

# NATIONAL MASTERS NEWS

The official world and U.S. publication for Masters track & field, long distance running and race walking

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Steve Scott, 40, finishing the mile in the Prefontaine Classic Meet, May 26, with a U.S. M40-44 record 4:10.43. Photo by Suzy Hess

## Scott Sets U.S. Masters Mile Record

by JERRY WOJCIK

Steve Scott, holder of the U.S. mile record of 3:47.69 since 1982, fell short of running under 4:00 as a master but left the Prefontaine Classic Meet in Eugene on May 26 with a U.S. M40-44 record of 4:10.43.

The old record of 4:12.24 was set by Larry Almberg in 1990. The world record is 4:02.53 by David Moorcroft of Great Britain in 1993. Eamonn Coghlan of Ireland ran the best-ever

masters mile in 3:58.15 indoors in 1994.

Scott, who turned 40 on May 5, knew his chances of breaking four minutes in Eugene were slim. He had run a 3:47 1500 (roughly a 4:04 mile) a week before but had hopes that a soldout crowd at Hayward Field might push him to shave off a few seconds for a sub-4:00.

At a news conference on the Friday

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## Three Major Meets to Draw 2500

More than 2500 athletes from throughout the USA, Canada, and several foreign countries are expected to participate in one or more of three major masters track and field competitions being held in a 300-mile radius in a 16-day period from August 9-24.

First, up to 700 competitors will compete in the Canadian Masters

Championships in Victoria, B.C. on August 9-11.

Then, more than 1200 are expected for the 29th USATF USA Masters Championships in Spokane, Wash., August 15-18.

Finally, several hundred are expected for the WAVA North American Masters Championships in Eugene, Ore., August 21-24.

Some veteran athletes are planning a two-week vacation to participate in all three events. Others are opting for one or two of the competitions.

The trio of events provides a great opportunity to see some of the most beautiful scenery in the world – the mountain ranges of southwest Canada and northwest USA.

All events are open to anyone age 30 or over. There are no qualifying standards. Special discounted air fares

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## Niemczak and Grayson Win a Hot Huntsville Cotton Row Run

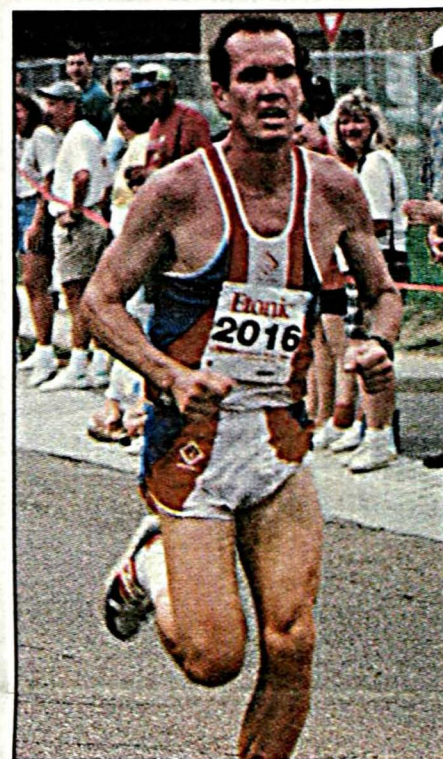
by JIM OAKS

HUNTSVILLE, Ala. – In past years, WZYP Cotton Row Run 10K masters winners have been natives of Ethiopia, Kenya, England and Ireland. So it was no real surprise to have a Polish winner this year, on May 27, especially since his name was Antoni Niemczak.

While Niemczak added another national origin to the list of former Cotton Row male winners in a heat-slowed 33:10, Nancy Grayson of Northville, Mich., sang her same winning song for the seventh straight time in the women's masters race in 39:12.

Niemczak, currently one of the hottest masters on the circuit, came to Huntsville with recent impressive wins at Cooper River Bridge 10K (30:14), Gate River 15K (48:03) and Crescent City 10K (30:17). The talk among the masters field on Sunday night before the traditional Memorial Day race concerned who would take second. Niemczak seemed in a class by himself, and race director Lawrence Hillis had already adjusted

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Craig Virgin, 40, three-time Olympian, finishing 3rd 40+ runner in the WZYP Cotton Row 10K in 34:08. Photo by Jim Oaks



David Geer #2002, and Antoni Niemczak, in the WZYP Cotton Row 10K, Huntsville, Ala., May 27. Niemczak was the masters winner by three seconds over Geer, in 33:10, in a heat-slowed race. Photo by Jim Oaks

### INSIDE:

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- New 1996 Age Record Book – page 12
- National 12K Championships – page 9
- Advil Mini-Marathon – page 20

**Etonic**  
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After 47 years

Bill Rodgers is still running.  
Bill Rodgers wears Etonic.

Just coincidence?

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## NATIONAL MASTERS NEWS

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Some masters events are sponsored by USATF, the national governing body for athletics in the USA. Some are sponsored by individuals, clubs or other senior organizations.

Generally, anyone age 30 or over may come to a masters event and participate. Some events are limited to age 40 +, 50 + or 55 + (please check the schedule for details). Some events require advance registration. Some require a current USATF card (\$7 to \$12 per year, depending on the region). To inquire about a USATF card, call USATF in your area, or 317/261-0500. There are no qualifying standards for most masters athletics events.

NMN welcomes contributions — results, schedule info., photos, letters, articles, and opinions. Manuscripts should be typed, doubled-spaced, but legibly handwritten material is also acceptable. Results should be typed, single-spaced. Please include a stamped, self-addressed envelope if return is desired.

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### NEW AGE GROUPERS

On March 6, I wrote Pete Mundle a letter informing him that I would be 50 years old on May 18, 1996, and would appreciate it if he would include my name in the upcoming "Athletes Who Enter A New Division This Month" list for the May, 1996 issue of *National Masters News*.

When I received my May 1996 issue, I noticed my name was not included on this list. What criteria is used to get your name on this list? Although it might not be important to some athletes, entering a new age group for me is a big turning point in my life, especially at age 50.

I am a long-term subscriber to your magazine, and have always spoken highly of your publication. I also work hard on trying to encourage meet directors to include the triple jump in their meet schedules. I have seen many meets drop this event from their program, and I try to renew their interest in including it again.

Bob Everoski  
Halstead, Kansas

(Mundle's monthly list is generally limited to those athletes who have, at one time or another, set a single-age record in track and field events. In an effort to expand the list to include others, NMN twice asked USATF for a list of birthdays of all USATF registered masters athletes. But USATF declined to provide the list, citing "privacy" reasons. - Ed.)

### WOMEN THROWERS

In response to Jerry Wojcik's article on the dearth of women throwers in the

younger divisions, I agree with the other responses and would like to add the following based on my experiences and conversations with other "want-to-be" throwers.

Many women fear injury, embarrassment, and failure when considering competing in the throws. For most, there isn't any coaching available or place to train. One has to have a lot of interest and guts to try to learn events on one's own. Many realize from the start that learning to throw without a coach will be difficult and do not even bother; some try, become frustrated and give up; a few, like me, love the challenge and competition and continue to throw with hopes of one day learning proper technique and improving their performances.

Secondly, women throwers constitute a subclass of the Second Class Throwing Community and often face third-class treatment at many meets.

Thirdly, the poor conditions of many throwing venues and second-rate treatment of throwers, which have been addressed in Wojcik's columns, are enough to discourage the committed throwers. You can imagine what one who is unfamiliar with the throws must think about competing.

Lorraine Tucker  
Boston, Massachusetts

### DURBAN IN '97

After having participated in the World Championships in Buffalo last year, I can put the names which appear in *National Masters News* articles and results to the faces I had met and seen there. Not forgetting the countdown to

Durban, I do not want to miss any motivational build-up to the next world championships here in 1997.

Our misfortune (the poor exchange rate) will, however, be the good fortune of all visiting athletes and tourists to our country next year for the championships in Durban. We look forward to welcoming you all to our beautiful country and making your stay a very memorable one.

Pal Immelman  
Johannesburg, South Africa

### MEET CONFLICTS

I was shocked, along with many other masters throwers, to discover that Haig Bohigian scheduled this year's Eastern Masters Championship on the same day (July 20th) as Dr. Charles Covino's superb Iron Horse Farm Throwers Meet in Ringoes, NJ. Dr. Covino's meet was sanctioned, scheduled and advertised in the *National Masters News* much before the Easterns were announced. Every thrower with whom I have talked plans to attend the Covino meet this year and forego the Easterns. This will diminish the turnout and importance of the Easterns this year.

As a masters track and field competitor, I appreciate the efforts of people like Haig Bohigian, who take the time and trouble to put on meets like the 1996 Eastern Masters Regional Track and Field Championships. But he made a mistake in ignoring protocol, in trampling on the efforts of another meet promoter, and in disregarding the throwers. We're a pretty vocal group (as any spectator can attest), and we're hanging together on principle to support Dr. Covino's outstanding meet.

John. B. Bronstein  
Haddonfield, New Jersey

### THE GOOD AND THE BAD (no ugly)

On the entry form for the '96 Los Gatos meet, age divisions were shown in 10-year increments. Wondering if we had somehow gone back to the 'good old days' or rather the *bad* old days, I called prior to filling out the form. Naturally, the first answer was, "Oh, don't worry, the medals will be in 5-year divisions."

Informing the person that after competing in masters for 26 years, like a lot of us, we've got boxes of medals and that there can be a certain psychological factor that comes into play when you are trying to catch 4 or 5 guys ahead of you in a 100m dash.

It certainly doesn't make for relaxed running (at least not for me). Agreeing the individual then said, "No problem, we never mix age groups in sprints."



Paul McDowell, 87, Webster Groves, Mo., and Emmett Bennett #118, Rapid City, S. Dak., in 50m, St. Louis Senior Games.

Photo by Hank Kiesel

Well, lo and behold, everything at the meet was run in mixed age groups. When I complained at the meet, I was told, "Don't worry about it, it will make you run faster." Really?

Well, if that be the case, why not let the group under my division run with the group under their division, and then that group run with the group under them; in fact, why not let all the groups run together, then we can all run faster!"

The result of this practice was big delays at the finish line trying to figure out who was in what division and, even worse, was the fact that because of age differences, not all of the runners were captured on the Accutrack timing photos so they said, "Oh well, just fill their times in."

For the time wasted at the finish line, the other age group could've run their race in their own division. Why do folks who put on these meets boast about how nice a meet it is - in this case, the Masters Championship for Pacific Assoc. - and then on meet day seem to make the top priority, "Let's get this over with as soon as possible."

Most of us pay entry fees, spend time and money (gas!!) to get there and have fun and see how well we can do against our own age group, only to feel hurried and let's get this over with and get outta here! For putting the meet on, all of your efforts and work, I say, as always, thank you so much. But for this attitude, sorry, guys and gals - thumbs down.

On the very good side, how about great plaudits for the Senior Olympic Games being staged around the state and the country. Once scoffed at and sometimes snubbed by some runners as, "Oh yeah, that's that other group," these folks are now showing everyone how it should be done. Great pre-event publicity, tremendous organization, the acquisition of major sponsors and a sporting event where the athlete reigns supreme.

Everything from merchandise at the

Continued on page 20

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1 Box of 24-\$24.00  
(Apple, Berry, Chocolate & Malt-Nut)  
**Avocet Cliff Bars**  
12-\$14.99, 24-\$28.99, 48-\$56.99  
4 Boxes of 24-\$13.99 per dozen  
(Apple/Cherry, Apricot, Date/Oatmeal, Chocolate)

## Edge Bars

12-\$15.99, 24-\$29.99, 48-\$57.99  
6 Boxes of 24-\$13.99 per dozen  
**Pines**  
**Wheat Grass** - (500 Tablets) - Retail \$26.95  
1 - \$21.56, 3-\$60.00 (\$20.00 each)  
**Wheat Grass** (7 oz.) - Retail \$31.50  
1-\$25.20, 3-\$70.05 (\$23.35 each)  
**Barley Grass** (7 oz.) - Retail \$25.50  
1-\$20.40, 3-\$56.70 (\$18.90 each)

## Stopain Spray

2 oz. \$4.99 - At Elite \$4.00  
4 oz. \$6.89 - At Elite \$5.50  
8 oz. \$9.89 - At Elite \$7.90

**Sportenine - Homeopathic Pain Relief**  
Retail \$9.79 - At Elite \$7.84

## Zand

**Insure Herbal** - 100 Tablets Retail \$11.49 - At Elite \$9.20  
2 oz. Retail \$10.49 - At Elite \$8.40  
**Active Herbal** - 60 Capsules Retail \$12.95 - At Elite \$10.36  
4 oz. Retail \$11.95 - At Elite \$9.56  
**PMS Formula** - 60 Capsules Retail \$12.95 - At Elite \$10.36

## Universal

**Forza Bars** - For High Performance Athletes  
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

## Pep Products

**Sports Pep Thunder Bars** - Chocolate, Tropical  
Retail \$1.69/Bar, 24-\$32.40 (\$1.35 each)  
**Brain Pep** - 60 Tablets Retail \$12.95  
1-\$10.36, 3-\$28.80 (\$9.60 each)

## Quantum

**Extra Edge Performance Formula** - 60 Tablets  
Increases Endurance, Stamina... Extends Peaks  
Retail \$16.95 - At Elite \$13.56

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**Quick Trim 14 Day Plan** - Retail \$49.95  
1-\$39.96, 3-\$111.00 (\$37.00 each)

## Icopro

**Oxy-Blast** - 120 Capsules - Retail \$19.95  
1-\$15.96, 3-\$44.40 (\$14.80 each)  
**Wind** (21 oz.) - Retail \$19.95  
1-\$15.96, 3-\$44.40 (\$14.80 each)

## Unipro

**Carbo Plex** - Orange (2.4 lbs.) - Retail \$17.99  
1-\$14.40, 3-\$40.05 (\$13.35 each)  
**Endura** - Lemon (2 lbs.) - Retail \$23.95  
1-\$19.16, 3-\$53.31 (\$17.77 each)  
**Endura Optimizer** - Orange (2.8 lbs.) - Retail \$32.95  
1 - \$26.36, 3-\$73.35 (\$24.45 each)  
**DMG** - 2 oz. Retail \$14.95  
1-\$11.96, 3-\$33.30 (\$11.10 each)

## Next Nutrition

**ProOptibol** (2.2 lbs.) - Retail \$26.95  
1-\$21.56, 6-\$119.76 (\$19.96 each)  
(Chocolate, Vanilla, Very Berry & Original)  
**2 Gro 2000** (4.55 lbs.) - Retail \$29.95  
1-\$23.96, 6-\$133.20 (\$22.20 each)  
(Chocolate, Strawberry & Vanilla)  
**Pro Opti Bar** - Chocolate Retail \$1.59/Bar  
12-\$16.80, 24-\$30.00 (\$1.25 each)  
**Hypro Cell Energy Exercise Drink** (1.51 lbs.)  
**Fruit Punch** Retail \$19.95, 1-\$15.96, 6-\$88.80 (\$14.80 each)  
**Ultimate Whey Designer Protein** (2 lbs.)  
68% Better Than Egg Whites \* Absorbs 200% Faster  
Vanilla Retail \$39.95, 1-\$31.96, 6-\$168.00 (\$28.00 each)

## Optimum Nutrition

**Pro Amino Sports Bar** - Retail \$1.50/Bar  
24-\$32.40, 36-\$43.20 (\$1.20 each)  
(Chocolate, Peanut, Butter Pecan, Burgundy Cherry  
& Blueberry Cheesecake)

## Strength Systems USA

**Ultra Paks** - Special 30 Day Multi-Vit/Mineral And More For Runners  
And Endurance Athletes - Retail \$26.99, Our Price \$21.60  
**Gold Paks** - Special 44 Day Multi-Vit/Mineral And More For Power  
And Strength Athletes - Retail \$37.99, Our Price \$30.40  
**Yohimbe Bars** - Chocolate Raisin Nut  
Retail \$1.69/Bar, 20-\$27.00 (\$1.35 each)

## Twin Lab

**Ultra Fuel Bars** (Vanilla & Chocolate)  
Retail \$2.69/Bar 12-\$25.99, 24-\$49.99  
**Ultra Fuel** (Powder)  
Retail \$17.99, 1-\$14.99, 6-\$80.94 (\$13.49 each)  
(Orange, Tropical Fruit, Lemon & Grape)  
**Carbo Fuel** (43 oz - Powder)  
Retail \$19.99, 1-\$15.99, 3-\$44.46 (\$14.82 each)  
**Phosfuel** (180 Capsules)  
Retail \$18.99, 1-\$14.99, 3-\$41.97 (\$13.99 each)  
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120 Capsules \$21.95, 1-\$17.56, 3-\$48.90 (\$16.30 each)

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**Emergen C - Lo Cal** - 36 Paks \$12.65 - At Elite \$10.00  
**Emergen C - Lite** - 36 Paks \$11.55 - At Elite \$9.20  
**Super Gram II** - 100 Tabs. \$19.25 - At Elite \$15.00  
**Super Gram III** - 100 Tabs. \$20.85 - At Elite \$16.50  
**Emergen C Sports Pak** - Makes 3 gallons \$13.85  
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10 carbohydrate concentrate packets can be used  
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Great for Carbo-Loading

ASK FOR YOUR FREE SAMPLES



## Third Wind

by MIKE TYMN

### Timeless Wisdom from an Athletic Pioneer

**"A**s a nation we have at last become exercise conscious. And what a blessing it is, too! Personally, I believe the girls of our age have probably been the most benefited by all of this. We can thank our lucky stars that we are no longer expected to sit by the fireside and knit, while watching our brothers get most of the fun out of life."

That's a quote from the November 1931 issue of *Love Mirror* magazine and was part of an article entitled, "Fun for the Figure." The writer was Aileen Riggins, who was featured in this column last month.

Riggins, now Aileen Riggins Soule of Honolulu, was a pioneer in women's sports. She won a gold medal in springboard diving in the 1920 Olympic Games in Antwerp, the first year in which American women competed in the Olympics, and then took silver (diving) and bronze (100-meter backstroke) four years later in the Paris Olympics.

#### Golden Years

Riggins competed in the "golden years of sport" — an era that included Ty Cobb; Babe Ruth; Man o' War, Jack Dempsey; Johnny Weissmuller; Duke Kahanamoku; Red Grange; Bobby Jones; and Knute Rockne. After turning professional in 1925, she became one of the first, if not the first woman sports journalist. She wrote columns on exercise and fitness for the *London Morning Post* and the *New York Evening Post* (the latter column called "The Modern Diana"). She also contributed to *McCalls*, *Collier's*, and other popular magazines of the time.

Today, Soule is a pioneer of a different kind. She set a number of world masters swimming records in the 80-84 and 85-89 divisions, and is now preparing to set new standards in the 90-94 division.

And, she is still writing. "We were very naive swimmers," she wrote in the January 1996 issue of *Swim Canada*. "We never heard of dope in my day — in those days, I should say. We were all raised that good sportsmanship is greater than victory. We also felt that one-upmanship was to give your opponent the advantage and then beat him or her. That we did sometimes, especially in handicap races."

Here are several of Soule's offerings from 65-75 years ago. Most of them still apply today — to track and field and road racing, as well as swimming.

**Aging:** "Sport has broken down the barriers between youth and middle age. They meet on a common basis. The age of neither acts as a handicap; the youth of the one is offset by the

experience of the other." *The New York Evening Post*, 1926.

**Coaching:** "It is surprising to most people that a swimming champion of no matter how many years standing, must have her weekly coaching; not, of course, to learn anything new each time, but so the coach can detect any slight errors that may have developed, and correct them before they become serious." *The New York Evening Post*, 1926.

**Quality vs. Quantity:** "I want to impress upon all girls, while on the subject, that my early development in swimming was possible only because of the system of training followed. I was made to cover middle distance stretches at slow pace throughout the novitiate, and never had any speed work at practice. This method builds the swimming muscles effectively and affords the best opportunity to correct faults, at the same time avoiding all chance of strain from over-exertion. It is constant speed work which taxes the heart and lungs and prevents the acquiring of form. If one uses a modern stroke effectively and goes at a moderate pace, no strain attaches to covering several miles." *Country Life* magazine, July 1922.

**Overtraining:** "Believe it or not, it's quite possible to do too much violent exercise. Everything has a limit." *Love Mirror*, November 1931.

"Of course, one can overdo in any sport, especially if one is a champion. The best remedy for the over-development that comes when we train for competitive sports is a form of exercise which will counteract this effect." *McCalls*, April 1927.

**Trying Too Hard:** "When you swim in an awkward way you are trying too hard. You are laboriously lifting one arm after the other out of the water and your tightened leg muscles are stubbornly being made to move in unfamiliar cycles." *The London Morning Post*, 1927.

**Walking:** "None of us can swim at the beach every day; none of us can play golf or tennis every day; but there isn't one of us who couldn't walk a little every day. Don't think for a moment that walking isn't a grand sport. None of us would think of eating only once a week, yet we are quite



New York City Mayor Hylan pins a special medal on Aileen Riggins at the victory celebration following the 1920 Olympic Games. Helen Wainwright (silver) waits in line, followed by Helen Moody (gold medal winner in the '28 Olympics).

contented to exercise less often than that. A little bit of concentrated exercise every day is one sure way to keep fit. Do a little walking every day and watch your face and figure flatter you." *Love Mirror*, November 1931.

**Losing Form:** "It doesn't do any good to practice a dive once you've lost it. At least, that has been my experience. You just have to wait till it comes back. And it does that as suddenly as it goes." From her 1931 book, *Modern Swimming and Diving*.

**Pacing:** "Get the feel of it fixed in your mind so firmly that you can almost tell from the amount of exertion how fast you are traveling, for if you aren't sure of pace, you will be hopelessly outclassed when you encounter opponents who know theirs." From her 1931 book.

**Going Out Too Fast:** "The eager and foolish ones will spring too soon and bring the crowd to its feet: the thoughtless could forge ahead early and make a bold bid for leadership. But the girl who wins, swims as she sees fit, not as the others dictate." From her 1931 book.

**Sunburn:** "Ordinarily this (sunburn) is more of an inconvenience than a hazard, but it can become a decided hazard in the absence of the aforementioned common sense. The truth is that sunburn is just the same as any other burn, and a severe dose covering half of the area of the body can cause death." From her 1931 book.

**Risk-Taking:** "Many participants in water sports think that 'taking a chance' is a game, a nervy thing to do. It demonstrates their courage, I suppose. You will find, however, that the usual mark of the inexperienced is that he takes chances — and that the more experience a man or woman has around the water or in boats, the less inclined he or she is to undergo needless risks. As the daughter of a naval officer, I have seen that fact emphasized many times. After all, there is a

distinction between stupidity and bravery." From her 1931 book.

**Stress Reduction:** "I wish every little girl could learn to swim before she is ten and keep it up through her teens. It would do away with many of our so-called nervous breakdowns, the hysteria, the craving for excitement for which we blame our girls nowadays." *McCalls*, May 1927.

**Women:** "Only in the last few years have girls gone in so seriously for athletics and each year their repertory becomes more comprehensive until, if they keep up at this rate, it won't be long before they include almost every known sport." *The New York Evening Post*, 1926.

Aileen Riggins Soule was a true pioneer in the areas of fitness and women's sports. She was certainly a woman ahead of her time. □



Aileen Riggins Soule standing next to statue of former teammate Duke Kahanamoku at Waikiki Beach, Honolulu.



Steve Winkel, 38, receives a gift certificate from Birmingham TC president Helen Tankersley as winner of the Jim Law Memorial 400m Award for the best age-graded performance, Birmingham TC Meet, Alabama, May 18. Tom Brewer, 50, was second, and Meet Director Gordon Seifert (l), 67, third.

Photo by Richard Tankersley

## Pawlik Stars in Birmingham

by GORDON SEIFERT

Emil Pawlik, 57, had an outstanding meet in the Birmingham TC Classic in Alabama on May 18. Pawlik had three 90+% age-graded performances (100m, 100H, long jump) in winning the mini-decathlon and a \$100 gift certificate from the Trak Shak. In the mini-decathlon, a competitor selects any five of the ten events from the regular meet.

Jim Stookey, 66, won the Knights of

Columbus \$100 award in the distance handicapped 100m with a 10.57. The eight finalists in the race qualified by their times in the regular 100m.

Steve Winkel, 38, won the Jim Law Memorial 400m Award, given to the best age-graded performance at that distance, with an A-G 49.27, based on his actual time of 51.83. Larry Boots, M50, won the pentathlon; he and Winkel were also presented with Trak Shak gift certificates. □

**On Saturday, July 13, 1996  
Athletes from 20 States and  
Canada will travel to  
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# The MASTERS Return To Illinois

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Friday, July 12, 1996-Full Day Seminar  
Six Hours to Change Your Biology

## The Application Of Mind/Body Medicine Principles To Alter The Biology Of Aging

Under the Direction of Craig Dean, M.D.  
Condell Medical Center Conference Center  
Libertyville, Illinois

### PRESENTATION:

Welcome Ina Albert, Condell Medical Center, 9:50 a.m.  
Certified, Foundations of Holistic Health,  
DePaul University - School of New Learning

Secrets of Ancient Chinese Medicine Applied to Longevity  
Review of Classical Texts Written 5 Millennia Ago  
Craig Dean, M.D., 10:00 - 10:45 a.m.

A Mind/Body Model for Stress Hardiness  
Peg Cronin, M.P.H., 10:45 - 11:30 a.m.

Meditation and The Relaxation Response  
Contribution to Youthful Aging  
Phil Kirschbaum, M.S.W.

Craig Dean, M.D., 11:30 - 12:30 p.m.

-- LUNCH --

12:30 p.m. - 1:30 p.m.

Herbs, Vitamins and Hormones  
Intracellular Rejuvenators - Fact or Fiction?  
Recommendations and Review of Literature  
Craig Dean, M.D., 1:30 - 2:30 p.m.

Enhancing Recovery from Exercise for the Aging  
Recommendations for Peak Performance Living  
Todd Kearney, M.S., 2:30 - 3:15 p.m.

Spirituality and Dynamic Aging  
Extraordinary 'Ageless' Heroine  
Sister Marion Irvine, 3:15 - 4:00 p.m.

### Faculty

Peg Cronin, M.P.H.,\* Certified Health Education Specialist  
Craig Dean, M.D.,\* Researcher, Biology of Aging, Condell Medical Center  
Phil Kirschbaum, M.S.W.,\* Psycho Therapist and Consultant, Gurnee  
Counseling Group

Sister Marion Irvine, 1984, U.S. Olympic Trial Qualifier  
Todd Kearney, M.S., Exercise Physiologist

\* Completed Clinical Training at The Mind/Body Medical Institute -  
Harvard Medical School.

Location: Dorothy Keene Allen Conference Center A & B  
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Fees: \$30.00 for Full Day Seminar, 9:30 a.m. - 4:00 p.m.  
Includes buffet lunch.  
\$25.00 additional, 100 page course syllabus  
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Number attending seminar/lunch \_\_\_\_\_ @ \$30.00 each

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Total remitted: \$ \_\_\_\_\_

Please make check payable to: Liberty Road and Track Club,  
719 Stonegate Ct. Libertyville, IL 60048 and remit by July 6, 1996.  
Registration is limited to the first 70 registrants!

In association with Masters Return to Illinois, Track & Field  
Championships, Saturday, July 13, 1996.

This program has been funded in part by educational grants from  
both Pfizer Labs and Merck and Co., Inc.



## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Burning Feet

**Q.** I am 63 and have been competing in masters races since 1982. I have been relatively injury-free until recently. While training, something "snapped" on the bottom of my foot. I have been unable to run for the last six months, and, after ten minutes of walking my foot begins to burn. Can you help me get back on the road to recovery?

**A.** It is difficult to diagnose your injury from your description. Usually, a "burning" sensation is the result of some type of nerve damage. However, in the area you describe, it could also be a fracture of one of the small bones of the foot (the 5th metatarsal) or it might result from injury to the tendons that run along the outside of the foot.

I'd definitely recommend an x-ray to rule out the possibility of a stress fracture or even a complete fracture. If, after a thorough biomechanical examination, you are found to have a tendon pull or tear, you may need additional treatment such as physical therapy or perhaps a cast to immobilize the injury and facilitate the healing process.

I usually advocate hot water physical therapy and direct ultrasound in combination with a "low dye" strapping. In extremely painful cases, a

short-acting steroid mixed with a local anesthetic is helpful. If there is a mechanical problem, the use of an orthotic insert (preferably with a padded heel) often gives quick relief. □

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

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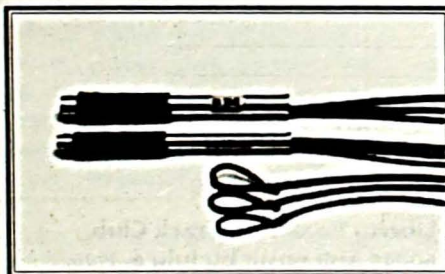


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## Crown Valley Senior Games Held at Occidental

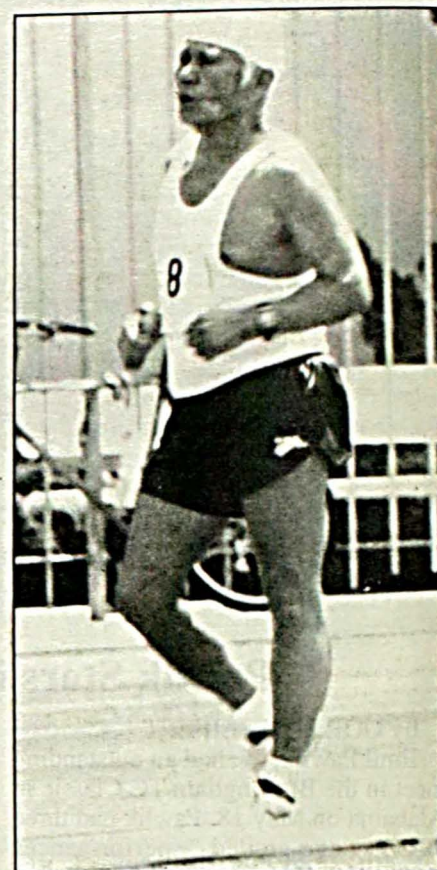
by JERRY WOJCIK

The track and field portion of the Crown Valley Senior Games was held at Occidental College, Los Angeles, on April 28, and featured the sprinters, throwers, and walkers, who recorded quality, early-season marks.

The M55 sprints pitted record holders and national champions. Ken Dennis took the 100m race with a 12.1 from Bill Knocke (12.4) and Walt Butler (12.9). Knocke, however, won the 200 in 25.1 to Dennis' 25.4. Paul Bambrook, M65, and Sumi Onodera-Leonard, W65, were multiple winners in the dashes.

In the throws, Bob Humphreys, who joined the M60 division on March 30, had the outstanding throw of the meet with a 165-1 in the discus. Karen Huff, top-ranked in the W50-54 javelin in 1995 at 97-8, won her event with a 95-8.

Racewalker Jolene Steigerwalt, W50, won the 1500 and 5000. Her time of 8:39.8 in the 1500 was bettered by only one other competitor, M50 Jesus Orendain (7:56.4), and in the 5000, just ex-Olympian Larry Walker, M50, who did a 23:19.1, finished



Mike Noritake, 1500 and 5000 racewalks winner in the M70 division, Crown Valley Senior Games, Occidental College, Los Angeles, April 28.  
Photo by Cynthia Vaughn

ahead of her 39:36.1 time. Mike Noritake, M70, also won both races, in 9:42.8 and 35:09.1.

Christel Miller, despite her duties as meet director, was able to garner four W60 gold medals. Pete Clentzos served as the track and field coordinator and Jim Hanley was the racewalking director, all under the supervision of Cynthia Vaughan of the Pasadena Senior Center. □



Christel Miller, Crown Valley Senior Games Meet Director, W60 javelin winner, Occidental College, Los Angeles, April 28.

Photo by Cynthia Vaughn

### Three Major Meets

Continued from page 1

and low-cost accommodations are available for all three events.

The deadline for entries is August 1 for the Victoria and Spokane meets, and August 6 for the Eugene event. To obtain an entry form, call or write to the contact listed in the Schedule section. □



David Blankenship, Ohio, M45 winner in the steeplechase (10:25.93), 1995 USATF National Masters Championships, East Lansing, Mich. This year's meet will be held in Spokane, Wash., August 15-18.  
Photo by Suzy Hess

## National Masters 12K Titles Won by Tom Stevens and Anne Audain

by JERRY WOJCIK

The USATF National Masters 12K Championships for 1996 was held along with the Arts Fest River Run in Evansville, Ind., on May 11. Records were broken in the number of participants (2013) and finishers (1578) in the tenth annual running of the Arts Fest, but individual records were harder to come by as runners faced a stiff wind going out.

Tom Stevens, 40, Middletown, Md., wasn't hampered by the wind, winning the masters race easily with a tenth-

overall 39:22. Anne Audain, 40, Boise, Idaho, took the masters women's contest in 43:07.

Stevens' closest rival was Gary Romesser, 45, who finished in 40:04. Ex-Olympian Craig Virgin, 40, was third in 40:45. Thom Weddle, 57, Burnsville, Minn., ran a strong 44:35 to win the M55 championship. Bill Olrich, 60, Lexington, Ky., turned in a 47:14 to win the M60 race.

Audain, a four-time Olympian for New Zealand but now a naturalized U.S. citizen, had an easier victory than Stevens did, her main competition

coming from speedy runners from older divisions. Rebecca Woolley, 45, was second in 45:10. Third W40+ was Joan Ottaway, 52, Sonora, Calif., with a 46:24.

Gloria Brown, 64, Grand Island, N.Y., and Lucy Gleason, 61, New Albany, Ind., both ran well in the W60 race, Brown winning in 61:41.

Audain, ninth among the women, was presented the Mercedes Excellence Award for her performance. Both Stevens and Audain received masters first place checks for \$1500. □

### FIFTEEN YEARS AGO July, 1981

- Ralph Zimmerman, 40, Runs a 2:25:38 to Win RRCA National Masters Marathon Championship
- New WRs in the M75 110H (20.83) and 400H (89.58) Are Set by Russ Meyers in Southeast Regionals
- Marcie Trent Races to a W60 10K AR of 46:23 in the Nordstrom Women's Run

## Elkhart's Great Race XVI Held in Indiana

by JANE DODS

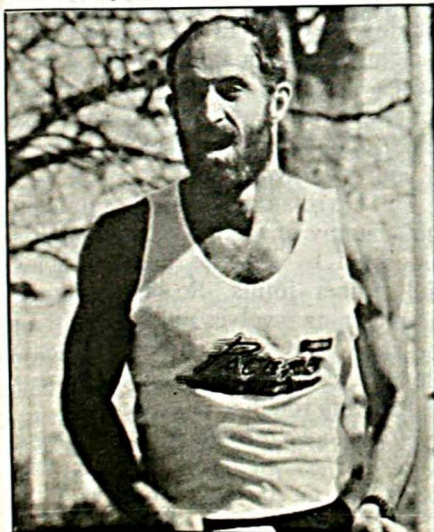
This year's Elkhart Great Race XVI took place under very wet and chilly conditions. The half-marathon, 10K run, and 10K racewalk were held May 27 in and around Elkhart and Goshen, Ind. The Ryun Mile was held May 25 on the Rice Field track at Central High School.

In the 10K, Tim McMullen (M40, 32:11) and Janet Takahashi (W40, 36:38) led the masters. Bill Rodgers, who enjoys running in the rain, topped the M45 division (33:20). Rodgers has become a Great Race regular over the last several years. The overall men's winner, John Sence (26, 1:04:48), shattered the course record by nearly two minutes. Karlene Herrell (30, 1:20:49), regained the overall women's title.

The half-marathon masters firsts were Ed Deiwert (1:14:37) and Lauren Cihak (1:28:02). Harry Tellman, M55, ran a strong 1:21:21 to win his division.

The racewalkers strode the 10K distance from Concord Mall to Civic Plaza in downtown Elkhart. Jerry Lambert, M50, convincingly overpowered the men's masters field in 59:47 (third overall), with the women's title going to Ginger Marcinkowski, W40, in 1:10:28.

Mastering the Ryun Mile were Tim Zumbaugh (43, 5:14:00) and Doriane Colwell (40, 5:53:50). □



Second master Paul Peterson, 41, in 27:00, American Classic 8K, Washington, D.C.  
Photo by George Banker

## USA TRACK AND FIELD MASTERS KEY BANK CLASSIC N.W. REGIONAL CHAMPIONSHIPS



ALASKA, INLAND NW, MONTANA, OREGON, PNW, SNAKE RIVER, UTAH, WYOMING

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AUGUST 3-4, 1996

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ENTRY FEES: \$10 1ST EVENT; \$5 EACH ADDITIONAL EVENT  
RELAYS, NO FEE FOR MEET PARTICIPANTS  
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ENTRY DEADLINE: POSTED JULY 27TH. LATE ENTRY: ADD \$5 PER EVENT  
NO ENTRIES ACCEPTED AFTER AUGUST 2ND

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REGION (DECLARE ONE HOUR PRIOR TO EVENT)

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-----ENTRY FORM-----

MASTERS NORTHWEST REGIONAL CHAMPIONSHIPS-KEY BANK CLASSIC  
ALL USA COMPETITORS MUST BE USATF MEMBERS

NAME: \_\_\_\_\_ AGE: (8/3/96) \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ CLUB: \_\_\_\_\_ '96 USATF # \_\_\_\_\_

EVENTS: \_\_\_\_\_ BEST '95-96 MARK \_\_\_\_\_

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

RELAYS: 400M \_\_\_\_\_ 1600M \_\_\_\_\_ 3200M \_\_\_\_\_

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

signed: \_\_\_\_\_ date: \_\_\_\_\_

MAIL ENTRY TO: TACOMA/PIERCE COUNTY SPORTS COMMISSION, P.O. BOX  
1754, TACOMA, WA. 98401-1754

Information: Meet Director, Ken Weinbel, (206) 932 3923, 938 3895

### SCHEDULE OF EVENTS

#### SATURDAY TRACK

10:00 10,000 M.-W-M  
11:15 5000 M. WALK-W-M  
12:00 HIGH HURDLE-W-M  
12:30 100 METERS-W-M  
1:30 400 METERS-W-M  
2:15 1500 M.-W-M  
2:45 2000 STEEPLE-W-M 60+  
3:00 3000 STEEPLE-W-M 30-59  
3:30 RELAY: 1600 METERS

#### FIELD

10:00 LONG JUMP-M 30-59  
POLE VAULT-W-M 60+  
JAVELIN-M 30-59  
SHOT PUT-W-M 60+  
12:00 LONG JUMP-W-M 60+  
POLE VAULT-M 30-59  
JAVELIN-W-M 60+  
DISCUS-M 30-59  
2:00 WEIGHT THROW-ALL

#### SUNDAY

##### TRACK

10:00 5000 M.-W-M  
11:00 1M HURDLE-W-M  
11:30 800 METERS-W-M  
12:00 200 METERS-W-M  
1:00 RELAY: 400 METERS  
1:30 RELAY: 3200 METERS

##### FIELD

10:00 HAMMER-ALL  
HIGH JUMP-W-M 60+  
TRIPLE JUMP-M 30-59  
12:00 HIGH JUMP-W-M 60+  
TRIPLE JUMP-M 30-59  
DISCUS-W-M 60+  
SHOT PUT-M 30-59  
2:00 SUPER WEIGHT-ALL



meet sponsor



# Masters Racewalking

by ELAINE WARD

## Knee-Straightening Strategies For The Frustrated Racewalker

*Dave McGovern captured the concerns of many masters racewalkers in the above title borrowed from his essay, "What to Do When Walking Gives You the Creeps." Unfortunately, the new knee-straightening rule is making masters' frustration even more intense as disqualifications for bent knees have increased. The following article discusses some of the causes and cures of nagging bent-knee problems with insights by Bernie Finch and Leonard Jansen.*

**E**very competitive racewalker becomes familiar with the command, toes up! The common reason given for this uppity toe strategy is that it helps knee straightening. Experience seems to confirm this perception.

When teaching proper footwork, Coach Frank Alongi likes to cite the extraordinary example of Raul Gonzales. Throughout Gonzales' gold medal 50K performance at the Los Angeles Olympics, his feet maintained a 45-degree angle of approach (the angle between his raised foot and the ground). This angle allowed Gonzales to roll forward from his heel and generate maximum pushing power as his foot went behind him.

Very few masters have a 45-degree angle of approach. Fortunately, this ideal is not necessary for knee straightening, only for optimum rolling and pushing. Toe raising is done by the shin muscles and the shin muscles *do* not straighten the knee.

When you dorsiflex your foot to raise your toes in the air, you contract your shin muscles. You can do this with your leg bent, as well as straight. However, when you are walking, if leg straightening and dorsiflexion occur simultaneously before heel contact, you can safely say that toe raising supports the knee-straightening process.

According to Bernie Finch, "If the foot isn't dorsiflexed when contact with the ground is made, the forward momentum of the athlete can cause a flexing of the knee. In other words, if the foot is down, the knee follows it because of the forward momentum."

"If the foot is dorsiflexed when the heel contacts the ground, the heel-first placement aids the quads in making the leg a firmer, straighter lever. Moreover, by planting your heel close enough to your center of gravity, you can minimize the braking impact which interrupts your stride and causes your knee to soften."

As implied in Bernie's statement, the quads, or quadriceps muscles in front of the thighs, are the ones that do the job of straightening the leg. It is of special interest that the medial aspect of the quadriceps, the vastus medialis, helps straighten the knee the last, critical 15 degrees. Quad-strengthening exercises done after an injury should

focus attention on the vastus medialis. This muscle is usually the first to atrophy and the last to recover from any trauma.

Even though the shin muscles do not straighten the knee, they must be strong to assist toe raising and proper heel contact. Just as it gives you better balance to walk on your heels with straight legs, it aids the straightening process to contact the ground at the edge of your heel. (But again, the primary benefit of toe raising and edge-of-heel contact is to maximize power in the rolling, pushing action.)

Remembering the old spiritual, "...The foot bone's connected to the ankle bone, the ankle bone's connected to the shin bone, the shin bone's connected to the thigh bone..." the front and back leg muscles do not work independently. They work together. As the shin muscles contract, the calf muscles stretch. As the quads contract, the hamstrings stretch. And vice versa. Accordingly, dorsiflexing the foot requires pliant, stretchable calf muscles and Achilles tendon, a flexible ankle joint, and strong shin muscles capable of optimum contraction.

### Everyday Walking

Another frequently overlooked cause of bent-knee problems can be found in your regular walking habits. If you routinely walk with bent knees, you may end up unable to straighten your legs. By keeping the back leg muscles continuously contracted, they will eventually shorten and chain the knee in a bent position.

Picture a piece of wire with a sharp twist in it. It takes a lot of force to straighten the wire. The same is true with contracted back leg muscles. Your shin muscles must be able to overpower the resistance of shortened calf muscles and tight Achilles tendons to raise your toes. Your quads must be able to overpower the resistance of shortened hamstrings and popliteals to straighten the knee. When the back leg muscles are kept limber they offer no resistance to their full use. When they are tight,

they do.

Keeping the back leg muscles stretched out is obviously important to your ability to straighten your knees. But let's not stop here. Tight back and butt muscles will inhibit the action of your hamstrings on down. So walkers serious about curing "creepy knees" must include stretches for the back, glutes, hamstrings, calves and Achilles tendons as well as strengthening exercises for the shin muscles and quads.

### Heel Placement and Overstriding

Overstriding, where the heel is planted well in front of the body, can also lead to bent knees. At racing speeds, overstriding is inefficient and can cause injury.

Leonard Jansen, former head of scientific computing, Sports Science Division of the United States Olympic Committee, explains, "The main effects of overstriding are to increase braking by the over-extended heel as it contacts the ground and to increase friction and shear force. The increased braking force is transmitted as 'shock' back to the foot. This shock increases the medial/lateral (side-to-side) instability of the foot which may be transmitted to the knee. Overstriding can be likened to driving your car by alternately hitting the gas and then the brake - more energy is used with more wear and tear on the body."

If you overstride and are very strong, you may be able to maintain a straight knee from heel contact into the vertical position in spite of the braking force. At the same time, it is common to see very legal walkers become bent-knee walkers as the years pass. In such cases, habitual overstriding may be the contributing culprit.

Proper heel placement can help cure bent knees at any age. If you contact the ground with your heel close to your body, you immediately reduce the braking force on your leg. In this placement, you will feel that your heel is coming down on the ground directly under your hip. However, contact will not, in fact, be right under you. It will just feel under you.

In addition, when you streamline the placement of your heel to the line of your body, the distance between first heel contact and your leg's vertical position is short. You essentially minimize the distance that your leg must remain straight to meet the requirements of the new rules.

The question that is frequently asked at this point is: "Doesn't it shorten your stride too much if you plant your heel under your hip?"

The answer is "No" unless you are walking with a very upright posture and without hip rotation. If all the elements of your technique are working to move you forward - posture, feet, hips and arms - your stride will lengthen in the back in response to the pushing activity of your foot.

Referring again to Leonard Jansen: "The main physiological effect of overstriding is to increase the amount of energy needed to cover a distance at a given speed. Studies in both racewalking and running have shown that



Gary Koenig, 51, placed 3rd M50 (10:07.7) in the 1500 RW at the Crown Valley Senior Games in Los Angeles, April 28.

if we plot energy usage (y axis) against stride length (x axis) at a given speed, a U-shaped plot occurs. This also implies that there is an optimal stride length for a given speed. Of note, is that while *understriding* increases energy usage, it does so less sharply than does *overstriding*. The biomechanics are complex, but, as mentioned above, the main effect of overstriding is to increase braking, friction and shear forces."

### Hip Rotation

The other most common cause of bent knees is static hips. When the hips do not rotate, a walker usually tries to maximize performance by overstriding. Even though most masters racewalkers fully understand that hip rotation is the natural and safest way to increase stride length, many have little hip rotation. Others have an asymmetrical hip rotation with one side rotating more than the other.

As mentioned above, a full hip rotation allows you to increase your stride length without the physical stresses of overstriding that lead to bent knees. By rotating the sides of the pelvic girdle back and forth equally, you add 4 or 5 inches to your leg lengths. In effect, you walk from just below your waist rather than from the attachment point of your leg to your trunk.

Full hip rotation is made possible by the anatomy of the lower spine and is supported by flexible back muscles and limber joints. So again, knee straightening involves much more than the knee. It involves strong and flexible muscles, controlled heel placement and full hip rotation. □

*(If you have insights to share on the above subject, please write me, Elaine Ward, North American Racewalking Foundation, P.O. Box 50312, Pasadena, CA 91115-0312. Tel/Fax: 818-577-2264. E-mail: NARWF@aol.com.)*



## Book Review

by PAUL SMITH

### Masters Racewalking

**H**ave you ever gone to the local library looking for a book on racewalking? It's almost like a wild goose chase, but now you need look no further. You can have your own book by the masters, telling their secrets so you can improve your walking. Once I started reading the book, I couldn't put it down.

Where can I go for tips to improve my technique? In *Masters Racewalking*, American coaches and athletes from across the country share ideas on training, technique and racing. I found myself spellbound by the ideas and thoughts about racewalking coming from the legends past and future. The book renewed my zest to get it done and have fun.

Who are the masters of the racewalk world? This book — which has been in the making for years — covers all the great ones. You will read the inspiring story of New York's Elton Richardson

and tips from Ron Laird, the only racewalker in the Track and Field Hall of Fame. You will also get to renew the spirit with Giulio dePetra and many more.

There are workouts, exercises, and ideas for the fitness walker to the advanced competitor. This book is a keeper. If you enjoy walking, you'll enjoy the 255 pages of walk talk by the masters. □

(Edited by Elaine Ward, published by North American Race Walking Foundation. Price: \$14.95. This book is available from NMN. See page 13.)

### USATF Masters Men's 10K

#### RW Championships Held in Niagara Falls

by JANE DODS

The Niagara Falls 10K Racewalk, May 10, served as the USATF Men's 10K RW Championships this year. Despite strong winds and high humidity, U.S. records were set by Bill Flick (M70, 59:20) and Bill Tallmadge (M80, 1:12:24). These records wiped out the times set by Cokey Daman (1:00:42, 1990) and Tony Perona (1:16:00, 1991).

Two M50s led the masters division,

with Don DeNoon, 48:04, edging out John Soucheck, 49:46. DeNoon placed fourth overall. Max Green, M60, turned in an impressive 53:52.

