

# NATIONAL MASTERS NEWS

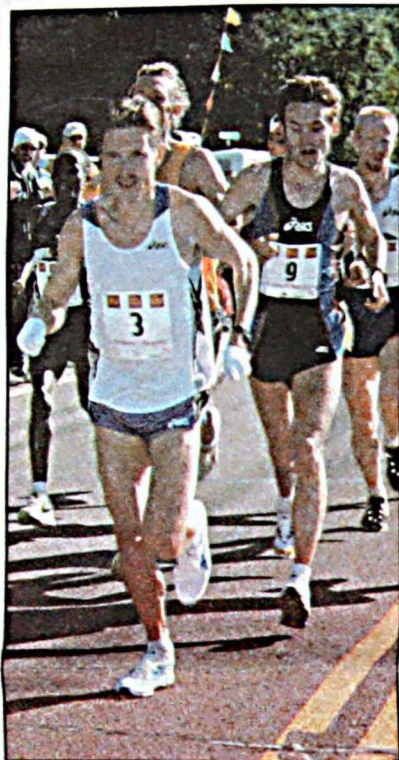
The official world and U.S. publication for masters track & field, long distance running and racewalking

264th Issue

August 2000

\$2.50

## Rylov and de Rios Win in Grandma's



JEFF FREY

Fedor Rylov (#3), 40, of Russia, leads an early pack at Grandma's Marathon. Rylov was first master and third overall in 2:15:08.

by SUSANNAH BECK

It was a Russian Holiday again at the 24th annual Grandma's Marathon in Duluth, Minn., June 17. In spite of travel difficulties from Moscow that included spending 24 hours stuck at Chicago's O'Hare Airport on account of stormy weather, the Soviet junket fared well, carried in part by men's masters winner Fedor Rylov, 40, who ran 2:15:08, just 37 seconds out of first place overall (taken by fellow Muscovite Pavel Andreev, 30, 2:14:31).

Maria Trujillo de Rios, 40, Los Gatos, Calif., led the masters women in 2:48:46, good for seventh-place overall, behind winner Svetlana Tkach-Shepeleva, 31, of Moldova. Over 13,000 runners flooded Duluth for Grandma's three-race jamboree, which includes the Gary Bjorkland Half-Marathon and the William A. Irvin 5K.

The weather this year was cool and sunny, with a slight headwind. The marathon course is a point-to-point, mostly flat promenade along the wooded shore of chilly Lake Superior.

Rylov, a running coach with a lengthy international racing resume in recent years, is not new to the Grandma's experience. He finished 4th and 3rd overall in

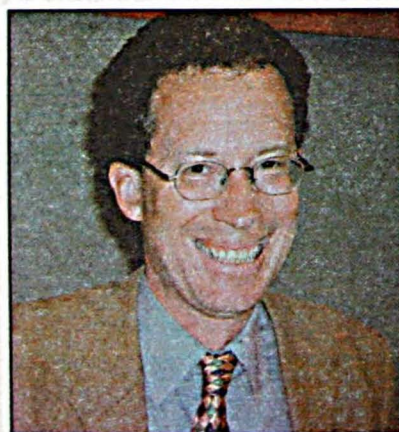
Continued on page 3

## Are Drug Rules Fair to Masters?

by CRAIG MASBACK

Chief Executive Officer, USATF

For many masters athletes, including those within USA Track & Field (USATF), the idea of drug testing in masters competitions seemed to be just that—a "theoretical" idea. After all, drug testing had been designed to create a level playing field and discourage health-threatening practices among Olympic athletes, and most masters athletes are not Olympic athletes.



Craig Masback

However, the recent announcement of a masters athlete testing positive for a prohibited substance, a substance which had been prescribed by her treating physician, signaled the transition from theory to reality—a reality that will affect many more of our older athletes, especially as the stakes become higher in masters competition. Although there is no question as to whether or not masters athletes should be subject to drug testing, there is some question as to whether masters athletes should be tested under the same drug testing program as our Olympic athletes.

The most recent masters case is a perfect illustration of the differences that exist between masters and "open" (Olympic) athletes. Not only do masters athletes generally differ in age, they also differ physically, suffer from different types of physical ailments, and have need of different medications. Moreover, many masters athletes suffer from multiple conditions, which may require the use of several medications, some of which may be prohibited. These facts suggest that some flexibility is needed when implementing a drug testing pro-

Continued on page 16



SUZY HESS

Dave Walter, 55, winning the M55 100 in an age-graded 93.3% 12.22, from Harold Morioka, 57, who ran an age-graded 94.2% 12.28, Hayward Classic.

## 314 Compete In Hayward Classic

by JERRY WOJCIK

July 1-2, EUGENE, Ore. — On this July 4th weekend, the Hayward Masters Classic celebrated its 20th anniversary with a record 314 entrants at the historic Hayward Field track on the U. of Oregon campus. Usually held on the last weekend of June, the meet this year was scheduled to accommodate the Prefontaine Classic on June 24.

Athletes represented 17 states, including Florida, Maryland, Kansas, and Hawaii, with a contingent from Canada. Some participants came to familiarize themselves with the facility before returning for the 2000 National Masters Championships on Aug. 10-13.

Local favorite and world record holder, Ross Carter, 86, of Eugene, broke his M85 world record of 30.40 for the discus with a 30.81. Dave Walter, 55, Seattle, lowered the pre-

Continued on page 7

## Eugene To Host 34th Nationals

Over 1500 men and women masters athletes are expected to converge on Eugene, Ore., for the 34th USATF National Masters T&F Championships on Aug. 10-13. Competition, in five-year age groups starting at age 30, will be held at Hayward Field, known for its staging of top-drawer meets at all

levels.

Most, if not all, of the 50 states will be represented by athletes, as will Canada, and other countries drawn by Hayward's fame and Eugene's reputation as a track and field hot spot. When Eugene last hosted the Championships

Continued on page 4



JERRY WOJCIK

23,421 spectators saw two special Masters Age-Graded races at the USA Olympic Trials, July 15, in Sacramento. Running the 800, from left: Joni Shirley, 53; Po Adams, 76; Lana Henricks, 43; Diane Heil, 42; Sumi Onodera-Leonard, 71; Yvette Lavigne, 60; (#531, winner); Kim Jefferson, 37; Dee Ann Dougherty, 41; and Mary Macauley, 38. Story on page 11.



## CONTENTS

## DEPARTMENTS

USATF Officers .....	2
Letters to the Editor .....	4
T&F Report .....	5
Third Wind .....	6
The Foot Beat .....	8
Twenty Years Ago .....	8
Profile - Steve Scott .....	9
Racewalking .....	10
RW Book Review .....	10
Fifteen Years Ago .....	10
Ten Years Ago .....	11
On the Run .....	12
The Weight Room .....	14
Five Years Ago .....	14
Countdown to Brisbane .....	16
Report From Britain .....	17
WAVA Specs .....	17
Training Advice .....	18
The Masters Wizard .....	19
Masters Scene .....	20
Schedule .....	21
New Age-Group Athletes .....	24
All-American Standards .....	25
Results .....	26

## FEATURES

Grandma's Marathon .....	1
Hayward Classic .....	1
Drug Testing .....	1
T&F Nationals Preview .....	1
Adirondack 10K .....	3
11 Masters in Trials .....	5
Peachtree 10K .....	6
Crown Valley Sr. Games .....	7
Portland Classic .....	8
Road Race Trends .....	8
Women Showcased at Trials .....	11
Southeast Regional Meet .....	12
Vermont Senior Games .....	13
Natl. Decathlon/Heptathlon .....	14
Prefontaine Classic .....	15
New York Races .....	15
Don Farquharson .....	16
Kamloops Deadline .....	17
SCA Championships .....	24
Hall of Fame .....	24
Coaching/Training .....	24

## ENTRY FORMS/RACE &amp; PRODUCT INFO

Columbus Marathon .....	3
NMN Subscription Form .....	4
Huntsman Games .....	5
The Master Board .....	7
Natl. Weight Pentathlon .....	9
California Senior Games .....	10
Publications Order Form .....	13
Javelin Throwing Video .....	14
Masters Sports, Intl. ....	15
Ski & Travel .....	16
South Pacific Adventures .....	17
California Senior Games .....	40



# NATIONAL MASTERS NEWS

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

**Publisher and Editor:** Al Sheahan

**Senior Editor:** Jerry Wojcik

**Associate Editor:** Angela Egremont

**Administrative Editor:** Suzy Hess

PO Box 50098 Eugene, OR 97405

541-343-7716, Fax: 541-345-2436

e-mail: natmanews@aol.com

Web site: <http://www.nationalmastersnews.com>

**Assistant Editors:** Susannah Beck, Jane Dods, Erich Reed

**Schedule:** Jerry Wojcik

**Marketing Director:** Sue Hartman

**National Advertising Director:**

Claudia Malley

**Sales Representatives:**

Suzy Hess 541-343-7716 (T&F)

Heidi Shelhamer 610-967-8758

**Billing/Production Coordinator:** Lisa Binder

**Production:** Carol Covey, Kim McGill

**Printing:** American/Foothill Publishing Co.

**Track & Field Records:** Pete Mundle

**Long Distance Records:**

Road Running Information Center

**Racewalking Records:** Bev LaVeck

**Track & Field Rankings:** Jerry Wojcik

**Contributing Editors:** Hal Higdon, Dr. John

Pagliano, Mike Tymn, Elaine Ward

**Correspondents:** Ruth Anderson (CA), George Banker

(MD), Maury Dean (NY), Bob Fine (FL), Paul Heitzman

(KS), Bob Koch (CA), Carol Langenbach (WA), Ron

Marinucci (MI), Marilyn Mitchell (NY), Phil Mulkey (GA),

Paul Murray (NY), Jim Oaks (AL), Mike Polansky (NY),

Phil Raschker (GA), Pete Taylor (VA), Mike Tymn (HI).

**International Correspondents:** Jorge Alzamora

(CHI), Ron Bell (GBR), Leo Benning (RSA),

Torsten Carlus (SWE), Bridget Cushen (GBR),

Martin Duff (GBR), Jim Tobin (NZL).

**Internet Correspondent:** Ken Stone, Web site:

[www.mastertrack.com](http://www.mastertrack.com); e-mail: [trackceo@aol.com](mailto:trackceo@aol.com).

**Photographers:** George Banker (MD), Suzy Hess

(OR), Mike Polansky (NY), Vic Sailer (NY), Tesh

Teshima (HI), Jerry Wojcik (OR).

**Creative Art:** Eugene Paasinen, Herb Parsons

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

published monthly, with an annual subscription rate

of \$26.00. Main office address: 14155 Magnolia

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

postage paid at Van Nuys, CA 91409.

The *National Masters News* is an official publication

of USA Track & Field and of the World Association

of Veteran Athletes. As an independent publication,

its editorial policy is not necessarily that of USATF

or WAVA.

**Executive Officers of USATF:** Pat Rico, President;

Craig Masback, Executive Director.

To inquire about a USATF card, call USATF in your

area, or 317-261-0500.

**NMN welcomes contributions** — results, schedule

info., photos, letters, articles, and opinions.

Manuscripts should be typed, doubled-spaced, but

legibly handwritten material is also acceptable.

Results should be typed, single-spaced. Please

include a stamped, self-addressed envelope if return

is desired.

**Address change:** At least four weeks is required for

a change of address. Please furnish your new address

and an old label from a recent issue.

**Disclaimer:** All advertisements and articles printed in the *National Masters News* are believed to be from reliable sources. However, the opinions expressed by individuals or advertisers are their own. No statements made in any advertisement or article are to be necessarily construed as a recommendation or an endorsement by NMN.

**Advertising information and rates:** Please call 610-967-8896 or 541-343-7716 and request current rate card. Send all printed material and ad copy to: Carol Covey, Foothill Publishing, 10001 Commerce Ave., Tujunga, CA 91042. Closing date for all copy and ad space reservations is the 10th of the month prior to the cover date.

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

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

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

**No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.**

**National Masters News Copyright © 2000 by National Masters News. All rights reserved.**

## NATIONAL MASTERS OFFICERS OF USA TRACK & FIELD

### Chairman:

Ken Weinbel  
4103 Hillcrest Ave., S.W.  
Seattle, WA 98116  
(206) 932-3923  
(206) 932-3917 (Fax)  
Kweinbel@aol.com

### Vice-Chairman:

Don Austin  
P.O. Box 39148  
San Antonio, TX 78218  
(210) 699-0265  
margdc@aol.com

### Secretary:

Suzy Hess  
P.O. Box 5272  
Eugene, OR 97405  
(541) 342-8050 (H)  
(541) 343-7716 (W)  
(541) 345-2436 (Fax)  
suzy@nationalmastersnews.com

### Treasurer:

Madeline Bost  
P.O. Box 458  
Ironia, NJ 07845  
(973) 584-0679

### Rankings:

Jerry Wojcik  
P.O. Box 50098  
Eugene, OR 97405

### Championships Sites:

George Mathews  
5701 6th Av. South, Ste. 418  
Seattle, WA 98108  
(206) 764-7000 (W)  
(206) 764-7004 (Fax)  
georgem@facility-resource.com

### Championships Committee:

Don Austin  
P.O. Box 39148  
San Antonio, TX 78218  
(210) 699-0265  
margdc@aol.com

### Records:

Pete Mundle  
4017 Via Marina #C-301  
Venice, CA 90291

### Weight Events:

Dick Hotchkiss  
14005 Meadow Dr.  
Grass Valley, CA 95945  
(530) 273-3660

### Racewalking:

Bev LaVeck  
6633 N.E. Windemere  
Seattle, WA 98115  
(206) 524-4721

### Multi-Events:

Rex Harvey  
6744 Connecticut Colony Cir.  
Mentor, OH 44060  
(440) 255-0751 (H)  
(440) 954-8122 (W)  
(440) 954-8111 (Fax)  
rexjh@aol.com

### Team Manager:

Don Austin  
P.O. Box 39148  
San Antonio, TX 78218  
(210) 699-0265  
margdc@aol.com

### Rules Coordinator:

Graeme Shirley  
11212 Via Carroza  
San Diego, CA 92124  
(858) 292-6132

### Regional Coordinators:

**East:**  
Roz Katz  
170-11 65th Ave.  
Flushing, NY 11365  
(718) 358-6233  
throwerfca@aol.com

### Southeast:

Bob Fine  
3250 Lakeview Blvd.  
Delray Beach, FL 33445  
(561) 499-3370

### Midwest:

Gerry Krainik  
15124 Hillside Ave.  
Oak Forest, Illinois 60452  
(708) 687-2124  
gkrainik@home.com

### Southwest:

Don Austin  
P.O. Box 39148  
San Antonio, TX 78218  
(210) 699-0265

### Mid-America:

Tom Thorne  
525 Oak Ridge Dr.  
Neosho, MO 64850  
(417) 451-7417  
tphill@janics.com

### West:

Andrew Hecker  
P.O. Box 7793  
Ventura, CA 93006  
(805) 642-3879  
andy@creativestuff.com

### Northwest:

Becky Sisley  
310 East 48th  
Eugene, OR 97405  
(541) 342-3113 (H)  
(541) 346-3383 (W)  
(541) 346-3583 (Fax)  
bsisley@oregon.uoregon.edu

### Awards:

Don Austin  
P.O. Box 39148  
San Antonio, TX 78218  
(210) 699-0265  
margdc@aol.com

### Law Chairman:

Tom Light  
P.O. Box 1550  
Chugiak, AK 99567  
(907) 694-4623 (H)  
(907) 786-7431 (W)  
(907) 786-7401 (Fax)

### WAVA Delegates:

Al Sheahan  
Rex Harvey  
Scott Thomsley  
**Alternates:**  
1) Bob Fine  
2) Joan Stratton  
3) Barbara Kousky  
4) Marilyn Mitchell  
5) Pete Mundle

## NATIONAL MASTERS OFFICERS OF LONG DISTANCE RUNNING

### Chairman:

Jerry Crockett  
1124 W. Eskridge  
Stillwater, OK 74074  
(405) 372-4010  
(405) 372-3116 (Fax)  
jerrycro@yahoo.com (e-mail)

### Secretary:

Norm Green  
407 Freedom Blvd.  
West Brandywine, PA 19320-1559  
(610) 466-9197  
(610) 466-9198 (Fax)  
runmorm@aol.com (e-mail)

### Vice Chairman Men:

John Boyle  
P.O. Box 1700  
DeLand, FL 32721  
(904) 736-0002  
(904) 740-1047 (Fax)  
alvis0002@aol.com (e-mail)

### Vice Chairman Women:

Ruth Anderson  
1901 Gaspar Drive  
Oakland, CA 94611  
(510) 339-0563 (h)  
dogdew@earthlink.net (e-mail)

### Treasurer:

Charles DesJardins  
P.O. Box 2281  
Carson City, NV 89702-2281  
(775) 884-9448  
CRDJ@iqemail.com (e-mail)

### Road Records & Rankings:

Basil & Linda Honikman  
Road Running Information Center  
5522 Camino Cerralvo  
Santa Barbara, CA 93111  
(805) 683-5868  
(805) 967-5958 (Fax)  
Honikman@silcom.com (e-mail)  
[www.usaldr.org](http://www.usaldr.org) (Web site)

### Awards:

Ruth Anderson - Women (address above)  
John Boyle - Men (address above)

### Rules Coordinator:

George Kleeman  
5104 Alhambra Valley Rd.  
Martinez, CA 94553  
(925) 229-2927  
(925) 229-2940 (Fax)  
georgeklee@aol.com (e-mail)

### Law and Legislation:

Mary Rosado  
102 West 80th St., Apt. 23  
New York, N.Y., 10024-6303  
(212) 874-0822 (Home)  
(212) 758-2104 (Work)  
(212) 308-8582 (Fax)  
mvrosadoesq@prodigy.net

### WAVA Delegates:

Ruth Anderson, Norm Green  
Alternate: Charles DesJardins

### Championships:

John Boyle (address above)

### Championship Stats:

Norm Green (address above)

### IAAF Veterans Committee:

Charles DesJardins (address above)

### Elite Athlete Representative:

Ruth Wysocki  
22948 Cove View  
Canyon Lake, CA  
(909) 244-3439  
(909) 244-7405 (Fax)  
wysocki@e-machines.net (e-mail)

### Athlete Information & Publicity Coordinator:

Barbara Arveson  
3216 Charing Cross  
Plano, TX 75025  
(972) 673-0735 (h)  
(972) 673-0094 (Fax)  
barveson@wtl.net (e-mail)



## Grandma's Marathon

Continued from page 1

1998 and 1999, respectively. Of his latest attempt here, Ryjov told the *Duluth News-Tribune* through an interpreter, "I still haven't fully accepted being a master. I put in training with the idea of coming here to win."

Andrey Kuznetsov, 42, of Russia by way of San Francisco, the masters champion here the past two years, had to settle for a distant second place, in 2:21:43. Kuznetsov is still recovering from a winter calf injury that stalled his marathon training. Rob Whetham, 48, Stillwater, Minn., was the first U.S. master, at 2:39:52.

This was Trujillo de Rios' third Grandma's Marathon, her 53rd lifetime marathon, and her first masters victory here, by a margin of 12 minutes. She seems to be making a bid for masters road runner of the year, after a vigorous spring that included three other marathons (including a 2:42:10 at the Olympic Trials in February and a third masters placing at Boston in April) and multiple road race victories.

Of this race, Trujillo de Rios admitted to feeling tired. She plans to take a break, and then return for the Twin Cities Marathon in Minneapolis in October. Doris Windsand-Dausman, 43, Kingsport, Tenn., was second masters woman in 3:00:55.

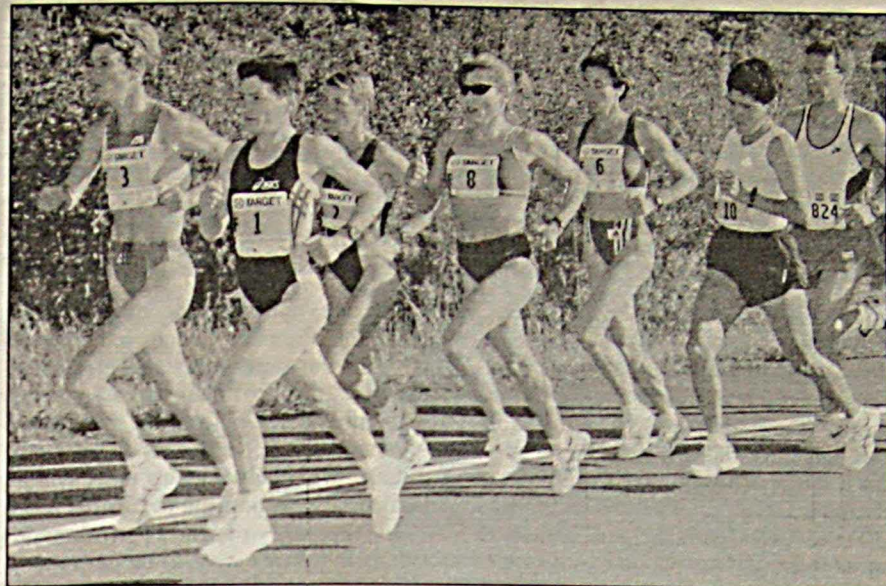
Some of the best performances of the

day came from runners who didn't have to travel very far at all. In the W50 race, Minnesotans Barb Jacobson, 50, White Bear Lake, 3:05:30, and Gloria Jansen, Edina, 3:12:47, produced national caliber 80+% efforts, good for fourth and fifth masters women overall. Bonnie McElwee, Urbana, Ill., won the W60 division by nearly an hour, racing to 3:42:51. Joy Johnson, San Jose, Calif., repeated her 1999 70+ win with a 4:55:03.

Highlights of the half-marathon and 5K include masters overall wins by Kevin Hass, M40, 1:12:05, and Marie Boyd, 40, Albuquerque, N.M., 1:18:47. New Zealander John Campbell, 51, dashed to an A-G 93.0% 1:13:13, taking the M50 event and setting the stage for his 2001 attempt at the M50 world mark of 2:20:28 at next year's Grandma's Marathon. Dan Conway, 61, set an age-group course record at this tenth running of the half-marathon, digging deep to a 92.8% A-G 1:20:32.

Overall masters winners William Markwardt, M40, 16:00, and Beth Colaizy, W50, 18:41, graced the 5K field. Roger Twigg, M50, 18:31, and Thom Weddle, M60, 18:13, also shone.

Grandma's Marathon is named for the Duluth-based restaurant chain that sponsored the race at its birth in 1977. Presenting sponsors include Target Stores and Wells Fargo Bank. Grandma's 2001 will take place on June 16. □



JEFF FREY

Maria Trujillo de Rios (#8) runs with the lead pack early in Grandma's Marathon, Duluth, Minn., June 17, en route to a masters first 2:48:46. Eventual winner Svetlana Tkach-Shepeleva (#6) ran 2:33:53.

## Keenan, Gottung Win Adirondack Masters 10K

Dale Keenan, 50, and Beth Gottung, 40, were first overall in the 19th annual Hudson Mohawk RRC/USATF Adirondack Masters 10K Championships, Guilderland H.S., N.Y., on June 17th. Keenan, of Selkirk, N.Y., overcame hills, heat, humidity, and younger masters runners to finish in 37:41. Gottung, of Clifton Park, N.Y., ran a ninth-place 43:35.

Mark Warner, 41, Slingerlands,

N.Y., was second overall in 38:29, followed by Pat Glover, 53, Clifton Park, in 38:40. Second woman was Marcia Whitney, 47, Saratoga Springs, N.Y., in 46:15.

First among the age 60-69 runners were Jim Moore, 60, Niskayuna, N.Y., 47:47, and Anny Stockman, 68, Rensselaer, N.Y., 60:26.

Ed Doucette, 70, Bennington, Vt., was the first age 70+ runner (51:19). □

October 29

# columbus marathon

The Place to do 26.2

New York Marathon CLOSED  
Twin Cities Marathon CLOSED  
Marine Corps Marathon CLOSED

Columbus really is the place to do 26.2

Register online at: [www.columbusmarathon.com](http://www.columbusmarathon.com)  
or call for an application 614-794-1566. Those registered by September 1st, 2000 will receive a complimentary training shirt and will be eligible for great prizes in the Columbus Marathon drawing.



The Columbus Marathon  
est. 1980

PRESENTED BY



United Airlines · Brooks Sports  
Columbus Rotary · Verizon Wireless





Address Letters to: National Masters News, P.O. Box 50098, Eugene, OR 97405

### DRUGS

Masters who need to take prescription drugs that may contain elements considered illegal by the IAAF and IOC should examine both sides of the problem. I believe that the AARP considers one a senior at age 50, so let's use that as a standard.

Seniors are living longer, lead more active lives, and are bound to have more chronic conditions that necessitate the use of more prescribed drugs to maintain health and well being as they grow older. Master/senior athletes should not be held to the same standards as is a 20-year-old or a 40-year-old.

Are we to choose between our health and our love for track & field? How many of us take prescribed medicine that may contain illegal substances and don't know it? Masters over the age of 50 should be given a waiver if they test positive for using an illegal drug if it was prescribed as necessary for health.

We should require all masters aged 50+ to list all their prescribed drugs on their entry forms for all regional, national, and world championships, along with a letter from their physicians justifying why the drugs are needed at this time.

Let's remember why David Pain started the masters program: "A chance for the older person to compete - re-live his or her youth and have fun."

Alfred Guidet  
California City, California

Performance-enhancing substances are banned for good reason. Their use should not be condoned just because they may be prescribed to offset the inconvenient consequences of aging.

There are non-steroidal drugs, aside from the Premarin mentioned, which perform the same function but do not enhance performance. In any case, women who suffer from the symptoms of menopause (a natural condition, not a disease) will likely find that those symptoms disappear or abate over time.

If the use of the performance enhancing drugs were to be permitted, it would be necessary to set up a different awards format. Besides age and gender divisions, there would need to be categories for users and non-users of performance-enhancing substances.

The use of steroids by women (and men) has been the subject of controversy for years. While their use may lead to gold medals and a few moments of glory, the proven risk to the long-term health of the individual should be a deterrent to any reasonably sensible person.

The tainted records of the East German women's swim team and, more recently, the Chinese team were the result of national pride. Possibly the individual athletes could claim innocence, but in our informed society and with the plethora of treatments available, there is no excuse for anyone to use a banned substance.

Tami Graf  
Lusby, Maryland

### CONFUSED IN PORTLAND

In reading the *National Masters News*, I am more confused than ever over the various organizations that impact on the Masters Track and Field program. Could you run a short explanation article which describes the various relationships of the organizations

that appear in your paper? This should include: USATF, IAAF, IOC, Senior Games, WAVA, AAU and NCAA.

Neil Saling  
Portland, Oregon  
(Done. See "Masters Wizard" on page 19. - Ed.)

### AGE RECORD

I want to congratulate my training partner Rich Burns for his M45 world record 8:46.26 in the 3000 at the 2000 Indoor Nationals. Except for being listed in the Pending Age-Group Records section, there was no indication of that run in the May article on the Nationals in Boston.

NMN does an excellent job of covering events. With all of the great races in a meet such as that, it is easy to overlook a single performance. It's nice to have a forum such as this.

Peter Mogg  
Simi Valley, California  
(There were 35 world and 33 U.S. age-group records set at the 2000 Indoor Championships. To mention each record performance in the article would have resulted in essentially a list, except in paragraph form rather than in the special box next to the article on p. 18 - Ed.)

### GARDEN STATE MEET

I would like to thank publicly those volunteers who make a track meet work and succeed. Specifically, I am referring to the Garden State A.C. Invitational Meet held on June 24 in Randolph, N.J.

Meet director Mort Hahn and Madeline Bost did an outstanding job of coordinating the meet, being competitor-friendly at all times, making the timing and awards available in an efficient manner, and making it a meet to look forward to. Other chores were handled extremely well by Roger Price, and the



KAREN HUFF  
Patricia Beam, 68, Caledonia, Ill., 1999 Illinois Female Field Event Athlete of the Year, took seven firsts in the Byron Masters Indoor Meet in February.

peerless announcing of Pete Taylor was icing on the cake.

Bill Index  
Bloomfield, New Jersey

### HAYWARD MEET

Kudos to Chuck Hammond and the Oregon Track Club volunteers for the great job on the Hayward meet in July. If this was a preview of the type of event in store for the National Championships in August, we're all in for a treat.

The events started when scheduled, and, from my perspective, went off well. The forecast rains never happened and we were treated to clear skies for both days.

We got to spend an extra day in Eugene, much to my wife's delight, when the VW's computer broke down. I can think of a lot worse places to be stranded.

Terry Parks  
Tacoma, Washington

### KUDOS

Thanks very much for listing the changes to the 1999 outdoor rankings book. Keep up the great work on NMN. Look forward to reading it every month. Have every issue since it started back in Summer 1977.

Frank Illuzzi  
Ramsey, New Jersey

## NATIONAL MASTERS NEWS Subscription Form

The *National Masters News* is the official world and U.S. publication for masters track & field, long distance running and race walking. It contains information you can't get anywhere else. Subscribe Now.

#### 2nd Class rates:

(USA, Canada, Mexico)

☐ 6 months \$15  
☐ 1 Year \$26  
☐ 2 Years \$48  
☐ 3 Years \$70

#### 1st Class rates:

(USA, Canada, Mexico)

☐ 1 Year \$42  
☐ 2 Years \$80  
☐ 3 Years \$115

#### Foreign rates:

(Air mail)

☐ 1 Year \$45  
☐ 2 Years \$85  
☐ 3 Years \$125

#### ☐ Payment enclosed

☐ Bill me later

☐ \$\_\_\_\_\_ as a contribution to your work

Circle applicable sports: T L R (T=T&F; L=LDR; R=RW)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Send to: National Masters News  
Subscription Dept.  
P.O. Box 16597  
North Hollywood, CA 91615-6597

Or Call:  
818/760-8983

CZZMN

### Nationals' Preview

Continued from page 1

in 1994, 1418 athletes came from all 50 states and 12 foreign countries, setting seven world and 22 U.S. age-group records.

Gold, silver, and bronze USATF medals will be awarded to the top U.S. citizens in each event, with duplicate awards to non-citizens. All will receive a Certificate of Participation.

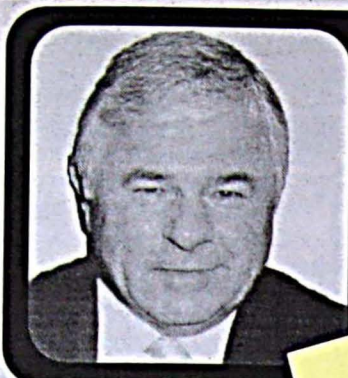
Many of the participants will be staying in the U. of Oregon's student dormitories, which are across the street from Hayward and easily the most convenient accommodations of any masters championships. The weather is expected to be near-perfect, with temperatures in the 70s and low 80s. Spectators are welcome and admission is free.

The primary sponsors are Peace Health Medical Group and Pacific Continental Bank. The Oregon TC Masters and Oregon TC are also providing sponsorship under the direction of Tom Jordan and Barbara Kousky of Northwest Event Management, who, in addition to staging the 1987 and 1994 meets, directed the WAVA Veterans Championships in 1989, still considered by some attendees as the best WAVA Championships ever.

More details on the Championships are available at NEM's website: eugenechamps.com. Entries closed July 24.

After the meet, many athletes are heading to participate in the NCCWA-VA Championships in Kamloops, B.C., Canada, on Aug. 17-20. □





## Track and Field Report

by K...

Some

An anticipated record made on Aug. 10-13, for the 2000 National Masters Championships. The Eugene Management have been hard at work on championships ever. Through the years, less from the fine folks of "Track

Masters track and field made great progress during the formative years of the 90s and looks forward to positive changes, as we move through the early years of the new millennium.

Masters value a program that provides opportunity to attain and maintain a healthy lifestyle, and participate in friendly competition and comradeship. We need to diligently protect what we value and not allow the basic philosophy to be discarded in favor of anything that could be detrimental to the program.

Concerning drug testing and the Kathy Jager case, the way is clear to future action. Research into "who is responsible for what" indicates that all arrows point to WAVA. My resources advise that IAAF consider veterans/

...and, further, to conduct research to ascertain the feasibility of determining permissible levels of enhancement drugs by factoring in age and gender considerations. WAVA officials need to take the reins and move forward on this issue, and we need to prod them to action.

Have a wonderful competition in Eugene. I will see you there. ☐

## 11 Masters Compete in Olympic Trials

by JERRY WOJCIK

Before sold-out crowds of 23,000+, athletes age-40-and-over were well represented in the quest for berths in the 2000 Olympics at the U.S. Olympic Trials at Sacramento State University's Hornet Stadium, July 14-23.

In the discus preliminaries on the 16th, Carol Finsrud, 42, of Texas, fouled her first two throws and ended with a 42.79/140-5, near the bottom of the 23 competitors.

On the 17th in the javelin qualifying, Tom Petranoff, 41, of MF Athletic, throwing in a second flight of 18, placed fifth with a 72.32/237-3. In the finals on the 21st he was seventh of the twelve finalists, with a 70.39/230-11.

In the evening of the 17th in the preliminary 5000, in the first heat of 18 runners, Carmen Ayala-Troncoso, 41, of NIKE, took the lead for four laps, dropped to the middle of the pack, and finished 14th with a 16:05.68 in the race, won by Regina Jacobs, 36. Ayala-Troncoso finished 24th of the 34 in both heats. The first 16 (15:53.49) qualified for the finals.

Johnny Gray, 40, Santa Monica TC, U.S. record holder in his 5th Olympic Trials in the first of five 800 preliminaries at about 9:00 p.m. on the 20th, led for about 500 meters but finished last in 1:53.27. After his heat, Gray received a standing ovation as he circled the track and tossed his shoes into

the stands. He stayed 45 minutes after that, signing autographs. "I plan to run at the National Masters Championships in Eugene and set some world masters records," Gray said.

On the evening of the 20th, Jud Logan, 41, MF Athletic, qualified for the hammer with a fifth-place 69.45/227-10 on his last throw. In the finals on the 21st, he moved from fourth to third, again on his last throw, with a 71.01/233-0. Logan can qualify for the fourth time as an Olympian in Sydney if he meets the standard of 75.50/247-8 by Sept. 11. The hammer was won by Lance Deal, 38, NYAC, with a 78.87/258-9.

Masters racewalkers were represented in women's and men's 20K. On the morning of the 16th, Victoria Herazo, 41, California Walkers, finished 13th of 24 with a 1:45:23. Lyn Brubaker, 41, was 20th in 1:50:04. Donna Chamberlain, 40, Shore AC, was 23rd with a 1:50:59.

In the men's 20K finals on the 22nd, Ian Whitley, Potomac Valley TC, was 7th in 1:33:28; Jonathan Matthews, 44, New Balance, was 10th in 1:37:39; and Gary Morgan, NYAC, did not finish.

The record crowds included many masters athletes who showed their support for the older athletes who competed. ☐

— Suzy Hess contributed to this article.

# WANTED: OR ALIVE

NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES

**BUSINESS REPLY MAIL**

FIRST CLASS MAIL PERMIT NO.138 NO. HOLLYWOOD CA  
POSTAGE WILL BE PAID BY ADDRESSEE

**NATIONAL MASTERS NEWS**

P O BOX 16597  
NORTH HOLLYWOOD CA 91615-9881



Male & Female Athletes 50 and Over

## HAVE SOME FUN AT THE Huntsman World Senior Games

October 12-23, 1998 - St. George, Utah

### Events Offered

Cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horseshoes, table tennis, lawn bowls, triathlon (individual & team), basketball free throw/3-point shoot and basketball hot shot, mountain biking, bridge, volleyball, square dancing, half marathon, social golf, and road racing.

### Over 5,000 Good Friends

From all 50 states and 40 foreign countries  
— good sports all.

### Free Health Screening and Healthy Lifestyle Seminars

Breast cancer, P.S.A., blood pressure, cholesterol, diabetes, glaucoma, bone density, hearing, & body composition.

For more information Call 1-800-562-1268

82 West 700 South, St. George, UT 84770

Visit our website: [www.seniorgames.net](http://www.seniorgames.net)





## Track and Field Report

by KEN WEINBEL,  
Chairman, Masters T&F

### Some Thoughts for 2000

**A**n anticipated record number of masters athletes will gather in Eugene, Aug. 10-13, for the 2000 National Track and Field Outdoor National Championships. The Eugene Organizing Committee and Northwest Event Management have been hard at work to make the 2000 meet the finest championships ever. Through the years, masters athletes have come to expect nothing less from the fine folks of "Track Town, U.S.A."

Masters track and field made great progress during the formative years of the 90s and looks forward to positive changes, as we move through the early years of the new millennium.

Masters value a program that provides opportunity to attain and maintain a healthy lifestyle, and participate in friendly competition and comradeship. We need to diligently protect what we value and not allow the basic philosophy to be discarded in favor of anything that could be detrimental to the program.

Concerning drug testing and the Kathy Jager case, the way is clear to future action. Research into "who is responsible for what" indicates that all arrows point to WAVA. My resources advise that IAAF consider veterans/

masters' drug policies a WAVA matter. We have been chasing the wrong guys in our attempts to reconcile what many, for assorted reasons, consider an injustice.

WAVA by-laws do address drug policy. We, as U.S. masters, need to present a united front in urging WAVA officials to implement existing policy in a constructive manner and, further, to conduct research to ascertain the feasibility of determining permissible levels of enhancement drugs by factoring in age and gender considerations. WAVA officials need to take the reins and move forward on this issue, and we need to prod them to action.

Have a wonderful competition in Eugene. I will see you there. □

### 11 Masters Compete in Olympic Trials

by JERRY WOJCIK

Before sold-out crowds of 23,000+, athletes age-40-and-over were well represented in the quest for berths in the 2000 Olympics at the U.S. Olympic Trials at Sacramento State University's Hornet Stadium, July 14-23.

In the discus preliminaries on the 16th, Carol Finsrud, 42, of Texas, fouled her first two throws and ended with a 42.79/140-5, near the bottom of the 23 competitors.

On the 17th in the javelin qualifying, Tom Petranoff, 41, of MF Athletic, throwing in a second flight of 18, placed fifth with a 72.32/237-3. In the finals on the 21st he was seventh of the twelve finalists, with a 70.39/230-11.

In the evening of the 17th in the preliminary 5000, in the first heat of 18 runners, Carmen Ayala-Troncoso, 41, of NIKE, took the lead for four laps, dropped to the middle of the pack, and finished 14th with a 16:05.68 in the race, won by Regina Jacobs, 36. Ayala-Troncoso finished 24th of the 34 in both heats. The first 16 (15:53.49) qualified for the finals.

Johnny Gray, 40, Santa Monica TC, U.S. record holder in his 5th Olympic Trials in the first of five 800 preliminaries at about 9:00 p.m. on the 20th, led for about 500 meters but finished last in 1:53.27. After his heat, Gray received a standing ovation as he circled the track and tossed his shoes into

the stands. He stayed 45 minutes after that, signing autographs. "I plan to run at the National Masters Championships in Eugene and set some world masters records," Gray said.

On the evening of the 20th, Jud Logan, 41, MF Athletic, qualified for the hammer with a fifth-place 69.45/227-10 on his last throw. In the finals on the 21st, he moved from fourth to third, again on his last throw, with a 71.01/233-0. Logan can qualify for the fourth time as an Olympian in Sydney if he meets the standard of 75.50/247-8 by Sept. 11. The hammer was won by Lance Deal, 38, NYAC, with a 78.87/258-9.

Masters racewalkers were represented in women's and men's 20K. On the morning of the 16th, Victoria Herazo, 41, California Walkers, finished 13th of 24 with a 1:45:23. Lyn Brubaker, 41, was 20th in 1:50:04. Donna Chamberlain, 40, Shore AC, was 23rd with a 1:50:59.

In the men's 20K finals on the 22nd, Ian Whatley, Potomac Valley TC, was 7th in 1:33:28; Jonathan Matthews, 44, New Balance, was 10th in 1:37:39; and Gary Morgan, NYAC, did not finish.

The record crowds included many masters athletes who showed their support for the older athletes who competed. □

— Suzy Hess contributed to this article.

## WANTED: ALIVE OR ALIVE



Male & Female Athletes 50 and Over

### HAVE SOME FUN AT THE Huntsman World Senior Games

October 12-23, 1998 - St. George, Utah

#### Events Offered

Cycling, softball, swimming, tennis, bowling, racquetball, track and field, basketball, golf, horseshoes, table tennis, lawn bowls, triathlon (individual & team), basketball free throw/3-point shoot and basketball hot shot, mountain biking, bridge, volleyball, square dancing, half marathon, social golf, and road racing.

#### Over 5,000 Good Friends

From all 50 states and 40 foreign countries  
— good sports all.

#### Free Health Screening and Healthy Lifestyle Seminars

Breast cancer, P.S.A., blood pressure, cholesterol, diabetes, glaucoma, bone density, hearing, & body composition.

For more information Call 1-800-562-1268

82 West 700 South, St. George, UT 84770

Visit our website: [www.senlorgames.net](http://www.senlorgames.net)





## Third Wind

by MIKE TYMN

### Cadman is Catching Up

As a spectator at an indoor track meet in San Francisco's Cow Palace some 35 years ago, Ed Cadman was awed by schoolboy distance running sensation Gerry Lindgren of Spokane, Washington. Lindgren, of course, was a 1964 Olympian, a world-record holder, an 11-time NCAA champion, and a national hero when he defeated the Russians in the 10,000 of the annual USA vs. USSR dual meet.

Cadman can't recall how much of all that Lindgren had accomplished the night he watched him in the Cow Palace, but it was clear to him at that time that Lindgren was something special, a real "boy wonder." Had anyone suggested to Cadman then that he would some day be able to outrun Lindgren, he would have had a good laugh.

Cadman, two years ahead of Lindgren in high school, had been a pretty fair competitor, finishing second in the Oregon state prep championships with a 4:28 mile during his junior year while also doing 1:59 in the half for a second place in his senior year. As good as those times were then, they paled in comparison with what Lindgren did in high school.

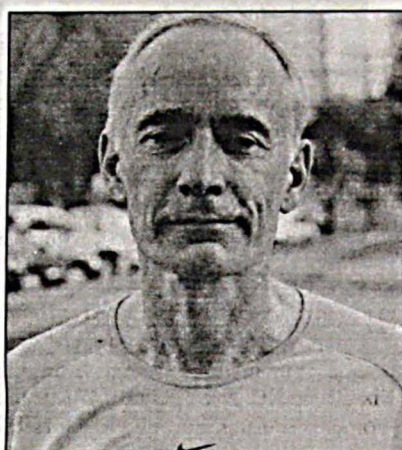
#### A 10K Win

On May 14, 2000, Cadman celebrated his 55th birthday by winning the 55-59 division of the Johnny Faerber All Men's 10K in Honolulu with a 37:36 for 12th place overall. Lindgren, 54, finished 23rd in 41:54.

Cadman knows that on an age-graded basis his times now would not even approach the times Lindgren turned in during the 1960s, and had he known the way this story would begin, he would likely have objected to it or any suggestion that he has surpassed Lindgren as a runner. He is much too modest and he knows that Lindgren, even though still a serious runner, has been slowed by more than his share of injuries.

But it does make for an interesting observation: *It's not who wins the long run, but who wins in the real long run that counts.* Or how about: *Time can be the great equalizer.* Perhaps: *Patience pays off in the long run.* Write your own tag to it.

At the time of this interview, Cadman's focus was on the nationals in Eugene, Oregon, August 10-13. He hopes to run both the 5000 and the 10,000. "I'd like to get as close to 36 (minutes) as possible in the 10 and then as close to 17 as possible in the five," said Cadman, dean and professor of medicine at the University of Hawaii's John A. Burns School of Medicine.



Ed Cadman

#### Running for Fitness

Although he never really stopped running after high school, Cadman did quit competing after lowering his mile best to 4:24 while at Stanford University. "I got burned out and left the team my second year," he said, "but I continued to run (for fitness) a few days a week."

While attending Stanford Medical School for his internship and residency, Cadman continued running for health and fitness, even taking part in some fun runs sponsored by *Runner's World* magazine. "I ran my first road race there," he mentioned, "doing five miles in 30 minutes."

From Stanford, Cadman went to Yale University to study medical oncology and biochemistry. Two years later, in 1976, he began his academic career at Yale. "I was running nearly every day then, but still no road races," Cadman recalled. "I did enter one ten miler and did it in an hour. I realized that that was no faster than my training pace, so the next spring I started going to the track and doing quarters, 10 in the low 60s with a 200 jog, the old college workout."

#### Racing Again

On the day of the 10 miler that year, Cadman shot out at five-minute mile pace. "At 36, I was a bit older, even then, than the racing studs of the area. I could hear a few of them commenting that I'd fade. Well, I finished second, closing on the leader, with a time

of 52:40. I was hooked again. Since then I've been a serious racer."

Cadman hesitated and thought about that comment a few seconds. "Well, not real serious. It's just that I train to race."

He remembers personal bests of 15:22 for 5K, 24:50 for 5 miles, 30:30 for 10K and 2:31:30 in the Boston Marathon, all at age 36. As a masters runner, his best 10Ks have been 32:30 (age 41), 35:50 (52), and 36:36 (54). At 5K, his bests are 15:59 (44), 16:38 (50), 17:15 (53), and 17:41 (54).

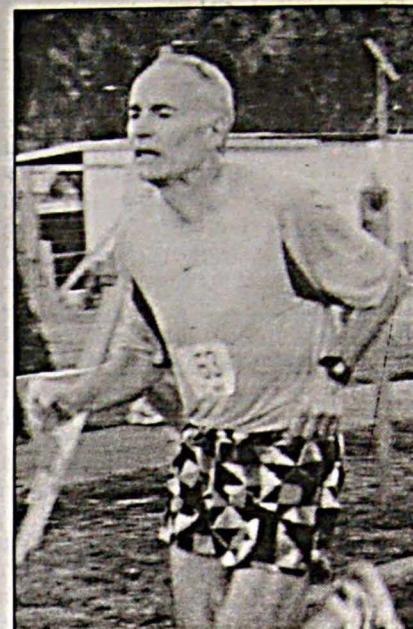
When he was at his best, at ages 36 and 37, Cadman averaged 85 miles a week of training, but he is now content to run 40 to 50. "My training has changed in that I don't run through the aches and pains any longer," he explained. "I listen to my body more now than I used to. I now understand that if you miss a day once in a while it's probably better than running tired and in pain."

#### Aging Positively

Even though it is clear that he is slower than ever, Cadman feels that aging has affected him in a positive way. "I still put out the same effort that I used to, and I'm actually getting better in my age group. I feel like I'm going fast, but more people are faster. That's okay with me."

Asked if he, as a doctor and scientist, thinks that hard running in the early years adds to the wear and tear and hastens decline in the later years, Lindgren possibly being an example, Cadman paused and replied: "I don't know. I think the answer is that for some people it's yes and for others it's no. I think the younger you start, the body develops and grows with those kinds of stresses – the stress on the knees, on the cartilage, on the tendons – and my belief is that in any sport if you start younger you are likely to have the capacity to continue on longer as you age."

"I look at a lot of people who are injury prone and they are people who



Ed Cadman

started when they were middle-aged. I don't think their knees and tendons are used to that. I believe the problem with some older athletes who started when they were young is that they try to train at a level their bodies can't sustain and they get injured all the time."

#### Mind and Body in Sync

To put it another way, the aging athlete has to keep his mind in sync with his body. If the mind runs ahead of the body, the body will rebel.

Cadman hopes he can keep the mind in check and continue running for many years. "I really do enjoy every aspect of running," he ended the interview. "I love the long runs in the early morning. I love the track workouts. I love the races. I love the fact that I can do other things that require physical exertion and enjoy them without getting fatigued, things like white water kayaking, backpacking, and hiking."

"It's a hobby for me, an escape from the job." □

### Masai, St. Hilaire Win in Peachtree 10K

by SUSANNAH BECK

Andrew Masai, 40, of Kenya, sped to a 29:37 (A-G 96.1%) masters win to outdistance a world-class masters field at the 31st Peachtree 10K in Atlanta, Ga., July 4. Last year's victor, John Tuttle, 41, Douglasville, Ga., ran three seconds faster than his winning performance of 1999 to place second in 30:12 (A-G 94.9%), just holding off Simon Karori, 40, of Kenya, third at 30:16. A close race rounded out the top five with Mark Donahue, 41, Virginia Beach, Va., edging Graeme Fell, 41, Vancouver, BC, 30:29 to 30:32.

Judy St. Hilaire, 40, Fall River, Mass., freshly returned from a two-year layoff from racing, outpaced the women's field in 34:16 (A-G 94.5%), with Marina Belyaeva, 41, of Russia, 34:39 (A-G 94.0%), giving a good fight. St. Hilaire had experience working in her favor, as she won the race outright in 1989.

Maria Trujillo de Rios, 40, Los

Gatos, Calif., ran a gritty 35:35 for third, just three weeks after her masters victory at Grandma's Marathon in Duluth, Minn. (where she churned out a 2:48:46). Janice Addison, 40, Columbia, S.C., completed the top four in 36:35.

Peachy division performances were plucked by Bob Dalton, 47, Fayetteville, Ga., 34:25; Reese Jacobs, 52, Duluth, Ga., 35:04; Benjamin Jordan, 61, Atlanta, 40:47; and Lloyd Chambers, 65, Lithia Springs, Ga., 46:30. Judith Hine, 51, Marietta, Ga., repeated her 1999 W50 title with a 40:51. Also smokin' were Birgit Horn, 55, Atlanta, 47:44, and Ann Akers, 63, Fayetteville, Ga., 48:22.

Peachtree is the world's largest 10K, boasting 55,000 participants. The course is hilly, and the weather, as usual, was warm. Alvin Gains, 38, Norcross, Ga., died from a heart attack during the race, the third fatality in Peachtree's 31-year history. □

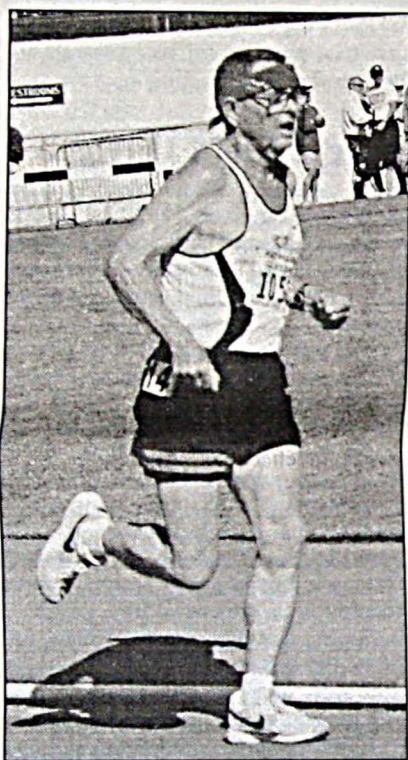


## Hayward Classic

Continued from page 1

sent M55 U.S. record of 53.39 for the 400 to 53.32. James Stookey, 70, of Maryland, triple-jumped 9.93 to surpass the U.S. record of 9.74. DeeAnn Dougherty, 41, Portland, Ore., who ran in the showcase women's masters 800 a week before at the Prefontaine Meet, returned to set a U.S. record of 7:53.99 for the 2000m steeplechase. The listed record is 8:12.83.

In the 80H on Saturday, Stookey fell and was taken to Sacred Heart Hospital for observation. He ran the 300H on Sunday in what was believed to be record time, but it was accidentally obliterated before it could be confirmed, and Stookey had to settle for a hand-time of 50.24. Hand-times in



SUZY HESS

Paul Heitzman, 69, won the National Masters Age-Graded Mile with a 92.2% 5:32.36, Hayward Classic Meet, Eugene, Ore., July 1-2.

## 25-Year-Old Record Broken at Crown Valley Senior Games

Large numbers of contestants with solid qualifications produced one world record and other fast times in the sprints at the Crown Valley Senior Games, Occidental College, Los Angeles, June 11. Anthony Castro ran a 19.62 to break the M90-94 world record of 19.9h by Duncan McLean of Great Britain set 25 years ago in 1975.

Other sprinters were pushed to solid times. Ken Dennis, M60, won the 50m (6.76), 100 (12.93), and 200 (26.34). Dick Richards posted wins in the 100 (12.72) and 200 (26.22). Kathy Bergen won the W60 50m (7.87) and 100 (14.72), with meet's women's bests. Kemisole Solwazi, W60, also registered meet's bests in the 200 (30.36) and 400 (69.78).

Vince Malizia was the star of the

events less than 400m are not considered for five-year age-group records.

The M55 sprinters provided some of the best performances of the meet. On Saturday, in the 100, Dave Walter won with a 93.3% 12.22; Harold Isao Morioka, 57, was second in 12.28, but took age-graded honors with a 94.2%; Paul Edens, 59, took third in an A-G 92.8% 12.63. In the 400 later that day, Walter won with his U.S. record 96.4% 53.32 to Morioka's 95.7% 54.59. In the 200 on Sunday, Walter was again victorious with a 93.8% 24.63, Morioka, second, 94.8% 24.73, and Edens, third, 92.1% 25.83.

On Sunday, Rich Tucker, 55, won the M55 800 with a 90.2% 2:14.83, with Morioka again second in a 91.1% 2:15.86. Third-place Don McMillan, 59, also hit the international class level with a 91.4% 2:17.83.

Paul Heitzman, 69, Eudora, Kansas, won the National Masters News Age-Graded Mile on Saturday with a 5:32.36, an age-graded 92.2%. At the athlete's reception in the evening at the Phoenix Inn, the meet headquarters hotel, he accepted the trophy donated by the Oregon Track Club from club president Frank Lulich and member Geoff Hughes.

