE, LA

FEES: \$10.00 First Event & Relays; \$5.00 each add'l event; Late entry: \$10.00 after June 19th

DIVISIONS: Masters, Sub-masters, Open,

AWARDS: Medals to first three places each event

FAT and Wind Measurement in Place • USATF membership Required • Weight Pentathlon

SITE: Mandeville H.S.; Across Lake Pontchartrain Causeway from New Orleans

SCHEDULE OF EVENTS

FIELD EVENTS 9:00 A.M. Hammer, Women's Shot Other events follow
10:00 A.M. Jumps Field events in flights
11:00 A.M. Pole Vault

RUNNING EVENTS

8:00 A.M. 1) 5000 m Race Walk
2) 5000 m Run
1:30 P.M. 3) 4 X100 Relay Relays assembled onsite
Other events follow 4) 1500 M 9) 200 M
5) 100 M 10) Long Hurdles
6) 800 M 11) 400 M
7) 4 X400 Relay 12) 4 X800 Relay
8) Short Hurdles

Directions: From west, I-10 to I-12 to Mandeville; From New Orleans airport, I-10 E to Causeway to Mandeville, #1 Skipper Lane C

ENTRY FORM

NAME _____ ADDRESS _____

AGE (on June 23rd) _____ SEX _____
PHONE _____ E-MAIL _____

USATF NO. _____ EVENTS ENTERED (\$10/\$5) _____

T-SHIRT? \$10.00 YES _____ Size: _____ / NO _____

AMOUNT ENCLOSED: \$ _____ Checks payable to: Mike Cambre

MAIL ENTRY TO: Mr. Mike Cambre, 2331 Monroe St, Mandeville, LA 70448 985 626 8177

WAIVER: In consideration of your acceptance of my entry, I hereby for myself and executors waive, release and forever discharge any and all claims for damages which I may have or hereafter accrue, against Mandeville H.S., and all other sponsors or sports facilities or their officials or agents, for any damages which may be suffered by me. I certify that I am in good health, recognize the risks of competition, and that my level of training is such that I am prepared to compete in this event.

SIGNATURE: _____ DATE: _____

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2001 WORLD
VETERANS'
ATHLETIC
CHAMPIONSHIPS

Countdown to Brisbane

5000+ Athletes from 76 Nations Expected

Despite the entry deadline being postponed from March 31 to April 20, entries continue to dribble in to Brisbane for the 14th WAVA World Veterans' Athletics Championships, July 4-14. One problem is that entries need approval by national federations, and some WAVA affiliates have been slow to get their money and information to Brisbane.

Nevertheless, organizers are still predicting more than 5000 athletes (men age 40+; women age 35+) from at least 76 nations will descend on Brisbane for the biennial event, which will feature competition in five-year age groups through 95+. All common track and field events will be staged, along with road walks, cross-country races and a marathon.

The names of the nearly 400 participants from the USA who signed up are printed on this page. Confirmation-of-entry letters, along with a wealth of pertinent information, will be mailed shortly.

During the Championships, a comprehensive shuttle service will be conducted from the airport, city center, and major accommodation sites to all competition venues and to major Brisbane attractions. This service will run on a

regular timetable and will be free to all accredited athletes, accredited accompanying persons, and officials.

The Australian dollar, which was worth US 80 cents in 1999, has dropped to a value of US 51 cents. That means each US dollar is worth nearly two Australian dollars. In practical terms:

Can of Coca Cola: A\$1.30 = US\$0.67

Pot of Beer: A\$2.20 = US\$1.13

Cappuccino: A\$2.50 = US\$1.28

McDonalds Big Mac Meal

A \$5.00 = US \$2.56

Fillet Steak with Chips and Salad:

A\$14.00 = US \$7.17

Day Tour to Sunshine Coast

Hinterland: A\$41.00 = US\$21.00

Handpainted silk scarf from Eumundi

Markets: A\$8.00 = US \$4.10

Minimum bet on blackjack at

casino: A\$5.00 = US\$2.56



JERRY WOJCIK

Spectators fill the stands at Gateshead Stadium for the opening ceremonies at the 13th WAVA Championships, Gateshead, Great Britain.

Taste of Australia Party Night:

A\$55.00 = US\$28.16

Movie: A \$13.00 = US\$6.65

Organizers have received many questions about what time events will be held. But the final time schedule will not be finalized until all the entries have been tallied. The day of the event, per the competition program in the entry book, will remain the same.

A range of equipment will be supplied for all field events. Athletes bringing their own implements are reminded there will be a holding point at both the Brisbane International and domestic airports. Organizers can arrange transport for them to ANZ stadium.

Three warm-up meets are tentatively scheduled: Sat., June 23 and Sat., June 30, 8 am to 11 am, State Athletics Centre (next to ANZ Stadium in Brisbane); Sun., July 1, Griffith

University Campus at Parklands on the Gold Coast (75km south of Brisbane), 8 am to 6 pm.

Because of strict quarantine controls in place due to the foot-and-mouth-disease outbreak in Europe, athletes should clean their spikes before entry. If not clean, customs officers will clean them at the airport before you're allowed to pass Customs Control.

The Taste of Australian Party Night will be held on Tues., July 10, at the BNA Showgrounds in Fortitude Valley with an estimated 3000 people. You may wander from buffet to buffet and sample all the different foods from around the country. Australian music and entertainment will flow through the evening.

Recommended sightseeing includes the Queensland Art Gallery, located in the heart of Brisbane at the Performing

Continued on page 17

U.S. Entrants to 2001 WAVA Championships - Brisbane, Australia

Laet Name	First Name	Buckley	Lucas	Dietrich	Rex	Hadrutt	Norma	Knicht	Merlon	Mongillo	Phil	Richardson	Ethon	Stratton	Joan
Accardi	Nicholas	Burleson	Joseph	Dietrich	Shirley	Hall	Samuel L.	William	William	Moolenaar	Willy	Richardson	Richard	Sullivan	Gerard
Acosta	Carlos	Burns	John	Dockstader	Shirley	Hallen	Susan	Edgar	Edgar	Mooney	Colman	Ridings	Lester	Swanson	Dorthea
Adams	Louise	Byrne	Philip	Donley	Jerry	Hanner	Dan	Koucky	Magdalena	Morning	Kevin	Rizzo	Richard	Swanson	Theodore
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Almond	Barrie	Calhoun	Lois	Drotar	Teresa	Harada	Mary	Langerfeld	Tom	Mulkey	Philip P	Roberts	Tish	Tallmadge	Bill
Anderson	Rachel	Campbell	Dale	Duncan	James	Harding	David	Lambert	Douglas (Wayne)	Mundie	Peter	Robinson	Will	Taylor	David
Anderson	Ruth	Campbell	Richard	Easley	Rick	Harrington	Michael	Lane	Ed	Murdoch	Everett "Doc"	Roe	Bill	Taylor	Randy
Aragon	Teresa	Cappetta	Carolyn	Edens	Paul	Harvey	Rex	Lauren	Melvin	Nafel	Lynn	Rolle	Arvid	Taylor-Bedell	Gayle
Arduan	Ahmet	Cappetta	Chuck	Elser	Robert	Hatfield	Roberta	LaVeck	Bev	Nawrocki	Ryszard	Romesser	Gary	Tesche	T.W.
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Bacon	Zee	Caroline	Brenda	Elliot	Cliff	Head	John	Lerch	Patricia	Neaman	Steven	Rose	Terri	Thompson	Irene
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Blackwell	Ray	Cossick	John	Forthee	Jim	Hunter	Chuck	McDonald	Doris	Perraud	Ruth	Shoemaker	Lucille	Westberg	Richard
Blake	Carroll	Craig	Rodney	Frable	Kathleen	Ingalls	Lynne	McDonald	Thomas F.	Peters	Margaret	Sinkovec	Hans	Whiting	Floyd
Blanchard	Michael	Craig	Rodney	Frable	Norman	Iskoff	Norman	McGuire	Doris	Peterson	Patricia	Sinkovec	Rita	Williams	Albert (Alby)
Bonfield	Lowell	Crain	Brady	Friedlander	Rich	Jacobson	Vance	McGuire	Richard	Phillips	Barney	Sipes	Victor	Williams	Paul
Bost	Maddeline	Craig	Barbara	Frisby	Jan	James	Ben	McGuire	William	Pierce	Roger	Skinner, Jr.	Kenneth	Wilson	Alfonso
Bouquay	Thierry	Craig	Victoria	Frisby	Jan	James	Ben	McGuire	William	Plummer	Craig	Slaughter	Joshyn	Wilson	Dorothy
Bowen	Robert	Crits	Robert	Frisby	Linda	Jamrich	William	Meyer	Marie-Louise	Pollman	John	Slaughter	Konrad	Wilson	Rodney
Bower	Raymond	Cunningham	Donna	Gameau	Gail	Jankovich	William	Michelson	Ron	Posey	James	Slovic	Paul	Wilson	Thelma
Bowman	Tom E.	Cunningham	Thomas	Garrison	Amir James	Jansson	Kenneth	Mickie	Barbara	Powers	Robert (Bob)	Smalley	Nancy	Wojcik	Gerald
Bowman	Tina	Cushman	Thomas	Gatling	Darnell	Janusey	Michael	Miller	Christa	Pozzi	Roberto	Smith	Doug	Wood	Mary
Brasch	Douglas	Curtis	Georgi	Geyer	Paul	Jeremiah	Lloyd	Miller	John	Prather	John	Smith	Farl	Woodring	Thomas
Bradford	Eugene	Dahlin	Walter	Giese	Gary	Johnson	Georgia	Miller	Victoria	Price	Roger	Solis	George	Yoder	Mel
Bradt	Arnold	Daniels	Edward	Gilbert	Paul	Johnson	Liz	Miller	Bruce	Price	Stacey	Solwad	Kemisele	Zahn	Robert
Bray	John (Jack)	Daprano	Jeanne	Gilbert	Shirley	Johnson	Marvin	Mills	Robert	Quick	David	Souppa	Ralph	Austin	Don
Brennand	John	Daprano	William	Gillis	Malcolm	Johnson	Paul W.	Mimm	Clive	Rauscher	Tomlinson	Sparks	Doug	TEAM MANAGER, Track & Field	
Brinker	Kenneth	Davidson	Gerry	Glasy	Archie	Johnson	Paul R.	Mislin	Richard	Ray	Al	Sparks	Kay	TEAM MANAGER, LDR	
Brinkley	Nancy	Davidson	Robert	Gonsa	Edward	Johnson	Frederick	Miller	Angela (Angie)	Rea	William	Spencer	Douglas		
Brosnahan	Sherry	DeValle	Raphael	Gordon	Miriam	Johnson	Barbara	Mitchell	Stewart	Reddaway	Gary	Stamp	Jeffrey		
Brown	Douglas	DeNeon	Donald	Green	Duane	Katz	Roz	Miyashiro	Rose K.	Reid	Janice	Steffes	Jackson		
Brown	Doyle	DeNeon	Sandra	Green, Jr.	Norman	Keat	James	Monday	Jay	Reiter	William G.	Steigerwalt	Jolene		
Brown	Harry	DeJardins	Charles	Greenwood	Evona "Joan"	Kekuewa	Lisa	Reske		Reyes	Melanie	Steinmetz	Jacob		
Brown	Michael	Devine	Patrick	Griffin	Sirlest	Kelmenson	Gary	Reyes		Richards	Dick (Lawrence)	Stewart	Mike		
Bruce	Clarence	DeWeese	David	Grisby	Sue	Kilpelainen	Matti	Richardson		Richardson	Douglas	Stokey	Mack		
Bryant	Nina	DeWeese	Marcella	Gunn	Robert	Kingstad	Jeff						James		





International Scene

By **TORSTEN CARLIUS**
WAVA President

General Assembly to Consider Drug Policy in Brisbane

Before we meet in Brisbane, I wish to reiterate here the most important issues that are likely to come up in the General Assembly meetings. WAVA Secretary, Monty Hacker, has just about completed our General Assembly booklet outlining all the expected proposals, bids, and nominations, which will be published on WAVA's web site.

WAVA Drug Policy

This is a very vital issue in which we are becoming increasingly involved. We have had some cases, and are also confronted by other aspects of this problem. The Council has a proposal to the General Assembly that WAVA shall strictly follow the IAAF rules. Canada has a similar proposal.

The WAVA Council will discuss this issue at its meeting before the Championships with the intent of presenting a more detailed paper to the General Assembly than just a suggestion that "we shall follow the IAAF rules." What this paper will contain is, of course, not possible to say here; however, it must imply that we shall also seek cooperation with the new world body for drug testing (WADA). Perhaps our "future" rests with WADA.

World Masters Games

As we now know, the International Masters Games Association (IMGA) is recognized by the International Olympic Committee as the world body for all veterans sports. Moreover, IMGA has decided to change its World Masters Games (WMG) from even-numbered years (Melbourne 2002) into odd-numbered years (2005, 2009, etc.), which means the WAVA Stadia Championships and WMG will clash

every four years.

To me it is obvious that some kind of coordination and cooperation is necessary but, again, what attitude WAVA shall take must be discussed at, and decided by, the General Assembly.

Election Procedures

The Council proposes that we change the election procedure for our Stadia, Non-Stadia and Doping and Medical committees by removing the area representation and, instead, allowing the chairmen to nominate up to six members who will create the teams needed to develop these areas. This is essential and probably our most important issue.

Women's Committee

The Council proposes also that we abolish the Women's Assembly and instead establish an official Women's Committee that can better handle our female athletes' interests. This will guarantee a much stronger voice for the women in decision-making.

Vote Calculation

Belgium proposes that an Affiliate with 100 or more competitors at the last three Non-Stadia World Championships shall have one more delegate at the

Countdown

Continued from page 16

Arts Complex right on the river of South Bank. Bookings can be made for all day tours via the Internet at www.gtaus.com.au/wava/. Among the new tours are the Tangalooma Wild Dolphin Resort, the St. Helena Day Tour (penal settlement), the River Boat Dinner Cruise, a Dinner and Show at Jupiters Casino, and more.

Aussie lingo:

Give it a bash – try something
Blowing your dough – spending your money

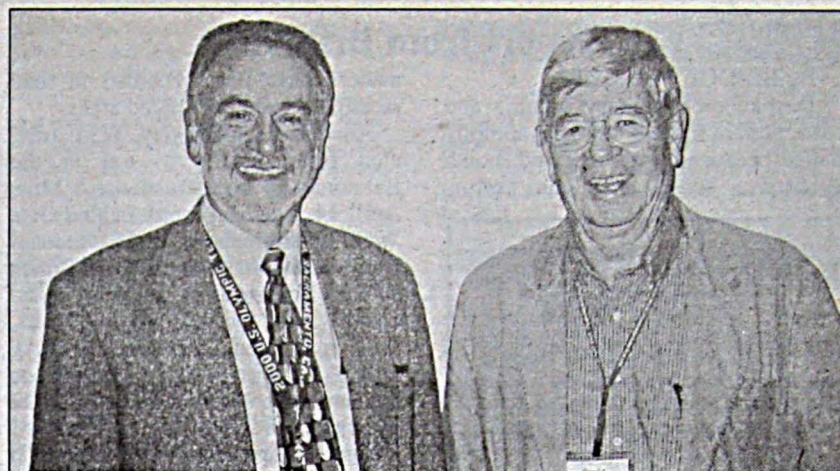
Ta – thanks

For more info, contact any of the USA masters travel agents, or Brisbane directly at: phone: +61 7 3343 3000; fax: +61 7 3343 3040; email: wavainfo@qldevents.com.au; web site: www.worldvac2001.com.au; newsgroup: www.wgroups.com/list/wava/2001; newsgroup email: wava2001@egroups.com



CHUCK SOCHOR

Elfriede Hofman (l), Germany, winner (30:05) of the W60 200, with Gerti Reichert, Germany, second (30:26), 13th WAVA Championships, Gateshead, Great Britain.



SUZY HESS

Rex Harvey (l), member of the WAVA Stadia Committee, and Jerry Wojcik, NMN Senior Editor, at the 2000 USATF Convention, after discussing their plans for the 14th WAVA Championships, Brisbane, Australia. Harvey is a General Assembly Delegate for the U.S. and candidate for the office of WAVA Vice President-Stadia. They'll both be competing in the weight pentathlon in Brisbane.

General Assembly, up to a total of no more than five votes. This proposal was discussed previously in Durban in 1997, but was tabled as we had little awareness of participation at the Non-Stadia World Championships. Now we are better informed and, hopefully, the Assembly will approve this proposal.

Bid for 2004 and 2005

The General Assembly will make its recommendations as to future organizers of our World Championships.

For the 2004 World Non-Stadia Championships, Auckland, NZL, is the only bidder, but for the 2005 World

Stadia Championships we have three bidders: Helsinki, FIN; San Sebastian, ESP; and Sacramento, USA.

As I write this, the inspection visits are close to completion, which may result in a change in the number of bidders.

Brisbane 2001

I do hope many, many athletes will visit Brisbane and enjoy what we hope and believe will be the best Championships ever. Brisbane welcomes you and we wish you all a wonderful stay and good luck in your athletic endeavors. □

It's never too early to think Brisbane*

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

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



Report from Britain

By BRIDGET CUSHEN

Despite cross-country running and road races in rural areas being abruptly halted because of the foot and mouth epidemic, some excellent perfor-

mances have been recorded in road races held within permitted areas.

Anne Keenan-Buckley, W35, traveled from Ireland to run in the Balmoral Castle International 5 Mile, April 14, finishing fourth behind Gete Wami of Ethiopia in 26:55. Keenan-Buckley, who has won the W35 British & Irish International Veterans cross-country race for the past two years, also represented Ireland in the IAAF cross-country in March. Currently in top form, she should be impressive in Brisbane.

Janette Stevenson, W50, another in outstanding early season form, won a 10K in her native Scotland in 37:46. Martin Ruse celebrated his 55th birthday on Friday, April 13, with an age-group win in the windy Folkestone Promenade 10 Mile in 58:02.

Back in the East End of London, Mike Boyles, who recently turned 40, finished third in the long-established

Victoria Park 5 Mile in 24:57. Brisbane-bound Pam Jones, who will move into the W70 age category during the Championships, got around the zigzag course in a fast 37:33.

Despite a long, cold and wet spring, the veterans are turning in some excellent track performances. Jenny Matthews, W35, ran a 300H in 44.4 and a 400H in 64.00. Lynn Talbert recorded 65.3 for a W40 400H.

At the Veterans AC's first meeting in Battersea Park, London, April 11, Sylvester Stein, now in the M80 cate-

FIVE YEARS AGO June 1996

- David Raunig (41, 32:14) and Raye Baymiller (52, 37:57) First in Masters 10K Championships on Long Island
- Milt Silverstein, 76, Wins Penn Relays M75+ 100 (14.64)
- Vanessa Hilliard, 55, Breaks Records in Florida Meet

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	400m	.762m 30"				
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60+	300m	.686m 27"				

MEN

30-39	110m	.991m 39"	13.72m 45'	9.14m 30'	14.02m 46'	10
40-49	110m	.991m 39"				
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	SUPER WEIGHT
Women						USATF
30-49	4.00k	1.00k	4.00k	600 gms.	20#	35#
50-59	3.00k	1.00k	3.00k	500 gms.*	16#	25#
60+	3.00k	1.00k	3.00k	400 gms.	12#	25#
Men						
30-49	7.26k (16 lbs.)	2.00k	7.26k (16 lbs.)	800 gms.	35#	56#
50-59	6.00k	1.50k	6.00k	700 gms.*	25#	56#
60-69	5.00k	1.00k	5.00k	600 gms.	20#	56#
70-79	4.00k	1.00k	4.00k	500 gms.*	16#	35#
80+	4.00k	1.00k	4.00k	400 gms.*	12#	35#

Steeplechase: men 30-59: 3000m/36" (.914m); men 60+ and women: 2000m/30" (.762m)
WAVA weights are used for USATF weight pentathlons.
Note: The 50m, 55m, and 60m indoor hurdle races use the same heights, distance to first hurdle, and distance between hurdles as the outdoor hurdle races for the respective age groups.
* New 1999 IAAF specifications.



TESH TESHIMA
Gerard Finistre, Paris, France, first M50 (3:04:57), Maui Marathon, Hawaii.



JERRY WOJCIK
Antonio Camodeca, Italy, passes an opponent in the M70 5000, 13th WAVA Championships, Gateshead, Great Britain.

gory and going great, won his 100m in 16.2. Mike Martineau won the M55 in 15.9. Steve Smythe led from the front for victory in the M40 1500 in 4:32.40.