In the women's race, Nancy Sweazey, W40, outstrode the other masters in 56:39 (7th overall), with Jeanette Smith, W45, not far behind in 58:33. Elton Richardson captured the W55 title in 1:00:54, and Jennie Binning, W70, from Edmonton, walked away with her division title in 1:13:06. □

### Hour Racewalk Records: Information Needed

Would those of you who may have set new single-age "bests" or 5-year USATF Records in the Hour Racewalk please contact me? The current single-age bests will be printed in Pete Mundle's Masters Age Records Book which should be available shortly. The new edition will contain Men's Hour Walk "bests" for the first time. The printed results from the Shore A.C. Postal do not provide sufficient information for records purposes. I will need to have the names of all judges (so that I can check their level of certification), photocopies of birth certificates or passports, and date and location of the event. I also need to know whether the track was curbed. Curbing on tracks is not necessary for single-age bests or for distances greater than 10,000 meters. If you contact me, I can let you know if you have a potential record. Bev LaVeck, 206-524-4721,

6633 NE Windermere Rd., Seattle, WA 98115, bevlaveck@aol.com. □

#### TEN YEARS AGO July, 1986

• Atlaw Belilgne (41, 32:12) and Judy Pickert (42, 39:35) Win Masters Division in Cotton Row 10K for Second Year

• Phil Conley Breaks His Own M50 Javelin AR With a Throw of 186-6

• Gabriele Andersen, 41, Races to a 35:31 Masters Victory in Freihofer's 10K



**ALONGI  
INTERNATIONAL  
RACEWALK  
CLASSIC**  
LEVAGOOD PARK  
Dearborn, Michigan  
September 28, 1996  
Presented by  
The Wolverine Pacers  
Athletic Club

#### Sanctioned by USA Track & Field

Race will be governed by the IAAF rules. Drug testing may be conducted by the USA T&F Representative on September 28, 1996 (IAAF Rule 144). Shorts or solid color tights required for proper judging. Headphones and pace beeping watches prohibited.

#### Suggested Lodging

Holiday Inn  
Fairlane Area Conference Center  
5801 Southfield Service Drive  
Detroit, Michigan 48228  
(313) 336-3340 for reservations  
Single: \$65.00 Double: \$65.00 + Tax

For More Information contact

Ross Barranco - Race Director

Telephone Number:

Work: (800) 998-3847 ext. 2422

Home: (517) 545-WALK

E-mail: RKBARRANCO@aol.com

Fax: (313) 496-2262

#### EVENTS SCHEDULE

##### Race Packet Pickup

Friday 9/27/96 6:00 pm-9:00 pm @ Holiday Inn

Saturday 9/28/96 8:00 am-2:30 pm @ Levagood Park

9:00 a.m. - 10:00 a.m.

3 Km M.W Unjudged Healthwalk

open to all ages with whole family emphasis.

10:00 a.m. - 11:45 a.m.

10 Km M "North American Junior Team"

20 Km M "International" Open (20+)

\*10 Km M Seniors (20-39 in 5 year age groups)

11:45 a.m. - 1:00 p.m.

Free Racewalk Clinics - Novice and Advanced Refreshments

1:00 p.m. - 2:15 p.m.

5 Km W "North American Junior Team"

10 Km W "International" Open (20+)

\*10 Km W Seniors (20-39 in 5 year age groups)

2:15 p.m. - 3:15 p.m.

\*5 Km W Junior (19 & under)

\*5 Km W Masters (40+ in 5 year age groups)

3:15 p.m. - 4:45 p.m.

\*5 Km M Junior (19 & under)

\*10 Km M Masters (40+ in 5 year age groups)

\* Asterisked events are included in Racewalking Club Championship and are open to individuals as well. These events are a part of the Southern Michigan Racewalk Grand Prix.

#### EVENING PROGRAM

Holiday Inn

Southfield Service Drive and Ford Road

Detroit, Michigan 48228

(313) 336-3340

6:00 p.m. Cocktails (cash bar)

6:30 p.m. Buffet, Awards Presentation,

Dancing and Entertainment until 11:00 p.m.

#### Official Entry Form • Alongi International Racewalk Classic A Separate Entry Form Is Required For Each Participant September 28, 1996

Name

(Last—Apellido—Nom de famiHe) (First—Llamar—Nommer) (MI)

Address

(Number) (Street) (City) (State) (Zip)

Age (on 9/28/96) Male Female Birthdate

Phone: Club: USA T&F#

In consideration of my participation in the Alongi International Racewalk Classic, I hereby release and discharge USA&TF, the City of Dearborn, the Wolverine Pacers Athletic Club, and all official sponsors connected with Alongi International Racewalk Classic events. This is binding upon heirs, executors, administrators and assigns for all parties, jointly and severally. I agree to hold and save all parties harmless from and against any and all actions, claims, demands, liabilities, loss damage or expenses of whatever kind or nature, including attorney fees, which may at any time be incurred by reason of my participation for the said Alongi International Racewalk Classic. I have full knowledge of the risk involved. I am physically fit and sufficiently trained.

Signature: Athlete

Parent or Guardian

(To be signed if under 18 years of age.)

#### Males and Females of All Ages:

☐ 3 km Healthwalk (family emphasis)

#### Club & Individual Events:

☐ 5 km W Junior (19 & under)\*

☐ 10 km W Seniors (20-39)\*

☐ 5 km W Masters (40-99)\*

☐ 5 km M Juniors (19 & under)\*

☐ 10 km M Seniors (20-39)\*

☐ 10 km M Masters (40-99)\*

#### International Events:

☐ 5 km W Junior Team (14-19)

☐ 10 km M Junior Team (14-19)

☐ 10 km W International Open (55 min limit)

☐ 20 km M International Open (1 hr 45 min limit)

T-shirt size: S ☐ M ☐ L ☐ XL ☐

HealthWalk (Includes T-shirt)

Ages 0-5 N/C

6-12 \$ 6

13-59 \$10

60-99 \$ 8

Competitive (Judged) Walks (Includes T-shirt)

Pre-registered \$12

Late-registered \$16

(postmarked after 8/31/96)

Race day entrants \$20

Extra T-Shirts @ 8

Lunch Tickets @ 6

Banquet Tickets @ 12

Combination \$26

(Pre-registered walk, T-shirt, Lunch & Banquet Ticket)

Donation

Non-Refundable Amount Enclosed \$

Make check payable to: Alongi International  
Mail to: Vance Genzlinger c/o Genzlinger Associates  
5700 Crooks Road, Suite 212, Troy, Michigan 48068



## On The Run

by HAL HIGDON

### New Exercise Machine Offers a Healthy Ride

Usually I spend four or five minutes with my feet on the low pedals – then shift to the high pedals. A minute of that is about all I can take, then I shift back to low. Sometimes I finish with another minute on the highs. Ten or twelve minutes total: that's a tough workout for both the upper and lower body.

I'm talking about the HealthRider, the latest hot exercise machine, threatening even the NordicTrack in popularity among those seeking a total body workout.

If you watch much TV, you've probably seen one of the commercials for the HealthRider, spotlighting author Covert Bailey. One commercial featuring healthy, older athletes includes Jim O'Neil of San Diego, a regular at masters track meets.

Neither Jim nor Covert convinced me to buy my HealthRider; it was Bonnie and Colin who served as salesmen. Colin is a surgeon in Oklahoma City; his wife, Bonnie, works in his office. My wife, Rose, and I stayed with them while in Oklahoma on book tour last December.

#### Home Gym

Of the two, Bonnie is the more serious runner, a frequent marathoner. But when the winds blow cold across the plains, she stays inside and runs a treadmill in her home gym.

Among the exercise devices in Bonnie's gym is a HealthRider. For

those who haven't seen the TV commercials, the HealthRider resembles a low-built exercise bike. There's a wide seat and two sets of pedals, high and low. While riding the machine, you grip a rotating handlebar.

You exercise by pulling the handlebar and pushing the pedals. With your feet on the low pedals, you get a balanced workout; upper and lower body. Shift to high and the emphasis shifts to the upper body. That can be tough!

You can also shift the handlebar position, offering an even tougher upper-body workout. Resistance is provided by your own body weight, although you can add weights up to 100 pounds. A computer keeps time, counts repetitions and estimates calories burned.

#### I Liked It

I tried the HealthRider and liked it. So did Rose. Enough so that I offered to buy her one as a Christmas present (knowing I would use it as much as she).

At \$500, the HealthRider is not inexpensive. Before buying one, I con-

sidered several similar exercise machines, some of which cost \$100-200 less. Eventually, I paid extra for the HealthRider for two key reasons.

One, the quality seemed good. The machine felt sturdy, well-built. That was important to me. I didn't want parts falling off six months down the road, necessitating repairs or replacement.

Two, it felt good when I exercised. The machine offered a balance between upper and lower body muscles. NordicTrack's cross-country ski simulator offers a similar total body workout, but HealthRider is easier to use.

I have a workout area downstairs where I do my stretching and strength training. In addition to a barbell, I own a "Total Gym," a machine featuring pulleys. We decided, however, to place our new HealthRider upstairs in the TV room next to an exercise bike. That way I could exercise watching "Seinfeld" reruns on TV.

#### Training Routine

My current routine (during a period when I have taken a sabbatical from running after my 100th Boston Marathon) has been to combine work on the bike and HealthRider.

### Scott Sets U.S. Masters Mile Record

Continued from page 1

before the meet, Scott said, "It is my goal to break four minutes. And this is the appropriate venue. The Prefontaine Classic is the place to make the attempt. I'd like to get that masters record (Coghlan's 3:58.15) but that may be two or three weeks away."

Two years ago, Scott underwent five hours of surgery to remove a malignant testicle and 39 lymph nodes from his system. His fitness from years of running helped him to recover soon. Three months later, he was back on the roads, and, after a year, running 70 miles a week.

In the Prefontaine mile, Scott, who lives in the San Diego area and is married with three children, was one of 17 starters. He dropped off from the lead group early in the race, content to set his own pace, followed only by Michael Stember, 18, a California high school senior also on the quest for a sub-4:00, the first since Marty Liquori's in 1967.

Scott ran his first lap in 58 seconds, his second in 62 (2:00), and the third in 62 (3:02). He finished in last place, having been passed by Stember (4:09.00) 75 yards before the finish.

While signing autographs after the race, Scott said, "I was hoping to maintain the same pace through the third lap. I told myself to dig down, but there was nothing there. I was slowing down, which surprised me. I felt great warming up. I should be sharp enough by now."

About his future plans to run against masters competition, Scott said he would definitely be competing on the road but that masters track competition is two or three years off, perhaps

Generally, I warm-up with 10-20 minutes pedalling, shift to the Rider for 10 more minutes, then cool-down with 5-10 minutes pedalling. Combining the two machines, I can get a good workout in 30-40 minutes using most of the body's major muscles. And get some reading done too – at least on the bike.

While I was shopping for machines last Christmas, a salesman pitching a different machine tried to tell me that, despite what Covert Bailey claimed on TV, the HealthRider wouldn't exercise you aerobically.

I'm not sure I agree. Depending on how hard and fast I ride, I find I can exercise either aerobically or anaerobically. Besides, I didn't buy the machine for an aerobic workout, which I can get running. I was more interested in exercising those upper-body muscles that runners often ignore at their own peril.

Scientists tell us that overall strength – requiring some form of weight training – may not make you a faster runner, but it can make you a healthier person, particularly as you age. Approaching my 65th birthday, I understand the need for preserving lean body mass. Hopefully, the HealthRider will help me do just that. □



Steve Scott, 40, signs autographs after breaking the U.S. M40-44 mile record with a 4:10.43, Prefontaine Classic Meet, Eugene, Ore., May 26. Photo by Jerry Wojcik

## Masters Age Records

(1996 Edition)

Compiled by WAVA and USATF Masters T&F Records Chairman Pete Mundle with Rex Harvey, Shirley Dietderich and Beverly LaVeck.

- Men's and Women's World and U.S. Age Bests for all Track & Field Events, age 35 and up, as of Oct. 31, 1995.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1995.
- Men's U.S. Masters Indoor & Outdoor Championship Records.
- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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## Richards, Stuart Best in Striders Meet

by JERRY WOJCIK

One hundred-and-forty-three men and women athletes participated in the Southern California Striders Meet of Champions held on the California State University-Long Beach campus on May 11. Besides Striders club members, other track clubs represented included the Corona Del Mar TC, L.A.-Valley TC, Seniors TC, Trojan Masters, and even the U.S. Marine Corps.

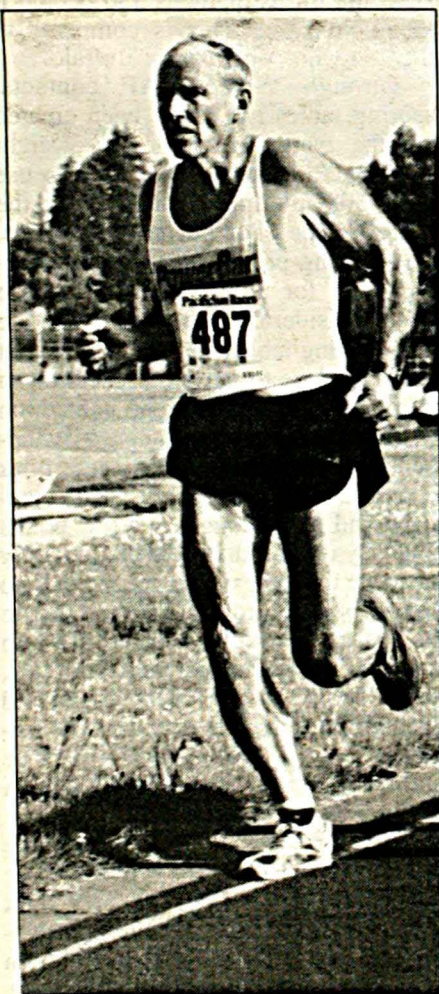
On the track, Dick Richards, 61, of the Trojan Masters, was the standout with a 12.67 in the 100, which age-graded to 93.2%, and a 90.5% 26.46 in the 200, plus an 89.9% 5.46/17-11 in the long jump.

Thierry Boucquey, 45, also hit the international calibre range (90+%) with a 91.2% 11.70 in the 100m. Bill Knocke, 56, turned in the fastest masters 400 of 56.73, an A-G 90.6%.

In the field events, Larry Stuart, 58, another Trojan Masters athlete, threw the javelin 60.60/198-10, worth 99.1% on the age-graded scale.

Ann Steekelenburg, 45, was the top women's performer with an 83.0% 1.42/4-7 1/4 high jump.

Hugh Cobb, of the sponsoring Striders organization, served as meet director. □



Joe King of Alameda, CA, floors the accelerator for the final 200 meters of The Pacific Sun 10K on Memorial Day. The event finished on the College of Marin track. King, running his first race in the M70-74 division, broke the race record of 42:28 by Paul Reese in 1987 with a 40:37. King still holds the 60-64 record of 37:58 (1987) and the 65-69 record of 39:03 (1992).

Photo by Mike Tymn

## PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

### Masters Age Records

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, 1995. 52 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$4.00.

\$ \_\_\_\_\_

### Masters Track & Field Rankings

Men's and women's 1995 U.S. outdoor track & field 5-year age group rankings. 60+ pages. 150-deep in some events. All T&F events. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. \$6.00.

\$ \_\_\_\_\_

### Masters Track & Field Indoor Rankings (1996)

Same as above, except indoor rankings for 1996. 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 events, age 35 and up, as of March 1, 1996; 8 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$1.50.

\$ \_\_\_\_\_

### Masters 5-Year Indoor Age-Group Records

Same as above, except indoor records (M40+, W35+) as of December 1, 1995. 3 pages. \$1.00.

\$ \_\_\_\_\_

### Competition Rules for Athletics (1996 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 (1996)

U.S. Bylaws and operating regulations. Includes names and addresses of national officers and staff, board of directors, sport and administrative committees, etc. \$12.00.

\$ \_\_\_\_\_

### IAAF Scoring Tables

Official world scoring tables for men's and women's combined-event competitions. \$12.00.

\$ \_\_\_\_\_

### IAAF Handbook

1996/1997 rules and regulations handbook. \$15.00.

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### WAVA Handbook (1994-95)

Contains WAVA Constitution and By-Laws, a history of Veterans Athletics, and World Records as of January 31, 1994. 180 pages. \$5.00.

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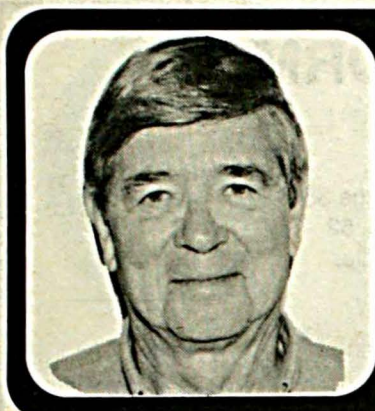
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## The Weight Room

by JERRY WOJCIK

### Throwing News From Durban

*This month's column space is devoted to Rex Harvey's report on the 1997 WAVA Championships in Durban. Harvey is a member of the WAVA Stadia Committee and WAVA delegate for North America.*

There is a lot of news and most of it is very good. These Championships should exceed even Melbourne for the throwers. A lot of this has to do with Jim Blair, the new WAVA vice-president-stadia. He had the foresight to assign special attention areas to each of the visiting WAVA Stadia Committee members back in February. One of my responsibilities was the throws. It's been a pleasure to convey the basic needs and desires of the throwing community to the Durban Organizing Committee. They have been quite receptive and want to do whatever they can. I will continue to monitor the progress and advise and help whenever possible. If there is anything that has worked particularly well (or poorly) at championships in the past, please let me know and I will suggest it through the proper channels.

The physical layout of the throws will be the best ever with all throws being conducted in the main stadium or on the secondary throwing areas, all within 200 yards of the main stadium. The actual final arrangements can only be made after the entries are in and the numbers of participants known, but tentative plans look good. See the Countdown to Durban article in this issue for other important information about the meet. All of the technical changes and additions mentioned below took effect May 1, 1996.

#### Scheduling

To be as fair as possible, every effort is being made to ensure that each age group gets to hold as many of its finals as possible in Stadium 1, although all the other venues should be of equal quality. All of the specific venue plans shown below assume that an average number of competitors will throw, with the averages being taken from Eugene, Turku, Miyazaki, and Buffalo. Tentatively, 1½ hours are allowed for each qualifying flight (3 throws, 16 people max.) and 1½ hours are allowed for each final 3 throws, (12 people max., and 3 throws, 8 people max.). Events will go directly from the last qualifying flight to the finals as

everyone is present and reasonably warm. Each competitor will have a maximum of two formal warm-up throws as called in competition order by the judges.

#### Advancement Procedure

Another huge step forward for the throwing events is being taken in Durban. For the first time, the throws will be conducted per IAAF competition rules. That is, a qualifying round will be held in each of the throwing events where more than 12 people declare in any age group. If equal facilities are available, two or more qualifying flights may simultaneously compete in different areas. If not, flights will compete sequentially on the same facility. In true WAVA spirit, the organizing committee has determined no qualifying standards but will advance 12 competitors to the finals by their performances only. Competitors will be seeded into flights of no more than 16 with the highest seeded individuals being placed in the final flight. The order of competition will be by random draw. The qualifying round itself will consist of a maximum of three throws per person. The top 12 and all ties for 12th place will also move forward to the finals. Performances accomplished in this qualifying round do not count in the competition; however, they will count for record purposes if that is applicable. All individuals must compete in and qualify through this preliminary round. Each individual may, of course, pass any throw at any stage of the competition.

The finals will be held on a single throwing area. A new random competition order will be determined for the 12 individuals advancing to the finals. In the first round of the finals, each of the competitors will be allowed three trials and the 8 competitors with the best performances (including those tying for eighth) will then be allowed

three more trials. All valid performances in the finals will count in the competition.

If between 9 and 12 individuals declare in any age group, only the finals will be held as described above. If 8 or less report in any age group then all 8 will be allowed 6 throws in their final flight. Age groups with 8 or fewer reporting may be combined as necessary but never into flights of more than 12.

In other words, any one individual can expect 3 to 9 throws on the same day on one or two throwing areas for each of his/her throwing events.

#### Hammer Throw

All hammer throw events are tentatively scheduled on Saturday, July 19. Eleven hours of competition starting at 8:30 a.m. on four different venues are planned. Stadium 1, Throw Field, Rugby Field 1, and Rugby Field 2 will all be used.

#### Shot Put

All shot put events are tentatively scheduled on Sunday, July 20. Twelve hours of competition starting at 8:30 a.m. at six different venues are planned.

#### Discus Throw

All discus throw events are tentatively scheduled on Tuesday, July 22 after the competition-free day on Monday. Twelve-and-a-half hours of competition starting at 8:30 a.m. are planned on six different venues.

#### Javelin Throw

All javelin throw events are tentatively scheduled on Wednesday, July 23. Twelve hours of competition are planned starting at 8:30 a.m. on five different venues.

#### Personal Implements

WAVA Competition Rules are being changed to say that competitors may use their own throwing implements provided these implements conform to the rules. Other competitors in the owner's specific competition have the right to use that equipment if they so wish. *Personal implements shall only be issued in the specific competitions of their owners.* This should prevent problems such as occurred in Buffalo where some personal implements were issued out all week for every competition calling for that implement. Some implements were ruined by the time their owners got to use them. Personal implements will not be checked out for practice except to their owners and another weigh-in will be required. As you weigh-in implements, make sure that they are tagged with your name and number and the exact events where you will be using the implements. All implements will be impounded at weigh-in, both those that pass and those that don't. Non-conforming implements will be available to their owners only at the end of the owner's last competition using that implement.

#### Shot Sizes

In 1994, WAVA implemented full specifications for the 6 kilogram and 5 kilogram shot. Before this time there were no size specifications. The 1994 sizes were purposely set so that inexpensive shots of solid cast iron or solid

steel could be used. However, WAVA recognizes that just because someone turns 50 or 60 or 70, doesn't mean that his/her hands and neck shrink. With this in mind the WAVA Competition Rules are being changed to allow all shots the full maximum diameter of 130 mm. The minimum sizes will remain as before so that inexpensive shots can still be used or, if one wishes, an expensive custom hollow shot can be made. Since WAVA has the community implement rule, one cannot "buy" an advantage with an expensive shot because it is available to his competitors also if they so wish.

#### Javelin Specifications

A correction and an addition have been made to the 400 gram javelin specification. The maximum diameter of the shaft at its thickest point was corrected to 23 mm from the typo of 22 mm. The note now reads; Modification to IAAF rules 186.23 and 186.24, second sentence in each case: replace "150 mm" with "125 mm" and replace "90%" with "80%" in 186.24.

#### Weight Throw Scoring

After a great success in Buffalo, despite a lack of adequate throwing facilities, the weight pentathletes are looking forward to the second WAVA World Championships in Durban. The men's weight pentathlon is tentatively scheduled for Friday, July 25, and the women's on Saturday, July 26. A schedule for as many as 336 people is being prepared. This is compared to the 284 who competed in Buffalo.

Through WAVA-IAAF contacts, scoring tables now have been created for the men's and women's weight throws. No longer do we need to use the .9308 multiplier and look up the score on the shot put scoring tables. The scoring procedure is now exactly the same for all five throws. I have done considerable checking, and the new scoring table produces scores that are very close to our old procedure, so don't expect your weight pentathlon total score to change much. As happens every time combined-event rules change, all old records will be recalculated and may change by a few points one way or the other. It is theoretically possible that an existing record will no longer be a record, but I expect that to be rare. Actually, there are no "records" in the weight pentathlon yet, only "bests" as the event is not old enough yet to warrant records. The formulas for the scoring tables will be published in the 1997 WAVA Handbook being printed now.

Well, there it is, a very pretty picture for throwers and the throws. The whole Durban package is very tight and very nice. Come participate in history as South Africa emerges with vim and vigor into the world community. Do your part to promote congenial international relations with this young democracy. In addition to the competition, you probably could not find a more exciting and interesting area of the world to visit. I'll see you there! □

(Harvey's address is listed on page 3. - Ed.)

### FIVE YEARS AGO July, 1991

- 5052 Athletes from 53 Nations Enter IX World Veterans Championships in Turku
- Mathis, Raschker, and Vosburgh Star in Birmingham Meet
- Dan Conway (52, 34:38) Top Age-Graded Runner in Minneapolis 10K

## Track & Field Rankings Report

by JERRY WOJCIK, USATF Masters T&F Rankings Coordinator

This month's issue contains the rankings for the 1996 indoor season. The compilers deserve recognition for their diligence in meeting the deadline, their patience with often puzzling data, and generosity in donating their time, effort, and expenses.

The compilers for the 1996 outdoor season are listed below. The last *National Masters News* from which 1996 rankings data will be taken is the January 1997 issue.

However, if your best marks for 1996 have not appeared by the December 1996 issue, you can facilitate the compilations by submitting your best marks (with verification) at the end of your season before the January issue is published.

Multi-eventers whose best marks were made in an individual event in the decathlon, heptathlon, etc., but not reported in the results section, should submit them for the rankings.

Marks sent to me will not be forwarded.

Racewalkers who want to be included in the 5K, 10K, and 20K rankings

should contact Elaine Ward, 1000 San Pasqual, #35, Pasadena, CA 91106-3393.

**100, 200, 400, 4X100, 4X400 relays:** Larry Patz, 534 Gould Hill Rd., Contoocook, NH 03229.

**800:** William Benson, 6 Eton St., Valley Stream, NY 11581.

**300, 10,000:** John Dickey, 9128 N. Swan Circle, Brentwood, MO 63144-1145.

**5000:** Suzy Hess, P.O. Box 50098, Eugene, OR 97405.

**HJ, TJ:** Charles Mercurio, 4927 W. 123 Pl., Hawthorne, CA 90250.

**LJ:** Rob Bong, 420 Silver Saddle Rd., Monument, CO 80132.

**SP:** Russ Reabold, 1125 N. Stimson Ave., La Puente, CA 91744.

**DT:** Palmer Sweet, P.O. Box 5469, Charlottesville, VA 22905.

**1500, mile, both hurdles, SC, PV, HT, JT, WT, SW:** Jerry Wojcik, 186 Brookside Dr., Eugene, OR 97405.

**Decathlon, heptathlon, pentathlon, weight pentathlon:** Rex Harvey, 160 Chatham Way, Mayfield Heights, OH 44124. □



John Poppell winning the M65 100m (13.5), Visalia Masters Meet, Visalia, Calif., May 18. Paul Bambrook (197) was second, and Jim Moorhead third. Photo by Glen Williams

## Meet Records Fall in Visalia

by BOB HIGGINBOTHAM

On a beautiful spring day in the Central Valley of California, 115 sub-masters and masters athletes were on hand for the 4th annual Visalia Classic at the Sunkist Stadium in Visalia, May 18. Sixty-eight records were established or broken.

Phil Fehlen, M60, narrowly missed breaking the high jump record of 5-6 1/2 with a 5-6 leap. Several double winners showed their speed in the sprints, including Wayne Iba and his sister, Elaine, both in the 35-39 divisions, with wins in the 100 and 200.

A record number of women were in

attendance, performing extremely well and setting meet records in the process. Tina Stough, W40, ran the 300m hurdles in 54.2.

According to the athletes, it was "a great meet, well organized, outstanding facility, efficient, friendly, and helpful officials and volunteers and a beautiful (80°) day."

The Visalia Classic was sponsored by Sunkist Growers, who donated one of their free use days at Sunkist Stadium; Kaweah Delta Hospital; Kaweah Sierra Medical Clinic; and individual members of the medical profession. □



Part of the field in the 3000, Visalia Masters Meet, Visalia, Calif., May 18: (from left) Richard Thiel, M35, 10:55, Carol Freeborn, W30, 12:25, and Teddy Walton, M45, 11:59. Photo by Glen Williams

## " IHF THROWERS MEET "

### OPEN & MASTERS - SATURDAY JULY 20, 1996

This will be a THROWERS friendly meet - all events will be run by 5 year age groups - or combined if flites are too small. Meet starts at 10 AM. We have 3 separated circles. 2 are over 245' +, Javelin is grass - over 400' - with separate warm up practice areas over 200 ft. Hammer and Discus in chain link, fenced cage.

There are 3 Hotels & Motels within 4 miles. Plus Major Hotels within 10 miles. Shopping - sight-seeing - fantastic restaurants all over. Flemington, New Hope & Lambertville only minutes away. Bring your wives, husbands and children, there is plenty to do during and after the meet.

Western style barbecue, Our Amwell Valley First Aid Squad will be here. All 1st. Place winners get a Trophy, Large medals for 2nd & 3rd, plus ribbons for 4-5-6 places. You will vote for the OUTSTANDING MALE & FEMALE ATHLETE Trophy winners

ENTRY FEE IS \$10.00 AND \$6.00 FOR EACH ADDITIONAL EVENT  
YOU MUST BE A REGISTERED USATF MEMBER - WITH CARD. OR SIGN UP BEFORE  
MEET THIS WILL BE A SANCTIONED MEET BY USATF.

BY THE WAY ANY PERSON OVER 70 DOES NOT HAVE TO PAY ENTRY FEE - WE BELIEVE IF YOU ARE STILL ABLE TO GET HERE, WE'LL CALL IT A BLESSING. .

**DIRECTIONS:** From South / Take route 95 north -just before it becomes 295 exit on 31 north/Pennington. prox 15 miles look for signs to Ringoes, at fork of 31 & 179 stop. On left is W Bank, on right is Fire House, Take sharp left and on side of Bank is Boss Road - 1/4 mile up on right is IHF. FROM NORTH or NY area. Take Turnpike or Verrizano Brg to route Rt 440 to 287 north. Signs for Rt 22 then 202 south towards Flemington. After Flemington Circle go south 4 miles to traffic lite and Sunoco station on left. Turn right into Ringoes for .08 mile to W Bank, right on Boss Rd to IHF. Also from NY State or North Jersey or Pennsy take Rt 78 into 31 south then same as above. Route 278 south into 202 and follow above. If you fly into Newark or Philly airports we are just about 1 hour away. Car rentals or Limos are plentiful.

MAIL THIS ENTRY FORM WITH CHECK OR MONEY ORDER TO: "IHF THROWERS MEET" ...  
att: C.P. COVINO - P.O. BOX 265, RINGOES N.J. 08551--- CALL 908/788-1700 OR FAX - 908/788-3997

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ M \_\_\_\_ F \_\_\_\_

USATF No. \_\_\_\_\_ Phone No. \_\_\_\_/\_\_\_\_/\_\_\_\_ Club \_\_\_\_\_ \$ Enclosed \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

My Events — Shot Put \_\_\_\_ Discus \_\_\_\_ Javelin \_\_\_\_ Hammer \_\_\_\_ Weight Throw \_\_\_\_ Super Wt. Throw \_\_\_\_

**WAIVER:** By my entry, I do hereby for myself, heirs and executors, waive and release any and all present and future claims for damages or injuries against the Officials, the Owners of IHF, the Covino's, while I or my family members attend or compete in this meet on July 20th, 1996. I am properly trained for this form of athletic competition. I hereby set forth my signature without hesitation swearing that I am a member in good standing with the USATF and am in good health.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# PROFILE

## The Three Musketeers

by MARILYN J. MITCHELL

**E**ighty-year old Adrienne Salmini (New Jersey), 78-year old Althea Jureidini (New York), and 77-year-old Althea Wetherbee (New York) delighted reporters at a press conference two days before the 25th anniversary run of the Advil Mini-Marathon 10K road race, June 8 in New York City.

The New York Road Runners put the three seniors on the marquee at the press conference for some of the top-ranked open runners, including two-time New York Marathon winner Tegla Loroupe, thereby guaranteeing a full press assemblage. And at what could have been a boring session, the veteran ladies were interesting, entertaining and informative.

Adrienne Salmini has participated in both track and field and long-distance running but concentrates on the roads. With the track and field, "...every time I've gone out, I've done something else...the 55 meters, the 1500 meters, the 100 meters...because I'm slow anyway. You really have to be trained to do track and field...but I love it!" In addition to running, Adrienne has for 42 years taught the Hawaiian hula dance and leads a troupe of seniors who perform at nursing homes and special events.

Although Adrienne makes her husband and family her first priority, she nonetheless has found time to gain

more than 400 running awards and make a quilt from fabric photo patches made from running photographs taken at her numerous races from age 60 through 80. One of her sons is Ambrose Salmini, who produces some running films for the New York Road Runners and for the ESPN network.

"I was always active in college with teams...my older son started to run...he and my other sons decided I should run. And one Mother's day they gave me running shoes and a suit." And Adrienne went on to enter the senior category of a cross-country race at the Belmont Race Track, but couldn't quite figure out why everyone looked about 20 years old. It was because everyone was about 20 years old. Adrienne had unwittingly entered the senior division (in USATF parlance) of what was a prelude for the 1984 World Cross-Country Meet. But she finished and had a good time doing it.

Not to be outdone in the family category, Althea Wetherbee has a son who is an astronaut. Says Althea W., "I started running because my husband came home with the book on sports by the Air Force (*Canadian Royal Air Force Exercises*). And you got more points for running than for other sports. I went along because I thought, 'Who would help him, if he fell down?' " She has now done 10 mini-marathon 10K races and has been running for 18 years.

Althea Jureidini topped that by saying she was in the process of retiring from nursing but that with six daughters, "I thought if I *didn't* get out and do something, I'd end up being a baby sitter. I heard about the [then-sponsor] L'Eggs Mini-marathon and I couldn't even *imagine* women doing something like that at my age." Althea J. now has 6 children, 11 grandchildren and one great grandchild, as well as numerous races and track meets under her belt. But she never fails to "cut the rug" with the best of them - and with her husband - when she is at the WAVA meets. She gives her many awards and trophies away to her children and grandchildren.

All three ladies have garnered awards along the way, including outstanding age-group designations and, predictably, all three won awards at the 1996 Advil Mini-Marathon. Along



From left: Althea Wetherbee; Adrienne Salmini, maker of quilt which consists of fabric photos from her races over the years; Althea Jureidini.  
Photo by Marilyn Mitchell

with the newsmen, the open runners at that day's press conference were nearly exhausted listening to these women

intelligently and knowledgeably discuss their training and their competition plans for the rest of the year. □



At the Advil Mini-Marathon, from left: Joyce Chepchumba (KEN, 2nd overall), Althea Jureidini (78, 2nd in 75+ age group), Tegla Loroupe (KEN, 1st overall), Allan Steinfeld, Chairman, New York Road Runners.  
Photo by Marilyn Mitchell

## Picotte, Jacob Win Tom Robinson 10K

by PAUL MURRAY

Rob Picotte, 42, Slingerlands, N.Y., and Harriet Jacob, 42, Albany, N.Y., emerged as winners in the Tom Robinson Masters 10K in Guilderland, N.Y., April 27. Picotte was challenged for the entire race, pulling ahead of Peter Gerardi, 44, Scotia, N.Y., in the last 800m to win in 35:13. Jacob's victory was uncontested as her 40:55 was more than five minutes better than second place finisher, Jo-Ann Spinelli, 43, Latham, N.Y.

The men's race began with three runners breaking away from the field. Jake Kearney, 42, Troy, N.Y., set the early pace with Picotte and Gerardi tagging along. At two miles, Kearney began to tire, and the race became a two-man contest. Picotte was content to let Gerardi lead for the next four miles, saving himself for the finish. As the finish came into view, Picotte unleashed his final kick. Unable to match Picotte's speed, Gerardi finished in 35:39, with Kearney third in

36:01.

John Camelio, 50, Sandgate, Vt., led the 50-year-olds with a 38:44. Another Vermonter, Gerald Barney, 63, from Swanton, paced the 60-year-olds with an impressive 41:41. Bob Hennig, 70, Middle Grove, N.Y., was the winner among the 70-year-olds with a 55:18.

Anny Stockman, 63, East Greenbush, N.Y., won the W60+ title, with one of the day's best efforts - 51:09.

Fifty runners showed up on a cold and blustery morning for the race, which honors one of the founders of the Hudson Mohawk RRC. A strong head wind on the first two miles chilled all runners and provided plenty of excuses for slow times.

Former masters champion, Bill Robinson, was on hand to lend encouragement and present awards at the post-race brunch. Race Director Ed Neiles and his crew of volunteers produced another well-run event. □

NORTH TOWN / WEST SIDE  
BUFFALO  
**SUBARU**  
4 MILE CHASE

Date:

Saturday, July 20, 1996  
(Rain or Shine)

Time:

6:00 p.m. Sharp

Prize Money: Masters Male-Female

1st	\$700
2nd	\$350
3rd	\$200
4th	\$150
5th	\$100
6th	\$75
7th	\$50

1995 MASTERS WINNERS:

Nancy Grayson 23:46

Grenville Wood (AUS) 19:59

Masters Record:

Male - John Campbell (NZ) 18:31\*

Female - Barbara Filutze (US) 22:38

\*World Record

THE 4-MILE CHASE HAS BECOME A BUFFALO TRADITION AND IS THE RUNNING SOCIAL EVENT OF THE SUMMER. MAKE SURE YOU GET AN APPLICATION AND RACE INFORMATION FOR THE 16TH RUNNING OF THE SUBARU BUFFALO 4-MILE CHASE. FOR AN APPLICATION SEND A SELF-ADDRESSED STAMPED ENVELOPE TO:

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## Hawthorne Overall Winner in Shamrock Marathon; Mondragon Slowed by Shoestring in 8K

by JERRY WOJCIK

Entrants in the Masters 8K portion of the Shamrock Sportsfest, Virginia Beach, Va., March 16, received most of the pre-race hype, but Brad Hawthorne, 40, Tulsa, Okla., captured the post-race headlines with an overall first win in the Shamrock Marathon.

A three-time U.S. Olympic Trials qualifier, Hawthorne flew in from Tulsa on Friday night, registered an hour before the start, then dominated the race, taking the lead at three miles to win in 2:18:22. He collected \$1000 open money and \$300 for first master with his excellent time, which age-graded to a 93.2% performance.

Jeanne Kruger, 48, Norfolk, Va., was first woman master and fifth overall in 3:06:19, an 81.8% performance.

Mel Williams, 58, Virginia Beach, won the M55 race with an 86.5% 2:51:52.

While Hawthorne came in on a shoestring, Martin Mondragon, 42, Mexico, lost a bid to run the fastest 8K in the U.S. by a non-citizen when he had to stop to tie the shoestring on his

left shoe at the one-mile mark in the Masters 8K. Passed by seven runners, Mondragon worked his way slowly to pass Steve Jones of Great Britain at the one mile-mark to win in 23:48, 35 seconds off Nick Rose's non-U.S. citizen's best 23:13, set four years ago on this course. The U.S. record is 23:51 by Bill Rodgers in 1988. Mondragon already owns the 10K best at 28:56 for a non-citizen.

Jones, 40, finished in 23:59. Boguslaw Maminski, 40, took third place from fellow Pole, Antoni Niemczak, 40, by four seconds with a 24:05. Charlie Gray, 41, Lee's Summit, Mo., was the first U.S. runner in 24:14.

Maureen de St. Croix, 42, North Gower, Canada, led wire-to-wire to best the women's field in 28:23, followed by countrywoman Gaylene Pridham, 41, Calgary, who finished in 28:37.

Rebecca Stockdale-Woolley, 45, Chaplin, Conn., was third in 28:47 but took W40+ age-graded honors with an 89.6%.

The day's events also included an open 8K and a 5K walk, in which George Fenigsohn, 48, Poquoson, Va., was second (28:23), and Sandy Elbaum, 41, Louisburg, N.C., was first

female (32:08).

Next year's Sportsfest will be the silver anniversary, celebrated on March 14-15. Jerry and Lori Bocrie were meet directors. □

## Masters Share \$1000 in Age-Graded New Jersey 5K

by MADELINE BOST

Top masters runners from around New Jersey assembled in Morristown on May 8 for a slug fest in the Healthy Heart 5K, which was the USATF New Jersey Masters Championships. Over \$1000 in purse money was up for grabs in the Masters Age-Graded Division. First place took home \$150, with the masters men's purse going seven deep and masters women's five deep.

The talent-loaded masters field was led in by Tom Kinsman, 42, who finished in 15:54. Roger Price, 47, was second master in 16:31. Their age-graded times and performance percentages were identical (15:05 and 86.0%), so both were awarded first-place prize money.

Leading the M50-59 was Hugh Sweeney, 52, who ran a 17:31 (15:23/84.3%) but lost the third-place age-graded prize of \$100 to Pat

Cosgrove, 55, who ran a 17:56 (15:22/84.4%).

Austin Newman, 80, who set two world records in the outdoor nationals in March at Greensboro, N.C., finished in 25:47 to win the M80 division race.

Four masters women finished under 20 minutes. There was a duel to the wire, with Betty Conover, 47, leading a three-woman charge in 19:37. Just one step back was Joyce Hayes, followed by Lena Hollman (19:38), both W40s.

First in the women's masters age-grading scale was 1995 WAVA gold medalist Toshiko d'Elia, 66, who finished in 23:27 for a 17:12/83.5%. Helene Bedrock, 61, also a 1995 gold medalist, was second with an 82.6% 22:19, with Conover third at 81.8%.

Over 675 runners competed in the race, part of the highly-successful USATF NJ LDR Grand Prix Series. □

## Mikhailov, Malloy Victors in Parkway 15K

by JERRY WOJCIK

Masters winners in the 12th annual George Washington Parkway 15K, April 21, were Yuri Mikhailov, 43, of Russia, with a 50:05, and Rose Malloy, 47, Annapolis, Md., in 58:23.

Mikhailov, fifth overall, held off defending masters champion Michael Bressi, 42, Elizabethtown, Pa., who finished in 50:28, to win the \$300 masters top prize. Steven Giorgis, 41, Herndon, Va., was third (50:58).

Malloy, masters course-record holder at 55:55 in 1992, defended her title for the third time, also winning \$300.

Cathy Ventura-Merkel, 40, Arlington, Va., was second (59:42). Pat Donahue, 42, took third (63:01).

Mikhailov edged Malloy for best age-graded performance with an 87.0% to her 86.6%.

At age 78, Hedy Marque, Alexandria, Va., continued her domination in the W75 division with an 89:21.

The race, which started in Mount Vernon, Va., and ended in Old Town Alexandria, drew 2400 runners, who competed under sunny skies. □



## 1996 USATF EASTERN MASTERS REGIONAL TRACK AND FIELD CHAMPIONSHIPS

DATE: Saturday, July 20, 1996 9:30 A.M. Track - 10:00 A.M. Field  
SITE: Downing Stadium, Randall's Island, New York City  
DIRECTIONS: Triboro Bridge to Randall's Island - Downing Stadium. One-way toll.

FACILITY: Fast, 8-lane rubberized surface. Maximum 1/4" spikes. All runways and javelin same rubber surface. Throwing events concrete circles. Open lockers.  
TIMING: All running events will be FAT by NORTHEAST TIMING.

AWARDS: USATF Regional medals with custom ribbons to 1st, 2nd, 3rd in each event by five year age divisions. One eastern patch per winner. Custom ribbons 4th to 6th. Eastern indoor title winners at Brandeis on 3/17/96 will get a patch at the meet!  
DIVISIONS: Five year age groupings for men and women (30 - 80+).

ENTRY FEES: Pre-entries are \$15 for the first event (includes a \$2 Eastern surcharge). Second event is \$10, and each additional event is \$5. For 6 or more events the maximum entry is \$45 (doesn't include relays). Relays are \$20 per team. Payment by personal check must be received by Friday, July 6th. After that date, only cash, money order, bank check or travelers check will be accepted.  
POST ENTRY FEES: Entries received after July 13th or the day of the meet are \$20 additional plus regular entry fees provided additional heats not needed. All post entries must be in cash or certified check. Post-relays are still \$20.

USATF REGISTRATION: Post entrants must show a current USATF card or buy a \$15 MAC card. USATF SANCTIONED & OFFICIATED. MEET DIRECTOR: HAIG BOHIGIAN USATF EAST REG. COOR.

### TRACK EVENT ORDER (FAT)

### FIELD EVENT SCHEDULE

Steeplechase	9:30	EVENT/GROUP	30-39	40-49	50-59	60 PLUS	WOMEN
300/400 M Hurdles	10:00	Long Jump	10:30	11:30	2:00	3:30	1:00
5,000 Meter Racewalk	11:00	Triple Jump	11:30	10:00	3:00	1:00	2:30
80/100/110 M Hurdles	12:00	High Jump	1:00	2:00	10:00	12:00	11:00
800 Meter Run	12:45	Pole Vault	12:00	12:00	11:00	10:00	13:00
100 M (Trials/Finals)	1:15	Shot Put	11:30	10:00	12:30	1:30	3:30
4 x 100 Meter Relay	2:00	Discus Throw	10:00	11:00	1:30	12:30	2:30
1500 Meter Run	2:15	Javelin	2:30	1:00	10:00	11:00	12:00
400 Meter Dash	2:45	Hammer	4:00	All groups when throws finished.			
4 x 800 Meter Relay	3:30	Weight Throw	5:00	All groups after the hammer - no guarantee of officials-athletes run.			
5,000 Meter Run	4:00			For example: 50-59 men will high jump from 10 A.M. to 11 A.M.			
East Regional Athletes meeting	4:00 - 4:30						
200 Meter Dash	4:45						
4 x 400 Meter Relay	5:15						

OTHER RELAYS AS REQUESTED 5:30 FIELD ATHLETES WILL HAVE TO COMPETE WITH THEIR AGE GROUPS. PLAN AND ENTER ACCORDINGLY. NO EXCEPTIONS.

TRACK EVENTS TAKE PRECEDENCE. TIMES ARE BEST ESTIMATES. TIMES WILL BE ADVANCED IF POSSIBLE - KEEP ADVISED. PLEASE COOPERATE AND DON'T ASK FOR EXCEPTIONS.

ATHLETES SURVEY-CIRCLE ONE: I WOULD ATTEND AN OUTDOOR EASTERN FIELD ON A FRIDAY?

PLEASE PRINT NAME \_\_\_\_\_ PHONE \_\_\_\_\_ yes no maybe  
ADDRESS \_\_\_\_\_ CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
AGE (BY 7/20/96) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ CLUB \_\_\_\_\_ USATF# \_\_\_\_\_  
EVENT BEST RECENT MARK EVENT BEST RECENT MARK EVENT BEST RECENT MARK  
1. \_\_\_\_\_ 4. \_\_\_\_\_ 7. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_ 8. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_ 9. \_\_\_\_\_  
TOTAL AMOUNT ENCLOSED: First event (\$2 surcharge) \$15.00 MAKE CHECK PAYABLE TO USATF EASTERN MASTERS  
2nd event @ \$10.00 \_\_\_\_\_ MAIL TO: HAIG BOHIGIAN  
Additional events (beyond 4 are free) @ \$5.00 \_\_\_\_\_ (\$20 MAX) 225 HUNTER AVENUE  
USATF Registration (PENDING NOT OKAY) (15.00) \_\_\_\_\_ NORTH TARRYTOWN, NY 10591  
Relay entry @ \$20.00 \_\_\_\_\_ 914-631-1547  
Optional USATF Eastern T-shirt @ 10.00 \_\_\_\_\_ CIRCLE SIZE: S M L XL XXL  
POST ENTRY FEE (20.00) \_\_\_\_\_ QUANTITIES LIMITED

WAIVER: In consideration of your accepting this entry, I do hereby legally bound myself, my heirs, executors, and administrators to waive, release, and discharge any and all rights, claims and damages that I may have against United States Track & Field, the Masters Track & Field Committee, USATF Eastern Masters, Valian Associates, MAC, NY City, The Park Dept., etc., their Agents, Representatives, Assignees, Trustees, Officers, Employees, or Sponsors for any and all injuries, damages and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and sufficiently trained for this competition.

DATE: \_\_\_\_\_ SIGNATURE \_\_\_\_\_



## Health and Fitness

### Fiber Lowers Risk of Heart Attack

Tracking the health of more than 40,000 men for six years, Harvard U. researchers found that fatal and non-fatal heart attacks were 41% less common among men who ate more than 28 grams of fiber daily than those who ate less than 13 grams.

"We project that fiber has the same effect on women," said epidemiologist Eric Rimm, the study's lead author.

The fiber content of various foods:

Food	Quantity	Grams of fiber
100% bran cereal	1/3 cup	8.5
Whole oats	3/4 cup	1.6
Brown rice	1/2 cup	1.0
White rice	"	0.2
Spaghetti	1 cup	1.1
Apple	1 medium	3.5
Banana	"	2.4
Peas	1/2 cup	3.6

Source: Journal of the American Dietetic Assn.

New research conducted at the U. of Arizona found that Pycnogenol, an antioxidant made from the bark of the French Maritime pine tree, helps build resistance to cancer in laboratory mice by boosting their immune systems by as much as 40 percent.

"Pycnogenol works like a crutch," said Dr. Ronald Watson. "It's not designed to cure anything but to give the body a better chance to fight and to help cure itself."

For years, researchers at the U. of Arizona have been studying how the body fights cancer. They concluded earlier that certain substances such as alcohol can make the body less resistant to cancer cells while other substances, such as vitamin E antioxidants, can boost the body's protective system and mitigate the harm caused by alcohol, virus, aging and other factors.

### DEADLINE

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

For more info, contact Larry Zoeller at 312-372-7090.