Heitzman thanked the meet organizers, said that the Hayward Meet was his favorite, and added facetiously, "Although I may not be as well known as some of the great Kansas milers of the past, I'm having more fun than I deserve."

Dan McCormack, 61, of Eugene, was runner-up in the age-graded mile with a 90.4% 5:10.87, with Ed Cadman, 55, of Honolulu, third with an 86.7% 5:06.56.

Immediately after the mile, Lisa Nye, 31, ran a sensational 6:32.65 in the 2000 steeplechase. Steven James, 38, registered an 88.8% 9:38.87 in the 3000 steeplechase.

Ray Propst, 71, was the best performer in the high jump with an 84.6% 1.32. Jerry Cash, 51, won the M50



SUZY HESS

Members of the Six Rivers Running Club (l to r): Marlene Allen, W40, Charlotte Holland, W40, Margaret Morris, W45, and Nancy Flannery, W40, at the Hayward Classic Masters Meet reception, Saturday evening, July 1, at the Phoenix Inn, Eugene, Ore.

pole vault with a 4.20.

Carter scored an age-graded 100+% 9.85 with the 4kg shot. Tom Gage, 57, was second-best performer in the throws with a 94.0% 54.39 with the 6kg hammer.

The team competition was won by the Oregon Track Club Masters, who swept the men's (136 points), women's (114), and combined (250). The Portland Masters TC was runner-up (103) in the men's totals, with Racewalkers Northwest, third (61).

The four-member squad from the Six River RC was second (49) in the women's scoring. Portland Masters TC

was second in the combined (130).

The Oregon TC Masters hosted the meet under the direction of Chuck Hammond. Ruth BreMiller was in charge of registration. Miles Smith was in charge of computer operations. John Gillespie, a Eugene high school head track coach, expertly handled the announcing. Over 100 officials and volunteers gave up their Fourth of July weekend to work both days.

The primary sponsors were Carter & Carter Investment Advisors, Duncan & Brown, Gill Athletics, Pacific Continental Bank, Tracktown Pizza, SportHill, and Urology Health Care. □

## Master The Board

for more information  
contact heidi shelhamer  
(610) 967-8758  
Fax #: (610) 967-8883

CLASSIFIED

### RACES

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

REACH OVER 8,000 SUBSCRIBERS

EACH ISSUE BY ADVERTISING  
YOUR PRODUCT OR EVENT IN  
**NATIONAL MASTERS NEWS**  
CONTACT HEIDI SHELHAMER  
FOR MORE INFORMATION  
ph 610.967.8758 fx 610.967.8883  
[Heidi.Shelhamer@Rodale.com](mailto:Heidi.Shelhamer@Rodale.com)





PAGLIANO'S PODIATRIC POINTERS

## The Foot Beat

by JOHN W. PAGLIANO  
D.P.M.

### Exercise Increases Longevity

One of the things we have done over the past several years is peruse the literature for information on studies relating to older athletes, especially those involved in track and field.

What caught my eye was a study performed by the Harvard Health Study on 13,000 men. It states that light, moderate activity does not confer increased longevity on men. What a shock! However, the next sentence states that vigorous activity does produce extra longevity.

Further reading showed that the average study participant's age was 57.5 years. Dr. Paffenbarger and his colleagues took this information, plus the person's resting metabolic rate, and analyzed their background for age, smoking, alcohol, parental death age, etc.

They found that the most active men lived an average of 1.5 years longer than the least active. Walking and climbing stairs each independently predicted longevity. Greater energy expended in vigorous activities clearly predicted lower mortality rates, states Paffenbarger. Inactivity and overweight were as detrimental to long life as vigor was beneficial.

Thus, by jogging, swimming, and

other physical activity, we can expect to live longer. As we know, when watching a masters track meet, most athletes engage in vigorous activity, which bodes well for our ability to carry on our activities far into older age.

For those who would like to research this topic further, the article is in *The American Journal of Epidemiology*, 2,000; 151:293-9. □

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

### Road Race Participation Sees Continued Growth Trend

SANTA BARBARA, Calif. — In 1999, there were an estimated 7.1 million finishers from a total of more than 12,000 U.S. running events. Just 15 years ago, the world of organized U.S. road racing was much smaller with less than three million participants and only 1361 certified courses (i.e., accurately measured and documented by the governing body).

At that time the most popular distances were 10Ks (515 courses or 38% of the total), 5Ks (148 or 11%), 8Ks (143 or 11%) and marathons (111 or 8%). In 1994, the number of USA Track & Field certified courses had grown to 12,918 with the 5K replacing the 10K as the most common distance (4002 compared to 3384 10Ks).

Currently, there are over 19,000 certified road courses in the USATF Road Running Technical Council database.

Of the 9560 active ones (with dates of 1991 or later) 5Ks comprise almost half (4617) and 10Ks and 8Ks have a much smaller percent of the pie with 1834 and 487 courses, respectively. The typical size of events has continued to grow, however, so the overall totals of participants in these events have not declined.

#### 5K Leads the Pack

For the first time, 5K results reported to the USATF Road Running Information Center totaled more than one million performances — about ten times more than the RRIC received in 1987. The "typical" 5K grew by an average of 11% from 1998 to 1999. On closer examination, however, there is no such thing as a typical 5K.

There are women-only 5Ks, cause-related 5Ks, competitive 5Ks, and all others. The coed 5Ks that were not associated with Race for the Cure or Revlon Run for Women — both major charity fundraisers — grew an average of 5% last year. The competitive 5Ks, such as Carlsbad and Freihofer's, are still rare and continue to be popular.

The RRIC estimates that there were more than 2.5 million finishers in all U.S. 5Ks, one million in 10Ks and 560,000 in 8Ks and 5 miles combined.

Race for the Cure events (primarily 5Ks and 1 miles), which were tracked



JIM SCHLEWITZ

Top four in the M55 200 (l to r): Charles Brocato (26.77), Dave Walter (24.63), Paul Edens (25.91), and Ron Jensen (28.81), Portland Masters Classic, Gresham, Ore., June 18.

### Portland Masters Have a Field Day

by DON KANE

Field event athletes had a superb day in the Portland Masters Classic, setting 33 meet records under sunny skies on June 17-18. Runners and walkers combined for another 21 records for a total of 54. The 31st annual Classic, held at Mt. Hood Community College, Gresham, Ore., was sponsored by the Best Western Rama Inn and Briarwood Inn and directed by Jim Puckett for the Portland Masters TC.

Total entrants were 160, a satisfying

60% increase over 1999. All events went off on time; participants enjoyed a pizza feed Saturday afternoon, injuries were few, and a great time was had by all.

The top performer was Ross Carter, 86, Eugene, Ore., who set single-age world records in the shot (32-8) and discus (91-5).

Brian Coushay, of Portland, turned in strong performances in the M35 long jump (21-1/2), triple jump 42-7, and high jump (6-2). Pat Osmon, W70, and Melanie Reske, W75, each won five gold medals and set four meet records in the throws.

Seattle sprinter Dave Walter, 55, broke the U.S. single-age record in the 400 with a 54.19 and won the 100 (12.14) and 200 (24.63).

Former world champion sprinters Mary Libal, W45, and J.C. Hoffman, M65, both returning from multi-year layoffs due to back ailments, each won two events in good form. Libal ran the 100 in 13.96 and the 400 in 65.28. Hoffman ran the 100 in 14.11 and the 200 in 29.34. □

### TWENTY YEARS AGO August 1980

• 500 Athletes Attend National Championships in Philadelphia

• Jim Burnett Sets M40 400 WR of 49.36

• Dorothy Stock Breaks W45 WRs in 5000 (18:47) and 10,000 (38:45)

• 47 Compete in National Decathlon in Denver

### COMING NEXT MONTH

- Complete Coverage of National T&F Championships
- Training Advice from Earl Fee



# PROFILE

## Steve Scott – A Retrospective

by DAVID PAIN

**A**t age 37, Steve Scott had done it all. Three U.S. Olympic teams (1980, 1984 and 1988); U.S. top miler for 11 consecutive years; NCAA Division I and II Champion in 800 and 1500; a total of 136 sub-four minute miles (even New Zealander John Walker never equaled that record); eight sub-3:50 miles; numerous world class efforts from 800 to 10,000; two road world records at 5000 set at the Carlsbad 5000, of which he is a founder; 1500 and mile age-group records at ages 35, 36, and 40. The list of his athletic accomplishments is lengthy.

Despite these awe-inspiring accomplishments, Scott never achieved the two major goals he had set for himself – that of setting a track world record, and winning an Olympic gold medal. The world records could have happened at almost any point during his illustrious 15-year running career, but somehow did not.

### A Tragic Decision

As for the Olympic gold, he missed out in 1980 when President Carter decided the U.S. would boycott the Moscow Olympics. This was a tragedy for all those who had qualified for the team, and, in retrospect, was an unwise presidential decision because the USSR, as well as several other nations, then boycotted the 1984 Olympics in Los Angeles. Steve did poorly, for him, only tenth in the 1500 in 1984.

The next Games took place in Seoul, Korea, in 1988. Steve managed to move up to fifth place in the 1500 but, by his account, at age 27, he was past his prime. The result was some great experiences, but no Olympic gold.

Scott had one further record he wished to achieve – to run under four minutes for the mile at age 40, something never achieved at that time until Eammon Coghlan, 41, ran a 3:58.15 in 1994. This goal was frustrated when, at age 38, Scott suffered testicular cancer. Fortunately, the cancer had not invaded his lymph nodes, but the major surgery was debilitating. Although he had stockpiled three units of his own blood prior to surgery, he was not able to use it due to a flaw in the records system.

As a result, for several months following the surgery he was grossly anemic and unable to train.

### Training Error

After seven months of rehabilitation, he was able to resume training. However, due to an error in judgment, he feels his election to train for strength and not concentrate on speed was his downfall as he was never able to improve on a 4:10 effort at age 40 and a 3:45 1500 at age 42. Also, as happens to many elite athletes as they turn 40 with the visions of a sub-4 minute mile, little nagging injuries seemed to plague him when only a week or two from peaking.

Further, other obligations interfered, such as family responsibilities and having to earn a living. At the time, Scott had young children and found the necessity to support a family consumed much of his time, which thwarted the kind of training required for a sub-4:00 effort.

Despite these frustrations and disappointments, he can look back on a career in which he will always be viewed by the public as America's greatest middle distance runner, for it is highly unlikely anyone will ever achieve his consistent record of world-class performances produced over so many years.

### A Healthy Outlook

Fortunately, Scott is not like so many former great athletes, who dwell on their past achievements and find it difficult to adjust to a less public life when the limelight and the attendant adulation fades. Running and setting records

has now taken a secondary place in his life. He is very healthy in every respect. He still runs and trains for such events as the Carlsbad 5000, where he has moved into the masters elite level, and such special events as the San Diego Indoor Games where he did a 4:21.7 mile last January.

At this time he says he is looking forward with anticipation to the local Chuck McMahon Memorial Masters Track Meet on Sept. 17 at the Arco Olympic Training Center, where he will run from scratch in the Steve Scott Handicap Masters Mile. He is training hard this summer and plans to shoot for a 4:15 effort that is only three seconds short of the U.S. age-group record of 4:12 set by Larry Almberg back in 1992.

### Sharing His Talent

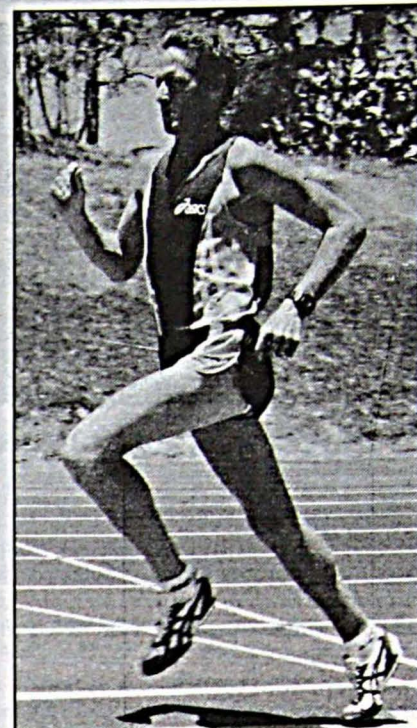
Scott says he has always wanted to coach track and cross-country, so that he could share his talent and love for the sport. Initially he worked as a coaching assistant at Arizona State University from 1979 to 1985 and at Azusa Pacific from 1993 to 1996. In 1999 he coached track at La Costa High School.

Then the opportunity of a lifetime opened for him when he was hired as track and cross-country coach at California State University San Marcos (CSUSM) last fall. This modern and spacious campus is only five years old and has an excellent track. Currently the university offers only two team sports (which includes golf) besides track and cross-country.

Scott states "coaching track and cross-country has always been my career objective when my elite racing days were over." Getting the San Marcos position was very important, as it has enabled him to stay in San Diego County, thereby avoiding the nomadic life endured by many budding coaches.

### High Standards

The university at San Marcos has high academic standards for admission and its primary policy is to graduate quality students. Scott says, "We compete in the NAIA where athletic achievement is applauded but is secondary to providing a quality education and graduating."



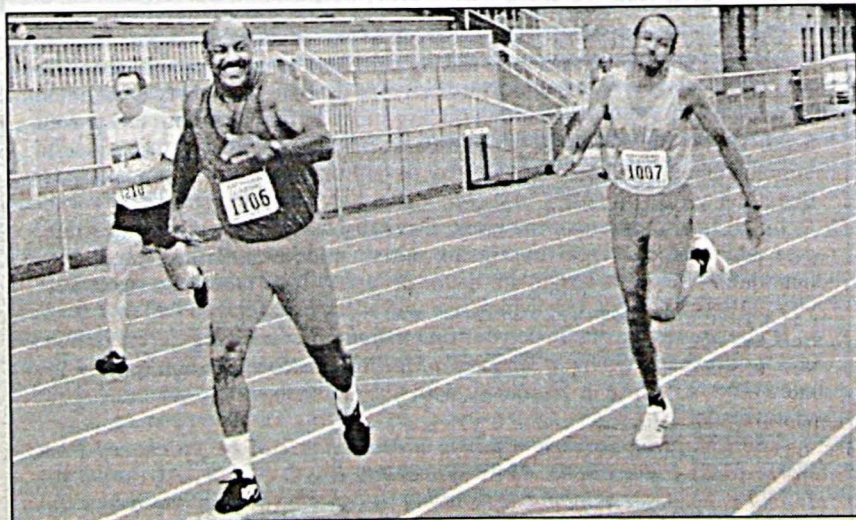
Steve Scott

He appreciates the fact that CSUSM is not in the business of providing athletic material primarily for the pros. "The administration expects my track and cross-country teams to do well, but as student athletes. For a first-year team we did well, better than most new schools in the NAIA."

Scott can take considerable pride in that he can actually train alongside his athletes and is able to keep up with most of them, especially the distance runners, in spite of a 20- to 25-year age difference.

Now, at 43, Scott can spend quality time with his children, ages 7, 16, and 18. And the athletics program he manages at San Marcos is a challenge to his coaching abilities. He says he is amazed by the fact that he is paid for doing something he loves so much.

He also can continue as a master athlete at a level commensurate with his age. Scott appears well content with his present situation in life and continues to contribute his considerable skills, dedication, and enthusiasm to athletics and his community. □



SUZY HESS

Eddie Ortiz (#1106), happy to win (60.49) after holding off Ron Pate (60.60), with Mike Morton, Sr., third (61.53) in the M50 400, Hayward Classic, July 1-2, Eugene, Ore.

**USATF Masters**  
**National Weight Pentathlon**  
**Saturday, Sept. 16, 2000 • 10:00 a.m.**

**OLDEST TO  
 YOUNGEST  
 ENTRY FEE  
 \$50**

**Contact:**  
**Wendell Palmer**  
**2239 Duncan**  
**Pampa, TX 79065**  
**806-665-1238**







## Masters Racewalking

by ELAINE WARD

### Marathon Walking: Dave McGovern

**A** champion marathon walker and coach, Dave McGovern has won the competitive racewalk divisions of the New York, Los Angeles, Honolulu and Mardi Gras marathons. Dave has a personal-best marathon walk time of 3:38:42. A racewalk coach since 1986 and a Leukemia and Lymphoma Society "Team in Training" marathon coach since 1997, Dave has prepared his beginning marathon walkers to compete in the Anchorage, Bermuda, Chicago, Country Music, Disney World, Rock & Roll and Vancouver marathons and has yet to have a walker fail to complete the distance. Dave gives about 15-18 racewalking clinics per year and hosts an annual summer training camp. He is the author of a new and much needed book, *The Complete Guide to Marathon Walking*. — E. Ward

**EW:** You coach walkers of all ages. Do you vary your approach from age-group to age-group?

**DM:** Certainly age is part of the equation when working with walkers, but there are so many other things that go into athletic success that I don't have any set "rules" for working with youth, open or masters. If there's anything I've learned over the years, it's to treat everyone as an individual. But there is one equation that applies to ALL: Hard Work + Rest + Positive Attitude =

Success.

You can't have enough positive energy, but the optimal mix of work and rest varies greatly between individuals, and has to be worked out on an athlete-by-athlete basis.

#### Rest Between Workouts

**EW:** What are the specific concerns of masters in long-distance walking?

**DM:** Again, you can't really generalize, but older walkers tend to need more rest between hard workouts than younger athletes. Flexibility and muscle strength also diminish with age, so proper warm-ups before all workouts (especially for faster walks) become more important to prevent injuries.

**EW:** Do you find that older walkers are more comfortable with short distances or long distances?

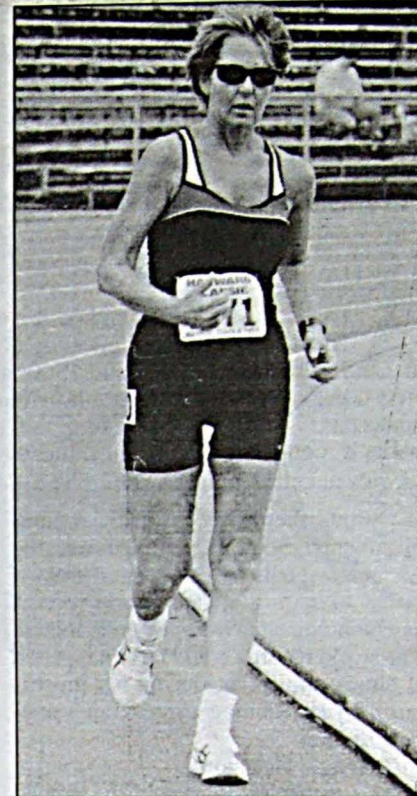
**DM:** Some older walkers gravitate to longer races because they've convinced themselves that they don't have the speed for the shorter races. But I think a lot of them could go faster with some technique work and the right kind of training.

With the prevalence of local 5Ks, and with the 1500 and 5000 meter



JERRY WOJCIK

George Opsahl, M55 winner in the 5000 racewalk (29:20.92), Hayward Classic, July 1-2, Eugene, Ore.



JERRY WOJCIK

Mary Snyder, W45 winner in the 5000 racewalk (27:14.89), Hayward Classic, July 1-2, Eugene, Ore.

walks standard distances in the Senior Olympics, it pays to put some effort into learning how to walk fast for the shorter distances. Once you have the short speed figured out, it's only a matter of adding mileage to make yourself a good walker at all distances. That's

not to say there's anything wrong with focusing on marathons and other long races — especially when technique problems are a factor.

Most marathons aren't rigorously judged, so the growth in popularity of

Continued on page 11

### FIFTEEN YEARS AGO August 1985

- 4330 Compete in VI WAVA Veterans Games in Rome
- 1500 Compete in World LDR Championships in England
- Villanueva, Welch Top Cascade 15K Masters

### SECOND ANNUAL CHUCK McMAHON MEMORIAL MASTERS TRACK MEET & CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS

HOSTED BY THE SAN DIEGO SENIOR OLYMPICS  
Ages 40 & up

SATURDAY, SEPTEMBER 16, 2000 — 7:00 A.M.  
ARCO Olympic Training Center, Chula Vista (San Diego), Calif.

FOUR RACEWALKING COMPETITIONS:  
5000 (40+) 1500 (NOVICE)  
3000 (60+) 1500 (EXPERT)

For entry info, contact:  
San Diego Senior Sports Festival  
PO Box 84202, San Diego, CA 92138-4202  
Phone: (619) 582-3316 • Fax: (619) 582-5769  
Email: DpainTF@aol.com

### The Complete Guide to Walking a Marathon

A Review by ELAINE WARD

Dave McGovern has excelled again. In his new book, *The Complete Guide to Walking a Marathon*, Dave starts with a brief history of marathon walking and proceeds to give a very convincing discussion on why just about anyone who really wants to finish a marathon can and will.

With his very readable writing style, Dave covers all the components of preparing and training for a marathon. He discusses marathon physiology, different types of workouts, cross-training, and the hazards of over-training.

With the wisdom of years of personal experience and coaching others, he tells us what we all know, but may forget: "Don't get caught up in weekly mileage. If you need to take a day off, don't worry. Your ultimate goal shouldn't be to see how many miles you can rack up each week. Your goal should be improvement, and that's not going to happen if your body can't recover from hard workouts."

Dave also gets down to the essentials of information on shoes, what to wear, food and drink, and fund raising for charity marathons. I especially like his discussion on what to expect on race day. He feels that "a marathon is enough of a challenge without adding more difficulty by not using your head. Things like doing some pre-race reconnaissance, using the course to your advantage, and pacing your way through the race can help make your marathon a little bit easier." He then elaborates, offering great tips.

In the final chapters of the book, Dave discusses different racing strategies and what to expect during the initial, middle and final stages of a marathon. "Some strategies are better or 'safer' than others, so make sure you put some thought into which one will work best for you."

If you are setting out to do your first marathon or are a regular marathoner, *The Complete Guide to Walking a Marathon* is for you. You receive the know-how to finish a marathon with the enthusiasm to celebrate your achievement. □

(*The Complete Guide to Walking a Marathon* can be purchased from World Class Publications, 43 W. Hathaway Road, Mobile, AL 36608 for \$17.95 + \$2.00 for shipping & handling. It can also be purchased by VISA or MasterCard through the North American Racewalking Foundation at 800-898-5117.)



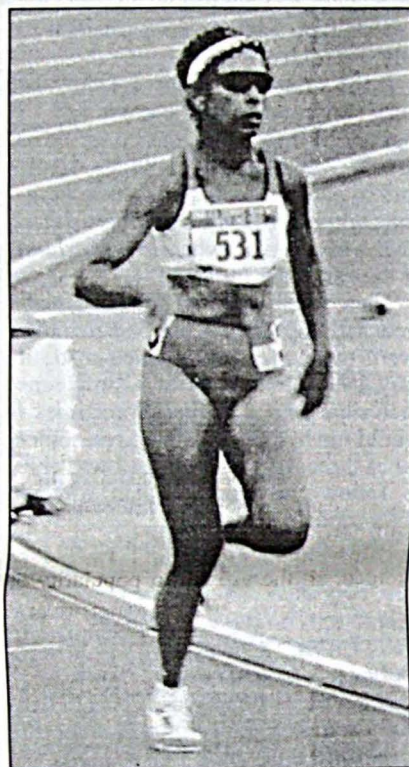
## 23,500 Cheer Masters Races at Olympic Trials

SACRAMENTO, Calif., July 15 – Masters athletes were highlighted in two races on Day 2 of the U.S. Olympic Trials with most of the 23,500+ sellout crowd in attendance.

In the first race, seven women, ages 39-74, ran in a distance-handicapped 100. Immediately following, nine women, ages 37-76, ran an age-graded 800.

The prime-time races followed the women's and men's 100 finals and the first round of the women's 400H, and preceded the women's heptathlon 800 finale.

Each contestant was introduced



SUZY HESS

Kemisole Solwazi, 60 of Fresno, CA, wins the Masters Age-Graded 800 at the U.S. Olympic Trials in Sacramento, CA, July 15. Her actual time was 2:45, only four seconds off the W60 U.S. record.

with a short sketch of her running achievements by announcer Bob Hersh.

Phil Raschker, 53, Marietta, Ga., the 10-time U.S. female masters track and field athlete-of-the-year, raced her assigned 85.6 meters in a sensational 11.23 – 95.8% on the age-graded scale. She overtook the older runners, including Kemi Solwazi, 60, Fresno, Calif., who ran 81.0 meters in 11.89 (90.5%) to finish second, and Kathy Bergen, 60, La Canada, Calif. (3rd, 11.92, 90.3%). Raschker also held off the younger speedsters, such as Cindy Steenbergen, 46, Fort Worth, Texas, who ran 90.4m in 12.05 (89.3%).

Yvette Lavigne, 60, Los Angeles, won the 800 in an actual time of 2:45, close to the W60 U.S. record of 2:40.91. Each woman ran the full 800 meters getting a time-handicap based on their ages. The oldest, Po Adams, 76, Carmichael, Calif., started with the gun. The next oldest followed seconds later and so on down to the youngest, Kim Jefferson, 37, Henderson, Nev.

With Hersh calling the action, the crowd really got into it, cheering as the younger athletes tried to pass the older runners. Lavigne held off Diane Heil, 42, Los Angeles, for a five-second win, with Mary Macauley, 38, Eugene, Ore., third.

After the races, Elaine Iba, 39, Huntington Beach, Calif., who organized the 100m event, said: "It was so thrilling with all of this huge crowd cheering us on."

Heil, who organized the 800 contestants, said: "I'm glad Yvette won because she trained so hard, but I really tried hard to catch her."

The first three in both races were honored with bouquets on the same awards stand in the infield as used for the Olympic team qualifiers.

Both Iba and Heil thanked Deanne Vochatzer and the Olympic Trials Organizing Committee for allowing masters runners to be showcased on



JERRY WOJCIK

Sprinters in the Masters Age-Graded 100 at the Olympic Trials (from left): Avril Naylor, 53; Elaine Iba, 39; Kemi Solwazi, 60; Cindy Steenbergen, 46; Phil Raschker, 53 (1st in 11.23); Kathy Bergen, 60; Pat Peterson, 74.

their schedule.

Both races were among several staged this year at high-profile open

meets, under the direction of the USATF Masters T&F Invitational Sub-Committee headed by John Cosgrove.

The handicaps for both races were established by the World Association of Veteran Athletes (WAVA).

– Jerry Wojcik and Al Sheahen

100 Meter Dash Master Wind: -1.4		
1	Philippa Raschker 53	11.23
2	Kemisole Solwazi 60	11.89
3	Kathy Bergen 60	11.92
4	Cindy Steenbergen 46	12.05
5	Patricia Peterson 74	12.34
6	Avril Naylor 53	13.17
7	Elaine Iba 39	13.39

SUZY HESS

Results on the scoreboard of the Masters Age-Graded 100 at the Olympic Trials.

### TEN YEARS AGO August 1990

- John Campbell, 41, Runs World M40 Best 45:10 in Utica Boilermaker 15K
- Buell Crane and Paul Spangler Set M90 Records in Eugene
- Roger Robinson, 51, Has Top Age-Graded Time in Cascade Run-Off 15K

## Racewalking

Continued from page 10

marathon walking has created a great outlet for many competitive masters who may not have picture-perfect race-walking technique.

### Community Event

EW: There are also a lot of fitness or recreational walkers joining the competitive walkers in marathons.

DM: Marathoning isn't a lonely pursuit any more. With the growth of charity marathon groups like Teams in Training, walkers can get coaching, other walkers to train with and a free trip to a big race. It's a great intro to the sport for a lot of "walkerspeople." For a lot of them, one good race and they're hooked!

EW: Do you find the desire to do marathons is influenced by age?

DM: Kids don't have the patience for the kind of training that marathon

walking requires. Kids seem to be more extrinsically-motivated, so they need to race frequently to get those medals. Adults are motivated by the process of training, and the race is the icing. Masters walkers are better at staying focused on a single long-range goal which is exactly what marathon training is all about.

EW: When will your new book on marathon training be available?

DM: It should be available right now. I've had walkers for years ask me for a good resource on marathon walking. There really hasn't been anything available except for a few scattered articles on the Internet. Marathon walking really is a lot different from marathon running, so the new book addresses walkers' needs a lot better than trying to translate a running book. Of course I'm biased, but I think it's pretty good! □

### USA OLYMPIC TRIALS Women's Masters Age-Graded Races Sacramento, CA; July 15

				Meters	
100	Age	State	Run	Time	
1 Phil Raschker	53	GA	85.6	11.23	
2 Kemisole Solwazi	60	CA	81.0	11.89	
3 Kathy Bergen	60	CA	81.0	11.92	
4 Cindy Steenbergen	46	TX	90.4	12.05	
5 Patricia Peterson	74	NY	70.1	12.34	
6 Avril Naylor	53	CA	85.6	13.17	
7 Elaine Iba	39	CA	95.3	13.19	
Irene Obera	66	CA	76.7	DNS	

800	Age	State	Start Delay (Sec.)	Total Time	Actual Time
1 Yvette Lavigne	60	CA	40	3:25	2:45
2 Diane Heil	42	CA	67	3:30	2:23
3 Mary Macauley	38	OR	72	3:32	2:20
4 Joni Shirley	53	CA	52	3:36	2:44
5 DeeAnn Dougherty	41	OR	68	3:37	2:29
6 Kim Jefferson	37	NV	73	3:38	2:25
7 Sumi Onodera	71	CA	13	3:55	3:42
8 Lana Henricks	43	CA	66	3:57	2:51
9 Po Adams	76	CA	0	4:38	4:38





## On The Run

by HAL HIGDON

### Lessons From The Luce Line

**O**n a warm and sunny morning in May, I headed for the Luce Line. The Luce Line is a jogging and biking trail that begins on the edge of Minneapolis and heads west for more miles than I've been able to cover in a single day's workout.

It's a former railroad line converted into its current trail usage. The surface is dirt and crushed rock, whatever that marvelous material is that makes running on it so pleasurable. The Luce Line is flat and mostly surrounded by trees. There are a few road crossings, but bridges and tunnels make encounters with the automotive world rare.

When you're running on the Luce Line, it almost seems as though you could run forever.

I never visit the Twin Cities without scheduling a run on the Luce Line. Fortunately, my daughter, Laura Sandall, lives in Plymouth only a few miles from the trail, so running there is easy.

During my most recent visit to attend my granddaughter Angela's First Communion, I scheduled several workouts on the Luce Line. This

spring I've been following my own Spring Training program on my web site. I was at Week 11 of the 12-week program, using the Intermediate schedule. For the weekend, I was scheduled (after a day of rest Friday) to do a 30-minute fartlek run on Saturday followed by a 7-mile long run on Sunday.

With all of the activities (including a piano recital) surrounding the First Communion on Sunday, I knew that exact schedule wouldn't work, so I modified the program somewhat: not the workouts, but the days on which I did the workouts.

Since we were driving from our home in Long Beach, Indiana, to the Twin Cities on Thursday (a drive of 8 hours), I scheduled that as my day of rest. The fartlek run moved forward to Friday; the long run forward to Saturday. On Sunday, I found enough time to do the easy 3-miler I might otherwise have done Thursday.

As I ran my long run on the Luce Line, I thought about how important it is to be *adaptable* when it comes time to schedule your training. Yet it is equally important to be *consistent* in your training. Having a training schedule, of course, can also offer important *motivation*.

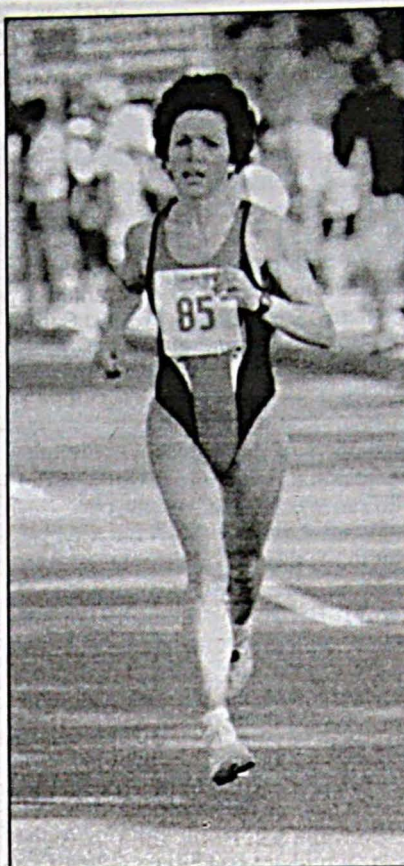
These were a few of the ideas that came to my mind as I ran along this trail on a warm and sunny morning. Let me share them with you.

**Motivation:** Even if your only reason for running is because you enjoy the activity and want to stay fit, it's important to establish goals. That's one reason why people run marathons.

For the last several years, however, I've been floating along with my training, content merely to run for the sake of each day's run. But that doesn't quite seem enough for me to maintain optimal fitness and keep my weight where I'd like it.

As a result, I set a goal this spring of following my own Spring Training program. No important race at the end of the 12 weeks. I simply decided to use the program as an end in itself. Then I would find a new goal, perhaps a marathon at the end of the training tunnel.

**Scheduling:** One nice side effect of having a program to follow is that it



GEORGE BANKER

Marina Belyaeva, 41, of Russia, first W40+ (34:48), Sallie Mae 10K, Washington, D.C., April 30.

takes the guesswork out of training. I know what I'm going to run each week and every day of the week, because it's on the sheet of paper tacked to the wall of my office. (I downloaded and printed it from my own web site.)

That makes it less likely that I will skip a workout, or do less than I might otherwise do, because I have no plan. Having a workout plan keeps me honest in my training and motivates me to follow that plan.

**Consistency:** The most important result of any intelligently followed training plan is you learn to be consistent. You don't need (or even want) to do spectacular workouts that have no

purpose other than to prove you can do them. More important is to train consistently, day after day, and week after week.

"Keep your training at a consistent level – even if only an easy level – and good things will happen to you," claims Coach Jack Daniels.

**Adaptability:** Just because you have a training plan, that doesn't mean you can't adapt it to your own particular needs and schedule. That weekend, I had shuffled the workouts, but I still did the appropriate workouts.

While you can get away with skipping a few workouts – and injuries may force you occasionally to skip more than a few – training schedules work best if you follow the general pattern even while making changes to suit your daily needs.

**Improvisation:** Since I knew the Luce Line was flat and straight, I thought it might be easier to do a Tempo Run that day with its single shift in pace rather than a fartlek workout, which features multiple shifts. That was my plan when I climbed out of the car at the trailhead.

Then when I started to run, I realized that the Luce Line had markers every tenth of a mile, which made it easy to alternate fast and slow runs each time I hit a marker. Sometimes I would run hard for two markers; sometimes three. By improvising I was able to follow the workout plan without compromising it.

Most important, my running on the Luce Line had been fun. It was great to run two days on this beautiful and scenic trail on the western edge of the Twin Cities. I graduated from Carleton College in nearby Northfield, Minnesota, so I enjoy my visits to that state, and look forward to running the Luce Line every time I visit.

And pushing my workouts forward in my visit provided me both time and energy Sunday, so I could enjoy all the activities surrounding my granddaughter's First Communion. You should have been there. She looked beautiful. □

### Tennessee Hosts Southeast Regional Championships

Athletes earned 59 All-American awards at the USATF Southeast Regional Masters Championships, Middle Tennessee State U., Murfreesboro, June 24. Ten of the awards came in the 400. Of the seven competitors in the pole vault, four achieved A-A standards. In addition to regional athletes, the meet drew guest contestants from New York, New Jersey, Michigan, Kentucky, and Kansas.

In the sprints, Marion McCoy, Georgia, M50 winner in the 100 (12.75) and 200 (25.64), and Marion Harrison, Georgia, M60 winner in the 100 (12.95) and 200 (26.09) were the standouts. Jeanne Daprano, W60, posted A-A marks in the 200, 400, and 800. Nadine Lowenstein, W55, New York, was an A-A in the 100, 200, and 400.

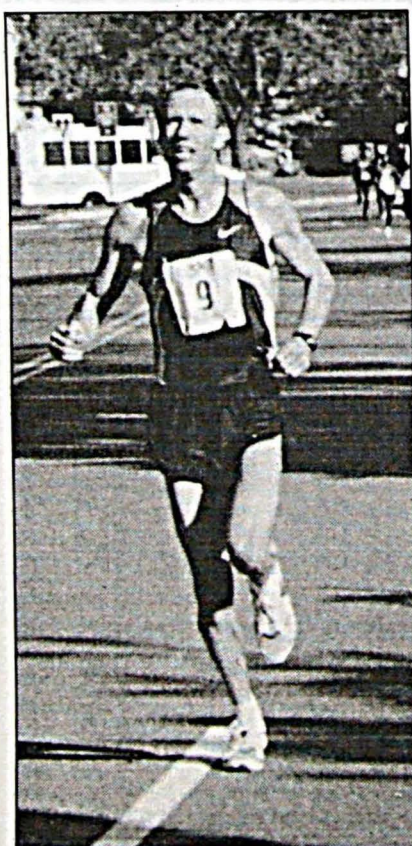
Mark Carver, Tennessee, M40 win-

ner in the 800 (2:05.86) and 1500 (4:27.76), and Dale Gaide, Michigan, M55, with a first-place 2:17.18 in the 800, were among the top middle-distance performers.

Georgia's Jim Sauers, M50, hit a meet high of 1.75 in the high jump. Johnnie Dye, M50, South Carolina, topped all pole vaulters with a 3.65.

Linda Millman, W40, Tennessee, was a triple winner in the shot, discus, and javelin. Glen Johnson, M60, hit 15.51 with the shot and 53.62 with the discus. Ken Jansson, M40, Kansas, hurled the 35# weight 18.75. David Vandergriff, M45, South Carolina, is the regional champion with the 35# weight at 15.52.

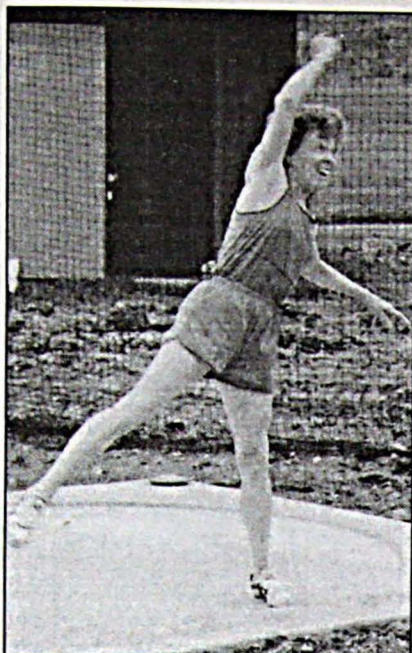
Kentuckians Doug Johnson, M40, 26:18.8, and Elizabeth Main, W45, 32:45.0, were firsts overall in the 5000 racewalk. □



GEORGE BANKER

John Tuttle, 41, Douglasville, Va., second M40+ (30:36), Sallie Mae 10K, Washington, D.C., April 30.





JANE DODS

Flo Meiler, W65, heaves the discus at Vermont Senior Games, Montpelier, June 17.

## Spirits Undampened at Vermont Senior Games

by JANE DODS

Finding myself in Vermont in mid-June, I decided to check out the Vermont Senior Games in Montpelier on June 17. Having previously participated in "masters" competitions as opposed to "senior games," I found this meet quite interesting.

One competes as of the age they will be at the National Senior Olympics in Baton Rouge next July (I turned 65 six months early). It was the only Senior Olympics qualifier in the state, and the small, but lively, field competed with vigor. Athletes must come in first or second in their events or meet qualifying standards in order to go to Baton Rouge.

Summer weather in the east was quite a change for this westerner. After two very muggy days, I welcomed the cooler temperatures on meet day. Just before the start of the 200, however, the clouds let loose, and I was blamed for bringing Oregon weather to Vermont.

As a distance runner, turned sprinter, I splashed my way to the finish line along with the other competitors — grateful for the short duration of the event. One of the women ran in a flapping rain poncho to try and offset Mother Nature. It was raining HARD!

Despite the weather, everyone seemed to be having a great time. Athletes of all abilities were cheered with gusto. I felt a warmth and camaraderie that is not always evident at bigger meets.

At the completion of competition, medals were handed out individually by race director George Brown. The last event was lunch on the field under a canopy (included with registration fee). An excellent meet, George. See you in Baton Rouge! ☐

## PUBLICATIONS ORDER FORM

Quantity

Total (US\$)

### Masters Age Records (2000 Edition)

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

### Masters Track & Field Rankings (1999)

Men's and women's 1999 U.S. outdoor track & field 5-year age group rankings. Coordinated by Jerry Wojcik, USATF Masters T&F Rankings Chairman. All T&F events, including mile, relays, weights, racewalks, and combined events. \$8.

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

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

### Masters Age-Graded Tables

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

### Masters 5-Year Age-Group Records

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

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

Same as above, except indoor records (M40+, W35+) as of November 2, 1999 (world) and December 3, 1999 (USA). 4 pages. \$1.50.

### Competition Rules for Athletics (2000 Edition)

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

### USATF Directory (1999/2000)

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

### USATF Governance Handbook (2000)

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

### International Scoring Tables

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

### Masters Racewalking

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

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

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

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

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

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

### National Road Race Encyclopedia

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

### Guide to Prize Money Races and Elite Athletes 2000

Published by Road Race Management, the Guide includes elite athlete alphabetical listing (including masters) with over 800 addresses and phone numbers, calendar for over 400 prize money events, and more. \$64.00.

### 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

Overseas Air Mail (add \$5.00 per book)

### TOTAL

Send to:

National Masters News Order Dept.  
P.O. Box 50098, Eugene OR 97405

Name \_\_\_\_\_

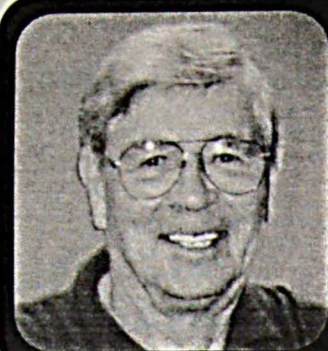
Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_





## The Weight Room

by JERRY WOJCIK

### You Are All Invited

A hefty welcome to the throwers, and all others, of course, who come to Eugene for the Nationals. I hope that the energy and time and probably money that you've expended in preparing for the Championships pay off with PRs, at least in your age group.

To add to the fun and games, an informal meeting will be held during the meet, time and place to be announced, for athletes to give opin-

ions, ask questions, etc., about matters concerning masters t&f. What transpires is not official, but it is an opportunity to find out what's happening. In addition to the customary à la carte menu, the 1999 Outstanding Athlete Awards presentation is also on the agenda.

A couple of items to think on before the meeting: First, the recently adopted WAVA specification javelins have given new life to the question of

whether it is legal to use a heavier implement in competition than is specified if it passes weights and measures. Evidently, some throwers would like to stay with the 800g and 600g rather than switch to the 700g and 500g. A minor but interesting issue.

Second, we need clarification on record procedures for "new" implements, which will apply not only to the above-mentioned javelins (already we have throwers claiming records for them) but also to the WAVA weights, if they are adopted, which is another item to consider.

The proposal to adopt the WAVA weights will be formally introduced and voted on at the USATF meeting in Albuquerque in December. Unless you plan on attending that meeting, and other than contacting your USATF representative, the gathering in Eugene may be your only opportunity to become informed and/or express an opinion.

If you want to talk these over, you're welcome to come to the *National Masters News* table at Hayward Field. I may not be around much of the time. I'm keeping busy looking for the 10 feet I've lost in the 4kg hammer and the three feet I've lost in the 25# weight in the last three months. □



JERRY WOJCIK  
Tim Muller, M50 shot put winner (13.64), Hayward Classic, July 1-2, Eugene, Ore.

### 30th Decathlon/Heptathlon Championships Held in Wisconsin

by REX HARVEY, USATF  
National Masters Combined Events  
Coordinator

The 30th USATF National Masters Decathlon/Heptathlon Championships were held at Lake Geneva, Wisc., June 24-25, on the excellent Badger H.S. track with dual long jump pits and two full 10-lane straightaways.

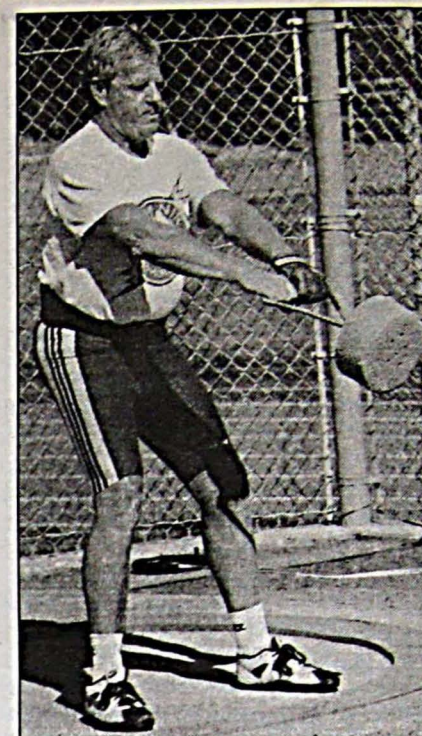
One of the highlights was Fred Hirsimaki, Findley, Ohio, retired highway patrolman and long-time decathlete, who took advantage of just turning 75 to set a new U.S. single-age record of 6712 points. A year ago, his score would have been a single-age world record, but the great Pekka Penttila, of Finland, (remember the high jumper with the fly-away hair on the cover of the Buffalo WAVA Championships program?) turned 75 for the Gateshead WAVA meet last

summer and established his second age-division world record.

Hirsimaki's performance was poetry in motion for those of us who appreciate the combined events. He was confident and well-prepared, and methodically set the record by repeatedly coming up with performances that kept him in the hunt.

Last year's USATF Combined Event Athletes of the Year, Phil Raschker, Marietta, Ga., and Emil Pawlik, Jackson, Miss., were outstanding again, each winning their divisions by wide margins. Raschker did not better her own world record of last year but did post an age-53 world record and the second-best score of all time.

Meet organizer Jeff Watry set a championship meet record in the M45 high jump with a 1.75, bettering Dave Stephen's 1.73. Guest competitor and Canadian Olympian John Hawkins, 51, upped Harvey Schellenberger's 27-year-old M50 meet record of 1.70 to 1.73 in the high jump. Bruce Hedendal,



SUZY HESS

Bob Cahners, of Florida, hurls the 98# weight in the Ultra Weight Classic, following the USATF 1999 National Masters Weight & Superweight Championships in Seattle. The 2000 Championships are scheduled for Sept. 9 in Seattle.

52, Durango, Colo., increased the discus meet record of 42.14 by Harry Hawke in 1979 to 43.78.

Hirsimaki, throwing the new 500g javelin 31.72, broke Herb Anderson's record of 29.12 with the 600g. Age factors have not yet been established to determine which is intrinsically better. Raschker lowered her meet records in the hurdles and 800.

Living up to its reputation as the ultimate test of the t&f athlete, the Dec/Hep forced out five experienced athletes due to injuries. This year, USATF adopted the WAVA rule that one must attempt every event for their total score to count. While this year's was a fairly high attrition rate, I've always said, and some people agree, "if it was easier, it wouldn't be so much fun."

An encouraging fact was the increase in the number of women in the heptathlon, the highest since 1993. Ann Carter, 58, Aiken, S.C., reversed the aging process by upping her score to 2722 from her winning 1999 total of 2459.

The meet organizers also conducted a weight pentathlon and sprint triathlon on the first day. Jack Romansic, 52, Long Grove, Ill., led all scorers with 3023, just three points ahead of Ruth Welding, 44, Elk Grove Village, Ill. The internationalist, Harry Brown, 70, was the overall winner of the sprint triathlon (100/200/400) with a 2834, followed by Chicagoland sprinter Gerry Krainik, 2395.

Many thanks to meet organizers Jeff Watry; Steve Ray, head coach at Carthage College, Kenosha, Wisc.; and his crew of assistants and athletes who conducted the meet in a very efficient and professional manner. □

### THE ONE VIDEO THAT EVERY THROWER & COACH SHOULD HAVE



Former AAU National Champion  
World Masters Champion from  
ages 45 to 60

### LARRY STUART ON JAVELIN THROWING

ADD 30' TO YOUR THROWS!

50 minutes. Broadcast quality. \$39.95 plus \$3.00 S&H

Mail your check to Sportsmen on Film  
P.O. Box 1818, Kerrville, Texas 78029

For MasterCard or Visa orders, call Sportsmen on Film at:

800-910-4868  
or FAX 830-792-4224

### FIVE YEARS AGO August 1995

- Nationals Draw 1300 to East Lansing, Michigan
- John Keston (70, 5:52.03, 88.1%) Best in NMN Age-Graded Mile at Hayward Meet
- Paul Mascali (43, 32:19), Nancy Tischler (50, 44:50) First Masters in Shelter Island 10K



## Monday Breaks U.S. 800 Record in Pre Classic

by FRANK LULICH

The special masters women's 800 race at the Prefontaine Classic, Eugene, Ore., June 24, was everything it was cracked up to be. A sell-out crowd of over 12,500 track fans packed Hayward Field as the announcer introduced each runner with details of their past performances.

With 80 degree temperatures and a steady 3-5 mph north wind blowing on the east straightaway, the race began with Mary Libal, 49, W45 400 world record holder from Corvallis, Ore., taking the lead at the cut-in. Libal, Annette Koop, 42, Lingen, Germany, and Rose Monday, 40, San Antonio, Texas, ran together to the rhythmic clapping of the spectators.

Diane Heil, 42, Los Angeles, Mary Macauley, 37, Eugene, DeeAnn Dougherty, 41, Portland, Ore., and Peggy Walsh, 44, Eugene, completed the invitational field. At the halfway mark, Libal stepped off the track, after performing her job perfectly (64 seconds).

Koop took the lead, pushing the pace as she bucked the wind between the

500m and 600m marks, while Monday took advantage of the shield, staying one stride behind Koop. With 160 meters to go, Monday made a dramatic move, powering around Koop, who tried desperately to react.

As they reached the final straightaway with 100m to go, Monday opened up a three-meter lead, as the crowd noise became deafening, and showed incredible strength through the finish line, leaving Koop back about five meters.

Monday's 2:12.18 broke her U.S. W40-44 record of 2:13.33. Koop ran a 2:13.99, as she sharpened to defend her European Championships title. The 37-year-old Macauley ran a 2:19.86, and third master Heil finished in 2:22.17.

The spectators expressed their amazement at how well the 40-year-old women performed. The race was one of a series of masters events staged by the Masters Invitational Committee, headed up by John Cosgrove of California, under the auspices of the USATF Masters T&F Committee.

The next scheduled events in the series, the women's masters 100 and



JERRY WOJCIK

Competitors in the special women's masters 800 in the Prefontaine Classic, Eugene, Ore., June 24 (l to r): Peggy Walsh, 44; Annette Koop, 42, second (2:13.99); Rose Monday, 40, first (AR2:12.18); Mary Libal, 49; Diane Heil, 42; and DeeAnn Dougherty, 41.

800 age-graded races, July 15, took place during the Olympic Trials in

Sacramento, Calif. (See story on page 11.) □

## Hope Springs Eternal in New York

by MAURY DEAN

Eddie Arbeiter, 47, surged past Boston Marathon M50+ winner Alan Oman, 50, by ten seconds with a 17:42 to win the M40+ gold in the Run For Hope 5K, Bayport, N.Y., June 4, on a fast, flat course with just a hint of heat. Bohemia TC's Hall of Famer Betty Horstmann celebrated the big FIVE-FIVE with a sub-seven minute 21:24.

John Folber, 50, nabbed a nifty second in the L.I. Long Beach 5K M50-59 race on May 28. The Huntington Harrier set the L.I. masters 5K standard of 15:40 when he hit the M40 division. However, hip ailments and hip replacement took him out of the running for awhile.

Eight years later, in bionic splendor, he began training again and did an amazing 18:37 at a 5K in March. On the unforgiving Long Beach concrete, Folber tallied a top 5% 19:13 finish, 11th of 220.

In the Long Beach 10 Mile, super times were registered by sixth-overall John Williams, 43, in 56:05, who outpaced a nice seventh-overall by John

McLaughlin, 45, 60:00.

Distaff stars included just-40 Nancy Aboff (19:29, 14th overall in the 5K), and Robin Redeker, 44, 71:19, and Helma Clavin, 57, 88:16, in the 10 miler.

Don Murphy, 41, lost the overall gold in the Buccaneer Run 5K, Islip, N.Y., May 21, by 12 seconds with a sizzling 17:23 in a damp drizzle.

This runner (18:19) discovered that it's not wise to surge pass Julio Aguirre, 53, 18:18, at the three-mile mark, whose sprint must be viewed to be believed. Ellen Weinstein, 43, outdueled Kathy Esposito, 51, for the female overall win, 22:04 to 22:07.

The Run Day 5K, Hicksville, N.Y., June 3, featured a masters race between Bill McDermott, 44, 18:42, and some 57-year-old (18:33), who was trying to stay ahead of newcomer-speedster Jim Ferrigina in the whooshing 25 mph in-ye-face winds on Stewart Avenue.

Masters mile champions M75 John McManus (25:01) and M80 Bill Benson (30:57) registered solid times. □



JERRY WOJCIK

Rose Monday, after breaking her W40 U.S. 800 record with a 2:12.18, before a sellout crowd at the Prefontaine Classic, Eugene, Ore., June 24. Annette Koop, 42, of Germany, finished in 2:13.99.

## Gray Gets U.S. Record in Pre Classic

EUGENE, Ore. — Johnny Gray, who became a bonafide master when he turned 40 on June 19, added the U.S. masters record to his national record for the 800 when he ran a 1:52.42 in the open men's race in the nationally-televised Prefontaine Classic at Hayward Field, June 24. The previous best 800 by a U.S. M40+ was 1:52.5h by Ken Popejoy, of Illinois, in 1991.

Gray already holds the M35 U.S. record at 1:43.36 set in 1995. The M40-44 world record is 1:51.25 in

1990 by Peter Browne of Great Britain. Prior to the Pre Meet, Gray had been running and winning races in times well below his performance here.