In the field events, M45 school teacher, Mike Small, took the shot (13.03) and hammer (44.54). Vilma Thompson, W45, handed a surprise defeat to Wendy Dunsford, W40, in the shot, 9.27 to 9.15. Up in Scotland, Margaret Swinton, W55, sent the discus out to 19.77 and the hammer to 29.44. □

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

Masters Scene

NATIONAL

• The TV T&F schedule for this month: June 3: Princeton Invitational, 4:30-6 pm, ESPN. June 10: adidas Oregon Classic, 12:30-2 am, ESPN2; NCAA Championships, 2-4 pm, CBS; U.S. Open Meet, 5-6 pm, CBS. June 21-24: GMC Envoy Championships, 3-4 pm, CBS; 5-7 pm, ESPN2. All times Eastern and subject to change. (See chart on p. 30)

• On June 2, hundreds of thousands of runners and walkers across the U.S. will set out on hundreds of 5Ks at the same time to celebrate the YMCA's 150th anniversary. The YMCA World's Largest Run, comprising over 700 individual events, is set to start simultaneously from coast to coast. For more information on this first-ever event, contact your local YMCA, or call 888-333-YMCA, or go to www.ymca.net.

• Two masters miles will be held at the USA Track & Field Open National Championships in Eugene, OR, Sat., June 23. The men's race will go off at 1:40 p.m.; the women's at 1:50 p.m. The field is not yet set. Legends Committee Chair John Cosgrove is working on obtaining sponsorship to enable Johnny Gray to attempt to break the world M40 outdoor mile record of 4:02.53.

EAST

• John Tuttle, 42, Douglasville, GA, with a fourth-overall 47:29, and Betty Blank, 48, Falls Church, VA, with a 64:50, were masters winners and \$300 richer after the George Washington Parkway Classic 15K, Washington, DC, April 22. Jim Hage, 43, Lanham, MD, 50:31, and Karen Erb, 50, Alexandria, VA, 69:30, were runners-up, worth \$200. Masters firsts in the 5K were

Bob Oberti, 53, Hughesville, MD, in 19:38, and Beth McCann, 41, Falls Church, VA, in a W40+ course record 20:10. Bob Spearing, 61, Alexandria, was third M40+ (19:59).

• Don Di Donato, 43, Hicksville, NY, with a ninth-place 34:37, and Kathy Martin, 49, Northport, NY, with a fourth-female 37:59, sped to masters firsts in the 24th annual Nationwide Insurance 10K Run for ASPIRE/USATF LI Championships, Plainview-Old Bethpage, L.I., April 7. Pat Cataldo, 62, Valley Stream, NY, out-distanced her W60 competition by seven minutes with a 50:36. Guy Froehling, 71, Glen Head, NY, took the M70 race by 10 minutes with a 47:48. Net proceeds were turned over to the ASPIRE program for the rehabilitation of young amputees, victims of bone cancer, birth defects, and traumatic amputations.

• On April 28, Martin was first female overall in 18:49 in Long Island's Vytra Human Race 5K, Heckscher State Park. Anna Thornhill, 60, NYC, also turned in a top performance with a W60 victory in a female eighth-place 22:31. First M40+ was Paul Bonanni, 40, Selden, NY, with a 19:26. Pat Keenan, 59, East Islip, NY, won the M55 race by three seconds with a 21:41 from Luis Teran, 55, Flushing, NY. Vytra Health Plans underwrote the full cost of the event. Every penny raised through entry fees went to Long Island Cares, an organization that helps L.I. families achieve self-sufficiency and educates the public about the crisis of hunger on L.I.

• In the first significant course change in more than 10 years, Race Director Allan Steinfeld announced that the 2001 NYC Marathon course will no longer enter Central Park at 102nd and 5th Ave., but instead will continue on 5th for another half-mile before going into Central Park at the 90th St. entrance. This

will eliminate the short but steep incline in Central Park at 102nd that has tested runners at the 23-mile mark since the course was laid out in 1976. The remainder of the course to the finish line at Tavern of the Green stays the same. The 2001 NYC Marathon, Nov. 4, will serve as the USA Men's and Women's Marathon Championships.

• Curtis Southern, 41, Frederick, MD, 55:53, and Donna Moore, 40, Silver Spring, MD, 61:31, were the 40+ champs at the Microsoft-USO Defenders 10 Mile Run in Washington, DC, April 6.

• Larry Sayers, 41, Bellows Falls, VT, 25:11, ran faster than last year, but got second place once again at the 72nd Patriot's Day Boys and Girls Club 5 Miler, April 16, Portland, ME, this time to future master Todd Coffin, 39, 25:09. Carol Van Wie, 40, New Gloucester, ME, 33:46, breezed to the W40+ garland.

• Mike O'Brien, 40, Durham, NH, 25:59, ran the shoes off the competition at the Red's Shoe Barn 5 Miler, Dover, NH, April 22. He finished first overall. Anne Knight, 63, Durham, NH, danced away with the W60, 48:46.

• The ruler of the Queens Half-Marathon, NYC, April 14, was Karl Proffitt, 44, 1:24:12, who outran the entire women's field. Leading the M40+ was Jack McShane, 49, 1:19:17.

• Gordon Bakoulis, 40, 28:20, swept the women's field at the Join the NYRR Five Miler, Central Park, NYC, March 31, with Kirk Baird, 40, 26:18, taking home the M40+.

• Jaime Cultiva, 41, and Alan Ruben, 44, duked it out at the NYRR Niketown Run for the Parks 4 Mile, April 22, with Cultiva edging out Ruben, 21:24 to 21:29. William Fortune, 72, shot to the front of his age-group, winning in 29:31.

SOUTHEAST

• Dave Vandergriff, 45, and Helga Cartensen, 69, set world age bests with the 98# weight at the North Carolina Throws Invitational, Rocky Mount, April 21, with tosses of 5.92 and 1.05, respectively. The USATF Southeast Region Masters Throwing Training Center will open on June 23 in Rocky Mount for the inaugural SE Regional Masters Weight Pentathlon.

MIDWEST

• Debbie Topham, W45, strode to the women's first overall in 28:25, Michigan Racewalk Championships/Borgess 5K, Kalamazoo, April 28. Rod Craig, M40, was M40+ first in 24:25. Carolyn Selby, W70, finished in 41:23.

MID-AMERICA

• Steve Gallegos, 46, Boulder, CO, was pressed to a 1:59.10 win in the Drake Relays Masters 800, Des Moines, April 27, by Michael McDowell (1:59.20) and David Bradley (1:59.74). Nolan Shaheed, 52, M50 WR-holder (1:58.65), was fourth with a 2:00.11 in a field of 19. Yuri Syedykh, 45, of Russia, HT WR-holder (86.74/284-7 in 1986), won the open hammer contest with a 62.30/204-5. Dave McKenzie, of California, holds the M45 record at 64.70/212-3.

• Mark Curp, M40, in 19:19, and Deb Torneden, W40, in 21:49, cracked to masters firsts in the Sabates Trolley 4 Mile, Kansas City, MO, April 29. Paul Heltzman, M70, 25:30, and Sheryl Drevo, W55, 28:31, were noteworthy division winners.

• By May 4, just two days after registration opened for the 20th running of the Twin Cities Marathon, Minneapolis, Oct. 7, 4284 had registered for the 8500 field, including 2950 from on-line registrations. The Twin Cities Marathon, for the 10th consecutive year, will serve as the USATF National Masters Championships. Last year, the masters winners were Joshua Kipkembol, 41, Kenya, 2:12:46, and Tatyana Pozdnyakova, 45, Ukraine, 2:35:54. First U.S. runners were Steve Wilson, 41, Lafayette, Ind., 2:22:20, and Bev Docherty, 42, St. Paul, Minn., 2:44:47.

SOUTHWEST

• Kim Bricker, 41, Edmond, OK, was first female in the inaugural Oklahoma City Memorial Marathon, April 29, in 3:12:31, joining 2245 other runners in remembrance of that city's recovery from the bombing of the Federal Building.

WEST

• Rob Slick, M45, in 18:47, and Lorraine Gersitz, W45, in 23:21, toured the Earth Week 5K, Placencia, CA, April 21, with masters firsts. Dave Hurlburt won the M60 race with a 21:38.

• Jeff Snyder, 44, sailed through the Loyola-Marymount Run for the Bay 10K, Los Angeles, April 21, with a third-place 36:14. First W40+, Patricia Shapiro, 50, ran a top age-graded masters 78.8% 20:56.

• Sara Freitas, 43, Nevada City, CA, 3:07:26 was the female running standout at the 30th Avenue of the Giants Marathon, Weott, CA, winning the overall women's race in this scenic red-woods marathon. Jim Elwell, 40, Red Lodge, MT, M40+ winner, 2:41:04, was second overall.

NORTHWEST

• Leonard Hill, 48, Klamath Falls, OR, in an age-graded 82.8% 58:51, and Cheryl Tronson, 43, Bend, OR, in 64:20, bested the masters fields in the Pear Blossom 10 Mile, Medford, OR, April 14. Shawn Burke, 40, Brookings, OR, nipped Greg Christensen, 48, Klamath Falls, for second M40+, 58:55.3. Bill Hutchinson, 81, Eagle Point, OR, won the M80+ race with a 1:42:17. Linda Hartman, 50, Malin, OR, took the W50 contest with a W40+ top A-G 83.4% 67:00.

• The Hayward Classic, Eugene, OR, June 9-10, is also the USATF Oregon Masters Championships.

• Bloomsday's 25th Anniversary saw Canadian Graeme Fell, 42, Vancouver, BC, put the hurt to master blaster Eddy Hellebuyck, 40, Albuquerque, in Spokane, WA, May 6, harvesting the masters division (and \$1000) 37:16 to 37:38, over the famously challenging 12K course. Cool weather produced unseasonably fast times this year. It was also a close race for \$1000 between Ukrainian Elena Viazova, 41, and Canada's Nancy Tinari, 41, Coquitlam, BC, who duelled 42:32-42:58 for the women's crown, closely reproducing their 2000 showdown. Former Pacific-Northwesterner and New Zealander Anne Audain, 45, Evanville, IN, handily won the W45, in 47:40. June Machala, 70, Spokane, swallowed up the over-70s with her blooming 58:10.

INTERNATIONAL

• The British T&F newsletter *Athletics International* reports in its latest edition that a women's masters 5000m record went unspotted last summer. Romanian Elena Fidatov (born July 24, 1960) ran a 15:20.59 in Bucharest, Aug. 7, bettering the previous W40 WR of 15:51.7, set by France's Nicole Leveque in 1994. Fidatov's time equates to a 98.4% age-graded performance. Three years ago, Fidatov was banned for illegal use of nandrolone, according to Reuters News Service. She has since been given the green light to compete by the IAAF.

• Vlachoslav Prosvirin, M45, high jumped 1.93 in the Russian Indoor Championships, Penza, March 24-25. The WR is 1.92 by Mark Chelnov (URS) in 1990.

• Some 350 South African athletes competed in the 25th South African Veterans Championships, Sasolburg, May 4-5, reports Leo Benning. Top performances included a 3:57.78 1500 by Johan Landsman, M35, who holds the S.A. open 1500 record at 3:33:56, and a 12.25 shot put by Hester Schoonwinkel, W50. Twenty-four S.A. records were broken, 16 by women and 8 by men. About 70 S.A. athletes are expected to attend the 14th World Veterans Championships in Brisbane.

Schweickardt, Hager, Weidner Dominant in European Road Racing Championships in Malta

By BRIDGET CUSHEN

Qormi, Malta, hosted the 7th European Veterans Non-Stadia Championships on April 28-29, attracting entries from 27 countries to the scenic bay where St. Paul was shipwrecked in 60 A.D. The organizer, Tony Chircop, and his team did a very good job despite limited sponsorship. The athletes enjoyed the hospitality, warm weather, challenging course and excellent competition.

More than 700 entrants, 204 women and 514 men, entered the 10K run in humid conditions on Saturday morning. An uphill start did not deter the eventual medalists from reaching the first km in 3:15 led by Johann Hopfner, 44, Germany.

On the return loop, with some steep inclines to negotiate, Stephane Schweickardt, 40, Switzerland, was in command, but the real revelation of the race was Mike Hager, 50, Great Britain, M50 winner and fourth overall. Schweickardt finished in 30:00, an age-graded 92.9%, Hager in 32:07, with A-G honors of 93.5%.

International marathon runner, Carol Galea, 38, Malta, delighted her home supporters with an emphatic win in the women's race (35:02). Janet Stevenson, 51, Great Britain, won the W50 race in an A-G 93.0% 36:57.

The half-marathon on Sunday, run in cooler weather over a tough two-lap course, had an entry of 349. Before the final lap, Schweickardt was on his way to a double victory. His two pursuers, Britain's Julian Critchlow, 40, and Franco Guerra Gonzalez, 43, Spain, took a wrong turn at about 14K, allowing the Swiss to increase his lead. Hager again came in fourth, well clear of the next M50. Schweickardt's 1:06:08 equaled an A-G 92.5%, topped again by Hager with his 92.9% 1:10:57.

Silvi Lencina Altamir, 41, Spain, had an untroubled win in the women's race.

The 20K women and 30K men's roadwalks were held along the coastal road near the capital, Valletta. International judges, and possibly one of the best assembled fields of international walkers in this event, turned out on a cool afternoon. The standard of walking and judging was excellent.

Jose Magalhaes, 46, Portugal, led the field home in 2:27:09. Gerhard Weidner, 68, Germany, posted the best performance of the two-day championships with a 94.9% 2:51:29. Heidi Maeder, 57, Switzerland, was the overall women's victor with a 93.3% 1:55:36. □

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 16-17. USATF National Masters Decathlon & Heptathlon Championships, Tacoma, Wash. Mark Salzman, 8615 47th St. W., Tacoma, WA 98466. 253-565-7840(h); mesalzma@psed.org

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

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

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

August 25. USATF National Masters Weight Pentathlon Championships, Syracuse U., N.Y. Gary Crawford, 4096 Griffin Rd., Syracuse, NY 13215. 315-492-2845.

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

August 8-11, 2002. 35th annual USATF National Masters Championships, U. of Maine, Orono.

EAST

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

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

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

June 2-3. Potomac Valley TC Decathlon & Heptathlon, Williams HS, Alexandria. 8:00 am. James Barr, 202-663-0420(w); 703-578-0018(h); email: jbar@dsml.state.gov

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

June 3. Garden State AC Classic, Randolph, N.J. Madeline Bost, PO Box

458, Ironia, NJ 07845. Mort Hahn, 973-625-1764.

June 8-10. Ocean State Senior Olympics, Providence, R.I. 401-431-5007.

June 9. Allegheny Valley Open Masters Meet, Highlands HS, Natrona Heights, Pa. 8:30 pm. Bob Freund, meet director, Allegheny Valley Hospital, Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065, 724-224-2166; fax: 224-3732.

June 9-16. Pennsylvania Senior Games, Shippensburg. 570-823-3164, x7.

June 10. Masters Spring Classic, Merchant Marine Academy, Kings Point, L.I., N.Y. SASE to Roz Katz, 170-11 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm, NY time); throwerfca@aol.com; Eric Weissbrot, 516-487-1417.

June 10. USATF Adirondack Masters & Open Championships, Schuylerville, N.Y. 518-273-5552; usatfadir@aol.com

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

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

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

June 16. Long & Strong Throwers Classic, Lancaster McCaskey HS, Lancaster, Pa. All throws including WT and SW. SASE for entry form to Glenn Thompson, 3604 Green St., Harrisburg, PA 17110. http://www.longandstrong.com

June 24. USATF New Jersey Championships, Tinton Falls. Isabel Keeley, 732-409-7644; usatfnj@aol.com

July 1. USATF Three Rivers Championships, Slippery Rock, Pa. Mark Schwartz, 412-362-5511.

July 8. USATF Niagara Championships, Cheektowaga, N.Y. Perry Jenkins, 716-832-0483.

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

July 20-22. Rhode Island State Games, Harrisville. Phone/fax: 401-568-8955.

July 22. USATF Long Island Masters & Open Championships, Mitchell Park, N.Y. 516-349-9157; office@litf.org

July 25-29. New York Empire State Games, Albany. 518-474-8889; www.empirestategames.org

July 27-30. Maryland State Games, Annapolis. 410-263-0788; www.marylandstategames.org

July 29-August 5. Connecticut Nutmeg State Games, East Hartford. 860-528-4588; www.nutmeggames.org

August 1-5. Keystone State Games, Wilkes-Barre, Pa. 570-823-3164; www.keystonegames.com

August 5 & 19. Potomac Valley TC Meet, T.C. Williams HS, Alexandria, Va. 703-

671-2520; www.pvtc.org

August 11-12. USATF East Regional Masters Championships, Springfield College, Mass. Directed by USATF New England, 617-566-7600; office@usatfne.org; www.usatfne.org

August 19. Granite State Senior Games, New Hampshire. Open to out-of-state. 603-622-9041.

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

SOUTHEAST

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

June 2. Furman Classic, Furman U., Greenville, S.C. Masters & open. SASE to Adrian Craven, 109 Woodhaven Dr., Greenville, SC 29609. 864-233-0333.

June 8-9. USATF Southeast Regional Masters Championships/Police & Fireman Championships, Hoover HS, Birmingham, Ala. Glenn Ross, 205-942-0907; gross@jscc.cc.al.us. Entry form in April NMN.

June 8-10. Northwest Classic, Miami-Dade CC North Campus. NW Classic, 1310 NW 90th St., Miami, FL 33147. 305-836-2409 (after 9 pm).

June 14-17. Florida Sunshine State Games, Orlando. 850-488-8347; fax: 922-0482; www.flasports.com

June 20-22. Commonwealth Games of Virginia, Salem. Virginia Amateur Sports, 540-343-0987; 800-333-8274; www.commonwealthgames.org

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

June 23. USATF Southeast Regional Masters Weight Pentathlon Championships, Rocky Mount, N.C. John von Rohr, 305 Mayfair Dr., Rocky Mount, NC 27804. 252-443-9923(d), 937-0985(n); bighthrows@msn.com

June 24. North Carolina State Games, Paul Derr Track, NC State U., Raleigh. Amy Rose, North Carolina Amateur Sports, 919-361-1133, X2; 800-277-8763; www.ncsports.org

June 29. USATF Tennessee Championships, Nashville. Cecil Moore, 901-726-6281; cdmooorej@yahoo.com

June 30-July 1. Alabama Sports Festival, Mobile. Shon Peck-Love, ASF, shonp@alagames.com

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

July 14-22. Georgia Games, Marietta. 770-528-3580; www.georgiagames.org

July 20-22. Commonwealth Games of Virginia, Roanoke. 540-343-0987; www.commonwealthgames.org

July 27-August 2. Tennessee Senior Games, Clarksville. 615-902-9261.

MIDWEST

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

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

June 9, 16. Indiana Hoosier State Games Meets. 9th-Portage; 16th-Evansville, Indianapolis, Fort Wayne. 800-HI-FIVES; hsg@indianasportscorp.com; www.hoosierstategames.com

June 9. USATF Illinois Masters Championships/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, PO Box 7019,

ON TAP FOR JUNE

TRACK AND FIELD

Combined-eventers head for Tacoma, Wash., and the USATF National Masters Decathlon & Heptathlon Championships on the 16th-17th. Regional Masters Championships are scheduled for the Southeast on the 8th-9th, Birmingham, Ala.; Mid-America on the 9th, Wichita, Kansas; Southwest in Mandeville, La., and West in San Diego, on the 23rd; and Northwest on the 23rd-24th, Portland, Ore. The rest of the schedule is packed with USATF Association and State Championships, State Games, Senior Olympics/Games, and local meets. The Hayward Masters Classic, Eugene, Ore., on the 9th-10th, is also the Oregon Association Championships.

LONG DISTANCE RUNNING

Freihofer's 5K Run for Women hosts the National Masters Women's Championships on the 2nd, Albany, N.Y. On the 9th, the Shelter Island 10K goes off on the eastern end of Long Island, while the Steamboat Classic 4 Mile plays in Peoria, Ill. The challenging, uphill Mt. Washington 7.6 Mile in New Hampshire, and the venerable Grandma's Marathon, Duluth, Minn., are set for the 16th. California's Western States 100 Mile awaits ultra-marathoners on the 23rd.

RACEWALKING

The National Masters 15K opens the month in Evansville, Ind., on the 3rd, followed by, among other events, the East Region 20K, Eisenhower Park, L.I., N.Y. on the 9th; Crown Valley Senior Olympics 1500 and 5000, Pasadena, Calif., on the 10th; and the Pacific 5K Championships, San Francisco, and the Wisconsin Championships, Madison, on the 16th. □

Villa Park, IL 60181; 630-953-2052.

