

NATIONAL MASTERS NEWS

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

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SUZY HESS

The W50-59 team from the West Valley Joggers & Striders, winners of the 4x800 (12:46.95), 1997 Championships - San Jose, (l to r): Shirley Church, Judy Shade, Georgia Riley, and Madeline Moon. The relays in the 1998 Championships in Orono, Me., will be run on Aug. 2, after the Age-Graded 100m.

National Championships Preview

Numbers, Deadlines, Foreign Athletes, Housing, Clinics, Scenic Maine

by ROLLAND RANSON

All corners of the U.S.A. lead the way to Orono, Me., for the 31st USATF National Masters Championships which expects athletes from coast to coast and Hawaii.

Foreign Entries

Internationally, the meet expects

representation from Australia, Bermuda, Canada, Japan, Russia, Scotland and a number of other European countries.

Housing

To enhance your stay and ease your concerns, the greater Bangor Conven-

Continued on page 11

Slaney Celebrates 40th Birthday in August

by JERRY WOJCIK

Mary Slaney will qualify for masters status when she celebrates her 40th birthday on Aug. 4. When discussing the talents and impact of athletes, journalists often include a qualifier ("thought to be the greatest. . .," "perhaps the best. . .," "arguably the most. . ."), but Slaney is considered, in the words of her present coach, Bill Dellinger, of Eugene, Ore., where she lives and trains, "the most talented woman runner we've ever had."

Unlike some predecessors, who approached the masters ranks with forecasts of records, Slaney, so far, has not predicted masters records for herself. Instead, she has set her sights on concluding her career by making the Olympic Trials for the Sydney Games in 2000, which would be her

Continued on page 3



SUZY HESS

Mary Slaney, 39, receiving flowers after her 5000m win at Prefontaine Classic, Eugene, Ore., May 31.

Mather (not Cotton) Wins at WZYP Cotton Row 10K

by JIM OAKS

HUNTSVILLE, Ala. - For the first time in three years, the top male master seed on the start line of the WZYP Cotton Row Run 10K, May 25, was not a foreign athlete.

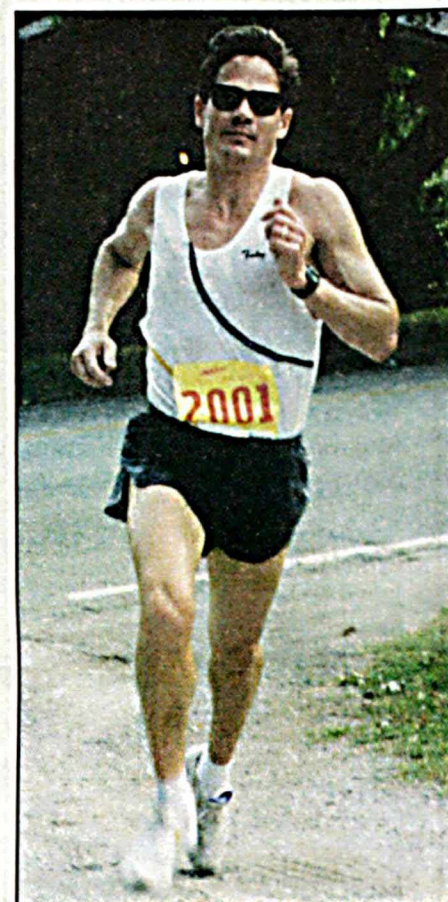
After wins by Valery Svetogor of Russia in 1997 and Antoni Niemczak of Poland in 1996, it was South Carolina resident Thomas Mather's time to see if he could bring the number 2001 home in first place.

On the other hand, the top females looked much the same as 1997. While none of last year's top four males returned for the 19th running of this annual Memorial Day race, all four of the top women were back, led by 43-year-old Tatiana Pozdniakova of the Ukraine. She was joined by 1997 runner-up, Judith Hine, of New Zealand, Joyce Deason, Shreveport, La., and Victoria Crisp, Nashville, Tenn.

In the opening mile, the race took shape in a line-up that would continue to the finish when the 40-year-old Mather took the masters lead, with Pozdniakova well in control of the women's masters competition.

Mather's closest pursuer was Lanny Doan, Virginia Beach, Va., but he

Continued on page 7



JIM OAKS

Tom Mather, 40, Mt. Pleasant, S.C., held up his No. 1 seeding at the 1998 WZYP Cotton Row 10K Run, winning in 33:30.

Masters Star at Freihofer's Run

by JAMES O'BRIEN

In 1997 the masters race at the Freihofer's Run for Women in downtown Albany, N.Y., was the hottest 5K race of the year. California's Ruth Wysocki went head-to-head with Jane Welzel, Regina Joyce, and Joan Samuelson, and came away with not only a spectacular win, but an even more spectacular world best of 16:06.

Wysocki, a 1984 Olympian, was the state-of-the-art in women's over-40 distance competition in 1997, and the world of over-40 distance competition was her oyster.

Although Wysocki dominated throughout the remainder of 1997, she fell into ominous silence through the winter months and did not appear in the spring of 1998 to dominate races such as the Carlsbad 5000, those in which

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MIKE POLANSKY

Mel Freidel, 77, oldest finisher (32:29), Long Island Police Appreciation 5K, East Meadow, N.Y., June 4.

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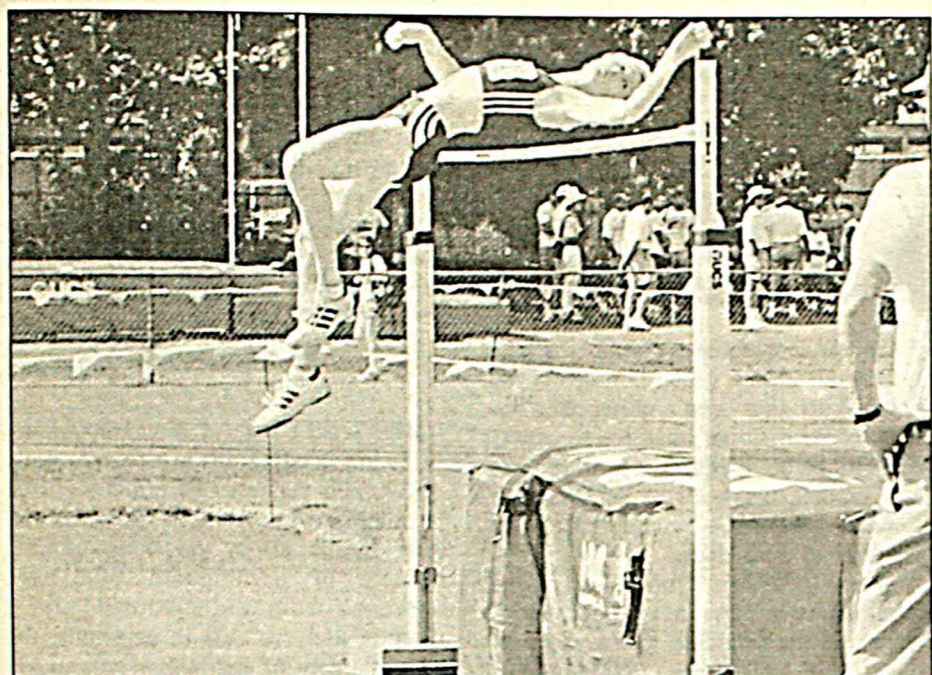
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JERRY WOJCIK

Anne Jennings, 31, Massachusetts, cleared 5-7 3/4 in the 1997 National Masters Championships - San Jose. The 1998 Championships, Orono, Me., are expected to attract a strong field of high jumpers from all over the U.S., and particularly from the East Coast.

McDaniels Breaks World Records in S.E. Meet

by PAUL HRONJAK

For the 28th consecutive year, the Southeastern U.S. Masters Meet was held in Raleigh, N.C., on May 8-10. This year, 293 competitors entered from 24 states and Canada, and set two world, five U.S., and 44 meet records.

Leonore McDaniels, 70, Virginia Beach, Va., continued her assault on the record books with two world and two U.S. pending records. She upped the W70-74 world records in the high jump from 3-9 1/4 to 4-0 and the pole vault from 5-4 to 6-6 1/4. The high jump mark is an age-graded 96.8%. Her national records came in the long jump with an 11-9 3/4 and the triple jump with a 23-1 1/4. Katherine Gradick, 80, Marathon, Fla., broke the W80-84 U.S. javelin record of 40-5 3/4 with a 41-0.

Multiple meet records went to

Margaret Hagerty, W75, Edith Gray, W60, Joseph Martin, M75, Diane Friedman, W75, Leonard Olson, M65, Evelyn Wright, W60, Bruce Hedendal, M50, and Tom Kennell, M75.

At the much anticipated awards banquet, special awards went to Dr. Bill Busby (the Ed Barron Award) for outstanding contributions to masters track & field; Audrey Lary, 63, (Phil Raschker Award) for best female age-graded performance in the sprints, an 81.0% 16.40 in the 100; James Stookey, 68, (Ervin T. Mitchell Award) for best A-G performances of 91.0% 13.48 in the 100 and 89.8% 27.82 in the 200; Leonard Olson, 66, (Nolan Fowler Award) for best A-G performance in the hammer, 71.9% 126-8; and Evelyn Wright, 61, (Bernice Holland Award) for best female A-G performance in the throws. □

Slaney Celebrates 40th Birthday in August

Continued from page 1

sixth Olympic appearance.

She is still striving for her first medal. Her infamous fall in 1984 cost her an almost certain gold. The U.S. boycott in 1980 and illness in 1992 erased her chances, and she was not at full strength in 1988 and 1996.

In the *Eugene Register-Guard*, May 28, she is quoted with this admission, "If I'd had more success in the Olympics prior to now, I probably wouldn't have the same determination I do. My dream is to go to the Trials feeling good and strong, make the team and progress from there until I feel at my best at just the right time."

Dellinger says that it would be difficult for Slaney to duplicate her past performances in the 800 and 1500, but that she hasn't approached her potential in the 5000 and 10,000.

On a cold, rainy evening on May 15, Slaney ran the 5000 in 15:27.19 in

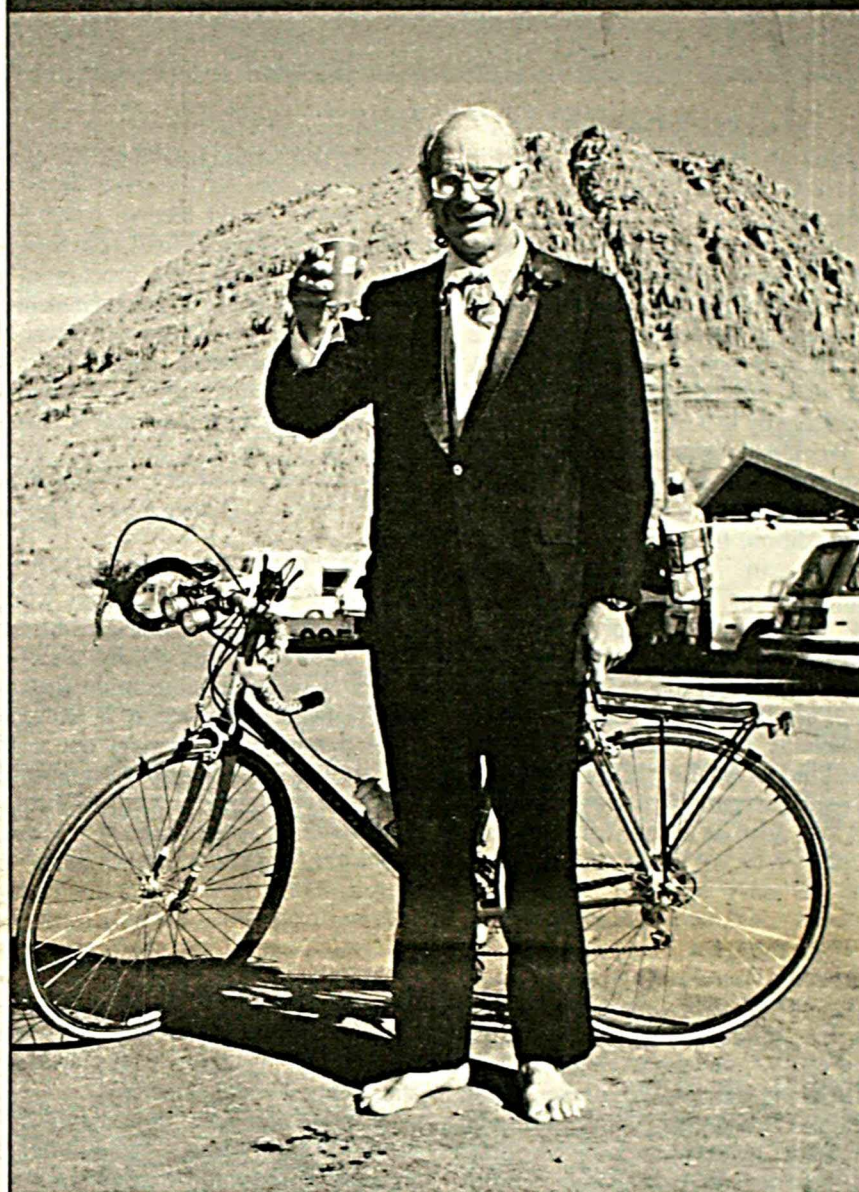
the Oregon Twilight Meet at Hayward Field in Eugene. In the nationally televised Prefontaine Classic at Hayward on May 31, Slaney ran alone, after the rabbit dropped out early, for virtually an entire 5000 with a 100m lead in 15:23.72 under sunny but breezy conditions.

The W40 world records for the 5000 and 10,000 are 15:51.7 and 32:12.07 by Nicole Leveque of France in 1994. The U.S. records are 16:57.4 and 35:33.6, both held by Judy Fox and set 27 years ago in 1981.

The masters national records are certainly within Slaney's grasp, as is the world 5000 mark. The world 10,000 record is not a soft one, but if Dellinger's evaluation of Slaney's potential is accurate, and her spirit and health endure, she may elevate masters running to a level not seen before in the U.S. and the world.

Happy Birthday, Mary. □

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MASTERS GAMES

Although brochures sent by the Masters Games indicated that WAVA has endorsed them, the December 1997 article by WAVA President, Torsten Carlus, only indicated that "Our relations with IMGA have improved essentially over the last few years, but we are still not at a point where the WAVA rules and procedures are respected completely by IMGA and organizers of the World Masters Games." I don't consider this an endorsement. Rather, WAVA has taken no official position.

In addition, the mailing list of participants in the 1989 WAVA Championships in Eugene had been used without WAVA's permission to solicit participation in the Masters Games. These actions by the Masters Games are cause for concern.

I believe there will eventually be some kind of World Senior Olympic, multi-sport event. If that occurs, then questions arise as to what part WAVA will play. Will WAVA be able to determine the entry fees? WAVA has no input and took no position regarding the \$200 entry fee being charged for the Masters Games. What will happen to the WAVA Championships? Will they be superseded by the Masters Games?

These are matters to be taken up at the USATF National Convention and the WAVA General Assembly Meeting. It is important that the participants in the program make their views known.

I, for one, would want written guarantees from the Masters Games that:

1. WAVA would be totally in charge of any athletic meeting at the Masters

Games.

2. WAVA would determine the entry fee.

3. WAVA would receive some recompense for services rendered.

4. WAVA would have direct input in the operation of the Masters Games.

5. The Masters Games will never be held in odd-numbered years.

6. WAVA would continue to host the WAVA World and Regional Championships.

Bob Fine

Delray Beach, Florida

RUST'S "GRASS ROOTS"

Roland Rust's elitist "Grass Roots Viewpoint" of the USATF Masters T&F Championships (NMN, Feb.) is full of weeds. His contention that no one wants to compete at a national level that is not important and for... medals that mean nothing, is absurd. Just by its existence, a national meet is of value to its competitors.

Master athletes come to meets to perform to the best of their ability, not necessarily to win. A medal is earned by one's own individual effort; it should not be measured by group standards of excellence. An athlete cannot control the number of contenders who show up, so the quality of performance should not devalue a medal.

Masters athletes have families, careers, and other commitments. Training is not a full-time job, nor are we financed and pampered with scholarship perks. The fire that sparks a teenage or collegiate runner to excel, also lights the desire of older athletes.

There is room for athletes aged 30-

39 in masters competition. It's a pre-masters training ground, a place to hone skills that aren't quite elite but have some national qualities for rankings. Since competition sub-divides all age groups, the level of performance remains balanced - whether better or worse than their elders.

Meets often run long because of administrative flaws, not the number of events in the schedule. Our local running club offered a 5000 in our February indoor meet and received such a huge response that two heats were created. The 10,000 remains a staple in the summer Empire State Games because not everyone is a sprinter. The steeplechase is still a crowd-pleaser, especially when seniors are circling the track.

Applying qualifying standards to national meets will only reduce the entries. Let's not pretend that masters meets entertain the rich tradition or reverence that allows the Boston Marathon to limit its field of runners. Would anyone dare to impose standards on road race national championships? I think not.

Sue O'Malley

Montour Falls, New York

NATIONALS SCHEDULE

Recently I had a conversation with Jeff Schaller about events scheduling at the Nationals. I had planned to run the 800 and 400, but have since changed my mind. Here is what my schedule would be if all the races are run: Thurs: AM, 800 trial or semi-final, PM, 400 trial, 800 semi-final; Fri., PM, 400 semi-final, 400 final; Sat., 800 final.

I thought this schedule was pretty unrealistic, given the level of competition in my age group (60-64). I suggested to Schaller that a solution would be to establish a minimum qualifying time so that there won't have to be so many races. He said that the (scheduling?) committee had talked about it and decided it smacked of "elitism."

The trouble with that is we would have to call all of the high school, college, and open level athletes "elitists," since they all have to qualify by times prior to their biggest meets.

What do you think? Let's have some sharing of ideas. I would like to see if others think we are on the "right track," pun intended.

Charles Kirkby
Escondido, California

BONE STUDY AT NATIONALS

I am coordinating a research study on women masters t&f athletes. Little to nothing is known about how the various events affect the bone mineral density of participants. We have approval from the Nationals' meet director and our IRB to determine the bone density of participant volunteers by ultrasound of the heel bone.

The procedure is very new, simple, and involves about 5 minutes per person. We will also ask the volunteers to fill out some questionnaires. We are interested in answering the following questions with our research:

1. Do women 40-and-over who participate in t&f have greater bone mineral density (BMD) than non-athletes?

2. Do participants in some events have a greater BMD than participants in other events?

3. Do post-menopausal women athletes who use hormone replacement therapy (HRT) have greater BMD than non-HRT users?

4. Is there a correlation between BMD and performance?

5. Is there a correlation between HRT and performance?

6. Do older women who participate in t&f have a history of fewer fractures than similar, non-athletic women?

To ensure that the research is scientifically accepted, we need to attract all possible volunteers at the Orono meet. We anticipate that our study will be conducted in a trade tent in the infield of the track. Perhaps we can show that masters track and field is a bone protector for women.

I work for Clifford Rosen, MD, an internationally known osteoporosis researcher at the Maine Center of Osteoporosis Research and Education,

Continued on page 13

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110m Hurdles M30+ 32"	15.08 (92)	M60 L.S. "Andy" Anderson, (NM)	1:04.94 (92)
M30 Ken Frank, So. St. Paul	21.26 (96)	M60 Lloyd Young, Pine City	1:10.50 (88)
M35 Chuck Cerry, (TN)	15.33 (94)	M65 Bob Warwick, Sr., (OK)	1:25.89 (88)
M40 Robert Zahn, (WI)	19.38 (95)	M70 Bob Warwick, Sr., (OK)	1:32.97 (93)
M45 George LaBelle, Zimmerman	20.24 (88)	M75 Emil Balz, (CA)	1:34.71 (95)
M45 Daniel Koch, (CA)	22.85 (96)	WOPEN Rhonda Lee Dean Mpls.	1:08.84 (86)
100m Hurdles M50+ 36" M60+ W30+ 32"		W30 Zana Garrison, (CA)	1:32.59 (95)
M50 George LaBelle, Zimmerman	18.03 (93)	W35 Lisa Mangum, Bloomington	1:13.72 (93)
M55 Jim Peterson, Aldin	18.32 (92)	W40 Terry Sharratt, Shorewood	1:38.13 (93)
M60 Jim Peterson, Aldin	17.97 (95)	W50 Sr. Rachel, Twin Cities	1:20.60 (87)
100m Hurdles M70+ 40" W40+ 32"		W60 Barb Thorngren, Golden Valley	2:21.47 (95)
M70 Charles Obye, (IA-AZ)	14.78 (94)	4X100m Relay	
W50 Sr. Rachel, Twin Cities	16.98 (89)	Chuck Olson John Hango Sr.	
W55 Sr. Rachel, Twin Cities	18.70 (94)	Jim Peterson George LaBelle	
W60 Sr. Rachel, Twin Cities (NF50)	17.57 (95)	Mike Sharratt Ken Sharratt -Mr.	51.15 (93)
22m Hurdles (NF50) M75+ W60+ 27"		Chip Sharratt Dick Christopher	61.22 (95)
M75 Emil Balz, Circle Pines	9.63 (95)	W35 Deb DeLuca Pam Weir	
WOPEN Heather Douglas, Hanover	7.82 (97)	Marcia Kull Carolyn Kull	
W35 Deb DeLuca, St. Paul	7.31 (95)	"Fastest Family" Fun Relay	
M40 Terry Sharratt, Shorewood	9.62 (93)	GIBB- Sr.	58.68 (89)
W50 Sr. Rachel, Twin Cities (NM+T)	8.10 (87)	Jim, Randy, Dave, Shane	
W55 Sr. Rachel, Twin Cities	8.31 (93)	HANSON- Mr.	1.06.40 (90)
W60 Sr. Rachel, Twin Cities	8.16 (95)	Kevin, Catherine, Colin, Kenneth	
Backward 50m		KINGSTAD- Mr. (WT)	2:20.10 (97)
OPEN Eric Raymond, Mpls.	9.08 (95)	Jeff, Jason, Nathan, Janelle	
M35 Chuck Cerry, (TN)	10.65 (96)	GUERRA- Mr. (Chile)	1:25.73 (94)
M40 Robert Zahn, (WI)	9.57 (94)	Hector, Elena Melodona, Celeste Shewes	
M45 Gerald Carter, Bloomington	10.63 (95)	Pole Vault & WJump	
M45 Alan Raymond, Mpls.	11.22 (95)	MOPEN Dick Christopher, Mpls.	11.0 (93)
M55 Fred Biederman, Deephaven	11.52 (94)	M30 Ken Frank So. St. Paul	12.46 (92)
M60 Paul Ohlin, Edina	14.08 (94)	M35 Patrick Boulay, Mpls.	8.46 (92)
WOPEN Michelle Lyga, Mpls.	13.22 (97)	M40 Jeff Kingstad, (WI)	14.4 (97)
WOPEN Assumpta Benasara, (Africa)	15.02 (96)	M45 Michael Sharratt, Shorewood	12.40 (90)
WOPEN Zina Garrison, (CA)	15.61 (94)	M45 Michael Sharratt, Shorewood	11.40 (95)
W35 Lauren Zahn, (WI)	15.80 (94)	M50 Jim Noonan, St. Cloud	10.40 (90)
W40 Terry Sharratt, Shorewood	16.15 (94)	M55 Joseph Griffin, (WI)	9.40 (97)
W45 Kathy Raymond, Mpls.	14.96 (95)	M55 Jim Noonan, St. Cloud	9.40 (93)
W55 Sr. Rachel, Twin Cities	15.19 (94)	M60 Jim Gibb, Woodbury	8.40 (89)
W60 Sr. Rachel, Twin Cities	12.84 (95)	M60 Arnold Brandt, (IA)	5.11 (95)
100m		M65 Gordon Seifert, (AL)	8.9 (96)
OPEN Eric Raymond, Mpls.	12.66 (95)	WOPEN Zina Garrison, (CA)	2.4 (94)
M30 Robert Tesch-Stevenson, Mpls.	11.0 (96)	W50 Sr. Rachel, Twin Cities	6.3 (89)
M35 Robert Tesch-Stevenson, Mpls.	11.0 (97)	W55 Sr. Rachel, Twin Cities	4.3 (94)
M40 Robert Zahn, (WI)	11.15 (94)	W60 Sr. Rachel, Twin Cities	5.11 (95)
M45 Michael Sharratt, Shorewood	11.75 (90)	High Jump	
M45 Lloyd Cordner, St. Louis Pl.	11.75 (90)	M30 Robert Tesch-Stevenson, Mpls.	6.40 (96)
M45 Daniel Koch, (ME)	14.91 (96)	M35 Robert Tesch-Stevenson, Mpls.	6.40 (97)
M50 Larry Morrisette, Maple Grove	13.00 (95)	M40 Keith Nelson, (CA)	6.2 (96)
M55 Spike Graham, (AZ)	13.18 (95)	M40 Tim Heikila, Eagan	6.0 (90)
M55 Gordon Seifert, (AL)	12.82 (88)	M45 Lee Washington, Mpls.	5.2 (89)
M55 John Hango, New Brighton	12.88 (90)	M50 Tom Langenfeld, Edina	5.3 (92)
M60 Fred Biederman, Deephaven	13.22 (95)	M50 Spike Graham, (AZ)	5.12 (95)
M60 L.S. "Andy" Anderson, (NM)	13.02 (92)	M55 Tom Langenfeld, Edina	5.3 (92)
M65 Gordon Seifert, (AL)	14.59 (96)	M60 Tom Langenfeld, Edina	5.2 (95)
M65 Charles Cuddihy, Mpls.	15.41 (92)	M60 Arnold Brandt, (IA)	4.8 (95)
M70 Hugh Hackett, (NM)	15.07 (90)	M65 Gordon Seifert, (AL)	4.8 (96)
M70 Ray Skotte, St. Anthony	17.63 (90)	M65 Emmett Edwards, St. Paul	4.0 (97)
M75 Emil Balz, Circle Pines	18.60 (95)	M70 Charles Obye, (IA-AZ)	4.4 (92)
WOPEN Rhonda Lee Dean, Mpls.	12.29 (86)	WOPEN Heather Douglas, Hanover	5.0 (97)
W35 Deb DeLuca, St. Paul	14.25 (95)	WOPEN Vickie McLaughlin, (WI)	3.9 (97)
W35 Lauren Zahn, (WI)	14.97 (94)	W35 Marcia Kull, Edina	4.8 (95)
W40 Terry Sharratt, Shorewood	19.25 (93)	W50 Sr. Rachel, Twin Cities (IL)	4.12 (89)
W45 Sr. Rachel, (49) MNSF	14.26 (84)	W55 Sr. Rachel, Twin Cities (NESO)	4.12 (92)
W50 Sr. Rachel, Twin Cities (TN)	15.4 (87)	W60 Sr. Rachel, Twin Cities	3.10 (97)
W55 Sr. Rachel, Twin Cities	15.69 (92)	Imrie Jump	
W60 Sr. Rachel, Twin Cities	16.40 (96)	MOPEN Mike Lyga, Fridley	39.10 (89)
200m		M30 Bill Jahner, So. St. Paul	39.4 (92)
MOPEN Eric Raymond, Mpls.	27.00 (95)	M35 Lyle Besemer, Moundview	28.2 (96)
M40 Howard Sundberg, (CA)	25.53 (92)	M45 Russ Antromon, Mpls.	27.2 (95)
M40 Shawn Regan, Mpls.	24.88 (90)	M50 George LaBelle, Zimmerman	27.6 (92)
M45 Randy Clevon, Mpls.	24.37 (90)	M55 Alan Slater, (Canada)	35.3 (97)
M50 Jim Matus, (NE)	23.99 (90)	M55 Jim Peterson, Aldin	32.9 (102)
M50 Larry Morrisette, Maple Grove	27.95 (95)	M60 Jim Peterson, Aldin	30.2 (95)
M55 John Hango, New Brighton	26.70 (90)	M60 Arnold Brandt, (IA)	30.0 (95)
M55 Gordon Seifert, (AL)	26.85 (88)	M65 Gordon Seifert, (AL)	28.0 (96)
M60 L.S. "Andy" Anderson, (NM)	26.97 (92)	M70 Charles Obye, (IA-AZ)	28.2 (92)
M60 Fred Biederman, Deephaven	27.22 (97)	WOPEN Colough Besemer, Moundview	21.8 (96)
M65 Bob Warwick, Sr., (OK)	33.74 (88)	W30 Beniah Verdell, Mpls.	21.1 (90)
M65 Ray Skotte, St. Anthony	45.80 (89)	W40 Deb Vestal Mpls.	18.0 (93)
M70 Ray Skotte, St. Anthony	38.00 (95)	W50 Sr. Rachel, Twin Cities (MO)	25.7 (87)
M75 Emil Balz, Circle Pines	38.00 (95)	W55 Sr. Rachel, Twin Cities	25.2 (92)
WOPEN Assumpta Benasara, (Africa)	37.72 (96)	W60 Sr. Rachel, Twin Cities	24.11 (95)
WOPEN Zina Garrison, (CA)	40.91 (95)	Long Jump	
W35 Deb DeLuca, St. Paul	42.36 (93)	MOPEN Mike Lyga, Fridley	20.0 (89)
W40 Terry Sharratt, Shorewood	30.52 (95)	M30 Bill Jahner, So. St. Paul	19.2 (92)
W50 Sr. Rachel, Twin Cities (IL)	33.85 (87)	M35 Patrick Boulay, Mpls.	16.1 (92)
W55 Sr. Rachel, Twin Cities	35.78 (92)	M40 John Kuschla, (CA)	18.10 (95)
W60 Sr. Rachel, Twin Cities	36.56 (95)	M40 Michael Sharratt, Shorewood	17.12 (90)
400m		M45 John Ewing, (WI)	16.9 (89)
MOPEN Ben Sharratt, Shorewood	1:06.39 (93)	M45 Michael Sharratt, Shorewood	16.5 (95)
M35 Lyle Besemer, Moundview	1:01.16 (96)	M50 Larry Morrisette, Maple Grove	15.312 (95)
M40 Shawn Regan, Mpls.	57.66 (90)	M55 Alan Slater, (Canada)	17.4 (97)
M45 Ed Hayward, Edina	1:02.66 (90)	M55 Jim Peterson, Aldin	15.1 (90)
M45 David Koch, (ME)	1:10.06 (96)	M60 Chuck Olson, Neve	16.5 (88)
M50 Hugh Heidahl, St. Louis Pl.	1:00.10 (93)	M60 Arnold Brandt, (IA)	15.4 (95)
M50 David Bennett, (CA)	1:01.16 (92)	M65 Gordon Seifert, (AL)	16.5 (96)
M55 Gordon Seifert, (AL)	1:00.37 (88)	WOPEN Heather Douglas, Hanover	13.2 (97)
M55 Don Rivard, St. Paul	1:13.80 (88)	W35 Marcia Kull, Edina	4.8 1/2 (95)
M55 Hector Guerra, (Chile)	1:18.60 (94)	W40 Marcia Kull, Edina	4.8 (97)
		W50 Sr. Rachel, Twin Cities	12.3 (89)
		W55 Sr. Rachel, Twin Cities	12.2 (92)
		W60 Sr. Rachel, Twin Cities	11.6 (96)
		POWER ARMS (Fun & Frantic)	
		Shot Put 16# 6k 5k 3k	
		M40 Jerry Senter, (IA)	43.6 (93)
		M40 Ron Predovich, Mound	42.2 1/2 (90)
		M45 Carl Klehm, (IL)	37.6 (88)
		M45 Dan LaBelle, Harris	36.7 1/2 (93)
		M50 George LaBelle, Zimmerman	36.6 (90)
		M55 John Hango, New Brighton	44.8 1/2 (90)
		M60 John Hango, New Brighton	41.4 (95)
		M60 Larry Marsh, (AZ)	39.10 (92)
		M65 Charles Bispala, (CA)	31.4 1/2 (95)
		M65 Emmett Edwards, St. Paul	33.5 (97)
		M70 Hugh Hackett, (NM)	32.6 (90)
		M75 Ray Skotte, St. Anthony	27.0 (90)
		M75 Emil Balz, Circle Pines	21.4 1/2 (95)
		WOPEN Lisa Barlag, Buffalo	28.4 (97)
		WOPEN Vickie McLaughlin, (WI)	25.0 (97)
		W35 Carolyn Kull, Edina	26.4 1/2 (95)

The 21ST CENTURY AGELESS GAMES, USA

Early Morning "R" Track and Field

TRACK AND FIELD-MAN'S FIRST Do-it-yourself athletic activity. PRAISE GOD! RISE UP AND WALK, LEAP, THROW, RUN, ARM WRESTLE, NONPROFESSIONAL-ORDINARY YOU, WHATEVER YOU CAN DO, DO IT! EXERCISE AND STAY READY. THERE ARE NO LOSERS AT 21cUSAG. THE FIRST SUNDAY AFTERNOONS IN FEBRUARY AND AUGUST RECORDED RESULTS ARE LOCAL, OUTSTATE AND INTERNATIONAL IN FIVE YEAR AGE GROUPS OPEN 30-103 AND ARE MAILED TO PARTICIPANTS WITH A CERTIFICATE

BELIEVE IT OR NOT, The 21cUSAG is not Political or Religious. All Faiths, or none, are Welcome

BY CHOICE, 21cUSAG OPENS WITH A "WORD OF THANKS," FOLLOWED BY THE HAND TO HAND PASSING OF A SYMBOLIC TORCH LIGHT AND CREED. THE LORD GOD IS FOREVER, WE ARE TODAY-REMEMBER HIM

AN AMATEUR'S CREED

I AM A 21ST CENTURY UNITED STATES MASTER/SENIOR'S CHAMPION; USING TODAY'S OPPORTUNITY AND MY ATHLETIC ABILITY TO HONOR GOD; AND RESPECT THE DIGNITY OF EVERY MAN AND WOMAN, CREATED IN HIS OWN IMAGE, THRU FRIENDLY COMPETITION AND FAIR PLAY.

-LET R MEET BEGIN-

AUGUST 2, 1PM
UNIVERSITY OF MINNESOTA
(516-15SE) Ent 35W-University Ave-15th block No 1

W50 Sr. Rachel, Twin Cities (IL)	26-1 (89)	M445 Carl Klehm, (IL)	78-1 (88)	M445 David Joyce, (TX)	2:28.03 (95)
W55 Sr. Rachel, Twin Cities	22-10 (92)	M50 George LaBelle, Zimmerman	114-9 (90)	M50 Lowell Peterson, (WI)	2:29.16 (89)
W60 Barb Thorngren, Golden Valley	24-10 (95)	M50 Spike Graham, (AZ)	89-4 (95)	M50 Larry Morrisette, Maple Grove	2:45.10 (95)
W65 Barb Thorngren, Golden Valley	23-10 1/2 (97)	M55 George LaBelle, Zimmerman	113-10 (95)	M55 Don Rivard, St. Paul	2:47.20 (88)
W75 Helen Johnson, Shoreview	11-0 (97)	M55 Alan Slater, (Canada)	74-9 (97)	M55 Ted Oviatt, (CA)	2:58.69 (92)
Wright Bag Toss 35# 25# 20# 16#		M60 Arnold Brandt, (IA)	115-2 (95)	M60 Don Rivard, St. Paul	2:43.82 (87)
M50 Patrick O'Regan, Mpls.	37-2 (97)	M60 Jim Peterson, Aldin	102 (95)	M65 Lloyd Young, Pine City	2:36.41 (89)
M55 George LaBelle, Zimmerman	27-6 (95)	M65 Charles Obye, (IA-AZ)	120-3 1/2 (88)	M65 Jerrard Hargis, (ND)	3:32.00 (95)
M60 Larry Marsh, (AZ)	34-4 (92)	M65 Emmett Edwards, St. Paul	82-2 1/2 (97)	M75 Emil Balz, Circle Pines	3:27.41 (95)
M60 John Hango, New Brighton	35-0 (95)	M70 Charles Obye, (IA-AZ)	109-0 (95)	WOPEN Zina Garrison, (CA)	2:29.00 (86)
M65 Dale Maynard, Bloomington	22-8 (94)	M75 Emil Balz, Circle Pines	37-4 (95)	W35 Lisa Mangum, Bloomington	2:41.75 (93)
M75 Ben Bjergo, Mpls.	14-0 (97)	WOPEN Zina Garrison, (CA)	51-7 (94)	W35 Elizabeth Sundberg, (CA)	2:55.01 (92)
WOPEN Zina Garrison, (CA)	20-0 (94)	W40 Deb Vestal, Mpls.	37-7 (94)	W40 Mary Gillen, Eden Prairie	2:48.87 (94)
W55 Sr. Rachel, Twin Cities	21-2 (94)	W50 Sr. Rachel, Twin Cities	85-1 (89)	W55 Sr. Rachel, Twin Cities	3:55.24 (94)
W60 Sr. Rachel, Twin Cities	20-0 (96)	W55 Sr. Rachel, Twin Cities	57-1 (94)	W60 Sr. Rachel, Twin Cities	3:58.44 (95)
W65 Barb Thorngren, Golden Valley	23-2 (97)	W60 Sr. Rachel, Twin Cities	61-6 (96)	W70 Low Clark, Bloomington	4:29.87 (93)
Hammer 16# 6k 5k 3k		W65 Barb Thorngren, Golden Valley	40-5 (97)	One Mile	
M45 Carl Klehm, (IL)	84-4 (88)	M35 Schuyler Woodall, Plymouth	133-4 1/2 (95)	M35 Mark Ferry, White Bear Lake	5:32.41 (95)
M45 George LaBelle, Zimmerman	46-6 (88)	M40 Jerry Senter, (IA)	144-3 1/2 (92)	M40 Howard Morris, St. Paul	5:38.32 (97)
M50 Larry Overby, Mpls.	75-0 (94)	M40 Tim Heikila, Eagan	89-4 (90)	M45 Ron Dockery, Mahomet	5:54.10 (95)
M60 Larry Marsh, (AZ)	108-10 (92)	M45 Carl Mooney, Burnsville	122-5 (90)	M50 Rick Kleyman, Plymouth	4:57.50 (92)
WOPEN Zina Garrison, (CA)	56-3 (94)	M50 Spike Graham, (AZ)	101-2 (95)	M55 Gary DeFrance, Golden Valley	5:30.94 (92)
W50 Sr. Rachel, Twin Cities (WI)	75-6 (89)	M55 John Hango, New Brighton	119-10 (90)	M55 Ted Oviatt, (CA)	6:15.15 (92)
W55 Sr. Rachel, Twin Cities	72-0 (92)	M60 John Hango, New Brighton	133-2 (95)	M65 Lloyd Young, Pine City	5:56.35 (90)
W60 Sr. Rachel, Twin Cities	66-2 (96)	M65 Emmett Edwards, St. Paul	115-1 1/2 (97)	WOPEN Michelle Lyga, Mpls.	7:58.82 (82)
W65 Barb Thorngren, Golden Valley	50-10 (97)	M65 Charles Bispala, (CA)	97-3 1/2 (97)	W35 Elizabeth Sundberg, (CA)	6:28.72 (92)
Softball Throw		M70 Hugh Hackett, (NM)	109-9 (90)	W35 Pam Weir, Mahomet	5:43.94 (95)
MOPEN Carl Creighton, Prior Lake	50-10 (93)	M75 Ray Skotte, St. Anthony	58-8 (90)	W40 Mary Gillen, Eden Prairie	5:43.80 (94)
M45 John Creighton, Prior Lake	121-7 (93)	M75 Ralph Bowyer, (NM)	95-9 (90)	W60 Sr. Rachel, Twin Cities	8:52.72 (96)
M50 Spike Graham, (AZ)	110-5 (95)	M75 Ben Bjergo, Mpls.	41-1/2 (95)	400m Fast Walk	
M55 George LaBelle, Zimmerman	142-0 (96)	WOPEN Lisa Barlag, Buffalo	79-3 (97)	M35 Jeff Soverign, Landfall	2:33.77 (90)
M60 Harvey DeVries, Edina	144-0 (93)	WOPEN Zina Garrison, (CA)	76-4 (95)	M45 Ron Dockery, Mahomet	1:52.10 (95)
M65 Charles Bispala, (CA)	135-0 (95)	W40 Deb Vestal, Mpls.	51-6 (93)	M50 George LaBelle, Zimmerman	2:04.65 (89)
M65 Emmett Edwards, St. Paul	102-4 (96)	W50 Sr. Rachel, Twin Cities (SLP)	66-2 (86)	M55 Gordon Seifert, (AL)	2:03.22 (95)
M75 Ben Bjergo, Mpls.	44-8 (97)	W60 Sr. Rachel, Twin Cities	50-9 (95)	M60 Jim Gibb, Woodbury	3:27.70 (88)
WOPEN Vickie McLaughlin, (WI)	135-5 (97)			M65 Jerrard Hargis, (ND)	2:16.34 (95)
W55 Sr. Rachel, Twin Cities	80-2 (94)			M70 Ray Skotte, St. Anthony	2:42.20 (90)
W60 Barb Thorngren, Golden Valley	113-0 (94)			W30 Sally McMillan, (WI)	2:10.02 (90)
W65 Barb Thorngren, Golden Valley	87-3 (97)			W40 Terry Sharratt, Shorewood	2:39.84 (95)
Javelin				W45 Kathy Raymond, Mpls.	2:47.59 (95)
M30 Craig Haugard, Hutchinson	90-5 (95)			W50 Donna McAndrews, So. St. Paul	2:59.78 (93)
M35 Robert Tesch-Stevenson, Mpls.	136-0 (96)			W60 Gertrude Seifert, (AL)	3:26.60 (88)
M40 Keith Nelson, (CA)	131-5 (96)			W60 Lucille Smrcka, Cottage Grove	3:28.70 (88)
				W70 Ferns Obye, (IA-AZ)	3:53.09 (93)

Verily Amateur-Verily "R" ECREational & Verily NONprofit

VOLUNTEER PARTICIPANTS: YOU MAKE THE DIFFERENCE HERE. THANKS!!!
IF MEETS NEVER CANCEL. NO EXCEPTIONS-NO COMPUTER FAILURE. A.D. 10-2000

Name _____ Birthdate _____ Age on 9/1/98 _____ W () M ()
Please Print
Home address (No P O) _____
City _____ St/Zip _____ Phone () _____

1PM Scheduled Events:

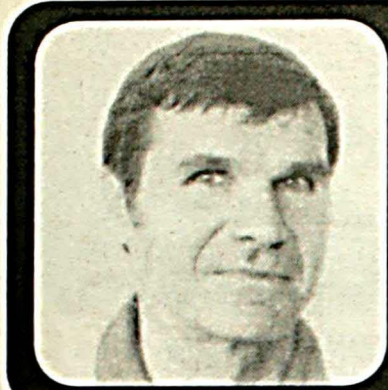
THINK YOU'll try it-Circle it! (cancellations are no problem) 50-100-200-400-800-1600meters, Backward 50, Shotput, Power Arms, Pole Vault, High-Long-Triple Jumps, 110-100-551Hurdles, 4x50/100 Relay, 400Walk, 4x50/100 Family Relay, Softball Throw, Weight Bag Toss, Hammer, Javelin, Discus.