Gray stayed with the leaders for much of the race, but faded to last in the final 400 in the seven-man field. Santa Monica TC teammate Khadevis Robinson was the winner in 1:45.90.

A four-time Olympian, Gray has competed in the Olympic Trials five times and has been the outdoor 800 champion seven times. □

## Barbados Winter Training

February 19 - March 5, 2001

Masters Training: Sprints, Middle-Distance, Hurdles, & Horizontal Jumps

Travel to the beautiful Caribbean Island of Barbados, site of the 1998 NCCWAVA Track and Field Championships, and train with top track and field coaches at the newly refurbished, 8 lane, Mondo-surfaced National Stadium in Bridgetown. Personalized training and videotape analyses with one-on-one feedback. Sprinting, weight lifting, plyometric, and resistance training, with a weekly age-graded track meet. Get away from cold weather and crowded gyms. From JFK/NY and luxury hotel is \$1,550 (1 week) or \$2,550 (2 weeks), (or Miami discount); prices based on Year 2001 rates only. Airfare, hotel, airport transportation, training and coaching fees included. For more information, mail information to Coach Michael Augeri, MASTERS SPORTS INTERNATIONAL, 60 Glenham Street, Springfield, MA 01104; or call (413), 746-1739. Down payment of \$150 prior to 9-15-2000. No refunds after 11-1-2000.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_

EVENING PHONE \_\_\_\_\_

EVENTS 1. \_\_\_\_\_

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

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



11 Months to Go



## Countdown to Brisbane

### Former Olympian to Serve as WAVA Patron

**M**arlene Mathews, who won two bronze medals in the 100 and 200 at the 1956 Olympics in Melbourne, will be the Patron for the 14th WAVA World Veterans Athletics Championships on July 4-14, 2001, in Brisbane, Australia.

More than 2000 beds have already been booked by overseas athletes and supporters. Griffith University is fully

booked, but there are 900 good rooms available at the U. of Queensland campus located only 10 minutes from the city center.

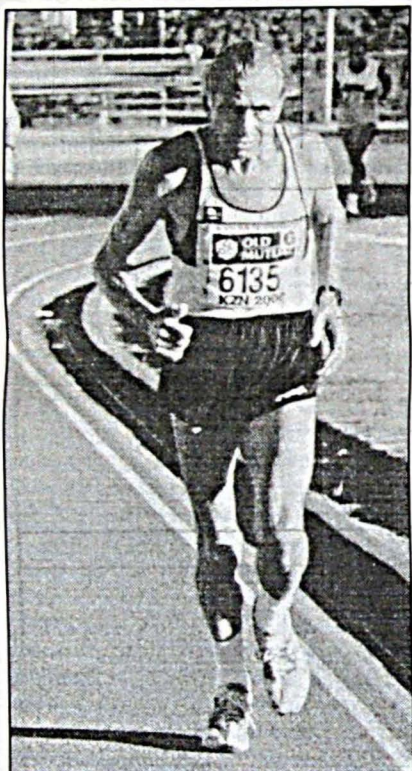
The competition program has been approved, with final adjustments due when the number of entries is tallied.

The central location will be at Nathan with two tracks side by side. Three facilities will be used through the second-last day. Days one and two will be heavy, with the 5000 track walk and multi-events.

As the event is being held in Brisbane during winter, the organizers don't have the luxury of running the competition into the evenings. But the program should run smoothly.

We look forward to welcoming you to the athletic fields of Brisbane. □

— Wilma Perkins,  
Program Coordinator



LEO BENNING

Lucas Nel, M75, won the 5000 with a South African record 22:52.0, South African Veterans Championships, Oudtshoorn, April 28-29.

### 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

**NATIONAL MASTERS, EUGENE, OREGON - AUG 10-13, 2000**  
**WAVA REGIONAL, KAMLOOPS, B.C. CANADA - AUG 17-20, 2000**  
 This trip will be set up so you can compete in Eugene only or continue on to Kamloops. Package will cover destinations from USA.

**XIV WAVA CHAMPIONSHIPS - BRISBANE, AUSTRALIA**  
**JULY 4-14-2001 (OPTION SIDE TRIP - NEW ZEALAND)**

### TRAVEL TOGETHER AND SAVE!!!!!!

If you are not on our mailing list and wish to do so, please mail, fax, or E-mail your address to Paul Geyer, Master Race Walker, at the address below. Package will be to and from all destinations from USA and Canada. Many side trips will be offered. To secure your space, please send deposit now.

### Ski & Travel International, INC.

PO Box 1816, Detroit Lakes, MN 56502-1816

Telephone & Fax: 218-847-0410

E-Mail: [skiescape@lakesnet.net](mailto:skiescape@lakesnet.net)

Web site: [www.ski-escape.com](http://www.ski-escape.com)

### Drug Testing

Continued from page 1

gram for masters athletes.

As masters athletes have only been drug tested at the international level over the last few years, USATF has had little involvement in such testing. As a member of the International Amateur Athletic Federation (IAAF), USATF is obligated to take part in the IAAF's doping control program, which, until recently, appeared to include only Olympic-caliber athletes.

Participation in the IAAF's drug testing program requires USATF to adhere to the rules and regulations that govern the conditions under which athletes remain eligible for competition. At present, the IAAF rules leave little room for the discretion and flexibility needed when conducting a drug testing program for masters athletes.

Thus, positive tests and controversial, emotionally charged adjudications are almost inevitable. While all athletes taking part in the 1999 WAVA Championships signed a form indicating that they were aware that drug testing was taking place and that it was their responsibility to ensure that any medications they were taking were not prohibited, we understand that many participants did not read the forms or may not have fully understood the implications.

Furthermore, while USATF and the IAAF recognize the difficult issues raised by cases involving masters athletes taking prohibited substances under doctors' orders, we are hamstrung by national and international rules, deviation from which would seriously undermine the entire international anti-doping movement.

In the aftermath of this unfortunate case, one organization is well placed to take up this fight — the World Association of Veteran Athletes (WAVA). As the masters representative within IAAF, WAVA was created to address the issues facing veteran athletes. And, as the coordinating body for veterans athletics, the rules governing WAVA clearly indicate that it is authorized to handle all age-related medical and doping issues. Moreover, the rules clearly provide for an internal disciplinary process that is structured to contemplate the special circumstances that may exist with respect to veteran athletes.

Given this authority, I do not understand why WAVA has not taken a visible leadership role on this issue; not only on behalf of one masters athlete, but for the many veteran athletes that will need WAVA's support in the future.

USATF has been a leader in doping control worldwide, instituting the first comprehensive in-competition and out-of-competition testing programs in the late 1980s and testing more athletes, for more substances, more frequently than any other sports organization.

We would welcome the opportunity

to work with WAVA to develop rules and procedures that reflect the realities of masters track and field — for the good of the individual athletes, the masters movement, and the sport. □

### Don Farquharson

Don Farquharson, Founding President of the World Association of Veteran Athletes, died Friday, July 21, a too young 75.

The doctors were baffled — a strange form of liver failure. Don fought on for five weeks. His wife, Eileen, was with him every day from first light to last, but he nevertheless lost out. My last words to him a few days before were, "Come on, Don, I've seen you looking worse than this after a race! I'll come back when you've got your breath back." He chuckled, I think.

His son, Don Jr., comments, "He was always a proud family man, patriarch of a large and extended family ... surrounded by love ..." He also refers to Don's "enduring passion for friendly competition." And that's where we all come in. How about that for a WAVA motto?

Don had been long immersed in rugby, soccer and table tennis when the masters scene began to develop. When the idea of a world championship was touted, Don was already our Pied Piper — whatever notion he embraced, he pursued until we all followed. So we plunged into organizing "1975," then Gothenburg in '77 and the formation of WAVA. Don presided for 10 untroubled years and left a legacy we still work to enhance.

As I write this, tributes are pouring in. My own memories are much more personal. My wife remembers seeing him before a race with a bandage on his knee. Concerned, she asked him about it. Brushing it off, he said, "Oh, that's nothing, Jo. I always limp until the gun goes off!"

A relevant incident concerned the two small Quebec water dogs once dominating the Farquharson household. They ran everywhere with Don, but were track-trained, never interfering with other competitors. At one Rugby Relay Race — a 12 x 2 mile event possibly conceived by Don so we oldies could beat the tar out of young, unfit rugby players — the dogs and Don were waiting to take the baton. With the hand-over 150 yards away, the dogs, being so knowledgeable, astonished everyone by taking off at great speed, not waiting for their master.

Well, Don ... I hope you've caught them up!

Torsten Carlus and the WAVA Council join me in expressing condolences to Don's family. □

— Brian Oxley



## Report from Britain

### Britons Well Represented in Finland

by BRIDGET CUSHEN

A total of 216 British athletes entered the European Championships in Jyväskylä, Finland, in July. The British team included several defending and current world champions.

Newcomers included ex-international 800/1500 runner, Glen Grant, who entered the M45 800, and Alan Williams, who set a British indoor pole vault record. Stephen Peters, world champion in the 200 and 400 in Gateshead last year, lined up with other

M45 finalists from those memorable races: Viv Olivier, Walwyn Franklyn, and Joe Caines.

Jenny Brown, W40, who cleared 1.63 in the high jump in May, was entered in the heptathlon. Evaun Williams, W60, reached out to 10.53 in the shot two weeks before the Championships.

At 50+, most of us concentrate on our main event, plus one or two related events for speed or stamina, but Brian Webster had an extraordinary time at the Devon County Championships. He

### Deadline for Kamloops Meet Extended

Clarence Wiseman, co-chair of the NCCWAVA Meet/Canadian Masters Championships, has announced an extension in the entry deadline for entering with no increase in fees. The NCCWAVA Meet (North and Central America and the Caribbean WAVA Championships) is scheduled for the city of Kamloops in British Columbia, Canada, on Aug. 17-20.

The deadline has been extended from July 15 to Aug. 4 with the final deadline for entries in the track & field component set for Aug. 10. Entries will be accepted in the non-stadia events up until race day. The meet is open to

M40+ and W35+, and organizers have scheduled some events for M30-39 and W30-34.

Over 500 entrants are expected, many from the U.S. Masters Championships held on Aug. 10-13 in Eugene, Ore.

As a WAVA Championships, the meet will offer both a regular pentathlon and weight pentathlon, a road 10K, an 8K cross-country race, and two racewalks.

Meet information is available at [www.masters2000.kamloops.com](http://www.masters2000.kamloops.com), and by telephone: 250-828-3550; fax: 372-1673; and e-mail: [kamloopsmasters@telus.net](mailto:kamloopsmasters@telus.net). □



LEO BENNING

Finalists in the M50 100 (l to r): David Appollis, first (12.6), Edgar Figland, second, and Ockie Smit, third, South African Veterans Championships, Oudtshoorn, April 28-29.

entered and won, all in new M50 county records: 100, 200, 400, 800, 1500, 100H, 400H, pole vault, high jump, long jump, triple jump, shot put, hammer, and dis-

cus. Unfortunately, he did not have time to run the 5000, won by former BVAF cross-country champion Ahmet Amraoui in 15:57. □

### WAVA/USATF Hurdles and Implements Specifications

#### HURDLES

##### WOMEN

Age Group	Race Distance	Hurdle Height	To 1st Hurdle	Between Hurdles	To Finish	No. of Hurdles
30-39	100m	.840m 33"	13.00m 42'8 1/2"	8.5m 27'10 1/2"	10.5m 34'5"	10
40-49	80m	.762m 30"	12.00m 39'4"	8.0m 26'3"	12.00m 39'4"	8
50-59	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.00m 62'4"	8
60+	80m	.686m 27"	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+	300m	.686m 27"	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"	16.00m 52'6"	8.00m 26'3"	12.00m 39'4"	10
70-79	80m	.762m 30"	12.00m 39'4"	7.0m 22'11 1/2"	19.0m 62'4"	8
80+	80m	.686m 27"	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
60-69	300m	.762m 30"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7
70+	300m	.686m 27"	50.00m 164'0 1/2"	35.00m 114'9 1/2"	40.00m 131'2 1/2"	7

#### IMPLEMENTS

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

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

WAVA weights are used for USATF weight pentathlons.

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

\* New 1999 IAAF specifications.

Attention: Former Clients of

## Sports Travel International

Our business is now being handled by

### South Pacific Adventures

The same attention to detail, personalized service and pre-inspected facilities that you have grown accustomed to with Sports Travel are now being provided by

### South Pacific Adventures.

We are proud to announce our packages for

## WAVA Championships BRISBANE, 2001

July 4 -14



- The convenience of Credit Card Payment
- Innovative itineraries for mid-range and deluxe packages
- We offer competitive pricing for our bargain packages

Why struggle with costly international currency exchange when we offer the same rates in U.S. dollars!

Call: South Pacific Adventures at 1-800-968-4345  
Or email at: [Brisbane@southpacificadventures.com](mailto:Brisbane@southpacificadventures.com)





## Training Advice

By AL SHEAHEN

### Can You Run Faster by Using Horse Racing Techniques?

**S**ome years ago, when I was 45 and in good shape, I lined up the start of an 800-meter race in California against other 45-49-year-olds. I had run a 2:10 at the WAVA World Championships and thought I might be able to do a 2:09.

But there were two men in the race who were capable of 2:06. I was destined to lose by 30 meters. What could I do?

I thought of a recent Kentucky Derby where the winning horse had gone out quick, opened a lead, and hung on for the win, upsetting horses which had beaten him in previous races.

Could I do the same? Could I use horse-racing strategy to beat superior rivals?

□

I had always wondered if runners could improve their performances by applying successful techniques used in horse racing. The similarities of the two species are obvious: both humans and horses have legs, a heart, a circulatory and respiratory system; both train for months before they're ready to run in competition; both get sore muscles, both get tired.

But the differences are equally obvious: horses have four legs; their psychological drives are less refined; they race strictly to make money for someone else.

Over many centuries, horse trainers have perfected techniques necessary to get the best out of their animals. Some time ago, I spoke to trainer John Russell, a cross-country runner while growing up in England and, at the time, a top trainer at Hollywood Park in Los Angeles.

#### Similarities

I first asked Russell if there were enough similarities between horse racing and human racing to make the subject



SUZY HESS

1999 USATF Masters Male Athlete of the Year, Jim Stookey, M70, running the 300H, Hayward Classic, July 1-2, Eugene, Ore.

worth discussing.

"Indeed there are," he said. "Both have to be in top physical condition for optimum performance. We're talking about animals of different species, granted, but we're talking about flesh and blood animals and what makes them tick. I think there are some valid comparisons."

Russell said that just humans differ in physiology and psychology, so do horses. He follows a general training program, but allows for physical and emotional differences in his horses, just as good track coaches do with their runners.

Some horses train year-round; some need to freshen up on the farm for a few months. In races, some run best in front, some come from behind. Some are tough, some fragile. Some are built for distance running, some for speed.

#### Differences

But, Russell cautioned, "there are some tremendous differences, too, between horses and human racers. A horse's metabolism is far more accelerated than a human's. That's why they only live to be about 20 years old, and then they keel over. The horse's heart works harder than a man's. The human heart is probably the most efficient machine in the world. We've had people who have run track come into horse racing and try to train horses with human techniques in mind. They usually just train the horses into the ground."

He said 15 minutes of slow running is a hard day's work for a U.S.-trained horse. By contrast, runners will work out for 1-3 hours a day. Sometimes twice a day. When horses are overtrained, the same thing happens as with their two-legged counterparts. Their legs get sore. Russell estimated that 80 percent of the active thoroughbreds "are running with some sort of infirmity." So their hard workouts can come only infrequently, with light training or rest days in between.

"In Europe, they train mainly for dis-



MIKE POLANSKY

Paul Eberenz of the Kids Helping Kids program (l) and Melissa Schuchman of Vytra Health Plans (r) congratulate the M65 leaders (l to r) Ira Brotman, second (28:30), Robert Braun, first (28:28), and George Devoe, third (28:42), Vytra Health Plans Kids Helping Kids 5K, Long Island, N.Y., June 18.

tance running," Russell continued. "Here we train mainly for speed. In Europe and South America, horses train for as much as two hours a day – mostly walking and jogging. In the U.S., almost all racing is basically speed racing."

#### Training

Russell's young horses have a 90-day build-up before racing. The first 45 days, the horses do long, slow gallops, starting at a mile and moving up to two miles maximum. Then they gradually add speed, running a mile at 80 percent of race pace. About every fourth day, they run a very fast sprint of about a half mile. They work to a peak, as do humans.

#### Sharpening

His horses start the season with sprint races of perhaps three-eighths of a mile. They gradually move up to longer races. "If you train a horse to run a mile-and-a-quarter, you can very well do so much long training that you could make the horse psychologically dull. A horse may need two or three shorter races to reach its peak – not only physically, but psychologically. I think a human miler could improve his time by running a few shorter races early in his season."

#### Pace

"For the longevity of the horse, it would be better to start off much slower and finish full of run. That's the way they do in Europe, and that's why the times are much slower. In this country, they start as fast as they can, and the fittest or the best is the survivor at the end, which generally means horses are absolutely exhausted at the end of a race. I don't think we're doing the right thing with the horse aesthetically, but there's a dire need for making these horse pay their way."

#### Race Frequency

Russell guards against racing thoroughbreds too often. He wouldn't consider racing a horse twice in one day, or one day and the next. In the old days they used to do that. "But horses became more valuable, and because they run faster they've become bigger and stronger."

"But their legs haven't developed with their ability and talent. Consequently, we're winding up with a higher incidence of leg injuries. It would be disastrous to run them twice in two days. I've seen 55-year-olds run five races in one meet and look stronger at the finish. Yet a horse generally only runs twice a month, at most."

#### Tactics

"If a horse is quick, we generally try to sneak a bit of a lead without having to use him. A lot of speed horses will run relaxed and easily if they're out front. They're able to save energy for the stretch run. But if two or three horses go neck and neck for the lead, they usually burn themselves out and set it up for a 'closer.' I suspect the same thing applies to humans."

"We try to use a horse's talents to advantage. If it's very quick, we don't detract from its ability by taking it back off the pace and expecting it to be quick at the end, because, psychologically, it's not capable of doing that. So we try to get as far in front as possible, and hope it can stagger in from there. And occasionally, the strategy works."

□

As the gun sounded, I wondered if the strategy would work for me.

I moved quickly to the front and then tried to relax down the first backstretch while still running fast, just like I would do in a 400-meter race.

I came through the first lap in 61 seconds, faster than I had ever run a first lap. Into the turn, I sneaked a peak over my left shoulder. I was 10 meters ahead of the next man and 20 meters up on the rest of the field. Maybe this would work.

□

The conventional wisdom says runners will get their best time with even splits in events of 800 meters and up. (The 100 and 200 are basically all-out sprints where strategy doesn't apply. And experts say the fastest 400 times are produced by running fast early and hanging on; very few 400s are won by closers.)

But in some Kentucky Derbys and other major horse races, the winners often run wire-to-wire or from just off the pace. Horses which start slow often have no finishing kick anyway.

In the 1997 mile-and-a-quarter Santa Anita Handicap, for example, a 5-1 long-shot named Siphon won wire-to-wire in ever-increasing splits for each quarter-mile of 23.0, 23.4, 23.6, 24.4, and 25.8 = 2:00.2.

In the 1997 Kentucky Derby, Silver Charm, at 4-1, came from just off the pace to win the 1 1/4-mile race with fractions of 23.8, 24.0, 24.8, 24.8 and 25.0 = 2:02.4.

Real Quiet won the 1998 Kentucky

Continued on page 20





# The Masters Wizard

## Masters Glossary of Terms

**T**o help explain and simplify the sometimes mysterious nomenclature of masters athletics, we present, in alphabetical order, the following "Masters Glossary of Terms."

To change, correct, clarify, or inquire about any of the following masters terminology, or anything about the world or U.S. masters program, write the Masters Wizard, c/o NMN, Box 50098, Eugene, OR 97405.

**AAU:** Amateur Athletic Union. Until 1978, the AAU was the "national governing body" for virtually all non-collegiate amateur sports in the USA. The Amateur Sports Act, passed by the U.S. Congress, mandated that each sport have its own NGB. The AAU still promotes youth and open athletic events on a smaller scale. Its national office is in Indianapolis.

**Age Grading:** A method to quickly and easily compare your performances at different ages and in different events. Age-graded tables are a series of "age factors" and "age standards." They correct a person's performance, no matter what his/her age, to what it would have been in their prime years. It also provides each individual with a percentage value which enables him/her to judge their performance in any event without bias toward age or sex. It is used to score masters multi-events.

**Age Groups:** Masters competition is divided into 5-year age group categories for both men and women (30-34, 35-39, 40-44, etc.). One's date of birth (not year of birth, as in youth competition) determines one's age.

**Age Records:** Official world and USA indoor and outdoor five-year age-group T&F records are kept and are available through NMN (see Publications Order Form on page 13). An annual book of unofficial single-age records is also available. USA racewalk records are included in both of the above. USA LDR five-year records are published annually in NMN, usually in November. There are no official World LDR records.

**All-American Standards:** A program sponsored by the USATF Masters T&F Committee, which enables a person to earn an "All-American" certificate and patch by bettering the AA standard for their event. (See standards in this issue.)

**All-Comer Meets:** Open to all, young or old. Generally, low key, fun meets.

**AR:** American Record.

**Athletics:** The sports of track & field, long distance running and racewalking.

**Certified:** Generally used to mean a road-race course is "certified." It means someone has officially measured and calibrated the exact distance of the race. USATF designates the course as "certified accurate." It is encouraged that all road-races be held on certified courses. This allows athletes to know they have run (or walked) the actual distance.

**Eligibility:** There are no requirements needed to enter most masters athletics competitions, except to be at least the minimum age. (One should also be reasonably fit.) One may never compete in an older age

group. The masters program operates on the honor system. Lying about one's age violates the spirit and purpose of the masters program and is not tolerated. Violators risk banishment from USATF masters competition for a period of two years.

**Hurdles:** To allow for the decrease in speed, stamina and flexibility as one ages, the standard distances for hurdle races are shortened, and the heights of the hurdles are gradually lowered as one gets older. (See "WAVA/USATF Specifications" in this issue.)

**IAAF:** International Amateur Athletic Federation, the international governing body for athletics, with more than 175 member nations. Its headquarters are in Monaco.

**Implements:** Lighter-weight implements (shot, discus, javelin, hammer, weight) are generally used by older athletes. See "WAVA/USATF Specifications" in this issue.

**IOC:** International Olympic Committee. It owns the Olympics, determines where they'll be held, solicits sponsorship, and oversees the local organizing committee.

**LDR:** Long Distance Running.

**Masters:** Men and women age 40 or over.

**Masters Clubs:** Most areas have local running clubs, some of which cater to masters athletes. A list of masters clubs is periodically printed in the *National Masters News*.

**Masters Competition:** Every event from the 100-meter dash to the pole vault to the marathon is available for both men and women. Medals are generally awarded to the first three places in each men's and women's age group. While everyone does his or her best, participation and friendship are the heart of the program. Masters help each other with advice, training tips and health suggestions. Many combine their vacations with trips to regional, national and international competitions.

**Meet/Race Director:** The person in charge of a T&F, LDR, or RW event. This individual is responsible for volunteers, pre-race preparation, meet/race management, and post-meet/race requirements such as reporting results to the official record-keepers. A few meet directors may make money on staging meets and races, but many do it strictly for the love of the sport, to provide a service to the track and running community. If a meet is run well, athletes should take time to thank the director or the officials. Most of them work for nothing.

**National Team:** Used mostly in open competition. National teams are selected by

USATF for overseas competitions. There are no masters national teams.

**NGB:** National Governing Body.

**NMN:** *National Masters News* is the bible of the masters athletics program. An official publication of both WAVA and USATF, it is published monthly. It delivers 28 to 48 pages of results, schedules, entry forms, age records, rankings, photos, articles, training tips, profiles, and all the inside scoops and information that affect the world masters athletics community. NMN welcomes contributions from readers — results, schedule info, photos, letters, opinions, etc. It is not mandatory to subscribe to NMN, but it is recommended to keep up on all the masters action. A one-year subscription (12 issues) is \$26 (2nd class), \$42 (1st class) or \$45 (overseas). Send to NMN, Box 16597, North Hollywood, CA 91615.

**Non-Stadia:** Refers to events held outside a stadium (road race, etc.).

**NSGA:** National Senior Games Association, an independent organization, which sponsors a national multi-sport competition (archery, softball, swimming, track, etc.) each odd-numbered year for men and women age 50-and-up. NSGA helps promote state and regional competitions throughout the USA, mainly in conjunction with local government recreation departments. Qualification for the nationals is generally required by competing in state meets.

**Postal Event:** Generally a championship whereby athletes may compete in various parts of the country during the year, and mail ("post") their mark to the event coordinator, who combines everyone's results to determine winners.

**PR:** Personal Record.

**PW:** Personal Worst.

**Rankings:** An annual book of masters T&F rankings is compiled and available through NMN. LDR rankings are available through the Road Running Information Center.

**RRCA:** Road Runners Club of America is a national organization composed of hundreds of clubs devoted to road running.

**RRIC:** The Road Running Information Center is the official record-keeping arm of USATF. It compiles USA road records and some world "bests." RRIC receives race results for road races throughout the USA, and publishes the monthly newsletter *On The Roads*.

**Rules:** USATF publishes an annual "Competition Rules Book," which includes special rules for masters competition. WAVA produces a biennial "WAVA Handbook" with international rules. Both are available through the form on page 13.

**RW:** Racewalking.

**Sanction:** Although "sanction" has both negative and positive meanings in the general English language, in athletics it is a positive term. It generally means that USATF or WAVA has "sanctioned" or "approved" a meet or race. An automatic sanction is granted by USATF to any meet or race, unless it's determined the event would be "detrimental" to the sport.

**Seniors:** A word of many meanings: 1) A USATF competitor age 20 or over; 2) Unofficially used in some road events to denote runners age 60 and up; 3) Athletes 55+ (or 50+ in some cases) who compete in Senior Games throughout the USA; 4) Sometimes unofficially used by the media and others as a substitute for "masters."

**Sponsorship:** Masters events are sometimes supported by local or national sponsors. There is no single national sponsor at the moment.

**Stadia:** Refers to events held within a stadium (100-meter dash, etc.).

**Sub-Masters:** Men and women age 30-39.

**T&F:** Track and Field.

**Uniforms:** Some masters participants compete in their club uniform, some in a T-shirt and shorts. In the World Championships, each participant competes as an individual, not as a representative of any nation. Thus, national uniforms are entirely optional. USA uniforms are available from *On Track*, 800-697-2999.

**USATF:** USA Track & Field is a non-profit organization chartered by the U.S. Congress. It is the official "national governing body" (NGB) for athletics in the USA. USATF is the exclusive U.S. member of the IAAF. USATF's home office is in Indianapolis, with 56 "association" offices throughout the nation. Two of its eight sports committees are the Masters T&F Committee and the Masters LDR Committee. The committees meet each December at the USATF Convention, and their executive committees meet at other times of the year. USATF conducts annual indoor and outdoor national T&F championships, as well as national championship LDR races from one mile to 100K throughout the year for youth, open and masters athletes. It also stages dozens of regional and local meets and races, for youth, open, and masters.

**USATF Membership:** It is advantageous for a participant to become a member of USATF (\$15 per year). A person is automatically insured against injury while competing in, or travelling to, a USATF-sanctioned competition. It is necessary to become a USATF member to compete in some USATF-sanctioned events, such as national and regional championships. It is not necessary for a participant to join USATF to compete in non-sanctioned masters events. It is not necessary for a foreign competitor to become a USATF member to compete in USATF events.

**USATF Regions:** There are seven regions in the USA masters T&F program: East, Southeast, Midwest, Mid-America, Southwest, West, and Northwest. (See Schedule for a state-by-state breakdown.) There are 15 regions in USATF open and youth competitions.

**USOC:** U.S. Olympic Committee, a member of the IOC. It handles Olympic matters in the USA.

**Veterans:** The international term for "masters," with the exception that "veterans" also include women age 35-39. (The term "veterans" is also unofficially used in some USA road races to define runners age 50-59.)

**Volunteers:** There is always a need for volunteer help in masters athletics. Meet and race directors need help in timing, officiating, and in all sorts of ways. The sport is built on volunteer help and would cease to exist without it.

**WAVA:** World Association of Veteran Athletes, the official world veterans governing body for athletics, recognized by the IAAF as the official organization to oversee veterans activities. WAVA stages a World Veterans Championships each odd-numbered year for men 40+ and women 35+. It holds a World Veterans Road Race Championships each even-numbered year. It has more than 110 member nations, called "affiliates," which meet every two years at the World Championships. With no central office or paid staff, its business is handled by volunteers throughout the world.

**WAVA Regions:** There are six worldwide regions: Europe, Africa, North America, South America, Asia, and Oceania. WAVA Regional T&F Championships are held in each region every even-numbered year. Some regions also stage LDR Championships.

**WR:** World Record.



# Masters Scene

## NATIONALS

• **Dick Hotchkiss**, USATF Masters Weight Events Coordinator, extends an invitation to all weight throwers who will be at the National Championships in Eugene, Aug. 10-13, to discuss with him the proposed change from the present U.S. masters standards for the weight to the WAVA specified implements. The matter will be brought up at the evening masters meeting (date and time to be announced) at the championships. Some 60 throwers at the 2000 Boston Indoor Championships signed a petition in favor of the adoption.

• Calendar dates and results for Masters Exhibition Events at open/elite meets for 2000 and 2001 are accessible on a web site set up by **Dave Clingan**, a member of the Masters Invitational Committee, at [www.masterstrack.com/events.html](http://www.masterstrack.com/events.html). Contact information is available for those interested in participating in listed events. To submit event information, contact Clingan at [xroads@xro.com](mailto:xroads@xro.com); or phone 503-231-6345.

• **Gilbert Gonzalez-Julia**, 86, Puerto Rico, was inadvertently identified as a non-U.S. citizen in the results of the 2000 Boston Indoor Championships. The U.S. Congress, by the Jones Act, granted U.S. citizenship to Puerto Ricans in 1911. Gonzalez-Julia is a long-time masters competitor in the decathlon and served as a U.S. infantry captain during the Korean War. He was decorated with a Bronze Star for heroism in combat and a Purple Heart for being wounded in combat action.

• **Cathy Utschneider**, a masters runner and president of Liberty AC in Boston, is writing her dissertation on national-caliber masters women runners and, for those interested, has a survey to complete on website [www.masterswomenrunners.com](http://www.masterswomenrunners.com). Already, 100 women have completed surveys.

• Dallas/Fort Worth, Texas has been named to host the 2003 Summer National Senior Games - The Senior Olympics. The tentative dates for the ninth biennial event are May 26 through June 7. The site was approved by the NSGA board of directors during the board meeting in June.

## EAST

• **Jacqueline Gareau**, 47, Boulder, CO, outran most of the field in the 40th Mount Washington Road Race 7.8 Mile uphill climb, Pinkham Notch, NH, June 17. Her 1:18:43 placed her second woman overall and broke the W45 course record by over five minutes. Gareau already owns the W35 record at Mt. Washington, and won the race overall in 1989, 1994, and 1996. She likens racing here to "playing." **Simon Karori**, M40, was first M40+ with a 1:11:25. **Julie Peterson**, 40, Beverly, MA, was third overall in 1:23:00. **Sumner Brown**, 56, Belmont, MA, took A-G honors by high-kneeing it to 1:18:33, just off his 1999 M55 CR of 1:17:59. Over 900 runners undertook this year's ascent.

• **Mark Donahue**, 41, Newport, RI, dashed to 30:24 to take the overall laurels at the Market Square Day 10K, Portsmouth, NH, June 10. **Craig Fram**, 41, Plaistow, NH, 31:04, was second M40+. **Laurence Olsen**, 53, Milford, MA, blazed to a 34:49. **Susan Lachance**, 40, Lunenburg, MA, 38:13, placed first for women masters. Other top performers included: **Peg Donovan**, 45, Auburn, NH, 39:21; **Patty Foltz**, 52, Stowe, VT, 43:06; and **Catherine Farrell**, 55, Newton, MA, 45:55. The closest race of the day was won by **Doug MacGregor**, 61, Lebanon, NH, 38:33, who edged **William Riley**, 64, Marston Mills, MA, 38:37.

• **Jim Stookey**, M70, ran a 13.18 in the 80H in the Garden State AC/Randolph Classic, Randolph, NJ, June 24. The present M70-74 WR is 13.2h by **Alberto Van Zyl** (RSA) in 1992. Stookey triple-jumped 32-1½ to better **Ed Lukens'** 31-11½ AR in 1993.

• **Don Di Donato**, 42, Hicksville, NY, continued his masters dominance in L.I. races with a first overall 15:48 in the Vytra Kids Helping Kids 5K,

June 18, Plainview-Old Bethpage, NY. **Jamie Palacios**, 45, Flushing, NY, was third overall in 16:31. **Pnina Greenberg**, 41, Kings Point, NY, took the W40+ race with a 20:32. **Jon Folber**, 50, Fort Myers, FL, 19:01, and **Robert Braun**, 66, Cold Brook, NY, 28:28, took close-race division wins. Vytra Health Plans again provided key financial support for the race, administered by the Greater LIRC.

• **Graeme Fell**, M40, scorched the Shelter Island 10K course, Shelter Island, NY, in 30:37 for the M40+ victory on a very hot June 10. **Andre Kuznetsov**, M40, was second in 32:31. **Marina Belyaeva**, W40, breezed to the W40+ win in 35:16. **Dennis O'Brien** won the M50 duel with **Alan Oman**, 36:21 to 37:05. **Betty Horstman** bested the W55 field in 46:50.

• A split second separated the men's masters winners at the NYRRC Lesbian & Gay Pride Run 8K, Central Park, NYC, June 24. **Peter Allen**, 40, 26:48, outstepped **Amador Ybanez**, 44, 26:49. Farther down the line, turning in top times in their divisions, were **Muriel Merl**, 74, 49:37, and **Edith Farias**, 76, 51:42.

• Capturing the masters titles at the NYRRC Fight Against Prostate Cancer 5K, Central Park, NYC, June 18, were **Walter Dupont**, 44, 16:23, and **Marie Wickham**, 45, 20:21. **Albert Goldstein**, 80, and **Bertha McGruder**, 71, 34:50, dominated their age-groups.

## MID-AMERICA

• **Dave Fitz**, 41, of Iowa, outlasted **Bob Watson**, 40, Iowa, and **Steve Lind**, 45, Iowa, to win the TIMTAM 2000 50K, Ames, IA, May 21. Fitz ran the 31-mile race in 4:09:04. Watson, who has finished all the TIMTAM runs, knocked about 40 minutes from his 1999 time with a 4:18:27. An event oddity: last year's race had three runners with the same birthday; of the 12 runners in this year's race, two pairs of runners had the same birth dates.

• **Doug Schneebeck**, after running only 39" 110H since college, broke the U.S. single-age record for the 42" with a 16.4 just 14 days before his 40th birthday at a U. of New Mexico meet on July 11. **Bob Lawson** held the former record at 16.5 in a decathlon in 1974.

## WEST

• **Suzi Morris**, 42, flew to an overall female first with an 84:03, Flo-Jo Memorial Half-Marathon, Laguna Niguel, CA, May 29. **Dave Parsel**, M45, took the M40+ win in 73:23. **Olu Karib** won the W55 race with a 96:11.

• A masters track mile has been scheduled for Kezar Stadium in San Francisco, Oct. 29. Last year in October, the event was a road mile, at which **Graeme Fell** (4:17.96) beat **Steve Scott** (4:19.99) in the Invitational M40+ Mile, and **Ruth Wysocki** won the Invitational W40+ race (4:49.14). Prize money is \$1000, \$500, and \$300 for both m&w. Race organizers will provide up to \$500 for travel; money is based on runner qualifications and will probably go to elite competitors. Runners are asked to submit a resume to qualify. Contact **Kathy Henning** at RhodyCo Productions, 415-759-2690; [runrhody@aol.com](mailto:runrhody@aol.com).

• **Marie Romero**, 41, rose to the top of the female runners with an overall first 19:55, Pasadena, CA, Jubilee 5K, June 10. Not to be outdone, **Jim Fried**, 49, was first overall with a 35:55 in the adjunct 10K. **Ritchie Geisel**, M50, was first M40+ in the 5K in 18:05. **Genette Garrett**, 50, took the W40+ in the 10K with a 45:06.

• Masters sparked in the Run For Freedom 5K & 10K, Huntington Beach, CA, June 17. **Alfredo Rosas**, 40, broke out to the overall 5K win with a 15:37 and **Dave Parsel**, 45, was first finisher in the 10K in 32:13. **Kerry Skochin**, W40, took the 5K masters title in 19:46. **Patricia Shapiro**, W45, bested the W40+ 10K field with a 42:55. **Nancy Ten-Berge** won the W55 5K race in 24:31.

• On the 2000 Los Angeles Marathon, **Patrick**

**Devine** writes, "Approximately 14 masters runners were disqualified from the top 5 or 6 age-group finishing positions." Only the official award winners appear in the corrected results in the West LDR Results section.

• Masters women reigned in the Run For The Crown 5K & 10K, Corona, CA, May 13. **Jerri Higginbotham**, 43, was first overall in the 5K with a 20:57. **Susan Enlow**, 44, took the women's race in the 10K in 41:46. **Eddie Aldaco**, M40, was first M40+ in the 5K (18:04). Standouts included **Bob McGeough**, M55, 18:26, and **Grace Gammill**, 70, 37:17. **Leonard Aguilar**, M45, won the masters title in the 10K (35:07). **Joel Soto** won the M55 race in 37:34.

• **Trudi Thompson**, 41, exploded to an overall female win with a 36:16, Firecracker 10K, Anaheim Hills, CA, July 4. **John Araujo**, M40, rocketed to the M40+ first with a 35:58. Division winners included **Bob Koch**, M70, 48:54, and **Sally Tyree**, W55, 51:15. First masters in the 5K were **Gary Foltz**, M45, 17:04, and **Janet Buchanan**, W45, 21:46. **Hank Munoz** won the M65 race in 22:02.

• **Danny Westergaard**, M40, in 2:58:37, and **Sena Hoodman**, W40, in 3:29:57, breezed to masters firsts in the Palos Verdes Marathon, Los Angeles, June 3. **Marco Ortiz**, M50, with an 80:01, and **Julie McKinney**, W40, 1:33:25, took the 40+ wins in the half-marathon. **Hal Sullivan**, 70, won the M70 race in 1:49:32.

• San Franciscans **Lloyd Stephenson**, 45, 25:28, and **Carolynn Keller**, 40, 30:37, cruised to masters wins at the Shriner's Capital Challenge 8K, Sacramento, June 17. **Barbara Miller**, 60, Modesto, CA, continued her brilliant career with a 32:42. Standouts included **Dee Dee Grafius**, 51, Modesto, 32:13; **Myra Rhodes**, 67, Sacramento, CA, 39:06; **Michael Dove**, 53, Salinas, CA, 28:05; **Jim Gibbons**, Willits, CA, 29:53; and **Frank Cunningham**, 77, Stockton, CA, 41:48.

• **Paul Pilkington** won the M40-49 race in 4:12, and **Ruth Wysocki** took the W40-49 contest in 5:02, Cal-Neva Mile, Reno, NV, June 17. Local favorite, **Domingo Tibaduiza**, logged an M50-59 first in 4:40.

## NORTHWEST

• **Chris Clark**, 40, Salem, OR, with a fifth-place 32:25, and **Jane Higdon**, 42, Eugene, OR, with a fourth-place 40:21, were top masters in the 27th annual Butte To Butte 10K, Eugene, July 4. **Ed Cadman**, 55, Honolulu, ran a 37:23 over the tough course to win the M55 race. **Miyo Ishigami**, 66, an invited runner from Eugene's sister city, Kakegawa, Japan, won the M65 division in a fast 46:47.

• **Loren Swanson**, 69, Eugene, OR, was struck on the right arm by an out-of-sector hammer at the Prefontaine Meet, June 24, and suffered two broken bones, one in three places, between his wrist and elbow. Three plates were inserted during the original surgery and a second surgery was planned for July 10. A certified USATF official, Swanson has worked Hayward meets for 13 years. In a *Eugene Register-Guard* article, he said, "It looked like it was coming right at me. I turned and took a couple of steps back. That was the wrong decision. It hit me halfway between my right elbow and wrist." An active masters competitor, Swanson earned All-American honors in 1999 in the PV. He was an M60-64 medalist in the 1991 and 1992 national masters decathlon.

## INTERNATIONAL

• The site for the 2002 Non-Stadia Championships is San Isidro, Argentina, not Brazil, as given in *Torsten Carlus'* May report on p. 21.

• **Vladimir Kotov**, 42, won the Comrades Marathon in South Africa, June 16, with a record-breaking 5:25:33 over the 87.6 kilometer uphill course from Durban to Pietermaritzburg. The former record for the uphill route was 5:26:25 in 1998, the last time the uphill course was used. Kotov, originally from Belarus, has spent the last 10 years in Poland and has run more than 40 marathons under 2:20, with a best of 2:10:58 in the 1980 USSR Championships. A record 24,500+ participated in the world's largest ultradistance race as it celebrated its 75th running.

## Training Advice

Continued from page 18

Derby with splits of 23.6, 23.8, 24.2, 24.0, and 26.6=2:02.2. Victory Gallop started slow but fell short with his closing kick in 24.4, 24.6, 24.0, 24.0, and 25.6 = 2:02.4.

### Human Equivalent

Horse trainers say a 1¼-mile horse race is the human equivalent of an 800. A common six-furlong (¾ miles) horse race is roughly equal to a 400 human race. Not surprising, then, that most six-furlong horse races, like human 400 races, are generally won by speedsters from the leading pack. In the 1998 \$1 million Breeders' Cup Sprint Championships, **Reraise** won with ¼-mile splits of 21.8, 22.4 and 24.8 = 1:09.0.

But trying to steal a race can backfire. In the 2000 Kentucky Derby, **Hal's Hope** set the early fractions of 22.4, 23.6 and 24.0 before fading to 16th place - beaten by 25 lengths - with final splits of 25.8 and 30.2 = 2:06.0. **Fusaichi Pegasus** won with more even splits of 23.8, 23.8, 24.0, 24.8, and 24.6 = 2:01.0.

Most horses actually run faster at the start of a race than at the end. When you see a horse charging past his rivals in the stretch, he actually is only slowing down less precipitously than they are.

Perhaps the only Kentucky Derby winner to ever run negative splits was the great Secretariat. In 1973, he ran 25.2, 24.0, 23.8, 23.4, and 23.0 = 1:59.4, the fastest Derby ever.

*Down the final backstretch, I was still ahead but beginning to labor. I figured if I could do a 64-or 65-second lap, I could win. Maybe I had made my competitors run faster early to keep up with me. Maybe they were just as tired as I was.*

*Alas, the 2:06 runner was too smart to be taken in. He bided his time, judging his pace perfectly, and smoothly passed me on the turn to finish in exactly 2:06. The bear was on my back for the final 150. I was passed by one, two, three runners. I staggered in fourth in 2:12. My splits were 61-71. The winner's splits were 63-63.*

So much for trying to steal an 800 against human runners. It didn't work. Worse, the second lap wasn't much fun. I decided the conventional wisdom was right. Even splits work best.

"If I were running track," Russell said, "I'd like to run my races off the pace. With humans, it's easy for them to rate themselves. If someone opens up 15 meters, and you know you're pumping along pretty well, you just relax and say, 'Well, he's got to stop.' With horses, it's much harder for the jockey to determine pace, as a runner can. And then there are traffic problems."

*Next time, I may try a technique used by record-setting horse trainer Frank Passaro. He was charged with rubbing hot pepper on the sex organs of his horses to make them run faster.*



# Schedule

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

## TRACK & FIELD

### NATIONAL

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

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

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

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

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

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

### EAST

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

**August 1, 8, 15.** Colonie Recreation Dept. Tues. Night Meets, Colonie HS, Albany, N.Y. 6:15 pm. No fee. Don Myers, Colonie Rec. Office, 783-2760 (8:30-4:00).

**August 2-6.** Keystone State Games, Johnstown, Pa. 888-445-4559.

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

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

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

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

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

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

**September 19-20.** Green Mountain Senior Games, Green Mountain College,

Vt. Jack Carlock, 802-875-4508.

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

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

### SOUTHEAST

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

**August 20.** All-American TC Throws Meet, Hampstead, N.C. Frank Reilly, AATC, 20184 Hwy 17, Hampstead, NC 28443. 910-270-3635.

**September 10.** All-American TC Throws Meet, Hampstead, N.C. Frank Reilly, AATC, 20184 Hwy 17, Hampstead, NC 28443. 910-270-3635.

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

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

**October 8.** All-American TC Throws Meet, Hampstead, N.C. Frank Reilly, AATC, 20184 Hwy 17, Hampstead, NC 28443. 910-270-3635.

**November 18.** USATF South Carolina Weight Pentathlon Championships, Myrtle Beach. Open to all. Dick Austin, 102 Pepperhill Circle, Myrtle Beach, SC 29579. 843-236-1852; austin@juno.com

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

### MIDWEST

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

**August 3-6.** Rockford Area Senior Olympic Games, Rockford, Ill. 815-987-8800; fax: 987-8877.

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

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

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

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

**September 23.** Norm Bower Memorial Weight Pentathlon, Kent State U., Kent, Ohio. 11:00 am. Jeff Gerson, Over The Hill TC, 5091 Hickory Dr., Lyndhurst, OH 44124. 440-473-0636.

### MID-AMERICA

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

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

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

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

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

**September 7-10.** South Dakota Senior Games, Pierre. Al Weisbecker, 605-428-3807; letsplay@wans.net

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

### SOUTHWEST

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 12.** West Texas Senior Classic, Lubbock. 806-743-2277.

**August 19.** Lions/Waterloo Meet, Austin, Texas. Jeff Brower, hurdle4fun@hotmail.com

**August 26.** Cat Spring Grunt Throwers Meet, Cat Spring, Texas, 70 miles NW of Houston. Mark Chapman & Cheryl Mellenthin, Rt. 1, Box 65, Cat Spring, TX 78933-9602. 979-732-5591; k9luvsr@industry.net

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

**September 16.** North Texas Senior Meet, Wichita Falls. 940-322-6232.

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

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

### WEST

Arizona, California, Hawaii, Nevada

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

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

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

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

**October 1.** Sri Chinmoy Masters Games, CSU-Long Beach. Bigalita Egger, 310-645-0271.

**October 7.** Club West Meet, Santa Barbara CC, Calif. Gordon McClenathen, PO Box 99, Goleta, CA 93116-1099. 805-964-3005. Beverley Lewis, 805-969-5851; 969-5852;

## ON TAP FOR AUGUST

### TRACK AND FIELD

All roads and air routes lead to Hayward Field, Eugene, Ore., for the 33rd annual USATF National Masters Championships, starting on the 10th and finishing on the 13th. Some 1500 are expected. From there, many will hie to Kamloops, B.C., Canada, for the NCCWAVA Regional Championships, also the Canadian Championships, on the 17th-20th. A pre-championships tune-up can be had at the 21st Century Ageless Games, U. of Minnesota, on the 6th.

### LONG DISTANCE RUNNING

The Crim Festival in Flint, Mich., entertains the USATF National Masters 10 Mile Championships on the 26th. The Peoples Beach to Beacon 10K, Cape Elizabeth, Me., shines on the 5th. America's Finest City Half-Marathon is set for the 13th in San Diego, followed by a diverse weekend on the 19th-20th, starting on Saturday with the Parkersburg Marathon, W.Va., the Open M&W Championships, and expanding on Sunday with the Falmouth, Mass., 7.1 Mile; Eamonn Coghlan 5K at Belmont Race Track, N.Y.; Pikes Peak Marathon, Colorado; McConnell's Ice Cream Endurance Events in Santa Barbara; and the Marathon By the Sea, St. John, New Brunswick, Canada. The Maggie Valley 8K, N.C., is scheduled for the 26th, while the 27th offers a broad geographic span with the Annapolis, Md., 10 Mile; Omaha Marathon; and Silver State Marathon, Reno, Nev. The New Jersey 5 Mile Championships close out the month on the 31st.

### RACEWALKING

Racewalkers take the track at Hayward Field for the National 5000 Championships on the 11th, and hit the U. of Oregon campus streets in the women's 10K and men's 20K Championships on the 13th. □

452-5020 (cell); fax: 969-6613.

**October 12-13.** Huntsman World Senior Games, St. George, Utah. Kathie Thayne/Nancy Colarossi, 435-674-0550/800-562-1268; hwsgrinfowest.com

**October 28.** 4th Annual Great Punkin Throwin' Meet & Weight Pentathlon, Grass Valley, Calif. 530-273-3660; email: ashglaze42@hotmail.com.

**October 29.** Champions Run For Children Mile, Kezar Stadium, San Francisco. Invitational Masters & Masters Mile. \$3600 masters money. Expenses available for elite runners; apply by Aug. 15. RhodyCo

Continued on page 22



Continued from page 21

Productions, 415-759-2690; fax: 759-2699; runrhody@aol.com.

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

**NORTHWEST**

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

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

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

**October 12-13.** Huntsman World Senior Games, St. George, Utah. Huntsman World Senior Games, 82 W. 700 South, St. George, UT 84770. Phone: 800-562-1268. Web: www.seniorgames.net

**INTERNATIONAL**

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

**October 21-28.** Honda Masters Games, Alice Springs, N.T., Australia. www.hondamastersgames.nt.gov.au

**October 28-November 5.** Asia Pacific Masters Games, Queensland, Australia. Phone: 07-5564-0480; fax: 07-5564-0498; email: aspac@mastersgames; www.mastersgames.com.au

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

**February 19-March 5, 2000.** Barbados Winter Training, National Stadium, Bridgetown. Masters training: sprints, middle-distance, hurdles & horizontal jumps. Masters Sports International, 60 Glenham St., Springfield, MA 01104; 413-746-1739.

**July 4-14, 2001.** 14th WAVA World Veterans Championships, Brisbane, Australia. M40+, W35+. David Lloyd, WVAC, PO Box 7889, Waterfront Place, Brisbane, Queensland 4001, Australia. Phone: 61 7 3222 1000. Fax: 61 7 3221 1684. Email: wavainfo@qldevents.com.au. Website: www.worldvac2001.com.au.

**OPEN**

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

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

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

**August 26.** USATF National Masters 10 Mile Championships/Crim Festival, Flint,

Mich. Race Director, 110 Mott Foundation Bldg., Flint, MI 48502. 810-235-7130.

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

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

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

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

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

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

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

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

**EAST**

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

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

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

**August 5.** Hampton Falls 5 Mi. & 5K, Lincoln Akerman School, Hampton Falls, N.H. 8:30 am. 603-778-3031; www.hfroad race.org

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

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

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

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

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

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

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

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

**September 7.** NYRRRC American Heart Association Wall Street 5K Run, Manhattan, N.Y. 6:30 pm. NYRRRC, 212-860-4455; www.nyrrc.org

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

**September 10.** Dutchess County Marathon, Poughkeepsie, N.Y. Pat DeHaven, 203 Cherry

Hill Dr., Poughkeepsie, NY 12603. 914-473-3204; www.pojonews.com/dcclassic

**September 10.** Backwards Half-Mile & 10 Mile, East Meadow, N.Y. 516-569-4959.

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

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

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

**September 17.** Jefferson Hospital Philadelphia Half-Marathon. SASE to PDR, PO Box 43111, Philadelphia, PA 19129. 215-864-8225; www.philadistance.org

**September 17.** Yonkers Marathon & Half-Marathon, Yonkers, N.Y. A.J. Cambria, 914-377-6430; www.cityof yonkers.com/marathon

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

**September 24.** PowerGel Capital 20 Miler, Alexandria, Va. SASE to DCRRC, POB 1352, Arlington, VA 22210-0652. 703-241-0395; http://patriot.net/dccrc

**September 24.** NYRRRC Fred Lebow 5K Cross-Country, Van Cortlandt Park, NYC. See Sept. 7.

**September 24.** LIRRC 5K, East Meadow, N.Y. 516-569-4959.

**September 24.** Richard S. Caliguiri Great Race 10K, Pittsburgh, Pa. Patrick Cannon, 459 City-County Blvd., 414 Grant St., Pittsburgh, PA 15219. www.rungreat race.com

**September 24.** Providence 5K, Providence, R.I. Charles Breagy, 401-294-1107(e); fax: 294-9925; email: cbreagy@worldnet.att.net

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

**September 24.** East Lyme Marathon & 5K, East Lyme, Conn. 860-739-2864; www.cool running.com

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

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

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

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

**October 1.** Syracuse Festival Of Races Men's 5K and Women's 5K, Syracuse, N.Y. Dave Oja, 315-446-6285; fax: 449-2222; www.festivalofraces.com

**October 8.** Chancellor Challenge 100K, Boston, Mass. Dave McGillivray, 978-774-3842; fax: 774-8893; ww.chancellorchallenge.org

**October 8.** Steamtown Marathon, Scranton, Pa. Bill King, 570-963-7864; fax: 348-3564; email: kingwf@ns.neiu.k12.pa.us

**October 8.** USATF NJ Masters Men's 8K & Women's 5K Cross-Country Championships, Deer Path Park, Readington. 732-296-0006; www.usatf.org/assoc/nj

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

marathon.com

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

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

**October 15.** NYRRRC Staten Island Half-Marathon, NYC. 212-423-2292; www.nyrrc.org

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

**October 15.** Mohawk Hudson River Marathon, Schenectady to Albany. MHRM, PO Box 29, Guelderland, NY 12084. 518-435-4500; http://crisny.org/users/hmrrc/index.html

**October 15.** Army 10 Miler, Washington, D.C. 202-685-3361; www.armytenmiler.com

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

**October 22.** Marine Corps Marathon, Washington, D.C. Rick Nealis, director, POB 188, Quantico, VA 22134. 800-RUN-USMC; www.marinemarathon.com

**October 28.** USATF NJ Masters Women's 5K & Men's 8K Cross-Country Championships, Deer Path Park, Readington. See Oct. 8.