June 10. USATF Michigan Masters & Open Championships, Grand Valley St. U., Allendale. Jerry Baltes, 97 Field House, Allendale, MI 49401. 616-895-3360; fax: 895-3232.

June 14-16. USATF Wisconsin Championships, Madison. Mary Stroud, 608-274-4270.

June 14-16. West Virginia Senior Sports Classic, Charleston. 304-925-2286.

June 22-24. Illinois Prairie State Games, Fairview Heights. 618-632-1002; fax: 632-1123; www.prairiestategames.org

June 23. Hoosier State Games Finals, Indianapolis. Michelle Nolley, 317-392-6175; michelle@tubesock.net

June 29, July 1, 6-8. Ohio Buckeye State Games, Miamisburg. 937-866-1778; fax: 847-8105; www.buckeyestategames.com

July 21. Dayton Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton

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Masters, PO Box 17706, Dayton, OH 45417. 937-837-2754.

July 28-29. Kentucky Blue Grass State Games, Shively Track, U. of Kentucky. 800-722-2474; 859-255-0336.

August 4-12. Ohio Senior Olympics, Columbus. 614-645-3320.

September 22. 5th annual Norm Bower Memorial Weight Pentathlon, Kent St. U., Kent, Ohio. Allen Ray, 1618 Woodward Ave., Lakewood, OH 44107. 216-226-3481.

MID-AMERICA

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

June 1-24. Missouri Show-Me State Games T&F Competitions. 1st-Warrensburg; 2nd-Jefferson City, St. Joseph, West Plains; 9th-St. Louis; 16th-Rolla, Blue Springs, Kirksville; 17th-Springfield; 23rd-24th-Kansas City, Farmington. Bob Murray, Competition Coordinator, Show-Me St. Games, 573-882-2103; murrayb@missouri.edu

June 3. Jolly Jogathon Meet, Marysville, Kansas. No entry fee. Cleve Walstrom, Marysville, KS 66508. 785-562-3050 (h); 562-3021(w).

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

June 9. USATF Mid-America Regional Masters Championships, Friends U., Wichita, Kansas. Bill Butterworth, 314 So. Clifton, Wichita, KS 67218. 316-684-2192; Fax: 687-9400. Entries will be mailed to those on current mailing list.

June 10. USATF Minnesota Masters & Open Championships, Blaine. Marc Hoyer, 651-777-4954; marcandmia@gateway.com

June 15-24. Minnesota Star of the North Games, Rochester. 800-785-STAR; fax: 763-785-5699; www.starofthenorthgames.org

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

June 23. BD Track Club Meet, Urbandale HS, Urbandale, Iowa. John Anderson, 55803 Oak Blvd., Huxley, IA 50124. 515-597-3929; J7G139A@aol.com

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

June 23-24. Wisconsin Badger State Games, Madison area. 608-226-4780; fax: 226-9550; www.badgerstategames.org

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

June 29. Blair Open Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

July 6-8. North Dakota Prairie Rose State Games, Minot. 701-328-5357; www.prairie-rose.org

July 8. New Mexico All-Comers Meet, Albuquerque. Kathy Fones, 505-865-8612; Foneskn@aol.com

July 20-21. Kansas Sunflower State Games, Lawrence. SSG, PO Box 592, Lawrence, KS 66044. 785-842-7774; fax: 842-7731; www.sunflowergames.org

July 20-22. Iowa Games, Ames. 515-292-3251; www.iowagames.org

July 21-22. Missouri Show-Me State Games Finals, Columbia. Bob Murray, Show-Me St. Games, 573-882-2103; murrayb@missouri.edu

July 22. Nebraska Cornhusker State Games, Lincoln HS, Lincoln, Nebr. Danis Willet, 402-796-2636.

July 31-August 5. Rocky Mountain Senior

Games, Greeley, Colo. 970-350-9433.

August 5. 21st Century Ageless Games, U. of Minn. Noon sign in. Rachel Lyga, 122 NE 63 1/2 Way, Minneapolis, MN 55432-4818.

August 16-19. Nebraska State Senior Olympics, Kearney. 308-233-3228.

September 1-2. Rocky Mountain Masters Games, Potts Field, U. of Colorado, Boulder. SASE: Sue Norton, 401 Arkansas Mt. Rd., Boulder, CO 80302. 303-443-2695, or Jim Weed, 507-726-5607.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

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

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

June 8-10. Louisiana Games, New Orleans. 504-525-5678; fax: 529-1622; www.louisianagames.com

June 14-16. USATF Southern Championships, Natchez, Miss. Henry Woods, 601-446-8140

June 16. Hill Country Classic Meet, Mason HS, Mason, Texas. Lee Graham, PO Box 384, Mason, TX 76856. 915-347-5620(h).

June 23. USATF Southwest Regional Masters Championships, Mandeville, La. Mike Cambre, 2331 Monroe St., Mandeville, LA 70448. 985-626-8177.

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

August 2-5. State Games of Texas, Odessa. 512-863-9400; www.taaf.com

August 11. Cat Spring Grunt III Throwers' Meet. CSG III, 1884 Bostik Rd., Cat Spring, TX 78933-5306. 979-732-5591; k9luvs@intertex.net

WEST

Arizona, California, Hawaii, Nevada

June 2. KelField Throws Meet #96, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

June 3. Northern California Seniors Track/Field Club 3rd annual Mark Grubi Memorial Classic, Edwards Field, Univ. of California Berkeley. Don Rose 43 McAllister Ave., Kentfield, CA 94904. 415-457-8177; donrose43262@cs.com

June 8-10. Nevada Silver State Games, Sparks. 775-856-3434; fax: 425-1886; www.silverstategames.org

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

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

June 14-17. Arizona Grand Canyon State Games, Tempe. 480-517-9700; fax: 517-9739; www.gcsg.org

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

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



GEORGE BANKER

John Tuttle (l), 42, first M40+ (50:18) and Betty Blank, 48, first W45 (68:16), with Bill Rodgers, NYC and Boston Marathon legend, at the Cherry Blossom 10 Mile, Washington, D.C., April 8.

Scottsdale, AZ 85257. 480-949-1991.

June 23. KelField Throws Meet #97, Santa Cruz, Calif. 831-458-0300; kelfield@aol.com

June 23. USATF West Regional Masters Championships, San Diego St. U. 619-226-1324; theshirleys@abac.com; san diegousatf.org

June 27-July 11, 18, 25. San Ramon Summer All-Comers Meets, California HS, San Ramon, Calif. 6 pm. \$1 per meet, unlimited events. San Ramon Parks & Community Services, 925-973-3200, volunteers call Steve Piersol, 925-973-3208.

June 30. USATF San Diego Masters & Open Championships, Site TBA. Allan Hodgert, 619-660-4000; allan.hodgert@gcccd.net

July 7. California State Games, San Diego, Calif. M&W30+. Entry deadline June 28. 619-282-1360; www.calstategames.org; Arnie Robinson, 619-263-7334.

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

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

NORTHWEST

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

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

June 7-10. Wyoming Cowboy State Games, Casper. 435-865-8422; fax: 865-8548.

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

June 14-25. Utah Summer Games, Cedar City. 435-865-8422; fax: 865-8548; www.utahsummergames.org

June 16. USATF Inland Northwest Championships, Pullman, Wash. Mike Hinz, 509-332-1168.

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

July 7-8. State Games of Oregon, Mt. Hood

CC (Portland area). Keith Maneval-T&F, 503-667-7140.

July 13-15. First Security Games of Idaho, Pocatello. 208-233-0222; www.fsg.org

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

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

July 25-26. USATF Alaska Championships, Anchorage. Tom Light, usatfak@aol.com

July 26-29. Washington State Senior Games, Olympia, Wash. Dan Donahue, Senior Games, PO Box 1487, Olympia, WA 98507-1487. 360-413-0148; www.puget soundgames.com

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

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

CANADA

June 9-10. Ontario Masters Championships, Toronto, Canada. Doug Smith, '58 Newmarket Ave., Toronto, Ont. M4C 1V9, Canada. 416-699-5818; www3.sympatico.ca/ontario.masters

INTERNATIONAL

June 1-3. XXVI Campeonato Nacional de Atletismo de Pista y Campo Veteranos, San Luis Potosi, Mexico. 044-54-38-36-54; eportillo@starnet.ne.mx

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

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

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

July 4-14. 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane,

Continued on next page

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Queensland 4001, Australia. Phone: 61 7 3343 3000. Fax: 61 7 3343 3040. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

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

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

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

OPEN

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

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

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

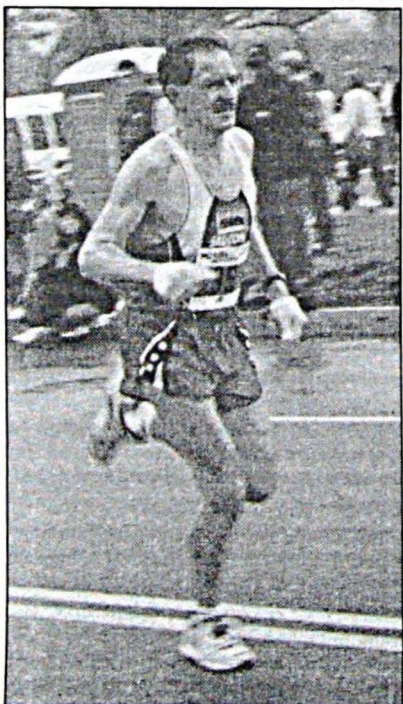
July 28. USATF National Masters 50-Mile Trail Championships, White River, Wash. Scott McCoubrey, 919 E. Pine St., Seattle, WA 98122. 206-329-1466.

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

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

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

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



GEORGE BANKER

Dan Lawson, 46, second M45 (56:16), Cherry Blossom 10 Mile, Washington, D.C., April 8

918-292-1939.

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

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

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

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

EAST

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

June 2. USATF Mid-Atlantic Championships/Rotary 8K, Moorestown, N.J. M&O. 856-215-6344.

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

June 9. Shelter Island 10K, Shelter Island, L.I., N.Y. Jim Richardson, 631-749-RUNS; ShelterIsland-10K.com

June 13. NYRRC New York Women's Mini-Marathon 10K, Manhattan. 212-860-4455; www.nyrrc.org

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

June 16. Mt. Washington 7.6 Mile, Gorham, N.H. 1100 limit. 603-863-2437; racetime@gsrs.com

June 17. Run for the Arts 5K, Troy, N.Y. 518-273-0552.

June 23. USATF Connecticut 10K Championships/Harwinton Hoe-Down, Harwinton, Conn. 203-574-3310; wgraustein@snet.net

July 1. Massapequa Firecracker 5K, Massapequa Park, L.I., N.Y. Alex Flyntz, 516-796-1900.

July 1. USATF Adirondack 10 Mile Championships/Adirondack Distance Run, Lake George, N.Y. 518-668-4558; director@lemreid.com

July 4. NYRRC Fourth of July 4 Miler, Central Park. 212-860-4455; www.nyrrc.org

July 7. Western Pennsylvania TC Pittsylvania Mile Run, Carnegie Mellon U., Pittsburgh. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

July 7. Avon Women's 10K, Hartford, Conn. Beth Shluger, 860-652-8866; www.hartfordmarathon.com

July 7. Spirit of Gettysburg 5K & 1-Mile Fun Run/Walk, Gettysburg, Pa. 717-334-9171. www.vwcagettysburg.org. (See entry form on p. 6.)

July 8. Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

July 14. Vytra Women's 5K, Farmingdale, L.I., N.Y. Ellen Weinstein, 516-349-7646

July 15. NYRRC Bronx Half-Marathon, NYC. See July 4.

July 21. Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. 716-881-1652; fax: 884-9669.

July 29. Western Pennsylvania Gold Medal Camp Alumni 8K Cross-Country, California U. of Pennsylvania. 3:00 pm. See July 7.

August 4. People's Beach to Beacon 10K, Cape Elizabeth, Me. 888-480-6940; www.



GEORGE BANKER

Larry Dickerson, 69, second M65 (48:10), 2001 St. Patrick's Day 10K, Washington, D.C.

beach2beacon.org

August 12. Falmouth 7.05 Mile, Falmouth, Mass. Rich Sherman, 508-540-7000; www.falmouthroadrace.com

SOUTHEAST

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

June 6. Peninsula TC Moonlight 5K, Fort Monroe, Va. 757-722-1303.

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

July 4. Yorktown Freedom Run 5K, Yorktown, Va. 757-722-1303.

July 21. Bridge of Lions 5K, St. Augustine, Fla. 904-729-1917; www.1stplacesports.com

MIDWEST

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

June 9. Steamboat Classic 4 Mile/USATF Illinois Championships, Peoria, Ill. Phillip Lockwood, 309-676-7378; www.steamboatclassic.org

June 24. Cellcom Green Bay Marathon, Half-Marathon, & 4 Mile, Green Bay, Wisc. Gloria West, 800-889-1859; www.greenbaymarathon.com

July 21. CARA Saturday Night Shuffle 5K, Chicago. 312-666-9836; www.cararuns.org

August 11. Paavo Nurmi Marathon, Hurley, Wisc. 715-561-3290; rkelly@port-up.com

August 18. Parkersburg Half-Marathon/USATF Men's & Women's National Championships, Parkersburg, W. Va. 304-424-2786; www.active.com

August 25. Crim Festival of Races 10 Mile, 8K, and 5K, Flint, Mich. 810-235-3396; www.crim.org

September 22. USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. 800-467-1823; http://afmarathon.wpafb.af.mil

September 30. Fox Cities Community First Marathon, Appleton, Wisc. Marathon, Half-Marathon, 26.2 Mile Relay Marathon, & 13.1 Mile Power Walk. 877-230-7223; www.foxcitiesmarathon.org

MID-AMERICA

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

June 2. Dam to Dam 20K, Des Moines, Iowa. www.FitnessSports.com

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

June 3. Trinity Hospital Hill Half-Marathon, Kansas City, Mo. 816-274-3635; healthmidwest.org

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

July 1. Fair St. Louis 10K & 3K, St. Louis, Mo. Dale Richardson, director, 636-405-1623.

August 11. Avon Running 10K & 5K Walk/Run, Minneapolis. 651-688-9143; hermansrun@aol.com

August 19. Pikes Peak Marathon, Manitou Springs, Colo. 719-473-2625; www.pikespeakmarathon.org

August 25. Omaha Marathon, Omaha, Nebr. 402-398-9807; www.omahamarathon.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Bethany Classic 8K/USATF Oklahoma West Championships, Bethany. 405-722-7907.

July 21. Quad-City Times Bix 7 Mile, Davenport, Iowa. 319-359-9197; www.bix7.com

WEST

Arizona, California, Hawaii, Nevada

June 2. Fontana Days Half-Marathon & 5K Race/Walk, Fontana, Calif. Fontana City Hall, 8353 Sierra Ave., Fontana, CA 92335. 909-428-8360.

June 3. Suzuki Rock 'N' Roll Marathon, San Diego. Elite Racing, Inc., 858-450-6510. Limited to 20,000. www.rnr-marathon.com

June 3. Lake Chabot Trail Challenge Half-Marathon/RRCA Western Region Championships, San Leandro, Calif. Will Uher, 510-278-0451; willuher@pacbell.net

June 3. Holcomb Valley 50K/RRCA Western Region Championships, Big Bear City, Calif. Norm Haines, 800-725-5850; normruns2@aol.com

June 16. Cal-Neva Mile, Reno, Nev. 775-746-4540; www.silverstatestriders.com

June 23. USATF Pacific Championships/Shriners 8K, Sacramento. M&O. www.rungoldmedal.com

June 23. Western States 100 Mile, Sacramento. Greg Soderlund, 916-638-1161.

July 1. USATF Pacific Mile Road Championships/Fleet Feet Capitol Mile, Sacramento, Calif. runinfo1@aol.com; www.rungoldmedal.com

July 8. Chronicle San Francisco Marathon. CM, PO Box 828, Rialto, CA 92377. 800-698-8699; www.chronicleevents.com

August 19. American's Finest City Half-Marathon, San Diego. Neil Finn, 619-222-5621; www.afchalf.com

August 25. Silver State Marathon, Reno. 775-849-0419; www.silverstatemarathon.com

August 26. MM Millennathon, Oakland, Calif. 21 Miles & 21K. 888-441-2227; www.millennathon.com

August 30 (Thurs.). Sunset in the Park

Continued on next page



SUZY HESS

Top three M50 pentathletes (l to r): James Sauers, second, Carter Holmes, first, and Gene Iwen, third, National Masters Indoor Championships, Boston

Continued from page 22

Cross-Country, Huntington Beach, Calif. 6:00 pm. 714-841-5417; www.nealand.com/finishline

NORTHWEST

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

June 2. USATF Utah 10K Championships/ Salt Lake Classic, Salt Lake City. M&O. 801-532-0459 larrysmith@hotmail.com

June 9. USATF Utah Championships (M&O)/Heart of Holladay 5K, Holladay. 801-272-7615; usatf@inconnect.com

June 23. Mayor's Midnight Sun Marathon, Half-Marathon, & 5 Mile, Anchorage, Alaska. 907-343-4474.

July 4. Butte to Butte 10K & 4.5 Mile Fitness Walk, Eugene, Ore. Northwest Event Management; 541-687-1989; www.butteto.butte.org

July 13-14. Mt. Rainier to the Pacific Relay, Ashford-Ocean Shores, Wash. 152.5 miles/11 persons; walk: 100 miles/7 persons. Hotline: 503-671-0202; fax: 206-782-5285; www.ontherun.com/rtp

July 21-22. USCAA National Corporate Cup Relays, Renton, Wash. Debbie Woolman, 856-273-6096; www.uscaa.org

July 24. Deseret News Marathon, Salt Lake City. 801-237-2135; www.deseretnews.com/run

August 24. Nationwide Insurance Hood to Coast Relay, Mt. Hood-Seaside, Ore. 195 miles. 503-292-4626; www.hoodtocoast.com

CANADA

August 19. 7th annual Marathon by the Sea, Saint John, New Brunswick. Also Half-marathon & 5 Mile. Marathon, c/o Canada Games Aquatic Centre, 50 Union St., Saint John, NB E2L 1A1, Canada. 506-658-4715; email: mrooney@aquatics.nb.ca; www.marathonbythesea.com

August 26. Quebec Marathon, Half-Marathon, & 10K. 418-694-4442; fax: 694-4441; www.marathonquebec.com

INTERNATIONAL

June 9. Stockholm Marathon, Sweden. SM, Box 10023, SE-10055 Stockholm, Sweden. www.marathon.se

August 26. Gzhel International Cup (Long Distance & Racewalking), Gzhel (Moscow area). Vadim Marshhev, fax: 7-095-573-4150; marshhev@cs.msu.ru

September 30. Berlin Marathon. Marathon Tours, 617-242-7845; www.marathontour.com

com

October 14. Avon Running 10K Global Championships, Budapest, Hungary. 212-282-5350; www.avonrunning.com

RACEWALKING

June 3. USATF National Masters 15K RW Championships, Evansville, Ind. Rick Williams, 515 E. Jennings St., Newburgh, IN 47630. 812-858-0333, x140.

June 9. USATF East Region 20K RW Championships (M&O), Eisenhower Park, N.Y. USATF LI, 516-349-9157; office@litf.org

June 10. Crown Valley Senior Olympics 1500 & 5000 Racewalks, Pasadena CC, Pasadena, Calif. Jim Hanley, meet director. Cynthia Rosedale, 85 E. Holly St., Pasadena, CA 91103. 626-685-6754; fax: 577-4235; email: cpv@pasadenaseniorevents.org. Qualifier for 2002 Calif. Sr. Games Championships.

June 10. USATF Minnesota Masters RW Championships, Blaine. Paul Geyer, tel/fax: 218-847-0410.

June 11. USATF Ozark 3K RW Championships, St. Louis, Mo. Ginger Mulanax, 314-298-0916; gmulanax@hotmail.com

June 16. USATF Pacific 5K RW Championships (M&O), San Francisco. Ron Daniel, ron.daniel@lmco.com

June 16. USATF Wisconsin RW Championships, Madison. May Stroud, 608-274-4270; rstroud@execpc.com

June 18. USATF Ozark 5000 RW Championships, St. Louis, Mo. See June 11.