AT YOUR OWN RISK* We can dial 911. But, if you need medical supervision for exciting physical activity, Please do not attend this meet. WAIVER. I, the undersigned, being of sound mind and physical condition, am participating in The 21st Century AGELESS GAMES, USA Early Morning "R" Track & Field Meets of my own Free Will. I know my body's limitations, and take full responsibility for my own health have personal injury insurance and hereby agree to waive any future claims for injuries against anyone, directly or indirectly, as a result of my activities in The 21cUSAG Meets.

I understand further, that I will not be publicly humiliated and assumed guilty of drug misuse, without reasonable cause, or have my U.S. Constitutional Privacy Rights violated
Signature _____ Date A.D. _____

The 21C. USAG Edited Update-Entry Sponsored by Sr. Rachel, home address S 1964, 24hr PowerEyes S 1973, Illegal area S 1996, 122-NE 63 1/2Way, Twin Cities, MN 55432 For SUMMER '98 fun "R"ec., Aug. 2, at the U of M, PREregister by July 17. \$8-one event, \$15-unlimited (incl. family-list names and ages backside entry) Free Entry to 55mH Outside Record Event for M75+ & W60+ on lowered safe open entry gate kitchen made 21C. USAG Hurdles (or yours) Apply 21C USAG "Rules of Fairness" PREregister! After July 17, Add \$50. Meet day PROCASTINATORS: Add\$75

AGELESS LOVE is Timeless-Eternal. Emergency Prayer Request: Esp. Washington Athletes, Pray to GOD to touch the heart of your Governor to PARDON Mary Kay Letourneau. She is Not a Predator. Axed no one-skipped-no kid-4-year-old-Drowned no babies-Not an Adam Walsh Polly Class child molester type. Partial Birth Q: What Human with half a brain would choose birth to anyone else, unlike Mary Kay, that would allow such a procedure in the first place? Save Her Babies! Not to write or Speak up makes uninvolved witnesses to the continuing Crime against THEM. Have Mercy on US dear Lord that judge unjustly-with no mercy, & will receive no mercy from You. Alleluia Abba father amen



Third Wind

by MIKE TYMN

Diane Palmason: A Fast-Twitch Marathoner

If you think you have too many fast-twitch muscle fibers to be a distance runner or perhaps too many slow-twitch fibers to be a good sprinter, then consider the success of Canadian Diane Palmason. She has excelled at everything from 75 yards to 80 kilometers. On May 3, Palmason, who represented Canada in the 1954 Commonwealth Games in the 220, celebrated her graduation to the 60-64 age division by running the Vancouver Marathon in 3 hours, 16 minutes, 26 seconds, just missing Helen Klein's record of 3:15:30, set in Chicago in 1984.

"I was really quite pleased with myself, even though I missed the world record by 56 seconds," says Diane, who crossed the threshold into her new division on March 15. "I did the best I could do on that day, but there were a number of circumstances that I know slowed me down a bit – warm weather, smog, a convoluted course, and bad congestion at the start, to name some of them. So I now have the confidence that I can run quite a bit faster with the right conditions."

Diane adds that she intends to run another marathon some time this fall, "and then I'll go back to the 800." In the 1995 World Veterans Championships in Buffalo, she captured the W55 800 in 2:32.17, a North American record, and the 1500 in 5:14.86, a Canadian record. She also took a bronze in the 400 with a 1:06.90. She considers that meet the highlight of her long running career and especially remembers the 800, in which she managed to beat Gerda Van Kootin of The Netherlands, the world recordholder. "But the 1500 was even more competitive and strategic," she recalls.

A Long Career

At present Diane is a resident of Englewood, Colo., but she has plans to move with husband Ernie Black to northwest Washington, in the shadow of Mt. Baker. Diane's competitive running career goes back to 1951, when she won the Quebec provincial championships at 75 and 100 yards.

In 1954 she represented Canada in the Commonwealth Games in Vancouver, racing the "220." Those games are most often recalled for the famous "Mile of the Century" duel between Roger Bannister of England and John Landy of Australia, the only men at that time to have gone under four minutes.

It was the excitement of that race, Diane says, that made her want to become a miler. But women were not even allowed to run the "quarter" in those days, much less the mile. When she went on to Queen's University in 1955, and found that they had no track or cross-country program for women, that was the end of her racing career



Diane Palmason

for two decades.

After spending the better part of those 20 years "running after my four kids," Diane got back into the sport in 1975 after undergoing back surgery. "I was inspired by a report on the first (1975) National Capital Marathon in Ottawa that May, including a story on the first woman," she explains. Seven months after the surgery and just three months after she started training, Diane, then 37, ran a 6:02 for 1500 meters. In the spring of 1976, after a winter of taking up cross-country skiing, she participated in her first road race at any distance, the National Capital Marathon, and finished with a 3:54.

Adjusting to the Road

It took a few years for Diane to fully adapt her body to road racing, as most



JIM OAKS

Female masters money winners at the 1998 WZYP Cotton Row Run (l to r): Tatiana Pozdniakova (\$1000 first master and second overall), Victoria Crisp (\$400, second), Lesley Chaplin (\$300, third), and Alice Smoot (\$200, fourth). Fifth place finisher Joyce Deason not pictured.

of her personal bests on the road, including a 36:28 in the Bonne Bell 10K (first overall) and a 2:46:21 in the Twin Cities Marathon (first master) were recorded in 1984 at age 46. In 1982, she was the first woman in the Brome Lake 80K event, clocking 7:31:55.

Diane took six months off from racing beginning in April '97 in order to prepare for her entrance into the 60-plus arena. "I didn't stop running completely," she explains.

"I ran maybe five days a week, but just as I felt. I had no training plan, no goal except to get rested and refreshed. There were no long runs, no speed work. After our running camp in Whistler in late July I did begin increasing the volume with the idea of running a couple of trial marathons in the fall, mainly just to see where I was before starting to train for my first 60-plus race. I ran the Niagara Marathon in late October in 3:32, then the Seattle Marathon in late November in 3:25. That told me I had a lot of work to do to try to get anywhere near Helen Klein's record."

A Change in Training

In late January, Diane consulted physiologist Owen Anderson about her training regimen. He concluded that she didn't need many longer runs or higher mileage as she already had good endurance, and so he recommended workouts at what he estimated should be her lactate threshold (LT), along with strength workouts, and increasingly longer runs at her marathon goal pace of 7:26 per mile.

"The difficulty here was that my LT was based on a recent 10K time at sea level, and I found it harder maintaining that pace at our 6000-foot altitude than many of the people I coach," Diane continues.

"So there were track workouts of repeat miles at faster than goal pace, all of which felt very hard to me. Because I found the LT and pace workouts so tiring, even though my total weekly mileage was only 35 to 42 miles (she had averaged 50 in the past), I ended up feeling unable to run at a decent pace on my easy recovery

run days. So I took to walking briskly instead, and ended up walking on at least one day and sometimes two days each week, along with my rest day – every Friday totally off. This lowered my running mileage even further."

As a result, Diane started the Vancouver Marathon with little confidence that she could hold her goal pace, but was willing to give it her best. So she was pleasantly surprised at what it turned out to be.

Race Variety

In addition to going for the 60-over marathon record, Diane would also like to run the Fifth Avenue Mile in New York City in September, and then go to some indoor track meets next winter.

"I will definitely continue to shift my focus from the middle to the long distances and back, as I love racing and I enjoy the variety this brings to my training," she comments. "But right now my goals are a little fuzzy due to the uncertainty as to when we'll move. I know better than to even think of attempting quality training while coordinating a move. One stress at a time."

Diane – who coaches adult runners of all abilities, and directs the Women's Running Camps in the British Columbia and Colorado mountains with her partner, Maureen Custy-Roben – is also pursuing the concept of establishing communications among post-menopausal women who enjoy training and racing on the road and track.

"I think we have much to share with each other, not to mention the encouragement and inspiration we can draw from each other," she explains. "The first step is a newsletter, and I would be delighted to hear from women who like the idea and would like to help me with it." □

(You can contact Diane by writing to 5605 East Maplewood Avenue, Englewood, CO 80111, by fax at 303-779-0390, or by e-mail at dpalmason@msn.com. For information on Women's Running Camps, call or fax 303-220-1037 or write to 4029 South Roslyn St., Denver, CO 80237.)

WZYP Cotton Row 10K

Continued from page 1

never mounted a serious challenge to the ophthalmologist from Mt. Pleasant, S.C. Mather won in 33:30, with Doan second in 33:55. There was a little more than a minute gap back to the third master, John Taylor, Jr. (35:03), of Atlanta. David Mathews, Alpharetta, Ga., was fourth in 36:46, and 48-year-old Steve Rice, Huntsville, Ala., took fifth in 36:54.

"This was one of my slowest times in five years," Mather said. "It was pretty hot and humid, but there was a great crowd. It's a great event and a lot of people turn out. It was fun."

Mather, who ran for Indiana University as an undergraduate, has been one of the Southeast's top masters since turning 40 last October. He won the Vulcan 10K in Birmingham, Ala., last November in 31:55, set a South Carolina masters record of 1:10:22 for the half-marathon in December, and won the challenging Reedy River 10K in Greenville, S.C., in March in a course record 32:06. He received \$500 for the Cotton Row win, with \$400-\$100 going to the other top five.

Pozdniakova did not seem to be bothered by the fact that two days prior to this race she had won the masters title and finished third overall in a 20K in Wheeling, W.V. However, the hot and humid weather on race day did not make an attempt at Nancy Grayson's masters record of 35:34 practical. Instead, Pozdniakova ran a controlled 36:05 for the win.

"This year the hill (Mountainwood) did not seem as steep as last year," Pozdniakova said. "I enjoyed the race even though it was hot."

In 1997, Pozdniakova had entered the race confident of breaking the masters course record. However, she did not run the course prior to the race. She was stunned when she encountered the steep climb on Mountainwood just prior to the three-mile mark.

"I couldn't believe it (the hill) when I ran the race last year," she said. "This year I knew what to expect and it did not seem so bad."

After the first mile, Pozdniakova did not try to race with female winner (34:37) Breeda Dennehy, but outran 31-year-old Laura White (36:14) for second overall. That gave Pozdniakova an extra \$400 to add to the \$400 she received for the masters win.

Crisp was second master (\$400) in 37:58. The 45-year-old veterinarian, a regular participant in this race, ran her best time ever on the course. She had run 36:58 three weeks earlier at the Gum Tree 10K in Tupelo, Miss.

"I've been running more mileage this year," she said. "I'm in the high 50s and I was doing about 40 a week. My endurance is a lot better."

Lesley Chaplin, Atlanta, took third (\$300) in 38:40, edging Alice Smoot (38:42), Marietta, Ga. Deason was fifth (\$100) in 41:27.



JIM OAKS

These 16 runners have completed all 19 WZYP Cotton Row Runs. Front: l to r, George Beason, Gary Deere, Lon Porch, Betty Byrne, Lynn Bemby, Bill McDowell, Bruce Woody. Back: Charles Van Valkenburgh, James Carroll, Don Hillis, Jon Turner, Moody Davis, Bill Allbritton, Morris Black, Merrill Jones, Carl Senkbeil.

Pozdniakova's husband, Alex, and their 11-year-old son, Eugene, who placed eighth in the companion two-mile race, accompanied her. She said they would be going back to Ukraine in June since they are allowed to stay in the U.S. only five months each visit. She made the most of the last week of May, traveling from Huntsville to Virginia in time to run a 10-miler the next weekend in Arlington where she finished third overall in 58:54. That made three hard races in nine days.

This year, 16 runners who finished the first Cotton Row 10K in 1980, continued their string of running all the races. All are now masters, with Charles Van Valkenburgh and Don Hillis the youngest at age 41. This year 47-year-old James Carroll, Burns, Tenn., had the fastest time of the group with a 43:16. Betty Byrne is the lone female among the 16, and 62-year-old Moody Davis is the oldest.

Some outstanding age group wins at Cotton Row included Carl Nicholson (50-54), of Huntsville, in 38:47; Malcolm Gillis (65-69), Toney, Ala., in 41:58; Joe Conrad (70+), Gainesville, Fla., in 56:48; Susie Kluttz (60-64), Winston-Salem, N.C., in 48:51; and Joann Long (65+) of Huntsville, in 58:50.

The number of 10K finishers (1517) was down slightly from 1541 last year. However, the percentage of masters in the race increased from 45% to 47%. Among the 720 over-40 runners who ran, 149 were women, about 20%. The two-mile race drew another 700 runners, with most of these youngsters.

One of the race's more humorous incidents was related to the two-mile run and involved a Huntsville father and daughter who got more than they bargained for.

On the morning of the race, first-time participants Landon McCrary, 45, and his 12-year-old daughter, Katie, registered for the two-mile. The two-mile, with a 9:30 start time, follows the 10K race. But when the 10K runners began to assemble at the starting line shortly before 8 a.m., the McCrary's joined them.

"Daddy said he thought we all started together, and that the two-mile runners would turn around and come back," Katie said. "I told him I didn't

think so, but we started the race anyway."

The farther away from downtown they got, the more it looked like Katie was right. By the time they reached the two-mile mark of the 10K course on Owens Drive, they knew they had either missed the turn-around or were actually in the wrong race.

"Daddy was too embarrassed to quit, so he asked me if I thought I could make it back," Katie said, "I told him I'd try."

So on they went - up Mountainwood to the three-mile mark; down Bankhead to the four-mile mark (Katie was in new long distance territory by then); on through Old Towne; and finally, after one hour and 15 minutes, the finish line was in sight.

Katie felt a burst of adrenaline and pulled away from Landon to cross the line in 1:15:38. He finished two places back in 1:15:53.

Both were faster than 52 other 10K runners. □

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Pagliano's Podiatric Pointers

The Foot Beat

by JOHN W. PAGLIANO
D.P.M.

Ankle Sprains

Ankle sprain is one of the most common running injuries seen in a sports medicine clinic. We estimate it amounts to 3-7% of all injuries seen. Probably this rate is actually much higher, due to self-treatment.

We have all, at one time or another, suffered from an ankle sprain. Many go on to heal quite rapidly, while others turn out to be quite chronic in nature. In general, the ankle can be considered a type of hinge joint that moves in all three body planes to accommodate movement of the foot.

The Diagnosis

Due to the angulation of the axis of the ankle joint, we tend to roll out on the ankle, rather than in. This results in what are called eversion sprains.

There are four strong ligaments that bind down the outside of the ankle and prevent it from rolling over. The most commonly sprained of the ligaments is the anterior talo fibular. The strong band on the inside of the ankle is called the deltoid ligament. The front and back of the ankle have strong attachments.

In sports medicine, we generally classify ankle sprains into three categories. Grade I is a stretch injury of the outside of the ankle involving the anterior talo fibular ligament. This produces mild swelling and tenderness. The most common injury, it heals rapidly.

Grade II sprains involve the ATF ligament plus the calcaneo fibular ligament. These are more painful and swollen, and usually heal within three weeks. These first two grades involve a partial tearing of the ligament.

Grade III sprains usually involve a complete tear of the two aforementioned ligaments and possibly the posterior tibio fibular ligament (a high tear). There is usually joint instability and these are very painful.

There is also a grade IV sprain which involves the deltoid ligament and is classified as an eversion sprain.

The Cure

In general, we tend toward "functional treatment" of the ankle. This entails rest for a brief period and early return to mobilization and pre-injury activity level. With the use of an air cast, the athlete is allowed a quicker return to activity. Although this sounds great, there are some caveats which we will discuss later.

For the Grade I and II sprains, there is an easy formula which the athlete should follow: RICE (rest, ice, compression and elevation). This should be performed for the first 24-72 hours. The ice, massage and elevation should be performed six times a day for 15-20 minutes. Aspirin, Advil or any of the anti-inflammatories may be of some help in reducing swelling.

The use of the air cast splint allows early return to activity, and most Grade

I sprain sufferers can resume running in 24-28 hours. The air cast allows the runner to perform light jogging with linear running (running in a straight line, no hills). This is a very helpful device.

Grade II sprains can usually be treated similarly to Grade I, but activity should not be started for 72 hours and the use of an air cast splint is necessary for two to three weeks. One may have to incorporate swimming, bicycling and other non-weight bearing cross-training techniques to strengthen the ankle without weight-bearing.

Grade II sprains are quite serious and may require a lower leg cast for three weeks prior to functional treatment. Prior to return to running activities, the athlete will need to use isometric exercises, agility training and resistance exercises to completely rehabilitate the ankle. Surgical intervention is rare.

Although the "functional treatment" of the sprained ankle sounds convincing and allows a rapid return to running activities, one must be aware of other problems. A recent study showed that although most simple ankle sprains are just that - simple ankle sprains - 25% involve an associated injury. These include fracture of the 5th metatarsal (Jones fracture), fracture of the os trigonum, taler dome lesions or fractures, nerve injury, impingement syndrome, and tendon pathologies.

So, a rapid return to activity after treatment of the "simple ankle sprain" may cause other damage. Therefore, if the sports medicine specialist has a "high index of suspicion" that there may be an associated injury, a more thorough history and x-ray exam may be needed.

Following these guidelines, treatment of the sprained ankle will become much easier and the athlete can return to his or her pre-injury level of activity quite rapidly. □

(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.)

Crim Festival of Races Preview

by RON MARINUCCI

The August stop for the Indy Life Masters Circuit is Flint, Mich., home of the Crim Festival of Races. Although the Crim Festival includes six races, ranging from a one-mile run and 5K racewalk to an 8K race, it is the marquee ten-miler that will grab the interest of the Indy racers on August 22.

The Indy Life prize money at the Crim is \$5000. The race also counts in the overall standings for the Indy Life Circuit, which offers a final \$50,000 purse, \$22,000 to the overall winner and \$28,000 to the age-graded winner.

Masters prize money from the Crim itself will total at least \$2500 for both women and men.

The race also serves as the USATF National Masters 10 Mile Championships. U.S. masters who are members of the USATF are eligible for a piece of the \$6600 purse awarded to the top ten age-graded winners.

With such incentives, Crim executive director Anne Gault expects a strong masters field. Commitments have been received from Cindy Keeler, Tatyana Pozdniakova, Gloria Jansen, Joan Hartnett Ottaway, and Sonny Monioz. Warren Utes, Tom Mather, June Machala, Peter Koech, and defending masters champion Keith Anderson will be among the men's field.

Gault is particularly excited about Anderson's return. His time last year

(48:16) was only 21 seconds off New Zealander John Campbell's 1990 world masters mark set here. It's the closest anyone has come to it since. Buoyed by his effort at his first Crim, Anderson later said, "Next year I'll come back and see if I can break that record."

Gault echoed that after talking to Anderson recently, "He is going to try to break the world record here. That's what he's training for."

Anderson is quite a story. "He didn't run at all until his thirties," Gault said. "He was a pack-a-day smoker and very overweight." No longer. He'll get a chance to tell that story. Gault is bringing him back as the featured speaker at Friday's Crim Expo.

The Crim course will offer the Indy runners a challenge. Starting in downtown Flint, after a couple of miles it winds its way through several diverse, but well-kept residential neighborhoods. At the five-mile mark come the notorious Bradley Hills, a series of sharp inclines that extend half a mile. There are several other shorter upgrades before the quarter-mile finish down the bricks of Saginaw Street.

After last year's race, Anderson told a reporter, "It's a good, tough course... You have to work all the way here, there are no easy bits."

The 1997 Crim attracted 14,760 entrants; 5766 ran the ten-miler. This will be the 22nd running of the Crim. □

Freihofer's Run

Continued from page 1

she had sparked the flames 12 months previously. While Regina Joyce took the title in Carlsbad, Wysocki, it transpired, was left to convalesce through an ankle injury that stubbornly refused to heal.

Still, Wysocki's arrival in Albany stimulated as much conjecture as it had the previous year. This time, though, it focused on whether she could return to her previous heights while turning back the assault of the Big Three - Welzel, Samuelson, and Joyce - who returned once again to push her to the limit and to challenge for the USATF national masters title.

The problematic ankle, however, and the volume of training it had prohibited Wysocki from undertaking was, inevitably, something that the tall Californian could not overcome against such talented rivals. Although she forced the pace from the gun, much as she had in 1997, this time the pressure, the burgeoning heat, and the rolling hills - runnable when fit, draining when at less than 100% - proved too much.

Remarkably, it was Samuelson, the paragon of women's marathon running in the USA, who was most committed, most aggressive, and, ultimately, most successful. Under the accumulation of so many long-distance accolades, Samuelson's prowess over the shorter distances - even, indeed, on the track -

is often forgotten. She offered a forceful reminder on the streets of Albany in this year's FRW.

"I came here for my masters debut last year," recounted the 1984 Olympic marathon champion. "I placed third and was a little disappointed. I really wanted it this year."

Samuelson wanted it, and she got it. Wysocki pushed the early pace, hanging within striking distance of the open leaders - Lynn Jennings, Cheri Goddard, Libbie Hickman, et al - but as the pace took a toll, Welzel made a forceful challenge close to the halfway mark and surged into the lead, making a bid for victory.

Charging all the harder, though, was Samuelson. First she flew past Wysocki; then, with Welzel in view, she pressed onward, into the lead and on to the finish line 10 seconds to the good in a time of 16:33. Welzel held on to second in 16:43, with Wysocki third in 16:51, a far cry from her 16:06 of 1997.

"I didn't feel very fast, but I felt strong," commented Samuelson. "It's a big win any time you can beat Ruth or Jane."

For her victory, Samuelson collected prize money in the amount of \$1500, with Welzel taking \$800 and Wysocki \$400. In the age-graded section, Welzel turned the tables, edging Samuelson, 15:32 to 15:38, Welzel being 43 years of age to Samuelson's 41. □

Koech, Samuelson Win Indy Life Circuit Races

Round two of the Indy Life Circuit featured separate races for masters men and women, with the usual fast times, incredible age-graded performances, and all-around solid competition that Circuit competitors have come to expect. Peter Koech took masters honors at the Berwyn 5000 in Berwyn, Ill., May 16, while Olympic marathon champion Joan Samuelson showed her speed in winning the USA masters 5K title at Freihofer's Run for Women in Albany, N.Y., May 30.

Koech, the 1988 Olympic steeplechase silver medalist from Albuquerque, N.M., won his first Indy Life Circuit race in 14:43. Under warm, windy conditions, the 40-year-old Koech outdistanced Craig Young, 41, Colorado Springs, Colo., who ran 14:56. Koech finished fourth in the overall competition. Charlie Gray, 43, Lee's Summit, Mo., was third master in 15:11.

In the Indy Life age-graded race, Magna, Utah's Stephen Lester, 55, produced the best performance as his 16:15 adjusted to 13:56. Warren Utes, 77, from nearby Park Forest, finished second in the age-graded category (his 20:56 adjusted to 14:01), while Koech's 14:43 age-graded to 14:10, good for third place.

Overall, seven men – Lester; Utes; Koech; Jack Nelson, 58, Winnetka, Ill., 17:00 (14:11 age-graded); Young; Gray; and Fay Bradley, 60, Washington, D.C., 17:30 (14:21 age-graded) – scored over 90% on the WAVA tables, or at world-class level. Nelson also set a U.S. single-age record with his time.

At the 16th Berwyn 5000, Young, who again placed high in both scoring divisions (masters and age-graded), earned enough points to move into first place in both Indy Life Circuit divisions. In the masters standings, the 1997 Circuit grand prix masters champion holds a three-point lead over Koech and Steve Plascencia, 41, Shoreview, Minn., 48 points to 45 points, while in the age-graded standings he leads Utes by two points, 181 to 179. At Berwyn, the second Indy Life Circuit race for men, 28 eligible masters runners scored Circuit points.

Although not known for her speed, Samuelson, 41, Freeport, Me., used her strength to win her first USA masters title in 16:33 under warm conditions (80s). Two-time Freihofer's masters winner, Jane Welzel, 43, Ft. Collins, finished

10 seconds back (16:43). Ruth Wysocki, 41, Canyon Lake, Calif., was third (16:51).

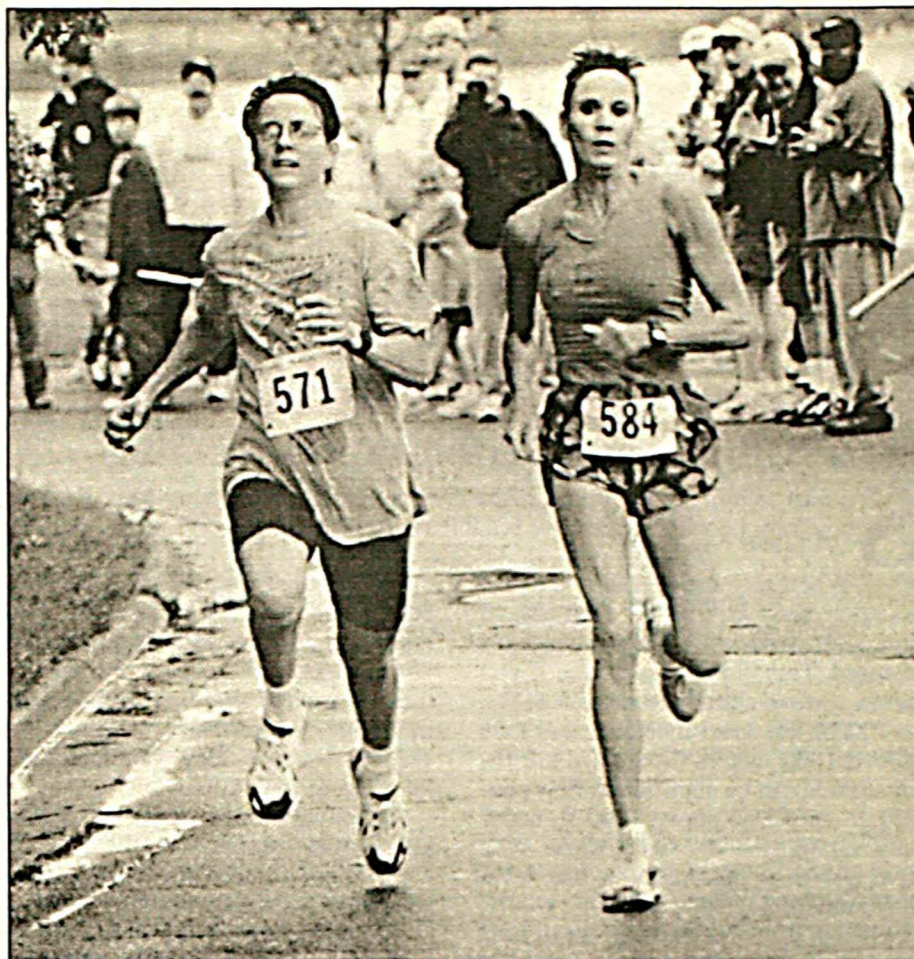
Although Welzel, the 1997 Indy Life Circuit grand prix masters champion, was not the Freihofer's masters winner, her 16:43 adjusted to the best age-graded performance (15:32 or 92.7%), worth \$1500. Four women – Welzel, Samuelson, Wysocki, and Nashville, Tenn.'s Victoria Crisp, 45 – produced times at the world class level (90% or higher). Samuelson, Welzel, and June Machala, 67, Spokane, Wash., also set U.S. single-age records.

As an Indy Life Circuit race, the top 10 masters women overall and the top 44 age-graded women who scored 70% or higher on the WAVA tables earned Circuit points.

After two races, 43-year-old Patty Valadka, Houston, Tex., leads the masters division with 45 points, followed by Regina Joyce, 41, Lynwood, Wash., second with 42 points. Machala, who finished fourth in the 1997 Indy Life age-graded grand prix, holds a 19-point lead over Joyce, 189 to 170, in the age-graded standings.

The next Indy Life Circuit event is the Bastille Day Celebration 8K in Newport Beach, Calif., on July 18. Masters will be competing for \$5000 in prize money. The Indy Life Circuit, sponsored by the Indianapolis Life Insurance Company, features eight races (seven per gender) and \$76,500 in race prize money, plus a \$50,000 grand prix purse.

Like last year, the distances range from 5K to the marathon, each race offers at least \$2500 in masters prize money per gender, and there is a \$50,000 grand prix purse – \$22,000 for the masters division and \$28,000 for the age-graded division. For Circuit scoring rules and updates, visit the USATF Road



GEORGE BANKER

Mary Rita Dunleavy (571), 41, Rockville, Md., first master and third overall (20:29), and Betty Blank, 45, second master and fourth (20:32), Mother's Day 5K, Washington, D.C., May 10.

Running Information Center web site (<http://www.usaldr.org>) □

(This information was provided by the Road Running Information Center.)

INDY LIFE CIRCUIT

Standings:

Women After Two Races

1) Patty Valadka	40	Houston, TX	45
2) Regina Joyce	41	Lynwood, WA	42
3) Jeanne Lasee-Johnson	40	Chula Vista, CA	32
4) Diana Fitzpatrick	40	Larkspur, CA	30
5) Ruth Wysocki	41	Canyon Lake, CA	28
6) Victoria Crisp	45	Nashville, TN	17
7) Suzi Morris	40	Encinitas, CA	15
Joan Samuelson	41	Freeport, ME	15
9) Lesley Chaplin	40	Mt. Park, GA	12
Jane Welzel	43	Ft. Collins, CO	12

Standings:

Men After Two Races

1) Craig Young	41	Col. Springs, CO	48
2) Steve Plascencia	41	Shoreview, MN	45
Peter Koech	40	Albuquerque, NM	45
4) Charlie Gray	43	Lee's Summit, MO	25
5) Antoni Niemczak	42	Albuquerque, NM	24
6) Kenneth Wilson	43	Albuquerque, NM	20
7) Budd Coates	41	Emmaus, PA	17
8) Lloyd Stephenson	43	San Francisco, CA	12
9) Gary Romesser	47	Indianapolis, IN	9
10) David Walters	42	Lyle, IL	8

INDY LIFE CIRCUIT

Age-Graded Standings: Women After Two Races

1) June Machala	67	Spokane, WA	189
2) Regina Joyce	41	Lynwood, WA	170
3) Joan Ottaway	54	Sonora, CA	166
4) Victoria Crisp	45	Nashville, TN	159
5) Ruth Wysocki	41	Canyon Lake, CA	155
6) Jeanne Lasee-Johnson	40	Chula Vista, CA	151
7) Patty Valadka	40	Houston, TX	141
8) Gloria Jansen	50	Edina, MN	137
9) Lesley Chaplin	40	Mt. Park, GA	133
10) Diana Fitzpatrick	40	Larkspur, CA	120
11) Linda Frisby	50	Grand Junction, CO	113
12) Suzi Morris	40	Encinitas, CA	108
13) Marilyn Grissom	56	Greenwood, IN	106
14) Ellen Nitz	57	Milford, MI	101
15) Marge Ferris	67	Indianapolis, IN	96

Age-Graded Standings: Men After Two Races

1) Craig Young	41	Col. Springs, CO	181
2) Warren Utes	77	Park Forest, IL	179
3) Fay Bradley	60	Washington, DC	164
4) Gary Romesser	47	Indianapolis, IN	152
5) Steve Plascencia	41	Shoreview, MN	150
6) Peter Koech	40	Albuquerque, NM	149
7) Kenneth Wilson	43	Albuquerque, NM	146
8) Charlie Gray	43	Lee's Summit, MO	141
Jack Nelson	58	Winnetka, IL	141
10) Budd Coates	41	Emmaus, PA	127
11) Paul Heitzman	66	Eudora, KS	126
12) Lloyd Stephenson	43	San Francisco, CA	124
13) Jan Frisby	54	Grand Junction, CO	117
14) Ken Sparks	53	Chagrin Falls, OH	114
15) Dick Wilson	66	Lawrence, KS	111
16) Antoni Niemczak	42	Albuquerque, NM	108
17) Sonny Monioz	61	El Segundo, CA	107
18) Bobby Kincaid	60	Farley, MO	95
19) Patrick Devine	67	Rancho Palos Verdes, CA	89
20) Bruce Katter	63	Edmonds, WA	81

FIFTEEN YEARS AGO July, 1983

- Norm Green, Jr., 50, Sets New M50 Mark of 65:50 for 20K
- Dan Conway, 44, Wins Second Straight Cotton Row 10K Title in 31:18
- Joyce Smith, 45, Takes Avon Marathon in 2:34.39

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Masters Racewalking

by ELAINE WARD

Altitude and Periodization Training

Studies on altitude training are a bit confusing. However, the following points noted by Leonard Jansen are reliable rules of thumb:

1) When at increased altitude, one should race within the first 24-48 hours, or wait until 10-14 days have elapsed. This timing is also true if you go to a lower altitude to race.

2) For sea level dwellers, any race above 1000 meters (approx. 3300 ft.) in altitude can be significant. Few people do very well above 7000 ft. under any circumstances. Only those who live and train constantly at that level have much of a chance.

3) Ability to perform at altitude is partially genetic. More so as the altitude gets higher.

4) Altitude training is best used in racewalking for base training. Speed and hard pacing type work are better done at lower altitude. Ideal is to spend the winter months at altitude and then go to sea level in late winter.

5) A strange paradox: all things being equal between two people, generally the person who is in *slightly* worse shape will do better at high altitude in terms of avoiding altitude sickness and performance degradation. This is because they ventilate their lungs more forcefully.

6) Dehydration occurs fastest at altitude in most people.

7) Stress from ultraviolet rays can be significant above 5000 ft.

Periodization

Periodization training refers to a long-range system of planned training that divides an athlete's workout schedule into a number of periods of time, each having a specific training goal. The time periods can be as long as the four years between Olympics, or as short as a week's workout plan.

Within the period of a year, training divisions are commonly referred to as macrocycles, phases, microcycles, training sessions and training units.

The major purpose of periodization is to make training as objective as possible. A periodized training plan provides a structure for comparing past training and results to present training and results. For example, a coach sets specific, measurable goals along with objective tests of progress for four years, an Olympiad. Tests will include competitions, time trials and lab tests. Graphs are then made to map or visualize the ongoing process. With this information, coach and athlete can more accurately predict future performance levels.

Periodization is just beginning to be appreciated and adopted in the U.S. According to William Freeman, in his book, *Peak When it Counts, Periodization for American Track & Field*, "most elite athletes in Europe have very detailed training plans." He expands on this to include the "world's best track and field athletes." For example, Enrique Pena, the coach of Jefferson Perez, winner of the Olympic gold medal in the 20K walk in Atlanta, devised a detailed periodization plan for Perez, spanning the 1996 and 2000 Olympics.

Soviet Origins

Periodization was developed in the Soviet Union by L.P. Matveyev. In 1965 he published a book called *Periodization of Sports Training*. Matveyev continued his research on the effects of training and by the 1970s the Soviet Training process was divided into macrocycles of one year. These were subdivided into mesocycles of two to six weeks, and then further divided into microcycles of one week.

Matveyev's work was used and expanded in Eastern Germany and the other former Eastern Bloc countries. While this experimentation was occurring, its innovators were cautioning against any rigid application of their research. They recognized the impos-



TESH TESHIMA

Esmerelda Shelltrack, 55, at 4-6 and 80 lbs, comes flying in for second in her age division, Windward Marathon & 5K Runs, Kailau, Hawaii, May 17.

sibility of any coach anticipating all of the many factors affecting an athlete, and advised flexibility in adapting the overall plan to changing needs and circumstances.

While more and more countries were adopting periodization, American coaches continued using traditional seasonal training methods of breaking a year into fall, winter, spring and summer seasons. A typical running/racewalking season consisted of fall cross-country, indoor track, outdoor track, and the summer off. However, with a few exceptions, this seasonal training method has brought scant success in developing world class racewalkers. Americans are walking substantially behind the leaders in all three internationally competitive distances. □

(The next article on periodization will summarize the basic blocks of a year's plan, the principles of training and their specific applications. - ew)

Pending U.S. RW Records

On May 30, in East Lyme, Conn., Dave Romansky made a pending new American M60 one-mile racewalking record of 7:10.3. The race was sponsored by the Connecticut Walkers.

On June 6, in Rutgers, N.J. Romansky made another pending American record for M60 in the 5K with a time of 24:12.0. A 1968 Olympian, Romansky started competing in the masters program a few years ago after a long layoff. Entering the M60 age division in May, he now poses a formidable challenge to all existing masters records in that division. □

(We will publish new pending records here if they been cleared with Bev LaVeck, Racewalking Chairman, USATF (address on p. 2). Remember records must be set on a certified, curbed track course or certified road course with the required judges present. Send pending records to Elaine Ward, North American Racewalking Foundation (NARF), P.O. Box 50312, Pasadena, CA 91115-0312. Include date, event site, a statement of Bev's approval, and any pertinent related information.)



JERRY WOJCIK

Racewalker Marlene Coe, of California, in the 5000, 1997 Masters Championships - San Diego. The 5000 racewalk in the 1998 Championships, Orono, Me., will be held on July 31.

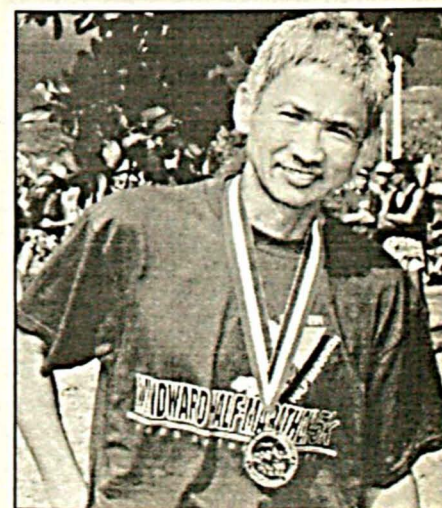
Matthews, DeNoon Win in 15K Racewalk

by JANE DODS

On May 24, the USATF 15K Racewalk Championships were contested in Elk Grove Village, Ill. Jonathan Matthews, 41, Indiana, annihilated the men's masters field, coming across the line in 1:07:41. Sandra DeNoon, 42, Illinois, led the ladies with a 1:23:23. Age-group standout was Max Green, M65, who handily won his division in 1:24:26.

Overall winners were Tim Seaman, 26, of California, 1:04:46, and Debbie Laurence, 36, Wisconsin, 1:13:24.

In accompanying races, Jonathan Udesky, 42, 29:57, and Jane Herring, 40, 37:18, grabbed the gold in the 5K, while Michael Burris, 51, 59:07, and Connie Winger, 43, 1:18:45, cruised in first in the 10K. □



TESH TESHIMA

Allan Shimokawa, first M55 (96:40), Windward Half-Marathon, Kailau, Hawaii, May 17.