**October 29.** USATF NE Championships/Cape Cod Marathon, Falmouth, Mass. 508-540-6959; www.capecodmarathon.com; USATF NE, 617-566-7600.

**October 29.** Cape Cod Marathon, Falmouth, Mass. 508-540-6969; www.cape codmarathon.com

**November 4.** JFK 50 Mile, Boonsboro, Md. Michael Spinnler, 301-739-7004; fax: 733-0097.

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

**November 11.** Pennsylvania Cross-Country Challenge, Frick Park, Pittsburgh, Pa. 2K/4K/8K. John Harwick, 348 Morris St., Clymer, PA 15728. 724-254-2369.

**November 12.** Brooks Pharmacy Ocean State Marathon, Warwick-Providence, R.I. OSM, 5 Division St., East Greenwich, RI 02818. 401-885-4499; email: OSM26@IDS.net; www.OSM26.com

**November 12.** Nasdaq Veterans Day 10K, Washington, D.C. www.runwashington.com

**SOUTHEAST**

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

**August 4-5.** Tour de Pain 4 Mile Beach Run (4th), Road Mile (5th) & 5K Twilight Run (5th, 7:30 pm), Jacksonville, Fla. 1st Place Sports RC, 3853 Baymeadows Rd., Jacksonville, FL 32217. 904-739-1917; www.1stplacesports.com

**August 5.** Pigeon Forge Midnight Run 8K, Pigeon Forge, Tenn. Ross Dunton, 1520 Woodstock Dr., Sevierville, TN 37862. 865-774-0023; coachr880@worldnet.att.net

**August 5.** Run For Life 5K, Marietta, Ga. Life U., 770-426-2786; www.life.edu

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

**September 2.** Landsford Canal 50K, Fort Lawn, S.C. Claude Sinclair, 803-286-

Continued on page 23



Continued from page 22

8388(h); clsinclair@infowave.net

**September 23.** One Valley Bank Virginia 10 Miler & 4 Miler, Lynchburg. 804-845-5338(d). www.bestrace.com@Virginia10 Miler

**October 1.** Naples On The Run 20K, Naples, Fla. NOTR 20K, 2128 9th St. N. Naples, FL 34102. 941-434-9786.

**October 21.** Governor's Cup Half-Marathon, Columbia, S.C. 803-929-1996; www.carolinamarathon.org

**November 18.** Richmond Marathon & 8K, Richmond, Va. 804-673-RACE; www.richmondmarathon.com

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

**November 23.** Outback Distance Classic Half-Marathon, Jacksonville, Fla. 904-739-1917; www.1stplacesports.com

**November 23.** Atlanta Marathon & Half-Marathon. 404-231-9064; www.atlanta trackclub.org

**November 26.** Space Coast Marathon & Half-Marathon, Melbourne, Fla. Linda Thompson, 321-454-4352(h); 459-2444(w); linathom@aol.com

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

**MIDWEST**

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

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

**September 2.** Charleston 15 Miler & 8K, Charleston, W. Va. Distance Run, PO Box 11595, Charleston, WV 25339. 304-348-6464.

**September 3.** Scott Hanton Marathon & Half-Marathon, Port Huron, Mich. John Haas, 810-364-4550; jhaas@yahoo.com

**September 4.** Park Forest 10 Mile & 5K. PF Scenic Ten, 350 Victory Dr., Park Forest, IL 60466. 708-748-2005; www.villageofparkforest.com

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

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

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

**September 30.** Bowling Green 10K Classic, Bowling Green, Ky. Jennifer Day, 270-782-3660(d); www.bg10k.com

**October 1.** Fox Cities Marathon & Relay, Half-Marathon, & 5K (Sept. 30), Appleton, Wisc. Fox Cities Marathon, PO Box 1315, Appleton, WI 54912-1315. Toll Free Hotline: 877-230-7223; www.foxcitiesmarathon.org

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

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

**October 15.** Detroit Free Press/Flagstar Bank International Marathon. FPM, 600 W.

Fort St., Detroit, MI 48226. 313-222-6676; www.freep.com/marathon

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

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

**October 29.** Columbus Marathon, Columbus, Ohio. Mike Collins, 614-794-1566; www.columbusmarathon.com

**MID-AMERICA**

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

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

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

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

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

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

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

**September 17.** Minnesota Masters 15K, White Bear Lake, USATF MN, 5429 Wooddale Ave., Edina, MN 55424. Barb Leininger, race director, 952-881-0888; 612-823-2554.

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

**October 1.** Arkansas Marathon, Malvern. 501-337-0007; www.arkansasrunner.com

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

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

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

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

**October 29.** The Rib Run Marathon, Half-Marathon, & 5K, Kansas City, Mo. 816-331-4286; www.kcpl.com

**SOUTHWEST**

Arkansas, Louisiana, Mississippi, Oklahoma, Texas

**August 4 (Fri.).** Tulsa United Way 5K SandRun, Tulsa, Okla. 7:15 pm. SandRun, PO Box 1859, Tulsa, OK 74101-1859. 918-295-6640.

**October 7.** Tulsa Zoo 10K & 5K, Tulsa, Okla. 918-669-6635; www.tulsazoo.org

**October 7.** Arkansas Traveller 100 Mile, Perryville. Charles Peyton, 501-225-6609; cpeyton@aristotle.net

**November 5.** San Antonio Marathon. SASE

to SAM, 1123 Navarro, San Antonio, TX 78205. 210-246-9652. http://samarathon.org.  
**November 11.** Dusty Fun Run 5K & 10K, Texas A&M International U., Laredo. Michelle Alexander, 956-326-2175; fax: 326-2174.

**WEST**

Arizona, California, Hawaii, Nevada

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

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

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

**August 31.** Sunset In The Park 2.8 Mile & 4.8 Mile Cross-Country Race, Huntington Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, CA 92648. 714-841-5417; www.nealand.com/finishline.

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

**September 17.** Terry Fox 4 Mile Trail Run, Carlsbad, Calif. Kinane Events, 760-434-7706; lisa@kinaneevents.com

**September 24.** Orange County Race For The Cure 5K, Newport Beach, Calif. Race info & entry form: 714-957-9165. Kinane Events, See Sept. 17.

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

**October 15.** Humboldt Redwoods Marathon & Half-Marathon, Weott, Calif. Sharon Powers, 707-443-1220; www.northcoast.com/~hrm

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

**October 22.** Inland Empire Race For The Cure 5K, Temecula, Calif. Race info & entry form: 909-600-7156. Kinane Events, 760-434-7706; lisa@kinaneevents.com

**October 29.** Silicon Valley Marathon, San Jose, Calif. 831-477-0965; www.svmara thon.com

**November 5.** Santa Clarita Marathon & Half-Marathon, Santa Clarita, Calif. 888-823-3455; www.scmara thon.org

**November 11.** CPVA Seal Beach 5K Run/Walk & 10K, Seal Beach, Calif. Finish Line International, 7846 Connie Dr., Huntington Beach, Calif. CA 92648. 714-841-5417; www.nealand.com/finishline

**November 12.** Isuzu Long Beach Marathon, Long Beach, Calif. 562-590-8686; www.longbeachmarathon.com

**November 23.** Ocean Spray Dana Point Turkey Trot 10K, 5K, & Masters (40+) 5K, Dana Point Harbor, Calif. Race info & entry forms: 949-496-1555. Kinane Events, 760-434-7706; lisa@kinaneevents.com

**NORTHWEST**

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

**September 16.** Prefontaine Memorial 10K, Coos Bay, Ore. 541-269-2381.

**October 7.** St. George Martahon, St. George, Utah. Carlene Barone, 435-634-

5850, x22; fax: 634-0709; www.stgeorge marathon.com

**October 1.** Portland Marathon. PM, PO Box 4040, Beaverton, OR 97076. Hotline: 503-226-1111; email: info@portlandmarathon.org; www.portlandmarathon.org

**November 26.** Seattle Marathon & Half-Marathon. Louise Long, 206-729-3660; www.seattlemarathon.org

**CANADA**

**August 20.** Marathon by the Sea, Saint John, New Brunswick, Canada. 506-658-4715; aquatics@nbnet.nb.ca; www.aquatic.nb.ca.

**October 15.** Canadian International Marathon & Half-Marathon, Toronto. Jay Glassman, 416-972-1062; www.RunToronto.com

**October 22.** Casino International Marathon & 4-Person Relay, Niagara Falls, Canada. Niagara Falls V&C Bureau, 5515 Stanley Ave., Niagara Falls, Ont., Canada L2G 3X4. 800-56-Falls; www.niagarafallstourism.com

**INTERNATIONAL**

**August 13.** BVAF Marathon Championships/Isle Of Man Marathon/Half-Marathon. Peter Cooper, phone/fax: 01624 842477; www.woodheights.freesevice.co.uk

**September 10.** Berlin Marathon, Germany. Marathon Tours, 800-444-4097; www.marathontour.com

**October 15.** Beijing International Marathon, Half-Marathon, 5K & 10K (15th). China-U.S. Sports Symposium (16th-19th). Vera Horner, 8828 N. Central Ave., Suite 206, Phoenix, AZ 85020-2851. 602-906-8886; www.globalinteractions.org

**October 22.** Venice Marathon, Italy. Marathon Tours, 800-444-4097; www.marathontour.com

**October 30.** Dublin City Marathon, Ireland. Marathon Tours, 800-444-4097; www.marathontour.com

**November 5.** Athens Marathon, Greece. Marathon Tours, 800-444-4097; www.marathontour.com

**RACEWALKING**

**August 11.** USATF National Masters 5000 (track) RW Championships, Eugene, Ore. See T&F schedule.

**August 13.** USATF National Masters Men's 20K & Women's 10K RW Championships, Eugene, Ore. See T&F schedule.

**September 10.** Florida 3K State Racewalk, Tropical Park, Miami. Don Matuszak, 305-252-0276.

**September 16.** 2nd Annual Chuck McMahon Memorial Masters Track Meet and Senior Olympics State Championships, Chula Vista (San Diego), California. 1500m, 3000m, 5000m on track - Novice and Expert. San Diego Senior Sports Festival, PO Box 84202, San Diego, CA 92138-4202. 619-226-1324. email: SueLoveall@aol.com.

**September 17.** USATF National Masters 40K RW Championships, Ft. Monmouth, N.J. Elliott Denman, 28 N. Locust Ave., West Long Branch, NJ 07764. 732-222-9080.

**October 1.** USATF National Masters One Hour RW Championships, Worcester, Mass. Justin Kuo, 39 Oakland Rd., Brookline, MA 02445. 617-731-9889. kvo@world.std.com.

**October 7.** One-Hour National Postal Walk, Central Park, Plantation, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-

Continued on page 24



## Schedule

Continued from page 23

970-9634(h); fax: 970-0382.

**October 14.** USATF National Masters 5K RW Championships, Kingsport, Tenn. Bobby Baker, 318 Twinhill Dr., Kingsport, TN 37660. 423-349-6406. bbaker@preferred.com.

**October 21.** Bob Fine International 15K Florida State RW Championships/North American WAVA Championships/South Region Championships, Tradewinds Park,

Coconut Creek, Fla. See Oct. 7.

**November 5.** Alan Ranofsky 10K Florida State Championships & 5K RW, Tradewinds Park, Coconut Creek, Fla. Daniel Koch, FAC-Walkers, 3331 NW 22nd St., Coconut Creek, FL 33066. 954-970-9634(h); fax: 970-0382.

**November 18.** USATF South Region One-Hour RW Championships, Myrtle Beach, S.C. J/O/M. All regions accepted. John W. Snaden, 926 Sherwood Dr., Florence, SC 29501. 843-665-4396.

## Masters Coaching & Training List to be Updated

New entries and changes to the Masters Coaching/Training List to be published in the October issue should be sent before the September 10 deadline to the National Masters News, P.O. Box 50098, Eugene, OR 97405; 541-343-7716; fax: 541-345-2436; e-mail: natmanews@aol.com.

Individuals and organizations appearing in the most recent list published in the March 2000 issue should check over contact information, such as telephone numbers, e-mail addresses, etc., to assure that those are correct for the list, which will also be available on our Internet web site at <http://www.nationalmastersnews.com>. □

## ATHLETES WHO ENTER A NEW DIVISION THIS MONTH, AUG. 2000

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
MARINA SLOUSHKINA (RUS)	8- 2-60	40-44
SUSAN SMITH (SPANAWAY, WA)	8-23-60	40-44
JANE LOW (GBR)	8-26-60	40-44
MARIETJIE VILJOEN (RSA)	8-27-60	40-44
MARIA SANGOUS (SPA)	8- 1-55	45-49
CRAIG VIRGIN (LEBANON, IL)	8- 2-55	45-49
STEVE JONES (GBR)	8- 4-55	45-49
KARIN SMITH (CA)	8- 4-55	45-49
EARL BELL (US)	8-25-55	45-49
ELSA TIKKANEN (FIN)	8- 2-50	50-54
ANNELIE BRAUN (GER)	8-11-50	50-54
LEONE BERTIMON (FRA)	8-16-50	50-54
DARSI BOWDEN (SANTA MONICA, CA)	8-17-50	50-54
CANDICE WOYAK (EUGENE, OR)	8-27-50	50-54
BARBARA BALLARD (MILWAUKEE, OR)	8- 9-45	55-59
DAN BORREY (VILLA PARK, CA)	8-12-45	55-59
JOHN BUCKLEY (IRL)	8-17-45	55-59
WENDY O'DONNELL (CAN-PORTLAND, OR)	8-21-45	55-59
SHARON HUDDLESTON (CEDAR FALLS, US)	8-28-45	55-59
PAM TURNER (EUGENE, OR)	8-31-45	55-59
WILLIAM HALL (DURHAM, NC)	8- 2-40	60-64
ANN THORNHILL (NEW YORK CITY, NY)	8- 2-40	60-64
PHILIP BYRNE (CHARLESTOWN, MA)	8- 7-40	60-64
IRV HEATH (PA)	8- 8-40	60-64
INGRID HOLZKNECHT (GER)	8-10-40	60-64
FRANCES CONLEY (WOODSIDE, CA)	8-12-40	60-64
KRISTINA KARLSSON (SWE)	8-12-40	60-64
KATHLEEN RISS (NJ)	8-16-40	60-64
MICHAEL HEFFERNAN (PORTLAND, OR)	8-18-40	60-64
ELIZABETH OSTBERG (SWE)	8-29-40	60-64
GRETHE BOLSTAD (NOR)	8- 2-35	65-69
AUSTIN ALLEN (SALINA, KS)	8- 3-35	65-69
RUTH KUYKENDAL (US)	8- 3-35	65-69
MANUEL TOUZA ROSALES (SPA)	8- 4-35	65-69
MIKI GORMAN (LOS ANGELES, CA)	8- 9-35	65-69
ERIKA MESSNER (CLERMONT, FL)	8- 9-35	65-69
BARBARA BOOKER (ITHACA, NY)	8-25-35	65-69
CAROL THOMAS (MALIBU, CA)	8- 5-30	70-74
ALAN HUGHES (GB)	8-11-30	70-74
DEREK HOWARTH (GB)	8-17-30	70-74
CAROL O'CONNER (BELMONT, CA)	8-21-30	70-74
HANS STICKLER (SWE)	8-23-30	70-74
TONI BORTHWICK (GBR)	8-24-30	70-74
ELSA ENARSSON (SWE)	8-30-30	70-74
JACK BROWN (GB)	8- 3-25	75-79
GUNTHER HESSELMANN (WG)	8- 3-25	75-79
HARIU KINJO (JPN)	8-10-25	75-79
BILL WAMBACH (SUN PRAIRIE, WI)	8-12-25	75-79
DAVID BATCHELOR (PITTSBURGH, PA)	8- 1-20	80-84
VERN MATTSON (US)	8- 2-20	80-84
PAUL FAUDE (SUI)	8- 4-20	80-84
ROBERT CLARKE (SAN DIEGO)	8- 3-15	85-89
A. OTT (GER)	8- 3-15	85-89
PETER GULGIN (PUNTA GORDA, FL)	8- 4-15	85-89
CLIVE DAVIES (PORTLAND, OR)	8- 7-15	85-89
ROSALINE SOLE (NZL)	8-11-15	85-89
JACK WILLIAMS (GB)	8- 8-10	90-94
JOSE CELAYA (SPA)	8-26-10	90-94
LAMAR JACKSON (TURLOCH, CA)	8-10- 5	95+

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

## USATF Masters Hall of Fame Update

by NORMAN GREEN

The Masters Hall of Fame Committee on July 11 announced its slate of nominees for the Class of 2000. Ten persons have been carried forward from previous ballots; the remaining 14 represent those whose names have been submitted by committee members and current Masters Hall of Fame honorees.

The committee has reviewed the entire slate of 24 nominees. Each has been validated as meeting the criteria of "10 years minimum of competition or administration as a master."

The nominees, in alphabetical order are:

Louis Adams (Track)  
Grace Butcher (Track)  
Carolyn Cappetta (Track)  
Rex Harvey (T&F)  
Bernice Holland (Field)  
Jane Hutchison (LDR)  
Shirley Kinsey (T&F)  
Mel Larsen (Track)  
Ruth Leff (Racewalk)  
Ed Lukens (Field)  
Leonore McDaniels (T&F)  
Thomas McDermott (Field)  
Phil Mulkey (T&F)  
Joan Ottaway (LDR)  
Roy Pirrung (Ultras)  
Dave Romansky (Racewalk)  
Cherrie Sherrard (T&F)  
Bruce Springbett (Track/Admin.)  
Ed Stabler (LDR)  
Jim Sutton (Track)  
Elaine Ward (Administrator)  
Stan Whitley (Track)  
Jerry Wojcik (Admin./Field)  
Wen-Shi Yu (LDR)

Current members of the National Masters T&F Committee and the Masters LDR Committee, plus Masters Hall of Fame honorees not included on either committee, will be sent ballots and a data package about the 24 nominees in mid-September. Each elector may vote for as many as 10 individuals without regard to cate-

gory. In other words, our committee intends that the voters select the ten most worthy individuals from the entire panel.

Each person must receive a majority from those voting by the deadline of Nov. 15. The results will be announced in Albuquerque at the joint meeting of the Masters T&F/LDR committees during the USATF Convention, Nov. 29 to Dec. 3.

As the above process is being followed for currently active members, a parallel process approved in Dallas and reaffirmed in Los Angeles last December, features a ten-person Old-Timers Committee reviewing a slate of 17 nominees from which five were selected this year. The Old-Timer selections will also be announced at the Albuquerque convention.

The Old-Timer process enables masters to catch up with their history, particularly individuals whose careers were strongest in the 1970s and who are either deceased or stopped competing at least five years ago. Nominees considered this year were: Dan Aldrich, Bill Andberg, Ernie Billups, George Braceland, Norm Bright, Anne Clarke, Buell Crane, Bud Deacon, Bill Fitzgerald, James Hartshorne, Bess James, Don Johnson, Dick Lacey, Arling Pitcher, Jay Sponseller, Marcie Trent, and Bob Watanabe.

The Masters Hall of Fame Committee includes Ruth Anderson, Bob Fine, Dudley Healy, Len Olson, Louis Meade Tricard, and Norm Green (serving as secretary). The Old-Timers Committee adds Ken Weinbel, Jerry Crockett, Evelyn White, and Al Sheahen to the six of us. You can see immediately the wealth of historical knowledge available to the committee in its deliberations.

May we all look toward Albuquerque and the opportunity to honor more outstanding participants in the U.S. masters program. □

## SCA Championships Revived at Long Beach

After weeks on hold, the USATF SCA Championships were successfully resuscitated on June 24 at CSU-Long Beach. The meet was originally listed as a June To-Be-Arranged meet and then threatened with extinction when nobody volunteered to get it running.

Andrew Hecker, Ventura, Calif., took on the task of meet organizer on short notice, and, for good measure, also assumed responsibility for the West Regional Championships when that meet's organizer dropped out.

Hecker, a critic of meets that close registration weeks before the event, employed a same-day registration for the SCA Championships. "Same day registration works - well!" he said after the meet. "I'll prove it again at Cerritos on July 8 at the Regionals."

On the track, Anthony Castro, M90, ran a 19.64 in the 100, below the present record of 19.9 by Duncan

McClean of Britain in 1975. In the M60 100, Harold Tolson defeated a strong field in 24.93, with Doug Smith, second (25.91), and Kenny Dennis, third (26.05). Charissa Dickenson, W35, took both the 100 (13.15) and 200 (26.75).

Nolan Shaheed, M50, posted the best time of the day in the 800 with a 2:01.72. Yvette Lavigne won the W60 800 in 2:41.05, just short of the W60-64 U.S. record of 2:40.91.

Gerasim Hayrapetyan, M40, had a fine day, which included wins in the 110H (16.22), long jump (6.16), and high jump (1.75). Murray Mead, M45, was the highest man in the pole vault (3.97). Annelies Steekelenberg, W50, finished with a 1.37 in the high jump.

Chuck Gaudette's three wins in the throws were capped by a 50.32 with the javelin. William Gardner put the 16# shot 13.34 to win the M45 contest. □



# RECIPIENTS OF ALL-AMERICAN AWARDS

## M50-54

Jerry Ford	SP	43-9	6-17-00
Mark Mamati	SP	13.84	6-30-00
Eric Hill	400hh	67.58	6-24-00
John Carter Holmes	300hh	47.3	5-7-00
	3K SC	12:32.70	6-21-00
Duane Peacock	50m	6.80	3-6-00
Jack Romansic	WP	3083	6-10-00
	WP	3023	6-24-00
	DT	42.05	6-24-00

## M55-59

Melvin Goode	100	12.43	3-8-00
	100	12.66	4-10-00
	100	11.33	5-7-00

Wayne Hansen	100	12.59	5-21-00
	200	26.29	5-21-00
	100	12.1	5-6-00
	200	25.8	5-6-00
Tom Russell	WP	3068	5-13-00

## M60-64

Paul Beckman	LJ	15-4	5-20-00
--------------	----	------	---------

## M70-74

Ev Poe	100	14.56	6-25-00
Harold Willis	2K SC	11.38	9-18-99

## M75-79

Robert Reiman	SP	9.76	6-10-00
	DT	28.17	6-10-00

## M80-85

Paul Eberhardinger	25# WT	19-1 1/2	6-17-00
	35# WT	14-1	6-17-00
	56# WT	8-2 3/4	6-11-00
	25# WT	18-3	6-11-00
	35# WT	13-4 1/2	6-11-00

## W50-54

Nancy Cornwall	SP	28-11	6-18-00
Tish Roberts	1500 RW	7:53.14	6-21-00
	3000 RW	16:17.84	3-26-00

## U.S. MASTERS ALL-AMERICAN STANDARDS

### FOR MEN

Event	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
55	6.8	6.9	7.1	7.2	7.4	7.9	8.1	8.4	8.9	9.4	10.4	11.8	13.5
60	7.4	7.55	7.7	7.85	8.05	8.5	9.0	9.25	9.5	10.0	11.2	12.8	16.6
100	11.0	11.3	11.5	11.9	12.2	12.6	13.2	13.8	14.6	16.0	18.0	23.0	
200	22.4	23.2	23.8	24.6	25.5	27.0	27.9	29.5	32.0	35.0	40.2	52.0	
400	51.5	52.5	53.8	56.0	57.5	62.0	65.0	69.0	75.0	88.0	98.0	120.0	
800	2:02	2:04	2:06	2:11	2:16	2:25	2:35	2:45	3:06	3:35	3:55	4:30	
1500	4:20	4:22	4:24	4:35	4:45	5:10	5:20	5:45	6:30	7:20	8:10	9:20	
Mile	4:40	4:40	4:50	5:00	5:10	5:30	6:00	6:15	6:55	8:20	8:45	10:15	
3000	9:25	9:40	10:00	10:25	10:45	11:15	11:50	12:45	13:40	15:50	19:10	23:00	26:00
5000	15:45	16:00	16:15	16:45	17:30	18:25	19:30	21:00	23:30	26:00	29:00	32:30	
10000	32:30	32:50	33:30	36:00	38:00	39:00	40:30	44:00	48:30	54:30	61:15	68:30	
55H	8.6	8.7	9.0	9.5	10.0	10.3	10.6	10.9	11.2	11.6	12.5		
60H	9.0	9.3	9.4	9.8	10.3	10.6	10.9	11.1	11.4	12.0	13.6		
110H	15.4	16.5	17.8	18.8									
100H					18.0	19.0	20.0	21.0					
80H									18.0	21.0	25.0	30.0	
400H	58.0	60.0	62.0	64.0	68.0	71.0							
300H					48.0	51.0	55.0	60.0	67.0	75.0	85.0	95.0	
3K-SC	10:10	10:30	11:45	12:40	13:30	14:00							
2K-SC							9:30	10:30	12:00	14:00	16:30	19:30	
HJ	1.90	1.85	1.76	1.68	1.60	1.50	1.45	1.38	1.25	1.15	1.00	0.80	
	6-2 1/4	6- 1/4	5-9 1/4	5-6	5-3	4-11	4-9	4-6 1/4	4-1 1/4	3-9 1/4	3-3 1/4	2-7 1/4	
PV	4.40	4.10	3.95	3.70	3.55	3.05	2.70	2.40	2.30	2.00	1.80	1.30	
	14-5 1/4	13-5 1/4	12-11 1/4	12-1 1/4	11-7 1/4	10-0	8-10 1/4	7-10 1/4	7-6 1/4	6-6 1/4	5-10 1/4	4-3 1/4	
LJ	6.50	6.10	5.85	5.60	5.40	4.90	4.50	4.20	3.80	3.35	2.85	2.20	
	21-4	20- 1/4	19-2 1/4	18-4 1/4	17-8 1/4	16- 1/4	14-9	13-9 1/4	12-5 1/4	10-11 1/4	9-4 1/4	7-2 1/4	
TJ	13.20	12.60	11.50	10.80	10.40	9.50	8.90	8.20	6.96	6.50	5.94	5.51	
	43-3 1/4	41-4 1/4	37-8 1/4	35-5 1/4	34-1 1/4	31-2	29-2 1/4	26-11	22-10	21-4	19-6	19-5 1/4	
Shot	14.50	14.02	13.41	12.62	13.10	12.00	12.80	11.50	11.00	9.00	8.00	6.00	
	47-7	46-0	44-0	41-5	42-11 1/4	39-4 1/4	42-0	37-8 1/4	36-1 1/4	29-6 1/4	26-3	19-8 1/4	
Discus	44.80	42.80	39.50	37.50	42.00	41.00	42.00	39.00	34.00	26.00	22.00	15.24	
	147-0	140-5	129-7	123-0	137-9	134-6	137-9	127-11	111-6	85-4	72-2 1/4	50-0	
Hammer	47.24	44.20	40.00	39.00	39.00	36.00	36.00	32.00	30.00	24.00	20.00	17.07	
	155-0	145-0	131-3	127-11	127-11	118-1	118-1	105-0	98-5	78-9	65-7 1/4	56-0	
Javelin	62.00	56.00	48.76	47.00	43.00	41.00	39.00	35.00	31.00	24.00	19.00	14.02	
	203-5	183-9	160-0	154-2	141-1	134-6	127-11	114-10	101-8	78-9	62-4	46-0	
35#Wt.	15.00	14.00	13.00	12.00	10.00	9.00			6.00	5.00	4.00	3.00	
	49-2 1/4	45-11 1/4	42-8	39-4 1/4	32-9 1/4	29-6 1/4			19-8 1/4	16-4 1/4	13-1 1/4	9-10	
25#Wt.							11.50	10.00	9.00	7.30	5.30	4.50	
							37-8 1/4	32-9 1/4	29-6 1/4	23-11 1/4	17-4 1/4	14-9	
56#Wt.	9.50	9.00	8.50	8.00	6.00	5.50	5.00	4.50	3.50	3.00	2.50	2.00	
	31-2	29-6 1/4	27-10 1/4	26-3	19-8 1/4	18- 1/4	16-4 1/4	14-9	11-5 1/4	9-10	8-2 1/4	6-6 1/4	
Pent.	2800	2600	2600	2600	2600	2600	2600	2600	2600	2400	2200	2000	
Decath.	5500	5200	5200	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

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

### MEN

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



# TRACK & FIELD RESULTS

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

## NATIONAL

### USATF National Masters Decathlon/Heptathlon Championships Lake Geneva, WI; June 4-5

Athlete Name DT	PV	Points Age	100	LJ	SP	HJ	400	HURDLE
<b>M30</b>								
1 Pingel, Eric	6173	M30	11.74	6.43m	11.45m	1.89m	55.54	15.98
37.19m	3.90m	46.12m	5:16.03	w: 1.6	w: 0.3	37'06.75	6'02.25	w: 0.
Pella, IA								
4122'00.00	12'09.50	50151'04.00						
<b>M35</b>								
1 Sheriff, Al	M37	13.04	4.66	10.96	1.77	DNS		
Freeport, IL								
Porter, Doug	M38	12.64	DNS					
Seattle, WA								
<b>M40</b>								
1 Sheehan, Daniel	6475	M40	12.84	5.58m	13.22m	1.65m	59.84	18.04
40.18m	3.50m	50.60m	5:09.73	w: 3.1	w: 0.2	43'04.50	5'05.00	w: 1.
San Diego, CA								
2131'10.00	11'05.75	166'00.00						
2 Janusey, Michael	6252	M42	12.04	5.71m	10.09m	1.53m	55.34	19.69
36.02m	3.20m	52.74m	5:04.42	w: 3.1	w: 0.6	33'01.25	5'00.25	w: 1.
Venetia, PA								
2118'02.00	10'06.00	173'00.00						
3 Winkel, Steve	6238	M42	12.54	5.72m	9.63m	1.59m	55.34	18.79
34.23m	3.50m	43.92m	4:53.01	w: 3.1	w: 0.2	31'07.25	5'02.50	w: 1.
Memphis, TN								
2112'04.00	11'05.75	144'01.00						
4 Doran, Rob	5371	M41	12.84	5.26m	10.11m	1.53m	59.34	19.34
32.70m	3.10m	40.73m	5:38.64	w: 3.1	w: 0.3	33'02.00	5'00.25	w: 1.
Trenton, NJ								
2107'03.00	10'02.00	133'07.00						
Fye, Ed	M40	12.54	5.47	11.55	1.74	56.34	DNF	
DNS								
Crete, NE								
Franssen, James	M43	12.64	5.00	10.88	1.50	69.84	DNS	
Denver, IA								
100'10.00	6'10.75	99'09.00						
<b>M45</b>								
1 Watry, Jeff	6494	M45	13.04	5.31m	10.78m	1.74m	59.94	18.43
30.58m	3.20m	38.67m	5:16.33	w: 0.1	w: 1.0	35'04.50	5'08.50	w: 0.
Paddock Lake, WI								
7100'04.00	10'06.00	126'10.00						
2 Jacquet-Acea, Russell	5707	M47	12.84	5.13m	8.15m	1.35m	59.04	17.60
25.84m	3.10m	35.26m	5:35.41	w: 0.1	w: 0.8	26'09.00	4'05.00	w: 0.
Seattle, WA								
784'09.00	10'02.00	115'08.00						
3 Meares, Kelly	4777	M46	13.74	4.60m	8.60m	1.50m	66.14	20.73
25.47m	3.50m	23.88m	6:18.24	w: 0.1	w: 0.9	28'02.75	4'11.00	w: 0.
Webb City, MO								
783'07.00	11'05.75	78'04.00						
4 Watson, Richard	4212	M47	15.34	4.44m	10.34m	1.47m	74.54	21.53
33.33m	2.50m	43.93m	9:41.42	w: 0.1	w: 1.1	33'11.25	4'09.75	w: 0.9
Yuma, AR								
7109'04.00	8'02.50	144'01.00						
5 Salzman, Mark	3642	M48	14.74	4.85m	11.10m	1.68m	DNF	DNF
30.73m	2.10m	30.41m	8:20.19	w: 0.1	w: 0.2	36'05.00	5'06.00	
University Place, WA								
100'10.00	6'10.75	99'09.00						
<b>M50</b>								
1 Russell, Alan	6736	M50	12.74	4.97m	11.47m	1.62m	58.44	18.35
42.00m	2.80m	31.98m	5:38.50	w: 2.3	w: 2.3	37'07.75	5'03.75	w: 2.
Ames, IA								
0137'09.00	9'02.25	104'11.00						
*Rough, Norman	5942	M52	13.44	4.74m	11.68m	1.47m	65.24	19.35
35.87m	2.70m	41.41m	6:07.51	w: 2.3	w: 2.3	38'04.00	4'09.75	w: 2.
Bellville, RSA								
0117'08.00	8'10.25	135'10.00						
2 Reiter, Gordon	5453	M54	13.34	4.88m	7.82m	1.44m	60.24	23.32
29.57m	2.60m	27.70m	5:02.03	w: 2.3	w: 1.7	25'08.00	4'08.75	w: 2.
St. Louis, MO								
097'00.00	8'06.25	90'10.00						
*Hawkins, John	5398	M51	13.34	5.15m	11.28m	1.73m	DNF	DNF
35.59m	3.00m	39.46m	6:10.04	w: 2.3	w: 1.3	37'00.25	5'08.00	
West Vancouver, CAN								
116'09.00	9'10.00	129'05.00						
3 Hedendal, Bruce	4811	M52	13.64	4.27m	12.26m	1.29m	71.04	20.38
43.78m	NH	38.76m	6:51.28	w: 2.3	w: 0.5	40'02.75	4'02.75	w: 1.
Durango, CO								
8143'08.00	127'02.00							
4 Davis, Mike	4284	M50	15.34	3.98m	8.91m	1.35m	75.44	20.31
29.00m	2.80m	24.97m	6:09.40	w: 2.3	w: 3.1	29'02.75	4'05.00	w: 1.
New Lenox, IL								
895'02.00	9'02.25	81'11.00						
5 Graf, Dan	3954	M51	14.04	3.83m	10.99m	1.35m	67.44	22.71
28.36m	NH	17.87m	6:07.50	w: 2.3	w: 5.0	36'00.75	4'05.00	w: 1.
Milwaukee, WI								
893'00.00	58'07.00							
Green, Bob	M51	DNS						
Seneca, SC								
<b>M55</b>								
1 Angus, Bill	6805	M57	13.74	5.07m	10.20m	1.47m	66.64	17.26
29.38m	2.90m	34.70m	5:35.40	w: 2.4	w: 2.3	33'05.75	4'09.75	w: 0.
Salem, OH								
696'05.00	9'06.25	113'10.00						
2 Danner, Chuck	3771	M57	18.14	4.09m	8.98m	1.53m	1:34.24	DNF
29.55m	2.30m	30.80m	7:43.50	w: 2.4	w: 9.0	29'05.50	5'00.25	
Metamora, IL								
96'11.00	7'06.50	101'00.00						
3 Lewis, John	3409	M59	18.04	3.80m	9.84m	1.17m	1:27.34	38.81
28.72m	2.30m	31.45m	7:49.13	w: 2.4	w: 2.3	32'03.50	3'10.00	w: 0.
694'03.00	7'06.50	103'02.00						
<b>M60</b>								
1 Pawlik, Emil	7833	M61	13.04	5.12m	10.33m	1.59m	66.44	15.92
44.37m	2.60m	37.41m	6:30.23	w: 2.5	w: 0.9	33'10.75	5'02.50	w: 1.
Jackson, MS								
0145'07.00	8'06.25	122'09.00						
2 Mills, Bruce	4607	M61	14.54	3.83m	7.75m	1.35m	72.64	20.25
20.28m	1.85m	16.59m	6:48.39	w: 2.5	w: 1.3	25'05.25	4'05.00	w: 1.
Lake Bluff, IL								
066'06.00	6'00.75	54'05.00						
<b>M65</b>								
1 Jankovich, Bill	5969	M66	15.24	4.05m	9.06m	1.14m	74.84	21.24
33.07m	2.45m	30.73m	6:49.83	w: 2.5	w: 0.7	29'08.75	3'08.75	w: 1.
Racine, WI								
3108'06.00	8'00.50	100'10.00						
2 Trinkner, Clarence	5632	M68	14.34	4.29m	9.28m	1.35m	78.64	19.26
29.56m	1.85m	20.89m	8:29.96	w: 2.5	w: 1.4	30'05.50	4'05.00	w: 1.
Janesville, WI								
397'00.00	6'00.75	68'06.00						
3 Porter, W. Thomas	3652	M66	17.44	3.47m	7.67m	1.08m	1:28.24	35.71
24.20m	2.15m	18.27m	7:15.78	w: 2.5	w: 1.0	25'02.00	3'06.50	w: 1.
Seattle, WA								
379'05.00	7'00.50	59'11.00						

<b>M75</b>								
1 Hirsalmaki, Frederic	6712	M75	16.14	3.99m	9.62m	1.20m	1:28.94	17.11
28.17m	2.00m	31.72m	8:50.20	w: 2.5	w: 1.4	31'06.75	3'11.25	w: 1.
Findlay, OH								
292'05.00	6'06.75	104'01.00						
2 Kennell, Tom	4509	M79	15.74	3.52m	8.82m	1.05m	1:36.74	23.05
24.88m	1.25m	19.10m	DNF	w: 2.5	w: 2.0	28'11.25	3'05.25	w: 1.
Santa Rosa, FL								
281'07.00	4'01.25	62'08.00						
<b>Athlete Name</b>								
<b>JT 800</b>								
<b>M35</b>								
1 Judge, Shana	2575	M36	18.84	1.26m	8.45m	29.84		3.12
16.86m	3:27.52							
Austin, TX								
855'04.00								
<b>M40</b>								
1 Johnson, Liz	2758	M43	16.64	1.20m	6.66m	32.44		3.86
16.83m	3:17.01							
Charlotte, NC								
255'02.00								
2 Vaughn, Karen	2353	M42	18.34	1.32m	8.08m	35.44		3.43
19.27m	3:58.94							
Tustin, CA								
763'03.00								
<b>M50</b>								
1 Raschker, Phil	6253	M53	12.74	1.44m	9.42m	26.64		4.94
24.33m	2:47.95							
Marietta, GA								
279'10.00								
<b>M55</b>								
1 Carter, Ann	2722	M58	19.24	1.08m	6.22m	36.44		2.81
15.35m	4:29.05							
Aiken, SC								
450'04.00								

## EAST

### Potomac Valley TC Meet Alexandria, VA; May 14

<b>100m</b>	
M35 Jeff Gold	11.80
M40 Matt Texier	12.80
M55 Robert Koontz	13.20
M65 Ed Abramic	15.30
M70 Manny Herscher	17.60
<b>200m</b>	
M35 Lorenzo Thomas	26.98
M40 Matt Texier	25.61
M50 D J Bertagnoli	30.75
M60 Roland Hill	31.35
M65 Ed Abramic	32.59
M70 Manny Herscher	39.62
W35 Teresa Henderson	29.12
W40 Margaret Zalenska	32.32
W45 Pamela Wusthof	38.19
<b>400m</b>	
M35 Matthew Beer	55.67
M40 Avon Meacham	1:02.81
M50 D J Bertagnoli	1:06.97
M55 Del Meriwether	56.80
M65 Ed Abramic	1:12.48
W40 Margaret Zalenska	1:09.07
<b>800m</b>	
M30 Bill Barrett	2:13.47
M35 Michael Powell	2:18.34
M50 Jay Wind	2:37.26
W35 Janie Philpott	2:39.46
<b>1 Mile</b>	
M30 Craig Chasse	4:50.60
M35 Michael Powell	4:48.10
M40 Mike Coda	5:43.90
M45 Paul Ryan	4:49.50
M50 Joe Giunta	5:48.20
M55 Jim Verdier	6:03.70
M60 Roland Hill	6:17.00
W35 Ruby Bond	9:34.00
<b>3000m</b>	
M30 Craig Chasse	10:02.00
M35 Michael Powell	9:41.30
M40 Kevin Maguire	13:51.50
M75 Bill Osburn	15:07.70
<b>High Jump</b>	
M30 James Barr	5-5
<b>Long Jump</b>	
M30 James Barr	18.50
<b>Discus</b>	
M30 James Barr	112-4
M35 Daemon Dartouzos	116-1
M40 Joe Johns	127-2
M55 Norman Johnson	101-1
M70 Manny Herscher	77-10
W35 Teresa Henderson	111-10
<b>1600m RW</b>	
M50 John Gersch	9:31.90
M55 Michael Schwed	9:37.40
<b>3000m RW</b>	
M50 Bob Ryan	18:35.70
M55 Michael Schwed	19:00.30
W50 Linda Rodbell	19:07.30



Continued from previous page

<b>Discus</b>	
M40 Dave Tolson	117-9
M45 Carmen Letizia	102-6
M50 J BookinWeiner	141-1
W65 Amy Hicks	69-4
<b>Hammer</b>	
M40 Brian Doherty	137-0
M45 Bob Cedrone	141-7
M50 J BookinWeiner	128-8
W65 Amy Hicks AR67	87-9
(Sampson/62-5.75/1995)	
<b>Javelin</b>	
M40 Dave Tolson	144-0
M45 Carmen Letizia	99-5
M50 J BookinWeiner	105-2
W65 Amy Hicks	59-10
<b>35# Weight</b>	
M40 Brian Doherty	43-7
M45 Bob Cedrone	46-11.25
<b>25# Weight</b>	
M50 J BookinWeiner	40-11
<b>56# Weight</b>	
M40 Brian Doherty	29-8
M45 Paul Phelan	18-4

# USATF-NJ Outdoor Championships Tinton Fall, NJ; June 2

<b>100m</b>	
M35 Gregory Foster	11.40
M40 Lovell Butler	11.08
R V Biagioni	12.00
Will Harrison	12.00
M45 John Brooks	11.70
David Friedman	12.00
Gregory McBride	12.00
M50 Noah Perlis	13.30
Micahel Augeri	13.80
Robert Reese	16.00
M65 Alexander Johnson	14.40
M70 Jack Lance	17.40
M75 Jim Manno	15.80
W35 Robin Moore	13.60
Shemayne Williams	13.70
W60 Sheila Herman	31.40
W65 Nancy Ammermuller	17.90
<b>200m</b>	
M30 Xavier Council	23.90
M35 David Byrne	24.70
Alan Boutista	25.10
M40 Keith Royster	23.90
R V Biagioni	24.10
Errol Meikle	24.80
M45 Edward Govea	23.60
Francis Schiro	24.00
John Brooks	24.10
M50 Noah Perlis	28.20
M55 Richard Hammer	27.90
Paul Henry	26.90
M60 Nate Byrd	28.20
David Rosenthal	31.80
M65 Alexander Johnson	29.20
M75 Jim Manno	35.50
W35 Robin Moore	26.50
Shemayne Williams	28.00
W60 Sheila Herman	1:07.00
<b>400m</b>	
M30 Paul McEvaey	51.40
M35 David Byrne	55.10
Alan Boutista	55.60
M40 Sal Allah	50.60
Joe Guty Jr	58.00
Craig Plummer	58.00
M45 Edward Govea	52.90
Francis Schiro	53.70
Larry Zwick	59.70
M50 Noah Perlis	1:07.50
M55 Richard Hammer	58.60
Paul Henry	1:00.30
John Kuhl	1:08.50
M60 John MacDonald	1:06.50
M65 Alexander Johnson	1:09.60
William Richardson	1:10.40
Irwin Bernstein	1:11.60
M75 Jim Manno	1:27.30
W35 Shemayne Williams	1:04.10
W40 Susan Krogstad-Hill	1:08.90
W60 Madeline Bost	1:10.35
<b>800m</b>	
M30 Rohan Elleston	2:04
Richard Carlson Jr	2:11
M35 Dennis Contois	2:08
Steve Cahn	2:20
Kevin Hickman	2:24
M40 Bob Andrews	2:11
Bob Brush	2:18

Craig Plummer	2:19
M45 Tony Plaster	2:17
Chris Monroe	2:19
Carl Stainagle	2:40
M50 Harold Holan	2:15
Peter Reinhart	2:19
Joseph Burleson	2:43
M55 John Kuhl	2:36
John Saarmann	2:36
Daniel Kirsch	2:54
M65 Frank Haviland	2:31
Irwin Bernstein	2:50
William Richardson	2:55
W35 Caryl Senn	2:30
W60 Madeline Bost	3:26
<b>1500m</b>	
M30 Thomas Metz	4:21
M35 Dennis Contois	4:23
Kevin Hickman	4:50
M40 Chris Harkins	4:17
Glenn McIsaac	4:24
Kevin Cahill	4:42
M45 Bill Scholl	4:52
M50 Harold Nolan	4:33
Peter Reinhart	4:47
Joseph Burleson	5:33
M55 Pete Shanno	4:51
Daniel Kirsch	5:38
M60 Dave Geridge	5:13
Richard Dedham	7:28
M65 Frank Haviland	5:25
M85 Dudley Healy	9:23
W60 Madeline Bost	6:47
<b>5000m</b>	
M35 Kevin Hickman	18:04
M40 Kevin Cahill	14:54
Doug Fitzhenry	16:26
Robert Hill	19:06
M45 Bill Scholl	16:46
Chris Peters	17:02
M50 Roger Price	16:36
M55 Pete Shanno	19:08
Armando Oliveira	20:53
M60 Ralph Garfield	22:32
M75 Robert Mimm	30:58
M85 Dudley Healy	32:13
<b>Short Hurdles</b>	
M50 Micahel Augeri	20.50
<b>Long Hurdles</b>	
M30 Paul McEvaey	57.30
M40 Timothy McMahon	1:01.30
Keith Royster	1:02.60
M45 Stephen Platt	1:15.60
M50 Noa Perlis	1:22.80
M60 John MacDonald	57.90
<b>4x100m Relay</b>	
M40 Shore AC "A"	4:00
Shore AC "B"	4:02
<b>High Jump</b>	
M40 William Brown	1.70
M45 Dan Goia	1.65
Al Cestero	1.45
Mark Johnson	1.45
M50 Ronald Salvio	1.25
Robert Reese	1.15
M55 D Lee Buster	1.40
M60 John MacDonal	1.25
Vincent Ruffin	1.20
M65 Leon Trout	1.15
W35 Caryl Senn	1.50
<b>Pole Vault</b>	
M35 Duncan Littlefield	4.30
M45 Dave Friedman	1.68
Francis Schiro	53.70
Larry Zwick	59.70
M50 Noah Perlis	1:07.50
M55 Richard Hammer	58.60
Paul Henry	1:00.30
John Kuhl	1:08.50
M60 John MacDonald	1:06.50
M65 Alexander Johnson	1:09.60
William Richardson	1:10.40
Irwin Bernstein	1:11.60
M75 Jim Manno	1:27.30
W35 Shemayne Williams	1:04.10
W40 Susan Krogstad-Hill	1:08.90
W60 Madeline Bost	1:10.35
<b>800m</b>	
M30 Rohan Elleston	2:04
Richard Carlson Jr	2:11
M35 Dennis Contois	2:08
Steve Cahn	2:20
Kevin Hickman	2:24
M40 Bob Andrews	2:11
Bob Brush	2:18

David Friedman	8.19
M50 Ronald Salvio	8.51
Robert Reese	8.26
M60 David Rosenthal	7.82
K M Thomas	7.82
Morton Hahn	5.41
M70 Jack Lance	7.69
M75 Ze lig Strauss	5.18
Eddie Coyle	4.15
<b>Shot Put</b>	
M35 Glenn Metcalfe	9.20
M40 Tony Ciccone	11.98
John Kalnas	10.82
M45 Michael Kalnas	10.14
Mark Johnson	9.69
Jim Mazza	8.85
M50 Rich Dunphy	10.71
Frank Monroe	10.07
M55 Joseph Kalnas	10.55
M60 Morton Hahn	7.55
M65 Ray Reick	10.69
Pete Barker	9.83
M75 Zeilig Strauss	8.57
<b>Discus</b>	
M30 David Senay	35.85
M40 Tony Ciccone	41.49
Peter Destrano	37.75
John Kalnas	37.58
M45 Don Goia	32.72
Mark Johnson	28.42
Jim Mazza	25.59
M50 Glenn Weaver	40.26
Frank Monroe	32.50
Ron Salvio	26.00
M55 Gerard Sullivan	23.92
M60 Russell Van Put	36.74
Richard Dedham	29.98
M65 Pete Barker	34.61
Ray Feick	34.52
M75 Zeilig Strauss	27.78
<b>Hammer</b>	
M30 David Senay	49.48
M40 Michael Bersch	45.69
Tony Ciccone	31.05
M50 Ron Salvio	24.86
M65 Ray Feick	32.86
Pete Barker	29.44
<b>Javelin</b>	
M30 Daniel Alonzo	60.69
Ivan Costa	54.55
M35 Ron McConnell	59.70
Rich Cetlin	46.57
Glenn Metcalfe	28.01
M40 Robert Bizzaro	45.35
M45 Mark Johnson	30.76
Jim Mazza	25.22
David Friedman	11.70
M50 Glen Weaver	38.58
M55 Gerard Sullivan	24.08
M60 Frank Illuzzi	41.72
Russell Van Put	28.35
Mort Hahn	26.68
M65 Ray Feick	32.40
Pete Barker	24.90
<b>Weight Throw</b>	
M40 Michael Bersch	12.19
Tony Ciccone	11.18
M50 Ron Salvio	8.85
M60 Morton Hahn	5.79
M65 Ray Feick	12.19
M65 Pete Barker	9.10
<b>Superweight</b>	
M65 Ray Feick	5.85
<b>5000m RW</b>	
M30 John Soucheck	23:17
M45 Thomas Quattrouchi	29:14
M50 Marcus Kantz	29:16
Richard Vanbenthoyen	30:32
Art Glass	34:00
M55 Jack Lach	28:09
Manny Eisner	30:25
Ralph Edwards	30:33
M60 Dave Romansky	26:56
Ralph Garfield	31:41
Richard Dedham	34:47
M65 Bernard Ottner	31:16
M75 Robert Mimm	31:30
W45 Sherry Broshahan	30:31
W50 Joan Venstausky	33:33
W55 Fran Emanuel	32:38
W60 Lana Kane	34:05



<b>Philadelphia AC Masters Weight Meet</b>	
<b>Germantown Academy; June 11</b>	
(20#/35#/56#/96#/200#)	
Pay Carstensen 68	3197
(12.72/6.32/3.12/1.75/96)	
Ray Feick 68	1807
(11.94/5.97/2.91/1.18/28)	
Lav Mozhayev 74	--
(8.75/5.70/1.11/1.11)	
Paul Eberharding 80	1379
(5.57/4.08/2.51/96/35)	
Debbie Eklund 40	1712
(6.63/4.04/2.41/1.62/56)	
Roz Katz 58	3489
(9.27/6.65/3.84/2.29/1.22)	
<b>Potomac Valley TC Meet</b>	
<b>Alexandria, VA; June 11</b>	
<b>100m</b>	
M30 Robert Thomas	11.00
M35 Jeff Gold	11.20
M40 Matt Texier	12.00
M50 Dennis Newton	12.50
M55 Robert Koontz	12.70
W35 Leanne Ayres	15.20
W40 Margaret Zalenska	14.10
<b>200m</b>	
M30 Carl Hatcher	22.64
M35 Yonco Mermersky	25.01
M40 Matt Texier	25.16
M50 Wayne Harris	27.58
M55 Peter Andrews	29.38
M60 Roland Hill	30.30
M70 Don Bramantie	35.10
W35 Leanne Ayres	30.56
W40 Margaret Zalenska	29.97
W45 Pamela Wusthof	38.13
W80 Carla Convery	55.50
<b>400m</b>	
M35 Yonco Mermersky	54.64
M50 Wayne Harris	1:01.01
M55 Del Meriwether	56.57
M70 Don Bramantie	1:18.86
W35 Leanne Ayres	1:08.37
W40 Margaret Zalenska	1:06.94
W60 Tami Graf	1:35.54
<b>800m</b>	
M35 Lorenzo Nelson	2:14.35
M45 Tom Inzana	2:18.19
W35 Patricia Zervas	2:50.93
<b>1 Mile</b>	
M30 Terrance McMahon	4:57.00
M35 Ben Stern	4:38.70
M40 Mike Coda	5:48.30
M45 Jim Darr	5:45.60
M55 Jim Verdier	6:01.30
M75 Bill Osburn	7:34.60
M60 Tami Graf	7:18.20
<b>3000m</b>	
M30 Darrell General	8:41.14
M35 Ted Poulos	9:34.59
M75 Bill Osburn	15:46.16
W60 Tami Graf	14:56.38
<b>High Jump</b>	
M30 David Shorr	5-4
M45 Keith Mathis	5-2
W60 Evelyn Wright	4
<b>Shot Put</b>	
M40 Warren Taylor	47-3
M45 John Priestley	34-8.50
M50 Terry Shuman	44-8
M55 Victor Litwinski	31-9
W60 Evelyn Wright	27-5.50
W65 Sharon Good	16.75
W72 Kate DeAngelis	17-5.50
W80 Carla Convery	13-2.50
<b>Discus</b>	
M40 Warren Taylor	149-10
M45 John Priestley	108-9
M50 Terry Shuman	156-8
M55 Larry Curran	96-1
M65 Bill Smith	144-7
W60 Evelyn Wright	69-7
W65 Sharon Good	36-11
W80 Carla Convery	28-7
<b>Javelin</b>	
M35 Jonathan	158-1
M55 Victor Litwinski	87-3
M65 Jim Eyer	103-6
W60 Evelyn Wright	76-10
W80 Carla Convery	36-11
<b>Weight Throw</b>	
M50 Terry Shuman	38-6.75
M55 Victor Litwinski	25-8.75
W60 Evelyn Wright	24-10.50
W65 Sharon Good	14-1.50
<b>1600m RW</b>	
M50 John Gersh	9:35.40