June 24. USATF Metropolitan 15K RW Championships, NYC. Park RaceWalkers, 212-628-1317; francicash@aol.com

June 29. USATF Tennessee RW Championships, Nashville. Cecil Moore, 901-726-6281; cdmoorej@yahoo.com

July 22. USATF Wisconsin 30K RW Championships, Kenosha. Mike DeWitt, 262-595-2405; dewitt@uwp.edu

July 26. USATF National Masters 5000 RW Championships, Baton Rouge, La. See T&F schedule.

July 28. USATF National Masters 10K RW Championships (M&W), Baton Rouge, La. See T&F schedule.

September 8. Dick Beardsley 5K RW (judged), Detroit Lakes, Minn. Paul Geyer, race director, Detroit Lakes Chamber of Commerce, 800-542-3992; www.visitdetroitlakes.com

September 9. USATF National Masters 40K RW Championships, Ft. Monmouth,

N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

September 22. USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406.

October 7. USATF National Masters One-Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd.,

Brookline, MA 02445. 617-731-9889.

October 27. USATF National Masters 100K Track RW Championships, Yellow Springs, Ohio. Vince Peters, 607 Omar Circle, Yellow Springs, OH 45387. 937-767-7424.

November 4. USATF National Masters 20K RW Championships, Coconut Creek, Fla. Dan Koch, 954-970-9634; racewalker@cyberagency.net

Master The Board

For More Information
Contact Heidi Shelhamer
(610) 967-8758
Fax #: (610) 967-8883

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21ST CENTURY AGELESS GAMES

AUGUST 5, 1 P.M. • UNIVERSITY OF MINNESOTA

Early Morning "R" Track & Field

A demonstration of physical perfection in form is less likely in amateur masters and seniors age groups. Therefore, no one, esp. over 60, scratches. Out of boundary releases are measured and deducted from the release.

Long and triple jumps are "Spot Measured" from the toe takeoff to the farthest backfoot landing (actual jumping distance).

NO FALSE STARTS. LISTEN. AFTER THE ORDER, "ON YOUR MARK" "get set," DO NOT LOOK AT THE STARTER - LISTEN FOR THE GUN SOUND BEFORE MOVING, AND YOU CANNOT FALSE START. The starter will not extend a "hold" unnecessarily. A deliberate prestart eliminates your race time only, and wastes energy (sorry, but it is not fair to force a restart penalty on the other runners).

Field events will not close to anyone pre-registered.

To encourage diversity and variety in training, one limited entry fee covers multievents unlimited (& family).

Whereas, there are fewer trained Sr. men and Sr. women hurdlers; to encourage continuing participation on safe open entry gate hurdles; individual spacing between 5 hurdles lowered accordingly is a choice: 27"-M70/W60, 24"-M80/W65, 21"-M85/W70, 18"-M90/W75, 15"-M95/W80, 12"-M/W??

The 21st Century AGELESS GAMES, Early Morning "R" Track & Field will not publicly humiliate or accuse anyone of drug misuse.
=NO DRUG TEST=

"Fastest" Family Fun Relay

First, Third, and Anchor runners run 100 meters. The Second 100 meters may have 1-2-3-family persons hand-off. Larger families may have two teams. Three-member families may "adopt" a child approx. 12, or Older Senior. Family categories are: (oldest in) OPEN, Masters 40+, Seniors 60+. (This fun event originated to involve patiently waiting families of multieventers.)

-optional 200 meters 4x50

RECIPIENTS OF ALL-AMERICAN AWARDS

M45-49
Greg Schwab 55m 7.16 3-10-01

M50-54
Gene Iwen P 3019 3-23-01
60m hh 9.97 3-23-01
55m hh 9.15 2-18-01

M60-64
Thom Weddle 3000 I 10:56.50 3-23-01
Raye Girouard WP 3247 3-31-01
J 131 3-31-01
SW 14-11 3-31-01

M65-69
Phil Shipp J 35.18 3-10-01
Don Beck 60m 8.57 3-23, 25-01
200 29.03 3-23, 25-01
400 1:05.6 3-23, 25-01
100 13.77 4-27-01

M70-74
Jack Gray 5K 22:56 3-31-01
Art Kearney HJ 4-2 2-24-01
J 108-6 2-24-01

M75-79
Thomas Pico SP 31-1/2 11-11-00

W35-39
Julie Burtis LJ 4.58 2-25-01

W40-44
Sue Devlin Mile 6:03.2 2-25-01
Gisele Goldstein 10K 43.48 4-7-01

W45-49
Diane Sardes Mile 5:56.94 3-24-01
800 2:44.92 3-25-01

U.S. MASTERS ALL-AMERICAN STANDARDS FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
6-2 1/2	6-1/4	6-1/4	5-9/16	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9/16	3-3/4	2-7/8	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
14-5 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	19-5 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	28.00	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	2400	2200	2000		
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 39"; 50-59: 36"; 60-69: 33"; 70-79: 30"; 80+: 27"
3) Long hurdles: 30-39: 36"; 50-59: 33"; 60-69: 30"; 70+: 27"
4) Shot put: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 27"
5) Discus throw: 30-39: 2kg; 50-59: 1.5kg; 60+: 1.0kg;
6) Hammer: 30-39: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70+: 4k
7) Javelin: 30-39: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g; 80+: 400g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt. Pen: 30-39: IAAF pts.; 40+: WAVA factoring (new WAVA).

U.S. MASTERS ALL-AMERICAN STANDARDS OF EXCELLENCE FOR RACEWALKERS

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	5:50:18	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				
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, 47, etc.).

U.S. MASTERS ALL-AMERICAN STANDARDS FOR WOMEN

FOR WOMEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	76.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2½	3-0½	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10½	7-10½	6-10½	5-10½	4-11	3-11½	3-7½	3-3½	2-11½	2-7½	2-3½
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1½	10-6	10-2	8-6½	7-6½	6-10½	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4½	19-8½	18-½	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9½	30-7	27-11	27-6½	26-3	25-6	24-7½	21-8	19-8½	17-½	14-1½
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5½	72-8	65-7½	55-9½	52-6	49-2½	39-4½
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2½	68-10½	59-½	52-6	45-11½	42-8	36-1½
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5½	72-2½	68-10½	59-½	45-11½	39-4½	29-6½
20#Wt.	10.00	9.00	8.00	7.01							
	32-9½	29-6½	26-3	23-0							
16#Wt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11½	19-8½	18-2	17-0	16-4½	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8½	18-½	16-4½	17-2½	16-4½	15-7	14-9	13-1½	11-5½	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 2-1/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Penn Relays Masters Events Philadelphia; April 26-27

M40+ 4x100, Fri., 11:50 am	
1 Maryland Masters	43.57
2 Sprint Force America	43.61
3 Speed Dynamics	45.30
4 Boston Masters Sprint	46.17
5 Phila Masters	47.49
6 Garden State AC	48.90

M50+ 4x100, Fri., 11:52 am	
1 AURA International	47.23
2 Boston Masters Sprint	48.25
3 NADIA TC	49.40
4 Team USA	50.59
5 Maryland Masters	50.63
6 Team Ohio TC	51.43

M40+ 100, Fri., 2:45 pm, w+2.1	
1 Derek Holloway	11.13
2 Brady Crain	11.16
3 Eugene Vickers	11.19
4 Allan Tissenbaum	11.19
5 Kevin Morning	11.21
6 Mike Puckerin	11.56
7 Harold Pierce	11.71
8 Lovell Butler	12.11

M45+ 100, Fri., 2:47 pm, w-2.6	
1 Neville Hodge	WR10.96
(Whitley/11.02/1994)	
2 Thomas Jones	11.36
3 Edward James	11.52
4 Robert Bowen	11.78
5 John Brooks	12.08
6 Neil Steinberg	12.16
7 Johnnie Brown	14.26

M50+ 100, Fri., 2:49 pm, +1.6	
1 Charlie Allie	11.72
2 Marion McCoy	11.78
3 Alston Brown	12.06
4 Fred Sowerby	12.21
5 Lloyd Hathcock	12.59
6 Bob Davis	12.62
7 Wendell Williams	13.12

M55+ 100, Fri., 2:51 pm, -0.4	
1 Melvin Fields	12.44
2 Edwin Roberts	12.47
3 Joe Johnson	12.64
4 Roger Pierce	12.84
5 Allen Huff	13.39
6 Calup Brown	13.73
7 Gary Snyder	13.75

M60+ 100, Fri., 2:53 pm, -0.4	
1 Harold Tolson	12.68
2 Larry Colbert	12.79
3 Chuck Bartholomew	13.26
4 Dick Camp	13.28
5 Richard Ocker	13.47
6 Nate Byrd	13.66
7 Richard Rizzo	13.88
8 Kallukat Thomas	14.00
9 John Lewis	14.27

M65+ 100, Fri., 2:55 pm, -0.3	
1 Bill Wright	13.74
2 Dave Beck	13.77
3 Warren Ball	15.69
M75+ 100, Fri., 3:55 pm, +0.5	
1 Jim Manno	15.32
2 Ray Bower	15.73
3 Oscar Harris	16.52
4 Champ Goldy	17.50
5 Albert Fairchild	23.43

M40+ 4x400, Fri., 4:45 pm	
1 Sprint Force Amer WB3:20.83	
(Alah/Morning/Gonera/Blackwell)	
2 Team United	3:27.30
3 Maryland Masters	3:30.19
4 AURA International	3:33.10
5 Media Striders	3:38.89
6 Wes Penn TC	3:46.72
7 Centra Park TC	3:50.56
8 Boston Masters Sprint	3:50.65
9 Shore AC	3:55.93

M50+ 4x400, Fri., 6:40 pm	
1 NADIA TC	AB3:43.48
(Peterson/)	
2 AURA International	3:45.87
3 Central Park TC	4:00.41
4 Boston Masters Sprint	4:03.28
5 Team USA	4:06.14
6 Maryland Masters	4:06.97
7 Shore AC M60+	4:31.05
8 Central Park TC W40+4:50.05	
9 Shore AC W40+	5:08.74

Distance Medley Olympic Dev (1200-400-800-1600)

1 St. Malachy's	9:48.34
6 Team United	WB10:23.81
(LeBourne/Barnwell/Nearman/Dalton)	
M40+ 10K RW, Sat., 7:00 am	
1 Cliff Mimm	49:19.51
2 Douglass Johnson	51:03.90
3 Jim Carmines	52:02.47
4 Vince Peters	52:49.31
M40+ 5K RW (Sat., 8:00 pm)	
1 Sherry Brosnahan	26:54.79

Jet Into Spring Meet Jericho HS, Long Island, April 29

100m	
M35 Jim Reilly	11.2
M55 Dick Rosen	14.4
W40 Vivien Lovier-Grant	16.4
W50 Mary Trotto	16.5
200m	
M35 Jim Reilly	22.5
W50 Mary Trotto	38.7
400m	
W50 Mary Trotto	1:31.5
800m	
W50 Mary Trotto	3:23.9
1500m	
M60 Seth Kaminsky	5:39.7

High Jump	
W50 Mary Trotto	1.00
Long Jump	
M55 C J Cuddy	3.45
W40 Vivien Lovier-Grant	3.27
W50 Mary Trotto	2.53
Triple Jump	
M55 C J Cuddy	6.54
Shot Put	
M50 Tom Rempe	9.15
M55 Victor Litwinski	8.58
M60 Ed Joyce	9.58
M65 Pete Barker	9.71

Discus	
M50 Rom Rempe	21.70
M55 C J Cuddy	26.56
M65 Pete Barker	29.76
W30 Bridgette Volpi	11.36
W45 Barbara McCuen	19.02
W50 Mary Trotto	14.64
W30 Bridgette Volpi	6.27
W40 Vivien Lovier-Grant	6.43
W45 Barbara McCuen	5.86
W50 Mary Trotto	6.91

Shot Put	
Bob Gunn 47	13.40
John von Rohr 53	12.73
Mike Valle 60	12.00
Pay Carstensen 69	10.32
Discus	
Mike Valle 60	42.26
John von Rohr 53	34.93
Pay Carstensen 69	29.92

Javelin	
Mike Valle 60	34.55
Bob Gunn 47	33.94
Pay Carstensen	26.60
Hammer	
Peter Farmer 48	53.34
Dave Vandergriff 45	49.23
John von Rohr 53	44.59
Mike Valle 60	42.21
Pay Carstensen 69	37.78
Bob Gunn 47	34.59

Weight	
David Vandergriff 45	16.42
Peter Farmer 48	15.68
John von Rohr 53	14.84
Mike Valle 60	14.84
Pay Carstensen 69	14.50
98# Weight	
Dave Vandergriff 45	5.92
Bob Gunn 47	3.78
John von Rohr 53	3.64
Pay Carstensen 69	3.28
Mike Valle 60	2.98
George Williamson 38	2.92
Helga Carstensen 69	1.05

SOUTHEAST

North Carolina Throws Meet #1 Rocky Mount; April 21

Shot Put	
Bob Gunn 47	13.40
John von Rohr 53	12.73
Mike Valle 60	12.00
Pay Carstensen 69	10.32
Discus	
Mike Valle 60	42.26
John von Rohr 53	34.93
Pay Carstensen 69	29.92

Javelin	
Mike Valle 60	34.55
Bob Gunn 47	33.94
Pay Carstensen	26.60
Hammer	
Peter Farmer 48	53.34
Dave Vandergriff 45	49.23
John von Rohr 53	44.59
Mike Valle 60	42.21
Pay Carstensen 69	37.78
Bob Gunn 47	34.59

Weight	
David Vandergriff 45	16.42
Peter Farmer 48	15.68
John von Rohr 53	14.84
Mike Valle 60	14.84
Pay Carstensen 69	14.50
98# Weight	
Dave Vandergriff 45	5.92
Bob Gunn 47	3.78
John von Rohr 53	3.64
Pay Carstensen 69	3.28
Mike Valle 60	2.98
George Williamson 38	2.92
Helga Carstensen 69	1.05

Potomac Valley Track Club Meet Alexandria, VA; April 22

100m	
M30 James Barr	12.30
M40 Matt Texier	12.33
M45 Thomas Jones	11.51
M50 Chuck Williams	13.10
M55 Robert Koontz	12.63
M60 Alby Williams	12.60
M70 Hal Goolsby	15.30
W80 Carla Convery	25.40
200m	
M40 Paul Allen	24.50
M45 Thomas Jones	23.17
M60 Alby Williams	27.30
400m	
M35 George Ridley	51.31
M40 Paul Allen	53.81
M45 Tony Belcher	52.81
M50 Wayne Harris	1:01.87
M55 Melvin Fields	58.30
800m	
M35 George Ridley	2:03.56
M40 Steve Nearman	2:04.40
M50 Jay Wind	2:45.24
W30 Jennifer Lazio	3:07.76
1500m	
M35 Nils Lindenblad	5:35.20
M40 William Greene	5:21.20
M45 Blaine Barham	6:03.10
3000m	
M35 Ted Poulos	10:15.20
M45 Larry Washington	10:20.60
M65 James Keat	14:07.10
W30 Jennifer Lazio	12:41.30
High Jump	
M45 Keith Mathis	5-0
M50 Randy Yohe	4-2
M55 Victor Litwinski	4-0
M60 Jack Kuhns	4-6
Triple Jump	
M45 Keith Mathis	33-0
1600m RW	
M45 Jack Barrar	10:11.60
M50 Bob Parillo	10:47.00
3000m RW	
M45 Jack Barrar	19:57.10
M55 Victor Litwinski	17:22.40
W70 Terry Hamilton	23:41.50

800m	
M30 Jamin Carson	2:21.7
M35 Travis Russell	2:15.5
M40 Mac Allen	2:09.7
M50 Albert Broussard	2:45.6
M55 John Hesley	2:51.2
1500m	
M35 Travis Russell	4:46.6
Long Hurdles	
M40 Danny Dixon	48.7
M45 Rick Easley	44.7
4x100m Relay	
M30 Double Trouble	1:05.8
High Jump	
M30 Jamin Carson	5-8
M40 Coy Akers	5-4
M45 John Henning	5-0
M60 Mohler Simpson	3-4
M75 Bob Wingo	3-6
Pole Vault	
M35 Brian Clute	11-0
M40 Coy Akers	11-6
M60 Ben Nowotny	7-0
M65 Paul Adams	6-0
Long Jump	
M30 Keith Herring	16-5.50
M45 John Henning	13-3.50
M60 Ben Nowotny	12-1
M75 Bob Wingo	9-2
Triple Jump	
M45 John Henning	31-1

Houston Senior Olympics April 1	
50M	
M50 Jimmie Jones	6.53
Dennis Schmitt	7.16
Jerry Warne	7.36
M55 Melvin Goode	6.88
Ron Helton	7.05
Ronald Boehm	7.75
M60 Jim Pederson	7.25
Scott Atkinson	7.86
Mando Cadena	7.97
M70 Joe Summerlin	7.55
Larry Jackson	8.14
Douglas Thibodeaux	8.19
M75 Jack Gilbert	8.54
Robert Woolfolk	9.66
Alvin Owsley	14.25
M80 Willard Wilkes	10.33
Shang Chang Ou	16.96
M85 Donald Pellman	9.36
W50 Debbie Trebotich	10.37
W55 Dorothy Vandercruysen	8.43
W60 Margaret Atkinson	9.38
Edwina Rison	10.31
W65 Cristina Sjoval	14.13
W80 Margaret Hinton	10.75

100M	
M50 Jimmie Jones	12.49
Jerry Warne	13.59
Alex Correa	13.85
M55 Melvin Goode	12.84
Ron Helton	12.85
Ronald Boehm	14.40
M60 Jim Pederson	14.38
Altan Erdil	14.65
Scott Atkinson	15.22
M65 Glenn Youngblood	14.38
Edwin Rison	14.62
Robert Philips	17.34
M70 Joe Summerlin	14.16
Bill Pardue	15.55
Larry Jackson	16.50
William Buerger	17.43
M75 Jack Gilbert	16.54
Robert Woolfolk	19.09
M80 Charles Keenan	17.63
Willard Wilkes	19.96
Shang Chang Ou	35.62
M85 Donald Pellman	18.10
W50 Debbie Trebotich	19.55
W55 Sally Curtis	15.26
Dorothy Vandercruysen	16.09
W60 Marion Coffee-Carney	18.50
Margaret Atkinson	18.97
Mary Conway	20.65
W65 Phyllis Provost	19.29
Lusaine Quast	20.63
W80 Margaret Hinton	22.50
Jenny Hughes	30.62

200M	
M50 Jimmie Jones	26.70
James Hensley	28.92
John Fowler	30.00
M60 Mack Stewart	30.89
Jim Pederson	32.75
Mando Cadena	34.23
M65 Glen Youngblood	31.06

Drake Relays Masters 800 Des Moines, IA; April 27	
1 Steve Gallegos	1:59.10
2 Michael McDowell	1:59.20
3 David Bradley	1:59.74
4 Nolan Shaheed	2:00.11
5 Eric Parker	2:03.32
6 Burton Adrian	2:06.71
7 Mark Cleary	2:07.10
8 Mike Fitzpatrick	2:07.94
9 Murray Nelson	2:08.64
10 Chris Mares	2:10.24

Lions/Waterloo March Madness Meet Austin, TX; March 31	
100m	
M30 Fred Sampson	11.9
M35 Rick Garza	12.0
M40 Danny Dixon	11.6
M50 Randy Smith	11.8
M60 Tony Garza	14.8
M70 Wildord Scott	15.0
M75 Bob Wingo	17.7
200m	
M30 Jamin Carson	24.4
M35 Rick Garza	24.8
M50 Randy Smith	24.3
M65 Paul Johnson	26.0
M75 Bob Wingo	37.3

400m	
M30 Fred Sampson	54.7
M40 Lindy Raney	54.4
M45 Rick Easley	54.5
M50 Albert Broussard	1:08.5
M55 John Hesley	1:13.0
M75 Bob Wingo	1:33.0

800m	
M30 Jamin Carson	2:21.7
M35 Travis Russell	2:15.5
M40 Mac Allen	2:09.7
M50 Albert Broussard	2:45.6
M55 John Hesley	2:51.2
1500m	
M35 Travis Russell	4:46.6
Long Hurdles	
M40 Danny Dixon	48.7
M45 Rick Easley	44.7
4x100m Relay	
M30 Double Trouble	1:05.8
High Jump	
M30 Jamin Carson	5-8
M40 Coy Akers	5-4
M45 John Henning	5-0
M60 Mohler Simpson	3-4
M75 Bob Wingo	3-6
Pole Vault	
M35 Brian Clute	11-0
M40 Coy Akers	11-6
M60 Ben Nowotny	7-0
M65 Paul Adams	6-0
Long Jump	
M30 Keith Herring	16-5.50
M45 John Henning	13-3.50
M60 Ben Nowotny	12-1
M75 Bob Wingo	9-2
Triple Jump	
M45 John Henning	31-1

9 Murray Nelson	2:08.64
10 Chris Mares	2:10.24

SOUTHWEST

Lions/Waterloo March
Madness Meet
April 23, 11:00 a.m. - 2:00 p.m.