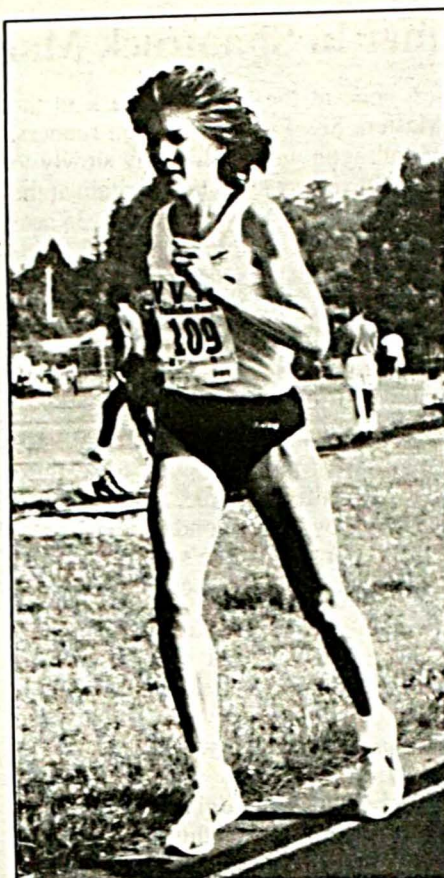
Prostate cancer is the second-leading cause of cancer death in men - 40,000 died in 1995 - second only to lung cancer. But prostate cancer can be slow-growing. Not all cases need aggressive treatment. Dr. Robert Myers of the Mayo Clinic, Rochester, Minn., hopes to find effective ways of identifying slow-growing or "insignificant" cancers as well as potentially lethal ones that should be treated with surgery or radiation. He and colleagues developed a formula by examining 337 prostate glands removed in a three-year period. They found tumor size and certain cell characteristics were key signs of the potential for spreading. They also found the decision to operate was appropriate in more than 90 percent of cases.

Caffeine in coke and coffee depletes the body's store of calcium and so does smoking, writes Jo Scott in *Fifty-Plus Bulletin*. She says that, after age 50, increased calcium intake is just a holding action, hopefully slowing down the process but not reversing it. That's why it's important for us to ensure that we take in a sufficient amount of calcium daily.

A recent National Institute of Health Consensus Panel recommended a daily intake of 1000 mg daily for women 25 to 50. For post-menopausal women up to age 65, those on estrogen should take 1000 mg of calcium daily; those not on estrogen, 1500 mg. While the data on men are limited, the panel concluded that the optimal intake for adult men is 1000 mg per day.

That means generous amounts of leafy vegetables such as broccoli, kale, spinach, cabbage, cauliflower, asparagus, beans, lentils, non-fat milk and non-fat yogurt. It's hard to meet the desired levels of daily calcium intake from food alone, so supplements are recommended.

Experts also agree weight-bearing exercise helps. Running and speed-walking are great for the spine and hips. "Swimming and bicycling are good for general fitness, but they don't do anything for your bones," says Scott. □



Joan Ottaway, 52, finishes The Pacific Sun 10K on Memorial Day, easily winning the W50-54 division while recording 37:47.

Photo by Mike Tymn



Nan Hall, 41, begins her sprint for the final 200 meters of The Pacific Sun 10K on Memorial Day. Competing for the first time in nearly five years, Hall clocked 37:26 to capture first place in the W40-44 division.

Photo by Mike Tymn

### All-Americans Heat Up in Texas

by JEFF BROWER

The Texas heat usually saves its highest marks for the middle of summer, but it apparently decided not to wait as temperatures soared into the high 90s during the Waterloo Championships held in Buda, May 18. Performances didn't appear to suffer as over 120 competitors (ages 6 to 85) set an unbelievable 101 meet records. Forty-three performances met or exceeded the masters All-American Standards of Excellence.

Ruth Seeger broke the U.S. W70-74 discus record of 62-5/19.04, held by Edith Mendyka, with a 63-3, and came close to other U.S. records in several events, winning six firsts in various throws and jumps.

The pole vault drew 21 competitors.

Clearances by Flay Deats (31, 15-6), James Fountain (39, 14-6), Larry McIntyre (48, 13-6), and Steven Warr (55, 10-0), headed an incredible list of performances. Add into this a few hours of darkness with automobiles used to provide light on the runway, and these marks are even more impressive. The meet director promised to start the field events earlier next year.

The spirit of track and field as a "sport for a lifetime" was evident, as youngsters witnessed and learned from athletes of all ages in excellent shape performing various events. You won't want to miss this meet next year, or its sister meet, the Waterloo Relays held in September every year. Contact Jeff Brower at 512-257-1642 to get on the mailing list. □

### Jircik, Lovejoy Take Hospital Hill Half

by JERRY WOJCIK

Karel Jircik, 40, Mississauga, Ontario, Canada, and Sandy Lovejoy, 40, Winchester, Mass., scored masters wins in the Trinity Hospital Hill Half-Marathon, Kansas City, Mo., June 2.

Jircik, seventh overall, ran a 68:51 to win by more than four minutes over Antoni Niemczak, 40, of Poland/Rochester, N.Y., who is currently the busiest if not the hottest masters runner in the U.S. Charlie McMullen, 44, Rochester, N.Y., was third in 73:08.

Joseph Nzau, 47, Farmington, N.M., finished fourth with a 76:20.

Lovejoy was tenth female, with an 83:45. Jane Hutchison, 50, Webb City,

Mo., took second in 84:02.

Jircik at 88.8% and Hutchison at 88.4% posted the best age-graded masters performances. Oleg Morozov, 61, Gladstone, Mo., won the M60-64 race with an A-G 88.3% (1:22:09).

For the first time, a 12K and a 5K were added to the race's schedule of events. In the 12K, masters firsts were Alan Saunders, 49, Overland Park, Kans., with a 44:50, and Terrie Dresh, 41, Joplin, Mo., in 58:21.

The 5K race saw 88-year-old John Kelley of Boston Marathon fame finishing in 52:00, beating out Dr. Howard Calkin, Oregon, Mo., for the M80+ title. □

## Cotton Row

Continued from page 1

his budget to allow an extra \$500 for a new masters course record.

But this year, on May 27, some unusually hot Alabama weather and delayed start time did not lead to fast times for the 17th edition of one of the first races in the country to emphasize masters competition.

Normally, Memorial Day is a school holiday in Huntsville, but a snow make-up day was scheduled this year. To allow time for students to get to school near the course, and for crossing guards to travel from distant schools to monitor positions on the race route, the start time was pushed back 30 minutes. That delay, and unseasonably warm weather for late May, produced a temperature of 80 at the 8:30 start time. These adverse conditions led to some of the slowest winning times in all divisions in the history of the race.

Niemczak decided early on that it was not a course record day, so he used a "win-with-least-effort" strategy for the race.

In the first mile, Niemczak sized up the masters field and found that David Geer of Clemson, S.C., was willing to take the lead. Niemczak tucked in behind Geer and ran the entire race, except for the last 400 meters, in his wake. Over that final distance, he out-sprinted Geer to take the win. Geer was three seconds back in 33:13.

"The course is tough and difficult," Niemczak said, "but in my opinion it's not a slow course. Of course, there's the steep hill (Mountain Wood) but it's not really long. I ran a marathon in San Francisco with a hill two miles long.

"The weather was difficult, and the humidity was rough, but this is Alabama. I enjoyed the course because I'm a strong runner. I hope to be here next year and run even better."

The pace in the early going was such that three-time Olympic 10K runner and former Peachtree 10K multiple winner Craig Virgin was in contact with Geer and Niemczak. But they pulled away from the Lebanon, Ill., native on the long downhill after the third mile.

Virgin took third (34:08) by a comfortable margin over Lloyd McDonald (34:48), an Army NCO stationed at Ft. Benning, Ga. Paul Stemmer of Mobile, Ala., last year's masters winner, was fifth in 35:04. Former course record holder, Earl Owens, won the 45-49 division and was sixth master in 35:30.

"I'm using the 'Villanova Method' for training," Virgin said after the race. "I'm racing myself back into shape."

Virgin had hoped to be in top form when he entered the masters ranks last August, but some injuries have caused his assault at the top of the masters competition to be slower than desired. He also expressed frustration with his failure to land a significant media assignment for the Olympics. He spent considerable school time last year pol-



Nancy Grayson, W45, sprints to her seventh straight masters title (39:12), WZYP Cotton Row 10K, Huntsville, Ala., May 27.

Photo by Jim Oaks

ishing his media skills.

"It's going to be hard to repeat this year," six-time female masters winner Nancy Grayson said before the race. "I've had some injuries this spring, but when that start gun goes off you don't think about injuries, you just run."

Although Niemczak was confident to run second for most of the race, Grayson found herself in a similar position, but not by choice.

In all her past six wins at Cotton Row, Grayson had gone out hard in the first mile and dared the other masters to follow her blistering pace.

However, this year it was Joyce Deason, 40, of Shreveport, La., who took the early lead. Deason had won the Rocket City Marathon masters title in Huntsville last December and wanted to add the Cotton Row crown.

Deason, aware of Grayson's strong kick, took a five-second lead in the first mile, and maintained it through the top of Mountain Wood. However, at that point she looked more tired than Grayson.

"I finally caught Joyce in the fourth mile," Grayson said. "I really had my doubts that I was going to maintain my streak this year."

Deason tried to hang with Grayson for the last mile, but Grayson's strong finish brought her a seventh straight win in 39:12, five seconds better than Deason's 39:17. Alendia Vestal of Brevard, N.C., was third in 40:00; Dian Ford of Piedmont, S.C., took fourth in 40:08; New Zealand native Judith Hine was fifth in 40:13; and Victoria Crisp of Nashville, Tenn., finished sixth in 40:46.

The top five male and female mas-

Continued on page 20

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## Audain Wins in Advil Mini-Marathon

by MARILYN J. MITCHELL

Former New Zealand Olympian, Anne Audain, now age 40 and living in Boise, Idaho, won the masters division of the all-female Advil Mini-Marathon 10K in New York City, June 8, with a time of 36:43.

Audain, the 1983 winner of this race (32:23), won \$1500 for her effort.



Anne Audain, 40, first 40+ runner in Advil Mini-Marathon, NYC, June 8, in 36:43.

photo by Marilyn Mitchell



Gillian Horowitz, 41, 2nd masters woman (38:07) with husband, well-known playwright Israel Horowitz, Advil Mini-Marathon, June 8.

photo by Marilyn Mitchell

Gillian Horowitz (41, NYC, 38:07) was second with Mary DiNardo (41, NYC, 40:00) third.

Legendary Evy Palm of Sweden, now 54, took her W50-54 division in 40:14 for the best masters age-graded mark (87.8%) of the day.

All age-group awardees took home handsome silver trophies, bowls or plates supplied by Fortunoff's. The overall winner was Kenya's Tegla Loroupe, 23, who won \$10,000 with a time of 32:13.

Hot (80 degrees F at the start) and humid, it was not a day for good times. But the race went off with few problems except for an unidentified man who charged Loroupe near the 6-mile mark and ran alongside her. The situation created a bit of anxiety, as a few days prior to the race a woman was bludgeoned in Central Park in the daytime in full view of spectators, resulting in life-threatening injuries. No one else was responding to the situation, so well-known runner and TV commentator Marty Liquori jumped off the TV truck and physically pushed the man off the course.

Audain has a lifetime 10K PR of 31:40. She once held the women's world 5K record. She won the 1990 and 1991 Cleveland Revco 10K, the 1998 Bay-to-Breakers, and the 1990 Lilac Bloomsday 12K. She competed in the 1976 and 1984 Olympics and was named New Zealand Sportswoman of the Year.

A new U.S. citizen, Audain is contributing to the sport as the race director for what now, in its third year, is the third-largest women's race in the USA (9500 women), scheduled for Sept. 21 as the Idaho Women's Fitness Celebration.

"I've been a spokesperson for the open division all these years," Audain said, "so now I'll be a spokesperson for the masters. The Baby Boomers are now approaching 50, and we'd better start marketing to these people in our sport before we lose them altogether."

Audain said the masters love to watch Loroupe, Michael Johnson, and other open stars run, "but they can't relate to it. Lorraine Moller, Bill Rodgers, Frank Shorter, myself... we're people who've had wonderful careers but still love to run and do it for fitness. And we don't beat up on ourselves because we're not as 'good' as we used to be."

Audain was upset because there were another 2000 women jogging in the park during the race who could have been running in the race. She feels the sport has not been aggressive enough about recruiting these women and she is hoping to reach them.

This was the 25th anniversary of the race, which, at its inception in 1972, had 78 competitors and in 1996 had slightly more than 8000 registered runners. Of the pre-registered women, roughly 66% were over age 30; 30% were over age 40.

Begun in 1972 to help establish the 10K distance for women in the



Kumiko Morimura (43, JPN) at the Advil Mini-Marathon, with statue of Fred Lebow. She won the trip to NYC from the Tokyo Mini-Marathon, a sister race. This was her first foreign travel.

Photo by Marilyn Mitchell

Olympics, the race's term "mini-marathon" was a reference to the then-popular mini-skirt.

This year's runners hold occupations including airline pilots, film makers, attorneys presidents/CEOs and homemakers. While the mini-skirt is not necessarily still in fashion, the race still is. □

## Cotton Row

Continued from page 19

ters received prize money, starting at \$500 for first to \$100 for fifth.

Jerry McGath of Tupelo, Miss., gave up eight years on the rest of the grandmasters field, but still won in 38:58 over 50-year-old Marris Johnson of Atlanta (39:17). Local runner Sandra Berg took top female grandmaster honors with her 46:09. Susie Klutz, 59, of Winston-Salem, N.C., ran a strong 47:17 for second grandmaster.

The competition among the M70s was keen. Thomas Cantrell, 72, of Huntsville, who only competes in this road race each year, ran 57:28 to win. Herb Johnson, 71, of Birmingham was second in 57:37, and Ken Robinson of Carthage, Tenn., took third in 57:39. □

## Write On

Continued from page 4

meets, great packets that include all kinds of goodies, planned out ceremonies and award presentations, dinners and, yes, even timers and officials who run up to you after your run, congratulate you and tell you your time. (Quite a contrast from those who give you dirty looks and act like this is classified information, when to a runner this is really the most important thing in the world.)

To the Senior Olympics Organization, I say thank you for a superb job—well done.

Alex Pappas  
Walnut Creek, California

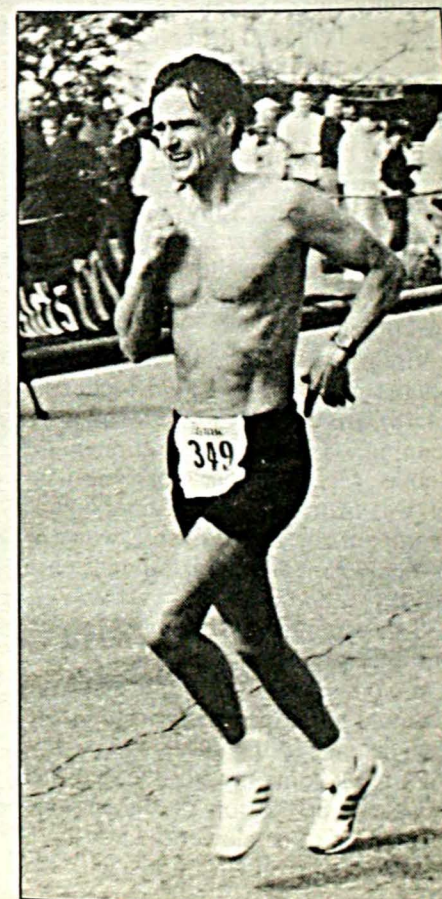
## CANADIAN FARES

Athletes travelling to Victoria for the Canadian Masters Track & Field Championships can now get special fares on both Canadian Airlines International, one of the sponsors of the meet, and American Airlines, its U.S. partner.

When booking directly or through your travel agent, quote "STAR #MJ50286." (In the U.S., American Airlines agents will need to add AN 0586SJ). For further clarification, call toll free 1-800-665-5554 (CAI), or 1-800-433-1790 (AA). Early bookings can get you the best discounts.

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Leonard Vergunst, 40, masters winner (2:42:52), Blue Angel Marathon, Pensacola, Fla.  
Photo from Judith Bagshaw

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Continued from page 21

<b>MEN'S 40-44</b>	1:36.66	Neil Hawk	2:07.9	Howard MacMillan	3:01.9	Guy Gordon	4:27.9	M75		Stan Clark 41	4:33.96
<b>MEN'S 45-49</b>	1:35.44	Bruce Clifton	2:10.8	Don Preven	3:17.5	Brian Rhodes	4:28.47	Nate White	6:55	Bill Lundberg	4:34.09
<b>MEN'S 50-54</b>	1:45.03	James Reppert	2:11.2	Sam Taylor	3:19.2	Joe Lopez	4:29.51	Jim McGilvray	7:56.6	Alan Muir	4:35.04
<b>MEN'S 55-59</b>	1:53.44	Dan Wenzelried	2:11.5	Joe Kernan	3:23.2	Brendan Jackson	4:33.2	Leo Wade	8:13.8	Jeff Stone 40	4:36.24
<b>MEN'S 60-64</b>	2:19.61	Robert Cox	2:11.7			Frank St Dennis	4:34.8	M80		Tom Richman 41	4:36.76
<b>MEN'S 65-69</b>	2:19.61	George Frost	2:11.8	Archie Messenger	2:48.3	Chuck DeGarmo	4:38.80	Austin Newman	6:35.4	Tom Aspel 40	4:37.55
<b>MEN'S 70-74</b>	2:19.61	Roger Messenger	2:12.1	John McManus	2:53.9	Jim Viavalo	4:38.9	Dudley Healy 81	7:52.63	Bob Hodge	4:37.62
<b>MEN'S 75-79</b>	2:19.61	Curtis Baldwin	2:12.3	George Riser	3:18.7	Ron Hulslander 39	4:39.9	W30		Tom Hartshorne	4:38.24
<b>MEN'S 80-84</b>	2:19.61	Charlie Lutz	2:12.7	Bob Mingo	3:20.3	Don Burns	4:40.58	Pam AllieMorrill1334	5:55.72	Fred Robbins	4:39.28
<b>MEN'S 85-89</b>	2:19.61	Richard Clark	2:12.8	Frank Luciana	3:20.6	Jim Signs 36	4:41.3	Paula Warhola	4:59.4	Fred Kitzrow #20	4:39.97
<b>MEN'S 90-94</b>	2:19.61	Ben Zhao	2:12.8	Ernie MacDonald	3:25.2	Breck Sleight	4:41.4	Leatha Dameron	5:07.0	Garry Retler 40	4:41.08
<b>MEN'S 95-99</b>	2:19.61	Kevin Kelly	2:13.2	Henry Kurick	3:41.9	Karl Hoyt	4:41.70	Ellen O'Neil	5:09.80	Steve Giorgis	4:41.68
<b>MEN'S 100-104</b>	2:19.61	Gerry Krainik	2:13.7	Russ More	3:50.3	Dana Jaster	4:49.63	Kelly Tisserman	5:15.26	Rick Easley	4:43.34
<b>MEN'S 105-109</b>	2:19.61	Tom Richman	2:13.7			Jeff Juran 39	4:50.6	Stacey Graham	5:31.46	Mark Furkis 40	4:43.40
<b>MEN'S 110-114</b>	2:19.61	Emeric Butler	2:15.0			Nikos Mourtos	4:50.6	Kathy Etheridge	5:34.1	John Morini	4:44.10
<b>MEN'S 115-119</b>	2:19.61	Jeff Watry	2:15.4			Leo Wade	5:53.9	Lorrie Marnell 34	5:34.8	John Mathews 42	4:46.13
<b>MEN'S 120-124</b>	2:19.61	Alvin Burch	2:16.3			Bill McGilvray	5:55.3			Paul Peterson	4:47.02
<b>MEN'S 125-129</b>	2:19.61	Nicholas Kimaiyo	2:16.5							Paul Ryan	4:47.64
<b>MEN'S 130-134</b>	2:19.61	Karl Castor	2:16.8							Joe Mulhern	4:48.35
<b>MEN'S 135-139</b>	2:19.61	Turran Harper	2:17.1							Richard Orian #30	4:49.42
<b>MEN'S 140-144</b>	2:19.61	Bill McMillen	2:17.6							Dan Block	4:49.5
<b>MEN'S 145-149</b>	2:19.61	Naurice Painter	2:17.6							Mike McHale	4:49.84
<b>MEN'S 150-154</b>	2:19.61	Mike Kiseffehn	2:18.2							Rich Murray	4:50.76
<b>MEN'S 155-159</b>	2:19.61	Jim Halseh	2:18.3							Dave Worden	4:51.16
<b>MEN'S 160-164</b>	2:19.61	Jerry Feldhausen	2:20.8							Bruce Bond	4:52.38
<b>MEN'S 165-169</b>	2:19.61	Wright Brooks	2:21.3							Kevin Kelly	4:52.60
<b>MEN'S 170-174</b>	2:19.61	Don Kessler	2:21.7							David Miller	4:53.9
<b>MEN'S 175-179</b>	2:19.61	Warren Walker	2:21.8							Mark Yellin	4:55.0
<b>MEN'S 180-184</b>	2:19.61	John Duccray	2:21.8							Bill McMillen #40	4:55.50
<b>MEN'S 185-189</b>	2:19.61	Tom Peaster	2:22.5							Maurice Pointer	4:55.6
<b>MEN'S 190-194</b>	2:19.61	Hugh Mundy	2:22.9							Tim O'Brien 40	4:57.2
<b>MEN'S 195-199</b>	2:19.61	Tim Zbikowski	2:23.9							Brian Kempter 43	5:00.85
<b>MEN'S 200-204</b>	2:19.61	Jim Herr	2:25.2							Mike Peters 42	5:04.77
<b>MEN'S 205-209</b>	2:19.61	Tom Crowley	2:25.4							Greg Franzen 41	5:05.0
<b>MEN'S 210-214</b>	2:19.61	Jeff Kiseffehn	2:25.7							Richard Clark 42	5:05.6
<b>MEN'S 215-219</b>	2:19.61	Mark Lieberman	2:25.7							Tom Knapp	5:05.75
<b>MEN'S 220-224</b>	2:19.61	Bill Maguire	2:30.3							Mark LeDuc 41	5:05.8
<b>MEN'S 225-229</b>	2:19.61	Steve Oliver	2:31.6							Jack Barrar	5:06.38
<b>MEN'S 230-234</b>	2:19.61	Ray Calankey	2:31.8							Tony Peaster #50	5:09.4
<b>MEN'S 235-239</b>	2:19.61	Andrew Fales	2:39.5							Bill Kohner	5:09.8
<b>MEN'S 240-244</b>	2:19.61	Neil Price	2:41.8							Dave Gehman	5:10.8
<b>MEN'S 245-249</b>	2:19.61	Richard Orian	2:42.8							Warren Walker	5:11.2
<b>MEN'S 250-254</b>	2:19.61	Ray Glida	2:44.6							John Paul Roy 43	5:13.0
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<b>MEN'S 260-264</b>	2:19.61	John Roselli	2:45.4							John Babington	5:16.07
<b>MEN'S 265-269</b>	2:19.61	Daniel Cruz	2:45.5							Dale Heinen 40	5:19.3
<b>MEN'S 270-274</b>	2:19.61	Don Droz	2:09.3							Tom Crowley 42	5:20.9
<b>MEN'S 275-279</b>	2:19.61	Randy Taylor	2:10.4							Mark Lieberman 43	5:22.75
<b>MEN'S 280-284</b>	2:19.61	Wayne Morris	2:10.9							Larry McDonough #60	5:24.46
<b>MEN'S 285-289</b>	2:19.61	Glenn Andrews	2:08.1							Bill Maguire	5:25.7
<b>MEN'S 290-294</b>	2:19.61	Al Svenson	2:09.7							Brooks Wright 40	5:25.74
<b>MEN'S 295-299</b>	2:19.61	Rich Puckerin	2:10.4							Gerald Baker	5:26.43
<b>MEN'S 300-304</b>	2:19.61	Jim Gorman	2:11.6							Kevin Morrisroe 44	5:31.9
<b>MEN'S 305-309</b>	2:19.61	Bill Gorman	2:11.6							Jim Herr	5:32.55
<b>MEN'S 310-314</b>	2:19.61	Bill Gorman	2:11.6							Mike Robinson	5:33.9
<b>MEN'S 315-319</b>	2:19.61	Bill Gorman	2:11.6							Guy Johnson 40	5:34.1
<b>MEN'S 320-324</b>	2:19.61	Bill Gorman	2:11.6							Gary Papazian	5:38
<b>MEN'S 325-329</b>	2:19.61	Bill Gorman	2:11.6							Vince Lucas	5:38.00
<b>MEN'S 330-334</b>	2:19.61	Bill Gorman	2:11.6							Jeff Knutson #70	5:40.5
<b>MEN'S 335-339</b>	2:19.61	Bill Gorman	2:11.6							Mike Seaman	4:36.4
<b>MEN'S 340-344</b>	2:19.61	Bill Gorman	2:11.6							Steve Ruckert	4:37.79
<b>MEN'S 345-349</b>	2:19.61	Bill Gorman	2:11.6							Al Svenson	4:38.54
<b>MEN'S 350-354</b>	2:19.61	Bill Gorman	2:11.6							John Zink	4:44.72
<b>MEN'S 355-359</b>	2:19.61	Bill Gorman	2:11.6							Jim Gorman 47	4:48.42
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<b>MEN'S 365-369</b>	2:19.61	Bill Gorman	2:11.6							Gary Fanelli	4:49.7
<b>MEN'S 370-374</b>	2:19.61	Bill Gorman	2:11.6							Bill Galle	4:49.9
<b>MEN'S 375-379</b>	2:19.61	Bill Gorman	2:11.6							John Healdun	4:50.9
<b>MEN'S 380-384</b>	2:19.61	Bill Gorman	2:11.6							Randy Taylor 46	4:52.83
<b>MEN'S 385-389</b>	2:19.61	Bill Gorman	2:11.6							Don Fish 46	4:54.31
<b>MEN'S 390-394</b>	2:19.61	Bill Gorman	2:11.6							Ed Poirier	4:57.03
<b>MEN'S 395-399</b>	2:19.61	Bill Gorman	2:11.6							Roger Price 47	4:57.10
<b>MEN'S 400-404</b>	2:19.61	Bill Gorman	2:11.6							Reinhold Motowa	5:00.50
<b>MEN'S 405-409</b>	2:19.61	Bill Gorman	2:11.6							Fred Dedrick	5:02.0
<b>MEN'S 410-414</b>	2:19.61	Bill Gorman	2:11.6							Tom Hoyer	5:03.89
<b>MEN'S 415-419</b>	2:19.61	Bill Gorman	2:11.6							Richard Green	5:04.1
<b>MEN'S 420-424</b>	2:19.61	Bill Gorman	2:11.6							John Hickey 46	5:04.95
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<b>MEN'S 440-444</b>	2:19.61	Bill Gorman	2:11.6							Robert Pertak	5:11.53
<b>MEN'S 445-449</b>	2:19.61	Bill Gorman	2:11.6							Fred Goldcamp	5:11.7
<b>MEN'S 450-454</b>	2:19.61	Bill Gorman	2:11.6							Ken Zersson	5:11.79
<b>MEN'S 455-459</b>	2:19.61	Bill Gorman	2:11.6							Tom Derdarian	5:11.86
<b>MEN'S 460-464</b>	2:19.61	Bill Gorman	2:11.6							Rick Cleary	5:12.97
<b>MEN'S 465-469</b>	2:19.61	Bill Gorman	2:11.6							Phil Jones	5:17.14
<b>MEN'S 470-474</b>	2:19.61	Bill Gorman	2:11.6							Virgil Koski 46	5:17.4
<b>MEN'S 475-479</b>	2:19.61	Bill Gorman	2:11.6							Mike Bloom	5:20.3
<b>MEN'S 480-484</b>	2:19.61	Bill Gorman	2:11.6							Gordon Reiter 49	5:22.76
<b>MEN'S 485-489</b>	2:19.61	Bill Gorman	2:11.6							Butch Bigelow	5:25.88
<b>MEN'S 490-494</b>	2:19.61	Bill Gorman	2:11.6							Rich Recker 49	5:26.0
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<b>MEN'S 500-504</b>	2:19.61	Bill Gorman	2:11.6							Willie Heidelberg	5:29.28
<b>MEN'S 505-509</b>	2:19.61	Bill Gorman	2:11.6							Shawn Regan 45	5:31.6
<b>MEN'S 510-514</b>	2:19.61	Bill Gorman	2:11.6							Jim Vermaulen 45	5:32.4
<b>MEN'S 515-519</b>	2:19.61	Bill Gorman	2:11.6							Tim Gordon 46	5:45.3
<b>MEN'S 520-524</b>	2:19.61	Bill Gorman	2:11.6							Paul Perry 51	4:54.90
<b>MEN'S 525-529</b>	2:19.61	Bill Gorman	2:11.6							Richard Webb	4:56.90
<b>MEN'S 530-534</b>	2:19.61	Bill Gorman	2:11.6							Herb Ergan	5:07.75
<b>MEN'S 535-539</b>	2:19.61	Bill Gorman	2:11.6							Bill Robson	5:08.1
<b>MEN'S 540-544</b>	2:19.61	Bill Gorman	2:11.6							Jim Bisogni	5:11.41
<b>MEN'S 545-549</b>	2:19.61	Bill Gorman	2:11.6							Nora Purrington 52	5:19.8
<b>MEN'S 550-554</b>	2:19.61	Bill Gorman	2:11.6							Carl Brennan	5:22.64
<b>MEN'S 555-559</b>	2:19.61	Bill Gorman	2:11.6							Carroll DeWeese 52	5:24.64
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<b>MEN'S 565-569</b>	2:19.61	Bill Gorman	2:11.6							Tom Carr	5:26.48
<b>MEN'S 570-574</b>	2:19.61	Bill Gorman	2:11.6							Don Masterson 51	5:28.50
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<b>MEN'S 585-589</b>	2:19.61	Bill Gorman	2:11.6							Ben Graustein	5:34.47
<b>MEN'S 590-594</b>	2:19.61	Bill Gorman	2:11.6							Dave Sanders	5:38.71
<b>MEN'S 595-599</b>	2:19.61	Bill Gorman	2:11.6							Dick Ashley	5:40.58
<b>MEN'S 600-604</b>	2:19.61	Bill Gorman	2:11.6							Larry Smith	5:41.3
<b>MEN'S 605-609</b>	2:19.61	Bill Gorman	2:11.6							Lou Coppens	5:46.2
<b>MEN'S 610-614</b>	2:19.61	Bill Gorman	2:11.6							Brian Salzberg	5:52.2
<b>MEN'S 615-619</b>	2:19.61	Bill Gorman	2:11.6							Joe Dubow	5:56.2
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Dan Rusk 9:43.00	Wally Brawner 10:49.6	J. Schrieterman 8.3	Bruce Mills 11.66	Henry Clapper 1.58	Bryan Blakemore 2.74	Fred Hirsimaki 2.43	Fred Hirsimaki 2.43
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Rick Pingitore 9:44.0	Victor Cruz 10:54.0	Jeff Bildenbeck 9.09	M60-64	Paul Gansle 1.52	Aise Adams 1.00	Jack Doorlay 2.25	Jack Doorlay 2.25
Scott Branta 9:47.18	Vincent Colgan 11:15.01	Bob Shelton 9.1	Clarence Trinkner 9.93	Ken Winters 1.52	M35-39	Art Holland 1.65	Art Holland 1.65
Joe Sullivan 9:47.35	Eric White 11:30.27	Geoff Hennessy 9.36	Lowell Bonifield 9.94	Bill Angus 1.50	Ken Ellis 4.27	M75-79	M75-79
Bill Wardyga 9:49.19	Ken Ogden 11:35.03	Scott Hall 9.40	Jim Peterson 11.14	Burl Gist 1.20	T. Christopher 4.11	Bob Warwick 2.29	Bob Warwick 2.29
Roger Messinger 9:50	Adrian Craven 11:54.28	Bill DeHorn 9.64	Bob Smith 11.38	Johnston Ewing 1.50	Ambrose Corteau 4.11	Ted Yenari 2.25	Ted Yenari 2.25
Dan Burns 10:05.89	John Robinson 12:00.31	M40-44	Tony Besase 11.75	John Weisner 1.50	Lea Affronti 3.70	A.U. Ricciardi 2.13	A.U. Ricciardi 2.13
Frank St. Dennis 10:06.7	Ray Weber 12:10.06	Colin Williams 7.3	M45-49	Larry Gardner 1.48	Mike Berken 3.70	Bill Patterson 1.80	Bill Patterson 1.80
Steve Hoyer 10:11.5	John Hurley 12:45.44	Neal Combs 8.1	Mike Hill 8.12	Roger Williams 1.45	Wilson Sochoo 3.70	Ian Hume 1.79	Ian Hume 1.79
Kevin Higgins 10:13.0	Mike Hoffer 14:07.44	Stacey Price 8.16	John Jones 8.5	Larry Fleischman 11.74	Joe Petrillo 3.65	Milo Lightfoot 1.67	Milo Lightfoot 1.67
Robert Brush 10:13.57	Bob Milner 10:39.88	Bob Zahn 8.3	Dulan Street 8.7	Jack Lance 13.08	Mike Berkey 3.50	George Braceland 1.65	George Braceland 1.65
Steve Sleight 10:15.2	Don Lein 11:18.69	Dale Smith 8.4	William Sikorsky 9.2	M70-74	Jeff Bildenbeck 3.50	Claude Hills 1.20	Claude Hills 1.20
Steve Molecko 10:17.7	Pete Hettrich 11:19.24	Jeff Watry 8.47	Gene Hoffman 9.86	Mel Larsen 10.89	Brian Elmore 3.50	M30-34	M30-34
Brendan Jackson 10:19.8	Paul Heitzman 11:23.0	Robert Hahn 8.4	Ray Panek 10.3	Ed Holmes 12.92	John Oksas 3.50	M35-39	M35-39
Charles Jewell 10:27.0	Alvin Ravenscroft 11:33.25	Frank Britt 9.0	James Dickerson 12.0	Frank Brako 15.09	Terry Christopher 3.42	Laurie Black 2.14	Laurie Black 2.14
Vern Johnson 10:51.14	Derek Mahaffey 11:38.97	Al Castero 9.3	M50-54	M75-79	Mark Criscione 3.35	M35-39	M35-39
Jeffrey Juran 10:54.0	Jim Beahm 11:50.7	Mark Gershon 9.7	Courtland Gray 8.0	Burl Gist 13.39	Hal Fairbanks 3.25	Donna Ricks 2.89	Donna Ricks 2.89
J. Smith 10:57	Bailey Abnathy 11:52.93	Phil Berry 10.6	Mike Milove 9.08	M80-84	Lindsey Thurman 2.95	Angela Nealy 2.10	Angela Nealy 2.10
D Ladd 11:04.92	Mark Maloney 12:11.7	Doug Holmberg 10.70	Ken Winters 9.1	Frank Finger 13.60	Rob Doran 2.74	M45-49	M45-49
Dana Jestien 11:04.92	G McClenathan 12:36.63	Mike Hill 8.12	Chet Dow 9.5	W30-34	Jonathan Scott 2.74	Phil Raschker 3.31	Phil Raschker 3.31
Bill Blakie 11:09.0	George Jackson 12:39.2	John Jones 8.5	Paul Gansle 9.59	Denise Jones 12.77	Rick Logan 2.59	M55-59	M55-59
Tom Yunker 11:19.0	Ron Ogilvie 12:39.98	Dulan Street 8.7	Tim Thorne 9.6	J. Upshaw Nagerum 9.83	Dennis Harris 2.43	Becky Sisley 2.19	Becky Sisley 2.19
Dana Jaster 11:20.25	Dillon Maier 12:44.1	William Sikorsky 9.2	Tim Collins 10.5	Linda Lowery 11.43	Rick Christopher 4.45	Joy MacDonald 2.10	Joy MacDonald 2.10
Wick Coppolillo 12:26.25	Barry Brown 13:21.9	Gene Hoffman 9.86	Warren Graff 10.59	M45-49	Tom Bunner 4.14	Sue Turncliff 1.83	Sue Turncliff 1.83
Tony Boerio 12:26.25	James Keat 13:24.07	Ray Panek 10.3	Ron Shamwell 10.6	M50-54	Kent Petranek 3.96	Mazeline Bost 1.67	Mazeline Bost 1.67
Steve Gallagher 8:43.71	Art Bigelow 13:52.25	James Dickerson 12.0	John Bwing 10.69	Phil Raschker 9.44	David Ricks 3.50	Leonore McDaniels 1.82	Leonore McDaniels 1.82
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David Shaffer 8:53.72	Jim Keck 15:54.56	Mike Milove 9.08	M55-59	Becky Sisley 13.21	Thomas Krebs 3.20	1996 Indoor Long Jump Compiled by Robb Bong	1996 Indoor Long Jump Compiled by Robb Bong
Robert O'Hara 8:59.22	Paul Heitzman 11:10.70	Ken Winters 9.1	Emil Pawlik 8.40	Joann Grissom 13.35	Robert Berke 3.10		
Stan Clark 9:04.95	Don Ross 12:05.92	Chet Dow 9.5	Nate Byrd 9.5	M60-64	Jeff Watry 3.07		
Allan Muir 9:05.20	Walter Reiter 9:20.99	Paul Gansle 9.59	W. Schroeder 10.0	Clarence Trinkner 9.2	Richard Watson 2.95		
Mark Furkis 9:05.20	Bill Carey 12:43.56	Tim Thorne 9.6	Robert Small 10.24	Lowell Bonifield 9.6	James Stewart 2.69		
Garry Daniels 9:09.3	Joseph Kernan 15:00.50	Tim Collins 10.5	Bruce Mills 10.35	Chet Dow 9.7	M45-49		
Tim Mcullen 9:20.99	Ben McDaniels 15:01.96	Warren Graff 10.59	George LaBelle 10.47	Jim Peterson 10.0	Larry McIntyre 4.00		
Steve Schallenger 9:22.10	Ben McDaniels 15:01.96	Ron Shamwell 10.6	Jerry Rouse 10.53	Tony Besase 10.6	Dan Jones 3.66		
Roger Messenger 9:25.6	Charles Wrixon 15:36.7	John Bwing 10.69	Robert Smith 10.78	Hector Cisneros 10.9	John Hoogasian 3.65		
Bob Garcia 9:26.7	Bernie Keeler 18:22.5	Roger Williams 12.7	M60-64	Ritch White 12.22	Bill DeHorn 3.61		
Tom Aspel 9:27.89	Sid Toabe 13:30.51	Henry Clapper 11.0	Clarence Trinkner 9.2	Glendale Maxwell 12.7	Mike Davis 3.37		
Maurice Pointer 9:44.1	Robert Mimm 14:33.02	M55-59	Lowell Bonifield 9.6	M65-69	Philip Johnson 3.35		
Dan Winzenried 9:48.08	Robert Mimm 14:33.02	Emil Pawlik 8.40	Chet Dow 9.7	Jim Stookey 9.7	Johnnie Dye 3.10		
Jacques Laliberte 9:50.60	Ken Folsom 14:55.93	Nate Byrd 9.5	Jim Peterson 10.0	Bill Townsend 10.5	Ron Salvio 3.05		
Hamant Ardel 9:54.32	Roy Engler 16:35.51	W. Schroeder 10.0	Tony Besase 10.6	Tom Delany 10.6	Reck Hall 2.74		
Phil Mousin 10:02.5	Alvin Smith 17:24.1	Robert Small 10.24	Hector Cisneros 10.9	Chuck Sochor 10.8	Jonathan Jager 2.65		
L Krul 10:03.6	Bill Tribou 14:06.51	Bruce Mills 10.35	Ritch White 12.22	Jack Lance 11.4	Jim Bell 2.28		
Dave Worden 10:08.0	Bob Matteson 15:45.50	George LaBelle 10.47	Glendale Maxwell 12.7	Emmett Edwards 14.22	Ivan Black 2.14		
Bob Thompson 10:08.73	Clarence Osborn 16:13.2	Jerry Rouse 10.53	M65-69	George Taylor 14.7	Joe Johnston 4.00		
Jeff Kisseloff 10:16.60	Dudley Healy 17:00.37	Robert Smith 10.78	Jim Stookey 9.7	M70-74	Matti Kilpelainen 3.85		
Neil Hawk 10:19.15	Frank Levine 17:21.21	M60-64	Bill Townsend 10.5	Ed Lukens 10.24	Jeff Tindall 3.55		
Dave Hock 10:22.0	Harold Massie 20:50.45	Clarence Trinkner 9.2	Tom Delany 10.6	Mel Larsen 11.75	John Bwing 3.20		
Harvey Blonder 10:24.11	Dudley Healy 17:00.37	Lowell Bonifield 9.6	Chuck Sochor 10.8	Oscar Harris 12.0	Bill Bubanks 2.95		
Kevin Morrisroe 10:30.6	Harold Massie 20:50.45	Chet Dow 9.7	Jack Lance 11.4	Frank Brako 12.33	Kent Hall 2.95		
Gary Papazian 10:32.5	Ann Boyd 10:06.0	Jim Peterson 10.0	Carol Charlebois 15.19	Ken Ellis 1.67	Jan Decker 2.90		
George Frost 10:40.78	Beth DeCantis 10:18	Alan Brevik 10.40	M50-54	Ambrose Corteau 1.63	Merle Norberg 2.90		
Don Lafferty 10:40.8	P. Allie-Morrill 10:52.09	Tony Besase 10.6	W50-54	Bill Johnson 2.03	Jim Eshelman 2.74		
John Whitman 10:42.1	Helen Ward 10:57.30	Hector Cisneros 10.9	W60-64	Bill Johnson 2.03	Clint Brown 1.52		
John Plaster 10:42.55	Kelly Timmerman 11:01.88	Ritch White 12.22	M75-79	Mark Williams 1.90	M55-59		
Bob Hyde 10:43.6	Marjorie Foy 11:17.71	Glendale Maxwell 12.7	Bob Warwick 13.0	Bob Shelton 1.80	Dale Lance 3.81		
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Mike Gallagher 10:47.7	Laurie Black 12:09.17	Jim Stookey 9.7	M70-74	Dwight Peterson 1.70	Norm Downing 2.89		
Tom Crowley 10:52.0	Karen Edgar 13:38.1	Bill Townsend 10.5	Ed Lukens 10.24	Ken Ellis 1.67	Jim Noonan 2.89		
David Bowen 10:56.4	Carol Charlebois 15.19	Tom Delany 10.6	Mel Buschman 12.64	Ambrose Corteau 1.63	Jerry Rouse 2.59		
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Bob Congdon 11:08.5	Carla Hervet 10:16.8	Jack Lance 11.4	Bob Warwick 13.0	Mark Williams 1.90	Don North 2.44		
Seth Okrend 11:09.21	Cindi Sparkman 11:10.19	Emmett Edwards 14.22	A. Ricciardi 14.27	Bob Shelton 1.80	Winston Crandall 2.35		
Bob Peterson 11:13.08	Mary Olivieri 11:31.8	George Taylor 14.7	M70-74	Peter Glavin 1.78	Joe Steinman 2.35		
Larry Balick 11:32.2	Christina Gordon 11:38.5	M75-79	Ed Lukens 10.24	Dwight Peterson 1.70	David Renton 1.98		
T. Mathews 11:40	Karen Lein 12:18.97	Bob Warwick 13.0	Mel Buschman 12.64	Ken Ellis 1.67	M60-64		
Jeff Knutson 11:41.9	Hickey Dockwiler 13:19.9	A. Ricciardi 14.27	M75-79	Ambrose Corteau 1.63	Phil Mulkey 3.15		
Dan Rinaldi 12:01.31	WOMEN'S 40-44	M70-74	Bob Warwick 13.0	Bill Johnson 2.03	John Diggins 3.00		
Mark Booth 12:09.8	Muriel Naumann 10:46.20	Ed Lukens 10.24	A. Ricciardi 14.27	Mark Williams 1.90	Tom Hinkes 2.74		
Bob Garlen 13:13.88	Mary B Gorey 11:32.30	Mel Larsen 11.75	M75-79	Bob Shelton 1.80	Ray Fitzhugh 2.70		
Jim Dickey 13:15.81	Laurie Kinsella 11:36	Oscar Harris 12.0	Bob Warwick 13.0	Peter Glavin 1.78	Hector Cisneros 2.55		
WOMEN'S 45-49	Teri Kohl 11:49.5	Frank Brako 12.33	M70-74	Dwight Peterson 1.70	Tony Besase 2.53		
Jon Kermiet 9:27.72	Jane Parks 12:31.3	Mel Buschman 12.64	Ed Lukens 10.24	Ken Ellis 1.67	Charles Crawford 2.29		
Ed Switochka 9:34.30	Wendy Glassman 12:34.8	M75-79	Tim Murphy 12.64	Ambrose Corteau 1.63	Russ McDaniels 1.95		
Jim Gorman 9:45.10	Heidi Cross 13:12.8	Bob Warwick 13.0	M70-74	Bill Johnson 2.03	M65-69		
Roger Price 9:45.4	Karin Gogolsky 13:21.1	A. Ricciardi 14.27	Bob Warwick 13.0	Mark Williams 1.90	Jerry Donley 3.15		
Jeff Hlinka 9:47.0	Nancy Grabow 13:45.1	M75-79	Ed Lukens 10.24	Bob Shelton 1.80	Don Grey 2.43		
Rich Murray 10:02.16	Grace Iovine 13:54	Bob Warwick 13.0	Tim Murphy 12.64	Peter Glavin 1.78	Carl Trevor 2.31		
Ed Woerner 10:05.4	Diane McManus 13:57.0	A. Ricciardi 14.27	M70-74	Dwight Peterson 1.70	Harold Miller 2.19		
Reinhold Wotawa 10:07.5	WOMEN'S 45-49	M75-79	Ed Lukens 10.24	Ken Ellis 1.67	Larry Fleischman 2.10		
Tom Honeyey 10:11.9	Barbara Blasak 11:06.8	Bob Warwick 13.0	Mel Larsen 11.75	Ambrose Corteau 1.63	George Taylor 1.82		
Mike Wilson 10:20.35	Susan Houlton 13:21.15	A. Ricciardi 14.27	Oscar Harris 12.0	Bill Johnson 2.03			
Tom Dederian 10:25.03	Diane McManus 13:29.9	M70-74	Frank Brako 12.33	Mark Williams 1.90			
Seth Bergmann 10:28.3	Mary Trotto 14:36.24	Ed Lukens 10.24	Ken Ellis 1.67	Bob Shelton 1.80			
Mike Bloom 10:31.2	Diane Fay 16:43.88	Tim Murphy 12.64	A. Ricciardi 14.27	Peter Glavin 1.78			
Fred Dedrick 10:34.43	WOMEN'S 50-54	M75-79	M70-74	Dwight Peterson 1.70			
Bill Bossmann 10:44.4	Becky Criscione 13:03.9	Bob Warwick 13.0	Ed Lukens 10.24	Ken Ellis 1.67			
Ron Siozot 10:55.9	Madeline Bost 13:47.60	A. Ricciardi 14.27	Tim Murphy 12.64	Ambrose Corteau 1.63			
Phil Nemir 11:01.81	WOMEN'S 55-59	M75-79	M70-74	Bill Johnson 2.03			
Bob Caplin 11:02.42	Kati McIntyre 14:10.88	Bob Warwick 13.0	Ed Lukens 10.24	Mark Williams 1.90			
John Condon 11:03.1	Nancy Dunleavy 16:01.2	A. Ricciardi 14.27	Tim Murphy 12.64	Bob Shelton 1.80			
Jim Boyle 11:04.1	WOMEN'S 60-64	M75-79	M70-74	Peter Glavin 1.78			
Victor Diaz 11:06.79	Lois Filireis 14:54.28	Bob Warwick 13.0	Ed Lukens 10.24	Dwight Peterson 1.70			
Joel Pasternack 11:07.2	Louise Adams 15:41.13	A. Ricciardi 14.27	Tim Murphy 12.64	Ken Ellis 1.67			
Victory Medina 11:10.34	WOMEN'S 65-69	M75-79	M70-74	Ambrose Corteau 1.63			
Jim Vermeulen 11:12.8	WOMEN'S 70-74	Bob Warwick 13.0	Ed Lukens 10.24	Bill Johnson 2.03			
Karl Hirschmann 11:21.2	Louise Adams 15:41.13	A. Ricciardi 14.27	Tim Murphy 12.64	Mark Williams 1.90			
Bob Weiner 11:22.1	WOMEN'S 75-79	M75-79	M70-74	Bob Shelton 1.80			
Chris Scicurs 11:28.82	WOMEN'S 80-84	Bob Warwick 13.0	Ed Lukens 10.24	Peter Glavin 1.78			
Rich Steder 11:29.2	Pearl Mehl 26:53.20	A. Ricciardi 14.27	Tim Murphy 12.64	Dwight Peterson 1.70			
Ron Salvio 11:33.76	WOMEN'S 85-89	M75-79	M70-74	Ken Ellis 1.67			
Tony DeSabato 11:34.8	WOMEN'S 90-94	Bob Warwick 13.0	Ed Lukens 10.24	Ambrose Corteau 1.63			
Carl Grossman 11:38.3	WOMEN'S 95-99	A. Ricciardi 14.27	Tim Murphy 12.64	Bill Johnson 2.03			
Les Heron 11:58.91	WOMEN'S 100-104	M75-79	M70-74	Mark Williams 1.90			
Jack VanDerzee 12:02.5	WOMEN'S 105-109	Bob Warwick 13.0	Ed Lukens 10.24	Bob Shelton 1.80			
Doug Sturm 12:39.04	WOMEN'S 110-114	A. Ricciardi 14.27	Tim Murphy 12.64	Peter Glavin 1.78			
Ron Arnc 12:57.3	WOMEN'S 115-119	M75-79	M70-74	Dwight Peterson 1.70			
Ed Dubord 13:03.11	WOMEN'S 120-124	Bob Warwick 13.0	Ed Lukens 10.24	Ken Ellis 1.67			
James Miner 15:54.7	WOMEN'S 125-129	A. Ricciardi 14.27	Tim Murphy 12.64	Ambrose Corteau 1.63			
Ken Sparks 9:26.1	WOMEN'S 130-134	M75-79	M70-74	Bill Johnson 2.03			
Richard Webb 9:51.98	WOMEN'S 135-139	Bob Warwick 13.0	Ed Lukens 10.24	Mark Williams 1.90			
Richard Murray 9:52.53	WOMEN'S 140-144	A. Ricciardi 14.27	Tim Murphy 12.64	Bob Shelton 1.80			
Paul Perry 9:56.8	WOMEN'S 145-149	M75-79	M70-74	Peter Glavin 1.78			
Hugh Sweeney 9:59.73	WOMEN'S 150-154	Bob Warwick 13.0	Ed Lukens 10.24	Dwight Peterson 1.70			
Ewar Gordillo 10:06.89	WOMEN'S 155-159	A. Ricciardi 14.27	Tim Murphy 12.64	Ken Ellis 1.67			
Ray Dion 10:21.48	WOMEN'S 160-164	M75-79	M70-74	Ambrose Corteau 1.63			
Peter Shanno 10:27.7	WOMEN'S 165-169	Bob Warwick 13.0	Ed Lukens 10.24	Bill Johnson 2.03			
Tom Carr 10:34.7	WOMEN'S 170-174	A. Ricciardi 14.27	Tim Murphy 12.64	Mark Williams 1.90			