M55 Michael Schwed	9:36.00
<b>3000m RW</b>	
M50 Alan Price	17:30.30
M55 Victor Litwinski	17:51.40
M70 Marvin Dicker	24:57.70
W45 Susanne Meadows	28:43.00
W60 Lois Dicker	18:38.10
W70 Terry Hamilton	23:10.00
<b>Empire State Senior Games</b>	
<b>Syracuse, NY; June 15-18</b>	
<b>100m</b>	
M50 Gary Geiger	12.4
James Sears	13.8
M55 Paul Gansle	13.2
Douglas Geertgens	13.5
M60 Thomas Fondy	13.6
Frank Porcelli	15.3
M65 Lloyd Williams	13.4
Andrew Branch	14.1
M70 Robert Bruce	14.7
Edward Cox	14.8
M75 Blair McFarlane	15.9
Anthony Nero	16.7
M85 Edwin Koch	19.0
W50 Anne Diprima	17.9
W55 Nadine Lowenstein	15.1
Margaret Kelley	19.7
W60 Edye Radice	19.1
Norma Schilloff	20.1
W65 Helgi Mephram	19.1
Edna Hyer	20.6
W80 Natalie Homjak	1:01.7
W85 Dorothy Bavaro	38.7
<b>200m</b>	
M50 Gary Geiger	25.8
James Sears	29.1
M55 Paul Gansle	27.5
Douglas Geertgens	28.6
M60 Thomas Fondy	29.0
John Allen	29.1
M65 Lloyd Williams	28.6
Andrew Branch	29.3
M70 Robert Bruce	30.6
Edward Cox	32.5
M75 Blair McFarlane	34.1
W Donald Hanlon	36.7
M85 Edwin Koch	43.3
W55 Nadine Lowenstein	31.9
Margaret Kelley	47.2
W60 Edye Radice	41.4
Fran Rowe	45.6
W65 Helgi Mephram	41.4
Edna Hyer	43.4
W70 Pat Peterson	36.3
W80 Natalie Homjak	2:17.1
W85 Dorothy Bavaro	1:37.0
<b>400m</b>	
M50 James Sears	1:10.2
M55 Paul Gansle	1:01.0
Richard Clements	1:02.5
M60 Thomas Fondy	1:07.2
Frank Porcelli	1:14.5
M65 Bruce Marsh	1:10.7
M70 Howard MacMillan	1:19.0
Harold Larkin	1:21.0
M75 Anthony Nero	1:28.4
Blair McFarlane	1:44.6
W55 Nadine Lowenstein	1:15.9
Ann Singer	2:05.7
W60 Edye Radice	1:34.9
Fran Rowe	1:45.6
W65 Helgi Mephram	1:37.0
Edna Myer	1:46.8
W70 Patricia Peterson	1:33.6
W75 Margaret Nasal	2:59.6
W80 Dorothy Bavaro	4:35.4
<b>800</b>	
M50 William Camperlino	2:29.5
Paul Campanaro	2:33.4
M55 Richard Clements	2:33.0
Chip O'Reilly	3:13.9
M60 John Allen	2:31.6
Christopher Rush	2:31.6
M65 Bruce Marsh	2:48.3
Tom Povlock	3:36.2
M70 Harold Larkin	3:07.0
David Rider	3:09.6
M75 Anthony Francis	3:37.7
Robert Wilde	4:21.4
W50 Susan Nesbihal	3:58.6
W60 Edye Radice	3:50.3
Fran Rowe	3:54.6
W65 Edna Myer	3:56.5
Kim Dinardo	4:16.7

W70 Patricia Peterson	4:41.8
W80 Regina Purvis	8:32.5
1500m	
M50 William Camperlino	5:16.6
Wayne DeNyse	5:42.4
M55 Seth Kaminsky	6:35.3
Chip O'Reilly	6:36.6
M60 Larry Decker	5:37.2
Kenneth Skinner	5:38.0
M65 Bruce Marsh	6:03.4
Dillon Maier	6:06.5
M70 David Rider	6:36.6
Harold Larkin	6:44.9
M75 Robert Wilde	8:52.7
David Welsh	17:33.1
W50 Susan Hesbihal	7:55.8
Rose Hosp	7:34.8
W60 Edye Radice	7:36.6
Fran Rowe	7:48.7
W65 Edna Hyer	7:52.0
Kim Dinardo	8:35.8
W75 Margaret Nasal	13:15.6
W85 Dorothy Babaro	18:14.6
High Jump	
M50 Charles Bennett	4
Phillip Desaw	3-8
M55 Howard Dewey	5-2
Paul Gansle	5-2
M60 Ray Kimball	3-8
John Singer	3-8
M65 Donald Learman	4-4
M70 James John	3-10
David Ryder	3-10
M75 Robert Metzner	3-4
Al Palmer	3-2
W55 Kate Clark	.95
W65 Rosalia Gioia	.90
Eleanor Scott	.90
W70 Patricia Peterson	.95
W85 Dorothy Bavaro	.60
Pole Vault	
M50 Jim Kelly	9-6
James Sears	7-1
M55 David Heam	6-3
Michael Gomez	6
M65 Theodore Swanson	4-6
M70 David Rider	6-7
M75 Al Palmer	3-6
W65 Eleanor Scott	3-3
Long Jump	
M50 Peter Hall	4.50
Phillip Desaw	4.27
M55 Douglas Geertgens	4.70
Michael Gomez	3.91
M60 Walter Schilloff	2.53
John Hosp	2.17
M65 Dillon Maier	4.04
Theodore Swanson	3.52
M70 David Rider	3.54
Addison Stone	2.52
M75 Blair McFarlane	3.03
Robert Metzner	2.58
W50 Susan Nesbihal	2.56
W55 Kate Clark	2.71
Nancy Hammond	2.13
W60 Norma Schilloff	2.62
W65 Rosalia Gioia	2.44
Eleanor Scott	2.08
W85 Dorothy Bavaro	.74
Shot Put	
M50 Robert Warrington	36-5.25
Michael Ayres	34-5
M55 Kenneth Straloy	40-7.50
Harry Schwarze	34-10
M60 Edmund Joyce	33-3
A Courchesne	32-11.50
M65 Chuck Yost	36-11.25
M70 Richard Thomas	32-11
Edward Keene	29
M75 William Russo	27-9
William O'Brien	23-3.25
M85 Edwin Koch	18-1
W50 L van Valkenburg	28-1
B Lo Piccolo	27-2.25
W55 Annie Lands	29-1.50
Karen Wright	25-11
W60 Norma Schilloff	23-4
Dortha Swanson	20-10.25
W65 Rosalia Rioia	22-7.25
Teri Fekler	18-10.75
W75 Pearl Auerbach	16-7
Elsie Adams	12-4.25
W80 Regina Purvis	13.5-50
Natalie Hornjak	7-8.25

Continued on next page



Continued from previous page

W85 Dorothy Bavaro 13

Discus

M50 Michael Ayres 132-6

Geoffrey Brown 123-8

M55 Kenneth Straloy 139-5

Harry Schwarze 117-4

M60 Armand Courchesne 109-6

Walter Schilloff 108-8

M65 Chuck Yost 111-6

Louis Capano 104-1

M70 John Sheridan 89-5

Edward Keene 84-10

M75 William Russo 88-3

Erwin Rice 74-5

M80 Jimmy Choy 38-6

W50 L van Valkenburg 75-2

B Lo Piccolo 66-5

W55 Annie Lands 77-5

Linda Schmitt 76-10

W60 Norma Schilloff 61-4

Dortha Swanson 48-3

W65 Edna Hyer 59-7

Rosalia Gioia 53-6

W75 Pearl Auerbach 41-10

Elsie Adams 35-6

W80 Regina Purvis 29

Natalie Homjak 15

W85 Dorothy Bavaro 29-1

Javelin

M50 Gene Spanneut 134-8

Robert Warrington 129-4

M55 Steven Kidder 102-11

Michael Gomez 91-3

M60 John Brunson 103-9

Armand Courchesne 100-3

M65 Chuck Yost 100-8

Remo Carrozzi 96-4

M70 David Wilson 99-8

Emilio Corbelli 89-5

M75 Robert Metzner 60-1

David Welsh 38-5

M80 Jimmy Choy 42-8

W50 B Lo Piccolo 75-9

Susan Nesbital 62-11

W55 Annie Lands 74-5

Linda Achmitt 66

W60 Norma Schilloff 51-11

Dortha Swanson 47

W65 Edna Hyer 56-2

Rosalia Gioia 52-3

W70 Trudy Welsh 21-4

W75 Pearl Auerbach 31-8

1500m RW

M50 Larry Naukam 9:04.1

Alan Bjornsen 9:44.9

M55 Seth Kaminsky 8:05.7

Edward Lee 9:14.7

M60 Gordon Gilfilian 9:13.6

Ray Kimball 11:58.8

M65 George Freeman 9:34.6

M70 Roy Bragger 10:16.0

M75 Lyle Corlett 11:27.4

W50 Ann Singer 10:10.4

Kate Clark 10:21.9

W60 Catherine Young 11:54.2

W65 Edna Hyer 10:59.2

Kim Dinardo 12:04.7

W70 Jacqueline Jacobson 10:48.9

W75 Ruth Kurfahl 11:05.0

Joan Gillyean 12:37.8

W80 Regina Purvis 16:18.0

Vermont Senior Games

Montpelier, June 17

100m

M50 Angel Nieves 13.0

Ethan Parke 13.6

M55 Peter Davis 16.7

M60 Conrad Rowell 15.0

M65 D Melanson 13.9

K Perkins 15.4

M70 B McIver 27.5

M75 Frank Brako 16.4

Frank Davis 20.8

W55 Judy Scott 20.4

W60 Hanna Boerner 17.1

Brenda Andrieu 19.1

W65 Barbara Jordan 16.9

Flo Meiler 18.0

W75 Alverta Perkins 29.5

Harmony Hammond

Javelin

M50 B Gayne 31.4

M60 Conrad Rowell 31.4

Dave Hanlon 34.1

M65 Dudley Bell 38.0

Bill Kelley 46.1

M70 B McIver 1:06.2

M75 Frank Brako 39.9

Frank Davis 53.2

W55 Judy Scott 44.5

W60 Hanna Boerner 39.2

Brenda Andrieu 52.4

W65 Barbara Jordan 36.0

Jane Dods 38.3

400m

M50 A Nieves 1:09.8

Jim Sumner 1:21.7

M60 Jack Carlock 1:20.0

M65 Bill Kelley 1:36.1

W55 Barbara Bloom 1:27.8

W60 Brenda Andrieu 2:24.9

W65 Barbara Jordan 1:35.0

800m

M50 C Russell 2:43.0

Jim Sumner 3:22.0

M60 Jack Carlock 2:59.4

M65 Bill Kelley 3:42.3

W55 Barbara Bloom 3:25.3

W65 Maureen Murphy 3:53.7

1500m

M50 C Russell 5:42.6

Jim Sumner 6:35.8

M60 Jack Carlock 5:51.6

M65 Bill Kelley 7:29.1

M75 Fred Donaldson 11:03.3

W55 Barbara Bloom 7:01.0

W60 Brenda Andrieu 10:49.1

W65 Maureen Murphy 7:50.0

High Jump

M50 Ethan Parke 4-10

Angel Nieves

M60 Conrad Rowell 4

Loren Palmer 4

M65 Ken Perkins 4

Dudley Bell 3-8

M70 Bob Perkins 3-8

M75 Frank Brako 3-10

W55 Barbara Bloom 3

W60 Brenda Andrieu 3

W65 Flo Meiler 3-4

Barbara Jordan 3

Pole Vault

M50 Mike Zahner 6

Peter Fichter 5-6

M60 Loren Palmer 5

M65 Dudley Bell 4-6

W55 Flo Meiler 3-6

Shot Put

M50 Dave Guilmette 41-5.50

Dave McDowell 41-4.50

M55 Peter Davis 29-7.50

M60 Dick Tower 27-6

M65 Andy Larabee 29-2.50

Jim Barnhart 26-8

M70 Justin Rinfret 24-9

Bob Perkins 22-7.50

M75 Frank Brako 24-8

W55 Judy Scott 22-1

W60 Mary Lou Bell 20-11

Hanna Boerner 18-11

W65 Elsa Dahl 19-11

Jane Dods 19-1

W70 Thelma Perkins 14-4

W75 Alverta Perkins 16-10

Discus

M50 Dave McDowell 126-2

Angel Nieves 116

M55 Scott Skinner 94-7

Peter Davis 74-7

M60 Conrad Rowell 101-5

Dick Tower 82-4

M65 Andy Larabee 95-5

Dudley Bell 84

M70 Bob Perkins 66-5

Justin Rinfret 62-1

M75 George Brown 85-5

Frank Brako 58-4

W55 Judy Scott 58

W60 Hanna Boerner 58-2

Mary Lou Bell 52-6

W65 Flo Meiler 68-8

Elsa Dahl 46-7

W70 Thelma Perkins 37-1

W75 Alverta Perkins 35-5

Harmony Hammond 23-9

Javelin

M50 Buzz Gagney 134-11

Angel Nieves 106-1

M55 Peter Davis 102-9

M60 Pat Conley 106-4

M65 Andy Larabee 83-1

Dudley Bell 74-5

M70 Justin Rinfret 48-2

M75 Frank Brako 57-8

Frank Davis 47-11

W50 Jane Fichter 48-6

W60 Hanna Boerner 43-8

W65 Elsa Dahl 52-8

Flo Meiler 35-9

W75 Alverta Perkins 21-1

Harmony Hammond 18-2

Garden State Athletic Club

Randolph Classic Track &amp;

Field Meet

Randolph, NJ; June 24

100m

M30 Chris Anojulu 11.82

Ronald Davy 12.66

Eric Tillman 12.85

M35 Calvin Coffey 14.29

M40 Brady Crain 11.55

Ronald Biagioni 12.16

Errol Meikle 12.65

M45 Thomas Jones 11.71

Charles Lambert 12.55

Rockdale Hudson 13.53

M50 Sak Flowers 13.11

Noah Perlis 14.05

Bob Reese 14.95

M60 Larry Colbert 13.20

Nate Byrd 13.96

Bill Hughes 13.96

M65 Bob Dobbs 13.69

Alex Johnson 14.16

Leon Trout 14.83

M70 Jim Manno 15.56

Jack Lance 17.09

Manny Herscher 17.81

M75 Jim Stookley 13.89

W30 Robin Moore 12.94

Lillian Awidi 13.74

200m

M30 Rohan Elleston 23.35

Jeffrey Tillman 25.96

M35 Brandon Newell 23.18

M40 Ronald Biagioni 23.97

Payton Hines 24.03

Errol Weikle 25.92

M45 Ed Gonera 23.29

Robert Richardson 25.19

Charles Lampert 25.22

M50 Sak Flowers 25.59

Rob Jackson 26.71

M60 Larry Colbert 25.62

Bill Hughes 29.09

M65 Bob Dobbs 28.44

Alex Johnson 29.52

M70 William Bergen 35.23

Manny Herscher 37.18

M75 Jim Manno 34.49

W30 Lillian Awidi 27.97

400m

M30 Rohan Elleston 52.10

M40 Gary Cox 1:02.60

M45 Ed Gonera 52.78

Larry Quick 59.76

Rockdale Hudson 1:01.81

M50 Rob Jackson 1:00.70

Bob Ihne 1:00.79

Sak Flowers 1:01.20

M55 Richard Hamner 56.57

Glenn Schmel 1:01.41

M60 Larry Colbert 59.36

John McDonald 1:05.79

Bill Hughes 1:07.00

M70 William Bergen 1:26.78

M75 Jim Manno 1:21.42

800m

M30 Richard Carlson 2:14.16

M35 Maurice Levy 2:01.92

Chris Helmstetter 2:07.88

M40 Sal Allah 1:57.58

M50 Bill Indek 2:48.97

M55 Jonathan Tetherly 2:30.54

M60 Dave Gerridge 2:29.54

M65 Frank Haviland 2:31.06

Irwin Bernstein 2:47.96

1 Mile

M30 Peter Borian 4:38.03

Tom Metz 4:44.18

M40 Glenn McIsaac 4:40.21

Kevin Higgins 5:03.45

M45 Bob Pertak 5:17.23

Steve Lee 5:40.00

Steve Kohorst 5:45.72

M55 Joe Cargioli 5:57.29

5000m

M30 Mike Gross 17:42.94

M35 Mark McKenzie 16:54.70

M45 Steve Kohorst 18:07.03

Steve Lee 19:28.76

Joel Pasternak 19:34.54

M50 Roger Price 17:13.92

David King 19:04.86

Stan Cohen 24:06.06

M55 Joel Cargioli 20:19.57

Jeff Guttenberg 21:38.75

M85 Dudley Healy 32:44.07

W45 Sherry Brosnahan 24:11.77

Short Hurdles

M50 Leon Trout 18.93

M60 Noah Perlis 20.89

M70 James Stookley WR 12.18

(Albertos VanZyl(RSA)13.2/1992)

Jack Lance 22.04

High Jump

M40 Bill Brown 5-4



Continued from previous page

M50 Max Goodman 14:42.07	25# Weight Throw	M60 Sammy White 1.50	Long Jump	W50 Maria Lebron 6.70	Len Hoover 29.08
W60 Joyce Hodges-Hite 16:02.72	W40 Bryan Stewart 40-2	M65 Jack Gilmore 1.30	M55 Jerry Frank 4.21	W60 Erika Messner 9.26	M45 Charles Smith 25.46
5000m	M50 Carlton Mott 40-11	M75 Edward Holmes 1.25	M60 Ray Lebowitz 4.42	Discus	Phil Campbell 26.87
M35 Tim Stewart 16:53.0	M55 Mike Valle 39-2	M85 Bob Boal 1.00	M65 Don Zaccardo 3.11	M30 Ramon Fragoso 33.22	Lagrange Anthony 27.27
M45 Jim Roberts 20:00.4	M60 Dick Bloomfield 37-1	W45 Londa Lowery 1.25	Triple Jump	M40 Jose Ortiz 31.38	M50 Marion McCoy 25.64
M50 Lenny Moore 20:56.2	M70 Richard Bergenback 27-5	W50 Phil Raschker 1.35	M45 Joe DeMartini 8.44	M50 Miguel Ruiz 28.10	Tom Brewer 25.65
M60 Bob Fischer 19:13.5	35# Weight Throw	M60 Ray Lebowitz 8.54	M60 Larry Judd 8.31	M55 Michael Foster 31.08	Alvin Seale 26.38
M65 Jim Hite 24:50.8	M40 Bryan Stewart 30-4	M30 Jack Norris 3.97	M65 Rudy Houg 11.54	M75 John Gamble 34.30	Grady Cash 28.17
W60 Joyce Hodges-Hite 28:24.8	M50 Carlton Mott 30-11.25	M40 Hal Fairbanks 2.30	M70 Larry Fleischman 9.73	M65 Len Olson 40.10	Ronald Cheatham 31.16
Short Hurdles	M55 Mike Valle 32-10.25	M45 Lyndell Farmer 3.50	Discus	M70 Reed Quinn 34.00	M55 Roger Kroodsma 27.03
M30 Joshua Willis 15.33	M60 Dick Bloomfield 28-10.25	M60 John Sloan 2.75	M40 Bruce Navarre 53.15	M75 John Gamble 34.30	Golden Bertram 27.72
M40 Trace Barnette 17.96	M70 William Patrick 20.5	M65 Jack Gilmore 2.30	M55 Bob Cahners 30.25	M80 Roy McCoy 24.22	Frank Downs 29.71
M50 Bob Green 16.4h	W40 Erin Stewart 13-4	W35 A J Nealy 2.03	M60 Larry Judd 34.18	W35 Idalia Gurides 19.14	M60 Marion Harrison 26.09
M65 Jack Gilmore 22.2h	1500m RW	W50 Phil Raschker 2.90	M65 Rudy Houg 47.70	W45 Luz Cuello 24.18	M65 James Mathis 26.09
M70 Buck Bradberry 15.6h	M40 Ian Whatley 5:58.1	Long Jump	M70 Larry Fleischman 26.54	W50 Maria Lebron 17.32	Patrick Meagher 29.73
W40 Liz Johnson 16.82	M65 Mike Michel 7:50.6	W35 Dana Baumgarten 16-6	Hammer	W55 Vanessa Hilliard 29.72	Clifford Pauling 34.31
Long Hurdles	M80 Walter Scully 10:52.0	Triple Jump	M55 Bob Cahners 31.32	W60 Erika Messner 21.96	M70 Bob Alexander 31.45
W40 Liz Johnson 1:23.81	Atlanta TC Masters Meet	W45 Linda Lowery 9.57	M65 Don Zaccardo 13.91	Hammer	Fred Lovelace 36.52
2000m Steeplechase	Atlanta, GA; June 10	W55 Ann Carter 6.47	Javelin	M55 Bob Cahners 35.94	W35 Deborah Moon 30.78
M65 Jim Hite 10:52.0	100m	Shot Put	M65 Don Zaccardo 24.59	M65 Len Olson 36.58	W40 Beverly Conner 30.32
High Jump	M35 Orlando Matthews 11.41	M45 Robert Gunn 13.34	M70 Larry Fleischman 21.58	M70 Luis Velez 37.28	W45 Susan Burr 35.14
M40 Trace Barnette 5-2	M40 Val Bamwell 11.17	M75 Edward Holmes 9.57	1500m Racewalk	M75 John Gamble 28.00	W50 Susan Hill 37.44
M50 Tom Jordan 5-4	M45 Billy Johnson 11.15	W35 Dana Baumgarten 9.13	M55 Dan Koch 9:05.4	W50 Lorraine Quinn 18.52	W60 Jeanne Daprano 35.60
M55 Mike Valle 4-2	M50 Marion McCoy 12.34	W50 Phil Raschker 9.62	M60 Bob Cella 8:41.0	W55 Vanessa Hilliard 42.90	Guests
M60 Sammy White 5	M55 Samuel Hall 12.86	W55 Ann Carter 6.08	M65 Gerry Gomes 8:54.6	W60 Erika Messner 29.66	M40 Jim Davis 26.53
M65 Jack Gilmore 4-2	M60 Marion Harrison 12.41	W60 Carol Young 7.30	W50 Linda Stein 9:02.4	Javelin	M50 Jim Woosley 31.15
M70 Robert McCallum 3-8	M65 Heradio Chandez 17.33	Discus	W60 Joanne Elliott 9:18.0	M30 Ramon Fragoso 38.78	M55 Dale Gaid 27.44
Pole Vault	M70 Bill Daprano 14.49	M35 Matt Murphy 29.16	3000m Racewalk	M40 Jesus Virella 48.76	W55 Nadine Lowenstein NTA
M35 Todd Haire 11	M85 Bob Boal 21.76	M65 Phil Mulkey 35.82	M55 Dan Koch 18:20.6	M50 Miguel Ruiz 27.10	400m
M45 Mike McGinnis 11	W30 Carol Aikels 12.54	M75 Edward Holmes 28.54	M60 Bob Cella 17:54.3	M60 Armando Pietry 32.34	M30 Wallace Madden 50.40
M50 Vince Struble 13	W35 Althea Morris 12.66	W60 Carol Young 22.24	M70 Les Rudy 16.3	M65 Len Olson 31.52	Todd Ashley 53.03
M55 Charlie Polhames 11-6	W40 Louise Clark-Feaster 13.76	W75 Audren Bergenback 9.44	M70 Jason Grossman 24:43.2	M70 Bill Gentry 26.90	M35 Paul Brown 50.40
M65 Jack Gilmore 8	W55 Ann Carter 17.24	Hammer	W35 Irma Robinson 19:33.9	Weight Throw	Ron Ramsey 53.03
M70 Hershey Hipps 6	200m	M45 David Vandergriff 48.54	W60 Joanne Elliott 19:05.7	M55 Bob Cahners 10.51	Stan Jefferson 54.60
Long Jump	M30 Hoy Thurman 21.93	M55 Mike Valle 38.58	Florida AC-Hispanic Meet	M65 Len Olson 14.23	Steve Sattinger 56.04
M30 Vincent Martin 14-8.50	M40 Elvis Forde 22.27	M60 John Sloan 25.94	Kissimmee, FL; June 17	M70 Reed Quinn 12.67	M40 Enrique Sacco 57.33
M35 Joshua Willis 21-8	M45 Edward Goner 23.19	M65 Phil Mulkey 19.28	50m	M75 John Gamble 7.60	Jeff Dover 1:00.40
M50 Tom Brewer 18-7	M50 Marion McCoy 25.83	M70 Richard Bergenback 30.82	M40 Steve Palacios 6.8	W50 Lorraine Quinn 5.87	M45 Charles Smith 55.85
M55 Mike Valle 13-4	M55 Samuel Hall 26.80	Javelin	W50 Joahn Truchelut 9.8	W55 Vanessa Hilliard 15.70	Lagrange Anthony 59.35
M60 Sammy White 16-2	M60 Marion Harrison 25.68	M35 Matt Murphy 39.92	100m	W60 Erika Messner 12.85	DeWayne Schmidt 59.75
W70 William Daprano 13-5	M70 Harold Johnson 32.21	M45 Robert Gunn 42.74	M35 David Zeiters 11.9	Superweight	Bob Duncan 1:07.02
W75 Jim Dykes 10-5	M85 Bob Boal 53.22	M55 Ronald Kimball 37.56	M40 Steve Palacios 12.1	M50 Bob Cahners 5.94	M50 Alvin Seale 57.96
Triple Jump	W30 Carol Aikels 26.08	M60 John Sloan 36.46	M45 David Rogers 13.6	M65 Len Olson 5.35	Don Burkett 1:02.66
M35 Joshua Willis 42-5.50	W35 Althea Morris 25.12	M70 Bill Daprano 29.74	M65 Pedro Pacheco 14.2	W50 Lorraine Quinn 3.62	Ronald Cheatham 1:08.94
M40 Trace Barnette 39-6	W40 Louise Clark-Feaster 28.84	M75 Edward Holmes 24.98	M70 Les Rudy 16.3	W55 Vanessa Hilliard 10.20	Will Shipley 1:56.64
M50 Bob Rockwell 37-8.50	W55 Anne Draper 35.94	W35 Dana Baumgarten 21.02	W30 Andria Collier 13.3	W60 Erika Messner 6.30	M55 Winston Laing 59.25
M60 Sammy White 27-1.50	400m	W50 Phil Raschker 25.62	W35 Sara Alarcon 12.9	3000m RW	Golden Bertram 1:04.46
M70 Buck Bradberry 25-8.50	M30 Robert Thomas 49.23	South Florida Running Clubs	200m	M35 Steve Renard 13:55.6	Frank Downs 1:08.76
Shot Put	M35 Mitchell Lovett 50.24	Meet	M40 Steve Palacios 23.6	M45 Peter Blank 22:04.4	M65 James Mathis 1:05.19
M35 Cody Colchado 35-11.50	M40 Elvis Forde 49.58	Coral Springs; June 17	M70 Manuel DeJesus 40.6	M65 Bob Fine 17:50.2	Ross Duncan 1:20.57
M40 Bryan Stewart 41-4	M45 Edward Goner 53.64	100m	400m	M70 Manuel DeJesus 20:32.8	M70 Bob Alexander 1:14.46
M45 Richard Ruffalo 31-10	M55 Samuel Hall 1:00.54	M40 Steve Palacios 11.7	M45 Charles Smith 56.5	USATF Southeast Regional	Fred Lovelace 1:24.34
M50 Doug Felder 38-3	M60 Marion Harrison 1:03.45	M45 Ray Feifer 14.4	M50 John Sells 1:04.4	Masters Championships	M75 Gian Sahota 1:25.51
M55 Mike Valle 35-10	M70 Harold Johnson 1:16.64	M50 Nelson Southernmost 15.7	M55 John Shen 1:04.4	Murfreesboro, TN; June 24	W35 Deborah Moon 1:08.85
M60 Glen Allen Johnson 47-1.50	M70 Jeanne Daprano 1:24.70	M55 Jerry Frank 14.9	M70 Manuel De Jesus 1:35.0	100m	W60 Jeanne Daprano 1:18.72
M65 Mack Branham 35-2	800m	M60 Ray Lebowitz 14.1	800m	M30 Lamont Barnhart 13.02	Guests
M70 William Patrick 34-2.25	M35 John Allen 2:07.45	M65 Oscar Ponce 13.8	M30 Curtis Ward 2:26.6	M35 Harold Pierce 12.07	M30 Bob O'Brien 53.03
W40 Erin Stewart 18-3.25	M40 Jeff Lindsay 2:06.96	M70 Larry Fleischman 14.3	M45 Eugene Truchelut 3:04.9	M40 Chuck Hunter 12.20	M40 Barry Haworth 55.83
W55 Alice Tym 17-3.50	M45 Reggie Mason 2:17.01	200m	M55 John Shen 2:42.4	Steve Palacios 12.90	Jim Davis 57.58
Discus	M50 Greg Marshall 2:25.57	M40 Philip Nau 24.8	M70 Manuel DeJesus 3:23.5	Enrique Sacco 13.39	Ken Harrison 1:02.10
M35 Vincent Martin 98	M55 Joel Debow 2:55.56	M65 Oscar Ponce 30.8	1500m	M45 Phil Campbell 13.08	M55 Dale Gaid 59.83
M40 Bryan Stewart 113-6	M60 Adrian Craven 3:00.77	M70 Mel Witte 39.4	M30 Luis Musica 4:36.5	Moyenda Nosakhare 13.08	W55 nadine Lowenstein 1:14.29
M45 Richard Ruffalo 92-5	M65 Clifford Pauling 3:11.15	W40 Nancy Goddard 33.9	M35 A J Thomas 5:14.7	Terry Bumpus 14.85	800m
M50 Doug Felder 115-5	M70 Harold Johnson 3:13.85	400m	M65 Eugene Truchelut 6:24.5	M50 Marion McCoy 12.75	M30 Wallace Madden 2:01.87
M55 Mike Valle 116-9	W35 Dawn Best 2:45.11	M30 Garett Lips 63.90	M70 Manuel DeJesus 7:10.5	Greg Marshall 13.05	M35 Glen Sigman 2:11.32
M60 Glen Allen Johnson 167-3	W50 Susan Houlton 3:01.45	M35 Joel Blakeman 60.40	5000m	Ronald Cheatham 15.42	John Allen 2:14.24
M65 Mack Branham 119-5	W60 Jeanne Daprano 3:04.73	M50 Matt Duncan 62.77	M45 Peter Blank 23:06.9	M55 Roger Kroodsma 13.13	M40 Mark Carver 2:05.86
M70 William Patrick 105-5	1500m	M65 Oscar Ponce 68.30	M50 Jose Rivera 20:23.1	Golden Bertram 13.84	James Dill 2:20.55
M75 Jim Dykes 69-0	M35 Joe Hammond 4:36.67	W30 Andria Thomas 54.10	Short Hurdles	Frank Downs 14.45	M45 David Amster 2:11.96
W40 Erin Stewart 56-3	M50 Donald Burkett 5:43.34	W40 Nancy Goddard 78.26	M35 David Zeiters 15.8	Lee Henderson 14.45	DeWayne Schmidt 2:14.30
W55 Alice Tym 65-3	M55 Joel Debow 5:33.32	800m	M50 David Grassman 19.4	M60 Marion Harrison 12.95	Norm Dodson 2:21.14
W75 Audrey Bergenback 29-6	M60 John Perkins 5:34.38	M35 Dave Lopez 2:32.2	High Jump	Gilbert Spence 14.50	Bob Duncan 2:30.25
Hammer	W41 Brenda McGovern 5:40.62	M40 Dave Collins 2:20.9	M50 David Grassman 1.27	patrick Meagher 14.78	M50 Greg Marshall 2:31.60
M40 Bryan Stewart 110-3	5000m	M45 Gary Bloome 2:11.5	M70 Les Rudy 1.12	Myron Burr 16.08	Don Burkett 2:32.84
M50 Carlton Mott 117-8	M30 Tom Welch 17:34.98	M65 Martin Quinn 3:45.2	Long Jump	Ralph Summerlin 17.70	M55 Winston Laing 2:22.54
M55 Mike Valle 123-1	M50 Lee Fidler 18:15.27	W35 Nancy Frey 2:25.4	M40 Bernard Scott 4.90	M70 Fred Lovelace 18.20	Allen McDaniel 2:24.97
M60 Dick Bloomfield 113-6	M60 Andrew Sherwood 20:28.52	1500m	M50 David Grassman 3.98	W30 Tabatha Johnson 15.19	Lee Henderson 2:56.58
M70 William Patrick 101-1	W30 Donna Garcia 16:34.08	M35 Dave Miller 5:30.9	M60 Larry Judd 3.92	W35 Deborah Moon 15.00	Doug Brown 4:24.49
W40 Erin Stewart 63-4	W40 Valerie Reed 21:07.33	M40 Mike Nichols 4:43.2	M65 Pedro Pacheco 4.28	W40 Beverly Conner 14.69	M60 Roger Chassay 3:02.88
W55 Brenda Bloomfield 100-3	Short Hurdles	M65 Martin Quinn 7:08.1	M70 Les Rudy 3.82	W45 Susan Burr 16.92	M65 Ross Duncan 3:02.92
Javelin	M30 Don Drummond 14.64	W30 Tracy Dickinson 5:49.5	Triple Jump	W50 Susan Hill 18.66	Clifford Pauling 3:08.93
M35 Cody Colchado 93-11	M35 Joshua Willis 14.64	W40 Nancy Rancatore 5:46.0	M50 David Grassman 8.78	Guest	M70 Fred Lovelace 3:35.32
M45 Mike McGinnis 119-11	M40 William Vicory 20.44	3000m	M60 Larry Judd 7.59	W55 Nadine Lowenstein 15.82	M75 Gian Sahota 3:14.23
M50 Michael Hawkins 113-3	M50 Thomas Gilliard 15.14	M35 Dave Lopez 9:55.7	Shot Put	200m	W60 Jeanne Daprano 3:02.82
M55 Mike Valle 101-10	M60 Jerry Rouse 21.88	M40 Jim Blanz 10:34.8	M30 Ramon Fragoso 33.22	M30 Will Holland 25.56	Guests
M70 William Daprano 98-3	M65 Jack Gilmore 23.38	M65 Martin Quinn 14:03.9	M40 Jose Ortiz 11.59	Lamont Bryant 26.42	M30 Bob O'Brien 2:16.07
M75 Jim Dykes 67-1	W30 Tonya Davis 15.95	W40 Donna Kroupa 13:31.6	M55 Bob Cahner 9.97	M35 Harold Pierce 24.42	M40 Ron King 2:18.43
W55 Alice Tym 66-4	W40 Liz Johnson 16.69	W50 Linda Stein 13:36.9	M60 Larry Judd 8.59	Stan Jefferson 24.78	M45 Scott Caldwell 2:12.07
16# Weight Throw	W50 Phil Raschker 13.31	W55 Alicea Kelly 14:59.4	M65 Len Olson 12.12	Chuck Hunter 24.40	M55 Dale Gaid 2:17.18
W55 Brenda Bloomfield 33	Long Hurdles	High Jump	M70 Reed Quinn 11.13	Steve Palacios 25.56	1500m
20# Weight Throw	M31 Don Drummond 54.95	M60 Rudy Houg 1.32	M75 John Gamble 10.17	Enrique Sacco 26.10	M35 Terry Edmondson 4:39.84
W40 Erin Stewart 20-7	High Jump	M70 Larry Fleischman 1.19	W35 Idalia Guridis 7.41	Jim Singleton 26.80	Jim Dean 5:49.04
	M40 Glenn Reid 1.35	Pole Vault	W45 Luz Cuello 8.11		Mark Carver 4:27.76
	M55 Ronald Kimball 1.35	M40 Mack Green 3.51			James Dill 4:47.91
		M70 Larry Fleischman 2.13			

Continued on next page



Continued from previous page

M45 David Amster	4:47.71	M70 Buck Bradberry	7.55
Norman Dodson	5:03.86	Guest	
M50 Will Shipley	7:55.97	M40 Jeff McClung	9.25
M55 Doug Brown	4:24.49	Shot Put	
M60 John Pitman	5:20.65	M40 Bryan Stewart	12.30
M70 Fred Lovelace	7:29.87	Robert Kushner	10.70
Guest		M45 Robert Gunn	13.25
M40 Ken Harrison	5:13.21	Phil Campbell	8.78
3000m		M50 Jim Accardi	12.11
W60 Helen Reed	16:11.0	Kasey Capps	9.59
Joyce Hodges-Hite	16:17.0	Will Shipley	6.62
5000m		M55 Bob Cahners	12.25
M35 Ross Tucker	18:13.4	Doug Brown	6.11
M40 Lee Piccirillo	17:33.3	M60 Glen Johnson	15.51
M50 Gary Robinson	18:38.4	Charles Lanza	11.33
M55 Lee Henderson	20:32.4	Lou Vodopya	10.06
M65 Jim Hite	24:49.2	James Turner	8.31
M75 Gian Sahota	25:17.2	M65 Charles Green	10.31
H B Reed	40:20.0	M70 Reed Quinn	10.76
W60 Joyce Hodges-Hite	26:56.4	Edmund Wians	9.95
Helen Reed	26:59.2	Fred Lovelace	8.03
Short Hurdles		Bill Snaden	7.38
M30 Don Drummond	15.02	M75 John Gamble	10.05
M40 William Vicory	22.23	Gian Sahota	7.22
M50 Eric Hill	19.11	W40 Linda Millman	9.00
David Grassman	19.43	Erin Stewart	5.79
Guests		W50 Susan Hill	6.54
M40 Jeff McClung	22.79	Lorraine Quinn	5.31
M50 Jim Woosley	21.86	W70 Lillian Snaden	5.82
Long Hurdles		Guest	
M30 Don Drummond	55.57	M40 Ken Jansson	13.66
M35 Patrick Riggins	1:02.38	Discus	
Steve Hoff	1:08.15	M35 Glen Sigman	26.84
M50 Eric Hill	1:07.58	M40 Bryan Stewart	34.52
2000m Steeplechase		Larry Schrader	33.14
M60 Jim Hite	10:22.2	M45 Phil Campbell	30.00
M70 H B Reed	13:29.4	M50 Kasey Capps	30.20
3000m Steeplechase		Will Shipley	14.80
M30 Brian Hickey	13:38.8	M55 Swane McCauley	37.46
M50 Will Shipley	22:54.5	Roger Koodsma	34.86
M55 Doug Brown	23:46.7	M60 Glen Johnson	53.62
4x100m Relay		Charles Lanza	31.00
M50 Atlanta TC	NTA	James Turner	24.34
High Jump		M65 Charles Green	34.92
M40 Larry Schrader	1.37	M70 Reed Quinn	32.40
M45 Garry Pirsch	1.72	Buck Bradberry	29.58
M50 Jim Sauters	1.75	Fred Lovelace	25.18
Mike Walker	1.47	Richard Bergenback	24.22
Bob Rockwell	1.42	Bill Snaden	20.88
Johnnie Dye	1.37	M75 John Gamble	35.10
David Grassman	1.32	Gian Sahota	22.02
Will Shipley	1.07	W30 Linda Millman	31.68
M55 John Ewing	1.40	Erin Stewart	14.56
M60 Charles Lanza	1.35	W50 Susan Hill	14.40
Lou Vodopya	1.25	Lorraine Quinn	13.84
Bob Southern	1.21	W70 Lillian Snaden	10.74
M65 Hugh Manning	1.20	W75 Audrey Bergenback	10.22
M70 Gordon Seifert	1.51	Guest	
Buck Bradberry	1.25	M55 Larry Pratt	47.60
Fred Lovelace	1.10	Javelin	
W40 Kimberly Harrell	1.62	M40 Bryan Stewart	46.34
Linda Lowrey	1.25	Robert Gunn	39.57
Guest		Phil Campbell	36.14
M55 Dale Gaide	1.20	Garry Pirsch	32.30
Pole Vault		M50 Kasey Capps	30.25
M45 Thomas Krebs	3.05	Will Shipley	10.93
M50 Johnnie Dye	3.65	M55 Roger Koodsma	35.30
M55 John Ewing	2.90	Doug Brown	18.46
M60 Thomas Goode	3.05	M60 Charles Lanza	37.99
Roger Chassey	2.75	James Turner	29.92
M65 Hugh Manning	2.15	M70 Reed Quinn	30.43
M70 Gordon Seifert	2.45	Edmund Wians	24.51
Long Jump		Bill Snaden	16.95
M40 Jim Singleton	5.42	M75 Gian Sahota	23.76
M45 Taylor Weatherbee	5.32	W40 Linda Millman	30.41
Garry Pirsch	4.60	Erin Stewart	12.81
Thomas Krebs	4.50	W50 Lorraine Quinn	15.31
M50 Tom Brewer	5.50	W70 Lillian Snaden	11.00
Bob Rockwell	4.89	Guest	
David Grassman	4.42	M40 Clark Stewart	49.74
M55 Roger Koodsma	5.28	16# Weight Throw	
Doug Brown	3.46	W50 Lorraine Quinn	4.93
M60 Taylor Goode	4.33	W70 Lillian Snaden	6.82
M70 Buck Bradberry	4.03	20# Weight Throw	
Fred Lovelace	3.03	W40 Erin Stewart	5.90
W30 Tabatha Johnson	4.53	25# Weight Throw	
W45 Linda Lowrey	4.40	M70 Reed Quinn	9.53
Triple Jump		Richard Bergenback	7.52
M40 Jeff Singleton	12.19	Bill Snaden	4.52
William Vicory	7.65	M75 John Gamble	7.52
M45 Garry Pirsch	9.30	W50 Lorraine Quinn	3.79
M50 Bob Rockwell	11.31	W70 Lillian Snaden	5.39
David Grassman	8.77	35# Weight Throw	
Will Shipley	4.50	M40 Larry Schrader	13.72
		Brian Stewart	10.72

M45 David Vandergriff	15.52	W50 Mary Hartzler	6:41.48
Robert Gunn	11.42	Short Hurdles	
M50 Kasey Capps	8.55	M45 Robert Zahn	17.13
Will Shipley	4.75	M50 Neal Schuster	19.72
M55 Bob Cahners	11.80	M60 Bruce Mills	20.07
M70 Bill Snaden	6.50	M65 Clarence Trinker	19.59
Guest		Long Hurdles	
M40 Ken Jansson	18.75	M45 Robert Zahn	59.75
Pentathlon		M50 Neal Schuster	1:22.33
M40 Jameson Wells	1962	M55 Clarence Trinker	1:28.96
William Vicory	1441	High Jump	
M50 Herb Roberts	1759	M40 Jeff Watry	1.73
Will Shipley	300	M50 Neal Schuster	1.27
5000m RW		M60 Michael Davidson	1.42
M40 William Vicory	32:08.8	M65 Clarence Trinker	1.32
M45 Will Walden	27:06.4	M75 Mel Buschman	.91
M50 Lee Henderson	31:20.7	Pole Vault	
Doug Brown	38:11.7	M30 Jim Johnson	3.51
M65 Bob Fine	31:22.7	M35 Dave Gilbert	4.11
W45 Mary Lovelace	39:40.0	M40 Terry Christopher	4.50
Guests		M50 Neal Schuster	2.14
M40 Doug Johnson	26:18.8	M65 Clarence Trinker	1.83
W35 Diane Barnhart	38:48.0	Long Jump	
W45 Elizabeth Main	32:45.0	M30 Christopher Palacios	6.85

## MIDWEST

USATF Illinois Masters Championships  
Lisle, June 10

100m		M30 Steve Holt	12.35
M35 Nathaniel Williams	11.64	M40 Tim Graf	11.45
M45 Gerry Krainik	11.20	M55 Roger Phillips	11.33
M60 Michael Destefano	13.49	M65 Louis Edelman	17.33
M70 Harry Brown	14.06	W30 Emmanuelle McGowan	12.76
W45 Leah Rewolinski	18.07	W55 Mary Robinson	15.74
W60 Janet Amery	24.59	200m	
M30 Steve Holt	25.20	M35 Nathaniel Williams	24.33
M40 Tim Graf	23.90	M45 Gerry Krainik	25.58
M55 Roger Phillips	26.88	M60 Michael Destefano	28.65
M65 Louis Edelman	37.26	M70 Harry Brown	29.62
W45 Leah Rewolinski	38.51	W55 Mary Robinson	32.87
W60 Janet Amery	41.12	400m	
M35 Ulric Graham	51.35	M40 Paul Davis	53.00
M45 Paul Gordon	50.83	M50 Roosevelt Sumbry	1:07.53
M50 Roosevelt Sumbry	1:07.53	M55 Kingsley Clarke	57.40
M60 Michael Davidson	1:08.74	M70 Harry Brown	1:05.48
W50 Mary Hartzler	1:18.66	W55 Mary Robinson	1:14.34
W55 Mary Robinson	1:14.34	800m	
M35 Doug Kuiper	2:17.13	M40 David Bradley	2:04.04
M40 David Bradley	2:04.04	M60 Michael Brazier	2:45.20
M60 Michael Brazier	2:45.20	W30 Peggy Doyle	2:52.47
W30 Peggy Doyle	2:52.47	W50 Mary Hartzler	2:52.92
W50 Mary Hartzler	2:52.92	1 Mile	
M40 Steve Hulst	4:53.39	M50 Patrick McCaskey	6:23.88
M50 Patrick McCaskey	6:23.88	M55 Paul Perry	5:44.32
M55 Paul Perry	5:44.32	W30 Peggy Doyle	6:18.94
W30 Peggy Doyle	6:18.94		

## Weight Pentathlon

## Lake Geneva, WI, June 24

Athlete Name	Points	HT	SP	DT	JT	WT
1 Hardig, Richard	M37 968	ND	6.59m	15	20.25m	7.22m
Beecher, IL			21'07.50	50'06.00	66'05.00	23'08.25
2 Romanic, Jack	M52 3023	33.51m	10.24m	42.05m	29.40m	11.67m
Long Grove, IL		109'11.00	33'07.25	11'03.00	96'05.00	38'03.50
3 Schuster, Neal	M52 1808	23.30m	6.63m	28.37m	37.27m	DNF
St. Francis, WI		76'05.00	21'09.00	93'01.00	100'12'03.00	
1 Amery, Don	M63 2964	27.28m	9.92m	33.91m	24.25m	13.14m
Erie, IL		89'06.00	32'06.50	11'03.00	79'07.00	43'01.50
2 Prima, Gene	M60 2874	27.21m	10.28m	29.84m	29.96m	10.70m
Bloomington, IL		89'03.00	33'08.75	97'11.00	98'03.00	35'01.25
1 Welding, Ruth	M44 3020	34.76m	9.80m	35.23m	22.50m	9.56m
Elk Grove Village, IL		114'00.00	32'02.00	115'07.00	73'10.00	31'04.50
2 Hallen, Sue	M43 2528	28.70m	8.85m	24.99m	18.99m	9.73m
Elk Grove Village, IL		94'02.00	29'00.50	82'00.00	62'04.00	31'11.25
1 O'Brien, Sandra	M46 1430	14.74m	5.33m	17.89m	13.00m	4.50m
Shorewood, WI		48'04.00	17'06.00	58'08.00	42'08.00	14'09.25
1 Romanic, Linda	M51 1540	18.48m	6.53m	12.51m	11.59m	6.20m
Long Grove, IL		60'07.00	21'05.25	41'00.00	38'00.00	20'04.25

W60 Patricia Beam	13.58
Weight Throw	
M35 Greg Theologes	11.92
M50 Jack Romancic	8.33
M60 Don Amery	11.70
M75 Mel Buschman	7.53
W40 Ruth Welding	10.18
W50 Linda Romancic	5.81
W60 Patricia Beam	8.29
Weight Pentathlon	
M35 Richard Hardig	441
M50 Jack Romancic	501
M60 Don Amery	564
M75 Mel Buschman	560
W40 Ruth Welding	514
W50 Linda Romancic	351
W60 Patricia Beam	431

Michigan Masters Championships  
Charlevoix, June 17

100M		M35 STEVE GALLERO	11.81
M40 ANDY PLACE	12.58	M45 JEFF GALLERO	12.44
M50 RICHARD KANSKI	12.43	DON YEAGER	13.02
TOM SEAYER	13.62	MELVIN BUSCHMAN	19.64
200M		M35 MIKE KESTERSON	25.51
M40 STEVE GALLERO	26.81	M45 ANDY PLACE	28.31
M50 JEFF GALLERO	26.12	WALT BARNOWSKI	29.36
DON YEAGER	28.09	TOM SEAYER	29.28
ROD SMITH	33.31	400M	
M60 MERION KNIGHT	1:28.7	M35 STEVE GALLERO	1:00.4
M40 ANDY PLACE	1:03.7	KEVIN HOLMES	1:06.2
JEFF GALLERO	1:00.8	800M	
M35 PAMELA MALMSTEN	2:52.3	M60 MERION KNIGHT	3:23.4
M40 DOUG KUIPER	2:10.7	STEVE HULST	2:08.8
KEVIN HOLMES	2:24.6	JEFF ENDRES	3:28.7
WALT BARNOWSKI	2:19.7	M60 ROD SMITH	2:42.5
JOHN ELWARNER	3:25.9	1500M	
M35 PAMELA MALMSTEN	5:38.8	M65 CHRIS SWANSON	7:17.2
M40 DAVE HULST	4:32.3	KEVIN HOLMES	4:51.4
JEFF ENDRES	4:53.6	ROD SMITH	5:43.7
5000M		M30 VICKI PUTNAM	21:44
M50 ROGER MCCAIG	26:36	110M HH	
M40 MARK JAKUBOWSKI	18.08	100M H	
M60 TOM SEAYER	17.74		

## Sprint Triathlon

## Lake Geneva, WI, June 24

Athlete Name	Points	100	200	400
1 Scanlan, Tim	M37 2022	12.24	23.84	55.64
		w: NWI	w: 0.6	
1 Krainik, Gerry	M47 2395	12.34	24.34	56.24
Oak Forest, IL		w: NWI	w: 0.6	
1 Clarke, Kingsley	M56 1745	14.24	29.04	67.44
Chicago, IL		w: NWI	w: 0.6	
1 Pliner, Terry	M62 1682	14.44	30.04	74.24
		w: NWI	w: 0.3	
2 Amery, Don	M63 1000	15.14	32.44	DNF
Erie, IL		w: NWI	w: 0.3	
1 Brown, Harry	M70 2834	13.54	28.64	65.64
		w: NWI	w: 0.3	

## MID-AMERICA

USATF Mid-America Regional Masters Championships  
Friends U., Wichita, KS, June 10

100m		M30 Kirt Beeby	11.5
M35 Christian Boda	11.0	Don Cottner	12.3
Lyle Whitaker	13.1	M40 Roger Davis	12.3
Bob Larson	14.1	M45 Kirk Burgess	11.7
Bill Sellers	12.2	Dan Knight	13.2
Brian Hammond	13.6	Kelly Meares	13.6
M50 James St Clair	11.5	Mike Steinmetz	11.9
Ike Murphy	12.5	Dennis Schmitt	12.7
Dave Osborne	13.0	M55 Ross Jensen	113.0
Tom Fisher	113.0	Gary Oliphant	13.4
M60 Thorton Shelton	15.3	M65 Bob Santine	14.5
Roger Weidman	14.8	M70 Jerry Donley	15.7
Bob Chado	17.7	M80 Ed Carter	16.3
Bob Anthony	19.6	W30 Elaine Boda	13.1
Leann Campbell	14.4	W35 Lynn Chance	15.2
W45 Sandy Lane	16.4	Mileah Loeb	17.6
W50 Jane Harrington	17.6	Deanna Scoville	18.7
W55 Mary Althaus	20.2		

Continued on next page



Continued from previous page

W60 SylviaBrooksSmith	17.7
Eileen Schmidt	18.5
<b>200m</b>	
M30 Kirt Beeby	22.5
M35 Christian Boda	22.2
Lynford Montgomery	24.3
Lyle Whitaker	26.9
M40 Mike Houston	23.7
Roger Davis	24.6
M45 Kirk Burgess	24.0
Bill Sellers	24.4
Brian Hammond	28.3
M50 James St Clair	23.9
Ike Murphy	25.5
Mike Steinmetz	25.7
Dave Osborne	27.4
M55 Tom Fisher	26.3
M60 Bob Lida	25.9
Richard McKissen	28.3
M65 Bob Satine	31.2
M70 Darwin Michaud	37.5
Bob Chado	38.4
Val Smith	40.8
M80 Ed Carter	35.1
Bob Anthony	40.9
W30 Elaine Boda	28.3
Leann Campbell	30.1
W35 Lynn Chance	32.7
W45 Sandy Lane	37.4
Mileah Loeb	38.4
W50 Deanna Scoville	38.0
Jane Harrington	38.4
W55 Mary Althaus	40.3
W60 SylviaBrooksSmith	39.4
Eileen Schmidt	40.1
<b>400m</b>	
M30 Kirt Beeby	50.4
M35 Freddie Wilson	52.9
M40 Mike Houston	53.9
Roger Davis	58.8
M55 Tom Fisher	58.9
M60 Richard McKissen	67.6
M70 Darwin Michaud	93.5
Val Smith	141.8
M75 Glenn Dody	84.1
M80 Bob Anthony	142.1
W30 Leann Campbell	69.8
W35 Lynn Chance	72.7
W45 Sandy Lane	94.1
Mileah Loeb	95.6
W50 Deanna Scoville	93.9
W55 Mary Althaus	99.0
W60 Eileen Schmidt	98.0
<b>800m</b>	
M35 Freddie Wilson	2:20.4
Jim Bogus	2:23.3
M40 Phil Ware	2:21.2
M65 Bill Perich	3:04.4
M70 Darwin Michaud	3:47.4
M75 Glenn Dody	3:36.7
W60 Eileen Schmidt	4:24.3
<b>1500m</b>	
M35 Jim Bogus	4:51.2
M40 Phil Ware	4:46.8
M50 Jeff Berven	4:38.4
M65 Paul Heitzman	5:32.7
M70 Darwin Michaud	7:53.4
M45 Sandy Lane	7:33.5
<b>3000m</b>	
M35 Tony Mucci	12:21.3
M40 Phil Ware	10:35.1
M50 Jeff Berven	10:08.5
M65 Paul Heitzman	11:37.7
<b>Short Hurdles</b>	
M35 Roy Birch	16.1
M40 Riley Greenwood	19.3
M45 Gene Iwen	19.5
M55 Ross Jensen	18.2
M60 Charlie Miller	15.6
<b>Long Hurdles</b>	
M35 Roy Birch	61.5
M40 Riley Greenwood	72.0
M45 Gene Iwen	69.2
M50 Alan Birdsell	81.8
<b>High Jump</b>	
M35 Lyle Whitaker	5-4
M40 Riley Greenwood	4-10
M45 Garry Pirsch	5-8
Kelly Meares	5-0
M50 John Charles	5-0
Terrell Schaffer	5-0
Alan Birdsell	4-6
Dennis Schmitt	3-8
M55 Tom Thorne	4-10
Ron Collier	4-8
Gary Oliphant	3-10
M60 Bob Audrey	4-4
M65 Ross Vrooman	4-4
M70 Val Smith	3-10
Dick Donley	3-8
M80 Ed Carter	3-10
Scott Herman	3-8

