

NATIONAL MASTERS NEWS

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

286th Issue

June 2002

\$2.50



TODD LOVETT

Darnell Gatling (B), of AURA International, and Val Barnwell (A), Sprint Force America, hand off to teammates David Cherry (B) and Ed Gonera (A), M40+ 4x400, Penn Relays.

50,000 Cheer Masters in Penn Relays

By PETER TAYLOR

PHILADELPHIA, Penn. — Attendance at this year's Penn Relays (50,827) on April 27 was better than ever, and masters competitors from around the country again showed they are "the real deal."

In the M75+ 100, Wilford Scott, 75, Texas, and Hall of Famer Mel Larsen, 77, Iowa, duked it out for overall honors, with Scott prevailing in a brilliant 13.95 (Payton Jordan has the U.S. mark of 13.72).

Everett Hosack, 100, Ohio, came through with a world record of 43.00

for M100 (wind was legal for all the masters 100s). The crowd's reaction both before and during the race was enthusiastic in the extreme, with Everett the special object of its affections. After the race, Maurice Greene reportedly wanted to have his photograph taken with Mr. Hosack, but the "king" had gone.

In the 4x400 for M40+, which directly followed the USA vs. the World 4x400, Sprint Force America's Mitchell Lovett led after one lap, with AURA International's Archie Glaspy

Continued on page 8

Kuznetsov Wins In Broad Street Run

By SUSANNAH BECK

The great Russian former cross-country skier Andrey Kuznetsov, 44, Rockville, Md., helped to make Philadelphia's Broad Street 10 Mile Run, May 5, the most competitive masters field on the East Coast that weekend, smashing the 40+ course record in the process.

On a warm day that saw slow times generally (despite a CR from the men's overall winner), Kuznetsov, 50:13, 10th overall, led a speedy group of New Yorkers that included Paul Mbugua, 40, Rosendale, 50:38; Francis Kamau, 41, Westchester,

50:50; Fred Klevan, 40, Merion Station, 51:06; and Mike Platt, 40, Syracuse, 51:58.

Kuznetsov was coming off a 10K 40+ win (30:27) at the Sallie Mae 10K in Washington, D.C., the week before, where Mbugua also ran (31:01), third 40+. All five finished within ten places of one another at Broad Street, and all but Platt were under the 51:28 CR set by Brendan Hilliard in 1998.

It's not only the international elite who troll the roads for trophies: David Webster, 49, Stevensville, Md., 57:44, also won his division at both Sallie

Continued on page 7

Masters Best Overall in First Washington, D.C. Marathon

A good masters start to a new race — Andrey Kuznetsov, 44, Rockville, Md., and Victoria Mills, 40, Atlanta, Ga., were the overall winners in the inaugural Washington, D.C., Marathon on March 24.

Kuznetsov ran stride for stride with Ethiopian Retta Feyissa, 26, before pulling away after 30K to win by 1:16, with 2:23:40. Chuck Moeser was second master and M50 winner in 2:42:21. Seth Denenberg, M40, took the third M40+ spot in 2:47:41. Frank Tai took M45 honors in 3:02:56.

Mills finished in 2:54:30, over two minutes ahead of the next female finisher. Becky Backstrom, W40, was sixth woman, with a 3:07:34. Mary Astrop captured the W45 title in 3:22:47, while Shirley Blush won the W65 contest in 3:51:08.

The 4315 finishers were aided and encouraged by more than 2000 volunteers and thousands of spectators who lined the streets of Washington for the first running of this race. Plans for the 2003 edition are already online at www.washingtondcmarathon.com.

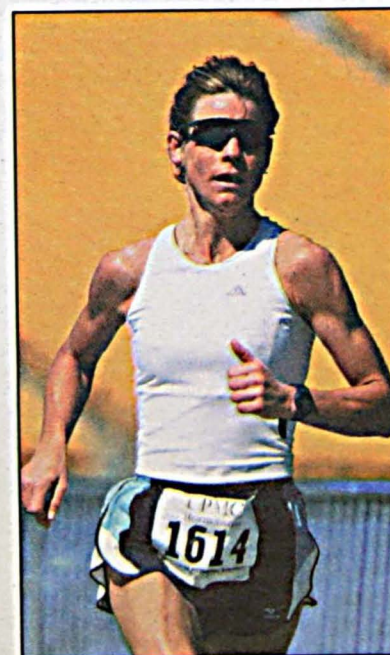
— Jerry Wojcik/Susannah Beck



GEORGE BANKER

Andrey Kuznetsov, 44, first overall (2:23:40) in the inaugural Washington, D.C., Marathon, March 24.

Rutto, Fischer Win in Pittsburgh



VICTOR SAILER / PHOTO RUN

Sandra Fischer, 40, first W40+ (2:52:23), UPMC Health System City of Pittsburgh Marathon, May 5.

Gilbert Rutto, 41, Kenya, 2:15:35, pushed to third place overall in a gang of charging Kenyan countrymen at the UPMC Health System City of Pittsburgh Marathon, May 5, picking up \$2500 for his trouble.

Sandra Fischer, 40, Allison Park, Pa., steam-rolled to 9th place female overall in 2:52:23. She earned \$1000 and the 40+ title.

Tim Hewitt took the M45 crown in 2:52:28, while Susan McDermott captured W45 honors in 3:32:03.

Good times were turned in by M65s John Dugdale (3:23:47) and Ray English (3:26:08). □

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

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Masters Web Sites:
 www.nationalmastersnews.com
 www.usatf.org
 www.masterstrack.com
 www.usaldr.org
 www.world-masters-athletics.org
Schedule: Jerry Wojcik, jerrywoj@aol.com
Advertising Representative:
 Suzy Hess 541-343-7716

Production: Carol Covey, Kim McGill
Printing: American/Foothill Publishing Co.
Track & Field Records: Pete Mundle
Long Distance Records:
 Road Running Information Center
Racewalking Records: Bev LaVeck
Track & Field Rankings: Jerry Wojcik
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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 Masters Athletics. As an independent publication, its editorial policy is not necessarily that of USATF or WMA.

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

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

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

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

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

Subscriptions: A one-year subscription (12 issues) is \$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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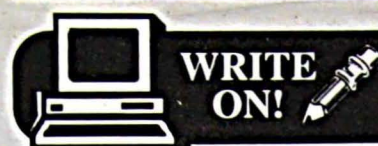
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WMA WEB SITE MISSES MARK

Masters athletes may be gray, but their Web sites shouldn't be. That's the bottom line reaction of U.S. and international masters athletes and officials to the top body's new home page - www.world-masters-athletics.org.

Some observers, however, are taking a harsher tone toward the work of Nick Russi, the Swiss webmaster chosen by WMA President Torsten Carlius to produce a new Web site for the 25-year-old organization.

After WMA itself raised expectations of a "visually appealing" site full of photos, meet information, and training and coaching tips (in English and Spanish), the resulting product - unveiled April 13 - fell flat in the eyes of many.

"A feeble start," said one WMA official.

Bland

"It's just kind of bland," said track author Louise Tricard, a masters sprinter.

Said an Australian observer: "I won't be looking over there too often for a source of fresh and reliable information."

mation."

In fact, a wide gray bar tops the home page, with links to sections that include a "Forum" that wasn't working a month after its debut. Only one photo is prominent - of an unnamed steeple-chaser. "Addresses" is misspelled as "Adresses." And Spanish? Nada.

Most of the new site's subsections merely replicate those of the predecessor site, www.wava.org. Only one new area is notable - a history of masters track taken straight from the WMA Handbook that runs more than 10,000 words.

Adequate

Victor Sagerlöv of Sweden, a rejected candidate for the WMA webmaster job, summarized the current effort as "adequate but boring and sterile." He further noted: "The official WMA site helps to promote a negative view of masters athletics as uninteresting and unimportant. That is the image this barren and absolutely boring website brings to visitors."

When a test site quite similar to the finished one was prematurely disclosed by Carlius, I wrote on the Web: "People around the world judge a sport by its home page. If the site is dull, emotionless and static, that's how people will judge the sport. Since WMA already has several knocks against it (poorly funded, uncreatively led), a Web site of this sort only confirms the misconception that age-group track for over-35s or 40s is gray and lifeless."

Money's Worth

Such sentiments were echoed by the WMA official, who said: "I think WMA has gotten (its) money's worth. But... we need much more than our money's worth in this site - we need passion and commitment, not a disinterested business agreement with services to the level of payment because we cannot afford what we need."

Others adopted a wait-and-see attitude. World champion hurdler, Courtland Gray, wrote to Yahoo groups: "I don't require a 'prime time' website for WMA. I would hope for the best we can get, but the presence and data satisfy most masters, myself included."

But the Australian critic suggested: "Throwing a bit of cash in the air is relying on sheer luck that it will fall into the right areas.... Real sad. Still, someone has to tell the Emperor about his clothes."

When Russi was first hired, he told me his goal was "to build a good Web site and to satisfy all interested people."

Swedish webmaster Sagerlöv - who produced a sample WMA site of his own at www.tfdesign.info/wma/index.htm - still hopes so, but says of the current edition: "This is very, very far from the jubilant and uplifting website we all want for masters athletics."

- Ken Stone
San Diego

KUDOS

Our USATF/AARP Georgia Championships on April 19-20 went well. Registration was up over 30% from last year. We think it was from the ad we ran in the NMN in March. Bigger and better next year!

Jim Hite
Millen, Georgia

DALLAS AGE-GRADED 200

The Dallas Masters T&F Club ran an age-graded 200 at the University of Texas-Arlington Open meet at Maverick Stadium, Arlington, May 4. A staggered start based on the ages of the participants was used.

Bill Collins, 51, ran a 20.44 to win, with Wayne Bennett, 65, finishing second (21.46). Joe Summerlin, 70, was third (22.22), Clain Udy, 37, fourth (22.97), Horace Grant, 49, fifth (23.97), John Bechtold, 43, sixth, (24.07), and Bert Williams, 39, seventh (24.10).

The crowd and the college and university runners were surprised at how fast we "old" guys could "haul it down the track." UT-A has invited us back for both of their annual meets next year.

The Dallas Masters Club thanks Coach John Sauerhage and his staff, Kyle White and Wayne Cummings, for this opportunity to get masters track before the public. It was a great experience.

Wayne Bennett
Arlington, Texas

TEAM SCORING RULES

This is an open letter to World Masters Athletics Council members. I have been instructed to write that, as we understand, at a meeting in Puerto Rico in March, the WMA Council decided to change the rules on team scoring only weeks before the World Non-Stadia Championships.

Although there may be an argument that the council was within its powers to change the way a particular rule had



SUZIE HESS

Paul Johnson, 67, Texas, second M65 in the 400 with the race's best age-graded performance 95.3% 60.16, National Masters Indoor Championships, Boston.

been interpreted previously, in law, certainly in UK law, interpretation follows established precedent and change requires a new law to be enacted, or, in the case of WMA, a change passed at the General Assembly.

We are an affiliated country, but we have not yet been advised by WMA's Secretary as required by WMA Constitution 7(e)vi. Instead, only the seven regional secretaries were informed of the rule changes. We were only alerted by copy of a letter from the European VAA Technical Manager to WMA objecting to the council making constitutional changes without first referring them to the WMA General Assembly.

We have 117 entries (one of the largest) in the Non-Stadia championships in Italy, some of whom are now threatening to withdraw. As the only member in their age group, they were hoping to score in an otherwise incomplete younger age-group team.

On checking the WMA Web site, in his summary of the March meeting, the WMA President states regarding team rules for non-stadia events that in team events the athlete can score for a team only in his/her own age-group, i.e., not go down to a lower age-group.

A copy of a communication from the Chairman, Ron Bell, to his Non-Stadia Committee reads: "Athletes will not be allowed to change age groups to compete in teams. The exception to this rule is the cross-country and the Ekenid relays."

The Law & Legislation Committee was unable to help on clarification as they had not been consulted (see Constitution 9(c)). Are the cross-coun-

Continued on page 15

Below is the e WMA North & Caribbean Regional Championships to Guanajuato, Mexico

Closing date for Entry must be on form. Entry package the U.S. from San mail: spashkin@aol Cathedral Parkway York, NY 10026. members will receive from Paul. In Canada available through the

On receipt of the will be the individual send the completed ment, to the Mexico mittee, using the addresses given in the ON THE MEE nizing committee stage a first-class

Wo XV Reg G AU

Events Schedule

Note: 1) Exact event start times are subject to change. However, under no circumstances will the event start times be changed without notice.
2) Women will always be in the same position as men.

Thursday, August

08:00 am 8,000 m Cross Country
08:00 am 5,000 m Trail Run
Enrique Fernandez
400 m. Preliminary
Pentathlon
Discus & 1500 m
Pentathlon
800 m. & 1500 m
800 m. Preliminary
NCC-WMA

Friday, August

08:00 am 100 m. Dash
80 m/100 m. Dash
Pole Vault
800 m. Final
Long Jump
Javelin
Discus
400 m. Final
2,000 y 3,000 y
Opening Ceremony
Fernandez
08:00 pm NCC-WMA

Competition Entry Form

Please fill in your full name (include apartment number if applicable) and your entry as follows: There is a first event is 20.00 U.S. dollars. Payment must be made in full. To specify the events in which you wish to compete, please check the appropriate box in front of the events you wish to enter. The next section tells you how to enter your name. Please list your name and your marks. These marks are events with an "X" in the box.

Waiver: This consent I hereby declare that I am a member of the WMA, NCC-WMA, The IAAF, or a corporate sponsor of an event in the course of or in connection with the event. SIGNATURE DATE

Drug Testing I have read the information regarding drug testing in accordance with IAAF rules. SIGNATURE DATE It has to be sent to the respective endorser

TEN YEARS AGO June 1992

- Mike Heffernan (51, 26:18) Wins 9th Annual Fifty-Plus 8K
- Pierre Levisse (40, 29:33) and Priscilla Welch (47, 34:38) Top Masters in Sallie Mae 10K
- Payton Jordan, 75, Sets M75 WRs in 100 (13.5) and 200 (28.3)

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CZZMN

WMA Regional Championships Set for Leon, Guanajuato, Mexico, Aug. 22-25

Below is the entry form for the WMA North & Central America & Caribbean Regional Track and Field Championships to be held in Leon, Guanajuato, Mexico, August 22-25.

Closing date for entries is July 21. Entry must be on the official entry form. Entry packages are available in the U.S. from Sandy Pashkin, by e-mail: spashkin@aol.com, or mail: 301 Cathedral Parkway, Unit 6U, New York, NY 10026. Paul Geyer's tour members will receive packages directly from Paul. In Canada, packages will be available through the CMAA.

On receipt of the entry package, it will be the individual's responsibility to send the completed form, with payment, to the Mexican organizing committee, using the first of the two addresses given in the package.

ON THE MEET: The local organizing committee is determined to stage a first-class meet and have the

facilities to do it. Our NCC technical team of Sandy Pashkin, Brian Keaveney and Rex Harvey is giving the guidance they need to ensure success. They also have the full backing of the Guanajuato State government. Guanajuato is a tourist center and takes pride in its heritage, so it should be a very interesting visit.

REGIONAL DEVELOPMENT: The upcoming meet is important to us in many ways, not least because it offers the best opportunity for us to decide our future together. At our WMA World Championships, relatively few of our region's countries are represented. Hopefully, in Leon, we will enjoy a more fully representative forum.

Leon also represents an opportunity to involve Latin America in our affairs, an excellent lead in to next year's World Championships in Puerto Rico. We may be able to extend this a little further if

Guatemala comes through with a bid for our 2004 Regional Championships.

The Central American countries all have active masters programs, and at their Central American Championships, one finds the enthusiasm and joie-de-vivre that characterized WAVA's early years. But for those outside Canada, the U.S. and Mexico, international competition is difficult; local economies differ from those of North America, so travel costs are prohibitive. The alternative is to take our competition to them, giving us a good reason to consider the Caribbean and, for example, Guatemala, as competition sites.

Aside from deciding on 2004, there will be two other important items on our agenda in Leon - our Constitution and our Election.

On the Constitution, it will likely be proposed that we separate the positions of President and WMA Council Representative. This separation of

duties applies in other WMA regions and has logic to it. This issue of NMN is not the place to put forth reasons, but the discussion will move forward from this point. Proposals for change must be in the hands of our Secretary 90 days before the date of the Assembly.

The election, as always, will be important, particularly so if the Constitution is reviewed. It is not yet known how many of the present executives will wish to continue, but that will soon be known. Given the strength of the present team, one must hope most will continue and that new candidates will bring experience and willingness with them.

Meanwhile, our sport continues to thrive and each of us is the better for our involvement. Looking forward to Leon and seeing many of you there.

- Brian Oxley,
President, NCCWMA

WORLD MASTERS ATHLETICS XV Regional Championships Guanajuato 2002 August 22 - August 25, 2002



WORLD MASTERS ATHLETICS
XV REGIONAL CHAMPIONSHIPS NCC-WMA
(NORTH AND CENTRAL AMERICA AND THE CARIBBEAN)
GUANAJUATO 2002



The World-Wide Association of Athletes Masters (WMA), altogether with the Mexican Federation of Athletes Masters, A.C. and under the auspice of the State Commission of the Sport and attention to the youth of the Government of the Guanajuato State summons to The North American, Central American Championship and of the Caribbean in the Leon, Guanajuato City from the 22 to the 25 of August of the 2002.

Events Schedule

Note: 1) Exact event starting time will be determined after all entries have been received and entered into computer. However, under no circumstances will an event be changed from the day listed below.

2) Women will always compete first followed by men, oldest age groups first down to youngest.

Thursday, August 22

08:00 am 8,000 m Cross Country (M & W all ages)
this event will start at Explora Park.
08:00 am 5,000 m Track RaceWalk (Stadium)
Enrique Fernandez M.).
400 m. Preliminaries.
Pentathlon Men (LJ, Javelin, 200 m,
Discus & 1500 m).
Pentathlon Women (Hurdles, HJ, SP, LJ,
800 m. & Shot Put).
800 m. Preliminaries.
07:00 pm NCC-WMA Executive Council Meeting.

Friday, August 23

08:00 am 100 m. Dash Preliminaries
80 m/100 m. 110 m. Hurdles
PoleVault.
800 m. Finals.
Long Jump.
Javelin.
Discus.
400 m. Finals.
2,000 y 3,000 Steeplechase.
Opening Ceremonies (Stadium Enrique
Fernandez M)
08:00pm NCC-WMA GENERAL MEETING.

Saturday, August 24

08:00 am 10,000 m. Racewalk on Road (this
event will take place at Explora park).
5000m Run (Stadium Enrique
Fernandez M.).
100 m. Finals.
300/400 m. Hurdles Finals.
200 m. Dash Prelims.
High Jump.
Hammer.

Sunday, August 25

07:00 am Non-Stadia
Half Marathon (M & W all ages)
This event will take place on
Metropolitano Park.
08:00am 1,500 m. Run (Stadium Enrique
Fernandez M.).
200 m. Finals.
U100 Relays.
4400 Relays.
Weight Pentathlon.
Triple Jump.

Competition Entry Form Instructions

- Please fill in your full name in the boxes provided, one letter per box, last name first. Then complete address (include apartment number, if any), nationality, sex (male/female), date of birth, and age. Next figure the fees for entry as follows: There is a 7.00 U.S. DLS assessed by. In addition there is a cost for each event entered. The first event is 20.00 U.S. DLS, additional events each 10.00 U.S. DLS.
- Payment must be made using a bank draft, VISA or MasterCard charge cards.
- To specify the events in which you wish to compete, please mark the first box on the entry form with an "X" in front of the events you wish to enter.
- The next section tells you which, if any, age groups compete in that event in the "Best Mark 2000, 2001" column. Please list your best mark for this time frame. For seeding purposes, it is very important that you include your marks. These marks can be updated as we approach the Championships. In addition to marking your events with an "X" please write out the name of each event you wish to enter in the section at the bottom of the page.

Waiver: This consent form must be signed in order to participate in the Championships.

I hereby declare that I am in good health and am properly conditioned for the competitions. I absolutely relieve WMA, NCC-WMA, The Guanajuato 2002 Organizing Committee, the sponsoring non-profit organizations and the corporate sponsor of any responsibility for any injury, loss or damage to myself or my property which I may sustain in the course of (or in connection with) the Championships

SIGNATURE _____

DATE _____

Drug Testing

I have read the information in the Entry Booklet about drug testing, and agree, if chosen, to submit to testing in accordance with IAAF procedures.

SIGNATURE _____

DATE _____

It has to be sent by the federations or national associations of each country, containing respective endorsement. For more information contact: Brian Oxley at 705-746-4942.

COMPETITION ENTRY FORM

LAST NAME		FIRST NAME	
ADDRESS		TELEPHONE	
ADDRESS		FAX	
CITY		E-mail	
STATE		ZIP CODE	
COUNTRY		MALE/FEMALE	
NATIONALITY		DATE OF BIRTH	
1. WMA FEE		= US \$ 7.00	
2. 1ST EVENT ENTERED		= US \$ 20.00	
3. ADDITIONAL EVENT		X US\$10.00 = US \$	
4. MULT. EVENTS FEE		X US\$30.00 = US \$	
5. MEXICAN PARTY		X US\$20.00 = US \$	
6. RESULTS BOOK		X US\$10.00 = US \$	
TOTAL (ADD ABOVE LINES TOGETHER)		= US \$	
MARK EVENT HERE WITH AN "X"		PAYMENT:	
1. Bank draft pay order to:		1. Bank draft pay order to:	
Enrique Hernandez Lozano count 4020404075 BITAL BANK		Enrique Hernandez Lozano count 4020404075 BITAL BANK	
2. VISA <input type="checkbox"/> MC <input type="checkbox"/> NAME: _____		2. VISA <input type="checkbox"/> MC <input type="checkbox"/> NAME: _____	
NUMBER		EXPIRATION DATE	

X	EVENT	WOMEN'S AGE GROUPS (F)	MEN'S AGE GROUPS (M)	BEST RECORDS 2000-2001
	1 100 METER DASH	ALL AGE GROUPS	ALL AGE GROUPS	
	2 200 METER DASH	ALL AGE GROUPS	ALL AGE GROUPS	
	4 400 METER DASH	ALL AGE GROUPS	ALL AGE GROUPS	
	8 800 METER RUN	ALL AGE GROUPS	ALL AGE GROUPS	
	15 1500 METER RUN	ALL AGE GROUPS	ALL AGE GROUPS	
	25 3000 METER STEEPCCHASE	ALL AGE GROUPS	M 60 AND OLDER	
	3 SI 5000 METER STEEPCCHASE	ALL AGE GROUPS	M 30 THROUGH M 55	
	5 5000 METER RUN	ALL AGE GROUPS	ALL AGE GROUPS	
	8H 80 METER HURDLES	F 40 AND OLDER	M 70 AND OLDER	
	OH 100 METER HURDLES	F 30-39	M 50 THROUGH M 65	
	1H 110 METER HURDLES	F 30 AND OLDER	M 30 THROUGH M 45	
	3H 100 METER HURDLES	F 30 AND OLDER	M 60 AND OLDER	
	4H 400 METER WALK	ALL AGE GROUPS	M 30 THROUGH M 55	
	1W 10 KM WALK	ALL AGE GROUPS	ALL AGE GROUPS	
	SW 5 KM WALK	ALL AGE GROUPS	ALL AGE GROUPS	
	CC 500 METER COUNTRY	ALL AGE GROUPS	ALL AGE GROUPS	
	HM HALF MARATHON	ALL AGE GROUPS	ALL AGE GROUPS	
	HJ HIGH JUMP	ALL AGE GROUPS	ALL AGE GROUPS	
	PV POLE VAULT	ALL AGE GROUPS	ALL AGE GROUPS	
	LJ LONG JUMP	ALL AGE GROUPS	ALL AGE GROUPS	
	TJ TRIPLE JUMP	ALL AGE GROUPS	ALL AGE GROUPS	
	SP SHOT PUT	ALL AGE GROUPS	ALL AGE GROUPS	
	DT DISCUS THROWN	ALL AGE GROUPS	ALL AGE GROUPS	
	PD PENNTATHLON	ALL AGE GROUPS	ALL AGE GROUPS	
	PE PENNTATHLON	ALL AGE GROUPS	ALL AGE GROUPS	
	JT JAVELIN THROWN	ALL AGE GROUPS	ALL AGE GROUPS	
	HT HAMMER THROWN	ALL AGE GROUPS	ALL AGE GROUPS	
	WP WEIGHT PENNTATHLON	ALL AGE GROUPS	ALL AGE GROUPS	

To verify your requests, write out NAME OF EACH EVENT ENTERED:

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

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PLEASE SIGN

Official Agency

GENERAL INFORMATION: E-mail: eherradiavaca@hotmail.com

* amendezm@conacyt.mx * jaimemanuelvarro@prodigy.net.mx (0155) 5875 83 19



Third Wind

By MIKE TYMN

Exploring the Soul of the Marathon

When Gail Waesche Kislevitz was preparing for her first marathon, the 1993 Ocean State Marathon in Warwick, RI, she found books filled with advice on training, nutrition, injury prevention, stretching, pacing, what have you. "The one thing that was missing from the technical books was the psyche of the marathon," says Kislevitz, a 50-year-old resident of Ridgewood, NJ. "I wanted to know what I would feel out there, what my mind would be put through, what I would think about for four hours. I couldn't find the answers in any book."

So Kislevitz began asking friends who had run marathons about their first encounters with the 26.2-mile monster. She was captivated by their stories. She soon came to realize that the marathon is more than a competitive running event, that it is an experience, an adventure, a life-changing journey. She felt that a book was needed to capture the "soul" of the marathon.