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Continued from page 23


Jeff Watry	5.79	Charles Crawford	3.63	1996 Indoor Triple
Mike Skoflanc	5.76	Jack Labbe	3.61	Jump
Wayne Fischer	5.75	Lou Edelman	3.40	Compiled by
Ron Jackson	5.71	VanNess Robinson	3.04	Charles Mercurio
Dan Goia	5.68	Ritch White	2.99	
Scott Thornsley	5.65	Robert Smullens	2.90	M30
Roger Barnes	5.61	Larry Brant	2.41	James Tunstall
Fred James	5.53			Brian Corrigan
Eddie Mose	5.53	Men's 65-69		Jim Wardle
Jay Preston	5.46	James Stookey	4.89	Bob McVicker
Les Hale	5.35	Chuck Sochor	4.54	Gregory Coats
Philip Mulkey	5.34	Bill Townsend	4.48	John Allen
Al Cestero	5.28	John Copp	4.29	Jeff Helton
Jesse Norman	5.23	Eugene Hess	4.24	Doug Weimerskirch
Dennis Webb	5.19	Tom Rice	4.15	M35
Johnnie Thomas	5.18	Tom Delany	4.03	Kelly Lycan
Pershing Reid	5.09	Dave Gilbert	4.03	Pat DaCosta
Armond LaFramboise	4.96	Don Sibigroth	3.89	David Stauffer
Harold Jenkins	4.94	Billy Simmons	3.89	Stan Porter
John Ducray	4.67	Bill Butterworth	3.86	Trace Barnette
Frank Britt	4.59	Curt Trevor	3.85	Frank Makozzy
Richard Watson	4.57	Jack Lance	3.83	Bill Jahner
Kevin Donovan	4.54	Gordon Seifert	3.78	Dwight Peterson
Douglas Holmberg	4.45	Richard Soller	3.77	M40
Alan Shoultz	4.43	William Daprano	3.76	Mike Lariza
Michael Ariana	4.27	Ed Failor	3.68	Mark Gershon
		Jack Hurd	3.53	Bob Richardson
		Anthony Vivieiros	3.29	Roger Barnes
		Don Grey	3.04	Tom Stuthard
Men's 45-49				Mike Skoflanc
JD Eckels	5.79	Men's 70-74		Scott Thornsley
Roger Parnell	5.68	Mel Larsen	4.77	Jay Preston
Mike Hill	5.67	Charles Obye	4.20	Ron Jackson
Taylor Weatherbee	5.49	Ed Lukens	4.16	Eddie Mose
Tom Brewer	5.47	Tom Kennell	4.14	Frank Sharpe
William Corsey	5.45	Frank Brako	4.11	Kevin Crohan
Jesse Norman	5.39	Ken Yahuro	4.10	Jim Frederick
James Manor	5.36	Oscar Harris	4.09	Phil Mulkey Jr
Jim Dickerson	5.23	Denver Smith	4.01	Richard Watson
Jim Dolezel	5.23	Fred Hirsimaki	3.87	M45
Doug Fredericks	5.18	Jack Doorlay	3.66	Gerald Woolfolk
Dana Harrell	5.18	Mel Buschman	3.53	Rob Jackson
Stan Kus	5.16	George Horner	3.26	Taylor Weatherbee
Ivan Black	5.15	Art Holland	3.25	Ivan Black
John Baylies	5.14	Hillar Saareste	3.25	Bob Rockwell
Lonnie Davis	5.14	Aime Adams	2.80	John Baylies
Rex Harvey	5.07	Men's 75-79		Doug Fredericks
Mabry Andrews	5.06	Milt Silverstein	3.78	Jim Dickerson
Greg Marshall	5.02	John Davison	3.67	John Oleski
Dave Zang	4.97	Ed Matthews	3.66	Jonathan Jager
Alan Russell	4.92	Dave Hall	3.28	Jim Dolezel
Ed Baskauskas	4.85	Ted Yenari	3.22	Lonnie Davis
John Oleski	4.83	Doc Bennett	3.17	Taylor Tunstall
Mike Davis	4.54	Bob Warwick	3.16	Allen Ray
Gordon Reiter	4.51	Armando Ricciardi	3.15	Bob Everoski
Ken Kienzie	4.37	George Rajcevic	3.14	Ron Salvio
Mike McNamara	4.34	Sparks Sorlien	3.09	
TD Walton	4.31	Leo Wade	2.08	
- Hedendal	4.29	Men's 80-85		
Dale Deuvall	3.43	Clarence Trahan	3.58	Doug Shaw
Larry Meyers	3.27	Max Springer	2.85	Ken Winters
Men's 50-54		Mel Flachs	2.83	Mike Milove
John Hartfield	5.80	George Braceland	2.52	Kurt Vener
Ed Jones	5.65	Claude Hills	2.47	Jerome Belinson
Jerome Belinson	5.40	Alden Huisjen	2.28	John Meisner
Kurt Vener	5.26	Harold Massie	1.57	Dave Eidahl
Mike Milove	5.12	Men's 85-89		Paul Gansle
Dave Eidahl	5.04	Ted Hatlen	2.59	John Ewing
Bill Angus	4.96	Virgil McIntyre	2.32	Lynn Smith
Avital Schurr	4.94	Ellyer Clark	0.44	Palmer Sweet
Ed Wright	4.79	Women's 30-34		Donald Amery
Ed Stamper	4.75	Debbie Szatko	4.66	M55
Roger Williams	4.74	Ruvina Kelly	4.59	Nat Carter
Tom Thorne	4.69	Lisa Doyon	4.57	Walter Shields
Larry Morrisette	4.67	Marcia Wallace	4.04	Grover Coats
Dennis Leczinski	4.66	Women's 35-39		Brother Ed Kent
Fred Gravetter	4.61	Joy Upshaw Margerum	5.44	Haig Bohigian
Robert Kleemeier	4.48	A Titus	4.88	John Head
Tom Collins	4.45	Martha Mendenhall	4.69	Bob O'Brien
John Meisner	4.44	Cheryl Alston	4.67	George LaBelle
Charles Varnet	4.42	Boguslawa Langner	4.47	Ken Clarke
Henry Clapper	4.33	Edna Crawley	4.13	M60
Jan Decker	4.31	Women's 40-44		Charlie Richard
William Turner	4.31	Linda Lowery	4.82	Phil Mulkey
Palmer Sweet	4.23	Denise McField	4.50	Jim Peterson
Chet Dow	4.03	Carole Solomon	4.06	Alan Brevik
Sam Pfennig	3.66	Deb Vestal	2.48	Lou Edelman
Charlie Barnhart	3.50	Women's 45-49		Russ McDaniels
Men's 55-59		Phil Raschker	5.25	Earl Mege
Emil Pawlik	5.38	Skipper Clark	4.22	Bill Park
Pete Stopoulos	5.16	Liz McBlain	4.17	M65
Grover Coats	5.14	Pam Miller	3.60	Jim Stookey
Bob O'Brien	4.85	Sandy Maryott	3.46	Curt Trevor
John Head	4.61	Women's 50-54		Tom Delaney
Nat Carter	4.55	Penny Danielson	3.92	Bill Townsend
Tod Mordecai	4.46	Barb Stewart	3.18	Bill Butterworth
Ed Kent	4.45	Ann Carter	3.14	Eugene Hess
Mike Valle	4.33	Mary Lou Platis	2.83	Tom Rice
Phil Byrne	4.29	Joanne Ramsden	1.84	Bill Daprano
Walt Lancaster	4.28	Women's 55-59		Don Sibigroth
Jack Brunner	4.26	Joann Grissom	3.75	Jack Lance
Bruce Mills	4.22	Becky Sisley	3.64	Ed Failor
Walter Shields	4.20	Janet Amery	2.45	Jack Hurd
Don Amery	4.19	Sue Tunnicliff	2.23	Dave Gilbert
George LaBelle	4.14	Women's 60-64		M70
Wayne Skartvedt	4.14	Betty Vosburgh	3.84	Ed Lukens
Ed Arnold	4.10	Rachel Lyga	3.42	Charles Obye
Dave Connolly	4.04	Christel Miller	3.28	Frank Brako
Ed Ferrier	3.72	Fei-Mei Chou	3.03	Tom Kennell
David Renton	3.67	Jean Cobb	2.95	Fred Hirsimaki
Joe Griffin	3.45	Marjorie Moore	2.85	Hillar Saareste
Ed Mezzapelle	3.27	Dee Robinson	2.09	Jack Doorlay
Bob Smullens	2.87	Women's 65-69		Mel Buschman
Men's 60-64		Leonore McDaniels	3.27	M75
Dick Richards	5.47	Magdalena Kuehne	3.25	Ed Matthews
Lowell Bonifield	5.03	Women's 70-74		Sparks Sorlien
Phil Mulkey	4.74	Johnnye Valien	3.20	George Rajcevic
Charlie Richard	4.66	Mary Holland	2.89	Ted Yenari
vincent Ruffin	4.63	Josephine Sullivan	2.84	Clarence Trahan
Norman Robinson	4.53	Jean Udell	2.30	Max Springer
Hank Perry	4.45	Florence Berry	1.09	George Braceland
Clarence Trinkner	4.45	Women's 75-79		Claude Hills
Jim Peterson	4.41	Mary Bowermaster	2.58	Harold Massie
Tony Besase	4.33	Libby Hagemann	2.17	M80
Alan Brevik	4.31	Carla Covery	1.78	Clarence Trahan
Ray Fitzhugh	4.31			Max Springer
Jim Duncan	4.16			George Braceland
Earl Mege	4.15			Claude Hills
Curtis Cass	4.12			Harold Massie
Dillon Maier	3.91			M85
Giorgio Chiavelli	3.88			W30
Glendale Maxwell	3.78			Edna Cawley
Bill Park	3.74			M35
Russ McDaniels	3.65			Joy UpshawMargerum

W45	Phil Raschker	10.35
	Sandy Mariott	6.89
W50		
	MaryLou Platis	5.56
W55		
	Joanne Grissom	7.60
	Jutta Riegel	7.49
W60		
	Betty Vosburgh	7.75
	Rachel Lyga	7.24
	Christel Miller	7.17
	Fei-Mei Chou	6.50
W65		
	Magdalene Kuehne	7.64
	Leonore McDaniels	6.78
W70		
	Josephine Sullivan	5.97
	Jean Udell	5.55
	Johnnye Valien	5.52
W75		
	Libby Hagemann	4.31
<b>1996 Indoor Shot Put</b>		
<b>Compiled by</b>		
<b>Russ Reabold</b>		
<hr/>		
<b>M40</b>		
	Steve Hansen	15.27
	John Bauer	13.49
	Todd Davis	13.38
	Steve McGranahan	13.25
	Tom Wood	12.96
	Tom Arrington	12.72
	Bill Cotter	12.52
	Doug Weimerskirch	12.32
	John Allen	12.21
	Scott Shurtliff	11.32
	Dan Yager	11.12
	Ken Moran	10.73
	Xan Switnicki	8.73
	Ken Tasiero	8.70
	John Hoogakson	8.21
<b>M45</b>		
	Kevin McGinnis	15.34
	Tim Crawford	15.27
	Mike Valenti	14.54
	Bob Higgins II	13.86
	Mike Hambrick	13.71
	Tony Ciccone	13.45
	Bill Wolverton	13.27
	Ken Ellis	12.37
	Carl Jones	12.09
	Jeff Crothers	11.50
	Bob Shelton	11.10
	Jeff Garfield	10.72
	Frank Britf	10.70
	Dan Boggis	10.45
	Charles Black	10.44
	Mark Krocfe	9.56
	Mike Keller	8.94
	Tim McMahon	7.94
	Don Howe	6.50
<b>M50</b>		
	Kevin Wallace	13.88
	Bill Leffler	13.64
	Stew Beltz	13.40
	Dennis Hansen	12.83
	Bob Gunn	12.74
	Stan Vezgar	12.30
	Donald Filans	12.24
	Douglas Holmberg	11.93
	Don Wallace	11.49
	Bill Orlery	11.72
	Dick Goodwin	11.68
	Dick McMullen	11.54
	Carl Reichard	11.46
	Rich McMullin	11.45
	Jeff Watry	11.34
	Vic Runk	11.30
	Scott Buks	11.26
	John Townsend	11.09
	Larry Readman	11.03
	Gary Tiffany	10.77
	Timothy Fushner	10.71
	M Michayluk	10.67
	Phil Mukely, Jr	10.59
	Richard Watson	10.49
	Jeff Chioccarelli	10.46
	T J Copland	10.10
	Kevin Donovan	9.76
	Colin Williams	9.75
	Doug Ming	9.51
	Wayne Fisher	8.94
	James Stewart	8.94
	Tom Brewer	8.90
	Alton Shautz	7.70
<b>M55</b>		
	Chris Schumaker	13.60
	Seyden Cooper	12.98
	Wayne Owen	12.96
	Jerry Senters	12.56
	John Van Rohr	12.40
	Dennis Chandler	12.22
	Bruce Hedendal	12.22
	Rich Dunphy	11.95
	Bob Green	11.80
	Bob Sager	11.16
	Alan Russell	10.72
	Rex Harvey	10.69
	Joe Wevuskil	10.67
	Peter Mitchell	10.66
	Tim Edwards	10.64
	Larry Readman	10.41
	L B Clayton	10.13
	Mike Grisko	10.05
	Alfred Cain	9.55
	Mike McCormara	9.63
	Mike Walker	9.04
	L Washington	8.73
	Stan Kus	8.65
	Mike Oliver	8.57
	Jim Alexander	8.56
	Larry Myers	7.82
	Gordon Reiter	7.29
	Nan Black	6.95
<b>M60</b>		
	Carl Wallin	15.24
	Tom Gage	13.49
	Larry Proff	14.93
	John Berry	13.85
	Sheppard Miers	13.00
	John Hartfield	12.98
	Robert Harvey	12.95
	Larry Greenwood	12.39
	Ron Hambrick	12.19
	Fred Johnstun	12.08
	Palmer Sweet	11.79
	Ed Fox	11.55
	LoVane Johnson	11.54
	John Hess	11.40
	Packy Fuco	11.12
	Tim McGough	11.10
	Tom Thome	10.41
	Bill Angus	10.39
	Henry Clapper	10.36
	Carl Levine	10.18
	Ed Root	9.57
	Malachi McGrunder	9.47
	Ed Wignit	9.29
	Jai Singh	8.55
<b>M65</b>		
	Russ Hodge	15.13
	Dick Hochkiss	13.88
	Glen Johnson	13.84
	Steve Cohen	12.35

Ed	Schmidt	11.46
Mike	Valle	11.33
Sam	Rumford	11.30
George	LaBette	11.22
Peter	Lunell	11.22
Emil	Powlitz	10.53
Don	Amery	10.44
Horace	Steiman	10.09
Phil	Byrne	9.81
Ted	Mordecai	9.62
Rosal	Terhune-Young	9.50
Dave	Laterneaue	9.22
Ship	Nitzawa	9.21
Robert	Fertier	9.19
Walt	Lancaster	8.99
Wayne	Scarvest	8.86
Michael	Heckler	8.60
Geoff	Levenseld	8.35
Michael	Ticci	8.33
Bruce	Mills	7.93
John	Head	6.18
<b>M60</b>		
Wendell	Palmer	14.40
Leonard	Olson	13.49
Gerald	Vaughn	13.31
Phil	Mulkey	12.97
Tom	Wesselowski	12.68
Len	Rosen	12.61
Ray	Faick	12.26
David	Forster	12.09
Vernon	Sponer	11.81
Chuck	Yost	11.55
Bob	Kemp	11.35
Pay	Castensen	11.26
Jim	Peterson	11.04
Jonas	Cowles	10.81
Jim	Hamer	10.74
Royd	Horn	10.46
Gene	Lohman	10.31
Fred	Shanahan	10.07
George	Rough	9.99
Bob	Scott	9.84
Sam	Sanline	9.75
Clarence	Trinkner	9.67
Tony	Besose	9.50
John	Alkin	9.36
W	Ross	9.36
Giorgio	Chiovelli	8.63
John	Lyle	7.72
Lou	Edleman	6.78
<b>M65</b>		
Cliff	Blair	12.33
Larry	Horne	12.24
Phil	Birca	11.80
Angel	Graw	11.73
Jim	Gilchrist	11.24
Bill	Garrahan	11.11
Denver	Smith	10.74
William	Patrick	10.42
Lou	Polloy	10.41
Emmett	Edwards	10.00
Ken	Yahiro	9.81
George	Taylor	9.58
Charles	Dolecki	9.56
Gordon	Seifert	9.24
Don	Slbigthro	9.07
Orvin	Brooks	8.98
Billy	Simmons	8.53
Jack	Hurd	8.42
Don	Fuhe	7.92
Ben	McAdams	7.58
<b>M70</b>		
Bill	Bangerter	11.63
Royd	Simmons	11.20
Charles	Covino	11.01
Bonnie	Bowles	10.82
Mel	Larsen	10.82
A T	Richeson	10.65
Ed	Walmroth	10.60
Bill	Holmes	10.54
Ed	Netties	9.95
Frederic	Yahiro	9.84
Mel	Hirsimaki	9.81
Art	Buchman	9.47
Jack	Holland	9.00
George	Doorkay	8.93
Jack	Homer	8.89
Jelig	Stein	8.60
John	Straus	8.59
Mike	Snaden	8.40
Mike	Hipple	8.23
George A	Higgins	7.74
George A	Reinwich	7.68
Roo	Adams	7.68
Roo	Morcom	5.75
<b>M80</b>		
Scott	Herrman	12.67
Tom	McDermott	9.27
A U	Ricciardi	9.01
Oliver	Oliver	8.28
Champion	Goldy	8.13
Keith	Bare	8.02
Jack	Hagemann	7.74
Robert	Sparks	7.74
Bob	Warwick	7.59
Doc	Bennett	7.24
Bob	DeWetter	5.65
<b>M82</b>		
Lightfoot		8.15
Leon	Joslin	7.95
Jon	Hume	7.84
Jack	Wood	7.51
Algen	Braceband	7.08
Bob	Hutsen	6.92
Bob	DeWetter	5.95
Claude	Hills	5.76
Harold	Masie	4.69
<b>M85</b>		
Ted	Hatten	7.08
Ellery	Clark, Jr	2.05
<b>W30</b>		
Virginia	Palmer	9.79
H	Wallace	9.48
Diane	Carter-Range	9.22
Leslie	Taylor	8.90
Gabrielle	Lafontz	7.77
Robin	Yates	7.49
Robin	Baumgardner	6.70
<b>W35</b>		
Sarah	Bolsagun	10.71
Suzanne	Johnson	10.28
Marla	Veale	9.95
Cathy	McKeever	7.92
Ida	James	7.11
Gabrielle	Yates	6.88
<b>W40</b>		
Giselda	Ots	11.22
Ruth	Weidling	11.12
Joan	Stratton	11.07
Linda	Larson	7.06
Renée	DiGiacomo	6.22
Sharon	Barley	5.98
Valerie	Foss	5.

Bohyn	Katz	6.57
Barb	Stewart	6.46
Mary Lou	Platts	6.29
Sally	Straszline	
<hr/>		
W55		
Joann	Grissom	11.38
Mary	Roman	8.96
Audrey	Gasdorf	8.50
Sue	Tunnicliff	7.43
Carol	Young	7.39
Sara	Wold	6.84
Janet	Amery	4.56
<hr/>		
W62		
Annie	Roman	8.95
Christel	Crutnick	8.71
Barb	Miller	8.41
R Jean	Thorgimson	7.01
Phyllis	Cobb	6.75
Lorelei	Shum	6.39
Carolyn	Ruban	4.82
	Ragozino	4.70
<hr/>		
W65		
Margdalena	Kuehne	8.47
Rochel	L'Ygo	6.19
Virginia	O'Connor	5.61
Lillian	Snaden	5.32
Joyce	Finley	4.96
Ginni	Demilia	4.17
<hr/>		
W70		
Johnnye	Vallen	6.61
Ubbey	Hagemann	6.46
Mary	Holland	5.85
Adeline	McGowan	4.87
Florence	Berry	4.38
<hr/>		
W75		
Katharine	Gradick	6.31
Ubbey	Hagemann	6.27

1996 Indoor Weight Compiled by Jerry Wojcik		
<hr/>		
M30		
Bill Cotter	13.44	
Doug Weimerskirch	8.38	
<hr/>		
M35		
Ken Jansson	19.81	
Mike Hambrick	15.32	
Bob Higgins 35	14.78	
Kevin Wood	13.50	
Charles Black	12.47	
Jeff Crothers	11.27	
- Conn	9.06	
<hr/>		
M40		
Peter Farmer 43	16.25	
Dave Vandergriff	15.36	
Carl Richard	13.62	
Don Filkins	13.36	
Larry Readman	11.46	
Mike Lauderdale	11.30	
Mark Kreafile 32	10.96	
Dennis Hansen 42	10.57	
Mike Sherill 44	10.06	
Richard Watson 43	9.61	
Phil Mulkey Jr	9.37	
<hr/>		
M45		
Tim Edwards	13.85	
Pat Lynn	12.14	
John Von Rohr 48	12.00	
Bruce Henderson 48	11.86	
John Casamassima	11.82	
Bob Sager 48	11.60	
Mike Grisko	11.79	
L B Clayton 49	11.48	
Larry Meyers	11.05	
Frank Kiefer 49	11.02	
Larry Readman 45	10.81	
Jerry Senters	9.65	
Dennis Chandler 47	8.92	
Ron Salvio	8.10	
<hr/>		
M50		
Tom Gage 52	15.46	
Jim Pauli	13.63	
George Mathews 52	12.73	
Ed Fox	9.73	
Carl Levine	7.35	
<hr/>		
M55		
Dick Hotchkiss	14.05	
Norm Cyprus	12.55	
Russ Hodje	12.15	
Rasal TerhuneYoung11	11.38	
<hr/>		
Mike Valle 55	9.76	
Brian McKenna	9.15	
George LaBelle	9.06	
Don Asery	8.72	
Lee Slick	8.10	
Steve Biddinger	6.92	
Jim DeSimone 58	6.06	
<hr/>		
M60		
Stew Thomson	18.14	
Len Olson 64	14.66	
Earl Muller 60	14.46	
Vern Spencer	14.15	
Austin Baggett 64	13.20	
Ray Feick 64	12.51	
Pay Carstensen 64	12.43	
Phil Mulkey Jr	12.37	
Fred Shanahan 62	11.27	
Pete Barker	10.25	
Bob Kemp	9.90	
George Scott	8.39	
Larry Brant	6.78	
E R Primo 60	6.02	
<hr/>		
M65		
Cliff Blair	16.96	
Phil Brusca 68	11.81	
Bill Garrahan	11.64	
Ken Weinbel	11.20	
Dick Bergenback 69	11.13	
Jerry Wojcik 66	10.29	
Emmett Edwards	9.32	
William Patrick 66	9.29	
<hr/>		
M70		
Bill Bangert 72	11.33	
Lev Mozhayov 70	10.38	
Phil Walroth 72	9.51	
Chas Covino	9.49	
Frank Bowles	8.56	
Jacob Stein	8.20	
John Snaden 70	5.38	
<hr/>		
M75		
Tom McDermott 78	9.33	
Armando Ricciardi	8.56	
Mei Buschman 75	7.44	

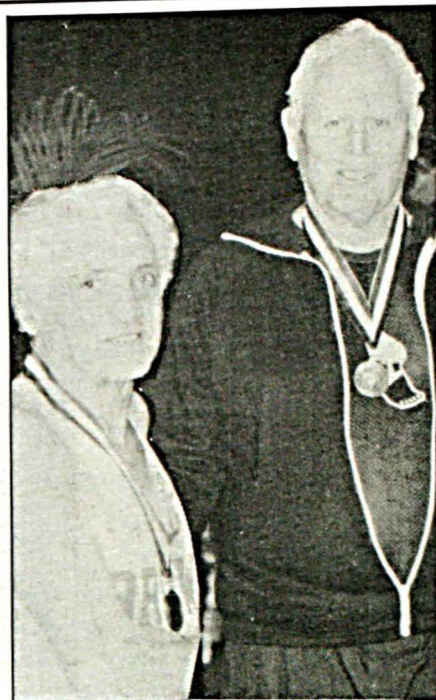


**Weight throwers Arm**  
Nevada, and Tom McD  
1996 USATF Masters  
Greensboro, N.C.

M80		
Leon Joslin	84	5.69
M85		
Ellery Clark Jr	86	1.45
M90		
Everett Hosack	94	4.67
W30		
Debbie Lancashire		12.34
Julie Bredenbecker		11.67
Diane Tower	31	10.18
Virginia Palmer	32	9.09
W35		
Sarah Boslaugh	39	12.16
Sue Hallen	39	8.43
Deborah Ecklund	36	6.42
Robin Baumgardner		6.36
W40		
Joan Stratton		12.38
Ruth Welling	40	10.25
W45		
Lorraine Tucker	49	7.78
Roberta Blair		6.26
W50		
Vanessa Hilliard		15.42
Roslyn Katz		9.88
Suzy Hess		6.67
Karen Huff	53	6.46
Joanne Ramsden	54	3.94
W55		
Joann Grissom	57	10.32
Carol Young	56	9.17
Audrey Gasdorf		7.22
W60		
Ann Cirulnick		7.74
Mary Roman		7.14
Rachel Lyga		5.66
Phyllis Shunn		4.70
W65		
Bernice Holland		6.17
Joyce Finley		5.40
Ginni Demilia		3.47
W75		
Libby Hagemann	75	6.15

**1996 Indoor 3000m  
Racewalk  
Compiled by  
Jerry Wojcik**

M30		
Mike Blanchard		15:43.9
Bruce Logan		16:04.02
Brad Bearsheart		16:28.0
Dan Testiero		19:28.95
M35 none		
M40		
Steve Vaitones	40	13:49.21
Fred Anderson	43	18:14.84
Alvia Gaskill	41	19:50.88
Michael Sprinker		21:58.3
M45		
Bruce Booth Jr		14:57.14
Bill Penner	49	14:35.22
Brian Savilonis		15:04.22
Max Walker	49	17:33.75
Stan Szmowski	45	15:26.06
Ed Sell		15:40.24
Andrew Smith	46	16:13.08
Dwight Callaway		19:16.25
John Jurewicz	45	16:26.72
Ron Salvo		16:51.4
Alan Robinson		17:11.7
M50		
James Carnines	52	13:28.85
Bill Purves	52	14:35.22
Norman Frable	50	14:42.84
Delwayne Walker	53	17:33.75
Chas Mansbach	51	17:57.32
William Bauer	52	18:36.84
Doug Brown	52	19:38.07
Roy Scott		20:29.9
Charles Hutchings		21:03.30
M55		
Ed Kousky		14:22.40
Paul Johnson	58	14:24.55



Weight throwers Armando Ricciard (l), 76, Nevada, and Tom McDermott, 78, Florida, at the 1996 USATF Masters Indoor Championships, Greensboro, N.C. Photo by Jerry Wojcik

John Elvarner	14:53.01
D L Roanery	15:14.7
Frank Masterson Jr	15:17.94
Winston Crandall	15:34.81
Tom Knett 55	16:16.09
Ron Laird	17:26.4
Robert Ferrier	18:35.2
Mike Hoffer 57	18:39.77
Gustave Davis 58	18:58.67
Jack Kerr	20:27.64
James Slovlin 57	21:47.19
M60	
Max Green	14:57.30
Bob Barrett 62	15:56.47
Dick Petruzzzi 63	16:13.94
Ray Everson	16:44.34
Alfred Dubois	16:45.5
Robert Fine	17:06.86
Andrew Briggs	17:46.55
John Lyle	18:55.0
Alan Rice	19:08.54
Bob Davis	21:02.6
E Robert Preato	22:28.79
M65	
Vance Gerzlinger	16:40.38
Ed Gavinski	17:07.42
Nike Michel 65	17:13.78
Louis Candido 67	18:21.62
Lou Pollay	19:01.61
Jack Munnell	19:44.15
Don Sibigroth	20:48.3
Dick Donley 69	20:50.42
M70	
William Flick	17:23.46
Joh Nervetti	17:58.74
Robert Mima	18:24.64
Richard Bennett	20:17.40
Erik Johansson	20:54.07
John Gray 71	21:21.29
Gunther Schrohoff 71	22:49.6
John Shaden 70	23:03.74
Stewart Corning 71	32:10.26
M75	
Anthony Silvini	20:57.4
Bill Talladage 79	22:25.70
M80	
Bill Patterson 80	21:39.10
George Braceland	22:40.5
W35	
Maryanne Torellas	13:09.53
Victoria Herazo36	13:39.57
Jackie Moore 35	16:30.02
W40	
Becky Coeaux 40	15:20.65
Phyllis Hansen 44	15:41.86
Daryl Ann Kidder	16:07.9
Sandy Elbaum 41	18:27.35
Sheila Danahey 44	20:14.55
W45	
Jeanette Smith 46	16:02.36
Marianne Martino	16:58.0
Martitia Beach 46	17:40.71
Judy Witt 46	17:58.43
Meg Ferguson 46	18:41.74
Annie Montgomery	18:55.32
Ilene Bendas 47	19:14.51
Alice Winkler	20:00.0
Pris French 47	20:51.22
Pat Walker 48	21:03.04
W50	
Kathleen Frable	17:25.86
W55	
Elton Richardson	17:37.51
Sami Bailey 59	18:45.16
Marjorie Lovin 55	18:59.07
Ruth Everson 58	19:06.25
W60	
JoAnne Parks 62	19:22.77
Jeanne Shepardson	19:58.75
Lorelei Ruben 63	20:55.97
W65	
Joan Rowland 69	21:00.66
W70	
Miriam Gordon 70	20:35.87
Margaret Walker74	21:50.07
W75	
Imogene Watkins76	22:54.35

**1996 Indoor 3000m  
Racewalk  
Compiled by  
Jerry Wojcik**

M30	
Mike Blanchard	15:43.9
Bruce Logan	16:04.02
Brad Bearshaupt	16:28.0
Don Tesiero	19:28.95
M35 none	
M40	
Steve Vaitones 40	13:49.21
Fred Anderson 43	18:14.84
Alvina Gaskill 41	19:50.88
Michael Sprinker	21:58.3
M45	
Bruce Booth Jr	14:57.14
Bill Penner 49	15:04.22
Brian Savilonis 45	15:11.41
Max Walker 49	15:17.29
Stan Sasmowski 45	15:26.06
Ed Sell	15:40.24
Andrew Smith 46	16:13.08
Dwight Callaway	19:16.25.34
John Juriewicz 45	16:26.72
Ron Salvo	16:51.4
Alan Robinson	17:11.7
M50	
James Carlines 52	13:28.85
Bill Purves 52	14:35.22
Norman Prable 50	14:42.84
DeWayne Walker 53	17:33.75
Chas Mensbach 51	17:57.32
William Bauer 52	18:36.64
Doug Brown 52	19:38.07
Ray Scott	20:29.9
Charles Hutchings	21:03.30
M55	
Ed Kousky	14:22.40
Paul Johnson 58	14:24.53

Note:  
M60 Phil Mulkey  
M40 Phil Mulkey, Jr.

## OUTDOOR RECORDS

Minnesota Resident-Plus 12 mos.

\* All-American Masters Performance

o Outstate National Champion

i International Recordholder

## 110m Hurdle 39"

M30 Ken Frank, So. St. Paul 15.08 (92)

M40 Robert Zahn, (WI) 15.53 (94)

M40 Paul Mangiamale, Bloomington 19.38 (95)

M45 George LaBelle, Zimmerman 20.24 (88)

## 100m Hurdles 36" 32"

M50 George LaBelle, Zimmerman 18.03 (92)

M55 Jim Peterson, Aitkin 18.32 (92)

M60 Jim Peterson, Aitkin 17.97 (95)

M65 Bob Warwick, Sr., (OK) 80m 14.84 (88)

## 80m Hurdles 30" 27"

M70 Charles Obye, (IA-AZ) 14.78 (94)

W50 Sr. Rachel, Twin Cities 16.98 (89)

W55 Sr. Rachel, Twin Cities 18.70 (94)

W60 Sr. Rachel, Twin Cities (NESO) 17.6 (95)

## 50m Sprint

MOPEN Eric Raymond, Mpls. 6.72 (95)

M30 Tom Young, Coon Rapids 6.30 (89)

M35 Ken Pazdernik, Brooklyn Park 6.50 (90)

M40 Michael Sharratt, Shorewood 6.44 (94)

M40 Howard Sundberg, (CA) 6.72 (92)

M45 Randall Clevon, Mpls. 6.47 (89)

M45 Dave Joyce, (TX) 6.91 (95)

M50 George LaBelle, Zimmerman 6.84 (93)

M50 Spike Graham, (AZ) 6.87 (95)

M55 Gordon Siefert, (AL) 6.92 (88)

M55 Fred Biederman, Deephaven 6.95 (94)

M60 Don Rivard, St. Paul 6.60 (89)

M60 L.S. "Andy" Anderson, (NM) 7.02 (90)

M65 Bob Warwick, Sr., (OK) 7.66 (88)

M65 Chuck Olson, Nevis 8.09 (92)

M70 Bob Warwick, Sr., (OK) 8.77 (92)

M70 Ray Skotte, Mpls. 9.29 (90)

M75 Emil Balz, Circle Pines 9.63 (95)

WOPEN Jessica Sharratt, Shorewood 8.54 (93)

W35 Deb DeLuca, St. Paul 7.31 (95)

W40 Terry Sharratt, Shorewood 9.62 (93)

W50 Sr. Rachel, Twin Cities 8.26 (88)

W55 Sr. Rachel, Twin Cities 8.31 (93)

W60 Sr. Rachel, Twin Cities 8.16 (95)

## Backward 50m

MOPEN Eric Raymond, Mpls. 9.08 (95)

M40 Robert Zahn, (WI) 9.57 (94)

M40 Gerald Cartier, Bloomington 10.65 (95)

M45 Alan Raymond, Mpls. 11.22 (95)

M55 Fred Biederman, Deephaven 11.52 (94)

M60 Paul Ohlin, Edina 14.08 (94)

WOPEN Zina Garrison, (CA) 15.61 (94)

W35 Lauren Zahn, (WI) 15.80 (94)

W40 Terry Sharratt, Shorewood 16.15 (94)

W45 Kathy Raymond, Mpls. 14.96 (95)

W55 Sr. Rachel, Twin Cities 15.19 (94)

W60 Sr. Rachel, Twin Cities 12.84 (95)

## 100m Sprint

MOPEN Eric Raymond, Mpls. 12.66 (95)

M30 Bill Jahner, So. St. Paul 11.97 (92)

M35 Ken Pazdernik, Brooklyn Park 11.93 (90)

M40 Robert Zahn, (WI) 11.15 (94)

M40 Michael Sharratt, Shorewood 11.75 (90)

M45 Lloyd Corder, St. Louis Pk. 11.73 (90)

M50 Larry Morrisette, Maple Grove 13.00 (95)

M50 Spike Graham, (AZ) 13.18 (95)

M55 Gordon Siefert, (AL) 12.82 (88)

M55 John Haugo, New Brighton 12.88 (90)

M60 L.S. "Andy" Anderson, (NM) 13.02 (92)

M60 Fred Biederman, Deephaven 13.22 (95)

M65 Charles Cuddihy, Minnetonka 15.41 (92)

M65 Bob Warwick, Sr., (OK) 15.53 (88)

M70 Hugh Hackett, (NM) 15.07 (90)

M70 Ray Skotte, Mpls. 17.63 (90)

M75 Emil Balz, Circle Pines 18.60 (95)

WOPEN Rhonda Lee Dean, Mpls. 12.29 (86)

W35 Deb DeLuca, St. Paul 14.25 (95)

W35 Lauren Zahn, (WI) 14.97 (94)

W40 Terry Sharratt, Shorewood 19.25 (93)

W45 Sr. Rachel, Twin Cities (MNSF) 14.26 (84)

W50 Sr. Rachel, Twin Cities (TN) 15.4 (87)

W55 Sr. Rachel, Twin Cities 15.69 (92)

W60 Sr. Rachel, Twin Cities 16.48 (95)

## 200m Sprint

MOPEN Eric Raymond, Mpls. 27.00 (95)

M40 Howard Sundberg, (CA) 25.53 (92)

M40 Greg LaLonde, Mpls. 19.50 (93)

M45 Russ Anteronen, Mpls. 27.35 (95)

M50 Jim Muxen, (NE) 23.99 (90)

M50 Larry Morrisette, Maple Grove 27.95 (95)

## 400m Sprint

MOPEN Ben Sharratt, Shorewood 1:06.39 (93)

M40 Shawn Regan, Mpls. 57.66 (90)

M45 Ed Hayward, Edina 1:02.66 (90)

M50 Hugh Heimdahl, St. Louis Pk. 1:00.10 (93)

M50 David Bennett, (CA) 1:01.16 (92)

M55 Gordon Siefert, (AL) 1:00.37 (88)

M55 Don Rivard, St. Paul 1:13.80 (88)

M55 Hector Guerra, Chile 1:18.6 (94)

M55 L.S. "Andy" Anderson, (NM) 1:04.94 (92)

M60 Lloyd Young, Pine City 1:10.50 (88)

M65 Bob Warwick, Sr., (OK) 1:25.89 (88)

M70 Bob Warwick, Sr., (OK) 1:32.97 (93)

M75 Emil Balz, Circle Pines 1:34.71 (95)

WOPEN Rhonda Lee Dean, Mpls. 1:08.84 (86)

W30 Zina Garrison, (CA) 1:32.59 (95)

W35 Lisa Mangiamale, Bloomington 1:13.72 (93)

W40 Terry Sharratt, Shorewood 1:38.13 (93)

W50 Sr. Rachel, Twin Cities 1:20.60 (87)

W60 Barb Thorgrimson, Golden Valley 2:21.47 (95)

Mike Sharratt Ken Sharratt 51.15 (93)

Chip Sharratt Dick Christopher 61.22 (95)

W35 Pam Weir Deb DeLuca 61.22 (95)

Marcia Kull Carolyn Kull

## "Fastest Family" Fun Relay

GUERRA-Hector, Elena Melodona 1:25.73 (94)

Celeste Skewes

MR SHARRATT-Terry, Jessica, Ben 1:08.74 (94)

Monica

SR GIBB-Jim, Randy, Dave, Shane 58.68 (89)

Pole Vault

MOPEN Dick Christopher, Mpls. 11-0 (93)

M30 Ken Frank, So. St. Paul 12-6 (93)

M35 Patrick Boulay, Mpls. 8-6 (92)

M40 Michael Sharratt, Shorewood 12-0 (90)

M45 Michael Sharratt, Shorewood 11-0 (95)

M50 Jim Noonan, St. Cloud 10-0 (90)

M50 Joseph Griffin, (WI) 9-0 (90)

M55 Joseph Griffin, (WI) 9-0 (93)

M60 Jim Gibb, Woodbury 8-0 (89)

M60 Arnold Brandt, (IA) 5-11 (95)

WOPEN Zina Garrison, (CA) 2-8 (94)

W50 Sr. Rachel, Twin Cities 3-6 (89)

W55 Sr. Rachel, Twin Cities 4-3 (94)

W60 Sr. Rachel, Twin Cities 5-1 (95)

## Hammer 16# 6k 5k 4k 3k

M45 Carl Kiehm, (IL) 84-4 (88)

M45 George LaBelle, Zimmerman 46-6 (88)

M50 Larry Overby, Mpls. 73-7 (95)

M55 George LaBelle, Zimmerman 75-0 (94)

M60 Larry Marsh, (AZ) 108-10 (92)

WOPEN Zina Garrison, (CA) 56-3 (94)

W50 Sr. Rachel, Twin Cities (WI) 3k 75-6 (89)

W55 Sr. Rachel, Twin Cities 72-0 (92)

W60 Sr. Rachel, Twin Cities 63-2 (95)

## Softball Throw

MOPEN Carl Creighton, Prior Lake 50-10 (93)

M45 John Creighton, Prior Lake 121-7 (93)

M50 Spike Graham, (AZ) 210-5 (95)

M55 George LaBelle, Zimmerman 123-6 (95)

M60 Harvey DeVries, Edina 144-0 (93)

M65 Charles Bispala, (CA) 135-0 (95)

M75 Ben Bjergo, Mpls. 40-0 (93)

WOPEN Amanda Creighton, Prior Lake 59-0 (93)

W55 Sr. Rachel, Twin Cities 80-2 (94)

W60 Barb Thorgrimson, Golden Valley 13-0 (95)

## Shot Put 16# 6k 5k 4k 3k

M40 Jerry Senters, (IA) 43-6 (93)

M40 Paul Mangiamale, Bloomington 34-3 (93)

M45 Carl Kiehm, (IL) 37-8 (88)

M45 Dan LaBelle, Harris 36-7 (93)

M50 George LaBelle, Zimmerman 36-6 (92)

M55 John Haugo, New Brighton 44-8 (90)

M60 John Haugo, New Brighton 41-4 (95)

M60 Larry Marsh, (AZ) 39-10 (92)

M65 Charles Bispala, (CA) 30-9 (95)

M70 Hugh Hackett, (NM) 32-0 (90)

M70 Ray Skotte, Mpls. 27-0 (90)

M75 Ralph Bowyer, (NM) 27-2 (90)

M75 Emil Balz, Circle Pines 21-4 (95)

WOPEN Michelle Lyga, Mpls. 26-1 (94)

WOPEN Zina Garrison, (CA) 23-0 (94)

W35 Carolyn Kull, Edina 26-4 (95)

W50 Sr. Rachel, Twin Cities (IL) 26-1 (89)

W55 Sr. Rachel, Twin Cities 22-10 (92)

W60 Barb Thorgrimson, Golden Valley 24-10 (95)

## Javelin

M30 Craig Haugeard, Hutchinson 90-5 (89)

M35 Patrick Boulay, Mpls. 111-2 (92)

M40 Bill Schooler, (IA) 144-5 (89)

M40 Bruce Walberg, Eden Prairie 113-0 (89)

M45 Dan LaBelle, Harris 127-9 (95)

M45 Carl Kiehm, (IL) 74-3 (88)

M50 George LaBelle, Zimmerman 114-9 (90)

M50 Spike Graham, (AZ) 89-4 (95)

M55 George LaBelle, Zimmerman 113-10 (95)

M60 Arnold Brandt, (IA) 115-2 (95)

M60 Jim Peterson, Aitkin 102-0 (95)

M65 Charles Obye, (IA-AZ) 120-3 (88)

M70 Charles Obye, (IA-AZ) 109-0 (95)

M75 Emil Balz, Circle Pines 37-4 (95)

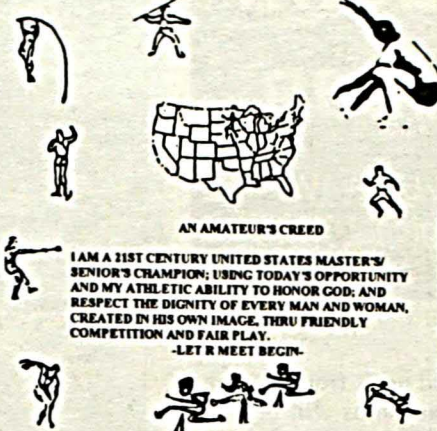
WOPEN Zina Garrison, (CA) 51-7 (94)

W40 Deb Vestal, Mpls. 37-7 (93)

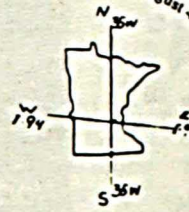
W50 Sr. Rachel, Twin Cities 85-1 (89)

W55 Sr. Rachel, Twin Cities 57-1 (94)

W60 Sr. Rachel, Twin Cities 52-6 (95)

The 21st Century AGELESS GAMES, USA  
Early Morning "R" Track and Field

Sponsored by

A.D. 1996 SUMMER  
AUGUST 4, 1 PM  
UNIVERSITY OF MINNESOTA

(516-15SE/Exit 35W-University Av-15th-block No.)

## 400m Fast Walk

M35 Jeff Sovereign, Landfall 2:33.77 (90)

M45 Ron Dockery, Mahtomedi 2:52.10 (95)

M50 George LaBelle, Zimmerman 2:04.65 (89)

M55 Gordon Siefert, (AL) -fun- 1:27.70 (88)

M55 George LaBelle, Zimmerman 2:03.22 (95)

M60 Jim Gibb, Woodbury 2:16.25 (92)

M65 Jerard Hargis, (ND) 2:16.34 (95)

M70 Ray Skotte, Mpls. 2:42.20 (90)

W30 Sally McMillan, (WI) 2:10.02 (90)

W40 Terry Sharratt, Shorewood 2:39.84 (95)

W45 Kathy Raymond, Mpls. 2:47.59 (95)

W50 Donna McAndrews, So. St. Paul 2:59.78 (93)

W60 Gertrude Siefert, (AL) 3:26.60 (88)

W65 Lucille Smrcka, Cottage Grove 3:28.70 (88)

W70 Fern Obye, (IA-AZ) 3:53.09 (93)

## One Mile

M35 Mark Ferry, White Bear Lake 5:32.41 (95)

M45 Ron Dockery, Mahtomedi 5:54.10 (95)

M50 Rick Kleyman, Plymouth 4:57.50 (92)

M55 Gary DeFrance, Golden Valley 5:30.94 (92)

M55 Ted Oviatt, (CA) 6:15.15 (92)

M60 Lloyd Young, Pine City 5:56.35 (90)

M65 Jim Gibb, Woodbury 9:33.46 (90)

WOPEN Michelle Lyga, Mpls. 9:58.00 (82)

W35 Pam Weir, Mahtomedi 5:48.94 (95)

W50 Elizabeth Sundberg, (CA) 6:28.72 (92)

W40 Marcy Gilles, Eden Prairie 5:43.80 (94)

W50 Sr. Rachel, Twin Cities 7:51.28 (86)

## 800m Run

M30 Brian Bohne, Fridley 2:19.75 (89)

M40 Shawn Regan, Mpls. 2:14.55 (93)

M40 Howard Sundberg, (CA) 2:17.72 (92)

M45 Shawn Regan, Mpls. 2:16.24 (95)

M45 David Joyce, (TX) 2:28.03 (95)

M50 Lowell Peterson, (WI) 2:29.16 (89)

M50 Larry Morrisette, Maple Grove 2:45.10 (95)

M55 Don Rivard, St. Paul 2:47.20 (88)

M55 Ted Oviatt, (CA) 2:58.69 (92)

M60 Lloyd Young, Pine City 2:36.41 (88)

M65 Jerard Hargis, (ND) 3:32.00 (95)

M75 Emil Balz, Circle Pines 3:27.41 (95)

WOPEN Zina Garrison, (CA) 2:29.00 (86)

W35 Lisa Mangiamale, Bloomington 2:41.75 (93)

W35 Elizabeth Sundberg, (CA) 2:55.01 (92)

W40 Marcy Gilles, Eden Prairie 5:43.80 (94)

W55 Sr. Rachel, Twin Cities 3:55.24 (95)

W60 Sr. Rachel, Twin Cities 3:58.44 (95)

W70 Lois Clark, Bloomington 4:29.87 (93)

RESPECT MAN: START SEEING MOTORCYCLES, Bicycles, Skates, Runners, Walkers. WATCH! GIVE US ALL-A BRAKE!