W60 Eileen Schmidt	3-2
<b>Pole Vault</b>	
M45 Dennis Webb	11-8
Kelly Meares	10-8
M50 Dennis Schmitt	10-0
John Charles	10-0
M55 Ron Collier	9-6
Tom Thorne	8-6
M60 Bob Audrey	7-0
<b>Long Jump</b>	
M30 Joe Dyer	20-5.75
M35 Lyle Whitaker	14-8.75
M45 Dan Knight	16-9.75
Dennis Webb	16-3.5
Kelly Meares	15-11.5
Garry Pirsch	14-4.75
M50 Dennis Schmitt	16-5
M55 Gary Oliphant	16-6.5
Ron Collier	14-11.5
W45 Sandy Lane	11-3.5
Deb Vestal	7-10.5
W60 Eileen Schmidt	9-5.25
<b>Triple Jump</b>	
M45 Riley Greenwood	32-8
Garry Pirsch	30-0
M50 Dennis Schmitt	27-5
Bob Everoski	24-1.5
M55 Mark Chapman	22-0
M60 Bob Audrey	24-5
M80 Ed Carter	23-2
W45 Deb Vestal	17-9.25
Sandy Lane	16-5.5
W60 Eileen Schmidt	17-0.75
<b>Shot Put</b>	
M35 Lyle Whitaker	40-8
M40 Rick Anderson	45-9.5
Ken Jansson	45-6
Ted Goudge	37-3
Russ Hinson	31-8
M45 David Rhatigan	40-2.75
Mike McGraw	37-9.75
Tim Fuehrer	30-3.5
Garry Pirsch	30-1.5
Kelly Meares	29-4
M50 Blaine Welton	35-1
Tim Edwards	34-5.5
Terrell Schaffer	32-4.75
M55 Mark Chapman	35-1.25
M60 Ron Anderson	39-7.25
Bob Audrey	23-11.5
M65 Tom Wesselowski	34-9
Ross Vrooman	27-8.5
Bob Santine	24-11.5
M70 Engle Grow	33-11.25
Val Smith	32-0.25
M80 William Trimmell	28-3
Leo Chapman	27-5.25
W40 Susan Hinson	19-3
W45 Sandy Lane	25-7
W60 SylviaBrooksSmith	20-7.25
Eileen Schmidt	20-0.25
W70 Dorothy Meyer	15-8
<b>Discus</b>	
M35 Lyle Whitaker	121-7
M40 Rick Anderson	140-3
Ken Jansson	138-1
Ted Goudge	120-1
Mark Talbert	112-5
Rob Larson	104-7
M45 Mike McGraw	142-5
David Rhatigan	136-8
M50 Tim Edwards	138-3
Blaine Welton	134-8
Terrell Schaffer	130-11
John Charles	86-2
Alan Birdsell	85-7
Bob Everoski	83-0
M55 Mark Chapman	118-3
M60 Ron Anderson	162-1
M65 Tom Wesselowski	114-11
Ross Vrooman	101-2
Bob Santine	82-10
M70 Ed Hooker	128-8
Bob Chado	99-7
Val Smith	95-10
M80 Scott Herrman	84-10
Leo Chapman	68-10
William Trimmell	63-0
W40 Susan Hinson	47-2
W60 Eileen Schmidt	35-0
SylviaBrooksSmith	33-3
W70 Dorothy Meyer	43-10
<b>Hammer</b>	
M40 Ken Jansson	183-9
Bob Larson	84-8
M50 Tim Edwards	131-8
Terrell Schaffer	83-3
M55 Mark Chapman	79-3
M70 Bob Chado	87-7
Val Smith	60-7
M80 Leo Chapman	59-9
<b>Javelin</b>	
M35 Lyle Whitaker	121-8

M40 Ted Goudge	138-9
Riley Greenwood	137-1
M45 Garry Pirsch	95-6
Gene Iwen	85-2
M50 Terrell Schaffer	108-3
Dennis Schmitt	94-10
Alan Birdsell	62-1
M55 Mark Chapman	103-1
M65 Bob Santine	96-9
Ross Vrooman	76-6
M70 Val Smith	89-9
Bob Chado	84-10
Engle Grow	82-6
M80 Leo Chapman	60-6
William Trimmell	44-2
W45 Sandy Lane	33-4
W60 SylviaBrooksSmith	52-11
Eileen Schmidt	40-0
W70 Dorothy Meyer	34-5
<b>3000m Racewalk</b>	
M60 Frank Chenoweth	20:27.4
M70 Dick Donley	23:14.4
W50 Patsy Barker	21:34.7
<b>BD Track Club Meet</b>	
Urbandale, IA; June 24	
<b>100m</b>	
M30 Marek Wensel	11.46
M35 Jeff Alaimo	12.01
M40 Wayne Shafer	12.42
M45 Mike Skoflanc	12.16
M65 Norman Robinson	14.23
M75 Mel Larson	13.72
<b>200m</b>	
M30 Marek Wensel	22.87
M35 Jeff Alaimo	24.72
M40 Wayne Shafer	24.69
<b>400m</b>	
M30 Steve Argensinger	56.62
M40 Wayne Shafer	55.18
M65 Franklin Brown	1:14.85
<b>800m</b>	
M40 Dave Langer	2:13.43
<b>1500m</b>	
M35 Marty Sprague	4:35.27
M45 David Miller	4:54.39
<b>Short Hurdles</b>	
M75 Mel Larson	13.77
<b>High Jump</b>	
M35 Marty Sprague	5-10
M65 Norman Robinson	4-4
<b>Long Jump</b>	
M35 Jeff Alaimo	18-2.50
M45 Mike Skoflanc	18-3.75
M65 Norman Robinson	15-2
<b>Triple Jump</b>	
M35 Marty Sprague	37-3.75
M45 Mike Skoflanc	36.50
M65 Franklin Brown	25-10
<b>Shot Put</b>	
M30 Marek Wensel	37-6.25
M45 Matt Byrnes	40-7.50
W45 Linda Rowe	29-3
<b>3000m RW</b>	
M65 Franklin Brown	15:19.67
<b>Lake Erie Association USATF</b>	
Championships	
Independence, OH; July 1	
<b>100m</b>	
M30 Terrence Bogan	12.95
M40 Lawrence Finley	13.36
<b>200m</b>	
M30 Terrence Bogan	26.84
M40 Lawrence Finley	26.12
M45 Bob Thomas	26.61
W35 Deborah Thomas	28.83
<b>400m</b>	
M45 Walter Hawkins	60.17
W35 Deborah Thomas	65.05
<b>800m</b>	
M35 Paul Heyse	2:18.44
M45 Bob Thomas	2:09.32
W35 Richee Cunningham	2:58.10
<b>3000m</b>	
W35 Richee Cunningham	22:00.8
<b>High Jump</b>	
M35 James Timoch	4-8
<b>Discus</b>	
M35 James Timoch	85-7
M60 Ron Laird	113-8
W50 Jackie Collins	47-6
<b>Javelin</b>	
M35 James Timoch	111-9
M50 Jeff Gerson	80-5
M60 Ron Laird	98-4
<b>3000m Racewalk</b>	
M50 Jeff Gerson	20:57.0
M60 Ron Laird	18:03.3
M70 Gunter Sprochoff	23:11.3

## SOUTHWEST

Greater New Orleans District	
Senior Olympics	
Kenner, LA; April 15	
<b>100m</b>	
M50 Saul Jones	6.72
M55 Robert Baker	6.88
M60 Jack Theriot	7.00
M65 Frank Newman	7.62
M70 Louis Riecke	7.53
W55 Juliette Bordonel	9.12
W60 Doris Polak	9.00
W65 Louise Reynolds	10.09
W75 Lorraine McCaslin	13.44
<b>100m</b>	
M50 Saul Jones	12.56
M55 Robert Baker	13.00
M60 Michael Boudreaux	13.00
M65 Frank Newman	14.19
M70 Louis Riecke	14.50
W55 Juliette Bordonel	18.22
W65 Louise Reynolds	20.15
<b>200m</b>	
M50 Saul Jones	25.97
M55 Robert Baker	27.02
M60 Michael Boudreaux	26.08
M65 Frank Newman	30.01
M70 Louis Riecke	31.22
W55 Juliette Bordonel	41.65
W65 Louise Reynolds	48.75
<b>400m</b>	
M60 Frank Fouchi	1:52.46
M65 Sid Montecino	1:22.41
M70 Robert Sylvester	1:18.09
W55 Rosa Bonilla	2:17.25
W65 Mildred Coleman	2:02.35
<b>800m</b>	
M50 Herb Stein	2:38.59
M65 Charles Wimberley	2:37.13
M70 Charles Simon	4:45.35
W55 Rosa Bonilla	4:40.13
<b>1500m</b>	
M50 Joseph Camarillo	8:29.31
M60 Fred Eitmann	8:29.31
<b>High Jump</b>	
M50 Harold Bourgeois	4-7
M55 Vincent Breaux	4-2
M60 Frank Fouchi	4-6
M65 Jerry Lyons	4-4
M70 Sonny Oliphant	4-2
W55 Juliette Bordonel	3-4
W65 Louise Reynolds	3-6
<b>Long Jump</b>	
M60 Frank Fouchi	12-11
M65 Roland Forman	9-10
M70 Sam Ascani	11-9
W50 Rosa Bonilla	6-9.75
W55 Juliette Bordonel	10
W60 Doris Polak	9-7.75
W65 Bernice	8-11
W75 Lorraine McCaslin	5-7
<b>Shot Put</b>	
M50 Harold Bourgeois	39-9.75
M55 Vincent Breaux	34-11.50
M60 Charles Cannon	31-4.75
M65 Roland Forman	27-8.25
M70 Jack Haller	32-1.75
M75 George Taix	25-6
M80 Ed Olsen	17-7.50
W55 Marilyn Duvall	22-8
W60 Doris Polak	22-7.50
W70 Thais Lacrouts	18-50
W75 Lorraine McCaslin	13-6
<b>Discus</b>	
M50 Harold Bourgeois	118-3
M55 Vincent Breaux	108-1
M60 Malcolm Bech	110-1
M65 Jerry Lyons	109-6
M70 Jack Haller	82-9
M75 Donald Dreyer	61-3
M80 Ed Olsen	38
W55 Marilyn Duvall	61-8
W60 Doris Polak	54-9
W70 Thais Lacrouts	46-8
W75 Lorraine McCaslin	29-1
<b>Javelin</b>	
M50 Harold Bourgeois	131-4
M55 Vincent Breaux	127-5
M60 Jack Theriot	157-9
M65 Jerry Lyons	120-9
M70 Murrey Sollender	93-5
M75 Donald Dreyer	68-2
M80 Ed Olsen	26-10
W55 Marilyn Duvall	66-9

W70 Thais Lacrouts	25-7
W75 Lorraine McCaslin	25-2
<b>1500m RW</b>	
M55 Bill Marshall	10:59.34
M60 Bill Elrod	9:21.47
M70 Thomas Hirth	11:25.72
W55 Rosa Bonilla	12:56.84
W70 Roro Hoerner	12:66.25
<b>WEST</b>	
Aloha State Games	
Honolulu, HI; June	
<b>100m</b>	
M30 Frank Irwin	11.69
M35 Kent Untermann	11.61
M40 Philli Oyape	12.06
M45 Dacre Bowen	11.67
M50 Allen Ng	12.53
M55 Walter Ritte	12.94
M60 Stanford Kuroda	14.31
M65 Hesley DeBow	14.46
M70 Pat Brown	15.48
M80 Chuck Yogi	20.78
M95 Erwin Jaskulski	25.07
W30 Deborah Scott	14.11
W45 Robyn Calhoun	14.37
<b>200m</b>	
M30 Frank Irving	24.27
M35 Kent Untermann	23.83
M40 Philli Oyape	25.25
M45 Dacre Bowen	24.62
M50 Ron Pate	27.51
M55 Walter Ritte	27.09
M60 Rudy Kainuma	32.20
M65 Hesley DeBow	30.96
M70 Bob Voegel	38.88
M80 Chuck Yogi	49.76
W45 Robyn Calhoun	31.50
<b>400m</b>	
M30 Farand Scott	1:02.74
M35 Kent Untermann	54.51
M40 Francis Mukai	59.62
M45 Marvin Jones	59.11
M55 Walter Ritte	1:01.17
M60 Stanford Kuroda	1:14.22
M65 Bill Cunningham	1:15.06
M70 Brooks Kakiuchi	1:39.71
M75 Naoto Inada	2:05.69
M80 Bob Terukina	2:12.06
W45 Robyn Calhoun	1:21.50
<b>800m</b>	
M30 Farand Scott	2:48.49
M35 Neil Ihng	3:41.90
M40 Bryan Galloway	2:15.26
M45 Willes Lee	2:27.79
M50 Ron Pate	2:23.26
M55 Sai Ching	2:20.05
M60 Geoff Howard	2:47.52
M65 Bill Cunningham	3:02.30
M70 Bruce Kakiuchi	4:01.60
M75 Naoto Inada	4:55.18
M80 Masaru Morikawa	4:01.84
W50 Karen Loomis	3:27.54
<b>1500m</b>	
M30 Eric Stabb	4:10.98
M40 Ashley Dustow	4:47.34
M50 Ron Pate	5:02.99
M60 Geoff Howard	5:37.14
M65 Cliff Youth	7:06.08
M70 Brooks Kakiuchi	8:04.13
M75 Naoto Inada	10:52.45
M80 Masaru Morikawa	8:08.04
M30 Buffy Whiteman	5:24.19
W35 Heidi Ballendorf	5:18.32
W40 Beth Blackburn	7:11.96
W45 Cyndi Medeiros	7:21.28
W50 Karen Loomis	6:48.42
<b>3000m</b>	



Continued from previous page

Bill Weinstock 12.84	M65 Robert Culling 6:06.20	W65 Christel Miller 25-1	M35 Jeff Gonzales 13.25	M50 Noland Shaheed 2:01.72	M45 William Gardner 33.26
M55 Walt Butler 12.97	Ray Archibald 6:52.70	Mary Hirst 23-0	Michael Waters 13.34	M55 Larry Barnum 3:06.78	M50 Bill Weinstock 31.12
Lee Gillespie 13.43	M70 James Selby 6:07.00	W70 Johnnie Valien 22-4	M40 David Washington 11.31	M70 Efrin Sanchez 2:52.80	Larry Lloyd 27.44
Willie Robertson 13.67	Efrin Sanchez 6:19.60	Julia Voltera 17-0	Eric Dixon 11.53	Louis Beadle 2:55.53	M55 Mac McCormick 35.94
M60 Ken Dennis 12.93	Yoshi Sakazaki 7:05.90	W75 Wilma Davenport 18-11	Greg Holmes 11.99	Jim Selby 2:56.16	M60 C P 46.67
Frank Hollier 13.41	M75 Avery Bryant 7:41.00	Discus	Mike Shea 12.61	M75 Avery Bryant 3:20.55	Joe Marino 46.05
Roger Tsuda 13.58	M85 Vince Malizia AR7:41.30	M50 Mike Deller 153-3	M45 Johnny Williams 11.84	W35 C Groenendoal 2:13.14	Alan Rosen 37.39
M65 Dick Richards 12.72	(Spangler/7:44.96/1984)	James McEvoy 106-8	Steve Kloch 12.67	W40 Debbie Barraza 2:39.67	M65 Phil Shipp 38.05
Nick Newton 13.20	W50 Yoko Eichel 5:35.1-	Angelo Rinaldi 105-4	M50 Eugene Driver 12.45	W55 Mary J McMaster 4:16.72	Ed Martin 34.06
Ed Newhall 13.22	W55 Donna Delaney 6:59.00	M55 Brian Spiegel 88-3	John Tomaschke 12.90	W60 Yvette LaVigne 2:41.05	Ray Fitzhugh 33.80
M70 Don Cheek 14.57	Lynne Lund 9:45.5-	Bert Shirk 180-1	Dan Orozco 12.91	W75 Gerry Davidson 4:12.16	M70 Don Hegberg 40.89
James Selby 15.60	5000m	Hal Sheakley 180-1	Barry Rosenhamer 14.60	1500m	Fred Lochner 33.00
Bob Frier 16.16	M50 Augustin Medina 19:26.60	M60 Joe Marino 154-11	M55 Lee Gillespie 13.42	M40 Angelo DeColibus 4:21.26	Lou Mozzini 24.56
M75 Frank Benedict 16.41	Dan Hirst 21:52.20	Hal Smith 130-1	Ron Stark 14.20	Mark Cleary 4:25.33	M75 Robert Davidson 14.19
Ray Crawford 18.03	M55 Richard Jones 21:30.90	Doug Cronin 125-5	M60 Harold Tolson 12.20	Jeff Stamp 4:33.84	Hammer
M80 Richard Leach 18.12	James Naftel 25:13.20	M65 Robert Eldridge 98-1	Kenny Dennis 12.24	M45 Peter Mogg 4:17.15	M45 Tom Meyer 38.47
Fred Tompkins 18.89	M60 Arnold Orgolini 21:49.20	Don Starler 90-7	Bill Knocke 13.30	Mike Tipping 4:41.36	M50 Larry Shipp 22.82
Art Sherman 22.40	M Elbouazou 24:25.00	Howard Waite 85-0	M65 Frank Kishi 15.32	Hugo Velazquez 4:48.46	Javelin
M85 Clarence Trahan 19.01	Darrell Smith 25:04.30	M70 Charlie Sarver 108-4	M70 Al Escobosa 14.91	M50 Don Irvine 4:32.15	M30 Vince Beresford 49.73
M90 Anthony Castro WR19.62	M65 Ray Archibald 27:04.30	Byng Forsberg 68-3	Jim Selby 15.16	Augustin Medina 5:01.18	M35 Chuck Gaudette 50.32
(McClean /19.9/1975)	Van Aposhian 28:09.90	Joe Benintende 46-4	Bob Frier 16.43	M65 Robert Culling 5:35.90	Jeff Gonzales 29.42
W50 Lorraine Tucker 15.37	M70 James Selby 26:01.40	M75 Don Roser 84-0	M80 F D Tompkins 18.83	M70 Jim Selby 5:57.61	M40 Frank Vacek 49.08
Brenda Matthews 15.92	Yoshi Sakazaki 26:48.20	Ray Crawford 63-8	M90 Anthony Castro 19.64	Efrin Sanchez 6:42.82	Hal Halpern 34.09
Anne Fisk 18.23	Bry Thorne 30:51.60	M80 Roland Ortmyer 64-9	W35 Charissa Dickenson 13.15	Bob Holmes 7:08.11	M45 Vern McGarry 38.83
W55 Ruth Zony 22.88	M75 Avery Bryant 30:21.50	Bill Burke 62-11	Elaine Iba 13.90	M75 Avery Bryant 8:22.73	Mike Tipping 38.80
W60 Kathy Bergen 14.72	W50 Yoko Eichel 22:40.70	Art Sherman 58-5	W40 Debbie Selby 17.08	W40 Debbie Barraza 5:20.90	M50 Sy Silverstein 38.90
Pat Willis 22.30	Maggie Small 31:04.70	M90 Virgil Russell 26-11	W45 Michelle Freeman 14.68	W45 Patricia Shapiro 6:00.86	Ron Rook 37.17
Julie Grantbowlin 23.23	W55 Jody Brockway 28:57.9-	W50 Lorraine Tucker 78-0	W50 Brenda Matthews 15.62	W75 Gerry Davidson 8:46.9	Bill Weinstock 35.74
W70 Johnnie Valien 18.82	W70 Dorothy Tracey 34:09.10	W55 Connie Sarver 72-3	W55 Mary Jane McMaster 23.79	3000m	Larry Lloyd 32.08
Louise Martin 25.31	High Jump	Ingrid Mancini 61-9	W60 Kathy Bergen 14.50	M70 Jim Selby 12:38.9	M55 James Brennan 32.18
200m	M50 Robert Pozzi 5-4	W60 Neatsa Foster 40-1	200m	M75 Avery Bryant 12:39.3	Mac McCormick 15.28
M50 John Tomaschke 26.27	Gary Austin 4-10	W65 Ellen Brannigan 57-0	M30 Brian Gore 24.89	5000m	M60 C P 44.10
Bill Weinstock 26.53	Jorge Birnbaum 4-8	Javelin	M35 Mike Rubino 24.72	M65 G McClenathan 22:17.01	Joe Marino 32.55
Jorge Birnbaum 28.46	M60 Dave Perry 4-10	M50 James McEvoy 127-5	Jeff Gonzales 27.24	W50 Gail Shaw 28:11.30	M65 Ed Martin 32.86
M55 Willie Robertson 127.06	Bert Bergen 4-8	Larry Lloyd 108-2	M40 David Washington 23.01	10,000m	Chuck Coutts 31.22
Lee Gillespie 127.06	Ira Ramjoo 4-6	John Montandon 102-4	Jeff Stamp 24.91	M60 Art Mortell 47:57.7	Ray Fitzhugh 28.78
John Miller 28.59	M65 Nick Newton 4-6	M55 Duane Holmes 114-9	Mike Shea 25.24	Short Hurdles	M70 Doug Richardson 30.87
M60 Ken Dennis 26.34	Jerry Sullivan 4-6	Steve Shepherd 111-8	Joe Gilboy 29.44	M40 G Hayrapetyan 16.22	Don Hegberg 26.79
Frank Hollier 28.22	Robert Harms 3-0	M60 Steve Wordell 134-5	M45 Johnny Williams 24.87	M45 Ken Stone 20.76	W35 Tammy Nolen Mack 22.56
Roger Tsuda 28.70	M70 Farrell Belliston 3-8	John Miller 104-5	Peter Mogg 25.41	M50 Sheridan Groves 17.55	W40 Allison McCormick 20.57
M65 Dick Richard 26.22	Bob Holmes 3-8	Jerry Chase 62-7	Steve Kloch 25.81	M60 Bill Knocke 16.49	W60 Kathy Bergen 21.18
Nick Newton 27.87	M75 Don Roser 3-6	M65 Chuck Coutts 104-5	Ken Stone 27.41	Long Hurdles	
Francis Kishi 33.32	W50 Anne Fiske 3-0	Don Starler 73-10	M50 Nolan Shaheed 25.69	M40 Steve Cummings 66.1	Kelfield Throws Series #86
M70 Don Cheek 29.45	W65 Christel Miller 3-8	Grant Cotter 63-4	Eugene Driver 25.81	M45 Andrew Hecker 67.58	Santa Cruz, CA; July 1
James Selby 32.30	W70 Johnnie Valien 3-0	M70 Allen Treffy 117-3	John Tomaschke 26.10	Ken Stone 74.72	Shot Put
Bob Frier 33.89	Pole Vault	Doug Richardson 100-4	Bill Weinstock 26.55	M50 Sheridan Groves 72.87	M45 Rich Watson 9.93
M75 Frank Benedict 35.59	M50 Gary Austin 9-0	Byng Forsberg 64-6	Philip Gnesin 29.32	3000m Steeplechase	M50 Gary Kalmenson 11.64
Felix Jumonville 36.09	M60 Terry Cannon 11-6	M75 Ed Chynoweth 99-2	M55 Lee Gillespie 27.59	M40 Dave Cook 11:34.29	M65 Stew Thomson 12.20
Ray Crawford 42.38	Hal Smith 7-6	Don Roser 94-6	Joe Perry 27.87	M55 Rolie Cavaletto 12:35.27	Discus
M80 Fred Tompkins 38.82	M65 Robert Harms 6-6	M80 Art Sherman 67-0	John Miller 28.71	M70 Gunnar Linde 14:14.35	M45 Rich Watson 35.27
Richard Leach 39.49	Manny Mora 5-6	Roland Ortmyer 54-5	M60 Harold Tolson 24.93	4x100m Relay	M50 Gary Kalmenson 37.10
M85 Clarence Trahan 44.36	M70 Robert Holmes 7-0	Bill Burke 51-5	Doug Smith 25.91	M60 Team USA 48.51	M65 Stew Thomson 46.34
Vince Malizia 48.41	M75 Don Roser 6-6	W50 Lorraine Tucker 83-7	Kenny Dennis 26.05	High Jump	M75 Gee Gee Toscano 22.64
W50 Kemisole Solwazi 30.36	W70 Johnnie Valien 4-6	W55 Connie Sarver 79-6	Gary Sims 26.50	M40 G Hayrapetyan 1.75	W35 Brenda Westbrook 50.59
Pat Willis 54.94	Long Jump	W60 Kathy Bergen 75-10	Bill Knocke 26.72	Derreck DeLeon una 1.42	Hammer
M70 Sumi Ono Leonard 39.24	M50 Rob Farber 17-2.25	Neatsa Foster 34-2	M65 Frank Kishi 32.72	M50 Larry Lloyd 1.37	M30 Mike Henry 60.48
Jonny Valien 43.30	Bill Weinstock 16-0.5	W65 Ellen Brannigan 52-7	Ray Fitzhugh 34.31	M60 Bert Bergen 1.37	Matt Cavender 35.38
Louise Martin 56.11	Gerald Jones 15-3.5	M70 Johnnie Valien 51-10	M70 Jim Selby 31.88	W50 Ann Steekelenburg 1.37	M40 Mike Venning 42.78
400m	M55 Terry Rowan 14-8.5	Julia Voltera 32-6	Bob Frier 33.90	Kay Sparks 1.32	M45 Rich Watson 35.06
M50 Herman Castillo 57.63	James Kholos 9-5.75	W75 Lu Mahoney 56-7	Milo Sather 34.32	Pole Vault	M50 Gary Kalmenson 42.09
Philip Gnesin 63.64	M60 Roger Tsuda 15-9	Jeanne Bishop 33-6	M80 F D Tompkins 40.66	M35 Greg Charles 3.95	M65 Stew Thomson 45.10
Gerald Jones 63.79	Bob Newberger 14-6.75	1500m Racewalk	W35 Charissa Dickerson 26.75	M40 Leonard DeLeonardo 3.35	Javelin
M55 Larry Barnum 62.29	Bert Bergen 13-2.25	M50 George Spitzer 8:42.9	Tammy Nolen Mack 29.03	Frank Vacek 3.05	M45 Rich Watson 47.20
John Miller 64.70	M65 Dick Richards 17-2.75	M55 Jesus Orendain 8:07.2	W40 Debby Selby 36.59	M45 Murray Mead 3.97	Weight Throw
Terry Rowan 65.15	Ed Newhall 12-9	Stuart Ray 9:02.4	W45 Michelle Freeman 30.66	M50 Wayne Lambert 4.35	M30 Matt Cavender 35# 13.04
M60 Jesse Carrington 68.11	Robert Harms 8-4.75	Jay Dash 9:33.7	W50 Victoria Miller 32.48	Steve Morris 3.80	Matt Cavender 25# 16.30
M65 Bill Vaughn 91.22	M70 Taki Nagao 10-6	M60 Jerry Chase 12:32.0	W55 Mary Jane McMaster 53.13	Dan Borrey 3.80	M40 Mike Venning 35# 12.93
M70 Louis Beadle 70.88	M75 Frank Benedict 9-11.25	M65 Carl Acosta 8:52.6	400m	Dave Johnston 3.37	Mike Venning 25# 16.75
James Selby 72.49	Ray Crawford 9-1.75	Leon Glazman 8:56.2	M30 Ben Crouch 54.00	W35 Elaine Iba 4.63	M45 Rich Watson 35# 12.06
Bob Frier 82.76	Roy Murano 8-1.25	George Solis 9:44.1	M35 Cornell Stephenson 50.92	M55 Mardon Connelly 3.35	M50 G Kalmenson 35# 12.28
M75 Avery Bryant 81.04	M85 Clarence Trahan 8-10.75	M70 Gene Connor 10:50.5	Fred Lipscomb 52.58	Long Jump	G Kalmenson 25# 15.72
Felix Jumonville 83.77	W50 Lorraine Tucker 11-9.25	M75 Masashi Noritake 9:47.8	Ed Arenberg 56.00	M35 Lavell Davenport 5.70	Weight Pentathlon
Roy Murano 98.92	Brenda Matthews 9-7	W50 Yoko Eichel 9:03.0	M40 Robert Hicks 51.96	M40 G Hayrapetyan 6.16	M45 Rich Watson 47 3261
M80 Fred Tompkins 90.26	Sharee Watterson 8-0.5	W55 Lynne Lund 12:31.2	Vincent Galloway 53.76	Derreck DeLeon 4.79	(marks above)
Richard Leach 93.12	W70 Johnnie Valien 9-7	W60 Carol Ferris 9:38.3	Joe Gilboy 62.61	M50 Carl Flowers 5.49	NORTHWEST
M85 Vince Malizia 1:48.37	Louise Martin 5-6.5	Yvonne Weber 10:13.1	Chip Everage 62.75	M60 Bert Bergen 4.01	Montana Senior Olympics
W50 Maggie Small 1:41.91	Shot Put	Pat Willis 10:25.4	M45 Danny Goldman 56.54	M65 Ray Fitzhugh 3.81	Helena; June 9-10
W55 Jody Brockway 93.92	M50 Mike Deller 42-8	W65 Patti Kennedy 11:36.3	Steve Kloch 59.79	W35 Elaine Iba 4.63	60m
W60 Kemisole Solwazi 69.78	Angelo Rinaldi 41-7	Mary Hirst 12:43.7	Bill Fitzpatrick 60.56	W50 Brenda Mahnous 3.39	M50 Keith Beartusk 8.40
Pat Willis 2:01.76	Greg Wheeler 36-1	W70 Louise Martin 12:36.1	Ed McCalley 61.25	Triple Jump	Robert Ekblom 9.10
800m	M55 Dennis McCraven 36-0	5000m Racewalk	M50 Eugene Driver 60.52	M35 Lavell Davenport 13.84	Bob Stevenson 17.10
M50 Luis Mayoral 3:16.26	Brian Spiegel 34-7	M50 Ed Bouldin 30:04.8	Philip Gnesin 65.75	M40 David Quick 14.02	M55 Jerry Carey 8.40
M55 Larry Barnum 2:33.53	Hal Sheakley 32-4	Rick Campbell 30:06.7	M55 Larry Barnum 62.20	G Hayrapetyan 13.13	Russell Meech 20.00
Carlos Cruz 3:11.52	M60 Hal Smith 43-2	George Spitzer 31:16.1	John Miller 67.72	Derreck DeLeon 9.96	W60 Barbara Dubbs 12.25
M65 Robert Culling 2:46.01	Riley O'Neil 36-7	M55 Stuart Ray 33:25.1	M65 Jerry Jefferson 70.06	W35 Elaine Iba 8.64	M60 Terry Dagenais 9.60
Ray Archibald 3:19.40	Alan Rosen 32-10	M60 Bob Nyman 31:58.2	M70 Jim Selby 73.77	Shot Put	Pete Degregorio 9.90
M70 Gunnar Linde 2:46.01	M65 Robert Eldridge 32-1	M65 Carl Acosta 31:36.6	Bob Frier 83.39	M35 Chuck Gaudette 10.78	Al Smith 12.60
James Selby 2:50.62	Joe Durrenberger 30-9	Arvid Rolle 33:00.3	M80 F D Tompkins 96.45	James Barry 10.38	Robert Redpath 16.50
Efrin Sanchez 2:51.0-	Howard Waite 28-0	Leon Glazman 33:10.9	W40 Debby Selby 87.10	Scott Lunders 10.09	M65 Ray Morrison 8.87
M75 Avery Bryant 3:25.15	M70 Charlie Sarver 34-5	M75 Masashi Noritake 34:46.9	W55 Mary J McMaster 1:58.09	M40 Jeff Voorhees 12.03	Ray Ferrell 9.43
Roy Murano 4:02.72	James Glynn 27-10	W55 Mary Jo Sullivan 40:15.3	W75 Gerry Davidson 1:51.54	Jim Hearn 9.35	Charles Stark 9.49
Ladislav Koran 4:20.93	Georges Meyer 25-2	W60 Nancy Brinkley 34:15.2	800m	M45 William Gardner 13.34	Leonard Olson 10.54
M85 Vince Malizia 4:03.17	M75 Ed Chynoweth 34-2	Carol Ferris 35:35.5	M30 Jon Stone 2:06.81	M60 C P 11.67	M70 Wm. Hill 9.74
W50 Yoko Eichel 2:54.88	Ray Crawford 23-6	Ena Dubnoff 37:58.5	Noah Hinkston 2:07.47	Alan Rosen 10.41	M75 Wilfred Wright 11.15
W55 Donna Delaney 3:31.82	M80 Roland Ortmyer 25-9	W65 Patti Kennedy 40:51.5	Ron Gardner 2:19.45	M65 Phil Shipp 11.24	George Cross 11.40
W70 Sumi Ono Leonard 3:42.40	Bill Burke 24-3	W75 Flo Kerechka 41:51.5	M40 Angelo DeColibus 2:09.92	M70 Don Hegberg 11.01	M80 George Ryffel 12.50
1500m	Art Sherman 23-7	USATF SC A Masters	Frank Boegeman 2:14.23	W65 Mary Hirst 7.08	100m
M50 Augustin Medina 5:00.10	W50 Lorraine Tucker 31-9	Championships	Ron Shranko 2:32.57	M35 Chuck Gaudette 37.68	F 50 Ruth Duperron 18.07
Rick Muth 5:08.30	Anne Fisk 20-4	CSU-Long Beach; June 24	M45 Peter Mogg 2:04.31	Scott Lunders 34.94	M50 Daniel Cole 13.00
M55 Carlos Cruz 6:16.10	W55 Connie Sarver 28-3	100m	Danny Goldman 2:09.39	James Barry 31.12	
James Naftel 6:24.10	Ingrid Mancini 27-8	M30 Fred Morrison 11.17	Gregory Lash 2:16.98	Jeff Gonzales 28.96	
M60 Art Mortell 5:47.10	Hattie Perry 21-7	Geo Onyenyeonu 11.37	Bill Fitzpatrick 2:22.44	M40 Jeff Voorhees 39.20	
Brack Duker 6:40.00	W60 Neatsa Foster 17-2				

Continued on next page



Continued from previous page

Keith Beartusk	13.09
Robert Ekblom	16.00
F 55 K. Rasmussen	18.21
M55 Jerry Carey	14.60
Russell Meech	18.70
F60 Barbara Dubbs	24.50
M60 Merv Armstrong	14.40
Al Smith	18.30
M65 Richard Chapin	14.40
Ray Morrison	14.62
Ray Farrell	16.80
M70 William Hill	16.20
Charles Jannings	18.80
F 75 Charlotte Acton	27.16
M75 Wilfred Wright	18.43
George Cross	19.80
M80 James Curran	21.50
George Ryffel	21.60
<b>200m</b>	
W50 Ruth Duperron	40.80
M50 Daniel Cole	27.15
Bob Stevenson	35.20
M55 Jerry Carey	32.63
Russell Meech	35.80
M60 Merv Armstrong	29.00
Al Smith	39.90
M65 Richard Chapin	30.00
Ray Morrison	30.06
Ray Ferrell	38.90
W70 Flora Wong	56.60
M70 C. Jannings	41.40
M75 Wilfred Wright	41.40
M80 George Ryffel	51.10
<b>400m</b>	
W50 R. Duperron	1:41.20
M50 Bob Stevenson	1:15.50
M55 Russell Meech	1:15.00
James Larson	1:23.60
M60 D. McNenny	1:16.06
Terry Dagenais	1:23.03
Al Smith	1:34.01
M65 Lee Johnson	2:03.00
M70 C. Jannings	1:51.40
M75 W. Wright	2:12.40
<b>800m</b>	
W50 R. Duperron	3:58.10
B. Stevenson	2:59.00
M55 R. Meech	2:57.30
M60 D. McNenny	3:12.00
T. Dagenais	3:15.00
Al Smith	3:48.00
M65 W. Egged	3:02.00
W70 Flora Wong	4:07.00
M70 Joe Howell	3:31.00
M70 C. Jannings	4:38.00
<b>1500m</b>	
W50 R. Duperron	8:04.00
W55 Donna Sims	8:05.00
M55 R. Meech	6:17.80
J. Larson	6:51.00
M60 Dean Hersey	5:34.00
D. McNenny	7:00.00
Al Smith	7:50.00
W70 Flora Wong	10:31.00
M70 Joe Howell	7:20.00
M80 J. Curran	10:03.00
<b>Hurdles 100m</b>	
M50 R. Ekblom	18.70
M55 Arne Myse	19.51
M60 M. Armstrong	19.52
M70 Wm Hill	21.30
<b>Shot Put</b>	
W50 Carole Conklin	25'2"
M50 C. Widdicombe	42'4"
Bruce Jones	40'9"
Daniel Cole	32'7"5"
M55 Ed. Johnson	37'5"5"
Peter Briant	34'3"5"
M60 Bud Leuthold	34'4"
D. Conklin	30'11"
Mirl Gratton	30'
W65 Marietta Cross	18'11"
M. Schroeder	16'11"
M55 M. Campbell	35'5"
Ray Ferrell	32'7"5"
D. Barnes	27'11"
L. Olsen	25'11"5"
W70 M. Birgheiser	22'
M. Lorenz	21'4"
Betty Heil	16'11"
D. Roberts	14'7"
M70 Wm Hill	28'10"
C. Jannings	24'00"5"
W75 Charlotte Acton	16'7"

M75 G. Cross	27'7"
W80 G. Bergman	11'8"
M80 G. Ryffel	21'9"
<b>Discus</b>	
W50 Carole Conklin	69'3"
M50 C. Widdicombe	139'6"
Bruce Jones	114'5"
Daniel Cole	104'
M55 G. Schneider	127'4"
Edw. Johnson	122'7"
Peter Briant	98'5"
M60 Mirl Gratton	111'1"
M. Armstrong	110'11"
Dean Conklin	100'
W65 Marietta Cross	45'8"
Mae Schroeder	40'6"
M65 M. Campbell	107'11"
C. Stark	99'10"50"
L. Olsen	88'8"50"
R. Morrison	88'2"50"
Wayne Meyer	87'5"
Dallas Roots	70'9"50"
D. Barnes	67'10"25"
W70 Mavis Lorenz	61'1"
Barbara Brandt	59'5"
M. Birgheiser	49'10"
Betty Heil	49'3"
Donna Roberts	38'6"
M70 Wm Hill	104'11"
A. Brandt	99'6"50"
C. Jannings	78'6"
W75 Charlotte Acton	47'
M75 Don F. Tavolacci	84'1"
George Cross	74'10"
W80 G. Bergman	29'9"
M80 George Ryffel	58'1"
<b>Javelin (regular)</b>	
M55 Walter Willey	73'3"
M60 M. Armstrong	113'1"
Mirl Gratton	106'
D. Conklin	98'00"50"
Bob Redpath	80'5"
W65 M. Schroeder	45'9"
M65 M. Campbell	123'1"
Wayne Meyer	94'1"
Leonard Olsen	76'9"
Ray Morrison	67'
W70 Barbara Brandt	74'2"
Mavis Lorenz	64'4"
Betty Heil	49'
D. Jean Olsen	23'7"
M70 Arthur Brandt	89'2"
Wm Hill	69'2"
C. Jannings	71'2"
W75 Charlotte Acton	35'5"
M75 D. F. Tavolacci	87'
George Cross	77'6"
<b>Long Jump</b>	
W50 R. Duperron	14'3"
R. Ekblom	12'5"50"
Bob Stevenson	11'5"
M55 Frank Struna	16'8"50"
M60 M. Armstrong	13'6"50"
Pete Degregorio	10'9"
W65 M. Schroeder	4'10"50"
M65 R. Chapin	13'00"50"
M70 C. Jannings	9'7"
W80 G. Bergman	6'6"50"
M80 George Ryffel	7'1"50"
<b>High Jump</b>	
M50 Daniel Cole	5'5"
Robert Ekblom	4'
M60 Jim Jenkins	3'10"
M65 Charles Stark	4'4"
M70 Wm Hill	4'2"
Charles Jannings	3'6"
M75 Richard Moore	3'4"
George Cross	3'4"
George Ryffel	3'2"
<b>Pole Vault</b>	
M65 Charles Stark	7'6"
M70 Charles Jannings	5'4"
<b>Triple Jump</b>	
M50 Bob Stevenson	26'6"
M55 Frank Struna	36'11"
M60 Merv Armstrong	26'3"
Cliff Bedell	23'1'94"
David Hill	26'4"50"
<b>Hammer Throw</b>	
M50 Bob Sager	153'7"
M60 Dean Conklin	98'
<b>Racewalk (Track)</b>	
<b>1500m</b>	
M55 Lewis Savik	9:11.30
M60 B. Redpath	10:41.00
M65 Ken Chomo	10:42.00

<b>5000m</b>	
M55 Lewis Savik	33:36.10
M60 Bob Redpath	37:50.10
M65 W. Egged	37:06.00
Ken Chomo	38:01.50
<b>Portland Masters Classic</b>	
Gresham, OR; June 17-18	
M30 Art Anderson	11.00
M35 Brian Coushay	11.80
M40 Naim Hasan	12.08
Alvin Millerbis	12.30
Bob Blackburn	12.48
Bob Good	13.51
M45 John Wells	12.29
Dwayne Baruso	12.31
Michael Aiken	13.26
M50 Mark Lesniak	12.81
William Venable	12.84
Vance Jacobson	13.19
Richard Ying	13.74
M55 Dave Walter	12.14
Paul Edens	12.47
Charles Brocato	12.90
Dick Rex	13.37
Joe Johnston	13.44
Joe Johnson	13.73
Ron Jensen	13.91
M60 Bumper Emerson	13.74
Paul Stepan	14.44
Larry Wright	16.48
M65 Joe Hoffman	14.11
Don Kane	14.72
Jim Schlewitz	14.75
Jack Coy	15.88
Cully Vaughn	16.82
M70 Dick Cottingham	15.28
Tom Brinton	16.19
Allen Miller	17.12
M75 John Cleveland	17.59
W35 Margaret Doherty	14.90
W40 Donna Schultz	14.56
W45 Mary Libal	13.96
W50 Sherry Blakely	16.26
Caroline Cooney	16.53
W55 Jan McClurg	14.83
W80 Irene Crane	30.85
W85 Ivy Granstrom	32.91
<b>200m</b>	
M30 Art Anderson	22.32
M40 Naim Hasan	24.89
Alvin Millerbis	25.43
Bob Good	28.53
M45 Dwayne Baruso	25.07
John Wells	25.80
M50 Mark Lesniak	26.39
William Venable	26.44
Geoffrey Hughes	28.26
Richard Ying	28.61
M55 Dave Walter	24.63
Paul Edens	25.91
Charles Brocato	26.77
Ron Jensen	28.81
M60 Bumper Emerson	30.29
Paul Stepan	30.37
Larry Wright	35.12
M65 Joe Hoffman	29.34
Cully Vaughn	36.48
M70 Dick Cottingham	32.67
W80 Irene Crane	1:10.42
W85 Ivy Granstrom	1:17.52
<b>400m</b>	
M40 Naim Hasan	54.81
Roger Dilts	1:00.24
M45 Jim Hiebert	58.94
Michael Aiken	1:03.88
M50 Dave Budlong	1:01.66
M55 Dave Walter	54.19
Rich Tucker	58.36
M60 Paul Stepan	1:10.47
Josef Pfister	1:14.07
M65 Don Kane	1:09.69
M70 Tom Brinton	1:11.81
W45 Mary Libal	1:05.28
W80 Irene Crane	2:26.91
W85 Ivy Granstrom	2:53.45
<b>800m</b>	
M35 Kevin Paulk	2:04.55
M40 Fred Hervert	2:14.45
Roger Dilts	2:36.24
M50 Timothy Shelley	2:23.14
Foster Kimble	2:49.34
M55 Rich Tucker	2:14.74
Don McMillan	2:18.97
Larry Tergesen	2:44.27
Ed Tanner	2:45.53
M60 Dan McCormack	2:16.19
Cliff Bedell	2:31.94
Larry Wright	2:49.02
M65 Don Kane	2:53.78
Jack Keener	2:55.48
M70 Tom Brinton	2:49.47
W40 Deann Dougherty	2:29.52
Rachael Wilson	2:43.90
<b>1500m</b>	
M35 Kevin Paulk	4:16.21
Anthony Cantwell	4:31.10
M40 Bob Blackburn	5:39.00

Charlie Sturman	4:17.18
M45 Terry Hazeltine	4:42.14
Scott Kessler	4:52.92
Tim Goodman	5:39.66
M50 Marc Wiitala	4:53.61
Foster Kimble	5:46.46
M55 Larry Tergesen	5:33.22
Ed Tanner	5:52.60
M60 Dan McCormack	4:51.54
Larry Wright	5:35.35
M65 Jack Keener	6:28.05
W50 Jeanette Groesz	5:30.77
W60 Laura Stepan	8:07.20
W65 Suzi Macleod	6:24.83
Susan Means	8:23.05
W70 Joyce Bahler	9:03.54
<b>5000m</b>	
M35 Anthony Cantwell	16:46.85
M40 Naim Hasan	20:20.93
M45 Scott Kessler	18:32.89
M50 Marc Wiitala	18:40.90
M55 Ed Tanner	23:31.16
M60 Larry Wright	21:05.68
W40 Verleen Pletcher	19:47.30
W45 Robin Vesey	19:54.24
W65 Susan Means	30:16.40
W70 Joyce Bahler	32:11.28
W75 Helen Lachman	35:46.20
W85 Ivy Granstrom	50:20.35
<b>5000m Racewalk</b>	
M45 Bob Frank	26:40.57
Pat Detloff	29:16.07
Jim Boehlke	31:49.78
Gary Firestone	33:44.63
M50 Bob Novak	27:18.86
M55 George Opsahl	30:59.62
M60 Fred Soewerker	32:56.53
M65 Ron MacPike	34:00.87
Dick Vaughn	35:17.81
M70 Paul Hoebergs	46:20.62
M75 Joseph Mallon	46:07.04
W35 Marie Vermeer	34:31.94
W40 Kim Miller	29:32.22
W50 Judy Heller	32:45.26
W55 Donna Lafayette	34:05.29
Kaye Duncan	38:05.29
W65 Margaret Soewerker	36:54.64
<b>110m Hurdles</b>	
M40 Bob Blackburn	19.33
M45 Russell Jacqu-Acca	17.92
<b>400m Hurdles</b>	
M50 Geoffrey Hughes	1:15.26
M55 Joe Johnson	1:27.20
Ed Tanner	1:36.85
<b>3,000m Steeplechase</b>	
M45 Howard Miller	11:54.78
Jim Satterfield	12:06.89
M55 Ed Tanner	15:32.28
<b>High Jump</b>	
M35 Brian Coushay	6-02.00
Michael Jaqua	5-06.00
M45 Russell Jacqu-Acca	4-08.00
M55 Joe Johnson	4-05.50
Bill Dow	4-02.00
Don McCrea	4-00.00
M65 Richard Westberg	4-05.50
Jack Keener	3-10.00
M70 Harvey Lewellen	4-04.00
M75 Gilbert Young	3-10.00
M80 Lew Luchrs	3-04.00
W50 Caroline Cooney	3-06.00
Cherie Patskan	3-01.25
<b>Pole Vault</b>	
M30 Crane Black	13-07.00
M35 Michael Jaqua	12-00.00
M40 Bob Good	10-06.00
M45 Russell Jacqu-Acca	10-00.00
M50 Jerry Cash	13-00.00
Dick Clintworth	11-00.00
Josef Pfister	11-00.00
M55 Joe Johnston	12-06.00
Larry Holmes	11-00.00
M65 Don Gray	8-06.00
Allen Morris	8-06.00
M70 Harvey Lewellen	8-00.00
M75 John Cleveland	8-00.00
Don Grosh	7-00.00
M80 Lew Luchrs	4-06.00
W40 Donna Schultz	9-06.00
<b>Long Jump</b>	
M35 Brian Coushay	21-00.50
Mike Toll	20-09.75
M40 Bob Blackburn	18-08.25
Mike Lariza	18-05.00
Brian Valley	15-01.75
M45 Russell Jacqu-Acca	16-02.25
Michael Aiken	15-04.25
M50 Oron Lott	15-09.25
Robert Rice	13-10.25
M55 Dick Rex	15-09.00
Don McCrea	8-08.00
M65 John Nelson	9-01.00
Cully Vaughn	8-03.75
M80 Lew Luchrs	6-09.75
W30 Julie Toll	13-10.00
W50 Caroline Cooney	12-00.00
<b>Triple Jump</b>	
M35 Brian Coushay	42-07.00

Mike Toll	41-10.00
M40 Bob Blackburn	35-01.00
M45 Terry Masterson	22-03.25
M55 Jack Kondrasuk	24-11.00
M60 Pete Labarge	28-11.00
M80 Lew Luchrs	13-08.50
W50 Julie Toll	28-07.00
Shot put	
M45 Jan Grigsby	29-03.75
M50 Jerry Ford	43-09.00
Pat Ellsberg	40-06.50
Robert Rice	37-01.75
M55 Joe Johnson	34-06.50
Don McCrea	27-08.00
Luigi Schiavo	25-03.50
M60 Neil Saling	40-08.00
Pete Labarge	36-08.75
M65 Bob Lawson	40-08.75
M70 Ladislav Filip	43-02.00
Harvey Lewellen	38-04.75
Tom Allison	37-11.75
Carl Fennema	32-00.25
Allen Miller	25-02.75
Ken Aduddell	24-07.50
M75 Bob Reiman	32-00.25
M80 Jim Minah	26-06.25
Lew Luchrs	21-07.25
Donald Jacobs	18-02.50
M85 Ross Carter	32-08.00
M85 Leon Joslin	23-05.00
W50 Patricia Wright	25-06.00
Kitty Crowe	18-08.50
W70 Patricia Osmon	18-07.50
W75 Melanie Reske	18-01.00
Discus	
M40 Brian Valley	111-05.50
Bob Blackburn	75-04.50
M45 Jan Grigsby	87-03.50
M50 Pat Ellsberg	124-10.50
Jerry Crowe	124-05.50
Geoffrey Hughes	91-08.25
M55 Luigi Schiavo	87-02.50
Bud Sanborn	82-00.50
M60 Neil Saling	149-03.25
Conrad Sundholm	137-02.00
Pete Labarge	134-05.25
Dick Dow	133-01.50
John King	113-05.75
M65 Bob Lawson	137-05.00
John Nelson	82-05.25
M70 Harvey Lewellen	129-03.00
Ladislav Filip	126-03.75
Tom Allison	108-07.50
Cal Hersey	104-04.00
Ken Aduddell	58-01.25
M75 Bob Reiman	91-10.25
M80 Lew Luchrs	50-04.25
Donald Jacobs	43-03.25
M85 Ross Carter	91-05.50
Leon Joslin	64-00.50
W50 Patricia Wright	60-00.00
Kitty Crowe	53-04.00
W70 Patricia Osmon	39-07.00
W75 Melanie Reske	41-07.00
Hammer	
M45 Forrest Brouillard	115-11.00
Jan Grigsby	67-00.50
M50 Todd Taylor	164-11.00
Pat Ellsberg	105-11.00
Jerry Crowe	94-10.50
M55 Luigi Schiavo	73-10.00
M60 Pete Labarge	80-02.00
M65 Bob Lawson	118-02.00
M70 Ladislav Filip	128-02.00
Harvey Lewellen	114-03.00
Tom Allison	89-07.50
M80 Jim Minah	82-05.50
M85 Leon Joslin	60-11.50
W45 Joyce Taylor	100-07.50
W50 Patricia Wright	76-11.50
W70 Patricia Osmon	63-03.00
W75 Reske Melanie	45-11.00
Javelin	
M40 Brian Valley	157-02.00
Bob Blackburn	87-02.00
M45 Sam Strickland	160-03.00
John Zedella	134-01.00
M50 Ray Mijojevich	131-02.00
M55 Luigi Schiavo	80-02.00
M60 Pete Labarge	144-08.00
M65 Bob Lawson	128-09.00
Jim Schlewitz	93-11.00
Cully Vaughn	90-06.00
M70 Tom Allison	102-11.00
Cal Hersey	88-05.00
Ladislav Filip	78-00.00
M75 Joseph Mallon	54-11.00
M80 Jim Minah	48-02.00
Lew Luchrs	47-10.00
Donald Jacobs	45-03.00
M85 Leon Joslin	43-08.00
W50 Patricia Wright	75-04.50
W70 Patricia Osmon	45-08.00
W75 Melanie Reske	33-06.00
Weight	
M45 Forrest Brouillard	34-02.00
Jan Grigsby	28-00.50