Nationals Preview

Continued from page 1

tion and Visitors Bureau has a toll free telephone number: 1-800-91-MOOSE. They will gladly assist you

SITES OF NATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

1	1968	San Diego
2	1969	San Diego
3	1970	San Diego
4	1971	San Diego
5	1972	San Diego
6	1973	San Diego
7	1974	Gresham, OR
8	1975	White Plains, NY
9	1976	Gresham, OR
10	1977	Naperville, IL
11	1978	Atlanta, GA
12	1979	Gresham, OR
13	1980	Philadelphia, PA
14	1981	Los Gatos, CA
15	1982	Wichita, KS
16	1983	Houston, TX
17	1984	Eugene, OR
18	1985	Indianapolis, IN
19	1986	New York City
20	1987	Springfield, OR
21	1988	Orlando, FL
22	1989	San Diego
23	1990	Indianapolis, IN
24	1991	Naperville, IL
25	1992	Spokane, WA
26	1993	Provo, UT
27	1994	Eugene, OR
28	1995	E. Lansing, MI
29	1996	Spokane, WA
30	1997	San Jose, CA
31	1998	Orono, ME
32	1999	Orlando, FL
33	2000	Eugene, OR

DISTANCES TO BE RUN IN AGE-GRADED RACES

Age	Men	Women	Age	Men	Women
30	100.0	100.0	66	79.7	76.7
31	100.0	100.0	67	79.0	75.9
32	100.0	100.0	68	78.3	75.1
33	100.0	99.7	69	77.6	74.3
34	99.3	99.0	70	76.9	73.6
35	98.6	98.2	71	76.1	72.7
36	98.0	97.5	72	75.3	71.8
37	97.4	96.8	73	74.5	71.0
38	96.7	96.0	74	73.7	70.1
39	96.1	95.3	75	73.0	69.2
40	95.4	94.6	76	72.1	68.3
41	94.8	93.9	77	71.2	67.3
42	94.2	93.2	78	70.4	66.4
43	93.6	92.5	79	69.5	65.4
44	92.9	91.8	80	68.6	64.5
45	92.3	91.1	81	67.7	63.5
46	91.7	90.4	82	66.7	62.4
47	91.1	89.7	83	65.8	61.4
48	90.5	89.0	84	64.8	60.4
49	89.9	88.3	85	63.9	59.3
50	89.3	87.6	86	62.8	58.2
51	88.7	87.0	87	61.8	57.1
52	88.1	86.3	88	60.8	56.0
53	87.6	85.6	89	59.7	54.9
54	87.0	85.0	90	58.7	53.7
55	86.4	84.3	91	57.6	52.6
56	85.8	83.7	92	56.4	51.3
57	85.2	83.0	93	55.3	50.1
58	84.7	82.4	94	54.2	48.9
59	84.1	81.7	95	53.1	47.7
60	83.5	81.0	96	51.8	46.4
61	82.9	80.3	97	50.6	45.1
62	82.3	79.6	98	49.4	43.8
63	81.6	78.9	99	48.2	42.5
64	81.0	78.2	100	47.0	41.2
65	80.4	77.5			

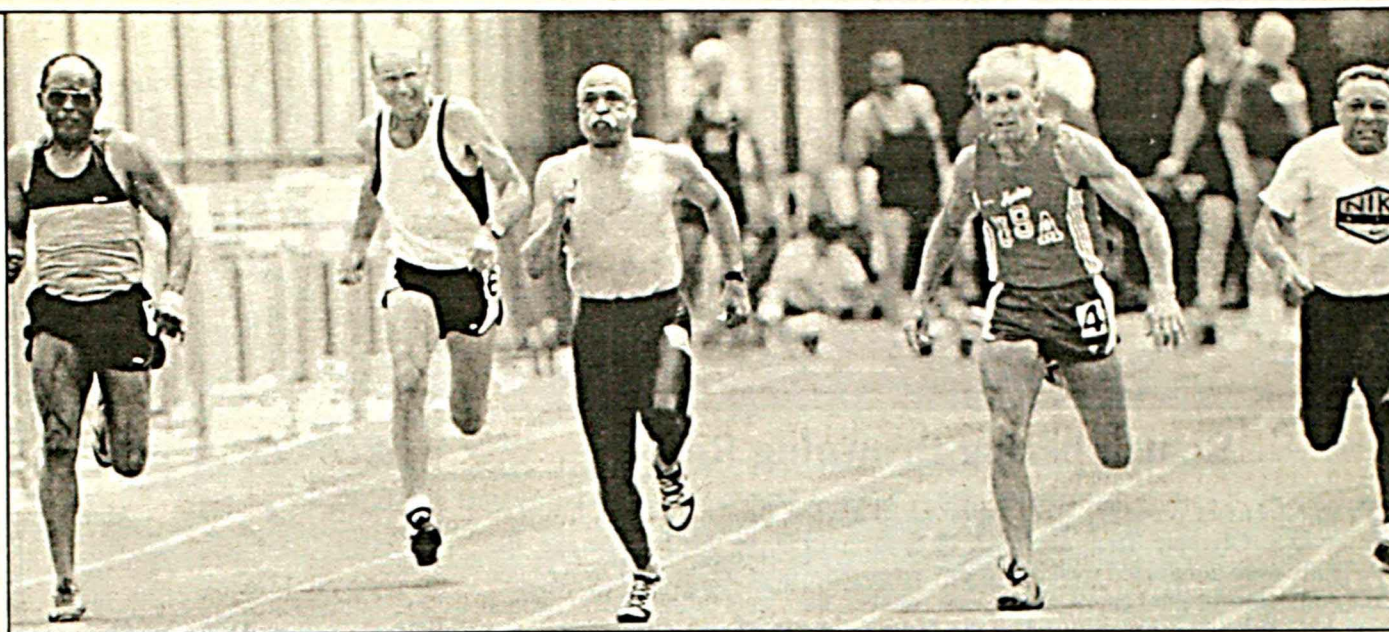


PHOTO COURTESY HAROLD TOLSON

In perhaps the fastest M60-64 100m field ever, Harold Tolson (c) scorched the track in an age-graded 97.2% 12.14 at the Southern California Striders Meet of Champions, Long Beach, May 9. The next three finishers were age-graded above 92%: Dick Richards (USA shirt), 12.56, 96.1%; Jerry McCullough (far left), 12.64, 94.1%; and Kenny Dennis (far right), 12.79, 92.3%. Tolson's goal is to break the world record of 11.7 at the 1998 USATF Masters Championships, Orono, Me.

in selecting a hotel. The entry form lists hotels with special rates. There are many other hotels with built-in reasonable rates within 20 minutes of the stadium. They will also help with rental cars, area restaurants, campgrounds, vacation ideas, etc.

Our Web Site has a complete listing of hotels: <http://www.ume.maine.edu/~track/trackfield.html>

Caravan of Throwers

Two-time javelin world record holder Tom Petranoff will be leading a "caravan of throwers" from his new home area in Rhode Island. Tom will put on throwing clinics prior to the championships. Utilizing new products from his company, Tom will add a huge enthusiastic dynamism to the event. Tom issues a challenge to all throwers in other areas, to form their own caravan of throwers to attempt to beat the Easterners.

Deadlines

The first entry deadline to assure a confirmation letter and inclusion in

the program, and to greatly assist in formation of heats, trials, flights, etc., is July 10th. However, entrants will be accepted after that date.

Campus Housing

We have a number of rooms in a nice dormitory complex available at reasonable rates. Cafeteria meals can be bought on an individual basis or as a package. You do not have to stay in the complex to buy various meal plans or individual meals. But they must be purchased in advance. This will allow the staff to make wise purchases of various foods. If you have special dietary needs, please telephone them and they will assist you. They will be open from 6:00 a.m. - 6:00 p.m. for hot meals and cold buffet. To make reservations, please call Telephone Conferences and Catering at 207-581-4093.

Shuttle buses will run to and from the airport to campus dorms at select times (when major flights arrive), and from most hotels daily to and

from campus. Many hotels have shuttles to the airport. A small fee to pay for gas will be charged. A welcome booth will be at the airport to assist you.

The track is by Martin Surfacing Company, which surfaced the New Orleans facility and has a cushiony, fast surface. All field events are beside the track, easy for family and friends to cheer you on from under the pine trees for the throws, or watching from the stands.

Don't forget to register for the Saturday evening championship cook-out and downeast entertainment. Bring a T-shirt to swap. And prepare to enjoy the downeast humor and Acadian music.

Check the back page entry form for further information and clip and mail the entry blank. It would be great to have the largest turnout for an exciting four days of competition in the State of Maine "where life is - the way it should be." □

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JULY 18-19, 1998

ENTRY FEES: \$20 1st event, \$10 additional events, Relays \$25

After July 10th \$25 event, \$30 Relays

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Eligibility: Current USATF card

Awards: Medals to 1st three places by 5-year age groups

Hotels: List included in packet

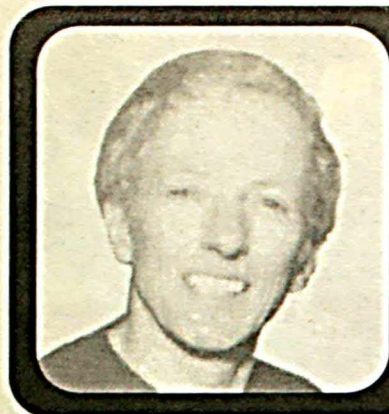
Contact: Robin Paulsen (805) 965-0581 ext:2275

fax: (805) 884-1175 e-mail: paulsenr@sbcc.net

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On The Run

by HAL HIGDON

Remembering Browning Ross

I can remember precisely when I first raced against Browning Ross. It was at the U.S. Olympic Trials for track & field in 1952. In that bygone age, the Trials were conducted over a two-day weekend, contested in the Los Angeles Coliseum. But for the benefit of distance runners, the Trials in the 10,000 meters were held the previous weekend at the National AAU Championships in Long Beach, California. A junior at Carleton College, I ran that race. So did Browning.

Browning placed fourth in the 10,000 and narrowly missed qualifying for his second Olympic team, but succeeded the following weekend in Los Angeles with a third place in the 3000 meter steeplechase. I finished far behind, but returned home, excited about training for my final year in college.

What a Concept!

While competing on the West Coast, I learned a vital secret from my fellow competitors. Until that point, I would begin to run a few weeks before our first cross-country meet in fall, quit for the winter, begin training for track in the spring, then quit for the summer.

But the other runners I met at the NCAA Championships and other meets in California that summer of 1952 told me that they actually trained 12 months a year.

Wow!

Browning Ross may not have been one of the individuals who offered that clue to improved performance, but he was always eager to share information and advice.

Returning to Chicago, I called the local AAU office to ask about races that summer. "There are none," I was told. Shrugging, I spent the rest of the summer on the beach or playing golf, but eventually I got the message that year-round training produced results.

Little Opportunity

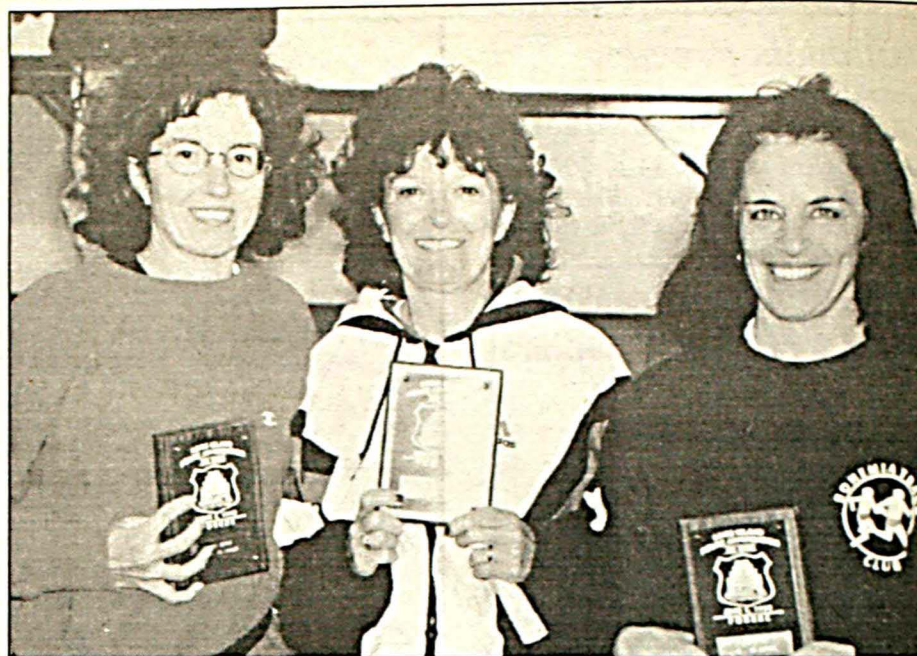
Yet there was this competition gap. I was soon to graduate from college, a time when most runners of that era retired from the sport. For good reason. In Chicago, the only available races for out-of-school runners in the early 1950s were two track meets in June and two cross-country races on the Thanksgiving weekend.

Things weren't much better elsewhere across the United States, unless you lived in New England. Because of the influence of the Boston Marathon, New England was a hotbed of road race activity. There was a smattering of other races on the Eastern Seaboard. West of the Hudson River was a vast wasteland, devoid of any competition, either on the roads or on the track.

Browning Ross would change all that.

Over the next half dozen years, I got to know Browning, a Villanova University graduate who lived in Woodbury, New Jersey. We saw each other at occasional national championships. In addition to his two Olympic appearances and a gold medal in the 1500 meters at the 1951 Pan American Games in Buenos Aires, Argentina, he had won eight national titles. I was a "wannabe."

We corresponded. He founded a newsletter called Long Distance Log, which printed results of road races. I subscribed, awed at the competitive opportunities for those runners lucky enough to live in Boston and environs.



MIKE POLANSKY

Top three W45, Long Island Police Appreciation 5K, East Meadow, N.Y., June 4 (l to r): Marilyn White, third, Evelyn Arenella, second, and Michelle Powers, first (24:59).

A Historic Moment

In February, 1958, I came to New York City to compete in the National AAU Indoor Championships at Madison Square Garden. Knowing that many runners and officials from different parts of the country would be coming to New York, Browning had sent out a call for individuals interested in long distance running to meet at the Paramount Hotel, where most of the athletes stayed. Trying to rest for my competition, I missed the early part of the meeting, but did join the group later in Browning's tiny hotel room. All the chairs and space on the bed were occupied, so I sat on the radiator.

That was the founding of the Road Runners Club of America.

The recommendation was that all of us should return home and organize road races in our local areas, even if only a half dozen runners appeared. We did just that in Chicago, and that was about the number that appeared. Forty years later, 20,000 will probably run the LaSalle Banks Chicago Marathon, and that's far from being the largest road race or marathon in the U.S.

I mention the name of the sponsor, because back in 1958 none of us anticipated that as many as 20,000 runners would appear for a road race, or that a large financial institution might pay a significant sum of money to attach its name to the event.

Taking a Back Seat

Somewhere in the interim, however, Browning Ross moved out of the mainstream. He remained at the forefront of the Road Runners Club of America leadership for about a decade, until others arrived to shoulder the burden. He continued publishing Long Distance Log as an informational labor of love, until another publication (*Distance Running News*, later to be renamed *Runner's World*) came along to relieve him of that burden too.

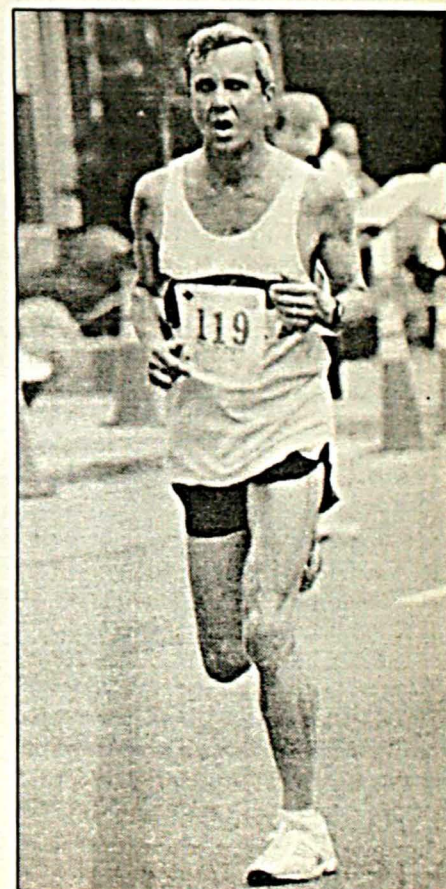
Browning moved to the periphery of our sport, content to coach at the local high school, sell shoes at the running store he founded, officiate at meets and road races and offer advice to

"wannabes." Rather than being jealous of those who stood on his shoulders to achieve higher levels of fame, Browning seemed happy to be back at the grass roots.

A Peaceful Passage

On April 27, Browning Ross drove to a golf course near his home for his usual three-mile run. He was 74 years old, but still running regularly. Following his workout, he climbed in his car. He died of an aneurysm, a collapsing of the arterial wall. Death was apparently sudden, and probably relatively painless. A lot of Browning's friends later would agree that it was a pretty good way to go. But we'll miss him.

Our sport wouldn't be what it is today without Browning Ross. □



GEORGE BANKER

John Haubert, 55, Alexandria, Va., first M55 (40:58), Crystal City 10K, Arlington, Va., May 17.

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Write On

Continued from page 4

an affiliate of St. Joseph Hospital, 268 Center St., Bangor, Maine, 04401.

I can be contacted at 207-262-1176, or (sorry, in Maine only) at 800-839-8311.

*Jo Welch
Bangor, Maine*

NO FALSE START RULE

We have worked on the issue of rescinding the No False Start Rule for over a year, because we believe the input of the athletes involved (sprinters/hurdlers) is crucial. We intentionally made the issue public nationwide, and made sprinters aware that they will have a "voice" in the vote by getting their signatures and comments.

What is the point of one person bringing the issue up again before the same people (mostly non-sprinters) in the masters committee and *not* allowing the nation's sprinters/hurdlers to be heard? That's a dictatorship, disguised by a "vote." (No one should say that they "asked" a few people about an issue and thereby justify a vote for the entire nation.)

Our 600 petitions from athletes all over the U.S. and some from other countries, articles in NMN, a bulletin board display at the 1994 USATF Convention, and comments from the WAVA President and the IAAF should set a convention precedent in operational procedures demonstrating that the voice of the athlete is more important than a bad decision made over and over again by the same people (who attend the convention), and who are not representing the interests of the masters sprinters/hurdlers.

*Louise Mead Tricard
Hank Nottingham
Satellite Beach, Florida*

I believe there is a good possibility of a compromise to satisfy both sides of the No False Start Rule controversy. I am not a sprinter, but I am concerned with maximum performance and I can sympathize with the sprinters who want the protection of one false start to try for the best possible time. On the other hand, the main argument for the No False Start Rule (that false starts consume too much time) has merit. At major meets, where there are many heats and many age groups, it is almost impossible to run on time and still allow for restarts.

Why not compromise? Impose the No False Start Rule in all preliminary heats and allow a false start in all finals. The better sprinters, who are seriously concerned with peak performances, will have no trouble waiting for the gun in preliminary heats because their only concern at that point is to qualify for the next round. Meet officials can allow enough time for restarts in the finals, and the sprinters can then challenge the edge of the start envelope and still be protected against one false move.

*Bud Held
Del Mar, California*

PUBLICATIONS ORDER FORM

Quantity		Total (US\$)
_____	Masters Age Records (1998 Edition) Men's and women's world and U.S. age bests for all track & field events, age 35 and up, and for all racewalking events, age 40 and up, as of Oct. 31, 1997. 56 pages. Lists name, age, state and date of record. Compiled by Peter Mundle, WAVA and USATF Masters T&F Records Chairman. \$5.00.	\$ _____
_____	Masters Track & Field Rankings (1997) Men's and women's 1997 U.S. outdoor track & field 5-year age group rankings. 52 pages. 125-deep in some events. All T&F events. Compiled by Jack Lance, USATF Masters T&F Rankings Chairman. \$7.00.	\$ _____
_____	Masters Track & Field Indoor Rankings (1997) Same as above, except indoor rankings for 1997. 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.	\$ _____
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_____	Masters Racewalking Thirty American coaches and athletes share ideas on Technique, Training and Racing. This book is a unique and complete resource. Edited by Elaine Ward. \$15.00.	\$ _____
_____	USATF Logo Patch 3 color embroidered 4" x 3". \$4.50.	\$ _____
_____	USATF Race Walking Patch . 3-color embroidered 4" x 3" with gold trim. \$5.50.	\$ _____
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_____	National Road Race Encyclopedia 1997 Lists 100 of the nation's most popular road races, with race entry information, top 100 all-time men & women each race, top 20 all-time age divisions each race, 41,000 performer and champion listings, 300+ photos, 100 full-page maps, race histories and trivia, and guide to national running organizations. Compiled by Mike Weddington & Barry Perilli. \$24.95	\$ _____
_____	Guide to Prize Money Races and Elite Athletes 1998 Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$60.00.	\$ _____
_____	Running Research News Bi-monthly newsletter. Contents include the latest scientific information on endurance training, sports nutrition, and injury prevention. \$35.00 per year.	\$ _____
_____	Back Issues of National Masters News _____ Issues: \$2.50 each.	\$ _____
	Postage and Handling	\$ 1.50
	Overseas Air Mail (add \$5.00 per book)	\$ _____
	TOTAL	\$ _____

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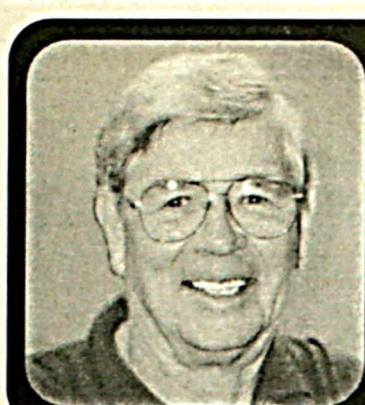
Name _____

Address _____

City _____

State _____

Zip _____



The Weight Room

by JERRY WOJCIK

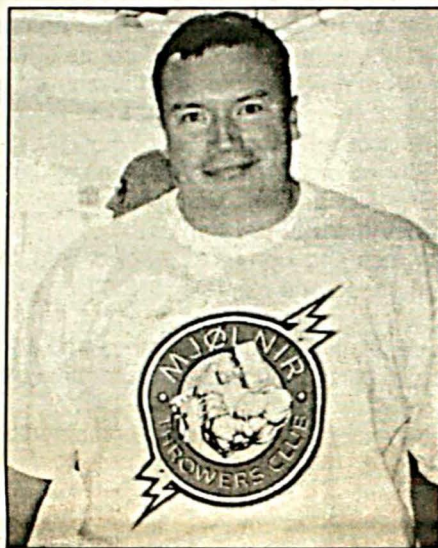
"I Can't Get Started"

One of the most perplexing questions that I get asked is "How do I get started in masters throwing events?" The first time I heard it, I thought to myself, "What a stupid question. I didn't have any trouble getting started. Why can't these individuals (actually, I think it was closer to "blockheads") figure it out for themselves?"

Then I had to admit that when I got into the masters in the early seventies, Southern California, where I lived, was the birthplace of masters t&f several years before, and the San Fernando Valley, where I made my home, was a hotbed of masters activity. L.A. Valley College, where I taught, was the home of the Grandfather Games (which eventually became the Dan Aldrich Memorial/Anteaters Meet, now at UC-Irvine in Orange County) founded by George Ker, an outstanding shot and discus man and pioneer in the masters movement.

So, it was easy to make contacts and get involved when I discovered the masters concept. In 1971, I bought a new Gill javelin that (get this!) I saw displayed in the window of a combination hardware and sporting goods store in the City of San Fernando. During the 1973 season, I participated in 13 meets, most within an hour's drive.

After this realization, I decided to answer the question by writing a "How to Get Started" handout. By the time I was half done, I had three pages, filled with reservations, qualifiers, admonitions, equivocations, revelations, and baloney that I had accumulated in the more than 25 years of masters partici-



Ken Jansson, 40, top scorer in the Seattle Masters Spring Fling, April 25

pation.

A Short Questionnaire

Instead, I decided to do a short questionnaire to enable prospective masters throwers to determine their readiness for entrance into the program. Here it is:

Competitive Apparel:

- I intend to compete in a thong bikini.



SUZY HESS

Becky Sisley, of Oregon, was fourth in the W55 javelin and gold medalist in the pole vault, 1997 WAVA Championships-Durban.

- I will wear a black, one-piece bathing suit, circa 1910.

- I will throw in a Nike \$200 matching tank top and tights ensemble.

Equipment:

- I don't own any implements and intend to use everybody else's, especially javelins, or the meet-supplied junk.

- I own four of each specified implement, which I'll color code differently for every meet.

- I'll be using implements that I stole from Elvis Presley High when I competed there.

Training Regimen:

- I consume four El Ropo cigars and five margaritas a day, usually before lunch.

- I lift, throw, watch training videos, and talk to coaches every day but intend to get serious once I become involved.

- I won't raise one cheek off the couch until the day of competition.

Dietary Supplements:

- I take Flintstones' Chewable Fruit-flavored, Multi-purpose Vita-Yums with my Lucky Charms cereal every morning.

- I live in Eugene, Oregon, and I'm into St. John's wort (for mild depression), echinacea (to alleviate cold

symptoms), and ginkgo biloba (to treat memory loss).

- I have a medicine cabinet full of all the illegal performance enhancing drugs known to man.

Attitude

- I want to compete for the fun of it, but will send letter bombs to my opposition.

- I don't mind losing as long as I get a medal.

- I hear that counterfeit birth certificates are a dime a dozen in L.A.

If most of the statements above apply, you're ready for masters competition at the national level and should enter the 1998 Championships in Orono, Me., at the end of this month. You'll fit in easily. However, you may be a little sociopathic and should perhaps seek counseling immediately after Maine and before your next meet.

If none of the statements above is appropriate to you, sign up for the Nationals also. You, too, will fit in well. I'll be available for advice on how really to get started in the throws. It shouldn't take more than four hours. Look for me. I'll be wearing a black bathing suit, smoking a cigar, and using somebody's else's implements. See you there. □

Masters Age Records

NEW!

(1998 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, 1997.
- U.S. Age bests for Men & Women for all racewalking events, age 40 and up, as of Oct. 31, 1997.
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- 52 pages. Thousands of entries. Lists name, age, state, and date of record.

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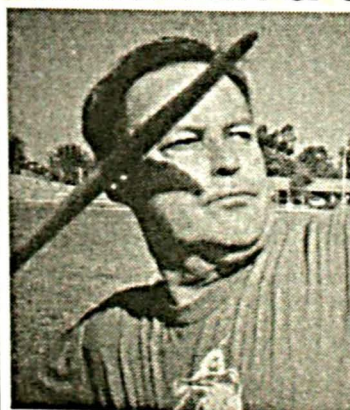
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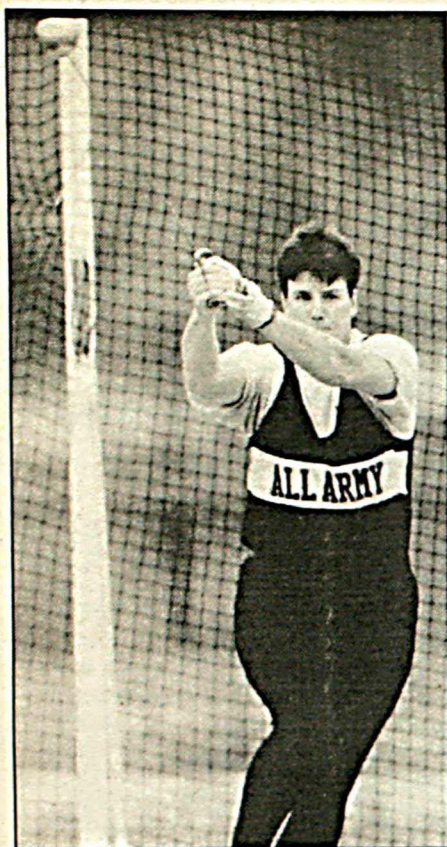
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PAUL R. ADAMS

Marilyn Senz, a second lieutenant in the United States Army, broke the W35 national record for the hammer with a 142-7, Birmingham TC Classic, June 6. Senz is from Asheville, N.C., and trains with Club Oden.

Senz Breaks U.S. Hammer Record at BTC Meet

by GORDON SEIFERT

North Carolina's Marilyn Senz's pending 142-7 hammer throw erased the existing W35 U.S. record by eight feet in the Birmingham TC Classic, Birmingham, Ala., June 6. The present record is 134-6 by Sarah Boslaugh in 1995.

Other top performers were Tom Kennel, 77, winner of the age-graded 100m and the triple jump with a 27-2. Jim Stookey, M65, was second in the age-graded 100m and won the triple jump with a 33-3 1/2.

Chuck Sochor, M70, was the mini-decathlon award winner. Gordon Seifert, M65, won the Jim Law Memorial 400 award with a 68.31.

Tom Bynum, M30, cleared 14-4 1/2 in the pole vault. Bill Duckworth, 63, with a 138-2, and Chris Clark, 41, with a 177-9, achieved good javelin marks despite a soggy runway.

The fourth annual Southeastern Police and Fire Championships were run in conjunction with the meet. □

TEN YEARS AGO July, 1988

- Gary Miller Sets M50 World Decathlon Record of 6031 in Los Angeles
- Laurie Binder, 41, Top Master (35:32) in Freihofer's 10K in Albany, NY
- Arling Pitcher Breaks Own M85 WR with 5-8 Pole Vault in Birmingham, Ala

Great Gildersleeve Galumphs to Victory

by MAURY DEAN

In our checkered road warrior careers, we runners have been up and down and out and, like Frank Sinatra, we've "picked ourselves up and gotten back in the race." One of my greatest delights is seeking the Secret Race.

I know the mega stampedes are mandatory when you're running well. You confront the top talents in your region. Races in Central Park, for instance, beat you up with hills and age-group speedsters.

If you're like me, you seek the off-beat adventures, flying on flat, fast avenues in tiny local races, where even a senior citizen has a shot at the big time.

My pal Ralph Epifanio, publisher of the *Islandwide Runner*, and his burgeoning family staged such a 5K race on Long Island's South Shore in Moriches on May 18. We were blessed with beautiful weather (54 degrees, drizzle, and windless). Seventy or so intrepid souls toed the starting line, and, whoosh, we were off.

Swashbuckling through the little town at a metronomic six minutes a mile, Roger Fluhr, newly 50, and I, 55, noticed that we were strangely leading the race at the half mile, our years sapping our speed, but not our determination.

Young David Gatz (M30-39) passed us at the 5:55 mile split, and Roger and I chased him down at 1 1/2, our eyes on the BIG PRIZE for the winner - a humungous 10-gallon Gatorade keg, with thermoses tucked in like a Russian matryorska doll. Alas, neither of us recognized the supercharged afterburners kicking in on the Great Gildersleeve.

Throckmorton P. Gildersleeve was a character in a 1943 comedy, but this was Brian Gildersleeve, a young lad of 43, charging through the pack, unbeknownst to the zooming Fluhr and Dean, who dreamed of Gatorade and victory.

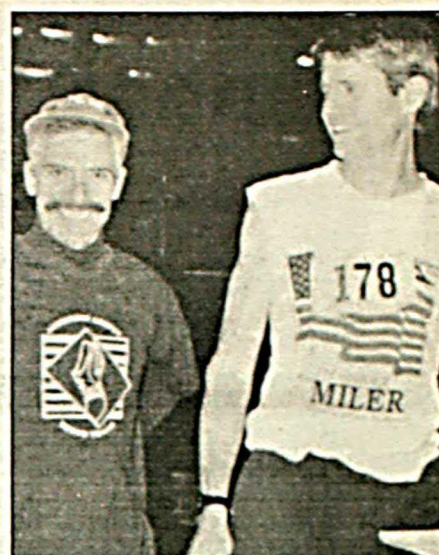
By the turnaround, overlooking a steely Great South Bay, I was leading by five seconds with Fluhr, Gatz, and Gildersleeve in hot pursuit. By mile two, the 11:55 split represented my Motown birthplace address (Atkinson St., 1942), and my eight-second lead spawned visions of being the first senior citizen since Joe Cordero on L.I. to win a race outright.

At Shoney's Restaurant in Philadelphia on Valentine's Day, I got my first 10% Senior Citizen Discount. "You can have the discount," I mumbled to the thirty-something waitress. "Give me back the years."

Then the Great Gildersleeve did something to me that I absolutely would have done to him, had our ages been reversed. He came bounding out of the first pack, blasted by Fluhr and Gatz and by the 2 1/2-mile mark, and floated annoyingly on my left shoulder. He made a major move, and, with long strides my penguinish flurry couldn't match, zoomed past me and my dreams.

With memories of my 16:45 5K days a decade ago, I slogged to the far-away finish. I'd lost three seconds at the turn and lost the race (quite legitimately via this excellent move) by 3 1/2 seconds. I would have been happier with photo-finish silver, but, by the time we're all this age, it's nice to be running at all and to have overcome 1997 injuries and to once again run near six-minute miles with an 18:28.

Gatz was third (18:54), Fluhr fourth (18:57). Sam Soccoli won the M60 race (26:59). Louise Prescott was the first W40+ in 29:07. The rain spattered down on the awards ceremony, but silver shone from the sunshine beyond the clouds. The gold, too. And the gargantuan Gatorade jug for the galumphing Gildersleeve. □



GOERGE BANKER

David Webster (r), first M45 (73:30), and Jay Wind, second M45 (75:12), Bethesda Chase 20K, Bethesda, Md., March 1.



1998 SANTA BARBARA FIESTA POLE VAULT CHAMPIONSHIPS on the BEACH



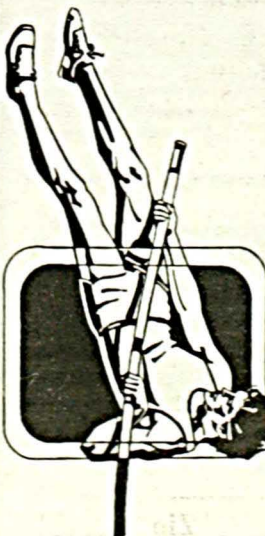
Date:	Saturday July 25, 1998
Place:	West Beach--Santa Barbara
Directions:	Take Harbor or Beaches exit on US 101. Look for pier (Stearns Wharf). P.V. Pits will be set up on the sand just west of pier (State St. & Cabrillo Blvd.)
Entry Fee:	\$25.00
Deadline:	Registration must be received by July 20. If you think your registration will be late, please call Steve Morris at (805) 569-1289
Parking:	There are a number of city parking lots along the water front. There's limited parking on Stearns Wharf (free with a validation from one of the wharf's shops or restaurants). SBCC has a large parking lot 1/4 mile north of West Beach.
Hotels:	For reservations call (800) 292-2222 or Ambassador Motel (805) 965-4577 located across the street from the event.
Divisions:	Men & Women High School-Masters-College/Open-Invitational

1998 SANTA BARBARA FIESTA POLE VAULT CHAMPIONSHIPS ENTRY FORM

Name: _____
Address: _____
City: _____ Zip: _____
Phone: _____
Age (As of 7/25/98) _____
Best Height: _____ '98 Best: _____
Division: (Circle one) Male or Female
(Circle one) H.S.-Masters-College/Open-Invitational
For starting times call (805) 569-1289 after 7/20
School Attended: _____
Accomplishments: _____

In considering of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may incur against Santa Barbara City College, the Parent Project, the City of Santa Barbara, any individual associated with the operation of this meet and all sponsors of this competition, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Santa Barbara Fiesta Pole Vault Championships held on July 25, 1998.

Signature: _____
Parent's Signature (if under 18 Yrs) _____
Please find enclosed my check for \$_____
Make payable to: Steve Morris/SB P.V. Championships.
Mail to Steve Morris, 42 Tinker Way, Santa Barbara, CA. 93101 (805) 569-1289





Track and Field Report

by KEN WEINBEL,
Chairman, Masters T&F

Qualifying Standards for National Championships

In the February issue of the *National Masters News*, Roland Rust, an LDR athlete, wrote in the "Speaker's Corner" interesting commentary: "The main problem with USATF Masters Track & Field Championships, is that competing in and winning such championships is not seen as prestigious. Nobody wants to participate in a national event that is not important, with medals won that do not mean anything." Rust recommends that athletes be required to qualify for the National Masters Track & Field Championships, making participation and medaling more meaningful.

Karen Boen supported Rust's opinion in her letter published in the May issue. According to Boen, she supports some sort of qualifier to guarantee a more national meet feeling, contrary to what she experienced in a non-competitive 3000 at the Indoor Championships this past March.

Douglas Schneebeck, of New Mexico, wrote in the June "Write On!" that he did not agree with Boen's comments. He explained that he believed a qualifying standard would not solve her dilemma of being too fast for the field she found herself in at Boston.

I have used the above three commentaries to illustrate that there is active dialogue throughout masters track & field regarding the implementation of some sort of qualifying procedures for our national championships. I have heard from many athletes concerning this matter, both pro and con. Discussions are interesting and persuasive in both directions.

First and foremost, from the pro camp, is improving the prestige of the

championships by requiring some sort of qualifier to guarantee competing athletes proficient fields. It is frustrating to many athletes to invest time and money to compete against people who are "trying" an event for the first time, and at a national championship, no less.

The con group counters that qualifying standards will lessen the number of athletes entering the meet. Meet directors, counting heads, could be concerned, if this is factual. One might take note that the National Senior Games requires qualification and usually draws twice the number of entries compared to the masters meets, and with fewer age groups.

The pro camp suggests that qualifying be done at regional and/or association meets, which will encourage participation on those levels. The con group is concerned that some areas of the country are devoid of adequate competition opportunities which could be designated as qualifiers.

The pro camp suggests that any qualifying standard should be attain-



SUZY HESS

The M70-79 West Valley Joggers & Striders team, after setting a world record in the 4x800 (11:46.91), 1997 Championships - San Jose, (l to r): Joe King, Boyce Jacques, Ray Stewart, and Dave Villas. The relays in the 1998 Championships in Orono, Me., will be run on Aug. 2.

able by any athlete who displays a reasonable level of proficiency for the events for which he or she wants to qualify. The con group believes that all athletes, regardless of their proficiency, should be able to compete in a national championship for the enjoyment of the experience.

Many more pros and cons have arisen in discussion, and I've only mentioned these few to stimulate your reaction and response. A short survey has been prepared by the *National Masters News* (see this page) for those interested in making known their thoughts. We look forward to your response. □

React and Respond

1. There should be qualifying or standards applied to competing in the national championships. Y___ N___

(If you answer "Yes," please respond to the remaining questions:

2. Placing first, second or third in an association championships meet will qualify an athlete for the national championships. Y___ N___
3. Placing first, second or third in a regional championships meet will qualify an athlete for the national championships. Y___ N___
4. Qualifying mark standards must be determined by committee and reviewed annually. Y___ N___
5. Any qualifying standard must be reasonably attainable by the average masters athlete. Y___ N___
6. Qualifying by a mark standard must be attained in USATF sanctioned meets. Y___ N___
7. Qualifying by a mark standard may be attained by any meet (USATF, Senior Games, all-comers, etc.). Y___ N___
8. An athlete attaining an event All-American standard qualifies for that event in a national championship. Y___ N___
9. Defending champions are automatically qualified for the national championships. Y___ N___
10. Additions and comments:

Send your response to: Survey, NMN, P.O. Box 50098, Eugene, OR 97405.

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Speaker's Corner

by BARBARA KOUSKY

Sponsorship Needed for T&F Program

During the past 18 months, there has been much discussion regarding the lack of funding for the Masters Track & Field Committee, and how we must "do something." No one, particularly anyone who has been heavily involved in the masters program, should disagree with the need for additional financial support. Disagreement among committee members as to the best approach for securing additional funds (e.g., marketing our entire program or just our premier event, the outdoor championships), and how those funds should be utilized (e.g., local or regional support, prize money, awards, etc.) is expected and should be decided democratically.

We know, because of the Demographic Survey instituted at our '94 Outdoor Championships, that masters athletes have certain demographics that appeal to specific types of companies. We've seen sponsorships with a number of these companies and masters organizations come to fruition, first with the U.S. National Senior Sports Organization, and most recently with the 1998 NIKE World Masters Games, whose sponsors include the U.S. Postal Service, VISA, Fred Meyer, Inc., NIKE, Inc., and Fred-Lay.

How and When?

How can we — and when can we — get our share of these sponsorships for our masters athletics program? Why are others successful in getting sponsors while we are not? As with most things, there is no "one" answer. Both USNSO and the NIKE WMG, are multi-sport organizations and events, which have a special appeal to some sponsors. Both organizations have staff whose primary responsibility is to recruit sponsors. Outside marketing agencies are also utilized.

From listening to Craig Masback at Convention, we can be assured he not only wants to secure sponsorship for the masters track & field program, but he is also aware of the many resources available to help achieve that goal. Currently, however, Craig needs to be concentrating on sponsorship for the entire program of USATF.

What do we do in the meantime? Just sit back and wait? No! I believe we can and should "do something" to help make sure we have the most marketable program available. We can begin by making additional resources available to Craig for use in sponsorship proposals.

Positive Steps

We can also:

- Solidify the goals of masters track & field. The Committee needs to review the goals of masters track & field, make any necessary refinements, and submit them to the full committee for approval. These goals

and how they can be achieved should then be widely distributed to all masters athletes.

- Define in writing what we can do with the additional money. We know from previous discussions that ideas will be numerous. The budget should reflect the goals of the committee. At a minimum, a sponsorship proposal should include an overview of how the funds would be utilized.

- Provide "positive publicity" to enhance the proposals. This could include magazine articles, photos, videos, interviews, and commercial ventures using masters athletes of all ages.

- Provide leadership. A long-standing goal of the masters committee has been to provide opportunities for participation in all track & field events, including racewalking. Lately it seems that several self-styled critics have placed more emphasis on attacking the sponsors, price structure, etc., of a non-USATF event, rather than looking at it as being another opportunity in which masters can choose to compete.

Providing leadership doesn't mean USATF needs to be the sponsoring organization for all track & field events. As the national governing body for athletics, our leadership should work with and encourage all non-USATF competitions to become sanctioned, thereby assuring participants that organizers will follow USATF (and WAVA) rules.

FIVE YEARS AGO July, 1993

- Francie Larrieu-Smith, 40, Sets 10K Record (34:08) in Advil Mini Marathon in NYC
- Doug Kurtis, 41, Runs World Record 70th Sub-2:20 Marathon in Cleveland
- Ken Popejoy, 42, Wins (4:10.17) Runner's World Masters Mile in NYC

Getting Involved

Several years ago, Christel Miller participated in a Senior Games competition in Southern California. When Christel saw that the meet was lacking in some areas, she didn't stand back and discourage USATF members from participating. There were no letters to the editor. On the contrary, she got involved with the seniors and with the meet organizers. She used her expertise, gave clinics for beginning athletes, and made sure they followed USATF rules. The end result is that masters athletics (both card-carrying USATF members and non) have another well-run USATF-sanctioned event in which to compete.

- Listen and learn. The multi-sport competitions aren't going to go away. Instead of reacting negatively to their methods of operation, perhaps we need to take a step back and see if they have ideas and methods that might be worth adapting to our USATF events. A current example might be adding clinics or instruction seminars during the time-frame of our outdoor championships. To date, the 1998 NIKE World Masters Games have added nine clinics in a variety of events, all at no additional charge to the athletes. This was done to make sure that all athletes receive the most value possible for their all-inclusive entry fee. □



JERRY WOJCIK

Tony Besase, 63, of Virginia, 1997 USATF M60 pentathlon champion, finishing the final event, the 1500, in San Jose. The 1998 pentathlon will be held on the first day of competition in the National Masters Championships, Orono, Me., July 30-Aug. 2.

TEXAS MASTERS TRACK AND FIELD CHAMPIONSHIPS

SATURDAY, JULY 18, 1998 MARTIN HIGH SCHOOL, ARLINGTON, TEXAS

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION

Entry fees: Pre-registered by July 14: \$10 first event, \$5 additional events, Relays \$15

*** After July 14, \$15 Late Fee will be charged *** Entries close at 2 PM July 18

SCHEDULE OF EVENTS: Events run in order listed; Times are approximate.

6:00	100 Meter Dash	1:00	Pole Vault	Javelin
6:30	800 Meter Run	3:00	Discus Flight 1 (M,W >50)	
6:45	80 / 100 / 110 HH		Shot Put Flight 1 (M,W <50)	
7:00	200 Meter Dash		Long Jump	
7:20	1500 Meter Run	4:00	Discus Flight 2 (M&W <50)	
7:30	4 X 100 Relay		Shot Put Flight 2 (M&W >50)	
7:45	300 / 400 IH		Triple Jump follows Long Jump	
8:00	400 Meter Dash	5:00	Weight and Super Weight Throw	
8:15	1500 Racewalk		High Jump	
8:30	5000 Meter Run		*** Weight and Super Weights will be available	
9:00	4 X 400 Relay		Weight Master to be used.	

No false start rule in effect. All events run as finals. Timed sections, if necessary. Age groups and sexes may be combined. Automatic Timing System and Wind Gauge. Certified Officials. Sanctioned by USATF. Medals to top three in each age division.

Directions to Martin H.S.: From I-20, take Kelley-Elliott Road exit and go North to Pleasant Ridge Road. Martin High School is on the left. Track is on the Northwest corner of the campus.