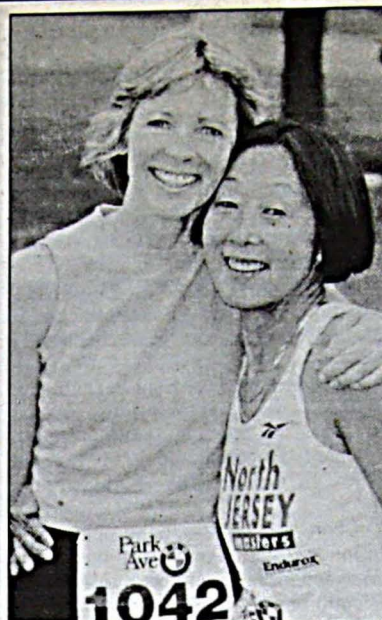
In her book, *First Marathons*, published in 1998 by Breakaway Books, Kislevitz tells the stories of 37 runners, some world-class, some local class, some just ordinary runners, and how they dealt with their first marathon experience, their hopes, their fears, their goals, their obstacles, their

heartaches, their triumphs.

Tales of Inspiration

The 37 stories include those of well-known champions like Bill Rodgers, Grete Waitz, Ted Corbitt, and John Kelley, but there are back-of-the-packers, too, like Thomas King. "He was an obese, semi-suicidal guy who decided to run a marathon to save his life," Kislevitz explains. "I think his story was the most inspiring. And judging from the influx of monthly letters I receive, he is everyone's favorite."

King tipped the scales at over 300 pounds when he decided he had to do something to curb the risk of strokes and heart attacks. Hearing of Oprah Winfrey's marathon, he concluded that if she could do it, there was no reason



Gail Waesche Kislevitz and Toshiko d'Elia.

he couldn't.

"Tears streamed down my face as I crossed the finish line," King's story reads. "I was in total disbelief. All those wasted years, all the suffering, all the humiliation just poured out of me, never to be felt again. I was a new person, a runner."

In further musing over the 37 marathoners, Kislevitz recalls the story of masters standout Toshi d'Elia.

"She was my personal inspiration last year when I was diagnosed with endometrial cancer and had to undergo surgery," Kislevitz offers.

Beating Ill Health

I was worried I would never run again, but Toshi told me how she had cervical cancer at 50 and three months later broke a world record at Boston. Because of her, I had the courage to run two marathons in one week three months after my surgery as a testimony that I was alive and still kicking."

Asked to pick her most interesting interview, Kislevitz pondered the question for a few seconds before naming Sister Marion Irvine, who qualified for the 1984 Olympic marathon trial with a 2:51 at age 54.

"Because she came to running so late in life, at 47, and was a smoker, overweight, and a nun, which isn't a career choice that encourages running around in shorts," Kislevitz explains her selection. "When she spoke to me about the spiritual side of running -

not the religious - I got goose bumps.

"She also explained how running made her more compassionate to others, which surprised me, because typically you think of a nun as being compassionate. Of course, I should have known better than that after attending Catholic schools for 10 years and getting smacked around by less-than-compassionate nuns."

In the book, Irvine states: "Prior to running, I wasn't experiencing life, wasn't alive inside. Running gave me that opportunity. It changed my life in ways I never expected. When I'm outside doing a dawn run on the Oregon beaches, I look around and thank our creator for the breathtaking scenery. I've had incredible out-of-body experiences running the Washington Cascades."

Twenty-six Year Wait

Although Kislevitz first started running in 1967, at age 16, it took her 26 years to get around to the marathon. "My two older brothers ran cross-country at our high school and I was envious of their freedom to run all over town, free as birds and loving it," she recalls.

"Since there was no girls' track or cross-country, I decided to run on my own. I wanted to experience what they were feeling, and I did. I loved it from my first run around the block, late at night so no one would see me and make fun of me. I wore my Keds and took the dog along."

Kislevitz continued to run in the "stealth mode" throughout her college years in Boston, entering her first race in 1976, the L'eggs 10K in New York's Central Park. Still, it would be 17 more years before she would attempt a marathon. "Those years were filled with working and commuting, and traveling, internationally, as well as raising two children," she says. "The marathon was a dream to me, as it is to most runners, but I didn't have the time or dedication at that stage of my life."

Sharing the Experience

Now, having lived her dream, Kislevitz wants to share the marathon experience with others, and she wants them to understand that it is a way of life, that it is an event with a soul - a soul that gives rise to a spirit that sparks us in other pursuits.

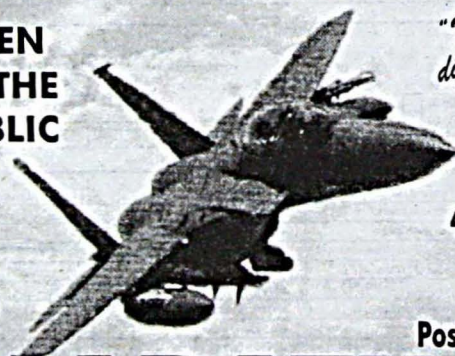
Kislevitz also authored *It's Never Too Late: Personal Stories of Staying Young Through Sports*, and is now putting the finishing touches on her second book, which will discuss what you do after you've run your first marathon.

"I think that so many people nowadays come to the marathon through Team in Training approaches and after they finish that first one are left at the finish line like a one-night stand," she explains her motivation for the second book.

"Because most of them were never runners prior to the fund-raiser that got them there in the first place, they don't know what to do afterwards. They have to learn to own and love their running in reverse." □

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TWENTY-FIVE YEARS AGO June 1977

- First Issue of National Masters News Published in Pennsylvania
- Poll Taken On Whether Masters Should Maintain Two Separate Committees (T&F and LDR) or Merge Into One Committee

Broad Street

Continued from page 1

Mae (35:14) and Br

Broad Street att
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pack this year, 63:1

Jack Brennan, 6
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'00, first M60 in '01
Taggart, Newark, D
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Vincent Criniti,
Penn., 71:17, keep
moving up to first M
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the year before
Hoban, 71, Const
80:17, and Olive
Philadelphia, 95:02,
ners at M70 and N
Walter Small, 80, N
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by running his faste
years, 1:55:22.

Doreen McCoub
field, N.J., 59:35, wa
woman in years to
hour barrier, and pick
five-deep masters p
for first). Beth Howl
Penn., 71:09, topped

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GUARD

Broad Street Run

Continued from page 1

Mae (35:14) and Broad Street.

Broad Street attracts a dedicated and loyal following that includes many repeat division contenders. Frank Webb, 57, Millville, N.J., moved up from third M55 in 2001 to leader of the pack this year, 63:17.

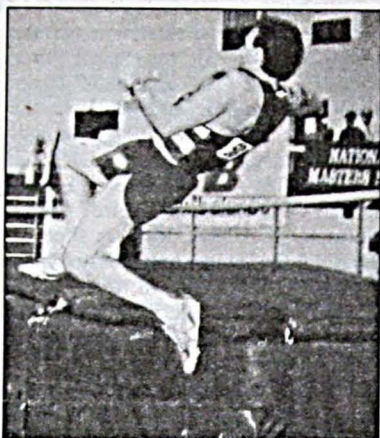
Jack Brennan, 60, Katonah, N.Y., 1:05:19, put an end to Bob Taggart's division topping reign (first M55 in '00, first M60 in '01). The 61-year-old Taggart, Newark, Del., placed second this year in 1:06:01.

Vincent Criniti, 67, Flourtown, Penn., 71:17, keeps getting faster, moving up to first M65 this year from runner-up last year (74:11), and third the year before (78:01). Richard Hoban, 71, Conshohocken, Penn., 80:17, and Oliver Williams, 77, Philadelphia, 95:02, were repeat winners at M70 and M75, respectively. Walter Small, 80, Norristown, Penn., celebrated reaching the M80s this year by running his fastest Broad Street in years, 1:55:22.

Doreen McCoubrie, 40, Haddonfield, N.J., 59:35, was the first masters woman in years to break the golden hour barrier, and picked up some of the five-deep masters prize money (\$400 for first). Beth Howlett, 49, Boothwyn, Penn., 71:09, topped the W45 after

third places in '00 and '01.

The W50 was competitive this year, but Broad Street long-timer Leah Whipple, 50, Kimberton, Penn., 1:07:57, made quick work of her new age division, outpacing Diane Kukich, 50, Newark, Del., 1:09:35, and Karen Erb, 51, Alexandria, Va., 1:10:50. Joy Hampton, 55, Clarksboro, N.J., 1:12:35, and Sandra Folzer, 62, Erdenheim, Penn., 1:17:02, repeated their division wins at W55 and W60. Imme Dyson, 65, Princeton, N.J.,



David Friedman, M50, New Jersey, competing in the National Masters Indoor Pentathlon Championships, Boston.

topped the W65 at 1:17:24.

The Broad Street Run is notable for its one-road north-to-south dissection course of downtown Philadelphia. It is sponsored by Blue Cross/Blue Shield and raises money for the American Cancer Society. For the curious, Andrey Kuznetsov has a Web site online - soon to be available in English - at <http://mir.glasnet.ru/~kuzza/>. □

FIFTEEN YEARS AGO June 1987

- Web Loudat Wins Bud Light Legends Mile in 4:20.89
- Priscilla Welch, 42, Sets Masters Women's WR of 2:26:51 in London Marathon
- England's Dave Clark (43, 2:21:37) and Sweden's Evy Palm (45, 2:36:24) Take Top Masters Prizes in Boston Marathon
- Paul Bruvik (44, 1:24:21) and Judy Kewley (42, 1:36:00) Score Masters Triumphs in Las Vegas Half-Marathon



GEORGE BANKER
Victoria Mills, 40, first woman overall (2:54:30) in the inaugural Washington, D.C., Marathon, March 24.

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PAGLIANO'S PODIATRIC POINTERS The Foot Beat

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

The Foot Beat will resume in July.

Penn Relays

Continued from page 1

second. After two laps it was even, as rising star Darnell Gatling got it all back for AURA International. Ed Goner, of Sprint Force, eventually took over on the third leg, and 2001 world champion Sal Allah went on to win the gold in 3:26.78, with AURA next in 3:31.11.

Yesterday's fun started with the 4x100. In M40+, the Sprint Force America team of Tony Fulton, Lovett, Val Barnwell, and Allan Tissenbaum won in a lightning-quick 43.43, with AURA International next in 44.65.

In the M50+, W40+ race, the winner was Maryland Masters (Mel Fields, Robert Koontz, Mike McDaniel, Jeff Polk) in 48.03. Sprint Force America was second (48.61) and Houston Elite, featuring women sprinters Renee Sterrett and Stephanie Vega, and Bill Collins as anchor, took

third in 49.63.

In the afternoon's 100m dashes, Lovett won the M40 in 11.10, with Tissenbaum a close second in 11.14. In the M45, defending champion Neville Hodge was first in a scorching 11.06; Thomas Jones second in 11.51. The M50 was headed by Bill Collins, who drew away at will after a slow start, setting an M50 world record of 11.37; Alston Brown took silver in 11.97.

Collins, an All-American at Texas Christian University, has an amazing 10.95 pending from earlier in the year at Southern University, Baton Rouge. Now 51, Collins cites being injury-free for a full year as part of the reason for his recent brilliance; he also mentioned weight training for his upper body. Given his international performances (sweeping the 100 through 400 at Brisbane, running at age 48 the fastest 100 of all competitors at

Gateshead, winning the 100 at Buffalo) and his dominance in this country, he appears to have moved into the second position all-time among U.S. male masters sprinters after Payton Jordan.

In the M55, Ohio's Lloyd Hathcock moved out smartly in mid-race to win by daylight in 12.35, Koontz second in 12.59. In the M60, 1964 Olympic bronze medalist Edwin Roberts went gold (also in 12.35), with California's Harold Tolson (12.62) second after stumbling early. In the M65, Larry Colbert took the prize in 12.84, but Dick Camp (13.08) gave him a strong challenge before succumbing.

In the day's final masters event, the 4x400 for M50+, it was Sprint Force America, with Carroll "Butch" Blake anchoring, with a slight lead at the final exchange, thanks to Roger Pierce's strong third leg. NADIA TC, with Charles Allie, was second, with AURA International third. Jesse Norman, of AURA, lost his shoe on the final exchange but stormed past both Allie and Blake to take a clear lead on the backstretch. Unfortunately for AURA, it didn't last, as both Allie (54.8 unofficially) and Blake (in 55.3) came back, with Allie prevailing at the wire (3:49.13 for NADIA to 3:49.57 for Sprint Force America).

Madelyn Noe-Schlentz, 41, who broke the W40 U.S. record of 35:33.6 for the 10,000 with a 35:28.71 in



MITCH LOVETT
Joe Johnson, NADIA TC, leads Earl Lee, AURA International, in the M50+ 4x400, won by NADIA (3:49.13), Penn Relays.

March, ran a 34:58.54. She came through the 5000 in 17:18.2, lost contact with the pack she was with, and ran the rest of the way by herself.

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Tentative Schedule for Friday, July 19		Tentative Schedule for Saturday, July 20	
Time	Track Event	Time	Field Event
7:30 am	10,000 m Run - M40+	8:00 am	Long Jump - M40+ Long Jump - M40+ & M45+ Shot Put - M40+ & M45+
8:15 am	3000 m Runwalk - M40+	9:15 am	Weight Throw - All M & W
9:30 am	2 x 500m Dash	10:00 am	Javelin - M40+ Pole Vault - All
9:50 am	3 x 500m Dash	11:00 am	Shot Put - All W & M40+ Shot Put - M40+ & M45+
10:30 am	80 m Hurdles	1:30 pm	Super Weight All M40+
11:00 am	100 m Hurdles		
11:15 am	110 m Hurdles		
11:30 am	100 m Dash		
12:30 pm	400 m Dash		
1:15 pm	1200 m Dash		

Instructions:

- ★ Make checks payable to USATF/Utah
- ★ Send entry form and check to: USATF/Utah - NW Reg. 4725 Syracuse Dr. Salt Lake City, UT 84117
- ★ Entries must be postmarked by July 9, 2002
- ★ Entries require USATF membership number
- ★ \$5.00 Late entry fee (based on availability)
- ★ Entry packets must be picked up prior to competing
- ★ Medals to first 3 places in each event, 6 yr age div. With ribbons for 4th, 5th and 6th place. Different medals will be awarded to those from outside the NW Region.
- ★ Registration closed 1 hour prior to event
- ★ Implements for field events must be checked in 30 minutes prior to event.

Schedules listed above are tentative

USATF Membership is required to compete

Meet Headquarters: Marriott University Park Hotel

Packets: Available at Marriott University Park Hotel Thursday, July 18, 6-8 PM and at track starting at 6:30 AM both days of meet.

Concessions: Food concession available during the meet.

Reception: USATF/Utah invites you to share provided refreshments at the end of the events on Friday held at the track. Please indicate your desire to participate by signing up on Entry Form. NW Regional Meeting will be held following the reception.

Please Print

Entry Form - Northwest Regional Championships - 2002

Name	Age (7/19/02)		Birth Date	/ /
Address	City		State	Zip
Phone				
Club Affiliation				
Male	Female			
USATF #				
Events	Best '01-02 Mark			
1.				
2.				
3.				
4.				
5.				
6.				
T-shirt Size	Attended Reception?	Entry Fees		
S	Yes	1st Event	\$15	
M	No	Each additional event	\$5 ea	
L	No	T-Shirt	\$10 ea	
XL	Number of People	Late fee after 7/19/02	\$5	
XXL		Total enclosed	\$	

I waive all rights that I or my heirs or assigns may have against the Utah Association of USATF and/or the University of Utah/East High arising from any injury, illness or accident that I may sustain in arriving at, participating in, or departing from this event. I declare my good health to participate in this event.

Signed:

Date:



Bidding

We have lea Masters At change after the San Sebastian Cha

1. Three designate sentatives would unde tion visits to the bid pose of evaluating ea merit.

2. The basis for strictly follow the spelled out by Cesa WMA representative

3. The inspection p the bidders, based on and then deliver their and evaluations to Council for their cor latest, prior to the nex

4. The next Council begin two days earl order that the bidde opportunity to make t to the Council and to any queries which t have.

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6. The Council wi presentations to the C together with its reco leave it to the Assem recommendations.

7. In this way there bids by the bidders and, to protect against impropriety or bribery member of the Cou excess of the value accepted.

Jordan noted to n dure will not be in General Assembly, v be presented for 200 Council may amend

TWENTY YE June

• Herb Andersen
10 Gold Med
Raschker, W
Golds in Nat
Indoor T&F C

• Cindy Daln
55:25) and
(M45, 49:43
in Hawaii's
Tamanaha 1:

• Herb Loren
Wins Nation



Track & Field Report

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

Bidding Procedures May Change

We have learned from Tom Jordan, Executive Vice-President of World Masters Athletics, that bidding procedures for World Championships may change after the bids are in by September 1, 2004 (in the year preceding the San Sebastian Championships in 2005). The changes would be as follows:

1. Three designated Council representatives would undertake their inspection visits to the bid cities for the purpose of evaluating each of the bids on merit.

2. The basis for evaluation would strictly follow the IAAF criteria as spelled out by Cesar Moreno Bravo, WMA representative to IAAF.

3. The inspection parties would grade the bidders, based on their evaluations, and then deliver their reports, grading, and evaluations to members of the Council for their consideration, at the latest, prior to the next Council meeting.

4. The next Council meeting would begin two days earlier than usual in order that the bidders be given the opportunity to make their presentations to the Council and to meet and address any queries which the Council may have.

5. After hearing from the bidders and after due consideration of the reports, grading and evaluations of the inspection parties, the Council will deliberate and decide on the recommendations it will place before the General Assembly.

6. The Council will then make the presentations to the General Assembly, together with its recommendations and leave it to the Assembly to sanction its recommendations.

7. In this way there will be no formal bids by the bidders to the Assembly, and, to protect against any suggestion of impropriety or bribery on the part of any member of the Council, no gifts in excess of the value of \$15 may be accepted.

Jordan noted to me that this procedure will not be in place at the 2003 General Assembly, where the bids will be presented for 2007. It is possible the Council may amend the above to have

ward as in the past, the only change in procedure is that the bidders will be first on the agenda at the General Assembly.

I am not sure why all this is being done. I never thought that any Council member could possibly be bribed. I thought the biggest problem with the process was that the bidders weren't given enough time to make their presentations and handle questions and answers.

I believe there was bloc voting going on at the last General Assembly, but I don't think we can or should stop that if that's what people want to do. I really think that the decision belongs with the

General Assembly by vote, not a sanction of recommendation.

It is scary that this could be enacted for the next bidding process. I know that USATF Masters wouldn't let the Masters Executive Committee get away with such serious changes.

My biggest concern now is to get the time needed for the bidder presentations. I recommend at least one hour each, that this new procedure not be enacted in 2003, and it be reconsidered for the future. Jordan has offered to distribute my views to the Council members at the appropriate time.

I welcome your input. □



USATF Western Regional Masters Championships

presented by SO CAL Track Club

JULY 13-14, 2002 • Saddleback College - Mission Viejo, CA

SATURDAY, JULY 13 (Tentative)

Women's Pentathlon will begin at 8:00am

Track	Time	Field
10,000 (M&W)	8:00	Hammer (All M&W*)
5000 Racewalk (M&W)	8:45	
Steeplechase (M&W)	9:30	Pole Vault (All W, M60+)
80m Hurdles (M&W)	10:30	Long Jump (M30-59)
100m Hurdles (M&W)	10:45	
110m Hurdles (M&W)	11:00	Javelin (All W, M60+)
100m Prelims (M&W)	11:45	Pole Vault (M30-59)
1500m (M&W)	12:45	Shot Put (All M&W)
400m Finals (M&W)	1:45	Long Jump (All W, M60+)
100m Finals (M&W)	2:15	Javelin (M30-59)
4x400m Relay (M&W)	3:00	

*NOTE: Hammer will be contested at UC Irvine

SUNDAY, JULY 14 (Tentative)

Men's Pentathlon will begin at 8:00 am

Track	Time	Field
5000m (M&W)	8:00	Discus (M30-64)
300m Hurdles (M&W)	9:00	High Jump (All W, M60+)
400m Hurdles (M&W)	9:30	
200m Prelims (M&W)	10:15	
800m Run (M&W)	11:15	
1 Mile Racewalk (M&W)	12:00	
200m Finals (M&W)	12:30	High Jump (M30-59)
4x800m Relay (M&W)	1:15	Discus (All W, M65+)
4x100m Relay (M&W)	1:45	Triple Jump (M&W)

Meet Info:

- The meet hotel for Western Regional is the **Fairfield Inn by Marriot** located at 26328 Oso, Mission Viejo, CA 92691. For reservations call: (800) 228-2800. The hotel is a 5 minute drive to Saddleback College. The special nightly rate is \$ 75.00 single or double. Book by 5:00pm, 6/14/02.
- Medals will be awarded to first 3 places in each 5-year age division.
- Implements must be checked in 30 minutes prior to event.
- Events begin with women oldest to youngest; then men oldest to youngest.
- Entries postmarked after June 29th must include late entry fee of \$20.00. No entries accepted after July 8.
- Entry fees will be \$ 20.00 1st, \$ 12.00 2nd, and \$6.00 for each additional event. Make checks payable to Mark Cleary and mail to: Mark Cleary, 18 Charca, R.S.M., CA 92688. Meet Contact: runnermark@cox.net

TWENTY YEARS AGO June 1982

• Herb Anderson, 75, Wins 10 Gold Medals, and Phil Raschker, W35, Takes 7 Golds in National Masters Indoor T&F Championships

• Cindy Dalrymple (W40, 55:25) and Mike Tynm (M45, 49:43) Top Masters in Hawaii's Norman K. Tamanaha 15K

• Herb Lorenz (43, 31:39) Wins National Masters 10K

Name _____ Age (on 7/13/02) _____ Birth Date _____ Male/Female _____
Address _____ Phone _____ USATF # _____
City/State/Zip _____ Club Affiliation _____ email _____

EVENT

Best 01-21Mark

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

ENTRY FEES

- First Event (\$20).....\$ 20
• Second Event (\$12).....\$ _____
• Additional Events (\$6 ea).....\$ _____
• Late Fee (\$20 after 7/8).....\$ _____
• T-Shirt (\$15ea) (size _____).....\$ _____
Total\$ _____

Waiver: Must be signed to compete. I waive all my rights that I or my heirs or assigns may have against the So Cal Track Club and/or Saddleback College and UC Irvine arising from any injury illness or accident that I may sustain in arriving to, participating in, or departing from this event. I declare my good health to participate in this event.

Signed _____ Date _____



Masters Racewalking

By ELAINE WARD

Fitness and Exercise Basics, Part I

By WILLIAM RISSER, M.D.

William Risser, M.D., a prominent orthopedist in Pasadena, Calif., founded the Risser Orthopaedic Group. He has served as President of the American Academy of Applied Nutrition, professor of orthopedics, member of many orthopedic societies, and is a strong advocate of exercise. The following is adapted from a long article he wrote entitled "A Program for Muscular Fitness." Part I is an introduction to the exercises to be presented next month in Part II.

Strong muscles play an important part in the circulation of the blood through our bodies. The action of the heart is to pump blood, but the action of our muscles determines how much blood gets to any part of the body. They act as a relay pump - increasing blood flow to their local parts.

Muscles contain fluid, chiefly blood. When a muscle contracts, blood is forced out of the muscle; when it relaxes, fresh blood flows back in. It is not unlike a rubber bag filled with fluid. As the rubber bag is squeezed, fluid is emptied from the bag. With release of pressure, fluid rushes back in. A time element is necessary for refilling.

In order to keep our muscles strong and to improve blood flow through our

bodies, we need physical activity or exercise. Physiologically, flexibility exercises may involve a complete range of motion of a joint, with rest periods for the exchange of fresh blood.

Working out may involve putting a joint through an incomplete range of motion with little or no rest period. As a result, there is no complete emptying of fatigue products collected in the blood during the workout nor a complete refilling with fresh blood. The result of this type of physical activity is fatigue. In contrast, a full range of joint motion with its stretching activity is refreshing.

The derivation of the word, exercise, is from two Latin words: ex (from), and arcere (enclosure). The



JERRY WOJCIK

Racewalkers in the 1500, 2001 Hayward Classic, Eugene, Ore. This year's meet will be held June 29-30.

enclosure refers to an intrinsic enclosure, a limitation of motion of our joints known as joint contractures.

Horizontal to Vertical

Joint contractures may be either inherited or acquired. For example, inherited contractures have developed in our spines forming spinal curves, as a result of changing from the horizontal spine of the quadruped to the vertical spine of the biped. These spinal curves are a result of the stress of gravity.

The spines of the fish or snake, supported by the water or land, respectively, are straight. There was no need for an anteroposterior curve. Cervical lordosis, supported by its ligamentum nuchae, was first noticed in the quadruped whose horizontal spine was supported by its four extremities.

As bipeds, we have a spine with a cervical and lumbar lordosis and a thoracic kyphos. These anteroposterior spinal curves tend to increase with fatigue, disease or demineralization of bone. Joint contractures occur on the concave side, and stretched and weakened muscles are present on the convex side of these curves.

Gravity

Another factor affecting the spine is gravity. The force of gravity is constant. Muscles that pull up oppose



SUZY HESS

Marianne Torrellas #806, passes her W40 competition on her way to first place (14:19.40), 3000 racewalk, National Masters Indoor Championships, Boston. Marcia Gutsche #262, was second (14:22.51), Victoria Herazo #296, third (14:38.13), and Dorit Attias, fourth.

gravity. Muscles that pull down act in much the same way as a rope tied to the top of a tent pole pulls down. The downward force is borne by the tent pole, which must lean slightly away from the pull of the rope. In this analogy, the spine is the tent pole and the posterior muscles of the trunk are the rope pulling down with gravity.