Continued from previous page

Roger Parnell	25.52	Don McMillan	2:17.83	Don Anhorn	19:35.63	Charles Bispaia	1.09m	Tom Allison	11.44m	M40 -JT-		Brian Valley	50.56m
Mark Lesniak	26.35	M60 -800m-		W30 -5km-		M75 -HJ-		Harold Wallace	11.37m	Brian Valley		Joseph Kammer	27.66m
Clyde Hundley	26.65	Dan McCormack	2:18.45	Wendy Bruneau	18:22.67	Gilbert Young	1.20m	Charles Bispaia	9.83m	Bob Blackburn		Bob Blackburn	27.22m
Willie Venable	27.01	Cliff Bedell	2:30.34	Denise Foote	19:17.22	M40 -HJ-		Cal Hersey	9.48m	M45 -JT-		Sam Strickland	49.62m
Keith Murdoch	27.52	Desmond O'Rourke	2:37.48	M55 -5km-		Martha Mendenhall	1.52m	M75 -SP-		M50 -JT-		Bruce Hedendal	43.04m
Michael Morton Sr.	27.64	M65 -800m-		Suzanne Rodkey	29:54.46	Caroline Cooney	1.12m	M80 -SP-		Jim Minah	7.67m	Ray Milojovich	40.34m
Frank Lulich	27.82	Pete Richardson	2:32.15	M65 -5km-		Cherie Patsan	0.97m	Myron Dover	7.44m	M55 -HJ-		Geoffrey Hughes	29.81m
Geoffrey Hughes	28.30	Don Kane	2:47.42	Susan Means	29:52.80	Marg Radcliffe	1.20m	M85 -SP-		Ross Carter	9.85m	M55 -JT-	
Richard Ying	28.87	John Cauldwell	3:48.57	Marcia McChesney	29:16.23	M60 -HJ-		William Murray	6.94m	Gary Reddaway	46.66m	Jay Groen	45.16m
M55 -200m-		Tom Brinton	2:47.57	M40 -5km-		Sandra Anderson	1.13m	Leon Joslin	6.67m	Doug Appel	44.56m	Jack Karbens	26.15m
Dave Walter	24.63	Rodney Brown	2:50.69	Timothy Swietlik	16:48.77	M40 -PV-		Joyce Taylor	8.37m	Luigi Schiavo	22.42m	M60 -JT-	
Harold Isao Marioka	24.73	M35 -800m-		David Harding	17:06.84	Olga Kotelko	0.84m	Kitty Crowe	5.45m	Pete La Barge	42.79m	Malcolm Russell	40.31m
Paul Edens	25.83	Mary MacCauley	2:19.70	Paul Blint	17:36.40	Donna Schultz	2.70m	M55 -SP-		M60 -JT-		M65 -JT-	
George Lyden	25.97	M35 -1,500m-		Benjamin Hipple	18:08.80	M30 -PV-		Georgia Cutler	7.48m	Cully Vaughan	27.95m	Jim Schlewitz	26.48m
Lee Southern	26.03	Mark Holme	4:10.07	Robert Towne	16:58.24	Curtis Heywood	4.90m	M60 -SP-		M70 -JT-		Harold Wallace	32.08m
Charles Brocato	26.91	Viktor Stupnitskiy	4:13.68	Larry Pine	DNP	Ben Benson	4.60m	Sandra Anderson	8.59m	Tom Allison	31.31m	Charles Bispaia	27.35m
Ron Jensen	28.57	M40 -1,500m-		M55 -5km-		Tom Nordyke	4.30m	Jane Dods	6.31m	Cal Hersey	26.39m	Ladislav Filip	25.93m
Jack Karbens	29.79	Charlie Sturman	4:15.09	David McJunkin	17:31.75	Crane Niblack	4.10m	M65 -SP-		M80 -JT-		Myron Dover	20.08m
Woodie Woodsom	30.93	Stephen Warrey	4:42.66	Herb Phillips	17:39.02	Dan Umehofer	4.40m	M80 -SP-		Jim Minah	16.27m	M85 -JT-	
M60 -200m-		Greg Hodson	5:56.73	Ed Cadman	17:39.12	Bob Good	NH	M50 -DT-		Ross Carter	16.00m	Leon Joslin	14.87m
Paul Stepan	29.37	M45 -1,500m-		Wally Brawner	19:57.43	Thomas Rosenthal	NH	M60 -DT-		William Murray	10.70m	M50 -JT-	
M65 -200m-		Edmund Spinney	4:25.46	Ken Ogden	20:56.94	R. Jacquet Acea	3.20m	Mark Neal	42.14m	Teddie Bell	23.75m	M55 -JT-	
Joe Hoffman	28.73	Michael Allison	4:32.08	Paul Heitzman	19:10.61	M50 -PV-		Lorin Zastoupil	39.55m	Marg Radcliffe	25.99m	Georgia Cutler	19.51m
John Poppell	29.19	Ken Bell	4:52.75	Donn Kirk	28:03.09	Jerry Cash	4.20m	Tom Fahey	51.33m	Tim Muller	45.38m	Rose Schlewitz	17.07m
Don Kane	30.74	Timothy Goodman	5:22.34	Stan Rodkey	29:36.12	Dennis Phillips	4.10m	Bruce Hedendal	40.51m	M60 -JT-		Becky Sisley	27.76m
Jack Coy	31.41	M50 -1,500m-		M70 -5km-		Josef Pfister	3.50m	Jerry Crowe	38.05m	Sandra Anderson	22.21m	M70 -JT-	
Jim Schlewitz	31.56	Poster Kimble	5:54.37	Bill McChesney	22:44.11	Bob Blackburn	3.00m	Geoffrey Hughes	26.40m	M55 -DT-		Patricia Osmon	12.89m
William Baxter	32.31	M55 -1,500m-		Craig McWicken	26:31.45	Richard Yung	2.90m	M55 -DT-		Joe Myers	44.98m	M75 -JT-	
Cully Vaughan	35.80	David McJunkin	5:02.85	M80 -5km-		M60 -PV-		Neil Saling	44.96m	Richard Hotchkiss	14.04m	M70 -JT-	
M70 -200m-		Joe Waters	5:36.65	Lyman Glenn	29:39.49	James Matejka	3.00m	Richard Hotchkiss	44.64m	Conrad Sundholm	40.03m	W70 -JT-	
James Stookey	27.99	Paul Heitzman	5:21.38	Pamela Merrick	47:39.49	John Steinman	2.80m	Gene Thacker	39.11m	Pete La Barge	38.51m	M75 -JT-	
Rodney Brown	30.89	Denise Foote	5:13.14	David Hipps	38:42.73	M65 -PV-		John King	35.40m	John King	35.40m	M80 -JT-	
Dick Cottingham	31.55	Betsy Seth	5:41.02	M50 -10km-		Don Gray	2.80m	Cully Vaughan	26.86m	M70 -DT-		Harry Hawke	41.80m
Vernon Regier	32.49	Marlene Allen	6:13.21	Les Castle	41:40.42	Allen Morris	2.50m	Harry Hawke	41.60m	M60 -DT-		Harold Wallace	37.87m
Don Anhorn	41.06	Laura Schwartz	6:37.01	M55 -10km-		M70 -PV-		Harvey Lewellen	37.38m	M50 -DT-		Harvey Lewellen	37.38m
M80 -200m-		M50 -1,500m-		David McJunkin	36:23.96	M75 -PV-		John Cleveland	2.50m	Lou Mozzini	35.34m	Sherrill Sears	35.02m
Myron Dover	42.15	Leslie Ann Hauer	6:58.44	Herb Phillips	37:34.84	John Cleveland	2.50m	Don Grosh	2.40m	M55 -DT-		Cal Hersey	32.50m
M30 -200m-		M55 -1,500m-		Ken Ogden	43:19.61	Don Grosh	2.40m	David Turnbull	6.23m	M60 -DT-		John King	35.40m
Paula Leslie	27.68	Joan Ottaway	5:28.44	M60 -10km-		M30 -LJ-		M35 -LJ-		Joe Myers	44.98m	M65 -DT-	
M40 -200m-		M60 -1,500m-		Bill Dodson	41:15.03	David Turnbull	6.23m	Brian Coughay	6.30m	Neil Saling	44.96m	Richard Hotchkiss	14.04m
Nancy Plannery	29.45	Laura Stepan	7:55.17	Herb Hoggard	50:05.46	M35 -LJ-		Mike Toll	6.28m	Richard Hotchkiss	44.64m	Conrad Sundholm	40.03m
M45 -200m-		M70 -1,500m-		Stan Rodkey	1:00:46.79	M40 -80m HH-		M40 -LJ-		Gene Thacker	39.11m	Pete La Barge	38.51m
Rebecca Mitchell	32.14	Mellicent Whinston	10:38.71	Nancy Plannery	14.17	M40 -80m HH-		Darrell Charles	5.69m	John King	35.40m	John King	35.40m
M50 -200m-		M85 -1,500m-		Ivy Granstrom	13:06.03	M40 -80m HH-		Bob Blackburn	5.66m	Cully Vaughan	26.86m	M70 -DT-	
Mary Libal	28.41	Ivy Granstrom	13:06.03	M65 -1 MILE-		M70 -80m HH-		Greg Phillips	3.52m	Harry Hawke	41.80m	M60 -DT-	
Teddie Bell	34.58	Suzi Macleod	6:56.24	M85 -1 MILE-		Vernon Regier	16.87	M50 -LJ-		Ladislav Filip	41.60m	M70 -DT-	
Ruth Obadal	38.78	Ivy Granstrom	14:33.82	M85 -1 MILE-		Ray Propst	16.87	M50 -LJ-		Harold Wallace	37.87m	M70 -DT-	
M55 -200m-		M40 -1 MILE-		Ivy Granstrom	14:33.82	Alan Maxwell	19.16	Roger Parnell	5.74m	Harvey Lewellen	37.38m	M50 -DT-	
Marg Radcliffe	34.37	Galen Martin	5:21.97	M40 -1 MILE-		James Stookey	DNP	Oron Lott	4.85m	Lou Mozzini	35.34m	M55 -DT-	
M60 -200m-		M50 -1 MILE-		Rick Muth	5:39.33	Roger Parnell	16.15	Geoffrey Hughes	4.65m	Sherrill Sears	35.02m	Cal Hersey	32.50m
Kemisole Solwazi	30.76	Robert Stone	5:39.33	Ed Cadman	5:06.56	Jerry Cash	17.35	Bruce Hedendal	4.25m	Cal Hersey	32.50m	Tom Allison	30.78m
Jane Dods	37.86	Herb Phillips	5:20.64	David McJunkin	5:24.88	M65 -100m HH-		M55 -LJ-		John King	35.40m	Charles Bispaia	27.48m
Marilyn Rickson	39.98	David McJunkin	5:24.88	M60 -1 MILE-		M35 -110m HH-		M65 -LJ-		Myron Dover	27.37m	M80 -JT-	
M70 -200m-		Dan McCormack	5:10.87	M65 -1 MILE-		Bob Blackburn	19.59	M70 -LJ-		Bob Reiman	27.37m	M80 -JT-	
Mellicent Whinston	53.31	M65 -1 MILE-		Pete Richardson	5:48.42	Stacey Price	16.33	M80 -LJ-		Myron Dover	27.37m	M80 -JT-	
M80 -200m-		Paul Heitzman	5:32.36	Donn Kirk	7:53.66	James Stookey	50.24	M30 -LJ-		Paula Leslie	5.00m	Julie Toll	3.89m
Olga Kotelko	49.11	Donn Kirk	7:53.66	Ray Propst	1:08.04	Ray Propst	1:08.04	M40 -LJ-		Julie Toll	3.89m	M50 -LJ-	
M85 -200m-		Tom Brinton	6:23.37	Joseph Kammer	1:10.38	M40 -400m IH-		M50 -LJ-		Caroline Cooney	3.56m	M55 -LJ-	
Ivy Granstrom	1:13.57	Name	Age Time A-G%	M45 -400m IH-		M45 -400m IH-		M55 -LJ-		Marg Radcliffe	3.37m	M60 -LJ-	
M35 -400m-		Paul Heitzman	69 5:32.36 92.2	M50 -400m IH-		Geoffrey Hughes	1:13.07	M60 -LJ-		Sandra Anderson	3.05m	Jane Dods	2.86m
Paul Scarlett	55.44	Dan McCormack	61 5:10.87 90.4	M55 -400m IH-		Larry Norris	1:15.06	M70 -LJ-		Jane Dods	2.86m	Mellicent Whinston	2.26m
Viktor Stupnitskiy	56.32	Ed Cadman	55 5:06.56 86.7	M60 -2km SC-		Lisa Nye	6:32.65	M35 -LJ-		Brian Coughay	12.95m	M35 -TJ-	
M40 -400m-		Herb Phillips	59 5:20.64 86.0	M40 -2km SC-		Julie Hilsenteger	9:24.17	M40 -2km SC-		Mike Toll	12.46m	M40 -2km SC-	
Naim Hasan	54.51	Pete Richardson	65 5:48.42 84.0	M60 -2km SC-		Dee Ann Dougherty	7:53.99	M40 -2km SC-		Mark Twedt	10.63m	M40 -TJ-	
Jeffery Stamp	55.97	Tom Brinton	72 6:23.37 83.0	M60 -2km SC-		Laura Schwartz	10:03.20	M60 -2km SC-		Darrell Charles	11.82m	Bob Blackburn	11.02m
Joseph Kammer	58.93	Suzi Macleod	66 6:56.24 82.8	M60 -2km SC-		Wally Brawner	8:08.15	M60 -2km SC-		Paul Roberts	10.25m	Oron Lott	9.47m
Roger Dilts	1:01.60	David McJunkin	55 5:24.88 81.8	M60 -2km SC-		Chris Yorgas	9:42.61	M60 -2km SC-		M55 -TJ-		Jack Karbens	6.82m
Brian Valley	1:01.90	Robert Stone	51 5:39.33 75.8	M60 -2km SC-		Steven James	9:38.87	M60 -2km SC-		M60 -TJ-		Pete La Barge	7.08m
Bob Bood	1:04.93	Donn Kirk	69 7:53.66 64.7	M60 -2km SC-		Patrick Wagner	10:26.34	M60 -2km SC-		James Stookey	9.93m	Ray Propst	8.00m
M45 -400m-		Ivy Granstrom	88 14:33.82 60.7	M60 -2km SC-		David Cook	11:01.47	M60 -2km SC-		Ray Ryan	5.11m	Julie Toll	8.93m
Jim Hiebert	58.05	W40 -3km-		M60 -2km SC-		Jack Prestrud	11:38.91	M60 -2km SC-		M30 -TJ-		Bob Blackburn	9.00m
Bill Maier	58.42	W45 -3km-		M60 -2km SC-		Doward Miller	11:46.22	M60 -2km SC-		M45 -SP-		Mark Neal	12.33m
Terry Parks	59.92	W50 -3km-		M60 -2km SC-		Ron Pate	12:33.55	M60 -2km SC-		M50 -SP-		Tim Muller	13.64m
Eddie Ortiz	1:00.49	W55 -3km-		M60 -2km SC-		M55 -3km SC-		M60 -2km SC-		M55 -HT-		Bruce Hedendal	12.69m
Ron Pate	1:00.60	W60 -3km-		M60 -2km SC-		Larry Norris	13:18.63	M60 -2km SC-		M55 -HT-		George Mathews	44.81m
Michael Morton Sr.	1:01.53	W70 -3km-		M60 -2km SC-		Tom Balcom	13:27.73	M60 -2km SC-		M55 -HT-		Jack Karbens	28.72m
Thomas Rowland	1:02.09	Marcia McChesney	16:57.70	M60 -2km SC-		David Turnbull	1.80m	M60 -2km SC-		M55 -HT-		Richard Hotchkiss	42.31m
Rick Muth	1:29.03	M35 -3km-		M60 -2km SC-		Tobey Hay	1.72m	M60 -2km SC-		M55 -HT-		Pete La Barge	29.64m
M55 -400m-		Dale Londos	9:04.69	M60 -2km SC-		Brian Coughay	1.80m	M60 -2km SC-		M55 -HT-		M65 -HT-	
M65 -400m-		Dean Janz	9:31.54	M60 -2km SC-		Mark Twedt	1.72m	M60 -2km SC-		M55 -HT-		John Hitchman	34.60m
Don Kane	1:08.28	M40 -3km-		M60 -2km SC-		Paul Heglar	1.60m	M60 -2km SC-		M55 -HT-		Ladislav Filip	42.51m
Jim Schlewitz	1:17.41	M45 -3km-		M60 -2km SC-		Richard Beswick	1.52m	M60 -2km SC-		M55 -HT-		Harry Hawke	38.65m
John Cauldwell	1:18.56	M50 -3km-		M60 -2km SC-		Jerry Cash	1.48m	M60 -2km SC-		M55 -HT-		Harvey Lewellen	33.65m
Jack Coy	DNP	M55 -3km-		M60 -2km SC-		Frank Lulich	1.44m	M60 -2km SC-		M55 -HT-		Jerry Wojcik	33.19m
M70 -400m-		M60 -3km-		M60 -2km SC-		Bruce Hedendal	1.24m	M60 -2km SC-		M55 -HT-		Harold Wallace	29.90m
Rodney Brown	1:10.23	M65 -3km-		M60 -2km SC-		M55 -HJ-		M60 -2km SC-		M55 -HT-		Tom Allison	28.01m
M40 -400m-		Phil Nemir	12:12.23	M60 -2km SC-		Jay Edwards	1.44m	M60 -2km SC-		M55 -HT-		Jim Minah	24.75m
Rachel Wilson	1:10.00	Tom Brinton	12:07.29	M60 -2km SC-		Joe Johnson	1.40m	M60 -2km SC-		M55 -HT-		William Murray	19.05m
Laura Schwartz	1:10.88	Poster Kimble	13:20.45	M60 -2km SC-		Don McCrea	1.28m	M60 -2km SC-		M55 -HT-		Leon Joslin	18.59m
M50 -400m-		M55 -3km-		M60 -2km SC-		M60 -HJ-		M60 -2km SC-		M55 -HT-		Ross Carter	18.55m
Mary Libal	1:05.12	M60 -3km-		M60 -2km SC-		John Steinman	1.32m	M60 -2km SC-		M55 -HT-		Joyce Taylor	34.71m
M55 -400m-		M65 -3km-		M60 -2km SC-		Richard Westberg	1.36m	M60 -2km SC-		M55 -HT-		Judy Heller	17.26m
Marg Radcliffe	1:25.40	Paul Heitzman	11:03.73	M60 -2km SC-		Cully Vaughan	1.05m	M60 -2km SC-		M55 -HT-		Georgia Cutler	34.07m
M60 -400m-		Bill Dodson	11:41.53	M60 -2km SC-		Ray Propst	1.32m	M60 -2km SC-		M55 -HT-		Patricia Osmon	18.51m
Kemisole Solwazi	1:11.05	M70 -3km-		M60 -2km SC-		Harvey Lewellen	1.20m	M60 -2km SC-		M55 -HT-		Melanie Reske	13.06m



Continued from previous page

M45 -5km WALK-	
Robert Frank	26:09.77
Douglas Vermeer	27:20.38
Pat Detloff	28:45.51
M55 -5km WALK-	
George Opsahl	29:20.92
M60 -5km WALK-	
John Backlund	29:21.80
Frederic Seerwerker	32:21.00
M65 -5km WALK-	
Ron MacPike	32:53.94
Dick Vaughn	35:31.06
M75 -5km WALK-	
Joseph Mallon	43:47.28

**INTERNATIONAL****South African Veterans  
Track & Field Championships  
Oudtshoorn; April 28-29**

100m	
M30 F Grasmus	11.10
M35 M Selemela	11.72
M40 D Heyns	11.71
M45 G Bester	11.98
M50 D Appolis	12.85
M55 T George	12.23
M60 G Pretorius	13.5h
M65 A Heine	14.00
M70 J Schoeman	15.63
M75 L Nel	14.94
W35 M van Rooyen	13.05
W40 L Louwrens	12.9h
W45 A de Villiers	13.77
W50 G van Niekerk	14.45
W55 L Jordaan	15.12
W60 M Johnson	20.00
W65 V Welgemoed	16.53
W70 I Hofmeyr	17.25
200m	
M30 F Erasmus	22.3h
M35 R Swangood	23.39
M40 D Heyns	23.86
M45 G Bester	24.3h
M50 D Appolis	25.8h
M55 T George	25.6h
M60 M Miekautsch	28.4h
M65 A Heine	28.6h
M70 J Schoeman	32.3h
M75 L Nel	30.8h
M80 C Pace	1:02.7h
W35 M van Rooyen	26.5h
W40 L Louwrens	26.05
W45 A de Villiers	28.9h
W50 G van Niekerk	29.8h
W55 E Jordaan	31.1h
W65 V Welgemoed	34.5h
W70 I Hofmeyr	36.5h
400m	
M30 F Erasmus	51.13
M35 R Swanepoel	52.39
M40 P de Klerk	54.16
M45 J Swiegers	56.33
M50 V. Lentsoenjane	57.55
M55 V O'Donoghue	1:01.86
M60 T de Vos	1:11.73
M65 L Benning	1:12.20
M80 C Pace	1:40.11
W35 E Pretorius	58.72
W40 E Taljaard	1:02.15
W45 E Brits	1:09.59
W50 P Immelman	1:07.23
W60 M Johnson	1:52.11
W65 V Welgemoed	1:23.62
W70 J Goldenhuys	1:40.40
800m	
M80 D Sello	1:59.3h
M35 G Green	2:08.9h
M45 M Kelly	2:11.0h
M50 V Lentsoenjane	2:10.1h
M55 V O'Donoghue	2:23.6h
M65 F Nel	2:53.6h
M80 C Pace	4:08.7h
W35 R Odendaal	2:21.2h
W40 A Rust	2:44.0h
W45 J Lane	2:38.2h
W50 P Immelman	2:42.9h
W55 R Rossouw	3:03.8h
W60 Z van Niekerk	3:52.0h
1500m	
M30 E van Zyl	4:11.56
M35 B Jacobs	4:14.81
M40 J Muller	4:35.4h
M45 M Kelly	4:30.83
M50 V Lentsoenjane	4:36.30
M55 V O'Donoghue	5:04.10
M60 B Evans	5:43.21
M75 L Nel	6:05.41

M80 C Pace	9:18.01
W35 L Bridger	4:55.29
W40 L Greyling	5:25.1h
W45 S Swart	6:24.70
W50 C van Zyl	5:39.5h
W55 J Allebone	5:51.6h
W60 Z van Niekerk	7:18.4h
5000m	
M30 M Nobanda	14:18.4h
M35 J Choane	15:35.9h
M40 A Spiers	16:08.77
M45 P Tsakanyane	18:32.91
M50 J Zwiigelaar	17:22.00
M55 D Griffiths	18:32.7h
M60 P Brennan	19:30.00
M65 R Bezuidenhout	22:08.62
M70 H Botha	25:04.81
M75 L Nel	22:52.79
W35 L Bridges	18:49.7h
W40 L Greyling	19:40.3h
W45 L Louw	19:41.99
W50 A Weeden	19:32.10
W55 J Allebone	19:51.62
W60 M Johnson	29:51.07
10,000m	
M30 A Smith	33:51.7h
M35 S Tavares	33:20.5h
M40 C Clucas	33:59.4h
M45 P Tsakanyane	40:56.5h
M50 J Zwiigelaar	36:05.2h
M55 D Griffiths	38:33.4h
M60 P Brennan	40:59.7h
M70 D van Groen	47:00.7h
W35 A Visser	40:05.8h
W40 M Ceronio	38:48.5h
W45 L Louw	40:39.6h
W50 A Seeden	40:50.6h
W55 J Allebone	41:07.7h
W60 I Wieland	49:25.4h
Short Hurdles	
M35 A September	17.48h
M45 H Campher	20.33h
M50 G Joubert	19.81h
M55 D Heunis	19.36h
M60 H Miekautsch	17.93h
M65 R Cross	19.88h
W40 L Louwrens	12.55h
W45 A de Villiers	13.71h
W55 M Tomlinson	15.81h
W65 E Nel	18.60h
W70 I Hofmeyr	19.11h
Long Hurdles	
M35 M Corbitt	1:04.6h
M45 B Cumie	1:05.9h
M50 G Swart	1:14.3h
M60 H Miekautsch	49.5h
M65 R Cross	52.7h
W35 M van Rooyen	1:03.6h
W40 E Taljaard	1:07.3h
2000m Steeplechase	
W40 M Ceronio	8:77
W50 I Mitchell	10:56.79
W55 R Rossouw	10:00.32
W65 A Ten Tusscher	11:58.28
3000m Steeplechase	
M30 E van Zyl	10:33.88
M35 B Jacobs	10:11.04
M40 A Spiers	10:03.03
M45 J Windt	11:51.45
M50 H Cleophas	13:30.11
High Jump	
M35 A September	1.80
M40 T Endrody	1.73
M45 A Coetzee	1.53
M50 G Joubert	1.25
M55 D Hennis	1.33
M60 H Miekautsch	1.50
M65 L Benning	1.44
M70 J Schoeman	1.27
W35 T Jordaan	1.43
W40 J Kingwell	1.60
W50 M Ferreira	1.28
W55 K van der Merwe	1.15
W65 A Kruger	1.06
Pole Vault	
M45 K Joubert	3.30
M60 A Smith	2.40
W55 P Pietersen	2.20
Long Jump	
M35 A September	5.80
M40 R Slabbert	5.78
M45 C du Toit	5.18
M55 T van der Mescht	3.76
M60 G Pistorius	4.63

M65 A Heine	4.47
M70 J Schoeman	3.56
W30 L du Plessis	4.76
W35 C Gomes	5.20
W40 J Kingwell	5.17
W45 J Weldeman	3.82
W50 M Ferreira	3.54
W55 I Mitchell	3.59
W65 G Theron	2.75
Triple Jump	
M35 A September	11.73
M40 R Slabbert	11.82
M45 C du Toit	10.84
M55 T van der Mescht	8.67
M60 G Pretorius	9.23
M65 A Heine	9.37
W30 L du Plessis	10.29
W35 C Gomes	11.34
W40 J Kingwell	11.37
W45 C du Plooy	5.66
Shot Put	
M30 N Daniels	9.50
M35 S Jacobs	11.57
M40 P Botha	10.89
M45 J van Zyl	15.76
M50 J Roodt	13.01
M55 P Mulaudzi	12.78
M60 A Rzepecki	12.28
M65 A Liebenberg	11.21
M70 G Stannius	10.91
M75 J Visser	8.50
M80 L Wale	8.18
M85 C Sterley	5.26
M95 P Rubinowitz	3.68
W30 N Gatja	8.19
W35 M Hannop	9.99
W40 C Ellis	8.53
W50 E Engelbrecht	9.77
W55 J Rzepecki	8.59
W60 H White	8.26
W65 C Stander	7.51
W70 J Nel	5.56
W75 H Grobler	6.73
Discus	
M30 N Daniels	26.29
M40 J Barnard	31.47
M45 J van Zyl	46.89
M50 J Roodt	43.37
M55 T Naude	40.09
M60 S Johnston	41.40
M65 A Liebenberg	36.11
M70 B Stannius	30.74
M75 P Frech	27.33
M80 L Botha	25.87
M85 C Sterley	12.59
W30 T Mahlati	16.96
W35 A Hennop	31.06
W40 C Ellis	26.05
W50 H Schoonwinkel	30.62
W55 J Rzepecki	27.31
W60 H White	19.62
W65 C Stander	19.41
W70 J Nel	15.43
W75 H Grobler	16.67
Hammer	
M40 P Botha	40.52
M45 G Koen	48.55
M50 J Roodt	52.87
M55 T Naude	32.78
M60 A Rzepecki	46.09
M65 A Liebenberg	32.93
M70 B Stannius	32.07
M75 J Visser	32.87
M80 L Botha	23.84
M85 C Sterley	19.31
W35 A Hennop	33.35
W40 C Ellis	28.99
W50 H Schoonwinkel	36.53
W35 K van der Merwe	28.76
W60 H White	24.60
W65 C Stander	24.24
W75 H Grobler	17.50
Javelin	
M35 T Motsili	42.22
M40 F Stander	48.66
M45 D Potgieter	42.77
M55 P Mulaudzi	53.78
M60 A Smith	35.02
M65 S Founie	32.65
M70 B Stannius	34.45
M75 J Visser	28.05
M80 L Wale	21.44
M85 C Sterley	9.03
W35 A Hennop	28.77
W40 C Ellis	20.20

W50 M Ferreira	27.46
W55 R Rossouw	20.12
W60 M Prinslop	15.02
W65 A Ackermann	19.88
W70 J Nel	14.68
Heptathlon	
W40 E Erasmus	1417
W50 M Ferreira	4071
W55 M Tomlinson	4004
Decathlon	
M40 R Slabbert	5166
M50 C van Onselen	2990
M55 P van Rensburg	4706
M60 A Smith	4317
Weight Pentathlon	
M35 S Jacobs	2229
M40 O Botha	2426
M45 J van Zyl	3567
M50 J Roodt	4106
M55 T Naude	3468
M60 A Rzepecki	4198
M65 A Liebenberg	3571
M70 B Stannius	3737
M75 J Visser	3457
M80 L Botha	3271
M85 C Sterley	2338
W35 A Hennop	2802
W40 C Ellis	2551
W55 K van der Merwe	2804
W60 H White	2312
W65 C Stander	3032
W75 H Grobler	3237
5000m RW	
M30 N Daniels	36:48.6
M35 C Britz	20:58.9
M40 A Schoeman	27:06.9
M45 C Kopper	25:41.3

M50 J Bool	27:03.2
M55 J Spencer	25:32.8
M60 M Rossouw	27:53.3
M65 P Harz	29:00.6
M70 N Kaniewsky	35:23.6
M80 R Roberts	40:27.3
M90 B Moodie	41:51.6
M95 P Rabinowitz	42:58.7
W35 J Carstens	29:49.7
W40 C Domingo	31:06.0
W45 B Nell	WR 24:14.9 (S Griesbach/24.29.1/1991)
W50 D du Preez	28:30.7
W55 J Cowley	29:59.1
W60 W Phillips	33:57.5
W65 H Rothman	31:09.1
W70 A Villet	34:21.6
10,000m RW	
W35 J Carstens	1:01:58.8
W40 M Tiedt	1:03:06.7
W45 B Nell	52:01.1
W50 D du Preez	1:00:28.2
W55 J Cowley	1:01:51.2
W60 W Phillips	1:10:58.2
W65 H Rothman	1:05:30.2
W70 A Villet	1:11:01.9
20,000m RW	
M40 A Schoeman	1:57:31h
M45 S Zalaak	2:22:38h
M50 P Worfor	2:04:55h
M55 J Spencer	1:51:59h
M60 M Rossouw	2:05:25h
M65 P Hatz	2:07:43h
M70 N Kaniewsky	2:31:24h
M80 J Rogers	3:13:07h
M90 B Boodie	2:57:25h

MaryEllenMcSloy	23:16
W45 Linna Tang	24:57
Diane Buscaglia	25:07
Susan Kretzmer	25:34
W50 Jacqueline Gow	22:54
Irene Robinson	25:36
W55 Erica Gassen	27:01
Joan Ackerman	28:20
W60 Ruth Sturges	34:04
Marg Hernandez	50:23

**Run For Hope 5K  
Bayport, NY; June 4**

Overall	
Kevin Krause	29 15:54
Samantha Gesuele	20 20:16
M40 Robert Piechnik	18:02
Chas Vetter	18:28
John McGorry	18:34
M45 Eddie Arbeiter	17:42
Barry Lipsky	20:38
Ron Grinnell	23:07
M50 Alan Oman	17:52
Peter Martin	19:28
M55 Maury Dean	18:21
Dan Ingagno	19:27
M60+Peter Rackett	60 21:18
Fred Peterson	61 23:54
W40 Bonnie Edward	24:01
Jeanne Neilon	40 25:19
W45 Sharon Zuhoski	22:10
Mary VonBevern	24:03
W50 Kathy Esposito	22:10
Pat Dowds	30:26
W55 Betty Horstmann	21:24
Helma Clavin	25:57
W60+Anne Peterson	60 32:43
Joanne Jones	61 52:33

**Market Square Day 10K  
Portsmouth, NH; June 10**

Overall	
Mark Donahue	41 30:24
Ellen O'Neil	35 35:58
M40 Mark Donahue	30:24
Craig Fram	31:04
Paul Hammond	31:54
Larry Sayers	32:01
Mike Brady	32:42
M45 Robert O'Hara	33:00
Geary Daniels	33:17
Robert Chasen	34:23
Bob Ruel	34:25
M50 Laurence Olsen	34:49
Jerry Lamed	35:27
Gordon MacFarland	36:24
David Thompson	38:31
M55 Sumner Brown	35:44
Monserate Burgos	38:45
Arthur Roberts	39:10
Charlie Farnington	39:30
M60 Doug MacGregor	38:33
William Riley	38:37
Charles Kellogg	38:51
Bill Springer	39:41
M65 Jack Kick	43:14
Paul McDermott	49:09
Jim McLaughlin	50:47
M70 Raymond Lussier	51:10
Julian Siegel	57:41
John Nottle	67:38
M75 Herb Taylor	54:54
Carlton Mendell	58:59
Bill McIntosh	62:48
W40 Susan Lachance	38:13
Nancy Corsaro	39:27
Miae Jacobs	40:00
Maureen Burns	40:28
Cynthia Gaudere	40:40
W45 Peg Donovan	39:21
Terry Martland	41:00
Sidney Letendre	41:37
Nancy Byrne	43:17
W50 Patty Foltz	43:06
Mary Ryzcek	44:16
Eleonora Mendonca	45:19
Carol Lesperance	45:35
W55 Catherine Farrell	45:55
Donna Lemay	48:40
Wendy Burbank	50:14
W60 Eleanor Whitney	58:34
Elsa Murphy	61:44
Milly Rhoades	62:49

**Shelter 10K Run  
Shelter Island, NY; June 10**

Overall	
Kamal Ayari	32 27:54
Naomi Wangui	21 34:16
M40 Graeme Fell	30:37
Andre Kusnetsov	32:31
Rob Louglin	33:16
M45 John Del Maestro	38:09

Continued on next page

**LONG DISTANCE RESULTS**

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



Continued from previous page

Edward Nolan	40:33
M50 Dennis O'Brien	36:21
Alan Oman	37:05
M55 Vaidid Jurenas	41:59
Chuck Bleifeld	42:57
M60 Jose Mendez	42:42
Donald Davis	43:11
M65 Blair Stauffer	54:16
David Kenney	59:54
M70 Americo Fiore	50:27
Jim Scovel	51:38
M75 Len Scheer	78:25
Edward Finklestein	79:48
M80 Norman Harlow	83:27
W40 Mariana Belyaeva	35:16
Barbara Gubbins	39:34
Anastasia Stekas	43:34
W45 Diane Gordon	51:06
Jane McGraw	51:10
W50 Judith Carroll	51:03
Elaine Tuthill	52:18
W55 Betty Hosrsmann	46:50
Lynne Caruso	49:17
W60 Marion Stanjones	51:21
Parricia Cataldo	52:55
W65 Alexandra Finger	72:41
W70 Dolly Finkelstein	65:03

#### Mount Washington 7.6 Mile Pinkham Notch, NH; June 17

Overall	
Daniel Kihara 32	59:24
Alice Muriithi 26	1:17:26
M40 Simon Karori	1:11:25
Robert Ratcliffe	1:14:49
Mark Donahue	1:15:39
M45 Tek Kilgore	1:19:50
Keith Woodward	1:20:10
Don Hennigar	1:21:23
M50 Tom Maynard	1:25:18
Chip Bradley	1:30:01
Gaetan Breton	1:30:59
M55 Sumner Brown	1:18:33
Monserrate Burgost	1:28:19
Jon Stableford	1:30:12
M60 John Pelton	1:29:43
Robert McAndrews	1:30:18
Bob Wright	1:45:19
M65 Gerald Barney	1:43:21
Bruce Brinkema	1:51:48
Jack Cunningham	1:57:56
M70 Robert Hall	1:59:37
Richard Busa	2:03:57
Leon Beverly	2:11:35
M75 Carlton Mendell	2:15:31
Herb Taylor	2:29:42
Ray Bolger	2:42:18
W40 Julie Peterson	1:23:00
Donna Smyers	1:29:27
Sue Long	1:33:03
W45 Jacqueline Gareau	1:18:43
R. Stockdale-Wooley	1:29:37
Pamela Hall	1:41:32
W50 Dorothy Helling	1:46:41
Heidy McGaffigan	1:51:29
Gail Ladage	1:54:43
W55 Faye Gagnon	1:49:24
Marjorie Kos	1:51:36
Jane Levesque	1:53:49
W60 Diana Avery	2:12:59
Sandra Hayes	2:20:28
Jane Goodman	3:00:04
W65 Maggie Solomon	2:09:17
Nancy Reed	2:34:03
W70 Hildy Fosse	2:25:47
W75 Louise Rossetti	2:54:12

#### Hudson Mohawk RRC/USATF Adirondack Masters 10K Championships Guilfordland HS, NY; June 17

Overall	
Dale Keenan 50	37:41
Beth Gottung 40	43:35
M40 Mark Warner	38:29
Jim Jacobs	39:09
Derrick Staley	41:15
Andy Campbell	42:18
M45 Tom McGuire	44:35
Dave Wortman	49:58
Rick Morgan	56:33
M50 Pat Glover	38:40
Ron Bagnoli	42:37
David Glass	44:21
M55 Jeff Fisher	47:04
Dale Kasson	51:04
Sam Serrill	52:52
M60 Jim Moore	47:47
Giancarlo Mangano	48:09
Ed Thomas	61:45
M65 Jim Tierney	53:22
Joe Corrigan	59:27
Ken Clikeman	91:36

M70 Ed Doucette	51:19
Ken Orner	65:15
W40 Cindy Novak	47:23
Jeryl Simpson	48:53
Kim Sack	50:52
W45 Marcia Whitney	46:15
Martha DeGrazia	49:17
Susan Elderbroom	50:31
W50 Kathy Ambrosio	50:35
Lichu Sloan	58:17
Karen Griffin	63:40
W55 Susan Caccuitto	77:43
W60+Anny Stockman	68:60:26

#### NYRRRC Flight Against Prostate Cancer 5K Central Park, NYC; June 18

Overall	
Dave Martin 22	15:29
Compton Caitlin 19	17:44
M30 Toby Tanser 31	15:47
Alex Accetta 30	16:15
Justin Hatch	16:35
M40 Walter Dupont	16:23
Andrzej Ryszewski	17:30
Mark Heller	17:41
M45 Vincent Shaw	17:51
Jan Maliniak	18:37
Richard Shaver	18:54
M50 Bob Hermes	17:58
Julio Aguirre	18:30
Jose Jimenez	19:05
M55 Jack Brennan	19:13
John Samsel	19:19
Arthur Weisberg	19:27
M60 Sidney Howard	19:17
James Iillis	20:55
Mariusz Solarski	21:39
W65 Witold Bialokur	19:26
Alfred Finger	20:21
George Reilly	23:49
M70 William Fortune	22:11
Leo Schonhaut	25:35
Albert Puma	28:01
M75 Gian Sahota	26:53
Sab Koide	27:22
Wallace Cutler	31:26
M80 Albert Goldstein	35:39
Vincent Camevale	43:10
Frank Brownstein	55:52
W30 Juana Vazquez 32	19:01
Tara Maguire 31	19:10
Shula Samer 30	20:14
W40 Jane Erbe	20:31
Julie Cook	22:29
Mariola Adamczyk	23:41
W45 Marie Wickham	20:21
Cathy Handy	23:06
Cynthia Tompkins	23:16
W50 Deborah Barchat	22:19
Patt Sher	23:16
Rita La Bar	24:51
W55 Ann Makoske	21:43
Barbara Charles	24:09
Jane Sydney	24:20
W60 Margaret Carinci	24:52
Carol Zucca	25:23
Nike Mizelle	26:46
W65 Pina Mignogno	31:19
Gloria Meridy	41:02
W70 Bertha McGruder	34:50
Pearl Jones	47:40
W75 Jozi Neulinger	43:04
Grace Salant	46:22
Marcella Tobias	48:33
W80 Althea Jureidini	45:28

#### Vytra Health Plans Kids Helping Kids 5K Plainview-Old Bethpage, NY June 18

Overall	
Don Di Donato 42	15:48
Donna McMahon 30	18:16
M35 Chris Fern	18:21
M40 D Di Donato	15:48
John Di Camillo	17:07
Bill McDermott	17:59
Ron Smyth	18:04
M45 Jamie Palacios	16:31
John Del Maestro	16:51
Eddi Arbeiter	17:49
M50 Jon Folber	19:01
Bryan Pearsall	19:09
John Langdon	19:11
M55 Dennis Howe	20:48
Gary Muhke	21:51
Michael Service	21:56

M60 Richard Chester	24:23
Sol Muchnik	25:23
Homer Detwiler	25:24
M65 Robert Braun	28:28
Ira Brotman	28:30
George Devoe	28:42
M70 Guy Froehlig	22:44
Bert Jablon	25:08
M75+Bill Benson 80	32:29
Louis LaFleur 75	52:19
W35 Susan Yang	19:23
W40 Pnina Greenberg	20:32
Erin O'Driscoll	21:11
Pat Charity	21:53
W45 Marilyn White	24:15
Linna Tang	24:55
Donna Kaye	25:47
W50 Mary Trotto	25:38
Adrienne DiFranco	28:10
Sherry Bellovin	28:23
W55 Helma Clavin	26:02
Joan Ackerman	28:36
W60 Maryann Castaldo	30:14
Marg Hernandez	50:52
W70 Marie Abrams	45:16
W75+Helen Eberenz	61:11

#### Comcast Twilight 5K Danbury, CT; June 23

Overall	
Sergio Ribeiro 30	15:08
Lisa Fairbanks 40	19:23
M40 Phil Ritchie	16:25
Greg Diamond	17:20
Dave Dunleavy	17:24
Bill Evans	17:28
Brian Hennessey	18:16
Mark Goodwin	18:22
Wallie Jahn	18:38
Geraldo Ribeiro	18:52
Chas Greystone	19:05
Robert Davis	19:28
M50 Tony Berivegna	18:26
William Hawkins	20:14
Jack Bucinsley	20:21
Art Liberman	21:23
Paul Maddox	22:23
Edward Powers	22:52
Jorge Oliveira	23:42
Skip Faust	23:44
William Capozzi	23:48
J.J. Grady	23:51
M60 John Dugdale	20:30
Anthony Pecoraro	21:26
David Kleinschmitt	22:23
Carl Muhll	25:01
Roger Bennett	25:21
Rich Gaylor	28:59
Alex Thomson	29:02
Dick Cronin	30:37
Robert Frazer	31:05
M70+George Byrne 70	28:16
Gene Arcery 73	30:40
W40 Lisa Fairbanks	19:23
Donna Joudy	20:53
Peg Molina	21:03
Karen Finlayson	21:57
Dierdre Deakin	23:35
Joellen Stipak	23:52
Karen Gereg	24:02
Marlene Chelso	24:17
Carol Zucca	24:41
Wendy Carlson	24:46
W50 Louise Pecoraro	23:28
Sue Blaisdell	29:25
Mary Slater	30:00
Nancy Mieltski	31:15
Rosemarie Xavier	32:01

#### NYRRRC Lesbian & Gay Pride Run 8K Central Park, NYC; June 24

Overall	
Paul Mwangi 33	24:16
Kari Bertrand 29	27:42
M30 Toby Tanser 31	25:21
Rafael Veras Luna 30	25:54
Liam Kinsella 30	25:56
M40 Peter Allen	26:48
Amador Ybanez	26:49
Alan Ruben	26:55
M45 Steve Calidonna	27:28
Jack McShane	29:35
Vincent Shaw	29:47
M50 Jean Periac	31:38
Bronislaw Czech	32:26
Arturo Vega	32:33
M55 Jack Brennan	31:44
John Samsel	32:05
Arthur Seisberg	33:01
M60 Sidney Howard	31:51
Roland Ratmeyer	33:14
Jim Moore	34:30

M65 Edward Pyle	41:23
Steven Schmidt	47:45
Jerry Stolls	47:50
W70 William Fortune	36:36
Joseph Burns	40:01
Gene Silbert	43:29
M75 John McManus	44:40
Sab Koide	45:15
Edward Finkelstein	1:01:11
W30 Gordon Bakoulis 39	29:09
Kim Griffin 38	29:18
Jeanne Pare 39	30:47
W40 Jean Chodnicki	30:34
Barbara Gubbins	31:08
Kari Proffitt	31:22
W45 Marie Wickham	32:31
Joan Baldassari	34:57
Regina Birch Walzer	36:01
W50 Judy Harrigan	34:22
Diane Burnett-Farley	39:31
Jun Matsuyoshi	43:21
W55 Marilyn Greeley	38:22
Ruth Fairbrother	40:15
Susan Sideman	40:21
W60 Carol Tyler	40:24
Joan Bondell	43:58
Billie Moten	50:20
W65 Thelma Wilson	42:38
W70 Muriel Merl	49:37
Dolly Finkelstein	52:38
Daily Klein	1:02:00
W75 Edith Farias	51:41

#### Lions Sizzler 20K & 4M Bedford, NH; June 25

Overall	
Todd Coffin 38	1:07:17
Simonetta Piergentili 35	1:20:50
M40 Larry Sayers	1:07:59
Paul Hammond	1:08:18
Jim Garcia	1:09:37
Robert O'Hara	1:09:44
Doug Martyn	1:10:43
M50 Laurence Olsen	1:14:43
Jerry Learned	1:15:58
Sumner Brown	1:16:04
Michael Dubois	1:18:32
Gordon MacFarland	1:18:59
M60 Doug MacGregor	1:21:40
William Riley	1:22:52
Bill Springer	1:23:28
James Daley	1:28:42
Leon Chiappini	1:29:10
M70+Julian Siegel 71	2:07:27
W40 Sue LaChance	1:22:29
Nancy Corsaro	1:23:57
Marge Bellisle	1:25:39
Maureen Burns	1:27:11
Lesley Keene	1:27:47
W50 Mary Ryzelc	1:33:22
Patty Foltz	1:35:20
Carol Lesperance	1:35:36
Ginger Arthur	1:42:00
Jane Higgins	1:44:33
W60 Elsa Murphy	2:06:59
Jane Goodman	2:52:24

#### 4M Overall

Tom Anderson 16	22:58
Colleen Gilbert 32	28:33
M40 Dave Birse	23:50
Walter Swanbon	25:02
M50 Kevin O'Reilly	28:07
M60 Harry Katzan	31:58
M70+Gordon Barnard 71	37:46
W40 Andrea Pierce	29:34
Lynn Mojave	31:54
W50 Judi Moland	32:33

#### Fairfield Half-Marathon & 5K Fairfield, CT; June 25

Overall	
Ben Kimondiu 22	1:04:12
Mary Lynn Currier 36	1:17:34
M40 Jaime Palacios	1:17:17
Robert Peattie	1:19:32
John Snyder	1:23:35
Pierre Henry	1:23:52
M50 Liam O'Hare	1:26:00
Thomas Hiten	1:28:22
Ron Rembaum	1:29:12
Arthur Nager	1:30:28
M60 Dick Simko	1:43:18
Rich Rudert	1:43:44
Donald McGregori	1:49:51
Robert Taborsak	1:53:06
M70+Peter Pantelis	2:18:26
Robert Taylor	2:20:25
Herman Bershtein	2:40:03
W40 Sharon Vos	1:30:56
Susan Gold	1:32:45
Susan Presilier	1:36:20

Diane Sharp	1:36:27
W50 Lee Saroken	1:51:45
Ellie Lowell	1:52:05
Marilyn Richardson	1:53:43
Laura Bradshaw	1:54:18
W60 Jeanette Cyr	2:12:36
Connie Mindell	2:12:48
Kristin Jaffe	2:26:09

#### 5K Overall

Richard Ashton 34	15:45
Kerry Arsenault 35	17:23
M40 Mandel Leal	17:26
Mike Mahoney	17:30
Elliott Rogers	17:40
Carl Barone	17:54
M50 Rafael Torres	18:49
Alan Abramowitz	19:33
Jerry Augustine	20:32
Desmond O'Grady	20:44
M60 Lewis Daly	20:48
Jerry Levasseur	21:09
Michael Goldman	22:59
Dan Jacobs	25:02
M70+George Ruderman 72	26:43
W40 Emmy Stocker	19:36
Linda Brown	22:07
Ronnie Behringer	23:32
Barbara Buckley	24:10
W50 Nancy Becker	25:53
Janet Puches	28:22
Elisabeth Scolamieri	28:27
Kathleen Cietanno	29:15
W60 Betty Kelly	26:10
Monica Roche	26:34

#### Four on the Fourth 4M Bridgton, ME; July 4

<b>Overall</b>	
Rusty Snow	19:54
Christine Snow-Reaser	23:24
M40 Scott Brown	20:53
Stephen Nickerson	22:16
Craig Whitchard	23:07
Michael Trundy	23:45
Sean Keough	23:51
M45 Russell Boisvert	24:14
Leo Dunn	24:31
Tom Getchell	24:37
Paul Letarte	24:44
Thomas Del Prete	27:06
M50 Bill Reilly	23:47
Kevin McDonald	24:36
Alan Taylor	26:09
Brad Cook	26:22
Jake Lafemere	26:46
M55 Bill Kelley	25:41
Richard Dickson	26:13
Philip Pierce	27:23
Richard Paulsen	27:59
John Micavich	28:23
M60 Bob Payne	28:13
Jerry Hearl	33:20
David Greenleaf	33:52
Joseph Reilly	33:54
Robert Johnson	34:15
M65 John Howe	30:40
Richard Fedion	33:06
Harry Nasse	38:21
Donald Johnson	44:55
Thomas Campbell	60:12
M70 John Chandler	35:46
Richard Dam	36:42
Paul Chamberlain	43:49
Charles Whitchard	46:55
James Berry	48:06
M75+Carlton Mendell 78	36:54
W40 Julie Peterson	23:33
Charlotte Lanahan	25:47
Sarah Maccoll	27:59
Charyl Bascomb	29:12
Donna Butler	30:52



Continued from previous page

Myron Goodman	26:17
Lester Copeland	26:28
M65 Luther Thompson	23:18
Avery Goode, Sr.	27:19
Bob Zirt	27:20
Robert Connor	35:41
M75+Richard Hamilton	41:49
W40 Sherry Thompson	19:20
Judy Walls	19:25
Nancy Russo	22:52
Trudy Gale	23:04
W45 Valerie Murrah	24:15
Wanda McKenzie	25:18
Beth Wilson	25:33
Carla Little	26:03
W50 Carolyn Mather	22:16
Pat Schlageter	28:09
Maria Ofsanko	44:30
W55 Patricia Smith	26:23
W60 Susie Klutz	22:39
MaryJane Lamperski	44:28
W70 Pat Jones	54:14
W75+Margaret Hagerty	77:40:54

### Peachtree 10K Atlanta, GA; July 4

<b>Overall</b>	
Alene Emere	20:28:04
Lomah Kiplagat	26:30:52
M40 Andrew Masai	29:37
John Tuttle	30:12
Simon Karori	30:16
Mark Donahue	30:29
Graeme Fell	30:32
Van Townsend	33:39
Larry Brock	33:39
Paul Okerberg	33:43
Richard Ledoux	34:14
Joe Melanson	34:42
John Black	34:56
Richard Ferguson	35:17
Andrew Blackburn	35:25
Tim Unger	35:36
John Taylor	35:38
M45 Bob Dalton	34:25
Lloyd Boone	34:55
Jon Creighton	37:22
Randy Stroud	37:26
Thomas Shinnick	37:30
Ronald Sims	37:33
Kirk Rosenback	37:37
Neil Feather	37:46
Robert Wilson	38:02
David Mauterer	38:18
Danny Daniel	38:22
Gregory Rucker	38:26
George Taylor	38:28
Daniel Batchelor	38:31
Buddy Harpool	38:34
M50 Reese Jacobs	35:04
Ervin Reid	35:55
Richard Buerkle	36:00
Wes Wessely	37:13
Neal Benson	37:32
Donald Henderson	37:45
Joel Majors	37:50
Dan Healy	37:59
Gene McGrady	38:22
Jim Struve	38:38
M55 Jim Crowley	37:03
David Hagemes	40:11
Jim Watkins	40:22
Ed Bligh	40:53
Vern Noble	41:15
James Walker	41:19
Terry Anderson	41:25
Terrell Davis	41:28
Joe Waters	41:29
Joe Carter	41:33
M60 Benjamin Jordan	40:47
Bobby Carroll	42:04
Ben Zappa	44:47
Bobby Chandler	45:18
John Perkins	45:25
Fred Motz	45:50
Gerald Friedman	46:12
M65 Lloyd Chambers	46:30
Walter McDaniel	46:35
Bill Engle	48:37
Clyde Fortson	50:58
Jerer Allen	51:28
Charles Teage	51:33
M70 Charles Scott	53:50
Randy Seckman	59:34
W40 Judi St. Hilaire	34:18
Marina Belyaeva	34:39
Maria Trujillo De Rios	35:35
Janice Addison	36:35
Patti Shull	36:39
Mary Sweeney	37:49
Amy Barrow	39:09
Kellie Eyre	39:28
Nancy Stewart	39:40
Mary Button	39:48