Name _____ Date of Birth _____ Age on 7/18/98 _____
 Address _____
 Phone _____ Dallas Masters Club Member? ☐ Yes ☐ No
 I, the undersigned, hereby agree to release and discharge the Dallas Masters Track and Field Club, the USATF Southwest Association, the Arlington Independent School District, 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 1997-98:

Discus	1 _____	Triple Jump	7 _____	1500 M	14 _____
Shot Put	2 _____	High Jump	8 _____	800 M	15 _____
Javelin	3 _____	1500 Racewalk	9 _____	400 M	16 _____
Wt. Throw	4 _____	80/100/110HH	10 _____	200 M	17 _____
Pole Vault	5 _____	300/400 IH	11 _____	100 M	18 _____
Long Jump	6 _____	5000 M	12 _____	Super Wt.	19 _____

Optional Texas Masters Championships T shirt with original design and no advertising: \$10
 Yes _____ No _____ Size: M L XL XXL
 Amount Paid: _____

Mail entry and check payable to: Dallas Masters T&F Club, 1501 W. Lavender Lane, Arlington, TX 76013

Note: Throwing cage not large enough to accommodate the hammer throw. This is a temporary location for the meet. We will return to a university location next year.



Training Advice

by EARL FEE

Principles of Training – Part I

(Earl Fee, of Canada, holds the M60 world record for the 800 (2:14.33) and is acknowledged as one of the best masters middle-distance runners in the world. This is the first part of a condensed version of one of 24 chapters in Fee's completed book, *Secrets of a World Master's Champion*, to be published sometime next year. The second section of his *Principles of Training* will appear in a later issue of the NMN.)

Obey the laws – the laws of running, to keep out of the court of defeat and the jail of injury. The following are some of the important principles and rules which form the basis of training for running.

Principle of Base Training

A sound base of aerobic training for about three months or less should follow the outdoor track season and precede the sharpening (competitive/peaking) season.

This enables the body to complete the high quality interval training with strength and endurance. A good base enables you to do perhaps several heats in one day and on successive days at a meet. And it prevents injury.

Arthur Lydiard, the famous New Zealand coach of Peter Snell and other Olympic champions, proved that an extensive base training phase, followed by hill training and then sharpening, produces world-shattering results.

Principle of Gradual Adaptation and Progression

I have noticed, even a week later, the same workout is easier, but generally you race according to your condition and training in the previous six weeks. Some say it takes even 12 weeks for the full training effect. Therefore, a long lead time is required if you are to race well. Also, world class athletes normally peak after the third important race.

It is surprising how the body adapts. Speed and speed endurance are normally lost in the base building period. Over the sharpening period, the workouts become gradually harder but, due to increased condition, the effort remains about the same as you become stronger and faster.

There should be no sudden increase in effort between workouts. Progress is

rapid in the beginning; the final 3% improvement takes about 40% more work, but it's worth it.

Principle of Sharpening and Taper

Sharpening. The sharpening period prepares the athlete to peak in performance in the competitive season. During this period, aerobic endurance runs form the backbone of the schedule. But there is great emphasis on runs at race pace or faster, hill work, time trials, fartlek, and particularly interval training to increase speed endurance.

Rule of 12 weeks. There is considerable evidence that 12 weeks of sharpening is optimum to reach a peak. If the intensive training is continued after this, performance starts to drop off. It is best to arrange hard training for close to 12-week cycles: reach a peak, active rest for about ten days, then start another cycle by initially building a base.

Tapering. About 10 to 20 days before a race, one or two workouts can be more intense than normal. After this, with reduced volume, but retaining intensity, the body recharges. A meet one week before a big meet or a time trial can be quite beneficial with the workouts in the following week light volume but retaining speed. Three days before should not be overdone – two days before even less.

Remember, sore muscles often come two days after a hard workout. Also, no water running of any intensity within three or four days of a meet. For the marathon, Bill Rodgers recommends a quality workout (e.g., a 10-miler) 7 to 14 days before, with the last week very light.

Principle of Going with Your Strengths

Once you have decided on your specialty race, your training should be directed toward your strong suit. Know your strengths and weaknesses.

Working mainly on your strength (endurance or speed) will produce better results than concentrating on your weakness. For example, there are 800m runners who have moved up from the 400m. And there are 800m runners

who have moved down from the 1500m. The former should concentrate more on shorter, faster repeats, while the latter should concentrate more on longer, slower repeats.

Hence, the athlete responds better to the work demands. This is not to say the weakness should be neglected; it requires work but not as much concentration.

Principle of Balanced Training

An optimal balance between the aerobic and anaerobic capacities, without underdoing or overdoing intensity and volume, is the main target in a training program. An imbalance in an athlete can be determined from actual races or time trials.

For middle and distance runners in the sharpening phase, Jack Daniels (renowned coach) states: 8% of the weekly mileage should be for VO₂ max training plus anaerobic threshold training. The former at about 5K race pace (intervals) and the latter at 10K race pace for a mile plus 15 seconds (intervals or continuous run). He also recommends 5% of weekly mileage training in the anaerobic lactic system (e.g., 30 seconds to 2 minute intervals) at >95% maximum heart rate.

Principle of Correct Mix in the Training Session

Aerobic and anaerobic training generally should not be mixed in the main part of the session. It is not desirable to work on both stamina and speed the same day, or the same workout, because one detracts from the other. It would be more beneficial to work on speed, flexibility and strength together.

Anaerobic speedwork before longer aerobic running saps the energy, resulting in slow or shortened performance in the longer running. Aerobic intervals, or a long run before attempting short fast intervals, results in much reduced speed. Also avoid a long run the day before speed work.

Principle of Specificity

When your strengths and weaknesses are known, a running event should be chosen to match your strengths. Specific "race like overload" training allows your body to adapt to the specific race stress you will encounter on race day.

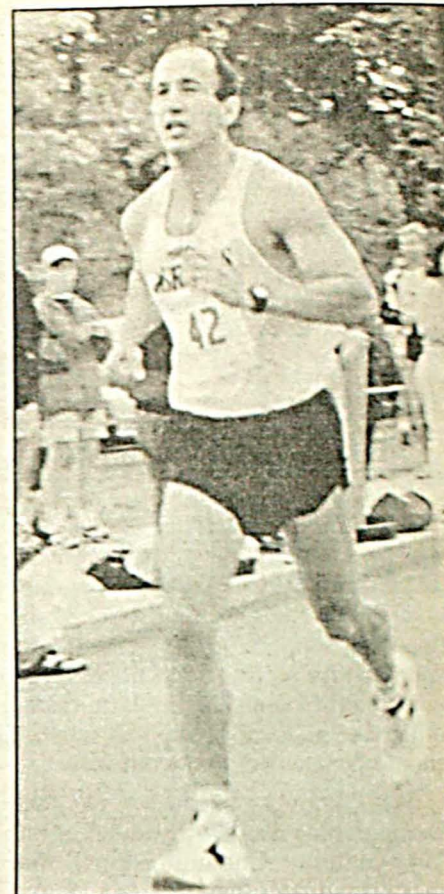
Train for the course terrain, weather conditions and time of day you will run. Also, lifting of weights should be specific to your race distance: endurance reps for middle distance or greater, strength power reps for sprinters.

Cross-training should be as specific as possible to use the same muscles and achieve near the same heart rate or perceived effort; e.g., cross-country skiing and running in water closely simulate running.

Principle of Periodization

Periodization is the division of the training year (macrocycle) to meet the athlete's objectives and to peak during the competitive period(s).

Basically, periodization is based on periods up to three months (mesocycles) of hard training followed by tapering, peaking in performance for a brief period, then a transition rest period to permit another cycle to repeat.



GEORGE BANKER

Jim Hage, 40, Lanham, Md., third master (31:38), Sallie Mae 10K, Washington, D.C., April 26.

Generally, over a month's period, each week (microcycle) has progressively higher intensity over the first three weeks in the month, with a decrease in intensity in the fourth week.

Each successive monthly cycle is harder. This highly recommended approach is similar to hard days followed by easy days, but on a coarser time scale.

Principle of Supercompensation

Supercompensation is an improved performance phenomenon. Following exercise, the body is fatigued. After rest, the body recovers, and, shortly after, rebounds to a higher level of performance than initially if training or the exercise starts again at the optimum time. But if started too late (e.g., start of a race too long after a warmup) there is a decline in performance. Supercompensation is also very much related to tapering and periodization.

Principle of Intuition and Flexibility

Listen to your body. It is important to have a long-term training goal and related short-term goals, but let intuition play its part on a day-to-day basis. Intuition works best when one has good knowledge of training principles. Avoid the "do it, regardless" philosophy, which can lead to injury and staleness.

There is a need for flexibility in the training schedule. Some days, when you will feel like doing less, the weather is bad, or muscles are sore, train accordingly. However, take advantage of those rare days when you feel like doing more than planned, but not too close to a race.

In short, when the body speaks, listen to it, and disregard your schedule – your subconscious mind has many years of wise experience. □

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

Formatting of Results for National Master News

Most of the track & field and race results sent to the *National Masters News* comes by regular mail, but, increasingly, results are being sent to us via e-mail. In both cases, some results are camera ready for printing, but most require re-typing prior to layout. Formatting results is costly and time-consuming, and it is a double waste of effort when submitted results, which have been formatted, fall short of our requirements and must be redone.

One advantage to submitting track and field results that meet our format requirements is that they will receive preference for publication in their entirety. Results that require re-formatting may be condensed to save on cost and time, or not be printed at all.

Listed below are guidelines to follow when submitting results:

1. Columns should consist of 28 spaces and be no wider than 2 1/4 inches. For a specific font and size, Helvetica 12 fits well.

2. Each event should start with the youngest men's age group and proceed to the oldest, followed by the youngest women's group going on to the oldest.

3. Use "W" (W40) for women, not "F," for the age groups.

4. Bold the event and use a small "m" for meters: **1500m**

5. Put the age group on the same line with the first contestant in it, not above the name:

100m
M40 Harry Nelson 12:22

6. Use first names first, so that they can be abbreviated or initials used (no period after initial) when they are long and may create problems with right margin alignment.

7. Remove open and youth athletes.

8. Eliminate non-standard track event results, such as the softball throw and standing long jump, and identify the event or implement if not standard for a particular age group. For instance, if the M40-44 are running the 300mH instead of the 400mH, the event should be titled "300mH," not "Low Hurdles" or "Long Hurdles." When M55-59 throw the 25-lb. weight instead of the specified 35-lb. the event should be "25-lb. Weight," not "Weight Throw."

9. Do not mix meter marks and feet-inches in the field events, especially in the same event.

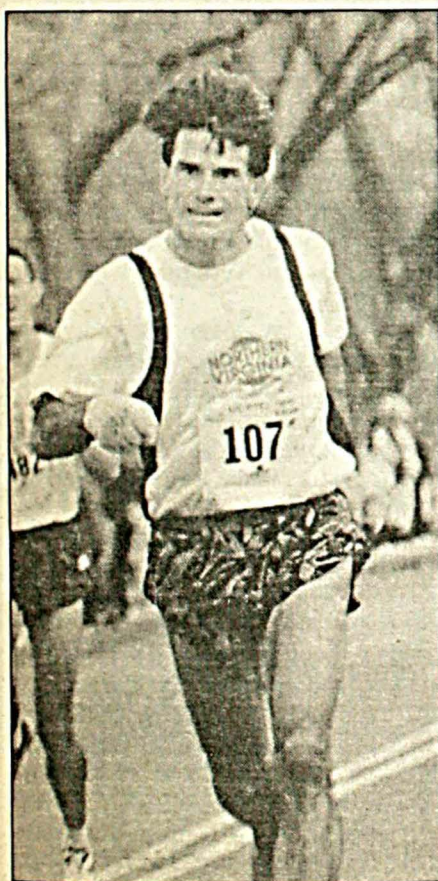
10. If the throws marks are in feet-inches, eliminate inch fractions (1/4, 1/2, 3/4) from the long throws results (discus, hammer, javelin). To conserve linear space, if your keyboard doesn't include fractions for the jumps and short throws (shot, weights), use .25, .50, and .75, and use this format for all events measured in feet-inches: 5-6, not 5'6" and 36-4, not 36'4".

11. The order of events: 100, 200, 400, 800, 1500, mile, 3000, 5000, 10,000, short hurdles, long hurdles, steeplechase, relays, HJ, PV, LJ, TJ, SP, DT, HT, JT, WT, SW, pentathlon, decathlon, heptathlon, weight pentathlon, walks, and road races (if part of the meet schedule).

12. Road race and racewalking results should include the ages of masters runners when they are listed with the open finishers but not in their age groups. Races that list top masters finishers separately, but not by age group, should also give ages, as should races that have "Grandmaster," or like categories.

13. Results of races in which the top category is 50+ or 60+ or 70+ should indicate the single ages of the finishers in those groups. ☐ -- Jerry Wojcik

The *National Masters News* is devoted exclusively to track & field, long distance running, and racewalking for men and women over age 30. Each month it delivers 32 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, and all the inside scoops and information that affect the world of masters athletics competition. 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 (\$12 to \$15 per year, depending on the region). There are no qualifying standards for most masters athletics events.



GEORGE BANKER

Steven Ward, 42, Reston, Va., finished the Cherry Blossom 10 Mile, Washington, D.C., April 5, in 56:37.

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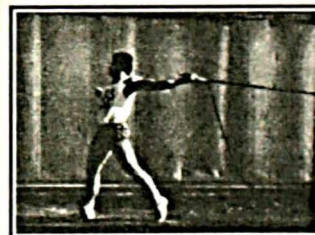
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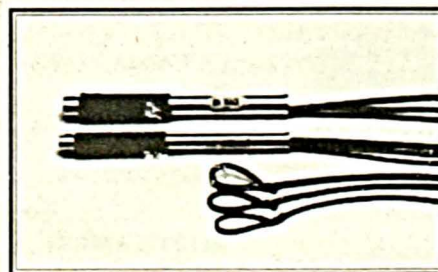


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International Scene

by **TORSTEN CARLIUS**
WAVA President

WAVA Preparations On Track for 1999

In my column in the May issue of NMN I promised to comment a little more on the discussions and decisions at the WAVA Council meeting in Gateshead on April 2-5 and will do so here plus other information on current WAVA activities.

XIII WAVA Championships

Our meeting in Gateshead was highly concentrated on the World Championships, July 29 - August 8, 1999. As most of you know, we are preparing for an anticipated 8000-10,000 participants. One consequence of this expected high attendance is that we will use three stadia for the Championships:

- Gateshead International Stadium (main arena)
- Monkton Stadium
- Riverside Stadium

Preparations are going well and we have now appointed our Technical Delegates who will follow progress very carefully and be on site well before the Championships start to ensure WAVA standards are met. This is one of our most important tasks.

Transportation between the three

stadia will be offered by the organizers. We have to allow for about 15 minutes shuttle bus transfer between the stadia with normal traffic level, and perhaps up to 25 minutes during rush hour.

The organizers are working on the entry booklet which will be ready for distribution to the WAVA affiliates in September. The daily program is more or less the same as in Durban, but if the entries are high in the sprint events we will have a plan to handle the first rounds within the 11 days. Our Stadia Committee is charged with presenting alternatives in Gateshead for future World Championships anticipating still higher numbers of participants.

World Masters Games

These Games are fast approaching, and I look forward to discussions in Eugene with the Council of the

International Masters Games Association (IMGA) to evaluate opportunity for closer cooperation in the future. Our Past President, Cesare Beccalli, will have such discussions on a level of possible Veterans Olympics, on condition that WAVA be entirely responsible for the athletics in such Olympics.

I have said before, and reiterate here to avoid any misunderstanding, that the WAVA Council will make no decisions until we have discussed at a WAVA General Assembly what approach we should take.

In this context, I cannot help but mention other ideas, among which are the European Masters Games and something called the Eurathlon. This shows the high level of interest in veterans' activities, presenting another important task for the WAVA Council in ensuring a Championships schedule that is well adjusted to our needs.

World Indoor Championships

In 1997, the first European Veterans Indoor Championships were held in Birmingham. This event was a great success with roughly 1400 participants, including some from countries outside Europe. If the EVAA General Assembly in September decides to have the Indoor Championships added to the European program, the next Championships will be staged in Malmo, Sweden, in March 1999.

As a follow-up to these discussions, a proposal was forwarded to the WAVA Council re Veterans Indoor Championships also on a world level. Although this was addressed by the Council in April, the general feeling was that it is too early to discuss World Indoors because such Championships, staged in February-

March, will mostly be an affair for Europe and North America.

WAVA on the Internet

We have long felt that WAVA should have a home page on the Internet to reach many more athletes and other interested individuals around the world. We have taken steps to create such a home-page through which I hope we can present a lot of information on WAVA, our World Championships and other activities.

WAVA Handbook

Our new Handbook (1997-1999) is ready for printing with information on WAVA and should be distributed shortly.

Results from Durban

This affair has, hopefully, come to an end as you read this. There have been many difficulties and problems, but the last promise from the OC in Durban was that the books and videos would be distributed at the beginning of June to all who paid through their entry forms. However, some paid in Durban and those who did so must contact either the OC in Durban or his/her NGB and, on proof of payment, the OC will send the result book.

We do really apologize for this delay that has been a nightmare to all involved.

Regional Cooperation

Over the last 8-10 years, WAVA has had a very cooperative relationship with the IAAF and the Council feels it to be very important to have similar cooperation at the regional level also. For this reason, the Council would like the WAVA associations to contact the IAAF associations to organize a meeting to start discussions. Conditions vary, of course, between our six regions, but there is much to gain through improved cooperation. □

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E-mail: rexjh@aol.com

Girvan Wins Two of Three British Championships

by MARTIN DUFF

Three British championship events took place within eight days of each other in May. Mike Girvan won two of them - the 10 miles in 51:31 at Leyland in Lancashire on the 10th, followed a week later, on the 17th, by a winning 2:30:46 in the marathon, which took place in the far North of Scotland at Fort William. The third event, also held on May 17, was the prestigious road relay championships, where double world 10K champion Nigel Gates finally led his Brighton club to the eight-stage M40 title that had eluded them for so long.

Elsewhere in the 10-mile race, there were good timings for M50 champion Ian Barnes, 55:37, and M55 winner Fred Gibbs, 58:41. Steve James set his second M60 best with a 57:04 that was 39 seconds better than Bill Stoddart's mark.

Among the women, Cecilia Greasley won the women's race in 1:00:26. Pam Jones set a good mark in the W60s with 1:14:03.

Dave Fairweather took M50 gold in the marathon in 2:43:37, just 19 sec-

onds clear of Rob Young. Claire Pauzers, W35, who dropped out of the London Marathon with the after-effects of a cold, made amends with her first British Vets title, winning in 2:50:12.

In the relay, over 6K individual laps, there was the usual excitement. Gates, just a day before his 45th birthday, anchored his side to a narrow victory in 18:39. This was just headed for best performance by 45-year-old Martin Rees, who ran 18:36.

In the six-stage M50 race, Oxford City, with four of the six who won the main race over the same Aldershot course in 1990, came out on top.

The women ran just three 6K stages, and Shaftesbury Barnet won that race narrowly over Derby Ladies. The fastest runner was Welsh lass Frances Gill on the first lap with 21:06. Epsom won the W45 event with a good solid team performance. Jane Davies held the lead for them in 23:31 on the final stage, as former London Marathon placer Ann Ford chased her home with the day's best W45 effort of 22:45. □

15,000 Expected for Nike World Masters Games August 10-22

The deadline for athletes to sign up for the Nike World Masters Games, which begin August 9 in Portland and Eugene, Oregon, has been extended indefinitely after the games came up short of their goal of 25,000 registered athletes by May 31.



Barbara Kousky, who will co-direct the track and field portion of the event in Eugene from August 10-22, estimates the total participation for the games will be about 15,000. The track and field competition is expected to draw about 1300 athletes, down from the original estimate of 4000. The \$200 entry fee has discouraged many potential participants from signing up.

The Oregon games will mark the first time the Denmark-based international event – featuring athletes over the age of 30 competing in 25 different sports – will be held in the USA. Canada (1985), Denmark (1989) and Australia (1994) hosted the three previous games. Attendance in Brisbane, Australia, was reportedly 24,000.

Doug Single, the event's CEO, said track & field and swimming have so far fallen short of projections, but several sports, such as bowling and cycling, are over-subscribed. Single said he expects the games to break even or make a small profit for the Portland Oregon Sports Authority.

Athletes from more than 65 countries will participate in the two-week

extravaganza. Social events in Eugene include an opening ceremony, a BrewFest and athletes' barbecue, all hosted by the city of Eugene.

Several free clinics will be conduct-

ed by former Olympians. There is a chance that Mary Slaney and Joan Benoit Samuelson will participate.

To obtain an entry form, call 503-226-1998.

— Al Sheahen

XIII WAVA CHAMPIONSHIPS GATESHEAD, ENGLAND

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Kobe Stages a Well Run Race

by RON BELL

WAVA Vice President, Non-Stadia

Unable to attend the 4th Non-Stadia Championships, I asked Josep Antentas to represent me in Kobe. Josep is no stranger to responsibility as he was the organizer of the Olympic marathon in Barcelona. Along with WAVA walks coordinator Barbara Dunsford and WAVA President Torsten Carlus, I knew we had a strong team monitoring the championships. What follows is a report comprised of the comments from Josep and Barbara plus other comments from people who have contacted me.

The overall impression was that of gratitude to the Japanese masters for staging such an event in their normal efficient way, and also that WAVA is now progressing in the standards it is setting for these championships. To successfully stage an event with over 17,000 competitors has to be a credit to all concerned.

Entries were as follows: 10,876 in the 10K, 6246 in the half-marathon; 121 ran both events, 254 took part in the walks. Of the total number of 17,255 entries – of which 11,726 were men, 5529 women – 167 were received from outside Japan.

The biggest criticisms I have received are that the accommodations were too far removed from the venues and the numbers were not allocated the day before competition. This meant a very early start for a lot of competitors (6 a.m. for the half-marathon runners).

All runners had to collect their race number and championship chip two and a half hours before their event but, despite mass numbers, everyone reached the start line on time. The organizers had allowed 40 seconds per athlete for this function! Warm-up

clothing was left in the tunnel, no identification tags were given, and there were only large letters on the tunnel wall for identification (A, B, C, D, etc.).

The course, which has been well documented on previous occasions, was not flat, but excellent running weather made a memorable and remarkable day for all competitors.

Most impressive, was that, within 100m of finishing, competitors received a certificate which contained their name, race number, position, age group and time.

One aspect highlighted by Josep, which I report for future events, is that WAVA should not approve courses at which spectators are not allowed, as was true with this course.

The walks went off trouble-free, thanks to Barbara sorting them out for us. The course was well marshalled, as were the refreshment stations. In fairness to the organizers, all our previous requests had been met. The only technical point not fulfilled by the organizers, was the provision of a fourth international judge. This meant that any walker who was disqualified, knew which three judges had disqualified them, something we are fighting hard to avoid. There were 14 disqualifications in the men's event and one in the women's.

I would like to draw attention to one small point raised by Barbara, which managed to escape the notice of the Chief Judge, and ask all walk judges to be vigilant in the area of dress code for walkers. Walkers must have their knees uncovered while competing. All judges must ensure that all walkers are aware of this prior to the start of competition and not allow clothing to cover the knee. □

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

Superweight: M30-69 56-lb.; M70+ 35-lb.; W30-49 35-lb.; W50+ 25-lb.

WAVA weights are used for USATF weight pentathlons.

Masters Scene

NATIONAL

• Washington, DC, will play host to Road Race Management's Race Directors' Meeting and Trade Show, Oct. 22-25, Marriott at Metro Center. Two hundred race directors, race officials, corporate sponsors, advertising and PR executives, and others interested in road running are expected to attend. Sessions will include everything from an in-depth look at the LaSalle Banks Chicago Marathon and Marine Corps Marathon to a debate between Jeff Galloway and Jim Hage on the impact of walkers, walk/running, and the "slowing down" of competitive events. Craig Masback, USATF Chief Executive Officer, will be the keynote speaker. RRM Race Directors' Meeting, 2300 Ninth Street South, Suite 300B, Arlington, VA 22204; 703-685-7181.

EAST

• Roger Evans, 40, Setauket, NY, 17:56, and Sheila Dauscher, 41, Baldwin, NY, copped masters victories in the Police Appreciation 5K, East Meadow, NY, June 4. First Law Enforcement finishers age-40+ were Robin Beckerman, 44, Copiague, NY, 18:20, and

Grace De Pompo, 35, Staten Island, 19:13. Oldest finisher was Mel Freidel, 77, Dix Hills, NJ, 32:29.

• Arthur Golbert, 42, Rockville Centre, NY, was first overall with a 4:09:38 in the shorter race in the Long Island 50 Mile & 50K Endurance Runs, Oyster Bay, May 16. Katie Quaranto, 42, North Babylon, NY, finished first W40+ in 6:17:38. Nick Marshall, 50, Camp Hill, PA, fourth with a 7:43:44, and Carolyn Ciccone, 56, West Islip, NY, in 11:16:39, were first masters in the 50 Mile. Dick Opsahl, Huntington, NY, the oldest finisher at age 66, closed in 8:28:54. Fifty-five of the 76 starters finished in oppressive heat and humidity on a hilly course.

• Mary Slaney, 39, Eugene, OR, was first female with a course record 16:21 in the YWCA 5K Race Against Racism, Washington, DC, May 2. Lionel Scatliffe, 44, Alexandria, VA, 17:28, and Bernadette Flynn, 40, Fairfax, VA, 20:47, were the masters winners, also with course records. John Brennand, 62, Santa Barbara, CA, was sixth M40+ in 18:48.

• Mary Rita Dunlany, 41, 20:29, Betty Blank, 45, 20:32, and Joyce Adams, 44, 20:54, were third, fourth, and fifth overall in the Mother's Day 5K, Washington, DC, May 10.

Former distance star and now Program Director for the Avon Global Women's Circuit, Kathy Switzer, 51, won the W50 contest (23:53) in the event, hosted by the Washington RunHers, a women's running Club in the D.C. area.

• Steven Ward, 42, Reston, VA, bested the M40+ field with a 2nd-place 35:10 in the Run To The Rescue/Crystal City 10K, Arlington, VA, May 17. Linda Shemio, 41, Kingstowne, VA, outlegged the W40+ contingent in 44:30. Ken Dent, 50, Columbia, MD, beat the Big Four-O with a 39:13. Doralie Segal, 68, Arlington, VA, was 70th overall of 700 finishers with a 54:03, and Bozia Hall, Jr., age 60, finished 60th in winning the M60 race (43:35).

• Mark Courtney, 42, blasted to the M40+ win with a second-place 75:22 (top men's A-G performance at 70:10), Clarion River Half-Marathon, Cooksburg, PA, April 4. Margretta Lutz, 69, winner of the W60+ race in 1:52:21, was overall third-best A-G with a 70:65. Cindy Grimm, 46, took the W40+ race in 94:57.

• Vladimir Ilin, 40, forged the win by one yard in 36:49 over a fast-closing Rob Colborn, 43, 36:50, in the Tom Robinson Masters 10K, Guilderland, NY, April 25. Peter Gerardi, 46, in 37:05, fought off Carl Matuzek, 46, to take third by one second. Cindy Novak, 40, was first W40+ in 43:54. Anny Stockman, 65, hastened to a 52:31.

• Nearly 1000 women showed up for the NYRR Mother's Day 5K, Central Park, NYC, May 10. Sloshing home first W40+ in heavy rain was Gillian Horovitz, 42, 18:11, third overall.

• Kathryn Martin, 46, Northport, NY, 1:24:16, strode to a masters win and third place overall in the Canon Long Island Half-Marathon, East Meadow, NY, May 3. Mario-Rene Reyes, 40, Staten Island, NY, 1:16:50, grabbed the men's masters title, finishing sixth overall. John McLaughlin, 43, Long Beach, NY, 1:17:13, claimed tenth overall, while other top finishers included age-group winners Kieran Kelly, 50, Massapequa, NY, 1:22:50, Maury Dean, 55, Patchogue, NY, 1:23:25, and Betty Horstmann, 53, Bayport, NY, 1:37:33.

SOUTHEAST

• Ukraine's Tatiana Pozdniakova sped to a W40+ course record 35:09 in the Cooper River Bridge 10K, Charleston, SC, April 4. Despite gusting winds of up to 35 mph, 30,000 runners lined up at the start. England's Keith Anderson, 31:04, finished as the top men's master and eighth overall while grandmasters prize money went to Bob Schlau, 37:37, and Betty Ryberg, 42:44. Schlau has run in all 21 Bridge Runs.

MIDWEST

• Andrei Kuznetsov, 40, Russia, 1:04:36, and Tatiana Pozdniakova, 43, Ukraine, 1:14:34, led masters runners across the finish line of the Elby's Big Boy 20K, Wheeling, WV, May 23. Top American masters were Allen Choma, 45, Westerville, OH, 1:09:53, and Alice Thureau, 42, Fisher, PA, 1:17:19.

• Powering to masters wins in the Great Race Half-Marathon, Elkhart, IN, May 25, were Glen Miller, M40, Sylvania, OH, 1:15:49, and Doris Winsand-Dausma, W40, Kingsport, TN, 1:24:29. Bob Lee, M40, Michigan City, IN, 38:29, and Michelle Siebert, W40, Eden Prairie, MN, 44:17, claimed 10K crowns. Great Race '98 featured something for everyone, including a tricycle race and a dog walk.

DEADLINE

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

MID-AMERICA

• Charlie Gray, 44, 72:50, and Marla Rhoden, 42, 90:25, took masters titles in the longer race of the Trinity Hospital Hill Half-Marathon & 12K, Kansas City, MO, May 31. Division winning standouts were Gerald Glass, M60, 90:41, and Karen Bestul, W55, 1:40:00. Masters firsts in the 12K were Charles Brandon, M40, 41:30, and Vera Burton, W50, 57:14. Top performers included Rick Hogan, M50 champion in 45:47, Paul Heitzman, M65 winner in 50:47, and Stacy Brown, first W70 in 61:10.

• Dave Johnson, M40, 67:15, and Marla Rhoden, 42, 80:54, sailed to masters firsts worth \$400 each in the Dam To Dam 20K, Des Moines, IA, June 6. Keith Fevold, M40, 67:39, and Jackie Groves, W40, 84:26, collected second-place \$200 money.

• Boulder residents Charley Perez, 9:38.12, and Ileana Nuiry, 13:02.67, collected masters wins in the first annual Boulder Planet 3000m Track Test, Boulder, CO, May 17. Many competitors used the 3000 as a tune-up for the popular Boulder Boulder race.

SOUTHWEST

• Mary Preisel, Signal Mountain, TN, overcame high humidity to set a women's grandmasters course record of 39:42 at the Mississippi Gum Tree 10K, Tupelo, MS, May 9. Jon Sinclair, Fort Collins, CO, 30:53, took the masters win and placed ninth overall, while Patty Valadka, Houston, TX, 35:25, snatched the top women's masters spot and sixth overall. Kent Oglesby, Fort Collins, CO, 36:37, claimed the men's grandmasters win. Jerry McGath, M60, 37:15, and Susie Kluttz, W60, 46:09, both won their age groups in fast times.

WEST

• Joe Keshmiri, Reno, NV, recorded a pending M60-64 WR of 59.52/195-3 for the 1kg discus in an open throwers meet at Hartnell College, Salinas, CA, May 19. The present record is 57.60/189-0 by Wendell Palmer of the U.S. in 1992.

• Larry Stuart, who registered a pending M60 WR for the javelin with a 213-10 at the So. Calif. Striders Meet, May 9, did it again in the Dan Aldrich Memorial Meet, UC-Irvine, May 23, with a 212-4. The present record is 191-10 by Del Pickarts in 1987. The Dan Aldrich Meet drew 160 participants.

• Heading the masters fields at the 5th Annual Alongi 5K Racewalk, College of Marin, Kentfield, CA, May 24, were Joseph Berendt, 27:36, and Virginia Fong, 33:14.

• Jon Sinclair, M40, 38:52, and hometown favorite Kim Jones, W40, 42:17, notched masters wins at the Lilac Bloomsday 12K, Spokane, WA, May 3. Other speedy finishers included Stephen Lester, M55 winner, 41:24; Sylvia Quinn, W60 champion, 55:38; and W65 winner June Machala, 58:12.

• Al Clark, 84, celebrated the 20th Annual Whiskey Row Marathon, Prescott, AZ, May 2, by running the race for the 20th straight year. "I'm just in the habit of it, I guess," he said. "I don't feel right if I miss one." Despite a diagnosis of prostate cancer five years ago, which has been in remission the past six months, Clark has kept his Whiskey Row streak intact.

CORRECTIONS

• Omitted from the Southern Calif. Striders Meet results sent to NMN: Karen Vaughn, W40, 87-0, javelin.

• The 200 time for Bob Matteson, M80, in the New Balance Indoor Meet, Feb. 27, reported in the May issue, should have been 39.09, not 59.09.

• The article on the Southern California Striders Meet, May 9, which appeared on p. 9, June NMN, was missing this sentence: Robert Culling, 66, lowered John Hepner's M65 U.S. record of 8:10.29 in 1997 for the 2000m steeplechase to 8:09.98, an age-graded 91.6%.

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Schedule

USA track and field events feature competition for men and women over age 30 unless otherwise noted. Senior Games are generally limited to age 50 and over. Long distance events generally are open to all age groups with the exception of national masters championships, which may be limited to men and women over age 40. International T&F meets are generally limited to men over 40 and women over 35. Entry blanks for national and regional championships will generally be printed in the newspaper 30-60 days prior to the event. Please send any additions or corrections to NMN, P.O. Box 50098, Eugene OR 97405.

TRACK & FIELD

NATIONAL

July 25-26. USATF National Masters Decathlon & Heptathlon Championships, Neosho, Mo. Tom Thorne, 525 Oak Ridge Dr., Neosho, MO 64850. 417-451-2655(w).

July 30-August 2. 31st annual USATF National Masters Championships, U. of Maine, Orono. U. of Maine, 5747 Memorial Gym, Orono, ME 04469-5747. 207-581-1077; fax: 207-581-3474; e-mail: ranson@maine.maine.edu. Web site: <http://www.ume.maine.edu/~track/trackfield.html>

August 29. USATF National Weight & Superweight Championships, Seattle, Wash. Ken Weinbel, 4103 Hillcrest Ave. S.W., Seattle, WA 98116. 206-932-3923; fax: 932-3917.

September 5. USATF National Masters Weight Pentathlon Championships, Citrus College, Glendora, Calif. (near L.A.). SASE to Lloyd Higgins, 629 Marie Ave., Los Angeles, CA 90042. 626-914-8652; fax: 914-8659.

August 26-29, 1999. 32nd annual USATF National Masters Championships, Orlando, Fla.

October 20-29, 1999. U.S. National Senior Sports Classic VII, Orlando, Fla.

EAST

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

July 1, 15, 29. Philadelphia Masters Meets, Germantown Academy, Fort Washington, Pa. Weds. eve, 6 pm-8 pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

July 13-18. Pennsylvania Senior Games, Shippensburg. State residents only. David Farrand, 717-823-3164.

August 5 (Wed.) Philadelphia Masters Meet, Germantown Academy, Fort Washington, Pa. 6 pm-8pm. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

August 8. Beverly Lions 2nd Annual All-Comers Age-Graded Meet, Beverly, Mass. 978-921-6150, x5466; e-mail: bevliions@aol.com.

August 16. Philadelphia Masters Championships, Germantown Academy, Fort Washington, Pa. See Aug. 5.

September 5-6. Potomac Valley Games, Williams HS, Alexandria, Va. PVG, c/o V. Meyer, 2305 S. Buchanan St., Arlington,

VA 22206.

September 16. Green Mountain Senior Games, Green Mountain College, Vt. Ardi Smith, 802-824-6521.

September 25-27. Granite State Senior Games, Laconia, N.H. 50+. GSSG, Inc., PO Box 1942, Rochester, NH 03866-1942. 603-332-0055.

October 25. Philadelphia Masters Runners Pentathlon, Germantown Academy, Fort Washington, Pa. 3000/800/200/1500/400; age/sex-graded. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672; Bill Krieger, 215-722-8859.

SOUTHEAST

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

July 4. USATF Southeast Regional Masters Weight Pentathlon, Western HS, Davie, Fla. John von Rohr, 954-452-9248; e-mail: vonrohr@mediaone.net.

July 11. Nashville Striders Meet, David Lipscomb H.S. 615-331-0111.

July 25. Jacksonville TC Summer Track Classic, Bolles School Track, Jacksonville, Fla. All ages. Field events: 5:00 pm; running events: 5:15 pm. Lamar Strother, 1511 S. McDuff Ave., Jacksonville, FL 32205; 904-388-7860, or JTC, 904-384-TRAK.

August 8. Nashville Striders Meet, David Lipscomb H.S. 615-331-0111; 383-6733.

September 22-27. North Carolina Senior Games, Raleigh. No out-of-state. Margo Raynor, 919-851-5456.

September 23-26. Georgia Golden Olympics, Robins Air Force Base. Vicki Pilgrim, 404-657-6644.

October 24. Sarasota County Games For Life. Kelly Shoemaker, 6700 Clark Rd., Sarasota, FL 34241. 941-316-1172.

MIDWEST

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

July 5. Cleveland Track Classic, Independence HS, Ohio. SASE to Norman Thomas, Over The Hill TC, 9065 Gettysburg, Twinsburg, OH 44087.

July 5-12. Ohio Senior Olympics, Canton. Virginia Neutzling, 330-492-6739.

July 18. Lisle Masters/All Comers Open Meet, Wilde Field, Lisle, Ill. USATF Illinois, 630-953-2052.

July 25. USATF Midwest Regional Masters Championships, Huntington, W. Va. Tom Plummer, 27 S. Queens Court, Huntington, WV 25705. 304-523-6046; fax: 523-1662; e-mail: tptrack@aol.com.

July 25. Dayton Masters TC Classic, Welcome Stadium, Dayton, Ohio. Bob Jones, Dayton Masters, 937-837-2754.

August 16. Oak Forest Masters and Open

Meet, Oak Forest HS, Illinois. Gerry Krainik, 708-687-2124.

September 9-16. Wisconsin Senior Olympics, Milwaukee. Helen Ramon, 414-821-4444.

September 10-13. Southwestern Illinois Regional Senior Games, Edwardsville. Cheryl Marshall, SIRSG, Inc., Campus Box 1084, Edwardsville, IL 62026. 618-692-3210; e-mail: cmarsh@siue.edu.

September 17-27. Illinois Senior Olympics, Springfield. Sandy Holste, 217-789-2284.

September 24-27. Kentucky Senior Games, Elizabethtown. Ruth Hudson, 502-765-2175; 800-437-0092.

MID-AMERICA

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

July 13-17. Northland Senior Games, Duluth, Minn. Chuck Campbell, 218-723-3724.

July 21. ~~CANCELED~~ All-City Stadium, Gail Jim Bogus, 303-696-0436.

July 26. Blair Meet, Blair HS, Nebr. Mike Maryott, 402-426-5955.

August 2. The 21st Century AGELESS GAMES E.M. "R"ECREATIONAL MEET, U. of Minnesota, 516-15th St. SE. 1 pm. Pre-register by July 17. See p. 5 or SASE to Sr. Rachel Lyga, 122 NE 63 1/2 Way, Mpls., MN 55432. 612-574-9661.

August 4-9. Rocky Mountain Senior Games, Greeley, Colo. Sheri Lobmeyer, 970-350-9433.

August 5-9. New Mexico Senior Olympics, Albuquerque. State residents only. Cecilia Acosta, 505-623-5777.

August 18. ~~CANCELED~~ All-City Stadium, Gail Jim Bogus, 303-696-0436.

August 20-23. Nebraska Senior Olympics, Kearney. Scott Hayden, 308-237-4644.

September 5-6. Rocky Mountain Masters Games, U. of Colorado, Boulder. Dave Simons, 1550 Baseline, Boulder, CO 80302; Jim Weed, 507-726-2452; Tom Wesselowski, 316-722-2586.

September 10-13. South Dakota Senior Games, site TBA. Jaci Casanova-Keller, 605-773-3656.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 11. USATF Southwest Regional Masters Championships, Trinity U., San Antonio, Texas. Don Austin, PO Box 39148, San Antonio, TX 78218. Fax: 210-690-2324; e-mail: MARGDC@aol.com.

July 18. Texas Masters Championships, Martin HS, Arlington. Dallas Masters, 1501 W. Lavender Ln., Arlington, TX 76013. 817-274-0448.

July 24-25. Oklahoma Masters Athletic Meet, East Central HS, Tulsa, Okla. Team Oklahoma, 4217 W. 91st, Tulsa, OK 74132-3739. 918-446-0064; 446-9232 (fax); TEAM_OKLAHOMA@bigfoot.com (e-mail).

September 17-20. Arkansas Senior Olympics, Hot Springs. Gail Ezelle, 501-321-1441.

September 17-23. Oklahoma Senior Olympics, Tulsa. Dana Short, 918-596-7866.

September 22-27. Texas Senior Games, Temple. Susan McDowell, 254-298-5690.

ON TAP FOR JULY

TRACK AND FIELD

The 31st annual USATF National Masters Championships will unfold in Orono, Me., starting on the 30th and running through Aug. 2, with more than 1000 athletes expected to attend. Multi-eventers will have to hustle to get from the Masters Decathlon & Heptathlon Championships in Neosho, Mo., on the 25th-26th, to Orono for the pentathlon on the 30th. The West Regionals are set for the 18th-19th, Santa Barbara, and the Midwest Regionals for the 25th, Huntington, W. Va. Additional pre-Orono competition can be had at the Southern California Association Championships, Fullerton, on the 11th; the Northern California Seniors Meet, Union City, on the 12th; the Texas Masters Championships, Dallas, on the 18th; and the Pacific Association Championships, Seattle, on the 24th-25th. Canadians will vie for national titles in Saskatoon on the 3rd-5th.

LONG DISTANCE RUNNING

The Indy Life Circuit heats up the West Coast, with the Pacific Care Bastille Day 8K, Newport Beach, Calif., on the 18th. Atlanta will again host the Peachtree 10K on the 4th. The San Francisco Marathon and the Utica Boilermaker 15K in New York are bi-coastal on the 12th. Seekers of the odd-distance event can find it in the Buffalo 4-Mile Chase in New York on the 18th, and the Bix 7-Mile, Davenport, Iowa, on the 25th. Portland, Ore., is the scene for the Avon Women's 10K on the 26th.

RACEWALKING

The USATF Masters Men's 10K Championships will be decided in Niagara, N.Y., on the 11th. National Championships at Orono will be in the 5000 (track) on the 31st, and Men's 20K and Women's 10K on Aug. 2. □

WEST

Arizona, California, Hawaii, Nevada

June 23-July 30. All-Comers Meets, Los Angeles. Tues., Banning HS; Wed., Birmingham HS; Thurs., Bell HS. 7 pm. No entry fee.

July 2, 9, 16, 23, 30. Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

July 11. USATF Southern California Association Championships, Fullerton College. Ross Dunton, 417 Associated Rd., Brea, CA 92821. 714-579-3200. E-mail: coachr@pacbell.net.

July 12. Javelin 'In' July, Cerritos

Continued on next page

Continued from previous page

College, Calif. Dan Newmire: 960-0284.
July 12. Northern California Seniors T&F Classic, James Logan HS, 1800 "H" Street, Union City, CA. 415-457-8177.

July 18-19. USATF West Regional Masters Championships, Santa Barbara CC, Calif. Robin Paulsen, 805-965-0581; 805-563-1498(h).

July 25. Santa Barbara Fiesta Pole Vault Championships On The Beach. HS/O/M. Steve Morris, 42 Tinker Way, Santa Barbara, CA 93101. 805-569-1289.

July 25. Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

August 6, 13. Los Gatos All-Comers, Los Gatos HS, Calif. 5:30 pm. Willie Harmatz, 408-354-7365.

August 15. Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

September 12. San Diego Senior Olympics, San Diego, Calif. All t&f events, plus 50m, two RWs, National Masters News Age-Graded 100m. SDSO Office, 619-543-9046; David Pain, 619-582-3316(h), fax: 619-582-5769; Floyd Gibbons, 619-466-5756.

September 19. 6th annual Kel Field Throws Meet, Santa Cruz. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 3. Club West Meet, Santa Barbara CC, Calif. Beverley Lewis, 805-969-5851.

October 10-18. Orange County Senior Games, Orange County, Calif. 50+. South Coast Medical Center, Maggie Baumann, PR Director, 949-499-7202, or Ellen Turnbull, VP Marketing, 949-499-7205.

October 17. Kel Field Throws Meet, Santa Cruz, Calif. Gary Kelmenson, 5601 Empire Grade, Santa Cruz, CA 95060. 408-458-0202.

October 17-18. Orange County Senior Games, Saddleback College, Mission Viejo, Calif. 50+. Everett Brewer, 28000 Marguerite Parkway, Mission Viejo, CA 92692. 949-582-4835.

October 25. Sri Chinmoy Masters Games, Cal State Long Beach, Calif. 40+. Bigalita Egger, 310-645-0271.

November 1. 2nd annual Great Pumpkin Weight Pentathlon & Open Throws Meet, Grass Valley, Calif. Dick Hotchkiss, 14005 Meadow Dr., Grass Valley, CA 95945. 530-273-3660.

NORTHWEST

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

July 11-12. Oregon State Games, Mt. Hood CC, Gresham. Ron Allen, 503-520-1319.

July 17-19. Big Sky Games, Billings, Mont. 406-254-7426.

July 24-25. Seattle Masters Classic/USATF Pacific Northwest Association Championships, West Seattle Stadium. Ken Weinbel, 206-932-3923.

August 5-9. Idaho Senior Games, Boise. Karin Hoffer-Boles, 800-859-0324.

August 6-9. Washington Senior Games, Olympia. Lisbeth Naber, 360-438-5458.

August 9-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, OR 97440. 541-687-1989;

fax 687-1016.

October 3-4. Octoberfest Throws & Weight Pentathlon Meet, Helena, Mont. Manuel White, 406-227-5020.

October 12-24. Huntsman World Senior Games, St. George, Utah. Track dates: 19 (Mon.) - 20 (Tues.) Huntsman World Senior Games, 82 W. 700 South, St. George, UT 84770. 800-562-1268; 435-674-0550; e-mail: hwsge@infowest.com

CANADA

July 3-5. CMAA Championships, Saskatoon, Sask. Judy Warick, 106 Meglund Pl., Saskatoon, SK S7H 4Z7. 306-373-3604. <http://www3.sk.sympati.co.ca/athletic/masters.htm>

INTERNATIONAL

July 11-12. BVA National Championships, Spytty, Newport, Wales. Margaret Cowap, 5 Brunner Dr., Clydach, Swansea, SA6 5JY, Wales. Tel: 01792-843835.

August 10-22. NIKE World Masters Games (multi-sports), Portland and Eugene, Ore. M&W30+. 1-800-98-GAMES. Northwest Event Management, PO Box 10825, Eugene, OR 97440. 541-687-1989; fax 687-1016.

August 20-22. African Veterans Athletic Championships, Mauritius.

September 3-5. Russian Veterans Outdoor Championships, Moscow. Vadim Marshav, 14-6 Pervomaiskaya St., Himki, Moscow Region, 141400, Russia. 7 095-535-3308; fax: 7 095-573-4150.

September 11-19. European Veterans Championships, Cesenatico, Italy. Dr. Maria Luisa Moriconi, Istituto di Fisica dell'Atmosfera (CNR), Area di Ricerca Tor Vergata. Tel: 39 6 49934288; fax: 39 6 49934323.

September 19. San Juan Annual International Masters Meet, Puerto Rico. Gilberto Gonzalez, PO Box 11074, San Juan, PR 00922. 787-765-5702; fax: 787-763-7490.

October 14-18. X Asian Veterans Athletic Championships, Okinawa, Japan. M40/W35. June 30 deadline. Japan Masters AA, Fuji-kasai Bldg., 1-25 Kitonashinchi, Wakayama City, 640 Japan. 0734-32-0787/7416; fax: 0734-32-7416.

November 1-7. WAVA South America Championships, Port Alegre, Brazil. Jorge Alzamora, PO Box 685, Santiago, Chile. Phone/fax: 56-2-621-1417. Hotel & room reservations: Continental Tourist Agency, 55-51-224-5796; fax: 55-51-224-5001.

November 19-22. North & Central American & Caribbean Regional Association of WAVA (NCCWAVA) Championships, Barbados. Contact: Rex Harvey, 6744 Connecticut Colony Circle, Mentor, OH 44060. Fax: 440-954-8111; e-mail: rexjh@aol.com.

July 29-August 8, 1999. XIII World Veterans Athletics Championships, Gateshead, England.

LONG DISTANCE RUNNING

NATIONAL

July 18. Pacific Care Bastille Day Celebration 8K, Newport Beach, Calif. Indy Life Circuit Race. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-720-6869; fax: 760-434-7706.

August 22. USATF National 10 Mile Championships/Crim 10 Mile Run, Flint, Mich. Indy Life Circuit Race. Anne Gault, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-3396.

September 7. Pacific Sun 10K, Kentfield, Calif. Indy Life Circuit Race. Kees Tuinzing, 80 Mitchell Blvd., San Rafael, CA 94903. 415-472-7223.

October 4. USATF National Masters Marathon Championships/Twin Cities Marathon, Minneapolis/St. Paul, Minn. Indy Life Circuit Race (1 1/2 x points). Scott Schneider, 708 N. First St., #CR-33, Minneapolis, MN 55401. 612-673-0778.

October 11. USATF National Masters 5K Cross-Country Championships, Rochester, N.Y. Peter Glavin, 160 Laney Rd., Rochester, NY 14620.

October 25. USATF National Masters 8K Cross-Country Championships, Louisville, Ky. Bob Ullrich, 1879 Douglass Blvd., Louisville, KY 40205. 502-459-6820.

October 31. USATF National Masters 15K Championships, Tulsa, Okla. Indy Life Circuit Race. Jack Wing, 4038 E. 48th St., Tulsa, OK 74135. 918-292-6553.

EAST

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

July 4. Finger Lakes Fifties - 50K & 50 Mile (RRCA Eastern Regional Championships), Hector, N.Y. Joe Reynolds, 57 Cayuga St., Trumansburg, NY 14886. 607-387-6281.

July 5. Fitchburg Half-Marathon & 3 Mile Racewalk, Fitchburg, Mass. Ken Robichaud, PO Box 173, Brookline, MA 03033.

July 11. Spirit of Gettysburg 5K/1 Mile Fun Run/Walk, Gettysburg, PA. Contact: YWCA of Gettysburg & Adams County, 909 Fairfield Rd., Gettysburg, PA 17325. 717-334-9171.

July 12. Utica Boilermaker 15K. Earle Reed, PO Box 4729, Utica, NY 13504. 315-797-1310; fax 797-3762.

July 18. Subaru Buffalo 4 Mile Chase. Masters money. James Nowicki, 47 Windsor Ave., Buffalo, NY 14209. 716-881-1652; fax 716-884-9669.

July 18. Long Island Women's 5K, Farmingdale, N.Y. Mike Polansky, 101-24 Dupont St., Plainview, NY 11803. 516-349-7646; fax 349-7647.

August 1. Beach To Beacon 10K, Cape Elizabeth, Me. BTB 10K, c/o Marketing Dept., PO Box 9540, Portland, ME 04112-9540. 888-480-6940.

August 1. Hampton Falls 5 Miler. SASE to Road Race, c/o 21 Curtis Rd., Hampton Falls, NH 03844. Lisa Chace, director, phone/fax: 603-778-3031.

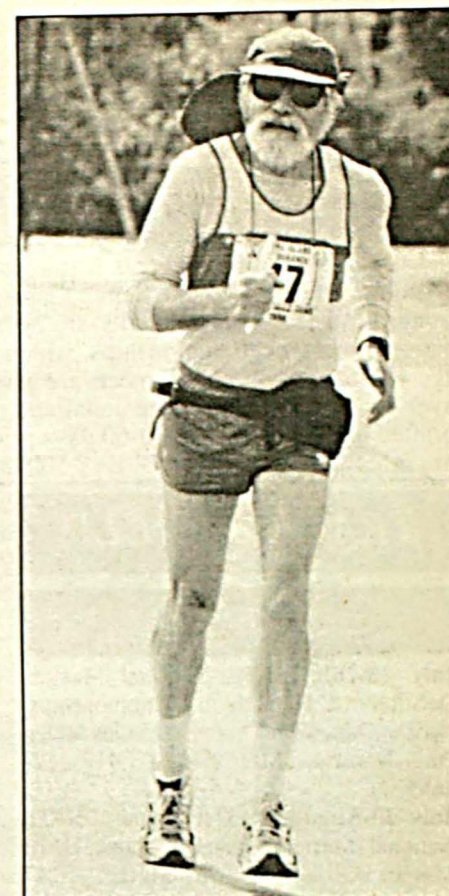
August 8. George Sheehan 5 Mile, Red Bank, N.J. John Haulenbeek, PO Box 2087, Ocean Township, NJ 07712. 908-974-8457.

August 8. Bridge Of Flowers 10K, Shelburne Falls, Mass. SASE to McCusker's Market, 3 Bridge St., Shelburne Falls, MA 01370. 413-625-9411.

August 9. Roosevelt Island 10K, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

August 15. NYRRC Manhattan Half-Marathon, Central Park. See Aug. 9.

August 16. Falmouth 7.1 Mile. FRR, PO Box 732, Falmouth, MA 02541. 508-540-7000.



MIKE POLANSKY

Dick Opsahl, 66, Huntington, N.Y. (8:28:54), Long Island 50 Mile, Oyster Bay, May 16.

August 30. Annapolis 10 Mile. Annapolis Striders, PO Box 187, Annapolis, MD 21404. 410-268-1165.

September 6. Connecticut Classic 10K, Danbury. Masters money. Carlos Lopes, 333 Main St., Danbury, CT 06810. 203-731-3400; fax: 203-792-2163.

September 7. New Haven 20K, New Haven, Conn. John Bysiewicz, JB Sports, 2 Buena Vista Rd., Branford, CT 06405. 203-481-5933.

September 13. Eriesistible Marathon, Erie, Pa. EM, PO Box 8311, Erie, PA 16505. 814-452-1023.

September 13. Ithaca 5 & 10 Miles, Ithaca HS. Lorrie Marnell, PO Box 185, Locke, NY 13092. 607-255-2265(w).

September 19. Great Cow Harbor 10K, Northport, N.Y. Rich Boziwick, PO Box 41, Northport, NY 11768. 516-754-5064.

September 20. Harvard Pilgrim 5K, Providence, R.I. Nancy Cerrone, c/o Public Affairs, HPHC/NE, One Hoppin St., Providence, RI 02903. 401-331-4034, x43369.

September 20. Dutchess County Marathon, Fishkill, N.Y. Irvin Miller, 11 Manor Dr., Poughkeepsie, NY 12603. 914-471-0777.

September 20. Yonkers Marathon. A.J. Cambria, Yonkers Park & Rec., 285 Nepperhan Ave., Yonkers, NY 10701. 914-377-6430.

September 20. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672.

September 20. Staten Island Half-Marathon, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-860-4455.

September 26. Donald J. Trump Fifth Avenue Mile, NYC. NYRRC, 9 E. 89th St., NY, NY 10128. 212-423-2239.

September 27. The Great Race 10K, Pittsburgh. Mike Radley, 400 City-County Blvd., Rm 459, Pittsburgh, PA 15219.

Continued on next page

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412-255-2493.

September 27. Philadelphia Half-Marathon. SASE to PDR, Box 43111, Philadelphia, PA 19129. 215-864-8225.

September 27. Adirondack Marathon, Schroon Lake. Daniel Perry, PO Box 583, Schroon Lake, NY 12870. 888-SCHROON; fax 518-532-7675.

September 27. Rockland Half-Marathon/New York RRCA Championships, Orangeburg. Tappan Zee Boosters, P.O. Box 249, Orangeburg, NY 10962. 914-359-5425.

October 3. New Hampshire Marathon, Bristol. Fred MacLean, PO Box 6, Bristol, NH 03222. 603-744-2649.

October 4. Wineglass Marathon, Corning, N.Y. Bill Taylor, PO Box 117, Corning, NY 14830. 607-936-4686; fax: 936-4685.

October 10. Greater Hartford Marathon/Half Marathon/5K. Hartford Marathon Inc., 221 Main St., Hartford, CT 06106. 860-525-8200; fax: 860-724-7317.

October 18. Atlantic City Marathon & Half-Marathon. ACM, P.O. Box 2181, Ventnor, NJ 08406. 609-822-6911.

October 18. Mohawk-Hudson River Marathon, Schenectady, N.Y. M-HRM, PO Box 4146, Albany, NY 12204. 518-435-4500.

October 25. Philadelphia Masters 5K Cross-Country, Germantown Academy, Fort Washington, Pa. Claude Hills, 510 E. Valley Green Rd., Flourtown, PA 19031. Tom Yunker, 610-828-4672, or Bill Krieger, 215-722-8859.

October 25. Marine Corps Marathon, Washington, D.C. MCM, PO Box 188, Quantico, VA 22134. 800-RUN-USMC; fax: 703-784-2265.

October 25. Cape Cod Marathon/Relay, Falmouth, Mass. SASE to Cape Cod Marathon, Box 699, West Falmouth, MA 02574. 508-540-6959.

November 1. New York City Marathon. NYRR, 9 E. 89th St., NY, NY 10128. 212-423-2239.

SOUTHEAST

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

July 4. Peachtree 10K, Atlanta. Expect 55,000 runners. Peachtree '98, Atlanta TC, 3097 E. Shadowlawn Ave., Atlanta, GA 30305. 404-231-9065.

July 4. Yorktown Freedom 5K, National Park Service Center, Yorktown, Va. Harry Fagan, 757-898-9251, or Peninsula TC, PO Box 11116, Newport News, VA 23601.

July 18. Women's Distance Festival 5K, Hampton, Va. Rhonda Venable, 757-838-7127, or Peninsula TC, see July 4.

September 7. U.S. 10K Classic, Atlanta, Ga. Masters money. Corporate Sports, 6400 Highlands Parkway, Suite C, Smyrna, GA 30082. 770-431-0100.

September 12. Run By The River 5K, Clarksville, Tenn. SASE to Run By The River, PO Box 3899, Clarksville, TN 37043. Masters & Grandmasters money. Jo Huber, 931-647-3855; fax: 647-8664.

September 26. Virginia 10 Mile, Lynchburg. Chris Ellis, Chamber of Commerce, PO Box 2027, Lynchburg, VA 24501. 804-845-5966.

September 26. Neptune Festival 8K, Virginia Beach, Va. Festival 8K, 2204 St. Marshall Dr., Virginia Beach, VA 23454. 757-496-9556.

October 11. Richmond Marathon. Dwayne Davis, Richmond Times/

Dispatch, PO Box 85333, Richmond, VA 23293. 804-649-6738.

October 17. First Of America Running Festival 10 Mile, St. Petersburg, Fla. Masters money. Steve Edwards, 131-92nd Ave., Treasure Island, FL 33706. 813-363-7866; fax: 813-360-9710.

October 24. Governor's Cup Half-Marathon & 8K, Columbia. Carolina Marathon Assn., PO Box 5092, Columbia, SC 29205. 803-929-1996; fax: 803-733-1149.

MIDWEST

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

August 8. State Street Mile/USATF Illinois Championships, Rockford, Ill. Runners Image, 815-963-2171.

August 8. Clarksburg 10K. Clarksburg 10K, PO Box 1734, Clarksburg, WV 26032-1734. Phone/fax: 304-622-4735.

August 22. Parkersburg Half-Marathon/USATF M & W Open National Championships, Parkersburg, W. Va. Masters money. 304-424-2786.

August 23. Abes Amble 10K/USATF Illinois Championships, Springfield, Ill. Jon Hartnett, 217-787-4400.

September 5. Charleston 15 Mile & 5K. Charleston Run Committee, PO Box 2749, Charleston, WV 25330.

September 6. Scotty Hanton Marathon & Half-Marathon, Port Huron, Mich. Becky Lapine, PO Box 129, Marysville, MI 48040. 810-364-4550; fax: 364-4556.

September 7. The Smoot Mile, Parkersburg, W. Va. Masters money. Dorsey Cheuvront Jr., 3330 Emerson Ave., Parkersburg, WV 26104. 304-422-8916(day); fax: 422-6585.

September 7. Park Forest Scenic 10 Mile & 5K/USATF Women's Open Championship. Park Forest Ten, 301 Centre, Park Forest, IL 60466. 708-748-2005; fax: 503-8560.

September 13. Chicago Half-Marathon. Dillon Productions, Inc., PO Box 577017, Chicago, IL 60657. 773-929-5978; fax: 929-6047.

September 13. Columbus Half-Marathon. UltraFit USA, PO Box 06358, Columbus, OH 43206. 614-481-9077.

September 19. USATF Marathon, Wright-Patterson AFB. Tom Fisher, 88 SPTG/SVC, 5215 Thurlow St., Ste. 2, Wright Patterson AFB, OH 45433-5542. 937-257-4350, or 800-467-1823.

September 27. Frank Lloyd Wright 5K, Oak Park, Ill. Greg Evans, 708-383-0002.

October 10. Indianapolis Marathon & Half-Marathon. Joel Sauer, Indianapolis Marathon Corp., PO Box 36214, Indianapolis, IN 46236. 317-826-1670.

October 11. Chicago Marathon. CM, PO Box 10597, Chicago, IL 60610. 888-243-3344.

October 11. Dayton River Corridor Half-Marathon. Chris Brady, Wright Brothers, PO Box 9154, Dayton, OH 45409. 937-436-5757; fax: 937-435-2633.

October 18. Detroit International Marathon. IMG, 300 Stroh River Pl., Ste. 2600, Detroit, MI 48207. 313-393-7749; fax: 393-9454.

MID-AMERICA

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

July 4. "Hannibal Cannibal" 10K Run/5K Walk, Hanibal, MO. Marisa Brown, Hannibal Regional Hospital, Highway 36

West, Hanibal, MO 03401. 888-426-6425.

July 5. Fair St. Louis 10K. Masters money. Tom Eckelman, St. Louis TC, 2385 Hampton Ave., Ste. 101, St. Louis, MO 63139. 314-781-3926(d).

July 25. Bix 7-Mile, Davenport, Iowa. Ed Froelich, 2685 E. Kimberly Rd., Bettendorf, IA 52772. 319-359-9197.

August 16. Pikes Peak Marathon, Manitou Springs, Colo. PPM, PO Box 38235, Colorado Springs, CO 80937. 719-473-2625.

September 7. Heart Of America Marathon, Columbia, Mo. Joe Duncan, Columbia TC, PO Box 1872, Columbia, MO 65205. 573-445-2684.

September 27. Duke City Marathon & Half-Marathon, Albuquerque. DCM, PO Box 3038, Albuquerque, NM 87190. 505-890-1018.

October 10. 36th annual Jackrabbit 15 Mile & Relays. Ann Martin, Wellness Director, South Dakota St. U., PO Box 2820, Brookings, SD 57007.

October 17. Hobo Day 5K, Steve Britzman, 319 5th Ave., Brookings, SD 57006. 605-697-9058.

October 18. St. Louis Marathon & Relay. St. Louis TC, 2385 Hampton Ave., #101, St. Louis, MO 63139. 314-781-3926.

SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

July 4. Baytown Heat Wave 5 Mile, Baytown, Texas. Joel Moyer, 7318 Bois D'Arch Ln., Baytown, TX 77521. 281-383-7283.

October 17. Alamo 10,000, San Antonio, Tex. Masters money. Carl Owens, Director, PO Box 500324, San Antonio, TX 78280. 210-543-0444; fax: 543-0445.

WEST

Arizona, California, Hawaii, Nevada

July 4. Huntington Beach 4th Of July Parade 5K, Huntington Beach, Calif. Kinane Events, 2987 Highland Dr., Carlsbad, CA 92008. 760-434-2312; fax: 434-7706.

July 12. San Francisco Marathon. SFM, c/o 120 Ponderosa Ct., Folsom, CA 95630. 916-983-4622.

July 26. Wharf to Wharf 6 Mile, Santa Cruz, Calif. Kirby Nicol, PO Box 307, Capitola, CA 95010. 408-475-2196.

August 16. America's Finest City Half-Marathon, San Diego. Neil Finn, PO Box 3879, San Diego, CA 92163. 619-297-3901.

August 30. Silver State Marathon, Reno, Nev. Ski Pisarski, SSM, 2358 Camelot Way, Reno, NV 89509. 702-849-0419.

October 4. Sacramento Marathon. SM, PO Box 995, Dixon, CA 95620. 707-678-5005.

October 11. Lake Tahoe Marathon/Walk/Relay; Half-Marathon & Racewalk; 10K & 10K Racewalk; 5K, South Lake Tahoe, Calif. Les Wright, 2261 Cold Creek Trail, South Lake Tahoe, CA 96150. 530-544-7095; fax: 544-6061.

October 18. San Luis Obispo Half-Marathon. Joe Rubin, PO Box 8106, San Luis Obispo, CA 93406. 800-676-7463; fax: 805-781-6092.

October 18. Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, PO Box 4989, Arcata, CA 95518. 707-433-1220.

October 25. Silicon Valley Marathon & Half-Marathon, San Jose. Firstwave

Events, PO Box 565, Los Gatos, CA 95031. 408-354-0857.

NORTHWEST

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

July 4. 25th annual Butte To Butte 10K & Mayor's Fitness Walk (4.5 miles), Eugene, Ore. 541-687-1989.

July 24 (Fri). Deseret News Marathon, Salt Lake City. DNM, SLC Recr., 2001 S. State St., S-4900, SLC, UT 84190. 801-468-2560.

July 25. Rose City 50 Mile & 75 Mile Relays, Portland, Ore. AA Sports Limited, 4840 SW Western Ave., Ste 400, Beaverton, OR 97005. 503-644-6822; fax: 503-520-0242.

July 26. Avon Women's 10K, Portland, Ore. Avon Running, 27th Fl., 1345 Avenue of the Americas, NY, NY 10105-0196. Fax: 212-282-6034.

August 28-29. Hood To Coast Relay, Mt. Hood to Seaside, Ore. 195 miles. Also shorter Portland To Coast Run Relay & Walk Relay. SASE to HTC Relay, 5319 SW Westgate Dr., Suite 262, Portland, OR 97221. 503-292-4626; fax: 292-4113.

October 4. Portland Marathon. Les Smith, PO Box 4040, Beaverton, OR 97076. 503-226-1111.

CANADA

October 25. Casino Niagara Intl. Marathon, Niagara Falls, Ontario, Canada. Karen Stearne, Heart Niagara, Allied Health Bldg., 206-5673 North St., Niagara Falls, Ontario, Canada L2G-1J4. 905-358-5552.

INTERNATIONAL

November 1. Athens Marathon, Greece. Athens Marathon, c/o Apostolos Greek Tours, 3145 So. Akron St., Denver, CO 80231. 303-755-2888. <http://www.rural-net.net/~apostolo>

RACEWALKING

July 11. USATF National Masters Men's 10K Championships, Niagara, N.Y. Dave Lawrence, 94 Harding Ave., Kenmore, NY 14217. 716-875-6361.

July 31. USATF National Masters 5000 (track) Championships, Orono, Me. See National T&F.

August 2. USATF National Masters Men's 20K & Women's 10K Championships, Orono, Me. See National T&F.

August 9. MAC & East Region 3K Championships, Central Park, NYC. O/M. Stella Cashman, Park RWers, USA, 320 E. 83rd St., Box 18, NYC, 10028. Tel/fax: 212-628-1317.

September 12. USATF National Masters 5K Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-229-4364.

September 13. USATF National Masters 40K Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

October 4. USATF National Masters One-Hour & Two-Hour Championships, Worcester, Mass. USATF New England, PO Box 1905, Brookline, MA 02146. 617-566-7600.

November 7. USATF South Region One-Hour Championships, Myrtle Beach, S.C. USATF South Carolina, PO Box 491, Union, SC 29379-0491. 803-427-1829.

RECIPIENTS OF CERTIFICATES/PATCHES AS ALL-AMERICANS FOR ACHIEVING U.S. STANDARDS OF EXCELLENCE

M30-34			
Wendell Donaldson	Discus	153.9	4-18-98
Alan Wells	1500	4:13.07	3-8-98
Curtis Wilson	200	22.1	3-21-98
	400	48.3	3-21-98
M35-39			
Warren Taylor	Discus	49.48	8-3-97
	Shot Put	15.65	8-3-97
M40-44			
Steve Hicks	Mile	4:49.73	8-2-97
M45-49			
Rich Walton	110hh	18.8	5-16-98
M55-59			
Bob Cahners	Superweight	6.89	3-27-98
Joe Johnson	High Jump	5-0	4-18-98



M65-69			
Octavian Opris	Shot Put	11.56	12-6-97
	Discus	38.76	12-6-97
M70-74			
Earl Johnson	Javelin	104-0	5-9-98
Thomas Maloy	High Jump	1.30	5-15-98
W35-39			
Cynthia Morrison	Superweight	6.20	5-23-98
W50-54			
Susan Siderman	10K	49:26	4-25-98
W65-69			
Anne Yudell	400	1:21	6-2-98

The All American tables have been changed to reflect current marks set by athletes all over the nation. The changes were made by the All American Standards Committee; however, the old tables may be used for one year until people have adjusted to the newer version. This was not done to make it more difficult for the athlete, but to make it more equitable after analyzing all the data.

All American Standards Committee

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
100	10.95	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0
200	22.4	23.2	23.8	24.6	25.5	27.0	27.7	29.5	32.0	35.0	40.2	52.0
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30
1500	4:16	4:18	4:20	4:32	4:40	5:02	5:20	5:45	6:30	7:20	8:10	9:20
Mile	4:35	4:40	4:55	5:00	5:10	5:30	5:55	6:15	6:55	7:50	8:45	10:15
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30
110H	15.4	16.5	17.8	18.8								
100H					18.0	19.0	20.0	21.0				
80H									18.0	21.0	25.0	30.0
400H	58.0	60.0	62.0	64.0	68.0	71.0						
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00						
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80
	6-2 1/4	6-1 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30
	14-5 1/4	13-5 1/4	12-11 1/4	12-11 1/4	11-7 1/4	10-0	8-10 1/4	8-4 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20
	21-4	20-1 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16-1	14-9 1/4	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	18-1
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00
	47-7	46-0	44-0	41-5	43-1	39-4	42-0	37-8 1/4	36-1 1/4	29-6	26-3	19-8 1/4
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	98-5	72-2 1/4	50-0
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	52-4	46-0
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-5	13-1 1/4	9-10
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50
							37-6 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9 1/4
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.00	4.50	4.00	3.50	3.00	2.50	2.00
	31-2	29-6 1/4	27-10 1/4	26-5	19-8 1/4	16-5	14-9	13-1 1/4	11-5 1/4	9-10	8-2 1/4	6-6 1/4
Pent.	2800	2600	2600	2400	2600	2600	2600	2600	2600	2600	2600	2600
Decath.	5500	5250	5250	5000	5200	5000	4500	5000	4800	4200	3000	2500
Wt. Pent.	2800	2700	2800	3000	3000	3000	3000	3000	2600	2700	3000	3000

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

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

WOMEN

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

MEN

	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
1.5K	6:31	7:01	13:21	23:05	37:57	47:49	1:13:10	1:38:18	2:05:12	2:32:17	3:27:30	4:31:00	
Mile	7:14	7:47	13:47	23:46	38:55	48:53	1:14:28	1:39:43	2:06:56	2:34:14	3:30:17	4:34:53	
3K	6:58	7:29	14:16	24:24	40:15	50:32	1:17:03	1:43:13	2:11:29	2:39:47	3:37:53	4:44:49	
5K	7:13	7:46	14:47	25:31	41:44	52:25	1:19:58	1:47:10	2:16:35	2:46:05	3:46:36	4:56:24	
8K	7:33	8:05	15:23	26:33	43:25	54:32	1:23:14	1:51:37	2:22:20	2:53:13	3:56:29	5:09:29	
10K	7:50	8:26	16:04	27:43	45:19	56:55	1:26:56	1:56:38	2:28:52	3:01:19	4:07:41	5:24:22	
15K	8:13	8:51	16:50	29:02	47:28	59:38	1:31:10	2:02:23	2:36:20	3:10:33	4:20:30	5:41:23	
20K	8:38	9:19	17:43	30:33	49:56	1:02:45	1:36:01	2:08:58	2:44:53	3:21:11	4:35:15	6:01:01	
25K	9:08	9:50	18:44	32:18	52:46	1:06:21	1:41:37	2:16:35	2:53:56	3:33:31	4:52:23	6:23:51	
30K	9:43	10:28	19:55	34:20	56:04	1:10:35	1:48:13	2:25:34	3:05:02	3:48:05	5:12:40	6:50:54	
40K	10:26	11:14	21:22	36:50	60:06	1:15:44	1:56:15	2:36:31	3:20:50	4:05:57	5:37:34	7:24:11	
50K	11:21	12:13	23:14	40:04	65:20	1:22:26	2:06:43	2:50:48	3:39:31	4:29:18	6:10:11	8:07:50	
60K	12:41	13:39	25:58	44:45	72:52	1:32:08	2:21:52	3:11:28	4:06:38	5:03:17	6:57:43	9:11:37	

Age-graded time/8 for mid-point of each 5-year interval (e.g., age 32, 37, 42, 47, etc.).

U.S. MASTERS STANDARDS OF EXCELLENCE

FOR WOMEN

FOR WOMEN											
Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
100	13.8	14.1	14.4	15.0	15.5	16.4	16.8	18.6	19.8	22.0	25.0
200	28.0	28.8	30.0	31.6	33.0	35.0	37.0	39.0	42.0	48.0	52.0
400	63.5	65.5	68.0	70.0	78.6	80.0	83.0	84.0	86.0	98.0	104.0
800	2:33	2:35	2:40	2:46	2:54	3:10	3:20	3:36	3:56	4:30	5:40
1500	5:10	5:20	5:30	5:40	6:00	6:20	6:45	7:30	8:00	8:50	10:10
Mile	5:40	5:50	6:10	6:30	6:50	7:00	7:40	8:10	8:50	9:40	10:45
5000	19:45	20:15	21:00	22:00	23:30	24:50	26:00	28:00	30:00	34:00	36:00
10000	41:30	42:40	44:00	48:00	50:00	52:00	56:00	60:00	66:00	76:00	85:00
100H	17.2	18.2									
80H			15.0	15.8	16.5	17.6	18.7	20.2	22.2	25.0	28.0
400H	75.0	79.0	84.0	88.0							
300H					66.0	72.0	79.0	87.0	96.0	110.0	120.0
HJ	1.40	1.35	1.27	1.22	1.12	1.07	1.02	0.97	0.92	0.89	0.84
	4-7	4-5 1/4	4-2	4-0	3-8	3-6	3-4	3-2 1/2	3-0 1/2	2-11	2-9
PV	2.70	2.40	2.10	1.80	1.50	1.20	1.10	1.00	0.90	0.80	0.70
	8-10 1/4	7-10 1/4	6-7	5-10 1/4	4-11	3-11 1/4	3-7 1/2	3-3 1/2	2-11 1/2	2-7 1/2	2-3 1/2
LJ	4.60	4.42	4.04	3.81	3.40	3.20	3.10	2.60	2.30	2.10	1.50
	15-1	14-6	13-3	12-6	11-1 1/2	10-6	10-2	8-6 1/2	7-6 1/2	6-10 1/2	4-11
TJ	9.50	9.09	8.43	7.49	7.01	6.40	6.20	6.00	5.50	4.50	3.89
	31-2	29-10	27-8	24-7	23-0	21-0	20-4 1/2	19-8 1/2	18- 1/2	14-9	12-9
Shot	10.30	9.32	8.51	8.40	8.00	7.77	7.50	6.60	6.00	5.20	4.30
	33-9 1/2	30-7	27-11	27-8 1/2	26-3	25-6	24-7 1/2	21-8	19-8 1/2	17- 1/2	14-1 1/2
Javelin	35.00	33.50	28.00	25.00	23.00	22.15	20.00	17.00	16.00	15.00	12.00
	114-10	109-11	91-10	82-0	75-5 1/2	72-8	65-7 1/2	55-9 1/2	52-6	49-2 1/2	39-4 1/2
Discus	32.00	30.00	25.00	24.00	22.00	21.00	18.00	16.00	14.00	13.00	11.00
	105-0	98-5	82-0	78-9	72-3 1/2	69-0	59- 1/2	52-6	45-0	42-8	36-1 1/2
Hammer	35.00	32.50	30.00	25.00	23.00	22.00	21.00	18.00	14.00	12.00	9.00
	114-10	106-7	98-5	82-0	75-5 1/2	72-2 1/2	68-0	59- 1/2	46-0	39-4 1/2	39-6 1/2
20#Wt.	10.00	9.00	8.00	7.01							
	32-9 1/2	29-6 1/2	26-3	23-0							
16#Wt.					8.00	7.01	6.00	5.54	5.18	5.00	4.75
					26-3	23-0	19-8 1/2	18-2	17-0	16-5	15-7
Sup.Wt.	6.50	6.00	5.50	5.00	5.25	5.00	4.75	4.50	4.00	3.50	3.00
	21-4	19-8 1/2	18-2 1/2	16-5	17-2 1/2	16-5	15-7	14-9 1/2	13-1 1/2	11-5 1/2	9-10
Wt.Pent.	2600	2500	2500	2500	2800	2600	2600	2500	2500	2400	2300

TRACK & FIELD RESULTS

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

NOTICE: The National Masters News will no longer process results that are submitted handwritten.

EAST

Potomac Valley TC Meet Alexandria, VA; April 19

100m	
M30 Rob West	12.30
M35 Jeff Gold	11.10
M40 Paul Allen	11.80
M45 Brian Lee	13.40
M50 Melvin Fields	12.30
M60 Larry Colbert	13.10
M70 John Martin	16.40
W35 Teresa Henderson	13.60
W75 Carla Convery	23.60

200m	
M30 David Barmer Jr	23.10
M35 Jeff Gold	24.00
M40 Paul Allen	25.10
M45 Tony Belcher	24.50
M50 Melvin Fields	25.40
M60 Larry Colbert	27.80
W75 Carla Convery	56.60

400m	
M30 Yonco Mermersky	57.20
M35 Rick Dolan	1:01.20
M40 Paul Allen	54.50
M45 Tony Belcher	52.80
M50 Melvin Fields	57.30
M60 Larry Colbert	58.40

1 Mile	
M40 Bruce Hamilton	4:40.70
M45 Paul Ryan	5:16.10
M55 Jim Verdier	5:58.80
W40 Bernadette Flynn	6:09.20

3000m	
W35 Carol Dolan	NTA

Short Hurdles	
M35 Karl Smith	13.60

High Jump	
M35 Rick Dolan	4-8

Long Jump	
W75 Carla Convery	5-8.75

Shot Put	
M40 Larry Pion	31-6

M45 John Priestley	37-5
M50 Victor Litwinski	31-7

M55 Mike Mathew	32-8
M60 Otis Moran	26-2

W35 Teresa Henderson	36-3
W65 Sharon Good	16-3

Discus	
M30 Doug DeLancey	118-4

M45 John Priestley	111-1
M50 Victor Litwinski	83-8

M55 Mike Mathew	123-2
M65 Otis Moran	67-6

W65 Sharon Good	37-4
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Javelin	
M40 James Overby	103-4

M50 Victor Litwinski	88-8
M65 Otis Moran	48

W65 Sharon Good	30-9
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Weight Throw	
M45 Randy Yohe	25-8

M65 Otis Moran	39-7
W65 Sharon Good	18-3

1600m RW	
M50 Alan Price	8:09.00

W35 Carol Dolan	12:34.90
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3000m RW	
M50 Alan Price	16:45.00

W70 Terry Hamilton	22:40.10
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Potomac Valley TC Meet Alexandria, VA; May 19

100m	
M30 David Barmer	11.10
M40 Vincent Fuller	12.30
M35 Joseph Aukward	13.50
M65 Nelson Oertel	16.20
W35 Teresa Henderson	13.80
W65 Carla Convery	23.60

200m	
M30 David Barmer	23.00
M35 Karl Smith	22.80
M40 Vincent Fuller	25.10
M45 Al Logie	25.90
M55 R Lee Earman	29.90
M65 James Stookey	27.90
M75 Bud Averitt	57.70
W35 Teresa Henderson	28.70
W75 Carla Convery	57.10

400m	
M30 Yonco Mermersky	56.40
M35 George Ridley	52.10
M40 Vincent Fuller	56.60
M45 Paul Ryan	1:03.20
M55 Mike Radov	57.30
M75 Bud Averitt	2:14.00

800m	
M40 Dennis Coleman	2:06.30
M45 Jack Barrar	2:23.10
M55 Albert Gardner	3:04.90
M75 Bud Averitt	6:00.00

1 Mile	
M30 Dan Wallace	4:37.40
M35 Greg Langer	5:03.90
M40 Bruce Hamilton	4:39.30
M45 Paul Ryan	4:50.50
M55 Jim Verdier	5:53.10

3000m	
M35 Ted Poulos	11:09.00

M45 Jack Barrar	10:15.00
M65 Nelson Oertel	14:14.00

Short Hurdles	
M35 Karl Smith	14.20

M65 James Stookey	17.30
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Long Jump	
W75 Carla Convery	5-4

Shot Put	
M30 James Barr	48-10.50

M50 Bruce Booth	32-6
W35 T Henderson	39

W50 V Harmatuk	22-10
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Discus	
M30 Doug DeLancey	125-11

M45 John Priestley	109-9
M50 Bruce Booth	87-4

M55 Norman Johnson	114
M60 William Smith	137-9

W50 Vicki Harmatuk	61-11
W75 Carla Convery	29-9

Javelin	
M50 Bruce Booth	77-7

1600m RW	
W65 Mary A Stookey	12:06.90

3000m RW	
W70 Terry Hamilton	22:00.00

NY Masters Spring Classic Kings Point, NY; May 24

100m	
M30 Jim Reilly	11.6
M40 Steve Shauger	12.1
Rockdale Hudson	12.7
Barry Blake	13.6
M45 Francis Schiro	12.1
M50 Robert Davis	12.4
Mike Milove	12.8
Michael Augeri	13.7
M55 Edward Small	13.0
Julio Marin	13.3
M60 Richard Rizzo	13.3
M65 Robert Bruce	14.4
Tom McCormack	16.0
Tom Talbott	20.3
M70 Tom Delany	14.9
Manny Herscher	16.8
W50 Kathy Cirina	14.5
Mary Trotto	19.2

200m	
M30 Jim Reilly	23.4
M40 K Royster	23.7
S Shauger	24.8
Ken Bauersfeld	25.8
R Hudson	25.8
R Stewart	27.6
M45 F Schiro	23.8
M50 Thad Morris	25.4

Robert Davis	26.6
Michael Augeri	29.5
M55 Edward Small	26.1
Julio Marin	26.6
M60 Richard Rizzo	27.5
M65 Robert Bruce	30.3
Tom McCormack	33.5
Art Kearney	33.8
Tom Talbott	41.8
M70 Manny Herscher	34.8
M80 Bob Matteson	37.7
W50 Kathy Cirina	30.2
Mary Trotto	34.1

400m	
M30 Jim Reilly	53.0
M40 K Royster	53.5
S Shauger	54.9
R Stewart	59.3
R Hudson	1:00.7
Ken Bauersfeld	1:01.1
Barry Blake	1:04.6
M45 CD Cook	1:04.7
M50 M Billman	1:08.0
M55 Edward Small	59.8
M60 Richard Rizzo	1:03.9
M65 Art Kearney	1:15.6
Tom McCormack	1:22.1
Tom Talbott	1:36.0
M70 Manny Herscher	1:22.9
W50 Mary Trotto	1:31.4

800m	
M35 L A Glazer	2:09.5
Luca Trovato	2:16.1
M40 Clement Easton	2:06.0
Seth Okrend	2:32.4
Paul Salemi	2:34.5
M45 Tony Plaster	2:13.4
M50 Victor Diaz	2:24.8
M65 Joe Kerman	3:29.4
M75 William Benson	3:35.3
W35 Margarita Mulligan	2:46.0

1500m	
M30 Robert Gottlieb	5:25.5
M40 Paul Salemi	5:03.8
M50 Victor Diaz	4:50.3
Joe Burleson	5:38.8
Don Samuels	6:46.0
M55 James Sammen	4:57.5
Seth Kaminsky	5:06.4
M60 Joe Cordero	5:13.0
M75 William Benson	7:08.5
M80 Wilfredo Rios	8:27.2

5000m	
M30 Matt Halsey	17:04.9
M35 Tom Sassi	17:30.0
O McDonald	22:01.2
M50 Don Samuels	25:41.9
M60 Joe Cordero	20:18.6
M80 Wilfredo Rios	31:04.6

High Jump	
M30 Ruff	1.60
M65 Arthur Kearney	1.25
M80 Ian Hume	1.00

Long Jump	
M50 Mike Milove	5.21
M60 Ed Kent	4.57
Richard Janson	3.18
M65 Tom Talbott	1.93
M70 Tom Delany	3.99
M75 Hillar Saareste	3.02

Triple Jump	
M35 Leroy Carver	13.22
M55 Julio Marin	8.51
M60 Ed Kent	9.10
M65 Tom Talbott	5.21
M70 Tom Delany	8.28
M75 Hillar Saareste	6.63
M80 Ian Hume	5.59

Shot Put	
M35 Glenn Thompson	17.55
M50 Terry Shuman	12.61
Rich Dunphy	11.32
Eric Weissbrot	10.15
M55 August Kauffman	11.52
Julio Marin	8.83
M60 Meemo Maasik	10.45
Rich Janson	8.35
George Zink	7.48
M65 Pete Barker	10.49
Marty Kuntish	10.24
M80 Ian Hume	7.70
W35 Neni Lewis	11.62
Carol Senn	8.96
Debbie Ecklund	7.20
W40 Sarah Boslaugh	10.73
W50 Mary Trotto	6.37
W55 Roslyn Katz	7.87
Joyce Bahr	7.83
W60 Anna Cirulnick	8.00

Discus	
M30 Dan Dillon	54.56
M35 Glenn Thompson	46.21
M50 Terry Shuman	45.69
Frank Monroe	34.68
Rich Dunphy	30.00
Eric Weissbrot	27.98
M55 Larry Pratt	48.73
M60 Meemo Maasik	36.53
Van Pot	33.31
George Zink	29.12
M65 Marty Kuntish	36.45
Pete Barker	32.19
M70 Manny Herscher	26.84
M80 Ian Hume	20.45

W35 Neni Lewis	34.20
Debbie Ecklund	21.18
W40 Sarah Boslaugh	27.40
W50 Kathy Cirina	25.44
W55 Roslyn Katz	19.38
Joyce Bahr	17.74
W60 Anna Cirulnick	17.48

Javelin	
M55 Philip Limpert	26.21
M60 Bob Youngs	44.81
Meemo Maasik	32.47
M65 Arthur Kearney	32.78
Marty Kuntish	29.15
Pete Barker	26.05
M80 Ian Hume	21.75
W35 Carol Senn	29.81
Debbie Ecklund	18.51
W50 Kathy Cirina	27.05
Mary Trotto	12.64
W55 Roslyn Katz	16.92
Joyce Bahr	13.90

Hammer	
M35 Mike Bersch	42.10
M50 Rich Narcessian	49.32
Terry Shuman	45.68
M65 Pete Barker	31.28
Marty Kuntish	30.30
M70 Jim Crawford	31.82
M80 Ian Hume	19.18
M85 Paul Narcessian	19.38
W35 Debbie Ecklund	19.48
W40 Sarah Boslaugh	32.98
W55 Roslyn Katz	28.98
Joyce Bahr	20.94
W60 Anna Cirulnick	24.84

Weight	
M35 Glenn Thompson	13.69
M50 Terry Shuman	12.20
Frank Monroe	10.16
M65 Marty Kuntish	11.22
Pete Barker	8.58
M70 Jim Crawford	10.18
M80 Ian Hume	7.30
W35 Debbie Ecklund	6.32
W40 Sarah Boslaugh	12.35
W55 Roslyn Katz	9.71
W60 Anna Cirulnick	8.27

1500m Racewalk	
M30 Robert Gottlieb	7:30.9

SOUTHEAST

Southeastern U.S. Masters T&F Championships Raleigh, NC; May 8-10

100m	
M30 Abraham Canty	11.20
James Tunstall	11.92
John Allen	11.96
Greg Singleton	12.00

M35 Derek Holloway	11.30
Robert Harding	12.22
Sanford Stephens	12.33
Adolphus Bethune	12.34
Kinley Hill	12.49

M40 Thomas Jones	11.81
Rom Jackson	11.98
Chuck Hunter	12.09
M McPherson	12.16
Mike Pannell	12.47

M45 Robert Bowen	11.90
Benny Liles	12.40
Thaddeus Morris	12.47
Thaddeus Bell	12.65
Samuel Hall	12.88

Mike Crosby	14.88
M55 Marion Harrison	12.84
Hans Gordon	13.07
Ervin Mitchell	13.89
Jim Shoaf	15.08

M60 Anthony Besase	14.52
Charles Venning	15.35
W E Kelley	17.49
M65 James Stookey	13.48
John Wall	14.36
John Schreiber	14.92
Kenneth Morris	16.24
M70 Chuck Sochor	14.63
Jack Greenwald	15.21
Tom Rice	15.39
Raymond Bower	15.47
William Bergen	16.16
M75 Tom Kennell	15.00
Peter Murtos	21.93
M80 Frank Finger	17.54
M85 Jeremiah Gaines	18.97
W55 Ann Carter	17.13
Barbara Latta	25.38
W60 Audrey Lary	16.40
Mary Roman	18.56
Beverly Arthur	21.13
W75 Diane Friedman	21.55
Carla Convery	23.50

200m	
M30 Abraham Canty	22.89
Marlon Williams	23.14
Orlando Harding	23.19
John Allen	24.22
Ken Moore	24.74
M35 Derek Holloway	22.81
Kenneth Guion	23.84
Robert Harding	23.99
Kinley Hill	24.24
Adolphus Bethune	24.90
M40 Thomas Jones	23.42
Stephen Coenen	23.96
Rom Jackson	24.15
M McPherson	24.28
Mike Pannell	24.67
M45 Robert Bowen	2

Continued from previous page

M60 Glenn Yoder 1.43	M50 Bruce Hedendal 13.71	Ezzat Pashai 29.84	M55 Bob Cahners 6.71	M65 Andrew Briggs 2:17.42.5	W45 Shirley Budd 3.44
Leslie Goode 1.32	Gordon Herbert 9.97	Don North 27.76	Mike Valle 6.43	Jack Munnell 2:27.32.4	W50 Lucia Schatterley 3.78
Anthony Besase 1.32	Ron Kimball 9.23	Milton Brady 26.20	Tim Twomey 7.00	George Solis 2:32.29.6	Triple Jump
Jack Gilmore 1.22	Carlton Mott 8.59	P Donaldson 23.20	Don North 4.64	M70 Robert Mimm 2:11.35.2	M30 Vincent Martin 11.92
M65 R McDaniels 1.22	Mike Crosby 8.50	M65 Leonard Olson 38.60	M65 Ray Feick 6.37	M75 Eldridge Lloyd 2:54.59.5	M60 Joe DeLuca 5.61
M70 Ed Holmes 1.32	George Mirka 11.15	Ray Feick 37.28	Reed Quinn 5.40	W35 Grace Mutz 2:28.39.4	Shot Put
Chuck Sochor 1.22	Bob Cahners 10.40	Wm Garrahan 30.42	W50 Erika Szanto 6.75	W40 Kathy Finch 2:22.45.3	M40 Dan Taylor 11.29
M75 Harry Allen 1.12	C MacDonald 7.23	Reed Quinn 30.06	W60 Evelyn Wright 6.53	B Gallagher 2:44.39.4	M50 John Von Rohr 14.14
M85 Bob Boal 1.03	M60 Gerald Vaughn 13.70	Donald Levesque 26.22	W65 Lillian Snaden 5.32	W70 Joann Beers 2:43.18.1	M55 Laurence Morrell 10.24
W55 Ann Carter 1.07	Esse Sattari 13.15	M70 R Bergenback 32.48	W80 Betty Jarvis 3.54	*American Record **World Record	M60 Joe DeLuca 8.77
W60 Edith Gray 1.20	Wm Eisenhart 12.61	Jacob Stein 26.58	Pentathlon	Hispanic (HASA) Meet	M65 Len Olson 13.14
Essie Kea 1.10	Leonard Rosen 12.17	Art Harris 20.34	M30 Vincent Martin 1306	Orlando, FL; May 16	M75 Anibal Velez 6.73
Audrey Lary 1.05	T Mordecai 10.84	M75 Carl Bock 16.84	M35 Kenneth Switnicki 2400	100m	W35 Dana Baumgarten 8.88
W70 L McDaniels 1.22*	M65 Leonard Olson 12.81	W50 Erika Szanto 22.80	Frank Cancino 2093	M30 Mark Witherspoon 10.49	W45 Susan Hill 5.16
(Davidson: 1.16, 1993)	W60 Evelyn Wright 19.26	W60 Evelyn Wright 19.26	M40 Michael Janusey 3265	M35 Jerry Nieves 12.13	W50 Irma Velez 6.44
Pole Vault	W65 Lillian Snaden 14.82	W65 Lillian Snaden 14.82	Stephen Winkle 3219	M40 N McPherson 12.60	W65 Ann Kahl 6.19
M30 David Hood 4.42	Sharon Good 10.10	Sharon Good 10.10	John Dyer 3056	M45 Elbert Blakely 14.19	M70 Harriet Boyd 6.12
Thomas Bynum 4.42	Reed Quinn 10.93	W80 Betty Jarvis 13.20	Jim Anthony 3026	M50 Ralph McCay 12.92	Discus
M40 Hal Fairbanks 3.50	James Duncan 10.65	K Gradick 10.12	James Doughton 1711	M60 Pedro Pacheco 13.98	M30 Anthony Dziepak 36.59
M45 Johnnie Dye 3.50	M70 Ed Holmes 10.40	Javelin	M45 David Zang 2815	M65 Luis Guzman, Sr 13.68	M40 Gary England 44.05
M50 Mike Crosby 1.83	Chuck Sochor 9.84	M30 David Hood 43.06	Charles Bernard 2063	M70 Lester Rudy 15.58	M45 Bob Hume 37.69
M55 William Eubanks 2.74	William Bergen 8.62	John Allen 41.46	Garland Roebuck 1838	M75 Robert Horsley 17.38	M50 Bruce Hedendal 48.11
M60 Anthony Besase 2.59	Jacob Stein 8.23	M35 S Stephens 31.50	M50 Bruce Hedendal 2593	W35 Dana Baumgarten 13.47	M55 Laurence Morrell 29.84
Jack Gilmore 1.98	Art Harris 8.22	M40 Scott Bull 46.98	Joel Liles 2521	W45 Susan Hill 17.74	M60 Joe DeLuca 23.81
M65 Jerry Donley 2.90	M75 Garry Bachman 11.27	Bryan Stewart 46.18	Mike Crosby 2008	W50 Lucia Schatteley 15.97	M65 Len Olson 44.97
R McDaniels 2.13	Carl Bock 6.12	Gary Sutton 37.90	M55 David Ayers 1734	W60 Mary Melehan 17.34	M75 Robert Horsley 27.90
Donald Levesque 1.83	W35 Debra Hill 7.77	Hal Fairbanks 37.88	M60 Anthony Besase 2491	200m	W35 Marisol Ramos 35.39
M70 Stan Egerton 2.90	W40 Julie Smith 5.44	M45 John Baylies 32.58	Jack Gilmore 2113	M30 Mark Witherspoon 21.95	W45 Maria Lebron-Last 17.08
M80 Bill Patterson 1.52	W50 Erika Szanto 8.93	Blair Schneider 23.56	M65 James Duncan 3251	M50 Jon Davis 27.19	W65 Irma Velez 17.14
W60 Edith Gray 1.83	W60 Mary Roman 8.39	M50 Bill Walsh 41.16	Kenneth Morris 2292	M55 Guzman Pena 36.90	W70 Harriet Boyd 13.40
W70 L McDaniels 2.00*	Evelyn Wright 8.26	Bruce Hedendal 38.04	M70 Tom Rice 2823	M60 Pedro Pacheco 26.69	Hammer
(Valien: 1.62, 1996)	W65 Lillian Snaden 5.99	Ron Kimball 36.70	Sam Nadia 2351	M65 Luis Guzman, Sr 28.10	M30 Anthony Dziepak 52.42
Long Jump	Sharon Good 5.31	Carlton Mott 31.28	Jim Flowers 1925	M75 Robert Horley 33.53	M35 Mike Richardson 21.80
M30 Marlon Williams 6.89	W75 Carly Convery 4.17	Gordon Herbert 30.56	Jim Dykes 1620	W35 Susan Arrington 46.98	M40 Anthony Cioccarelli 50.86
James Tunstall 6.07	W80 K Gradick 5.12	M55 Glenn Dawson 35.56	Donald Grey 1455	W45 Susan Hill 37.60	M50 Bruce Hedendal 46.06
M35 B McLeod 5.99	Betty Jarvia 4.58	M Harrington 35.08	M75 John McCarthy 2117	W50 Jody Mahonik 42.88	M55 Laurence Morrell 22.63
Robert Harding 5.72	Discus	Bob Cahners 22.10	Weight Pentathlon	W60 Mary Melehan 38.21	M65 Len Olson 41.95
M40 Charles Jordan 5.93	M30 Vincent Martin 27.80	M60 Ezzat Pashai 45.96	M35 Michael Hambrick 3154	400m	M75 Robert Horsley 27.15
John Roberts 5.71	M35 M Hambrick 49.12	Wm Eisenhart 44.05	M40 Jeffery Batty 3073	M30 C Likon 1:02.72	M80 Tom McDermott 29.15
M McPherson 5.56	K Switnicki 30.88	T Mordecai 39.30	Scott Bull 2904	M35 Randy Brower 56.45	W65 Martha Reyes Alva 13.69
Hal Fairbanks 4.93	M40 Scott Bull 37.06	Don North 37.38	Gary Sutton 2116	M40 Charles Smith 55.66	W80 Harriet Boyd 15.06
Michael Garrison 4.79	Michael Janusey 35.34	Esse Sattari 37.38	Mark Kreafe 2067	M50 Eric Hill 1:09.56	Javelin
M45 Bob Rockwell 5.39	Bryan Stewart 33.72	M65 Ray Feick 39.44	M45 Blair Schneider 1269	M55 Pena Guzman 1:18.23	M35 Kevin Judd 37.83
James Parsons 5.17	Gary Sutton 31.22	James Duncan 34.12	M50 Bruce Hedendal 4049	M65 Luis Cano 1:17.87	M40 Jesus Virella 50.05
John Baylies 5.00	Mark Kreafe 23.48	Leonard Olson 32.32	Bill Walsh 3235	W50 Jody Schatteley 1:24.72	M45 Pablo Torres 38.80
Blair Schneider 3.33	M45 Craig Shumaker 40.56	Wm Garrahan 30.80	Carlton Mott 2476	800m	M50 Gary Lane 42.22
M50 James Dickerson 5.12	Blair Schneider 16.66	M70 Tom Rice 27.38	M55 Mike Valle 3563	M40 Vin Ambrico 2:18.76	M55 Laurence Morrell 32.92
Robert Kleemeier 4.40	M50 Bruce Hedendal 48.24	William Daprano 26.78	Bob Cahners 2938	M45 Eugene Truchelut 2:55.19	M65 Len Olson 35.97
M55 Hans Gordon 5.32	Bill Walsh 39.64	Ed Holmes 25.80	M60 Don North 3118	M50 Lindsay Bodden 2:34.64	M70 Lester Rudy 29.87
M60 T Mordecai 4.29	Ron Kimball 34.72	R Bergenback 24.04	Milton Brady 2695	M55 Lionel Bonek 2:46.12	W35 Dana Baumgarten 24.54
Leslie Goode 4.24	Gordon Herbert 28.24	Jacob Stein 22.96	M65 Leonard Olson 4479	W35 Susan Arrington 4:10.20	W45 Maria Lebron-Last 18.75
Anthony Besase 4.12	M55 M Harrington 43.68	John McCarthy 23.30	Ray Feick 4352	W45 Shirley Budd 3:18.75	W65 Ann Kahl 15.46
Glenn Yoder 3.82	Mike Valle 37.50	Carl Bock 18.20	William Garrahan 3731	W50 Jody Mahonik 3:46.21	W70 Harriet Boyd 11.89
M65 James Stookey 4.93	George Mirka 36.96	M75 Garry Bachman 25.02	Reed Quinn 3699	W60 Mary McLehan 3:28.43	Weight Throw
R McDaniels 3.53	Norman Johnson 32.76	John McCarthy 23.30	Donald Levesque 2484	W70 Pepper Davis 4:32.89	M40 A Chioccarelli 15.51
M70 Chuck Sochor 4.54	Bob Cahners 28.78	Carl Bock 18.20	M70 Jacob Stein 2676	1500m	M65 Len Olson 13.89
Tom Rice 4.32	M60 William Smith 43.60	W50 Erika Szanto 18.40	Art Harris 2442	M35 Anthony O'Neill 5:13.84	M75 Anibal Torres 5.22
Jim Dykes 3.15	Leonard Rosen 42.68	Evelyn Wright 23.20	Bill Snaden 2209	M40 Josue Rosario 6:32.02	W30 Cindy Morrison 6.20
M75 Tom Kennell 4.12	Esse Sattari 41.74	W65 Sharon Good 9.60	M75 Carl Bock 2075	M45 Eugene Truchelut 6:14.34	Florida AC "Sauna" Weight
M85 Jeremiah Gaines 2.95	Don North 40.16	Mary Horine 9.40	W30 Debbie Laancashire 3032	M50 Russell Smith 4:44.98	Pentathlon
W60 Edith Gray 3.90	Wm Eisenhart 38.76	W75 Carla Convery 10.60	W50 Erika Szanto 2362	M55 Victor Rosario 6:15.54	Davis; May 30
Evelyn Wright 3.69	M65 Leonard Olson 45.42	W80 K Gradick 12.50**	W60 Evelyn Wright 2946	W50 Lucia Schatteley 6:44.60	Pay Carstensen 69 4115
Audrey Lary 3.59	Larry Horine 42.18	Betty Jarvis 11.60	Sharon Good 1730	W60 Mary Melehan 7:05.09	Bruce Hedendal 50 4101
W70 L McDaniels 3.60**	Wm Garrahan 41.46	Weight Throw	Katherine Gradick 2624	5000m	John von Rohr 50 3250
(Valien: 3.28, 1966)	Reed Quinn 37.84	M35 M Hambrick 14.60	5000m RW	M30 Miguel Upegui 15:37.80	Tony Dziepak 50 3017
W75 Carla Convery 1.81	Ray Reick 37.30	M40 D Vandergriff 15.90	M35 Tom Flora 26.04.5	M40 Lionel Gutierrez 19:05.90	Mary Berenson 42 1703
Triple Jump	Ed Holmes 30.64	Mark Kreafe 11.37	M50 Bruce Booth 27:56.2	M45 E Truchelut 22:16.80	(90 deg/90%hum)
M30 James Tunstall 12.43	William Daprano 29.94	M45 Blair Schneider 5.76	M50 Bruce Booth 27:56.2	M50 Thomas Salvors 19:51.00	Police & Fire Games
M35 Robert Harding 11.57	William Bergen 27.10	M50 Bruce Hedendal 17.17	David Wade 30:19.7	M55 Pena Guzman 25:49.40	Birmingham, AL; June 6
M45 Bob Rockwell 11.57	Jacob Stein 26.56	Carlton Mott 11.28	M55 Bernie Finch 32:33.9	M60 D Cintron 23:03.50	100m
John Baylies 10.10	Jim Flowers 24.02	M65 Bob Cahners 10.59	Bobby Baker 33:28.4	W70 Pepper Davis 32:21.40	M40 Robert Fong 12.63
M50 Bill Walsh 10.23	M75 Garry Bachman 30.60	Mike Valle 9.40	P Donaldson 28:41.7	Short Hurdles	M50 Sylvester Smith 13.06
James Dickerson 9.93	John McCarthy 26.96	Don North 9.62	Philip Veehuis 36:00.4	M35 A J Thomas 15.30	200m
M55 Hans Gordon 9.83	Carl Bock 18.44	Milton Brady 8.62	M65 Andrew Briggs 31:33.1	M40 John Robert 20.48	M40 Robert Fong 26.49
M60 Glenn Yoder 8.21	M85 Jeremiah Gaines 15.86	Ray Feick 13.83	Jack Munnell 32:07.7	M50 Jose Johnston 16.59	M50 Sylvester Smith 27.34
M65 James Stookey 10.21	W40 Julie Smith 13.28	Leonard Olson 13.10	George Solis 36:11.0	M65 Luis Cano 29.14	400m
R McDaniels 7.00	W50 Erika Szanto 23.08	Donald Levesque 10.92	M70 Robert Mimm 30:18.4	Long Hurdles	M30 Ed Gonzales 68.60
M70 Tom Rice 7.77	W60 Evelyn Wright 23.12	Wm Garrahan 10.42	Ken Long 33:19.5	M35 A J Thomas 1:06.66	M40 Robert Fong 61.22
M75 Tom Kennell 8.64	Mary Roman 16.52	Reed Quinn 10.13	Bill Snaden 41:49.1	High Jump	800m
W55 Ann Carter 6.84	W65 Sharon Good 13.54	M70 R Bergenback 8.77	M75 Lloyd Eldridge 37:22.0	M45 Pablo Torres 1.52	M30 Ed Gonzales 2:20.3
W60 Audrey Lary 7.89	Mary Horine 11.62	Art Harris 7.83	M80 Bill Tallmadge 38:00.8	M50 Eric Hill 1.22	M30 Ed Gonzales 4:47.1
Evelyn Wright 7.68	W70 A Bergenback 8.86	Super Weight Throw	Bill Patterson 38:42.6	W35 Susan Arrinton 1.04	1500m
W75 L McDaniels 7.04**	W75 Carla Convery 8.24	M35 M Hambrick 9.58	W35 Grace Mutz 36:31.2	W45 Shirley Budd 1.22	M30 Phillip Durham 19.49
(Sullivan: 6.58, 1995)	W80 Betty Jarvis 13.16	M40 D Vandergriff 10.76	E McGowen 40:15.1	W50 Jody Mahonik 1.04	Long Jump
Shot Put	K Gradick 11.78	M45 Mike Valle 37.88	W40 Kathy Finch 33:31.7	W60 Mary Melehan 1.04	M50 Sylvester Smith 13-10.5
M30 James Harr 13.60	Hammer	Bob Cahners 35.32	Debra Bledsoe 49:13.5	Pole Vault	Shot Put
M40 Bob Gunn 12.71	M40 D Vandergriff 48.64	Tim Twomey 41.12	Lois Dicker 31:49.1	M40 Bill Cashman 2.74	M30 Mike Johnson 36-3.75
Scott Bull 12.21	Bob Gunn 33.72	Super Weight Throw	W70 Joann Beers 38:58.0	M50 Jose Johnston 3.54	M40 Jeff Lamon 47-5.5
Bryan Stewart 11.64	Mark Kreafe 32.70	M35 M Hambrick 9.58	Terry Hamailton 39:49.3	M55 Victor Rosario 2.44	M50 Jerry Arline 36-11
Gary Sutton 10.58	M45 Blair Schneider 12.46	M40 D Vandergriff 10.76	20,000m RW	Long Jump	Discus
Mark Kreafe 9.13	M50 Bruce Hedendal 45.72	Mark Kreafe 6.64	M55 Bernie Finch 2:19.20.8	M30 Martin Vincent 7.35	M30 Mike Johnson 117-6
M45 Craig Shumaker 14.73	Carlton Mott 30.42	M50 Bruce Hedendal 7.81	M60 Robertson 2:19.24.8	M40 John Robert 5.85	M40 Bobby Conn 128-5
Blair Schneider 7.18	M55 Mike Valle 37.88	Carlton Mott 5.06	M60 Paul Mailman 2:19.23.3	M50 Eric Hill 4.88	M50 Jerry Arline 119-2
	M60 Tim Twomey 41.12		Philip Veehuis 2:43.01.3	M60 Pedro Pacheco 4.51	
				M70 Lester Rudy 3.93	

Continued on next page

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Hammer
M30 Fred Mays 73-1
M40 Bobby Conn 86-6
M50 Jerry Arline 117-0

Birmingham TC Classic
Birmingham, AL; June 6

Age Graded 100m
Tom Kennell** 10.1
Jim Stookey** 10.51
Chuck Socher 11.07
Ellis Liddell** 11.08
Marion McCoy 11.33

50 METER DASH

M-35 Sanford Stephens 6.41
Patrick Kennell 7.91
M-40 Chuck Hunter 6.06
Robert Fong 6.81
Lawrence Jeffords 7.81

M-45 Billy Johnson 5.88

Marion McCoy 6.23
M-50 Jim Barnes 7.16
M-55 Marion Harrison 6.77
M-60 Ralph Summerlin 7.06
M-65 John Wall 7.33

Sonny Oliphant 7.93

Denis Horn 8.41
M-70 Chuck Socher 7.39
Bill Daprano 7.52
Charlie Baker 8.06

M-75 Tom Kennell 7.52

F-45 Linda Lowery 7.34
100 METER DASH

Henry Sarco 11.1
Carlos Mathews 11.09
Henry Justin 11.31
Michael Warren 11.88

M-30 Marcus Skeete 12.47

M-35 Harold Pierce 11.85
Sanford Stephens 11.86
Jerry Edmondson 11.87
Patrick Kennell 12.93

M-40 Ellis Liddell 11.34

Chuck Hunter 11.78
Hank Sarco 12.46
Lawrence Jeffords 14.73
M-45 Marion McCoy 11.91

Bill Cheadle 12.13

M-50 Greg Marshall 12.34
M-55 Marion Harrison 12.36
Golden Bertram 13.3
M-60 Ralph Summerlin 13.59

M-65 Jim Stookey 13.16

John Poppell 13.56
John Wall 13.92
Gordon Seifert 14.38
Sonny Oliphant 14.77

Bob Alexander 14.92

Denis Horn 16.22
M-70 Chuck Socher 14.2
Bill Daprano 15.31
Charlie Baker 15.36

R.G. Wolf 16.52

M-75 Tom Kennell 15.02
F-45 Donna Settles 14.14
Linda Lowery 14.43
F-50 Susan Houlton 16.51

F-55 Ann Carter 16.71

200 METER DASH

Derrick Beckwith 25.2
M-30 John Allen 24.25
Marcus Skeete 26.09

M-35 Sanford Stephens 24.82

Jerry Edmondson 25.18
Steve Sattinger 25.52
M-40 Hank Sacco 25.24
James Stewart 28.7

M-45 Billy Johnson 23.21

Bill Cheadle 24.82
Marion McCoy 25.49
Jim Woosley 28.95
M-50 Greg Marshall 25.77

Tony Cooper 27.5

M-55 Golden Bertram 27.39
M-65 John Poppell 28.68
Sonny Oliphant 31.99
Denis Horn 36.28

M-70 Chuck Socher 30.32

Charlie Baker 32.77
M-75 Tom Kennell 31.73
400 METER DASH

Derrick Beckwith 55.71
M-30 John Allen 53.43
Marcus Skeete 57.52

M-35 Steve Sattinger 57.55
Harold Pierce 59.94
Patrick Kennell 61.88

M-40 Ellis Liddell 54.08

Hank Sacco 56.51
Mickey McCauley 60.99

John Bahakel 62.98
Tom Krebs 65.12

Mike McCarthy 74.29

M-45 Bill Cheadle 56

Jeffery Stevens 67.9

M-50 Tony Cooper 61.7

M-55 Golden Bertram 61.67

Dave Ellis 75.88

M-60 Jim Mathis 64.76

Cleveland Payne 72.38

Dick Anderson 74.52

M-65 Gordon Seifert 68.31

Malcom Gillis 74.85

Wade Alexander 75.02

M-70 Chuck Socher 71.13

Charlie Baker 73.31

F-45 Donna Settles 68.03

800 METERS

M-30 Daniel Bond 2:33.8

M-40 Mickey McCauley 2:17.6

Mike Hood 2:24.3

Jerry Baker 2:33.5

John Bahakel 2:34.3

M-55 Jim Huffman 2:37.7

Roger Chassay 2:54.5

M-60 Cleveland Payne 2:51.7

Adrian Craven 2:56.7

1500 METERS

M-30 Daniel Bond 5:09.4

Ron Chancellor 5:12.3

M-40 Jerry Baker 5:13.8

M-50 Tom Kennell 5:14.7

Dane Freeman 5:41.2

M-60 Adrian Craven 5:48.4

5000 METERS

M-30 Ron Chancellor 19:16

M-40 Mike McCarthy 27:37

M-65 Malcom Gillis 19:11

F-40 Vicky McCarthy 27:37

LOW HURDLES

Tovoris King 16.85

M-45 Jim Woosley 19.83

M-55 Dave Ellis 18.77

M-65 Jim Stookey 17.11

M-70 Chuck Socher 15.58

R.G. Wolf 18.78

300 METERS HURDLES

M-35 Bill Cheadle 44.91

Jim Woosley 46.54

Jerry Edmondson 46.57

M-65 Jim Stookey 52.49

M-70 Chuck Socher 74.13

ULTRA MILE

Malcom Gillis** 1st

Brian McCarthy 2nd

4X100 RELAY

Atlanta TC 45.03

Town Creek 46.03

Houston P & F 52.64

Birmingham 53.21

HIGH JUMP

M-40 James Stewart 4-6

Lawrence Jeffords 4-2

M-45 Mike Walker 4-10

Johnnie Dye 4-8

Bob Hardin 4-8

M-50 Tom Jordan 5-2

M-60 Sammy White 4-10

Hugh Manning 3-9

M-65 Gordon Seifert 4-7

Jim Stookey 4-6

Sonny Oliphant 4-0

M-70 Charlie Baker 3-9

R.G. Wolf 3-9

F-45 Linda Lowery 4-4

POLE VAULT

M-30 Tom Bynum 14-4.25

M-40 Tom Krebs 10-6

M-45 Johnnie Dye 12-0

M-50 Tom Jordan 11-6

M-60 Hugh Manning 6-6

M-65 Gordon Seifert 8-6

M-70 Charlie Baker 6-0

STANDING LONG JUMP

M-40 Lawrence Jeffords 7-1

M-50 John Sells 6-6

M-70 Chuck Socher 7-4

F-45 Linda Lowery 6-5.5

LONG JUMP

M-35 Jerry Edmondson 17-11.25

M-40 Tom Krebs 14-10.5

Lawrence Jeffords 12-4.5

M-60 Sammy White 14-9.25

Paul Taylor 11-8.25

Hugh Manning 8-2.75

M-65 Jim Stookey 14-7

Gordon Seifert 12-6

M-70 Chuck Socher 13-10.75

Charlie Baker 12-4.5

R.G. Wolf 11-5.5

Bill Daprano 11-1

Herb Johnson 9-9.5

F-45 Linda Lowery 13-7.5

TRIPLE JUMP

M-35 Sanford Stephens 29-1

M-45 Bob Hardin 29-3.5

M-65 Jim Stookey 33-3.5

Tom Kennell 27-2

F-45 Linda Lowery 30-1

F-55 Ann Carter 21-4

SHOT

M-30 Michael Johnson 36-3.75

Scott Watkins 35-4.25

M-40 Jeff Lamon 43-3

Bobby Conn 37-10.25

Pleasant Parker 36-0.75

Lawrence Jeffords 31-0.5

M-45 John Sells 40-2

Bob Green 38-1.25

Kip Rabern 36-1

Jim Accardi 35-2.25

Carlton Mott 26-5

M-55 Jerry Arline 37-6.25

M-60 Paul Taylor 39-1.5

Hugh Manning 22-2.5

M-70 R.G. Wolf 33-05.5

Bill Daprano 26-8

F-40 Julie Smith 20-6.25

F-45 Alice Tym 21-5.5

DISCUS

M-30 Michael Johnson 117-6

James Jackson 106-2

Fred Mays 100-3

M-40 Frank Broadus 83-8.5

Lawrence Jeffords 76-1

M-45 Bob Green 112-2

Jim Accardi 104-0.75

M-50 John Sells 117-4.5

Carlton Mott 97-4

M-55 Jerry Arline 122-8

M-60 Sammy White 130-2

Louis Vodopaya 100-2

Paul Taylor 94-9

Hugh Manning 77-6

M-65 Gordon Seifert 94-9.5

M-70 Bill Daprano 93-4.25

R.G. Wolf 78-1.75

F-35 Marilyn Senz 133-3.75

F-40 Julie Smith 49-5.25

F-55 Alice Tym 47-4.75

F-70 Audrey Berganbach 34-9.75

JAVELIN

M-35 Sanford Stephens 99-10

M-40 Chris Clark 177-9

M-45 Jeffery Stevens 98-8

M-50 John Sells 130-4

Kip Rabern 120-2

Carlton Mott 96-10

M-60 Bill Duckworth 138-2

M-65 Gordon Seifert 89-7

M-70 Bill Daprano 86-2

Dick Berganbach 75-5

R.G. Wolf 68-3

F-35 Marilyn Senz 123-9

F-40 Julie Smith 36-11

F-55 Alice Tym 66-6

HAMMER

M-40 Frank Broadus 83-0

Lawrence Jeffords 67-4.5

M-50 Jerry Arline 113-1.25

Carlton Mott 98-1

John Sells 85-0

F-35 Marilyn Senz (AR) 142-7

F-40 Julie Smith 58-3

F-55 Alice Tym 68-4.75

JIM LAW 400 METER AWARD

Gordon Seifert**

MINI DECATHLON-FIVE EVENTS

Gordon Seifert 3976

Chuck Socher** 3218

Bill Daprano 3122

R.G. Wolf 3045

Hugh Manning 2946

Lawrence Jeffords 2032

**Trak Shak gift certificate winners

One certificate per entry.



MID-AMERICA

Western Slope Senior Games
Montrose, CO; May 15-16

100m

M55 Dwaine Horton 14.55
M60 David Hill 15.47
M65 Richard Hayes 15.97

W80 Caroline Peach 40.41

200m

M55 Ron Ringo 36.48
M60 David Hill 32.43
M65 Richard Hayes 35.00

W80 Caroline Peach 95.10

400m

M55 David Budz 72.45
M60 Paul Driscoll 92.49
M65 Richard Hayes 87.86

M70 Bill Hubert 1:44.38

800m

M55 David Budz 2:50.0

Continued from previous page

W70 Ruth Seeger 8-03	M60 John Head 13.80	W60 Margaret Atkinson 3-10	Harold Crater 95-07	300 Low Hurdles	M55 John Conniff 136-5
M50 Marie Williams 7-09	Jesse Meza 16.50	Loretta Watson 3-08	M65 Zby Przewodek 123-05	M30 Livingston Roach 41.9	Mark Chapman 118-3
W75 Margaret Hinton 9-03	Marvin Aboloff 19.30	Mary Lou Bradford 3-00	Skip Meneely 113-00	M40 Ricky Easley 44.7	Howard Zingg 114-8
Pearl Holloway 7-10	Joe Summerlin 13.30	Ruth Seeger 3-04	Val Smith 89-01	M45 Sergio Angulo 47.3	Harold Crater 103-11
Shot Put	Lee Gadison 14.20	Margaret Hinton 3-04	M70 John Goggin 48-02	4x100 Relay	Don North 137-8
M50 Dean Garner 36-08	Bob Sinclair 15.00	Melvin Goode 14-07	Fred Adams 43-05	M35 Team R B C 48.3	John Cantrell 124-5
M55 John Conniff 41-02	Sam Patterson 15.30	Dennis Schmidt 14-06	Adolph Hoffman 77-11	Arlington Calles 48.3	Ray Bourgeois 94-8
Harold Crater 37-11	David Rocha 15.30	David Middour 13-02	Forest Baker 75-09	Randal Williams 48.3	Jim Gerhardt 130-6
Mark Chapman 37-02	Jack Gilbert 16.40	Don Denson 15-08	Robert Woolfolk 61-10	David Smith 48.3	Reed Quinn 118-7
M60 Gary Thomas 28-08	Robert Woolfolk 17.70	Anthony Morales 13-07	George Meffan 43-10	Daryl Harris 48.3	Jim Carney 102-3
M65 Richard Hein 37-05	Charles Davidson 35.12	Roger Schneider 10-06	W55 Joyce Zingg 51-07	High Jump	Jack Haller, Sr. 89-8
Jim Gerhardt 36-09	George Meffan 51.60	M60 Burl Smith 13-11	W60 Loretta Watson 70-05	M30 Christopher Felts 6-4	M70 Fred Adams 73-5
Engle Grow 34-03	Linda Pippin 17.10	John Head 13-10	Luaine Quast 52-08	M35 Benedict Olusola 6-8	Alvin Williams 45-1
M70 Doug Cochran 32-09	Cassandra Huck 18.00	Daniel Florez 13-02	W70 Ruth Seeger 60-05	M35 Louise Kolner 5-0	M75 Adrien Pronovost 61-7
Jack Gilbert 29-11	Shelly Whitlock 18.20	Lawrence Shannon 13-07	Lillie Doss 17-09	M40 Randal Williams 4-10	W40 Carol Finsrud 160-11
Louis Youngblood 28-04	Shirley Watts 18.40	Richard Hein 13-01		M45 Coy Akers 5-4	Cheryl Mellenthin 68-8
M75 Ross Morris 32-02	W60 Mary Lou Bradford 17.08	Frank Perez 10-01		M45 Cecil Noble 4-6	W60 Loretta Watson 77-8
Adolph Hoffman 30-08	Joanie Sutton 17.20	Jack Gilbert 12-09		M45 Larry Vollmer 5-2	Hammer
M85 Everett Williams 25-07	Margaret Atkinson 17.40	Forest Baker 11-10		M45 Robert Jones Sr. 4-8	M40 Steve Bolles 109-7
Jack Pearce 23-03	Lillie Doss 28.30	Adolph Hoffman 11-05		M50 Larry McIntyre 5-0	David Bolles 108-1
Ernest Nero 20-06	Margaret Hinton 19.80	W60 Margaret Atkinson 10-11		M50 Brian Sullivan 4-10	M45 John Gonzales 90-1
W55 Shelly Whitlock 21-01	200m	Loretta Watson 9-06		M50 Dennis Schmitt 4-10	M55 Howard Zingg 103-5
Sylvia Brooks 20-09	M50 Randy Smith 25.00	W65 Karen Todder 7-08		M55 David Middour 4-4	John Conniff 95-11
W60 Loretta Watson 30-10	Ron Helton 25.20	W70 Ruth Seeger 8-09		M55 Ray Kozusko 5-0	M60 John Cantrell 107-8
W65 Eda Gore 21-05	Turner McGarity 26.01	W75 Margaret Hinton 9-03		M55 David Melber 4-6	Don North 96-3
Lillian Overcast 19-09	M55 Don Denson 26.70			M70 Alvin Williams 2-8	M65 Reed Quinn 101-7
W70 Ruth Seeger 22-04	Richard Evans 28.60			W55 Margaret Atkinson 4-1	Skip Meneely 80-3
Mary Gilbert 12-07	Anthony Morales 30.60			W60 Loretta Watson NH	Jack Haller, Sr. 72-7
W75 Margaret Hinton 18-11	M60 James Leggit 29.04			Pole Vault	M70 Fred Adams 71-11
Pearl Holloway 17-00	John Head 29.10			M30 Flay Deats 14-6	M75 Adrien Pronovost 49-11
Discus	Leslie Bleamaster II 31.06			M40 Rodney Brunet NH	W40 Carol Finsrud 115-0
M50 Paul Burroughs 99-08	Joe Summerlin 27.50			M40 Bob Crites 13-1	Cheryl Mellenthin 57-3
Dean Garner 95-09	Lee Gadison 33.01			M40 Vernon Ogle 10-0	W60 Loretta Watson 69-7
M55 John Conniff 143-10	M70 Sam Patterson 33.00			M45 Michael Vick NH	Javelin
Mark Chapman 116-02	David Rocha 33.46			M45 Larry Bonnett 12-0	M40 Vernon Ogle 147-9
Jim Goodwin 103-00	M75 Robert Woolfolk 39.11			M45 Joe Fortenberry 11-6	Ricky Easley 140-9
M60 Jim Leggit 113-11	W50 Linda Pippin 34.30			M50 Larry McIntyre 13-6	David Bolles 133-6
M65 Jim Gerhardt 121-11	W60 Joanie Sutton 39.00			M50 Dennis Schmitt 11-0	Coy Akers 129-0
Roy Morgan 112-03	Barbara Schneider 45.40			M55 David Middour 9-6	Steve Bolles 123-2
Ross Vrooman 111-04	W70 Lillie Doss 70.10			M55 Steven Warr 9-6	M45 John Gonzales 97-0
M70 Ed Hooker 128-11	W75 Margaret Hinton 59.00			Long Jump	M50 Arthur Lawrence 168-10
Jack Gilbert 101-02	400m			M30 Christof Felts 18-6	Robert Thomas 131-3
Doug Cochran 96-11	M50 Turner McGarity 1:04.00			M35 Kevin Lendo 19-8	Herb Stein 106-5
M75 Adolph Hoffman 92-07	Lloyd Rust 1:04.30			M40 Randal Williams 19-4	M55 John Conniff 120-1
Ross Morris 84-10	Carlos Gutierrez 1:04.50			M40 Vernon Ogle 19-5	Mark Chapman 105-7
Byrl Clayton 61-07	M55 Don Denson 1:04.04			M45 Larry Vollmer 19-1	Harold Crater 88-4
M85 Jack Pearce 63-06	Al Harrison 1:06.00			M50 Ed Jones 19-0	M60 Don North 128-10
Everett Williams 55-04	John Ward 1:10.80			M50 David Middour 13-9	Ray Bourgeois 109-8
Ernest Nero 52-04	M60 Leslie Bleamaster 1:05.88			M55 Dennis Schmitt 15-7	John Cantrell 100-5
W50 Pamela Monroe 47-04	James Leggit 1:08.44			M55 Brian Sullivan 14-7	M65 Skip Meneely 119-8
W55 Sylvia Brooks 54-05	Allan Rindahl 1:21.40			M55 Ray Kozusko 17-11	Reed Quinn 109-3
Shelly Whitlock 46-03	M70 Erling Krosby 1:06.07			M55 Don Denson 15-3	Jack Haller, Sr. 82-3
W60 Loretta Watson 73-09	David Rocha 1:17.86			M55 David Melber 14-6	M70 Alvin Williams 38-8
Mary Bradford 31-07	Jack Gilbert 1:21.16			W45 Rene Moryl 10-2	M75 Adrien Pronovost 51-3
W65 Eda Gore 54-11	M80 George Meffan 5:30.20			W55 Margaret Atkinson 11-0	W60 Loretta Watson 58-7
Lillian Overcast 45-10	W50 Linda Pippin 1:27.60			W60 Loretta Watson 7-9	Lu Quast 57-7
W70 Ruth Seeger 64-07	W60 Barbara Schneider 1:39.84			Triple Jump	W40 Carol Finsrud 102-6
Mary Gilbert 30-02	Mary Ann Winden 1:46.94			M30 Tanju Yurtsever 40-7	Cheryl Mellenthin 59-8
W75 Margaret Hinton 52-01	W70 Lillie Doss 2:22.58			M35 David Bolles 32-9	Weight Throw
Pearl Holloway 46-06	800m			M45 Cesar Chavez 32-0	M40 Steve Bolles 32-2
Javelin	M50 Carlos Gutierrez 2:37.00			M45 John Gonzales 29-4	David Bolles 30-1
M50 Gil Mason 102-03	Lloyd Rust 2:44.25			M45 John Cantrell 29-4	M45 John Gonzales 27-7
Al Harrison 96-00	Carlos Sanchez Jr 2:55.58			M45 John Gonzales 24-4	M55 John Conniff 39-5
Dennis Schmidt 88-09	M55 Guadalupe Ovalle 2:38.18			M45 John Cantrell 27-5	Howard Zingg 33-11
M55 Ken Wilson 125-04	John Ward 2:44.07			M50 Dennis Schmitt 26-11	Mark Chapman 32-7
John Conniff 123-04	W50 Linda Pippin 3:27.00			M55 Ray Kozusko 31-10	M60 John Cantrell 48-5
Mark Chapman 107-11	W60 Barbara Schneider 3:50.06			M55 David Melber 30-5	Don North 43-3
M60 Pete Stopoulos 107-02	W70 Lillie Doss 5:23.35			Shot Put	M65 Reed Quinn 43-2
Jim Leggit 88-00	1500m			M40 Vernon Ogle 34-6	Jack Haller, Sr. 26-2
J Abbott 49-07	M50 David Lentz 5:09.76			M40 David Bolles 32-9	M70 Fred Adams 27-5
M65 Skip Meneely 119-00	Carlos Sanchez Jr 6:02.56			M45 Steve Bolles 29-10	M75 Adrien Pronovost 20-8
Val Smith 100-11	M55 Guadalupe Ovalle 5:17.19			M45 John Cantrell 32-0	W40 Carol Finsrud 42-9
Engle Grow 96-04	John Ward 5:25.64			M45 John Gonzales 29-4	Cheryl Mellenthin 19-5
M70 Doug Cochran 95-07	Kent Albright 5:33.12			M50 Robert Thomas 42-8	W60 Loretta Watson 25-9
Edward Williams 81-11	Jack Marron 5:56.14			M50 George Nelson 40-5	SuperWeight 354 Throw
Robert Woolfolk 58-05	Allan Rindahl 5:58.27			M55 Arthur Lawrence 35-8	M70 Fred Adams 17-10
M75 Adolph Hoffman 92-04	Leroy Davis 7:07.29			M55 Herb Stein 32-0	M75 Adrien Pronovost 13-8
M80 John Lackey 42-06	M65 Frank Perez 7:36.21			M55 John Conniff 39-6	W40 Carol Finsrud 25-11
M85 Jack Pearce 53-10	M70 Granville Coggs 7:19.88			M55 Mark Chapman 37-5	Cheryl Mellenthin 12-9
Everett Williams 46-08	Tom Pawel 7:53.13			M60 Harold Crater 36-1	SuperWeight 564 Throw
W50 Pamela Monroe 42-09	W55 Betsy Sabo 7:23.94			M60 John Cantrell 42-3	M30 John Conniff, Jr. 14-8
Linda Douglas 42-08	W60 Barbara Schneider 7:13.83			M60 Don North 32-11	M40 David Bolles 18-10
W55 Sylvia Brooks 57-07	W70 Lillie Doss 10:19.82			M65 Jim Gerhardt 36-9	Steve Bolles 17-7
Shelly Whitlock 30-11	High Jump			M65 Reed Quinn 33-9	M55 John Conniff 19-2
W60 Loretta Watson 76-03	M50 Dennis Schmidt 4-10			M65 Jack Haller, Sr. 28-7	Mark Chapman 17-0
Luaine Quast 63-02	Paul Coons Jr 4-02			M70 Fred Adams 25-2	Howard Zingg 15-9
Mary Bradford 48-06	David Middour 4-02			M75 Alvin Williams 12-2	M60 John Cantrell 17-11
W65 Eda Gore 56-07	M55 Roger Schneider 4-02			M75 Adrien Pronovost 19-10	Don North 15-10
Lillian Overcast 39-11	Anthony Morales 4-00			W40 Carol Finsrud 42-11	M65 Reed Quinn 17-5
W70 Ruth Seeger 66-08	M60 Burl Smith 4-08			W40 Cheryl Mellenthin 23-1	Jack Haller, Sr. 10-10
Mary Gilbert 20-08	Jack Marron 4-02			W60 Loretta Watson 27-11	M70 Fred Adams 11-3
W75 Pearl Holloway 15-07	John Head 4-02			Discus	M75 Adrien Pronovost 8-6
San Antonio Senior Olympics	M65 Richard Hein 4-06			M30 Thomas Bourgeois 129-7	W40 Carol Finsrud 17-4
San Antonio, TX; May 3	J Watkins 4-04			M35 John Smith 101-4	Cheryl Mellenthin 6-9
100m	Roy Morgan 4-02			M40 Vernon Ogle 121-9	WEST
M50 Randy Smith 11.80	M70 Louis Youngblood 3-10			M45 Coy Akers 109-9	USATF Arizona Masters
Ron Helton 12.10	Jack Myers 3-08			M45 John Gonzales 92-0	Invitational (corrected results)
Turner McGarity 12.40	John Goggin 3-08			M50 George Nelson 132-10	Tempe: May 3
M55 Don Denson 12.70	M75 Adolph Hoffman 3-10			M50 Robert Thomas 122-8	800m
Anthony Morales 13.90	Paul Coons Sr 3-04			M50 Arthur Lawrence 113-0	M35 Mike Mason 2:05.24
Jim Pederson 14.00	Shelly Whitlock 3-06			M50 Jerry Poulson 112-4	W40 Carla Hoppe 2:27.62
				M50 Herb Stein 83-5	

WEST

USATF Arizona Masters
Invitational (corrected results)
Tempe: May 3800m
M35 Mike Mason 2:05.24
W40 Carla Hoppe 2:27.62

Continued on next page

Continued from previous page

1500m	
M40 Mark Mahl	4:42.777
5000m	
M40 Mike Sawyer	17:44.49
300mH	
M35 Steve Janusz	44.56

Anteaters Masters Dan Aldrich Memorial Track Meet Irvine, CA; May 23

100m

M30 Vaughn Kastor	12.29
Gregory Doud	13.09
M35 Frank Strong	11.30
M40 Steve Cummings	12.26
Ken Stone	13.64
M45 Robert Richardson	12.25
Glenn Johnston	12.40
Sunny Hatten	12.67
M50 Stan Whitely	11.98
Dale Herring	12.95
Sheridon Groves	13.41
M55 Bill Knocke	12.71
Diethart Reichard	13.06
Charley Loftus	13.36
M60 Roger Tsuda	13.57
Delos Eyer	13.87
M65 Samuel Flory	14.58
Frank Kishi	15.22
M70 Rodney Brown	14.70
Barney Phillips	15.47
M75 George Simon	18.31
M80+Al Guidet	17.94
Bert Morrow	18.13
Anthony Castro	18.16
W30 Tammy Nolen	13.73
W35 Elaine Iba	13.88
W40 Sylvia Hoss	14.44
Debbie Vargas	14.67
Karen Vaughn	15.72
W55 Nadine O'Conner	14.61
W65 Magdalene Kuehne	17.77

200m

M30 Ben Crouch	23.84
Vaughn Kastor	24.37
Ronald Colton	25.18
M40 Steve Cummings	24.77
James Williams	25.16
Steve Wulf	25.81
M45 Robert Richardson	24.91
Glen Johnson	25.17
Phil Gnesin	28.27
M50 Stan Whitely	24.13
Dale Herring	26.68
Ronald Salupo	26.72
M55 Bill Knocke	26.21
Diethart Reichardt	26.91
Charlie Loftus	27.74
M60 Gary Sims	27.41
Roger Tsuda	27.86
Delos Eyer	28.37
M65 Jim Selby	30.05
Samuel Flory	30.11
Jerry Jefferson	30.79
M70 Louis Beadle	31.51
Tom Miller	35.33
James Bierman	46.39
M75 Rodney Brown	30.59
M80+Al Guidet	39.16
Bert Morrow	39.46
Anthony Castro	41.71
W30 Tammy Nolen	28.95
W35 Elaine Iba	29.69
W40 Debbie Vargas	30.55
Kathryn Herring	34.20
Debbie Selby	38.91
W55 Nadine O'Conner	30.69
W65 Magdalene Kuehne	38.03

400m

M30 Vaughn Kastor	51.35
Benjamin Crouch	52.41
Ronald Colton	54.94
M35 Doug Schneebeck	53.45
Joe Gilboy	1:02.68
M40 James Williams	54.93
Steve Wulf	55.18
Nikos Mourtos	56.50
M45 Phil Gnesin	1:02.21
M50 Ronald Salupo	58.58
Rob Russell	59.30
Larry Weiserthal	59.34
M60 Harold Tolson	1:00.59
Gary Sims	1:02.73
Charles Kirby	1:05.19

M65 Jim Selby	1:06.58
Jerry Jefferson	1:08.18
Robert Holms	1:18.22
M70 Rodney Brown	1:05.74
Louis Beadle	1:13.13
W35 Donna Nielsen	1:06.34
W40 Debbie Selby	1:30.67
W60 Joanne Hoagland	1:20.90

800m

M30 Ben Crouch	2:04.53
Mike Dietz	2:06.85
Ronald Colton	2:09.01
M35 Joe Gilboy	2:20.11
M40 Steve Wulf	2:02.71
Dave Parsel	2:06.67
Danny Goldman	2:07.16
M45 Nolan Shaheed	2:01.96
M50 Rob Russell	2:15.87
John Davis	2:25.95
M55 George DeCottes	2:39.09
M60 Kirk Kirkby	2:25.86
M65 Jim Selby	2:33.64
Jerry Jefferson	2:36.23
Efrin Sanchez	2:54.17
M70 Rodney Brown	2:38.89
Harold Willis	3:12.28
W35 Donna Nielsen	2:38.84
W40 Diane Heil	2:21.98
Patricia Conteras	2:30.60
Debbie Barraza	2:36.33
W60 Joanne Hoagland	3:07.59

Mile

M40 John Araujo	4:40.48
Tim Geraghty	4:41.41
Greg Lash	5:14.21
M60 Fred Hartmen	6:54.58
M65 Jim Selby	6:22.96
Efrin Sanchez	6:39.42
W40 Diane Heil	5:32.96
Pat Conteras	5:45.09
Debbie Barraza	5:50.52

5000m

M35 Fred Cowles	16:19.10
M40 David Parsel	15:45.95
John Araujo	16:15.52
M45 Gary Shapiro	17:19.31
M55 Harry Hunt	19:32.66
W35 Helen Moreno	23:01.96
Lisa Kealy	23:18.65

Short Hurdles

M30 Gregory Doud	19.26
M35 Doug Schneebeck	16.22
M45 Richard Watson	21.05
M50 Sheridon Groves	16.19
M60 Delos Eyer	19.87
M80+Bert Morrow	19.18

Long Hurdles

M30 Gregory Doud	1:07.33
M35 Derek Brown	46.18
Doug Schneebeck	57.79
M40 Dell Barrett	1:14.09
M50 Sheridon Grove	49.04
Jorge Birnbaum	57.20

Steeplechase

M45 Phil Marshall	12:04.98
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4x100m Relay

M40 Monsoon	53.13
W40 Monsoon	59.97

High Jump

M35 Derek Brown	5-6.50
M40 Jason Meisler	6-5.0
Melvyn Embree	5-10.50
Ken Stone	4-11.75
M45 Richard Watson	4-9.75
M50 Charlie Rader	5-6.50
Glenn Palmer	4-11.75
Dale Herring	4-9.75
M55 Dave Perry	4-6
M60 Phil Fehlen	5-3.75
Ira Ramjoo	4-9.75
M65 Bob Holmes	3-8
M70 Donald Rosner	3-10
W35 Elaine Iba	3-8
W40 Karen Vaughn	4-4

Pole Vault

M40 Charles Brown	15-4
Mike Hogan	14-4
Wilson Soohoo	12
M50 Greg Miguel	13-6
Wayne Lambert	13
M55 Marty Connelly	11-6
M60 Terry Cannon	11-6
Gary Miller	10-6
M65 Robert Holmes	7
M70 Donal Roser	6-6

Long Jump

M30 Gregory Doud	15-10.50
M35 Derek Brown	20
M45 Richard Watson	15-6.50
M55 J Bustamante	10-4.75
M60 Alvin Henry	16-4.50
Roger Tsuda	16-3.50
W35 Elaine Eba	15-5
W40 Deborah Vargas	12-1.50
Karen Vaughn	10-5.50
W55 N O'Conner	13-1.75
W65 M Kuehne	10-5.25

Triple Jump

M45 Milan Tiff	44-2.75
R Richardson	36-10.25
M60 Alvin Henry	34-3.50
Ira Ramjoo	28-10.50
M75 C Mercurio	23-1.25
W35 Elaine Iba	26-10.50
M Kuehne	23-10.75

Shot Put

M35 Mike Hall	34-5
M40 Bill Gardner	46-11
M45 Richard Watson	34-3.50
M50 Glenn Palmer	41-6
Larry Lloyd	24-3
M55 D McCraven	42
Hugh Justice	41-11.50
Dave Dill	30-8.24
M60 Jim Hart	41-11.50
M65 Harry Hawk	38-7.75
Doug Hegberg	31-4
Fred Lockner	31-2.75
M70 Arnie Gaynor	44-75
M80+Jerry Siefert	27-7.75
R Ortmyer	27-7.50
W40 Karen Vaughn	27-1.75
Debbie Vargas	26-9.75
W55 Patricia Hunter	22-1.75
Hattie Perry	22-1.50
W60 J Hoagland	18-8

Discus

M35 Mike Hall	100-7
M40 Del Barrett	113-10
M45 Richard Watson	109-1
M50 Tom Fahey	182-8
Glen Palmer	121-5
Larry Lloyd	73-2
M55 Hugh Justice	123-2
Dave Dill	87-8
M60 Joe Marino	160-7
Bob Humphries	144
Jim Hart	141-5
M65 Harry Hawk	140-4
Donald Hegberg	122-8
Fred Lochner	89-10
M70 Arnie Gaynor	145-11
Donald Rosner	93-4
M75 W Thompson	106-11
M80+R Ortmyer	56-10.75
W45 Joan Stratton	107-8
W55 Pat Hunter	58-50

Hammer

M45 Richard Watson	123-7
M50 Glen Palmer	93-10
Larry Lloyd	72-6
M60 Jim Hart	127-3
Fred Hunter	111-1
James Coen	89-9

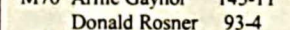
Javelin

M40 Vern McGarry	136-3
M45 Richard Watson	158-7
Ron Rook	123
M50 G Hamluk	115-8
M60 Larry Stuart	212-4*
(Del Pickarts, 191-10, 1987)	
Phil Fehlen	144-2
Delos Eyer	109-6
M70 Franklin Held	159-11
Del Pickarts	152-11
Donald Roser	102-3
M80+Jerry Seifert	75
R Ortmyer	47-10
W40 Karen Vaughn	86-10
W50 Pat Hunter	67-2
W60 Joanne Hoagland	41-10
W65 M Kuehne	58-8

5000m RW

M50 M Blakeman	35:16.25
J Bustamante	39:19.04

*World Record



NORTHWEST

Seattle Parks Department Meet Seattle, WA; June 6

100m

M30 Mark Holme	12.0
Steve McKnight	13.3
M35 Michael Walker	11.6
Karry Cameron	11.7
Greg Font	12.2
M40 Bob Blackburn	12.1
John Wells	12.1
Everett Deveraux	12.3
M45 Jack Craig	12.4
M50 Greg Williams	12.2
Sarry Scheurer	12.3
George Lynden	12.9
M55 Ron Jensen	13.4
Pete LaBarge	14.9
M60 Bob Miller	13.7
Dale Sawyer	14.6
M65 Jack Coy	13.9
Richard Harrison	15.5
M80 Al Kleir	19.8
W30 Sharon Underwood	16.2
W35 Marilyn DeWarder	13.3
Teresa Jaworski	14.1
Louisa Clayton	14.5

200m

M30 Karry Cameron	24.1
Greg Font	25.4
M35 John Wells	24.7
Brent Davy	25.4
Bob Blackburn	26.0
M45 Jack Craig	25.0
Andrew Delecki	28.5
Doug Sturm	33.6
M50 Dave Walter	24.6
Greg Williams	25.6
Clyde Hundley	25.7
M55 Ron Jensen	27.9
Pete LaBarge	31.6
M60 Bob Miller	28.9
Dale Sawyer	30.6
M65 Jack Coy	28.9
Richard Harrison	33.9
M80 Al Kiler	44.1
W35 Marilyn DeWarder	28.7
Teresa Jaworski	29.3

400m

M40 Alex Johnston	54.8
Brent Davy	56.2
Bob Blackburn	57.8
M45 David Ortman	54.0
Jack Craig	56.6
Bill Hughey	59.6
M50 Dave Walter	55.1
Rich Tucker	57.5
Clyde Hundley	58.7
M55 Don McMillan	58.7
Ron Jensen	1:01.3
M60 Glen Hudson	1:13.5
M65 Jack Coy	1:06.4
W35 ?	52.5
W40 Karry Cameron	53.6

800m

M35 David Green	2:10.6
Benjamin Davis	2:30.2
M40 Bryan Burdo	2:15.0
M45 Dean Koga	2:23.0
Doug Sturm	2:44.3
Scott Heartfield	2:44.3
M50 Rich Tucker	2:15.9
Paul Muto	2:19.2
M55 Don McMillan	2:21.6
M65 Dennis Meyer	2:48.2
W40 Jenny Swanson	2:39.4
Kim Klein	3:11.6

1500m

M30 Mark Nagan	4:59.1
M35 Pat Wagner	4:22.3
Don Wahl	4:57.5
M40 Bryan Burdo	4:54.0
Steve Meyer	5:01.6
M45 Michael Allison	4:25.8
Rick Garrison	4:40.7
Greg Swanson	4:49.1
M50 Joe Henry	4:58.9
Bill Etnyre	5:13.3
Daniel Cole	5:54.0
M55 Des O'Rourke	5:07.6
John Cosgrove	5:54.5
M65 Dannis Meyer	5:18.8
W40 Jenny Swanson	5:22.5
Joy Cordell	5:36.8

5000m

M35 Pat Wagner	15:51.7
Joel Gillman	17:34.1
M40 David Flower	17:08.6
M45 Tom Cotner	17:21.2
Doug Sturm	20:14.8
M55 Roger Dean	22:18.0
M60 Bruce Katter	20:00.9
W35 Teri Gehrts	23:48.8
W40 Sabina Havkins	22:00.8
W60 D Vanusdal	26:01.2

High Jump

M45 Ric Teller	6-1
John Hawkins	5-8
M50 Dick Clintworth	5
Daniel Cole	5
K H Troy	4-8
M75 Ken Gorshkow	3-11
W35 M Mendenhall	5-2

Pole Vault

M35 Patrick Welch	12-6
M45 John Patterson	11-6
M50 Josef Pfister	12
Dick Clintworth	11
Richard Ying	9-6
M55 Larry Holmes	11-6
M60 Allen Morris	8

Long Jump

M30 Mike Toll	5.94
M35 Gerald Edwards	5.82
Greg Font	5.66
Darrell Charles	5.66
M40 John Wells	5.57
Bob Blackburn	5.46
Dale Cummings	5.11
M45 Bill Spaet	4.93
Grant Lamothe	4.62
M50 Dick Clintworth	4.88
Pat Shober	3.88
M55 Pete LaBarge	4.17
M65 Richard Harrison	4.12
M70 Ray Ryan	2.03

Triple Jump

M30 Mike Toll	11.45
M35 Darrell Charles	11.68
M40 Bob Blackburn	10.24
M45 Bill Spaet	11.27
M50 K H Troy	11.13
Grant Lamothe	8.80
M70 Ray Ryan	5.09

Shot Put

M45 Mark Neal	12.88
Tim Muller	11.

Continued from previous page

Joe Arnold IL	34:32
Frank Nicholson IL	34:45
M65 Danny Kelleher IL	33:00
Steve Goldberg IL	33:14
Clayton Hall IL	35:36
M70 Robert McKeague IL	37:36
George Hosokawa IL	40:34
Frank Braunz IL	41:56
M75 Anthony Azzaro 77 IL	48:25
Alex Maximiac 80 IL	1:07:50
W40 Val Golbus IL	29:44
Laura Kennedy IL	31:26
Nancy Fazio MI	31:36
W45 Jan Tedrowe IL	36:32
Marybeth Flagg IL	36:39
Cathy Westphal IL	36:48
W50 Carolin Dick MI	33:34
Deborah Pausz IL	35:46
Kris McKinnon IL	38:44
W55 Dorothy Tanner IL	35:15
Lynn Ingalls IL	36:50
Marcia Puryear MA	38:52
W60 Faith Walkwitz IL	40:02
Lois Brusko IL	43:59
Betty Lavis IL	51:01
W65 Heather O'Donnell IL	55:10
Dana Barnett IL	58:18
Vivian Paleczny IL	1:08:14
W70 Kathleen McDonough IL	53:11

Berwyn 5000 Indy Life Circuit Race (men) Berwyn, IL; May 16

Overall	
James Kariuki 26	13:59.6
Mary Knisely 38	16:37.4
M40 Peter Koech	14:42.3
Craig Young	14:55.5
Charlie Gray	15:10.9
David Walters	15:20.1
Lloyd Stephenson	15:28.0
Budd Coates	15:30.3
Tony Rodiez	15:45.5
Kenneth Wilson	15:53.8
Ronald Piro	16:01.3
Miguel Rojas	16:30.9
Jeangelan Ruleau	16:51.3
David Casillas	16:57.4
Terry Nicola	17:03.8
Keith Hdzmueller	17:08.2
Terry Fletcher	17:40.4
Henry Amezaga	17:53.2
Dave Gavin	18:05.9
Richard Miller	18:23.7
B Gomezdelacasa	18:25.6
Jose Kopka	18:39.1
M45 Timothy McMullen	15:32.1
Gary Romesser	16:01.9
Gary Townsend	16:23.1
Gary Moss	16:47.2
Eric Burgess	17:38.5
Efren Alvarez	18:00.5
Patrick Miller	18:07.1
Bob Richards	18:39.4
Alex Mauritz	18:46.3
Chris Nemeth	18:53.4
Bob Meixner	19:03.2
Roger Torres	19:11.3
Ralph Mastrangelo	19:23.0
William Greaves	20:48.5
Tim Krentz	20:49.3
Daniel Baldwin	20:52.2
Michael Seymour	21:10.2
Pedro Rosa	21:25.7
M50 Jan Frisby	17:19.3
Mark Baker	17:48.7
Craig Dean	17:56.0
Paul Perry	18:16.8
Efren Beltran	18:36.0
Drew Jackson	18:36.9
Andrew Suozzo	18:56.0
Lyn Johnson	19:52.5
Donald Jensen	19:58.6
Art Hogsett	20:24.9
Paul Oppenheim	20:28.5
Michael Swanson	20:46.9
Jose Hernandez	20:48.8
S Dmukauskas	21:08.1
Ronald Nelson	21:16.5
M55 Stephen Lester	16:15.0
Vic Heckler	16:52.7
Jack Nelson	16:59.5
John Craig	18:07.6
Frank Koster	19:52.9
David Davis	20:17.5
Donald Niemann	21:02.9
Daryl Rolland	21:11.1
Warren Ehrlich	21:46.2
Ken Nishino	22:18.8
Bob Hetzel	23:52.9
William Peterman	24:58.1
M60 Fay Bradley	17:29.9
Sonny Monioz	19:29.2
Bobby Kincaid	19:45.9
John Quinton	20:30.3
Fred Fiala	21:05.9

Joe Arnold	21:19.8
Frank Nicholson	21:47.4
Thomas Prairie	22:46.5
Bud Ames	24:19.2
Kirby Anderson	25:26.3
M65 Paul Heitzman	19:10.6
Steve Goldberg	21:13.8
Robert Majewski	22:02.6
Patrick Devine	22:17.3
Joseph Paleczny	22:51.9
Dick Lammeyer	23:21.4
Paco Collazo	24:39.0
Frank Roty	25:47.6
M70 Gerry Hopkins	22:00.6
Robert McKeague	22:46.0
Joe Karasek	25:00.5
Frank Braunz	25:17.4
Eugene Schekman	25:27.9
Ken Radnitzer	28:21.4
M75 Warren Utes	20:55.8
Peter Iveson	29:52.7
Jack Gleason	31:39.2
W40 Ruth Wysocki	17:09.5
Radka Naplatonova	17:16.4
Cynthia Woods	18:30.7
Corinne Hlavka	19:00.1
Christina Nixon	20:06.7
Barbara Franzen	20:12.0
Millie Krejci	22:20.0
Peg Dear	23:34.5
Leslie Wadsworth	24:06.4
Sandra Summers	24:17.5
Donna Strand	24:18.8
Debra Hinz	24:29.8
Maureen Mikulski	24:31.2
Martha Almanza	25:40.1
Patricia Mastrangelo	25:42.5
W45 Charlene Soby	19:34.1
Catherine Westphal	22:30.5
Kathleen Braun	26:45.5
Susan Zito	29:08.7
Helen Kowalski	29:55.0
Lil Duddy	30:54.1
Cathy Bisen	32:28.4
W50 Carol Cooke	21:47.2
Deborah Pausz	22:07.8
Patricia Lerch	22:11.0
Kris McKinnon	24:18.4
Cristina Kennedy	25:08.4
Susan Zwolfer	25:51.5
Mary Sliwa	26:58.9
Gina Murany	30:00.1
W55 Dorothy Tanner	21:49.8
Lynne Inhalls	22:22.5
Doris Schertz	25:13.6
Gerry Richter	26:52.0
Janice Hufford	28:33.9
W60 Faith Walkwitz	24:49.5
Lois Brusko	27:36.0
Maxine Howard	27:44.1
W65 Lois Gilmore	25:22.0
Barbara Kummerer	29:44.5
Barb Schekman	33:10.3
W70 Kath McDonough	30:34.6

Berwyn 5000 Age-Graded Results		
Name	Adj.	Act.
1) Stephen Lester 55	13:56	16:15
2) Warren Utes 77	14:01	20:56
3) Peter Koech 40	14:10	14:43
4) Jack Nelson 58	14:11	17:00
5) Craig Young 41	14:16	14:56
6) Charlie Gray 43	14:18	15:11
7) Fay Bradley 60	14:21	17:30
8) Tim McMullen 45	14:26	15:33
9) Vic Heckler 55	14:28	16:53
10) David Walters 42	14:33	15:21

Freihofer's Run for Women 5K Indy Life Circuit Race Albany, NY; May 30

W40 Joan Benoit-Samuelson	16:33
Jane Welzel	16:43
Ruth Wysocki	16:51
Jeanne Lasee-Johnson	17:15
Regina Joyce	17:16
Cindy Keeler	17:47
Lesley Chaplin	17:57
Edie Dubord	18:13
Suzanne Myette	18:42
Patti Ford	18:58
Mary Janiszewski	18:59
Merle Myerson	19:14
Cheryl Neumann	19:16
Jeryl Simpson	19:17
Denise Herman	19:28
Shirley Woodford	19:33
Patricia Nagy	20:17
Debra Kenney	20:19
Charlotte Lanahan	20:20
Georgia Perkins-Mill	20:29
W45 Victoria Crisp	17:31
Kathryn Martin	18:20
Debra Brown	19:52
Janice Roche	19:57

Peggy Wiltberger	20:09
Jan Vermilye	20:14
Melinda Struwas	20:23
Jane Gregg	20:46
Coreen Steinbach	20:48
Virginia Verdoes	21:03
Diane Sardes	21:07
Carmen Garrison	21:10
Jo-Ann Spinelli	21:13
Marieta Gil	21:22
Teresa Wuerdeman	21:26
Mary Rosado	21:41
W50 Joan Ottaway	19:10
Gloria Jansen	19:30
Barbara Flutze	19:32
Randon Fritsch	19:59
Linda Frisby	20:34
C Schermerhorn	21:30
Lee Saroken	21:41
Catherine Regan	22:27
Carol Hansen	22:52
Laura Clark	23:12
W55 Nancy Frisillo	21:51
Ellen Nitz	22:25
Jayne Zinke	22:44
Lynne Lauck	22:48
Marilyn Grissom	22:54
Carol Rider	23:31
Lenis Tucker	24:45
Marge Rajczewski	25:42
Sakiko Claus	25:54
Marcia Brown	26:10
W60 Wen-Shi Yu	25:04
Janice Partyka	25:08
Sally Rusby	25:45
Mary Kunz	28:30
Luretha Davenport	31:13
Marcia Hanson	31:20
Billie Moten	32:16
Eiko Bogue	32:25
Geri Moore	32:39
Mary Nagle	33:07
W65 June Machala	22:24
Toshiko D'Elia	23:54
Anny Stockman	26:17
Patricia Vangalen	30:11
Janet Mount	33:43
Bertha McGruder	34:39
BJ Sotile	35:05
Phyllis Lennert	37:11
Marion Endryck	38:09
Ruth Milczarek	38:32
W70 Dolores Quinn	30:51
Ani Rak	33:34
W75 Ellen McCoy	30:15
W80 Althea Jureidini	43:55

Freihofer's Run for Women 5K Age-Graded Results

Name	Adj.	Act.
1) Jane Welzel 43	15:32	16:43
2) Joan Samuelson 41	15:38	16:33
3) Ruth Wysocki 41	15:55	16:51
4) Victoria Crisp 45	16:00	17:31
5) Joan Ottaway 54	16:07	19:10
6) June Machala 67	16:16	22:24
7) Regina Joyce 41	16:19	17:16
8) J Lasee-Johnson 40	16:26	17:15
9) Kathryn Martin 46	16:36	18:20
10) Barbara Flutze 51	16:54	19:32

EAST

Clarion River Half-Marathon Cooksburg, PA; April 16

Overall	
David Wilt 31	72:48
Isabelle Ledroit 31	77:51
M40 Mark Courtney	75:22
Don Smith	80:09
M45 Don Slusser	80:53
Chris Gibson	82:16
M50 Barry Firestone	84:23
M55 James Lombardi	86:51
M60 Jim Benson 60	92:09
M70+Harry Kirsch 74	1:58:35
W40 Debra Smith	97:49
W45 Cindy Grimm	94:57
W50 Kathy Shoaf	1:42:18
W55 Bev Yates	1:46:52
W60+Margretta Lutz	691:52:21

Long Island Pride 5K E. Islip, NY; April 19

Overall	
Paul Capolino 37	16:22
Sharon Zuhoski 44	21:35
M40 Alan Porter	17:10
John McCorry	18:10
M50 Maury Dean	18:30
Fernando Velasquez 21	45
M60+Joe Cordero	19:47
Hilton Goring	20:07
W40 S Zuhoski	21:35
Ellen Weinstein	21:39
W50 Carol Marquard	48:30
W60+Jeannette Smith	49:23

Clyde's 10K Columbia, MD; April 19

Overall	
Mark Gilmore 30	31:47
BeaMarie Altieri 31	36:40
M40 Peter Kirk	33:50
George Altieri	34:16
Dennis Moriarty	35:20
M45 Ray Ramey	39:12
Albert Zimbro	40:10
James Carbary	40:17
M50 Reuben Beauchamp	35:46
Piriya Piliot	37:47
M55 John Elliott	37:59
John Haubert	40:20
M60+Art Morey 60	42:50
Jerry Lewis 64	44:41
Peter Hui 67	48:56
W40 Joy Glass	42:02
Janet Jones	44:34
W45 Judi Carbary	46:00
Robin McKenzie	46:26
W50+Barbara Ann Grier	50:50
Christina Bahl 54	51:44
Joyce DiTomasso	51:53:32

Boston Marathon Boston, MA; April 20

Overall	
Moses Tanui KEN 32	2:07:34
Fatuma Roba ETH 27	2:23:21
M40 Andrey Kuznetsov RUS	2:15:27
Keith Anderson GBR	2:17:08
Peter Koech KEN	2:18:02
D Chauvelier FRA	2:20:49
Budd Coates PA	2:21:35
Ruben Hinjosa MEX	2:22:01
Jim Hage MD	2:22:44
Alan Ruben GB	2:29:54
John Trettin CA	2:32:03
Mark Certier OR	2:32:52
Hal Golforth CA	2:43:05
Mario Gonzales MEX	2:44:43
Mike Piper NZL	2:45:28
Michael Dove CA	2:48:02
Richard Weeks TN	2:48:36
M60 Melvin Williams VA	2:55:12
Malcolm Gillis AL	2:57:08
A Cerminaro PA	2:57:26
William Riley MA	2:58:09
B Reinhold GER	2:59:16
W40 Cindy Keeler FL	2:39:49
Gillian Horowitz NY	2:41:15
Alice Thurau PA	2:41:58
Irina Bondarchuk RUS	2:42:44
Jane Welzel CO	2:45:44
Mary Burns-Prine CA	2:47:24
Teresa DeJesus MEX	2:53:01
Stephanie Kessler NY	2:53:11
R Woolley CT	2:53:50
Mary Hanlon FL	2:55:22
W50 Mary Preisel TN	3:05:16
Jeanne Kruger VA	3:10:44
Susan Gustafson MA	3:16:11
Elizabeth Ryberg SC	3:16:22
Julie Lister CA	3:19:10
W60 Imme Dyson NJ	3:49:27
Keiko Shinei JPN	3:57:34
Ikuyo Kawaguchi JPN	3:57:35
Joan Maxwell CA	3:59:54
Emmy Meyer GER	4:05:20

Tom Robinson Masters 10K Guilford, NY; April 25

M40 Vladimir Ilin 40	36:49
Rob Colborn 43	36:50
Peter Gerardi 46	37:05
Carl Matuzek 46	37:06
Chris Burns 42	38:26
M50 John Pelton 58	38:55
Ron Bagnoli 51	39:40
Pete Lee 50	40:53
Paul Hillengas 51	41:33
M60 Don Wilken 60	45:05
Jim Tierney 63	45:25
Bruce Marsh 63	46:18
M70 Mike Bartholomew	73:56:20
Leo Nash 70	61:00
W40 Cindy Novak 40	43:54
Susan Burns 43	44:57
Joann Spinelli 45	45:14
W50 Christine McKnight	50:56:48
W60 Anny Stockman 65	52:31

YWCA 5K Race Against Racism Washington, DC; May 2

Overall	
Steve Holman 28	14:40
Mary Decker-Slaney 39	16:21
M35 Dominique La Luz	16:20
Terry McLaughlin	16:35
J Hernandez Mora	16:49
M40 Lionel Scattiffe	17:28
Dante Ciolfi	17:33
Michael Brosnan	19:00
Ed Cheeseman	19:08
M45 James Moreland	18:17
Dan Eddy	18:22

Luis Perez Segnini	20:49
M50 William Scott	19:22
Trevor Smith	21:27
Kennis Jenkins Sr	22:31
M55 Gerry Ives	18:30
Mike Golash	19:17
Alan Roe	19:27
Bernie Gallagher	20:54
M60 John Brennan	18:48
Robert Smith	21:50
Jim Turner	25:31
M65 Frank Robinson Jr	24:28
Bill Callahan	25:57
Ray Campbell	26:24
M70 Phil Zenchoff	32:49
W40 Bernadette Flynn	20:47
Heather Sanders	22:48
Vicki Gricius	24:24
W45 Beverly Pritts	21:28
Jaye Zola	22:55
Orysia Stanchak	24:19
W50 Loida Velilla	24:19
Joyce Weinstein	26:48
Nancy Herrreich	26:57
W55 Cindy Suttiff	24:41
Jean Chase	33:47
W60 Betsy Weiner	49:55
W65 Mary Zenchoff	48:29
W70 Sister Maria	50:21

Canon Long Island Half-Marathon East Meadow, NY; May 3

Continued from previous page

**Police Appreciation 5K
East Meadow, NY; June 4****Overall**

Michael Anderson 26	15:22
Grace De Pompo 35	19:13
M40 Roger Evans	17:56
John McGorry	18:17
Chris McKnight	18:48
M45 John Lupski	18:00
David Lee	18:49
Jerry Ahern	22:26
M50 Jorge Aguilera	19:08
Roger Fluhm	19:26
Emanuel Chosak	19:33
M55 Jose Mendez	19:55
Mike Service	21:34
Floyd Thornton	22:14
M60 Robert Mitchell	20:48
Antonio Blanco	23:34
M65 Joseph Pascarella	23:16
Sam Socoli	24:42
M70 Andy Riggio	32:12
Herb Silber	35:46
M75+Bill Merz 76	32:18
Mel Freidel 77	32:29

Top M40+ Law Enforcement

Robin Beckerman 44	18:20
Kieran Kelly 50	18:21
Albert Jensen 49	18:50
W40 Sheila Dauscher	22:22
Meg O'Neill	22:48
MaryEllen Stajk	22:57
W45 Michelle Powers	24:59
Evelyn Arenella	25:09
Marilyn White	25:17
W50 Susan Siderman	23:47
Mary Trotto	26:08
Irene Robinson	26:25
W55 Rosalind Goldman	25:52
Helma Clavin	26:39
Pat Delaney	28:56
W60 MaryAnn Reilly	34:46
W65 Trudy McDaniels	54:47

Top W40+ Law Enforcement

Susan Nesbital 48	30:21
Anne Sowinski 40	31:37
Harriette Di Stefano 49	34:52

SOUTHEAST**Cooper River Bridge Run 10K
Charleston, SC; April 4****Overall**

Tom Nyariki	29:58
Elana Meyer	32:46

Men's Masters

1 Keith Anderson	31:04
2 Craig Young	31:29
3 Antoni Niemczak	31:38
4 Ted Jaleta	32:51
5 Tom Mather	32:53

Men's Grandmasters

1 Bob Schlau	37:37
2 Terry Van Natta	37:44
3 Porter Reed	39:15
M40 Amit Ne'eman	32:54
Jim Hage	33:03
Dave Geer	34:48
Randy Pochel	35:17
Paul Dawson	35:40
Harry Ash	37:14
Jim Wilhelm	37:19
David Bourgeois	37:58
Alan Blaszkiewicz	38:05
Hal Hall	38:11
Lennie Moore	38:12
George Howe	38:16
James Clayton	38:31
David Renneisen	38:33
Bob Foster	38:48
M45 Gordon English	35:55
Norm Ferris	36:59
Errin Reid	38:04
Donald Bergan	38:21
Danny West	38:25
Joseph Denny	38:34
Marcel Marchand	38:40
David Reintjes	38:46
Leon Cook	38:50
John Bernhardt	38:57
Charles Kellner	39:01
Jim Boyd	39:05
M50 Sam Davis	40:35
Dan Young	40:57
Gary Cadle	41:17
Phil Peterson	41:45
James Horne	42:14
Ray Kitchen	42:28
Robert Baker	42:37
Arnie Elton	42:40
Cedric Jagers	43:09
Earl Jackson	43:21
M55 Dick Ashley	41:51
Wallace Carr	43:00

Rich Weatherford	43:56
Eric Elbel	44:05
Thomas Eison	44:23
Keith Weaver	44:29
Floyd Deandrade	44:57
Theton Cochran	45:00
M60 Ed Ledford	40:10
John Dromsky	45:53
Toby Transou	46:34
Jack Schmid	47:30
Raymond Stone	48:03
M65 Norm McAbee	50:13
Avery Goode	52:54
David Anderson	53:18
M70 William Fulton	51:17
Bill Kleber	56:26
Gene Priddy	1:03:07
M75 Andrew Miller	52:03
David Mellard	53:15
Bob Wingard	1:00:04

Women's Masters

1 Tatiana Pozdniakova	35:09
2 Patty Valadka	36:53
3 Irina Bondarchouk	36:58
4 Victoria Crisp	38:41
5 Alendia Vestal	40:33

Women's Grandmasters

1 Betty Ryberg	42:44
2 Susie Kluttz	46:59
3 Kathy Jagers	47:19
W40 Dian Ford	41:34
Sarah Overcash	45:11
Ann Gamba	45:29
Peggy Kinney	46:19
Cindy Brokens	46:31
Nancy Farlen	46:43
Ginger Foley	47:29
Sam Fulton	47:30
Eileen Stelfson	47:43
Patti Godsen	48:19
Patricia Marchand	48:22
Nitsa Calas	48:29
W45 Catherine Lempesis	41:45
Cheryl Brooks	42:10
Nonie Hudnall	44:06
Becky Sox	44:35
Sallie Driggers	46:14
Mary Carbutt	47:06
Karen Martin	47:14
Cathy Burton	47:30
Pam Arnett	48:03
Susie Black	48:19
W50 Nancy Curry	47:37
Kathy Seavers	48:03
Lyn Hammond	49:02
Mary Milnarcik	50:03
Karen McMahon	51:35
Ann Macon-Ellis	52:38
Linda Simmons	53:26
Cheryl Ilderton	54:18
W55 Barbara Avant	51:25
Diane Kohrman	52:34
Pat Rhode	53:17
Mary Thompson	54:04
Evelyn Sykes	54:18
W60 Cheyney Geren	58:17
EK Tolley-Beeson	59:59
Camille Daniel	1:02:27
W65 Garthedon Embler	52:21
Lois Gilmore	53:30
Nancy Bell	1:01:31
W70 Kathleen Glancy	1:03:09
Mary Cauty	1:30:38
Ola Moody	1:37:06
W75 Lynn Edwards	1:10:31
Margaret Wright	1:27:00

**Run To The Rescue/
Crystal City 10K
Arlington, VA; May 17****Overall**

Christopher Hamley 33	33:46
Heidi Gerken 35	37:53
M40 Steven Ward 2nd	35:10
Lionel Scatiffe	37:11
Mike Hart	37:38
Ken Boggs	39:10
Jacques Rosario	39:39
M45 Richard Adams Jr	37:37
Steve Fryxell	41:46
Gary Guenther	42:17
Stephen Sherman	42:32
M50 Ken Dent	39:13
Charles Adams	40:47
Robert Edmond	44:40
M55 John Hubert	40:58
Cal Fowler	43:02
John Churchman	43:08
M60 Bozia Hall Jr	43:35
Richard Williams	48:27
Terrence Currier	51:59
M65 Rex Enos	55:24
Don Butler	58:06
M70 Dixon Hemphill	49:35
Melvin Mattson	54:09
W40 Linda Shermio	44:30

Ofelia Perotti	47:06
Susan Queen	50:42
W45 Sandra Adams	45:16
Betty Blank	45:42
Judy Ferrier	45:42
W50 Lynne Hays	49:12
Susan Bricken	52:43
Pat Welch	56:51
W55 Janice Stoodley	46:13
Harvest Stevens	51:41
Nancy Linck	54:39
W65 Doralie Segal	54:03

**WZYP Cotton Row Run 10K
Huntsville, AL; May 25****Overall**

Jared Seger, 21	31:08
Breeda Dennehy, 28	34:37

Overall Male Masters

Tom Mather	40 33:30
Lanny Doan	41 33:55
John Taylor Jr.	40 35:03
David Mathews	44 36:46
Steve Rice	48 36:54

Overall Female Masters

Tatiana Pozdniakova	43 36:05
Victoria Crisp	45 37:58
Lesley Chaplin	40 38:40
Alice Smoot	40 38:42
Joyce Deason	42 41:27

Overall

Tom Mather	SC 33:30
Lanny Doan	VA 33:55
John Taylor Jr.	GA 35:03
David Mathews	GA 36:46
Robert Dancy	AL 37:54
Victor Zolozegrev	RU 38:11
John Passwater	AL 38:18
Jerry Stephenson	GA 38:24
Mark Stevens	KY 39:10

M45

Steve Rice	AL 36:54
Larry Minar	GA 38:34
Gary Grace	AL 38:37
Kim Koenig	AL 38:39
Larry Camp	AL 38:51
Clint Jones	AL 39:23
Greg Hoerich	GA 40:47
Dewey Richards	AL 41:36
Jesus Castillo	AL 41:38

M50

Carl Nicholson	AL 38:47
Jim Upton	AL 38:55
John Whitlock	AL 39:16
Dick Franklin	AL 41:30
Dan Lindley	IL 41:41
Ray Kitchen	WV 41:48
Ray Green	AL 42:25
Thomas Ibarra	AL 43:05
Jerry Brumfield	LA 43:06

M55

Vic Thayer	TN 42:36
Jerry Harris	NC 43:02
Golden Bertram	AL 45:17
Wendell Sandlin	AL 45:32
Joe Beams	AL 45:39
Paul McCain	AL 45:48
Ted Hegenbarth	AL 47:26
Marty Eubank	MS 47:31
Curtis Dodd	AL 48:02

M60

Dave McKim	GA 44:44
John Conroy	AL 45:40
Cecil Hester	AL 45:50
Kelly Stinson	AL 46:08
Raymond Mattie	AL 49:23
James Whitt	AL 49:56
Charles Terrell	AL 51:01
James Sadler	AL 52:57
Carl Senkbeil	AL 53:13

M65

Malcolm Callis	AL 41:58
Ben W-ton	AL 45:14
Rudolph Bates	AL 45:43
Gresh Downs	AL 48:39
Lyman Jackson	AL 51:44
Dwayne Morris	AL 52:45
Roger Richards	AL 55:29
Bill Chubb	AL 57:50
Floyd Batcher	AL 58:09

M70

Joe Conrad	FL 56:48
Thomas Cantrell	AL 57:48
Herb Johnson	AL 58:52
Loyd Doering	AL 65:26
Michael Dooley	AL 65:33
Jay Grove	AL 69:49
Gene Simonson	AL 70:38
Ken Reed	AL 74:31
Claudia Hawkins	AL 88:40

F40

Tatiana Pozdniakova	UK 36:05
Lesley Chaplin	GA 38:40
Alice Smoot	GA 38:42
Joyce Deason	LA 41:27
Janise Fontenot	AL 43:55
Molly Gerke	VA 45:07
Athena Naugher	AL 45:45
Cathy Henry	AL 46:48
Janet Haenish	AL 47:09

F45

Victoria Crisp	TN 37:58
Judith Hine	GA 41:42
Sarah Grace	AL 46:57
Mary Skirvin	MS 48:52
Pamela Duke	AL 52:12
Kathleen Thayer	TN 53:49
Nancy Turner	AL 54:24
Luvren Blackwood	AL 54:38
Kathy Gray	AL 54:40

F50

Connie Friend	VA 50:22
Linda Clanton	AL 51:33
Barbara Murphy	AL 53:51

Lynda Depaulis	TN 57:00
Martha Stewart	AL 57:10
Gayle Ricks	AL 58:16
Gloria Dickie	AL 59:10
Judy White	TN 59:24
Joan Bell	AL 60:39
F55	
Sue Box	MS 53:08
Mary Thompson	SC 56:48
Anne Park	AL 57:52
Carol Wright	TX 58:23
Dolores Mohlere	AL 60:54
Jackie Clark	AL 61:23
Betty Byrne	AL 61:27
Brenda Cummings	AL 62:46
Carol Jackson	AL 67:31

Susie Kluttz

Susie Kluttz	NC 48:45
Barbara Meyer	AL 53:26
Yoshiko Setser	AL 55:08
Joyce Hodges-Hite	GA 55:43
Cheyney Geren	FL 59:05
Pat McClain	AL 61:00
Dot Richter	AL 61:31
Claudia Highfill	AL 64:06
Christine Hearn	AL 66:25

F65

Joann Long	AL 58:50
Vera Whiteside	IL 63:45

F70

Betty Dooley	AL 70:23
Margaret Hagerty	NC 76:15

MIDWEST**Elby's Big Boy 20K
Wheeling, WV; May 23****Overall**

James Kariuki 26 KEN	1:02:16
Teresa Wanjiku 24 KEN	1:13:18
M40 A Kuznetsov RUS	1:04:36
M Mondragon MEX	1:06:39
Ted Jaleta CAN	1:10:53
Ed Frohnafel WV	1:12:20
Malcolm East PA	1:12:37
Glenn Baldwin WV	1:15:12
Dennis Delbert OH	1:16:37
Joseph Loy PA	1:17:02
Joe Sarver PA	1:18:56
Mark Anstaett OH	1:21:15
Jerry Corcoran PA	1:22:34
Warren Elzy OH	1:22:41
Steven Burbick OH	1:23:09
Mark Kolich PA	1:23:31
Rick Boyer OH	1:23:51
M45 Allen Choma OH	1:09:53
Don Slusser PA	1:15:20
Bill Winters PA	1:23:00
Steve Habursky WV	1:23:40
Ricky Millen WV	1:26:32
F Monteleone OH	1:28:20
Tom Rownd WV	1:28:35
Ron Beal OH	1:28:57
Harry Bruner WV	1:29:07
George Macek WV	1:29:11
Dennis Stull OH	1:29:11
Fred Smart WV	1:29:30
M50 Bill Rodgers MA	1:10:43
Fred Waybright WV	1:19:16
Russell Arndt PA	1:22:50
Bob Gracie PA	1:25:01
Joe Donahue PA	1:27:09
Robert Baker WV	1:28:36
John Antinossi PA	1:31:39
Tyrone Griffin WV	1:31:57
Jan Beisel OH	1:32:42
Zeke Howard OH	1:33:44
M55 Richard Hall OH	1:21:45
Walker Seamon WV	1:26:07
Mike Swiney WV	1:27:26
Lou Alaksin PA	1:30:02
Don Tarasiewicz OH	1:31:06
Ray Renaud WV	1:31:11
Bill Zehner OH	1:31:30
Rich Monheim PA	1:32:33
M60 John Gebhard OH	1:31:51
Ellis Cope OH	1:41:42
M70 Lou Lodovico PA	1:36:14
W40 T Pozdniakova UKR	1:14:34
Alice Thura PA	1:17:19
Angelina Tellez MEX	1:24:31
Shelley Ralston PA	1:30:13
Connie Young WV	1:31:05
Julie Rathbone WV	1:31:16
Deb Mattes VA	1:32:06
Eileen Hlavaty PA	1:40:05
Susan Mortakis WV	1:42:03
Eileen Petrone PA	1:42:33
Cynthia Gibbs WV	1:42:40
W45 Linda Votey MD	1:40:37
W50 Vel Nerhage OH	1:40:58

M40

M Mondragon MEX	1:06:39
Ted Jaleta CAN	1:10:53

Continued from previous page

Boulder Planet 3000
Boulder, CO; May 17

Overall	
Tom Coogan	8:30.51
Colleen DeReuck 34	9:36.56
Masters Men	
Charley Perez	9:38.12
Pablo Vigil	9:40.16
Scott Schafer	10:03.42
Dennis Rademacher	10:57.79
Kevin Edwards	11:10.26
Ron Davis	11:19.66
Chet Thompson	11:30.58
Dave Metzger	11:36.42
Steve Meyers	11:51.00
Bruce Wilson	12:08.29
Don Ford	12:10.62
Bobby Fischer	12:31.24
Barry King	13:13.66
Tim March	14:12.37
Masters Women	
Ileana Nuiry	13:02.67
Teresa Drotar	13:47.04
Kathryn MacGregor	14:00.13
Sue Norton	14:15.79
Katherine Darcy	14:53.01
De-De Scoville	18:06.30
Mary Althaus	18:09.43
Mileah Loeb	18:46.58
Sue Larson	18:51.52

Memorial Day 2 Mile
Wichita, KS; May 24

Overall	
Dan Lawson M40	9:47
Brenda Underhill	11:21
M40 Dan Lawson	9:47
M45 Greg Records	12:19
M50 Jeff May	12:42
M55 Bill Jones	12:52
M60 Charles Pinard	15:41
M65 Paul Heitzman	11:58
W40 Mary Hollenback	16:04
W45 Sondra Garvey	20:06
W50 Marilyn Harris	17:41
W55 Rowena Hinshaw	17:54

Amy Thompson Run To
Daylight 8K
Kansas City, MO; May 25

Overall	
Phil Hudnall	24:56
Darla Moberly	28:38
M40 Charles Brandon	27:13
M45 Bill Woolsey	29:54
M50 Greg Hartman	30:34
M55 Joe Lechner	32:55
M60 Bobby Kincaid	33:03
M65 Paul Heitzman	31:15
M70 Bob McCallister	37:17
W40 Jane Lundgren	32:33
W45 Marcia Dowling	32:16
W50 Vernita Beck	39:40
W55 Jan Littlefield	44:20
W60 Janice Talge	45:43
W65 Trudy Petty	60:13
W70+Mary Otte	60:35

Wichita Senior 5K
Wichita, KS; May 27

M40 Mike Shryock	17:40
Lindon Bontz	19:52
B Pivrowski	20:22
M45 Tom Truesdell	18:40
David Bryan	20:04
Greg Records	20:11
M50 Jeff Bervan	17:58
Larry McKee	19:03
Paul Shimon	19:23
M55 Bill Jones	21:23
Randy Ellsworth	21:43
Leon Matlocks	22:09
M60 Bobby Kincaid	20:18
Charles Doze	21:05
M65 Paul Heitzman	19:29
Max Armstrong	25:29
M70 Sigurd Daehnke	26:46
W40 Jan Cole	20:23
Vicki Luebbers	20:32
Sharon Kelling	26:09
W45 Barbara Voth	25:13
Tonie Southard	25:51
Virginia Childress	27:48
W50 Trudy Calloway	22:14
Sheryl Drevo	24:10
W55 Ros Scudder	35:39
W60 Martha Linhardt	34:40
W65 Rita Sadowski	33:43
M Bahthazor	33:57
W70 June Dirks	40:14

Trinity Hospital Hill
Half-Marathon & 12K
Kansas City, MO; May 31

--Half-Marathon--	
Overall	
Patrick Kiptum	66:31
Marie Boyd	79:37
M40 Charlie Gray	72:50
Tim Schmid	76:12
Brian Hammons	79:23
M45 Bill Woolsey	85:35
Steve Santana	86:39
James Press	87:18
M50 Greg Hartman	87:27
John Brink	89:40
Robt Hernandez	92:52
M55 Daryl Wecker	95:00
Richard Wootton	95:18
Wally Brawner	98:35
M60 Gerald Glass	90:41
Clyde Davidson	92:02
Larry Barrett	95:45
M65 Dick Wilson	93:42
Louis Joline	1:41:49
Jewel Darby	1:52:17
M70 Bob McAllister	1:53:25
M75 Ed Burnham	2:44:35
W40 Maria Rhoden	90:25
Bern Houston	93:13
Vicki Luebbers	95:26
W45 Marcia Dowling	96:06
Barbara Holzman	98:19
Dee Boeck	99:54
W50 Suzie Kilbride	1:44:53
Trudy Calloway	1:48:33
Dorris McManis	1:55:16
W55 Karen Bestul	1:40:00
W60 Mary Dugan	2:15:51
W70 Mary Otte	2:50:45

--12K--

Overall	
Ed Juba	40:32
Theresa Gosnell	49:11
M40 Charles Brandon	41:30
Mark Morris	43:04
Patty Walsh	45:24
M45 Gayle VanDurne	50:43
Bruce Monke	51:21
Jessie Ridenour	54:44
M50 Rick Hogan	45:47
Alan Saunders	47:23
Bob Malkames	57:54
M55 Thom Weddle	49:15
Bob Potter	49:24
Leon Small	55:31
M60 Bobby Kincaid	51:42
Bill Buchanan	63:00
Jack Gehlbaugh	63:51
M65 Paul Heitzman	50:47
Firmin Snodell	65:35
John Clark	70:49
M70 Frank Creason	68:05
Bill Kephart	71:39
Ralph Hall	77:31
M80 Alan Blackman	2:03:25
W40 Linda McCool	60:55
Kendra Bealmear	61:44
Roxann Baumfalk	62:31
W45 LeaAnne Latimer	65:20
Con Piekarski	66:07
Marcia Harbaugh	68:40
W50 Vera Burton	57:14
Donna Romans	65:43
Suzanne McGrath	70:47
W55 Christel Shea	70:11
Rebecca Heidlage	73:11
Judy Moore	79:22
W60 Janice Talge	73:36
Earlene Hilgen	78:51
W65 Tudy Nepstand	1:46:42
W70 Stacy Brown	61:10

Dam To Dam 20K
Des Moines, IA; June 6

Overall	
Elisja Tanui 24	62:03
Stefanija Statkuvienė	35:72:26
M40 Dave Johnson	67:15
Keith Fevold	67:39
Tom Zimmerman	71:52
Rick Ironside	72:37
Mark Mueller	73:09
M45 Jim Pollard	75:58
Roy Ney	79:28
Chuck Clark	79:40
Brad Rhoden	80:52
Jim Clennon	81:48
M50 Gary Julin	77:58
Mike Killian	82:13
Gordy Strickland	82:45

Harvey Kunz	84:25
M55 Patrick Murphy	78:09
Ron McKay	81:05
Jim Floyd	83:22
Ron Bickel	86:09
M60 Jim Schleisman	85:34
Jim Smedema	86:12
Dwight Beavers	86:14
David Larson	90:39
W40 Maria Rhoden	80:54
Jackie Groves	84:26
Sheila Maddock	84:36
Andriette Wickstrom	85:52
Sue Boley	87:38
W45 Nancy Hoegh	89:07
Jan Mohs	93:29
Jane Toerner	93:33
Sandy Keehn	1:42:51
W50 Jan Daker	89:31
Rae Gene Burger	98:09
Sandy Rupnow	1:40:39
Judy Johnson	1:42:37
W60 Marge Graves	2:21:26
Finishers: record 1584	
Weather: 46 deg/cloudy	

SOUTHWEST**Mississippi Gum Tree 10K**
Tupelo, MS; May 9

Overall	
Simon Sawe	29:05
Trina Timofeyeva	33:58
Mens Masters	
1 Jon Sinclair	30:53
2 Tom Mather	31:35
3 Tim Simpkins	34:00
4 John Taylor	34:58
5 Kent Oglesby	36:37
M40 Rodney Pearson	36:59
Robert Dancy	37:04
Stan Hollenbeck	37:45
Victor Zolotarev	37:59
Richard Royce	40:18
M45 Jim Reid	37:01
Roland Rust	38:19
Walter Rider	38:23
David Branner	38:28
Larry Jackson	38:49
M50 Scott Barrow	36:52
Marvin Hemphill	38:17
Ralph Wallace	40:09
Calvin O'Gain	40:23
Terry Whitten	41:28
M55 Marshall Jones	39:55
Dick Ashley	40:48
Vic Thayer	40:57
Dick Ward	41:58
Marty Eubank	43:31
M60 Jerry McGath	37:15
Malcolm Gillis	40:17
John Conroy	42:42
Dave McKim	42:49
Cecil Hester	44:44
M65 Ben Morton	43:36
John Parker	47:22
Clarence LeBlanc	52:59
Donald Royce	56:39
Marion Cagle	57:52
M70 Joe Conrad	53:30
John Laughlin	1:02:19
Alvis Coker	1:18:13
Forrest Tutor	1:23:00
Edgar Fox	1:30:16

Womens Masters

1 Patty Valadka	35:25
2 Victoria Crisp	36:58
3 Brenda Walton	37:14
4 Amy Barrow	37:21
5 Lesley Chaplin	39:27
Grandmasters Winner	
Mary Preisel	39:42
W40 Jennie Fields	39:30
Joyce Deason	39:58
Margaret Green	41:25
Cindy Hayden	46:24
Cindy Harris	50:24
W45 Judith Hine	39:51
Cindy Conde	49:46
Kathleen Thayer	50:52
Janice Jordan	53:34
Wanda Cahill	53:37
W50 Connie Friend	47:40
Cathy Ward	51:28
Bonnie Partridge	54:50
Lucy Waters	55:49
Georgia Walker	58:03
W60 Susie Klutz	46:09
Yo Setser	52:34
Joyce Hodges-Hite	55:57
Jimmye Allen	1:01:05
Martha Pipkin	1:07:16
W65 Margaret Wodetzki	1:02:17
Claude Allen	1:03:29
Jane Kirby	1:36:10
Peggy Ramsey	1:41:32
W70 Edna Masula	1:35:52

Gladys Barton	1:40:12
Estelle Dillard	1:40:18
Tommie Bourland	1:48:17

Wildflower Run 5K
Bristow, OK; May 23

Overall	
Patrick Kiptum	14:38
Donna Levy	17:14
M40 Charlie Gray	15:40
Norm Roper	16:31
Wm Martin	16:53
M45 John Stuke	16:58
Don Lodes	18:37
Duke Kern	19:22
M50 Warren Jones	19:03
Mike Beda	19:20
Ron Kuykendall	19:30
M55 Geo Marchetti	18:26
Dan Vasicek	20:19
Hal Capshaw	21:46
M60 Bobby Kincaid	20:23
Bob McDonald	30:45
M65 Paul Heitzman	19:42
Jim McGowan	24:21
Sidney Hughes	25:04
M70 Mike Waller	23:58
Frank Koupe	31:26
M75 O R Walzer	30:19
Wish Lemons	46:54
W40 Roxanne Meyer	19:31
Jane Lundgren	20:12
Rebecca Gibson	21:09
W45 Barbara Luciano	19:53
Donna Spencer	20:13
Linda Dolezal	24:21
W50 Trudy Calloway	22:06
Grace McCoy	25:02
Cheryl Barrick	27:49
W55 Lydia Borges	23:09
Donna Eichner	25:01
Louise Rose	30:31
W60 Sue Neil	31:08
Dot Hensley	40:01
W65 Betty Turner	32:42
Wanda Lemons	41:19
W70 Lavon Warren	49:40
M Humphries	50:50
W75 Wanda Newton	52:45

WEST**Leisure World Seniors 5K**
Laguna Hills, CA; May 9

Overall:	
Jerry Harber	20:17
Hwa-Ja Andrade	24:37
M50 Jerry Harbor	20:17
William Holt	22:17
Royal Nelson	22:31
M55 E. D. Murdock	21:53
Barry Reid	22:35
Lee Ellertson	22:46
M60 Lee Miller	20:39
Oscar Rosales	21:10
William Crum	21:42
M65 Jerry Jefferson	22:19
Ruben Esquada	24:16
Roy Archibald	24:33
M70 Bob Koch	24:21
James Wilkie	26:05
Chuck Leisberg	26:26
M75 Bill Nice	26:51
George Staybolt	33:59
Howard Handy	40:40
W50 Mitsuye Morrissey	24:45
Coty Miller	26:41
Judy Sharp	31:43
W55 Hwa-Ja Andrade	24:37
Sachiko Kim	26:31
Jeannette Roosta	27:13
W60 Audrey Hauth	28:27
Elaine Peterson	35:33
Yvonne Weber	36:07
W65 Chieko Allwein	25:49
Jane Tolley	34:19
Lillian Esquada	36:41
W70 Antoinette Hill	27:44
Miyoko Ohara	32:50
Marty Donahoo	39:21

Run For The Crown 5K & 10K
Corona, CA; May 16

5K Overall:	
Brad Baldwin	15:41
Kristina Volosin	21:21
M40 Jeff Shaddox	16:45
Willie Galaviz	17:31
David Piper	18:39
M45 Jesus Figueroa	17:41
Richard Crady	18:46
Mike Rouhas	19:09
M50 Bill Sumner	17:53
Warren Young	18:08

Nick Morales	20:51
M55 Bob McGeough	18:19
Manual Rojas	19:19
Adam Alaniz	25:53
M60 Don Van Dyke	21:55
Elmar Motta	22:47
John Strand	26:31
M65 Herb Hoggard	21:39
Joe Howell	22:12
Frank Husac	24:25
M70 Bob Koch	23:40
Jack Goertzen	25:35
Karlis Smilsons	31:53
W40 Karen Springer	22:00
Janice Hoag	24:47
Teresa Oncill	25:21
W45 Kim Strong	22:11
Jane Davey	26:44
Sherry Riddle	29:06
Gisela Salcedo	29:06
W55 June Johnson	37:51
Julia Elizarras	41:59
Mimi Robidoux	43:33
W60 Nancy Tucey	36:07
Sue Obradovitz	36:50
Phyllis Seaquist	41:54
W65 N. Waterman-Lingley	46:53
W70 Nyla Cook	42:17
Beth Head	57:00

5th Annual Alongi in Marin 5K
Classic, College of Marin
Kentfield, CA; May 24

Overall	
Marco Evoniuk	22:49
Karen Olson	29:30
M35 Marco Evoniuk	22:49
M40 Joseph Berendt	27:36
M50 Bill Penner	26:64
M55 John Schultz	30:58
M65 Jack Bray	26:33
W40 Virginia Fong	33:14
W55 Lani LeBlanc	30:28
W65 Shirley Dockstader	31:27

NORTHWEST**Cherry Festival 10K & 5K**
The Dalles, OR; April 25

-10K-	
<u>Overall</u>	
Gerard Ostheimer	33:06
Tara Wilkins-Martin	43:24
M40 Greg Gustafson	33:33
M50 Robert Lamson	51:24
M60 David Neitling	46:42
W40 Denise Doney	49:22
W50 Ginny Taylor	70:54
-5K-	
<u>Overall</u>	
Mark Krueger	17:20
Elizabeth Quinn	21:00
M40 M Krueger	17:20
Roy Lower	21:38
M50 Dick Ziemer	23:20
M60 Dean Wilcox	32:29
W40 Sally Carson	24:41
W50 Judy Ziemer	26:30

Continued from previous page

W45 M Lucchesi	1:08:59
W50 Jo Ann Nedelco	57:40
W55 Lorraine Coppola	1:14:46
W65 Grace Moremen	1:20:41

USATF Western Regional 20K
RW and Pacific Ass'n 20K RW
Palo Alto, CA; May 17

M35 Marco Evoniuk	1:40:28
M40 Mark Green	1:33:20
M45 Roger Wellborn	1:57:11
M50 David Crabb	1:55:23
M55 Gary Bower	2:20:50
M60 Jim Fisher	2:15:33
M70 Bill Moremen	2:26:30
M80 Ernest Lucken	2:54:54

Mid-America 5K/10K Racewalks
Elk Grove Village, IL; May 24

M35 Daniel Vogel	25:43
M40 Jonathan Udesky	29:57
M45 Bill Reed	25:52
M65 Alfred DuBois	29:13
M70 Albert Goldman	35:13
W35 Teresa Aragon	28:03
W40 Jane Herring	37:18

W45 Nancy Goldman	31:18
W50 Joan Grossman	35:13
W60 Joyce Decker	31:58
W65 Kate Marrs	35:28
10K	
M50 Michael Burris	59:07
W35 Sarah Coil	1:10:36
W40 Lynn Tracy	59:11
W45 Donna Green	1:10:15

USATF National Masters 15K
Racewalk Championships
Elk Grove Village, IL; May 24

M35 Douglas Johnson	1:21:50
M40 J Matthews	1:07:41
Damon Clements	1:33:43
Donald Peterson	1:38:00

M45 B Bulakowski

Mike DeWitt	1:19:12
Art Klein	1:31:39
M50 Jim Carmines	1:14:41
Rich Friedlander	1:20:28
Richard McGuire	1:33:37
M55 Don Mowles	1:29:49
Ronald Sheilds	1:31:45
Larry Freeman	1:40:34
M60 Paul Johnson	1:27:42

Cedric Hustace	1:44:38
M65 Max Green	1:24:26
Matthew Rutyna	1:32:04
Bob Stewart	1:38:48
M75 Paul Geyer	2:04:00
W35 Debbie Laurence	1:13:24
Victoria Herazo	1:15:54
W40 Sandra DeNoon	1:23:23
W45 Gayle Johnson	1:29:55
D McLaughlin-T	1:31:13
Jackie Reitz	1:31:16
W50 Kathleen Frable	1:39:28
Pat Walker	1:58:29
W55 Janet Higbie	1:39:00
Dorothy Withem	1:46:59
W60 Sami Bailey	1:38:47
W65 Joe Presser	2:08:01

USATF Pacific Association 5K
Racewalk Championships
Stanford U.; May 31

M35 Nicholas Sakelarios	28:59
M45 Art Klein	28:52
M50 Bill Penner	27:13
M65 Dick Petrucci	28:25
W30 Loribeth Jacobs	29:59
W35 Chris Sakelarios	26:01
W40 Therese Iknolan	27:36
W45 Marianne Lucchesi	33:29

OKLAHOMA MASTERS ATHLETIC MEET TRACK & FIELD in the HEARTLAND!

July 24 - 25, 1998
East Central H.S., Tulsa, Oklahoma
Hosts: TEAM OKLAHOMA Masters Track & Field Club



MASTERS COMPETITION AGE 30+ IN 5-YR Age GROUPS and OPEN DIVISION
Compete on the same track and fields where the 1998 NAIA Meet was held!

Entry Fees: Pre-registered by July 22: \$10 1st event, \$5 additional events, Relays \$15
*** Received after July 22, add \$5 late fee ***

Entries close 1 hour before scheduled start.

Schedule: Times are approximate, events ran in order listed:

Friday July 24	Sat July 25
3:00 PM Athlete Check-in Open	6:30 AM Athlete Check-in Open
5:00 Javelin	7:30 Mile Run
5:15 5000 Racewalk	8:00 Long Jump
5:30 Triple Jump	8:00 Discus
5:45 100 prelims/final	8:30 Long Hurdles
6:30 Steeplechase	9:00 4 X 100 Relay
6:30 Pole Vault	9:30 1 Mile Racewalk
7:00 Short Hurdles	10:00 200
7:00 Shot Put	10:30 800
7:30 400	11:00 High Jump
8:00 5000	11:00 100 Final (if needed)
8:30 4 X 800 Relay	11:15 4 X 400 Relay

All events ran as timed finals, except the 100 which will have prelims only if needed.
USATF sanctioned meet, USATF rules including Masters exceptions. No false start rule in effect. Age groups and sexes may be combined in race heats. Relay teams must wear same uniform top. Declaration due 1 hour prior to scheduled start. USATF Certified Officials. Medals to top 3 in each age/sex division. Directions to track: located in northeast Tulsa, on 11th street one-half mile east of Interstate 44.

Name _____ Date of Birth _____

Address _____

Phone _____ Club Name _____

In consideration of my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against the TEAM OKLAHOMA Masters Track Club, Tulsa Public Schools, Oklahoma Association of USATF, any individual associated with the operation of this meet and all sponsors of this meet, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Oklahoma Masters Athletic Meet held on July 24 and 25, 1998.

Signature _____ Date _____

Best 1997/1998 performance in events entered:

Event _____ Mark _____ Event _____ Mark _____

Event _____ Mark _____ Event _____ Mark _____

Event _____ Mark _____ Event _____ Mark _____

Amount Paid: _____

Mail entry form with check payable to : TEAM OKLAHOMA, 4217 W. 91st, Tulsa, OK 74132-3739
Questions ? 918-446-0064, e-mail TEAM_OKLAHOMA@bigfoot.com , fax 918-446-9232



Start to Finish
Heart Disease

American Heart
Association
Fighting Heart Disease
and Stroke



ATHLETES WHO ENTER A NEW DIVISION THIS MONTH JULY 1998

ATHLETE (RESIDENCE)
DANIEL ALDRICH (NEWPORT BEACH, CA)
ERIK ANDERVARN (SWE)
KONRAD BOAS (WHITE STONE, NY)
AL BRENDA (MODESTO, CA)
DOUGLAS CLEMENT (CANADA)
RICHARD EMBERGER (ESCONDIDO, CA)
THOMAS HARE (US)
WALLY HAYWARD (RSA)
TOM HISHON (AUS)
ANDREW JONES (CINCINNATI, OH)
GUNNER LINDE (SANTA MONICA, CA)
YAN MANGI (INA)
GEORGE MATHEWS (SEATTLE, WA)
JOSEF MATOUSEK (CZE)
ROBERT MCDONALD (EL CAJON, CA)
ROBERT MONZINGO (US)
MAZUMI MORITA (JPN)
ALBIN NOREN (SWE)
STEPHEN PETERS (GBR)
DAVE POWER (AUS)
JIM SELBY (CA)
GORDON SIEFERT (BIRMINGHAM, AL)
KENNETH ST-CLAIR (TARKIO, MO)
NIKOLAY SVIRIDOV (URS)
TOM THORNE (EUREKA, KS)
MILAN TIFF (LOS ANGELES, CA)
RUDOLPH VALENTINE (NYC, NY)
ALAN WATERMAN (SAN FRANCISCO, CA)
ADRIAN WEATHERHEAD (GB)
DIETER WILLE (GER)
RAE BAYMILLER (NEW YORK, NY)
JACQUELINE BOARD (NORMANDY, MO)
JANE BUCH (SMITHVILLE, OH)
MARION COFFE (AUSTIN, TX)
SIGNE GALLAHER (RIDGECREST, CA)
MELBA HATCH (CANTON, MI)
SYLVIA HATTON (BEND, OR)
LINDA MANTYNNEN (MARLEEVILLE, CA)
MARY MIDDLEBROOK (HOUSTON, TX)
IRENE SCHANKMAN (US)
ERMA TRANTER (CHICAGO, IL)
LINDA UPTON (CHESTNUT HILL, MA)
RUTH ALLCOCK (GB)
CAMILLA BRAVO (SPA)
JNGE DECH (GER)
HEATHER DOHERTY (AUS)
NORMA DUCKER (AUS)
GRITH EJSTRUD (DEN)
RANDI FOR (NOR)
ELFRIEDE HOFMANN (GER)
JANE ANN KEEN (AUS)
MARIA LOPEZ (SPA)
RUTH MACLOUGHLIN (NZ)
HILDEGARDE MATHEUSSEN (BEL)
JUNE MILES (NZ)
MITSUKO MIURA (JPN)
CHRISTINE MULLER (SWI)
SHIRLEY PETERSON (NZ)
ELENA REVAYOVA (SVK)
HELGA SCHNEIDER (WG)
DESLEY SPENCER (AUS)
MITSUKO TAKAHASHI (JPN)
TAKAKO TAKAWA (JPN)
THELMA PITT-TURNER (NZ)

BIRTHDATE	AGE GROUP
7-12-18	80-84
7-28-18	80-84
7-15-3	95+
7-6-28	70-74
7-15-33	65-69
7-3-38	60-64
7-23-43	55-59
7-10-8	90-94
7-10-23	75-79
7-20-18	80-84
7-14-28	70-74
7-6-8	90-94
7-28-43	55-59
7-2-28	70-74
7-12-18	80-84
7-18-38	60-64
7-17-13	85-89
7-4-13	85-89
7-5-53	45-49
7-14-28	70-74
7-18-28	70-74
7-18-28	70-74
7-3-8	90-94
7-6-38	60-64
7-2-43	55-59
7-5-48	50-54
7-12-23	75-79
7-8-18	80-84
7-22-43	55-59
7-6-43	55-59
7-27-43	55-59
7-6-53	45-49
7-24-48	50-54
7-16-38	60-64
7-23-23	75-79
7-1-28	70-74
7-2-33	65-69
7-13-48	50-54
7-23-38	60-64
7-20-28	70-74
7-23-43	55-59
7-5-43	55-59
7-27-43	55-59
7-14-43	55-59
7-30-53	45-49
7-21-33	65-69
7-22-38	60-64
7-5-53	45-49
7-24-48	50-54
7-14-38	60-64
7-12-48	50-54
7-8-48	50-54
7-11-43	55-59
7-30-53	45-49
7-2-33	65-69
7-8-28	70-74
7-22-58	40-44
7-24-28	70-74
7-10-58	40-44
7-2-28	70-74
7-10-53	45-49
7-31-48	50-54
7-26-43	55-59
7-17-3	95+

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- Keep track of your progress over the years.
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- Score multi-events.
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P.O. Box 50098, Eugene, OR 97405

Name _____

Address _____

City _____ State _____ Zip _____



1998 USATF NATIONAL MASTERS OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

@ University of Maine, Clarence Beckett Family Track Facility, Orono, Maine.

JULY 30 - AUGUST 2, 1998



You will discover yourselves surrounded by friends, in Maine. We will have information booths and activities to assist in making your stay relaxing and enjoyable; canoe and kayak rentals, day outdoor adventure trips, fishing, scenic ocean routes, museums.

ELIGIBILITY: Open to all men and women 30 years of age and older, including non-US citizens.

Age on July 30 determines age group. Competition is in 5 year age groups; relays are in 10 year age groups.

Proof of date of birth is required [send photocopy with entry form]. 1998 USATF membership will be required of all US citizens. Membership may be obtained through your local association, or on site for \$20. Competitors from other countries compete as guests, with no membership required.

ENTRY DEADLINES: July 10 is the deadline for the early entry fee, and a guarantee that confirmation of entry and instructions will be mailed to you. No entries will be accepted after July 20. Relay registration will take place on site.

DECLARATIONS AND PACKET PICK UP:

Declarations must be made at least 30 minutes before the scheduled start of all events. Declaration and scratch sheets will be available for all events beginning Wed. July 29 at the Track, if you wish to declare or scratch early.

AWARDS: USATF Championship medals will be awarded to the top three U.S. citizens in each event.

Foreign guests in the top three receive medals also.

DIRECTIONS: driving north on I-95 to exit 51, right, go through 2 lights, at 3rd light turn right go one mile.

FOR TOURIST INFORMATION: CONTACT

VISITORS BUREAU: call: 800-91-MOOSE

THE FABULOUS CHAMPIONSHIP COOKOUT

Saturday Aug. 1, at 7:30 p.m., at the Fieldhouse, with Downeast hospitality and entertainment which you'll joyously remember. Cost is \$18 per person paid with entry form. Choices of: Lobster, Steak, Chicken, vegetarian Lasagna. Various Maine and Acadia entertainment groups will perform.

T-Shirt Swap: bring a t-shirt from your region of the country and we will swap with others.

EQUIPMENT: Meet management will have throwing implements[2], and starting blocks available for use by

1998 SCHEDULE OF EVENTS			
THURSDAY, JULY 30	FRIDAY, JULY 31	SATURDAY, AUGUST 1	SUNDAY, AUGUST 2
A.M.	A.M.	A.M.	A.M.
5000 meter run	5000 meter Racewalk	10,000 meter run	10K/20K Roadwalk
Pentathlon W & M	Long Jump M60; W	Long Jump M30-59	Triple Jump W; M
Hammer W; M60+	Pole Vault W; M60+	**Pole Vault M40-59	Pole Vault M30-39
800 meter [trial or semifinals]	High Jump M30-59	High Jump W; M60+	Shot Put W
	Discus W; M60+	Shot Put M60+	Javelin M 30-59
P.M.	P.M.	P.M.	P.M.
Hammer M30-59	Discus M30-59	Javelin W; M60+	200 meter [semifinals from trials]
400 meter [trials or semifinals]	400 meter [semifinals from trials]	***400/300m. Int. Hurdles	1500 meter [finals]
Break	1500 meters [semifinals]	100 meter [semifinals from trials]	
800 meter [semifinals from trials]	High Hurdles [semifinals/ finals]	Shot Put M30-59	200 meter [finals]
	100 meters [trials or semifinals]	800 meter [finals]	Age Graded 100 meter
	400 meter [finals]	100 meter [finals]	4 X 800 meter relay
	3K/2K steeplechase	200 meter [trials or semifinals]	4 X 100 meter relay
	Athletes Meeting	*Championship Lobster Cookout Feast & Downcast Entertainment*	4 X 400 meter relay

*Order of competition: oldest to youngest; women first [except where noted]; W = women, M = men

*Events will not be moved to different days from this schedule. **Pole Vault M40-59 begins 1.5 hours after L.J. M30-59 begins.

*By rule: trials are run when there are more than 16 entries; semifinals are run when there are 9-16 entries. 1500m is different *** 400/300m. Int. Hurdles: No semi-finals. If 9 or more entries, two sections with place determined by time.

*Precise Time Schedule will be sent to competitors once all entries are in and we know the numbers.

all competitors. You may bring your own throwing implements. Implement weigh-in will be at the throwing site prior to your age group competition. Spike length is 1/4".

TRAVEL: Orono Travel Agency; 800-682-4125, will assist you in finding the best discounts and accommodating flights.

Bangor International Airport is 15 minutes to campus. Portland ME. is 2 hours; Boston is a scenic 4 hours.

Delta Airlines is the official airline and is the only airline company to offer special discounts. file number: 114135A.

Delta will direct ship pole vault poles and javelins by freight but you must arrange it 2-3 days prior to your flight.

CUT:

CAR RENTALS: at Bangor International Airport.

PARKING: ample parking on campus. R.V. day parking on campus, no R.V. overnight parking, use campgrounds.

CAMPGROUNDS: with special low rates.

Pleasant Hill Campground; 207-848-5127

Paul Bunyan Campground; 207-941-1177

HOUSING: Campus dorms; Telephone 207-581-4093

for a reservations and information. Great rates, and meals.

AREA HOTELS: with special rates if reserved 30 days before arrival. Best Western Black Bear Inn: Orono, 207-866-7120.

Comfort Inn: Bangor-Mall; 207-942-7899.

Country Inn at the Mall; 207-941-0200.

Hampton: Bangor-Mall; 207-990-4400.

Holiday Inn Civic Center: Bangor; 207-947-8651.

Penobscot Inn: Civic Center; 207-947-0566.

Holiday Inn Odlin Road: Bangor; 207-947-0101.

Days Inn: Odlin Rd.; 207-942-8272

Econo Lodge: Odlin Rd.; 207-945-0111.

Riverside Inn: State St. Bangor; 207-947-3800

Ranger Inn: outer Hammond; 207-945-2934

ENTRY FEES: \$30 for first event[includes free commemorative championship T-shirt];

\$15 for 2nd event; \$15 for 3rd event;

\$10 for each subsequent event.

Pentathlon is a separate \$30.

All fees must be paid in advance.

Relays are \$40 per team taken on site, paid and declared by 7:00p.m. Sat. Aug. 1.

Make Checks payable to University of Maine.

US funds only, drawn on a US bank.

MAIL TO: University of Maine

c/o Willi Gallant

National Masters Entry

5747 Memorial Gymnasium

Orono, ME, 04469-5747

For information re: the Meet.

INFORMATION: call: 207-581-2099; 581-1077

<http://www.ume.maine.edu/~track/trackfield.html>

The web site has very comprehensive information.

And it has a downloadable complete entry form

1998 USATF NATIONAL OUTDOOR TRACK & FIELD CHAMPIONSHIPS

ENTRY FORM --July 30 - Aug. 2, 1998

Last Name: _____ First _____ M.I. _____

Address: _____ City: _____

State: _____ Zip: _____ Country: _____

Phone: _____ Fax: _____ Team/club: _____

1998 USATF Number: _____ Male / Female _____ Birth Date: ____/____/____ Age as of July 30/98 _____

EVENT:	Best Recent Performance/date	FEE:
1. _____	_____	\$30 [free T-shirt] S _ M _ L _ XL _ XXL _
2. _____	_____	\$15 _____
3. _____	_____	\$15 _____
4. _____	_____	\$10 _____
5. _____	_____	\$10 _____
6. _____	_____	\$10 _____

CHAMPIONSHIP COOKOUT: # of persons attending _____ x \$18 ea. _____ entree -mark choice and number.

Lobster # _____ Steak # _____ Chicken # _____ Vegetarian Lasagna # _____

Extra T-Shirts S# _____ M# _____ L# _____ XL# _____ XXL# _____ at \$10 ea. _____

Late fee for entries postmarked after July 10 ----- \$25 _____

TOTAL AMOUNT ENCLOSED \$ _____

I will require a shuttle [may be a small fee]; I am staying at this hotel _____

I would like more outdoor recreation information _____

WAIVER: I hereby declare that I am in good health and am properly conditioned for the competitions, and that I am of stated age on this application. I absolutely relieve the University of Maine System, Maine Association of USATF, corporate sponsors, volunteers of responsibility for any injury, loss or damage to myself or my property which I sustain in the course of [or in connection with] the 1998 USATF National Masters Outdoor Championships. I also verify that I am registered for [or will register at the championship meet site] 1998 with USATF.

SIGNATURE: _____ **DATE** _____