Continued from previous page

Wade Alexander	23-10.5
George Clayton	18-4.5
Shou Chang Ou	17-09
M85 Donald Pellman	30-02
W50 Lynne Werner	26-11
Debbie Trebotich	21-9.7
W55 Dolores Williams	18-11
W60 Mary Conway	22-11
Jody Williams	17-07
W65 Scottie Scott	20-10
Phyllis Provost	18-7.5
W70 Juanita Mosley	24-4.5
W75 Ruth Seeger	17-05
Doris Tait	14-05
W80 Margaret Hinton	20-01
Millie Buchert	17-9.5
Pearl Holloway	15-11
W85 Lillian Rudd	13-11
Discus	
M50 Mark Lumpkin	142-7
Ted Sanders	119-4
Terrell Schaffer	118-5.5
M55 Arthur Lawrence	113-3
Mark Chapman	108-6
Harry Windham	101-9
M60 Howard Zingg	116-1.5
Harold Crater	113-10
Manuel Longoria	88-10.5
M65 Bill Smith	100-1
Paul Adams	93-2
Jim Carney	90-0
M70 Jim Gerhardt	127-6
Nick Spillios	104-8
Val Smith	93-7
M75 Pete Sjoval	87-2
Jack Gilbert	79-5.5
Robert Woolfolk	62-8
Keith Tompkins	62-5
M80 Dale Buysse	96-10
George Clayton	50-7
Wade Alexander	47-11
M85 Donald Pellman	74-0
W50 Debbie Trebotich	59-6
W55 Dolores Williams	46-9.5
W60 Jody Williams	51-5
Mary Conway	44-5
W65 Phyllis Provost	50-1
Scottie Scott	43-3
W70 Juanita Mosley	46-10
W75 Ruth Seeger	55-8
Doris Tait	26-3.5
W80 Margaret Hinton	49-11
Pearl Holloway	37-3
Millie Buchert	34-7
W85 Lillian Rudd	21-7.5
Javelin	
M50 John Fowler	124-3
Bud Morrill	109-6
Terrell Schaffer	103-1
M55 Bobby Barnes	165-3
Arthur Lawrence	156-0
Larry Silver	106-7
Mark Chapman	105-8
M60 Jim Tinelli	141-8
Altan Erdil	106-5
Harold Crater	92-5
M65 Barney Thomas	86-3
Paul Adams	67-8
M70 Val Smith	96-7
Larry Jackson	80-4
Ned Tanner	60-10
M75 Pete Sjoval	69-10
M80 Dale Buysse	79-7
Wade Alexander	44-2
Shou Chang Ou	39-6
M85 Donald Pellman	89-3
W55 Linda Douglas	55-8
W60 Jody Williams	49-0
Mary Conway	44-6
W65 Luaine Quast	59-3
Scottie Scott	44-8
W75 Ruth Seeger	58-8
Doris Tait	29-8
W80 Margaret Hinton	38-11
Millie Buchert	38-3

WESTKelField Throws Series #94
Santa Cruz, CA; April 21

Shot Put	
M45 Richard Watson	10.91
M50 Lad Pataki	15.67
Gary Kelmenson	10.79
M60 Mike Parker	12.10
M70 Tom Allison	11.56
Discus	
M45 R Watson	33.63
M50 L Pataki	51.14
G Kelmenson	36.80

M60 M Parker	36.69
M70 T Allison	34.07
Hammer	
M40 Casey O'Hara	39.40
Eric Hodgdon	35.53
M45 R Watson	33.70
M50 L Pataki	51.09
G Kelmenson	42.20
M60 M Parker	27.80
M70 T Allison	29.21
Javelin	
M45 R Watson	44.46
M50 G Kelmenson	23.30
M60 M Parker	26.32
M70 T Allison	34.05
Weight	
M40 C O'Hara 35#	11.78
E Hodgdon 35#	11.75
M45 R Watson 35#	11.13
M50 G Kelmenson 35#	11.50
G Kelmenson 25#	14.62
M50 L Pataki 25#	18.90
M60 M Parker 25#	9.64
M70 T Allison 16#	12.24
56# Weight	
M40 E Hodgdon	8.30
C O'Hara	7.06
M45 R Watson	7.39
M50 G Kelmenson	8.26
Weight Pentathlon	
(marks above; done in WP order)	
M45 R Watson	3149
M50 G Kelmenson	3185
M60 M Parker	3050
M70 T Allison	3884

Mt. SAC Relays Masters Events
Walnut, CA; April 22

W40+ Age-Graded 100m			
Name	Age	Distance	Time
Kathy Bergen	61	80.3	11.59
Cindy Steenberg	47	89.7	11.81
Pat Peterson	75	69.2	12.32
Lynn Naffel	56	83.7	12.80
Elaine BaMessenger	40	94.6	12.88
Sumi Ono'Leonard	72	71.8	13.13
M40+ Age-Graded 800			
Name	Age	Total Time	Actual Time
1 Nolan Shaheed	51	2:39.11	2:05.11
2 Steve Gallegos	48	2:40.96	2:00.96
3 Dan McCormack	62	2:41.96	2:22.96
4 Jim Selby	72	2:46.71	2:46.71
5 Mac Allen	43	2:49.93	2:05.93
6 Steve Terrell	43	2:48.96	2:05.96
W40+ Age-Graded 800			
Name	Age	Total Time	Actual Time
1 Lynn Naffel	56	3:22.80	2:44.80
2 Diane Heil	43	3:23.10	2:25.10
3 Mary Macaulay	38	3:30.60	2:25.60
4 S Ono'Leonard	72	3:34.50	3:34.50
5 Vicky Ford	40	3:48.00	2:46.00
6 Tracey Cox	47	3:54.40	3:01.40

Hawaii Masters TC Combined
Events Meets; Honolulu

Weight Pentathlon, April 22	
M30 Ken Asahan	1254
M40 Kevin Kruszone	2116
M50 Tom Reppun	1679
M55 Jack Karbens	2800
M60 Robert Molyneux	2107
Lionel Low	1584
M65 Jerry Fasten	3114
Pentathlon, April 29	
M40 Franklin Mukai	2394
Kevin Kruszone	2099
M50 Tom Reppun	1328
M55 Jack Karbens	2065
M60 Lionel Low	2173

INTERNATIONAL**Russian Indoor Championships**
Penza; March 24-25

60m	
M30 V Fursa	7.4
M40 V Dantsevich	7.5
M45 A Poselenov	7.7
M50 S Sauliak	7.4
M55 N Potapov	8.0
M60 V Uchov	7.9
M65 V Porochin	8.5
W30 A Rodionova	8.7
W35 L Tovarova	8.1
W40 N Podvisotskaya	8.6
W45 G Hrisanova	8.5
W50 V Soldatova	9.7
W65 N Asseva	10.5
200m	
M30 V Fursa	24.9
M35 V Chernov	25.2
M40 A Pevnev	24.8
M45 V Larin	26.4
M50 V Antropov	26.3
M55 N Potapov	27.7
M60 N Dmitriev	29.1
M65 A Pestov	30.9
M70 V Bazhenov	37.4
M85 A Prokopovich	45.1

W30 T Kotikova	28.5
W35 L Tovarova	27.6
W40 N Podvisotskaya	30.1
W45 G Hrisanova	30.2
W50 N Voronina	33.4
W65 M Klimenko	41.3
400m	
M30 V Fursa	53.8
M35 V Yuriev	55.7
M40 A Pevnev	54.8
M45 A Kuzovnikov	58.3
M50 A Seleznev	61.1
M55 I Vlasov	64.2
M60 N Dmitriev	64.8
M65 A Pestov	69.0
M70 N Michailov	85.4
M75 V Matveev	79.7
W30 T Kotikova	67.6
W35 T Bukatina	64.8
W40 A Trotsenko	73.7
W45 I Goleva	74.3
W50 N Voronina	78.0
W65 M Klimenko	93.5
800m	
M35 O Babichev	2:09.7
M40 V Titov	2:08.7
M45 N Pushilin	2:12.3
M50 V Zhdanov	2:22.3
M55 V Semenov	2:26.8
M60 V Savenkov	2:28.7
M65 V Ranev	3:03.9
M70 N Michailov	3:15.0
M75 V Matveev	3:02.3
W40 A Trotsenko	2:56.2
W45 I Goleva	2:53.5
W50 N Voronina	3:10.6
W60 L Sergeeva	3:40.6
W65 M Klimenko	3:30.3

1500m	
M35 O Babichev	4:17.6
M40 E Kornouchov	4:15.5
M45 N Pushilin	4:26.0
M50 V Gorbunov	4:42.6
M55 I Goozdev	5:15.4
M60 V Klun	4:49.3
M65 A Elagin	5:54.6
M70 N Michailov	6:13.7
M75 V Matveev	5:53.4
M85 A Prokopovich	7:51.4
W35 L Zhezhava	4:55.2
W40 I Chernobrova	5:43.6
W45 M Nikolaeva	6:13.6
W50 K Nikolaeva	6:23.4
W60 L Sergeeva	7:24.6
W65 L Makarenko	7:24.2
3000m	
M35 A Korpiliev	9:08.8
M40 V Tichonov	9:10.0
M45 N Orlov	9:20.0
M50 V Gorbunov	9:47.4
M55 M Shakirov	11:39.0
M60 V Klun	10:13.2
M65 A Elagin	12:49.4
M70 N Michailov	13:03.2
M75 V Matveev	12:53.3
M85 A Prokopovich	16:57.0
W40 I Chernobrova	12:28.9
W45 M Nikolaeva	12:58.4
W50 K Nikolaeva	13:34.2
W65 L Makarenko	15:40.8

60mH	
M35 A Permiakov	9.4
M40 A Semkin	8.9
M45 A Poselenov	9.8
M50 S Shirokov	9.9
M55 N Leschenko	9.5
M60 V Uchov	9.7
M65 V Raikov	12.2
M35 O Michailichenko	9.9
W70 K Gombardze	16.0
High Jump	
M30 M Nikonov	2.00
M35 A Zadiraka	1.85
M40 K Bulach	1.90
M45 V Prosvirin	1.93
M50 A Grishaev	1.70
M55 N Letshenko	1.55
M60 V Uchov	1.38
M65 V Popov	1.38
M70 V Boltsov	1.05
W35 O Michailichenko	1.50
W45 Helen Viukova	1.46
Long Jump	
M30 B Shundiayev	6.20
M40 A Smirnov	5.66
M45 V Zvezdskiy	5.66
M50 S Sauliak	5.50
M55 V Chirkov	4.67
M65 V Popov	4.73
M70 V Bazhenov	3.05
W35 T Veretina	4.95
W50 V Soldatova	3.60
W60 L Sergeeva	2.72
W65 N Aseeva	2.98

W70 K Gombardze	2.95
Triple Jump	
M30 B Shundiayev	13.45
M35 A Zadiraka	12.88
M45 V Zvezdskiy	13.20
M50 A Grishaev	10.87
M55 I Vlasov	10.29
M60 V Korolkov	8.55
M65 V Popov	10.38
W35 O Michailichenko	10.90
Shot Put	
M30 I Efimov	11.20
M35 E Balashov	11.72
M45 V Sokolov	9.45
M50 V Raschupkin	14.24
M55 A Zenkin	14.82
M60 A Romanov	10.70
M65 V Porochin	11.10
M70 V Archipov	7.57
W40 N Shirkanova	7.57
W50 N Voronina	9.64
W60 T Danilova	10.98
W65 N Aseeva	7.74
W70 L Troshenkova	7.73
5000m Racewalk	
M35 R Asorey	23:23.7
M40 V Sherzhanvot	23:38.0
M45 P Chernobrov	23:16.4
M55 V Kurochkin	30:16.1
M60 A Kuchumov	26:26.5
M65 V Sokolov	30:38.8
M75 B Olerov	33:49.7
W45 L Nitiagovskaya	28:59.7
W60 E Sinitsa	35:50.1
W70 L Troshenkova	35:00.3

Victoria Veterans Championships
Duncan McKinnon Park

Victoria, Australia; Mar. 31-Apr. 1	
100m	
M30 Stuart Toplis	12.10
M35 Mark Thomas	11.80
M40 Glenn White	11.60
M45 Paul Turner	11.70
M50 Alan Sinclair	12.10
M55 Keith Howden	12.10
M60 Col Burnett	12.80
M65 Kevin Marion	14.00
M70 Leo Coffey	14.40
M75 Michael Johnston	15.10
M85 Eddie Gamble	22.50
W35 Stephanie Armstrong	13.60
W40 Bronwen Loizou	12.90
W45 Margaret Tweedie	13.40
W50 Kathryn Heagney	13.60
W55 June Reeves	14.60
W60 Jill Allen	14.90
W65 Ruth Potter	22.60
W70 Gwen Davidson	18.70
200m	
M30 Stuart Toplis	25.40
M35 Brendan Phylant	26.40
M40 Peter Tuckett	24.80
M45 Paul Turner	24.80
M50 Alan Sinclair	25.30
M55 Keith Howden	25.00
M60 Graeme Noden	28.20
M65 John Howes	29.10
M70 Leo Coffey	30.10
M75 Michael Johnston	32.00
M85 Andy Smith	50.10
W30 Julie Nomey	30.20
W35 Jennifer Baldwin	28.30
W40 Bronwen Loizou	27.20
W45 Margaret Tweedie	28.50
W50 Kathryn Heagney	29.10
W55 June Reeves	31.20
W60 Jan Morey	31.70
400m	
M30 Stuart Toplis	55.00
M35 Richard Harvey	54.40
M40 Peter Tuckett	54.60
M45 Andrew Watts	55.30
M50 Alan Sinclair	56.00
M55 Keith Howden	57.70
M60 David Nobbs	1:02.50
M65 John Howes	1:04.80
M70 Leo Coffey	1:16.40
M75 Michael Johnston	1:12.20
M80 Jack Stevens	1:43.80
M85 Andy Smith	2:17.50
W30 Julie Nomey	1:07.50
W35 Jennifer Baldwin	1:03.00
W40 Bronsen Loizou	1:00.80
W45 Margaret Tweedie	1:04.70
W50 Kathryn Heagney	1:05.30
W60 Jan Morrey	1:11.70
800m	
M30 Stuart Toplis	2:08.90

M35 Paul Schnyder	1:57.70
M40 Michael Bailczak	2:08.60
M45 Colin Page	2:07.90
M50 Colin McCurry	2:08.30
M55 Ian McLeod	2:28.80
M60 David Nobbs	2:26.80
M65 John Howes	2:42.60
M70 Frank Tutchenor	3:10.10
M75 Michael Johnston	3:34.30
M80 Jack Stevens	4:12.40
M85 Eddie Gamble	4:13.70
W30 Julie Nomey	2:38.00
W35 Delwyn Hewitt	2:24.10
W40 Janine Higham	2:29.00
W45 Margaret Tweedie	2:56.90
W50 Kathryn Heagney	2:38.10
W55 Anne Stobaus	2:43.60
W60 Jan Morrey	2:43.10
1500m	
M30 Stuart Toplis	5:15.40
M35 Paul Schnyder	4:11.90
M40 Bert Pelgrim	4:22.80
M45 Lou Ferrari	4:25.50
M50 John Herridge	4:31.30
M55 Norm Franzi	4:54.40
M60 Peter Hannaford	5:02.00
M65 Ron Young	5:39.60
M70 Vin O'Brien	6:20.30
M75 Vern Gerlach	

Continued from previous page

M55 Graeme Rose	46.80
M60 Ken Readwin	46.80
M65 Wim Van-Weenen	44.42
M70 Harry Wynhoven	35.88
M75 Aivars Pavulins	26.64
M80 Roy Foley	20.32
M85 John Fraser	22.86
W35 Anna-Lisa Whitehall	29.70
W45 Eliz Szczepanskacit	28.38
W50 Chris Schultz	36.88
W55 Astrid Rse	28.84
W65 Val Worrell	28.62
W75 Gwen Davidson	21.30

Javelin	
M35 Darren Smith	29.26
M40 Mark Cauchi	43.02
M45 Clyde Riddock	35.36
M50 Andrew Farr	51.82
M55 Graeme Rose	50.07
M60 Tom Hancock	38.48
M65 Joe Ball	31.18
M70 Harry Staecker	30.80
M75 Stan Stankovic	20.05
M80 Roy Foley	12.60
M85 Vic Younger	16.65
W30 Kelly Carvill	24.10
W35 Anna-Lisa Whitehall	26.41
W40 Dawn Hartigan	31.33
W45 Vivienne Cash	21.98
W50 Chris Schultz	27.94
W60 Beverley Hugo	15.83
W65 Val Worrell	17.84
W70 Jean O'Neill	11.13
W75 Gwen Davidson	11.89

Weight Throw	
M45 Clyde Riddock	8.40
M50 Hans Lotz	17.98
M55 Graeme Rose	16.90
M60 Ken Readwin	15.99
M65 Wim Van-Weenen	15.71
M70 Harry Wynhoven	15.02
M75 Stan Stankovic	11.36
M80 Roy Foley	10.95
M85 John Fraser	11.68
W35 Anna-Lisa Whitehall	9.51
W45 Eliz Szczepanskacit	11.32
W50 Chris Schultz	13.37
W55 Astrid Rose	9.34
W65 Val Worrell	11.29
W75 Gwen Davidson	8.71

Pentathlon	
M35 Brett Currie	1841
M40 Rick Nelson	2149
M45 Andrew Watts	2895
M50 Keith Warwick	2586
M55 Andrew Fraser	2093
M60 Graeme Noden	2972
M65 Nino Stankovic	1346
M70 Wyvern Burke	3051
M75 Stan Stankovic	2154
M85 Vic Younger	1724
W35 Jennifer Baldwin	2709
W45 Margaret Tweedie	2916
W50 Kathryn Heagney	3046
W60 Beverley Hugo	1031

Weight Pentathlon	
M40 Noel Fairburn	1566
M45 Clyde Riddock	2263
M50 Peter Young	3175
M55 Graeme Rose	4443
M60 Tom Hancock	4050
M65 Wim van Weenen	4205
M70 Harry Wynhoven	3445
M75 Aivars Pavulins	3172
M80 Roy Foley	2761
M85 John Fraser	3462
W30 Kelly Carvill	2892
W35 Anna-Lisa Whitehall	2526
W45 Elizabeth Szczepanska	3066
W50 Chris Schultz	4003
W55 Astrid Rose	2928
W65 Val Worrell	3686
W75 Gwen Davidson	3439

1500m RW	
W35 Annette Major	7:18.40
W40 Denise Leggett	9:37.70
W45 Jill Coyte	7:20.20
W50 Celia Johnson	8:04.50
W55 Gwen Steed	8:03.80
W60 Brenda Riley	7:48.70
W65 Tina Baarslag-Leb	10:00.70
W70 Jean Knox	9:48.50
W80 Grace Smith	17:19.40

3000m RW	
M35 Darren Marshall	14:48.00
M40 Rod Neal	15:32.00
M45 Ross Reed	13:34.00
M50 Tim Erickson	14:30.70
M55 John Hallo	17:40.30
M60 Tony Johnson	14:49.20
M65 Bob Gardiner	15:40.70
M70 Gordon Gourlay	20:34.10
M75 Stan Miskin	20:54.70
M85 Ralph Field	25:21.90
5000m RW	
M40 Mark Donahoo	22:45.50
M45 Ross Reed	23:49.90

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.