11 AUGUST IS GREAT - CELEBRATE!!

WEATHER GOOD, BAD, OR FA

12 Months to Go



## Countdown to Durban

by REX HARVEY, WAVA  
North American Regional Chairman

### Durban as I See It

**A**s you probably have already heard, there is very good news from Durban, South Africa, where the next WAVA World Championships will be held July 17-27, 1997. It will be the 12th biennial running of the Championships and should prove to be among, if not *the* best ever.

Several things contribute to form my opinion about this. First of all, the continent, the country and the city all are very interesting. Housing and eating expenses tend to be half to two-thirds of what we are used to and the rand is very low against the American dollar right now. The Organizing Committee is very knowledgeable and concerned that the championships be memorable for the athletes. They are expending every effort to ensure that they provide the best venues, equipment, and organization possible. I think that you will find this to be, technically, the finest organized championships yet.

The physical layout of the champi-

onships site is undoubtedly the best that we have seen so far. The two track and field stadiums are only 200 yards apart and the additional throwing fields are immediately outside the stadiums. Both the road walks and the marathon will start just outside the stadiums and the marathon will finish in the stadium. The cross-country will be held close by at a city golf course. Stadium 1 has a 9-lane oval and 10-lane straightaway. Stadium 2 is an 8-lane track with an 80-meter warm-up strip adjacent. Both have covered seating areas and many rooms and other covered areas for official functions. The award ceremonies will be held the day after the event finishes (except for



View from windows of headquarters hotel, Durban, South Africa.

Photo by Rex Harvey

last day events) on parallel award stands as was done in Buffalo. Since access to the track will be controlled, the ceremonies will be directly in front of the seating area to facilitate picture-taking.

Another great feature is that only a little over a mile away is the main housing area – a large collection of hotels along the Indian Ocean beach front called the Golden Mile (although it is more than a mile long). There are all classes of hotels from the very inexpensive (\$40 per night for up to 4 people) to the finest of accommodations (up to \$250 per night). University dormitory rooms are also available but I wouldn't recommend them merely because they are so much farther out from the competition area and cost as much or more than the hotels. Remember, Durban is a tropical resort city and puts a great deal of attention on taking care of its many visiting tourists.

For the championships there will be continuous shuttle buses running a tight loop. We will not be spread out over an entire city like we were in Buffalo. Right across the street from the hotels are many fine parks, restaurants, swimming pools (both fresh water and salt water), small museums and other attractions (the snake park had just received a two-headed cobra while we were there). And, of course, there is the beach adjacent to these, and a beautiful beach it is. The water is warm all year even in the middle of winter when we will be there. It is very pleasant to sit in the outdoor restaurants, watching the ships out at sea and the surfers doing their thing.

The winter weather is said to be ideal. Having been there in February, I know that their summer is very hot and humid and certainly not at all suited to extended running events. It was a very good decision (for us from the northern hemisphere) to conduct the championships in the South African winter even though it is not their normal track and field season.

#### Late Entries

Don't even think of it! No matter what has happened in the past, there

will be an entry deadline, a real deadline, which will be enforced by the Organizing Committee itself and double checked by WAVA administration. As much as the Organizing Committee could use the income from a few extra entries, they are determined to put on a first-class meet, and to do that they realize they must enforce a definite cut-off date so that reasonable time is left for final planning.

#### Seeding Marks

It is important that you supply current and accurate performance marks on your entry for seeding purposes. Generally it is not at all in your interest to overstate (or understate) your performances in the two years since the last World Championships. It only will result in getting you into a heat or flight where you stand out like a sore thumb. It is much more efficient for the organizers and officials, and a much better experience for yourself, if you compete among your peers.

#### Scheduling

The events in Durban are scheduled per WAVA informal guidelines: one event/one day with the exception, of course, of those running events with preliminary rounds. This makes it very easy to know when and where events are happening and will eliminate conflicts (between field events at least). Also, per WAVA informal guidelines, the competition will progress women first, then men and oldest to youngest in each case. This saves a lot of anxiety for competitors and officials as they know when their flight or heat is due to this regular progression. Competition will generally start each day at 8:30 a.m. with obvious exceptions like the decathlon/heptathlon, weight pentathlons, and the distance running events.

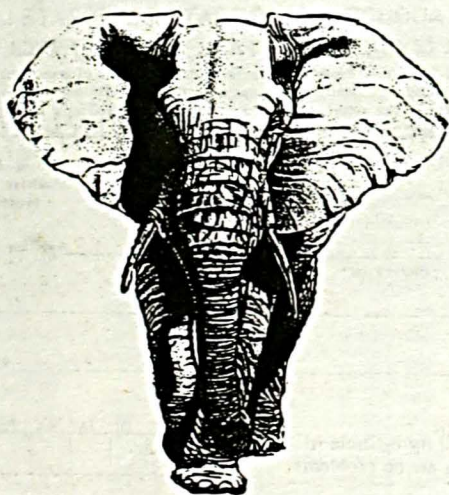
#### National Pride

The South Africans are very anxious to show their country to the rest of the world. I'm afraid those of you expecting a jungle settlement will be disappointed in Durban itself. Actually, it is a very modern city, as urban and up-to-date as any in Europe or the U.S. It has sprawling suburbs

Continued on page 28

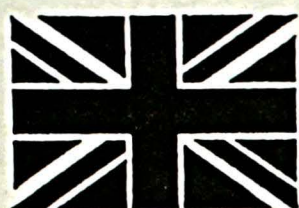
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## Report from Britain

by MARTIN DUFF

### Rees Snaps Gates' Two-Year Streak

After two years of unpressed victories, Nigel Gates, the WAVA World 10K road champion, was finally defeated by 43-year-old Martin Rees. The Welshman ended Gates' string in the British Veterans 5K Championships in the cathedral city of Wells in Somerset on Bank Holiday, Monday, May 27.

Gates had led throughout the four laps, but Rees struck near the end to win in 14:49. Mike Hages continued his good M45 form with a 15:10 effort in fifth.

The over 50s had their own separate race. Newcomer Martin Rouse took on Alun Roper and Brian O'Neill in the M50 contest before losing out in the closing stages as Roper won in 15:57. Another new name came up in the M60s with Dennis Hayes winning in 17:49.

Jo Thompson, 37, led Jan Holt in the W35 race inside 17 minutes with a 16:42. Zina Marchant, 45, headed the W45s in 17:33. Pat Gallagher fought off injury to win in the W50s in 18:35. □

### Jordan Competes in Greece

Former Stanford track coach and world masters record-holder Payton Jordan, 79, raced down the track June 1 in a short white tunic and bare feet to win the first official sprint held in the stadium of ancient Nemea, Greece in about 2300 years.

A trumpet blared, Jordan's name was called, and a judge wearing a black robe gave him a white headband and a palm frond. Later, the 1968 Olympic track and field coach and the other winners in a day full of races were crowned with a wreath of wild celery, as in ancient times.

"To think that you walk into a stadium and your foot treads the soil the ancient champions trod - it makes you feel like a very insignificant person in the grand scheme of things," said Jordan.

Jordan is still officially retired from

masters track and field, but says he is looking forward to the 1997 Nationals in San Jose. "It should be a great meet on a fine track and in an enthusiastic track atmosphere." □



Payton Jordan, 79, at ancient Nemea, Greece for the 100th revival of the Olympic Games, June 1.

#### ATHLETES WHO HAVE PARTICIPATED IN ALL 11 WAVA CHAMPIONSHIPS

1	Ruth Anderson	USA
2	Reg Austin	AUS
3	Norbert Barth	GER
4	Hari Chandra	SIN
5	Phil Conley	USA
6	Isabel Cunningham	CAN
7	Willie Dunne	IRL
8	John Dunsford	GBR
9	Don Farquharson	CAN
10	Bob Fine	USA
11	Roland Johansson	SWE
12	Bob Mimm	USA
13	Jim O'Neil	USA
14	Hans Potsch	AUT
15	Jack Stevens	AUS
16	Jim Vernon	USA

## Seven World Records Set at Russian Indoor Championships

from VADIM MARSHEV,  
RAVA President

Nearly 500 athletes participated in the Russian Athletic Veterans Association Indoor Championships, Moscow, April 5-7. Participants came from 102 Russian cities and included 84 guest athletes from Taiwan, Ukraine, Belarus, and other countries.

Seven indoor records were broken, including three in the women's shot put, and two held by Vivian Nelson of the U.S. in the W75 long jump and high jump.

The highlight of the meet was a celebration of the 100th anniversary of the Olympics in 1996. RAVA invited former U.S.S.R. Olympians and champions to the opening ceremony on April 5, held at the Central Sport Army Club Stadium, the best indoor facility

in Russia.

Igor Ter-Ovanesian, an Olympic gold medalist in the long jump and now Russian Vice-Minister of Sport, asked the invited guests to join him in the infield. Thousands of spectators applauded the 48 athletes who responded to the invitation.

RAVA is planning a similar celebration of Olympic history at the Russian Masters Championships in Sochi, Sept. 20-22. Veteran athletes from other countries are invited to attend.

The first Germany-Russia Veterans Match will be held in Rosenheim, Germany, Aug. 10-11. The Bavarian Veterans Sport Association invited 45 Russians to Rosenheim for ten days. All expenses, except transportation, will be covered by BVSA. □



### SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS

SPONSORED BY THE PUERTO RICO MASTERS ASSOCIATION AND MUNICIPALITY OF SAN JUAN AT CENTRAL PARK FACILITY, MIRAMAR SANTURCE, P.R. ON SEPTEMBER 21-22 1996.

AGE DIVISIONS: FIVE YEARS AGE GROUPING FOR MEN AND WOMEN AGE 30 AND OVER.

ENTRIES FEE: \$15.00 FIRST EVENT, \$ 5.00 EACH ADDITIONAL EVENTS, RELAYS FREE.

AWARDS: MEDALS TO FIRST THREE IN EACH AGE DIVISION AND T-SHIRT WILL BE AVAILABLE FOR EVERY ENTRANT.

DEADLINE FOR ENTRIES: SEPTEMBER 5, 1996.

ENTRIES: SENT THE ENTRY FORM BELOW WITH CHECK PAYABLE TO: PUERTO RICO MASTERS ASSOCIATION

PO BOX 31300

65th INFANTRY STATION

RIO PIEDRAS, P.R. 00929-0300

CALL MR. GREGORIO ANGULO - PRESIDENT (787) 724-6167

OR MR. GILBERTO GONZALEZ JULIA (787) 785-5702.

REGISTRATION: PICK UP OF PACKETS AT CENTRAL PARK

FROM 10:00 A.M. ON SATURDAY 21, 1996.

HOTEL: ACCOMMODATIONS SHOULD BE ARRANGED BY INDIVIDUAL PARTICIPANT.

THE FOLLOWING HOTELS ARE IN THE VICINITY OF THE CENTRAL PARK:

HOTEL OCEAN SIDE (787) 722-2410 HOTEL NORMANDI (787) 729-2929 HOTEL TORO (787) 725-2647  
HOTEL CARIBE HILTON (787) 721-0303 HOTEL MIRAMAR (787) 722-6230 HOTEL TANAMA (787) 724-4160

#### ORDER OF EVENTS:

SATURDAY SEPT. 21  
FIRST EVENT AT 8:00 P.M.  
4 X 100 RELAY (W-M)  
(A) 300M. HURDLES (M) 60+  
(B) SHOT PUT (W-M)  
(C) 400M HURDLES (M)  
(D) HIGH JUMP (W-M)  
(E) DISCUS (W-M)  
(F) 3,000 M RACE WALK (W)  
(G) LONG JUMP (W-M)  
(H) 100M DASH (W-M)  
(I) 5,000 M RACE WALK (M)  
(J) BREACK  
(K) 3,000M RUM (W)  
(L) 400M DASH (W-M)  
(M) 5,000M RUM (M)

SUNDAY SEPT. 22  
FIRST EVENT AT 1:00 P.M.  
(O) 80M HUNDERLES (M) 70 +  
(P) 100M HURDLES (F) 30-39  
(Q) HAMMER THROW (W-M)  
(R) 100M HURDLES (M) 50-59  
(S) 110M HURDLES (M)  
(T) 800M RUN (W-M)  
(U) JAVELIN (W-M)  
(V) TRIPLE JUMP (M)  
(W) 1,500M RUM (W-M)  
(X) WEIGHT THROW (W-M)  
(Y) 200M DASH (W-M)  
4X400 RELAY (W-M)

ORDER OF COMPETITION WILL BE: WOMEN AND MEN-OLD TO YOUNG

NOTE: AFTER THE MEET, DINNER WILL BE BEVERED AT NOT COST TO ALL PARTICIPANTS.

TO ENTER, COMPLETE AND RETURN THE FOLLOWING:

NAME: \_\_\_\_\_ AGE \_\_\_\_\_ MALE ( ) FEMALE ( ) PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

AGE ( AS OF SEPTEMBER 5, 1996 ) \_\_\_\_\_ DIVISION \_\_\_\_\_ FORM \_\_\_\_\_

PLEASE ENTER ME:

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

#### ATHLETIC RELEASE:

ATHLETIC RELEASE: IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN THE SAN JUAN ANNUAL MASTERS TRACK & FIELD CHAMPIONSHIPS, I DO HEREBY, FOR MYSELF, MY HEIRS AND EXECUTORS, WAIVE, RELEASE AND FOREVER DISCHARGE ANY AND ALL CLAIMS FOR DAMAGES WHICH MAY HAVE, OR WHICH MAY HEREAFTER ACCRUE TO ME AGAINST THE CITY OF SAN JUAN, PUERTO RICO MASTERS ASSOCIATION THE ORGANIZING COMMITTEE OR THEIR OFFICERS OR AGENTS AND THE PARQUE CENTRAL AND ANY AND ALL SPONSORS OF THE AFOREMENTIONED CHAMPIONSHIPS. I CERTIFY THAT I HAVE NO PHYSICAL DEFECTS WHICH PREVENT ME FROM COMPETING AND I COMPETE AT MY OWN RISK.

APPLICANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## Countdown to Durban

Continued from page 26

and huge new shopping centers and, on weekends, is a flea market devotee's

dream with thousands of booths in the downtown and beach areas. Never fear, if you want jungle, or at least African



Members of the Durban Organizing Committee meet with members of the WAVA Stadia Committee in Durban, South Africa, Feb. 1996. From left: Willie Ward, Peter Grober (OC), Basil Carnie (OC), Winston Thomas (S), Jim Blair (S), Monty Hacker (OC), Rex Harvey (S). Photo by Leo Benning

### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60-69	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
70 Plus	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
30-39	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
40-49	400m	.762m 30"	45.00m 147'7 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	10
50-59	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70 plus	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

##### MEN

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

#### IMPLEMENTS

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

Steeplechase: 3000m for men 30-59; 2000m for men 60+ and women.  
Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.  
WAVA weights are used for USATF weight pentathlons.

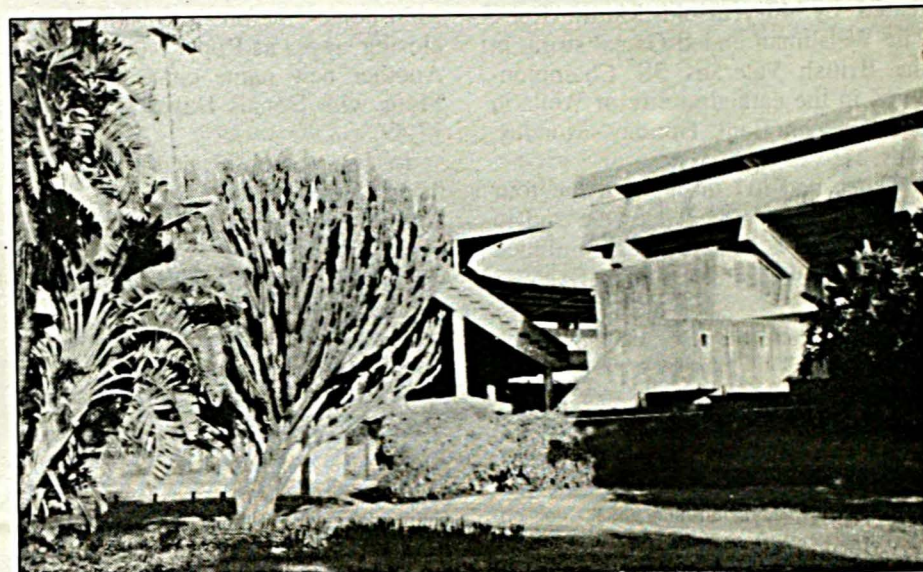
savanna and wild animals, you will not have to go very far on side trips to get there.

Durban is a very cosmopolitan city. Any downtown street scene on a work day shows you a good mix of black, brown, and white. Each walking these days with their heads up. I'm told that Durban has the largest Indian population of any city outside of India. And, of course, it has a large black population which is at the bottom of the economic scale right now, but improving quickly. Attitudes are truly changing there now that democracy is coming to the country. All races seem to have South African pride.

I happened to be in a downtown shopping mall in the middle of the

afternoon when the schools were letting out. I saw a slim, tall, black youth maybe 12 years old with two friends in front of a store selling brightly colored full cotton dresses as are common in equatorial Africa. The boy punched his buddy and said, "Look! African garments." He, standing there in his white shirt and tie, obviously was interested in what he saw, as I was, but, like me, he didn't identify himself with it.

Great things are in store for this country if the transition from apartheid to democracy continues smoothly. You will find the South Africans very friendly and anxious to get to know you and for you to get to know them. Come and witness this exciting time and be a part of bringing South Africa into the world community. □



Exterior of Stadium 1 showing tropical vegetation, Durban, South Africa.

Photo by Rex Harvey

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# Masters Scene

## NATIONAL

• A daylong media symposium at UCLA last month discussed the phenomenon of the emerging senior market. Demographics were explained, ads were analyzed, and strategies were explored. "Smashing Old Stereotypes of 50+ Americans," and "Mature Consumers: What Makes Them Tick," were among the presentations. Attendees learned people over 50: buy 41% of new cars, do 80% of all luxury travel, spend \$320 per year per grandchild, patronize more fast-food outlets than teenagers, and resent commercials which patronize them. The idea of seniors as a lucrative market is rapidly catching on, now that Baby Boomers have started hitting age 50. The downside is that 12% of USA seniors still live in poverty.

• **Bill Stewart**, 53, Ann Arbor, MI, serving his 30-month sentence for selling Mideast maps, is allowed to leave the Bradford, Pa., prison area as a "town driver," transporting people and things around. "It's a relief to be out in 'polite' society," he said. He is organizing races in the prison and has run a 4:40 mile and 15:22 3-mile. His new attorney presented oral arguments before the 4th Circuit Court of Appeals in Richmond, VA, June 6. Reports were optimistic about Stewart's chances for a reversal of his conviction. Donations to Bill's legal defense fund may be sent to **Karen McKeachie**, 802 Granger, Ann Arbor MI 48104. Phone 313-662-1000.

• Over 300 delegates attended the Road Runners of America's annual convention in Knoxville, TN, May 9-12. Delegates attended workshops, seminars, fun-runs, and the auction, which traditionally has raised record amounts for RRCA programs and services. **Jeff Galloway**, Olympic marathoner, was the keynote speaker at the banquet. Honored as masters road runners of the year were **Charlie Gray**, Lee's Summit, MO; and **Nancy Grayson**, Northville, MI. New officers elected for the next two years are: President, **Don Kardong**; V-P, **Carl Sniffen**; At-large Director, **Raleigh Mayer**. The RRCA is a non-profit organization of over 570 running clubs nationwide and has many resources on beginning, children's and women's running; coaches; and how to start a running club. Call 703-836-0558.

• Archimedia Interactive has released a CD-ROM of the 1996 Olympic Team. It is a comprehensive guide to the athletes, events and action in Atlanta. For more information contact **Melanie Magruder** or **Wendell Holloway** at (214) 880-9090.

• *Healthy Runner's Handbook* is a new book which helps runners "put an end to nagging injuries by showing them how to run safely and successfully," says author **Lyle Michell**, M.D., a Boston sports physician with more than 20 years of clinical experience treating injured athletes. Contact Human Kinetics at 217-351-5076.

• What gives with the Atlanta Olympic Games organizers? Seven months ago, they said all the Olympic T&F tickets were sold out. Now they say they've got plenty for every session and they're hustling them all over town for big bucks. If you're interested, call 404-744-1996.

• Need a place to stay in Atlanta during the Olympics? No problem, if you have the cash. The classifieds are full of houses for rent. Sample prices: 2br/2ba, 15 min. from stadium, \$3000 per week; 4br/2ba, 20 min. from stadium, \$1000 per day.

• If you get to the stadium during the Games, prepare to shell out \$2.75 for a small soft drink and \$3.00 for a hot dog. Most spectators at the Trials brought their own sandwiches while vendors stood by idle.

• **Victoria Herazo**, 37, formerly of Los Angeles and Las Vegas and now training in Liburn, Ga., who won the W35 10K racewalk at the World Veterans Championships last year in

Buffalo, qualified for the USA Olympic team with a third-place 48:12 in the women's 10K Olympic Trials, June 22, in Atlanta.

## EAST

• **Dr. Harold Nolan**, 49, broke the U.S. single-age record for the 1500 with a 4:09.49 in the Princeton Invitational, May 11. The former record of 4:09.99 was set by **Ernie Billups** in 1986. On May 25, Nolan finished 14th in a field of 7000 in the Spring Lake 5 Mile, New Jersey's largest race, but was nipped by one second for the M40+ title by **Gary Cohen**, 43, who finished in 26:46.

• The inaugural Iron Horse Farm Throwers Meet, May 25, at **Charles Covino's** private throwing facility was a success. The more than 50 throwers found perfect weather, first-rate staging and scheduling, and quality competition, including former Olympian and retired coach **Irv Mondschein**, M70, a decathlete in the 1948 London Olympics. The next meet, scheduled for July 20, will include younger and open throwers; several Olympic meet officials will be on hand to officiate. See the entry blank in this issue.

• **John Lupski**, 44, 17:21, Hicksville, NY, and **Kathy Martin**, 44, 19:53, Northport, NY, cruised to masters wins in the Long Island Police Appreciation 5K, June 6. NMN columnist **Maury Dean**, 53, 18:46, in his first race after recovering from a broken rib, was outkicked by **Dennis Pennanga**, 53, 18:41, Medford, NY, for the M50-54 win.

• An amazing 97.4% of the runners who started the 100th Boston Marathon April 15 finished the race, notes the BAA. Of the 36,478 starters, 35,810 completed the race. The peak time finishers were at the 3:57 mark. During those 60 seconds, 379 runners crossed the finish line.

• **Carolyn Cappetta**, Concord, MA, after destroying the W60-64 indoor 800 WR (2:56.75) with a 2:44.22 at the East Regionals at Brandeis U. in March, went on to bigger things in April with an outstanding division third-place (3:43:10) in the 100th Boston Marathon.

• **Malcolm East**, 40, Butler, PA, posted the fastest time in the Clarion River Half-Marathon, Cooksburg, PA, April 6, but **Lou Lodovico**, 72, Ellwood, PA, had the best performance. East was first overall in 71:59, an age-graded 85.0%; Lodovico, winner of the M60+ race in 94:19, performed at an 86.9% level. Six of the top ten performers were ages 35-and-over. **Margretta Lutz**, 67, Saxonburg, PA, was the top A-G female, with a 78.7% 1:53:17.

• **Ron Johnson**, M50, garnered kudos with impressive wins in the 100m (23.9), 200 (59.8), HJ (4-6), and TJ (37-4 1/2), NY Masters Spring Classic, Merchant Marine Academy, Kings Point, May 19. **Terry Shuman** took throwing laurels, with M50 wins in the SP (42-2 1/4), DT (150-7), HT (137-1), and WT (42-4 1/4).

• **Linda Wack**, 40, Germantown, MD, bested the masters field with a fourth overall 31:18 in the Mother's Day 8K Washington, DC, May 12. **Hedy Marque**, 78, Alexandria, VA, turned in a fast 47:28. Each runner received a flower as she crossed the finish line.

• **Larry Dicerbo**, 40, 31:34, Falls Church, VA, and **Kim Siagnter**, 41, 46:29, Reston, VA, forged masters firsts in the Patriot's Cup Corporate Challenge 8K, Fairfax, VA, May 5. **Jack Chapman**, 50, Manassas, VA, was third M40+ in 32:12.

**Luis Tipan**, 42, 26:16, and **Mary DiNardo**, 41, 32:09, breezed to masters firsts in the NYRR You Gotta Have Park 5 Mile, Prospect Park, Brooklyn, May 18. **Alfred Finger**, 61, 33:39, and **Thelma Wilson**, 64, 39:47, impressed with wins in their 60-64 divisions.

## SOUTHEAST

**Lawrence Johnson**, a U. of Tennessee senior from Chesapeake, VA, broke the U.S. pole vault record with a 19-7 1/2, competing in the USATF Southeast Regional Masters Championships in Knoxville, May 25. In that meet, **Philippa Raschker**, 49, re-injured her Achilles' tendon severely, eliminating her chances at the Olympic Trials Exhibition PV.

• **Martin Mondragon**, 42, Mexico, successfully defended his masters title for the third time with an 11th-overall 29:30 in the Azalea Trail 10K, Mobile, AL, March 23. **Antoni Niemczak**, 40, Poland/Rochester, NY, was second in 30:42. **Bill Rodgers**, 48, marked his seventh appearance in 19 races by finishing in the money for the fifth time with a third M40+ 32:02. **Jenny Peters**, 40, was the W40+ winner in 35:45, ten seconds ahead of **Diane Legare**, 45, of Canada. Masters shared \$3500 in prize money.

## MIDWEST

• The Race Judicata 5K/10K, Birmingham, MI, May 4, featured a regular division and a "legal" one for lawyers. **Ron Marinucci**, M40, 18:16, and **Donna Olson**, W40, 21:02, running in the regular division, were first masters in the 5K. Masters runners were first overall in the 10K, with attorney **Ted Farmer**, M40, competing in the "legal" race, running a 35:09, and **Jennifer Bouwkamp**, W40, finishing in 44:41 in the regular division.

## MID-AMERICA

• Older masters led the way in the Wichita River Run 10K age-graded standings, Wichita, KS, May 11. **Paul Heitzman**, 65, 39:45, Eudora, KS, was first with an A-G 31:08. **Dick Wilson**, 64, 39:22, Lawrence, KS, was just a notch back with a 31:09. **Jane Hutchison**, 50, Webb City, MO, blistered the course with an actual time of 38:18, an A-G 33:40.

• **Michael Seaman**, 45, 16:06, and **Marcy Giles**, 46, 18:20, hastened to masters firsts in the Melpomene Institute 5K/USATF Minnesota Championships, St. Paul, May 4. **Paul Werner**, 82, 32:30, and **Ethel Furne**, 86, 41:53, nabbed wins in the 80+ divisions. The Institute, founded in 1982 and named after an inspiring Greek woman who ran the first Olympic marathon in 1896, helps girls and women of all ages to link physical activity and health through research, publications, and education.

• **Jim Ryun**, 49, is running for Congress as a Republican in Kansas' 2nd District. The incumbent, Republican **Sam Brownback**, decided to run for the Senate seat being vacated by **Bob Dole**. The only other declared candidate is **John Frieden**, a Topeka lawyer seeking the Democratic nomination. Ryun is one of only three high school students to break four minutes for the mile (**Marty Liquori** and **Tim Danielson** are the others). He ran 3:51.1 in 1967, which stood as the world mile mark for eight years. Ryun is a motivational speaker, author and operator of sports camps. He lives on a farm north of Lawrence with his wife and four children.

## SOUTHWEST

• **Janet Myers**, W55, was first masters woman in 23:08 at the Whirlwind 5K, Tishomingo, OK, May 18. **Rick Orr**, M40, captured the M40+ win with a 19:06. **Ken Hughes**, M50 winner in 19:45, and Myers were top age-graded masters.

• **Larry Jesse**, 44, holder of the M40-44 PV WR at 5.34/17-6 1/4, broke the single-age WR with a 5.18/17-0 at a university meet in Juarez, Mexico, May 13.

• **Brian Bolton**, 58, streaked to an M55 win with a 16:53 in the Run For The Arts 5K, Dallas, May 25. His wife, **Blaine**, 52, won her age group (27:53) and his daughter, **Kathy**, 29, placed second (22:26) in hers. The first woman overall, **Cathy Swiatocha** (18:37), is coached by **Brian Jacque Baldelli**, W40, was the first masters woman, in 19:41.

• The Texas Masters Championships, U. of



Chuck Moeser, 44, first master (26:04), American Classic 8K, Washington, D.C.  
Photo by George Banker

Texas-Arlington, Aug. 10, includes a racewalk, steeplechase, and 4X800 relay. The Dallas Masters TC 4X800 relay quartet is shooting for the U.S. record after coming up short in an attempt at the indoor record in February.

## WEST

• **Gene Ball**, 50, Oxnard, CA, edged **Jim Kornell**, 44, Santa Barbara, for the masters age-graded first place in the Law Day 15K, Santa Barbara, April 27. Ball hit the 80.8% mark with a 56:51, with Kornell, first M40+ in 54:43, at 80.2%. **Mimi Baranowski**, 48, was the W40+ first in 70:35.

• The Steve Scott Invitational Masters Meet, UC-Irvine, May 5, drew 93 athletes, ages 25-80+, who competed on the second day of a two-day invitational (the first day for open and collegians). Sprinters **Stan Whitley**, M50, in the 100m (11.35) and 200 (23.74), and **Ken Dennis**, M55, 100m (12.51) and 200 (26.3) were standouts. In the Dan Aldrich Memorial Anteaters Meet at UC-I, May 26, **Susan Dimarco**, W30-34, vaulted 12-1 1/4, qualifying her for the Olympic Trials PV Exhibition. **Avery Bryant**, who turned 72 on May 25, broke the U.S. single-age record for the 3000m SC with a 14:35.4. Proceeds from both meets went into the Dan Aldrich Memorial Scholarship fund that assists the UC-I t&f programs.

## NORTHWEST

• **Mark Billett**, 42, 52:24, Seattle, and **Judy Fisher**, 42, Federal, WA, with a first female overall 72:35, were masters firsts in the Northwest 15K Run/Pacific NW Masters Championships, May 4. The race also served as the NW Masters 10K RW Championships, in which **Bev LaVeck**, 60, Seattle, was first W40+ in 60:20, an age-graded 134.8%, which will send the number crunchers whirling. **Stan Chraminski**, 48, Seattle, was first M40+ walker in 52:13.

• **Steve Lester**, 53, Magna, UT, laid down a 33:27 for masters honors, Salt Lake City 10K, June 1, and an age-graded 92.0% on the slightly downhill course. **Debbie Hansen**, 43, Pleasant Grove, UT, was the W40+ winner in 39:00.

• In the Lilac Bloomsday 12K mega-run (over 60,000), Spokane, WA, May 5, **June Machala**, was more than 18 minutes ahead of her nearest W65 competitor in 55:39.

• Runners and walkers from 20 states and three countries participated in the worst condi-

Continued on page 32

# Schedule

Track and field events feature competition for men and women over 30 unless otherwise noted. 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. 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

**July 6-7.** USATF National Masters Decathlon/Heptathlon Championships, San Diego, Calif. Ed Oleata, 2870 Glenbrook Way, La Jolla, CA 92037. 619-453-4570.

**August 15-18.** 29th annual USATF National Masters Championships, Spokane, Wash. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204. 509-533-3644; fax 509-533-4128.

**August 31.** USATF National Masters Weight & Superweight Championships, Seattle. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116. 206-932-3923; fax 206-932-3917.

**September 14.** USATF National Masters Weight Pentathlon Championships, Bozeman, Mont. Bob Sager, meet director, PO Box 89, Wilsall, MT 59086. 406-578-9870.

### EAST

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

**July 7, 21.** Potomac Valley TC Meets, Williams HS, Alexandria, Va. 703-671-2520.

**July 11, 25.** Philadelphia Masters Developmental Meets, Germantown Academy, Ft. Washington, Pa. 6 pm. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245(day).

**July 13.** Throw Farther Clinic, Old Mill HS, Glen Burnie, Md. Chris Hickey, 301-390-0855.

**July 15-20.** Keystone State Games, Shippensburg. 50+. Open to Out-of-State. Savid Farrand, 31 So. Hancock St., Wilkes-Barre, Pa. 18702. 717-823-3164, x2.

**July 20.** Covino's Throwers Only Meet, Iron Horse Farm, Ringoes, N.J. C.P. Covino, PO Box 265, Boss Rd., Ringoes, NJ 08551. 908-788-1700.

**July 20.** USATF East Regional Masters Championships, Randalls Island, New York City. Haig Bohigian, 225 Hunter Ave., North Tarrytown, NY 10591. 914-631-1547.

**August 25.** Philadelphia Masters Championships, Swarthmore College, Pa. Karl Castor, 215-441-8584 (before 8:30 pm); Bill Krieger, 215-656-7617, x245 (day).

**August 31-September 1.** Potomac Valley Games, D.C. area, 703-671-2520.

### SOUTHEAST

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

**July 27.** Jacksonville TC Classic, Bolles School Track, Fla. 5 pm. Lamar Strother, 388-7860; JTC, 384-TRAK.

**September 28-29.** 11th Thomasville Fall Masters Decathlon/Heptathlon. Includes Women's Decathlon. Bill Busby, 11 Culbreth Ave., Thomasville, NC 27360. 910-476-1228(h); 475-8141(w).

### MIDWEST

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

**July 10-14.** Michigan Senior Games, Warren. 50+. Open to Out-of-state. Bill Sharpe, 312 Woodward, Rochester, MI 48307. 810-608-0250.

**July 13.** Masters Meet, Libertyville, Ill. \$1000 in cash prizes. SASE to Craig Dean, 719 Stonegate Ct., Libertyville IL 60048.

**July 19-21.** Hoosier State Senior Games, Indianapolis. 55+. No Out-of-state. Mike Ford, 201 S. Capitol Ave., Suite 1200, Indianapolis, IN 46225. 317-237-5000.

**July 20.** Midwest Masters Classic, Huntington, W. Va. USATF West Virginia Association, Thomas Plummer, 27 South Queens Ct., Huntington, WV 25705.

**August 3.** USATF Midwest Regional Masters Championships, Indianapolis. Bill McCormick, 317-844-4347.

**August 3.** Cleveland Track Classic, Independence HS, Ohio. Norman Thomas, 9065 Gettysburg, Twinsburg, OH 44087. 216-425-8219.

### MID-AMERICA

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

**July 15-19.** Northland Senior Games, Duluth. 55+. Open to out-state. Kathy Larsen, 330 City Hall, Duluth, MN 55802. 218-723-3724.

**July 19-21.** Show Me State Games Finals, Mexico, Mo. Submasters & Masters. MSG, 404 Jesse Hall, UMC, Columbia, MO. 65211. 573-882-2101.

**July 20.** USATF New Mexico/Los Viejos Masters Meet, Milne Stadium, Albuquerque. Kathy Fones, 31 Sandhill Rd., Los Lunas, NM 87031. 505-865-8612.

**July 25.** Denver TC Meet, All-City Stadium, 6 p.m. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

**August 4.** 21st Century AGELESS GAMES Recreational Meet, U. of Minnesota. Preregister! SASE to Rachel Lyga, 122 NE 63 1/2 Way, Mpls., MN 55432. 612-574-9661.

**August 6-11.** Rocky Mountain Senior Games, Greeley, Colo. 50+. June Petersen, Greeley Senior Activity Center, 1010 Sixth St., Greeley, CO 80631. 970-350-9436.

**August 22.** Denver TC Meet, All-City Stadium, 6 pm. George Linn, PO Box 9723, Denver, CO 80209. 303-722-2425(eve).

**August 31-Sept. 1.** Rocky Mt. Games. Nancy Simmons Manson, 518 Quentin St., Aurora, CO 80011. 303-341-7992.

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**July 20.** USATF Southwest Regional Masters Championships, Samuel Clemens HS, Schertz (San Antonio), Texas. Also open athletes. John Head, 2104 Cedar Branch, Garden Ridge, TX 78266. 210-651-5414.

**August 10.** Texas Masters Championships, U. of Texas-Arlington. Dallas Masters, PO Box 941781, Plano, TX 75382. 214-979-0246.

**August 16-17.** UMC West Texas Senior Sports Classic, Texas Tech. U., Lubbock. 50+. Peter Laverty, 2001-19th St., Lubbock, TX 79401. 806-767-2710.

### WEST

Arizona, California, Hawaii, Nevada

**June 26-August 1.** All-comers meets, Los Angeles. Wed: Birmingham High; Thu: Bell High 7 p.m. (except July 4).

**July 6, 20.** SCA Series/Grand Prix All-Comers, L.A. Southwest College. Marv Thompson, 3911 Verdugo Rd., Suite #2, Los Angeles, CA 90065-3724. 213-257-1285; fax 259-0265.

**July 11-14.** San Jose Senior Games/Silicon Valley Classic. 55+. Regina Aning, 408-269-0214.

**July 13.** KELfield Throws Meet #51, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**July 20.** USATF West Regional Masters Championships, Cerritos College (near L.A.). Marvin Thompson & Doug Wells, SASE to L.A. Patriots, 3911 Verdugo Rd., Suite 2, Glassell Park, CA 90065-3724. 213-257-1285.

**August 2.** SCA Series/Grand Prix Championships, Cerritos College. Norwalk, Calif. Doug Wells, 310-860-2451, x2889.

**August 3.** USATF West Regional Masters Weight Pentathlon Championships, KELfield, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

**August 3.** Santa Barbara Fiesta Pole Vault Competition. All ages. SBCC. Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

**August 10-18.** Bay Area Senior Games, Oakland, CA. 50+. Barbara Chang, 510-531-9721.

**October 5.** Club West Masters Meet, Santa Barbara City College. Beverley Lewis or Gordon McClenathen, 805-964-3005.

**October 13.** Sri Chinmoy Masters Games, Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

### NORTHWEST

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

**July 4, 11, 18, 25.** Hayward Field All-Comers, Eugene, Ore. 5:30 pm.

**July 11, 18, 25.** Team Alaska Meets, Mulcahy Track. 6 pm. Hotline: 907-338-1667.

**July 12-14.** Montana Big Sky Games, Billings. Box 7136, Billings MT 59103. 406-254-7426.

## ON TAP FOR JULY

### TRACK AND FIELD

The Libertyville Masters Meet in Illinois on the 13th offers a tune-up and cash based on performances, prior to a very busy 20th, which shows USATF Regional Masters Meets in the East in NYC, Southwest in San Antonio, and West in Norwalk (near Los Angeles), Calif. More action is available at the Midwest Masters Meet in West Virginia, the Los Viejos Meet in New Mexico, and a throwers' meet in New Jersey.

Olympic t&f competition starts on the 26th with the men's 20K walk and men's shot put and ends on August 4th with the men's marathon.

### LONG DISTANCE RUNNING

Masters will test their mettle on the streets of Atlanta on the 4th in the Peachtree 10K, as will others in the Butte To Butte 10K, Eugene, Ore., and Yorktown 5K in Virginia. Notable races on the 13th include the Midnight Madness 10K, Ames, Iowa, and the Grand Central 8K, Vienna, W. Va., followed by more action with high appeal in the Buffalo Four Mile, N.Y., Long Island Women's 5K, and Chicago 20K on the 20th. The Quad City Bix 7 hits the roads of Davenport, Iowa, on the 27th.

### RACEWALKING

The regional championships on the 20th should offer racewalks as do many of the road races in the schedule. The MAC 3K Championships are listed for the 14th in Central Park.

**July 13-14.** Idaho Senior Games, Boise. 50+. Open to Out-of-State. Shellee Daniels, PO Box 2048, Boise, ID 83701. 208-334-3833.

**July 13-14.** Oregon State Games, Mt. Hood CC, Gresham. State Games, 4840 SW Western Ave., Beaverton, OR 97406. 503-520-1319.

**July 20.** Washington Summer Games, Mooberry Track, WSU, Pullman. Summer Games, PO Box 372, Pullman, WA 99163. Mike Hinz, commissioner, 509-335-3325(w); 332-1168(h) 5:30-11 pm West Coast.

**July 27-28.** USATF Oregon Championships/Portland Masters TC Classic, Mount Hood CC, Gresham. Paul Stepan, 3011 NE Linden Ave., Gresham, OR 97030. 503-666-8950; 234-4811.

**August 3-4.** USATF Northwest Regional Masters Championships, Tacoma, Wash. Ken Weinbel, 4103 Hillcrest Ave., Seattle, WA 09116. 206-932-3923; fax 206-932-3917.

**August 3-4.** USATF Alaska All-Comers Championships, Mulcahy Track. 9 am. Team Alaska TC Hotline: 907-338-1667.

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**August 21-24.** WAVA North American Championships, Eugene, Oregon. Box 10825, Eugene OR 97440. 800-392-1369. Fax 541-687-1016.

**October 5.** Helena Octoberfest Throws & Weight Pentathlon. M&W30+. Manuel & Helen White, PO Box 5058, Helena, MT 59604. 406-227-5020.

## CANADA

**July 20-21.** British Columbia Decathlon Championships, Vancouver, B.C. US masters invited. Includes submasters/masters. Grant Lamothe, 604-856-7381.

**August 9-11.** Canadian Masters Championships, Victoria, B.C. US masters invited. Danny Daniels, 604-656-3669.

## INTERNATIONAL

**July 6-13.** WAVA Oceania Regional Championships, Papeete, Tahiti. Includes half-marathon/ RWs/X-C. Jim Tobin, 6 Hetley Cres, Napier 4001, New Zealand. Phone/fax +64 6 8445072.

**July 19-27.** WAVA European Regional Championships, Malmo, Sweden. Europeans only.

**August 10-11.** BVAF Championships, Exeter (Devon). Winston Thomas, 67A Waterside Rd., Hertfordshire, WD48HE, Great Britain.

**August 10-11.** First Germany-Russia Veterans Athletics Match, Rosenheim, Germany. Vadim Marshhev, phone/fax: 7-095-5734150.

**August 21-24.** WAVA North American Regional Championships, Hayward Field, Eugene, Ore. M&W 30+. 8K X-C/10K Road Racewalk/15K Road Race/pentathlon/weight pentathlon. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 800-392-1369. Fax: 541-687-1016.

**September 19-21.** WAVA Africa Regional Championships, Namibia.

**September 20-22.** Russian Championships, Sochi. Vadim Marshhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. Phone/fax: 7-095-5734150.

**September 21-22.** San Juan Annual International Masters Championships, San Juan, Puerto Rico. Puerto Rico Masters,



Clarence Trahan broke the M80-84 long jump record with a 11-9/3.58, USATF National Masters Indoor Championships, Greensboro, N.C., March 29-31. Photo by Burl Gist

PO Box 31300, 65th Infantry Station, Rio Piedras PR 00929-0300. Gregorio Angulo, 787-724-6157.

**October 3-6.** WAVA Asian Regional Championships, Seoul, Korea. Asians only.

**November 19-23.** WAVA South American Regional Championships, Concepcion, Chile. Pentathlon m&w/10K X-C. Fax 56-41-229-333.

**December 14-15.** Indoor Russian Veterans Sport Association Cup "Match-5", Moscow. Vadim Marshhev, 14-6 Pervomayskaya St., Himki, Moscow Region, 141400, Russia. 7-095-5734150; fax 5726436.

**July 17-27, 1997.** XII WAVA World Veterans Athletics Championships, Durban, South Africa.

## OPEN

**July 26-August 4.** XXVI Olympic Games (T&F dates), Atlanta, Ga.

## LONG DISTANCE RUNNING

## NATIONAL

**September 15.** USATF National Masters 24 Hour Championships, Sylvania, Ohio. Dave Payette, 2338 Laskey Rd., Toledo, OH 43613. 419-475-0731.

**October 6.** USATF National Masters Marathon Championships, Minneapolis, Minn. Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

**October 19.** USATF National Masters 100K Championships, Duluth, Minn. William Wenmark, 18665 Rutledge Rd., Wayzata, MN 55391. 612-476-0015.

**October 27.** USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Miller, P.O. Box 6667, Louisville, KY 40207. 502-896-0717.

**November 3.** USATF National Masters 5K Cross-Country Championships, Columbus, Ohio. John White, 4865 Arthur Pl., Columbus, OH 43220. 614-459-2547.

**December 7.** USATF National Masters 10K Cross-Country Championships, San Francisco, Calif. John Mansoor, 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

**December 14.** USATF National Masters 50K/50 Mile Championships, Huntsville, Texas. Sunmart-Texas Trail Endurance Run. Norman Klein, 11139 Mace River Ct., Sacramento, CA 95670. 916-638-1161; fax 916-638-0857.

## EAST

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

**July 4.** Yorktown Freedom 5K, Yorktown, Va. Masters money. Harry Fagan, 804-873-3627 (w); 898-9251(h).

**July 7.** Firecracker 8K, Southampton, L.I., N.Y. 516-287-4945.

**July 13.** Spirit of Gettysburg 5K, Gettysburg PA. Joanne Smith, YWCA, 909 Fairfield Rd., Gettysburg PA 17325. 717-334-9171.

**July 14.** Utica Boilermaker 15K. Utica Boilermaker, Box 4729, Utica, NY 13504. 315-797-5838; fax 797-3762.

**July 20.** Subaru Buffalo 4-Mile Chase. 6:00 pm. James or Mary Ann Nowicki, 47

Windsor Ave., Buffalo, NY 14209. 716-881-1652.

**July 20.** Long Island Women's 5K, Jericho, N.Y. Masters money. Mike Polansky, 62 Sylvia Ln., Plainview, NY 11803. Ph/Fax: 516-433-0919.

**July 21.** The Press Of Atlantic City 5 Mile Beach Run, Atlantic City, N.J. Boardwalk Runners, PO Box 2181, Ventnor, NJ 08406. 609-601-1RUN.

**August 10.** George Sheehan Classic 10K, Red Bank, N.J. John Haulenbeek, Box 157, Spring Lake, NJ 07762. 908-974-8457; fax 908-974-8436.

**August 10.** USATF New England 10K Championships, Shelburne Falls, Mass. SASE to Race Director, c/o McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411.

**August 25.** Annapolis 10 Mile. SASE to Annapolis Striders, PO Box 187, Annapolis, MD 21404-0187.

**August 31.** NYRR 100K/50K, Brooklyn N.Y. NYRR, 9 E. 89th St., NY, NY 10128. 212-860-4455; fax 212-860-9754.

**October 12.** Greater Hartford Marathon, Hartford, Conn. Includes 5K and Half-Marathon. Masters Prize Money. Aetna Health Plans Greater Hartford Marathon, 221 Main St., Hartford CT. 860-525-3435. Fax: 860-724-7317.

## SOUTHEAST

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

**June 4-August 27.** Huntsville TC Summer Cross-Country Runs, Huntsville, Ala. Each Tues., 6:30 pm. Keith Young, 205-

534-9458.

**July 4.** Peachtree 10K, Atlanta. SASE to Peachtree '96, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305 before March 1.

**August 10.** RRCA Women's Distance Festival 5K, Williamsburg. 6:30 pm. Rick Platt, Colonial RR, PO Box 657, Williamsburg, VA 23187. 804-229-7375; 220-2601.

**August 24.** Maggie Valley Moonlight 8K, Maggie Valley, N.C. Maggie Valley 8K, PO Box 1637, Waynesville, NC 28786. 704-926-1686.

## MIDWEST

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

**July 6.** KSBC 5K Run/Walk, Lafayette, Ind. KSBC, Jubilee Run, 2901 Kossuth St., Lafayette, IN 47904. 317-448-1620; 567-2628.

**July 13.** Grand Central Classic 8K/USATF Open M&W Championships, Vienna, W. Va. Masters money. Dorsey Cheuvront, Jr., 829 Quincy St., Parkersburg, WV 26101. 304-422-4930.

**July 20.** Chicago Distance Classic 20K/5K. 312-243-2000.

**August 10.** Paavo Nurmi Marathon/Relay, Hurley, Wisc. Bernard Hibbeln, PO Box 185, Hurley, WI 54534. 715-561-2285.

**August 11.** Main Street Mitral Road Mile, Ann Arbor, Mich. Fundraiser for Bill Stewart Legal Defense Fund. \$10. 15 separate heats (age-groups, etc.). Karen McKeachie, 802 Granger, Ann Arbor MI

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## TEXAS MASTERS TRACK AND FIELD CHAMPIONSHIPS



SATURDAY, AUGUST 10, 1996 UNIVERSITY OF TEXAS AT ARLINGTON

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

OPEN COMPETITION AND MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS

Entry fees: Pre-registered by August 7: \$10 first event, \$5 additional events, \$25 maximum.

Late or onsite entry by 4:30 PM 8/10/96: \$15 first event, \$5 additional events, \$30 maximum.

\$15 onsite entry for relays

All Entries closed after 4:30 PM August 10. Relays excepted.

SCHEDULE OF EVENTS: Events run in order listed; Times are approximate.

Track Events:	Field Events:
4:00 P.M. Steeplechase (pre registered only)	
4:30 1500 M Racewalk	2:00 Pole Vault, Javelin
5:20 4 X 800 Relay	
5:40 80 / 100 / 110 HH	
6:15 4 X 100 Relay	
6:30 5000 M	3:00 Shot Put, Long Jump, High Jump
7:00 100 M	Discus follows Shot Put
7:30 800 M	Triple Jump follows Long Jump
8:00 300 / 400 IH	***No implements furnished by meet ***
8:30 200 M	
8:50 1500 M	
9:20 400 M	
9:40 4 X 400 Relay	Social Hour onsite following the meet.