A simple guide to determine good posture is as follows: A straight edge of a ruler placed at the dorsolumbar spine should be vertical or slightly forward like the tent pole. The average or normal posture shows a ruler at the dorsolumbar junction leaning backward. With the spine straightened, the posterior body muscles, especially the gluteals and upper spinal muscles, pull down in the direction of gravity. They do not pull down with gravity if the spine is inclined backward. □

(Next month, Part II will present exercises that stretch out our joint contractures and educate the posterior muscles to pull down with gravity. Elaine Ward can be reached by e-mail at narwf@aol.com)

USATF MASTERS EASTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS

July 26 and 27, 2002

Springfield College Outdoor Track
Springfield, Massachusetts

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

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

Throws schedule includes discus, hammer, javelin and shot put.

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

(The Javelin and Discus for men and women 60 and over, as well as the steeplechase for all age groups will be contested on Friday, July 26th).

A 2002 USATF membership is required for all US residents.

USATF-NEW ENGLAND



Hosted and organized by
USA Track & Field - New England
RO. Box 1905
Brookline, MA 02446

Telephone: 617-566-7600

Fax: 617-734-6322

E-mail: office@usatfne.org

Application available on:

www.usatfne.org

FIVE YEARS AGO June 1997

• Wayne Jacob (42, 32:15) and Kathy Martin (45, 38:59) First in National Masters 10K Championships on Long Island

• Steve Plasencia, 40, Breaks Records in the Half-Marathon (1:05:33) and 5000 (14:02.86)

• France's Dominique Chauvelier (40, 2:19:10) and Josette Colomb-Janin (44, 2:40:33) Both Collect \$10,000 for Masters Wins in Boston Marathon



Entrants in the Men's M. Whitley, 56, second; Denr 68; Bill Daprano, 75; and Mast.

Mast

More than 2000 s masters runners in races at the 44th Relays in Walnut, C of Los Angeles) on

The women's age won by Kathy Jag Ariz., in 11.63. De Kathy Berger, 62, was second, follow Board, 48, Apache

Each runner got a based solely on her meters, while Johnny Angeles, the oldest ran 69.2 meters.

A men's age-gra for the first time, wi 64, San Diego, h Whitley, 56, Altader 10.53. Harold Vancouver, B.C. wa 81.0 meters, while Atlanta, Ga., the ol race, ran 73.0 meter

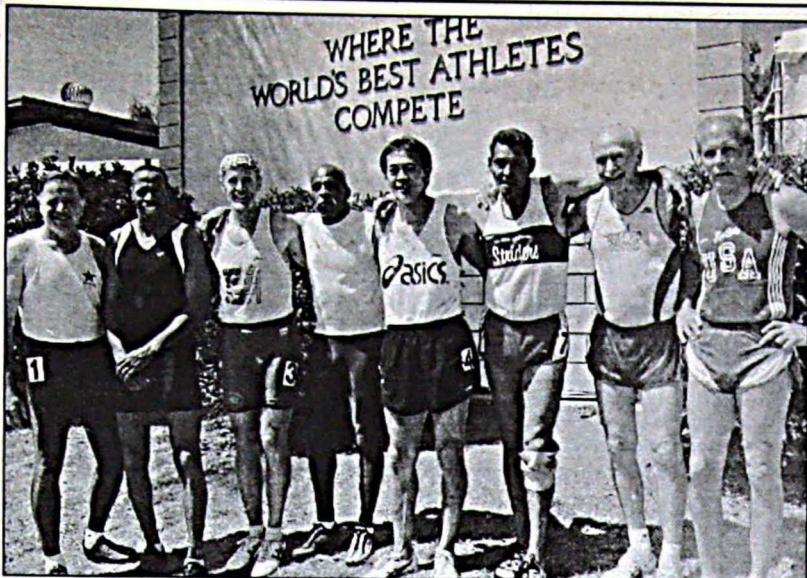
The announcer in ner before the rac achievements and c into the race.

Two age-graded one for women, on prime-time Sunda Marion Jones and c ners.

DeeDee Grafiu Calif., who's bee roads this spring, w women ranging in

Each woman meters. The olde Leonard, 73, H Calif., started with oldest, Jeanne Da Ga., followed 21 s on down to the yo

Grafius' total ti she started 42 sec that meant her acti a sensational 2:28 53 U.S. women's close to Shirley



Entrants in the Men's Masters Age-Graded 100m, Mt. SAC Relays (from l): John Gray, 54; Stan Whitley, 56, second; Dennis Duffy, 59; Harold Tolson, 64, first; Harold Morioka, 59, third; Nick Newton, 68; Bill Daprano, 75; and Dick Richards, 67.

Masters Star in Mt. SAC Relays

More than 2000 spectators cheered masters runners in four age-graded races at the 44th annual Mt. SAC Relays in Walnut, Calif. (25 miles east of Los Angeles) on April 21.

The women's age-graded 100m was won by Kathy Jager, 58, Glendale, Ariz., in 11.63. Defending champion Kathy Berger, 62, La Canada, Calif., was second, followed by Jacqueline Board, 48, Apache Junction, Ariz.

Each runner got a distance handicap based solely on her age. Jager ran 82.4 meters, while Johnnie Valien, 75, Los Angeles, the oldest runner in the field, ran 69.2 meters.

A men's age-graded 100 was held for the first time, with Harold Tolson, 64, San Diego, holding off Stan Whitley, 56, Altadena, Calif., 10.46 to 10.53. Harold Morioka, 59, Vancouver, B.C. was third. Tolson ran 81.0 meters, while Bill Daprano, 75, Atlanta, Ga., the oldest runner in the race, ran 73.0 meters.

The announcer 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 and other top open runners.

DeeDee Grafius, 52, Modesto, Calif., who's been burning up the roads this spring, won over eight other women ranging in age from 39 to 73.

Each woman ran the full 800 meters. The oldest, Sumi Onodera-Leonard, 73, Huntington Beach, Calif., started with the gun. The next oldest, Jeanne Daprano, 65, Atlanta, Ga., followed 21 seconds later and so on down to the youngest runner.

Grafius' total time was 3:10. Since she started 42 seconds after the gun, that meant her actual running time was a sensational 2:28, faster than the age-53 U.S. women's mark of 2:30 and close to Shirley Matson's W50-54

U.S. age-group record of 2:25. At that, she was all out to edge Daprano, whose total time of 3:12 meant she ran an actual 2:51, nearly three seconds faster than her W65 world-record-breaking 2:53.4 at the U.S. National Masters Indoor Championships in Boston three weeks earlier, and only five seconds off Carolyn Cappetta's outdoor U.S. W65 mark of 2:46.3. Joni Shirley, 55, San Diego, was third.

In the men's age-graded 800, Morioka and Sid Howard, 63, Plainfield, N.J., waged a dramatic elbow-to-elbow battle from the turn to the finish line. Morioka prevailed, 2:38.2 to 2:38.4, in the closest masters 800-meter finish in Mt. SAC history. Morioka started 25 seconds behind the oldest runner, Al Escobosa, 74, Placentia, Calif., so his actual time was an outstanding 2:13.2. Howard, the M60 U.S. record-holder (2:12.71) trailed the gun by 19 seconds and had an actual time of 2:19.4, faster than his M60 winning 2:20.87 at the Indoor Championships in Boston. Mac Allen, 44, Austin, Texas was third.

The handicaps for the races were established by World Masters Athletics (WMA) and are listed in The Masters Age-Graded Tables book. To order a copy, see page 13.

Two regular races for masters were held. Steve Cummings won the M50+ 100 with an 11.7. In the M40+ 200, Kevin Morning, 46, won with a wind-aided 21.97. The M45 world record is 22.21.

The races were organized by John Cosgrove, Elaine Iba, and Stan Whitley.

"Meet director Scott Davis and the people at Mt. SAC are very supportive and are happy with the crowd excitement these races generate," Cosgrove said. "That's why they're willing to give us such good prime-time slots. We plan to do it bigger and better next year." □

– Al Sheehen

National Master's Decathlon & Heptathlon Championship Trenton, New Jersey, June 22 & 23, 2002

When

Saturday, June 22, 2002 & Sunday June 23, 2002
The check in will start at 8:30 AM

Facility

Red all-weather – for photo go to
www.decamouse.com

Info will be posted at www.decamouse.com

Check for schedule updates

Where

The College of New Jersey (www.tcnj.edu)
Trenton – Ewing, New Jersey
College web site has hotel lists, maps and directions

Entry Fee

Decathlon and Heptathlon - \$65



Start Times (Saturday):

10:00 AM M60 & above 100m
10:30 AM Hept. Hurdles
11:00 AM M55 & M50 above 100m
12:00 AM M45 & M40 100m
1:00 AM M35 & M30 100m
2:00 Open Decathlon 100m

Start Times (Sunday):

9:00 AM M60 & above Hurdles
10:00 AM M55 & M50 above Hurdles
11:00 AM M45 & M40 Hurdles
11:30 Women Long Jump
12:00 M35 & M30 Hurdles
Open Decathlon Hurdles

Open and M30 & M35 will be combined if total is less than 12

A usable selection of pole vault poles will be available – if any questions or specific length/weight pole selection – call or e-mail Jeff Watry (jwatry@hycor.com) – (h) 262-843-3567 after 6:00PM or at work 847-235-1042)

Hotel accommodations, and directions – contact Rob Doran (609-394-9890)

Order of Events – Decathlon

Oldest Groups to Youngest

Saturday

100 meters
Long Jump
Shot Put
High Jump
400 Meters
(Concurrently w/Sprint Tri & Weight Pent)

Sunday

Hurdles
Discus
Pole Vault
Javelin
1500 meters

Order of Events – Heptathlon

Oldest Groups to Youngest

Saturday

Hurdles
High Jump
Shot Put
200m

Sunday

Long Jump
Javelin
800

Registration Form

Make Checks Payable to Rob Doran

Mail Entry to: (\$65)

Rob Doran

412 Genesee Street

Trenton, New Jersey 08611

Please print or type

Info: Rob Doran (609) 394-9890
Jeff Watry (847) 235-1042 jwatry@hycor.com

Name _____ Age (on 6/22/2002) _____

Address _____ DOB _____

City _____ State _____ Zip code _____

USATF Number _____

Phone Number _____ Club _____

Event _____ Total Amount _____

I _____ understand that competing in a track / field meet can be a potentially dangerous activity. I verify that I am physically fit and have trained for this competition. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release USATF New Jersey, The College of New Jersey, and all sponsors and officials from all claims of any kind arising out of my participation in the National Masters Decathlon & Heptathlon Championship Meet. I grant permission for emergency medical treatment for myself by competent medical personnel as required.

Signature _____ Date _____ Emergency Phone Number _____

Rothery Wins Drake Masters Mile

By MARK CLEARY

The Master's Elite Mile at Drake Relays, Sioux City, Iowa, April 26-27, featured seven of the top U.S. milers, as well as 2001 double world champion at 800 and 1500, Colm Rothery of Ireland. Temperature at race time was 42 degrees with a 15mph wind, and a wet track that impacted the race.

David Nash, the M30 2002 national indoor 800 champion and coach at Morningside College in Sioux City did a fine job setting the pace for the first 800. Rothery was through in 2:05.7, and the pack followed in 2:09-2:11. Rothery hit an outstanding split of 64 for his third quarter, with a chase pack of Peter Magill, Mike Egle, and Graeme Fell, but it was clear they would not catch him.

Rothery gallantly pushed the pace with 400 to go, but slowed to a 65 last quarter, amazing given the conditions. After the race, he said, "With good weather, the sub 4:10 I was looking for would have been reasonable." His 4:16.54 was a stellar performance for his first time on U.S. soil.

In the race for second through fourth, Fell took the early lead on the final lap at the top of the backstretch. Egle and Fell stormed off the final turn onto the straightaway, where Magill passed Fell 30 meters out, but could not quite get Egle.

Even Egle, who had run 4:17 recently, could only manage a 4:24.59, and Magill ran a 3:56.42 1500 eight days later.

One competitor had this to say about the race: "The rain we could see, the wind we could feel, the tornado warnings we could hear on TV, but nothing prepared us for the Irish hurricane that swept away at the gun and shredded the finish tape long before anyone else turned into the final stretch."

I think Peter Magill said it best: "The people at Drake were fantastic. They fed us, housed us, and treated us like celebrities. Then more than 10,000 fans braved a rainstorm and tornado warnings to cheer us on. There was as much energy in the stadium as there was in the storm."

"Thanks to Meet Director Mark Kostek and Event Organizer Mark Cleary for putting this great event together."

I can speak for Mark Kostek when I say the athletes deserve all the credit. This event was so well received by the crowd, organizers, and athletes, that it will be back next year and could become an ongoing tradition at the Drake Relays. □

(The fields for the masters men's 400 (53.0 or faster) still need a few more entrants, as does the women's 800 (2:35 or faster) in the USATF Open Championships, Stanford, June 21-23. Contact Cleary at 949-589-0242 (7:00 a.m. - 10:00 p.m. PST); www.xro.com/ICleary/html)

PUBLICATIONS ORDER FORM

Masters Age Records (2001 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, 2000. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, USATF Masters T&F Records Chairman. \$5.00.

Masters Track & Field Rankings (2001)

Men's and women's 2001 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 (2001)

Indoor rankings for 2001. 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, 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 May 25, 2001 (world) and November 30, 2001 (USA). \$1.50.

Competition Rules for Athletics (2002 Edition)

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

USATF Directory (2001/2002)

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 (2002)

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

Running Encyclopedia, The Ultimate Source for Today's Runner

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

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

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 great athletes and events that helped shape this historic movement in sports. 64 photographs, tables, appendix, bibliography, and index. 320 pp. \$50.

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

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

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

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

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

2002 Road Race Management Directory

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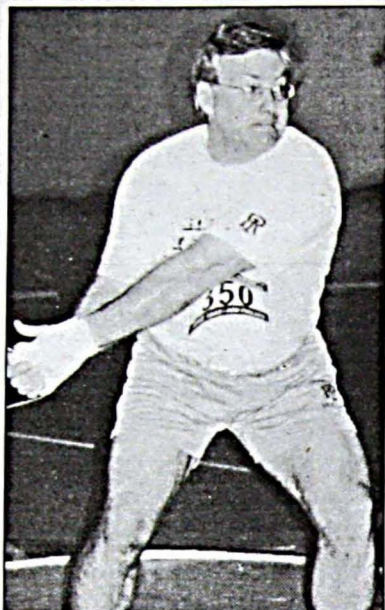
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The Weight Room

By JERRY WOJCICK

Jerry Wojcik's column will resume in July.



SUZY HESS

William Johnston, second M45 (14.09) in the weight throw, National Masters Indoor Championships, Boston.



JERRY WOJCICK

Matt Burks, 33, finished with a 13.97 in the shot put, Seattle Spring Fling Meet, May 4.

Oregon Track Club Masters Invite All to Hayward

The Hayward Classic, "America's Premier Masters Meet," is scheduled for June 29-30, at historic Hayward Field, University of Oregon, Eugene. Hosted by the Oregon Track Club Masters, the meet is open to men and women age 30-and-above, competing in five-year age groups.

In addition to the usual track & field events, Hayward offers events not found in most masters meets: 10,000, 5000 racewalk, steeplechase, weight throw, an age-graded mile, and 4x100, 4x400, 4x800, and medley relays. Besides the lure of competing at Hayward Field, the meet includes a club competition for men's, women's, and combined team trophies.

USATF registration is necessary and may be acquired at the meet headquarters Phoenix Inn, at packet pickup, 6-8 p.m., on the 28th, or at Hayward Field during the meet. A Saturday evening reception is planned for 4:30 p.m. on the 29th at the U. of Oregon's Casanova Center.

A \$10 late entry fee will be charged after June 21; entries accepted until 5:00 p.m., Thursday, June 27. (see ad on p. 18)

For more information, contact 541-687-9675; brem@oregon.uoregon.edu; www.haywardclassic.com.



JERRY WOJCICK

Chuck Coates, winner of the M40 5000 (15:33.84), 2001 Hayward Classic, Eugene, Ore. This year's meet is scheduled for June 29-30.

THROWERS TRAIN YOUR BRAIN!!!

The Long & Strong Throwers Journal (*LSTJ*) is a quarterly publication dedicated to the throwing events in track and field. It is the only throwing periodical of its kind in the world. *LSTJ* is about more than technique and training. *LSTJ* focuses on the personal side. Elite athletes and coaches give insight into their keys for success and the personalities behind their achievements. *LSTJ*'s interviews with top name throwers such as Adam Nelson, Suzie Powell and Breau Greer and legends such as Al Oerter, Michael Carter and John Powell are just what you are looking for. Technique tips from knowledgeable athletes and coaches such as Jud Logan and John Smith are invaluable. *LSTJ* provides throws coverage and photos from major competitions that you won't find anywhere else. *LSTJ* touches on the issues that affect the throws community. Whether you are a coach, athlete or official, or a Scholastic, Open or Masters competitor, it is crucial that you never stop learning! Let Long & Strong help you reach your potential!



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Saturday, July 13, 2002

COMPETITION TIMES

Order of Events (beginning @ 9:00 am)

8:30 am Registration opens

9:00 am (firm)

1. Hammer

Youngest to Oldest

Hammer

10:30 am (approximately, following the hammer)

2. Shot Oldest to Youngest

Shot

3. Discus and SuperWeight

Youngest to Oldest

Weight

Oldest to Youngest

Discus

4. 25/35 lb. Weight and Javelin

Youngest to Oldest

Weight

1:00 pm

5. Javelin (single event javelin throwers, others to follow)

First Event- \$15.00, all other events- \$5.00 each, additional \$10.00 for weight pentathlon score. The weight pentathlon will be contested out-of-sequence, with other events. Entries must be postmarked by 7/6/02—last day to avoid late fee of \$10.00 per person. All entries must include phone number and e-mail address (if applicable). Must mark once in the preliminary 3 throws in order to advance to the finals. All athletes to supply their own implements, none are provided. Athletes may compete with any implement in the competition.

Questions? Contact: Glenn Thompson (717-238-1720/Thrower6@aol.com) or Terry Shuman (717-285-7943/TGShuman2@aol.com). Make checks payable to Long & Strong Throwers Club and mail to: LONG & STRONG THROWERS CLASSIC, c/o Warren Taylor, 315 Sylvan Retreat, Columbia, PA 17512

Name (please print) _____ Phone _____
Address _____ Gender (M/F) _____ USATF # _____
City/State/Zip _____ Age as of 7/13/02 _____ Date of birth (MM/DD/YY) _____
Shot Put _____ Mark: _____
Hammer _____ Mark: _____
Discus _____ Mark: _____
Javelin _____ Mark: _____
Weight _____ Mark: _____
SuperWeight _____ Mark: _____
TOTAL _____ \$ _____

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the promoters, directors, the Long & Strong Throwers Club, USATF, the Lancaster City Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above event on July 13, 2002.

I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or contributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for the Long & Strong Throwers Classic.

Your Signature: _____

Date _____

LONG & STRONG THROWERS CLUB



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From Route 30, either East or West bound, take the Walnut Street exit (Lancaster). Proceed West, and at the third light take a right onto N. Broad Street. Go one block and you will see the J. P. McCaskey High School complex. Look for the football stadium.

USATF Sanctioned Meet

Groupings will be: age 19 to 49 (Youngest), then 50 and up (Oldest). Flights will be arranged at the meet to best accommodate conflicts among events without disrupting the flow of the meet. Medals awarded per 5-year age groups.

Write On

Continued from page 4

try races in Italy? rules as stated in handbook? Or un Committee's rule the Brisbane prog

Or, as Team instructed by the Committee Chairm in Brisbane?

If the Chairma Committee's versi an athlete can onl age-group team o competition, bu his/her age-grou younger team on

We are totally

British Veterans

AWARD C

Most running events are well-o smoothly. How award ceremonie Competitive athl in preparation fo right to be prop results.

These are so improve the awar and meets:

1. The announ with the particip ation of their nam

2. The annou oughly familiar should consider awards, starting youngest, so that within the area.

3. Awards sho groups to a mi unless a special s

4. Printed ra group winners c be posted as soc awards area and

5. In charity should be chari first. Age-group ived promptly.

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Write On

Continued from page 4

try races in Italy being run under the rules as stated in the current WAVA handbook? Or under the Non-Stadia Committee's rule changes on p. 47 in the Brisbane program?

Or, as Team Managers were instructed by the WMA Non-Stadia Committee Chairman at their meeting in Brisbane?

If the Chairman of the Non-Stadia Committee's version is correct, in Italy an athlete can only compete in his/her age-group team on the first two days of competition, but can compete in his/her age-group plus score for a younger team on day three.

We are totally confused.

*Bridget Cushen
Honorary Secretary
British Veterans Athletics Federation*

AWARD CEREMONIES

Most running and track & field events are well-organized and function smoothly. However, many of the award ceremonies could be improved. Competitive athletes spend much time in preparation for an event and have a right to be properly informed of the results.

These are some suggestions to improve the award ceremonies at races and meets:

1. The announcer should be familiar with the participants and the pronunciation of their names.

2. The announcer should be thoroughly familiar with the events and should consider reversing age-group awards, starting with the oldest to the youngest, so that younger people stay within the area.

3. Awards should be in five-year age groups to a minimum of 70 years unless a special situation exists.

4. Printed race results with age-group winners clearly defined should be posted as soon as available in the awards area and on the Internet.

5. In charity events, the event should be charitable to the athletes first. Age-group awards should be provided promptly.

6. The quality of the awards needs to be improved. The white marble base and the gold plastic figure must go.

*Al Puma
Brooklyn, New York*

DOPE TESTING

I read with interest the "Track & Field Report" by George Mathews (April NMN) concerning anti-doping testing and why it can't be tried within our borders. If we can't trust 5% of masters athletes to compete on a level playing field with the rest of us, we must rely on USATF officials.

I suggest two things for taking a positive step to bring forward the names of cheats and to get rid of them. First, have every sanctioned masters meet turn over to a USATF Masters Anti-Doping account a certain percent of its entry fees, even if it means charging more to enter. This might help cover some of the testing costs.

Secondly, any masters athlete who sets a world record must agree to undergo a random drug test within 90 days after setting the record, with a week's notification. Seven days is not enough time for the chemicals to leave the body. If the individual refuses or fails the test, it will be assumed to be an admission of guilt, their records should be erased, and they should be suspended from masters competition and subject to random testing for two years.

Mathews asked how we would like to give a report to an anti-doping agency, telling them where we are every minute of a 24-hour day for three months. I ask, "Why not?" He mentions the most extreme situation, done after someone has tested positive, such as the recent case where a U.S. athlete tested positive at the 1999 World Veterans Games, due to a doctor's prescription for female problems, not because she wanted to break rules.

Mathews' article is a clear notification for those who would cheat that we can't do anything about it. If we don't try to do something because it seems impossible, we have already lost the fight without even trying.

*Al Guidet
California City, California*



JERRY WOJCIK
M65 steeplechasers on the awards stand, 2001 National Masters Championships, Baton Rouge, La., (from l): Ritch White; Tom Butterfield, 2nd (8:32.55); Frank Haviland, 1st (8:26.61); Ken Ogden, 3rd (8:46.50); and Jim Hite. The 2002 Championships are scheduled for Orono, Me., Aug. 8-11.

CAROLINA MEET

The Carolina Masters T&F Club and Mecklenburg County Parks & Recreation Department co-sponsored the Carolina Masters Meet in Charlotte, N.C. in April. We plan to make this an annual meet. Our club was formed in September 2001 and already has over 40 members ranging from 25-to-69 years of age.

I am the club coach and have over 35 years of coaching cross-country and track at the high school and college levels. I coached at University of Nevada-Las Vegas from 1969-1976 and Campbell U., N.C., from 1976-1979.

Our club is continuing to grow. After this meet, we had numerous inquiries. We hold practices three days (Tues., Thurs. and Sat.) per week. Interested athletes from high school graduates on up can contact me at 704-588-6885, or by e-mail: gedwards@carolina.rr.com.

*Gordon Edwards
Charlotte, North Carolina*

SUPPORT FOR NMN

Two items in your May front page article "NMN Back at the Helm" caught my eye: the Sustainers pro-

gram and WMA support. I'm sure that "contributions to our Sustainers program essentially dried up," because folk like me saw no point in swelling Rodale's already ample coffers still further when there are other organizations, particularly charities, which need the money just to survive.

I find appalling the fact that, "The publication also lost substantial revenues when USATF (1997) and WMA (2002) dropped their financial support." I appreciate that USATF was near bankrupt at that time, but that makes little difference because its support of NMN would have been trivial in comparison with its total expenditure.

And I have no sympathy whatsoever for WMA, which has wasted money on drug-testing grandmothers on HRT, grandfathers on Viagra, etc., etc. And it only changed its name from WAVA - how much did that cost? - so that it would attract some great sum of money from some secret sponsor. Why did WMA have to cut NMN off without a penny when it had all that extra cash flooding in?

*Max Jones
Leeds, England*

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LDR Report

By RYAN LLAMPA
USATF Road Running Information Center

Road Records and Their Upkeep

Clearly, records are an integral part of any sport. During any sporting event, records of some type are announced/listed like "The meet record is held by..." Imagine any sport without some type of records. Unthinkable. Put simply, records, regardless of the level of competition, help define a sport and add to its history.

Part of our mission at the USA Track & Field Road Running Information Center is to maintain, compile and clear all the road records for USATF, plus the track records over 10,000 meters.

Our database contains over 5000 records (national single-age and age-group marks for the standard distances). In addition, we also keep "unofficial" world open and masters road records.

This article will explain the record keeping process – its rhyme and reason and its importance to our sport.

A Little Background

In our sport, road records are relatively new, as the sport on a national scale is young compared to other individual sports like track & field, golf, and tennis. Remember, the "running boom" only harks back to the 70s. Official U.S. road records were only recognized in 1982 by TAC (now USATF).

The catalyst for recognizing road records was Ken Young. In 1975, he started the National Running Data Center (NRDC), a precursor to RRIC. As the running boom exploded, Young created a database to compile demographics, the best performances and unofficial records.

There were, however, three areas of concern. First, was the course accurate? Second, was the timing valid? And third, was the competition fair (i.e., no assistance, cutting the course, etc.)?

The first concern was addressed by creating a course certification program (i.e., accurately measuring a course with a reliable measuring device like a Jones counter). In the mid-70s, Ted Corbitt and the New York Road Runners Club were early pioneers in this area.

Once courses could be accurately measured and validated, the road race application – which will be explained in detail later – was created to document the course layout, timing and fair competition.

Sanctioned and Certified

At this time, it is important to define two terms commonly seen on road race flyers/ads: sanctioned and certified. A sanction refers to the event, and it can be obtained from your local USATF association. The sanction serves as a "seal of approval" and includes liability insurance.

An event is not certified; it is the course that is certified. If a race advertises a certified course, it means that the course was measured accurately by uniform standards. The course certification program is supervised by the USATF Road Running Technical Council (RRTC). In the United States, over 15,000 courses are currently certified

and approximately 100 new certified courses are added per month.

Verification

How can you verify if a given race is certified? First, call the race and ask or go to its website. A race director should be able to rattle off the certification number, or, even better, it should be prominently listed in any race material. If the course is certified, the race director has the paperwork (i.e., the course certificate and its accompanying map).

Each certified course is assigned a number. For example, a California course number will be "CA02001RS". The number is broken down as follows: CA stands for California, 02 is the year of certification, the last three numbers correspond to when certified (001 being the first one of the year for that certifier) and RS is the certifier's initials (the certifier verifies the measurer's numbers and paperwork). A course has a ten-year life, but it can be renewed if the course remains the same. A change in the course's layout due to construction or other reasons requires re-certification.

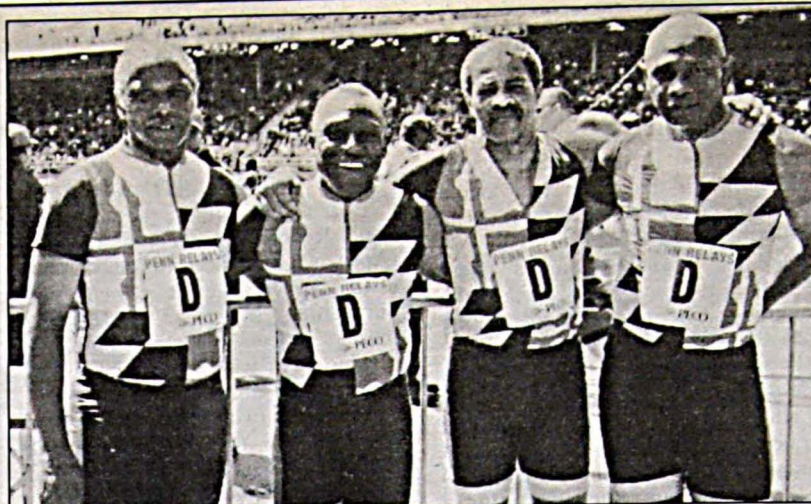
At RRIC, we have a master list of all the certified courses in the country and on our website (www.usaldr.org), there is a certified course search engine. On the opening page at the top, click on the link "for runners/races" on the top menu. Also a downloadable certified course list – updated monthly – is available on the RRTC website (www.rrtc.net).

The Criteria

Like track records, road records also have established criteria, which are explained in USATF Rule 185 (Rules Applicable to Long Distance Running Events). The Competition Rules book lists the rules pertaining to the sport of athletics. To order the book, see the resource section at the end of this article. In sum, Rule 185 and others cover the general issues raised by Ken Young and others when road running moved from a fringe sport to a legitimate one.

Along with the timing and fair competition requirements, in order to set a U.S. road record, the course must be record standard. A record standard course has two components: acceptable drop and limited wind aid. The logic is simple: downhill running can be an aid and, likewise, the wind.

According to Rule 185.5, for all road races: a) The course must not have a net decrease in elevation from start to finish exceeding 1 part per thousand (i.e., 1 meter per kilometer); b) The start and finish of the race must lie no more than 30% of the race distance apart as mea-



WARREN GRAF

The Maryland Masters M50+ winning 4x100 (48.03), 2002 Penn Relays (from l): Melvin Fields, Bob Koontz, Mike McDaniel, and Jeffery Polk.

sured along the straight line between them, except when it can be shown that the average component of the wind direction at the head of the race (the lead runner) did not constitute a significant tailwind. NOTE: A tailwind shall be deemed to be significant if it prevails consistently throughout more than 50% of the course during the race.

About 90% of U.S. courses meet the above criteria. A loop course – starting and beginning at approximately the same spot – is a record standard one. Like on a 400m track, the wind component is balanced out on a loop course.

If a course drops more than 1 meter per kilometer, it is not record standard. The vast majority of courses that do not comply with Rule 185.5(a) are point-to-point. The St. George Marathon course, for example, is point-to-point and it drops 19m/km and, thus, national records cannot be set on it.

Some point-to-point courses, however, can be record standard if, on race day,

the wind component was not significant. For example, at the 1998 Examiner Bay to Breakers 12K, U.S. records were set. Although point-to-point, the Breakers course does not have excessive drop and during last year's race, the wind was not an aid and, thus, records were possible.

Although courses with excessive drop and/or point-to-point with an aiding wind are not record standard, USATF does editorially recognize what is known as a U.S. "best" on either type of course. A "best" is the fastest time performance in an age group or open division from a non-record standard course. For example, Bob Kempainen held the U.S. men's marathon best (2:08:47) set in 1994 at Boston. The point-to-point Boston course drops 3.2m/km.

USATF does not interchange the words "record" and "best" regarding road records. A record is a record and a best is a best; they are not the same thing. □

Raschker Breaks Four U.S. Records in Georgia

By JERRY WOJCIK

A month after breaking one W55 national and five world records at the National Masters Indoor Championships in Boston, Phil Raschker, 55, Marietta, Ga., broke four U.S. records in the USATF/AARP Georgia Masters Championships at Savannah State University, April 19-20.

In the 80H, Raschker ran an age-graded 93.6% 13.44, taking more than one second off the present record of 15.25, held by Christel Miller, set in 1990. Raschker also bettered another record held by Miller, for the triple jump (8.08/1990), with an 8.96.

Raschker's other records also came in the jumps, with a 4.50 in the long jump, and a 1.36, an A-G 90.0%, in the high jump. Nadine O'Connor has the long jump record at 4.39 in 1998. Kathy Bergen set a high jump record of 1.33 in 1996.

In other events, good early season marks came from Marion McCoy, M50, who won the 100 in 12.02 and the 200 in 25.16. Anson Clapcott, M50, ran a national top-ranked 37:20.82 in the 10,000 and won the 1500 with a 4:55.50.

Bryan Stewart, M40, South



SUZY HESS

Phil Raschker broke four W55 U.S. records in the USATF/AARP Georgia Masters Championships.

Carolina, bettered his 2001 M40 10th-place ranking (13.38) in the shot put with a 13.81. Robert Kouvolio, M50, also of South Carolina, third-ranked (56.78) in 2001, had the best javelin effort with a 54.84. □

M

EA

• Fifteen years after (4:32.9), Maria Pazare first female in 4:41. Westminster, MD, Ap John Roemer, 42, with Poulos, 40, took fourth won the M50-59 division.

• Kathy Martin, 50, to defy Father Time by to finish first female in 90.6% 37:33, National for ASPIRE, Plainview Donato, 44, won the M Aguirre, 55, took the Louise Michelsohn, (43:58). The race was Championships and KeySpan Grand Prix.

• On April 21, Mich NY, broke the W60 U.S. a 12:08.7, Potomac VA, shaving 17 seconds 12:25.6 in 1986.

• Jim Hage, 44, L place 32:48, and Win DC, streaked to master 10K, in DC, March 17. Moeser, 50, Sterling, Wack, 46, Germantown winners included John MD, 39:18, and Gaithersburg, MD, 45: in a light drizzle and te

• In an unusual turn Skagg-Walsh 5K, Apr women's first master b Alayne Adams, 40, nearly a minute ahead 19:50. You go, girl!

• Masters champion Run for the Parks 4-M April 21, were Amado Kim Griffin, 40, 22:2 included Adolf Law Thelma Wilson, 70, 3

• Sweeping the e NYRR Nike Bring a Fr NYC, April 28, was C The men's masters Granados, 43, 28:35 grabbed the win in he

• Bob Matteson b a 1:38.05 in the MAC February. The pres Russell Randall in 1

MIC

• Mark Neal, M40 Maria Wordelman, zled to masters first Pasta 5K, Grand Ra Yob, M65, Hesper Lancaster, W65, H division wins.

• Rod Craig, Topham, W45, 29: 2002 Borgess/US Championships, Ap was second in 24: ners included Davi Joan Berman, W6

• Joanne Nug women's race o Marathon, Athens, Westerville, OH, (3:05:29). Robert OH, finished third

• Gary Romes 1:11:50 to repe Indianapolis Life Marathon, May 4, cruised to the W4

Masters Scene

EAST

• Fifteen years after setting the women's CR (4:32.9), **Maria Pazarentzos-Spinner**, 40, was first female in 4:49 in the Main St. Mile, Westminster, MD, April 10. First M40+ was **John Roemer**, 42, with a third-place 4:25. **Ted Poulos**, 40, took fourth (4:29); **Bob Weiner**, 55, won the M50-59 division, with a 5:22.

• **Kathy Martin**, 50, Northport, NY, continued to defy Father Time by outkicking younger rivals to finish first female overall in an age-graded 90.6% 37:33, Nationwide Insurance 10K Run for ASPIRE, Plainview, NY, April 6. **Don Di Donato**, 44, won the M40+ race in 34:39. **Julio Aguirre**, 55, took the M55 title (37:52); **Marie Louise Michelsohn**, 60, was W60 winner (43:58). The race was also the LITF 10K Championships and another event in the KeySpan Grand Prix of Long Island.

• On April 21, **Michelsohn**, 60, Stony Brook, NY, broke the W60 U.S. record for the 3000 with a 12:08.7, Potomac Valley TC Meet, Alexandria, VA, shaving 17 seconds off Margaret Miller's 12:25.6 in 1986.

• **Jim Hage**, 44, Lanham, MD, with a fifth-place 32:48, and **Win Persina**, 41, Washington, DC, streaked to masters firsts, St. Patrick's Day 10K, in DC, March 17. Runners-up were **Chuck Moeser**, 50, Sterling, MD, 33:35, and **Linda Wack**, 46, Germantown, MD, 40:05. Division winners included **John Elliott**, 63, Columbia, MD, 39:18, and **Sharon Dolan**, 60, Gaithersburg, MD, 45:09. Nearly 4200 finished in a light drizzle and temperatures in the 40s.

• In an unusual turn of events at the NYRR Skagg-Walsh 5K, April 13, Queens, NY, the women's first master beat the men's first master, **Alayne Adams**, 40, 17:55; crossed the line nearly a minute ahead of **Dan Shleyer**, 40, 19:50. You go, girl!

• Masters champions at the NYRR Niketown Run for the Parks 4-Miler, Central Park, NYC, April 21, were **Amador Ybanez**, 45, 21:03, and **Kim Griffin**, 40, 22:27. Age-group stand-outs included **Adolf Lawrowski**, 55, 24:52, and **Thelma Wilson**, 70, 38:45.

• Sweeping the entire women's field at the NYRR Nike Bring a Friend 5-Miler, Central Park, NYC, April 28, was **Corinna Cortes**, 41, 32:59. The men's masters title went to **Ricardo Granados**, 43, 28:35. **Edith Farias**, 78, 56:25, grabbed the win in her age group.

• **Bob Matteson** broke the M85 400 WR with a 1:38.05 in the MAC Indoor Championships in February. The present record is 1:40.86 by **Russell Randall** in 1993.

MIDWEST

• **Mark Neal**, M40, Rochester, MI, 16:24, and **Maria Wordelman**, W45, Ada, MI, 20:51, sized to masters firsts, Pietro's Run Fasta Eat Pasta 5K, Grand Rapids, MI, April 13. **Edward Yob**, M65, Hesperia, MI, 22:03, and **Liz Lancaster**, W65, Hastings, MI, 25:14, savored division wins.

• **Rod Craig**, M40, 24:10, and **Debbie Topham**, W45, 29:03, hurried to overall firsts, 2002 Borgess/USATF Michigan 5K RW Championships, April 27. **Gary Morgan**, M40, was second in 24:21. Impressive division winners included **Davis Pichey**, M55, 28:15, and **Joan Berman**, W60, 34:15.

• **Joanne Nugent**, 40, Cincinnati, took the women's race overall in 3:23:45, Athens Marathon, Athens, OH, April 14. **Will Kopp**, 41, Westerville, OH, was the M40+ winner (3:05:29). **Robert Alexander**, 50, Worthington, OH, finished third M40+ (3:14:12).

• **Gary Romesser**, 51, Indianapolis, IN, ran 1:11:50 to repeat as 40+ winner at the Indianapolis Life 500 Mini-Marathon/Half-Marathon, May 4. **Jeanne Olash**, KY, 1:23:21, cruised to the W40+ crown. "It was fun to duke

it out with some old Indiana friends," Romesser told reporter **Matt Morris** of his competition, which included **Mike Smith**, Brownsburg, IN, second M40+ in 1:12:29, and **Terry Brahm**, a U.S. Olympian at 5000 in 1988. Brahm, 39, perhaps preparing for a masters career, was running his first race in a decade and turned in a promising 1:12:55. Up the age groups, **Dick Wilson**, 70, turned in a solid 1:33:16. Wilson, a former Indianapolis who now lives in Lawrence, KS, ran for the University of Kansas' NCAA Championship Cross-Country team in the 1950s.

• **Tatyana Pozdnyakova** trotted to a 15 minute CR and \$10,000 piggy bank bonus for her 12:34:35 win at the Flying Pig Marathon, Cincinnati, OH, May 5. She was only three minutes behind the overall men's winner.

MID-AMERICA

• Masters scored overall wins in three of the four individual events in the 33rd annual Longest Day Races, Brookings, SD, April 20. **Vicki Nelson**, 41, Sioux Falls, SD, was first overall in the 5K (20:31), while **Tim Zbikowski**, 50, Maple Grove, MN, took the M40+ contest (21:52). **Dave Braley**, 44, Sioux Falls, won the half-marathon (85:17), with **Richard Sample**, 52, Madison, SD, second (91:35). **Mike Wiggins**, 53, Hawarden, IA, paced the 5K race-walkers (24:32). **Larry Bethel**, 50, Fergus Falls, MN, was fourth and first M40+ in the marathon (3:18:36).

• **Daniel Pohlman**, 42, 79:13 and **Dana Berkbugler**, 40, 96:41, bested the masters fields, St. Louis Half-Marathon, April 14. First 50+ were **Bernie Violand**, 51, 82:29, and **Kathy Mathews**, 53, 1:44:34. First M60+ was **Granville White**, 60, 94:09.

• **Steve Riley**, 48, Topeka, KS, 58:50, and **Carol McFall**, 42, Lawrence, KS, 67:05, took masters firsts, Winnie Hesse Memorial 10 Mile, Topeka, April 6. Senior masters division winners were **Don Turner**, 53, Shawnee, KS, 68:08, and **Dee Boeck**, 52, Lawrence, 80:07. **Dick Wilson**, 70, Lawrence, ran a 71:13, breaking the Kansas state record for M70 by over 13 minutes. On April 14, Wilson ran a 1:36:54 (A-G 72:22) to smash the KS state record (1:52:32), Raintree Half-Marathon in Lawrence. **Mark Corp**, 43, 70:29, and **Maria Rhoden**, 46, 91:56, churned out masters wins.

SOUTHWEST

• **Terry Marcott**, 44, Flower Mound, TX, 2:50:57, and **Kim Bricker**, 42, Edmond, OK, 3:20:07, galloped to the masters wins at the 2nd Oklahoma City Memorial Marathon, April 28. Four thousand runners enjoyed cool temperatures and a moderate wind.

• **Bill Collins**, 51, a couple of weeks after breaking WRs in the 60m and 200 in the National Masters Indoor Championships, Boston, set an M50 WR for the 100 with a 10.95 against a head wind, Pelican Relays, Southern U., Baton Rouge, April 13. **Ken Dennis** holds the present record of 11.2h, set in 1987 when he was 50.

• **Sherrie Keim**, 40, collected \$300 for her overall female win in 18:37, United Way Mississippi River Bridge 5K, Destrehan-Luling, LA, April 13. **William Martin**, 47, won \$150 for first M40+ with a 17:32. Grandmasters winners, **Junius Nixon**, 50, 17:45, and **Yvonne Thomas**, 58, 23:45, each went home \$100 richer, as did **Glen Bodet**, 40, 28:34, and **Denise Surratt**, 52, 31:43, first racewalkers overall.

• **Terri Cassel**, 40, Tulsa, OK, dashed to a first-female 19:35 in the snow-postponed Wish Lemons 5K, Tulsa, March 23. **Pete Orban**, 46, was fourth-overall in 17:27. Lemons, 84, the race's namesake, finished in 51:22.

• **Ron Parks**, M40, 32:43, and **Priscilla**

Godl, W40, with a third-female overall 40:04, registered masters firsts, Red Bud Classic 10K, Oklahoma City, April 7. Division winners included **Tom Trusdale**, M50, 37:46; **Paul Heltzman**, M70, 44:53; and **Geraldine Weber**, W60, 50:46.

WEST

• **Keith Whitthauer**, 45, Apple Valley, CA, 17:13, and **Christa Koot**, 43, Mira Loma, CA, 20:29, galloped to wins in the Santa Anita Derby Day Masters 5K, Arcadia, CA. Division winners included **Maurro Rodriguez**, 60, Los Angeles, 20:34, and **Sue Reinhardt**, 55, Rancho Palos Verdes, CA, 23:05. Masters firsts in the Open 5K were **Marcos Cortez**, 41, Los Angeles, 18:08, and **Barbara Varon**, 50, Palos Verdes Estates, CA, 21:54.

• **Doreen Fay**, 43, Blue Jay, CA, was first female overall (96:12), Run Through the Redlands Half-Marathon, Redlands, CA, April 21. **Cherie Gruenfeld**, 57, also of Blue Jay, took third (1:45:34). **Joseluis Diaz**, 46, Los Angeles, nabbed the M40+ race in 82:38. **Don Waggett**, 53, Vista, CA, 40:04, and **Vickie Sanders**, 49, Redlands, 47:14, garnered masters firsts in the 10K. **Ray Ashworth**, 53, Highland, CA, with an age-graded 82.1% 18:08, and **Laura Watkins**, 41, Redlands, in 21:48, were masters firsts in the 5K. **Paula Hart**, 61, finished second W40+ in 22:15, a top A-G 82.9%.

• **Diablo Valley College**, Pleasant Hill, CA, is resuming its July Friday evening (5:30 pm) all-comers meets.

• **Vitas Ezerskis**, 41, San Francisco, 2:33:28, breezed to the M40+ blue ribbon at the beautiful Big Sur Marathon, Carmel, CA, April 28. *Runner's World* publisher, **George Hirsch**, 67, NYC, tossed off a 3:37:12, while **RW** coworker **Bart Yasso**, 46, Emmaus, PA, must have been doing 2:54 800 repeats to produce his 2:54:51 finish. **Michael Dove**, 55, Salinas, CA, turned in a salty 3:05:17. **Julianne White**, 40, Vista, CA, was the overall women's winner, 2:51:10, placing her a fat half-mile in front of overall and masters runner-up **Ida Mitten**, 40, Kimberly, BC, CAN. **Diane Ridgeway**, 53, Arvada, CO, ran an oxygen-rich sea-level 3:23:53 effort. Save Mitten, all were division winners.

NORTHWEST

• **Bob Lawson**, 67, was top scorer (4326) in the Seattle Masters AC Spring Fling Weight Pentathlon, Seattle, May 4. **Harvey Lewellen**, 73, was a close second (4295), **Robin Herron**, 65, third (3488). **Georgia Cutler**, 59, won the women's phase (3287). Events were the same as in the regular WP with the superweight substituting for the javelin.

• The Club Northwest Summer All-Comers T&F Series continues on June 5, 12 (site TBA), 19, 26; July 3, 10, 17, 24, 31; Aug. 7, 14, at Edmonds District Stadium, Edmonds, WA. Masters events (with HS & open) start at 7 pm. www.cnw.org

• **Leonard Hill**, 49, Klamath Falls, OR, with a seventh-place 56:30, and **Nicki Wright**, 42, Gold Hill, OR, 70:57, bloomed to masters firsts in the Pear Blossom 10 Mile, Medford, OR, April 13. **Sandi Whittle**, 53, Medford, was third W40+ in 72:27. **Gary Clarida**, 53, Rogue River, OR, finished with the leaders in 60:05. **John Keston**, 77, McMinnville, OR, recuperated after injury, won the M75 race with an A-G 90.1% 73:17.

• The Eugene Running Club's M40+ (2:45:44) and W40+ (3:04:13) Teams finished with better times than the Open Men (3:16:21) and Women (3:34:38) Teams in the Oregon Marathon Relay in Eugene, April 20. The Mixed Masters winning team was also better (3:04:02). The Super Masters Mixed race went to the Almost Over the Hill Gang (3:53:31). And the Aging Heroes team, a Super Masters Men entry, was best of all, with a 2:44:07.

• **John O'Hearn**, M40, turned in a sixth-place 76:49 of 945 finishers, Mercer Island Half-Marathon, Mercer Island, WA, March 24. **Phil Welch**, M50 winner, ended with an 81:08.



JERRY WOJCIK

Jim Satterfield, third-ranked M45 (12:07.55) in the 2001 3000m steeplechase, seen here in the Portland Masters Classic. This year's meet, scheduled for June 22-23, will be the Oregon Association Masters Championships.

Sherry Detillion, W40, was top W40+ (93:21). **Dorie Quam** took the W55 race in 1:42:46. In the 8K, **Mark Billett**, M45, chalked up a third-place 27:31. **Nancy Abraham** W45, was fastest W40+ with a 33:11. **Lance Albertson** won the M70+ race with a reported 34:16.

• **Eddy Hellebuyck**, 41, Albuquerque, NM, suffered a rare masters defeat at the Bloomsday 12K, Spokane, WA, May 5, taking second to **Simon Karori** 42, KEN, 37:36 to 38:32. **Graeme Fell**, 43, CAN, covered the hilly course in 39:23 for M40 third. **Lyubov Kremleva**, 40, RUS, 42:16, outran former Spokaneite and 1997 Bloomsday overall winner **Kim Jones**, 44, Ft. Collins, CO, 45:24, for the women's 40+ laurels.

INTERNATIONAL

• **Fauja Singh**, 91, set a new M90 World's Best at the London Marathon, April 14. His 6:45:31 lowered the previous record (**James Ramsay**, USA, 7:52:50, 1998) by more than an hour. **Maurice Clark**, 90, UK, also came in under the record, 7:26:18. **Zinalda Semenova**, 40, Russia, won the W40+ with a world-class 2:27:45, good for eighth overall.

• US Marathon Olympian **Linda Somers-Smith**, 40, San Luis Obispo, CA, helped the US Half-Marathon team in its efforts at the IAAF World Half-Marathon Championships, May 5, Brussels, Belgium. Her 1:17:38 placed 55th overall.

OBITUARY

• **Mike Davis**, 52, organizer of the Lincoln-Way indoor meets at New Lenox, Ill., died of an apparent heart attack on April 27. Davis was a high school coach and competed as a master in the combined-events and pole vault. **Gerry Krainik**, a fellow coach and competitor, said of Davis, "He was a wonderful father and coach. Mike had a great sense of humor and gave his time freely. The Midwest Region has lost an important masters track & field proponent, his high school a fine man and coach, his children their father. I've lost a unique friend."

CORRECTIONS

• The runner in the picture of the National Masters Indoor Championships, Boston, on p. 19 of the May issue is **Roger Pierce**, not **Roger Price**. Pierce was the M55 400 winner in 57.06.

Julie Morrison Killed in Car Accident

Julie Morrison, co-founder with her husband Bruce of *Running Journal*, was tragically killed in a two-car accident Friday night, May 17, in Greeneville, Tenn.

Morrison was a passenger in a vehicle operated by her husband, according to the Greeneville Police Department. Other passengers were Jennifer Shepherd and Cheryl Morrison.

Shepherd, the two Morrisons, and the driver of the second car were listed in fair condition.

"Julie was a woman full of life and great spirit," said Mary Lou Day, Editor of *Running Journal*. "She will be greatly missed. We ask that you remember Bruce and all of the *Running Journal* family in your thoughts and prayers in the coming days." □



JERRY WOJCIK

The W35 100m finals, 1998 National Masters Championships, Orono, Me., won by Charlene Landrum #381 (12.76). Dana Baumgarten #862 was 2nd (13.08), Belinda McCoy #446, 3rd (13.61), and Elaine Iba #337, 4th (13.95). The Championships return to Orono on Aug. 8-11.