EAST**NYRRRC Five Miler**

Central Park, NYC; March 31

Overall	
Ryan Grote 26	24:15
Gordon Bakoulis 40	28:20
M30 Toby Tanser 32	25:19
Bill Stewart 35	25:25
Justin Reid 31	25:56
M40 Kirk Baird	26:18
Amador Ybanez	27:13
Kenny Rodrigues	29:13
M45 Tom Phillips	27:44
Jack McShane	28:49
Simon Ingall	29:12
M50 Julio Aguirre	30:24
Adolf Lawrowski	32:08
Richard Honan	34:20
M55 Samuel Skinner	30:03
John Samsel	31:07
Michael Hudick	31:13
M60 Eduard Fedossov	33:11
Mariusz Solarski	35:02
Joseph Saley	37:52
M65 Witold Bialokur	32:59
George Hirsch	34:28
Eric Seiff	39:22
M70 Gene Bandler	1:06:24
Jerome Solin	1:10:46
Eddie Pazarecki	1:26:16
M75 Sab Koide	44:50
Wallace Cutler	55:38
Edward Finkelstein	1:03:34
M80 Mel Freidel	1:02:04
Wilfredo Rios	1:03:37
M90 Abraham Weintraub	1:11:57
W30 Z Wiciorowska 38	28:42
Magdalena Visser 32	29:06
Alexa Babakhanian 34	29:27
W40 Jean Chodnicki-Stemm	30:29
Diana Fitzpatrick	30:50
Lynn McFadden	33:58
W45 Gillian Horowitz	30:42
Joan Baldassarri	35:15
Mollena Martinez	37:22
W50 Terry Guadi	37:31
Laurie Harris	39:11
Lily Kosaka	39:32
W55 Ann Makoski	35:56
Barbara Charles	40:20
Ruth Fairbrother	40:39
W60 Evelyn Davis	39:55
Joan Bondell	45:58
Edith Jones	44:35
W65 Naomi Vogel	45:02
Joy Rose	45:17
Elaine Breiger	56:01
W70 Dolly Finkelstein	51:18
Bertha McGruder	57:16
Janine Maltas	59:46
W75 Muriel Mery	47:45
Edith Farias	50:47
Jozi Neulinger	1:14:20

10K Run for ASPIRE

Plainview, NY; April 7

Overall	
Mike Guastella 30	32:51
Donna McMahon 31	36:42
M35 Stephen Marsalese	34:58
M40 Don Di Donato	34:37
Thomas Taylor	35:44
Alex Cuzzo	36:15
M45 John DelMaestro	36:32
Ted Truet	38:45
Steve Josepher	39:36
M50 Julio Aguirre	38:20
David Schneider	39:36
Kevin Healy	40:40
M55 Art Weisberg	39:33
Jorge Aguilera	41:02
Bob McVetty	41:22
M60 Jose Cordero	41:31
Jose Mendez	42:56
M65 David Kenney	46:20
Geza Feld	47:03
M70 Guy Froehling	47:48
Odd Sangesland	57:53
M75 Sab Koide	56:33
John Corrigan	56:54
W35 Karen Cotty	40:53
W40 Elizabeth Ratner	41:18
Dolores Doman	42:10
L HarpenesMelnik	42:40
W45 Kathy Martin	37:59
Patt Zebersky	41:16
M A Marascia	43:58
W50 Joanne Gallo	50:49
Ellie Gavin	51:53
W55 Marie-LMischelsohn	46:14
Hilory Boucher	50:07
W60 Pat Cataldo	50:36
Pat Delaney	57:16
W65 Alexandra Finger	68:57
Ruth Sturgess	70:16

Masters Walkers

1 Joseph Folks 48	67:39
2 Martin Spair 60	69:02
3 Robert Hytton 70	70:27
1 Linda Goldstein 50	64:39
2 Suzanne Feustel 48	71:57

NYRRRC Rabbit Run 10K

Central Park, NYC; April 8

Overall	
Toby Tanser 32	32:45
Alison Barbi 36	40:20
M30 Knut Hegvold 39	33:16
Peter Sakalowsky 30	33:29

Microsoft-USO Defenders

10 Mile Run

Washington, DC; April 6

Overall	
Johnson Muiruri 18	48:16
Martha Komu 18	55:40
M40 Curtis Southern	55:53
Ian Hebden	59:14

M50 Robin Wood	29:30.20
M55 Ronald Bilton	31:26.40
M60 Murray Dickinson	25:47.00
M65 Bob Gardiner	28:24.00
M70 Jim Machin	39:30.90
M75 Stan Miskin	35:53.70
W35 Sharon Schnyder	26:19.00
W40 Jenny Field	34:46.40
W45 Jill Coyte	26:34.40
W50 Heather Carr	27:08.30
W55 Gwen Steed	28:24.00
W60 Brenda Riley	28:15.80
W65 Shirley Coppock	38:32.00
W70 Jean Knox	34:47.80

M45 James Bates	59:23
Gary Presuhn	61:53
M50 Rick Platt	58:52
Bob Oberti	65:33
M55 Michael Golash	68:57
Jose Yanez	69:48
M60 Malcolm O'Hagen	70:17
Stephen Forman	72:10
M65 Dennis Dirscherl	88:22
William Graham	99:45
M70 Donald McCarten	86:50
M75 Walt Washburn	91:02
W40 Donna Moore	61:31
Cecilia Lutz	66:15
W45 Cindy White	78:55
Suanne Shocket	82:30
W50 Karen Erb	72:04
Hilde Scharinger	80:48
W55 Nancy Linck	93:34
Susan Koehler	95:27
W60 M Tomaszewski	105:19
Betty Smith	113:32
W65 Angela Craighead	96:08
Betty Dameron	98:49

10K Run for ASPIRE

Plainview, NY; April 7

Overall	
Mike Guastella 30	32:51
Donna McMahon 31	36:42
M35 Stephen Marsalese	34:58
M40 Don Di Donato	34:37
Thomas Taylor	35:44
Alex Cuzzo	36:15
M45 John DelMaestro	36:32
Ted Truet	38:45
Steve Josepher	39:36
M50 Julio Aguirre	38:20
David Schneider	39:36
Kevin Healy	40:40
M55 Art Weisberg	39:33
Jorge Aguilera	41:02
Bob McVetty	41:22
M60 Jose Cordero	41:31
Jose Mendez	42:56
M65 David Kenney	46:20
Geza Feld	47:03
M70 Guy Froehling	47:48
Odd Sangesland	57:53
M75 Sab Koide	56:33
John Corrigan	56:54
W35 Karen Cotty	40:53
W40 Elizabeth Ratner	41:18
Dolores Doman	42:10
L HarpenesMelnik	42:40
W45 Kathy Martin	37:59
Patt Zebersky	41:16
M A Marascia	43:58
W50 Joanne Gallo	50:49
Ellie Gavin	51:53
W55 Marie-LMischelsohn	46:14
Hilory Boucher	50:07
W60 Pat Cataldo	50:36
Pat Delaney	57:16
W65 Alexandra Finger	68:57
Ruth Sturgess	70:16

Masters Walkers

1 Joseph Folks 48	67:39
2 Martin Spair 60	69:02
3 Robert Hytton 70	70:27
1 Linda Goldstein 50	64:39
2 Suzanne Feustel 48	71:57

NYRRRC Rabbit Run 10K

Central Park, NYC; April 8

Overall	
Toby Tanser 32	32:45
Alison Barbi 36	40:20
M30 Knut Hegvold 39	33:16
Peter Sakalowsky 30	33:29

Microsoft-USO Defenders

10 Mile Run

Washington, DC; April 6

Overall	
Johnson Muiruri 18	48:16
Martha Komu 18	55:40
M40 Curtis Southern	55:53
Ian Hebden	59:14

P Bezuidenhout 38	34:51
M40 David Hardy	37:12
Ricardo Granados	37:24
Jose Alpizar	37:33
M45 John Costa	37:55
Tyronne Culpetter	39:57
Luis Reyes	41:10
M50 Dariusz Luniewski	40:37
Stephen Brown	40:47
Frank Nieves, Jr	43:00
M55 Antonio Conejo	43:03
Hector Rivera	44:40
Hector Ortiz	46:06
M60 Mariusz Solarski	45:45
Joseph Saley	47:44
Daniel Jacobs	51:24
M65 William Gutman	48:57
Frank Dudley	52:16
Carlo Digorgio	52:47
M70 Joseph Burns	48:53
David Jenkins	56:40
Charles Gance	1:12:35
M75 Sab Koide	57:17
M80 Thomas Gibbons	1:11:08
Wilfredo Rios	1:18:20
W30 Diane Kenna 36	41:41
Stephanie Hodge 35	41:59
Kyomi Parente 38	45:17
W40 Mary Sauve	45:28
Katharine Van Itallie	46:40
Anne Rice	47:04
W45 Karen Andronico	48:37
Gillian Small	51:53
Roseanne Russo	52:38
W50 Terry Guadi	48:41
Lily Kosaka	49:17
Laurie Harris	51:00
W55 Barbara Charles	49:09
Ruth Fairbrother	51:40
Roberta Wittman	51:52
W60 Marie Woods	1:06:20
Nina Kuscsik	1:09:21
Sandra Novick	1:11:48
W65 Naomi Vogel	58:11
Elaine Breiger	1:07:46
Patricia Masterson	1:18:26
W70 Ingrid Fleischacker	1:37:36
W75 Muriel Merl	1:00:41
Jozi Neulinger	1:33:52

NYRRRC Queens Half-Marathon

Queens, NYC; April 14

Overall	
Paul Mwangi 33	1:06:32
Karl Proffitt 44	1:24:12
M30 Michael Slinsky 31	1:08:00
Toby Tanser 32	1:10:37
Rafael Veras 31	1:11:12
M40 Donald Murphy	1:20:04
Paul Schwartz	1:20:35
Peter Coy	1:21:08
M45 Jack McShane	1:19:17
John Shostrom	1:23:42
Arnaldo Melendez	1:26:32
M50 Thomas Hall	1:22:22
Julio Aguirre	1:22:57
Dan Fernstrom	1:24:25
M55 Samuel Skinner	1:25:54
Jack Brennan	1:28:25
Peter Shanno	1:32:40
M60 Maximo Rodriguez	1:20:56
Pat Cosgrove	1:31:11
Jose Mendez	1:35:13
M65 Guenter Erich	1:42:09
George Reilly	1:50:32
Adolph Rettmer	1:53:03
M70 Louis Castelo	1:56:50
Michael Daly	1:58:03
Moises Salama	2:02:02
M75 Sab Koide	2:08:25
Orlando Gonzalez	3:28:51
M80 Michael Jackson	1:55:28
Jeffery Cemekke	2:15:37
Yu Huang	2:18:14
W30 Alison Barbi 36	1:29:31
Debbie Cuttitta 34	1:29:48
Christina Powers 37	1:30:15
W40 Kari Proffitt	1:24:12
Kathy Graef	1:29:59
Judy Rubin	1:34:20
W45 Winnie Ng	1:27:16
Marie Wickham	1:29:43
Barbara Byrne	1:34:44
W50 Kathleen Horton	1:42:46
Terry Guadi	1:45:43
Mara Vidaic	1:52:41

W55 Ann Makoski	1:40:49
Marjorie Kos	1:48:24
Ruth Fairbrother	1:51:04
W60 Mary Nathan	1:45:23
Yue-Qin Fu	2:09:35
Nike Mizelle	2:09:37
W65 Lisa Praskins	1:50:22
Rosa Nales	2:06:20
Naomi Vovel	2:07:26

Continued from previous page

**Red's Shoe Barn 5 Miller
Dover, NH; April 22**

Overall	
Mike O'Brien 40	25:59
Liz Mooney-Arcieri 38	32:55
M40 Mike O'Brien	25:59
M45 Michael Kimball	31:04
M50 Ken Houle	31:20
M55 Stephen Whitney	35:38
M60 Eldon Burkinshaw	38:29
M65 Bill Spencer	38:36
M70 John Bates	58:13
M75 Herb Taylor	48:47
Carlton Mendell	51:12
W40 Paula Wilkinson	34:44
W45 Sue Riley	46:35
W50 Kathy Northrop	41:03
W55 Patricia Samuels	68:33
W60 Anne Knight	48:46
W65 Nancy Reed	55:51

**NYRRR Niketown Run for the
Parks 4 Miles
Central Park, NYC; April 22**

Overall	
Michael Openshaw 28	18:45
Glades Prieur 36	22:03
M30 Rafael Veras 31	20:09
Leonardo Chalco 31	20:18
Toby Tanser 32	20:19
M40 Haime Cuitiva	21:24
Alan Ruben	21:29
Jim Stemm	21:38
M45 Jaime Palacios	22:00
Jack McShane	22:43
Necdet Kaynak	23:28
M50 Alston Brown	23:28
Thomas Hall	23:42
Scott Abercrombie	23:53
M55 Samuel Skinner	24:07
John Samsel	24:46
Jack Brennan	25:22
M60 Sidney Howard	25:53
Francis Byrne	26:49
Mariusz Solarski	27:52
M65 Witold Bialokur	26:00
Eric Seiff	29:53
George Reilly	31:26
M70 William Fortune	29:31
David Jenkins	41:10
Albert Puma	52:22
M75 Sab Koide	35:53
Wallace Cutler	44:32
Allen Flagg	1:05:41
M80 Mel Freidel	47:01
Wilfredo Fios	48:26
Sanford Udis	51:06
W30 Kim Griffin 39	22:36
Z Wiciorowska 38	22:54
Alexa Babakhanian 34	23:18
W40 Barbara Gubbins	23:34
Jeanne Pare	24:10
Stacy Creamer	24:56
W45 Marie Wickham	26:33
Debbie Kenney	26:57
Joan Baldassarri	28:59
W50 Judy Harrigan	28:00
Terry Guadi	29:44
Cecily Brancaccio	29:53
W55 M Greeley Walsh	29:46
Ann Moore	31:37
Ruth Fairbrother	32:39
W60 Evelyn Davis	31:17
Joan Bondell	34:38
Nike Mizelle	37:08
W65 Joy Rose	37:26
Naomi Vogel	38:41
Elaine Breiger	46:02
W70 Bertha McGruder	46:47
W75 Jozi Neulinger	1:00:00

**Vytra Human Race 5K
Heckscher St. Park, L.I., NY
April 28**

Overall	
Kevin Krause 30	16:25
Kathy Martin 49	18:49
M35 Don MacKay	18:23
M40 Paul Bonanni	19:26
Mike Salvarezza	19:42
Eric Rosen	19:44
M45 Wm Sullivan	19:30
James McDougall	20:40
Pat Quinn	20:42
M50 Roger Fluhup	20:07
John Poemmerl	20:46
Ralph Haberman	21:03

M55 Pat Keenan	21:41
Luis Teran	21:44
Alan End	22:53
M60 Ron Helin	23:43
Richard Chester	24:32
M65 Doug Nedorost	25:42
John Toner	27:26
M70 John Moran	28:49
Alan Druckman	27:41
M75+Sab Koide 77	27:41
W35 Kellie Stamm	20:52
W40 Pat Charity	22:01
Frances Ricco	23:37
Margie Knapp	27:50
W45 K Martin	18:49
Sherry Ferraiolo	27:34
Miriam Teran	29:37
W50 Ellie Gavin	25:44
Mary Trotto	27:07
W55 none	
W60 Anna Thornhill	22:31
Ellen Duffy	28:00

**April Amble 4-Miler
Portland, ME; April 28**

Overall	
Todd Coffin 39	19:59
Christine Snow-Reaser	23:40
M40 Bill Marski	22:40
M45 Dick Graves	24:08
M50 Russell Boisvert	24:34
M55 Michael Beaudoin	28:05
M60 Ron Chase	31:15
M65 Jim McLaughlin	32:31
M70 Jack Nyhan	38:01
M75 Carlton Mendell	38:07
W40 Kathy Hepner	27:36
W45 Shoshana Hoose	37:03
W50 Kitty Kelley	29:16
W55 Nancy Mills	33:33

**Main Street 5K
Sparta, NJ; April 28**

Overall	
Wilson Kagiri 25	14:44
Laura Mason-Byrne 38	17:16
M40 Henry Correa	16:28
Tom Bowmaster	16:34
John Papp	16:46
M45 Dante Cioffi	18:15
Charlie Slaughter	18:25
M50 Gary Wallace	17:50
Steven Kohorst	17:57
M55 Feliciano Pereira	18:55
Tom Alter	24:09
M60 Richard Hotchkiss	22:52
Nelson Pinzon	23:56
M65+Mark Lennigan 70	23:55
Wilburton Goldschmidt	27:19
W40 Jeanne Pareord	18:25
Cathy Bisson	20:38
W45 Jane Parks	21:15
Barbara Hoess	23:42
W50 Helen Trimmer	25:48
Colleen Troop	26:32
W55 Natalie Grabow	23:48
Galina Tucker	35:05
W60 Judy Kirchoffer	34:23

**NYRRR Pajama Run 5K
Central Park, NYC; April 29**

Overall	
Toby Tanser 32	15:45
Charlotte Cutler 28	18:46
M30 Matt Chaston 33	16:00
Roberto Alvarez 31	16:24
Felipe Vergara 36	16:31
M40 Amador Ybanez	16:46
Kieran O'Connor	17:46
Andrzej Ryszewski	17:55
M45 Gary Greene	18:24
Luis Reyes	19:58
Kevin Glover	20:42
M50 Adolf Lawrowski	19:17
Charlie Hanley	20:07
Nicholas Graziano	20:41
M55 Samuel Skinner	18:36
Joan Samsel	19:02
Hector Rivera	20:40
M60 Mariusz Solarski	21:22
Ochiro Kabori	22:08
Anthony Bond	22:49
M65 Sherwin Berger	24:43
Michael Frankfurt	24:57
Walter Desind	25:39
M70 William Fortune	22:08
Kenneth Jones	22:53
Joseph Burns	23:49
M75 John McManus	26:47
Sab Koide	27:57
Alvanza Wilson	45:12

M80 Thomas Gibbons	32:03
Mel Freidel	34:24
Wilfredo Rios	37:04
W30 Amy Fredericks 35	18:56
Stephanie Hodge 35	19:49
Eve Kaplan 30	20:55
W40 Dominique Jean	20:51
L Branche	20:51
Claudia Funke	21:45
W45 Pamela Minetti	20:48
Peg Holding	23:55
Joan Walker	25:11
W50 Judy Harrigan	21:12
Mary Rosado	21:44
Irene Jackson	22:15
W55 Barbara Charles	24:01
Susan Sideman	26:14
Bonnie Dietrich	26:14
W60 Barbara MacNeal	30:45
Margaret Dixon	32:46
Phyllis Roth	33:30
W65 Naomi Vogel	27:58
Elizabeth Thomas	37:16
Gloria Merridy	41:49
W70 Bertha McGruder	33:51
Pearl Jones	46:53
Ingrid Fleischhacker	48:15
W75 Muriel Merl	28:28
Daisy Klein	35:23
Jozi Neulinger	45:25
W80 Shawna Early	34:59
Althea Jureidini	48:22

**James Joyce Ramble 10K
Dedham, MA; April 29**

Overall	
Stephen Klogora	28:45
Naomi Wangui	33:34
M40 Simon Karori	29:54
Craig Fram	30:37
Larry Sayers	31:44
John Barbour	32:27
Tony bates	32:57
M50 Bill Dixon	35:17
Jerry Learned	35:58
M60 Charles Kellogg	39:20
Don Bell	42:55
M70+John Mulligan	34:42
W40 Judi St Hilaire	34:21
Maggie Murray	35:43
Nancy Corsaro	37:37
Susan Lachance	37:45
Evelyn Caron	38:34
W50 Rebecca S-Woolley	38:56
Deborah Bullerjahn	42:49
W60 Sara Glenn	66:06
Barbara Roney	67:50

**Sallie Mae 10K
Washington, DC; April 29**

Overall	
Julius Nderitu 25	28:39
Elena Paramonova 38	33:48
M40 John Tuttle	30:22
Andrey Kuznetsov	30:32
Jim Hage	32:05
Dave Lopez	33:39
M50 Rick Platt	34:58
Mick Slonaker	37:03
Jay Jacob Wind	38:18
M60 Bill Harding	40:27
Tom Willing	44:15
Richard Jackson	45:19
M70 John Cahill	46:03
Donald McCarten	49:03
Ray Blue	57:56
W40 Lee Di Pietro	38:04
Donna Moore	38:44
Beth McCann	39:33
Betty Blank	41:17
W50 Roy Pfatenberg	44:47
Hideko Pirie	45:38
Deborah Gebhardt	46:22
W60 Janice Stoolley	46:30
Tami Graf	56:11
Jean Connors	59:34
W70 Hedy Marque	65:14

**Independence Blue Cross
Broad Street 10 Mile Run
Philadelphia, PA; May 6**

Overall	
Ronald Magoka 23	46:48
Misti Demko 33	55:14
M40 Brendan Hilliard	52:59
John Kelly	53:44
James Harkins	54:35
Stephen Koch	54:46
Jeffrey Hayes	54:58
M45 Terry Permar	53:50
Paul Hines	57:26
Mark Uffelman	58:27
Lee Mc Connell	58:40
Hugh Biggin	59:16