No false start rule in effect. All events run as finals. Timed sections if necessary. No refunds.

Automatic Timing System. Certified Officials. Sanctioned by USATF. Medals to top three.

Directions to UTA track: From I-30, take Fielder Road exit South. Turn left on Mitchell Street, one block.

From I-20, take Cooper Street exit North. Turn left on Mitchell four blocks.

.....

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on 8/10/96 \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I, the undersigned, hereby agree to release and discharge the Dallas Masters Track and Field Club, the USATF Southwest Association, the University of Texas at Arlington, any of their agents or representatives, the participants of said meet and anyone connected with the meet, from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet. I certify that I believe that I am conditioned and physically able to compete in this track meet.

Athlete's Signature: X \_\_\_\_\_ Date: \_\_\_\_\_

Circle Events Entered and indicate your best performance in 1995-96:

HJ	Shot Put	5000 M
LJ	Discus	800 M
TJ	5000 Racewalk	400 M
Javelin	80/100/110HH	200 M
Pole Vault	300/400IH	100 M
Steeplechase	1500 M	Amount Paid:

Optional Texas Masters Champ. T shirt with original new design: \$10 prepaid. (\$12 onsite)

Yes \_\_\_\_\_ No \_\_\_\_\_ Size: M L XL

Mail entry and check payable to: Dallas Masters T&F Club, 2307 Woodson Trail, Arlington, TX 76016

Continued from previous page

48104. 313-662-1000. Fax: 313-662-3388.  
**August 17.** Parkersburg Half-Marathon/  
 USATF Open Men's Championship,  
 Parkersburg, W. Va. \$4000 masters money.  
 Louie Haer, Parkersburg Half-Marathon,  
 PO Box 718, Parkersburg, WV 26102.  
 304-424-2786.

**August 24.** Crim 10 Mile, Flint, Mich.  
 Masters money. Laurie McCann, 352  
 Saginaw St., Suite 804, Flint, MI 48502.  
 810-235-3396; fax 810-235-5311.

### MID-AMERICA

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

**July 4.** Coast To Coast Freedom 5K,  
 Brookings, Prairie Striders, Box 267,  
 Brookings, SD 57006. 605-692-2414.

**July 13.** Midnight Madness 10K/5K Race  
 & Walk, Ames, Iowa. SASE to MM, 3720  
 Jewel Dr., Ames, IA 50010. Roman Lynch,  
 director, 515-292-0133.

**July 14-21/September 15-22.** Priscilla  
 Welch/NIKE Running & Fitness Camps,  
 Devil's Thumb Ranch, Colorado. 800-933-  
 4339.

**July 27.** Quad-City Times Bix 7,  
 Davenport, Iowa. \$3500 for masters.

SASE to Bix 7, 2685 East Kimberly Rd.,  
 Bettendorf, IA 52722.

**August 17-18.** Pikes Peak Ascent &  
 Marathon, Manitou Springs, Colo. Nancy  
 Hobbs, PO Box 38235, Colorado Springs,  
 CO. 80937. 719-473-2625.

### WEST

Arizona, California, Hawaii, Nevada

**July 4.** Huntington Beach Parade 5K,  
 Huntington, Calif. Kinane Events, 2987  
 Highland Dr., Carlsbad, VA 92008. 619-  
 434-1601; fax 619-434-7706.

**July 13.** Bastille Day 5K & 8K, Newport  
 Beach, Calif. 5K, 6:30 pm; 8K, 7 pm. 714-  
 288-9080.

**July 14.** San Francisco Marathon/5K.  
 Marathon, c/o Pacific Association, PO Box  
 77148, San Francisco, CA 94107. 800-  
 722-3466(CA only).

**August 25.** Silver State Marathon, Reno.  
 Ski Pisarski, 1460 Prospect Ave., Sparks,  
 NV 89431. 702-849-0419.

**August 25.** America's Finest City Half-  
 Marathon, San Diego. Neil Finn, ALA, PO  
 Box 3879, San Diego, CA 92163. 619-  
 297-3901; fax 619-297-8402.

**September 27-28.** The Relay - Napa To  
 Santa Cruz. 195 miles. 3 legs of approxi-

mately 5 miles each (36 total legs per 12-  
 member team). Jeff Shapiro, The Relay,  
 751 Laurel St., Suite 401, San Carlos, CA  
 94070. 415-508-9700; fax: 508-1661.

### NORTHWEST

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

**July 4.** Butte To Butte 10K & 4.5 Mile  
 Mayor's Walk, Eugene, Ore. Butte To  
 Butte, PO Box 10825, Eugene, OR 97440.

**July 12-13.** Mt. Rainier To Pacific Relay.  
 150 miles/11-person teams. Walk teams  
 (100 miles/7 persons) welcome. PO Box  
 17086, Seattle, WA 98107. 206-782-6547;  
 fax 206-783-5285.

**August 23-25.** Hood To Coast Relay, Mt.  
 Hood-Seaside, Ore. 195 miles/12-person  
 teams. 1995 race reached capacity by May.  
 HTC Relay, 5319 SW Westgate Dr., Suite  
 262, Portland, OR 97221. 503-292-4626.

### CANADA

**August 18.** Canadian Masters Marathon  
 and Half-Marathon Championships, St.  
 John, New Brunswick. Mike Doyle,  
 Festival by the Sea Marathon, 50 Union  
 St., Saint John NB E2L 1A1. 506-658-  
 4715. Fax: 506-658-4730.

### INTERNATIONAL

**August 31.** BVA 10K Championships,  
 Barry, Wales. Derek Williams, Powys  
 Gardens, Dinas Powis, Cardiff, Wales  
 CF64 4LP.

**October 29-November 5.** Himalayan  
 100-Mile Stage Race, from Darjeeling,  
 India, \$1200. Force 10 Expeditions, 1-  
 800-922-1491.

**November 5-12.** Mt. Everest Marathon  
 Trip, from Darjeeling, India. \$1200. Force  
 10 Expeditions, 1-800-922-1491.

**July 17-27, 1997.** XII WAVA World  
 Veterans Athletics Championships,  
 Durban, South Africa.

### RACEWALKING

**April 1 - October 1.** 5K Racewalk Team  
 Challenge. Each club stages own event on  
 a track or a certified course. Minimum 10  
 club members, regardless of age, sex, or  
 ability. Scoring by WAVA Age-Graded  
 Tables. No entry fees. FAC, 3250  
 Lakeview Blvd., Delray Beach, FL 33445.  
 Bob Fine, 407-499-3370; fax: 407-495-  
 5054.

**July 14.** MAC 3K RW Championship,  
 Central Park, NYC. Park Racewalkers,  
 USA, 320 East 83rd St., New York, NY  
 10028. 212-628-1317, Stella Cashman.

**August 4.** USATF East Regional 10K  
 Relay (2X5K) Championship, Central  
 Park, NYC. Park Racewalkers, USA, 320  
 East 83rd St., Box 18, New York, NY  
 10028. 212-628-1317.

**August 15-18.** USATF National Masters  
 Outdoor RW Championships, 5000 track  
 (m/w), 20K road (m), 10K road (w),  
 Spokane, Wash. See T&F National  
 Schedule.

**August 25.** USATF 5K Championships &  
 East Regional 5K Championships, Wilkes-  
 Barre, Penn. Jim Wolfe, 220 Lasley Ave.,  
 Hanover Industrial Estates, Wilkes-Barre,  
 PA 18706. 717-821-6504(w).

**September 2.** West Regional 15K Champ-  
 ionships, Albuquerque, NM. Audrey Dix,  
 2301 El Nido Ct., NW, Albuquerque, NM  
 87104.

**September 8.** North Regional 1/2 Hour  
 Championships, St. Paul, Minn. Fern  
 Anderson, 612-926-3514.

**September 8.** USATF National Masters  
 40K RW Championships, Ft. Monmouth,  
 N.J. Elliott Denman, 28 N. Locust Ave.,  
 West Long Branch, NJ 07764. 908-222-  
 9080.

**September 8.** Florida State 3K Racewalk  
 Championships, Tropical Park, Miami.  
 305-227-1500.

**September 14.** USATF National Masters  
 5K Road RW Championships, Kingsport,  
 Tenn. Bobby Baker, 318 Twinhill Dr.,  
 Kingsport, TN 37660. 615-229-4364(w),  
 615-349-6406(h).

**September 22.** USATF National Masters  
 15K RW Championships, Elk Grove  
 Village, Ill. Diane Graham-Henry, 442 W.  
 Belden, Chicago, IL 60614. 312-327-4493.

**September 22.** East Regional 10K Road  
 Championships, Atlantic City, NJ. Elliott  
 Denman, 28 N. Locust Ave., W. Long  
 Branch, NJ 07764.

**September 28.** Alongi International RW  
 Classic, Dearborn Heights, Mich.  
 Wolverine Pacers AC, Roswell Barranco,  
 3235 Musson Rd., Howell, MI 48843.

**October 13.** USATF National Masters 1-  
 Hour Racewalk Championships, Cam-  
 bridge, Mass. Justin Kuo, 39 Oakland Rd.,  
 Brookline, MA 02146. 617-731-9889(h),  
 617-821-3000(w).

**October 26.** Florida AC Walkers/Henry  
 Laskau 5K & 10K State Racewalk  
 Championships. Robert Fine, 3250  
 Lakeview Blvd., Delray Beach, FL 33445.  
 407-499-3370.

## Masters Scene

Continued from page 29

tions on record for the Rocky Mountain  
 Marathon and 50-Mile Run from Laramie to  
 Cheyenne, WY, May 16, which included driving  
 snow at the summit. The overall masters winner  
 was female ultra-star Theresa Daus-Weber  
 (41, 7:59:00), who outran John Ooley (M40,  
 8:52:11), by nearly an hour. The marathon had  
 only one woman finisher, Linda McFadden, (33,  
 4:38:02), leaving the masters victory to John  
 Furguson, who conquered the elements in  
 3:36:20.

### CANADA

• Art Meaney, 52, was top master in the  
 Molson/Timeex Harbourfront 10K, St. John's,  
 Newfoundland, May 19, with an 89.9% age-  
 graded 33:57, good for eighth overall.

### INTERNATIONAL

• Barrington Williams of the Birchfield  
 Harriers missed the M40-44 LJ WR, one of the  
 oldest at 7.43 in 1978, with a legal 7.42/24-4'4",  
 at a meet in Birmingham, GBR, June 1.  
 Williams, who broke the indoor WR with a  
 7.52/24-8'4" on March 2, had wind-aided jumps  
 of 7.54 and 7.43. He is also an impressive  
 sprinter, having run a 6.92 60m indoors in  
 January, and 10.69 for the 100m in May.

• Britain's Tessa Sanderson won Olympic  
 gold in the javelin in Los Angeles in 1984. Now,  
 at the age of 40, she is back. Sanderson met the  
 Olympic qualifying standard with a 60.64m  
 (198-11) toss in a meet in England.

• South Africa's great veteran runner, Joe  
 Botha, who won four M75 medals last year in  
 the World Veterans Championships in Buffalo  
 (gold in the 800 and 5000; silver in the 10,000,  
 and bronze in the 1500) died at the end of April  
 of cancer of the pancreas.

• Lars Ingves, a longtime veteran athlete  
 and Finnish delegate to the WAVA General  
 Assembly, died April 5 of acute leukemia. "It was  
 a shock to all of us and we miss a dear friend,"  
 said Karri Wichmann, who will take over  
 Ingves' duties.

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1996

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
SAM ADAMS (SANTA BARBARA, CA)	7-22-31	65-69
BOB BACKUS (PEMBROKE, MA)	7-11-26	70-74
RICKARD BRUCH (SWE)	7-2-46	50-54
BILL COTTER (US)	7-6-21	75-79
PETE GANAHL (CORONA, CA)	7-4-16	80-84
WILLI GEORG (WG)	7-10-21	75-79
KARL-FRIEDRICH HAAS (WG)	7-28-31	65-69
WOLFGANG HAMEL (WG)	7-7-41	55-59
JIM HAMPTON (CA)	7-5-46	50-54
REX HARVEY (DES MOINES, IA)	7-6-46	50-54
JOHN HOLOUBEK (LOMPOC, CA)	7-15-16	80-84
LEEVI KAUPPI (FIN)	7-3-6	90-94
CHARLES KEATING (WELLESLEY, MA)	7-16-41	55-59
KIMURA KIZO (JPN)	7-11-11	85-89
ROBERT KOPELL (NY)	7-22-26	70-74
KLAUS LANGER (WG)	7-15-16	80-84
ERNST LARSEN (NOR)	7-18-26	70-74
KARL LARSEN (AMES, IA)	7-24-21	75-79
BOB MARKLE (EL SEGUNDO, CA)	7-23-36	60-64
KARL-HEINZ MARSCH (WG)	7-28-21	75-79
SAM MONASTERO (NJ)	7-22-11	85-89
EINAR NORDIN (SWE)	7-3-6	90-94
LEN OLSON (JERICHO, VT)	7-30-31	65-69
MICHAEL ORLICH (ZEPHYR COVE, NV)	7-19-26	70-74
BOB PACKARD (SCOTTSDALE, AZ)	7-20-36	60-64
LARRY PRATT (NEWARK, DE)	7-1-41	55-59
JIM RABIE (RSA)	7-12-36	60-64
OLAV REPPEN (NORWAY)	7-9-11	85-89
MIGUEL RIVERA (PUR)	7-30-31	65-69
ISAAC ABDON RUEDA (SPA)	7-15-26	70-74
JAKOB RYDAL (NOR)	7-19-26	70-74
SEPP SIMOLA (FINLAND)	7-27-36	60-64
FAY STEELE (HONOLULU, HI)	7-29-16	80-84
DUMITRU TALMACIV (ROM)	7-3-21	75-79
HARRY URPINEN (FIN)	7-20-36	60-64
CHARLES WILEY (VENTURA, CA)	7-16-41	55-59
EUNICE CARLSON (MARQUETTE, MI)	7-9-36	60-64
RUTH DETTERING (SAN FRANCISCO)	7-4-26	70-74
KAY DUPLICHAN (HOUSTON, TX)	7-3-36	60-64
DIANE FRIEDMAN (CLEVELAND, OH)	7-18-21	75-79
MARY GILLESPIE (HOUSTON, TX)	7-18-41	55-59
TAMI GRAF (SAN DIEGO, CA)	7-1-36	60-64
JANET GREND (STONE RIDGE, NY)	7-3-26	70-74
KAREN HOLAPPA (ANN ARBOR, MI)	7-21-36	60-64
ALEXANDRIA JOHNSON (BRONX, NY)	7-5-36	60-64
KATHLEEN KAISER (CHICO, CA)	7-9-46	50-54
BEVERLY LAMPE (MONONA, WI)	7-11-31	65-69
CAROLINE MACLEOD (RICHFIELD, WA)	7-2-36	60-64
CHRIS MCKENZIE (GREAT NECK, NY)	7-26-31	65-69
NANCY PARKER (DUNWOODY, GA)	7-26-36	60-64
MARGARET PEROSKE (DEARBORN, MI)	7-3-36	60-64
THELMA RUBIN (CA)	7-27-21	75-79
VIRGINIA SKIFFINGTON (CA)	7-30-31	65-69
LINDA TICKNOR (CENTRALIA, WA)	7-21-41	55-59
LOUISE TRICARD (COCOA BCH, NY)	7-26-36	60-64
BETTY VOSBURGH (TRYONE, GA)	7-4-31	65-69
FRANCINE BONNANS (WG)	7-22-11	85-89
HANNELORE BORMANN (WG)	7-7-36	60-64
CONCEICAO GEREMIAS (BRA)	7-23-56	40-44
INGELORE GRUNERT (WG)	7-11-41	55-59
RINI HAGENAARS (HOL)	7-17-51	45-49
FRANCES HARRIS (AUS)	7-21-41	55-59
PAULA VAN HELMONT (BEL)	7-24-26	70-74
MARJA-LEENA KANGAS (FIN)	7-29-41	55-59
ANN LETHERBY (AUS)	7-22-46	50-54
NICOLE LEVEQUE (FRA)	7-27-51	45-49
NAN LITTLE (NZ)	7-30-26	70-74
HEATHER MATHEWS (NZL)	7-26-46	50-54
ELENA MATUSKOVA (CZE)	7-13-21	75-79
KIMBERLY MAXWELL (CAN)	7-7-36	60-64
GALINA NEKRASOVA (URS)	7-4-36	60-64
EDELTRAUD POHL (WG)	7-14-36	60-64
LIESELOTTE SEUBERLICH (WG)	7-19-26	70-74
ALBINA TSHERNOVA (URS)	7-9-36	60-64
DAISY VICTOR (IND)	7-17-31	65-69
DOROTHY WHITTAM (AUS)	7-10-36	60-64
AUDREY WILLIAMS (NZ)	7-20-26	70-74

be mailed to you within six weeks. Allow eight weeks for a patch tag.

# 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 4 months old. Results that are typed (maximum 28 spaces/2 1/4" wide) in our format receive preference. Deadline is the 10th of the month prior to issue date.

## NATIONAL

### MAC Masters Championships Randalls Island, NYC; June 1

100m	
M30 Mitchell Lovett	11.15
M35 David Cherry	11.55
M40 Denworth Frederick	12.21
Ted Daher	12.88
M45 Jesse Norman	11.96
M50 Ron Johnson	11.83
M60 Bob Dobbs	13.13
Robert Smith	13.74
M65 Ed Cox	13.85
Tom Brooks	14.80
W30 Betty Whitaker	14.27
W35 Louise Clark	13.24
W45 Sharon Warren	13.65
200	
M30 Mitchell Lovett	22.50
Vince Goodman	23.98
M40 Ed Gonsora	23.52
Ted Daher	26.80
M45 Errol Lee	24.41
Jesse Norman	25.13
M50 Ron Johnson	24.22
M60 Bob Dobbs	27.87
Cliff Pauling	28.29
M65 Ed Cox	29.57
W30 Kelly Etheridge	28.55
W35 Louise Clark	27.75
W45 Mary Trotto	36.99
W55 Alexandra Finger	46.34
400m	
M30 Wm Vaughn Jr	53.36
M35 Sal Allan	50.78
M40 Denworth Frederick	55.86
Errol Lee	53.33
Alex Constantino	56.40
M50 Ron Johnson	55.48
M60 Cliff Pauling	64.54
Jim Aneshansley	68.72
M70 John McManus	77.30
W30 Pam Bryant	63.00
Kelly Etheridge	64.69
W35 Becky Chan	69.27
W45 Mary Trotto	84.36
W60 Alexandra Finger	1:43.40
800m	
M30 Larry Glazer	2:08.64
M35 Adrian Sterrett	2:05.18
M40 Miles Vaughn	2:06.84
Walter Brown	2:10.02
John Adams Jr	2:13.13
M45 Rob Jackson	2:12.84
Bob Pertak	2:17.15
M60 Cliff Pauling	2:29.09
Jim Aneshansley	2:57.06
M65 Joe Kernan	3:18.41
M70 John McManus	2:57.06
W35 Becky Chan	2:38.81
W45 Mary Trotto	3:19.06
W60 Alexandra Finger	3:58.27
1500m	
M35 John Williams	4:26.82
M40 Walter Brown	4:28.65
M45 Bob Pertak	4:31.64
M50 Bob Pike	4:47.95
3000m	
M30 Grover Prince	10:22.14
M35 Paul Salerno	10:53.97
Short Hurdles	
M45 Ivan Black	19.95
M50 Mike Milove	16.03
W40 Shelley Keeling	17.14
Long Hurdles	
M45 Jesse Norman	66.60
M50 Mike Milove	67.17
M60 Jim Duncan	54.16
W40 Shelley Keeling	79.69
2000m SC	
W35 Marilyn Brandt	7:55.84
W40 Shelley Keeling	8:37.62
High Jump	
M30 Igor Agaev	2.03
David Olson	1.94
M45 Ivan Black	1.52
M50 John Harbulak	1.42
Ron Johnson	1.37
Long Jump	
M45 Ivan Black	5.14
M50 Ron Johnson	5.42
Mike Milove	5.14
M60 Jim Duncan	4.03
M70 Des Margetson	2.64
Triple Jump	
M30 Francois Fagotto	13.33
M45 Ivan Black	10.90
M50 Ron Johnson	11.22
M60 Tom Talbott	5.42
Shot Put	
M35 Russ Palmisano	12.73
M40 Karl Johnson	14.09
M45 Rich Dunphy	11.35
M50 Carl Levine	9.57
M65 Tom Brooks	8.84
W30 Virginia Palmer	9.00

W50 Roslyn Katz	8.18
Betty Baumach	6.68

Discus	
M30 Dan McKnight-Bisbee	29.60
M35 Russ Palmisano	36.34
M40 Karl Johnson	40.48
M45 Rich Dunphy	31.10
M50 Ed Fox	37.78
M55 John Bronstein	39.68
W50 Roslyn Katz	19.76
Betty Baumach	18.22
W60 Dolores Faber	16.74
Hammer	
M55 John Bronstein	31.04
W30 Virginia Palmer	19.58
W50 Roslyn Katz	31.00
W60 Dolores Faber	21.52
Javelin	
M45 Ivan Black	33.20
M50 Ed Cox	42.34
M60 Bob Young	42.56
W30 Michelle Bussanich	16.48
W40 Shelley Keeling	18.94
W40 Betty Baumach	20.28
Roslyn Katz	19.52
W60 Dolores Faber	13.88
3000m Racewalk	
M50 Sultanov Rifhad	14:21.57
M60 Robert Barrett	16:20.85
W55 Elton Richardson	17:17.28
5000m Racewalk	
M30 Bruce Edward Logan	29:00.30

## EAST

### MAC-New York Relays Downing Stadium, NYC; May 4

100m	
M30 Mitch Lovett	11.7
M35 Fred Feaster	11.8
M40 David Cherry	11.5
M50 Ron Johnson	12.0
M60 Lloyd Henry	14.2
W30 Robin RobinsonMoore	12.8
W35 Louise Clark	13.4
200m	
M30 Mitch Lovett	22.5
M40 Ron Jackson	25.4
M50 Ron Johnson	24.0
M60 Tom Talbott	36.8
W30 Robin RobinsonMoore	25.4
W35 Louise Clark	28.0
W45 Sharon Warren	29.3
400m	
M30 Mitch Lovett	50.5
M40 Bob Richardson	59.9
M45 Errol Lee	54.7
M50 Richard Hammer	61.1
M60 Tom Talbott	91.1
M70 John McManus	78.4
W30 Phyllis Spence	63.6
800m	
M40 Francis Schiro	2:17.6
M50 Salih Talib	2:12.7
M65 Joe Kernan	3:25.6
M70 John McManus	2:55.5
W45 Mary Trotto	3:17.8
1500m	
M30 Bill Possidento	4:50.8
M45 Bob Pertak	4:57.8
M70 John McManus	6:47.2
W45 Mary Trotto	7:32.4
High Jump	
M45 Paul Shea	1.30
M65 Art Kearney	1.30
Long Jump	
M40 Ron Jackson	5.20
M50 Ron Johnson	5.13
Triple Jump	
M30 Dan McKnight-Bisbee	12.76
M40 Bob Richardson	11.24
M50 Ron Johnson	10.36
M60 Tom Talbott	5.36
Shot Put	
M35 Russ Palmisano	12.75
M45 Rich Dunphy	11.22
M50 Ed Fox	11.07
M55 John Bronstein	10.70
M60 Martin Kintish	10.31
W50 Roslyn Katz	7.61
W60 Ann Cirulnick	8.30
Discus	
M30 Dan McKnight-Bisbee	22.76
M35 Russ Palmisano	33.52
M45 Rich Dunphy	30.26
M50 Ed Fox	37.92
M55 John Bronstein	38.42
M60 Martin Kintish	39.28
W50 Roslyn Katz	19.78
W60 Ann Cirulnick	17.99
Hammer	
M55 John Bronstein	34.80
M60 Martin Kintish	29.96
W50 Roslyn Katz	27.96
W60 Ann Cirulnick	21.60
Javelin	
M30 Dan McKnight-Bisbee	27.90
M35 George Bards	33.20

### NY Masters Spring Classic Merchant Marine Academy Kings Point, NY; May 19

100m	
M30 Paul Boccia	11.4
Jim Reilly	11.7
Rich Washington	11.9
M35 Joe Lafferty	12.2
Carl Caleca	12.7
M40 John Brooks	11.5
Ron Jackson	12.9
Barry Blake	14.8
M50 Thad Morris	11.9
Ron Johnson	12.4
M60 Bob Dobbs	12.8
Bob Smith	13.6
Jim Duncan	13.9
M65 Ed Cox	14.2
200m	
M30 Paul Boccia	23.4
Jim Reilly	23.7
Rich Goodman	24.1
M35 Nick Mitchell	25.7
M40 Ron Jackson	25.6
Rockdale Hudson	26.5
Bob Gill	27.3
M45 Rich Lapp	24.3
M50 Ron Johnson	23.9
M60 Bob Dobbs	27.5
Bob Smith	28.8
Tom Talbott	33.8
M65 Ed Cox	29.2
W45 Mary Trotto	35.8
400m	
M30 Vince Goodman	53.7
Jim Reilly	57.1
M40 Bob Richardson	59.2
Pete Michaelson	59.3
Bob Gill	60.9
M50 Ron Johnson	59.8
M60 Irwin Bernstein	69.0
Tom Talbott	82.5
W30 Carol Senn	61.7
W45 Mary Trotto	86.8
W60 Alexandra Finger	1:45.4
800m	
M30 Bill Possidento	2:07.6
Bill Oehrlein	2:08.1
M35 Paul Salerno	2:33.6
M40 Francis Schiro	2:16.6
Peter Michaelson	2:26.1
Bob Gill	2:34.6
M50 Don Samuels	3:08.5
M60 Irwin Bernstein	2:41.7
M65 Joe Kernan	3:22.1
M75 Bob Matteson	3:42.3
W45 Mary Trotto	3:27.1
W60 Alexandra Finger	3:56.7
1500m	
M30 Bill Possidento	4:27.1
M35 Paul Salerno	5:02.7
M40 Rick Lapp	4:46.2
Jim Duncan	5:03.7
M55 Seth Kaminsky	5:03.7
M75 Bill Benson	7:21.5
Bob Matteson	7:26.5
W35 Marilyn Brandt	5:16.4
W45 Mary Trotto	6:51.3
W60 Alexandra Finger	7:44.7
3000m	
M35 Ed Carroll	12:42.1
M50 Shad Kirit	14:10.0
M55 Jim Fillis	11:14.0
M75 Bob Matteson	16:36.9
Bill Benson	17:24.8
Short Hurdles	
M45 Ivan Black	19.8
M50 Mike Milove	15.6
M65 Art Kearney	21.6
Tom Delany	22.1
W30 Caryl Senn	15.8
Long Hurdles	
M45 Ivan Black	70.9
M50 Mike Milove	68.2
M60 Jim Duncan	56.6
W35 Marilyn Brandt	87.0
High Jump	
M45 Rich Lapp	5-4
Ivan Black	4-10
Paul Shea	4-2
M50 Ron Johnson	4-6
M65 Art Kearney	4-2
Tom Delany	4-0
Long Jump	
M30 Joe Chrichton	6.01
Paul Boccia	5.74
M35 Joe Lafferty	5.88
M40 Ron Jackson	5.42
M45 Rick Lapp	5.90
Ivan Black	5.21
M50 Mike Michael	5.40
M60 Jim Duncan	4.60
M65 Tom Delany	4.30
M70 Hillar Saareste	3.28
W30 Caryl Senn	5.06
Triple Jump	
M40 Bob Sanderson	11.52
Ron Jackson	10.97
M45 Rick Lapp	11.79
Ivan Black	10.82
M50 Ron Johnson	11.39
Mike Milove	10.82

M55 Ed Kent	9.22
M60 Tom Talbott	5.50
M65 Tom Delany	8.14
M70 Hillar Saareste	6.84
Shot Put	
M30 Willie Mastrogiacomel3.42	
Troy Kerr	12.91
M35 Russ Palmisano	13.59
Nick Mitchell	12.05
M40 Karl Johnson	14.05
Dennis Hansen	12.99
M45 Craig Shumaker	14.78
Rich Dunphy	11.66
Dennis Chandler	11.24
M50 Terry Shuman	12.86
Ed Nook	12.54
Harry Schneider	11.55
Eril Weissbrot	10.27
M55 John Bronstein	10.10
M60 Meemo Maasik	11.77
Bill Barker	10.95
Marty Kintish	10.86
M75 Mart Neuman	9.02
W30 Caryl Senn	9.96
W50 Roslyn Katz	8.13
Betty Baumach	5.57
Discus	
M30 Dan Dillon	54.88
Troy Kerr	38.68
Mike Mastrogiacomel36.70	
M35 Russ Palmisano	35.32
M40 Karl Johnson	39.42
Dennis Hansen	28.16
M45 Craig Shumaker	38.00
Dennis Chandler	31.54
Rick Dunphy	30.14
M50 Terry Shuman	45.90
Ed Nook	32.90
Carl Levine	29.16
Eril Weissbrot	29.00
M55 John Bronstein	36.90
M60 Marty Kintish	40.34
Meemo Maasik	37.10
Bill Barker	35.24
M65 Art Kearney	22.08
M75 Mart Neuman	23.84
W50 Roslyn Katz	20.32
Betty Baumach	18.50
Hammer	
M30 Jeff Napolitano	64.18
Troy Kerr	55.28
M35 Mike Bersch	43.18
M50 Terry Shuman	41.78
Eril Weissbrot	27.42
M55 John Bronstein	33.16
M60 Marty Kintish	30.82
Bill Barker	29.72
Meemo Maasik	25.08
M75 Mart Neuman	20.30
M80 Paul Narcessian	22.22
Paul Narcessian	5kg17.80
W50 Roslyn Katz	29.31
Javelin	
M30 Joe Chrichton	44.92
M35 Nick Mitchell	51.89
M45 Dennis Chandler	47.44
Rick Lapp	37.82
Ivan Black	33.66
M50 Harry Schneider	44.10
Carl Levine	27.72
M55 Frank Iluzzi	40.92
M60 Robert Youngs	42.76
Jim Duncan	38.76
Meemo Maasik	32.95
M65 Skip Meneely	37.44
Art Kearney	28.02
M75 Mart Neuman	17.90
W35 Katrena McGill	33.91
W50 Betty Baumach	18.41
Roslyn Katz	17.93
Weight Throw	
M30 Troy Kerr	16.73
M35 Russ Palmisano	9.48
M40 Dennis Hansen	10.00
M45 Frank Monroe	10.30
Dennis Chandler	9.84
M50 Terry Shuman	12.91
Carl Levine	7.45
Jai Singh	5.17
M55 John Bronstein	9.80
M60 Marty Kintish	12.61
Bill Barker	10.04
W50 Roslyn Katz	10.16

### Iron Horse Farm Throwers Meet Ringoes, NJ; May 25

Shot Put	
M30 J Bauer	12.71
M35 W Taylor	15.91
B Wolverton	13.20
G Bards	11.00
M40 J Copeland	10.08
M45 R Dunphy	11.82
D Chandler	11.70
R Smith	11.00
M50 L Pratt	14.75
P Morrone	12.83
M55 J Bronstein	10.30
M60 J Cowles	9.87
J Campagna	8.20
M Hahn	7.13
M70 I Mondschein	11.73
C Covino	11.40
Z Strauss	9.17
M75 A Oliver	7.65
W45 J Hudgins	11.61
M Hill	9.45
R DiGiacomo	5.76
W50 R Katz	7.83
W60 A Cirulnick	8.26

Discus	
M35 W Taylor	48.84
G Bards	36.10
m40 T Talbot	38.06
M45 D Chandler	38.40
R Dunphy	32.38
R Smith	28.18
M50 L Pratt	52.64
M55 J Bronstein	41.72
M60 J Cowles	32.10
M Hahn	23.40
M70 I Mondschein	32.06
C Covino	30.82
Z Strauss	28.70
M35 J Weidis	13.10
W40 S Boslaugh	31.72
W45 J Hill Hudgins	16.16
W50 R Katz	29.38
W60 A Cirulnick	19.40
Hammer	
M30 T Herr	57.02
M35 M Bersch	45.78
M45 E Beebe	39.20
R Smith	32.88
M55 J Bronstein	32.48
M70 I Mondschein	37.54
I Mondschein	36.10
W40 S Boslaugh	36.82
W50 R Katz	30.58
W60 A Cirulnick	23.48
Javelin	
M30 A Lonzo	69.86
M35 G Bards	33.58
M50 M Augeri	24.30
M60 M Hahn	28.88
J Cowles	26.51
M70 Z Strauss	11.54
M75 A Oliver	14.92
Weight Throw	
M30 T Herr	17.30
M45 D Chandler	10.58
R Smith	10.42
M55 J Bronstein	9.38
M70 L Mondschein	11.00
C Covino	9.48
I Mondschein	9.46
W40 S Boslaugh	11.78
W45 J Hudgins	8.38
J Weidis	4.90
W50 R Katz	10.90
W60 A Cirulnick	7.84

## SOUTHEAST

### Norfolk Inv

Continued from previous page

<b>800m</b>	
M30 Ric Green	2:02.8
M40 Joe Robinson	2:16.7
M45 Dan Graham	2:25.3
M50 Allen McDaniel	2:20.1
M60 Cliff Pauling	2:32.7
M70 Dick Benson	3:20.6
W35 Ena Weinstein	2:27.2
W45 Susan Houlton	2:56.4
<b>1500m</b>	
M30 Ric Green	4:22.9
M70 Dick Benson	6:27.4
W35 Mimi Ney	5:21.2
<b>5000m</b>	
M30 Nils Antonio	15:12.4
M35 Nicholas Valerio	17:07.4
M45 Kirk Pfrangle	18:25.7
W30 Bee Meyer	19:26.4
W35 Ena Weinstein	18:30.3
W40 Raylynn Hughes	23:30.0
W50 Edna Bay	24:13.5
<b>Short Hurdles</b>	
M40 Robbie Short	15.5
M45 Thomas Gilliard	15.4
M50 Robert Kleemeier	17.7
W40 Linda Lowery	14.9
<b>Long Hurdles</b>	
M45 Bob Green	47.7
M65 James Stookey	53.6
<b>4x100 Relay</b>	
M30 USA I	46.2
<b>4x400 Relay</b>	
M30 Josey's Team	4:15.3
<b>High Jump</b>	
M35 Rick Grzeszkowiak	5-8
M45 Henry Jordan	5-6
M55 Sammy White	5
M65 Gordon Seifert	4-10
W40 Linda Lowery	4-4
<b>Long Jump</b>	
M35 Barry Wise	19-6.50
M40 Thomas Krebs	15-2.50
M45 Troy Faruk	19-4.75
M50 Robert Kleemeier	15-5.50
M55 Sammy White	15-6.50
M65 James Stookey	15-8.25
<b>Triple Jump</b>	
W40 Linda Lowery	29-0.75
<b>Shot Put</b>	
M45 Bob Green	36-3
M50 Tom Russell	34-6.75
M55 Mike Valle	36-7
M60 Gerald Vaughn	43-6.50
M65 Russell Meyer	30-5.75
M70 Floyd Simmons	37-4
<b>Discus</b>	
M45 Bob Green	106-10
M50 Larry Pratt	160-7
M55 Mike Valle	122-3
M60 Gerald Vaughn	114
M65 Russell Meyer	89-9
M70 Floyd Simmons	104-3
W40 Linda Lowery	68-11

**Birmingham TC Classic**  
Birmingham, AL; May 18

<b>50m</b>	
M30 W Green	7.1
M35 A Hardin	7.54
M40 A Mason	7.53
M45 E Jeter	7.60
M65 E Redditt	8.58
W40 L Lowery	8.59
<b>100m</b>	
M30 S Green	11.31
M35 S Winkel	11.57
A Hardin	12.25
M40 A Mason	11.85
M45 E Jeter	12.73
M50 T Brewer	12.34
M55 E Pawlik	12.59
I Lattimore	17.27
H Jones	19.58
M65 J Stookey	13.87
E Redditt	13.87
G Seifert	14.29
W40 Linda Lowery	14.52
<b>Knights of Columbus 100m</b> (distance handicapped)	
J Stookey	66 10.57
E Pawlik	57 11.04
E Redditt	65 11.18
T Brewer	50 11.24
A Mason	41 11.53
W Green	34 11.75
S Winkel	38 11.94
E Jeter	45 12.02

R Hollis	36.64
M65 E Redditt	29.11

<b>400m</b>	
M30 S Jefferson	55.11
M Binder	71.77
M35 S Winkel	51.83
T Thiel	53.25
A Hardin	58.43
M40 T Krebs	62.19
B Duncan	63.25
M50 T Brewer	56.93
T Cooper	61.14
M55 D Anderson	76.58
M60 P Kenney	93.39
M65 G Seifert	66.24
<b>800m</b>	
M40 K Kramer	2:15.1
N Dodson	2:17.1
B Duncan	2:26.9
M45 W Garner	2:29.8
M55 J Huffman	2:28.4
M60 B Abernathy	2:29.4
<b>1500m</b>	
M30 J Tesnow	4:51.4
M40 J Baker	4:58.6
M45 R Hollis	7:56.2
M55 L Boots	7:05.6
M60 B Abernathy	5:14.3
<b>Short Hurdles</b>	
M40 P Mulkey Jr	19.19
M55 E Pawlik	15.24
M65 J Stookey	17.45
W40 L Lowery	15.84
<b>Long Hurdles</b>	
M30 J Edmondson	65.94
J Tesnow	68.07
<b>High Jump</b>	
M40 L Jeffords	4-7½
P Mulkey Jr	4-6
T Krebs	4-4
M45 B Hardin	5-2
M Walker	4-11
M50 T Brewer	5-3
M55 E Pawlik	5-5
L Vodopya	4-2
M65 G Seifert	4-9
W40 L Lowery	4-4
<b>Pole Vault</b>	
M40 T Krebs	10-0
P Mulkey Jr	10-0
M55 E Pawlik	9-0
M65 G Seifert	8-6
<b>Long Jump</b>	
M30 J Edmondson	18-10½
M40 T Krebs	14-5
L Jeffords	12-7
M45 E Jeter	14-8
M50 E Wright	14-7
L Boots	10-7
M55 E Pawlik	17-9.75
M65 J Stookey	16-0
G Seifert	13-10½
W40 Linda Lowery	15-4½
<b>Triple Jump</b>	
M45 M Walker	27-3
M55 J Stookey	33-9
W40 L Lowery	30-6
<b>Shot Put</b>	
M30 T Danner	36-6
M35 B Conn	39-11
M40 P Mulkey Jr	36-7
L Jeffords	29-3
M45 F Elkorie	39-3
J Accardi	37-9.75
R Hollis	23-6
M50 P Costa	46-2½
J Crawford	37-11½
L Boots	32-2
M55 E Pawlik	32-9
L Vodopya	32-4
M65 G Seifert	30-11
W30 J Bason	14-½
W40 Linda Lowery	23-8½
<b>Discus</b>	
M30 T Danner	98-1
M35 B Conn	123-9
M40 P Mulkey Jr	102-9
L Jeffords	62-9
M45 F Elkorie	107-6
J Accardi	105-9
M50 J Crawford	112-8
L Boots	102-5
E Wright	88-5
M55 E Pawlik	106-2
L Vodopya	88-2
I Lattimore	83-1
W40 Linda Lowery	79-1
<b>Javelin</b>	
M35 S Winkel	155-8
B Conn	132-0
M40 P Mulkey Jr	118-6
J Stewart	98-0
T Krebs	95-2
M45 B Hardin	125-4
R Hollis	74-4
M50 J Crawford	112-2
L Boots	99-4
E Wright	96-0
M55 E Pawlik	128-9
I Lattimore	57-3
<b>Trak Shak Special Awards</b>	
<b>Jim Law Memorial 400m</b> (top age-graded time)	
Steve Winkel	51.83/49.27
Tom Brewer	56.93/49.82
Gordon Seifert	66.24/49.98
<b>Mini-Decathlon</b> (athlete chooses any 5 of 10)	
Emil Pawlik	*4766
Gordon Seifert	4150
Jason Daggett	2625
Phil Mulkey Jr	2479
Tom Krebs	2136
<b>Pentathlon-Larry Boots*1791</b> *received \$100 gift cert	

**USATF Florida Masters**  
Championships  
Winter Park, FL; May 18

<b>100m</b>	
M30 Brett Lawler	11.20
M35 Ellis Liddell	11.14
M40 Larry Schworer	11.77
M50 Joe Johnston	12.42
M55 Dave Dreifuert	13.58
M60 David Slocum	14.30
M75 Milton Silverstein	13.81
W30 Dana Baumgarten	13.10
W40 Jocelyn Dowther	13.40
W55 Louise Tricard	14.22
<b>200m</b>	
M30 Derrick Hicks	23.52
M35 Ellis Liddell	22.98
M40 Larry Schworer	24.53
M50 Joe Rooney	26.87
M55 James Clark	29.11
M75 Milton Silverstein	29.82
W30 Dana Baumgarten	26.87
W35 Rene Besozzi	28.38
W40 Jocelyn Fowther	27.66
<b>400m</b>	
W30 Jim Eckenrode	52.68
M35 Tom Wadley	56.70
M40 Larry Schworer	57.56
M45 Daniel Ambrico	58.56
M50 John Shenk	1:01.06
M75 John Anoka	1:14.77
W30 Linda Finger	1:30.85
<b>800m</b>	
M30 Brett Lawler	2:07.30
M35 Terry Crews	2:16.81
M45 Leslie Bodden	2:19.63
M50 Jarrett Slaven	2:21.06
M55 Jim Clark	2:26.10
M70 Ernie MacDonald	3:12.63
W30 Linda Finger	2:33.80
W40 Jocelyn Lowther	2:32.40
W45 Nina Ehmer	2:57.89
<b>1500m</b>	
M30 Brian Keno	4:24.37
M35 Terry Crews	4:33.56
M45 Daryl Gordon	4:57.61
M50 Jarrett Slaven	4:43.64
M55 Jim Clark	5:05.21
M70 Bart Ross	6:47.92
W45 Nina Ehmer	5:55.37
<b>5000m</b>	
M70 Bart Ross	24:31.1
<b>Short Hurdles</b>	
M55 Joe Dekyca	26.04
W35 Rene Besozzi	14.67
<b>Long Hurdles</b>	
W35 Rene Besozzi	1:10.61
<b>High Jump</b>	
Tim Heikkila	1.70
M50 Joe Johnston	1.65
M55 Larry Judd	1.47
M75 Tom Kennell	1.09
<b>Pole Vault</b>	
M30 Jimmy Miller	3.81
M45 Paul Takasukas	3.35
M50 Joe Johnston	4.00
M55 Steve Wucke	2.74
M65 Les Rudy	2.13
<b>Long Jump</b>	
M30 Jim Eckenrode	6.68
M40 William Rea	6.06
M45 Paul Takasukas	5.21
M55 Larry Judd	4.17
M75 Milt Silverstein	4.03
W35 Rene Besozzi	4.87
<b>Triple Jump</b>	
M55 Nemour Delanneville	9.39
<b>Shot Put</b>	
M40 John Schau	11.54
M45 John Von Rohr	13.53
M50 Jerry Arline	11.34
M55 Larry Judd	8.95
M60 Len Olson	12.60
W70 Harriet Boyd	5.98
<b>Discus</b>	
M30 Mike Richardson	26.60
M40 John Schou	28.66
M45 Mike Walker	38.92
M50 Gary Lane	41.66
M55 Larry Judd	25.52
M65 Len Olson	43.54
M70 Tom McDermott	28.54
W55 Vanessa Hilliard	34.05
<b>Hammer</b>	
M30 Mike Richardson	21.74
M40 Anthony Chioccarelle	45.54
M45 John Von Rohr	39.26
M50 Jerry Arline	36.54
M55 Larry Judd	22.18
M60 Len Olson	41.60
M75 Tom McDermott	32.10
W55 Vanessa Hilliard	45.40
<b>Javelin</b>	
M30 Mike Bagnell	47.04

M35 Dan Taylor	44.35
M40 Scott Dykehouse	56.39
M45 Tim Heikkila	44.32
M50 Gary Lane	38.07
<b>Weight Throw</b>	
M30 Mike Richardson	5.26
M45 Bruce Hedendal	12.40
M50 Jerry Arline	11.52
M55 Richard Taylor	6.28
M60 Ray Carstensen	13.22
W55 Vanessa Hilliard	16.98
<b>5000m RW</b>	
M30 Don Tesiero	31.43
M45 Rotchstein	36.46
M60 Robert Fine	29.45
M65 Bill Mathews	35.45

**USATF Florida Weight**  
Pentathlon  
Delray Beach, FL; June 1

<b>HT/SP/DT/JT/WT</b> actual marks	
Vanessa Hilliard	5061
45.54/11.66/35.81/27.24/16.10	
Pay Carstensen	64 4180
41.92/12.22/34.01/30.66/15.66	
Bruce Hedendal	48 3624
35.60/12.67/39.36/35.54/12.67	
John von Rohr	48 3562
41.50/13.06/34.53/30.72/12.57	
Carlos Fraundorfer	64 3207
35.42/8.87/35.34/17.28/12.93	
Mike Valenti	35 2793
32.98/14.53/42.28/28.48/13.12	
Richard Taylor	59 2122
17.12/6.33/23.90/23.24/7.10	

**Nashville Striders/Nashville**  
TC Meet  
Nashville, TN; June 1

<b>100m</b>	
M30 Wayne Watson	10.8
M35 Charles Smith	12.1
M40 Andrew Mason	11.7
M45 Tom Gilliard	11.7
M50 Tom Brewer	12.0
M60 John Wall	13.7
M65 Ed Redditt	13.4
M75 Tom Kennell	15.1
W40 Linda Lowery	14.1
<b>200m</b>	
M30 Cheng-Ming Hsueh	32.4
M40 Dave Draig	24.6
M45 Tom Gilliard	24.3
M50 Tom Brewer	25.2
M60 Barry Bertram	30.6
M65 Ed Redditt	28.5
M75 Tom Kennell	32.2
<b>400m</b>	
M40 Naill Fall	55.5
M50 Tom Brewer	56.7
M60 Barry Bertram	1:12.9
M65 Fred Lovelace	1:16.8
M70 Gian Sahota	1:21.8
<b>800m</b>	
M30 Gregg Harris	2:01.3
M35 Mark Carver	2:03.5
M40 Kent Cramer	2:15.1
M45 Carl Pedersen	2:15.2
M50 Tom Bowden	2:13.2
M60 Rich Peck	2:44.4
M70 Gian Sahota	3:06.8
W35 Mimi Ney	2:33.0
<b>1500m</b>	
M30 Gregg Harris	4:16.5
M35 Mark Carver	4:25.2
M50 Gerald Baker	5:01.2
M45 Ron Merville	4:50.1
M50 Larry Boots	6:51.3
W35 Trish Kluge	5:02.2
<b>5000m</b>	
M30 Jay Perry	18.23
W35 Trish Kluge	19.26
<b>Short Hurdles</b>	
M30 C W Allen	14.8
M45 Tom Gilliard	15.0
M50 John Ewing	18.6
W40 Linda Lowery	14.8
<b>High Jump</b>	
M45 Mike Walker	1.47
M50 John Ewing	1.52
M55 Lou Vodopya	1.21
M65 Frank Hayes	1.31
M75 Tom Kennell	1.11
W40 Linda Lowery	1.31
<b>Pole Vault</b>	
M50 John Ewing	3.05
<b>Long Jump</b>	
M30 Brian Thomas	7.82
M35 Bard Davies	5.64
M40 Andrew Mason	5.35
M45 Terry Kopansky	4.38
M65 Frank Hayes	4.17
M75 Tom Kennell	4.01
W40 Linda Lowery	4.61

<b>Triple Jump</b>	
M35 Frances DoDo	13.56
M50 John Ewing	9.35
M75 Tom Kennell	8.53
<b>Shot Put</b>	
M35 Bobby Conn	12.52
M45 Jim Accardie	12.52
M50 Paul Costa	13.38
M55 Lou Vodopya	9.32
M65 Larry Horine	12.72
M70 Gian Sahota	8.90
<b>Discus</b>	
M35 Bobby Conn	37.70
M40 Jim Accardie	32.73
M50 Larry Boots	29.87
M55 Lou Vodopya	25.54
M65 Larry Horine	40.24
M70 Gian Sahota	21.00
W40 Linda Lowery	20.36
<b>Javelin</b>	
M35 Brad Davies	50.34
M40 James Stewart	27.42
M45 Kasey Capps	28.98
M50 Larry Boots	34.63
M65 Larry Horine	36.67
M70 Gian Sahota	26.39
<b>3000m RW</b>	
M65 Fred Lovelace	16:58.1
M75 Elizabeth Main	15:28.5