HAYWARD CLASSIC

Hayward Field ≈ University of Oregon
June 29 & 30, 2002

TRACK	TIME	FIELD
10,000 Meters (ALL)	8:30	Long Jump (East) All W/M 60+
	9:00	Long Jump (West) M30-59 - Javelin All W/M 60+
5K Racewalk	9:45	Weight Throw M 30-59
Age Graded Mile	10:30	High Jump M30-59
2K Steeplechase	11:00	Weight Throw All W/M 60+
3K Steeplechase	11:30	Javelin M 30-59
80M Hurdles	12:30	High Jump All W/M 60+
100 Meter Hurdles	12:40	Shot Put (two rings) South ring All W/M 65+
110 Meter Hurdles	12:50	West ring M 30-64
100 Meters	1:15	
400 Meters	2:15	All events open to both men and women
3,000 Meters	3:00	In General, women before men and older before younger

GENERAL INFORMATION

DIVISIONS: 5 year age divisions for men and women age 30 and over.
ENTRY FEES: \$14 first event (no t-shirt); \$6 second event; \$4 each additional event.
ENTRY DEADLINE: Postmarked by Friday, June 21, 2002.
LATE ENTRY: \$10 LATE FEE AFTER June 21. NO ENTRIES AFTER 5 PM THURSDAY, JUNE 27.
RELAYS: Held in 10 year age groups; must wear distinguishable tops. Will be a team scoring event.
AWARDS: Medals awarded for 1st, 2nd, 3rd; ribbons for 4th, 5th and 6th.
TEAM COMPETITION: Team scoring. First Place Traveling Trophies for Men's, Women's and Combined. Team affiliation must be on entry form. No minimum number of members for teams.
FACILITY: All-weather track and runways (max. 1/4" spikes allowed).
IMPLEMENTS: OTCM will have some throwing implements available.
MEET HEADQUARTERS: Phoenix Inn, 850 Franklin Blvd., Eugene, OR, 97403. Call 1-800-344-0131 for reservations. Indicate Hayward Classic for group rate. Register early - space limited.
PACKETS: Available at Phoenix Inn, 6-8 pm, Friday, June 28 and at Hayward Field after 7:30 am, Saturday, June 29.
RECEPTION: Sponsored by OTCM, Saturday, June 29, 4:30 to 6:00 pm at the Casanova Center. Light refreshments. There will be a Regional meeting after the reception.
WEB: www.haywardclassic.com **EMAIL:** brem@oregon.uoregon.edu

USATF SANCTIONED - ALL COMPETITORS MUST BE USATF MEMBERS (applications at registration)

TRACK	TIME	FIELD
5,000 Meters (men before women)	9:00	Discus M 30-59
	10:00	Hammer All W/M 60+
300 Meter Hurdles	10:15	Triple Jump M 30-59
400 Meter Hurdles	10:30	Pole Vault All (two pits)
800 Meters	10:45	Discus All W/M 70+
1 Mile Racewalk	11:00	Hammer M 30-59
200 Meters	11:35	Triple Jump All W/M 60+
1500 Meters	12:30	Discus M 60-69
Relays	1:15	4 X 100, 4 X 400, 4 X 800, Medley relay *

(*medley relay 200, 400, 800, 1600)

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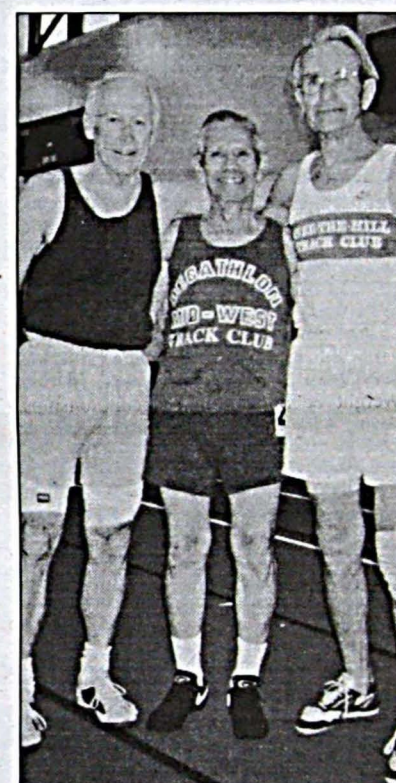
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KAREN HUFF

Age-group winners in the 2002 National Masters Indoor Heptathlon Championships (from l): Bill Jankovich, 68, Pops Thorne, 85, and Fred Hirsimaki.

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First Name _____ Birth Date: ____/____/____

Last Name _____ Age (as of 6/29/02) _____

Address _____ Male _____ Female _____

USATF # _____

Phone (____) _____ Club Affiliation _____ eMail _____

EVENT ENTRY	Best 01/02 Time* (running events only)		
1	_____	\$10 Late Fee after June 21st. Late entries accepted until 5PM Thursday, June 27th. No Event Changes After Registration	ENTRY FEES: 1 Event \$14 - 2 Events \$20 - 3 Events \$24 - 4 Events \$28 - 5 Events \$32 - Etc. ENTRY TOTAL \$ _____ Late Entry Fee \$ _____ T-Shirt Total \$ _____ Hats (\$10ea) \$ _____ TOTAL ENCLOSED \$ _____
2	_____		
3	_____		
4	_____		
		T-SHIRT - \$10.00 <input type="checkbox"/> small <input type="checkbox"/> med <input type="checkbox"/> large <input type="checkbox"/> x-large <input type="checkbox"/> XXL (\$12.00)	

Will you attend the Saturday night reception? Yes ☐ No ☐ Number attending _____

I waive all rights that I or my heirs or assigns have against OTCM & sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event. I declare that I am in good health to participate.

Signed _____ Date _____
 SEND ENTRY WITH PAYMENT TO: OREGON TRACK CLUB MASTERS, C/O RUTH BREMILLER, 590 W. 29TH AVE., EUGENE, OR 97405 (541) 687-9675

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TRACK

NATI

June 21-23. Masters USATF Open Championships, Mark Cleary, Masters 589-0242; runnersmar.com/Cleary.html. M-800 only.

June 22-23. USA Decathlon/Heptathlon College of New Jersey, 24302 77th St., Paducah, KY 40301. jwaty@hycor.com

August 8-11. 35th Annual Masters Championships, Orono, Rolland R. Memorial Gymnasium, 207-581-1077; <http://www.trackfield.html>

September 7. USA Weight & Superweight West Seattle Stadium, Hillcrest Ave. SW, Seattle, WA 98148. 932-3923; kweinbel@comcast.net

November 9. USA Weight Pentathlon, Amant, La. Jeff Barty, Gonzales, LA 70737

Connecticut, Delaware, Maryland, Maine, New Jersey, New York, Pennsylvania, Rhode Island, South Carolina, Virginia, Washington, West Virginia, Wisconsin, Wyoming

June 1. Throw-a-tune Reading, Pa. 15 in events per event, i.e. W40 600g, 500g, implement, WP score team of two. 9:00 Lutheran Rd., G 610-754-6007; ffei@comcast.net

June 2. Superweight See Ray Feick, June 2. Garden State Randolph, N.J. O Madeline Bost, P 07845. Morton Ha

June 4, 11, 18, 2 Meets, Roxboro 6:00 pm. Joel Dub

June 5-9. Empire Syracuse, N.Y. 211 stategames.org/ser

June 5, 12, 19, 26 Twilight Thro HS, Mass. 978- aol.com

June 6. USATF ships, Schuyler 273-5552; www.273-5552.com

June 7-9. Ocean

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 21-23. Masters Invitational Events at USATF Open Championships, Stanford U. Mark Cleary, Masters Coordinator, 949-589-0242; runnermark@cox.net; www.xro.com/Cleary.html. M40+ 400 only; W40+ 800 only.

June 22-23. USATF National Masters Decathlon/Heptathlon Championships, College of New Jersey, Trenton. Jeff Watry, 24302 77th St., Paddock Lake, WI 53169. jwatry@hycor.com

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

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

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

EAST

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

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

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

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

June 4, 11, 18, 25. Philadelphia Masters Meets, Roxborough HS, Philadelphia. 6:00 pm. Joel Dubow, 484-437-9463.

June 5-9. Empire State Senior Games, Syracuse, N.Y. 212-694-3618; www.empirestategames.org/senior

June 5, 12, 19, 26. Chelmsford Wed. Night Twilight Throwers Meet, Chelmsford HS, Mass. 978-250-1314; chamby65@aol.com

June 6. USATF Adirondack Championships, Schuylerville HS, Troy, N.Y. 518-273-5552; www.usatfadir.org

June 7-9. Ocean State Senior Olympics,

Providence, R.I. Open to out-of-state. Mike Lyons, 401-431-5007.

June 8. Philadelphia Masters Championship Meet, Valley Forge Military Academy, Radnor, Pa. 9:00 am. Joel Dubow, 484-437-9463.

June 8. Allegheny Valley Masters & Open Meet, Springdale HS, Springdale, Pa. 8:00 am. Bob Freund, Alle-Kiski Med. Ctr., Outpatient PT, 1620 Pacific Ave., Natrona Heights, PA 15065. 724-224-2166; fax: 224-3732.

June 8. Beverly Lions Age-Graded Meet, Beverly, Mass. 10 a.m. 978-969-2339; bevlions@aol.com

June 9. 11th annual Sports Classic, Rochester, N.H. Rene Lessard, 603-335-1770; hsc@gwi.net

June 9. NY Masters Spring Classic, Merchant Marine Academy, Fort Point, N.Y. SASE to NY 11011 65th Ave., Flushing, NY 11365. 718-358-6233 (7-9 pm NY time).

June 9. Colonie Mile, Colonie HS, Albany, N.Y. 518-435-4500; hmrrc.com

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

June 10-15. Pennsylvania Senior Games, Shippensburg. Judith Brominski, 570-823-3164, x7; www.keystonegames.com

June 12. Holmdel International Meet, Bob Roggy Memorial Field, Holmdel, N.J. 6:00 pm. Masters 100/400/mile/4x800 relay. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. Elliottden@aol.com

June 13-16, 22. Massachusetts Senior Games, Springfield. 413-788-2457; www.msgames.com

June 22. Vermont State Meet/Green Mountain Senior Games, Chester. Barbara Jordan, 802-658-4486.

June 26. Shore AC All-comers Meet, Ocean Township HS, W. Park Ave., Oakhurst, N.J. 6:15 pm. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. Elliottden@aol.com

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

June 30. USATF New Jersey & Open Masters Championships, Monmouth Regional HS, Tinton Falls, N.J. M&W30+. Isabel Keeley, 31 Breakwater Sq., Freehold, NJ 07728. ikeeley@andromeda.rutgers.edu

June 30. USATF Three Rivers Masters & Open Championships, Slippery Rock U., Pa. 412-362-5511.

July 10, 17, 24. Shore AC All-Comers Meet, Ocean Township HS, W. Park Ave., Oakhurst, N.J. 6:15 pm. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. Elliottden@aol.com

July 13. USATF Maine Championships, Bowdoin College, Brunswick. Dave Watson, 207-443-6171; www.meusatf.org

July 13. Long & Strong Throwers Classic, J.P. McKaskey HS, 445 Reservoir St., Lancaster, Pa. 9 am. Contact Glenn Thompson, 717-238-1720/Thrower60@aol.com, or Terry Shuman, 717-285-7943/TGShuman2@aol.com; www.longandstrong.com for entry form.

July 14. USATF Long Island Championships, Uniondale, N.Y. 516-349-1770; www.litf.org

July 26-27. USATF East Regional Masters Championships, Springfield College, Springfield, Mass. www.usatfne.org

July 27-August 4. Connecticut Senior Olympics, site TBA. Open to out-of-state. Bill Mudano, Jr., 860-528-4588; www.nutmegstategames.com

August 4 & 18. Potomac Valley TC Meets, T.C. Williams HS, Alexandria, Va. 8:30 am. 703-671-2520; www.pvtc.org

August 18. New Hampshire, Granite State Senior Games, Memorial HS, Manchester. Open to out-of-state. GSSG, 610 Front St., Suite B, Manchester, NH 03102-2610. 603-622-9041; www.nhseiniorgames.org

SOUTHEAST

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

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

June 1. Miami Northwest Express Meet, Miami, Fla. Bob Fine, 3250 Lakeview Blvd., Delray Beach, FL 33445-5607. 561-499-3370; email: bobfine@aol.com

June 8. Atlanta Track Club Masters & Open T&F Meet, Emory University Track, Atlanta, Ga. www.atlantatrackclub.org

June 8. USATF Florida Championships, Kissimmee (Orlando). See June 1.

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

June 8. Miami NW Classic, Miami, Fla. 305-836-2409.

June 8-30. North Carolina State Games, Raleigh. 919-361-1133, x2.

June 13-16. Florida Sunshine State Games, Orlando, Fla. 850-488-8347.

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

June 15. Florida Sunshine Games, Palm Beach Gardens. Fla. residents only. See June 1.

June 21. Jacksonville TC All-Comers Meet, Bolles School Track, Jacksonville, Fla. 7:00 pm. 904-384-TRAK.

June 22. South Florida Meet/Florida AC, Palm Beach Gardens. See June 1.

July 19-25. Tennessee Senior Games, Nashville. Christine Dewbre, 615-902-9261.

July 20. Jacksonville TC Summer Classic, Bolles School Track, Jacksonville, Fla. Field - 5 pm; track 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205. 904-384-TRAK.

July 21. Georgia Games Meet, Burke County HS, Waynesboro. Masters/Open. Jim Hite, 478-982-4881; www.georgia-games.org

August 31-September 1. USATF Southeast Regional Masters/PVA Championships, T.C. Williams HS, Alexandria, Va. Mark Richards Pentathlon & Special Weight Pentathlon on 31st. SASE to Potomac Valley Games, c/o V. Meyer, 2305 S. Buchanan St., Arlington, VA 22206. 703-671-2520; www.pvtc.org

ON TAP FOR JUNE

TRACK AND FIELD

The USATF Mid-America Regional Masters Championships is listed for the 8th in Wichita. Remaining major contests include the NCSTC/Mark Grubi Memorial, Berkeley, Calif., and GSAC Randolph, N.J. Meet, on the 2nd; the Birmingham, Ala., TC Classic, Atlanta TC, and Saddleback Masters Meets on the 8th; the Crown Valley Senior Games, Pasadena, Calif., and Tennessee Masters Championships, Murfreesboro, on the 15th; the Portland Masters Classic/Oregon Assn. Championships, Gresham, and USATF SCA Championships, on the weekend of the 22nd-23rd; the Chuck McMahon Memorial Meet, San Diego, Calif., and the Hayward Classic, Eugene, Ore., on the weekend of the 29th-30th.

LONG DISTANCE RUNNING

Freihofer's 5K, Albany, N.Y., hosts the women's open and masters USA Championships on the 1st. The Rock 'N' Roll Marathon swings into action on the 2nd. Other offerings include the Shelter Island 10K, L.I., N.Y., and Steamboat Classic 4 Mile, Peoria, Ill., on the 8th; the Mt. Washington 7.6 Mile, Gorham, N.H., on the 15th; the Platinum Performance State Street Mile, Santa Barbara, Calif., on the 16th; and Grandma's Marathon, Green Bay, Wisc., on the 23rd.

RACEWALKING

The USATF National Masters 15K Championships commence in Evansville, Ind., on the 2nd. The Crown Valley Senior Olympics, Pasadena, Calif., includes a 5000 RW, on the 15th. New Yorkers can opt for the USATF MAC 15K Championships on the 23rd, or the USATF Long Island 10K Championships on the 30th. □

MIDWEST

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

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

June 13-15. West Virginia Senior Sports Classic, Charleston. Robert Red Jones, 304-925-2286.

July 6. Dayton Track Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, 937-837-2754; BJRun1@Juno.com

July 6. Cleveland Classic Meet, Broadview Heights, Ohio. Robert L. Walters, Jr., 440-526-5635; rlwalters@prodigy.net; www.othtc.org

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July 7. Sprint & Mid-Distance Challenge, Oak Forest, Ill. (100/400/200/300/1500/800/1000) Gerry Krainik, www.midwestmasterstrack.org

July 8-13. Indiana Senior Games, Indianapolis. Open to out-of-state. 800-253-2188; www.swirca.org

July 21. Midwest Masters Meet, Oak Forest, Ill. See July 7; Gerry Krainik.

MID-AMERICA

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

June 2. Jolly Jogathon Meet, Marysville, KS. No entry fee. 10-yr. age groups. Cleve Walstrom, Marysville, KS 66508. 785-562-3050(h); 562-3021(w).

June 4. Twilight All-Comers Meet, Albuquerque, N.M. O/M. 505-925-5738.

June 6-9. Iowa Senior Games, West Des Moines. Open to out-of-state. Cheryl Michael, 515-226-2898.

June 8. USATF Mid-America Regional Masters & Open Championships, Friends U., Wichita, Kansas. Bill Butterworth, 316-684-2192; Mike Howe, Friends T&F Dept., 316-295-5620.

June 9. USATF Minnesota Masters & Open Championships, National Sports Center (Minneapolis suburb). USATF MN Championships, 5429 Wooddale Ave., Edina, MN 55424. 651-777-4954.

June 14-15. Salina Senior Games, Salina, Kansas. Salina Parks & Rec., 300 W. Ash, Rm. #100, Salina, KS 67401. 785-309-5765.

June 15. Star of the North Games, St. Cloud, Minn. 800-756-STAR; www.starofthenorthgames.org.

June 15-16. USATF Iowa Championships, Johnston. O/Y/M. 515-225-3814.

June 21-22. North Dakota Senior Games, Duluth, Minn. Open to out-of-state. Jeff Heisler, 701-298-6980; www.fargoparks.com

June 22. BDTC Meet, Urbandale HS, Urbandale, Iowa. John Anderson, 515-597-3929; J7G139A@aol.com

June 22-23. Missouri State Senior Games, Columbia. Out-of-state welcome. Jack Miles, U. of Mo., 1105 Carrie Francke Dr., Rm. I, Columbia, MO 65211. 573-882-1462; www.smsg.org (start in April).

June 24-28. Northland Senior Games, Duluth, Minn. Open to out-of-state. Erin Wenneson, 218-723-3724.

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

July 30-August 4. Rocky Mountain Senior Games, Greeley, Colo. Open to out-of-state. Sheri Lobmeyer, 970-350-9433; www.rmseniorgames.com

August 4. Blair Open Track Meet, Blair, Nebr. Mike Maryott, 1485 South St., Blair, NE 68008. 402-426-5955.

August 7-11. New Mexico Senior Olympics, Las Cruces. Cecilia Acosta, 505-623-5777.

August 15-18. Nebraska State Senior Olympics, Kearney. Open to out-of-state. Scott Hayden, 308-237-4644; www.nebraskaseniorgames.com

August 24. Halstead Masters & Open Meet, Halstead HS, Kansas. 4:00 pm. Bob Everoski, Halstead Rec. Commission, 316-835-3366, 835-2286.

August 31-September 1. Rocky Mountain Masters Games, U. of Colo., Boulder. Jim

Weed, 1166 Eagle Rd., Broomfield, CO 80020. Jerry Donley, 719-635-1264. rocky.mtnmastersgames@msn.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 1. 10th annual Lions/Waterloo Championships, Leander HS (n. of Austin), Texas. www.geocities.com/hurdle4fun

June 8. USATF Southwestern Masters Championships, Jesuit HS, Dallas. Lester Mount, 972-661-1551; lestermount@yahoo.com

July 13. Cat Spring Grunt IV Throwers Meet, Cat Spring, Texas. Mark Chapman, 1884 Bostik Rd., Cat Spring, TX 78933-5306; K9luvr@intertex.net

July 13. USATF Southwestern Regional Masters Championships, Clark Stadium, Fort Worth, Texas. Open & Masters Events. Courtland Gray, 972-527-9960; cpgray@attbi.com

July 27. Texas Masters Championships, Coppell HS. Wayne Bennett, vvrunker@aol.com; www.dallasmasters.com

August 26 - September 1. Texas Senior Games Championships, Lubbock. Nancy Swallow, 877-747-7572; nancy.swallow@lubbocksports.org

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

WEST

Arizona, California, Hawaii, Nevada

June 1. Grand Canyon State Games, Tucson, Ariz. 480-517-9700.

June 1. USATF Pacific Championships, Hughes Stadium, Sacramento. Jerry Colman, 916-567-9690; sactc@aol.com

June 1. Kelfield Throws Meet #106, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

June 2. Northern California Seniors TC/Mark Grubi Memorial Classic, Edwards Field, UC-Berkeley. Phone/fax entries: 415-457-8177; email: donrose43262@cs.com. Don Rose, 43 McAllister Ave., Kentfield, CA 94904.

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

June 14-15. Arizona Combined-Events Championships, TBA, Ariz. Bob Flint, 480-949-1991; usatfz@worldnet.att.net

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

June 21-23. Grand Canyon State Games Summer Competition, Tempe, Ariz. 480-517-9700.

June 22. USATF SCA Championships, TBA, Calif. Andrew Hecker, 805-642-3879; www.trackinfo.org/sca.html

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

June 29. Kelfield Throws Meet #107, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

June 29. San Diego Senior Olympics/Chuck McMahon Memorial Masters Meet, San Diego St. U. SDSF, PO Box 84202, San Diego, CA 92138-1324. 619-226-1324; email: susan@sdseniorgames.org

July 6. California State Games, San

Diego. Includes 5000RW and SC. Arnie Robinson, 619-263-7334; www.calstategames.org

July 13-14. USATF West Regional Masters Championships, Saddleback College, Mission Viejo, Calif. Mark Cleary, 18 Charca, Rancho Santa Margarita, CA 92688. 949-589-0242; e-mail: runnermark@cox.net; web: www.xro.com/entry.pdf

July 20. Kelfield Throws Meet #108, Santa Cruz, Calif. G. Kelmenson, 831-458-0300; kelfield@aol.com

July 25-28. Ely Senior Games, Ely, Nev. Holly Wilson, 775-289-3709.

August 2-11. California State Senior Games, San Jose. T&F on 3-4. www.sjseniorgames.com

October 5. 29th annual Club West Meet, Santa Barbara, Calif. Beverley Lewis, 805-969-5852, fax: 969-6613; Gordon McClenathen, 805-964-3005.

October 5-6. Nevada Senior Olympics, Las Vegas, Nevada. Nevada Senior Games, Inc., 3890 N. Buffalo Dr., Las Vegas, NV 89129. Contact: 702-242-1590; e-mail: srgames1@juno.com; web: www.nevadaseniorympics.com

NORTHWEST

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

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

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

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

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

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

July 19-20. USATF Northwest Regional Masters Championships, East HS, Salt Lake City, Utah. (Fri.-Sat. meet). John Kernan, kernj779@alpine.k12.ut.us

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

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

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

July 27-28. Washington State Senior Games, Olympia. Open to out-of-state. Dan Donahue, 360-493-5397; www.pugetsoundgames.com

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

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

CANADA

June 15-16. Ontario Masters Championships, McMaster U., Hamilton. M&W30+. Guest athletes welcome. Info: Val

Sarjeant, meet director, 905-664-3852; vsarjeant@hotmail.com

June 13-14. Canadian Masters Athletic Association Championships, York U., Keele & Steeles, Toronto, Ontario. Doug Smith, douglasj.smith@sympatico.ca

INTERNATIONAL

August 15-25. 13th European Veterans Athletics Championships, Potsdam, Germany. Leichtathletik-Verband Brandenburg e.V. Am Luftschiffhafen 2. D-14471 Potsdam. 0331-900100; fax: 0331-900101; www.LV-Brandenburg.de

August 22-25. North & Central American & Caribbean WMA Regional Championships, Leon, Mexico. Enrique Heredia Lozano, FMAVAC, eherediavaca@hotmail.com; www.angelfire.com/la3/fmav

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

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

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

LONG DISTANCE RUNNING

NATIONAL

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

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

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

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

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

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

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

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

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

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www.usatf.org/assoc/
December 14. USA 10K Cross-Country, Lin, Calif. Joe Rubio, Higuera, San Luis joe@venuesports.com
com/xcnatls

EA
Connecticut, Delaware, Maryland, Maine, New Jersey, New Pennsylvania, Rhode

June 1. Moore's Moorestown, N.J. 856

June 1. Komen National 5K, Washington, nationalraceforthe

June 2. New Hyde Park, N.Y. 516-349-9

June 2. Covered E. Quebec, Vt. dave@com

June 8. Shelter Island, N.Y. Phone/fax: 631-terisland-10k.com

June 8. NYRR New York, NYC. 212-860

June 9. Granby, Ma Country, Granby, Ma

June 13. (Thur.) Da Police Appreciation Long Island, N.Y. glirc.org

June 15. Capitol 50 932-9361.

June 15. Saucony Frick Park, Pittsburgh 2369.

June 15. Mt. Wash Gorham, N.H. Bob racetime@gss.com

June 16. WABC Fair Park, NYC. See June

June 23. Fairfield H Conn. 203-481-5933

July 7. NYRR Bronx, NYC. 212-8

July 7. Firecracker F Championships, Ma

July 13. Hartford Conn. Beth Shlug Glastonbury, CT 06

July 13. Spirit of G Pa. 717-334-9171;

July 13. Saucony Frick Park, Pittsburgh

July 13. Vytra Lo Farmingdale, N.Y. glirc.org

July 14. 25th annua Utica, N.Y. 315

July 20. Subaru Buffalo, N.Y. Ja

July 20. Delavan Ave., Buff 1652.

July 20. Rockv Runfest, Rockvil

July 21. Indian L State Park, Alban

July 30. Yankee Newburyport, Ma

August 3. Beach Elizabeth, Me. E

August 11. SBI Falmouth, Mass.

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www.usatf.org/assoc/nj

December 14. USATF National Masters 10K Cross-Country Championships, Rocklin, Calif. Joe Rubio, Venue Sports, 4035 S. Higuera, San Luis Obispo, CA 93401. joe@venuesports.com; www.resultzone.com/xcnatl

EAST

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

June 1. Moorestown Rotary 5K, Moorestown, N.J. 856-235-6344.

June 1. Komen National Race for the Cure 5K, Washington, D.C. 703-848-8884; nationalracefortheCure.org

June 2. New Hyde Park 5 Miler, New Hyde Park, N.Y. 516-349-9157; www.litf.org

June 2. Covered Bridges Half-Marathon, Quechee, Vt. dave@cbhm.com; www.cbhm.com

June 8. Shelter Island 10K, Shelter Island, N.Y. Phone/fax: 631-749-RUNS; www.shelterisland-10k.com

June 8. NYRR New York Mini 10K, Central Park, NYC. 212-860-4455; www.nyrrc.org

June 9. Granby Charter Day 5K Cross-Country, Granby, Mass. 413-467-3331.

June 13. (Thur.) David Lerner Long Island Police Appreciation Run 5K, East Meadow, Long Island, N.Y. 516-349-7646; www.grlirc.org

June 15. Capitol 5000, Harrisburg, Pa. 800-932-9361.

June 15. Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 10 am. 724-254-2369.

June 15. Mt. Washington 7.6 Road Race, Gorham, N.H. Bob Teschek, 603-863-2537; racetime@gsr.com

June 16. WABC Father's Day 5K, Central Park, NYC. See June 8.

June 23. Fairfield Half-Marathon, Fairfield, Conn. 203-481-5933; www.fairfieldhald.org

July 7. NYRR Bronx Half-Marathon, Bronx, NYC. 212-860-4455; www.nyrrc.org

July 7. Firecracker Run 5K/USATF LI Men's Championships, Massapequa, N.Y. 516-349-9157; www.litf.org

July 13. Hartford Women's 5K, Hartford, Conn. Beth Shluger, 119 Hebron Ave., Glastonbury, CT 06033. 860-652-8866.

July 13. Spirit of Gettysburg 5K, Gettysburg, Pa. 717-334-9171; www.ywcagettysburg.org

July 13. Saucony Cross-Country Series, Frick Park, Pittsburgh, Pa. 724-254-2369.

July 13. Vytra Long Island Women's 5K, Farmingdale, N.Y. 516-349-7647; www.glirc.org

July 14. 25th annual Utica Boilermaker 15K, Utica, N.Y. 315-797-5838; www.boilermaker.com

July 20. Subaru Buffalo 4-Mile Chase, Buffalo, N.Y. James Nowicki, 697 W. Delavan Ave., Buffalo, NY 14222. 716-881-1652.

July 20. Rockville Rotary Twilight 8K Runfest, Rockville, Md. 301-652-7048; www.mccrc.org/twilighter

July 21. Indian Ladder Trail 15K, Thacher State Park, Albany, N.Y. Hudson-Mohawk RRC, 435-4500; hmrrc.com

July 30. Yankee Homecoming 10 Mile, Newburyport, Mass. 978-463-3393; www.yankeerace.com

August 3. Beach to Beacon 10K, Cape Elizabeth, Me. Entries close at 5000. 888-480-6940; www.Beach2Beacon.org

August 11. SBLI Falmouth 7.05 Miles, Falmouth, Mass. 508-737-7874; Falmouth

RoadRace.com

August 25. Stone Harbor Lions 10K/USATF Mid-Atlantic Championships, Avalon, N.J. 609-368-1440.

September 28. NYRR Fifth Avenue Mile, NYC. 212-860-4455; www.nyrrc.org; M&W60+ contact Al Puma, 718-854-6886; alpuma@att.net

SOUTHEAST

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

June 2. Biltmore Estate 15K, Asheville, N.C. 828-628-0187; www.main.nc.us/kinawisca

July 4. Peachtree Road Race 10K, Atlanta, Ga. Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9064; www.atlantatrackclub.org

July 13. Crazy 8's 8K, Kingsport, Tenn. 432-245-9559; www.crazy8s.org

MIDWEST

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

June 8. Steamboat Classic 4 Mile, Peoria, Ill. 309-657-2478; www.steamboatclassic.org

June 8. Sunburst Marathon/Relay, 10K, & 5K, South Bend, Ind. 574-284-3394; www.sunbursttraces.org

June 17. Mohican Trail 100 Mile, Loudonville, Ohio. 440-546-0115.

June 23. Cellcom Green Bay Marathon, Green Bay, Wisc. 800-889-1859; www.greenbaymarathon.com

July 19. Andersen's Bastille Day 5K, Chicago, Ill. 773-868-3010, x228; andersen.com/bastilledayrace

July 28. Johnnycake Jog 5 Mile, Painesville, Ohio. Jim Murphy, 7085 Mentor Ave., Willoughby, OH 44094. 800-947-2737.

August 10. Paavo Nurmi Marathon & Relay, Upson, Wisc. 715-561-3290; www.hurleywi.com

August 17. Parkersburg Half-Marathon, Parkersburg, W. Va. 304-485-8844; www.parkersburgnewsandsentinel.com

August 24. Crim Festival of Races 10 Mile, Flint, Mich. 810-235-3396; www.crim.org

September 21. USAF Marathon, Wright Patterson Air Force Base, Dayton, Ohio. Contact: 937-257-4350; http://afmarathon.wpafb.af.mil

September 29. Fox Cities Marathon, Appleton, Wisc. 5K Run/Walk on 28th. \$10,000 prize money. Contact: 877-230-7223; www.foxcitiesmarathon.org

MID-AMERICA

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

June 2. UMKC Trinity Hospital Hill Half-Marathon, 12K, & 5K, Kansas City, Mo. 816-235-6012; www.mara-running.org

June 7-9. Jesus Run Weekend Festival Marathon, Half-Marathon, & 5K, Denver, Colo. 888-713-5700; www.jesusrun.org

June 9. Garden of the Gods 10 Mile, Manitou Springs, Colo.

June 22. Grandma's Marathon & Gary Bjorklund Half-Marathon, Duluth, Minn. 218-727-0947; www.grandmasmarathon.com

July 13. Midnight Madness 10K & 5K, Ames, Iowa. Roman Lynch, PO Box 266, Ames, IA 50010. 515-232-6131.

July 20. Quad-City Times Bix 7, Davenport, Iowa. Ed Froehlich, edfroehlich@home.com

September 7. Dick Beardsley Half-Marathon & 5K, Detroit Lakes, Minn. 1-800-542-3992;

www.visitdetroitlakes.com

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

June 28. Tulsa MDA Nightlight Run, Tulsa, Okla. Sarah Covert, 918-749-7997; tulsasouthdistrict@mdausa.org

July 4. Sportspectrum Firecracker 5K, Shreveport, La. Matt Brown, 7607 Youree Dr., Shreveport, LA 71105. 318-798-1241.

July 4. Bethany 8K Classic, Bethany, Okla. www.okrunner.com

WEST

Arizona, California, Hawaii, Nevada

June 1. YMCA World's Largest Run 5K, Orange, Calif. SASE to Finish Line, 7846 Connie Dr., Huntington Beach, CA 92648; www.nealand.com/finishline

June 1. Fontana Days Half-Marathon & 5K, Fontana, Calif. 909-428-8360; brantle@fontana.org

June 2. Rock 'N' Roll Marathon, San Diego, Calif. 858-450-6510; www.rnmara.com

June 8. Sober, Safe & Healthy 3 Mile, Long Beach, Calif. See June 1, YMCA 5K.

June 9. Liberty 4 Mile Run/Walk, San Diego, Calif. Across Coronado Bridge. Kinane Events, 760-434-7706; www.kinaneevents.com

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

June 22. Shriner's Capital Challenge 8K, Sacramento, Calif. 916-929-4786; www.goldmedal.com

July 7. Fleet Feet Capitol Mile/USATF PAC Championships, Sacramento, Calif. 916-929-4786; www.rungoldmedal.com

July 14. Eden Medical Center's Run to the Lake 10K & 5K, Castro Valley, Calif. 415-759-2690; www.RhodyCo.com

July 28. Wharf to Wharf 6 Mile, Santa Cruz, Calif. 831-475-2196; wharftowharf.com

July 28. Chronicle San Francisco Marathon/Relay, Half-Marathon, & 5K. 800-698-8699; www.chroniclemarathon.com

August 18. 24th annual McConnell's Ice Cream 5K & 10K, Santa Barbara, Calif. Kevin Young, 805-564-3400; kyoung@sbr.com

August 22 (Thurs). Sunset in the Park 2.8 & 4.8 Cross-Country Race, Huntington Beach, Calif. 6:00 pm. SASE to Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline

NORTHWEST

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

June 8. Sound to Narrows 12K, Tacoma, Wash. 253-597-8925; www.soundtonarrows.com

June 22. Mayor's Midnight Sun Marathon, Half-Marathon, & 5K, Anchorage, Alaska. 907-786-1325; www.runanchorage.com

June 29. Pacific Crest Marathon & Half-Marathon, Sunriver, Ore. 503-531-3140; www.racecenter.com

July 4. Pacific Continental Bank Butte to Butte 10K, Eugene, Ore. 541-687-1989; buttetobutte.org

July 24. Deseret News/Granite Furniture Marathon & 10K, Salt Lake City. 801-270-7260; www.desnews.com/run

August 23. Nationwide Insurance Hood to Coast Relay 195 Mile, Mt. Hood-Seaside, Ore. 503-292-4626; www.hoodto coast.com

CANADA

July 7. Calgary Herald Stampede 10K, Calgary, Alberta. 403-264-2996; www.stampederodrace.com

INTERNATIONAL

June 8. Stockholm Marathon, Stockholm, Sweden. (46)8-667-19-30; www.marathon.se

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

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

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

RACEWALKING

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

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

June 23. USATF MAC 15K RW Championships, NYC. 212-628-1317.

June 30. USATF Long Island 10K RW Championships, East Meadow, N.Y. 631-979-9603.

July 13. USATF Maine RW Championships, Brunswick. Dave Watson, 207-443-6171.

July 14. USATF Long Island 3K RW Championships, Hauppauge, N.Y. Gary Westerfield, 631-979-9603.

July 14. USATF MAC 5K RW Championships, NYC. Stella Cashman, 212-628-1317.

July 28. USATF Long Island 5K RW Championships, East Meadow, N.Y. Gary Westerfield, 631-979-9603.

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

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

September 7. North Central 5K RW Championships, Detroit Lakes, Minn. Paul Geyer, 218-847-0410.

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

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

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

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

RECIPIENTS OF ALL-AMERICAN AWARDS

M35-39
Doug Crist 3000m I 9:32.15 3-27-02
Daren Delborn 100 11.3 6-2-01
Ken Flint 3000SC 10:10.5 4-20-02
5000 15:53.01 4-20-02
Frank Schmidt Pent 2648 8-10-98

M40-44
Jeffery Frerks 55m 6.86 4-6-02

M45-49
Sergio Angulo 110hh 17.66 3-30-02
John Matthews 3000m I 9.48 3-22-02

M50-54
Jerry Amundson SP 44-7 8-5-01
Bruce Carlson SP 43-7 1/2 6-2-01
D 158-6 6-2-01
Robert Reich 55m 7.3 3-16-02

M55-59
Charles Roll SP 13.5 3-22, 24-02
Gary Wuest PV 10-0 5-19-01
Doug Spencer 60m 8.22 3-23-02

M60-64
Kevin Murphy 55m 8.1 3-16-02

M65-69
Jim Beahm 3000m 12:24.4 3-2-02
John Burchlantl W 30-8 1/2 4-21-02
Bill Gramley WP 3593 5-3-02

W40-44
Theresa Brown 1500 6:03.94 4-6-02

W50-54
Mary Trotto PV 1.5m 3-22, 24-02

W60-64
Suzanne Franco 10K 54:13 4-21-02

U.S. MASTERS ALL-AMERICAN STANDARDS

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	18:10	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 1/4	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	
	14-5/16	13-5/16	12-11/16	12-1/4	11-7/8	10-0	8-10/16	7-10/16	7-6/16	6-6/16	5-10/16	4-3/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20-1/4	19-2/4	18-4/4	17-8/8	16-1/4	14-9	13-9/16	12-5/16	10-11/16	9-4/16	7-2/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3/4	41-4/4	37-8/8	35-5/4	34-1/4	31-2	29-2/4	26-11	22-10	21-4	19-6	19-5/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11/16	39-4/16	42-0	37-8/8	36-1/4	29-6/16	26-3	19-8/8	
Javelin	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7/8	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	45-11/16	42-8	39-4/16	32-9/16	29-6/16				19-8/16	16-4/16	13-1/16	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8/16	32-9/16	29-6/16	23-11/16	17-4/16	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6/16	27-10/16	26-3	19-8/16	18-1/16	16-4/16	14-9	11-5/16	9-10	8-2/16	6-6/16	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500	
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000	

Notes: 1) 100 standards are for automatic time; use standard conversion for hand time.
2) Short hurdles: 30-39: 39"; 40-49: 36"; 50-59: 33"; 60-69: 30"; 70-79: 27"; 80+: 27"
3) Long hurdles: 30-39: 36"; 40-49: 33"; 50-59: 30"; 60-69: 27"; 70-79: 24"; 80+: 21"
4) Shot put: 30-39: 7.26k (16#); 40-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k
5) Discus throw: 30-39: 2kg; 40-49: 2kg; 50-59: 1.5kg; 60-69: 1.0kg; 70-79: 1.0kg; 80+: 1.0kg
6) Hammer: 30-39: 7.26k (16#); 40-49: 7.26k (16#); 50-59: 6k; 60-69: 5k; 70-79: 4k; 80+: 3k
7) Javelin: 30-39: 800g; 40-49: 800g; 50-59: 700g; 60-69: 600g; 70-79: 500g; 80+: 400g
8) Metric heights and distances are the standard; feet and inches listed for convenience.
9) Pen/Dec/Wt Pent: 30-39 IAAF pts; 40+ WAVA factoring (new WAVA).

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

WOMEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
W30	7:13	7:47	14:50	25:38	42:04	52:43	1:21:56	1:52:06	2:24:43	2:59:15	4:08:45	5:37:30
W35	7:22	8:03	15:18	26:27	43:11	53:56	1:23:29	1:53:32	2:26:51	3:01:53	4:12:21	5:42:23
W40	7:37	8:21	15:53	27:26	44:47	55:56	1:26:37	1:58:06	2:32:33	3:08:56	4:22:13	5:55:48
W45	8:03	8:41	16:32	28:33	46:35	58:10	1:30:08	2:03:00	2:38:56	3:17:00	4:33:31	6:11:25
W50	8:25	9:05	17:15	29:49	48:36	1:00:41	1:34:08	2:08:30	2:46:11	3:26:08	4:46:23	6:29:09
W55	8:55	9:31	18:05	31:14	50:54	1:03:33	1:38:40	2:14:48	2:54:26	3:36:33	5:01:03	6:49:24
W60	9:17	10:01	19:01	32:51	53:32	1:06:50	1:43:51	2:21:54	3:03:54	3:48:29	5:17:54	7:12:43
W65	9:48	10:35	20:06	34:43	56:33	1:10:37	1:49:50	2:30:12	3:14:51	4:02:20	5:37:25	7:39:46
W70	10:26	11:15	21:22	36:54	1:00:02	1:15:01	1:56:49	2:39:54	3:27:38	4:18:30	6:00:18	8:11:30
W75	11:10	12:01	22:51	39:28	1:04:10	1:20:14	2:05:05	2:51:18	3:42:50	4:37:46	6:27:35	8:49:28
W80	12:03	12:58	24:41	42:37	1:09:13	1:26:38	2:15:15	3:05:24	4:01:36	5:01:39	7:01:26	9:47:35
W85	13:13	14:15	27:05	46:45	1:15:50	1:35:01	2:28:37	3:24:00	4:26:20	5:33:10	7:46:16	10:39:15
W90	14:56	16:06	30:36	42:14	1:25:30	1:47:18	2:48:13	3:51:12				

MEN

Event	1.5K	Mile	3K	5K	8K	10K	15K	20K	25K	30K	40K	50K
M30	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00
M35	6:43	7:14	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53
M40	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49
M45	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24
M50	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29
M55	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22
M60	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23
M65	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01
M70	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51
M75	9:43	10:28	19:55	34:10	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

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
1 Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
3000	11:30	11:50	12:00	12:30	14:00	14:30	15:00	16:00	18:30	20:00	23:00
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	45:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/2	7-10 1/2	6-10 1/2	5-10 1/2	4-11	3-11 1/2	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18-1 1/2	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/2	30-7	27-11	27-6 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17-1 1/2	14-1 1/2
Javellin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-2 1/2	68-10 1/2	59-5 1/2	52-6	45-11 1/2	42-8	36-1 1/2
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-10 1/2	59-5 1/2	45-11 1/2	39-4 1/2	29-6 1/2
20Rwt.	10.00	9.00	8.00	7.01							
	32-9 1/2	29-6 1/2	26-3	23-0							
16Rwt.					8.00	7.00	6.00	5.54	5.18	5.00	4.75
					26-3	22-11 1/2	19-8 1/2	18-2	17-0	16-4 1/2	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-40	19-8 1/2	18-1 1/2	16-4 1/2	17-2 1/2	16-4 1/2	15-7	14-9	13-1 1/2	11-5 1/2	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

Please send results to: National Masters News, P.O. Box 50098, Eugene OR 97405. To keep information current, we generally do not publish results more than 3 months old. Results that are typed (maximum 28 spaces / 21/4" wide) in metric in our format receive preference. Deadline is the 10th of the month prior to issue date.

EAST

Penn Relays Masters Events Philadelphia, April 26-27

M40+ 4x100m, Fri., 11:55 am
1 Sprint Force America 43.43
Fulton/Lovett/Barnwell/Tissenbaum

2 AURA International 44.65
3 Bruin Spiked Shoe 46.27

4 Maryland Masters 46.88
5 Garden State AC 48.62

6 Philadelphia Masters 49.18
7 Shore AC Masters 50.65

M50+ 4x100m, Fri., 11:57 am
1 Maryland Masters 48.03
Fields/Koontz/McDaniel/Polk

2 Sprint Force America 48.61
3 Houston Elite 49.63

4 Team Ohio TC 52.29
5 Potomac Inn 59.40

6 Charlotte Flight 64.88
M40 100m, Fri., 2:30 pm

1 Mitch Lovett 11.10
2 Allan Tissenbaum 11.14

3 Val Barnwell 11.24
4 Greg Foster 11.28

5 Tony Fulton 11.48
6 Eugene Vickers 11.49

7 Harold Pierce 11.50
8 Donald Hardy 11.69

9 Jeff Gold 11.79
M45 100m, Fri., 2:32 pm

1 Neville Hodge 11.06
2 Thomas Jones 11.51

3 John Brooks 11.73
4 Edward James 11.82

5 Neil Steinberg 11.90
6 Don Passman 12.74

7 Terry McKechnie 12.76
8 Johnny Brown 13.32

M50 100m, Fri., 2:34 pm
1 Bill Collins 11.37

2 Alston Brown 11.97
3 Charlie Allie 11.99

4 Jesse Norman 12.06
5 Jeffery Polk 12.60

6 John Fields 12.69
7 Jimmie Jones 12.77

8 Jerry Scriver 12.87
M55 100m, Fri., 2:36 pm

1 Lloyd Hathcock 12.35
2 Robert Koontz 12.59

3 Roger Pierce 12.63
4 Melvin Fields 12.75

5 Allen Huff 13.56
6 Gary Snyder 13.61

M60 100m, Fri., 2:38 pm
1 Edwin Roberts 12.35

2 Harold Tolson 12.62
3 Marion Harrison 12.67

4 Chuck Bartholomew 13.16
5 Richard Ocker 13.34

6 John Lewis 13.98
M65+ 100m, Fri., 2:40 pm

1 Larry Colbert 12.84
2 Dick Camp 13.08

3 Lloyd Williams 13.51
4 Kalluk Thomas 14.17

5 Anthony Marrone 14.52
6 Edward Rison 14.54

7 Walt Palmer 14.82
8 Bert Lancaster 15.11

M75+ 100m, Sat., 4:10 pm
1 Wilford Scott 13.95

2 Mel Larsen 14.39
3 William Dapiano 15.18

4 Oscar Harris 16.39
5 Champ Goldy 17.70

6 John McCarthy 20.32
7 Everett Hosack 100 WR43.00

M50+ 4x400m, Fri., 6:55 pm
1 NADIA TC 3:49.13

Peterman/Watley/Johnson/Allie
2 Sprint Force America 3:49.57

3 AURA International 3:52.31
4 Central Park TC 3:56.51

5 Shore AC Masters 4:00.16
6 Maryland Masters 4:08.83

7 Sprint Force America 4:17.82
8 Team Ohio TC 4:19.49

9 Feet Feet/Adams/Morgan 4:23.63
10 Garden State AC 4:27.78

11 Central Park TC60+ 4:43.00
12 Central Park TC 5:14.41

M40+ 10K RW, Sat., 7:00 am
1 Keith Luoma 47:52.30

2 Steve Pecinovsky 48:47.62
3 Cliff Mimm 49:25.66

4 Dave Lawrence 50:20.83
5 Vince Peters 53:39.43

W40+ 10K RW, Sat., 8:00 am
1 Maryanne Torrelles 25:00.55

2 Heidi Hauch 26:13.43
3 Lee Chase 26:28.05

SOUTHEAST

Rocky Mount Throws Meet #1 Rocky Mount, NC; April 13

Shot Put
M45 Peter Farmer 10.91

M50 John von Rohr 12.52
M60 Mike Valle 12.23

W30 Jermaine Jones 11.75
Discus

M50 John von Rohr 36.44
M60 Mike Valle 43.14

W30 Jermaine Jones 25.45
Hammer

M45 Peter Farmer 51.12
M50 John von Rohr 44.02

M60 Mike Valle 41.79
Javelin

M60 Mike Valle 31.36
Weight Throw

M45 George Williamson 9.65
M50 John von Rohr 15.10

M60 Mike Valle 15.14
W30 Jermaine Jones 12.60

USATF/AARP Georgia Masters
Championships, Savannah St.
University; April 19-20

100m
M30 Arron Prather FL 11.08

Nadir Murad FL 12.12
M35 Orlando Matthews FL 11.36

Daren Welborn FL 11.63
M40 Harold Pierce 11.92

Sanford Stephens 12.16
M45 Glenn Reid 12.36

M50 Marion McCoy 12.02
Bobby Terrell FL 13.16

Barry Rozantne 18.55
M60 Marion Harrison 12.70

Howard Dewey NY 16.40
M65 Tom Trautwein SC 14.09

M75 Richard Soller OH 16.06
W30 Anita Howard FL 12.24

W55 Phil Raschker 13.65
W60 Ann Carter SC 17.40

200m
M30 Arron Prather FL 22.73

M35 Orlando Matthews FL 23.50
Kerry Jackson FL 24.13

Daren Welborn FL 24.52
M40 Harold Pierce 23.60

Sanford Stephens 25.31
M50 Marion McCoy 25.16

M60 Marion Harrison 26.60
M75 Richard Soller OH 37.93

W30 Anita Howard FL 25.01
400m

M30 Will Holland 59.09
M35 Kerry Jackson FL 54.27

Michael McGee 80.74
M45 Glen Turner 64.31

M70 Casey Jones 74.10
M80 Luke Orvin 1:53.64

800m
M35 Michael McGee 3:11.63

M40 Peter Heidbreder 2:22.18
M45 DeWayne Schmidt FL 2:18.23

M50 Max Goodman SC 2:51.50
M55 John Bragg 3:07.18

M60 Bob Hart SC 2:36.87
W40 Kellie Eyre 2:32.00

W65 J Hodges Hite 3:42.50
1500m

M30 Blaise Willis 4:43.52
M35 Glen Sigman 4:34.00

Michael McGee 6:36.95
M40 Peter Heidbreder 4:42.46

Rob Dennis OH 4:56.58
M45 DeWayne Schmidt FL 4:52.39

M50 Max Goodman SC 29.36
M55 Anson Clapcott 4:55.50

John Bragg 6:16.81
M70 Casey Jones 6:19.00

M80 Luke Orvin 9:10.00
W40 Kellie Eyre 5:03.30

5000m
M45 Roger Gerber 20:39.96

W45 Kathy Bradley 30:55.54
10,000m

M55 Anson Clapcott 37:20.82
W65 J Hodges Hite 61:35.00

Short Hurdles
M40 Dexter McCloud 15.30

Tony Hall 21.52
M60 George Labelle MN 18.83

Howard Dewey NY 19.90
John Sloan 20.07

M65 Tom Trautwein SC 22.20
W55 Phil Raschker AR 13.44

(Miller/15.25/1990)
W60 Ann Carter SC 19.13

Long Hurdles
M40 William Vicory 71.93

Tony Hall 78.65
M60 John Sloan 300m 66.43

2000m SC
M65 Jim Hite 11:28.88

4x100m Relay
M30-39 Team Orlando 46.17

(Matthews/Murad/Prather/Scott)
High Jump

M40 Karl Kibler 5-6
William Vicory 4-10

Jack Butler TN 4-6
M45 Glenn Reid 4-10

M50 Johnny Dye SC 4-6
M60 Howard Dewey NY 4-10

Hank Beacom FL 4-0
George Labelle MN 4-0

M70 Richard Lowery 4-8
M75 Richard Soller OH 4-0

W55 Phil Raschker AR 1.36m
(Bergen/1.33/1996)

W60 Ann Carter SC 3-6
Pole Vault

M40 Jack Butler TN 9-0
M50 Johnny Dye SC 12-0

M55 Charles Polhamus 11-6
Joe Johnston FL 11-6

M60 John Sloan 8-0
W55 Phil Raschker 6-8

Long Jump
M35 Daren Welborn FL 5.50

M40 James Singleton 5.20
William Vicory 4.44

M45 Glenn Reid 4.80
M60 Howard Dewey NY 3.71

George Labelle MN 3.51
M75 Richard Soller OH 3.98

W55 Phil Raschker AR 4.50
(O'Connor/4.39/1998)