M50 Gary Fanelli	58:19
Mike Diorka	61:33
David Bucher	62:17
Robert Torchia	62:36
Daniel Tantino	62:49
M55 John Cantrill	60:57
Frank Hopper	63:26
Frank Webb	64:14
Arthur Burger	66:54
Dan McAlee	68:58
M60 Robert Taggart	65:47
James Flanagan	67:43
Jim Donohue	69:16
Warren Taylor	69:53
Vadim Buzan	72:30
M65 Ruben Melendez	70:31
Vincent Ciniti	74:11
Bill McClellan	76:28
George Evinski	77:51
Steve Bogardo	78:37
M70 Richard Hoban	77:51
Patrick Nutt	78:03
Donald Monagle	84:32
Mort Bauer	87:24
Frank Rubino	89:38
M75 Oliver Williams	97:34
Domenic Dienno	100:23
Walter Small	122:22
M80+Albert Booth	101:33
Abe Bell, Jr	110:03
George Blyn	116:17
W40 Shirley Geerling	63:34
Cheryl Bellaire	66:53
Susan Reich	67:03
Patricia Jordan	68:13
Wendra Galfand	68:51
W45 Leah L Whipple	67:23
Rose Weber	68:04
Beth Howlett	68:44
Carolyn Bujak	73:27
Joan Potterfield	73:41
W50 Joy Hampton	71:02
Gwen Torehia	75:26
Joan Osborne	76:29
D Compton	76:35
Rena Hart	76:42
W55 Eva Das	80:44
C Di Giambattista	81:09
I Cantarella-Fox	81:20
Sandi Robers	87:26
Barbara Burger	88:14
W60 Sandra Folzer	76:51
Heide Moebius	85:34
Rita Alles	87:54
Gloria Jenkins	89:57
R McCloskey	107:40
W65 Andrea Gerbstadt	92:42
Carol Montgomery	100:32
Zandra Moberg	102:48
W70+Lorraine Cephus	117:47
Shirley Simmers	130:08

**UMPC Health System
City of Pittsburgh Marathon
Pittsburgh, PA; May 6**

Overall	
Elly Rono 31	2:17:15
Violetta Kryza 32	2:34:16
M40 Tony Basile	2:39:54
Glenn Baldwin	2:41:17
Michael Kichty	2:46:04
M45 Jeffrey Brandt	2:48:28
Brian Spellman	2:56:32
Fred Jaroudi	2:58:01
M50 Fred Waybright	3:02:49
Donald Pierce	3:08:16
William Pierce	3:09:37
M55 Rick Brown	3:29:58
Leonid Kagan	3:36:00
Jerry Agin	3:36:43
M60 Jim Benson	3:34:46
Dan Foldenauer	3:40:15
Bob Heilman	3:44:09
M65 John Dugdale	3:27:12
Ray English	3:27:13
Walt Wozniak	3:54:36
M70 Regis Costello	3:59:03
Harry Kirsch	5:02:17
W40 Janette Pommerenke	3:25:14
Becky Droginska	3:25:58
Kathy Noorbakhsh	3:31:37
W45 Tatyana Pozdnyakova	2:37:44
Marina Jones	2:59:00
Carol Poesch	3:30:18
W50 Janet Labuc	4:00:37
Linda Ireland	4:04:26
Peg Hudacsek	3:15:39
W55 Patricia Koester	4:05:17
Judith Buruk	4:48:47
Dodie Gaudry	5:08:32
W60 Joanne Johnson	4:05:30
Dana Kline	5:42:31
Keiko McDonald	5:48:27

**SOUTHEAST
Charlotte Observer Race
Festival Half-Marathon and 10K
Charlotte, NC; April 21**

Overall	
Stewart Ellington 26	1:09:27
Anna Pichtova 27	1:15:25

M40 Mick Gallant	1:19:32
David Rourke	1:20:09
George Dunleavy	1:22:58
M45 Joe Lockman	1:27:54
Doug Barton	1:28:33
James Pannebeckert	1:30:03
M50 Randy Mendat	1:23:29
Roger Roark	1:26:35
Joe Schlereth	1:29:53
M55 Anson Clapcott	1:20:33
Peter Mugglesone	1:30:42
John Clancey	1:32:19
M60 Patrick Slavin	1:33:16
Roger Ward	1:49:44
Robert Josey	1:53:24
M65 Harold Dix	1:42:20
Elliott Giffen	1:57:12
M70 Ernest Morton	2:00:00
Ronald Muesing	2:05:38
M75 E B Lloyd	2:58:23
W40 Luanne Coulter	1:24:17
Janice Addison	1:24:48
Sherry Thompson	1:29:59
W45 Bonnie Long	1:37:37
Sally Ivins	1:43:11
Susan Krepelka	1:44:38
W50 Barbara Mathewson	1:34:19
Barbara Yonclas	1:53:03
Marilyn Stott	1:55:41
W55 Marcia Godwin	2:05:37
Alice Carr	2:11:27
Linda Melton	2:12:49
W60 Daphne Stroup	2:14:27
Rosanne Elakman	2:47:12
Lynn Bricksels	3:34:06
W65 Harriet Locke	2:00:50
Dot Jones	2:39:35

10K Overall	
Joseph Gibson 24	30:43
Elena Viazova 41	34:50
M40 Robert Murray	34:26
M45 Jim Freid	36:27
M50 Ervin Reid	36:22
M55 Bill Fitch	39:34
M60 Jerry Harris	43:31
M65 Dave McKim	45:01
M70 Robert Gray	49:47
M75 Bruce Hudson	66:49
M80 Geo. Cunningham	99:50
W40 Elena Viazova	34:50
W45 Molly Gerke	45:11
W50 Nancy Anderson	47:41
W55 Kathy Seavers	48:00
W60 Susie Klutz	47:47
W65 Pat McClain	60:39
W75 Margaret Hagerty	81:18

**Run the Tunnel 3.7M
Natural Tunnel State Park
Scott County, VA; April 28**

Overall	
Tom Atkins	24:21
Maria Studholme	31:09
M40+Mark Deering	26:47

Continued from previous page

John Koerner	1:42:49
Walter Wilms	1:44:59
Luther Dore	1:45:29
Bob Edessess	1:45:56
Larry Waylan	1:47:11
George Templeton	1:47:17
John Hardy	1:49:03
M65	
Dick Wilson	1:31:33
Thomas Hathaway	1:41:35
David Greer	1:50:35
Bob Kearns	1:53:19
Carl Lewis	1:54:28
William Rees	1:54:43
Darrell Roundtree	1:55:25
Jim Kirkwood	1:55:41
Kenneth Ryan	1:55:50
Victor Papal	1:56:53
M70+	
Tom Depenbrock	1:52:29
Robert Lemont	1:54:51
Billy Sedam	1:57:21
William Farney	2:00:23
Fred Dietz	2:08:08
Edward Nutt	2:08:48
Phillip Hall	2:10:03
Douglas Scott	2:26:08
Gerry Arffa	2:27:21
John Grothus	2:27:45
W40	
Carmen A-Troncoso	1:19:48
Kathy Waldron	1:22:58
Rita Uebelhor	1:28:05
Jean Lampert	1:28:08
Terri Coombs	1:28:50
Carla Yerkes	1:29:57
Catherine Howe	1:31:02
Ruth Ozmun	1:32:55
Carol Pitzer	1:33:46
Maggie Kuhlman	1:34:01
W45	
Linda Branstetter	1:33:23
Patty Rose	1:38:24
Carol Phipps	1:39:08
Teresa Lee	1:39:42
Leandra Funk	1:42:55
Betsy Brown	1:44:23
Tina Feamow	1:45:14
Louise Parro	1:45:38
Amy Pearce	1:45:41
Jody Davis	1:45:59
W50	
Catherine Wides	1:31:07
Ruth Ralph	1:35:16
Patty McCallister	1:37:29
Steve Hopkins	1:39:57
Jackie Sturgell	1:41:05
Patricia Lerch	1:42:40
Susan Leffler	1:42:45
MaryBeth Adams	1:46:08
Ruth Russell	1:52:07
Mary Beth Flagg	1:52:31
W55	
Marilyn Grissom	1:46:36
Merte Hines	1:48:44
Martha Scheirer	1:56:37
Ruth Ross	1:57:14
Rose Reeves	1:58:10
Susan Rossetter	1:58:13
Jean Panning	1:59:52
Brenda Jenkins	2:02:54
Mary Bonetz	2:05:14
Carol Tenorio	2:05:40
W60	
Ellen Nitz	1:55:51
Ruth Everson	1:59:07
Armande Pieschke	2:01:02
Georgia Allen	2:03:16
Sue Heiwig	2:08:33
Joyce Hodges-Hite	2:12:17
Margaret Crisp	2:13:48
Rena Brown	2:13:50
Evelyn Darrah	2:25:59
Sami Bailey	2:31:33
W65	
Luella Bogenschütz	2:03:05
Ronda Dufour	2:26:35
Gloria Nold	2:36:33
June Brumley	2:40:18
Mary Schrader	2:48:08
Treva Beals	2:49:38
Marcia Mason	2:54:09
Carolyn Hathaway	2:55:22
Evelyn Carson	2:55:32
Mary Harmon	2:57:39
W70+	
Marge Ferris	2:23:19
Lurilla Hiday	2:50:48
Marjorie Pike	3:00:02
Jo Presser	3:06:43
Patricia Bird	3:14:26

Leona Tessier	3:32:38
Jessica Parkman	3:35:27
Dorothy Gullion	3:35:43
Barbara Rosswurm	3:36:00
Minerva Nicholas	3:37:06

MID-AMERICA**Top of the Morning Hibernian
Half-Marathon and 10K
St. Louis, MO; March 4**

Overall	
Juan Torrealba 34	1:15:22
Cassie Keppel 23	1:36:39
M40 Craig Dulle	1:21:08
M50 Bernie Violand	1:26:41
M60+Jim Romero 60	1:47:01
W40 Jamie Wood	1:50:19
W50 Rae Mohrmann	1:47:16
W60+Joy Gilbert 63	2:01:52

10K

Overall	
Mike Semak 17	35:24
Chris Mrotek 35	40:59
M40 Tim Biscan	36:40
M50 Pete Mannisi	37:46
M60 Renzo Dreon	43:24
M70+Hank Kiesel 71	54:28
W40 Pam Campbell	41:20
W50 Jackie Corn	52:05

**Sabates Trolley Run 4 Miles
Kansas City, MO; April 29**

Overall:	
John Kariuki	17:50
Elva Dryer	19:41
M40 Mark Curp	19:29
Tim Schmid	20:07
Bob McAnany	20:36
M45 Steve Riley	21:22
Roger Hahn	22:21
William Clem	22:34
M50 Gus Penaloza	21:59
Don Turner	23:36
Dave Crawford	24:01
M55 Charles Mabry	24:08
Gary Cooper	26:06
Gary Noble	26:27
M60 Eugene Wren	26:38
Mel Yoder	27:00
Joe Blasy	27:47
M65 Dick Wilson	25:53
Louis Joline	27:47
R Stauffacher	28:10
M70 Paul Heitzman	25:30
Bob McCallister	29:27
H Ziegenhorn	33:20
M75 Frank Creason	34:33
Frank Royer	43:09
W40 Deb Tormeden	21:49
B Underhill	24:00
Kathy Johnson	24:58
W45 Maria Rhoden	25:58
Marcia Dowling	26:49
Debra Wood	26:59
W50 Dee Boeck	28:39
Michelle Stine	30:49
Suzi Kilbride	30:58
W55 Sheryl Drevo	28:31
Suzie Turner	34:18
C Leonardi	34:26
W60 Janice Talge	36:56
Bev Lewis	36:08
Donna Decker	38:27
W65 Ann Nelson	37:45
Gerry Merritt	38:45
A McComas	40:52
W70 B Thutchley	47:34
Trudy Nepstad	53:53
Mary Otte	51:18

SOUTHWEST**Komen Central Texas
Race for the Cure 5K
Waco, TX; April 28**

Overall	
David Mullan	15:10
Karen Ernstrom	16:53
M40 Kerry McDermott	17:47
M50 Bill Robertson	18:22
M60+John Nors 65	21:35
W40 Margo Braud	18:48
W50 Sydney Reif	24:54
W60+Phyllis Provost 67	28:37

**Oklahoma City
Memorial Marathon
Oklahoma City, OK; April 30**

Overall	
Peter Euler	2:37:12
Kim Bricker	3:12:31
M40 Chris Crawford	2:49:58
M45 Terry Spoo	3:10:03
M50 Kenny Hunziker	3:16:25
M55 Charles Farrington	3:22:35
M60 Jim Tabor	3:42:31
M65 Robert Fletcher	3:58:40
M70 Richard Mitchell	4:48:35
W40 Kim Bricker	3:12:31
W45 Phillis Freidman	3:38:43
W50 Barbara Luciano	3:25:26
W55 Patricia O'Hanlon	4:04:10
W60 Delores Horn	4:31:33

WEST**Arizona Road Racers Mummy
Mountain Madness 10 Miller
Paradise Valley, AZ; April 15**

Overall	
Greg Wenneborg 33	54:30
Brenda Williams 27	62:09
M40 John Prather	59:41
M45 Ross Dowland	65:58
M50 Gary Gnerson	67:24
M55 Roy Hay Sorensen	68:47
M60 Larry Wright	73:47
M65 Joe Palais	83:26
M70 Titus Cusiak	132:50
W40 Janet Stashaug	73:51
W45 Carol Bennett	74:08
W50 Kathleen Rieger	77:30
W55 Judi Herk	88:33
W65 Roberta Warshawsky	147:03

**Loyola-Marathon Run for the Bay
Los Angeles; April 21**

-5K-	
Overall	
Carlos Cervantes 25	16:39
Melanie Siddall 39	20:33
M40 Paul Krostad	19:06
Tom Odell	19:15
Bart Price	21:46
M45 David Owens	21:35
Sergey Shvetsov	23:22
Dennis Panado	23:53
M50 Rick Joly	20:35
Bob Stagner	21:28
John Siemasz	22:16
M55 John Carey	23:32
Gary Gibson	23:57
Robert Kroner	24:49
M60 Jim Malpede 60	22:35
Art Mortell 61	22:52
Leroy Carter 68	23:31
M70 Milo Sather 73	25:08
Bob Vitale 72	25:11
W40 Carol Tripodo	26:15
Pat Schewe	29:25
Susan Araujo	30:51
W45 Mary Reid	24:37
Susan Hunt	32:02
Laurie Rasmussen	37:42
W50 Pat Shapiro	20:56
Evelyn Murphy	27:35
Cynthia Stone	27:44
W55 Fran Smith	25:44
Angela Mosinskis	34:09
W60 Pat Downing 61	37:45
Carol Vinson 60	48:13
W70 Dora Vallarta 70	40:49
Ruth Cleland 77	57:34

-10K-	
Overall	
David Olds 39	33:22
Susan Garvey 34	43:39
M40 Jeff Snyder	36:14
Tom Vojacek	37:22
Mark Machuszek	40:52
M45 Ed Lucie	37:10
Perry Forrester	37:33
Larry Peake	41:00
M50 Francisco Rosito	42:16
Thomas White	44:26
Frankie Dowe	44:45
M55 Thomas Duket	40:39
Don Crosser	47:59
Glen Schumacher	52:34
M60 Arnold Orgolini 64	45:23
William Evans 64	56:33
M70 Ellis Revness 74	52:02
Jerry Withers 71	63:13
W40 Maria Behm	50:36
Cheryl Rose	53:45
MaryAnn Varni	53:54
W45 Colleen Carlton	55:20
Karen Funes	58:46
Clarinda Keldrauk	63:03

W50 Vickie Ashwood	69:51
W55 Jody Brockway	56:49
W60 A James Rogers	61:68:29

**Earth Week 2001 Run 5K
Placencia, CA; April 21**

-5K-	
Overall	
Arturo Roma 20	16:35
Edith Martinez 33	18:54
M40 Bob Tully	19:21
Dayna Esquivel	23:39
Roger Payne	23:53
M45 Rob Slick	18:47
Bruce Guter	19:28
Bob Murray	20:35
M50 Albet Martinez	19:40
David Miller	20:02
Rick Noer	21:12
M55 Jerry Harber	21:49
David Strobehn	26:39
Bob Curatolo	30:19
M60 Dave Hurlburt	21:38
Jim Clay	24:19
Ray Archibald	24:48
M70 Bob Koch 74	25:43
Al Escobosa 73	28:06
Rufino Martinez 78	30:41
W40 Marie Ortiz	24:12
Carolyn Jahnke	27:50
Jean Bancher	28:08
W45 Lorraine Gersitz	23:21
Jane Anne Johnson	24:39
Anna Samples	28:38
W50 Nancy Segal	25:30
Kristy Ross	25:38
Karen Ringl	39:09
W55 Alice Stotler	29:13
Julia Fraser	43:33
W60 Judy Watson 60	48:02

**30th Avenue of the Giants
Marathon
Weott, CA; May 6**

Overall	
Billy Morris 35	2:39:57
Sara Freitas 43	3:07:28
M40 Jim Elwell	2:41:04
M45 Ed Lomas	2:59:44
M50 Arthur Nager	3:16:20
M55 Craig Newport	3:16:44
M60 Ted Alarcon	3:53:22
M65 Dean Hatfield	3:42:50
M70 Harrison Smith	4:12:50
M75 G Billingsley 79	7:12:44
W40 Sara Freitas	3:07:28
W45 Chris Hamer	3:24:54
W50 Barbara Ashe	3:29:47
W55 Joan Kramer	3:59:12
W60 Eija Emmingham	5:11:10
W65 Joyce Brown	5:47:34
W70 Mary Ehrlich	7:41:21

NORTHWEST**Pear Blossom 10 Mile
Medford, OR; April 14**

Overall	
Ian Solof 29	49:48
Deanna O'Neil 36	59:28
M40 Jeffrey O'Neil	58:55
Shawn Burke	59:30
Gary Neigemann	59:31
Hunter Bancroft	60:26
Joseph Griffin	61:00
Victor Marano	61:15
Todd Bosworth	61:47
Greg Gutierrez	63:50
M45 Leonard Hill	58:51
Greg Christensen	58:55
James Burton	61:12
Russell Trump	62:07
Stan Goodell	64:01
Frank Hernandez	65:32
Gary Barnett	66:19
Jackson Dempsey	66:51
M50 Gary Clarida	60:48
Art Coolidge	61:25
Ernie Kahle	61:53
Michael Holland	64:52
Fred Arnold	67:41
Doug Naversen	67:42
M55 John Shaw	67:14
John Bradley	69:26
Tom Balcom	70:07
Richard Divita	71:35
Walter Radloff	71:47
Frank Wilson	72:14
M60 Ron Dunlap	73:04
Lewis Damer	75:10
Robert Vaughn	75:43
David Neitling	78:24
M65 Paul Fouch	82:22
Court Jones	87:40

Bill DeVries	88:20
Ted Demeritt	91:20
M70 Ken Oliver	85:48
Len Ramp	95:52
John Kane	98:23
M75 Richard Nordquist	1:40:15
Dwight Roberts	1:46:55
M80+Bill Hutchinson	811:42:17
M H Barnebey 83	2:55:32
W40 Cheryl Tronson	64:20
Lore Hancock	67:01
Tamara Rose	71:14
Leslie Keiser	71:40
M C Midtlyng	73:05
Nicki Wright	73:54
W45 Jeanne Landrum	70:40
Carol Sharp	78:06
Shelley Briggs	78:23
Teresa Hogan	79:11
W50 Linda Hartman	87:00
Sandy Whittle	71:48
Marilyn Nippold	73:37
Virginia Falkowski	74:31
Nancy Ruffner	75:14
Shirley Shaw	78:22
W55 Pam Turner	70:09
Vickie Hornbeck	88:03
Joann Berenbach	89:26
W60 Marge Dunlap	84:35
Suzanne Rodkey	1:40:05
Julia Lester	1:57:03
W65 Shan McMahon	1:42:43
Roberta Dubois	2:04:28
W70 E A Holbrook	2:14:03
Rose Marie Noah	2:25:33
W80+Carol Klocke 80	3:34:46

**McDonald Forest 50K
Corvallis, OR; April 28**

Overall	
William Emerson 37	4:14:56
Luanne Park 40	5:07:05
M40 Kris Krichko	5:05:46
M45 Steve Smucker	4:38:31
M50 Mike Burke	5:14:46
M55 Eb Engelmann	5:47:19
M60 Robert Lynes	6:04:37
W40 Luanne Park	5:07:05
Nancy Dunton	5:20:42
W45 Lynne Werner	6:59:54
W50 Shirley Kaiser	5:55:26
W60 Marge Dunlap	7:18:41