Continued from previous page

M80 Lloyd Houston	1:37.27
M85 Anthony Denardis	2:03.17
W55 Rose Chavez	1:43.55
W60 Dona Duquin	1:41.79
Ida Ruttler	1:46.27
W70 Lilli Marjon	1:51.20
Mary Altherr	2:44.34
W75 Samia Doro	1:55.93
<b>800m</b>	
M55 Teofilio Chavez	3:01.59
M60 Bill Dodson	2:43.72
M65 William Ziegler	3:52.56
M70 R. Reitmann	3:55.58
Ozzie Whitmon	6:03.40
M80 Lloyd Houston	4:12.22
M85 Anthony Denardis	4:36.70
W55 Rose Chavez	4:02.09
W60 Ida Ruttler	4:13.26
W70 Lilli Marjon	4:12.70
Mary Altherr	5:46.29
W75 Samia Doro	4:25.54
<b>1500m</b>	
M50 Chas Huibregtse	6:12.0
M55 Charles Harris	5:04.30
Teofilio Chavez	5:56.22
M60 Bill Dodson	5:21.62
M65 William Ziegler	8:33.66
M70 R. Reitmann	7:36.56
Ozzie Whitmon	11:40.29
M85 Anthony Denardis	9:42.42
W55 Rose Chavez	7:36.0
W60 Dona Duquin	7:35.52
W65 AnnaMay Conarty	7:50.0
M. Samuelson	10:43.86
W70 Lilli Marjon	8:31.67
Mary Altherr	10:32.54
W75 Samia Doro	8:48.94
<b>5-K</b>	
M55 Charles Harris	19:48.78
T. Chavez	23:51.07
M60 Bill Dodson	20:34.63
Duane Benton	25:18.89
M65 Ruben Vigil	24:06.64
Tony Garcia	25:14.33
M70 R. Reitmann	30:28.97
M75 Larry Johnson	27:46.57
M80 A. Denardis	35:19.05
W55 Rose Chavez	30:22.97
W60 Dona Duquin	31:02.62
W65 Mazie Conarty	31:53.64
W70 Lilli Marjon	34:29.10
Mary Altherr	38:54.86
W75 Samia Doro	35:17.23
<b>High Jump</b>	
M50 Jeff Loubet	122.6
M55 Chapin Carnes	137.2
M60 Frank Love	91.4
M65 Tom Maloy	117.0
Dean Harvel	111.3
M70 Bruce Wirth	111.3
M80 Henry Olguin	63.3
<b>Pole Vault</b>	
M55 Winston Crandall	8.0
M60 Frank Love	6.0
Don Robertson	5.7
M65 Jim Turner	8.6
M70 Edward Duncan	6.8
<b>Long Jump</b>	
M50 Jon Olsen	4.3
M55 Ken Medley	5.20.4
W. Gunthorpe	4.26
M60 Frank Love	3.22.2
Dan Johnson	1.91
M65 Jim Turner	4.35
Tom Maloy	3.28
M70 Norman Johnson	2.97.8
M80 Henry Olguin	1.97.3
W60 Ina Stewart	1.76
W65 AnnaMay Conarty	2.78
Bertille Baca	1.76
W75 Isabel Avila	.93
<b>Standing Long Jump</b>	
M50 Jon Olsen	2.29
M55 Ken Medley	2.33
Charles Harris	1.98
M60 Frank Love	2.20
Dan Johnson	1.91
M65 Tom Maloy	2.11
Jim Turner	
M70 Norman Johnson	1.48
Ralph Chamblin	1.18
M80 Eloy Avila	1.70
Henry Olguin	1.52

W60 Ina Stewart	1.32
W65 Clara Jelso	1.35
Bertille Baca	1.29
W75 Isabel Avila	.84
<b>Shot Put</b>	
M50 Paul Economides	15.26
M55 Chapin Carnes	9.88
Tom Payne	8.95
M60 Ken Guerin	9.59
Carl Longerot	9.37
M65 Dean Harvel	8.14
M70 Edwin Johnson	9.12
Edward Duncan	7.37
M75 Hugh Hackett	9.40
M80 Jack Pardee	7.9
W55 Gloria Mitchell	6.72
W60 Judy Fetherston	7.23
Mary Levy	6.2
W65 Helen Johnson	6.21
Paula Maloy	5.29
W70 Ann Toya	7.10
Marjorie Holmes	4.38
W75 Julia Gauna	4.50
Isabel Avila	3.77
<b>Discus</b>	
M50 Paul Economides	47.3
M55 Chapin Carnes	31.1
Michael Levine	28.6
M60 Carl Longerot	27.9
Frank Nickles	24.5
M65 Tom Maloy	27.1
Roy Johnson	26.7
M70 Edwin Johnson	29.2
Edward Duncan	19.5
M75 Hugh Hackett	27.3
M80 Ralph Bowyer	21.7
Jack Pardee	18.0
W55 Gloria Mitchell	18.2
W60 Judy Fetherston	19.6
Bobbie Chavez	14.2
W65 Helen Johnson	14.1
Paula Maloy	12.5
W70 Ann Toya	15.8
Marjorie Holmes	9.0
W75 Julia Gauna	10.35
Isabel Avila	9.8
<b>Javelin</b>	
M55 Chapin Carnes	29.8
Michael Levine	27.3
M60 Mel Bork	24.9
Frank Nickles	23.0
M65 Tom Maloy	23.55
M70 Norman Johnson	27.2
Edward Duncan	16.0
M75 Hugh Hackett	25.6
M80 Jack Pardee	18.6
W55 Gloria Mitchell	16.6
W60 Bobbie Chavez	12.1
Mary Levy	11.8
W65 Helen Johnson	10.65
Paula Maloy	10.25
W70 Ann Toya	13.5
<b>400m Racewalk</b>	
M55 W. Crandall	1:34.35
Mark Adams	1:45.49
M60 Arnold Levick	1:46.77
Mel Bork	2:34.68
M65 R. Tenorio	2:18.33
Eugene Pierce	2:33.42
M70 Manny C De Baca	2:52.38
Tony Sanchez	3:12.66
M90 Andres Garcia	4:01.34
W55 Mary Friberg	2:31.20
Judith Oakes	2:35.97
W60 D. Skremeta	2:34.29
Joan Blair	2:55.59
W65 Bertille Baca	3:04.06
E. Bustamante	3:28.09
W70 Marjorie Holmes	2:47.37
W75 Josephine Burum	2:59.36
<b>1500m Racewalk</b>	
M55 W. Crandall	7:43.77
Mark Adams	7:48.35
M60 Arnold Levick	7:46.98
Cliff Goodson	9:18.48
M65 R. Tenorio	10:11.42
George Chavez	11:26.75
M70 M. C De Baca	11:02.08
Tony Sanchez	13:00.11
W55 Hatsuko Goodson	9:36.36
Mary Friberg	10:05.28
W60 D. Skremeta	10:54.73
Joan Blair	11:52.55
W65 E. Bustamante	13:28.18

W70 N. Houston	10:57.24
Marjorie Holmes	11:23.24
W75 Josephine Burum	11:24.07
<b>5-K Racewalk</b>	
M55 Winston Crandall	29.59
Mark Adams	30.25
M60 Arnold Levick	31.23
Melvin Bork	42.57
M65 Richard Tenorio	37.46
George Chavez	45.55
M70 Gene Dix	42.57
M. C De Baca	43.37
M75 Frank Cito	50.54
W55 Hatsuko Goodson	37.29
Judith Oakes	39.20
W60 M. Larragoite	39.02
D. Skremeta	40.50
W65 M. Samuelson	45.36
Theresa Fragua	
W70 Norma Houston	40.59
Marjorie Holmes	43.15
W75 Josephine Burum	45.18

<b>Denver TC Mile/2 Mile</b>	
<b>Denver, CO; May 23</b>	
M30 Scott Bainbridge	4:59.8
Jeff Recker	5:10.4
M45 Charlie Perez	5:21.3
M50 Larry Kueter	5:22.3
M55 Bill VanDoominck	5:56.3
W30 Andrea Ratkovic	5:24.8
<b>--2 Mile--</b>	
W40 Ann Daxberger	13:10.3

**SOUTHWEST****Acadiana Regional Games**  
**Lafayette, LA; April 20**

<b>50m</b>	
M50 Roy Landry	7.53
M55 James Paddie	7.00
M60 Roland Hesmondalgh	7.28
M65 Al Badinger	7.32
M75 Ted Yenari	8.93
M80 Dan Mestayer	10.85
W55 Joyce Broussard	11.21
W60 Bernice Bordelon	9.41
Mildred Coleman	10.09
W70 Helen Lindsey	11.24
<b>100m</b>	
M50 Ed Domingues	12.57
M55 James Paddie	13.26
M60 Roland Hesmondalgh	13.11
M65 Al Badinger	14.31
M75 Howard Newman	25.40
M80 Bill Domingues	16.84
W60 Bernice Bordelon	18.33
W65 Mildred Coleman	20.20
<b>200m</b>	
M50 Ed Domingues	26.80
M55 James Paddie	28.04
M60 Charlie Richard	29.80
M65 Al Badinger	30.96
M80 Bill Domingues	37.97
W60 Bernice Bordelon	42.50
W70 Helen Lindsey	52.14
<b>400m</b>	
M55 Pope Huval	1:10
M65 Sid Montecino	1:21
W55 Belle O'Donovan	1:49
<b>800m</b>	
M55 Pope Huval	2:52
M60 Larry Cinquemano	3:06
M70 Jack Wyatt	4:29
W55 Belle O'Donovan	4:24
<b>1500m</b>	
M55 Pope Huval	5:44
M65 Larry Cinquemano	5:46
W55 Belle O'Donovan	8:27
<b>High Jump</b>	
M55 James Paddie	5-2
M60 Charlie Richard	4-2
M75 Jeff DeBlanc	3-6
W60 Bernice Bordelon	3-5
<b>Pole Vault</b>	
M60 Bob Hensley	7
M75 Ted Yenari	7
<b>Long Jump</b>	
M50 Willis Delhomme	14-2.50
M55 James Paddie	14-10.50
M60 Charlie Richard	15-5.75
M65 Al Badinger	13-2.50
M75 Jeff DeBlanc	10-3.50
M80 Bill Domingues	8-11
W60 Bernice Bordelon	9-11
<b>Triple Jump</b>	
M60 Charlie Richard	32-4.25
M75 Jeff DeBlanc	10-7.75
<b>Shot Put</b>	
M50 Chester Guidry	33-11
M55 Joe Brignac	32-1.50
M60 Milton Brady	37-3.50
M65 Jim Zaunbrecher	23-4.50

M75 Ed Aucoin	26-1.50
M80 Dan Mestayer	21-10.50
W50 Pearl Garcia	21-5
W55 Sandra Matthieu	23-9
W60 Evelyn Taylor	22
W65 Babe English	21-10
W70 Lillian Patin	19-9
W75 Edesse Broussard	10
W80 Mary A Mestayer	14-9
<b>Discus</b>	
M50 Chester Guidry	103-2
M55 Don North	100-7
M60 Bob Hensley	108-2
M65 Jim Zaunbrecher	68-3
M75 WesJohnson	78-6
M80 Bill Domingues	57-2
W50 Pearl Garcia	54
W55 Sandra Matthieu	54-4
W60 Janice Pratt	52-3
W65 Babe English	52
W70 Helen Lindsey	39-5
W75 Edessa Broussard	13-4
W80 Mary A Mestayer	28-1
<b>Javelin</b>	
M50 Chester Guidry	123
M55 Don North	133
M60 Philip McCarty	127-6
M65 Ray Lovell	53-11
M75 Ed Aucoin	52
M80 Dan Mestayer	33-6
W50 Pearl Garcia	51-5
W55 Fay Richard	55-7
W60 Janice Pratt	54-5
W65 Joyce Orso	51-8
W70 Lillian Patin	42-5
W75 Connie Goodwin	24-1
W80 Mary A Mestayer	19-4
<b>800m RW</b>	
M60 Noah Broussard	5:47
M65 Carroll Crendeur	6:47
M70 Jack Wyatt	5:20
M75 Don Broussard	6:45
W50 Pearl Garcia	5:34
W55 Barbara Clark	6:05
W60 Janice Pratt	6:20
W65 Melba Martin	6:51
W70 Helen Lindsey	6:32
W75 Millie Broussard	6:31
W80 Nell Prejean	8:18
<b>1500m RW</b>	
M55 John O'Donovan	12:09
M65 Leroy LeCamus	11:39
M75 Howard Newman	12:23
W55 Joyce Broussard	9:36
W65 Denise Guillotte	11:58
<b>5K</b>	
M55 Gerald Daugereaux	21:05
M60 Ron Piontek	23:54
M65 Larry Cinquemano	23:40
W55 Mary Piontek	32:50

**Tulsa TC Meet**  
**Tulsa, OK; May 3**

<b>50m</b>	
M45 Jim Dolezel	6.91
W50 Nina Bryant	8.47
<b>100m</b>	
W50 Nina Bryant	16.67
M45 Jim Dolezel	25.75
M50 C E Barnhart	
Drumwright	31.33
<b>1500m</b>	
M30 Steve Skocik	4:27.74
M35 Roger Simon	4:46.02
M50 C E Barnhart	
Drumwright	6:07.03
<b>Two Mile</b>	
M35 Kevin Bender	10:32.49
<b>5000m</b>	
M45 Steve Smith	34:57.17
<b>3000mH</b>	
M40 George Hall	49.00
<b>Pole Vault</b>	
M35 David Swezey	15-7
<b>Mile Racewalk</b>	
M40 Mike Hairston	7:44.82

**Ambassador University Meet**  
**Big Sandy, TX; May 12**

<b>100m</b>	
M35 Weldon Lee	12.14
M40 Tom Thompson	11.65
M45 Mike Lloyd	13.82
M55 Emil Pawlik	12.89
M65 J V Smith	19.06
M70 Chester Studdard	16.43
W40 Cindy Steenberg	13.29
W55 Silvia Brooks	17.23
<b>200m</b>	
M35 Weldon Lee	24.27
M40 Tom Thompson	23.54
M45 Carlos Gutierrez	29.74
M55 Wayne Bennett	26.17
W40 Cindy Steenberg	27.05
W55 Silvia Brooks	38.46
<b>400m</b>	
M40 Rick Easley	54.01
M45 Carlos Gutierrez	65.92
<b>800m</b>	
M40 Rick Easley	2:01.55

M45 Rick Sherrod	2:09.09
<b>1500m</b>	
M40 Tom Aspel	4:15.34
<b>5000m</b>	
M40 Mike Sandlin	18:05.06
M50 Arthur Suckling	20:10.49
<b>10,000m</b>	
M40 Mark Sandlin	37:11.21
M50 Arthur Suckling	40:42.05
<b>Short Hurdles</b>	
M35 Dan Cook	16.84
M55 Emil Pawlik	15.28
W30 Erika Noble	23.15
<b>Long Hurdles</b>	
M40 Mike Mitchell	69.77
M50 Courtland Gray	58.52
W30 Erika Noble	84.40
<b>4x100m Relay</b>	
M30-39 Superheros	47.89
<b>(Bowler/Mayfield/Turner/W Thompson)</b>	
<b>4x400m Relay</b>	
Masters	4:16.18
<b>(Suckling/Burton/Sandlin/Gutierrez)</b>	
<b>Age-Graded 100m</b>	
Tom Thompson M40	10.94
Emil Pawlik M55	11.11
Wayne Bennett M55	11.11
Willard Thompson M40	11.27
<b>High Jump</b>	
M40 Mike Mitchell	1.42
M50 Mark Chapman	1.44
M55 Emil Pawlik	1.64
M65 J V Smith	1.16
W30 Erika Noble	1.31
W55 Silvia Brooks	0.96
<b>Long Jump</b>	
M40 Mike Mitchell	5.29
M50 Mark Chapman	3.43
M55 Emil Pawlik	5.43
M65 J V Smith	3.57
W30 Erika Noble	3.94
<b>Triple Jump</b>	
M40 Mike Mitchell	10.54
<b>Shot Put</b>	
M50 Mark Chapman	11.90
M65 J V Smith	10.81
W30 Erika Noble	7.21
W40 Cheryl Mellenthin	7.33
W55 Silvia Brooks	6.97
<b>Discus</b>	
M50 Mark Chapman	

## Continued from previous page

M55 Howard Zingg	91-0
John Conniff	87-3
Harold Crater	66-4
M60 John Cantrell	112-5
Zebbie Przewodek	67-7
M65 Joe Thomas	77-1
M85 John Pearce	52-1
W40 Cheryl Mellenthin	56-9

## Javelin

M40 Cecil Noble	123-11
M50 Jerry Poulson	118-6
Mark Chapman	98-3
Jim Goodwin	96-8
M55 Jim Tinelli	126-6
John Conniff	113-1
Harold Crater	98-0
M60 John Cantrell	103-9
Zebbie Przewodek	98-3
M65 Joe Thomas	51-9
M70 Fred Adams	43-9
M85 John Pearce	57-2
W40 Cheryl Mellenthin	58-8
W70 Ruth Seeger	66-4

## Weight Throw

M45 Jerry Brewer	28-6½
M50 Mike Graham	25-3
Wayne Rathke	24-8
Mark Chapman	20-8½

## M55 John Conniff

Howard Zingg	26-7½
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## M60 John Cantrell

Zebbie Przewodek	27-8
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## M65 Joe Thomas

M70 Fred Adams	27-4½
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## W35 Carol Finsrud

Lori Kopp	18-6
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## W40 Cheryl Mellenthin

Superweight Throw	18-5.75
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## M45 Jerry Brewer

M45 Wayne Rathke	19-2
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## M50 Mike Graham

Mike Graham	15-5
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## M55 John Conniff

Howard Zingg	17-3.75
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## M60 John Cantrell

M65 Joe Thomas	14-7.75
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## M70 Fred Adams

M75 Joe Thomas	8-11
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## W35 Carol Finsrud

M70 Fred Adams	13-11½
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## W35 Carol Finsrud

M75 Joe Thomas	15-5½
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## Ponca City Classic

## Ponca City, OK; May 18

## 100m

M30 Mike Kassen	13.25
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## M35 Mike Houston

Allen Blaylock	11.54
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## M40 James Darrington

Roger Davis	12.05
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## M45 Jim Dolezel

M50 Tom Fisher	12.69
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## M55 Thornton Shelton

M55 Foster Johnson	13.35
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## M60 John Cantrell

M65 Joe Thomas	12.17
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## M70 Fred Adams

M75 Joe Thomas	13.16
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## W35 Carol Finsrud

M70 Fred Adams	13.49
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## W40 Cheryl Mellenthin

M75 Joe Thomas	15.57
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## W45 John Conniff

M70 Fred Adams	14.59
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## W50 Nina Bryant

M75 Joe Thomas	15.21
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## 200m

M30 Miles Kassen	28.49
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## M35 Mike Houston

Roger Davis	24.33
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## M40 James Darrington

Rick McClain	25.28
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## M45 Jim Dolezel

M50 Tom Fisher	25.59
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## M55 Thornton Shelton

M55 Foster Johnson	26.74
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## M60 John Cantrell

M65 Joe Thomas	24.99
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## M70 Fred Adams

M75 Joe Thomas	26.85
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## W35 Carol Finsrud

M70 Fred Adams	2.75
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## W40 Cheryl Mellenthin

M75 Joe Thomas	32-10
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## W45 John Conniff

M70 Fred Adams	99-3
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## W50 Nina Bryant

M75 Joe Thomas	88-6
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## Oklahoma State Age-Group

## Championships

## Tulsa, OK; May 25

## 100m

M35 Roger Davis	12.12
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## M45 Jim Dolezel

M50 Tom Fisher	11.82
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## M55 Dale Lance

M60 John Cantrell	12.76
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## M70+ Foster Johnson

M75 Joe Thomas	12.73
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## W35 Julia Barber

M70 Fred Adams	16.47
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## W40 Lisa Lassiter

M75 Joe Thomas	15.31
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## W45 Barb Roark

M70 Fred Adams	18.70
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## W50 Nina Bryant

M75 Joe Thomas	16.69
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## 200m

M35 Jeff Lindsay	23.63
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## M40 Brooks Wright

M45 Jim Dolezel	27.05
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## M45 Jim Dolezel

M50 Tom Fisher	24.65
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## M50 Tom Fisher

M55 Thornton Shelton	26.66
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## M55 Thornton Shelton

M75 Joe Thomas	27.56
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## W35 Julia Barber

M70 Fred Adams	32.69
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## W50 Nina Bryant

M75 Joe Thomas	35.56
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## 400m

M35 Jeff Lindsay	53.06
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## M40 Brooks Wright

M45 Dale Bean	59.64
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## M45 Dale Bean

M35 Jeff Lindsay	1:57.44
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## M40 Brooks Wright

M45 Suzanne Williams	2:15.60
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## W45 Suzanne Williams

M35 Randal Maxwell	2:39.17
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## 1500m

M35 Steve Skocik	4:49.00
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## 2 Miles

M35 Steve Skocik	10:03.43
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## M40 Bud Almond

M45 Steve Smith	11:06.11
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## M45 Steve Smith

M40 George Hall	11:16.92
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## Short Hurdles

M40 George Hall	17.37
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## Long Hurdles

M40 George Hall	1:07.89
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## 4x400m

M40 Almond McDonald	4:05.10
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## High Jump

M45 Jim Dolezel	1.57
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## M50 Tim McGough

M70+ Doc Bennett	1.32
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## M70+ Doc Bennett

W45 Cathie Cardenas	1.12
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## W45 Cathie Cardenas

M55 John Conniff	.96
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## Pole Vault

M55 Dale Lance	3.96
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## Long Jump

M45 Dale Deuval	4.03
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## M70+ Foster Johnson

M70+ Foster Johnson	3.28
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## Triple Jump

M70+ Doc Bennett	6.20
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## Shot Put

M35 Ed Chesney	9.24
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## M45 David Rhatigan

M45 David Rhatigan	12.87
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## M50 Tim McGough

M55 Sheppard Meirs	10.75
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## M55 Sheppard Meirs

M60 Bob Santine	12.91
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## M60 Bob Santine

M65 Engel Grow	8.66
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## M65 Engel Grow

M70+ Doc Bennett	11.04
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## M70+ Doc Bennett

W40 Gisela Otis	7.23
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## W40 Gisela Otis

M35 David Hunt	12.24
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## M40 David Rhatigan

M40 David Rhatigan	25.98
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## M50 Tim McGough

M55 Sheppard Meirs	40.22
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## M55 Sheppard Meirs

M60 Bob Santine	40.22
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## M60 Bob Santine

M65 Engel Grow	31.00
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## M65 Engel Grow

M70 Ed Hooker	29.20
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## M70 Ed Hooker

W50 Gisela Otis	39.94
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## W50 Gisela Otis

M35 Ken Ellis	30.74
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## M35 Ken Ellis

M50 Tim McGough	46.40
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## M50 Tim McGough

M60 Bob Santine	16.82
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## M60 Bob Santine

M65 Engel Grow	31.04
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## M65 Engel Grow

M35 Michael Chapman	30.79
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## M35 Michael Chapman

M40 Scott Mays	19:50.12
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## M40 Scott Mays

M40 Scott Mays	20:14.61
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## USATF Southwest Association

## Championships

## Dallas, TX; June 1

## 100m

M40 Will Thompson	11.9
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## M40 Will Thompson

Bill Burton	12.1
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## M45 Tom Acree

M45 J B Haggerty	12.4
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## M45 J B Haggerty

Jim Dolezel	11.9
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## M50 Tom Fisher

M55 Thornton Shelton	12.4
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## M55 Thornton Shelton

M55 Foster Johnson	11.9
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## M55 Foster Johnson

M60 John Cantrell	12.8
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## M60 John Cantrell

M65 Joe Thomas	13.4
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## M65 Joe Thomas

M70 Fred Adams	12.6
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

M75 Joe Thomas	12.8
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## M75 Joe Thomas

M70 Fred Adams	12.8
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## M70 Fred Adams

Continued from previous page

M50 Danny Boyle	13
M55 Keith Powell	8-6
Dave Doerr	8-6
Bob Bergfeldt	7
M60 James Rothrock	8
Jim Peterson	7
M70 Tom Devaughn	7

Long Jump

M35 Stephen Carson	5.93
Andy Miller	5.54
M40 Steve Abel	5.52
Pat Fahy	5.40
B B Bender	5.34
M45 John Gray	5.30
Mark Mahl	4.70
M50 Johnny Edwards	3.97
M55 Jim Swayze	4.83
Antonio Chavez	4.76
Keith Powell	4.69
M60 George McGrady	3.55
Jim Peterson	4.31
M85 Virgil McIntyre	2.23
W30 Elizabeth Mokogwu	4.11
W50 Kathy Jager	3.02

Triple Jump

M35 Stephen Carson	10.77
M40 Pat Fahy	11.19
Rick May	9.59
Steve Abel	9.40
M45 John Gray	10.05
M60 Jim Peterson	9.31
George McGrady	6.74

Shot Put

M35 Andy Miller	12.10
Jeff Crothers	11.94
M45 Ron Travis	10.15
Kenneth Kreser	7.72
M50 Duane Thompson	11.99
Bob Osterhoudt	10.95
Rick Behrens	10.67
M55 Bob Beck	12.46
Buel Bowlan	9.83
M60 Jim Rothrock	11.57
M75 Roy Clark	7.44
W30 Corrina Repucci	7.42
W45 Sandra Harrison	9.19
W50 Kathy Jager	8.86
Laurie Rothrock	7.42
W55 Karen Bergfeldt	6.03
W70 Renee Roloff	5.59

Discus

M35 Jeff Crothers	33.20
Andy Miller	36.48
M50 Duane Thompson	34.28
Bob Osterhoudt	33.38
Spike Graham	32.40
M55 Bob Beck	37.97
Jim Swayze	31.63
Bob Bergfeldt	30.36
M60 James Rothrock	38.19
Jim Peterson	37.03
M65 Arthur Brandt	31.98
Roger Pearson	28.34
Walter Atcheson	24.01
M70 Dick Herzer	33.48
M75 Roy Clark	24.56
M80 Charles Roloff	22.62
W30 Corrina Repucci	19.50
W45 Sandra Harrison	20.44
W50 Laurie Rothrock	20.00
W55 Karen Bergfeldt	16.44
W60 Barbara Brandt	17.22
W70 Renee Roloff	13.14

Javelin

M30 Robert Lavin	26.12
M35 Andy Miller	47.44
John Prather	39.54
Stephen Carson	34.02
M40 Rick May	41.24
M45 Mike Chapman	52.80
Mark Mahl	34.94
M50 Joe Hilbe	48.36
Bob Osterhoudt	32.28
Clyde Tubick	27.48
M55 Bob Bergfeldt	35.94
Paul Taylor	33.66
Bob Beck	28.16
M65 Roger Pearson	29.12
Arthur Brandt	26.00
M70 Dick Herzer	32.52
M80 Charles Roloff	22.78
W30 Corrina Repucci	16.68
W40 Cheryl Hilbe	17.20
W45 Sandra Harrison	16.06
W50 Laurie Rothrock	17.60
W55 Karen Bergfeldt	15.96
W60 Barbara Brandt	23.34
W70 Renee Roloff	16.42

3000m RW

M60 Ray Anderson	19.14
Clifford Elkins	19.21
M65 Frank Welch	25.38

M75 Kurt Straus	23:50
Roy Clark	23:58
W60 Joann Deiner	21:15
W65 Claire Elkins	22:43
W70 Marion Mahoney	23:58

**Steve Scott Masters  
Invitational  
UC-Irvine; May 5**

100m	
M30 R Love	10.95
M35 W Iba	11.37
M40 S Cummings	12.1
K Stone	12.4
M45 T Boucquey	12.3
R Battle	12.6
S Groves	12.69
M50 S Whitley	11.35
F Little	12.2
D Herring	12.79
M55 K Dennis	12.51
W Knocke	13.20
L Gillespie	14.05
M60 S Flory	14.02
F Kishi	15.09
M70 J Welch	18.79
W35 M Lay	13.50
W Iba	14.20
A Thomas	16.03
W45 J Coates	15.73
200m	
M30 K Berry	22.85
M35 W Iba	22.92
M40 S Cummings	24.81
K Stone	26.40
M45 B Fitzpatrick	25.95
R Battle	26.08
G Weston	26.54
M50 S Whitley	23.74
F Little	25.50
S Baldwin	26.29
M55 K Dennis	26.3
F Hartman	29.3
L Gillespie	29.4

M60 J Jefferson	30.68
M65 L Beadle	30.01
J Selby	30.51
A Escobosa	31.34
M75 C Mercurio	35.38
W35 M Lay	28.19
E Iba	30.78
W45 J Coates	33.02
400m	
M30 K Berry	50.05
M40 D Williams	54.93
S Cummings	55.06
D Goldman	56.27
M45 R Russell	58.08
M50 S Baldwin	58.74
A Turnbull	62.84
M55 J Hartman	68.76
M60 J Jefferson	67.2
M65 L Beadle	66.85
J Selby	67.14

800m	
M35 J Hope	2:13.6
M40 D Goldman	2:08.16
D Janteaz	2:11.75
M45 R Russell	2:10.76
B Fitzpatrick	2:14.05
T Olsen	2:40.9
M50 L Fitzgerald	2:13.10
M60 J Jefferson	2:37.8
M65 J Selby	2:32.2
L Beadle	2:53.2
B Holmes	2:55.0
W35 D Selby	3:58.7
3000m	
M35 J Hope	10:20.5
M75 N Jacobs	15:14.06

<u>Short Hurdles</u>	
M30 S Daniel	16.17
D Brown	16.85
M45 S Groves	17.56
M55 W Knocke	15.50
M70 R Warren	19.91

300mH	
M30 K Berry	42.88
M45 S Groves	48.25
<u>High Jump</u>	
M35 J Helton	5-10
M40 K Stone	5-0
M45 C Rader	5-10
L Clippes	4-4
G Weston	3-6
M50 W Wood	4-8
M55 T Rowan	4-8
M60 J Sullivan	4-10
M65 S Teaford	4-0
M70 R Warren	4-2
W45 B Stratton	3-5

<u>Pole Vault</u>	
M30 J Thorson	17-4
M40 D Sparks	13-0
M80 C Johnston	7-2 1/2
W30 S DiMarco	11-0
J Kelly	10-6

<u>Long Jump</u>	
M30 D Brown	20-9
M45 C Flowers	18-2
M50 W Wood	15-8
B Covington	15-4
J Bustamante	12-0
M55 T Rowan	15-5
M70 R Warren	12-0
W35 E Iba	14-11
W45 B Stratton	10-3
<u>Triple Jump</u>	
M50 W Wood	32-10

M55 T Rowan	30-8 1/2
G Odell	29-7
F Hunter	25-2 1/2
W45 B Stratton	22-8

<u>Shot Put</u>	
M40 W Gardner	47-1
A Raya	35-4
D Barrett	34-1
M45 H Onik	39-9 1/2
M50 D Pena	37-8 1/2
M55 F Hunter	31-2
M60 M Devlin	36-8 1/2
M65 D Hegberg	32-3
M70 J Rafto	34-2
M80 C Odell	30-9 1/2

<u>Discus</u>	
M40 D Barrett	117-9
A Raya	106-1
M55 F Hunter	101-11
M60 B Humphreys	164-0
E Martin	116-2
M Devlin	113-6
M65 D Hegberg	130-3
M70 J Rafto	94-6
M80 C Odell	80-8
W40 J Wilson	130-6

<u>Hammer</u>	
M55 A Sheinker	87-6
M60 M Devlin	110-0
M75 S Lampert	95-10
<u>Javelin</u>	
M40 B Gardner	158-0
M45 R Rook	123-3
M50 D Pena	130-8
M55 F Hunter	98-1
M60 E Martin	119-9
M Devlin	112-1
M65 D Hegberg	82-7
M70 J Rafto	94-1
M80 C Odell	72-7
W55 P Devlin	53-0

<u>5000m Racewalk</u>	
M50 G Koenig	35:14
J Bustamante	41:09
M60 B Meador	32:18.9
L McGuire	32:45.8
W40 L Ohlsen	31:48
W55 A Roxon	40:38

**Striders Meet of Champions  
CSU-Long Beach; May 11**

100m	
M30 A Ros	11.06
R Drummond	12.47
M35 Wayne Iba	11.43
M40 Jim Bonilla	11.99
D Perrin	12.15
T Byas	12.38
S Jackson	12.40
M45 Thierry Boucquey	11.70
G Johnson	11.90
Sheridan Groves	12.80
M50 D Herring	12.85
A Craddock	13.25
J Bustamante	13.31
M55 Kenny Dennis	12.76
M60 Dick Richards	12.67
R Tsuda	13.41
S Flory	14.22
M65 R McPherson	13.72
J Selby	14.77
D Mack	17.45
M70 T Miller	16.23
G Simon	16.62
M85 T Castro	19.58
W35 Melvina Lay	13.61
Elaine Iba	14.35
K Vaughn	15.82
W45 Cindy Watson	16.09
W50 Cora May Johnson	16.96
Sharon Medeiros	17.06
R NewmanNichols	17.32
W65 Magdalene Kuehne	17.50

200m	
M30 F Duffey	22.69
A Ros	22.90
Tony Williams	23.35
M35 W Iba	23.36
Darrell Reed	30.72
M40 Jim Bonilla	24.10
S Jackson	24.90
D Perrin	25.40
M45 Chuck Smith	24.30
G Johnson	24.40
G Weston	26.40
M50 A Craddock	28.38
J Bustamante	29.86
M55 Kenny Dennis	26.29
Bob McAlpine	28.99
F Hartman	29.25
M60 D Richards	26.46
M65 Don Cheek	27.90
R McPherson	28.81
Al Escobosa	30.26
M85 T Castro	46.33
W35 Melvina Lay	28.15
Shellie Banks	28.51
Elaine Iba	30.33
W65 Magdalene Kuehne	37.27

400m	
M35 H Duncan	54.52
N Bojko	61.45
M40 E McCalley	59.71
K Stone	63.72
M50 S Sheperd	60.40
J Cabeza	61.90
M55 Bill Knocke	56.73
F Hartman	67.20
M60 J Carrington	64.28
J Jefferson	66.15
M65 J Selby	67.44

W40 Tina Stough	66.36
800m	
M30 Tony Williams	2:07.47
M35 T Jones	2:12.34
Joe Gilboy	2:13.71
M40 -- Goldman	2:07.30
M45 Bill Fitzpatrick	2:12.47
Bob Russell	2:12.90
D Learn	2:22.00
M60 W O'Donnell	2:37.30
R Archibald	3:05.20
M65 J Selby	2:34.60
Bob Holmes	2:56.00
Harold Willis	3:15.40
W30 Gilian Drummond	2:46.93
W35 Debbie Selby	4:02.60
W50 Bonnie Frankel	2:43.78

1500m	
M30 Jim Reed	4:29.84
M35 M Cleary	4:18.02
T Jones	4:39.44
M40 S Lassergerd	4:35.21
M45 D Learn	4:46.25
M50 J Cabeza	4:38.08
L Fitzgerald	4:48.83
Dick Jones	5:12.43
M60 J Jefferson	5:26.91
P Faust	5:29.85
R Archibald	6:10.11
M65 J Selby	5:15.18
Bob Holmes	6:09.88
M70 Avery Bryant	7:01.40

<u>Short Hurdles</u>	
M30 R Drummond	17.67
M40 D Perrin	16.36
Richard Watson	20.67
M45 Sheridan Groves	18.14
M50 Theo Viltz	15.64
M55 Al Henry	15.82

<u>Long Hurdles</u>	
M40 Andrew Hecker	69.38
<u>3000m Steeplechase</u>	
M50 -- Cavaletto	12:36.64
M70 Avery Bryant	14:43.13

<u>4x100m Relay</u>	
M40 Monsoon TC	50.23
(Herring/Watson/Clippes/--)	
W40 Unattached	69.26
(Watson/Medeiros/Newman/--)	

<u>1200m Sprint Relay</u>	
M50 Striders	4:46.90
(Hartman/McAlpine/Niedermeyer/--)	

<u>High Jump</u>	
M40 Jason Meisler	1.68
Mel Embree	1.68
Richard Watson	1.42
M45 Charlie Rader	1.78
Leroy Clippes	1.02
G Weston	1.02
M50 R Pozzi	1.68
B Wood	1.42
M55 T Rowan	1.37
M60 R Archibald	1.12
M65 Sam Teaford	1.22
Bob Perry	0.99
W45 Ann Steekelenburg	1.42
Barbara Stratton	1.07
Cindy Watson	1.07
W70 Johnnye Valien	1.02

<u>Pole Vault</u>	
M30 Bill Halverson	4.88
M50 Mardon Connelly	3.36
M60 J Simms	2.59
M70 Don Roser	2.14
M75 Jim Vernon	nh
W65 Shirley Kinsey	1.63
W70 Johnnye Valien	1.43

<u>Long Jump</u>	
M40 D Perrin	5.80
Tom Lovejoy	4.95
Richard Watson	4.84
M50 William Wood	4.75
J Bustamante	4.00
M55 T Rowan	4.83
M60 D Richards	5.46
R Tsuda	4.88
Ed Martin	3.85
M65 Sam Teaford	2.88
W35 Elaine Iba	4.66
W45 Barbara Stratton	3.30
W50 Sharon Medeiros	3.38
W65 Magdalene Kuehne	3.25

<u>Pole Vault</u>	
M30 Bill Halverson	4.88
M50 Marshall Connelly	3.36
M60 J Simms	2.59
M70 Don Rorer	2.14
M75 Jim Vernon	nh
W65 Shirley Kinsey	1.63
W70 Johnnye Valien	1.43
<u>Long Jump</u>	
M40 D Perrin	5.80
Tom Lovejoy	4.95
Richard Watson	4.84
M50 William Wood	4.75
J Bustamante	4.00
M55 T Rowan	4.83

## Continued from previous page

M50 Dennis Duffy	57.3
Will Hendricks	62.4
M55 Benson Ford	74.5
M60 Bobby Thomas	60.4
Bill Anderson	67.5
M65 Rodney Brown	69.2
Jim Moorhead	91.8
M75 Pete Ganahl	1:46.0
W30 Lisa Nichols	64.9
Diana Moore	68.0

## 800m

M30 Joe Carnegie	1:54.1
Garth Merrill	2:07.3
M35 Nikos Mourtas	2:07.3
Joe Cabrera	2:12.0
Marty Krueger	2:14.0
M40 Dave Iremonger	2:12.4
Mike Russler	2:17.3
M45 David Amster	2:05.9
Herve Pannare	2:06.6
Luis Pannare	2:08.6
M50 Wm Hendricks	2:26.0
M60 Pete Richardson	2:27.7
Bill Anderson	2:47.1
Jim Harris	2:51.7
M65 Rodney Brown	2:50.2
M70 Sid Toabe	3:14.9
W30 Lisa Nichols	2:29.2
Diana Moore	2:38.5
Gillian Drummond	2:40.0
W35 Christine Smith	2:56.5

## 1500m

M35 Marty Krueger	4:40.0
Joe Cabrera	4:40.4
Nikos Mourtas	4:51.1
M40 Mike Johnson	4:34.0
Bob Collins	4:52.2
M45 David Amster	4:29.6
Gary Hall	4:47.0
Phil Cherney	6:01.2
M55 Jim Bevins	5:13.1
M60 Pete Richardson	5:01.9
Jim Harris	5:54.8
M70 Sid Toabe	6:42.5
W30 Gillian Drummond	5:45.2
W65 Helen Ortiz	8:38.2

## 3000m

M35 Richard Thiel	10:55.0
M40 Scott Rosenlieb	9:49.6
Bruce Deeter	9:56.8
M45 Teddy Walton	11:59.7
M50 Sam Logan	14:12.4
M55 Jim Bevins	11:30.7
M60 Jim Harris	12:33.7
M65 Anthony Bush	14:17.5
M70 Sid Toabe	13:00.4
M75 Norton Jacobs	15:42.1
W30 Carol Freeborn	12:25.5
Renee Ortiz	17:40.6
W35 Billie Boles	11:34.3
W65 Helen Ortiz	17:40.4

## 65mH

M30 Peter Hanlon	10.0
M40 David Murphy	11.5
M45 Sheridan Groves	10.2
M50 Dennis Dismuke	10.5
M70 Richard Warren	12.8
W60 Christel Miller	12.8

## 300mH

M30 Roger Drummond	43.4
M45 Sheridan Groves	48.0
W40 Tina Stough	54.2

## High Jump

M40 Keith Nelson	6-0
Steve Stafford	5-6
John Townsend	5-1
M45 Ed Baskauskas	5-6
Mike Cates	4-10
M50 Don Dvorak	4-8
Bill Wood	4-6
M55 John Steinman	4-6
M60 Phil Fehlen	5-6
M65 Paul Bambrook	4-2
M70 Richard Warren	4-0
M75 Pete Ganahl	3-4
W45 Barbara Stratton	3-6
W60 Christel Miller	3-10
W65 Shirley Kinsey	3-2

## Pole Vault

M45 Eddie Seese	12-6
Jim Andrews	10-6
Steve Unzueta	9-6
M50 John Stringer	12-0
M55 Terry Cannon	11-6
John Steinman	8-0
W65 Shirley Kinsey	5-8

## Long Jump

M30 Peter Hanlon	19-2
M35 John Kimura	17-9
M40 Steve Stafford	16-9
Joe Sahagun	15-10
John Townsend	15-9
M45 Roger Trujillo	17-7
James Manor	17-6
Teddy Walton	13-8
M50 Dennis Dismuke	15-6
Bill Wood	14-7
M55 John Lawson	15-7
Richard Imperale	15-0
M65 Paul Bambrook	13-10
Jim Moorhead	12-11
M70 Richard Warren	12-0
W35 Elaine Iba	15-2
W45 Barbara Stratton	10-3
W60 Christel Miller	10-8

## Triple Jump

M40 Steve Stafford	33-5
John Townsend	32-1
M45 Roger Trujillo	37-1
James Manor	35-6

M50 Bill Wood	33-7
Don Dvorak	33-4
M55 John Lawson	33-0
Richard Imperale	31-4
M60 John Cauldwell	27-10
M65 Paul Bambrook	29-5
Jim Moorhead	25-8
M75 Charles Mercurio	23-7

## Shot Put

M40 John Townsend	37-6
M50 David Archambault	36-7
Del Ault	35-6
Sam Logan	29-5
M55 Jim Hart	38-7
John Steinman	31-6
M70 Ed Chynoweth	38-4

## Discus

M30 Jeff Lutz	149-0
M40 John Townsend	103-5
M45 Scott Wolfe	85-4
M50 David Archambault	97-3
Del Ault	93-9
Sam Logan	72-11
M55 Jim Hart	129-0
John Steinman	100-3
W65 Shirley Dietrich	53-9

## Javelin

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## USATF Pacific Weight

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## Pentathlon Championships

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## KELfield, Santa Cruz, CA; May 25

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## Dan Aldrich Memorial

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## Anteaters Meet

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## UC-Irvine; May 26

M40 Steve Stafford	104-0
M45 Scott Wolfe	127-9
M50 Rick Behrens	100-10
Sam Logan	82-11
M65 Del Pickarts	140-7
W65 Shirley Dietrich	61-7

## 100m

M30 K Berry	10.95
H Milner	11.45
M35 R Sands	11.58
M40 D Perrin	12.25
S Cummings	12.39
A Davis	12.46
D Jambas	12.46
M45 G Johnson	12.27
S Groves	12.93
G Wong	13.10
M50 D Herring	12.88
J Bustamante	13.15
T Craddock	13.15
M55 B Knocke	12.33
W Butler	12.38
J Head	14.59
M60 S Flory	14.64
M65 D Cheek	13.91
A Escobosa	15.14
M70 T Patsalis	15.43
M80 A Castro	19.11
W35 R Moore	14.43
K Vaughn	15.92
A Thomas	16.22
W55 J Carter	16.56

## 200m

M30 K Berry	22.10
A Legall	24.47
M35 R Sands	23.00
M40 S Cummings	24.61
K Stone	26.86
M45 D Parker	24.85
B Fitzpatrick	26.98
M50 T Craddock	28.12
C Loftis	28.15
J Bustamante	29.15
M55 F Hartman	29.22
J Carter	34.83
M65 D Cheek	29.11
M75 C Mercurio	36.72
M80 A Castro	41.72
W35 R Moore	29.27

M60 E Davis	2:39.77
C Kirby	3:18.72
M65 B-Holmes	2:51.18
M70 A Bryant	3:24.48
W35 C Smith	2:49.54
W75 G Davidson	3:51.9

## 1 Mile

M45 D Irvine	5:14.89
O Stoeber	5:41.7
S Mono	5:55.21
M60 G McClenathen	6:09.02
M65 G Linde	5:41.23
J Selby	5:49.04
W35 D Selby	8:46.9

## 3000m

M45 O Stoeber	11:08.57
M60 G McClenathen	12:13.69
M30 K Berry	14.97
M40 D Perrin	16.76
R Watson	21.15
M45 S Groves	18.23
M55 B Knocke	15.40
J Head	21.61
M65 A U Ricciardi	18.34
M70 T Patsalis	15.93
W60 C Miller	16.58

## 4x100m Relay

L.A. Rehab	43.81
Monsoon TC	49.14

## High Jump

M30 S Barba	5-2
M45 C Rader	6-0
J Williams	4-10
R Watson	4-8
M50 R Pozzi	5-6
B Bly	4-4
W Wood	4-0
M55 J Head	4-6
M60 R Fitzhugh	4-4
M65 B Held	4-10
S Teaford	4-1
M70 D Roser	4-1
M75 P Ganahl	3-4
W45 B Stratton	3-7
W50 S Medeiros	3-4
R Nichols	3-1
W60 C Miller	4-2

## Pole Vault

M35 W Soohoo	12-6
M40 B Stember	12-6
M50 B Bly	10-0
M55 T Cannon	10-0
M60 R Fitzhugh	9-0
H Smith	8-6
M70 D Roser	7-6
M80 C Johnston	7-9
W30 S DiMarco	12-1

## Long Jump

M30 D Brown	20-9
M35 D Barrette	16-1
R Watson	16-0
M50 B Bix	15-5
J Bustamante	12-3
M70 T Patsalis	13-4
M75 A U Ricciardi	10-5
W30 K Vaughn	9-10.75
W45 B Stratton	9-11
W50 N O'Conner	12-2
S Medeiros	9-10.75
W60 C Miller	10-6

## Triple Jump

M50 W Wood	29-2
M70 T Patsalis	29-2
M75 C Mercurio	24-5
W45 B Stratton	22-1

## Shot Put

M30 S Barga	37-3
M40 W Gardner	46-9
D Greene	36-2
D Perrin	36-2
M45 A Cain	31-1
M50 A Altshiller	31-4
M55 R Hodge	49-4
F Hunter	29-11
M60 H Smith	47-3
B Eldridge	32-11
R Fitzhugh	32-6
M65 H Hawke	37-11
M75 J Seifert	30-10
A U Ricciardi	28-7
M80 K Carmine	18-9
W35 K Vaughn	30-11
W50 R Nichols	25-10

## Discus

M40 R Reabold	123-2
R Watson	117-8
W Gardner	119-8
M50 D Pena	120-8
M55 R Hodge	144-2
F Hunter	101-5
M60 H Smith	127-0
B Eldridge	101-1
R Fitzhugh	103-1
M75 W Thompson	110-4
B Hunt	82-8
A U Ricciardi	81-11
W40 J Wilson	124-7
W50 R Nichols	63-1
P Hunter	44-3

## Hammer

M30 S Barba	84-3
M40 R Watson	103-11
M45 A Cain	89-1

M60 M Devlin	106-2
M75 A U Ricciardi	103-6
W30 Donna Beard	152-6

## Javelin

M30 P Martin	181-2
M35 J Sayre	216-1
M40 D Perrin	161-10
R Watson	138-1
M45 R Rook	124-11
J Williams	116-11
M50 D Pena	129-0
M60 R Fitzhugh	112-10
L Barrette	73-4
M70 D Roser	101-4
M75 J Seifert	86-5
A U Ricciardi	74-0
W35 K Vaughn	71-4
W50 R Nichols	75-4
P Hunter	61-0
W55 P Devlin	63-3

## 5000m Racewalk

M50 G Koenig	35:12.2
M60 L McGuire	32:11.9
M70 B Davidson	42:21.1
W50 A Roxon	37:43

## Masters Decathlon

Phoenix, AZ May 31-June 1	
(100/LJ/SP/HJ/400)	
(111/DT/PV/JT/1500)	
Andrew Miller	M39 5235
13.1/5.88/12.00/1.70/62.06	
428 628 606 644 408	
19.91/41.14/3.10/46.04/5:32.63	
399 688 436 581 417	
Richard Watson	M43 4638
14.4/4.71/10.45/1.50/65.27	
307 443 550 536 372	
20.74/32.88/2.90/44.62/5:39.97	
402 521 439 630 438	
Budd Hamilton	M65 2962
16.1/3.07/7.06/1.06/85.52	
428 352 525 426 235	
33.62/15.98/1.60/12.90/7:50.27	
0 270 266 196 264	

## 1994 NAVA Age-Factor Scoring

auto timing, except 100	
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## NORTHWEST