Triple Jump
M40 James Singleton 12.12

Sanford Stephens 10.50
M45 Frank Sharpe 9.95

M50 Bobby Terrell FL 10.00
M60 George Labelle MN 7.65

John Sloan 7.32
W55 Phil Raschker AR 8.96

(Miller/8.08/1990)
W60 Ann Carter SC 6.66

Shot Put
M40 Bryan Stewart SC 13.81

M45 Chuck Baer 11.96
M55 Blaisdell Willis 8.90

M60 John Sloan 10.64
Jim Turner 10.20

George Labelle MN 9.90
W55 Lorraine Tucker 10.22

W60 Ann Carter 6.25
Discus

M40 Bryan Stewart SC 35.44
Karl Kibler 33.72

William Vicory 28.52
M45 Chuck Baer 38.42

M55 Blaisdell Willis 21.86
M60 Hank Beacom FL 36.88

John Sloan 36.12
Jim Turner 31.60

W45 Kathy Bradley 21.96
Javelin

M40 Bryan Stewart SC 39.88
Karl Kibler 33.36

William Vicory 32.92
M50 Robert Kouvol SC 54.84

Frank Santangelo SC 33.72
M60 John Sloan 35.50

Jim Turner 33.36
George Labelle MN 30.72

W40 Gina Gregory SC 12.88
W60 Ann Carter SC 15.92

5000m Racewalk
M40 Keith Luoma 23:54.59

M60 Heinrich Looser SC 31:16.00
M70 Jack Munnell 31:47.00

Charles Cohn 34:36.00
Pentathlon

M35 Matt Murphy 2140
M40 William Vicory 18.47

M45 Glen Turner 2231
M50 Charles Bernard 2328

M55 Robert Norton 2050
Florida State Championships

Weight Pentathlon,
Venice, FL; April 21

HT/SP/DI/JT/WT
M30 Jeff Kraus 1600

20.54/9.42/27.18/31.30/5.80
M55 Tom Russell 3775

42.76/10.99/32.10/32.64/15.50
Bob Lupinacci 2686

27.36/9.17/29.17/27.10/9.73
Mike Foster 2553

22.67/8.77/31.53/26.90/9.04
M60 Walt Deal 2917

30.25/9.68/31.87/25.58/11.90
Jack Hunter 2938

27.45/9.40/31.95/29.70/10.56
M65 John Burchland 2290

20.69/8.11/23.60/16.59/9.36
M70 Austin Baggett 4258

40.63/10.38/32.61/29.40/17.34
Les Olson 4257

38.98/12.02/36.92/29.28/14.15
Pay Carstensen 3831

38.77/10.52/27.65/26.75/14.98
Reed Quinn 3464

32.47/9.88/28.83/28.26/11.77
M75 Dick Mulken 3279

28.30/9.13/29.22/20.76/9.02
MID-AMERICA

NM USATF Weight
Pentathlon

Albuquerque; April 21
HT/SP/DI/JT/WT

M40 Jeff Crothers 2114
35.16/9.57/26.24/18.56/10.38

M55 Paul Economides 4511
49.12/13.82/39.48/34.10/17.50

Bill Forsyth 3105
29.58/9.92/32.36/39.46/8.92

M60 Jack Kuhns 3321
29.84/11.02/35.72/34.86/11.88

M65 James Koch 3283
27.10/12.48/23.66/20.12/14.08

M70 Tom Maloy 2483
24.54/6.82/23.82/20.00/9.90

W35 Charnia Parrish 1514
19.82/5.88/20.38/13.44/7.70

W70 Judy Fetherston 3204
24.50/6.30/16.96/12.08/4.44

Paula Maloy 1955
15.30/4.46/9.54/8.40/6.54

Drake Relays Masters Events
Des Moines, IA; April 26-27

M40+ 800, April 26
1 Jeff Lindsay 2:03.01

2 Steve Gallegos 2:03.88
3 Jamie Brown 2:05.34

4 Steve Cooper 2:05.41
5 Mike DeMerritt 2:07.27

6 Eric Parker 2:07.56
7 Burton Adrian 2:08.62

8 Paul Gorden 2:08.75
9 Scott Alexander 2:08.79

10 Mark Cleary 2:09.12
11 Paul Cook 2:09.24

12 Scott Smith 2:09.25
13 Bernie Wilder 2:09.76

14 Murray Nelson 2:10.20
15 Paul Grinvalda 2:10.29

M40+ Mile
1 Colm Rothery IRE 4:16.54

2 Mike Egleth Bes/adi 4:24.59
3 Pete Magill SCTC 4:25.28

4 Graeme Fell PwrBrTC 4:26.43
5 Angel Roman Runr/HI 4:29.06

6 Kevin Ostenberg
Reel/Ag 4:35.29

7 Conor O'Driscoll
West/P 4:39.25

8 Jamin Aasum SCTC 4:41.27
SOUTHWEST

Greater New Orleans
Senior Olympics

New Orleans, LA; March 17
50m

M50 Saul Jones 6.81
M55 Herb Stein 6.91

M60 Wm Hardin 7.78
M65 Jack Theriot 7.09

M70 Sam Ascani 8.07
M80 Frank Knaus 9.53

W50 Elin Grikkits 8.63
W55 Juliette Bordonel 9.31

W60 Doris Polak 8.59
W65 Bernice Bordonel 9.97

W75 Lorraine McCaslin 12.03
100m

M50 Saul Jones 12.72
M55 Robert Baker 12.00

M6

Continued from previous page

Hammer		
M55 Gage, Tom	183-0	
M60 Zingg, Howard	120-0	
Javelin		
M30 Brooks, John	96-4	
M40 Bolles, David	115-5	
M55 Barnes, Bobby	149-0	
M65 Leggett, James	95-7	
M75 Adams, Fred	36-2	
M80 Pronovost, Adrien	41-1	

WESTMt. SAC Relays Masters
Events, Walnut, CA; April 21

W40+ Age-Graded 100m		
Name	Age	Distance Time
Kathy Jager	58	82.4 11.63
Kathy Bergen	62	79.6 11.73
Jacqueline Board	48	89.0 12.40
Elaire Iba	41	93.9 12.98
Brenda Matthews	52	86.3 13.08
Magdalena Kuehne	71	72.7 13.24
Michelle Freeman	47	89.7 13.38
Nancy Cochran	49	88.3 14.43
Johnnye Valien	75	69.2 15.12

M40+ Age-Graded 100m		
Name	Age	Distance Time
Harold Tolson	64	81.0 10.46
Stan Whitley	56	85.8 10.53
Harold Monoka	59	84.1 10.70
Dick Richards	67	79.0 10.97
Nick Newton	68	78.3 10.95
Bill Daprano	75	73.0 11.12
John Gray	54	87.0 12.40
Dennis Duffy	59	84.1 12.79

W40+ Age-Graded 800		
Name	Age	Distance Time
DeeDee Graftus	53	42' 3.10.3
Jeanne Daprano	65	21' 3.11.8
Joni Shirley	55	39' 3.20.6
Linda Findley	54	40' 3.24.8
Mary MacCauley	39	60' 3.28.4
Jacqueline Board	48	49' 3.30.2
Nancy Cochran	49	54' 3.59.7
Sumi Onod-Leonard	73	0' 4.08.7

M40+ Age-Graded 800		
Name	Age	Distance Time
Harold Monoka	59	25' 2.38.2
Sid Howard	63	19' 2.38.4
Mac Allen	44	40' 2.47.6
Dennis Duffy	59	25' 2.49.8
Al Escobedo	74	0' 3.08.6
Ricky Termini	59	25' 3.20.7

M50+ 100m		
Name	Age	Distance Time
Steve Cummings	11	7.7
Eugene Driver	12	0.0
Darrell Reed	12	2.4
Mike Evans	12	2.8
Frank Little	12	2.8
Jack Carson	13	3.3

M40+ 200		
Name	Age	Distance Time
Kevin Morning	21	97
Peter Grimes	22	35
Dray Hargrove	22	71
Jay Smith	23	18
Hubert Evans	23	09
Steve Cummings	24	91
Vincent Calloway	24	29
Mike Corn	24	54
Michael Merren	26	33

Hawaii Masters Pentathlon
Honolulu; May 5

(LJ/UT/200/DT/1500)		
Jack Karbens 60	2969	
3.80/33.10/29.60/33.42/6.11.10		
Lionel Low 62	2137	
4.29/19.70/32.90/17.78/7.13.20		
Philip Oyape 49	1558	
--1-126.70/24.26/6.12.40		
Vince Costello 49	1181	
4.79/35.01-1-1-1		
Kevin Kruszon 43	1070	
--138.96/-130.27/-		
Robert Molyneux 63	971	
--122.42/-129.26--		

NORTHWESTSpring Fling Throwers Pentathlon
Seattle, WA; May 4

(HT/SP/DT/SWWT)

M30-79		
1 Bob Lawson 72	4328	
32.38/11.60/43.73/5.74/14.43		
680/945/964/827/910		
2 Harvey Lewellen 73	4295	
39.35/10.81/37.35/7.75/14.03		
852/868/909/819/846		
3 Robin Herron 65	3488	
37.49/9.62/33.07/4.36/11.04		
811/761/689/560/667		
4 Matt Burks 33	3294	
43.48/13.97/36.81/9.11/14.00		
569/727/600/720/678		
5 Tom Allison 72	3279	
25.92/10.63/30.54/5.82/11.04		
510/851/714/564/640		
6 Jerry Wojcik 72	3233	
32.08/8.01/25.43/6.42/12.67		
668/609/570/635/753		
7 Jack Kuhns 63	3195	
25.50/11.34/36.52/4.85/11.84		
441/812/681/600/661		

8 John White 60	3072
38.95/-134.22/6.42/15.80	
749/-1629/770/924	
9 Mark Neal 49	2694
--110.86/32.89/7.76/12.09	
--556/584/738/716	
M80+	
1 Leon Joslin 90	3674
16.53/6.19/17.93/3.87/7.35	
633/960/821/687/573	
2 Jim Minah 82	1722
19.72/6.10/-12.80/6.76	
470/570/-1327/355	

3 Warren Schramm 80	950
--5.69/16.24/-1-1-1-524/426/-1-1-	
W30+	
1 Georgia Cutler 59	3287
30.60/7.68/20.06/6.07/9.84	
707/577/475/803/725	
2 Laurie Jenkins 37	2705
32.66/9.85/26.48/6.22/9.54	
557/520/396/693/642	
3 Carla Surina 43	2616
27.07/9.53/28.00/4.81/8.20	
496/541/456/538/585	
1994WAVA A-G, SW-Partridge Tables	

M45 Joe Santiago	2:50.19
Arnaldo Melendez	23:14.13
M50 Steven Rook	3:15.31
Myron Sidloski	3:20.02
M55 Larry Anderson	3:20.49
Hector Rivera	3:25.03
M60 Rush Fritz	3:52.39
John Kristensen	3:54.21
M65 Arnaldo Craveiro	4:10.54
Bruce Katter	4:15.26
M70+David Jenkins	5:11.59
W40 Dorian Meyer	2:57.28
Theresa Ann Hartzell	3:25.36
W45 Dawn Ciccone	3:31.47
Diane McWhite	3:53.36
W50 Marlene Atwood	3:57.39
Lynn Salvo	3:59.56
W55 Janell Paganelli	4:19.20
Susan Sideman	4:42.04
W60 Ruth Fairbrother	4:36.56
Clestele Fondaco	4:53.06

Stanley Cohen	58:37
M50 David James	58:27
Mike Diorka	1:01.22
Rick Boyle	1:01.31
Daniel Tantino	1:01.32
John Wright	1:02.48
M55 Frank Webb	1:03.17
Art Burger	1:04.05
Tom Cook	1:06.06
Joseph Hewlett	1:06.12
Mohammed Rahmani	1:06.26
M60 Jack Brennan	1:05.19
Robert Taggart	1:06.01
James Flanagan	1:07.00
Jim Donahue	1:07.09
Warren Taylor	1:08.43
M65 Vincent Cnniti	1:11.17
Ruben Melendez	1:11.23
Bill McClellan	1:18.14
George Evinski	1:18.35
Scott Armstrong	1:18.42
M70 Richard Hoban	1:20.17
Patrick Nutt	1:22.19
Donald Monagle	1:27.30
Bill Mullin	1:32.07
Zablon Mokaya	1:33.32
M75 Oliver Williams	1:35.02
Jim Shea	1:47.53
Domenic Dienno	1:47.55
M80 Walter Small	1:55.22
George Blyn	2:05.24
W40 Doreen McCoubrie	59:35
Lorraine Jasper	1:01.56
Lori Walker	1:04.11
Shirley Geerling	1:04.58
Kate McCoy	1:05.10
W45 Beth Howlett	1:11.09
Eliz. Johnston	1:12.24
Debra Martucci	1:13.03
Linda Richey	1:13.33
Joan Potterfield	1:14.20
W50 Leah Whipple	1:07.57
Diane Kukich	1:09.35
Karen Erb	1:10.50
Laurene Jones	1:11.12
Susan Juronics	1:11.55
W55 Joy Hampton	1:12.35
Rena Emberson	1:18.37
Joan Osborne	1:20.08
Annette Macmillan	1:20.57
Sharyn Slick	1:21.14
W60 Sandra Folzer	1:17.02
C. Digambatista	1:24.36
Ann Warsing	1:20.00
Gloria Jenkins	1:37.26
Francine Lettiere	1:39.07
W65 Imme Dyson	1:17.24
Andrea Gerbstadt	1:35.46
Jan Kopple	2:01.55
D. Elam-Walker	2:14.02
W70 Anne Kauffman	1:54.28
Lorraine Cephus	1:59.50
W80 Becky Yenchans	2:32.07

James Joyce Rumble 10K
Dedham, MA; April 28

Overall		
M40 Craig Fram	31:06	
Bob Winn	31:53	
M50 Bill Dixon	34:42	
Laurence Olsen	34:47	
M60 Doug MacGregor	39:55	
Charles Kellogg	40:43	
M70+Bill Engle	48:05	
Don Ross	49:26	
W40 Nina Caron	37:34	
Karen McGahie	37:51	
W50 Susan Gustafson	42:17	
Moiria Dunham	43:52	
W60 Connie Mindell	56:32	

Sallie Mae 10K
Washington, DC; April 28

Overall		
Titus Munji 22	29:30	
Elena Paramonova 38	34:09	
M40 Andrew Kuznetsov	30:27	
Andre Masai	30:43	
Paul Mbugua	31:01	
Jim Hage	32:40	
Dave Berardi	32:59	
M45 David Webster	35:14	
Develand Campbell	36:54	
Matt Reckmeyer	39:23	
M50 Jay Jacob Wind	38:59	
William Scott	42:17	
Michael Wesbecher	42:44	
M55 John Haubert	40:46	
Ben Dyer	41:33	
Roger Kilgore	43:42	
M60 Antonio Panizza	43:52	
David Loprinzi	46:45	
John Hunt	54:15	
M65 Arnie Schiffrdecker	54:39	
Jim Turner	55:50	
Gene Granof	64:49	
M70 Donald McCarten	54:24	
Oliver Bragg	71:19	
M75 Ray Blue	56:01	
Bill Morrison	59:47	
Marcel Bitoun	66:03	
W40 Maria Spinnier	37:14	
Lee DiPietro	37:41	
Janice Riley	38:32	
Patti Stewart-Gabrecht	38:49	
Win Persina	40:06	
W45 Betty Blank	42:35	
Judy Ferrier	50:11	
Carole Roeder	51:09	
W50 Deborah Gebhardt	48:23	
Marjone Marque	49:05	
Sabra Harvey	55:18	
W55 Heidi Hideko Pirie	46:49	
Judith Harmony	48:29	
Dee Nelson	51:44	
W60 Janice Stoodley	47:32	
Yolanda Perez	57:01	
W65 Tami Graf	56:23	
Betty Dameron	61:26	
Betsy Levin	65:10	
W80 Hedy Marque	70:37	
Faye Steele	81:23	

UPMC Health System
City of Pittsburgh Marathon
Pittsburgh, PA; May 5

Overall		
Ruben Chesang 39	2:14.53	
Violetta Kryza 33	2:31.45	
M40 Gilbert Rutto	2:15.35	
V. Buchanov	2:38.17	
J. Brockenbrough	2:47.24	
M45 Tim Hewitt	2:52.28	
Joseph Como	2:54.27	
Henry John Alder	2:59.26	
M50 Don Slusser	2:55.28	
Fred Waybright	3:03.31	
Philip Mulry	3:03.57	
M55 Alex Silverman	3:15.26	
Paul Marraccini	3:16.48	
Larry Stryker	3:19.00	
M60 Bob Heilman	3:43.49	
Richard Monheim	3:43.59	
Julius Brecht	3:57.23	
M65 John Dugdale	3:23.47	
Ray English	3:26.08	
Donald Siefers	3:41.08	
M70 Bill Engle	3:55.15	
Regis Costello	4:58.24	
Charles Warren	5:00.24	
W40 Sandra Fischer	2:52.23	
Mary Sue Teplitz	3:14.51	
Mary Delie	3:21.10	
W45 Susan McDermot	3:32.03	
Debra Cully	3:34.43	
Kathleen Heller	3:43.36	
W50 Gloria Linares	3:51.07	
Linda Rose	3:59.25	
Lynn McAteer	4:15.57	
W55 Judy Mowery	3:57.03	
Donna Czarny	4:30.36	
Jan Kasnevic	4:30.58	
W60 Ruth Fairbrother	4:21.57	
Linda Huegel	5:01.19	
Dana Kline	5:54.57	

Broad Street Run 10M
Philadelphia, PA; May 5

Overall		
Simon Wangai 23	45:16	
Cassy Byrne 36	55:25	
M40 Andrew Kuznetsov	50:13	
Paul Mbugua	50:38	
Francis Kamau	50:50	
Fred Klevan	51:06	
Mike Platt	51:58	
M45 David Webster	57:44	
Mark Uffelman	58:28	
Craig Holm	58:33	
Greg Vitali	58:35	

LONG DISTANCE RESULTS**EAST**St. Patrick's Day 10K
Washington, DC; March 17

Washington, DC, March 17		
Overall		
Chris Banks 24	30:56	
Casey Smith 22	35:57	
M40 Jim Hage 5th	32:48	
Tim Silva 9th	33:46	
Bill McCormack	33:54	
M45 Dan Lawson	34:05	
David Webster	35:23	
Robert Judson	36:52	
M50 Chuck Moeser 8th	33:35	
Larry Washington	37:47	
Jay Wind	38:14	
M55 Pat Griffith	38:03	
Jim Noone	39:50	
Bob Chase	40:23	
M60 John Elliott	39:18	
Stephen Forman	42:06	
Malcolm O'Hagan	47:00	
M65 Maynard Weyers	44:57	
Terence McCarthy	42:00	
Robert Smith	49:18	
M70 George Yannakakis	44:59	
Larry Dickerson	46:16	
Jack McMahon	47:47	
M75 F Lemus-Suare	52:55	
William Osburn	56:31	
W40 Win Persina	39:52	
Julie Hayden	40:13	
Sarah Buckheit	42:30	
W45 Linda Wack	40:05	
Sylvia Travaglione	44:09	
Merlee Seidman	48:41	
W50 Valerie Campbell	47:16	
Peg Davis	48:14	
Lynn Salvo	50:13	
W55 Heidi Pirie	45:22	
Linda Kearney	47:00	
W60 Sharon Dolan	45:09	
Janice Stoodley	46:06	
W65 Angela Craighead	54:23	
Tami Graf	55:43	
W70 Lee Glasco	71:36	
Jacqueline O'Neil	72:36	
W75 Kay Morrison	73:50	

Continued from previous page

M50 Bob Pavlas	3:00.25	Gerry Daley	27:39
Ron Corthell	3:17:16	Maryann Riess	27:34
Dan Barnhart	3:17:35	Rose Hartman	32:25
M55 Frank Hamman	3:20:51	Clarice Prevost	35:14
Michael Serene	3:36:17	W70 Margery Hoffman	53:25
Fred Martone	3:39:29	Huntsberger	59:34
M60 Larry Patterson	3:11:40	Denise Cohn	18:15
Francis McNellie	3:46:15	Lillian Farrell	24:40
Harold Babbitt	3:55:16		
M65 Jim Mackert	4:28:27		
Carl Romansky	5:40:24		
Lee Pressman	5:59:31		
M70 Matt Norris	4:05:40		
Jack Mowry	4:49:13		
Ted Wood	4:59:02		
W40 Alestina Naumova	2:48:40		
Kelly Victory	3:40:47		
Ann Smorad	3:44:06		
W45 Kathleen Dugan	3:32:37		
Terry Krystek	3:34:35		
Robin Smith	3:35:56		
W50 Denise Scholtes	3:34:47		
Nancy Trammell	3:50:21		
Kathleen Wiltrout	3:54:19		
W55 Sandi Ludwa	3:49:29		
Kay Martin	4:25:03		
Shirley Sirois	4:40:54		
W60 Virginia Farneman	4:35:17		
Sally Anderson	5:27:14		
Linda Guillett	6:08:57		
W65 Blanche A. Knisely	5:53:08		
10K			
Overall			
Gilbert Koechi 21	29:08		
Jackline Torori 23	33:58		
M40 Tom Cline	38:03		
Kevin Maloney	38:30		
Kris Warszawski	38:41		
Scott Gill	37:51		
Mark Misencik	38:37		
M45 Scott Snyder	35:18		
Zip Lang	38:47		
Bob Thomas	37:10		
Don Luscher	39:13		
Jeff Winch	39:27		
M50 Gary Romesser	33:34		
David Blankenship	37:31		
Barton Buxenstine	37:39		
Jeff Milinka	38:03		
John Newton, Jr	38:24		
M55 Ron Legg	37:54		
Bob Krummert	38:52		
Robert Downs	40:42		
John Roos	41:41		
Bob Kuebler	42:11		
M60 Dave Stewart	41:48		
Pete Pickert	43:55		
Mario Reed	45:34		
Jim Wharton	45:40		
Marchionna	46:28		
M65 Tom Meredith	49:07		
Paul Reddix	50:29		
Lonnie Reid	53:41		
Bob Andrews	54:06		
William Gerdes	55:25		
M70 Lou Lodovico	47:08		
Don Gill	48:17		
Rob Bumm	52:40		
Jack Huntsberger	52:13		
Bill Henschel	57:02		
W40 Michelle Rupe	39:28		
Joanne Collins	40:35		
Janet Schoen	42:53		
Maureen Scullin	44:37		
Lainie Breiner	45:07		
W45 Tatyana Pozdnyakova	35:41		
Robin Santa-Halop	40:47		
Betty Newton	42:49		
Pat Young	45:45		
Diane McGuire	46:15		
W50 Nancy Ann Smith	45:48		
Eileen Gressock	47:20		
Peggy Shepard	49:07		
Shirley Calvey	50:16		
Patricia O'Flaherty	57:32		
W55 Elizabeth Bugbee	50:22		
Youngusband	52:32		
Jeanne Sikorski	55:00		
Linda Vladika	55:39		
Suzanne Lytle	57:48		
W60 Judi Weitman	57:50		
Janie Felgate	58:52		
Mary Nottage	02:59		
Jane Daroff	03:55		
Louise Patterson	08:23		
W65 Marilyn Olsen	59:13		

Old Kent River Bank 25K Flint, MI; May 11

Overall	
Ronald Mogaka	73:55
Teresa Wanjiku	86:56
M40 Andrey Kuznetsov	80:19
Phil Bedford	80:54
Mike Scannell	81:38
M45 Scott Liversedge	92:22
Bruce Harrison	93:37
Kevin Cusack	94:49
M50 Doug Kurtis	87:37
Bill Rodgers	95:11
Dennis Grantz	97:30
M55 Wally Herrala	1:40:50
Gerard Malaczynski	1:43:02
Edison Murrillo	1:44:41
M60 Peter Polidori	1:45:51
Francis Leik	1:58:46
James Caporali	2:00:57
M65 Ed Yob	1:58:18
Bob Bender	2:00:27
M70+Jerry Johncock	2:04:41
David Meyer	2:27:16
W40 Kim Jones	96:05
Laurie Decker	1:41:01
Kathy Andersen	1:47:18
W45 Jane Welzel	99:41
Laurel Cihak	1:51:06
Nancy Fazio	1:51:23
W50 Nancy Cassell	1:44:53
Pamela Howard	2:05:58
Karen Jo White	2:07:07
W55 Grace Harrison	1:57:55
Diane Arbanas	2:10:11
Donna Baker	2:12:33
W60 Cathy Detman	2:22:22
Janet Wallen	2:22:31
W65 Liz Lancaster	2:20:03

MID-AMERICA

33rd Annual Longest Day Races Brookings, SD; April 20

Overall	
Mark Mantel 34	3:08:23
Andrea Christensen 21	3:31:22
M40 Peter Cooper	3:26:36
M45 William Jahnke	3:33:00
M50 Larry Bethel	3:18:36
M55 Richard DeCamp 3	3:50:00
M60 James Simpson	4:03:59
M65 Bill Duer	4:18:49
W40 Sharon Hobbs	3:53:10
W45 Joan McKelvey	4:29:26
W50 Beckie Duer	4:31:37
Half-Marathon	
Overall	
Dave Braley 44	85:17
Sue Kersten 43	99:04
M40 D Braley	85:17
Tom Longar	1:43:15
M45 Neil Schaunaman	97:19
M50 Richard Sample	91:35
M65 James Theydt	2:00:47
W40 S Kersten	99:04
Robbin Klosterman 1	1:43:53
W45 Carol Bertrang	2:14:13
W50 Wanda Gellie	2:14:13
W55 Marilyn Van Driesen 3	2:28:24
5K	
Overall	
Tim Zbikowski 50	21:52
Vicki Nelson 41	20:31
M45 Steve Britzman	23:52
M50 T Zbikowski	21:52
Steve Vlieger	22:07
M55 Spencer Vaa	23:05
M60 Gordon Anderson	29:17
W40 V Nelson	20:31
Deb Eichacker	24:02
W45 Pat Sandness	30:46
W65 Joan Brown	41:04
5K Racewalk	
1 Mike Wiggins 53	24:32

Get In Gear 10K Minneapolis, MN; April 27

Overall	
Kibet Cherop	30:10
Lyubov Kremleva 40	34:31
M40 Phil Bedford	31:03
Simon Karori	31:25

Digger Carlson	32:56
M45 Bobby Paxton	34:54
Alan Zetterlund	35:00
M50 Mike Seaman	34:45
Doug Suker	36:53
M55 Jim Baillargeon	39:08
Stanley Horstman	41:07
M60 Thom Weddle	40:09
Ron Bole	42:50
M65 Myron Anderson	43:06
Rich Trochman	46:15
M70+John Keston	44:29
Lloyd Young	48:20
W40 Janet Robertz	35:19
Kelly Keeler	37:01
Debbie Leyden	37:05
W45 A Wickstrom	44:18
Sonia Jacobsen	44:57
W50 Gloria Jensen	42:51
Debbie Janey	47:05
W55 Ann Day	46:08
K Benhardu	50:34
W60 Marilyn Schnobrich	46:18
Audrey Schroeder	59:00
W65 Lois Degonda	61:18
Marge Nielsen	61:25
W70+Barbara Burhans	61:03
Marcy Cahow	63:02

SOUTHWEST

Wish Lemons 5K Tulsa, OK; March 23

Overall	
Scott Caldwell 19	16:40
Terri Cassel 40	19:35
M40 Tom Lam	17:58
M45 Pete Orban 2nd	17:27
Chris Roswell 6th	17:50
M50 Steve Douglas	20:44
M55 Mike Beda	19:32
Robert Maddy	20:35
M60 Andy Hogan	21:53
M65 Bob Adkins	23:01
M70 Michael Walter	25:24
W75 Don Mitchell	48:15
M80+Richard Evans	48:25
W40 T Cassel	19:35
W45 Denny Lee	28:23
W50 Donna Spencer 8th	22:46
W55 Grace McCoy 11th	23:46
M60 Suzanne Rogers	39:57
W65 Faith Walkwitz	25:53
W70 Wanda Lemons	40:55
W75 Marguerite McCain	49:55
Racewalkers	
1 Michael Bennett 48	34:08
1 Linda Dyson 51	45:10

Mississippi River Bridge 5K Destrehan-Luling, LA; April 13

Overall	
Vincent Temu 31	14:51
Sherrie Keim 40	18:37
M40 Johnny McBride	18:42
Greg Andrews	19:32
M45 William Martin	17:32
Derrick Lee	17:42
M50 Junius Nixon	17:45
J R Brown	18:59
M55 Brendan Minihan	19:08
Sherman Stanford	19:57
M60 Tad Jurgens	21:15
Mike Witkin	21:21
M65 Gabe Abene	26:54
John Johnson	27:12
M70 Richard Gonzales	25:52
M75+Arthur Gassen 78	38:58
W40 S Keim	18:37
Peg Martinez	22:25
W45 Kim Hebert	22:32
Linda Sarpy	22:57
W50 Ann Poligue	26:26
Wanita Montreuil	27:25
W55 Yvonne Thomas	23:45
Sandy Giannobile	27:00
W60 Gladwin Ullitalo	29:30
W65 Betty Waguesback	40:24
W70 Lucy Troxler	45:48
W75+Elisabeth Van Batten 30	28:28
Racewalkers Overall	
Glen Bodet 40	28:34
Denise Surratt 52	31:43

Azalea 10K Tyler, TX; April 13

Overall	
Clyde Colenso 24	31:23
Albing Gallamora 37	35:43
M40 Mark Morris	35:39
M45 Gregario Polarius	39:52
M50 Tony Collins	40:43
M55 Jimmie Jones	43:34
M60 David Reeder	47:25
M65 James Eitel	68:44

M70+Ray Johnson 70	47:26
M80+Orville Rogers 84	65:10
W40 Tammy Rooney	44:52
W45 Gwen Wheelchel	51:24
W50 Kathy Lewis	53:01
W55 Judy Bomer	55:58
W60 Joyce Hightower	56:01
W65 Suzanne Dailey	82:59
W70+Audrey Melvin 73	70:47
W80+Kay Chambers 80	94:36

Oklahoma City Memorial Marathon, OKC, OK; April 28

Overall	
Jesse Williams 24	2:39:36
Shawna Doty-Myers	3:05:37
M40 Terry Marcott	2:50:57
M45 Michael Kelly	2:59:28
M50 Joe Wagenblast	3:05:27
M55 Howard McRae	3:24:46
M60 Paul Hargrave	3:40:52
M65 Paul Robilia	3:35:21
M70 Donald Cheatham 4	55:05
W40 Kim Bricker	3:20:07
W45 Mari Mohr	3:34:17
W50 Joanne Jackson	3:39:52
W55 Grace McCoy	4:25:48
W60 Kathy Moffitt	4:47:38
W75 Helen Klein	4:38:12

WEST

Loyola-Marymount University Run for the Bay 5K & 10K Los Angeles, CA; April 20

Overall	
Jaime Padilla 25	15:49
Sara Bennett 27	21:24
M40 Franco Goss	17:45
M45 David Moore	19:12
M50 Bob Stagner	21:20
M55 John Carey	23:20
M60+Ben Butler 66	27:02
M70+Milo Sather 74	25:36
W40 Minako Inoue	25:12
W45 Alma Fujiwara	26:51
W50 Evelyn Murphy	26:54
W55 Fran Smith	25:15
W60+Atsuko Fujimoto 66	29:08
W70+Dora Vallarta 71	41:16
10K	
Overall	
Wayne Chen 25	34:51
Debbie Richardson 39	40:27
M40 Tim Morales	38:43
M45 Larry Peake	40:54
M50 Pat Saraceno	41:23
M55 Dan Ashimine	44:43
M60+Arnold Orgolini 65	45:07
M70+Keith Varni 71	61:18
W40 Jeanne Sather	50:10
W45 Lindsey Folsom	45:29
W50 Janice Biermann	52:26
W55 Corrine Schratz	55:06
W60+A James Rogers 62	69:31

Big Sur Marathon Carmel, CA; April 28

Overall	
Jonathan Ndambuki 25	2:18:05
Julianne White 40	2:51:10
M40 Vitas Ezerskis	2:33:28
Mark Voit	2:41:58
M45 Bart Yasso	2:54:51
Brian Gillespie	2:56:47
M50 Danny Dreyer	3:04:18
Philip Welch	3:07:59
M55 Michael Dove	3:05:17
Mike Sanchez	3:18:37
M60 Dennis Hartley	3:40:17
John Pius	3:42:28
M65 George Hirsch	3:37:12
Bob Rice	3:44:56
M70 Richard Gonzalez 4	22:17
Aloysius Casey	4:24:28
M75 Paul Bender	4:43:23
Anthony Brooke	5:30:00
M80 Jack Friedlander	5:30:00
W40 Julianne White	2:51:10
Ida Mitten	2:56:01
W45 Kim Meggison	3:26:31
Sue McCarthy	3:30:40
W50 Diane Ridgeway	3:23:53
Diane Miller	3:52:23
W55 Judith Webb	4:02:38
Lee Hicks	4:13:06
W60 Hansi Rigney	3:51:15
Bonnie McEwee	4:03:36
W65 Khartoon Brown	4:43:42
Vici Dehaan	5:17:30
W70 Frances Sackerman	5:19:10
Etta Palmer	5:30:00



Avenue of the Giants Marathon Weott, CA; May 5

Overall	
Ben Mangrum 23	2:40:53
Yvonne Lund 38	2:54:00
M40 Lawrence Berg	2:54:11
M45 Dennis Early	2:53:43
M50 Don Spencer	3:06:02
M55 Craig Newport	3:29:27
M60 Robert Honer	3:26:30
M65 Peter Courvoisier	3:37:19
M75 Charles Hoover	5:17:54
W40 Mollie Starr	3:16:37
W45 Molly Hutsiniller	3:26:01
W50 Jeannette Groesz 3	39:39
W55 Lois Fleming	4:32:16

NORTHWEST

Mercer Island Half-Marathon & 8K Mercer Island, WA; March 24

Overall	
David Martin	69:20
Sheila Mullins	81:11
M40 John O'Hearn	76:49
M45 Douglas McLean	85:58

Continued from previous page

INTERNATIONALNorthern Ireland Cross-Country
Bangor, Co. Down; March 2002

M40 D Bonner	17:03
M45 Nelson Cahoon	17:52
M50 Terry Eakin	18:43
M55 Desi McHenry	18:40
M60 Drew Crawford	23:32
M65 Jim Reid	20:02
M70 Sam Ward	39:32
W35 S Dodds	20:09
W40 M Mackin	23:37
W45 K Marshall	19:08

London Marathon

London, England; April 14

Overall	
Khalid Khannouchi	2:05:38
Paula Radcliffe	2:18:56
M40 David Robertson	2:27:11
Derek Brown	2:29:00
Ieuan Ellis	2:29:20
M45 Steve Payne	2:30:29
David McGregor	2:30:50
Garry Payne	2:33:03
M50 Richard Gay	2:36:21
Colin Seftoe	2:40:36
Robin Cheeseman	2:43:19
M55 Len Christopher	2:49:50
Geoff Cumber	2:53:24
Torstein Kristensen	2:55:22
M60 Pat Dobbs	2:58:08
Martin Gunther	2:58:09
Mike Barnes	2:58:29
M65 Chris Roome	3:14:06
Jim Reid	3:14:29
George Kay	3:15:20
M70 Hans Rostad	3:25:02
Mervyn Huggins	3:40:04
John Gray	3:43:17

M75 Peter Addis	4:29:54
Peter Webb	4:41:51
Peter Snook	4:44:23
M80 Les Chapman	5:40:34
Bruce Davidson	5:47:48
Jack Gunter	8:33:29
M90 Fauja Singh	WR6:45:31
(old record: J Ramsay, USA/7:52:50/1998)	
Maurice Clarke	7:26:18
W40 Zinaida Semenova	2:27:45
Alison Fletcher	2:44:42
Ruth Pickvance	2:45:34
W45 Judy Brown	2:56:08
Pat Affleck	2:58:38
Pat Mathieson	3:03:41
W50 Zina Marchant	3:02:09
Sue Cariss	3:03:08
Kath Kaiser	3:08:21
W55 Irene Bass	3:34:37
Barbara Law	3:37:51
Audrey Dyett	3:44:36
W60 Sue Lambert	3:32:46
Pauline Hawkes	3:47:05
Mary Orban	3:49:03
W65 Cath O'Reagan	3:53:05
Eleanor Draper	4:24:13
Jean Wainwright	4:32:57
W70 Angelique Figured	5:00:17
Maura Bell	5:30:36
Val Murray	5:33:27
W75 Irene Clarke	6:13:04
Marjorie Dalton	7:00:46
W80 Georgia Veneer	7:43:02
Alma Kent	7:58:01
W90 Jenny Wood-Allen	11:34:00

RACEWALKING2002 Borgess/USATF Michigan
5K Racewalk Championships

Overall	
Rod Craig M40	24:10
Debbie Topham W45	29:03

M35 David Dunn	28:50
M40 R Craig	24:10
Gary Morgan	24:21
M45 Bill Reed	27:01
Dean Bushhouse	37:36
M50 Rick Sack	30:56
Tom Belford	33:35
M55 Davis Pichey	28:15
M60 Marshall Sanders	34:23
W30 Lisa Rhoades	41:20
W35 Susan MoraFassett	31:08
W40 Jeanette Wineland	33:29
C SawyerKerschen	40:36
W45 D Topham	29:03
LynnetteHeinlein	30:23
StephanieKonsza	30:41
W50 Barb Cheney	34:56
W55 Patsy Hand	35:56
W60 Joan Berman	34:15
W70 Carolyn Selby	40:22
DQ's: 6 men/5 women	

Western Regional 10K Racewalk
West Seattle Stadium Track
April 20

M35 Tim Bennett	41:13.7
M45 Doug Vermeer	59:21.8
M50 Gerry Dragomir	50:21.7
Stan Chraminski	54:51.9
M60 George Opsahl	61:51.7
M65 Ron MacPike	67:37.4
W35 Kim Cathro	49:49.8
W40 Ann Tuberg	60:25.0
W50 Mary Snyder	AR57:08.9
(Hanley/57:32 0/1992)	
W55 Darlene Backlund	70:57.3
W65 Bev LaVeck	61:47.7

Bill Mathews Memorial/USATF
Florida 10K Racewalk
Championships, Orlando; April 21
M30 Ray Jenkins 69:01

M40 Steve Renaud	51:50
M45 Mike Felling	56:15
M50 Phil Brown	70:05
M55 Don DeNoon	56:32
M60 Paul Johnson	58:42
M70 Bob Fine	70:30
W40 Cathy Cox	75:37
W45 Carol Simonds	62:32
W50 Linda Stein	65:16
W55 Linda Binge	77:15
W65 Joanne Elliott	73:48
W75 Pepper Davis	86:56
Open	
Norm Frable 56 TX	56:30
Ted Sager 68 FL	68:28
Kathy Frable 56 TX	71:41

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ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, JUNE 2002

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
CONNIE PRICE-SMITH (US)	6- 3-62	40-44
DENISE HOUSEMAN (MANCHESTER, NH)	6- 6-62	40-44
PATRICIA VATONNE (FRA)	6-19-62	40-44
JIM SHARP (TRAPPE, PA)	6-27-62	40-44
MARIETJIE CERONIO (RSA-CLARKSVL, TN)	6- 3-57	45-49
NADINE BOWERS (MEDFORD, OR)	6-15-57	45-49
OLIVER LAMBERT (FRA)	6-17-57	45-49
STEFFI FRANK (GER)	6-17-57	45-49
DANIS WILLET (STROMBURG, NB)	6-22-57	45-49
JAN VANHOCHT (BEL)	6- 1-52	50-54
YEKATERINA PODKOPAYEVA (RUS)	6-11-52	50-54
MARNE JEAN MCMILLAN (CAN)	6-11-52	50-54
NANCY COCHRANE (LA QUINTA, CA)	6-15-52	50-54
UNICE BRITS (RSA)	6-22-52	50-54
KARLA WACHTER (SUI)	6-22-52	50-54
PETER FARMER (US)	6-25-52	50-54
RENATE HOFMAN (GER)	6-25-52	50-54
GERALD KRAINIK (US)	6-28-52	50-54
PIETRO MENNEA (ITA)	6-28-52	50-54
VALERIE LUCAS (US)	6- 1-47	55-59
CAROLE EAMES (GBR)	6- 2-47	55-59
MARGARETHE PICHLER (AUT)	6- 2-47	55-59
BETTY KEATING (OVERLAND PARK, KS)	6- 7-47	55-59
IRENE DAVEY (AUS)	6- 8-47	55-59
JAN ROODT (RSA)	6- 9-47	55-59
JOAN ALLISON (GBR)	6-10-47	55-59
GLOARIA KAY JANSEN (EDINA, MN)	6-18-47	55-59
OMER VANNOTEM (BEL)	6-19-47	55-59
JOHN CHARLTON (IRL)	6-20-47	55-59
PATRICIA SHER (JACKSONVILLE, FL)	6-22-47	55-59
JOHN POWELL (CUPERTINO, CA)	6-25-47	55-59
PAT WALKER (DE)	6-26-47	55-59
ELISE WALE (NOR)	6- 2-42	60-64
THOMAS CRONAN (CHARLESTON, SC)	6- 3-42	60-64
CAROLE LEAP (VALLEY STREAM, NY)	6- 5-42	60-64
ROBERT CAHNSERS (NAPLES, FL)	6- 8-42	60-64
SACHIKO KAWAZU (JPN)	6-13-42	60-64
CONNIE RODEWALD (VENTURA, CA)	6-23-42	60-64
LIANE WINTER (GER)	6-24-42	60-64
PAM KENNY (NZL)	6-26-42	60-64
CHUCK YOUNG (US)	6- 0-37	65-69
JURGAN RADKE (GER)	6- 9-37	65-69
VILMOS VARJU (HUN)	6-10-37	65-69
SUSAN BUCHANAN (PHOENIXVILLE, PA)	6-13-37	65-69
DAPHA COTTEN (EUCLID, OH)	6-14-37	65-69
VLADIMIR LYAKHOV (URS)	6-17-37	65-69
RON DAWES (MINNEAPOLIS, MN)	6-21-37	65-69
GERD GLASER (GER)	6-22-37	65-69
GILBERT LATORRE (SAN JOSE, CA)	6-23-37	65-69
GLORIA RICHARDS (AUS)	6-30-37	65-69
GLORIA SEYMEN (AUS)	6-30-37	65-69
HIKMET KANDEYDI (TUR)	6- 1-32	70-74
WANDA SAKATA (BRA)	6- 1-32	70-74
JOHAN HESSELBERG (NOR)	6- 3-32	70-74
JUDY COX (AUS)	6- 5-32	70-74
DAVID PRATT (DAVIS, CA)	6- 7-32	70-74
MARY RUFFIN (CA)	6-18-32	70-74
BETTY OLSON (LINCOLN, NB)	6-19-32	70-74
ISABEL MCCONNELL (WHARTON, NJ)	6-19-32	70-74
TED WASSAM (CA)	6-24-32	70-74
NORMAN GREEN (WAYNE, PA)	6-27-32	70-74
ALLAN SHEAHEN (VAN NUYS, CA)	6-28-32	70-74
MARY LOU CARLSON (MINNEAPOLIS, MN)	6-15-27	75-79
PATRICIA OSMON (JUNCTION CITY, OR)	6-17-27	75-79
LUISE HAUSHOFFER (GER)	6-17-27	75-79
JOAN OGDEN (GBR)	6-18-27	75-79
EDMUND SCHULER (ST. PETERSBURG, FL)	6-20-27	75-79
MARIA SURZA (ITA)	6-20-27	75-79
TED ENSSLIN (PORTERVILLE, CA)	6-24-27	75-79
ERMANNA ORSONI (ITA)	6-25-27	75-79
ALEX HOSSACK (US)	6- 2-22	80-84
WALLY SHEPPARD (AUS)	6- 5-22	80-84
STIG OLDEN (SWE)	6- 8-22	80-84
MAX CARR (NZL)	6-14-22	80-84
PHYLLIS BENEDICT (CA)	6-16-22	80-84
HELEN TENDLER (US)	6-21-22	80-84
MALCOLM SHURTLEFF (URBANA, IL)	6-24-22	80-84
CLYDE ALLING (CULVER CITY, CA)	6- 2-17	85-89
EUGEN EBLE (GER)	6- 4-17	85-89
ANTONIO GOTAY (PUR)	6- 1-12	90-94
FRIEDERICH E MAHL (GER)	6- 5-12	90-94
PHILIP LAWRENCE (SUN LAKE, AZ)	6-10-12	90-94
JACK WOOD (CHARLOTTE, NC)	6-15-12	90-94
CLAUDE HILLS (FLOUROW, PA)	6-21-12	90-94
MASANOSUKE AOKI (JPN)	6- 2- 7	95-99
THEDDE JENSEN (SWE)	6- 7- 7	95-99
KARSTEN BRODERSEN (CHL)	6-24- 7	95-99

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Too often, at national, regional, even world class events, there is zero or next to no major press coverage - despite top quality athletes who break national age records in your meet. Bob Weiner, former White House press staff and media coordinator for Congressional committees - and a dedicated masters runner who has directed RRCA national championship road races and USATF world class track events - has formed a public affairs company and contacted National Masters News about this glaring omission and need in the masters running circuit. Bob worked at the 2002 Salt Lake Olympics generating press for the World Anti-Doping Agency's drug testing activities before and at the Games - obtaining stories on "Today", "Good Morning America", NBC Evening News, HBO, AP, the Washington Post, New York Times, Los Angeles Times, NPR, and all major media. He had done the same for U.S. Drug Czar Barry McCaffrey at the 2000 Sydney Olympics. Bob and his company - Robert Weiner Associates Public Affairs - are eager and ready to help the Masters Running movement.

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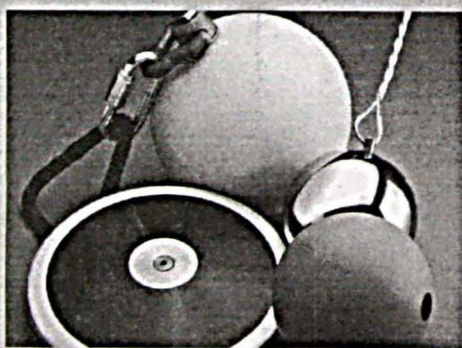
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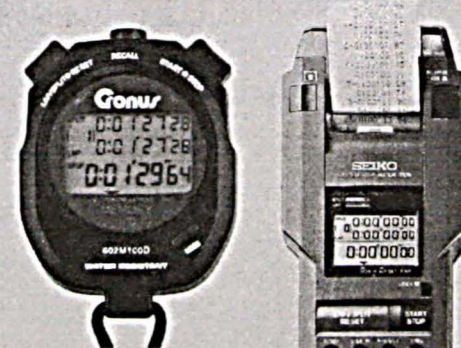
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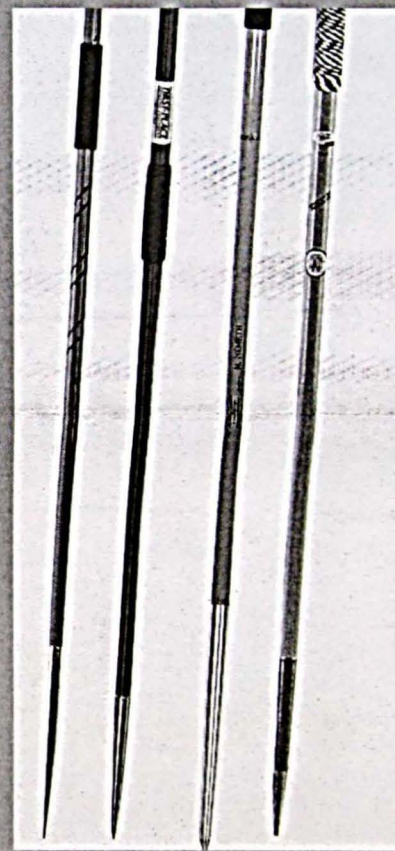
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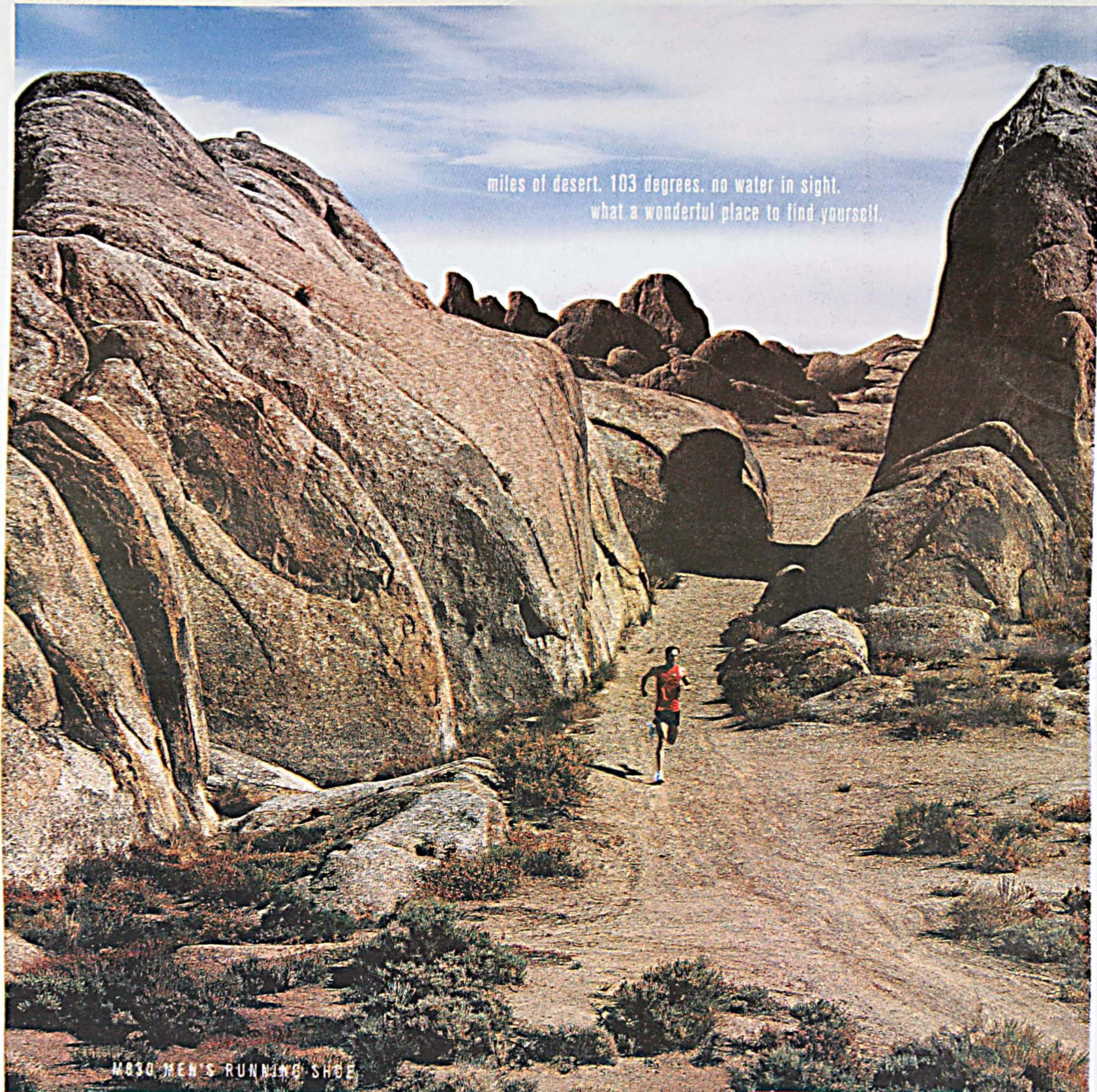
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