**25th Bloomsday 12K
Spokane, WA; May 6**

Overall	
Dominic Kirui	34:29
Elana Meyer	39:23
M40	
Graeme V Fell	37:16
Eddy Hellebuyck	37:38
Simon Karori	39:16
Jon M Sinclair	39:20
Chris Clark	39:45
Dave Lopez	41:12
Thomas Borschel	41:16
Craig L Deitz	41:55
Brent Biggar	41:57
Ed Bickley	41:59
M45	
Ted Jaleta	40:17
Rob Benedetti	42:41
Doug B Jacobson	42:53
Don Sundberg	43:00
Bob P Murphy	43:34
Harry Johnson III	43:36
Jamie Cobb	45:20
Dick M Leland	45:35
Mike Halverson	45:46
Larry Mays	46:00
M50	
Louie Van Duzer	45:10
Tom Clary	46:30
Max Mitchell	46:33
Steve K Weiler	47:00
Don Kardong	47:50
Stuart J Arguile	47:54
Scott D Melville	47:56
Steve C Howe	48:00
David Fuller	48:11
Kevin Lennon	48:16
M55	
Jeff X Corkill	44:20
Daniel Bonogofski	45:00
Jerry F Graham	45:12
Gerry Lindgren	46:25
Joe A Machala	47:10
Joe Nelson	47:12
Tom L Carper	47:33
William H Greene	48:10
Kenneth G Hinds	48:22
E. Dawes Eddy	50:00
M60	
Halvor H Westburg	48:21
Larry R Carroll	49:42

Continued from previous page

Virginia Sutphin	1:18:13
Susan B Manson	1:20:17
Mira I Anzalone	1:20:58
Jean Lc Greene	1:22:41
W70	
June H Machala	58:10
Inge S Hendron	1:16:16
Thelma Yasuhara	1:21:01
Lois J Hatch	1:27:30
Edie J Wilson	1:28:48
Trudy Molander	1:34:45
Imelda M Patterson	1:39:31
Juanita M Baker	1:41:55
Peggy Burt	1:44:12
Mary Jean Argule	1:46:45
W80+	
Ginny Warden	1:48:55
Betty Miller	2:11:41
Kay M Hamilton	2:15:23
Shirley E Wihlborg	2:22:43
Marian B Clark	2:26:28
Ethelyn Olson	2:39:11
Kay J Kamel	2:46:55
Norma M Divito	2:52:07
Rita E Williams	2:56:18
Melissa A Hanley	3:02:07

INTERNATIONAL**7th European Veterans Non-Stadia Championships**
Qormi, Malta; April 28-29

--April 28--

10K

M40 S Schweickardt	SUI 30:00
P Monnier	FRA 31:15
J Hopfner	GER 31:25
T O'Connor	IRE 32:41
J McMahon	IRE 33:25
H-J Mueller	SUI 33:55
M45 N Gates	GBR 32:18
G Hannaford	GBR 34:04
M Proell	AUT 34:08
F Pechek	CZE 34:25
H Quehenberg	AUT 34:48
M50 M Hager	GBR 32:07
P O'Shea	IRE 33:59
R O'Keefe	GBR 34:07
F Herzgell	GER 34:10
HSchaiter	ITA 34:19
M Haluza	SLO 34:24
J GomesRibeir	POR 34:36
O Van Noten	BEL 34:40
M55 H Odegard	NOR 35:21

F Reilly	IRE 35:27
J Sheridan	IRE 36:36
H Plasch	AUT 37:18
M60 V Kioun	RUS 36:32
K Schelber	SUI 37:25
M Bublitz	GER 37:48
S Lyapunov	RUS 38:05
M65 W Schanne	GER 37:37
G Sitsky	RUS 39:23
F Duss	SUI 42:05
M70 J Taylor	GBR 43:58
K Matzner	CZE 49:21
K Delsemme	BEL 49:56
M75 S Agnoli	ITA 44:50
H Gutbier	GER 45:16
R Hale	GBR 50:51
M80 H Keller	SUI 52:24
H Colmann	GER 59:16
J Endrizzi	FRA 63:43
M85 A Osselaer	BEL 63:52
A Olbrechts	GER 71:20
W35 C Galea	MLT 35:02
S Ridley	GBR 36:30
R E Hoffman	GER 38:18
W40 M Greenan	IRE 37:43
D Teygeman	BEL 39:42
M DelucasVal	ESP 40:42

A Zirknitzer	AUT 40:54
W45 K Marshall	GBR 38:03
E Huether	GER 40:04
O Mathys	SUI 40:51
D Marsh	GBR 40:56
W50 J Stevenson	GBR 36:57
D Undeutsch	AUT 39:57
K Bowler	GBR 40:40
I Koal	GER 42:29
W55 E Luethi	SUI 40:31
C JolimetRuzic	FRA 42:34
A Kolesnikova	RUS 42:49
L Bauer	GER 45:05
W60 G Van Kooten	NDR 45:32
H Draeger	GER 52:52
B Cushen	GBR 53:30
W65 O Maisongross	FRA 47:46
B Minotti	ITA 47:52
A Pinard	FRA 52:32
W70 E Quintn	GBR 51:54
B Forster	GBR 60:13
W75 M Dahinden	SUI 70:25
W80 E Falke	GER 85:15
30K Racewalk-Men	
M40S Woegerbau	AUT 2:35:13
G Caldarelli	ITA 2:43:20
F Venturidespi	ITA 2:43:38
M45 J Magalhaes	POR 2:27:09
C Peniazzi	ITA 2:40:06
D Dubosco	FRA 2:44:47
C Bradley	GBR 2:45:18
M50 S Savolainen	FIN 2:43:00
H Lahtinen	FIN 2:51:14
F Werth	GER 2:51:31
M55 V Sgardello	ITA 2:44:06
D Thrun	GER 2:52:58
B Binggeli	SUI 2:54:47
M60 P Andreotti	ITA 3:05:38
A Ludwig	GER 3:09:42
R Powell	GBR 3:15:17
M65 G Weidner	GBR 2:51:29
C Young	GBR 3:10:10
G Parodi	ITA 3:11:51
W Armbruster	GER 3:16:13
M70 R Schoucken	BEL 3:30:02
H Jaquest	GBR 3:47:47
J Eveno	FRA 3:47:53
A Arena	ITA 3:47:59
M75 J Fitzgerald	GBR 3:54:48
20K Racewalk-Women	
W35 M Demares	FRA 2:12:55
A Walter	GER 2:30:15
W40 A Minella	ITA 2:02:49
S Codini	ITA 2:06:07
F Bishop	GBR 2:12:17
W45 N Sapounova	ITA 1:58:38
M SilvaFeman	POR 2:01:33
A Kuukkanen	FIN 2:03:05
L Nitiagovsk	RUS 2:04:13
C Duhig	GBR 2:06:01
W50 A Lewis	GBR 2:02:04
P Phillips	GBR 2:17:26
J Bonnet	FRA 2:25:01

W55 H Maeder	SUI 1:55:36
F De Wolf	BEL 2:10:47
P Ficken	GBR 2:27:07
W60 M Vecchi	ITA 2:35:25
T Knaeringer	GER 2:37:02
G Borissova	RUS 2:47:23
W65 J Sommier	FRA 2:06:48
M Spelman	GBR 2:11:56
D LeClerc	FRA 2:18:32
W70 A VnBismark	GBR 2:40:14
--April 29--	
Half-Marathon	
M40 S Schweickardt	SUI 66:08
J Critchlow	GBR 68:29
F GuerraGonz	ESP 69:58
J Theofel	GER 71:10
J McMahon	IRE 72:44
B Olivieri	ITA 72:49
M45 A Rungger	ITA 72:55
A Puchner	AUT 72:59
R Klitz	GER 74:08
C Krantz	GER 75:54
M50 M Hager	GBR 70:57
K Urbschat	GER 73:16
H Schaiter	ITA 74:23
O Van Noten	BEL 76:04
P O'Shea	IRE 76:32
J GomesRibeir	POR 77:13
M Haluza	SLO 77:14
M55 F Reilly	IRE 77:59
E Schlenker	GER 78:29
V Hancock	SUI 80:31
M Henry	FRA 84:06
M60 W Koch	GER 78:02
P Lessing	GER 78:16
V Kioun	RUS 80:28
I Olsson	SWE 82:17
K Scheiber	SUI 84:46
M65 G Sitsky	RUS 89:55
E Grubert	GER 91:30
M Mahoney	GBR 91:39
M70 T Taylor	GBR 1:39:48
E KatajaRahk	FIN 1:51:02
M75 S Agnoli	ITA 1:35:40
H Gutbier	GER 1:41:15
M80 H Keller	SUI 1:57:05
P Dolensky	CZE 1:58:55
M85 A Osselaer	BEL 2:22:16
A Olbrechts	GER 2:44:36
W35 D Battistella	ITA 98:41
W40 S LencinaAlt	ESP 83:33
C Segers	BEL 84:26
G Harant	GER 89:44
W45 G Wahl	GER 88:53
O Mathys	SUI 91:26
E Mayrbaur	AUT 93:12
W50 G Mazzucco	ITA 87:29
K Bowler	GBR 91:36
S Nicolae	ITA 92:10
E Novotna	CZE 92:59
S PalusciSaw	FRA 93:27
W55 E Luethi	SUI 90:14
K Risch	GER 90:52
L Bauer	GER 1:40:04
W60 I Hoffner	AUT 1:47:39
D Ellingerov	CZE 1:48:01
W65 J Weiss	SUI 1:43:10
E Kruger	GER 2:01:43
W70 E Quinton	GBR 1:56:31
B Norrish	GBR 2:22:18

M40+	
9 Max Walker	54 5:04:56
10 Rod Craig	42 5:14:59
W40+	
3 Sherry Brosnahan	49 5:19:48
4 Monetta Roberts	41 5:56:48
5 Jeanne Dorton	45 6:15:39
--20K--	4/1
Overall	
Xavier Moreno	21 1:25:16
Teresa Vail	38 1:33:23
M40-59	
6 Ian Whitley	41 1:46:27
7 James Carmine	57 1:53:13
8 Ed Fitch	40 1:53:32
9 Joe Light	53 1:57:53
10 Nicholas Bdera	52 1:58:42
M60+	
11 Bob Barrett	72 2:00:40
14 Jack Starr	67 2:11:45
16 Robert Dawson	62 2:21:14
W40-59	
3 Heidi Hauch	41 1:52:03
6 Ann Gerhardt	49 2:01:33
8 Eileen Lawrence	47 2:14:56
10 Joan Venslavsky	512 1:19:18
--Open 5K--	4/1
Overall	
Allen James	36 22:07
Marcia Gutsche	39 26:24
M50-59	
3 Juan Yanes	51 27:15
4 David Baldwin	58 27:25
M60-69	
15 Roger Webb	63 38:09
M70-79	
10 William Flick	76 31:21
W40-49	
2 Janet Comi	47 29:16
3 Lillian Whalen	49 30:22
5 Virginia Inglese	40 31:07
W50-59	
8 Linda Rodbell	52 33:43
12 Aggie Ramsden	52 35:45
W60-69	
13 Lana Kane	61 35:50
18 Marsha Hartz	61 38:22
W70-79	
20 Terry Hamilton	73 39:44
W80-89	
25 Fan Benno-Carris	83 43:36

State/South Regional 10K Racewalk
Barnett Park, Orlando, FL; Apr. 8

Overall	
Steve Renard	51:44
Linda Stein	1:03:37
M30 Ray Jenkins	1:06:31
M40 Steve Renard	51:44
M50 Phil Brown	1:13:26
M55 Norm Frable	56:56
M60 Paul Johnson	58:00
M65 Bob Fine	1:04:48
M70 Danny de Mauro	1:12:17
W35 Tammie Corley	1:03:54
W40 Cathy Cox	1:14:25
W50 Linda Stein	1:03:37
W55 Kathy Frable	1:07:47
W60 Joann Elliott	1:06:09
W65 Kathy Witkowski	1:20:30
W70 Pepper Davis	1:25:45

USATF Michigan Racewalk Championships/Borgess 5K
Kalamazoo; April 28

Overall	
Kevin Conkel	25 23:37
Debbie Topham	45 28:25
M35 David Dunn	28:12
M40 Rod Craig	24:25
M45 Bill Reed	27:30
Hank Meyer	27:52
M50 Ross Barranco	30:21
Danny Wineland	33:28
M55 Richard Ruden	36:40
Michael Ross	50:48
M75 Devlin Tomkins	38:41
W35 Susan Mora Fasset	30:52
W40 Jeanette Wineland	30:49
Sue Caulfield	34:23
Lisa Crook	39:17
W45 D Topham	28:25
Sue Haroldson	34:23
Kris Lonier	35:16
W50 Karen Sullivan	36:11
Darlene Ruden	38:39
W60 Joan Berman	34:11
W70 Carolyn Selby	41:23
W75 Dorothy Ray	47:55
(9 DQ's)	

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U.S. TV Schedule, 2001 Outdoor Track & Field

TV times subject to change.

All times Eastern. Check local listings.

Broadcast	Event	Location	Time/Network
April 28	USA vs. THE WORLD	Philadelphia	5:30-6:30 p.m., ESPN2
May 27	Prefontaine Classic	Eugene, Ore.	3-4 p.m., Fox Sports Net
June 3	Princeton Invitational	Princeton, N.J.	4:30-6 p.m., ESPN
June 10	adidas Oregon Track Classic	Portland, Ore.	12:30-2 a.m., ESPN2
June 10	NCAA Outdoor Championships	Eugene, Ore.	2-4 p.m., CBS
June 10	U.S. Open	Palo Alto, Calif.	5-6 p.m., CBS
June 21-24	GMC Envoy Outdoor Championships	Eugene, Ore.	3-4 p.m., CBS; 5-7 p.m., ESPN2
TBA	Golden Gala (June 29)	Rome	TBA, ESPN
TBA	Meeting Gaz de France (July 6)	Paris	TBA, ESPN
TBA	Exxon Mobil Bissett Games (July 13)	Oslo	TBA, ESPN
TBA	Herculis Monaco (July 20)	Monaco	TBA, ESPN
Aug. 4	World T&F Championships	Edmonton	4-6 p.m., ABC
Aug. 5	World T&F Championships	Edmonton	2:30-6 p.m., ABC
Aug. 6-10	World T&F Championships	Edmonton	TBA, ESPN
Aug. 11	World T&F Championships	Edmonton	4-6 p.m., ABC
Aug. 12	World T&F Championships	Edmonton	4-6 p.m., ABC
TBA	Weltklasse Zurich (Aug. 17)	Zurich	TBA, EPSN
TBA	Memorial Van Damme (Aug. 24)	Brussels	TBA, ESPN
TBA	ISTAF '01 (Aug. 31)	Berlin	TBA, ESPN
Sept. 4	Goodwill Games	Brisbane	5-11 a.m.; 9 p.m.-1 a.m., TNT
Sept. 5	Goodwill Games	Brisbane	5-11 a.m.; 8-11p.m., TNT
Sept. 6	Goodwill Games	Brisbane	5-11 a.m.; 8-11p.m., TNT
Sept. 7	Goodwill Games	Brisbane	5-11 a.m.; 9 p.m.-2 a.m., TNT
TBA	IAAF Grand Prix Final (Sept. 27)	Melbourne	TBA, ESPN

RACEWALKING**Lavonne Hottensmith 5K Racewalk**
Lake Worth, FL; March 18

M45 Mike Falling	27:30
M50 John Fredericks	33:48
M55 Gary Null	37:34
M60 Paul Johnson	29:34
M65 Gerry Gomes	30:43
M70 Daniel de Mauro	34:50
M75 Jerry Kauffman	38:01
M80 Abe Vlanoff	37:51
W40 Cathy Miller	37:35
W50 Linda Stein	30:58
W60 Joanne Elliott	33:01
W65 June Marie Provost	31:41
W70 Marilyn Cohen	43:14
W75 Miriam Gordon	34:47

National Invitational Racewalk Championships
Manassas, VA; Mar. 31-Apr. 1

(certified 2K loop course)	
--50K--	3/31
Overall	
Philip Dunn	29 3:57:34
Susan Armenta	27 4:49:57





2001 USA National Masters Outdoor Track & Field Championships



Hosted by the



July 25-28, 2001

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

WELCOME TO BATON ROUGE

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

ELIGIBILITY

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

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

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

ENTRY FEES & REGISTRATION

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

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

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

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

AWARDS

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

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

- Toll Free Calling & Extended Hours:** Visitors to Baton Rouge call 1-800-269-5885 to book hotel, airfare and car rental. Hours of operation are Monday through Friday, 8:00 am to 8:00 pm and Saturday, 9:00 am to 1:00 pm.
- Hotel Bookings:** American World Travel has contracts with Baton Rouge area hotels offering special rates for this year's Outdoor Championships. We require the hotels to provide the lowest possible rates to our event participants. Also, contact American World Travel in regards to Residence Hall rooms located on the campus of Louisiana State University. Stay at the Sheraton Baton Rouge, the official Host Hotel of the 2001 Masters Track & Field Championships.
- Airfare Discounts:** We compare all airlines to Baton Rouge and New Orleans to provide the best possible airfare options. Customers are given the available options and are allowed to make a choice that best fits their plan and budget.

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

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

EVENT SCHEDULE

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

Wednesday
July 25, 2001

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

Thursday
July 26, 2001

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

Friday
July 27, 2001

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

Saturday
July 28, 2001

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

Athlete Registration Form

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

Mark an "X" to Enter	Event	Best Mark in 2000 - 2001	Date & Location	Women's Age Groups	Men's Age Groups
	1. 100m Dash			All Age Groups	All Age Groups
	2. 200m Dash			All Age Groups	All Age Groups
	3. 400m Dash			All Age Groups	All Age Groups
	4. 800m Dash			All Age Groups	All Age Groups
	5. 1,600m Dash			All Age Groups	All Age Groups
	6. 2,000m Steeplechase			All Age Groups	M60 & Older
	7. 3,000m Steeplechase			None	M30 M55
	8. 5,000m Run			All Age Groups	All Age Groups
	9. 10,000m Run			All Age Groups	All Age Groups
	10. 50m Hurdles			W40 & Older	M70 & Older
	11. 100m Hurdles			W30 W35	M50 M65
	12. 110 Hurdles			None	M30 M45
	13. 300m Hurdles			W50 & Older	M60 & Older
	14. 400m Hurdles			W30 W45	M30 M55
	15. 10km Road walk			All Age Groups	All Age Groups
	16. 5,000m Walk			All Age Groups	All Age Groups
	17. High Jump			All Age Groups	All Age Groups
	18. Pole Vault			All Age Groups	All Age Groups
	19. Long Jump			All Age Groups	All Age Groups
	20. Triple Jump			All Age Groups	All Age Groups
	21. Shot Put			All Age Groups	All Age Groups
	22. Discus Throw			All Age Groups	All Age Groups
	23. Javelin			All Age Groups	All Age Groups
	24. Hammer Throw			All Age Groups	All Age Groups
	25. Pentathlon			All Age Groups	All Age Groups

Check here if you DO NOT want your name listed on the entrant list on the internet: ☐

REGISTRATION ENTRY FEES

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

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

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

Checks or Money Orders can be made out to the **Baton Rouge Sports Foundation**.
Please mail full payment and your completed entry to the
Baton Rouge Organizing Committee, P.O. Box 18944, Baton Rouge, LA 70893
Visit our website at www.brasf.com for more information

**TO AVOID A LATE FEE, REGISTRATION FORMS MUST BE
POSTMARKED BY JULY 2, 2001
NO REGISTRATION FORMS WILL BE ACCEPTED AFTER JULY 9, 2001**

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

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

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

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

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

Print Name _____ Signature _____ Date _____

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Traditional creatine powders cause water retention, dehydration and bloating. These are three side effects no endurance athlete needs. However, Creatine Serum is a stabilized liquid, so it's absorbed directly into your bloodstream and from there into your muscles. That means you can finally take full advantage of creatine's energy boosting properties.

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Does not cause water retention, bloating or cramping	Causes water retention resulting in dehydration, bloating and cramping
Stay with your normal water intake	Must consume extra water to counteract dehydration
Convenient and easy-to-use	Inconvenient and time-consuming
Instant absorption	Takes one hour or more to digest
Completely assimilated into the muscles in minutes	Up to 80% wasted during the digestion process
100% stable: 2-year shelf life	Unstable: rapidly degrades into waste product creatinine
No loading: take just minutes before exercise	Loading required: must be taken in large amounts for 5 days prior to exercise
No maintenance: take only on training days	Daily maintenance: must be taken even on non-training days
Delicious flavors	Chalky, unpleasant taste



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