## Seattle Parks Dept.

## Masters Meet

## Seattle, WA; June 8

## 100m

M30 Mike Waller	12.3
M40 Rick Teller	13.3
M45 Greg Williams	12.2
M50 Dave Walter	12.6
M55 Bob Miller	13.5
M60 Richmond Harrison	15.1
M65 Jack Coy	13.9
M80 Al Klier	19.0
W30 Martha Mendenhall	14.2
W60 Louise Reed	16.9

## 200m

M30 Ron Jenkins	25.3
M40 R Jacquet-Acea	25.4
M45 Greg Williams	26.0
M50 Dave Walter	25.4
M55 Bob Miller	27.3
M60 Richard Harrison	30.7
M65 Jack Coy	28.6
M80 Jack Klier	40.1
W45 Avril Douglas	29.3
W60 Louise Reed	34

Continued from previous page

W30 Olga Romanova	5.79
W35 Marina Slushkina	6.09
W40 Tatiana Potapova	4.97
W45 Nadia Kovaleva	4.25
W50 Galina Morosanova	4.19
W55 Valeria Kudriavtseva	3.98
W60 Natalia Aseva	3.05
W65 Valentina Petrenko	3.33
W75 Katrin Smildzinia	2.70*

**Triple Jump**

M35 Rinat Hairulin	13.26
M40 Valery Shishkov	13.80
M45 Arvids Vitals	12.50
M50 Gennady Bessonov	13.55
M55 Vladimir Roitman	11.48
M60 Vladimir Popov	10.77
M65 Vladimir Rud	7.50
M70 Vladimir Kotenkov	7.78
M75 Serge Kuznetsov	7.62
W30 Olga Romanova	5.79
W35 Marina Slushkina	6.09
W40 Tatiana Potapova	4.97
W45 Nadia Kovaleva	4.25
W50 Galina Morosanova	4.19
W55 Valeria Kudriavtseva	3.98
W60 Natalia Aseva	3.05
W65 Valentina Petrenko	3.33
W75 Katrin Smildzinia	2.70

**Shot Put**

M45 Victor Rashupkin	13.69
M50 Boris Molotchinsky	13.73
M55 Vilen Zafraan	11.03
M60 Vladimir Porochin	11.93
M65 Said Saidov	11.97
M75 Serge Kuznetsov	9.04
M80 Stepan Andropov	5.83
W30 Nadia Frantseva	13.22
W45 Natalia Zubechina	12.67
W50 Tatiana Markova	9.55
W55 Tamara Danitova	12.90*
W60 Galina Kovatenskaia	10.53
W65 Galina Zibina	11.23*
W75 Katrin Smildzinia	7.71*

**3000m RW**

W40 Svetlana Kazarina	17:20.4
W45 Ljudmila Levichenko	19:57.8
W50 V. Diatchenko	20:01.0
W55 Helen Gorb	19:59.1
5000m RW	
M35 Vladimir Sukmanov	26:46.0
M40 V. Boidachenko	21:57.6
M45 Alexander Oleyunik	23:23.6
M50 Alexander Pautov	26:08.9
M55 Aglia Kuchumov	25:15.4
M60 Nikita Larionov	26:42.1
M65 Nikolai Andriushin	26:54.4
M70 Boris Olerov	28:31.0*

\*World Record

**Healthy Heart 5K/USATF NJ Masters Championships Morristown, May 8****Overall**

Joseph McVeigh 32	15:15
Laurie Corbin 28	17:24
M40 Tom Kinsman	15:54
Dan Murphy	16:51
Mike Karr	16:52
Bill Scholl	16:56
Dave Hoch	17:22
M45 Roger Price	16:31
Bruce Langenkamp	17:07
Bill Bosmann	17:14
Steve Kohorst	17:22
Chris Lehman	17:37
M50 Hugh Sweeney	17:31
Pat Cosgrove	17:56
Doug Brown	18:13
John Nwatkowski	18:59
Jan Kristiansen	19:04
M60 Bob Robbins	21:01

**Age-Graded Results**

1 Roger Price	47	16:31/15:05	86.0%	\$150
1 Tom Kinsman	42	15:54/15:05	86.0%	\$150
3 Pat Cosgrove	55	17:56/15:22	84.4%	\$100
4 Hugh Sweeney	52	17:31/15:23	84.3%	\$85
5 Bruce Langenkamp	46	17:07/15:45	82.4%	\$75
6 Bill Scholl	44	16:56/15:49	82.0%	\$65
7 Bill Bosmann	45	17:14/15:59	81.2%	\$55
1 Toshiko d'Elia	66	23:27/17:14	83.5%	\$150
2 Helene Bedrock	61	22:19/17:25	82.7%	\$125
3 Betty Conover	47	19:37/17:36	81.8%	\$100
4 Lois Filreis	66	24:15/17:50	80.7%	\$85
5 Lena Hollman	44	19:38/18:05	79.6%	\$65

**Mother's Day 8K Washington, DC; May 12****Overall**

Bonnie Barnard-Lopez	37:29.22
W40 Linda Wack	31:18
Anne Bowman	33:48
Betty Blank	34:39
Joyce Adams	35:14
Nancy Anderson	35:56
Susan Humphries	36:13
Barbara Ekstrom	37:23
Irene Schanz	39:28
Susan Whittitt	40:55
W50 Chris Stockdale	34:21
Janet Newburgh	38:51
Barbara Fitz	39:44
W55 Janice Stoodley	35:53
Rosa Seemann	43:13
Mary Grillo	45:16
W60 Charlotte Edwards	38:15
Joanne Mallett	41:23
Lois Johnson	56:15
W65 Doralie Segal	43:37
Lee Glasco	51:35
W70 Evelyn Kerper	58:03
W75 Hedy Marque	47:28

**NYRR You Gotta Have Park 5 Mile Prospect Park, Brooklyn; May 18****Overall**

Trevor Murray 30	24:23
Candace Strobach 37	28:48
M30 Jesus Lopez 35	26:06
Roane Carey 36	26:48
Stephen Marsalese	30:27.04
M40 Luis Tipan	26:16
Jaime Palacios	26:46
Steve Calidonna	27:30
M45 Robert Briglio	28:26
Nick Caswell	29:01
Joe Porcaro	29:16
M50 Sam Skinner	28:32
Hugh Sweeney	29:23
Bryan Pearsall	30:50
M55 Joe Roche	34:25
Dan Sinigallia	38:42
Joe Lackner	39:59
M60 Alfred Finger	33:39
Mikhail Papkov	36:32
Michael Frankfurt	38:12
M65 Jack Haar	37:27
Erik Kaymin	40:45
Albert Puma	42:21
M70 Sab Koide	41:48
M75 Albert Goldstein	48:19
Wilfredo Rios	48:21
W30 Yuna Ogita 34	31:34
Joan O'Connell 34	33:02
Robin Venick 33	33:28
M40 Mary DiNardo	32:09
Maria Wickham	32:56
Pat Coyle	33:01
M45 Mary Rosado	33:23
Johanna Carter	38:51
Barbara Trazino	43:45
M50 Ann Makoska	35:39
Kate Glynn	37:26
Melanie Berneven	38:09
M55 Billie Hotan	45:34
Nike Muelle	49:17
M60 Thalma Wilson	39:47
Ruth Kassanga	43:08
M65 Dolly Finkelstein	48:48
M70 Daisy Klein	51:33

Finishers: 253m/165w

Weather: 65°/humid/cloudy

Joe LaBruno	21:10
Don Bozzone	21:11
Bill Engle	21:17
M65 Mark Lannigan	21:09
M80 Austin Newman	25:47
Dudley Healy	32:42
W40 Joyce Hayes	19:37
Lena Hollmann	19:38
Jane Parks	19:45
W45 Betty Conover	19:37
Kuniko Hurley	20:51
Chiara Becchi	21:55
W50 Natalie Grabow	22:15
Eileen Cox	22:15
Elleri Melnick	24:38
W55 Celeste Fondaco	23:29
Nancy Patron	26:01
M60 Helene Bedrock	22:19
Beverly Eggert	25:31
Claudia Kearns	28:05
W65 Toshiko d'Elia	23:27
Lois Filreis	24:15

1 Roger Price	47	16:31/15:05	86.0%	\$150
1 Tom Kinsman	42	15:54/15:05	86.0%	\$150
3 Pat Cosgrove	55	17:56/15:22	84.4%	\$100
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3 Betty Conover	47	19:37/17:36	81.8%	\$100
4 Lois Filreis	66	24:15/17:50	80.7%	\$85
5 Lena Hollman	44	19:38/18:05	79.6%	\$65

**Midland 15K/USATF NJ Masters 15K Championships Far Hills, NJ; May 19****Overall**

Jimmy Muindi	44:33
Alicia Kelly	53:41
M40 Dan Murphy	54:06
Mike Karr	55:39
David Hoch	56:32
M45 Roger Price	53:09
Bruce Langenkamp	54:41
Bill Pape	56:20
M50 Douglas Brown	58:35
Feliciano Pereira	59:53
George Wittmann	1:11:22
M55 Pat Cosgrove	58:29
Butch Pivano	1:02:03
Don Jewell	1:04:04
M60 Bill Engle	1:08:40
Joe LaBruno	1:09:09
Mark Maloney	1:09:29
M65 Mark Lanigan	1:13:10
Robert Kehoe	1:09:06
Stan Chodicki	1:21:10
M70 Bill O'Brien	1:43:02
Lloyd Komblatt	1:58:11
M80 Dudley Healy	1:48:13
W40 Jane Parks	1:04:11
Trink Poynter	1:04:26
Joyce Hayes	1:05:03
W45 Betty Conover	1:03:13
Lena Hollmann	1:06:02
Kuniko Hurley	1:07:52
W50 Natalie Grabow	1:04:10
Patricia O'Hanlon	1:21:34
Alexandra Bru	1:26:54
W55 Imme Dyson	1:13:04
Madeline Bost	1:17:04
Celeste Fondaco	1:17:55
W60 Helene Bedrock	1:12:43
Sue Medaglia	1:25:08
Shirley Pettijohn	1:42:44
W65 Toshiko d'Elia	1:18:39
Lois Filreis	1:22:52

**Advil Mini-Marathon 10K Central Park, New York City; June 8**

Open Tegla Loroupe KEN	32:13
W30 Natalya Sorokina	34:44
Lisa Presedo CAN	35:47
Marian Sutton ENG	35:50
W40 Anne Audain	36:43
Gillian Horowitz NY	38:07
Mary DiNardo NY	40:00
W45 Lena Hollmann CA	42:49
Ann Davies NY	43:25
Kuniko Hurley CA	44:29
W50 Evi Palm WI	40:14
M70 Jorie Kos NY	46:01
Carl Christensen	46:11
W55 Patty Parmalee NY	47:42
Marion Stanjones NY	49:28
Kathleen Nitschelm	50:52
W60 Wen-Shi Yu NY	48:05
Rosa Nales NY	49:56
Sue Medaglia NY	51:14
W65 Joyce Kuschke NJ	62:08
Marian Dealey NY	69:13
Yoshiko Ishizawa NY	70:47
W70 Edith Farias NY	59:23
Daisy Klein NY	67:54
Yolande Marois CAN	76:04
W75 Althea Wetherbee NY	85:43
Althea Jureidini NY	86:34
Ann Gilmore	90:00

from Marilyn Mitchell

**SOUTHEAST****Shamrock Sportsfest Marathon & Masters 8K Virginia Beach, VA; March 16****Overall**

Brad Hawthorne 40	2:18:22
Anna Brook 30	2:51:08
M40 B Hawthorne	2:18:22
Smartex Tambala	2:25:24
Mike Fuller	2:33:14
Sadot Mendez	2:45:55
Steven Dunn	2:58:34
Larry Miller	2:59:19
Joseph Sularz	2:59:52
John Hixon	3:01:21
Frank Cagnina	3:01:34
Kevin Frye	3:01:44
M45 Thomas Morris	2:49:11
Hans Tall	2:51:13
Doc Weiss	2:55:51
Alan Abramowitz	2:57:11
Ken Clark	3:00:51
Jon Park	3:01:47
Wm Magnan	3:03:41
Dan Jones	3:03:59
M50 John Loughran	3:04:22
David Harrell	3:20:12
Frank Okoh	3:22:14
Richard Cassidy	3:22:39
Tom Fiedler	3:23:33
M55 Mel Williams	2:51:52
Bernie Davis	3:05:48
Earl Rushin	3:12:46
Bob Ferguson	3:21:31
Stanton Neumann	3:23:51
M60 Tom Ray 62	3:25:32
Lee Cooper 65	3:27:43
Bill Spruill 61	3:29:27
M70+Robert White 72	3:57:49
R E Stafford	5:00:30
W40 Sue Given 43	3:08:16
Cecil Astrop 41	3:12:26
Kathy Powell 41	3:21:46
Betty Blank 43	3:24:01
Peggy Frederick	4:53:24.22
W50+Jeanne Kruger 48	3:06:19
Jenny Margulies	5:23:52.41
S Flythe 50	3:56:45
Angie Catarineau	5:34:38.40
Betty Springer	5:46:16

**Masters 8K--**

M40	
Martin Mondragon	MEX 23:48
Steve Jones	ENG 23:59
Boguslaw Maminski	POL 24:05
Antoni Niemczak	POL 24:09
Charlie Gray	MD 24:14
Tom Stevens	MD 25:16
David Shafer	MD 25:27
David Kanneur	VA 25:31
Desmond O'Connor	LA 26:15
Tim Cooke	PA 26:30
Paul Peterson	MD 26:56
M45	
Doug Bell	CO 25:05
Gary Romesser	IN 25:45
Rick Platt	VA 27:19
Bill Hart	VA 27:57
Tom Carr	NC 28:14
Larry White	VA 28:15
Jeff Long	VA 28:36
Larry Frederick	NC 28:59
M50	
Ben Dyer	VA 29:05
John Haubert	VA 30:08
Ray Kitchen	WV 30:47
Bob Hartless	VA 32:16
Tim McDermott	MD 32:19
Mark Patterson	VA 32:19
Larry Turner	VA 32:42
M55	
Fay Bradley	DC 29:02
George Cleland	FL 32:24
Claude Bell	VA 32:45
Dick Johnson	VA 33:17
John Munday	VA 33:24
M60	
Charles Rose	NC 29:19
Larry Dickerson	VA 32:57
Stanley Witomski	MD 33:46
Frank McAnaney	NY 34:26
Howard Rubin	NY 33:21
Neil Wilson	VA 35:15
Andrew Polansky	VA 35:33
M70+	
Dixon Hemphill 71	VA 37:28
Cokey Daman 77	VA 35:15
Shannon Allen 73	VA 43:50
W40	
Maureen De St Croix	CAN 28:23
Gaylene Pridham	CAN 28:37
Diane Legare	CAN 28:53
Linda Wack	MD 31:36
Nancy Ferris	VA 31:59
Donna Harper	VA 32:50
Joey Burns	VA 32:53
Linda Gulick	VA 32:56
W45	
Rebecca DaleWoolley	CT 28:47
Nancy Grayson	MI 29:31
Terry Mahr	OH 30:29
Claudia Piepenburg	VA 31:39
Callie Edmundson	VA 35:52
Suzanne Stansfield	VA 36:09
W50	
Randon Fritsch 51	MD 32:16
Marjorie Kos 51	NY 34:34
Jillian Lazaridis	50 NY 38:10

M BaumannRobbin 50	VA 38:18
W60+	
Gloria Brown 64	NY 38:45
Betty Dameron 60	VA 40:21
Mary McCauley 63	RI 40:44

**George Washington Parkway 15K Mount Vernon, VA; April 21****Overall**

<u>Overall</u>	
Leonid Shvetsov 27	44:31
Lorraine Hochella 32	53:10
<u>Top M40+</u>	
Yury Mikhailov 43	50:05
Michael Bressi 42	50:28
Steven Giorgis 41	50:58
M35 Mark Donohue	44:40
John Doub	49:34
Arno Sist	50:13
M40 Larry Jones	51:55
Paul Peterson	52:05
Ron Knepper	52:44
Mike Fuller	52:55
Pat Jablonski	53:19
M45 Anthony Grier	53:02
John Kusek	56:52
Mike McHale	57:41
Ken Shipp	57:53
David Svetz	57:54
M50 Pat Griffith	57:19
John Haubert	58:21
Stephen Banks	63:50
M55 Gerry Ives	56:06
Mike Baziz	66:51
Dennis Reimer	66:51
M60 Henry Hatch	68:24
Richard May	76:08
Don Smith	77:25
M65 Don McCarten	70:35
Bill Morrison	74:25
Don Bisgrove	87:55
M70 Richard Cosby	72:21
Ray Blue	72:32
Stephen Jordan	87:15

Continued from previous page

W45 Jeanne Kruger	41:27
Peggy Frederick	43:11
Barbara Frisk	44:36
W50 Suzanne Stanfield	43:51
S Flythe	48:16
Andrea HastilloHess	48:23
W60+Alice Wilson	54:28
Pat Ewell	60:06

### Patriot's Cup Corporate Challenge 5K Fairfax, VA; May 5

<b>Overall</b>	
Doug Sabel 25	26:24
Susie Bousquin 25	32:59
M40 Larry Dicerbo 40	31:34
Bill Brooks 45	31:52
M50 Jack Chapman 50	32:12
Rich Vendig	33:31
M60 D Paul Seely 65	38:28
Terrence McCarty 61	39:34
W30 Anita Hyink 38	36:10
W40 Kim Siagnter 41	46:29
Jean Leonard 41	46:36

### WZYP Cotton Row Run 10K Huntsville, AL; May 27

<b>Overall</b>	
Jerry Lawson 29	FL 30:31
Lisa Presedo 31	LA 35:44
<b>M40</b>	
Antoni Niemczak	NY 33:10
David Geer	SC 33:13
Craig Virgin	IL 34:08
Lloyd McDonald	GA 34:48
Paul Stemmer	AL 35:04
Joe Francica	AL 36:37
Jim Scheckel	GA 36:46
Clint Jones	AL 37:37
Tommy Seymore	VA 38:50
Barry Ege	AL 39:47
<b>M45</b>	
Earl Owens	GA 35:30
Steve Rice	AL 36:53
Ignacio Jimenez, Jr	TN 37:45
Carl Nicholson	AL 39:12
Dennis Crane	TN 39:41
<b>M50</b>	
Marris Johnson	GA 39:17
Dick Franklin	AL 39:45
Bruce McKinney	SC 40:12
Jim Upton	AL 40:28
Dwight McPherson	TN 42:11
<b>M55</b>	
Jerry McGath	MS 38:58
Joe Beams	AL 46:49
Morgan Jellett	AL 49:16
<b>M60</b>	
Raymond Mattie	AL 44:03
Tim Hopper	AL 44:28
Bob Fucci	AL 45:10
<b>M65</b>	
Gresh Downs	AL 47:34
Ben Morton	AL 47:55
Bill Chubb	AL 52:21
<b>M70</b>	
Thomas Cantrell	AL 57:28
Herb Johnson	AL 57:37
Kenneth Robinson	TN 57:39
<b>M75</b>	
Cecil Shearhart	NC 64:53
Ernest Ritch	AL 69:20
Claudis Hawkins	AL 81:49
<b>M40</b>	
Joyce Deason	LA 39:17
Alendia Vestal	NC 40:00
Dian Ford	SC 40:08
Victoria Crisp	TN 40:46
Michie Pitts	GA 45:30
Athena Naugher	AL 46:25
Sarah Grace	AL 46:30
Mimi Hughes	TN 48:58
Nancy Sheppard	AL 49:20
Jeanneane Hazelton	AL 49:23
<b>M45</b>	
Nancy Grayson	MI 39:12
Judith Hine	NZ 40:13
Nonie Hudnall	SC 44:08
Linda Clanton	AL 50:37
Regina Martin	AL 52:14
<b>M50</b>	
Sandra Berg	AL 46:09
Puline Millend	NC 52:05
Sue Box	MS 53:15
Mary Thompson	SC 53:47
Mary McCoy	AL 56:52
<b>M55</b>	
Susie Klutz	NC 47:17
Anne Park	AL 52:09
Yoshiko Setser	AL 52:22
<b>M60</b>	
Pat McClain	AL 59:57
Darwin Perkins	AL 69:18
<b>M65</b>	
Joann Long	AL 55:24
Betty Dooley	AL 68:27
Myrtle Tourtrott	KY 72:03
<b>M70</b>	
Margaret Hagerty	NC 73:51

### Mississippi Senior Games 5K Raymond; June 1

M50 Charlie Minor	19:37
M55 Jerry McGath	18:32
M60 John Parker	22:30
M65 Perry Sweepy Jr	23:30

M70 Oscar Burris	25:50
W50 Bettye Davis	30:44
W55 Ann Locke	41:43
W60 Carolyn Carter	32:21
W65 Maureen Hudachek	29:19
W70 Elizabeth Gann	33:10

### Long Island Police Appreciation 5K Eisenhower Park, L.I., NY; June 6

<b>Overall</b>	
Kevin Krause 25	15:57
Liz Flahavan 32	18:36
M40 John Lupski	17:21
Mike Baard	17:50
Armando Valencia	18:08
M45 Jhac Porzio	17:32
Kelly Kiernan	17:47
Rahdames Delgado	18:22
M50 Dennis Pennenga	18:41
Mauri Dean	18:46
Lutz Hoffman	19:18
M55 Joe Cordero	19:20
John Boyle	19:32
Jose Mendez	19:43
M60 Jack Hanley	22:41
Doug Nedorost	23:21
Antonio Blanco	23:34
M65 Colin Harris	22:20
Harry Irwin	22:54
Bert Jablon	23:55
M70 John Corrigan	23:09
Sab Koide	25:05
Cliff Gulbransen	28:54
M75+Mel Friedel	30:19
Matth Lehenbaum	34:25
W40 Kathryn Martin	19:35
Lori Knapp	21:29
Phyllis Hollman	22:13
W45 Kathy Lindsley	23:06
Mary Trotto	24:20
Michelle Powers	26:08
W50 Yanti The	22:56
Helma Clavin	27:30
Frances Barry	29:28
W55 Pat Delaney	27:53
Elaine Graham	29:50
W60 Ruth Sturgess	29:46
Sandy Cohen	31:48
W65 Ethel James	47:10
W70 Ethel Thomas	47:46

### MIDWEST

#### Race Judicata 5K/10K Birmingham, MI; May 4

<b>Overall</b>	
David Watkins	17:01
Amy Stock	19:32
M40 Ron Marinucci	18:16
M50 Paul Wheeler	19:29
M60 Del Sisler	23:58
W40 Donna Olson	21:02
W50 Cecelia McBurnie	27:15
W60 Dee Donahue	37:47
<b>Legal Division (Lawyers only)</b>	
<b>Overall</b>	
Dave Tholen	18:46
Kristen Naidoo	19:17
M40 Dennis Brescoll	19:55
M50 Gerald Sniderman	24:51
M60 Don Clemens	24:28
W40 Mary O'Donnell	21:48
W50 Brenda Kaplan	27:13
<b>Legal Division (Lawyers only)</b>	
<b>Overall</b>	
Ted Farmer M40	35:09
Lisa Hathaway	49:02
M40 T Farmer	35:09
M60 James Eggleston	41:47
W40 Ronda Martinez	49:31

#### Great Race XVI, 10K & Half-Marathon Elkhart, IN; May 27

<b>10K</b>	
<b>Overall</b>	
David Welsh 24	31:50
Danuta Bartoszek	34:36
M40 Tim McMullen	32:11
Scott Woreham	35:59
Steven Caswell	36:34
Ken Burke	36:36
Tim Zumbaugh	37:21
John Roscoe	37:35
George Cook	37:43
Carl Hansen	39:34
Tim Zindler	39:55
David Baltosser	40:00
Bill Rodgers	33:20
M45 Mike Whiteman	38:54
Bob Burden	42:38
John Divietro	43:25
Myron Elliott	45:00
Larry Miller	45:31

Steve Bennett	45:56
Glenn Duncan	46:20
Dominick Gutierrez	47:27
Jim Ashcraft	47:49
William Crane	40:58
Bruce Bordner	42:13
George Etherington	42:19
Bernie Burgette	42:42
Tim Corcoran	43:48
Dick Plank	44:31
William Murschel	47:15
<b>M55</b>	
Robert Edwards	41:41
Larry Christensen	42:46
Alan Hagopian	45:51
Freeman Hershberger	47:16
Don Yarian	52:47
Harry Castetter	53:29
Jerry Lambert	59:47
<b>M60</b>	
Marlin Schmidt	42:34
Richard Katte	47:58
Charles Hodges	51:00
Joe Mollo	51:51
John Helm	55:23
<b>M65</b>	
Irvin Weater	49:39
Harold Ritchey	51:33
Paul Chagnon	1:03:00
<b>M70+</b>	
Thomas Artley	52:12
Kenneth Disler	59:19
<b>W40</b>	
Janet Takahashi	36:38
Patti Terhune	43:22
Diana Duncan	47:02
Ruthann Adams	49:40
Marla Williams	51:18
Nila App	51:31
Boonie Miller	52:11
Leslie Lauver	55:40
<b>W45</b>	
Terry Mahr	37:47
Dixie Douglas	48:51
Carolyn Bierbaum	51:50
Diana Kado	1:00:49
Karen Markel	1:01:34
Carolyn Riddle	1:02:28
<b>W50</b>	
Nina Bovio	44:52
Donna Pisarsky	1:02:12
Mary Geminder	1:04:30
Nancy Reichwage	1:12:54
Mary Demattia	52:29
Mary Connolly	53:32

#### Half-Marathon

<b>Overall</b>	
John Sence 26	1:04:48
Karlene Herrell 30	1:20:49
<b>M40</b>	
Ed Deiwert	1:14:37
Frank Rajewski	1:14:30
Dan Black	1:15:34
Hal Pearson	1:16:40
Tom Moeller	1:23:44
Jim Fethers	1:23:50
Stephen Arndt	1:24:08
Glenn Bowen	1:24:51
Marty Day	1:25:38
Rick Terhune	1:25:53
<b>M45</b>	
Dan Giner	1:18:23
Jed Pearso	1:23:22
John Ryder	1:23:27
Steve Smith	1:26:18
Verton Troyer	1:30:53
Steve Hepp	1:31:15
Dave Reichwage	1:32:12
David Asche	1:32:16
Martin Albers	1:32:51
Michael Jones	1:34:53
Michael Carnes	1:22:02
<b>M50</b>	
Brad Yoder	1:32:28
Gerry Fox	1:35:45
Ed Oliphant	1:36:40
Charlie Grotevant	1:36:50
Barrie Peterson	1:45:58
Jere Kundle	1:46:05
David Ferency	1:46:06
<b>M55</b>	
Harry Tellman	1:21:21
Larry Averbeck	1:34:06
Ken Hurley	1:45:22
Fred Ross	1:46:09
Larry Podawiltz	1:54:33
<b>M60</b>	
Larry Gerzema	1:55:52
Gary Babcock	1:56:21
Philip Wahls	2:13:02
Lawrence Scholl	2:13:18
John Kennedy	2:16:11
Jerry Johncock	1:34:36
<b>M65</b>	
Joe Thornburg	2:14:13
<b>M70+</b>	
Lauren Cihak	1:28:02
Robin Walker	1:38:21
Rebecca Levine	1:51:19
Kathy Wilken	1:54:08
Theresa Pipher	1:54:24
Susan Peterson	1:58:07
Chery Weske	2:05:34
<b>W45</b>	
Mary Huber	1:51:48
Muggs Stroud	1:55:41
Diana Pinda	2:13:17
Quintina Teipen	2:13:54

W50 Joyce Fleming 2:08:21

W55+ Joan Fansberger 2:09:59

### MID-AMERICA

#### Melpomene Institute 5K/USATF Minnesota Championships St. Paul; May 4

<b>Overall</b>	
Mark Narvegon 25	15:01
Deb Gornley 29	17:26
M35 David Kleingam	15:24
Matt Barnard	15:28
Bobby Paxton	16:01
M40 Mike Setter	16:58
Norm Champ	17:27
Tim Zbikowski	19:00
M45 Mike Seaman	16:06
Luke Brock	16:27
Duane Millsagle	16:47
M50 Bob Behrens	17:35
Frank McCoy	19:04
Robert Aby	19:07
M55 Thom Weddle	17:11
George Lamson	21:42
Gary Hedstrom	21:46
M60 Richard Olson	23:51
Norman Horns	24:51
Ron Tety	25:02
M65 Greg Prom	21:23
Jack Mueller	27:50
M70 Lloyd Young	21:01
Wally Waterman	25:10
M75 Emil Balz	25:47
Erling Grumstrup	29:11
M80+Paul Werner 82	32:30
W35 Janis Klecker	18:28
Kristi Larson	18:53
Joan Wilson	18:57
Sue Wurl	18:58
W40 Marcia Hover	19:30
Julie Virkus	20:15
Sonia Jacobson	20:34
Bonnie Vendsel	20:43
W45 Marcy Giles	18:20
Diane Stoneking	19:38
Barb Spannaus	20:12
Mary Hiatt	20:39
W50 Dady Burke	21:28
Marilyn Schnobich	21:46
Judy Kaltenhauser	22:08
W55 Judy Cronen	21:25
Loretta Neumann	23:14
Judy Lutter	24:36
W60 Mae Horns	24:21
Dorothy Spencer	25:31
Barbara Burhans	26:31
W65 Marcy Cahow	26:59
Marylou Carlson	28:24
Diane Goulett	28:41
W70 Betty Haleen	32:02
Betty Sandberg	33:08
W80+Ethel Furne 86	41:53

#### Michita River Run 10K Wichita, KS; May 11

<b>OVERALL</b>	
Pat Porter	29:16
Kristy Johnson	33:39
M35 Thane Riffel	33:58
Gary Gregory	34:37
Curt Shelman	35:18
M40 Rob Garcia	32:54
Mike Shrock	33:47
Tom Truesdale	34:15
Steve Riley	34:38
M45 Jeff Berven	35:47
Russ Lundstrom	36:56
Marvin Patterson	37:13
M50 Gil Krout	38:57
Dumont Schmidt	40:16
Leon Mattocks	41:87
M55 Jim Feller	38:24
Steve Waltner	39:42
Bill Jones	40:54
M60 Charles Doze	38:45
Dick Wilson	39:22
Larry Thomas	46:50
M65 Paul Heitzman	39:45
Virgil Love	45:56
M70+ Rick Goodrick	55:89
W35 Jan Cole	39:89
Caroline Lemillin	48:39
Jane Lundgren	48:51
W40 Marla Rhoden	38:88
Bonnie Fetrow	42:16
Barbara Holzman	42:38
M45 Marilyn Stapleton	39:38
Trudy Calloway	42:87
Vera Burton	43:59
W50 Jane Hutchinson	38:18
Vivian Johnson	45:21
Anita Duncan	48:41
W55 Rowena Hinshaw	56:19
Nancy Moore	56:28
Ellie Skolan	59:33

W60 Helen Beckham	58:21
Vera Baumfalk	61:03
M65+ Wanda Groves	77:01

#### Trinity Hospital Hill Half-Marathon/12K Kansas City, MO; June 2

--Half-Marathon--	
Overall	
Gerty Thys	1:03:26
Lisa Rainsberger	1:16:46
M40 Karel Jircik	1:08:51
Antoni Niemczak	1:12:58
Charlie McMullen	1:13:08
Steve Riley	1:16:21
Roger Hahn	1:17:42
Kent McDonald	1:17:55
Pat Walsh	1:18:08
Dmitry Voldman	1:18:39
M45 Joseph Nzau	1:16:20
Richard Jarrett	1:19:21
Gary Julin	1:19:22
Bob Burhmester Jr	1:20:42
Greg Hartman	1:21:22
M50 Rick Hogen	1:21:22
Ron Kuy Kendall	1:28:00
Darryl Wecker	1:29:55
Bob Malkames	1:31:22
M55 Larry Barrett	1:27:00
Wally Brawner	1:28:55
Herb Brown	1:35:42
M60 Oleg Morozov	1:22:00
Louis Joline	1:34:55
Peter Stauffacher	1:37:55
M65 Paul Heitzman	1:32:00
Greg Prom	1:37:12
Paul Cook	1:51:32
M70 Logan McGinness	1:40:42
M75 Ed Burnham	2:58:12
W40 Sandy Lovejoy	1:23:42
Marina Jones	1:24:22
Marla Rhoden	1:24:32
Jan Kiehl	1:33:22
Marcia Dowling	1:36:00
W45 Suzi Kilbride	1:35:00
Dee Boeck	1:36:42
Marge Adelman	1:38:22
W50 Jane Hutchison	1:24:00
Judith Harmony	1:46:42
Peggy Zilm	1:52:00
W55 Sue Johnson	2:03:00
Janet Littlefield	2:04:00
Donna Murphy	2:07:00
W60 Ann Nelson	2:10:00
Pat Clark	2:15:00
Fritzi Hazelrigg	2:17:00
W65 none	
W70 Dottie Gray	2:17:00
Mary Otte	2:39:00

Continued from previous page

W55 Ursula Rains	23:34
W60 Dorothy Stock 63	25:02
---10K---	
M40 Tyrone Farley	35:50
M45 Rick Vandertie	39:35
M50 John McBride	39:39
M55 Hans Dieben	40:20
M60 Ray Parra 62	49:22
M70+Ted Horner 71	50:50
W40 Maria Fernandez	40:34
W45 Kim Satterlee	40:40
W50 Sandy Madden	50:34
W55 Ursula Rains	49:58
W60 Chris Comer 64	53:12

**NORTHWEST****Northwest 15K/Pacific  
Northwest Open & Masters  
Championships  
Seattle, WA; May 4**

<b>Overall</b>	
Erik Brooks 24	52:21
Judy Fisher 52	72:35
M40 Mark Billett	52:24
Mark Steinberg	58:35
Jordan Rosenfeld	60:06
M45 Jim McGill	53:25
Phil Welch	55:54
Terry Parks	57:48
M50 Ron Taylor	59:47
Jon Houghton	66:26
Bob Wilkinson	69:59
M55 Tim Joslin	62:44
Roy Veal	63:19
Roger Frost	67:48
M60 Dave Pitkethly	60:39
Derek Mahaffey	62:19
Field Ryan	72:25
M65 Orlo Keniston	68:25
M70 Masahiro Sato	75:07
Roeliff Laughlin	85:27
W50 Judy Fisher	72:35
W55 Chris Curtis	74:26

**Lilac Bloomsday 12K  
Spokane, WA; May 5**

<b>Overall</b>	
Lazarus Nyakeraka 20	34:07
Colleen DeReuck 32	38:48
M40 Bob Boland	39:26
Mark Carter	40:06
Dick Leland	40:27

Mike Layman	40:47	Bart Haggin	51:19	Brooke Nelson	53:03	M60 James Munson	5:44:45	9 J-M Provost 62	1:02:53
Bob Walker	41:14	Doug Woollen	51:24	Kathy Hill	53:36	M65 Bill Halm	6:07:15	10 Michael Gough 52	1:06:43
Al Schurman	41:26	M60 Edward Rockwell	51:34	Elizabeth Hively	53:46	M70 Burt Carlson	10:50	11 Peter Fellowes 71	1:08:45
Rick Barbero	41:53	James Noonan	53:23	Sharon White	53:52	<b>50-Mile</b>		12 Kelly Ykema 37W	1:12:25
Eugene Allwine	42:28	Patrick Quinn	53:55	Christine Laughlin	54:30	<b>Overall</b>		13 Uno Limit 75	1:13:07
Mike Halverson	43:17	Olin Peach	54:25	Rhonda Funge	55:16	Bjorn Grass 35	7:32:25	<b>Northwest Masters Regional 10K Racewalk Championships Seattle, WA; May 4</b>	
Bob Barbero	43:18	G N Kirkwood	54:42	Kathleen Slinger	50:25	Theresa Daus-Weber 41	7:59:00	<b>Overall</b>	
Jamie Cobb	43:53	Phil Phythian	55:48	Sally King	51:15	M40 John Ooley	8:52:11	Colin Peters 34	50:58
Larry Mulenburg	44:21	Kermit Williams	57:20	Linda Westberg	51:30	Richard Tu-Tygrs	11:21:11	Sian Spacey 31	50:56
Al Mayer	44:33	Don Robinson	57:56	Ann Bell	53:00	M45 Mike Degner	8:07:06	M45 Stan Chraminski	52:13
Rob Benedetti	44:45	Lyle Raffety	58:04	Karen Flint	53:55	Charles Fritz	10:07:12	Bob Novak	53:19
Fred Funge	45:00	Jack Kelly	58:06	Diane Monen	53:57	M50 Nick Bassett	9:05:02	M60 Paul Kaald	63:01
M45 John Naslund	43:06	M65 Melvin Branch	51:27	Dolly Crum	54:00	Don Kelley	9:42:42	Oscar Werner	68:44
Paul Johnson	43:16	Jack Townshend	59:39	Ruth Mathesius	55:27	Mike Abell	12:15:49	W50 Georgia Cutler	67:47
Thomas Heaton	44:25	Pete Clarke	1:00:53	Susan Marcinek	55:38	M55 Richard Brown	12:00:00	W60 Bev LaVeck	60:20
Steven Dean	44:58	Dick Gardner	1:00:00	Joan Clergy	56:00	W40 T Daus-Weber	7:59:00	<b>Great Race XVI 10K Racewalk Elkhart, IN; May 17</b>	
Clark Richards	45:09	Yosh Tamaki	1:01:07	Libby Barnes	56:30	Fiona Winkler	9:54:04	<b>Overall</b>	
Mark Mochon	45:15	Gil Sheffels	1:03:28	Donna Lee	57:52	Ellen Ives	10:35:22	Josh Howe 18	59:07
Helmut Winter	45:19	Charlie White	1:03:54	Kathleen Dix	58:20	W45 Cynthia Daniels	10:35:22	Karen Chamness 37	1:01:43
Donald Hill	45:22	Fred Freeman	1:03:56	Nancy Kress	58:27	<b>INTERNATIONAL</b>		M30 Brad Howe	59:25
David Fuller	45:38	Jack Herring	1:04:30	Sheelagh Sweitzer	58:31	<b>Draveil 20K</b>		M40 Rick Baintir	1:08:51
Paul DeCoursey	45:45	Ben McAdams	1:05:12	Melody A Schultz	48:56	<b>Draveil, France; May 5</b>		M50 Jerry Lambert	59:47
Kelati Weldegaber	45:47	Lenn Dompier	58:58	Sally Shamp	52:54	M30 Pierre Vires	1:09:09	W30 Lori Wallacw	1:07:51
David Johnson	45:48	George Boulden	1:02:43	Jayne Alkana	53:20	M35 Aissa Chettouh	1:09:20	W40 G Marcinkowski	1:10:28
Armando Brionez	45:52	Sid Smith	1:05:06	Shirley Weaver	54:26	M40 -- Cendrier	1:12:03	W45 Diana Speck	1:12:56
Don Kardong	46:12	Wayne Eacker	1:06:38	Gunhild Swanson	54:38	M45 Andre Heulot	1:15:25	W50 Beth Young-Grady	1:08:27
John Schulte	46:15	Thomas Sheehan	1:06:55	Dorie Quam	55:25	M50 J Bourgeois	1:13:06	W60+ Jo Presser	1:18:43
M50 Steve Lester	41:01	Fred Schwin	1:07:45	Judith Paine	57:19	M55 Louis Jallet	1:17:16	<b>Niagara Falls 10K Racewalk (USATF Men's 10K Championships) Niagara Falls, NY; May 19</b>	
Jeffrey Corkill	41:25	Anders Jacobsen	1:08:05	Sherry Arsenault	58:12	M60 Alfred Weyers	1:22:43	<b>Overall</b>	
Rolly Moore	42:46	Lawrence Zuck	1:08:21	Jan Nelson	59:34	M65 P Fouquet	1:37:02	Curt Clausen	43:22
Jerry Graham	44:07	Ted Zacher	1:10:30	Sarah Parshall	1:01:43	M70 Michel Sadoc	1:24:52	Kristen Mullaney	51:09
Adrian Loades	44:47	Clive Berry	1:11:22	Shirley Chovanak	1:02:27	M75 Marcel Peschang	1:51:18	M40 Curt Sheller	50:45
James Fiorito	44:54	M80+ Paul Wagner	1:33:36	Sharon Carroll	1:02:37	W30 Michele Levaou	1:38:47	Paul Guimond CAN	59:41
E Dawes Eddy	45:31	Jorge Gonzalez	1:48:28	Barbara Miller	49:11	W35 Christine Aubourg	1:40:11	Robert Przybylak	1:00:40
William Greene	45:56	Jule Crabtree	1:48:30	Sylvia Quinn	55:36	W40 Maryse Bedfert	1:44:52	Craig Woodall	1:07:14
Glenn Govertsen	46:47	Andrew Leaming	1:50:57	Carolyn Woodbury	58:25	W45 Sylvie Courtois	1:36:14	Richard Merriam	1:17:21
Raymond Pearson	47:24	Wayne Lindberg	1:56:16	Angelika Tann	1:00:54	W50 D Pierrard Meil	1:49:15	M45 Brian Savilonis	52:25
Kenneth Hinds	47:27	Lloyd Berg	2:04:51	Una Marie Pierce	1:02:10	W55 Lilliane Laville	1:40:16	Bruce Booth	53:57
Joe Machala	47:39	Jack Petersen	2:07:37	Frances Raymond	1:02:17	<b>Dutch National Championships (Men 15K/Women 10K) Santpoort; March 24</b>		Vince Abell	56:10
M55 Halvor Westberg	47:02	Charles Wilson	2:10:36	Ethel MacDonald	1:03:10	M40 Oes Kraaijeveld	49:03	Stanley Sosnowski	57:07
Grant Smith	47:37	W40 Lorraine Caldwell	47:30	Sharon Robertson	1:05:19	Ton van Dorn	49:06	Michael Bird	59:51
Larry Crandall	48:03	Barbara Bellows	48:20	Janice Brantley	1:06:14	M65 Wil van der Lee	55:17	Larry Naukam	1:01:12
Desmond O'Rourke	49:00	Jean Grammer	49:42	K Crandall	1:06:20	M70 Hans Kamperdijk	71:36	Claude Lettlen	1:06:16
Graham Kenyon	49:02	B Simmie-Kesecker	49:54	S Hendrickson	1:06:33	W35 Carla Ophorst	36:43	Ross Barranco	1:02:55
Ron Kelling	50:02	Lesley Roberts	51:05	Linda Swartley	1:07:20	Hetty Everhardus	37:37	M50 Don Denoon	48:04
Robert Ruggeri	50:18	Jane Ballantyne	51:21	Joanne Kruger	59:57	Margreet Broersen	38:53	Jim Carmine	49:46
Larry Carroll	50:32	Dawn Long	52:25	Clair Ingraham	1:00:41	W40 Hennie Zantinga	36:10	Norman Frable	51:51
Robert Boyd	50:45	Penny Colton	52:32	Marjorie Gilmore	1:03:14	Suze Groenin'twoud	39:10	Ron Shields	58:19
Kent Holbrook	51:14	Sharon McGrane	52:57	Arlene Ameson	1:07:13	Truus de Maare	40:51	Rich Markiewicz	1:02:49
				Eileen Fawcett	1:07:45	W45 Els Raap	38:09	Larry Freeman	1:02:56
				Sally Porcarelli	1:12:11	Lery van der Plas	38:22	Lee Hyland	1:05:12
				Shirley Nitcy	1:13:54	W50 Plonie Scheringa	41:04	M55 John Elwarner	53:32
				Pat Moll	1:13:56	Greet Marnaar	41:35	Ronald Laird	58:32
				Jean Greene	1:14:08	W55 Ria Duivenvoorden	42:54	Bernie Finch	1:04:23
				L Williams	1:14:47	W60 Ans van Amerongen	47:00	M60 Max Green	53:52
				Mary Kay Johnson	1:17:07	W65 Sophie Wisman	49:17	S Summerhayes CAN	57:23
				Mira Anzalone	1:18:07	from Ton Peters		Ray Everson	1:01:30
				June Machala	55:39	<b>British Veterans 5K Championships Wells, Somerset; May 27</b>		M65 Jack Starr	1:01:20
				Madeline Johnson	1:13:37	M40 Martin Rees	14:49	Mike Michel	1:03:06
				Thelma Yasuhara	1:14:12	Nigel Gates	14:53	Ed Gawinski	1:04:58
				Inge Hendron	1:15:00	Gordon Seward	15:05	Stew Harkness	1:17:14
				Jimmie Savitz	1:15:56	M45 Mike Hager	15:10	M70 William Flick	59:20
				Edie Wilson	1:19:45	Dave Hill	15:10	Peter Fellowes CAN	1:08:04
				Colleen Adams	1:21:21	Ahmed Amraoui	15:36	John Snaden	1:19:13
				Trudy Molander	1:22:58	M50 Alun Roper	15:57	M75 Tim Dyas	1:08:55
				Betsy Pearson	1:27:40	Brian O'Neill	16:02	M80 Bill Tallmadge	1:12:24
				Eileen Epler	1:28:36	M55 Mike Wrenn	17:09	W40 Nanci Swaczey CAN	56:39
				Helen Rider	1:06:21	Alan Garrett	17:09	Lily Whalen CAN	57:43
				G Herbertson	1:14:30	M60 Dennis Hayes	17:49	Janet Comi	1:00:00
				Betty Miller	1:27:46	M65 John Taylor	19:31	Annella Abell	1:02:17
				Mary Bemis	1:30:10	M70 Ron Atherton	20:46	Karen Fina	1:04:05
				Ginny Warden	1:21:33	W35 Jo Thompson	16:42	Noreen Wiatrak	1:11:55
				Marjorie Grinde	1:33:21	Jan Holt	16:56	W45 Jeanette Smith	58:33
				Maureen Schmah	1:33:54	Jane Shields	17:40	Jackie Jessup	59:53
				Billy Smith	1:35:54	W40 Janice Moorekite	17:40	Tish Roberts	1:01:45
				Alyce Lindberg	1:36:49	Marion Eldridge	17:40	Annie Montgomery	1:07:22
				La Ree Rasmussen	1:37:23	W45 Zina Marchant	18:35	Sheila Dahaney	1:12:39
				Dawn Russell	1:38:08	W60 Mary Anstey	21:14	Marilyn Chute CAN	1:02:50
				Mabel Klein	1:34:22	<b>RACEWALKING</b>		Kathy Frable	1:03:21
				Marr Weinert	1:39:42	<b>Art Keay Memorial 10K Racewalk Toronto, Ontario, Canada; April 28</b>		Janet Higbee	1:07:06
				Lois Robinson	1:44:37	<b>Overall</b>		Valerie Stowe	1:07:38
				R McKeown	1:45:55	1 Joan Bender 33W	56:48	Kathleen Wood	1:08:30
				Edith Wasmund	2:06:03	3 Nancy Sweazey 40W	54:30	Olga Figueroa	1:09:48
				Ethelyn Olson	2:20:33	4 Lily Whalen 44W	56:44	W55 Elton Richardson	1:00:54
				Myrtle Erickson	2:20:33	5 Mike Freeman 53	56:48	Walda Tichy	1:05:07
				Lelah Lemen	2:24:13	6 Paul Guimond 39	58:44	Sami Bailey	1:05:59
				Gladys Keating	2:25:44	7 Paul Tucknott 30	59:39	Ruth Everson	1:07:31
				Mary Newell	2:26:09	8 M T Kelly 49	1:01:42	W60 J-M Provost CAN	1:03:26
								Jeanne Shepardson	1:06:45
								W65 Joe Presser	1:21:44
								W70 J Binning CAN	1:13:06
								Margaret Walker	1:18:31

**Masters Age-Graded Tables**

- Keep track of your progress over the years.
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**Rocky Mountain Marathon  
and 50-Mile Run  
Laramie-Cheyenne, WY;  
May 26**

<b>Marathon</b>	
<b>Overall</b>	
Doug Yule 35	3:12:00
Linda McFadden 33	4:38:02
M40 John Fergusson	3:36:20
Ben Aragon	5:23:20
Jim Thornbill	5:36:37
M50 Joe Hunter	4:13:50
George Stevenson	4:25:15
M55 Charlie Kauffman	6:17:35
Paul Spychalla	8:02:15

**RACEWALKING****Art Keay Memorial 10K  
Racewalk  
Toronto, Ontario, Canada;  
April 28**

<b>Overall</b>	
1 Joan Bender 33W	56:48
3 Nancy Sweazey 40W	54:30
4 Lily Whalen 44W	56:44
5 Mike Freeman 53	56:48
6 Paul Guimond 39	58:44
7 Paul Tucknott 30	59:39
8 M T Kelly 49	1:01:42



## The Right Way For Seniors To Cross The Bar

Study after study shows that active seniors live happier, healthier, longer lives — or does it just seem that way?

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### Huntsman World Senior Games Tenth Anniversary

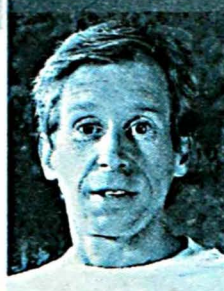
St. George, Utah — October 14-25, 1996

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Bill Rodgers has been compensated for his endorsement.

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