Kim Workowski	41:58
Debbie Davis	41:58
Betsy Frick	42:16
Lynn Pinyard	42:21
Sally Brookings	42:30
W45 Sheri Hintz	41:00
Trish Vlastnick	42:10
Jackie Blair	43:30
Sandra Stark	44:46
Beverly Coville	45:29
Trenice Mullis	45:44
Martha Boone	45:58
Gerry Gardner	46:57
Susan Colquitt	47:26
Theresa Vangrov	47:26
Susan Jones	47:33
Paula May	47:42
Billie Kay Melanson	47:57
Lyn Almon	48:40
D.P. Alexander	48:41
W50 Judith Hine	40:51
Betty Scott	44:20
Dee Bays-Dean	46:13
Jo Adamson	46:56
Betty Disanza	48:10
Rissie Thieler	48:16
Gail Sharber	49:48
Anita Olshanski	50:37
Janis Bowen	51:18
Carmen Moore	51:48
W55 Birgit Horn	47:44
Gloria Cofer	52:30
Kim Olson	52:31
Jeanne Daprano	53:11
Katherine Boydston	54:03
Donna Sims	54:54
Holly York	55:25
Dona Scalia	56:20
Carole Limonciello	56:41
Carol Brim	56:44
W60 Ann Akers	48:22
Gail Henley	57:18
Barbara Meyer	58:42
Shirley Carter	59:15
Dolores Cross	59:42
W65 Mildred Wright	62:42

### MIDWEST

#### Columbus 10K Columbus, OH; June 4

<b>Overall</b>	
Matthew Folk	24:31:32
Stephanie Agosta	39:36:38
M40 Bill Valenzano	34:12
Lou Milliron	34:21
Brad Ingram	34:30
M45 Bob Huston	38:07
Randal Donelson	41:29
Walter Tresville	41:40
M50 David Blankenship	35:53
Fred Corpuz	37:36
M55 Peter Wayne	37:12
Larry Lane	41:03
M60 Ron Rohrer	40:41
Bill Zehner	41:23
M65 William Pattison	45:54
M70 Thad Davis	72:65:59
W40 Judy Smith	44:38
Kim Knight	49:51
W45 Linda Jacobs	54:17
Kathy Harmeyer	54:39
W50 Marie Burleson	49:58
Velma Matuszewski	53:51
W60 Sue Lawson	56:28

#### Hoosier Marathon Fort Wayne, IN; June 10

<b>Overall</b>	
Doug Sundling	44:2:56:16
Kathy Demeritt	22:3:19:17
M40 Doug Sundling	44:2:56:16
J. Reimschisel	3:28:55
M45 Keung Wing-Kwong	3:20:57
Robert Keough	3:31:11
M50 Larry Whitaker	3:44:25
Joe Stevenson	4:03:18
M55 David Harrell	3:55:39
Larry Averbeck	3:58:12
M60 Louis Romain	4:06:26
M65 James Johnson	6:15:29
W40 Teresa Dufau	4:37:57
Terri Gross	4:51:36
W45 Diana Kuebler	4:57:37
W50 Thelma Riehle	6:42:00

#### Sunburst Marathon, 10K & 5K South Bend, IN; June 10

<b>Overall</b>	
Retta Hinde	2:27:30
Patricia Bagley	3:05:42
M40 Jeff Martin	2:36:59
Steven Wilson	2:46:04
John Roska	3:13:17
M45 Jim D'Haenens	3:07:30
Brian Fredricks	3:25:35

Pete Trump	3:35:31
M50 David Huck	3:30:30
James Maloney	3:33:31
M55 Darrel Crouter	3:45:20
R. DeCamp	3:47:53
M60 Jim Mackert	4:27:41
Gus Kuhn	4:34:14
M70 Matt Norris	4:22:37
W40 Nancy Drach	3:19:13
Laurel Cihak	3:34:27
Janet Suttill	3:41:41
W45 Sherry Laroy	3:57:21
Pamela McCullough	4:09:02
Carol Hawkins	4:16:08
W50 Maggy Higgins-Zidar	3:45:02
Susan Miller	4:14:32
W55 Patricia Wolf	5:24:02
Judy Amico	5:50:37
W60 Carol Westerman	4:47:44
<b>Overall</b>	
Bruce Raymer	31:13
Monica Hostetter	36:30
M40 Mike Haag	34:15
Richard Ferguson	35:28
M45 David Ahner	35:18
Stephen Arndt	39:22
M50 Dennis Hooley	41:09
Steve Smith	43:07
M55 Carl Bossung	44:02
Charles Esola	45:52
M60 Gary Schmidt	45:23
Freeman Hershberger	48:09
M70 Jerry Johncock	45:33
Tom Cassidy	59:56
W40 Kay Schmidt	46:30
Julie Pinder	47:03
W45 Julie Lapinski	48:34
Mary Jo Regan-Kubinski	49:05
W50 Brenda Knowles	48:39
Nikki Rector	50:15
W55 Margaret Hoey	54:36
Mary Leary	64:37
W60 B.J. O'Brien	60:25
Joan Ransberger	69:51

<b>Overall</b>	
Jared Seger	14:16
Michelle King	16:30
M40 Andrew Schnabel	17:41
William Penninger	17:52
M45 Scott Mainwaring	17:47
Marlin Howe	18:21
M50 Chris Miller	18:07
Mike Whiteman	19:35
M55 Bill Clark	20:47
Jon Nace	21:31
M60 Larry Christensen	21:24
Maxwell Monroe	23:15
M70 Armand Masse	26:44
John Hickey	26:45
W40 Rose Marie Johns	21:52
Susan Tatay	22:45
W45 Jean Yackshaw	23:27
Patricia Cudwiler	24:13
W50 Peggy Whitlow	21:54
Alice Ranney	25:48
W55 Becky Dick	29:22
Susan Havens	30:38
W60 Joan Lennon	30:41
Judy Cayo	30:50
W70 Erma Hickey	40:00
Rose Ellen McCourt	42:48

#### Steamboat Classic 4 Mile Peoria, IL; June 10

<b>Overall</b>	
Jon Brown	28:18:16
Colleen DeReuck	36:20:05
M40 Simon Karori	18:51
James Acklin	21:15
Ed Ricca	21:42
M45 Leo Vandervulugt	21:53
Ron Piro	22:16
Glenn Herold	23:14
M50 Thys Bax	22:34
Ken Jagmin	23:11
Merlin Anderson	23:45
M55 Larry McMasters	25:15
Tony Phillips	26:42
Jerry Crump	27:07
M60 Jack Nelson	23:26
Auburn Wells	27:58
M65 Carl Segretto	27:24
Richard Kowalski	29:29
M70 Bill Kennedy	79:39:31
W40 Wanda Panfil	23:32
Jane Murphy	24:40
Pamela Campbell	24:42
W45 Pat O'Bryan	29:42
Jean Michalak	30:11
Carol Parker	30:18
W50 Linda Fleege	29:07
Joann Fraser	31:37
Janine Rudin	31:47
W55 Jane Eastman	33:08

Geri Andrews	35:23
W60 Barbara Miller	28:23
Sharon Roggenbuck	35:40
W65 Barb Gurtler	33:07

#### Cellcom Greenbay Marathon & Half-Marathon Green Bay, WI; June 25

<b>Overall</b>	
Vladimir Epanov	2:21:10
Lucia Subano	2:42:07
M40 Steve Wilson	2:27:35
Jeff Martin	2:34:55
Tom Zimmerman	2:39:30
Dan Martin	2:41:41
Norb Lauer	2:54:42
M45 John Zupanc	2:51:45
Bill Piechowski	2:55:26
Joe Jackels	3:04:22
Mike Hennessey	3:07:26
Jeff Loss	3:15:02
M50 Roy Pimung	3:04:22
Robert Lara	3:12:19
W. Christopherson	3:13:36
John Jenk	3:16:13
Alan Kraszewski	3:16:51
M55 Doug Saari	3:09:57
Tom Finnegan	3:15:11
Joe Siebold	3:23:31
Sam Lewis Jr.	3:25:33
R. Friedrichsen	3:38:02
M60 Robert Tafelski	3:35:53
Will Wright	3:41:47
D. Van De Voort	3:47:48
Ken Burman	3:51:29
Don Andree	4:11:53
M65 Dick Green	3:49:10
Larry Engel	4:31:43
Jim Duval	4:34:49
Gus Swoboda	4:52:56
Bob Ranta	4:54:51
M70 James Spychalla	5:22:03
David Weber	6:04:38
Dean Rademaker	6:33:49
M75+Bill Style	5:44:48
W40 Barb Acosta	2:58:52
Mary Burns-Prine	2:59:26
Kathy Waldron	3:10:37
Melinda Mangold	3:31:49
Anita Gormley	3:34:44
W45 Marina Jones	3:03:20
Rita Clark	3:40:46
Terry Maher	3:43:27
Ann Windrow	3:55:30
Christine Neuman	3:57:37
W50 Nancy Rollins	3:43:53
W. Hartwigsen	3:56:20
Kathy Kaplan	4:01:27
Cheryl Raymus	4:05:16
Linda McDaniel	4:36:15
W55 Florence Banaszak	4:03:43
Kathy Sager	4:04:21
Janet DeLucia	4:54:51
Karen Hundley	4:59:59
Patricia Cudjic	5:19:53
W60 Carol Westerman	4:53:54
Nancy Spencer	5:04:01
D.-G. Gatewood	6:50:40
Glenys Bird	7:25:22

#### Half-Marathon

<b>Overall</b>	
Jason Ryf	1:10:05
April Ecke	1:24:10
M40 Denis Henseler	1:17:56
Jon Noval	1:26:12
Bob Turek	1:28:06
M45 Scott McConnell	1:27:40
Nicholas Lyons	1:27:44
Michael Dorvinen	1:35:07
M50 Bob Richards	1:28:35
Edmund Jung	1:28:41
Jerry Donegan	1:33:41
M55 Donald Peterson	1:29:53
Fred McCummin	1:35:51
Larry Huff	1:36:43
M60 Dennis Christian	1:49:39
Thomas Lisle	1:55:39
Robert Moes	2:10:06
M65 Norm Hovila	1:56:13
Ronn Barr	2:05:10
Gerald Gast	2:43:04
M70 Dick Lammeyer	1:57:54
Jim Waterman	2:19:49
W40 Brenda Feddersen	1:45:09
Patricia Kammig	1:47:18
Tamara Merle	1:47:50
W45 Scott Putman	1:27:37
Nathalie McCoy	1:38:25
Mary Schumann	1:44:58
W50 Ellen Wing	1:57:55
Rose Reeves	1:58:10
Patricia Mueller	2:00:13
W55 Myrna Dickinson	2:10:06
Lucille Stahl	2:13:40
Kay Foster	2:50:01

W60 Sandy Dennett	3:13:47
Norene Caliva	3:18:19
Beverly Novak	3:26:43
W65 Ruth Weber	3:04:05
Bonnie Maschka	3:20:51
Mary Jordal	3:22:54

#### MID-AMERICA

<b>TIMTAM 2000 50K Ames, IA; May 21</b>	
Dave Fitz	45:40:09:04
Bob Watson	40:41:18:27
Steve Lind	45:44:46:14
Mike Hunger	38:50:03:33
Kathy Wendell	45:52:28:01
Tom Jackson	55:53:37:38
Galen Wilke	48:53:38:19
Chas Sabatine	66:54:42:32
Richard Worley	53:54:42:49
Robert Risser	59:54:42:58
Glen Zibel	69:63:38:58
Tammie Amsbaugh	43:70:00:07

Dam to Dam 20K	
Des Moines, IA; June 3	
Overall	
Kurt Keiser 26	1:02:56
Bonnie Sons 34	1:14:34
M40 Tim Schmid	1:08:30
Dave Johnson	1:09:04
Tom Zimmerman	1:10:49
M45 Terry Stewart	1:12:22
Curt Hoegh	1:12:42
Phil Coppess	1:14:03
M50 Jim Shimek	1:19:28
Charlie Burch	1:21:27
Rick Hagan	1:23:49
M55 Ronald McKay	1:22:56
Craig Clark	1:27:59
Ron Bickel	1:32:14
M60 Guy Ealey	1:23:05
Peter Rabideau	1:34:39
M65 Jim Schleisman	1:27:43
Jim Smedema	1:28:00
W40 Ann Ringlein	1:20:18
Julie Starry	1:24:32
Jackie Groves	1:25:09
W45 Andriette Wickstrom	1:29:08
Nancy Hoegh	1:29:14
Elaine Van Dyck	1:34:12
W50 Jan Daker	1:38:51
Wanda Hartwigsen	1:41:18
Janine Rudin	1:47:51
W55 Sandy Rupnow	1:41:03
Janet Ross	1:43:47



Continued from previous page

Richard O'Neill	5:19:53
Kokie Miller	5:44:16
Donald Wolkoff	5:52:45
W40 Maria Trujillo	2:48:46
Doris W. Dausman	3:00:55
Kristi Norling-Larson	3:05:02
Donna Melody	3:13:59
Miyu Chun	3:16:44
Deb Thomford	3:17:31
Kelly Rogers	3:22:09
Nancy Marquette	3:22:38
Cheryl Franta	3:25:06
Louise Young	3:25:16
W45 Janet Gensler	3:17:41
Ann Haugejorde	3:20:21
Alane Fischer	3:21:12
Barbara Bymes	3:30:46
Karen Imhoff	3:31:06
Ruth Blauwiekel	3:34:43
Susan Milleville	3:35:18
Elaine Van Dyke	3:36:17
Jane Thompson	3:36:40
Candace Karu	3:36:41
W50 Barb Jacobson	3:05:30
Gloria Jansen	3:12:47
Faye Berger	3:33:53
Marjorie Peterson	3:40:57
Kirsten Jensen	3:48:51
Sara Cheme	3:55:52
Penny Mathieu	3:57:25
Gael Jones	3:57:44
Marjorie Schmidt	3:57:49
Catherine Gunn	4:03:15
W55 Nancy Joyce	3:45:12
Muffet Chatterton	3:48:44
Mary Dose	4:03:17
Nancy Linck	4:03:58
Jan Rohde	4:06:23
Shirley Hester	4:14:26
Deanna Larson	4:22:33
Judie Kean	4:23:45
Joyce Ossman	4:31:50
Laurinda Young	4:32:14
W60 Bonnie McEwee	4:32:57
Carol Mathias	4:39:51
Yuki Daker	4:41:10
Carol Drinkard	4:56:33
Susan Mason	5:04:07
Hiro Nashida	5:06:55
Bonny Bates	5:08:04
Doreen Dell	5:13:06
Peg Tyler	5:14:39
Elaine Doll-Dunn	5:35:59
W65 Leona Nenow	4:48:32
Vici Dehaan	5:03:27
Patricia Amidon	5:41:52
Betty Byron	5:56:56
W70+Joy Johnson	4:55:03

**SOUTHWEST**Dad's Day 5K  
Dallas, TX; June 17

Overall	
Janko Bensa	13:52
Colleen Derek	15:43
M40 Terry Marcott	16:59
Samuel Pacheco	17:53
Randall Turner	18:32
M45 Mike Parsons	17:24
Dennis Baker	18:39
Elio Ortega	18:46
M50 Steven Conly	18:27
Tony Collins	18:30
Ian Rodger	18:43
M55 Bill Shaw	18:40
Ken Hodges	21:03
Doug Gilpin	21:07
M60 Bill Blackburn	20:43
Bill Toy	20:52
Bill Johnson	22:15
M65 Dewey Fambry	24:12
Dick Doores	24:26
M70 Richard Widener	25:54
Howard Mayer	27:37
W40 Carmen Troncoso	16:43
Kerry Little	21:24
Teresa Sellers	23:15
W45 Jacquie Baldelli	22:07
Ann Dannis	22:38
Virginia Parma	24:45
W50 Margaret Filingen	23:54
Susan Sams	23:59
Susan Davidoff	26:26
W55 Ellen Nitz	23:49
Mary Salter	27:57
Peggy Tibbets	28:50
W60 Diana Hersey	28:54
Deanna Kasten	57:02
W65 Phyllis Provost	29:19
Mary Marquardt	31:19

**WEST**Los Angeles Marathon  
March 5

M40 Alfredo Rosas	2:34:05
Federico Yax	2:37:22
Rigoberto Vega	2:42:21
Mike Delgado	2:46:06
Chuck Teixeira	2:48:28
M45 Lucio Ariago	2:56:05
Steven Watanabe	2:59:10
Jose Piedrasante	3:00:20
Mauricio Martinez	3:00:36
Jose Barocio	3:00:44
M50 Ken Payne	2:57:46
Jussi Hamalainen	2:58:30
Carlos Saturno	3:04:46
Salvador Castro	3:06:33
Donald Ocano	3:06:49
M55 Tereso Alonso	3:05:16
Richard Hillestad	3:14:26
Wayne Mitchell	3:24:36
M60 Larry Dervin	3:32:28
Isamu Kimura	3:38:31
N Nakamura	3:44:13
M65 William Wall	3:51:53
Stanley Polski	3:59:01
Allen Westheimer	4:02:14
M70 Leonard Silver	4:30:18
Y Sakazaki	4:38:40
Roque Torres	4:47:36
M75 Milton Bassett	5:35:00
Salvador Avila	5:37:36
Wataru Umezawa	5:57:34
M80+Don Brown	6:40:45
Ernest VanLeuwen	6:50:52
George Feinstein	7:02:02
W40 Judy Maguire	2:58:21
Marie Romero	3:11:00
Willetta Page	3:15:04
Donna Watts	3:22:27
W45 Candy Clark	3:23:49
Alfred Anglehart	3:30:53
Toshiko Miyawaki	3:37:24
Carol Richardson	3:42:41
W50 Gloria McCoy	3:50:36
Pat Giebet	3:56:12
Marcia Matthews	4:00:08
W55 Patti Wilson	3:28:37
Sally Adams	3:47:50
Ann Tack	3:55:38
Angelika Castaneda	3:59:26
W60 Kumiko Takei	4:01:17
Gaby McQuitty	4:14:47
Marilyn Clark	4:22:07
W65 Chieko Allwein	4:23:05
Fujiko Yamada	4:32:29
Audrey Hauth	4:56:36
W70 Anna Hollenberg	4:56:47
Antoinette Hill	5:09:01
Lillian Miller	5:17:03
W75 Po Adams	6:32:23
Caroline Cruz	6:44:56
Gladys Mathes	7:26:56

Run For The Crown 5K/10K  
Corona, CA; May 13

-5K-	
Overall	
Bob Adams 37	16:00
Jerri Higginbotham 43	20:57
M40 Eddie Aldaco	18:04
M50 Steven Conly	18:27
Tony Collins	18:30
Ian Rodger	18:43
M55 Bill Shaw	18:40
Ken Hodges	21:03
Doug Gilpin	21:07
M60 Bill Blackburn	20:43
Bill Toy	20:52
Bill Johnson	22:15
M65 Dewey Fambry	24:12
Dick Doores	24:26
M70 Richard Widener	25:54
Howard Mayer	27:37
W40 Carmen Troncoso	16:43
Kerry Little	21:24
Teresa Sellers	23:15
W45 Jacquie Baldelli	22:07
Ann Dannis	22:38
Virginia Parma	24:45
W50 Margaret Filingen	23:54
Susan Sams	23:59
Susan Davidoff	26:26
W55 Ellen Nitz	23:49
Mary Salter	27:57
Peggy Tibbets	28:50
W60 Diana Hersey	28:54
Deanna Kasten	57:02
W65 Phyllis Provost	29:19
Mary Marquardt	31:19

Josie Varela	38:59
Diann Rector	43:41
W60 June Johnson	39:40
Phyllis Seaquist	42:09
Mimi Rodidoux	49:02
W65 Marlene Zamberlin	41:04
W70 Grace Gammill 70	37:17
Nyla Cook 78	43:50

-10K-	
Overall	
Gus Arce 30	34:14
Susan Enlow 44	41:46
M40 Franco Forlini	38:31
Ed Corpus	40:59
Jeff Katz	42:12
M45 Leonard Aguilar	35:07
Phill Courtney	42:46
Bill Workman	43:31
M50 Felipe Pina	44:01
Rick Joly	46:45
Steven Deterville	48:37
M55 Joel Soto	37:34
Mike Sanchez	45:00
Dan Henderson	45:45
M60 Chuck Gee	45:57
Bob Owens	62:34
M65 Jerry Jefferson	50:46
James Render	57:16
Edward Starr	61:57
M70 Bob Koch 73	46:27
W40 Susan Enlow	41:46
Virginia Heredia	46:24
Linda Mazenko	48:52
W45 Rose Martinez	54:19
Miriam Lund	57:43
Cate Girsakis	60:01
W50 Kathy Joly	58:17
W55 Sally Tyree 57	49:36
Elaine Noster 58	69:10

Brentwood 5K/10K Runs  
Brentwood, CA; May 28

-5K-	
Overall	
Tyson Sacco 26	15:44
Kelly Flathers 28	17:00
M40 Gary Pavlick	16:57
Tim Mock	17:10
Francisco Goss	17:35
M45 Ed Avol	17:20
Scott Rosenlieb	17:25
John Holcomb	17:51
M50 Ron Kurre	17:59
William Sumner	18:10
Terry Martin	18:18
M55 Rodger Patrick	20:52
Bill Trebilcockman	22:52
Frank Merideth	23:44
M60 Brian Fernoe	20:34
Horst Lutz	21:40
Bill Thompson	22:28
M65 Robert Lyons	20:59
Bob Gold	26:20
Tom Maxwell	27:09
M70 Richard Ryder	27:03
Ralph Furness	31:38
Sy Ferris	32:02
M75 Larry Banuelos 76	26:21
Robert Katz 75	28:32
Vincent Malizia 85	32:04
W40 Tracy Kierce	20:31
Monika Rye	22:17
Linda Narney	22:26
W45 Sharon Lotesto	20:33
Cynthia Holcomb	22:05
Leslie King	22:25
W50 Yoko Eichel	21:08
Anita Greenberg	23:31
Kathy Housel	24:43
W55 Kathy Tennis	21:56
Fran Smith	23:55
Janice Payne	26:01
W60 Nysan Zysman	24:53
Joan Maxwell	25:31
Adrienne Hastings	30:52
W65 Atsuko Fujimoto	29:34
Donie Smith	31:51
W75 Lois Edds 79	34:11

-10K-	
Overall	
Gus Mojarro 37	32:13
Melinda George 23	39:51
M40 Mario Godinez	36:16
Daniel Clemons	37:20
Grant Cochran	38:12
M45 Takashi Yagisawa	37:06
David Learn	39:45
Andre Untiedt	41:14
M50 Chris Jesseman	40:54
Julian Rosales	41:29
Jeff Mintz	42:09

M55 Bruce Geddes	42:22
Fred Blasetti	42:43
Mario Gerla	45:56
M60 Arnold Orgolini	46:11
Joseph Umbro	48:09
Angel Nunes	51:11
M65 Dusty Snyder	53:17
Roger Wood	53:29
M70 Curtis Brownfield 71	50:36
Ellis Revness 73	52:01
W40 Susan Kimura	43:55
Susan Fink	45:33
Susan Harbert	45:54
W45 Denise Pilnak	47:42
Peggy Suave	49:22
Debra Schrotz	50:57
W50 Sally Simpson	48:06
Salvador Bates	48:33
Sharon Yamato	52:13
W55 Carole Quam	47:14
Bonnie R. Jones	51:10
W60 Mehran Lashkari 60	49:52

Flo-Jo Memorial Runs  
Laguna Niguel, CA; May 29

-Half-Marathon-	
Overall:	
Marco Ochoa 35	1:08:43
Suzi Morris 42	1:24:03
M40 Franco Forlini	1:23:14
Brian King	1:23:34
John Vulpo	1:23:54
M45 Dave Parsel	1:13:23
Herbie Yee	1:20:18
James Walton	1:23:18
M50 Fred Shuffelbarger	1:28:30
Fred Pichay	1:29:48
Rick Allan	1:30:48
M55 Neville Pearson	1:29:51
Carlos Cabral	1:31:12
Ian Malcolm	1:33:26
M60 Bob Carpenter	1:48:39
Ralph Smith	1:52:40
Bill Garrett	1:57:49
M65 William Wall	1:41:47
Stanley Polski	1:46:15
Don Smith	1:51:21
Eugene Young 72	1:57:10
Link Lindquist 72	2:05:44
Allen Bergmann 73	2:19:21
W40 Suzi Morris	1:24:03
Marie Romero	1:30:08
Gina Catania	1:34:17
W45 Kit Wilson	1:39:06
Kathi Guiney	1:39:37
Koczergo	1:46:45
W50 Liz Burger	2:01:00
Sheri Thomas	2:05:52
Kathie Maxwell	2:06:41
W55 Olu Karib	1:36:11
Sally Adam	1:38:54
Carole Gass	2:01:02
W60 Lorraine Seidmeyer	1:58:54
Pat Herr	2:24:26
Phyllis Marshall	2:52:25
W65 Joyce Duval 68	2:49:52
Millicent Tate 65	2:57:09

-5K-	
Overall:	
Danny Reed 390	15:38
Jaime Carillo 21	17:15
M40 David Frier	18:02
Gilbert Toalavez	18:15
Gregory Beck	19:12
M45 Stelo Goncalves	18:06
Bob Morris	18:20
Felix Lopez	18:36
M50 Don Irvine	18:21
Bill Sumner	18:21
Bill Cameron	19:58
M55 Clive Bevan	20:33
Jerry Harber	20:46
Ramon Silva	21:44
M60 Bob Norton	21:38
Oscar Velastegui	22:56
Jim Clay	23:54
M65 Jerry Jefferson	22:56
Don Moore	24:58
Cauk Cobb	25:11
M70 James Wilkie	24:21
Hu Goldstein	24:43
Tony Varbrough	24:44
M75 Larry Banuelos	25:55
John Mooshagian	50:15
Warren Sprayragen	51:08
M80 George Stayboldt 80	36:23
M85 Bill Nice 85	29:01
W40 Yayoi Liu	19:40
Lisa Pierce	20:36
Pilar Bossenmeyer	22:31
W45 Farber?	24:47
Hanne Behles	25:06
Yolanda Bishop	25:43
W50 Kathryn Blogun	22:20
Rebecca Sandoval	25:15
Carolyne Slade	26:58
W55 Erlinda Sullivan	25:55

Angela Meng	28:25
Sandy Stark	31:07
W60 Yvette Lavigne	22:40
Winnie Rich	30:19
Elaine Cook	30:41
W65 Chieko Allwein	26:50
Amy Goldstein	30:14
Joan Kovcs	44:48
W70 Onodera Leonard	28:35
Shirley Golden	50:03
W75 Mary Storey 76	28:40
Edith Rubinstein 75	50:02

Palos Verdes Marathon  
Palos Verdes, CA; June 3

-Marathon-	
Overall	
James Maynard 32	2:37:27
Debbie Richardson 37	3:10:51
M40 Danny Westergaard	2:58:37
Gonzalo Samaniego	3:01:05
Stan Nakaso	3:10:42
M45 Harold Ketting	3:04:18
Takashi Yagasawa	3:07:48
Arthur Cookson	3:08:41
M50 Ming Quon	3:13:37
Jim Rucker	3:14:21
John Hunter	3:15:47
M55 Sylvan Addink	3:35:03
Bruce Swanson	4:00:26
Gunnar Thowson	4:06:26
M60 Alan Fell	3:50:25
Jim Rader	4:25:41
Robert Clossen	4:28:39
M65 Gordon Watson	3:44:17
Paul Straub	4:35:30
Ben Butler	5:43:59
M70 Kenneth Butts 75	5:10:38
W40 Sena Hoodman	3:29:57
W45 Blyth Matsuoka	3:43:31
Barbara Varon	4:02:58
Debra Schrotz	4:15:50
W50 Suzanne Miller	4:50:38
Jan Knafelc	5:22:16
Sheila Galinsky	5:17:16
W55 Diane Shaw	3:55:25
Nancy Mustard	4:15:32
Christie Edinger	4:22:51
W60 Donna Nicosia 64	3:27:38
Jan Knafelc 60	5:22:16
Gloria Bassler 63	6:04:24

-Half-Marathon-	
Overall	
Thomas Beckum 24	1:14:15
Ilia Jimenez 33	1:26:17
M40 Alfonso Andrade	1:24:24
Raymundo Juarez	1:25:05
David Graham	1:28:46
M45 Terry Alkana	1:29:30
Dave Ferris	1:33:38
Tom Gey	1:36:06
M50 Marco Ortiz	1:20:01
Moo Sung	1:35:10
Ed Kaiser	1:36:24
M55 Jim Spear	1:34:08
Chuck Nawrot	1:42:58
Vic MacKenzie	1:43:07
M60 Vincent DeFranco	1:49:51



Continued from previous page

M45 Dave Ferris	19:51
Stan Kirschner	22:30
Barry Peterson	22:56
M50 Ritchie Geisel	18:05
Paul Haaga	19:36
Juan Carden	20:28
M55 Tom Boomer	21:41
John Olsen	23:28
Michael McCaffery	24:18
M60 Larry Dervin	22:00
Don Fisk	24:11
Raymond Lopez	25:12
M65 Ray Archibald	25:45
Don Golden	30:50
Bill Herring	47:15
M70 Leo Prado 71	27:53
Bob Lawson 74	47:34
M75 Gilbert Haak 76	33:36
W40 Marie Romero	19:55
Jeanne Kawashima	20:24
Ann Fleming	23:17
W45 Rachelle Katz	23:15
Nancy Shura	25:04
Mary Reid	26:01
W50 Angie McCaffery	28:17
Gavin Mills	29:04
Julie Campbell	29:54
W55 Eileen Cohen	28:19
Kathy Vigil	29:43
Judy Espino	29:51
W60 Bobbi Gold	29:42
Frances Hampton	34:17
Joan Potter	35:38
W65 Helen Porter	42:03
Marge Bond	47:44
W70 Elsie Sadler 72	59:27
-10K-	
Overall	
Jim Fried 49	35:55
Torie Moran 33	39:36
M40 Randall Johnson	41:51
Eric Gerritsen	42:37
Larry Riff	43:14
M45 Jim Fried	35:55
Steve Brang	41:05
Karl Schultze	41:56
M50 Mark Rutter	43:33
Earl Garrett	45:19
Lars Clutterham	47:27
M55 Gary Riley	41:49
Marshall Pura	49:16
Joe Wilson	67:25
M60 Terry Dunbar	54:53
M65 Roger Wood	52:03
M70 Bob Koch 73	47:38
Gilbert Macias 70	67:32
Cliff Ford 71	72:08
W40 Pam Osterwell	50:09
Diane Moldafsky	53:31
Lucia Martinez	54:41
W45 Susan Slater	52:21
Bonnie Killebrew	54:41
Diane Durazo	62:39
W50 Genette Garrett 50	45:06
Molly Montgomery 51	52:01

### Cal-Neva Mile Reno, NV; June 17

Overall	
Phillimon Hanneck	3:55
Luydmila Vasilyeva	4:30
M40 Paul Pilkington	4:12
Tim Minor	4:26
Joerg Herbrechtsmeier	4:44
Ron Cross	4:59
Joe Plater	5:16
M50 Domingo Tibaduiza	4:40
Jeff Collins	5:24
Patrick Mooney	5:27
Carl Bergemann	5:42
Tony LaMorte	5:58
M60 Jerry Lynn	6:51
Phil Bryan	7:31
W40 Ruth Wysocki	5:02
Terry Adams-Schmidt	5:24
Loraline Pierson-Hankins	6:44
Liz Milyko	7:05
Merna Meier	7:12
W50 Barbara O'Brien	7:16
Susan Keyser	7:18
Barbara Arnold	7:23
Patricia Patrick	7:55
Sandra Peroglio	8:21

### Shriner's Capital Challenge 8K Sacramento, CA; June 17

Overall	
Kris Lunn 23	24:13
Diana Harlick 26	28:18
M40 Carmelo Rios	26:38
Jeff Teeters	26:42

Frank Thomas	26:45
Fletcher Lesley	28:59
Brian Davis	26:59
M45 Lloyd Stephenson	25:28
David Stephens	27:27
Don Paul	27:37
Charles Lighty	27:52
Michael Ignatius	28:07
M50 Michael Dove	28:05
Jim Gorman	28:11
Greg Jewett	28:17
Frank Rouna	28:41
Don Porteous	28:50
Raymond Lopez	29:53
Perry Hayden	30:27
Fred Martin	30:41
Jim Reitz	31:19
M60 Neal Chappell	31:16
Ralph Poole	33:13
Bernie Hollander	35:08
Richard Guidolin	35:32
M65 Irv Faria	38:44
Roger Fong	38:58
Lee Rhodes	42:13
M70 Sam Hirabayashi	39:24
Boyce Jacques	41:18
M75 Frank Cunningham	41:48
Howard Powers	44:01
W40 Carolyn Keller	30:37
Sara Freitas	31:19
Karen Steele	31:39
Theresa McCourt	31:56
Christi Holligan	32:08
W45 Mo Barley	32:27
Donna Hinshaw	33:04
Dale Pitman	33:09
Ellen Lucas	33:21
Shene Schmidt	36:01
W50 Deedee Grafius	32:13
Maggie Fillmore	33:49
Jessie Stratton	35:53
June Lane	37:30
W55 Jutta McCormick	37:29
Rusty Barnett	38:53
Linda Hall	64:12
W60 Barbara Miller	32:42
Louise Walters	37:57
Florence Fong	52:21
W65 Myra Rhodes	39:06
Charlotte Davis	60:28
W70 Margaret Sytskel	43:13

### Run For Freedom 2000 5K/10K Huntington Beach, CA; June 17

-5K-	
Overall	
Alfredo Rosas 40	15:37
Mary Colburn 22	18:11
M40 Alfredo Rosas	15:37
Dan Clemons	17:39
Ken Saxton	18:10
M45 Takahashi Yagisawa	17:42
Steve Lassegarde	18:12
Bruce Guter	18:20
M50 Wil Sanchez	20:09
Richard Schnarr	21:59
Robert Tafaya	22:10
M55 Paul Akiyama	20:15
Robert Lizakowski	23:20
M60 David Rusher	19:36
Tony DeNiro	20:18
Gregorio Cisneros	21:25
M65 William Wall	21:17
Lloyd Marchand	29:43
Bob Park	32:34
M70 Jerry Withers 70	26:59
George Anderson 71	44:59
W40 Kerry Skochin	19:46
Diana Williams	21:22
Cathy Hallenbeck	26:27
W45 Patricia Shapiro	20:37
Wendy Bracamonte	21:54
Judy Anderson	24:12
W50 Sharon Shorer	25:32
Kay Parmenter	30:58
Pamela Flowers	33:54
W55 Nancy Ten-Berge	24:31
Jackie Serrata	26:39
Glenna Sparks	35:13
W60 Elsie Billy	30:23
Carol Madle	43:46
Mercedes Basic	50:30
W65 Rosalie O'Brien 65	45:13
Margaret Haller 68	45:15

-10K-	
Overall	
Dave Parsel 45	32:13
Rosalinda Alcalá 31	36:43
M40 Alfredo Rosas	32:25
Stephen Diciurcio	36:48
Peter Hafner	39:01
M45 Dave Parsel	32:13
Gary Baldwin	41:23
Dave Howes	41:30
M50 Mark Rutter	41:50
Dan Seelinger	43:26
Thomas White	45:16

M55 Neville Pearson	39:16
Jerry Harber	43:06
Assaad Al-Hashimi	54:15
M60 Bob Demiranda	49:54
Jim Lyons	50:54
M65 William Wall	46:28
Merrill Brown	60:30
M70 Bob Koch 73	47:30
James Wilkie 73	48:56
W40 Kate Lazuka	45:28
Penelope Edlund	47:10
Patricia Gonzolez	50:40
W45 Patricia Shapiro	42:55
Denise Deporter	49:45
Susan Slater	51:09
W50 Linda Rowland	54:27
Christine Wirth	61:19
Sandra Lewis	68:25
W55 Sandy Hill	77:23
W60 Ingrid Freitas 63	82:44

### State Street Mile Santa Barbara, CA; June 18

Overall	
Coley Candaele 28	3:59
Karen Candaele 28	4:38
M40 Angelo DeColibus	4:26
Tim Mock	4:34
Larry Reynolds	4:43
M45 Greg Homer	4:33
Hans Van Koppen	4:54
Marty Kauth	5:28
M50 Bill Dunn	4:49
Paul Marcel	4:55
Art Jimenez	4:58
M55 Dennis Mihora	5:10
Keith Perkins	6:07
M60 John Brennand	5:18
Tim McCollum	5:50
M65 Gordon McClenathens	5:59
Fred Vega	6:42
M70 Gene Welch	7:26
W40 Diana Hall	5:11
Helen Cox	5:37
Sara Prieto	5:40
W45 Elaine Triplett	5:26
Deborah Flores	5:35
Tracey Cox	6:21
W50 Teri Van Cott	5:18
Gail Ward	6:20
M. Belinda Tucker	6:46
W55 Shirley Saunders	7:38
W60 Barbara Howell	11:28
W65 Pam Baker	7:56
W70 Rosemarie DiSandro	10:04

### Kunitake Farms Kona Marathon Kailua-Kona, HI; June 25

Overall	
Eddy Hellebuyck	2:36:09
Jeannie Wokasch	3:07:41
M40 Rob Hunt	3:10:38
Scott Griffith	3:23:20
Daniel Jessor	3:23:31
Charles Francke	3:25:03
Randall Fald	3:26:59
M50 Bill McFadden	3:49:04
Billy Connor	3:50:35
John Peterson	3:51:43
Tony Davis	3:53:13
M60 Dallas Smith	3:30:28
Geoff Howard	3:56:53
Art Poehlman	4:34:25
M70 Steve Anson	6:02:51
W40 Connie Comiso	3:27:01
Jennifer Marks	3:43:02
J. Beaudette-Reed	3:48:02
Edrie Totten	3:48:20
Alison Wiener	3:52:08
W50 Kathy Tanaka	4:15:35
Norma Marshall	4:19:04
Patricia Puchalski	4:47:37
Suzanne Small	4:58:48
W60 Saralee Warberg	5:59:49
Joy Schoenecker	6:05:59

### 11th Annual Firecracker 5K/10K Anaheim Hills, CA; July 4

-5K-	
Overall	
Gray Mavhera 26	15:47
Hilario Martine 35	16:30
M40 Angelo DeColibus	17:22
Joe Jenkins	18:01
Kerry Scott	18:13
Gary Foltz	17:04
David Leam	18:21
Jorge Mejia	18:22
M50 Jim Heller	20:07
Anthony Nahale	20:35
Leo Sitton	20:52
M55 Jerry Paskins	20:54
Stan Baker	21:03
Tamio Kakuta	22:03
M60 Anthony Gomez	21:41
Ben Waldron	22:06
Gerald Tyner	23:05
M65 Hank Munoz	22:02
Paul Macallister	25:48

Ray Archibald	26:20
M70 James Wilkie 73	23:24
Gilbert Cisneros 75	29:07
Rufino Martinez 77	29:42
W40 SueCurfman	22:24
Sandra Caion	23:12
Ellen Davila	23:13
W45 Janet Buchanan	21:46
Denise Deporter	23:10
Paula Goldfarb	25:32
W50 Tonya Mauldin	25:27
Diane Westermann	27:19
Barbara Lindland	27:30
W55 Diane Kliss	28:23
Carol Nadig	30:55
Colleen Reeves	34:05
W60 Helen Bernbaum	23:54
Sarah Norvell	33:39
Alexandra DelMiranda	35:52
W65 Jane Tolley	32:55
Helen Daniel	47:13
W70 Marie Earl 70	43:34
-10K-	
Overall	
Wilhelm Gilabuddy 25	31:56
Trudi Thomson 41	36:16
M40 John Araujo	35:58
Raymundo Jaurez	38:21
Lyn Willoughby	40:01
M45 Mike McNeese	39:40
Scott Broberg	40:57
Stanford Oertler	41:35
M50 Maco Ortiz	36:01
Don Ocana	38:24
Ed Hoffman	40:42
M55 Wayne Mitchell	38:37
Neville Pearson	40:36
Ian Malcolm	41:12
M60 Bob DeMiranda	50:15
Frederic Hermann	61:43
Stan Matsui	66:35
M65 William Wall	45:45
Andy Beall	51:38
John Strand	52:42
M70 Bob Koch 73	48:54
Keith Varni 70	60:13
W40 Trudi Thomson	36:16
Pat Hadley	43:09
Barbara Tornatore	44:18
W45 Joan Altfillisch	48:53
Cindy Das	50:51
Amy Prisco	54:27
W50 Judy Boehme	54:11
Kathy Eimen	55:25
Lynn Lipscomb	56:28
W55 Sally Tyree	51:15
Margaret Waldron	55:12
Terry Whittington	55:51
W60 Dorothy Strand 60	63:57
Helen Holt 64	67:46

### 7th Keep L.A. Running 5K/10K Playa Del Rey, CA; July 9

-5K-	
Overall	
Bryan Dameworth 29	15:10
Sharon Lotesto 49	20:03
M40 Clyde Matsumura	16:37
Ruben Acuna	17:26
Manny Reed	17:43
M45 John Holcomb	17:21
Terry Alcana	17:49
Steve Lassegard	17:54
M50 Tim Wimbush	17:57
Bill Sumner	18:02
Michael Victor	18:51
M55 John Gonzalez	20:39
Bill Hines	21:04
Robert Farnham	22:42
M60 Don Culton	23:42
Jim Clay	23:47
Pat Connolly	27:39
M65 John Ghini	21:44
Leroy Carter	22:26
Robert Cunha	28:35
M70 Milo Sather	23:57
Leonard Waltz	24:49
Robert Smith	47:26
M75 Robert Katz 75	28:47
Robert Frankendorf 76	32:35
George Feinstein 86	37:54
W40 Jane Lieberman	20:17
Linda Narney	22:06
Josie Greenidge	22:59
W45 Sharon Lotesto	20:03
Cynthia Holcomb	21:39
Peggy Sage	22:15
W50 Yoko Eichel	20:37
Kathryn Balogun	21:42
Carmen Ibarra	26:13
W55 Cecilia Konwiser	29:28
Marty Barlow	29:47
Lilia Fabela	36:29
W60 Rita Murphy	33:02
Patricia Downing	34:44
Maggie Hanson	37:06
W65 Dora Vallarta	39:52
Erigenia Meneces	40:44
Natalena Diniz	42:42
W70 Lorry Plascencia	32:23

Shirley Donoho	39:40
Louise Martin	45:13
W75 Ruth Cleland 77	53:40
Giokhonk Thio 77	61:09
10K	
Overall	
John Moss 31	33:06
Theresa Gresham	39:32
M40 Dan Clemons	36:50
Lou Johnson	38:48
Kirk Bull	41:03
M45 Michael Nash	39:53
Dave Ferris	41:46
Joaquin Arviso	42:05
M50 Ming Quan	38:27
Javvier Rodriguez	40:43
Mark Rutter	42:12
M55 Gary Riley	41:53
Sylvan Addink	43:15
John Taussig	49:00
M60 Arnold Orgolini	44:17
Terry Rhodes	48:22
Howard Kayton	48:55
M65 Roger Wood	52:15
Bill Kramer	58:50
M70 Bob Koch	47:53
Ellis Revness	51:30
Albert Rupp	61:04
M75 Steve Bath 76	62:22
W40 Lee Savidge	43:40
Laura Chades	48:43
Jodie Gregor	49:09
W45 Carolyn Ringer	48:32
Susan Slater	51:40
Christine Robertson	52:21
W50 Sally Simpson	47:52
Patricia Bates	48:54
Pat Pelletier	57:49
W55 Jody Brockway	55:32
Eileen Cohen	57:41
W60 Patricia Gleason 60	62:33
Annette James-Roger 61	66:59

### NORTHWEST

#### Butte To Butte 10K Eugene, OR; July 4

Overall	
Scott Touchette 30	31:15
Marci Madsen 22	38:12
M35 Dale Londres	32:39
M40 Chris Clark	32:25
Odin Sanders	34:44
Daniel Wojcik	35:21
Mike Logan	36:52
M45 Larry Trachtenberg	36:08
Ed Spinney	36:10
Ron Wilson	39:01
Scott Christensen	39:10
M50 Dan Stevens	40:28
Masamichi Kodaka	41:50
Jake Risley	43:01
Doug Madsen	43:06
M55 Ed Cadman	37:23
Dave McJunkin	38:11
Pat Davis	40:46
Gary Craven	43:54



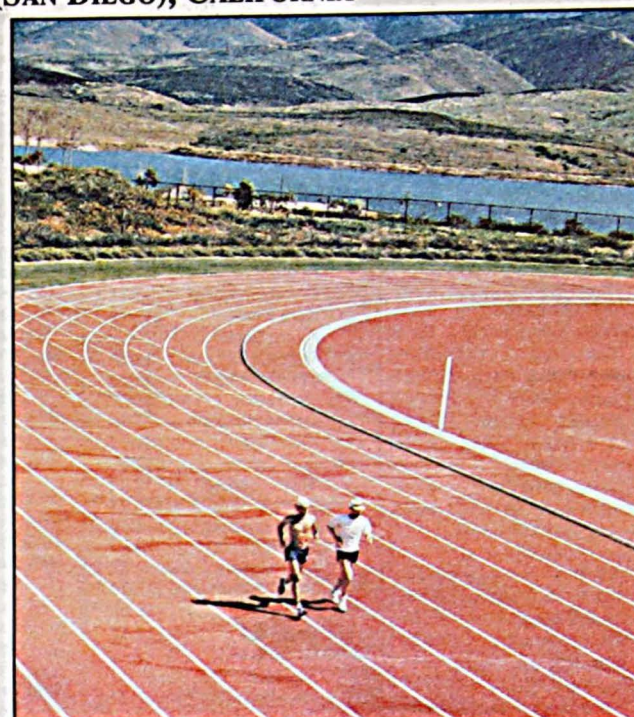


**SAN DIEGO SENIOR  
SPORTS FESTIVAL**  
SAN DIEGO SENIOR OLYMPICS

## SECOND ANNUAL CHUCK McMAHON MEMORIAL MASTERS TRACK MEET CALIFORNIA STATE SENIOR GAMES CHAMPIONSHIPS

HOSTED BY THE SAN DIEGO SENIOR OLYMPICS • AGES 40 & UP  
**SEPTEMBER 16-17, 2000**

ARCO OLYMPIC TRAINING CENTER, CHULA VISTA (SAN DIEGO), CALIFORNIA



Saturday, September 16, 2000

Event Code	Description	Approximate Start Times
RA-01	Racewalking 5000m (40+)	7:00 am
RA-02	Racewalking 3000m (60+)	
RA-03	Racewalking 1500m (Novice)	
RA-04	Racewalking 1500m (Expert)	9:30 am
TR-01	300/400m Hurdles	10:00 am
TR-02	3000m run (7.5 laps)	
TR-03	100m (Preliminaries)	12:00 pm
	LUNCH BREAK	12:00 pm-1:00 pm
TR-04	80/100/110m hurdles	1:00 pm
TR-05	50m dash (Preliminaries)	
TR-06	1500m run	
TR-07	400m	
	100m (Finals)	
	National Masters News Age Graded 100m Run-Off	4:00 pm

FIELD EVENTS (Saturday, September 16, 2000)

TR-08	Long Jump	10:00 am
TR-09	High Jump	11:00 am
TR-10	Discus	1:00 pm
TR-11	Shot Put	3:00 pm

Sunday, September 17, 2000

Event Code	Description	Approximate Start Times
TR-12	3000m Steeplechase 36" (Men 40-59)	10:00 am
TR-13	2000m Steeplechase 30" (Men 60+/All women)	
TR-14	800m	
TR-15	200m dash (Preliminaries)	12:00 pm
	LUNCH BREAK	12:00 pm-1:00 pm
TR-16	50m dash (Finals)	1:00 pm
	Steve Scott Age Graded Handicap Mile (Men & Women)	
	200m dash (Finals)	4:00 pm

FIELD EVENTS (Sunday, September 17, 2000)

TR-17	Javelin Clinic	9:00 am
TR-18	Javelin	10:00 am
TR-19	Triple Jump	11:00 am
TR-20	Pole Vault	1:00 pm
	Hammer Throw	3:00 pm

Final start list and times will be available September 15th at the CELEBRATION OF ATHLETES.

PRACTICE: The ARCO Training Ctr. will be available for practice on Friday, September 15th from 1-5 pm.

Attend Coach Joaquin Cruz's (Olympic 800m Bronze medalist) middle distance training clinic at 1:00 pm.

Reservations are required for practice. Please call (619) 226-1324 to RSVP for practice.

RULES: USATF Masters rules will apply.

AWARDS: Gold, Silver & Bronze medals to the top 3 in each event.

For More Information Contact: Track & Field Commissioner - David Pain (619) 582-3316

Fax: (619) 582-5769, E-mail: DpainTF@aol.com

Join us for "A CELEBRATION OF ATHLETES" at Balboa Park Club, Balboa Park (directions in entry confirmation) September 15, 2000 6:30 p.m.-9:00 p.m. Enjoy a buffet dinner while listening to Big Band music.

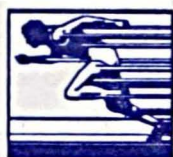
# 15% OFF

Present this coupon at any one of our  
**U.S. OLYMPIC  
SPIRIT STORES**  
and receive 15% off all  
regularly priced merchandise.

### A WORLD-CLASS TRACK & FIELD FACILITY

- MULTIPLE THROWING AND JUMPING AREAS
- USATF SANCTIONED
- USATF OFFICIALS
- FULL ELECTRONIC PHOTO TIMING
- INSTANT RESULTS
- RECORD APPLICATION CAPABILITY
- ENTER AGE GRADED "STEVE SCOTT HANDICAP MILE"
- NATIONAL MASTERS NEWS AGE-GRADED 100m CHAMPIONSHIP RUN-OFF

Prizes: \$50 - 1st place / \$30 - 2nd place / \$20 - 3rd place  
For both men and women



Age divisions: Open to all participants age 40+.  
Competition for men and women in 5-year age groups.  
ENTRY DEADLINE WITHOUT PENALTY - POSTMARKED BY AUGUST 21ST.  
ENTRIES POSTMARKED BETWEEN AUGUST 22ND and SEPTEMBER 5TH - \$5 LATE FEE.  
NO ENTRIES ACCEPTED AFTER SEPTEMBER 5TH.

## 2000 TRACK & FIELD INDIVIDUAL ENTRY FORM

COMPLETE ALL INFORMATION BELOW. (Form may be duplicated.)

### PERSONAL INFORMATION

LAST NAME FIRST NAME M.I.

STREET ADDRESS

CITY STATE ZIP CODE

PHONE # AGE AS OF 12/31/2000 BIRTHDATE (Month-Day-Year) FEMALE MALE (Check one)

PERSON TO CONTACT IN CASE OF EMERGENCY

Name: Phone: Relationship:

Please Check events to enter (\$5 per event)

- ☐ RA-01 Racewalking 5000m (40+)  
☐ RA-02 Racewalking 3000m (60+)  
☐ RA-03 Racewalking 1500m (Novice)  
☐ RA-04 Racewalking 1500m (Expert)  
☐ TR-01 300/400m Hurdles  
☐ TR-02 3000m run (7.5 laps)  
☐ TR-03 100m  
☐ TR-04 80/100/110m hurdles  
☐ TR-05 50m dash  
☐ TR-06 1500m run  
☐ TR-07 400m  
☐ TR-12 3000m Steeplechase 36" (Men 40-59)  
☐ TR-13 2000m Steeplechase 30" (Men 60+/All women)  
☐ TR-14 800m  
☐ TR-15 200m dash  
☐ TR-16 Steve Scott Age Graded Handicap Mile (List 1999-2000 best effort: )

- FIELD EVENTS  
☐ TR-08 Long Jump  
☐ TR-09 High Jump  
☐ TR-10 Discus  
☐ TR-11 Shot Put  
☐ TR-17 Javelin  
☐ TR-18 Triple Jump  
☐ TR-19 Pole Vault  
☐ TR-20 Hammer Throw

Registration Fee: \$ 35.00

Event Fee: \$5 / person / event

Addtl. Celebration of Athletes tickets: \$20 each

Late Fee: \$5 after 8/21/00

Donation to SDSSF:

TOTAL AMOUNT ENCLOSED:

Will you be attending the Celebration of Athletes on Friday, September 15, 2000 at 6:30 PM?

YES NO

Make Check payable to: SDSSF  
and mail check & entry to P.O. Box 84202  
SAN DIEGO, CA 92138

Questions? Call David Pain (619) 582-3316

### RELEASE OF LIABILITY

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Olympics. LIABILITY WAIVER: I, undersigned participant, hereby agree to indemnify and hold harmless the organizers of the San Diego Senior Olympics (SDSO), San Diego Senior Sports Festival, Pfizer Drugs, California State Senior Games Foundation and all sponsors, their agents, employees, and representatives and assigns, from any and all actions or claims of whatsoever kind or nature which I or my representatives or assigns may have or at any time in the future have due to any injury or property damage arising out of my participation in the SDSO. I understand and agree that any dispute regarding injury or property damage caused by myself or by another participant is not the responsibility of the San Diego Senior Sports Festival or SDSO. I warrant and represent to the organizers that I have prepared myself for the event(s), which I have entered by practicing the same prior to my participation. I warrant and represent that I am in good physical health and condition, am physically able to compete in the event(s), and know of no physical restriction whatsoever which would prohibit my participation in the SDSO. The organizers have advised me that it would be in my best interest to consult a physician prior to my preparation for and participation in the SDSO. I recognize and understand that the preparation and competition may necessitate strenuous physical activity and could possibly activate an unrecognized pre-existing cardiovascular disorder or other physical condition, which I may have, thereby resulting in serious or life-threatening physical harm to me. The organizers have my permission to have a physician treat me during my participation in the SDSO.

Print name: Signature: Date: